

Insert non scoring results at the bottom						
EMAC Track & Field League			Southern Division - Match 3		Teams = 8	
Bury St Edmunds			Wed	05 July 2023		Overall
O/A	Pos	Men's Teams	Bib	Match 3 Points		Match Scores
				Final	Pos	
x	1	Southend AC	4	161	445.5	1
x	2	Colchester Harriers	3	148	406	2
x	4	Thurrock Harriers/Loughton	5	127	381	3
x	3	Chelmsford AC	1	128	380	4
x	5	Col & Tend/Ipswich Harriers	2	90	310.5	5
x	6	WSAC/St Edmunds Pacers	6	67	116	6
x	7	Spare	7	0	0	7
x	7	Spare	8	0	0	7

Highest Track Age Graded % = 87.7			
Athlete	Mark Russell	RDA	52
Club	Colchester Harriers		
Event	400m M50-59 [M50+]		
Result	55.8		
Format Result to suit the result (NN.n, NN.nn or NN:NN)			

Highest Field Age Graded % = 76.7			
Athlete	Clint Nicholls	RDA	44
Club	Southend AC		
Event	High Jump M35-49 [M35+]		
Result	1.70		

Single numbers (0-8) only						
Do not insert athlete data in Results section - use "Declarations" tab only						
		RDA = Race Day Age				
1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.n)	Pts Wind
5	1	Michael Shortall	38	Thurrock Harriers/Loughton	11.8	8
4	2	Ade Elegbede	46	Southend AC	12.2	7
1	3	Amr Ziko	45	Chelmsford AC	12.4	6
2	4	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	12.5	5
3	5	Matt Rose	36	Colchester Harriers	12.6	4
6	6	Ben Jeffery	45	WSAC/St Edmunds Pacers	14.0	3
	7					2
	8					1
1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.n)	Pts Wind
3	1	Mark Russell	52	Colchester Harriers	12.9	8
1	2	Nigel Gardner	51	Chelmsford AC	13.8	7
2	3	Simon Collett	52	Col & Tend/Ipswich Harriers	13.8	6
4	4	Keith Palmer	58	Southend AC	13.8	5
5	5	Marek Kowalski	51	Thurrock Harriers/Loughton	14.8	4
6	6	Mark Lewis	50	WSAC/St Edmunds Pacers	17.0	3
	7					2
	8					1
1006	100m	100m M60+	RDA	Team	(NN.n)	Pts Wind
4	1	Rick Waters	66	Southend AC	14.0	8
5	2	Jonathan Metcalf	63	Thurrock Harriers/Loughton	14.5	7
2	3	Robert Woolliams	67	Col & Tend/Ipswich Harriers	14.8	6
6	4	Todd Lewis	60	WSAC/St Edmunds Pacers	15.5	5
1	5	Gerald Daniel	70	Chelmsford AC	15.7	4
3	6	Chris Stevenson	64	Colchester Harriers	17.3	3
	7					2
	8					1
4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
5	1	Michael Shortall	38	Thurrock Harriers/Loughton	56.3	8
4	2	Ade Elegbede	46	Southend AC	58.0	7
2	3	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	58.4	6
1	4	Amr Ziko	45	Chelmsford AC	63.4	5
6	5	Ben Jeffery	45	WSAC/St Edmunds Pacers	66.2	4
3	6	Dominic King	40	Colchester Harriers	70.6	3
	7					2
	8					1
4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
3	1	Mark Russell	52	Colchester Harriers	55.8	8
4	2	Mark Waller	52	Southend AC	64.5	7
1	3	Nigel Gardner	51	Chelmsford AC	70.5	6
5	4	Jon Whitehouse	50	Thurrock Harriers/Loughton	74.3	5
6	5	Mark Lewis	50	WSAC/St Edmunds Pacers	75.2	4
2	6	Simon Collett	52	Col & Tend/Ipswich Harriers	90.9	3
	7					2
	8					1
4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
4	1	Simon Le Mare	61	Southend AC	67.9	8
5	2	Jonathan Metcalf	63	Thurrock Harriers/Loughton	68.0	7
3	3	Colin Ridley	61	Colchester Harriers	70.4	6
6	4	Todd Lewis	60	WSAC/St Edmunds Pacers	72.0	5
2	5	Robert Woolliams	67	Col & Tend/Ipswich Harriers	76.5	4
1	6	Gerald Daniel	70	Chelmsford AC	83.7	3
	7					2
	8					1
15003	1500m	1500m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
2	1	Nathan Laud	47	Col & Tend/Ipswich Harriers	04:29.7	8
4	2	Lee Taylor	48	Southend AC	04:30.5	7
3	3	Jonathan Nears	48	Colchester Harriers	04:33.4	6
5	4	Scott Thrush	37	Thurrock Harriers/Loughton	04:53.8	5
6	5	Ben Jeffery	45	WSAC/St Edmunds Pacers	05:07.0	4
	6					3
	7					2
	8					1
15005	1500m	1500m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
4	1	Mark Waller	52	Southend AC	04:39.0	8
5	2	Scott Rice	52	Thurrock Harriers/Loughton	05:16.3	7
3	3	Ian Rattray	51	Colchester Harriers	05:23.3	6
6	4	Mark Lewis	50	WSAC/St Edmunds Pacers	05:34.2	5
	5					4
	6					3
	7					2
	8					1
15006	1500m	1500m M60+	RDA	Team	(NN:NN.n)	Pts
3	1	Colin Ridley	61	Colchester Harriers	04:56.1	8
4	2	Simon Le Mare	61	Southend AC	05:09.7	7
6	3	Todd Lewis	50	WSAC/St Edmunds Pacers	05:17.3	6
1	4	Peter Tullett	63	Chelmsford AC	06:00.3	5
5	5	John O'Shea	63	Thurrock Harriers/Loughton	06:05.0	4
	6					3
	7					2
	8					1
2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Dominic King	40	Colchester Harriers	09:30.1	8
5	2	Nico Strydom	46	Thurrock Harriers/Loughton	12:11.5	7
4	3	Keith Palmer	58	Southend AC	12:53.1	6
6	4	Bryan Churchard	36	WSAC/St Edmunds Pacers	14:47.2	5
2	5	Rob Milburn	49	Col & Tend/Ipswich Harriers	15:11.5	4
1	6	Gerald Daniel	70	Chelmsford AC	15:52.3	3
	7					2
	8					1

