

Insert non scoring results at the bottom

EMAC Track & Field League							Northern Division - Match 4		Teams =	7
Corby			Wed	01 August 2018			Overall Match Scores			
O/A	Pos	Men's Teams	Bib	Match 4 Points			Final	Pos		
x	6	Hunts AC	1	67			189	5		
x	5	Peterborough AC	2	77			188	6		
x	1	Nene Valley Harriers	3	111			320	1		
x	4	Corby AC	4	84			251	4		
x	7	Stamford Striders	5	56			159	7		
x	2	Ryston Runners AC	6	106			309	2		
x	3	West Norfolk AC	7	95			284	3		
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

2003	200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
6	1	Daniel Yellop	38	Ryston Runners AC		25.0	7	-	x	x	82.0
3	2	Julian Smith	49	Nene Valley Harriers		25.6	6	-	x	x	86.9
4	3	Keith Lok	43	Corby AC		27.7	5	-	x	x	76.9
7	4	Neil Watson	45	West Norfolk AC		28.2	4	-	x	x	76.7
5	5	Chris Deadman	35	Stamford Striders		29.1	3	-	x	x	68.9
	6						2				
	7						1				
	8						0				
2005	200m	200m M50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %	
3	1	Ricardo Huskisson	58	Nene Valley Harriers		25.6	7	-	x	92.5	
4	2	Dougie Donald	59	Corby AC		26.3	6	-	x	90.6	
1	3	Philip Bowers	50	Hunts AC		29.4	5	-	x	76.2	
7	4	Robert Vincent	52	West Norfolk AC		31.3	4	-	x	72.6	
5	5	Ed Fancourt	51	Stamford Striders		31.7	3	-	x	71.2	
6	6	Anthony Savage	57	Ryston Runners AC		33.0	2	-	x	71.3	
2	7	Eamonn Dorling	63	Peterborough AC		37.4	1	x	-	65.4	
	8						0				
2006	200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %		
2	1	David Whitehead	66	Peterborough AC		29.0	7	-	86.2		
4	2	Wilson Paterson	60	Corby AC		29.7	6	-	80.8		
7	3	John Moore	68	West Norfolk AC		31.3	5	-	81.1		
6	4	Chris Chapman	61	Ryston Runners AC		34.1	4	-	70.8		

3	5	John Spriggs	66	Nene Valley Harriers	35.4	3
1	6	Jim Stocker	69	Hunts AC	36.9	2
	7					1
	8					0

-	70.6
-	69.4

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
7	1	Benjamin Collison	35	West Norfolk AC	05:09.3	7
3	2	James Macdonald	36	Nene Valley Harriers	05:17.7	6
6	3	Jamie Bransgrove	40	Ryston Runners AC	05:52.6	5
5	4	Chris Deadman	35	Stamford Striders	06:13.5	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	73.5
-	x	x	72.0
-	x	x	66.8
-	x	x	60.9

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
6	1	Malcolm Tuff	53	Ryston Runners AC	05:12.4	7
3	2	Sean Beard	52	Nene Valley Harriers	05:30.6	6
1	3	Geoffrey Brewster	59	Hunts AC	05:38.6	5
4	4	John Donaldson	59	Corby AC	05:50.0	4
5	5	Ed Fancourt	51	Stamford Striders	05:50.8	3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	83.5
-	x	78.2
-	x	81.0
-	x	78.4
-	x	73.1

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	1	Jim Stocker	69	Hunts AC	06:24.3	7
4	2	Richard Brown	66	Corby AC	06:41.9	6
2	3	Eamonn Dorling	63	Peterborough AC	06:48.5	5
6	4	Paul Firmage	63	Ryston Runners AC	07:23.6	4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	78.3
-	72.7
-	69.6
-	64.1

300H6	LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
7	1	Ian Reeve	66	West Norfolk AC	54.1	7	
6	2	Chris Chapman	61	Ryston Runners AC	64.9	6	
	3					5	
	4					4	
	5					3	
	6					2	
	7					1	

Rec	AG %
-	84.3
-	65.7

	8					0
400H3	LH	400mH M35-49 (91.4cm)	RDA	Team	<i>(NN.n)</i>	Pts
3	1	Sean Reidy	37	Nene Valley Harriers	59.5	7
6	2	Mac Tuncer	37	Ryston Runners AC	61.7	6
7	3	Neil Watson	45	West Norfolk AC	73.6	5
	4					4
	5					3
	6					2
	7					1
	8					0
400H5	LH	400mH M50-59 (84.0cm)	RDA	Team	<i>(NN.n)</i>	Pts
6	1	David Lane	53	Ryston Runners AC	86.6	7
7	2	Robert Vincent	52	West Norfolk AC	103.5	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0
JT3	JT	Javelin M35-49 (800gm)	RDA	Team	<i>(NN.nn)</i>	Pts
3	1	Simon Achurch	43	Nene Valley Harriers	42.42	7
6	2	Martin Heeley	44	Ryston Runners AC	36.46	6
7	3	Allan Williams	43	West Norfolk AC	30.95	5
1	4	Steve Burke	45	Hunts AC	27.81	4
5	5	Chris Deadman	35	Stamford Striders	25.72	3
4	6	Keith Lok	43	Corby AC	15.91	2
	7					1
	8					0
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	<i>(NN.nn)</i>	Pts
2	1	Karl Eve	55	Peterborough AC	29.54	7
6	2	David Lane	53	Ryston Runners AC	25.98	6
4	3	Dougie Donald	59	Corby AC	24.29	5
7	4	Robert Vincent	52	West Norfolk AC	23.28	4
1	5	Robert Ellingham	53	Hunts AC	17.66	3
5	6	Ed Fancourt	51	Stamford Striders	15.13	2
3	7	Paul Parkin	54	Nene Valley Harriers	8.85	1
	8					0
JT6	JT	Javelin M60-69 (600gm)	RDA	Team	<i>(NN.nn)</i>	Pts
7	1	Ian Reeve	66	West Norfolk AC	31.23	7

Rec	Rec	Rec	AG %	
-	x	x	83.2	
-	x	x	80.3	
-	x	x	72.9	
Rec	Rec	AG %		
-	x	67.6		
-	x	56.4		
Rec	Rec	Rec	AG %	
-	x	x	51.1	
-	x	x	44.7	
-	x	x	37.3	
-	x	x	34.7	
-	x	x	27.3	
-	x	x	19.2	
Rec	Rec	AG %		
-	x	42.2		
-	x	35.7		
-	x	37.7		
-	x	31.4		
-	x	24.2		
-	x	20.0		
-	x	12.4		
Rec	AG %			
-	53.5			

6	2	Paul Oakes	65	Ryston Runners AC	29.69	6
4	3	Peter Knott	60	Corby AC	22.48	5
3	4	Timothy Needham	65	Nene Valley Harriers	18.35	4
	5					3
	6					2
	7					1
	8					0

-	49.7
-	33.8
-	30.7

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	43	Nene Valley Harriers	34.86	7
1	2	Steve Burke	45	Hunts AC	28.33	6
6	3	Daniel Yellop	38	Ryston Runners AC	24.09	5
7	4	Allan Williams	43	West Norfolk AC	23.26	4
4	5	Gary Beckwith	41	Corby AC	16.04	3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	48.4
-	x	x	40.2
-	x	x	32.5
-	x	x	32.3
-	x	x	21.9

DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	1	Robert Ellingham	53	Hunts AC	31.49	7
2	2	Karl Eve	55	Peterborough AC	24.26	6
6	3	David Lane	53	Ryston Runners AC	21.29	5
3	4	John Blackwell	67	Nene Valley Harriers	20.17	4
4	5	Dougie Donald	59	Corby AC	20.09	3
7	6	Robert Vincent	52	West Norfolk AC	18.15	2
	7					1
	8					0

Rec	Rec	AG %
-	x	44.9
-	x	36.0
-	x	30.4
x	-	-
-	x	33.0
-	x	25.4

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
3	1	Timothy Needham	65	Nene Valley Harriers	30.90	7
6	2	Paul Oakes	65	Ryston Runners AC	30.86	6
4	3	Peter Knott	60	Corby AC	30.40	5
7	4	Ian Reeve	66	West Norfolk AC	25.29	4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	52.2
-	52.1
-	46.1
-	43.7

LJ3	LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
3	1	Sean Reidy	37	Nene Valley Harriers	5.25	7		-	x	x	63.0
6	2	Daniel Yellop	38	Ryston Runners AC	5.10	6		-	x	x	61.9
4	3	Keith Lok	43	Corby AC	4.63	5		-	x	x	59.5
5	4	Chris Deadman	35	Stamford Striders	4.37	4		-	x	x	51.3

7	5	Neil Watson	45	West Norfolk AC	4.19	3		-	x	x	55.2
	6					2					
	7					1					
	8					0					

LJ5	LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
1	1	Philip Bowers	50	Hunts AC	5.11	7		-	x	71.6
6	2	David Lane	53	Ryston Runners AC	4.36	6		-	x	63.6
4	3	John Donaldson	59	Corby AC	4.04	5		-	x	64.1
7	4	Robert Vincent	52	West Norfolk AC	3.43	4		-	x	49.4
3	5	Paul Parkin	54	Nene Valley Harriers	3.38	3		-	x	50.0
5	6	Ed Fancourt	51	Stamford Striders	3.18	2		-	x	45.2
	7					1				
	8					0				

LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
7	1	Ian Reeve	66	West Norfolk AC	4.30	7		-	76.0
2	2	David Whitehead	66	Peterborough AC	3.99	6		-	70.5
6	3	Paul Oakes	65	Ryston Runners AC	3.72	5		-	64.7
3	4	John Spriggs	66	Nene Valley Harriers	3.41	4		-	60.3
	5					3			
	6					2			
	7					1			
	8					0			

