

Insert non scoring results at the bottom						
EMAC Track & Field League			South Division - Match 4		Teams =	6
Southend		Wed	29 July 2026		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Match 4 Points	Final	Pos
x	3	City of Southend AC	2	100.0	459.0	1
x	1	Thurrock/Loughton AC's	5	113.0	433.0	2
x	1	Colchester Harriers AC	3	113.0	384.5	3
x	4	Chelmsford AC	1	90.0	383.0	4
x	5	Colchester & Tendering/Ipswich H	4	85.0	303.0	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 (0-8) only		RDA = Race Day Age				Do not insert athlete data in Results section - use "Declarations" tab only		Hand Timing scoring	
2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.n)	Pts	Wind		
4	1	Jared Fortune	35	Colchester & Tendering/Ipswich H	24.7	6			
1	2	Marcus Hunt	35	Chelmsford AC	24.8	5			
5	3	Michael Shortall	41	Thurrock/Loughton AC's	25.5	4			
2	4	Ade Elegbede	49	City of Southend AC	28.4	3			
3	5	Ian Rattray	54	Colchester Harriers AC	29.5	2			
	6					1			
	7					0			
	8					0			
2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.n)	Pts	Wind		
3	1	Niall McMahon	55	Colchester Harriers AC	27.2	6			
4	2	Lee Bowker	53	Colchester & Tendering/Ipswich H	27.2	5			
2	3	Clive Farrow	56	City of Southend AC	30.3	4			
1	4	Nigel Gardner	54	Chelmsford AC	31.3	3			
5	5	Alan Fricker	51	Thurrock/Loughton AC's	31.6	2			
	6					1			
	7					0			
	8					0			
2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.n)	Pts	Wind		
1	1	Mark Kybert	65	Chelmsford AC	28.2	6			
5	2	James Lambden	63	Thurrock/Loughton AC's	30.7	5			
2	3	Matthew Aitken	61	City of Southend AC	34.3	4			
4	4	Roy Williams	73	Colchester & Tendering/Ipswich H	35.2	3			
3	5	Zephaniah Forest	73	Colchester Harriers AC	53.7	2			
	6					1			
	7					0			
	8					0			

Highest Track Age Graded % =			94.2
Athlete	Paul Grange		RDA 47
Club	Chelmsford AC		
Event	800m M35-49 [M35+]		
Result	1:58.2		
Format Result to suit the result			
Highest Field Age Graded % =			75.9
Athlete	Roger Skedd		RDA 43
Club	Chelmsford AC		
Event	High Jump M35-49 [M35+]		
Result	1.70		

Records				2023	EA No
M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	79.4	2745549
-	x	x	x	79.0	2717097
-	x	x	x	79.9	2800336
-	x	x	x	75.6	3940643
x	-	x	x	75.2	3701958

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Paul Grange	47	Chelmsford AC	01:58.2	6
4	2	Jared Fortune	35	Colchester & Tendering/Ipswich H	01:58.9	5
5	3	Scott Thrush	40	Thurrock/Loughton AC's	02:29.6	4
3	4	Dominic King	43	Colchester Harriers AC	02:38.9	3
2	5	Peter Smale	38	City of Southend AC	03:12.6	2
	6					1
	7					0
	8					0

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
1	1	Ken Hoye	50	Chelmsford AC	02:33.7	6
4	2	Chris Harvey	55	Colchester & Tendering/Ipswich H	02:36.9	5
3	3	Ian Rattray	54	Colchester Harriers AC	02:38.1	4
5	4	Jon Whitehouse	53	Thurrock/Loughton AC's	02:53.4	3
2	5	Richard Maskell	50	City of Southend AC	03:18.0	2
	6					1
	7					0
	8					0

8006	800m	800m M60+	RDA	Team	(NN:NN.n)	Pts
3	1	Paul Spowage	62	Colchester Harriers AC	02:42.1	6
2	2	Matthew Aitken	61	City of Southend AC	03:07.4	5
1	3	Christopher Purse	67	Chelmsford AC	03:33.4	4
	4					3
	5					2
	6					1
	7					0
	8					0

