	Insert non scoring results at the bottom					
	EMAC Track & Field League			Central West Division - Match 1	Teams =	5
	Biggleswade (Sandy)		Wed	07 May 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
x	1	Marshall Milton Keynes AC	5	112.0	112.0	1
x	2	Bedford & County AC	1	87.0	87.0	2
x	3	Fairlands Valley Spartans	4	72.0	72.0	3
x	4	Biggleswade AC/Luton AC	2	55.0	55.0	4
x	5	Team Northants	3	15.0	15.0	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

Sing (0-8)	numbe only	*RDA = Race Day Age*				
		ot insert athlete data in Results section - use "Declarations" tab only				
1003	100m	**100m M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
5	1	Panos Ioannou	44	Marshall Milton Keynes AC	12.4	5
2	2	Lee Carey	35	Biggleswade AC/Luton AC	13.1	4
1	3	Peter Benedickter	56	Bedford & County AC	13.4	3
3	4	Keith Lok	49	Team Northants	13.6	2
4	5	Mark Collins	47	Fairlands Valley Spartans	14.2	1
	6					0
	7					0
	8					0
1005	100m	**100m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
5	1	Paul Canning	58	Marshall Milton Keynes AC	12.6	5
1	2	David Olusanya	52	Bedford & County AC	12.8	4
4	3	Steve Mayfield	59	Fairlands Valley Spartans	14.3	3
	4					2
	5					1
	6					0
	7					0
	8					0
1006	100m	**100m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
5	1	John Browne	71	Marshall Milton Keynes AC	13.7	5
1	2	Tennyson James	67	Bedford & County AC	14.1	4
4	3	David Stephenson	62	Fairlands Valley Spartans	14.3	3
2	4	David Brown	66	Biggleswade AC/Luton AC	16.0	2
3	5	Wilson Paterson	67	Team Northants	19.8	1
	6					0
	7					0
	8					0
4003	400m	**400m M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Behrooz Moniri	39	Team Northants	58.8	5
1	2	Peter Benedickter	56	Bedford & County AC	60.0	4
4	3	Mike Jeffs	41	Fairlands Valley Spartans	61.5	3
5	4	Steve Withers	52	Marshall Milton Keynes AC	63.1	2
2	5	Lee Carey	35	Biggleswade AC/Luton AC	67.8	1
	6					0
	7					0
	8					0

4005	400m	**400m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Simon Coombes	52	Bedford & County AC	63.0	5
5	2	Darren O'Leary	56	Marshall Milton Keynes AC	65.2	4
4	3	Paul Shelley	56	Fairlands Valley Spartans	68.2	3
	4					2
	5					1
	6					0
	7					0
	8					0

4006	400m	**400m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Tennyson James	67	Bedford & County AC	66.8	5
2	2	David Brown	66	Biggleswade AC/Luton AC	74.4	4
5	3	Richard Pownall	65	Marshall Milton Keynes AC	85.5	3
4	4	Jim Brown	72	Fairlands Valley Spartans	114.5	2
	5					1
	6					0
	7					0
	8					0

15003	1500m	**1500m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
4	1	Andrew Patterson	43	Fairlands Valley Spartans	04:23.1	5
2	2	Martin Amos	41	Biggleswade AC/Luton AC	04:31.3	4
1	3	Paul Cooper	44	Bedford & County AC	04:42.0	3
3	4	Behrooz Moniri	39	Team Northants	04:50.4	2
5	5	Steve Withers	52	Marshall Milton Keynes AC	05:10.2	1
	6					0
	7					0
	8					0

15005	1500m	**1500m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Simon Coombes	52	Bedford & County AC	04:25.4	5
4	2	Grant Ramsay	52	Fairlands Valley Spartans	05:21.6	4
5	3	Sean Robertson	57	Marshall Milton Keynes AC	06:37.8	3
	4					2
	5					1
	6					0
	7					0
	8					0