PV3	PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
3	1	Adam Fidgett	36	Nene Valley Harriers	2.30	7	-	x	x	39.4
6	2	Mac Tuncer	37	Ryston Runners AC	2.30	6	-	x	x	39.9
	3					5				
	4					4				
	5					3				
	6					2				
	7					1				
	8					0				

PV5	PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
1	1	Richard Phelan	56	Hunts AC	3.10	7	-	x	69.9
2	2	Karl Eve	55	Peterborough AC	2.50	6	-	x	55.5
6	3	Paul Oakes	65	Ryston Runners AC	2.30	5	x	-	60.5
7	4	Ian Reeve	66	West Norfolk AC	1.50	4	x	-	40.2
	5					3			
	6					2			
	7					1			

	8				0	
R4224-35	MedR	Relay 4224 M35-49	RDA	Team	<i>(N:NN.n)</i>	Pts
6	1			Ryston Runners AC	02:50.3	7
3	2			Nene Valley Harriers	02:52.7	6
7	3			West Norfolk AC	03:13.0	5
	4					4
	5					3
	6					2
	7					1
	8					0
R4224-50	MedR	Relay 4224 M50+	RDA	Team	<i>(N:NN.n)</i>	Pts
4	1			Corby AC	03:23.3	7
6	2			Ryston Runners AC	03:32.1	6
3	3			Nene Valley Harriers	03:36.9	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec			
-			
-			
-			
Rec			
-			
-			
-			

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

Non Scoring				
Event	Name	AG	Club	Result
LJ	Mac Tuncer	V35	Ryston Runners AC	5.58
LJ	Martin Heeley	V40	Ryston Runners AC	4.51
LJ	Jeffrey Reed	V70	Ryston Runners AC	1.94
200	Christopher Monk	V65	Harborough AC	28.2
200	James MacDonald	V35	Nene Valley Harriers	29.9
Mile	Paul Parkin	V50	Nene Valley Harriers	06:27.0
Mile	Barry Warne	V55	Nene Valley Harriers	06:30.9

Insert non scoring results at the bottom

EMAC Track & Field League Northern Division - Match 4 Teams = 7

Corby Wed 01 August 2018 Overall Match Scores

O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	5	Hunts AC	A	56.5	128.5	6
x	4	Peterborough AC	B	58	158	4
x	2	Nene Valley Harriers	C	81.5	251.5	2
x	3	Corby AC	D	77	199	3
x	6	Stamford Striders	E	54	154	5
x	1	Ryston Runners AC	F	127	392	1
x	7	West Norfolk AC	G	30	93	7
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

2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
C	1	Claire Smith	42	Nene Valley Harriers	27.8	7		-	x	x	83.3
D	2	Yvette Clayton	45	Corby AC	29.4	6		-	x	x	81.8
F	3	Hayley Hawes	37	Ryston Runners AC	33.3	5		-	x	x	65.3
E	4	Hilary Cox	48	Stamford Striders	38.6	4		-	x	x	64.4
G	5	Hannah Marsters	39	West Norfolk AC	46.9	3		-	x	x	47.6
	6					2					
	7					1					
	8					0					

2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
F	1	Gaye Clarke	57	Ryston Runners AC	34.2	7		-	x	80.2
C	2	Judith Jacobs	54	Nene Valley Harriers	36.0	6		-	x	73.8
B	3	Judith Jagger	57	Peterborough AC	36.6	5		-	x	75.0
D	4	Sue Paterson	50	Corby AC	37.5	4		-	x	67.9
E	5	Liz Makin	57	Stamford Striders	42.0	3		-	x	65.3
	6					2				
	7					1				
	8					0				

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
F	1	Gill Hart	65	Ryston Runners AC	41.3	7		-	72.0
D	2	Lynne Wells	60	Corby AC	42.8	6		-	66.1
C	3	Brenda Church	66	Nene Valley Harriers	46.4	5		-	64.6
	4					4			

5					3
6					2
7					1
8					0

1Mile3	1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
D	1	Karen Cudby	42	Corby AC	06:06.8	7
E	2	Nicola Eastwood	46	Stamford Striders	06:52.5	6
C	3	Claire Smith	42	Nene Valley Harriers	07:20.8	5
G	4	Hannah Marsters	39	West Norfolk AC	09:35.6	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	74.0
-	x	x	69.0
-	x	x	61.6
-	x	x	45.7

1Mile5	1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
D	1	Karen Brooks	59	Corby AC	06:14.6	7
C	2	Yvonne Scarrott	51	Nene Valley Harriers	06:40.8	6
F	3	Linda Marshall	53	Ryston Runners AC	06:45.0	5
E	4	Liz Makin	57	Stamford Striders	08:00.0	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	90.1
-	x	75.5
-	x	76.7
-	x	68.4

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
D	1	Lynne Wells	60	Corby AC	08:05.5	7
F	2	Elizabeth Blakie	60	Ryston Runners AC	08:18.4	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	70.5
-	68.7

300H5	LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
D	1	Jill Roginski	59	Corby AC	60.2	7
C	2	Judith Jacobs	54	Nene Valley Harriers	67.8	6
B	3	Judith Jagger	57	Peterborough AC	71.8	5
	4					4
	5					3
	6					2
	7					1

Rec	Rec	AG %
-	x	86.8
-	x	71.3
-	x	70.6

	8				0	
300H6	LH	300mH W60+ (68.6cm)	RDA	Team	<i>0.0</i>	Pts
F	1	Marlene Simmonds	72	Ryston Runners AC	109.1	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0
400H3	LH	400mH W35-49 (76.2cm)	RDA	Team	<i>(NN.n)</i>	Pts
F	1	Katy Tuncer	38	Ryston Runners AC	74.4	7
C	2	Claire Smith	42	Nene Valley Harriers	83.2	6
G	3	Louise Rice	46	West Norfolk AC	111.8	5
	4					4
	5					3
	6					2
	7					1
	8					0
JT3	JT	Javelin W35-49 (600gm)	RDA	Team	<i>(NN.nn)</i>	Pts
C	1	Andrea Jenkins	42	Nene Valley Harriers	19.94	7
D	2	Yvette Clayton	45	Corby AC	13.86	6
E	3	Anna Rugg	39	Stamford Striders	4.98	5
G	4	Hannah Marsters	39	West Norfolk AC	4.41	4
F	5	Sue Smith	53	Ryston Runners AC	3.67	3
	6					2
	7					1
	8					0
JT5	JT	Javelin W50-59 (500gm)	RDA	Team	<i>(NN.nn)</i>	Pts
D	1	Jill Roginski	59	Corby AC	23.38	7
B	2	Judith Jagger	57	Peterborough AC	15.11	6
F	3	Gaye Clarke	57	Ryston Runners AC	14.99	5
C	4	Sally Pusey	50	Nene Valley Harriers	9.14	4
	5					3
	6					2
	7					1
	8					0
JT6	JT	Javelin W60+ (500gm)	RDA	Team	<i>(NN.nn)</i>	Pts
F	1	Marlene Simmonds	72	Ryston Runners AC	13.49	7

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Rec AG %

LR	-

Rec Rec Rec AG %

-	x	x	73.5
-	x	x	-
-	x	x	-

Rec Rec Rec AG %

-	x	x	31.4
-	x	x	23.6
-	x	x	7.3
-	x	x	6.5
x	-	x	-

Rec Rec AG %

-	x	55.3
-	x	33.8
-	x	33.5
-	x	17.1

Rec AG %

-	43.5
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C	2	Brenda Church	66	Nene Valley Harriers	11.88	6
D	3	Lynne Wells	60	Corby AC	10.10	5
E	4	Morag Roberts	74	Stamford Striders	5.61	4
	5					3
	6					2
	7					1
	8					0

-	32.6
-	24.2
-	19.2

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
C	1	Andrea Jenkins	42	Nene Valley Harriers	35.91	7
D	2	Yvette Clayton	45	Corby AC	17.48	6
E	3	Yvonne Youngman	45	Stamford Striders	11.85	5
G	4	Hannah Marsters	39	West Norfolk AC	10.16	4
F	5	Sue Smith	53	Ryston Runners AC	8.33	3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	53.4
-	x	x	27.3
-	x	x	18.5
-	x	x	14.4
x	-	x	15.0

DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
B	1	Judith Jagger	57	Peterborough AC	24.50	7
C	2	Sally Pusey	50	Nene Valley Harriers	14.98	6
F	3	Linda Marshall	53	Ryston Runners AC	13.68	5
D	4	Sue Paterson	50	Corby AC	12.62	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	AG %
-	x	47.6
-	x	25.5
-	x	24.6
-	x	21.5

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
F	1	Marlene Simmonds	72	Ryston Runners AC	16.40	7
C	2	Brenda Church	66	Nene Valley Harriers	11.77	6
D	3	Lynne Wells	60	Corby AC	9.83	5
	4					4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	46.1
-	28.1
-	20.4

LJ3	LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
A	1	Joanne Abel	45	Hunts AC	4.28	7		-	x	x	66.8
F	2	Katy Tuncer	38	Ryston Runners AC	4.23	6		-	x	x	60.5
D	3	Vanessa Powell	49	Corby AC	3.20	5		-	x	x	52.7
E	4	Nicola Eastwood	46	Stamford Striders	3.04	4		-	x	x	48.1

G	5	Hannah Marsters	39	West Norfolk AC	2.52	3		-	x	x	36.5
C	6	Charlotte Lornie	42	Nene Valley Harriers	2.47	2		-	x	x	37.1
	7					1					
	8					0					

