	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	Women's Teams	Bib	Match 1 Points	Final	Pos
x	1	Fairlands Valley Spartans	D	74.0	74.0	1
x	2	Bedford & County AC	A	49.0	49.0	2
x	3	Marshall Milton Keynes AC	E	45.0	45.0	3
x	4	Biggleswade AC/Luton AC	B	39.0	39.0	4
x	5	Team Northants	C	22.0	22.0	5
x	6	Spare	H	0.0	0.0	6
x	6	Spare	F	0.0	0.0	6
x	6	Spare	G	0.0	0.0	6

Single letters (A-H, x) only *RDA = Race Day Age*

Do not insert athlete data in Results section - use "Declarations" tab only

1003	100m	**100m W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
B	1	Dawn Williams	47	Biggleswade AC/Luton AC	14.9	5
C	2	Vanessa Keen	42	Team Northants	15.9	4
A	3	Emma Coombes	47	Bedford & County AC	16.7	3
D	4	Christine Lathwell	48	Fairlands Valley Spartans	17.2	2
	5					1
	6					0
	7					0
	8					0

1005	100m	**100m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
A	1	Ellie Garraway	52	Bedford & County AC	15.9	5
E	2	Stephanie Johnston	50	Marshall Milton Keynes AC	19.9	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

1006	100m	**100m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
A	1	Penny Butcher	66	Bedford & County AC	18.6	5
D	2	Tessa Stephenson	64	Fairlands Valley Spartans	20.6	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

4003	400m	**400m W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
C	1	Vanessa Keen	42	Team Northants	72.2	5
D	2	***Unknown athlete***	-	Fairlands Valley Spartans	76.9	4
B	3	Cat Hase	43	Biggleswade AC/Luton AC	87.0	3
	4					2
	5					1
	6					0
	7					0
	8					0

4005	400m	**400m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**

A	1	Ellie Garraway	52	Bedford & County AC	72.3	5
D	2	Alison Wood	58	Fairlands Valley Spartans	90.1	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

4006	400m	**400m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
A	1	Penny Butcher	66	Bedford & County AC	91.5	5
D	2	Tessa Stephenson	64	Fairlands Valley Spartans	103.4	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

15003	1500m	**1500m W35-49 [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
A	1	Sue Bosher	44	Bedford & County AC	05:16.7	5
D	2	Christine Lathwell	48	Fairlands Valley Spartans	05:33.5	4
C	3	Gemma Burman	47	Team Northants	05:43.4	3
	4					2
	5					1
	6					0
	7					0
	8					0

15005	1500m	**1500m W50-59 [W50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
D	1	Alison Wood	58	Fairlands Valley Spartans	05:56.6	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

15006	1500m	**1500m W60-69 [W60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
D	1	Sharon Crowley	66	Fairlands Valley Spartans	07:46.0	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

15007	1500m	**1500m W70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
D	1	Yuko Gordon	74	Fairlands Valley Spartans	06:45.7	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

100H3	SH	**100mH W35-49 (84cm) [W35**	**RDA**	**Team**	*(NN.n)*	**Pts**
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

80H5	SH	**80mH W50-59 (76.2cm) [W5(**	**RDA**	**Team**	*(NN.n)*	**Pts**
E	1	Stephanie Johnston	50	Marshall Milton Keynes AC	33.9	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

80H6	SH	**80mH W60-69 (68.6cm) [W6(**	**RDA**	**Team**	*(NN.n)*	**Pts**
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT3	HT	**Hammer W35-49 (4Kg) [W35**	**RDA**	**Team**	*(NN.nn)*	**Pts**
E	1	Emma Beardmore	37	Marshall Milton Keynes AC	39.19	5
B	2	Dawn Williams	47	Biggleswade AC/Luton AC	25.98	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT5	HT	**Hammer W50-59 (3Kg) [W50**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Niamh Scanlan-Blake	51	Biggleswade AC/Luton AC	22.35	5
E	2	Stephanie Johnston	50	Marshall Milton Keynes AC	17.81	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT6	HT	**Hammer W60-69 (3Kg) [W60**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Oriana Johnson	63	Bedford & County AC	15.16	5
D	2	Sharon Crowley	66	Fairlands Valley Spartans	14.53	4
B	3	Sandra Ingham	67	Biggleswade AC/Luton AC	11.70	3
	4					2
	5					1
	6					0
	7					0

