

South - MEN - Match 3

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 3		Teams = 6	
Chelmsford		Wed	01 July 2026		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 3 Points	Final	Pos
x	2	City of Southend AC	2	120.0	359.0	1
x	3	Thurrock/Loughton AC's	5	101.0	320.0	2
x	1	Chelmsford AC	1	126.0	293.0	3
x	4	Colchester Harriers AC	3	98.0	271.5	4
x	5	Colchester & Tendering/Ipswich H	4	85.0	218.0	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

Highest Track Age Graded % =			89.1
Athlete	Mark Waller	RDA	55
Club	City of Southend AC		
Event	1 Mile M50-59 [M50+]		
Result	4:54.6		
Format Result to suit the result			
Highest Field Age Graded % =			72.9
Athlete	Roger Skedd	RDA	43
Club	Chelmsford AC		
Event	Long Jump M35-49 [M35+]		
Result	5.75		

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
1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.n)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	
1	1	Sylvester Juwe	47	Chelmsford AC	12.0	6		-	x	x	x	86.6	3276876
2	2	Ade Elegbede	49	City of Southend AC	12.3	5		-	x	x	x	85.7	3940643
5	3	Olatunde Akerele	43	Thurrock/Loughton AC's	12.5	4		-	x	x	x	80.9	4115009
4	4	Michael Tomlin	44	Colchester & Tendering/Ipswich H	13.8	3		-	x	x	x	73.8	4203501
3	5	Dominic King	43	Colchester Harriers AC	15.4	2		-	x	x	x	65.7	2710786
	6					1							
	7					0							
	8					0							
1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No
3	1	Niall McMahon	55	Colchester Harriers AC	13.1	6		-	x	x	x	83.8	4155619
4	2	Lee Bowker	53	Colchester & Tendering/Ipswich H	13.3	5		-	x	x	x	81.4	2712921
2	3	Clive Farrow	56	City of Southend AC	13.5	4		-	x	x	x	81.9	2782942
1	4	Nigel Gardner	54	Chelmsford AC	14.7	3		-	x	x	x	74.2	3947236
5	5	Alan Fricker	51	Thurrock/Loughton AC's	15.0	2		-	x	x	x	71.2	3942083
	6					1							
	7					0							
	8					0							
1006	100m	100m M60+	RDA	Team	(NN.n)	Pts	Wind			M60-69	M70+	AG %	EA No
1	1	Mark Kybert	65	Chelmsford AC	14.2	6			-	x	x	82.9	4015467
5	2	James Lambden	63	Thurrock/Loughton AC's	15.1	5			-	x	x	76.9	3985156
2	3	Matthew Aitken	61	City of Southend AC	16.0	4			-	x	x	71.5	3873228
3	4	Colin Ridley	64	Colchester Harriers AC	20.5	3			-	x	x	57.0	2698820
	5					2							
	6					1							
	7					0							
	8					0							

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1007	100m	100m M70+	RDA	Team	(NN.n)	Pts	Wind
2	1	Peter Binns	79	City of Southend AC	18.2	6	
5	2	Bernard Johnson	71	Thurrock/Loughton AC's	18.6	5	
1	3	David Butler	73	Chelmsford AC	21.9	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.n)	Pts
1	1	Marcus Hunt	35	Chelmsford AC	54.0	6
2	2	Peter Smale	37	City of Southend AC	55.8	5
5	3	Olatunde Akerele	43	Thurrock/Loughton AC's	57.2	4
4	4	Michael Tomlin	44	Colchester & Tendering/Ipswich H	63.5	3
3	5	Chris Sellens	41	Colchester Harriers AC	65.2	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	60.6	6
3	2	Jonathan Nears	51	Colchester Harriers AC	63.1	5
1	3	Nick Hunter	50	Chelmsford AC	65.7	4
2	4	Richard Maskell	50	City of Southend AC	68.5	3
5	5	Simon Hatcher	50	Thurrock/Loughton AC's	73.6	2
	6					1
	7					0
	8					0

4006	400m	400m M60+	RDA	Team	(NN.n)	Pts
1	1	Mark Kybert	65	Chelmsford AC	67.7	6
5	2	Stephen Kemp	65	Thurrock/Loughton AC's	70.3	5
3	3	Colin Ridley	64	Colchester Harriers AC	74.4	4
2	4	Matthew Aitken	61	City of Southend AC	77.9	3
	5					2
	6					1
	7					0
	8					0

