	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	Women's Teams	Bib	Match 3 Points	Final	Pos
x	1	Peterborough & Nene Valley H	C	109.0	305.0	1
x	2	Cambridge & Coleridge AC	A	78.0	234.0	2
x	4	Ryston Runners AC	D	73.0	205.0	3
x	5	West Norfolk AC	E	35.0	135.0	5
x	3	Newmarket Joggers/St Edmund	B	76.0	176.0	4
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

1003	100m	**100m W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
C	1	Claire Smith	49	Peterborough & Nene Valley H	13.4	5
B	2	Catherine Peck	43	Newmarket Joggers/St Edmund	13.6	4
A	3	Lowri Chatfield	47	Cambridge & Coleridge AC	15.1	3
E	4	Katrina Wasteney	53	West Norfolk AC	19.4	2
D	5	Linda Marshall	60	Ryston Runners AC	20.0	1
	6					0
	7					0
	8					0

1005	100m	**100m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
C	1	Kelly Sutton	50	Peterborough & Nene Valley H	14.4	5
E	2	Nicola Neill	53	West Norfolk AC	16.0	4
A	3	Zoë Bailey	52	Cambridge & Coleridge AC	16.9	3
B	4	Eloise Bird	57	Newmarket Joggers/St Edmund	19.1	2
D	5	Elaine Knight	57	Ryston Runners AC	19.5	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 Edmund	16.1	5
C	2	Judith Jagger	64	Peterborough & Nene Valley H	16.8	4
A	3	Rosemary Abbott	64	Cambridge & Coleridge AC	17.0	3
D	4	Gaye Clarke	64	Ryston Runners AC	17.3	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	68.8	5
B	2	Helen Baldwin	43	Newmarket Joggers/St Edmund	72.6	4
E	3	Nicola Neill	53	West Norfolk AC	73.9	3
A	4	Rachael Leah	44	Cambridge & Coleridge AC	78.9	2
	5					1
	6					0
	7					0
	8					0

4005	400m	**400m W50-59 [W50+]**	**RDA**	**Team**	*(NN.n)*	**Pts**

B	1	Carol Carter	54	Newmarket Joggers/St Edmund	80.7	5
E	2	Katrina Wasteney	53	West Norfolk AC	84.2	4
C	3	Nicky Morgan	55	Peterborough & Nene Valley H	85.6	3
A	4	Jane Packman	59	Cambridge & Coleridge AC	88.7	2
D	5	Elizabeth Blakie	67	Ryston Runners AC	98.0	1
	6					0
	7					0
	8					0

4006	400m	**400m W60-69 [W60+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
B	1	Christine Anthony	62	Newmarket Joggers/St Edmund	72.4	5
C	2	Roslyn Loutit	61	Peterborough & Nene Valley H	79.0	4
A	3	Joan Lasenby	65	Cambridge & Coleridge AC	88.2	3
D	4	Linda Marshall	60	Ryston Runners AC	92.0	2
	5					1
	6					0
	7					0
	8					0

1Mile3	1Mile	**1Mile W35-49 [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Maggie Skinner	45	Peterborough & Nene Valley H	06:00.7	5
B	2	Helen Baldwin	43	Newmarket Joggers/St Edmund	06:07.2	4
A	3	Rachael Leah	44	Cambridge & Coleridge AC	06:27.7	3
	4					2
	5					1
	6					0
	7					0
	8					0

1Mile5	1Mile	**1Mile W50-59 [W50+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
B	1	Carol Carter	54	Newmarket Joggers/St Edmund	06:09.1	5
E	2	Katrina Wasteney	53	West Norfolk AC	06:46.6	4
C	3	Yvonne Scarrott	58	Peterborough & Nene Valley H	07:02.9	3
A	4	Sophie Moore	51	Cambridge & Coleridge AC	07:13.5	2
D	5	Elizabeth Blakie	67	Ryston Runners AC	08:41.7	1
	6					0
	7					0
	8					0

1Mile6	1Mile	**1Mile W60-69 [W60+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
B	1	Elke Hausler	62	Newmarket Joggers/St Edmund	06:09.7	5
C	2	Roslyn Loutit	61	Peterborough & Nene Valley H	06:21.9	4
D	3	Linda Marshall	60	Ryston Runners AC	07:12.5	3
A	4	Joan Lasenby	65	Cambridge & Coleridge AC	07:21.9	2
	5					1
	6					0
	7					0
	8					0

