

EMAC Indoor Track & Field Champs CBP's (as at 2018-03-03)

Age Group	Event	CBP	Year	Athlete	Club
V35M	60m	7.17	2013	Mark Collins	Eastern Veterans AC
V40M	60m	7.63	2013	Andy Lewis	Harrow
V45M	60m	7.60	2007	Ricky Huskisson	Nene Valley Harriers
V50M	60m	7.70	2007	John Browne	Chelmsford AC
V55M	60m	7.69	2011	John Browne	Enfield & Haringey AC
V60M	60m	8.02	2014	John Browne	Marshall Milton Keynes AC
V65M	60m	8.28	2009	Ian Foster	Wymondham AC
V70M	60m	9.0	2008	Alan Carter	Enfield & Haringey AC
V75M	60m	9.35	2013	Alan Carter	Enfield & Haringey AC
V80M	60m	13.70	2007	Frank Copping	Eastern Veterans AC
V35W	60m	8.64	2011	Kate Alexander	Chelmsford AC
V40W	60m	8.53	2009	Angie Alstrachen	St Edmund Pacers
V45W	60m	8.50	2007	Wendy Dunn	Peterborough AC
V50W	60m	8.71	2011	Wendy Dunn	Peterborough AC
V55W	60m	8.89	2014	Carole Filer	City of Norwich AC
V60W	60m	9.75	2015	Emily McMahon	Enfield & Haringey AC
V65W	60m	10.01	2016	Emily McMahon	Enfield & Haringey AC
V70W	60m	10.6	2008	Dorothy Fraser	Lincoln Wellington AC
V75W	60m	13.10	2013	Dorothy McLennan	Windsor Slough Eton & Hounslow
V80W	60m	No Rec	-		

V35M	200m	23.20	2013	Mark Collins	Eastern Veterans AC
V40M	200m	24.94	2016	Atholl Lawson	Corby AC
V45M	200m	24.50	2007	John Shepherd	Enfield & Haringey AC
V50M	200m	24.90	2007	Alasdair Ross	Windsor Slough Eton & Hounslow
V55M	200m	25.56	2015	Ricky Huskisson	Nene Valley Harriers
V60M	200m	26.89	2018	Tennyson James	Bedford & County AC
V65M	200m	28.29	2009	Ian Foster	Wymondham AC
V70M	200m	No Rec	-		
V75M	200m	31.70	2013	Alan Carter	Enfield & Haringey AC
V80M	200m	48.40	2007	Frank Copping	Eastern Veterans AC
V35W	200m	27.90	2007	Denise Morley	Colchester Harriers
V40W	200m	27.86	2009	Angie Alstrachen	St Edmund Pacers
V45W	200m	27.90	2007	Wendy Dunn	Peterborough AC
V50W	200m	28.53	2011	Wendy Dunn	Peterborough AC
V55W	200m	30.43	2015	Carole Filer	City of Norwich AC
V60W	200m	33.43	2016	Carol Alker	Luton AC
V65W	200m	36.40	2007	Dorothy Fraser	Lincoln Wellington AC
V70W	200m	37.4	2008	Dorothy Fraser	Lincoln Wellington AC
V75W	200m	40.45	2013	Dorothy Fraser	Lincoln Wellington AC
V80W	200m	48.75	2016	Anne Martin	Wymondham AC

V35M	400m	56.15	2014	Atholl Lawson	Corby AC
V40M	400m	53.90	2007	Mark Oldham	Southend
V45M	400m	55.69	2015	Peter Benedickter	Bedford & County AC
V50M	400m	56.09	2009	Ivars Licietis	Marshall Milton Keynes AC
V55M	400m	57.53	2011	Ivars Licietis	Marshall Milton Keynes AC
V60M	400m	62.70	2018	Tennyson James	Bedford & County AC
V65M	400m	70.20	2007	John Garber	Herne Hill Harriers
V70M	400m	75.5	2008	Alan Carter	Enfield & Haringey AC
V75M	400m	82.66	2013	Alan Carter	Enfield & Haringey AC
V80M	400m	113.80	2007	Frank Copping	Eastern Veterans AC
V35W	400m	62.95	2016	Stacy McGivern	Peterborough AC
V40W	400m	62.47	2010	Denise Morley	Colchester Harriers
V45W	400m	64.40	2007	Lesley Hopkins	Enfield & Haringey AC
V50W	400m	73.17	2015	Christine Feely	Stevenage & North Herts AC
V55W	400m	70.12	2018	Christine Feely	Stevenage & North Herts AC
V60W	400m	73.15	2018	Edith Caux	Luton Athletic Club
V65W	400m	86.8	2008	Iris Hornsey	Royston
V70W	400m	91.1	2008	Dorothy Fraser	Lincoln Wellington AC
V75W	400m	99.31	2018	Iris Hornsey	Fairlands Valley Spartans
V80W	400m	No Rec	-		

