

Insert non scoring results at the bottom						
EMAC Track & Field League			Southern Division - Match 4		Teams = 8	
Chelmsford			Thurs	02 August 2023		Overall Match Scores
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	1	Thurrock Harriers/Loughton	E	122	577.5	1
x	2	Chelmsford AC	A	118	529	2
x	3	WSAC/St Edmunds Pacers	F	113	447.5	3
x	4	Colchester Harriers	C	111	434	4
x	5	Col & Tend/Ipswich Harriers	B	61	299	5
x	6	Southend AC	D	43	213	6
x	7	Spare	G	0	0	7
x	7	Spare	H	0	0	7

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.nm)	Pts	Wind
B	1	Louise Brydon	37	Col & Tend/Ipswich Harriers	29.3	8	
A	2	Janine Phillips	41	Chelmsford AC	31.6	7	
F	3	Catherine Peck	41	WSAC/St Edmunds Pacers	31.8	6	
C	4	Ellie Cumner	42	Colchester Harriers	32.0	5	
E	5	Leonie Nalciglu	45	Thurrock Harriers/Loughton	35.5	4	
	6					3	
	7					2	
	8					1	

2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
F	1	Wendy Smith	53	WSAC/St Edmunds Pacers	35.9	8	
C	2	Katie Gibson	53	Colchester Harriers	36.7	7	
E	3	Lorna Gaffney	55	Thurrock Harriers/Loughton	38.6	6	
A	4	Carol Morris	56	Chelmsford AC	42.8	5	
D	5	Linda Donnelly	65	Southend AC	44.1	4	
B	6	Jane Milburn	51	Col & Tend/Ipswich Harriers	46.7	3	
	7					2	
	8					1	

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
B	1	Janice Nottingham	61	Col & Tend/Ipswich Harriers	33.8	8	
F	2	Christine Anthony	60	WSAC/St Edmunds Pacers	34.1	7	
A	3	Clare St John-Coleman	62	Chelmsford AC	35.2	6	
E	4	Anne Heeks	63	Thurrock Harriers/Loughton	40.8	5	
C	5	Diane Wooller	69	Colchester Harriers	43.1	4	
D	6	Marion Matthews-Smith	68	Southend AC	53.7	3	
	7					2	
	8					1	

1Mile3	1Mile	1Mile W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Zoe Oldfield	46	Thurrock Harriers/Loughton	05:32.2	8
F	2	Louise Glass	41	WSAC/St Edmunds Pacers	06:01.3	7
C	3	Ellie Cumner	42	Colchester Harriers	06:10.9	6
A	4	Hayley Hemmings	35	Chelmsford AC	06:24.3	5
	5					4
	6					3
	7					2
	8					1

1Mile5	1Mile	1Mile W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
F	1	Wendy Smith	53	WSAC/St Edmunds Pacers	06:13.8	8
C	2	Margaret Deasy	59	Colchester Harriers	06:16.3	7
E	3	Ali Trautmansdorff	52	Thurrock Harriers/Loughton	06:17.4	6
B	4	Janice Nottingham	61	Col & Tend/Ipswich Harriers	08:37.7	5
	5					4
	6					3
	7					2
	8					1

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
F	1	Christine Anthony	60	WSAC/St Edmunds Pacers	06:36.0	8
C	2	Francesca Norris	63	Colchester Harriers	06:47.8	7
E	3	Gloria Bullen	68	Thurrock Harriers/Loughton	08:34.3	6
B	4	Hilary Cook	63	Col & Tend/Ipswich Harriers	08:54.2	5
D	5	Linda Donnelly	65	Southend AC	09:20.5	4
A	6	Tracy Minton	62	Chelmsford AC	10:08.0	3
	7					2
	8					1

400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.n)	Pts
A	1	Janine Phillips	41	Chelmsford AC	89.0	8
C	2	Alexandra Hennessy	48	Colchester Harriers	106.8	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.n)	Pts
C	1	Katie Gibson	53	Colchester Harriers	67.3	8
E	2	Ali Trautmansdorff	52	Thurrock Harriers/Loughton	72.4	7
F	3	Eloise Bird	55	WSAC/St Edmunds Pacers	84.1	6
A	4	Nicola Hewitt	50	Chelmsford AC	89.4	5
	5					4
	6					3
	7					2
	8					1

Highest Track Age Graded % =			84.2
Athlete	Zoe Oldfield	RDA	46
Club	Thurrock Harriers/Loughton		
Event	1Mile W35-49 [W35+]		
Result	0.0		
Format to suit the result (NN.n, NN.nn or NN:NN.n)			

Highest Field Age Graded % =			72.6
Athlete	Emily McMahon	RDA	73
Club	Thurrock Harriers/Loughton		
Event	Long Jump W60+		
Result	3.32		

Records		2023	EA No.
Rec	Rec	Rec	AG %
-	x	x	72.8
-	x	x	69.5
-	x	x	69.1
-	x	x	69.2
-	x	x	63.9

