

Insert non scoring results at the bottom							
Hand Timing scoring		EMAC Track & Field League		Southern Division - Match 4		Teams = 8	
Overall Team Trophy		Chelmsford		Thurs	02 August 2023		Overall Match Scores
Women	O/A	Pos	Men's Teams	Bib	Match 4 Points		Final Pos
X	X	2	Southend AC	4	129		574.5 1
X	X	4	Colchester Harriers	3	110		516 2
X	X	1	Thurrock Harriers/Loughton	5	133		514 3
X	X	5	Col & Tend/ Ipswich Harriers	2	93		403.5 4
X	X	3	Chelmsford AC	1	126		380 5
X	X	6	WSAC/St Edmunds Pacers	6	48		164 6
X	X	7	Spare	7	0		0 7
X	X	7	Spare	8	0		0 7
Single numbers (0-8) only				RDA = Race Day Age			
Do not insert athlete data in Results section - use "Declarations" tab only							
2003		200m	200m M35-49 - [M35+]	RDA	Team		Pts Wind
200m M35-49 - [M35+]	5	1	Michael Shortall	38	Thurrock Harriers/Loughton		24.1 8
200m M35-49 - [M35+]	4	2	Ade Elegbede	46	Southend AC		25.0 7
200m M35-49 - [M35+]	2	3	Daniel Scurrell	45	Col & Tend/ Ipswich Harriers		25.7 6
200m M35-49 - [M35+]	3	4	Jonathan Nears	49	Colchester Harriers		27.7 5
200m M35-49 - [M35+]	1	5	Eugenio Zapata Solvas	43	Chelmsford AC		27.9 4
200m M35-49 - [M35+]	6	6	Bryan Churchard	36	WSAC/St Edmunds Pacers		37.8 3
200m M35-49 - [M35+]							2
200m M35-49 - [M35+]		8					1
2005		200m	200m M50-59 [M50+]	RDA	Team (NN.n)		Pts Wind
200m M50-59 [M50+]	5	1	Steven Ball	50	Thurrock Harriers/Loughton		28.2 8
200m M50-59 [M50+]	1	2	Andrew Weller	57	Chelmsford AC		29.2 7
200m M50-59 [M50+]	3	3	Kevin McAlinden	59	Colchester Harriers		29.3 6
200m M50-59 [M50+]	2	4	Simon Collett	52	Col & Tend/ Ipswich Harriers		29.5 5
200m M50-59 [M50+]	4	5	Keith Palmer	58	Southend AC		29.6 4
200m M50-59 [M50+]	6	6	Mark Lewis	50	WSAC/St Edmunds Pacers		29.9 3
200m M50-59 [M50+]		7					2
200m M50-59 [M50+]		8					1
2006		200m	200m M60+	RDA	Team (NN.n)		Pts Wind
200m M60+	5	1	James Lambden	60	Thurrock Harriers/Loughton		29.7 8
200m M60+	4	2	Rick Waters	66	Southend AC		30.4 7
200m M60+	2	3	Robert Woolliams	67	Col & Tend/ Ipswich Harriers		31.4 6
200m M60+	3	4	Colin Ridley	61	Colchester Harriers		34.4 5
200m M60+	1	5	David Butler	70	Chelmsford AC		36.2 4
200m M60+	6	6	Andrew Stewart	63	WSAC/St Edmunds Pacers		37.0 3
200m M60+		7					2
200m M60+		8					1

	1Mile3	1Mile	1 Mile M35-49 [M35+]	RDA	Team	(NN.NN.n)	Pts	
1 Mile M35-49 [M35+]	6	1	Scott Williams	36	WSAC/St Edmunds Pacers	04:58.3	8	
1 Mile M35-49 [M35+]	5	2	Scott Thrush	37	Thurrock Harriers/Loughton	05:06.5	7	
1 Mile M35-49 [M35+]	3	3	Jason Gunn	41	Colchester Harriers	05:07.8	6	
1 Mile M35-49 [M35+]	1	4	Ken Hoye	47	Chelmsford AC	05:18.3	5	
1 Mile M35-49 [M35+]	4	5	Matthew Aitken	58	Southend AC	06:07.8	4	
1 Mile M35-49 [M35+]		6					3	
1 Mile M35-49 [M35+]		7					2	
1 Mile M35-49 [M35+]		8					1	
