

Senior Men's Gradings

	1	2	3
100m	10.7	11.0	11.3
200m	21.7	22.2	23.0
400m	49.0	50.3	51.5
800m	01:51.8	01:54.5	01:57.5
1500m	03:48.5	03:56.8	04:04.0
5000m	14:15.0	14:50.0	15:15.0
10000m	29:42.0	30:40.0	31:40.0
3000m S/C	08:58.5	09:27.0	09:45.0
110mH	14.2	14.8	15.3
400mH	52.6	55.3	57.0
HJ	2.03	1.85	1.77
LJ	6.90	6.45	6.05
Triple J	13.75	12.95	12.30
PV	4.70	4.30	4.00
Javelin	59.50	51.90	46.20
Discus	46.75	41.25	37.45
Hammer	65.00	49.00	43.80
Shot	14.55	12.85	11.60
60m	7.00	7.20	7.35
60mH	7.85	8.20	8.40
Decathlon	5600	5200	4900

NAME: Simon Bannister
AGE: SEN M

FIELD

DATE	MEETING	L/J	T/J
06/06/2009	Southern Mens League, Peterborough	5.17	11.29

Personal Best/Seasons Best	5.17	11.29
AAA Grades		

NAME: Jason Burke

AGE:

TRACK

DATE	MEETING	400m	1500m	3K S/Chase
16/05/2009	Southern Mens League, Milton Keynes		04:45.7	11:47.7
06/06/2009	Southern Mens League, Peterborough	57.80		11:33.5

Personal Best/Seasons Best	57.80	04:45.7	11:33.5
AAA Grades			

NAME: David Chingerand

AGE: SEN M

TRACK

DATE	MEETING	100m	200m
19/07/2009	East Anglian League, Cambridge	12.30	26.70

Personal Best/Seasons Best	12.3	26.7
AAA Grades		

NAME: Peter Davies

AGE:

TRACK

DATE	MEETING	400m	800m	1500m
26/04/2009	East Anglian League, Peterborough	59.40	02:13.2	
02/05/2009	Southern Mens League, Braintree	62.40	02:15.0	
16/05/2009	Southern Mens League, Milton Keynes		02:15.4	04:54.4

Personal Best/Seasons Best	59.4	02:13.2	04:54.4
AAA Grades			

NAME: Martin Dawson

AGE: SEN M

TRACK

DATE	MEETING	400m	800m	1500m
05/04/2009	Spring Open Meeting, Peterborough		02:13.6	
26/04/2009	East Anglian League, Peterborough		02:13.7	
02/05/2009	Southern Mens League, Braintree		02:12.3	05:03.4
16/05/2009	Southern Mens League, Milton Keynes		02:13.7	
06/06/2009	Southern Mens League, Peterborough		02:13.1	
11/07/2009	Southern Mens League, Braintree	61.9	02:15.8	
01/08/2009	Southern Mens League, Ipswich		02:15.4	

Personal Best/Seasons Best	61.9	02:12.3	05:03.4
AAA Grades			

FIELD

DATE	MEETING	Shot
01/08/2009	Southern Mens League, Ipswich	5.90

Personal Best/Seasons Best	5.90
AAA Grades	

NAME: Dan Grant

AGE:

TRACK

DATE	MEETING	3000m
26/04/2009	East Anglian League, Peterborough	10:49.4

Personal Best/Seasons Best	10:49.4
AAA Grades	

NAME: Duncan Harbour

AGE: SEN M

TRACK

DATE	MEETING	300mH	400mH	200m	400m
05/04/2009	Spring Open Meeting, Peterborough	44.1			
16/05/2009	Southern Mens League, Milton Keynes		66.90		
06/06/2009	Southern Mens League, Peterborough		62.78		
28/06/2009	East Anglian League, Kings Lynn			24.50	57.60
01/08/2009	Southern Mens League, Ipswich		68.70	25.10	
02/08/2009	East Anglian League, Braintree			25.60	60.50
20/09/2009	East Anglian League Final, Bury St Edmunds			25.70	59.20

Personal Best/Seasons Best	44.1	62.78	24.50	57.60
AAA Grades				

FIELD

DATE	MEETING	L/J	Shot
20/09/2009	East Anglian League Final, Bury St Edmunds	4.90	7.04