15006	1500m	**1500m M60 [M60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Andrew Leach	61	Bedford & County AC	05:03.9	5
4	2	Charles Arnold	69	Fairlands Valley Spartans	06:06.6	4
5	3	Stewart Fraser	66	Marshall Milton Keynes AC	06:12.3	3
	4					2
	5					1
	6					0
	7					0
	8					0

15007	1500m	**1500m M70+ [M70+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Aleksander Swiecicki	76	Bedford & County AC	06:34.1	5
5	2	Alasdair Gibson	72	Marshall Milton Keynes AC	06:34.8	4
4	3	Jim Brown	72	Fairlands Valley Spartans	08:11.8	3
	4					2
	5					1
	6					0
	7					0

	8					0
110H3	SH	**110mH M35-49 (99.1cm) [M3**	**RDA**	**Team**	*(NN.n)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	20.2	5
5	2	George Gavriel	43	Marshall Milton Keynes AC	26.7	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
100H5	SH	**100mH M50-59 (91.4cm) [M5**	**RDA**	**Team**	*(NN.n)*	**Pts**
5	1	Paul Canning	58	Marshall Milton Keynes AC	19.6	5
4	2	Paul Shelley	56	Fairlands Valley Spartans	23.1	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
100H6	SH	**100mH M60+ (84cm)**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Tennyson James	67	Bedford & County AC	16.9	5
5	2	Brian Slaughter	67	Marshall Milton Keynes AC	21.7	4
2	3	David Brown	66	Biggleswade AC/Luton AC	24.0	3
	4					2
	5					1
	6					0
	7					0
	8					0
HT3	HT	**Hammer M35-49 (7.26Kg) [M**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Darren Kerr	55	Bedford & County AC	39.68	5
5	2	Anthony Moffat	55	Marshall Milton Keynes AC	25.34	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HT5	HT	**Hammer M50-59 (6Kg) [M50-**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Glen Kerr	50	Bedford & County AC	51.51	5
5	2	Mark Roberson	50	Marshall Milton Keynes AC	44.19	4
4	3	Steve Feely	58	Fairlands Valley Spartans	31.99	3
2	4	Geoff Grinsted	58	Biggleswade AC/Luton AC	21.73	2
	5					1
	6					0
	7					0
	8					0
HT6	HT	**Hammer M60-69 (5Kg) [M60-**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	David Burrell	61	Biggleswade AC/Luton AC	40.85	5
5	2	Gwynn Wallace	60	Marshall Milton Keynes AC	28.18	4
1	3	Simon Eastwood	60	Bedford & County AC	21.69	3
	4					2
	5					1
	6					0

	7					0
	8					0
HT7	HT	**Hammer M70-79 (4Kg) [M70+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Timothy Saunders Mullins	72	Fairlands Valley Spartans	29.75	5
5	2	Bunt Scott	74	Marshall Milton Keynes AC	27.55	4
1	3	Graeme Packman	70	Bedford & County AC	25.15	3
	4					2
	5					1
	6					0
	7					0
	8					0
SP3	SP	**Shot M35-49 (7.26Kg) [M35+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	8.65	5
5	2	George Gavriel	43	Marshall Milton Keynes AC	7.69	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
SP5	SP	**Shot M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Glen Kerr	50	Bedford & County AC	10.71	5
5	2	Mark Roberson	50	Marshall Milton Keynes AC	9.18	4
2	3	Geoff Grinsted	58	Biggleswade AC/Luton AC	8.42	3
4	4	Steve Feely	58	Fairlands Valley Spartans	7.54	2
	5					1
	6					0
	7					0
	8					0
SP6	SP	**Shot M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	9.75	5
2	2	David Burrell	61	Biggleswade AC/Luton AC	8.96	4
1	3	Simon Eastwood	60	Bedford & County AC	7.83	3
4	4	David Stephenson	62	Fairlands Valley Spartans	7.57	2
	5					1
	6					0
	7					0
	8					0
LJ3	LJ	**Long Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	4.79	5
4	2	Mike Jeffs	41	Fairlands Valley Spartans	4.60	4
3	3	Keith Lok	49	Team Northants	4.53	3
5	4	Christian Hough	40	Marshall Milton Keynes AC	4.12	2
	5					1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
5	1	Anthony Moffat	55	Marshall Milton Keynes AC	4.27	5
4	2	Steve Mayfield	59	Fairlands Valley Spartans	4.11	4
	3					3
	4					2
	5					1

