

Insert non scoring results at the bottom						
EMAC Track & Field League				Southern Division - Match 4		Teams = 5
Colchester Fri 01 August 2025				Overall Match Scores		
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	1	Thurrock Harriers/Loughton	E	111.0	431.0	1
x	5	Chelmsford AC	A	44.0	267.0	2
x	2	Col & Tend/Ipswich Harriers	D	70.0	227.0	3
x	3	Colchester Harriers	C	62.0	216.0	4
x	4	City of Southend AC	B	46.0	142.0	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				
2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.n)	Pts
D	1	Louise Brydon	39	Col & Tend/Ipswich Harriers	29.7	5
E	2	Kristina Siupsinskaite	46	Thurrock Harriers/Loughton	36.0	4
C	3	Michelle Lock	45	Colchester Harriers	37.4	3
	4					2
	5					1
	6					0
	7					0
	8					0
2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts
D	1	Elizabeth Welbourn	65	Col & Tend/Ipswich Harriers	34.0	5
C	2	Kate Sandercock	54	Colchester Harriers	35.6	4
B	3	Deborah Hill	54	City of Southend AC	35.8	3
E	4	Jodie Farrell	59	Thurrock Harriers/Loughton	41.2	2
A	5	Carol Morris	58	Chelmsford AC	41.7	1
	6					0
	7					0
	8					0
2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.n)	Pts
D	1	Janice Nottingham	63	Col & Tend/Ipswich Harriers	32.5	5
A	2	Clare St John-Coleman	64	Chelmsford AC	36.5	4
E	3	Emily McMahon	75	Thurrock Harriers/Loughton	36.6	3
B	4	Linda Donnelly	67	City of Southend AC	46.3	2
	5					1
	6					0
	7					0
	8					0
4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.n)	Pts
E	1	Joanne Ryan	38	Thurrock Harriers/Loughton	64.1	5
A	2	Laura Durn	48	Chelmsford AC	72.4	4
C	3	Eleanor Clark	44	Colchester Harriers	77.3	3
	4					2
	5					1
	6					0
	7					0
	8					0
4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.n)	Pts

C	1	Kate Sandercock	54	Colchester Harriers	79.1	5
D	2	Rachel Newenham	53	Col & Tend/Ipswich Harriers	84.6	4
B	3	Deborah Hill	54	City of Southend AC	85.9	3
E	4	Jodie Farrell	59	Thurrock Harriers/Loughton	89.6	2
	5					1
	6					0
	7					0
	8					0
4006	400m	400m W60-69 [W60+]	RDA	Team	(NN.n)	Pts
E	1	Anne Heeks	65	Thurrock Harriers/Loughton	89.9	5
B	2	Linda Donnelly	67	City of Southend AC	103.3	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
8003	800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
D	1	Meg Bomando	35	Col & Tend/Ipswich Harriers	02:35.7	5
E	2	Mary Knapman	46	Thurrock Harriers/Loughton	02:38.3	4
A	3	Laura Durn	48	Chelmsford AC	02:40.1	3
C	4	Eleanor Clark	44	Colchester Harriers	02:51.8	2
	5					1
	6					0
	7					0
	8					0
8005	800m	800m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
C	1	Katie Gibson	55	Colchester Harriers	03:05.6	5
E	2	Lorna Gaffney	57	Thurrock Harriers/Loughton	03:09.3	4
D	3	Rachel Newenham	53	Col & Tend/Ipswich Harriers	03:24.6	3
	4					2
	5					1
	6					0
	7					0
	8					0
8006	800m	800m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
E	1	Anne Heeks	65	Thurrock Harriers/Loughton	03:26.8	5
C	2	Diane Wooller	71	Colchester Harriers	03:40.4	4
B	3	Linda Donnelly	67	City of Southend AC	04:05.7	3
	4					2
	5					1
	6					0
	7					0
	8					0
30003	3000m	3000m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Zoe Oldfield	48	Thurrock Harriers/Loughton	10:48.4	5
D	2	Meg Bomando	35	Col & Tend/Ipswich Harriers	10:51.2	4
C	3	Kate Creak	41	Colchester Harriers	11:00.2	3
A	4	Laura Durn	48	Chelmsford AC	12:05.2	2
	5					1
	6					0
	7					0
	8					0

30005	3000m	3000m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
C	1	Denise Morley	56	Colchester Harriers	12:22.9	5
E	2	Ali Trauttmansdorff	54	Thurrock Harriers/Loughton	12:33.7	4
D	3	Rachel Newenham	53	Col & Tend/Ipswich Harriers	16:31.5	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	Jean Hobbs	76	Thurrock Harriers/Loughton	17:09.0	5
B	2	Linda Donnelly	67	City of Southend AC	17:37.4	4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0

30007	3000m	3000m W70+	RDA	Team	(NN:NN.n)	Pts
C	1	Diane Wooller	71	Colchester Harriers	14:49.5	5
E	2	Gloria Bullen	70	Thurrock Harriers/Loughton	15:53.6	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	Nicola Day	42	City of Southend AC	18.94	5
E	2	Nina Brennan	40	Thurrock Harriers/Loughton	15.88	4
C	3	Alexandra Hennessy	50	Colchester Harriers	10.58	3
D	4	Carey Hollick	54	Col & Tend/Ipswich Harriers	6.06	2
	5					1
	6					0
	7					0
	8					0

