

East - MEN - Match 2

Insert non scoring results at the bottom						
EMAC Track & Field League			East Division - Match 2		Teams =	6
Cambridge			Wed	03 June 2026	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	1	Cambridge & Coleridge AC	1	129.0	265.0	1
x	2	Peterborough & Nene Valley	3	112.0	227.0	2
x	3	West Norfolk AC	5	78.0	190.0	3
x	5	Ryston Runners	4	55.0	134.0	4
x	4	Newmarket/St Edmund Pacers	2	74.0	129.0	5
x	6	Ely Runners	6	15.0	33.0	6
x	7	Spare 7	7	0.0	0.0	7
x	7	Spare 8	8	0.0	0.0	7

Highest Track Age Graded % =			86.5
Athlete	Ricardo Huskisson	RDA	66
Club	Ryston Runners		
Event	200m M60-69 [M60+]		
Result	27.8		
Format Result to suit the result			
Highest Field Age Graded % =			73.6
Athlete	Ian Reeve	RDA	73
Club	West Norfolk AC		
Event	Triple Jump M60+		
Result	8.27		

Single numbers (0-8) only		RDA = Race Day Age													
		Do not insert athlete data in Results section - use "Declarations" tab only				Photo Finish scoring		Records				2023	EA No		
2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No		
1	1	Matt Hamilton	41	Cambridge & Coleridge AC	24.0	6		-	x	x	x	84.9	2874921		
3	2	David Brown	48	Peterborough & Nene Valley	25.2	5		-	x	x	x	84.6	2955064		
2	3	Nathan Mills	39	Newmarket/St Edmund Pacers	27.3	4		-	x	x	x	73.7	4194089		
5	4	Liam O'Dell	35	West Norfolk AC	27.5	3		-	x	x	x	71.3	2768826		
4	5	Daniel Smith	42	Ryston Runners	28.8	2		-	x	x	x	71.2	3964403		
	6					1									
	7					0									
	8					0									
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No		
3	1	Julian Smith	57	Peterborough & Nene Valley	26.4	6		-	x	x		85.7	3017942		
1	2	Tim Cheshire	52	Cambridge & Coleridge AC	27.4	5		-	x	x		79.9	3972473		
5	3	Mark Garrett	54	West Norfolk AC	32.8	4		-	x	x		67.6	3821088		
2	4	Kieron Bales	50	Newmarket/St Edmund Pacers	54.9	3		-	x	x		39.3	3139444		
	5					2									
	6					1									
	7					0									
	8					0									

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2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.nn)	Pts	Wind
4	1	Ricardo Huskisson	66	Ryston Runners	27.8	6	
1	2	Giulio Cinque	66	Cambridge & Coleridge AC	31.5	5	
3	3	Gerald Watson	63	Peterborough & Nene Valley	32.2	4	
5	4	Ian Reeve	73	West Norfolk AC	33.0	3	
6	5	Barry Graves	68	Ely Runners	38.9	2	
2	6	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	41.7	1	
	7					0	
	8					0	

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
1	1	Roy Ramon Pelegrin	45	Cambridge & Coleridge AC	02:09.3	6
3	2	Michael Major	36	Peterborough & Nene Valley	02:09.7	5
2	3	Shane Mcandrew	39	Newmarket/St Edmund Pacers	02:19.8	4
4	4	Daniel Smith	42	Ryston Runners	02:24.5	3
5	5	Jamie Bransgrove	48	West Norfolk AC	03:00.5	2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	02:28.5	6
1	2	Nigel Blake	57	Cambridge & Coleridge AC	02:31.8	5
2	3	Richard Defries	54	Newmarket/St Edmund Pacers	02:32.6	4
5	4	Darren Easter	54	West Norfolk AC	02:38.4	3
4	5	Liam Dawson	53	Ryston Runners	02:40.8	2
6	6	Andrew Scarlett	65	Ely Runners	03:12.1	1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.nn)	Pts
2	1	Eamonn Coveney	63	Newmarket/St Edmund Pacers	02:41.5	6
1	2	Paul Fletcher	62	Cambridge & Coleridge AC	02:41.9	5
3	3	Dave Knighton	64	Peterborough & Nene Valley	02:51.2	4
6	4	Graham Chapman	69	Ely Runners	02:58.9	3
4	5	Jitendra Patel	69	Ryston Runners	03:10.4	2
5	6	Greg Davis	63	West Norfolk AC	03:16.0	1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	86.5	2727803
-	x	76.3	2746270
-	x	73.2	3018181
x	-	76.5	2784076
-	x	62.7	3374018
x	-	63.5	3360499