	8					0
HT7	HT	**Hammer W70-74 (3Kg) [W70**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	17.03	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
SP3	SP	**Shot W35-49 (4Kg) [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
E	1	Emma Beardmore	37	Marshall Milton Keynes AC	9.99	5
C	2	Adriana Melczynska	41	Team Northants	6.90	4
A	3	Emma Coombes	47	Bedford & County AC	3.86	3
	4					2
	5					1
	6					0
	7					0
	8					0
SP5	SP	**Shot W50-59 (3Kg) [W50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Niamh Scanlan-Blake	51	Biggleswade AC/Luton AC	7.72	5
E	2	Stephanie Johnston	50	Marshall Milton Keynes AC	7.36	4
D	3	Tessa Stephenson	64	Fairlands Valley Spartans	6.10	3
	4					2
	5					1
	6					0
	7					0
	8					0
SP6	SP	**Shot W60-69 [W60+] (3Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Sandra Ingham	67	Biggleswade AC/Luton AC	6.98	5
D	2	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	6.38	4
A	3	Oriana Johnson	63	Bedford & County AC	6.34	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ3	LJ	**Long Jump W35-49 [W35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
B	1	Dawn Williams	47	Biggleswade AC/Luton AC	4.12	5
D	2	Christine Lathwell	48	Fairlands Valley Spartans	2.99	4
E	3	Bryony Gibbens	37	Marshall Milton Keynes AC	2.71	3
C	4	Vanessa Keen	42	Team Northants	2.63	2
	5					1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
E	1	Stephanie Johnston	50	Marshall Milton Keynes AC	2.80	5
D	2	Alison Wood	58	Fairlands Valley Spartans	2.55	4
	3					3
	4					2
	5					1
	6					0

	7					0
	8					0
LJ6	LJ	**Long Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
A	1	Penny Butcher	66	Bedford & County AC	3.12	5
B	2	Sandra Ingham	67	Biggleswade AC/Luton AC	1.97	4
D	3	Sharon Crowley	66	Fairlands Valley Spartans	1.79	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ7	LJ	**Long Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
D	1	Yuko Gordon	74	Fairlands Valley Spartans	2.45	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ3	HJ	**High Jump W35-49 [W35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
E	1	Bryony Gibbens	37	Marshall Milton Keynes AC	1.05	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
E	1	Stephanie Johnston	50	Marshall Milton Keynes AC	1.05	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ6	HJ	**High Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4224	MedR	**Relay 4224 W35-49 [W35+]**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
A	1	Penny Butcher	66	Bedford & County AC	3:40.5	5
A1		Ellie Garraway	52			
A2		Emma Coombes	47			
A3		Sue Bosher	44			
C	2	Alison Wood	49	Team Northants	3:42.3	4

		Vanessa Keen	42			
		Adriana Melczynska	41			
		Gemma Burman	47			
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

R4224	MedR	**Relay 4224 W50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
D	1	Sharon Crowley	66	Fairlands Valley Spartans	5:03.2	5
		Tessa Stephenson	64			
		Joylyn Saunders-Mullins	72			
		Alison Wood	58			
	2					4
	3					3
	4					2
	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 No	**Event**	**Name**	**AG**	**1st Claim Club**	**Result**
39	400m	Alison Wood	W45	Team Northants	84.20
71	100m	Adriana Melczynska	W40	Team Northants	16.60
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	

Highest Track Age Graded % =			82.2
Athlete	Yuko Gordon	RDA	74
Club	Fairlands Valley Spartans		
Event	1500m W70+		
Result	06:45.70		
Format to suit the result			

