

Insert non scoring results at the bottom					
EMAC Track & Field League		Northern Division - Match 4		Teams = 8	
Peterborough		Mon	31 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
2	Corby AC	4	118.5	460.5	1
4	Nene Valley Harriers	3	96	431	2
1	Ryston Runners AC	6	125.5	425.5	3
6	West Norfolk AC	7	74	362	4
3	Peterborough AC	2	112	347	5
5	Huntingdonshire AC	1	82	328	6
7	Stamford Striders	5	63	127	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
------------------------------	------------------------------	----------------------------	---------------------------------------

1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
3	1	Sean Reidy	36	Nene Valley Harriers	12.4	8		-	x	x	80.4
1	2	Yinka Opaleye	44	Huntingdonshire AC	12.6	7		-	x	x	83.7
7	3	James Collings	40	West Norfolk AC	13.0	6		-	x	x	78.9
5	4	Mark Alderson	42	Stamford Striders	13.4	5		-	x	x	77.6
4	5	Keith Lok	42	Corby AC	13.9	4		-	x	x	74.8
6	6	Jamie Bransgrove	39	Ryston Runners AC	14.3	3		-	x	x	71.2
	7					2					
	8					1					
1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
4	1	Wilson Paterson	59	Corby AC	13.6	8		-	x	85.5	
2	2	David Whitehead	65	Peterborough AC	13.6	7		x	-	88.7	
1	3	Richard Phelan	55	Huntingdonshire AC	14.4	6		-	x	78.8	
6	4	David Lane	52	Ryston Runners AC	14.6	5		-	x	76.2	
7	5	John Greenhalgh	51	West Norfolk AC	16.2	4		-	x	68.2	
3	6	John Spriggs	65	Nene Valley Harriers	16.7	3		x	-	72.2	
	7					2					
	8					1					
4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts		Rec	Rec	Rec	AG %
3	1	Sean Reidy	36	Nene Valley Harriers	53.5	8		-	x	x	83.8
2	2	James Sadlier	39	Peterborough AC	58.5	7		-	x	x	78.4
1	3	Yinka Opaleye	44	Huntingdonshire AC	60.7	6		-	x	x	78.3
5	4	Neil Martin	46	Stamford Striders	61.7	5		-	x	x	78.1
6	5	Jamie Bransgrove	39	Ryston Runners AC	64.7	4		-	x	x	70.8
7	6	Neil Watson	44	West Norfolk AC	65.1	3		-	x	x	73.0
4	7	Scott Magee	46	Corby AC	66.8	2		-	x	x	72.1
	8					1					
4005	400m	400m M50-59	RDA	Team	(NN.n)	Pts		Rec	Rec	AG %	
4	1	Dougie Donald	58	Corby AC	60.8	8		-	x	85.8	
5	2	Ed Fancourt	50	Stamford Striders	67.9	7		-	x	72.9	
6	3	Anthony Savage	56	Ryston Runners AC	69.6	6		-	x	74.0	
7	4	John Greenhalgh	51	West Norfolk AC	76.9	5		-	x	64.8	
2	5	Martin Hilton	58	Peterborough AC	79.6	4		-	x	65.6	
3	6	Barry Warne	56	Nene Valley Harriers	90.7	3		-	x	56.8	
	7					2					
	8					1					
4006	400m	400m M60+	RDA	Team	(NN.n)	Pts		Rec	AG %		
2	1	David Whitehead	65	Peterborough AC	65.8	8		-	82.9		
4	2	Graham Mabelson	61	Corby AC	83.1	7		-	64.0		
6	3	Jeffrey Reed	72	Ryston Runners AC	91.8	6		-	66.7		
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
2	1	Kirk Brawn	40	Peterborough AC	04:55.6	8
1	2	Peter Downhill	48	Huntingdonshire AC	05:08.3	7
3	3	James Macdonald	35	Nene Valley Harriers	05:20.1	6
4	4	Scott Magee	46	Corby AC	05:26.1	5
5	5	Mark Alderson	42	Stamford Striders	05:37.6	4
7	6	Neil Watson	44	West Norfolk AC	05:51.2	3
6	7	Jamie Bransgrove	39	Ryston Runners AC	05:56.3	2
	8					1

Rec	Rec	Rec	AG %
-	x	x	79.7
-	x	x	81.2
-	x	x	71.0
-	x	x	75.6
-	x	x	70.8
-	x	x	69.1
-	x	x	65.6

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
6	1	Malcolm Tuff	52	Ryston Runners AC	05:16.5	8
2	2	Paul Larkins	54	Peterborough AC	05:19.1	7
3	3	Sean Beard	51	Nene Valley Harriers	05:22.2	6
5	4	Ed Fancourt	50	Stamford Striders	05:45.9	5
4	5	John Donaldson	58	Corby AC	05:47.2	4
7	6	John Greenhalgh	51	West Norfolk AC	06:31.4	3
	7					2
	8					1

Rec	Rec	AG %
-	x	81.7
-	x	82.4
-	x	79.6
-	x	73.6
-	x	78.3
-	x	65.6

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
5	1	Brian Kearsey	68	Stamford Striders	06:33.8	8
2	2	Eamonn Dorling	62	Peterborough AC	06:36.4	7
6	3	Jeffrey Reed	72	Ryston Runners AC	08:01.7	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
-	75.6
-	71.1
-	64.8

2KWA	2000mWV	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
3	1	James Macdonald	35	Nene Valley Harriers	12:36.1	8
1	2	Steve Mortimer	48	Huntingdonshire AC	12:37.5	7
2	3	Eamonn Dorling	62	Peterborough AC	13:00.2	6
6	4	Paul Firmage	62	Ryston Runners AC	14:04.5	5
4	5	Scott Magee	46	Corby AC	14:09.8	4
7	6	Ricky Bailey	49	West Norfolk AC	15:05.9	3
	7					2
	8					1

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

2KWB	2000mWV	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
2	1	Peter Brantom	67	Peterborough AC	14:05.7	8
3	2	Chris Hunt	50	Nene Valley Harriers	14:13.8	7
6	3	Keith Morris	57	Ryston Runners AC	15:48.7	6
4	4	Keith Lok	42	Corby AC	16:46.5	5
	5					4
	6					3
	7					2
	8					1

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

JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	42	Nene Valley Harriers	41.03	8
1	2	Steve Burke	44	Huntingdonshire AC	28.90	7
7	3	Allan Williams	42	West Norfolk AC	25.67	6
5	4	Mark Alderson	42	Stamford Striders	14.93	5
6	5	David Lane	52	Ryston Runners AC	5.85	4
4	6	Atholl Lawson	42	Corby AC	3.67	3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	48.6
-	x	x	35.4
-	x	x	30.4
-	x	x	17.7
x	-	x	-
-	x	x	4.3

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
6	1	Stuart Howlett	51	Ryston Runners AC	34.18	8
2	2	Karl Eve	54	Peterborough AC	29.96	7
1	3	Robert Ellingham	52	Huntingdonshire AC	22.62	6
4	4	Peter Knott	59	Corby AC	21.43	5
7	5	John Greenhalgh	51	West Norfolk AC	8.97	4
	6				8.97	3
	7					2
	8					1

Rec	Rec	AG %
-	x	45.2
-	x	41.9
-	x	30.5
-	x	33.2
-	x	11.9
x	x	-

JT6	JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
-----	----	------------------------	-----	------	---------	-----

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

4	1	Graham Mabelson	61	Corby AC	20.01	8	-	30.7				
6	2	Martin Simmonds	76	Ryston Runners AC	13.68	7	-	-				
2	3	Peter Brantom	67	Peterborough AC	4.02	6	-	7.1				
	4				4.02	5	x	-				
	5					4						
	6					3						
	7					2						
	8					1						
DT3	DT	<b>Discus M35-49 (2Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>		
	3	1	Simon Achurch	42	Nene Valley Harriers	32.84	8	-	x	x	45.2	
	1	2	Steve Burke	44	Huntingdonshire AC	25.35	7	-	x	x	35.6	
	7	3	Allan Williams	42	West Norfolk AC	22.90	6	-	x	x	31.5	
	4	4	Atholl Lawson	42	Corby AC	18.87	5	-	x	x	26.0	
	5	5	Neil Martin	46	Stamford Striders	18.51	4	-	x	x	26.7	
	6	6	David Lane	52	Ryston Runners AC	17.29	3	x	-	x	-	
		7										
		8										
DT5	DT	<b>Discus M50-59 (1.5Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>			
	1	1	Robert Ellingham	52	Huntingdonshire AC	33.68	8	-	x		47.2	
	6	2	Stuart Howlett	51	Ryston Runners AC	30.65	7	-	x		42.1	
	2	3	Karl Eve	54	Peterborough AC	28.28	6	-	x		41.1	
	4	4	Peter Knott	59	Corby AC	27.43	5	-	x		45.1	
	7	5	John Greenhalgh	51	West Norfolk AC	13.92	4	-	x		19.1	
		6										
		7										
		8										
DT6	DT	<b>Discus M60+ (1Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Rec</b>	<b>AG %</b>				
	1	1	Wayne DuBose	62	Huntingdonshire AC	27.74	8	-			43.9	
	5	2	Brian Kearsey	68	Stamford Striders	17.17	7	-			31.1	
	4	3	Graham Mabelson	61	Corby AC	16.68	6	-			25.8	
	6	4	Martin Simmonds	76	Ryston Runners AC	15.58	5	-			35.1	
	2	5	Peter Brantom	67	Peterborough AC	13.53	4	-			23.9	
		6										
		7										
		8										
TJ3	TJ	<b>Triple Jump M35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	3	1	Sean Reidy	36	Nene Valley Harriers	9.82	8		-	x	x	55.0
	6	2	Stuart Howlett	51	Ryston Runners AC	8.96	7		x	-	x	60.3
	7	3	James Collings	40	West Norfolk AC	8.50	6		-	x	x	49.8
	4	4	John McCrone	50	Corby AC	7.79	5		x	-	x	51.7
		5				4						
		6				3						
		7				2						
		8				1						
TJ5	TJ	<b>Triple Jump M50-59</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>		
	6	1	David Lane	52	Ryston Runners AC	9.14	8		-	x		62.3
	2	2	Karl Eve	54	Peterborough AC	8.54	7		-	x		59.9
	7	3	John Greenhalgh	51	West Norfolk AC	7.86	6		-	x		52.9
	4	4	Wilson Paterson	59	Corby AC	6.64	5		-	x		50.1
		5				4						
		6				3						
		7				2						
		8				1						
TJ6	TJ	<b>Triple Jump M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>AG %</b>			
	4	1	Graham Mabelson	61	Corby AC	8.68	8		-			67.5
	3	2	John Spriggs	65	Nene Valley Harriers	7.69	7		-			63.8
	2	3	David Whitehead	65	Peterborough AC	6.31	6		-			52.4
	6	4	Jeffrey Reed	72	Ryston Runners AC	5.22	5		-			49.0
		5				4						
		6				3						
		7				2						
		8				1						
HJ3	HJ	<b>High Jump M35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>	<b>Pts</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>		
	3	1	Sean Reidy	36	Nene Valley Harriers	1.50	8	-	x	x		65.2

