

Insert non scoring results at the bottom						
EMAC Track & Field League			East Division - Match 3		Teams =	6
Kings Lynn			Wed	01 July 2026		Overall
O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
x	2	Newmarket/St Edmund Pacers	B	118.0	354.0	1
x	1	Peterborough & Nene Valley	C	148.0	353.0	2
x	3	Cambridge & Coleridge AC	A	91.0	314.0	3
x	4	Ryston Runners	D	71.0	223.0	4
x	5	West Norfolk AC	E	34.0	97.0	5
x	6	Ely Runners	F	27.0	61.0	6
x	7	Spare 8	H	0.0	0.0	7
x	7	Spare 7	G	0.0	0.0	7

Single letters
(A-H, x) only

RDA = Race Day Age

Do not insert athlete data in Results section - use "Declarations" tab only

Hand Timing scoring

1003	100m	100m W35-49 [W35+]	RDA	Team	(NN.n)	Pts	Wind
C	1	Claire Smith	50	Peterborough & Nene Valley	14.0	6	
B	2	Stacey Mockford	43	Newmarket/St Edmund Pacers	14.8	5	
E	3	Victoria Reed	46	West Norfolk AC	15.6	4	
A	4	Helen Zenner Branco	43	Cambridge & Coleridge AC	15.9	3	
D	5	Alicia Pentelow	35	Ryston Runners	18.3	2	
	6					1	
	7					0	
	8					0	
1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
C	1	Kelly Sutton	51	Peterborough & Nene Valley	14.6	6	
A	2	Sarah McGrath	53	Cambridge & Coleridge AC	18.6	5	
B	3	Dawn Mason	69	Newmarket/St Edmund Pacers	19.7	4	
E	4	Katrina Wastenev	54	West Norfolk AC	20.5	3	
D	5	Helen Driver	56	Ryston Runners	24.3	2	
	6					1	
	7					0	
	8					0	
1006	100m	100m W60-69 [W60+]	RDA	Team	(NN.n)	Pts	Wind
B	1	Elke Hausler	63	Newmarket/St Edmund Pacers	17.0	6	
C	2	Kay Gibson	60	Peterborough & Nene Valley	19.2	5	
A	3	Jane Packman	60	Cambridge & Coleridge AC	19.9	4	
F	4	Gwen Graves	66	Ely Runners	22.9	3	
D	5	Ceridwen Howell	69	Ryston Runners	26.9	2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			85.2
Athlete	Kelly Sutton	RDA	51
Club	Peterborough & Nene Valley		
Event	400m W50-59 [W50+]		
Result	65.4		
Format to suit the result			

Highest Field Age Graded % =			75.0
Athlete	Judith Jagger	RDA	65
Club	Peterborough & Nene Valley		
Event	High Jump W60-69 [W60+]		
Result	1.14		

Records				2023	EA No
W35-49	W50-59	W60-69	W70+	AG %	
x	LR=	x	x	82.9	3575627
-	x	x	x	74.3	2767217
-	x	x	x	72.1	4241944
-	x	x	x	69.1	2980300
-	x	x	x	57.6	3996784
	W50-59	W60-69	W70+	AG %	EA No
	-	x	x	80.1	2684036
	-	x	x	63.9	3671649
	x	-	x	68.8	2698800
	-	x	x	58.5	2981176
	-	x	x	50.1	3684430
	W60-69	W70+	AG %	EA No	
	-	x	75.9	3478624	
	-	x	65.5	2809087	
	-	x	63.2	3021683	
	-	x	57.7	3481608	
	-	x	50.4	3767668	

East - WOMEN - Match 3

1007	100m	100m W70+	RDA	Team	(NN.n)	Pts	Wind
B	1	Jane Wall	73	Newmarket/St Edmund Pacers	22.3	6	
D	2	Gill Hart	73	Ryston Runners	24.3	5	
C	3	Brenda Church	73	Peterborough & Nene Valley	25.6	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.n)	Pts
C	1	Claire Smith	50	Peterborough & Nene Valley	66.6	6
B	2	Catherine Peck	44	Newmarket/St Edmund Pacers	70.1	5
A	3	Helen Zenner Branco	43	Cambridge & Coleridge AC	71.2	4
D	4	Cat Foley-Wray	39	Ryston Runners	75.3	3
E	5	Kelly Watts	46	West Norfolk AC	87.8	2
	6					1
	7					0
	8					0

