	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	Women's Teams	Bib	Match 2 Points	Final	Pos
x	2	Peterborough & Nene Valley H	C	81.0	187.0	1
x	1	Cambridge & Coleridge AC	A	92.0	183.0	2
x	4	Ryston Runners AC	D	57.0	138.0	3
x	3	Newmarket Joggers/St Edmun	B	63.0	126.0	4
x	5	West Norfolk AC	E	32.0	63.0	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

2003	200m	**200m W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
B	1	Christine Anthony	62	Newmarket Joggers/St Edmunds	33.5	5
A	2	Rachael Leah	44	Cambridge & Coleridge AC	34.2	4
E	3	Katrina Wasteney	53	West Norfolk AC	41.1	3
D	4	Elaine Knight	57	Ryston Runners AC	41.6	2
C	5	Yvonne Scarrott	58	Peterborough & Nene Valley H	44.2	1
	6					0
	7					0
	8					0

2005	200m	**200m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
E	1	Nicola Neill	53	West Norfolk AC	34.6	5
A	2	Rosemary Abbott	64	Cambridge & Coleridge AC	37.5	4
C	3	Kay Gibson	59	Peterborough & Nene Valley H	40.0	3
B	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	41.4	2
D	5	Helen Driver	55	Ryston Runners AC	50.7	1
	6					0
	7					0
	8					0

2006	200m	**200m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
A	1	Stefanie Godfrey	60	Cambridge & Coleridge AC	35.5	5
C	2	Judith Jagger	64	Peterborough & Nene Valley H	37.1	4
D	3	Gaye Clarke	64	Ryston Runners AC	37.9	3
B	4	Dawn Mason	68	Newmarket Joggers/St Edmunds	45.6	2
	5					1
	6					0
	7					0
	8					0

2007	200m	**200m W70+**	**RDA**	**Team**	*(NN.n)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

8003	800m	**800m W35-49 [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**

B	1	Helen Baldwin	43	Newmarket Joggers/St Edmunds	02:46.4	5
C	2	Sarah Caskey	35	Peterborough & Nene Valley H	02:54.8	4
A	3	Claire Palmer	44	Cambridge & Coleridge AC	03:04.9	3
D	4	Zoe Fiander	36	Ryston Runners AC	03:53.1	2
	5					1
	6					0
	7					0
	8					0

8005	800m	**800m W50-59 [W50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Yvonne Scarrott	58	Peterborough & Nene Valley H	03:17.0	5
B	2	Pamerjit Kaur	52	Newmarket Joggers/St Edmunds	03:24.7	4
A	3	Joan Lasenby	65	Cambridge & Coleridge AC	03:31.0	3
D	4	Elizabeth Blakie	67	Ryston Runners AC	03:59.3	2
	5					1
	6					0
	7					0
	8					0

8006	800m	**800m W60-69 [W60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
B	1	Christine Anthony	62	Newmarket Joggers/St Edmunds	02:49.3	5
D	2	Linda Marshall	60	Ryston Runners AC	03:14.8	4
A	3	Stefanie Godfrey	60	Cambridge & Coleridge AC	03:20.5	3
C	4	Betty Gash	65	Peterborough & Nene Valley H	03:29.8	2
	5					1
	6					0
	7					0
	8					0

8007	800m	**800m W70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

30003	3000m	**3000m W35-49 [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
A	1	Clare Thurgood	41	Cambridge & Coleridge AC	10:49.2	5
C	2	Sarah Caskey	35	Peterborough & Nene Valley H	12:16.3	4
B	3	Helen Baldwin	43	Newmarket Joggers/St Edmunds	12:25.4	3
	4					2
	5					1
	6					0
	7					0
	8					0

30005	3000m	**3000m W50-59 [W50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley H	12:17.2	5
E	2	Katrina Wasteney	53	West Norfolk AC	13:15.5	4
B	3	Pamerjit Kaur	52	Newmarket Joggers/St Edmunds	13:43.6	3
A	4	Sophie Moore	51	Cambridge & Coleridge AC	14:06.5	2
	5					1
	6					0
	7					0
	8					0

30006	3000m	**3000m W60-69 [W60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
B	1	Elke Hausler	62	Newmarket Joggers/St Edmunds	12:26.4	5
D	2	Linda Marshall	60	Ryston Runners AC	13:42.0	4
C	3	Betty Gash	65	Peterborough & Nene Valley H	14:58.2	3
A	4	Harriet Prior	65	Cambridge & Coleridge AC	15:44.1	2
	5					1
	6					0
	7					0
	8					0