	1Mile5	1Mile	1 Mile M50-59 [M50+]	RDA	Team	(NN.NN.n)	Pts	
1 Mile M50-59 [M50+]	4	1	Sean McFarlane	52	Southend AC	05:35.7	8	
1 Mile M50-59 [M50+]	5	2	Nick Trencher	50	Thurrock Harriers/Loughton	05:42.4	7	
1 Mile M50-59 [M50+]	2	3	Rob Milburn	50	Col & Tend/Ipswich Harriers	05:44.1	6	
1 Mile M50-59 [M50+]	3	4	Paul Spowage	59	Colchester Harriers	05:47.4	5	
1 Mile M50-59 [M50+]	1	5	Peter Tullett	64	Chelmsford AC	06:02.4	4	
1 Mile M50-59 [M50+]	6	6	Mark Lewis	50	WSAC/St Edmunds Pacers	06:17.3	3	
1 Mile M50-59 [M50+]		7					2	
1 Mile M50-59 [M50+]		8					1	
	1Mile6	1Mile	1 Mile M60+	RDA	Team	(NN.NN.n)	Pts	
1 Mile M60+	3	1	Colin Ridley	61	Colchester Harriers	05:47.9	8	
1 Mile M60+	1	2	David Butler	70	Chelmsford AC	05:56.7	7	
1 Mile M60+	5	3	John O'Shea	63	Thurrock Harriers/Loughton	06:33.5	6	
1 Mile M60+	6	4	Andrew Stewart	63	WSAC/St Edmunds Pacers	07:05.5	5	
1 Mile M60+	4	5	Rick Waters	66	Southend AC	08:04.1	4	
1 Mile M60+		6					3	
1 Mile M60+		7					2	
1 Mile M60+		8					1	
	400H3	LH	400mH M35-49 (91.4cm) [M35+]	RDA	Team	(NN.n)	Pts	
400mH M35-49 (91.4cm) [M35+]	5	1	Michael Shortall	38	Thurrock Harriers/Loughton	61.8	8	
400mH M35-49 (91.4cm) [M35+]	1	2	Luke Keteleers	35	Chelmsford AC	64.8	7	
400mH M35-49 (91.4cm) [M35+]	2	3	Daniel Scurrell	45	Col & Tend/Ipswich Harriers	65.7	6	
400mH M35-49 (91.4cm) [M35+]	4	4	Greg Goodrem	39	Southend AC	71.4	5	
400mH M35-49 (91.4cm) [M35+]	3	5	Dominic King	40	Colchester Harriers	87.0	4	
400mH M35-49 (91.4cm) [M35+]		6					3	
400mH M35-49 (91.4cm) [M35+]		7					2	
400mH M35-49 (91.4cm) [M35+]		8					1	
	400H5	LH	400mH M50-59 (84.0cm) [M50+]	RDA	Team	(NN.n)	Pts	
400mH M50-59 (84.0cm) [M50+]	2	1	Rob Milburn	50	Col & Tend/Ipswich Harriers	80.5	8	
400mH M50-59 (84.0cm) [M50+]	5	2	Nigel Instance	55	Thurrock Harriers/Loughton	81.9	7	
400mH M50-59 (84.0cm) [M50+]	3	3	Ian Rattray	51	Colchester Harriers	89.3	6	
400mH M50-59 (84.0cm) [M50+]		4					5	
400mH M50-59 (84.0cm) [M50+]		5					4	
400mH M50-59 (84.0cm) [M50+]		6					3	
400mH M50-59 (84.0cm) [M50+]		7					2	
400mH M50-59 (84.0cm) [M50+]		8					1	
	300H6	LH	300mH M60-69 (76.2cm) [M60+]	RDA	Team	(NN.n)	Pts	Wind
300mH M60-69 (76.2cm) [M60+]	5	1	Jonathan Metcalf	63	Thurrock Harriers/Loughton	54.8	8	
300mH M60-69 (76.2cm) [M60+]	4	2	Angus Aldridge	60	Southend AC	71.5	7	
300mH M60-69 (76.2cm) [M60+]		3					6	
300mH M60-69 (76.2cm) [M60+]		4					5	
300mH M60-69 (76.2cm) [M60+]		5					4	
300mH M60-69 (76.2cm) [M60+]		6					3	
300mH M60-69 (76.2cm) [M60+]		7					2	
300mH M60-69 (76.2cm) [M60+]		8					1	

	JT3	JT	Javelin M35-49 (800gm) [M35+]	RDA	Team	(NN.nn)	Pts	
Javelin M35-49 (800gm) [M35+]	1	1	Roger Skedd	40	Chelmsford AC	47.69	8	
