

EMAC Track & Field League -		Northern Division - Match 2		Teams = 8	
Kings Lynn		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1	Final	Pos
1	Nene Valley Harriers	3	121	229	1
4	Corby AC	4	94	218	2
3	West Norfolk AC	7	116	214	3
1	Ryston Runners AC	6	121	208	4
5	Huntingdonshire AC	1	79	195	5
6	Peterborough AC	2	50	175	6
7	Stamford Striders	5	0	29	7
7	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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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	David Brown	39	Nene Valley Harriers	23.7	8		-	x	x	87.2
2	Yinka Opaleye	44	Huntingdonshire AC	25.7	7		-	x	x	83.5
3	Jesse Wilson	45	Corby AC	26.9	6		-	x	x	80.4
4	James Collings	40	West Norfolk AC	28.7	5		-	x	x	72.6
5	David Lane	52	Ryston Runners AC	30.8	4		x	-	x	73.8
6					3					
7					2					
8					1					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	--	0	Nene Valley Harriers	27.7	8		x	x	-
2	Paul Harrison	50	Ryston Runners AC	28.5	7		-	x	78.7
3	Wilson Paterson	59	Corby AC	29.0	6		-	x	82.2
4	Richard Phelan	55	Huntingdonshire AC	29.2	5		-	x	79.5
5	Robert Vincent	51	West Norfolk AC	31.5	4		-	x	71.7
6	Peter Brantom	67	Peterborough AC	46.2	3		x	-	54.5
7					2				
8					1				

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	David Whitehead	64	Peterborough AC	29.2	8		-	84.4
2	Graham Mabelson	61	Corby AC	34.1	7		-	70.8
3	John Spriggs	64	Nene Valley Harriers	35.5	6		-	69.4
4	Jeffrey Reed	72	Ryston Runners AC	39.8	5		-	66.8
5					4			
6					3			
7					2			
8					1			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Matthew Allen	40	Ryston Runners AC	04:29.9	8	-	x	x	80.7
2	Scott Magee	46	Corby AC	04:56.8	7	-	x	x	76.8
3	James Macdonald	35	Nene Valley Harriers	05:00.5	6	-	x	x	70.0
4	Neil Watson	44	West Norfolk AC	05:26.1	5	-	x	x	68.8
5					4				
7					2				
8					1				

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Malcolm Tuff	52	Ryston Runners AC	04:35.6	8	-	x	86.8
2	Paul Parkin	53	Nene Valley Harriers	05:52.9	7	-	x	68.3
3	John Greenhalgh	51	West Norfolk AC	06:07.1	6	-	x	64.6
4	Philip Young	58	Huntingdonshire AC	06:15.7	5	-	x	66.9
5					4			
6					3			
7					2			
8					1			

1500m	<b>1500m M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Eamonn Dorling	62	Peterborough AC	06:15.2	8
2	Jeffrey Reed	72	Ryston Runners AC	07:16.3	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	69.4
-	66.1

1500mW	<b>1K5m Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	James Macdonald	35	Nene Valley Harriers	09:41.8	8
2	Peter Straiton	42	Corby AC	09:47.9	7
3	Eamonn Dorling	62	Peterborough AC	09:57.7	6
4	Paul Firmage	62	Ryston Runners AC	10:22.7	5
5	Lee Tunmore	44	West Norfolk AC	12:14.4	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	54.3
-	x	x	56.5
x	x	-	66.3
x	x	-	63.6
-	x	x	45.9

1500mW	<b>1K5m Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1	Gary Beckwith	40	Corby AC	10:09.1	8
2	Peter Brantom	67	Peterborough AC	10:34.3	7
3	Julian Smith	48	Nene Valley Harriers	12:21.6	6
4	Robert Vincent	51	West Norfolk AC	12:22.9	5
5	Keith Morris	57	Ryston Runners AC	12:39.6	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	53.6
x	x	-	65.9
-	x	x	47.0
x	-	x	48.1
x	-	x	49.7

SH	<b>110mH M35-49 (99.1cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	Wind
1	Lee Tunmore	44	West Norfolk AC	26.9	8	
2					7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	51.9

SH	<b>100mH M50-59 (91.4cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	Wind
1	Ricardo Huskisson	57	Nene Valley Harriers	23.0	8	
2	John Greenhalgh	51	West Norfolk AC	26.4	7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	63.4
-	x	50.9

JT	<b>Javelin M35-49 (800gm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
1	Simon Achurch	42	Nene Valley Harriers	41.03	8
2	Peter Straiton	42	Corby AC	35.56	7
3	Steve Burke	44	Huntingdonshire AC	30.64	6
4	Lee Tunmore	44	West Norfolk AC	21.03	5
5	Shaun Mann	45	Ryston Runners AC	18.94	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	48.6
-	x	x	42.1
-	x	x	37.6
-	x	x	25.8
-	x	x	23.6

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	David Lane	52	Ryston Runners AC	22.46	8
2	Robert Ellingham	52	Huntingdonshire AC	20.75	7
3	Robert Vincent	51	West Norfolk AC	19.73	6
4	John Blackwell	66	Nene Valley Harriers	18.49	5
5	Peter Knott	59	Corby AC	18.33	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	30.3
-	x	28.0
-	x	26.1
x	-	-
-	x	28.4

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Ian Reeve	64	West Norfolk AC	27.76	8
2	Graham Mabelson	61	Corby AC	18.01	7
3	Tim Needham	64	Nene Valley Harriers	17.91	6
4	Kevin Bates	65	Huntingdonshire AC	17.75	5
5	Jeffrey Reed	72	Ryston Runners AC	11.40	4
6	Peter Brantom	67	Peterborough AC	6.93	3
7					2
8					1

Rec	AG %
-	45.5
-	27.6
-	29.3
-	29.7
-	-
-	12.2

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	33.34	8
2	Steve Burke	44	Huntingdonshire AC	27.50	7
3	Matthew Allen	40	Ryston Runners AC	15.76	6
4	Ricky Bailey	49	West Norfolk AC	15.59	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	45.9
-	x	x	38.6
-	x	x	21.3
-	x	x	23.9

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Ellingham	52	Huntingdonshire AC	29.53	8
2	Peter Knott	59	Corby AC	25.18	7
3	John Blackwell	66	Nene Valley Harriers	24.47	6
4	David Lane	52	Ryston Runners AC	18.23	5
5	John Greenhalgh	51	West Norfolk AC	14.38	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	41.3
-	x	41.4
x	-	-
-	x	25.5
-	x	19.8

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Ian Reeve	64	West Norfolk AC	28.79	8
2	Tim Needham	64	Nene Valley Harriers	27.37	7
3	Jeffrey Reed	72	Ryston Runners AC	17.17	6
4	Peter Brantom	67	Peterborough AC	11.21	5
5					4
6					3
7					2
8					1

Rec	AG %
-	47.5
-	45.2
-	34.5
-	19.8

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Peter Straiton	42	Corby AC	10.64	8		-	x	x	63.9
2	David Lane	52	Ryston Runners AC	9.22	7		x	-	x	62.9
3	Adam Dewdney	44	West Norfolk AC	7.83	6		-	x	x	48.2
4	Julian Smith	48	Nene Valley Harriers	7.45	5		-	x	x	48.2
5					4					
6					3					
7					2					
8					1					



AG = Age Group (eg M45, W60)

	<b>Name</b>	<b>AG</b>	<b>Club</b>	<b>Result</b>
	171			05:41.8
	Steve Mortimer	M45	Huntingdonshire AC	29.6
	Paul Parkin	M50	Nene Valley Harriers	34.7
	Neil Torr	M35	Peterborough AC	1.30
	Neil Torr	M35	Peterborough AC	9.97
	Neil Torr	M35	Peterborough AC	8.97
	Neil Torr	M35	Peterborough AC	26.5
	Peter Ward	M50	Peterborough	10:51.3
	Barry Warne	M55	NVH	12:03.5
	Paul Parkin	M50	NVH	12:54.9

