

Insert non scoring results at the bottom						
EMAC Track & Field League				Final	Teams =	8
Thurrock (Grays) Sat				06 September 2025	Overall Match Scores	
O/A	Pos	Women's Teams	Bib	Final Points	Final	Pos
448.5	1	Thurrock/Loughton AC	H	291.0	291.0	1
470.5	2	Peterborough & Nene Valley	F	240.0	240.0	2
401.0	3	Cambridge & Coleridge AC	B	230.0	230.0	3
x	4	Colchester & Tendring/Ipswich	D	202.0	202.0	4
340.5	5	Chelmsford AC	C	200.0	200.0	5
x	6	St Ed Pacers/Newm't J/W Suff	G	152.0	152.0	6
x	7	Fairlands Valley Spartans	E	130.0	130.0	7
400.0	8	Bedford & County AC	A	106.0	106.0	8
Single letters (A-H, x) only		RDA = Race Day Age				
do not insert athlete data in Results section - use "Declarations" tab on					Photo Finish sc	
1003	100m	100m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts
H	1	Joanne Ryan	38	Thurrock/Loughton AC	13.55	8
F	2	Claire Smith	49	Peterborough & Nene Valley	14.00	7
D	3	Abbey Narhkom	38	Colchester & Tendring/Ipswich	15.00	6
B	4	Lowri Chatfield	47	Cambridge & Coleridge AC	15.89	5
G	5	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	16.87	4
A	6	Emma Coombes	47	Bedford & County AC	17.06	3
C	7	Laura Durn	48	Chelmsford AC	18.24	2
E	8	Elizabeth Crowley	37	Fairlands Valley Spartans	18.91	1
1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts
F	1	Kelly Sutton	50	Peterborough & Nene Valley	15.49	8
G	2	Christine Anthony	62	St Ed Pacers/Newm't J/W Suff	17.29	7
B	3	Zoë Bailey	52	Cambridge & Coleridge AC	17.70	6
D	4	Rachel Newenham	53	Colchester & Tendring/Ipswich	18.66	5
H	5	Jodie Farrell	59	Thurrock/Loughton AC	19.86	4
C	6	Carol Morris	58	Chelmsford AC	20.41	3
E	7	Sharon Crowley	67	Fairlands Valley Spartans	23.90	2
	8					1
1006	100m	100m W60-69 [W60+]	RDA	Team	(NN.nn)	Pts
C	1	Clare St John-Coleman	65	Chelmsford AC	16.53	8
H	2	Emily McMahon	75	Thurrock/Loughton AC	17.79	7
B	3	Rosemary Abbott	64	Cambridge & Coleridge AC	18.09	6
F	4	Judith Jagger	65	Peterborough & Nene Valley	18.66	5
E	5	Tessa Stephenson	65	Fairlands Valley Spartans	18.99	4
G	6	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	19.42	3
A	7	Sandra Pedley	60	Bedford & County AC	19.71	2
	8					1
2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts
H	1	Joanne Ryan	38	Thurrock/Loughton AC	28.19	8
F	2	Claire Smith	49	Peterborough & Nene Valley	28.56	7
C	3	Laura Durn	48	Chelmsford AC	34.57	6
G	4	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	35.96	5
E	5	Elizabeth Crowley	37	Fairlands Valley Spartans	37.92	4
A	6	Emma Coombes	47	Bedford & County AC	37.96	3
D	7	Rebecca Wheatley	41	Colchester & Tendring/Ipswich	39.72	2
B	8	Joan Lasenby	65	Cambridge & Coleridge AC	41.51	1
2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts

F	1	Kelly Sutton	50	Peterborough & Nene Valley	31.12	8
B	2	Zoë Bailey	52	Cambridge & Coleridge AC	36.50	7
C	3	Nicola Hewitt	52	Chelmsford AC	37.01	6
D	4	Rachel Newenham	53	Colchester & Tendring/Ipswich	37.16	5
H	5	Jodie Farrell	59	Thurrock/Loughton AC	39.71	4
G	6	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	41.27	3
E	7	Sharon Crowley	67	Fairlands Valley Spartans	46.19	2
	8					1
2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.nn)	Pts
G	1	Christine Anthony	62	St Ed Pacers/Newm't J/W Suff	33.89	8
D	2	Elizabeth Welbourn	65	Colchester & Tendring/Ipswich	35.02	7
E	3	Tessa Stephenson	65	Fairlands Valley Spartans	37.63	6
F	4	Roslyn Loutit	61	Peterborough & Nene Valley	37.69	5
B	5	Rosemary Abbott	64	Cambridge & Coleridge AC	37.72	4
H	6	Emily McMahon	75	Thurrock/Loughton AC	37.78	3
A	7	Sandra Pedley	60	Bedford & County AC	42.51	2
	8					1
4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts
F	1	Claire Smith	49	Peterborough & Nene Valley	65.53	8
H	2	Nina Brennan	40	Thurrock/Loughton AC	70.39	7
C	3	Laura Durn	48	Chelmsford AC	73.20	6
E	4	Christine Lathwell	49	Fairlands Valley Spartans	75.60	5
A	5	Helen Buller	47	Bedford & County AC	77.22	4
D	6	Kate Heap	40	Colchester & Tendring/Ipswich	77.81	3
G	7	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	80.62	2
B	8	Joan Lasenby	65	Cambridge & Coleridge AC	91.15	1
4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.nn)	Pts
G	1	Christine Anthony	62	St Ed Pacers/Newm't J/W Suff	72.97	8
C	2	Caroline Horden	59	Chelmsford AC	79.49	7
F	3	Nicky Morgan	55	Peterborough & Nene Valley	82.60	6
B	4	Sophie Moore	51	Cambridge & Coleridge AC	87.66	5
D	5	Rachel Newenham	53	Colchester & Tendring/Ipswich	91.00	4
H	6	Jodie Farrell	59	Thurrock/Loughton AC	91.88	3
E	7	Tessa Stephenson	65	Fairlands Valley Spartans	110.50	2
	8					1
8003	800m	800m W35-49 [W35+]	RDA	Team	NN:NN.nn	Pts
D	1	Meg Bomando	35	Colchester & Tendring/Ipswich	02:37.35	8
H	2	Mary Knapman	46	Thurrock/Loughton AC	02:39.08	7
A	3	Helen Buller	47	Bedford & County AC	02:41.24	6
E	4	Christine Lathwell	49	Fairlands Valley Spartans	02:42.13	5
C	5	Laura Durn	48	Chelmsford AC	02:42.80	4
F	6	Nichola Gibson	35	Peterborough & Nene Valley	02:44.28	3
G	7	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	03:04.29	2
B	8	Sophie Moore	51	Cambridge & Coleridge AC	03:14.46	1
8005	800m	800m W50-59 [W50+]	RDA	Team	NN:NN.nn	Pts
B	1	Sharon Warren	51	Cambridge & Coleridge AC	02:55.04	8
C	2	Caroline Horden	59	Chelmsford AC	02:57.18	7
H	3	Ali Trauttmansdorff	54	Thurrock/Loughton AC	03:01.60	6
F	4	Kay Gibson	59	Peterborough & Nene Valley	03:30.54	5
D	5	Rachel Newenham	53	Colchester & Tendring/Ipswich	03:39.11	4
G	6	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	03:41.78	3
	7					2
	8					1

