

Insert non scoring results at the bottom

EMAC Track & Field League Northern Division - Match 2 Teams = 7

Kings Lynn Wed 06/06/18 Overall Match Scores

Overall Team Trophy

Women	O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	x	5	Hunts AC	1	68	122	5
x	x	6	Peterborough AC	2	51	111	6
x	x	1	Nene Valley Harriers	3	104	209	1
x	x	4	Corby AC	4	72	167	4
x	x	7	Stamford Striders	5	44	103	7
x	x	2	Ryston Runners AC	6	100	203	2
x	x	3	West Norfolk AC	7	96	189	3
x	x	8	Spare	8	0	0	8

RDA = Race Day Age

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

Single numbers only

2003	200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
200m M35-49	3	1	40	David Brown	Nene Valley Harriers	24.0	7	-	x	x	86.8
200m M35-49	1	2	45	Yinka Opaleye	Hunts AC	25.8	6	-	x	x	83.8
200m M35-49	4	3	46	Jesse Wilson	Corby AC	27.4	5	-	x	x	79.5
200m M35-49	2	4	40	James Sadlier	Peterborough AC	27.8	4	-	x	x	74.9
200m M35-49	6	5	36	Matthew Hitchcock	Ryston Runners AC	28.6	3	-	x	x	70.6
200m M35-49	5	6	37	Jonathan Plant	Stamford Striders	28.8	2	-	x	x	70.7
200m M35-49	7	7	56	Geoff Powley	West Norfolk AC	36.1	1	x	-	x	64.7
200m M35-49		8					0				

2005	200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
200m M50-59	4	1	59	Dougie Donald	Corby AC	26.4	7	-	x	90.3
200m M50-59	6	2	51	Paul Harrison	Ryston Runners AC	27.3	6	-	x	82.7
200m M50-59	3	3	51	Andrew Robson	Nene Valley Harriers	28.6	5	-	x	78.9
200m M50-59	7	4	52	Robert Vincent	West Norfolk AC	30.8	4	-	x	73.8
200m M50-59	5	5	54	Stuart Hill	Stamford Striders	33.2	3	-	x	69.4
200m M50-59		6					2			
200m M50-59		7					1			
200m M50-59		8					0			

2006	200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
200m M60+	2	1	65	David Whitehead	Peterborough AC	29.3	7	-	84.6
200m M60+	3	2	65	John Spriggs	Nene Valley Harriers	35.1	6	-	70.6
200m M60+	4	3	65	Richard Brown	Corby AC	36.6	5	-	67.7

200m M60+	1	4	Jim Stocker	69	Hunts AC	38.1	4
200m M60+	6	5	Jeffrey Reed	73	Ryston Runners AC	39.4	3
200m M60+		6					2
200m M60+		7					1
200m M60+		8					0

	800m	800m M35-49		RDA	Team	(NN:NN.n)	Pts
800m M35-49	7	1	Benjamin Collison	35	West Norfolk AC	02:20.4	7
800m M35-49	3	2	James Macdonald	36	Nene Valley Harriers	02:24.6	6
800m M35-49	2	3	James Sadlier	40	Peterborough AC	02:29.5	5
800m M35-49	4	4	Gary Beckwith	41	Corby AC	02:30.5	4
800m M35-49	6	5	Jamie Bransgrove	40	Ryston Runners AC	02:31.4	3
800m M35-49	5	6	Jonathan Plant	37	Stamford Striders	02:34.1	2
800m M35-49		7					1
800m M35-49		8					0

	800m	800m M50-59		RDA	Team	(NN:NN.n)	Pts
800m M50-59	6	1	Malcolm Tuff	53	Ryston Runners AC	02:22.8	7
800m M50-59	1	2	Geoffrey Brewster	59	Hunts AC	02:31.6	6
800m M50-59	4	3	John Donaldson	59	Corby AC	02:34.4	5
800m M50-59	5	4	Stuart Hill	54	Stamford Striders	02:40.5	4
800m M50-59	7	5	John Greenhalgh	52	West Norfolk AC	02:51.9	3
800m M50-59	3	6	Paul Parkin	54	Nene Valley Harriers	02:59.2	2
800m M50-59	2	7	Eamonn Dorling	63	Peterborough AC	03:11.9	1
800m M50-59		8					0

	800m	800m M60+		RDA	Team	(NN:NN.n)	Pts
800m M60+	2	1	Duncan Mcgrory	60	Peterborough AC	02:23.3	7
800m M60+	4	2	Richard Brown	65	Corby AC	02:55.1	6
800m M60+	1	3	Jim Stocker	69	Hunts AC	02:59.7	5
800m M60+	5	4	Jim Grant	62	Stamford Striders	03:02.4	4
800m M60+	6	5	Paul Firmage	63	Ryston Runners AC	03:35.2	3
800m M60+		6					2
800m M60+		7					1
800m M60+		8					0

	1500mW	1K5m Walk 'A'		RDA	Team	(NN:NN.n)	Pts
1K5m Walk 'A'	3	1	James Macdonald	36	Nene Valley Harriers	09:06.6	7
1K5m Walk 'A'	2	2	James Sadlier	40	Peterborough AC	09:28.8	6
1K5m Walk 'A'	5	3	Jim Grant	62	Stamford Striders	09:42.2	5
1K5m Walk 'A'	6	4	Paul Firmage	63	Ryston Runners AC	10:23.1	4

-	67.2
-	68.6

Rec	Rec	Rec	AG %
-	x	x	72.2
-	x	x	70.8
-	x	x	71.2
-	x	x	71.3
-	x	x	70.3
-	x	x	67.1

Rec	Rec	AG %
-	x	83.5
-	x	82.6
-	x	81.1
-	x	74.9
-	x	68.8
-	x	67.1
x	-	67.3

Rec	AG %
-	88.1
-	74.9
-	76.2
-	70.3
-	60.0

Rec	Rec	Rec	AG %
-	x	x	58.1
-	x	x	57.4
x	x	-	68.0
x	x	-	64.2

1K5m Walk 'A'	7	5	Lee Tunmore	45	West Norfolk AC	10:36.1	3
1K5m Walk 'A'	4	6	Keith Lok	43	Corby AC	11:13.1	2
1K5m Walk 'A'		7					1
1K5m Walk 'A'		8					0

-	x	x	53.5
-	x	x	49.7

1K5WB	1500mW	1K5m Walk 'B'		RDA	Team	(NN:NN.n)	Pts
1K5m Walk 'B'	5	1	Stuart Hill	54	Stamford Striders	09:45.4	7
1K5m Walk 'B'	2	2	Eamonn Dorling	63	Peterborough AC	09:56.3	6
1K5m Walk 'B'	6	3	Martin Simmonds	77	Ryston Runners AC	10:32.4	5
1K5m Walk 'B'	3	4	Andrew Robson	51	Nene Valley Harriers	10:56.7	4
1K5m Walk 'B'	7	5	Benjamin Collison	35	West Norfolk AC	11:28.2	3
1K5m Walk 'B'	4	6	John Treacy	47	Corby AC	13:26.2	2
1K5m Walk 'B'		7					1
1K5m Walk 'B'		8					0

Rec	Rec	Rec	
x	-	x	62.7
x	x	-	67.1
x	x	-	75.0
x	-	x	54.4
-	x	x	45.9
-	x	x	42.9

110H3	SH	110mH M35-49 (99.1cm)		RDA	Team	(NN.n)	Pts	Wind
110mH M35-49 (99.1cm)	3	1	Adam Fidgett	36	Nene Valley Harriers	21.4	7	
110mH M35-49 (99.1cm)	7	2	Neil Watson	45	West Norfolk AC	24.1	6	
110mH M35-49 (99.1cm)		3					5	
110mH M35-49 (99.1cm)		4					4	
110mH M35-49 (99.1cm)		5					3	
110mH M35-49 (99.1cm)		6					2	
110mH M35-49 (99.1cm)		7					1	
110mH M35-49 (99.1cm)		8					0	

Rec	Rec	Rec	AG %
-	x	x	60.9
-	x	x	58.4

100H5	SH	100mH M50-59 (91.4cm)		RDA	Team	(NN.n)	Pts	Wind
100mH M50-59 (91.4cm)	7	1	Geoff Powley	56	West Norfolk AC	21.4	7	
100mH M50-59 (91.4cm)	1	2	Richard Phelan	56	Hunts AC	21.5	6	
100mH M50-59 (91.4cm)		3					5	
100mH M50-59 (91.4cm)		4					4	
100mH M50-59 (91.4cm)		5					3	
100mH M50-59 (91.4cm)		6					2	
100mH M50-59 (91.4cm)		7					1	
100mH M50-59 (91.4cm)		8					0	

Rec	Rec	AG %
-	x	67.3
-	x	66.9

100H6	SH	100mH M60+ (84cm)		RDA	Team	(NN.n)	Pts	Wind
100mH M60+ (84cm)	7	1	Ian Reeve	65	West Norfolk AC	20.6	7	
100mH M60+ (84cm)		2					6	
100mH M60+ (84cm)		3					5	
100mH M60+ (84cm)		4					4	
100mH M60+ (84cm)		5					3	
100mH M60+ (84cm)		6					2	

Rec	AG %
LR	-

100mH M60+ (84cm)

100mH M60+ (84cm)

7					1
8					0

JT3	JT	Javelin M35-49 (800gm)		RDA	Team	(NN.nn)	Pts
	3	1	Simon Achurch	43	Nene Valley Harriers	42.56	7
Javelin M35-49 (800gm)		7	Allan Williams	42	West Norfolk AC	28.35	6
Javelin M35-49 (800gm)		1	Steve Burke	45	Hunts AC	26.77	5
Javelin M35-49 (800gm)		5	Chris Deadman	35	Stamford Striders	24.78	4
Javelin M35-49 (800gm)		6	Ian Hogarth	39	Ryston Runners AC	22.44	3
Javelin M35-49 (800gm)		4	John Treacy	47	Corby AC	14.53	2
Javelin M35-49 (800gm)		2	James Sadlier	40	Peterborough AC	12.43	1
Javelin M35-49 (800gm)		8					0

JT5	JT	Javelin M50-59 (700gm)		RDA	Team	(NN.nn)	Pts
Javelin M50-59 (700gm)		6	Stuart Howlett	52	Ryston Runners AC	35.70	7
Javelin M50-59 (700gm)		4	Dougie Donald	59	Corby AC	24.38	6
Javelin M50-59 (700gm)		7	Ricky Bailey	50	West Norfolk AC	21.10	5
Javelin M50-59 (700gm)		1	Robert Ellingham	53	Hunts AC	19.77	4
Javelin M50-59 (700gm)		3	Paul Parkin	54	Nene Valley Harriers	16.07	3
Javelin M50-59 (700gm)		5	Ed Fancourt	50	Stamford Striders	10.12	2
Javelin M50-59 (700gm)		7					1
Javelin M50-59 (700gm)		8					0

JT6	JT	Javelin M60-69 (600gm)		RDA	Team	(NN.nn)	Pts
Javelin M60-69 (600gm)		7	Ian Reeve	65	West Norfolk AC	30.32	7
Javelin M60-69 (600gm)		6	Paul Oakes	65	Ryston Runners AC	26.93	6
Javelin M60-69 (600gm)		3	Timothy Needham	65	Nene Valley Harriers	17.69	5
Javelin M60-69 (600gm)		2	Eamonn Dorling	63	Peterborough AC	9.47	4
Javelin M60-69 (600gm)		4	Graham Mabelson	62	Corby AC	4.37	3
Javelin M60-69 (600gm)		6					2
Javelin M60-69 (600gm)		7					1
Javelin M60-69 (600gm)		8					0

DT3	DT	Discus M35-49 (2Kg)		RDA	Team	(NN.nn)	Pts
Discus M35-49 (2Kg)		3	Simon Achurch	43	Nene Valley Harriers	37.27	7
Discus M35-49 (2Kg)		1	Steve Burke	45	Hunts AC	27.33	6
Discus M35-49 (2Kg)		7	Allan Williams	42	West Norfolk AC	23.08	5
Discus M35-49 (2Kg)		6	David Lane	53	Ryston Runners AC	17.44	4
Discus M35-49 (2Kg)		4	Keith Lok	43	Corby AC	9.45	3
Discus M35-49 (2Kg)		6					2
Discus M35-49 (2Kg)		7					1
Discus M35-49 (2Kg)		8					0

Rec	Rec	Rec	AG %
-	x	x	51.3
-	x	x	33.6
-	x	x	33.4
-	x	x	26.3
-	x	x	25.3
-	x	x	18.8
-	x	x	14.2

