

Insert non scoring results at the bottom						
EMAC Track & Field League				Central East Division - Match 4	Teams =	5
		Kings Lynn	Wed	30 July 2025		Overall
						Match Scores
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	1	Peterborough & Nene Valley H	C	94.0	399.0	1
x	2	Cambridge & Coleridge AC	A	81.0	315.0	2
x	4	Ryston Runners AC	D	60.0	265.0	3
x	3	Newmarket Joggers/St Edmund	B	80.0	256.0	4
x	5	West Norfolk AC	E	23.0	158.0	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		RDA = Race Day Age				
(A-H, x) only		Do not insert athlete data in Results section - use "Declarations" tab only				
2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.n)	Pts
c	1	Claire Smith	49	Peterborough & Nene Valley H	28.6	5
b	2	Catherine Peck	43	Newmarket Joggers/St Edmund	30.1	4
a	3	Ayaka Hickey	38	Cambridge & Coleridge AC	35.3	3
d	4	Pat Brightman	73	Ryston Runners AC	60.9	2
	5					1
	6					0
	7					0
	8					0
2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts
c	1	Kelly Sutton	50	Peterborough & Nene Valley H	31.0	5
e	2	Nicola Neill	53	West Norfolk AC	34.1	4
a	3	Zoë Bailey	52	Cambridge & Coleridge AC	37.4	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmund	41.5	2
d	5	Helen Driver	55	Ryston Runners AC	53.2	1
	6					0
	7					0
	8					0
2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.n)	Pts
b	1	Christine Anthony	62	Newmarket Joggers/St Edmund	33.7	5
c	2	Judith Jagger	64	Peterborough & Nene Valley H	36.4	4
a	3	Rosemary Abbott	64	Cambridge & Coleridge AC	36.9	3
d	4	Gaye Clarke	64	Ryston Runners AC	40.4	2
	5					1
	6					0
	7					0
	8					0
8003	800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
c	1	Nichola Gibson	35	Peterborough & Nene Valley H	02:42.7	5
b	2	Laura Todd	35	Newmarket Joggers/St Edmund	02:51.7	4
d	3	Cat Foley-Wray	38	Ryston Runners AC	03:00.0	3
a	4	Sophie Moore	51	Cambridge & Coleridge AC	03:14.8	2
	5					1
	6					0
	7					0
	8					0
8005	800m	800m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts

