	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	Women's Teams	Bib	Match 3 Points	Final	Pos
x	1	Fairlands Valley Spartans	D	98.0	209.0	1
x	3	Bedford & County AC	A	39.0	158.0	2
x	2	Marshall Milton Keynes AC	E	45.0	136.0	3
x	5	Biggleswade AC/Luton AC	B	20.0	93.0	4
x	4	Team Northants	C	28.0	74.0	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

1003	100m	**100m W35-49 [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Logan Gamble	35	Biggleswade AC/Luton AC	14.96	5
C	2	Adriana Melczynska	41	Team Northants	16.74	4
E	3	Stephanie Johnston	51	Marshall Milton Keynes AC	17.53	3
A	4	Helen Buller	47	Bedford & County AC	18.55	2
D	5	Sharon Crowley	66	Fairlands Valley Spartans	22.67	1
	6					0
	7					0
	8					0

1005	100m	**100m W50-59 [W50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Sandra Pedley	59	Bedford & County AC	19.27	5
E	2	Avril Tarry	53	Marshall Milton Keynes AC	20.28	4
D	3	Karen Dodsworth	65	Fairlands Valley Spartans	22.74	3
	4					2
	5					1
	6					0
	7					0
	8					0

1006	100m	**100m W60-69 [W60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Tessa Stephenson	64	Fairlands Valley Spartans	19.70	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

4003	400m	**400m W35-49 [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
A	1	Helen Buller	47	Bedford & County AC	77.11	5
D	2	Sharon Crowley	66	Fairlands Valley Spartans	109.76	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

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

D	1	Karen Dodsworth	65	Fairlands Valley Spartans	112.22	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
4006	400m	**400m W60-69 [W60+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Tessa Stephenson	64	Fairlands Valley Spartans	103.79	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
1Mile3	1Mile	**1Mile W35-49 [W35+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
A	1	Helen Buller	47	Bedford & County AC	05:57.05	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
1Mile5	1Mile	**1Mile W50-59 [W50+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
C	1	Barbara Willison	56	Team Northants	06:39.47	5
D	2	Sharon Crowley	66	Fairlands Valley Spartans	08:51.14	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
1Mile6	1Mile	**1Mile W60-69 [W60+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
D	1	Karen Dodsworth	65	Fairlands Valley Spartans	08:51.90	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
1Mile7	1Mile	**1Mile W70+**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
D	1	Yuko Gordon	74	Fairlands Valley Spartans	07:29.73	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.nn)*	**Pts**
D	1	Yuko Gordon	74	Fairlands Valley Spartans	16:02.42	5
C	2	Adriana Melczynska	41	Team Northants	17:11.48	4
E	3	Stephanie Johnston	51	Marshall Milton Keynes AC	17:23.75	3
A	4	Helen Buller	47	Bedford & County AC	23:25.18	2
	5					1
	6					0
	7					0
	8					0

2KWB	2000mW	**2km Walk 'B' [W35+]**	**RDA**	**Team**	*(NN:NN.nn)*	**Pts**
D	1	Monica Brown	60	Fairlands Valley Spartans	18:36.92	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT3	HT	**Hammer W35-49 (4Kg) [W35+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Adriana Melczynska	41	Team Northants	17.65	5
E	2	Bryony Gibbens	37	Marshall Milton Keynes AC	13.25	4
D	3	Sharon Crowley	66	Fairlands Valley Spartans	10.26	3
A	4	Emma Coombes	47	Bedford & County AC	10.10	2
	5					1
	6					0
	7					0
	8					0

HT5	HT	**Hammer W50-59 (3Kg) [W50+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
E	1	Stephanie Johnston	51	Marshall Milton Keynes AC	17.43	5
D	2	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	15.49	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

HT6	HT	**Hammer W60-69 (3Kg) [W60+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Sandra Ingham	67	Biggleswade AC/Luton AC	12.61	5
D	2	Monica Brown	60	Fairlands Valley Spartans	5.21	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

SP3	SP	**Shot W35-49 (4Kg) [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
C	1	Adriana Melczynska	41	Team Northants	6.15	5
E	2	Bryony Gibbens	37	Marshall Milton Keynes AC	5.84	4
D	3	Tessa Stephenson	64	Fairlands Valley Spartans	5.66	3
A	4	Emma Coombes	47	Bedford & County AC	3.63	2
	5					1
	6					0
	7					0

