

Insert non scoring results at the bottom

EMAC Track & Field League						Northern Division - Match 3		Teams = 8	
Corby			Wed	05 July 2017		Overall Match Scores			
Pos	Men's Teams	Bib	Match 3 Points		Final	Pos			
1	Corby AC	4	124		342	1			
2	Nene Valley Harriers	3	110		339	2			
3	Ryston Runners AC	6	92		300	3			
4	West Norfolk AC	7	74		288	4			
6	Huntingdonshire AC	1	51		246	5			
5	Peterborough AC	2	60		235	6			
7	Stamford Striders	5	35		64	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

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	Lee Fairclough	47	Peterborough AC	24.3	8		-	x	x	90.3	3686054
2	Julian Smith	48	Nene Valley Harriers	24.9	7		-	x	x	88.7	3017942
3	Jesse Wilson	45	Corby AC	26.9	6		-	x	x	80.4	3084970
4	Mark Alderson	42	Stamford Striders	27.4	5		-	x	x	77.2	3292395
5	James Collings	40	West Norfolk AC	27.5	4		-	x	x	75.8	3270791
6	David Lane	52	Ryston Runners AC	30.0	3		x	-	x	75.8	2781798
7					2						
8					1						

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	EA No.
1	Dougie Donald	58	Corby AC	27.2	8		-	x	87.0	2909395
2	Paul Harrison	50	Ryston Runners AC	27.7	7		-	x	80.9	2743274
3	David Whitehead	64	Peterborough AC	28.7	6		x	-	85.8	2809436
4	Ed Fancourt	50	Stamford Striders	30.3	5		-	x	74.0	3386769
5	Robert Vincent	51	West Norfolk AC	30.4	4		-	x	74.2	3020806
6	Paul Parkin	53	Nene Valley Harriers	34.0	3		-	x	67.3	3253516
7					2					
8					1					

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	EA No.
1	Peter Straiton	42	Corby AC	02:14.1	8	-	x	x	80.8	2750845
2	Sean Reidy	36	Nene Valley Harriers	02:15.4	7	-	x	x	75.6	2727873
3	Peter Downhill	48	Huntingdonshire AC	02:16.4	6	-	x	x	83.8	2701931
4	Simon Mead	44	Peterborough AC	02:18.8	5	-	x	x	79.5	2985147
5	Mark Alderson	42	Stamford Striders	02:31.8	4	-	x	x	71.4	3292395
6	Carl Manning	57	Ryston Runners AC	02:49.3	3	x	-	x	72.8	2868636
7	Lee Tunmore	44	West Norfolk AC	03:01.8	2	-	x	x	60.7	2784092
8					1					

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	EA No.
1	John Donaldson	58	Corby AC	02:33.5	8	-	x	80.9	3225404
2	Ed Fancourt	50	Stamford Striders	02:36.2	7	-	x	74.5	3386769
3	Sean Beard	51	Nene Valley Harriers	02:37.3	6	-	x	74.6	2727741
4	Anthony Savage	55	Ryston Runners AC	02:39.3	5	-	x	76.1	2781820
5	John Greenhalgh	51	West Norfolk AC	02:52.7	4	-	x	67.9	2675734
6	Philip Young	58	Huntingdonshire AC	03:04.7	3	-	x	67.3	2664523
7					2				
8					1				

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %	EA No.
1	Brian Kearsey	68	Stamford Striders	02:59.8	8	-	75.4	3004690
2	Chris Chapman	60	Ryston Runners AC	03:02.4	7	-	69.2	2999510
3					6			
4					5			
5					4			
6					3			
7					2			
8					1			

¹ MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	James Macdonald	35	Nene Valley Harriers	10:25.5	8
2	Steve Mortimer	48	Huntingdonshire AC	10:47.6	7
3	Scott Magee	46	Corby AC	10:57.8	6
4	Paul Firmage	62	Ryston Runners AC	11:22.6	5
5	Lee Tunmore	44	West Norfolk AC	12:26.0	4
6					3
7					2
8					1

Rec	Rec	Rec		
-	x	x	54.3	3504037
-	x	x	57.9	3645251
-	x	x	56.1	2939264
x	x	-	62.4	2781894
-	x	x	48.6	2784092

¹ MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Chris Hunt	50	Nene Valley Harriers	11:57.2	8
2	Keith Morris	57	Ryston Runners AC	12:26.6	7
3	Wilson Paterson	59	Corby AC	12:34.7	6
4	Robert Vincent	51	West Norfolk AC	13:29.7	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec		
x	-	x	53.2	2988225
x	-	x	54.3	3301619
x	-	x	54.8	2698683
x	-	x	47.5	3020806

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1					8	
2					7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %	EA No.

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Sean Reidy	36	Nene Valley Harriers	60.3	8
2	Lee Tunmore	44	West Norfolk AC	87.7	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	81.3	2727873
-	x	x	60.6	2784092

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1	John Greenhalgh	51	West Norfolk AC	90.7	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	64.2	2675734

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	40.40	8
2	Steve Burke	44	Huntingdonshire AC	26.86	7
3	Allan Williams	42	West Norfolk AC	23.10	6
4	Adam Howard	38	Ryston Runners AC	18.27	5
5	Simon Achurch	42	Nene Valley Harriers	18.02	4
6	Gary Beckwith	40	Corby AC	16.62	3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	52.1	2666249
-	x	x	36.0	3547058
-	x	x	29.8	3557688
-	x	x	22.0	3389235
-	x	x	23.3	2666249
-	x	x	20.7	3647559

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Karl Eve	54	Peterborough AC	21.69	8
2	John Donaldson	58	Corby AC	18.75	7
3	John Greenhalgh	51	West Norfolk AC	18.26	6
4	David Lane	52	Ryston Runners AC	17.68	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	31.8	2667347
-	x	30.2	3225404
-	x	25.1	2675734
-	x	24.8	2781798

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
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Rec	AG %	EA No.
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1	Tim Needham	64	Nene Valley Harriers	29.89	8
2	Graham Mabelson	61	Corby AC	20.98	7
3	Martin Simmonds	76	Ryston Runners AC	14.22	6
4					5
5					4
6					3
7					2
8					1

-	53.3	2662164
-	34.8	3692221
-	-	2666487

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	12.17	8
2	Lee Fairclough	47	Peterborough AC	8.80	7
3	Allan Williams	42	West Norfolk AC	8.27	6
4	Yinka Opaleye	44	Huntingdonshire AC	7.90	5
5	Jesse Wilson	45	Corby AC	7.04	4
6	Adam Howard	38	Ryston Runners AC	6.81	3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	55.8	2666249
-	x	x	44.1	3686054
-	x	x	37.9	3557688
-	x	x	37.4	3228009
-	x	x	33.9	3084970
-	x	x	29.9	3389235

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Karl Eve	54	Peterborough AC	9.95	8
2	David Lane	52	Ryston Runners AC	7.17	7
3	Wilson Paterson	59	Corby AC	6.41	6
4	John Greenhalgh	51	West Norfolk AC	6.23	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	53.6	2667347
-	x	37.0	2781798
-	x	38.7	2698683
-	x	31.5	2675734

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Tim Needham	64	Nene Valley Harriers	7.59	8
2	Graham Mabelson	61	Corby AC	6.57	7
3	Jeffrey Reed	72	Ryston Runners AC	5.31	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %	EA No.
-	46.8	2662164
-	37.1	3692221
-	-	3114239