Javelin M35-49 (800gm) [M35+]	3	2	Paul Cooper	46	Colchester Harriers	43.95	7	
Javelin M35-49 (800gm) [M35+]	6	3	Christopher Kent	49	WSAC/St Edmunds Pacers	34.32	6	
Javelin M35-49 (800gm) [M35+]	4	4	Greg Goodrem	39	Southend AC	27.21	5	
Javelin M35-49 (800gm) [M35+]	2	5	Aaron Bollu	45	Col & Tend/Ipswich Harriers	22.19	4	
Javelin M35-49 (800gm) [M35+]	5	6	Paul Mitchell	48	Thurrock Harriers/Loughton	9.65	3	
Javelin M35-49 (800gm) [M35+]		7					2	
Javelin M35-49 (800gm) [M35+]		8					1	
	JT5	JT	Javelin M50-59 (700gm)	RDA	Team	(NN.nn)	Pts	
Javelin M50-59 (700gm)	1	1	David Bauer	57	Chelmsford AC	28.44	8	
Javelin M50-59 (700gm)	5	2	Nigel Instance	55	Thurrock Harriers/Loughton	27.27	7	
Javelin M50-59 (700gm)	4	3	Tony Balding	51	Southend AC	8.27	6	
Javelin M50-59 (700gm)	3	4	Paul Spowage	59	Colchester Harriers	5.37	5	
Javelin M50-59 (700gm)		5					4	
Javelin M50-59 (700gm)		6					3	
Javelin M50-59 (700gm)		7					2	
Javelin M50-59 (700gm)		8					1	
	JT6	JT	Javelin M60-69 (600gm) [M60+]	RDA	Team	(NN.nn)	Pts	
Javelin M60-69 (600gm) [M60+]	1	1	Geoffrey Tyler	74	Chelmsford AC	23.98	8	
Javelin M60-69 (600gm) [M60+]	4	2	Peter Wishart	63	Southend AC	23.44	7	
Javelin M60-69 (600gm) [M60+]	2	3	Ray Daniel	66	Col & Tend/Ipswich Harriers	22.24	6	
Javelin M60-69 (600gm) [M60+]	5	4	Bernard Johnson	68	Thurrock Harriers/Loughton	14.99	5	
Javelin M60-69 (600gm) [M60+]	3	5	Colin Ridley	61	Colchester Harriers	8.69	4	
Javelin M60-69 (600gm) [M60+]		6					3	
Javelin M60-69 (600gm) [M60+]		7					2	
Javelin M60-69 (600gm) [M60+]		8					1	
	DT3	DT	Discus M35-49 (2Kg) [M35+]	RDA	Team	(NN.nn)	Pts	
Discus M35-49 (2Kg) [M35+]	1	1	Roger Skedd	40	Chelmsford AC	35.43	8	
Discus M35-49 (2Kg) [M35+]	4	2	James Moncrieff	40	Southend AC	33.53	7	
Discus M35-49 (2Kg) [M35+]	3	3	Paul Cooper	46	Colchester Harriers	29.56	6	
Discus M35-49 (2Kg) [M35+]	6	4	Christopher Kent	49	WSAC/St Edmunds Pacers	26.04	5	
Discus M35-49 (2Kg) [M35+]	2	5	Aaron Bollu	45	Col & Tend/Ipswich Harriers	19.54	4	
Discus M35-49 (2Kg) [M35+]	5	6	Paul Mitchell	48	Thurrock Harriers/Loughton	12.77	3	
Discus M35-49 (2Kg) [M35+]		7					2	
Discus M35-49 (2Kg) [M35+]		8					1	
	DT5	DT	Discus M50-59 (1.5Kg) [M50+]	RDA	Team	(NN.nn)	Pts	
Discus M50-59 (1.5Kg) [M50+]	1	1	David Bauer	57	Chelmsford AC	35.18	8	
Discus M50-59 (1.5Kg) [M50+]	5	2	Nigel Instance	55	Thurrock Harriers/Loughton	21.64	7	
Discus M50-59 (1.5Kg) [M50+]	2	3	Simon Collett	52	Col & Tend/Ipswich Harriers	19.95	6	
Discus M50-59 (1.5Kg) [M50+]	3	4	Kevin McAlinden	59	Colchester Harriers	14.44	5	
Discus M50-59 (1.5Kg) [M50+]	4	5	Tony Balding	51	Southend AC	14.39	4	
Discus M50-59 (1.5Kg) [M50+]		6					3	
Discus M50-59 (1.5Kg) [M50+]		7					2	
Discus M50-59 (1.5Kg) [M50+]		8					1	
	DT6	DT	Discus M60+ (1Kg)	RDA	Team	(NN.nn)	Pts	