1	2	Yinka Opaleye	44	Huntingdonshire AC	1.45	7
5	3	Neil Martin	46	Stamford Striders	1.40	6
7	4	Neil Watson	44	West Norfolk AC	1.35	5
6	5	Jamie Bransgrove	39	Ryston Runners AC	1.35	4
4	6	Atholl Lawson	42	Corby AC	1.25	3
	7					2
	8					1

-	x	x	68.1
-	x	x	67.1
-	x	x	63.4
-	x	x	60.3
-	x	x	57.5

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
2	1	Karl Eve	54	Peterborough AC	1.45	8
6	2	David Lane	52	Ryston Runners AC	1.30	6.5
4	2	John McCrone	50	Corby AC	1.30	6.5
7	4	John Greenhalgh	51	West Norfolk AC	1.00	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	75.8
-	x	66.4
-	x	65.0
-	x	50.5

R4224-35	MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
3	1			Nene Valley Harriers	03:02.3	8
5	2			Stamford Striders	03:08.5	7
1	3			Huntingdonshire AC	03:12.5	6
7	4			West Norfolk AC	03:25.9	5
4	5			Corby AC	03:41.6	4
6	6			Ryston Runners AC	03:53.1	3
	7					2
	8					1

Rec
-
-
-
-
-
-

R4224-50	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
4	1			Corby AC	03:11.0	8
6	2			Ryston Runners AC	03:19.7	7
2	3			Peterborough AC	04:20.4	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
1 mile	James Sadlier	V35	Peterborough AC	04:52.8
1 mile	Simon Mead	V35	Peterborough AC	05:02.9
1 mile	Steve Hall	V35	Peterborough AC	05:14.6
1 mile	Barry Warne	V35	Nene Valley Harriers	06:15.7
Discus	Richard Harrison	V60	Nene Valley Harriers	22.85
Discus	Steve Mortimer	V35	Huntingdonshire AC	18.76
Javelin	Paul Rana Mohinder	V60	Nene Valley Harriers	20.64
100m	Neil Martin	V35	Stamford Striders	12.8
400m	Mark Alderson	V35	Stamford Striders	60.0
100m	Neil Torr	M35	Peterborough AC	12.5
JT (700gm)	Andrew Wain	M50	Nene Valley Harriers	34.14
JT (600gm)	Richard Harrison	M60	Nene Valley Harriers	19.95
DT (1.5Kg)	Andrew Wain	M50	Nene Valley Harriers	33.28
DT (1Kg)	Paul Rana Mohinder	M60	Nene Valley Harriers	26.23
TJ	Neil Torr	M35	Peterborough AC	9.87

Insert non scoring results at the bottom						
EMAC Track & Field League		Northern Division - Match 4		Teams = 8		
Peterborough		Mon	31 July 2017		Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points		Final	Pos
1	Ryston Runners AC	F	99		510	1
3	Huntingdonshire AC	A	64		232	2
2	Peterborough AC	B	79		226	3
5	Nene Valley Harriers	C	57		209	4
4	Corby AC	D	58		207	5
6	West Norfolk AC	G	41		105	6
7	Stamford Striders	E	28		69	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

1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
B	1	Stacy McGivern	40	Peterborough AC		14.1	8	-	x	x	77.9
A	2	Joanne Abel	44	Huntingdonshire AC		14.8	7	-	x	x	77.7
G	3	Louise Rice	45	West Norfolk AC		16.3	6	-	x	x	71.3
F	4	Janice Manning	38	Ryston Runners AC		16.4	5	-	x	x	65.4
C	5	Philippa Taylor	50	Nene Valley Harriers		16.9	4	x	-	x	72.6
D	6	Vanessa Powell	48	Corby AC		17.5	3	-	x	x	68.6
E	7	Anna Rugg	38	Stamford Striders		19.5	2	-	x	x	55.0
	8						1				
1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
A	1	Sandra Pedley	52	Huntingdonshire AC		18.1	8	-	x	69.2	
B	2	Kay Gibson	51	Peterborough AC		18.4	7	-	x	67.3	
E	3	Liz Makin	56	Stamford Striders		19.0	6	-	x	68.6	
F	4	Linda Marshall	52	Ryston Runners AC		20.3	5	-	x	61.7	
C	5	Yvonne Scarrott	50	Nene Valley Harriers		21.1	4	-	x	58.1	
	6						3				
	7						2				
	8						1				
4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
G	1	Nicola Neill	45	West Norfolk AC		67.2	8	-	x	x	82.3
D	2	Yvette Clayton	44	Corby AC		70.7	7	-	x	x	77.4
C	3	Philippa Taylor	50	Nene Valley Harriers		72.0	6	x	-	x	80.8
F	4	Hayley Hawes	36	Ryston Runners AC		73.7	5	-	x	x	68.2
E	5	Anna Rugg	38	Stamford Striders		95.3	4	-	x	x	53.9
A	6	Sandra Acton	37	Huntingdonshire AC		163.3	3	-	x	x	31.1
	7						2				
	8						1				
4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
C	1	Yvonne Scarrott	50	Nene Valley Harriers		86.0	8	-	x	67.6	
B	2	Kay Gibson	51	Peterborough AC		94.1	7	-	x	62.4	
E	3	Liz Makin	56	Stamford Striders		98.2	6	-	x	62.7	
	4						5				
	5						4				
	6						3				
	7						2				
	8						1				
4006	400m	400m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
	1						8				
	2						7				
	3						6				
	4						5				
	5						4				
	6						3				
	7						2				
	8						1				

1Mile3	1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
C	1	Philippa Taylor	50	Nene Valley Harriers	05:34.9	8
F	2	Janice Manning	38	Ryston Runners AC	06:10.4	7
G	3	Katrina Wastenev	45	West Norfolk AC	06:18.6	6
B	4	Rebecca Scotcher	35	Peterborough AC	06:32.3	5
E	5	Anna Rugg	38	Stamford Striders	07:32.6	4
D	6	Tracey Shepherd	49	Corby AC	08:13.4	3
	7					2
	8					1

Rec	Rec	Rec	AG %
x	-	x	89.3
-	x	x	70.5
-	x	x	74.2
-	x	x	65.3
-	x	x	57.7
-	x	x	59.8

1Mile5	1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
C	1	Yvonne Scarrott	50	Nene Valley Harriers	06:21.9	8
F	2	Linda Marshall	52	Ryston Runners AC	07:07.9	7
E	3	Liz Makin	56	Stamford Striders	07:32.6	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	78.3
-	x	71.7
-	x	71.5

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
F	1	Jane Ashby	69	Ryston Runners AC	08:00.7	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
-	82.0

2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
G	1	Katrina Wastenev	45	West Norfolk AC	12:54.3	8
F	2	Elizabeth Blakie	59	Ryston Runners AC	13:25.3	7
D	3	Tracey Shepherd	49	Corby AC	15:39.5	6
	4					5
	5					4
	6					3
	7					2
	8					1

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

2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
D	1	Yvette Clayton	44	Corby AC	16:04.5	8
F	2	Sue Smith	52	Ryston Runners AC	17:13.6	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	Rec
-	x	x
x	-	x

JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
B	1	Stacy McGivern	40	Peterborough AC	17.46	8
D	2	Yvette Clayton	44	Corby AC	15.75	7
G	3	Nicola Neill	45	West Norfolk AC	13.83	6
a	4	Sandra Acton	37	Huntingdonshire AC	6.95	5
f	5	Janice Manning	38	Ryston Runners AC	4.88	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	26.2
-	x	x	26.1
-	x	x	23.6
-	x	x	9.7
-	x	x	7.0

JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
C	1	Hazel Gering	44	Nene Valley Harriers	14.83	8
F	2	Marlene Simmonds	71	Ryston Runners AC	13.59	7
A	3	Sandra Pedley	52	Huntingdonshire AC	10.74	6
B	4	Kay Gibson	51	Peterborough AC	8.48	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
x	x	-
x	-	42.5
-	x	21.1
-	x	16.2

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
B	1	Stacy McGivern	40	Peterborough AC	19.26	8	-	x	x	27.8	
G	2	Nicola Neill	45	West Norfolk AC	17.01	7	-	x	x	26.5	
A	3	Joanne Abel	44	Huntingdonshire AC	14.93	6	-	x	x	22.9	
D	4	Sue Paterson	49	Corby AC	14.69	5	-	x	x	24.5	
	5					4					
	6					3					
	7					2					
	8					1					
DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
B	1	Kay Gibson	51	Peterborough AC	17.23	8	-	x	29.8		
F	2	Linda Marshall	52	Ryston Runners AC	13.89	7	-	x	24.5		
A	3	Sandra Pedley	52	Huntingdonshire AC	12.08	6	-	x	21.3		
C	4	Hazel Gering	44	Nene Valley Harriers	11.22	5	x	x	-		
	5					4					
	6					3					
	7					2					
	8					1					
DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %			
F	1	Marlene Simmonds	71	Ryston Runners AC	17.76	8	-	48.5			
	2					7					
	3					6					
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					
TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
B	1	Stacy McGivern	40	Peterborough AC	10.20	8		-	x	x	74.8
A	2	Joanne Abel	44	Huntingdonshire AC	8.83	7		-	x	x	68.0
F	3	Janice Manning	38	Ryston Runners AC	6.80	6		-	x	x	48.7
D	4	Sue Paterson	49	Corby AC	5.68	5		-	x	x	46.7
	5					4					
	6					3					
	7					2					
	8					1					
TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %	
a	1	Sandra Pedley	52	Huntingdonshire AC	6.73	8		-	x	57.7	
	2					7					
	3					6					
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					
TJ6	TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %		
F	1	Marlene Simmonds	71	Ryston Runners AC	6.19	8		-	72.7		
	2					7					
	3					6					
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					
HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
B	1	Rebecca Scotcher	35	Peterborough AC	1.15	8	-	x	x	57.3	
D	2	Vanessa Powell	48	Corby AC	1.05	7	-	x	x	61.0	
	3					6					
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
A	1	Sandra Pedley	52	Huntingdonshire AC	1.10	8
b	1	Kay Gibson	51	Peterborough AC	1.00	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
R4224-35	MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts
F	1			Ryston Runners AC	03:57.3	8
D	2			Corby AC	03:58.2	7
C	3			Nene Valley Harriers	04:21.3	6
	4					5
	5					4
	6					3
	7					2
	8					1
R4224-50	MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts
	1					8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	67.1
-	x	60.2

Rec
-
-
-

Rec

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
Discus	Sandra Acton	W35	Huntingdonshire AC	10.83
Triple Jump	Vanessa Powell	W35	Corby AC	5.58
JT (600gm)	Linda Hickson	?	Nene Valley Harriers	11.89
TJ	Judith Jacobs	?	Nene Valley Harriers	7.45
HJ	Judith Jacobs	0	Nene Valley Harriers	1.10



Insert non scoring results at the bottom					
EMAC Track & Field League		Central Division - Match 4		Teams = 8	
Stevenage		Wed	26 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
1	Marshall Milton Keynes AC	1	150	567	1
3	Bedford & County AC	2	122	548.5	2
2	Cambridge & Coleridge AC	7	128	479	3
4	Fairlands Valley Spartans	6	100	327	4
5	Biggleswade AC	4	92	323.5	5
7	Bedford Harriers	5	15	185	6
6	Luton AC	3	31	154	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
------------------------------	------------------------------	----------------------------	---------------------------------------

1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	1	Panos Ioannou	36	Marshall Milton Keynes AC		12.0	8	-	x	x	83.1
3	2	Danny O'Shea	40	Luton AC		13.6	7	-	x	x	75.4
7	3	Keith Clarke	50	Cambridge & Coleridge AC		13.8	6	x	-	x	79.6
6	4	Anton McCalla	40	Fairlands Valley Spartans		13.9	5	-	x	x	73.8
4	5	Marcus Davey	46	Biggleswade AC		13.9	4	-	x	x	76.9
2	6	Stephen Bass	44	Bedford & County AC		14.0	3	-	x	x	75.3
	7						2				
	8						1				
1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
1	1	Paul Canning	51	Marshall Milton Keynes AC		12.8	8	-	x	86.3	
6	2	Steve Mayfield	51	Fairlands Valley Spartans		13.7	7	-	x	80.7	
7	3	Richard Lyle	51	Cambridge & Coleridge AC		15.9	6	-	x	69.5	
4	4	Clark Skerratt	66	Biggleswade AC		18.0	5	x	-	67.4	
2	5	Courtney Gunn	72	Bedford & County AC		25.7	4	x	-	49.5	
	6						3				
	7						2				
	8						1				
4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	1	Jeremy Vick	39	Marshall Milton Keynes AC		63.0	8	-	x	x	72.8
2	2	Stephen Bass	44	Bedford & County AC		67.0	7	-	x	x	70.9
7	3	Keith Clarke	50	Cambridge & Coleridge AC		71.0	6	x	-	x	69.8
6	4	David Stephenson	54	Fairlands Valley Spartans		72.7	5	x	-	x	70.0
	5						4				
	6						3				
	7						2				
	8						1				
4005	400m	400m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
1	1	Paul Canning	51	Marshall Milton Keynes AC		60.9	8	-	x	81.9	
6	2	Steve Mayfield	51	Fairlands Valley Spartans		61.7	7	-	x	80.8	
7	3	Roger Lilley	58	Cambridge & Coleridge AC		72.0	6	-	x	72.5	
4	4	Charles Arnold	61	Biggleswade AC		75.7	5	x	-	70.3	
	5						4				
	6						3				
	7						2				
	8						1				
4006	400m	400m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
1	1	Ivars Licietis	61	Marshall Milton Keynes AC		66.2	8	-	80.4		
4	2	Clark Skerratt	66	Biggleswade AC		81.7	7	-	67.8		
6	3	Mark Freeman	61	Fairlands Valley Spartans		86.8	6	-	61.3		
5	4	George Baxter	63	Bedford Harriers		101.4	5	-	53.1		
	5						4				
	6						3				
	7						2				
	8						1				

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
6	1	Richard Bruce	46	Fairlands Valley Spartans	04:53.1	8
1	2	Christopher Finister	44	Marshall Milton Keynes AC	04:59.3	7
4	3	Marcus Davey	46	Biggleswade AC	05:07.5	6
2	4	Andy Cohen-Wray	40	Bedford & County AC	05:46.3	5
7	5	Richard Lyle	51	Cambridge & Coleridge AC	06:09.8	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	84.1
-	x	x	81.1
-	x	x	80.2
-	x	x	68.0
x	-	x	69.4

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
6	1	John Harris	55	Fairlands Valley Spartans	05:49.3	8
1	2	Stewart Fraser	58	Marshall Milton Keynes AC	06:07.0	7
2	3	Robert Lands	59	Bedford & County AC	06:40.3	6
4	4	Robin Wynde	59	Biggleswade AC	07:08.2	5
7	5	Joseph Tucker	57	Cambridge & Coleridge AC	07:29.8	4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	75.9
-	x	74.1
-	x	68.5
-	x	64.1
-	x	60.0

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
2	1	Aleksander Swiecicki	68	Bedford & County AC	06:03.8	8
7	2	Charlie Ritchie	62	Cambridge & Coleridge AC	06:07.7	7
4	3	Charles Arnold	61	Biggleswade AC	06:14.5	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
-	81.8
-	76.6
-	74.6

2KWA	2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	1	Jason Carvalho	39	Marshall Milton Keynes AC	11:38.0	8
7	2	Roger Lilley	58	Cambridge & Coleridge AC	11:43.7	7
4	3	Robin Wynde	59	Biggleswade AC	12:51.2	6
2	4	Robert Lands	59	Bedford & County AC	13:07.9	5
	5					4
	6					3
	7					2
	8					1

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

2KWB	2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
7	1	Joseph Tucker	57	Cambridge & Coleridge AC	13:02.9	8
1	2	Phillip Catcheside	43	Marshall Milton Keynes AC	13:14.2	7
2	3	Courtney Gunn	72	Bedford & County AC	16:29.8	6
	4					5
	5					4
	6					3
	7					2
	8					1

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

JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	1	Mark Roberson	42	Marshall Milton Keynes AC	32.98	8
2	2	Patrick Daly	44	Bedford & County AC	25.04	7
7	3	Keith Clarke	50	Cambridge & Coleridge AC	24.63	6
4	4	Jon Fediw	37	Biggleswade AC	24.43	5
3	5	Geoff Grinsted	50	Luton AC	21.80	4
6	6	David Stephenson	54	Fairlands Valley Spartans	17.28	3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	39.1
-	x	x	30.7
x	-	x	-
-	x	x	26.7
x	-	x	-
x	-	x	-