Records				2023	EA No.
35-49	50-59	60+	AG %		
-	x	x	82.9		2800336
-	x	x	84.6		3940643
-	x	x	82.7		2797216
-	x	x	82.0		2713083
-	x	x	76.6		2867599
-	x	x	73.2		3636595

Rec	Rec	AG %	EA No.
-	x	83.4	3269529
-	x	77.4	3947236
-	x	77.9	3863310
-	x	81.2	2829682
-	x	72.2	3479748
-	x	62.4	3878694

Rec	AG %	EA No.
-	84.7	4023543
-	80.0	2899831
-	80.7	3419144
-	73.3	3057518
-	77.7	2717069
-	67.6	3922818

Rec	Rec	Rec	AG %	EA No.
-	x	x	79.3	2800336
-	x	x	81.1	3940643
-	x	x	80.0	2713083
-	x	x	73.7	2797216
-	x	x	70.6	3636595
-	x	x	64.1	2710786

LR	Rec	AG %	EA No.
-	x	87.7	3269529
-	x	75.9	3549152
-	x	69.0	3947236
-	x	65.0	3370574
-	x	64.2	3878694
-	x	53.8	3863310

Rec	AG %	EA No.
-	76.6	2912777
-	77.6	2899831
-	73.9	2698820
-	71.8	3057518
-	70.9	3419144
-	66.2	2717069

Rec	Rec	Rec	AG %	EA No.
-	x	x	84.2	2832365
-	x	x	84.6	3075645
-	x	x	83.7	2710805
-	x	x	72.1	3499158
-	x	x	72.9	3636595

Rec	Rec	AG %	EA No.
-	x	84.5	3549152
-	x	74.6	2800796
-	x	72.4	3701958
-	x	69.5	3878694

Rec	AG %	EA No.
-	85.9	2698820
-	82.3	2912777
x	-	3878694
-	71.8	2717168
-	70.9	3829135

Rec	Rec	Rec	EA No.
-	x	x	2710786
-	x	x	4027414
x	-	x	2829682
-	x	x	4091701
-	x	x	3949818
x	x	-	2717069