Rec	Rec	AG %	EA No.
-	x	67.4	3180124
-	x	65.9	3764514
-	x	63.7	2967666
-	x	58.0	3661223
x	-	60.9	3743015
-	x	51.0	4054049

Rec	Rec	AG %	EA No.
-	-	76.6	3653619
-	-	75.3	2715397
-	-	74.2	2717154
-	-	64.6	2900806
-	-	64.6	2754699
-	-	51.4	3596410

Rec	Rec	Rec	AG %	EA No.
-	x	x	84.2	4030893
-	x	x	74.6	2984719
-	x	x	73.2	2976566
-	x	x	67.3	2724911

Rec	Rec	AG %	EA No.
-	x	79.2	3180124
-	x	82.9	2754542
-	x	77.8	3627299
x	-	61.4	3653619

Rec	Rec	AG %	EA No.
-	-	79.5	2715397
-	-	79.4	2710881
-	-	66.2	4016532
-	-	60.6	3789685
-	-	58.9	3743015
-	-	52.8	3374348

Rec	Rec	Rec	AG %	EA No.
-	x	x	-	3130929
-	x	x	-	3825581

Rec	Rec	AG %	EA No.
-	x	66.3	3764514
-	x	61.1	3627299
-	x	53.9	2715426
-	x	48.7	4036272

300H6	LH	300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts
F	1	Maureen McCarthy	61	WSAC/St Edmunds Pacers	72.7	8
D	2	Linda Donnelly	65	Southend AC	80.9	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %	EA No.
-	65.6	2715517
-	61.1	3743015

JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
D	1	Nicola Day	40	Southend AC	20.18	8
A	2	Nicola Hewitt	50	Chelmsford AC	15.58	7
B	3	Carey Hollick	52	Col & Tend/Ipswich Harriers	14.36	6
F	4	Louise Glass	41	WSAC/St Edmunds Pacers	14.05	5
C	5	Sian Gifford	54	Colchester Harriers	8.20	4
E	6	Lorna Gaffney	55	Thurrock Harriers/Loughton	7.80	3
	7					2
	8					1

Rec	Rec	Rec	AG %	EA No.
-	x	x	31.5	4041420
x	-	x	-	4036272
x	-	x	-	3349215
-	x	x	22.4	2984719
x	-	x	-	2754573
x	-	x	-	2967666

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	52	Thurrock Harriers/Loughton	22.74	8
C	2	Nicola Hilson	54	Colchester Harriers	13.85	7
A	3	Nicole Celestine	57	Chelmsford AC	11.20	6
B	4	Jane Milburn	51	Col & Tend/Ipswich Harriers	10.84	5
F	5	Eloise Bird	55	WSAC/St Edmunds Pacers	6.52	4
	6					3
	7					2
	8					1

Rec	Rec	AG %	EA No.
-	x	41.5	2800620
-	x	26.4	3513907
-	x	22.8	3462615
-	x	19.4	4054049
-	x	12.7	2715426

JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	68	Chelmsford AC	14.26	8
F	2	Dawn Mason	66	WSAC/St Edmunds Pacers	13.01	7
E	3	Barbara Higgins	68	Thurrock Harriers/Loughton	10.28	6
C	4	Diane Wooller	69	Colchester Harriers	10.25	5
D	5	Marion Matthews-Smith	68	Southend AC	7.67	4
B	6	Hilary Cook	63	Col & Tend/Ipswich Harriers	7.15	3
	7					2
	8					1

Rec	AG %	EA No.
-	37.5	2717141
-	32.6	2698800
-	27.1	2900812
-	27.7	2754699
-	20.2	3596410
-	16.7	3789685

DT3	DT	Discus W35-49 (1Kg) [W35+]	RDA	Team	(NN.nn)	Pts
B	1	Carey Hollick	52	Col & Tend/Ipswich Harriers	21.31	8
D	2	Nicola Day	40	Southend AC	17.07	7
E	3	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	13.83	6
A	4	Nicola Hewitt	50	Chelmsford AC	12.38	5
F	5	Maureen McCarthy	61	WSAC/St Edmunds Pacers	12.11	4
C	6	Alexandra Hennessy	48	Colchester Harriers	10.65	3
	7					2
	8					1

Rec	Rec	Rec	AG %	EA No.
x	-	x	37.4	3349215
-	x	x	23.9	4041420
x	-	x	24.2	3627299
x	-	x	20.9	4036272
x	x	-	25.6	2715517
-	x	x	17.3	3825581

DT5	DT	Discus W50-59 (1Kg) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	52	Thurrock Harriers/Loughton	24.76	8
A	2	Nicole Celestine	57	Chelmsford AC	17.21	7
C	3	Nicola Hilson	54	Colchester Harriers	16.24	6
B	4	Jane Milburn	51	Col & Tend/Ipswich Harriers	11.80	5
F	5	Eloise Bird	55	WSAC/St Edmunds Pacers	10.03	4
	6					3
	7					2
	8					1