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
3	1	David Burrell	53	Luton AC	38.47	8
2	2	Simon Eastwood	52	Bedford & County AC	37.26	7
7	3	Ian Slack	56	Cambridge & Coleridge AC	29.73	6
6	4	Steve Mayfield	51	Fairlands Valley Spartans	28.25	5
4	5	Robin Wynde	59	Biggleswade AC	16.52	4
1	6	Paul Canning	51	Marshall Milton Keynes AC	6.43	3
	7					2
	8					1

Rec	Rec	AG %
-	x	52.8
-	x	50.2
-	x	43.3
-	x	37.4
-	x	25.6
-	x	8.5

JT6	JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	1	Bunt Scott	66	Marshall Milton Keynes AC	29.30	8	-	50.2
2	2	Jim Burke	61	Bedford & County AC	20.66	7	-	31.7
7	3	Noel Moss	72	Cambridge & Coleridge AC	16.22	6	-	-
4	4	Clark Skerratt	66	Biggleswade AC	15.61	5	-	26.8
5	5	George Baxter	63	Bedford Harriers	12.88	4	-	20.6
6	6	Mark Freeman	61	Fairlands Valley Spartans	8.77	3	-	13.5
	7					2		
	8					1		

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
2	1	Gavin Fordham	38	Bedford & County AC	31.72	8	-	x	x	42.8
1	2	Mark Roberson	42	Marshall Milton Keynes AC	27.40	7	-	x	x	37.7
7	3	Keith Clarke	50	Cambridge & Coleridge AC	21.07	6	x	-	x	-
6	4	Anton McCalla	40	Fairlands Valley Spartans	18.22	5	-	x	x	24.6
4	5	Jon Fediw	37	Biggleswade AC	17.30	4	-	x	x	23.4
	6					3				
	7					2				
	8					1				

DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
3	1	David Burrell	53	Luton AC	36.04	8	-	x	51.4
2	2	Simon Eastwood	52	Bedford & County AC	29.41	7	-	x	41.2
6	3	Steve Mayfield	51	Fairlands Valley Spartans	28.15	6	-	x	38.7
7	4	Ian Slack	56	Cambridge & Coleridge AC	27.42	5	-	x	41.7
4	5	Robin Wynde	59	Biggleswade AC	16.13	4	-	x	26.5
1	6	Malcolm Kidby	50	Marshall Milton Keynes AC	12.32	3	-	x	16.6
	7					2			
	8					1			

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
2	1	Graeme Packman	62	Bedford & County AC	33.92	8	-	53.6
1	2	Bunt Scott	66	Marshall Milton Keynes AC	33.58	7	-	58.0
5	3	George Baxter	63	Bedford Harriers	15.62	6	-	25.2
7	4	Noel Moss	72	Cambridge & Coleridge AC	11.92	5	-	24.0
4	5	Clark Skerratt	66	Biggleswade AC	9.67	4	-	16.7
6	6	Mark Freeman	61	Fairlands Valley Spartans	9.00	3	-	13.9
	7					2		
	8					1		

TJ3	TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	1	Simon Kirschner-Heavens	37	Marshall Milton Keynes AC	9.32	8		-	x	x	52.8
2	2	Stephen Bass	44	Bedford & County AC	9.28	7		-	x	x	57.1
7	3	Keith Clarke	50	Cambridge & Coleridge AC	9.17	6		x	-	x	60.9
6	4	Anton McCalla	40	Fairlands Valley Spartans	9.09	5		-	x	x	53.3
3	5	Danny O'Shea	40	Luton AC	8.96	4		-	x	x	52.5
	6					3					
	7					2					
	8					1					

TJ5	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	1	Paul Canning	51	Marshall Milton Keynes AC	8.96	8		-	x	60.3
7	2	Ian Slack	56	Cambridge & Coleridge AC	8.80	7		-	x	63.5
6	3	David Stephenson	54	Fairlands Valley Spartans	8.18	6		-	x	57.4
2	4	Simon Eastwood	52	Bedford & County AC	7.26	5		-	x	49.5
	5					4				
	6					3				
	7					2				
	8					1				

TJ6	TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	1	Ivars Licietis	61	Marshall Milton Keynes AC	7.64	8		-	59.5
4	2	Charles Arnold	61	Biggleswade AC	7.43	7		-	57.8
7	3	Noel Moss	72	Cambridge & Coleridge AC	4.62	6		-	43.4
	4					5			
	5					4			
	6					3			
	7					2			
	8					1			

HJ3	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
2	1	James Danobrega	41	Bedford & County AC	1.53	8
7	2	Keith Clarke	50	Cambridge & Coleridge AC	1.35	7
6	3	David Stephenson	54	Fairlands Valley Spartans	1.30	6
1	4	Phillip Catcheside	43	Marshall Milton Keynes AC	1.30	5
4	5	Jon Fediw	37	Biggleswade AC	1.25	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	69.7
x	-	x	67.5
x	-	x	67.9
-	x	x	60.4
-	x	x	54.8

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
2	1	Simon Eastwood	52	Bedford & County AC	1.35	8
7	2	Ian Slack	56	Cambridge & Coleridge AC	1.30	7
4	3	Charles Arnold	61	Biggleswade AC	1.25	6
6	4	John Harris	55	Fairlands Valley Spartans	1.20	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	69.0
-	x	69.5
x	-	70.9
-	x	63.4

R4224-35	MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
1	1			Marshall Milton Keynes AC	03:00.2	8
6	2			Fairlands Valley Spartans	03:01.8	7
2	3			Bedford & County AC	03:16.1	6
4	4			Biggleswade AC	03:19.5	5
	5					4
	6					3
	7					2
	8					1

Rec
-
-
-
-

R4224-50	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1	1			Marshall Milton Keynes AC	03:19.0	8
7	2			Cambridge & Coleridge AC	03:32.2	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
100m	Jason Steel	M45	Hillingdon AC	13.6
100m	Jason Carvalho	M35	Marshall Milton Keynes AC	14.4
400m	Jason Steel	M45	Hillingdon AC	59.8
1 Mile	Brian Blackstone	M45	Bracknell	05:03.2
1 Mile	Simon Kirschner-Heavens	M35	Marshall Milton Keynes AC	05:32.2
JT (800gm)	James Danobrega	M40	Bedford & County AC	34.66
JT (800gm)	Gavin Fordham	M35	Bedford & County AC	39.04
DT (2Kg)	James Danobrega	M40	Bedford & County AC	23.96
DT (1Kg)	Jim Burke	M60	Bedford & County AC	25.79
DT (1.5Kg)	Geoff Grinsted	M50	Luton AC	27.93
TJ	Panos Ioannou	M35	Marshall Milton Keynes AC	9.87
HJ	Gavin Fordham	M35	Bedford & County AC	1.53

EMAC Track & Field League		Central Division - Match 4		Teams = 8	
Stevenage		Wed	26 July 2017		Overall Match Scores
Pos	Women's Teams	Bib	Match 4 Points		Final Pos
1	Fairlands Valley Spartans	F	151		561 1
2	Marshall Milton Keynes AC	A	148		540 2
3	Cambridge & Coleridge AC	G	125		393 3
4	Biggleswade AC	D	75		285 4
6	Bedford Harriers	E	0		217 5
6	Bedford & County AC	B	0		141 6
5	Luton AC	C	38		126 7
6	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
------------------------------	------------------------------	----------------------------	---------------------------------------

1003	100m	100m W35-49		RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
c	1	Lisa Tanushi	42	Luton AC	14.7	8		-	x	x	76.4	
a	2	Chripina Odunewu	42	Marshall Milton Keynes AC	15.4	7		-	x	x	73.0	
d	3	Kathryn Juty	48	Biggleswade AC	16.2	6		-	x	x	74.1	
f	4	Tessa Stephenson	56	Fairlands Valley Spartans	16.3	5		x	-	x	79.9	
g	5	Alison Wilson	50	Cambridge & Coleridge AC	21.8	4		x	-	x	56.3	
	6					3						
	7					2						
	8					1						

1005	100m	100m W50-59		RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
f	1	Monica Brown	52	Fairlands Valley Spartans	14.2	8		-	x	88.1	
a	2	Janice Hardcastle	57	Marshall Milton Keynes AC	16.4	7		-	x	80.2	
g	3	Helen Grant	54	Cambridge & Coleridge AC	21.1	6		-	x	60.5	
d	4	Sandra Ingham	59	Biggleswade AC	22.0	5		-	x	61.0	
	5					4					
	6					3					
	7					2					
	8					1					

4003	400m	400m W35-49		RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
c	1	Charlene Jacobs-Conradie	38	Luton AC	63.6	8		-	x	x	80.7	
a	2	Corinne Nurse	39	Marshall Milton Keynes AC	68.4	7		-	x	x	75.9	
d	3	Zoe Luscombe	42	Biggleswade AC	76.2	6		-	x	x	70.3	
f	4	Suzy Hawkins	41	Fairlands Valley Spartans	78.3	5		-	x	x	67.8	
g	5	Joanne Outtrim	44	Cambridge & Coleridge AC	85.1	4		-	x	x	64.3	
	6					3						
	7					2						
	8					1						

4005	400m	400m W50-59		RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
f	1	Tessa Stephenson	56	Fairlands Valley Spartans	79.1	8		-	x	77.8	
g	2	Stefanie Godfrey	52	Cambridge & Coleridge AC	79.4	7		-	x	74.6	
a	3	Debra Brent	54	Marshall Milton Keynes AC	81.4	6		-	x	74.2	
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					

