

Insert non scoring results at the bottom										
EMAC Track & Field League					Central Division - Match 2			Teams = 8		
Cambridge				Wed	07 June 2023			Overall Match Scores		
O/A	Pos	Men's Teams		Bib	Match 2 Points		Final	Pos		
x	2	Bedford & County AC		1	143		306	1		
x	1	Marshall Milton Keynes AC		5	164		297	2		
x	3	Cambridge & Coleridge AC		3	121		188	3		
x	5	Wellingborough		7	58		165	4		
x	4	Fairlands Valley Spartans/NHRR		4	83		149	5		
x	6	Newmarket Joggers		6	53		91	6		
x	7	Biggleswade AC/Luton AC		2	22		62	7		
x	8	Spare 8		8	0		0	8		
<b>Single numbers (0-8) only</b>				RDA = Race Day Age Do not insert athlete data in Results section - use "Declarations" tab only						
2003	200m	200m M35-49 - [M35+]		RDA	Team			Pts	Wind	
5	1	George Gavriel		41	Marshall Milton Keynes AC		25.2	8		
3	2	Chung Tu		39	Cambridge & Coleridge AC		26.0	7		
6	3	Joey Bendall		38	Newmarket Joggers		28.1	6		
7	4	Richard Rauchenberg		47	Wellingborough		29.6	5		
4	5	Anton McCalla		46	Fairlands Valley Spartans/NHRR		29.8	4		
2	6	Richard Bevan		38	Biggleswade AC/Luton AC		31.9	3		
	7							2		
	8							1		
2005	200m	200m M50-59 [M50+]		RDA	Team			(NN.n)	Pts	Wind
5	1	Paul Canning		57	Marshall Milton Keynes AC		25.2	8		
7	2	Martin Arissol		52	Wellingborough		29.2	7		
1	3	Peter Benedickter		54	Bedford & County AC		29.7	6		
3	4	Keith Clarke		55	Cambridge & Coleridge AC		30.8	5		
	5							4		
	6							3		
	7							2		
	8							1		
2006	200m	200m M60+		RDA	Team			(NN.n)	Pts	Wind
1	1	Tennyson James		65	Bedford & County AC		28.0	8		
5	2	John Browne		69	Marshall Milton Keynes AC		29.9	7		
2	3	David Brown		65	Biggleswade AC/Luton AC		33.9	6		
6	4	Ian Butcher		65	Newmarket Joggers		35.8	5		
4	5	Nick Kleanthous		61	Fairlands Valley Spartans/NHRR		38.3	4		
	6							3		
	7							2		
	8							1		
8003	800m	800m M35-49 [M35+]		RDA	Team			(NN:NN.n)	Pts	Wind
4	1	Andrew Patterson		41	Fairlands Valley Spartans/NHRR		02:11.7	8		
3	2	John Morley		44	Cambridge & Coleridge AC		02:16.0	7		
5	3	Matthew Clarke		46	Marshall Milton Keynes AC		02:16.6	6		
1	4	Charlie Palmer		44	Bedford & County AC		02:26.3	5		
6	5	Shane Mcandrew		36	Newmarket Joggers		02:32.1	4		
7	6	Jon Kemp		52	Wellingborough		02:42.9	3		
	7							2		
	8							1		
8005	800m	800m M50-59 [M50+]		RDA	Team			(NN:NN.n)	Pts	Wind
1	1	Simon Coombes		50	Bedford & County AC		02:13.6	8		
5	2	Steve Withers		50	Marshall Milton Keynes AC		02:24.6	7		
6	3	Paul Holley		57	Newmarket Joggers		02:36.0	6		
7	4	Mark Bonham		55	Wellingborough		02:52.8	5		
3	5	Peter Bennet		59	Cambridge & Coleridge AC		03:01.0	4		
	6							3		
	7							2		
	8							1		
8006	800m	800m M60+		RDA	Team			(NN:NN.n)	Pts	Wind
5	1	John Skelton		72	Marshall Milton Keynes AC		02:44.9	8		
1	2	Paul Gooding		61	Bedford & County AC		02:59.7	7		
3	3	Martin Kilduff		73	Cambridge & Coleridge AC		03:04.9	6		
4	4	Charles Arnold		67	Fairlands Valley Spartans/NHRR		03:10.7	5		
6	5	Ian Butcher		65	Newmarket Joggers		03:12.5	4		
7	6	Lee Mooney		66	Wellingborough		04:03.8	3		
	7							2		
	8							1		
1K5WA	1500mW	1K5m Walk 'A' [M35+]		RDA	Team			(NN:NN.n)	Pts	Wind
1	1	Adam Hills		46	Bedford & County AC		08:10.6	8		
7	2	Jon Kemp		52	Wellingborough		09:34.7	7		
3	3	Peter Bennet		59	Cambridge & Coleridge AC		09:46.9	6		
5	4	Richard Pownall		63	Marshall Milton Keynes AC		10:13.4	5		
4	5	Michael O'Keefe		58	Fairlands Valley Spartans/NHRR		10:28.3	4		
6	6	Adam Maltpress		44	Newmarket Joggers		11:07.4	3		
	7							2		
	8							1		
1K5WB	1500mW	1K5m Walk 'B' [M35+]		RDA	Team			(NN:NN.n)	Pts	Wind
1	1	John Borgars		77	Bedford & County AC		09:56.9	8		
3	2	Peter Thompson		64	Cambridge & Coleridge AC		10:27.3	7		
4	3	Nick Kleanthous		61	Fairlands Valley Spartans/NHRR		12:03.1	6		
7	4	Lee Mooney		66	Wellingborough		12:42.4	5		
5	5	John Skelton		72	Marshall Milton Keynes AC		12:42.4	4		
	6							3		
	7							2		
	8							1		

