

Insert non scoring results at the bottom							
EMAC Track & Field League				Central West Division - Match	Teams =	5	
Milton Keynes				Wed	30 July 2025		
					Overall Match Scores		
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos	
x	1	Fairlands Valley Spartans	D	85.0	294.0	1	
x	3	Bedford & County AC	A	55.0	213.0	2	
x	2	Marshall Milton Keynes AC	E	65.0	201.0	3	
x	4	Biggleswade AC/Luton AC	B	23.0	116.0	4	
x	5	Team Northants	C	9.0	83.0	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				Hand Timing scoring	
2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.n)	Pts	Wind
E	1	Abby Roskilly	37	Marshall Milton Keynes AC	28.6	5	
C	2	Michelle Dubois	48	Team Northants	31.2	4	
D	3	Elizabeth Crowley	37	Fairlands Valley Spartans	37.8	3	
A	4	Emma Coombes	47	Bedford & County AC	42.8	2	
	5					1	
	6					0	
	7					0	
	8					0	
2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
E	1	Avril Tarry	53	Marshall Milton Keynes AC	48.0	5	
D	2	Sharon Crowley	66	Fairlands Valley Spartans	49.8	4	
	3					3	
	4					2	
	5					1	
	6					0	
	7					0	
	8					0	
2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Tessa Stephenson	64	Fairlands Valley Spartans	38.0	5	
A	2	Sandra Pedley	60	Bedford & County AC	41.2	4	
E	3	Debra Brent	62	Marshall Milton Keynes AC	41.5	3	
	4					2	
	5					1	
	6					0	
	7					0	
	8					0	
8003	800m	800m W35-49 [W35+]	RDA	Team	NN:NN.n	Pts	
C	1	Maria Shaw	46	Team Northants	02:24.0	5	
E	2	Abby Roskilly	37	Marshall Milton Keynes AC	02:33.0	4	
D	3	Christine Lathwell	49	Fairlands Valley Spartans	02:55.9	3	
A	4	Emma Coombes	47	Bedford & County AC	03:39.7	2	
	5					1	
	6					0	
	7					0	
	8					0	
8005	800m	800m W50-59 [W50+]	RDA	Team	NN:NN.n	Pts	

D	1	Karen Dodsworth	65	Fairlands Valley Spartans	04:25.1	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
8006	800m	800m W60-69 [W60+]	RDA	Team	NN:NN.n	Pts
D	1	Sharon Crowley	66	Fairlands Valley Spartans	04:12.7	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
30003	3000m	3000m W35-49 [W35+]	RDA	Team	NN:NN.n	Pts
D	1	Christine Lathwell	49	Fairlands Valley Spartans	11:51.4	5
A	2	Emma Coombes	47	Bedford & County AC	15:54.4	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
30005	3000m	3000m W50-59 [W50+]	RDA	Team	NN:NN.n	Pts
D	1	Karen Dodsworth	65	Fairlands Valley Spartans	17:38.7	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
30006	3000m	3000m W60-69 [W60+]	RDA	Team	NN:NN.n	Pts
E	1	Debra Brent	62	Marshall Milton Keynes AC	14:00.2	5
D	2	Sharon Crowley	66	Fairlands Valley Spartans	16:51.8	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
30007	3000m	3000m W70+	RDA	Team	NN:NN.n	Pts
D	1	Yuko Gordon	74	Fairlands Valley Spartans	14:03.4	5
E	2	Fi Han Bromilow	71	Marshall Milton Keynes AC	17:09.9	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
x	1	No Competitor	0	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(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

300H6	LH	300mH W60-69 (68.6cm)	RDA	Team	(NN.n)	Pts
D	1	Sharon Crowley	66	Fairlands Valley Spartans	99.2	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
B	1	Dawn Williams	48	Biggleswade AC/Luton AC	26.00	5
A	2	Jemma Eastwood	46	Bedford & County AC	17.45	4
E	3	Carly Scott	46	Marshall Milton Keynes AC	10.25	3
D	4	Elizabeth Crowley	37	Fairlands Valley Spartans	7.92	2
	5					1
	6					0
	7					0
	8					0

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Avril Tarry	53	Marshall Milton Keynes AC	14.03	5
A	2	Penny Butcher	66	Bedford & County AC	10.75	4
D	3	Karen Dodsworth	65	Fairlands Valley Spartans	8.61	3
	4					2
	5					1
	6					0
	7					0
	8					0

JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
B	1	Sandra Ingham	67	Biggleswade AC/Luton AC	21.02	5
D	2	Monica Brown	60	Fairlands Valley Spartans	13.28	4
A	3	Oriana Johnson	63	Bedford & County AC	11.67	3
	4					2
	5					1
	6					0
	7					0

	8					0
JT7	JT	Javelin W70-74 [W70+] (500gm RDA		Team	<i>(NN.nn)</i>	Pts
D	1	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	16.59	5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

DT3	DT	Discus W35-49 [W35+] (1Kg) RDA		Team	<i>(NN.nn)</i>	Pts
A	1	Jemma Eastwood	46	Bedford & County AC	24.72	5
E	2	Bryony Gibbens	37	Marshall Milton Keynes AC	14.23	4
D	3	Tessa Stephenson	64	Fairlands Valley Spartans	14.18	3
	4					2
	5					1
	6					0
	7					0
	8					0

DT5	DT	Discus W50-59 [W50+] (1Kg) RDA		Team	<i>(NN.nn)</i>	Pts
E	1	Emma Beales	53	Marshall Milton Keynes AC	37.83	5
D	2	Karen Dodsworth	65	Fairlands Valley Spartans	16.40	4
A	3	Penny Butcher	66	Bedford & County AC	13.12	3
	4					2
	5					1
	6					0
	7					0
	8					0

