

EMAC Track and Field League 2026 - Final - 19th September - MEN

Insert non scoring results at the bottom						
EMAC Track & Field League			Final		Teams =	8
Milton Keynes		Sat	19 September 2026		Overall Match Scores	
O/A	Pos	Men's Teams	Bib	Final Points	Final	Pos
x	1	Bedford & County	1	319.0	319.0	1
522.0	2	Marshall Milton Keynes	6	294.5	294.5	2
449.0	3	Cambridge & Coleridge	2	251.0	251.0	3
x	4	City of Southend	4	239.0	239.0	4
518.5	5	Peterborough & Nene Valley	7	217.0	217.0	5
364.0	6	Colchester Harriers	5	196.0	196.0	6
381.5	7	Chelmsford	3	189.5	189.5	7
436.0	8	Thurrock H/Loughton	8	149.0	149.0	8

Single numbers
(0-8) only

RDA = Race Day Age

Do not insert athlete data in Results section - use "Declarations" tab only

Photo Finish scoring

1003	100m	100m M35-49 [M35+]	RDA	Team	(NN.nn)	Pts	Wind
6	1	Panos Ioannou	45	Marshall Milton Keynes	11.94	8	+0.9
4	2	Ade Elegbede	49	City of Southend	12.07	7	
1	3	Roy Chambers	40	Bedford & County	12.20	6	
2	4	Chung Tu	42	Cambridge & Coleridge	12.25	5	
8	5	Michael Shortall	41	Thurrock H/Loughton	12.58	4	
7	6	Sean Reidy	45	Peterborough & Nene Valley	12.65	3	
5	7	Daniel King	43	Colchester Harriers	20.61	2	
	8					1	

1005	100m	100m M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind
6	1	Paul Canning	60	Marshall Milton Keynes	12.68	8	+2.7
7	2	Julian Smith	57	Peterborough & Nene Valley	12.85	7	
5	3	Niall McMahon	55	Colchester Harriers	12.91	6	
1	4	David Olusanya	53	Bedford & County	12.96	5	
2	5	Tim Cheshire	53	Cambridge & Coleridge	13.25	4	
3	6	Ken Hoyer	50	Chelmsford	13.73	3	
4	7	Richard Maskell	50	City of Southend	13.95	2	
8	8	Alan Fricker	51	Thurrock H/Loughton	14.99	1	

Highest Track Age Graded % =			93.8
Athlete	John Browne	RDA	73
Club	Marshall Milton Keynes		
Event	100m M60+		
Result	13.27		
Format Result to suit the result			
Highest Field Age Graded % =			76.3
Athlete	David Van Den Bergh	RDA	62
Club	Cambridge & Coleridge		
Event	High Jump M60+		
Result	1.41		

Records				2023	EA No
M35-49	M50-59	M60-69	M70+	AG %	
-	x	x	x	85.9	3129009
-	x	x	x	87.3	3940643
-	x	x	x	81.2	2667991
-	x	x	x	82.0	3181559
-	x	x	x	79.3	2800336
-	x	x	x	81.0	2727873
-	x	x	x	49.1	2710785
M50-59	M60-69	M70+	AG %	EA No	
x	LR	x	89.6	2971309	
-	x	x	86.6	3017942	
-	x	x	85.0	4155619	
-	x	x	83.6	2754898	
-	x	x	81.7	3972473	
-	x	x	77.3	2717093	
-	x	x	76.0	3202378	
-	x	x	71.3	3942083	

EMAC Track and Field League 2026 - Final - 19th September - MEN

1006	100m	100m M60+	RDA	Team	(NN.nn)	Pts	Wind
6	1	John Browne	73	Marshall Milton Keynes	13.27	8	+1.7
3	2	Mark Kybert	65	Chelmsford	13.50	7	
1	3	Tennynson James	68	Bedford & County	13.85	6	
2	4	David Van Den Bergh	62	Cambridge & Coleridge	14.75	5	
7	5	Gerald Watson	64	Peterborough & Nene Valley	15.81	4	
4	6	Matthew Aitken	61	City of Southend	16.58	3	
5	7	Zephaniah Forest	73	Colchester Harriers	24.41	2	
	8					1	

1007	100m	100m M70+	RDA	Team	(NN.nn)	Pts	Wind
6	1	Jim Lawrence	70	Marshall Milton Keynes	16.37	8	+1.9
5	2	Alistair Holford	70	Colchester Harriers	16.93	7	
2	3	Martin Kilduff	77	Cambridge & Coleridge	17.71	6	
7	4	John Spriggs	74	Peterborough & Nene Valley	18.17	5	
1	5	Christopher Keech	75	Bedford & County	19.02	4	
3	6	Martin Branfoot	70	Chelmsford	19.98	3	
4	7	Alastair Kendrick	73	City of Southend	21.05	2	
	8					1	

2003	200M	200m M35-49 - [M35+]	RDA	Team	(NN.nn)	Pts	Wind
3	1	Sylvester Juwe	48	Chelmsford	23.89	8	+4.1
2	2	Matt Hamilton	42	Cambridge & Coleridge	24.25	7	
4	3	Ade Elegbede	49	City of Southend	25.08	6	
7	4	David Brown	48	Peterborough & Nene Valley	25.47	5	
1	5	Roy Chambers	40	Bedford & County	25.48	4	
8	6	Olatunde Akerele	43	Thurrock H/Loughton	26.54	3	
6	7	John Watkinson	49	Marshall Milton Keynes	31.47	2	
5	8	Gavin Sandercock	52	Colchester Harriers	35.74	1	

2005	200m	200m M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind
7	1	Julian Smith	57	Peterborough & Nene Valley	26.62	8	+6.3
1	2	David Olusanya	53	Bedford & County	26.77	7	
5	3	Niall McMahon	55	Colchester Harriers	27.03	6	
6	4	Darren O'Leary	58	Marshall Milton Keynes	27.56	5	
2	5	Tim Cheshire	53	Cambridge & Coleridge	29.04	4	
3	6	Ken Hoyer	50	Chelmsford	29.45	3	
8	7	Simon Hatcher	50	Thurrock H/Loughton	33.59	2	
4	8	Keith Palmer	61	City of Southend	46.90	1	