30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
4	1	Jared Fortune	35	Colchester & Tendering/Ipswich H	10:21.8	6
5	2	Scott Thrush	40	Thurrock/Loughton AC's	10:37.2	5
3	3	Dominic King	43	Colchester Harriers AC	10:44.7	4
	4					3
	5					2
	6					1
	7					0
	8					0

30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.n)	Pts
3	1	Jonathan Nears	51	Colchester Harriers AC	10:11.8	6
1	2	Ken Hoye	50	Chelmsford AC	10:46.6	5
5	3	Jon Whitehouse	53	Thurrock/Loughton AC's	11:07.4	4
4	4	Chris Harvey	55	Colchester & Tendering/Ipswich H	11:34.3	3
	5					2
	6					1
	7					0
	8					0

M35-49	M50-59	M60-69	M70+	AG %	EA No
LR	x	x	x	94.2	3260357
LR	x	x	x	85.2	2745549
-	x	x	x	70.4	3499158
-	x	x	x	67.9	2710786
-	x	x	x	53.8	2829699

M50-59	M60-69	M70+	AG %	EA No
-	x	x	74.3	2717093
-	x	x	75.8	4013537
-	x	x	74.6	3701958
-	x	x	67.4	3370574
-	x	x	57.6	3202378

M60-69	M70+	AG %	EA No
-	x	77.7	2710866
-	x	66.7	3873228
-	x	61.5	2759797

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	70.9	2745549
-	x	x	x	71.8	3499158
-	x	x	x	72.6	2710786

M50-59	M60-69	M70+	AG %	EA No
-	x	x	81.6	2710805
-	x	x	76.6	2717093
-	x	x	76.1	3370574
-	x	x	74.5	4013537

30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.n)	Pts
3	1	Paul Spowage	62	Colchester Harriers AC	11:05.8	6
1	2	Peter Tullett	67	Chelmsford AC	11:49.3	5
5	3	Eamonn Shelley	65	Thurrock/Loughton AC's	12:29.6	4
2	4	Matthew Aitken	61	City of Southend AC	12:40.3	3
	5					2
	6					1
	7					0
	8					0

30007	3000m	3000m M70+	RDA	Team	(NN:NN.n)	Pts
4	1	Roy Williams	73	Colchester & Tendering/Ipswich H	14:25.8	6
3	2	Alistair Holford	70	Colchester Harriers AC	14:30.8	5
5	3	Bernard Johnson	71	Thurrock/Loughton AC's	14:54.1	4
2	4	Alastair Kendrick	73	City of Southend AC	15:06.0	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	09:18.3	6
5	2	Stephen Kemp	66	Thurrock/Loughton AC's	12:06.3	5
2	3	Keith Palmer	61	City of Southend AC	13:34.8	4
1	4	Mark Kybert	65	Chelmsford AC	14:18.2	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	09:46.5	6
5	2	Eamonn Shelley	65	Thurrock/Loughton AC's	13:12.5	5
2	3	Richard Maskell	50	City of Southend AC	14:09.5	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	40.83	6
2	2	Paul Cooper	49	City of Southend AC	23.95	5
4	3	Michael Tomlin	44	Colchester & Tendering/Ipswich H	16.54	4
3	4	Simon Morgan	58	Colchester Harriers AC	13.88	3
5	5	Jonathan Metcalf	66	Thurrock/Loughton AC's	5.87	2
	6					1
	7					0
	8					0

M60-69	M70+	AG %	EA No
-	x	82.9	2710866
-	x	81.8	2717168
-	x	75.8	2980570
-	x	71.9	3873228

M70+	AG %	EA No
-	71.5	3033919
-	68.8	2749257
-	67.7	2951650
-	68.3	2764502

Not to be loaded on Pof10 - NO JUDGEs

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

M35-49	AG %	EA No
-	49.3	2906848
-	33.4	3571280
-	21.5	4203501
x	-	2691566
x	-	2899831

HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
5	1	Graham Holder	54	Thurrock/Loughton AC's	50.18	6
3	2	Gavin Sandercock	52	Colchester Harriers AC	20.81	5
4	3	Simon Collett	55	Colchester & Tendering/Ipswich H	19.35	4
2	4	Keith Palmer	61	City of Southend AC	16.35	3
	5					2
	6					1
	7					0
	8					0

HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
2	1	Peter Wishart	66	City of Southend AC	26.76	6
5	2	David Bauer	60	Thurrock/Loughton AC's	26.38	5
3	3	Kevin McAlinden	62	Colchester Harriers AC	10.88	4
	4					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	25.49	6
3	2	Alistair Holford	70	Colchester Harriers AC	16.63	5
2	3	Peter Binns	79	City of Southend AC	14.42	4
5	4	Bernard Johnson	71	Thurrock/Loughton AC's	14.06	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	12.86	6
2	2	Paul Cooper	49	City of Southend AC	9.31	5
4	3	Jared Fortune	35	Colchester & Tendering/Ipswich H	8.49	4
3	4	Simon Morgan	58	Colchester Harriers AC	4.60	3
5	5	Scott Thrush	40	Thurrock/Loughton AC's	4.59	2
	6					1
	7					0
	8					0

SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
3	1	Niall McMahon	55	Colchester Harriers AC	10.66	6
1	2	Nigel Gardner	54	Chelmsford AC	8.77	5
2	3	Clive Farrow	56	City of Southend AC	8.20	4
4	4	Simon Collett	55	Colchester & Tendering/Ipswich H	7.49	3
5	5	Jonathan Metcalf	66	Thurrock/Loughton AC's	6.11	2
	6					1
	7					0
	8					0

M50-59	AG %	EA No
-	68.6	2692808
-	27.6	3797862
-	26.9	3863310
x	-	2829682
M60-69	AG %	EA No
-	41.4	2663227
-	36.4	2953600
-	15.6	2816582
M70-79	AG %	EA No
-	-	3341824
-	-	2749257
-	-	2829532
-	-	2951650
M35-49	AG %	EA No
-	63.6	2681217
-	49.9	3571280
-	38.0	2745549
x	-	2691566
-	21.9	3499158
M50-59	AG %	EA No
-	56.7	4155619
-	45.9	3947236
-	44.2	2782942
-	39.8	3863310
x	-	2899831

SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
5	1	David Bauer	60	Thurrock/Loughton AC's	11.99	6
2	2	Peter Wishart	66	City of Southend AC	8.92	5
3	3	Zephaniah Forest	73	Colchester Harriers AC	6.48	4
	4					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	9.51	6
1	2	Martin Branfoot	70	Chelmsford AC	8.36	5
3	3	Alistair Holford	70	Colchester Harriers AC	6.46	4
5	4	Bernard Johnson	71	Thurrock/Loughton AC's	5.71	3
2	5	Peter Binns	79	City of Southend AC	5.59	2
	6					1
	7					0
	8					0

TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts	Wind
1	1	Roger Skedd	43	Chelmsford AC	11.28	6	
5	2	Michael Shortall	41	Thurrock/Loughton AC's	11.09	5	
2	3	Greg Goodrem	42	City of Southend AC	9.58	4	
3	4	Daniel King	43	Colchester Harriers AC	8.10	3	
	5					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	8.94	6	
1	2	Nigel Gardner	54	Chelmsford AC	8.39	5	
2	3	Richard Maskell	50	City of Southend AC	8.03	4	
4	4	Simon Collett	55	Colchester & Tendering/Ipswich H	7.82	3	
3	5	Gavin Sandercock	52	Colchester Harriers AC	7.64	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	8.01	6	
2	2	Keith Palmer	61	City of Southend AC	7.63	5	
3	3	Kevin McAlinden	62	Colchester Harriers AC	7.08	4	
	4					3	
	5					2	
	6					1	
	7					0	
	8					0	

M60-69	AG %	EA No
-	62.9	2953600
-	51.7	2663227
-	-	4187962

M70-79	AG %	EA No
-	-	-
-	-	-
-	-	4187962
-	-	2953600
-	-	2663227

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	67.2	2681217
-	x	x	x	64.6	2800336
-	x	x	x	56.5	2912893
-	x	x	x	48.3	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	58.4	3942083
-	x	x	56.9	3947236
-	x	x	51.8	3202378
-	x	x	53.7	3863310
-	x	x	50.5	3797862