30007	3000m	**3000m W70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Barbara Johnson	73	Peterborough & Nene Valley H	16:12.3	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

2KWA	2000mW	**2km Walk 'A' [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Maggie Skinner	45	Peterborough & Nene Valley H	11:58.4	5
A	2	Miraiker Wallace	60	Cambridge & Coleridge AC	12:24.6	4
E	3	Katrina Wasteney	53	West Norfolk AC	12:54.4	3
D	4	Cath Duhig	70	Ryston Runners AC	13:17.0	2
B	5	Suzanne Bailey	61	Newmarket Joggers/St Edmunds	14:24.4	1
	6					0
	7					0
	8					0

2KWB	2000mW	**2km Walk 'B' [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
D	1	Elizabeth Blakie	67	Ryston Runners AC	14:03.8	5
C	2	Kay Gibson	59	Peterborough & Nene Valley H	14:35.9	4
E	3	Nicola Neill	53	West Norfolk AC	14:47.1	3
A	4	Carmel Mceniery	53	Cambridge & Coleridge AC	15:01.9	2
B	5	Eloise Bird	57	Newmarket Joggers/St Edmunds	15:50.2	1
	6					0
	7					0
	8					0

JT3	JT	**Javelin W35-49 (600gm) [W3**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Esther van Sluijs	49	Cambridge & Coleridge AC	17.26	5
C	2	Andrea Jenkins	49	Peterborough & Nene Valley H	17.15	4
E	3	Jen Gosnell	43	West Norfolk AC	15.02	3
D	4	Claire Chamberlain	39	Ryston Runners AC	14.45	2
B	5	Cheryl Thomas	47	Newmarket Joggers/St Edmunds	10.63	1
	6					0
	7					0
	8					0

JT5	JT	**Javelin W50-59 (500gm) [W5**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Sarah McGrath	52	Cambridge & Coleridge AC	19.51	5
E	2	Nicola Neill	53	West Norfolk AC	16.51	4
C	3	Sally Pusey	57	Peterborough & Nene Valley H	12.50	3
D	4	Helen Driver	55	Ryston Runners AC	8.95	2
B	5	Pamerjit Kaur	52	Newmarket Joggers/St Edmunds	8.51	1
	6					0
	7					0

	8					0
JT6	JT	**Javelin W60-74 [W60+] (500g**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Judith Jagger	64	Peterborough & Nene Valley H	22.53	5
A	2	Pamela Abbott	62	Cambridge & Coleridge AC	14.00	4
D	3	Gaye Clarke	64	Ryston Runners AC	13.25	3
B	4	Dawn Mason	68	Newmarket Joggers/St Edmunds	12.24	2
	5					1
	6					0
	7					0
	8					0
JT7	JT	**Javelin W70-74 [W70+] (500g**	**RDA**	**Team**	*(NN.nn)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
DT3	DT	**Discus W35-49 [W35+] (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Anne Moindrot	42	Cambridge & Coleridge AC	27.84	5
C	2	Andrea Jenkins	49	Peterborough & Nene Valley H	27.15	4
E	3	Jen Gosnell	43	West Norfolk AC	15.91	3
D	4	Zoe Fiander	36	Ryston Runners AC	14.89	2
B	5	Rachael Maltpress	44	Newmarket Joggers/St Edmunds	10.11	1
	6					0
	7					0
	8					0
DT5	DT	**Discus W50-59 [W50+] (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Sarah McGrath	52	Cambridge & Coleridge AC	22.65	5
E	2	Nicola Neill	53	West Norfolk AC	16.50	4
C	3	Sally Pusey	57	Peterborough & Nene Valley H	15.96	3
B	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	7.76	2
D	5	Pat Brightman	73	Ryston Runners AC	6.39	1
	6					0
	7					0
	8					0
DT6	DT	**Discus W60-69 [W60+] (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Judith Jagger	64	Peterborough & Nene Valley H	23.28	5
A	2	Pamela Abbott	62	Cambridge & Coleridge AC	13.81	4
D	3	Gaye Clarke	64	Ryston Runners AC	13.34	3
B	4	Dawn Mason	68	Newmarket Joggers/St Edmunds	11.65	2
	5					1
	6					0
	7					0
	8					0
DT7	DT	**Discus W70-74 [W70+] (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Marlene Simmonds	79	Ryston Runners AC	13.96	5
C	2	Brenda Church	72	Peterborough & Nene Valley H	9.55	4
	3					3
	4					2
	5					1
	6					0

