	Insert non scoring results at the bottom					
	EMAC Track & Field League			Central West Division - Match 3	Teams =	5
	Corby		Wed	02 July 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	1	Marshall Milton Keynes AC	5	114.0	332.0	1
x	2	Bedford & County AC	1	99.0	293.0	2
x	3	Fairlands Valley Spartans	4	49.0	165.0	3
x	5	Biggleswade AC/Luton AC	2	31.0	120.0	4
x	4	Team Northants	3	41.0	90.0	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 numbe (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.nn)*	**Pts**
1	1	Roy Chambers	39	Bedford & County AC	12.28	5
3	2	Sean Hanekom	35	Team Northants	12.40	4
5	3	Paul Canning	59	Marshall Milton Keynes AC	12.66	3
2	4	Darren Janssen	36	Biggleswade AC/Luton AC	13.32	2
4	5	Anton McCalla	48	Fairlands Valley Spartans	14.58	1
	6					0
	7					0
	8					0
1005	100m	**100m M50-59 [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Keith Lok	50	Team Northants	13.93	5
5	2	Conrad Salthouse	57	Marshall Milton Keynes AC	15.19	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
1006	100m	**100m M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	John Browne	71	Marshall Milton Keynes AC	13.90	5
1	2	Tennyson James	67	Bedford & County AC	15.91	4
2	3	David Brown	67	Biggleswade AC/Luton AC	16.43	3
3	4	Tony Wells	76	Team Northants	16.90	2
4	5	Charles Arnold	69	Fairlands Valley Spartans	21.47	1
	6					0
	7					0
	8					0
4003	400m	**400m M35-49 [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	60.53	5
5	2	James Down	38	Marshall Milton Keynes AC	62.37	4
4	3	Mike Jeffs	41	Fairlands Valley Spartans	63.22	3
	4					2
	5					1
	6					0
	7					0
	8					0

4005	400m	**400m M50-59 [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Peter Benedickter	56	Bedford & County AC	60.45	5
5	2	Darren O'Leary	56	Marshall Milton Keynes AC	70.45	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	88.40	3
	4					2
	5					1
	6					0
	7					0
	8					0

4006	400m	**400m M60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
1	1	Tennyson James	67	Bedford & County AC	70.43	5
5	2	Ian Van Lokven	67	Marshall Milton Keynes AC	70.48	4
2	3	David Brown	67	Biggleswade AC/Luton AC	76.65	3
4	4	Nick Kleanthous	63	Fairlands Valley Spartans	98.94	2
	5					1
	6					0
	7					0
	8					0

1Mile3	1Mile	**1 Mile M35-49 [M35+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
2	1	Martin Amos	42	Biggleswade AC/Luton AC	04:55.44	5
1	2	Paul Cooper	44	Bedford & County AC	04:58.34	4
5	3	James Down	38	Marshall Milton Keynes AC	05:11.40	3
4	4	Mike Jeffs	41	Fairlands Valley Spartans	05:28.28	2
	5					1
	6					0
	7					0
	8					0

1Mile5	1Mile	**1 Mile M50-59 [M50+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
3	1	Chris Bell	56	Team Northants	05:25.99	5
5	2	Sean Robertson	57	Marshall Milton Keynes AC	07:25.11	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

1Mile6	1Mile	**1 Mile M60-69 [M60+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
3	1	Andy Green	61	Team Northants	05:26.75	5
5	2	Ian Van Lokven	67	Marshall Milton Keynes AC	05:57.90	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	06:44.33	3
	4					2
	5					1
	6					0
	7					0
	8					0

1Mile7	1Mile	**I Mile M70+**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
5	1	John Skelton	74	Marshall Milton Keynes AC	06:05.65	5
1	2	Aleksander Swiecicki	76	Bedford & County AC	07:09.26	4
	3					3
	4					2
	5					1
	6					0
	7					0

