

South - MEN - Match 2

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 2		Teams =	6
Thurrock		Wed	03 June 2026		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 2 Points	Final	Pos
x	1	City of Southend AC	2	126.0	239.0	1
x	2	Thurrock/Loughton AC's	5	117.5	219.0	2
x	3	Colchester Harriers AC	3	95.0	173.5	3
x	4	Chelmsford AC	1	79.0	167.0	4
x	5	Colchester & Tendering/Ipswich H	4	51.0	133.0	5
x	6	Spare 6	6	0.0	0.0	6
x	6	Spare 7	7	0.0	0.0	6
x	6	Spare 8	8	0.0	0.0	6

Single numbers		RDA = Race Day Age											
(0-8) only		Do not insert athlete data in Results section - use "Declarations" tab only				Hand Timing scoring		Records				2023	EA No
2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.n)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No
2	1	Ade Elegbede	49	City of Southend AC	25.3	6		-	x	x	x	84.8	3940643
5	2	Olatunde Akerele	43	Thurrock/Loughton AC's	25.6	5		-	x	x	x	80.6	4115009
1	3	Roger Skedd	43	Chelmsford AC	26.0	4		-	x	x	x	79.4	2681217
4	4	Justin Hubbard	47	Colchester & Tendering/Ipswich H	29.2	3		-	x	x	x	72.5	3613802
3	5	Angus Holford	37	Colchester Harriers AC	32.0	2		-	x	x	x	62.0	2749259
	6					1							
	7					0							
	8					0							
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No
4	1	Lee Bowker	53	Colchester & Tendering/Ipswich H	27.6	6			-	x	x	79.8	2712921
2	2	Clive Farrow	56	City of Southend AC	28.3	5			-	x	x	79.4	2782942
3	3	Niall McMahon	55	Colchester Harriers AC	28.6	4			-	x	x	78.1	4155619
5	4	Alan Fricker	51	Thurrock/Loughton AC's	31.5	3			-	x	x	69.0	3942083
	5					2							
	6					1							
	7					0							
	8					0							

Highest Track Age Graded % =			87.3
Athlete	Mark Waller	RDA	55
Club	City of Southend AC		
Event	3000m M50-59 [M50+]		
Result	9:52.0		
Format Result to suit the result			
Highest Field Age Graded % =			68.7
Athlete	Roger Skedd	RDA	43
Club	Chelmsford AC		
Event	Triple Jump M35-49 [M35+]		
Result	11.53		

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2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts	Wind
1	1	Mark Kybert	64	Chelmsford AC	29.3	6	
5	2	Stephen Kemp	65	Thurrock/Loughton AC's	32.0	5	
3	3	Colin Ridley	64	Colchester Harriers AC	41.7	4	
2	4	Keith Palmer	61	City of Southend AC	51.9	3	
	5					2	
	6					1	
	7					0	
	8					0	

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Angus Holford	37	Colchester Harriers AC	02:15.3	6
5	2	Scott Thrush	39	Thurrock/Loughton AC's	02:26.3	5
2	3	Matthew Randall	51	City of Southend AC	02:29.9	4
4	4	Daniel Williams	46	Colchester & Tendering/Ipswich H	02:37.9	3
	5					2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Lee Martin	54	Chelmsford AC	02:20.9	6
2	2	Mark Waller	55	City of Southend AC	02:22.9	5
3	3	Ian Rattray	53	Colchester Harriers AC	02:40.7	4
5	4	Jon Whitehouse	53	Thurrock/Loughton AC's	03:08.0	3
	5					2
	6					1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
2	1	Simon Le Mare	64	City of Southend AC	02:35.9	6
3	2	Colin Ridley	64	Colchester Harriers AC	02:41.0	5
1	3	Mark Kybert	64	Chelmsford AC	03:00.1	4
5	4	James Lambden	63	Thurrock/Loughton AC's	03:04.5	3
	5					2
	6					1
	7					0
	8					0

