

South - WOMEN - Match 3

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 3		Teams =	6
Chelmsford			Wed	01 July 2026		Overall
O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
x	1	Thurrock/Loughton AC's	E	136.0	391.0	1
x	2	Chelmsford AC	A	89.0	276.0	2
x	3	Colchester Harriers AC	C	84.0	273.0	3
x	4	Colchester & Tendering/Ipswich H	D	81.0	218.0	4
x	5	City of Southend AC	B	25.0	54.0	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

1003	100m	100m W35-49 [W35+]	RDA	Team	(NN.n)	Pts	Wind
E	1	Natalie Le Beau	37	Thurrock/Loughton AC's	13.6	6	
D	2	Louise Brydon	40	Colchester & Tendering/Ipswich H	13.7	5	
C	3	Rowena de Belligny	45	Colchester Harriers AC	16.1	4	
A	4	Laura Durn	49	Chelmsford AC	17.5	3	
	5					2	
	6					1	
	7					0	
	8					0	

1005	100m	100m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
C	1	Kate Sandercock	55	Colchester Harriers AC	16.8	6	
A	2	Nicola Hewitt	52	Chelmsford AC	18.3	5	
D	3	Rachel Newenham	54	Colchester & Tendering/Ipswich H	18.4	4	
E	4	Lorna Gaffney	58	Thurrock/Loughton AC's	19.2	3	
	5					2	
	6					1	
	7					0	
	8					0	

1006	100m	100m W60-69 [W60+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Janice Nottingham	64	Colchester & Tendering/Ipswich H	15.7	6	
A	2	Clare St John-Coleman	65	Chelmsford AC	16.3	5	
B	3	Jill Kent	68	City of Southend AC	18.6	4	
E	4	Anne Heeks	66	Thurrock/Loughton AC's	20.6	3	
C	5	Susan Begent	61	Colchester Harriers AC	21.1	2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			82.8
Athlete	Janice Nottingham	RDA	64
Club	Colchester & Tendering/Ipswich H		
Event	100m W60-69 [W60+]		
Result	48:00.00		
Format to suit the result			

Highest Field Age Graded % =			73.0
Athlete	Emily McMahon	RDA	76
Club	Thurrock/Loughton AC's		
Event	Long Jump W70+		
Result	3.15		

Records				2023	EA No
W35-49	W50-59	W60-69	W70+	AG %	
-	x	x	x	77.5	2800655
-	x	x	x	78.4	4001655
-	x	x	x	69.3	3758780
-	x	x	x	65.8	3192921

W50-59	W60-69	W70+	AG %	EA No
-	x	x	71.9	2710816
-	x	x	64.4	4036272
-	x	x	65.1	4045660
-	x	x	64.5	2967666

W60-69	W70+	AG %	EA No
-	x	82.8	3653619
-	x	80.4	2717154
-	x	72.3	2918300
-	x	64.2	2900806
-	x	60.1	3368658

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1007	100m	100m W70+	RDA	Team	(NN.n)	Pts	Wind
E	1	Emily McMahon	76	Thurrock/Loughton AC's	17.5	6	
B	2	Marion Matthews-Smith	71	City of Southend AC	23.5	5	
	3					4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

4003	400m	400m W35-49 [W35+]	RDA	Team	(NN.n)	Pts
D	1	Kate Heap	41	Colchester & Tendering/Ipswich H	67.3	6
E	2	Claire Brennan	45	Thurrock/Loughton AC's	69.4	5
A	3	Laura Durn	49	Chelmsford AC	72.7	4
C	4	Rowena de Belligny	45	Colchester Harriers AC	74.8	3
	5					2
	6					1
	7					0
	8					0

4005	400m	400m W50-59 [W50+]	RDA	Team	(NN.n)	Pts
C	1	Kate Sandercock	55	Colchester Harriers AC	79.9	6
A	2	Anna Nuttall	53	Chelmsford AC	84.7	5
E	3	Lorna Gaffney	58	Thurrock/Loughton AC's	85.5	4
B	4	Vanessa Mathers	59	City of Southend AC	88.4	3
D	5	Rachel Newenham	54	Colchester & Tendering/Ipswich H	89.3	2
	6					1
	7					0
	8					0

4006	400m	400m W60-69 [W60+]	RDA	Team	(NN.n)	Pts
D	1	Janice Nottingham	64	Colchester & Tendering/Ipswich H	85.9	6
E	2	Anne Heeks	66	Thurrock/Loughton AC's	89.5	5
C	3	Susan Begent	61	Colchester Harriers AC	92.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

1Mile3	1Mile	1Mile W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
C	1	Ellie Cumner	45	Colchester Harriers AC	06:25.9	6
A	2	Laura Durn	49	Chelmsford AC	06:37.8	5
E	3	Kristina Siupsinskaite	47	Thurrock/Loughton AC's	06:38.8	4
D	4	Katie Holmes	41	Colchester & Tendering/Ipswich H	06:55.0	3
	5					2
	6					1
	7					0
	8					0