Rec	Rec	AG %
-	x	48.1
-	x	37.8
-	x	27.4
-	x	27.1
-	x	22.5
-	x	13.1

Rec	AG %
-	50.8
-	45.1
-	29.6
-	15.2
-	6.9

Rec	Rec	Rec	AG %
-	x	x	51.8
-	x	x	38.7
-	x	x	31.8
x	-	x	-
-	x	x	13.1

DT5		DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
Discus M50-59 (1.5Kg)	1	1	Robert Ellingham	53	Hunts AC	33.59	7	-	x	47.9
Discus M50-59 (1.5Kg)	6	2	Stuart Howlett	52	Ryston Runners AC	29.87	6	-	x	41.8
Discus M50-59 (1.5Kg)	7	3	Ricky Bailey	50	West Norfolk AC	18.93	5	-	x	25.6
Discus M50-59 (1.5Kg)	4	4	Dougie Donald	59	Corby AC	17.48	4	-	x	28.7
Discus M50-59 (1.5Kg)	3	5	Paul Parkin	54	Nene Valley Harriers	9.53	3	-	x	13.9
Discus M50-59 (1.5Kg)		6					2			
Discus M50-59 (1.5Kg)		7					1			
Discus M50-59 (1.5Kg)		8					0			

DT6		DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
Discus M60+ (1Kg)	3	1	Timothy Needham	65	Nene Valley Harriers	31.48	7	-	53.2
Discus M60+ (1Kg)	6	2	Paul Oakes	65	Ryston Runners AC	30.81	6	-	52.0
Discus M60+ (1Kg)	4	3	Graham Mabelson	62	Corby AC	25.14	5	-	39.7
Discus M60+ (1Kg)	5	4	Jim Grant	62	Stamford Striders	21.85	4	-	34.5
Discus M60+ (1Kg)	2	5	David Whitehead	65	Peterborough AC	16.25	3	-	27.5
Discus M60+ (1Kg)		6					2		
Discus M60+ (1Kg)		7					1		
Discus M60+ (1Kg)		8					0		

LJ3		LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Long Jump M35-49	3	1	Adam Fidgett	36	Nene Valley Harriers	5.05	7		-	x	x	60.0
Long Jump M35-49	6	2	Paul Harrison	51	Ryston Runners AC	5.03	6		x	-	x	71.4
Long Jump M35-49	1	3	Yinka Opaleye	45	Hunts AC	4.96	5		-	x	x	65.3
Long Jump M35-49	4	4	Keith Lok	43	Corby AC	4.25	4		-	x	x	54.6
Long Jump M35-49	5	5	Chris Deadman	35	Stamford Striders	4.16	3		-	x	x	48.9
Long Jump M35-49	7	6	Lee Tunmore	45	West Norfolk AC	3.01	2		-	x	x	39.6
Long Jump M35-49		7					1					
Long Jump M35-49		8					0					

LJ5		LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
Long Jump M50-59	1	1	Philip Bowers	50	Hunts AC	4.82	7		-	x	67.6
Long Jump M50-59	6	2	David Lane	53	Ryston Runners AC	4.32	6		-	x	63.0
Long Jump M50-59	2	3	David Whitehead	65	Peterborough AC	3.92	5		x	-	68.2
Long Jump M50-59	7	4	Robert Vincent	52	West Norfolk AC	3.86	4		-	x	55.6
Long Jump M50-59	4	5	Graham Mabelson	62	Corby AC	3.72	3		x	-	61.7
Long Jump M50-59	3	6	John Spriggs	65	Nene Valley Harriers	3.54	2		x	-	61.6
Long Jump M50-59		7					1				
Long Jump M50-59		8					0				

PV3		PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
Pole Vault M35-49	3	1	Adam Fidgett	36	Nene Valley Harriers	3.00	7	-	x	x	51.4

Pole Vault M35-49	7	2	Geoff Powley	56	West Norfolk AC	2.80	6
Pole Vault M35-49	6	3	Ian Hogarth	39	Ryston Runners AC	2.00	5
Pole Vault M35-49		4					4
Pole Vault M35-49		5					3
Pole Vault M35-49		6					2
Pole Vault M35-49		7					1
Pole Vault M35-49		8					0

x	-	x	63.1
-	x	x	35.5

PV5		PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
Pole Vault M50-59	1	1	Richard Phelan	56	Hunts AC	3.00	7
Pole Vault M50-59	7	2	Ian Reeve	65	West Norfolk AC	2.20	6
Pole Vault M50-59	6	3	Paul Oakes	65	Ryston Runners AC	2.20	5
Pole Vault M50-59		4					4
Pole Vault M50-59		5					3
Pole Vault M50-59		6					2
Pole Vault M50-59		7					1
Pole Vault M50-59		8					0

Rec	Rec	AG %
-	x	67.6
x	-	57.8
x	-	57.8

R4x4-35		MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts
Relay 4x4 M35-49	3	1			Nene Valley Harriers	04:09.5	7
Relay 4x4 M35-49	4	2			Corby AC	04:25.1	6
Relay 4x4 M35-49	6	3			Ryston Runners AC	04:27.7	5
Relay 4x4 M35-49	5	4			Stamford Striders	04:39.7	4
Relay 4x4 M35-49	7	5			West Norfolk AC	04:47.8	3
Relay 4x4 M35-49	2	6			Peterborough AC	05:04.7	2
Relay 4x4 M35-49		7					1
Relay 4x4 M35-49		8					0

Rec
-
-
-
-
-
-

R4x4-50		MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
Relay 4x4 M50+	6	1			Ryston Runners AC	04:47.8	7
Relay 4x4 M50+	7	2			West Norfolk AC	05:28.1	6
Relay 4x4 M50+	3	3			Nene Valley Harriers	06:33.3	5
Relay 4x4 M50+		4					4
Relay 4x4 M50+		5					3
Relay 4x4 M50+		6					2
Relay 4x4 M50+		7					1
Relay 4x4 M50+		8					0

Rec
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
248 200	Paul Parkin	M50	NVH	35.3

173	200	Les Percival	M60	Paddock Wood	30.8
180	800	John Treacy	M35	Corby AC	02:47.8
174	discus	Phil Bowers	M50	Hunts AC	22.12
764	800	Ed Fancourt	M50	Stamford Striders	02:38.7
179	long jump	Richard Phelan	M50	Hunts AC	4.61
765	long jump	Jonathan Plant	M55	St Ives	4.36
	200m	John Moore	M65	West Norfolk AC	31.0
	DT (1Kg)	John Moore	M65	West Norfolk AC	16.29

Insert non scoring results at the bottom

EMAC Track & Field League Northern Division - Match 2 Teams = 7

Kings Lynn Wed 06/06/18 Overall Match Scores

Overall Team Trophy

Men	O/A	Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
x	x	7	Hunts AC	A	36	72	6
x	x	3	Peterborough AC	B	51	100	4
x	x	2	Nene Valley Harriers	C	68	170	2
x	x	5	Corby AC	D	46	122	3
x	x	4	Stamford Striders	E	50	100	4
x	x	1	Ryston Runners AC	F	126	265	1
x	x	6	West Norfolk AC	G	37	63	7
x	x	8	Spare	H	0	0	8

RDA = Race Day Age

EMAC League Record? W35-49
 EMAC League Record? (W50-59)
 EMAC League Record? (W60+)
 Derived from Age Grade Tables of 2015

Single letters only

2003		200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
200m W35-49	c	1	Claire Smith	41	Nene Valley Harriers	29.0	7		-	x	x	78.9
200m W35-49	d	2	Yvette Clayton	45	Corby AC	30.1	6		-	x	x	79.9
200m W35-49	e	3	Elizabeth Curtis	35	Stamford Striders	34.0	5		-	x	x	62.8
200m W35-49	f	4	Hayley Hawes	37	Ryston Runners AC	34.2	4		-	x	x	63.6
200m W35-49	g	5	Debbie Schwarz	48	West Norfolk AC	37.8	3		-	x	x	65.8
200m W35-49		6					2					
200m W35-49		7					1					
200m W35-49		8					0					
2005		200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
200m W50-59	f	1	Gaye Clarke	57	Ryston Runners AC	33.4	7		-	x	82.1	
200m W50-59	c	2	Judith Jacobs	54	Nene Valley Harriers	36.1	6		-	x	73.6	
200m W50-59	d	3	Sue Paterson	50	Corby AC	37.4	5		-	x	68.1	
200m W50-59	b	4	Kay Gibson	52	Peterborough AC	39.0	4		-	x	66.7	
200m W50-59	e	5	Liz Makin	57	Stamford Striders	41.3	3		-	x	66.4	
200m W50-59		6					2					
200m W50-59		7					1					
200m W50-59		8					0					
2006		200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
200m W60+	f	1	Gill Hart	65	Ryston Runners AC	43.5	7		-	68.3		
200m W60+	e	2	Morag Roberts	74	Stamford Striders	48.3	6		-	66.8		
200m W60+		3					5					

200m W60+
200m W60+
200m W60+
200m W60+
200m W60+

4					4
5					3
6					2
7					1
8					0

8003	800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts
f	1	Melanie Reed	35	Ryston Runners AC	02:37.2	7
b	2	Wendy Perkins	38	Peterborough AC	02:43.6	6
g	3	Katrina Wastenev	46	West Norfolk AC	02:56.3	5
c	4	Claire Smith	41	Nene Valley Harriers	02:57.0	4
a	5	Claire Hurst	35	Hunts AC	02:57.4	3
d	6	Yvette Clayton	45	Corby AC	03:05.0	2
e	7	Elizabeth Curtis	35	Stamford Striders	03:05.1	1
	8					0

Rec	Rec	Rec	AG %
-	x	x	72.1
-	x	x	69.9
-	x	x	69.6
-	x	x	66.4
-	x	x	63.9
-	x	x	65.8
-	x	x	61.2

800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59

8005	800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts
f	1	Linda Marshall	53	Ryston Runners AC	03:09.7	7
b	2	Kay Gibson	52	Peterborough AC	03:26.6	6
e	3	Liz Makin	57	Stamford Striders	03:29.5	5
d	4	Sue Paterson	50	Corby AC	04:00.5	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	69.6
-	x	63.1
-	x	66.6
-	x	52.8

800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+

8006	800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
f	1	Elizabeth Blakie	60	Ryston Runners AC	03:58.8	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	61.1

1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'

1K5WA	1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
g	1	Katrina Wastenev	46	West Norfolk AC	09:19.2	7
f	2	Elizabeth Blakie	60	Ryston Runners AC	09:58.5	6
b	3	Kay Gibson	52	Peterborough AC	10:21.5	5
e	4	Anna Rugg	39	Stamford Striders	10:42.4	4
c	5	Hazel Gering	45	Nene Valley Harriers	12:12.8	3

Rec	Rec	Rec	AG %
-	x	x	65.7
x	x	-	69.5
x	-	x	62.1
-	x	x	54.1
-	x	x	49.7

1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'

6					2
7					1
8					0

1K5WB 1500mW 1K5m Walk 'B' RDA Team (NN:NN.n) Pts

1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'
1K5m Walk 'B'

g	1	Debbie Schwarz	48	West Norfolk AC	10:23.2	7
e	2	Morag Roberts	74	Stamford Striders	11:44.0	6
c	3	Sally Pusey	50	Nene Valley Harriers	12:14.1	5
f	4	Sue Smith	53	Ryston Runners AC	12:27.0	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	59.9
x	x	-	70.0
x	-	x	51.7
x	-	x	52.2

100H3 SH 100mH W35-49 (84cm) RDA Team (NN.n) Pts Wind

100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)
100mH W35-49 (84cm)

g	1	Louise Rice	46	West Norfolk AC	24.2	7
f	2	Hayley Hawes	37	Ryston Runners AC	26.2	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	-
-	x	x	48.1

80H5 SH 80mH W50-59 (76.2cm) RDA Team (NN.n) Pts Wind

80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)
80mH W50-59 (76.2cm)

f	1	Gaye Clarke	57	Ryston Runners AC	14.8	7
b	2	Judith Jagger	57	Peterborough AC	19.4	6
c	3	Judith Jacobs	54	Nene Valley Harriers	21.2	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	85.0
-	x	64.8
-	x	57.4

80H6 SH 80mH W60+ (68.6cm) RDA Team (NN.n) Pts Wind

80mH W60+ (68.6cm)
80mH W60+ (68.6cm)
80mH W60+ (68.6cm)
80mH W60+ (68.6cm)
80mH W60+ (68.6cm)
80mH W60+ (68.6cm)
80mH W60+ (68.6cm)

f	1	Marlene Simmonds	72	Ryston Runners AC	20.8	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1

Rec	AG %
LR	83.3

80mH W60+ (68.6cm)

JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
	8					0
Javelin W35-49 (600gm)	a	1 Margit Bialobrzeska	38	Hunts AC	28.04	7
Javelin W35-49 (600gm)	c	2 Andrea Jenkins	42	Nene Valley Harriers	19.94	6
Javelin W35-49 (600gm)	d	3 Yvette Clayton	45	Corby AC	18.14	5
Javelin W35-49 (600gm)	g	4 Katrina Wastenev	46	West Norfolk AC	13.07	4
Javelin W35-49 (600gm)	f	5 Lyndsay Yellop	39	Ryston Runners AC	11.65	3
Javelin W35-49 (600gm)	e	6 Elizabeth Curtis	35	Stamford Striders	7.84	2
Javelin W35-49 (600gm)	b	7 Kay Gibson	52	Peterborough AC	7.68	1
Javelin W35-49 (600gm)		8				0

Rec	Rec	Rec	AG %
-	x	x	40.1
-	x	x	31.4
-	x	x	30.9
-	x	x	22.9
-	x	x	17.1
-	x	x	10.7
x	-	x	-

JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W50-59 (500gm)	b	1 Judith Jagger	57	Peterborough AC	22.64	7
Javelin W50-59 (500gm)	f	2 Gaye Clarke	57	Ryston Runners AC	17.84	6
Javelin W50-59 (500gm)	c	3 Sally Pusey	50	Nene Valley Harriers	12.03	5
Javelin W50-59 (500gm)	d	4 Sue Paterson	50	Corby AC	11.49	4
Javelin W50-59 (500gm)	a	5 Sandra Pedley	52	Hunts AC	10.44	3
Javelin W50-59 (500gm)		6				2
Javelin W50-59 (500gm)		7				1
Javelin W50-59 (500gm)		8				0

Rec	Rec	AG %
-	x	50.6
-	x	39.9
-	x	22.5
-	x	21.5
-	x	20.5

JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W60+ (500gm)	f	1 Marlene Simmonds	72	Ryston Runners AC	14.34	7
Javelin W60+ (500gm)	e	2 Morag Roberts	74	Stamford Striders	5.66	6
Javelin W60+ (500gm)		3				5
Javelin W60+ (500gm)		4				4
Javelin W60+ (500gm)		5				3
Javelin W60+ (500gm)		6				2
Javelin W60+ (500gm)		7				1
Javelin W60+ (500gm)		8				0

Rec	AG %
-	46.2
-	19.4

Discus W35-49 (1Kg)

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
Discus W35-49 (1Kg)	c	1 Andrea Jenkins	42	Nene Valley Harriers	37.03	7
Discus W35-49 (1Kg)	a	2 Margit Bialobrzeska	38	Hunts AC	21.15	6
Discus W35-49 (1Kg)	d	3 Yvette Clayton	45	Corby AC	20.18	5
Discus W35-49 (1Kg)	f	4 Lyndsay Yellop	39	Ryston Runners AC	15.77	4
Discus W35-49 (1Kg)	e	5 Anna Rugg	39	Stamford Striders	9.39	3
Discus W35-49 (1Kg)	g	6 Hannah Marsters	39	West Norfolk AC	8.27	2
Discus W35-49 (1Kg)		7				1
Discus W35-49 (1Kg)		8				0

Rec	Rec	Rec	AG %
-	x	x	55.1
-	x	x	29.6
-	x	x	31.5
-	x	x	22.4
-	x	x	13.3
-	x	x	11.7

Discus W35-49 (1Kg)

DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
-----	----	---------------------	-----	------	---------	-----

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

Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)
 Discus W50-59 (1Kg)

b	1	Judith Jagger	57	Peterborough AC	22.71	7
c	2	Sally Pusey	50	Nene Valley Harriers	12.82	6
d	3	Sue Paterson	50	Corby AC	12.50	5
f	4	Gill Hart	65	Ryston Runners AC	11.43	4
	5					3
	6					2
	7					1
	8					0

-	x	44.2
-	x	21.8
-	x	21.3
x	-	26.6

Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)
 Discus W60+ (1Kg)

DT6

DT	Discus W60+ (1Kg)	RDA	Team	(N.n)	Pts	
f	1	Marlene Simmonds	72	Ryston Runners AC	17.08	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	48.0

Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49
 Long Jump W35-49

LJ3

LJ	Long Jump W35-49	RDA	Team	(N.n)	Pts	Wind
d	1	Yvette Clayton	45	Corby AC	4.29	7
a	2	Joanne Abel	45	Hunts AC	4.10	6
f	3	Melanie Reed	35	Ryston Runners AC	3.90	5
c	4	Claire Smith	41	Nene Valley Harriers	3.28	4
b	5	Wendy Perkins	38	Peterborough AC	3.08	3
g	6	Louise Rice	46	West Norfolk AC	2.93	2
e	7	Anna Rugg	39	Stamford Striders	2.12	1
	8					0

Rec	Rec	Rec	AG %
-	x	x	67.0
-	x	x	64.0
-	x	x	53.9
-	x	x	48.7
-	x	x	44.1
-	x	x	46.4
-	x	x	30.7

Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59
 Long Jump W50-59

LJ5

LJ	Long Jump W50-59	RDA	Team	(N.n)	Pts	Wind
f	1	Gaye Clarke	57	Ryston Runners AC	3.89	7
b	2	Judith Jagger	57	Peterborough AC	3.48	6
c	3	Judith Jacobs	54	Nene Valley Harriers	3.47	5
a	4	Sandra Pedley	52	Hunts AC	2.80	4
d	5	Sue Paterson	50	Corby AC	2.68	3
e	6	Liz Makin	57	Stamford Striders	2.16	2
	7					1
	8					0

Rec	Rec	AG %
-	x	72.0
-	x	64.4
-	x	61.4
-	x	48.1
-	x	44.8
-	x	40.0

Pole Vault - W35-49
 Pole Vault - W35-49

PV3

PV	Pole Vault - W35-49	RDA	Team	(N.n)	Pts
	1				7
	2				6

Rec	Rec	Rec	AG %

Pole Vault - W35-49
 Pole Vault - W35-49
 Pole Vault - W35-49
 Pole Vault - W35-49
 Pole Vault - W35-49
 Pole Vault - W35-49

3					5
4					4
5					3
6					2
7					1
8					0

PV5

Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59
 Pole Vault - W50-59

PV	Pole Vault - W50-59	RDA	Team	(N.nn)	Pts
a	1	Sandra Pedley	52	Hunts AC	1.90 7
	2				6
	3				5
	4				4
	5				3
	6				2
	7				1
	8				0

Rec	Rec	AG %
-	x	54.3

R4x4-35

Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49
 Relay 4x4 W35-49

MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts
f	1		Ryston Runners AC	05:08.8	7
e	2		Stamford Striders	06:36.7	6
c	3		Nene Valley Harriers	06:54.7	5
	4				4
	5				3
	6				2
	7				1
	8				0

Rec
-
-
-

R4x4-50

Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+
 Relay 4x4 W50+

MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts
f	1		Ryston Runners AC	06:22.8	7
	2				6
	3				5
	4				4
	5				3
	6				2
	7				1
	8				0

Rec
-

AG = Age Group (eg M45, W60)

Non Scoring					
	Event	Name	AG	Club	Result
169	Long jump	Patricia Oaks	W70	Ashford	2.46
177	Long jump	Amy Fray	W35	Hunts AC	4.41

175	200	Sandra Acton	W35	Hunts AC	80.5
761	Javelin	Hannah Marsters	W35	WNAC	9.71
199	Javelin	Hazel Gering	W35	NVH	13.36
176	Discus	Joanne Abel	W35	Hunts AC	14.39
199	Discus	Hazel Gering	W50	NVH	17.46
	Discus	Sandra Acton	W60	Hunts AC	8.99
169	80m hurdles	Patricia Oaks	W70	Ashford	22.2
170	100m hurdles	Tanya Daniels	W35	Ryston Runners AC	23.0

Insert non scoring results at the bottom

EMAC Track & Field League Central Division - Match 2 Teams = 7

Bedford Wed 06/06/18 Overall Match Scores

Overall Team Trophy

Women	O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	x	1	Marshall Milton Keynes AC	1	133	275	1
x	x	2	Bedford & County AC	2	107	202	2
x	x	7	Luton AC	3	17	42	7
x	x	5	Biggleswade AC	4	58	123.5	5
x	x	6	Bedford Harriers	5	48	64	6
x	x	3	Fairlands Valley Spartans	6	81	194.5	3
x	x	4	Cambridge & Coleridge AC	7	61	126	4
x	x	8	Spare	8	0	0	8

RDA = Race Day Age

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

Single numbers only

2003		200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
200m M35-49	1	1	Panos Ioannou	37	Marshall Milton Keynes AC	24.4	7		-	x	x	83.4
200m M35-49	2	2	David Olusanya	45	Bedford & County AC	25.0	6		-	x	x	86.5
200m M35-49	6	3	Richard Bruce	47	Fairlands Valley Spartans	25.8	5		-	x	x	85.0
200m M35-49	3	4	Danny O'Shea	40	Luton AC	26.7	4		-	x	x	78.0
200m M35-49	5	5	Richard Woodward	37	Bedford Harriers	31.6	3		-	x	x	64.4
200m M35-49	4	6	Simon Strong	47	Biggleswade AC	35.5	2		-	x	x	61.8
200m M35-49		7					1					
200m M35-49		8					0					
2005		200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
200m M50-59	6	1	Steve Mayfield	52	Fairlands Valley Spartans	27.2	7		-	x	83.6	
200m M50-59	7	2	Keith Clarke	50	Cambridge & Coleridge AC	28.5	6		-	x	78.7	
200m M50-59	1	3	Brian Slaughter	60	Marshall Milton Keynes AC	28.8	5		x	-	83.3	
200m M50-59	2	4	Christopher Keech	67	Bedford & County AC	35.8	4		x	-	70.4	
200m M50-59	5	5	Mark Tinkler	60	Bedford Harriers	42.8	3		x	-	56.1	
200m M50-59	4	6	Colin Harries	71	Biggleswade AC	47.5	2		x	-	55.2	
200m M50-59		7					1					
200m M50-59		8					0					
2006		200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
200m M60+	1	1	Ivars Licietis	62	Marshall Milton Keynes AC	27.5	7		-	88.4		
200m M60+	4	2	David Brown	60	Biggleswade AC	29.6	6		-	81.1		
200m M60+	2	3	Mark Burgman	62	Bedford & County AC	34.7	5		-	70.1		

200m M60+	6	4	Mark Freeman	62	Fairlands Valley Spartans	36.5	4
200m M60+	5	5	Chris Capps	62	Bedford Harriers	40.4	3
200m M60+		6					2
200m M60+		7					1
200m M60+		8					0

8003		800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts
800m M35-49	6	1	Christopher Westcott	45	Fairlands Valley Spartans	02:07.1	7
800m M35-49	2	2	Simon Coombes	45	Bedford & County AC	02:07.6	6
800m M35-49	1	3	Andrew Kirschner	36	Marshall Milton Keynes AC	02:12.5	5
800m M35-49	5	4	Mark Tinkler	60	Bedford Harriers	03:32.4	4
800m M35-49		5					3
800m M35-49		6					2
800m M35-49		7					1
800m M35-49		8					0

8005		800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts
800m M50-59	5	1	David Roberts	51	Bedford Harriers	02:39.4	7
800m M50-59	7	2	Peter Thompson	59	Cambridge & Coleridge AC	02:41.4	6
800m M50-59	4	3	Charles Arnold	62	Biggleswade AC	02:44.2	5
800m M50-59	1	4	Paul Sutherland	51	Marshall Milton Keynes AC	02:47.5	4
800m M50-59	6	5	Peter Smith	56	Fairlands Valley Spartans	02:50.1	3
800m M50-59		6					2
800m M50-59		7					1
800m M50-59		8					0

8006		800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
800m M60+	1	1	John Skelton	67	Marshall Milton Keynes AC	02:38.3	7
800m M60+	5	2	Chris Capps	62	Bedford Harriers	03:25.4	6
800m M60+	2	3	David Folgate	67	Bedford & County AC	03:56.4	5
800m M60+	4	4	Colin Harries	71	Biggleswade AC	04:15.0	4
800m M60+		5					3
800m M60+		6					2
800m M60+		7					1
800m M60+		8					0

1K5WA		1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1K5m Walk 'A'	5	1	Adam Hills	41	Bedford Harriers	08:03.9	7
1K5m Walk 'A'	1	2	Jason Carvalho	40	Marshall Milton Keynes AC	08:54.1	6
1K5m Walk 'A'	4	3	Robin Wynde	60	Biggleswade AC	09:37.4	5
1K5m Walk 'A'	6	4	Anton McCalla	41	Fairlands Valley Spartans	12:29.1	4
1K5m Walk 'A'	2	5	Christopher Keech	67	Bedford & County AC	12:44.5	3

-	66.6
-	60.2

Rec	Rec	Rec	AG %
-	x	x	87.6
-	x	x	87.3
-	x	x	77.3
x	x	-	59.4

Rec	Rec	AG %
-	x	73.6
-	x	77.6
x	-	78.1
-	x	70.0
-	x	71.9

Rec	AG %
-	84.7
-	62.4
-	56.7
-	55.1

Rec	Rec	Rec	
LR	x	x	68.0
-	x	x	61.2
x	x	-	67.2
-	x	x	44.0
x	x	-	54.7

1K5m Walk 'A'
 1K5m Walk 'A'
 1K5m Walk 'A'

6						2
7						1
8						0

1K5WB

^{1500mW} **1K5m Walk 'B'** **RDA** **Team** *(NN:NN.n)* **Pts**

1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'

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1	1	Kelvin Smith	69	Marshall Milton Keynes AC	11:23.5	7
6	2	Mark Freeman	62	Fairlands Valley Spartans	12:30.8	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	
x	x	-	62.6
x	x	-	52.8

110H3

^{SH} **110mH M35-49 (99.1cm)** **RDA** **Team** *(NN.n)* **Pts** **Wind**

110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)
 110mH M35-49 (99.1cm)

