

Insert non scoring results at the bottom

**EMAC Track & Field League      Northern Division - Match 1      Teams = 7**

**St Ives      Wed      #####      Overall Match Scores**

**Overall Team Trophy**

Women	O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
X	X	7	Hunts AC	1	54	54	7
X	X	5	Peterborough AC	2	60	60	5
X	X	1	Nene Valley Harriers	3	105	105	1
X	X	3	Corby AC	4	95	95	3
X	X	6	Stamford Striders	5	59	59	6
X	X	2	Ryston Runners AC	6	103	103	2
X	X	4	West Norfolk AC	7	93	93	4
X	X	8	Spare	8	0	0	8

*RDA = Race Day Age*

EMAC League Record? (M35-49)	EMAC League Record? (M50-59)	EMAC League Record? (M60+)	Derived from Age Grade Tables of 2015

**Single numbers only**

	1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m M35-49	3	1	Julian Smith	49	Nene Valley Harriers	12.4	7		-	x	x	87.9
100m M35-49	4	2	Keith Lok	42	Corby AC	13.4	6		-	x	x	77.6
100m M35-49	1	3	Tyrone Farrer	44	Hunts AC	13.5	5		-	x	x	78.1
100m M35-49	6	4	Matthew Hitchcock	36	Ryston Runners AC	13.6	4		-	x	x	73.3
100m M35-49	7	5	Lee Tunmore	45	West Norfolk AC	14.1	3		-	x	x	75.3
100m M35-49	5	6	Chris Deadman	35	Stamford Striders	14.2	2		-	x	x	69.7
100m M35-49		7					1					
100m M35-49		8					0					
	1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m M50-59	4	1	Dougie Donald	59	Corby AC	13.3	7		-	x	87.4	
100m M50-59	7	2	Robert Vincent	52	West Norfolk AC	14.3	6		-	x	77.8	
100m M50-59	2	3	Martin Hilton	59	Peterborough AC	14.8	5		-	x	78.6	
100m M50-59	5	4	Stuart Hill	54	Stamford Striders	15.7	4		-	x	71.8	
100m M50-59	3	5	Paul Parkin	53	Nene Valley Harriers	16.7	3		-	x	67.0	
100m M50-59		6					2					
100m M50-59		7					1					
100m M50-59		8					0					
	1006	100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m M60+	4	1	Wilson Paterson	60	Corby AC	14.2	7		-	82.4		
100m M60+	7	2	Ian Reeve	65	West Norfolk AC	14.9	6		-	80.9		
100m M60+	3	3	John Spriggs	65	Nene Valley Harriers	16.6	5		-	72.7		
100m M60+	6	4	Jeffrey Reed	73	Ryston Runners AC	18.7	4		-	68.9		

100m M60+	5	5	Jim Grant	62	Stamford Striders	21.5	3
100m M60+		6					2
100m M60+		7					1
100m M60+		8					0

	400m	400m M35-49	RDA	Team	(NN.n)	Pts	
400m M35-49	3	1	Sean Reidy	37	Nene Valley Harriers	54.9	7
400m M35-49	2	2	James Sadlier	40	Peterborough AC	59.7	6
400m M35-49	5	3	Neil Martin	47	Stamford Striders	61.1	5
400m M35-49	1	4	Tyrone Farrer	44	Hunts AC	61.9	4
400m M35-49	7	5	Benjamin Collison	35	West Norfolk AC	62.5	3
400m M35-49	6	6	Martin Heeley	44	Ryston Runners AC	62.9	2
400m M35-49		7					1
400m M35-49		8					0

	400m	400m M50-59	RDA	Team	(NN.n)	Pts	
400m M50-59	4	1	Dougie Donald	59	Corby AC	63.4	7
400m M50-59	3	2	Andrew Robson	51	Nene Valley Harriers	63.9	6
400m M50-59	5	3	Ed Fancourt	50	Stamford Striders	67.6	5
400m M50-59	6	4	Anthony Savage	56	Ryston Runners AC	73.5	4
400m M50-59	2	5	Martin Hilton	59	Peterborough AC	76.9	3
400m M50-59	7	6	Robert Vincent	52	West Norfolk AC	83.0	2
400m M50-59		7					1
400m M50-59		8					0

	3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts	
3000m M35-49	1	1	David Hudson	36	Hunts AC	09:25.4	7
3000m M35-49	2	2	Simon Fell	41	Peterborough AC	09:45.7	6
3000m M35-49	4	3	Wojciech Kantczak	35	Corby AC	10:03.9	5
3000m M35-49	3	4	Jeff Lucas	42	Nene Valley Harriers	10:43.8	4
3000m M35-49	7	5	Benjamin Collison	35	West Norfolk AC	10:48.9	3
3000m M35-49	6	6	Jamie Bransgrove	39	Ryston Runners AC	11:47.4	2
3000m M35-49	5	7	Chris Deadman	35	Stamford Striders	13:24.9	1
3000m M35-49		8					0

	3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts	
3000m M50-59	6	1	Malcolm Tuff	53	Ryston Runners AC	10:27.8	7
3000m M50-59	2	2	Peter Ward	53	Peterborough AC	10:51.6	6
3000m M50-59	5	3	Stuart Hill	54	Stamford Striders	11:03.9	5
3000m M50-59	3	4	Barry Warne	57	Nene Valley Harriers	11:53.4	4
3000m M50-59	4	5	John Donaldson	59	Corby AC	12:19.4	3
3000m M50-59	7	6	John Greenhalgh	52	West Norfolk AC	14:41.1	2
3000m M50-59	1	7	Philip Young	59	Hunts AC	14:43.0	1

-	55.1

Rec	Rec	Rec	AG %
-	x	x	82.3
-	x	x	77.4
-	x	x	79.4
-	x	x	76.8
-	x	x	71.2
-	x	x	75.5

Rec	Rec	AG %
-	x	82.9
-	x	78.0
-	x	73.3
-	x	70.1
-	x	68.3
-	x	60.5

Rec	Rec	Rec	AG %
-	x	x	80.0
-	x	x	80.1
-	x	x	74.4
-	x	x	73.4
-	x	x	69.3
-	x	x	65.3
-	x	x	55.8

Rec	Rec	AG %
-	x	82.1
-	x	79.1
-	x	78.3
-	x	74.7
-	x	73.3
-	x	58.0
-	x	61.4

3000m M50-59		8				0
30000	3000m	<b>3000m M60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
3000m M60+	1	1	Jim Stocker	69	Hunts AC	12:28.7 7
3000m M60+	5	2	Jim Grant	62	Stamford Striders	12:40.0 6
3000m M60+	4	3	Richard Brown	65	Corby AC	12:54.1 5
3000m M60+	2	4	Eamonn Dorling	63	Peterborough AC	14:44.8 4
3000m M60+	7	5	Ian Reeve	65	West Norfolk AC	14:47.5 3
3000m M60+		6				2
3000m M60+		7				1
3000m M60+		8				0
1MWA	1MileW	<b>1M Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1M Walk 'A'	3	1	James Macdonald	36	Nene Valley Harriers	09:10.1 7
1M Walk 'A'	5	2	Jim Grant	62	Stamford Striders	09:11.2 6
1M Walk 'A'	4	3	Wojciech Kantczak	35	Corby AC	09:42.7 5
1M Walk 'A'	2	4	Eamonn Dorling	63	Peterborough AC	10:46.0 4
1M Walk 'A'	6	5	Paul Firmage	63	Ryston Runners AC	11:09.6 3
1M Walk 'A'	7	6	Neil Watson	45	West Norfolk AC	11:53.5 2
1M Walk 'A'		7				1
1M Walk 'A'		8				0
1MWB	1MileW	<b>1M Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>
1M Walk 'B'	4	1	Scott Magee	47	Corby AC	10:06.7 7
1M Walk 'B'	6	2	Ian Hogarth	39	Ryston Runners AC	11:39.7 6
1M Walk 'B'	7	3	Lee Tunmore	45	West Norfolk AC	12:39.6 5
1M Walk 'B'		4				4
1M Walk 'B'		5				3
1M Walk 'B'		6				2
1M Walk 'B'		7				1
1M Walk 'B'		8				0
HT3	HT	<b>Hammer M35-49 (7.26Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer M35-49 (7.26Kg)	3	1	Simon Achurch	43	Nene Valley Harriers	40.01 7
Hammer M35-49 (7.26Kg)	6	2	Andrew Simmonds	36	Ryston Runners AC	37.05 6
Hammer M35-49 (7.26Kg)	1	3	Steve Burke	45	Hunts AC	26.61 5
Hammer M35-49 (7.26Kg)	7	4	Allan Williams	42	West Norfolk AC	21.40 4
Hammer M35-49 (7.26Kg)	4	5	Keith Lok	42	Corby AC	6.53 3
Hammer M35-49 (7.26Kg)		6				2
Hammer M35-49 (7.26Kg)		7				1
Hammer M35-49 (7.26Kg)		8				0
HT5	HT	<b>Hammer M50-59 (6Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer M50-59 (6Kg)	1	1	Robert Ellingham	53	Hunts AC	41.23 7

	Rec	AG %
	-	79.4
	-	73.3
	-	73.9
	-	63.5
	-	64.5

Rec	Rec	Rec	Pts
-	x	x	62.1
x	x	-	77.3
-	x	x	58.3
x	x	-	66.6
x	x	-	64.3
-	x	x	51.3

Rec	Rec	Rec	Pts
-	x	x	61.3
-	x	x	49.8
-	x	x	48.1

Rec	Rec	Rec	AG %
-	x	x	52.6
-	x	x	43.4
-	x	x	36.3
-	x	x	27.6
-	x	x	8.4

Rec	Rec	AG %
-	x	59.0

Hammer M50-59 (6Kg)	2	2	Karl Eve	55	Peterborough AC	21.41	6
Hammer M50-59 (6Kg)	6	3	David Lane	53	Ryston Runners AC	16.77	5
Hammer M50-59 (6Kg)	7	4	Ricky Bailey	50	West Norfolk AC	15.29	4
Hammer M50-59 (6Kg)	4	5	Dougie Donald	59	Corby AC	13.70	3
Hammer M50-59 (6Kg)	3	6	Kevin Bates	65	Nene Valley Harriers	12.14	2
Hammer M50-59 (6Kg)		7					1
Hammer M50-59 (6Kg)		8					0

-	x	32.1
-	x	24.0
-	x	20.5
-	x	22.6
x	-	-

HT6	HT	Hammer M60-69 (5Kg)		RDA	Team	(NN.nn)	Pts
Hammer M60-69 (5Kg)	6	1	Paul Oakes	65	Ryston Runners AC	32.80	7
Hammer M60-69 (5Kg)	4	2	Peter Knott	60	Corby AC	28.66	6
Hammer M60-69 (5Kg)	3	3	John Blackwell	67	Nene Valley Harriers	27.53	5
Hammer M60-69 (5Kg)	7	4	David Bessey	70	West Norfolk AC	14.89	4
Hammer M60-69 (5Kg)		5					3
Hammer M60-69 (5Kg)		6					2
Hammer M60-69 (5Kg)		7					1
Hammer M60-69 (5Kg)		8					0

Rec	AG %
-	59.9
-	46.4
-	53.0
-	-

SP3	SP	Shot M35-49 (7.26Kg)		RDA	Team	(NN.nn)	Pts
Shot M35-49 (7.26Kg)	3	1	Simon Achurch	43	Nene Valley Harriers	12.08	7
Shot M35-49 (7.26Kg)	1	2	Martin Gardner	41	Hunts AC	9.93	6
Shot M35-49 (7.26Kg)	7	3	Allan Williams	42	West Norfolk AC	8.55	5
Shot M35-49 (7.26Kg)	6	4	Andrew Simmonds	36	Ryston Runners AC	8.48	4
Shot M35-49 (7.26Kg)	5	5	Neil Martin	47	Stamford Striders	8.47	3
Shot M35-49 (7.26Kg)	4	6	Gary Beckwith	41	Corby AC	6.55	2
Shot M35-49 (7.26Kg)		7					1
Shot M35-49 (7.26Kg)		8					0

Rec	Rec	Rec	AG %
-	x	x	56.3
-	x	x	44.8
-	x	x	39.2
-	x	x	36.9
-	x	x	42.5
-	x	x	29.6

SP5	SP	Shot M50-59 (6Kg)		RDA	Team	(NN.nn)	Pts
Shot M50-59 (6Kg)	2	1	Karl Eve	55	Peterborough AC	9.99	7
Shot M50-59 (6Kg)	1	2	Robert Ellingham	53	Hunts AC	9.40	6
Shot M50-59 (6Kg)	3	3	Kevin Bates	65	Nene Valley Harriers	7.26	5
Shot M50-59 (6Kg)	6	4	David Lane	53	Ryston Runners AC	7.18	4
Shot M50-59 (6Kg)	7	5	Ricky Bailey	50	West Norfolk AC	6.79	3
Shot M50-59 (6Kg)		6					2
Shot M50-59 (6Kg)		7					1
Shot M50-59 (6Kg)		8					0