LJ5	LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
F	1	Gaye Clarke	57	Ryston Runners AC	3.66	7		-	x	67.8
B	2	Judith Jagger	57	Peterborough AC	3.48	6		-	x	64.4
C	3	Judith Jacobs	54	Nene Valley Harriers	3.40	5		-	x	60.2
D	4	Sue Paterson	50	Corby AC	2.80	4		-	x	46.8
E	5	Liz Makin	57	Stamford Striders	2.25	3		-	x	41.7
	6					2				
	7					1				
	8					0				

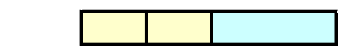
LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
F	1	Elizabeth Blakie	60	Ryston Runners AC	2.97	7		-	57.6
D	2	Lynne Wells	60	Corby AC	2.83	6		-	54.9
C	3	Brenda Church	66	Nene Valley Harriers	2.23	5		-	48.0
E	4	Morag Roberts	74	Stamford Striders	2.21	4		-	55.5
	5					3			
	6					2			
	7					1			
	8					0			

PV3	PV	Pole Vault - W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
F	1	Katy Tuncer	38	Ryston Runners AC	1.70	7	-	x	x	37.9
	2					6				
	3					5				
	4					4				
	5					3				
	6					2				
	7					1				
	8					0				

PV5	PV	Pole Vault - W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
A	1	Sandra Pedley	53	Hunts AC	2.00	7	-	x	58.3
	2					6			
	3					5			
	4					4			
	5					3			
	6					2			
	7					1			

	8					0
R4224-35	MedR	Relay 4224 W35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
D	1			Corby AC	03:22.0	7
F	2			Ryston Runners AC	03:39.7	6
E	3			Stamford Striders	04:08.4	5
	4					4
	5					3
	6					2
	7					1
	8					0

R4224-50	MedR	Relay 4224 W50+	RDA	Team	<i>(NN:NN.n)</i>	Pts
D	1			Corby AC	04:02.1	7
C	2			Nene Valley Harriers	04:38.2	6
F	3			Ryston Runners AC	04:55.9	5
	4					4
	5					3
	6					2
	7					1
	8					0



Rec

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Rec

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

Non Scoring				
Event	Name	AG	Club	Result
Discus	Charlotte Lornie	V40	Nene Valley Harriers	13.81
LJ	Pat Oakes	V70	Ashford AC	2.60
Mile	Sally Coombs	V45	Corby AC	06:38.7
Mile	Yvonne Youngman	V45	Stamford Striders	07:03.0
Mile	Hilary Cox	V35	Stamford Striders	07:32.0
Mile	Anna Rugg	V35	Stamford Striders	07:38.0
200	Vanessa Powell	V45	Corby AC	35.6
200	Pat Oakes	V70	Ashford AC	46.0
300mH	Susan Frisby	V55	Harborough AC	52.4
LJ	Marlene Simmonds	V70	Ryston Runners AC	2.72
200	Katy Tuncer	W35	Ryston Runners AC	29.1

Insert non scoring results at the bottom

EMAC Track & Field League Central Division - Match 4 Teams = 7

Milton Keynes Wed 01 August 2018 Overall Match Scores

O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	1	Marshall Milton Keynes AC	1	135	503	1
x	3	Bedford & County AC	2	106	413	2
x	7	Luton AC	3	11	85	7
x	5	Biggleswade AC	4	56.5	239	5
x	6	Bedford Harriers	5	48	171	6
x	2	Fairlands Valley Spartans	6	109	412.5	3
x	4	Cambridge & Coleridge AC	7	62.5	256.5	4
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

Year	200m	Event	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
2003	1	1	Panos Ioannou	37	Marshall Milton Keynes AC	24.5	7	-	x	x	83.1
	6	2	Richard Bruce	47	Fairlands Valley Spartans	25.5	6	-	x	x	86.0
	2	3	Peter Benedickter	49	Bedford & County AC	25.7	5	-	x	x	86.6
	3	4	Daniel Bottesch	43	Luton AC	25.8	4	-	x	x	82.6
	7	5	Stuart Dunlop	45	Cambridge & Coleridge AC	32.9	3	-	x	x	65.7
	4	6	Charles Arnold	62	Biggleswade AC	32.9	2	x	x	-	73.9
	5	7	Michael Horton	47	Bedford Harriers	33.9	1	-	x	x	64.7
		8					0				
2005	1	1	Kerry Courtenay-Robin	52	Marshall Milton Keynes AC	26.9	7	-	x		84.5
	6	2	Steve Mayfield	52	Fairlands Valley Spartans	27.3	6	-	x		83.2
	7	3	Keith Clarke	51	Cambridge & Coleridge AC	28.9	5	-	x		78.1
	2	4	Lance Croft	52	Bedford & County AC	29.3	4	-	x		77.6
	4	5	Neil Harvey	58	Biggleswade AC	36.7	3	-	x		64.5
	5	6	George Baxter	64	Bedford Harriers	42.9	2	x	-		57.4
		7					1				
		8					0				
2006	1	1	John Browne	65	Marshall Milton Keynes AC	27.3	7				90.8
	2	2	Tennyson James	60	Bedford & County AC	28.1	6				85.4
	4	3	Clark Skerratt	67	Biggleswade AC	36.3	5				69.4
	6	4	Mark Freeman	62	Fairlands Valley Spartans	38.0	4				64.0

5	5	Mark Tinkler	60	Bedford Harriers	45.4	3
	6					2
	7					1
	8					0

-	52.9

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
2	1	Simon Coombes	46	Bedford & County AC	04:35.3	7
6	2	Christopher Westcott	45	Fairlands Valley Spartans	04:46.7	6
1	3	Andrew Kirschner	36	Marshall Milton Keynes AC	04:56.8	5
5	4	Adam Hills	41	Bedford Harriers	05:35.2	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
LR	x	x	89.6
-	x	x	85.3
-	x	x	77.1
-	x	x	70.8

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
2	1	Andrew Leach	54	Bedford & County AC	04:55.4	7
1	2	Stephen Herring	50	Marshall Milton Keynes AC	04:56.6	6
6	3	David Bowker	59	Fairlands Valley Spartans	06:02.5	5
4	4	Neil Harvey	58	Biggleswade AC	06:55.8	4
5	5	Mark Tinkler	60	Bedford Harriers	07:05.5	3
	6					2
	7					1
	8					0

Rec	Rec	AG %
LR	x	89.0
LR	x	85.8
-	x	75.7
-	x	65.4
x	-	65.0

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
1	1	John Skelton	67	Marshall Milton Keynes AC	05:30.1	7
5	2	David Frampton	62	Bedford Harriers	05:55.1	6
6	3	Barry Osborne	67	Fairlands Valley Spartans	05:58.0	5
4	4	Charles Arnold	62	Biggleswade AC	05:59.6	4
2	5	Paul Wilkerson	63	Bedford & County AC	06:16.5	3
	6					2
	7					1
	8					0

Rec	AG %
LR	89.3
-	79.3
-	82.4
-	78.3
-	75.5

300H6	LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
2	1	Tennyson James	60	Bedford & County AC	48.7	7	
1	2	Brian Slaughter	61	Marshall Milton Keynes AC	49.1	6	
4	3	Charles Arnold	62	Biggleswade AC	59.0	5	
6	4	Paul Holgate	61	Fairlands Valley Spartans	96.7	4	
	5					3	
	6					2	
	7					1	

Rec	AG %
LR	86.9
LR	86.8
-	72.7
-	44.1

400H3						
LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts	
2	1	Peter Benedickter	49	Bedford & County AC	62.6	7
1	2	Jeremy Vick	40	Marshall Milton Keynes AC	75.3	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0
400H5						
LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts	
6	1	Peter Smith	56	Fairlands Valley Spartans	103.3	7
1	2	Paul Sutherland	51	Marshall Milton Keynes AC	109.9	6
2	3	David Folgate	67	Bedford & County AC	128.6	5
	4					4
	5					3
	6					2
	7					1
	8					0
JT3						
JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	
1	1	Andre Sinclair-Linton	52	Marshall Milton Keynes AC	35.83	7
2	2	Peter Benedickter	49	Bedford & County AC	28.43	6
6	3	Richard Bruce	47	Fairlands Valley Spartans	25.30	5
7	4	Stuart Dunlop	45	Cambridge & Coleridge AC	22.00	4
5	5	Michael Horton	47	Bedford Harriers	20.17	3
	6					2
	7					1
	8					0
JT5						
JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
1	1	Mark Featherstone	53	Marshall Milton Keynes AC	35.09	7
7	2	Ian Slack	57	Cambridge & Coleridge AC	27.43	6
6	3	Steve Mayfield	52	Fairlands Valley Spartans	25.55	5
4	4	Ajit Kapur	65	Biggleswade AC	23.11	4
2	5	Lance Croft	52	Bedford & County AC	20.68	3
	6					2
	7					1
	8					0
JT6						
JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	
1	1	Bunt Scott	67	Marshall Milton Keynes AC	28.16	7

Rec	Rec	Rec	AG %
-	x	x	89.0
-	x	x	67.8
Rec	Rec	Rec	AG %
-	x		57.0
-	x		53.0
x	-		-
Rec	Rec	Rec	AG %
x	-	x	-
-	x	x	38.2
-	x	x	32.7
-	x	x	27.4
-	x	x	26.1
Rec	Rec	AG %	
-	x	48.2	
-	x	40.8	
-	x	34.4	
x	-	-	
-	x	27.9	
Rec	AG %		
-	49.4		

