

**Insert non scoring results at the bottom**

**EMAC Track & Field League      Northern Division - Match 3      Teams = 7**

**Peterborough      Mon      Monday, July 02, 2018      Overall Match Scores**

**Overall Team Trophy**

Women	O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
X	X	6	Hunts AC	1	67	189	5
X	X	5	Peterborough AC	2	77	188	6
X	X	1	Nene Valley Harriers	3	111	320	1
X	X	4	Corby AC	4	84	251	4
X	X	7	Stamford Striders	5	56	159	7
X	X	2	Ryston Runners AC	6	106	309	2
X	X	3	West Norfolk AC	7	95	284	3
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
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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	3	1	Julian Smith	49	Nene Valley Harriers	12.1	7		-	x	x	90.1	
100m M35-49	1	2	Yinka Opaleye	45	Hunts AC	12.5	6		-	x	x	84.9	
100m M35-49	4	3	Jesse Wilson	46	Corby AC	13.4	5		-	x	x	79.8	
100m M35-49	7	4	James Collings	41	West Norfolk AC	13.5	4		-	x	x	76.5	
100m M35-49	6	5	Matthew Hitchcock	36	Ryston Runners AC	13.8	3		-	x	x	72.2	
100m M35-49	5	6	Chris Deadman	35	Stamford Striders	14.0	2		-	x	x	70.7	
100m M35-49		7					1						
100m M35-49		8					0						
		1005	100m	100m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m M50-59	3	1	Ricardo Huskisson	58	Nene Valley Harriers	12.6	7		-	x		91.7	
100m M50-59	6	2	Paul Harrison	51	Ryston Runners AC	13.1	6		-	x		84.3	
100m M50-59	7	3	Robert Vincent	52	West Norfolk AC	13.9	5		-	x		80.0	
100m M50-59	1	4	Philip Bowers	50	Hunts AC	14.0	4		-	x		78.4	
100m M50-59	2	5	Martin Hilton	59	Peterborough AC	14.8	3		-	x		78.6	
100m M50-59		6					2						
100m M50-59		7					1						
100m M50-59		8					0						
		4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %	
400m M35-49	3	1	David Brown	40	Nene Valley Harriers	53.5	7		-	x	x	86.3	
400m M35-49	6	2	Mac Tuncer	37	Ryston Runners AC	55.2	6		-	x	x	81.8	

400m M35-49	4	3	Wojciech Kantczak	35	Corby AC	59.0	5
400m M35-49	1	4	Yinka Opaleye	45	Hunts AC	60.9	4
400m M35-49	5	5	Chris Deadman	35	Stamford Striders	67.3	3
400m M35-49	7	6	Benjamin Collison	35	West Norfolk AC	68.5	2
400m M35-49		7					1
400m M35-49		8					0

-	x	x	75.4
-	x	x	78.6
-	x	x	66.1
-	x	x	65.0

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	Andrew Robson	51	Nene Valley Harriers	63.7	7
400m M50-59	5	2	Ed Fancourt	51	Stamford Striders	66.8	6
400m M50-59	6	3	Malcolm Tuff	53	Ryston Runners AC	66.8	5
400m M50-59	7	4	John Greenhalgh	52	West Norfolk AC	77.1	4
400m M50-59	2	5	Martin Hilton	59	Peterborough AC	85.2	3
400m M50-59		6					2
400m M50-59		7					1
400m M50-59		8					0

<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	78.3
-	x	74.6
-	x	75.6
-	x	65.1
-	x	61.7

4006	400m	<b>400m M60+</b>	<b>RDA</b>	<b>Team</b>	<b>(NN.n)</b>	<b>Pts</b>	
400m M60+	2	1	David Whitehead	65	Peterborough AC	68.0	7
400m M60+	7	2	John Moore	68	West Norfolk AC	76.2	6
400m M60+	4	3	Richard Brown	65	Corby AC	78.2	5
400m M60+	5	4	Jim Grant	62	Stamford Striders	79.2	4
400m M60+	3	5	John Spriggs	65	Nene Valley Harriers	80.6	3
400m M60+	6	6	Jeffrey Reed	73	Ryston Runners AC	98.2	2
400m M60+		7					1
400m M60+		8					0

<b>Rec</b>	<b>AG %</b>
-	80.2
-	75.0
-	69.8
-	67.6
-	67.7
-	63.6

15003	1500m	<b>1500m M35-49</b>	<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>	
1500m M35-49	7	1	Benjamin Collison	35	West Norfolk AC	04:52.7	7
1500m M35-49	3	2	James Macdonald	36	Nene Valley Harriers	04:54.1	6
1500m M35-49	4	3	Scott Magee	47	Corby AC	05:02.2	5
1500m M35-49	6	4	Jamie Bransgrove	40	Ryston Runners AC	05:17.7	4
1500m M35-49		5					3
1500m M35-49		6					2
1500m M35-49		7					1
1500m M35-49		8					0

<b>Rec</b>	<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	x	71.8
-	x	x	71.9
-	x	x	76.0
-	x	x	68.5

15005	1500m	<b>1500m M50-59</b>	<b>RDA</b>	<b>Team</b>	<b>(NN:NN.n)</b>	<b>Pts</b>	
1500m M50-59	6	1	Malcolm Tuff	53	Ryston Runners AC	05:00.5	7
1500m M50-59	2	2	Peter Ward	53	Peterborough AC	05:03.2	6

<b>Rec</b>	<b>Rec</b>	<b>AG %</b>
-	x	80.2
-	x	79.5

1500m M50-59	3	3	Sean Beard	52	Nene Valley Harriers	05:06.0	5
1500m M50-59	1	4	Geoffrey Brewster	59	Hunts AC	05:06.1	4
1500m M50-59	5	5	Stuart Hill	54	Stamford Striders	05:20.4	3
1500m M50-59	4	6	John Donaldson	59	Corby AC	05:49.3	2
1500m M50-59	7	7	John Greenhalgh	52	West Norfolk AC	05:56.4	1
1500m M50-59		8					0

-	x	78.1
-	x	82.9
-	x	75.9
-	x	72.6
-	x	67.1

1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts		
1500m M60+	2	1	Duncan Mcgrory	60	Peterborough AC	04:55.5	7
1500m M60+	4	2	Peter Gray	64	Corby AC	05:44.2	6
1500m M60+	5	3	Jim Grant	62	Stamford Striders	05:54.5	5
1500m M60+	1	4	Jim Stocker	69	Hunts AC	05:56.4	4
1500m M60+	7	5	Ian Reeve	65	West Norfolk AC	06:26.3	3
1500m M60+	6	6	Jeffrey Reed	73	Ryston Runners AC	07:51.0	2
1500m M60+		7					1
1500m M60+		8					0

Rec	AG %
-	86.6
-	77.0
-	73.5
-	78.0
-	69.3
-	62.1

2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts		
2Km Walk 'A'	3	1	James Macdonald	36	Nene Valley Harriers	12:38.1	7
2Km Walk 'A'	5	2	Stuart Hill	54	Stamford Striders	12:39.0	6
2Km Walk 'A'	2	3	Eamonn Dorling	63	Peterborough AC	13:26.0	5
2Km Walk 'A'	4	4	Scott Magee	47	Corby AC	13:28.6	4
2Km Walk 'A'	6	5	Paul Firmage	63	Ryston Runners AC	13:51.8	3
2Km Walk 'A'	7	6	Lee Tunmore	45	West Norfolk AC	14:44.7	2
2Km Walk 'A'		7					1
2Km Walk 'A'		8					0

Rec	Rec	Rec
-	x	x
x	-	x
x	x	-
-	x	x
x	x	-
-	x	x

2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts		
2Km Walk 'B'	5	1	Jim Grant	62	Stamford Striders	13:06.7	7
2Km Walk 'B'	4	2	Gary Beckwith	41	Corby AC	14:12.1	6
2Km Walk 'B'	2	3	Peter Brantom	68	Peterborough AC	14:37.3	5
2Km Walk 'B'	7	4	Neil Watson	45	West Norfolk AC	14:49.3	4
2Km Walk 'B'	6	5	Martin Simmonds	77	Ryston Runners AC	14:53.0	3
2Km Walk 'B'	3	6	Barry Warne	57	Nene Valley Harriers	15:44.5	2
2Km Walk 'B'		7					1
2Km Walk 'B'		8					0

Rec	Rec	Rec
x	x	-
-	x	x
x	x	-
-	x	x
x	x	-
x	-	x

HT	HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts	
Hammer M35-49 (7.26Kg)	3	1	Simon Achurch	43	Nene Valley Harriers	41.31	7
Hammer M35-49 (7.26Kg)	1	2	Steve Burke	45	Hunts AC	27.26	6

Rec	Rec	Rec	AG %
-	x	x	54.3
-	x	x	37.2

Hammer M35-49 (7.26Kg)	7	3	Allan Williams	43	West Norfolk AC	21.79	5
Hammer M35-49 (7.26Kg)	6	4	Matthew Hitchcock	36	Ryston Runners AC	12.47	4
Hammer M35-49 (7.26Kg)	4	5	Keith Lok	43	Corby AC	9.28	3
Hammer M35-49 (7.26Kg)	5	6	Darren Barratt	46	Stamford Striders	8.92	2
Hammer M35-49 (7.26Kg)		7					1
Hammer M35-49 (7.26Kg)		8					0

-	x	x	28.6
-	x	x	14.6
-	x	x	12.2
-	x	x	12.4

HT5		HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Hammer M50-59 (6Kg)	1	1	Robert Ellingham	53	Hunts AC	37.19	7
Hammer M50-59 (6Kg)	2	2	Karl Eve	55	Peterborough AC	23.50	6
Hammer M50-59 (6Kg)	7	3	Ricky Bailey	50	West Norfolk AC	15.87	5
Hammer M50-59 (6Kg)	6	4	David Lane	53	Ryston Runners AC	14.33	4
Hammer M50-59 (6Kg)	3	5	Kevin Bates	66	Nene Valley Harriers	11.62	3
Hammer M50-59 (6Kg)	5	6	Ed Fancourt	51	Stamford Striders	8.12	2
Hammer M50-59 (6Kg)		7					1
Hammer M50-59 (6Kg)		8					0

Rec	Rec	AG %
-	x	53.3
-	x	35.2
-	x	21.3
-	x	20.5
x	-	-
-	x	11.1

HT6		HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
Hammer M60-69 (5Kg)	6	1	Paul Oakes	65	Ryston Runners AC	30.60	7
Hammer M60-69 (5Kg)	3	2	Timothy Needham	65	Nene Valley Harriers	28.94	6
Hammer M60-69 (5Kg)	4	3	Peter Knott	60	Corby AC	26.81	5
Hammer M60-69 (5Kg)	7	4	David Bessey	71	West Norfolk AC	14.67	4
Hammer M60-69 (5Kg)	2	5	Eamonn Dorling	63	Peterborough AC	12.46	3
Hammer M60-69 (5Kg)		6					2
Hammer M60-69 (5Kg)		7					1
Hammer M60-69 (5Kg)		8					0

Rec	AG %
-	55.9
-	52.9
-	43.5
-	-
-	21.7

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	11.72	7
Shot M35-49 (7.26Kg)	1	2	Martin Gardner	41	Hunts AC	10.21	6
Shot M35-49 (7.26Kg)	7	3	Allan Williams	43	West Norfolk AC	8.95	5
Shot M35-49 (7.26Kg)	4	4	Wojciech Kantczak	35	Corby AC	8.87	4
Shot M35-49 (7.26Kg)	6	5	Matthew Hitchcock	36	Ryston Runners AC	7.53	3
Shot M35-49 (7.26Kg)	5	6	Darren Barratt	46	Stamford Striders	5.51	2
Shot M35-49 (7.26Kg)		7					1
Shot M35-49 (7.26Kg)		8					0

Rec	Rec	Rec	AG %
-	x	x	54.6
-	x	x	46.1
-	x	x	41.7
-	x	x	38.4
-	x	x	32.7
-	x	x	27.1

SP5		SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Shot M50-59 (6Kg)	2	1	Karl Eve	55	Peterborough AC	9.94	7
Shot M50-59 (6Kg)	1	2	Robert Ellingham	53	Hunts AC	9.21	6

Rec	Rec	AG %
-	x	54.8
-	x	48.6

Shot M50-59 (6Kg)	3	3	Andrew Robson	51	Nene Valley Harriers	7.65	5
Shot M50-59 (6Kg)	4	4	Tony Wells	69	Corby AC	7.07	4
Shot M50-59 (6Kg)	7	5	Ricky Bailey	50	West Norfolk AC	7.02	3
Shot M50-59 (6Kg)	6	6	David Lane	53	Ryston Runners AC	6.78	2
Shot M50-59 (6Kg)	5	7	Ed Fancourt	51	Stamford Striders	5.57	1
Shot M50-59 (6Kg)		8					0

-	x	38.7
x	-	-
-	x	34.8
-	x	35.8
-	x	28.2

**SP6**

	SP	Shot M60-69 (5Kg)	RDA	Team	(N.nn)	Pts
Shot M60-69 (5Kg)	4	1	Peter Knott	60	Corby AC	11.77 7
Shot M60-69 (5Kg)	6	2	Paul Oakes	65	Ryston Runners AC	9.12 6
Shot M60-69 (5Kg)	7	3	Ian Reeve	65	West Norfolk AC	8.71 5
Shot M60-69 (5Kg)	3	4	Timothy Needham	65	Nene Valley Harriers	7.37 4
Shot M60-69 (5Kg)	5	5	Jim Grant	62	Stamford Striders	5.91 3
Shot M60-69 (5Kg)	2	6	Peter Brantom	68	Peterborough AC	4.04 2
Shot M60-69 (5Kg)		7				1
Shot M60-69 (5Kg)		8				0

Rec	AG %
-	64.7
-	58.1
-	55.5
-	46.9
-	34.4
-	28.4

**TJ3**

	TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind
Triple Jump M35-49	6	1	Mac Tuncer	37	Ryston Runners AC	11.74 7	
Triple Jump M35-49	3	2	Sean Reidy	37	Nene Valley Harriers	10.78 6	
Triple Jump M35-49	1	3	Yinka Opaleye	45	Hunts AC	9.96 5	
Triple Jump M35-49	2	4	Simon Fell	41	Peterborough AC	9.70 4	
Triple Jump M35-49	5	5	Chris Deadman	35	Stamford Striders	9.64 3	
Triple Jump M35-49	4	6	Gary Beckwith	41	Corby AC	9.62 2	
Triple Jump M35-49	7	7	Lee Tunmore	45	West Norfolk AC	7.09 1	
Triple Jump M35-49		8				0	