M60-69	M70+	AG %	EA No
-	x	61.2	3985156
-	x	56.7	2829682
-	x	53.3	2816582

HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Roger Skedd	43	Chelmsford AC	1.70	6
2	2	Greg Goodrem	42	City of Southend AC	1.50	5
5	3	Olatunde Akerele	43	Thurrock/Loughton AC's	1.45	4
3	4	Daniel King	43	Colchester Harriers AC	1.25	3
	5					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	1.40	6
4	2	Chris Harvey	55	Colchester & Tendering/Ipswich H	1.35	5
2	3	Richard Maskell	50	City of Southend AC	1.25	4
3	4	Gavin Sandercock	52	Colchester Harriers AC	1.25	3
1	5	Nigel Gardner	54	Chelmsford AC	1.20	2
	6					1
	7					0
	8					0

HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
2	1	Keith Palmer	61	City of Southend AC	1.25	6
5	2	James Lambden	63	Thurrock/Loughton AC's	1.15	5
	3					4
	4					3
	5					2
	6					1
	7					0
	8					0

R4224-3	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(NN:NN.n)	Pts
1	1	Marcus Hunt	35	Chelmsford AC	2:40.6	6
1b		Roger Skedd	43			
1b		Mark Kybert	65			
1c		Paul Grange	47			
4	2	Daniel Williams	46	Colchester & Tendering/Ipswich H	2:52.5	5
4a		Justin Hubbard	47			
4b		Michael Tomlin	44			
4c		Jared Fortune	35			
5	3	Michael Shortall	41	Thurrock/Loughton AC's	3:03.1	4
5a		Jonathan Metcalf	66			
5b		Scott Thrush	40			
5c		Olatunde Akerele	43			
3	4	Daniel King	43	Colchester Harriers AC	3:37.5	3
3a		Dominic King	43			
3b		Chris Sellens	41			
3c		Paul Spowage	62			

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	75.9	2681217
-	x	x	x	66.4	2912893
-	x	x	x	64.8	4115009
-	x	x	x	55.8	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	67.7	3942083
-	x	x	67.9	4013537
-	x	x	59.8	3202378
-	x	x	61.0	3797862
-	x	x	59.8	3947236

M60-69	M70+	AG %	EA No
-	x	66.9	2829682
-	x	62.9	3985156

Rec
-

2717097
2681217
4015467
3260357
4183085
3613802
4203501
2745549
2800336
2899831
3499158
4115009
2710785
2710786
2710783
2710866

R4224-5	MedR	Relay 4224 M50+	RDA	Team	(NN:NN.n)	Pts
4	1	Chris Harvey	55	Colchester & Tendering/Ipswich H	3:15.0	6
4a		Roy Williams	73			
4b		Simon Collett	55			
4c		Lee Bowker	53			
3	2	Zephaniah Forest	73	Colchester Harriers AC	3:18.9	5
3a		Ian Rattray	54			
3b		Gavin Sandercock	52			
3c		Jonathan Nears	51			
2	3	Matthew Aitken	61	City of Southend AC	3:32.9	4
3bc		Clive Farrow	56			
3cc		Keith Palmer	61			
2c		Richard Maskell	50			
5	4	Alan Fricker	51	Thurrock/Loughton AC's	3:55.5	3
5a		James Lambden	63			
5b		Bernard Johnson	71			
5c		Jon Whitehouse	53			

Rec
-

4013537
3033919
3863310
2712921
4187962
3701958
3797862
2710805
3873228
2782942
2829682
3202378
3942083
3985156
2951650
3370574

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
679	200m	Michael Tomlin	M40	Ipswich Harriers	26.9
397	200m	Justin Hubbard	M45	Colchester & Tendring	27.0
399	200m	Daniel Williams	M45	Ipswich Harriers	28.3
398	200m	Chris Harvey	M55	Colchester & Tendring	29.5
681	800m	Marcus Hunt	M35	Chelmsford	2:16.7
187	800m	Eamon Shelley	M65	Thurrock Harriers	2:51.0
86	2KW	Simon Morgan	M50	Colchester Harriers	12:46.3
		-	-	-	