Highest Track Age Graded % =	89.8	
Athlete	Paul Canning	RDA
Club	Marshall Milton Keynes AC	
Event	200m M50-59 [M50+]	
Result	25.2	
Format Result to suit the result (NN.n, NN.nn or N)		

Highest Field Age Graded % =	74.5	
Athlete	Stephen Vanderm	RDA
Club	Cambridge & Coleridge AC	
Event	High Jump M50-59 [M50+]	
Result	1.45	

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	80.8	3561026
-	x	x	77.3	3181559
-	x	x	71.1	4012290
-	x	x	71.6	4086849
-	x	x	70.6	3180094
-	x	x	62.6	2708001

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	89.8	2971309
-	x	x	75.0	3993241
-	x	x	74.7	3402370
-	x	x	72.5	3090049

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	85.3	2775264
-	x	x	82.1	3019098
-	x	x	70.5	2708007
-	x	x	66.7	3859948
-	x	x	60.7	?

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	80.6	2724349
-	x	x	80.0	2685908
-	x	x	80.9	2780324
-	x	x	74.3	2958965
-	x	x	67.1	4050893
x	-	x	71.2	2676468

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
LR	x	x	85.4	2730567
-	x	x	78.9	3738404
-	x	x	77.5	2821411
-	x	x	68.8	3230108
-	x	x	67.9	3552972

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	83.1	2794640
-	x	x	69.5	2775233
-	x	x	74.8	4072548
-	x	x	68.9	3371952
-	x	x	67.1	3859948
-	x	x	53.4	3348417

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
-	x	x	x	3259465
x	-	x	x	2676468
x	-	x	x	3552972
x	x	-	x	2690593
x	-	x	x	3597337
-	x	x	x	3058366

Records	2023			EA No.
Rec	Rec	Rec	AG %	EA No.
x	x	-	x	2694939
x	x	-	x	3545544
x	x	-	x	?
x	x	-	x	3348417
x	x	-	x	2794640