1Mile3	1Mile	1 Mile M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
3	1	Chris Sellens	41	Colchester Harriers AC	04:53.5	6
2	2	Matthew Randall	51	City of Southend AC	05:03.7	5
5	3	Scott Thrush	40	Thurrock/Loughton AC's	05:17.9	4
1	4	Geoff Keily	47	Chelmsford AC	05:18.5	3
4	5	Daniel Williams	46	Colchester & Tendering/Ipswich H	07:36.1	2
	6					1
	7					0
	8					0

M70+	AG %	EA No
-	71.4	2829532
-	66.0	2951650
-	56.9	2708298

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	81.1	2717097
-	x	x	x	79.5	2829699
-	x	x	x	80.6	4115009
-	x	x	x	73.1	4203501
-	x	x	x	69.8	2710783

M50-59	M60-69	M70+	AG %	EA No
-	x	x	81.3	2712921
-	x	x	77.1	2710805
-	x	x	73.5	3839693
-	x	x	70.5	3202378
-	x	x	65.6	4149836

M60-69	M70+	AG %	EA No
-	x	79.0	4015467
-	x	76.1	2990465
-	x	71.4	2698820
-	x	66.8	3873228

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	80.5	2710783
x	-	x	x	83.6	3834995
-	x	x	x	73.8	3499158
-	x	x	x	77.4	4006012
-	x	x	x	53.6	4183085

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1Mile5	1Mile	1 Mile M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
2	1	Mark Waller	55	City of Southend AC	04:54.6	6
1	2	Lee Martin	54	Chelmsford AC	04:58.6	5
3	3	Jonathan Nears	51	Colchester Harriers AC	05:25.4	4
4	4	Chris Harvey	55	Colchester & Tendering/Ipswich H	05:46.3	3
5	5	Jon Whitehouse	53	Thurrock/Loughton AC's	05:48.1	2
	6					1
	7					0
	8					0

1Mile6	1Mile	1 Mile M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Colin Ridley	64	Colchester Harriers AC	05:43.8	6
5	2	Eamonn Shelley	65	Thurrock/Loughton AC's	06:08.1	5
2	3	Matthew Aitken	61	City of Southend AC	06:18.7	4
1	4	Christopher Purse	67	Chelmsford AC	06:48.7	3
	5					2
	6					1
	7					0
	8					0

1Mile7	1Mile	1 Mile M70+	RDA	Team	(NN:NN.n)	Pts
5	1	Bernard Johnson	71	Thurrock/Loughton AC's	07:41.9	6
2	2	Alastair Kendrick	73	City of Southend AC	08:02.9	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.n)	Pts
2	1	Greg Goodrem	42	City of Southend AC	80.4	6
3	2	Daniel King	43	Colchester Harriers AC	89.0	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.n)	Pts
1	1	Roger Hunter	50	Chelmsford AC	63.7	6
4	2	Chris Harvey	55	Colchester & Tendering/Ipswich H	78.8	5
3	3	Ian Rattray	54	Colchester Harriers AC	87.5	4
2	4	Richard Maskell	50	City of Southend AC	92.7	3
5	5	David Beatty	55	Thurrock/Loughton AC's	101.4	2
	6					1
	7					0
	8					0

M50-59	M60-69	M70+	AG %	EA No
-	x	x	89.1	3549152
-	x	x	87.1	2793844
-	x	x	78.1	2710805
-	x	x	75.8	4013537
-	x	x	74.1	3370574

M60-69	M70+	AG %	EA No
-	x	82.7	2698820
-	x	78.0	2980570
-	x	73.0	3873228
-	x	71.6	2759797

M70+	AG %	EA No
-	66.0	2951650
-	64.5	2764502

M35-49
-
-

AG %	EA No
62.1	2912893
56.6	2710785

M50-59
-
-
-
-
-

AG %	EA No
84.2	2729010
71.4	4013537
63.7	3701958
57.8	3202378
55.5	3764491

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300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.n)	Pts	Wind
3	1	Kevin McAlinden	62	Colchester Harriers AC	72.5	6	
5	2	Eamonn Shelley	65	Thurrock/Loughton AC's	78.3	5	
	3					4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
1	1	Roger Skedd	43	Chelmsford AC	47.68	6
2	2	Peter Smale	37	City of Southend AC	33.99	5
3	3	Dominic King	43	Colchester Harriers AC	33.32	4
4	4	Michael Tomlin	44	Colchester & Tendering/Ipswich H	18.33	3
5	5	David Beatty	55	Thurrock/Loughton AC's	15.88	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	52.71	6
2	2	Clive Farrow	56	City of Southend AC	27.22	5
5	3	Graham Holder	54	Thurrock/Loughton AC's	23.09	4
4	4	Simon Collett	55	Colchester & Tendering/Ipswich H	22.81	3
3	5	Simon Morgan	58	Colchester Harriers AC	5.57	2
	6					1
	7					0
	8					0

