		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	Women's Teams	Bib	Match 1 Points	Final	Pos
x	1	Peterborough & Nene Valley H	C	106.0	106.0	1
x	2	Cambridge & Coleridge AC	A	91.0	91.0	2
x	3	Ryston Runners AC	D	81.0	81.0	3
x	4	Newmarket Joggers/St Edmun	B	63.0	63.0	4
x	5	West Norfolk AC	E	31.0	31.0	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 *RDA = Race Day Age*

(A-H, x) only Do not insert athlete data in Results section - use "Declarations" tab only

1003	100m	**100m W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
c	1	Claire Smith	48	Peterborough & Nene Valley H	13.9	5
a	2	Anne Moindrot	42	Cambridge & Coleridge AC	15.8	4
d	3	Linda Marshall	60	Ryston Runners AC	19.5	3
b	4	Katie King	35	Newmarket Joggers/St Edmunds	20.0	2
	5					1
	6					0
	7					0
	8					0

1005	100m	**100m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
c	1	Wendy Day	52	Peterborough & Nene Valley H	16.1	5
a	2	Zoë Bailey	52	Cambridge & Coleridge AC	16.6	4
e	3	Katrina Wasteney	53	West Norfolk AC	19.8	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	20.4	2
d	5	Helen Driver	55	Ryston Runners AC	23.8	1
	6					0
	7					0
	8					0

1006	100m	**100m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
b	1	Christine Anthony	62	Newmarket Joggers/St Edmunds	16.9	5
c	2	Judith Jagger	64	Peterborough & Nene Valley H	16.9	4
a	3	Rosemary Abbott	64	Cambridge & Coleridge AC	17.7	3
d	4	Gaye Clarke	64	Ryston Runners AC	21.0	2
	5					1
	6					0
	7					0
	8					0

1007	100m	**100m W70+**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					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	Nichola Gibson	35	Peterborough & Nene Valley H	69.2	5
b	2	Katie King	35	Newmarket Joggers/St Edmunds	85.1	4
e	3	Katrina Wasteney	53	West Norfolk AC	85.5	3
d	4	Linda Marshall	60	Ryston Runners AC	87.4	2
a	5	Jane Packman	59	Cambridge & Coleridge AC	90.1	1
	6					0
	7					0
	8					0

4005	400m	**400m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
b	1	Christine Anthony	62	Newmarket Joggers/St Edmunds	74.1	5
e	2	Nicola Neill	53	West Norfolk AC	74.6	4
c	3	Wendy Day	52	Peterborough & Nene Valley H	79.4	3
a	4	Tracey Brazier	56	Cambridge & Coleridge AC	93.4	2
d	5	Helen Driver	55	Ryston Runners AC	127.4	1
	6					0
	7					0
	8					0

4006	400m	**400m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
a	1	Joan Lasenby	65	Cambridge & Coleridge AC	90.8	5
c	2	Betty Gash	65	Peterborough & Nene Valley H	92.0	4
b	3	Suzanne Bailey	61	Newmarket Joggers/St Edmunds	97.6	3
d	4	Wendy Fisher	60	Ryston Runners AC	98.4	2
	5					1
	6					0
	7					0
	8					0

4007	400m	**400m W70+**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					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**
c	1	Maggie Skinner	45	Peterborough & Nene Valley H	05:23.1	5
b	2	Helen Baldwin	43	Newmarket Joggers/St Edmunds	05:38.7	4
d	3	Cat Foley-Wray	38	Ryston Runners AC	06:24.9	3
a	4	Tracey Brazier	56	Cambridge & Coleridge AC	06:26.1	2
	5					1
	6					0
	7					0
	8					0

15005	1500m	**1500m W50-59 [W50+]**	**RDA**	**Team**	*NN:NN.n*	**Pts**
a	1	Sharon Warren	51	Cambridge & Coleridge AC	05:45.6	5
c	2	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley H	06:01.3	4
e	3	Katrina Wasteney	53	West Norfolk AC	06:11.8	3
d	4	Linda Marshall	60	Ryston Runners AC	06:28.3	2
b	5	Eloise Bird	57	Newmarket Joggers/St Edmunds	07:53.0	1
	6					0
	7					0
	8					0

15006	1500m	**1500m W60-69 [W60+]**	**RDA**	**Team**	*'NN:NN.n*	**Pts**
b	1	Elke Hausler	62	Newmarket Joggers/St Edmunds	05:54.7	5
a	2	Joan Lasenby	65	Cambridge & Coleridge AC	07:01.8	4
c	3	Betty Gash	65	Peterborough & Nene Valley H	07:06.1	3
d	4	Elizabeth Blakie	66	Ryston Runners AC	08:23.8	2
	5					1
	6					0
	7					0
	8					0