Rec	Rec	Rec	AG %
-	x	x	66.5
-	x	x	61.0
-	x	x	62.0
-	x	x	57.5
-	x	x	53.4
-	x	x	57.1
-	x	x	44.1

**TJ5**

	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind
Triple Jump M50-59	6	1	Paul Harrison	51	Ryston Runners AC	11.54 7	
Triple Jump M50-59	1	2	Philip Bowers	50	Hunts AC	10.19 6	
Triple Jump M50-59	4	3	Graham Mabelson	62	Corby AC	8.50 5	
Triple Jump M50-59	3	4	John Spriggs	65	Nene Valley Harriers	7.71 4	
Triple Jump M50-59	2	5	Karl Eve	55	Peterborough AC	7.63 3	
Triple Jump M50-59	7	6	Robert Vincent	52	West Norfolk AC	6.54 2	
Triple Jump M50-59		7				1	
Triple Jump M50-59		8				0	

Rec	Rec	AG %
-	x	77.7
-	x	67.7
x	-	67.2
x	-	64.0
-	x	54.3
-	x	44.6

**HJ3**

	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts
High Jump M35-49	7	1	Neil Watson	45	West Norfolk AC	1.50 7
High Jump M35-49	2	2	Simon Fell	41	Peterborough AC	1.45 6

Rec	Rec	Rec	AG %
-	x	x	71.2
-	x	x	66.1

High Jump M35-49	3	3	Adam Fidgett	36	Nene Valley Harriers	1.45	5
High Jump M35-49	6	4	Jamie Bransgrove	40	Ryston Runners AC	1.40	4
High Jump M35-49	5	5	Chris Deadman	35	Stamford Striders	1.40	3
High Jump M35-49	1	6	Martin Gardner	41	Hunts AC	1.40	2
High Jump M35-49	4	7	John Treacy	47	Corby AC	1.25	1
High Jump M35-49		8					0

-	x	x	63.0
-	x	x	63.2
-	x	x	60.3
-	x	x	63.8
-	x	x	60.5

HJ5		HJ	High Jump M50-59	RDA	Team	(N.nn)	Pts
High Jump M50-59	1	1	Philip Bowers	50	Hunts AC	1.50	7
High Jump M50-59	2	2	Karl Eve	55	Peterborough AC	1.45	6
High Jump M50-59	6	3	David Lane	53	Ryston Runners AC	1.30	5
High Jump M50-59	4	4	John Donaldson	59	Corby AC	1.25	4
High Jump M50-59	7	5	Ricky Bailey	50	West Norfolk AC	1.20	3
High Jump M50-59		6					2
High Jump M50-59		7					1
High Jump M50-59		8					0

Rec	Rec	AG %
-	x	75.0
-	x	76.6
-	x	67.2
-	x	69.2
-	x	60.0

HJ6		HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
High Jump M60+	7	1	Ian Reeve	65	West Norfolk AC	1.30	7
High Jump M60+	6	2	Paul Oakes	65	Ryston Runners AC	1.25	6
High Jump M60+	4	3	Graham Mabelson	62	Corby AC	1.20	5
High Jump M60+		4					4
High Jump M60+		5					3
High Jump M60+		6					2
High Jump M60+		7					1
High Jump M60+		8					0

Rec	AG %
-	77.5
-	74.5
-	68.9

R4x2-35		MedR	Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Pts
Relay 4x2 M35-49	3	1			Nene Valley Harriers	01:43.5	7
Relay 4x2 M35-49	4	2			Corby AC	01:48.7	6
Relay 4x2 M35-49	7	3			West Norfolk AC	01:55.5	5
Relay 4x2 M35-49	5	4			Stamford Striders	02:04.2	4
Relay 4x2 M35-49	6	5			Ryston Runners AC	02:18.2	3
Relay 4x2 M35-49		6					2
Relay 4x2 M35-49		7					1
Relay 4x2 M35-49		8					0

Rec
LR
-
-
-
-

R4x2-50		MedR	Relay 4x2 M50+	RDA	Team	(N:NN.n)	Pts
Relay 4x2 M50+	6	1			Ryston Runners AC	02:01.2	7
Relay 4x2 M50+	3	2			Nene Valley Harriers	02:03.7	6

Rec
-
-

Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+

7  
2

3		West Norfolk AC	02:05.1	5
4		Peterborough AC	02:10.8	4
5				3
6				2
7				1
8				0

-
-

AG = Actual Age Group (eg M45, M65) - **NOT** League Age Group

EMAC No.	Non Scoring					
	Event	Name	AG	Club	Result	
1438	100	Iain Mclaughlan	M40	Peterborough AC	13.5	158
0157	1500	Simon Mead	M45	Peterborough AC, (x) Ramsey Road Runners	04:46.6	161
9999	400	Steve Robinson	M35	Peterborough	64.6	162
0302	100	John Moore	M65	Lincoln Wellington Athletic Club	15.2	777
1424	100	Mac Tuncer	M35	Ryston Runners	12.4	181
0250	SP	Steve Burke	M45	Huntingdonshire AC	9.16	362
1350	1500	Jeff Lucas	M40	Werrington Joggers	04:57.0	365
0344	HJ	Lee Tunmore	M45	West Norfolk AC	1.40	366
	SP	Rob Taylor	M60	Ryston	6.85	
0986	100	Keith Lok	M40	Corby AC, (x) Wellingborough & District AC	13.5	379
1220	100	Paul Parkin	M50	Nene Valley Harriers	16.8	390
0334	1500	Barry Warne	M55	Nene Valley Harriers	06:03.6	416
1416	SP	Jonathan Plant	M35	Stamford Striders	6.86	172
1408	SP	John Treacy	M45	Corby AC	5.90	173
0976	100	Ricardo Huskisson	M55	Nene Valley Harriers	13.2	33
	100m	Lee Fairclough	M45	Peterborough AC	12.5	
	100m	Dougie Donald	M55	Corby AC	12.8	
	400m	Lee Fairclough	M45	Peterborough AC	58.6	
	400m	Dougie Donald	M55	Corby AC	63.4	
	HT (6kg)	Dougie Donald	M55	Corby AC	16.30	
	4x200m Relay	-	M35-49	Peterborough AC	01:53.4	
	4x200m Relay	-	M50+	Corby AC	02:06.6	
	1500m	Steve Robinson	M35	Peterborough AC	04:32.5	
		-	-	-		

Insert non scoring results at the bottom

**EMAC Track & Field League      Northern Division - Match 3      Teams = 7**

**Peterborough      Mon      Monday, July 02, 2018      Overall Match Scores**

**Overall Team Trophy**

Men	O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
X	X	5	Hunts AC	A	56.5	128.5	6
X	X	4	Peterborough AC	B	58	158	4
X	X	2	Nene Valley Harriers	C	81.5	251.5	2
X	X	3	Corby AC	D	77	199	3
X	X	6	Stamford Striders	E	54	154	5
X	X	1	Ryston Runners AC	F	127	392	1
X	X	7	West Norfolk AC	G	30	93	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
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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	Claire Smith	42	Nene Valley Harriers	13.7	7		-	X	X	82.0
100m W35-49	A	2	Julia Scarboro	37	Hunts AC	14.3	6		-	X	X	74.1
100m W35-49	F	3	Katy Tuncer	38	Ryston Runners AC	14.4	5		-	X	X	74.5
100m W35-49	B	4	Wendy Perkins	38	Peterborough AC	15.5	4		-	X	X	69.2
100m W35-49	D	5	Vanessa Powell	49	Corby AC	16.7	3		-	X	X	72.7
100m W35-49	E	6	Hilary Cox	48	Stamford Striders	17.6	2		-	X	X	68.2
100m W35-49		7					1					
100m W35-49		8					0					

	1005	100m	100m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m W50-59	F	1	Gaye Clarke	57	Ryston Runners AC	15.8	7		-	X		83.3
100m W50-59	B	2	Judith Jagger	57	Peterborough AC	16.7	6		-	X		78.8
100m W50-59	D	3	Sue Paterson	50	Corby AC	17.5	5		-	X		70.1
100m W50-59	A	4	Sandra Pedley	52	Hunts AC	17.6	4		-	X		71.1
100m W50-59	E	5	Liz Makin	57	Stamford Striders	19.5	3		-	X		67.5
100m W50-59	C	6	Yvonne Scarrott	51	Nene Valley Harriers	20.7	2		-	X		59.9
100m W50-59		7					1					
100m W50-59		8					0					

	4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
400m W35-49	C	1	Claire Smith	42	Nene Valley Harriers	63.8	7	-	X	X	84.0
400m W35-49	D	2	Yvette Clayton	45	Corby AC	65.0	6	-	X	X	85.1



400m W35-49	B	3	Stacy McGivern	41	Peterborough AC	65.4	5
400m W35-49	F	4	Katy Tuncer	38	Ryston Runners AC	67.9	4
400m W35-49	E	5	Nicola Eastwood	46	Stamford Striders	79.0	3
400m W35-49	G	6	Katrina Wasteney	46	West Norfolk AC	80.4	2
400m W35-49	A	7	Sandra Acton	38	Hunts AC	181.3	1
400m W35-49		8					0

-	x	x	81.1
-	x	x	75.6
-	x	x	70.7
-	x	x	69.5
-	x	x	28.3

400m		<b>400m W50-59</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	
400m W50-59	C	1	Yvonne Scarrott	51	Nene Valley Harriers	84.0	7
400m W50-59	B	2	Kay Gibson	52	Peterborough AC	86.4	6
400m W50-59	D	3	Tracey Shepherd	50	Corby AC	92.5	5
400m W50-59	E	4	Liz Makin	57	Stamford Striders	95.6	4
400m W50-59	F	5	Helen Reed	52	Ryston Runners AC	104.5	3
400m W50-59		6					2
400m W50-59		7					1
400m W50-59		8					0

Rec	Rec	AG %
-	x	69.9
-	x	68.6
-	x	62.9
-	x	64.9
-	x	56.7

400m		<b>400m W60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>	<b>Pts</b>	
400m W60+	F	1	Gill Hart	65	Ryston Runners AC	98.6	7
400m W60+	E	2	Morag Roberts	74	Stamford Striders	154.9	6
400m W60+		3					5
400m W60+		4					4
400m W60+		5					3
400m W60+		6					2
400m W60+		7					1
400m W60+		8					0

Rec	AG %
-	67.6
-	51.0

1500m		<b>1500m W35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>	
1500m W35-49	F	1	Melanie Reed	35	Ryston Runners AC	05:32.4	7
1500m W35-49	D	2	Karen Cudby	42	Corby AC	05:38.3	6
1500m W35-49	G	3	Debbie Schwarz	48	West Norfolk AC	05:53.7	5
1500m W35-49	E	4	Nicola Eastwood	46	Stamford Striders	06:15.5	4
1500m W35-49	A	5	Linda Roberts	39	Hunts AC	06:47.3	3
1500m W35-49	C	6	Ruth Dowling	44	Nene Valley Harriers	07:15.4	2
1500m W35-49		7					1
1500m W35-49		8					0

Rec	Rec	Rec	AG %
-	x	x	71.2
-	x	x	74.2
-	x	x	76.3
-	x	x	70.1
-	x	x	59.8
-	x	x	59.0

1500m		<b>1500m W50-59</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>	<b>Pts</b>	
1500m W50-59	D	1	Karen Brooks	59	Corby AC	05:44.4	7
1500m W50-59	C	2	Yvonne Scarrott	51	Nene Valley Harriers	06:09.7	6

Rec	Rec	AG %
-	x	90.7
-	x	75.8

1500m W50-59	F	3	Linda Marshall	53	Ryston Runners AC	06:17.1	5
1500m W50-59	E	4	Liz Makin	57	Stamford Striders	07:13.7	4
1500m W50-59		5					3
1500m W50-59		6					2
1500m W50-59		7					1
1500m W50-59		8					0

-	x	76.3
-	x	70.0

15006		1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1500m W60+	F	1	Elizabeth Blakie	60	Ryston Runners AC	07:36.7	7
1500m W60+	C	2	Brenda Church	65	Nene Valley Harriers	08:07.8	6
1500m W60+		3					5
1500m W60+		4					4
1500m W60+		5					3
1500m W60+		6					2
1500m W60+		7					1
1500m W60+		8					0

Rec	AG %
-	69.4
-	70.1

2KWA		2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
2km Walk 'A'	G	1	Katrina Wasteney	46	West Norfolk AC	13:05.4	7
2km Walk 'A'	F	2	Elizabeth Blakie	60	Ryston Runners AC	13:38.8	6
2km Walk 'A'	B	3	Kay Gibson	52	Peterborough AC	14:04.2	5
2km Walk 'A'	D	4	Sally Coombs	47	Corby AC	14:06.5	4
2km Walk 'A'	E	5	Anna Rugg	39	Stamford Striders	14:08.1	3
2km Walk 'A'	C	6	Sally Pusey	50	Nene Valley Harriers	16:16.0	2
2km Walk 'A'	A	7	Sandra Pedley	52	Hunts AC	17:42.6	1
2km Walk 'A'		8					0

Rec	Rec	Rec
-	x	x
x	x	-
x	-	x
-	x	x
-	x	x
x	-	x
x	-	x

2KWB		2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
2km Walk 'B'	E	1	Yvonne Youngman	44	Stamford Striders	14:27.9	7
2km Walk 'B'	G	2	Debbie Schwarz	48	West Norfolk AC	14:43.9	6
2km Walk 'B'	D	3	Tracey Shepherd	50	Corby AC	15:43.4	5
2km Walk 'B'	F	4	Sue Smith	53	Ryston Runners AC	16:50.0	4
2km Walk 'B'	C	5	Hazel Gering	45	Nene Valley Harriers	16:58.1	3
2km Walk 'B'		6					2
2km Walk 'B'		7					1
2km Walk 'B'		8					0

Rec	Rec	Rec
-	x	x
-	x	x
x	-	x
x	-	x
-	x	x

HT3		HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
Hammer W35-49 (4Kg)	C	1	Andrea Jenkins	42	Nene Valley Harriers	45.46	7
Hammer W35-49 (4Kg)	A	2	Margit Bialobrzeska	38	Hunts AC	29.22	6