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	54	Thurrock Harriers/Loughton	19.24	5
D	2	Silvie Snaselova	50	Col & Tend/Ipswich Harriers	16.86	4
A	3	Carol Morris	58	Chelmsford AC	13.67	3
C	4	Kate Sandercock	54	Colchester Harriers	12.73	2
B	5	Natasha Lagden	51	City of Southend AC	7.43	1
	6					0
	7					0
	8					0

JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
E	1	Jill Boosey	61	Thurrock Harriers/Loughton	13.25	5
B	2	Susan Brown	61	City of Southend AC	11.30	4
D	3	Sally Dalton	66	Col & Tend/Ipswich Harriers	7.79	3
C	4	Margaret Deasy	61	Colchester Harriers	6.41	2
A	5	Clare St John-Coleman	64	Chelmsford AC	5.61	1
	6					0
	7					0

	8					0
JT7	JT	Javelin W70-74 [W70+] (500gm RDA		Team	<i>(NN.nn)</i>	Pts
A	1	Shirley Quinn	70	Chelmsford AC	13.91	5
B	2	Marion Matthews-Smith	70	City of Southend AC	9.56	4
E	3	Barbara Higgins	70	Thurrock Harriers/Loughton	8.26	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
E	1	Nina Brennan	40	Thurrock Harriers/Loughton	19.94	5
B	2	Nicola Day	42	City of Southend AC	18.34	4
D	3	Carey Hollick	54	Col & Tend/Ipswich Harriers	15.21	3
C	4	Katie Gibson	45	Colchester Harriers	11.04	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	Sue Lawrence	54	Thurrock Harriers/Loughton	24.04	5
D	2	Silvie Snaselova	50	Col & Tend/Ipswich Harriers	15.01	4
A	3	Carol Morris	58	Chelmsford AC	14.50	3
C	4		0 55	Colchester Harriers	9.98	2
B	5	Natasha Lagden	51	City of Southend AC	7.71	1
	6					0
	7					0
	8					0
DT6	DT	Discus W60-69 [W60+] (1Kg) RDA		Team	<i>(NN.nn)</i>	Pts
A	1	Shirley Quinn	70	Chelmsford AC	22.64	5
E	2	Jill Boosey	61	Thurrock Harriers/Loughton	14.64	4
B	3	Susan Brown	61	City of Southend AC	11.79	3
C	4	Margaret Deasy	61	Colchester Harriers	10.72	2
	5					1
	6					0
	7					0
	8					0
TJ3	TJ	Triple Jump W35-49 [W35+] RDA		Team	<i>(N.nn)</i>	Pts
D	1	Abbey Narhkorn	38	Col & Tend/Ipswich Harriers	8.56	5
E	2	Kristina Siupsinskaite	46	Thurrock Harriers/Loughton	7.56	4
C	3	Kate Creak	41	Colchester Harriers	5.50	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
D	1	Silvie Snaselova	50	Col & Tend/Ipswich Harriers	8.35	5
E	2	Ali Trauttmansdorff	54	Thurrock Harriers/Loughton	6.13	4
A	3	Carol Morris	58	Chelmsford AC	4.57	3
	4					2
	5					1
	6					0

	7					0
	8					0
TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
A	1	Clare St John-Coleman	64	Chelmsford AC	5.85	5
E	2	Anne Heeks	65	Thurrock Harriers/Loughton	4.12	4
B	3	Linda Donnelly	67	City of Southend AC	3.63	3
	4					2
	5					1
	6					0
	7					0
	8					0
PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
E	1	Nina Brennan	40	Thurrock Harriers/Loughton	1.40	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
X	1	No Competitor	0	No Team		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	Clare St John-Coleman	64	Chelmsford AC	1.20	5
E	2	Barbara Higgins	70	Thurrock Harriers/Loughton	1.00	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	Rebecca Wheatley	41	Col & Tend/Ipswich Harriers	3:18.8	5
Da		Abbey Narhkom	38	Col & Tend/Ipswich Harriers		
Db		Louise Brydon	39	Col & Tend/Ipswich Harriers		
Dc		Meg Bomando	35	Col & Tend/Ipswich Harriers		
E	2	Zoe Oldfield	48	Thurrock Harriers/Loughton	3:41.5	4
Ea		Kristina Siupsinskaite	46	Thurrock Harriers/Loughton		
Eb		Ali Trauttmansdorff	54	Thurrock Harriers/Loughton		
Ec		Mary Knapman	46	Thurrock Harriers/Loughton		
C	3	Michelle Lock	45	Colchester Harriers	3:42.9	3
Ca		Kate Creak	41	Colchester Harriers		
Cb		Eleanor Clark	44	Colchester Harriers		
Cc		Denise Morley	56	Colchester Harriers		
	4					2
a						