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	84.8	3708987
-	x	x	x	78.7	3546784
-	x	x	x	74.8	4050893
-	x	x	x	74.1	3964403
-	x	x	x	62.2	3511602

M50-59	M60-69	M70+	AG %	EA No
-	x	x	77.5	3418825
-	x	x	79.6	4239664
-	x	x	77.3	3516414
-	x	x	74.4	3433711
-	x	x	72.7	2806009
x	-	x	67.2	3545623

M60-69	M70+	AG %	EA No
-	x	78.6	3811388
-	x	77.8	3181429
-	x	74.8	2727820
-	x	74.7	2759144
-	x	70.2	4022307
-	x	64.8	2957061

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30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
5	1	Callum Stanforth	35	West Norfolk AC	09:36.4	6
1	2	Paul Shearer	35	Cambridge & Coleridge AC	10:12.1	5
2	3	Oliver Clanford	47	Newmarket/St Edmund Pacers	10:25.1	4
4	4	Daniel Smith	42	Ryston Runners	10:50.4	3
3	5	Andrew Dobedoe	46	Peterborough & Nene Valley	10:55.1	2
	6					1
	7					0
	8					0

30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	10:52.6	6
1	2	Nigel Blake	57	Cambridge & Coleridge AC	11:33.3	5
2	3	Richard Defries	54	Newmarket/St Edmund Pacers	11:56.1	4
6	4	Barry Graves	68	Ely Runners	14:28.8	3
	5					2
	6					1
	7					0
	8					0

30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Malcolm Tuff	61	Peterborough & Nene Valley	10:59.1	6
1	2	Kevin Russell	63	Cambridge & Coleridge AC	10:59.5	5
2	3	Eamonn Coveney	63	Newmarket/St Edmund Pacers	12:20.5	4
6	4	Graham Chapman	69	Ely Runners	12:27.9	3
5	5	John Greenhalgh	60	West Norfolk AC	13:01.8	2
4	6	Jitendra Patel	69	Ryston Runners	13:23.8	1
	7					0
	8					0

30007	3000m	3000m M70+	RDA	Team	(NN:NN.nn)	Pts
1	1	Martin Kilduff	76	Cambridge & Coleridge AC	13:51.6	6
2	2	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	16:54.7	5
3	3	Peter Brantom	76	Peterborough & Nene Valley	18:55.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	76.5	3236576
-	x	x	x	72.0	3339466
-	x	x	x	77.3	3207932
-	x	x	x	71.4	3964403
-	x	x	x	73.1	4233021

M50-59	M60-69	M70+	AG %	EA No
-	x	x	76.5	3418825
-	x	x	75.9	4239664
-	x	x	71.6	3516414
x	-	x	67.5	3374018

M60-69	M70+	AG %	EA No
-	x	82.9	2781837
-	x	84.5	3155077
-	x	75.3	3811388
-	x	79.2	2759144
-	x	69.2	2675734
-	x	73.7	4022307

M70+	AG %	EA No
-	77.1	4072548
-	65.5	3360499
-	56.5	2970856

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2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.nn)	Pts
1	1	David Annetts	61	Cambridge & Coleridge AC	10:48.9	6
3	2	Timothy Clough	55	Peterborough & Nene Valley	12:55.2	5
2	3	Kieron Bales	50	Newmarket/St Edmund Pacers	13:19.4	4
4	4	Daniel Smith	42	Ryston Runners	15:28.6	3
5	5	Jamie Bransgrove	48	West Norfolk AC	16:01.2	2
	6					1
	7					0
	8					0

2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.nn)	Pts
2	1	Nathan Mills	39	Newmarket/St Edmund Pacers	13:27.0	6
1	2	Taro Tyson	55	Cambridge & Coleridge AC	13:43.1	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Rob Simmonds	40	Ryston Runners	43.14	6
3	2	Mark Burbridge	52	Peterborough & Nene Valley	32.51	5
5	3	Adam Howard	46	West Norfolk AC	26.78	4
1	4	Stephen Vandermark	60	Cambridge & Coleridge AC	21.70	3
	5					2
	6					1
	7					0
	8					0