W70+	AG %	EA No
-	82.4	2900898
-	58.7	3596410

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	76.3	4151065
-	x	x	x	76.4	2667112
-	x	x	x	75.4	3192921
-	x	x	x	70.8	3758780

W50-59	W60-69	W70+	AG %	EA No
-	x	x	72.4	2710816
-	x	x	67.0	4120398
-	x	x	69.6	2967666
-	x	x	68.0	2984207
-	x	x	64.2	4045660

W60-69	W70+	AG %	EA No
-	x	73.8	3653619
-	x	72.4	2900806
-	x	66.7	3368658

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	72.0	2976566
-	x	x	x	72.0	3192921
-	x	x	x	70.7	4127953
-	x	x	x	65.0	3139512

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1Mile5	1Mile	1Mile W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts
C	1	Annette Oakman	53	Colchester Harriers AC	06:03.5	6
A	2	Anna Nuttall	53	Chelmsford AC	06:38.0	5
E	3	Lorna Gaffney	58	Thurrock/Loughton AC's	06:52.2	4
B	4	Vanessa Mathers	59	City of Southend AC	06:57.1	3
D	5	Rachel Newenham	54	Colchester & Tendering/Ipswich H	08:04.6	2
	6					1
	7					0
	8					0

1Mile6	1Mile	1Mile W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
C	1	Susan Begent	61	Colchester Harriers AC	07:22.2	6
E	2	Jean Hobbs	77	Thurrock/Loughton AC's	09:09.6	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

1Mile7	1Mile	1Mile W70+	RDA	Team	(NN:NN.n)	Pts
E	1	Gloria Bullen	70	Thurrock/Loughton AC's	08:48.6	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.n)	Pts
D	1	Kate Heap	41	Colchester & Tendering/Ipswich H	79.1	6
E	2	Mary Knapman	47	Thurrock/Loughton AC's	90.8	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.n)	Pts
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	62.2	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

W50-59	W60+	W70+	AG %	EA No
-	X	X	81.4	2717127
-	X	X	74.4	4120398
-	X	X	75.0	2967666
-	X	X	74.8	2984207
-	X	X	61.6	4045660

W60+	W70+	AG %	EA No
-	x	71.9	3368658
x	-	69.0	2792223

[illegible][illegible][illegible]

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300H6	LH	300mH W60-69 (68.6cm)	RDA	Team	(NN.n)	Pts
X	1	No Competitor	0	No Team		6
	2					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	24.47	6
E	2	Caroline Drewitt	35	Thurrock/Loughton AC's	19.82	5
D	3	Katie Holmes	41	Colchester & Tendering/Ipswich H	14.54	4
A	4	Carol Morris	59	Chelmsford AC	13.72	3
	5					2
	6					1
	7					0
	8					0

JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	22.14	6
E	2	Sue Lawrence	55	Thurrock/Loughton AC's	18.40	5
A	3	Nicola Hewitt	52	Chelmsford AC	12.62	4
C	4	Kate Sandercock	55	Colchester Harriers AC	10.24	3
	5					2
	6					1
	7					0
	8					0

JT6	JT	Javelin W60-74 [W60+] (500gm)	RDA	Team	(NN.nn)	Pts
E	1	Jill Boosey	62	Thurrock/Loughton AC's	13.12	6
C	2	Suzanne King	72	Colchester Harriers AC	7.34	5
A	3	Tracy Minton	65	Chelmsford AC	7.31	4
	4					3
	5					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	32.80	6
C	2	Rowena de Belligny	45	Colchester Harriers AC	15.79	5
A	3	Nicola Hewitt	52	Chelmsford AC	14.81	4
D	4	Katie Holmes	41	Colchester & Tendering/Ipswich H	13.84	3
	5					2
	6					1
	7					0
	8					0

W60-69	AG %	EA No
		x

W35-49	AG %	EA No
-	42.3	3758780
-	28.1	3369638
-	23.2	3139512
x	-	3661223

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	39.6	4134529
-	x	x	35.8	2800620
-	x	x	23.0	4036272
-	x	x	19.9	2710816

W60-69	W70-74	AG %	EA No
-	x	29.9	2991112
-	-	21.4	4139982
-	x	17.9	3374348

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	45.9	3369638
-	x	x	x	26.0	3758780
x	-	x	x	27.9	4036272
-	x	x	x	21.2	3139512

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DT5	DT	Discus W50-59 [W50+] (1Kg)	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	22.96	6
D	2	Carey Hollick	55	Colchester & Tendering/Ipswich H	17.33	5
A	3	Carol Morris	59	Chelmsford AC	13.96	4
C	4	Kate Sandercock	55	Colchester Harriers AC	11.78	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	15.39	6
A	2	Tracy Minton	65	Chelmsford AC	13.33	5
C	3	Susan Begent	61	Colchester Harriers AC	11.62	4
	4					3
	5					2
	6					1
	7					0
	8					0