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Kings Lynn		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Ryston Runners AC	F	153	278	1
3	Huntingdonshire AC	A	59	113	2
5	Nene Valley Harriers	C	36	97	3
2	Corby AC	D	62	96	4
4	Peterborough AC	B	57	91	5
5	West Norfolk AC	G	36	64	6
7	Stamford Striders	E	0	26	7
7	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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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Claire Smith	40	Nene Valley Harriers	28.4	8		-	x	x	79.6
2	Tanya Daniels	39	Ryston Runners AC	32.8	7		-	x	x	68.1
3	Louise Rice	45	West Norfolk AC	36.3	6		-	x	x	66.2
4	Sue Paterson	49	Corby AC	38.2	5		-	x	x	65.9
5	Sandra Acton	36	Huntingdonshire AC	73.2	4		-	x	x	29.3
6					3					
7					2					
8					1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Gaye Clarke	56	Ryston Runners AC	33.7	8		-	x	80.6
2	Julia Scott	51	Corby AC	43.6	7		-	x	59.0
3					6				
4					5				
5					4				
6					3				
7					2				
8					1				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Gill Hart	64	Ryston Runners AC	42.5	8		-	69.2
2					7			
3					6			
4					5			
5					4			
6					3			
7					2			
8					1			

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Nicola Neill	45	West Norfolk AC	05:38.5	8	-	x	x	76.8
2	Janice Manning	38	Ryston Runners AC	05:45.3	7	-	x	x	69.9
3	Sally Coombs	46	Corby AC	06:06.8	6	-	x	x	71.8
4	--	0	Nene Valley Harriers	06:29.7	5	x	x	x	x
5					4				
6					3				
7					2				
8					1				

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Linda Marshall	52	Ryston Runners AC	06:32.3	8	-	x	72.4
2	Julia Scott	51	Corby AC	07:04.0	7	-	x	66.1
3					6			
4					5			
5					4			
6					3			
7					2			
8					1			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1					8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Katrina Wasteneay	45	West Norfolk AC	09:33.6	8
2	Elizabeth Blakie	59	Ryston Runners AC	09:48.0	7
3	Sally Coombs	46	Corby AC	10:14.0	6
4	Kay Gibson	51	Peterborough AC	11:23.7	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	63.5
x	-	x	70.0
-	x	x	59.8
x	-	x	56.0

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Tracey Shepherd	49	Corby AC	11:28.7	8
2	Sue Smith	52	Ryston Runners AC	12:34.9	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	54.7
x	-	x	51.2

SH	100mH W35-49 (84cm)	RDA	Team	(NN.n)	Pts	Wind
1	Tanya Daniels	39	Ryston Runners AC	22.8	8	
2	--	0	Nene Valley Harriers	30.6	7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	55.9
x	x	x	-

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Gaye Clarke	56	Ryston Runners AC	14.6	8	
2	Judith Jagger	56	Peterborough AC	19.5	7	
3	Penny Butcher	58	Huntingdonshire AC	20.1	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	85.2
-	x	63.8
-	x	63.3

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	41	Nene Valley Harriers	22.12	8
2	Nicola Neill	45	West Norfolk AC	20.58	7
3	Sue Paterson	49	Corby AC	11.72	6
4	Janice Manning	38	Ryston Runners AC	8.75	5
5	Kay Gibson	51	Peterborough AC	7.31	4
6	Sandra Acton	36	Huntingdonshire AC	7.23	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	34.0
-	x	x	35.1
-	x	x	22.4
-	x	x	12.5
x	-	x	-
-	x	x	9.9

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	56	Peterborough AC	21.68	8
2	Gaye Clarke	56	Ryston Runners AC	17.28	7
3	Penny Butcher	58	Huntingdonshire AC	15.58	6
4	Julia Scott	51	Corby AC	6.86	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	47.1
-	x	37.6
-	x	35.8
-	x	13.1

JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
1	Marlene Simmonds	71	Ryston Runners AC	13.97	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	43.7

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	41	Nene Valley Harriers	35.43	8
2	Nicola Neill	45	West Norfolk AC	15.35	7
3	Kay Gibson	51	Peterborough AC	14.33	6
4	Linda Marshall	52	Ryston Runners AC	13.65	5
5	Sandra Acton	36	Huntingdonshire AC	9.83	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	51.9
-	x	x	24.0
x	-	x	24.8
x	-	x	24.1
-	x	x	13.4

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Judith Jagger	56	Peterborough AC	24.82	8
2	Marlene Simmonds	71	Ryston Runners AC	16.46	7
3	Sandra Pedley	51	Huntingdonshire AC	11.07	6
4	Tracey Shepherd	49	Corby AC	9.82	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	47.3
x	-	44.9
-	x	19.2
x	x	-

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Joanne Abel	44	Huntingdonshire AC	8.36	8		-	x	x	64.4
2	Elizabeth Blakie	59	Ryston Runners AC	5.58	7		x	-	x	53.1
3					6					
4					5					
5					4					
6					3					
7					2					
8					1					

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Sandra Pedley	51	Huntingdonshire AC	7.30	8	
2	Judith Jagger	56	Peterborough AC	7.25	7	
3	Marlene Simmonds	71	Ryston Runners AC	6.53	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	61.8
-	x	65.9
x	-	76.6

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Tanya Daniels	39	Ryston Runners AC	1.29	8
2	Joanne Abel	44	Huntingdonshire AC	1.23	7
3	Kay Gibson	51	Peterborough AC	0.95	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	67.2
-	x	x	68.0
x	-	x	57.2

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
1	Gaye Clarke	56	Ryston Runners AC	1.32	8
2	Penny Butcher	58	Huntingdonshire AC	1.26	7
3	Judith Jagger	56	Peterborough AC	1.20	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	85.2
-	x	84.0
-	x	77.4

HJ	High Jump W60+	RDA	Team	(N.nn)	Pts
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Rec	AG %
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1	Marlene Simmonds	71	Ryston Runners AC	0.95	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

-	77.9

MedR	Relay 4x2 W35-49	RDA	Team	(N:NN.n)	Pts
1			Ryston Runners AC	02:14.3	8
2			Corby AC	02:34.7	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec
-
-

MedR	Relay 4x2 W50+	RDA	Team	(N:NN.n)	Pts
1			Ryston Runners AC	02:49.0	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec
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AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Katrina Wasteney	W40	WNAC	05:59.7
Wendy Fisher	W50	Ryston	07:10.2
Hayley Hawes	W35	Ryston	73.2

EMAC Track & Field League -		Central Division - Match 2		Teams = 8	
Cambridge		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Bedford & County AC	2	146.5	286.5	1
3	Marshall Milton Keynes AC	1	128	281	2
2	Cambridge & Coleridge AC	7	131.5	247.5	3
4	Fairlands Valley Spartans	6	68	161	4
5	Biggleswade AC	4	58	142	5
6	Bedford Harriers	5	53	106	6
7	Luton AC	3	48	82	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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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Peter Benedickter	48	Bedford & County AC	25.7	8		-	x	x	86.0
2	Gary Smith	46	Luton AC	26.0	7		-	x	x	83.8
3	Christopher Westcott	44	Fairlands Valley Spartans	26.7	6		-	x	x	80.4
4	Vincent Courtois	41	Cambridge & Coleridge AC	26.9	5		-	x	x	78.0
5	Phillip Catcheside	43	Marshall Milton Keynes AC	28.4	4		-	x	x	75.0
6	Marcus Davey	45	Biggleswade AC	29.3	3		-	x	x	73.8
7	David Roberts	50	Bedford Harriers	31.0	2		x	-	x	72.3
8					1					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Tennyson James	59	Bedford & County AC	26.8	8		-	x	88.9
2	Steve Mayfield	51	Fairlands Valley Spartans	27.6	7		-	x	81.8
3	Joseph Tucker	57	Cambridge & Coleridge AC	32.1	6		-	x	73.3
4	Alasdair Gibson	64	Marshall Milton Keynes AC	36.2	5		x	-	68.0
5					4				
6					3				
7					2				
8					1				

