rank	name	phone	email
	1 name name1	07900 654871	name1@gmail.com
	2 name name2	07901 654872	name2@gmail.com
	3 name name3	07902 654873	name3@gmail.com
	4 name name4	07903 654874	name4@gmail.com
	5 name name5	07904 654875	name5@gmail.com

NOTE FOR ADMIN:

(1) Follow this format exactly

A - rank

B - names - two names - like: Peter Anderson (no commas)

C - phone - this can be empty as players can input their numbers later

D - email - important as this is what locks the players into the ladders and prevents them from moving other players