4006	400m	400m W60+		RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
f	1	Julie Simmons	60	Fairlands Valley Spartans	92.1	8		-	69.3	
a	2	Fi Han Bromilow	63	Marshall Milton Keynes AC	103.0	7		-	63.6	
g	3	Mary Holmes	81	Cambridge & Coleridge AC	104.3	6		-	88.5	
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				

1Mile3	1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
f	1	Christine Lathwell	41	Fairlands Valley Spartans	06:10.9	8
a	2	Corinne Nurse	39	Marshall Milton Keynes AC	06:11.0	7
g	3	Alison Wilson	50	Cambridge & Coleridge AC	06:42.5	6
d	4	Zoe Luscombe	42	Biggleswade AC	06:46.3	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	72.4
-	x	x	71.0
x	-	x	74.3
-	x	x	66.8

1Mile5	1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
f	1	Alison Wood	51	Fairlands Valley Spartans	05:50.6	8
g	2	Stefanie Godfrey	52	Cambridge & Coleridge AC	06:19.8	7
a	3	Debra Brent	54	Marshall Milton Keynes AC	06:26.9	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	86.4
-	x	80.8
-	x	81.4

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
f	1	Yuko Gordon	66	Fairlands Valley Spartans	06:37.2	8
g	2	Margaret Phillips	63	Cambridge & Coleridge AC	06:43.0	7
a	3	Fi Han Bromilow	63	Marshall Milton Keynes AC	08:11.4	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
LR	94.5
-	88.9
-	72.9

2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
d	1	Helen Middleton	54	Biggleswade AC	11:29.8	8
g	2	Joanne Outtrim	44	Cambridge & Coleridge AC	13:22.6	7
f	3	Sharon Crowley	58	Fairlands Valley Spartans	13:26.8	6
a	4	Janice Hardcastle	57	Marshall Milton Keynes AC	14:53.1	5
	5					4
	6					3
	7					2
	8					1

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

2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
g	1	Karen Cameron	52	Cambridge & Coleridge AC	14:01.5	8
a	2	Stephanie Johnston	43	Marshall Milton Keynes AC	15:33.8	7
f	3	Christine Lathwell	41	Fairlands Valley Spartans	16:29.8	6
	4					5
	5					4
	6					3
	7					2
	8					1

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

JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
c	1	Lisa Tanushi	42	Luton AC	28.05	8
g	2	Sarah Mcgrath	44	Cambridge & Coleridge AC	17.51	7
f	3	Andrea Westcott	46	Fairlands Valley Spartans	12.93	6
a	4	Stephanie Johnston	43	Marshall Milton Keynes AC	11.20	5
d	5	Zoe Luscombe	42	Biggleswade AC	10.12	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	44.2
-	x	x	29.0
-	x	x	22.6
-	x	x	18.1
-	x	x	15.9

JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
d	1	Sandra Ingham	59	Biggleswade AC	20.33	8
f	2	Monica Brown	52	Fairlands Valley Spartans	15.12	7
a	3	Diane Presswell	52	Marshall Milton Keynes AC	14.52	6
g	4	Mary Holmes	81	Cambridge & Coleridge AC	11.71	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	48.1
-	x	29.6
-	x	28.5
x	-	-

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
g	1	Sarah Mcgrath	44	Cambridge & Coleridge AC	24.73	8	-	x	x	38.0	
c	2	Lisa Tanushi	42	Luton AC	20.75	7	-	x	x	30.8	
a	3	Stephanie Johnston	43	Marshall Milton Keynes AC	15.86	6	-	x	x	24.0	
d	4	Kathryn Juty	48	Biggleswade AC	11.73	5	-	x	x	19.3	
f	5	Andrea Westcott	46	Fairlands Valley Spartans	11.05	4	-	x	x	17.5	
	6					3					
	7					2					
	8					1					
DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
a	1	Diane Presswell	52	Marshall Milton Keynes AC	18.48	8	-	x	32.6		
f	2	Tessa Stephenson	56	Fairlands Valley Spartans	17.38	7	-	x	33.1		
d	3	Sandra Ingham	59	Biggleswade AC	13.66	6	-	x	27.7		
g	4	Helen Grant	54	Cambridge & Coleridge AC	8.56	5	-	x	15.7		
	5					4					
	6					3					
	7					2					
	8					1					
DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %			
g	1	Mary Holmes	81	Cambridge & Coleridge AC	11.32	8	-	-			
a	2	Fi Han Bromilow	63	Marshall Milton Keynes AC	9.00	7	-	20.0			
f	3	Catherine Craig	64	Fairlands Valley Spartans	8.92	6	-	20.3			
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					
TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
a	1	Stephanie Johnston	43	Marshall Milton Keynes AC	8.35	8		-	x	x	63.5
d	2	Kathryn Juty	48	Biggleswade AC	6.03	7		-	x	x	48.9
f	3	Andrea Westcott	46	Fairlands Valley Spartans	5.53	6		-	x	x	43.7
g	4	Alison Wilson	50	Cambridge & Coleridge AC	5.36	5		x	-	x	44.7
	5					4					
	6					3					
	7					2					
	8					1					
TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %	
f	1	Monica Brown	52	Fairlands Valley Spartans	8.80	8		-	x	75.5	
a	2	Janice Hardcastle	57	Marshall Milton Keynes AC	7.76	7		-	x	71.7	
g	3	Pamela Abbott	54	Cambridge & Coleridge AC	5.56	6		-	x	49.1	
d	4	Sandra Ingham	59	Biggleswade AC	4.57	5		-	x	43.5	
	5					4					
	6					3					
	7					2					
	8					1					
TJ6	TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %		
f	1	Iris Hornsey	75	Fairlands Valley Spartans	5.29	8		-	67.3		
a	2	Fi Han Bromilow	63	Marshall Milton Keynes AC	3.85	7		-	39.1		
	3					6					
	4					5					
	5					4					
	6					3					
	7					2					
	8					1					
HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
a	1	Corinne Nurse	39	Marshall Milton Keynes AC	1.30	8	-	x	x	67.7	
c	2	Lisa Tanushi	42	Luton AC	1.27	7	-	x	x	68.6	
f	3	Andrea Westcott	46	Fairlands Valley Spartans	1.18	6	-	x	x	66.7	
d	4	Kathryn Juty	48	Biggleswade AC	1.12	5	-	x	x	65.1	
	5					4					
	6					3					
	7					2					
	8					1					

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
f	1	Monica Brown	52	Fairlands Valley Spartans	1.27	8
a	2	Janice Hardcastle	57	Marshall Milton Keynes AC	1.12	7
g	3	Pamela Abbott	54	Cambridge & Coleridge AC	1.03	6
d	4	Sandra Ingham	59	Biggleswade AC	1.00	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	77.4
-	x	73.2
-	x	64.8
-	x	67.6

R4224-35	MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts
a	1			Marshall Milton Keynes AC	03:38.5	8
f	2			Fairlands Valley Spartans	04:04.9	7
g	3			Cambridge & Coleridge AC	04:16.6	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
-
-
-

R4224-50	MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts
f	1			Fairlands Valley Spartans	03:45.2	8
g	2			Cambridge & Coleridge AC	04:37.7	7
a	3			Marshall Milton Keynes AC	05:05.8	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
LR
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
400m	Margaret Phillips	W60	Cambridge & Coleridge AC	112.7
1 Mile	Helen Grant	W50	Cambridge & Coleridge AC	06:48.9
JT (600gm)	Chrispina Odunewu	W40	Marshall Milton Keynes AC	13.07
800m	Karen Bugaj	W55	Marshall Milton Keynes AC	04:27.1
1 Mile Walk	Karen Cameron	W50	Cambridge & Coleridge AC	11:23.0
1500m	Janet Cronk	W60	Cambridge & Coleridge AC	06:51.3

--

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
200m	Mark Burgman	M60	Bedford & County AC	34.7
200m	Jeremy Vick	M35	Marshall Milton Keynes AC	29.4
200m	Peter Webster	M45	Bedford & County AC	28.0
200m	Danny O'Shea	M40	Luton AC	28.9
200m	Peter Sunderland	M50	Tynedale Harriers	29.2
1500m	Anthony Fitzpatrick	M50	Bedford & County AC	05:31.1



EMAC Track & Field League		Southern Division - Match 4		Teams = 8	
Ipswich		Wed	26 July 2017		Overall Match Scores
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
1	Southend AC	1	144	586	1
3	Chelmsford AC/Springfield	7	118.5	513.5	2
2	Thurrock Harriers	3	132	456	3
4	Loughton AC	2	103	394	4
6	Basildon AC	5	78.5	306.5	5
5	Col & Tendring/Ipswich Harriers	4	86	274	6
7	W Suffolk/St Ed. Pacers/Waveney	6	8	37	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
------------------------------	------------------------------	----------------------------	---------------------------------------

1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
5	1	Jan Barnard	37	Basildon AC		11.9	8	-	x	x	84.3
4	2	Justin Hubbard	38	Col & Tendring/Ipswich Harriers		12.2	7	-	x	x	82.9
1	3	Graham Easty	37	Southend AC		12.9	6	-	x	x	77.8
3	4	Nigel Instance	49	Thurrock Harriers		14.3	5	-	x	x	76.3
2	5	Jim Harrison	53	Loughton AC		14.3	4	x	-	x	78.3
7	6	Stuart Raven	42	Chelmsford AC/Springfield		14.7	3	-	x	x	70.7
	7						2				
	8						1				

