

South - WOMEN - Match 4

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 4		Teams =	6
Southend			Wed	29 July 2026		
O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	1	Thurrock/Loughton AC's	E	149.0	540.0	1
x	3	Colchester Harriers AC	C	87.0	360.0	2
x	4	Chelmsford AC	A	81.0	357.0	3
x	2	Colchester & Tendering/Ipswich H	D	88.0	306.0	4
x	5	City of Southend AC	B	12.0	66.0	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	Joanne Ryan	39	Thurrock/Loughton AC's	NTT	6	
D	2	Louise Brydon	40	Colchester & Tendering/Ipswich H	28.4	5	
C	3	Katie Gibson	56	Colchester Harriers AC	36.6	4	
A	4	Lorraine Cowley	58	Chelmsford AC	39.8	3	
	5					2	
	6					1	
	7					0	
	8					0	

2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Janice Nottingham	64	Colchester & Tendering/Ipswich H	32.3	6	
C	2	Kate Sandercock	55	Colchester Harriers AC	33.7	5	
E	3	Rebecca Fricker	51	Thurrock/Loughton AC's	37.9	4	
A	4	Carol Morris	59	Chelmsford AC	40.1	3	
	5					2	
	6					1	
	7					0	
	8					0	

Highest Track Age Graded % =			85.9
Athlete	Zoe Oldfield	RDA	49
Club	Thurrock/Loughton AC's		
Event	3000m W35-49 [W35+]		
Result	10:43.30		
Format to suit the result			

Highest Field Age Graded % =			79.6
Athlete	Emily McMahon	RDA	76
Club	Thurrock/Loughton AC's		
Event	High Jump W60-69 [W60+]		
Result	1.08		

Records				2023	EA No
W35-49	W50-59	W60-69	W70+	AG %	EA No
-	x	x	x	0.0	2792203
-	x	x	x	77.5	4001655
x	-	x	x	68.4	3764514
x	-	x	x	64.0	4204394

W50-59	W60-69	W70+	AG %	EA No
x	-	x	83.1	3653619
-	x	x	73.7	2710816
-	x	x	63.4	4255392
-	x	x	64.1	3661223

South - WOMEN - Match 4

2006	200m	200m W60-69 [W60+]	RDA	Team	(NN.n)	Pts	Wind
D	1	Elizabeth Welbourn	66	Colchester & Tendering/Ipswich H	34.7	6	
A	2	Clare St John-Coleman	65	Chelmsford AC	34.9	5	
E	3	Emily McMahon	76	Thurrock/Loughton AC's	36.5	4	
C	4	Jacqueline King	68	Colchester Harriers AC	45.2	3	
	5					2	
	6					1	
	7					0	
	8					0	

8003	800m	800m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Mary Knapman	47	Thurrock/Loughton AC's	02:42.3	6
C	2	Katie Gibson	56	Colchester Harriers AC	03:05.3	5
D	3	Keeley Swords	44	Colchester & Tendering/Ipswich H	03:11.9	4
A	4	Lorraine Cowley	58	Chelmsford AC	03:39.5	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	55	Colchester Harriers AC	02:59.7	6
A	2	Anna Nuttall	53	Chelmsford AC	03:07.5	5
E	3	Lorna Gaffney	58	Thurrock/Loughton AC's	03:16.7	4
D	4	Rachel Newenham	54	Colchester & Tendering/Ipswich H	03:27.5	3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
C	1	Margaret Deasy	62	Colchester Harriers AC	03:29.3	6
D	2	Janice Nottingham	64	Colchester & Tendering/Ipswich H	03:31.5	5
E	3	Anne Heeks	66	Thurrock/Loughton AC's	03:38.7	4
	4					3
	5					2
	6					1
	7					0
	8					0

W60-69	W70+	AG %	EA No
-	x	78.7	2713119
-	x	77.6	2717154
x	LR	82.2	2900898
-	x	61.6	3772443

W35-49	W50-59	W60+	W70+	AG %	EA No
-	x	x	x	77.7	2792205
x	-	x	x	73.6	3764514
-	x	x	x	64.1	4155914
x	-	x	x	63.3	4204394