DT6	DT	Discus W60-69 [W60+] (1Kg) RDA		Team	<i>(NN.nn)</i>	Pts
A	1	Oriana Johnson	63	Bedford & County AC	16.56	5
B	2	Sandra Ingham	67	Biggleswade AC/Luton AC	15.08	4
D	3	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	13.09	3
	4					2
	5					1
	6					0
	7					0
	8					0

TJ3	TJ	Triple Jump W35-49 [W35+] RDA		Team	<i>(N.nn)</i>	Pts	Wind
B	1	Dawn Williams	48	Biggleswade AC/Luton AC	8.45	5	
A	2	Jemma Eastwood	46	Bedford & County AC	7.58	4	
E	3	Bryony Gibbens	37	Marshall Milton Keynes AC	5.81	3	
	4					2	
	5					1	
	6					0	
	7					0	
	8					0	

TJ5	TJ	Triple Jump W50-59 [W50+] RDA		Team	<i>(N.nn)</i>	Pts	Wind
E	1	Stephanie Johnston	51	Marshall Milton Keynes AC	6.94	5	
D	2	Karen Dodsworth	65	Fairlands Valley Spartans	4.18	4	
	3					3	
	4					2	
	5					1	
	6					0	

	7					0	
	8					0	
TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind
A	1	Sandra Pedley	60	Bedford & County AC	6.76	5	
B	2	Sandra Ingham	67	Biggleswade AC/Luton AC	4.97	4	
D	3	Sharon Crowley	66	Fairlands Valley Spartans	3.96	3	
	4					2	
	5					1	
	6					0	
	7					0	
	8					0	
PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts	
A	1	Jemma Eastwood	46	Bedford & County AC	2.63	5	
E	2	Bryony Gibbens	37	Marshall Milton Keynes AC	1.23	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	
E	1	Stephanie Johnston	51	Marshall Milton Keynes AC	1.63	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	
A	1	Sandra Pedley	60	Bedford & County AC	2.03	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	
D	1	Elizabeth Crowley	37	Fairlands Valley Spartans	4:18.2	5	
D _a		Sharon Crowley	66	Fairlands Valley Spartans			
D _b		Tessa Stephenson	64	Fairlands Valley Spartans			
D _c		Christine Lathwell	49	Fairlands Valley Spartans			
	2					4	
A							
B							
C							
R4224	MedR	Relay 4224 W50+	RDA	Team	(N:NN.n)	Pts	
E	1	Fi Han Bromilow	71	Marshall Milton Keynes AC	4:53.2	5	
E _a		Stephanie Johnston	51	Marshall Milton Keynes AC			
E _b		Avril Tarry	53	Marshall Milton Keynes AC			
E _c		Debra Brent	62	Marshall Milton Keynes AC			
	2					4	

#			
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
		-	-	-	

Highest Track Age Graded % =			86.8
Athlete	Maria Shaw	RDA	46
Club	Team Northants		
Event	800m W35-49 [W35+]		
Result	02:24.00		
Format to suit the result			

Highest Field Age Graded % =			72.7
Athlete	Emma Beales	RDA	53
Club	Marshall Milton Keynes AC		
Event	Discus W50-59 [W50+] (1Kg)		
Result	37.83		

Records				2023	EA No
W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	75.3	3795519
-	x	x	x	75.1	4039449
-	x	x	x	57.0	3384999
-	x	x	x	54.3	3876592

W50-59	W60-69	W70+	AG %	EA No
-	x	x	50.9	3970366
x	-	x	54.9	2665073

W60-69	W70+	AG %	EA No
-	x	70.6	2724359
-	x	62.9	2984526
-	x	63.5	3446073

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	86.8	3866089
-	x	x	x	76.2	3795519
-	x	x	x	72.9	2768712
-	x	x	x	57.4	3876592

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W35-49	AG %	EA No
		x

W50-59	AG %	EA No
		x

W60-69	AG %	EA No
-	51.1	2665073

W35-49	AG %	EA No
-	47.8	3872414
-	30.8	2658322
-	18.1	2684504
-	11.7	3384999

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	26.2	3970366
x	-	x	26.9	2701915
x	-	x	21.1	2703331

W60-69	W70-74	AG %	EA No
-	x	54.0	2775416
-	x	28.9	2724317
-	x	27.2	2775067

	W70-74	AG %	EA No
	LR	48.4	2724317

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	41.5	2658322
-	x	x	x	20.2	2690430
x	x	-	x	34.4	2724359

W50-59	W60+	W70+	AG %	EA No
-	x	x	72.7	2690316
x	-	x	40.7	2703331
x	-	x	33.3	2701915

W60+	W70+	AG %	EA No
-	x	39.3	2775067
-	x	39.2	2775416
x	-	38.5	2729447

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	63.9	3872414
-	x	x	x	55.9	2658322
-	x	x	x	38.2	2690430

W50-59	W60-69	W70+	AG %	EA No
-	x	x	54.6	3401086
x	-	x	39.7	2703331

W60-69	W70+	AG %	EA No
-	x	59.9	2984526
-	x	48.5	2775416
-	x	38.1	2665073

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	59.5	2658322
-	x	x	x	24.9	2690430

W50-59	W60-69	W70+	AG %	EA No
-	x	x	39.3	3401086

W60-69	W70+	AG %	EA No
LR	x	55.1	2658322

Rec

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Rec

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R4224-50 (2)

R4224-50 (3)

R4224-50 (4)