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	Peter Straiton	42	Corby AC	5.09	8		-	x	x	64.7	2750845
2	Yinka Opaleye	44	Huntingdonshire AC	5.03	7		-	x	x	65.5	3228009
3	Lee Fairclough	47	Peterborough AC	4.73	6		-	x	x	63.8	3686054
4	David Lane	52	Ryston Runners AC	4.48	5		x	-	x	64.5	2781798
5	Lee Tunmore	44	West Norfolk AC	3.22	4		-	x	x	41.9	2784092
6					3						
7					2						
8					1						

Rec	Rec	Rec	AG %	EA No.
-	x	x	64.7	2750845
-	x	x	65.5	3228009
-	x	x	63.8	3686054
x	-	x	64.5	2781798
-	x	x	41.9	2784092

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	Richard Phelan	55	Huntingdonshire AC	5.06	8		-	x	x	75.9	2871564
2	Paul Harrison	50	Ryston Runners AC	4.86	7		-	x	x	68.1	2743274
3	John Spriggs	64	Nene Valley Harriers	3.89	6		x	-	x	66.6	3573756
4	Karl Eve	54	Peterborough AC	3.76	5		-	x	x	55.6	2667347
5	Robert Vincent	51	West Norfolk AC	3.54	4		-	x	x	50.3	3020806
6	Wilson Paterson	59	Corby AC	3.08	3		-	x	x	48.9	2698683
7					2						
8					1						

Rec	Rec	Rec	AG %	EA No.
-	x	x	75.9	2871564
-	x	x	68.1	2743274
x	-	x	66.6	3573756
-	x	x	55.6	2667347
-	x	x	50.3	3020806
-	x	x	48.9	2698683

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
1	Adam Fidgett	35	Nene Valley Harriers	2.80	8
2	Peter Straiton	42	Corby AC	2.40	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	47.4	2821146
-	x	x	44.3	2750845

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	Richard Phelan	55	Huntingdonshire AC	2.80	8

Rec	Rec	AG %	EA No.
-	x	62.1	2871564

2	Karl Eve	54	Peterborough AC	2.20	7
3	John Donaldson	58	Corby AC	1.40	6
4					5
5					4
6					3
7					2
8					1

PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
1	Graham Mabelson	61	Corby AC	1.25	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts
1			Corby AC	04:03.0	8
2			Nene Valley Harriers	04:03.2	7
3			Stamford Striders	04:37.2	6
4			West Norfolk AC	05:07.8	5
5			Ryston Runners AC	06:03.4	4
6					3
7					2
8					1

MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
1			Corby AC	04:36.4	8
2			Ryston Runners AC	04:51.7	7
3			Nene Valley Harriers	05:16.6	6
4					5
5					4
6					3
7					2
8					1

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Adam Fidgett	M35	Nene Valley Harriers	66.8
Chris Hunt	M50	Nene Valley Harriers	2.45.5
Paul Parkin	M50	Nene Valley Harriers	2.59.1
Steve Mortimer	M35	Hunts	13.60
Steve Burke	M35	Hunts	8.15

-	x	48.1	2667347
-	x	32.6	3225404

Rec	AG %	EA No.
-	30.6	3692221

Rec
-
-
-
-
-

Rec
-
-
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Insert non scoring results at the bottom

EMAC Track & Field League		Northern Division - Match 3		Teams = 8	
Corby		Wed	05 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Ryston Runners AC	F	133	411	1
3	Huntingdonshire AC	A	55	168	2
3	Nene Valley Harriers	C	55	152	3
5	Corby AC	D	53	149	4
2	Peterborough AC	B	56	147	5
7	West Norfolk AC	G	0	64	6
6	Stamford Striders	E	15	41	7
7	Spare 8	H	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	Claire Smith	41	Nene Valley Harriers		28.1	8	-	x	x	81.5	3575627
2	Janice Manning	38	Ryston Runners AC		33.7	7	-	x	x	65.4	3110915
3	Vanessa Powell	48	Corby AC		37.5	6	-	x	x	66.3	3692555
4	Kay Gibson	51	Peterborough AC		41.8	5	x	-	x	61.6	2809087
5	Sandra Acton	37	Huntingdonshire AC		69.8	4	-	x	x	31.2	3258715
6						3					
7						2					
8						1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	EA No.
1	- -	0	Nene Valley Harriers		33.5	8	x	x	x	-
2	Penny Butcher	58	Huntingdonshire AC		35.2	7	-	x	78.7	2701915
3	Judith Jagger	56	Peterborough AC		35.7	6	-	x	76.1	2676481
4	Elizabeth Blakie	59	Ryston Runners AC		40.5	5	-	x	69.1	2781871
5	Liz Makin	56	Stamford Striders		41.5	4	-	x	65.4	3004706
6						3				
7						2				
8						1				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %	EA No.
1	Gill Hart	64	Ryston Runners AC		41.8	8	-	70.4	2762611
2						7			
3						6			
4						5			
5						4			
6						3			
7						2			
8						1			

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	EA No.	
1	Janice Manning	38	Ryston Runners AC		02:44.8	8	-	x	x	69.4	3110915
2	Claire Smith	41	Nene Valley Harriers		02:47.8	7	-	x	x	70.0	3575627
3	Yvette Clayton	44	Corby AC		02:58.4	6	-	x	x	67.6	3694687
4						5					
5						4					
6						3					
7						2					
8						1					

800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	EA No.	
1	- -	0	Nene Valley Harriers		02:42.0	8	x	x	x	-
2	Linda Marshall	52	Ryston Runners AC		03:14.3	7	-	x	67.1	2781803
3	Liz Makin	56	Stamford Striders		03:29.4	6	-	x	65.7	3004706
4						5				
5						4				
6						3				
7						2				
8						1				

800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
1	Jane Ashby	69	Ryston Runners AC	03:42.6	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %	EA No.
-	78.4	3225574

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Elizabeth Blakie	59	Ryston Runners AC	10:33.7	8
2	Kay Gibson	51	Peterborough AC	12:03.9	7
3	Sue Paterson	49	Corby AC	12:33.5	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
x	-	x	69.8	2781871
x	-	x	56.8	2809087
-	x	x	53.7	3466665

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Tracey Shepherd	49	Corby AC	12:49.4	8
2	Sue Smith	52	Ryston Runners AC	13:30.0	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	52.6	2999575
x	-	x	51.2	2868653

LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
1	Gaye Clarke	56	Ryston Runners AC	65.5	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	76.2	2781883

LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
1	Claire Smith	41	Nene Valley Harriers	79.3	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	-	3575627

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Andrea Jenkins	41	Nene Valley Harriers	47.05	8
2	Kay Gibson	51	Peterborough AC	16.99	7
3	Tracey Shepherd	49	Corby AC	11.41	6
4	Helen Reed	51	Ryston Runners AC	10.59	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	81.8	2768996
x	-	x	-	2809087
-	x	x	25.9	2999575
x	-	x	-	3301578

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Gaye Clarke	56	Ryston Runners AC	31.74	8
2	Judith Jagger	56	Peterborough AC	23.27	7
3	Sandra Pedley	51	Huntingdonshire AC	12.58	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	57.8	2781883
-	x	42.4	2676481
-	x	20.8	2984526

Insert non scoring results at the bottom

EMAC Track & Field League						Central Division - Match 3		Teams = 8	
Milton Keynes			Wed	05 July 2017		Overall Match Scores			
Pos	Men's Teams	Bib	Match 3 Points		Final	Pos			
1	Bedford & County AC	2	140		426.5	1			
2	Marshall Milton Keynes AC	1	136		417	2			
3	Cambridge & Coleridge AC	7	103.5		351	3			
4	Biggleswade AC	4	89.5		231.5	4			
5	Fairlands Valley Spartans	6	66		227	5			
6	Bedford Harriers	5	64		170	6			
7	Luton AC	3	41		123	7			
8	Spare 8	8	0		0	8			