b	1	Carol Carter	54	Newmarket Joggers/St Edmund	03:03.3	5
e	2	Katrina Wasteney	53	West Norfolk AC	03:07.7	4
d	3	Linda Marshall	60	Ryston Runners AC	03:15.3	3
a	4	Jane Packman	59	Cambridge & Coleridge AC	03:16.3	2
c	5	Kay Gibson	59	Peterborough & Nene Valley H	03:33.4	1
	6					0
	7					0
	8					0
8006	800m	800m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
b	1	Christine Anthony	62	Newmarket Joggers/St Edmund	02:48.6	5
c	2	Betty Gash	66	Peterborough & Nene Valley H	03:25.0	4
a	3	Harriet Prior	65	Cambridge & Coleridge AC	03:41.4	3
d	4	Elizabeth Blakie	67	Ryston Runners AC	03:54.3	2
	5					1
	6					0
	7					0
	8					0
30003	3000m	3000m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
b	1	Helen Baldwin	43	Newmarket Joggers/St Edmund	12:00.9	5
d	2	Julie Williamson	42	Ryston Runners AC	13:20.5	4
a	3	Jane Mansley	49	Cambridge & Coleridge AC	16:07.6	3
	4					2
	5					1
	6					0
	7					0
	8					0
30005	3000m	3000m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
b	1	Carol Carter	54	Newmarket Joggers/St Edmund	12:12.3	5
c	2	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley H	12:30.6	4
e	3	Katrina Wasteney	53	West Norfolk AC	13:37.2	3
a	4	Sophie Moore	51	Cambridge & Coleridge AC	13:51.9	2
d	5	Elizabeth Blakie	67	Ryston Runners AC	17:09.7	1
	6					0
	7					0
	8					0
30006	3000m	3000m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
c	1	Roslyn Loutit	61	Peterborough & Nene Valley H	12:24.0	5
b	2	Elke Hausler	62	Newmarket Joggers/St Edmund	12:25.9	4
d	3	Linda Marshall	60	Ryston Runners AC	14:05.8	3
a	4	Harriet Prior	65	Cambridge & Coleridge AC	15:26.0	2
	5					1
	6					0
	7					0
	8					0
30007	3000m	3000m W70+	RDA	Team	(NN:NN.n)	Pts
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.n)	Pts
c	1	Claire Smith	49	Peterborough & Nene Valley H	87.1	5
b	2	Catherine Peck	43	Newmarket Joggers/St Edmund	93.7	4
a	3	Lowri Chatfield	47	Cambridge & Coleridge AC	100.7	3
	4					2
	5					1
	6					0
	7					0
	8					0
300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.n)	Pts
a	1	Fiona McCulloch	51	Cambridge & Coleridge AC	76.3	5
e	2	Katrina Wasteney	53	West Norfolk AC	82.9	4
b	3	Eloise Bird	57	Newmarket Joggers/St Edmund	83.9	3
d	4	Elaine Knight	57	Ryston Runners AC	98.2	2
	5					1
	6					0
	7					0
	8					0
300H6	LH	300mH W60-69 (68.6cm)	RDA	Team	(NN.n)	Pts
c	1	Roslyn Loutit	61	Peterborough & Nene Valley H	66.2	5
b	2	Christine Anthony	62	Newmarket Joggers/St Edmund	66.4	4
a	3	Rosemary Abbott	64	Cambridge & Coleridge AC	83.9	3
	4					2
	5					1
	6					0
	7					0
	8					0
JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
c	1	Andrea Jenkins	49	Peterborough & Nene Valley H	17.55	5
b	2	Catherine Peck	43	Newmarket Joggers/St Edmund	16.48	4
d	3	Claire Chamberlain	39	Ryston Runners AC	13.80	3
a	4	Lisa Teverson	57	Cambridge & Coleridge AC	13.09	2
	5					1
	6					0
	7					0
	8					0
JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
a	1	Sarah McGrath	52	Cambridge & Coleridge AC	21.27	5
e	2	Nicola Neill	53	West Norfolk AC	19.91	4
d	3	Amanda Hovell	55	Ryston Runners AC	17.97	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmund	7.89	2
c	5	Kay Gibson	59	Peterborough & Nene Valley H	7.73	1
	6					0
	7					0
	8					0
JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
c	1	Judith Jagger	64	Peterborough & Nene Valley H	22.32	5
a	2	Pamela Abbott	62	Cambridge & Coleridge AC	14.24	4
d	3	Gaye Clarke	64	Ryston Runners AC	12.71	3
b	4	Dawn Mason	68	Newmarket Joggers/St Edmund	11.94	2
	5					1
	6					0
	7					0

	8					0
JT7	JT	Javelin W70-74 [W70+] (500gm)	RDA	Team	(NN.nn)	Pts
d	1	Marlene Simmonds	79	Ryston Runners AC	10.24	5
c	2	Brenda Church	73	Peterborough & Nene Valley H	8.22	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
DT3	DT	Discus W35-49 [W35+] (1Kg)	RDA	Team	(NN.nn)	Pts
c	1	Andrea Jenkins	49	Peterborough & Nene Valley H	32.85	5
a	2	Anne Moindrot	42	Cambridge & Coleridge AC	25.69	4
d	3	Zoe Fiander	36	Ryston Runners AC	16.38	3
e	4	Katrina Wasteney	53	West Norfolk AC	11.34	2
	5					1
	6					0
	7					0
	8					0
DT5	DT	Discus W50-59 [W50+] (1Kg)	RDA	Team	(NN.nn)	Pts
a	1	Sarah McGrath	52	Cambridge & Coleridge AC	21.80	5
c	2	Kay Gibson	59	Peterborough & Nene Valley H	14.36	4
d	3	Amanda Hovell	55	Ryston Runners AC	13.88	3
e	4	Nicola Neill	53	West Norfolk AC	12.30	2
b	5	Eloise Bird	57	Newmarket Joggers/St Edmund	9.51	1
	6					0
	7					0
	8					0
DT6	DT	Discus W60-69 [W60+] (1Kg)	RDA	Team	(NN.nn)	Pts
c	1	Judith Jagger	64	Peterborough & Nene Valley H	25.59	5
a	2	Pamela Abbott	62	Cambridge & Coleridge AC	14.34	4
b	3	Dawn Mason	68	Newmarket Joggers/St Edmund	13.77	3
d	4	Gaye Clarke	64	Ryston Runners AC	12.89	2
	5					1
	6					0
	7					0
	8					0
TJ3	TJ	Triple Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
b	1	Helen Baldwin	43	Newmarket Joggers/St Edmund	7.91	5
c	2	Nichola Gibson	35	Peterborough & Nene Valley H	7.75	4
a	3	Lowri Chatfield	47	Cambridge & Coleridge AC	7.34	3
d	4	Elaine Knight	57	Ryston Runners AC	6.21	2
	5					1
	6					0
	7					0
	8					0
TJ5	TJ	Triple Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
a	1	Sophie Moore	51	Cambridge & Coleridge AC	5.98	5
c	2	Betty Gash	66	Peterborough & Nene Valley H	5.02	4
d	3	Helen Driver	55	Ryston Runners AC	4.82	3
b	4	Eloise Bird	57	Newmarket Joggers/St Edmund	4.43	2
	5					1
	6					0