	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Richard Phelan	63	Bedford & County AC	4.02	5
5	2	Jim Lawrence	68	Marshall Milton Keynes AC	2.74	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	John Browne	71	Marshall Milton Keynes AC	2.66	5
	2					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**
5	1	Daniel Lui	37	Marshall Milton Keynes AC	1.55	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	1.50	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Steve Mayfield	59	Fairlands Valley Spartans	1.25	5
5	2	Darren O'Leary	56	Marshall Milton Keynes AC	1.20	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ6	HJ	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Richard Phelan	63	Bedford & County AC	1.30	5
5	2	Brian Slaughter	67	Marshall Milton Keynes AC	1.25	4
4	3	David Stephenson	62	Fairlands Valley Spartans	1.20	3
	4					2
	5					1
	6					0
	7					0
	8					0
R422	MedR	**Relay 4224 M35-49 [M35+]**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
4	1	Mike Jeffs	41	Fairlands Valley Spartans	2:59.0	5
4a		Steve Mayfield	59			
4b		David Stephenson	62			
4c		Andrew Patterson	43			

2	2	Darren Janssen	36	Biggleswade AC/Luton AC	3:02.9	4
2a		David Brown	66			
2b		Lee Carey	35			
2c		Martin Amos	41			
5	3	Steve Withers	52	Marshall Milton Keynes AC	3:04.9	3
3a		Panos Ioannou	44			
3b		Christian Hough	40			
3c		Paul Canning	58			
3	4	Keith Lok	49	Team Northants	3:06.1	2
4a		Mark Turner	48			
4b		Behrooz Moniri	39			
4c		Adil Zbirou khalouq	49			
	5					1
a						
b						
c						
	6					0
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						

R422	MedR	**Relay 4224 M50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
1	1	Simon Coombes	52	Bedford & County AC	3:07.2	5
1a		Tennyson James	67			
1b		David Olusanya	52			
1c		Peter Benedickter	56			
4	2	Paul Shelley	56	Fairlands Valley Spartans	3:44.9	4
4a		Mark Freeman	68			
4b		Charles Arnold	69			
4c		Grant Ramsay	52			
5	3	Anthony Moffat	55	Marshall Milton Keynes AC	3:47.4	3
5a		Darren O'Leary	56			
5b		John Browne	71			
5c		Richard Pownall	65			
	4					2
a						
b						
c						
	5					1
a						
b						
c						
	6					0
a						
b						
c						

	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**
86	400m	Mark Turner	M45	Team Northants	72.4
41	1500m	Adil Zbirou	M45	Team Northants	5:01.6
102	100m	Jim Keech	M70	Bedford & County AC	17.10
999	Shot Pu	Damian Larrington	M40	Bedford & County AC	11.02
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	

Highest Track Age Graded % =			89.6
Athlete	John Browne	RDA	71
Club	Marshall Milton Keynes AC		
Event	100m M60+		
Result	13.7		
Format Result to suit the result			
Highest Field Age Graded % =			71.3
Athlete	Brian Slaughter	RDA	67
Club	Marshall Milton Keynes AC		
Event	High Jump M60+		
Result	1.25		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	
	-	x	x	x	82.1	3129009
	-	x	x	x	73.1	3465551
	x	-	x	x	82.5	3402370
	-	x	x	x	77.5	3077805
	-	x	x	x	73.2	3627555

Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	89.0	2971309
		-	x	x	84.0	2754898
		-	x	x	78.9	2811721

Wind			M60-69	M70+	AG %	EA No
			x	LR	89.6	3019098
			-	x	84.7	2775264
			-	x	80.6	2724358
			-	x	74.1	2708007
			-	x	60.3	2698683

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	76.4	4005149
x	-	x	x	83.8	3402370
-	x	x	x	74.0	4011175
x	-	x	x	77.6	3738404
-	x	x	x	64.6	3465551

M50-59	M60-69	M70+	AG %	EA No
-	x	x	77.7	2730567
-	x	x	77.1	3678206
-	x	x	73.7	3830984

M60-69	M70+	AG %	EA No
-	x	81.2	2775264
-	x	72.4	2708007
-	x	62.5	2690593
x	LR	49.1	2724316

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	83.8	2724349
-	x	x	x	80.2	3940649
-	x	x	x	78.8	4066864
-	x	x	x	73.9	4005149
x	-	x	x	76.0	3738404

M50-59	M60-69	M70+	AG %	EA No
-	x	x	88.9	2730567
-	x	x	73.3	2774852
-	x	x	61.7	4122866

M60-69	M70+	AG %	EA No
-	x	83.7	3440310
-	x	74.7	3371952
-	x	71.5	2690421

M70+	AG %	EA No
LR	74.7	3440310
LR	71.5	2690421
LR	57.4	3371952

				AG %	EA No
Wind	M35-49				
	-			64.1	3657944
	-			51.0	3561026
Wind		M50-59		AG %	EA No
		-		72.9	2971309
		-		60.6	3830984
Wind			M60-69	AG %	EA No
			-	-	2775264
			-	-	2779177
			-	-	2708007
	M35-49			AG %	EA No
	x			-	2669225
	x			-	3947745
		M50-59		AG %	EA No
		-		66.2	2775274
		-		56.8	2979459
		-		46.7	2976967
		-		31.7	2768770
			M60-69	AG %	EA No
			-	57.4	2684081
			-	38.9	2798456
			-	29.9	2774976

				M70-79	AG %	EA No
				LR	-	-
				LR	-	2798456
				LR	-	2774976

	M35-49				AG %	EA No
	-				39.2	3657944
	-				38.0	3561026

		M50-59			AG %	EA No
		-			52.9	2775274
		-			45.4	2979459
		-			46.8	2768770
		-			42.0	2976967

			M60-69		AG %	EA No
			-		51.1	2798456
			-		47.7	2684081
			-		41.0	2774976
			-		41.0	2724358

Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	56.2	3657944
	-	x	x	x	57.0	4011175
	-	x	x	x	61.5	3077805
	-	x	x	x	50.5	4143197

Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	62.3	3947745
		-	x	x	62.9	2811721

Wind	M60-69	M70+	*AG %*	*EA No*
	-	x	*64.7*	2871564
	-	x	*47.1*	2690506

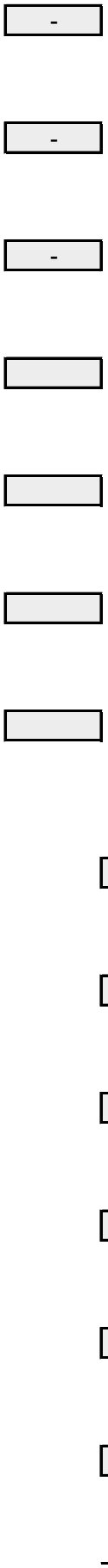
Wind	M70+	*AG %*	*EA No*
	LR	*47.6*	2690506

M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	x	*65.4*	4012666
-	x	x	x	*62.7*	3657944

M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	*65.5*	2811721
-	x	x	*61.0*	3678206

M60-69	M70+	*AG %*	*EA No*
-	x	*71.1*	2871564
-	x	*71.3*	2779177
-	x	*64.9*	2724358

Rec
-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Rec
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