Rec	Rec	AG %	EA No.
-	x	43.4	2800620
-	x	33.4	3462615
-	x	29.6	3513907
-	x	20.3	4054049
-	x	18.7	2715426

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	68	Chelmsford AC	23.26	8
E	2	Barbara Higgins	68	Thurrock Harriers/Loughton	13.02	7
F	3	Dawn Mason	66	WSAC/St Edmunds Pacers	12.87	6
C	4	Diane Wooller	69	Colchester Harriers	9.35	5
	5					4
	6					3
	7					2
	8					1

Rec	AG %	EA No.
-	57.6	2717141
-	32.3	2900812
-	30.4	2698800
-	23.7	2754699

LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
F	1	Catherine Peck	41	WSAC/St Edmunds Pacers	4.00	8		-	x	x	58.7	4048604.
A	2	Janine Phillips	41	Chelmsford AC	3.27	7		-	x	x	47.9	3130929
C	3	Ellie Cumner	42	Colchester Harriers	3.25	6		-	x	x	48.2	2976566
E	4	Anne Heeks	63	Thurrock Harriers/Loughton	2.08	5		x	x	-	39.7	2900806
	5					4						
	6					3						
	7					2						
	8					1						

Rec	Rec	Rec	AG %	EA No.
-	x	x	58.7	4048604.
-	x	x	47.9	3130929
-	x	x	48.2	2976566
x	x	-	39.7	2900806

LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
A	1	Carol Morris	56	Chelmsford AC	2.63	8		-	x	x	46.0	3661223
E	2	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	2.55	7		-	x	x	42.5	3627299
C	3	Katie Gibson	53	Colchester Harriers	2.38	6		-	x	x	40.1	3764514
B	4	Jane Milburn	51	Col & Tend/Ipswich Harriers	2.32	5		-	x	x	38.2	4054049
F	5	Eloise Bird	55	WSAC/St Edmunds Pacers	2.21	4		-	x	x	38.2	2715426
	6					3						
	7					2						
	8					1						

Rec	Rec	AG %	EA No.
-	x	46.0	3661223
-	x	42.5	3627299
-	x	40.1	3764514
-	x	38.2	4054049
-	x	38.2	2715426

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %	EA No.
A	1	Clare St John-Coleman	62	Chelmsford AC	3.42	8		-	64.4	2717154
E	2	Emily McMahon	73	Thurrock Harriers/Loughton	3.32	7		-	72.6	2900898
D	3	Linda Donnelly	65	Southend AC	2.48	6		-	48.6	3743015
F	4	Dawn Mason	66	WSAC/St Edmunds Pacers	2.37	5		-	47.1	2698800
C	5	Francesca Norris	63	Colchester Harriers	1.82	4		-	34.7	2710881
	6					3				
	7					2				
	8					1				

Rec	AG %	EA No.
-	64.4	2717154
-	72.6	2900898
-	48.6	3743015
-	47.1	2698800
-	34.7	2710881

PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
A	1	Janine Phillips	41	Chelmsford AC	1.40	8
E	2	Lorna Gaffney	55	Thurrock Harriers/Loughton	1.20	7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1

PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
E	1	Barbara Higgins	68	Thurrock Harriers/Loughton	1.20	8
A	2	Clare St John-Coleman	62	Chelmsford AC	1.20	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
F	1	Christine Anthony, Catherine Peck,	WSAC/St Edmunds Pacers	03:38.9	8
C	2	Ellie Cumner, Alexandra Hennessy,	Colchester Harriers	03:52.0	7
	3				6
	4				5
	5				4
	6				3
	7				2
A	8	Hayley Hemmings, Janine	Chelmsford AC		NS

R4224-50	MedR	Relay 4224 W50+	Team	(N:NN.n)	Pts
E	1	Ali Trauttmansdorff, Lorna Gaffney, Anne	Thurrock Harriers/Loughton	03:59.0	8
C	2	Katie Gibson, Diane Wooller, Francesca	Colchester Harriers	04:15.5	7
	3				6
	4				5
	5				4
	6				3
	7				2
	8				1

Rec	Rec	Rec	AG %	EA No.
-	x	x	29.8	3130929
x	-	x	30.5	2967666

Rec	Rec	AG %	EA No.
x	-	36.4	2900812
x	-	33.5	2717154

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
94	200	Maureen McCarthy	W60	St Edmunds Pacers	36.1
100	200	Dawn Mason	W60	St Edmunds Pacers	42.5
92	DT	Carol Morris	W55	Chelmsford	13.45
92	JT	Carol Morris	W55	Chelmsford	11.77
		-	-	-	
	4224 Relay	Hayley Hemmings, Janine Phillips, Unknown athlete, Unknown athlete	W35+	Chelmsford	04:46.9
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
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		-	-	-	
		-	-	-	

Format Results to suit event