W50-59	W60+	W70+	AG %	EA No
-	x	x	75.2	2710816
-	x	x	70.8	4120398
-	x	x	70.7	2967666
-	x	x	64.6	4045660

W60+	W70+	AG %	EA No
-	x	69.1	2754542
-	x	69.7	3653619
-	x	68.8	2900806

South - WOMEN - Match 4

30003	3000m	3000m W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts
E	1	Zoe Oldfield	49	Thurrock/Loughton AC's	10:43.3	6
D	2	Katie Holmes	41	Colchester & Tendering/Ipswich H	13:57.7	5
C	3	Nikki Osborne	57	Colchester Harriers AC	15:34.7	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	54	Colchester Harriers AC	11:47.9	6
E	2	Nikkii Barnett	55	Thurrock/Loughton AC's	12:51.6	5
A	3	Anna Nuttall	53	Chelmsford AC	13:27.6	4
D	4	Rachel Newenham	54	Colchester & Tendering/Ipswich H	16:09.3	3
	5					2
	6					1
	7					0
	8					0

30006	3000m	3000m W60-69 [W60+]	RDA	Team	(NN:NN.n)	Pts
C	1	Margaret Deasy	62	Colchester Harriers AC	12:48.6	6
E	2	Jodie Farrell	60	Thurrock/Loughton AC's	14:59.4	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m W70+	RDA	Team	(NN:NN.n)	Pts
E	1	Gloria Bullen	71	Thurrock/Loughton AC's	17:25.4	6
	2					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	85.9	4030893
-	x	x	x	61.4	3139512
x	-	x	x	64.0	3175112

W50-59	W60+	W70+	AG %	EA No
-	x	x	81.9	2717127
-	x	x	75.9	3879964
-	x	x	71.1	4120398
-	x	x	59.8	4045660

[illegible][illegible]

South - WOMEN - Match 4

2KWA	2000mW	2km Walk 'A' [W35+]	RDA	Team	(NN:NN.n)	Pts	Not to be loaded on Pof10 - NO JUDGES	W35-49	W50-59	W60-69	W70+	EA No		
E	1	Melanie Peddle	57	Thurrock/Loughton AC's	10:49.2	6		x	-	x	x	3470739		
D	2	Keeley Swords	44	Colchester & Tendering/Ipswich H	13:16.5	5		-	x	x	x	4155914		
C	3	Susan Begent	61	Colchester Harriers AC	14:01.6	4		x	x	-	x	3368658		
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
2KWB	2000mW	2km Walk 'B' [W35+]	RDA	Team	(NN:NN.n)	Pts		W35-49	W50-59	W60-69	W70+	EA No		
D	1	Kate Heap	41	Colchester & Tendering/Ipswich H	14:18.2	6	-	x	x	x	4151065			
E	2	Anne Heeks	66	Thurrock/Loughton AC's	14:21.1	5	x	x	-	x	2900806			
C	3	Kate Sandercock	55	Colchester Harriers AC	16:15.1	4	x	-	x	x	2710816			
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
HT3	HT	Hammer W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts	W35-49				AG %	EA No		
E	1	Nina Brennan	41	Thurrock/Loughton AC's	20.36	6	-				29.0	2724680		
A	2	Nicola Hewitt	53	Chelmsford AC	15.48	5	x				-	4036272		
	3					4								
	4					3								
	5					2								
	6					1								
	7					0								
	8					0								
HT5	HT	Hammer W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts				W50-59	W60-69	W70-74	AG %	EA No
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	33.36	6				-	x	x	54.5	2800620
D	2	Carey Hollick	55	Colchester & Tendering/Ipswich H	19.42	5				-	x	x	31.7	3349215
A	3	Carol Morris	59	Chelmsford AC	17.41	4				-	x	x	31.0	3661223
C	4	Kate Sandercock	55	Colchester Harriers AC	14.99	3				-	x	x	24.5	2710816
B	5	Natasha Lagden	52	City of Southend AC	5.33	2				-	x	x	8.2	2829638
	6					1								
	7					0								
	8					0								