2	2	Mark Burgman	62	Bedford & County AC	25.30	6
7	3	Noel Moss	73	Cambridge & Coleridge AC	17.87	5
4	4	Clark Skerratt	67	Biggleswade AC	15.81	4
5	5	George Baxter	64	Bedford Harriers	15.19	3
6	6	Paul Holgate	61	Fairlands Valley Spartans	12.46	2
	7					1
	8					0

-	39.7
-	-
-	27.8
-	24.9
-	19.1

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
6	1	Anton McCalla	41	Fairlands Valley Spartans	17.99	7
7	2	Keith Clarke	51	Cambridge & Coleridge AC	17.10	6
5	3	Michael Horton	47	Bedford Harriers	14.62	5
1	4	Jason Carvalho	40	Marshall Milton Keynes AC	14.20	4
	5					3
	6					2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	24.5
x	-	x	-
-	x	x	21.5
-	x	x	19.2

DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	1	Mark Featherstone	53	Marshall Milton Keynes AC	32.00	7
6	2	Steve Mayfield	52	Fairlands Valley Spartans	27.24	6
7	3	Ian Slack	57	Cambridge & Coleridge AC	22.98	5
2	4	Lance Croft	52	Bedford & County AC	17.58	4
5	5	Chris Capps	63	Bedford Harriers	13.15	3
4	6	Colin Harries	71	Biggleswade AC	10.60	2
	7					1
	8					0

Rec	Rec	AG %
-	x	45.7
-	x	38.1
-	x	35.8
-	x	24.6
x	-	-
x	-	-

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	1	Bunt Scott	67	Marshall Milton Keynes AC	34.63	7
2	2	Graeme Packman	63	Bedford & County AC	33.64	6
5	3	George Baxter	64	Bedford Harriers	21.44	5
4	4	Robin Wynde	60	Biggleswade AC	15.83	4
6	5	Mark Freeman	62	Fairlands Valley Spartans	12.33	3
7	6	Noel Moss	73	Cambridge & Coleridge AC	11.82	2
	7					1
	8					0

Rec	AG %
-	61.3
-	54.3
-	35.4
-	24.0
-	19.5
-	24.4

LJ3	LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
3	1	Danny O'Shea	41	Luton AC	4.64	7		-	x	x	58.3
6	2	Anton McCalla	41	Fairlands Valley Spartans	4.37	6		-	x	x	54.9
1	3	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	4.36	5		-	x	x	52.9
7	4	Keith Clarke	51	Cambridge & Coleridge AC	4.12	4		x	-	x	58.5

5	5	Adam Hills	41	Bedford Harriers	3.30	3		-	x	x	41.4
4	6	Colin Harries	71	Biggleswade AC	1.49	2		x	x	-	28.7
	7					1					
	8					0					

LJ5	LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
6	1	Steve Mayfield	52	Fairlands Valley Spartans	4.11	7		-	x	59.2
7	2	Ian Slack	57	Cambridge & Coleridge AC	4.11	6		-	x	63.4
4	3	Charles Arnold	62	Biggleswade AC	3.12	5		x	-	51.8
1	4	Stewart Fraser	59	Marshall Milton Keynes AC	3.01	4		-	x	47.8
	5					3				
	6					2				
	7					1				
	8					0				

LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
1	1	Brian Slaughter	61	Marshall Milton Keynes AC	4.69	7		-	76.7
2	2	David Folgate	67	Bedford & County AC	4.00	6		-	71.9
4	3	Ajit Kapur	65	Biggleswade AC	2.76	5		-	48.0
5	4	Mark Tinkler	60	Bedford Harriers	2.55	4		-	41.1
7	5	Noel Moss	73	Cambridge & Coleridge AC	2.30	3		-	45.9
6	6	Paul Holgate	61	Fairlands Valley Spartans	1.42	2		-	23.2
	7					1			
	8					0			

PV3	PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
2	1	Robert Kingman	45	Bedford & County AC	3.60	7	-	x	x	69.1
7	2	Ian Slack	57	Cambridge & Coleridge AC	1.90	6	x	-	x	43.5
6	3	David Stephenson	55	Fairlands Valley Spartans	1.70	5	x	-	x	37.7
1	4	Simon Kirschner-Heavens	38	Marshall Milton Keynes AC	1.30	4	-	x	x	22.8
	5					3				
	6					2				
	7					1				
	8					0				

PV5	PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
2	1	Mark Burgman	62	Bedford & County AC	2.70	7	x	-	67.3
1	2	Brian Slaughter	61	Marshall Milton Keynes AC	2.20	6	x	-	53.9
6	3	Steve Mayfield	52	Fairlands Valley Spartans	2.00	5	-	x	42.4
4	4	Charles Arnold	62	Biggleswade AC	1.30	4	x	-	32.4
7	4	Noel Moss	73	Cambridge & Coleridge AC	1.30	4	x	-	40.1
	6					3			
	7					2			

	8					1
R4224-35	MedR	Relay 4224 M35-49	RDA	Team	<i>(N:NN.n)</i>	Pts
6	1			Fairlands Valley Spartans	02:46.9	7
1	2			Marshall Milton Keynes AC	02:51.2	6
2	3			Bedford & County AC	03:03.9	5
7	4			Cambridge & Coleridge AC	03:59.5	4
	5					3
	6					2
	7					1
	8					0

R4224-50	MedR	Relay 4224 M50+	RDA	Team	<i>(N:NN.n)</i>	Pts
1	1			Marshall Milton Keynes AC	03:09.3	7
6	2			Fairlands Valley Spartans	03:37.0	6
2	3			Bedford & County AC	03:51.3	5
4	4			Biggleswade AC	03:52.6	4
5	5			Bedford Harriers	04:02.1	3
	6					2
	7					1
	8					0

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Rec

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Rec

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

Non Scoring				
Event	Name	AG	Club	Result
200m	Danny O'Shea	M40	Luton	25.9
Mile	Jeremy Vick	M40	Marshall Milton Keynes AC	05:30.7
Mile	Adian Maidment	M40	Redway Runners	05:31.3
Mile	Alex Swicicki	M70	Bedford & County AC	06:11.9
Mile	Paul Holgate	M60	Fairlands Valley Spartans	08:06.3
Mile	Simon Kirschner-Heavens	M35	Marshall Milton Keynes AC	05:22.7
Discus	Mike Burling	M60	Marshall Milton Keynes AC	9.60
Discus	Richard Bruce	M35	Fairlands Valley Spartans	21.89
Long Jump	Paul Sutherland	M50	Marshall Milton Keynes AC	2.42

Insert non scoring results at the bottom

EMAC Track & Field League Central Division - Match 4 Teams = 7

Milton Keynes Wed 01 August 2018 Overall Match Scores

O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	2	Marshall Milton Keynes AC	A	110	465	2
x	6	Bedford & County AC	B	24	65	7
x	7	Luton AC	C	0	70	6
x	4	Biggleswade AC	D	64	237	4
x	5	Bedford Harriers	E	42	149	5
x	1	Fairlands Valley Spartans	F	124	507	1
x	3	Cambridge & Coleridge AC	G	66	360	3
x	7	Spare	H	0	0	8

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

RDA = Race Day Age

Single letters only

2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
g	1	Anne Moindrot	35	Cambridge & Coleridge AC	30.3	7		-	x	x	70.4
b	2	Emma Coombes	40	Bedford & County AC	31.7	6		-	x	x	71.4
a	3	Stephanie Johnston	44	Marshall Milton Keynes AC	32.0	5		-	x	x	74.2
f	4	Christine Lathwell	42	Fairlands Valley Spartans	33.8	4		-	x	x	68.5
d	5	Kathryn Juty	49	Biggleswade AC	34.6	3		-	x	x	72.7
e	6	Angela Sloan	48	Bedford Harriers	35.1	2		-	x	x	70.9
	7					1					
	8					0					

2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
f	1	Monica Brown	53	Fairlands Valley Spartans	32.0	7		-	x	82.2
a	2	Diane Farmer	59	Marshall Milton Keynes AC	37.6	6		-	x	74.5
g	3	Joan Lasenby	58	Cambridge & Coleridge AC	38.3	5		-	x	72.4
d	4	Helen Kapur	56	Biggleswade AC	48.8	4		-	x	55.6
e	5	Lynn Short	59	Bedford Harriers	54.9	3		-	x	51.0
	6					2				
	7					1				
	8					0				

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
a	1	Diane Baldwin	61	Marshall Milton Keynes AC	40.6	7		-	70.4
f	2	Catherine Craig	65	Fairlands Valley Spartans	42.4	6		-	70.1
g	3	Mary Holmes	82	Cambridge & Coleridge AC	52.1	5		-	73.3
	4					4			

	8					0
300H6	LH	300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts
a	1	Diane Baldwin	61	Marshall Milton Keynes AC	84.5	7
f	2	Catherine Craig	65	Fairlands Valley Spartans	91.8	6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0
400H3	LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts
F	1	Christine Lathwell	42	Fairlands Valley Spartans	98.8	7
D	2	Kathryn Juty	49	Biggleswade AC	102.1	6
A	3	Stephanie Johnston	44	Marshall Milton Keynes AC	121.3	5
	4					4
	5					3
	6					2
	7					1
	8					0
JT3	JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts
a	1	Emma Beales	46	Marshall Milton Keynes AC	23.83	7
g	2	Sarah Mcgrath	45	Cambridge & Coleridge AC	20.41	6
f	3	Andrea Westcott	47	Fairlands Valley Spartans	12.49	5
d	4	Bev Strong	46	Biggleswade AC	6.34	4
e	5	Caroline Diggle	45	Bedford Harriers	4.14	3
	6					2
	7					1
	8					0
JT5	JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts
f	1	Monica Brown	53	Fairlands Valley Spartans	15.70	7
b	2	Oriana Johnson	56	Bedford & County AC	14.90	6
g	3	Joan Lasenby	58	Cambridge & Coleridge AC	9.89	5
e	4	Lynn Short	59	Bedford Harriers	9.53	4
a	5	Diane Farmer	59	Marshall Milton Keynes AC	9.34	3
d	6	Helen Kapur	56	Biggleswade AC	8.90	2
	7					1
	8					0
JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts
d	1	Sandra Ingham	60	Biggleswade AC	20.02	7

