

	Insert non scoring results at the bottom					
	EMAC Track & Field League			East Division - Match 2		Teams = 6
	Cambridge		Wed	\$23,MATCH(Admin!\$F\$43,Admin!\$	Overall	
					Match Scores	
	O/A	Pos	Men's Teams	Bib	Match 2 Points	Final Pos
	x	1	Cambridge & Coleridge AC	1	129.0	265.0 1
	x	4	Newmarket/St Edmund Pacers	2	74.0	137.0 4
	x	2	Peterborough & Nene Valley	3	112.0	227.0 2
	x	5	Ryston Runners	4	55.0	133.0 5
	x	3	West Norfolk AC	5	78.0	190.0 3
	x	6	Ely Runners	6	15.0	33.0 6
	x	7	Spare 7	7	0.0	0.0 7
	x	7	Spare 8	8	0.0	0.0 7
	Single numbers (0-8) only		RDA = Race Day Age			
	Do not insert athlete data in Results section - use "Declarations" tab only				Photo Finish s	
	2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.nn) Pts
	1	1	Matt Hamilton	41	Cambridge & Coleridge AC	24.00 6
	3	2	David Brown	48	Peterborough & Nene Valley	25.20 5
	2	3	Nathan Mills	39	Newmarket/St Edmund Pacers	27.30 4
	5	4	Liam O'Dell	35	West Norfolk AC	27.50 3
	4	5	Daniel Smith	42	Ryston Runners	28.80 2
		6				1
		7				0
		8				0
	2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.nn) Pts
	3	1	Julian Smith	57	Peterborough & Nene Valley	26.40 6
	1	2	Tim Cheshire	52	Cambridge & Coleridge AC	27.40 5
	5	3	Mark Garrett	54	West Norfolk AC	32.80 4
	2	4	Kieron Bales	50	Newmarket/St Edmund Pacers	54.90 3
		5				2
		6				1
		7				0
		8				0
	2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.nn) Pts
	4	1	Ricardo Huskisson	66	Ryston Runners	27.80 6
	1	2	Giulio Cinque	66	Cambridge & Coleridge AC	31.50 5
	3	3	Gerald Watson	63	Peterborough & Nene Valley	32.20 4
	5	4	Ian Reeve	73	West Norfolk AC	33.00 3
	6	5	Barry Graves	68	Ely Runners	38.90 2
	2	6	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	41.70 1
		7				0
		8				0
	8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.nn) Pts
	1	1	Roy Ramon Pelegrin	45	Cambridge & Coleridge AC	02:09.30 6
	3	2	Michael Major	36	Peterborough & Nene Valley	02:09.70 5
	2	3	Shane Mcandrew	39	Newmarket/St Edmund Pacers	02:19.80 4
	4	4	Daniel Smith	42	Ryston Runners	02:24.50 3
	5	5	Jamie Bransgrove	48	West Norfolk AC	03:00.50 2
		6				1
		7				0
		8				0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	02:28.50	6
1	2	Nigel Blake	57	Cambridge & Coleridge AC	02:31.80	5
2	3	Richard Defries	54	Newmarket/St Edmund Pacers	02:32.60	4
5	4	Darren Easter	54	West Norfolk AC	02:38.40	3
4	5	Liam Dawson	53	Ryston Runners	02:40.80	2
6	6	Andrew Scarlett	65	Ely Runners	03:12.10	1
	7					0
	8					0
8006	800m	800m M60+	RDA	Team	(NN:NN.nn)	Pts
2	1	Eamonn Coveney	63	Newmarket/St Edmund Pacers	02:41.50	6
1	2	Paul Fletcher	62	Cambridge & Coleridge AC	02:41.90	5
3	3	Dave Knighton**	64	Peterborough & Nene Valley	02:51.20	4
6	4	Graham Chapman	69	Ely Runners	02:58.90	3
4	5	Jitendra Patel	69	Ryston Runners	03:10.40	2
5	6	Greg Davis	63	West Norfolk AC	03:16.00	1
	7					0
	8					0
30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
5	1	Callum Stanforth	35	West Norfolk AC	09:36.40	6
1	2	Paul Shearer	35	Cambridge & Coleridge AC	10:12.10	5
2	3	Oliver Clanford	47	Newmarket/St Edmund Pacers	10:25.10	4
4	4	Daniel Smith	42	Ryston Runners	10:50.40	3
3	5	Andrew Dobedoe	47	Peterborough & Nene Valley	10:55.10	2
	6					1
	7					0
	8					0
