

EMAC Track & Field League
Thurrock

South Division - Match 1
Wed 06/05/2026 Teams = 6
Overall

Match Scores

O/A	Pos	Men's Teams	Bib	Match 1 Points	Final	Pos
	1	City of Southend AC	2		113	1
	2	Thurrock/Loughton AC's	5		101.5	2
	3	Chelmsford AC	1		88	3
	4	Colchester & Tendering/Ipswich H	4		82	4
	5	Colchester Harriers AC	3		78.5	5
	6	Spare 6	6		0	6
	6	Spare 7	7		0	6
	6	Spare 8	8		0	6

Single numbers

RDA = Race Day Age

(0-8)

Hand Timing scorin

1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
	1	1 Lee Dollard	36	Chelmsford AC	11.2	6
	2	2 Ade Elegbede	49	City of Southend AC	11.9	5
	5	3 Michael Shortall	41	Thurrock/Loughton AC's	12.7	4
	4	4 Justin Hubbard	47	Colchester & Tendering/Ipswich H	13.5	3
	3	5 Daniel King	42	Colchester Harriers AC	15.5	2
		6				1
		7				0
		8				0

1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
	4	1 Lee Bowker	53	Colchester & Tendering/Ipswich H	13.2	6
	2	2 Clive Farrow	56	City of Southend AC	14	5
	1	3 Nigel Gardner	54	Chelmsford AC	14.5	4
	3	4 James Manly	53	Colchester Harriers AC	14.5	3
	5	5 David Beatty	54	Thurrock/Loughton AC's	17.2	2
		6				1
		7				0
		8				0

1006	100m	100m M60+	RDA	Team	(NN.n)	Pts
	1	1 Mark Kybert	64	Chelmsford AC	15.3	6
	5	2 Stephen Kemp	65	Thurrock/Loughton AC's	15.6	5
	2	3 Stephen Solomon	63	City of Southend AC	15.8	4
	3	4 Alistair Holford	69	Colchester Harriers AC	16.9	3
		5				2
		6				1
		7				0
		8				0

1007	100m	100m M70+	RDA	Team	(NN.n)	Pts
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2	1	Alastair Kendrick	73	City of Southend AC	21.6	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0
4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
	1	1 Adam Bernard	41	Chelmsford AC	55.7	6
	2	2 Peter Smale	37	City of Southend AC	56.5	5
	5	3 Olatunde Akerele	42	Thurrock/Loughton AC's	57.2	4
	3	4 Angus Holford	37	Colchester Harriers AC	57.5	3
	4	5 Daniel Williams	46	Colchester & Tendering/Ipswich H	62.6	2
	6					1
	7					0
	8					0
4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.n)	Pts
	4	1 Lee Bowker	53	Colchester & Tendering/Ipswich H	61.2	6
	1	2 Lee Martin	54	Chelmsford AC	61.6	5
	3	3 Jonathan Nears	51	Colchester Harriers AC	63.1	4
	5	4 Alan Fricker	51	Thurrock/Loughton AC's	69.9	3
	2	5 Simon Le Mare	64	City of Southend AC	90.4	2
	6					1
	7					0
	8					0
4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
	1	1 Mark Kybert	64	Chelmsford AC	69.3	6
	3	2 Colin Ridley	64	Colchester Harriers AC	72.6	5
	5	3 Stephen Kemp	65	Thurrock/Loughton AC's	74.5	4
	2	4 Stephen Solomon	63	City of Southend AC	98.3	3
	5					2
	6					1
	7					0
	8					0
15003	1500r	1500m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
	3	1 Angus Holford	37	Colchester Harriers AC	00:04:21	6
	1	2 Ken Hoye	49	Chelmsford AC	00:04:44	5
	2	3 Simon Randall	51	City of Southend AC	00:04:46	4
	5	4 Simon Hatcher	50	Thurrock/Loughton AC's	00:06:06	3
	5					2
	6					1
	7					0
	8					0

