	Insert non scoring results at the bottom					
	EMAC Track & Field League			Central East Division - Match 3	Teams =	5
	Peterborough		Tues	01 July 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	1	Peterborough & Nene Valley H	3	110.5	297.5	1
x	2	Cambridge & Coleridge AC	1	87.5	269.5	2
x	3	Ryston Runners AC	4	72.5	210.5	3
x	4	Newmarket Joggers/St Edmund	2	54.0	180.0	4
x	5	West Norfolk AC	5	38.5	101.5	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 numbers (0-8) only

RDA = Race Day Age

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

1003	100m	**100m M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
1	1	Matt Hamilton	41	Cambridge & Coleridge AC	11.8	5
4	2	Matthew Smith	39	Ryston Runners AC	12.0	4
3	3	Russell Dowers	40	Peterborough & Nene Valley H	12.5	3
2	4	Daniel Young	38	Newmarket Joggers/St Edmund	13.0	2
5	5	Jamie Bransgrove	47	West Norfolk AC	15.6	1
	6					0
	7					0
	8					0

1005	100m	**100m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Julian Smith	56	Peterborough & Nene Valley H	12.7	5
4	2	Ricardo Huskisson	65	Ryston Runners AC	12.8	4
1	3	Tim Cheshire	52	Cambridge & Coleridge AC	12.9	3
5	4	Lee Tunmore	52	West Norfolk AC	14.7	2
2	5	Andrew Ward	58	Newmarket Joggers/St Edmund	16.1	1
	6					0
	7					0
	8					0

1006	100m	**100m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
4	1	Richard Van Baaren	63	Ryston Runners AC	14.4	5
2	2	Howard Beasley	65	Newmarket Joggers/St Edmund	17.6	4
3	3	Barry Warne	64	Peterborough & Nene Valley H	26.3	3
	4					2
	5					1
	6					0
	7					0
	8					0

4003	400m	**400m M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
4	1	Matthew Smith	39	Ryston Runners AC	54.5	5

3	2	Sean Reidy	44	Peterborough & Nene Valley H	56.0	4
2	3	Shane Mcandrew	38	Newmarket Joggers/St Edmund	57.4	3
1	4	Rick Merrick	42	Cambridge & Coleridge AC	66.0	2
5	5	Adam Howard	46	West Norfolk AC	85.0	1
	6					0
	7					0
	8					0

4005	400m	**400m M50-59 [M50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Andrew Stowe	50	Peterborough & Nene Valley H	60.0	5
2	2	Richard Defries	53	Newmarket Joggers/St Edmund	66.4	4
1	3	Paul Fletcher	61	Cambridge & Coleridge AC	70.2	3
5	4	Ricky Bailey	57	West Norfolk AC	81.8	2
	5					1
	6					0
	7					0
	8					0

4006	400m	**400m M60+**	**RDA**	**Team**	*(NN.n)*	**Pts**
4	1	Ian Wells	63	Ryston Runners AC	64.7	5
3	2	Malcolm Tuff	60	Peterborough & Nene Valley H	69.1	4
1	3	Kevin Russell	62	Cambridge & Coleridge AC	70.2	3
2	4	Howard Beasley	65	Newmarket Joggers/St Edmund	79.2	2
	5					1
	6					0
	7					0
	8					0

1Mile3	1Mile	**1 Mile M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Oliver Park	36	Cambridge & Coleridge AC	04:40.8	5
3	2	Michael Major	35	Peterborough & Nene Valley H	04:42.2	4
4	3	Daniel Smith	41	Ryston Runners AC	05:01.4	3
5	4	Jamie Bransgrove	47	West Norfolk AC	06:47.0	2
2	5	Andrew Ward	58	Newmarket Joggers/St Edmund	06:57.2	1
	6					0
	7					0
	8					0

1Mile5	1Mile	**1 Mile M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Brian Corleys	50	Peterborough & Nene Valley H	05:06.8	5
5	2	Shaun Mann	53	West Norfolk AC	05:14.6	4
2	3	Richard Defries	53	Newmarket Joggers/St Edmund	05:37.9	3
1	4	Paul Fletcher	61	Cambridge & Coleridge AC	05:48.6	2
4	5	Jit Patel	69	Ryston Runners AC	06:39.7	1
	6					0
	7					0
	8					0

1Mile6	1Mile	**1 Mile M60-69 [M60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
3	1	Malcolm Tuff	60	Peterborough & Nene Valley H	05:33.3	5

