

EMAC Track & Field League -		Northern Division - Match 1		Teams = 8	
St Ives		Wed	03 May 2017		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Peterborough AC	2	125	125	1
2	Corby AC	4	124	124	2
3	Huntingdonshire AC	1	116	116	3
4	Nene Valley Harriers	3	108	108	4
5	West Norfolk AC	7	98	98	5
6	Ryston Runners AC	6	87	87	6
7	Stamford Striders	5	29	29	7
8	Spare 8	8	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015

100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Atholl Lawson	42	Corby AC	11.9	8		-	x	x	87.4
2	Sean Reidy	36	Nene Valley Harriers	12.1	7		-	x	x	82.4
3	Yinka Opaleye	44	Huntingdonshire AC	12.4	6		-	x	x	85.0
4	Neil Torr	37	Peterborough AC	12.7	5		-	x	x	79.0
5	James Collings	40	West Norfolk AC	12.9	4		-	x	x	79.5
6	David Lane	52	Ryston Runners AC	14.7	3		x	-	x	75.7
7					2					
8					1					

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Ricardo Huskisson	57	Nene Valley Harriers	12.6	8		-	x	91.1
2	Dougie Donald	58	Corby AC	12.8	7		-	x	90.3
3	Paul Harrison	50	Ryston Runners AC	12.9	6		-	x	85.1
4	Robert Vincent	51	West Norfolk AC	14.3	5		-	x	77.3
5	Martin Hilton	58	Peterborough AC	14.6	4		-	x	79.1
6	Philip Young	58	Huntingdonshire AC	20.2	3		-	x	57.2
7					2				
8					1				

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	David Whitehead	64	Peterborough AC	13.7	8		-	87.5
2	Ian Reeve	64	West Norfolk AC	14.3	7		-	83.8
3	Tony Wells	68	Corby AC	14.8	6		-	82.9
4	John Spriggs	64	Nene Valley Harriers	15.9	5		-	75.4
5	Wayne DuBose	62	Huntingdonshire AC	16.2	4		-	73.1
6	Brian Kearsy	68	Stamford Striders	16.3	3		-	75.3
7	Jeffrey Reed	72	Ryston Runners AC	18.6	2		-	68.4
8					1			

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Atholl Lawson	42	Corby AC	54.8	8	-	x	x	85.5
2	Sean Reidy	36	Nene Valley Harriers	55.2	7	-	x	x	81.2
3	Lee Fairclough	46	Peterborough AC	55.4	6	-	x	x	87.0
4	Peter Downhill	48	Huntingdonshire AC	61.8	5	-	x	x	79.0
5	James Skinner	42	Stamford Striders	62.6	4	-	x	x	74.8
6	Lee Tunmore	44	West Norfolk AC	68.6	3	-	x	x	69.3
7					2				
8					1				

400m	400m M50-59	RDA	Team	(NN.n)	Pts
1	Wilson Paterson	59	Corby AC	66.7	8
2	Peter Ward	52	Peterborough AC	68.0	7
3	Anthony Savage	55	Ryston Runners AC	74.0	6
4	John Greenhalgh	51	West Norfolk AC	78.4	5
5	Paul Parkin	52	Nene Valley Harriers	81.5	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	78.8
-	x	73.8
-	x	69.2
-	x	63.6
-	x	61.6

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	John Pike	42	Peterborough AC	09:38.5	8
2	David Connell	42	Huntingdonshire AC	09:40.7	7
3	James Skinner	42	Stamford Striders	10:06.9	6
4	Scott Magee	46	Corby AC	10:32.8	5
5	Neil Watson	44	West Norfolk AC	11:23.1	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	81.7
-	x	x	81.4
-	x	x	77.9
-	x	x	77.0
-	x	x	70.3

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	Paul Larkins	53	Peterborough AC	10:24.2	8
2	Anthony Savage	55	Ryston Runners AC	11:32.4	7
3	John Donaldson	58	Corby AC	11:40.4	6
4	Philip Young	58	Huntingdonshire AC	13:01.8	5
5	John Greenhalgh	51	West Norfolk AC	13:14.1	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	82.6
-	x	75.7
-	x	76.8
-	x	68.8
-	x	63.9

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	Brian Kearsy	68	Stamford Striders	12:35.1	8
2	Eamonn Dorling	62	Peterborough AC	12:57.2	7
3	Jeffrey Reed	72	Ryston Runners AC	15:06.7	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	77.9
-	71.6
-	68.0

1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	James Skinner	42	Stamford Striders	06:03.7	8
2	Eamonn Dorling	62	Peterborough AC	06:27.8	7
3	Scott Magee	46	Corby AC	06:33.2	6
4	Paul Firmage	62	Ryston Runners AC	06:45.8	5
5	Wayne DuBose	62	Huntingdonshire AC	06:51.9	4
6	Robert Vincent	51	West Norfolk AC	08:13.0	3
7	Barry Warne	56	Nene Valley Harriers	08:13.8	2
8					1

Rec	Rec	Rec
-	x	x
x	x	-
-	x	x
x	x	-
x	x	-
x	-	x
x	-	x

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Peter Brantom	67	Peterborough AC	06:45.1	8
2	Wilson Paterson	59	Corby AC	08:12.1	7
3	Peter Downhill	48	Huntingdonshire AC	08:15.5	6
4	Lee Tunmore	44	West Norfolk AC	08:17.9	5
5	Keith Morris	57	Ryston Runners AC	08:57.6	4
6					3
7					2
8					1

Rec	Rec	Rec
x	x	-
x	-	x
-	x	x
-	x	x
x	-	x

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	39.99	8
2	Allan Williams	41	West Norfolk AC	19.93	7
3	Steve Burke	44	Huntingdonshire AC	19.63	6
4	Gary Beckwith	40	Corby AC	15.24	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	51.6
-	x	x	25.3
-	x	x	26.3
-	x	x	19.0

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Ellingham	52	Huntingdonshire AC	37.91	8
2	John Blackwell	66	Nene Valley Harriers	26.48	7
3	Peter Knott	59	Corby AC	21.35	6
4	Karl Eve	54	Peterborough AC	21.30	5
5	John Greenhalgh	51	West Norfolk AC	18.76	4
6	David Lane	52	Ryston Runners AC	17.02	3
7					2
8					1

Rec	Rec	AG %
-	x	53.1
x	-	-
-	x	35.2
-	x	31.2
-	x	25.7
-	x	23.9

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Paul Oakes	64	Ryston Runners AC	32.67	8
2	Tim Needham	64	Nene Valley Harriers	28.71	7
3	Ian Reeve	64	West Norfolk AC	23.05	6
4	Graham Mabelson	61	Corby AC	19.04	5
5	Kevin Bates	64	Huntingdonshire AC	15.02	4
6					3
7					2
8					1

Rec	AG %
-	58.2
-	51.2
-	41.1
-	31.6
-	26.8

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	11.14	8
2	Allan Williams	41	West Norfolk AC	8.16	7
3	Steve Burke	44	Huntingdonshire AC	8.05	6
4	David Lane	52	Ryston Runners AC	6.71	5
5	Scott Magee	46	Corby AC	5.13	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	51.1
-	x	x	36.8
-	x	x	38.1
x	-	x	-
-	x	x	25.2

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Peter Knott	59	Corby AC	10.72	8
2	Karl Eve	54	Peterborough AC	10.08	7
3	Robert Ellingham	52	Huntingdonshire AC	8.67	6
4	John Blackwell	66	Nene Valley Harriers	8.05	5
5	John Greenhalgh	51	West Norfolk AC	7.40	4
6	Paul Harrison	50	Ryston Runners AC	7.38	3
7					2
8					1

