

CIVIL SERVICE MASTERS  
& OPEN EVENTS CHAMPIONSHIPS 2014  
WOODSIDE STADIUM, WATFORD Wednesday 13 August 2014

**Results (Combined)**

<b>Women's 1500m</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	10	VICTORIA CARTER	NAT HIST MUSEUM	05:08.01	OM	W40	Y
2	26	SUSAN FRANCIS	MINERVA	05:11.30	OM	W40	Y
3	69	STEPHANIE TOLEMACHE	DEFRA	05:25.54	O	SNR	
4	59	STEPHANIE ROBSON	MINERVA	05:31.91	OM	W40	Y
5	49	MAUREEN NOEL	DEFRA	06:05.45	M	W50	Y
6	46	MICHELLE MORAN	RCSL	06:22.36	OM	W45	
7	13	LYNDA COPSON	MINERVA	06:56.39	OM	W50	

<b>Men's Long Jump</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	19	JOHN DICKINSON	MOD	5.54	O	SM	
2	58	HENRY RICKETTS	HASSRA	5.23	OM	M45	Y
3	37	TROY KENNEDY	PRISON S	5.05	M	M40	Y
4	76	TREVOR WADE	BT	5.04	OM	M55	Y
5	78	PAUL WEST	RCSL	4.95	O	SM	
6	67	GRAHAM TIBBETTS	DEFRA	4.48	M	M40	
7	81	GRAHAM WIGGINS	MINERVA	4.14	OM	M35	
8	66	DUNCAN TALBOT	HASSRA	3.97	OM	M60	Y
9	48	MATTHEW NELSON	HASSRA	3.79	OM	M50	
10	22	PETER EDDY	HASSRA	3.13	M	M70	Y

<b>Women's Hammer (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	33.19	OM	W40	
2	11	GAYE CLARKE	HASSRA	22.96	OM	W50	
3	63	WENDY ANN SPARROW	MOD	13.90	OM	W55	

<b>Women's Hammer (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	31.96	OM	W40	Y
1	21	WENDY DUNSFORD	HASSRA	28.94	M	W50	Y
2	11	GAYE CLARKE	HASSRA	25.53	OM	W50	Y
1	63	WENDY ANN SPARROW	MOD	15.98	OM	W55	

<b>Men's 1500m</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	18	MIKE CUMMINGS	RCSL	04:16.51	O	SM	
2	55	CHRISTOPHER PROTHERO	RCSL	04:17.00	O	SM	
3	65	DAN SUMMERS	DEFRA	04:24.33	O	SM	
4	75	DAVID VOGWELL	HASSRA	04:28.28	OM	M35	Y
5	30	STEVE HALLAS	RCSL	04:30.18	OM	M40	Y
6	82	NATHANIEL WINFIELD	HASSRA	04:38.21	O	SM	
7	61	NAZ SHEIKH	RCSL	04:52.19	O	SM	
8	32	JASON HARRIS	RCSL	04:53.28	OM	M40	
9	62	DAREN SLACK	HASSRA	04:54.29	OM	M45	Y
10	17	JOHN CROSS	HASSRA	05:06.88	OM	M45	
11	48	MATTHEW NELSON	HASSRA	05:32.30	OM	M50	
12	24	DAVE EVANS	RCSL	05:52.76	M	M65	Y

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**Results (Combined)**

<b>Women's 200m</b>				+0.3 m/s			
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	27	SHARON GREENWOOD	RCSL	28.12	OM	W40	Y
2	11	GAYE CLARKE	HASSRA	31.28	OM	W50	Y
3	49	MAUREEN NOEL	DEFRA	32.88	M	W50	Y
4	71	ROS TOWNSEND-HOPE	HASSRA	37.06	OM	W60	
5	12	SARAH COLTMAN	RCSL	39.94	M	W40	

<b>Women's Shot (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	8.78	OM	W40	
2	56	SARAH RENKE	MINERVA	7.48	O	SW	
3	41	EMILY KIRKHAM	DEFRA	7.19	O	SW	
4	11	GAYE CLARKE	HASSRA	6.68	OM	W50	
5	63	WENDY ANN SPARROW	MOD	6.56	OM	W55	

