

EMAC Track & Field League
Cambridge

Wed East Division - Match 2 Teams =
=OFFSET(Admin!\$K\$23,MATCH(Ac Overall
Match Score

Pos	Men's Teams	Bib	Match 2 Points	Final
	1 Cambridge & Coleridge AC		1	129 265
	2 Peterborough & Nene Valley		3	112 227
	3 West Norfolk AC		5	78 190
	5 Ryston Runners		4	55 134
	4 Newmarket/St Edmund Pacers		2	74 129
	6 Ely Runners		6	15 33
	7 Spare 7		7	0 0
	7 Spare 8		8	0 0

numbers RDA = Race Day Age
only

200M	200m M35-49 - [M35+]	RDA	Team	(NN.nn)
	1 Matt Hamilton		41 Cambridge & Coleridge AC	24.0
	2 David Brown		48 Peterborough & Nene Valley	25.2
	3 Nathan Mills		39 Newmarket/St Edmund Pacers	27.3
	4 Liam O'Dell		35 West Norfolk AC	27.5
	5 Daniel Smith		42 Ryston Runners	28.8
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200m	200m M50-59 [M50+]	RDA	Team	(NN.nn)
	1 Julian Smith		57 Peterborough & Nene Valley	26.4
	2 Tim Cheshire		52 Cambridge & Coleridge AC	27.4
	3 Mark Garrett		54 West Norfolk AC	32.8
	4 Kieron Bales		50 Newmarket/St Edmund Pacers	54.9
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200m	200m M60-69 [M60+]	RDA	Team	(NN.nn)
	1 Ricardo Huskisson		66 Ryston Runners	27.8
	2 Giulio Cinque		66 Cambridge & Coleridge AC	31.5
	3 Gerald Watson		63 Peterborough & Nene Valley	32.2
	4 Ian Reeve		73 West Norfolk AC	33.0
	5 Barry Graves		68 Ely Runners	38.9
	6 Malcolm Osbourn		79 Newmarket/St Edmund Pacers	41.7
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800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.nn)
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1	Roy Ramon Pelegrin	45	Cambridge & Coleridge AC	02:09.3
2	Michael Major	36	Peterborough & Nene Valley	02:09.7
3	Shane Mcandrew	39	Newmarket/St Edmund Pacers	02:19.8
4	Daniel Smith	42	Ryston Runners	02:24.5
5	Jamie Bransgrove	48	West Norfolk AC	03:00.5

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800m 800m M50-59 [M50+] RDA Team (NN:NN.nn)

1	Andrew Stowe	51	Peterborough & Nene Valley	02:28.5
2	Nigel Blake	57	Cambridge & Coleridge AC	02:31.8
3	Richard Defries	54	Newmarket/St Edmund Pacers	02:32.6
4	Darren Easter	54	West Norfolk AC	02:38.4
5	Liam Dawson	53	Ryston Runners	02:40.8
6	Andrew Scarlett	65	Ely Runners	03:12.1

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800m 800m M60+ RDA Team (NN:NN.nn)

1	Eamonn Coveney	63	Newmarket/St Edmund Pacers	02:41.5
2	Paul Fletcher	62	Cambridge & Coleridge AC	02:41.9
3	Dave Knighton	64	Peterborough & Nene Valley	02:51.2
4	Graham Chapman	69	Ely Runners	02:58.9
5	Jitendra Patel	69	Ryston Runners	03:10.4
6	Greg Davis	63	West Norfolk AC	03:16.0

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3000m 3000m M35-49 [M35+] RDA Team (NN:NN.nn)

1	Callum Stanforth	35	West Norfolk AC	09:36.4
2	Paul Shearer	35	Cambridge & Coleridge AC	10:12.1
3	Oliver Clanford	47	Newmarket/St Edmund Pacers	10:25.1
4	Daniel Smith	42	Ryston Runners	10:50.4
5	Andrew Dobedoe	46	Peterborough & Nene Valley	10:55.1

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3000m 3000m M50-59 [M50+] RDA Team (NN:NN.nn)