V35M	800m	02:03.73	2014	David Allworthy	Colchester Harriers
V40M	800m	02:04.10	2008	Peter Barker	St Edmund Pacers
V45M	800m	02:06.73	2018	Richard Bruce	Fairlands Valley Spartans
V50M	800m	02:12.99	2015	Malcolm Tuff	Ryton Runners AC
V55M	800m	02:20.50	2017	Malcolm Down	Garden City Joggers
V60M	800m	02:35.03	2015	John Skelton	Marshall Milton Keynes AC
V65M	800m	02:36.34	2018	John Skelton	Marshall Milton Keynes AC
V70M	800m	03:20.10	2007	John Roberts	Eastern Veterans AC
V75M	800m	04:30.70	2007	Patrick Parmenter	Eastern Veterans AC
V80M	800m	04:31.80	2007	Frank Copping	Eastern Veterans AC
V35W	800m	02:23.65	2009	Denise Morley	Colchester Harriers
V40W	800m	02:21.40	2014	Denise Morley	Colchester Harriers
V45W	800m	02:34.30	2007	Joan Lasenby	Cambridge & Coleridge AC
V50W	800m	02:34.64	2016	Christine Anthony	Abbey AC
V55W	800m	02:43.40	2012	Gail Duckworth	Leighton Buzzard
V60W	800m	02:54.40	2015	Celia Duncan	West Suffolk AC
V65W	800m	03:20.60	2008	Iris Hornsey	Royston
V70W	800m	03:32.67	2013	Iris Hornsey	Fairlands Valley Spartans
V75W	800m	03:48.29	2012	Anne Martin	Wymondham AC
V80W	800m	No Rec	-		

V35M	1500m	04:31.67	2011	Adrian Copp	Stopsley Striders
V40M	1500m	04:16.19	2009	Les Ball	Lincoln Wellington AC
V45M	1500m	04:20.78	2012	Les Ball	Lincoln Wellington AC
V50M	1500m	04:35.72	2015	Malcolm Tuff	Ryton Runners AC
V55M	1500m	04:53.91	2017	Simon Le Mare	Southend on Sea AC
V60M	1500m	05:31.49	2011	John Jenkins	Cambridge & Coleridge AC
V65M	1500m	05:34.10	2007	John Garber	Herne Hill Harriers
V70M	1500m	No Rec	-		
V75M	1500m	No Rec	-		
V80M	1500m	No Rec	-		
V35W	1500m	05:03.69	2015	Christine Lathwell	Luton AC
V40W	1500m	05:20.91	2017	Christine Lathwell	Stopsley Striders
V45W	1500m	05:50.30	2008	Diane Farmer	Marshall Milton Keynes AC
V50W	1500m	05:13.40	2011	Joan Lasenby	Cambridge & Coleridge AC
V55W	1500m	05:23.54	2012	Gail Duckworth	Leighton Buzzard
V60W	1500m	05:59.70	2018	Gail Duckworth	Leighton Buzzard
V65W	1500m	06:58.40	2007	Eva Osborne	Wymondham AC
V70W	1500m	07:10.00	2007	Anne Martin	Wymondham AC
V75W	1500m	No Rec	-		
V80W	1500m	No Rec	-		