Rec	Rec	AG %
-	x	64.8
-	x	54.3
-	x	44.8
x	-	-
-	x	37.5
-	x	36.6

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Ian Reeve	64	West Norfolk AC	8.29	8
2	Kevin Bates	64	Huntingdonshire AC	8.04	7
3	Tim Needham	64	Nene Valley Harriers	7.71	6
4	Tony Wells	68	Corby AC	7.70	5
5	Peter Brantom	67	Peterborough AC	5.11	4
6	Jeffrey Reed	72	Ryston Runners AC	4.75	3
7					2
8					1

Rec	AG %
-	51.2
-	49.6
-	47.6
-	54.2
-	34.7
-	-

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Adam Fidgett	35	Nene Valley Harriers	5.07	8		-	x	x	59.5
2	Neil Torr	37	Peterborough AC	4.99	7		-	x	x	59.9
3	Neil Carrington	48	Huntingdonshire AC	4.83	6		-	x	x	66.0
4	Gary Beckwith	40	Corby AC	4.67	5		-	x	x	58.0
5	David Lane	52	Ryston Runners AC	4.42	4		x	-	x	63.6
6	Adam Dewdney	44	West Norfolk AC	3.97	3		-	x	x	51.7
7					2					
8					1					

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Richard Phelan	55	Huntingdonshire AC	4.99	8		-	x	74.8
2	Paul Harrison	50	Ryston Runners AC	4.61	7		-	x	64.6
3	Robert Vincent	51	West Norfolk AC	3.64	6		-	x	51.7
4	Martin Hilton	58	Peterborough AC	3.44	5		-	x	53.8
5	John Donaldson	58	Corby AC	3.17	4		-	x	49.6
6	John Blackwell	66	Nene Valley Harriers	1.99	3		x	-	35.2
7					2				
8					1				

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Ian Reeve	64	West Norfolk AC	4.41	8		-	75.5
2	David Whitehead	64	Peterborough AC	3.99	7		-	68.3
3	Graham Mabelson	61	Corby AC	3.85	6		-	62.9
4	John Spriggs	64	Nene Valley Harriers	3.80	5		-	65.1
5	Wayne DuBose	62	Huntingdonshire AC	2.76	4		-	45.8
6	Jeffrey Reed	72	Ryston Runners AC	2.05	3		-	40.2
7					2			
8					1			

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Adam Fidgett	35	Nene Valley Harriers	2.75	8	-	x	x	46.5
2	Steve Burke	44	Huntingdonshire AC	1.50	7	-	x	x	28.4
3					6				
4					5				
5					4				
6					3				
7					2				
8					1				

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Richard Phelan	55	Huntingdonshire AC	3.00	8	-	x	66.6
2	Karl Eve	54	Peterborough AC	2.75	7	-	x	60.1
3	Paul Oakes	64	Ryston Runners AC	2.60	6	x	-	67.1
4	Ricardo Huskisson	57	Nene Valley Harriers	1.80	5	-	x	41.2
5					4			
6					3			
7					2			
8					1			

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts	Rec
1			Peterborough AC	52.7	8	-
2			Corby AC	52.8	7	-
3			Huntingdonshire AC	57.4	6	-
4			West Norfolk AC	58.0	5	-
5					4	
6					3	
7					2	
8					1	

MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1			Corby AC	59.7	8
2			Peterborough AC	62.6	7
3			Ryston Runners AC	64.5	6
4			Nene Valley Harriers	72.5	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

	Name	AG	Club	Result
	Neil Carrington	M45	Hunts AC	13.4
	James Sadlier	M35	Peterborough	61.3
	Danny Snipe	M35	Peterborough	63.0
	Gary Beckwith	M40	Corby	64.6
	Danny Snipe	M35	Peterborough	10:08.0
	Simon Mead	M40	Peterborough	10:09.0
	James Sadlier	M35	Peterborough	10:19.1
	Peter Ward	M50	Peterborough	10:51.3
	Barry Warne	M55	NVH	12:03.5
	Paul Parkin	M50	NVH	12:54.9

EMAC Track & Field League -		Northern Division - Match 1		Teams = 8		
St Ives		Wed	03 May 2017		Overall Match Scores	
Pos	Women's Teams	Bib	Match 1	Final	Pos	
1	Ryston Runners AC	F	125	125	1	
2	Nene Valley Harriers	C	61	61	2	
3	Huntingdonshire AC	A	54	54	3	
4	Peterborough AC	B	34	34	4	
4	Corby AC	D	34	34	4	
6	West Norfolk AC	G	28	28	6	
7	Stamford Striders	E	26	26	7	
8	Spare 8	H	0	0	8	

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Claire Smith	40	Nene Valley Harriers	13.5	8	
2	Joanne Abel	44	Huntingdonshire AC	15.0	7	
3	Louise Rice	45	West Norfolk AC	15.6	6	
4	Janice Manning	38	Ryston Runners AC	16.1	5	
5	Sue Paterson	49	Corby AC	17.1	4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	81.4
-	x	x	76.6
-	x	x	74.5
-	x	x	66.6
-	x	x	71.0
x	x	x	

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Gaye Clarke	56	Ryston Runners AC	15.5	8	
2	Liz Makin	56	Stamford Striders	19.2	7	
3	Yvonne Scarrott	50	Nene Valley Harriers	20.2	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	84.1
-	x	67.9
-	x	60.7

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Gill Hart	64	Ryston Runners AC	19.9	8	
2					7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %
-	70.6

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Claire Smith	40	Nene Valley Harriers	67.7	8
2	Wendy Perkins	37	Peterborough AC	70.2	7
3	Janice Manning	38	Ryston Runners AC	78.0	6
4	Sally Coombs	46	Corby AC	80.3	5
5	Sandra Acton	36	Huntingdonshire AC	162.5	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	77.6
-	x	x	72.3
-	x	x	65.8
-	x	x	69.6
-	x	x	30.9



HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	41	Nene Valley Harriers	45.43	8
2	Margit Bialobrzeska	37	Huntingdonshire AC	21.65	7
3	Sue Paterson	49	Corby AC	13.56	6
4	Katrina Wastenev	45	West Norfolk AC	11.39	5
5	Helen Reed	51	Ryston Runners AC	9.37	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	79.0
-	x	x	33.7
-	x	x	30.8
-	x	x	22.4
x	-	x	-

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Gaye Clarke	56	Ryston Runners AC	29.71	8
2	Judith Jagger	56	Peterborough AC	23.57	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	54.1
-	x	42.9

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	41	Nene Valley Harriers	9.29	8
2	Margit Bialobrzeska	37	Huntingdonshire AC	8.12	7
3	Sue Paterson	49	Corby AC	5.80	6
4	Katrina Wastenev	45	West Norfolk AC	4.39	5
5	Sue Smith	52	Ryston Runners AC	2.61	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	49.2
-	x	x	39.5
-	x	x	37.5
-	x	x	25.6
x	-	x	-

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	56	Peterborough AC	8.25	8
2	Gaye Clarke	56	Ryston Runners AC	7.19	7
3	Penny Butcher	58	Huntingdonshire AC	6.37	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	56.5
-	x	49.2
-	x	45.3

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Gill Hart	64	Ryston Runners AC	2.00	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	14.3

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Joanne Abel	44	Huntingdonshire AC	4.16	8		-	x	x	64.1
2	Sue Paterson	49	Corby AC	3.03	7		-	x	x	49.9
3	Elizabeth Blakie	58	Ryston Runners AC	2.26	6		x	-	x	42.5
4					5					
5					4					
6					3					
7					2					
8					1					





