

Insert non scoring results at the bottom									
EMAC Track & Field League				Central Division - Match 3		Teams = 8			
Bedford			Wed	05 July 2023		Overall Match Scores			
O/A	Pos	Men's Teams	Bib	Match 3 Points		Final	Pos		
x	2	Bedford & County AC	1	158	464	1			
x	1	Marshall Milton Keynes AC	5	160	457	2			
x	3	Cambridge & Coleridge AC	3	120	308	3			
x	4	Fairlands Valley Spartans/NHRR	4	83	232	4			
x	6	Wellingborough	7	29	194	5			
x	7	Newmarket Joggers	6	22	113	6			
x	5	Biggleswade AC/Luton AC	2	46	108	7			
x	8	Spare 8	8	0	0	8			
Single numbers (0-8) only		RDA = Race Day Age						Do not insert athlete data in Results section - use "Declarations" tab only	
1003	100m	100m M35-49 [M35+]	RDA	Team (NN.n)		Pts	Wind		
5	1	George Gavriel	41	Marshall Milton Keynes AC	12.0	8			
3	2	Chung Tu	39	Cambridge & Coleridge AC	12.3	7			
1	3	Peter Benedickter	54	Bedford & County AC	13.2	6			
4	4	Anton McCalla	46	Fairlands Valley Spartans/NHRR	13.8	5			
7	5	Richard Rauchenberg	47	Wellingborough	14.2	4			
2	6	Richard Bevan	38	Biggleswade AC/Luton AC	15.4	3			
	7					2			
	8					1			
1005	100m	100m M50-59 [M50+]	RDA	Team (NN.n)		Pts	Wind		
5	1	Paul Canning	57	Marshall Milton Keynes AC	12.3	8			
3	2	Stuart Dunlop	50	Cambridge & Coleridge AC	13.4	7			
1	3	Philip Bowers	55	Bedford & County AC	14.5	6			
7	4	Mark Bonham	55	Wellingborough	17.1	5			
	5					4			
	6					3			
	7					2			
	8					1			
1006	100m	100m M60+	RDA	Team (NN.n)		Pts	Wind		
1	1	Tennyson James	65	Bedford & County AC	13.6	8			
3	2	Ian Slack	62	Cambridge & Coleridge AC	14.8	7			
2	3	David Brown	65	Biggleswade AC/Luton AC	14.9	6			
5	4	Richard Powhall	64	Marshall Milton Keynes AC	16.5	5			
4	5	Nick Kleanthous	61	Fairlands Valley Spartans/NHRR	18.2	4			
	6					3			
	7					2			
	8					1			
4003	400m	400m M35-49 [M35+]	RDA	Team (NN.n)		Pts	Wind		
5	1	Daniel Halapciuc	40	Marshall Milton Keynes AC	51.6	8			
3	2	Chung Tu	39	Cambridge & Coleridge AC	57.5	7			
1	3	Peter Benedickter	54	Bedford & County AC	59.6	6			
4	4	Andrew Patterson	41	Fairlands Valley Spartans/NHRR	59.7	5			
7	5	Richard Rauchenberg	47	Wellingborough	69.4	4			
	6					3			
	7					2			
	8					1			
4005	400m	400m M50-59 [M50+]	RDA	Team (NN.n)		Pts	Wind		
5	1	Paul Canning	57	Marshall Milton Keynes AC	60.5	8			
3	2	Stephen Vandermark	57	Cambridge & Coleridge AC	71.5	7			
7	3	Mark Bonham	55	Wellingborough	75.9	6			
6	4	Wayne Hargreaves	53	Newmarket Joggers	83.0	5			
	5					4			
	6					3			
	7					2			
	8					1			
4006	400m	400m M60+	RDA	Team (NN.n)		Pts	Wind		
1	1	Tennyson James	65	Bedford & County AC	63.8	8			
2	2	David Brown	65	Biggleswade AC/Luton AC	72.3	7			
5	3	Stewart Fraser	64	Marshall Milton Keynes AC	81.7	6			
4	4	Nick Kleanthous	61	Fairlands Valley Spartans/NHRR	85.8	5			
3	5	Jim Stocker	74	Cambridge & Coleridge AC	87.0	4			
	6					3			
	7					2			
	8					1			
15003	1500m	1500m M35-49 [M35+]	RDA	Team (NN:NN.n)		Pts	Wind		
4	1	Andrew Patterson	41	Fairlands Valley Spartans/NHRR	04:21.8	8			
3	2	John Morley	44	Cambridge & Coleridge AC	04:40.5	7			
5	3	Mark Dowson	47	Marshall Milton Keynes AC	04:49.2	6			
2	4	Richard Bevan	38	Biggleswade AC/Luton AC	04:58.9	5			
1	5	James Black	54	Bedford & County AC	05:23.8	4			
	6					3			
	7					2			
	8					1			
15005	1500m	1500m M50-59 [M50+]	RDA	Team (NN:NN.n)		Pts	Wind		
1	1	Simon Coombes	51	Bedford & County AC	04:20.4	8			
5	2	Andrew McDonald	53	Marshall Milton Keynes AC	04:56.6	7			
3	3	Kevin White	55	Cambridge & Coleridge AC	05:25.6	6			
7	4	Mark Bonham	55	Wellingborough	05:29.8	5			
	5					4			
	6					3			
	7					2			
	8					1			
15006	1500m	1500m M60+	RDA	Team (NN:NN.n)		Pts	Wind		
5	1	John Skelton	72	Marshall Milton Keynes AC	05:24.9	8			
1	2	Paul Gooding	61	Bedford & County AC	05:55.8	7			
3	3	Jim Stocker	74	Cambridge & Coleridge AC	06:11.5	6			
4	4	Charles Arnold	67	Fairlands Valley Spartans/NHRR	06:48.6	5			
	5					4			
	6					3			
	7					2			
	8					1			

