

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
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	2	Southend AC	4	129	574.5	1
x	4	Colchester Harriers	3	111	516.5	2
x	1	Thurrock Harriers/Loughton	5	133	514	3
x	3	Chelmsford AC	1	126	506	4
x	5	Col & Tend/Ipswich Harriers	2	93	403	5
x	6	WSAC/St Edmunds Pacers	6	48	164	6
x	7	Spare	7	0	0	7
x	7	Spare	8	0	0	7

Single numbers (0-8) only RDA = Race Day Age  
 Do not insert athlete data in Results section - use "Declarations" tab only

2003	200m	200m M35-49 - [M35+]	RDA	Team	Pts	Wind
5	1	Michael Shortall	38	Thurrock Harriers/Loughton	24.1	8
4	2	Ade Elegbede	46	Southend AC	25.0	7
2	3	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	25.7	6
3	4	Jonathan Nears	49	Colchester Harriers	27.7	5
1	5	Eugenio Zapata Solvas	43	Chelmsford AC	27.9	4
6	6	Bryan Churchard	36	WSAC/St Edmunds Pacers	37.8	3
	7					2
	8					1

2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind
5	1	Steven Ball	50	Thurrock Harriers/Loughton	28.2	8	
1	2	Andrew Weller	57	Chelmsford AC	29.2	7	
3	3	Kevin McAlinden	59	Colchester Harriers	29.3	6	
2	4	Simon Collett	52	Col & Tend/Ipswich Harriers	29.5	5	
4	5	Keith Palmer	58	Southend AC	29.6	4	
6	6	Mark Lewis	50	WSAC/St Edmunds Pacers	29.9	3	
	7					2	
	8					1	

2006	200m	200m M60+	RDA	Team	(NN.n)	Pts	Wind
5	1	James Lambden	60	Thurrock Harriers/Loughton	29.7	8	
4	2	Rick Waters	66	Southend AC	30.4	7	
2	3	Robert Woolliams	67	Col & Tend/Ipswich Harriers	31.4	6	
3	4	Colin Ridley	61	Colchester Harriers	34.4	5	
1	5	David Butler	70	Chelmsford AC	36.2	4	
6	6	Andrew Stewart	63	WSAC/St Edmunds Pacers	37.0	3	
	7					2	
	8					1	

1Mile3	1Mile	1 Mile M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
6	1	Scott Williams	36	WSAC/St Edmunds Pacers	04:58.3	8
5	2	Scott Thrush	37	Thurrock Harriers/Loughton	05:06.5	7
3	3	Jason Gunn	41	Colchester Harriers	05:07.8	6
1	4	Ken Hoye	47	Chelmsford AC	05:18.3	5
4	5	Matthew Aitken	58	Southend AC	06:07.8	4
	6					3
	7					2
	8					1

1Mile5	1Mile	1 Mile M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
4	1	Sean McFarlane	52	Southend AC	05:35.7	8
5	2	Nick Trencher	50	Thurrock Harriers/Loughton	05:42.4	7
2	3	Rob Milburn	50	Col & Tend/Ipswich Harriers	05:44.1	6
3	4	Paul Spowage	59	Colchester Harriers	05:47.4	5
1	5	Peter Tullett	64	Chelmsford AC	06:02.4	4
6	6	Mark Lewis	50	WSAC/St Edmunds Pacers	06:17.3	3
	7					2
	8					1

1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN:NN.n)	Pts
3	1	Colin Ridley	61	Colchester Harriers	05:47.9	8
1	2	David Butler	70	Chelmsford AC	05:56.7	7
5	3	John O'Shea	63	Thurrock Harriers/Loughton	06:33.5	6
6	4	Andrew Stewart	63	WSAC/St Edmunds Pacers	07:05.5	5
4	5	Rick Waters	66	Southend AC	08:04.1	4
	6					3
	7					2
	8					1

400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.n)	Pts
5	1	Michael Shortall	38	Thurrock Harriers/Loughton	61.8	8
1	2	Luke Keteleers	35	Chelmsford AC	64.8	7
2	3	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	65.7	6
4	4	Greg Goodrem	39	Southend AC	71.4	5
3	5	Dominic King	40	Colchester Harriers	87.0	4
	6					3
	7					2
	8					1

400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.n)	Pts
2	1	Rob Milburn	50	Col & Tend/Ipswich Harriers	80.5	8
5	2	Nigel Instance	55	Thurrock Harriers/Loughton	81.9	7
3	3	Ian Rattray	51	Colchester Harriers	89.3	6
	4					5
	5					4
	6					3
	7					2
	8					1

Highest Track Age Graded % = 84.6			
Athlete	David Butler	RDA	70
Club	Chelmsford AC		
Event	1 Mile M60+		
Result	5:56.7		
Format Result to suit the result (NN.n, NN.nn or NN:NN.)			