	7					0
	8					0
TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
c	1	Judith Jagger	64	Peterborough & Nene Valley H	7.65	5
d	2	Elizabeth Blakie	67	Ryston Runners AC	5.88	4
a	3	Pamela Abbott	62	Cambridge & Coleridge AC	5.38	3
b	4	Dawn Mason	68	Newmarket Joggers/St Edmund	5.34	2
	5					1
	6					0
	7					0
	8					0
PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
a	1	Lowri Chatfield	47	Cambridge & Coleridge AC	1.80	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
a	1	Fiona McCulloch	51	Cambridge & Coleridge AC	1.35	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV6	PV	Pole Vault - W60-69 [W60+]	RDA	Team	(N.nn)	Pts
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4224	MedR	Relay 4224 W35-49 [W35+]	RDA	Team	(N:NN.n)	Pts
b	1	Catherine Peck	43	Newmarket Joggers/St Edmund	3:37.8	5
ba		Laura Todd	35	Newmarket Joggers/St Edmund		
bb		Eloise Bird	57	Newmarket Joggers/St Edmund		
bc		Helen Baldwin	43	Newmarket Joggers/St Edmund		
c	2	Nichola Gibson	35	Peterborough & Nene Valley H	4:02.5	4
ca		Brenda Church	73	Peterborough & Nene Valley H		
cb		Betty Gash	66	Peterborough & Nene Valley H		
cc		Claire Smith	49	Peterborough & Nene Valley H		
d	3	Cat Foley-Wray	38	Ryston Runners AC	4:33.7	3
da		Helen Driver	55	Ryston Runners AC		
db		Pat Brightman	73	Ryston Runners AC		
dc		Elaine Knight	57	Ryston Runners AC		
a	4	Lowri Chatfield	47	Cambridge & Coleridge AC	4:40.6	2
aa		Jane Mansley	49	Cambridge & Coleridge AC		

ab		Ayaka Hickey	38	Cambridge & Coleridge AC		
ac		Jane Packman	59	Cambridge & Coleridge AC		
	5					1
a						
b						
c						
	6					0
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						
R4224 MedR Relay 4224 W50+ RDA Team (N:NN.n) Pts						
c	1	Kay Gibson	59	Peterborough & Nene Valley H	3:49.9	5
ca		Judith Jagger	64	Peterborough & Nene Valley H		
cb		Kelly Sutton	50	Peterborough & Nene Valley H		
cc		Elisabeth Sennitt Clough	50	Peterborough & Nene Valley H		
b	2	Christine Anthony	62	Newmarket Joggers/St Edmund	3:51.0	4
ba		Dawn Mason	68	Newmarket Joggers/St Edmund		
bb		Carol Carter	54	Newmarket Joggers/St Edmund		
bc		Elke Hausler	62	Newmarket Joggers/St Edmund		
d	3	Elizabeth Blakie	67	Ryston Runners AC	4:20.8	3
da		Gaye Clarke	64	Ryston Runners AC		
db		Helen Reed	59	Ryston Runners AC		
dc		Linda Marshall	60	Ryston Runners AC		
	4					2
a						
b						
c						
	5					1
a						
b						
c						
	6					0
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						