1	2	Kevin Russell	62	Cambridge & Coleridge AC	05:40.4	4
2	3	Howard Beasley	65	Newmarket Joggers/St Edmund	06:23.0	3
4	4	Anthony Savage	63	Ryston Runners AC	06:34.7	2
	5					1
	6					0
	7					0
	8					0

1Mile7	1Mile	**I Mile M70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
1	1	Martin Kilduff	75	Cambridge & Coleridge AC	07:00.5	5
3	2	Peter Brantom	75	Peterborough & Nene Valley H	09:55.1	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**
3	1	Timothy Clough	54	Peterborough & Nene Valley H	11:52.4	5
1	2	Peter Bennet	61	Cambridge & Coleridge AC	13:47.8	4
4	3	Paul Firmage	70	Ryston Runners AC	15:27.2	3
2	4	Andrew Ward	58	Newmarket Joggers/St Edmund	15:30.3	2
5	5	Thomas Collison	44	West Norfolk AC	16:33.7	1
	6					0
	7					0
	8					0

2KWB	2000mW	**2Km Walk 'B' [M35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
2	1	Howard Beasley	65	Newmarket Joggers/St Edmund	15:31.2	5
3	2	Peter Brantom	75	Peterborough & Nene Valley H	16:05.2	4
5	3	Benjamin Collison	42	West Norfolk AC	17:10.5	3
	4					2
	5					1
	6					0
	7					0
	8					0

HT3	HT	**Hammer M35-49 (7.26Kg) [M3**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	29.98	5
3	2	Mark Burbridge	51	Peterborough & Nene Valley H	24.95	4
5	3	Thomas Collison	44	West Norfolk AC	13.75	3
1	4	Erwin De Genst	51	Cambridge & Coleridge AC	13.59	2
2	5	Adam Maltpress	46	Newmarket Joggers/St Edmund	10.97	1
	6					0
	7					0
	8					0

HT5	HT	**Hammer M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	39.37	5

2	2	Christopher Kent	51	Newmarket Joggers/St Edmund	23.85	4
1	3	Keith Clarke	58	Cambridge & Coleridge AC	18.13	3
5	4	Ricky Bailey	57	West Norfolk AC	14.69	2
	5					1
	6					0
	7					0
	8					0

HT6	HT	**Hammer M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	David Valentine	68	Newmarket Joggers/St Edmund	37.87	5
3	2	Jim Gillespie	62	Peterborough & Nene Valley H	26.03	4
1	3	Ian Slack	64	Cambridge & Coleridge AC	22.09	3
	4					2
	5					1
	6					0
	7					0
	8					0

SP3	SP	**Shot M35-49 (7.26Kg) [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	10.65	5
1	2	Erwin De Genst	51	Cambridge & Coleridge AC	8.77	4
3	3	Mark Burbridge	51	Peterborough & Nene Valley H	8.33	3
5	4	Thomas Collison	44	West Norfolk AC	7.35	2
2	5	Adam Maltpress	46	Newmarket Joggers/St Edmund	5.37	1
	6					0
	7					0
	8					0

SP5	SP	**Shot M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Simon Achurch	50	Peterborough & Nene Valley H	12.00	5
2	2	Christopher Kent	51	Newmarket Joggers/St Edmund	10.25	4
5	3	Lee Tunmore	52	West Norfolk AC	7.84	3
1	4	Keith Clarke	58	Cambridge & Coleridge AC	7.39	2
	5					1
	6					0
	7					0
	8					0

SP6	SP	**Shot M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Michael Hausler	66	Cambridge & Coleridge AC	12.86	5
3	2	Jim Gillespie	62	Peterborough & Nene Valley H	8.49	4
4	3	Ian Wells	63	Ryston Runners AC	8.46	3
2	4	David Valentine	68	Newmarket Joggers/St Edmund	6.30	2
	5					1
	6					0
	7					0
	8					0

SP7	SP	**Shot M70-79 (4Kg) [M70+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Timothy Needham	72	Peterborough & Nene Valley H	6.87	5

4	2	Jeffrey Reed	80	Ryston Runners AC	5.16	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ3	LJ	**Long Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
3	1	Maxim Hall	38	Peterborough & Nene Valley H	5.61	5
4	2	Glen Paxman	37	Ryston Runners AC	5.57	4
1	3	Chung Tu	41	Cambridge & Coleridge AC	4.31	3
5	4	Adam Howard	46	West Norfolk AC	3.88	2
	5					1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Keith Clarke	58	Cambridge & Coleridge AC	4.07	5
5	2	Lee Tunmore	52	West Norfolk AC	3.74	4
3	3	Timothy Clough	54	Peterborough & Nene Valley H	3.56	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Richard Van Baaren	63	Ryston Runners AC	4.23	5
1	2	Ian Slack	64	Cambridge & Coleridge AC	3.81	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ7	LJ	**Long Jump M70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
3	1	John Spriggs	72	Peterborough & Nene Valley H	3.45	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ3	HJ	**High Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
4	1	Glen Paxman	37	Ryston Runners AC	1.50	4.5