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2	1	Laurence Ramm	46	Bedford & County AC	16.9	7
1	2	Jeremy Vick	40	Marshall Milton Keynes AC	35.0	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	84.0
-	x	x	38.6

100H5

^{SH} **100mH M50-59 (91.4cm)** **RDA** **Team** *(NN.n)* **Pts** **Wind**

100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)
 100mH M50-59 (91.4cm)

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1	1	Paul Sutherland	51	Marshall Milton Keynes AC	53.8	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	25.0

100H6

^{SH} **80mH M60+** **RDA** **Team** *(NN.n)* **Pts** **Wind**

80mH M60+
 80mH M60+
 80mH M60+
 80mH M60+
 80mH M60+
 80mH M60+
 80mH M60+

1
 4
 2
 4
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 7

1	1	Brian Slaughter	60	Marshall Milton Keynes AC	14.0	7
4	2	David Brown	60	Biggleswade AC	15.8	6
2	3	David Folgate	67	Bedford & County AC	20.1	5
	4					4
	5					3
	6					2
	7					1

Rec	AG %
	-
	-
	-

80mH M60+

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	
	8				0	
2	1	Gavin Fordham	39	Bedford & County AC	39.61	7
1	2	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	24.33	6
7	3	Ian Slack	57	Cambridge & Coleridge AC	24.14	5
6	4	Anton McCalla	41	Fairlands Valley Spartans	20.70	4
5	5	Mark Tinkler	60	Bedford Harriers	12.69	3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	44.7
-	x	x	27.0
x	-	x	-
-	x	x	24.1
x	x	-	-

Javelin M50-59 (700gm)

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
2	1	Simon Eastwood	53	Bedford & County AC	34.30	7
7	2	Michael Hausler	58	Cambridge & Coleridge AC	30.90	6
1	3	Mark Featherstone	53	Marshall Milton Keynes AC	25.49	5
6	4	Peter Smith	56	Fairlands Valley Spartans	16.74	4
4	5	Robin Wynde	60	Biggleswade AC	12.84	3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	47.1
-	x	46.9
-	x	35.0
-	x	24.4
x	-	-

Javelin M50-59 (700gm)

Javelin M50-59 (700gm)

Javelin M50-59 (700gm)

Javelin M60-69 (600gm)

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	
1	1	Bunt Scott	67	Marshall Milton Keynes AC	27.48	7
2	2	Jim Burke	62	Bedford & County AC	17.09	6
7	3	Noel Moss	73	Cambridge & Coleridge AC	15.56	5
5	4	George Baxter	64	Bedford Harriers	14.13	4
4	5	Clark Skerratt	67	Biggleswade AC	11.16	3
6	6	Mark Freeman	62	Fairlands Valley Spartans	8.95	2
	7					1
	8					0

Rec	AG %
-	48.2
-	26.8
-	-
-	23.1
-	19.6
-	14.0

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Javelin M60-69 (600gm)

Discus M35-49 (2Kg)

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	
2	1	Gavin Fordham	39	Bedford & County AC	33.16	7
7	2	Ian Slack	57	Cambridge & Coleridge AC	22.74	6
6	3	Anton McCalla	41	Fairlands Valley Spartans	18.78	5
3	4	Daniel Bottesch	43	Luton AC	16.46	4
4	5	Simon Strong	47	Biggleswade AC	15.27	3
1	6	Christopher Finister	44	Marshall Milton Keynes AC	13.19	2
5	7	Richard Woodward	37	Bedford Harriers	11.48	1
	8					0

Rec	Rec	Rec	AG %
-	x	x	44.8
x	-	x	-
-	x	x	25.6
-	x	x	22.9
-	x	x	22.5
-	x	x	18.5
-	x	x	15.5

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

Discus M35-49 (2Kg)

DT5

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
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Rec Rec AG %

Discus M50-59 (1.5Kg)	1	1	Mark Featherstone	53	Marshall Milton Keynes AC	34.91	7
Discus M50-59 (1.5Kg)	7	2	Michael Hausler	58	Cambridge & Coleridge AC	33.50	6
Discus M50-59 (1.5Kg)	2	3	Simon Eastwood	53	Bedford & County AC	29.47	5
Discus M50-59 (1.5Kg)	6	4	Steve Mayfield	52	Fairlands Valley Spartans	28.11	4
Discus M50-59 (1.5Kg)	3	5	Geoff Grinsted	51	Luton AC	27.99	3
Discus M50-59 (1.5Kg)	5	6	Lawrence Folley	59	Bedford Harriers	14.07	2
Discus M50-59 (1.5Kg)	4	7	Clark Skerratt	67	Biggleswade AC	8.67	1
Discus M50-59 (1.5Kg)		8					0

-	x	49.8
-	x	53.6
-	x	42.0
-	x	39.4
-	x	38.5
-	x	23.1
x	-	-

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(N.nn)	Pts	
Discus M60+ (1Kg)	1	1	Bunt Scott	67	Marshall Milton Keynes AC	35.17	7
Discus M60+ (1Kg)	2	2	Graeme Packman	63	Bedford & County AC	34.86	6
Discus M60+ (1Kg)	5	3	George Baxter	64	Bedford Harriers	20.02	5
Discus M60+ (1Kg)	4	4	Colin Harries	71	Biggleswade AC	14.50	4
Discus M60+ (1Kg)	7	5	Noel Moss	73	Cambridge & Coleridge AC	12.49	3
Discus M60+ (1Kg)	6	6	Mark Freeman	62	Fairlands Valley Spartans	11.45	2
Discus M60+ (1Kg)		7				1	
Discus M60+ (1Kg)		8				0	

Rec	AG %
-	62.3
-	56.3
-	33.1
-	28.4
-	25.8
-	18.1

LJ3	LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Long Jump M35-49	2	1	Laurence Ramm	46	Bedford & County AC	5.11	7	-	x	x	68.1
Long Jump M35-49	3	2	Danny O'Shea	41	Luton AC	4.55	6	-	x	x	57.1
Long Jump M35-49	6	3	Anton McCalla	41	Fairlands Valley Spartans	4.37	5	-	x	x	54.9
Long Jump M35-49	7	4	Keith Clarke	50	Cambridge & Coleridge AC	4.31	4	x	-	x	60.4
Long Jump M35-49	1	5	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	3.99	3	-	x	x	48.4
Long Jump M35-49	4	6	Simon Strong	47	Biggleswade AC	3.44	2	-	x	x	46.4
Long Jump M35-49		7									
Long Jump M35-49		8									

Rec	Rec	Rec	AG %
-	x	x	68.1
-	x	x	57.1
-	x	x	54.9
x	-	x	60.4
-	x	x	48.4
-	x	x	46.4

LJ5	LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
Long Jump M50-59	2	1	David Folgate	67	Bedford & County AC	4.11	7
Long Jump M50-59	6	2	Steve Mayfield	52	Fairlands Valley Spartans	4.08	6
Long Jump M50-59	7	3	Ian Slack	57	Cambridge & Coleridge AC	3.94	5
Long Jump M50-59	1	4	Ivars Licietis	62	Marshall Milton Keynes AC	3.69	4
Long Jump M50-59	4	5	Clark Skerratt	67	Biggleswade AC	1.58	3
Long Jump M50-59		6				2	
Long Jump M50-59		7				1	
Long Jump M50-59		8				0	

Rec	Rec	AG %
x	-	73.9
-	x	58.7
-	x	60.7
x	-	61.2
x	-	28.4

PV3	PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	
Pole Vault M35-49	2	1	Robert Kingman	45	Bedford & County AC	3.73	7

Rec	Rec	Rec	AG %
-	x	x	71.6

Pole Vault M35-49	1	2	Brian Slaughter	60	Marshall Milton Keynes AC	2.80	6
Pole Vault M35-49	7	3	Noel Moss	73	Cambridge & Coleridge AC	1.60	5
Pole Vault M35-49		4					4
Pole Vault M35-49		5					3
Pole Vault M35-49		6					2
Pole Vault M35-49		7					1
Pole Vault M35-49		8					0

x	x	LR	67.4
x	x	-	49.4

PV5		PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
Pole Vault M50-59	2	1	Simon Eastwood	53	Bedford & County AC	3.20	7
Pole Vault M50-59	6	2	Steve Mayfield	52	Fairlands Valley Spartans	2.00	6
Pole Vault M50-59	1	3	Ivars Licietis	62	Marshall Milton Keynes AC	2.00	5
Pole Vault M50-59	7	4	Ian Slack	57	Cambridge & Coleridge AC	1.60	4
Pole Vault M50-59	4	5	Charles Arnold	62	Biggleswade AC	1.40	3
Pole Vault M50-59		6					2
Pole Vault M50-59		7					1
Pole Vault M50-59		8					0

Rec	Rec	AG %
-	x	68.9
-	x	42.4
x	-	49.8
-	x	36.7
x	-	34.9

R4x4-35		MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts
Relay 4x4 M35-49	6	1			Fairlands Valley Spartans	04:05.1	7
Relay 4x4 M35-49	1	2			Marshall Milton Keynes AC	04:10.7	6
Relay 4x4 M35-49		3					5
Relay 4x4 M35-49		4					4
Relay 4x4 M35-49		5					3
Relay 4x4 M35-49		6					2
Relay 4x4 M35-49		7					1
Relay 4x4 M35-49		8					0

Rec
-
-

R4x4-50		MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
Relay 4x4 M50+	1	1			Marshall Milton Keynes AC	04:41.1	7
Relay 4x4 M50+	4	2			Biggleswade AC	05:13.9	6
Relay 4x4 M50+		3					5
Relay 4x4 M50+		4					4
Relay 4x4 M50+		5					3
Relay 4x4 M50+		6					2
Relay 4x4 M50+		7					1
Relay 4x4 M50+		8					0

Rec
-
-

AG = Actual Age Group (eg M45, M65) - NOT League Age Group AG = Actual Age Group (eg M45, M65) - NOT League Age Group

Non Scoring				
Event	Name	AG	Club	Result
306 200m	Anton McAlla	M40	Fairlands Valley Spartans	28.8

307	800m	Simon Kirschner-Heavens	M35	Marshall Milton Keynes AC	02:20.7
308	800m	Christopher Finister	M40	Marshall Milton Keynes AC	02:22.8
	JT	Mark Burgman	M60	Bedford & County AC	24.05
	DT	Jim Burke	M60	Bedford & County AC	26.39

Insert non scoring results at the bottom

Overall Team Trophy		EMAC Track & Field League		Central Division - Match 2		Teams = 7	
Bedford		Wed	06/06/18		Overall Match Scores		
Men	O/A	Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
x	x	1	Marshall Milton Keynes AC	A	127	236	2
x	x	6	Bedford & County AC	B	35	35	7
x	x	7	Luton AC	C	26	45	6
x	x	4	Biggleswade AC	D	71	108	4
x	x	5	Bedford Harriers	E	38	73	5
x	x	2	Fairlands Valley Spartans	F	119	257	1
x	x	3	Cambridge & Coleridge AC	G	72	175	3
x	x	8	Spare	H	0	0	8

RDA = Race Day Age

EMAC League Record? (W35-49)
 EMAC League Record? (W50-59)
 EMAC League Record? (W60+)
 Derived from Age Grade Tables of 2015

Single letters only

2003		200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
200m W35-49	B	1	Emma Coombes	40	Bedford & County AC	31.8	7		-	x	x	71.1
200m W35-49	F	2	Christine Lathwell	41	Fairlands Valley Spartans	33.5	6		-	x	x	68.3
200m W35-49	D	3	Kathryn Juty	49	Biggleswade AC	34.3	5		-	x	x	73.4
200m W35-49	A	4	Debra Brent	55	Marshall Milton Keynes AC	37.0	4		x	-	x	72.6
200m W35-49	G	5	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	37.8	3		-	x	x	63.6
200m W35-49	E	6	Caroline Diggle	45	Bedford Harriers	44.2	2		-	x	x	54.4
200m W35-49		7					1					
200m W35-49		8					0					

2005		200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
200m W50-59	F	1	Tessa Stephenson	57	Fairlands Valley Spartans	32.2	7		-	x	85.2
200m W50-59	G	2	Stefanie Godfrey	53	Cambridge & Coleridge AC	33.1	6		-	x	79.4
200m W50-59	A	3	Janice Hardcastle	58	Marshall Milton Keynes AC	34.4	5		-	x	80.6
200m W50-59	E	4	Angela Kay	58	Bedford Harriers	44.7	4		-	x	62.0
200m W50-59	D	5	Helen Kapur	56	Biggleswade AC	51.1	3		-	x	53.1
200m W50-59		6					2				
200m W50-59		7					1				
200m W50-59		8					0				

2006		200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
200m W60+	C	1	Edith Caux	61	Luton AC	32.2	7		LR	88.7
200m W60+	A	2	Diane Baldwin	61	Marshall Milton Keynes AC	37.7	6		-	75.8
200m W60+	F	3	Catherine Craig	65	Fairlands Valley Spartans	41.1	5		-	72.3

200m W60+
200m W60+
200m W60+
200m W60+
200m W60+

G	4	Mary Holmes	81	Cambridge & Coleridge AC	49.8	4
	5					3
	6					2
	7					1
	8					0