DT7	DT	Discus W70-74 [W70+] (1Kg)	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	70	Chelmsford AC	22.74	6
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	11.82	5
C	3	Suzzanne King	72	Colchester Harriers AC	9.14	4
	4					3
	5					2
	6					1
	7					0
	8					0

LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind
E	1	Natalie Le Beau	37	Thurrock/Loughton AC's	4.87	6	
D	2	Kate Heap	41	Colchester & Tendering/Ipswich H	3.60	5	
C	3	Rowena de Belligny	45	Colchester Harriers AC	3.48	4	
A	4	Carol Morris	59	Chelmsford AC	2.11	3	
	5					2	
	6					1	
	7					0	
	8					0	

LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind
D	1	Silvie Snaselova	51	Colchester & Tendering/Ipswich H	4.36	6	
A	2	Nicola Hewitt	52	Chelmsford AC	3.21	5	
E	3	Lorna Gaffney	58	Thurrock/Loughton AC's	3.15	4	
C	4	Annette Oakman	53	Colchester Harriers AC	2.16	3	
	5					2	
	6					1	
	7					0	
	8					0	

W50-59	W60+	W70+	AG %	EA No
-	x	x	45.9	2800620
-	x	x	34.7	3349215
-	x	x	30.4	3661223
-	x	x	23.6	2710816

W60+	W70+	AG %	EA No
-	x	35.7	2991112
-	x	33.1	3374348
-	x	26.4	3368658

W70+	AG %	EA No
-	63.6	2717141
-	33.9	2900812
-	26.9	4139982

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	69.2	2800655
-	x	x	x	53.5	4151065
-	x	x	x	54.1	3758780
x	-	x	x	38.8	3661223

W50-59	W60+	W70+	AG %	EA No
-	x	x	72.7	4134529
-	x	x	54.2	4036272
-	x	x	57.2	2967666
-	x	x	36.9	2717127

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LJ6	LJ	Long Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind
A	1	Clare St John-Coleman	65	Chelmsford AC	3.35	6	
B	2	Jill Kent	68	City of Southend AC	2.27	5	
E	3	Anne Heeks	66	Thurrock/Loughton AC's	2.20	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

LJ7	LJ	Long Jump W70+	RDA	Team	(N.nn)	Pts	Wind
E	1	Emily McMahon	76	Thurrock/Loughton AC's	3.15	6	
B	2	Marion Matthews-Smith	71	City of Southend AC	2.18	5	
A	3	Shirley Quinn	71	Chelmsford AC	1.51	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
E	1	Claire Brennan	45	Thurrock/Loughton AC's	2.20	5
	2					5
	3					5
	4					3
	5					2
	6					1
	7					0
	8					0

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
A	1	Clare St John-Coleman	65	Chelmsford AC	1.20	6
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	1.08	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

W60+	W70+	AG %	EA No
-	x	66.5	2717154
-	x	46.9	2918300
-	x	44.3	2900806

W70+	AG %	EA No
-	73.0	2900898
-	47.0	3596410
-	32.5	2717141

W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	49.2	2667112

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

W60-69	W70+	AG %	EA No
-	x	34.9	-
x	-	34.3	2667112

South - WOMEN - Match 3

R4x1-35	MedR	Relay 4x1 W35-49 [W35+]	RDA	Team	(NN.n)	Pts
D	1	Kate Heap	41	Colchester & Tendering/Ipswich H	58.1	6
Da		Silvie Snaselova	51			
Db		Janice Nottingham	64			
Dc		Louise Brydon	40			
E	2	Natalie Le Beau	37	Thurrock/Loughton AC's	59.7	5
Ea		Kristina Siupsinskaite	47			
Eb		Claire Brennan	45			
Ec		Mary Knapman	47			
C	3	Rowena de Belligny	45	Colchester Harriers AC	65.9	4
Ca		Ellie Cumner	45			
Cb		Kate Sandercock	55			
Cc		Annette Oakman	53			
A	4	Laura Durn	49	Chelmsford AC	69.6	3
Aa		Anna Nuttall	53			
Ab		Samantha Kelly	49			
Ac		Clare St John-Coleman	65			
	5					2
a						
b						
c						
R4x1-50	MedR	Relay 4x1 W50+	RDA	Team	(NN.n)	Pts
E	1	Lorna Gaffney	58	Thurrock/Loughton AC's	79.2	6
Ea		Anne Heeks	66			
Eb		Gloria Bullen	70			
Ec		Emily McMahon	76			
	2					5
a						
b						
c						

Rec

Rec
-

4151065
4134529
3653619
4001655
2800655
4127953
2667112
2792205
3758780
2976566
2710816
2717127
3192921
4120398
3898709
2717154

2967666
2900806
4016532
2900898

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
101	1 Mile	Samantha Kelly	W45	Chelmsford	07:03.7
		-	-	-	