Discus M60+ (1Kg)	1	1	Geoffrey Tyler	74	Chelmsford AC	34.57	8	
Discus M60+ (1Kg)	4	2	Peter Wishart	63	Southend AC	31.85	7	
Discus M60+ (1Kg)	5	3	Bernard Johnson	68	Thurrock Harriers/Loughton	17.59	6	
Discus M60+ (1Kg)	2	4	Ray Daniel	66	Col & Tend/Ipswich Harriers	14.39	5	
Discus M60+ (1Kg)	3	5	Colin Ridley	61	Colchester Harriers	12.44	4	
Discus M60+ (1Kg)		6					3	
Discus M60+ (1Kg)		7					2	
Discus M60+ (1Kg)		8					1	
	LJ3	LJ	Long Jump M35-49 [M35+]	RDA	Team	(N.nn)	Pts	Wind
Long Jump M35-49 [M35+]	1	1	Roger Skedd	40	Chelmsford AC	5.59	8	
Long Jump M35-49 [M35+]	5	2	Michael Shortall	38	Thurrock Harriers/Loughton	5.39	7	
Long Jump M35-49 [M35+]	4	3	Clint Nicholls	44	Southend AC	5.39	6	
Long Jump M35-49 [M35+]	2	4	Aaron Bollu	45	Col & Tend/Ipswich Harriers	4.82	5	
Long Jump M35-49 [M35+]	6	5	Christopher Kent	49	WSAC/St Edmunds Pacers	4.06	4	
Long Jump M35-49 [M35+]	3	6	Dominic King	40	Colchester Harriers	3.80	3	
Long Jump M35-49 [M35+]		7					2	
Long Jump M35-49 [M35+]		8					1	
	LJ5	LJ	Long Jump M50-59 [M50+]	RDA	Team	(N.nn)	Pts	Wind
Long Jump M50-59 [M50+]	4	1	Keith Palmer	58	Southend AC	4.21	8	
Long Jump M50-59 [M50+]	2	2	Simon Collett	52	Col & Tend/Ipswich Harriers	4.10	7	
Long Jump M50-59 [M50+]	5	3	Steven Ball	50	Thurrock Harriers/Loughton	4.07	6	

Long Jump M50-59 [M50+]	1	4	Andrew Weller	57	Chelmsford AC	3.70	5	
Long Jump M50-59 [M50+]	3	5	Ian Rattray	51	Colchester Harriers	3.56	4	
Long Jump M50-59 [M50+]		6					3	
Long Jump M50-59 [M50+]		7					2	
Long Jump M50-59 [M50+]		8					1	
	LJ6	LJ	Long Jump M60+	RDA	Team	<i>(N.nn)</i>	Pts	Wind
Long Jump M60+	5	1	James Lambden	60	Thurrock Harriers/Loughton	3.86	8	
Long Jump M60+	1	2	Stuart Bazley	61	Chelmsford AC	3.49	7	
Long Jump M60+	4	3	Angus Aldridge	60	Southend AC	2.80	6	
Long Jump M60+	3	4	Colin Ridley	61	Colchester Harriers	2.28	5	
Long Jump M60+		5					4	
Long Jump M60+		6					3	
Long Jump M60+		7					2	
Long Jump M60+		8					1	

	PV3	PV	Pole Vault M35-49 [M35+]	RDA	Team	(N.nn)	Pts
Pole Vault M35-49 [M35+]	1	1	Roger Skedd	40	Chelmsford AC	2.80	8
Pole Vault M35-49 [M35+]	4	2	Peter Smale	35	Southend AC	2.60	7
Pole Vault M35-49 [M35+]	2	3	Daniel Scurrall	45	Col & Tend/Ipswich Harriers	2.20	6
Pole Vault M35-49 [M35+]	6	4	Christopher Kent	49	WSAC/St Edmunds Pacers	2.00	5
Pole Vault M35-49 [M35+]	3	5	Dominic King	40	Colchester Harriers	1.60	4
Pole Vault M35-49 [M35+]		6					3
Pole Vault M35-49 [M35+]		7					2
Pole Vault M35-49 [M35+]		8					1
	PV5	PV	Pole Vault M50-59 [M50+]	RDA	Team	(N.nn)	Pts
Pole Vault M50-59 [M50+]	2	=1	Rob Milburn	50	Col & Tend/Ipswich Harriers	1.80	8
Pole Vault M50-59 [M50+]	3	=1	Ian Rattray	51	Colchester Harriers	1.80	7
Pole Vault M50-59 [M50+]	4	3	Angus Aldridge	60	Southend AC	1.60	6
