

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

RDA = Race Day Age

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

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

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

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

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

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

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

Rec	AG %
-	75.6
-	71.1
-	64.8

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

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

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

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

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

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

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

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

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts
1	Graham Mabelson	61	Corby AC	20.01	8
2	Martin Simmonds	76	Ryston Runners AC	13.68	7
3	Peter Brantom	67	Peterborough AC	4.02	6
4				4.02	5
5					4
6					3
7					2
8					1

Rec	AG %
-	30.7
-	-
-	7.1
x	-

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
1	Simon Achurch	42	Nene Valley Harriers	32.84	8
2	Steve Burke	44	Huntingdonshire AC	25.35	7
3	Allan Williams	42	West Norfolk AC	22.90	6
4	Atholl Lawson	42	Corby AC	18.87	5
5	Neil Martin	46	Stamford Striders	18.51	4
6	David Lane	52	Ryston Runners AC	17.29	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	45.2
-	x	x	35.6
-	x	x	31.5
-	x	x	26.0
-	x	x	26.7
x	-	x	-

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	Robert Ellingham	52	Huntingdonshire AC	33.68	8
2	Stuart Howlett	51	Ryston Runners AC	30.65	7
3	Karl Eve	54	Peterborough AC	28.28	6
4	Peter Knott	59	Corby AC	27.43	5
5	John Greenhalgh	51	West Norfolk AC	13.92	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	47.2
-	x	42.1
-	x	41.1
-	x	45.1
-	x	19.1

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Wayne DuBose	62	Huntingdonshire AC	27.74	8
2	Brian Kearsy	68	Stamford Striders	17.17	7
3	Graham Mabelson	61	Corby AC	16.68	6
4	Martin Simmonds	76	Ryston Runners AC	15.58	5
5	Peter Brantom	67	Peterborough AC	13.53	4
6					3
7					2
8					1

Rec	AG %
-	43.9
-	31.1
-	25.8
-	35.1
-	23.9

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Sean Reidy	36	Nene Valley Harriers	9.82	8		-	x	x	55.0
2	Stuart Howlett	51	Ryston Runners AC	8.96	7		x	-	x	60.3
3	James Collings	40	West Norfolk AC	8.50	6		-	x	x	49.8
4	John McCrone	50	Corby AC	7.79	5		x	-	x	51.7
5					4					
6					3					
7					2					
8					1					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
1	David Lane	52	Ryston Runners AC	9.14	8	
2	Karl Eve	54	Peterborough AC	8.54	7	
3	John Greenhalgh	51	West Norfolk AC	7.86	6	
4	Wilson Paterson	59	Corby AC	6.64	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	62.3
-	x	59.9
-	x	52.9
-	x	50.1

TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	Graham Mabelson	61	Corby AC	8.68	8	
2	John Spriggs	65	Nene Valley Harriers	7.69	7	
3	David Whitehead	65	Peterborough AC	6.31	6	
4	Jeffrey Reed	72	Ryston Runners AC	5.22	5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %
-	67.5
-	63.8
-	52.4
-	49.0

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
1	Sean Reidy	36	Nene Valley Harriers	1.50	8
2	Yinka Opaleye	44	Huntingdonshire AC	1.45	7
3	Neil Martin	46	Stamford Striders	1.40	6
4	Neil Watson	44	West Norfolk AC	1.35	5
5	Jamie Bransgrove	39	Ryston Runners AC	1.35	4
6	Atholl Lawson	42	Corby AC	1.25	3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	65.2
-	x	x	68.1
-	x	x	67.1
-	x	x	63.4
-	x	x	60.3
-	x	x	57.5

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

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

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

Rec
-
-
-
-
-
-

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

Rec
-
-
-

AG = Age Group (eg M45, W60)

	Name	AG	Club	Result
	James Sadlier	V35	Peterborough AC	04:52.8
	Simon Mead	V35	Peterborough AC	05:02.9
	Steve Hall	V35	Peterborough AC	05:14.6
	Barry Warne	V35	Nene Valley Harriers	06:15.7
	Richard Harrison	V60	Nene Valley Harriers	22.85
	Steve Mortimer	V35	Huntingdonshire AC	18.76
	Paul Rana Mohinder	V60	Nene Valley Harriers	20.64
	Neil Martin	V35	Stamford Striders	12.8
	Mark Alderson	V35	Stamford Striders	60.0
	Neil Torr	M35	Peterborough AC	12.5
	Andrew Wain	M50	Nene Valley Harriers	34.14
	Richard Harrison	M60	Nene Valley Harriers	19.95
	Andrew Wain	M50	Nene Valley Harriers	33.28
	Paul Rana Mohinder	M60	Nene Valley Harriers	26.23
	Neil Torr	M35	Peterborough AC	9.87

