	Insert non scoring results at the bottom					
	EMAC Track & Field League			Central East Division - Match 1	Teams =	5
	Kings Lynn		Wed	07 May 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
x	1	Peterborough & Nene Valley H	3	105.0	105.0	1
x	2	Cambridge & Coleridge AC	1	59.0	59.0	2
x	3	West Norfolk AC	5	58.0	58.0	3
x	4	Ryston Runners AC	4	56.0	56.0	4
x	5	Newmarket Joggers/St Edmunds	2	52.0	52.0	5
x	6	Spare	6	0.0	0.0	6
x	6	Spare	8	0.0	0.0	6
x	6	Spare	7	0.0	0.0	6

Single (0-8)	numb ors 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**
4	1	Daniel Yellop	44	Ryston Runners AC	12.1	5
1	2	Isaiah Perumalla	45	Cambridge & Coleridge AC	12.5	4
2	3	Daniel Young	38	Newmarket Joggers/St Edmunds	12.7	3
3	4	Neil Torr	45	Peterborough & Nene Valley H	14.0	2
5	5	Jamie Bransgrove	46	West Norfolk AC	16.2	1
	6					0
	7					0
	8					0
1005	100m	**100m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Julian Smith	56	Peterborough & Nene Valley H	12.6	5
1	2	Tim Cheshire	51	Cambridge & Coleridge AC	12.8	4
4	3	Ricardo Huskisson	65	Ryston Runners AC	13.3	3
5	4	Lee Tunmore	52	West Norfolk AC	15.0	2
	5					1
	6					0
	7					0
	8					0
1006	100m	**100m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
4	1	Richard Van Baaren	62	Ryston Runners AC	14.7	5
3	2	Dave Knighton	62	Peterborough & Nene Valley H	15.3	4
5	3	Ian Reeve	72	West Norfolk AC	15.5	3
2	4	Howard Beasley	64	Newmarket Joggers/St Edmunds	18.1	2
	5					1
	6					0
	7					0
	8					0
1007	100m	**100m M70+**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5

	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
4003	400m	**400m M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Chung Tu	41	Cambridge & Coleridge AC	57.1	5
3	2	Russell Dowers	39	Peterborough & Nene Valley H	57.3	4
4	3	Rob Simmonds	39	Ryston Runners AC	60.2	3
2	4	Shane Mcandrew	37	Newmarket Joggers/St Edmunds	62.4	2
5	5	Adam Howard	45	West Norfolk AC	66.1	1
	6					0
	7					0
	8					0
4005	400m	**400m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Julian Smith	56	Peterborough & Nene Valley H	61.7	5
1	2	Stuart Dunlop	51	Cambridge & Coleridge AC	79.9	4
5	3	Ricky Bailey	57	West Norfolk AC	80.4	3
	4					2
	5					1
	6					0
	7					0
	8					0
4006	400m	**400m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
2	1	Howard Beasley	64	Newmarket Joggers/St Edmunds	76.9	5
4	2	Anthony Savage	63	Ryston Runners AC	80.7	4
3	3	Barry Warne	64	Peterborough & Nene Valley H	91.6	3
	4					2
	5					1
	6					0
	7					0
	8					0
4007	400m	**400m M70+**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
15003	1500m	**1500m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Daniel Lewis	48	Peterborough & Nene Valley H	04:38.8	5

1	2	Rick Merrick	42	Cambridge & Coleridge AC	04:40.0	4
4	3	Daniel Smith	40	Ryston Runners AC	04:53.4	3
2	4	Oliver Clanford	46	Newmarket Joggers/St Edmunds	05:06.5	2
5	5	Robert Gosnell	45	West Norfolk AC	06:09.6	1
	6					0
	7					0
	8					0

15005	1500m	**1500m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Brian Corleys	50	Peterborough & Nene Valley H	04:48.9	5
5	2	Darren Easter	53	West Norfolk AC	05:12.0	4
2	3	Richard Defries	53	Newmarket Joggers/St Edmunds	05:14.5	3
1	4	Kevin White	57	Cambridge & Coleridge AC	05:32.7	2
4	5	David Van Den Bergh	60	Ryston Runners AC	06:03.7	1
	6					0
	7					0
	8					0

15006	1500m	**1500m M60 [M60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Dave Knighton	62	Peterborough & Nene Valley H	05:17.9	5
2	2	Howard Beasley	64	Newmarket Joggers/St Edmunds	05:44.9	4
5	3	Greg Davis	62	West Norfolk AC	05:50.7	3
4	4	Jit Patel	68	Ryston Runners AC	06:19.9	2
	5					1
	6					0
	7					0
	8					0

