

Insert non scoring results at the bottom						
EMAC Track & Field League				Central West Division - Match 4	Teams =	5
Milton Keynes			Wed	30 July 2025	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	1	Marshall Milton Keynes AC	5	105.0	437.0	1
x	1	Bedford & County AC	1	105.0	398.0	2
x	4	Fairlands Valley Spartans	4	24.0	189.0	3
x	5	Biggleswade AC/Luton AC	2	19.0	139.0	4
x	3	Team Northants	3	34.0	124.0	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 number		RDA = Race Day Age				
(0-8) only		ot insert athlete data in Results section - use "Declarations" tab				Hand Timing s
2003	200m	200m M35-49 - [M35+]	RDA	Team	(NN.n)	Pts
3	1	Sean Hanekom	35	Team Northants	25.3	5
2	2	Joe Larkai	40	Biggleswade AC/Luton AC	25.8	4
1	3	David Olusanya	52	Bedford & County AC	26.2	3
5	4	John Watkinson	48	Marshall Milton Keynes AC	26.9	2
4	5	Anton McCalla	48	Fairlands Valley Spartans	30.6	1
	6					0
	7					0
	8					0
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
1	1	Peter Benedickter	56	Bedford & County AC	27.3	5
5	2	Kerry Courtenay-Robin	59	Marshall Milton Keynes AC	29.2	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts
1	1	Tennyson James	67	Bedford & County AC	28.2	5
5	2	John Lawrence	61	Marshall Milton Keynes AC	33.7	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Chris Parson	44	Bedford & County AC	02:13.8	5
2	2	Joe Larkai	40	Biggleswade AC/Luton AC	02:19.0	4
5	3	Mark Dowson	49	Marshall Milton Keynes AC	02:23.9	3
	4					2
	5					1
	6					0
	7					0
	8					0
8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts

1	1	Simon Coombes	53	Bedford & County AC	02:19.5	5
5	2	Andrew McDonald	55	Marshall Milton Keynes AC	02:29.3	4
3	3	Chris Bell	56	Team Northants	02:31.2	3
4	4	Charles Arnold	69	Fairlands Valley Spartans	03:05.0	2
	5					1
	6					0
	7					0
	8					0
8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
3	1	Andy Green	61	Team Northants	02:34.1	5
5	2	Stewart Fraser	66	Marshall Milton Keynes AC	03:08.0	4
4	3	Mark Freeman	69	Fairlands Valley Spartans	03:32.6	3
	4					2
	5					1
	6					0
	7					0
	8					0
30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Paul Cooper	44	Bedford & County AC	09:41.3	5
5	2	James Down	38	Marshall Milton Keynes AC	10:04.5	4
3	3	Behrooz Moniri	40	Team Northants	10:11.5	3
	4					2
	5					1
	6					0
	7					0
	8					0
30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Simon Coombes	53	Bedford & County AC	09:37.7	5
3	2	Chris Bell	56	Team Northants	10:17.0	4
5	3	Stewart Fraser	66	Marshall Milton Keynes AC	13:16.3	3
	4					2
	5					1
	6					0
	7					0
	8					0
30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Andy Green	61	Team Northants	10:41.3	5
5	2	Ian Van Lokven	67	Marshall Milton Keynes AC	11:22.9	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	12:47.5	3
	4					2
	5					1
	6					0
	7					0
	8					0
30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
5	1	Alasdair Gibson	72	Marshall Milton Keynes AC	13:57.4	5
1	2	John Borgars	79	Bedford & County AC	16:50.9	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

400H3	LH	400mH M35-49 (91.4cm) [M: RDA		Team	(NN.n)	Pts
1	1	Roy Chambers	39	Bedford & County AC	70.0	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	70.6	4
5	3	Clint Grabs	38	Marshall Milton Keynes AC	73.2	3
3	4	John Bowden	44	Team Northants	79.3	2
	5					1
	6					0
	7					0
	8					0

400H5	LH	400mH M50-59 (84.0cm) [M: RDA		Team	(NN.n)	Pts
1	1	Peter Benedickter	56	Bedford & County AC	66.5	5
5	2	Andrew McDonald	55	Marshall Milton Keynes AC	76.6	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