1Mile7	1Mile	**1Mile W70+**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
D	1	Pat Brightman	73	Ryston Runners AC	11:18.0	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	12:21.5	5
E	2	Katrina Wasteney	53	West Norfolk AC	12:45.8	4
A	3	Miraiker Wallace	60	Cambridge & Coleridge AC	12:48.4	3
D	4	Elizabeth Blakie	67	Ryston Runners AC	14:00.5	2
B	5	Elke Hausler	62	Newmarket Joggers/St Edmund	16:00.6	1
	6					0
	7					0
	8					0

2KWB	2000mW	**2km Walk 'B' [W35+]**	**RDA**	**Team**	*(NN:NN.n)*	**Pts**
C	1	Kay Gibson	59	Peterborough & Nene Valley H	14:18.6	5
A	2	Pamela Abbott	62	Cambridge & Coleridge AC	15:18.3	4
D	3	Pat Brightman	73	Ryston Runners AC	15:33.4	3
B	4	Eloise Bird	57	Newmarket Joggers/St Edmund	16:05.6	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	42.82	5
A	2	Lisa Teverson	57	Cambridge & Coleridge AC	22.67	4
D	3	Zoe Fiander	36	Ryston Runners AC	20.82	3
E	4	Jen Gosnell	44	West Norfolk AC	10.02	2
B	5	Pamerjit Kaur	53	Newmarket Joggers/St Edmund	10.00	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	32.86	5
D	2	Kathleen Warhurst	61	Ryston Runners AC	20.95	4
C	3	Sally Pusey	57	Peterborough & Nene Valley H	20.16	3
E	4	Katrina Wasteney	53	West Norfolk AC	12.42	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	25.74	5
C	2	Judith Jagger	64	Peterborough & Nene Valley H	23.68	4
B	3	Dawn Mason	68	Newmarket Joggers/St Edmund	19.22	3
A	4	Pamela Abbott	62	Cambridge & Coleridge AC	12.26	2
	5					1
	6					0
	7					0
	8					0

SP3	SP	**Shot W35-49 (4Kg) [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Andrea Jenkins	49	Peterborough & Nene Valley H	8.72	5
A	2	Anne Moindrot	42	Cambridge & Coleridge AC	7.98	4
D	3	Claire Chamberlain	39	Ryston Runners AC	6.57	3
E	4	Jen Gosnell	44	West Norfolk AC	5.89	2
B	5	Rachael Maltpress	45	Newmarket Joggers/St Edmund	4.77	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	10.14	5
E	2	Nicola Neill	53	West Norfolk AC	7.01	4
C	3	Sally Pusey	57	Peterborough & Nene Valley H	6.23	3
D	4	Kathleen Warhurst	61	Ryston Runners AC	5.21	2
B	5	Pamerjit Kaur	53	Newmarket Joggers/St Edmund	4.34	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	8.58	5
D	2	Gaye Clarke	64	Ryston Runners AC	7.40	4
A	3	Pamela Abbott	62	Cambridge & Coleridge AC	6.38	3
B	4	Dawn Mason	68	Newmarket Joggers/St Edmund	6.07	2
	5					1
	6					0
	7					0
	8					0
SP7	SP	**Shot W70-74 [W70+] (3Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Brenda Church	72	Peterborough & Nene Valley H	4.93	5
D	2	Pat Brightman	73	Ryston Runners AC	3.57	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**
B	1	Catherine Peck	43	Newmarket Joggers/St Edmund	4.09	5
E	2	Jen Gosnell	44	West Norfolk AC	3.29	4
A	3	Esther van Sluijs	49	Cambridge & Coleridge AC	3.19	3
D	4	Elizabeth Blakie	67	Ryston Runners AC	2.23	2
C	5	Andrea Jenkins	49	Peterborough & Nene Valley H	1.61	1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
D	1	Elaine Knight	57	Ryston Runners AC	2.56	5
A	2	Sophie Moore	51	Cambridge & Coleridge AC	2.55	4
B	3	Eloise Bird	57	Newmarket Joggers/St Edmund	2.05	3
C	4	Kay Gibson	59	Peterborough & Nene Valley H	2.00	2
	5					1
	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
C	1	Judith Jagger	64	Peterborough & Nene Valley H	3.68	5
D	2	Gaye Clarke	64	Ryston Runners AC	3.32	4
A	3	Pamela Abbott	62	Cambridge & Coleridge AC	2.66	3
B	4	Dawn Mason	68	Newmarket Joggers/St Edmund	2.17	2
	5					1
	6					0