1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	1	Keith Palmer	52	Southend AC		13.5	8	-	x	82.4
2	2	Clifford Warren	55	Loughton AC		13.6	7	-	x	83.4
7	3	Kevin McAlinden	53	Chelmsford AC/Springfield		14.0	6	-	x	79.9
3	4	Jonathan Metcalf	57	Thurrock Harriers		15.1	5	-	x	76.0
	5						4			
	6						3			
	7						2			
	8						1			

4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
1	1	Graham Easty	37	Southend AC		56.8	8	-	x	x	79.5
4	2	Lee Bowker	44	Col & Tendring/Ipswich Harriers		58.4	7	-	x	x	81.4
5	3	Joe McGrath	37	Basildon AC		59.1	6	-	x	x	76.4
3	4	Toby Draper	45	Thurrock Harriers		60.1	5	-	x	x	79.6
7	5	Chris Burgoyne	36	Chelmsford AC/Springfield		62.3	4	-	x	x	72.0
	6						3				
	7						2				
	8						1				

4005	400m	400m M50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
7	1	Kevin McAlinden	53	Chelmsford AC/Springfield		61.5	8	-	x	82.1
3	2	Jonathan Metcalf	57	Thurrock Harriers		62.1	7	-	x	83.5
2	3	Clifford Warren	55	Loughton AC		62.9	6	-	x	81.4
1	4	Angus Aldridge	54	Southend AC		73.6	5	-	x	69.1
5	5	Rhys Davies	58	Basildon AC		83.9	4	-	x	62.2
	6						3			
	7						2			
	8						1			

4006	400m	400m M60+	RDA	Team	(NN.n)	Pts	Rec	AG %	
4	1	Ray Daniel	60	Col & Tendring/Ipswich Harriers		66.2	8	-	79.9
1	2	Peter Binns	70	Southend AC		72.4	7	-	81.5
7	3	Gerald Daniel	64	Chelmsford AC/Springfield		76.1	6	-	71.2
3	4	Bernard Johnson	62	Thurrock Harriers		76.4	5	-	70.1
2	5	Robert Sargent	63	Loughton AC			4		
	6						3		
	7						2		
	8						1		

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	
1	1	Lee Taylor	42	Southend AC		04:44.0	8	LR	x	x	84.2
7	2	Mark Newton	37	Chelmsford AC/Springfield		04:47.8	7	-	x	x	80.1
3	3	Nick Trencher	43	Thurrock Harriers		05:21.4	6	-	x	x	75.0
5	4	Mark Preskett	42	Basildon AC		05:53.7	5	-	x	x	67.6
2	5	John Borgars	71	Loughton AC		07:20.4	4	x	x	-	69.9
	6						3				
	7						2				
	8						1				

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
6	1	Colin Ridley	55	W Suffolk/St Ed. Pacers/Waveney	05:03.3	8	-	x	87.4	
7	2	Tony Roberts	51	Chelmsford AC/Springfield	05:22.3	7	-	x	79.6	
3	3	Eamonn Shelley	56	Thurrock Harriers	05:42.0	6	-	x	78.2	
5	4	Mark Gowers	56	Basildon AC	05:42.6	5	-	x	78.1	
4	5	Mark Godbold	50	Col &Tendring/Ipswich Harriers	06:26.4	4	-	x	65.9	
1	6	Angus Aldridge	54	Southend AC	06:42.6	3	-	x	65.3	
2	7	Robert Maggio	71	Loughton AC	08:49.4	2	x	-	58.2	
	8					1				
1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
3	1	Michael Bumstead	66	Thurrock Harriers	06:01.5	8	-	80.8		
1	2	Peter Binns	70	Southend AC	06:16.8	7	-	80.7		
2	3	Robert Sargent	63	Loughton AC	07:20.0	6	-	64.6		
7	4	David Gridley	61	Chelmsford AC/Springfield	07:42.4	5	-	60.4		
	5					4				
	6					3				
	7					2				
	8					1				
2KWA	2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
5	1	Mark Preskett	42	Basildon AC	11:19.1	8	-	x	x	
2	2	John Borgars	71	Loughton AC	12:10.1	7	x	x	-	
3	3	Eamonn Shelley	56	Thurrock Harriers	12:30.6	6	x	-	x	
1	4	Keith Palmer	52	Southend AC	13:15.2	5	x	-	x	
7	5	Adrian Lock	42	Chelmsford AC/Springfield	13:59.6	4	-	x	x	
	6					3				
	7					2				
	8					1				
2KWB	2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
3	1	Michael Bumstead	66	Thurrock Harriers	13:03.4	8	x	x	-	
1	2	John Brock	67	Southend AC	14:04.0	7	x	x	-	
7	3	Andrew Mason	53	Chelmsford AC/Springfield	16:22.9	6	x	-	x	
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				
JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
4	1	Dan Gartlan	36	Col &Tendring/Ipswich Harriers	31.55	8	-	x	x	33.9
3	2	Nigel Instance	49	Thurrock Harriers	31.40	7	-	x	x	42.2
5	3	Jan Barnard	37	Basildon AC	26.48	6	-	x	x	28.9
1	4	Gary Cheek	46	Southend AC	22.34	5	-	x	x	28.4
2	5	Clifford Warren	55	Loughton AC	19.06	4	x	-	x	-
	6					3				
	7					2				
	8					1				
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
1	1	Robert Earle	56	Southend AC	34.57	8	-	x	50.4	
2	2	Jim Harrison	53	Loughton AC	29.10	7	-	x	40.0	
4	3	Peter Godron	53	Col &Tendring/Ipswich Harriers	25.74	6	-	x	35.3	
3	4	Martin Mack	51	Thurrock Harriers	22.05	5	-	x	29.2	
5	5	Rhys Davies	58	Basildon AC	19.95	4	-	x	30.3	
7	6	Chris Clark	52	Chelmsford AC/Springfield	15.53	3	-	x	20.9	
	7					2				
	8					1				
JT6	JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %		
7	1	Martin Branfoot	61	Chelmsford AC/Springfield	32.85	8	-	50.4		
2	2	David Hobbs	69	Loughton AC	18.07	7	-	33.3		
4	3	David Mackie	75	Col &Tendring/Ipswich Harriers	17.38	6	-	-		
1	4	John Clark	74	Southend AC	17.19	5	-	-		
3	5	Bernard Johnson	62	Thurrock Harriers	14.73	4	-	23.1		
	6					3				
	7					2				
	8					1				

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	
4	1	Dan Gartlan	36	Col &Tendring/Ipswich Harriers	29.01	8	-	x	x	39.2	
3	2	Nigel Instance	49	Thurrock Harriers	21.06	7	-	x	x	32.3	
7	3	Chris Clark	52	Chelmsford AC/Springfield	21.00	6	x	-	x	-	
1	4	Gary Cheek	46	Southend AC	20.08	5	-	x	x	29.0	
5	5	Jan Barnard	37	Basildon AC	18.17	4	-	x	x	24.5	
2	6	Robert Maggio	71	Loughton AC	9.65	3	x	x	-	-	
	7					2					
	8					1					
DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
1	1	Robert Earle	56	Southend AC	42.55	8	-	x	64.7		
7	2	David Bauer	51	Chelmsford AC/Springfield	36.51	7	-	x	50.2		
2	3	Jim Harrison	53	Loughton AC	22.50	6	-	x	32.1		
3	4	Martin Mack	51	Thurrock Harriers	21.62	5	-	x	29.7		
4	5	Peter Godron	53	Col &Tendring/Ipswich Harriers	21.07	4	-	x	30.1		
5	6	Rhys Davies	58	Basildon AC	19.84	3	-	x	31.7		
	7					2					
	8					1					
DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %			
7	1	Brian Hatch	69	Chelmsford AC/Springfield	33.63	8	-	62.5			
4	2	David Mackie	75	Col &Tendring/Ipswich Harriers	20.11	7	-	44.0			
2	3	David Hobbs	69	Loughton AC	19.16	6	-	35.6			
3	4	Bernard Johnson	62	Thurrock Harriers	19.13	5	-	30.2			
1	5	John Clark	74	Southend AC	16.37	4	-	34.8			
	6					3					
	7					2					
	8					1					
TJ3	TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
4	1	Aaron Bollu	39	Col &Tendring/Ipswich Harriers	11.18	8		-	x	x	64.8
5	2	Joe McGrath	37	Basildon AC	10.41	7		-	x	x	58.9
1	3	Graham Eastty	37	Southend AC	9.33	6		-	x	x	52.8
3	4	Toby Draper	45	Thurrock Harriers	8.11	5		-	x	x	50.5
	5					4					
	6					3					
	7					2					
	8					1					
TJ5	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
2	1	Clifford Warren	55	Loughton AC	9.95	8		-	x	70.8	
1	2	Keith Palmer	52	Southend AC	8.20	7		-	x	55.9	
3	3	Jonathan Metcalf	57	Thurrock Harriers	6.78	6		-	x	49.7	
5	4	Mark Gowers	56	Basildon AC	6.07	5		-	x	43.8	
7	5	Andrew Mason	53	Chelmsford AC/Springfield	5.72	4		-	x	39.6	
	6					3					
	7					2					
	8					1					
TJ6	TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %		
7	1	Gerald Daniel	64	Chelmsford AC/Springfield	8.15	8		-	66.5		
2	2	David Hobbs	69	Loughton AC	7.11	7		-	63.2		
3	3	Michael Bumstead	66	Thurrock Harriers	6.66	6		-	56.2		
1	4	John Brock	67	Southend AC	5.72	5		-	49.1		
	5					4					
	6					3					
	7					2					
	8					1					
HJ3	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
1	1	Graham Eastty	37	Southend AC	1.45	8	-	x	x	63.6	
5	1	Joe McGrath	37	Basildon AC	1.45	8	-	x	x	63.6	
4	3	Aaron Bollu	39	Col &Tendring/Ipswich Harriers	1.35	6	-	x	x	60.3	
3	4	Paul Mitchell	42	Thurrock Harriers	1.30	5	-	x	x	59.8	
	5					4					
	6					3					
	7					2					
	8					1					