Rec	Rec	Rec	AG %
-	x	x	81.4
-	x	x	46.7

Hammer W35-49 (4Kg)	D	3	Yvette Clayton	45	Corby AC	20.64	5
Hammer W35-49 (4Kg)	F	4	Helen Reed	52	Ryston Runners AC	11.63	4
Hammer W35-49 (4Kg)	G	5	Katrina Wastenev	46	West Norfolk AC	11.55	3
Hammer W35-49 (4Kg)	E	6	Nicola Eastwood	46	Stamford Striders	11.30	2
Hammer W35-49 (4Kg)		7					1
Hammer W35-49 (4Kg)		8					0

-	x	x	40.7
x	-	x	-
-	x	x	23.5
-	x	x	23.0

HT	HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	
Hammer W50-59 (3Kg)	B	1	Judith Jagger	57	Peterborough AC	25.41	7
Hammer W50-59 (3Kg)	F	2	Gaye Clarke	57	Ryston Runners AC	24.97	6
Hammer W50-59 (3Kg)	C	3	Sally Pusey	50	Nene Valley Harriers	22.18	5
Hammer W50-59 (3Kg)	A	4	Sandra Pedley	52	Hunts AC	14.69	4
Hammer W50-59 (3Kg)	D	5	Tracey Shepherd	50	Corby AC	14.17	3
Hammer W50-59 (3Kg)		6					2
Hammer W50-59 (3Kg)		7					1
Hammer W50-59 (3Kg)		8					0

Rec	Rec	AG %
-	x	47.2
-	x	46.4
-	x	36.0
-	x	24.8
-	x	23.0

HT	HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	
Hammer W60+ (3Kg)	F	1	Marlene Simmonds	72	Ryston Runners AC	13.82	7
Hammer W60+ (3Kg)		2					6
Hammer W60+ (3Kg)		3					5
Hammer W60+ (3Kg)		4					4
Hammer W60+ (3Kg)		5					3
Hammer W60+ (3Kg)		6					2
Hammer W60+ (3Kg)		7					1
Hammer W60+ (3Kg)		8					0

Rec	AG %
-	37.2

SP	SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	
Shot W35-49 (4Kg)	C	1	Andrea Jenkins	42	Nene Valley Harriers	9.63	7
Shot W35-49 (4Kg)	A	2	Margit Bialobrzaska	38	Hunts AC	8.34	6
Shot W35-49 (4Kg)	B	3	Stacy McGivern	41	Peterborough AC	7.62	5
Shot W35-49 (4Kg)	D	4	Yvette Clayton	45	Corby AC	7.46	4
Shot W35-49 (4Kg)	G	5	Hannah Marsters	39	West Norfolk AC	4.46	3
Shot W35-49 (4Kg)	E	6	Anna Rugg	39	Stamford Striders	3.52	2
Shot W35-49 (4Kg)	F	7	Sue Smith	53	Ryston Runners AC	3.13	1
Shot W35-49 (4Kg)		8					0

Rec	Rec	Rec	AG %
-	x	x	52.2
-	x	x	41.4
-	x	x	40.4
-	x	x	43.4
-	x	x	22.6
-	x	x	17.8
x	-	x	-

SP	SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	
Shot W50-59 (3Kg)	B	1	Judith Jagger	57	Peterborough AC	8.49	7
Shot W50-59 (3Kg)	F	2	Gaye Clarke	57	Ryston Runners AC	7.54	6

Rec	Rec	AG %
-	x	59.2
-	x	52.6

Shot W50-59 (3Kg)	D	3	Sue Paterson	50	Corby AC	6.88	5	-	x	42.2		
Shot W50-59 (3Kg)	C	4	Sally Pusey	50	Nene Valley Harriers	6.27	4	-	x	38.4		
Shot W50-59 (3Kg)	A	5	Sandra Pedley	52	Hunts AC	6.06	3	-	x	38.5		
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>AG %</b>			
Shot W60+ (3Kg)	F	1	Marlene Simmonds	72	Ryston Runners AC	7.05	7	-	40.7			
Shot W60+ (3Kg)	C	2	Brenda Church	65	Nene Valley Harriers	4.38	6	-	30.7			
Shot W60+ (3Kg)	E	3	Morag Roberts	74	Stamford Striders	3.21	5	-	17.6			
Shot W60+ (3Kg)		4					4					
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	Amy Fray	39	Hunts AC	9.00	7		-	x	x	65.2
Triple Jump W35	D	2	Vanessa Powell	49	Corby AC	6.73	6		-	x	x	55.4
Triple Jump W35	F	3	Marlene Simmonds	72	Ryston Runners AC	6.42	5		x	x	-	76.9
Triple Jump W35	E	4	Nicola Eastwood	46	Stamford Striders	5.89	4		-	x	x	46.6
Triple Jump W35	C	5	Ruth Dowling	44	Nene Valley Harriers	5.74	3		-	x	x	44.2
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>AG %</b>	
Triple Jump W50-59	B	1	Judith Jagger	57	Peterborough AC	7.03	7		-	x	64.9	
Triple Jump W50-59	F	2	Elizabeth Blakie	60	Ryston Runners AC	5.84	6		x	-	56.5	
Triple Jump W50-59		3					5					
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					
	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	F	1	Katy Tuncer	38	Ryston Runners AC	1.33	7	-	x	x	68.6	
High Jump W35-49	D	2	Yvette Clayton	45	Corby AC	1.21	6	-	x	x	67.6	
High Jump W35-49	A	3	Linda Roberts	39	Hunts AC	1.00	5	-	x	x	52.1	

High Jump W35-49	C	3	Andrea Jenkins	42	Nene Valley Harriers	1.00	5
High Jump W35-49		5					3
High Jump W35-49		6					2
High Jump W35-49		7					1
High Jump W35-49		8					0

HJ5		HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
High Jump W50-59	F	1	Gaye Clarke	57	Ryston Runners AC	1.24	7
High Jump W50-59	B	2	Judith Jagger	57	Peterborough AC	1.18	6
High Jump W50-59	A	3	Sandra Pedley	52	Hunts AC	1.03	5
High Jump W50-59		4					4
High Jump W50-59		5					3
High Jump W50-59		6					2
High Jump W50-59		7					1
High Jump W50-59		8					0

HJ6		HJ	High Jump W60+	RDA	Team	(N.nn)	Pts
High Jump W60+	F	1	Marlene Simmonds	72	Ryston Runners AC	1.03	7
High Jump W60+		2					6
High Jump W60+		3					5
High Jump W60+		4					4
High Jump W60+		5					3
High Jump W60+		6					2
High Jump W60+		7					1
High Jump W60+		8					0

R4x2-35		MedR	Relay 4x2 W35-49	RDA	Team	(N:NN.n)	Pts
Relay 4x2 W35-49	D	1			Corby AC	02:11.0	7
Relay 4x2 W35-49	A	2			Hunts AC	02:12.9	6
Relay 4x2 W35-49	E	3			Stamford Striders	02:37.7	5
Relay 4x2 W35-49	G	4			West Norfolk AC	02:42.3	4
Relay 4x2 W35-49	C	5			Nene Valley Harriers	02:51.7	3
Relay 4x2 W35-49	F	6			Ryston Runners AC	NO TIME	2
Relay 4x2 W35-49		7					1
Relay 4x2 W35-49		8					0

R4x2-50		MedR	Relay 4x2 W50+	RDA	Team	(N:NN.n)	Pts
Relay 4x2 W50+	F	1			Ryston Runners AC	02:45.3	7
Relay 4x2 W50+		2					6
Relay 4x2 W50+		3					5
Relay 4x2 W50+		4					4

-	x	x	54.1

Rec	Rec	AG %
-	x	81.0
-	x	77.1
-	x	62.8

Rec	AG %
-	85.8

Rec
-
-
-
-
-
-
-
-

Rec
-

Relay 4x2 W50+

Relay 4x2 W50+

Relay 4x2 W50+

Relay 4x2 W50+

5				3
6				2
7				1
8				0


AG = Actual Age Group (eg W45, W65) - **NOT** League Age Group

EMAC No.	Non Scoring				
	Event	Name	AG	Club	Result
		-	-	-	
0618	100	Sandra Acton	W35	Huntingdonshire AC	33.0
0618	SP	Sandra Acton	W35	Huntingdonshire AC	3.64
1206	400	Wendy Perkins	W35	Peterborough AC	71.0
0699	100	Kay Gibson	W50	Peterborough AC	18.1
0675	1500	Sally Coombs	W45	Corby AC	06:02.3
1252	100	Andrea Linnell	W40	Huntingdonshire AC	15.0
0630	HT	Sue Paterson	W50	Corby AC	18.43
		-	-	-	

170

170

163

214

218

171

Insert non scoring results at the bottom

EMAC Track & Field League		Central Division - Match 3			Teams =	7	
Cambridge		Wed	Wednesday, July 04, 2018		Overall Match Scores		
Women	O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
X	X	3	Marshall Milton Keynes AC	1	93	368	1
X	X	2	Bedford & County AC	2	105	307	2
X	X	7	Luton AC	3	32	74	7
X	X	5	Biggleswade AC	4	59	182.5	5
X	X	5	Bedford Harriers	5	59	123	6
X	X	1	Fairlands Valley Spartans	6	109	303.5	3
X	X	4	Cambridge & Coleridge AC	7	68	194	4
X	X	8	Spare	8	0	0	8

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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RDA = Race Day Age

Single numbers only

		1003	100m	100m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
100m M35-49		3	1	Danny O'Shea	41	Luton AC	13.2	7		-	X	X	78.2
100m M35-49		6	2	Anton McCalla	41	Fairlands Valley Spartans	13.5	6		-	X	X	76.5
100m M35-49		2	3	Peter Webster	50	Bedford & County AC	13.9	5		X	-	X	79.0
100m M35-49		4	4	Simon Strong	48	Biggleswade AC	16.0	4		-	X	X	67.7
100m M35-49		7	5	Stuart Dunlop	45	Cambridge & Coleridge AC	21.3	3		-	X	X	49.9
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		6	1	David Stephenson	55	Fairlands Valley Spartans	14.7	7		-	X	77.1	
100m M50-59		4	2	David Brown	60	Biggleswade AC	15.0	6		X	-	78.0	
100m M50-59		7	3	Richard Lyle	52	Cambridge & Coleridge AC	16.0	5		-	X	69.5	
100m M50-59		2	4	Tennyson James	60	Bedford & County AC	20.2	4		X	-	57.9	
100m M50-59			5					3					
100m M50-59			6					2					
100m M50-59			7					1					
100m M50-59			8					0					
		4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts		Rec	Rec	Rec	AG %
400m M35-49		6	1	Richard Bruce	47	Fairlands Valley Spartans	55.2	7		-	X	X	87.9
400m M35-49		3	2	Danny O'Shea	41	Luton AC	62.0	6		-	X	X	75.0

400m M35-49	2	3	Lance Croft	51	Bedford & County AC	64.0	5
400m M35-49	4	4	Simon Strong	48	Biggleswade AC	85.7	4
400m M35-49		5					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	2	1	Peter Webster	50	Bedford & County AC	61.8	7
400m M50-59	1	2	Brian Slaughter	60	Marshall Milton Keynes AC	65.0	6
400m M50-59	4	3	David Brown	60	Biggleswade AC	66.2	5
400m M50-59	6	4	David Bowker	59	Fairlands Valley Spartans	72.5	4
400m M50-59	7	5	Richard Lyle	52	Cambridge & Coleridge AC	76.0	3
400m M50-59	5	6	Simon King	60	Bedford Harriers	85.0	2
400m M50-59		7					1
400m M50-59		8					0

4006 400m **400m M60+** RDA Team (NN.n) Pts

400m M60+	2	1	Tennyson James	60	Bedford & County AC	66.4	7
400m M60+	5	2	David Frampton	62	Bedford Harriers	74.3	6
400m M60+	7	3	Paul Connelly	61	Cambridge & Coleridge AC	81.0	5
400m M60+	6	4	Paul Holgate	61	Fairlands Valley Spartans	97.4	4
400m M60+		5					3
400m M60+		6					2
400m M60+		7					1
400m M60+		8					0

15003 1500m **1500m M35-49** RDA Team (NN:NN.n) Pts

1500m M35-49	6	1	Christopher Westcott	45	Fairlands Valley Spartans	04:20.9	7
1500m M35-49	1	2	Jeremy Vick	40	Marshall Milton Keynes AC	04:34.0	6
1500m M35-49	2	3	Andy Cohen-Wray	40	Bedford & County AC	05:24.8	5
1500m M35-49		4					4
1500m M35-49		5					3
1500m M35-49		6					2
1500m M35-49		7					1
1500m M35-49		8					0

15005 1500m **1500m M50-59** RDA Team (NN:NN.n) Pts

1500m M50-59	1	1	Stephen Herring	50	Marshall Milton Keynes AC	04:37.9	7
1500m M50-59	2	2	Andrew Leach	54	Bedford & County AC	04:40.2	6

x	-	x	77.9
-	x	x	57.0

Rec Rec AG %

-	x	80.1
x	-	81.4
x	-	79.9
-	x	72.5
-	x	66.0
x	-	62.2

Rec AG %

-	79.6
-	72.1
-	65.7
-	54.6

Rec Rec Rec AG %

-	x	x	86.7
-	x	x	79.5
-	x	x	67.0

Rec Rec AG %

-	x	84.7
-	x	86.8



1500m M50-59	6	3	Peter Smith	56	Fairlands Valley Spartans	05:53.5	5
1500m M50-59	7	4	Paul Connelly	61	Cambridge & Coleridge AC	06:00.4	4
1500m M50-59	5	5	Simon King	60	Bedford Harriers	06:29.6	3
1500m M50-59		6					2
1500m M50-59		7					1
1500m M50-59		8					0

-	x	69.9
x	-	71.6
x	-	65.7

15006		1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts
1500m M60+	1	1	John Skelton	67	Marshall Milton Keynes AC	05:08.3	7
1500m M60+	6	2	Barry Osborne	67	Fairlands Valley Spartans	05:37.4	6
1500m M60+	5	3	David Frampton	62	Bedford Harriers	05:40.8	5
1500m M60+	2	4	Paul Wilkerson	63	Bedford & County AC	05:50.7	4
1500m M60+	7	5	Gerald Meah	60	Cambridge & Coleridge AC	05:58.1	3
1500m M60+		6					2
1500m M60+		7					1
1500m M60+		8					0