-	74.4

800m W35-49
800m W35-49
800m W35-49
800m W35-49
800m W35-49
800m W35-49
800m W35-49
800m W35-49
800m W35-49

8003		800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts
F	1	Christine Lathwell	41	Fairlands Valley Spartans	02:40.2	7	
D	2	Kathryn Juty	49	Biggleswade AC	03:11.0	6	
A	3	Diane Farmer	59	Marshall Milton Keynes AC	03:18.3	5	
G	4	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	03:22.5	4	
E	5	Caroline Diggle	45	Bedford Harriers	03:40.1	3	
	6					2	
	7					1	
	8					0	

Rec	Rec	Rec	AG %
-	x	x	73.4
-	x	x	65.9
x	-	x	72.4
-	x	x	60.1
-	x	x	55.3

800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59
800m W50-59

8005		800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts
G	1	Stefanie Godfrey	53	Cambridge & Coleridge AC	02:54.9	7	
A	2	Debra Brent	55	Marshall Milton Keynes AC	02:56.4	6	
B	3	Penny Butcher	59	Bedford & County AC	03:13.7	5	
E	4	Jeanette Cheetham	53	Bedford Harriers	03:42.9	4	
F	5	Tessa Stephenson	57	Fairlands Valley Spartans	03:43.2	3	
	6					2	
	7					1	
	8					0	

Rec	Rec	AG %
-	x	75.5
-	x	76.9
-	x	74.2
-	x	59.2
-	x	62.5

800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+
800m W60+

8006		800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
A	1	Diane Baldwin	61	Marshall Milton Keynes AC	03:01.6	7	
F	2	Yuko Gordon	67	Fairlands Valley Spartans	03:06.2	6	
G	3	Carol Wright	68	Cambridge & Coleridge AC	03:46.0	5	
	4					4	
	5					3	
	6					2	
	7					1	
	8					0	

Rec	AG %
-	81.9
-	90.0
-	75.7

1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'
1K5m Walk 'A'

1K5WA		1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
D	1	Helen Middleton	55	Biggleswade AC	08:30.2	7	
A	2	Diane Baldwin	61	Marshall Milton Keynes AC	09:01.2	6	
F	3	Sharon Crowley	59	Fairlands Valley Spartans	10:55.5	5	
E	4	Caroline Diggle	45	Bedford Harriers	12:21.8	4	
	5					3	

Rec	Rec	Rec	AG %
x	-	x	77.7
x	x	LR	77.6
x	-	x	62.8
-	x	x	49.1

1K5m Walk 'A'	6					2
1K5m Walk 'A'	7					1
1K5m Walk 'A'	8					0

1K5WB	1500mW	1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Pts
A	1	Janice Hardcastle	58	Marshall Milton Keynes AC	10:14.6	7
F	2	Yuko Gordon	67	Fairlands Valley Spartans	11:24.4	6
D	3	Helen Kapur	56	Biggleswade AC	12:29.7	5
E	4	Angela Kay	58	Bedford Harriers	12:30.8	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
x	-	x	66.3
x	x	-	65.6
x	-	x	53.4
x	-	x	54.3

100H3	SH	100mH W35-49 (84cm)	RDA	Team	(NN.n)	Pts	Wind
	A	1	Corinne Nurse	40	Marshall Milton Keynes AC	27.7	7
	D	2	Kathryn Juty	49	Biggleswade AC	44.4	6
	F	3	Andrea Westcott	47	Fairlands Valley Spartans	51.0	5
		4				4	
		5				3	
		6				2	
		7				1	
		8				0	

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

80H5	SH	80mH W50-59 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
	F	1	Monica Brown	53	Fairlands Valley Spartans	15.5	7
	A	2	Diane Presswell	53	Marshall Milton Keynes AC	32.3	6
	D	3	Helen Kapur	56	Biggleswade AC	33.5	5
		4				4	
		5				3	
		6				2	
		7				1	
		8				0	

Rec	Rec	AG %
-	x	77.5
-	x	37.2
-	x	37.1

80H6	SH	80mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts	Wind
	A	1	Diane Baldwin	61	Marshall Milton Keynes AC	27.3	7
	F	2	Catherine Craig	65	Fairlands Valley Spartans	30.6	6
		3				5	
		4				4	
		5				3	
		6				2	
		7				1	

Rec	AG %
LR	48.0
LR	46.6

80mH W60+ (68.6cm)

	8				0	
JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
Javelin W35-49 (600gm)	C	1 Lisa Tanushi	43	Luton AC	27.37	7
Javelin W35-49 (600gm)	A	2 Emma Beales	46	Marshall Milton Keynes AC	22.55	6
Javelin W35-49 (600gm)	G	3 Anne Moindrot	35	Cambridge & Coleridge AC	14.78	5
Javelin W35-49 (600gm)	F	4 Andrea Westcott	47	Fairlands Valley Spartans	13.22	4
Javelin W35-49 (600gm)	D	5 Kathryn Juty	49	Biggleswade AC	12.76	3
Javelin W35-49 (600gm)	B	6 Emma Coombes	40	Bedford & County AC	9.95	2
Javelin W35-49 (600gm)	E	7 Jeanette Cheetham	53	Bedford Harriers	5.61	1
Javelin W35-49 (600gm)		8				0

Rec	Rec	Rec	AG %
-	x	x	44.2
-	x	x	39.5
-	x	x	20.2
-	x	x	23.8
-	x	x	24.4
-	x	x	14.9
x	-	x	-

	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W50-59 (500gm)	A	1 Diane Presswell	53	Marshall Milton Keynes AC	15.20	7
Javelin W50-59 (500gm)	B	2 Penny Butcher	59	Bedford & County AC	14.39	6
Javelin W50-59 (500gm)	F	3 Monica Brown	53	Fairlands Valley Spartans	14.22	5
Javelin W50-59 (500gm)	G	4 Joan Lasenby	58	Cambridge & Coleridge AC	11.86	4
Javelin W50-59 (500gm)	E	5 Lynn Short	59	Bedford Harriers	9.20	3
Javelin W50-59 (500gm)	D	6 Helen Kapur	56	Biggleswade AC	7.68	2
Javelin W50-59 (500gm)		7				1
Javelin W50-59 (500gm)		8				0

Rec	Rec	AG %
-	x	30.6
-	x	34.1
-	x	28.6
-	x	27.3
-	x	21.8
-	x	16.7

	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W60+ (500gm)	D	1 Sandra Ingham	60	Biggleswade AC	21.52	7
Javelin W60+ (500gm)	G	2 Mary Holmes	81	Cambridge & Coleridge AC	12.32	6
Javelin W60+ (500gm)	A	3 Jeanette Lawrence	60	Marshall Milton Keynes AC	10.12	5
Javelin W60+ (500gm)	F	4 Iris Hornsey	76	Fairlands Valley Spartans	8.48	4
Javelin W60+ (500gm)		5				3
Javelin W60+ (500gm)		6				2
Javelin W60+ (500gm)		7				1
Javelin W60+ (500gm)		8				0

Rec	AG %
LR	51.5
-	-
-	24.2
-	-

	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
Discus W35-49 (1Kg)	A	1 Emma Beales	46	Marshall Milton Keynes AC	39.46	7
Discus W35-49 (1Kg)	G	2 Anne Moindrot	35	Cambridge & Coleridge AC	25.40	6
Discus W35-49 (1Kg)	C	3 Lisa Tanushi	43	Luton AC	20.75	5
Discus W35-49 (1Kg)	B	4 Emma Coombes	40	Bedford & County AC	14.35	4
Discus W35-49 (1Kg)	F	5 Andrea Westcott	47	Fairlands Valley Spartans	11.76	3
Discus W35-49 (1Kg)	E	6 Jacinta Horne	53	Bedford Harriers	9.32	2
Discus W35-49 (1Kg)		7				1
Discus W35-49 (1Kg)		8				0

Rec	Rec	Rec	AG %
-	x	x	62.6
-	x	x	34.0
-	x	x	31.3
-	x	x	20.7
-	x	x	19.0
x	-	x	16.8

	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
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Rec	Rec	AG %
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Discus W50-59 (1Kg)	A	1	Diane Presswell	53	Marshall Milton Keynes AC	18.37	7	-	x		33.0	
Discus W50-59 (1Kg)	F	2	Tessa Stephenson	57	Fairlands Valley Spartans	16.15	6	-	x		31.4	
Discus W50-59 (1Kg)	G	3	Joan Lasenby	58	Cambridge & Coleridge AC	13.11	5	-	x		26.0	
Discus W50-59 (1Kg)	D	4	Helen Kapur	56	Biggleswade AC	11.56	4	-	x		22.0	
Discus W50-59 (1Kg)	E	5	Lynn Short	59	Bedford Harriers	10.51	3	-	x		21.3	
Discus W50-59 (1Kg)		6					2					
Discus W50-59 (1Kg)		7					1					
Discus W50-59 (1Kg)		8					0					
DT6	DT	Discus W60+ (1Kg)		RDA	Team	<i>(N.n)</i>	Pts			Rec	AG %	
Discus W60+ (1Kg)	D	1	Sandra Ingham	60	Biggleswade AC	15.52	7	-			32.2	
Discus W60+ (1Kg)	A	2	Jeanette Lawrence	60	Marshall Milton Keynes AC	13.26	6	-			27.5	
Discus W60+ (1Kg)	G	3	Mary Holmes	81	Cambridge & Coleridge AC	10.08	5	-			-	
Discus W60+ (1Kg)	F	4	Catherine Craig	65	Fairlands Valley Spartans	9.91	4	-			23.1	
Discus W60+ (1Kg)		5					3					
Discus W60+ (1Kg)		6					2					
Discus W60+ (1Kg)		7					1					
Discus W60+ (1Kg)		8					0					
LJ3	LJ	Long Jump W35-49		RDA	Team	<i>(N.n)</i>	Pts	Wind	Rec	Rec	Rec	AG %
Long Jump W35-49	C	1	Lisa Tanushi	43	Luton AC	4.18	7		-	x	x	63.6
Long Jump W35-49	A	2	Stephanie Johnston	44	Marshall Milton Keynes AC	3.58	6		-	x	x	55.2
Long Jump W35-49	B	3	Emma Coombes	40	Bedford & County AC	3.55	5		-	x	x	52.0
Long Jump W35-49	F	4	Stephanie Mayfield	44	Fairlands Valley Spartans	3.05	4		-	x	x	47.0
Long Jump W35-49	G	5	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	2.68	3		-	x	x	41.8
Long Jump W35-49	E	6	Lynn Short	59	Bedford Harriers	2.00	2		x	-	x	38.2
Long Jump W35-49	D	7	Bev Strong	46	Biggleswade AC	1.92	1		-	x	x	30.4
Long Jump W35-49		8					0					
LJ5	LJ	Long Jump W50-59		RDA	Team	<i>(N.n)</i>	Pts	Wind		Rec	Rec	AG %
Long Jump W50-59	F	1	Monica Brown	53	Fairlands Valley Spartans	4.06	7		-	x		70.7
Long Jump W50-59	B	2	Penny Butcher	59	Bedford & County AC	3.64	6		-	x		69.5
Long Jump W50-59	A	3	Janice Hardcastle	58	Marshall Milton Keynes AC	3.45	5		-	x		64.8
Long Jump W50-59	D	4	Helen Kapur	56	Biggleswade AC	1.93	4		-	x		35.2
Long Jump W50-59	G	5	Mary Holmes	81	Cambridge & Coleridge AC	1.85	3		x	-		56.1
Long Jump W50-59	E	6	Jacinta Horne	53	Bedford Harriers	1.71	2		-	x		29.8
Long Jump W50-59		7					1					
Long Jump W50-59		8					0					
PV3	PV	Pole Vault - W35-49		RDA	Team	<i>(N.n)</i>	Pts		Rec	Rec	Rec	AG %
Pole Vault - W35-49	F	1	Stephanie Mayfield	44	Fairlands Valley Spartans	1.80	7		-	x	x	44.3
Pole Vault - W35-49	D	2	Kathryn Juty	49	Biggleswade AC	1.60	6		-	x	x	43.1

Pole Vault - W35-49	A	3	Corinne Nurse	40	Marshall Milton Keynes AC	1.20	5
Pole Vault - W35-49		4					4
Pole Vault - W35-49		5					3
Pole Vault - W35-49		6					2
Pole Vault - W35-49		7					1
Pole Vault - W35-49		8					0

-	x	x	27.6

	PV5	PV	Pole Vault - W50-59	RDA	Team	<i>(N.nn)</i>	Pts
Pole Vault - W50-59		1					7
Pole Vault - W50-59		2					6
Pole Vault - W50-59		3					5
Pole Vault - W50-59		4					4
Pole Vault - W50-59		5					3
Pole Vault - W50-59		6					2
Pole Vault - W50-59		7					1
Pole Vault - W50-59		8					0

	Rec	Rec	AG %

	R4x4-35	MedR	Relay 4x4 W35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
Relay 4x4 W35-49	A	1			Marshall Milton Keynes AC	05:15.3	7
Relay 4x4 W35-49	G	2			Cambridge & Coleridge AC	05:34.7	6
Relay 4x4 W35-49	F	3			Fairlands Valley Spartans	06:31.3	5
Relay 4x4 W35-49	E	4	W35-49 and W50-59 combined		Bedford Harriers	06:49.9	4
Relay 4x4 W35-49		5					3
Relay 4x4 W35-49		6					2
Relay 4x4 W35-49		7					1
Relay 4x4 W35-49		8					0

