

Insert non scoring results at the bottom						
EMAC Track & Field League			Central Division - Match 4		Teams =	8
Sandy		Wed	02 August 2023		Overall Match Scores	
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	1	Fairlands Valley Spartans/NHRR	D	133	526	1
x	3	Cambridge & Coleridge AC	C	106	470	2
x	2	Marshall Milton Keynes AC	E	122	433	3
x	7	Wellingborough	G	19	176	4
x	6	Bedford & County AC	A	21	127	6
x	4	Biggleswade AC/Luton AC	B	51	150	5
x	5	Newmarket Joggers	F	35	114	7
x	8	Spare 8	H	0	0	8

Highest Track Age Graded % =				84.4
Athlete	Yuko Gordon	RDA		72
Club	Fairlands Valley Spartans/NHRR			
Event	1Mile W60+			
Result	07:00.60			
Format to suit the result (NN.n, NN.nn or NN:NN.n)				

Highest Field Age Graded % =				71.2
Athlete	Stacy McGivern	RDA		46
Club	Cambridge & Coleridge AC			
Event	Long Jump W35-49 [W35+]			
Result	4.59			

Single letters (A-H, x) only RDA = Race Day Age  
 Do not insert athlete data in Results section - use "Declarations" tab only

2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts	Wind
c	1	Anne Moindrot	40	Cambridge & Coleridge AC	30.2	8	
a	2	Amy Frith	38	Bedford & County AC	31.0	7	
e	3	Michelle Milne	44	Marshall Milton Keynes AC	34.5	6	
b	4	Cat Hase	41	Biggleswade AC/Luton AC	34.6	5	
f	5	Ellie Bithell	46	Newmarket Joggers	36.5	4	
d	6	Christine Lathwell	47	Fairlands Valley Spartans/NHRR	51.6	3	
	7					2	
	8					1	

Records			2023	EA No
W35-49	W50-59	W60+	AG %	EA No
-	x	x	72.2	2828378
-	x	x	69.3	2678481
-	x	x	65.2	3362980
-	x	x	63.5	4102372
-	x	x	62.6	3667747
-	x	x	44.7	2768712

2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
d	1	Monica Brown	58	Fairlands Valley Spartans/NHRR	35.1	8	
e	2	Debra Brent	60	Marshall Milton Keynes AC	39.5	7	
c	3	Rachel Roberts	52	Cambridge & Coleridge AC	40.9	6	
	4					5	
	5					4	
	6					3	
	7					2	
	8					1	

W50-59	W60+	AG %	EA No
-	x	71.9	2724317
x	-	65.0	3446073
-	x	58.7	2658159

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
f	1	Elke Hausler	60	Newmarket Joggers	35.7	8	
e	2	Diane Farmer	64	Marshall Milton Keynes AC	41.0	7	
d	3	Sharon Crowley	64	Fairlands Valley Spartans/NHRR	43.4	6	
g	4	Julia Cooke-Simmons	68	Wellingborough	50.6	5	
	5					4	
	6					3	
	7					2	
c	8	Jacqueline Hayward	61	Cambridge & Coleridge AC		NS	

W60+	AG %	EA No
-	71.9	3478624
-	64.9	2690410
-	61.3	2665073
-	54.5	2698624
		3963542

1Mile3	1Mile	1Mile W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
e	1	Abby Roskilly	35	Marshall Milton Keynes AC	05:09.8	8
d	2	Christine Lathwell	47	Fairlands Valley Spartans/NHRR	05:59.6	7
c	3	Helen Barry	45	Cambridge & Coleridge AC	06:10.0	6
	4					5
	5					4
	6					3
	7					2
	8					1

W35-49	W50-59	W60+	AG %	EA No
LR	x	x	83.5	3795519
-	x	x	78.4	2768712
-	x	x	75.1	4090607

1Mile5	1Mile	1Mile W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
e	1	Diane Farmer	64	Marshall Milton Keynes AC	08:04.2	8
f	2	Suzanne Bailey	59	Newmarket Joggers	08:05.0	7
d	3	Andrea Westcott	52	Fairlands Valley Spartans/NHRR	08:47.5	6
	4					5
	5					4
	6					3
	7					2
	8					1

W50-59	W60+	AG %	EA No
x	-	67.5	2690410
-	x	64.3	3872682
-	x	55.7	2994183

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
f	1	Elke Hausler	60	Newmarket Joggers	06:14.4	8
e	2	Debra Brent	60	Marshall Milton Keynes AC	06:54.8	7
d	3	Yuko Gordon	72	Fairlands Valley Spartans/NHRR	07:00.6	6
b	4	Lorraine Daghish	66	Biggleswade AC/Luton AC	07:40.5	5
	5					4
	6					3
	7					2
c	8	Jacqueline Hayward	61	Cambridge & Coleridge AC		NS

