

**Hand Timing scoring**

Insert non scoring results at the bottom							
EMAC Track & Field League				Southern Division - Match 4		Teams =	8
Chelmsford				Thurs	02 August 2023		Overall Match Scores
Men	O/A	Pos	Women's Teams	Bib	Match 4 Points	Final	Pos
x	x	2	Thurrock Harriers/Loughton	E	122	577.5	1
x	x	1	Chelmsford AC	A	124	535	2
x	x	3	WSAC/St Edmunds Pacers	F	114	448.5	3
x	x	4	Colchester Harriers	C	105	428	4
x	x	5	Col & Tend/Ipswich Harriers	B	62	300	5
x	x	6	Southend AC	D	43	213	6
x	x	7	Spare	G	0	0	7
x	x	7	Spare	H	0	0	7

Single letters (A-H, x) only		RDA = Race Day Age					
Do not insert athlete data in Results section - use "Declarations" tab only							
2003	200m	200m W35-49 [W35+]	RDA	Team	(NN.nn)	Pts	Wind
	B	1	Louise Brydon	37	Col & Tend/Ipswich Harriers	29.3	8
200m W35-49 [W35+]	A	2	Janine Phillips	41	Chelmsford AC	31.6	7
200m W35-49 [W35+]	F	3	Catherine Peck	41	WSAC/St Edmunds Pacers	31.8	6
200m W35-49 [W35+]	C	4	Ellie Cumner	42	Colchester Harriers	32.0	5
200m W35-49 [W35+]	E	5	Leonie Nalcioğlu	45	Thurrock Harriers/Loughton	35.5	4
200m W35-49 [W35+]		6					3
200m W35-49 [W35+]		7					2
200m W35-49 [W35+]		8					1
2005	200m	200m W50-59 [W50+]	RDA	Team	(NN.n)	Pts	Wind
200m W50-59 [W50+]	F	1	Wendy Smith	53	WSAC/St Edmunds Pacers	35.9	8
200m W50-59 [W50+]	C	2	Nicola Hilson	54	Colchester Harriers	36.7	7
200m W50-59 [W50+]	E	3	Lorna Gaffney	55	Thurrock Harriers/Loughton	38.6	6
200m W50-59 [W50+]	A	4	Carol Morris	56	Chelmsford AC	42.8	5
200m W50-59 [W50+]	D	5	Unknown athlete	-	Southend AC	44.1	4
200m W50-59 [W50+]	B	6	Jane Milburn	51	Col & Tend/Ipswich Harriers	46.7	3
200m W50-59 [W50+]		7					2
200m W50-59 [W50+]		8					1
2006	200m	200m W60+	RDA	Team	(NN.n)	Pts	Wind
200m W60+	B	1	Janice Nottingham	61	Col & Tend/Ipswich Harriers	33.8	8
200m W60+	F	2	Christine Anthony	60	WSAC/St Edmunds Pacers	34.1	7
200m W60+	A	3	Clare St John-Coleman	62	Chelmsford AC	35.2	6
200m W60+	E	4	Anne Heeks	63	Thurrock Harriers/Loughton	40.8	5
200m W60+	C	5	Diane Wooller	69	Colchester Harriers	43.1	4
200m W60+	D	6	Linda Donnelly	65	Southend AC	53.7	3
200m W60+		7					2
200m W60+		8					1

