

West - MEN - Match 2

Insert non scoring results at the bottom							
EMAC Track & Field League				West Division - Match 2		Teams = 6	
Bedford				Wed	03 June 2026		Overall Match Scores
O/A	Pos	Men's Teams	Bib	Match 2 Points		Final	Pos
x	1	Bedford & County AC	1	141.5		277.5	1
x	2	Marshall Milton Keynes AC	5	134.5		264.5	2
x	3	Fairlands Valley Spartans	4	81.0		177.0	3
x	4	Corby/Northampton AC's	3	55.0		106.0	4
x	5	Biggleswade/Luton AC's	2	20.0		23.0	5
x	6	Spare 6	6	0.0		0.0	6
x	6	Spare 7	7	0.0		0.0	6
x	6	Spare 8	8	0.0		0.0	6
Single numbers (0-8) only		RDA = Race Day Age Do not insert athlete data in Results section - use "Declarations" tab only					
		Hand Timing scoring					
2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.n)	Pts	Wind
5	1	Dean Ward	36	Marshall Milton Keynes AC	25.5	6	
1	2	Alastair Mcdonald	43	Bedford & County AC	26.1	5	
3	3	John Bowden	45	Corby/Northampton AC's	26.4	4	
2	4	Lee Carey	36	Biggleswade/Luton AC's	28.6	3	
4	5	David Stephenson	63	Fairlands Valley Spartans	30.8	2	
	6					1	
	7					0	
	8					0	
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind
4	1	Ian Rawlinson	56	Fairlands Valley Spartans	26.9	6	
1	2	Peter Benedickter	57	Bedford & County AC	27.5	5	
5	3	Darren O'Leary	57	Marshall Milton Keynes AC	27.7	4	
3	4	Keith Lok	51	Corby/Northampton AC's	28.0	3	
	5					2	
	6					1	
	7					0	
	8					0	
2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts	Wind
1	1	Tennyson James	68	Bedford & County AC	28.4	6	
4	2	Steve Mayfield	60	Fairlands Valley Spartans	28.7	5	
5	3	John Browne	72	Marshall Milton Keynes AC	30.3	4	
2	4	David Brown	68	Biggleswade/Luton AC's	33.7	3	
	5					2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			85.8
Athlete	Tennyson James	RDA	68
Club	Bedford & County AC		
Event	200m M60-69 [M60+]		
Result	28.4		
Format Result to suit the result			
Highest Field Age Graded % =			70.6
Athlete	Clint Grabs	RDA	38
Club	Marshall Milton Keynes AC		
Event	Triple Jump M35-49 [M35+]		
Result	12.50		

	Records				2023	EA No
M35-49	M50-59	M60-69	M70+	AG %	EA No	
-	X	X	X	77.4	4215395	
-	X	X	X	79.1	2797337	
-	X	X	X	79.2	4039067	
-	X	X	X	69.0	3465551	
X	X	-	X	76.5	2724358	
	M50-59	M60-69	M70+	AG %	EA No	
	-	X	X	83.6	4091357	
	-	X	X	82.3	3402370	
	-	X	X	81.7	3678206	
	-	X	X	77.7	3077805	
		M60-69	M70+	AG %	EA No	
		-	X	85.8	2775264	
		-	X	80.4	2811721	
		X	-	82.7	3019098	
		-	X	72.3	2708007	

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8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	Jonathan Peters	39	Marshall Milton Keynes AC	02:13.0	6
1	2	Chris Parson	45	Bedford & County AC	02:13.5	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Gavin Reynolds	51	Bedford & County AC	02:21.9	6
5	2	Steve Withers	53	Marshall Milton Keynes AC	02:33.8	5
4	3	Charles Arnold	70	Fairlands Valley Spartans	03:28.6	4
	4					3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
4	1	Steve Mayfield	60	Fairlands Valley Spartans	02:35.7	6
1	2	Ian Sells	61	Bedford & County AC	02:36.4	5
5	3	John Skelton	75	Marshall Milton Keynes AC	02:51.6	4
	4					3
	5					2
	6					1
	7					0
	8					0

30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	James Down	39	Marshall Milton Keynes AC	10:28.6	6
3	2	Adam Brooks	39	Corby/Northampton AC's	10:39.0	5
1	3	Edward Adams	40	Bedford & County AC	10:47.9	4
	4					3
	5					2
	6					1
	7					0
	8					0

30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
3	1	Chris Bell	57	Corby/Northampton AC's	10:33.4	6
1	2	Simon Harper	51	Bedford & County AC	11:07.8	5
5	3	Andrew Wasdell	52	Marshall Milton Keynes AC	11:51.0	4
	4					3
	5					2
	6					1
	7					0
	8					0

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	78.6	3299900
-	x	x	x	82.1	4122913

M50-59	M60-69	M70+	AG %	EA No
-	x	x	81.1	2705296
-	x	x	76.0	3738404
x	x	-	64.6	3371952