30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Angus Holford	37	Colchester Harriers AC	09:25.6	6
2	2	Richard Maskell	50	City of Southend AC	10:10.9	5
5	3	Nick Barker	43	Thurrock/Loughton AC's	10:27.7	4
	4					3
	5					2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	81.0	4015467
-	x	74.6	2990465
-	x	56.9	2698820
-	x	44.8	2829682

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	76.0	2749259
-	x	x	x	71.4	3499158
x	-	x	x	76.8	3834995
-	x	x	x	70.0	4183085

M50-59	M60-69	M70+	AG %	EA No
-	x	x	83.7	2793844
-	x	x	83.2	3549152
-	x	x	72.8	3701958
-	x	x	62.2	3370574

M60-69	M70+	AG %	EA No
-	x	82.1	2912777
-	x	79.5	2698820
-	x	71.1	4015467
-	x	68.8	3985156

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	79.1	2749259
x	-	x	x	81.0	3202378
-	x	x	x	74.5	4030887

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30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
2	1	Mark Waller	55	City of Southend AC	09:52.0	6
1	2	Peter Waite	55	Chelmsford AC	11:12.3	5
5	3	Jon Whitehouse	53	Thurrock/Loughton AC's	11:20.5	4
3	4	James Manly	53	Colchester Harriers AC	11:34.0	3
	5					2
	6					1
	7					0
	8					0

30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Colin Ridley	64	Colchester Harriers AC	11:32.8	6
5	2	Eamonn Shelley	65	Thurrock/Loughton AC's	12:06.7	5
2	3	Matthew Aitken	61	City of Southend AC	12:27.9	4
1	4	Christopher Purse	67	Chelmsford AC	12:52.2	3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
5	1	Bernard Johnson	70	Thurrock/Loughton AC's	15:07.6	6
2	2	Alastair Kendrick	73	City of Southend AC	15:20.4	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Dominic King	43	Colchester Harriers AC	08:56.7	6
5	2	Stephen Kemp	65	Thurrock/Loughton AC's	12:11.8	5
2	3	Keith Palmer	61	City of Southend AC	13:00.1	4
1	4	Mark Kybert	64	Chelmsford AC	14:30.6	3
	5					2
	6					1
	7					0
	8					0

2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Daniel King	43	Colchester Harriers AC	09:49.3	6
5	2	Eamonn Shelley	65	Thurrock/Loughton AC's	13:02.7	5
2	3	Richard Maskell	50	City of Southend AC	14:09.9	4
	4				15:29.2	3
	5					2
	6					1
	7					0
	8					0

M50-59	M60-69	M70+	AG %	EA No
-	x	x	87.3	3549152
-	x	x	76.9	3756097
-	x	x	74.6	3370574
-	x	x	73.2	3249845

M60-69	M70+	AG %	EA No
-	x	81.2	2698820
-	x	78.2	2980570
-	x	73.1	3873228
-	x	75.1	2759797

M70+	AG %	EA No
-	66.0	2951650
-	67.3	2764502

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	2710786
x	x	-	x	2990465
x	x	-	x	2829682
x	x	-	x	4015467

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	2710785
x	x	-	x	2980570
x	-	x	x	3202378
x	x	x	x	

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JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
2	1	Paul Cooper	49	City of Southend AC	42.29	6
1	2	Kevin Wilson	36	Chelmsford AC	37.14	5
3	3	Dominic King	43	Colchester Harriers AC	32.15	4
4	4	Chris Cooper	37	Colchester & Tendering/Ipswich H	29.41	3
5	5	David Beatty	55	Thurrock/Loughton AC's	13.78	2
	6					1
	7					0
	8					0

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
1	1	David Sketchley	50	Chelmsford AC	53.10	6
2	2	Keith Palmer	61	City of Southend AC	24.78	5
5	3	Graham Holder	54	Thurrock/Loughton AC's	22.33	4
3	4	Patrick Auer	57	Colchester Harriers AC	10.17	3
	5					2
	6					1
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	David Bauer	60	Thurrock/Loughton AC's	29.09	6
4	2	Peter Godron	62	Colchester & Tendering/Ipswich H	20.99	5
2	3	Peter Wishart	66	City of Southend AC	18.13	4
1	4	David Butler	73	Chelmsford AC	13.85	3
3	5	Kevin McAlinden	62	Colchester Harriers AC	2.39	2
	6					1
	7					0
	8					0