Rec
-
-
-
-

	R4x4-50	MedR	Relay 4x4 W50+	RDA	Team	<i>(NN:NN.n)</i>	Pts
Relay 4x4 W50+	F	1			Fairlands Valley Spartans	05:43.4	7
Relay 4x4 W50+		2					6
Relay 4x4 W50+		3					5
Relay 4x4 W50+		4					4
Relay 4x4 W50+		5					3
Relay 4x4 W50+		6					2
Relay 4x4 W50+		7					1
Relay 4x4 W50+		8					0

Rec
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G = Actual Age Group (eg W45, W65) - **NOT** League Age Group AG = Actual Age Group (eg W45, W65) - **NOT** League Age Group

Non Scoring					
	Event	Name	AG	Club	Result
305	800m	Iris Hornsey	W75	Fairlands Valley Spartans	03:59.8
306	800m	Mary Holmes	W80	Cambridge & Coleridge AC	04:28.7

DT	Emma Beales	W45	Marshall Milton Keynes AC	40.38
800m	Helen Frizzell	W45	Bedford & County AC	02:58.8

Insert non scoring results at the bottom

EMAC Track & Field League		Southern Division - Match 2			Teams =	8		
Thurrock		Wed	Wednesday, June 06, 2018		Overall Match Scores			
Overall Team Trophy	Women	O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
	x	x	1	Southend AC	1	135	294.5	1
	x	x	6	Loughton AC	2	68	157	5
	x	x	3	Thurrock Harriers	3	111	240.5	2
	x	x	5	Col & Tend/Ipswich Harriers	4	80	139	6
	x	x	8	WSAC/St Edmunds Pacers	5	7	15	8
	x	x	2	Chelmsford AC	6	116.5	231.5	3
	x	x	4	Colchester Harriers	7	93.5	160.5	4
	x	x	7	Basildon AC/Billericay Striders	8	19	33	7

RDA = Race Day Age

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

Single numbers only

2003		200m	200m M35-49	RDA	Team	<i>(NN.n)</i>	Pts	Wind	Rec	Rec	Rec	AG %
200m M35-49	4	1	Justin Hubbard	39	Col & Tend/Ipswich Harriers	25.0	8		-	x	x	82.7
200m M35-49	6	2	Amr Ziko	40	Chelmsford AC	25.3	7		-	x	x	82.3
200m M35-49	1	3	Clive Farrow	48	Southend AC	26.0	6		-	x	x	85.0
200m M35-49	3	4	Steven Ball	45	Thurrock Harriers	28.0	5		-	x	x	77.2
200m M35-49	7	5	Dominic King	35	Colchester Harriers	29.5	4		-	x	x	67.9
200m M35-49	2	6	Robert Sargent	64	Loughton AC	40.2	3		x	x	-	61.3
200m M35-49		7					2					
200m M35-49		8					1					
2005		200m	200m M50-59	RDA	Team	<i>(NN.n)</i>	Pts	Wind	Rec	Rec	AG %	
200m M50-59	8	1	Andy Coleman	50	Basildon AC/Billericay Striders	27.8	8		-	x		80.6
200m M50-59	2	2	Clifford Warren	56	Loughton AC	28.7	7		-	x		81.4
200m M50-59	1	3	Keith Palmer	53	Southend AC	29.0	6		-	x		78.9
200m M50-59	3	4	Nigel Instance	50	Thurrock Harriers	29.1	5		-	x		77.0
200m M50-59	6	5	Andrew Stewart	58	Chelmsford AC	31.6	4		-	x		74.9
200m M50-59	5	6	Stuart Compton	50	WSAC/St Edmunds Pacers	32.8	3		-	x		68.3
200m M50-59	7	7	Simon Morgan	50	Colchester Harriers	35.6	2		-	x		63.0
200m M50-59		8					1					
2006		200m	200m M60+	RDA	Team	<i>(NN.n)</i>	Pts	Wind	Rec	AG %		
200m M60+	4	1	Robert Woolliams	62	Col & Tend/Ipswich Harriers	30.8	8		-	78.9		
200m M60+	6	2	Gerald Daniel	65	Chelmsford AC	32.4	7		-	76.5		
200m M60+	1	3	Peter Binns	70	Southend AC	32.8	6		-	78.7		

200m M60+	3	4	Bernard Johnson	62	Thurrock Harriers	36.6	5
200m M60+	7	5	Arthur Whiston	67	Colchester Harriers	39.7	4
200m M60+	2	6	Robert Maggio	72	Loughton AC	42.8	3
200m M60+		7					2
200m M60+		8					1
8003	800m	800m M35-49		RDA	Team	<i>(NN:NN.n)</i>	Pts
800m M35-49	1	1	Lee Taylor	43	Southend AC	02:11.7	8
800m M35-49	7	2	Daniel King	35	Colchester Harriers	02:20.3	7
800m M35-49	3	3	Paul Mitchell	43	Thurrock Harriers	02:37.5	6
800m M35-49	6	4	Philip Watts	48	Chelmsford AC	02:38.1	5
800m M35-49	2	5	John Borgars	72	Loughton AC	03:22.6	4
800m M35-49		6					3
800m M35-49		7					2
800m M35-49		8					1
8005	800m	800m M50-59		RDA	Team	<i>(NN:NN.n)</i>	Pts
800m M50-59	1	1	Simon Le Mare	56	Southend AC	02:26.5	8
800m M50-59	3	2	Eamonn Shelley	57	Thurrock Harriers	02:34.8	7
800m M50-59	2	3	Clifford Warren	56	Loughton AC	02:35.4	6
800m M50-59	6	4	Andrew Stewart	58	Chelmsford AC	02:37.7	5
800m M50-59	5	5	Stuart Compton	50	WSAC/St Edmunds Pacers	02:48.2	4
800m M50-59		6					3
800m M50-59		7					2
800m M50-59		8					1
8006	800m	800m M60+		RDA	Team	<i>(NN:NN.n)</i>	Pts
800m M60+	6	1	Michael Bridgeland	60	Chelmsford AC	02:35.5	8
800m M60+	1	2	Peter Binns	70	Southend AC	02:52.6	7
800m M60+	3	3	Bernard Johnson	62	Thurrock Harriers	03:02.3	6
800m M60+	7	4	Arthur Whiston	67	Colchester Harriers	03:03.6	5
800m M60+	2	5	Robert Sargent	64	Loughton AC	03:34.2	4
800m M60+		6					3
800m M60+		7					2
800m M60+		8					1
1K5WA	1500mW	1K5m Walk 'A'		RDA	Team	<i>(NN:NN.n)</i>	Pts
1K5m Walk 'A'	7	1	Dominic King	35	Colchester Harriers	06:00.5	8
1K5m Walk 'A'	1	2	Keith Palmer	53	Southend AC	09:18.0	7
1K5m Walk 'A'	2	3	John Borgars	72	Loughton AC	09:19.0	6
1K5m Walk 'A'	3	4	Eamonn Shelley	57	Thurrock Harriers	09:26.0	5
1K5m Walk 'A'	4	5	Stephen Cartwright	60	Col & Tend/Ipswich Harriers	10:29.2	4

-	66.4
-	63.4
-	62.2

Rec	Rec	Rec	AG %
-	x	x	83.0
-	x	x	72.3
-	x	x	69.4
-	x	x	72.3
x	x	-	70.5

Rec	Rec	AG %
-	x	83.5
-	x	79.6
-	x	78.7
-	x	78.8
-	x	69.2

Rec	AG %
-	81.2
-	80.2
-	70.3
-	73.0
-	60.8

Rec	Rec	Rec	AG %
LR	x	x	87.6
x	-	x	65.2
x	x	-	79.4
x	-	x	66.6
x	x	-	61.7

100mH M60+ (84cm)

	8				1	
JT3	JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
Javelin M35-49 (800gm)	7	1	Dominic King	35	Colchester Harriers	34.69 8
Javelin M35-49 (800gm)	4	2	Dan Gartlan	37	Col & Tend/Ipswich Harriers	32.74 7
Javelin M35-49 (800gm)	1	3	Gary Cheek	47	Southend AC	22.92 6
Javelin M35-49 (800gm)	6	4	Amr Ziko	40	Chelmsford AC	15.41 5
Javelin M35-49 (800gm)	3	5	Paul Mitchell	43	Thurrock Harriers	11.93 4
Javelin M35-49 (800gm)		6				3
Javelin M35-49 (800gm)		7				2
Javelin M35-49 (800gm)		8				1

Rec	Rec	Rec	AG %
-	x	x	36.8
-	x	x	35.8
-	x	x	29.6
-	x	x	17.7
-	x	x	14.4

Javelin M50-59 (700gm)

	3	1	Nigel Instance	50	Thurrock Harriers	32.80	8
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
Javelin M50-59 (700gm)	4	2	Peter Godron	54	Col & Tend/Ipswich Harriers	24.95	7
Javelin M50-59 (700gm)	8	3	Rhys Davies	59	Basildon AC/Billericay Striders	20.09	6
Javelin M50-59 (700gm)	1	4	Angus Aldridge	55	Southend AC	18.94	5
Javelin M50-59 (700gm)	6	5	Dave Barnett	60	Chelmsford AC	13.74	4
Javelin M50-59 (700gm)	7	6	Simon Morgan	50	Colchester Harriers	6.71	3
Javelin M50-59 (700gm)		7					2
Javelin M50-59 (700gm)		8					1

Rec	Rec	AG %
-	x	42.6
-	x	34.9
-	x	31.2
-	x	27.0
x	-	-
-	x	8.7

Javelin M60-69 (600gm)

	6	1	Geoff Tyler	69	Chelmsford AC	24.19	8
JT6	JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	
Javelin M60-69 (600gm)	3	2	Bernard Johnson	62	Thurrock Harriers	17.94	7
Javelin M60-69 (600gm)	1	3	John Clark	75	Southend AC	15.02	6
Javelin M60-69 (600gm)	2	4	John Borgars	72	Loughton AC	11.65	5
Javelin M60-69 (600gm)	7	5	Arthur Whiston	67	Colchester Harriers	7.53	4
Javelin M60-69 (600gm)		6					3
Javelin M60-69 (600gm)		7					2
Javelin M60-69 (600gm)		8					1

Rec	AG %
-	44.6
-	28.1
-	-
-	-
-	13.2

Discus M35-49 (2Kg)

	4	1	Dan Gartlan	37	Col & Tend/Ipswich Harriers	25.57	8
DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	
Discus M35-49 (2Kg)	7	2	Gavin Sandercock	44	Colchester Harriers	19.16	7
Discus M35-49 (2Kg)	1	3	Gary Cheek	47	Southend AC	18.84	6
Discus M35-49 (2Kg)	3	4	Marek Kowalski	46	Thurrock Harriers	16.61	5
Discus M35-49 (2Kg)	2	5	Clifford Warren	56	Loughton AC	13.69	4
Discus M35-49 (2Kg)		6					3
Discus M35-49 (2Kg)		7					2
Discus M35-49 (2Kg)		8					1

Rec	Rec	Rec	AG %
-	x	x	34.5
-	x	x	26.9
-	x	x	27.7
-	x	x	24.0
x	-	x	-

Discus M50-59 (1.5Kg)

	DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
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Rec	Rec	AG %
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Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)
 Discus M50-59 (1.5Kg)

6	1	Dave Barnett	60	Chelmsford AC	24.13	8
3	2	Nigel Instance	50	Thurrock Harriers	23.77	7
4	3	Peter Godron	54	Col & Tend/Ipswich Harriers	23.35	6
8	4	Rhys Davies	59	Basildon AC/Billericay Striders	21.61	5
1	5	Angus Aldridge	55	Southend AC	19.93	4
7	6	Simon Smith	54	Colchester Harriers	10.53	3
	7					2
	8					1

x	-	-
-	x	32.1
-	x	34.0
-	x	35.5
-	x	29.6
-	x	15.3

Discus M60+ (1Kg)
 Discus M60+ (1Kg)
 Discus M60+ (1Kg)
 Discus M60+ (1Kg)
 Discus M60+ (1Kg)
 Discus M60+ (1Kg)
 Discus M60+ (1Kg)

DT6

DT	Discus M60+ (1Kg)	RDA	Team	(N.n)	Pts	
6	1	Geoff Tyler	69	Chelmsford AC	37.55	8
	2	Dave Faulkner	65	Loughton AC	30.79	7
3	3	Bernard Johnson	62	Thurrock Harriers	19.18	6
1	4	John Clark	75	Southend AC	16.36	5
7	5	Arthur Whiston	67	Colchester Harriers	10.39	4
	6					3
	7					2
	8					1

Rec	AG %
-	69.8
-	52.0
-	30.3
-	35.8
-	18.4

Long Jump M35-49
 Long Jump M35-49
 Long Jump M35-49
 Long Jump M35-49
 Long Jump M35-49
 Long Jump M35-49
 Long Jump M35-49

