	Insert non scoring results at the bottom					
	EMAC Track & Field League			Central West Division - Match 2	Teams =	5
	Bedford		Wed	04 June 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	1	Marshall Milton Keynes AC	5	107.0	219.0	1
x	1	Bedford & County AC	1	107.0	194.0	2
x	3	Fairlands Valley Spartans	4	43.0	115.0	3
x	4	Biggleswade AC/Luton AC	2	34.0	89.0	4
x	4	Team Northants	3	34.0	49.0	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

Single number (0-8) only		*RDA = Race Day Age*				
		t insert athlete data in Results section - use "Declarations" tab only				
2003	200M	**200m M35-49 - [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
2	1	Joe Larkai	40	Biggleswade AC/Luton AC	25.2	5
5	2	Panos Ioannou	44	Marshall Milton Keynes AC	25.6	4
3	3	Sean Hanekom	35	Team Northants	25.6	3
1	4	Chris Parson	44	Bedford & County AC	26.6	2
	5					1
	6					0
	7					0
	8					0
2005	200m	**200m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Peter Benedickter	56	Bedford & County AC	27.4	5
5	2	Darren O'Leary	56	Marshall Milton Keynes AC	27.9	4
3	3	Keith Lok	50	Team Northants	28.0	3
4	4	Steve Mayfield	59	Fairlands Valley Spartans	29.0	2
	5					1
	6					0
	7					0
	8					0
2006	200m	**200m M60-69 [M60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Tennyson James	67	Bedford & County AC	28.1	5
5	2	John Browne	71	Marshall Milton Keynes AC	30.0	4
4	3	David Stephenson	62	Fairlands Valley Spartans	31.8	3
2	4	David Brown	67	Biggleswade AC/Luton AC	32.6	2
3	5	Wilson Paterson	67	Team Northants	43.9	1
	6					0
	7					0
	8					0
8003	800m	**800m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
5	1	Jonathan Peters	38	Marshall Milton Keynes AC	02:12.7	5
1	2	Paul Cooper	44	Bedford & County AC	02:17.9	4
2	3	Joe Larkai	40	Biggleswade AC/Luton AC	02:27.9	3
3	4	Oliver Pearson	43	Team Northants	02:30.2	2
	5					1
	6					0
	7					0
	8					0
8005	800m	**800m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**

1	1	Gavin Reynolds	50	Bedford & County AC	02:23.2	5
5	2	Andrew McDonald	55	Marshall Milton Keynes AC	02:27.4	4
4	3	Grant Ramsay	52	Fairlands Valley Spartans	02:47.2	3
	4					2
	5					1
	6					0
	7					0
	8					0
8006	800m	**800m M60+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
4	1	Roy Head	60	Fairlands Valley Spartans	02:24.9	5
3	2	Andy Green	61	Team Northants	02:36.2	4
5	3	Alasdair Gibson	72	Marshall Milton Keynes AC	03:29.0	3
	4					2
	5					1
	6					0
	7					0
	8					0
30003	3000m	**3000m M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Paul Cooper	44	Bedford & County AC	09:50.2	5
3	2	Behrooz Moniri	39	Team Northants	10:05.9	4
5	3	James Down	38	Marshall Milton Keynes AC	10:17.7	3
	4					2
	5					1
	6					0
	7					0
	8					0
30005	3000m	**3000m M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Simon Coombes	52	Bedford & County AC	09:42.6	5
5	2	Sean Robertson	57	Marshall Milton Keynes AC	14:33.6	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
30006	3000m	**3000m M60-69 [M60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Andrew Leach	61	Bedford & County AC	10:09.8	5
3	2	Andy Green	61	Team Northants	10:43.6	4
4	3	Nick Kleanthous	63	Fairlands Valley Spartans	16:16.1	3
	4					2
	5					1
	6					0
	7					0
	8					0
30007	3000m	**3000m M70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
5	1	Alasdair Gibson	72	Marshall Milton Keynes AC	14:18.0	5
	2					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**
1	1	Adam Hills	48	Bedford & County AC	10:59.7	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	14:05.8	4
5	3	Eugene Swanepoel	53	Marshall Milton Keynes AC	15:15.3	3
4	4	Mark Freeman	69	Fairlands Valley Spartans	16:49.3	2
	5					1
	6					0
	7					0
	8					0

2KWB	2000mW	**2Km Walk 'B' [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	John Borgars	79	Bedford & County AC	14:11.8	5
5	2	Jim Lawrence	68	Marshall Milton Keynes AC	16:00.4	4
4	3	Nick Kleanthous	63	Fairlands Valley Spartans	17:37.7	3
	4					2
	5					1
	6					0
	7					0
	8					0

