		Insert non scoring results at the bottom				
	EMAC Track & Field League			Central East Division - Match 2	Teams =	5
	Cambridge		Wed	04 June 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	2	Peterborough & Nene Valley H	3	91.0	196.0	1
x	1	Cambridge & Coleridge AC	1	97.0	156.0	2
x	3	Ryston Runners AC	4	76.0	132.0	3
x	4	Newmarket Joggers/St Edmund	2	48.0	100.0	4
x	5	West Norfolk AC	5	40.0	98.0	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

Singl number 0 s (0-8) only

RDA = Race Day Age

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

2003	200M	**200m M35-49 - [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
4	1	Matthew Smith	39	Ryston Runners AC	24.4	5
1	2	Chung Tu	41	Cambridge & Coleridge AC	24.9	4
3	3	Matthew Parsons	47	Peterborough & Nene Valley H	26.1	3
2	4	Daniel Young	38	Newmarket Joggers/St Edmunds	27.0	2
5	5	Ricky Bailey	57	West Norfolk AC	35.8	1
	6					0
	7					0
	8					0

2005	200m	**200m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Tim Cheshire	51	Cambridge & Coleridge AC	27.0	5
3	2	Andrew Robson	58	Peterborough & Nene Valley H	30.4	4
4	3	David Van Den Bergh	60	Ryston Runners AC	31.3	3
5	4	Lee Tunmore	52	West Norfolk AC	31.7	2
	5					1
	6					0
	7					0
	8					0

2006	200m	**200m M60-69 [M60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Dave Knighton	63	Peterborough & Nene Valley H	31.5	5
4	2	Chris Palmer	73	Ryston Runners AC	32.3	4
1	3	Kevin Russell	62	Cambridge & Coleridge AC	33.3	3
2	4	Howard Beasley	64	Newmarket Joggers/St Edmunds	37.1	2
	5					1
	6					0
	7					0
	8					0

8003	800m	**800m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Jack Nixon	40	Cambridge & Coleridge AC	02:05.0	5

3	2	David Brown	47	Peterborough & Nene Valley H	02:11.0	4
2	3	Shane Mcandrew	38	Newmarket Joggers/St Edmunds	02:17.8	3
4	4	Daniel Smith	41	Ryston Runners AC	02:18.2	2
	5					1
	6					0
	7					0
	8					0

8005	800m	**800m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
5	1	Darren Easter	53	West Norfolk AC	02:30.8	5
2	2	Adrian Frost	54	Newmarket Joggers/St Edmunds	02:35.2	4
1	3	Paul Fletcher	61	Cambridge & Coleridge AC	02:39.7	3
4	4	Ian Wells	63	Ryston Runners AC	02:39.7	2
3	5	Andrew Robson	58	Peterborough & Nene Valley H	02:46.2	1
	6					0
	7					0
	8					0

8006	800m	**800m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Dave Knighton	63	Peterborough & Nene Valley H	02:33.2	5
1	2	Kevin Russell	62	Cambridge & Coleridge AC	02:40.3	4
2	3	Howard Beasley	64	Newmarket Joggers/St Edmunds	02:48.9	3
4	4	David Van Den Bergh	60	Ryston Runners AC	02:49.1	2
	5					1
	6					0
	7					0
	8					0

30003	3000m	**3000m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Jack Nixon	40	Cambridge & Coleridge AC	09:00.9	5
3	2	Daniel Lewis	48	Peterborough & Nene Valley H	09:49.3	4
5	3	Shaun Mann	53	West Norfolk AC	10:04.5	3
4	4	Daniel Smith	41	Ryston Runners AC	10:43.2	2
2	5	Oliver Clanford	46	Newmarket Joggers/St Edmunds	10:51.6	1
	6					0
	7					0
	8					0

30005	3000m	**3000m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Charles Wartnaby	55	Cambridge & Coleridge AC	10:46.2	5
3	2	Nicholas Wilkins	52	Peterborough & Nene Valley H	11:23.1	4
2	3	Richard Defries	53	Newmarket Joggers/St Edmunds	11:49.0	3
4	4	Anthony Savage	63	Ryston Runners AC	12:30.2	2
5	5	John Greenhalgh	59	West Norfolk AC	13:19.1	1
	6					0
	7					0
	8					0

30006	3000m	**3000m M60-69 [M60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Malcolm Tuff	60	Peterborough & Nene Valley H	11:01.9	5

2	2	Howard Beasley	64	Newmarket Joggers/St Edmunds	12:02.6	4
5	3	Greg Davis	62	West Norfolk AC	12:29.0	3
1	4	Peter Thompson	66	Cambridge & Coleridge AC	12:47.5	2
4	5	Jit Patel	68	Ryston Runners AC	13:06.4	1
	6					0
	7					0
	8					0