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

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

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

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

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

Rec	AG %
-	82.0

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

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

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

Rec	Rec	Rec
-	x	x
x	-	x

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

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

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

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

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
1	Sandra Pedley	52	Huntingdonshire AC	1.10	8
1	Kay Gibson	51	Peterborough AC	1.00	7
3					6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	67.1
-	x	60.2

MedR	Relay 4224 W35-49	RDA	Team	(NN:NN.n)	Pts
1			Ryston Runners AC	03:57.3	8
2			Corby AC	03:58.2	7
3			Nene Valley Harriers	04:21.3	6
4					5
5					4
6					3
7					2
8					1

Rec
-
-
-

MedR	Relay 4224 W50+	RDA	Team	(NN:NN.n)	Pts
1					8
2					7
3					6
4					5
5					4
6					3
7					2
8					1

Rec

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Sandra Acton	W35	Huntingdonshire AC	10.83
Vanessa Powell	W35	Corby AC	5.58
Linda Hickson	?	Nene Valley Harriers	11.89
Judith Jacobs	?	Nene Valley Harriers	7.45
Judith Jacobs	0	Nene Valley Harriers	1.10

EMAC Track & Field League		Central Division - Match 4		Teams = 8	
Stevenage		Wed	26 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

200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
1	Peter Benedickter	48	Bedford & County AC	26.0	8		-	x	x	85.0
2	Vincent Courtois	41	Cambridge & Coleridge AC	26.8	7		-	x	x	78.3
3	Danny O'Shea	40	Luton AC	27.3	6		-	x	x	76.3
4	Simon Kirschner-Heavens	37	Marshall Milton Keynes AC	28.5	5		-	x	x	71.4
5	Marcus Davey	46	Biggleswade AC	28.9	4		-	x	x	75.4
6	Anton McCalla	40	Fairlands Valley Spartans	29.6	3		-	x	x	70.4
7					2					
8					1					

200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
1	Paul Canning	51	Marshall Milton Keynes AC	25.9	8		-	x	87.1
2	Tennyson James	59	Bedford & County AC	26.3	7		-	x	90.6
3	Gary Butler	52	Bedford Harriers	26.9	6		-	x	84.5
4	Steve Mayfield	51	Fairlands Valley Spartans	27.4	5		-	x	82.4
5	Joseph Tucker	57	Cambridge & Coleridge AC	32.5	4		-	x	72.4
6	Colin Harries	70	Biggleswade AC	43.4	3		x	-	59.4
7					2				
8					1				

800m	800m M35-49	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec	AG %
1	Simon Coombes	45	Bedford & County AC	02:08.4	8	-	x	x	86.7
2	Vincent Courtois	41	Cambridge & Coleridge AC	02:13.8	7	-	x	x	80.2
3	Stephen Herring	49	Marshall Milton Keynes AC	02:16.5	6	-	x	x	84.5
4	Marcus Davey	46	Biggleswade AC	02:19.5	5	-	x	x	80.5
5	Adam Hills	40	Bedford Harriers	02:36.5	4	-	x	x	68.0
6	James Kilroy	40	Fairlands Valley Spartans	02:52.5	3	-	x	x	61.7
7					2				
8					1				

800m	800m M50-59	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	AG %
1	Dennis Edghill	59	Marshall Milton Keynes AC	02:25.5	8	-	x	86.1
2	John Harris	55	Fairlands Valley Spartans	02:31.0	7	-	x	80.3
3	Lance Croft	50	Bedford & County AC	02:31.4	6	-	x	76.8
4	David Roberts	50	Bedford Harriers	02:35.0	5	-	x	75.0
5	Robin Wynde	59	Biggleswade AC	03:15.3	4	-	x	64.1
6	Joseph Tucker	57	Cambridge & Coleridge AC	03:43.6	3	-	x	55.1
7					2			
8					1			