M60-69	M70+	AG %	EA No
x	LR	93.8	3019098
-	x	87.2	4015467
-	x	86.8	2775264
-	x	78.1	3215013
-	x	73.9	3018181
-	x	69.0	3873228
x	-	51.0	4187962

M70+	AG %	EA No
-	74.5	2690506
-	72.0	2749257
-	72.3	4072548
-	69.0	3573756
-	66.4	2775272
-	61.0	2717049
-	59.2	2764502

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	89.2	3276876
-	x	x	x	84.5	2874921
-	x	x	x	85.6	3940643
-	x	x	x	83.7	2955064
-	x	x	x	79.4	2667991
-	x	x	x	77.8	4115009
-	x	x	x	68.2	4058934
x	-	x	x	61.2	3797862

M50-59	M60-69	M70+	AG %	EA No
-	x	x	85.0	3017942
-	x	x	82.3	2754898
-	x	x	82.6	4155619
-	x	x	82.7	3678206
-	x	x	75.9	3972473
-	x	x	73.4	2717093
-	x	x	64.3	4149836
x	-	x	49.6	2829682

EMAC Track and Field League 2026 - Final - 19th September - MEN

2006	200m	200m M60-69 [M60+]	RDA	Team	(NN.nn)	Pts	Wind
6	1	Paul Canning	60	Marshall Milton Keynes	26.64	8	
3	2	Mark Kybert	65	Chelmsford	27.37	7	
1	3	Tennyson James	68	Bedford & County	28.69	6	
2	4	Giulio Cinque	67	Cambridge & Coleridge	31.12	5	
5	5	Kevin McAlinden	62	Colchester Harriers	32.02	4	
7	6	Gerald Watson	64	Peterborough & Nene Valley	32.64	3	
4	7	Stephen Solomon	64	City of Southend	34.01	2	
8	8	Stephen Kemp	66	Thurrock H/Loughton	38.03	1	

4003	400m	400m M35-49 [M35+]	RDA	Team	(NN.nn)	Pts
2	1	Roy Ramon Pelegrin	45	Cambridge & Coleridge	53.32	8
1	2	Chris Parson	45	Bedford & County	56.45	7
6	3	Panos Ioannou	45	Marshall Milton Keynes	56.52	6
7	4	Michael Major	36	Peterborough & Nene Valley	57.62	5
8	5	Olatunde Akerele	43	Thurrock H/Loughton	58.17	4
4	6	Ade Elegbede	49	City of Southend	58.64	3
5	7	Gavin Sandercock	52	Colchester Harriers	80.41	2
	8					1

4005	400m	400m M50-59 [M50+]	RDA	Team	(NN.nn)	Pts
1	1	Peter Benedickter	57	Bedford & County	60.79	8
7	2	Julian Smith	57	Peterborough & Nene Valley	61.08	7
5	3	Jonathan Nears	52	Colchester Harriers	62.44	6
4	4	Mark Waller	56	City of Southend	65.92	5
3	5	Ken Hoyer	50	Chelmsford	67.04	4
8	6	Simon Hatcher	50	Thurrock H/Loughton	73.98	3
6	7	Conrad Salthouse	59	Marshall Milton Keynes	74.65	2
2	8	Peter Thompson	68	Cambridge & Coleridge	80.14	1

4006	400m	400m M60+	RDA	Team	(NN.nn)	Pts
6	1	Paul Canning	60	Marshall Milton Keynes	63.26	8
3	2	Mark Kybert	65	Chelmsford	63.95	7
1	3	Tennyson James	68	Bedford & County	65.12	6
7	4	Malcolm Tuff	61	Peterborough & Nene Valley	69.72	5
2	5	Paul Fletcher	62	Cambridge & Coleridge	72.04	4
5	6	Kevin McAlinden	62	Colchester Harriers	73.04	3
4	7	Stephen Solomon	64	City of Southend	77.92	2
8	8	Eamonn Shelley	65	Thurrock H/Loughton	82.91	1

M60-69	M70+	AG %	EA No
-	x	86.7	2971309
-	x	87.3	4015467
-	x	85.0	2775264
-	x	77.8	2746270
-	x	73.1	2816582
-	x	72.7	3018181
-	x	69.7	3503002
-	x	63.2	2990465

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	87.6	3708987
-	x	x	x	82.8	4122913
-	x	x	x	82.7	3129009
-	x	x	x	76.5	3546784
-	x	x	x	79.3	4115009
-	x	x	x	81.8	3940643
x	-	x	x	60.9	3797862

M50-59	M60-69	M70+	AG %	EA No
-	x	x	83.3	3402370
-	x	x	82.9	3017942
-	x	x	78.4	2710805
-	x	x	76.3	3549152
-	x	x	72.0	2717093
-	x	x	65.3	4149836
-	x	x	68.7	3979201
x	-	x	68.1	3545544

M60-69	M70+	AG %	EA No
-	x	81.7	2971309
-	x	83.6	4015467
-	x	83.9	2775264
-	x	74.6	2781837
-	x	72.7	3181429
-	x	71.7	2816582
-	x	68.2	3503002
-	x	64.5	2980570

EMAC Track and Field League 2026 - Final - 19th September - MEN

8003	800m	800m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Paul Grange	47	Chelmsford	02:05.97	8
2	2	Roy Ramon Pelegrin	45	Cambridge & Coleridge	02:06.65	7
1	3	Chris Parson	45	Bedford & County	02:09.41	6
7	4	David Brown	48	Peterborough & Nene Valley	02:13.39	5
6	5	Eliot Winter	35	Marshall Milton Keynes	02:24.53	4
8	6	Scott Thrush	40	Thurrock H/Loughton	02:25.25	3
4	7	Matthew Randall	51	City of Southend	02:25.68	2
5	8	Daniel King	43	Colchester Harriers	02:37.83	1

8005	800m	800m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
4	1	Mark Waller	56	City of Southend	02:21.63	8
1	2	Simon Coombes	54	Bedford & County	02:22.95	7
3	3	Ken Hoyer	50	Chelmsford	02:33.52	6
5	4	Ian Ratray	54	Colchester Harriers	02:39.56	5
6	5	Philip James	55	Marshall Milton Keynes	02:48.93	4
2	6	Peter Thompson	68	Cambridge & Coleridge	02:57.36	3
8	7	Simon Hatcher	50	Thurrock H/Loughton	02:58.56	2
7	8	Barry Warne	65	Peterborough & Nene Valley	03:34.93	1

