

East - MEN - Match 4

Insert non scoring results at the bottom						
EMAC Track & Field League			East Division - Match 4		Teams =	6
Peterborough			Tues	28 July 2026	Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	1	Cambridge & Coleridge AC	1	125.0	517.0	1
x	2	Peterborough & Nene Valley	3	111.0	458.0	2
x	4	West Norfolk AC	5	77.0	365.0	3
x	3	Newmarket/St Edmund Pacers	2	80.0	278.0	4
x	5	Ryston Runners	4	40.0	229.0	5
x	6	Ely Runners	6	12.0	66.0	6
x	7	Spare 7	7	0.0	0.0	7
x	7	Spare 8	8	0.0	0.0	7

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		
1	1	Chung Tu	42	Cambridge & Coleridge AC	24.9	6			
2	2	Shane Mcandrew	39	Newmarket/St Edmund Pacers	25.6	5			
3	3	Russell Dowers	41	Peterborough & Nene Valley	26.4	4			
5	4	Liam O'Dell	35	West Norfolk AC	27.5	3			
	5					2			
	6					1			
	7					0			
	8					0			
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind		
3	1	Julian Smith	57	Peterborough & Nene Valley	26.5	6			
2	2	Richard Defries	54	Newmarket/St Edmund Pacers	28.4	5			
5	3	Mark Garrett	54	West Norfolk AC	35.1	4			
1	4	Peter Bennet	62	Cambridge & Coleridge AC	36.7	3			
	5					2			
	6					1			
	7					0			
	8					0			

Highest Track Age Graded % =			87.8
Athlete	Roy Ramon Pelegrin	RDA	45
Club	Cambridge & Coleridge AC		
Event	800m M35-49 [M35+]		
Result	2:04.9		
Format Result to suit the result			
Highest Field Age Graded % =			67.0
Athlete	David Van Den Bergh	RDA	62
Club	Cambridge & Coleridge AC		
Event	Triple Jump M60+		
Result	8.89		

Records					2023	EA No
d	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	82.3	3181559
	-	x	x	x	78.6	4050893
	-	x	x	x	77.2	3448268
	-	x	x	x	71.3	2768826
d		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	85.4	3017942
		-	x	x	78.1	3516414
		-	x	x	63.2	3821088
		x	-	x	63.8	3552972

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2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts	Wind
4	1	Ian Wells	64	Ryston Runners	28.8	6	
1	2	Giulio Cinque	67	Cambridge & Coleridge AC	31.2	5	
3	3	Gerald Watson	64	Peterborough & Nene Valley	32.1	4	
5	4	Carl Pickett	61	West Norfolk AC	36.7	3	
2	5	Andrew Stewart	66	Newmarket/St Edmund Pacers	37.7	2	
	6					1	
	7					0	
	8					0	

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Roy Ramon Pelegrin	45	Cambridge & Coleridge AC	02:04.9	6
3	2	David Brown	48	Peterborough & Nene Valley	02:08.9	5
4	3	Rob Simmonds	40	Ryston Runners	02:16.6	4
2	4	Shane Mcandrew	39	Newmarket/St Edmund Pacers	02:20.8	3
5	5	Benjamin Collison	43	West Norfolk AC	02:47.6	2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	02:25.1	6
2	2	Richard Defries	54	Newmarket/St Edmund Pacers	02:32.2	5
5	3	Darren Easter	54	West Norfolk AC	02:36.1	4
1	4	Peter Bennet	62	Cambridge & Coleridge AC	02:57.9	3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
5	1	Carl Pickett	61	West Norfolk AC	02:36.3	6
3	2	Dave Knighton	64	Peterborough & Nene Valley	02:41.5	5
1	3	Paul Fletcher	62	Cambridge & Coleridge AC	02:45.2	4
2	4	Richard Eddershaw	64	Newmarket/St Edmund Pacers	02:56.1	3
6	5	Andrew Brown	66	Ely Runners	03:08.5	2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	82.4	4042427
-	x	77.6	2746270
-	x	73.9	3018181
-	x	63.3	3222109
-	x	63.8	2669387

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	87.8	3708987
-	x	x	x	87.1	2955064
-	x	x	x	77.1	2666518
-	x	x	x	74.2	4050893
-	x	x	x	64.4	2784048

M50-59	M60-69	M70+	AG %	EA No
-	x	x	79.3	3418825
-	x	x	77.5	3516414
-	x	x	75.5	3433711
x	-	x	70.8	3552972

M60-69	M70+	AG %	EA No
-	x	79.9	3222109
-	x	79.3	2727820
-	x	76.2	3181429
-	x	72.7	3658638
-	x	69.1	3871146