8006	800m	800m W60-69 [W60+]	RDA	Team	NN:NN.nn	Pts
G	1	Christine Anthony	62	St Ed Pacers/Newm't J/W Suff	02:59.22	8
B	2	Joan Lasenby	65	Cambridge & Coleridge AC	03:25.07	7
F	3	Betty Gash	66	Peterborough & Nene Valley	03:32.23	6
E	4	Sharon Crowley	67	Fairlands Valley Spartans	03:47.06	5
H	5	Gloria Bullen	70	Thurrock/Loughton AC	03:47.41	4
	6					3
	7					2
	8					1
15003	1500m	1500m W35-49 [W35+]	RDA	Team	NN:NN.nn	Pts
H	1	Zoe Oldfield	48	Thurrock/Loughton AC	05:02.50	8
D	2	Meg Bomando	35	Colchester & Tendring/Ipswich	05:17.61	7
A	3	Helen Buller	47	Bedford & County AC	05:21.18	6
E	4	Christine Lathwell	49	Fairlands Valley Spartans	05:23.11	5
G	5	Helen Baldwin	43	St Ed Pacers/Newm't J/W Suff	05:26.45	4
C	6	Laura Durn	48	Chelmsford AC	05:34.78	3
B	7	Sophie Moore	51	Cambridge & Coleridge AC	06:30.03	2
F	8	Nichola Gibson	35	Peterborough & Nene Valley	06:56.28	1
15005	1500m	1500m W50-59 [W50+]	RDA	Team	NN:NN.nn	Pts
B	1	Sharon Warren	51	Cambridge & Coleridge AC	05:38.78	8
C	2	Caroline Horden	59	Chelmsford AC	05:50.15	7
F	3	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley	05:53.54	6
H	4	Ali Trauttmansdorff	54	Thurrock/Loughton AC	05:58.47	5
D	5	Rachel Newenham	53	Colchester & Tendring/Ipswich	07:14.38	4
G	6	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	07:17.10	3
E	7	Karen Dodsworth	65	Fairlands Valley Spartans	08:12.64	2
	8					1
30003	3000m	3000m W35-49 [W35+]	RDA	Team	NN:NN.nn	Pts
H	1	Zoe Oldfield	48	Thurrock/Loughton AC	10:55.31	8
A	2	Helen Buller	47	Bedford & County AC	11:32.51	7
G	3	Helen Baldwin	43	St Ed Pacers/Newm't J/W Suff	11:51.67	6
E	4	Christine Lathwell	49	Fairlands Valley Spartans	11:55.55	5
C	5	Laura Durn	48	Chelmsford AC	13:09.43	4
D	6	Kate Heap	40	Colchester & Tendring/Ipswich	13:26.46	3
B	7	Sophie Moore	51	Cambridge & Coleridge AC	13:54.24	2
F	8	Betty Gash	66	Peterborough & Nene Valley	15:28.65	1
30005	3000m	3000m W50-59 [W50+]	RDA	Team	NN:NN.nn	Pts
B	1	Sharon Warren	51	Cambridge & Coleridge AC	11:57.89	8
H	2	Ali Trauttmansdorff	54	Thurrock/Loughton AC	12:42.50	7
C	3	Caroline Horden	59	Chelmsford AC	13:00.02	6
F	4	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley	13:11.55	5
G	5	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	15:40.82	4
D	6	Rachel Newenham	53	Colchester & Tendring/Ipswich	15:49.20	3
E	7	Karen Dodsworth	65	Fairlands Valley Spartans	17:25.26	2
	8					1
30006	3000m	3000m W60-69 [W60+]	RDA	Team	NN:NN.nn	Pts
F	1	Roslyn Loutit	61	Peterborough & Nene Valley	12:29.05	8
G	2	Elke Hausler	62	St Ed Pacers/Newm't J/W Suff	12:31.19	7
B	3	Joan Lasenby	65	Cambridge & Coleridge AC	15:00.46	6
H	4	Gloria Bullen	70	Thurrock/Loughton AC	15:52.08	5
E	5	Sharon Crowley	67	Fairlands Valley Spartans	16:59.17	4
	6					3
	7					2

