

Insert non scoring results at the bottom						
EMAC Track & Field League			Southern Division - Match 4		Teams =	5
Colchester		Fri	01 August 2025		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	2	City of Southend AC	2	81.0	342.0	1
x	1	Colchester Harriers	3	83.0	317.0	2
x	3	Thurrock Harriers/Loughton	5	77.0	317.0	2
x	4	Chelmsford AC	1	75.0	307.0	4
x	5	Col & Tend/Ipswich Harriers	4	62.0	214.0	5
x	6	Spare	6	0.0	0.0	6
x	6	Spare	8	0.0	0.0	6
x	6	Spare	7	0.0	0.0	6
Single number (0-8) only		RDA = Race Day Age not insert athlete data in Results section - use "Declarations" tab only				
2003	200m	200m M35-49 - [M35+]	RDA	Team	(NN.n)	Pts
5	1	Michael Shortall	40	Thurrock Harriers/Loughton	24.8	5
2	2	Darryl Clemence	43	City of Southend AC	24.9	4
4	3	Daniel Williams	45	Col & Tend/Ipswich Harriers	27.0	3
3	4	Dominic King	42	Colchester Harriers	31.0	2
	5					1
	6					0
	7					0
	8					0
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
4	1	Lee Bowker	52	Col & Tend/Ipswich Harriers	27.2	5
1	2	Nigel Gardner	53	Chelmsford AC	30.5	4
5	3	Alan Fricker	50	Thurrock Harriers/Loughton	31.0	3
3	4	Mark Evans	54	Colchester Harriers	32.4	2
2	5	Mark Waller	54	City of Southend AC	34.3	1
	6					0
	7					0
	8					0
2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts
1	1	Mark Kybert	64	Chelmsford AC	29.2	5
3	2	Steve Hennings	60	Colchester Harriers	29.6	4
5	3	Jonathan Metcalf	65	Thurrock Harriers/Loughton	31.7	3
2	4	Angus Aldridge	62	City of Southend AC	33.3	2
	5					1
	6					0
	7					0
	8					0
4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
5	1	Olatunde Akerele	42	Thurrock Harriers/Loughton	57.0	5
4	2	Daniel Scurrall	47	Col & Tend/Ipswich Harriers	58.0	4
3	3	Chris Sellens	40	Colchester Harriers	63.3	3
1	4	Geoff Keily	46	Chelmsford AC	64.2	2
2	5	Graham Eastty	45	City of Southend AC	65.8	1
	6					0
	7					0
	8					0

4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
3	1	Jonathan Nears	50	Colchester Harriers	61.6	5
4	2	Lee Bowker	52	Col & Tend/Ipswich Harriers	61.7	4
2	3	Mark Waller	54	City of Southend AC	67.4	3
5	4	David Beatty	54	Thurrock Harriers/Loughton	75.2	2
1	5	Nigel Gardner	53	Chelmsford AC	80.0	1
	6					0
	7					0
	8					0
4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
1	1	Mark Kybert	64	Chelmsford AC	67.8	5
3	2	Steve Hennings	60	Colchester Harriers	68.0	4
5	3	James Lambden	62	Thurrock Harriers/Loughton	72.7	3
2	4	Angus Aldridge	62	City of Southend AC	76.3	2
	5					1
	6					0
	7					0
	8					0
8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
2	1	Peter Smale	37	City of Southend AC	02:09.3	5
4	2	Charlie Crewe-Read	35	Col & Tend/Ipswich Harriers	02:10.1	4
3	3	Dominic King	42	Colchester Harriers	02:26.9	3
1	4	Geoff Keily	46	Chelmsford AC	02:28.1	2
5	5	Nick Barker	42	Thurrock Harriers/Loughton	02:33.2	1
	6					0
	7					0
	8					0
8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
2	1	Mark Waller	54	City of Southend AC	02:18.9	5
4	2	Chris Harvey	54	Col & Tend/Ipswich Harriers	02:32.8	4
3	3	James Manly	52	Colchester Harriers	02:37.8	3
5	4	Jon Whitehouse	52	Thurrock Harriers/Loughton	02:44.0	2
1	5	Mark Kybert	64	Chelmsford AC	02:47.6	1
	6					0
	7					0
	8					0
8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
3	1	Colin Ridley	63	Colchester Harriers	02:45.2	5
5	2	Eamonn Shelley	64	Thurrock Harriers/Loughton	02:59.4	4
1	3	David Butler	72	Chelmsford AC	03:00.1	3
2	4	Alastair Kendrick	72	City of Southend AC	03:48.8	2
	5					1
	6					0
	7					0
	8					0
30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Angus Holford	36	Colchester Harriers	09:28.7	5
5	2	Nick Barker	42	Thurrock Harriers/Loughton	10:10.8	4
4	3	Gerald Buck	42	Col & Tend/Ipswich Harriers	10:12.6	3
1	4	Geoff Keily	46	Chelmsford AC	10:41.4	2
2	5	Richard Maskell	49	City of Southend AC	12:20.3	1
	6					0
	7					0