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	Rec	AG %
	LR	57.5
	LR	56.3

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

	Rec	Rec	Rec	AG %
	-	x	x	41.7
	-	x	x	34.8
	-	x	x	22.5
	-	x	x	11.1
	-	x	x	7.1

	Rec	Rec	AG %
	-	x	31.6
	-	x	32.4
	-	x	22.7
	-	x	22.6
	-	x	22.1
	-	x	19.3

	Rec	AG %
	-	47.9

g	2	Mary Holmes	82	Cambridge & Coleridge AC	10.19	6
a	3	Jeanette Lawrence	61	Marshall Milton Keynes AC	9.40	5
f	4	Yuko Gordon	67	Fairlands Valley Spartans	8.90	4
	5					3
	6					2
	7					1
	8					0

-	-
-	23.0
-	25.0

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
a	1	Emma Beales	46	Marshall Milton Keynes AC	40.90	7
g	2	Anne Moindrot	35	Cambridge & Coleridge AC	27.26	6
b	3	Emma Coombes	40	Bedford & County AC	13.99	5
e	4	Angela Sloan	48	Bedford Harriers	11.26	4
f	5	Peta Wilson	49	Fairlands Valley Spartans	11.25	3
d	6	Bev Strong	46	Biggleswade AC	9.25	2
	7					1
	8					0

Rec	Rec	Rec	AG %
-	x	x	64.9
-	x	x	36.5
-	x	x	20.2
-	x	x	18.5
-	x	x	18.8
-	x	x	14.7

DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
b	1	Oriana Johnson	56	Bedford & County AC	19.67	7
f	2	Tessa Stephenson	57	Fairlands Valley Spartans	17.10	6
g	3	Joan Lasenby	58	Cambridge & Coleridge AC	14.97	5
e	4	Lynn Short	59	Bedford Harriers	9.38	4
d	5	Helen Kapur	56	Biggleswade AC	9.37	3
a	6	Diane Farmer	59	Marshall Milton Keynes AC	7.72	2
	7					1
	8					0

Rec	Rec	AG %
-	x	37.5
-	x	33.3
-	x	29.7
-	x	19.0
-	x	17.9
-	x	15.7

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
d	1	Sandra Ingham	60	Biggleswade AC	14.76	7
a	2	Jeanette Lawrence	61	Marshall Milton Keynes AC	12.77	6
f	3	Catherine Craig	65	Fairlands Valley Spartans	9.79	5
g	4	Mary Holmes	82	Cambridge & Coleridge AC	8.44	4
	5					3
	6					2
	7					1
	8					0

Rec	AG %
-	30.6
-	27.1
-	22.8
-	-

LJ3	LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
g	1	Anne Moindrot	35	Cambridge & Coleridge AC	4.27	7		-	x	x	59.0
a	2	Stephanie Johnston	44	Marshall Milton Keynes AC	3.87	6		-	x	x	59.6
d	3	Kathryn Juty	49	Biggleswade AC	3.57	5		-	x	x	58.8
f	4	Stephanie Mayfield	44	Fairlands Valley Spartans	3.03	4		-	x	x	46.7

e	5	Caroline Diggle	45	Bedford Harriers	1.38	3		-	x	x	21.5
	6					2					
	7					1					
	8					0					

LJ5	LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
f	1	Monica Brown	53	Fairlands Valley Spartans	3.93	7		-	x	68.5
a	2	Diane Farmer	59	Marshall Milton Keynes AC	3.12	6		-	x	59.5
d	3	Helen Kapur	56	Biggleswade AC	2.42	5		-	x	44.1
e	4	Lynn Short	59	Bedford Harriers	1.77	4		-	x	33.8
	5					3				
	6					2				
	7					1				
	8					0				

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
f	1	Yuko Gordon	67	Fairlands Valley Spartans	2.85	7		-	62.4
a	2	Diane Baldwin	61	Marshall Milton Keynes AC	2.54	6		-	50.1
g	3	Mary Holmes	82	Cambridge & Coleridge AC	1.84	5		-	57.5
	4					4			
	5					3			
	6					2			
	7					1			
	8					0			

PV3	PV	Pole Vault - W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
f	1	Stephanie Mayfield	44	Fairlands Valley Spartans	1.80	7	-	x	x	44.3
d	2	Kathryn Juty	49	Biggleswade AC	1.60	6	-	x	x	43.1
a	3	Stephanie Johnston	44	Marshall Milton Keynes AC	1.20	5	-	x	x	29.6
	4					4				
	5					3				
	6					2				
	7					1				
	8					0				

PV5	PV	Pole Vault - W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
	1					7			
	2					6			
	3					5			
	4					4			
	5					3			
	6					2			
	7					1			

	8				0	
R4224-35	MedR	Relay 4224 W35-49	RDA	Team	<i>(NN:NN.n)</i>	Pts
a	1			Marshall Milton Keynes AC	03:59.4	7
f	2			Fairlands Valley Spartans	04:12.9	6
e	3			Bedford Harriers	04:55.0	5
d	4			Biggleswade AC	05:09.5	4
	5					3
	6					2
	7					1
	8					0

R4224-50	MedR	Relay 4224 W50+	RDA	Team	<i>(NN:NN.n)</i>	Pts
f	1			Fairlands Valley Spartans	04:21.9	7
	2					6
	3					5
	4					4
	5					3
	6					2
	7					1
	8					0

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Rec

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Rec

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

Non Scoring				
Event	Name	AG	Club	Result
Discus	Sarah McGrath	W45	Cambridge & Coleridge AC	24.62
Long Jump	Rachel Armstrong	W45	Marshall Milton Keynes AC	2.94

Insert non scoring results at the bottom

EMAC Track & Field League							Southern Division - Match 4		Teams =	8
Colchester			Wed	01 August 2018		Overall Match Scores				
O/A	Pos	Men's Teams	Bib	Match 4 Points		Final	Pos			
x	2	Southend AC	1	127		569.5	1			
x	6	Loughton AC	2	39		291	5			
x	3	Thurrock Harriers	3	92		436.5	3			
x	5	Col & Tend/Ipswich Harriers	4	91		284	6			
x	8	WSAC/St Edmunds Pacers	5	15		30	8			
x	1	Chelmsford/Springfield	6	142		489.5	2			
x	3	Colchester Harriers	7	92		342.5	4			
x	7	Basildon AC/Billericay Striders	8	28		89	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
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Single numbers only

Year	200m	200m M35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
2003	6	1	Amr Ziko	40	Chelmsford/Springfield	24.9	8	-	x	x	83.7
	8	2	Clint Nicholls	39	Basildon AC/Billericay Striders	25.3	7	-	x	x	81.7
	4	3	Justin Hubbard	39	Col & Tend/Ipswich Harriers	25.5	6	-	x	x	81.1
	1	4	Clive Farrow	48	Southend AC	26.2	5	-	x	x	84.3
	7	5	Paul Preston	46	Colchester Harriers	29.8	4	-	x	x	73.1
	3	6	Paul Mitchell	43	Thurrock Harriers	30.1	3	-	x	x	70.8
	2	7	John Borgars	72	Loughton AC	41.3	2	x	x	-	64.4
		8					1				
2005	2	1	Clifford Warren	56	Loughton AC	28.8	8	-	x		81.1
	1	2	Keith Palmer	53	Southend AC	28.8	7	-	x		79.5
	7	3	Kevin McAlinden	54	Colchester Harriers	28.8	6	-	x		80.0
	4	4	Paul Willcox	66	Col & Tend/Ipswich Harriers	31.4	5	x	-		79.6
	6	5	Andrew Stewart	58	Chelmsford/Springfield	32.0	4	-	x		74.0
	3	6	Eamonn Shelley	57	Thurrock Harriers	35.6	3	-	x		66.1
		7					2				
		8					1				
2006	4	1	Robert Woolliams	62	Col & Tend/Ipswich Harriers	31.0	8	-			78.4
	6	2	Gerald Daniel	65	Chelmsford/Springfield	33.3	7	-			74.4
	1	3	Peter Binns	71	Southend AC	34.8	6	-			75.3
	3	4	Bernard Johnson	63	Thurrock Harriers	36.6	5	-			66.9

2	5	Robert Maggio	72	Loughton AC	42.1	4
7	6	Arthur Whiston	67	Colchester Harriers	42.6	3
	7					2
	8					1

-	63.2
-	59.1

1Mile3	1Mile	1 Mile M35-49	RDA	Team	(NN:NN.n)	Pts
6	1	Chris Burgoyne	37	Chelmsford/Springfield	04:49.2	8
1	2	Lee Taylor	43	Southend AC	04:50.2	7
7	3	Daniel King	35	Colchester Harriers	05:00.5	6
3	4	Paul Mitchell	43	Thurrock Harriers	05:53.8	5
4	5	Jeremy Smith	48	Col & Tend/Ipswich Harriers	06:58.3	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	79.7
-	x	x	83.0
-	x	x	75.7
-	x	x	68.1
-	x	x	59.9

