

South - WOMEN - Match 2

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 2		Teams =	6
Thurrock			Wed	03 June 2026		Overall
						Match Scores
O/A	Pos	Women's Teams	Bib	Match 2 Points	Final	Pos
x	1	Thurrock/Loughton AC's	E	133.0	255.0	1
x	2	Colchester Harriers AC	C	93.0	189.0	2
x	3	Chelmsford AC	A	85.0	187.0	3
x	4	Colchester & Tendering/Ipswich H	D	66.0	137.0	4
x	5	City of Southend AC	B	6.0	29.0	5
x	6	Spare 8	H	0.0	0.0	6
x	6	Spare 6	F	0.0	0.0	6
x	6	Spare 7	G	0.0	0.0	6

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

2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.n)	Pts	Wind
E	1	Natalie Le Beau	37	Thurrock/Loughton AC's	29.0	6	
D	2	Louise Brydon	40	Colchester & Tendering/Ipswich H	30.7	5	
C	3	Rowena de Belligny	45	Colchester Harriers AC	34.3	4	
A	4	Janine Phillips	44	Chelmsford AC	34.8	3	
	5					2	
	6					1	
	7					0	
	8					0	

2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	34.9	6	
C	2	Kate Sandercock	54	Colchester Harriers AC	35.7	5	
E	3	Jodie Farrell	60	Thurrock/Loughton AC's	40.5	4	
A	4	Carol Morris	59	Chelmsford AC	43.9	3	
	5					2	
	6					1	
	7					0	
	8					0	

2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Janice Nottingham	64	Colchester & Tendering/Ipswich H	34.4	6	
A	2	Caroline Horden	60	Chelmsford AC	39.8	5	
C	3	Susan Begent	61	Colchester Harriers AC	43.8	4	
E	4	Gloria Bullen	70	Thurrock/Loughton AC's	48.8	3	
B	5	Marion Matthews-Smith	71	City of Southend AC	52.8	2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			85.4
Athlete	Zoe Oldfield	RDA	49
Club	Thurrock/Loughton AC's		
Event	3000m W35-49 [W35+]		
Result	10:47.10		
Format to suit the result			

Highest Field Age Graded % =				69.1
Athlete	Silvie Snaselova	RDA		51
Club	Colchester & Tendering/Ipswich H			
Event	Triple Jump W50-59 [W50+]			
Result	8.78			

Records				2023	EA No
W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	74.2	2800655
-	x	x	x	71.7	4001655
-	x	x	x	66.7	3758780
-	x	x	x	65.2	3130929

W50-59	W60-69	W70+	AG %	EA No
-	x	x	68.8	4134529
-	x	x	69.0	2710816
x	-	x	64.0	3217409
-	x	x	58.5	3661223

W60-69	W70+	AG %	EA No
-	x	78.0	3653619
-	x	65.1	3421411
-	x	59.7	3368658
x	-	58.1	4016532
x	-	54.2	3596410

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8003	800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Zoe Oldfield	49	Thurrock/Loughton AC's	02:40.1	6
C	2	Ellie Cumner	45	Colchester Harriers AC	03:01.4	5
D	3	Katie Holmes	41	Colchester & Tendering/Ipswich H	03:13.4	4
A	4	Janine Phillips	44	Chelmsford AC	03:48.9	3
	5					2
	6					1
	7					0
	8					0

8005	800m	800m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
C	1	Kate Sandercock	54	Colchester Harriers AC	03:04.4	6
E	2	Lorna Gaffney	58	Thurrock/Loughton AC's	03:21.4	5
A	3	Lorraine Cowley	58	Chelmsford AC	03:50.0	4
	4					3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
A	1	Caroline Horden	60	Chelmsford AC	03:01.2	6
E	2	Anne Heeks	66	Thurrock/Loughton AC's	03:38.8	5
C	3	Diane Wooller	72	Colchester Harriers AC	03:52.4	4
	4					3
	5					2
	6					1
	7					0
	8					0

30003	3000m	3000m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Zoe Oldfield	49	Thurrock/Loughton AC's	10:47.1	6
D	2	Katie Holmes	41	Colchester & Tendering/Ipswich H	13:33.9	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30005	3000m	3000m W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
C	1	Annette Oakman	53	Colchester Harriers AC	12:33.7	6
E	2	Lorna Gaffney	58	Thurrock/Loughton AC's	13:38.9	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	80.1	4030893
-	x	x	x	68.4	2976566
-	x	x	x	62.1	3139512
-	x	x	x	53.7	3130929

W50-59	W60+	W70+	AG %	EA No
-	x	x	72.7	2710816
-	x	x	69.0	2967666
-	x	x	60.5	4204394