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Christopher Keech	66	Bedford & County AC	31.3	8		-	79.8
2	John Skelton	66	Marshall Milton Keynes AC	33.5	7		-	74.6
3	Neil Lovesey	62	Bedford Harriers	35.9	6		-	67.7
4	Mark Freeman	61	Fairlands Valley Spartans	36.8	5		-	65.6
5	Noel Moss	72	Cambridge & Coleridge AC	40.1	4		-	66.3
6	Colin Harries	70	Biggleswade AC	40.9	3		-	63.1
7					2			
8					1			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	44	Bedford & County AC	04:22.2	8	-	x	x	85.6
2	Christopher Westcott	44	Fairlands Valley Spartans	04:33.0	7	-	x	x	82.2
3	Vincent Courtois	41	Cambridge & Coleridge AC	04:38.1	6	-	x	x	78.9
4	Stephen Herring	48	Marshall Milton Keynes AC	04:45.2	5	-	x	x	81.2
5	Marcus Davey	45	Biggleswade AC	04:54.9	4	-	x	x	76.7
6	David Roberts	50	Bedford Harriers	05:35.2	3	x	-	x	70.2
7					2				
8					1				

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Andrew Leach	53	Bedford & County AC	04:39.0	8	-	x	86.4
2	Alasdair Gibson	64	Marshall Milton Keynes AC	06:06.9	7	x	-	72.3
3	Andrew Unsworth	55	Cambridge & Coleridge AC	06:33.7	6	-	x	62.3
4	Mark Tinkler	59	Bedford Harriers	06:51.7	5	-	x	61.6
5	David Bowker	58	Fairlands Valley Spartans	09:02.0	4	-	x	46.4
6					3			
7					2			
8					1			

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
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1	John Skelton	66	Marshall Milton Keynes AC	05:08.8	8
2	Charlie Ritchie	62	Cambridge & Coleridge AC	05:36.7	7
3	Charles Arnold	61	Biggleswade AC	05:37.9	6
4	Paul Wilkerson	62	Bedford & County AC	05:44.1	5
5					4
6					3
7					2
8					1

-	87.5
-	77.4
-	76.4
-	75.7

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Adam Hills	40	Bedford Harriers	07:56.3	8
2	David Bowker	58	Fairlands Valley Spartans	08:14.3	7
3	Marcus Davey	45	Biggleswade AC	08:15.5	6
4	Joseph Tucker	57	Cambridge & Coleridge AC	09:56.6	5
5	Howard Darbon	74	Bedford & County AC	10:53.2	4
6					3
7					2
DQ	Jason Carvalho	39	Marshall Milton Keynes AC	00:00.0	DQ

Rec	Rec	Rec	
LR	x	x	68.6
x	LR	x	77.0
LR	x	x	68.6
x	-	x	63.2
x	x	-	69.7
	x	x	

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Phillip Catchside	43	Marshall Milton Keynes AC	09:52.2	8
2	Stuart Goodwin	39	Biggleswade AC	10:51.0	7
3	Courtney Gunn	72	Bedford & County AC	11:03.6	6
4	Alan Baldock	68	Cambridge & Coleridge AC	13:26.2	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	
-	x	x	56.5
-	x	x	49.8
x	x	-	66.9
x	x	-	52.5

SH	110mH M35-49 (99.1cm)	RDA	Team	(NN.n)	Pts	Wind
1	Gary Smith	46	Luton AC	16.4	8	
2	Peter Benedickter	48	Bedford & County AC	19.0	7	
3	Istvan Jacso	38	Cambridge & Coleridge AC	20.0	6	
4	Phillip Catchside	43	Marshall Milton Keynes AC	81.2	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	86.5
-	x	x	75.9
-	x	x	66.3
-	x	x	17.0

SH	100mH M50-59 (91.4cm)	RDA	Team	(NN.n)	Pts	Wind
1	Tennyson James	59	Bedford & County AC	19.9	8	
2					7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	75.2

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	Istvan Jacso	38	Cambridge & Coleridge AC	30.52	8
2	Peter Benedickter	48	Bedford & County AC	29.80	7
3	Jeremy Vick	39	Marshall Milton Keynes AC	23.33	6
4	Geoff Grinsted	50	Luton AC	21.49	5
5	Simon Strong	46	Biggleswade AC	14.00	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	33.9
-	x	x	39.3
-	x	x	26.3
x	-	x	-
-	x	x	17.8

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	David Burrell	53	Luton AC	38.81	8
2	Mark Featherstone	52	Marshall Milton Keynes AC	36.34	7
3	Simon Eastwood	52	Bedford & County AC	35.17	6
4	Michael Hausler	57	Cambridge & Coleridge AC	35.14	5
5	Steve Mayfield	51	Fairlands Valley Spartans	28.11	4
6	Mark Tinkler	59	Bedford Harriers	6.55	3
7					2
8					1

Rec	Rec	AG %
-	x	53.3
-	x	49.0
-	x	47.4
-	x	52.2
-	x	37.2
-	x	10.2

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Mark Burgman	61	Bedford & County AC	28.07	8
2	Bunt Scott	66	Marshall Milton Keynes AC	28.06	7
3	Noel Moss	72	Cambridge & Coleridge AC	17.61	6
4	George Baxter	63	Bedford Harriers	13.92	5
5	Clark Skerratt	66	Biggleswade AC	11.41	4
6	Mark Freeman	61	Fairlands Valley Spartans	9.90	3
7					2
8					1

Rec	AG %
-	43.1
-	48.1
-	-
-	22.3
-	19.6
-	15.2

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Grinsted	50	Luton AC	26.27	8
2	Istvan Jacso	38	Cambridge & Coleridge AC	15.59	7
3	Jason Carvalho	39	Marshall Milton Keynes AC	15.29	6
4	Anton McCalla	40	Fairlands Valley Spartans	15.25	5
5	Simon Strong	46	Biggleswade AC	13.05	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	21.0
-	x	x	20.6
-	x	x	20.6
-	x	x	18.9

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	Michael Hausler	57	Cambridge & Coleridge AC	36.75	8
2	Mark Featherstone	52	Marshall Milton Keynes AC	34.45	7
3	David Burrell	53	Luton AC	32.96	6
4	Simon Eastwood	52	Bedford & County AC	31.84	5
5	Steve Mayfield	51	Fairlands Valley Spartans	25.48	4
6	Mark Tinkler	59	Bedford Harriers	17.65	3
7					2
8					1

Rec	Rec	AG %
-	x	57.3
-	x	48.2
-	x	47.0
-	x	44.6
-	x	35.0
-	x	29.0

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	66	Marshall Milton Keynes AC	35.03	8
2	George Baxter	63	Bedford Harriers	19.87	7
3	Philip Bramford	67	Cambridge & Coleridge AC	18.44	6
4	Mark Burgman	61	Bedford & County AC	17.44	5
5	Colin Harries	70	Biggleswade AC	14.23	4
6	Mark Freeman	61	Fairlands Valley Spartans	13.50	3
7					2
8					1

