

East - MEN - Match 3

Insert non scoring results at the bottom						
EMAC Track & Field League			East Division - Match 3		Teams =	6
Kings Lynn			Wed	01 July 2026	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	1	Cambridge & Coleridge AC	1	127.0	392.0	1
x	2	Peterborough & Nene Valley	3	120.0	347.0	2
x	3	West Norfolk AC	5	98.0	288.0	3
x	4	Newmarket/St Edmund Pacers	2	69.0	198.0	4
x	5	Ryston Runners	4	55.0	189.0	5
x	6	Ely Runners	6	21.0	54.0	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 % =			86.3
Athlete	Julian Smith	RDA	57
Club	Peterborough & Nene Valley		
Event	100m M35-49 [M35+]		
Result	12.9		
Format Result to suit the result			
Highest Field Age Graded % =			76.2
Athlete	Ian Reeve	RDA	73
Club	West Norfolk AC		
Event	High Jump M60+		
Result	1.25		

Single numbers (0-8) only		RDA = Race Day Age				Do not insert athlete data in Results section - use "Declarations" tab only		Hand Timing scoring	Records				2023 AG %	EA No
1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.n)	Pts	Wind		M35-49	M50-59	M60-69	M70+		
1	1	Matt Hamilton	42	Cambridge & Coleridge AC	12.4	6			-	x	x	x	81.0	2874921
2	2	Shane Mcandrew	39	Newmarket/St Edmund Pacers	12.9	5			-	x	x	x	76.3	4050893
3	3	Julian Smith	57	Peterborough & Nene Valley	12.9	4			x	-	x	x	86.3	3017942
5	4	Liam O'Dell	35	West Norfolk AC	13.4	3			-	x	x	x	71.5	2768826
	5					2								
	6					1								
	7					0								
	8					0								
1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind			M50-59	M60-69	M70+	AG %	EA No
3	1	David Collier	59	Peterborough & Nene Valley	13.9	6			-	x	x	x	81.2	4165619
1	2	Keith Clarke	59	Cambridge & Coleridge AC	15.4	5			-	x	x	x	73.3	3090049
2	3	Mark Davies	58	Newmarket/St Edmund Pacers	15.8	4			-	x	x	x	70.9	3857450
5	4	Mark Garrett	54	West Norfolk AC	19.3	3			-	x	x	x	56.5	3821088
	5					2								
	6					1								
	7					0								
	8					0								

East - MEN - Match 3

1006	100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind
4	1	Richard Van Baaren	64	Ryston Runners	14.8	6	
1	2	Giulio Cinque	67	Cambridge & Coleridge AC	15.2	5	
3	3	Gerald Watson	63	Peterborough & Nene Valley	15.4	4	
5	4	Carl Pickett	61	West Norfolk AC	15.6	3	
2	5	Karl Bedingfield	63	Newmarket/St Edmund Pacers	18.2	2	
6	6	Barry Graves	68	Ely Runners	21.6	1	
	7					0	
	8					0	

1007	100m	100m M70+	RDA	Team	(NN.n)	Pts	Wind
4	1	Chris Palmer	74	Ryston Runners	15.4	6	
5	2	Ian Reeve	73	West Norfolk AC	16.4	5	
1	3	Martin Kilduff	76	Cambridge & Coleridge AC	18.0	4	
3	4	John Spriggs	73	Peterborough & Nene Valley	18.3	3	
2	5	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	20.3	2	
	6					1	
	7					0	
	8					0	

4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
1	1	Matt Hamilton	42	Cambridge & Coleridge AC	54.9	6
2	2	Shane Mcandrew	39	Newmarket/St Edmund Pacers	58.3	5
3	3	Julian Smith	57	Peterborough & Nene Valley	61.4	4
4	4	Andy Lucraft-Townley	44	Ryston Runners	68.1	3
5	5	Jamie Bransgrove	48	West Norfolk AC	73.5	2
	6					1
	7					0
	8					0

4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	58.9	6
2	2	Richard Defries	54	Newmarket/St Edmund Pacers	62.5	5
1	3	Nigel Blake	57	Cambridge & Coleridge AC	66.2	4
5	4	Mark Garrett	54	West Norfolk AC	79.8	3
6	5	Andrew Scarlett	65	Ely Runners	85.1	2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	79.0	4057115
-	x	78.5	2746270
-	x	75.4	3018181
-	x	73.4	3222109
-	x	63.8	3154731
-	x	55.6	3374018