W60+	W70+	AG %	EA No
-	x	78.2	3421411
-	x	68.8	2900806
x	-	69.2	2754699

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	85.4	4030893
-	x	x	x	63.2	3139512

W50-59	W60+	W70+	AG %	EA No
-	x	x	76.2	2717127
-	x	x	73.8	2967666

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30006	3000m	3000m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
A	1	Caroline Horden	60	Chelmsford AC	12:11.7	6
C	2	Margaret Deasy	62	Colchester Harriers AC	12:47.5	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m W70+	RDA	Team	(NN:NN.n)	Pts
C	1	Diane Wooller	72	Colchester Harriers AC	15:27.2	6
E	2	Gloria Bullen	70	Thurrock/Loughton AC's	16:51.6	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

2KWA	2000mW	2km Walk 'A' [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Melanie Peddle	57	Thurrock/Loughton AC's	10:38.9	6
A	2	Caroline Horden	60	Chelmsford AC	13:01.4	5
C	3	Susan Begent	61	Colchester Harriers AC	14:58.1	4
D	4	Katie Holmes	41	Colchester & Tendering/Ipswich H	15:34.1	3
	5					2
	6					1
	7					0
	8					0

2KWB	2000mW	2km Walk 'B' [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Anne Heeks	66	Thurrock/Loughton AC's	14:17.1	6
C	2	Diane Wooller	72	Colchester Harriers AC	15:38.0	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts
C	1	Rowena de Belligny	45	Colchester Harriers AC	25.04	6
E	2	Caroline Drewitt	35	Thurrock/Loughton AC's	22.57	5
A	3	Carol Morris	59	Chelmsford AC	12.80	4
D	4	Louise Brydon	40	Colchester & Tendering/Ipswich H	11.20	3
	5					2
	6					1
	7					0
	8					0

W60+	W70+	AG %	EA No
-	x	84.4	3421411
-	x	82.2	2754542

W70+	AG %	EA No
-	76.7	2754699
-	68.5	4016532

W35-49	W50-59	W60-69	W70+	EA No
x	-	x	x	3470739
x	x	-	x	3421411
x	x	-	x	3368658
-	x	x	x	3139512

W35-49	W50-59	W60-69	W70+	EA No
x	x	-	x	2900806
x	x	x	-	2754699

W35-49	AG %	EA No
-	43.3	3758780
-	32.0	3369638
x	-	3661223
-	17.5	4001655

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JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	21.34	6
E	2	Sue Lawrence	55	Thurrock/Loughton AC's	19.76	5
A	3	Lorraine Cowley	58	Chelmsford AC	9.94	4
C	4	Kate Sandercock	54	Colchester Harriers AC	9.94	3
	5					2
	6					1
	7					0
	8					0

JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	71	Chelmsford AC	14.80	6
E	2	Jill Boosey	62	Thurrock/Loughton AC's	13.50	5
B	3	Marion Matthews-Smith	71	City of Southend AC	10.44	4
C	4	Susan Begent	61	Colchester Harriers AC	6.47	3
D	5	Janice Nottingham	64	Colchester & Tendering/Ipswich H	5.32	2
	6					1
	7					0
	8					0

DT3	DT	Discus W35-49 [W35+] (1Kg)	RDA	Team	(NN.nn)	Pts
E	1	Caroline Drewitt	35	Thurrock/Loughton AC's	31.89	6
D	2	Carey Hollick	55	Colchester & Tendering/Ipswich H	19.22	5
C	3	Rowena de Belligny	45	Colchester Harriers AC	14.13	4
A	4	Janine Phillips	44	Chelmsford AC	13.10	3
	5					2
	6					1
	7					0
	8					0

DT5	DT	Discus W50-59 [W50+] (1Kg)	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	24.35	6
A	2	Carol Morris	59	Chelmsford AC	16.31	5
D	3	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	15.34	4
C	4	Kate Sandercock	54	Colchester Harriers AC	10.78	3
	5					2
	6					1
	7					0
	8					0

DT6	DT	Discus W60-69 [W60+] (1Kg)	RDA	Team	(NN.nn)	Pts
E	1	Jill Boosey	62	Thurrock/Loughton AC's	14.48	6
C	2	Susan Begent	61	Colchester Harriers AC	10.31	5
A	3	Clare St John-Coleman	65	Chelmsford AC	9.94	4
	4					3
	5					2
	6					1
	7					0
	8					0

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	38.1	4134529
-	x	x	38.5	2800620
-	x	x	20.7	4204394
-	x	x	18.9	2710816