Personal Best/Seasons Best	4.90	7.04
AAA Grades		

NAME: Adam Jackson
AGE: SEN M

TRACK

DATE	MEETING	100m
28/06/2009	East Anglian League, Kings Lynn	15.00

Personal Best/Seasons Best	15.0
AAA Grades	

FIELD

DATE	MEETING	Discus	Shot	Hammer	Javelin
05/04/2009	Spring Open Meeting, Peterborough	24.84	8.74	29.28	
26/04/2009	East Anglian League, Peterborough	19.05	9.06	30.73	25.75
02/05/2009	Southern Mens League, Braintree		9.00	33.93	28.65
16/05/2009	Southern Mens League, Milton Keynes	24.83	9.26	32.92	27.65
06/06/2009	Southern Mens League, Peterborough		9.25	32.71	
28/06/2009	East Anglian League, Kings Lynn			32.50	
11/07/2009	Southern Mens League, Braintree		9.17	33.40	28.27
19/07/2009	East Anglian League, Cambridge	25.21	8.40	33.41	24.44
01/08/2009	Southern Mens League, Ipswich	25.61	9.61	35.20	27.61
02/08/2009	East Anglian League, Braintree	23.99	9.34	32.82	33.61
31/08/2009	Peterborough City Games	27.29	8.72	36.16	

Personal Best/Seasons Best	27.29	9.61	36.16	33.61
AAA Grades				

NAME: Chris Lawniczak

AGE:

TRACK

DATE	MEETING	110mH	400mH
02/05/2009	Southern Mens League, Braintree	20.00	
16/05/2009	Southern Mens League, Milton Keynes	20.50	80.00
06/06/2009	Southern Mens League, Peterborough	19.60	
11/07/2009	Southern Mens League, Braintree	19.10	
01/08/2009	Southern Mens League, Ipswich	19.90	

Personal Best/Seasons Best	19.1	80.0
AAA Grades		

FIELD

DATE	MEETING	H/J	T/J	Pole	Discus	Shot	Hammer
02/05/2009	Southern Mens League, Braintree	1.60	10.56	3.00			
16/05/2009	Southern Mens League, Milton Keynes	1.50		3.40	21.96	9.01	
06/06/2009	Southern Mens League, Peterborough			3.40			
11/07/2009	Southern Mens League, Braintree	1.55	5.40	3.40	22.67	9.04	20.33
01/08/2009	Southern Mens League, Ipswich	1.55	10.71	3.20			21.38

Personal Best/Seasons Best	1.60	10.71	3.40	22.67	9.04	21.38
AAA Grades						

NAME: Oliver Mason

AGE: SEN M

TRACK

DATE	MEETING	3000m	5000m
26/04/2009	East Anglian League, Peterborough	10:07.6	
06/06/2009	Southern Mens League, Peterborough		17:37.9
28/06/2009	East Anglian League, Kings Lynn	09:52.6	
19/07/2009	East Anglian League, Cambridge	10:10.7	
02/08/2009	East Anglian League, Braintree	10:02.8	
20/09/2009	East Anglian League Final, Bury St Edmunds	09:56.1	

Personal Best/Seasons Best	09:52.6	17:37.9
AAA Grades		

DATE	MEETING	Discus
20/09/2009	East Anglian League Final, Bury St Edmunds	12.39

Personal Best/Seasons Best	12.39
AAA Grades	

NAME: Scott McKeivitt

AGE: SEN M

FIELD

DATE	MEETING	Hammer	Shot	Discus
02/05/2009	Southern Mens League, Braintree	46.99	9.46	30.64
06/06/2009	Southern Mens League, Peterborough	41.24	9.49	26.70

Personal Best/Seasons Best	46.99	9.49	30.64
AAA Grades	Grade 3		

NAME: Tomas Saunorius

AGE:

TRACK

DATE	MEETING	200m
11/07/2009	Southern Mens League, Braintree	26.00

Personal Best/Seasons Best	26.0
AAA Grades	

FIELD

DATE	MEETING	Javelin	H/J
16/05/2009	Southern Mens League, Milton Keynes	54.23	
06/06/2009	Southern Mens League, Peterborough	56.03	
28/06/2009	East Anglian League, Kings Lynn	53.21	
05/07/2009	Eastern AAA Championships, Cambridge	61.29	
11/07/2009	Southern Mens League, Braintree	52.27	
20/09/2009	East Anglian League Final, Bury St Edmunds	53.50	1.60