	8					1
30007	3000m	3000m W70+	RDA	Team	NN:NN.nn	Pts
H	1	Jean Hobbs	76	Thurrock/Loughton AC	16:54.80	8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
2KWA	2000mW	2km Walk 'A' [W35+]	RDA	Team	NN:NN.nn	Pts
H	1	Melanie Peddle	57	Thurrock/Loughton AC	10:43.34	8
C	2	Caroline Horden	59	Chelmsford AC	13:21.66	7
D	3	Kate Heap	40	Colchester & Tendring/Ipswich	14:34.39	6
F	4	Kay Gibson	59	Peterborough & Nene Valley	14:40.85	5
B	5	Pamela Abbott	62	Cambridge & Coleridge AC	15:14.61	4
E	6	Sharon Crowley	67	Fairlands Valley Spartans	16:43.33	3
	7					2
	8					1
2KWB	2000mW	2km Walk 'B' [W35+]	RDA	Team	NN:NN.nn	Pts
H	1	Michelle Hurley	49	Thurrock/Loughton AC	13:46.16	8
D	2	Rowena de Belligny	44	Colchester & Tendring/Ipswich	14:44.09	7
B	3	Lisa Teverson	58	Cambridge & Coleridge AC	17:56.73	6
C	4	Laura Durn	48	Chelmsford AC	19:28.72	5
	5					4
	6					3
	7					2
	8					1
100H3	SH	100mH W35-49 (84cm) [W35+]	RDA	Team	(NN.nn)	Pts
H	1	Claire Brennan	44	Thurrock/Loughton AC	18.29	8
B	2	Lowri Chatfield	47	Cambridge & Coleridge AC	19.92	7
D	3	Kate Heap	40	Colchester & Tendring/Ipswich	20.14	6
	4					5
	5					4
	6					3
	7					2
	8					1
80H5	SH	80mH W50-59 (76.2cm) [W50]	RDA	Team	(NN.nn)	Pts
D	1	Silvie Snaselova	50	Colchester & Tendring/Ipswich	17.70	8
G	2	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	28.43	7
C	3	Nicola Hewitt	52	Chelmsford AC	30.69	6
	4					5
	5					4
	6					3
	7					2
	8					1
80H6	SH	80mH W60-69 (68.6cm) [W60]	RDA	Team	(NN.nn)	Pts
F	1	Judith Jagger	65	Peterborough & Nene Valley	19.66	8
G	2	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	27.44	7
B	3	Rosemary Abbott	64	Cambridge & Coleridge AC	31.49	6
E	4	Sharon Crowley	67	Fairlands Valley Spartans	34.20	5
	5					4
	6					3

	7					2
	8					1
HT3	HT	Hammer W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
F	1	Andrea Jenkins	49	Peterborough & Nene Valley	43.57	8
B	2	Lisa Teverson	58	Cambridge & Coleridge AC	24.49	7
H	3	Nina Brennan	40	Thurrock/Loughton AC	20.78	6
A	4	Jemma Eastwood	46	Bedford & County AC	16.25	5
D	5	Rowena de Belligny	44	Colchester & Tendring/Ipswich	16.03	4
C	6	Carol Morris	58	Chelmsford AC	15.41	3
E	7	Elizabeth Crowley	37	Fairlands Valley Spartans	11.95	2
	8					1
HT5	HT	Hammer W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
H	1	Sue Lawrence	54	Thurrock/Loughton AC	34.78	8
B	2	Sarah McGrath	52	Cambridge & Coleridge AC	31.23	7
F	3	Sally Pusey	57	Peterborough & Nene Valley	22.03	6
C	4	Nicola Hewitt	52	Chelmsford AC	20.21	5
D	5	Silvie Snaselova	50	Colchester & Tendring/Ipswich	16.79	4
E	6	Sharon Crowley	67	Fairlands Valley Spartans	15.68	3
	7					2
	8					1
HT6	HT	Hammer W60-69 (3Kg) [W60+]	RDA	Team	(NN.nn)	Pts
C	1	Shirley Quinn	71	Chelmsford AC	26.66	8
F	2	Judith Jagger	65	Peterborough & Nene Valley	23.04	7
H	3	Jill Boosey	61	Thurrock/Loughton AC	22.04	6
G	4	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	19.20	5
E	5	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	18.60	4
A	6	Oriana Johnson	64	Bedford & County AC	16.06	3
B	7	Joan Lasenby	65	Cambridge & Coleridge AC	13.37	2
D	8	Suzanne King	71	Colchester & Tendring/Ipswich	10.62	1
SP3	SP	Shot W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
F	1	Andrea Jenkins	49	Peterborough & Nene Valley	8.67	8
B	2	Anne Moindrot	42	Cambridge & Coleridge AC	8.29	7
H	3	Nina Brennan	40	Thurrock/Loughton AC	7.29	6
D	4	Rowena de Belligny	44	Colchester & Tendring/Ipswich	6.46	5
C	5	Nicola Hewitt	52	Chelmsford AC	6.23	4
A	6	Jemma Eastwood	46	Bedford & County AC	5.68	3
	7					2
	8					1
SP5	SP	Shot W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
B	1	Sarah McGrath	52	Cambridge & Coleridge AC	10.86	8
H	2	Sue Lawrence	54	Thurrock/Loughton AC	8.98	7
D	3	Silvie Snaselova	50	Colchester & Tendring/Ipswich	7.37	6
F	4	Sally Pusey	57	Peterborough & Nene Valley	6.34	5
C	5	Carol Morris	58	Chelmsford AC	6.12	4
E	6	Karen Dodsworth	65	Fairlands Valley Spartans	6.06	3
A	7	Sandra Pedley	60	Bedford & County AC	6.03	2
G	8	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	4.17	1
SP6	SP	Shot W60-69 [W60+] (3Kg)	RDA	Team	(NN.nn)	Pts
F	1	Judith Jagger	65	Peterborough & Nene Valley	8.61	8
H	2	Jill Boosey	61	Thurrock/Loughton AC	6.96	7
E	3	Tessa Stephenson	65	Fairlands Valley Spartans	6.66	6
A	4	Oriana Johnson	64	Bedford & County AC	6.60	5
B	5	Pamela Abbott	62	Cambridge & Coleridge AC	6.22	4