15007	1500m	**1500m W70+**	**RDA**	**Team**	*'NN:NN.n*	**Pts**
c	1	Barbara Johnson	75	Peterborough & Nene Valley H	07:29.9	5
d	2	Pat Brightman	72	Ryston Runners AC	10:57.9	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**
a	1	Lowri Chatfield	47	Cambridge & Coleridge AC	20.5	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

80H5	SH	**80mH W50-59 (76.2cm) [W50·**	**RDA**	**Team**	*(NN.n)*	**Pts**
a	1	Fiona McCulloch	50	Cambridge & Coleridge AC	20.3	5
d	2	Elaine Knight	57	Ryston Runners AC	25.8	4
b	3	Eloise Bird	57	Newmarket Joggers/St Edmunds	31.1	3
	4					2
	5					1
	6					0
	7					0
	8					0

80H6	SH	**80mH W60-69 (68.6cm) [W60·**	**RDA**	**Team**	*(NN.n)*	**Pts**
d	1	Gaye Clarke	64	Ryston Runners AC	18.5	5
c	2	Judith Jagger	64	Peterborough & Nene Valley H	18.7	4
b	3	Dawn Mason	68	Newmarket Joggers/St Edmunds	24.8	3
a	4	Rosemary Abbott	64	Cambridge & Coleridge AC	33.1	2
	5					1
	6					0
	7					0
	8					0

80H7	SH	**80mH W70+ (68.6cm)**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					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**
c	1	Andrea Jenkins	49	Peterborough & Nene Valley H	39.42	5
a	2	Lisa Teverson	57	Cambridge & Coleridge AC	21.73	4
d	3	Zoe Fiander	36	Ryston Runners AC	20.15	3
e	4	Niamh Allitt	43	West Norfolk AC	14.38	2
b	5	Helen Baldwin	43	Newmarket Joggers/St Edmunds	9.44	1
	6					0
	7					0
	8					0
HT5	HT	**Hammer W50-59 (3Kg) [W50+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
a	1	Sarah McGrath	52	Cambridge & Coleridge AC	29.86	5
c	2	Sally Pusey	57	Peterborough & Nene Valley H	20.58	4
e	3	Nicola Neill	53	West Norfolk AC	13.73	3
d	4	Helen Reed	59	Ryston Runners AC	12.76	2
	5					1
	6					0
	7					0
	8					0
HT6	HT	**Hammer W60-69 (3Kg) [W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
d	1	Gaye Clarke	64	Ryston Runners AC	25.11	5
c	2	Judith Jagger	64	Peterborough & Nene Valley H	23.28	4
b	3	Dawn Mason	68	Newmarket Joggers/St Edmunds	19.02	3
a	4	Joan Lasenby	65	Cambridge & Coleridge AC	10.87	2
	5					1
	6					0
	7					0
	8					0
HT7	HT	**Hammer W70-74 (3Kg) [W70+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
d	1	Marlene Simmonds	79	Ryston Runners AC	15.55	5
c	2	Brenda Church	72	Peterborough & Nene Valley H	11.22	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	Niamh Allitt	43	West Norfolk AC	8.84	5
c	2	Andrea Jenkins	49	Peterborough & Nene Valley H	8.55	4
a	3	Anne Moindrot	42	Cambridge & Coleridge AC	8.09	3
d	4	Claire Chamberlain	39	Ryston Runners AC	6.07	2
b	5	Rachael Maltpress	44	Newmarket Joggers/St Edmunds	5.82	1
	6					0
	7					0
	8					0
SP5	SP	**Shot W50-59 (3Kg) [W50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
a	1	Sarah McGrath	52	Cambridge & Coleridge AC	9.75	5
e	2	Nicola Neill	53	West Norfolk AC	6.43	4
c	3	Sally Pusey	57	Peterborough & Nene Valley H	6.13	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	4.18	2
d	5	Helen Driver	55	Ryston Runners AC	3.59	1
	6					0