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
2	1	Clifford Warren	55	Loughton AC	1.30	8
1	2	Keith Palmer	52	Southend AC	1.25	7
7	3	Gerald Daniel	64	Chelmsford AC/Springfield	1.25	7
3	4	Jonathan Metcalf	57	Thurrock Harriers	1.00	5
	5					4
	6					3
	7					2
	8					1
R4224-35	MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
1	1			Southend AC	02:50.9	8
4	2			Col & Tendring/Ipswich Harriers	02:55.8	7
5	3			Basildon AC	02:57.1	6
3	4			Thurrock Harriers	03:09.9	5
7	5			Chelmsford AC/Springfield	03:12.5	4
	6					3
	7					2
	8					1
R4224-50	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
7	1			Chelmsford AC/Springfield	03:07.2	8
2	2			Loughton AC	03:23.7	7
3	3			Thurrock Harriers	03:24.0	6
1	4			Southend AC	04:11.0	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	68.7
-	x	63.9
x	-	73.6
-	x	54.1

Rec
-
-
-
-
-

Rec
-
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring - Men				
Event	Name	AG	Club	Result
100m	Aaron Bollu	M35	Colchester	12.9
100m	Joe McGrath	M35	Basildon AC	12.9
100m	Ian Ling	M35	Ipswich Harriers	13.4
100m	Tom Carter	M35	St Edmund Pacers	14.2
100m	Jason Keeley	M35	Ipswich Harriers	15.0
100m	Adrian Lock	M35	Springfield	15.8
100m	Andrew Stewart	M50	Chelmsford AC	15.2
Discus (1.5Kg)	Kevin Bain	M50	Chelmsford	27.61
400M	Seb Anthony	SM	West Suffolk	50.7
400m	Robin McCoy	M50	Springfield	74.6
400m	Ian Charmichael	M50	Basildon AC	80.3
1 Mile	James Smith	M35	Springfield	04:56.2
1 Mile	Chris Burgoyne	M35	Springfield	04:57.5
1 Mile	Stuart Raven	M35	Springfield	05:20.6
1 Mile	Antony Goodall	M35	Springfield	05:36.3
1 Mile	Robin McCoy	M50	Springfield	05:36.5
1 Mile	Paul Mitchell	M35	Thurrock Harriers	05:59.4
1 Mile	Andrew Stewart	M50	Chelmsford	06:11.2
1 Mile	Ian Charmichael	M50	Basildon AC	07:09.6
Triple Jump	Jason Keeley	M35	Ipswich Harriers	8.54
Triple Jump	Tom Carter	M35	West Suffolk	8.16
Javelin (800gm)	Ian Ling	M35	Ipswich Harriers	22.36
Javelin (800gm)	Jason Keeley	M35	Ipswich Harriers	24.32
Javelin (600gm)	Brian Hatch	M60	Chelmsford	24.72
2K Walk	Peter Cassidy	M75	Loughton AC	14:09.3

EMAC Track & Field League		Southern Division - Match 4		Teams = 8	
Ipswich		Wed	26 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
2	Loughton AC	B	114	511	1
3	Chelmsford AC/Springfield	G	109	499	2
1	Southend AC	A	127	474	3
4	W Suffolk/St Ed. Pacers/Waveney	F	106	326	4
5	Col &Tendring/Ipswich Harriers	D	76	296	5
6	Basildon AC	E	32	144	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
------------------------------	------------------------------	----------------------------	---------------------------------------

1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
A	1	Lorraine Ramet	47	Southend AC		14.8	8	-	x	x	80.3
D	2	Sian Gifford	48	Col &Tendring/Ipswich Harriers		15.3	7	-	x	x	78.5
G	3	Heidi Johnson	42	Chelmsford AC/Springfield		15.5	6	-	x	x	72.5
B	4	Christine Salvary	60	Loughton AC		17.0	5	x	x	-	79.7
F	5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney		17.3	4	-	x	x	70.1
	6						3				
	7						2				
	8						1				

1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
D	1	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers		14.8	8	-	x	86.3
B	2	Emily McMahon	67	Loughton AC		16.3	7	x	-	88.6
A	3	Susan Brown	53	Southend AC		16.6	6	-	x	76.2
G	4	Tracy Minton	56	Chelmsford AC/Springfield		17.7	5	-	x	73.6
F	5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney		18.1	4	x	-	74.8
	6						3			
	7						2			
	8						1			

4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
G	1	Heidi Johnson	42	Chelmsford AC/Springfield		70.9	8	-	x	x	75.6
D	2	Sian Gifford	48	Col &Tendring/Ipswich Harriers		71.2	7	-	x	x	80.1
A	3	Kasia Kostyrka-Allchorne	39	Southend AC		74.3	6	-	x	x	69.9
F	4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney		80.8	5	-	x	x	71.3
B	5	Michaela Davis	51	Loughton AC		93.7	4	x	-	x	62.7
	6						3				
	7						2				
	8						1				

4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts	Rec	Rec	AG %	
F	1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney		73.6	8	-	x	82.1
G	2	Joanne Smith	50	Chelmsford AC/Springfield		74.6	7	-	x	78.0
B	3	Anne Heeks	57	Loughton AC		86.0	6	-	x	72.2
A	4	Teresa Pearmain	53	Southend AC		89.8	5	-	x	66.6
	5						4			
	6						3			
	7						2			
	8						1			

4006	400m	400m W60+	RDA	Team	(NN.n)	Pts	Rec	AG %	
F	1	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney		84.6	8	LR	76.1
D	2	Diane Wooller	63	Col &Tendring/Ipswich Harriers		89.5	7	-	73.2
B	3	Jean Hobbs	68	Loughton AC		113.5	6	-	61.5
A	4	Marion Matthews-Smith	62	Southend AC		127.1	5	-	51.1
	5						4		
	6						3		
	7						2		
	8						1		

1Mile3	1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	
a	1	Tracy English	40	Southend AC		05:53.4	8	-	x	x	75.2
F	2	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney		07:58.9	7	-	x	x	61.6
D	3	Mandy Godbold	49	Col &Tendring/Ipswich Harriers		08:20.2	6	-	x	x	59.0
G	4	Carol Morris	50	Chelmsford AC/Springfield		08:53.7	5	x	-	x	56.0
	5						4				
	6						3				
	7						2				
	8						1				

1Mile5	1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	
B	4	Anne Heeks	57	Loughton AC	07:49.4	5	-	x	69.9	
G	5	Joanne Smith	50	Chelmsford AC/Springfield	08:27.9	4	-	x	58.9	
	6					3				
	7					2				
	8					1				
1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %		
F	1	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	07:52.1	8	-	73.6		
D	2	Diane Wooller	63	Col &Tendring/Ipswich Harriers	08:03.4	7	-	74.1		
B	3	Jean Hobbs	68	Loughton AC	08:11.4	6	-	78.9		
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				
2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
A	1	Kasia Kostyrka-Allchorne	39	Southend AC	12:35.0	8	-	x	x	
B	2	Anne Heeks	57	Loughton AC	14:00.8	7	x	-	x	
G	3	Tracy Minton	56	Chelmsford AC/Springfield	15:18.4	6	x	-	x	
F	4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	15:54.4	5	-	x	x	
	5					4				
	6					3				
	7					2				
	8					1				
2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	
A	1	Sally Newman-Russell	49	Southend AC	15:09.1	8	-	x	x	
B	2	Jean Hobbs	68	Loughton AC	15:29.7	7	x	x	-	
G	3	Janet Hill	62	Chelmsford AC/Springfield	15:42.6	6	x	x	-	
F	4	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	15:54.4	5	x	-	x	
	5					4				
	6					3				
	7					2				
	8					1				
JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
G	1	Carol Morris	50	Chelmsford AC/Springfield	16.58	8	x	-	x	-
D	2	Carey Hollick	46	Col &Tendring/Ipswich Harriers	15.46	7	-	x	x	27.1
B	3	Katherine Merritt	53	Loughton AC	12.53	6	x	-	x	-
A	4	Sally Newman-Russell	49	Southend AC	11.66	5	-	x	x	22.3
F	5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	7.74	4	-	x	x	14.8
	6					3				
	7					2				
	8					1				
JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
E	1	Vespa Ellis	60	Basildon AC	17.30	8	x	-	41.4	
A	2	Susan Crompton	54	Southend AC	16.74	7	-	x	34.5	
B	3	Pam Ackland-Snow	64	Loughton AC	13.19	6	x	-	34.5	
F	4	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	11.64	5	x	-	27.8	
D	5	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	10.60	4	-	x	21.9	
G	6	Tracy Minton	56	Chelmsford AC/Springfield	9.79	3	-	x	21.3	
	7					2				
	8					1				
DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
D	1	Carey Hollick	46	Col &Tendring/Ipswich Harriers	20.99	8	-	x	x	33.3
A	2	Sally Newman-Russell	49	Southend AC	16.30	7	-	x	x	27.2
B	3	Katherine Merritt	53	Loughton AC	16.09	6	x	-	x	28.9
G	4	Carol Morris	50	Chelmsford AC/Springfield	15.23	5	x	-	x	25.9
F	5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	9.14	4	-	x	x	15.3
	6					3				
	7					2				
	8					1				
DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	
A	1	Susan Brown	53	Southend AC	15.10	8	-	x	27.1	
G	2	Tracy Minton	56	Chelmsford AC/Springfield	13.89	7	-	x	26.5	
D	3	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	11.54	6	-	x	21.1	
F	4	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	11.51	5	-	x	21.1	
	5					4				
	6					3				
	7					2				
	8					1				
DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %		