	8					0
SP5	SP	**Shot W50-59 (3Kg) [W50+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
E	1	Avril Tarry	53	Marshall Milton Keynes AC	5.75	5
D	2	Karen Dodsworth	65	Fairlands Valley Spartans	5.40	4
A	3	Sandra Pedley	59	Bedford & County AC	5.00	3
	4					2
	5					1
	6					0
	7					0
	8					0
SP6	SP	**Shot W60-69 [W60+] (3Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
B	1	Sandra Ingham	67	Biggleswade AC/Luton AC	6.91	5
D	2	Monica Brown	60	Fairlands Valley Spartans	6.67	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
SP7	SP	**Shot W70-74 [W70+] (3Kg)**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	5.90	5
	2					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**
C	1	Adriana Melczynska	41	Team Northants	3.45	5
A	2	Emma Coombes	47	Bedford & County AC	2.72	4
E	3	Bryony Gibbens	37	Marshall Milton Keynes AC	2.59	3
D	4	Monica Brown	60	Fairlands Valley Spartans	2.54	2
	5					1
	6					0
	7					0
	8					0
LJ5	LJ	**Long Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
A	1	Sandra Pedley	59	Bedford & County AC	3.10	5
E	2	Stephanie Johnston	51	Marshall Milton Keynes AC	3.06	4
D	3	Karen Dodsworth	65	Fairlands Valley Spartans	2.03	3
	4					2
	5					1
	6					0
	7					0
	8					0
LJ6	LJ	**Long Jump W60-69 [W60+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
B	1	Sandra Ingham	67	Biggleswade AC/Luton AC	2.36	5
D	2	Sharon Crowley	66	Fairlands Valley Spartans	1.60	4
	3					3
	4					2
	5					1
	6					0

	7					0
	8					0
LJ7	LJ	**Long Jump W70+**	**RDA**	**Team**	*(N.nn)*	**Pts**
D	1	Yuko Gordon	74	Fairlands Valley Spartans	2.10	5
	2					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**
E	1	Bryony Gibbens	37	Marshall Milton Keynes AC	1.12	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
HJ5	HJ	**High Jump W50-59 [W50+]**	**RDA**	**Team**	*(N.nn)*	**Pts**
E	1	Stephanie Johnston	51	Marshall Milton Keynes AC	1.12	5
A	2	Sandra Pedley	59	Bedford & County AC	1.09	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**
D	1	Monica Brown	60	Fairlands Valley Spartans	1.00	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4x1-3	MedR	**Relay 4x1 W35-49 [W35+]**	**RDA**	**Team**	*(NN.nn)*	**Pts**
X	1	No Competitor	0	No Team		5
X		No Competitor	0			
X		No Competitor	0			
X		No Competitor	0			
	2					4
	3					3
	4					2

	5					1
	6					0
	7					0
	8					0

R4x1-5	MedR	**Relay 4x1 W50+**	**RDA**	**Team**	*(NN.nn)*	**Pts**
D	1	Monica Brown	60	Fairlands Valley Spartans	97.41	5
		Tessa Stephenson	64			
		Sharon Crowley	66			
		Karen Dodsworth	65			
	2					4
	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 No.	**Event**	**Name**	**AG**	**1st Claim Club**	**Result**
189	2kW	Aleksandra Majewska-Ani	W35	Charnwood	11:01.64

Highest Track Age Graded % =			80.9
Athlete	Yuko Gordon	RDA	74
Club	Fairlands Valley Spartans		
Event	1Mile W70+		
Result	07:29.73		
Format to suit the result			

Highest Field Age Graded % =			67.5
Athlete	Sandra Pedley	RDA	59
Club	Bedford & County AC		
Event	High Jump W50-59 [W50+]		
Result	1.09		

	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	
-2.8	-	x	x	x	70.5	4190654
	-	x	x	x	64.7	4039146
	x	-	x	x	66.7	3401086
	-	x	x	x	61.1	3353084
	x	x	-	x	58.3	2665073

Wind		W50-59	W60-69	W70+	AG %	EA No
-0.3		-	x	x	64.8	2984526
		-	x	x	58.6	3970366
		x	-	x	57.7	2703331

Wind			W60-69	W70+	AG %	EA No
-0.3			-	x	66.0	2724359

	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	69.9	3353084
	x	x	-	x	59.1	2665073

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

		x	-	x	*57.1*	2703331
			W60-69	**W70+**	***AG %***	***EA No***
			-	x	*61.1*	2724359
W35-49	**W50-59**	**W60+**	**W70+**	***AG %***	***EA No***
-	x	x	x	*79.0*	3353084
	W50-59	**W60+**	**W70+**	***AG %***	***EA No***
	-	x	x	*76.0*	2970231
	x	-	x	*62.8*	2665073
			W60+	**W70+**	***AG %***	***EA No***
			-	x	*62.1*	2703331
				W70+	***AG %***	***EA No***
				LR	*80.9*	2703331

W35-49	W50-59	W60-69	W70+	EA No
x	x	x	-	2675680
-	x	x	x	4039146
x	-	x	x	3401086
-	x	x	x	3353084

W35-49	W50-59	W60-69	W70+	EA No
x	x	-	x	2724317

W35-49	AG %	EA No
-	*25.2*	4039146
-	*17.5*	2690430
x	-	2665073
-	*16.2*	3876592

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	*26.2*	3401086
x	x	-	-	2729447

W60-69	W70-74	AG %	EA No
-	x	*27.0*	2775416
-	x	*9.5*	2724317

W35-49	AG %	EA No
-	*32.8*	4039146
-	*29.4*	2690430
x	-	2724359
-	*21.3*	3876592

	W50-59	W60-69	W70-74	*AG %*	*EA No*
	-	x	x	*32.3*	3970366
	x	-	x	*38.0*	2703331
	-	x	x	*31.3*	2984526