M60-69	M70+	AG %	EA No
-	x	79.6	2811721
-	x	79.9	3774661
x	LR	82.0	2794640

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	72.2	3121635
-	x	x	x	71.0	2755876
-	x	x	x	70.6	3315511

M50-59	M60-69	M70+	AG %	EA No
-	x	x	83.1	3753887
-	x	x	74.8	3724128
-	x	x	70.8	2794670

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30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
1	1	Ian Sells	61	Bedford & County AC	10:51.2	6
5	2	Kevin Church	62	Marshall Milton Keynes AC	13:08.9	5
4	3	Nick Kleanthous	64	Fairlands Valley Spartans	17:07.0	4
	4					3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
1	1	Aleksander Swiecicki	77	Bedford & County AC	13:30.4	6
4	2	Charles Arnold	70	Fairlands Valley Spartans	14:09.2	5
5	3	Alasdair Gibson	73	Marshall Milton Keynes AC	14:39.6	4
	4					3
	5					2
	6					1
	7					0
	8					0

2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Adam Hills	49	Bedford & County AC	11:10.9	6
4	2	David Stephenson	63	Fairlands Valley Spartans	13:16.2	5
5	3	Jim Lawrence	69	Marshall Milton Keynes AC	13:46.9	4
	4					3
	5					2
	6					1
	7					0
	8					0

2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	Philip James	55	Marshall Milton Keynes AC	14:14.4	6
4	2	Barry King	59	Fairlands Valley Spartans	16:10.9	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
1	1	Gavin Fordham	47	Bedford & County AC	37.19	6
3	2	John Bowden	45	Corby/Northampton AC's	32.06	5
5	3	Anthony Moffat	56	Marshall Milton Keynes AC	25.49	4
4	4	Anton McCalla	49	Fairlands Valley Spartans	18.01	3
	5					2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	83.9	3774661
-	x	69.9	3088379
-	x	54.8	3865891

M70+	AG %	EA No
-	80.0	3503304
-	70.5	3371952
-	70.4	2794532

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	3259465
x	x	-	x	2724358
x	x	-	x	2690506

M35-49	M50-59	M60-69	M70+	EA No
x	-	x	x	3596251
x	-	x	x	3076651

M35-49	AG %	EA No
-	47.2	2774968
-	39.4	4039067
x	-	3947745
-	23.6	3180094

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JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
5	1	Eugene Swanepoel	54	Marshall Milton Keynes AC	36.87	6
1	2	Darren Kerr	56	Bedford & County AC	28.56	5
3	3	Ray Mckenna	50	Corby/Northampton AC's	25.08	4
4	4	Ian Rawlinson	56	Fairlands Valley Spartans	21.28	3
2	5	Geoff Grinsted	59	Biggleswade/Luton AC's	10.04	2
	6					1
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Gwynn Wallace	61	Marshall Milton Keynes AC	33.43	6
1	2	Simon Eastwood	61	Bedford & County AC	31.58	5
4	3	Steve Mayfield	60	Fairlands Valley Spartans	25.73	4
2	4	David Burrell	62	Biggleswade/Luton AC's	23.24	3
3	5	Peter Knott	68	Corby/Northampton AC's	17.18	2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Gavin Fordham	47	Bedford & County AC	30.57	6
3	2	John Bowden	45	Corby/Northampton AC's	28.33	5
4	3	Anton McCalla	49	Fairlands Valley Spartans	16.18	4
5	4	Dilhan Don Liyanage	48	Marshall Milton Keynes AC	15.18	3
	5					2
	6					1
	7					0
	8					0

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
5	1	Mark Roberson	51	Marshall Milton Keynes AC	32.57	6
3	2	Ray Mckenna	50	Corby/Northampton AC's	32.13	5
1	3	Darren Kerr	56	Bedford & County AC	29.78	4
2	4	Geoff Grinsted	59	Biggleswade/Luton AC's	20.31	3
4	5	Nick Kleanthous	64	Fairlands Valley Spartans	12.99	2
	6					1
	7					0
	8					0

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
5	1	Gwynn Wallace	61	Marshall Milton Keynes AC	30.28	6
1	2	Simon Eastwood	61	Bedford & County AC	28.41	5
4	3	Steve Mayfield	60	Fairlands Valley Spartans	26.15	4
3	4	Peter Knott	68	Corby/Northampton AC's	25.39	3
2	5	David Burrell	62	Biggleswade/Luton AC's	19.18	2
	6					1
	7					0
	8					0