Rec	AG %
-	60.6
-	32.1
-	32.6
-	27.0
-	27.1
-	20.9

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Keith Clarke	49	Cambridge & Coleridge AC	9.32	8		-	x	x	61.1
2	Stephen Bass	44	Bedford & County AC	9.09	7		-	x	x	55.9
3	Danny O'Shea	40	Luton AC	8.98	6		-	x	x	52.6
4	Stuart Goodwin	39	Biggleswade AC	8.87	5		-	x	x	51.4
5	Jason Carvalho	39	Marshall Milton Keynes AC	8.79	4		-	x	x	50.9
6	Anton McCalla	40	Fairlands Valley Spartans	8.75	3		-	x	x	51.3
7	Adam Hills	40	Bedford Harriers	7.49	2		-	x	x	43.9
8					1					



AG = Age Group (eg M45, W60)

	<b>Name</b>	<b>AG</b>	<b>Club</b>	<b>Result</b>
	Mark Burgman	M60	Bedford & County AC	34.7
	Jeremy Vick	M35	Marshall Milton Keynes AC	29.4
	Peter Webster	M45	Bedford & County AC	28.0
	Danny O'Shea	M40	Luton AC	28.9
	Peter Sunderland	M50	Tynedale Harriers	29.2
	Anthony Fitzpatrick	M50	Bedford & County AC	05:31.1
	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 2		Teams = 8	
Cambridge		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
2	Fairlands Valley Spartans	F	135	281	1
1	Marshall Milton Keynes AC	A	138	259	2
3	Cambridge & Coleridge AC	G	92	187	3
4	Bedford Harriers	E	77	150	4
5	Biggleswade AC	D	63	133	5
6	Bedford & County AC	B	51	75	6
7	Luton AC	C	28	58	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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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Charlene Jacobs-Conradie	38	Luton AC	29.0	8		-	x	x	76.0
2	Corinne Nurse	39	Marshall Milton Keynes AC	30.1	7		-	x	x	74.2
3	Emma Coombes	39	Bedford & County AC	30.8	6		-	x	x	72.5
4	Kathryn Juty	48	Biggleswade AC	33.9	5		-	x	x	73.4
5	Peta Wilson	48	Fairlands Valley Spartans	36.8	4		-	x	x	67.6
6	Samantha Collins-Shirley	44	Cambridge & Coleridge AC	37.2	3		-	x	x	63.8
7					2					
8					1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Tessa Stephenson	56	Fairlands Valley Spartans	32.8	8		-	x	82.8
2	Janice Hardcastle	57	Marshall Milton Keynes AC	33.8	7		-	x	81.2
3	Stefanie Godfrey	52	Cambridge & Coleridge AC	34.7	6		-	x	75.0
4	Jacinta Horne	52	Bedford Harriers	47.2	5		-	x	55.1
5					4				
6					3				
7					2				
8					1				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Diane Baldwin	60	Marshall Milton Keynes AC	35.8	8		-	79.1
2	Janet Cronk	60	Cambridge & Coleridge AC	36.3	7		-	78.0
3	Iris Hornsey	75	Fairlands Valley Spartans	44.3	6		-	73.5
4	Jacqueline Keenan	68	Bedford Harriers	45.8	5		-	66.7
5					4			
6					3			
7					2			
8					1			

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Charlene Jacobs-Conradie	38	Luton AC	04:58.2	8	-	x	x	81.0
2	Christine Lathwell	40	Fairlands Valley Spartans	05:09.7	7	-	x	x	79.4
3	Corinne Nurse	39	Marshall Milton Keynes AC	05:34.2	6	-	x	x	72.9
4	Sally Cartwright	50	Bedford Harriers	05:47.8	5	x	-	x	79.5
5	Helen Frizzell	45	Bedford & County AC	05:55.8	4	-	x	x	73.1
6	Zoe Luscombe	42	Biggleswade AC	06:12.3	3	-	x	x	67.4
7	Stefanie Godfrey	52	Cambridge & Coleridge AC	06:31.6	2	x	-	x	72.5
8					1				

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Alison Wood	50	Fairlands Valley Spartans	05:19.2	8	-	x	86.7
2	Joan Lasenby	57	Cambridge & Coleridge AC	05:47.4	7	-	x	87.4
3	Jacinta Horne	52	Bedford Harriers	07:19.0	6	-	x	64.7
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	07:33.6	5	x	-	73.1
5	Helen Kapur	55	Biggleswade AC	08:25.4	4	-	x	58.5
6					3			
7					2			
8					1			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Diane Baldwin	60	Marshall Milton Keynes AC	06:00.5	8	LR	87.9
2	Yuko Gordon	66	Fairlands Valley Spartans	06:09.5	7	-	94.0
3	Margaret Phillips	63	Cambridge & Coleridge AC	06:11.8	6	-	89.1
4	Sheila Humphries	64	Bedford Harriers	07:20.3	5	-	76.4
5					4		
6					3		
7					2		
8					1		

  

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Sally Cartwright	50	Bedford Harriers	08:19.4	8	x	LR	x	76.0
2	Helen Middleton	54	Biggleswade AC	08:33.7	7	x	LR	x	76.5
3	Diane Baldwin	60	Marshall Milton Keynes AC	09:44.5	6	x	x	-	71.1
4	Sharon Crowley	58	Fairlands Valley Spartans	10:08.4	5	x	-	x	67.0
5	Joanne Outtrim	44	Cambridge & Coleridge AC	10:15.3	4	-	x	x	58.7
6					3				
7					2				
8					1				

  

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Pamela Abbott	54	Cambridge & Coleridge AC	10:24.7	8	x	-	x	62.9
2	Janice Hardcastle	57	Marshall Milton Keynes AC	10:37.6	7	x	-	x	63.3
3	Helen Kapur	55	Biggleswade AC	12:30.4	6	x	-	x	52.8
4	Christine Lathwell	40	Fairlands Valley Spartans	13:26.0	5	-	x	x	43.4
5					4				
6					3				
7					2				
8					1				

  

SH	80mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Corinne Nurse	39	Marshall Milton Keynes AC	18.8	8		-	x	x	
2	Andrea Westcott	46	Fairlands Valley Spartans	20.7	7		-	x	x	-
3	Zoe Luscombe	42	Biggleswade AC	20.9	6		-	x	x	-
4					5					
5					4					
6					3					
7					2					
8					1					

  

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	52	Fairlands Valley Spartans	15.6	8		-	x	76.2
2	Janice Hardcastle	57	Marshall Milton Keynes AC	19.2	7		-	x	65.5
3	Sally Cartwright	50	Bedford Harriers	20.1	6		-	x	57.8
4	Helen Kapur	55	Biggleswade AC	25.6	5		-	x	48.1
5					4				
6					3				
7					2				
8					1				

  

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Emma Beales	45	Marshall Milton Keynes AC	25.59	8	-	x	x	43.6
2	Lisa Tanushi	42	Luton AC	25.39	7	-	x	x	40.0
3	Jemma Eastwood	38	Bedford & County AC	21.64	6	-	x	x	31.0
4	Sarah Mcgrath	44	Cambridge & Coleridge AC	20.92	5	-	x	x	34.7
5	Andrea Westcott	46	Fairlands Valley Spartans	12.29	4	-	x	x	21.5
6	Kathryn Juty	48	Biggleswade AC	11.56	3	-	x	x	21.4
7	Eva Kovacs	48	Bedford Harriers	8.98	2	-	x	x	16.7
8					1				

  