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	Peter Benedickter	48	Bedford & County AC	26.0	8		-	x	x	85.0	2768765
2	Vincent Courtois	41	Cambridge & Coleridge AC	26.8	7		-	x	x	78.3	3696546
3	Danny O'Shea	40	Luton AC	27.3	6		-	x	x	76.3	3669856
4	Simon Kirschner-Heavens	37	Marshall Milton Keynes AC	28.5	5		-	x	x	71.4	3014533
5	Marcus Davey	46	Biggleswade AC	28.9	4		-	x	x	75.4	3373099
6	Anton McCalla	40	Fairlands Valley Spartans	29.6	3		-	x	x	70.4	3180094
7					2						
8					1						

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	EA No.
1	Paul Canning	51	Marshall Milton Keynes AC	25.9	8		-	x	87.1	2971309
2	Tennyson James	59	Bedford & County AC	26.3	7		-	x	90.6	2775264
3	Gary Butler	52	Bedford Harriers	26.9	6		-	x	84.5	3259466
4	Steve Mayfield	51	Fairlands Valley Spartans	27.4	5		-	x	82.4	2811721
5	Joseph Tucker	57	Cambridge & Coleridge AC	32.5	4		-	x	72.4	2869123
6	Colin Harries	70	Biggleswade AC	43.4	3		x	-	59.4	2793717
7					2					
8					1					

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %	EA No.
1	Simon Coombes	45	Bedford & County AC	02:08.4	8	-	x	x	86.7	2730567
2	Vincent Courtois	41	Cambridge & Coleridge AC	02:13.8	7	-	x	x	80.2	3696546
3	Stephen Herring	49	Marshall Milton Keynes AC	02:16.5	6	-	x	x	84.5	2805865
4	Marcus Davey	46	Biggleswade AC	02:19.5	5	-	x	x	80.5	3373099
5	Adam Hills	40	Bedford Harriers	02:36.5	4	-	x	x	68.0	3259465
6	James Kilroy	40	Fairlands Valley Spartans	02:52.5	3	-	x	x	61.7	3268930
7					2					
8					1					

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %	EA No.
1	Dennis Edghill	59	Marshall Milton Keynes AC	02:25.5	8	-	x	86.1	2690403
2	John Harris	55	Fairlands Valley Spartans	02:31.0	7	-	x	80.3	2681856
3	Lance Croft	50	Bedford & County AC	02:31.4	6	-	x	76.8	2775197
4	David Roberts	50	Bedford Harriers	02:35.0	5	-	x	75.0	3484956
5	Robin Wynde	59	Biggleswade AC	03:15.3	4	-	x	64.1	2708065
6	Joseph Tucker	57	Cambridge & Coleridge AC	03:43.6	3	-	x	55.1	2869123
7					2				
8					1				

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %	EA No.
1	John Skelton	66	Marshall Milton Keynes AC	02:32.3	8	-	87.1	2794640
2	Neil Lovesey	62	Bedford Harriers	02:42.2	7	-	79.0	2938435
3	Aleksander Swiecicki	68	Bedford & County AC	02:48.1	6	-	80.6	2951102
4	Clark Skerratt	66	Biggleswade AC	03:10.3	5	-	69.7	2793976
5	Mark Freeman	61	Fairlands Valley Spartans	03:20.2	4	-	63.6	2724325
6					3			
7					2			
8					1			

¹ MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Adam Hills	40	Bedford Harriers	08:19.1	8
2	Jason Carvalho	39	Marshall Milton Keynes AC	09:17.1	7
3	Roger Lilley	57	Cambridge & Coleridge AC	09:23.8	6
4	Robin Wynde	59	Biggleswade AC	10:06.5	5
5	Courtney Gunn	72	Bedford & County AC	11:52.5	4
6					3
7					2
8	James Kilroy	40	Fairlands Valley Spartans		DQ

Rec	Rec	Rec		
-	x	x	70.4	3259465
-	x	x	62.6	3215443
x	-	x	71.9	3386371
x	-	x	68.2	2708065
x	x	-	67.0	2774978
				3268930

¹ MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Joseph Tucker	57	Cambridge & Coleridge AC	10:15.1	8
2	Stewart Fraser	58	Marshall Milton Keynes AC	10:39.2	7
3	Clive Prior	50	Bedford Harriers	10:48.0	6
4	Stuart Goodwin	39	Biggleswade AC	12:02.0	5
5	John Harris	55	Fairlands Valley Spartans	13:53.1	4
6					3
7					2
8					1

Rec	Rec	Rec		
x	-	x	65.9	2869123
x	-	x	64.1	2690421
x	-	x	58.8	2904427
-	x	x	48.3	3448616
x	-	x	47.8	2681856

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Charles Arnold	61	Biggleswade AC	61.5	8	
2	Neil Lovesey	62	Bedford Harriers	65.5	7	
3	Alasdair Gibson	64	Marshall Milton Keynes AC	94.8	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %	EA No.
-	69.3	3371952
-	65.5	2938435
-	46.4	2794532

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Peter Benedickter	48	Bedford & County AC	62.6	8
2	Jeremy Vick	39	Marshall Milton Keynes AC	77.1	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	88.1	2768765
-	x	x	65.6	3223790

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1	Paul Canning	51	Marshall Milton Keynes AC	70.3	8
2	Tennyson James	59	Bedford & County AC	74.2	7
3	David Brown	59	Biggleswade AC	84.1	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	82.8	2971309
-	x	82.8	2775264
-	x	73.1	2708007

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Patrick Daly	44	Bedford & County AC	23.83	8
2	Geoff Grinsted	50	Luton AC	20.81	7
3	Jon Fediw	37	Biggleswade AC	15.21	6
4	Malcolm Kidby	50	Marshall Milton Keynes AC	12.23	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	31.9	3348840
x	x	x	-	2768770
-	x	x	18.1	3697413
x	x	x	-	2991934

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Burrell	53	Luton AC	42.41	8
2	Graeme Packman	62	Bedford & County AC	20.53	7
3	Mark Featherstone	52	Marshall Milton Keynes AC	20.30	6
4	David Stephenson	54	Fairlands Valley Spartans	16.84	5
5	Ian Slack	56	Cambridge & Coleridge AC	16.79	4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	60.7	2684081
x	-	-	2774981
-	x	28.4	3480510
-	x	24.7	2724358
-	x	25.7	3021705

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	66	Marshall Milton Keynes AC	34.34	8
2	Jim Burke	61	Bedford & County AC	31.49	7
3	George Baxter	63	Bedford Harriers	15.79	6
4	Noel Moss	72	Cambridge & Coleridge AC	14.56	5
5	Clark Skerratt	66	Biggleswade AC	11.58	4
6					3
7					2
8					1

Rec	AG %	EA No.
-	64.4	3273763
-	52.2	2797493
-	27.5	3467543
-	-	2746489
-	21.7	2793976

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Geoff Grinsted	50	Luton AC	8.62	8
2	Patrick Daly	44	Bedford & County AC	7.96	7
3	Istvan Jacso	38	Cambridge & Coleridge AC	7.74	6
4	Anton McCalla	40	Fairlands Valley Spartans	6.65	5
5	Simon Strong	47	Biggleswade AC	5.98	4
6	Jeremy Vick	39	Marshall Milton Keynes AC	5.88	3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
x	-	x	-	2768770
-	x	x	37.7	3348840
-	x	x	34.0	3090091
-	x	x	29.5	3180094
-	x	x	30.0	3288715
-	x	x	26.0	3223790