	1Mile3	1Mile	1Mile W35-49 [W35+]	RDA	Team	(NN:NN.n)	Pts	
1Mile W35-49 [W35+]	E	1	Zoe Oldfield	46	Thurrock Harriers/Loughton	05:32.2	8	
1Mile W35-49 [W35+]	F	2	Louise Glass	41	WSAC/St Edmunds Pacers	06:01.3	7	
1Mile W35-49 [W35+]	C	3	Ellie Cumner	42	Colchester Harriers	06:10.9	6	
1Mile W35-49 [W35+]	A	4	Hayley Hemmings	35	Chelmsford AC	06:24.3	5	
1Mile W35-49 [W35+]		5					4	
1Mile W35-49 [W35+]		6					3	
1Mile W35-49 [W35+]		7					2	
1Mile W35-49 [W35+]		8					1	
	1Mile5	1Mile	1Mile W50-59 [W50+]	RDA	Team	(NN:NN.n)	Pts	
1Mile W50-59 [W50+]	F	1	Wendy Smith	53	WSAC/St Edmunds Pacers	06:13.8	8	
1Mile W50-59 [W50+]	C	2	Margaret Deasy	59	Colchester Harriers	06:16.3	7	
1Mile W50-59 [W50+]	E	3	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	06:17.4	6	
1Mile W50-59 [W50+]	B	4	Janice Nottingham	61	Col & Tend/Ipswich Harriers	08:37.7	5	
1Mile W50-59 [W50+]		5					4	
1Mile W50-59 [W50+]		6					3	
1Mile W50-59 [W50+]		7					2	
1Mile W50-59 [W50+]		8					1	
	1Mile6	1Mile	1Mile W60+	RDA	Team	(NN:NN.n)	Pts	
1Mile W60+	F	1	Christine Anthony	60	WSAC/St Edmunds Pacers	06:36.0	8	
1Mile W60+	C	2	Francesca Norris	63	Colchester Harriers	06:47.8	7	
1Mile W60+	E	3	Gloria Bullen	68	Thurrock Harriers/Loughton	08:34.3	6	
1Mile W60+	B	4	Hilary Cook	63	Col & Tend/Ipswich Harriers	08:54.2	5	
1Mile W60+	D	5	Linda Donnelly	65	Southend AC	09:20.5	4	
1Mile W60+	A	6	Tracy Minton	62	Chelmsford AC	10:08.0	3	
1Mile W60+		7					2	
1Mile W60+		8					1	
	400H3	LH	400mH W35-49 (76.2cm) [W35+]	RDA	Team	(NN.n)	Pts	76.2cm,
400mH W35-49 (76.2cm) [W35+]	A	1	Janine Phillips	41	Chelmsford AC	89.0	8	
400mH W35-49 (76.2cm) [W35+]	C	2	Alexandra Hennessy	48	Colchester Harriers	106.8	7	
400mH W35-49 (76.2cm) [W35+]		3					6	
400mH W35-49 (76.2cm) [W35+]		4					5	
400mH W35-49 (76.2cm) [W35+]		5					4	
400mH W35-49 (76.2cm) [W35+]		6					3	
400mH W35-49 (76.2cm) [W35+]		7					2	
400mH W35-49 (76.2cm) [W35+]		8					1	
	300H5	LH	300mH W50-59 (76.2) [W50+]	RDA	Team	(NN.n)	Pts	76.2cm,
300mH W50-59 (76.2) [W50+]	C	1	Katie Gibson	53	Colchester Harriers	67.3	8	
300mH W50-59 (76.2) [W50+]	E	2	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	72.4	7	
300mH W50-59 (76.2) [W50+]	F	3	Eloise Bird	55	WSAC/St Edmunds Pacers	84.1	6	
300mH W50-59 (76.2) [W50+]	A	4	Unknown athlete	-	Chelmsford AC	89.4	5	
300mH W50-59 (76.2) [W50+]		5					4	
300mH W50-59 (76.2) [W50+]		6					3	
300mH W50-59 (76.2) [W50+]		7					2	
300mH W50-59 (76.2) [W50+]		8					1	
	300H6	LH	300mH W60+ (68.6cm)	RDA	Team	(NN.n)	Pts	68.6cm,
300mH W60+ (68.6cm)	F	1	Dawn Mason	66	WSAC/St Edmunds Pacers	72.7	8	
300mH W60+ (68.6cm)	D	2	Linda Donnelly	65	Southend AC	80.9	7	
300mH W60+ (68.6cm)		3					6	
300mH W60+ (68.6cm)		4					5	
300mH W60+ (68.6cm)		5					4	
300mH W60+ (68.6cm)		6					3	
300mH W60+ (68.6cm)		7					2	
300mH W60+ (68.6cm)		8					1	