Rec	Rec	AG %
-	x	55.0
-	x	49.6
x	-	-
-	x	37.9
-	x	33.7

SP6	SP	Shot M60-69 (5Kg)		RDA	Team	(NN.nn)	Pts
Shot M60-69 (5Kg)	4	1	Peter Knott	60	Corby AC	12.14	7
Shot M60-69 (5Kg)	1	2	Wayne DuBose	63	Hunts AC	9.82	6
Shot M60-69 (5Kg)	6	3	Paul Oakes	65	Ryston Runners AC	9.29	5
Shot M60-69 (5Kg)	7	4	Ian Reeve	65	West Norfolk AC	7.78	4

Rec	AG %
LR	66.7
-	58.8
-	59.1
-	49.5

Shot M60-69 (5Kg)	3	5	John Blackwell	67	Nene Valley Harriers	6.99	3	-	47.5
Shot M60-69 (5Kg)	5	6	Jim Grant	62	Stamford Striders	5.97	2	-	34.7
Shot M60-69 (5Kg)		7					1		
Shot M60-69 (5Kg)		8					0		

TJ3	TJ	Triple Jump M35-49		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Triple Jump M35-49	3	1	Sean Reidy	37	Nene Valley Harriers	10.11	7		-	x	x	57.2
Triple Jump M35-49	5	2	Neil Martin	47	Stamford Striders	9.62	6		-	x	x	61.4
Triple Jump M35-49	6	3	David Lane	53	Ryston Runners AC	8.76	5		x	-	x	60.6
Triple Jump M35-49	7	4	Lee Tunmore	45	West Norfolk AC	7.13	4		-	x	x	44.4
Triple Jump M35-49		5					3					
Triple Jump M35-49		6					2					
Triple Jump M35-49		7					1					
Triple Jump M35-49		8					0					

TJ5	TJ	Triple Jump M50-59		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
Triple Jump M50-59	6	1	Paul Harrison	51	Ryston Runners AC	11.41	7		-	x	76.8
Triple Jump M50-59	2	2	Karl Eve	55	Peterborough AC	8.82	6		-	x	62.7
Triple Jump M50-59	3	3	Kevin Bates	65	Nene Valley Harriers	6.68	5		x	-	55.4
Triple Jump M50-59	7	4	Robert Vincent	52	West Norfolk AC	6.44	4		-	x	43.9
Triple Jump M50-59	4	5	John Donaldson	59	Corby AC	6.06	3		-	x	45.7
Triple Jump M50-59		6					2				
Triple Jump M50-59		7					1				
Triple Jump M50-59		8					0				

TJ6	TJ	Triple Jump M60+		RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
Triple Jump M60+	7	1	Ian Reeve	65	West Norfolk AC	8.90	7		-	73.9
Triple Jump M60+	3	2	John Spriggs	65	Nene Valley Harriers	7.96	6		-	66.1
Triple Jump M60+	6	3	Jeffrey Reed	73	Ryston Runners AC	5.62	5		-	53.8
Triple Jump M60+		4					4			
Triple Jump M60+		5					3			
Triple Jump M60+		6					2			
Triple Jump M60+		7					1			
Triple Jump M60+		8					0			

HJ3	HJ	High Jump M35-49		RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
High Jump M35-49	5	1	Neil Martin	47	Stamford Striders	1.45	7	-	x	x	70.2
High Jump M35-49	3	2	Adam Fidgett	36	Nene Valley Harriers	1.45	6	-	x	x	63.0
High Jump M35-49	7	3	Neil Watson	45	West Norfolk AC	1.40	5	-	x	x	66.4
High Jump M35-49	6	4	Ian Hogarth	39	Ryston Runners AC	1.40	4	-	x	x	62.6
High Jump M35-49	4	5	Keith Lok	42	Corby AC	1.15	3	-	x	x	52.9
High Jump M35-49		6					2				
High Jump M35-49		7					1				

High Jump M35-49

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
	8					0
High Jump M50-59	2	1 Karl Eve	55	Peterborough AC	1.40	7
High Jump M50-59	6	2 David Lane	53	Ryston Runners AC	1.25	6
High Jump M50-59	7	3 Ricky Bailey	50	West Norfolk AC	1.20	5
High Jump M50-59	4	4 Dougie Donald	59	Corby AC	1.00	4
High Jump M50-59		5				3
High Jump M50-59		6				2
High Jump M50-59		7				1
High Jump M50-59		8				0

Rec	Rec	AG %
-	x	74.0
-	x	64.6
-	x	60.0
-	x	55.4

Relay 4x1 M35-49

R4x1-35	MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
Relay 4x1 M35-49	4	1 Gary Beckwith , Wojciech Kantczak, Dougie Donald, Keith Lok		Corby AC	52.9	7
Relay 4x1 M35-49	6	2 Matthew Hitchcock, Ian Hogarth, Martin Heeley, Jamie Bramsgrove		Ryston Runners AC	55.0	6
Relay 4x1 M35-49	3	3 James MacDonald, Barry Warne, Paul Parkin, Andrew Robson		Nene Valley Harriers	55.2	5
Relay 4x1 M35-49	5	4 Ed Fancourt, Chris Deadman, Stuart Hill, Neil Martin		Stamford Striders	58.4	4
Relay 4x1 M35-49	7	5 Ben Collison, Neil Watson, Ian Reeve, Robert Vincent		West Norfolk AC	72.2	3
Relay 4x1 M35-49		6				2
Relay 4x1 M35-49		7				1
Relay 4x1 M35-49		8				0

Rec
-
-
-
-
-

Relay 4x1 M50+

R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
Relay 4x1 M50+	6	1 Malcolm Tuff, Paul Harrison, Tony Savage, David Lane		Ryston Runners AC	61.0	7
Relay 4x1 M50+	7	2 John Greenhalgh, Rick Bailey, Ian Reeve, Robert Vincent		West Norfolk AC	67.4	6
Relay 4x1 M50+	4	3 Wilson Paterson, Pete Knott, John Donaldson, Richard Brown		Corby AC	67.5	5
Relay 4x1 M50+	3	4 John Spriggs, Barry Warne, Paul Parkin, Andrew Robson		Nene Valley Harriers	68.3	4
Relay 4x1 M50+		5				3
Relay 4x1 M50+		6				2
Relay 4x1 M50+		7				1
Relay 4x1 M50+		8				0

Rec
-
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
100m	Stephen Croft	M45	Ely Runners	14.8
100m	John Moore	M60	West Norfolk AC	14.7
3000m	Mark Barry	M35	Hunts AC	09:40.9
3000m	Ty Farrer	M40	Hunts AC	09:48.9
3000m	James MacDonald	M35	NVH	10:17.8
3000m	Dave Knighton	M55	NVH	11:44.9
3000m	Paul Parkin	M50	NVH	12:23.4
Shot	Steve Burke	M45	Hunts AC	8.79

Shot	John Moore	M60	West Norfolk AC	8.08
Hammer	Martin Gardner	M40	Hunts AC	20.98
Triple Jump	Chris Deadman	M35	Stamford Striders	9.13
High Jump	Lee Tunmore	M35	West Norfolk AC	1.20
400m	Andy Simmonds	M35	Ryston Runners AC	58.6
400m	Mark Barry	M35	Hunts AC	60.7
400m	Paul Parkin	M50	NVH	80.7

**Insert non scoring results at the bottom**

**EMAC Track & Field League Northern Division - Match 1 Teams = 7**

**St Ives Wed ##### Overall Match Scores**

**Overall Team Trophy**

Men	O/A	Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
x	x	6	Hunts AC	A	36	36	6
x	x	5	Peterborough AC	B	49	49	5
x	x	2	Nene Valley Harriers	C	102	102	2
x	x	3	Corby AC	D	76	76	3
x	x	4	Stamford Striders	E	50	50	4
x	x	1	Ryston Runners AC	F	139	139	1
x	x	7	West Norfolk AC	G	26	26	7
x	x	8	Spare	H	0	0	8

*RDA = Race Day Age*

EMAC League Record? (W35-49)  
 EMAC League Record? (W50-59)  
 EMAC League Record? (W60+)  
 Derived from Age Grade Tables of 2015

**Single letters only**

1003		100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m W35-49	c	1	Claire Smith	41	Nene Valley Harriers	13.9	7		-	x	x	79.9
100m W35-49	f	2	Melanie Reed	35	Ryston Runners AC	14.7	6		-	x	x	71.4
100m W35-49	a	3	Andrea Linnell	41	Hunts AC	14.8	5		-	x	x	75.1
100m W35-49	e	4	Elizabeth Curtis	35	Stamford Striders	16.3	4		-	x	x	64.4
100m W35-49	g	5	Louise Rice	46	West Norfolk AC	16.4	3		-	x	x	71.7
100m W35-49	d	6	Vanessa Powell	48	Corby AC	16.8	2		-	x	x	71.5
100m W35-49		7					1					
100m W35-49		8					0					
1005		100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m W50-59	f	1	Gaye Clarke	57	Ryston Runners AC	15.9	7		-	x	82.7	
100m W50-59	c	2	Judith Jacobs	54	Nene Valley Harriers	17.5	6		-	x	73.0	
100m W50-59	d	3	Sue Paterson	50	Corby AC	18.2	5		-	x	67.4	
100m W50-59	b	4	Kay Gibson	52	Peterborough AC	18.4	4		-	x	68.0	
100m W50-59	e	5	Liz Makin	57	Stamford Striders	18.6	3		-	x	70.7	
100m W50-59		6					2					
100m W50-59		7					1					
100m W50-59		8					0					
1006		100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m W60+	f	1	Gill Hart	65	Ryston Runners AC	19.9	7		-	71.3		
100m W60+	c	2	Brenda Church	65	Nene Valley Harriers	22.9	6		-	61.9		
100m W60+		3					5					



100m W60+  
100m W60+  
100m W60+  
100m W60+  
100m W60+

4					4
5					3
6					2
7					1
8					0


4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts
c	1	Claire Smith	41	Nene Valley Harriers	64.7	7
d	2	Yvette Clayton	45	Corby AC	68.2	6
f	3	Hayley Hawes	37	Ryston Runners AC	78.0	5
a	4	Teresa Hicks	36	Hunts AC	78.8	4
e	5	Yvonne Youngman	44	Stamford Striders	82.2	3
g	6	Katrina Wastenev	46	West Norfolk AC	87.4	2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	82.0
-	x	x	81.1
-	x	x	65.1
-	x	x	63.7
-	x	x	66.6
-	x	x	63.9

400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59

4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts
c	1	Yvonne Scarrott	51	Nene Valley Harriers	87.8	7
d	2	Tracey Shepherd	50	Corby AC	94.8	6
e	3	Liz Makin	57	Stamford Striders	98.2	5
f	4	Helen Reed	52	Ryston Runners AC	103.1	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	66.9
-	x	61.4
-	x	63.2
-	x	57.5

3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49

30003	3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
b	1	Margaret Skinner	38	Peterborough AC	11:25.4	7
f	2	Melanie Reed	35	Ryston Runners AC	11:40.7	6
d	3	Sally Coombs	47	Corby AC	12:31.7	5
g	4	Debbie Schwarz	48	West Norfolk AC	12:32.8	4
e	5	Sarah Sharp	42	Stamford Striders	12:52.7	3
a	6	Linda Roberts	39	Hunts AC	15:01.7	2
c	7	Ruth Dowling	44	Nene Valley Harriers	15:09.0	1
	8					0

Rec	Rec	Rec	AG %
-	x	x	75.4
-	x	x	72.6
-	x	x	75.3
-	x	x	76.2
-	x	x	69.2
-	x	x	57.8
-	x	x	60.1

3000m W50-59  
3000m W50-59  
3000m W50-59  
3000m W50-59

30005	3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
d	1	Karen Brooks	58	Corby AC	12:04.2	7
c	2	Yvonne Scarrott	51	Nene Valley Harriers	13:00.9	6
e	3	Liz Makin	57	Stamford Striders	15:13.8	5
f	4	Elizabeth Blakie	59	Ryston Runners AC	16:23.9	4
	5					3

Rec	Rec	AG %
-	x	90.4
-	x	76.3
-	x	70.7
-	x	67.5

3000m W50-59  
3000m W50-59  
3000m W50-59

6					2
7					1
8					0

**30006** 3000m **3000m W60+** **RDA** **Team** *(NN:NN.n)* **Pts**

3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+

f	1	Gill Hart	65	Ryston Runners AC	17:09.7	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0