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	Michael Hausler	58	Cambridge & Coleridge AC	12.17	8
2	Mark Featherstone	52	Marshall Milton Keynes AC	11.74	7
3	David Burrell	53	Luton AC	11.43	6
4	Graeme Packman	62	Bedford & County AC	8.14	5
5	David Stephenson	54	Fairlands Valley Spartans	7.78	4
6	Robin Wynde	59	Biggleswade AC	6.01	3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	71.8	3481546
-	x	60.6	3480510
-	x	60.3	2684081
x	-	-	2774981
-	x	41.9	2724358
-	x	36.3	2708065

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
1	Bunt Scott	66	Marshall Milton Keynes AC	8.79	8
2	Jim Burke	61	Bedford & County AC	8.24	7
3	George Baxter	63	Bedford Harriers	6.00	6
4	Mark Freeman	61	Fairlands Valley Spartans	5.37	5
5	Colin Harries	70	Biggleswade AC	5.20	4
6	Alan Baldock	68	Cambridge & Coleridge AC	5.13	3
7					2
8					1

Rec	AG %	EA No.
-	57.8	3273763
-	46.5	2797493
-	35.9	3467543
-	30.3	2724325
-	-	2793717
-	36.1	2746215

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind
1	Istvan Jacso	38	Cambridge & Coleridge AC	4.58	8	
2	Stephen Bass	44	Bedford & County AC	4.53	7	
3	Danny O'Shea	40	Luton AC	4.49	6	
4	Jason Carvalho	39	Marshall Milton Keynes AC	4.19	5	
5	Stuart Goodwin	39	Biggleswade AC	4.18	4	
6	Anton McCalla	40	Fairlands Valley Spartans	4.03	3	
7					2	
8					1	

Rec	Rec	Rec	AG %	EA No.
-	x	x	55.6	3090091
-	x	x	58.9	2797201
-	x	x	55.7	3669856
-	x	x	51.4	3215443
-	x	x	51.3	3448616
-	x	x	50.0	3180094

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
1	Steve Mayfield	51	Fairlands Valley Spartans	4.34	8	
2	Ian Slack	56	Cambridge & Coleridge AC	4.25	7	
3	Tennyson James	59	Bedford & County AC	4.01	6	
4	John Browne	63	Marshall Milton Keynes AC	3.63	5	
5	Neil Lovesey	62	Bedford Harriers	3.51	4	
6	Robin Wynde	59	Biggleswade AC	3.27	3	
7					2	
8					1	

Rec	Rec	AG %	EA No.
-	x	61.6	2811721
-	x	64.6	3021705
-	x	63.6	2775264
x	-	61.2	3019098
x	-	58.3	2938435
-	x	51.9	2708065

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts
1	Patrick Daly	44	Bedford & County AC	2.90	8
2	Istvan Jacso	38	Cambridge & Coleridge AC	2.30	7
3	Steve Mayfield	51	Fairlands Valley Spartans	2.10	6
4	Mark Dowson	41	Marshall Milton Keynes AC	1.50	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	54.9	3348840
-	x	x	40.4	3090091
x	-	x	43.9	2811721
-	x	x	27.3	2991924

PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts
1	Simon Eastwood	52	Bedford & County AC	2.30	8
2	Ian Slack	56	Cambridge & Coleridge AC	1.90	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %	EA No.
-	x	48.8	2774976
-	x	42.8	3021705

PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
1=	Noel Moss	72	Cambridge & Coleridge AC	1.70	7.5
1=	Charles Arnold	61	Biggleswade AC	1.70	7.5
3					7
4					6
5					5
6					4
7					3
8					2

Rec	AG %	EA No.
-	51.3	2746489
-	41.6	3371952

MedR	Relay 4x4 M35-49	RDA	Team	(N:NN.n)	Pts
1	Split: 59.4, 60.4, 59.6, 62.0		Bedford & County AC	04:01.4	8
2	Split: 63.6, 67.3, 64.4, 61.9		Marshall Milton Keynes AC	04:17.1	7
3	Split: 60.4, 74.0, 72.5, 60.7		Cambridge & Coleridge AC	04:27.6	6
4	Split: 70.0, 78.5, 70.5, 65.2		Bedford Harriers	04:42.2	5
5	Split: 74.2, 77.0, 71.5, 68.5		Fairlands Valley Spartans	04:51.2	4
6	Split: 93.3, 84.4, 75.8, 62.3		Biggleswade AC	05:15.8	3
7					2
8					1

Rec
-
-
-
-
-
-

MedR	Relay 4x4 M50+	RDA	Team	(N:NN.n)	Pts
1	Split: ?, ?, 77.6, 64.9		Bedford & County AC	04:42.5	8
2	Split: 74.2, 62.3, 79.6, 75.2		Marshall Milton Keynes AC	04:51.3	7
3	Split: 80.2, 82.2, 65.8, 85.7		Biggleswade AC	05:13.9	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

AG = Age Group (eg M45, W60)

Insert non scoring results at the bottom

EMAC Track & Field League						Central Division - Match 3		Teams = 8	
Milton Keynes			Wed	05 July 2017		Overall Match Scores			
Pos	Women's Teams	Bib	Match 3 Points		Final	Pos			
2	Fairlands Valley Spartans	F	129		410	1			
1	Marshall Milton Keynes AC	A	133		392	2			
3	Cambridge & Coleridge AC	G	81		268	3			
5	Bedford Harriers	E	67		217	4			
4	Biggleswade AC	D	77		210	5			
6	Bedford & County AC	B	66		141	6			
7	Luton AC	C	30		88	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

200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Sophie Detienne	43	Cambridge & Coleridge AC	29.8	8		-	x	x	78.7
2	Alana Slater	40	Marshall Milton Keynes AC	30.1	7		-	x	x	75.2
3	Kathryn Juty	48	Biggleswade AC	34.8	6		-	x	x	71.5
4	Peta Wilson	48	Fairlands Valley Spartans	48.4	5		-	x	x	51.4
5					4					
6					3					
7					2					
8					1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	52	Fairlands Valley Spartans	30.5	8		-	x	85.3
2	Julia Austin	53	Bedford & County AC	35.3	7		-	x	74.5
3	Iona Graham-Hagg	54	Cambridge & Coleridge AC	36.2	6		-	x	73.4
4	Debra Brent	54	Marshall Milton Keynes AC	36.6	5		-	x	72.6
5	Jacinta Horne	52	Bedford Harriers	45.3	4		-	x	57.4
6	Helen Kapur	55	Biggleswade AC	52.4	3		-	x	51.3
7					2				
8					1				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Carol Alker	62	Luton AC	35.0	8		-	82.4
2	Iris Hornsey	75	Fairlands Valley Spartans	45.2	7		-	72.0
3	Jacqueline Keenan	68	Bedford Harriers	46.8	6		-	65.3
4	Fi Han Bromilow	63	Marshall Milton Keynes AC	47.8	5		-	61.0
5					4			
6					3			
7					2			
8					1			

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Corinne Nurse	39	Marshall Milton Keynes AC	02:35.0	8	-	x	x	74.5
2	Carol Alker	62	Luton AC	02:49.4	7	x	x	LR	89.5
3	Joan Lasenby	57	Cambridge & Coleridge AC	02:50.6	6	x	-	x	81.8
4	Helen Frizzell	45	Bedford & County AC	02:53.8	5	-	x	x	70.1
5	Hannah Broom	37	Biggleswade AC	02:53.8	4	-	x	x	65.2
6	Andrea Westcott	46	Fairlands Valley Spartans	03:23.8	3	-	x	x	60.2
7					2				
8					1				