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30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
5	1	Callum Stanforth	36	West Norfolk AC	09:37.0	6
1	2	Paul Shearer	35	Cambridge & Coleridge AC	09:46.1	5
3	3	Michael Major	36	Peterborough & Nene Valley	09:48.3	4
2	4	Andy Fryatt	59	Newmarket/St Edmund Pacers	12:10.2	3
	5					2
	6					1
	7					0
	8					0
30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
5	1	Shaun Mann	54	West Norfolk AC	10:21.2	6
3	2	David Wassell	57	Peterborough & Nene Valley	11:09.8	5
1	3	Paul Fletcher	62	Cambridge & Coleridge AC	12:00.0	4
2	4	Karl Bedingfield	63	Newmarket/St Edmund Pacers	12:46.2	3
	5					2
	6					1
	7					0
	8					0
30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Malcolm Tuff	61	Peterborough & Nene Valley	10:41.9	6
2	2	Eamonn Coveney	63	Newmarket/St Edmund Pacers	12:02.2	5
6	3	Andrew Brown	66	Ely Runners	12:37.8	4
5	4	Greg Davis	64	West Norfolk AC	12:52.1	3
1	5	Peter Thompson	68	Cambridge & Coleridge AC	12:58.5	2
	6					1
	7					0
	8					0
30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
6	1	Graham Chapman	70	Ely Runners	12:06.3	6
1	2	Martin Kilduff	77	Cambridge & Coleridge AC	13:40.8	5
2	3	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	17:11.8	4
	4					3
	5					2
	6					1
	7					0
	8					0

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	77.0	3236576
-	x	x	x	75.2	3339466
-	x	x	x	75.5	3546784
x	-	x	x	73.4	4000921

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400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.n)	Pts
1	1	Steven Green	43	Cambridge & Coleridge AC	60.5	6
3	2	Sean Reidy	45	Peterborough & Nene Valley	62.9	5
5	3	Jamie Bransgrove	48	West Norfolk AC	95.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.n)	Pts
2	1	Richard Defries	54	Newmarket/St Edmund Pacers	83.4	6
3	2	Julian Smith	57	Peterborough & Nene Valley	89.6	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.n)	Pts	Wind
4	1	Ian Wells	64	Ryston Runners	48.4	6	
1	2	David Van Den Bergh	62	Cambridge & Coleridge AC	55.4	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
4	1	Rob Simmonds	40	Ryston Runners	41.92	6
5	2	Adam Howard	47	West Norfolk AC	31.18	5
1	3	Chris Davies	49	Cambridge & Coleridge AC	26.11	4
3	4	Sean Reidy	45	Peterborough & Nene Valley	25.41	3
2	5	Andy Fryatt	59	Newmarket/St Edmund Pacers	23.60	2
	6					1
	7					0
	8					0

M35-49
-
-
-

M50-59
-
-

M60-69
-
-

M35-49
-
-
-
-
x

AG %	EA No
83.2	2721070
81.5	2727873
55.4	3511602

AG %	EA No
66.8	3516414
64.0	3017942

AG %	EA No
85.1	4042427
72.8	3215013

AG %	EA No
47.8	2666518
39.6	3389235
34.3	4252673
31.2	2727873
-	4000921

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JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	34.75	6
2	2	Richard Defries	54	Newmarket/St Edmund Pacers	30.46	5
1	3	Erwin De Genst	52	Cambridge & Coleridge AC	26.07	4
5	4	Ricky Bailey	58	West Norfolk AC	24.19	3
	5					2
	6					1
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
1	1	Ian Slack	65	Cambridge & Coleridge AC	27.62	6
2	2	Richard Eddershaw	64	Newmarket/St Edmund Pacers	22.43	5
3	3	Kevin Bates	74	Peterborough & Nene Valley	19.12	4
5	4	Greg Davis	64	West Norfolk AC	12.85	3
	5					2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Glen Paxman	38	Ryston Runners	30.81	6
3	2	Sean Reidy	45	Peterborough & Nene Valley	22.08	5
5	3	Adam Howard	47	West Norfolk AC	19.34	4
1	4	Chris Davies	49	Cambridge & Coleridge AC	17.44	3
	5					2
	6					1
	7					0
	8					0

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	33.81	6
1	2	Erwin De Genst	52	Cambridge & Coleridge AC	33.15	5
2	3	Andy Fryatt	59	Newmarket/St Edmund Pacers	19.45	4
5	4	Ricky Bailey	58	West Norfolk AC	17.48	3
	5					2
	6					1
	7					0
	8					0