JT3	JT	**Javelin M35-49 (800gm) [M3**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Roy Chambers	39	Bedford & County AC	45.86	5
5	2	Mark Roberson	50	Marshall Milton Keynes AC	30.79	4
2	3	Darren Janssen	36	Biggleswade AC/Luton AC	29.69	3
	4					2
	5					1
	6					0
	7					0
	8					0

JT5	JT	**Javelin M50-59 (700gm)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Anthony Moffat	55	Marshall Milton Keynes AC	37.75	5
1	2	Darren Kerr	55	Bedford & County AC	28.46	4
4	3	Steve Mayfield	59	Fairlands Valley Spartans	24.61	3
3	4	Peter Knott	67	Team Northants	16.80	2
2	5	Geoff Grinsted	58	Biggleswade AC/Luton AC	13.96	1
	6					0
	7					0
	8					0

JT6	JT	**Javelin M60-69 (600gm) [M6**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	34.06	5
1	2	Simon Eastwood	60	Bedford & County AC	33.34	4
4	3	Nick Kleanthous	63	Fairlands Valley Spartans	19.01	3
3	4	Wilson Paterson	67	Team Northants	3.75	2
	5					1
	6					0
	7					0
	8					0

DT3	DT	**Discus M35-49 (2Kg) [M35+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	27.05	5
5	2	George Gavriel	43	Marshall Milton Keynes AC	21.33	4
	3					3
	4					2
	5					1
	6					0
	7					0

	8					0
DT5	DT	**Discus M50-59 (1.5Kg) [M50**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Darren Kerr	55	Bedford & County AC	34.66	5
5	2	Mark Roberson	50	Marshall Milton Keynes AC	32.31	4
2	3	Geoff Grinsted	58	Biggleswade AC/Luton AC	23.74	3
4	4	Steve Mayfield	59	Fairlands Valley Spartans	22.38	2
3	5	Peter Knott	67	Team Northants	20.37	1
	6					0
	7					0
	8					0
DT6	DT	**Discus M60+ (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Simon Eastwood	60	Bedford & County AC	34.84	5
5	2	Gwynn Wallace	60	Marshall Milton Keynes AC	32.68	4
4	3	Roy Head	60	Fairlands Valley Spartans	30.91	3
3	4	Wilson Paterson	67	Team Northants	11.59	2
	5					1
	6					0
	7					0
	8					0
DT7	DT	**Discus M70+ (1Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Graeme Packman	70	Bedford & County AC	28.92	5
5	2	Bunt Scott	74	Marshall Milton Keynes AC	25.67	4
2	3	Dave Faulkner	72	Biggleswade AC/Luton AC	25.11	3
4	4	Timothy Saunders Mullins	72	Fairlands Valley Spartans	16.04	2
	5					1
	6					0
	7					0
	8					0
TJ3	TJ	**Triple Jump M35-49 [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Roy Chambers	39	Bedford & County AC	9.32	5
5	2	Christian Hough	40	Marshall Milton Keynes AC	8.26	4
3	3	Oliver Pearson	43	Team Northants	7.05	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ5	TJ	**Triple Jump M50-59 [m50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Richard Phelan	63	Bedford & County AC	8.61	5
5	2	Anthony Moffat	55	Marshall Milton Keynes AC	8.25	4
4	3	Steve Mayfield	59	Fairlands Valley Spartans	7.86	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ6	TJ	**Triple Jump M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Richard Pownall	65	Marshall Milton Keynes AC	7.66	5
1	2	David Folgate	74	Bedford & County AC	7.38	4
4	3	David Stephenson	62	Fairlands Valley Spartans	7.20	3
	4					2
	5					1
	6					0

	7					0
	8					0
PV3	PV	**Pole Vault M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	2.32	5
5	2	George Gavriel	43	Marshall Milton Keynes AC	2.32	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	Robert Kingman	52	Bedford & County AC	3.02	5
5	2	Conrad Salthouse	57	Marshall Milton Keynes AC	2.12	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					1
PV6	PV	**Pole Vault M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Simon Eastwood	60	Bedford & County AC	2.72	5
5	2	Richard Pownall	65	Marshall Milton Keynes AC	1.22	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**
5	1	James Down	38	Marshall Milton Keynes AC	4:05.9	5
56		Jonathan Peters	38			
51		Clint Grabs	37			
52		Panos Ioannou	44			
1	2	Roy Chambers	39	Bedford & County AC	4:05.9	4
44		Chris Parson	44			
10		Paul Cooper	44			
48		Adam Hills	48			
3	3	Keith Lok	50	Team Northants	4:10.5	3
35		Sean Hanekom	35			
43		Oliver Pearson	43			
39		Behrooz Moniri	39			
	4					2
	5					1
	6					0