30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Andrew Stowe	51	Peterborough & Nene Valley	10:52.60	6
1	2	Nigel Blake	57	Cambridge & Coleridge AC	11:33.30	5
2	3	Richard Defries	54	Newmarket/St Edmund Pacers	11:56.10	4
6	4	Barry Graves	68	Ely Runners	14:28.80	3
	5					2
	6					1
	7					0
	8					0
30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Malcolm Tuff	61	Peterborough & Nene Valley	10:59.10	6
1	2	Kevin Russell	63	Cambridge & Coleridge AC	10:59.50	5
2	3	Eamonn Coveney	63	Newmarket/St Edmund Pacers	12:20.50	4
6	4	Graham Chapman	69	Ely Runners	12:27.90	3
5	5	John Greenhalgh	60	West Norfolk AC	13:01.80	2
4	6	Jitendra Patel	69	Ryston Runners	13:23.80	1
	7					0
	8					0
30007	3000m	3000m M70+	RDA	Team	(NN:NN.nn)	Pts
1	1	Martin Kilduff**	76	Cambridge & Coleridge AC	13:51.60	6
2	2	Malcolm Osbourn	79	Newmarket/St Edmund Pacers	16:54.70	5
3	3	Peter Brantom	76	Peterborough & Nene Valley	18:55.10	4
	4					3
	5					2
	6					1
	7					0
	8					0
2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.nn)	Pts

1	1	David Annetts	61	Cambridge & Coleridge AC	10:48.90	6
3	2	Timothy Clough	55	Peterborough & Nene Valley	12:55.20	5
2	3	Kieron Bales	50	Newmarket/St Edmund Pacers	13:19.40	4
4	4	Daniel Smith	42	Ryston Runners	15:28.60	3
5	5	Jamie Bransgrove	48	West Norfolk AC	16:01.20	2
	6					1
	7					0
	8					0
2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	<i>(NN:NN.nn)</i>	Pts
2	1	Nathan Mills	39	Newmarket/St Edmund Pacers	13:27.00	6
1	2	Taro Tyson	55	Cambridge & Coleridge AC	13:43.10	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Rob Simmonds**	40	Ryston Runners	43.14	6
3	2	Mark Burbridge	52	Peterborough & Nene Valley	32.51	5
5	3	Adam Howard	46	West Norfolk AC	26.78	4
1	4	Stephen Vandermark	60	Cambridge & Coleridge AC	21.70	3
	5					2
	6					1
	7					0
	8					0
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	32.44	6
2	2	Andy Fryatt	58	Newmarket/St Edmund Pacers	23.71	5
5	3	Mark Garrett	54	West Norfolk AC	21.00	4
1	4	Alvaro Drake	58	Cambridge & Coleridge AC	18.27	3
	5					2
	6					1
	7					0
	8					0
JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	Ian Reeve	73	West Norfolk AC	28.45	6
1	2	Ian Slack	65	Cambridge & Coleridge AC	28.15	5
3	3	Kevin Bates	74	Peterborough & Nene Valley	17.30	4
4	4	Jeffrey Reed	81	Ryston Runners	8.98	3
	5					2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Glen Paxman	38	Ryston Runners	28.68	6
3	2	Mark Burbridge	52	Peterborough & Nene Valley	23.91	5
5	3	Adam Howard	46	West Norfolk AC	21.08	4
2	4	Shane Mcandrew	39	Newmarket/St Edmund Pacers	17.75	3
1	5	Alvaro Drake	58	Cambridge & Coleridge AC	17.72	2
	6					1
	7					0
	8					0
DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Simon Achurch	51	Peterborough & Nene Valley	36.33	6
1	2	Erwin De Genst**	52	Cambridge & Coleridge AC	34.38	5
5	3	Mark Garrett	54	West Norfolk AC	17.36	4
2	4	Kieron Bales	50	Newmarket/St Edmund Pacers	13.78	3
	5					2
	6					1
	7					0
	8					0
DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	1	Ian Slack	65	Cambridge & Coleridge AC	28.30	6
3	2	Timothy Needham	73	Peterborough & Nene Valley	22.67	5
5	3	Greg Davis	63	West Norfolk AC	13.64	4
6	4	Andrew Scarlett	65	Ely Runners	12.46	3
	5					2
	6					1