1Mile5	1Mile	1 Mile M50-59	RDA	Team	(NN:NN.n)	Pts
3	1	Eamonn Shelley	57	Thurrock Harriers	05:39.5	8
6	2	Andrew Stewart	58	Chelmsford/Springfield	06:15.0	7
1	3	Mathew Gillard	50	Southend AC	06:34.3	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	79.4
-	x	72.5
-	x	64.5

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
6	1	Michael Bridgeland	60	Chelmsford/Springfield	05:34.8	8
7	2	William Haining	62	Colchester Harriers	06:06.6	7
1	3	Peter Binns	71	Southend AC	06:22.8	6
3	4	Bernard Johnson	63	Thurrock Harriers	06:41.5	5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
LR	82.7
-	76.8
-	80.4
-	70.8

300H6	LH	300mH M60-69 (76.2cm)	RDA	Team	(NN.n)	Pts	Wind
4	1	Ray Daniel	61	Col & Tend/Ipswich Harriers	54.8	8	
6	2	Gerald Daniel	65	Chelmsford/Springfield	57.8	7	
3	3	Bernard Johnson	63	Thurrock Harriers	79.9	6	
1	4	John Brock	68	Southend AC	84.8	5	
	5					4	
	6					3	
	7					2	

Rec	AG %
-	77.8
-	77.6
-	54.1
-	55.7

400H3						
LH	400mH M35-49 (91.4cm)	RDA	Team	(NN.n)	Pts	
1	1	Graham Eastty	38	Southend AC	66.6	8
6	2	Amr Ziko	40	Chelmsford/Springfield	74.8	7
7	3	Daniel King	35	Colchester Harriers	76.5	6
	4					5
	5					4
	6					3
	7					2
	8					1
400H5						
LH	400mH M50-59 (84.0cm)	RDA	Team	(NN.n)	Pts	
7	1	David Hilson	54	Colchester Harriers	86.5	8
6	2	Dave Barnett	60	Chelmsford/Springfield	100.9	7
3	3	Eamonn Shelley	57	Thurrock Harriers	100.9	6
	4					5
	5					4
	6					3
	7					2
	8					1
JT3						
JT	Javelin M35-49 (800gm)	RDA	Team	(NN.nn)	Pts	
5	1	Christopher Kent	44	WSAC/St Edmunds Pacers	41.78	8
7	2	Dominic King	35	Colchester Harriers	32.43	7
4	3	Aaron Bollu	40	Col & Tend/Ipswich Harriers	31.33	6
8	4	Clint Nicholls	39	Basildon AC/Billericay Striders	29.65	5
6	5	Damian Barrett	46	Chelmsford/Springfield	25.61	4
1	6	Graham Eastty	38	Southend AC	24.24	3
2	7	Clifford Warren	56	Loughton AC	14.94	2
3	8	Paul Mitchell	43	Thurrock Harriers	14.60	1
JT5						
JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
1	1	Robert Earle	57	Southend AC	34.00	8
3	2	Nigel Instance	50	Thurrock Harriers	30.02	7
6	3	David Bauer	52	Chelmsford/Springfield	29.82	6
4	4	Peter Godron	54	Col & Tend/Ipswich Harriers	25.99	5
8	5	Rhys Davies	59	Basildon AC/Billericay Striders	21.81	4
7	6	Richard Flutter	50	Colchester Harriers	21.43	3
2	7	Robert Maggio	72	Loughton AC	9.87	2
	8					1
JT6						
JT	Javelin M60-69 (600gm)	RDA	Team	(NN.nn)	Pts	
6	1	Geoff Tyler	69	Chelmsford/Springfield	27.28	8

Rec	Rec	Rec	AG %
-	x	x	75.1
-	x	x	68.3
-	x	x	63.4
Rec	Rec	AG %	
-	x	67.8	
x	-	-	
-	x	59.2	
Rec	Rec	Rec	AG %
-	x	x	51.2
-	x	x	34.4
-	x	x	35.9
-	x	x	33.4
-	x	x	32.5
-	x	x	26.9
x	-	x	-
-	x	x	17.6
Rec	Rec	AG %	
-	x	50.5	
-	x	39.0	
-	x	40.2	
-	x	36.4	
-	x	33.8	
-	x	27.8	
x	-	-	
Rec	AG %		
-	50.3		

4	2	Tony Fuller	63	Col & Tend/Ipswich Harriers	19.81	7
3	3	Michael Bumstead	67	Thurrock Harriers	15.51	6
1	4	John Clark	75	Southend AC	14.83	5
2	5	John Borgars	72	Loughton AC	11.22	4
7	6	Arthur Whiston	67	Colchester Harriers	9.18	3
	7					2
	8					1

-	31.7
-	27.2
-	-
-	-
-	16.1

DT3	DT	Discus M35-49 (2Kg)	RDA	Team	(NN.nn)	Pts
8	1	Clint Nicholls	39	Basildon AC/Billericay Striders	27.36	8
5	2	Christopher Kent	44	WSAC/St Edmunds Pacers	23.82	7
4	3	Ian Ling	45	Col & Tend/Ipswich Harriers	20.71	6
6	4	Damian Barrett	46	Chelmsford/Springfield	18.34	5
1	5	Graham Easty	38	Southend AC	16.39	4
7	6	Gavin Sandercock	44	Colchester Harriers	15.91	3
3	7	Paul Mitchell	43	Thurrock Harriers	11.72	2
	8					1

Rec	Rec	Rec	AG %
-	x	x	36.9
-	x	x	33.4
-	x	x	29.4
-	x	x	26.5
-	x	x	22.1
-	x	x	22.3
-	x	x	16.3

DT5	DT	Discus M50-59 (1.5Kg)	RDA	Team	(NN.nn)	Pts
1	1	Robert Earle	57	Southend AC	42.84	8
6	2	David Bauer	52	Chelmsford/Springfield	35.94	7
3	3	Nigel Instance	50	Thurrock Harriers	25.79	6
4	4	Peter Godron	54	Col & Tend/Ipswich Harriers	24.73	5
8	5	Rhys Davies	59	Basildon AC/Billericay Striders	22.04	4
7	6	Richard Flutter	50	Colchester Harriers	14.52	3
	7					2
	8					1

Rec	Rec	AG %
-	x	66.8
-	x	50.3
-	x	34.8
-	x	36.0
-	x	36.2
-	x	19.6

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
6	1	Geoff Tyler	69	Chelmsford/Springfield	37.87	8
4	2	Tony Fuller	63	Col & Tend/Ipswich Harriers	21.03	7
3	3	Bernard Johnson	63	Thurrock Harriers	16.83	6
1	4	John Clark	75	Southend AC	16.43	5
2	5	Robert Maggio	72	Loughton AC	12.43	4
7	6	Arthur Whiston	67	Colchester Harriers	11.12	3
	7					2
	8					1

Rec	AG %
-	70.4
-	34.0
-	27.2
-	36.0
-	25.0
-	19.7

LJ3	LJ	Long Jump M35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
4	1	Aaron Bollu	40	Col & Tend/Ipswich Harriers	5.42	8		-	x	x	67.3
6	2	Amr Ziko	40	Chelmsford/Springfield	4.51	7		-	x	x	56.0
7	3	Paul Preston	46	Colchester Harriers	4.10	6		-	x	x	54.7
1	4	Jeff Bolton	43	Southend AC	3.73	5		-	x	x	48.0

3	5	Paul Mitchell	43	Thurrock Harriers	3.00	4		-	x	x	38.6
	6					3					
	7					2					
	8					1					

LJ5	LJ	Long Jump M50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
2	1	Clifford Warren	56	Loughton AC	4.65	8		-	x	70.7
1	2	Keith Palmer	53	Southend AC	4.39	7		-	x	64.0
3	3	Eamonn Shelley	57	Thurrock Harriers	3.83	6		-	x	59.1
6	4	Gerald Daniel	65	Chelmsford/Springfield	3.50	5		x	-	60.9
7	5	David Hilson	54	Colchester Harriers	3.41	4		-	x	50.4
	6					3				
	7					2				
	8					1				

LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
6	1	Dave Barnett	60	Chelmsford/Springfield	3.20	8		-	51.5
3	2	Bernard Johnson	63	Thurrock Harriers	2.42	7		-	40.8
1	3	John Brock	68	Southend AC	2.38	6		-	43.5
2	4	John Borgars	72	Loughton AC	2.26	5		-	44.3
	5					4			
	6					3			
	7					2			
	8					1			

PV3	PV	Pole Vault M35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
4	1	Ian Ling	45	Col & Tend/Ipswich Harriers	2.40	8	-	x	x	46.1
7	2	Gavin Sandercock	44	Colchester Harriers	2.20	7	-	x	x	41.7
1	3	Jeff Bolton	43	Southend AC	1.40	6	-	x	x	26.2
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				

PV5	PV	Pole Vault M50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
6	1	Dave Barnett	60	Chelmsford/Springfield	1.80	8	x	-	43.3
7	2	Simon Morgan	50	Colchester Harriers	1.60	7	-	x	32.9
1	3	Peter Binns	71	Southend AC	1.40	6	x	-	41.4
	4					5			
	5					4			
	6					3			
	7					2			

	8					1
R4224-35	MedR	Relay 4224 M35-49	RDA	Team	<i>(N:NN.n)</i>	Pts
4	1			Col & Tend/Ipswich Harriers	02:45.6	8
1	2			Southend AC	02:52.0	7
7	3			Colchester Harriers	03:06.9	6
6	4			Chelmsford/Springfield	03:07.8	5
	5					4
	6					3
	7					2
	8					1

