

EMAC Track & Field League Thurrock			South Division - Match 1 Wed		Teams = 46148 Overall	
O/A	Pos	Women's Teams	Bib	Match 1 Points	Match Score: Final	
x	1	Thurrock/Loughton AC's	E		122	122
x	2	Chelmsford AC	A		102	102
x	3	Colchester Harriers AC	C		96	96
x	4	Colchester & Tendering/Ipswich H	D		71	71
x	5	City of Southend AC	B		23	23
x	6	Spare 8	H		0	0
x	6	Spare 6	F		0	0
x	6	Spare 7	G		0	0
Single letters (A-H, x) only			RDA = Race Day Age			
1003	100m	100m W35-49 [W35+]	RDA	Team	Hand Timing (NN.n)	
E	1	Natalie Le Beau	37	Thurrock/Loughton AC's	13.6	
D	2	Louise Brydon	40	Colchester & Tendering/Ipswich H	13.9	
A	3	Laura Durn	49	Chelmsford AC	16.0	
C	4	Rowena de Belligny	45	Colchester Harriers AC	19.0	
	5					
	6					
	7					
	8					
1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.n)	
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	15.9	
C	2	Kate Sandercock	54	Colchester Harriers AC	16.8	
A	3	Nicola Hewitt	52	Chelmsford AC	17.1	
E	4	Jodie Farrell	60	Thurrock/Loughton AC's	20.0	
B	5	Linda Donnelly	68	City of Southend AC	21.8	
	6					
	7					
	8					
1006	100m	100m W60-69 [W60+]	RDA	Team	(NN.n)	
D	1	Janice Nottingham	64	Colchester & Tendering/Ipswich H	15.9	
A	2	Clare St John-Coleman	65	Chelmsford AC	16.2	
B	3	Jill Kent	68	City of Southend AC	18.4	
E	4	Anne Heeks	66	Thurrock/Loughton AC's	20.7	
C	5	Susan Begent	61	Colchester Harriers AC	20.9	
	6					
	7					
	8					
1007	100m	100m W70+	RDA	Team	(NN.n)	
E	1	Emily McMahon	76	Thurrock/Loughton AC's	17.7	
	2					

3
4
5
6
7
8

4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.n)
A	1	Janine Phillips	44	Chelmsford AC	74.2
E	2	Amie Harrison	36	Thurrock/Loughton AC's	74.9
D	3	Katie Holmes	41	Colchester & Tendering/Ipswich H	75.5
C	4	Ellie Cumner	45	Colchester Harriers AC	77.1

5
6
7
8

4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.n)
A	1	Caroline Horden	59	Chelmsford AC	78.3
C	2	Kate Sandercock	54	Colchester Harriers AC	80.8
E	3	Anne Heeks	66	Thurrock/Loughton AC's	105.1

4
5
6
7
8

4006	400m	400m W60-69 [W60+]	RDA	Team	(NN.n)
C	1	Margaret Deasy	62	Colchester Harriers AC	90.6
E	2	Jodie Farrell	60	Thurrock/Loughton AC's	93.7
B	3	Linda Donnelly	68	City of Southend AC	107.5

4
5
6
7
8

15003	1500m	1500m W35-49 [W35+]	RDA	Team	(NN:NN.n)
E	1	Zoe Oldfield	49	Thurrock/Loughton AC's	00:05:05
C	2	Michelle Lock	45	Colchester Harriers AC	00:06:04
D	3	Katie Holmes	41	Colchester & Tendering/Ipswich H	00:06:18
A	4	Janine Phillips	44	Chelmsford AC	00:06:23

5
6
7
8

15005	1500m	1500m W50-59 [W50+]	RDA	Team	(NN:NN.n)
C	1	Annette Oakman	53	Colchester Harriers AC	00:05:42