Not to be loaded on Pof10 - NO JUDGES

South - WOMEN - Match 4

HT6	HT	Hammer W60-69 (3Kg) [W60+]	RDA	Team	(NN.nn)	Pts
E	1	Jill Boosey	62	Thurrock/Loughton AC's	23.88	6
C	2	Susan Begent	61	Colchester Harriers AC	15.15	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

HT7	HT	Hammer W70-74 (3Kg) [W70+]	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	71	Chelmsford AC	25.89	6
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	17.27	5
B	3	Stephanie Stamp	74	City of Southend AC	13.48	4
	4					3
	5					2
	6					1
	7					0
	8					0

SP3	SP	Shot W35-49 (4Kg) [W35+]	RDA	Team	(NN.nn)	Pts
E	1	Caroline Drewitt	35	Thurrock/Loughton AC's	8.07	6
D	2	Katie Holmes	41	Colchester & Tendering/Ipswich H	6.98	5
A	3	Nicola Hewitt	53	Chelmsford AC	6.04	4
C	4	Nikki Osborne	57	Colchester Harriers AC	3.89	3
	5					2
	6					1
	7					0
	8					0

SP5	SP	Shot W50-59 (3Kg) [W50+]	RDA	Team	(NN.nn)	Pts
E	1	Sue Lawrence	55	Thurrock/Loughton AC's	8.56	6
D	2	Carey Hollick	55	Colchester & Tendering/Ipswich H	6.47	5
A	3	Carol Morris	59	Chelmsford AC	6.20	4
C	4	Kate Sandercock	55	Colchester Harriers AC	5.17	3
B	5	Natasha Lagden	52	City of Southend AC	3.10	2
	6					1
	7					0
	8					0

W60-69	W70-74	AG %	EA No
-	x	45.5	2991112
-	x	28.2	3368658

W70-74	AG %	EA No
-	61.4	2717141
-	41.0	2900812
-	34.7	3243500

W35-49
-
-
x
x

AG %	EA No
39.4	3369638
37.2	3139512
-	4036272
-	3175112

W50-59	W60-69	W70-74	AG %	EA No
-	x	x	49.8	2800620
-	x	x	37.6	3349215
-	x	x	38.8	3661223
-	x	x	30.1	2710816
-	x	x	17.1	2829638

South - WOMEN - Match 4

SP6	SP	Shot W60-69 [W60+] (3Kg)	RDA	Team	(NN.nn)	Pts
E	1	Jill Boosey	62	Thurrock/Loughton AC's	6.45	6
C	2	Susan Begent	61	Colchester Harriers AC	5.06	5
D	3	Elizabeth Welbourn	66	Colchester & Tendering/Ipswich H	4.28	4
	4					3
	5					2
	6					1
	7					0
	8					0

SP7	SP	Shot W70-74 [W70+] (3Kg)	RDA	Team	(NN.nn)	Pts
A	1	Shirley Quinn	71	Chelmsford AC	6.55	6
E	2	Barbara Higgins	71	Thurrock/Loughton AC's	4.76	5
B	3	Stephanie Stamp	74	City of Southend AC	4.74	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
D	1	Kate Heap	41	Colchester & Tendering/Ipswich H	8.48	6		-	x	x	x	58.6	4151065
E	2	Mary Knapman	47	Thurrock/Loughton AC's	8.30	5		-	x	x	x	62.0	2792205
A	3	Nicola Hewitt	53	Chelmsford AC	5.94	4		x	-	x	x	48.0	4036272
C	4	Katie Gibson	56	Colchester Harriers AC	4.42	3		x	-	x	x	37.2	3764514
	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
C	1	Kate Sandercock	55	Colchester Harriers AC	5.12	6		-	x	x	42.5	2710816
A	2	Carol Morris	59	Chelmsford AC	4.34	5		-	x	x	38.0	3661223
E	3	Anne Heeks	66	Thurrock/Loughton AC's	4.16	4		x	-	x	40.0	2900806
	4					3						
	5					2						
	6					1						
	7					0						
	8					0						