R4224-50	MedR	Relay 4224 M50+	RDA	Team	<i>(N:NN.n)</i>	Pts
6	1			Chelmsford/Springfield	03:33.9	8
1	2			Southend AC	03:42.2	7
3	3			Thurrock Harriers	04:06.1	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec			
-			
-			
-			
-			
Rec			
-			
-			
-			

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

Non Scoring				
Event	Name	AG	Club	Result
2003	Nigel Hayman	M40	Ipswich Harriers/C&T	26.1
2003	Lee Bowker	M45	Ipswich Harriers/C&T	26.7
2005	Richard Flutter	M50	Colchester Harriers	32.5
2005	Mark Babbage	M55	Chelmsford/Springfield	33.4
2003	Kieran Callaghan	M40	Colchester Harriers	36.4
1Mile3	Dominic King	M35	Colchester Harriers	05:00.6
1Mile3	Doug McGillivray	M40	Colchester Harriers	05:01.6
1Mile6	David Butler	M65	Chelmsford/Springfield	05:39.8
1Mile3	Richard Flutter	M50	Colchester Harriers	05:43.0
1Mile3	David Weldon	M40	Chelmsford/Springfield	06:00.3
1Mile5	David Hilson	M50	Colchester Harriers	06:10.8
1Mile3	Simon Badcock	M45	Chelmsford/Springfield	06:37.2
1Mile3	Kieran Callaghan	M35	Colchester Harriers	06:46.7
DT3	Kieran Callaghan	M35	Colchester Harriers	10.45
JT3	Simon Badcock	M45	Chelmsford/Springfield	21.68
JT3	Ian Ling	M45	Ipswich Harriers/C&T	21.80
JT5	Paul Morgan	M50	Ipswich Harriers/C&T	36.55

1Mile5	Paul Spowage	M50	Colchester Harriers	05:23.8
Relay 4224		M50+	Colchester Harriers	03:17.8

Insert non scoring results at the bottom

EMAC Track & Field League

Southern Division - Match 4

Teams = 8

Colchester

Wed

01 August 2018

Overall
Match Scores

O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	3	Southend AC	A	107	421	3
x	2	Loughton AC	B	109	490	1
x	8	Thurrock Harriers	C	0	0	8
x	6	Col & Tend/Ipswich Harriers	D	38	153	6
x	1	WSAC/St Edmunds Pacers	E	129	483	2
x	5	Chelmsford/Springfield	F	64	379	4
x	4	Colchester Harriers	G	105	258	5
x	7	Basildon AC/Billericay Striders	H	15	118	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

2003	200m	200m W35-49	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	Rec	AG %
G	1	Helen Taczynski	38	Colchester Harriers		30.0	8	-	x	x	73.4
E	2	Sharon Perry	46	WSAC/St Edmunds Pacers		31.9	7	-	x	x	76.2
D	3	Dawn Leek	43	Col & Tend/Ipswich Harriers		32.5	6	-	x	x	72.2
A	4	Lorraine Ramet	48	Southend AC		33.4	5	-	x	x	74.5
B	5	Michaela Davis	52	Loughton AC		36.7	4	x	-	x	70.9
	6						3				
	7						2				
	8						1				

2005	200m	200m W50-59	RDA	Team	(NN.n)	Pts	Wind	Rec	Rec	AG %
D	1	Yvonne Holmes	55	Col & Tend/Ipswich Harriers		33.0	8	-	x	81.5
E	2	Christine Anthony	55	WSAC/St Edmunds Pacers		34.3	7	-	x	78.4
G	3	Debbie Cattermole	54	Colchester Harriers		36.7	6	-	x	72.4
A	4	Susan Brown	54	Southend AC		36.8	5	-	x	72.2
B	5	Anne Heeks	58	Loughton AC		42.7	4	-	x	64.9
	6						3			
	7						2			
	8						1			

2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind	Rec	AG %
B	1	Barbara Higgins	63	Loughton AC		38.0	8	-	76.7
E	2	Jenny Morgan	62	WSAC/St Edmunds Pacers		39.8	7	-	72.5
G	3	Diane Wooller	64	Colchester Harriers		40.7	6	-	72.3
F	4	Janet Hill	63	Chelmsford/Springfield		42.4	5	-	68.7

A	5	Marion Matthews-Smith	63	Southend AC	47.4	4
	6					3
	7					2
	8					1

-	61.5

1Mile3	1Mile	1Mile W35-49	RDA	Team	(NN:NN.n)	Pts
G	1	Helen Taczynski	38	Colchester Harriers	05:38.7	8
A	2	Tracy English	41	Southend AC	05:54.4	7
E	3	Sharon Perry	46	WSAC/St Edmunds Pacers	06:02.5	6
B	4	Michaela Davis	52	Loughton AC	08:40.0	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	77.1
-	x	x	75.7
-	x	x	78.5
x	-	x	59.0

1Mile5	1Mile	1Mile W50-59	RDA	Team	(NN:NN.n)	Pts
E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	05:59.0	8
G	2	Debbie Cattermole	54	Colchester Harriers	06:20.7	7
B	3	Anne Heeks	58	Loughton AC	06:56.9	6
A	4	Susan Brown	54	Southend AC	09:29.1	5
	5					4
	6					3
	7					2
	8					1

Rec	Rec	AG %
-	x	88.9
-	x	82.7
-	x	79.8
-	x	55.3

1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts
E	1	Jenny Morgan	62	WSAC/St Edmunds Pacers	07:04.4	8
G	2	Diane Wooller	64	Colchester Harriers	07:28.9	7
F	3	Janet Hill	63	Chelmsford/Springfield	08:21.0	6
	4					5
	5					4
	6					3
	7					2
	8					1

Rec	AG %
-	83.1
-	81.0
-	71.5

300H5	LH	300mH W50-59 (76.2)	RDA	Team	(NN.n)	Pts
E	1	Christine Anthony	55	WSAC/St Edmunds Pacers	67.8	8
A	2	Susan Brown	54	Southend AC	84.8	7
	3					6
	4					5
	5					4
	6					3
	7					2

Rec	Rec	AG %
-	x	72.5
-	x	57.0

300H6						
LH	300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts	
B	1	Emily McMahon	68	Loughton AC	67.7	8
A	2	Linda Donnelly	60	Southend AC	84.4	7
E	3	Dawn Mason	61	WSAC/St Edmunds Pacers	91.0	6
F	4	Janet Hill	63	Chelmsford/Springfield	97.7	5
	5					4
	6					3
	7					2
	8					1
400H3						
LH	400mH W35-49 (76.2cm)	RDA	Team	(NN.n)	Pts	
G	1	Helen Taczynski	38	Colchester Harriers	81.1	8
A	2	Kasia Kostyrka-Allchorne	40	Southend AC	103.9	7
F	3	Vicki Robins	38	Chelmsford/Springfield	113.4	6
E	4	Angela Underdown	52	WSAC/St Edmunds Pacers	126.7	5
	5					4
	6					3
	7					2
	8					1
JT3						
JT	Javelin W35-49 (600gm)	RDA	Team	(NN.nn)	Pts	
E	1	Sharon Perry	46	WSAC/St Edmunds Pacers	15.02	8
D	2	Carey Hollick	47	Col & Tend/Ipswich Harriers	13.71	7
F	3	Vicki Robins	38	Chelmsford/Springfield	11.75	6
G	4	Kate Sandercock	47	Colchester Harriers	10.83	5
B	5	Anne Heeks	58	Loughton AC	7.28	4
A	6	Rebecca Taylor	47	Southend AC	7.22	3
	7					2
	8					1
JT5						
JT	Javelin W50-59 (500gm)	RDA	Team	(NN.nn)	Pts	
F	1	Carol Morris	51	Chelmsford/Springfield	13.27	8
B	2	Emily McMahon	68	Loughton AC	11.70	7
A	3	Susan Brown	54	Southend AC	11.64	6
E	4	Angela Underdown	52	WSAC/St Edmunds Pacers	11.32	5
D	5	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	10.67	4
G	6	Debbie Cattermole	54	Colchester Harriers	7.53	3
	7					2
	8					1
JT6						
JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts	
H	1	Vespa Ellis	61	Basildon AC/Billericay Striders	16.51	8

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Rec	AG %
LR	80.2
LR	56.7
LR	53.4
LR	51.3

Rec	Rec	Rec	AG %
-	x	x	67.4
-	x	x	-
-	x	x	11.2
x	-	x	-

Rec	Rec	Rec	AG %
-	x	x	26.3
-	x	x	24.7
-	x	x	16.8
-	x	x	19.5
x	-	x	-
-	x	x	13.0

Rec	Rec	AG %
-	x	25.4
x	-	33.8
-	x	24.0
-	x	22.2
-	x	22.6
-	x	15.5

Rec	AG %
-	40.4

F	2	Shirley Quinn	63	Chelmsford/Springfield	16.04	7
E	3	Dawn Mason	61	WSAC/St Edmunds Pacers	14.73	6
B	4	Pam Ackland-Snow	65	Loughton AC	12.54	5
G	5	Diane Wooller	64	Colchester Harriers	11.43	4
A	6	Stephanie Stamp	66	Southend AC	9.31	3
	7					2
	8					1

-	41.0
-	36.0
-	33.6
-	29.9
-	25.6

DT3	DT	Discus W35-49 (1Kg)	RDA	Team	(NN.nn)	Pts
D	1	Carey Hollick	47	Col & Tend/Ipswich Harriers	21.59	8
G	2	Nicola Hilson	49	Colchester Harriers	16.67	7
A	3	Natasha Lagden	44	Southend AC	14.90	6
B	4	Michaela Davis	52	Loughton AC	14.12	5
E	5	Sharon Perry	46	WSAC/St Edmunds Pacers	13.76	4
	6					3
	7					2
	8					1