800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Alison Wood	51	Fairlands Valley Spartans	02:37.0	8	-	x	81.9
2	Julia Austin	53	Bedford & County AC	02:46.5	7	-	x	79.3
3	Sally Cartwright	50	Bedford Harriers	02:55.6	6	-	x	72.3
4	Alison Wilson	50	Cambridge & Coleridge AC	02:57.5	5	-	x	71.6
5	Debra Brent	54	Marshall Milton Keynes AC	02:58.1	4	-	x	75.1
6	Helen Kapur	55	Biggleswade AC	04:26.0	3	-	x	51.0
7					2			
8					1			

800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
1	Diane Baldwin	60	Marshall Milton Keynes AC	02:55.3	8
2	Sheila Humphries	64	Bedford Harriers	03:48.5	7
3	Iris Hornsey	75	Fairlands Valley Spartans	03:55.4	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
LR	83.2
-	69.1
-	85.9

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Sally Cartwright	50	Bedford Harriers	09:10.9	8
2	Sharon Crowley	58	Fairlands Valley Spartans	10:41.2	7
3	Joanne Outtrim	44	Cambridge & Coleridge AC	10:43.0	6
4	Ursula Ghaleb	64	Marshall Milton Keynes AC	10:49.8	5
5	Helen Kapur	55	Biggleswade AC	13:25.2	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	LR	x	74.0
x	-	x	68.3
-	x	x	60.4
x	x	-	71.8
x	-	x	52.9

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Pamela Abbott	54	Cambridge & Coleridge AC	10:56.0	8
2	Stephanie Johnston	43	Marshall Milton Keynes AC	12:47.0	7
3	Christine Lathwell	40	Fairlands Valley Spartans	13:53.1	6
4	Zoe Luscombe	42	Biggleswade AC	14:15.6	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	64.4
-	x	x	50.2
-	x	x	45.1
-	x	x	44.7

LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
1	Sally Cartwright	50	Bedford Harriers	66.2	8
2	Tessa Stephenson	56	Fairlands Valley Spartans	72.9	7
3	Diane Baldwin	60	Marshall Milton Keynes AC	76.7	6
4	Helen Kapur	55	Biggleswade AC	103.8	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	68.3
-	x	68.5
x	-	-
-	x	47.3

LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
1	Corinne Nurse	39	Marshall Milton Keynes AC	85.1	8
2	Emma Coombes	39	Bedford & County AC	90.1	7
3	Zoe Luscombe	42	Biggleswade AC	96.7	6
4	Andrea Westcott	46	Fairlands Valley Spartans	115.6	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	65.2
-	x	x	14.2
-	x	x	-
-	x	x	-

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Sarah Mcgrath	44	Cambridge & Coleridge AC	23.22	8
2	Chrispina Odunewu	42	Marshall Milton Keynes AC	18.49	7
3	Hannah Broom	37	Biggleswade AC	11.20	6
4	Tessa Stephenson	56	Fairlands Valley Spartans	6.47	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	44.3
-	x	x	33.1
-	x	x	17.4
x	-	x	-

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Keely Grinsted	50	Luton AC	30.83	8
2	Brenda Russell	59	Bedford & County AC	24.12	7
3	Diane Presswell	52	Marshall Milton Keynes AC	21.76	6
4	Sharon Crowley	58	Fairlands Valley Spartans	16.13	5
5	Sandra Ingham	59	Biggleswade AC	13.34	4
6	Pamela Abbott	54	Cambridge & Coleridge AC	11.50	3
7	Jacinta Horne	52	Bedford Harriers	3.94	2
8					1

Rec	Rec	AG %
-	x	50.1
-	x	46.8
-	x	36.7
-	x	30.6
-	x	25.9
-	x	20.1
-	x	6.6

HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Jeanette Lawrence	60	Marshall Milton Keynes AC	25.28	8	-	50.1
2	Iris Hornsey	75	Fairlands Valley Spartans	9.72	7	-	-
3	Jacqueline Keenan	68	Bedford Harriers	4.34	6	-	10.4
4					5		
5					4		
6					3		
7					2		
8					1		

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Sarah Mcgrath	44	Cambridge & Coleridge AC	9.23	8	-	x	x	52.4
2	Chrispina Odunewu	42	Marshall Milton Keynes AC	7.91	7	-	x	x	42.8
3	Jemma Eastwood	38	Bedford & County AC	7.89	6	-	x	x	39.2
4	Monica Brown	52	Fairlands Valley Spartans	6.79	5	x	-	x	-
5	Hannah Broom	37	Biggleswade AC	5.87	4	-	x	x	28.5
6					3				
7					2				
8					1				

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Tessa Stephenson	56	Fairlands Valley Spartans	8.39	8	-	x	57.4
2	Keely Grinsted	50	Luton AC	7.29	7	-	x	44.7
3	Sandra Ingham	59	Biggleswade AC	7.03	6	-	x	51.1
4	Diane Presswell	52	Marshall Milton Keynes AC	6.78	5	-	x	43.1
5	Brenda Russell	59	Bedford & County AC	5.97	4	-	x	43.4
6	Jacinta Horne	52	Bedford Harriers	4.55	3	-	x	28.9
7	Helen Grant	54	Cambridge & Coleridge AC	4.51	2	-	x	29.7
8					1			

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Stephanie Johnston	43	Marshall Milton Keynes AC	4.09	8		-	x	x	62.3
2	Emma Coombes	39	Bedford & County AC	3.47	7		-	x	x	50.2
3	Tessa Stephenson	56	Fairlands Valley Spartans	3.33	6		x	-	x	60.7
4	Kathryn Juty	48	Biggleswade AC	3.19	5		-	x	x	51.9
5	Iona Graham-Hagg	54	Cambridge & Coleridge AC	2.92	4		x	-	x	51.7
6					3					
7					2					
8					1					

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Monica Brown	52	Fairlands Valley Spartans	4.29	8		-	x	73.7
2	Diane Farmer	58	Marshall Milton Keynes AC	3.22	7		-	x	60.5
3	Sally Cartwright	50	Bedford Harriers	2.99	6		-	x	49.9
4	Pamela Abbott	54	Cambridge & Coleridge AC	2.47	5		-	x	43.7
5	Helen Kapur	55	Biggleswade AC	2.19	4		-	x	39.3
6					3				
7					2				
8					1				

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Diane Baldwin	60	Marshall Milton Keynes AC	3.13	8		-	60.8
2	Iris Hornsey	75	Fairlands Valley Spartans	2.45	7		-	62.8
3	Sheila Humphries	64	Bedford Harriers	1.87	6		-	38.8
4					5			
5					4			
6					3			
7					2			
8					1			

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Jemma Eastwood	38	Bedford & County AC	3.21	8	LR	x	x	71.7
2	Kathryn Juty	48	Biggleswade AC	1.30	7	-	x	x	34.4
3					6				
4					5				
5					4				
6					3				
7					2				
8					1				

PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
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1	Monica Brown	52	Fairlands Valley Spartans	1.30	8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

-	x	37.1

MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts
1	Split: 70.0, 81.7, 79.6, 66.3		Bedford & County AC	04:57.6	8
2	Split: ?, ?, 65.3, 70.4		Marshall Milton Keynes AC	04:59.1	7
3	Split: 79.3, 103.3, 90.3, 64.1		Cambridge & Coleridge AC	05:37.0	6
4	Split: 73.2, 128.2, 81.0, 74.7		Biggleswade AC	05:57.1	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-

MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts
1	Split: 83.3, 89.7, 72.2, 77.3		Fairlands Valley Spartans	05:22.5	8
2	Split: 105.9, 95.7, 81.2, 87.1		Marshall Milton Keynes AC	06:09.9	7
3	Split: 97.9, 89.7, 124.3, 78.7		Cambridge & Coleridge AC	06:30.6	6
4	Split: 105.9, 100.6, 106.5, 80.0		Bedford Harriers	06:33.0	5
5					4
6					3
7					2
8					1

Rec
LR
-
-
-

AG = Age Group (eg M45, W60)

EMAC Track & Field League		Southern Division - Match 3		Teams = 8	
Chelmsford		Wed	05 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Southend AC	1	146	442	1
2	Chelmsford AC/Springfield	7	138	396	2
4	Thurrock Harriers	3	73	317	3
3	Loughton AC	2	91	291	4
6	Basildon AC	5	53	228	5
5	Col & Tendring/Ipswich Harriers	4	69	188	6
7	W Suffolk/St Ed. Pacers/Waveney	6	21	29	7
8	Spare 8	8	0	0	8

RDA = Race Day Age

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

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Jan Barnard	37	Basildon AC	24.6	8		-	x	x	82.7
2	Amr Ziko	39	Chelmsford AC/Springfield	25.0	7		-	x	x	82.7
3	Justin Hubbard	38	Col & Tendring/Ipswich Harriers	25.3	6		-	x	x	81.1
4	Graham Eastty	37	Southend AC	26.0	5		-	x	x	78.3
5	Anthony Tobin	36	Thurrock Harriers	28.8	4		-	x	x	70.1
6	Paul Preston	45	W Suffolk/St Ed. Pacers/Waveney	29.1	3		-	x	x	74.3
7	Trevor Robinson	44	Loughton AC	42.5	2		-	x	x	50.5
8					1					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	55	Loughton AC	27.6	8		-	x	84.1
2	Jonathan Metcalf	57	Thurrock Harriers	27.8	7		-	x	84.6
3	Keith Palmer	52	Southend AC	27.9	6		-	x	81.5
4	Kevin McAlinden	53	Chelmsford AC/Springfield	28.0	5		-	x	81.7
5	Robert Woolliams	61	Col & Tendring/Ipswich Harriers	29.7	4		x	-	81.3
6	Rhys Davies	58	Basildon AC	34.2	3		-	x	69.2
7					2				
8					1				

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Lee Taylor	42	Southend AC	02:09.1	8	-	x	x	83.9
2	Mark Newton	37	Chelmsford AC/Springfield	02:13.4	7	-	x	x	77.5
3	Toby Draper	44	Thurrock Harriers	02:22.6	6	-	x	x	77.4
4	Paul Preston	45	W Suffolk/St Ed. Pacers/Waveney	02:27.8	5	-	x	x	75.3
5	Mark Gowers	56	Basildon AC	02:43.8	4	x	-	x	74.6
6	Trevor Robinson	44	Loughton AC	02:53.0	3	-	x	x	63.8
7					2				
8					1				

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Colin Ridley	55	W Suffolk/St Ed. Pacers/Waveney	02:22.3	8	-	x	85.2
2	Tony Roberts	51	Chelmsford AC/Springfield	02:24.3	7	-	x	81.3
3	Eamonn Shelley	56	Thurrock Harriers	02:36.5	6	-	x	78.1
4	Clifford Warren	55	Loughton AC	02:43.2	5	-	x	74.3
5	Stephen Solomon	54	Southend AC	02:45.2	4	-	x	72.8
6	Rhys Davies	58	Basildon AC	02:55.9	3	-	x	70.6
7					2			
8					1			

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	Ray Daniel	60	Col & Tendring/Ipswich Harriers	02:36.8	8	-	80.5
2	Peter Binns	70	Southend AC	02:50.3	7	-	81.3
3	David Gridley	61	Chelmsford AC/Springfield	03:22.0	6	-	63.0
4	John Borgars	71	Loughton AC	03:38.5	5	-	64.4
5					4		
6					3		
7					2		
8					1		

¹ MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	John Borgars	71	Loughton AC	09:52.1	8
2	Eamonn Shelley	56	Thurrock Harriers	10:04.3	7
3	Keith Palmer	52	Southend AC	10:59.3	6
4	Roger Cole	67	Chelmsford AC/Springfield	11:26.3	5
5	Mark Preskett	42	Basildon AC	12:19.2	4
6					3
7					2
8					1

Rec	Rec	Rec	
x	x	-	79.6
x	-	x	66.5
x	-	x	58.8
x	x	-	65.5
-	x	x	48.3

¹ MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	John Brock	67	Southend AC	11:21.7	8
2	Andy Hind	43	Chelmsford AC/Springfield	13:04.8	6
3					
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	
x	x	-	66.0
-	x	x	45.8

LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
1	Gerald Daniel	64	Chelmsford AC/Springfield	71.2	8	
2	Peter Binns	70	Southend AC	73.7	7	
3	Robert Maggio	71	Loughton AC	92.1	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %
-	61.8
-	-
-	-

LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts
1	Nigel Hayman	42	Col & Tendring/Ipswich Harriers	62.9	8
2	Graham Eastty	37	Southend AC	67.2	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	82.8
-	x	x	73.7

LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts
1	Jonathan Metcalf	57	Thurrock Harriers	72.2	8
2	Stephen Cartwright	59	Col & Tendring/Ipswich Harriers	115.6	7
3	John Brock	67	Southend AC	138.1	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	82.8
-	x	53.1
x	-	-

HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
1	Chris Clark	52	Chelmsford AC/Springfield	21.36	8
2	Trevor Robinson	44	Loughton AC	13.67	7
3	Gary Cheek	46	Southend AC	13.46	6
4	Anthony Tobin	36	Thurrock Harriers	12.05	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	x	x	-
-	x	x	18.3
-	x	x	18.7
-	x	x	14.1

HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
1	David Bauer	51	Chelmsford AC/Springfield	40.55	8
2	Jim Harrison	53	Loughton AC	22.92	7
3	Angus Aldridge	54	Southend AC	12.76	6
4	Rhys Davies	58	Basildon AC	12.01	5
5	Jonathan Metcalf	57	Thurrock Harriers	8.95	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	55.6
-	x	32.8
-	x	18.7
-	x	19.3
-	x	14.0

HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Geoff Tyler	68	Chelmsford AC/Springfield	26.44	8	-	52.3
2	John Clark	74	Southend AC	18.10	7	-	-
3	Robert Maggio	71	Loughton AC	11.46	6	-	-
4					5		
5					4		
6					3		
7					2		
8					1		

SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Damian Barrett	45	Chelmsford AC/Springfield	10.80	8	-	x	x	52.0
2	Aaron Bollu	39	Col & Tendring/Ipswich Harriers	8.55	7	-	x	x	37.8
3	Marek Kowalski	45	Thurrock Harriers	8.07	6	-	x	x	38.9
4	Jan Barnard	37	Basildon AC	7.50	5	-	x	x	32.8
5	Gary Cheek	46	Southend AC	6.91	4	-	x	x	34.0
6	Trevor Robinson	44	Loughton AC	6.64	3	-	x	x	31.4
7					2				
8					1				

SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	David Bauer	51	Chelmsford AC/Springfield	11.74	8	-	x	59.4
2	Cleveland Williams	53	Col & Tendring/Ipswich Harriers	9.14	7	-	x	48.2
3	Jim Harrison	53	Loughton AC	8.36	6	-	x	44.1
4	Angus Aldridge	54	Southend AC	7.60	5	-	x	41.0
5	Rhys Davies	58	Basildon AC	6.69	4	-	x	39.5
6	Eamonn Shelley	56	Thurrock Harriers	6.54	3	-	x	36.8
7					2			
8					1			