Rec	AG %
-	88.4
-	80.8
-	76.4
-	74.9
-	71.5

2KWA		2000mW	2Km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
2Km Walk 'A'	5	1	Adam Hills	41	Bedford Harriers	11:07.5	7
2Km Walk 'A'	6	2	David Bowker	59	Fairlands Valley Spartans	12:07.9	6
2Km Walk 'A'	4	3	Robin Wynde	60	Biggleswade AC	13:04.4	5
2Km Walk 'A'	1	4	Paul Sutherland	51	Marshall Milton Keynes AC	13:32.8	4
2Km Walk 'A'	2	5	Lance Croft	51	Bedford & County AC	13:38.7	3
2Km Walk 'A'		6					2
2Km Walk 'A'		7					1
2Km Walk 'A'		8					0

Rec	Rec	Rec
-	x	x
x	-	x
x	x	-
x	-	x
x	-	x

2KWB		2000mW	2Km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
2Km Walk 'B'	4	1	Charles Arnold	62	Biggleswade AC	14:08.6	7
2Km Walk 'B'	5	2	Michael Horton	47	Bedford Harriers	14:36.5	6
2Km Walk 'B'	6	3	Paul Holgate	61	Fairlands Valley Spartans	14:52.5	5
2Km Walk 'B'	2	4	Courtney Gunn	73	Bedford & County AC	15:52.0	4
2Km Walk 'B'	1	5	Kelvin Smith	69	Marshall Milton Keynes AC	16:30.0	3
2Km Walk 'B'		6					2
2Km Walk 'B'		7					1
2Km Walk 'B'		8					0

Rec	Rec	Rec
x	x	-
-	x	x
x	x	-
x	x	-
x	x	-

HT3		HT	Hammer M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
Hammer M35-49 (7.26Kg)	1	1	Brian Slaughter	60	Marshall Milton Keynes AC	27.27	7
Hammer M35-49 (7.26Kg)	6	2	Richard Bruce	47	Fairlands Valley Spartans	24.12	6

Rec	Rec	Rec	AG %
x	x	-	-
-	x	x	34.3

Hammer M35-49 (7.26Kg)	2	3	Christopher Keech	67	Bedford & County AC	13.75	5
Hammer M35-49 (7.26Kg)	5	4	Michael Horton	47	Bedford Harriers	12.53	4
Hammer M35-49 (7.26Kg)		5					3
Hammer M35-49 (7.26Kg)		6					2
Hammer M35-49 (7.26Kg)		7					1
Hammer M35-49 (7.26Kg)		8					0

x	x	-	-
-	x	x	17.8

HT5		HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Hammer M50-59 (6Kg)	3	1	Geoff Grinsted	51	Luton AC	24.82	7
Hammer M50-59 (6Kg)	2	2	Jim Burke	62	Bedford & County AC	24.08	6
Hammer M50-59 (6Kg)	1	3	Mark Featherstone	53	Marshall Milton Keynes AC	21.58	5
Hammer M50-59 (6Kg)	7	4	Ian Slack	57	Cambridge & Coleridge AC	16.95	4
Hammer M50-59 (6Kg)	6	5	David Stephenson	55	Fairlands Valley Spartans	16.85	3
Hammer M50-59 (6Kg)	5	6	Chris Capps	63	Bedford Harriers	12.94	2
Hammer M50-59 (6Kg)	4	7	Ajit Kapur	65	Biggleswade AC	8.29	1
Hammer M50-59 (6Kg)		8					0

Rec	Rec	AG %
-	x	34.1
x	-	-
-	x	30.9
-	x	26.6
-	x	25.2
x	-	-
x	-	-

HT6		HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
Hammer M60-69 (5Kg)	1	1	Bunt Scott	67	Marshall Milton Keynes AC	31.83	7
Hammer M60-69 (5Kg)	2	2	Graeme Packman	63	Bedford & County AC	22.84	6
Hammer M60-69 (5Kg)	7	3	Philip Bramford	68	Cambridge & Coleridge AC	17.68	5
Hammer M60-69 (5Kg)	5	4	George Baxter	64	Bedford Harriers	15.09	4
Hammer M60-69 (5Kg)	4	5	Clark Skerratt	67	Biggleswade AC	13.00	3
Hammer M60-69 (5Kg)	6	6	Paul Holgate	61	Fairlands Valley Spartans	10.89	2
Hammer M60-69 (5Kg)		7					1
Hammer M60-69 (5Kg)		8					0

Rec	AG %
-	61.3
-	39.7
-	35.0
-	26.9
-	25.0
-	18.1

SP3		SP	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
Shot M35-49 (7.26Kg)	7	1	Ian Slack	57	Cambridge & Coleridge AC	7.13	7
Shot M35-49 (7.26Kg)	6	2	Anton McCalla	41	Fairlands Valley Spartans	7.09	6
Shot M35-49 (7.26Kg)	5	3	Michael Horton	47	Bedford Harriers	6.73	5
Shot M35-49 (7.26Kg)	4	4	Simon Strong	48	Biggleswade AC	6.22	4
Shot M35-49 (7.26Kg)	1	5	Jeremy Vick	40	Marshall Milton Keynes AC	6.02	3
Shot M35-49 (7.26Kg)		6					2
Shot M35-49 (7.26Kg)		7					1
Shot M35-49 (7.26Kg)		8					0

Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	32.0
-	x	x	33.8
-	x	x	31.9
-	x	x	26.7

SP5		SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Shot M50-59 (6Kg)	7	1	Michael Hausler	59	Cambridge & Coleridge AC	12.25	7
Shot M50-59 (6Kg)	1	2	Mark Featherstone	53	Marshall Milton Keynes AC	11.00	6

Rec	Rec	AG %
-	x	74.0
-	x	58.0

Shot M50-59 (6Kg)	3	3	Geoff Grinsted	51	Luton AC	10.19	5
Shot M50-59 (6Kg)	6	4	David Stephenson	55	Fairlands Valley Spartans	7.78	4
Shot M50-59 (6Kg)	2	5	Jim Burke	62	Bedford & County AC	6.82	3
Shot M50-59 (6Kg)	5	6	Chris Capps	63	Bedford Harriers	5.61	2
Shot M50-59 (6Kg)	4	7	Robin Wynde	60	Biggleswade AC	5.33	1
Shot M50-59 (6Kg)		8					0

-	x	51.6
-	x	42.9
x	-	-
x	-	-
x	-	-

SP6		SP	Shot M60-69 (5Kg)	RDA	Team	(N.n.n)	Pts
Shot M60-69 (5Kg)	2	1	Graeme Packman	63	Bedford & County AC	9.30	7
Shot M60-69 (5Kg)	1	2	Bunt Scott	67	Marshall Milton Keynes AC	9.22	6
Shot M60-69 (5Kg)	4	3	Ajit Kapur	65	Biggleswade AC	6.68	5
Shot M60-69 (5Kg)	7	4	Philip Bramford	68	Cambridge & Coleridge AC	6.18	4
Shot M60-69 (5Kg)	5	5	George Baxter	64	Bedford Harriers	5.86	3
Shot M60-69 (5Kg)	6	6	Mark Freeman	62	Fairlands Valley Spartans	5.36	2
Shot M60-69 (5Kg)		7					1
Shot M60-69 (5Kg)		8					0

Rec	AG %
-	55.7
-	62.7
-	42.5
-	43.5
-	36.2
-	31.2

TJ3		TJ	Triple Jump M35-49	RDA	Team	(N.n.n)	Pts	Wind
Triple Jump M35-49	3	1	Danny O'Shea	41	Luton AC	9.60	7	
Triple Jump M35-49	6	2	Anton McCalla	41	Fairlands Valley Spartans	9.05	6	
Triple Jump M35-49	2	3	Christopher Keech	67	Bedford & County AC	6.91	5	
Triple Jump M35-49		4					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	

Rec	Rec	Rec	AG %
-	x	x	56.9
-	x	x	53.7
x	x	-	59.3

TJ5		TJ	Triple Jump M50-59	RDA	Team	(N.n.n)	Pts	Wind
Triple Jump M50-59	1	1	Brian Slaughter	60	Marshall Milton Keynes AC	9.47	7	
Triple Jump M50-59	2	2	David Folgate	67	Bedford & County AC	9.43	6	
Triple Jump M50-59	7	3	Ian Slack	57	Cambridge & Coleridge AC	8.65	5	
Triple Jump M50-59	6	4	Peter Smith	56	Fairlands Valley Spartans	7.81	4	
Triple Jump M50-59	4	5	Charles Arnold	62	Biggleswade AC	7.47	3	
Triple Jump M50-59		6					2	
Triple Jump M50-59		7					1	
Triple Jump M50-59		8					0	

Rec	Rec	AG %
x	-	72.6
x	-	80.9
-	x	63.3
-	x	56.4
x	-	59.0

HJ3		HJ	High Jump M35-49	RDA	Team	(N.n.n)	Pts
High Jump M35-49	6	1	Richard Bruce	47	Fairlands Valley Spartans	1.60	7
High Jump M35-49	5	2	Michael Horton	47	Bedford Harriers	1.10	6

Rec	Rec	Rec	AG %
-	x	x	77.5
-	x	x	53.3

High Jump M35-49	1	3	Jeremy Vick	40	Marshall Milton Keynes AC	1.00	5
High Jump M35-49		4					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

HJ5 HJ **High Jump M50-59** RDA Team (N.nn) Pts

High Jump M50-59	1	1	Mark Featherstone	53	Marshall Milton Keynes AC	1.45	7
High Jump M50-59	7	2	Ian Slack	57	Cambridge & Coleridge AC	1.35	6
High Jump M50-59	6	3	Peter Smith	56	Fairlands Valley Spartans	1.20	5
High Jump M50-59		4					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

HJ6 HJ **High Jump M60+** RDA Team (N.nn) Pts

High Jump M60+	1	1	Brian Slaughter	60	Marshall Milton Keynes AC	1.35	7
High Jump M60+	2	2	David Folgate	67	Bedford & County AC	1.30	6
High Jump M60+	4	3	Charles Arnold	62	Biggleswade AC	1.30	5
High Jump M60+		4					4
High Jump M60+		5					3
High Jump M60+		6					2
High Jump M60+		7					1
High Jump M60+		8					0

R4x2-35 MedR **Relay 4x2 M35-49** RDA Team (N:NN.n) Pts

Relay 4x2 M35-49	6	1			Fairlands Valley Spartans	01:50.4	7
Relay 4x2 M35-49	2	2			Bedford & County AC	01:53.8	6
Relay 4x2 M35-49		3					5
Relay 4x2 M35-49		4					4
Relay 4x2 M35-49		5					3
Relay 4x2 M35-49		6					2
Relay 4x2 M35-49		7					1
Relay 4x2 M35-49		8					0

R4x2-50 MedR **Relay 4x2 M50+** RDA Team (N:NN.n) Pts

Relay 4x2 M50+	7	1			Cambridge & Coleridge AC	02:17.8	7
Relay 4x2 M50+	4	2			Biggleswade AC	02:19.3	6
Relay 4x2 M50+	2	3			Bedford & County AC	02:23.6	5

-	x	x	45.1

Rec Rec AG %

-	x	74.9
-	x	73.0
-	x	64.1

Rec AG %

-	75.6
-	79.6
-	74.6

Rec

-
-

Rec

-
-
-

Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+

5

4			Bedford Harriers	02:35.2	4
5					3
6					2
7					1
8					0

-

AG = Actual Age Group (eg M45, M65) - **NOT** League Age Group

Non Scoring				
Event	Name	AG	Club	Result
100m	Daniel Bottesch	M40	Luton AC	12.5
100m	Kerry Courtenay-Robin	M50	Marshall Milton Keynes AC	13.0
400m	Nigel Bush	M70	Biggleswade AC	93.6
SP	Nigel Bush	M70	Biggleswade AC	4.93
100m	Ian Wood	M35	Marshall Milton Keynes AC	13.7
100m	Dennis Edghill	M60	Marshall Milton Keynes AC	14.0
400m	Ian Wood	M35	Marshall Milton Keynes AC	57.2
400m	Dennis Edghill	M60	Marshall Milton Keynes AC	62.0
4x200m Relay		M35-49	Marshall Milton Keynes AC	01:52.2
4x200m Relay		M50+	Marshall Milton Keynes AC	02:12.1

**Insert non scoring results at the bottom**

**EMAC Track & Field League      Central Division - Match 3      Teams = 7**

**Cambridge      Wed      Wednesday, July 04, 2018      Overall Match Scores**

**Overall Team Trophy**

Men	O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
X	X	2	Marshall Milton Keynes AC	A	119	355	2
X	X	7	Bedford & County AC	B	6	41	7
X	X	6	Luton AC	C	25	70	6
X	X	4	Biggleswade AC	D	65	173	4
X	X	5	Bedford Harriers	E	34	107	5
X	X	1	Fairlands Valley Spartans	F	126	383	1
X	X	2	Cambridge & Coleridge AC	G	119	294	3
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
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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	A	1	Stephanie Johnston	44	Marshall Milton Keynes AC	15.3	7		-	X	X	75.1
100m W35-49	D	2	Kathryn Juty	49	Biggleswade AC	16.4	6		-	X	X	74.0
100m W35-49	E	3	Angela Sloan	48	Bedford Harriers	16.9	5		-	X	X	71.0
100m W35-49	G	4	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	17.9	4		-	X	X	65.0
100m W35-49	F	5	Stephanie Mayfield	44	Fairlands Valley Spartans	18.3	3		-	X	X	62.8
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	14.4	7		-	X	87.8
100m W50-59	C	2	Edith Caux	61	Luton AC	15.6	6		X	LR	87.6
100m W50-59	A	3	Janice Hardcastle	58	Marshall Milton Keynes AC	16.3	5		-	X	81.5
100m W50-59	G	4	Stefanie Godfrey	53	Cambridge & Coleridge AC	17.0	4		-	X	74.4
100m W50-59	D	5	Helen Kapur	56	Biggleswade AC	23.8	3		-	X	54.8
100m W50-59		6					2				
100m W50-59		7					1				
100m W50-59		8					0				