	7					0
	8					0
DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts
3	1	Kevin Bates	74	Peterborough & Nene Valley	24.25	6
5	2	Ian Reeve	73	West Norfolk AC	19.15	5
1	3	Noel Moss	81	Cambridge & Coleridge AC	13.03	4
4	4	Jeffrey Reed	81	Ryston Runners	11.52	3
	5					2
	6					1
	7					0
	8					0
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
4	1	Rob Simmonds**	40	Ryston Runners	10.39	6
3	2	Michael Major	36	Peterborough & Nene Valley	9.71	5
1	3	Rich Thurston	50	Cambridge & Coleridge AC	9.31	4
2	4	Oliver Clanford	47	Newmarket/St Edmund Pacers	8.91	3
5	5	Jamie Bransgrove	48	West Norfolk AC	6.85	2
	6					1
	7					0
	8					0
TJ5	TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)	Pts
2	1	Richard Defries	54	Newmarket/St Edmund Pacers	9.12	6
1	2	Stephen Vandermark	60	Cambridge & Coleridge AC	8.83	5
3	3	Gerald Watson	63	Peterborough & Nene Valley	7.94	4
5	4	Mark Garrett	54	West Norfolk AC	7.13	3
	5					2
	6					1
	7					0
	8					0

TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts
4	1	Richard Van Baaren	63	Ryston Runners	9.16	6
1	2	Ian Slack	65	Cambridge & Coleridge AC	8.33	5
5	3	Ian Reeve	73	West Norfolk AC	8.27	4
3	4	John Spriggs	73	Peterborough & Nene Valley	7.31	3
	5					2
	6					1
	7					0
	8					0
PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Alvaro Drake	58	Cambridge & Coleridge AC	1.20	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0
PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Stephen Vandermark	60	Cambridge & Coleridge AC	1.40	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					1
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
5	1	Ian Reeve	73	West Norfolk AC	1.60	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Chung Tu	42		49.50	6
1a		Roy Ramon Pelegrin	45			
1b		Paul Shearer	35			
1c		Matt Hamilton	41			
2	2	Nathan Mills	39		52.90	5
2a		Shane Mcandrew	39			
2b		Oliver Clanford	47			
2c		Richard Defries	54			
3	3	David Brown	48		55.50	4
3a		Andrew Dobedoe	46			
3b		Gerald Watson	63			
3c		Michael Major	36			
4	4	Richard Van Baaren	63		60.40	3
4a		Daniel Smith	42			
4b		Rob Simmonds**	40			
4c		Ricardo Huskisson	66			
5	5	Jamie Bransgrove	48		61.60	2
5a		Liam O'Dell	35			
5b		Benjamin Collison	43			
5c		Callum Stanforth	35			
	6					1
a						
b						
c						
	7					0
a						
b						
c						
	8					0
a						
b						
c						
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.nn)	Pts
3	1	Julian Smith	57		55.70	6
3a		David Collier	59			
3b		Malcolm Tuff	61			
3c		Andrew Stowe	51			
1	2	Giulio Cinque	66	Cambridge & Coleridge AC	59.60	5
1a		Paul Fletcher	62			
1b		Tim Cheshire	52			
1c		Nigel Blake	57			
5	3	Darren Easter	54	West Norfolk AC	65.90	4
5a		Mark Garrett	54			
5b		Shaun Mann	54			
5c		John Greenhalgh	60			
	4					3
a						
b						
c						
	5					2
a						
b						
c						
	6					1
a						

b c					
	7				0
a b c					
	8				0
a b c					
Enter Non-scoring athletes in the 'Non-Scorers' tab first					
Non Scoring (enter bib no., event and result - formatted appropriately)					
Bib	Event	Name	AG	1st Claim Club	Result
208	200m	Chung Tu	MM40	C&C	24.7
201	200m	David Collier	MM55	PANVAC	28.80
213	800m	Shaun Mann	MM50	WNAC	3 34.8
214	800m	Iain Wood	M M40	C&C	2 26.4