8006	800m	800m M60+	RDA	Team	(NN:NN.nn)	Pts
4	1	Simon Le Mare	64	City of Southend	02:35.00	8
2	2	Kevin Russell	64	Cambridge & Coleridge	02:35.75	7
7	3	Dave Knighton	64	Peterborough & Nene Valley	02:41.82	6
5	4	Colin Ridley	64	Colchester Harriers	02:44.44	5
3	5	Peter Tullett	67	Chelmsford	02:53.09	4
6	6	Kevin Church	62	Marshall Milton Keynes	02:59.61	3
8	7	Stephen Kemp	66	Thurrock H/Loughton	03:04.07	2
	8					1

15003	1500m	1500m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
3	1	Paul Grange	47	Chelmsford	04:33.92	8
7	2	Michael Major	36	Peterborough & Nene Valley	04:34.83	7
2	3	Miguel Branco	45	Cambridge & Coleridge	04:45.02	6
6	4	James Down	39	Marshall Milton Keynes	04:48.17	5
4	5	Matthew Randall	51	City of Southend	04:48.40	4
8	6	Scott Thrush	40	Thurrock H/Loughton	04:56.70	3
1	7	Adam Hills	49	Bedford & County	05:06.68	2
5	8	Daniel King	43	Colchester Harriers	05:14.87	1

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	88.4	3260357
-	x	x	x	86.6	3708987
-	x	x	x	84.7	4122913
-	x	x	x	84.2	2955064
-	x	x	x	70.1	2794684
-	x	x	x	72.5	3499158
x	-	x	x	79.0	3834995
-	x	x	x	68.4	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	84.6	3549152
-	x	x	82.5	2730567
-	x	x	74.3	2717093
-	x	x	73.9	3701958
-	x	x	70.4	3596251
x	-	x	74.7	3545544
-	x	x	63.9	4149836
x	-	x	60.1	2727892

M60-69	M70+	AG %	EA No
-	x	82.6	2912777
-	x	82.2	3155077
-	x	79.1	2727820
-	x	77.9	2698820
-	x	75.9	2717168
-	x	70.1	3088379
-	x	70.8	2990465

M35-49	M50-59	M60-69	M70+	AG %	EA No
-	x	x	x	82.9	3260357
-	x	x	x	76.6	3546784
-	x	x	x	78.5	2786715
-	x	x	x	74.5	3121635
x	-	x	x	81.1	3834995
-	x	x	x	72.8	3499158
-	x	x	x	75.1	3259465
-	x	x	x	70.1	2710785

EMAC Track and Field League 2026 - Final - 19th September - MEN

15005	1500m	1500m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
4	1	Mark Waller	56	City of Southend	04:43.21	8
5	2	Jonathan Nears	52	Colchester Harriers	04:46.84	7
1	3	Simon Coombes	54	Bedford & County	04:47.76	6
7	4	Andrew Preston	50	Peterborough & Nene Valley	05:11.24	5
6	5	Steve Withers	53	Marshall Milton Keynes	05:21.08	4
2	6	Paul Fletcher	62	Cambridge & Coleridge	05:28.50	3
8	7	Jon Whitehouse	53	Thurrock H/Loughton	05:36.79	2
	8					1

15006	1500m	1500m M60 [M60+]	RDA	Team	(NN:NN.nn)	Pts
5	1	Colin Ridley	64	Colchester Harriers	05:13.06	8
2	2	Kevin Russell	64	Cambridge & Coleridge	05:13.35	7
3	3	Peter Tullett	67	Chelmsford	05:42.90	6
8	4	Eamonn Shelley	65	Thurrock H/Loughton	05:44.47	5
4	5	Matthew Aitken	61	City of Southend	05:53.25	4
6	6	Kevin Church	62	Marshall Milton Keynes	05:55.56	3
7	7	Barry Warne	65	Peterborough & Nene Valley	06:46.13	2
	8					1

30003	3000m	3000m M35-49 [M35+]	RDA	Team	(NN:NN.nn)	Pts
1	1	Simon Coombes	54	Bedford & County	10:14.68	8
2	2	Rick Merrick	43	Cambridge & Coleridge	10:17.01	7
4	3	Matthew Randall	51	City of Southend	10:21.32	6
8	4	Scott Thrush	40	Thurrock H/Loughton	10:46.57	5
6	5	James Down	39	Marshall Milton Keynes	10:50.10	4
7	6	Andrew Dobedoe	46	Peterborough & Nene Valley	10:52.61	3
5	7	Daniel King	43	Colchester Harriers	11:10.83	2
	8					1

30005	3000m	3000m M50-59 [M50+]	RDA	Team	(NN:NN.nn)	Pts
4	1	Mark Waller	56	City of Southend	09:58.73	8
5	2	Jonathan Nears	52	Colchester Harriers	10:27.38	7
7	3	Andrew Preston	50	Peterborough & Nene Valley	10:54.42	6
8	4	Jon Whitehouse	53	Thurrock H/Loughton	11:13.16	5
1	5	Simon Harper	51	Bedford & County	11:20.17	4
2	6	Peter Bennet	62	Cambridge & Coleridge	12:31.72	3
6	7	Philip James	55	Marshall Milton Keynes	12:49.17	2
	8					1

M50-59	M60-69	M70+	AG %	EA No
-	x	x	86.0	3549152
-	x	x	82.2	2710805
-	x	x	83.3	2730567
-	x	x	74.6	3567270
-	x	x	74.0	3738404
x	-	x	78.1	3181429
-	x	x	70.6	3370574

M60-69	M70+	AG %	EA No
-	x	83.4	2698820
-	x	83.4	3155077
-	x	78.3	2717168
-	x	76.5	2980570
-	x	72.0	3873228
-	x	72.1	3088379
-	x	64.9	2727892

M35-49	M50-59	M60-69	M70+	AG %	EA No
x	-	x	x	83.4	2730567
-	x	x	x	75.8	3940398
x	-	x	x	80.3	3834995
-	x	x	x	70.7	3499158
-	x	x	x	69.8	3121635
-	x	x	x	73.4	4233021
-	x	x	x	69.7	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	87.1	3549152
-	x	x	80.3	2710805
-	x	x	75.7	3567270
-	x	x	75.5	3370574
-	x	x	73.4	3724128
x	-	x	73.4	3552972
-	x	x	67.2	3596251