4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.n)	Pts
C	1	Kelly Sutton	51	Peterborough & Nene Valley	65.4	6
F	2	Marisa Jolley	50	Ely Runners	76.5	5
B	3	Carol Carter	55	Newmarket/St Edmund Pacers	83.6	4
A	4	Sarah Hames	58	Cambridge & Coleridge AC	88.2	3
E	5	Katrina Wasteney	54	West Norfolk AC	100.8	2
D	6	Elizabeth Blakie	68	Ryston Runners		1
	7					0
	8					0

4006	400m	400m W60-69 [W60+]	RDA	Team	(NN.n)	Pts
B	1	Christine Anthony	63	Newmarket/St Edmund Pacers	76.7	6
D	2	Linda Marshall	61	Ryston Runners	87.0	5
C	3	Betty Gash	67	Peterborough & Nene Valley	91.1	4
A	4	Jane Packman	60	Cambridge & Coleridge AC	91.2	3
F	5	Gwen Graves	66	Ely Runners	100.0	2
	6					1
	7					0
	8					0

1Mile3	1Mile	1Mile W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
C	1	Kayleigh Longfoot	35	Peterborough & Nene Valley	05:38.9	6
B	2	Stacey Mockford	43	Newmarket/St Edmund Pacers	06:03.1	5
D	3	Cat Foley-Wray	39	Ryston Runners	06:05.6	4
A	4	Helen Zenner Branco	43	Cambridge & Coleridge AC	06:31.7	3
	5					2
	6					1
	7					0
	8					0

W70+	AG %	EA No
-	63.0	3975635
-	57.8	2762611
-	54.8	3791652

W35-49	W50-59	W60-69	W70+	AG %	EA No
x	-	x	x	83.0	3575627
-	x	x	x	75.0	4048604
-	x	x	x	73.3	2980300
-	x	x	x	67.2	3975494
-	x	x	x	60.8	4133144

W50-59	W60-69	W70+	AG %	EA No
LR	x	x	85.2	2684036
-	x	x	72.2	4135970
-	x	x	69.2	3910961
-	x	x	67.5	4240849
-	x	x	56.8	2981176
				2781871

W60-69	W70+	AG %	EA No
-	x	81.8	2715397
-	x	70.6	2781803
-	x	72.0	3013691
-	x	66.6	3021683
-	x	64.8	3481608

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	76.3	3724573
-	x	x	x	75.4	2767217
-	x	x	x	72.7	3975494
-	x	x	x	69.9	2980300

East - WOMEN - Match 3

1Mile5	1Mile	1Mile W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
F	1	Marisa Jolley	50	Ely Runners	06:07.2	6
C	2	Elisabeth Sennitt Clough	51	Peterborough & Nene Valley	06:11.5	5
B	3	Carol Carter	55	Newmarket/St Edmund Pacers	06:19.2	4
A	4	Sarah Hames	58	Cambridge & Coleridge AC	06:49.5	3
E	5	Katrina Wasteney	54	West Norfolk AC	06:58.6	2
	6					1
	7					0
	8					0

1Mile6	1Mile	1Mile W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
C	1	Roslyn Loutit	62	Peterborough & Nene Valley	06:19.5	6
B	2	Elke Hausler	63	Newmarket/St Edmund Pacers	06:29.6	5
D	3	Linda Marshall	61	Ryston Runners	07:02.9	4
A	4	Jane Packman	60	Cambridge & Coleridge AC	07:23.9	3
	5					2
	6					1
	7					0
	8					0

1Mile7	1Mile	1Mile W70+	RDA	Team	(NN:NN.n)	Pts
B	1	Jane Wall	73	Newmarket/St Edmund Pacers	08:00.3	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

HT3	HT	Hammer W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
D	1	Zoe Fiander	37	Ryston Runners	22.56	6
C	2	Sally Pusey	58	Peterborough & Nene Valley	20.44	5
A	3	Lisa Teverson	58	Cambridge & Coleridge AC	18.98	4
B	4	Catherine Peck	44	Newmarket/St Edmund Pacers	16.13	3
E	5	Jen Gosnell	45	West Norfolk AC	14.12	2
F	6	Julie Smith	42	Ely Runners	13.97	1
	7					0
	8					0