15005	1500r	1500m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
4	1	Nathan Laud	50	Colchester & Tendering/Ipswich H	00:04:29	6
2	2	Mark Waller	55	City of Southend AC	00:04:36	5
1	3	Peter Tullett	66	Chelmsford AC	00:04:46	4
3	4	Jonathan Nears	51	Colchester Harriers AC	00:04:59	3
5	5	David Beatty	54	Thurrock/Loughton AC's	00:06:20	2
	6					1
	7					0
	8					0
15006	1500r	1500m M60 [M60+]	RDA	Team	(NN:NN.n)	Pts
2	1	Simon Le Mare	64	City of Southend AC	00:05:04	6
3	2	Colin Ridley	64	Colchester Harriers AC	00:05:16	5
5	3	Eamonn Shelley	65	Thurrock/Loughton AC's	00:05:41	4
1	4	Mark Kybert	64	Chelmsford AC	00:05:57	3
	5					2
	6					1
	7					0
	8					0
15007	1500r	1500m M70+ [M70+]	RDA	Team	(NN:NN.n)	Pts
2	1	Alastair Kendrick	73	City of Southend AC	0.005329	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0
HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Yasha Bobash	38	Chelmsford AC	47.71	6
3	2	Daniel King	42	Colchester Harriers AC	13.74	5
4	3	Daniel Williams	46	Colchester & Tendering/Ipswich H	11.96	4
5	4	David Beatty	54	Thurrock/Loughton AC's	11.91	3
2	5	Ade Elegbede	49	City of Southend AC	8.31	2
	6					1
	7					0
	8					0
HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
5	1	Graham Holder	54	Thurrock/Loughton AC's	53.17	6
4	2	Simon Collett	55	Colchester & Tendering/Ipswich H	17.26	5
2	3	Keith Palmer	61	City of Southend AC	17.1	4
3	4	Simon Morgan	58	Colchester Harriers AC	16.19	3
	5					2
	6					1
	7					0

		8				0
HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
	5	1 David Bauer		60 Thurrock/Loughton AC's	33.71	6
	2	2 Peter Wishart		66 City of Southend AC	23.95	5
	4	3 Peter Godron		61 Colchester & Tendering/Ipswich H	19.93	4
	3	4 Kevin McAlinden		62 Colchester Harriers AC	15.61	3
		5				2
		6				1
		7				0
		8				0
HT7	HT	Hammer M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
	4	1 Geoffrey Tyler		77 Colchester & Tendering/Ipswich H	29.35	6
		2				5
		3				4
		4				3
		5				2
		6				1
		7				0
		8				0
SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
	1	1 Roger Skedd		43 Chelmsford AC	12.03	6
	3	2 Dominic King		42 Colchester Harriers AC	7.21	5
	4	3 Daniel Williams		46 Colchester & Tendering/Ipswich H	6.39	4
	5	4 David Beatty		54 Thurrock/Loughton AC's	6.37	3
		5				2
		6				1
		7				0
		8				0
SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
	5	1 Graham Holder		54 Thurrock/Loughton AC's	10.97	6
	1	2 Nigel Gardner		54 Chelmsford AC	8.41	5
	4	3 Simon Collett		55 Colchester & Tendering/Ipswich H	8.06	4
	3	4 James Manly		53 Colchester Harriers AC	7.93	3
	2	5 Keith Palmer		61 City of Southend AC	6.96	2
		6				1
		7				0
		8				0
SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
	5	1 David Bauer		60 Thurrock/Loughton AC's	11.59	6
	4	2 Peter Godron		61 Colchester & Tendering/Ipswich H	9.46	5
	2	3 Peter Wishart		66 City of Southend AC	9.43	4
	3	4 Kevin McAlinden		62 Colchester Harriers AC	6.44	3
		5				2
		6				1

		7				0
		8				0
SP7	SP	Shot M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
	4	1 Geoffrey Tyler	77	Colchester & Tendering/Ipswich H	10.75	6
	2	2 Alastair Kendrick	73	City of Southend AC	2.36	5
		3				4
		4				3
		5				2
		6				1
		7				0
		8				0
LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
	1	1 Roger Skedd	43	Chelmsford AC	5.42	6
	5	2 Michael Shortall	41	Thurrock/Loughton AC's	5.09	5
	2	3 Ade Elegbede	49	City of Southend AC	4.61	4
	4	4 Justin Hubbard	47	Colchester & Tendering/Ipswich H	4.47	3
	3	5 Dominic King	42	Colchester Harriers AC	3.77	2
		6				1
		7				0
		8				0
LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts
	1	1 Nigel Gardner	54	Chelmsford AC	3.96	6
	5	2 Alan Fricker	51	Thurrock/Loughton AC's	3.72	5
	2	3 Clive Farrow	56	City of Southend AC	3.43	4
	3	4 James Manly	53	Colchester Harriers AC	2.2	3
		5				2
		6				1
		7				0
		8				0
LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts
	5	1 James Lambden	63	Thurrock/Loughton AC's	3.39	6
	2	2 Simon Le Mare	64	City of Southend AC	3.23	5
	3	3 Alistair Holford	69	Colchester Harriers AC	3.15	4
		4				3
		5				2
		6				1
		7				0
		8				0
LJ7	LJ	Long Jump M70+	RDA	Team	(N.nn)	Pts
	4	1 Geoffrey Tyler	77	Colchester & Tendering/Ipswich H	1.59	6
	2	2 Alastair Kendrick	73	City of Southend AC	1.27	5
		3				4
		4				3
		5				2