<b>Women's Shot (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	8.94	OM	W40	Y
2	47	CHRISTINE MUNDEN	POST OFF	4.31	M	W40	
1	21	WENDY DUNSFORD	HASSRA	8.13	M	W50	Y
2	11	GAYE CLARKE	HASSRA	7.41	OM	W50	Y
3	1	PAMELA ABBOTT	DEFRA	6.23	M	W50	
4	49	MAUREEN NOEL	DEFRA	4.83	M	W50	
1	63	WENDY ANN SPARROW	MOD	7.78	OM	W55	Y

<b>Men's 200m</b>		Race 1		+0.0 m/s			
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	70	JOHN TOTTEN	RCSL	24.53	OM	M35	Y
2	61	NAZ SHEIKH	RCSL	24.60	O	SM	
3	58	HENRY RICKETTS	HASSRA	27.60	OM	M45	Y
4	81	GRAHAM WIGGINS	MINERVA	29.22	OM	M35	
5	66	DUNCAN TALBOT	HASSRA	30.49	OM	M60	Y

<b>Men's 200m</b>		Race 2		+1.3 m/s			
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	54	WILSON PATERSON	RCSL	27.54	M	M55	Y
2	39	BARRINGTON KING	RCSL	28.60	M	M45	
3	6	PHILIP BELL	MET POL	29.63	M	M60	Y
4	22	PETER EDDY	HASSRA	35.47	M	M70	

<b>Men's 2000m Steeplechase</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	73	JOE TURNER	DEFRA	06:50.88	O	SM	
2	78	PAUL WEST	RCSL	07:23.78	O	SM	
3	38	TONY KILLILEA	ORD SURV	07:32.94	O	M50	Y
4	82	NATHANIEL WINFIELD	HASSRA	07:42.56	O	SM	

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**Results (Combined)**

<b><u>Men's Hammer (Open)</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	8	ROSS BLIGHT	HASSRA	40.16	OM	M35	
2	25	MALCOLM FENTON	RCSL	39.60	OM	M55	
3	31	FERGUS HARFORD	HASSRA	32.54	OM	M45	
4	19	JOHN DICKINSON	MOD	30.46	O	SM	
5	14	JOHN CRAHAN	HASSRA	16.03	OM	M65	

<b><u>Men's Hammer (Masters)</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	8	ROSS BLIGHT	HASSRA	35.12	OM	M35	Y
2	15	STEPHEN CRAHAN	HASSRA	14.77	OM	M35	
1	37	TROY KENNEDY	PRISON S	25.35	M	M40	
1	31	FERGUS HARFORD	HASSRA	33.49	OM	M45	Y
1	25	MALCOLM FENTON	RCSL	44.95	OM	M55	Y
2	60	KEITH SELDON	ROYAL MAIL	25.09	M	M55	Y
1	40	BILL KINGSTON	RCSL	24.12	M	M60	
2	16	PETER CRAHAN	HASSRA	18.64	M	M60	
3	80	DAVID WHITE	MINERVA	14.72	M	M60	
1	14	JOHN CRAHAN	HASSRA	21.68	OM	M65	
1	22	PETER EDDY	HASSRA	26.18	M	M70	Y

<b><u>Women's Long Jump</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	27	SHARON GREENWOOD	RCSL	4.60	OM	W40	Y
2	11	GAYE CLARKE	HASSRA	4.28	OM	W50	Y
3	41	EMILY KIRKHAM	DEFRA	3.98	O	SW	
4	57	LESLEY RICHARDSON	HASSRA	3.68	OM	W45	Y
5	36	GRETE HOWARTH	RCSL	2.55	OM	W60	

<b><u>Women's 400m</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	27	SHARON GREENWOOD	RCSL	63.23	OM	W40	Y
2	26	SUSAN FRANCIS	MINERVA	70.59	OM	W40	Y
3	49	MAUREEN NOEL	DEFRA	77.55	M	W50	Y
4	71	ROS TOWNSEND-HOPE	HASSRA	81.73	OM	W60	Y
5	46	MICHELLE MORAN	RCSL	83.09	OM	W45	

<b><u>Men's 400m</u></b>							
Race 1							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	37	TROY KENNEDY	PRISON S	59.78	M	M40	Y
2	67	GRAHAM TIBBETTS	DEFRA	61.69	M	M40	
3	54	WILSON PATERSON	RCSL	63.29	M	M55	Y