800m	800m M60+	RDA	Team	(NN:NN.n)	Pts	Rec	AG %
1	John Skelton	66	Marshall Milton Keynes AC	02:32.3	8	-	87.1
2	Neil Lovesey	62	Bedford Harriers	02:42.2	7	-	79.0
3	Aleksander Swiecicki	68	Bedford & County AC	02:48.1	6	-	80.6
4	Clark Skerratt	66	Biggleswade AC	03:10.3	5	-	69.7
5	Mark Freeman	61	Fairlands Valley Spartans	03:20.2	4	-	63.6
6					3		
7					2		
8					1		

1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts	Rec	Rec	Rec
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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

-	x	x	70.4
-	x	x	62.6
x	-	x	71.9
x	-	x	68.2
x	x	-	67.0

1MileW	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
x	-	x	64.1
x	-	x	58.8
-	x	x	48.3
x	-	x	47.8

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 %
-	69.3
-	65.5
-	46.4

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 %
-	x	x	88.1
-	x	x	65.6

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 %
-	x	82.8
-	x	82.8
-	x	73.1

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 %
-	x	x	31.9
x	x	x	-
-	x	x	18.1
x	x	x	-

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 %
-	x	60.7
x	-	-
-	x	28.4
-	x	24.7
-	x	25.7

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 %
-	64.4
-	52.2
-	27.5
-	-
-	21.7

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 %
x	-	x	-
-	x	x	37.7
-	x	x	34.0
-	x	x	29.5
-	x	x	30.0
-	x	x	26.0

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 %
-	x	71.8
-	x	60.6
-	x	60.3
x	-	-
-	x	41.9
-	x	36.3

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 %
-	57.8
-	46.5
-	35.9
-	30.3
-	-
-	36.1

LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Istvan Jacso	38	Cambridge & Coleridge AC	4.58	8		-	x	x	55.6
2	Stephen Bass	44	Bedford & County AC	4.53	7		-	x	x	58.9
3	Danny O'Shea	40	Luton AC	4.49	6		-	x	x	55.7
4	Jason Carvalho	39	Marshall Milton Keynes AC	4.19	5		-	x	x	51.4
5	Stuart Goodwin	39	Biggleswade AC	4.18	4		-	x	x	51.3
6	Anton McCalla	40	Fairlands Valley Spartans	4.03	3		-	x	x	50.0
7					2					
8					1					

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 %
-	x	61.6
-	x	64.6
-	x	63.6
x	-	61.2
x	-	58.3
-	x	51.9

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 %
-	x	x	54.9
-	x	x	40.4
x	-	x	43.9
-	x	x	27.3

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 %
-	x	48.8
-	x	42.8

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 %
-	51.3
-	41.6

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)

	Name	AG	Club	Result
	Daniel Bottesch	M35	Luton AC	25.5
	Chris Norman	M35	Leighton Buzzard AC	02:14.4
	Andy Cohen-Wray	M40	Bedford & County AC	02:15.3
	Jason Steele	M45	Bedford & County AC	02:19.6
	Simon Kirschner-Heavens	M35	Marshall Milton Keynes AC	02:24.7
	Peter Webster	M45	Bedford & County AC	02:31.1
	Paul Sutherland	M50	Marshall Milton Keynes AC	02:45.8
	Paul Wilkerson	M60	Bedford & County AC	02:49.0
	Malcolm Kidby	M50	Marshall Milton Keynes AC	7.08
	Stephen Bass	M40	Bedford & County AC	7.51
	Jon Fediw	M35	Biggleswade AC	8.04
	Patrick Daly	M35	Bedford & County AC	23.53

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

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Lisa Tanushi	42	Luton AC	14.7	8	
2	Chripina Odunewu	42	Marshall Milton Keynes AC	15.4	7	
3	Kathryn Juty	48	Biggleswade AC	16.2	6	
4	Tessa Stephenson	56	Fairlands Valley Spartans	16.3	5	
5	Alison Wilson	50	Cambridge & Coleridge AC	21.8	4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	76.4
-	x	x	73.0
-	x	x	74.1
x	-	x	79.9
x	-	x	56.3

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Monica Brown	52	Fairlands Valley Spartans	14.2	8	
2	Janice Hardcastle	57	Marshall Milton Keynes AC	16.4	7	
3	Helen Grant	54	Cambridge & Coleridge AC	21.1	6	
4	Sandra Ingham	59	Biggleswade AC	22.0	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	88.1
-	x	80.2
-	x	60.5
-	x	61.0