W60-69	W70-74	AG %	EA No
-	x	42.7	2991112
-	x	32.9	3368658
-	x	30.7	2713119

W70-74	AG %	EA No
LR	52.5	2717141
-	38.1	2900812
-	40.8	3243500

South - WOMEN - Match 4

TJ6	TJ	Triple Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts	Wind			W60-69	W70+	AG %	EA No
A	1	Clare St John-Coleman	65	Chelmsford AC	6.29	6				-	x	59.7	2717154
E	2	Jodie Farrell	60	Thurrock/Loughton AC's	4.47	5				-	x	39.6	3217409
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							
HJ3	HJ	High Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts		W35-49	W50-59	W60-69	W70+	AG %	EA No
E	1	Claire Brennan	45	Thurrock/Loughton AC's	1.38	6		-	x	x	x	74.3	2667112
D	2	Kate Heap	41	Colchester & Tendering/Ipswich H	1.32	5		-	x	x	x	68.3	4151065
A	3	Nicola Hewitt	53	Chelmsford AC	0.90	4		x	-	x	x	52.5	4036272
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							
HJ5	HJ	High Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts			W50-59	W60-69	W70+	AG %	EA No
E	1	Lorna Gaffney	58	Thurrock/Loughton AC's	1.05	6			-	x	x	64.4	2967666
A	2	Carol Morris	59	Chelmsford AC	0.90	5			-	x	x	55.7	3661223
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							
HJ6	HJ	High Jump W60-69 [W60+]	RDA	Team	(N.nn)	Pts				W60-69	W70+	AG %	EA No
E	1	Emily McMahon	76	Thurrock/Loughton AC's	1.08	6				x	LR	79.6	2900898
D	2	Elizabeth Welbourn	66	Colchester & Tendering/Ipswich H	1.02	5				-	x	67.8	2713119
	3					4							
	4					3							
	5					2							
	6					1							
	7					0							
	8					0							

South - WOMEN - Match 4

R4224-3	MedR	Relay 4224 W35-49 [W35+]	RDA	Team	(NN.N)	Pts
E	1	Nina Brennan	41	Thurrock/Loughton AC's	3:15.0	6
Ea		Mary Knapman	47	Thurrock/Loughton AC's		
Eb		Claire Brennan	45	Thurrock/Loughton AC's		
Ec		Joanne Ryan	39	Thurrock/Loughton AC's		
D	2	Kate Heap	41	Colchester & Tendering/Ipswich H	3:28.8	5
Da		Keeley Swords	44	Colchester & Tendering/Ipswich H		
Db		Louise Brydon	40	Colchester & Tendering/Ipswich H		
Dc		Katie Holmes	41	Colchester & Tendering/Ipswich H		
R4224-5	MedR	Relay 4224 W50+	RDA	Team	(NN.N)	Pts
C	1	Kate Sandercock	55	Colchester Harriers AC	4:07.4	6
		Katie Gibson	56	Colchester Harriers AC		
Cb		Nikki Osborne	57	Colchester Harriers AC		
Cc		Annette Oakman	54	Colchester Harriers AC		
A	2	Lorraine Cowley	58	Chelmsford AC	4:19.9	5
Aa		Clare St John-Coleman	65	Chelmsford AC		
Ab		Nicola Hewitt	53	Chelmsford AC		
Ac		Anna Nuttall	53	Chelmsford AC		
E	3	Melanie Peddle	57	Thurrock/Loughton AC's	4:21.1	4
Ea		Emily McMahon	76	Thurrock/Loughton AC's		
Eb		Rebecca Fricker	51	Thurrock/Loughton AC's		
Ec		Nikkii Barnett	55	Thurrock/Loughton AC's		

Rec
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Rec
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2724680
2792205
2667112
2792203
4151065
4155914
4001655
3139512
2710816
3764514
3175112
2717127
4204394
2717154
4036272
4120398
3470739
2900898
4255392
3879964

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
98	SP3	Nina Brennan	W40	Havering AC	7.54
		-	-	-	