E	1	Vespa Ellis	60	Basildon AC	20.06	8	-	41.6
F	2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	14.40	7	-	29.8
B	3	Emily McMahon	67	Loughton AC	13.30	6	-	32.6
A	4	Stephanie Stamp	65	Southend AC	11.85	5	-	27.6
D	5	Diane Wooller	63	Col &Tendring/Ipswich Harriers	9.70	4	-	21.5
G	6	Janet Hill	62	Chelmsford AC/Springfield	7.55	3	-	16.4
	7					2		
	8					1		

TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
E	1	Heidi Nicholas	36	Basildon AC	8.99	8		-	x	x	62.9
G	2	Heidi Johnson	42	Chelmsford AC/Springfield	6.77	7		-	x	x	50.9
A	3	Kasia Kostyrka-Allchorne	39	Southend AC	6.58	6		-	x	x	47.7
B	4	Barbara Higgins	62	Loughton AC	5.74	5		x	x	-	57.3
	5					4					
	6					3					
	7					2					
	8					1					

TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %
G	1	Jenny Scholfield	54	Chelmsford AC/Springfield	6.93	8		-	x	61.2
A	2	Susan Brown	53	Southend AC	6.60	7		-	x	57.4
F	3	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	6.58	6		-	x	58.1
B	4	Michaela Davis	51	Loughton AC	6.21	5		-	x	52.5
	5					4				
	6					3				
	7					2				
	8					1				

TJ6	TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %
B	1	Christine Salvary	60	Loughton AC	6.72	8		-	65.0
F	2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	5.48	7		-	53.0
	3					6			
	4					5			
	5					4			
	6					3			
	7					2			
	8					1			

HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
E	1	Heidi Nicholas	36	Basildon AC	1.40	8	-	x	x	70.4
G	2	Heidi Johnson	42	Chelmsford AC/Springfield	1.10	7	-	x	x	59.5
A	3	Natasha Lagden	43	Southend AC	1.00	6	-	x	x	54.6
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
B	1	Michaela Davis	51	Loughton AC	1.00	8	-	x	60.2
	2					7			
	3					6			
	4					5			
	5					4			
	6					3			
	7					2			
	8					1			

R4224-35	MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts	Rec
A	1			Southend AC	03:35.2	8	-
G	2			Chelmsford AC/Springfield	04:01.8	7	-
F	3			W Suffolk/St Ed. Pacers/Waveney	04:06.6	6	-
D	4			Col &Tendring/Ipswich Harriers	04:08.7	5	-
B	5			Loughton AC	05:57.9	4	-
	6					3	
	7					2	
	8					1	

R4224-50	MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts	Rec
A	1			Southend AC	04:08.7	8	-
B	2			Loughton AC	04:12.8	7	-
	3					6	
	4					5	
	5					4	
	6					3	
	7					2	
	8					1	

AG = Age Group (eg M45, W60)

Non Scoring - Women				
Event	Name	AG	Club	Result
100m	Carey Hollick	W35	Colchester	18.1
1 Mile	Katie King	SW	St Edmunds Pacers	07:35.8
Javelin (600gm)	Mandy Godbold	W35	Ipswich Harriers	13.98
Discus (1Kg)	Mandy Godbold	W35	Ipswich Harriers	9.64
200m	Tracy Minton	W55	Chelmsford	39.1
200m	Amanda Dodge	W35	Eastern Masters AC	34.1
SP (3Kg)	Sarah Stark	W50	Chelmsford	7.00
SP (3Kg)	June Cork	W70	Southend	5.67
Long Jump	Jenny Scholfield	W50	Chelmsford	3.50



EMAC Track & Field League		Northern Division - Match 4		Teams = 8	
Peterborough		Mon	31 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
Q 2	Corby AC	4	118.5	460.5	1
Q 4	Nene Valley Harriers	3	96	431	2
1	Ryston Runners AC	6	125.5	425.5	3
6	West Norfolk AC	7	74	362	4
3	Peterborough AC	2	112	347	5
5	Huntingdonshire AC	1	82	328	6
7	Stamford Striders	5	63	127	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Northern Division - Match 4		Teams = 8	
Peterborough		Mon	31 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
Q 1	Ryston Runners AC	F	99	510	1
Q 3	Huntingdonshire AC	A	64	232	2
2	Peterborough AC	B	79	226	3
5	Nene Valley Harriers	C	57	209	4
4	Corby AC	D	58	207	5
6	West Norfolk AC	G	41	105	6
7	Stamford Striders	E	28	69	7
8	Spare 8	H	0	0	8

EMAC Track & Field League		Central Division - Match 4		Teams = 8	
Stevenage		Wed	26 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
Q 1	Marshall Milton Keynes AC	1	150	567	1
Q 3	Bedford & County AC	2	122	548.5	2
Q 2	Cambridge & Coleridge AC	7	128	479	3
4	Fairlands Valley Spartans	6	100	327	4
5	Biggleswade AC	4	92	323.5	5
7	Bedford Harriers	5	15	185	6
6	Luton AC	3	31	154	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Central Division - Match 4		Teams = 8	
Stevenage		Wed	26 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
Q 1	Fairlands Valley Spartans	F	151	561	1
Q 2	Marshall Milton Keynes AC	A	148	540	2
Q 3	Cambridge & Coleridge AC	G	125	393	3
4	Biggleswade AC	D	75	285	4
6	Bedford Harriers	E	0	217	5
6	Bedford & County AC	B	0	141	6
5	Luton AC	C	38	126	7
6	Spare 8	H	0	0	8

EMAC Track & Field League		Southern Division - Match 4		Teams = 8	
Ipswich		Wed	26 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
Q 1	Southend AC	1	144	586	1
Q 3	Chelmsford AC/Springfield	7	118.5	513.5	2
Q 2	Thurrock Harriers	3	132	456	3
4	Loughton AC	2	103	394	4
6	Basildon AC	5	78.5	306.5	5
5	Col & Tendring/Ipswich Harriers	4	86	274	6
7	W Suffolk/St Ed. Pacers/Waveney	6	8	37	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Southern Division - Match 4		Teams = 8	
Ipswich		Wed	26 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
Q 2	Loughton AC	B	114	511	1
Q 3	Chelmsford AC/Springfield	G	109	499	2
Q 1	Southend AC	A	127	474	3
4	W Suffolk/St Ed. Pacers/Waveney	F	106	326	4
5	Col & Tendring/Ipswich Harriers	D	76	296	5
6	Basildon AC	E	32	144	6
7	Thurrock Harriers	C	0	19	7
7	Spare 8	H	0	0	8

<b>N4 - Men</b>	<b>Highest Track Age Graded % =</b>		88.7	
	<b>Athlete</b>	David Whitehead	<b>RDA</b>	65
	<b>Club</b>	Peterborough AC		
	<b>Event</b>	100m M50-59		
	<b>Result</b>	13.6		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>N4 - Women</b>	<b>Highest Track Age Graded % =</b>		89.3	
	<b>Athlete</b>	Philippa Taylor	<b>RDA</b>	50
	<b>Club</b>	Nene Valley Harriers		
	<b>Event</b>	1Mile W35-49		
	<b>Result</b>	05:34.9		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C4 - Men</b>	<b>Highest Track Age Graded % =</b>		86.3	
	<b>Athlete</b>	Paul Canning	<b>RDA</b>	51
	<b>Club</b>	Marshall Milton Keynes AC		
	<b>Event</b>	100m M50-59		
	<b>Result</b>	12.8		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>C4 - Women</b>	<b>Highest Track Age Graded % =</b>		94.5	
	<b>Athlete</b>	Yuko Gordon	<b>RDA</b>	66
	<b>Club</b>	Fairlands Valley Spartans		
	<b>Event</b>	1Mile W60+		
	<b>Result</b>	06:37.2		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S4 - Men</b>	<b>Highest Track Age Graded % =</b>		87.4	
	<b>Athlete</b>	Colin Ridley	<b>RDA</b>	55
	<b>Club</b>	W Suffolk/St Ed. Pacers/Waveney		
	<b>Event</b>	1 Mile M50-59		
	<b>Result</b>	05:03.3		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

<b>S4 - Women</b>	<b>Highest Track Age Graded % =</b>		88.6	
	<b>Athlete</b>	Emily McMahon	<b>RDA</b>	67
	<b>Club</b>	Loughton AC		
	<b>Event</b>	100m W50-59		
	<b>Result</b>	16.30		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			