	4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts	Rec	Rec	Rec	AG %
400m W35-49	A	1	Stephanie Johnston	44	Marshall Milton Keynes AC	75.1	7	-	X	X	72.9
400m W35-49	D	2	Kathryn Juty	49	Biggleswade AC	76.5	6	-	X	X	75.3

400m W35-49	G	3	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	84.2	5
400m W35-49	F	4	Alison Wood	52	Fairlands Valley Spartans	91.4	4
400m W35-49	E	5	Caroline Diggie	45	Bedford Harriers	102.5	3
400m W35-49		6					2
400m W35-49		7					1
400m W35-49		8					0

-	x	x	65.7
x	-	x	64.8
-	x	x	54.0

		400m	400m W50-59	RDA	Team	(NN.n)	Pts
400m W50-59	F	1	Tessa Stephenson	57	Fairlands Valley Spartans	77.2	7
400m W50-59	G	2	Stefanie Godfrey	53	Cambridge & Coleridge AC	78.3	6
400m W50-59	A	3	Debra Brent	55	Marshall Milton Keynes AC	81.1	5
400m W50-59	D	4	Helen Kapur	56	Biggleswade AC	112.4	4
400m W50-59	E	5	Lynn Short	59	Bedford Harriers	125.1	3
400m W50-59		6					2
400m W50-59		7					1
400m W50-59		8					0

Rec	Rec	AG %
-	x	80.4
-	x	76.4
-	x	75.2
-	x	54.7
-	x	50.5

		400m	400m W60+	RDA	Team	(NN.n)	Pts
400m W60+	C	1	Edith Caux	61	Luton AC	71.8	7
400m W60+	A	2	Diane Baldwin	61	Marshall Milton Keynes AC	80.7	6
400m W60+	G	3	Margaret Phillips	64	Cambridge & Coleridge AC	86.0	5
400m W60+	F	4	Catherine Craig	65	Fairlands Valley Spartans	97.2	4
400m W60+		5					3
400m W60+		6					2
400m W60+		7					1
400m W60+		8					0

Rec	AG %
LR	89.6
LR	79.7
-	76.8
-	68.6

		1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts
1500m W35-49	G	1	Samantha Collins-Shirley	45	Cambridge & Coleridge AC	06:27.3	7
1500m W35-49	F	2	Andrea Westcott	47	Fairlands Valley Spartans	07:29.4	6
1500m W35-49		3					5
1500m W35-49		4					4
1500m W35-49		5					3
1500m W35-49		6					2
1500m W35-49		7					1
1500m W35-49		8					0

Rec	Rec	Rec	AG %
-	x	x	67.2
-	x	x	59.3

		1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts
1500m W50-59	F	1	Alison Wood	52	Fairlands Valley Spartans	05:49.6	7
1500m W50-59	G	2	Stefanie Godfrey	53	Cambridge & Coleridge AC	05:52.8	6
1500m W50-59	A	3	Debra Brent	55	Marshall Milton Keynes AC	06:05.0	5

Rec	Rec	AG %
-	x	81.2
-	x	81.5
-	x	80.9

1500m W50-59	4				4
1500m W50-59	5				3
1500m W50-59	6				2
1500m W50-59	7				1
1500m W50-59	8				0

15006	1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
A	1	Diane Baldwin	61	Marshall Milton Keynes AC	06:15.2	7
G	2	Margaret Phillips	64	Cambridge & Coleridge AC	06:26.5	6
F	3	Iris Hornsey	76	Fairlands Valley Spartans	08:21.8	5
	4					4
	5					3
	6					2
	7					1
	8					0

2KWA	2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
D	1	Helen Middleton	55	Biggleswade AC	11:29.9	7
A	2	Diane Baldwin	61	Marshall Milton Keynes AC	12:20.9	6
G	3	Pamela Abbott	55	Cambridge & Coleridge AC	13:40.0	5
F	4	Sharon Crowley	59	Fairlands Valley Spartans	14:36.0	4
E	5	Caroline Diggle	45	Bedford Harriers	15:35.0	3
	6					2
	7					1
	8					0

2KWB	2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
A	1	Janice Hardcastle	58	Marshall Milton Keynes AC	14:08.6	7
F	2	Catherine Craig	65	Fairlands Valley Spartans	15:34.6	6
D	3	Helen Kapur	56	Biggleswade AC	15:43.0	5
G	4	Mary Holmes	82	Cambridge & Coleridge AC	15:45.2	4
E	5	Lynn Short	59	Bedford Harriers	18:10.2	3
	6					2
	7					1
	8					0

HT3	HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	
	G	1	Sarah Mcgrath	45	Cambridge & Coleridge AC	22.01	7
	A	2	Chrispina Odunewu	43	Marshall Milton Keynes AC	17.27	6
	F	3	Stephanie Mayfield	44	Fairlands Valley Spartans	15.19	5
	E	4	Caroline Diggle	45	Bedford Harriers	8.37	4


Rec	AG %
-	85.7
-	87.1
-	82.3

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x
x	-	x
-	x	x

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x
x	x	-
x	-	x

Rec	Rec	Rec	AG %
-	x	x	43.4
-	x	x	31.9
-	x	x	29.0
-	x	x	16.5



Hammer W35-49 (4Kg)	5				3
Hammer W35-49 (4Kg)	6				2
Hammer W35-49 (4Kg)	7				1
Hammer W35-49 (4Kg)	8				0

HT5	HT	Hammer W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	
Hammer W50-59 (3Kg)	C	1	Keely Grinsted	51	Luton AC	27.91	7
Hammer W50-59 (3Kg)	A	2	Diane Presswell	53	Marshall Milton Keynes AC	27.21	6
Hammer W50-59 (3Kg)	F	3	Sharon Crowley	59	Fairlands Valley Spartans	17.00	5
Hammer W50-59 (3Kg)	D	4	Helen Kapur	56	Biggleswade AC	12.91	4
Hammer W50-59 (3Kg)	G	5	Pamela Abbott	55	Cambridge & Coleridge AC	12.83	3
Hammer W50-59 (3Kg)		6					2
Hammer W50-59 (3Kg)		7					1
Hammer W50-59 (3Kg)		8					0

HT6	HT	Hammer W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	
Hammer W60+ (3Kg)	A	1	Jeanette Lawrence	61	Marshall Milton Keynes AC	23.72	7
Hammer W60+ (3Kg)	G	2	Anthea Bramford	70	Cambridge & Coleridge AC	22.83	6
Hammer W60+ (3Kg)	D	3	Sandra Ingham	60	Biggleswade AC	12.00	5
Hammer W60+ (3Kg)	F	4	Iris Hornsey	76	Fairlands Valley Spartans	9.98	4
Hammer W60+ (3Kg)		5					3
Hammer W60+ (3Kg)		6					2
Hammer W60+ (3Kg)		7					1
Hammer W60+ (3Kg)		8					0

SP3	SP	Shot W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts	
Shot W35-49 (4Kg)	G	1	Sarah Mcgrath	45	Cambridge & Coleridge AC	9.20	7
Shot W35-49 (4Kg)	A	2	Chrispina Odunewu	43	Marshall Milton Keynes AC	8.12	6
Shot W35-49 (4Kg)	D	3	Kathryn Juty	49	Biggleswade AC	5.88	5
Shot W35-49 (4Kg)	E	4	Angela Sloan	48	Bedford Harriers	4.82	4
Shot W35-49 (4Kg)	F	5	Andrea Westcott	47	Fairlands Valley Spartans	4.74	3
Shot W35-49 (4Kg)		6					2
Shot W35-49 (4Kg)		7					1
Shot W35-49 (4Kg)		8					0

SP5	SP	Shot W50-59 (3Kg)	RDA	Team	(NN.nn)	Pts	
Shot W50-59 (3Kg)	F	1	Tessa Stephenson	57	Fairlands Valley Spartans	8.26	7
Shot W50-59 (3Kg)	B	2	Oriana Johnson	56	Bedford & County AC	7.55	6
Shot W50-59 (3Kg)	C	3	Keely Grinsted	51	Luton AC	7.44	5
Shot W50-59 (3Kg)	G	4	Pamela Abbott	55	Cambridge & Coleridge AC	6.58	4


Rec	Rec	AG %
-	x	46.2
-	x	46.7
-	x	33.0
-	x	23.5
-	x	22.9

Rec	AG %
-	48.1
-	58.0
-	23.8
-	-

Rec	Rec	Rec	AG %
-	x	x	53.6
-	x	x	45.0
-	x	x	38.0
-	x	x	30.3
-	x	x	29.0

Rec	Rec	AG %
-	x	57.6
-	x	51.7
-	x	46.4
-	x	44.2

Shot W50-59 (3Kg)	A	5	Diane Presswell	53	Marshall Milton Keynes AC	6.43	3	-	x	41.6		
Shot W50-59 (3Kg)	E	6	Lynn Short	59	Bedford Harriers	4.68	2	-	x	34.0		
Shot W50-59 (3Kg)	D	7	Helen Kapur	56	Biggleswade AC	4.15	1	-	x	28.4		
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>AG %</b>		
Shot W60+ (3Kg)	D	1	Sandra Ingham	60	Biggleswade AC	7.00	7	-	x	54.5		
Shot W60+ (3Kg)	A	2	Jeanette Lawrence	61	Marshall Milton Keynes AC	5.08	6	-	x	38.8		
Shot W60+ (3Kg)	F	3	Catherine Craig	65	Fairlands Valley Spartans	4.36	5	-	x	30.6		
Shot W60+ (3Kg)	G	4	Mary Holmes	82	Cambridge & Coleridge AC	4.31	4	-	x	17.6		
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	G	1	Anne Moindrot	35	Cambridge & Coleridge AC	9.25	7		-	x	x	64.0
Triple Jump W35	A	2	Stephanie Johnston	44	Marshall Milton Keynes AC	8.37	6		-	x	x	64.5
Triple Jump W35	F	3	Stephanie Mayfield	44	Fairlands Valley Spartans	6.79	5		-	x	x	52.3
Triple Jump W35	D	4	Kathryn Juty	49	Biggleswade AC	5.52	4		-	x	x	45.4
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>AG %</b>	
Triple Jump W50-59	F	1	Monica Brown	53	Fairlands Valley Spartans	8.76	7		-	x	76.2	
Triple Jump W50-59	A	2	Janice Hardcastle	58	Marshall Milton Keynes AC	7.65	6		-	x	71.7	
Triple Jump W50-59	G	3	Pamela Abbott	55	Cambridge & Coleridge AC	5.97	5		-	x	53.5	
Triple Jump W50-59	D	4	Helen Kapur	56	Biggleswade AC	4.29	4		-	x	39.0	
Triple Jump W50-59	E	5	Jeanette Cheetham	53	Bedford Harriers	4.23	3		-	x	36.8	
Triple Jump W50-59		6					2					
Triple Jump W50-59		7					1					
Triple Jump W50-59		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	G	1	Anne Moindrot	35	Cambridge & Coleridge AC	1.24	7	-	x	x	61.8	
High Jump W35-49	F	2	Andrea Westcott	47	Fairlands Valley Spartans	1.15	6	-	x	x	65.7	
High Jump W35-49	A	3	Stephanie Johnston	44	Marshall Milton Keynes AC	1.09	5	-	x	x	60.2	
High Jump W35-49	D	4	Kathryn Juty	49	Biggleswade AC	1.06	4	-	x	x	62.4	

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

5					3
6					2
7					1
8					0


HJ5

HJ	High Jump W50-59	RDA	Team	(N.nn)	Pts
F	1	Monica Brown	53	Fairlands Valley Spartans	1.24 7
A	2	Janice Hardcastle	58	Marshall Milton Keynes AC	1.06 6
G	3	Pamela Abbott	55	Cambridge & Coleridge AC	1.03 5
	4				4
	5				3
	6				2
	7				1
	8				0

Rec	Rec	AG %
-	x	77.0
-	x	70.7
-	x	65.6

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

HJ6

HJ	High Jump W60+	RDA	Team	(N.nn)	Pts
F	1	Catherine Craig	65	Fairlands Valley Spartans	1.00 7
	2				6
	3				5
	4				4
	5				3
	6				2
	7				1
	8				0

Rec	AG %
-	74.0

High Jump W60+  
 High Jump W60+  
 High Jump W60+  
 High Jump W60+  
 High Jump W60+  
 High Jump W60+  
 High Jump W60+  
 High Jump W60+

R4x2-35

MedR	Relay 4x2 W35-49	RDA	Team	(N:NN.n)	Pts
A	1		Marshall Milton Keynes AC	02:22.0	7
G	2		Cambridge & Coleridge AC	02:22.1	6
F	3		Fairlands Valley Spartans	02:51.9	5
E	4		Bedford Harriers	02:55.5	4
	5				3
	6				2
	7				1
	8				0

Rec
-
-
-
-

Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49  
 Relay 4x2 W35-49

R4x2-50

MedR	Relay 4x2 W50+	RDA	Team	(N:NN.n)	Pts
F	1		Fairlands Valley Spartans	02:33.1	7
G	2		Cambridge & Coleridge AC	03:13.1	6
	3				5
	4				4
	5				3

Rec
-
-

Relay 4x2 W50+  
 Relay 4x2 W50+  
 Relay 4x2 W50+  
 Relay 4x2 W50+  
 Relay 4x2 W50+

Relay 4x2 W50+

Relay 4x2 W50+

Relay 4x2 W50+

6				2
7				1
8				0


AG = Actual Age Group (eg W45, W65) - **NOT** League Age Group

Non Scoring				
Event	Name	AG	Club	Result
SP (3Kg)	Anthia Branford	W70	Cambridge & Coleridge AC	5.63

**Insert non scoring results at the bottom**

**EMAC Track & Field League      Southern Division - Match 3      Teams = 8**

**Southend      Wed      Wednesday, July 04, 2018      Overall Match Scores**

**Overall Team Trophy**

Women	O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	x	1	Southend AC	1	148	442.5	1
x	x	4	Loughton AC	2	95	252	4
x	x	3	Thurrock Harriers	3	104	344.5	3
x	x	6	Col & Tend/Ipswich Harriers	4	54	193	6
x	x	8	WSAC/St Edmunds Pacers	5	0	15	8
x	x	2	Chelmsford/Springfield	6	116	347.5	2
x	x	5	Colchester Harriers	7	90	250.5	5
x	x	7	Basildon AC/Billericay Striders	8	28	61	7