M50-59
LR

M60-69
-
-
-
-
-

M35-49
-
-
-
-

M50-59
-
-
-
-
x

M60-79
-
-
-
-
-

AG %	EA No
49.4	4009384
39.7	2669225
31.3	2857961
29.5	4091357
14.8	2768770

AG %	EA No
47.4	2798456
44.7	2774976
35.7	2811721
33.6	2684081
28.4	2829262

AG %	EA No
47.5	2774968
42.8	4039067
25.8	3180094
23.9	4129500

AG %	EA No
46.3	2979459
45.1	2857961
45.8	2669225
32.8	2768770
-	3865891

AG %	EA No
41.4	2798456
38.8	2774976
35.1	2811721
39.8	2829262
26.7	2684081

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DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts								
1	1	Graeme Packman	71	Bedford & County AC	28.27	6								
5	2	Bunt Scott	75	Marshall Milton Keynes AC	27.88	5								
2	3	Dave Faulkner	73	Biggleswade/Luton AC's	19.47	4								
4	4	Timothy Saunders Mullins	73	Fairlands Valley Spartans	16.79	3								
	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	
5	1	Clint Grabs	38	Marshall Milton Keynes AC	12.50	6		-	x	x	x	70.6	2690440	
1	2	Scott Johnson	35	Bedford & County AC	10.45	5		-	x	x	x	57.2	2775268	
3	3	John Bowden	45	Corby/Northampton AC's	9.23	4		-	x	x	x	56.2	4039067	
4	4	Anton McCalla	49	Fairlands Valley Spartans	8.55	3		-	x	x	x	54.5	3180094	
	5					2								
	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	
1	1	Philip Bowers	58	Bedford & County AC	9.24	6			-	x	x	65.9	3797642	
5	2	Anthony Moffat	56	Marshall Milton Keynes AC	8.57	5			-	x	x	59.6	3947745	
4	3	Barry King	59	Fairlands Valley Spartans	6.70	4			-	x	x	48.4	3076651	
	4					3								
	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	
1	1	Richard Phelan	64	Bedford & County AC	8.28	6				-	x	64.2	2871564	
4	2	Steve Mayfield	60	Fairlands Valley Spartans	7.90	5				-	x	57.9	2811721	
5	3	Richard Pownall	66	Marshall Milton Keynes AC	6.83	4				-	x	54.5	2690593	
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts		M35-49	M50-59	M60-69	M70+	AG %	EA No	
1	1	Gavin Fordham	47	Bedford & County AC	2.20	6		-	x	x	x	41.3	2774968	
3	2	John Bowden	45	Corby/Northampton AC's	2.00	5		-	x	x	x	36.6	4039067	
5	3	Mark Roberson	51	Marshall Milton Keynes AC	1.20	4		x	-	x	x	23.7	2979459	
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								

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PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Robert Kingman	53	Bedford & County AC	2.50	6
5	2	Conrad Salthouse	58	Marshall Milton Keynes AC	1.20	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					1

PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
1	1	Richard Phelan	64	Bedford & County AC	2.20	6
5	2	Richard Pownall	66	Marshall Milton Keynes AC	1.40	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.n)	Pts
1	1=	Alastair McDonald	43	Bedford & County AC	52.8	5.5
1a		Gavin Fordham	47			
1b		Chris Parson	45			
1c		Philip Bowers	58			
5	1=	Adam Flaherty	48	Marshall Milton Keynes AC	52.8	5.5
5a		Clint Grabs	38			
5b		Dean Ward	36			
5c		Eliot Winter	35			
3	3	John Bowden	45	Corby/Northampton AC's	65.0	4
3a		Keith Lok	51			
3b		Richard Brown	73			
3c		Adam Brooks	39			
	4					3
a						
b						
c						

M50-59	M60-69	M70+	AG %	EA No
-	x	x	50.6	2702171
-	x	x	26.0	3979201

M60-69	M70+	AG %	EA No
-	x	51.9	2871564
-	x	34.1	2690593

Rec

-

2797337
2774968
4122913
3797642
4099877
2690440
4215395
2794684
4039067
3077805
2687604
2755876

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R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
5	1	John Browne	72	Marshall Milton Keynes AC	55.7	6
5a		Conrad Salthouse	58			
5b		Anthony Moffat	56			
5c		Darren O'Leary	57			
1	2	Peter Benedickter	57	Bedford & County AC	56.7	5
1a		Stephen Bass	53			
1b		Richard Phelan	64			
1c		Tennyson James	68			
4	3	Ian Rawlinson	56	Fairlands Valley Spartans	60.7	4
4a		David Stephenson	63			
4b		Barry King	59			
4c		Steve Mayfield	60			
	4					3
a						
b						
c						

Rec
-

3019098
3979201
3947745
3678206
3402370
2797201
2871564
2775264
4091357
2724358
3076651
2811721

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
403	JT	Bunt Scott	M75	Marshall Milton Keynes	23.02
416	JT	Jim Lawrence	M65	Marshall Milton Keynes	11.19
408	800m	Richard Bruce	M55	Bedford & County	2:21.5
306	3000m	Eliot Winter	M35	Marshall Milton Keynes	11:11.0
320	200m	Steve Martin	M35	Northants	39.3
		-	-	-	