M50-59
-
-
-
-

M60-69
-
-
x
-

M35-49
-
-
-
-

M50-59
-
-
-
-

AG %	EA No
44.1	2666249
40.8	3516414
33.7	4154018
34.9	3696890

AG %	EA No
42.6	3021705
33.8	3658638
-	3631212
19.4	2957061

AG %	EA No
42.9	2872085
33.4	2727873
30.0	3389235
27.8	4252673

AG %	EA No
48.1	2666249
47.9	4154018
31.4	4000921
27.8	3696890

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DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts							M60-79	AG %	EA No
3	1	Jim Gillespie	63	Peterborough & Nene Valley	26.89	6							-	38.1	2667002
1	2	Ian Slack	65	Cambridge & Coleridge AC	26.01	5							-	38.3	3021705
2	3	Richard Eddershaw	64	Newmarket/St Edmund Pacers	20.37	4							-	29.4	3658638
5	4	Greg Davis	64	West Norfolk AC	15.66	3							-	22.6	2957061
	5					2									
	6					1									
	7					0									
	8					0									
DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts							M70-79	AG %	EA No
3	1	Mohinder Singh Rana	77	Peterborough & Nene Valley	25.38	6							-	49.1	3874636
1	2	Noel Moss	81	Cambridge & Coleridge AC	11.90	5							x	25.8	2746489
2	3	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	11.26	4							-	23.0	3360499
	4					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		
4	1	Rob Simmonds	40	Ryston Runners	10.31	6		-	x	x	x	59.5	2666518		
1	2	Chris Davies	49	Cambridge & Coleridge AC	9.95	5		-	x	x	x	63.5	4252673		
3	3	Sean Reidy	45	Peterborough & Nene Valley	9.78	4		-	x	x	x	59.6	2727873		
5	4	Jamie Bransgrove	48	West Norfolk AC	6.81	3		-	x	x	x	42.9	3511602		
	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
2	1	Richard Defries	54	Newmarket/St Edmund Pacers	8.71	6					-	x	x	59.0	3516414
1	2	Ian Slack	65	Cambridge & Coleridge AC	7.35	5					x	-	x	57.8	3021705
5	3	Mark Garrett	54	West Norfolk AC	6.67	4					-	x	x	45.2	3821088
	4					3									
	5					2									
	6					1									
	7					0									
	8					0									

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TJ6	TJ	Triple Jump M60+	RDA	Team	(N.N.nn)	Pts	Wind			M60-69	M70+	AG %	EA No
1	1	David Van Den Bergh	62	Cambridge & Coleridge AC	8.89	6				-	x	67.0	3215013
3	2	John Spriggs	73	Peterborough & Nene Valley	7.14	5				x	-	63.6	3573756
	3					4							
	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
4	1	Glen Paxman	38	Ryston Runners	1.00	6		-	x	x	x	16.9	2872085
	2					5							
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							
PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts			M50-59	M60-69	M70+	AG %	EA No
1	1	Ian Slack	65	Cambridge & Coleridge AC	1.00	6			x	-	x	24.0	3021705
	2					5							
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					1							
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts				M60-69	M70+	AG %	EA No
1	1	David Van Den Bergh	62	Cambridge & Coleridge AC	1.00	6				-	x	22.9	3215013
	2					5							
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							

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R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.n)	Pts
1	1	Chung Tu	42	Cambridge & Coleridge AC	48.6	6
1a		Roy Ramon Pelegrin	45			
1b		Chris Davies	49			
1c		Steven Green	43			
3	2	Sean Reidy	45	Peterborough & Nene Valley	49.6	5
3a		David Brown	48			
3b		Michael Major	36			
3c		Russell Dowers	41			
5	3	Liam O'Dell	35	West Norfolk AC	58.8	4
5a		Jamie Bransgrove	48			
5b		Benjamin Collison	43			
5c		Callum Stanforth	36			
2	4	Shane Mcandrew	39	Newmarket/St Edmund Pacers	60.1	3
2a		Andy Fryatt	59			
2b		Richard Eddershaw	64			
2c		Richard Defries	54			
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
3	1	Julian Smith	57	Peterborough & Nene Valley	54.1	6
3a		David Collier	59			
3b		Andrew Stowe	51			
3c		Gerald Watson	64			
1	2	Giulio Cinque	67	Cambridge & Coleridge AC	62.0	5
1a		David Van Den Bergh	62			
1b		Paul Fletcher	62			
1c		Ian Slack	65			
5	3	Ricky Bailey	58	West Norfolk AC	63.3	4
5a		Mark Garrett	54			
5b		Carl Pickett	61			
5c		Shaun Mann	54			
2	4	Karl Bedingfield	63	Newmarket/St Edmund Pacers	74.7	3
2a		Eamonn Coveney	63			
2b		Malcolm Osbourn	79			
2c		Andrew Stewart	66			

Rec
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3181559
3708987
4252673
2721070
2727873
2955064
3546784
3448268
2768826
3511602
2784048
3236576
4050893
4000921
3658638
3516414

Rec
-

3017942
4165619
3418825
3018181
2746270
3215013
3181429
3021705
3696890
3821088
3222109
3331432
3154731
3811388
3360499
2669387

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
363	3000m	Sean Beard	M60	Panvac	11:58.3
358	3000m	Paul Parkin	M60	Panvac	14:06.0
359	3000m	Barry Warne	M65	Panvac	14:08.2
85	200m	David Van Den Bergh	M60	C & C	30.6
365	DT	Tim Needham	M70	Panvac	25.40
362	DT	Ben Collison	M40	West Norfolk	13.79
		-	-	-	