	JT3	JT	Javelin W35-49 (600gm) [W35+]	RDA	Team	(NN.nn)	Pts	
Javelin W35-49 (600gm) [W35+]	D	1	Nicola Day	40	Southend AC	20.18	8	
Javelin W35-49 (600gm) [W35+]	A	2	Nicola Hewitt	50	Chelmsford AC	15.58	7	
Javelin W35-49 (600gm) [W35+]	B	3	Carey Hollick	52	Col & Tend/Ipswich Harriers	14.36	6	
Javelin W35-49 (600gm) [W35+]	F	4	Louise Glass	41	WSAC/St Edmunds Pacers	14.05	5	
Javelin W35-49 (600gm) [W35+]	C	5	Sian Gifford	54	Colchester Harriers	8.20	4	
Javelin W35-49 (600gm) [W35+]	E	6	Lorna Gaffney	55	Thurrock Harriers/Loughton	7.80	3	
Javelin W35-49 (600gm) [W35+]		7					2	
Javelin W35-49 (600gm) [W35+]		8					1	
	JT5	JT	Javelin W50-59 (500gm) [W50+]	RDA	Team	(NN.nn)	Pts	
Javelin W50-59 (500gm) [W50+]	E	1	Sue Lawrence	52	Thurrock Harriers/Loughton	22.74	8	
Javelin W50-59 (500gm) [W50+]	C	2	Nicola Hilson	54	Colchester Harriers	13.85	7	
Javelin W50-59 (500gm) [W50+]	A	3	Nicole Celestine	57	Chelmsford AC	11.20	6	
Javelin W50-59 (500gm) [W50+]	B	4	Jane Milburn	51	Col & Tend/Ipswich Harriers	10.84	5	
Javelin W50-59 (500gm) [W50+]	F	5	Eloise Bird	55	WSAC/St Edmunds Pacers	6.52	4	
Javelin W50-59 (500gm) [W50+]		6					3	
Javelin W50-59 (500gm) [W50+]		7					2	
Javelin W50-59 (500gm) [W50+]		8					1	
	JT6	JT	Javelin W60+ (500gm)	RDA	Team	(NN.nn)	Pts	
Javelin W60+ (500gm)	A	1	Shirley Quinn	68	Chelmsford AC	14.26	8	
Javelin W60+ (500gm)	F	2	Dawn Mason	66	WSAC/St Edmunds Pacers	13.01	7	
Javelin W60+ (500gm)	E	3	Barbara Higgins	68	Thurrock Harriers/Loughton	10.28	6	
Javelin W60+ (500gm)	C	4	Diane Wooller	69	Colchester Harriers	10.25	5	
Javelin W60+ (500gm)	D	5	Marion Matthews-Smith	68	Southend AC	7.67	4	
Javelin W60+ (500gm)	B	6	Hilary Cook	63	Col & Tend/Ipswich Harriers	7.15	3	
Javelin W60+ (500gm)		7					2	
Javelin W60+ (500gm)		8					1	
	DT3	DT	Discus W35-49 (1Kg) [W35+]	RDA	Team	(NN.nn)	Pts	
Discus W35-49 (1Kg) [W35+]	B	1	Carey Hollick	52	Col & Tend/Ipswich Harriers	21.31	8	
Discus W35-49 (1Kg) [W35+]	D	2	Nicola Day	40	Southend AC	17.07	7	
Discus W35-49 (1Kg) [W35+]	E	3	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	13.83	6	