2KWb	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN,NN,n)	Pts	
3	1	Simon Morgan	55	Colchester Harriers	12:26.9	8	
4	2	Graham Easty	43	Southend AC	13:37.0	7	
5	3	Bernard Johnson	68	Thurrock Harriers/Loughton	14:16.8	6	
6	4	Mark Lewis	50	WSAC/St Edmunds Pacers	15:54.3	5	
1	5	Peter Tullett	63	Chelmsford AC	16:35.1	4	
	6					3	
	7					2	
	8					1	
HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN,nn)	Pts	
1	1	Yasha Bobash	35	Chelmsford AC	44.12	8	
4	2	James Moncrieff	40	Southend AC	34.03	7	
3	3	Gavin Sandercock	49	Colchester Harriers	17.87	6	
5	4	Nico Strydom	46	Thurrock Harriers/Loughton	15.09	5	
2	5	Rob Milburn	49	Col & Tend/Ipswich Harriers	13.49	4	
	6					3	
	7					2	
	8					1	
HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN,nn)	Pts	
1	1	David Bauer	57	Chelmsford AC	33.63	8	
2	2	Peter Godron	59	Col & Tend/Ipswich Harriers	23.96	7	
3	3	Simon Morgan	55	Colchester Harriers	16.37	6	
4	4	Rick Waters	66	Southend AC	13.23	5	
	5					4	
	6					3	
	7					2	
	8					1	
HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN,nn)	Pts	
3	1	Robert Earle	62	Colchester Harriers	50.27	8	
4	2	Peter Wishart	63	Southend AC	27.88	7	
1	3	Geoffrey Tyler	74	Chelmsford AC	24.44	6	
5	4	Bernard Johnson	68	Thurrock Harriers/Loughton	10.87	5	
	5					4	
	6					3	
	7					2	
	8					1	
SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN,nn)	Pts	
1	1	Roger Skedd	40	Chelmsford AC	11.97	8	
4	2	James Moncrieff	40	Southend AC	9.88	7	
3	3	Matt Rose	36	Colchester Harriers	9.19	6	
2	4	Aaron Bollu	45	Col & Tend/Ipswich Harriers	7.86	5	
5	5	Nico Strydom	46	Thurrock Harriers/Loughton	6.85	4	
6	6	Bryan Churchard	36	WSAC/St Edmunds Pacers	5.96	3	
	7					2	
	8					1	
SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN,nn)	Pts	
1	1	David Bauer	57	Chelmsford AC	10.83	8	
2	2	Peter Godron	59	Col & Tend/Ipswich Harriers	9.30	7	
5	3	Marek Kowalski	51	Thurrock Harriers/Loughton	7.75	6	
4	4	Rick Waters	66	Southend AC	7.05	5	
3	5	Kevin McAlinden	59	Colchester Harriers	6.11	4	
6	6	Mark Lewis	50	WSAC/St Edmunds Pacers	5.11	3	
	7					2	
	8					1	
SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN,nn)	Pts	
3	1	Robert Earle	62	Colchester Harriers	12.97	8	
1	2	Geoffrey Tyler	74	Chelmsford AC	10.14	7	
4	3	Peter Wishart	63	Southend AC	9.35	6	
6	4	Todd Lewis	60	WSAC/St Edmunds Pacers	6.98	5	
5	5	Bernard Johnson	68	Thurrock Harriers/Loughton	5.55	4	
	6					3	
	7					2	
	8					1	
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(N,nn)	Pts	Wind
1	1	Roger Skedd	40	Chelmsford AC	11.38	8	-
5	2	Michael Shortall	38	Thurrock Harriers/Loughton	10.82	7	-
2	3	Aaron Bollu	45	Col & Tend/Ipswich Harriers	10.39	6	-
4	4	Ade Elegbede	46	Southend AC	9.85	5	-
3	5	Gavin Sandercock	49	Colchester Harriers	8.36	4	-
6	6	Bryan Churchard	36	WSAC/St Edmunds Pacers	6.63	3	-
	7					2	
	8					1	
TJ5	TJ	Triple Jump M50-59 [m50+]	RDA	Team	(N,nn)	Pts	Wind
1	1	Nigel Gardner	51	Chelmsford AC	9.13	8	-
2	2	Simon Collett	52	Col & Tend/Ipswich Harriers	8.61	7	-
3	3	Ian Rattray	51	Colchester Harriers	7.79	6	-
4	4	Simon Le Mare	61	Southend AC	7.38	5	-
5	5	Jonathan Metcalf	63	Thurrock Harriers/Loughton	6.49	4	-
	6					3	
	7					2	
	8					1	
HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N,nn)	Pts	
4	1	Clint Nicholls	44	Southend AC	1.70	8	
3	2	Matt Rose	36	Colchester Harriers	1.60	7	
1	3	Roger Skedd	40	Chelmsford AC	1.55	6	
5	4	Nico Strydom	46	Thurrock Harriers/Loughton	1.35	5	
6	5	Ben Jeffery	45	WSAC/St Edmunds Pacers	1.30	4	
	6					3	
	7					2	
	8					1	
HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N,nn)	Pts	
3	1	Ian Rattray	51	Colchester Harriers	1.30	8	
1	2	Nigel Gardner	51	Chelmsford AC	1.25	7	
4	3	Mark Waller	52	Southend AC	1.25	6	
2	4	Simon Collett	52	Col & Tend/Ipswich Harriers	1.25	5	
	5					4	
	6					3	
	7					2	
	8					1	
HJ6	HJ	High Jump M60+	RDA	Team	(N,nn)	Pts	
4	1	Simon Le Mare	61	Southend AC	1.30	8	
5	2	Jonathan Metcalf	63	Thurrock Harriers/Loughton	1.30	7	
1	3	Gerald Daniel	70	Chelmsford AC	1.25	6	
3	4	Chris Stevenson	64	Colchester Harriers	1.00	5	
	5					4	
	6					3	
	7					2	
	8					1	