Highest Track Age Graded % = 90.5			
Athlete	Paul Canning	RDA	57
Club	Marshall Milton Keynes AC		
Event	100m M50-59 [M50+]		
Result	12.3		
Format	Result to suit the result (NN.n, NN.nn or NN:NN)		

Highest Field Age Graded % = 72.6			
Athlete	Paul Canning	RDA	57
Club	Marshall Milton Keynes AC		
Event	Triple Jump M50-59 [m50+]		
Result	10.31		

Records		2023	EA No.
35-49	50-59	AG %	
-	x	x	83.1 3561026
-	x	x	80.0 3181559
x	-	x	82.6 3402370
-	x	x	74.8 3180094
-	x	x	73.2 4086849
-	x	x	63.5 2708001

Rec	Rec	AG %	EA No.
-	x	90.5	2971309
-	x	79.2	2746604
-	x	75.7	3797642
-	x	64.2	3230108

Rec	AG %	EA No.
-	86.5	2775264
-	77.9	3021705
-	79.0	2708007
-	70.8	2690593
-	62.9	3865891

Rec	Rec	Rec	AG %	EA No.
-	x	x	87.7	3904685
-	x	x	78.2	3181559
x	-	x	83.2	3402370
-	x	x	76.3	2724349
-	x	x	68.2	4086849

Rec	Rec	AG %	EA No.
-	x	83.7	2971309
-	x	70.8	3965462
-	x	65.8	3230108
-	x	59.4	3983726

Rec	AG %	EA No.
-	83.8	2775264
-	74.0	2708007
-	65.0	2690421
-	60.6	3865891
-	65.8	3228708

Rec	Rec	Rec	AG %	EA No.
-	x	x	83.1	2724349
-	x	x	79.2	2685908
-	x	x	78.5	2991924
-	x	x	71.3	2708001
x	-	x	74.0	2988487

Rec	Rec	AG %	EA No.
LR	x	89.9	2730567
-	x	80.1	2912556
-	x	74.2	2746951
-	x	73.3	3230108

Rec	AG %	EA No.
-	86.9	2794640
-	71.5	2775233
-	77.6	3228708
-	65.7	3371952

2KWA 2000mW		2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Adam Hills	46	Bedford & County AC	11:24.0	8
3	2	Peter Bennet	59	Cambridge & Coleridge AC	13:23.4	7
5	3	Darren O'Leary	55	Marshall Milton Keynes AC	13:36.8	6
4	4	Steve Mayfield	57	Fairlands Valley Spartans/NHRR	13:57.5	5
6	5	Martin Smith	45	Newmarket Joggers	14:14.1	4
7	6	Mark Bonham	55	Wellingborough	16:33.7	3
7						2
8						1