SP	Shot M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Geoff Tyler	68	Chelmsford AC/Springfield	10.65	8	-	75.0
2	John Clark	74	Southend AC	6.31	7	-	-
3	John Borgars	71	Loughton AC	4.95	6	-	-
4					5		
5					4		
6					3		
7					2		
8					1		

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Aaron Bollu	39	Col & Tendring/Ipswich Harriers	5.37	8		-	x	x	65.9
2	Marek Kowalski	45	Thurrock Harriers	4.91	7		-	x	x	64.7
3	Damian Barrett	45	Chelmsford AC/Springfield	4.23	6		-	x	x	55.7
4	Paul Preston	45	W Suffolk/St Ed. Pacers/Waveney	4.22	5		-	x	x	55.6
5	Mark Waive	46	Southend AC	3.78	4		-	x	x	50.4
6	Trevor Robinson	44	Loughton AC	2.78	3		-	x	x	36.2
7					2					
8					1					

LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	55	Loughton AC	4.69	8		-	x	70.3
2	Keith Palmer	52	Southend AC	4.30	7		-	x	61.9
3	Kevin McAlinden	53	Chelmsford AC/Springfield	3.21	6		-	x	46.8
4	Mark Gowers	56	Basildon AC	3.12	5		-	x	47.4
5	Eamonn Shelley	56	Thurrock Harriers	3.12	4		-	x	47.4
6					3				
7					2				
8					1				

PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
1	Joe McGrath	37	Basildon AC	2.80	8	-	x	x	48.5
2	Ian Ling	44	Col & Tendring/Ipswich Harriers	2.40	7	-	x	x	45.5
3	Gary Cheek	46	Southend AC	2.00	6	-	x	x	38.9
4					5				
5					4				
6					3				
7					2				
8					1				

EMAC Track & Field League		Southern Division - Match 3		Teams = 8	
Chelmsford		Wed	05 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Loughton AC	B	135	398	1
2	Chelmsford AC/Springfield	G	124	382	2
3	Southend AC	A	119	348	3
5	W Suffolk/St Ed. Pacers/Waveney	F	67	221	4
4	Col & Tendring/Ipswich Harriers	D	70	220	5
6	Basildon AC	E	44	112	6
7	Thurrock Harriers	C	0	19	7
7	Spare 8	H	0	0	8

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Sarah Robinson	38	Basildon AC	29.1	8		-	x	x	75.7
2	Sally Judd	42	Chelmsford AC/Springfield	29.7	7		-	x	x	78.0
3	Lorraine Ramet	46	Southend AC	32.3	6		-	x	x	75.3
4	Mary Knapman	38	Loughton AC	33.1	5		-	x	x	66.6
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	35.9	4		-	x	x	70.1
6	Sian Gifford	48	Col & Tendring/Ipswich Harriers	42.5	3		-	x	x	58.5
7					2					
8					1					

200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Yvonne Holmes	54	Col & Tendring/Ipswich Harriers	32.5	8		-	x	81.8
2	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	35.1	7		-	x	75.7
3	Michaela Davis	51	Loughton AC	35.8	6		-	x	71.9
4	Jill Kent	59	Chelmsford AC/Springfield	37.8	5		-	x	74.1
5	Teresa Pearmain	53	Southend AC	40.1	4		-	x	65.6
6					3				
7					2				
8					1				

200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
1	Barbara Higgins	62	Loughton AC	38.7	8		-	74.6
2	Diane Wooller	63	Col & Tendring/Ipswich Harriers	40.4	7		-	72.1
3	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	42.2	6		-	67.1
4	Sheila Macaulay	66	Chelmsford AC/Springfield	45.6	5		-	65.8
5	Marion Matthews-Smith	62	Southend AC	47.6	4		-	60.6
6					3			
7					2			
8					1			

800m	800m W35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Elizabeth Davies	38	Chelmsford AC/Springfield	02:20.3	8	-	x	x	81.5
2	Mary Knapman	38	Loughton AC	02:43.2	7	-	x	x	70.1
3	Sian Gifford	48	Col & Tendring/Ipswich Harriers	02:51.4	6	-	x	x	72.9
4	Sue Cribbs	45	Southend AC	02:59.3	5	-	x	x	67.9
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	03:05.3	4	-	x	x	68.0
6					3				
7					2				
8					1				

800m	800m W50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	02:46.7	8	-	x	80.2
2	Joanne Smith	50	Chelmsford AC/Springfield	02:49.6	7	-	x	74.9
3	Vanessa Mathers	50	Southend AC	02:56.9	6	-	x	71.8
4	Anne Heeks	57	Loughton AC	03:11.8	5	-	x	72.7
5					4			
6					3			
7					2			
8					1			

800m	800m W60+	RDA	Team	(NN:NN.n)	Pts
1	Diane Wooller	63	Col &Tendring/Ipswich Harriers	03:26.5	8
2	Sheila Macaulay	66	Chelmsford AC/Springfield	03:45.1	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	74.9
-	73.0

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Melanie Peddle	48	Loughton AC	09:08.9	8
2	Kasia Kostyrka-Allchorne	39	Southend AC	10:04.7	7
3	Tracy Minton	56	Chelmsford AC/Springfield	12:34.2	6
4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	12:57.8	5
5	Carey Hollick	46	Col &Tendring/Ipswich Harriers	15:03.8	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	73.1
-	x	x	61.7
x	-	x	57.0
x	x	-	57.4
-	x	x	43.7

1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Anne Heeks	57	Loughton AC	11:21.3	8
2	Sally Newman-Russell	49	Southend AC	12:19.2	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	63.7
-	x	x	54.7

LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	69.7	8
2	Jill Kent	59	Chelmsford AC/Springfield	80.5	7
3	Amanda Baker	50	Southend AC	85.1	6
4	Barbara Higgins	62	Loughton AC	91.5	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	69.4
-	x	64.9
-	x	53.1
x	-	-

LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
1	Sarah Robinson	38	Basildon AC	70.5	8
2	Mary Knapman	38	Loughton AC	85.3	7
3	Sian Gifford	48	Col &Tendring/Ipswich Harriers	86.3	6
4	Liz Hall	44	Chelmsford AC/Springfield	90.6	5
5	Natasha Lagden	43	Southend AC	91.3	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	77.5
-	x	x	14.9
-	x	x	-
-	x	x	-
x	x	x	-

HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Carol Morris	50	Chelmsford AC/Springfield	20.09	8
2	Sally Newman-Russell	49	Southend AC	14.68	7
3	Michaela Davis	51	Loughton AC	14.17	6
4	Amanda Dodge	37	Basildon AC	13.77	5
5	Carey Hollick	46	Col &Tendring/Ipswich Harriers	12.12	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	33.3
x	-	x	-
-	x	x	21.4
-	x	x	24.7

HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Katherine Merritt	53	Loughton AC	22.34	8
2	Susan Brown	53	Southend AC	21.08	7
3	Tracy Minton	56	Chelmsford AC/Springfield	20.93	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	38.4
-	x	36.2
-	x	38.1

HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts
1	Shirley Quinn	62	Chelmsford AC/Springfield	33.39	8
2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	20.43	7
3	Stephanie Stamp	65	Southend AC	20.15	6
4	Pam Ackland-Snow	64	Loughton AC	19.10	5
5					4
6					3
7					2
8					1