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Charlene Jacobs-Conradie	38	Luton AC	63.6	8
2	Corinne Nurse	39	Marshall Milton Keynes AC	68.4	7
3	Zoe Luscombe	42	Biggleswade AC	76.2	6
4	Suzy Hawkins	41	Fairlands Valley Spartans	78.3	5
5	Joanne Outtrim	44	Cambridge & Coleridge AC	85.1	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	80.7
-	x	x	75.9
-	x	x	70.3
-	x	x	67.8
-	x	x	64.3

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Tessa Stephenson	56	Fairlands Valley Spartans	79.1	8
2	Stefanie Godfrey	52	Cambridge & Coleridge AC	79.4	7
3	Debra Brent	54	Marshall Milton Keynes AC	81.4	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	77.8
-	x	74.6
-	x	74.2

400m	400m W60+	RDA	Team	(NN.n)	Pts
1	Julie Simmons	60	Fairlands Valley Spartans	92.1	8
2	Fi Han Bromilow	63	Marshall Milton Keynes AC	103.0	7
3	Mary Holmes	81	Cambridge & Coleridge AC	104.3	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	69.3
-	63.6
-	88.5

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

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

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

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

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

Rec	AG %
LR	94.5
-	88.9
-	72.9

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

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

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

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

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

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

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

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

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Sarah Mcgrath	44	Cambridge & Coleridge AC	24.73	8
2	Lisa Tanushi	42	Luton AC	20.75	7
3	Stephanie Johnston	43	Marshall Milton Keynes AC	15.86	6
4	Kathryn Juty	48	Biggleswade AC	11.73	5
5	Andrea Westcott	46	Fairlands Valley Spartans	11.05	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	38.0
-	x	x	30.8
-	x	x	24.0
-	x	x	19.3
-	x	x	17.5

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Diane Presswell	52	Marshall Milton Keynes AC	18.48	8
2	Tessa Stephenson	56	Fairlands Valley Spartans	17.38	7
3	Sandra Ingham	59	Biggleswade AC	13.66	6
4	Helen Grant	54	Cambridge & Coleridge AC	8.56	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	32.6
-	x	33.1
-	x	27.7
-	x	15.7

DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Mary Holmes	81	Cambridge & Coleridge AC	11.32	8
2	Fi Han Bromilow	63	Marshall Milton Keynes AC	9.00	7
3	Catherine Craig	64	Fairlands Valley Spartans	8.92	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	-
-	20.0
-	20.3

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind
1	Stephanie Johnston	43	Marshall Milton Keynes AC	8.35	8	
2	Kathryn Juty	48	Biggleswade AC	6.03	7	
3	Andrea Westcott	46	Fairlands Valley Spartans	5.53	6	
4	Alison Wilson	50	Cambridge & Coleridge AC	5.36	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	63.5
-	x	x	48.9
-	x	x	43.7
x	-	x	44.7

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Monica Brown	52	Fairlands Valley Spartans	8.80	8	
2	Janice Hardcastle	57	Marshall Milton Keynes AC	7.76	7	
3	Pamela Abbott	54	Cambridge & Coleridge AC	5.56	6	
4	Sandra Ingham	59	Biggleswade AC	4.57	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	75.5
-	x	71.7
-	x	49.1
-	x	43.5

TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind
1	Iris Hornsey	75	Fairlands Valley Spartans	5.29	8	
2	Fi Han Bromilow	63	Marshall Milton Keynes AC	3.85	7	
3					6	
4					5	
5					4	
6					3	
7					2	
8					1	

Rec	AG %
-	67.3
-	39.1

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Corinne Nurse	39	Marshall Milton Keynes AC	1.30	8
2	Lisa Tanushi	42	Luton AC	1.27	7
3	Andrea Westcott	46	Fairlands Valley Spartans	1.18	6
4	Kathryn Juty	48	Biggleswade AC	1.12	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	67.7
-	x	x	68.6
-	x	x	66.7
-	x	x	65.1

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

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

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

Rec
-
-
-

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

Rec
LR
-
-

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Margaret Phillips	W60	Cambridge & Coleridge AC	112.7
Helen Grant	W50	Cambridge & Coleridge AC	06:48.9
Chripina Odunewu	W40	Marshall Milton Keynes AC	13.07
Karen Bugaj	W55	Marshall Milton Keynes AC	04:27.1
Karen Cameron	W50	Cambridge & Coleridge AC	11:23.0
Janet Cronk	W60	Cambridge & Coleridge AC	06:51.3