3	1	Maxim Hall	38	Peterborough & Nene Valley H	1.50	4.5
1	3	Chung Tu	41	Cambridge & Coleridge AC	1.25	2.5
5	3	Jamie Bransgrove	47	West Norfolk AC	1.25	2.5
	5					2
	6					1
	7					-1
	8					-2

HJ5	HJ	**High Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
2	1	Christopher Kent	51	Newmarket Joggers/St Edmund	1.30	5
1	2	Tim Cheshire	52	Cambridge & Coleridge AC	1.25	4
5	3	Lee Tunmore	52	West Norfolk AC	1.25	3
3	4	Timothy Clough	54	Peterborough & Nene Valley H	1.20	2
	5					1
	6					0
	7					0
	8					0

HJ6	HJ	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Ian Slack	64	Cambridge & Coleridge AC	1.25	5
4	2	Ian Wells	63	Ryston Runners AC	1.00	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

R4x1-3	MedR	**Relay 4x1 M35-49 [M35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	David Brown	47	Peterborough & Nene Valley H	49.4	5
3a		Sean Reidy	44			
3b		Michael Major	35			
3c		Russell Dowers	40			
1	2	Chung Tu	41	Cambridge & Coleridge AC	52.5	4
1a		Matt Hamilton	41			
1b		Rick Merrick	42			
1c		Ian Slack	64			
4	3	Daniel Smith	41	Ryston Runners AC	53.6	3
4a		Richard Van Baaren	63			
4b		Ricardo Huskisson	65			
4c		Matthew Smith	39			
2	4	Daniel Young	38	Newmarket Joggers/St Edmund	60.8	2
2a		Adam Maltpress	46			
2b		Phil Blundell	49			
2c		Shane Mcandrew	38			
5	5	Benjamin Collison	42	West Norfolk AC	65.5	1
5a		Ricky Bailey	57			
5b		Jamie Bransgrove	47			

5c		Lee Tunmore	52			
	6					0
6a						
6b						
6c						
	7					0
7a						
7b						
7c						
	8					0
8a						
8b						
8c						

R4x1-5	MedR	**Relay 4x1 M50+**	**RDA**	**Team**	*(NN.n)*	**Pts**
3	1	Andrew Stowe	50	Peterborough & Nene Valley H	59.7	5
3a		David Collier	58			
3b		Sean Beard	59			
3c		Julian Smith	56			
1	2	Keith Clarke	58	Cambridge & Coleridge AC	60.4	4
1a		Tim Cheshire	52			
1b		Paul Fletcher	61			
1c		Kevin Russell	62			
4	3	Jit Patel	69	Ryston Runners AC	73.1	3
4a		Anthony Savage	63			
4b		Jeffrey Reed	80			
4c		Ian Wells	63			
	4					2
4a						
4b						
4c						
	5					1
5a						
5b						
5c						
	6					0
6a						
6b						
6c						
	7					0
7a						
7b						
7c						
	8					0
8a						
8b						

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**
283	100	Chung Tu	M40	Cambridge & Coleridge	12.1
284	100	Shane McAndrew	M35	Newmarket Joggers	13.4
272	100	David Collier	M55	Panvac	13.8
274	SP7.26	Simon Achurch	M35	Panvac	10.59
278	SP7.26	Jack Pishorn	M35	Panvac	6.67
276	SP	Paul Rana	M75	Panvac	7.60
281	400	Ryan Hart	M29	St Edmunds Pacers	70.6
287	400	Andrew Ward	M55	St Edmunds Pacers	79.6
293	1MILE	Richard Merrick	M35	Cambridge & Coleridge	04:56.5
292	1MILE	John Pike	M50	Panvac	05:17.4
279	1MILE	Dave Brown	M35	Panvac	05:39.6
273	1MILE	Nick Wilkins	M50	Panvac	05:53.5
281	1MILE	Ryan Hart	M29	St Edmunds Pacers	06:12.9
285	1MILE	Barry Warne	M60	Panvac	6:41.1
286	HT	Daniel Smith	M40	Ryston Runners	15.96
278	HT	Jack Pishorn	M35	Panvac	16.84
276	HT	Paul Rana	M75	Panvac	22.70
999	HJ	Karl Eve	M60	PANVAC	1.30
		-	-	-	