Rec	AG %
LR	69.2
-	40.5
-	44.9
-	41.5
x	-

SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
1	Carey Hollick	46	Col &Tendring/Ipswich Harriers	6.95	8
2	Amanda Dodge	37	Basildon AC	6.43	7
3	Carol Morris	50	Chelmsford AC/Springfield	6.18	6
4	Sally Newmman-Russell	49	Southend AC	6.06	5
5	Katherine Merritt	53	Loughton AC	5.85	4
6	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	4.68	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	41.5
-	x	x	31.2
x	-	x	-
-	x	x	39.1
x	-	x	-
-	x	x	30.2

SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts
1	Vespa Ellis	60	Basildon AC	8.98	8
2	Shirley Quinn	62	Chelmsford AC/Springfield	7.39	7
3	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	6.33	6
4	Stephanie Stamp	65	Southend AC	6.14	5
5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	6.14	4
6	Pam Ackland-Snow	64	Loughton AC	5.76	3
7					2
8					1

Rec	Rec	AG %
x	LR	66.6
x	-	57.2
-	x	41.7
x	-	50.9
x	-	45.5
x	-	46.6

LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind
1	Heidi Nicholas	36	Basildon AC	4.50	8	
2	Mary Knapman	38	Loughton AC	3.81	7	
3	Jenny Scholfield	53	Chelmsford AC/Springfield	3.35	6	
4	Kasia Kostyrka-Allchorne	39	Southend AC	3.24	5	
5	Sian Gifford	48	Col &Tendring/Ipswich Harriers	3.14	4	
6	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	2.61	3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	62.9
-	x	x	54.5
x	-	x	58.4
-	x	x	46.9
-	x	x	51.1
-	x	x	43.0

LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind
1	Michaela Davis	51	Loughton AC	3.45	8	
2	Clare St John-Coleman	56	Chelmsford AC/Springfield	3.40	7	
3	Susan Brown	53	Southend AC	2.72	6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	58.5
-	x	61.9
-	x	47.4

LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
1	Emily McMahon	67	Loughton AC	3.59	8	
2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	2.78	7	
3	Diane Wooller	63	Col &Tendring/Ipswich Harriers	2.48	6	
4	Marion Matthews-Smith	62	Southend AC	2.16	5	
5	Shirley Quinn	62	Chelmsford AC/Springfield	1.77	4	
6					3	
7					2	
8					1	

Rec	AG %
-	78.6
-	54.0
-	50.6
-	43.3
-	35.5

PV	Pole Vault W35-49	RDA	Team	(N.nn)	Pts
1	Natasha Lagden	43	Southend AC	1.40	8
2	Michaela Davis	51	Loughton AC	1.00	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	33.9
x	-	x	28.0

PV	Pole Vault W50-59	RDA	Team	(N.nn)	Pts
1	Clare St John-Coleman	56	Chelmsford AC/Springfield	1.20	8
2	Barbara Higgins	62	Loughton AC	1.20	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	37.2
x	-	42.7

MedR	Relay 4x4 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Chelmsford AC/Springfield	05:03.9	8
2			Southend AC	05:28.1	7
3			Loughton AC	07:52.4	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

MedR	Relay 4x4 W50+	RDA	Team	(NN:NN.n)	Pts
1			Southend AC	06:11.3	8
2			Chelmsford AC/Springfield	06:36.6	7
3			Loughton AC	06:36.6	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
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EMAC Track & Field League		Northern Division - Match 3		Teams = 8	
Corby		Wed	05 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Corby AC	4	124	342	1
2	Nene Valley Harriers	3	110	339	2
3	Ryston Runners AC	6	92	300	3
4	West Norfolk AC	7	74	288	4
6	Huntingdonshire AC	1	51	246	5
5	Peterborough AC	2	60	235	6
7	Stamford Striders	5	35	64	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Northern Division - Match 3		Teams = 8	
Corby		Wed	05 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Ryston Runners AC	F	133	411	1
3	Huntingdonshire AC	A	55	168	2
3	Nene Valley Harriers	C	55	152	3
5	Corby AC	D	53	149	4
2	Peterborough AC	B	56	147	5
7	West Norfolk AC	G	0	64	6
6	Stamford Striders	E	15	41	7
7	Spare 8	H	0	0	8

EMAC Track & Field League		Central Division - Match 3		Teams = 8	
Milton Keynes		Wed	05 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Bedford & County AC	2	140	426.5	1
2	Marshall Milton Keynes AC	1	136	417	2
3	Cambridge & Coleridge AC	7	103.5	351	3
4	Biggleswade AC	4	89.5	231.5	4
5	Fairlands Valley Spartans	6	66	227	5
6	Bedford Harriers	5	64	170	6
7	Luton AC	3	41	123	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Central Division - Match 3		Teams = 8	
Milton Keynes		Wed	05 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
2	Fairlands Valley Spartans	F	129	410	1
1	Marshall Milton Keynes AC	A	133	392	2
3	Cambridge & Coleridge AC	G	81	268	3
5	Bedford Harriers	E	67	217	4
4	Biggleswade AC	D	77	210	5
6	Bedford & County AC	B	66	141	6
7	Luton AC	C	30	88	7
8	Spare 8	H	0	0	8

EMAC Track & Field League		Southern Division - Match 3		Teams = 8	
Chelmsford		Wed	05 July 2017	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Southend AC	1	146	442	1
2	Chelmsford AC/Springfield	7	138	396	2
4	Thurrock Harriers	3	73	317	3
3	Loughton AC	2	91	291	4
6	Basildon AC	5	53	228	5
5	Col & Tendring/Ipswich Harriers	4	69	188	6
7	W Suffolk/St Ed. Pacers/Waveney	6	21	29	7
8	Spare 8	8	0	0	8

EMAC Track & Field League		Southern Division - Match 3		Teams = 8	
Chelmsford		Wed	05 July 2017	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Loughton AC	B	135	398	1
2	Chelmsford AC/Springfield	G	124	382	2
3	Southend AC	A	119	348	3
5	W Suffolk/St Ed. Pacers/Waveney	F	67	221	4
4	Col & Tendring/Ipswich Harriers	D	70	220	5
6	Basildon AC	E	44	112	6
7	Thurrock Harriers	C	0	19	7
7	Spare 8	H	0	0	8

N3 Men	Highest Field Age Graded % =		75.9	
	Athlete	Richard Phelan	RDA	55
	Club	Huntingdonshire AC		
	Event	Long Jump M50-59		
	Result	5.06		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

N3 - Women	Highest Field Age Graded % =		81.8	
	Athlete	Andrea Jenkins	RDA	47
	Club	Nene Valley Harriers		
	Event	Hammer W35-49 (4Kg)		
	Result	47.05		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

C3 - Men	Highest Field Age Graded % =		71.8	
	Athlete	Michael Hausler	RDA	58
	Club	Cambridge & Coleridge AC		
	Event	Shot M50-59 (6Kg)		
	Result	12.17		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

C3 - Women	Highest Field Age Graded % =		71.7	
	Athlete	Jemma Eastwood	RDA	38
	Club	Bedford & County AC		
	Event	Pole Vault W35-49		
	Result	3.21		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

S3 - Men	Highest Field Age Graded % =		75.0	
	Athlete	Geoff Tyler	RDA	68
	Club	Chelmsford AC/Springfield		
	Event	Shot M60-69 (5Kg)		
	Result	10.65		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			

S3 - Women	Highest Field Age Graded % =		78.6	
	Athlete	Emily McMahon	RDA	67
	Club	Loughton AC		
	Event	Long Jump W60+		
	Result	3.59		
	Format to suit the result (NN.n, NN.nn or NN:NN.n)			