Discus W35-49 (1Kg) [W35+]	A	4	Nicola Hewitt	50	Chelmsford AC	12.38	5	
Discus W35-49 (1Kg) [W35+]	F	5	Maureen McCarthy	61	WSAC/St Edmunds Pacers	12.11	4	
Discus W35-49 (1Kg) [W35+]	C	6	Alexandra Hennessy	48	Colchester Harriers	10.65	3	
Discus W35-49 (1Kg) [W35+]		7					2	
Discus W35-49 (1Kg) [W35+]		8					1	
	DT5	DT	Discus W50-59 (1Kg) [W50+]	RDA	Team	(NN.nn)	Pts	
Discus W50-59 (1Kg) [W50+]	E	1	Sue Lawrence	52	Thurrock Harriers/Loughton	24.76	8	
Discus W50-59 (1Kg) [W50+]	A	2	Nicole Celestine	57	Chelmsford AC	17.21	7	
Discus W50-59 (1Kg) [W50+]	C	3	Nicola Hilson	54	Colchester Harriers	16.24	6	
Discus W50-59 (1Kg) [W50+]	B	4	Jane Milburn	51	Col & Tend/Ipswich Harriers	11.80	5	
Discus W50-59 (1Kg) [W50+]	F	5	Eloise Bird	55	WSAC/St Edmunds Pacers	10.03	4	
Discus W50-59 (1Kg) [W50+]		6					3	
Discus W50-59 (1Kg) [W50+]		7					2	
Discus W50-59 (1Kg) [W50+]		8					1	
	DT6	DT	Discus W60+ (1Kg)	RDA	Team	(NN.nn)	Pts	
Discus W60+ (1Kg)	A	1	Shirley Quinn	68	Chelmsford AC	23.26	8	
Discus W60+ (1Kg)	E	2	Barbara Higgins	68	Thurrock Harriers/Loughton	13.02	7	
Discus W60+ (1Kg)	F	3	Dawn Mason	66	WSAC/St Edmunds Pacers	12.87	6	
Discus W60+ (1Kg)	C	4	Diane Wooller	69	Colchester Harriers	9.35	5	
Discus W60+ (1Kg)		5					4	
Discus W60+ (1Kg)		6					3	
Discus W60+ (1Kg)		7					2	
Discus W60+ (1Kg)		8					1	
	LJ3	LJ	Long Jump W35-49 [W35+]	RDA	Team	(N.nn)	Pts	Wind
Long Jump W35-49 [W35+]	F	1	Catherine Peck	41	WSAC/St Edmunds Pacers	4.00	8	
Long Jump W35-49 [W35+]	A	2	Janine Phillips	41	Chelmsford AC	3.27	7	
Long Jump W35-49 [W35+]	C	3	Ellie Cunner	42	Colchester Harriers	3.25	6	
Long Jump W35-49 [W35+]	E	4	Anne Heeks	63	Thurrock Harriers/Loughton	2.08	5	
Long Jump W35-49 [W35+]		5					4	
Long Jump W35-49 [W35+]		6					3	
Long Jump W35-49 [W35+]		7					2	
Long Jump W35-49 [W35+]		8					1	
	LJ5	LJ	Long Jump W50-59 [W50+]	RDA	Team	(N.nn)	Pts	Wind
Long Jump W50-59 [W50+]	A	1	Carol Morris	56	Chelmsford AC	2.63	8	
Long Jump W50-59 [W50+]	E	2	Ali Trauttmansdorff	52	Thurrock Harriers/Loughton	2.55	7	