	8					0
30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
2	1	Mark Waller	54	City of Southend AC	09:59.8	5
3	2	Paul Spowage	61	Colchester Harriers	10:39.3	4
5	3	Jon Whitehouse	52	Thurrock Harriers/Loughton	10:48.2	3
4	4	Chris Harvey	54	Col & Tend/Ipswich Harriers	11:13.4	2
	5					1
	6					0
	7					0
	8					0
30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Paul Mingay	68	Colchester Harriers	10:32.1	5
5	2	Eamonn Shelley	64	Thurrock Harriers/Loughton	12:36.6	4
1	3	Christopher Purse	66	Chelmsford AC	12:53.8	3
	4					2
	5					1
	6					0
	7					0
	8					0
30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
1	1	David Butler	72	Chelmsford AC	11:51.8	5
5	2	Bernard Johnson	70	Thurrock Harriers/Loughton	14:29.6	4
2	3	Alastair Kendrick	72	City of Southend AC	14:53.6	3
	4					2
	5					1
	6					0
	7					0
	8					0
JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
2	1	Paul Cooper	48	City of Southend AC	46.52	5
1	2	Roger Skedd	42	Chelmsford AC	45.78	4
3	3	Dominic King	42	Colchester Harriers	30.36	3
4	4	Mykel Mason	35	Col & Tend/Ipswich Harriers	23.05	2
5	5	Alan Fricker	50	Thurrock Harriers/Loughton	18.31	1
	6					0
	7					0
	8					0
JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	1	Nigel Gardner	53	Chelmsford AC	27.50	5
3	2	Gareth Cook	56	Colchester Harriers	25.20	4
4	3	Simon Collett	54	Col & Tend/Ipswich Harriers	21.64	3
5	4	David Beatty	54	Thurrock Harriers/Loughton	16.69	2
2	5	Angus Aldridge	62	City of Southend AC	14.38	1
	6					0
	7					0
	8					0
JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
4	1	Peter Godron	61	Col & Tend/Ipswich Harriers	23.83	5
1	2	Geoffrey Tyler	76	Chelmsford AC	22.51	4
2	3	Keith Palmer	60	City of Southend AC	22.47	3
3	4	Alistair Holford	69	Colchester Harriers	16.26	2
5	5	Jonathan Metcalf	65	Thurrock Harriers/Loughton	15.81	1
	6					0

	7					0
	8					0
JT7	JT	Javelin M70-79 (500gm) [M70+ RDA		Team	(NN.nn)	Pts
5	1	Bernard Johnson	70	Thurrock Harriers/Loughton	17.20	5
1	2	David Butler	72	Chelmsford AC	14.38	4
2	3	Alastair Kendrick	72	City of Southend AC	5.35	3
	4					2
	5					1
	6					0
	7					0
	8					0
DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Kevin Wilson	35	Chelmsford AC	41.31	5
2	2	James Moncrieff	42	City of Southend AC	32.54	4
3	3	Dominic King	42	Colchester Harriers	18.35	3
4	4	Daniel Williams	45	Col & Tend/Ipswich Harriers	14.95	2
5	5	Bernard Johnson	70	Thurrock Harriers/Loughton	10.37	1
	6					0
	7					0
	8					0
DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Gareth Cook	56	Colchester Harriers	37.42	5
2	2	Angus Aldridge	62	City of Southend AC	17.95	4
1	3	Nigel Gardner	53	Chelmsford AC	16.16	3
5	4	David Beatty	54	Thurrock Harriers/Loughton	15.33	2
	5					1
	6					0
	7					0
	8					0
DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
1	1	Geoffrey Tyler	76	Chelmsford AC	33.42	5
4	2	Peter Godron	61	Col & Tend/Ipswich Harriers	27.47	4
2	3	Keith Palmer	60	City of Southend AC	20.25	3
3	4	Kevin McAlinden	61	Colchester Harriers	18.26	2
5	5	David Hobbs	77	Thurrock Harriers/Loughton	17.24	1
	6					0
	7					0
	8					0
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
5	1	Michael Shortall	40	Thurrock Harriers/Loughton	10.85	5
2	2	Greg Goodrem	41	City of Southend AC	9.88	4
4	3	Mykel Mason	35	Col & Tend/Ipswich Harriers	8.80	3
3	4	Daniel King	42	Colchester Harriers	8.70	2
	5					1
	6					0
	7					0
	8					0
TJ5	TJ	Triple Jump M50-59 [m50+]	RDA	Team	(NN.nn)	Pts
1	1	Nigel Gardner	53	Chelmsford AC	8.87	5
5	2	Alan Fricker	50	Thurrock Harriers/Loughton	8.62	4
4	3	Simon Collett	54	Col & Tend/Ipswich Harriers	8.62	3
3	4	Jonathan Nears	50	Colchester Harriers	7.39	2
	5					1