M70+	AG %	EA No
-	81.4	3789982
-	75.9	2784076
-	70.7	4072548
-	68.0	3573756
-	64.0	3360499

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	83.5	2874921
-	x	x	x	77.1	4050893
x	-	x	x	82.4	3017942
-	x	x	x	68.2	4229882
-	x	x	x	64.8	3511602

M50-59	M60-69	M70+	AG %	EA No
-	x	x	82.5	3418825
-	x	x	79.4	3516414
-	x	x	76.5	4239664
-	x	x	62.2	3821088
x	-	x	62.8	3545623

East - MEN - Match 3

4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
3	1	Dave Knighton	64	Peterborough & Nene Valley	69.7	6
1	2	Paul Fletcher	62	Cambridge & Coleridge AC	70.0	5
6	3	Graham Chapman	70	Ely Runners	77.8	4
2	4	Karl Bedingfield	63	Newmarket/St Edmund Pacers	77.9	3
4	5	Anthony Savage	64	Ryston Runners	104.0	2
5	6	John Greenhalgh	60	West Norfolk AC	106.9	1
	7					0
	8					0

1Mile3	1Mile	1 Mile M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	Callum Stanforth	36	West Norfolk AC	04:44.5	6
1	2	Paul Shearer	35	Cambridge & Coleridge AC	04:56.5	5
4	3	Daniel Smith	42	Ryston Runners	05:05.0	4
3	4	Andrew Dobedoe	46	Peterborough & Nene Valley	05:20.6	3
2	5	Richard Defries	54	Newmarket/St Edmund Pacers	05:57.3	2
	6					1
	7					0
	8					0

1Mile5	1Mile	1 Mile M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
3	1	Andrew Preston	50	Peterborough & Nene Valley	05:19.7	6
5	2	Darren Easter	54	West Norfolk AC	05:33.5	5
1	3	Nigel Blake	57	Cambridge & Coleridge AC	05:37.7	4
2	4	Andy Fryatt	59	Newmarket/St Edmund Pacers	06:11.8	3
	5					2
	6					1
	7					0
	8					0

1Mile6	1Mile	1 Mile M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
1	1	Kevin Russell	63	Cambridge & Coleridge AC	05:30.2	6
2	2	Eamonn Coveney	63	Newmarket/St Edmund Pacers	05:55.2	5
5	3	Carl Pickett	61	West Norfolk AC	06:00.3	4
3	4	Sean Beard	60	Peterborough & Nene Valley	06:07.8	3
4	5	Anthony Savage	64	Ryston Runners	07:53.3	2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	76.2	2727820
-	x	74.8	3181429
x	LR	71.2	2759144
-	x	67.7	3154731
-	x	51.1	2781820
-	x	48.3	2675734

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	80.4	3236576
-	x	x	x	76.7	3339466
-	x	x	x	78.0	3964403
-	x	x	x	76.3	4233021
x	-	x	x	72.8	3516414

M50-59	M60-69	M70+	AG %	EA No
-	x	x	78.8	3567270
-	x	x	78.0	3433711
-	x	x	79.0	4239664
-	x	x	73.0	4000921

M60-69	M70+	AG %	EA No
-	x	85.3	3155077
-	x	79.3	3811388
-	x	76.7	3222109
-	x	72.1	2727741
-	x	60.0	2781820

East - MEN - Match 3

1Mile7	1Mile	I Mile M70+	RDA	Team	(NN:NN.n)	Pts
6	1	Graham Chapman	70	Ely Runners	06:18.1	6
1	2	Martin Kilduff	76	Cambridge & Coleridge AC	06:53.5	5
2	3	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	08:45.6	4
3	4	Peter Brantom	76	Peterborough & Nene Valley	09:46.3	3
	5					2
	6					1
	7					0
	8					0

HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Gavin Buffham	43	Ryston Runners	39.57	6
3	2	Mark Burbidge	52	Peterborough & Nene Valley	26.87	5
5	3	Adam Howard	47	West Norfolk AC	16.79	4
	4					3
	5					2
	6					1
	7					0
	8					0

HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	42.36	6
1	2	Alvaro Drake	58	Cambridge & Coleridge AC	23.47	5
5	3	Ricky Bailey	58	West Norfolk AC	11.90	4
	4					3
	5					2
	6					1
	7					0
	8					0

HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
3	1	Kevin Bates	74	Peterborough & Nene Valley	20.64	6
1	2	Ian Slack	65	Cambridge & Coleridge AC	19.13	5
6	3	Andrew Scarlett	65	Ely Runners	17.79	4
5	4	Greg Davis	64	West Norfolk AC	15.95	3
	5					2
	6					1
	7					0
	8					0

M70+	AG %	EA No
-	79.8	2759144
-	77.9	4072548
-	63.5	3360499
-	55.0	2970856

M35-49
-
x
-

AG %	EA No
50.8	3988576
-	3768315
22.8	3389235

M50-59
-
-
-

AG %	EA No
55.3	2666249
34.3	2746322
17.4	3696890

M60-69
x
-
-
-

AG %	EA No
-	3631212
29.0	3021705
27.0	3545623
23.7	2957061

East - MEN - Match 3

HT7	HT	Hammer M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
3	1	Timothy Needham	73	Peterborough & Nene Valley	26.55	6
1	2	Noel Moss	81	Cambridge & Coleridge AC	13.57	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Gavin Buffham	43	Ryston Runners	10.23	6
3	2	Mark Burbridge	52	Peterborough & Nene Valley	8.35	5
5	3	Adam Howard	47	West Norfolk AC	7.34	4
1	4	Keith Clarke	59	Cambridge & Coleridge AC	7.15	3
	5					2
	6					1
	7					0
	8					0

SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	11.82	6
1	2	Alvaro Drake	58	Cambridge & Coleridge AC	7.55	5
2	3	Andy Fryatt	59	Newmarket/St Edmund Pacers	6.91	4
5	4	Ricky Bailey	58	West Norfolk AC	6.60	3
	5					2
	6					1
	7					0
	8					0

SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
3	1	Kevin Bates	74	Peterborough & Nene Valley	9.28	6
1	2	Ian Slack	65	Cambridge & Coleridge AC	8.28	5
6	3	Andrew Scarlett	65	Ely Runners	6.63	4
5	4	Greg Davis	64	West Norfolk AC	6.23	3
	5					2
	6					1
	7					0
	8					0

M35-49
-
x
-
x

M50-59
-
-
-
-

M60-69
x
-
-
-

M70-79	AG %	EA No
-	-	2662164
x	-	2746489
AG %	EA No	
50.6	3988576	
-	3768315	
38.3	3389235	
-	3090049	
AG %	EA No	
59.3	2666249	
42.0	2746322	
39.1	4000921	
36.7	3696890	
AG %	EA No	
-	3631212	
47.2	3021705	
37.8	3545623	
34.9	2957061	

East - MEN - Match 3

SP7	SP	Shot M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts									
5	1	Ian Reeve	73	West Norfolk AC	9.31	6							-	-	2957061
3	2	Timothy Needham	73	Peterborough & Nene Valley	7.03	5							-	-	3631212
4	3	Jeffrey Reed	81	Ryston Runners	4.71	4							x	-	-
1	4	Noel Moss	81	Cambridge & Coleridge AC	4.68	3							x	-	3021705
	5					2									
	6					1									
	7					0									
	8					0									
LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No		
1	1	Ian Slack	65	Cambridge & Coleridge AC	3.95	6		x	x	-	x	65.2	3021705		
2	2	Andy Fryatt	59	Newmarket/St Edmund Pacers	3.74	5		x	-	x	x	57.3	4000921		
3	3	Dave Knighton	64	Peterborough & Nene Valley	3.13	4		x	x	-	x	51.0	2727820		
5	4	Jamie Bransgrove	48	West Norfolk AC	3.02	3		-	x	x	x	40.5	3511602		
	5					2									
	6					1									
	7					0									
	8					0									
LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No		
2	1	Richard Defries	54	Newmarket/St Edmund Pacers	4.17	6			-	x	x	60.1	3516414		
3	2	Andrew Stowe	51	Peterborough & Nene Valley	3.79	5			-	x	x	52.7	3418825		
1	3	Keith Clarke	59	Cambridge & Coleridge AC	3.64	4			-	x	x	55.7	3090049		
5	4	Mark Garrett	54	West Norfolk AC	2.76	3			-	x	x	39.8	3821088		
	5					2									
	6					1									
	7					0									
	8					0									
LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind			M60-69	M70+	AG %	EA No		
4	1	Richard Van Baaren	64	Ryston Runners	4.32	6				-	x	70.4	4057115		
1	2	David Van Den Bergh	61	Cambridge & Coleridge AC	4.09	5				-	x	64.2	3215013		
3	3	Gerald Watson	63	Peterborough & Nene Valley	3.92	4				-	x	63.1	3018181		
5	4	John Greenhalgh	60	West Norfolk AC	1.31	3				-	x	20.3	2675734		
	5					2									
	6					1									
	7					0									
	8					0									