HT5	HT	Hammer W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
C	1	Andrea Jenkins	50	Peterborough & Nene Valley	45.27	6
A	2	Sarah McGrath	53	Cambridge & Coleridge AC	31.99	5
B	3	Elke Hausler	63	Newmarket/St Edmund Pacers	13.79	4
E	4	Katrina Wasteney	54	West Norfolk AC	12.56	3
	5					2
	6					1
	7					0
	8					0

W50-59	W60+	W70+	AG %	EA No
-	x	x	78.7	4135970
-	x	x	78.4	3703928
-	x	x	79.4	3910961
-	x	x	75.5	4240849
-	x	x	71.3	2981176

W60+	W70+	AG %	EA No
-	x	84.5	3179638
-	x	83.1	3478624
-	x	75.1	2781803
-	x	70.9	3021683

W70+	AG %	EA No
-	74.8	3975635

W35-49	AG %	EA No
-	29.8	4086543
x	-	3565059
x	-	3979967
-	24.4	4048604
-	21.8	3976672
-	20.3	4126791

W50-59	W60-69	W70-74	AG %	EA No
LR	x	x	66.7	2768996
-	x	x	50.1	3671649
x	-	x	-	3478624
-	x	x	20.1	2981176

East - WOMEN - Match 3

HT6	HT	Hammer W60-69 (3Kg) [W60+]	RDA	Team	(NN.nn)	Pts
C	1	Judith Jagger	65	Peterborough & Nene Valley	23.42	6
B	2	Dawn Mason	69	Newmarket/St Edmund Pacers	20.91	5
D	3	Helen Reed	60	Ryston Runners	13.62	4
A	4	Joan Lasenby	66	Cambridge & Coleridge AC	13.03	3
	5					2
	6					1
	7					0
	8					0

HT7	HT	Hammer W70-74 (3Kg) [W70+]	RDA	Team	(NN.nn)	Pts
D	1	Marlene Simmonds	80	Ryston Runners	14.36	6
C	2	Brenda Church	73	Peterborough & Nene Valley	12.20	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

SP3	SP	Shot W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
C	1	Andrea Jenkins	50	Peterborough & Nene Valley	9.16	6
A	2	Sara Dodd	48	Cambridge & Coleridge AC	8.68	5
E	3	Niamh Allitt	44	West Norfolk AC	7.89	4
B	4	Catherine Peck	44	Newmarket/St Edmund Pacers	6.89	3
D	5	Zoe Fiander	37	Ryston Runners	6.19	2
F	6	Debbie Abraham	45	Ely Runners	5.73	1
	7					0
	8					0

SP5	SP	Shot W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
A	1	Sarah McGrath	53	Cambridge & Coleridge AC	10.39	6
C	2	Sally Pusey	58	Peterborough & Nene Valley	6.39	5
E	3	Katrina Wasteney	54	West Norfolk AC	5.52	4
B	4	Eloise Bird	58	Newmarket/St Edmund Pacers	4.51	3
D	5	Helen Driver	56	Ryston Runners	3.94	2
	6					1
	7					0
	8					0

SP6	SP	Shot W60-69 [W60+] (3Kg)	RDA	Team	(NN.nn)	Pts
C	1	Judith Jagger	65	Peterborough & Nene Valley	8.54	6
B	2	Dawn Mason	69	Newmarket/St Edmund Pacers	6.03	5
A	3	Pamela Abbott	63	Cambridge & Coleridge AC	5.84	4
D	4	Helen Reed	60	Ryston Runners	4.28	3
	5					2
	6					1
	7					0
	8					0

W60-69	W70-74	AG %	EA No
-	x	47.8	2676481
-	x	47.1	2698800
-	x	24.8	3301578
-	x	27.2	2746434

W70-74	AG %	EA No
x	-	2781826
-	30.5	3791652

W35-49	AG %	EA No
x	-	2768996
-	51.7	4237740
-	44.1	3908679
-	38.5	4048604
-	31.1	4086543
-	32.5	3961639

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	58.3	3671649
-	x	x	39.2	3565059
-	x	x	31.5	2981176
-	x	x	27.7	2715426
-	x	x	23.3	3684430