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AG = Age Group (eg M45, W60)

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

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

RDA = Race Day Age

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

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

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

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

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

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

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

Rec	Rec	Rec	AG %
LR	x	x	84.2
-	x	x	80.1
-	x	x	75.0
-	x	x	67.6
x	x	-	69.9

1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
1	Colin Ridley	55	W Suffolk/St Ed. Pacers/Waveney	05:03.3	8
2	Tony Roberts	51	Chelmsford AC/Springfield	05:22.3	7
3	Eamonn Shelley	56	Thurrock Harriers	05:42.0	6
4	Mark Gowers	56	Basildon AC	05:42.6	5
5	Mark Godbold	50	Col & Tendring/Ipswich Harriers	06:26.4	4
6	Angus Aldridge	54	Southend AC	06:42.6	3
7	Robert Maggio	71	Loughton AC	08:49.4	2
8					1

Rec	Rec	AG %
-	x	87.4
-	x	79.6
-	x	78.2
-	x	78.1
-	x	65.9
-	x	65.3
x	-	58.2

1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	Michael Bumstead	66	Thurrock Harriers	06:01.5	8
2	Peter Binns	70	Southend AC	06:16.8	7
3	Robert Sargent	63	Loughton AC	07:20.0	6
4	David Gridley	61	Chelmsford AC/Springfield	07:42.4	5
5					4
6					3
7					2
8					1

Rec	AG %
-	80.8
-	80.7
-	64.6
-	60.4

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Mark Preskett	42	Basildon AC	11:19.1	8
2	John Borgars	71	Loughton AC	12:10.1	7
3	Eamonn Shelley	56	Thurrock Harriers	12:30.6	6
4	Keith Palmer	52	Southend AC	13:15.2	5
5	Adrian Lock	42	Chelmsford AC/Springfield	13:59.6	4
6					3
7					2
8					1

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

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Michael Bumstead	66	Thurrock Harriers	13:03.4	8
2	John Brock	67	Southend AC	14:04.0	7
3	Andrew Mason	53	Chelmsford AC/Springfield	16:22.9	6
4					5
5					4
6					3
7					2
8					1

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

JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts
1	Dan Gartlan	36	Col & Tendring/Ipswich Harriers	31.55	8
2	Nigel Instance	49	Thurrock Harriers	31.40	7
3	Jan Barnard	37	Basildon AC	26.48	6
4	Gary Cheek	46	Southend AC	22.34	5
5	Clifford Warren	55	Loughton AC	19.06	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	33.9
-	x	x	42.2
-	x	x	28.9
-	x	x	28.4
x	-	x	-

JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	Robert Earle	56	Southend AC	34.57	8
2	Jim Harrison	53	Loughton AC	29.10	7
3	Peter Godron	53	Col & Tendring/Ipswich Harriers	25.74	6
4	Martin Mack	51	Thurrock Harriers	22.05	5
5	Rhys Davies	58	Basildon AC	19.95	4
6	Chris Clark	52	Chelmsford AC/Springfield	15.53	3
7					2
8					1

Rec	Rec	AG %
-	x	50.4
-	x	40.0
-	x	35.3
-	x	29.2
-	x	30.3
-	x	20.9

JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Martin Branfoot	61	Chelmsford AC/Springfield	32.85	8	-	50.4
2	David Hobbs	69	Loughton AC	18.07	7	-	33.3
3	David Mackie	75	Col &Tendring/Ipswich Harriers	17.38	6	-	-
4	John Clark	74	Southend AC	17.19	5	-	-
5	Bernard Johnson	62	Thurrock Harriers	14.73	4	-	23.1
6					3		
7					2		
8					1		

DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %
1	Dan Gartlan	36	Col &Tendring/Ipswich Harriers	29.01	8	-	x	x	39.2
2	Nigel Instance	49	Thurrock Harriers	21.06	7	-	x	x	32.3
3	Chris Clark	52	Chelmsford AC/Springfield	21.00	6	x	-	x	-
4	Gary Cheek	46	Southend AC	20.08	5	-	x	x	29.0
5	Jan Barnard	37	Basildon AC	18.17	4	-	x	x	24.5
6	Robert Maggio	71	Loughton AC	9.65	3	x	x	-	-
7					2				
8					1				

DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %
1	Robert Earle	56	Southend AC	42.55	8	-	x	64.7
2	David Bauer	51	Chelmsford AC/Springfield	36.51	7	-	x	50.2
3	Jim Harrison	53	Loughton AC	22.50	6	-	x	32.1
4	Martin Mack	51	Thurrock Harriers	21.62	5	-	x	29.7
5	Peter Godron	53	Col &Tendring/Ipswich Harriers	21.07	4	-	x	30.1
6	Rhys Davies	58	Basildon AC	19.84	3	-	x	31.7
7					2			
8					1			

DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %
1	Brian Hatch	69	Chelmsford AC/Springfield	33.63	8	-	62.5
2	David Mackie	75	Col &Tendring/Ipswich Harriers	20.11	7	-	44.0
3	David Hobbs	69	Loughton AC	19.16	6	-	35.6
4	Bernard Johnson	62	Thurrock Harriers	19.13	5	-	30.2
5	John Clark	74	Southend AC	16.37	4	-	34.8
6					3		
7					2		
8					1		

TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
1	Aaron Bollu	39	Col &Tendring/Ipswich Harriers	11.18	8		-	x	x	64.8
2	Joe McGrath	37	Basildon AC	10.41	7		-	x	x	58.9
3	Graham Eastty	37	Southend AC	9.33	6		-	x	x	52.8
4	Toby Draper	45	Thurrock Harriers	8.11	5		-	x	x	50.5
5					4					
6					3					
7					2					
8					1					

TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	Clifford Warren	55	Loughton AC	9.95	8		-	x	70.8
2	Keith Palmer	52	Southend AC	8.20	7		-	x	55.9
3	Jonathan Metcalf	57	Thurrock Harriers	6.78	6		-	x	49.7
4	Mark Gowers	56	Basildon AC	6.07	5		-	x	43.8
5	Andrew Mason	53	Chelmsford AC/Springfield	5.72	4		-	x	39.6
6					3				
7					2				
8					1				

TJ	Triple Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	Gerald Daniel	64	Chelmsford AC/Springfield	8.15	8		-	66.5
2	David Hobbs	69	Loughton AC	7.11	7		-	63.2
3	Michael Bumstead	66	Thurrock Harriers	6.66	6		-	56.2
4	John Brock	67	Southend AC	5.72	5		-	49.1
5					4			
6					3			
7					2			
8					1			

HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
1	Graham Eastty	37	Southend AC	1.45	8
1	Joe McGrath	37	Basildon AC	1.45	8
3	Aaron Bollu	39	Col & Tendring/Ipswich Harriers	1.35	6
4	Paul Mitchell	42	Thurrock Harriers	1.30	5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	63.6
-	x	x	63.6
-	x	x	60.3
-	x	x	59.8

HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
1	Clifford Warren	55	Loughton AC	1.30	8
2	Keith Palmer	52	Southend AC	1.25	7
3	Gerald Daniel	64	Chelmsford AC/Springfield	1.25	7
4	Jonathan Metcalf	57	Thurrock Harriers	1.00	5
5					4
6					3
7					2
8					1

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

MedR	Relay 4224 M35-49	RDA	Team	(N:NN.n)	Pts
1			Southend AC	02:50.9	8
2			Col & Tendring/Ipswich Harriers	02:55.8	7
3			Basildon AC	02:57.1	6
4			Thurrock Harriers	03:09.9	5
5			Chelmsford AC/Springfield	03:12.5	4
6					3
7					2
8					1

Rec
-
-
-
-
-

MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1			Chelmsford AC/Springfield	03:07.2	8
2			Loughton AC	03:23.7	7
3			Thurrock Harriers	03:24.0	6
4			Southend AC	04:11.0	5
5					4
6					3
7					2
8					1