G	6	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	5.91	3
C	7	Clare St John-Coleman	65	Chelmsford AC	4.84	2
D	8	Sally Dalton	67	Colchester & Tendring/Ipswich	3.77	1
SP7	SP	Shot W70-74 [W70+] (3Kg)	RDA	Team	(NN.nn)	Pts
C	1	Shirley Quinn	71	Chelmsford AC	6.52	8
E	2	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	5.91	7
H	3	Barbara Higgins	70	Thurrock/Loughton AC	5.20	6
D	4	Suzanne King	71	Colchester & Tendring/Ipswich	4.92	5
	5					4
	6					3
	7					2
	8					1
JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
D	1	Rowena de Belligny	44	Colchester & Tendring/Ipswich	20.63	8
H	2	Claire Brennan	44	Thurrock/Loughton AC	19.26	7
F	3	Andrea Jenkins	49	Peterborough & Nene Valley	18.06	6
B	4	Esther van Sluijs	50	Cambridge & Coleridge AC	17.40	5
A	5	Jemma Eastwood	46	Bedford & County AC	16.93	4
C	6	Carol Morris	58	Chelmsford AC	13.44	3
G	7	Cheryl Thomas	48	St Ed Pacers/Newm't J/W Suff	11.59	2
E	8	Elizabeth Crowley	37	Fairlands Valley Spartans	9.01	1
JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
B	1	Sarah McGrath	52	Cambridge & Coleridge AC	21.85	8
D	2	Silvie Snaselova	50	Colchester & Tendring/Ipswich	21.05	7
H	3	Sue Lawrence	54	Thurrock/Loughton AC	20.34	6
C	4	Nicola Hewitt	52	Chelmsford AC	14.69	5
F	5	Sally Pusey	57	Peterborough & Nene Valley	12.55	4
A	6	Sandra Pedley	60	Bedford & County AC	11.00	3
E	7	Tessa Stephenson	65	Fairlands Valley Spartans	9.52	2
G	8	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	6.10	1
JT6	JT	Javelin W60-74 [W60+] (500g)	RDA	Team	(NN.nn)	Pts
F	1	Judith Jagger	65	Peterborough & Nene Valley	21.40	8
E	2	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	17.09	7
H	3	Jill Boosey	61	Thurrock/Loughton AC	14.38	6
C	4	Shirley Quinn	71	Chelmsford AC	14.30	5
B	5	Pamela Abbott	62	Cambridge & Coleridge AC	13.92	4
G	6	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	13.57	3
A	7	Oriana Johnson	64	Bedford & County AC	11.72	2
D	8	Suzanne King	71	Colchester & Tendring/Ipswich	11.28	1
DT3	DT	Discus W35-49 [W35+] (1Kg)	RDA	Team	(NN.nn)	Pts
F	1	Andrea Jenkins	49	Peterborough & Nene Valley	30.52	8
B	2	Anne Moindrot	42	Cambridge & Coleridge AC	26.70	7
A	3	Jemma Eastwood	46	Bedford & County AC	22.75	6
H	4	Nina Brennan	40	Thurrock/Loughton AC	22.09	5
G	5	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	17.15	4
D	6	Rowena de Belligny	44	Colchester & Tendring/Ipswich	15.95	3
C	7	Carol Morris	58	Chelmsford AC	14.58	2
E	8	Elizabeth Crowley	37	Fairlands Valley Spartans	10.89	1
DT5	DT	Discus W50-59 [W50+] (1Kg)	RDA	Team	(NN.nn)	Pts
H	1	Sue Lawrence	54	Thurrock/Loughton AC	23.63	8
B	2	Sarah McGrath	52	Cambridge & Coleridge AC	21.93	7
D	3	Silvie Snaselova	50	Colchester & Tendring/Ipswich	16.06	6
F	4	Sally Pusey	57	Peterborough & Nene Valley	15.67	5

E	5	Tessa Stephenson	65	Fairlands Valley Spartans	14.45	4
C	6	Nicola Hewitt	52	Chelmsford AC	14.44	3
A	7	Sandra Pedley	60	Bedford & County AC	12.06	2
G	8	Christine Anthony	62	St Ed Pacers/Newm't J/W Suff	11.88	1

DT6	DT	Discus W60-69 [W60+] (1Kg)	RDA	Team	(N.N.nn)	Pts
F	1	Judith Jagger	65	Peterborough & Nene Valley	21.54	8
H	2	Jill Boosey	61	Thurrock/Loughton AC	14.83	7
E	3	Karen Dodsworth	65	Fairlands Valley Spartans	14.65	6
A	4	Oriana Johnson	64	Bedford & County AC	14.33	5
B	5	Pamela Abbott	62	Cambridge & Coleridge AC	13.91	4
G	6	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	11.97	3
C	7	Clare St John-Coleman	65	Chelmsford AC	8.29	2
D	8	Sally Dalton	67	Colchester & Tendring/Ipswich	7.27	1