	7					0
	8					0
TJ3	TJ	**Triple Jump W35-49 [W35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
A	1	Lowri Chatfield	47	Cambridge & Coleridge AC	7.66	5
B	2	Helen Baldwin	43	Newmarket Joggers/St Edmunds	7.18	4
D	3	Helen Driver	55	Ryston Runners AC	4.99	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ5	TJ	**Triple Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
C	1	Judith Jagger	64	Peterborough & Nene Valley H	7.31	5
D	2	Elaine Knight	57	Ryston Runners AC	6.51	4
A	3	Sophie Moore	51	Cambridge & Coleridge AC	5.42	3
B	4	Eloise Bird	57	Newmarket Joggers/St Edmunds	4.54	2
	5					1
	6					0
	7					0
	8					0
TJ6	TJ	**Triple Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
A	1	Pamela Abbott	62	Cambridge & Coleridge AC	5.83	5
D	2	Elizabeth Blakie	67	Ryston Runners AC	5.58	4
B	3	Dawn Mason	68	Newmarket Joggers/St Edmunds	5.35	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ7	TJ	**Triple Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
	1					5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV3	PV	**Pole Vault - W35-49 [W35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
A	1	Lowri Chatfield	47	Cambridge & Coleridge AC	1.80	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV5	PV	**Pole Vault - W50-59 [W50+]**	**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
PV6	PV	**Pole Vault - 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
PV7	PV	**Pole Vault - W70+**	**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
R4x4-3	MedR	**Relay 4x4 W35-49 [W35+]**	**RDA**	**Team**	*(N:NN.n)*	**Pts**
A	1	Clare Thurgood	41	Cambridge & Coleridge AC	5:28.1	5
		Rachael Leah	44			
		Claire Palmer	44			
		Lowri Chatfield	47			
B	2	Helen Baldwin	43	Newmarket Joggers/St Edmunds	5:41.8	4
		Krystal Szerszon	36			
		Pamerjit Kaur	52			
		Rachael Maltpress	44			
D	3	Elizabeth Blakie	67	Ryston Runners AC	7:17.8	3
		Elaine Knight	57			
		Helen Driver	55			
		Linda Marshall	60			
	4					2
	5					1
	6					0
	7					0
	8					0

R4x4-5	MedR	Relay 4x4 W50+	RDA	Team	(N:NN.n)	Pts
B	1	Elke Hausler	62	Newmarket Joggers/St Edmunds	5:49.7	5
		Suzanne Bailey	61			
		Christine Anthony	62			
		Eloise Bird	57			
A	2	Stefanie Godfrey	60	Cambridge & Coleridge AC	6:02.4	4
		Sophie Moore	51			
		Rosemary Abbott	64			
		Joan Lasenby	65			
C	3	Yvonne Scarrott	58	Peterborough & Nene Valley H	6:06.1	3
		Kay Gibson	59			
		Betty Gash	65			
		Elisabeth Sennitt Clough	50			
	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**
45	3000m	Claire Palmer	W35	Cambridge and Coleridge	"14:09.4"
20	3000m	Joan Lazenby	W65	Cambridge and Coleridge	"14:50.3"
25	200m	Pat Brightman	W70	GYDAC	63.4
25	RW2K	Pat Brightman	W70	GYDAC	"15:50.7"
28	JT	Zoe Fiander	W35	Ryston	10.72
23	JT	Krystal Szerszon	W35	Newmarket Joggers	11.65
29	DT	Clair Chamberlain	W35	Ryston	15.99
		-	-	-	

Highest Track Age Graded % =			85.4
Athlete	Christine Anthony	RDA	62
Club	Newmarket Joggers/St Edmunds		
Event	800m W60-69 [W60+]		
Result	0.0		
Format to suit the result			

Highest Field Age Graded % =			68.4
Athlete	Judith Jagger	RDA	64
Club	Peterborough & Nene Valley H		
Event	Triple Jump W50-59 [W50+]		
Result	7.31		

	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No
	x	x	-	x	78.7	2715397
	-	x	x	x	66.4	3386365
	x	-	x	x	59.4	2981176
	x	-	x	x	60.7	3932403
	x	-	x	x	57.6	2723103

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	70.6	2660991
		x	-	x	71.6	4129090
		-	x	x	64.2	2809087
		-	x	x	61.0	2715426
		-	x	x	49.0	3684430