A	2	Caroline Horden	59	Chelmsford AC	00:05:51
E	3	Jean Hobbs	77	Thurrock/Loughton AC's	00:08:24
	4				
	5				
	6				
	7				
	8				
15006	1500m	1500m W60-69 [W60+]	RDA	Team	(NN:NN.n)
C	1	Margaret Deasy	62	Colchester Harriers AC	00:06:05
	2				
	3				
	4				
	5				
	6				
	7				
	8				
15007	1500m	1500m W70+	RDA	Team	(NN:NN.n)
E	1	Gloria Bullen	70	Thurrock/Loughton AC's	00:07:51
	2				
	3				
	4				
	5				
	6				
	7				
	8				
HT3	HT	Hammer W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)
E	1	Nina Brennan	41	Thurrock/Loughton AC's	16.86
C	2	Rowena de Belligny	45	Colchester Harriers AC	16.02
A	3	Carol Morris	59	Chelmsford AC	14.81
D	4	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	14.04
	5				
	6				
	7				
	8				
HT5	HT	Hammer W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	33.39
A	2	Nicola Hewitt	52	Chelmsford AC	20.66
D	3	Carey Hollick	55	Colchester & Tendering/Ipswich H	18.82
C	4	Kate Sandercock	54	Colchester Harriers AC	13.25
	5				
	6				
	7				
	8				
HT6	HT	Hammer W60-69 (3Kg) [W60+]	RDA	Team	(NN.nn)

E	1	Jill Boosey	62	Thurrock/Loughton AC's	24.06
C	2	Susan Begent	61	Colchester Harriers AC	14.92
B	3	Jill Kent	68	City of Southend AC	10.98
	4				
	5				
	6				
	7				
	8				
HT7	HT	Hammer W70-74 (3Kg) [W70+]	RDA	Team	(NN.nn)
A	1	Shirley Quinn	71	Chelmsford AC	26.88
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	17.61
C	3	Suzanne King	71	Colchester Harriers AC	13.28
	4				
	5				
	6				
	7				
	8				
SP3	SP	Shot W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)
E	1	Caroline Drewitt	35	Thurrock/Loughton AC's	8.62
D	2	Katie Holmes	41	Colchester & Tendering/Ipswich H	6.74
C	3	Rowena de Belligny	45	Colchester Harriers AC	5.76
A	4	Laura Durn	49	Chelmsford AC	3.67
	5				
	6				
	7				
	8				
SP5	SP	Shot W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	8.65
D	2	Carey Hollick	55	Colchester & Tendering/Ipswich H	6.82
A	3	Nicola Hewitt	52	Chelmsford AC	6.68
C	4	Kate Sandercock	54	Colchester Harriers AC	5.57
	5				
	6				
	7				
	8				
SP6	SP	Shot W60-69 [W60+] (3Kg)	RDA	Team	(NN.nn)
E	1	Jill Boosey	62	Thurrock/Loughton AC's	6.75
C	2	Susan Begent	61	Colchester Harriers AC	4.83
A	3	Clare St John-Coleman	65	Chelmsford AC	4.55
	4				
	5				
	6				
	7				
	8				

SP7	SP	Shot W70-74 [W70+] (3Kg)	RDA	Team	(NN.nn)
A		1 Shirley Quinn		71 Chelmsford AC	5.87
C		2 Suzzanne King		71 Colchester Harriers AC	5.57
E		3 Barbara Higgins		71 Thurrock/Loughton AC's	4.94
		4			
		5			
		6			
		7			
		8			
LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)
E		1 Natalie Le Beau		37 Thurrock/Loughton AC's	4.81
D		2 Kate Heap		40 Colchester & Tendering/Ipswich H	3.80
C		3 Rowena de Belligny		45 Colchester Harriers AC	3.45
A		4 Janine Phillips		44 Chelmsford AC	3.33
		5			
		6			
		7			
		8			
LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)
D		1 Silvie Snaselova		51 Colchester & Tendering/Ipswich H	3.95
A		2 Nicola Hewitt		52 Chelmsford AC	2.87
B		3 Linda Donnelly		68 City of Southend AC	2.02
E		4 Jodie Farrell		60 Thurrock/Loughton AC's	2.01
C		5 Nikki Osborne		56 Colchester Harriers AC	1.45
		6			
		7			
		8			
LJ6	LJ	Long Jump W60-69 [W60+]	RDA	Team	(N.nn)
A		1 Clare St John-Coleman		65 Chelmsford AC	3.26
B		2 Jill Kent		68 City of Southend AC	2.05
E		3 Anne Heeks		66 Thurrock/Loughton AC's	1.91
		4			
		5			
		6			
		7			
		8			
LJ7	LJ	Long Jump W70+	RDA	Team	(N.nn)
E		1 Emily McMahon		76 Thurrock/Loughton AC's	2.94
A		2 Shirley Quinn		71 Chelmsford AC	1.73
		3			1.73
		4			
		5			
		6			
		7			