DT7	DT	Discus W70-74 [W70+] (1Kg)	RDA	Team	(N.N.nn)	Pts
C	1	Shirley Quinn	70	Chelmsford AC	23.90	8
H	2	Barbara Higgins	70	Thurrock/Loughton AC	12.90	7
D	3	Suzanne King	71	Colchester & Tendring/Ipswich	11.93	6
E	4	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	11.65	5
	5					4
	6					3
	7					2
	8					1

LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
H	1	Natalie Le Beau	36	Thurrock/Loughton AC	4.83	8
D	2	Rebecca Wheatley	41	Colchester & Tendring/Ipswich	3.69	7
B	3	Lowri Chatfield	47	Cambridge & Coleridge AC	3.63	6
A	4	Jemma Eastwood	46	Bedford & County AC	3.62	5
G	5	Laura Todd	35	St Ed Pacers/Newm't J/W Suff	3.50	4
C	6	Laura Durn	48	Chelmsford AC	2.23	3
E	7	Elizabeth Crowley	37	Fairlands Valley Spartans	2.19	2
F	8	Andrea Jenkins	49	Peterborough & Nene Valley	1.76	1

LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
D	1	Silvie Snaselova	50	Colchester & Tendring/Ipswich	3.97	8
B	2	Esther van Sluijs	50	Cambridge & Coleridge AC	3.34	7
C	3	Carol Morris	58	Chelmsford AC	2.29	6
G	4	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	2.26	5
E	5	Joylyn Saunders-Mullins	72	Fairlands Valley Spartans	2.05	4
F	6	Kay Gibson	59	Peterborough & Nene Valley	1.96	3
H	7	Jodie Farrell	59	Thurrock/Loughton AC	1.87	2
	8					1

LJ6	LJ	Long Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
C	1	Clare St John-Coleman	65	Chelmsford AC	3.42	8
B	2	Pamela Abbott	62	Cambridge & Coleridge AC	2.60	7
G	3	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	2.39	6
F	4	Betty Gash	66	Peterborough & Nene Valley	2.31	5
E	5	Sharon Crowley	67	Fairlands Valley Spartans	1.94	4
H	6	Gloria Bullen	70	Thurrock/Loughton AC	1.50	3
	7					2
	8					1

LJ7	LJ	Long Jump W70+	RDA	Team	(N.nn)	Pts
H	1	Emily McMahon	75	Thurrock/Loughton AC	3.03	8
C	2	Shirley Quinn	71	Chelmsford AC	1.65	7
D	3	Suzanne King	71	Colchester & Tendring/Ipswich	1.46	6

	4					5
	5					4
	6					3
	7					2
	8					1

TJ3	TJ	Triple Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
H	1	Natalie Le Beau	36	Thurrock/Loughton AC	9.69	8
D	2	Abbey Narhkom	38	Colchester & Tendring/Ipswich	8.39	7
F	3	Nichola Gibson	35	Peterborough & Nene Valley	8.10	6
A	4	Jemma Eastwood	46	Bedford & County AC	7.89	5
G	5	Helen Baldwin	43	St Ed Pacers/Newm't J/W Suff	7.72	4
B	6	Lowri Chatfield	47	Cambridge & Coleridge AC	6.25	3
E	7	Christine Lathwell	49	Fairlands Valley Spartans	5.70	2
C	8	Caroline Horden	59	Chelmsford AC	5.02	1

TJ5	TJ	Triple Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
D	1	Silvie Snaselova	50	Colchester & Tendring/Ipswich	8.49	8
B	2	Esther van Sluijs	50	Cambridge & Coleridge AC	7.27	7
H	3	Ali Trauttmansdorff	54	Thurrock/Loughton AC	6.21	6
C	4	Nicola Hewitt	52	Chelmsford AC	6.11	5
F	5	Betty Gash	66	Peterborough & Nene Valley	5.82	4
G	6	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	4.16	3
	7					2
	8					1

TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
F	1	Judith Jagger	65	Peterborough & Nene Valley	7.04	8
C	2	Clare St John-Coleman	65	Chelmsford AC	6.71	7
B	3	Pamela Abbott	62	Cambridge & Coleridge AC	5.96	6
G	4	Dawn Mason	68	St Ed Pacers/Newm't J/W Suff	5.51	5
H	5	Barbara Higgins	70	Thurrock/Loughton AC	4.53	4
E	6	Sharon Crowley	67	Fairlands Valley Spartans	4.43	3
	7					2
	8					1

HJ3	HJ	High Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
F	1	Nichola Gibson	35	Peterborough & Nene Valley	1.30	8
H	2	Claire Brennan	44	Thurrock/Loughton AC	1.30	7
D	3	Abbey Narhkom	38	Colchester & Tendring/Ipswich	1.27	6
B	4	Lowri Chatfield	47	Cambridge & Coleridge AC	1.24	5
A	5	Jemma Eastwood	46	Bedford & County AC	1.21	4
C	6	Laura Durn	48	Chelmsford AC	1.15	3
	7					2
	8					1

HJ5	HJ	High Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
D	1	Silvie Snaselova	50	Colchester & Tendring/Ipswich	1.21	8
F	2	Judith Jagger	65	Peterborough & Nene Valley	1.15	7
G	3	Eloise Bird	57	St Ed Pacers/Newm't J/W Suff	1.03	6
B	4	Pamela Abbott	62	Cambridge & Coleridge AC	1.00	5
	5					4
	6					3
	7					2
	8					1

PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
A	1	Jemma Eastwood	46	Bedford & County AC	2.80	8
H	2	Claire Brennan	44	Thurrock/Loughton AC	2.60	7