30007	3000m	**3000m M70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Martin Kilduff	75	Cambridge & Coleridge AC	13:29.2	5
3	2	Alan Stockbridge	73	Peterborough & Nene Valley H	15:00.9	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

2KWA	2000mW	**2Km Walk 'A' [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
5	1	Adam Howard	45	West Norfolk AC	11:36.9	5
1	2	Peter Bennet	61	Cambridge & Coleridge AC	13:56.8	4
4	3	Liam Dawson	52	Ryston Runners AC	14:45.9	3
3	4	Peter Brantom	75	Peterborough & Nene Valley H	15:50.0	2
	5					1
	6					0
	7					0
	8					0

2KWB	2000mW	**2Km Walk 'B' [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Peter Thompson	66	Cambridge & Coleridge AC	14:56.4	5
4	2	Paul Firmage	70	Ryston Runners AC	15:46.2	4
5	3	Ricky Bailey	57	West Norfolk AC	15:52.5	3
	4					2
	5					1
	6					0
	7					0
	8					0

JT3	JT	**Javelin M35-49 (800gm) [M35-**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Rob Simmonds	39	Ryston Runners AC	40.34	5
3	2	Mark Burbridge	51	Peterborough & Nene Valley H	32.47	4
1	3	Kashif Ali	41	Cambridge & Coleridge AC	30.77	3
5	4	Adam Howard	45	West Norfolk AC	29.80	2
2	5	Adam Maltpress	46	Newmarket Joggers/St Edmunds	14.10	1
	6					0
	7					0
	8					0

JT5	JT	**Javelin M50-59 (700gm)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	40.41	5

2	2	Christopher Kent	51	Newmarket Joggers/St Edmunds	30.02	4
1	3	Erwin De Genst	51	Cambridge & Coleridge AC	25.98	3
5	4	Lee Tunmore	52	West Norfolk AC	18.72	2
4	5	Ian Wells	63	Ryston Runners AC	15.45	1
	6					0
	7					0
	8					0

JT6	JT	**Javelin M60-69 (600gm) [M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Ian Reeve	72	West Norfolk AC	28.64	5
1	2	Ian Slack	64	Cambridge & Coleridge AC	26.10	4
3	3	Kevin Bates	73	Peterborough & Nene Valley H	18.12	3
4	4	Jeffrey Reed	80	Ryston Runners AC	8.31	2
2	5	David Valentine	68	Newmarket Joggers/St Edmunds	6.50	1
	6					0
	7					0
	8					0

DT3	DT	**Discus M35-49 (2Kg) [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	29.44	5
3	2	Mark Burbridge	51	Peterborough & Nene Valley H	26.48	4
1	3	Erwin De Genst	51	Cambridge & Coleridge AC	21.33	3
5	4	Adam Howard	45	West Norfolk AC	17.40	2
2	5	Adam Maltpress	46	Newmarket Joggers/St Edmunds	12.04	1
	6					0
	7					0
	8					0

DT5	DT	**Discus M50-59 (1.5Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	37.61	5
1	2	Ali Bajwa	53	Cambridge & Coleridge AC	36.64	4
2	3	Christopher Kent	51	Newmarket Joggers/St Edmunds	28.72	3
4	4	David Payne	60	Ryston Runners AC	16.6	2
5	5	Ricky Bailey	57	West Norfolk AC	15.24	1
	6					0
	7					0
	8					0

DT6	DT	**Discus M60+ (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Ian Slack	64	Cambridge & Coleridge AC	26.16	5
4	2	Ian Wells	63	Ryston Runners AC	24.60	4
3	3	Kevin Bates	73	Peterborough & Nene Valley H	23.43	3
2	4	David Valentine	68	Newmarket Joggers/St Edmunds	22.81	2
5	5	Greg Davis	62	West Norfolk AC	13.10	1
	6					0
	7					0
	8					0

DT7	DT	**Discus M70+ (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Timothy Needham	72	Peterborough & Nene Valley H	22.35	5

4	2	Jeffrey Reed	80	Ryston Runners AC	14.60	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

TJ3	TJ	**Triple Jump M35-49 [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	11.23	5
1	2	Rich Thurston	49	Cambridge & Coleridge AC	8.88	4
2	3	Daniel Young	38	Newmarket Joggers/St Edmunds	8.64	3
3	4	Jack Pishorn	35	Peterborough & Nene Valley H	6.88	2
	5					1
	6					0
	7					0
	8					0

TJ5	TJ	**Triple Jump M50-59 [m50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Paul Harrison	58	Newmarket Joggers/St Edmunds	9.47	5
1	2	Stephen Vandermark	59	Cambridge & Coleridge AC	9.17	4
4	3	David Van Den Bergh	60	Ryston Runners AC	8.43	3
3	4	Andrew Robson	58	Peterborough & Nene Valley H	7.95	2
5	5	Lee Tunmore	52	West Norfolk AC	7.07	1
	6					0
	7					0
	8					0