	6					0
	7					0
	8					0
TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts
2	1	Keith Palmer	60	City of Southend AC	7.91	5
5	2	James Lambden	62	Thurrock Harriers/Loughton	7.81	4
3	3	Kevin McAlinden	61	Colchester Harriers	6.94	3
	4					2
	5					1
	6					0
	7					0
	8					0
PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roger Skedd	42	Chelmsford AC	3.20	5
2	2	Peter Smale	37	City of Southend AC	2.30	4
4	3	Daniel Scurrrell	47	Col & Tend/Ipswich Harriers	2.10	3
3	4	Daniel King	42	Colchester Harriers	1.90	2
	5					1
	6					0
	7					0
	8					0
PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
2	1	Angus Aldridge	62	City of Southend AC	1.20	5
3	2	Ian Rattray	53	Colchester Harriers	1.20	4
4	3	Chris Harvey	54	Col & Tend/Ipswich Harriers	1.00	3
	4					2
	5					1
	6					0
	7					0
	8					1
PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
x	1	?	?	No Team		5
	2					4
	3					3
	4					2
	5					1
	6					0
	7					0
	8					0
R4224	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.n)	Pts
4	1	Daniel Williams	45	Col & Tend/Ipswich Harriers	2:57.6	5
4a		Lee Bowker	52			
4b		Mykel Mason	35			
4c		Daniel Scurrrell	47			
5	2	Michael Shortall	40	Thurrock Harriers/Loughton	3:01.8	4
5a		Nick Barker	42			
5b		Jonathan Metcalf	65			
5c		Olatunde Akerele	42			
2	3	Darryl Clemence	43	City of Southend AC	3:03.2	3
2a		Greg Goodrem	41			
2b		Peter Smale	37			
2c		Richard Maskell	49			
1	4	Roger Skedd	42	Chelmsford AC	3:06.2	2

1a		Geoff Keily	46			
1b		Mark Kybert	64			
1c		Kevin Wilson	35			
3	5	Angus Holford	36	Colchester Harriers	3:08.0	1
3a		Ian Rattray	53			
3b		Daniel King	42			
3c		Dominic King	42			
	6					0
a						
b						
c						
R4224 MedR Relay 4224 M50+ RDA Team (N:NN.n) Pts						
3	1	James Manly	52	Colchester Harriers	3:32.1	5
3a		Steve Hennings	60			
3b		Mark Evans	54			
3c		Jonathan Nears	50			
5	2	David Beatty	54	Thurrock Harriers/Loughton	3:40.0	4
5a		Jon Whitehouse	52			
5b		Alan Fricker	50			
5c		James Lambden	62			
2	3	Mark Waller	54	City of Southend AC	4:11.9	3
2a		Keith Palmer	60			
2b		Alastair Kendrick	72			
2c		Angus Aldridge	62			
	4					2
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
173	4005	Mark Evans	M50	Colchester Harriers	72.2
172	30006	Colin Ridley	M60	Colchester Harriers	10:52.4
174	30005	Simon Morgan	M55	Colchester Harriers	13:21.1
177	2005	Ian Rattray	M50	Colchester Harriers	30.7
176	2006	Alistair Holford	M65	Colchester Harriers	36.2
184	2006	David Hobbs	M75	Loughton AC	41.2
138	JT5	James Manly	M50	Colchester Harriers	23.08
136	DT3	Roger Skedd	M40	Chelmsford AC	38.12
178	DT3	Paul Cooper	M40	City of Southend on Sea	29.00
176	TJ6	Alistair Holford	M65	Colchester Harriers	6.78
161	PV3	Daniel Williams	M45	Ipswich Harriers	1.90
189	PV3	Greg Goodrem	M60	City of Southend on Sea	2.30
		-	-	-	

Highest Track Age Graded % =			92.8
Athlete	Paul Mingay	RDA	68
Club	Colchester Harriers		
Event	3000m M60-69 [M60+]		
Result	0.0		
Format Result to suit the result			
Highest Field Age Graded % =			63.0
Athlete	Geoffrey Tyler	RDA	76
Club	Chelmsford AC		
Event	Discus M60+ (1Kg)		
Result	33.42		