**Rec** **AG %**

-	70.6

**1MWa** 1MileW **1M Walk 'A'** **RDA** **Team** *(NN:NN.n)* **Pts**

1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'

g	1	Katrina Wastenev	46	West Norfolk AC	09:57.2	7
f	2	Elizabeth Blakie	59	Ryston Runners AC	10:41.4	6
b	3	Kay Gibson	52	Peterborough AC	11:02.4	5
e	4	Anna Rugg	39	Stamford Striders	12:10.5	4
d	5	Tracey Shepherd	50	Corby AC	12:46.3	3
c	6	Charlotte Lornie	42	Nene Valley Harriers	13:32.5	2
	7					1
	8					0

**Rec** **Rec** **Rec** **AG %**

-	x	x	66.1
x	-	x	69.0
x	-	x	62.6
-	x	x	51.1
x	-	x	53.2
-	x	x	47.0

**1MWb** 1MileW **1M Walk 'B'** **RDA** **Team** *(NN:NN.n)* **Pts**

1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'

e	1	Hilary Cox	48	Stamford Striders	12:12.0	7
g	2	Debbie Schwarz	48	West Norfolk AC	12:14.8	6
d	3	Yvette Clayton	45	Corby AC	12:47.0	5
f	4	Sue Smith	53	Ryston Runners AC	13:21.9	4
c	5	Sally Pusey	50	Nene Valley Harriers	13:33.6	3
	6					2
	7					1
	8					0

**Rec** **Rec** **Rec** **AG %**

-	x	x	54.8
-	x	x	54.6
-	x	x	51.0
x	-	x	52.2
x	-	x	50.1

**HT3** HT **Hammer W35-49 (4Kg)** **RDA** **Team** *(NN.nn)* **Pts**

Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)

c	1	Andrea Jenkins	42	Nene Valley Harriers	43.82	7
d	2	Yvette Clayton	45	Corby AC	16.03	6
b	3	Kay Gibson	52	Peterborough AC	15.91	5
f	4	Helen Reed	52	Ryston Runners AC	11.94	4
g	5	Katrina Wastenev	46	West Norfolk AC	11.75	3
e	6	Anna Rugg	39	Stamford Striders	8.02	2
	7					1

**Rec** **Rec** **Rec** **AG %**

-	x	x	78.5
-	x	x	31.6
x	-	x	-
x	-	x	-
-	x	x	23.9
-	x	x	13.2



Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)  
Shot W60+ (3Kg)

f	1	Marlene Simmonds	72	Ryston Runners AC	6.56	7				-	37.9
c	2	Brenda Church	65	Nene Valley Harriers	4.87	6				-	34.2
	3					5					
	4					4					
	5					3					
	6					2					
	7					1					
	8					0					

Triple Jump W35  
Triple Jump W35  
Triple Jump W35  
Triple Jump W35  
Triple Jump W35  
Triple Jump W35  
Triple Jump W35  
Triple Jump W35

TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
a	1	Joanne Abel	45	Hunts AC	8.48	7		-	x	x	66.2
d	2	Vanessa Powell	48	Corby AC	6.43	6		-	x	x	52.2
e	3	Hilary Cox	48	Stamford Striders	5.32	5		-	x	x	43.2
	4					4					
	5					3					
	6					2					
	7					1					
	8					0					

Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59  
Triple Jump W50-59

TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %
c	1	Judith Jacobs	54	Nene Valley Harriers	7.57	7		-	x	66.8
b	2	Judith Jagger	57	Peterborough AC	7.07	6		-	x	65.3
f	3	Elizabeth Blakie	59	Ryston Runners AC	5.88	5		-	x	56.0
d	4	Tracey Shepherd	50	Corby AC	5.00	4		-	x	41.7
	5					3				
	6					2				
	7					1				
	8					0				

Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+  
Triple Jump W60+

TJ6	TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %
f	1	Marlene Simmonds	72	Ryston Runners AC	6.14	7		-	73.5
	2					6			
	3					5			
	4					4			
	5					3			
	6					2			
	7					1			
	8					0			

High Jump W35-49  
High Jump W35-49

HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
f	1	Melanie Reed	35	Ryston Runners AC	1.18	7	-	x	x	58.8
a	2	Linda Roberts	39	Hunts AC	1.18	6	-	x	x	61.5

High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49

c	3	Claire Smith	41	Nene Valley Harriers	1.15	5
e	4	Sarah Sharp	42	Stamford Striders	1.09	4
d	5	Vanessa Powell	48	Corby AC	1.06	3
	6					2
	7					1
	8					0

-	x	x	61.2
-	x	x	58.9
-	x	x	61.6

High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
f	1	Gaye Clarke	57	Ryston Runners AC	1.21	7
b	2	Judith Jagger	57	Peterborough AC	1.18	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	79.1
-	x	77.1

Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49

R4x1-35	MedR	Relay 4x1 W35-49	RDA	Team	(NN.n)	Pts
A	1	Andrea Linnell, Jo Abel, Claire Hurst, Julia Scarboro		Hunts AC	59.2	7
F	2	Mel Reed Hayley Hawes, Gaye Clark, Lindsay Yellop		Ryston Runners AC	60.9	6
D	3	Vanessa Powell, Sue Paterson, Sally Coombs, Yvette Clayton		Corby AC	65.2	5
C	4	Charlotte Lornie, Ruth Dowling, Hazel Gering, Claire Smith		Nene Valley Harriers	70.0	4
E	5	Sarah Sharp, Yvonne Youngman, Hilary Cox, Liz Curtis		Stamford Striders	70.6	3
	6					2
	7					1
	8					0

Rec
LR
-
-
-
-

Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+

R4x1-50	MedR	Relay 4x1 W50+	RDA	Team	(NN.n)	Pts
F	1	Liz Blakie, Helen Reed, Gill Hart, Marlene Simmonds		Ryston Runners AC	80.6	7
C	2	Yvonne Scarrott, Brenda Church, Sally Pusey, Judith Jacobs		Nene Valley Harriers	82.1	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
100m	Patricia Oakes	W70	Ashford AC	20.4
100m	Julia Scarboro	W35	Hunts AC	14.3

100m	Lindsay Yellop	W35	Ryston	14.9
100m	Teresa Hicks	W35	Hunts AC	16.1
100m	Sandra Acton	W35	Hunts AC	32.1
400m	Claire Hurst	W35	Hunts AC	71.3
400m	Sandra Acton	W35	Hunts AC	176.5
3000m	Liz Curtis	W35	Stamford Striders	13:46.7
Hammer	Lindsay Yellop	W35	Ryston	11.41
Hammer	Hazel Gering	W45	NVH	16.37
Shot	Hazel Gering	W45	NVH	6.85
Shot	Sandra Acton	W35	Hunts AC	3.54
Triple Jump	Amy Frary	W35	Hunts AC	9.46
Triple Jump	Patricia Oakes	W70	Ashford AC	5.90

Insert non scoring results at the bottom							
EMAC Track & Field League			Central Division - Match 1		Teams =	7	
Stevenage			Wed	Wednesday, May 2, 2018		Overall Match Scores	
Women	O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
X	X	1	Marshall Milton Keynes AC	1	142	142	1
X	X	3	Bedford & County AC	2	95	95	3
X	X	6	Luton AC	3	25	25	6
X	X	4	Biggleswade AC	4	65.5	65.5	4
X	X	7	Bedford Harriers	5	16	16	7
X	X	2	Fairlands Valley Spartans	6	113.5	113.5	2
X	X	5	Cambridge & Coleridge AC	7	65	65	5
X	X	8	Spare	8	0	0	8

**Overall Team Trophy**

RDA = Race Day Age

EMAC League Record? (M35-49)	EMAC League Record? (M50-59)	EMAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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**Single numbers only**

1003		100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m M35-49	2	1	David Olusanya	45	Bedford & County AC	12.6	7		-	X	X	84.3
100m M35-49	3	2	Danny O'Shea	41	Luton AC	13.1	6		-	X	X	78.8
100m M35-49	6	3	Anton McCalla	40	Fairlands Valley Spartans	14.2	5		-	X	X	72.2
100m M35-49	1	4	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	14.2	4		-	X	X	71.2
100m M35-49	4	5	Simon Strong	47	Biggleswade AC	16.5	3		-	X	X	65.2
100m M35-49		6					2					
100m M35-49		7					1					
100m M35-49		8					0					
1005		100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m M50-59	1	1	Paul Canning	51	Marshall Milton Keynes AC	12.6	7		-	X	87.7	
100m M50-59	6	2	David Stephenson	55	Fairlands Valley Spartans	13.8	6		-	X	82.2	
100m M50-59	7	3	Keith Clarke	50	Cambridge & Coleridge AC	13.9	5		-	X	79.0	
100m M50-59	2	4	Lance Croft	51	Bedford & County AC	14.5	4		-	X	76.2	
100m M50-59	4	5	David Brown	59	Biggleswade AC	15.1	3		-	X	77.0	
100m M50-59		6					2					
100m M50-59		7					1					
100m M50-59		8					0					
1006		100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m M60+	1	1	Ivars Licietis	62	Marshall Milton Keynes AC	14.0	7		-	84.6		
100m M60+	2	2	Christopher Keech	66	Bedford & County AC	14.5	6		-	83.7		
100m M60+	5	3	Chris Capps	62	Bedford Harriers	17.3	5		-	68.5		

100m M60+	6	4	Mark Freeman	61	Fairlands Valley Spartans	17.4	4
100m M60+	7	5	Paul Connelly	61	Cambridge & Coleridge AC	18.2	3
100m M60+	4	6	Colin Harries	71	Biggleswade AC	19.5	2
100m M60+		7					1
100m M60+		8					0

4003		400m	400m M35-49	RDA	Team	(NN.n)	Pts
400m M35-49	6	1	Richard Bruce	47	Fairlands Valley Spartans	55.5	7
400m M35-49	2	2	Peter Benedickter	49	Bedford & County AC	59.5	6
400m M35-49	1	3	Jeremy Vick	40	Marshall Milton Keynes AC	60.2	5
400m M35-49	7	4	Keith Clarke	50	Cambridge & Coleridge AC	70.3	4
400m M35-49	4	5	Simon Strong	47	Biggleswade AC	82.9	3
400m M35-49		6					2
400m M35-49		7					1
400m M35-49		8					0

4005		400m	400m M50-59	RDA	Team	(NN.n)	Pts
400m M50-59	1	1	Paul Canning	51	Marshall Milton Keynes AC	60.2	7
400m M50-59	6	2	Steve Mayfield	52	Fairlands Valley Spartans	61.3	6
400m M50-59	2	3	Peter Webster	50	Bedford & County AC	63.2	5
400m M50-59	4	4	David Brown	59	Biggleswade AC	65.7	4
400m M50-59	7	5	Paul Connelly	61	Cambridge & Coleridge AC	82.2	3
400m M50-59		6					2
400m M50-59		7					1
400m M50-59		8					0

30003		3000m	3000m M35-49	RDA	Team	(NN:NN.n)	Pts
3000m M35-49	2	1	Simon Coombes	45	Bedford & County AC	09:09.8	7
3000m M35-49	1	2	Peter Mackrell	36	Marshall Milton Keynes AC	09:42.2	6
3000m M35-49	6	3	Christopher Westcott	45	Fairlands Valley Spartans	09:46.5	5
3000m M35-49		4					4
3000m M35-49		5					3
3000m M35-49		6					2
3000m M35-49		7					1
3000m M35-49		8					0

30005		3000m	3000m M50-59	RDA	Team	(NN:NN.n)	Pts
3000m M50-59	1	1	Paul Sutherland	51	Marshall Milton Keynes AC	11:52.3	7
3000m M50-59	2	2	Anthony Fitzpatrick	52	Bedford & County AC	12:06.4	6
3000m M50-59	6	3	Peter Smith	56	Fairlands Valley Spartans	12:15.4	5
3000m M50-59	4	4	Neil Harvey	57	Biggleswade AC	13:43.9	4
3000m M50-59		5					3