110H3	SH	110mH M35-49 (99.1cm) [M35+]	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
5	1	George Gavriel	41	Marshall Milton Keynes AC		25.4	8	-	x	x	52.8	3561026
	2						7					
	3						6					
	4						5					
	5						4					
	6						3					
	7						2					
	8						1					
100H5	SH	100mH M50-59 (91.4cm) [M50+]	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	EA No.	
3	1	Stephen Vandermark	57	Cambridge & Coleridge AC		21.4	8	-	x	66.1	3965462	
5	2	Darren O'Leary	54	Marshall Milton Keynes AC		31.1	7	-	x	44.2	3678206	
	3						6					
	4						5					
	5						4					
	6						3					
	7						2					
	8						1					
100H6	SH	100mH M60+ (84cm)	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %	EA No.		
2	1	Des Wilkinson	60	Biggleswade AC/Luton AC		16.8	8	LR=	-	3411038		
1	2	Tennynson James	65	Bedford & County AC		17.4	7	-	-	2775264		
5	3	Brian Slaughter	65	Marshall Milton Keynes AC		21.4	6	-	-	2779177		
	4						5					
	5						4					
	6						3					
	7						2					
	8						1					
JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	EA No.	
1	1	Roy Chambers	37	Bedford & County AC		47.30	8	-	x	x	51.6	2667991
6	2	James Smith	43	Newmarket Joggers		14.58	7	-	x	x	17.4	2912451
5	3	Jim Lawrence	66	Marshall Milton Keynes AC		9.75	6	x	x	-	2690506	
4	4	Andrew Patterson	41	Fairlands Valley Spartans/NHRR		5.22	5	-	x	x	6.0	2724349
	5						4					
	6						3					
	7						2					
	8						1					
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	EA No.		
5	1	Anthony Moffat	53	Marshall Milton Keynes AC		34.44	8	-	x	45.3	3947745	
1	2	Darren Kerr	53	Bedford & County AC		26.25	7	-	x	34.5	2669225	
7	3	Martin Arissol	52	Wellingborough		23.07	6	-	x	29.8	3993241	
3	4	Stephen Vandermark	57	Cambridge & Coleridge AC		21.73	5	-	x	30.7	3965462	
6	5	Paul Holley	57	Newmarket Joggers		17.29	4	-	x	24.5	2821411	
4	6	Michael O'Keefe	58	Fairlands Valley Spartans/NHRR		14.22	3	-	x	20.5	3597337	
	7						2					
	8						1					
JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts	Rec	AG %	EA No.			
5	1	Brian Slaughter	65	Marshall Milton Keynes AC		34.50	8	-	53.2	2779177		
3	2	Ian Slack	62	Cambridge & Coleridge AC		26.86	7	-	38.8	3021705		
1	3	Richard Phelan	61	Bedford & County AC		19.05	6	-	27.0	2871564		
4	4	Charles Arnold	67	Fairlands Valley Spartans/NHRR		15.64	5	-	25.2	3371952		
	5						4					
	6						3					
	7						2					
	8						1					
DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts	Rec	Rec	Rec	AG %	EA No.	
1	1	Roy Chambers	37	Bedford & County AC		26.92	8	-	x	x	36.3	2667991
5	2	George Gavriel	41	Marshall Milton Keynes AC		23.97	7	-	x	x	33.4	3561026
3	3	Keith Clarke	55	Cambridge & Coleridge AC		18.41	6	x	-	x	-	3090049
4	4	Anton McCalla	46	Fairlands Valley Spartans/NHRR		17.22	5	-	x	x	25.6	3180094
5	5	George Gavriel	41	Marshall Milton Keynes AC		16.20	4	-	x	x	22.6	3561026
6	6	James Smith	43	Newmarket Joggers		11.07	3	-	x	x	15.8	2912451
	7						2					
	8						1					
DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts	Rec	Rec	AG %	EA No.		
3	1	Ali Bajwa	51	Cambridge & Coleridge AC		35.8	8	-	x	49.4	2952884	
1	2	Darren Kerr	53	Bedford & County AC		31.15	7	-	x	44.3	2669225	
5	3	Anthony Moffat	53	Marshall Milton Keynes AC		27.23	6	-	x	38.7	3947745	
4	4	Michael O'Keefe	58	Fairlands Valley Spartans/NHRR		18.81	5	-	x	29.0	3597337	
7	5	Mark Bonham	55	Wellingborough		10.33	4	-	x	15.2	3230108	
	6						3					
	7						2					
	8						1					
DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	Rec	AG %	EA No.			
3	1	Ian Slack	62	Cambridge & Coleridge AC		32.57	8	-	44.0	3021705		
5	2	Bunt Scott	72	Marshall Milton Keynes AC		30.87	7	-	51.2	3273763		
1	3	Graeme Packman	68	Bedford & County AC		30.84	6	-	46.8	2774981		
2	4	Dave Faulkner	70	Biggleswade AC/Luton AC		26.47	5	-	42.0	3020243		
4	5	Nick Kleanthous	61	Fairlands Valley Spartans/NHRR		14.51	4	-	19.2	?		
7	6	Lee Mooney	66	Wellingborough		11.85	3	-	17.3	3348417		
	7						2					
	8						1					
LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	1	Roy Chambers	37	Bedford & County AC		5.47	8	-	x	x	64.9	2667991
4	2	Anton McCalla	46	Fairlands Valley Spartans/NHRR		4.45	7	-	x	x	58.4	3180094
3	3	Ian Slack	62	Cambridge & Coleridge AC		4.23	6	x	x	-	67.2	3021705
6	4	Shane Mcandrew	36	Newmarket Joggers		3.62	5	-	x	x	42.5	4050893
5	5	George Gavriel	41	Marshall Milton Keynes AC		3.44	4	-	x	x	42.6	3561026
	6						3					
	7						2					
	8						1					

LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind
1	1	Philip Bowers	55	Bedford & County AC	5.00	8	
3	2	Keith Clarke	55	Cambridge & Coleridge AC	4.14	7	
5	3	Darren O'Leary	54	Marshall Milton Keynes AC	3.94	6	
7	4	Mark Bonham	55	Wellingborough	2.22	5	
4	5	Michael O'Keefe	58	Fairlands Valley Spartans/NHRR	1.88	4	
	6					3	
	7					2	
	8					1	

  

HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
5	1	George Gavriel	41	Marshall Milton Keynes AC	1.45	8
1	2	Roy Chambers	37	Bedford & County AC	1.45	7
6	3	Shane Mcandrew	36	Newmarket Joggers	1.10	6
4	4	Andrew Patterson	41	Fairlands Valley Spartans/NHRR	1.00	5
	5					4
	6					3
	7					2
	8					1

  

HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts
3	1	Stephen Vandermark	57	Cambridge & Coleridge AC	1.45	8
1	2	Philip Bowers	55	Bedford & County AC	1.40	7
5	3	Darren O'Leary	54	Marshall Milton Keynes AC	1.30	6
	4					5
	5					4
	6					3
	7					2
	8					1

  

HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
3	1	Ian Slack	62	Cambridge & Coleridge AC	1.30	8
1	2	Richard Phelan	61	Bedford & County AC	1.30	7
5	3	Brian Slaughter	65	Marshall Milton Keynes AC	1.30	6
4	4	Charles Arnold	67	Fairlands Valley Spartans/NHRR	1.00	5
	5					4
	6					3
	7					2
	8					1

  

R4x4-35	MedR	Relay 4x4 M35-49 [M35+]	Team	(N:NN.n)	Pts
3	1	Chung Tu, John Morley, Richard Park, Rick	Cambridge & Coleridge AC	04:04.2	8
1	2	Adam Hills, Roy Chambers, Charlie Palmer,	Bedford & County AC	04:14.3	7
5	3	Matthew Clarke, Adam Stone, Anthony	Marshall Milton Keynes AC	04:25.3	6
7	4	Richard Rauchenberg, Martin Arissol, Mark	Wellingborough	04:41.7	5
4	5	Charles Arnold, Michael O'Keefe, Anton	Fairlands Valley Spartans/NHRR	05:19.8	4
	6				3
	7				2
	8				1

  

R4x4-50	MedR	Relay 4x4 M50+	Team	(N:NN.n)	Pts
5	1	Darren O'Leary, Conrad Salthouse, Brian	Marshall Milton Keynes AC	04:25.7	8
	2				7
	3				6
	4				5
	5				4
	6				3
	7				2
	8				1

Rec	Rec	AG %	EA No.
-	x	72.9	3797642
-	x	60.4	3090049
-	x	56.8	3678206
-	x	32.4	3230108
-	x	28.4	3597337

Rec	Rec	Rec	AG %	EA No.
-	x	x	63.5	3561026
-	x	x	61.1	2667991
-	x	x	45.9	4050893
-	x	x	43.8	2724349

Rec	Rec	AG %	EA No.
-	x	74.5	3965462
-	x	70.5	3797642
-	x	64.8	3678206

Rec	AG %	EA No.
-	70.3	3021705
-	69.6	2871564
-	72.6	2779177
-	57.1	3371952

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)**

Event	Name	AG	1st Claim Club	Result
JT	Bundt Scott	M60	Milton Keynes	25.55
800m	Richard Park	M35	Cambridge and Coleridge	02.14.7
800m	Adam Stone	M35	Milton Keynes	02.25.9
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
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Format Results to suit event