	8					0
2KWA	2000mW	**2Km Walk 'A' [M35+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
1	1	Adam Hills	48	Bedford & County AC	11:33.09	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	13:47.08	4
5	3	Jim Lawrence	68	Marshall Milton Keynes AC	15:26.93	3
4	4	Mark Freeman	69	Fairlands Valley Spartans	15:47.13	2
	5					1
	6					0
	7					0
	8					0
2KWB	2000mW	**2Km Walk 'B' [M35+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
1	1	John Borgars	79	Bedford & County AC	13:57.41	5
4	2	Nick Kleanthous	63	Fairlands Valley Spartans	16:17.95	4
5	3	Christian Hough	40	Marshall Milton Keynes AC	23:25.33	3
	4					2
	5					1
	6					0
	7					0
	8					0
HT3	HT	**Hammer M35-49 (7.26Kg) [M3**	**RDA**	**Team**	*(NN.nn)*	**Pts**
2	1	Darren Janssen	36	Biggleswade AC/Luton AC	21.29	5
1	2	Roy Chambers	39	Bedford & County AC	20.95	4
5	3	George Gavriel	43	Marshall Milton Keynes AC	19.46	3
3	4	Ray Mckenna	49	Team Northants	18.98	2
	5					1
	6					0
	7					0
	8					0
HT5	HT	**Hammer M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Mark Roberson	50	Marshall Milton Keynes AC	50.29	5
1	2	Darren Kerr	55	Bedford & County AC	45.13	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HT6	HT	**Hammer M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	29.45	5
4	2	Timothy Saunders Mullins	72	Fairlands Valley Spartans	24.22	4
1	3	Simon Eastwood	60	Bedford & County AC	23.19	3
3	4	Peter Knott	67	Team Northants	20.32	2
	5					1
	6					0
	7					0
	8					0
SP3	SP	**Shot M35-49 (7.26Kg) [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
3	1	Ray Mckenna	49	Team Northants	9.83	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	9.62	4
1	3	Roy Chambers	39	Bedford & County AC	9.20	3
5	4	George Gavriel	43	Marshall Milton Keynes AC	7.33	2
	5					1
	6					0

	7					0
	8					0
SP5	SP	**Shot M50-59 (6Kg) [M50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Mark Roberson	50	Marshall Milton Keynes AC	10.75	5
1	2	Darren Kerr	55	Bedford & County AC	10.03	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
SP6	SP	**Shot M60-69 (5Kg) [M60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	9.95	5
3	2	Peter Knott	67	Team Northants	9.42	4
1	3	Simon Eastwood	60	Bedford & County AC	8.16	3
4	4	Nick Kleanthous	63	Fairlands Valley Spartans	6.24	2
	5					1
	6					0
	7					0
	8					0
SP7	SP	**Shot M70-79 (4Kg) [M70+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Alasdair Gibson	72	Marshall Milton Keynes AC	6.76	5
4	2	Timothy Saunders Mullins	72	Fairlands Valley Spartans	6.74	4
1	3	Christopher Keech	74	Bedford & County AC	6.43	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ3	LJ	**Long Jump M35-49 [M35+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Roy Chambers	39	Bedford & County AC	5.61	5
4	2	Mike Jeffs	41	Fairlands Valley Spartans	4.57	4
5	3	Christian Hough	40	Marshall Milton Keynes AC	4.27	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Philip Bowers	57	Bedford & County AC	4.82	5
5	2	Paul Canning	59	Marshall Milton Keynes AC	4.27	4
3	3	Keith Lok	50	Team Northants	4.18	3
4	4	Charles Arnold	69	Fairlands Valley Spartans	2.89	2
	5					1
	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Richard Phelan	63	Bedford & County AC	4.24	5
5	2	Tomasz Piotr Dyksa	66	Marshall Milton Keynes AC	3.58	4
4	3	Nick Kleanthous	63	Fairlands Valley Spartans	2.51	3
	4					2
	5					1

	6					0
	7					0
	8					0
LJ7	LJ	**Long Jump M70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	David Folgate	74	Bedford & County AC	3.09	5
5	2	John Browne	71	Marshall Milton Keynes AC	2.84	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**
5	1	Clint Grabs	38	Marshall Milton Keynes AC	1.60	5
1	2	Roy Chambers	39	Bedford & County AC	1.45	4
4	3	Anton McCalla	48	Fairlands Valley Spartans	1.35	3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump M50-59 [M50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Philip Bowers	57	Bedford & County AC	1.40	5
5	2	Darren O'Leary	56	Marshall Milton Keynes AC	1.25	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	1.10	3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ6	HJ	**High Jump M60+**	**RDA**	**Team**	*(N.nn)*	**Pts**
1	1	Richard Phelan	63	Bedford & County AC	1.20	5
5	2	Richard Pownall	65	Marshall Milton Keynes AC	1.15	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4x1-3	MedR	**Relay 4x1 M35-49 [M35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Christian Hough	40	Marshall Milton Keynes AC	53.62	5
1st		Clint Grabs	38			
2nd		George Gavriel	43			
3rd		Paul Canning	59			
3	2	Sean Hanekom	35	Team Northants	65.96	4
1st		Keith Lok	50			
2nd		Chris Bell	56			
3rd		Andy Green	61			
4	3	Charles Arnold	69	Fairlands Valley Spartans	69.20	3
1st		Mark Freeman	69			
2nd		Anton McCalla	48			
3rd		Mike Jeffs	41			
	4					2