	<b>Name</b>	<b>AG</b>	<b>Club</b>	<b>Result</b>
	Sandra Action	W35	Huntingdonshire AC	29.8
	Ruth Jones	W35	NVH	11:17.2
	Sandra Action	W35	Huntingdonshire AC	3.45

EMAC Track & Field League -		Central Division - Match 1		Teams = 8	
Bedford		Wed	03 May 2017		Overall
				Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Marshall Milton Keynes AC	1	153	153	1
2	Bedford & County AC	2	140	140	2
3	Cambridge & Coleridge AC	7	116	116	3
4	Fairlands Valley Spartans	6	93	93	4
5	Biggleswade AC	4	84	84	5
6	Bedford Harriers	5	53	53	6
7	Luton AC	3	34	34	7
8	Spare 8	8	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Daniel Bottesch	42	Luton AC	12.4	8		-	x	x	83.9
2	David Olusanya	44	Bedford & County AC	12.5	7		-	x	x	84.4
3	Keith Clarke	49	Cambridge & Coleridge AC	13.7	6		-	x	x	79.6
4	Phillip Catcheside	43	Marshall Milton Keynes AC	14.1	5		-	x	x	74.3
5	David Stephenson	54	Fairlands Valley Spartans	14.3	4		x	-	x	78.8
6	Stuart Goodwin	39	Biggleswade AC	14.9	3		-	x	x	68.3
7					2					
8					1					

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Paul Canning	50	Marshall Milton Keynes AC	12.7	8		-	x	86.4
2	Tennyson James	59	Bedford & County AC	13.2	7		-	x	88.1
3	Gary Butler	51	Bedford Harriers	13.4	6		-	x	82.5
4	Steve Mayfield	51	Fairlands Valley Spartans	13.5	5		-	x	81.8
5	Joseph Tucker	57	Cambridge & Coleridge AC	15.5	4		-	x	74.1
6	Gary Baldwin	53	Biggleswade AC	16.4	3		-	x	68.2
7					2				
8					1				

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Ivars Licietis	61	Marshall Milton Keynes AC	14.1	8		-	83.5
2	Christopher Keech	65	Bedford & County AC	14.5	7		-	83.2
3	Neil Lovesey	62	Bedford Harriers	17.0	6		-	69.7
4	Colin Harries	70	Biggleswade AC	18.8	5		-	66.1
5					4			
6					3			
7					2			
8					1			

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Peter Benedickter	48	Bedford & County AC	56.7	8	-	x	x	86.1
2	Daniel Bottesch	42	Luton AC	56.8	7	-	x	x	82.5
3	Jeremy Vick	39	Marshall Milton Keynes AC	61.2	6	-	x	x	74.9
4	Keith Clarke	49	Cambridge & Coleridge AC	70.9	5	-	x	x	69.4
5	David Roberts	50	Bedford Harriers	71.9	4	x	-	x	68.9
6	James Kilroy	40	Fairlands Valley Spartans	72.5	3	-	x	x	63.7
7					2				
8					1				

400m	400m M50-59	RDA	Team	(NN.n)	Pts
1	Gary Butler	51	Bedford Harriers	59.6	8
2	Paul Canning	50	Marshall Milton Keynes AC	60.4	7
3	Steve Mayfield	51	Fairlands Valley Spartans	61.3	6
4	Tennyson James	59	Bedford & County AC	65.2	5
5	Joseph Tucker	57	Cambridge & Coleridge AC	77.0	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	83.7
-	x	82.0
-	x	81.3
-	x	80.6
-	x	67.4

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	Simon Coombes	44	Bedford & County AC	09:16.0	8
2	Chris Hearn	35	Marshall Milton Keynes AC	09:34.5	7
3	Steffan Ford	40	Fairlands Valley Spartans	10:07.3	6
4	Marcus Davey	45	Biggleswade AC	10:25.7	5
5	David Roberts	50	Bedford Harriers	12:06.8	4
6	Glyn Smith	71	Cambridge & Coleridge AC	13:46.1	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	86.3
-	x	x	78.2
-	x	x	76.7
-	x	x	77.3
x	-	x	69.2
x	x	-	73.7

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	John Harris	54	Fairlands Valley Spartans	11:15.1	8
2	Paul Sutherland	50	Marshall Milton Keynes AC	11:19.2	7
3	Neil Harvey	56	Biggleswade AC	11:56.4	6
4	Gerald Meah	59	Cambridge & Coleridge AC	12:19.5	5
5	Mark Tinkler	59	Bedford Harriers	13:15.7	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	77.0
-	x	74.1
-	x	73.8
-	x	73.3
-	x	68.2

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	John Skelton	66	Marshall Milton Keynes AC	10:44.2	8
2	Charlie Ritchie	62	Cambridge & Coleridge AC	11:51.2	7
3	Charles Arnold	61	Biggleswade AC	12:10.7	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	89.6
-	78.3
-	75.5

1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	David Bowker	58	Fairlands Valley Spartans	05:30.9	8
2	Joseph Tucker	57	Cambridge & Coleridge AC	06:09.7	7
3	Robin Wynde	59	Biggleswade AC	06:10.2	6
4	Phillip Catcheside	43	Marshall Milton Keynes AC	06:26.9	5
5	Graeme Packman	62	Bedford & County AC	06:27.3	4
6					3
7					2
8					1

Rec	Rec	Rec
x	LR	x
x	-	x
x	-	x
-	x	x
x	x	-

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	James Kilroy	40	Fairlands Valley Spartans	06:20.7	8
2	Stewart Fraser	58	Marshall Milton Keynes AC	06:36.3	7
3	Alan Baldock	68	Cambridge & Coleridge AC	09:11.4	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
-	x	x
x	-	x
x	x	-

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	James Danobrega	40	Bedford & County AC	26.64	8
2	Malcolm Kidby	49	Marshall Milton Keynes AC	17.50	7
3	Stuart Goodwin	39	Biggleswade AC	16.28	6
4	Keith Clarke	49	Cambridge & Coleridge AC	15.61	5
5	David Stephenson	54	Fairlands Valley Spartans	9.76	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	33.2
-	x	x	25.9
-	x	x	19.9
-	x	x	23.1
x	x	x	-

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Grinsted	50	Luton AC	24.63	8
2	Graeme Packman	62	Bedford & County AC	20.61	7
3	Steve Mayfield	51	Fairlands Valley Spartans	20.44	6
4	Ian Slack	55	Cambridge & Coleridge AC	17.18	5
5	Mark Featherstone	51	Marshall Milton Keynes AC	5.46	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	33.1
x	-	-
-	x	28.0
-	x	25.7
-	x	7.5

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	66	Marshall Milton Keynes AC	35.50	8
2	Jim Burke	61	Bedford & County AC	32.55	7
3	Noel Moss	72	Cambridge & Coleridge AC	15.26	6
4	Clark Skerratt	66	Biggleswade AC	11.36	5
5					4
6					3
7					2
8					1

Rec	AG %
-	66.6
-	54.0
-	-
-	21.3

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Gavin Fordham	38	Bedford & County AC	9.68	8
2	Jason Carvalho	39	Marshall Milton Keynes AC	7.53	7
3	Ian Slack	55	Cambridge & Coleridge AC	6.89	6
4	Mark Keens	42	Bedford Harriers	6.19	5
5	James Kilroy	40	Fairlands Valley Spartans	5.20	4
6	Gary Baldwin	53	Biggleswade AC	4.61	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	42.5
-	x	x	33.3
x	-	x	-
-	x	x	28.4
-	x	x	23.1
x	-	x	-