Highest Track Age Graded % =			92.0
Athlete	Ricardo Huskisson	RDA	65
Club	Ryston Runners AC		
Event	100m M50-59 [M50+]		
Result	12.8		
Format Result to suit the result			
Highest Field Age Graded % =			74.6
Athlete	Michael Hausler	RDA	66
Club	Cambridge & Coleridge AC		
Event	Shot M60-69 (5Kg) [M60+]		
Result	12.86		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	
	-	x	x	x	*84.6*	2874921
	-	x	x	x	*82.0*	4031635
	-	x	x	x	*79.3*	3448268
	-	x	x	x	*75.2*	4174558
	-	x	x	x	*66.6*	3511602

Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	*87.0*	3017942
		x	LR=	x	*92.0*	2727803
		-	x	x	*83.4*	3972473
		-	x	x	*73.2*	2784092
		-	x	x	*69.6*	4181173

Wind			M60-69	M70+	AG %	EA No
			-	x	*80.6*	4057115
			-	x	*66.9*	3577645
			-	x	*44.4*	2727892

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	*82.5*	4031635

-	x	x	x	*82.9*	2727873
-	x	x	x	*77.8*	4050893
-	x	x	x	*69.4*	3940398
-	x	x	x	*55.3*	3389235

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*80.5*	3418825
	-	x	x	*74.2*	3516414
	x	-	x	*74.1*	3181429
	-	x	x	*61.9*	3696890

		M60-69	M70+	*AG %*	*EA No*
		-	x	*81.5*	4042427
		-	x	*74.8*	2781837
		-	x	*74.6*	3155077
		-	x	*67.5*	3577645

M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	x	*81.4*	2829417
-	x	x	x	*80.6*	3546784
-	x	x	x	*78.4*	3964403
-	x	x	x	*60.5*	3511602
x	-	x	x	*64.5*	4181173

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*82.2*	2693269
	-	x	x	*82.0*	3331432
	-	x	x	*76.4*	3516414
	x	-	x	*79.3*	3181429
	x	-	x	*74.7*	4022307

		M60-69	M70+	*AG %*	*EA No*
		-	x	*79.5*	2781837

			-	x	*81.9*	3155077
			-	x	*74.9*	3577645
			-	x	*71.3*	2781820

			M70+	***AG %***	***EA No***
			LR	*75.8*	4072548
			LR	*53.5*	2970856

M35-49	**M50-59**	**M60-69**	**M70+**		***EA No***
x	-	x	x		3703927
x	x	-	x		3552972
x	x	x	LR		2781894
x	-	x	x		4181173
-	x	x	x		4031950
M35-49	**M50-59**	**M60-69**	**M70+**		***EA No***
x	x	-	x		3577645
x	x	x	LR		2970856
-	x	x	x		2784048

M35-49				***AG %***	***EA No***
-				*35.8*	2872085
x				-	3768315
-				*17.9*	4031950
x				-	4154018
-				*14.7*	3058366

	M50-59			***AG %***	***EA No***
	-			*50.6*	2666249

-			*31.1*	3808791
-			*26.5*	3090049
-			*21.1*	3696890

M60-69	*AG %*	*EA No*
-	*61.1*	3756183
-	*37.3*	2667002
-	*32.8*	3021705

M35-49	*AG %*	*EA No*
-	*48.8*	2872085
x	-	4154018
x	-	3768315
-	*36.8*	4031950
-	*27.6*	3058366