Pole Vault M50-59 [M50+]		4					5
Pole Vault M50-59 [M50+]		5					4
Pole Vault M50-59 [M50+]		6					3
Pole Vault M50-59 [M50+]		7					2
Pole Vault M50-59 [M50+]		8					1
	R4224-35	MedR	Relay 4224 M35-49 [M35+]		Team	(N.NN.n)	Pts
Relay 4224 M35-49 [M35+]	4	1	Ade Elegbede, Greg Goodrem, Clint Nicholls, Peter Smale, Roger Skedd, Eugenio Zapata		Southend AC	02:46.4	8
Relay 4224 M35-49 [M35+]	1	2	Solvas, Luke Keteleers, Adam Bennett		Chelmsford AC	02:50.2	7
Relay 4224 M35-49 [M35+]	5	3	Michael Shortall, Paul Mitchell, Matthew Butler, Scott Thrush		Thurrock Harriers/Loughton	02:57.4	6
Relay 4224 M35-49 [M35+]	2	4	Rob Milburn, Aaron Bollu, Simon Collett, Daniel Scurrall		Col & Tend/Ipswich Harriers	02:59.0	5
Relay 4224 M35-49 [M35+]	3	5	Jonathan Nears, Peter Cooper, Daniel Steptoe-Thompson, Jason Owen		Colchester Harriers	03:12.8	4
Relay 4224 M35-49 [M35+]	6	6	Scott Williams, Bryan Churchard, Mark Lewis, Andrew Stewart		WSAC/St Edmunds Pacers	03:45.9	3
Relay 4224 M35-49 [M35+]		7					2
Relay 4224 M35-49 [M35+]		8					1
	R4224-50	MedR	Relay 4224 M50+		Team	(N.NN.n)	Pts
Relay 4224 M50+	5	1	Steven Ball, Nigel Instance, James Lambden, Jonathan Metcalf		Thurrock Harriers/Loughton	03:16.2	8
Relay 4224 M50+	3	2	Kevin McAlinden, Paul Spowage, Colin Ridley, Ian Rattray		Colchester Harriers	03:26.2	7
Relay 4224 M50+	4	3	Mark Waller, Tony Balding, Rick Waters, Keith Palmer		Southend AC	03:35.2	6
Relay 4224 M50+	1	4	Stuart Bazley, David Butler, Peter Tullett, Andrew Weller		Chelmsford AC	03:41.3	5
Relay 4224 M50+		5					4
Relay 4224 M50+		6					3
Relay 4224 M50+		7					2
Relay 4224 M50+		8					1
Enter Non-scoring athletes in the 'Non-Scorers' tab first							
Non Scoring (enter bib no., event and result - formatted appropriately)							
BIB No.	Event	Name	AG	1st Claim Club	Result		
51	400H	Adam Barnard	MM35	Dartford Harriers	70.6		
51	200	Adam Barnard	MM35	Dartford Harriers	25.2		
52	200	Peter Smale	MM35	Southend	26.0		
48	200	Richard Maskell	MM45	Southend	33.7		
93	Mile	Colin Ridley	MM60	Colchester Harriers	05:12.4		
99	Mile	Jonathan Nears	MM45	Colchester Harriers	05:28.5		
49	Mile	Daniel Steptoe-Thompson	MM40	Colchester Harriers	06:08.8		
56	Mile	Mark Waine	MM50	Southend	05:01.4		
91	Mile	Scott Rice	MM50	Thurrock	05:42.9		
58	Mile	Tony Balding	MM50	Southend	06:22.3		
57	LJ	Luke Keteleers	MM35	Chelmsford	5.52		
48	LJ	Richard Maskell	MM45	Southend	4.26		

Format Results 1

	98	LJ	Rob Milburn	MM50	Col & Tendring	3.22	p suit event	
	50	JT	Dominic King	MM40	Colchester Harriers	32.08		
	54	JT	Carl Paxman	MM35	Harlow	31.34		
	59	JT	James Moncrieff	MM35	Southend	24.04		
			-	-	-			
			-	-	-			
			-	-	-			
			-	-	-			
			-	-	-			
			-	-	-			