*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	6	1	Amr Ziko	40	Chelmsford/Springfield	12.0	8		-	x	x	85.5	
100m M35-49	4	2	Justin Hubbard	39	Col & Tend/Ipswich Harriers	12.2	7		-	x	x	83.5	
100m M35-49	1	3	Clive Farrow	48	Southend AC	12.5	6		-	x	x	86.7	
100m M35-49	3	4	Marek Kowalski	46	Thurrock Harriers	13.6	5		-	x	x	78.6	
100m M35-49	2	5	Jim Harrison	54	Loughton AC	14.3	4		x	-	x	78.8	
100m M35-49	7	6	Jerry Walder	44	Colchester Harriers	14.8	3		-	x	x	71.2	
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	1	1	Keith Palmer	53	Southend AC	13.7	8		-	x		81.7	
100m M50-59	2	2	Clifford Warren	56	Loughton AC	13.9	7		-	x		82.1	
100m M50-59	8	3	Andrew Weller	51	Basildon AC/Billericay Striders	14.4	6		-	x		76.7	
100m M50-59	6	4	Val Govender	50	Chelmsford/Springfield	14.5	5		-	x		75.7	
100m M50-59	3	5	Nigel Instance	50	Thurrock Harriers	18.6	4		-	x		59.0	
100m M50-59		6					3						
100m M50-59		7					2						
100m M50-59		8					1						
		4003	400m	400m M35-49	RDA	Team	(NN.n)	Pts		Rec	Rec	Rec	AG %
400m M35-49	1	1	Graham Eastty	38	Southend AC	57.7	8		-	x	x	78.8	
400m M35-49	4	2	Lee Bowker	45	Col & Tend/Ipswich Harriers	58.6	7		-	x	x	81.7	

400m M35-49	6	3	Amr Ziko	40	Chelmsford/Springfield	60.8	6
400m M35-49	3	4	Steven Ball	45	Thurrock Harriers	61.5	5
400m M35-49	8	5	Marc Jones	41	Basildon AC/Billericay Striders	64.0	4
400m M35-49	2	6	Jim Harrison	54	Loughton AC	79.4	3
400m M35-49		7					2
400m M35-49		8					1

4005		400m	400m M50-59	RDA	Team	(NN.n)	Pts
400m M50-59	2	1	Clifford Warren	56	Loughton AC	64.2	8
400m M50-59	6	2	Val Govender	50	Chelmsford/Springfield	70.1	7
400m M50-59	3	3	Eamonn Shelley	57	Thurrock Harriers	75.1	6
400m M50-59	1	4	Mathew Gillard	50	Southend AC	77.2	5
400m M50-59		5					4
400m M50-59		6					3
400m M50-59		7					2
400m M50-59		8					1

4006		400m	400m M60+	RDA	Team	(NN.n)	Pts
400m M60+	1	1	Peter Binns	71	Southend AC	73.3	8
400m M60+	7	2	William Haining	62	Colchester Harriers	74.7	7
400m M60+	3	3	Bernard Johnson	63	Thurrock Harriers	81.8	6
400m M60+	6	4	Dave Barnett	60	Chelmsford/Springfield	88.1	5
400m M60+	2	5	Robert Sargent	64	Loughton AC	89.0	4
400m M60+		6					3
400m M60+		7					2
400m M60+		8					1

15003		1500m	1500m M35-49	RDA	Team	(NN:NN.n)	Pts
1500m M35-49	7	1	Daniel King	35	Colchester Harriers	04:36.0	8
1500m M35-49	8	2	Marc Jones	41	Basildon AC/Billericay Striders	04:48.1	7
1500m M35-49	3	3	Paul Mitchell	43	Thurrock Harriers	05:28.9	6
1500m M35-49	6	4	Philip Watts	48	Chelmsford/Springfield	05:37.4	5
1500m M35-49	2	5	Robert Maggio	72	Loughton AC	08:19.9	4
1500m M35-49		6					3
1500m M35-49		7					2
1500m M35-49		8					1

15005		1500m	1500m M50-59	RDA	Team	(NN:NN.n)	Pts
1500m M50-59	1	1	Simon Le Mare	56	Southend AC	04:52.7	8
1500m M50-59	7	2	Richard Flutter	50	Colchester Harriers	05:10.9	7

-	x	x	76.0
-	x	x	77.8
-	x	x	72.7
x	-	x	64.1

Rec	Rec	AG %
-	x	80.3
-	x	70.7
-	x	69.1
-	x	64.2

Rec	AG %
-	82.0
-	71.7
-	65.9
-	60.0
-	60.9

Rec	Rec	Rec	AG %
-	x	x	76.2
-	x	x	76.2
-	x	x	67.7
-	x	x	68.6
x	x	-	57.7

Rec	Rec	AG %
-	x	84.5
-	x	75.7

1500m M50-59	3	3	Eamonn Shelley	57	Thurrock Harriers	05:13.6	6
1500m M50-59	6	4	Mark Moughton	57	Chelmsford/Springfield	06:22.3	5
1500m M50-59	2	5	Robert Sargent	64	Loughton AC	06:58.9	4
1500m M50-59		6					3
1500m M50-59		7					2
1500m M50-59		8					1

15006	1500m	1500m M60+		RDA	Team	(NN:NN.n)	Pts
1500m M60+	1	1	Peter Binns	71	Southend AC	05:42.0	8
1500m M60+	7	2	William Haining	62	Colchester Harriers	05:44.0	7
1500m M60+	3	3	Bernard Johnson	63	Thurrock Harriers	06:10.7	6
1500m M60+	2	4	John Borgars	72	Loughton AC	06:54.1	5
1500m M60+		5					4
1500m M60+		6					3
1500m M60+		7					2
1500m M60+		8					1

2KWA	2000mW	2Km Walk 'A'		RDA	Team	(NN:NN.n)	Pts
2Km Walk 'A'	3	1	Eamonn Shelley	57	Thurrock Harriers	12:35.5	8
2Km Walk 'A'	2	2	John Borgars	72	Loughton AC	12:51.7	7
2Km Walk 'A'	1	3	Keith Palmer	53	Southend AC	13:08.7	6
2Km Walk 'A'	4	4	Stephen Cartwright	60	Col & Tend/Ipswich Harriers	14:13.0	5
2Km Walk 'A'		5					4
2Km Walk 'A'		6					3
2Km Walk 'A'		7					2
2Km Walk 'A'		8					1

2KWB	2000mW	2Km Walk 'B'		RDA	Team	(NN:NN.n)	Pts
2Km Walk 'B'	7	1	Daniel King	35	Colchester Harriers	08:30.1	8
2Km Walk 'B'	1	2	John Brock	68	Southend AC	13:59.9	7
2Km Walk 'B'		3					6
2Km Walk 'B'		4					5
2Km Walk 'B'		5					4
2Km Walk 'B'		6					3
2Km Walk 'B'		7					2
2Km Walk 'B'		8					1

HT3	HT	Hammer M35-49 (7.26Kg)		RDA	Team	(NN.nn)	Pts
Hammer M35-49 (7.26Kg)	6	1	Damian Barrett	46	Chelmsford/Springfield	18.24	8
Hammer M35-49 (7.26Kg)	7	2	Gavin Sandercock	44	Colchester Harriers	17.31	7
Hammer M35-49 (7.26Kg)	1	3	Gary Cheek	47	Southend AC	16.16	6

-	x	79.5
-	x	65.2
x	-	63.3

Rec	AG %
-	83.2
-	75.7
-	70.9
-	69.7

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x
x	x	-

Rec	Rec	Rec
LR	x	x
x	x	-

Rec	Rec	Rec	AG %
-	x	x	25.4
-	x	x	23.2
-	x	x	23.0

Hammer M35-49 (7.26Kg)	3	4	Marek Kowalski	46	Thurrock Harriers	12.73	5
Hammer M35-49 (7.26Kg)		5					4
Hammer M35-49 (7.26Kg)		6					3
Hammer M35-49 (7.26Kg)		7					2
Hammer M35-49 (7.26Kg)		8					1

HT5		HT	Hammer M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Hammer M50-59 (6Kg)	1	1	Robert Earle	57	Southend AC	49.41	8
Hammer M50-59 (6Kg)	6	2	David Bauer	52	Chelmsford/Springfield	37.90	7
Hammer M50-59 (6Kg)	4	3	Peter Godron	54	Col & Tend/Ipswich Harriers	25.87	6
Hammer M50-59 (6Kg)	2	4	Jim Harrison	54	Loughton AC	22.53	5
Hammer M50-59 (6Kg)	7	5	Simon Morgan	50	Colchester Harriers	17.41	4
Hammer M50-59 (6Kg)		6					3
Hammer M50-59 (6Kg)		7					2
Hammer M50-59 (6Kg)		8					1

HT6		HT	Hammer M60-69 (5Kg)	RDA	Team	(NN.nn)	Pts
Hammer M60-69 (5Kg)	6	1	Geoff Tyler	69	Chelmsford/Springfield	28.78	8
Hammer M60-69 (5Kg)	1	2	John Clark	75	Southend AC	16.79	7
Hammer M60-69 (5Kg)	3	3	Bernard Johnson	63	Thurrock Harriers	14.35	6
Hammer M60-69 (5Kg)	2	4	Robert Maggio	72	Loughton AC	13.77	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	Shot M35-49 (7.26Kg)	RDA	Team	(NN.nn)	Pts
Shot M35-49 (7.26Kg)	6	1	Damian Barrett	46	Chelmsford/Springfield	10.42	8
Shot M35-49 (7.26Kg)	4	2	Aaron Bollu	40	Col & Tend/Ipswich Harriers	8.59	7
Shot M35-49 (7.26Kg)	8	3	Jan Barnard	38	Basildon AC/Billericay Striders	7.63	6
Shot M35-49 (7.26Kg)	3	4	Marek Kowalski	46	Thurrock Harriers	7.51	5
Shot M35-49 (7.26Kg)	1	5	Gary Cheek	47	Southend AC	7.26	4
Shot M35-49 (7.26Kg)	7	6	Gavin Sandercock	44	Colchester Harriers	7.19	3
Shot M35-49 (7.26Kg)		7					2
Shot M35-49 (7.26Kg)		8					1

SP5		SP	Shot M50-59 (6Kg)	RDA	Team	(NN.nn)	Pts
Shot M50-59 (6Kg)	1	1	Robert Earle	57	Southend AC	12.64	8
Shot M50-59 (6Kg)	6	2	David Bauer	52	Chelmsford/Springfield	11.42	7
Shot M50-59 (6Kg)	4	3	Peter Godron	54	Col & Tend/Ipswich Harriers	9.30	6

-	x	x	17.7

Rec	Rec	AG %
-	x	77.6
-	x	53.1
-	x	37.9
-	x	33.0
-	x	23.4

Rec	AG %
-	58.6
-	-
-	25.0
-	-

Rec	Rec	Rec	AG %
-	x	x	51.2
-	x	x	38.2
-	x	x	33.5
-	x	x	36.9
-	x	x	36.4
-	x	x	34.0

Rec	Rec	AG %
-	x	72.8
-	x	59.0
-	x	50.1



Shot M50-59 (6Kg)	2	4	Jim Harrison	54	Loughton AC	7.97	5
Shot M50-59 (6Kg)	7	5	Richard Flutter	50	Colchester Harriers	6.65	4
Shot M50-59 (6Kg)	3	6	Eamonn Shelley	57	Thurrock Harriers	5.58	3
Shot M50-59 (6Kg)		7					2
Shot M50-59 (6Kg)		8					1

-	x	43.0
-	x	33.0
-	x	32.2

SP6	SP	Shot M60-69 (5Kg)	RDA	Team	(N.nn)	Pts	
	6	1	Geoff Tyler	69	Chelmsford/Springfield	10.77	8
	3	2	Bernard Johnson	63	Thurrock Harriers	6.03	7
	1	3	John Clark	75	Southend AC	5.97	6
	2	4	Robert Maggio	72	Loughton AC	4.32	5
	7	5	Arthur Whiston	67	Colchester Harriers	4.26	4
		6					3
		7					2
		8					1

Rec	AG %
-	78.6
-	36.1
-	-
-	-
-	29.0

TJ3	TJ	Triple Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	
	4	1	Aaron Bollu	40	Col & Tend/Ipswich Harriers	10.97	8		-	x	x	64.3
	3	2	Marek Kowalski	46	Thurrock Harriers	10.78	7		-	x	x	68.0
	1	3	Graham Eastty	38	Southend AC	10.47	6		-	x	x	60.0
	7	4	Gavin Sandercock	44	Colchester Harriers	8.89	5		-	x	x	54.7
	6	5	Philip Watts	48	Chelmsford/Springfield	7.78	4		-	x	x	50.3
		6										
		7										
		8										

Wind	Rec	Rec	Rec	AG %
	-	x	x	64.3
	-	x	x	68.0
	-	x	x	60.0
	-	x	x	54.7
	-	x	x	50.3

TJ5	TJ	Triple Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	
	2	1	Clifford Warren	56	Loughton AC	9.71	8		-	x	70.1
	7	2	David Hilson	54	Colchester Harriers	7.82	7		-	x	54.8
	1	3	Keith Palmer	53	Southend AC	7.41	6		-	x	51.2
	6	4	Dave Barnett	60	Chelmsford/Springfield	7.38	5		x	-	56.6
		5									
		6									
		7									
		8									

Wind	Rec	Rec	AG %
	-	x	70.1
	-	x	54.8
	-	x	51.2
	x	-	56.6

HJ3	HJ	High Jump M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %	
	7	1	Daniel King	35	Colchester Harriers	1.40	8	-	x	x	60.3
	1	2	Graham Eastty	38	Southend AC	1.35	7	-	x	x	59.8
	6	3	Damian Barrett	46	Chelmsford/Springfield	1.30	6	-	x	x	62.3

Rec	Rec	Rec	AG %
-	x	x	60.3
-	x	x	59.8
-	x	x	62.3

High Jump M35-49	8	4	Jan Barnard	38	Basildon AC/Billericay Striders	1.30	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	1.15	3
High Jump M35-49		7					2
High Jump M35-49		8					1

HJ5 HJ High Jump M50-59 RDA Team (N.nn) Pts

High Jump M50-59	7	1	David Hilson	54	Colchester Harriers	1.35	8
High Jump M50-59	2	2	Clifford Warren	56	Loughton AC	1.35	7
High Jump M50-59	1	3	Keith Palmer	53	Southend AC	1.30	6
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