Personal Best/Seasons Best	61.29	1.60
AAA Grades	Grade 1	

NAME: Aaron Steels
AGE: SEN M

FIELD

DATE	MEETING	Javelin
06/06/2009	Southern Mens League, Peterborough	42.05

Personal Best/Seasons Best	42.05
AAA Grades	

NAME: Andrew Suter

AGE: SEN M

TRACK

DATE	MEETING	400m	800m	1500m
26/04/2009	East Anglian League, Peterborough	51.9		
09/05/2009	Cambbs County Championships, Cambridge		02:03.9	
16/05/2009	Southern Mens League, Milton Keynes	53.6		
27/05/2009	Development Meeting, St Ives		01:58.6	
06/06/2009	Southern Mens League, Peterborough		02:00.8	
10/06/2009	Development Meeting, St Ives		01:58.9	
01/07/2009	Watford Open Meeting		01:59.6	
05/07/2009	Eastern AAA Championships, Cambridge		02:00.2	
11/07/2009	Southern Mens League, Braintree	52.4		04:31.9
19/07/2009	East Anglian League, Cambridge	53.9		
31/08/2009	Peterborough City Games		02:02.9	

Personal Best/Seasons Best	51.9	01:58.6	04:31.9
AAA Grades			

NAME: Dan Tinkler
AGE: SEN M

FIELD

DATE	MEETING	Shot	Discus	Javelin
28/06/2009	East Anglian League, Kings Lynn	13.46	39.49	43.19
31/08/2009	Peterborough City Games		35.10	

Personal Best/Seasons Best	13.46	39.49	43.19
AAA Grades	Grade 2	Grade 3	

NAME: Craig Torr

AGE: SEN M

TRACK

DATE	MEETING	100m	200m	110mH
05/04/2009	Spring Open Meeting, Peterborough	11.60		
26/04/2009	East Anglian League, Peterborough	11.50	23.70	
02/05/2009	Southern Mens League, Braintree	11.80	23.50	
16/05/2009	Southern Mens League, Milton Keynes	11.50	23.80	
11/07/2009	Southern Mens League, Braintree	11.50	23.40	
01/08/2009	Southern Mens League, Ipswich	11.50	23.80	
02/08/2009	East Anglian League, Braintree	12.10	24.40	
20/09/2009	East Anglian League Final, Bury St Edmunds	11.80	23.90	21.20

Personal Best/Seasons Best	11.5	23.4	21.2
AAA Grades			

FIELD

DATE	MEETING	L/J	T/J	Discus	Shot
26/04/2009	East Anglian League, Peterborough	5.40	11.63		
02/05/2009	Southern Mens League, Braintree		11.62		
16/05/2009	Southern Mens League, Milton Keynes	5.61	11.53		
11/07/2009	Southern Mens League, Braintree	5.12	11.57	19.80	
01/08/2009	Southern Mens League, Ipswich	5.46	11.19		
02/08/2009	East Anglian League, Braintree		11.41		
20/09/2009	East Anglian League Final, Bury St Edmunds	5.08	10.89	21.37	7.81

Personal Best/Seasons Best	5.61	11.63	21.37	7.81
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AAA Grades				
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NAME: Neil Torr

AGE: SEN M

TRACK

DATE	MEETING	100m	200m
26/04/2009	East Anglian League, Peterborough	12.3	25.3
02/05/2009	Southern Mens League, Braintree	12.2	25.1

Personal Best/Seasons Best	12.2	25.1
AAA Grades		

FIELD

DATE	MEETING	L/J
02/05/2009	Southern Mens League, Braintree	5.34

Personal Best/Seasons Best	5.34
AAA Grades	

NAME: Michael Ward

AGE:

TRACK

DATE	MEETING	3000m
26/04/2009	East Anglian League, Peterborough	09:59.3

Personal Best/Seasons Best	09:59.3
AAA Grades	#N/A

NAME: Peter Ward

AGE:

TRACK

DATE	MEETING	800m	3000m
02/08/2009	East Anglian League, Braintree	02:34.8	
31/08/2009	Peterborough City Games		10:56.0
20/09/2009	East Anglian League Final, Bury St Edmunds	02:31.1	11:10.9