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
256	TJ	Laura Todd	W35	Ely	7.20
272	JT	Zoe Fiander	W35	Ryston	11.41
313	JT	Cheryl Thomas	W45	Newmarket	11.63
254	JT	Pat Brightman	W70	GYDAC	5.69
254	DT	Pat Brightman	W70	GYDAC	6.97
		-	-	-	

Highest Track Age Graded % =			85.7
Athlete	Christine Anthony	RDA	62
Club	Newmarket Joggers/St Edmund		
Event	800m W60-69 [W60+]		
Result	02:48.60		
Format to suit the result			

Highest Field Age Graded % =			71.6
Athlete	Judith Jagger	RDA	64
Club	Peterborough & Nene Valley H		
Event	Triple Jump W60-69 [W60+]		
Result	7.65		

Wind	Records				2023	EA No
	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	82.6	3575627
	-	x	x	x	74.8	4048604
	-	x	x	x	61.4	4205554
	x	x	x	-	47.9	2784560

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	76.8	2684036
		-	x	x	71.6	2660991
		-	x	x	64.7	4155778
		-	x	x	60.8	2715426
		-	x	x	46.7	3684430

Wind		W60-69	W70+	AG %	EA No
		-	x	78.2	2715397
		-	x	73.7	2676481
		-	x	72.7	4129090
		-	x	66.4	2781883

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	70.6	2684039
-	x	x	x	66.9	4150243
-	x	x	x	65.2	3975494
x	-	x	x	67.0	4136195
	W50-59	W60+	W70+	AG %	EA No

-	x	x	73.1	3910961
-	x	x	70.8	2981176
x	-	x	72.6	2781803
-	x	x	71.5	3021683
-	x	x	65.8	2809087

W35-49	W50-59	W60+	W70+	AG %	EA No
-	X	X	X	72.6	4189883
-	X	X	X	64.8	3987547
-	X	X	X	57.1	3802586

	W60+	W70+	AG %	EA No
	-	x	83.9	3179638
	-	x	84.6	3478624
	-	x	73.0	2781803
	-	x	70.5	4183887

W35-49	AG %	EA No
-	-	3575627
-	-	4048604
-	-	4062016

W50-59	AG %	EA No
-	58.4	4094961
-	54.7	2981176
-	55.8	2715426
-	47.7	3932403

W60-69	AG %	EA No
LR	73.2	3179638
LR	73.6	2715397
-	59.3	4129090

W35-49	AG %	EA No
-	32.9	2768996
-	27.4	4048604
-	21.1	4086534
x	-	3979967

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	38.8	3671649
-	x	x	37.1	2660991
-	x	x	35.0	4096688
-	x	x	16.1	2715426
-	x	x	16.4	2809087

W60-69	W70-74	AG %	EA No
-	x	53.3	2676481
-	x	32.5	3191121
-	x	30.4	2781883
-	x	31.4	2698800

[illegible]

W50-59	W60+	W70+	AG %	EA No
-	x	x	41.1	3671649
-	x	x	31.2	2809087
-	x	x	27.8	4096688
-	x	x	23.6	2660991
-	x	x	19.8	2715426

W60+	W70+	AG %	EA No
-	x	62.1	2676481
-	x	33.3	3191121
-	x	36.7	2698800
-	x	31.3	2781883

Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	X	X	X	56.1	4189883
	-	X	X	X	49.7	2684039
	-	X	X	X	54.8	4062016
	X	-	X	X	52.9	3932403

Wind	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	47.1	4136195
	x	-	x	48.3	3013691
	-	x	x	40.0	3684430
	-	x	x	37.7	2715426

Wind		W60-69	W70+	AG %	EA No
		-	x	71.6	2676481
		-	x	57.4	2781871
		-	x	49.0	3191121
		-	x	52.8	2698800

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	41.2	4062016

W50-59	W60-69	W70+	AG %	EA No
-	x	x	32.5	4094961

W60-69	W70+	AG %	EA No
			x

Rec
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4048604
4150243
2715426
4189883
2684039
3791652
3013691
3575627
3975494
3684430
2784560
3932403
4062016
3802586