	7					0
	8					0

R4x4-5	MedR	Relay 4x4 M50+	RDA	Team	*(N:NN.n)*	Pts
1	1	Tennyson James	67	Bedford & County AC	4:11.1	5
		Simon Coombes	52			
		Peter Benedickter	56			
		Gavin Reynolds	50			
5	2	Anthony Moffat	55	Marshall Milton Keynes AC	5:14.2	4
		Conrad Salthouse	57			
		Richard Pownall	65			
		Andrew McDonald	55			
4	3	Grant Ramsay	52	Fairlands Valley Spartans	5:04.6	3
		Mark Freeman	69			
		Steve Mayfield	59			
		Roy Head	60			
	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	**Event**	**Name**	**AG**	**1st Claim Club**	**Result**
486	3000m	Simon Harper	M50	Beds & County AC	11:12.3
490	200m	Roy Chambers	M35	Beds & County AC	25.3
492	200m	Christian Hough	M40	Marshall Milton Keynes	29.3
487	PV	Richard Phelan	M60	Beds & County AC	2.52
901	PV	Gavin Fordham	M45	Beds & County AC	2.82
488	JT(800)	Jim Lawrence	M65	Marshall Milton Keynes	10.56
488	JT(600)	Jim Lawrence	M65	Marshall Milton Keynes	10.89

900	JT(500)	Bunt Scott	M70	Marshall Milton Keynes	21:36.0
901	JT(800)	Gavin Fordham	M45	Beds & County AC	33.77
901	DT	Gavin Fordham	M45	Beds & County AC	29.51
		-	-	-	

Highest Track Age Graded % =			89.6
Athlete	Andrew Leach	RDA	61
Club	Bedford & County AC		
Event	3000m M60-69 [M60+]		
Result	10:09.8		
Format Result to suit the result			
Highest Field Age Graded % =			66.8
Athlete	David Folgate	RDA	74
Club	Bedford & County AC		
Event	Triple Jump M60+		
Result	7.38		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	80.3	3290233
	-	x	x	x	81.1	3129009
	-	x	x	x	76.6	4139260
	-	x	x	x	78.1	4122913
Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	82.0	3402370
		-	x	x	80.6	3678206
		-	x	x	77.2	3077805
		-	x	x	79.1	2811721
Wind			M60-69	M70+	AG %	EA No
			-	x	86.2	2775264
			x	LR	83.0	3019098
			-	x	73.6	2724358
			-	x	74.3	2708007
			-	x	55.2	2698683
	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	78.1	3299900
	-	x	x	x	78.9	4066864
	-	x	x	x	71.2	3290233
	-	x	x	x	71.8	3782523
		M50-59	M60-69	M70+	AG %	EA No

		-	x	x	*79.7*	2705296
		-	x	x	*80.6*	2912556
		-	x	x	*69.4*	2774852
			M60-69	**M70+**	***AG %***	***EA No***
			-	x	*85.5*	4035182
			-	x	*80.0*	2922100
			x	LR	*65.6*	2794532
M35-49	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
-	x	x	x	*79.9*	4066864
-	x	x	x	*74.9*	4005149
-	x	x	x	*72.9*	3121635
	M50-59	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	*86.4*	2730567
	-	x	x	*60.3*	4122866
			M60-69	**M70+**	***AG %***	***EA No***
			-	x	*89.6*	3440310
			-	x	*84.9*	2922100
			-	x	*57.1*	3865891
				M70+	***AG %***	***EA No***
				LR	*71.4*	2794532

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	3259465
-	x	x	x	3657944
x	-	x	x	4009384
x	x	-	x	2724325

M35-49	M50-59	M60-69	M70+	EA No
x	x	x	LR	2694939
x	x	-	x	2690506
x	x	-	x	3865891

M35-49	AG %	EA No
-	*51.5*	2667991
x	-	2979459
-	*31.9*	3657944

M50-59	AG %	EA No
-	*51.5*	3947745
-	*38.8*	2669225
-	*36.2*	2811721
x	-	2829262
-	*20.1*	2768770