HJ6 HJ High Jump M60+ RDA Team (N.nn) Pts

High Jump M60+	6	1	Dave Barnett	60	Chelmsford/Springfield	1.30	8
High Jump M60+	3	2	Michael Bumstead	67	Thurrock Harriers	1.10	7
High Jump M60+	1	3	John Brock	68	Southend AC	1.05	6
High Jump M60+	2	4	Robert Maggio	72	Loughton AC	0.95	5
High Jump M60+		5					4
High Jump M60+		6					3
High Jump M60+		7					2
High Jump M60+		8					1

R4x2-35 MedR Relay 4x2 M35-49 RDA Team (N:NN.n) Pts

Relay 4x2 M35-49	4	1			Col & Tend/Ipswich Harriers	01:43.3	8
Relay 4x2 M35-49	1	2			Southend AC	01:53.6	7
Relay 4x2 M35-49	6	3			Chelmsford/Springfield	01:57.5	6
Relay 4x2 M35-49		4					5
Relay 4x2 M35-49		5					4
Relay 4x2 M35-49		6					3
Relay 4x2 M35-49		7					2
Relay 4x2 M35-49		8					1

R4x2-50 MedR Relay 4x2 M50+ RDA Team (N:NN.n) Pts

Relay 4x2 M50+	3	1			Thurrock Harriers	02:01.4	8
Relay 4x2 M50+	1	2			Southend AC	02:09.4	7
Relay 4x2 M50+	2	3			Loughton AC	02:17.3	6
Relay 4x2 M50+		4					5

-	x	x	57.6
-	x	x	58.1
x	-	x	60.1

Rec Rec AG %

-	x	70.5
-	x	72.2
-	x	67.2

Rec AG %

-	72.8
-	67.3
-	65.1
-	62.3

Rec

LR
-
-

Rec

-
-
-

Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+  
 Relay 4x2 M50+

5				4
6				3
7				2
8				1


AG = Actual Age Group (eg M45, M65) - **NOT** League Age Group

Non Scoring				
Event	Name	AG	Club	Result
100m	Steven Ball	M45	Thurrock Harriers	13.3
100m	Kieran Gallagher	M35	Colchester Harriers	17.8
100m	Philip Watts	M45	Chelmsford AC	14.0
100m	Richard Flutter	M50	Colchester Harriers	16.0
100m	Dan Gartlan	M35	Ipswich /Col &T	13.2
100m	Mark Babbage	M55	Chelmsford AC	16.5
100m	Mark Moughton	M55	Chelmsford AC	16.5
400m	Kieran Gallagher	M35	Colchester Harriers	81.8
400m	Jerry Walder	M40	Colchester Harriers	66.8
400m	Dan Gartlan	M35	Ipswich /Col &T	59.0.
400m	Gavin Sandercock	M40	Colchester Harriers	70.5
400m	Richard Flutter	M50	Colchester Harriers	72.3
1500m	Kieran Gallagher	M35	Colchester Harriers	06:29.4
1500m	David Hilson	M50	Colchester Harriers	05:34.4
1500m	Jerry Walder	M40	Colchester Harriers	05:20.3
1500m	Arthur Whiston	M65	Colchester Harriers	05:54.4
1500m	Dean Ovel	M40	Leigh Striders	05:08.1
2K Walk	Simon Morgan	M50	Colchester Harriers	12:12.4
High Jump	Steve Ball	M45	Thurrock Harriers	1.35
High Jump	Dominic King	M35	Colchester Harriers	1.30
Shot	Angus Aldridge	M55	Southend AC	7.01
Triple Jump	Dan Gartlan	M35	Ipswich /Col &T	10.34
Triple Jump	Mark Moughton	M55	Springfield	6.91
Hammer	Daniel King	M35	Colchester Harriers	13.08
1500m	Mark Waine	M45	Southend AC	04:32.7
100m	Kevin McAlinden	M50	Colchester Harriers	13.8
400m	Dominic King	M35	Colchester Harriers	63.0
400m	Kevin McAlinden	M50	Colchester Harriers	61.8
2Km Walk	Dominic King	M35	Colchester Harriers	08:05.9

4x200m Relay		M35-49	Colchester Harriers	02:01.0
4x200m Relay		M50+	Colchester Harriers	02:12.4

**Insert non scoring results at the bottom**

EMAC Track & Field League		Southern Division - Match 3			Teams =	8		
Southend		Wed	Wednesday, July 04, 2018			Overall Match Scores		
Overall Team Trophy	Men	O/A	Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
	x	x	2	Southend AC	A	112	314	4
	x	x	1	Loughton AC	B	132	381	1
	x	x	8	Thurrock Harriers	C	0	0	8
	x	x	5	Col & Tend/Ipswich Harriers	D	45	115	6
	x	x	3	WSAC/St Edmunds Pacers	E	111	354	2
	x	x	4	Chelmsford/Springfield	F	103	315	3
	x	x	7	Colchester Harriers	G	41	153	5
	x	x	6	Basildon AC/Billericay Striders	H	44	103	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	a		1	Lorraine Ramet	47	Colchester Harriers	15.4	8		-	x	x	77.1
100m W35-49	h		2	Amanda Dodge	38	Basildon AC/Billericay Striders	16.3	7		-	x	x	65.8
100m W35-49	e		3	Christine Anthony	55	WSAC/St Edmunds Pacers	16.8	6		x	-	x	76.8
100m W35-49	b		4	Christine Salvary	61	Loughton AC	17.1	5		x	x	-	79.9
100m W35-49	f		5	Vicki Robins	38	Chelmsford/Springfield	17.6	4		-	x	x	60.9
100m W35-49	d		6	Carey Hollick	47	Col & Tend/Ipswich Harriers	17.9	3		-	x	x	66.4
100m W35-49			7					2					
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/Springfield	15.2	7		-	x	86.5	
100m W50-59	b		3	Emily McMahon	68	Loughton AC	16.5	6		x	-	88.3	
100m W50-59	a		4	Susan Brown	54	Southend AC	16.7	5		-	x	76.5	
100m W50-59	e		5	Dawn Mason	61	WSAC/St Edmunds Pacers	18.5	4		x	-	73.9	
100m W50-59			6					3					
100m W50-59			7					2					
100m W50-59			8					1					
		4003	400m	400m W35-49	RDA	Team	(NN.n)	Pts		Rec	Rec	Rec	AG %
400m W35-49	f		1	Elizabeth Davies	39	Chelmsford/Springfield	62.2	8		-	x	x	83.5
400m W35-49	e		2	Christine Anthony	55	WSAC/St Edmunds Pacers	73.6	7		x	-	x	82.9

400m W35-49	a	3	Sue Cribbs	46	Southend AC	75.5	6
400m W35-49	b	4	Christine Salvary	61	Loughton AC	103.9	5
400m W35-49		5					4
400m W35-49		6					3
400m W35-49		7					2
400m W35-49		8					1

4005		400m	400m W50-59	RDA	Team	(NN.n)	Pts
400m W50-59	a	1	Vanessa Mathers	51	Southend AC	78.3	8
400m W50-59	e	2	Eloise Bird	50	WSAC/St Edmunds Pacers	82.3	7
400m W50-59	b	3	Anne Heeks	58	Loughton AC	92.7	6
400m W50-59		4					5
400m W50-59		5					4
400m W50-59		6					3
400m W50-59		7					2
400m W50-59		8					1

4006		400m	400m W60+	RDA	Team	(NN.n)	Pts
400m W60+	g	1	Diane Wooller	64	Colchester Harriers	89.5	8
400m W60+	f	2	Janet Hill	63	Chelmsford/Springfield	101.9	7
400m W60+	b	3	Jean Hobbs	69	Loughton AC	106.6	6
400m W60+	e	4	Dawn Mason	61	WSAC/St Edmunds Pacers	114.6	5
400m W60+	a	5	Marion Matthews-Smith	63	Southend AC	118.1	4
400m W60+		6					3
400m W60+		7					2
400m W60+		8					1

15003		1500m	1500m W35-49	RDA	Team	(NN:NN.n)	Pts
1500m W35-49	f	1	Elizabeth Davies	39	Chelmsford/Springfield	04:45.0	8
1500m W35-49	g	2	Denise Morley	49	Colchester Harriers	05:28.6	7
1500m W35-49	e	3	Christine Anthony	55	WSAC/St Edmunds Pacers	05:35.6	6
1500m W35-49	a	4	Sue Cribbs	46	Southend AC	06:05.1	5
1500m W35-49	b	5	Melanie Peddle	49	Loughton AC	07:21.1	4
1500m W35-49		6					3
1500m W35-49		7					2
1500m W35-49		8					1

15005		1500m	1500m W50-59	RDA	Team	(NN:NN.n)	Pts
1500m W50-59	a	1	Vanessa Mathers	51	Southend AC	05:59.4	8
1500m W50-59	b	2	Anne Heeks	58	Loughton AC	06:29.6	7

-	x	x	74.0
x	x	-	61.9

Rec	Rec	AG %
-	x	75.0
-	x	70.7
-	x	67.6

Rec	AG %
-	73.8
-	64.3
-	66.5
-	56.2
-	55.4

Rec	Rec	Rec	AG %
LR	x	x	85.4
-	x	x	83.1
x	-	x	88.0
-	x	x	72.1
-	x	x	61.9

Rec	Rec	AG %
-	x	78.0
-	x	79.0

1500m W50-59	e	3	Eloise Bird	50	WSAC/St Edmunds Pacers	06:51.4	6
1500m W50-59	d	4	Hilary Cook	58	Col & Tend/Ipswich Harriers	07:21.4	5
1500m W50-59		5					4
1500m W50-59		6					3
1500m W50-59		7					2
1500m W50-59		8					1

-	x	67.2
-	x	69.8

15006		1500m	1500m W60+	RDA	Team	(NN:NN.n)	Pts
1500m W60+	g	1	Diane Wooller	64	Colchester Harriers	06:59.5	8
1500m W60+	b	2	Jean Hobbs	69	Loughton AC	07:20.6	7
1500m W60+	f	3	Janet Hill	63	Chelmsford/Springfield	07:58.8	6
1500m W60+	a	4	Linda Donnelly	60	Southend AC	08:24.3	5
1500m W60+		5					4
1500m W60+		6					3
1500m W60+		7					2
1500m W60+		8					1

Rec	AG %
-	80.2
-	82.8
-	69.2
-	62.8

2KWA		2000mW	2km Walk 'A'	RDA	Team	(NN:NN.n)	Pts
2km Walk 'A'	b	1	Melanie Peddle	49	Loughton AC	11:02.5	8
2km Walk 'A'	a	2	Kasia Kostyrka-Allchorne	40	Southend AC	12:35.5	7
2km Walk 'A'	e	3	Christine Anthony	55	WSAC/St Edmunds Pacers	18:37.0	6
2km Walk 'A'		4					5
2km Walk 'A'		5					4
2km Walk 'A'		6					3
2km Walk 'A'		7					2
2km Walk 'A'		8					1

Rec	Rec	Rec
-	x	x
-	x	x
x	-	x

2KWB		2000mW	2km Walk 'B'	RDA	Team	(NN:NN.n)	Pts
2km Walk 'B'	b	1	Anne Heeks	58	Loughton AC	14:09.9	8
2km Walk 'B'	g	2	Diane Wooller	64	Colchester Harriers	15:22.9	7
2km Walk 'B'	e	3	Angela Underdown	52	WSAC/St Edmunds Pacers	17:40.6	6
2km Walk 'B'		4					5
2km Walk 'B'		5					4
2km Walk 'B'		6					3
2km Walk 'B'		7					2
2km Walk 'B'		8					1

Rec	Rec	Rec
x	-	x
x	x	-
x	-	x

HT3		HT	Hammer W35-49 (4Kg)	RDA	Team	(NN.nn)	Pts
Hammer W35-49 (4Kg)	d	1	Carey Hollick	47	Col & Tend/Ipswich Harriers	13.23	8
Hammer W35-49 (4Kg)	h	2	Amanda Dodge	38	Basildon AC/Billericay Striders	12.59	7
Hammer W35-49 (4Kg)	b	3	Christine Salvary	61	Loughton AC	11.52	6

Rec	Rec	Rec	AG %
-	x	x	27.9
-	x	x	20.1
x	x	-	-

Hammer W35-49 (4Kg)

Hammer W35-49 (4Kg)

Hammer W35-49 (4Kg)

Hammer W35-49 (4Kg)

Hammer W35-49 (4Kg)

e	4	Eloise Bird	50	WSAC/St Edmunds Pacers	6.48	5
	5					4
	6					3
	7					2
	8					1

x	-	x	-

HT5

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

Hammer W50-59 (3Kg)

HT	Hammer W50-59 (3Kg)		RDA	Team	(NN.nn)	Pts
f	1	Carol Morris	51	Chelmsford/Springfield	21.64	8
a	2	Susan Brown	54	Southend AC	20.98	7
b	3	Barbara Higgins	63	Loughton AC	19.80	6
e	4	Angela Underdown	52	WSAC/St Edmunds Pacers	12.18	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	35.8
-	x	36.7
x	-	-
-	x	20.5

HT6

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

Hammer W60+ (3Kg)

HT	Hammer W60+ (3Kg)		RDA	Team	(NN.nn)	Pts
f	1	Shirley Quinn	63	Chelmsford/Springfield	32.75	8
e	2	Dawn Mason	61	WSAC/St Edmunds Pacers	20.01	7
b	3	Pam Ackland-Snow	65	Loughton AC	18.37	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
LR	69.5
-	40.5
-	40.9

SP3

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

Shot W35-49 (4Kg)

SP	Shot W35-49 (4Kg)		RDA	Team	(NN.nn)	Pts
d	1	Carey Hollick	47	Col & Tend/Ipswich Harriers	7.25	8
g	2	Nicola Hilson	49	Colchester Harriers	6.21	7
h	3	Amanda Dodge	38	Basildon AC/Billericay Striders	6.11	6
b	4	Barbara Higgins	63	Loughton AC	5.61	5
a	5	Sally Newman-Russell	50	Southend AC	5.52	4
e	6	Eloise Bird	50	WSAC/St Edmunds Pacers	4.79	3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	44.4
-	x	x	40.1
-	x	x	30.3
x	x	-	-
x	-	x	-
x	-	x	-

SP5

Shot W50-59 (3Kg)

Shot W50-59 (3Kg)

Shot W50-59 (3Kg)