TJ6	TJ	**Triple Jump M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Richard Van Baaren	62	Ryston Runners AC	8.84	5
1	2	Ian Slack	64	Cambridge & Coleridge AC	7.87	4
3	3	John Spriggs	72	Peterborough & Nene Valley H	7.69	3
	4					2
	5					1
	6					0
	7					0
	8					0

PV3	PV	**Pole Vault M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	2.60	5
3	2	Maxim Hall	38	Peterborough & Nene Valley H	2.00	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

PV5	PV	**Pole Vault M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Stephen Vandermark	59	Cambridge & Coleridge AC	2.20	5

2	2	Christopher Kent	51	Newmarket Joggers/St Edmunds	2.00	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					1

PV6	PV	**Pole Vault M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
x	1	?	?	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

R4x4-3	MedR	**Relay 4x4 M35-49 [M35+]**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
3	1	David Brown	47	Peterborough & Nene Valley H	3:49.3	5
		Maxim Hall	38			
		Matthew Parsons	47			
		Russell Dowers	40			
1	2	Chung Tu	41	Cambridge & Coleridge AC	3:57.4	4
		Can Aslan	39			
		Jack Nixon	40			
		Matt Hamilton	40			
4	3	Daniel Smith	41	Ryston Runners AC	4:09.8	3
		Ian Wells	63			
		Rob Simmonds	39			
		Matthew Smith	39			
2	4	Shane Mcandrew	38	Newmarket Joggers/St Edmunds	4:33.8	2
		Oliver Clanford	46			
		Adam Maltpress	46			
		Phil Blundell	48			
	5					1
	6					0
	7					0

	8					0

R4x4-8	MedR	Relay 4x4 M50+	RDA	Team	*(N:NN.n)*	Pts
3	1	Andrew Robson	58	Peterborough & Nene Valley H	4:40.7	5
		Nicholas Wilkins	52			
		Malcolm Tuff	60			
		Dave Knighton	63			
1	2	Stephen Vandermark	59	Cambridge & Coleridge AC	4:47.0	4
		Tim Cheshire	51			
		Kevin Russell	62			
		Paul Fletcher	61			
5	3	Greg Davis	62	West Norfolk AC	4:55.8	3
		Darren Easter	53			
		Lee Tunmore	52			
		Shaun Mann	53			
4	4	Liam Dawson	52	Ryston Runners AC	5:12.5	2
		Chris Palmer	73			
		Anthony Savage	63			
		Jit Patel	68			
	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**
44	3000m	Richard Merrick	M35	Cambridge and Coleridge	9:56.1
41	3000m	John Pike	M50	PANVAC	10:22.2
27	3000m	Adrian Frost	M50	St Edmunds Pacers	11:24.4
36	3000m	James Crockford	M35	Cambridge and Coleridge	11:24.9

37	3000m	Barry Warnes	M60	PANVAC	12:50.8
43	3000m	John Dawson	M70	Cambridge and Coleridge	13:33.3
21	200m	Peter Brantom	M75	PANVAC	49.3
40	200m	Matt Hamilton	M40	Cambridge and Coleridge	25.2
27	200m	Adrian Frost	M50	St Edmunds Pacers	32.0
32	200m	Mark Davies	M55	St Edmunds Pacers	34.2
24	200m	Russell Dowers	M35	PANVAC	25.7
35	200m	Can Aslan	M35	Cambridge and Coleridge	27.0
38	800m	Mark Lewis	M50	St Edmunds Pacers	3:05.1
22	800m	Oliver Park	M35	Cambridge and Coleridge	2:05.2
42	800m	Oliver Clanford	M35	St Edmunds Pacers	2:28.2
36	800m	James Crockford	M35	Cambridge and Coleridge	2:44.2
33	JT	Max Hall	M35	PANVAC	44.53
30	JT	Jack Pishorn	M35	PANVAC	17.37
39	JT	Ricky Bailey	M50	West Norfolk	22.47
30	DT	Jack Pishorn	M35	PANVAC	18.46
33	DT	Max Hall	M35	PANVAC	34.69
34	DT	Rob Simmonds	M35	Ryston	29.59
38	200m	Mark Lewis	M50	St Edmunds Pacers	35.5
38	2KW	Mark Lewis	M50	St Edmunds Pacers	16:46.5
27	4x4R (M50)	Adrian Frost	M50	St Edmunds Pacers	5:05.2
38		Mark Lewis	M50	St Edmunds Pacers	
32		Mark Davies	M55	St Edmunds Pacers	
901		Howard Beasley	M65	St Edmunds Pacers	