Rec	Rec	Rec	AG %
-	x	x	34.8
-	x	x	27.8
-	x	x	22.9
x	-	x	24.9
-	x	x	21.8

DT5	DT	Discus W50-59 (1Kg)	RDA	Team	(NN.nn)	Pts
F	1	Carol Morris	51	Chelmsford/Springfield	15.69	8
B	2	Barbara Higgins	63	Loughton AC	14.79	7
G	3	Debbie Cattermole	54	Colchester Harriers	12.99	6
D	4	Yvonne Holmes	55	Col & Tend/Ipswich Harriers	12.58	5
E	5	Angela Underdown	52	WSAC/St Edmunds Pacers	12.38	4
A	6	Susan Brown	54	Southend AC	11.28	3
	7					2
	8					1

Rec	Rec	AG %
-	x	27.2
x	-	32.8
-	x	23.8
-	x	23.5
-	x	21.8
-	x	20.7

DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts
F	1	Shirley Quinn	63	Chelmsford/Springfield	28.58	8
H	2	Vespa Ellis	61	Basildon AC/Billericay Striders	20.30	7
E	3	Dawn Mason	61	WSAC/St Edmunds Pacers	15.26	6
B	4	Pam Ackland-Snow	65	Loughton AC	14.76	5
A	5	Stephanie Stamp	66	Southend AC	12.68	4
G	6	Diane Wooller	64	Colchester Harriers	9.92	3
	7					2
	8					1

Rec	AG %
-	63.4
-	43.0
-	32.3
-	34.4
-	30.3
-	22.5

LJ3	LJ	Long Jump W35-49	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %
G	1	Helen Taczynski	38	Colchester Harriers	4.25	8		-	x	x	60.8
A	2	Kasia Kostyrka-Allchorne	40	Southend AC	3.10	7		-	x	x	45.4
B	3	Barbara Higgins	63	Loughton AC	2.25	6		x	x	-	45.9
F	4	Vicki Robins	38	Chelmsford/Springfield	2.23	5		-	x	x	31.9

E	5	Jenny Morgan	62	WSAC/St Edmunds Pacers	2.02	4		x	x	-	40.5
	6					3					
	7					2					
	8					1					

LJ5	LJ	Long Jump W50-59	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %
A	1	Susan Brown	54	Southend AC	2.85	8		-	x	50.4
E	2	Eloise Bird	50	WSAC/St Edmunds Pacers	2.72	7		-	x	45.4
B	3	Michaela Davis	52	Loughton AC	2.69	6		-	x	46.2
G	4	Jenny Richardson	57	Colchester Harriers	2.62	5		-	x	48.5
	5					4				
	6					3				
	7					2				
	8					1				

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %
B	1	Emily McMahon	68	Loughton AC	3.51	8		-	78.3
E	2	Dawn Mason	61	WSAC/St Edmunds Pacers	2.73	7		-	53.8
G	3	Diane Wooller	64	Colchester Harriers	2.73	6		-	56.6
A	4	Marion Matthews-Smith	63	Southend AC	2.23	5		-	45.5
	5					4			
	6					3			
	7					2			
	8					1			

PV3	PV	Pole Vault - W35-49	RDA	Team	(N.nn)	Pts	Rec	Rec	Rec	AG %
A	1	Natasha Lagden	44	Southend AC	1.60	8	-	x	x	39.4
B	2	Michaela Davis	52	Loughton AC	1.20	7	x	-	x	34.3
	3					6				
	4					5				
	5					4				
	6					3				
	7					2				
	8					1				

PV5	PV	Pole Vault - W50-59	RDA	Team	(N.nn)	Pts	Rec	Rec	AG %
E	1	Eloise Bird	50	WSAC/St Edmunds Pacers	1.40	8	-	x	38.5
B	2	Barbara Higgins	63	Loughton AC	1.40	7	x	LR	51.1
	3					6			
	4					5			
	5					4			
	6					3			
	7					2			

	8				1
R4224-35	MedR	Relay 4224 W35-49	RDA	Team	<i>(NN:NN.n)</i> Pts
G	1			Colchester Harriers	03:27.5 8
A	2			Southend AC	03:44.3 7
	3				6
	4				5
	5				4
	6				3
	7				2
	8				1
R4224-50	MedR	Relay 4224 W50+	RDA	Team	<i>(NN:NN.n)</i> Pts
E	1			WSAC/St Edmunds Pacers	04:06.5 8
B	2			Loughton AC	04:19.5 7
	3				6
	4				5
	5				4
	6				3
	7				2
	8				1

Rec			
-			
-			
Rec			
-			
-			

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

Non Scoring				
Event	Name	AG	Club	Result
2003	Nicola Hilson	W45	Colchester Harriers	35.9
1Mile3	Denise Morley	W45	Colchester Harriers	05:46.6
1Mile	Katie King	SW	WSAC/St Edmunds Pacers	05:59.8
1Mile3	Nicola Hilson	W45	Colchester Harriers	06:31.5
1Mile3	Kate Sandercock	W45	Colchester Harriers	06:38.0
1Mile3	Rebecca Taylor	W45	Southend AC	06:40.0
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 4		Teams =	7
Corby		Wed	01 August 2018	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 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		Northern Division - Match 4		Teams =	7
Corby		Wed	01 August 2018	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 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 4		Teams =	7
Milton Keynes		Wed	01 August 2018	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
1	Marshall Milton Keynes AC	1	135	503	1
3	Bedford & County AC	2	106	413	2
2	Fairlands Valley Spartans	6	109	412.5	3
4	Cambridge & Coleridge AC	7	62.5	256.5	4
5	Biggleswade AC	4	56.5	239	5
6	Bedford Harriers	5	48	171	6
7	Luton AC	3	11	85	7
8	Spare	8	0	0	8

EMAC Track & Field League		Central Division - Match 4		Teams =	7
Milton Keynes		Wed	01 August 2018	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
1	Fairlands Valley Spartans	F	124	507	1
2	Marshall Milton Keynes AC	A	110	465	2
3	Cambridge & Coleridge AC	G	66	360	3
4	Biggleswade AC	D	64	237	4
5	Bedford Harriers	E	42	149	5
7	Luton AC	C	0	70	6
6	Bedford & County AC	B	24	65	7
7	Spare	H	0	0	8

EMAC Track & Field League		Southern Division - Match 4		Teams =	8
Colchester		Wed	01 August 2018	Overall Match Scores	
Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
2	Southend AC	1	127	569.5	1
1	Chelmsford/Springfield	6	142	489.5	2
3	Thurrock Harriers	3	92	436.5	3
3	Colchester Harriers	7	92	342.5	4
6	Loughton AC	2	39	291	5
5	Col & Tend/Ipswich Harriers	4	91	284	6
7	Basildon AC/Billericay Striders	8	28	89	7
8	WSAC/St Edmunds Pacers	5	15	30	8

EMAC Track & Field League		Southern Division - Match 4		Teams =	8
Colchester		Wed	01 August 2018	Overall Match Scores	
Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
2	Loughton AC	B	109	490	1
1	WSAC/St Edmunds Pacers	E	129	483	2
3	Southend AC	A	107	421	3
5	Chelmsford/Springfield	F	64	379	4
4	Colchester Harriers	G	105	258	5
6	Col & Tend/Ipswich Harriers	D	38	153	6
7	Basildon AC/Billericay Striders	H	15	118	7
8	Thurrock Harriers	C	0	0	8

Match 1

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

Match 2

				35-49	50-59	60+	
100mH M60+ (84cm)	RDA	Team	(NN.n)	Rec			
Ian Reeve	65	West Norfolk AC	20.6	LR			N
80mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec			
Marlene Simmonds	72	Ryston Runners AC	20.8	LR			N
1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Rec			
Adam Hills	41	Bedford Harriers	08:03.9	LR			C
Pole Vault M35-49	RDA	Team	(N.nn)	Rec			
Brian Slaughter	60	Marshall Milton Keynes AC	2.80	LR			C
200m W60+	RDA	Team	(NN.n)	Rec			
Edith Caux	61	Luton AC	32.2	LR			C
1K5m Walk 'A'	RDA	Team	(NN:NN.n)	Rec			
Diane Baldwin	61	Marshall Milton Keynes AC	09:01.2	LR			C

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.n)	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	
Edith Caux	61	Luton AC	71.8	LR	C
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.nn)	Rec	
Shirley Quinn	63	Chelmsford/Springfield	32.75	LR	S

Match 4

35-49	50-59	60+
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300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec	
Marlene Simmonds	72	Ryston Runners AC	109.1	LR	N

1 Mile M35-49	RDA	Team	(NN:NN.n)	Rec	
Simon Coombes	46	Bedford & County AC	04:35.3	LR	C

1 Mile M50-59	RDA	Team	(NN:NN.n)	Rec	
Andrew Leach	54	Bedford & County AC	04:55.4	LR	C

1 Mile M60+	RDA	Team	(NN:NN.n)	Rec	
John Skelton	67	Marshall Milton Keynes AC	05:30.1	LR	C

300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec	
Diane Baldwin	61	Marshall Milton Keynes AC	84.5	LR	C

1 Mile M60+	RDA	Team	(NN:NN.n)	Rec	
Michael Bridgeland	60	Chelmsford/Springfield	05:34.8	LR	S

300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Rec	
Emily McMahon	68	Loughton AC	67.7	LR	S

Pole Vault - W50-59	RDA	Team	(N.nn)	Rec	
Barbara Higgins	63	Loughton AC	1.40	LR	S