Highest Field Age Graded % =			65.5
Athlete	Dawn Williams	RDA	47
Club	Biggleswade AC/Luton AC		
Event	Long Jump W35-49 [W35+]		
Result	4.12		

	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	
	-	x	x	x	*76.1*	3872414
	-	x	x	x	*68.6*	3988065
	-	x	x	x	*67.9*	3876592
	-	x	x	x	*66.4*	2768712

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	*74.2*	2866793
		-	x	x	*58.3*	3401086

Wind			W60-69	W70+	AG %	EA No
			-	x	*71.1*	2701915
			-	x	*63.1*	2724359

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	*71.2*	4039146
x	x	x	x	*x*	-
-	x	x	x	*60.0*	4102372

	W50-59	W60-69	W70+	AG %	EA No

		-	x	x	*77.8*	2866793
		-	x	x	*66.1*	2977454
			W60-69	**W70+**	***AG %***	***EA No***
			-	x	*70.8*	2701915
			-	x	*61.3*	2724359
W35-49	**W50-59**	**W60+**	**W70+**	***AG %***	***EA No***
-	x	x	x	*79.4*	2775004
-	x	x	x	*78.0*	2768712
-	x	x	x	*75.1*	3825911
	W50-59	**W60+**	**W70+**	***AG %***	***EA No***
	-	x	x	*79.7*	2977454
			W60+	**W70+**	***AG %***	***EA No***
			-	x	*65.8*	2665073
				W70+	***AG %***	***EA No***
				LR	*82.2*	2665073

Wind	W35-49			AG %	EA No
					x

Wind	W50-59			AG %	EA No
	-			*34.0*	3401086

Wind	W60-69	W70+	AG %	EA No
				x

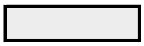
W35-49			AG %	EA No
-			*51.8*	2690317
-			*41.6*	3872414

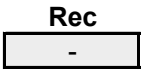
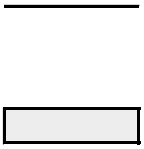
W50-59	W60-69	W70-74	AG %	EA No
-	x	x	*33.6*	3879823
-	x	x	*26.2*	3401086

W60-69	W70-74	AG %	EA No
-	x	*29.5*	2775067
-	x	*30.4*	2665073
-	x	*25.1*	2775416

				W70-74	*AG %*	*EA No*
				-	*41.5*	2665073
	W35-49				*AG %*	*EA No*
	-				*50.2*	2690317
	-				*36.8*	4039146
	-				*22.6*	3876592
		W50-59	W60-69	W70-74	*AG %*	*EA No*
		-	x	x	*41.9*	3879823
		-	x	x	*39.3*	3401086
		x	-	x	*42.0*	2724359
			W60-69	W70-74	*AG %*	*EA No*
			-	x	*52.5*	2775416
			x	-	*45.1*	2729447
			-	x	*49.5*	2775067
Wind	W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	x	*65.5*	3872414
	-	x	x	x	*48.1*	2768712
	-	x	x	x	*38.5*	2690430
	-	x	x	x	*39.5*	3988065
Wind		W50-59	W60+	W70+	*AG %*	*EA No*
		-	x	x	*46.1*	3401086
		-	x	x	*46.3*	2977454

Wind			**W60+**	**W70+**	***AG %***	***EA No***
			-	x	*62.8*	2701915
			-	x	*40.2*	2775416
			-	x	*36.0*	2665073
Wind				**W70+**	***AG %***	***EA No***
				-	*55.1*	2665073
	W35-49	**W50-59**	**W60-69**	**W70+**	***AG %***	***EA No***
	-	x	x	x	*52.3*	2690430
		W50-59	**W60-69**	**W70+**	***AG %***	***EA No***
		-	x	x	*59.4*	3401086
			W60-69	**W70+**	***AG %***	***EA No***
						x
	Rec					
	-					
	-					




Rec
-