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<b>Men's 400m</b>		<b>Race 2</b>					
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	70	JOHN TOTTEN	RCSL	54.13	OM	M35	Y
2	50	TONY NOEL	RCSL	54.15	OM	M50	Y
3	53	MICHAEL OSUNSAMI	HASSRA	56.61	OM	M45	Y
4	61	NAZ SHEIKH	RCSL	57.54	O	SM	
5	62	DAREN SLACK	HASSRA	61.27	OM	M45	Y
6	58	HENRY RICKETTS	HASSRA	61.64	OM	M45	Y
7	48	MATTHEW NELSON	HASSRA	73.91	OM	M50	

<b>Men's 110m Hurdles</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	67	GRAHAM TIBBETTS	DEFRA	23.84	M	M40	

<b>Women's Discus (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	25.35	OM	W40	
2	21	WENDY DUNSFORD	HASSRA	23.34	OM	W50	
3	41	EMILY KIRKHAM	DEFRA	20.43	O	SW	
4	56	SARAH RENKE	MINERVA	15.46	O	SW	
5	63	WENDY ANN SPARROW	MOD	13.17	OM	W55	
6	11	GAYE CLARKE	HASSRA	12.90	OM	W50	

<b>Women's Discus (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	3	CATH ALFORD	RCSL	25.13	OM	W40	Y
1	21	WENDY DUNSFORD	HASSRA	22.92	OM	W50	Y
2	11	GAYE CLARKE	HASSRA	14.57	OM	W50	
1	63	WENDY ANN SPARROW	MOD	16.28	OM	W55	Y

<b>Men's Shot (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	42	ANDREW KRUSZEWSKI	MINERVA	11.64	O	M55	
2	19	JOHN DICKINSON	MOD	10.75	O	SM	
3	33	GREG HAYWARD	DEFRA	9.94	M	M50	
4	82	NATHANIEL WINFIELD	HASSRA	7.63	O	SM	
5	35	JASON HOLT	HASSRA	5.70	OM	M40	

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**Results (Combined)**

<b>Men's Shot (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	37	TROY KENNEDY	PRISON S	10.29	M	M40	Y
2	35	JASON HOLT	HASSRA	5.36	OM	M40	
1	31	FERGUS HARFORD	HASSRA	7.80	M	M45	
1	33	GREG HAYWARD	DEFRA	11.49	M	M50	Y
1	60	KEITH SELDON	ROYAL MAIL	9.30	M	M55	Y
2	76	TREVOR WADE	BT	8.23	M	M55	
1	40	BILL KINGSTON	RCSL	8.07	M	M60	Y
2	80	DAVID WHITE	MINERVA	6.01	M	M60	
1	14	JOHN CRAHAN	HASSRA	8.18	M	M65	Y
2	24	DAVE EVANS	RCSL	7.13	M	M65	
1	22	PETER EDDY	HASSRA	8.93	M	M70	Y

<b>Men &amp; Women's 3000m Walk</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	74	STEVEN UTTLEY	MOJ	15:35.93	OM	M55	Y
2	29	JOHN HALL	DEFRA	17:34.90	M	M60	Y
3	40	BILL KINGSTON	RCSL	18:47.59	OM	M60	Y
4	49	MAUREEN NOEL	DEFRA	19:25.15	M	W50	Y
5	16	PETER CRAHAN	HASSRA	19:34.62	OM	M60	Y
6	46	MICHELLE MORAN	RCSL	20:20.88	OM	W45	Y
7	15	STEPHEN CRAHAN	HASSRA	20:32.91	OM	M35	
8	34	JANE HODGE	RCSL	20:47.18	M	W55	Y
9	14	JOHN CRAHAN	HASSRA	21:00.17	OM	M65	
10	1	PAMELA ABBOTT	DEFRA	21:01.36	M	W50	Y
11	35	JASON HOLT	HASSRA	22:18.15	OM	M40	
12	80	DAVID WHITE	MINERVA	22:51.43	OM	M60	
13	81	GRAHAM WIGGINS	MINERVA	24:21.75	OM	M35	

<b>Women's 800m</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	26	SUSAN FRANCIS	MINERVA	02:36.21	OM	W40	Y
2	69	STEPHANIE TOLEMACHE	DEFRA	02:42.69	O	SNR	
3	49	MAUREEN NOEL	DEFRA	03:02.29	M	W50	Y
4	71	ROS TOWNSEND-HOPE	HASSRA	03:03.46	OM	W60	Y
5	64	MAGGIE STATHAM	MINERVA	03:09.97	OM	W60	Y
6	46	MICHELLE MORAN	RCSL	03:24.52	OM	W45	
7	13	LYNDA COPSON	MINERVA	03:32.22	OM	W50	