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Sandra Ingham	59	Biggleswade AC	20.63	8	-	x	48.8
2	Monica Brown	52	Fairlands Valley Spartans	16.76	7	-	x	32.9
3	Oriana Johnson	55	Bedford & County AC	16.66	6	-	x	35.3
4	Diane Presswell	52	Marshall Milton Keynes AC	15.83	5	-	x	31.0
5	Angela Kay	57	Bedford Harriers	11.52	4	-	x	25.7
6	Joan Lasenby	57	Cambridge & Coleridge AC	9.33	3	-	x	20.8
7					2			
8					1			



JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Mary Holmes	80	Cambridge & Coleridge AC	12.39	8	-	-
2	Jacqueline Keenan	68	Bedford Harriers	10.74	7	-	31.0
3	Iris Hornsey	75	Fairlands Valley Spartans	9.99	6	-	-
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	6.01	5	-	15.4
5					4		
6					3		
7					2		
8					1		

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Emma Beales	45	Marshall Milton Keynes AC	40.76	8	-	x	x	63.6
2	Sarah Mcgrath	44	Cambridge & Coleridge AC	26.16	7	-	x	x	40.2
3	Jemma Eastwood	38	Bedford & County AC	24.74	6	-	x	x	34.6
4	Lisa Tanushi	42	Luton AC	19.39	5	-	x	x	28.8
5	Eva Kovacs	48	Bedford Harriers	14.28	4	-	x	x	23.4
6	Peta Wilson	48	Fairlands Valley Spartans	12.64	3	-	x	x	20.7
7					2				
8					1				

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Diane Presswell	52	Marshall Milton Keynes AC	17.3	8	-	x	30.5
2	Oriana Johnson	55	Bedford & County AC	17.23	7	-	x	32.2
3	Tessa Stephenson	56	Fairlands Valley Spartans	14.55	6	-	x	27.7
4	Sandra Ingham	59	Biggleswade AC	13.67	5	-	x	27.7
5	Angela Kay	57	Bedford Harriers	11.89	4	-	x	23.1
6	Mary Holmes	80	Cambridge & Coleridge AC	10.21	3	x	-	-
7					2			
8					1			

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Jemma Eastwood	38	Bedford & County AC	8.57	8		-	x	x	61.3
2	Stephanie Johnston	43	Marshall Milton Keynes AC	8.22	7		-	x	x	62.6
3	Stephanie Mayfield	43	Fairlands Valley Spartans	6.88	6		-	x	x	52.4
4	Eva Kovacs	48	Bedford Harriers	6.24	5		-	x	x	50.6
5	Pamela Abbott	54	Cambridge & Coleridge AC	5.53	4		x	-	x	48.8
6					3					
7					2					
8					1					

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %	
1	Monica Brown	52	Fairlands Valley Spartans	8.82	8			-	x	75.6
2	Janice Hardcastle	57	Marshall Milton Keynes AC	7.04	7			-	x	65.0
3	Sally Cartwright	50	Bedford Harriers	5.96	6			-	x	49.7
4	Iona Graham-Hagg	54	Cambridge & Coleridge AC	5.33	5			-	x	47.0
5					4					
6					3					
7					2					
8					1					

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Jemma Eastwood	38	Bedford & County AC	1.30	8	-	x	x	67.0
2	Corinne Nurse	39	Marshall Milton Keynes AC	1.21	7	-	x	x	63.0
3	Andrea Westcott	46	Fairlands Valley Spartans	1.15	6	-	x	x	65.0
4	Kathryn Juty	48	Biggleswade AC	1.12	5	-	x	x	65.1
5					4				
6					3				
7					2				
8					1				

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %	
1	Monica Brown	52	Fairlands Valley Spartans	1.27	8.0		-	x	77.4
2					7.0				
3					6				
4					5				
5					4				
6					3				
7					2				
8					1				

HJ	High Jump W60+	RDA	Team	(N.nn)	Pts
1	Diane Baldwin	60	Marshall Milton Keynes AC	1.00	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	68.5

MedR	Relay 4x2 W35-49	RDA	Team	(N:NN.n)	Pts
1			Fairlands Valley Spartans	0.00	8
2			Cambridge & Coleridge AC	0.00	7
3			Biggleswade AC	0.00	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	
-	
-	

MedR	Relay 4x2 W50+	RDA	Team	(N:NN.n)	Pts
1			Fairlands Valley Spartans	02:20.5	8
2			Cambridge & Coleridge AC	02:38.0	7
3			Marshall Milton Keynes AC	02:52.4	6
4			Bedford Harriers	03:09.6	5
5					4
6					3
7					2
8					1

Rec	AG %
LR	
-	
-	
-	

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Margaret Phillips	W60	Cambridge & Coleridge AC	36:00.0
Mary Holmes	W60	Cambridge & Coleridge AC	12:00.0
Fi Han Bromilow	W60	Marshall Milton Keynes AC	48:00.0
Joan Lasenby	W50	Cambridge & Coleridge AC	06:12.8
Helen Grant	W50	Cambridge & Coleridge AC	06:18.4
Janet Cronk	W60	Cambridge & Coleridge AC	06:51.3


AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Mark Burgman	M60	Bedford & County AC	34.7
Jeremy Vick	M35	Marshall Milton Keynes AC	29.4
Peter Webster	M45	Bedford & County AC	28.0
Danny O'Shea	M40	Luton AC	28.9
Peter Sunderland	M50	Tynedale Harriers	29.2
Anthony Fitzpatrick	M50	Bedford & County AC	05:31.1

EMAC Track & Field League -		Southern Division - Match 2		Teams = 8	
Southend		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Southend AC	1	145	296	1
2	Chelmsford AC/Springfield	7	125	258	2
3	Thurrock Harriers	3	120	244	3
4	Loughton AC	2	102	200	4
5	Basildon AC	5	80	175	5
6	Col & Tendring/Ipswich Harriers	4	76	119	6
7	W Suffolk/St Ed. Pacers/Waveney	6	8	8	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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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Amr Ziko	39	Chelmsford AC/Springfield	25.4	8		-	x	x	81.4
2	Jan Barnard	37	Basildon AC	25.5	7		-	x	x	79.8
3	Lee Bowker	44	Col & Tendring/Ipswich Harriers	26.9	6		-	x	x	79.8
4	Clive Farrow	47	Southend AC	27.1	5		-	x	x	80.9
5	Jim Harrison	53	Loughton AC	30.6	4		x	-	x	74.8
6	Jason Syrett	49	Thurrock Harriers	30.7	3		-	x	x	72.5
7					2					
8					1					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	55	Loughton AC	28.9	8		-	x	80.3
2	Keith Palmer	52	Southend AC	29.1	7		-	x	78.1
3	Jonathan Metcalf	57	Thurrock Harriers	29.5	6		-	x	79.7
4	Rhys Davies	58	Basildon AC	35.5	5		-	x	66.7
5	Robin McCoy	51	Chelmsford AC/Springfield	36.5	4		-	x	61.8
6					3				
7					2				
8					1				

200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Robert Woolliams	61	Col & Tendring/Ipswich Harriers	30.9	8		-	78.2
2	Gerald Daniel	64	Chelmsford AC/Springfield	31.7	7		-	77.7
3	Peter Binns	69	Southend AC	33.1	6		-	77.3
4	David Hobbs	69	Loughton AC	33.6	5		-	76.2
5	Bernard Johnson	61	Thurrock Harriers	35.9	4		-	67.3
6					3			
7					2			
8					1			

1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Lee Taylor	42	Southend AC	04:32.3	8	-	x	x	81.2
2	Mark Newton	36	Chelmsford AC/Springfield	04:34.8	7	-	x	x	77.0
3	Nick Trencher	43	Thurrock Harriers	05:00.2	6	-	x	x	74.2
4	Mark Preskett	42	Basildon AC	05:20.2	5	-	x	x	69.0
5	John Borgars	71	Loughton AC	07:11.7	4	x	x	-	65.9
6					3				
7					2				
8					1				

