

EMAC Track & Field League
Thurrock

South Division - Matc Teams =
Wed 46176 Overall
Match Scores

Pos	Women's Teams	Bib	Match 2 Points	Final
	1 Thurrock/Loughton AC's	E	133	255
	2 Colchester Harriers AC	C	93	189
	3 Chelmsford AC	A	85	187
	4 Colchester & Tendering/Ipswich H	D	66	137
	5 City of Southend AC	B	6	29
	6 Spare 8	H	0	0
	6 Spare 6	F	0	0
	6 Spare 7	G	0	0
200m	200m W35-49 [W35+]	RDA	Team	(NN.n)
	1 Natalie Le Beau	37	Thurrock/Loughton A	29.0
	2 Louise Brydon	40	Colchester & Tenderi	30.7
	3 Rowena de Belligny	45	Colchester Harriers A	34.3
	4 Janine Phillips	44	Chelmsford AC	34.8
	5			
	6			
200m	200m W50-59 [W50+]	RDA	Team	(NN.n)
	1 Silvie Snaselova	51	Colchester & Tenderi	34.9
	2 Kate Sandercock	54	Colchester Harriers A	35.7
	3 Jodie Farrell	60	Thurrock/Loughton A	40.5
	4 Carol Morris	59	Chelmsford AC	43.9
	5			
	6			
	7			
	8			
200m	200m W60-69 [W60+]	RDA	Team	(NN.n)
	1 Janice Nottingham	64	Colchester & Tenderi	34.4
	2 Caroline Horden	60	Chelmsford AC	39.8
	3 Susan Begent	61	Colchester Harriers A	43.8
	4 Gloria Bullen	70	Thurrock/Loughton A	48.8
	5 Marion Matthews-Smith	71	City of Southend AC	52.8
	6			
	7			
	8			
800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.n)
	1 Zoe Oldfield	49	Thurrock/Loughton A	02:40.1
	2 Ellie Cumner	45	Colchester Harriers A	03:01.4
	3 Katie Holmes	41	Colchester & Tenderi	03:13.4
	4 Janine Phillips	44	Chelmsford AC	03:48.9

5
6
7
8

800m	800m W50-59 [W50+]	RDA Team	(NN:NN.n)
	1 Kate Sandercock	54 Colchester Harriers A	03:04.4
	2 Lorna Gaffney	58 Thurrock/Loughton A	03:21.4
	3 Lorraine Cowley	58 Chelmsford AC	03:50.0

4
5
6
7
8

800m	800m W60-69 [W60+]	RDA Team	(NN:NN.n)
	1 Caroline Horden	60 Chelmsford AC	03:01.2
	2 Anne Heeks	66 Thurrock/Loughton A	03:38.8
	3 Diane Wooller	72 Colchester Harriers A	03:52.4

4
5
6
7
8

3000m	3000m W35-49 [W35+]	RDA Team	(NN:NN.n)
	1 Zoe Oldfield	49 Thurrock/Loughton A	10:47.1
	2 Katie Holmes	41 Colchester & Tenderii	13:33.9

3
4
5
6
7
8

3000m	3000m W50-59 [W50+]	RDA Team	(NN:NN.n)
	1 Annette Oakman	53 Colchester Harriers A	12:33.7
	2 Lorna Gaffney	58 Thurrock/Loughton A	13:38.9

3
4
5
6
7
8

3000m	3000m W60-69 [W60+]	RDA Team	(NN:NN.n)
	1 Caroline Horden	60 Chelmsford AC	12:11.7
	2 Margaret Deasy	62 Colchester Harriers A	12:47.5

3

4
5
6
7
8

3000m 3000m W70+ RDA Team (NN:NN.n)
1 Diane Wooller 72 Colchester Harriers A 15:27.2
2 Gloria Bullen 70 Thurrock/Loughton A 16:51.6

3
4
5
6
7
8

2000mW 2km Walk 'A' [W35+] RDA Team (NN:NN.n)
1 Melanie Peddle 57 Thurrock/Loughton A 10:38.9
2 Caroline Horden 60 Chelmsford AC 13:01.4
3 Susan Begent 61 Colchester Harriers A 14:58.1
4 Katie Holmes 41 Colchester & Tenderii 15:34.1

5
6
7
8

2000mW 2km Walk 'B' [W35+] RDA Team (NN:NN.n)
1 Anne Heeks 66 Thurrock/Loughton A 14:17.1
2 Diane Wooller 72 Colchester Harriers A 15:38.0

3
4
5
6

JT Javelin W35-49 (600gm) [W35+] RDA Team (NN.nn)
1 Rowena de Belligny 45 Colchester Harriers A 25.04
2 Caroline Drewitt 35 Thurrock/Loughton A 22.57
3 Carol Morris 59 Chelmsford AC 12.80
4 Louise Brydon 40 Colchester & Tenderii 11.20

5
6
7
8

JT Javelin W50-59 (500gm) [W50+] RDA Team (NN.nn)
1 Silvie Snaselova 51 Colchester & Tenderii 21.34
2 Sue Lawrence 55 Thurrock/Loughton A 19.76
3 Lorraine Cowley 58 Chelmsford AC 9.94
4 Kate Sandercock 54 Colchester Harriers A 9.94