	5					1
	6					0
	7					0
	8					0

R4x1-5	MedR	**Relay 4x1 M50+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
5	1	Richard Pownall	65	Marshall Milton Keynes AC	60.53	5
		Conrad Salthouse	57			
		Gwynn Wallace	60			
		Darren O'Leary	56			
1	2	Simon Eastwood	60	Bedford & County AC	67.21	4
		Christopher Keech	74			
		Richard Phelan	63			
		Philip Bowers	57			
	3					3
	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**
93	HT	Jack Paget	MSEN	Thames Valley Herriers	71.79
191	LJ	Anton McCalla	M45	Fairlands Valley Striders	3.95
69	100m	Christian Hough	M40	Marshall Milton Keynes	13.59
162	SP (5Kg	Jim Lawrence	M65	Marshall Milton Keynes	5.63
		-	-	-	

Highest Track Age Graded % =			89.2
Athlete	Paul Canning	RDA	59
Club	Marshall Milton Keynes AC		
Event	100m M35-49 [M35+]		
Result	12.7		
Format Result to suit the result			
Highest Field Age Graded % =			72.0
Athlete	Philip Bowers	RDA	57
Club	Bedford & County AC		
Event	Long Jump M50-59 [M50+]		
Result	4.82		

	Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	
-1.1	-	x	x	x	*80.2*	2667991
	-	x	x	x	*77.3*	4139260
	x	-	x	x	*89.2*	2971309
	-	x	x	x	*72.4*	3657944
	-	x	x	x	*71.8*	3180094
Wind		M50-59	M60-69	M70+	AG %	EA No
-1.3		-	x	x	*76.2*	3077805
		-	x	x	*73.3*	3979201
Wind			M60-69	M70+	AG %	EA No
			x	-	*88.3*	3019098
			-	x	*75.0*	2775264
			-	x	*72.6*	2708007
			x	-	*75.3*	2750862
			-	x	*56.4*	3371952
	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	*72.8*	3657944
	-	x	x	x	*71.6*	3121635
	-	x	x	x	*72.0*	4011175

M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	*83.2*	3402370
-	x	x	*71.4*	3678206
x	-	x	*62.2*	3371952

M60-69	M70+	*AG %*	*EA No*
-	x	*77.0*	2775264
-	x	*76.9*	2794665
-	x	*70.7*	2708007
-	x	*53.3*	3865891

M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	x	*80.5*	3940649
-	x	x	x	*80.8*	4066864
-	x	x	x	*74.4*	3121635
-	x	x	x	*72.0*	4011175

M50-59	M60-69	M70+	*AG %*	*EA No*
-	x	x	*81.2*	3753887
-	x	x	*59.9*	4122866

M60-69	M70+	*AG %*	*EA No*
-	x	*84.6*	2922100
-	x	*81.8*	2794665
-	x	*73.9*	3371952

M70+	*AG %*	*EA No*
LR	*86.2*	2794640
LR	*75.1*	3503304

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	3259465
-	x	x	x	3657944
x	x	-	x	2690506
x	x	-	x	2724325

M35-49	M50-59	M60-69	M70+	EA No
x	x	x	LR	2694939
x	x	-	x	3865891
-	x	x	x	4143197

M35-49	AG %	EA No
-	*25.1*	3657944
-	*25.6*	2667991
-	*25.0*	3561026
-	*26.5*	2857961

M50-59	AG %	EA No
-	*64.7*	2979459
-	*62.7*	2669225

M60-69	AG %	EA No
-	*40.6*	2798456
x	-	3558942
-	*32.0*	2774976
-	*32.1*	2829262

M35-49	AG %	EA No
-	*52.7*	2857961
-	*43.6*	3657944
-	*43.2*	2667991
-	*36.3*	3561026

		M50-59			*AG %*	*EA No*
		-			*53.1*	2979459
		-			*53.3*	2669225
			M60-69		*AG %*	*EA No*
			-		*52.2*	2798456
			-		*55.6*	2829262
			-		*42.8*	2774976
			-		*34.4*	3865891
				M70-79	*AG %*	*EA No*
				-	-	2798456
				-	-	3865891
				-	-	2774976
Wind	**M35-49**	**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
	-	x	x	x	*68.0*	2667991
	-	x	x	x	*56.7*	4011175
	-	x	x	x	*52.3*	4143197
Wind		**M50-59**	**M60-69**	**M70+**	***AG %***	***EA No***
		-	x	x	*72.0*	3797642
		-	x	x	*65.4*	2971309
		-	x	x	*57.4*	3077805
		x	-	x	*50.3*	3371952
Wind			**M60-69**	**M70+**	***AG %***	***EA No***
			-	x	*68.3*	2871564
			-	x	*59.9*	4114081
			-	x	*40.4*	3865891