W60+	AG %	EA No
LR	84.1	3478624
-	75.9	3446073
-	84.4	2675680
-	72.4	2768711
		3963542

400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.n)	Pts
d	1	Nikki Wilby	39	Fairlands Valley Spartans/NHRR	96.6	8
e	2	Bryony Gibbens	35	Marshall Milton Keynes AC	98.9	7
c	3	Lowri Chatfield	45	Cambridge & Coleridge AC	104.8	6
	4					5
	5					4
	6					3
	7					2
	8					1

W35-49	W50-59	W60+	AG %	EA No
-	x	x	55.3	2665919
-	x	x	12.3	2690430
-	x	x	-	4062016

300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.n)	Pts
d	1	Andrea Westcott	52	Fairlands Valley Spartans/NHRR	91.5	8
c	2	Rachel Roberts	52	Cambridge & Coleridge AC	97.7	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

W50-59	W60+	AG %	EA No
-	x	48.4	2994183
-	x	45.3	2658159

300H6	LH	300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts
d	1	Sharon Crowley	64	Fairlands Valley Spartans/NHRR	143.0	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

W60+	AG %	EA No
-	34.3	2665073

JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
e	1	Emma Beardmore	35	Marshall Milton Keynes AC	24.00	8
b	2	Dawn Williams	46	Biggleswade AC/Luton AC	23.19	7
a	3	Jemma Eastwood	44	Bedford & County AC	18.74	6
c	4	Rebecca Imhagwe	49	Cambridge & Coleridge AC	15.89	5
d	5	Marian Morley	57	Fairlands Valley Spartans/NHRR	15.62	4
f	6	Ellie Bithell	46	Newmarket Joggers	9.94	3
g	7	Kirsty Hewitt	42	Wellingborough	5.00	2
	8					1

W35-49	W50-59	W60+	AG %	EA No
-	x	x	34.0	2690317
-	x	x	40.9	3872414
-	x	x	31.7	2658322
-	x	x	29.8	4095921
x	-	x	-	3909469
-	x	x	17.5	3667747
-	x	x	8.1	2681284

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
c	1	Sarah McGrath	50	Cambridge & Coleridge AC	21.58	8
e	2	Diane Presswell	58	Marshall Milton Keynes AC	14.94	7
d	3	Monica Brown	58	Fairlands Valley Spartans/NHRR	13.58	6
f	4	Suzanne Bailey	59	Newmarket Joggers	8.32	5
	5					4
	6					3
	7					2
	8					1

W50-59	W60+	AG %	EA No
-	x	37.8	3671649
-	x	31.1	2982988
-	x	28.3	2724317
-	x	17.7	3872682

JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
b	1	Sandra Ingham	65	Biggleswade AC/Luton AC	21.86	8
c	2	Pamela Abbott	60	Cambridge & Coleridge AC	12.25	7
e	3	Diane Farmer	64	Marshall Milton Keynes AC	9.22	6
d	4	Yuko Gordon	72	Fairlands Valley Spartans/NHRR	8.74	5
g	5	Sally Hewitt	69	Wellingborough	7.02	4
	6					3
	7					2
	8					1

W60+	AG %	EA No
-	53.5	2775416
-	26.7	3191121
-	22.0	2690410
-	25.5	2675680
-	18.9	2698656

DT3	DT	Discus W35-49 (1Kg) [W35+]	RDA	Team	(NN.nn)	Pts
e	1	Emma Beardmore	35	Marshall Milton Keynes AC	41.54	8
c	2	Anne Moindrot	40	Cambridge & Coleridge AC	26.66	7
d	3	Marian Morley	57	Fairlands Valley Spartans/NHRR	16.61	6
b	4	Cat Hase	41	Biggleswade AC/Luton AC	14.40	5
	5					4
	6					3
	7					2
	8					1

W35-49	W50-59	W60+	AG %	EA No
-	x	x	54.1	2690317
-	x	x	37.3	2828378
x	-	x	32.2	3909469
-	x	x	20.5	4102372

DT5	DT	Discus W50-59 (1Kg) [W50+]	RDA	Team	(NN.nn)	Pts
c	1	Sarah McGrath	50	Cambridge & Coleridge AC	21.83	8
e	2	Diane Presswell	58	Marshall Milton Keynes AC	18.90	7
d	3	Andrea Westcott	52	Fairlands Valley Spartans/NHRR	14.34	6
	4					5
	5					4
	6					3
	7					2
	8					1