EMAC Track and Field League 2026 - Final - 19th September - MEN

30006	3000m	3000m M60-69 [M60+]	RDA	Team	(NN:NN.nn)	Pts
1	1	Andrew Leach	62	Bedford & County	10:20.45	8
7	2	Malcolm Tuff	61	Peterborough & Nene Valley	10:55.03	7
5	3	Colin Ridley	64	Colchester Harriers	11:01.95	6
2	4	Kevin Russell	64	Cambridge & Coleridge	11:21.61	5
4	5	Simon Le Mare	64	City of Southend	11:32.67	4
3	6	Peter Tullett	67	Chelmsford	12:22.57	3
8	7	Eamonn Shelley	65	Thurrock H/Loughton	12:29.53	2
6	8	Kevin Church	62	Marshall Milton Keynes	13:30.98	1

30007	3000m	3000m M70+	RDA	Team	(NN:NN.nn)	Pts
1	1	Aleksander Swiecicki	78	Bedford & County	13:14.23	8
6	2	Alasdair Gibson	74	Marshall Milton Keynes	14:00.15	7
2	3	Martin Kilduff	77	Cambridge & Coleridge	14:02.64	6
5	4	Alistair Holford	70	Colchester Harriers	14:36.99	5
4	5	Alastair Kendrick	73	City of Southend	16:02.49	4
	6					3
	7					2
	8					1

2KWA	2000mW	2Km Walk 'A' [M35+]	RDA	Team	(NN:NN.nn)	Pts
5	1	Daniel King	43	Colchester Harriers	09:41.13	8
1	2	Adam Hills	49	Bedford & County	11:05.01	7
8	3	Stephen Kemp	66	Thurrock H/Loughton	12:03.41	6
4	4	Richard Maskell	50	City of Southend	13:23.28	5
2	5	Alvaro Drake	58	Cambridge & Coleridge	14:49.75	4
6	6	Richard Pownall	67	Marshall Milton Keynes	14:50.01	3
	7					2
7	8	Timothy Clough	55	Peterborough & Nene Valley		DQ

2KWB	2000mW	2Km Walk 'B' [M35+]	RDA	Team	(NN:NN.nn)	Pts
5	1	Simon Morgan	58	Colchester Harriers	12:51.04	8
8	2	Eamonn Shelley	65	Thurrock H/Loughton	13:52.30	7
4	3	Keith Palmer	61	City of Southend	14:41.48	6
1	4	John Borgars	80	Bedford & County	14:42.87	5
	5					4
	6					3
6	7	Jim Lawrence	70	Marshall Milton Keynes		DQ
2	8	Peter Bennet	62	Cambridge & Coleridge		DQ

M60-69	M70+	AG %	EA No
-	x	88.9	3440310
-	x	83.4	2781837
-	x	85.0	2698820
-	x	82.6	3155077
-	x	81.3	2912777
-	x	78.1	2717168
-	x	75.8	2980570
-	x	68.0	3088379

M70+	AG %	EA No
-	82.6	3503304
-	74.5	2794532
-	77.0	4072548
-	68.3	2749257
-	64.3	2764502

M35-49	M50-59	M60-69	M70+	EA No
-	x	x	x	2710785
-	x	x	x	3259465
x	x	-	x	2990465
x	-	x	x	2829682
x	-	x	x	2746322
x	x	-	x	2690593
				3703927
M35-49	M50-59	M60-69	M70+	EA No
x	-	x	x	2691566
x	x	-	x	2980570
x	x	x	x	3202378
x	x	x	-	2694939
				2690506
				3552972

EMAC Track and Field League 2026 - Final - 19th September - MEN

400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.nn)	Pts
2	1	Steven Green	43	Cambridge & Coleridge	59.97	8
7	2	Sean Reidy	45	Peterborough & Nene Valley	61.06	7
8	3	Michael Shortall	41	Thurrock H/Loughton	68.04	6
1	4	Roy Chambers	40	Bedford & County	72.02	5
4	5	Greg Goodrem	43	City of Southend	79.45	4
6	6	Eliot Winter	35	Marshall Milton Keynes	84.88	3
5	7	Daniel King	43	Colchester Harriers	89.32	2
3	8	Paul Grange	47	Chelmsford		DQ

400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.nn)	Pts
1	1	Peter Benedickter	57	Bedford & County	67.52	8
3	2	Ken Hoyer	50	Chelmsford	79.42	7
6	3	Anthony Moffat	56	Marshall Milton Keynes	85.54	6
5	4	Ian Rattray	54	Colchester Harriers	86.45	5
4	5	Richard Maskell	50	City of Southend	87.83	4
2	6	Alvaro Drake	58	Cambridge & Coleridge	108.38	3
	7					2
	8					1

300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.nn)	Pts
1	1	Tennyson James	68	Bedford & County	55.26	8
4	2	Simon Le Mare	64	City of Southend	55.72	7
6	3	Brian Slaughter	69	Marshall Milton Keynes	55.73	6
2	4	David Van Den Bergh	62	Cambridge & Coleridge	56.25	5
5	5	Kevin McAlinden	62	Colchester Harriers	62.36	4
3	6	Peter Tullett	67	Chelmsford	76.87	3
	7					2
	8					1

HT3	HT	Hammer M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
3	1	Yasha Bobash	38	Chelmsford	50.26	8
1	2	Glen Kerr	51	Bedford & County	48.61	7
4	3	Paul Cooper	49	City of Southend	25.89	6
6	4	Anthony Moffat	56	Marshall Milton Keynes	25.60	5
7	5	Mark Burbridge	52	Peterborough & Nene Valley	25.05	4
2	6	Erwin De Genst	53	Cambridge & Coleridge	16.18	3
5	7	Simon Morgan	58	Colchester Harriers	12.69	2
	8					1