East - MEN - Match 3

LJ7	LJ	Long Jump M70+	RDA	Team	(N.nn)	Pts	Wind
5	1	Ian Reeve	73	West Norfolk AC	3.96	6	
3	2	John Spriggs	73	Peterborough & Nene Valley	3.40	5	
4	3	Jeffrey Reed	81	Ryston Runners	1.23	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
4	1	Andy Lucraft-Townley	44	Ryston Runners	1.45	6
2	2	Shane Mcandrew	39	Newmarket/St Edmund Pacers	1.45	5
5	3	Jamie Bransgrove	48	West Norfolk AC	1.30	4
1	4	Chung Tu	42	Cambridge & Coleridge AC	1.25	3
	5					2
	6					1
	7					0
	8					0

HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Ian Slack	65	Cambridge & Coleridge AC	1.25	6
5	2	Ricky Bailey	58	West Norfolk AC	1.15	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
1	1	David Van Den Bergh	61	Cambridge & Coleridge AC	1.40	6
5	2	Ian Reeve	73	West Norfolk AC	1.25	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

	M70+	AG %	EA No
	LR	72.8	2784076
	-	62.5	3573756
	-	25.9	3114239

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	X	X	X	65.4	4229882
-	X	X	X	62.3	4050893
-	X	X	X	61.0	3511602
-	X	X	X	55.3	3181559

[illegible]

M60-69	M70+	AG %	EA No
LR=	x	75.0	3215013
x	LR	76.2	2784076

East - MEN - Match 3

R4224-3	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.n)	Pts
1	1	Rick Merrick	43	Cambridge & Coleridge AC	2:53.5	6
1a		Chung Tu	42			
1b		Matt Hamilton	42			
1c		Miguel Branco	45			
2	2	Shane Mcandrew	39	Newmarket/St Edmund Pacers	3:03.7	5
2a		Mark Davies	58			
2b		Phil Blundell	50			
2c		Richard Defries	54			
5	3	Jamie Bransgrove	48	West Norfolk AC	3:07.3	4
5a		Liam O'Dell	35			
5b		Callum Stanforth	36			
5c		Darren Easter	54			
3	4	Andrew Dobedoe	46	Peterborough & Nene Valley	3:16.7	3
3a		David Wassell	57			
3b		Gerald Watson	63			
3c		Andrew Preston	50			
	5					2
a						
b						
c						
R4224-5	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	3:09.2	6
3a		Dave Knighton	64			
3b		David Collier	59			
3c		Julian Smith	57			
1	2	Kevin Russell	63	Cambridge & Coleridge AC	3:18.4	5
1a		Giulio Cinque	67			
1b		Paul Fletcher	62			
1c		Nigel Blake	57			
2	3	Andy Fryatt	59	Newmarket/St Edmund Pacers	3:43.2	4
2a		Karl Bedingfield	63			
2b		Malcolm Osbourn	79			
2c		Eamonn Coveney	63			
5	4	Mark Garrett	54	West Norfolk AC	3:44.7	3
5a		Ricky Bailey	58			
5b		Carl Pickett	61			
5c		Greg Davis	64			

Rec
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3940398
3181559
2874921
2786715
4050893
3857450
3872653
3516414
3511602
2768826
3236576
3433711
4233021
2998156
3018181
3567270

Rec
-

3418825
2727820
4165619
3017942
3155077
2746270
3181429
4239664
4000921
3154731
3360499
3811388
3821088
3696890
3222109
2957061

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
165	400	Mark Davies	M55	West Suffolk / Pacers	72.9
7	400	David Van Der Burgh	M60	Cambridge & Coleridge	70.9
101	400	Barry Graves	M65	Ely	89.9
165	1 Mile	Mark Davies	M55	West Suffolk / Pacers	05:03.9
136	1 Mile	David Wassell	M55	PANVAC	05:27.4
165	1 Mile	Mark Davies	M55	West Suffolk / Pacers	06:31.4
137	1 Mile	Barry Warne	M65	PANVAC	06:53.3
162	100	Chung Tu	M40	Cambridge & Coleridge	12.4
164	100	Phil Blundell	M50	Newmarket Joggers	14.5
7	100	David Van Der Burgh	M60	Cambridge & Coleridge	14.7
		-	-	-	