1	Andrew Stowe	51	Peterborough & Nene Valley	10:52.6
2	Nigel Blake	57	Cambridge & Coleridge AC	11:33.3
3	Richard Defries	54	Newmarket/St Edmund Pacers	11:56.1
4	Barry Graves	68	Ely Runners	14:28.8

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3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.nn)
	1 Malcolm Tuff		61 Peterborough & Nene Valley	10:59.1
	2 Kevin Russell		63 Cambridge & Coleridge AC	10:59.5
	3 Eamonn Coveney		63 Newmarket/St Edmund Pacers	12:20.5
	4 Graham Chapman		69 Ely Runners	12:27.9
	5 John Greenhalgh		60 West Norfolk AC	13:01.8
	6 Jitendra Patel		69 Ryston Runners	13:23.8
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3000m	3000m M70+	RDA	Team	(NN:NN.nn)
	1 Martin Kilduff		76 Cambridge & Coleridge AC	13:51.6
	2 Malcolm Osbourn		79 Newmarket/St Edmund Pacers	16:54.7
	3 Peter Brantom		76 Peterborough & Nene Valley	18:55.1
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2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.nn)
	1 David Annetts		61 Cambridge & Coleridge AC	10:48.9
	2 Timothy Clough		55 Peterborough & Nene Valley	12:55.2
	3 Kieron Bales		50 Newmarket/St Edmund Pacers	13:19.4
	4 Daniel Smith		42 Ryston Runners	15:28.6
	5 Jamie Bransgrove		48 West Norfolk AC	16:01.2
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2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.nn)
	1 Nathan Mills		39 Newmarket/St Edmund Pacers	13:27.0
	2 Taro Tyson		55 Cambridge & Coleridge AC	13:43.1
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JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)
	1 Rob Simmonds		40 Ryston Runners	43.14
	2 Mark Burbridge		52 Peterborough & Nene Valley	32.51
	3 Adam Howard		46 West Norfolk AC	26.78
	4 Stephen Vandermark		60 Cambridge & Coleridge AC	21.7
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JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)
	1 Simon Achurch		51 Peterborough & Nene Valley	32.44
	2 Andy Fryatt		58 Newmarket/St Edmund Pacers	23.71
	3 Mark Garrett		54 West Norfolk AC	21.00
	4 Alvaro Drake		58 Cambridge & Coleridge AC	18.27
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JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)
	1 Ian Reeve		73 West Norfolk AC	28.45
	2 Ian Slack		65 Cambridge & Coleridge AC	28.15
	3 Kevin Bates		74 Peterborough & Nene Valley	17.3
	4 Jeffrey Reed		81 Ryston Runners	8.98
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DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)
	1 Glen Paxman		38 Ryston Runners	28.68
	2 Mark Burbridge		52 Peterborough & Nene Valley	23.91
	3 Adam Howard		46 West Norfolk AC	21.08
	4 Shane Mcandrew		39 Newmarket/St Edmund Pacers	17.75
	5 Alvaro Drake		58 Cambridge & Coleridge AC	17.72
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DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)
	1 Simon Achurch		51 Peterborough & Nene Valley	36.33
	2 Erwin De Genst		52 Cambridge & Coleridge AC	34.38
	3 Mark Garrett		54 West Norfolk AC	17.36
	4 Kieron Bales		50 Newmarket/St Edmund Pacers	13.78
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DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)
	1 Ian Slack		65 Cambridge & Coleridge AC	28.3
	2 Timothy Needham		73 Peterborough & Nene Valley	22.67
	3 Greg Davis		63 West Norfolk AC	13.64
	4 Andrew Scarlett		65 Ely Runners	12.46
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DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)
	1 Kevin Bates		74 Peterborough & Nene Valley	24.25
	2 Ian Reeve		73 West Norfolk AC	19.15
	3 Noel Moss		81 Cambridge & Coleridge AC	13.03
	4 Jeffrey Reed		81 Ryston Runners	11.52

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TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)
	1 Rob Simmonds		40 Ryston Runners	10.39
	2 Michael Major		36 Peterborough & Nene Valley	9.71
	3 Rich Thurston		50 Cambridge & Coleridge AC	9.31
	4 Oliver Clanford		47 Newmarket/St Edmund Pacers	8.91
	5 Jamie Bransgrove		48 West Norfolk AC	6.85