M35-49
-
-
-
-
-
-
-

M50-59
-
-
-
-
-
-

M60-69
-
-
-
-
-
-

M35-49
-
x
-
x
x
x
x
x

AG %	EA No
83.9	2721070
83.9	2727873
72.7	2800336
68.1	2667991
63.4	2912893
55.4	2794684
56.4	2710785
	3260357

AG %	EA No
85.0	3402370
67.5	2717093
66.4	3947745
64.4	3701958
61.0	3202378
53.5	2746322

AG %	EA No
77.9	2775264
73.9	2912777
78.1	2779177
71.7	3215013
64.7	2816582
55.4	2717168

AG %	EA No
60.7	2906848
-	2775274
36.1	3571280
-	3947745
-	3768315
-	4154018
-	2691566

EMAC Track and Field League 2026 - Final - 19th September - MEN

HT5	HT	Hammer M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
6	1	Mark Roberson	51	Marshall Milton Keynes	47.70	8
1	2	Darren Kerr	56	Bedford & County	44.36	7
7	3	Simon Achurch	51	Peterborough & Nene Valley	43.85	6
2	4	Alvaro Drake	58	Cambridge & Coleridge	23.69	5
5	5	Gavin Sandercock	52	Colchester Harriers	21.06	4
4	6	Keith Palmer	61	City of Southend	15.88	3
8	7	Jonathan Metcalf	66	Thurrock H/Loughton	8.60	2
	8					1

HT6	HT	Hammer M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
8	1	David Bauer	60	Thurrock H/Loughton	32.91	8
4	2	Peter Wishart	66	City of Southend	28.22	7
6	3	Gwynn Wallace	61	Marshall Milton Keynes	26.82	6
7	4	Timothy Needham	74	Peterborough & Nene Valley	24.19	5
2	5	Ian Slack	65	Cambridge & Coleridge	19.68	4
1	6	Graeme Packman	71	Bedford & County	19.51	3
3	7	Stuart Bazley	64	Chelmsford	10.20	2
	8					1

SP3	SP	Shot M35-49 (7.26Kg) [M35+]	RDA	Team	(NN.nn)	Pts
3	1	Yasha Bobash	38	Chelmsford	10.05	8
1	2	Darren Kerr	56	Bedford & County	10.03	7
4	3	Paul Cooper	49	City of Southend	9.95	6
6	4	Eugene Swanepoel	54	Marshall Milton Keynes	8.78	5
7	5	Mark Burbridge	52	Peterborough & Nene Valley	8.22	4
2	6	Chris Davies	49	Cambridge & Coleridge	6.64	3
5	7	Simon Morgan	58	Colchester Harriers	4.98	2
8	8	Jonathan Metcalf	66	Thurrock H/Loughton	4.93	1

SP5	SP	Shot M50-59 (6Kg) [M50+]	RDA	Team	(NN.nn)	Pts
7	1	Simon Achurch	51	Peterborough & Nene Valley	11.98	8
5	2	Niall McMahon	55	Colchester Harriers	11.12	7
6	3	Mark Roberson	51	Marshall Milton Keynes	10.83	6
1	4	Glen Kerr	51	Bedford & County	10.71	5
2	5	Erwin De Genst	53	Cambridge & Coleridge	9.63	4
4	6	Keith Palmer	61	City of Southend	6.92	3
8	7	Jon Whitehouse	53	Thurrock H/Loughton	4.71	2
	8					1

M50-59	AG %	EA No
-	62.2	2979459
-	62.6	2669225
-	57.2	2666249
-	34.6	2746322
-	27.9	3797862
x	-	2829682
x	-	2899831
M60-69	AG %	EA No
-	45.4	2953600
-	43.7	2663227
-	37.7	2798456
x	-	2662164
-	29.8	3021705
x	-	2774981
-	15.2	4002955
M35-49	AG %	EA No
-	46.7	2906848
x	-	2669225
-	53.3	3571280
x	-	4009384
x	-	3768315
-	35.6	4252673
x	-	2691566
x	-	2899831
M50-59	AG %	EA No
-	60.1	2666249
-	59.1	4155619
-	54.3	2979459
-	53.7	2775274
-	49.7	4154018
x	-	2829682
-	24.3	3370574

EMAC Track and Field League 2026 - Final - 19th September - MEN

SP6	SP	Shot M60-69 (5Kg) [M60+]	RDA	Team	(NN.nn)	Pts
8	1	David Bauer	60	Thurrock H/Loughton	11.40	8
7	2	Kevin Bates	74	Peterborough & Nene Valley	9.33	7
6	3	Gwynn Wallace	61	Marshall Milton Keynes	9.19	6
4	4	Peter Wishart	66	City of Southend	9.02	5
2	5	Ian Slack	65	Cambridge & Coleridge	7.97	4
1	6	Simon Eastwood	61	Bedford & County	7.69	3
5	7	Zephaniah Forest	73	Colchester Harriers	5.99	2
	8					1

SP7	SP	Shot M70-79 (4Kg) [M70+]	RDA	Team	(NN.nn)	Pts
1	1	Graeme Packman	71	Bedford & County	9.15	8
7	2	Mohinder Singh Rana	77	Peterborough & Nene Valley	8.05	7
6	3	Bunt Scott	75	Marshall Milton Keynes	8.05	6
3	4	Martin Branfoot	70	Chelmsford	7.90	5
5	5	Alistair Holford	70	Colchester Harriers	5.64	4
4	6	Alastair Kendrick	73	City of Southend	3.53	3
	7					2
	8					1

JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts
3	1	Roger Skedd	44	Chelmsford	44.70	8
1	2	Roy Chambers	40	Bedford & County	42.68	7
4	3	Paul Cooper	49	City of Southend	40.52	6
5	4	Daniel King	43	Colchester Harriers	30.52	5
6	5	Mark Roberson	51	Marshall Milton Keynes	28.66	4
7	6	Mark Burbridge	52	Peterborough & Nene Valley	25.24	3
2	7	Chris Davies	49	Cambridge & Coleridge	23.72	2
8	8	Eamonn Shelley	65	Thurrock H/Loughton	9.70	1

JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts
3	1	David Sketchley	50	Chelmsford	53.04	8
6	2	Eugene Swanepoel	54	Marshall Milton Keynes	40.50	7
7	3	Simon Achurch	51	Peterborough & Nene Valley	37.34	6
1	4	Darren Kerr	56	Bedford & County	26.29	5
2	5	Erwin De Genst	53	Cambridge & Coleridge	23.93	4
4	6	Keith Palmer	61	City of Southend	18.20	3
8	7	Jonathan Metcalf	66	Thurrock H/Loughton	10.65	2
	8					1

M60-69	AG %	EA No
-	59.8	2953600
x	-	3631212
-	49.0	2798456
-	52.3	2663227
-	45.4	3021705
-	41.0	2774976
x	-	4187962