Rec	Rec	Rec	EA No.
-	x	x	3259465
x	-	x	3552972
x	-	x	3678206
x	-	x	2811721
-	x	x	3868826
x	-	x	3230108

2KWB 2000mW		2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	John Borgars	77	Bedford & County AC	13:27.6	8
5	2	Stewart Fraser	64	Marshall Milton Keynes AC	13:36.2	7
4	3	Michael O'Keefe	59	Fairlands Valley Spartans/NHRR	13:59.2	6
4						5
5						4
6						3
7						2
8						1

Rec	Rec	Rec	EA No.
x	x	-	2694939
x	x	-	2690421
x	-	x	3597337

HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Glen Kerr	48	Bedford & County AC	49.04	8
5	2	Mark Roberson	48	Marshall Milton Keynes AC	42.83	7
2	3	Geoff Grinstead	56	Biggleswade AC/Luton AC	19.07	6
3	4	Alvaro Drake	55	Cambridge & Coleridge AC	15.57	5
6	5	Martin Smith	45	Newmarket Joggers	15.43	4
4	6	Andrew Patterson	41	Fairlands Valley Spartans/NHRR	15.35	3
7						2
8						1

Rec	Rec	Rec	AG %	EA No.
-	x	x	65.9	2775274
-	x	x	57.6	2979459
x	x	x	-	2768770
x	x	x	-	2746322
-	x	x	19.9	3868826
-	x	x	18.8	2724349

HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
1	1	Darren Kerr	53	Bedford & County AC	47.04	8
2	2	David Burrell	59	Biggleswade AC/Luton AC	34.20	7
5	3	Anthony Moffat	53	Marshall Milton Keynes AC	27.37	6
4	4	Steve Mayfield	57	Fairlands Valley Spartans/NHRR	15.83	5
3	5	Stephen Vandermark	57	Cambridge & Coleridge AC	14.61	4
6						3
7						2
8						1

Rec	Rec	AG %	EA No.
-	x	61.9	2669225
-	x	49.7	2684081
-	x	36.0	3947745
-	x	22.2	2811721
-	x	20.5	3965462

HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
4	1	Timothy Saunders-Mullins	70	Fairlands Valley Spartans/NHRR	28.77	8
5	2	Bunt Scott	72	Marshall Milton Keynes AC	26.23	7
1	3	Graeme Packman	68	Bedford & County AC	21.44	6
3	4	Ian Slack	62	Cambridge & Coleridge AC	20.21	5
5						4
6						3
7						2
8						1

Rec	AG %	EA No.
-	-	3558942
-	-	3273763
-	33.8	2774981
-	28.3	3021705

SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Damian Larrington	41	Bedford & County AC	12.09	8
5	2	Mark Roberson	48	Marshall Milton Keynes AC	9.82	7
2	3	Geoff Grinstead	56	Biggleswade AC/Luton AC	8.09	6
6	4	Martin Smith	45	Newmarket Joggers	7.97	5
4	5	Anton McCalla	46	Fairlands Valley Spartans/NHRR	7.39	4
3	6	Alvaro Drake	55	Cambridge & Coleridge AC	6.48	3
7						2
8						1

Rec	Rec	Rec	AG %	EA No.
-	x	x	58.3	2775277
-	x	x	51.9	2979459
x	-	x	-	2768770
-	x	x	40.5	3868826
-	x	x	38.0	3180094
x	-	x	-	2746322

SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
1	1	Darren Kerr	53	Bedford & County AC	9.15	8
5	2	Gwynn Wallace	58	Marshall Milton Keynes AC	8.94	7
2	3	David Burrell	59	Biggleswade AC/Luton AC	8.88	6
3	4	Keith Clarke	56	Cambridge & Coleridge AC	8.45	5
6	5	Wayne Hargreaves	53	Newmarket Joggers	7.63	4
4	6	Michael O'Keefe	59	Fairlands Valley Spartans/NHRR	6.29	3
7	7	Mark Bonham	55	Wellingborough	3.85	2
8						1

Rec	Rec	AG %	EA No.
-	x	47.2	2669225
-	x	49.7	2798456
-	x	50.2	2684081
-	x	45.6	3090049
-	x	39.4	3983726
-	x	35.6	3597337
-	x	20.5	3230108

SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
1	1	Graeme Packman	68	Bedford & County AC	8.60	8
3	2	Ian Slack	62	Cambridge & Coleridge AC	8.40	7
5	3	Bunt Scott	72	Marshall Milton Keynes AC	8.07	6
4	4	Nick Kleanthous	61	Fairlands Valley Spartans/NHRR	6.73	5
5						4
6						3
7						2
8						1

Rec	AG %	EA No.
-	51.7	2774981
-	45.5	3021705
-	-	3273763
-	35.9	3865891

TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind
1	1	Philip Bowers	55	Bedford & County AC	9.96	8	
4	2	Anton McCalla	46	Fairlands Valley Spartans/NHRR	9.07	7	
3	3	Ian Slack	62	Cambridge & Coleridge AC	8.50	6	
5	4	John Watkinson	46	Marshall Milton Keynes AC	8.13	5	
5						4	
6						3	
7						2	
8						1	

Rec	Rec	Rec	AG %	EA No.
x	-	x	68.4	3797642
-	x	x	55.9	3180094
x	x	-	64.0	3021705
-	x	x	50.1	4058934

TJ5	TJ	Triple Jump M50-59 [m50+]	RDA	Team	(N.nn)	Pts	Wind
5	1	Paul Canning	57	Marshall Milton Keynes AC	10.31	8	
3	2	Keith Clarke	56	Cambridge & Coleridge AC	9.17	7	
1	3	David Folgate	72	Bedford & County AC	8.14	6	
4	4	Nick Kleanthous	61	Fairlands Valley Spartans/NHRR	6.19	5	
5						4	
6						3	
7						2	
8						1	

Rec	Rec	AG %	EA No.
-	x	72.6	2971309
-	x	63.7	3090049
x	-	71.3	2667011
x	-	46.0	3865891

PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Robert Kingman	50	Bedford & County AC	3.70	8
5	2	George Gavriel	41	Marshall Milton Keynes AC	2.50	7
3						6
4						5
5						4
6						3
7						2
8						1

Rec	Rec	Rec	AG %	EA No.
x	LR	x	71.9	2702171
-	x	x	43.6	3561026

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Simon Eastwood	58	Bedford & County AC	2.80	8
5	2	Conrad Salthouse	55	Marshall Milton Keynes AC	1.90	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
R4x2-3:	MedR	Relay 4x2 M35-49 [M35+]		Team	(N:NN.n)	Pts
5	1	George Gavriel, John Watkinson, Mark Dowson,		Marshall Milton Keynes AC	01:43.3	8
3	2	Chung Tu, John Morley, Stuart Dunlop, Stephen		Cambridge & Coleridge AC	01:53.6	7
1	3	Philip Bowers, Simon Coombes, Peter Webster**,		Bedford & County AC	02:07.0	6
	4					5
	5					4
	6					3
	7					2
	8					1
R4x2-5:	MedR	Relay 4x2 M50+		Team	(N:NN.n)	Pts
5	1	Conrad Salthouse, Andrew McDonald, Darren		Marshall Milton Keynes AC	01:48.8	8
1	2	Peter Benedickter, Stephen Bass, Tennyson James,		Bedford & County AC	01:58.3	7
3	3	Keith Clarke, Ian Slack, Peter Bennet, Kevin White		Cambridge & Coleridge AC	02:24.9	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %	EA No.
-	x	60.5	2774976
-	x	39.4	3979201

Rec
LR=
-
-

Rec
LR
-
-

Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib No.	Event	Name	AG	1st Claim Club	Result
59	100m	David Maris	M40	Marshall Milton Keynes	13.0
88	100m	John Watkinson	M45	Marshall Milton Keynes	13.0
85	100m	Keith Clarke	M50	Cambridge & Coleridge	14.6
84	1500m	Peter Bennet	M55	Cambridge & Coleridge	6:06.2
87	PV	Richard Phelan	M60	Bedford & County	2.50
79	PV	Donncha Blake	MU17	Biggleswade AC	3.50
60	HT	Damien Larrington	M35	Bedford & County	34.90
81	HT	Gwynn Wallace	M55	Marshall Milton Keynes	24.43
89	HT	Jim Lawrence	M65	Marshall Milton Keynes	19.20
61	1500m	Alasdair Gibson	M70	Marshall Milton Keynes	5:50.0
100	100m	Christopher Westcott	M50	Stevenage & N Herts	14.0
100	400m	Christopher Westcott	M50	Stevenage & N Herts	61.3
100	1500m	Christopher Westcott	M50	Stevenage & N Herts	4:40.0
101	4x2R	Andrew Patterson, Anton McCalla, Christopher Westcott**, Nick Kleanthous	M35+	Fairlands Valley Spartans/NHRR	2:02.6
102	400m	Peter Webster	M55	Bedford & County	71.0
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	