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
1	1	Martin Branfoot	70	Chelmsford AC	29.18	6
4	2	Peter Godron	62	Colchester & Tendering/Ipswich H	22.00	5
2	3	Peter Wishart	66	City of Southend AC	20.16	4
5	4	Jonathan Metcalf	66	Thurrock/Loughton AC's	14.74	3
3	5	Kevin McAlinden	62	Colchester Harriers AC	2.25	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	41.51	6
3	2	Dominic King	43	Colchester Harriers AC	18.34	5
4	3	Nicholas Booth	50	Colchester & Tendering/Ipswich H	18.05	4
5	4	David Beatty	55	Thurrock/Loughton AC's	14.25	3
	5					2
	6					1
	7					0
	8					0

M60-69	AG %	EA No
-	55.6	2816582
-	53.2	2980570
M35-49	AG %	EA No
-	56.8	2681217
-	37.1	2829699
-	39.7	2710786
-	22.2	4203501
x	-	3764491
M50-59	AG %	EA No
-	65.8	2804163
-	37.8	2782942
-	30.9	2692808
-	31.1	3863310
-	8.0	2691566
M60-69	AG %	EA No
x	-	2717049
-	31.8	3670260
-	31.8	2663227
-	23.2	2899831
-	3.3	2816582
M35-49	AG %	EA No
-	57.8	3113947
-	27.0	2710786
x	-	2693986
x	-	3764491

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DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
1	1	Roger Hunter	50	Chelmsford AC	39.41	6
5	2	Graham Holder	54	Thurrock/Loughton AC's	35.04	5
4	3	Simon Collett	55	Colchester & Tendering/Ipswich H	20.79	4
2	4	Keith Palmer	61	City of Southend AC	18.33	3
3	5	Simon Morgan	58	Colchester Harriers AC	16.77	2
	6					1
	7					0
	8					0

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
5	1	David Bauer	60	Thurrock/Loughton AC's	34.26	6
2	2	Peter Wishart	66	City of Southend AC	33.29	5
4	3	Peter Godron	62	Colchester & Tendering/Ipswich H	24.34	4
1	4	Stuart Bazley	64	Chelmsford AC	15.78	3
3	5	Kevin McAlinden	62	Colchester Harriers AC	15.34	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	26.92	6
1	2	Martin Branfoot	70	Chelmsford AC	19.67	5
2	3	Peter Binns	79	City of Southend AC	16.29	4
5	4	Bernard Johnson	71	Thurrock/Loughton AC's	14.73	3
	5					2
	6					1
	7					0
	8					0

LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind
1	1	Roger Skedd	43	Chelmsford AC	5.75	6	
4	2	Anthony Mason	50	Colchester & Tendering/Ipswich H	5.15	5	
5	3	Olatunde Akerele	43	Thurrock/Loughton AC's	5.00	4	
2	4	Ade Elegbede	49	City of Southend AC	4.74	3	
3	5	Daniel King	43	Colchester Harriers AC	4.06	2	
	6					1	
	7					0	
	8					0	

LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind
4	1	Nicholas Booth	50	Colchester & Tendering/Ipswich H	4.19	6	
2	2	Clive Farrow	56	City of Southend AC	4.14	5	
5	3	Alan Fricker	51	Thurrock/Loughton AC's	4.10	4	
1	4	Nigel Gardner	54	Chelmsford AC	3.93	3	
3	5	Ian Rattray	54	Colchester Harriers AC	3.32	2	
	6					1	
	7					0	
	8					0	

M50-59	AG %	EA No
-	55.3	2729010
-	52.2	2692808
-	31.5	3863310
x	-	2829682
-	26.7	2691566

M60-79	AG %	EA No
-	46.0	2953600
-	50.0	2663227
-	33.9	3670260
-	22.8	4002955
-	21.4	2816582

M70-79	AG %	EA No
-	52.1	3341824
-	32.2	2717049
-	33.3	2829532
-	24.6	2951650

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	72.9	2681217
x	-	x	x	70.8	4121941
-	x	x	x	63.4	4115009
-	x	x	x	64.4	3940643
-	x	x	x	51.5	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	57.6	2693986
-	x	x	61.1	2782942
-	x	x	57.0	3942083
-	x	x	56.6	3947236
-	x	x	47.8	3701958

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LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind
2	1	Keith Palmer	61	City of Southend AC	4.03	6	
5	2	James Lambden	63	Thurrock/Loughton AC's	4.03	5	
1	3	Stuart Bazley	64	Chelmsford AC	3.88	4	
3	4	Kevin McAlinden	62	Colchester Harriers AC	2.33	3	
	5					2	
	6					1	
	7					0	
	8					0	