M70-79	AG %	EA No
-	-	2774976
-	-	3631212
-	-	2798456
-	-	4002955
-	-	4187962
-	-	2663227

M35-49
-
-
-
-
x
x
-
x

M50-59	AG %	EA No
-	66.2	2804163
-	54.2	4009384
-	47.4	2666249
-	36.5	2669225
-	31.5	4154018
x	-	2829682
x	-	2899831

EMAC Track and Field League 2026 - Final - 19th September - MEN

JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts
6	1	Gwynn Wallace	61	Marshall Milton Keynes	33.60	8
1	2	Simon Eastwood	61	Bedford & County	31.81	7
2	3	Ian Slack	65	Cambridge & Coleridge	28.97	6
8	4	David Bauer	60	Thurrock H/Loughton	28.05	5
3	5	Stuart Bazley	64	Chelmsford	24.42	4
4	6	Stephen Solomon	64	City of Southend	23.55	3
7	7	Mohinder Singh Rana	77	Peterborough & Nene Valley	14.08	2
5	8	Kevin McAlinden	62	Colchester Harriers	13.45	1

DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts
3	1	Kevin Wilson	36	Chelmsford	40.65	8
4	2	Paul Cooper	49	City of Southend	29.78	7
6	3	Eugene Swanepoel	54	Marshall Milton Keynes	28.12	6
1	4	Roy Chambers	40	Bedford & County	25.91	5
7	5	Mark Burbridge	52	Peterborough & Nene Valley	23.54	4
2	6	Steven Green	43	Cambridge & Coleridge	15.87	3
5	7	Daniel King	43	Colchester Harriers	14.07	2
8	8	Jonathan Metcalf	66	Thurrock H/Loughton	8.23	1

DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts
7	1	Simon Achurch	51	Peterborough & Nene Valley	38.33	8
2	2	Erwin De Genst	53	Cambridge & Coleridge	35.53	7
1	3	Darren Kerr	56	Bedford & County	31.99	6
6	4	Mark Roberson	51	Marshall Milton Keynes	31.80	5
5	5	Gavin Sandercock	52	Colchester Harriers	21.12	4
4	6	Keith Palmer	61	City of Southend	20.33	3
8	7	Alan Fricker	51	Thurrock H/Loughton	17.69	2
3	8	Ken Hoye	50	Chelmsford	14.18	1

DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts
8	1	David Bauer	60	Thurrock H/Loughton	38.97	8
4	2	Peter Wishart	66	City of Southend	34.18	7
1	3	Simon Eastwood	61	Bedford & County	34.17	6
6	4	Gwynn Wallace	61	Marshall Milton Keynes	31.55	5
2	5	Ian Slack	65	Cambridge & Coleridge	31.00	4
7	6	Timothy Needham	74	Peterborough & Nene Valley	24.86	3
5	7	Kevin McAlinden	62	Colchester Harriers	15.50	2
	8					1

M60-69	AG %	EA No
-	47.6	2798456
-	45.1	2774976
-	44.7	3021705
-	39.0	2953600
-	36.8	4002955
-	35.5	3503002
x	-	3874636
-	19.5	2816582

M35-49
-
-
x
-
x
-
-
x

M50-59
-
-
-
-
-
x
-
-

M60-79	AG %	EA No
-	52.3	2953600
-	51.4	2663227
-	46.7	2774976
-	43.1	2798456
-	45.7	3021705
-	44.6	2662164
-	21.6	2816582

EMAC Track and Field League 2026 - Final - 19th September - MEN

DT7	DT	Discus M70+ (1Kg)	RDA	Team	(NN.nn)	Pts						M70-79	AG %	EA No	
1	1	Graeme Packman	71	Bedford & County	28.71	8						-	48.0	2774981	
7	2	Mohinder Singh Rana	77	Peterborough & Nene Valley	27.27	7						-	52.8	3874636	
6	3	Bunt Scott	75	Marshall Milton Keynes	27.22	6						-	50.0	3273763	
3	4	Martin Branfoot	70	Chelmsford	18.09	5						-	29.6	2717049	
5	5	Alistair Holford	70	Colchester Harriers	16.56	4						-	27.1	2749257	
	6					3									
	7					2									
	8					1									
LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No		
3	1	Roger Skedd	44	Chelmsford	5.78	8		-	x	x	x	74.1	2681217		
1	2	Roy Chambers	40	Bedford & County	5.17	7		-	x	x	x	63.4	2667991		
8	3	Michael Shortall	41	Thurrock H/Loughton	5.02	6		-	x	x	x	62.2	2800336		
6	4	Clint Grabs	39	Marshall Milton Keynes	4.70	5		-	x	x	x	57.0	2690440		
2	5	Chris Davies	49	Cambridge & Coleridge	4.52	4		-	x	x	x	61.4	4252673		
4	6	Ade Elegbede	49	City of Southend	4.52	3		-	x	x	x	61.4	3940643		
5	7	Daniel King	43	Colchester Harriers	3.53	2		-	x	x	x	44.8	2710785		
7	8	Simon Achurch	51	Peterborough & Nene Valley	3.02	1		x	-	x	x	42.0	2666249		
LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind				M50-59	M60-69	M70+	AG %	EA No
6	1	Paul Canning	60	Marshall Milton Keynes	4.25	8					x	-	x	65.9	2971309
4	2	Richard Maskell	50	City of Southend	4.08	7					-	x	x	56.1	3202378
1	3	Robert Kingman	53	Bedford & County	3.79	6					-	x	x	54.0	2702171
2	4	Ian Slack	65	Cambridge & Coleridge	3.63	5					x	-	x	60.0	3021705
8	5	Alan Fricker	51	Thurrock H/Loughton	3.61	4					-	x	x	50.2	3942083
5	6	Gavin Sandercock	52	Colchester Harriers	3.36	3					-	x	x	47.3	3797862
7	7	Dave Knighton	64	Peterborough & Nene Valley	3.31	2					x	-	x	54.0	2727820
	8					1									
LJ6	LJ	Long Jump M60+	RDA	Team	(N.nn)	Pts	Wind				M60-69	M70+	AG %	EA No	
1	1	Richard Phelan	65	Bedford & County	4.03	8					-	x	66.6	2871564	
2	2	David Van Den Bergh	62	Cambridge & Coleridge	3.86	7					-	x	61.4	3215013	
6	3	Brian Slaughter	69	Marshall Milton Keynes	3.83	6					-	x	66.7	2779177	
4	4	Keith Palmer	61	City of Southend	3.77	5					-	x	59.2	2829682	
3	5	Stuart Bazley	64	Chelmsford	3.49	4					-	x	56.9	4002955	
5	6	Kevin McAlinden	62	Colchester Harriers	2.93	3					-	x	46.6	2816582	
7	7	Kevin Bates	74	Peterborough & Nene Valley	2.46	2					x	-	45.8	3631212	
8	8	Jonathan Metcalf	66	Thurrock H/Loughton	2.03	1					-	x	34.0	2899831	