-	67.6
-	64.7
-	64.5

Rec	Rec	Rec	AG %
-	x	x	87.4
-	x	x	82.7
-	x	x	76.7
x	-	x	70.5
-	x	x	58.5

Rec	Rec	AG %
-	x	82.8
-	x	81.9
-	x	78.4
-	x	80.0
x	-	64.7

Rec	Rec	Rec	AG %
-	x	x	88.0
-	x	x	77.7
-	x	x	82.5

Rec	Rec	AG %
-	x	71.2
-	x	70.4
-	x	71.9
-	x	64.7



3000m M50-59		6					2
3000m M50-59		7					1
3000m M50-59		8					0
<b>30006</b>	<b>3000m</b>	<b>3000m M60+</b>	<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>	
3000m M60+	6	1	Barry Osborne	67	Fairlands Valley Spartans	11:33.6	7
3000m M60+	4	2	Charles Arnold	62	Biggleswade AC	11:36.6	6
3000m M60+	1	3	Kelvin Smith	69	Marshall Milton Keynes AC	13:17.4	5
3000m M60+	2	4	Robert Lands	60	Bedford & County AC	13:21.9	4
3000m M60+	5	5	Chris Capps	62	Bedford Harriers	14:10.2	3
3000m M60+		6					2
3000m M60+		7					1
3000m M60+		8					0
<b>1MWA</b>	<b>1MileW</b>	<b>1M Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>	
1M Walk 'A'	7	1	Roger Lilley	58	Cambridge & Coleridge AC	09:21.2	7
1M Walk 'A'	4	2	Robin Wynde	60	Biggleswade AC	10:15.0	6
1M Walk 'A'	1	3	Paul Sutherland	51	Marshall Milton Keynes AC	11:32.7	5
1M Walk 'A'	6	4	Paul Holgate	61	Fairlands Valley Spartans	11:41.2	4
1M Walk 'A'	2	5	Courtney Gunn	73	Bedford & County AC	11:45.5	3
1M Walk 'A'	5	6	Mark Tinkler	60	Bedford Harriers	13:34.7	2
1M Walk 'A'		7					1
1M Walk 'A'		8					0
<b>1MWB</b>	<b>1MileW</b>	<b>1M Walk 'B'</b>	<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>	
1M Walk 'B'	1	1	Kelvin Smith	69	Marshall Milton Keynes AC	12:29.0	7
1M Walk 'B'	6	2	John Harris	55	Fairlands Valley Spartans	12:51.3	6
1M Walk 'B'		3					5
1M Walk 'B'		4					4
1M Walk 'B'		5					3
1M Walk 'B'		6					2
1M Walk 'B'		7					1
1M Walk 'B'		8					0
<b>HT3</b>	<b>HT</b>	<b>Hammer M35-49 (7.26Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn)</b>	<b>Pts</b>	
Hammer M35-49 (7.26Kg)	1	1	Mark Roberson	43	Marshall Milton Keynes AC	40.25	7
Hammer M35-49 (7.26Kg)	7	2	Keith Clarke	50	Cambridge & Coleridge AC	16.10	6
Hammer M35-49 (7.26Kg)	6	3	Peter Smith	56	Fairlands Valley Spartans	5.76	5
Hammer M35-49 (7.26Kg)		4					4
Hammer M35-49 (7.26Kg)		5					3
Hammer M35-49 (7.26Kg)		6					2
Hammer M35-49 (7.26Kg)		7					1


Rec	AG %
-	84.0
-	79.9
-	74.5
-	68.2
-	65.5

Rec	Rec	Rec	
x	-	x	73.0
x	x	-	67.9
x	-	x	55.5
x	x	-	60.1
x	x	-	68.5
x	x	x	51.2

Rec	Rec	Rec	
x	x	-	61.4
x	-	x	51.6

Rec	Rec	Rec	AG %
-	x	x	52.9
x	x	x	-
x	x	x	-

Hammer M35-49 (7.26Kg)		8				0
	<b>HT5</b>	<b>HT</b>	<b>Hammer M50-59 (6Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn) Pts</b>
Hammer M50-59 (6Kg)	3	1	Geoff Grinsted	51	Luton AC	23.67 7
Hammer M50-59 (6Kg)	2	2	Graeme Packman	63	Bedford & County AC	20.35 6
Hammer M50-59 (6Kg)	1	3	Mark Featherstone	52	Marshall Milton Keynes AC	18.58 5
Hammer M50-59 (6Kg)	6	4	Steve Mayfield	52	Fairlands Valley Spartans	17.98 4
Hammer M50-59 (6Kg)	7	5	Noel Moss	73	Cambridge & Coleridge AC	13.09 3
Hammer M50-59 (6Kg)		6				2
Hammer M50-59 (6Kg)		7				1
Hammer M50-59 (6Kg)		8				0

	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
	-	x	32.5
	x	-	-
	-	x	26.0
	-	x	25.2
	x	-	-

	<b>HT6</b>	<b>HT</b>	<b>Hammer M60-69 (5Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn) Pts</b>
Hammer M60-69 (5Kg)	1	1	Bunt Scott	67	Marshall Milton Keynes AC	35.21 7
Hammer M60-69 (5Kg)	2	2	Jim Burke	62	Bedford & County AC	23.52 6
Hammer M60-69 (5Kg)	7	3	Philip Bramford	67	Cambridge & Coleridge AC	17.69 5
Hammer M60-69 (5Kg)	4	4	Clark Skerratt	67	Biggleswade AC	11.57 4
Hammer M60-69 (5Kg)	5	5	Mark Tinkler	60	Bedford Harriers	4.35 3
Hammer M60-69 (5Kg)		6				2
Hammer M60-69 (5Kg)		7				1
Hammer M60-69 (5Kg)		8				0

	<b>Rec</b>	<b>AG %</b>	
	-	67.8	
	-	39.9	
	-	34.1	
	-	22.3	
	-	7.1	

	<b>SP3</b>	<b>SP</b>	<b>Shot M35-49 (7.26Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn) Pts</b>
Shot M35-49 (7.26Kg)	1	1	Mark Roberson	43	Marshall Milton Keynes AC	8.59 7
Shot M35-49 (7.26Kg)	7	2	Keith Clarke	50	Cambridge & Coleridge AC	8.57 6
Shot M35-49 (7.26Kg)	6	3	Anton McCalla	40	Fairlands Valley Spartans	7.09 5
Shot M35-49 (7.26Kg)	4	4	Simon Strong	47	Biggleswade AC	5.78 4
Shot M35-49 (7.26Kg)		5				3
Shot M35-49 (7.26Kg)		6				2
Shot M35-49 (7.26Kg)		7				1
Shot M35-49 (7.26Kg)		8				0

	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
	-	x	x	40.0
	x	-	x	-
	-	x	x	31.5
	-	x	x	29.0

	<b>SP5</b>	<b>SP</b>	<b>Shot M50-59 (6Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn) Pts</b>
Shot M50-59 (6Kg)	7	1	Michael Hausler	58	Cambridge & Coleridge AC	11.61 7
Shot M50-59 (6Kg)	1	2	Mark Featherstone	52	Marshall Milton Keynes AC	11.01 6
Shot M50-59 (6Kg)	3	3	Geoff Grinsted	51	Luton AC	9.70 5
Shot M50-59 (6Kg)	2	4	Graeme Packman	63	Bedford & County AC	8.62 4
Shot M50-59 (6Kg)	6	5	David Stephenson	55	Fairlands Valley Spartans	7.14 3
Shot M50-59 (6Kg)	4	6	Robin Wynde	60	Biggleswade AC	5.48 2
Shot M50-59 (6Kg)		7				1
Shot M50-59 (6Kg)		8				0

	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	68.5	
	-	x	56.9	
	-	x	49.1	
	x	-	-	
	-	x	39.3	
	x	-	-	

	<b>SP6</b>	<b>SP</b>	<b>Shot M60-69 (5Kg)</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.nn) Pts</b>
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	<b>Rec</b>	<b>AG %</b>	

Shot M60-69 (5Kg)	1	1	Bunt Scott	67	Marshall Milton Keynes AC	9.16	7					-	62.3
Shot M60-69 (5Kg)	2	2	Jim Burke	62	Bedford & County AC	7.57	6					-	44.0
Shot M60-69 (5Kg)	7	3	Philip Bramford	67	Cambridge & Coleridge AC	5.90	5					-	40.1
Shot M60-69 (5Kg)	6	4	Mark Freeman	61	Fairlands Valley Spartans	5.24	4					-	29.6
Shot M60-69 (5Kg)	5	5	Mark Tinkler	60	Bedford Harriers	5.19	3					-	28.5
Shot M60-69 (5Kg)	4	6	Clark Skerratt	67	Biggleswade AC	5.04	2					-	34.3
Shot M60-69 (5Kg)		7					1						
Shot M60-69 (5Kg)		8					0						

	TJ	Triple Jump M35-49		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Triple Jump M35-49	3	1	Danny O'Shea	41	Luton AC	9.34	7		-	x	x	55.4
Triple Jump M35-49	6	2	Anton McCalla	40	Fairlands Valley Spartans	9.25	6		-	x	x	54.2
Triple Jump M35-49	1	3	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	9.14	5		-	x	x	52.3
Triple Jump M35-49	4	4	Colin Harries	71	Biggleswade AC	4.55	4		x	x	-	41.9
Triple Jump M35-49		5					3					
Triple Jump M35-49		6					2					
Triple Jump M35-49		7					1					
Triple Jump M35-49		8					0					

	TJ5	TJ	Triple Jump M50-59		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
Triple Jump M50-59	7	1	Keith Clarke	50	Cambridge & Coleridge AC	9.36	7			-	x	62.2
Triple Jump M50-59	1	2	Paul Canning	51	Marshall Milton Keynes AC	9.24	6			-	x	62.2
Triple Jump M50-59	6	3	Steve Mayfield	52	Fairlands Valley Spartans	8.27	5			-	x	56.4
Triple Jump M50-59	4	4	Charles Arnold	62	Biggleswade AC	7.57	4			x	-	59.8
Triple Jump M50-59		5					3					
Triple Jump M50-59		6					2					
Triple Jump M50-59		7					1					
Triple Jump M50-59		8					0					

	TJ6	TJ	Triple Jump M60+		RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
Triple Jump M60+	1	1	Ivars Licietis	62	Marshall Milton Keynes AC	7.91	7			-	62.5
Triple Jump M60+	2	2	Christopher Keech	66	Bedford & County AC	7.10	6			-	59.9
Triple Jump M60+	4	3	Ajit Kapur	65	Biggleswade AC	5.55	5			-	46.1
Triple Jump M60+	6	4	Paul Holgate	61	Fairlands Valley Spartans	3.52	4			-	27.4
Triple Jump M60+		5					3				
Triple Jump M60+		6					2				
Triple Jump M60+		7					1				
Triple Jump M60+		8					0				

	HJ3	HJ	High Jump M35-49		RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
High Jump M35-49	2	1	Laurence Ramm	46	Bedford & County AC	1.60	7		-	x	x	76.7
High Jump M35-49	1	2	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	1.45	6		-	x	x	64.2

High Jump M35-49	6	3	Peter Smith	56	Fairlands Valley Spartans	1.30	5
High Jump M35-49	7	4	Keith Clarke	50	Cambridge & Coleridge AC	1.25	4
High Jump M35-49		5					3
High Jump M35-49		6					2
High Jump M35-49		7					1
High Jump M35-49		8					0

x	-	x	69.5
x	-	x	62.5

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts	
High Jump M50-59	1	1	Mark Featherstone	52	Marshall Milton Keynes AC	1.50	7
High Jump M50-59	4	2	Charles Arnold	62	Biggleswade AC	1.30	5.5
High Jump M50-59	6	3	David Stephenson	55	Fairlands Valley Spartans	1.30	5.5
High Jump M50-59		4				5	
High Jump M50-59		5				4	
High Jump M50-59		6				3	
High Jump M50-59		7				2	
High Jump M50-59		8				1	

Rec	Rec	AG %
-	x	76.7
x	-	74.6
-	x	68.7

R4x1-35	MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
Relay 4x1 M35-49	6	1		Fairlands Valley Spartans	54.6	7
Relay 4x1 M35-49	2	2		Bedford & County AC	55.2	6
Relay 4x1 M35-49	1	3		Marshall Milton Keynes AC	57.2	5
Relay 4x1 M35-49		4				4
Relay 4x1 M35-49		5				3
Relay 4x1 M35-49		6				2
Relay 4x1 M35-49		7				1
Relay 4x1 M35-49		8				0

Rec
-
-
-

R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
Relay 4x1 M50+	1	1		Marshall Milton Keynes AC	58.3	7
Relay 4x1 M50+	2	2		Bedford & County AC	58.6	6
Relay 4x1 M50+	6	3		Fairlands Valley Spartans	63.5	5
Relay 4x1 M50+	4	4		Biggleswade AC	66.7	4
Relay 4x1 M50+		5				3
Relay 4x1 M50+		6				2
Relay 4x1 M50+		7				1
Relay 4x1 M50+		8				0

Rec
-
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result
3000m	Ciaran Mcaneny	M40	Fairlands Valley Spartans	10:43.9
3000m	Andrew Cohen-Wray	M40	Bedford & County AC	11:15.0

Shot Putt	Ivars Licietis	M60	Charnwood AC	7.85
Hammer	Timothy Saunders-Mullins	M65	Stevenage & N. Herts	30.71

Insert non scoring results at the bottom

**EMAC Track & Field League      Central Division - Match 1      Teams = 7**

**Stevenage      Wed      Wednesday, May 2, 2018      Overall Match Scores**

**Overall Team Trophy**

Men	O/A	Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
x	x	2	Marshall Milton Keynes AC	A	109	109	2
x	x	7	Bedford & County AC	B	0	0	7
x	x	6	Luton AC	C	19	19	6
x	x	4	Biggleswade AC	D	37	37	4
x	x	5	Bedford Harriers	E	35	35	5
x	x	1	Fairlands Valley Spartans	F	138	138	1
x	x	3	Cambridge & Coleridge AC	G	103	103	3
x	x	7	Spare	H	0	0	7