300H6	LH	300mH M60-69 (76.2cm) [M: RDA		Team	(NN.n)	Pts
1	1	Tennyson James	67	Bedford & County AC	51.3	5
5	2	John Lawrence	61	Marshall Milton Keynes AC	55.9	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	72.7	3
	4					2
	5					1
	6					0
	7					0
	8					0

JT3	JT	Javelin M35-49 (800gm) [M: RDA		Team	(NN.nn)	Pts
1	1	Roy Chambers	39	Bedford & County AC	40.71	5
5	2	Eugene Swanepoel	53	Marshall Milton Keynes AC	34.00	4
2	3	Darren Janssen	36	Biggleswade AC/Luton AC	32.01	3
3	4	John Bowden	44	Team Northants	28.59	2
4	5	Anton McCalla	48	Fairlands Valley Spartans	18.98	1
	6					0
	7					0
	8					0

JT5	JT	Javelin M50-59 (700gm) [M: RDA		Team	(NN.nn)	Pts
5	1	Anthony Moffat	55	Marshall Milton Keynes AC	34.70	5
1	2	Darren Kerr	55	Bedford & County AC	23.91	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M: RDA		Team	(NN.nn)	Pts
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	32.06	5
4	2	Charles Arnold	69	Fairlands Valley Spartans	14.13	4
	3					3
	4					2
	5					1
	6					0
	7					0

	8					0
JT7	JT	Javelin M70-79 (500gm) [M70-79] RDA		Team	<i>(NN.nn)</i>	Pts
5	1	Bunt Scott	74	Marshall Milton Keynes AC	24.21	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
DT3	DT	Discus M35-49 (2Kg) [M35-49] RDA		Team	<i>(NN.nn)</i>	Pts
3	1	John Bowden	44	Team Northants	26.03	5
2	2	Darren Janssen	36	Biggleswade AC/Luton AC	24.77	4
1	3	Roy Chambers	39	Bedford & County AC	23.41	3
5	4	Anthony Moffat	55	Marshall Milton Keynes AC	21.22	2
4	5	Anton McCalla	48	Fairlands Valley Spartans	15.95	1
	6					0
	7					0
	8					0
DT5	DT	Discus M50-59 (1.5Kg) [M50-59] RDA		Team	<i>(NN.nn)</i>	Pts
5	1	Mark Roberson	50	Marshall Milton Keynes AC	31.91	5
1	2	Darren Kerr	55	Bedford & County AC	31.63	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
DT6	DT	Discus M60+ (1Kg) [M60+] RDA		Team	<i>(NN.nn)</i>	Pts
5	1	Gwynn Wallace	60	Marshall Milton Keynes AC	36.03	5
1	2	Christopher Keech	74	Bedford & County AC	15.66	4
4	3	Charles Arnold	69	Fairlands Valley Spartans	12.85	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ3	TJ	Triple Jump M35-49 [M35-49] RDA		Team	<i>(NN.nn)</i>	Pts
5	1	Luke Withers	35	Marshall Milton Keynes AC	10.56	5
1	2	Roy Chambers	39	Bedford & County AC	9.83	4
4	3	Anton McCalla	48	Fairlands Valley Spartans	8.81	3
	4					2
	5					1
	6					0
	7					0
	8					0
TJ5	TJ	Triple Jump M50-59 [M50-59] RDA		Team	<i>(NN.nn)</i>	Pts
1	1	Philip Bowers	57	Bedford & County AC	9.63	5
5	2	Jim Lawrence	68	Marshall Milton Keynes AC	6.34	4
	3					3
	4					2
	5					1
	6					0

	7					0
	8					0
TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts
5	1	Richard Pownall	66	Marshall Milton Keynes AC	7.45	5
1	2	Tennyson James	67	Bedford & County AC	7.44	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roy Chambers	39	Bedford & County AC	3.03	5
5	2	George Gavriel	43	Marshall Milton Keynes AC	2.43	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Tennyson James	67	Bedford & County AC	1.83	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					1
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
x	1	?	?	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4224	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.n)	Pts
1	1	Paul Cooper	44	Bedford & County AC	2:50.3	5
1a		Roy Chambers	39			
1b		David Olusanya	52			
1c		Chris Parson	44			
5	2	Mark Dowson	49	Marshall Milton Keynes AC	3:05.0	4
5a		Christian Hough	40			
5b		George Gavriel	43			
5c		Clint Grabs	38			
	3					3
a						
b						
c						
R4224	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1	1	Simon Coombes	53	Bedford & County AC	3:03.4	5