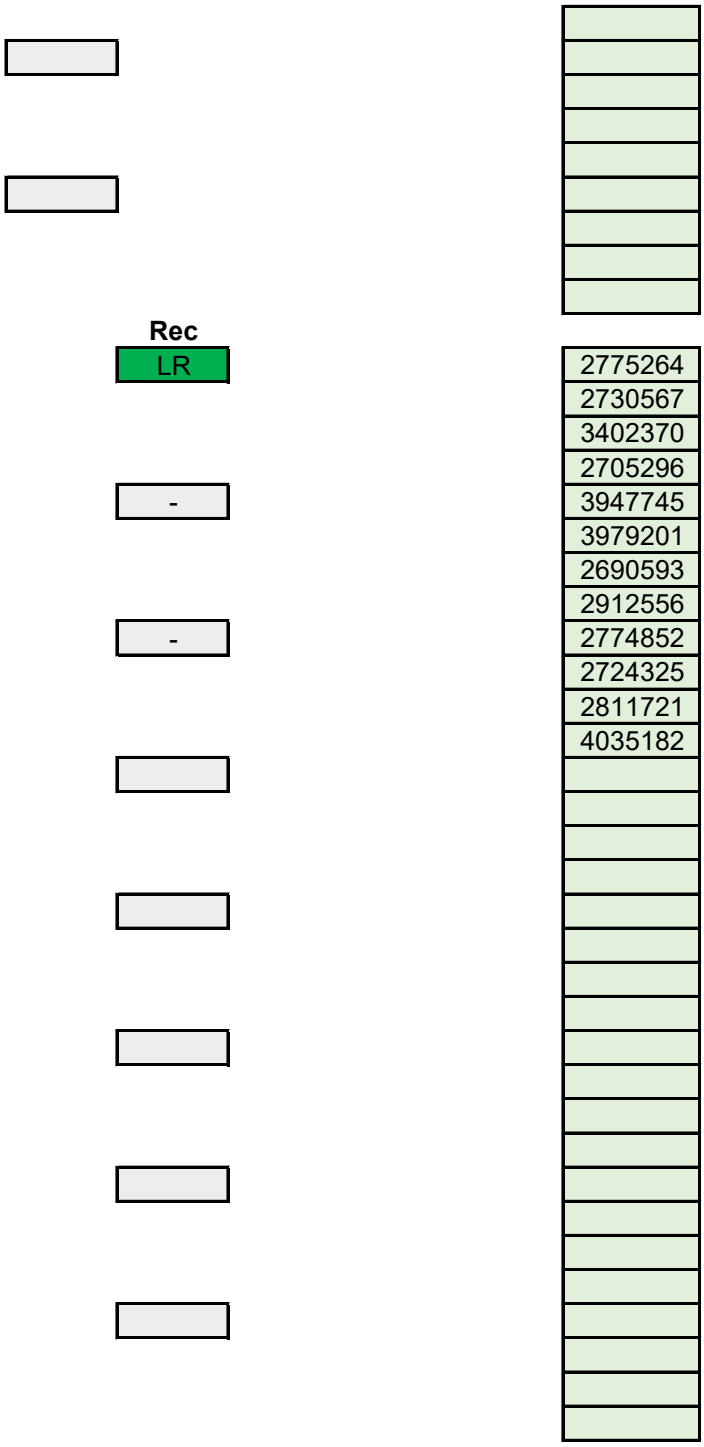
M60-69	AG %	EA No
-	*47.3*	2798456
-	*46.3*	2774976
-	*28.1*	3865891
-	*6.0*	2698683

M35-49	AG %	EA No
-	*37.6*	3657944
-	*31.4*	3561026

		M50-59			*AG %*	*EA No*
		-			*52.4*	2669225
		-			*45.3*	2979459
		-			*37.7*	2768770
		-			*36.2*	2811721
		x			-	2829262
			M60-79		*AG %*	*EA No*
			-		*46.8*	2774976
			-		*43.9*	2798456
			-		*41.5*	4035182
			-		*17.8*	2698683
				M70-79	*AG %*	*EA No*
				LR	*47.3*	2774976
				LR	*46.0*	2798456
				LR	*42.9*	-
				LR	*27.4*	4035182
Wind	**M35-49**	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*53.2*	2667991
	-	x	x	x	*47.6*	4143197
	-	x	x	x	*42.0*	3782523
Wind		**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
		x	-	x	*65.8*	2871564
		-	x	x	*56.6*	3947745
		-	x	x	*56.8*	2811721
Wind			**M60-69**	**M70+**	***AG %***	***EA No***
			-	x	*60.2*	2690593
			x	LR	*66.8*	2667011
			-	x	*54.2*	2724358

	M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	x	*38.3*	3657944
	-	x	x	x	*41.5*	3561026
		M50-59	M60-69	M70+	*AG %*	*EA No*
		-	x	x	*60.3*	2702171
		-	x	x	*45.3*	3979201
			M60-69	M70+	*AG %*	*EA No*
			-	x	*60.5*	2774976
			-	x	*29.2*	2690593

Rec	
-	3121635
	3299900
	2690440
	3129009
-	2667991
	4122913
	4066864
	3259465
-	3077805
	4139260
	3782523
	4005149


Rec
LR
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-
2775264
2730567
3402370
2705296
3947745
3979201
2690593
2912556
2774852
2724325
2811721
4035182