*RDA = Race Day Age*

EMAC League Record? (W35-49)	EMAC League Record? (W50-59)	EMAC League Record? (W60+)	Derived from Age Grade Tables of 2015
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**Single letters only**

	1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m W35-49	C	1	Lisa Tanushi	43	Luton AC	14.6	7		-	x	x	77.8
100m W35-49	A	2	Chispina Odunewu	43	Marshall Milton Keynes AC	15.5	6		-	x	x	73.3
100m W35-49	F	3	Christine Lathwell	41	Fairlands Valley Spartans	16.8	5		-	x	x	66.1
100m W35-49	G	4	Joan Lasenby	58	Cambridge & Coleridge AC	18.5	4		x	-	x	71.8
100m W35-49	E	5	Caroline Diggle	45	Bedford Harriers	20.9	3		-	x	x	55.6
100m W35-49		6					2					
100m W35-49		7					1					
100m W35-49		8					0					
	1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m W50-59	F	1	Monica Brown	53	Fairlands Valley Spartans	14.7	7		-	x	86.0	
100m W50-59	G	2	Stefanie Godfrey	52	Cambridge & Coleridge AC	16.9	6		-	x	74.1	
100m W50-59	A	3	Debra Brent	55	Marshall Milton Keynes AC	18.1	5		-	x	71.3	
100m W50-59	E	4	Jacinta Horne	53	Bedford Harriers	21.8	4		-	x	58.0	
100m W50-59	D	5	Helen Kapur	56	Biggleswade AC	24.9	3		-	x	52.3	
100m W50-59		6					2					
100m W50-59		7					1					
100m W50-59		8					0					
	1006	100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m W60+	A	1	Diane Baldwin	61	Marshall Milton Keynes AC	19.6	7		-	69.7		
100m W60+	F	2	Iris Hornsey	76	Fairlands Valley Spartans	21.1	6		-	76.0		
100m W60+	G	3	Mary Holmes	81	Cambridge & Coleridge AC	23.7	5		-	72.9		

100m W60+  
100m W60+  
100m W60+  
100m W60+  
100m W60+

4					4
5					3
6					2
7					1
8					0


4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts
F	1	Christine Lathwell	41	Fairlands Valley Spartans	76.0	7
A	2	Debra Brent	55	Marshall Milton Keynes AC	80.9	6
G	3	Joan Lasenby	58	Cambridge & Coleridge AC	83.5	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	69.8
x	-	x	75.4
x	-	x	75.0

400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49

4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts
F	1	Tessa Stephenson	57	Fairlands Valley Spartans	79.7	7
G	2	Stefanie Godfrey	52	Cambridge & Coleridge AC	80.9	6
A	3	Diane Baldwin	61	Marshall Milton Keynes AC	85.0	5
E	4	Angela Kay	58	Bedford Harriers	102.0	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	77.9
-	x	73.3
x	-	75.7
-	x	61.4

400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59

30003	3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
F	1	Christine Lathwell	41	Fairlands Valley Spartans	10:59.8	7
G	2	Joan Lasenby	58	Cambridge & Coleridge AC	13:11.4	6
E	3	Caroline Diggle	45	Bedford Harriers	15:13.3	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	80.2
x	-	x	82.7
-	x	x	60.5

3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49

30005	3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
F	1	Alison Wood	51	Fairlands Valley Spartans	11:19.7	7
G	2	Stefanie Godfrey	52	Cambridge & Coleridge AC	12:24.4	6
A	3	Debra Brent	55	Marshall Milton Keynes AC	12:52.3	5
E	4	Jeanette Cheetham	53	Bedford Harriers	15:14.8	4
	5					3

Rec	Rec	AG %
-	x	87.6
-	x	81.1
-	x	81.3
-	x	66.8

3000m W50-59  
3000m W50-59  
3000m W50-59  
3000m W50-59  
3000m W50-59

3000m W50-59  
3000m W50-59  
3000m W50-59

6					2
7					1
8					0

**30006 3000m W60+ RDA Team (NN:NN.n) Pts**

3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+

A	1	Diane Baldwin	61	Marshall Milton Keynes AC	13:02.1	7
F	2	Julie Simmons	60	Fairlands Valley Spartans	14:19.7	6
G	3	Mary Holmes	81	Cambridge & Coleridge AC	19:06.0	5
	4					4
	5					3
	6					2
	7					1
	8					0


**Rec AG %**

-	87.5
-	78.4
-	85.3

**1MWA 1MileW 1M Walk 'A' RDA Team (NN:NN.n) Pts**

1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'

D	1	Helen Middleton	55	Biggleswade AC	09:10.8	7
A	2	Diane Baldwin	61	Marshall Milton Keynes AC	09:54.9	6
G	3	Pamela Abbott	55	Cambridge & Coleridge AC	10:48.9	5
F	4	Sharon Crowley	59	Fairlands Valley Spartans	11:11.2	4
E	5	Jeanette Cheetham	53	Bedford Harriers	13:34.7	3
	6					2
	7					1
	8					0

**Rec Rec Rec AG %**

x	LR	x	77.3
x	x	-	75.9
x	-	x	65.6
x	-	x	65.9
x	-	x	51.4

**1MWB 1MileW 1M Walk 'B' RDA Team (NN:NN.n) Pts**

1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'

F	1	Yuko Gordon	67	Fairlands Valley Spartans	12:53.1	7
A	2	Stephanie Johnston	43	Marshall Milton Keynes AC	13:04.2	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

**Rec Rec Rec AG %**

x	x	-	62.5
-	x	x	49.1

**HT3 HT Hammer W35-49 (4Kg) RDA Team (NN.nn) Pts**

Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)

G	1	Sarah Mcgrath	45	Cambridge & Coleridge AC	21.77	7
A	2	Chripina Odunewu	43	Marshall Milton Keynes AC	17.93	6
F	3	Stephanie Mayfield	44	Fairlands Valley Spartans	17.26	5
	4					4
	5					3
	6					2
	7					1

**Rec Rec Rec AG %**

-	x	x	42.9
-	x	x	33.1
-	x	x	32.9



Hammer W35-49 (4Kg)		8				0
HT5	HT	<b>Hammer W50-59 (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i> <b>Pts</b>
Hammer W50-59 (3Kg)	A	1	Diane Presswell	53	Marshall Milton Keynes AC	27.10 7
Hammer W50-59 (3Kg)	F	2	Sharon Crowley	59	Fairlands Valley Spartans	16.37 6
Hammer W50-59 (3Kg)	G	3	Pamela Abbott	55	Cambridge & Coleridge AC	13.19 5
Hammer W50-59 (3Kg)	D	4	Helen Kapur	56	Biggleswade AC	10.38 4
Hammer W50-59 (3Kg)	E	5	Jacinta Horne	53	Bedford Harriers	9.90 3
Hammer W50-59 (3Kg)		6				2
Hammer W50-59 (3Kg)		7				1
Hammer W50-59 (3Kg)		8				0
HT6	HT	<b>Hammer W60+ (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i> <b>Pts</b>
Hammer W60+ (3Kg)	G	1	Anthea Bramford	70	Cambridge & Coleridge AC	21.55 7
Hammer W60+ (3Kg)	A	2	Jeanette Lawrence	60	Marshall Milton Keynes AC	20.48 6
Hammer W60+ (3Kg)	D	3	Sandra Ingham	60	Biggleswade AC	13.15 5
Hammer W60+ (3Kg)	F	4	Iris Hornsey	76	Fairlands Valley Spartans	8.91 4
Hammer W60+ (3Kg)		5				3
Hammer W60+ (3Kg)		6				2
Hammer W60+ (3Kg)		7				1
Hammer W60+ (3Kg)		8				0
SP3	SP	<b>Shot W35-49 (4Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i> <b>Pts</b>
Shot W35-49 (4Kg)	G	1	Sarah Mcgrath	45	Cambridge & Coleridge AC	8.77 7
Shot W35-49 (4Kg)	A	2	Chrispina Odunewu	43	Marshall Milton Keynes AC	8.74 6
Shot W35-49 (4Kg)	C	3	Lisa Tanushi	43	Luton AC	7.98 5
Shot W35-49 (4Kg)	F	4	Andrea Westcott	47	Fairlands Valley Spartans	4.78 4
Shot W35-49 (4Kg)	D	5	Bev Strong	46	Biggleswade AC	2.42 3
Shot W35-49 (4Kg)		6				2
Shot W35-49 (4Kg)		7				1
Shot W35-49 (4Kg)		8				0
SP5	SP	<b>Shot W50-59 (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i> <b>Pts</b>
Shot W50-59 (3Kg)	F	1	Tessa Stephenson	57	Fairlands Valley Spartans	8.20 7
Shot W50-59 (3Kg)	A	2	Diane Presswell	53	Marshall Milton Keynes AC	6.48 6
Shot W50-59 (3Kg)	G	3	Pamela Abbott	55	Cambridge & Coleridge AC	6.25 5
Shot W50-59 (3Kg)	E	4	Lynn Short	59	Bedford Harriers	4.10 4
Shot W50-59 (3Kg)	D	5	Helen Kapur	56	Biggleswade AC	3.59 3
Shot W50-59 (3Kg)		6				2
Shot W50-59 (3Kg)		7				1
Shot W50-59 (3Kg)		8				0
SP6	SP	<b>Shot W60+ (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i> <b>Pts</b>

	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	46.5	
	-	x	31.7	
	-	x	23.5	
	-	x	18.9	
	-	x	17.0	
	<b>Rec</b>	<b>AG %</b>		
	-	54.7		
	-	40.6		
	-	26.1		
	-	-		
	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	x	51.1
	-	x	x	48.5
	-	x	x	44.3
	-	x	x	29.3
	-	x	x	14.4
	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	57.2	
	-	x	41.9	
	-	x	42.0	
	-	x	29.8	
	-	x	24.6	
	<b>Rec</b>	<b>AG %</b>		

Shot W60+ (3Kg)	D	1	Sandra Ingham	60	Biggleswade AC	6.80	7				-	52.9
Shot W60+ (3Kg)	G	2	Anthea Bramford	70	Cambridge & Coleridge AC	5.35	6				-	32.4
Shot W60+ (3Kg)	A	3	Jeanette Lawrence	60	Marshall Milton Keynes AC	4.71	5				-	36.7
Shot W60+ (3Kg)	F	4	Julie Simmons	60	Fairlands Valley Spartans	3.47	4				-	27.0
Shot W60+ (3Kg)		5					3					
Shot W60+ (3Kg)		6					2					
Shot W60+ (3Kg)		7					1					
Shot W60+ (3Kg)		8					0					
	TJ3	TJ	<b>Triple Jump W35</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
Triple Jump W35	A	1	Stephanie Johnston	43	Marshall Milton Keynes AC	8.43	7		-	x	x	64.2
Triple Jump W35	F	2	Stephanie Mayfield	44	Fairlands Valley Spartans	7.01	6		-	x	x	54.0
Triple Jump W35		3					5					
Triple Jump W35		4					4					
Triple Jump W35		5					3					
Triple Jump W35		6					2					
Triple Jump W35		7					1					
Triple Jump W35		8					0					
	TJ5	TJ	<b>Triple Jump W50-59</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
Triple Jump W50-59	F	1	Monica Brown	53	Fairlands Valley Spartans	8.24	7		-	x		71.7
Triple Jump W50-59	G	2	Pamela Abbott	55	Cambridge & Coleridge AC	5.92	6		-	x		53.0
Triple Jump W50-59	D	3	Helen Kapur	56	Biggleswade AC	4.40	5		-	x		40.0
Triple Jump W50-59		4					4					
Triple Jump W50-59		5					3					
Triple Jump W50-59		6					2					
Triple Jump W50-59		7					1					
Triple Jump W50-59		8					0					
	TJ6	TJ	<b>Triple Jump W60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>	<b>Wind</b>	<b>Rec</b>	<b>AG %</b>		
Triple Jump W60+	F	1	Iris Hornsey	76	Fairlands Valley Spartans	4.83	7		-		62.8	
Triple Jump W60+		2					6					
Triple Jump W60+		3					5					
Triple Jump W60+		4					4					
Triple Jump W60+		5					3					
Triple Jump W60+		6					2					
Triple Jump W60+		7					1					
Triple Jump W60+		8					0					
	HJ3	HJ	<b>High Jump W35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>	<b>Pts</b>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
High Jump W35-49	C	1	Lisa Tanushi	43	Luton AC	1.30	7	-	x	x	71.0	
High Jump W35-49	A	2	Stephanie Johnston	43	Marshall Milton Keynes AC	1.09	6	-	x	x	59.6	

High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49

F	3	Andrea Westcott	47	Fairlands Valley Spartans	1.06	5
	4					4
	5					3
	6					2
	7					1
	8					0

-	x	x	60.6

High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
F	1	Monica Brown	53	Fairlands Valley Spartans	1.18	7
G	2	Pamela Abbott	55	Cambridge & Coleridge AC	1.03	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	73.3
-	x	65.6

Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49

R4x1-35	MedR	Relay 4x1 W35-49	RDA	Team	(NN:NN.n)	Pts
A	1			Marshall Milton Keynes AC	67.3	7
F	2			Fairlands Valley Spartans	76.6	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec
-
-

Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+

R4x1-50	MedR	Relay 4x1 W50+	RDA	Team	(NN:NN.n)	Pts
F	1			Fairlands Valley Spartans	66.4	7
G	2			Cambridge & Coleridge AC	78.6	6
E	3			Bedford Harriers	93.3	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec
LR
-
-

AG = Age Group (eg M45, W60)

Non Scoring				
Event	Name	AG	Club	Result

Insert non scoring results at the bottom							
EMAC Track & Field League			Southern Division - Match 1			Teams =	8
Edmonton			Wed	Wednesday, May 2, 2018		Overall Match Scores	
Women	O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
x	x	1	Southend AC	1	159.5	159.5	1
x	x	4	Loughton AC	2	89	89	4
x	x	2	Thurrock Harriers	3	129.5	129.5	2
x	x	6	Col & Tend/Ipswich Harriers	4	59	59	6
x	x	8	WSAC/St Edmunds Pacers	5	8	8	8
x	x	3	Chelmsford AC	6	115	115	3
x	x	5	Colchester Harriers	7	67	67	5
x	x	7	Basildon AC/Billericay Striders	8	14	14	7

**Overall Team Trophy**

RDA = Race Day Age

EMAC League Record? (M35-49)	EMAC League Record? (M50-59)	EMAC League Record? (M60+)	Derived from Age Grade Tables of 2015
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**Single numbers only**

1003		100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m M35-49	6	1	Amr Ziko	40	Chelmsford AC	12.0	8		-	x	x	85.5
100m M35-49	4	2	Justin Hubbard	39	Col & Tend/Ipswich Harriers	12.5	7		-	x	x	81.5
100m M35-49	1	3	Clive Farrow	48	Southend AC	12.8	6		-	x	x	84.6
100m M35-49	3	4	Marek Kowalski	46	Thurrock Harriers	13.8	5		-	x	x	77.5
100m M35-49	7	5	Paul Preston	46	Colchester Harriers	15.3	4		-	x	x	69.9
100m M35-49	2	6	John Borgars	72	Loughton AC	21.6	3		x	x	-	58.9
100m M35-49		7					2					
100m M35-49		8					1					
1005		100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m M50-59	8	1	Erskine Peters	52	Basildon AC/Billericay Striders	12.5	8		-	x	89.0	
100m M50-59	1	2	Keith Palmer	53	Southend AC	13.5	7		-	x	82.9	
100m M50-59	2	3	Clifford Warren	56	Loughton AC	13.9	6		-	x	82.1	
100m M50-59	6	4	Andrew Stewart	57	Chelmsford AC	15.9	5		-	x	72.2	
100m M50-59	7	5	Simon Smith	54	Colchester Harriers	16.3	4		-	x	69.1	
100m M50-59		6					3					
100m M50-59		7					2					
100m M50-59		8					1					
1006		100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m M60+	1	1	Peter Binns	70	Southend AC	16.3	8		-	76.2		
100m M60+	6	2	Gerald Daniel	65	Chelmsford AC	16.8	7		-	71.8		
100m M60+	3	3	Christopher Applegate	60	Thurrock Harriers	17.6	6		-	66.5		

100m M60+	7	4	Arthur Whiston	67	Colchester Harriers	19.8	5
100m M60+	2	5	Robert Maggio	71	Loughton AC	20.3	4
100m M60+		6					3
100m M60+		7					2
100m M60+		8					1
4003	400m	<b>400m M35-49</b>		<b>RDA</b>	<b>Team</b>	<b>(NN.n)</b>	<b>Pts</b>
400m M35-49	1	1	Graham Eastty	38	Southend AC	57.3	8
400m M35-49	6	2	Amr Ziko	40	Chelmsford AC	59.0	7
400m M35-49	4	3	Lee Bowker	45	Col & Tend/Ipswich Harriers	59.7	6
400m M35-49	7	4	Paul Preston	46	Colchester Harriers	66.7	5
400m M35-49	3	5	Paul Mitchell	43	Thurrock Harriers	69.8	4
400m M35-49	2	6	John Borgars	72	Loughton AC	96.4	3
400m M35-49		7					2
400m M35-49		8					1
4005	400m	<b>400m M50-59</b>		<b>RDA</b>	<b>Team</b>	<b>(NN.n)</b>	<b>Pts</b>
400m M50-59	3	1	Nigel Instance	50	Thurrock Harriers	65.2	8
400m M50-59	2	2	Clifford Warren	56	Loughton AC	65.7	7
400m M50-59	6	3	Andrew Stewart	57	Chelmsford AC	70.7	6
400m M50-59	1	4	Mathew Gillard	50	Southend AC	75.5	5
400m M50-59	5	5	Stuart Compton	50	WSAC/St Edmunds Pacers	78.1	4
400m M50-59		6					3
400m M50-59		7					2
400m M50-59		8					1
30003	3000m	<b>3000m M35-49</b>		<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>
3000m M35-49	1	1	Mark Waine	47	Southend AC	09:56.3	8
3000m M35-49	7	2	Simon Smith	54	Colchester Harriers	11:17.0	7
3000m M35-49	6	3	Christopher Purse	59	Chelmsford AC	11:21.4	6
3000m M35-49	3	4	Steven Ball	45	Thurrock Harriers	11:46.9	5
3000m M35-49		5					4
3000m M35-49		6					3
3000m M35-49		7					2
3000m M35-49		8					1
30005	3000m	<b>3000m M50-59</b>		<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>
3000m M50-59	1	1	Simon Le Mare	56	Southend AC	10:32.3	8
3000m M50-59	7	2	Colin Ridley	56	Colchester Harriers	10:32.6	7
3000m M50-59	6	3	David Butler	65	Chelmsford AC	11:11.2	6
3000m M50-59	3	4	Eamonn Shelley	57	Thurrock Harriers	11:15.8	5
3000m M50-59	5	5	Stuart Compton	50	WSAC/St Edmunds Pacers	12:57.2	4

-	61.6
-	61.9

Rec	Rec	Rec	AG %
-	x	x	79.4
-	x	x	78.3
-	x	x	80.2
-	x	x	72.2
-	x	x	67.6
x	x	-	63.5

Rec	Rec	AG %
-	x	76.0
-	x	78.4
-	x	73.4
-	x	65.6
-	x	63.4

Rec	Rec	Rec	AG %
-	x	x	82.4
x	-	x	76.8
x	-	x	79.6
-	x	x	68.4

Rec	Rec	AG %
-	x	83.6
-	x	83.6
x	-	85.2
-	x	78.9
-	x	64.7

3000m M50-59  
3000m M50-59  
3000m M50-59

6					3
7					2
8					1

**30000 3000m M60+ RDA Team (NN:NN.n) Pts**

3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+  
3000m M60+

6	1	Michael Bridgeland	60	Chelmsford AC	10:51.0	8
3	2	Christopher Applegate	60	Thurrock Harriers	11:44.0	7
7	3	Arthur Whiston	67	Colchester Harriers	12:37.1	6
1	4	Peter Binns	70	Southend AC	12:46.4	5
2	5	John Borgars	72	Loughton AC	14:45.0	4
	6					3
	7					2
	8					1

**1MWA 1MileW 1M Walk 'A' RDA Team (NN:NN.n) Pts**

1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'

7	1	Simon Morgan	50	Colchester Harriers	09:44.8	8
1	2	Keith Palmer	53	Southend AC	09:56.2	7
3	3	Eamonn Shelley	57	Thurrock Harriers	10:00.8	6
2	4	John Borgars	72	Loughton AC	10:12.5	5
	5					4
	6					3
	7					2
	8					1

**1MW B 1MileW 1M Walk 'B' RDA Team (NN:NN.n) Pts**

1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'

3	1	Michael Bumstead	66	Thurrock Harriers	10:31.1	8
1	2	John Brock	68	Southend AC	11:26.3	7
7	3	Simon Smith	54	Colchester Harriers	12:12.4	6
	4					5
	5					4
	6					3
	7					2
	8					1

**HT3 HT Hammer M35-49 (7.26Kg) RDA Team (NN.nn) Pts**

Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)  
Hammer M35-49 (7.26Kg)

1	1	Gary Cheek	47	Southend AC	14.43	8
3	2	Marek Kowalski	46	Thurrock Harriers	10.95	7
6	3	Amr Ziko	40	Chelmsford AC	10.35	6
	4					5
	5					4
	6					3
	7					2


**Rec AG %**

-	84.0
-	77.7
-	77.0
-	78.4
-	69.7

**Rec Rec Rec**

x	-	x	65.2
x	-	x	65.6
x	-	x	67.5
x	x	-	78.0

**Rec Rec Rec**

x	x	-	70.5
x	x	-	66.3
x	-	x	53.9

**Rec Rec Rec AG %**

-	x	x	20.5
-	x	x	15.2
-	x	x	12.9

Hammer M35-49 (7.26Kg)		8				1	
HT5	HT	<b>Hammer M50-59 (6Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer M50-59 (6Kg)	1	1	Robert Earle	57	Southend AC	50.35	8
Hammer M50-59 (6Kg)	4	2	Peter Godron	53	Col & Tend/Ipswich Harriers	24.55	7
Hammer M50-59 (6Kg)	6	3	Dave Barnett	60	Chelmsford AC	23.83	6
Hammer M50-59 (6Kg)	2	4	Jim Harrison	54	Loughton AC	22.77	5
Hammer M50-59 (6Kg)	3	5	Nigel Instance	50	Thurrock Harriers	19.68	4
Hammer M50-59 (6Kg)		6					3
Hammer M50-59 (6Kg)		7					2
Hammer M50-59 (6Kg)		8					1
HT6	HT	<b>Hammer M60-69 (5Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer M60-69 (5Kg)	6	1	Geoff Tyler	69	Chelmsford AC	28.99	8
Hammer M60-69 (5Kg)	1	2	John Clark	75	Southend AC	16.99	7
Hammer M60-69 (5Kg)	3	3	Bernard Johnson	62	Thurrock Harriers	13.88	6
Hammer M60-69 (5Kg)	2	4	Robert Maggio	71	Loughton AC	10.03	5
Hammer M60-69 (5Kg)		5					4
Hammer M60-69 (5Kg)		6					3
Hammer M60-69 (5Kg)		7					2
Hammer M60-69 (5Kg)		8					1
SP3	SP	<b>Shot M35-49 (7.26Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Shot M35-49 (7.26Kg)	4	1	Aaron Bollu	39	Col & Tend/Ipswich Harriers	8.37	8
Shot M35-49 (7.26Kg)	3	2	Marek Kowalski	46	Thurrock Harriers	8.06	7
Shot M35-49 (7.26Kg)	6	3	Amr Ziko	40	Chelmsford AC	7.49	6
Shot M35-49 (7.26Kg)	1	4	Gary Cheek	47	Southend AC	7.17	5
Shot M35-49 (7.26Kg)	2	5	Robert Maggio	71	Loughton AC	3.88	4
Shot M35-49 (7.26Kg)		6					3
Shot M35-49 (7.26Kg)		7					2
Shot M35-49 (7.26Kg)		8					1
SP5	SP	<b>Shot M50-59 (6Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Shot M50-59 (6Kg)	1	1	Robert Earle	57	Southend AC	12.25	8
Shot M50-59 (6Kg)	4	2	Peter Godron	53	Col & Tend/Ipswich Harriers	9.87	7
Shot M50-59 (6Kg)	2	3	Jim Harrison	54	Loughton AC	8.30	6
Shot M50-59 (6Kg)	6	4	Dave Barnett	60	Chelmsford AC	7.84	5
Shot M50-59 (6Kg)	3	5	Nigel Instance	50	Thurrock Harriers	7.02	4
Shot M50-59 (6Kg)		6					3
Shot M50-59 (6Kg)		7					2
Shot M50-59 (6Kg)		8					1
SP6	SP	<b>Shot M60-69 (5Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>

Rec	Rec	AG %	
-	x	79.0	
-	x	35.2	
x	-	-	
-	x	33.3	
-	x	26.4	
Rec	AG %		
-	59.0		
-	-		
-	23.6		
-	-		
Rec	Rec	Rec	AG %
-	x	x	37.0
-	x	x	39.6
-	x	x	33.3
-	x	x	36.0
x	x	-	-
Rec	Rec	AG %	
-	x	70.6	
-	x	52.1	
-	x	44.7	
x	-	-	
-	x	34.8	
Rec	AG %		