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	32.44	6
2	2	Andy Fryatt	58	Newmarket/St Edmund Pacers	23.71	5
5	3	Mark Garrett	54	West Norfolk AC	21.00	4
1	4	Alvaro Drake	58	Cambridge & Coleridge AC	18.27	3
	5					2
	6					1
	7					0
	8					0

M35-49	M50-59	M60-69	M70+		EA No
X	X	-	X		3175734
X	-	X	X		3703927
X	-	X	X		3139444
-	X	X	X		3964403
-	X	X	X		3511602
M35-49	M50-59	M60-69	M70+		EA No
-	X	X	X		4194089
X	-	X	X		4158619
M35-49				AG %	EA No
-				49.1	2666518
X				-	3768315
-				33.5	3389235
X				-	3965462
	M50-59			AG %	EA No
	LR			41.2	2666249
				34.2	4000921
				28.1	3821088
				26.3	2746322

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JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Ian Reeve	73	West Norfolk AC	28.45	6
1	2	Ian Slack	65	Cambridge & Coleridge AC	28.15	5
3	3	Kevin Bates	74	Peterborough & Nene Valley	17.30	4
4	4	Jeffrey Reed	81	Ryston Runners	8.98	3
	5					2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Glen Paxman	38	Ryston Runners	28.68	6
3	2	Mark Burbidge	52	Peterborough & Nene Valley	23.91	5
5	3	Adam Howard	46	West Norfolk AC	21.08	4
2	4	Shane Mcandrew	39	Newmarket/St Edmund Pacers	17.75	3
1	5	Alvaro Drake	58	Cambridge & Coleridge AC	17.72	2
	6					1
	7					0
	8					0

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	36.33	6
1	2	Erwin De Genst	52	Cambridge & Coleridge AC	34.38	5
5	3	Mark Garrett	54	West Norfolk AC	17.36	4
2	4	Kieron Bales	50	Newmarket/St Edmund Pacers	13.78	3
	5					2
	6					1
	7					0
	8					0

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	1	Ian Slack	65	Cambridge & Coleridge AC	28.30	6
3	2	Timothy Needham	73	Peterborough & Nene Valley	22.67	5
5	3	Greg Davis	63	West Norfolk AC	13.64	4
6	4	Andrew Scarlett	65	Ely Runners	12.46	3
	5					2
	6					1
	7					0
	8					0

M60-69	AG %	EA No
x	-	2784076
-	43.4	3021705
x	-	3631212
x	-	3114239

M35-49	AG %	EA No
-	39.9	2872085
x	-	3768315
-	32.3	3389235
-	24.9	4050893
x	-	2746322

M50-59	AG %	EA No
-	51.7	2666249
-	49.7	4154018
-	25.9	3821088
-	19.3	3139444

M60-79	AG %	EA No
-	41.7	3021705
-	39.7	2662164
-	19.3	2957061
-	18.4	3545623

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DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts									M70-79	AG %	EA No
3	1	Kevin Bates	74	Peterborough & Nene Valley	24.25	6								-	43.5	3631212	
5	2	Ian Reeve	73	West Norfolk AC	19.15	5								-	33.5	2784076	
1	3	Noel Moss	81	Cambridge & Coleridge AC	13.03	4								x	28.2	2746489	
4	4	Jeffrey Reed	81	Ryston Runners	11.52	3								x	24.9	3114239	
	5					2											
	6					1											
	7					0											
	8					0											
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No				
4	1	Rob Simmonds	40	Ryston Runners	10.39	6		-	x	x	x	59.9	2666518				
3	2	Michael Major	36	Peterborough & Nene Valley	9.71	5		-	x	x	x	53.7	3546784				
1	3	Rich Thurston	50	Cambridge & Coleridge AC	9.31	4		x	-	x	x	60.1	3215295				
2	4	Oliver Clanford	47	Newmarket/St Edmund Pacers	8.91	3		-	x	x	x	55.5	3207932				
5	5	Jamie Bransgrove	48	West Norfolk AC	6.85	2		-	x	x	x	43.2	3511602				
	6					1											
	7					0											
	8					0											
TJ5	TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind					M50-59	M60-69	M70+	AG %	EA No	
2	1	Richard Defries	54	Newmarket/St Edmund Pacers	9.12	6						-	x	x	61.8	3516414	
1	2	Stephen Vandermark	60	Cambridge & Coleridge AC	8.83	5						x	-	x	64.7	3965462	
3	3	Gerald Watson	63	Peterborough & Nene Valley	7.94	4						x	-	x	60.7	3018181	
5	4	Mark Garrett	54	West Norfolk AC	7.13	3						-	x	x	48.3	3821088	
	5					2											
	6					1											
	7					0											
	8					0											
TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts	Wind					M60-69	M70+	AG %	EA No		
4	1	Richard Van Baaren	63	Ryston Runners	9.16	6						-	x	70.0	4057115		
1	2	Ian Slack	65	Cambridge & Coleridge AC	8.33	5						-	x	65.5	3021705		
5	3	Ian Reeve	73	West Norfolk AC	8.27	4						x	LR	73.6	2784076		
3	4	John Spriggs	73	Peterborough & Nene Valley	7.31	3						x	-	65.1	3573756		
	5					2											
	6					1											
	7					0											
	8					0											