Wind	Records				2023	EA No
	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	81.6	2800336
	-	x	x	x	82.9	4192305
	-	x	x	x	77.4	4183085
	-	x	x	x	66.1	2710786
Wind		M50-59	M60-69	M70+	AG %	EA No
		-	x	x	80.5	2712921
		-	x	x	72.2	3947236
		-	x	x	69.7	3942083
		-	x	x	68.5	4190658
		-	x	x	64.7	3549152
Wind			M60-69	M70+	AG %	EA No
			-	x	81.2	4015467
			-	x	78.0	3437629
			-	x	75.3	2899831
			-	x	70.3	3519971
	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	80.4	4115009
	-	x	x	x	81.6	2713083
	-	x	x	x	71.5	2710783
	-	x	x	x	73.3	4006012
	-	x	x	x	71.0	3262665

M50-59	M60-69	M70+	AG %	EA No
-	x	x	78.4	2710805
-	x	x	79.3	2712921
-	x	x	73.6	3549152
-	x	x	66.0	3764491
-	x	x	61.6	3947236

M60-69	M70+	AG %	EA No
-	x	78.3	4015467
-	x	76.0	3437629
-	x	72.0	3985156
-	x	68.6	3519971

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	79.6	2829699
-	x	x	x	77.8	4184505
-	x	x	x	72.9	2710786
-	x	x	x	74.6	4006012
-	x	x	x	69.9	4030887

M50-59	M60-69	M70+	AG %	EA No
-	x	x	84.9	3549152
-	x	x	77.2	4013537
-	x	x	73.5	3249845
-	x	x	70.7	3370574
x	-	x	76.4	4015467

M60-69	M70+	AG %	EA No
-	x	76.9	2698820
-	x	71.4	2980570
x	-	76.1	2708298
x	-	59.9	2764502

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	78.1	2749259
-	x	x	x	76.0	4030887
-	x	x	x	75.8	4004590
-	x	x	x	74.7	4006012
-	x	x	x	66.3	3202378

	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	85.4	3549152
	x	-	x	85.5	2710866
	-	x	x	77.7	3370574
	-	x	x	76.1	4013537
		M60-69	M70+	AG %	EA No
		-	x	92.8	2963981
		-	x	74.4	2980570
		-	x	74.2	2759797
			M70+	AG %	EA No
			LR	86.0	2759797
			-	68.9	2980570
			-	68.5	-
M35-49				AG %	EA No
-				60.0	3571280
-				53.7	2681217
-				35.6	2710786
-				24.4	4122000
x				-	3942083
	M50-59			AG %	EA No
-				36.2	3947236
-				35.0	2904993
-				29.0	3863310
-				22.3	3764491
x				-	3519971
		M60-69		AG %	EA No
		-		33.8	3670260
		x		-	3341824
		-		31.2	2829682
		-		27.5	2749257
		-		24.4	2899831

	M70-79	AG %
	-	-
	-	-
	-	-

M35-49	AG %	EA No
-	57.5	3113947
-	47.3	3984033
-	26.7	2710786
-	22.6	4183085
x	-	2951650

M50-59	AG %	EA No
-	57.5	2904993
x	-	3519971
-	23.7	3947236
-	22.8	3764491

M60-79	AG %	EA No
-	63.0	3341824
-	37.6	3670260
-	27.2	2829682
-	25.0	2816582
-	33.4	2900821

Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	x	62.6	2800336
	-	x	x	x	57.6	2912893
	-	x	x	x	48.2	4122000
	-	x	x	x	51.3	2710785

Wind	M50-59	M60-69	M70+	AG %	EA No
	-	x	x	59.4	3947236
	-	x	x	55.6	3942083
	-	x	x	58.4	3863310
	-	x	x	47.7	2710805

Wind		M60-69	M70+	AG %	EA No
		-	x	58.0	2829682
		-	x	58.8	3985156
		-	x	51.6	2816582

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	56.6	2681217
-	x	x	x	38.4	2829699
-	x	x	x	39.4	2713083
-	x	x	x	33.6	2710785

M50-59	M60-69	M70+	AG %	EA No
x	-	x	27.5	3519971
-	x	x	24.3	3701958
-	x	x	20.5	4013537

M60-69	M70+	AG %	EA No
			#N/A

Rec
-

-

-

-

- 4183085
- 2712921
- 4122000
- 2713083
- 2800336
- 4030887
- 2899831
- 4115009
- 4192305
- 2912893
- 2829699
- 3202378
- 2681217

-

Rec

-

-

-

4006012
4015467
3113947
2749259
3701958
2710785
2710786

3249845
3437629
4190658
2710805
3764491
3370574
3942083
3985156
3549152
2829682
2764502
3519971