

W3M MEN - Match 3

Insert non scoring results at the bottom						
EMAC Track & Field League			West Division - Match 3		Teams =	6
Sandy		Wed	01 July 2026		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	1	Bedford & County AC	1	148.0	425.5	1
x	1	Marshall Milton Keynes AC	5	148.0	412.5	2
x	3	Fairlands Valley Spartans	4	63.0	240.0	3
x	4	Corby/Northampton AC's	3	59.0	165.0	4
x	5	Biggleswade/Luton AC's	2	18.0	41.0	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	
1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.n)	Pts	Wind		
1	1	Roy Chambers	40	Bedford & County AC	12.5	6			
2	2	Lee Carey	36	Biggleswade/Luton AC's	13.5	5			
5	3	John Watkinson	49	Marshall Milton Keynes AC	13.6	4			
4	4	David Stephenson	63	Fairlands Valley Spartans	14.8	3			
	5					2			
	6					1			
	7					0			
	8					0			
1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind		
4	1	Ian Rawlinson	56	Fairlands Valley Spartans	12.9	6			
5	2	Darren O'Leary	57	Marshall Milton Keynes AC	13.2	5			
3	3	Keith Lok	51	Corby/Northampton AC's	13.4	4			
1	4	Stephen Bass	53	Bedford & County AC	14.5	3			
	5					2			
	6					1			
	7					0			
	8					0			
1006	100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind		
4	1	Steve Mayfield	60	Fairlands Valley Spartans	14.1	6			
1	2	Tennyson James	68	Bedford & County AC	14.3	5			
2	3	David Brown	68	Biggleswade/Luton AC's	16.3	4			
5	4	Jim Lawrence	69	Marshall Milton Keynes AC	24.5	3			
	5					2			
	6					1			
	7					0			
	8					0			

Highest Track Age Graded % =		94.3	
Athlete	John Skelton	RDA	75
Club	Marshall Milton Keynes AC		
Event	1 Mile M60-69 [M60+]		
Result	5:37.8		
Format Result to suit the result			
Highest Field Age Graded % =		73.4	
Athlete	Richard Phelan	RDA	64
Club	Bedford & County AC		
Event	Long Jump M60+		
Result	4.50		

g	Records				2023	EA No
	M35-49	M50-59	M60-69	M70+	AG %	
d	-	x	x	x	79.3	2667991
	-	x	x	x	71.4	3465551
	-	x	x	x	77.5	4058934
	x	x	-	x	78.4	2724358
d		M50-59	M60-69	M70+	AG %	EA No
	-	x	x	85.7	4091357	
	-	x	x	84.3	3678206	
	-	x	x	79.7	3077805	
	-	x	x	74.7	2797201	
d		M60-69	M70+	AG %	EA No	
	-	x	80.6	2811721		
	-	x	84.1	2775264		
	-	x	73.7	2708007		
	-	x	49.4	2690506		

W3M MEN - Match 3

1007	100m	100m M70+	RDA	Team	(NN.n)	Pts	Wind
5	1	John Browne	72	Marshall Milton Keynes AC	13.4	6	
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
5	1	Panos Ioannou	45	Marshall Milton Keynes AC	56.2	6
1	2	Chris Parson	45	Bedford & County AC	56.7	5
3	3	John Bowden	45	Corby/Northampton AC's	87.9	4
	4					3
	5					2
	6					1
	7					0
	8					0

4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
1	1	Peter Benedickter	57	Bedford & County AC	60.9	6
5	2	Steve Withers	53	Marshall Milton Keynes AC	66.0	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
1	1	Tennyson James	68	Bedford & County AC	65.4	6
2	2	David Brown	68	Biggleswade/Luton AC's	75.3	5
5	3	Kevin Church	62	Marshall Milton Keynes AC	78.7	4
4	4	Nick Kleanthous	64	Fairlands Valley Spartans	100.2	3
	5					2
	6					1
	7					0
	8					0

1Mile3	1Mile	1 Mile M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Simon Coombes	54	Bedford & County AC	05:16.2	6
3	2	Adam Brooks	39	Corby/Northampton AC's	05:18.0	5
5	3	Eliot Winter	35	Marshall Milton Keynes AC	05:25.0	4
	4					3
	5					2
	6					1
	7					0
	8					0

M70+	AG %	EA No
LR	92.3	3019098

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	83.2	3129009
-	x	x	x	82.4	4122913
-	x	x	x	53.2	4039067

M50-59	M60-69	M70+	AG %	EA No
-	x	x	83.1	3402370
-	x	x	74.7	3738404

M60-69	M70+	AG %	EA No
-	x	83.5	2775264
-	x	72.5	2708007
-	x	66.6	3088379
-	x	53.0	3865891

M35-49	M50-59	M60-69	M70+	AG %	EA No
x	-	x	x	82.3	2730567
-	x	x	x	73.3	2755876
-	x	x	x	69.9	2794684