	7					0
	8					0
LJ7	LJ	**Long Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
C	1	Brenda Church	72	Peterborough & Nene Valley H	1.62	5
D	2	Pat Brightman	73	Ryston Runners AC	1.44	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**
C	1	Nichola Gibson	35	Peterborough & Nene Valley H	1.27	5
B	2	Catherine Peck	43	Newmarket Joggers/St Edmund	1.24	4
A	3	Lowri Chatfield	47	Cambridge & Coleridge AC	1.21	3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
B	1	Eloise Bird	57	Newmarket Joggers/St Edmund	1.00	5
D	2	Elaine Knight	57	Ryston Runners AC	1.00	4
	3					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	1.21	5
D	2	Gaye Clarke	64	Ryston Runners AC	1.15	4
A	3	Pamela Abbott	62	Cambridge & Coleridge AC	1.00	3
	4					2
	5					1
	6					0
	7					0
	8					0
R4x1-3	MedR	**Relay 4x1 W35-49 [W35+]**	**RDA**	**Team**	*(NN.n)*	**Pts**
C	1	Claire Smith	49	Peterborough & Nene Valley H	61.8	5
Cb		Maggie Skinner	45			
Cc		Sarah Caskey	35			
Cd		Nichola Gibson	35			
A	2	Rachael Leah	44	Cambridge & Coleridge AC	65.7	4
Aa		Esther van Sluijs	49			
Ab		Lowri Chatfield	47			
Ac		Anne Moindrot	42			
B	3	Catherine Peck	43	Newmarket Joggers/St Edmund	68.8	3
Ba		Rachael Maltpress	45			
Bb		Pamerjit Kaur	53			
Bc		Helen Baldwin	43			
D	4	Zoe Fiander	36	Ryston Runners AC	84.2	2
Da		Claire Chamberlain	39			

D5		Helen Reed	59			
D6		Helen Driver	55			
	5					1
E4						
E5						
E6						
	6					0
F4						
F5						
F6						
	7					0
G4						
G5						
G6						
	8					0
H4						
H5						
H6						
R4x1-5	MedR	**Relay 4x1 W50+**	**RDA**	**Team**	*(NN.n)*	**Pts**
A	1	Zoë Bailey	52	Cambridge & Coleridge AC	69.9	5
A4		Sarah McGrath	52			
A5		Rosemary Abbott	64			
A6		Sophie Moore	51			
B	2	Christine Anthony	62	Newmarket Joggers/St Edmund	71.0	4
B4		Eloise Bird	57			
B5		Carol Carter	54			
B6		Elke Hausler	62			
C	3	Kay Gibson	59	Peterborough & Nene Valley H	73.7	3
C4		Judith Jagger	64			
C5		Yvonne Scarrott	58			
C6		Kelly Sutton	50			
D	4	Linda Marshall	60	Ryston Runners AC	87.7	2
D4		Elizabeth Blakie	67			
D5		Pat Brightman	73			
D6		Gaye Clarke	64			
	5					1
E4						
E5						
E6						
	6					0
F4						
F5						
F6						
	7					0
G4						
G5						
G6						
	8					0
H4						
H5						
H6						

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**
280	100	Dawn Mason	W60	West Suffolk	18.7
282	100	Pat Brightman	W70	Great Yarmouth	28.5
289	100	Nina Dailey	W40	0.0	15.0
290	100	Leah Stevens	W35	0.0	15.4
271	HT	Claire Chamberlain	W35	Ryston Runners	16.7
288	1Mile	Sarah Caskey	W35	Panvac	6:14.6
290	1Mile	Leah Stevens	W35	0.0	6:41.1
289	1Mile	Nina Dailey	W40	0.0	7:13.7
270	SP	Zoe Fiander	W35	Ryston Runners	5.41
290	LJ	Leah Stevens	W35	0.0	2.64
289	LJ	Nina Dailey	W40	0.0	3.52
291	LJ	Jane Packman	W35	Cambridge & Coleridge	2.00
277	LJ	Rosie Abbott	W60	Cambridge & Coleridge	2.43
275	1MILE	Harriet Prior	W65	Cambridge & Coleridge	8.08
		-	-	-	

Highest Track Age Graded % =			86.8
Athlete	Elke Hausler	RDA	62
Club	Newmarket Joggers/St Edmund		
Event	1Mile W60-69 [W60+]		
Result	6:09.7		
Format to suit the result			

Highest Field Age Graded % =			78.8
Athlete	Judith Jagger	RDA	64
Club	Peterborough & Nene Valley H		
Event	High Jump W60-69 [W60+]		
Result	1.21		