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Michael Hausler	57	Cambridge & Coleridge AC	11.34	8
2	Mark Featherstone	51	Marshall Milton Keynes AC	11.27	7
3	Geoff Grinsted	50	Luton AC	9.90	6
4	Graeme Packman	62	Bedford & County AC	8.30	5
5	Steve Mayfield	51	Fairlands Valley Spartans	7.53	4
6	Robin Wynde	59	Biggleswade AC	5.54	3
7	Mark Tinkler	59	Bedford Harriers	5.40	2
8					1

Rec	Rec	AG %
-	x	65.4
-	x	57.0
-	x	49.1
x	-	-
-	x	38.1
-	x	33.5
-	x	32.6

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	66	Marshall Milton Keynes AC	9.10	8
2	Jim Burke	61	Bedford & County AC	8.52	7
3	Mark Freeman	60	Fairlands Valley Spartans	5.78	6
4	Alan Daghish	67	Luton AC	5.30	5
5	Clark Skerratt	66	Biggleswade AC	5.04	4
6	Alan Baldock	68	Cambridge & Coleridge AC	3.84	3
7					2
8					1

Rec	AG %
-	59.8
-	48.1
-	31.8
-	36.0
-	33.1
-	27.0

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stephen Bass	44	Bedford & County AC	4.23	8		-	x	x	55.0
2	Keith Clarke	49	Cambridge & Coleridge AC	4.07	7		-	x	x	56.3
3	Phillip Catcheside	43	Marshall Milton Keynes AC	3.84	6		-	x	x	49.4
4	Stuart Goodwin	39	Biggleswade AC	3.58	5		-	x	x	43.9
5	Mark Keens	42	Bedford Harriers	3.33	4		-	x	x	42.3
6					3					
7					2					
8					1					

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Steve Mayfield	51	Fairlands Valley Spartans	4.04	8		-	x	57.4
2	Ian Slack	55	Cambridge & Coleridge AC	3.91	7		-	x	58.6
3	Paul Canning	50	Marshall Milton Keynes AC	3.69	6		-	x	51.7
4	Robin Wynde	59	Biggleswade AC	2.56	5		-	x	40.6
5	Lance Croft	50	Bedford & County AC	2.54	4		-	x	35.6
6	Mark Tinkler	59	Bedford Harriers	2.39	3		-	x	37.9
7					2				
8					1				

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	David Folgate	66	Bedford & County AC	4.04	8		-	71.4
2	Neil Lovesey	62	Bedford Harriers	3.47	7		-	57.6
3	Ivars Licietis	61	Marshall Milton Keynes AC	3.33	6		-	54.4
4	Noel Moss	72	Cambridge & Coleridge AC	2.38	5		-	46.6
5	Colin Harries	70	Biggleswade AC	1.48	4		-	28.0
6					3			
7					2			
8					1			

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Robert Kingman	44	Bedford & County AC	3.20	8	-	x	x	60.6
2	Ian Slack	55	Cambridge & Coleridge AC	1.60	7	x	-	x	35.5
3	Chris Hearn	35	Marshall Milton Keynes AC	1.20	6	-	x	x	20.3
4					5				
5					4				
6					3				
7					2				
8					1				

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Simon Eastwood	52	Bedford & County AC	3.00	8	-	x	63.6
2	Steve Mayfield	51	Fairlands Valley Spartans	1.80	7	-	x	37.6
3	Ivars Licietis	61	Marshall Milton Keynes AC	1.80	6	x	-	44.1
4	Noel Moss	72	Cambridge & Coleridge AC	1.60	5	x	-	48.3
5	Charles Arnold	61	Biggleswade AC	1.40	4	x	-	34.3
6					3			
7					2			
8					1			

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts	Rec
1			Bedford & County AC	52.9	8	-
2			Marshall Milton Keynes AC	57.7	7	-
3			Fairlands Valley Spartans	58.0	6	-
4			Biggleswade AC	60.9	5	-
5					4	
6					3	
7					2	
8					1	

MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts	Rec
1			Bedford & County AC	57.3	8	-
2			Marshall Milton Keynes AC	57.4	7	-
3			Biggleswade AC	70.0	6	-
4			Cambridge & Coleridge AC	71.4	5	-
5					4	
6					3	
7					2	
8					1	

	Name	AG	Club	Result
	Jason Carvalho	M35	Marshall Milton Keynes AC	14.2
	Peter Webster	M40	Bedford & County AC	61.8
	Ivars Licietis	M60	Marshall Milton Keynes AC	64.4
	Andy Cohen-Wray	M35	Bedford & County AC	10:53.4
	Stewart Fraser	M50	Marshall Milton Keynes AC	12:33.5
	Bob Kingman	M40	Bedford & County AC	3.20
	Mark Burgman	M60	Bedford & County AC	2.20
	James Danobrega	M40	Bedford & County AC	5.04
	Ajit Kapur	M60	Biggleswade AC	2.77
	James Danobrega	M40	Bedford & County AC	9.79
	Patrick Daly	M35	Bedford & County AC	8.25
	Stephen Bass	M40	Bedford & County AC	7.56
	Patrick Daly	M35	Bedford & County AC	23.53

EMAC Track & Field League -		Central Division - Match 1		Teams = 8	
Bedford		Wed	03 May 2017		Overall
					Match Scores
Pos	Women's Teams	Bib	Match 1	Final	Pos
1	Fairlands Valley Spartans	F	146	146	1
2	Marshall Milton Keynes AC	A	121	121	2
3	Cambridge & Coleridge AC	G	95	95	3
4	Bedford Harriers	E	73	73	4
5	Biggleswade AC	D	70	70	5
6	Luton AC	C	30	30	6
7	Bedford & County AC	B	24	24	7
8	Spare 8	H	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Corinne Nurse	38	Marshall Milton Keynes AC	14.6	8		-	x	x	73.5
2	Zoe Palmer	36	Luton AC	15.4	7		-	x	x	68.1
3	Kathryn Juty	48	Biggleswade AC	16.8	6		-	x	x	71.5
4	Peta Wilson	48	Fairlands Valley Spartans	16.9	5		-	x	x	71.0
5					4					
6					3					
7					2					
8					1					

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	52	Fairlands Valley Spartans	14.7	8		-	x	85.1
2	Janice Hardcastle	57	Marshall Milton Keynes AC	16.3	7		-	x	80.7
3	Iona Graham-Hagg	54	Cambridge & Coleridge AC	17.7	6		-	x	72.2
4	Jacinta Horne	52	Bedford Harriers	20.8	5		-	x	60.2
5	Helen Kapur	55	Biggleswade AC	22.0	4		-	x	58.7
6					3				
7					2				
8					1				

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Carol Alker	62	Luton AC	16.9	8		-	81.6
2	Catherine Craig	64	Fairlands Valley Spartans	18.8	7		-	74.7
3	Jacqueline Keenan	67	Bedford Harriers	21.7	6		-	66.5
4	Mary Holmes	80	Cambridge & Coleridge AC	22.5	5		-	74.7
5	Fi Han Bromilow	63	Marshall Milton Keynes AC	24.1	4		-	57.8
6					3			
7					2			
8					1			

400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Emma Coombes	39	Bedford & County AC	70.4	8	-	x	x	73.7
2	Stefanie Godfrey	51	Cambridge & Coleridge AC	78.0	7	x	-	x	75.3
3	Kathryn Juty	48	Biggleswade AC	80.9	6	-	x	x	70.5
4	Debra Brent	54	Marshall Milton Keynes AC	81.0	5	x	-	x	74.6
5	Peta Wilson	48	Fairlands Valley Spartans	82.3	4	-	x	x	69.3
6					3				
7					2				
8					1				





HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sarah Mcgrath	44	Cambridge & Coleridge AC	20.57	8
2	Diane Presswell	52	Marshall Milton Keynes AC	19.00	7
3	Stephanie Mayfield	43	Fairlands Valley Spartans	16.57	6
4	Eva Kovacs	48	Bedford Harriers	12.05	5
5	Emma Coombes	39	Bedford & County AC	10.05	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	39.2
x	-	x	-
-	x	x	30.6
-	x	x	26.4
-	x	x	16.5

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Keely Grinsted	50	Luton AC	30.45	8
2	Jeanette Lawrence	59	Marshall Milton Keynes AC	21.97	7
3	Sharon Crowley	58	Fairlands Valley Spartans	16.12	6
4	Angela Kay	57	Bedford Harriers	15.81	5
5	Sandra Ingham	59	Biggleswade AC	14.49	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	49.5
-	x	42.6
-	x	30.6
-	x	29.4
-	x	28.1

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sarah Mcgrath	44	Cambridge & Coleridge AC	9.29	8
2	Chrispina Odunewu	42	Marshall Milton Keynes AC	7.66	7
3	Kathryn Juty	48	Biggleswade AC	6.30	6
4	Eva Kovacs	48	Bedford Harriers	5.20	5
5	Andrea Westcott	46	Fairlands Valley Spartans	4.65	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	52.8
-	x	x	41.5
-	x	x	39.6
-	x	x	32.7
-	x	x	27.8

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Tessa Stephenson	56	Fairlands Valley Spartans	8.07	8
2	Keely Grinsted	50	Luton AC	7.27	7
3	Oriana Johnson	55	Bedford & County AC	7.12	6
4	Sandra Ingham	59	Biggleswade AC	6.66	5
5	Janice Hardcastle	57	Marshall Milton Keynes AC	6.18	4
6	Angela Kay	57	Bedford Harriers	5.64	3
7	Helen Grant	54	Cambridge & Coleridge AC	4.27	2
8					1

Rec	Rec	AG %
-	x	55.2
-	x	44.6
-	x	47.8
-	x	48.4
-	x	43.1
-	x	39.4
-	x	28.1

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Mary Holmes	80	Cambridge & Coleridge AC	5.06	8
2	Jacqueline Keenan	67	Bedford Harriers	5.01	7
3	Catherine Craig	64	Fairlands Valley Spartans	4.14	6
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	3.99	5
5					4
6					3
7					2
8					1

Rec	AG %
-	22.0
-	33.2
-	29.7
-	29.2

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Chrispina Odunewu	42	Marshall Milton Keynes AC	3.26	8		-	x	x	49.0
2	Sally Cartwright	49	Bedford Harriers	2.89	7		-	x	x	47.6
3	Iona Graham-Hagg	54	Cambridge & Coleridge AC	2.86	6		x	-	x	50.6
4	Andrea Westcott	46	Fairlands Valley Spartans	2.16	5		-	x	x	34.2
5	Bev Strong	45	Biggleswade AC	2.08	4		-	x	x	32.5
6					3					
7					2					
8					1					

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Monica Brown	52	Fairlands Valley Spartans	3.80	8	
2	Janice Hardcastle	57	Marshall Milton Keynes AC	3.08	7	
3	Pamela Abbott	54	Cambridge & Coleridge AC	2.54	6	
4	Helen Kapur	55	Biggleswade AC	2.09	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	65.3
-	x	57.0
-	x	45.0
-	x	37.5

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Diane Baldwin	60	Marshall Milton Keynes AC	2.95	8	
2	Iris Hornsey	75	Fairlands Valley Spartans	2.48	7	
3	Mary Holmes	80	Cambridge & Coleridge AC	2.16	6	
4	Sheila Humphries	64	Bedford Harriers	1.91	5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %
-	57.3
-	63.6
-	63.5
-	39.6

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts
1	Stephanie Mayfield	43	Fairlands Valley Spartans	1.80	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	43.6

PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts
1	Monica Brown	52	Fairlands Valley Spartans	1.20	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	34.3

MedR	Relay 4x1 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Marshall Milton Keynes AC	63.3	8
2			Fairlands Valley Spartans	69.8	7
3			Biggleswade AC	82.6	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

MedR	Relay 4x1 W50+	RDA	Team	(NN:NN.n)	Pts
1			Fairlands Valley Spartans	68.5	8
2			Cambridge & Coleridge AC	74.7	7
3			Marshall Milton Keynes AC	82.1	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

	<b>Name</b>	<b>AG</b>	<b>Club</b>	<b>Result</b>
	Kara Gibbs	SW	Bedford & County	2.60
	Diane Baldwin	W60	Marshall Milton Keynes AC	80.3
	Helen Grant	W50	Cambridge & Coleridge AC	13:35.8

EMAC Track & Field League -		Southern Division - Match 1		Teams = 8		
Thurrock		Wed	03 May 2017		Overall	
					Match Scores	
Pos	Men's Teams	Bib	Match 1		Final	Pos
1	Southend AC	1	151		151	1
2	Chelmsford/Springfield	7	133		133	2
3	Thurrock Harriers	3	124		124	3
4	Loughton AC	2	98		98	4
5	Basildon AC	5	95		95	5
6	Col &Tendring/Ipswich Harriers	4	43		43	6
7	W Suffolk/St Ed. Pacers/Waveney	6	0		0	7
7	Spare 8	8	0		0	7

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Amr Ziko	39	Chelmsford/Springfield	12.1	8		-	x	x	84.1
2	Jan Barnard	37	Basildon AC	12.2	7		-	x	x	82.3
3	Clive Farrow	47	Southend AC	12.7	6		-	x	x	84.7
4	Aaron Bollu	38	Col &Tendring/Ipswich Harrie	12.7	5		-	x	x	79.6
5	Anthony Tobin	36	Thurrock Harriers	13.5	4		-	x	x	73.8
6	Trevor Robinson	43	Loughton AC	19.9	3		-	x	x	52.6
7					2					
8					1					

100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Keith Palmer	52	Southend AC	13.7	8		-	x	81.2
2	Jim Harrison	53	Loughton AC	13.7	7		-	x	81.7
3	Jonathan Metcalf	57	Thurrock Harriers	14.1	6		-	x	81.4
4	Andrew Stewart	56	Chelmsford/Springfield	14.8	5		-	x	77.1
5	Rhys Davies	57	Basildon AC	16.6	4		-	x	69.2
6					3				
7					2				
8					1				

100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Paul Willcox	64	Col &Tendring/Ipswich Harrie	14.7	8		-	81.5
2	Gerald Daniel	64	Chelmsford/Springfield	15.1	7		-	79.4
3	Peter Binns	69	Southend AC	15.7	6		-	78.7
4	David Hobbs	69	Loughton AC	16.1	5		-	76.7
5	Michael Bumstead	65	Thurrock Harriers	16.7	4		-	72.2
6					3			
7					2			
8					1			

400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
1	Clint Nicholls	38	Basildon AC	57.6	8	-	x	x	79.0
2	Graham Eastty	37	Southend AC	58.9	7	-	x	x	76.7
3	Nick Trencher	43	Thurrock Harriers	66.2	6	-	x	x	71.3
4	Antony Goodall	40	Chelmsford/Springfield	68.7	5	-	x	x	67.2
5	Trevor Robinson	43	Loughton AC	78.8	4	-	x	x	59.9
6					3				
7					2				
8					1				