Highest Field Age Graded % = 69.1			
Athlete	Clint Nicholls	RDA	44
Club	Southend AC		
Event	Long Jump M35-49 [M35+]		
Result	5.39		

Records				
Rec	Rec	Rec	2023 AG %	EA No.
-	x	x	82.9	2800336
-	x	x	84.2	3940643
-	x	x	81.3	2713083
-	x	x	77.5	2710805
-	x	x	74.0	4102478
-	x	x	52.2	4091701

Rec	Rec	AG %	EA No.
-	x	76.6	3664986
-	x	77.5	3790496
-	x	78.3	2816582
-	x	74.2	3863310
-	x	77.0	2829682
-	x	72.3	3878694

Rec	Rec	AG %	EA No.
-	-	77.7	3985156
-	-	79.1	4023543
-	-	77.1	3419144
-	-	67.6	2698820
-	-	68.3	2708298
-	-	63.7	2669387

Rec	Rec	Rec	AG %	EA No.
-	x	x	76.7	3124678
-	x	x	75.1	3499158
-	x	x	76.8	3752177
-	x	x	77.4	2717093
x	-	x	73.2	3873228

Rec	Rec	AG %	EA No.
-	x	76.3	3240001
-	x	73.6	3093770
-	x	73.3	3949818
-	x	78.1	2710866
x	-	78.4	2717168
-	x	66.8	3878694

Rec	Rec	AG %	EA No.
-	-	79.4	2698820
-	-	84.6	2708298
-	-	71.6	3829135
-	-	66.2	2669387
-	-	59.9	4023543

Rec	Rec	Rec	AG %	EA No.
-	x	x	78.0	2800336
-	x	x	72.6	2829699
-	x	x	78.0	2713083
-	x	x	68.1	2912893
-	x	x	56.4	2710786