M50-59	*AG %*	*EA No*
-	*59.3*	2666249
-	*51.4*	3808791
-	*39.9*	2784092
-	*41.1*	3090049

M60-69	*AG %*	*EA No*
-	*74.6*	3481546
-	*46.0*	2667002
-	*46.6*	4042427
-	*37.9*	3756183

M70-79	*AG %*	*EA No*
-	-	2667002

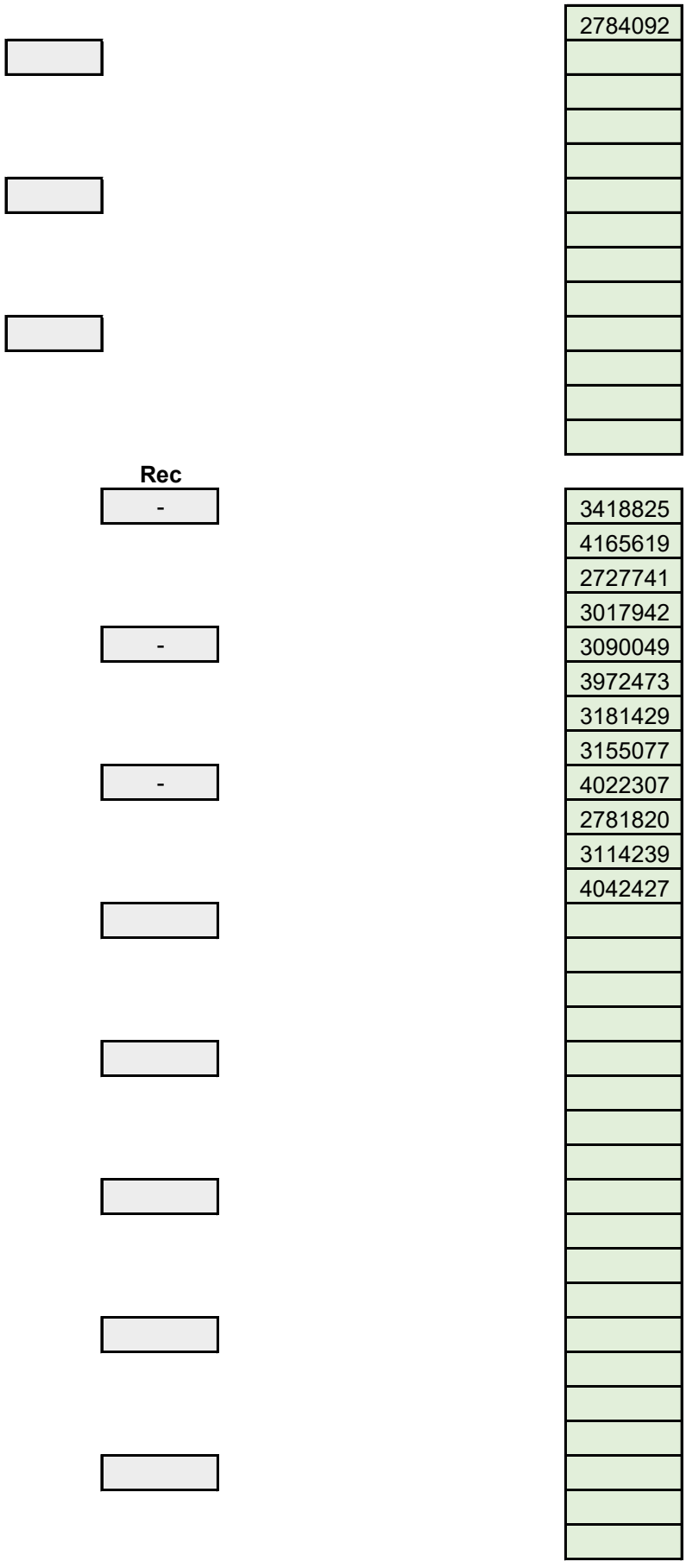
				x	-	4042427
Wind	**M35-49**	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*67.3*	3115211
	-	x	x	x	*66.1*	2872085
	-	x	x	x	*53.4*	3181559
	-	x	x	x	*50.9*	3389235
Wind		**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
		-	x	x	*61.6*	3090049
		-	x	x	*52.6*	2784092
		-	x	x	*51.3*	3703927
Wind			**M60-69**	**M70+**	***AG %***	***EA No***
			-	x	*68.1*	4057115
			-	x	*62.1*	3021705
Wind				**M70+**	***AG %***	***EA No***
				LR	*62.5*	-
	M35-49	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*63.2*	2872085

-	x	x	x	*63.9*	3115211
-	x	x	x	*54.8*	3181559
-	x	x	x	*58.1*	3511602

	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	*62.8*	3808791
	-	x	x	*61.0*	3972473
	-	x	x	*61.0*	2784092
	-	x	x	*59.8*	3703927

		M60-69	M70+	*AG %*	*EA No*
		-	x	*69.1*	3021705
		-	x	*54.7*	4042427

Rec	
-	2955064
	2727873
	3546784
	3448268
-	3181559
	2874921
	3940398
	3021705
-	3964403
	4057115
	2727803
	4031635
-	4174558
	3058366
	3872653
	4050893
-	2784048
	3696890
	3511602


2784092
Rec
-
3418825
4165619
2727741
3017942
-
3090049
3972473
3181429
3155077
-
4022307
2781820
3114239
4042427