400m	400m M50-59	RDA	Team	(NN.n)	Pts
1	Jonathan Metcalf	57	Thurrock Harriers	63.2	8
2	Clifford Warren	55	Loughton AC	66.1	7
3	Andrew Stewart	56	Chelmsford/Springfield	68.1	6
4	Stephen Solomon	54	Southend AC	72.2	5
5	Robert Woolliams	61	Col & Tendring/Ipswich Harrie	73.3	4
6	Rhys Davies	57	Basildon AC	80.0	3
7					2
8					1

Rec	Rec	AG %
-	x	82.1
-	x	77.5
-	x	75.7
-	x	70.4
x	-	72.6
-	x	64.8

3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
1	Mark Newton	36	Chelmsford/Springfield	09:27.4	8
2	Lee Taylor	41	Southend AC	09:36.0	7
3	Toby Draper	44	Thurrock Harriers	10:38.1	6
4	Mark Preskett	42	Basildon AC	11:42.3	5
5	Trevor Robinson	43	Loughton AC	13:20.3	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	79.7
-	x	x	81.4
-	x	x	75.2
-	x	x	67.3
-	x	x	59.5

3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
1	Simon Le Mare	55	Southend AC	10:31.6	8
2	Don Lawless	52	Thurrock Harriers	11:07.4	7
3	Mark Gowers	56	Basildon AC	11:20.6	6
4	Christopher Purse	58	Chelmsford/Springfield	11:30.0	5
5	Robert Maggio	70	Loughton AC	19:20.9	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	83.0
-	x	76.6
-	x	77.7
-	x	77.9
x	-	51.8

3000m	3000m M60+	RDA	Team	(NN:NN.n)	Pts
1	Michael Bumstead	65	Thurrock Harriers	11:28.3	8
2	Peter Binns	69	Southend AC	12:16.6	7
3	Robert Sargent	62	Loughton AC	14:23.5	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	83.1
-	80.7
-	64.5

1000mW	1Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Mark Preskett	42	Basildon AC	05:29.1	8
2	Michael Bumstead	65	Thurrock Harriers	05:53.9	7
3	Keith Palmer	52	Southend AC	05:54.4	6
4	Damian Barrett	45	Chelmsford/Springfield	07:19.1	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
-	x	x
x	x	-
x	-	x
-	x	x

1000mW	1Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Eamonn Shelley	56	Thurrock Harriers	06:03.7	8
2	John Brock	67	Southend AC	06:37.3	7
3	Joe McGrath	37	Basildon AC	06:45.2	6
4	Andy Hind	43	Chelmsford/Springfield	07:45.4	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
x	-	x
x	x	-
-	x	x
-	x	x

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Chris Clark	52	Chelmsford/Springfield	19.09	8
2	Andy Coleman	49	Basildon AC	14.93	7
3	Gary Cheek	46	Southend AC	14.12	6
4	Paul Mitchell	42	Thurrock Harriers	6.01	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	x	x	-
-	x	x	22.1
-	x	x	19.7
-	x	x	7.8

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Earle	56	Southend AC	45.48	8
2	David Bauer	51	Chelmsford/Springfield	41.17	7
3	Jim Harrison	53	Loughton AC	21.49	6
4	Peter Godron	52	Col &Tending/Ipswich Harrie	19.26	5
5	Martin Mack	51	Thurrock Harriers	16.12	4
6	Rhys Davies	57	Basildon AC	12.73	3
7					2
8					1

Rec	Rec	AG %
-	x	69.7
-	x	56.5
-	x	30.8
-	x	27.0
-	x	22.1
-	x	20.0

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Tyler	68	Chelmsford/Springfield	22.57	8
2	John Clark	74	Southend AC	17.24	7
3	Bernard Johnson	61	Thurrock Harriers	13.01	6
4	Robert Maggio	70	Loughton AC	9.64	5
5					4
6					3
7					2
8					1

Rec	AG %
-	44.7
-	-
-	21.6
-	-

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Clint Nicholls	38	Basildon AC	9.62	8
2	Aaron Bollu	38	Col &Tending/Ipswich Harrie	8.64	7
3	Marek Kowalski	45	Thurrock Harriers	8.33	6
4	Chris Clark	52	Chelmsford/Springfield	6.75	5
5	Trevor Robinson	43	Loughton AC	6.52	4
6	Gary Cheek	46	Southend AC	6.22	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	42.3
-	x	x	38.0
-	x	x	40.1
x	-	x	-
-	x	x	30.4
-	x	x	30.6

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Earle	56	Southend AC	12.06	8
2	David Bauer	51	Chelmsford/Springfield	10.91	7
3	Peter Godron	52	Col &Tending/Ipswich Harrie	9.55	6
4	Jim Harrison	53	Loughton AC	8.91	5
5	Martin Mack	51	Thurrock Harriers	6.34	4
6	Rhys Davies	57	Basildon AC	6.25	3
7					2
8					1

Rec	Rec	AG %
-	x	67.9
-	x	55.2
-	x	49.3
-	x	47.0
-	x	32.1
-	x	36.0

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Tyler	68	Chelmsford/Springfield	10.13	8
2	Dave Faulkner	64	Loughton AC	7.09	7
3	John Clark	74	Southend AC	6.28	6
4	Bernard Johnson	61	Thurrock Harriers	6.02	5
5					4
6					3
7					2
8					1

Rec	AG %
-	71.3
-	43.7
-	-
-	34.0

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Aaron Bollu	38	Col & Tendring/Ipswich Harriers	5.34	8		-	x	x	64.8
2	Marek Kowalski	45	Thurrock Harriers	5.06	7		-	x	x	66.6
3	Joe McGrath	37	Basildon AC	4.59	6		-	x	x	55.1
4	Clive Farrow	47	Southend AC	4.31	5		-	x	x	58.2
5	Amr Ziko	39	Chelmsford/Springfield	4.26	4		-	x	x	52.3
6	Trevor Robinson	43	Loughton AC	2.68	3		-	x	x	34.5
7					2					
8					1					

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Keith Palmer	52	Southend AC	4.54	8		-	x	65.3
2	Clifford Warren	55	Loughton AC	4.37	7		-	x	65.5
3	Dave Barnett	59	Chelmsford/Springfield	3.52	6		-	x	55.9
4	Ian Carmichael	56	Basildon AC	3.02	5		-	x	45.9
5	Jonathan Metcalf	57	Thurrock Harriers	2.74	4		-	x	42.2
6					3				
7					2				
8					1		x	x	

LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Gerald Daniel	64	Chelmsford/Springfield	3.92	8		-	67.1
2	David Hobbs	69	Loughton AC	3.67	7		-	68.2
3	Michael Bumstead	65	Thurrock Harriers	3.16	6		-	55.0
4	John Brock	67	Southend AC	2.11	5		-	37.9
5					4			
6					3			
7					2			
8					1			

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Joe McGrath	37	Basildon AC	2.90	8	-	x	x	50.3
2	Martin Branfoot	61	Chelmsford/Springfield	1.60	7	x	x	-	39.2
3	Gary Cheek	46	Southend AC	1.45	6	-	x	x	28.2
4					5				
5					4				
6					3				
7					2				
8					1				

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	Jim Harrison	53	Loughton AC	2.00	8	-	x	43.0
2	Angus Aldridge	53	Southend AC	1.90	7	-	x	40.9
3	Dave Barnett	59	Chelmsford/Springfield	1.90	6	-	x	45.0
4					5			
5					4			
6					3			
7					2			
8					1			

MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts	Rec
1			Basildon AC	51.1	8	-
2			Southend AC	56.5	7	-
3			Thurrock Harriers	57.9	6	-
4			Chelmsford/Springfield	58.3	5	-
5					4	
6					3	
7					2	
8					1	



MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1			Southend AC	59.9	8
2			Thurrock Harriers	63.0	7
3			Loughton AC	65.0	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

Name	AG	Club	Result
Robert Woolliams	M60	Ipswich Harriers	14.7
Damian Barrett	M45	Springfield Striders	63.7
Steven Ball		Thurrock Harriers	64.8
Paul Mitchell	M40	Thurrock Harriers	69.0
Steven Ball		Thurrock Harriers	13.9
Damian Barrett	M45	Springfield Striders	14.0
Anthony Goodhall	M45	Springfield Striders	15.8
Andy Hind	M40	Springfield Striders	16.5
Mark Waine	M45	Southend	10:00.3
Gary Chandler	M45	Springfield Striders	10:23.0
Ian Brazier	M45	Springfield Striders	12:21.0
Ian Carmichael	M55	Basildon	13:00.5
Damian Barrett	M45	Chelmsford	10.08
Cleveland Williams	M50	Colchester & Tendering	9.80
Clint Nicholls	M35	Basildon	2.40
Peter Cassidy	M75	Loughton AC	07:01.3

EMAC Track & Field League -		Southern Division - Match 1		Teams = 8	
Thurrock		Wed	03 May 2017		Overall
				Match Scores	
Pos	Women's Teams	Bib	Match 1	Final	Pos
1	Chelmsford/Springfield	G	134	134	1
2	Loughton AC	B	125	125	2
3	Southend AC	A	105	105	3
4	W Suffolk/St Ed. Pacers/Waveney	F	96	96	4
5	Col &Tendring/Ipswich Harriers	D	78	78	5
6	Basildon AC	E	21	21	6
7	Thurrock Harriers	C	19	19	7
8	Spare 8	H	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015

100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Heidi Johnson	41	Chelmsford/Springfield	15.3	8	
2	Mary Knapman	38	Loughton AC	15.6	7	
3	Sian Gifford	48	Col &Tendring/Ipswich Harriers	15.8	6	
4	Amanda Dodge	37	Basildon AC	16.1	5	
5	Natasha Lagden	43	Southend AC	16.2	4	
6	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	17.4	3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	72.6
-	x	x	68.7
-	x	x	76.0
-	x	x	65.8
-	x	x	70.2
-	x	x	69.7

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	15.3	8	
2	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	16.2	7	
3	Susan Brown	52	Southend AC	16.5	6	
4	Christine Salvary	60	Loughton AC	17.2	5	
5	Jill Kent	59	Chelmsford/Springfield	17.9	4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	83.5
-	x	78.9
-	x	75.9
x	-	78.8
-	x	74.9

100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind
1	Barbara Higgins	62	Loughton AC	18.4	8	
2	Diane Wooller	63	Col &Tendring/Ipswich Harriers	18.6	7	
3	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	21.0	6	
4	Shirley Quinn	62	Chelmsford/Springfield	21.5	5	
5	Stephanie Stamp	64	Southend AC	23.4	4	
6					3	
7					2	
8					1	

Rec	AG %
-	75.0
-	74.8
-	65.1
-	64.2
-	60.1

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Elizabeth Davies	38	Chelmsford/Springfield	65.5	8
2	Tracy English	40	Southend AC	72.3	7
3	Sian Gifford	48	Col &Tendring/Ipswich Harriers	76.1	6
4	Mary Knapman	38	Loughton AC	77.7	5
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	82.7	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	78.4
-	x	x	72.6
-	x	x	74.9
-	x	x	66.1
-	x	x	69.6

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	77.9	8
2	Teresa Pearmain	52	Southend AC	88.4	7
3	Michaela Davis	51	Loughton AC	93.7	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	77.5
-	x	67.0
-	x	62.7

3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
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Rec	Rec	Rec	AG %
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1	Elizabeth Davies	38	Chelmsford/Springfield	10:12.0	8
2	Mary Knapman	38	Loughton AC	12:21.7	7
3	Vanessa Mathers	50	Southend AC	12:37.0	6
4	Sian Gifford	48	Col & Tendring/Ipswich Harriers	13:05.6	5
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	13:31.9	4
6					3
7					2
8					1

LR	x	x	84.5
-	x	x	69.7
x	-	x	77.7
-	x	x	73.0
-	x	x	71.5

3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	12:14.1	8
2	Jill Kent	59	Chelmsford/Springfield	12:23.3	7
3	Anne Heeks	57	Loughton AC	14:08.7	6
4	Susan Crompton	54	Southend AC	14:53.3	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	84.4
-	x	89.4
-	x	76.1
-	x	69.4

3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts
1	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	13:27.2	8
2	Diane Wooller	63	Col & Tendring/Ipswich Harriers	14:02.6	7
3	Jean Hobbs	68	Loughton AC	15:19.5	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	84.7
-	83.7
-	83.0

1000mW	1km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Melanie Peddle	48	Loughton AC	05:25.4	8
2	Kasia Kostyrka-Allchorne	39	Southend AC	06:05.0	7
3	Tracy Minton	56	Chelmsford/Springfield	07:23.8	6
4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	07:31.1	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
-	x	x
-	x	x
x	-	x
-	x	x

1000mW	1km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Anne Heeks	57	Loughton AC	06:44.1	8
2	Heather Eastwood	47	Chelmsford/Springfield	07:38.3	7
3	Sally Newman-Russell	49	Southend AC	07:44.4	6
4	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	07:50.3	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec
x	-	x
-	x	x
-	x	x
x	x	-

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Carol Morris	50	Chelmsford/Springfield	19.99	8
2	Michaela Davis	51	Loughton AC	16.52	7
3	Sally Newman-Russell	49	Southend AC	14.78	6
4	Carey Hollick	46	Col & Tendring/Ipswich Harriers	13.29	5
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	6.70	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	-
x	-	x	-
-	x	x	33.6
-	x	x	27.1
-	x	x	15.2

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	62	Chelmsford/Springfield	32.47	8
2	Jill Boosey	53	Thurrock Harriers	22.84	7
3	Barbara Higgins	62	Loughton AC	21.22	6
4	Stephanie Stamp	64	Southend AC	18.93	5
5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	17.58	4
6					3
7					2
8					1

Rec	Rec	AG %
x	LR	-
-	x	39.2
x	-	-
x	-	-
x	-	-

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Carey Hollick	46	Col & Tendring/Ipswich Harriers	6.41	8
2	Carol Morris	50	Chelmsford/Springfield	6.05	7
3	Sally Newman-Russell	49	Southend AC	5.25	6
4	Michaela Davis	51	Loughton AC	4.87	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	38.3
x	-	x	-
-	x	x	33.9
x	-	x	-

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Geraldine Heapy	58	Thurrock Harriers	7.08	8
2	Sarah Stark	51	Chelmsford/Springfield	6.92	7
3	Yvonne Holmes	54	Col & Tendring/Ipswich Harriers	6.28	6
4	Barbara Higgins	62	Loughton AC	5.99	5
5	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	5.60	4
6	Susan Brown	52	Southend AC	5.51	3
7					2
8					1

Rec	Rec	AG %
-	x	50.4
-	x	43.2
-	x	41.4
x	-	46.4
-	x	36.9
-	x	35.0

SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Vespa Ellis	60	Basildon AC	8.97	8
2	Shirley Quinn	62	Chelmsford/Springfield	7.43	7
3	Emily McMahon	67	Loughton AC	6.32	6
4	Stephanie Stamp	64	Southend AC	6.10	5
5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	5.29	4
6	Diane Wooller	63	Col & Tendring/Ipswich Harriers	4.66	3
7					2
8					1