	7					0
	8					0
SP6	SP	**Shot W60-69 [W60+] (3Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
c	1	Judith Jagger	64	Peterborough & Nene Valley H	8.15	5
d	2	Pat Brightman	72	Ryston Runners AC	7.40	4
b	3	Dawn Mason	68	Newmarket Joggers/St Edmunds	6.06	3
a	4	Joan Lasenby	65	Cambridge & Coleridge AC	5.13	2
	5					1
	6					0
	7					0
	8					0
SP7	SP	**Shot W70-74 [W70+] (3Kg)**	**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 W35-49 [W35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
a	1	Anne Moindrot	42	Cambridge & Coleridge AC	4.00	5
e	2	Jen Gosnell	43	West Norfolk AC	3.15	4
d	3	Elizabeth Blakie	66	Ryston Runners AC	2.62	3
c	4	Betty Gash	65	Peterborough & Nene Valley H	2.28	2
b	5	Katie King	35	Newmarket Joggers/St Edmunds	2.17	1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
c	1	Wendy Day	52	Peterborough & Nene Valley H	3.14	5
a	2	Fiona McCulloch	50	Cambridge & Coleridge AC	2.71	4
d	3	Helen Driver	55	Ryston Runners AC	1.89	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	1.85	2
	5					1
	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
d	1	Gaye Clarke	64	Ryston Runners AC	3.53	5
c	2	Judith Jagger	64	Peterborough & Nene Valley H	3.41	4
b	3	Dawn Mason	68	Newmarket Joggers/St Edmunds	2.43	3
a	4	Rosemary Abbott	64	Cambridge & Coleridge AC	2.40	2
	5					1
	6					0
	7					0
	8					0
LJ7	LJ	**Long Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
d	1	Marlene Simmonds	79	Ryston Runners AC	2.05	5
c	2	Brenda Church	72	Peterborough & Nene Valley H	1.69	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**
a	1	Lowri Chatfield	47	Cambridge & Coleridge AC	1.15	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**
a	1	Fiona McCulloch	50	Cambridge & Coleridge AC	1.15	5
d	2	Elaine Knight	57	Ryston Runners AC	1.06	4
b	3	Eloise Bird	57	Newmarket Joggers/St Edmunds	1.00	3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ6	HJ	**High Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
c	1	Judith Jagger	64	Peterborough & Nene Valley H	1.18	5
d	2	Gaye Clarke	64	Ryston Runners AC	1.09	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ7	HJ	**High Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
	1					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**
c	1	Claire Smith	48	Peterborough & Nene Valley H	3:37.3	5
ca		Nichola Gibson	35			
cb		Betty Gash	65			
cc		Maggie Skinner	45			
a	2	Anne Moindrot	42	Cambridge & Coleridge AC	3:40.8	4
aa		Lowri Chatfield	47			
ab		Rosemary Abbott	64			
ac		Jane Packman	59			
b	3	Katie King	35	Newmarket Joggers/St Edmunds	4:06.2	3
ba		Rachael Maltpress	44			
bb		Eloise Bird	57			
bc		Helen Baldwin	43			
d	4	Helen Reed	59	Ryston Runners AC	5:57.0	2

da		Helen Driver	55			
db		Pat Brightman	72			
dc		Elizabeth Blakie	66			
	5					1
a						
b						
c						
	6					0
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						

R4224	MedR	**Relay 4224 W50+**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
c	1	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley H	4:07.8	5
ca		Kay Gibson	59			
cb		Judith Jagger	64			
cc		Wendy Day	52			
b	2	Elke Hausler	62	Newmarket Joggers/St Edmunds	4:09.8	4
ba		Suzanne Bailey	61			
bb		Dawn Mason	68			
bc		Christine Anthony	62			
a	3	Tracey Brazier	56	Cambridge & Coleridge AC	4:13.7	3
aa		Sarah McGrath	52			
ab		Sharon Warren	51			
ac		Zoë Bailey	52			
d	4	Wendy Fisher	60	Ryston Runners AC	4:37.7	2
da		Elaine Knight	57			
db		Gaye Clarke	64			
dc		Linda Marshall	60			
	5					1
a						
b						
c						
	6					0
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						

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**
350	SP	Zoe Fiander	W35	Ryston	6.14
352	SP	Pat Brightman	W60	Ryston	3.03
237	1500	Kate King	W35	St Eds Pacers	5:53.6
224	100	Kay Gibson	W55	PANVAC	18.90
		-	-	-	
		-	-	-	
		-	-	-	

Highest Track Age Graded % =			83.7
Athlete	Christine Anthony	RDA	62
Club	Newmarket Joggers/St Edmunds		
Event	400m W50-59 [W50+]		
Result	74.1		
Format to suit the result			

Highest Field Age Graded % =			76.8
Athlete	Judith Jagger	RDA	64
Club	Peterborough & Nene Valley H		
Event	High Jump W60-69 [W60+]		
Result	1.18		

	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	
	-	x	x	x	82.2	3575627
	-	x	x	x	69.0	2828378
	x	x	-	x	64.5	2781803
	-	x	x	x	52.7	3627591

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	73.3	2942952
		-	x	x	71.0	4155778
		-	x	x	60.0	2981176
		-	x	x	60.2	2715426
		-	x	x	50.8	3684430

Wind			W60-69	W70+	AG %	EA No
			-	x	75.7	2715397
			-	x	76.9	2676481
			-	x	73.5	4129090
			-	x	61.9	2781883