Wind			W60-69	W70+	AG %	EA No
			-	x	73.0	3251013
			-	x	72.3	2676481
			-	x	70.8	2781883
			-	x	61.0	2698800

Wind				W70+	AG %	EA No

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

-	x	x	x	*73.3*	4189883
-	x	x	x	*65.7*	2809032
-	x	x	x	*66.5*	4018125
-	x	x	x	*49.6*	4086543

	W50-59	**W60+**	**W70+**	***AG %***	***EA No***
	-	x	x	*70.6*	2723103
	-	x	x	*64.3*	4190954
	x	-	x	*70.6*	2746434
	x	-	x	*63.6*	2781871

		W60+	**W70+**	***AG %***	***EA No***
		-	x	*85.4*	2715397
		-	x	*72.8*	2781803
		-	x	*70.7*	3251013
		-	x	*71.0*	3013691

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

W35-49	**W50-59**	**W60+**	**W70+**	***AG %***	***EA No***
-	x	x	x	*79.3*	2869827
-	x	x	x	*67.7*	2809032
-	x	x	x	*70.2*	4189883

	W50-59	**W60+**	**W70+**	***AG %***	***EA No***
	-	x	x	*75.7*	3703928
	-	x	x	*72.2*	2981176
	-	x	x	*69.1*	4190954
	-	x	x	*66.5*	4136195

W60+	W70+	AG %	EA No
-	x	*84.5*	3478624
-	x	*75.1*	2781803
-	x	*72.7*	3013691
-	x	*69.1*	4183887

W70+	AG %	EA No
LR	*74.1*	3013691

W35-49	W50-59	W60-69	W70+	EA No
-	x	x	x	2873942
x	x	-	x	4177574
x	-	x	x	2981176
x	x	x	LR	2781890
x	x	-	x	3872682

W35-49	W50-59	W60-69	W70+	EA No
x	x	-	x	2781871
x	-	x	x	2809087
x	-	x	x	2660991
x	-	x	x	2746469
x	-	x	x	2715426

W35-49	AG %	EA No
-	*32.4*	4130065
-	*32.2*	2768996
-	*24.9*	3976672
-	*22.1*	4086534
-	*19.1*	4124853

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	*35.6*	3671649
-	x	x	*30.8*	2660991
-	x	x	*25.4*	3565059
-	x	x	*17.4*	3684430
-	x	x	*15.5*	4190954

	W60-69	W70-74	*AG %*	*EA No*
	-	-	*53.8*	2676481
	-	-	*31.9*	3191121
	-	-	*31.6*	2781883
	-	-	*32.2*	2698800

		W70-74	*AG %*	*EA No*

W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
-	x	x	x	*43.4*	2828378
-	x	x	x	*48.3*	2768996
-	x	x	x	*25.2*	3976672
-	x	x	x	*20.8*	4086543
-	x	x	x	*16.3*	3995985

	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	*42.7*	3671649
	-	x	x	*31.7*	2660991
	-	x	x	*33.3*	3565059
	-	x	x	*16.2*	2715426
	x	x	-	*19.3*	2784560

		W60+	W70+	*AG %*	*EA No*
		-	x	*56.5*	2676481
		-	x	*32.0*	3191121
		-	x	*32.4*	2781883
		-	x	*31.0*	2698800

	W70+	*AG %*	*EA No*
	x	-	2781883
	-	*28.1*	2676481

Wind	**W35-49**	**W50-59**	**W60-69**	**W70+**	***AG %***	***EA No***
	-	x	x	x	*57.2*	4062016
	-	x	x	x	*50.9*	4189883
	x	-	x	x	*41.4*	3684430
Wind		**W50-59**	**W60-69**	**W70+**	***AG %***	***EA No***
		x	-	x	*68.4*	2676481
		-	x	x	*55.5*	3932403
		-	x	x	*42.7*	4136195
		-	x	x	*38.7*	2715426
Wind			**W60-69**	**W70+**	***AG %***	***EA No***
			-	x	*53.1*	3191121
			-	x	*54.4*	2781871
			-	x	*52.9*	2698800
Wind				**W70+**	***AG %***	***EA No***
	W35-49	**W50-59**	**W60-69**	**W70+**	***AG %***	***EA No***
	-	x	x	x	*41.2*	4062016
		W50-59	**W60-69**	**W70+**	***AG %***	***EA No***
						x

	W60-69	W70+	*AG %*	*EA No*
				x
		W70+	*AG %*	*EA No*
				x

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