1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Colin Ridley	55	W Suffolk/St Ed. Pacers/Waveney	04:43.1	8	-	x	86.6
2	Simon Le Mare	55	Southend AC	04:49.9	7	-	x	84.6
3	Robin McCoy	51	Chelmsford AC/Springfield	05:12.6	6	-	x	75.9
4	Mark Gowers	56	Basildon AC	05:29.1	5	-	x	75.1
5	Eamonn Shelley	56	Thurrock Harriers	06:11.2	4	-	x	66.6
6					3			
7					2			
8					1			

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Michael Bumstead	65	Thurrock Harriers	05:35.6	8	-	79.7
2	Peter Binns	69	Southend AC	05:52.0	7	-	79.0
3	David Gridley	61	Chelmsford AC/Springfield	07:03.6	6	-	60.9
4	Robert Maggio	71	Loughton AC	07:58.5	5	-	59.5
5					4		
6					3		
7					2		
8					1		

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Mark Preskett	42	Basildon AC	08:27.4	8	-	x	x	65.4
2	Eamonn Shelley	56	Thurrock Harriers	09:19.7	7	x	-	x	66.8
3	John Borgars	71	Loughton AC	09:19.7	6	x	x	-	78.3
4	Keith Palmer	52	Southend AC	09:22.7	5	x	-	x	64.1
5	Stephen Cartwright	59	Col & Tendring/Ipswich Harriers	10:35.4	4	x	-	x	60.5
6					3				
7					2				
8					1				

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Michael Bumstead	65	Thurrock Harriers	09:13.1	8	x	x	-	73.9
2	John Brock	67	Southend AC	10:31.9	7	x	x	-	66.2
3					6				
4					5				
5					4				
6					3				
7					2				
8					1				

SH	110mH M35-49 (99.1cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Nigel Hayman	42	Col & Tendring/Ipswich Harriers	17.1	8		-	x	x	80.3
2	Joe McGrath	37	Basildon AC	20.7	7		-	x	x	63.5
3	Graham Eastty	37	Southend AC	20.9	6		-	x	x	62.9
4	Nigel Instance	49	Thurrock Harriers	34.0	5		-	x	x	42.8
5					4					
6					3					
7					2					
8					1					

SH	100mH M50-59 (91.4cm)	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Jim Harrison	53	Loughton AC	19.7	8		-	x	70.1
2	Gerald Daniel	64	Chelmsford AC/Springfield	21.4	7		x	-	-
3	Jonathan Metcalf	57	Thurrock Harriers	21.8	6		-	x	66.9
4	Keith Palmer	52	Southend AC	36.4	5		-	x	37.4
5					4				
6					3				
7					2				
8					1				

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Nigel Instance	49	Thurrock Harriers	31.30	8	-	x	x	42.0
2	Andy Coleman	49	Basildon AC	22.40	7	-	x	x	30.1
3	Gary Cheek	46	Southend AC	21.07	6	-	x	x	26.8
4	Dave Barnett	59	Chelmsford AC/Springfield	18.48	5	x	-	x	-
5	Clifford Warren	55	Loughton AC	12.45	4	x	-	x	-
6					3				
7					2				
8					1				

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Stephen Solomon	54	Southend AC	31.78	8	-	x	44.5
2	Jim Harrison	53	Loughton AC	28.41	7	-	x	39.0
3	Peter Godron	53	Col & Tendring/Ipswich Harriers	22.10	6	-	x	30.3
4	Geoff Tyler	68	Chelmsford AC/Springfield	21.09	5	x	-	-
5	Rhys Davies	58	Basildon AC	19.55	4	-	x	29.7
6	Eamonn Shelley	56	Thurrock Harriers	14.62	3	-	x	21.3
7					2			
8					1			

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Martin Branfoot	61	Chelmsford AC/Springfield	27.49	8	-	42.2
2	Bernard Johnson	61	Thurrock Harriers	18.90	7	-	29.0
3	David Mackie	75	Col &Tendring/Ipswich Harriers	15.59	6	-	-
4	Dave Faulkner	64	Loughton AC	15.36	5	-	25.2
5	John Clark	74	Southend AC	14.39	4	-	-
6					3		
7					2		
8					1		

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Gary Cheek	46	Southend AC	19.53	8	-	x	x	28.2
2	Damian Barrett	45	Chelmsford AC/Springfield	19.29	7	-	x	x	27.3
3	Andy Coleman	49	Basildon AC	19.14	6	-	x	x	29.3
4	Jason Syrett	49	Thurrock Harriers	18.40	5	-	x	x	28.2
5	Clifford Warren	55	Loughton AC	14.55	4	x	-	x	-
6					3				
7					2				
8					1				

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Kevin Bain	51	Chelmsford AC/Springfield	24.83	8	-	x	34.1
2	Jim Harrison	53	Loughton AC	22.93	7	-	x	32.7
3	Peter Godron	53	Col &Tendring/Ipswich Harriers	22.49	6	-	x	32.1
4	Rhys Davies	58	Basildon AC	20.82	5	-	x	33.3
5	Angus Aldridge	54	Southend AC	20.55	4	-	x	29.9
6	Jonathan Metcalf	57	Thurrock Harriers	10.43	3	-	x	16.3
7					2			
8					1			

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Geoff Tyler	68	Chelmsford AC/Springfield	32.92	8	-	59.7
2	Dave Faulkner	64	Loughton AC	28.48	7	-	47.0
3	Bernard Johnson	61	Thurrock Harriers	20.29	6	-	31.4
4	David Mackie	75	Col &Tendring/Ipswich Harriers	18.49	5	-	40.5
5	John Clark	74	Southend AC	16.24	4	-	34.5
6					3		
7					2		
8					1		

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Aaron Bollu	39	Col &Tendring/Ipswich Harriers	11.99	8		-	x	x	69.5
2	Joe McGrath	37	Basildon AC	10.83	7		-	x	x	61.3
3	Clive Farrow	47	Southend AC	8.55	6		-	x	x	54.6
4	Amr Ziko	39	Chelmsford AC/Springfield	8.39	5		-	x	x	48.6
5	Toby Draper	44	Thurrock Harriers	8.05	4		-	x	x	49.5
6	David Hobbs	69	Loughton AC	7.36	3		x	x	-	65.4
7					2					
8					1					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	55	Loughton AC	10.23	8		-	x	72.8
2	Keith Palmer	52	Southend AC	8.89	7		-	x	60.6
3	Dave Barnett	59	Chelmsford AC/Springfield	8.33	6		-	x	62.9
4					5				
5					4				
6					3				
7					2				
8					1				

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Joe McGrath	37	Basildon AC	1.55	8	-	x	x	68.0
2	Aaron Bollu	39	Col &Tendring/Ipswich Harriers	1.40	7	-	x	x	62.6
3	Clive Farrow	47	Southend AC	1.40	6	-	x	x	67.8
4	Toby Draper	44	Thurrock Harriers	1.35	5	-	x	x	63.4
5	Damian Barrett	45	Chelmsford AC/Springfield	1.00	4	-	x	x	47.4
6	Jim Harrison	53	Loughton AC	1.30	3	x	-	x	67.2
7					2				
8					1				

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1	Keith Palmer	52	Southend AC	1.35	8
2	Clifford Warren	55	Loughton AC	1.35	7
3	Dave Barnett	59	Chelmsford AC/Springfield	1.35	6
4	Jonathan Metcalf	57	Thurrock Harriers	1.15	5
5	Peter Godron	53	Col & Tendring/Ipswich Harriers	1.00	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	69.0
-	x	71.3
-	x	74.7
-	x	62.2
-	x	51.7

HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
1	Gerald Daniel	64	Chelmsford AC/Springfield	1.25	8
2	Michael Bumstead	65	Thurrock Harriers	1.10	7
3	John Brock	67	Southend AC	1.00	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	73.6
-	65.6
-	61.2

MedR	Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Pts
1			Col & Tendring/Ipswich Harriers	01:45.7	8
2			Southend AC	01:50.3	7
3			Basildon AC	01:53.2	6
4			Chelmsford AC/Springfield	01:54.8	5
5			Thurrock Harriers	01:59.7	4
6					3
7					2
8					1

Rec
LR
-
-
-
-

MedR	Relay 4x2 M50+	RDA	Team	(N:NN.n)	Pts
1			Southend AC	02:01.8	8
2			Loughton AC	02:17.1	7
3			Thurrock Harriers	02:20.1	6
4			Chelmsford AC/Springfield	02:28.0	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Justin Hubbard	M35	Colchester & Tendring	26.3
Damian Barrett	M40	Springfield	29.1
Toby Draper	M40	Thurrock Harriers	29.7
Nick Trencher	M35	Thurrock Harriers	30.7
Bal Govender	M40	Springfield	31.4
Antony Goodall	M35	Chelmsford AC/Springfield	33.1
Antony Goodall	M35	Chelmsford AC/Springfield	04:57.1
Toby Draper	M40	Thurrock Harriers	04:59.9
Damian Barrett	M40	Springfield	05:11.1
Jason Syrett	M40	Thurrock Harriers	05:18.7
Andrew Mason	M50	Chelmsford AC/Springfield	9.69
Peter Cassidy	M75	Loughton AC	10:36.1
Damian Barrett	M45	Chelmsford	10.08
Cleveland Williams	M50	Colchester & Tendring	9.80
Clint Nicholls	M35	Basildon	2.40
Peter Cassidy	M75	Loughton AC	07:01.3

EMAC Track & Field League -		Southern Division - Match 2		Teams = 8	
Southend		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Loughton AC	B	138	263	1
2	Chelmsford AC/Springfield	G	124	258	2
2	Southend AC	A	124	229	3
5	W Suffolk/St Ed. Pacers/Waveney	F	58	154	4
4	Col &Tendring/Ipswich Harriers	D	72	150	5
6	Basildon AC	E	47	68	6
7	Thurrock Harriers	C	0	19	7
7	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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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Lorraine Ramet	46	Southend AC		32.2	8	-	x	x	75.5
2	Heidi Johnson	42	Chelmsford AC/Springfield		32.9	7	-	x	x	70.4
3	Amanda Dodge	37	Basildon AC		33.3	6	-	x	x	65.3
4	Sian Gifford	48	Col &Tendring/Ipswich Harriers		33.4	5	-	x	x	74.5
5	Mary Knapman	38	Loughton AC		34.1	4	-	x	x	64.6
6	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney		36.3	3	x	-	x	73.2
7						2				
8						1				

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Michaela Davis	51	Loughton AC		35.7	8	-	x	72.1
2	Jill Kent	59	Chelmsford AC/Springfield		38.5	7	-	x	72.7
3	Margaret Deasy	53	Col &Tendring/Ipswich Harriers		40.3	6	-	x	65.2
4	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney		41.5	5	x	-	68.2
5	Susan Crompton	54	Southend AC		42.8	4	-	x	62.1
6						3			
7						2			
8						1			

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Christine Salvary	60	Loughton AC		37.3	8	-	75.9
2	Diane Wooller	63	Col &Tendring/Ipswich Harriers		40.9	7	-	71.2
3	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney		41.8	6	-	68.4
4	Sheila Macaulay	66	Chelmsford AC/Springfield		46.7	5	-	64.2
5	Marion Matthews-Smith	62	Southend AC		49.2	4	-	58.6
6						3		
7						2		
8						1		

1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Elizabeth Davies	38	Chelmsford AC/Springfield	04:40.2	8	LR	x	x	86.2
2	Mary Knapman	38	Loughton AC	05:44.1	7	-	x	x	70.2
3	Sian Gifford	48	Col &Tendring/Ipswich Harriers	06:04.5	6	-	x	x	74.0
4	Sue Cribbs	45	Southend AC	06:15.8	5	-	x	x	69.2
5					4				
6					3				
7					2				
8					1				

1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Margaret Deasy	53	Col &Tendring/Ipswich Harriers	05:37.4	8	-	x	85.2
2	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	05:42.4	7	-	x	85.1
3	Vanessa Mathers	50	Southend AC	06:02.8	6	-	x	76.3
4	Anne Heeks	57	Loughton AC	06:24.4	5	-	x	79.0
5	Tracy Minton	56	Chelmsford AC/Springfield	07:43.3	4	-	x	64.6
6					3			
7					2			
8					1			

1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	06:23.8	8
2	Diane Wooller	63	Col & Tendring/Ipswich Harriers	06:52.8	7
3	Jean Hobbs	68	Loughton AC	07:24.1	6
4	Sheila Macaulay	66	Chelmsford AC/Springfield	07:43.9	5
5					4
6					3
7					2
8					1

Rec	AG %
-	83.8
-	80.3
-	80.8
-	74.9

1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Melanie Peddle	48	Loughton AC	08:27.9	8
2	Kasia Kostyrka-Allchorne	39	Southend AC	09:26.7	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
LR	x	x	73.5
-	x	x	61.3

1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Anne Heeks	57	Loughton AC	10:35.8	8
2	Sally Newman-Russell	49	Southend AC	11:30.2	7
3	Tracy Minton	56	Chelmsford AC/Springfield	11:35.5	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	63.5
-	x	x	54.6
x	-	x	57.5

SH	80mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Natasha Lagden	43	Southend AC	18.7	8	
2	Sian Gifford	48	Col & Tendring/Ipswich Harriers	20.2	7	
3	Melanie Peddle	48	Loughton AC	36.5	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	-
-	x	x	-
-	x	x	-

SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	21.6	8	
2	Barbara Higgins	62	Loughton AC	27.3	7	
3	Jill Kent	59	Chelmsford AC/Springfield	29.4	6	
4	Susan Brown	52	Southend AC	36.4	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	56.3
x	-	-
-	x	43.7
-	x	32.6

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
1	Carol Morris	50	Chelmsford AC/Springfield	16.22	8
2	Carey Hollick	46	Col & Tendring/Ipswich Harriers	12.97	7
3	Amanda Dodge	37	Basildon AC	11.42	6
4	Sally Newman-Russell	49	Southend AC	10.47	5
5	Michaela Davis	51	Loughton AC	7.96	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	22.7
-	x	x	16.0
-	x	x	20.0
x	-	x	-

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Susan Crompton	54	Southend AC	16.53	8
2	Sarah Stark	51	Chelmsford AC/Springfield	16.00	7
3	Katherine Merritt	53	Loughton AC	15.60	6
4	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	7.26	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	34.1
-	x	30.6
-	x	31.4
x	-	17.7



JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	62	Chelmsford AC/Springfield	18.89	8
2	Vespa Ellis	60	Basildon AC	18.86	7
3	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	10.97	6
4	Diane Wooller	63	Col & Tendring/Ipswich Harriers	10.31	5
5	Stephanie Stamp	64	Southend AC	10.25	4
6	Barbara Higgins	62	Loughton AC	8.36	3
7					2
8					1

Rec	AG %
-	47.2
-	45.1
-	26.2
-	26.4
-	26.8
-	20.9

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Carey Hollick	46	Col & Tendring/Ipswich Harriers	20.43	8
2	Carol Morris	50	Chelmsford AC/Springfield	19.11	7
3	Sally Newman-Russell	49	Southend AC	15.36	6
4	Amanda Dodge	37	Basildon AC	14.95	5
5	Katherine Merritt	53	Loughton AC	14.83	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	32.4
x	-	x	32.5
-	x	x	25.7
-	x	x	20.6
x	-	x	26.7