Highest Track Age Graded % =			85.0
Athlete	David Brown	RDA	47
Club	Peterborough & Nene Valley H		
Event	800m M35-49 [M35+]		
Result	0.0		
Format Result to suit the result			
Highest Field Age Graded % =			67.6
Athlete	Paul Harrison	RDA	58
Club	Newmarket Joggers/St Edmunds		
Event	Triple Jump M50-59 [m50+]		
Result	9.47		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	x	*82.4*	4031635
	-	x	x	x	*81.8*	3181559
	-	x	x	x	*81.2*	2870547
	-	x	x	x	*74.0*	4174558
	x	-	x	x	*63.2*	3696890

Wind		M50-59	M60-69	M70+	*AG %*	*EA No*
		-	x	x	*80.5*	3972473
		-	x	x	*74.9*	3613664
		x	-	x	*73.8*	3215013
		-	x	x	*69.1*	2784092

Wind			M60-69	M70+	*AG %*	*EA No*
			-	x	*74.8*	2727820
			x	LR	*78.1*	3789982
			-	x	*70.3*	3155077
			-	x	*63.9*	3577645

M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	x	*84.3*	3950745

-	x	x	x	*85.0*	2955064
-	x	x	x	*75.2*	4050893
-	x	x	x	*76.8*	3964403

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*77.5*	3433711
	-	x	x	*76.0*	3459139
	x	-	x	*78.2*	3181429
	x	-	x	*79.5*	4042427
	-	x	x	*73.3*	3613664

		M60-69	M70+	*AG %*	*EA No*
		-	x	*82.9*	2727820
		-	x	*78.6*	3155077
		-	x	*75.8*	3577645
		-	x	*73.2*	3215013

M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	x	*84.5*	3950745
-	x	x	x	*82.6*	7017795
x	-	x	x	*84.0*	3331432
-	x	x	x	*71.6*	3964403
-	x	x	x	*73.5*	3207932

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*80.0*	2999731
	-	x	x	*73.7*	3827030
	-	x	x	*71.6*	3516414
	x	-	x	*74.3*	2781820
	-	x	x	*67.1*	2675734

		M60-69	M70+	*AG %*	*EA No*
		-	x	*81.8*	2781837

		-	x	*77.9*	3577645
		-	x	*73.7*	2957061
		-	x	*74.8*	3545544
		-	x	*74.6*	4022307

			M70+	*AG %*	*EA No*
			LR	*78.3*	3545544
			LR	*68.7*	2781837

M35-49	M50-59	M60-69	M70+		*EA No*
-	x	x	x		3389235
x	x	-	x		3552972
x	-	x	x		2806009
x	x	x	LR		2970856

M35-49	M50-59	M60-69	M70+		*EA No*
x	x	-	x		3545544
x	x	x	LR		2781894
x	-	x	x		3696890

M35-49				*AG %*	*EA No*
-				*45.3*	2666518
x				-	3768315
-				*35.6*	4170529
-				*36.6*	3389235
-				*17.6*	3058366

	M50-59			*AG %*	*EA No*
	-			*50.4*	2666249

				38.1	3808791
				33.0	4154018
				24.2	2784092
				-	4042427

M60-69	AG %	EA No
x	-	2784076
-	*39.4*	3021705
x	-	3631212
x	-	3114239
-	*10.7*	3756183

M35-49	AG %	EA No
-	*41.0*	2872085
x	-	3768315
x	-	4154018
-	*26.3*	3389235
-	*18.4*	3058366

M50-59	AG %	EA No
-	*52.7*	2666249
-	*53.7*	2952884
-	*40.9*	3808791
x	-	4192235
-	*23.8*	3696890

M60-79	AG %	EA No
-	*37.8*	3021705
-	*34.9*	4042427
-	*41.0*	3631212
-	*35.7*	3756183
-	*18.2*	2957061

M70-79	AG %	EA No
LR	*38.2*	3631212

				x	*30.7*	4042427
Wind	**M35-49**	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*62.8*	2872085
	-	x	x	x	*56.6*	3215295
	-	x	x	x	*48.8*	4174558
	-	x	x	x	*37.7*	3219796

Wind		**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
		-	x	x	*67.6*	2743274
		-	x	x	*66.3*	3965462
		x	-	x	*61.8*	3215013
		-	x	x	*56.7*	3613664
		-	x	x	*46.7*	2784092

Wind			**M60-69**	**M70+**	***AG %***	***EA No***
			-	x	*66.6*	4057115
			-	x	*61.0*	3021705
			x	LR	*67.4*	3573756

	M35-49	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*43.4*	2872085
	-	x	x	x	*33.8*	3115211

		M50-59	**M60-69**	**M70+**	***AG %***	***EA No***
		-	x	x	*48.3*	3965462

-	x	x	*39.4*	3808791

	M60-69	M70+	*AG %*	*EA No*
				#N/A

Rec

LR

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Rec

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