15007	1500m	**1500m M70+ [M70+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Martin Kilduff	75	Cambridge & Coleridge AC	06:30.2	5
3	2	Peter Brantom	75	Peterborough & Nene Valley H	09:02.0	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

110H3	SH	**110mH M35-49 (99.1cm) [M35+**	**RDA**	**Team**	*(NN.n)*	**Pts**
5	1	Jamie Bransgrove	46	West Norfolk AC		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

100H5	SH	**100mH M50-59 (91.4cm) [M50+**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Stephen Vandermark	59	Cambridge & Coleridge AC	22.9	5

	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
100H6	SH	**100mH M60+ (84cm)**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
80H7	SH	**80mH M70-79 (76.2cm) [M70+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HT3	HT	**Hammer M35-49 (7.26Kg) [M35**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Gavin Buffham	41	Ryston Runners AC	42.33	5
3	2	Mark Burbridge	51	Peterborough & Nene Valley H	23.18	4
5	3	Thomas Collison	44	West Norfolk AC	20.10	3
2	4	Adam Maltpress	46	Newmarket Joggers/St Edmunds	10.59	2
	5					1
	6					0
	7					0
	8					0
HT5	HT	**Hammer M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	41.12	5
2	2	Christopher Kent	51	Newmarket Joggers/St Edmunds	25.87	4
1	3	Keith Clarke	57	Cambridge & Coleridge AC	17.90	3
5	4	Ricky Bailey	57	West Norfolk AC	15.31	2
	5					1
	6					0
	7					0
	8					0
HT6	HT	**Hammer M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	David Valentine	68	Newmarket Joggers/St Edmunds	38.21	5

3	2	Jim Gillespie	62	Peterborough & Nene Valley H	25.63	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT7	HT	**Hammer M70-79 (4Kg) [M70+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Timothy Needham	72	Peterborough & Nene Valley H	26.45	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

SP3	SP	**Shot M35-49 (7.26Kg) [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	11.15	5
4	2	Glen Paxman	37	Ryston Runners AC	10.04	4
5	3	Allan Williams	49	West Norfolk AC	7.84	3
1	4	Gergely Melis	48	Cambridge & Coleridge AC	6.81	2
2	5	Adam Maltpress	46	Newmarket Joggers/St Edmunds	4.92	1
	6					0
	7					0
	8					0

SP5	SP	**Shot M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Christopher Kent	51	Newmarket Joggers/St Edmunds	9.89	5
3	2	Mark Burbridge	51	Peterborough & Nene Valley H	9.05	4
1	3	Keith Clarke	57	Cambridge & Coleridge AC	8.36	3
5	4	Lee Tunmore	52	West Norfolk AC	7.89	2
	5					1
	6					0
	7					0
	8					0

SP6	SP	**Shot M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Kevin Bates	73	Peterborough & Nene Valley H	9.27	5
2	2	David Valentine	68	Newmarket Joggers/St Edmunds	7.24	4
4	3	Jeffrey Reed	80	Ryston Runners AC	4.37	3
	4					2
	5					1
	6					0
	7					0
	8					0

SP7	SP	**Shot M70-79 (4Kg) [M70+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
	1					5

	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

LJ3	LJ	**Long Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Rob Simmonds	39	Ryston Runners AC	4.99	5
2	2	Daniel Young	38	Newmarket Joggers/St Edmunds	4.11	4
3	3	Paul Long	50	Peterborough & Nene Valley H	4.04	3
5	4	Adam Howard	45	West Norfolk AC	3.83	2
1	5	Rich Thurston	49	Cambridge & Coleridge AC	3.81	1
	6					0
	7					0
	8					0

LJ5	LJ	**Long Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
3	1	Andrew Robson	58	Peterborough & Nene Valley H	4.04	5
1	2	Keith Clarke	57	Cambridge & Coleridge AC	3.96	4
5	3	Lee Tunmore	52	West Norfolk AC	3.51	3
	4					2
	5					1
	6					0
	7					0
	8					0

LJ6	LJ	**Long Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Richard Van Baaren	62	Ryston Runners AC	4.32	5
3	2	Kevin Bates	73	Peterborough & Nene Valley H	2.10	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