1a		Stephen Bass	52			
1b		Tennyson James	67			
1c		Peter Benedickter	56			
5	2	Steve Withers	52	Marshall Milton Keynes AC	3:14.3	4
5a		Kerry Courtenay-Robin	59			
5b		Anthony Moffat	55			
5c		Andrew McDonald	55			
	3					3
a						
b						
c						

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
52	100m	Christian Hough	M35	Marshall Milton Keynes AC	28.9
53	DT	Bunt Scott	M70	Marshall Milton Keynes AC	29.27
54	DT	Dave Faulkner	M70	Biggleswade AC	23.78
52	TJ	Christian Hough	M35	Marshall Milton Keynes AC	7.78
		-	-	-	

Highest Track Age Graded % =			87.9
Athlete	Simon Coombes	RDA	53
Club	Bedford & County AC		
Event	3000m M50-59 [M50+]		
Result	9:37.7		
Format Result to suit the result			
Highest Field Age Graded % =			67.8
Athlete	Philip Bowers	RDA	57
Club	Bedford & County AC		
Event	Triple Jump M50-59 [M50+]		
Result	9.63		

Scoring		Records				2023	EA No
Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No	
	-	X	X	X	77.5	4139260	
	-	X	X	X	78.4	3290233	
	X	-	X	X	83.5	2754898	
	-	X	X	X	79.3	4058934	
	-	X	X	X	69.7	3180094	
Wind		M50-59	M60-69	M70+	AG %	EA No	
		-	X	X	82.3	3402370	
		-	X	X	78.5	3812051	
Wind			M60-69	M70+	AG %	EA No	
			-	X	85.9	2775264	
			-	X	69.0	3246421	
	M35-49	M50-59	M60-69	M70+	AG %	EA No	
	-	X	X	X	81.3	4122913	
	-	X	X	X	75.8	3290233	
	-	X	X	X	78.7	2991924	
		M50-59	M60-69	M70+	AG %	EA No	

M35-49
-
-
-
-

M50-59
-
-

M60-69
-
-
-

AG %	EA No
69.5	2667991
67.2	3657944
65.9	2690440
64.0	4039067

AG %	EA No
85.4	3402370
73.4	2912556

AG %	EA No
83.0	2775264
71.4	3246421
59.9	3371952

M35-49
-
x
-
-
-

M50-59
-
-

M60-69
-
-

AG %	EA No
45.7	2667991
-	4009384
34.4	3657944
34.6	4039067
24.5	3180094

AG %	EA No
47.3	3947745
32.6	2669225

AG %	EA No
44.5	2798456
23.9	3371952

Wind

	M70-79	AG %
	-	-

EA No
2798456

M35-49
-
-
-
x
-

AG %	EA No
38.8	4039067
34.5	3657944
32.8	2667991
-	3947745
25.1	3180094

M50-59
-
-

AG %	EA No
44.8	2979459
47.9	2669225

M60-79
-
-
-

AG %	EA No
48.4	2798456
28.1	2775272
20.6	3371952

Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	57.8	4192280
	-	x	x	x	56.1	2667991
	-	x	x	x	55.5	3180094

Wind	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	67.8	3797642
	x	-	x	52.1	2690506

Wind		M60-69	M70+	AG %	EA No
		-	x	59.5	2690593
		-	x	60.3	2775264

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	51.7	2667991
-	x	x	x	43.4	3561026

M50-59	M60-69	M70+	AG %	EA No
x	-	x	45.2	2775264

M60-69	M70+	AG %	EA No
			#N/A

Rec

-

-

Rec

-

4066864

2667991

2754898

4122913

2991924

4143197

3561026

2690440

2730567

-

2797201
2775264
3402370
3738404
3812051
3947745
2912556