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**Results (Combined)**

<b>Men's 800m (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	55	CHRISTOPHER PROTHERO	RCSL	02:05.61	O	SM	
2	73	JOE TURNER	DEFRA	02:12.20	O	SM	
3	78	PAUL WEST	RCSL	02:17.99	O	SM	
4	61	NAZ SHEIKH	RCSL	02:20.24	O	SM	

<b>Men's 800m (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	75	DAVID VOGWELL	HASSRA	02:10.63	OM	M35	Y
2	28	PAUL GRIFFITHS	HASSRA	02:12.21	OM	M40	Y
3	30	STEVE HALLAS	RCSL	02:18.26	OM	M40	Y
4	62	DAREN SLACK	HASSRA	02:23.61	OM	M45	Y
5	52	JOHN O'SHEA	MINERVA	02:30.10	OM	M50	Y
6	17	JOHN CROSS	HASSRA	02:33.45	OM	M45	
7	48	MATTHEW NELSON	HASSRA	02:43.86	OM	M50	

<b>Men's Discus</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	42	ANDREW KRUSZEWSKI	MINERVA	38.61	O	M55	Y
2	19	JOHN DICKINSON	MOD	36.31	O	SM	
3	22	PETER EDDY	HASSRA	31.78	M	M70	Y
4	37	TROY KENNEDY	PRISON S	29.18	M	M40	Y
5	60	KEITH SELDON	ROYAL MAIL	28.23	M	M55	Y
6	58	HENRY RICKETTS	HASSRA	25.08	M	M45	
7	76	TREVOR WADE	BT	24.79	M	M55	
8	24	DAVE EVANS	RCSL	24.56	M	M65	Y
9	40	BILL KINGSTON	RCSL	23.29	M	M60	
10	14	JOHN CRAHAN	HASSRA	19.80	M	M65	
11	31	FERGUS HARFORD	HASSRA	19.36	M	M45	
12	16	PETER CRAHAN	HASSRA	17.73	M	M60	
13	80	DAVID WHITE	MINERVA	15.18	M	M60	
14	15	STEPHEN CRAHAN	HASSRA	14.71	OM	M35	
15	35	JASON HOLT	HASSRA	13.47	OM	M40	

<b>Men's High Jump</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	23	LARRY EKUNDAYO	RCSL	1.55	OM	0	
2	45	COLIN MILTON	RCSL	1.50	O	SM	
3	37	TROY KENNEDY	PRISON S	1.50	M	M40	Y
4	66	DUNCAN TALBOT	HASSRA	1.45	OM	M60	Y
5	76	TREVOR WADE	BT	1.35	OM	M55	Y
6	22	PETER EDDY	HASSRA	1.05	M	M70	=

<b>Women's High Jump</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	11	GAYE CLARKE	HASSRA	1.35	OM	W50	Y
2=	41	EMILY KIRKHAM	DEFRA	1.10	O	SW	
2=	57	LESLEY RICHARDSON	HASSRA	1.10	OM	W45	

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**Results (Combined)**

<b>Women's 100m</b>				+0.9 m/s			
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	27	SHARON GREENWOOD	RCSL	13.58	OM	W40	Y
2	11	GAYE CLARKE	HASSRA	14.79	OM	W50	Y
3	57	LESLEY RICHARDSON	HASSRA	15.67	OM	W45	
4	49	MAUREEN NOEL	DEFRA	15.75	M	W50	Y
5	12	SARAH COLTMAN	RCSL	19.02	M	W40	
6	47	CHRISTINE MUNDEN	POST OFF	20.13	M	W40	
7	36	GRETE HOWARTH	RCSL	22.38	OM	W60	

<b>Men's 100m</b>				+0.6 m/s			
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	23	LARRY EKUNDAYO	RCSL	12.27	OM	0	
2	45	COLIN MILTON	RCSL	12.44	O	SM	
3	39	BARRINGTON KING	RCSL	12.99	M	M45	Y
4	54	WILSON PATERSON	RCSL	13.43	M	M55	Y
5	66	DUNCAN TALBOT	HASSRA	15.08	OM	M60	Y
6	22	PETER EDDY	HASSRA	16.70	M	M70	Y