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TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)
	1 Richard Defries		54 Newmarket/St Edmund Pacers	9.12
	2 Stephen Vandermark		60 Cambridge & Coleridge AC	8.83
	3 Gerald Watson		63 Peterborough & Nene Valley	7.94
	4 Mark Garrett		54 West Norfolk AC	7.13

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TJ	Triple Jump M60+	RDA	Team	(NN.nn)
	1 Richard Van Baaren		63 Ryston Runners	9.16
	2 Ian Slack		65 Cambridge & Coleridge AC	8.33
	3 Ian Reeve		73 West Norfolk AC	8.27
	4 John Spriggs		73 Peterborough & Nene Valley	7.31

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PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)
	1 Alvaro Drake		58 Cambridge & Coleridge AC	1.20

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PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)
1	Stephen Vandermark		60 Cambridge & Coleridge AC	1.40

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PV	Pole Vault M60+	RDA	Team	(N.nn)
1	Ian Reeve		73 West Norfolk AC	1.6

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MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.nn)
1	Chung Tu		42 Cambridge & Coleridge AC	49.5
	Roy Ramon Pelegrin		45 Cambridge & Coleridge AC	
	Paul Shearer		35 Cambridge & Coleridge AC	
	Matt Hamilton		41 Cambridge & Coleridge AC	
2	Nathan Mills		39 Newmarket/St Edmund Pacers	52.9
	Shane Mcandrew		39 Newmarket/St Edmund Pacers	
	Oliver Clanford		47 Newmarket/St Edmund Pacers	
	Richard Defries		54 Newmarket/St Edmund Pacers	
3	David Brown		48 Peterborough & Nene Valley	55.5
	Andrew Dobedoe		46 Peterborough & Nene Valley	
	Gerald Watson		63 Peterborough & Nene Valley	
	Michael Major		36 Peterborough & Nene Valley	
4	Richard Van Baaren		63 Ryston Runners	60.4
	Daniel Smith		42 Ryston Runners	
	Rob Simmonds		40 Ryston Runners	
	Ricardo Huskisson		66 Ryston Runners	
5	Jamie Bransgrove		48 West Norfolk AC	61.6
	Liam O'Dell		35 West Norfolk AC	
	Benjamin Collison		43 West Norfolk AC	
	Callum Stanforth		35 West Norfolk AC	

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MedR	Relay 4x1 M50+	RDA	Team	(NN.nn)
1	Julian Smith David Collier Malcolm Tuff Andrew Stowe	57	Peterborough & Nene Valley	55.7
2	Giulio Cinque Paul Fletcher Tim Cheshire Nigel Blake	66	Cambridge & Coleridge AC	59.6
3	Darren Easter Mark Garrett Shaun Mann John Greenhalgh	54	West Norfolk AC	65.9
4		54	West Norfolk AC	
		54	West Norfolk AC	
		60	West Norfolk AC	

Enter Non-scoring athletes in the 'Non-Scorers' tab first

Non Scoring (enter bib no., event and result - formatted app

Event	Name	AG	1st Claim Club	Result
200m	Chung Tu	M40	C&C	24.7
200m	David Collier	M55	PANVAC	28.8
800m	Shaun Mann	M50	WNAC	03:34.8
800m	Iain Wood	M40	C&C	02:26.4
800m	James Crockford	M35	C&C	02:49.9
2k walk	Rio McAndrew	U14B	Newmarket Joggers	10:27.5
2k walk	Sophie Blundell	U14G	Newmarket Joggers	11:48.6
TJ	Andrew Layfield	M65	C&C	6.26
3000m	Richard Merrick	M40	C&C	10:23.1
3000m	James Crockford	M35	C&C	11:59.7
3000m	Peter Bennet	M60	C&C	12:46.2
3000m	Ryan Hart	M30	St Edmunds Pacers	13:41.9
Javelin	Kieron Bales	M50	St Edmunds Pacers	15.61

Javelin	Ben Collison	M40	WNAC	12.51
Discus	Ben Collison	M40	WNAC	13.80
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