SP	Shot W50-59 (3Kg)		RDA	Team	(NN.nn)	Pts
f	1	Carol Morris	51	Chelmsford/Springfield	6.98	8
d	2	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	6.37	7
e	3	Angela Underdown	52	WSAC/St Edmunds Pacers	5.98	6

Rec	Rec	AG %
-	x	43.5
-	x	42.8
-	x	38.0



Shot W50-59 (3Kg)	a	4	Susan Brown	54	Southend AC	5.64	5
Shot W50-59 (3Kg)	b	5	Pam Ackland-Snow	65	Loughton AC	5.59	4
Shot W50-59 (3Kg)		6					3
Shot W50-59 (3Kg)		7					2
Shot W50-59 (3Kg)		8					1

-	x	37.2
x	-	46.3

SP6	SP	Shot W60+ (3Kg)	RDA	Team	(NN.nn)	Pts	
	h	1	Vespa Ellis	61	Basildon AC/Billericay Striders	8.51	8
	f	2	Shirley Quinn	63	Chelmsford/Springfield	7.29	7
	b	3	Emily McMahon	68	Loughton AC	6.43	6
	e	4	Dawn Mason	61	WSAC/St Edmunds Pacers	5.70	5
	g	5	Diane Wooller	64	Colchester Harriers	5.11	4
		6					3
		7					2
		8					1

Rec	AG %
-	64.9
-	53.4
-	41.4
-	43.5
-	36.6

TJ3	TJ	Triple Jump W35	RDA	Team	(NN.nn)	Pts	Wind	Rec	Rec	Rec	AG %	
	h	1	Heidi Nicholas	37	Basildon AC/Billericay Striders	8.85	8		-	x	x	62.6
	f	2	Vicki Robins	38	Chelmsford/Springfield	6.55	7		-	x	x	46.9
	e	3	Christine Anthony	55	WSAC/St Edmunds Pacers	6.52	6		x	-	x	58.4
	a	4	Kasia Kostyrka-Allchorne	40	Southend AC	6.28	5		-	x	x	46.0
	b	5	Barbara Higgins	63	Loughton AC	5.42	4		x	x	-	55.1
		6										
		7										
		8										

Rec	Rec	AG %
-	x	62.6
-	x	46.9
x	-	58.4
-	x	46.0
x	x	55.1

TJ5	TJ	Triple Jump W50-59	RDA	Team	(NN.nn)	Pts	Wind
	f	1	Clare St John-Coleman	57	Chelmsford/Springfield	7.61	8
	a	2	Susan Brown	54	Southend AC	6.84	7
	b	3	Christine Salvary	61	Loughton AC	6.12	6
		4					5
		5					4
		6					3
		7					2
		8					1

Rec	Rec	AG %
-	x	70.3
-	x	60.4
x	-	60.2

HJ3	HJ	High Jump W35-49	RDA	Team	(N.nn)	Pts	
	h	1	Heidi Nicholas	37	Basildon AC/Billericay Striders	1.45	8
	a	2=	Susan Brown	54	Southend AC	1.00	6
	b	2=	Christine Salvary	61	Loughton AC	1.00	6

Rec	Rec	Rec	AG %
-	x	x	74.0
x	-	x	62.9
x	x	-	69.4

High Jump W35-49	e	2=	Christine Anthony	55	WSAC/St Edmunds Pacers	1.00	6
High Jump W35-49	f	5	Vicki Robins	38	Chelmsford/Springfield	1.00	4
High Jump W35-49		6					3
High Jump W35-49		7					2
High Jump W35-49		8					1

**HJ5 HJ High Jump W50-59 RDA Team (N.nn) Pts**

High Jump W50-59	e	1	Eloise Bird	50	WSAC/St Edmunds Pacers	1.14	8
High Jump W50-59	a	2	Vanessa Mathers	51	Southend AC	1.08	7
High Jump W50-59	f	3	Carol Morris	51	Chelmsford/Springfield	1.05	6
High Jump W50-59	b	4	Barbara Higgins	63	Loughton AC	1.00	5
High Jump W50-59		5					4
High Jump W50-59		6					3
High Jump W50-59		7					2
High Jump W50-59		8					1

**HJ6 HJ High Jump W60+ RDA Team (N.nn) Pts**

High Jump W60+	b	1	Emily McMahon	68	Loughton AC	1.11	8
High Jump W60+	a	2	Linda Donnelly	60	Southend AC	1.00	7
High Jump W60+		3					6
High Jump W60+		4					5
High Jump W60+		5					4
High Jump W60+		6					3
High Jump W60+		7					2
High Jump W60+		8					1

**R4x2-35 MedR Relay 4x2 W35-49 RDA Team (N:NN.n) Pts**

Relay 4x2 W35-49	a	1			Southend AC	02:18.9	8
Relay 4x2 W35-49	f	2			Chelmsford/Springfield	02:20.6	7
Relay 4x2 W35-49	d	3			Col & Tend/Ipswich Harriers	02:34.0	6
Relay 4x2 W35-49		4					5
Relay 4x2 W35-49		5					4
Relay 4x2 W35-49		6					3
Relay 4x2 W35-49		7					2
Relay 4x2 W35-49		8					1

**R4x2-50 MedR Relay 4x2 W50+ RDA Team (N:NN.n) Pts**

Relay 4x2 W50+	b	1			Loughton AC	02:38.5	8
Relay 4x2 W50+	e	2			WSAC/St Edmunds Pacers	02:52.1	7
Relay 4x2 W50+		3					6
Relay 4x2 W50+		4					5

x	-	x	63.7
-	x	x	51.5

**Rec Rec AG %**

-	x	67.9
-	x	65.1
-	x	63.3
x	-	71.4

**Rec AG %**

-	86.0
-	68.5

**Rec**

-
-
-

**Rec**

-
-

Relay 4x2 W50+  
 Relay 4x2 W50+  
 Relay 4x2 W50+  
 Relay 4x2 W50+

5				4
6				3
7				2
8				1



AG = Actual Age Group (eg W45, W65) - **NOT** League Age Group

Non Scoring				
Event	Name	AG	Club	Result
100m	Janet Hill	W60	Springfield Striders	20.31
100m	Jenny Richardson	W55	Colchester Harriers	19.6
100m	Elizabeth Welbourn	W55	Ipswich/Col & T	15.0.
1500m	Nicola Hilson	W45	Colchester Harriers	6.11.0.
1500m	Jenny Richardson	W55	Colchester Harriers	6.25.6
Shot	Helen Taczynski	W35	Colchester Harriers	6.69
Shot	Kate Sandercock	W45	Colchester Harriers	5.54
400m	Tracy Minton	W55	Chelmsford/Springfield	126.5
1500m	Tracy Minton	W55	Chelmsford/Springfield	07:54.6
2k Walk	Tracy Minton	W55	Chelmsford/Springfield	18:04.3
HT (4Kg)	Tracy Minton	W55	Chelmsford/Springfield	16.83
SP (4Kg)	Tracy Minton	W55	Chelmsford/Springfield	5.50
100m	Helen Taczynski	W35	Colchester Harriers	14.7
100m	Debbie Cattermole	W50	Colchester Harriers	18.0
400m	Helen Taczynski	W35	Colchester Harriers	65.7
400m	Debbie Cattermole	W50	Colchester Harriers	79.9
1500m	Debbie Cattermole	W50	Colchester Harriers	06:06.0
2Km Walk	Kate Sandercock	W45	Colchester Harriers	15:19.8
HT (4Kg)	Kate Sandercock	W45	Colchester Harriers	9.61
HT (3Kg)	Jenny Richardson	W55	Colchester Harriers	6.97
SP (3Kg)	Debbie Cattermole	W50	Colchester Harriers	4.89
TJ	Helen Taczynski	W35	Colchester Harriers	8.32
HJ	Helen Taczynski	W35	Colchester Harriers	1.35
HJ	Debbie Cattermole	W50	Colchester Harriers	1.05
4x200m Relay		W35-49	Colchester Harriers	02:21.0

EMAC Track & Field League		Northern Division - Match 3		Teams =	7
Peterborough		Mon	02/07/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Nene Valley Harriers	3	111	320	1
2	Ryston Runners AC	6	106	309	2
3	West Norfolk AC	7	95	284	3
4	Corby AC	4	84	251	4
6	Hunts AC	1	67	189	5
5	Peterborough AC	2	77	188	6
7	Stamford Striders	5	56	159	7
8	Spare	8	0	0	8

EMAC Track & Field League		Central Division - Match 3		Teams =	7
Cambridge		Wed	04/07/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
3	Marshall Milton Keynes AC	1	93	368	1
2	Bedford & County AC	2	105	307	2
1	Fairlands Valley Spartans	6	109	303.5	3
4	Cambridge & Coleridge AC	7	68	194	4
5	Biggleswade AC	4	59	182.5	5
5	Bedford Harriers	5	59	123	6
7	Luton AC	3	32	74	7
8	Spare	8	0	0	8

EMAC Track & Field League		Southern Division - Match 3		Teams =	8
Southend		Wed	04/07/18	Overall Match Scores	
Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
1	Southend AC	1	148	442.5	1
2	Chelmsford/Springfield	6	116	347.5	2
3	Thurrock Harriers	3	104	344.5	3
4	Loughton AC	2	95	252	4
5	Colchester Harriers	7	90	250.5	5
6	Col & Tend/Ipswich Harriers	4	54	193	6
7	Basildon AC/Billericay Striders	8	28	61	7
8	WSAC/St Edmunds Pacers	5	0	15	8

EMAC Track & Field League		Northern Division - Match 3		Teams =	7
Peterborough		Mon	02/07/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Ryston Runners AC	F	127	392	1
2	Nene Valley Harriers	C	81.5	251.5	2
3	Corby AC	D	77	199	3
4	Peterborough AC	B	58	158	4
6	Stamford Striders	E	54	154	5
5	Hunts AC	A	56.5	128.5	6
7	West Norfolk AC	G	30	93	7
8	Spare	H	0	0	8

EMAC Track & Field League		Central Division - Match 3		Teams =	7
Cambridge		Wed	04/07/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Fairlands Valley Spartans	F	126	383	1
2	Marshall Milton Keynes AC	A	119	355	2
2	Cambridge & Coleridge AC	G	119	294	3
4	Biggleswade AC	D	65	173	4
5	Bedford Harriers	E	34	107	5
6	Luton AC	C	25	70	6
7	Bedford & County AC	B	6	41	7
8	Spare	H	0	0	8

EMAC Track & Field League		Southern Division - Match 3		Teams =	8
Southend		Wed	04/07/18	Overall Match Scores	
Pos	Women's Teams	Bib	Match 3 Points	Final	Pos
1	Loughton AC	B	132	381	1
3	WSAC/St Edmunds Pacers	E	111	354	2
4	Chelmsford/Springfield	F	103	315	3
2	Southend AC	A	112	314	4
7	Colchester Harriers	G	41	153	5
5	Col & Tend/Ipswich Harriers	D	45	115	6
6	Basildon AC/Billericay Striders	H	44	103	7
8	Thurrock Harriers	C	0	0	8

## Match 1

				35-49	50-59	60+	Division
<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	N
<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	N
<b>1M Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>			<b>Rec</b>	
Helen Middleton	55	Biggleswade AC	09:10.8			LR	C
<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	C
<b>3000m W35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>			<b>Rec</b>	
Elizabeth Davies	39	Chelmsford AC	09:59.5			LR	S

## Match 2

				35-49	50-59	60+	
<b>100mH M60+ (84cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>			<b>Rec</b>	
Ian Reeve	65	West Norfolk AC	20.6			LR	N
<b>80mH W60+ (68.6cm)</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>			<b>Rec</b>	
Marlene Simmonds	72	Ryston Runners AC	20.8			LR	N
<b>1K5m Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>			<b>Rec</b>	
Adam Hills	41	Bedford Harriers	08:03.9			LR	C
<b>Pole Vault M35-49</b>	<b>RDA</b>	<b>Team</b>	<i>(N.nn)</i>			<b>Rec</b>	
Brian Slaughter	60	Marshall Milton Keynes AC	2.80			LR	C
<b>200m W60+</b>	<b>RDA</b>	<b>Team</b>	<i>(NN.n)</i>			<b>Rec</b>	
Edith Caux	61	Luton AC	32.2			LR	C
<b>1K5m Walk 'A'</b>	<b>RDA</b>	<b>Team</b>	<i>(NN:NN.n)</i>			<b>Rec</b>	

Diane Baldwin	61	Marshall Milton Keynes AC	09:01.2	LR	C
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80mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec	
Diane Baldwin	61	Marshall Milton Keynes AC	27.3	LR	C

Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Rec	
Sandra Ingham	60	Biggleswade AC	21.52	LR	C

1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Rec	
Dominic King	35	Colchester Harriers	06:00.5	LR	S

1K5m Walk 'B'	RDA	Team	(NN:NN.n)	Rec	
Daniel King	35	Colchester Harriers	06:03.6	LR	S

100mH M60+ (84cm)	RDA	Team	(NN.n)	Rec	
Dave Barnett	60	Chelmsford AC	28.4	LR	S

1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Rec	
Melanie Peddle	49	Loughton AC	08:17.3	LR	S

80mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec	
Emily McMahon	68	Loughton AC	17.4	LR	S

Pole Vault - 'B'	RDA	Team	(N.nn)	Rec	
Barbara Higgins	63	Loughton AC	1.22	LR	S

### Match 3

35-49	50-59	60+
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Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Rec	
		Nene Valley Harriers	01:43.5	LR	N

100m W50-59	RDA	Team	(NN.n)	Rec	
Edith Caux	61	Luton AC	15.6	LR	C

400m W60+	RDA	Team	(NN.n)	Rec	
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Edith Caux	61	Luton AC	71.8	LR	C
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2Km Walk 'B'	RDA	Team	(NN:NN.n)	Rec	
Daniel King	35	Colchester Harriers	08:30.1	LR	S

Relay 4x2 M35-49	RDA	Team	(N:NN.n)	Rec	
		Col & Tend/Ipswich Harriers	01:43.3	LR	S

1500m W35-49	RDA	Team	(NN:NN.n)	Rec	
Elizabeth Davies	39	Chelmsford/Springfield	04:45.0	LR	S

Hammer W60+ (3Kg)	RDA	Team	(NN.n)	Rec	
Shirley Quinn	63	Chelmsford/Springfield	32.75	LR	S