LJ7	LJ	Long Jump M70+	RDA	Team	(N.nn)	Pts	Wind
5	1	Bernard Johnson	71	Thurrock/Loughton AC's	2.26	6	
2	2	Alastair Kendrick	73	City of Southend AC	1.81	5	
4	3	Geoffrey Tyler	77	Colchester & Tendering/Ipswich H	1.38	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roger Skedd	43	Chelmsford AC	3.20	6
2	2	Peter Smale	37	City of Southend AC	2.60	5
4	3	Daniel Williams	46	Colchester & Tendering/Ipswich H	1.80	4
3	4	Daniel King	43	Colchester Harriers AC	1.80	3
	5					2
	6					1
	7					0
	8					0

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Roger Hunter	50	Chelmsford AC	2.00	6
3	2	Ian Rattray	54	Colchester Harriers AC	1.80	5
2	3	Richard Maskell	50	City of Southend AC	1.20	4
	4					3
	5					2
	6					1
	7					0
	8					0

PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
3	1	Kevin McAlinden	62	Colchester Harriers AC	1.08	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	63.3	2829682
-	x	64.9	3985156
-	x	63.3	4002955
-	x	37.0	2816582

M70+	AG %	EA No
-	40.4	2951650
-	33.3	2764502
-	26.9	3341824

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	57.2	2681217
-	x	x	x	43.4	2829699
-	x	x	x	33.4	4183085
-	x	x	x	32.2	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	38.9	2729010
-	x	x	36.9	3701958
-	x	x	23.4	3202378

[illegible]

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R4x1-35	MedR	Relay 4x1 M35-49 [M35+]	RDA	Team	(NN.n)	Pts
1	1	Sylvester Juwe	47	Chelmsford AC	48.0	6
1a		Roger Skedd	43			
1b		Marcus Hunt	35			
1c		Paul Owen	41			
2	2	Clive Farrow	56	City of Southend AC	52.1	5
2a		Greg Goodrem	42			
2b		Peter Smale	37			
2c		Ade Elegbede	49			
4	3	Daniel Williams	46	Colchester & Tendering/Ipswich H	52.2	4
4a		Michael Tomlin	44			
4b		Anthony Mason	50			
4c		Justin Hubbard	47			
3	4	Daniel King	43	Colchester Harriers AC	58.9	3
3a		Dominic King	43			
3b		Chris Sellens	41			
3c		Colin Ridley	64			
5	5	Eamonn Shelley	65	Thurrock/Loughton AC's	59.5	2
5a		Stephen Kemp	65			
5b		Scott Thrush	40			
5c		Olatunde Akerele	43			
	6					1
a						
b						
c						
R4x1-50	MedR	Relay 4x1 M50+	RDA	Team	(NN.n)	Pts
4	1	Nicholas Booth	50	Colchester & Tendering/Ipswich H	54.0	6
4a		Chris Harvey	55			
4b		Simon Collett	55			
4c		Lee Bowker	53			
1	2	Lee Martin	54	Chelmsford AC	55.4	5
1a		Nigel Gardner	54			
1b		Mark Kybert	65			
1c		Stuart Bazley	64			
3	3	Niall McMahon	55	Colchester Harriers AC	55.7	4
3a		Ian Ratray	54			
3b		James Manly	53			
3c		Jonathan Nears	51			
5	4	Alan Fricker	51	Thurrock/Loughton AC's	59.9	3
5a		James Lambden	63			
5b		Jon Whitehouse	53			
5c		Simon Hatcher	50			
2	5	Richard Maskell	50	City of Southend AC	60.2	2
2a		Matthew Aitken	61			
2b		Mark Waller	55			
2c		Matthew Randall	51			

Rec

LR

Rec

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[illegible]

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	6				1
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
100	100m	Roger Skedd	M40	Chelmsford	12.4
178	100m	Justin Hubbard	M45	Colchester & Tendring	13.0
181	100m	Anthony Mason	M50	Ipswich Harriers	13.8
180	100m	Chris Harvey	M55	Colchester & Tendring	14.3
179	100m	Simon Collett	M55	Ipswich Harriers	14.5
102	100m	Nick Hunter	M50	Chelmsford	15.1
180	400m	Chris Harvey	M55	Colchester & Tendring	64.9
677	1 Mile	Peter Waite	M50	Chelmsford	05:37.3
632	1 Mile	Ian Rattray	M50	Colchester Harriers	06:10.4
627	1 Mile	James Manly	M50	Colchester Harriers	06:31.6
626	1 Mile	Stephen Kemp	M65	Thurrock Harriers	07:06.5
629	LJ	Richard Maskell	M50	City of Southend	4.23
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