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	62	Chelmsford AC/Springfield	29.52	8
2	Vespa Ellis	60	Basildon AC	18.59	7
3	Michaela Davis	51	Loughton AC	15.80	6
4	Bridgette Bradley	50	Southend AC	15.01	5
5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	13.02	4
6					3
7					2
8					1

Rec	Rec	AG %
x	-	64.0
x	-	38.5
-	x	27.4
-	x	25.5
x	-	27.0

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind
1	Heidi Nicholas	36	Basildon AC	8.52	8	
2	Mary Knapman	38	Loughton AC	8.05	7	
3	Kasia Kostyrka-Allchorne	39	Southend AC	7.03	6	
4	Heidi Johnson	42	Chelmsford AC/Springfield	6.89	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	59.6
-	x	x	57.6
-	x	x	50.9
-	x	x	51.8

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Christine Salvary	60	Loughton AC	6.60	8	
2	Susan Brown	52	Southend AC	6.55	7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
x	-	63.8
-	x	56.2

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Heidi Nicholas	36	Basildon AC	1.49	8
2	Heidi Johnson	42	Chelmsford AC/Springfield	1.30	7
3	Natasha Lagden	43	Southend AC	1.10	6
4	Mary Knapman	38	Loughton AC	1.05	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
LR	x	x	74.9
-	x	x	70.3
-	x	x	60.1
-	x	x	54.1

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
1	Vanessa Mathers	50	Southend AC	1.10	8
2	Michaela Davis	51	Loughton AC	1.05	7
3	Sarah Stark	51	Chelmsford AC/Springfield	0.90	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	65.5
-	x	63.3
-	x	54.2

HJ	High Jump W60+	RDA	Team	(N.nn)	Pts
1	Barbara Higgins	62	Loughton AC	1.00	8
2	Shirley Quinn	62	Chelmsford AC/Springfield	0.90	7
3	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	0.90	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	70.4
-	63.4
-	61.6

MedR	Relay 4x2 W35-49	RDA	Team	(N:NN.n)	Pts
1			Southend AC	02:16.7	8
2			Chelmsford AC/Springfield	02:18.6	7
3			Col & Tendring/Ipswich Harriers	02:37.4	6
4			Loughton AC	03:13.3	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

MedR	Relay 4x2 W50+	RDA	Team	(N:NN.n)	Pts
1			Loughton AC	02:32.5	8
2			Southend AC	02:34.9	7
3			Chelmsford AC/Springfield	02:39.0	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Kasio Kostyrka		Southend AC	06:01.0
Heather Eastwood		Chelmsford AC/Springfield	06:10.0
Debbielyn Hallam	W40	Southend AC	06:57.0
Amanda Baker		Southend AC	1.05
Bridgette Bradley		Southend AC	12.58
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 2		Teams = 8	
Kings Lynn		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Nene Valley Harriers	3	121	229	1
4	Corby AC	4	94	218	2
3	West Norfolk AC	7	116	214	3
1	Ryston Runners AC	6	121	208	4
5	Huntingdonshire AC	1	79	195	5
6	Peterborough AC	2	50	175	6
7	Stamford Striders	5	0	29	7
7	Spare 8	8	0	0	8

EMAC Track & Field League -		Northern Division - Match 2		Teams = 8	
Kings Lynn		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Ryston Runners AC	F	153	278	1
3	Huntingdonshire AC	A	59	113	2
5	Nene Valley Harriers	C	36	97	3
2	Corby AC	D	62	96	4
4	Peterborough AC	B	57	91	5
5	West Norfolk AC	G	36	64	6
7	Stamford Striders	E	0	26	7
7	Spare 8	H	0	0	8

EMAC Track & Field League -		Central Division - Match 2		Teams = 8	
Cambridge		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Bedford & County AC	2	146.5	286.5	1
3	Marshall Milton Keynes AC	1	128	281	2
2	Cambridge & Coleridge AC	7	131.5	247.5	3
4	Fairlands Valley Spartans	6	68	161	4
5	Biggleswade AC	4	58	142	5
6	Bedford Harriers	5	53	106	6
7	Luton AC	3	48	82	7
8	Spare 8	8	0	0	8

EMAC Track & Field League -		Central Division - Match 2		Teams = 8	
Cambridge		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
2	Fairlands Valley Spartans	F	135	281	1
1	Marshall Milton Keynes AC	A	138	259	2
3	Cambridge & Coleridge AC	G	92	187	3
4	Bedford Harriers	E	77	150	4
5	Biggleswade AC	D	63	133	5
6	Bedford & County AC	B	51	75	6
7	Luton AC	C	28	58	7
8	Spare 8	H	0	0	8

EMAC Track & Field League -		Southern Division - Match 2		Teams = 8	
Southend		Wed	07 June 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Southend AC	1	145	296	1
2	Chelmsford AC/Springfield	7	125	258	2
3	Thurrock Harriers	3	120	244	3
4	Loughton AC	2	102	200	4
5	Basildon AC	5	80	175	5
6	Col & Tendring/Ipswich Harriers	4	76	119	6
7	W Suffolk/St Ed. Pacers/Waveney	6	8	8	7
8	Spare 8	8	0	0	8

EMAC Track & Field League -		Southern Division - Match 2		Teams = 8	
Southend		Wed	07 June 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Loughton AC	B	138	263	1
2	Chelmsford AC/Springfield	G	124	258	2
2	Southend AC	A	124	229	3
5	W Suffolk/St Ed. Pacers/Waveney	F	58	154	4
4	Col & Tendring/Ipswich Harriers	D	72	150	5
6	Basildon AC	E	47	68	6
7	Thurrock Harriers	C	0	19	7
7	Spare 8	H	0	0	8

<b>N2 Men</b>	<b>Highest Field Age Graded % =</b>		83.5	
	<b>Athlete</b>	Richard Phelan	<b>RDA</b>	55
	<b>Club</b>	Huntingdonshire AC		
	<b>Event</b>	High Jump M50-59		
	<b>Result</b>	1.58		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>N2 - Women</b>	<b>Highest Field Age Graded % =</b>		85.2	
	<b>Athlete</b>	Gaye Clarke	<b>RDA</b>	56
	<b>Club</b>	Ryston Runners AC		
	<b>Event</b>	High Jump W50-59		
	<b>Result</b>	1.32		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C2 - Men</b>	<b>Highest Field Age Graded % =</b>		81.5	
	<b>Athlete</b>	David Folgate	<b>RDA</b>	66
	<b>Club</b>	Bedford & County AC		
	<b>Event</b>	Triple Jump M50-59		
	<b>Result</b>	9.66		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C2 - Women</b>	<b>Highest Field Age Graded % =</b>		77.4	
	<b>Athlete</b>	Monica Brown	<b>RDA</b>	52
	<b>Club</b>	Fairlands Valley Spartans		
	<b>Event</b>	High Jump W50-59		
	<b>Result</b>	1.27		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S2 - Men</b>	<b>Highest Field Age Graded % =</b>		74.7	
	<b>Athlete</b>	Dave Barnett	<b>RDA</b>	59
	<b>Club</b>	Chelmsford AC/Springfield		
	<b>Event</b>	High Jump M50-59		
	<b>Result</b>	1.35		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S2 - Women</b>	<b>Highest Field Age Graded % =</b>		74.9	
	<b>Athlete</b>	Heidi Nicholas	<b>RDA</b>	36
	<b>Club</b>	Basildon AC		
	<b>Event</b>	High Jump W35-49		
	<b>Result</b>	1.49		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			