<b>Women's 3000m</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	69	STEPHANIE TOLEMACHE	DEFRA	11:56.71	O	SNR	
2	64	MAGGIE STATHAM	MINERVA	12:33.49	OM	W60	Y
3	49	MAUREEN NOEL	DEFRA	13:15.73	M	W50	Y
4	46	MICHELLE MORAN	RCSL	13:46.64	OM	W45	
5	34	JANE HODGE	RCSL	13:52.87	M	W55	Y

<b>Men's Javelin (Open)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	33	GREG HAYWARD	DEFRA	47.54	OM	M50	
2	19	JOHN DICKINSON	MOD	40.22	O	SM	
3	35	JASON HOLT	HASSRA	9.90	OM	M40	

<b>Men's Javelin (Masters)</b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	37	TROY KENNEDY	PRISON S	34.34	M	M40	Y
2	35	JASON HOLT	HASSRA	11.56	OM	M40	
1	33	GREG HAYWARD	DEFRA	45.29	OM	M50	Y
1	60	KEITH SELDON	ROYAL MAIL	36.81	M	M55	Y
1	80	DAVID WHITE	MINERVA	15.83	M	M60	
1	14	JOHN CRAHAN	HASSRA	18.59	M	M65	
1	22	PETER EDDY	HASSRA	29.45	M	M70	Y

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<b><u>Men's Triple Jump</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	76	TREVOR WADE	BT	8.96	OM	M55	Y
2	66	DUNCAN TALBOT	HASSRA	8.39	OM	M60	Y
3	40	BILL KINGSTON	RCSL	8.22	M	M60	Y
4	22	PETER EDDY	HASSRA	6.56	M	M70	Y

<b><u>Women's Triple Jump</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	41	EMILY KIRKHAM	DEFRA	8.31	O	SW	
2	57	LESLEY RICHARDSON	HASSRA	7.45	OM	W45	
3	36	GRETE HOWARTH	RCSL	4.77	OM	W60	

<b><u>Men's 5000m</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	77	JAMES WALSH	DEFRA	15:19.51	O	SM	
2	65	DAN SUMMERS	DEFRA	16:20.06	O	SM	
3	28	PAUL GRIFFITHS	HASSRA	16:33.36	OM	M40	Y
4	30	STEVE HALLAS	RCSL	16:35.30	OM	M40	Y
5	51	STEVE NORRIS	MOD	16:36.05	OM	M45	Y
6	32	JASON HARRIS	RCSL	16:36.82	OM	M40	Y
7	75	DAVID VOGWELL	HASSRA	17:16.38	OM	M35	
8	78	PAUL WEST	RCSL	17:19.83	O	SM	
9	5	TIM ASHELFORD	DEFRA	17:34.53	M	M50	Y
10	52	JOHN O'SHEA	MINERVA	19:02.06	OM	M50	Y
11	48	MATTHEW NELSON	HASSRA	20:22.30	OM	M50	
12	15	STEPHEN CRAHAN	HASSRA	23:57.57	M	M35	

<b><u>Men's 4 x 100m Relay</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	A		RCSL	51.48			
2	B		HASSRA	57.08			
3	D		DEFRA	61.22			

<b><u>Women's Javelin (Open)</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	2	KAREN ADDIS	HASSRA	28.79	OM	W40	
2	41	EMILY KIRKHAM	DEFRA	19.31	O	SW	
3	11	GAYE CLARKE	HASSRA	15.16	OM	W50	
4	57	LESLEY RICHARDSON	HASSRA	13.53	OM	W45	
5	63	WENDY ANN SPARROW	MOD	13.32	OM	W55	
6	56	SARAH RENKE	MINERVA	11.47	O	SW	

<b><u>Women's Javelin (Masters)</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	11	GAYE CLARKE	HASSRA	16.57	OM	W50	
1	63	WENDY ANN SPARROW	MOD	17.08	OM	W55	Y



CIVIL SERVICE MASTERS  
& OPEN EVENTS CHAMPIONSHIPS 2014  
WOODSIDE STADIUM, WATFORD Wednesday 13 August 2014

**Results (Combined)**

<b><u>Women's 4 x 100m Relay</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	B		HASSRA	67.16			
2	D		DEFRA	70.40			
3	A		RCSL	71.26			

<b><u>Men's 4 x 400m Relay</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	A		RCSL	03:58.97			
2	D		DEFRA	04:24.02			
3	B		HASSRA	04:29.48			

<b><u>Women's 4 x 400m Relay</u></b>							
Posn	Bib	Athlete	Dept	Perf	Category	Age	Standard
1	F		DEFRA LADIES	06:13.39			