W60-69	W70-74	AG %	EA No
-	-	42.0	2717141
-	x	30.8	2991112
-	-	29.6	3596410
-	x	14.4	3368658
-	x	12.7	3653619

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	44.6	3369638
x	-	x	x	38.5	3349215
-	x	x	x	23.3	3758780
-	x	x	x	21.2	3130929

W50-59	W60+	W70+	AG %	EA No
-	x	x	48.7	2800620
-	x	x	35.5	3661223
-	x	x	28.3	4134529
-	x	x	21.1	2710816

W60+	W70+	AG %	EA No
-	x	33.6	2991112
-	x	23.4	3368658
-	x	24.7	2717154

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DT7	DT	Discus W70-74 [W70+] (1Kg)	RDA	Team	(NN.nn)	Pts								
A	1	Shirley Quinn	70	Chelmsford AC	23.24	6								
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	13.90	5								
C	3	Diane Wooller	72	Colchester Harriers AC	9.90	4								
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
TJ3	TJ	Triple Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind	W35-49	W50-59	W60-69	W70+	AG %	EA No	
E	1	Natalie Le Beau	37	Thurrock/Loughton AC's	9.33	6		-	x	x	x	61.3	2800655	
D	2	Kate Heap	40	Colchester & Tendering/Ipswich H	8.07	5		-	x	x	x	55.1	4151065	
A	3	Janine Phillips	44	Chelmsford AC	5.99	4		-	x	x	x	43.0	3130929	
C	4	Rowena de Belligny	45	Colchester Harriers AC	5.99	3		-	x	x	x	43.6	3758780	
	5					2								
	6					1								
	7					0								
	8					0								
TJ5	TJ	Triple Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind		W50-59	W60-69	W70+	AG %	EA No	
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	8.78	6			-	x	x	69.1	4134529	
A	2	Carol Morris	59	Chelmsford AC	4.49	5			-	x	x	39.3	3661223	
E	3	Jodie Farrell	60	Thurrock/Loughton AC's	4.47	4			x	-	x	39.6	3217409	
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind			W60-69	W70+	AG %	EA No	
E	1	Anne Heeks	66	Thurrock/Loughton AC's	3.67	6				-	x	35.3	2900806	
	2					5								
	3					4								
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts		W35-49	W50-59	W60-69	W70+	AG %	EA No	
a	1	Janine Phillips	44	Chelmsford AC		5							3130929	
c	1	Rowena de Belligny	45	Colchester Harriers AC		5							3758780	
e	1	Claire Brennan	45	Thurrock/Loughton AC's		5							2667112	
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								

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PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
X	1	No Competitor	0	No Team		6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

PV6	PV	Pole Vault - W60-69 [W60+]	RDA	Team	(N.nn)	Pts
e	1	Barbara Higgins	71	Thurrock/Loughton AC's		6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

R4x1-35	MedR	Relay 4x1 W35-49 [W35+]	RDA	Team	(NN.n)	Pts
D	1	Kate Heap	40	Colchester & Tendering/Ipswich H	60.0	6
Da		Katie Holmes	41			
Db		Silvie Snaselova	51			
Dc		Louise Brydon	40			
E	2	Natalie Le Beau	37	Thurrock/Loughton AC's	63.9	5
Ea		Lorna Gaffney	58			
Eb		Zoe Oldfield	49			
Ec		Claire Brennan	45			
A	3	Janine Phillips	44	Chelmsford AC	72.0	4
Aa		Lorraine Cowley	58			
Ab		Caroline Horden	60			
Ac		Carol Morris	59			
C	4	Ellie Cumner	45	Colchester Harriers AC	75.7	3
Ca		Rowena de Belligny	45			
Cb		Kate Sandercock	54			
Cc		Susan Begent	61			
	5					2
a						
b						
c						

R4x1-50	MedR	Relay 4x1 W50+	RDA	Team	(NN.n)	Pts
E	1	Melanie Peddle	57	Thurrock/Loughton AC's	87.5	6
Ea		Anne Heeks	66			
Eb		Gloria Bullen	70			
Ec		Jodie Farrell	60			
	2					5

W50-59	W60-69	W70+	AG %	EA No
				x

W60-69	W70+	AG %	EA No
			2667112

Rec

-

4151065
3139512
4134529
4001655
2800655
2967666
4030893
2667112
3130929
4204394
3421411
3661223
2976566
3758780
2710816
3368658

Rec

-

3470739
2900806
4016532
3217409

a			
b			
c			

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
45	JT	Claire Brennan	W35	Thurrock Harriers AC	18.68
64	200m	Lorraine Cowley	W50	Billericay Striders	40.3
		-	-	-	