	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	
	-	x	x	x	86.0	3575627
	-	x	x	x	80.8	4048604
	-	x	x	x	75.1	4062016
	x	-	x	x	61.3	2981176
	x	x	-	x	62.9	2781803

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	80.6	2684036
		-	x	x	74.3	2660991
		-	x	x	69.8	4155778
		-	x	x	64.3	2715426
		-	x	x	63.0	3932403

Wind			W60-69	W70+	AG %	EA No
			-	x	79.4	2715397
			-	x	77.4	2676481
			-	x	76.5	4129090
			-	x	75.2	2781883

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	71.5	2684039
-	x	x	x	71.8	4189883
x	-	x	x	76.8	2660991
-	x	x	x	66.6	3386365

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

		-	x	x	*71.0*	3910961
		-	x	x	*67.4*	2981176
		-	x	x	*67.6*	2790270
		-	x	x	*67.8*	3021683
		x	-	x	*66.9*	2781871

		W60-69	W70+	*AG %*	*EA No*
		-	x	*85.7*	2715397
		-	x	*77.7*	3179638
		-	x	*72.7*	2746434
		-	x	*66.0*	2781803

W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
-	x	x	x	*77.0*	2873942
-	x	x	x	*74.5*	4189883
-	x	x	x	*71.1*	3386365

	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	*80.9*	3910961
	-	x	x	*72.8*	2981176
	-	x	x	*73.1*	2723103
	-	x	x	*67.2*	4136195
	x	-	x	*64.6*	2781871

		W60+	W70+	*AG %*	*EA No*
		-	x	*86.8*	3478624
		-	x	*83.2*	3179638
		-	x	*72.8*	2781803
		-	x	*74.7*	2746434

			W70+	*AG %*	*EA No*
			-	*53.0*	2784560

W35-49	W50-59	W60-69	W70+	EA No
-	x	x	x	2873942
x	-	x	x	2981176
x	x	-	x	4177574
x	x	-	x	2781871
x	x	-	x	3478624

W35-49	W50-59	W60-69	W70+	EA No
x	-	x	x	2809087
x	x	-	x	3191121
x	x	x	-	2784560
x	-	x	x	2715426

W35-49	AG %	EA No
-	*71.4*	2768996
x	-	3979967
-	*27.0*	4086543
-	*15.1*	3976672
x	-	4190954

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	*50.4*	3671649
x	-	x	-	2658094
-	x	x	*34.4*	3565059
-	x	x	*19.5*	2981176

W60-69	W70-74	AG %	EA No
-	x	*51.3*	2781883
-	x	*47.2*	2676481
-	x	*42.2*	2698800
-	x	*23.3*	3191121

W35-49	AG %	EA No
-	*52.8*	2768996
-	*43.2*	2828378
-	*34.0*	4086534
-	*32.9*	3976672
-	*27.1*	3995985

	W50-59	W60-69	W70-74	*AG %*	*EA No*
	-	x	x	*55.9*	3671649
	-	x	x	*39.3*	2660991
	-	x	x	*37.5*	3565059
	x	-	x	*33.8*	2658094
	-	x	x	*24.4*	4190954

W60-69	W70-74	*AG %*	*EA No*	
-	x	*66.4*	2676481	
-	x	*57.3*	2781883	
-	x	*50.2*	3191121	
-	x	*45.1*	2698800	

W70-74	*AG %*	*EA No*		
LR	*34.9*	3791652		
LR	*24.9*	2784560		

Wind	W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	x	*62.2*	4048604
	-	x	x	x	*50.6*	3976672
	-	x	x	x	*51.9*	4130065
	x	x	-	x	*45.5*	2781871
	-	x	x	x	*26.2*	2768996

Wind	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	*45.9*	3932403
	-	x	x	*42.5*	4136195
	-	x	x	*36.8*	2715426
	-	x	x	*36.8*	2809087

Wind	W60+	W70+	*AG %*	*EA No*
	-	x	*72.1*	2676481
	-	x	*65.1*	2781883
	-	x	*50.8*	3191121
	-	x	*44.9*	2698800

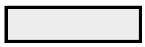
Wind				W70+	*AG %*	*EA No*
				-	*35.4*	3791652
				-	*31.9*	2784560

	W35-49	W50-59	W60-69	W70+	*AG %*	*EA No*
	-	x	x	x	*62.0*	2684039
	-	x	x	x	*65.5*	4048604
	-	x	x	x	*66.5*	4062016

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

			W60-69	W70+	*AG %*	*EA No*
			LR=	x	*78.8*	2676481
			-	x	*74.9*	2781883
			-	x	*63.8*	3191121

Rec
-
-
-
-



Rec