a						
b						
c						
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	
D	1	Rachel Newenham	53	Col & Tend/Ipswich Harriers	3:55.4	5
Da		Elizabeth Welbourn	65	Col & Tend/Ipswich Harriers		
Db		Dawn Leek	50	Col & Tend/Ipswich Harriers		
Dc		Janice Nottingham	63	Col & Tend/Ipswich Harriers		
C	2	Katie Gibson	55	Colchester Harriers	4:03.2	4
Ca		Kate Sandercock	54	Colchester Harriers		
Cb		Alexandra Hennessy	50	Colchester Harriers		
Cc		Diane Wooller	71	Colchester Harriers		
E	3	Jodie Farrell	59	Thurrock Harriers/Loughton	4:26.5	3
Ea		Emily McMahon	75	Thurrock Harriers/Loughton		
Eb		Anne Heeks	65	Thurrock Harriers/Loughton		
Ec		Lorna Gaffney	57	Thurrock Harriers/Loughton		
B	4	Natasha Lagden	51	City of Southend AC	5:20.8	2
Ba		Deborah Hill	54	City of Southend AC		
Bb		Marion Matthews-Smith	70	City of Southend AC		
Bc		Linda Donnelly	67	City of Southend AC		
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
183	2003	Abbey Narhkom	W35	Colchester & Tendring	30.4
182	2006	Janet Askew	W65	Ipswich Harriers	39.5
65	DT6	Barbara Higgins	W70	Loughton AC	13.12
		-	-	-	

Highest Track Age Graded % =			84.4
Athlete	Zoe Oldfield	RDA	48
Club	Thurrock Harriers/Loughton		
Event	3000m W35-49 [W35+]		
Result	10:48.40		
Format to suit the result			

Highest Field Age Graded % =			64.9
Athlete	Silvie Snaselova	RDA	50
Club	Col & Tend/Ipswich Harriers		
Event	Triple Jump W50-59 [W50+]		
Result	8.35		

Wind	Records				2023	EA No
	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	73.5	4001655
	-	x	x	x	64.1	4127953
	-	x	x	x	61.2	3924337

Wind		W50-59	W60-69	W70+	AG %	EA No
		x	-	x	79.7	2713119
		-	x	x	69.1	2710816
		-	x	x	68.8	3971226
		-	x	x	62.3	3217409
		-	x	x	61.1	3661223

Wind			W60-69	W70+	AG %	EA No
			-	x	81.9	3653619
			-	x	73.5	2717154
			x	LR	81.2	2900898
			-	x	59.6	3743015

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	78.4	2792203
-	x	x	x	75.0	3192921
-	x	x	x	68.0	3016167
	W50-59	W60-69	W70+	AG %	EA No

-	x	x	72.4	2710816
-	x	x	67.1	4045660
-	x	x	66.7	3971226
-	x	x	67.1	3217409

W60-69	W70+	AG %	EA No
-	x	71.3	2900806
-	x	63.5	3743015

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	73.7	4178121
-	x	x	x	79.0	2792205
-	x	x	x	79.4	3192921
-	x	x	x	71.6	3016167

W50-59	W60+	W70+	AG %	EA No
-	x	x	72.9	3764514
-	x	x	72.8	2967666
-	x	x	64.9	4045660

W60+	W70+	AG %	EA No
-	x	72.1	2900806
x	LR	72.1	2754699
-	x	61.9	3743015

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	84.4	4030893
-	x	x	x	76.5	4178121
-	x	x	x	78.0	3722331
-	x	x	x	75.5	3192921

W50-59	W60+	W70+	AG %	EA No
-	x	x	79.7	2710828
-	x	x	77.0	3627299
-	x	x	57.9	4045660

W60+	W70+	AG %	EA No
x	-	72.8	2792223
-	x	63.2	3743015

W70+	AG %	EA No
LR	78.9	-
-	72.7	2792223

W35-49
-
-
x
x

AG %	EA No
30.8	4041420
24.8	2724680
-	3825581
-	3349215

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	36.7	2800620
-	x	x	29.5	4134529
-	x	x	28.4	3661223
-	x	x	24.3	2710816
-	x	x	13.3	2829638

W60-69	W70-74	AG %	EA No
-	x	29.5	2991112
-	x	25.2	2669613
-	x	19.5	4097904
-	x	14.3	2754542
-	x	13.4	2717154

	W70-74	AG %	EA No
	-	38.5	2717154
	-	26.5	2669613
	-	22.9	2991112

W50-59	W60+	W70+	AG %	EA No
-	X	X	47.1	2800620
-	X	X	27.2	4134529
-	X	X	30.9	3661223
-	X	X	20.0	3764514
-	X	X	14.2	2829638

W60+	W70+	AG %	EA No
x	-	63.3	2717141
-	x	33.2	2991112
-	x	26.8	2669613
-	x	24.3	2754542

Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	x	57.0	4097905
-	x	x	x	x	55.8	4127953
-	x	x	x	x	38.0	3722331

Wind	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	64.9	4134529
	-	x	x	50.2	3627299
	-	x	x	39.5	3661223

Rec

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