Rec	AG %
LR	69.8
-	55.5
-	41.9
-	43.7
-	41.2
-	34.1

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Heidi Nicholas	36	Basildon AC	4.59	8		-	x	x	64.1
2	Heidi Johnson	41	Chelmsford/Springfield	3.33	7		-	x	x	49.4
3	Sian Gifford	48	Col & Tendring/Ipswich Harriers	3.15	6		-	x	x	51.2
4	Kasia Kostyrka-Allchorne	39	Southend AC	3.06	5		-	x	x	44.3
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	2.63	4		-	x	x	43.3
6	Melanie Peddle	48	Loughton AC	2.42	3		-	x	x	39.4
7					2					
8					1					

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Clare St John-Coleman	56	Chelmsford/Springfield	3.61	8	
2	Christine Salvary	60	Loughton AC	2.92	7	
3	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	2.59	6	
4	Susan Brown	52	Southend AC	2.14	5	
5	Geraldine Heapy	58	Thurrock Harriers	2.00	4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	65.8
x	-	56.7
-	x	45.8
-	x	36.8
-	x	37.6

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Emily McMahon	67	Loughton AC	3.48	8	
2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	2.44	7	
3	Shirley Quinn	62	Chelmsford/Springfield	2.22	6	
4	Diane Wooller	63	Col & Tendring/Ipswich Harriers	2.02	5	
5	Stephanie Stamp	64	Southend AC	1.51	4	
6					3	
7					2	
8					1	

Rec	AG %
-	76.1
-	47.4
-	44.5
-	41.2
-	31.3

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts
1					8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %

PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts
1	Clare St John-Coleman	56	Chelmsford/Springfield	1.45	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	44.9

MedR	Relay 4x1 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Southend AC	65.2	8
2			Chelmsford/Springfield	65.7	7
3			Col & Tendring/Ipswich Harriers	69.9	6
4			Loughton AC	82.4	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

MedR	Relay 4x1 W50+	RDA	Team	(NN:NN.n)	Pts
1			Chelmsford/Springfield	68.4	8
2			Loughton AC	68.9	7
3			Southend AC	72.4	6
4			W Suffolk/St Ed. Pacers/Waveney	78.1	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

Name	AG	Club	Result
Lorraine Ramet	W45	Southend	15.1
Clare St John-Coleman	W55	Chelmsford	15.7
Amanda Baker	W50	Southend	99.2
Katie King	SW	St Edmund Pacers	12:40.5
Heather Eastwood	W45	Chelmsford	12:55.9
Sue Cribbs	W45	Southend	13:20.2
Tracy Minton	W55	Chelmsford	19.10
Tracy Minton	W55	Chelmsford	6.26
Jill Boosey	W50	Thurrock	6.63
Jenny Scholfield	W50	Chelmsford	3.50

EMAC Track & Field League -		Northern Division - Match 1		Teams = 8	
St Ives		Wed	03 May 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Peterborough AC	2	125	125	1
2	Corby AC	4	124	124	2
3	Huntingdonshire AC	1	116	116	3
4	Nene Valley Harriers	3	108	108	4
5	West Norfolk AC	7	98	98	5
6	Ryston Runners AC	6	87	87	6
7	Stamford Striders	5	29	29	7
8	Spare 8	8	0	0	8

EMAC Track & Field League -		Central Division - Match 1		Teams = 8	
Bedford		Wed	03 May 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Marshall Milton Keynes AC	1	153	153	1
2	Bedford & County AC	2	140	140	2
3	Cambridge & Coleridge AC	7	116	116	3
4	Fairlands Valley Spartans	6	93	93	4
5	Biggleswade AC	4	84	84	5
6	Bedford Harriers	5	53	53	6
7	Luton AC	3	34	34	7
8	Spare 8	8	0	0	8

EMAC Track & Field League -		Southern Division - Match 1		Teams = 8	
Thurrock		Wed	03 May 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Southend AC	1	151	151	1
2	Chelmsford/Springfield	7	133	133	2
3	Thurrock Harriers	3	124	124	3
4	Loughton AC	2	98	98	4
5	Basildon AC	5	95	95	5
6	Col & Tendring/Ipswich Harriers	4	43	43	6
7	W Suffolk/St Ed. Pacers/Waveney	6	0	0	7
7	Spare 8	8	0	0	7

EMAC Track & Field League -		Northern Division - Match 1		Teams = 8	
St Ives		Wed	03 May 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1	Final	Pos
1	Ryston Runners AC	F	125	125	1
2	Nene Valley Harriers	C	61	61	2
3	Huntingdonshire AC	A	54	54	3
4	Peterborough AC	B	34	34	4
4	Corby AC	D	34	34	4
6	West Norfolk AC	G	28	28	6
7	Stamford Striders	E	26	26	7
8	Spare 8	H	0	0	8

EMAC Track & Field League -		Central Division - Match 1		Teams = 8	
Bedford		Wed	03 May 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1	Final	Pos
1	Fairlands Valley Spartans	F	146	146	1
2	Marshall Milton Keynes AC	A	121	121	2
3	Cambridge & Coleridge AC	G	95	95	3
4	Bedford Harriers	E	73	73	4
5	Biggleswade AC	D	70	70	5
6	Luton AC	C	30	30	6
7	Bedford & County AC	B	24	24	7
8	Spare 8	H	0	0	8

EMAC Track & Field League -		Southern Division - Match 1		Teams = 8	
Thurrock		Wed	03 May 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1	Final	Pos
1	Chelmsford/Springfield	G	134	134	1
2	Loughton AC	B	125	125	2
3	Southend AC	A	105	105	3
4	W Suffolk/St Ed. Pacers/Waveney	F	96	96	4
5	Col & Tendring/Ipswich Harriers	D	78	78	5
6	Basildon AC	E	21	21	6
7	Thurrock Harriers	C	19	19	7
8	Spare 8	H	0	0	8

<b>N1 Men</b>	<b>Highest Track Age Graded % =</b>		91.1	
	<b>Athlete</b>	Ricardo Huskisson	<b>RDA</b>	57
	<b>Club</b>	Nene Valley Harriers		
	<b>Event</b>	100m M50-59		
	<b>Result</b>	12.6		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>N1 - Women</b>	<b>Highest Track Age Graded % =</b>		87.5	
	<b>Athlete</b>	Philippa Taylor	<b>RDA</b>	49
	<b>Club</b>	Nene Valley Harriers		
	<b>Event</b>	3000m W35-49		
	<b>Result</b>	11:03.7		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C1 - Men</b>	<b>Highest Track Age Graded % =</b>		89.6	
	<b>Athlete</b>	John Skelton	<b>RDA</b>	66
	<b>Club</b>	Marshall Milton Keynes AC		
	<b>Event</b>	3000m M60+		
	<b>Result</b>	10:44.2		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C1 - Women</b>	<b>Highest Track Age Graded % =</b>		97.8	
	<b>Athlete</b>	Yuko Gordon	<b>RDA</b>	66
	<b>Club</b>	Fairlands Valley Spartans		
	<b>Event</b>	3000m W60+		
	<b>Result</b>	12:35.7		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S1 - Men</b>	<b>Highest Track Age Graded % =</b>		84.7	
	<b>Athlete</b>	Clive Farrow	<b>RDA</b>	47
	<b>Club</b>	Southend AC		
	<b>Event</b>	100m M35-49		
	<b>Result</b>	12.7		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S1 - Women</b>	<b>Highest Track Age Graded % =</b>		89.4	
	<b>Athlete</b>	Jill Kent	<b>RDA</b>	59
	<b>Club</b>	Chelmsford/Springfield		
	<b>Event</b>	3000m W50-59		
	<b>Result</b>	12:23.3		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			