Personal Best/Seasons Best	02:31.1	10:56.0
AAA Grades		

NAME: Ray Wilson

AGE: SEN M

TRACK

DATE	MEETING	400m	800m	3K S/Chase
26/04/2009	East Anglian League, Peterborough		02:17.0	
02/05/2009	Southern Mens League, Braintree	59.50		12:05.2
16/05/2009	Southern Mens League, Milton Keynes	60.30		12:03.5
06/06/2009	Southern Mens League, Peterborough	57.80		12:09.2

Personal Best/Seasons Best	57.8	02:17.0	12:03.5
AAA Grades			

NAME: Mike Wright

AGE: SEN M

TRACK

DATE	MEETING	300mH	400mH	200m	400m
05/04/2009	Spring Open Meeting, Peterborough	44.60		25.10	
19/07/2009	East Anglian League, Cambridge				
01/08/2009	Southern Mens League, Ipswich				56.70
02/08/2009	East Anglian League, Braintree		63.50		55.70

Personal Best/Seasons Best	44.6	63.5	25.1	55.7
AAA Grades				

FIELD

DATE	MEETING	L/J	Javelin
19/07/2009	East Anglian League, Cambridge	5.37	29.48
01/08/2009	Southern Mens League, Ipswich		31.30
02/08/2009	East Anglian League, Braintree		37.40

Personal Best/Seasons Best	5.37	37.40
AAA Grades		

NAME: Rod Dunn (Vet)
AGE: VET M 50

TRACK

DATE	MEETING	2K Walk	1 Mile Walk	3000m
06/05/2009	Eastern Vet's League, Peterborough	10:50.0		
03/06/2009	Eastern Vet's League, Kings Lynn		08:29.6	13:15.4
01/07/2009	Eastern Vet's League, Huntingdon	11:22.9		

Personal Best/Seasons Best	10:50.0	08:29.6	13:15.4
AAA Grades			

NAME: Duncan Harbour (Vet)

AGE: VET M 40

TRACK

DATE	MEETING	100m	110mH	400m	400mH
06/05/2009	Eastern Vet's League, Peterborough	12.5	18.0	60.4	
03/06/2009	Eastern Vet's League, Kings Lynn				63.1
01/07/2009	Eastern Vet's League, Huntingdon	12.3	18.9	58.3	
05/08/2009	Eastern Vet's League, Kings Lynn				68.1

Personal Best/Seasons Best	12.3	18.0	58.3	63.1
AAA Grades				

NAME: Roger Smith (Vet)

AGE: VET M 50

TRACK

DATE	MEETING	100m	800m	1500m	2K walk	3000m	1m walk
06/05/2009	Eastern Vet's League, Peterborough	21.50		06:05.4			
01/07/2009	Eastern Vet's League, Huntingdon			05:57.9	13:53.1		
05/08/2009	Eastern Vet's League, Kings Lynn		03:03.3			13:05.2	09:54.5

Personal Best/Seasons Best	21.5	03:03.3	05:57.9	13:53.1	13:05.2	09:54.5
AAA Grades						

FIELD

DATE	MEETING	L/J	Shot	Hammer
06/05/2009	Eastern Vet's League, Peterborough	3.10		
01/07/2009	Eastern Vet's League, Huntingdon	2.96	5.43	12.43

Personal Best/Seasons Best	3.10	5.43	12.43
AAA Grades			

NAME: John Taylor (Vet)

AGE: VET M 50

TRACK

DATE	MEETING	100m	100mH	200m	400m	400mH	800m	1500m	3000m
06/05/2009	Eastern Vet's League, Peterborough		22.20		69.10				
03/06/2009	Eastern Vet's League, Kings Lynn					83.50	02:42.9		12.06.0
01/07/2009	Eastern Vet's League, Huntingdon	15.60	22.20		75.20			05:39.3	
05/08/2009	Eastern Vet's League, Kings Lynn			33.40		83.30	02:44.8		12.00.0

Personal Best/Seasons Best	15.6	22.2	33.4	69.1	83.3	02:42.9	05:39.3	12.00.0
AAA Grades								

FIELD

DATE	MEETING	H/J	L/J	Shot	T/J	Discus	Javelin
06/05/2009	Eastern Vet's League, Peterborough	1.35					
01/07/2009	Eastern Vet's League, Huntingdon	1.20	3.82	5.86			
05/08/2009	Eastern Vet's League, Kings Lynn				6.90	12.51	11.04

Personal Best/Seasons Best	1.35	3.82	5.86	6.90	12.51	11.04
AAA Grades						