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PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Alvaro Drake	58	Cambridge & Coleridge AC	1.20	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Stephen Vandermark	60	Cambridge & Coleridge AC	1.40	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					1

PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
5	1	Ian Reeve	73	West Norfolk AC	1.60	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

[illegible]

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R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Chung Tu	42	Cambridge & Coleridge AC	49.50	6
1a		Roy Ramon Pelegrin	45			
1b		Paul Shearer	35			
1c		Matt Hamilton	41			
2	2	Nathan Mills	39	Newmarket/St Edmund Pacers	52.90	5
2a		Shane Mcandrew	39			
2b		Oliver Clanford	47			
2c		Richard Defries	54			
3	3	David Brown	48	Peterborough & Nene Valley	55.50	4
3a		Andrew Dobedoe	46			
3b		Gerald Watson	63			
3c		Michael Major	36			
4	4	Richard Van Baaren	63	Ryston Runners	60.40	3
4a		Daniel Smith	42			
4b		Rob Simmonds	40			
4c		Ricardo Huskisson	66			
5	5	Jamie Bransgrove	48	West Norfolk AC	61.60	2
5a		Liam O'Dell	35			
5b		Benjamin Collison	43			
5c		Callum Stanforth	35			
	6					1
a						
b						
c						
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.nn)	Pts
3	1	Julian Smith	57	Peterborough & Nene Valley	55.70	6
3a		David Collier	59			
3b		Malcolm Tuff	61			
3c		Andrew Stowe	51			
1	2	Giulio Cinque	66	Cambridge & Coleridge AC	59.60	5
1a		Paul Fletcher	62			
1b		Tim Cheshire	52			
1c		Nigel Blake	57			
5	3	Darren Easter	54	West Norfolk AC	65.90	4
5a		Mark Garrett	54			
5b		Shaun Mann	54			
5c		John Greenhalgh	60			
	4					3

Rec
-

3181559
3708987
3339466
2874921
4194089
4050893
3207932
3516414
2955064
4233021
3018181
3546784
4057115
3964403
2666518
2727803
3511602
2768826
2784048
3236576

Rec
-

3017942
4165619
2781837
3418825
2746270
3181429
3972473
4239664
3433711
3821088
3331432
2675734

a			
b			
c			

Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib	Event	Name	AG	1st Claim Club	Result
208	200m	Chung Tu	M40	C&C	24.7
201	200m	David Collier	M55	PANVAC	28.8
213	800m	Shaun Mann	M50	WNAC	3:34.8
214	800m	Iain Wood	M40	C&C	2:26.4
209	800m	James Crockford	M35	C&C	2:49.9
203	2k walk	Rio McAndrew	U14B	Newmarket Joggers	10:27.5
202	2k walk	Sophie Blundell	U14G	Newmarket Joggers	11:48.6
205	TJ	Andrew Layfield	M65	C&C	6.26
216	3000m	Richard Merrick	M40	C&C	10:23.1
209	3000m	James Crockford	M35	C&C	11:59.7
218	3000m	Peter Bennet	M60	C&C	12:46.2
206	3000m	Ryan Hart	M30	St Edmunds Pacers	13:41.9
223	Javelin	Kieron Bales	M50	St Edmunds Pacers	15 61
210	Javelin	Ben Collison	M40	WNAC	12.51
210	Discus	Ben Collison	M40	WNAC	13.80
		-	-	-	