	8				
HJ3	HJ	High Jump W35-49 [W35+]	RDA	Team	(N.nn)
d		1 Kate Heap	40	Colchester & Tendering/Ipswich H	1.20
c		2 Rowena de Belligny	45	Colchester Harriers AC	1.14
a		3 Janine Phillips	44	Chelmsford AC	1.05
	4				
	5				
	6				
	7				
	8				
HJ5	HJ	High Jump W50-59 [W50+]	RDA	Team	(N.nn)
D		1 Silvie Snaselova	51	Colchester & Tendering/Ipswich H	1.20
A		2 Carol Morris	59	Chelmsford AC	1.02
	3				
	4				
	5				
	6				
	7				
	8				
HJ6	HJ	High Jump W60-69 [W60+]	RDA	Team	(N.nn)
A		1 Clare St John-Coleman	65	Chelmsford AC	0.93
	2				
	3				
	4				
	5				
	6				
	7				
	8				
R4224- MedR		Relay 4224 W35-49 [W35+]	RDA	Team	(N:NN.n)
D		1 Kate Heap	40	Colchester & Tendering/Ipswich H	00:03:30
Da		Silvie Snaselova	51	Colchester & Tendering/Ipswich H	
Db		Louise Brydon	40	Colchester & Tendering/Ipswich H	
Dc		Katie Holmes	41	Colchester & Tendering/Ipswich H	
E		2 Amie Harrison	36	Thurrock/Loughton AC's	00:03:37
Ea		Zoe Oldfield	49	Thurrock/Loughton AC's	
Eb		Natalie Le Beau	37	Thurrock/Loughton AC's	
Ec		Kristina Siupsinskaite	47	Thurrock/Loughton AC's	
C		3 Ellie Cumner	45	Colchester Harriers AC	00:03:49
Ca		Michelle Lock	45	Colchester Harriers AC	
Cb		Rowena de Belligny	45	Colchester Harriers AC	
Cc		Holly Weir	47	Colchester Harriers AC	
A		4 Samantha Kelly	48	Chelmsford AC	00:03:51
Aa		Caroline Horden	59	Chelmsford AC	
Ab		Clare St John-Coleman	65	Chelmsford AC	

Ac Laura Durn 49 Chelmsford AC
5

a
b
c

R4224- MedR	Relay 4224 W50+	RDA	Team	(N:NN.n)
C	1 Susan Begent	61	Colchester Harriers AC	00:04:22
Ca	Margaret Deasy	62	Colchester Harriers AC	
Cb	Annette Oakman	53	Colchester Harriers AC	
Cc	Kate Sandercock	54	Colchester Harriers AC	
E	2 Jean Hobbs	77	Thurrock/Loughton AC's	00:05:04
Ea	Emily McMahon	76	Thurrock/Loughton AC's	
Eb	Gloria Bullen	70	Thurrock/Loughton AC's	
Ec	Jodie Farrell	60	Thurrock/Loughton AC's	

a
b
c

Enter Non-scoring athletes in the 'Non-Scorers' tab first
Non Scoring (enter bib no., event and result - formatted appro

Bib No.	Event	Name	AG	1st Claim Club	Result
86	400m	Holly Weir	W35	Colchester Harriers	71.9
86	1500m	Holly Weir	W35	Colchester Harriers	05:35.7
95	1500m	Nikki Osborne	W50	Colchester Harriers	07:31.4
96	SP	Nina Brennan	W35	Thurrock Harriers	7.01
98	SP	Carol Morris	W55	Chelmsford	6.1
97	HJ	Kristina Siupsinskaite	W45	Loughton AC	1.05
100	100m	Marion Matthews-Smith	W70	City of Southend	23.6
100	LJ	Marion Matthews-Smith	W70	City of Southend	2.11
-	-	-	-	-	-

6

s

Pos

1

2

3

4

5

6

6

6

scoring

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6

5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0
0

Pts

6
5
4
3
2
1
0

0

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4

3

2

1

0

0

Pts

6

5

4

3

2

Pts

6

5

4

appropriately)