Rec	Rec	Rec	AG %	EA No.
x	-	x		2691566
-	x	x		3262665
x	x	-		2951650
x	-	x		3878694
x	x	-		2717168
Rec	Rec	Rec	AG %	EA No.
-	x	x	50.9	2906848
-	x	x	41.2	3984033
-	x	x	24.4	3797862
-	x	x	19.7	4027414
-	x	x	18.4	3949818
Rec	Rec	Rec	AG %	EA No.
-	x	x	47.2	2953600
-	x	x	34.8	3670260
-	x	x	22.2	2691566
x	-	-	-	4023543
Rec	Rec	Rec	AG %	EA No.
LR	-	-	70.4	2658034
-	-	-	39.8	2663227
-	-	-	-	3341824
-	-	-	17.1	2951650
Rec	Rec	Rec	AG %	EA No.
-	x	x	57.0	2681217
-	x	x	47.0	3984033
-	x	x	41.6	2867599
-	x	x	39.9	3613801
-	x	x	35.2	4027414
-	x	x	27.0	4091701
Rec	Rec	Rec	AG %	EA No.
-	x	x	59.3	2953600
-	x	x	52.6	3670260
-	x	x	38.8	3479748
x	-	-	-	4023543
-	x	x	34.5	2816582
-	x	x	25.3	3878694
Rec	Rec	Rec	AG %	EA No.
-	x	x	70.3	2658034
-	-	-	-	3341824
-	-	-	51.5	2663227
-	-	-	36.6	3057518
-	-	-	33.4	2951650
Rec	Rec	Rec	AG %	EA No.
-	x	x	65.6	2681217
-	x	x	61.1	2800336
-	x	x	63.3	3613801
-	x	x	60.7	3940643
-	x	x	53.3	3797862
-	x	x	36.7	4091701
Rec	Rec	Rec	AG %	EA No.
-	x	x	76.7	3191190
-	x	x	66.8	2867599
-	x	x	67.3	2681217
-	x	x	62.1	4027414
-	x	x	59.2	3636595
Rec	Rec	Rec	AG %	EA No.
-	x	x	62.8	3701958
-	x	x	60.4	3947236
-	x	x	61.0	3549152
-	x	x	61.0	3863310
Rec	Rec	Rec	AG %	EA No.
-	-	-	69.6	2912777
-	-	-	71.1	2899831
-	-	-	73.7	2717069
-	-	-	55.3	3922818