Rec	Rec	AG %	EA No.
-	x	66.6	3949818
-	x	68.7	3124740
-	x	60.6	3701958

300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.nn)	Pts	Wind	Rec	AG %	EA No.		
5	1	Jonathan Metcalf	63	Thurrock Harriers/Loughton	54.8	8		-	74.4	2899831		
4	2	Angus Aldridge	60	Southend AC	71.5	7		-	55.3	3519971		
	3					6						
	4					5						
	5					4						
	6					3						
	7					2						
	8					1						
JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts		Rec	Rec	Rec	AG %	EA No.
1	1	Roger Skedd	40	Chelmsford AC	47.69	8		-	x	x	54.3	2681217
3	2	Paul Cooper	46	Colchester Harriers	43.95	7		-	x	x	54.9	3571280
6	3	Christopher Kent	49	WSAC/St Edmunds Pacers	34.32	6		-	x	x	45.0	3808791
4	4	Greg Goodrem	39	Southend AC	27.21	5		-	x	x	30.5	2912893
2	5	Aaron Bollu	45	Col & Tend/Ipswich Harriers	22.19	4		-	x	x	27.3	3613801
5	6	Paul Mitchell	48	Thurrock Harriers/Loughton	9.65	3		-	x	x	12.5	3404569
	7					2						
	8					1						
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts		Rec	Rec	AG %	EA No.	
1	1	David Bauer	57	Chelmsford AC	28.44	8		-	x	40.2	2953600	
5	2	Nigel Instance	55	Thurrock Harriers/Loughton	27.27	7		-	x	37.2	3124740	
4	3	Tony Balding	51	Southend AC	8.27	6		-	x	10.5	2689276	
3	4	Paul Spowage	59	Colchester Harriers	5.37	5		-	x	7.9	2710866	
	5					4						
	6					3						
	7					2						
	8					1						
JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts		Rec	AG %	EA No.		
1	1	Geoffrey Tyler	74	Chelmsford AC	23.98	8		-	-	3341824		
4	2	Peter Wishart	63	Southend AC	23.44	7		-	34.6	2663227		
2	3	Ray Daniel	66	Col & Tend/Ipswich Harriers	22.24	6		-	35.1	2689276		
5	4	Bernard Johnson	68	Thurrock Harriers/Loughton	14.99	5		-	24.7	2951650		
3	5	Colin Ridley	61	Colchester Harriers	8.69	4		-	12.3	2698820		
	6					3						
	7					2						
	8					1						
DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts		Rec	Rec	Rec	AG %	EA No.
1	1	Roger Skedd	40	Chelmsford AC	35.43	8		-	x	x	48.7	2681217
4	2	James Moncrieff	40	Southend AC	33.53	7		-	x	x	46.1	3984033
3	3	Paul Cooper	46	Colchester Harriers	29.56	6		-	x	x	43.9	3571280
6	4	Christopher Kent	49	WSAC/St Edmunds Pacers	26.04	5		-	x	x	40.3	3808791
2	5	Aaron Bollu	45	Col & Tend/Ipswich Harriers	19.54	4		-	x	x	28.6	3613801
5	6	Paul Mitchell	48	Thurrock Harriers/Loughton	12.77	3		-	x	x	19.5	3404569
	7					2						
	8					1						
DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts		Rec	Rec	AG %	EA No.	
1	1	David Bauer	57	Chelmsford AC	35.18	8		-	x	53.3	2953600	
5	2	Nigel Instance	55	Thurrock Harriers/Loughton	21.64	7		-	x	31.8	3124740	
2	3	Simon Collett	52	Col & Tend/Ipswich Harriers	19.95	6		-	x	28.0	3863310	
3	4	Kevin McAlinden	59	Colchester Harriers	14.44	5		-	x	22.6	2816582	
4	5	Tony Balding	51	Southend AC	14.39	4		-	x	19.9	2918345	
	6					3						
	7					2						
	8					1						
DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts		Rec	AG %	EA No.		
1	1	Geoffrey Tyler	74	Chelmsford AC	34.57	8		-	60.1	3341824		
4	2	Peter Wishart	63	Southend AC	31.85	7		-	43.8	2663227		
5	3	Bernard Johnson	68	Thurrock Harriers/Loughton	17.59	6		-	26.7	2951650		
2	4	Ray Daniel	66	Col & Tend/Ipswich Harriers	14.39	5		-	21.0	2689276		
3	5	Colin Ridley	61	Colchester Harriers	12.44	4		-	16.5	2698820		
	6					3						
	7					2						
	8					1						
LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	Rec	AG %	EA No.
1	1	Roger Skedd	40	Chelmsford AC	5.59	8		-	x	x	68.5	2681217
5	2	Michael Shortall	38	Thurrock Harriers/Loughton	5.39	7		-	x	x	64.6	2800336
4	3	Clint Nicholls	44	Southend AC	5.39	6		-	x	x	69.1	3191190
2	4	Aaron Bollu	45	Col & Tend/Ipswich Harriers	4.82	5		-	x	x	62.5	3613801
6	5	Christopher Kent	49	WSAC/St Edmunds Pacers	4.06	4		-	x	x	55.1	3808791
3	6	Dominic King	40	Colchester Harriers	3.80	3		-	x	x	46.6	2710786
	7					2						
	8					1						
LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind	Rec	Rec	AG %	EA No.	
4	1	Keith Palmer	58	Southend AC	4.21	8		-	x	63.7	2829682	
2	2	Simon Collett	52	Col & Tend/Ipswich Harriers	4.10	7		-	x	57.7	3863310	
5	3	Steven Ball	50	Thurrock Harriers/Loughton	4.07	6		-	x	55.9	3664986	
1	4	Andrew Weller	57	Chelmsford AC	3.70	5		-	x	55.3	3790496	
3	5	Ian Rattray	51	Colchester Harriers	3.56	4		-	x	49.5	3701958	
	6					3						
	7					2						
	8					1						
LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind	Rec	AG %	EA No.		
5	1	James Lambden	60	Thurrock Harriers/Loughton	3.86	8		-	59.8	3985156		
1	2	Stuart Bazley	61	Chelmsford AC	3.49	7		-	54.8	4002955		
4	3	Angus Aldridge	60	Southend AC	2.80	6		-	43.4	3519971		
3	4	Colin Ridley	61	Colchester Harriers	2.28	5		-	35.8	2698820		
	5					4						
	6					3						
	7					2						
	8					1						

PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roger Skedd	40	Chelmsford AC	2.80	8
4	2	Peter Smale	35	Southend AC	2.60	7
2	3	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	2.20	6
6	4	Christopher Kent	49	WSAC/St Edmunds Pacers	2.00	5
3	5	Dominic King	40	Colchester Harriers	1.60	4
	6					3
	7					2
	8					1

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
2	=1	Rob Milburn	50	Col & Tend/Ipswich Harriers	1.80	7.5
3	=1	Ian Rattray	51	Colchester Harriers	1.80	7.5
4	3	Angus Aldridge	60	Southend AC	1.60	6
	4					5
	5					4
	6					3
	7					2
	8					1

R4224-35	MedR	Relay 4224 M35-49 [M35+]	Team	(N:NN.n)	Pts
4	1	Ade Elegbede, Greg Goodrem, Clint	Southend AC	02:46.4	8
1	2	Roger Skedd, Eugenio Zapata Solvas,	Chelmsford AC	02:50.2	7
5	3	Michael Shortall, Paul Mitchell, Matthew	Thurrock Harriers/Loughton	02:57.4	6
2	4	Rob Milburn, Aaron Bollu, Simon Collett,	Col & Tend/Ipswich Harriers	02:59.0	5
3	5	Jonathan Nears, Paul Cooper, Daniel	Colchester Harriers	03:12.8	4
6	6	Scott Williams, Bryan Churchard, Mark	WSAC/St Edmunds Pacers	03:45.9	3
	7				2
	8				1

R4224-50	MedR	Relay 4224 M50+	Team	(N:NN.n)	Pts
5	1	Steven Ball, Nigel Instance, James	Thurrock Harriers/Loughton	03:16.2	8
3	2	Kevin McAlinden, Paul Spowage, Colin	Colchester Harriers	03:26.2	7
4	3	Mark Waller, Tony Balding, Rick Waters,	Southend AC	03:35.2	6
1	4	Stuart Bazley, David Butler, Peter Tullett,	Chelmsford AC	03:41.3	5
	5				4
	6				3
	7				2
	8				1

Rec	Rec	Rec	AG %	EA No.
-	x	x	48.3	2681217
-	x	x	42.4	2829699
-	x	x	40.2	2713083
-	x	x	38.4	3808791
-	x	x	27.6	2710786

Rec	Rec	AG %	EA No.
-	x	35.0	3949818
-	x	35.4	3701958
x	-	35.6	3519971

Rec
-
-
-
-
-
-
-

Rec
-
-
-
-
-
-
-

**Enter Non-scoring athletes in the 'Non-Scorers' tab first**  
**Non Scoring (enter bib no., event and result - formatted appropriately)**

BiB No.	Event	Name	AG	1st Claim Club	Result
51	400H	Adam Barnard	M35	Dartford Harriers	70.6
51	200	Adam Barnard	M35	Dartford Harriers	25.2
52	200	Peter Smale	M35	Southend	26.0
48	200	Richard Maskell	M45	Southend	33.7
93	Mile	Colin Ridley	M60	Colchester Harriers	05:12.4
99	Mile	Jonathan Nears	M45	Colchester Harriers	05:28.5
49	Mile	Daniel Steptoe-Thompson	M40	Colchester Harriers	06:08.8
56	Mile	Mark Waine	M50	Southend	05:01.4
91	Mile	Scott Rice	M50	Thurrock	05:42.9
58	Mile	Tony Balding	M50	Southend	06:22.3
57	LJ	Luke Keteleers	M35	Chelmsford	5.52
48	LJ	Richard Maskell	M45	Southend	4.26
98	LJ	Rob Milburn	M50	Col & Tendring	3.22
50	JT	Dominic King	M40	Colchester Harriers	32.08
54	JT	Carl Paxman	M35	Harlow	31.34
59	JT	James Moncrieff	M35	Southend	24.04
		-	-	-	

Format Results to suit event