LJ7	LJ	**Long Jump M70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
5	1	Ian Reeve	72	West Norfolk AC	3.82	5
3	2	John Spriggs	72	Peterborough & Nene Valley H	3.64	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HJ3	HJ	**High Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Rob Simmonds	39	Ryston Runners AC	1.50	5

5	2	Jamie Bransgrove	46	West Norfolk AC	1.25	4
3	3	Jack Pishorn	35	Peterborough & Nene Valley H	1.05	3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Stephen Vandermark	59	Cambridge & Coleridge AC	1.40	5
5	2	Ricky Bailey	57	West Norfolk AC	1.10	4
2	3	Christopher Kent	51	Newmarket Joggers/St Edmunds	1.05	3
3	4	Timothy Clough	54	Peterborough & Nene Valley H	1.00	2
	5					1
	6					0
	7					0
	8					0
HJ6	c	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
5	1	Ian Reeve	72	West Norfolk AC	1.05	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ7	HJ	**High Jump M70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4224-3	MedR	**Relay 4224 M35-49 [M35+]**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
3	1	Russell Dowers	39	Peterborough & Nene Valley H	2:58.7	5
		Neil Torr	45			
		Paul Long	50			
		Daniel Lewis	48			
1	2	Chung Tu	41	Cambridge & Coleridge AC	3:00.0	4
		Can Aslan	39			
		Isaiah Perumalla	45			
		Gergely Melis	48			
2	3	Shane Mcandrew	37	Newmarket Joggers/St Edmunds	3:06.1	3
		Daniel Young	38			

		Phil Blundell	48			
		Oliver Clanford	46			
	4					2
	5					1
	6					0
	7					0
	8					0

R4224-5(	MedR	**Relay 4224 M50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
3	1	Andrew Robson	58	Peterborough & Nene Valley H	3:13.0	5
		David Collier	58			
		Dave Knighton	62			
		Julian Smith	56			
1	2	Stuart Dunlop	51	Cambridge & Coleridge AC	3:36.4	4
		Keith Clarke	57			
		Tim Cheshire	51			
		Kevin White	57			
4	3	Anthony Savage	63	Ryston Runners AC	3:38.1	3
		Chris Palmer	73			
		David Van Den Bergh	60			
		Ian Wells	63			
5	4	Ricky Bailey	57	West Norfolk AC	3:47.2	2
		Lee Tunmore	52			
		Greg Davis	62			
		Ian Reeve	72			
	5					1
	6					0

	7					0
	8					0

Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib	**Event**	**Name**	**AG**	**1st Claim Club**	**Result**
234	1500	James Crockford	M35	C&C	5:18.8
251	1500	Adrian Frost	M50	St Eds Pacers	5:40.1
243	1500	Andrew Robson	M55	PANVAC	6:05.0
239	1500	Barry Warne	M60	PANVAC	6:09.2
228	1500	George Allen	M35	St Eds Pacers	6:25.6
240	HT	Glen Paxman	M35	Ryston	35.16
236	HT	Paul Rana	M70	PANVAC	23.65
300	HT	Jack Pishorn	M35	PANVAC	18.49
228	LJ	George Allen	M35	St Eds Pacers	3.28
245	SP	Daniel Yellop	M40	Ryston	10.02
238	SP	Gavin Buffham	M40	Ryston	9.47
246	SP	Tom Collison	M35	WNAC	6.48
234	SP	James Crockford	M35	C&C	6.41
230	SP	Simon Achurch	M50	PANVAC	11.61
198	SP	Jim Gillespie	M60	PANVAC	8.64
249	100	Keith Clarke	M55	C&C	14.8
251	100	Adrian Frost	M50	St Eds Pacers	15.4
241	100	Stephen Aish	M45	Ryston	12.6
250	100	Can Aslan	M35	C&C	12.7
244	100	James Milton	M35	C&C	14.3
228	100	George Allen	M35	St Eds Pacers	15.8
251	400m	Adrian Frost	M50	St Eds Pacers	69.1
251	LJ	Adrian Frost	M50	St Eds Pacers	3.37
		-	-	-	
		-	-	-	
		-	-	-	

Highest Track Age Graded % =			88.5
Athlete	Ricardo Huskisson	RDA	65
Club	Ryston Runners AC		
Event	100m M50-59 [M50+]		
Result	13.3		
Format Result to suit the result			
Highest Field Age Graded % =			73.4
Athlete	Stephen Vandermark	RDA	59
Club	Cambridge & Coleridge AC		
Event	High Jump M50-59 [M50+]		
Result	1.40		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	
	-	x	x	x	*84.1*	2781846
	-	x	x	x	*82.0*	4160892
	-	x	x	x	*77.0*	4174558
	-	x	x	x	*73.2*	2661771
	-	x	x	x	*63.7*	3511602

Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	*87.7*	3017942
		-	x	x	*83.4*	3972473
		x	-	x	*88.5*	2727803
		-	x	x	*71.7*	2784092

Wind			M60-69	M70+	AG %	EA No
			-	x	*78.4*	4057115
			-	x	*75.3*	2727820
			x	LR	*79.8*	2784076
			-	x	*64.6*	3577645

Wind				M70+	AG %	EA No

M35-49	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
-	x	x	x	*79.7*	3181559
-	x	x	x	*78.4*	3448268
-	x	x	x	*74.7*	2666518
-	x	x	x	*71.1*	4050893
-	x	x	x	*70.7*	3389235
	M50-59	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	*81.5*	3017942
	-	x	x	*60.9*	2746604
	-	x	x	*63.0*	3696890
		M60-69	**M70+**	***AG %***	***EA No***
		-	x	*69.1*	3577645
		-	x	*65.4*	2781820
		-	x	*58.0*	2727892
			M70+	***AG %***	***EA No***
M35-49	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
-	x	x	x	*82.0*	7017795

-	x	x	x	*78.2*	3940398
-	x	x	x	*73.7*	3964403
-	x	x	x	*73.5*	3207932
-	x	x	x	*60.5*	3976497

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*80.4*	2693269
	-	x	x	*76.2*	3433711
	-	x	x	*75.6*	3516414
	-	x	x	*73.8*	2746591
	x	-	x	*69.3*	3215013

		M60-69	M70+	*AG %*	*EA No*
		-	x	*80.7*	2727820
		-	x	*75.7*	3577645
		-	x	*73.1*	2957061
		-	x	*71.4*	4022307

			M70+	*AG %*	*EA No*
			LR	*74.7*	3545544
			LR	*53.8*	2727820

Wind	M35-49			*AG %*	*EA No*
					3511602

Wind		M50-59		*AG %*	*EA No*
		-		*63.0*	3965462

Wind		M60-69	*AG %*	*EA No*
Wind			M70-79	*AG %*	*EA No*
	M35-49		*AG %*	*EA No*
	-		*53.0*	3988576
	x		-	3768315
	-		*26.2*	4098091
	-		*14.2*	3058366
		M50-59	*AG %*	*EA No*
		-	*52.9*	2666249
		-	*33.8*	3808791
		-	*25.7*	3090049
		-	*22.0*	3696890
		M60-69	*AG %*	*EA No*
		-	*61.6*	3756183

		-		*36.7*	2667002
			M70-79	***AG %***	***EA No***
			LR	-	2667002
M35-49				***AG %***	***EA No***
x				-	2666249
-				*46.0*	2872085
-				*42.0*	3557688
-				*36.0*	4132974
-				*25.3*	3058366
	M50-59			***AG %***	***EA No***
	-			*49.6*	3808791
	-			*45.4*	3768315
	-			*45.8*	3090049
	-			*40.1*	2784092
		M60-69		***AG %***	***EA No***
		x		-	3631212
		-		*43.5*	3756183
		x		-	3114239
			M70-79	***AG %***	***EA No***

Wind	M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	x	*60.5*	2666518
	-	x	x	x	*49.3*	4174558
	x	-	x	x	*55.5*	3561894
	-	x	x	x	*49.7*	3389235
	-	x	x	x	*51.7*	3215295

Wind		M50-59	M60-69	M70+	*AG %*	*EA No*
		-	x	x	*61.1*	3613664
		-	x	x	*59.2*	3090049
		-	x	x	*49.4*	2784092

Wind			M60-69	M70+	*AG %*	*EA No*
			-	x	*68.7*	4057115
			x	LR	*38.6*	3631212

Wind				M70+	*AG %*	*EA No*
				LR	*69.2*	-
				LR	*66.0*	3631212

	M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	x	*64.5*	2666518

-	x	x	x	*57.5*	3511602
-	x	x	x	*43.4*	3219796

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*73.4*	3965462
	-	x	x	*56.5*	3696890
	-	x	x	*50.8*	3808791
	-	x	x	*49.8*	3703927

		M60-69	M70+	*AG %*	*EA No*
		x	LR	*63.3*	2784076

			M70+	*AG %*	*EA No*

Rec

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Rec

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