W50-59	W60+	AG %	EA No
-	x	36.8	3671649
-	x	37.4	2982988
-	x	25.1	2994183

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
b	1	Sandra Ingham	65	Biggleswade AC/Luton AC	17.57	8
c	2	Pamela Abbott	60	Cambridge & Coleridge AC	14.38	7
e	3	Diane Farmer	64	Marshall Milton Keynes AC	9.24	6
d	4	Carolyn Linsell	67	Fairlands Valley Spartans/NHRR	9.14	5
	5					4
	6					3
	7					2
	8					1

W60+	AG %	EA No
-	40.6	2775416
-	29.7	3191121
-	20.9	2690410
-	22.1	3977301

LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind
c	1	Stacy McGivern	46	Cambridge & Coleridge AC	4.59	8	
b	2	Dawn Williams	46	Biggleswade AC/Luton AC	3.88	7	
d	3	Christine Lathwell	47	Fairlands Valley Spartans/NHRR	3.31	6	
e	4	Stephanie Johnston	49	Marshall Milton Keynes AC	3.18	5	
g	5	Kirsty Hewitt	42	Wellingborough	1.80	4	
	6					3	
	7					2	
	8					1	

W35-49	W50-59	W60+	AG %	EA No
-	x	x	71.2	2746471
-	x	x	60.2	3872414
-	x	x	52.0	2768712
-	x	x	51.1	3401086
-	x	x	26.7	2681284

LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind
d	1	Monica Brown	58	Fairlands Valley Spartans/NHRR	3.49	8	
c	2	Rachel Roberts	52	Cambridge & Coleridge AC	2.89	7	
e	3	Diane Presswell	58	Marshall Milton Keynes AC	1.70	6	
	4					5	
	5					4	
	6					3	
	7					2	
	8					1	

W50-59	W60+	AG %	EA No
-	x	62.5	2724317
-	x	48.1	2658159
-	x	30.5	2982988

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
c	1	Pamela Abbott	60	Cambridge & Coleridge AC	2.56	8	
d	2	Yuko Gordon	72	Fairlands Valley Spartans/NHRR	2.26	7	
b	3	Sandra Ingham	65	Biggleswade AC/Luton AC	2.18	6	
e	4	Diane Farmer	64	Marshall Milton Keynes AC	2.15	5	
g	5	Sally Hewitt	69	Wellingborough	1.65	4	
	6					3	
	7					2	
	8					1	

W60+	AG %	EA No
-	47.0	3191121
-	48.7	2675680
-	42.7	2775416
-	41.6	2690410
-	34.1	2698656

PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
a	1	Jemma Eastwood	44	Bedford & County AC	3.02	8
e	2	Bryony Gibbens	35	Marshall Milton Keynes AC	1.95	7
d	3	Nikki Wilby	39	Fairlands Valley Spartans/NHRR	1.75	6
	4					5
	5					4
	6					3
	7					2
	8					1

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

R4224-35	MedR	Relay 4224 W35-49 [W35+]	Team	(N:NN.n)	Pts
c	1	Stacy McGivern, Helen Barry, Vashti	Cambridge & Coleridge AC	03:40.4	8
e	2	Michelle Milne, Stephanie Johnston, Diane	Marshall Milton Keynes AC	03:44.7	7
d	3	Christine Lathwell, Nikki Wilby, Marian	Fairlands Valley Spartans/NHRR	04:28.7	6
	4				5
	5				4
	6				3
	7				2
	8				1

R4224-50	MedR	Relay 4224 W50+	Team	(N:NN.n)	Pts
d	1	Yuko Gordon, Monica Brown, Carolyn Linsell, Sharon Crowley	Fairlands Valley Spartans/NHRR	04:36.1	8
	2				7
	3				6
	4				5
	5				4
	6				3
	7				2
c	8	Jacqueline Hayward, Pamela Abbott, Sarah Mcgrath, Rachel Roberts	Cambridge & Coleridge AC		NS

W35-49	W50-59	W60+	AG %	EA No
-	x	x	66.6	2658322
-	x	x	38.6	2690430
-	x	x	36.4	2665919

W50-59	W60+	AG %	EA No
			x

Rec
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Rec
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-
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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
63	1 Mile	Rachael Leah	W35	Cambridge & Coleridge	6:39.2
68	JT	Cat Hase	W35	Biggleswade AC	6.45
62	DT	Lowry Chatfield	W35	Cambridge & Coleridge	18.29
23	PV	Steph Johnston	W45	Marshall Milton Keynes	1.35
		-	-	-	
102	200m	Jacqueline Hayward	W60	Cambridge & Coleridge	54.8
102	1 Mile	Jacqueline Hayward	W60	Cambridge & Coleridge	09:53.4
	4224	Jacqueline Hayward, Pamela Abbott,	W50+	Cambridge & Coleridge AC	5:32.0
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	

Format Results to suit event