Wind				W70+	AG %	EA No

W35-49	W50-59	W60-69	W70+	AG %	EA No

-	x	x	x	*71.1*	2684039
-	x	x	x	*57.8*	3627591
x	-	x	x	*66.4*	2981176
x	x	-	x	*69.5*	2781803
x	-	x	x	*66.7*	3021683

	W50-59	**W60-69**	**W70+**	***AG %***	***EA No***
	x	-	x	*83.7*	2715397
	-	x	x	*76.1*	2660991
	-	x	x	*70.8*	2942952
	-	x	x	*62.5*	3296605
	-	x	x	*45.4*	3684430

		W60-69	**W70+**	***AG %***	***EA No***
		-	x	*70.6*	2746434
		-	x	*69.7*	3013691
		-	x	*62.9*	3872682
		-	x	*61.7*	3141148

			W70+	***AG %***	***EA No***

W35-49	**W50-59**	**W60+**	**W70+**	***AG %***	***EA No***
-	x	x	x	*78.5*	2873942
-	x	x	x	*73.7*	4189883
-	x	x	x	*62.3*	3975494
x	-	x	x	*72.2*	3296605

	W50-59	**W60+**	**W70+**	***AG %***	***EA No***
	-	x	x	*77.2*	4140462
	-	x	x	*73.2*	3703928
	-	x	x	*73.0*	2981176
	x	-	x	*74.5*	2781803
	-	x	x	*59.5*	2715426

W60+	W70+	AG %	EA No
-	x	*83.1*	3478624
-	x	*72.0*	2746434
-	x	*71.3*	3013691
-	x	*60.9*	2781871

W70+	AG %	EA No
LR	*75.1*	3013691
LR	*49.6*	2781871

Wind	W35-49	AG %	EA No
	-	-	4062016

Wind	W50-59	AG %	EA No
	-	*56.7*	4094961
	-	*47.2*	3932403
	-	*39.1*	2715426

Wind	W60-69	W70+	AG %	EA No
	-	x	*69.9*	2781883
	-	x	*69.1*	2676481
	-	x	*54.2*	2698800
	-	x	*39.0*	4129090

Wind	W70+	AG %	EA No

W35-49				AG %	EA No
-				65.7	2768996
x				-	3979967
-				26.2	4086543
-				21.3	3908679
-				14.0	4189883

	W50-59	W60-69	W70-74	AG %	EA No
	-	x	x	45.8	3671649
	-	x	x	35.1	3565059
	-	x	x	21.5	2660991
	-	x	x	22.7	3301578

		W60-69	W70-74	AG %	EA No
		-	x	50.1	2781883
		-	x	46.4	2676481
		-	x	41.8	2698800
		-	x	22.2	2746434

			W70-74	AG %	EA No
			x	-	2781883
			-	27.3	2676481

W35-49				AG %	EA No
-				48.6	3908679
-				51.8	2768996
-				43.8	2828378
-				31.4	4086534
-				32.5	3995985

	W50-59	W60-69	W70-74	AG %	EA No
	-	x	x	53.8	3671649
	-	x	x	36.1	2660991
	-	x	x	36.9	3565059
	-	x	x	25.2	2715426
	-	x	x	20.9	3684430

			W60-69	W70-74	*AG %*	*EA No*
			-	x	*63.1*	2676481
			x	-	*52.4*	2784560
			-	x	*45.1*	2698800
			-	x	*39.3*	2746434

				W70-74	*AG %*	*EA No*

Wind	W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	x	*60.1*	2828378
	-	x	x	x	*47.9*	3976672
	x	x	-	x	*52.7*	2781871
	x	x	-	x	*45.3*	3013691
	-	x	x	x	*30.2*	3627591

Wind		W50-59	W60+	W70+	*AG %*	*EA No*
		-	x	x	*53.0*	2942952
		-	x	x	*44.7*	4094961
		-	x	x	*33.1*	3684430
		-	x	x	*33.2*	2715426

Wind			W60+	W70+	*AG %*	*EA No*
			-	x	*69.2*	2781883
			-	x	*66.8*	2676481
			-	x	*50.2*	2698800
			-	x	*47.0*	4129090

Wind				W70+	*AG %*	*EA No*
				-	*50.1*	2781883
				-	*36.9*	2676481

	W35-49	W50-59	W60-69	W70+	*AG %*	*EA No*
	-	x	x	x	*63.2*	4062016

		W50-59	W60-69	W70+	*AG %*	*EA No*
		-	x	x	*65.1*	4094961
		-	x	x	*64.3*	3932403
		-	x	x	*60.7*	2715426

			W60-69	W70+	*AG %*	*EA No*
			-	x	*76.8*	2676481
			-	x	*71.0*	2781883

				W70+	*AG %*	*EA No*

Rec
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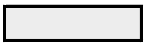

Rec