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Kevin Wilson	36	Chelmsford AC	44.50	6
2	2	Paul Cooper	49	City of Southend AC	30.05	5
4	3	Chris Cooper	37	Colchester & Tendering/Ipswich H	22.46	4
3	4	Dominic King	43	Colchester Harriers AC	16.45	3
5	5	David Beatty	55	Thurrock/Loughton AC's	14.29	2
	6					1
	7					0
	8					0

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
5	1	Graham Holder	54	Thurrock/Loughton AC's	38.08	6
2	2	Keith Palmer	61	City of Southend AC	19.13	5
1	3	Peter Waite	55	Chelmsford AC	17.95	4
	4					3
	5					2
	6					1
	7					0
	8					0

M35-49
-
-
-
-
x

M50-59
LR
x
-
-

M60-69
-
-
-
x
-

M35-49
LR
-
-
-
x

M50-59
-
x
-

AG %	EA No
55.5	3571280
39.9	3113947
38.3	2710786
32.1	3007062
-	3764491

AG %	EA No
66.3	2804163
-	2829682
29.9	2692808
14.4	4224140

AG %	EA No
40.4	2953600
30.4	3670260
28.6	2663227
-	2708298
3.5	2816582

AG %	EA No
61.9	3113947
48.0	3571280
31.3	3007062
24.2	2710786
-	3764491

AG %	EA No
56.7	2692808
-	2829682
27.2	3756097

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DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
5	1	David Bauer	60	Thurrock/Loughton AC's	44.78	6
2	2	Peter Wishart	66	City of Southend AC	36.71	5
4	3	Peter Godron	62	Colchester & Tendering/Ipswich H	25.24	4
3	4	Kevin McAlinden	62	Colchester Harriers AC	14.52	3
	5					2
	6					1
	7					0
	8					0

DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts
4	1	Geoffrey Tyler	77	Colchester & Tendering/Ipswich H	32.67	6
5	2	Bernard Johnson	70	Thurrock/Loughton AC's	14.47	5
1	3	David Butler	73	Chelmsford AC	10.85	4
2	4	Alastair Kendrick	73	City of Southend AC	8.04	3
	5					2
	6					1
	7					0
	8					0

TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Roger Skedd	43	Chelmsford AC	11.53	6
5	2	Michael Shortall	41	Thurrock/Loughton AC's	10.93	5
4	3	Chris Cooper	37	Colchester & Tendering/Ipswich H	10.62	4
2	4	Ade Elegbede	49	City of Southend AC	8.83	3
3	5	Daniel King	43	Colchester Harriers AC	8.73	2
	6					1
	7					0
	8					0

TJ5	TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind
5	1	Alan Fricker	51	Thurrock/Loughton AC's	8.91	6	
3	2	Ian Rattray	53	Colchester Harriers AC	8.78	5	
2	3	Richard Maskell	50	City of Southend AC	8.72	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts	Wind
5	1	James Lambden	63	Thurrock/Loughton AC's	8.26	6	
2	2	Simon Le Mare	64	City of Southend AC	8.22	5	
1	3	Stuart Bazley	64	Chelmsford AC	7.90	4	
4	4	Geoffrey Tyler	77	Colchester & Tendering/Ipswich H	4.52	3	
	5					2	
	6					1	
	7					0	
	8					0	

M60-79	AG %	EA No
-	60.2	2953600
-	55.2	2663227
-	35.1	3670260
-	20.2	2816582

	M70-79	AG %	EA No
	-	63.2	3341824
	-	23.7	2951650
	-	19.0	2708298
	-	14.1	2764502

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	X	X	X	68.7	2681217
-	X	X	X	63.7	2800336
-	X	X	X	59.4	3007062
-	X	X	X	56.3	3940643
-	X	X	X	52.0	2710785