B	3	Lowri Chatfield	47	Cambridge & Coleridge AC	1.60	6
	4					5
	5					4
	6					3
	7					2
	8					1
PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
X	1	No Competitor	0	No Team		8
	2					7
	3					6
	4					5
	5					4
	6					3
	7					2
	8					1
PV6	PV	Pole Vault - W60-69 [W60+]	RDA	Team	(N.nn)	Pts
A	1	Sandra Pedley	60	Bedford & County AC	2.00	8
C	2	Clare St John-Coleman	65	Chelmsford AC	1.60	7
H	3	Barbara Higgins	70	Thurrock/Loughton AC	1.40	6
	4					5
	5					4
	6					3
	7					2
	8					1
R4224-3	MedR	Relay 4224 W35-49 [W35+]	RDA	Team	(N:NN.nn)	Pts
H	1	Joanne Ryan	38	Thurrock/Loughton AC	3:13.25	8
Ha		Amie Harrison	35	Thurrock/Loughton AC		
Hb		Natalie Le Beau	36	Thurrock/Loughton AC		
Hc		Claire Brennan	44	Thurrock/Loughton AC		
F	2	Nichola Gibson	35	Peterborough & Nene Valley	3:34.11	7
Fa		Betty Gash	66	Peterborough & Nene Valley		
Fb		Roslyn Loutit	61	Peterborough & Nene Valley		
Fc		Claire Smith	49	Peterborough & Nene Valley		
D	3	Rebecca Wheatley	41	Colchester & Tendring/Ipswich	3:35.07	6
Da		Rowena de Belligny	44	Colchester & Tendring/Ipswich		
Db		Abbey Narhkom	38	Colchester & Tendring/Ipswich		
Dc		Meg Bomando	35	Colchester & Tendring/Ipswich		
G	4	Helen Baldwin	43	St Ed Pacers/Newm't J/W Suff	3:42.29	5
Ga		Laura Todd	35	St Ed Pacers/Newm't J/W Suffolk		
Gb		Christine Anthony	62	St Ed Pacers/Newm't J/W Suffolk		
Gc		Elke Hausler	62	St Ed Pacers/Newm't J/W Suffolk		
C	5	Laura Durn	48	Chelmsford AC	4:02.56	4
Ca		Carol Morris	58	Chelmsford AC		
Cb		Nicola Hewitt	52	Chelmsford AC		
Cc		Caroline Horden	59	Chelmsford AC		
A	6	Emma Coombes	47	Bedford & County AC	4:09.83	3
Aa		Jemma Eastwood	46	Bedford & County AC		
Ab		Helen Buller	47	Bedford & County AC		
Ac		Sandra Pedley	60	Bedford & County AC		
E	7	Elizabeth Crowley	37	Fairlands Valley Spartans	4:14.07	2
Ea		Tessa Stephenson	65	Fairlands Valley Spartans		
Eb		Joylyn Saunders-Mullins	72	Fairlands Valley Spartans		
Ec		Christine Lathwell	49	Fairlands Valley Spartans		

B	8	Anne Moindrot	42	Cambridge & Coleridge AC	4:24.72	1
Ba		Esther van Sluijs	50	Cambridge & Coleridge AC		
Bb		Rosemary Abbott	64	Cambridge & Coleridge AC		
Bc		Joan Lasenby	65	Cambridge & Coleridge AC		
R4224-4 MedR		Relay 4224 W50+	RDA	Team	(N:NN.nn)	Pts
F	1	Elisabeth Sennitt Clough	50	Peterborough & Nene Valley	3:53.69	8
Fa		Kay Gibson	59	Peterborough & Nene Valley		
Fb		Nicky Morgan	55	Peterborough & Nene Valley		
Fc		Kelly Sutton	50	Peterborough & Nene Valley		
B	2	Sophie Moore	51	Cambridge & Coleridge AC	4:09.37	7
Ba		Zoë Bailey	52	Cambridge & Coleridge AC		
Bb		Sarah McGrath	52	Cambridge & Coleridge AC		
Bc		Sharon Warren	51	Cambridge & Coleridge AC		
H	3	Jodie Farrell	59	Thurrock/Loughton AC	4:18.08	6
Ha		Emily McMahon	75	Thurrock/Loughton AC		
Hb		Barbara Higgins	70	Thurrock/Loughton AC		
Hc		Ali Trauttmansdorff	54	Thurrock/Loughton AC		
	4					5

Highest Track Age Graded % =			86.0
Athlete	Zoe Oldfield	RDA	48
Club	Thurrock/Loughton AC		
Event	1500m W35-49 [W35+]		
Result	05:02.50		
Format to suit the result			

Highest Field Age Graded % =			75.7
Athlete	Judith Jagger	RDA	65
Club	Peterborough & Nene Valley		
Event	High Jump W50-59 [W50+]		
Result	1.15		

Scoring	Records				2023	EA No
Wind	W35-49	W50-59	W60-69	W70+	AG %	
	-	x	x	x	78.1	2792203
	-	x	x	x	82.3	3575627
	-	x	x	x	70.5	4097905
	-	x	x	x	71.4	4062016
	-	x	x	x	62.5	4150243
	-	x	x	x	66.5	3876592
	-	x	x	x	62.7	3192921
	-	x	x	x	55.7	3384999
Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	74.9	2684036
		x	-	x	74.0	2715397
		-	x	x	66.6	4155778
		-	x	x	63.7	4045660
		-	x	x	62.8	3217409
		-	x	x	60.6	3661223
		x	-	x	55.8	2665073
Wind			W60-69	W70+	AG %	EA No
			-	x	79.3	2717154
			x	-	80.3	2900898
			-	x	71.9	4129090
			-	x	70.3	2676481
			-	x	69.1	2724359
			-	x	69.2	2698800
			-	x	63.8	2984526
Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No
-3.3	-	x	x	x	76.8	2792203
-4.6	-	x	x	x	82.7	3575627
-4.6	-	x	x	x	67.8	3192921
-3.3	-	x	x	x	59.9	4150243
-4.6	-	x	x	x	56.8	3384999
-3.3	-	x	x	x	61.2	3876592
-3.3	-	x	x	x	55.8	4110334
-4.6	x	x	-	x	65.2	2746434
Wind		W50-59	W60-69	W70+	AG %	EA No