W60-69	W70-74	AG %	EA No
-	x	60.1	2676481
-	x	46.2	2698800
-	x	39.4	3191121
-	x	27.3	3301578

East - WOMEN - Match 3

SP7	SP	Shot W70-74 [W70+] (3Kg)	RDA	Team	(NN.nn)	Pts								
D	1	Marlene Simmonds	80	Ryston Runners		5.62	6					x	46.1	2781826
C	2	Brenda Church	73	Peterborough & Nene Valley		4.23	5					-	35.5	3791652
	3						4							
	4						3							
	5						2							
	6						1							
	7						0							
	8						0							
LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind	W35-49	W50-59	W60+	W70+	AG %	EA No	
C	1	Samantha Eve Marsh	36	Peterborough & Nene Valley		3.79	6	-	x	x	x	53.3	2684034	
E	2	Victoria Reed	46	West Norfolk AC		3.72	5	-	x	x	x	58.5	4241944	
F	3	Laura Todd	36	Ely Runners		3.40	4	-	x	x	x	47.8	4150243	
B	4	Stacey Mockford	43	Newmarket/St Edmund Pacers		3.29	3	-	x	x	x	50.0	2767217	
A	5	Sara Dodd	48	Cambridge & Coleridge AC		2.59	2	-	x	x	x	41.7	4237740	
	6						1							
	7						0							
	8						0							
LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind	W50-59	W60+	W70+	AG %	EA No		
A	1	Esther van Sluijs	50	Cambridge & Coleridge AC		3.28	6	-	x	x	54.0	4130065		
C	2	Betty Gash	67	Peterborough & Nene Valley		2.24	5	x	-	x	45.7	3013691		
B	3	Carol Carter	55	Newmarket/St Edmund Pacers		2.14	4	-	x	x	37.4	3910961		
D	4	Helen Driver	56	Ryston Runners		1.91	3	-	x	x	33.8	3684430		
	5						2							
	6						1							
	7						0							
	8						0							
LJ6	LJ	Long Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind	W60+	W70+	AG %	EA No			
C	1	Judith Jagger	65	Peterborough & Nene Valley		3.45	6	-	x	68.5	2676481			
A	2	Pamela Abbott	63	Cambridge & Coleridge AC		2.54	5	-	x	49.1	3191121			
D	3	Elizabeth Blakie	68	Ryston Runners		2.45	4	-	x	50.6	2781871			
B	4	Dawn Mason	69	Newmarket/St Edmund Pacers		2.27	3	-	x	47.6	2698800			
	5						2							
	6						1							
	7						0							
	8						0							
LJ7	LJ	Long Jump W70+	RDA	Team	(N.nn)	Pts	Wind	W70+	AG %	EA No				
B	1	Jane Wall	73	Newmarket/St Edmund Pacers		1.61	6	-	35.7	3975635				
C	2	Brenda Church	73	Peterborough & Nene Valley		1.56	5	-	34.6	3791652				
	3						4							
	4						3							
	5						2							
	6						1							
	7						0							
	8						0							

East - WOMEN - Match 3

HJ3	HJ	High Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts
C	1	Samantha Eve Marsh	36	Peterborough & Nene Valley	1.21	6
F	2	Laura Todd	36	Ely Runners	1.18	5
A	3=	Sara Dodd	48	Cambridge & Coleridge AC	1.12	4
B	3=	Catherine Peck	44	Newmarket/St Edmund Pacers	1.12	4
	5					3
	6					2
	7					1
	8					-1

HJ5	HJ	High Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts
A	1=	Esther van Sluijs	50	Cambridge & Coleridge AC	1.05	6
B	1=	Eloise Bird	58	Newmarket/St Edmund Pacers	1.05	6
C	3	Andrea Jenkins	50	Peterborough & Nene Valley	0.99	4
	4					3
	5					2
	6					1
	7					0
	8					0

HJ6	HJ	High Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts
C	1	Judith Jagger	65	Peterborough & Nene Valley	1.14	6
A	2	Pamela Abbott	63	Cambridge & Coleridge AC	0.96	5
B	3	Dawn Mason	69	Newmarket/St Edmund Pacers	0.90	4
	4					3
	5					2
	6					1
	7					0
	8					0