EMAC Track and Field League 2026 - Final - 19th September - MEN

LJ7	LJ	Long Jump M70+	RDA	Team	(N.nn)	Pts	Wind					M70+	AG %	EA No
7	1	John Spriggs	74	Peterborough & Nene Valley	3.25	8						-	60.5	3573756
5	2	Alistair Holford	70	Colchester Harriers	3.22	7						-	56.8	2749257
6	3	Jim Lawrence	70	Marshall Milton Keynes	2.99	6						-	52.7	2690506
3	4	Martin Branfoot	70	Chelmsford	2.39	5						-	42.2	2717049
1	5	Christopher Keech	75	Bedford & County	2.30	4						-	43.5	2775272
4	6	Alastair Kendrick	73	City of Southend	1.88	3						-	34.5	2764502
	7					2								
	8					1								
TJ3	TJ	Triple Jump M35-49 [M35+]	RDA	Team	(NN.nn)	Pts	Wind	M35-49	M50-59	M60-69	M70+	AG %	EA No	
6	1	Clint Grabs	39	Marshall Milton Keynes	11.35	8		-	x	x	x	64.8	2690440	
3	2	Roger Skedd	44	Chelmsford	11.33	7		-	x	x	x	68.2	2681217	
8	3	Michael Shortall	41	Thurrock H/Loughton	11.07	6		-	x	x	x	64.5	2800336	
1	4	Roy Chambers	40	Bedford & County	10.57	5		-	x	x	x	61.0	2667991	
7	5	Sean Reidy	45	Peterborough & Nene Valley	10.47	4		-	x	x	x	63.8	2727873	
4	6	Greg Goodrem	43	City of Southend	9.77	3		-	x	x	x	58.2	2912893	
2	7	Chris Davies	49	Cambridge & Coleridge	9.60	2		-	x	x	x	61.2	4252673	
5	8	Daniel King	43	Colchester Harriers	8.31	1		-	x	x	x	49.5	2710785	
TJ5	TJ	Triple Jump M50-59 [M50+]	RDA	Team	(NN.nn)	Pts	Wind		M50-59	M60-69	M70+	AG %	EA No	
6	1	Paul Canning	60	Marshall Milton Keynes	9.59	8			x	-	x	70.3	2971309	
1	2	Robert Kingman	53	Bedford & County	8.79	7			-	x	x	58.8	2702171	
8	3	Alan Fricker	51	Thurrock H/Loughton	8.72	6			-	x	x	57.0	3942083	
7	4	Gerald Watson	64	Peterborough & Nene Valley	7.88	5			x	-	x	61.1	3018181	
2	5	Ian Slack	65	Cambridge & Coleridge	7.79	4			x	-	x	61.3	3021705	
4	6	Keith Palmer	61	City of Southend	7.69	3			x	-	x	57.1	2829682	
5	7	Ian Rattray	54	Colchester Harriers	7.30	2			-	x	x	49.5	3701958	
	8					1								
TJ6	TJ	Triple Jump M60+	RDA	Team	(NN.nn)	Pts	Wind			M60-69	M70+	AG %	EA No	
2	1	David Van Den Bergh	62	Cambridge & Coleridge	9.31	8				-	x	70.1	3215013	
1	2	Richard Phelan	65	Bedford & County	8.87	7				-	x	69.8	2871564	
6	3	Brian Slaughter	69	Marshall Milton Keynes	8.21	6				-	x	68.6	2779177	
3	4	Stuart Bazley	64	Chelmsford	7.50	5				-	x	58.1	4002955	
4	5	Simon Le Mare	64	City of Southend	7.35	4				-	x	57.0	2912777	
7	6	John Spriggs	74	Peterborough & Nene Valley	7.20	3				x	-	65.2	3573756	
5	7	Kevin McAlinden	62	Colchester Harriers	6.56	2				-	x	49.4	2816582	
	8					1								

EMAC Track and Field League 2026 - Final - 19th September - MEN

HJ3	HJ	High Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Scott Johnson	35	Bedford & County	1.83	8
2	2	Steven Green	43	Cambridge & Coleridge	1.60	7
6	3	Clint Grabs	39	Marshall Milton Keynes	1.60	6
3	4	Roger Skedd	44	Chelmsford	1.60	5
4	5	Greg Goodrem	43	City of Southend	1.55	4
7	6	Sean Reidy	45	Peterborough & Nene Valley	1.50	3
8	7	Olatunde Akerele	43	Thurrock H/Loughton	1.35	2
5	8	Daniel King	43	Colchester Harriers	1.35	1

HJ5	HJ	High Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Robert Kingman	53	Bedford & County	1.40	8
4	2	Richard Maskell	50	City of Southend	1.35	7
8	3	Alan Fricker	51	Thurrock H/Loughton	1.35	6
5	4	Ian Rattray	54	Colchester Harriers	1.30	5
6	5	Darren O'Leary	58	Marshall Milton Keynes	1.25	4
2	6	Alvaro Drake	58	Cambridge & Coleridge	1.20	3
	7					2
	8					1

HJ6	HJ	High Jump M60+	RDA	Team	(N.nn)	Pts
2	1	David Van Den Bergh	62	Cambridge & Coleridge	1.41	8
4	2	Simon Le Mare	64	City of Southend	1.36	7
1	3	Richard Phelan	65	Bedford & County	1.25	6
3	4=	Stuart Bazley	64	Chelmsford	1.15	4.5
6	4=	Brian Slaughter	69	Marshall Milton Keynes	1.15	4.5
8	6	Jonathan Metcalf	66	Thurrock H/Loughton	1.05	3
5	7	Kevin McAlinden	62	Colchester Harriers	1.00	2
	8					1

PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
1	1	Robert Kingman	53	Bedford & County	3.60	8
3	2	Roger Skedd	44	Chelmsford	3.55	7
2	3	Steven Green	43	Cambridge & Coleridge	2.40	6
4	4	Greg Goodrem	43	City of Southend	2.00	5
6	5	Adam Flaherty	48	Marshall Milton Keynes	1.80	4
5	6	Daniel King	43	Colchester Harriers	1.60	3
	7					2
	8					1

M35-49	M50-59	M60-69	M70+	AG %	EA No
LR	x	x	x	75.7	2775268
-	x	x	x	71.5	2721070
-	x	x	x	68.8	2690440
-	x	x	x	72.2	2681217
-	x	x	x	69.2	2912893
-	x	x	x	68.3	2727873
-	x	x	x	60.3	4115009
-	x	x	x	60.3	2710785

M50-59	M60-69	M70+	AG %	EA No
-	x	x	69.0	2702171
-	x	x	64.6	3202378
-	x	x	65.3	3942083
-	x	x	64.8	3701958
-	x	x	64.9	3678206
-	x	x	62.3	2746322

M60-69	M70+	AG %	EA No
LR	x	76.3	3215013
-	x	75.1	2912777
-	x	69.8	2871564
-	x	63.5	4002955
-	x	67.1	2779177
-	x	59.3	2899831
-	x	54.1	2816582

M35-49	M50-59	M60-69	M70+	AG %	EA No
x	-	x	x	72.8	2702171
-	x	x	x	64.2	2681217
-	x	x	x	42.9	2721070
-	x	x	x	35.8	2912893
-	x	x	x	34.2	4099877
-	x	x	x	28.6	2710785

EMAC Track and Field League 2026 - Final - 19th September - MEN

PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
1	1	Simon Eastwood	61	Bedford & County	2.22	8
6	2	Conrad Salthouse	59	Marshall Milton Keynes	2.22	7
2	3	Alvaro Drake	58	Cambridge & Coleridge	1.80	6
5	4	Ian Rattray	54	Colchester Harriers	1.80	5
4	5	Richard Maskell	50	City of Southend	1.20	4
	6					3
	7					2
	8					1

PV6	PV	Pole Vault M60+	RDA	Team	(N.nn)	Pts
1	1	Richard Phelan	65	Bedford & County	2.40	8
6	2	Brian Slaughter	69	Marshall Milton Keynes	2.22	7
2	3	Ian Slack	65	Cambridge & Coleridge	1.60	6
	4					5
	5					4
	6					3
3	7	Stuart Bazley	64	Chelmsford		NH
5	8	Kevin McAlinden	62	Colchester Harriers		NH

[illegible]

EMAC Track and Field League 2026 - Final - 19th September - MEN

R4224-3	MedR	Relay 4224 M35-49 [M35+]	RDA	Team	(N:NN.nn)	Pts
2	1	Chung Tu	42	Cambridge & Coleridge	2:37.85	8
2a		Matt Hamilton	42			
2b		Steven Green	43			
2c		Roy Ramon Pelegrin	45			
7	2	Andrew Dobedoe	46	Peterborough & Nene Valley	2:48.77	7
7a		Sean Reidy	45			
7b		Michael Major	36			
7c		David Brown	48			
6	3	Eliot Winter	35	Marshall Milton Keynes	2:57.12	6
6a		John Watkinson	49			
6b		Panos Ioannou	45			
6c		Clint Grabs	39			
8	4	Michael Shortall	41	Thurrock H/Loughton	3:03.57	5
8a		Alan Fricker	51			
8b		Scott Thrush	40			
8c		Olatunde Akerele	43			
1	5	Roy Chambers	40	Bedford & County	3:04.52	4
1a		Chris Parson	45			
1b		Richard Phelan	65			
1c		Adam Hills	49			
4	6	Mark Waller	56	City of Southend	3:04.96	3
4a		Greg Goodrem	43			
4b		Richard Maskell	50			
4c		Ade Elegbede	49			
5	7	Daniel King	43	Colchester Harriers	4:23.62	2
5a		Kevin McAlinden	62			
5b		Colin Ridley	64			
5c		Alistair Holford	70			
	8					1
a						
b						
c						

Rec
LR

3181559
2874921
2721070
3708987
4233021
2727873
3546784
2955064
2794684
4058934
3129009
2690440
2800336
3942083
3499158
4115009
2667991
4122913
2871564
3259465
3549152
2912893
3202378
3940643
2710785
2816582
2698820
2749257

EMAC Track and Field League 2026 - Final - 19th September - MEN

R4224-5	MedR	Relay 4224 M50+	RDA	Team	(N:NN.nn)	Pts
6	1	Paul Canning	60	Marshall Milton Keynes	3:11.61	8
6a		John Browne	73			
6b		Conrad Salthouse	59			
6c		Darren O'Leary	58			
7	2	Julian Smith	57	Peterborough & Nene Valley	3:16.04	7
7a		Andrew Preston	50			
7b		Gerald Watson	64			
7c		Dave Knighton	64			
5	3	Jonathan Nears	52	Colchester Harriers	3:20.29	6
5a		Ian Rattray	54			
5b		Niall McMahon	55			
5c		Gavin Sandercock	52			
2	4	Paul Fletcher	62	Cambridge & Coleridge	3:24.66	5
2a		Tim Cheshire	53			
2b		Giulio Cinque	67			
2c		Kevin Russell	64			
4	5	Matthew Randall	51	City of Southend	3:41.01	4
4a		Matthew Aitken	61			
4b		Stephen Solomon	64			
4c		Simon Le Mare	64			
8	6	Stephen Kemp	66	Thurrock H/Loughton	4:01.52	3
8a		Eamonn Shelley	65			
8b		Simon Hatcher	50			
8c		Jon Whitehouse	53			
1	7	Simon Harper	51	Bedford & County		DQ
1a		David Olusanya	53			
1b		Tennyson James	68			
1c		Simon Coombes	54			
	8					
a						
b						
c						

Rec

-

2971309
3019098
3979201
3678206
3017942
3567270
3018181
2727820
2710805
3701958
4155619
3797862
3181429
3972473
2746270
3155077
3834995
3873228
3503002
2912777
2990465
2980570
4149836
3370574
3724128
2754898
2775264
2730567