Format Results to suit event

Insert non scoring results at the bottom						
EMAC Track & Field League			Central Division - Match 3		Teams = 8	
Bedford			05 July 2023		Overall Match Scores	
O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
x	3	Fairlands Valley Spartans/NHRR	D	106	393	1
x	1	Cambridge & Coleridge AC	C	141	364	2
x	2	Marshall Milton Keynes AC	E	110	311	3
x	4	Wellingborough	G	59	157	4
x	5	Bedford & County AC	A	46	106	5
x	6	Biggleswade AC/Luton AC	B	44	99	6
x	6	Newmarket Joggers	F	44	79	7
x	8	Spare 8	H	0	0	8
Single letters (A-H, x) only			<i>RDA = Race Day Age</i>			
Do not insert athlete data in Results section - use "Declarations" tab only						
1003	100m	100m W35-49 [W35+]	RDA	Team	(NN.n)	Pts Wind
C	1	Anne Moindrot	40	Cambridge & Coleridge AC	14.7	8
E	2	Stephanie Johnston	49	Marshall Milton Keynes AC	15.2	7
G	3	Bryna Holmes	40	Wellingborough	15.7	6
B	4	Cat Hase	41	Biggleswade AC/Luton AC	16.1	5
D	5	Christine Lathwell	46	Fairlands Valley Spartans/NHRR	16.9	4
	6					3
	7					2
	8					1
1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.n)	Pts Wind
A	1	Salena Blackman	53	Bedford & County AC	16.5	8
C	2	Stefanie Godfrey	58	Cambridge & Coleridge AC	17.4	7
D	3	Sharon Crowley	64	Fairlands Valley Spartans/NHRR	22.1	6
E	4	Diane Presswell	58	Marshall Milton Keynes AC	23.2	5
	5					4
	6					3
	7					2
	8					1
1006	100m	100m W60+	RDA	Team	(NN.n)	Pts Wind
A	1	Edith Caux	66	Bedford & County AC	15.9	8
D	2	Joylyn Saunders-Mullins	70	Fairlands Valley Spartans/NHRR	16.4	7
E	3	Debra Brent	60	Marshall Milton Keynes AC	19.5	6
C	4	Pamela Abbott	60	Cambridge & Coleridge AC	20.4	5
G	5	Julia Cooke-Simmons	68	Wellingborough	22.4	4
	6					3
	7					2
	8					1
4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.n)	Pts Wind
A	1	Amy Frith	37	Bedford & County AC	68.4	8
C	2	Stacy McGivern	46	Cambridge & Coleridge AC	68.8	7
D	3	Paula Dunne	36	Fairlands Valley Spartans/NHRR	74.3	6
E	4	Michelle Milne	44	Marshall Milton Keynes AC	80.7	5
G	5	Jessica Wynn-Werninck	39	Wellingborough	86.6	4
F	6	Angela Drury	43	Newmarket Joggers	97.6	3
	7					2
	8					1
4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.n)	Pts Wind
C	1	Stefanie Godfrey	58	Cambridge & Coleridge AC	81.4	8
D	2	Andrea Westcott	52	Fairlands Valley Spartans/NHRR	99.7	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
4006	400m	400m W60+	RDA	Team	(NN.n)	Pts Wind
A	1	Edith Caux	66	Bedford & County AC	77.1	8
F	2	Elke Hausler	60	Newmarket Joggers	77.5	7
D	3	Joylyn Saunders-Mullins	70	Fairlands Valley Spartans/NHRR	85.3	6
E	4	Debra Brent	60	Marshall Milton Keynes AC	88.4	5
C	5	Joan Lasenby	63	Cambridge & Coleridge AC	92.8	4
G	6	Sally Hewitt	69	Wellingborough	123.0	3
	7					2
	8					1
15003	1500m	1500m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts Wind
E	1	Abby Roskilly	35	Marshall Milton Keynes AC	04:55.0	8
D	2	Ashley Johnson	43	Fairlands Valley Spartans/NHRR	05:26.3	7
C	3	Helen Barry	45	Cambridge & Coleridge AC	05:41.5	6
G	4	Bryna Holmes	40	Wellingborough	06:01.1	5
F	5	Angela Drury	43	Newmarket Joggers	07:10.8	4
	6					3
	7					2
	8					1
15005	1500m	1500m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts Wind
C	1	Stefanie Godfrey	58	Cambridge & Coleridge AC	06:14.6	8
F	2	Suzanne Bailey	59	Newmarket Joggers	07:25.7	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
15006	1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts Wind
F	1	Elke Hausler	60	Newmarket Joggers	05:44.2	8
E	2	Debra Brent	60	Marshall Milton Keynes AC	06:24.1	7
C	3	Joan Lasenby	63	Cambridge & Coleridge AC	07:06.9	6
B	4	Lorraine Daglish	66	Biggleswade AC/Luton AC	07:07.3	5
D	5	Sharon Crowley	64	Fairlands Valley Spartans/NHRR	07:55.9	4
	6					3
	7					2
	8					1