		6					1
		7					0
		8					0
HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)		Pts
	1	1 Roger Skedd		43 Chelmsford AC		1.66	6
	2	2 Richard Maskell		49 City of Southend AC		1.35	5
	5 =3	Olatunde Akerele		42 Thurrock/Loughton AC's		1.3	3.5
	3 =3	Daniel King		42 Colchester Harriers AC		1.3	3.5
	4	5 Aaron Bollu		47 Colchester & Tendering/Ipswich H		1.2	2
		6					1
		7					0
		8					0
HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N.nn)		Pts
	5	1 Alan Fricker		51 Thurrock/Loughton AC's		1.4	6
	4	2 Nigel Hayman		51 Colchester & Tendering/Ipswich H		1.35	5
	3	3 James Manly		53 Colchester Harriers AC		1.3	4
	2	4 Clive Farrow		56 City of Southend AC		1.2	3
	1	5 Nigel Gardner		54 Chelmsford AC		1.2	2
		6					1
		7					0
		8					0
HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)		Pts
	2	1 Simon Le Mare		64 City of Southend AC		1.3	6
	5	2 James Lambden		63 Thurrock/Loughton AC's		1	5
	3	3 Kevin McAlinden		62 Colchester Harriers AC		1	4
		4					3
		5					2
		6					1
		7					0
		8					0
R4224	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.n)		Pts
	1	1 Lee Martin		54 Chelmsford AC		00:02:53	6
	1a	Ken Hoye		49 Chelmsford AC			
	1b	Roger Skedd		43 Chelmsford AC			
	1c	Adam Bernard		41 Chelmsford AC			
	4	2 Lee Bowker		53 Colchester & Tendering/Ipswich H		00:02:53	5
	4a	Daniel Williams		46 Colchester & Tendering/Ipswich H			
	4b	Justin Hubbard		47 Colchester & Tendering/Ipswich H			
	4c	Nathan Laud		50 Colchester & Tendering/Ipswich H			
	5	3 Michael Shortall		41 Thurrock/Loughton AC's		00:03:04	4
	5a	Alan Fricker		51 Thurrock/Loughton AC's			
	5b	Stephen Kemp		65 Thurrock/Loughton AC's			
	5c	Olatunde Akerele		42 Thurrock/Loughton AC's			
	2	4 Ade Elegbede		49 City of Southend AC		00:03:04	3

2a	Simon Randall	51	City of Southend AC		
2b	Richard Maskell	49	City of Southend AC		
2c	Peter Smale	37	City of Southend AC		
3	5 Angus Holford	37	Colchester Harriers AC	00:03:16	2
3a	Colin Ridley	64	Colchester Harriers AC		
3b	Jonathan Nears	51	Colchester Harriers AC		
3c	Daniel King	42	Colchester Harriers AC		
	6				1

a
b
c

R4224 MedR	Relay 4224 M50+	RDA	Team	(N:NN.n)	Pts
5	1 Simon Hatcher	50	Thurrock/Loughton AC's	00:03:49	6
5a	David Beatty	54	Thurrock/Loughton AC's		
5b	Eamonn Shelley	65	Thurrock/Loughton AC's		
5c	James Lambden	63	Thurrock/Loughton AC's		
2	2 Mark Waller	55	City of Southend AC	00:04:21	5
2a	Stephen Solomon	63	City of Southend AC		
2b	Clive Farrow	56	City of Southend AC		
2c	Simon Le Mare	64	City of Southend AC		
	3				4

a
b
c

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

Bib	Event	Name	AG	1st Claim Club	Result
92	100m	Olatunde Akerele	M40	Thurrock Harriers	12.7
103	100m	Daniel Williams	M45	Ipswich Harriers	13.3
104	100m	Aaron Bollu	M45	Colchester & Tendring	13.9
93	100m	Niall McMahon	M50	Colchester Harriers	13.2
102	100m	Simon Collett	M55	Ipswich Harriers	14.3
87	SP	Alistair Holford	M60	Colchester Harriers	5.27
94	1500m	Patrick Auer	M50	Colchester Harriers	00:05:55
104	LJ	Aaron Bollu	M45	Colchester & Tendring	4.55
91	LJ	Richard Maskell	M45	City of Southend	3.89
105	HJ	Ade Elegbede	M45	City of Southend	1.4
-	-	-	-	-	-

privately)