R4224-3	MedR	Relay 4224 W35-49 [W35+]	RDA	Team	(N:NN.n)	Pts
C	1	Kayleigh Longfoot	35	Peterborough & Nene Valley	3:26.6	6
Ca		Betty Gash	67	Peterborough & Nene Valley		
Cb		Samantha Eve Marsh	36	Peterborough & Nene Valley		
Cc		Claire Smith	50	Peterborough & Nene Valley		
B	2	Catherine Peck	44	Newmarket/St Edmund Pacers	3:50.3	5
Ba		Stacey Mockford	43	Newmarket/St Edmund Pacers		
Bb		Eloise Bird	58	Newmarket/St Edmund Pacers		
Bc		Carol Carter	55	Newmarket/St Edmund Pacers		
D	3	Cat Foley-Wray	39	Ryston Runners	4:04.0	4
Da		Zoe Fiander	37	Ryston Runners		
Db		Linda Marshall	61	Ryston Runners		
Dc		Alicia Pentelow	35	Ryston Runners		
E	4	Victoria Reed	46	West Norfolk AC	4:04.5	3
Ea		Kelly Watts	46	West Norfolk AC		
Eb		Jen Gosnell	45	West Norfolk AC		
Ec		Katrina Wasteney	54	West Norfolk AC		
A	5	Helen Zenner Branco	43	Cambridge & Coleridge AC	4:46.7	2
Aa		Sara Dodd	48	Cambridge & Coleridge AC		
Ab		Pamela Abbott	63	Cambridge & Coleridge AC		
Ac		Joan Lasenby	66	Cambridge & Coleridge AC		

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	59.7	2684034
-	x	x	x	58.2	4150243
-	x	x	x	62.1	4237740
-	x	x	x	59.7	4048604

W50-59	W60-69	W70+	AG %	EA No
-	x	x	59.4	4130065
-	x	x	64.4	2715426
-	x	x	56.0	2768996

W60-69	W70+	AG %	EA No
-	x	75.0	2676481
-	x	61.9	3191121
-	x	61.7	2698800

Rec

-

3724573
3013691
2684034
3575627
4048604
2767217
2715426
3910961
3975494
4086543
2781803
3996784
4241944
4133144
3976672
2981176
2980300
4237740
3191121
2746434

East - WOMEN - Match 3

R4224-5	MedR	Relay 4224 W50+	RDA	Team	(N:NN.n)	Pts
C	1	Elisabeth Sennitt Clough	51	Peterborough & Nene Valley	3:48.3	6
Ca		Kelly Sutton	51	Peterborough & Nene Valley		
Cb		Kay Gibson	60	Peterborough & Nene Valley		
Cc		Roslyn Loutit	62	Peterborough & Nene Valley		
B	2	Elke Hausler	63	Newmarket/St Edmund Pacers	4:12.6	5
Ba		Jane Wall	73	Newmarket/St Edmund Pacers		
Bb		Dawn Mason	69	Newmarket/St Edmund Pacers		
Bc		Christine Anthony	63	Newmarket/St Edmund Pacers		
A	3	Sarah Hames	58	Cambridge & Coleridge AC	4:22.3	4
Aa		Esther van Sluijs	50	Cambridge & Coleridge AC		
Ab		Sarah McGrath	53	Cambridge & Coleridge AC		
Ac		Jane Packman	60	Cambridge & Coleridge AC		
D	4	Elizabeth Blakie	68	Ryston Runners	5:55.5	3
Da		Helen Reed	60	Ryston Runners		
Db		Gill Hart	73	Ryston Runners		
Dc		Helen Driver	56	Ryston Runners		
	5					2
a						
b						
c						

Rec
-

3703928
2684036
2809087
3179638
3478624
3975635
2698800
2715397
4240849
4130065
3671649
3021683
2781871
3301578
2762611
3684430

Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib No.	Event	Name	AG	1st Claim Club	Result
102	400	Alicia Penelton	W35	Ryston	84.5
102	1 Mile	Alicia Penelton	W35	Ryston	07:07.9
100	HJ	Debbie Abraham	W45	Ely	1.03
100	LJ	Debbie Abraham	W45	Ely	2.41
999	1 Mile	Wendy Fisher	W60	Ryston	08:25.4
		-	-	-	