Shot M60-69 (5Kg)	6	1	Geoff Tyler	69	Chelmsford AC	11.17	8	-	81.5
Shot M60-69 (5Kg)	3	2=	Bernard Johnson	62	Thurrock Harriers	6.12	6.5	-	35.6
Shot M60-69 (5Kg)	1	2=	John Clark	75	Southend AC	6.12	6.5	-	-
Shot M60-69 (5Kg)	2	4	John Borgars	72	Loughton AC	4.80	6	-	-
Shot M60-69 (5Kg)	7	5	Arthur Whiston	67	Colchester Harriers	3.87	5	-	26.3
Shot M60-69 (5Kg)		6					4		
Shot M60-69 (5Kg)		7					3		
Shot M60-69 (5Kg)		8					2		

TJ3	TJ	Triple Jump M35-49		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Triple Jump M35-49	4	1	Aaron Bollu	39	Col & Tend/Ipswich Harriers	11.19	8		-	x	x	64.8
Triple Jump M35-49	3	2	Marek Kowalski	46	Thurrock Harriers	10.45	7		-	x	x	65.9
Triple Jump M35-49	1	3	Toby Sullivan	45	Southend AC	9.25	6		-	x	x	57.6
Triple Jump M35-49	7	4	Paul Preston	46	Colchester Harriers	7.37	5		-	x	x	46.5
Triple Jump M35-49		5					4					
Triple Jump M35-49		6					3					
Triple Jump M35-49		7					2					
Triple Jump M35-49		8					1					

TJ5	TJ	Triple Jump M50-59		RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
Triple Jump M50-59	2	1	Clifford Warren	56	Loughton AC	9.72	8		-	x	70.1
Triple Jump M50-59	1	2	Keith Palmer	53	Southend AC	8.09	7		-	x	55.9
Triple Jump M50-59	3	3	Eamonn Shelley	57	Thurrock Harriers	6.38	6		-	x	46.7
Triple Jump M50-59		4					5				
Triple Jump M50-59		5					4				
Triple Jump M50-59		6					3				
Triple Jump M50-59		7					2				
Triple Jump M50-59		8					1				

TJ6	TJ	Triple Jump M60+		RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
Triple Jump M60+	6	1	Dave Barnett	60	Chelmsford AC	7.01	8		-	53.7
Triple Jump M60+	3	2	Michael Bumstead	66	Thurrock Harriers	6.79	7		-	57.3
Triple Jump M60+	1	3	John Brock	68	Southend AC	5.26	6		-	45.9
Triple Jump M60+	2	4	Robert Maggio	71	Loughton AC	5.01	5		-	46.2
Triple Jump M60+		5					4			
Triple Jump M60+		6					3			
Triple Jump M60+		7					2			
Triple Jump M60+		8					1			

HJ3	HJ	High Jump M35-49		RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
High Jump M35-49	4	1	Nigel Hayman	43	Col & Tend/Ipswich Harriers	1.50	8	-	x	x	69.7
High Jump M35-49	1	2	Toby Sullivan	45	Southend AC	1.45	7	-	x	x	68.8



High Jump M35-49	8	3	Erskine Peters	52	Basildon AC/Billericay Striders	1.45	6
High Jump M35-49	6	4	Dave Barnett	60	Chelmsford AC	1.25	5
High Jump M35-49	3	5	Paul Mitchell	43	Thurrock Harriers	1.25	4
High Jump M35-49	2	6	Jim Harrison	54	Loughton AC	1.20	3
High Jump M35-49		7					2
High Jump M35-49		8					1

x	-	x	74.1
x	x	-	70.0
-	x	x	58.1
x	-	x	62.7

HJ5	HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts	
High Jump M50-59	2	1	Clifford Warren	56	Loughton AC	1.30	8
High Jump M50-59	1	2	Keith Palmer	53	Southend AC	1.25	7
High Jump M50-59	6	3=	Gerald Daniel	65	Chelmsford AC	1.20	5
High Jump M50-59	7	3=	Simon Morgan	50	Colchester Harriers	1.20	5
High Jump M50-59	3	3=	Nigel Instance	50	Thurrock Harriers	1.20	5
High Jump M50-59		6					4
High Jump M50-59		7					3
High Jump M50-59		8					2

Rec	Rec	AG %
-	x	69.5
-	x	64.6
x	-	71.6
-	x	60.0
-	x	60.0

R4x1-35	MedR	Relay 4x1 M35-49	RDA	Team	(NN.n)	Pts
Relay 4x1 M35-49	4	1		Col & Tend/Ipswich Harriers	49.7	8
Relay 4x1 M35-49	1	2		Southend AC	55.0	7
Relay 4x1 M35-49	3	3		Thurrock Harriers	56.9	6
Relay 4x1 M35-49	6	4		Chelmsford AC	63.9	5
Relay 4x1 M35-49		5				4
Relay 4x1 M35-49		6				3
Relay 4x1 M35-49		7				2
Relay 4x1 M35-49		8				1

Rec
-
-
-
-

R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
Relay 4x1 M50+	1	1		Southend AC	61.3	8
Relay 4x1 M50+	2	2		Loughton AC	65.9	7
Relay 4x1 M50+	3	3		Thurrock Harriers	70.3	6
Relay 4x1 M50+		4				5
Relay 4x1 M50+		5				4
Relay 4x1 M50+		6				3
Relay 4x1 M50+		7				2
Relay 4x1 M50+		8				1

Rec
-
-
-

AG = Age Group (eg M45, W60)

Non Scoring					
	Event	Name	AG	Club	Result
163	1003	Aaron Bollu	39	Col & Tend/Ipswich Harriers	13.0
189	1005	Nigel Hayman	43	Col & Tend/Ipswich Harriers	12.8

171	1003	Dan Gartlan		Col & Tend/Ipswich Harriers	13.4
164	30003	Stephen Philcox		Ilford	10:07.1
174	30003	Paul Mitchell		Thurrock Harriers	11:43.0
169	30003	Michael Bumstead	66	Thurrock Harriers	12:31.1
197	30003	Bernard Johnson	62	Thurrock Harriers	12:40.9
171	4005	Dan Gartlan		Col & Tend/Ipswich Harriers	60
175	4005	Steven Ball		Thurrock Harriers	62.5
176	4005	Jeff Bolton		Southend AC	70.2
171	TJ3	Dan Gartlan		Tendring/Ipswich	10.27
171	SP3	Dan Gartlan		Tendring/Ipswich	7.09
88	1006	Andrew Weller		Basildon AC/Billericay Striders	14.6
	30005	Rhys Davies	58	Basildon AC/Billericay Striders	14:34.9
	SP5	Rhys Davies	58	Basildon AC/Billericay Striders	6.57

Insert non scoring results at the bottom

**EMAC Track & Field League      Southern Division - Match 1      Teams = 8**

**Edmonton      Wed      Wednesday, May 2, 2018      Overall Match Scores**

**Overall Team Trophy**

Men	O/A	Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
x	x	3	Southend AC	A	124	124	3
x	x	2	Loughton AC	B	133	133	2
x	x	8	Thurrock Harriers	C	0	0	8
x	x	6	Col & Tend/Ipswich Harriers	D	31	31	6
x	x	1	WSAC/St Edmunds Pacers	E	134	134	1
x	x	4	Chelmsford AC	F	110	110	4
x	x	5	Colchester Harriers	G	45	45	5
x	x	7	Basildon AC/Billericay Striders	H	24	24	7

*RDA = Race Day Age*

EMAC League Record? (W35-49)	EMAC League Record? (W50-59)	EMAC League Record? (W60+)	Derived from Age Grade Tables of 2015
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**Single letters only**

		1003	100m	100m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m W35-49	G	1	Helen Taczynski	38	Colchester Harriers	14.6	8			-	x	x	73.5
100m W35-49	E	2	Sharon Perry	45	WSAC/St Edmunds Pacers	15.2	7			-	x	x	76.5
100m W35-49	A	3	Lorraine Ramet	47	Southend AC	15.4	6			-	x	x	77.1
100m W35-49	H	4	Amanda Dodge	38	Basildon AC/Billericay Striders	16.1	5			-	x	x	66.6
100m W35-49	B	5	Mary Knapman	39	Loughton AC	17.3	4			-	x	x	62.8
100m W35-49	F	6	Tracy Minton	57	Chelmsford AC	18.5	3			x	-	x	71.1
100m W35-49	D	7	Carey Hollick	47	Col & Tend/Ipswich Harriers	18.9	2			-	x	x	62.8
100m W35-49		8					1						
		1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
100m W50-59	D	1	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	15.1	8			-	x	85.5	
100m W50-59	F	2	Clare St John-Coleman	57	Chelmsford AC	15.9	7			-	x	82.7	
100m W50-59	A	3	Susan Brown	53	Southend AC	16.9	6			-	x	74.8	
100m W50-59	B	4	Christine Salvary	61	Loughton AC	17.0	5			x	-	80.4	
100m W50-59	E	5	Eloise Bird	50	WSAC/St Edmunds Pacers	17.4	4			-	x	70.5	
100m W50-59		6					3						
100m W50-59		7					2						
100m W50-59		8					1						
		1006	100m	100m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
100m W60+	B	1	Emily McMahon	68	Loughton AC	16.7	8			-	87.2		
100m W60+	G	2	Diane Wooller	64	Colchester Harriers	19.3	7			-	72.8		
100m W60+	E	3	Jenny Morgan	62	WSAC/St Edmunds Pacers	20.1	6			-	68.6		

100m W60+  
100m W60+  
100m W60+  
100m W60+  
100m W60+

A	4	Marion Matthews-Smith	63	Southend AC	22.2	5
	5					4
	6					3
	7					2
	8					1

-	62.7

400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49  
400m W35-49

4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts
F	1	Elizabeth Davies	39	Chelmsford AC	64.1	8
G	2	Helen Taczynski	38	Colchester Harriers	66.0	7
E	3	Sharon Perry	45	WSAC/St Edmunds Pacers	73.5	6
A	4	Sue Cribbs	46	Southend AC	82.3	5
B	5	Michaela Davis	52	Loughton AC	94.1	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	81.0
-	x	x	77.8
-	x	x	75.3
-	x	x	67.9
x	-	x	63.0

400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59  
400m W50-59

4005	400m	400m W50-59	RDA	Team	(NN.n)	Pts
E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	75.4	8
A	2	Vanessa Mathers	51	Southend AC	81.0	7
G	3	Diane Wooller	64	Colchester Harriers	93.1	6
F	4	Tracy Minton	57	Chelmsford AC	97.7	5
B	5	Barbara Higgins	63	Loughton AC	119.8	4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	80.9
-	x	72.5
x	-	71.0
-	x	63.5
x	-	54.7

3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49  
3000m W35-49

30003	3000m	3000m W35-49	RDA	Team	(NN:NN.n)	Pts
F	1	Elizabeth Davies	39	Chelmsford AC	09:59.5	8
G	2	Ellie Cumner	37	Colchester Harriers	11:48.7	7
E	3	Sharon Perry	45	WSAC/St Edmunds Pacers	12:05.5	6
A	4	Sue Cribbs	46	Southend AC	12:32.4	5
B	5	Melanie Peddle	49	Loughton AC	15:38.6	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
LR	x	x	86.9
-	x	x	72.5
-	x	x	76.2
-	x	x	74.4
-	x	x	61.9

3000m W50-59  
3000m W50-59  
3000m W50-59  
3000m W50-59  
3000m W50-59

30005	3000m	3000m W50-59	RDA	Team	(NN:NN.n)	Pts
E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	12:03.2	8
A	2	Vanessa Mathers	51	Southend AC	12:44.0	7
F	3	Jenny Scholfield	54	Chelmsford AC	16:13.1	6
	4					5
	5					4

Rec	Rec	AG %
-	x	86.8
-	x	78.0
-	x	63.7

3000m W50-59  
3000m W50-59  
3000m W50-59

6					3
7					2
8					1


3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+  
3000m W60+

30006	3000m	3000m W60+	RDA	Team	(NN:NN.n)	Pts
E	1	Jenny Morgan	62	WSAC/St Edmunds Pacers	13:44.0	8
G	2	Diane Wooller	64	Colchester Harriers	14:01.3	7
B	3	Jean Hobbs	69	Loughton AC	15:29.7	6
A	4	Linda Donnelly	60	Southend AC	17:57.1	5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
-	84.3
-	85.1
-	83.5
-	62.6

B  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'  
1M Walk 'A'

1MW	1MileW	1M Walk 'A'	RDA	Team	(NN:NN.n)	Pts
B	B	Melanie Peddle	49	Loughton AC	08:53.2	8
	A	Kasia Kostyrka-Allchorne	40	Southend AC	09:58.0	7
	E	Angela Underdown	52	WSAC/St Edmunds Pacers	10:55.0	6
	F	Tracy Minton	57	Chelmsford AC	13:27.3	5
						4
						3
						2
						1

Rec	Rec	Rec	AG %
-	x	x	75.9
-	x	x	62.9
x	-	x	63.3
x	-	x	53.7

1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'  
1M Walk 'B'