W60-69	W70-74	*AG %*	*EA No*	
-	x	*52.0*	2775416	
-	x	*53.4*	2724317	

W70-74	*AG %*	*EA No*		
LR	*41.7*	2724317		

Wind	W35-49	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	x	*51.3*	4039146
	-	x	x	x	*43.3*	3876592
	-	x	x	x	*36.8*	2690430
	x	x	-	x	*47.3*	2724317

Wind	W50-59	W60+	W70+	*AG %*	*EA No*
	-	x	x	*57.0*	2984526
	-	x	x	*51.0*	3401086
	x	-	x	*40.3*	2703331

Wind	W60+	W70+	*AG %*	*EA No*
	-	x	*48.1*	2775416
	-	x	*32.2*	2665073

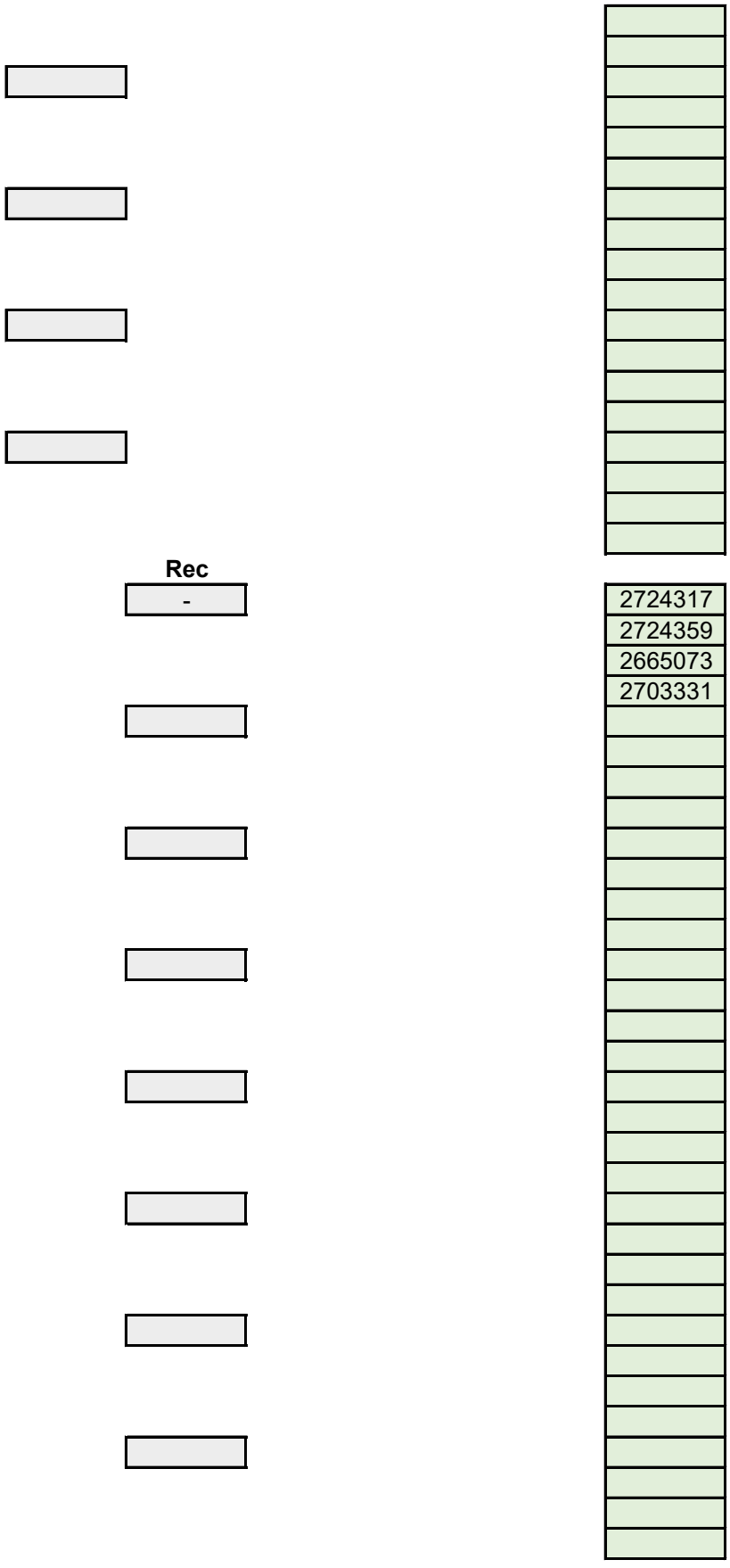
Wind			W70+	*AG %*	*EA No*
			-	*47.2*	2665073

	W35-49	W50-59	W60-69	W70+	*AG %*	*EA No*
	-	x	x	x	*55.8*	2690430

		W50-59	W60-69	W70+	*AG %*	*EA No*
		-	x	x	*64.0*	3401086
		-	x	x	*67.5*	2984526

			W60-69	W70+	*AG %*	*EA No*
			-	x	*62.5*	2724317

Rec	
	x
	x
	x
	x


Rec
-
2724317
2724359
2665073
2703331