LJ3

LJ	Long Jump M35-49	RDA	Team	(N.n)	Pts	Wind
4	1	Aaron Bollu	40	Col & Tend/Ipswich Harriers	5.30	8
3	2	Marek Kowalski	46	Thurrock Harriers	5.02	7
6	3	Amr Ziko	40	Chelmsford AC	4.41	6
1	4	Graham Easty	38	Southend AC	4.16	5
7	5	Dominic King	35	Colchester Harriers	4.09	4
2	6	Robert Maggio	72	Loughton AC	2.23	3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	65.8
-	x	x	66.9
-	x	x	54.8
-	x	x	50.5
-	x	x	48.0
x	x	-	43.7

Long Jump M50-59
 Long Jump M50-59
 Long Jump M50-59
 Long Jump M50-59
 Long Jump M50-59
 Long Jump M50-59
 Long Jump M50-59

LJ5

LJ	Long Jump M50-59	RDA	Team	(N.n)	Pts	Wind
2	1	Clifford Warren	56	Loughton AC	4.55	8
1	2	Keith Palmer	53	Southend AC	4.08	7
6	3	Dave Barnett	60	Chelmsford AC	3.42	6
3	4	Eamonn Shelley	57	Thurrock Harriers	2.62	5
7	5	Simon Morgan	50	Colchester Harriers	2.34	4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	69.2
-	x	59.5
x	-	55.1
-	x	40.4
-	x	32.8

Pole Vault M35-49
 Pole Vault M35-49

PV3

PV	Pole Vault M35-49	RDA	Team	(N.n)	Pts	
4	1	Dan Gartlan	37	Col & Tend/Ipswich Harriers	2.22	8
1	2	Gary Cheek	47	Southend AC	2.02	7

Rec	Rec	Rec	AG %
-	x	x	38.5
-	x	x	39.9

Pole Vault M35-49
Pole Vault M35-49
Pole Vault M35-49
Pole Vault M35-49
Pole Vault M35-49
Pole Vault M35-49

7	3	Dominic King	35	Colchester Harriers	1.42	6
	4					5
	5					4
	6					3
	7					2
	8					1

-	x	x	24.0

Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59
Pole Vault M50-59

PV5	PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	1	Angus Aldridge	55	Southend AC	2.20	8
6	2	Dave Barnett	60	Chelmsford AC	1.42	6.5
7	3	Simon Morgan	50	Colchester Harriers	1.42	6.5
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	48.8
x	-	34.2
-	x	29.2

Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49
Relay 4x4 M35-49

R4x4-35	MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts
4	1			Col & Tend/Ipswich Harriers	03:56.9	8
	2			Southend AC	04:12.7	7
	3			Colchester Harriers	04:22.0	6
	4			Thurrock Harriers	04:26.1	5
	5			Chelmsford AC	04:44.1	4
	6					3
	7					2
	8					1

Rec
-
-
-
-
-

Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+
Relay 4x4 M50+

R4x4-50	MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
2	1			Loughton AC	05:50.7	8
	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
DT	Matthew Knowles	M40	C&T	18.4
JT	Matthew Knowles	M40	C&T	15.94

800M	Mark Waine	M45	Southend	DNS
800M	Steven Ball	M45	Thurrock	02:33.1
LJ	Dan Garltan	M35	Ipswich	4.66
110M H	Dan Garltan	M35	Ipswich	19.3
DT	Aaron Bollu	M40	C&T	15.74
JT	Aaron Bollu	M40	C&T	30.51
800M	Paul Berrett	M55	Havering	02:25.9
JT	Paul Berrett	M55	Havering	24.72
200M	Paul Mitchell	M40	Thurrock	30.8
DT	Daniel King	M35	Colchester Harriers	17.54
200M	Jerry Walder	M40	Colchester Harriers	30.4
JT	Gavin Sandercock	M40	Colchester Harriers	21.44
800M	Kieran Callaghan	M35	Colchester Harriers	03:06.4
200M	Kieran Callaghan	M35	Colchester Harriers	37.3
800M	Jerry Walder	M40	Colchester Harriers	02:34.6
800M	Christopher Purse	M55	Chelmsford Springfield	02:46.3
200M	Philip Watts	M45	Chelmsford Springfield	29.4
800M	Philip Watts	M45	Chelmsford Springfield	03:06.4
800M	David Butler	M65	Chelmsford Springfield	02:40.8
1K5m Walk	Simon Morgan	M50	Colchester Harriers	09:07.1
DT	Kieran Callaghan	M35	Colchester Harriers	10:30
200M	Marc Jones	-	Basildon AC/Billericay Striders	30.9
800M	Marc Jones	-	Basildon AC/Billericay Striders	02:24.2

Insert non scoring results at the bottom

EMAC Track & Field League Southern Division - Match 2 Teams = 8

Thurrock Wed Wednesday, June 06, 2018 Overall Match Scores

Overall Team Trophy

Men	O/A	Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
x	x	4	Southend AC	A	78	202	4
x	x	1	Loughton AC	B	116	249	1
x	x	8	Thurrock Harriers	C	0	0	8
x	x	6	Col & Tend/Ipswich Harriers	D	39	70	6
x	x	2	WSAC/St Edmunds Pacers	E	109	243	2
x	x	3	Chelmsford AC	F	102	212	3
x	x	5	Colchester Harriers	G	67	112	5
x	x	7	Basildon AC/Billericay Striders	H	35	59	7

RDA = Race Day Age

EMAC League Record? (W35-49)	EMAC League Record? (W50-59)	EMAC League Record? (W60+)	Derived from Age Grade Tables of 2015
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Single letters only

2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
	G	1	Helen Taczynski	38	Colchester Harriers	30.0	8	-	x	x	73.4
200m W35-49	F	2	Samantha Bilbie	43	Chelmsford AC	31.7	7	-	x	x	74.0
200m W35-49	E	3	Sharon Perry	45	WSAC/St Edmunds Pacers	32.3	6	-	x	x	74.4
200m W35-49	A	4	Lorraine Ramet	47	Southend AC	34.1	5	-	x	x	72.1
200m W35-49	B	5	Michaela Davis	52	Loughton AC	36.0	4	x	-	x	72.2
200m W35-49		6					3				
200m W35-49		7					2				
200m W35-49		8					1				

2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
	D	1	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	33.3	8	-	x	80.7
200m W50-59	A	2	Vanessa Mathers	51	Southend AC	35.6	7	-	x	72.3
200m W50-59	B	3	Christine Salvary	61	Loughton AC	36.3	6	x	-	78.7
200m W50-59	F	4	Elaine Tribley	55	Chelmsford AC	37.0	5	-	x	72.6
200m W50-59	E	5	Eloise Bird	50	WSAC/St Edmunds Pacers	38.5	4	-	x	66.1
200m W50-59		6					3			
200m W50-59		7					2			
200m W50-59		8					1			

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
	B	1	Barbara Higgins	63	Loughton AC	38.7	8	-	75.3
200m W60+	G	2	Diane Wooller	64	Colchester Harriers	39.4	7	-	74.7
200m W60+	E	3	Jenny Morgan	62	WSAC/St Edmunds Pacers	41.0	6	-	70.4

200m W60+	F	4	Janet Hill	63	Chelmsford AC	44.2	5
200m W60+	A	5	Marion Matthews-Smith	63	Southend AC	46.8	4
200m W60+		6					3
200m W60+		7					2
200m W60+		8					1

-	65.9
-	62.3

8003		800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts
800m W35-49	f	1	Samantha Bilbie	43	Chelmsford AC	02:35.5	8
800m W35-49	G	2	Ellie Cumner	37	Colchester Harriers	02:38.8	7
800m W35-49	E	3	Sharon Perry	45	WSAC/St Edmunds Pacers	02:43.2	6
800m W35-49	A	4	Sue Cribbs	46	Southend AC	03:00.3	5
800m W35-49	B	5	Melanie Peddle	49	Loughton AC	03:47.5	4
800m W35-49		6					3
800m W35-49		7					2
800m W35-49		8					1

Rec	Rec	Rec	AG %
-	x	x	76.9
-	x	x	71.4
-	x	x	74.6
-	x	x	68.1
-	x	x	55.4

8005		800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts
800m W50-59	E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	02:42.0	8
800m W50-59	A	2	Vanessa Mathers	51	Southend AC	02:51.8	7
800m W50-59	F	3	Elaine Tribley	55	Chelmsford AC	03:23.6	6
800m W50-59	D	4	Hilary Cook	57	Col & Tend/Ipswich Harriers	03:41.0	5
800m W50-59		5					4
800m W50-59		6					3
800m W50-59		7					2
800m W50-59		8					1

Rec	Rec	AG %
-	x	83.7
-	x	74.9
-	x	66.6
-	x	63.1

8006		800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
800m W60+	E	1	Jenny Morgan	62	WSAC/St Edmunds Pacers	03:13.2	8
800m W60+	G	2	Diane Wooller	64	Colchester Harriers	03:26.3	7
800m W60+	B	3	Jean Hobbs	69	Loughton AC	03:54.1	6
800m W60+	F	4	Janet Hill	63	Chelmsford AC	03:57.9	5
800m W60+	A	5	Linda Donnelly	60	Southend AC	03:58.5	4
800m W60+		6					3
800m W60+		7					2
800m W60+		8					1

Rec	AG %
-	78.5
-	76.5
-	74.6
-	65.0
-	61.1

1K5WA		1500mW	1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1K5m Walk 'A'	b	1	Melanie Peddle	49	Loughton AC	08:17.3	8
1K5m Walk 'A'	a	2	Kasia Kostyrka-Allchorne	40	Southend AC	09:07.8	7
1K5m Walk 'A'	e	3	Angela Underdown	52	WSAC/St Edmunds Pacers	10:27.8	6
1K5m Walk 'A'		4					5
1K5m Walk 'A'		5					4

Rec	Rec	Rec	AG %
LR	x	x	75.7
-	x	x	63.9
x	-	x	61.5

1K5m Walk 'A'
 1K5m Walk 'A'
 1K5m Walk 'A'

6					3
7					2
8					1

1K5WB 1500mW 1K5m Walk 'B' RDA Team (NN:NN.n) Pts

1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'
 1K5m Walk 'B'

b	1	Jean Hobbs	69	Loughton AC	11:29.0	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
x	x	-	66.8

100H3 SH 100mH W35-49 (84cm) RDA Team (NN.n) Pts Wind

100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)
 100mH W35-49 (84cm)

G	1	Helen Taczynski	38	Colchester Harriers	26.0	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	48.8

80H5 SH 80mH W50-59 (76.2cm) RDA Team (NN.n) Pts Wind

80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)
 80mH W50-59 (76.2cm)

E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	21.0	8
F	2	Elaine Tribley	55	Chelmsford AC	23.6	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	58.6
-	x	52.2

80H6 SH 80mH W60+ (68.6cm) RDA Team (NN.n) Pts Wind

80mH W60+ (68.6cm)
 80mH W60+ (68.6cm)
 80mH W60+ (68.6cm)
 80mH W60+ (68.6cm)
 80mH W60+ (68.6cm)
 80mH W60+ (68.6cm)

B	1	Emily McMahan	68	Loughton AC	17.4	8
E	2	Dawn Mason	61	WSAC/St Edmunds Pacers	23.0	7
A	3	Linda Donnelly	60	Southend AC	26.2	6
	4					5
	5					4
	6					3
	7					2

Rec	AG %
LR	89.2
LR	57.0
LR	49.0

80mH W60+ (68.6cm)

	8				1	
JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
Javelin W35-49 (600gm)	H	1	Amanda Dodge	38	Basildon AC/Billericay Striders	16.94 8
Javelin W35-49 (600gm)	F	2	Samantha Bilbie	43	Chelmsford AC	16.85 7
Javelin W35-49 (600gm)	D	3	Carey Hollick	47	Col & Tend/Ipswich Harriers	14.91 6
Javelin W35-49 (600gm)	E	4	Sharon Perry	45	WSAC/St Edmunds Pacers	14.00 5
Javelin W35-49 (600gm)	A	5	Sue Cribbs	46	Southend AC	12.83 4
Javelin W35-49 (600gm)	G	6	Kate Sandercock	46	Colchester Harriers	11.44 3
Javelin W35-49 (600gm)	B	7	Michaela Davis	52	Loughton AC	8.29 2
Javelin W35-49 (600gm)		8				1

Rec	Rec	Rec	AG %
-	x	x	24.2
-	x	x	27.2
-	x	x	26.9
-	x	x	23.8
-	x	x	22.5
-	x	x	20.0
x	-	x	-

Javelin W50-59 (500gm)

JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W50-59 (500gm)	F	1	Carol Morris	51	Chelmsford AC	15.83 8
Javelin W50-59 (500gm)	D	2	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	12.55 7
Javelin W50-59 (500gm)	E	3	Angela Underdown	52	WSAC/St Edmunds Pacers	12.29 6
Javelin W50-59 (500gm)	A	4	Susan Brown	53	Southend AC	11.85 5
Javelin W50-59 (500gm)	B	5	Barbara Higgins	63	Loughton AC	11.12 4
Javelin W50-59 (500gm)		6				3
Javelin W50-59 (500gm)		7				2
Javelin W50-59 (500gm)		8				1