5
6
7
8

JT	Javelin W60-74 [W60+] (500gm)	RDA Team	(NN.nn)
1	Shirley Quinn	71 Chelmsford AC	14.80
2	Jill Boosey	62 Thurrock/Loughton A	13.50
3	Marion Matthews-Smith	71 City of Southend AC	10.44
4	Susan Begent	61 Colchester Harriers A	6.47
5	Janice Nottingham	64 Colchester & Tenderii	5.32

6
7
8

DT	Discus W35-49 [W35+] (1Kg)	RDA Team	(NN.nn)
1	Caroline Drewitt	35 Thurrock/Loughton A	31.89
2	Carey Hollick	55 Colchester & Tenderii	19.22
3	Rowena de Belligny	45 Colchester Harriers A	14.13
4	Janine Phillips	44 Chelmsford AC	13.10

5
6
7
8

DT	Discus W50-59 [W50+] (1Kg)	RDA Team	(NN.nn)
1	Sue Lawrence	55 Thurrock/Loughton A	24.35
2	Carol Morris	59 Chelmsford AC	16.31
3	Silvie Snaelova	51 Colchester & Tenderii	15.34
4	Kate Sandercock	54 Colchester Harriers A	10.78

5
6
7
8

DT	Discus W60-69 [W60+] (1Kg)	RDA Team	(NN.nn)
1	Jill Boosey	62 Thurrock/Loughton A	14.48
2	Susan Begent	61 Colchester Harriers A	10.31
3	Clare St John-Coleman	65 Chelmsford AC	9.94

4
5
6
7
8

DT	Discus W70-74 [W70+] (1Kg)	RDA Team	(NN.nn)
1	Shirley Quinn	70 Chelmsford AC	23.24
2	Barbara Higgins	71 Thurrock/Loughton A	13.9
3	Diane Wooller	72 Colchester Harriers A	9.90

4
5
6
7
8

TJ	Triple Jump W35-49 [W35+]	RDA	Team	(N.nn)
	1 Natalie Le Beau	37	Thurrock/Loughton A	9.33
	2 Kate Heap	40	Colchester & Tenderii	8.07
	3 Janine Phillips	44	Chelmsford AC	5.99
	4 Rowena de Belligny	45	Colchester Harriers A	5.99

5
6
7
8

TJ	Triple Jump W50-59 [W50+]	RDA	Team	(N.nn)
	1 Silvie Snaselova	51	Colchester & Tenderii	8.78
	2 Carol Morris	59	Chelmsford AC	4.49
	3 Jodie Farrell	60	Thurrock/Loughton A	4.47

4
5
6
7
8

TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)
	1 Anne Heeks	66	Thurrock/Loughton A	3.67

2
3
4
5
6
7
8

PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)
	1 Janine Phillips	44	Chelmsford AC	
	1 Rowena de Belligny	45	Colchester Harriers AC	
	1 Claire Brennan	45	Thurrock/Loughton AC's	

4
5
6
7
8

PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)
	1 No Competitor	0	No Team	

2

3
4
5
6
7
8

PV Pole Vault - W60-69 [W60+] RDA Team (N.nn)
1 Barbara Higgins 71 Thurrock/Loughton AC's

2
3
4
5
6
7
8

MedR Relay 4x1 W35-49 [W35+] RDA Team (NN.n)

1	Kate Heap	40 Colchester & Tenderii	60.0
	Katie Holmes	41 Colchester & Tendering/Ipswich H	
	Silvie Snaelova	51 Colchester & Tendering/Ipswich H	
	Louise Brydon	40 Colchester & Tendering/Ipswich H	
2	Natalie Le Beau	37 Thurrock/Loughton A	63.9
	Lorna Gaffney	58 Thurrock/Loughton AC's	
	Zoe Oldfield	49 Thurrock/Loughton AC's	
	Claire Brennan	45 Thurrock/Loughton AC's	
3	Janine Phillips	44 Chelmsford AC	72.0
	Lorraine Cowley	58 Chelmsford AC	
	Caroline Horden	60 Chelmsford AC	
	Carol Morris	59 Chelmsford AC	
4	Ellie Cumner	45 Colchester Harriers A	75.7
	Rowena de Belligny	45 Colchester Harriers AC	
	Kate Sandercock	54 Colchester Harriers AC	
	Susan Begent	61 Colchester Harriers AC	

5

MedR Relay 4x1 W50+ RDA Team (NN.n)

1	Melanie Peddle	57 Thurrock/Loughton A	87.5
	Anne Heeks	66 Thurrock/Loughton AC's	
	Gloria Bullen	70 Thurrock/Loughton AC's	
	Jodie Farrell	60 Thurrock/Loughton AC's	

2

Non Scoring

Event	Name	AG	1st Claim Club	Result
JT	Claire Brennan	W35	Thurrock Harriers AC	18.68
200m	Lorraine Cowley	W50	Billericay Striders	40.3
-	-	-	-	-