Long Jump W50-59 [W50+]

Long Jump W50-59 [W50+]

Long Jump W50-59 [W50+]

Long Jump W50-59 [W50+]

Long Jump W50-59 [W50+]

Long Jump W50-59 [W50+]

B	3	Jane Milburn	51	Col & Tend/Ipswich Harriers	2.32	6	
F	4	Eloise Bird	55	WSAC/St Edmunds Pacers	2.21	5	
	5					4	
	6					3	
	7					2	
	8					1	

Long Jump W60+

Long Jump W60+

Long Jump W60+

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Long Jump W60+

LJ6	LJ	Long Jump W60+	RDA	Team	(N.nn)	Pts	Wind
A	1	Clare St John-Coleman	62	Chelmsford AC	3.42	8	
E	2	Emily McMahon	73	Thurrock Harriers/Loughton	3.32	7	
D	3	Linda Donnelly	65	Southend AC	2.48	6	
F	4	Dawn Mason	66	WSAC/St Edmunds Pacers	2.37	5	
C	5	Francesca Norris	63	Colchester Harriers	1.82	4	
	6					3	
	7					2	
	8					1	

	PV3	PV	Pole Vault - W35-49 [W35+]	RDA	Team	(N.nn)	Pts
Pole Vault - W35-49 [W35+]	A	1	Janine Phillips	41	Chelmsford AC	1.40	8
Pole Vault - W35-49 [W35+]	E	2	Lorna Gaffney	55	Thurrock Harriers/Loughton	1.20	7
Pole Vault - W35-49 [W35+]		3					6
Pole Vault - W35-49 [W35+]		4					5
Pole Vault - W35-49 [W35+]		5					4
Pole Vault - W35-49 [W35+]		6					3
Pole Vault - W35-49 [W35+]		7					2
Pole Vault - W35-49 [W35+]		8					1
	PV5	PV	Pole Vault - W50-59 [W50+]	RDA	Team	(N.nn)	Pts
Pole Vault - W50-59 [W50+]	E	1	Barbara Higgins	68	Thurrock Harriers/Loughton	1.20	8
Pole Vault - W50-59 [W50+]	A	2	Clare St John-Coleman	62	Chelmsford AC	1.20	7
Pole Vault - W50-59 [W50+]		3					6
Pole Vault - W50-59 [W50+]		4					5
Pole Vault - W50-59 [W50+]		5					4
Pole Vault - W50-59 [W50+]		6					3
Pole Vault - W50-59 [W50+]		7					2
Pole Vault - W50-59 [W50+]		8					1
	R4224-35	MedR	Relay 4224 W35-49 [W35+]	Team	(N:NN.n)	Pts	
Relay 4224 W35-49 [W35+]	F	1	Christine Anthony, Catherine Peck, Louise Glass, Wendy Smith	WSAC/St Edmunds Pacers	03:38.9	8	
Relay 4224 W35-49 [W35+]	C	2	Ellie Cumner, Alexandra Hennessy, Nicola Hilson, Sian Gifford	Colchester Harriers	03:52.0	7	
Relay 4224 W35-49 [W35+]	A	3	Hayley Hemmings, Janine Phillips, Unknown athlete, Unknown athlete	Chelmsford AC	04:46.9	6	
Relay 4224 W35-49 [W35+]		4				5	
Relay 4224 W35-49 [W35+]		5				4	
Relay 4224 W35-49 [W35+]		6				3	
Relay 4224 W35-49 [W35+]		7				2	
Relay 4224 W35-49 [W35+]		8				1	
	R4224-50	MedR	Relay 4224 W50+	Team	(N:NN.n)	Pts	
Relay 4224 W50+	E	1	Gloria Bullen, Lorna Gaffney, Anne Heeks, Emily McMahon	Thurrock Harriers/Loughton	03:59.0	8	
Relay 4224 W50+	C	2	Katie Gibson, Diane Wooller, Francesca Norris, Margaret Deasy	Colchester Harriers	04:15.5	7	
Relay 4224 W50+		3				6	
Relay 4224 W50+		4				5	
Relay 4224 W50+		5				4	
Relay 4224 W50+		6				3	
Relay 4224 W50+		7				2	
Relay 4224 W50+		8				1	

<b>Enter Non-scoring athletes in the 'Non-Scorers' tab first</b>					
<b>Non Scoring (enter bib no., event and result - formatted appropriately)</b>					
<b>Bib No.</b>	<b>Event</b>	<b>Name</b>	<b>AG</b>	<b>1st Claim Club</b>	<b>Result</b>
94	200	Maureen McCarthy	WF60	St Edmunds Pacers	36.1
100	200	Dawn Mason	WW60	St Edmunds Pacers	42.5
92	DT	Carol Morris	WF55	Chelmsford	13.45
92	JT	Carol Morris	WF55	Chelmsford	11.77
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Format Results to suit event