1MW	1MileW	1M Walk 'B'	RDA	Team	(NN:NN.n)	Pts
B	B	Mary Knapman	39	Loughton AC	10:40.8	8
E	E	Eloise Bird	50	WSAC/St Edmunds Pacers	12:47.4	7
						6
						5
						4
						3
						2
						1

Rec	Rec	Rec	AG %
-	x	x	58.3
x	-	x	53.2

Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)  
Hammer W35-49 (4Kg)

HT3	HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
F	1	Tracy Minton	57	Chelmsford AC	15.76	8
B	2	Michaela Davis	52	Loughton AC	14.97	7
D	3	Carey Hollick	47	Col & Tend/Ipswich Harriers	14.46	6
H	4	Amanda Dodge	38	Basildon AC/Billericay Striders	13.24	5
A	5	Natasha Lagden	44	Southend AC	10.66	4
E	6	Eloise Bird	50	WSAC/St Edmunds Pacers	5.76	3
	7					2

Rec	Rec	Rec	AG %
x	-	x	-
x	-	x	-
-	x	x	30.5
-	x	x	21.2
-	x	x	20.3
x	-	x	-

Hammer W35-49 (4Kg)		8					1
HT5	HT	<b>Hammer W50-59 (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer W50-59 (3Kg)	F	1	Carol Morris	51	Chelmsford AC	21.62	8
Hammer W50-59 (3Kg)	A	2	Susan Brown	53	Southend AC	18.82	7
Hammer W50-59 (3Kg)	B	3	Pam Ackland-Snow	65	Loughton AC	18.29	6
Hammer W50-59 (3Kg)	E	4	Angela Underdown	52	WSAC/St Edmunds Pacers	13.92	5
Hammer W50-59 (3Kg)		5					4
Hammer W50-59 (3Kg)		6					3
Hammer W50-59 (3Kg)		7					2
Hammer W50-59 (3Kg)		8					1
HT6	HT	<b>Hammer W60+ (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Hammer W60+ (3Kg)	F	1	Shirley Quinn	63	Chelmsford AC	32.31	8
Hammer W60+ (3Kg)	E	2	Dawn Mason	61	WSAC/St Edmunds Pacers	18.89	7
Hammer W60+ (3Kg)	B	3	Barbara Higgins	63	Loughton AC	17.50	6
Hammer W60+ (3Kg)	A	4	June Cork	71	Southend AC	12.10	5
Hammer W60+ (3Kg)		5					4
Hammer W60+ (3Kg)		6					3
Hammer W60+ (3Kg)		7					2
Hammer W60+ (3Kg)		8					1
SP3	SP	<b>Shot W35-49 (4Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Shot W35-49 (4Kg)	D	1	Carey Hollick	47	Col & Tend/Ipswich Harriers	6.73	8
Shot W35-49 (4Kg)	E	2	Sharon Perry	45	WSAC/St Edmunds Pacers	6.61	7
Shot W35-49 (4Kg)	H	3	Amanda Dodge	38	Basildon AC/Billericay Striders	6.07	6
Shot W35-49 (4Kg)	F	4	Tracy Minton	57	Chelmsford AC	5.92	5
Shot W35-49 (4Kg)	A	5	Natasha Lagden	44	Southend AC	5.42	4
Shot W35-49 (4Kg)	B	6	Michaela Davis	52	Loughton AC	4.73	3
Shot W35-49 (4Kg)		7					2
Shot W35-49 (4Kg)		8					1
SP5	SP	<b>Shot W50-59 (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>
Shot W50-59 (3Kg)	F	1	Carol Morris	51	Chelmsford AC	7.23	8
Shot W50-59 (3Kg)	D	2	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	6.00	7
Shot W50-59 (3Kg)	E	3	Angela Underdown	52	WSAC/St Edmunds Pacers	5.82	6
Shot W50-59 (3Kg)	B	4	Barbara Higgins	63	Loughton AC	5.66	5
Shot W50-59 (3Kg)	A	5	Susan Brown	53	Southend AC	5.41	4
Shot W50-59 (3Kg)		6					3
Shot W50-59 (3Kg)		7					2
Shot W50-59 (3Kg)		8					1
SP6	SP	<b>Shot W60+ (3Kg)</b>		<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>	<b>Pts</b>

	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	35.8	
	-	x	32.3	
	x	-	-	
	-	x	23.5	
	<b>Rec</b>	<b>AG %</b>		
	-	68.5		
	-	38.3		
	-	37.1		
	-	31.6		
	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	x	41.2
	-	x	x	38.5
	-	x	x	30.1
	x	-	x	-
	-	x	x	30.8
	x	-	x	-
	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>	
	-	x	45.1	
	-	x	40.3	
	-	x	37.0	
	x	-	44.8	
	-	x	35.0	
	<b>Rec</b>	<b>AG %</b>		

Shot W60+ (3Kg)	H	1	Vespa Ellis	61	Basildon AC/Billericay Striders	8.69	8					-	66.3
Shot W60+ (3Kg)	F	2	Shirley Quinn	63	Chelmsford AC	7.80	7					-	57.1
Shot W60+ (3Kg)	A	3	June Cork	71	Southend AC	5.93	6					-	35.1
Shot W60+ (3Kg)	B	4	Pam Ackland-Snow	65	Loughton AC	5.57	5					-	39.1
Shot W60+ (3Kg)	E	5	Dawn Mason	61	WSAC/St Edmunds Pacers	5.53	4					-	42.2
Shot W60+ (3Kg)	G	6	Diane Wooller	64	Colchester Harriers	4.85	3					-	34.8
Shot W60+ (3Kg)		7					2						
Shot W60+ (3Kg)		8					1						

TJ3		TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %
Triple Jump W35	E	1	Sharon Perry	45	WSAC/St Edmunds Pacers	6.78	8		-	x	x	52.9
Triple Jump W35	A	2	Kasia Kostyrka-Allchorne	40	Southend AC	6.05	7		-	x	x	44.4
Triple Jump W35	B	3	Barbara Higgins	63	Loughton AC	5.54	6		x	x	-	56.3
Triple Jump W35		4					5					
Triple Jump W35		5					4					
Triple Jump W35		6					3					
Triple Jump W35		7					2					
Triple Jump W35		8					1					

TJ5		TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	AG %
Triple Jump W50-59	A	1	Susan Brown	53	Southend AC	6.48	8		-	x	56.4
Triple Jump W50-59	E	2	Christine Anthony	55	WSAC/St Edmunds Pacers	5.87	7		-	x	52.6
Triple Jump W50-59	B	3	Michaela Davis	52	Loughton AC	5.79	6		-	x	49.7
Triple Jump W50-59	F	4	Carol Morris	51	Chelmsford AC	5.08	5		-	x	43.0
Triple Jump W50-59		5					4				
Triple Jump W50-59		6					3				
Triple Jump W50-59		7					2				
Triple Jump W50-59		8					1				

TJ6		TJ	Triple Jump W60+	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %
Triple Jump W60+	B	1	Christine Salvary	61	Loughton AC	6.13	8		-	60.3
Triple Jump W60+	E	2	Dawn Mason	61	WSAC/St Edmunds Pacers	5.43	7		-	53.4
Triple Jump W60+	F	3	Shirley Quinn	63	Chelmsford AC	5.23	6		-	53.2
Triple Jump W60+		4					5			
Triple Jump W60+		5					4			
Triple Jump W60+		6					3			
Triple Jump W60+		7					2			
Triple Jump W60+		8					1			

HJ3		HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
High Jump W35-49	B	1	Michaela Davis	52	Loughton AC	1.06	8	x	-	x	64.6
High Jump W35-49	A	2	Natasha Lagden	44	Southend AC	1.00	7	-	x	x	55.2

High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49  
 High Jump W35-49

3					6
4					5
5					4
6					3
7					2
8					1


High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59  
 High Jump W50-59

HJ5	HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
B	1	Emily McMahon	68	Loughton AC	1.12	8
E	2	Eloise Bird	50	WSAC/St Edmunds Pacers	1.09	7
F	3	Carol Morris	51	Chelmsford AC	1.03	6
A	4	Vanessa Mathers	51	Southend AC	1.03	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
x	-	86.8
-	x	64.9
-	x	62.0
-	x	62.0

Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49  
 Relay 4x1 W35-49

R4x1-35	MedR	Relay 4x1 W35-49	RDA	Team	(NN.n)	Pts
A	1			Southend AC	66.2	8
F	2			Chelmsford AC	68.1	7
B	3			Loughton AC	85.5	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
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-
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Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+  
 Relay 4x1 W50+

R4x1-50	MedR	Relay 4x1 W50+	RDA	Team	(NN.n)	Pts
B	1			Loughton AC	69.9	8
E	2			WSAC/St Edmunds Pacers	78.7	7
A	3			Southend AC	81.8	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec
-
-
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AG = Age Group (eg M45, W60)

Non Scoring					
	Event	Name	AG	Club	Result
172	1005	Angie Underdown		WSAC/St Edmunds Pacers	18.9
167	1006	Dawn Mason		WSAC/St Edmunds Pacers	19.4



170

3000W	Katie King		WSAC/St Edmunds Pacers	12:29.0

EMAC Track & Field League		Northern Division - Match 1		Teams =	7
St Ives		Wed	#####	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
1	Nene Valley Harriers	3	105	105	1
2	Ryston Runners AC	6	103	103	2
3	Corby AC	4	95	95	3
4	West Norfolk AC	7	93	93	4
5	Peterborough AC	2	60	60	5
6	Stamford Striders	5	59	59	6
7	Hunts AC	1	54	54	7
8	Spare	8	0	0	8

EMAC Track & Field League		Central Division - Match 1		Teams =	7
Stevenage		Wed	#####	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
1	Marshall Milton Keynes AC	1	142	142	1
2	Fairlands Valley Spartans	6	113.5	113.5	2
3	Bedford & County AC	2	95	95	3
4	Biggleswade AC	4	65.5	65.5	4
5	Cambridge & Coleridge AC	7	65	65	5
6	Luton AC	3	25	25	6
7	Bedford Harriers	5	16	16	7
8	Spare	8	0	0	8

EMAC Track & Field League		Southern Division - Match 1		Teams =	8
Edmonton		Wed	#####	Overall Match Scores	
Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
1	Southend AC	1	159.5	159.5	1
2	Thurrock Harriers	3	129.5	129.5	2
3	Chelmsford AC	6	115	115	3
4	Loughton AC	2	89	89	4
5	Colchester Harriers	7	67	67	5
6	Col & Tend/Ipswich Harriers	4	59	59	6
7	Basildon AC/Billericay Striders	8	14	14	7
8	WSAC/St Edmunds Pacers	5	8	8	8

EMAC Track & Field League		Northern Division - Match 1		Teams =	7
St Ives		Wed	#####	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
1	Ryston Runners AC	F	139	139	1
2	Nene Valley Harriers	C	102	102	2
3	Corby AC	D	76	76	3
4	Stamford Striders	E	50	50	4
5	Peterborough AC	B	49	49	5
6	Hunts AC	A	36	36	6
7	West Norfolk AC	G	26	26	7
8	Spare	H	0	0	8

EMAC Track & Field League		Central Division - Match 1		Teams =	7
Stevenage		Wed	#####	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
1	Fairlands Valley Spartans	F	138	138	1
2	Marshall Milton Keynes AC	A	109	109	2
3	Cambridge & Coleridge AC	G	103	103	3
4	Biggleswade AC	D	37	37	4
5	Bedford Harriers	E	35	35	5
6	Luton AC	C	19	19	6
7	Bedford & County AC	B	0	0	7
7	Spare	H	0	0	7

EMAC Track & Field League		Southern Division - Match 1		Teams =	8
Edmonton		Wed	#####	Overall Match Scores	
Pos	Women's Teams	Bib	Match 1 Points	Final	Pos
1	WSAC/St Edmunds Pacers	E	134	134	1
2	Loughton AC	B	133	133	2
3	Southend AC	A	124	124	3
4	Chelmsford AC	F	110	110	4
5	Colchester Harriers	G	45	45	5
6	Col & Tend/Ipswich Harriers	D	31	31	6
7	Basildon AC/Billericay Striders	H	24	24	7
8	Thurrock Harriers	C	0	0	8

				35-49	50-59	60+
<b>Shot M60-69 (5Kg)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.nn)</i>			<b>Rec</b>
Peter Knott	60	Corby AC	12.14			LR
<b>Relay 4x1 W35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Rec</b>		
Andrea Linnell, Jo Abel, Claire Hurst, Julia Scarboro		Hunts AC	59.2	LR		
<b>1M Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>
Helen Middleton	55	Biggleswade AC	09:10.8	x	LR	x
<b>Relay 4x1 W50+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>		<b>Rec</b>	
		Fairlands Valley Spartans	66.4		LR	
<b>3000m W35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Rec</b>	<b>Rec</b>	<b>Rec</b>
Elizabeth Davies	39	Chelmsford AC	09:59.5	LR	x	x