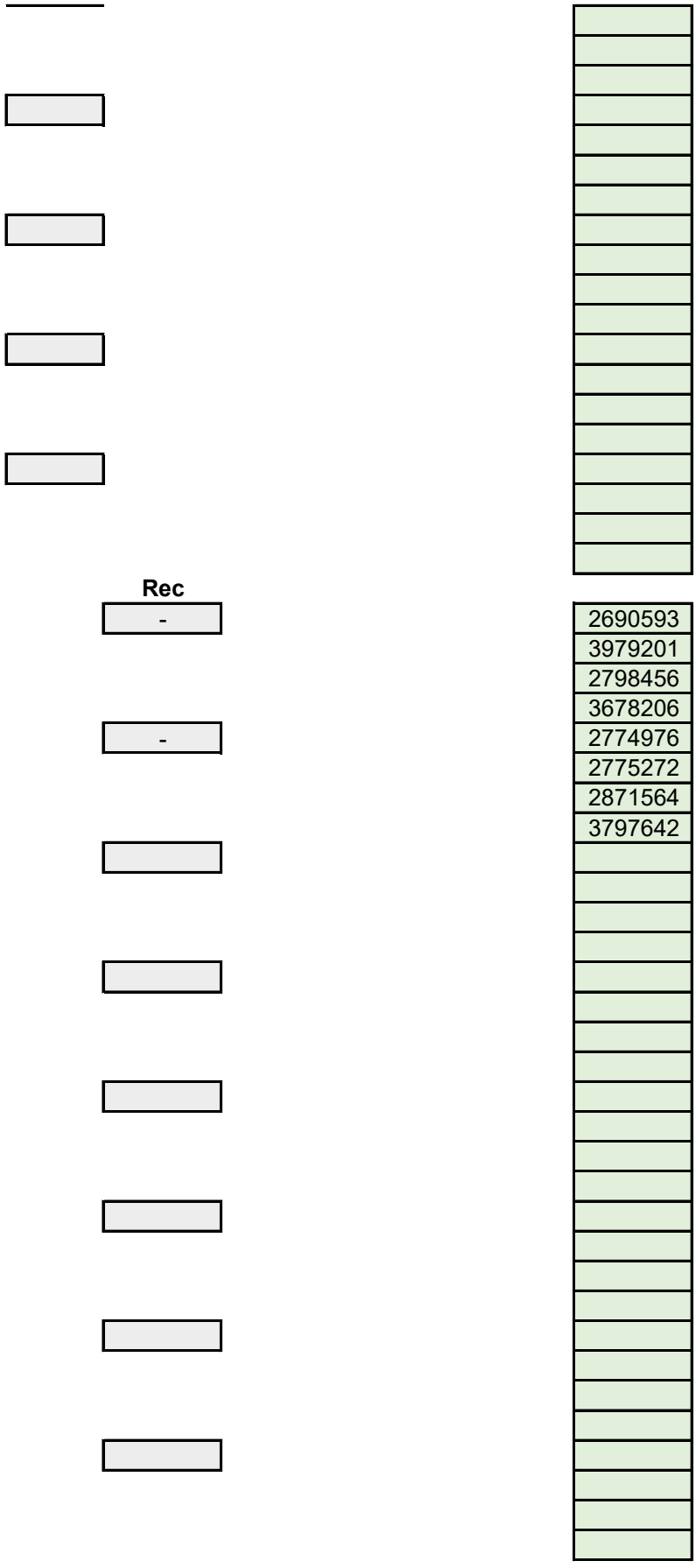
Wind			M70+	*AG %*	*EA No*
			LR	*57.6*	2871564
			LR	*50.8*	4114081

	M35-49	M50-59	M60-69	M70+	*AG %*	*EA No*
	-	x	x	x	*68.1*	2690440
	-	x	x	x	*62.3*	2667991
	-	x	x	x	*63.3*	3180094

		M50-59	M60-69	M70+	*AG %*	*EA No*
		-	x	x	*71.9*	3797642
		-	x	x	*63.6*	3678206
		x	-	x	*64.1*	3371952

			M60-69	M70+	*AG %*	*EA No*
			-	x	*65.6*	2871564
			-	x	*64.2*	2690593

Rec	
-	4143197
	2690440
	3561026
	2971309
-	4139260
	3077805
	3753887
	2922100
-	3371952
	2724325
	3180094
	4011175


Rec
-
-
2690593
3979201
2798456
3678206
2774976
2775272
2871564
3797642