Rec
-
-
-
-
-

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Aaron Bollu	M35	Colchester	12.9
Joe Mcgrath	M35	Basildon AC	12.9
Ian Ling	M35	Ipswich Harriers	13.4
Tom Carter	M35	St Edmund Pacers	14.2
Jason Keeley	M35	Ipswich Harriers	15.0
Adrian Lock	M35	Springfield	15.8
Andrew Stewart	M50	Chelmsford AC	15.2
Kevin Bain	M50	Chelmsford	27.61
Seb Anthony	SM	West Suffolk	50.7
Robin McCoy	M50	Springfield	74.6
Ian Charmichael	M50	Basildon AC	80.3
James Smith	M35	Springfield	04:56.2
Chris Burgoyne	M35	Springfield	04:57.5
Stuart Raven	M35	Springfield	05:20.6
Antony Goodall	M35	Springfield	05:36.3
Robin McCoy	M50	Springfield	05:36.5
Paul Mitchell	M35	Thurrock Harriers	05:59.4
Andrew Stewart	M50	Chelmsford	06:11.2
Ian Charmichael	M50	Basildon AC	07:09.6
Jason Keeley	M35	Ipswich Harriers	8.54
Tom Carter	M35	West Suffolk	8.16
Ian Ling	M35	Ipswich Harriers	22.36
Jason Keeley	M35	Ipswich Harriers	24.32
Brian Hatch	M60	Chelmsford	24.72
Peter Cassidy	M75	Loughton AC	14:09.3

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

RDA = Race Day Age

EVAC League Record? (M35-49)	EVAC League Record? (M50-59)	EVAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind
1	Lorraine Ramet	47	Southend AC	14.8	8	
2	Sian Gifford	48	Col &Tendring/Ipswich Harriers	15.3	7	
3	Heidi Johnson	42	Chelmsford AC/Springfield	15.5	6	
4	Christine Salvary	60	Loughton AC	17.0	5	
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	17.3	4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	80.3
-	x	x	78.5
-	x	x	72.5
x	x	-	79.7
-	x	x	70.1

100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind
1	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	14.8	8	
2	Emily McMahon	67	Loughton AC	16.3	7	
3	Susan Brown	53	Southend AC	16.6	6	
4	Tracy Minton	56	Chelmsford AC/Springfield	17.7	5	
5	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	18.1	4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	86.3
x	-	88.6
-	x	76.2
-	x	73.6
x	-	74.8

400m	400m W35-49	RDA	Team	(NN.n)	Pts
1	Heidi Johnson	42	Chelmsford AC/Springfield	70.9	8
2	Sian Gifford	48	Col &Tendring/Ipswich Harriers	71.2	7
3	Kasia Kostyrka-Allchorne	39	Southend AC	74.3	6
4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	80.8	5
5	Michaela Davis	51	Loughton AC	93.7	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	75.6
-	x	x	80.1
-	x	x	69.9
-	x	x	71.3
x	-	x	62.7

400m	400m W50-59	RDA	Team	(NN.n)	Pts
1	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	73.6	8
2	Joanne Smith	50	Chelmsford AC/Springfield	74.6	7
3	Anne Heeks	57	Loughton AC	86.0	6
4	Teresa Pearmain	53	Southend AC	89.8	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	82.1
-	x	78.0
-	x	72.2
-	x	66.6

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

Rec	AG %
LR	76.1
-	73.2
-	61.5
-	51.1

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

Rec	Rec	Rec	AG %
-	x	x	75.2
-	x	x	61.6
-	x	x	59.0
x	-	x	56.0

1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
4	Anne Heeks	57	Loughton AC	07:49.4	5
5	Joanne Smith	50	Chelmsford AC/Springfield	08:27.9	4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	69.9
-	x	58.9

1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
1	Jenny Morgan	61	W Suffolk/St Ed. Pacers/Waveney	07:52.1	8
2	Diane Wooller	63	Col &Tendring/Ipswich Harriers	08:03.4	7
3	Jean Hobbs	68	Loughton AC	08:11.4	6
4					5
5					4
6					3
7					2
8					1

Rec	AG %
-	73.6
-	74.1
-	78.9

2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
1	Kasia Kostyrka-Allchorne	39	Southend AC	12:35.0	8
2	Anne Heeks	57	Loughton AC	14:00.8	7
3	Tracy Minton	56	Chelmsford AC/Springfield	15:18.4	6
4	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	15:54.4	5
5					4
6					3
7					2
8					1

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

2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
1	Sally Newman-Russell	49	Southend AC	15:09.1	8
2	Jean Hobbs	68	Loughton AC	15:29.7	7
3	Janet Hill	62	Chelmsford AC/Springfield	15:42.6	6
4	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	15:54.4	5
5					4
6					3
7					2
8					1

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

JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
1	Carol Morris	50	Chelmsford AC/Springfield	16.58	8
2	Carey Hollick	46	Col &Tendring/Ipswich Harriers	15.46	7
3	Katherine Merritt	53	Loughton AC	12.53	6
4	Sally Newman-Russell	49	Southend AC	11.66	5
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	7.74	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	27.1
x	-	x	-
-	x	x	22.3
-	x	x	14.8

JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
1	Vespa Ellis	60	Basildon AC	17.30	8
2	Susan Crompton	54	Southend AC	16.74	7
3	Pam Ackland-Snow	64	Loughton AC	13.19	6
4	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	11.64	5
5	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	10.60	4
6	Tracy Minton	56	Chelmsford AC/Springfield	9.79	3
7					2
8					1

Rec	Rec	AG %
x	-	41.4
-	x	34.5
x	-	34.5
x	-	27.8
-	x	21.9
-	x	21.3

DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Carey Hollick	46	Col &Tendring/Ipswich Harriers	20.99	8
2	Sally Newman-Russell	49	Southend AC	16.30	7
3	Katherine Merritt	53	Loughton AC	16.09	6
4	Carol Morris	50	Chelmsford AC/Springfield	15.23	5
5	Eloise Bird	49	W Suffolk/St Ed. Pacers/Waveney	9.14	4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	33.3
-	x	x	27.2
x	-	x	28.9
x	-	x	25.9
-	x	x	15.3

DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
1	Susan Brown	53	Southend AC	15.10	8
2	Tracy Minton	56	Chelmsford AC/Springfield	13.89	7
3	Yvonne Holmes	54	Col &Tendring/Ipswich Harriers	11.54	6
4	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	11.51	5
5					4
6					3
7					2
8					1

Rec	Rec	AG %
-	x	27.1
-	x	26.5
-	x	21.1
-	x	21.1

DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	Vespa Ellis	60	Basildon AC	20.06	8
2	Dawn Mason	60	W Suffolk/St Ed. Pacers/Waveney	14.40	7
3	Emily McMahon	67	Loughton AC	13.30	6
4	Stephanie Stamp	65	Southend AC	11.85	5
5	Diane Wooller	63	Col &Tendring/Ipswich Harriers	9.70	4
6	Janet Hill	62	Chelmsford AC/Springfield	7.55	3
7					2
8					1

Rec	AG %
-	41.6
-	29.8
-	32.6
-	27.6
-	21.5
-	16.4

TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind
1	Heidi Nicholas	36	Basildon AC	8.99	8	
2	Heidi Johnson	42	Chelmsford AC/Springfield	6.77	7	
3	Kasia Kostyrka-Allchorne	39	Southend AC	6.58	6	
4	Barbara Higgins	62	Loughton AC	5.74	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	Rec	AG %
-	x	x	62.9
-	x	x	50.9
-	x	x	47.7
x	x	-	57.3

TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
1	Jenny Scholfield	54	Chelmsford AC/Springfield	6.93	8	
2	Susan Brown	53	Southend AC	6.60	7	
3	Christine Anthony	54	W Suffolk/St Ed. Pacers/Waveney	6.58	6	
4	Michaela Davis	51	Loughton AC	6.21	5	
5					4	
6					3	
7					2	
8					1	

Rec	Rec	AG %
-	x	61.2
-	x	57.4
-	x	58.1
-	x	52.5

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

Rec	AG %
-	65.0
-	53.0

HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts
1	Heidi Nicholas	36	Basildon AC	1.40	8
2	Heidi Johnson	42	Chelmsford AC/Springfield	1.10	7
3	Natasha Lagden	43	Southend AC	1.00	6
4					5
5					4
6					3
7					2
8					1

Rec	Rec	Rec	AG %
-	x	x	70.4
-	x	x	59.5
-	x	x	54.6

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

Rec	Rec	AG %
-	x	60.2

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

Rec
-
-
-
-
-

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

Rec
-
-

AG = Age Group (eg M45, W60)

Name	AG	Club	Result
Carey Hollick	W35	Colchester	18.1
Katie King	SW	St Edmunds Pacers	07:35.8
Mandy Godbold	W35	Ipswich Harriers	13.98
Mandy Godbold	W35	Ipswich Harriers	9.64
Tracy Minton	W55	Chelmsford	39.1
Amanda Dodge	W35	Eastern Masters AC	34.1
Sarah Stark	W50	Chelmsford	7.00
June Cork	W70	Southend	5.67
Jenny Scholfield	W50	Chelmsford	3.50

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

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

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

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

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

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

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

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

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

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

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

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