W3M MEN - Match 3

1Mile5	1Mile	1 Mile M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
3	1	Chris Bell	57	Corby/Northampton AC's	05:16.7	6
1	2	Gavin Reynolds	51	Bedford & County AC	05:18.0	5
5	3	Kevin Church	62	Marshall Milton Keynes AC	06:49.5	4
	4					3
	5					2
	6					1
	7					0
	8					0

1Mile6	1Mile	1 Mile M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
1	1	Andrew Leach	62	Bedford & County AC	05:19.9	6
5	2	John Skelton	75	Marshall Milton Keynes AC	06:01.5	5
4	3	Nick Kleanthous	64	Fairlands Valley Spartans	08:08.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

1Mile7	1Mile	1 Mile M70+	RDA	Team	(NN:NN.n)	Pts
1	1	Aleksander Swiecicki	77	Bedford & County AC	07:11.8	6
5	2	Alasdair Gibson	73	Marshall Milton Keynes AC	07:16.9	5
	3					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	10:51.0	6
4	2	David Stephenson	63	Fairlands Valley Spartans	12:57.2	5
5	3	Richard Pownall	66	Marshall Milton Keynes AC	14:59.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	John Borgars	80	Bedford & County AC	14:41.6	6
5	2	Jim Lawrence	69	Marshall Milton Keynes AC	15:06.0	5
4	3	Nick Kleanthous	64	Fairlands Valley Spartans	17:13.1	4
	4					3
	5					2
	6					1
	7					0
	8					0

M50-59	M60-69	M70+	AG %	EA No
-	x	x	84.2	3753887
-	x	x	79.9	2705296
x	-	x	68.1	3088379

M60-69	M70+	AG %	EA No
-	x	87.2	3440310
x	-	94.3	2794640
-	x	58.2	3865891

M70+	AG %	EA No
-		3503304
-		2794532

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	3259465
x	x	-	x	2724358
x	x	-	x	2690593

M35-49	M50-59	M60-69	M70+	EA No
x	x	x	-	2694939
x	x	-	x	2690506
x	x	-	x	3865891

W3M MEN - Match 3

HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Glen Kerr	51	Bedford & County AC	41.68	6
3	2	John Bowden	45	Corby/Northampton AC's	20.07	5
5	3	Adam Flaherty	48	Marshall Milton Keynes AC	19.48	4
	4					3
	5					2
	6					1
	7					0
	8					0

HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
5	1	Mark Roberson	51	Marshall Milton Keynes AC	49.74	6
1	2	Darren Kerr	56	Bedford & County AC	43.83	5
3	3	Ray Mckenna	50	Corby/Northampton AC's	20.97	4
	4					3
	5					2
	6					1
	7					0
	8					0

HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Gwynn Wallace	61	Marshall Milton Keynes AC	26.23	6
1	2	Simon Eastwood	61	Bedford & County AC	21.13	5
3	3	Peter Knott	68	Corby/Northampton AC's	20.51	4
4	4	Nick Kleanthous	64	Fairlands Valley Spartans	10.66	3
	5					2
	6					1
	7					0
	8					0

HT7	HT	Hammer M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
4	1	Timothy Saunders Mullins	73	Fairlands Valley Spartans	32.57	6
5	2	Bunt Scott	75	Marshall Milton Keynes AC	27.28	5
1	3	Graeme Packman	71	Bedford & County AC	22.90	4
	4					3
	5					2
	6					1
	7					0
	8					0

SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Darren Kerr	56	Bedford & County AC	9.34	6
5	2	Eugene Swanepoel	54	Marshall Milton Keynes AC	9.12	5
3	3	John Bowden	45	Corby/Northampton AC's	8.23	4
	4					3
	5					2
	6					1
	7					0
	8					0

M35-49
X
-
-

	M50-59
	-
	-
	-

	M60-69
	-
	-
	-
	-

M35-49
X
X
-

AG %	EA No
-	2775274
26.5	4039067
26.8	4099877

AG %	EA No
64.9	2979459
61.9	2669225
27.0	2857961

9	AG %	EA No
	36.9	2798456
	29.7	2774976
	33.1	2829262
	15.8	3865891

M70-79	AG %	EA No
LR	-	3558942
-	-	3273763
-	-	2774981

AG %	EA No
-	2669225
-	4009384
41.8	4039067

W3M MEN - Match 3

SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Ray Mckenna	50	Corby/Northampton AC's	11.30	6
1	2	Glen Kerr	51	Bedford & County AC	11.25	5
5	3	Mark Roberson	51	Marshall Milton Keynes AC	10.50	4
4	4	Nick Kleanthous	64	Fairlands Valley Spartans	5.69	3
	5					2
	6					1
	7					0
	8					0

SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Gwynn Wallace	61	Marshall Milton Keynes AC	9.59	6
3	2	Peter Knott	68	Corby/Northampton AC's	9.54	5
1	3	Simon Eastwood	61	Bedford & County AC	7.98	4
4	4	David Stephenson	63	Fairlands Valley Spartans	7.48	3
	5					2
	6					1
	7					0
	8					0