-3.2

-	x	x	76.5	2684036
-	x	x	66.3	4155778
-	x	x	65.4	4036272
-	x	x	65.7	4045660
-	x	x	64.7	3217409
-	x	x	61.2	2715426
x	-	x	59.7	2665073

Wind

-4.5

W60-69	W70+	AG %	EA No
-	x	77.8	2715397
-	x	77.3	2713119
-	x	72.0	2724359
-	x	69.4	3179638
-	x	71.2	4129090
x	-	78.7	2900898
-	x	61.0	2984526

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	83.6	3575627
-	x	x	x	72.4	2724680
-	x	x	x	74.2	3192921
-	x	x	x	72.5	2768712
-	x	x	x	69.8	3353084
-	x	x	x	65.5	4151065
-	x	x	x	61.0	4150243
x	x	-	x	70.3	2746434

W50-59	W60-69	W70+	AG %	EA No
x	-	x	85.0	2715397
-	x	x	75.7	3421411
-	x	x	70.0	2790270
-	x	x	63.6	4136195
-	x	x	62.4	4045660
-	x	x	65.5	3217409
x	-	x	58.0	2724359

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	73.0	4178121
-	x	x	x	78.6	2792205
-	x	x	x	78.2	3353084
-	x	x	x	79.1	2768712
-	x	x	x	78.1	3192921
-	x	x	x	69.9	2684039
-	x	x	x	62.3	4150243
x	-	x	x	67.1	4136195

W50-59	W60+	W70+	AG %	EA No
-	x	x	74.5	4140462
-	x	x	79.2	3421411
-	x	x	73.8	3627299
-	x	x	66.7	2809087
-	x	x	60.6	4045660
-	x	x	62.1	2715426

		W60+	W70+	AG %	EA No
		-	x	80.6	2715397
		-	x	72.7	2746434
		-	x	70.9	3013691
		-	x	67.0	2665073
		x	-	69.1	4016532
W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	86.0	4030893
-	x	x	x	73.8	4178121
-	x	x	x	80.3	3353084
-	x	x	x	81.2	2768712
-	x	x	x	76.5	4189883
-	x	x	x	77.7	3192921
x	-	x	x	68.4	4136195
-	x	x	x	56.3	2684039
	W50-59	W60+	W70+	AG %	EA No
	-	x	x	78.8	4140462
	-	x	x	81.9	3421411
	-	x	x	74.8	3703928
	-	x	x	76.4	3627299
	-	x	x	62.5	4045660
	-	x	x	64.4	2715426
	x	-	x	61.6	2703331
W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	83.6	4030893
-	x	x	x	78.3	3353084
-	x	x	x	73.6	4189883
-	x	x	x	77.2	2768712
-	x	x	x	69.4	3192921
-	x	x	x	63.3	4151065
x	-	x	x	67.5	4136195
x	x	-	x	71.1	3013691
	W50-59	W60+	W70+	AG %	EA No
	-	x	x	78.5	4140462
	-	x	x	76.1	3627299
	-	x	x	78.3	3421411
	-	x	x	70.5	3703928
	-	x	x	63.6	2715426
	-	x	x	60.5	4045660
	x	-	x	62.4	2703331
		W60+	W70+	AG %	EA No
		-	x	83.3	3179638
		-	x	84.0	3478624
		-	x	72.5	2746434
		x	-	72.8	4016532
		-	x	65.6	2665073

	W70+	AG %	EA No
	-	73.8	2792223

W35-49	W50-59	W60-69	W70+	EA No
X	-	X	X	3470739
X	-	X	X	3421411
-	X	X	X	4151065
X	-	X	X	2809087
X	X	-	X	3191121
X	X	-	X	2665073

W35-49	W50-59	W60-69	W70+	EA No
-	X	X	X	2792225
-	X	X	X	3758780
X	-	X	X	3979967
-	X	X	X	3192921

Wind	W35-49		AG %	EA No
-2.6	-		-	2667112
	-		-	4062016
	-		-	4151065

Wind	W50-59		AG %	EA No
-1.7	-		65.0	4134529
	-		42.8	2715426
	-		38.1	4036272

Wind		W60-69	W70+	AG %	EA No
-3.8		-	X	66.3	2676481
		-	X	49.0	2698800
		-	X	41.0	4129090
		-	X	38.9	2665073

W35-49			AG % EA No
-			72.6 2768996
X			- 3979967
-			29.1 2724680
-			25.5 2658322
-			24.2 3758780
X			- 3661223
-			15.8 3384999
W50-59	W60-69	W70-74	AG % EA No
-	X	X	55.6 2800620
-	X	X	47.9 3671649
-	X	X	37.5 3565059
-	X	X	31.0 4036272
-	X	X	24.7 4134529
X	-	X	- 2665073
	W60-69	W70-74	AG % EA No
	X	-	63.2 2717141
	-	X	47.0 2676481
	-	X	41.0 2991112
	-	X	42.2 2698800
	X	-	45.3 2729447
	-	X	32.0 2775067
	-	X	27.3 2746434
	X	-	25.2 4139982
W35-49			AG % EA No
-			52.5 2768996
-			44.9 2828378
-			38.3 2724680
-			36.1 3758780
X			- 4036272
-			32.8 2658322
W50-59	W60-69	W70-74	AG % EA No
LR	X	X	59.9 3671649
-	X	X	51.3 2800620
-	X	X	39.3 4134529
-	X	X	38.2 3565059
-	X	X	37.6 3661223
X	-	X	42.6 2703331
X	-	X	38.4 2984526
-	X	X	25.1 2715426
	W60-69	W70-74	AG % EA No
	-	X	60.6 2676481
	-	X	45.2 2991112
	-	X	46.8 2724359
	-	X	45.5 2775067
	-	X	41.2 3191121