Rec	Rec	AG %
-	x	30.3
-	x	26.6
-	x	24.1
-	x	23.8
x	-	28.4

Javelin W60+ (500gm)

JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
Javelin W60+ (500gm)	F	1	Shirley Quinn	63	Chelmsford AC	14.46 8
Javelin W60+ (500gm)	H	2	Vespa Ellis	61	Basildon AC/Billericay Striders	14.62 7
Javelin W60+ (500gm)	B	3	Pam Ackland-Snow	65	Loughton AC	14.06 6
Javelin W60+ (500gm)	E	4	Dawn Mason	61	WSAC/St Edmunds Pacers	12.69 5
Javelin W60+ (500gm)	G	5	Diane Wooller	64	Colchester Harriers	10.30 4
Javelin W60+ (500gm)		6				3
Javelin W60+ (500gm)		7				2
Javelin W60+ (500gm)		8				1

Rec	AG %
-	37.0
-	35.7
-	37.7
-	31.0
-	26.9

Discus W35-49 (1Kg)

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
Discus W35-49 (1Kg)	D	1	Carey Hollick	47	Col & Tend/Ipswich Harriers	22.09 8
Discus W35-49 (1Kg)	G	2	Nicola Hilson	49	Colchester Harriers	14.42 7
Discus W35-49 (1Kg)	H	3	Amanda Dodge	38	Basildon AC/Billericay Striders	13.92 6
Discus W35-49 (1Kg)	B	4	Barbara Higgins	63	Loughton AC	13.65 5
Discus W35-49 (1Kg)	E	5	Sharon Perry	45	WSAC/St Edmunds Pacers	13.54 4
Discus W35-49 (1Kg)	F	6	Jenny Scholfield	54	Chelmsford AC	12.72 3
Discus W35-49 (1Kg)	A	7	Kasia Kostyrka-Allchorne	40	Southend AC	9.85 2
Discus W35-49 (1Kg)		8				1

Rec	Rec	Rec	AG %
-	x	x	35.6
-	x	x	24.1
-	x	x	19.5
x	x	-	30.3
-	x	x	21.1
x	-	x	23.3
-	x	x	14.2

DT5		DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %		
Discus W50-59 (1Kg)	F	1	Carol Morris	51	Chelmsford AC	19.01	8	-	x	32.9		
Discus W50-59 (1Kg)	E	2	Angela Underdown	52	WSAC/St Edmunds Pacers	13.16	7	-	x	23.2		
Discus W50-59 (1Kg)	B	3	Michaela Davis	52	Loughton AC	12.29	6	-	x	21.7		
Discus W50-59 (1Kg)	D	4	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	11.82	5	-	x	22.1		
Discus W50-59 (1Kg)	A	5	Susan Brown	53	Southend AC	10.43	4	-	x	18.7		
Discus W50-59 (1Kg)		6					3					
Discus W50-59 (1Kg)		7					2					
Discus W50-59 (1Kg)		8					1					
DT6		DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %			
Discus W60+ (1Kg)	F	1	Shirley Quinn	63	Chelmsford AC	29.17	8	-	64.7			
Discus W60+ (1Kg)	H	2	Vespa Ellis	61	Basildon AC/Billericay Striders	17.13	7	-	36.3			
Discus W60+ (1Kg)	B	3	Pam Ackland-Snow	65	Loughton AC	13.37	6	-	31.1			
Discus W60+ (1Kg)	E	4	Dawn Mason	61	WSAC/St Edmunds Pacers	11.63	5	-	24.6			
Discus W60+ (1Kg)		5					4					
Discus W60+ (1Kg)		6					3					
Discus W60+ (1Kg)		7					2					
Discus W60+ (1Kg)		8					1					
LJ3		LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Long Jump W35-49	G	1	Helen Taczynski	38	Colchester Harriers	4.61	8		-	x	x	65.9
Long Jump W35-49	H	2	Heidi Nicholas	37	Basildon AC/Billericay Striders	4.41	7		-	x	x	62.4
Long Jump W35-49	A	3	Kasia Kostyrka-Allchorne	40	Southend AC	3.11	6		-	x	x	45.6
Long Jump W35-49	E	4	Sharon Perry	45	WSAC/St Edmunds Pacers	3.07	5		-	x	x	47.9
Long Jump W35-49	B	5	Christine Salvary	61	Loughton AC	3.00	4		x	x	-	59.2
Long Jump W35-49	F	6	Carol Morris	51	Chelmsford AC	2.13	3		x	-	x	36.1
Long Jump W35-49		7					2					
Long Jump W35-49		8					1					
LJ5		LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
Long Jump W50-59	B	1	Emily McMahon	68	Loughton AC	3.54	8		x	-	79.0	
Long Jump W50-59	F	2	Jenny Scholfield	54	Chelmsford AC	3.52	7		-	x	62.3	
Long Jump W50-59	A	3	Susan Brown	53	Southend AC	2.90	6		-	x	50.5	
Long Jump W50-59	E	4	Christine Anthony	55	WSAC/St Edmunds Pacers	2.58	5		-	x	46.3	
Long Jump W50-59		5					4					
Long Jump W50-59		6					3					
Long Jump W50-59		7					2					
Long Jump W50-59		8					1					
PV3		PV	Pole Vault - 'A'	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
Pole Vault - 'A'	B	1	Michaela Davis	52	Loughton AC	1.22	8	x	-	x	34.9	

Pole Vault - 'A'
Pole Vault - 'A'
Pole Vault - 'A'
Pole Vault - 'A'
Pole Vault - 'A'
Pole Vault - 'A'
Pole Vault - 'A'

2				7
3				6
4				5
5				4
6				3
7				2
8				1

PV5

PV	Pole Vault - 'B'	RDA	Team	(N.nn)	Pts
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Pole Vault - 'B'
Pole Vault - 'B'
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B	1	Barbara Higgins	63	Loughton AC	1.22	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
x	LR	44.5

R4x4-35

MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts
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Relay 4x4 W35-49
Relay 4x4 W35-49
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Relay 4x4 W35-49
Relay 4x4 W35-49
Relay 4x4 W35-49
Relay 4x4 W35-49

G	1		Colchester Harriers	04:56.0	8
F	2		Chelmsford AC	05:39.6	7
A	3		Southend AC	05:40.5	6
	4				5
	5				4
	6				3
	7				2
	8				1

Rec

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R4x4-50

MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts
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Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+
Relay 4x4 W50+

E	1		WSAC/St Edmunds Pacers	05:53.5	8
B	2		Loughton AC	07:00.9	7
	3				6
	4				5
	5				4
	6				3
	7				2
	8				1

Rec

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AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
JT	Nicola Hilson	W35	Colchester	12.15

800M	Kate Sandercock	W45	Colchester	03:04.5
LJ	Dawn Mason	W60	St Edmunds Pacers	2.71
200M	Christine Anthony	W55	St Edmunds Pacers	34.7
800M	Katie King	SW	WSAC/St Edmunds Pacers	02:44.4
DT	Samantha Bilbie	W35	Chelmsford AC	16.14
200M	Dawn Mason	W60	St Edmunds Pacers	41.0

EMAC Track & Field League		Northern Division - Match 2		Teams =	7
Kings Lynn		Wed	06/06/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Nene Valley Harriers	3	104	209	1
2	Ryston Runners AC	6	100	203	2
3	West Norfolk AC	7	96	189	3
4	Corby AC	4	72	167	4
5	Hunts AC	1	68	122	5
6	Peterborough AC	2	51	111	6
7	Stamford Striders	5	44	103	7
8	Spare	8	0	0	8

EMAC Track & Field League		Central Division - Match 2		Teams =	7
Bedford		Wed	06/06/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Marshall Milton Keynes AC	1	133	275	1
2	Bedford & County AC	2	107	202	2
3	Fairlands Valley Spartans	6	81	194.5	3
4	Cambridge & Coleridge AC	7	61	126	4
5	Biggleswade AC	4	58	123.5	5
6	Bedford Harriers	5	48	64	6
7	Luton AC	3	17	42	7
8	Spare	8	0	0	8

EMAC Track & Field League		Southern Division - Match 2		Teams =	8
Thurrock		Wed	06/06/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
1	Southend AC	1	135	294.5	1
3	Thurrock Harriers	3	111	240.5	2
2	Chelmsford AC	6	116.5	231.5	3
4	Colchester Harriers	7	93.5	160.5	4
6	Loughton AC	2	68	157	5
5	Col & Tend/Ipswich Harriers	4	80	139	6
7	Basildon AC/Billericay Striders	8	19	33	7
8	WSAC/St Edmunds Pacers	5	7	15	8

EMAC Track & Field League		Northern Division - Match 2		Teams =	7
Kings Lynn		Wed	06/06/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Ryston Runners AC	F	126	265	1
2	Nene Valley Harriers	C	68	170	2
5	Corby AC	D	46	122	3
4	Stamford Striders	E	50	100	4
3	Peterborough AC	B	51	100	4
7	Hunts AC	A	36	72	6
6	West Norfolk AC	G	37	63	7
8	Spare	H	0	0	8

EMAC Track & Field League		Central Division - Match 2		Teams =	7
Bedford		Wed	06/06/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
2	Fairlands Valley Spartans	F	119	257	1
1	Marshall Milton Keynes AC	A	127	236	2
3	Cambridge & Coleridge AC	G	72	175	3
4	Biggleswade AC	D	71	108	4
5	Bedford Harriers	E	38	73	5
7	Luton AC	C	26	45	6
6	Bedford & County AC	B	35	35	7
8	Spare	H	0	0	8

EMAC Track & Field League		Southern Division - Match 2		Teams =	8
Thurrock		Wed	06/06/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
1	Loughton AC	B	116	249	1
2	WSAC/St Edmunds Pacers	E	109	243	2
3	Chelmsford AC	F	102	212	3
4	Southend AC	A	78	202	4
5	Colchester Harriers	G	67	112	5
6	Col & Tend/Ipswich Harriers	D	39	70	6
7	Basildon AC/Billericay Striders	H	35	59	7
8	Thurrock Harriers	C	0	0	8

Match 1

				35-49	50-59	60+	Division
Shot M60-69 (5Kg)	RDA	Team	<i>(NN.nn)</i>			Rec	
Peter Knott	60	Corby AC	12.14			LR	N
Relay 4x1 W35-49	RDA	Team	<i>(NN.n)</i>			Rec	
Andrea Linnell, Jo Abel, Claire Hurst, Julia Scarboro		Hunts AC	59.2			LR	N
1M Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>			Rec	
Helen Middleton	55	Biggleswade AC	09:10.8			LR	C
Relay 4x1 W50+	RDA	Team	<i>(NN:NN.n)</i>			Rec	
		Fairlands Valley Spartans	66.4			LR	C
3000m W35-49	RDA	Team	<i>(NN:NN.n)</i>			Rec	
Elizabeth Davies	39	Chelmsford AC	09:59.5			LR	S

Match 2

				35-49	50-59	60+	
100mH M60+ (84cm)	RDA	Team	<i>(NN.n)</i>			Rec	
Ian Reeve	65	West Norfolk AC	20.6			LR	N
80mH W60+ (68.6cm)	RDA	Team	<i>(NN.n)</i>			Rec	
Marlene Simmonds	72	Ryston Runners AC	20.8			LR	N
1K5m Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>			Rec	
Adam Hills	41	Bedford Harriers	08:03.9			LR	C
Pole Vault M35-49	RDA	Team	<i>(N.nn)</i>			Rec	
Brian Slaughter	60	Marshall Milton Keynes AC	2.80			LR	C
200m W60+	RDA	Team	<i>(NN.n)</i>			Rec	
Edith Caux	61	Luton AC	32.2			LR	C
1K5m Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>			Rec	

Diane Baldwin	61	Marshall Milton Keynes AC	09:01.2	LR	C
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80mH W60+ (68.6cm)	RDA	Team	<i>(NN.n)</i>	Rec	
Diane Baldwin	61	Marshall Milton Keynes AC	27.3	LR	C

Javelin W60+ (500gm)	RDA	Team	<i>(NN.nn)</i>	Rec	
Sandra Ingham	60	Biggleswade AC	21.52	LR	C

1K5m Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>	Rec	
Dominic King	35	Colchester Harriers	06:00.5	LR	S

1K5m Walk 'B'	RDA	Team	<i>(NN:NN.n)</i>	Rec	
Daniel King	35	Colchester Harriers	06:03.6	LR	S

100mH M60+ (84cm)	RDA	Team	<i>(NN.n)</i>	Rec	
Dave Barnett	60	Chelmsford AC	28.4	LR	S

1K5m Walk 'A'	RDA	Team	<i>(NN:NN.n)</i>	Rec	
Melanie Peddle	49	Loughton AC	08:17.3	LR	S

80mH W60+ (68.6cm)	RDA	Team	<i>(NN.n)</i>	Rec	
Emily McMahon	68	Loughton AC	17.4	LR	S

Pole Vault - 'B'	RDA	Team	<i>(N.nn)</i>	Rec	
Barbara Higgins	63	Loughton AC	1.22	LR	S