SP7	SP	Shot M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
1	1	Graeme Packman	71	Bedford & County AC	9.09	6
5	2	Bunt Scott	75	Marshall Milton Keynes AC	8.22	5
4	3	Timothy Saunders Mullins	73	Fairlands Valley Spartans	7.37	4
	4					3
	5					2
	6					1
	7					0
	8					0

LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roy Chambers	40	Bedford & County AC	5.59	6
5	2	Clint Grabs	39	Marshall Milton Keynes AC	5.02	5
2	3	Lee Carey	36	Biggleswade/Luton AC's	4.00	4
3	4	John Bowden	45	Corby/Northampton AC's	3.88	3
	5					2
	6					1
	7					0
	8					0

LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind
1	1	Philip Bowers	58	Bedford & County AC	4.69	6	
4	2	Ian Rawlinson	56	Fairlands Valley Spartans	4.58	5	
5	3	Anthony Moffat	56	Marshall Milton Keynes AC	4.52	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

M50-59				AG %	EA No
-				55.9	2857961
-				56.4	2775274
-				52.6	2979459
X				-	3865891
M60-69				AG %	EA No
-				51.1	2798456
-				57.3	2829262
-				42.5	2774976
-				41.2	2724358
M70-79				AG %	EA No
-				-	2774976
-				-	2798456
-				-	2724358
M70+				AG %	EA No
9	M50-59	M60-69	M70+	AG %	EA No
	X	X	X	68.5	2667991
	X	X	X	60.9	2690440
	X	X	X	46.9	3465551
	X	X	X	50.3	4039067
	M50-59	M60-69	M70+	AG %	EA No
	-	X	X	70.9	3797642
	-	X	X	67.6	4091357
	-	X	X	66.7	3947745

W3M MEN - Match 3

LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind
1	1	Richard Phelan	64	Bedford & County AC	4.50	6	
5	2	Brian Slaughter	68	Marshall Milton Keynes AC	4.13	5	
4	3	Steve Mayfield	60	Fairlands Valley Spartans	4.05	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

LJ7	LJ	Long Jump M70+	RDA	Team	(N.nn)	Pts	Wind
5	1	Alasdair Gibson	73	Marshall Milton Keynes AC	1.88	6	
	2					5	
	3					4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
5	1	Clint Grabs	39	Marshall Milton Keynes AC	1.45	6
3	2	John Bowden	45	Corby/Northampton AC's	1.35	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Philip Bowers	58	Bedford & County AC	1.40	6
5	2	Anthony Moffat	56	Marshall Milton Keynes AC	1.25	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
1	1	Richard Phelan	64	Bedford & County AC	1.30	6
5	2	Brian Slaughter	68	Marshall Milton Keynes AC	1.25	5
4	3	Steve Mayfield	60	Fairlands Valley Spartans	1.15	4
	4					3
	5					2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	73.4	2871564
-	x	70.9	2779177
-	x	62.8	2811721

M70+	AG %	EA No
-	34.5	2794532

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	62.3	2690440
-	x	x	x	61.5	4039067

M50-59	M60-69	M70+	AG %	EA No
-	x	x	72.7	3797642
-	x	x	63.6	3947745

M60-69	M70+	AG %	EA No
-	x	71.8	2871564
-	x	72.1	2779177
-	x	60.9	2811721

W3M MEN - Match 3

R4224-3	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.n)	Pts
5	1	Clint Grabs	39	Marshall Milton Keynes AC	2:56.3	6
5a		John Watkinson	49			
5b		Panos Ioannou	45			
5c		Eliot Winter	35			
1	2	Roy Chambers	40	Bedford & County AC	3:01.3	5
1a		Chris Parson	45			
1b		Philip Bowers	58			
1c		Adam Hills	49			
3	3	John Bowden	45	Corby/Northampton AC's	3:36.5	4
3a		Keith Lok	51			
3b		Dougie Donald	67			
3c		Adam Brooks	39			
	4					3
a						
b						
c						

Rec
-

2690440
4058934
3129009
2794684
2667991
4122913
3797642
3259465
4039067
3077805
2909395
2755876

R4224-5	MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
1	1	Richard Bruce	55	Bedford & County AC	3:02.6	6
1a		Tennyson James	68			
1b		Stephen Bass	53			
1c		Gavin Reynolds	51			
5	2	Steve Withers	53	Marshall Milton Keynes AC	3:12.9	5
5a		John Browne	72			
5b		Darren O'Leary	57			
5c		Brian Slaughter	68			
	3					4
a						
b						
c						

Rec
-

2859580
2775264
2797201
2705296
3738404
3019098
3678206
2779177

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
434	400m	Richard Bruce	M55	Bedford & County AC	58.7
999	1 Mile	Ian Sells	M60	Bedford & County AC	5:30.2
438	1 Mile	Simon Harper	M50	Bedford & County AC	5:37.8
		-	-	-	