Highest Track Age Graded % =		84.1
Athlete	Elke Hausler	RDA 60
Club	Newmarket Joggers	
Event	1500m W60+	
Result	05:44.20	
Format to suit the result (NN.n, NN.nn or NN:NN.n)		

Highest Field Age Graded % =		67.1
Athlete	Anne Moindrot	RDA 40
Club	Cambridge & Coleridge AC	
Event	Triple Jump W35-49 [W35+]	
Result	9.87	

Records	2023			EA No.
	35-49	50-59	60+	
-	x	x	72.7	2828378
-	x	x	75.4	3401086
-	x	x	68.1	2911606
-	x	x	66.9	4102372
-	x	x	66.3	2768712

Rec	Rec	AG %	EA No.
-	x	71.7	2982204
-	x	70.8	3251013
x	-	58.6	2665073
-	x	53.1	2982988

Rec	AG %	EA No.
-	82.8	3235142
-	83.0	2729447
-	64.2	3446073
-	61.4	3191121
-	59.7	2698624

Rec	Rec	Rec	AG %	EA No.
-	x	x	72.1	2678481
-	x	x	76.8	2746471
-	x	x	65.9	4002842
-	x	x	64.4	3362980
-	x	x	57.8	3072353
-	x	x	52.8	3107458

Rec	Rec	AG %	EA No.
-	x	72.3	3251013
-	x	55.8	2994183

Rec	AG %	EA No.
-	83.1	3235142
-	77.5	3478624
-	78.8	2729447
-	68.0	3446073
-	66.8	2746434
-	54.0	2698656

Rec	Rec	Rec	AG %	EA No.
-	x	x	79.5	3795519
-	x	x	76.5	3994841
-	x	x	74.3	4090607
-	x	x	67.5	2911606
-	x	x	57.9	3107458

Rec	Rec	AG %	EA No.
-	x	75.8	3251013
-	x	64.3	3872682

Rec	AG %	EA No.
LR	84.1	3478624
-	75.3	3446073
-	69.8	2746434
-	71.8	2768711
-	63.2	2665073

PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
X	1	No Competitor	0	No Team		8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
R4x2-3:	MedR	Relay 4x2 W35-49 [W35+]		Team	(N:NN.n)	Pts
C	1	Helen Barry, Anne Moindrot, Lowri Chatfield,		Cambridge & Coleridge AC	02:06.9	8
E	2	Michelle Milne, Bryony Gibbens, Stephanie		Marshall Milton Keynes AC	02:09.6	7
D	3	Christine Lathwell, Ashley Johnson, Joylyn		Fairlands Valley Spartans/NHRR	02:13.2	6
G	4	Jessica Wynn-Werninck, Kirsty Hewitt, Julia		Wellingborough	02:46.2	5
	5					4
	6					3
	7					2
	8					1
R4x2-5:	MedR	Relay 4x2 W50+		Team	(N:NN.n)	Pts
C	1	Pamela Abbott, Rachel Roberts, Stefanie		Cambridge & Coleridge AC	02:51.8	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %	EA No.
			x

Rec

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Rec

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Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib No.	Event	Name	AG	1st Claim Club	Result
90	SP	Lowri Chatfield	W45	Cambridge & Coleridge	7.81
82	SP	Rachel Roberts	W50	Cambridge & Coleridge	6.84
		-	-	-	
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Format Results to suit event