-	x	44.3	2698800
-	x	34.0	2717154
-	x	27.6	4097904

W70-74	AG %	EA No
LR	52.2	2717141
-	48.4	2729447
-	40.7	2900812
-	39.4	4139982

W35-49
-
-
-
x
-
x
-
-

AG %	EA No
34.9	3758780
32.6	2667112
33.9	2768996
-	4130065
29.9	2658322
-	3661223
21.3	4124853
13.3	3384999

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	39.9	3671649
-	x	x	36.8	4134529
-	x	x	38.8	2800620
-	x	x	26.8	4036272
-	x	x	25.5	3565059
x	-	x	23.9	2984526
x	-	x	23.3	2724359
-	x	x	12.4	2715426

W60-69	W70-74	AG %	EA No
-	x	52.3	2676481
-	LR	49.8	2729447
-	x	32.0	2991112
-	-	40.6	2717141
-	x	31.7	3191121
-	x	35.7	2698800
-	x	28.0	2775067
-	-	32.0	4139982

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	54.2	2768996
-	x	x	x	41.6	2828378
-	x	x	x	38.2	2658322
-	x	x	x	33.2	2724680
-	x	x	x	24.0	4150243
-	x	x	x	25.8	3758780
x	-	x	x	31.0	3661223
-	x	x	x	15.5	3384999

W50-59	W60+	W70+	AG %	EA No
-	x	x	46.3	2800620
-	x	x	41.3	3671649
-	x	x	29.1	4134529
-	x	x	32.7	3565059

x	-	x	35.9	2724359
-	x	x	27.2	4036272
x	-	x	26.8	2984526
x	-	x	27.6	2715397

W60+	W70+	AG %	EA No
-	x	53.5	2676481
-	x	33.7	2991112
-	x	36.4	2703331
-	x	34.8	2775067
-	x	32.3	3191121
-	x	31.9	2698800
-	x	20.6	2717154
-	x	18.9	4097904

W70+	AG %	EA No
LR	66.8	2717141
-	36.1	2900812
-	34.2	4139982
-	34.3	2729447

Wind	W35-49	W50-59	W60+	W70+	AG %	EA No
	-	x	x	x	67.9	2800655
	-	x	x	x	54.8	4110334
	-	x	x	x	57.8	4062016
	-	x	x	x	56.9	2658322
	-	x	x	x	48.7	4150243
	-	x	x	x	35.9	3192921
	-	x	x	x	31.1	3384999
	-	x	x	x	28.7	2768996

Wind	W50-59	W60+	W70+	AG %	EA No
	-	x	x	65.4	4134529
	-	x	x	55.0	4130065
	-	x	x	41.6	3661223
	-	x	x	40.5	2715426
	x	-	-	44.8	2729447
	-	x	x	36.0	2809087
	-	x	x	34.4	3217409

Wind	W60+	W70+	AG %	EA No
	-	x	67.9	2717154
	-	x	49.7	3191121
	-	x	49.4	2698800
	-	x	46.5	3013691
	-	x	39.6	2665073
	-	-	31.9	4016532

Wind	W70+	AG %	EA No
	-	69.1	2900898
	-	35.5	2717141
	-	31.5	4139982

Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	62.9	2800655
	-	x	x	x	55.8	4097905
	-	x	x	x	51.9	2684039
	-	x	x	x	58.2	2658322
	-	x	x	x	54.8	4189883
	-	x	x	x	46.7	4062016
	-	x	x	x	43.7	2768712
	x	-	x	x	43.9	3421411

Wind		W50-59	W60-69	W70+	AG %	EA No
		-	x	x	65.9	4134529
		-	x	x	56.5	4130065
		-	x	x	50.8	3627299
		-	x	x	48.7	4036272
		x	-	x	56.0	3013691
		-	x	x	35.4	2715426

Wind			W60-69	W70+	AG %	EA No
			-	x	66.8	2676481
			-	x	63.7	2717154
			-	x	54.3	3191121
			-	x	54.5	2698800
			x	-	46.1	2900812
			-	x	43.2	2665073

	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	63.5	2684039
	-	x	x	x	69.3	2667112
	-	x	x	x	63.9	4097905
	-	x	x	x	68.1	4062016
	-	x	x	x	65.8	2658322
	-	x	x	x	63.8	3192921

	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	68.5	4134529
	x	-	x	75.7	2676481
	-	x	x	62.5	2715426
	x	-	x	63.8	3191121

	W35-49	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	x	63.3	2658322
	-	x	x	x	57.4	2667112

-	x	x	x	36.6	4062016

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

W60-69	W70+	AG %	EA No
-	x	54.3	2658322
-	x	46.5	-
x	LR	43.8	2667112

Rec
LR

2792203
2792222
2800655
2667112
2684039
3013691
3179638
3575627
4110334
3758780
4097905
4178121
4189883
4150243
2715397
3478624
3192921
3661223
4036272
3421411
3876592
2658322
3353084
2984526
3384999
2724359
2729447
2768712

Rec
-

2828378
4130065
4129090
2746434

3703928
2809087
2790270
2684036
4136195
4155778
3671649
4140462
3217409
2900898
2900812
3627299