	M50-59	M60-69	M70+	AG %	EA No
	-	X	X	58.2	3942083
	-	X	X	58.8	3701958
	-	X	X	56.3	3202378

	M60-69	M70+	AG %	EA No
	-	x	63.1	3985156
	-	x	63.7	2912777
	-	x	61.2	4002955
	x	-	43.1	3341824

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PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roger Skedd	43	Chelmsford AC		4
2	1	Ade Elegbede	49	City of Southend AC		4
3	1	Daniel King	43	Colchester Harriers AC		4
4	1	Daniel Williams	46	Colchester & Tendering/Ipswich H		4
5	1	Michael Shortall	41	Thurrock/Loughton AC's		4
	6					3
	7					2
	8					1

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
2	1	Richard Maskell	50	City of Southend AC		5.5
5	1	David Beatty	55	Thurrock/Loughton AC's		5.5
	3					5
	4					4
	5					3
	6					2
	7					1
	8					1

PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
2	1	Keith Palmer	61	City of Southend AC		5.5
3	1	Kevin McAlinden	62	Colchester Harriers AC		5.5
	3					5
	4					4
	5					3
	6					2
	7					1
	8					-1

R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.n)	Pts
4	1	Justin Hubbard	47	Colchester & Tendering/Ipswich H	53.4	6
4a		Daniel Williams	46			
4b		Lee Bowker	53			
4c		Chris Cooper	37			
2	2	Ade Elegbede	49	City of Southend AC	54.0	5
2a		Clive Farrow	56			
2b		Richard Maskell	50			
2c		Greg Goodrem	42			
5	3	Michael Shortall	41	Thurrock/Loughton AC's	56.7	4
5a		Nick Barker	43			
5b		Scott Thrush	39			
5c		Olatunde Akerele	43			
3	4	Dominic King	43	Colchester Harriers AC	61.1	3
3a		Daniel King	43			
3b		Angus Holford	37			
3c		Colin Ridley	64			
	5					2

M35-49	M50-59	M60-69	M70+	AG %	EA No
					2681217
					3940643
					2710785
					4183085
					2800336

M50-59	M60-69	M70+	AG %	EA No
				3202378
				3764491

M60-69	M70+	AG %	EA No
			2829682
			2816582

Rec
-

3613802
4183085
2712921
3007062
3940643
2782942
3202378
2912893
2800336
4030887
3499158
4115009
2710786
2710785
2749259
2698820

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a						
b						
c						
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
1	1	Peter Waite	55	Chelmsford AC	61.7	6
1a		Lee Martin	54			
1b		Stuart Bazley	64			
1c		Mark Kybert	64			
3	2	James Manly	53	Colchester Harriers AC	62.7	5
3a		Ian Rattray	53			
3b		Niall McMahon	55			
3c		Patrick Auer	57			
2	3	Matthew Randall	51	City of Southend AC	64.2	4
2a		Mark Waller	55			
2b		Matthew Aitken	61			
2c		Simon Le Mare	64			
5	4	Simon Hatcher	50	Thurrock/Loughton AC's	66.9	3
5a		Jon Whitehouse	53			
5b		James Lambden	63			
5c		Alan Fricker	51			
	5					2
a						
b						
c						

Rec

-

3756097
2793844
4002955
4015467
3249845
3701958
4155619
4224140
3834995
3549152
3873228
2912777
4149836
3370574
3985156
3942083

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
39	200m	James Lambden	M60	Loughton AC	32.9
49	800m	Patrick Auer	M55	Colchester Harriers	2:59.1
71	800m	Simon Hatcher	M50	Thurrock Harriers AC	2:59.4
46	JT	Daniel King	M40	Colchester Harriers	30.60
47	JT	Gavin Sandercock	M50	Colchester Harriers	22.03
54	DT	Roger Skedd	M40	Chelmsford	40.45
163	DT	Alan Fricker	M50	Loughton AC	21.55
47	DT	Gavin Sandercock	M50	Colchester Harriers	19.97
		-	-	-	