V35M	3000m	09:00.55	2013	Nick Shasha	Orion
V40M	3000m	09:11.33	2012	John Herbert	Nene Valley Harriers
V45M	3000m	09:54.84	2012	Paul Spowage	Colchester Harriers
V50M	3000m	09:41.26	2012	Michael Bridgeland	Chelmsford AC
V55M	3000m	09:40.27	2012	David Butler	Billerica
V60M	3000m	10:54.61	2015	John Skelton	Marshall Milton Keynes AC
V65M	3000m	11:35.64	2018	John Skelton	Marshall Milton Keynes AC
V70M	3000m	14:20.21	2018	John Borgars	Herts Phoenix AC
V75M	3000m	No Rec	-		
V80M	3000m	No Rec	-		
V35W	3000m	10:53.70	2015	Christine Lathwell	Luton AC
V40W	3000m	11:40.50	2017	Christine Lathwell	Stopsley Striders
V45W	3000m	No Rec	-		
V50W	3000m	11:31.22	2016	Maureen McCarthy	West Suffolk AC
V55W	3000m	11:19.58	2012	Gail Duckworth	Leighton Buzzard
V60W	3000m	12:33.65	2018	Gail Duckworth	Leighton Buzzard Athletic Club
V65W	3000m	No Rec	-		
V70W	3000m	15:54.10	2012	Betty Stracey	Lincoln Wellington AC
V75W	3000m	No Rec	-		
V80W	3000m	No Rec	-		

V35M	60mH	9.05	2014	Gavin Fordham	Bedford & County AC
V40M	60mH	8.90	2007	Des Wilkinson	Luton AC
V45M	60mH	8.59	2018	Gary Smith	Bedford & County AC
V50M	60mH	8.89	2013	Des Wilkinson	Luton AC
V55M	60mH	9.26	2014	John Mayor	Stevenage & North Herts AC
V60M	60mH	9.86	2018	Tennynson James	Bedford & County AC
V65M	60mH	10.46	2017	Tony Wells	Corby AC
V70M	60mH	12.80	2007	Gordon Daborn	Stevenage & North Herts AC
V75M	60mH	12.17	2013	Colin Shafto	City of York
V80M	60mH	No Rec	-		
V35W	60mH	12.05	2017	Heidi Nicholas	Basildon AC
V40W	60mH	9.87	2009	Angie Alstrachen	St Edmund Pacers
V45W	60mH	9.60	2008	Gaye Clarke	Ryston Runners AC
V50W	60mH	10.27	2012	Gaye Clarke	Ryston Runners AC
V55W	60mH	10.39	2014	Carole Filer	City of Norwich AC
V60W	60mH	11.37	2015	Emily McMahon	Enfield & Haringey AC
V65W	60mH	11.76	2016	Emily McMahon	Enfield & Haringey AC
V70W	60mH	15.87	2015	Patricia Hill	Newark AC
V75W	60mH	No Rec	-		
V80W	60mH	No Rec	-		

V35M	PV	3.23	2017	Joe McGrath	Basildon AC
V40M	PV	4.20	2014	Robert Kingman	Newham & Essex Beagles AC
V45M	PV	3.40	2011	Simon Eastwood	Bedford & County AC
V50M	PV	3.13	2017	Simon Eastwood	Bedford & County AC
V55M	PV	No Rec	-		
V60M	PV	2.80	2018	Brian Slaughter	Eastbourne Rovers AC
V65M	PV	2.20	2010	Noel Moss	Cambridge & Coleridge AC
V70M	PV	No Rec	-		
V75M	PV	No Rec	-		
V80M	PV	No Rec	-		
V35W	PV	3.30	2018	Jemma Eastwood	Bedford & County AC
V40W	PV	2.50	2008	Jo Isbill	Ryston Runners AC
V45W	PV	1.60	2008	Clare St John Coleman	Chelmsford AC
V50W	PV	1.93	2017	Sandra Pedley	Huntingdonshire AC
V55W	PV	1.50	2010	Barbara Higgins	Loughton AC
V60W	PV	No Rec	-		
V65W	PV	No Rec	-		
V70W	PV	No Rec	-		
V75W	PV	No Rec	-		
V80W	PV	No Rec	-		

V35M	HJ	1.60	2012	James Danobrega	Bedford & County AC
V40M	HJ	1.54	2015	Atholl Lawson	Corby AC
V45M	HJ	1.55	2012	Mark Gray	Grantham
V50M	HJ	1.55	2012	Richard Phelan	Huntingdonshire AC
V55M	HJ	1.50	2017	Richard Phelan	Huntingdonshire AC
V60M	HJ	1.29	2017	Wayne DuBose	Huntingdonshire AC
V60M	HJ	1.29	2018	Charles Arnold	Biggleswade AC
V65M	HJ	No Rec	-		
V70M	HJ	No Rec	-		
V75M	HJ	1.24	2013	Colin Shafto	City of York
V80M	HJ	No Rec	-		
V35W	HJ	1.48	2017	Heidi Nicholas	Basildon AC
V40W	HJ	1.39	2012	Dawn Jones	Harrow
V45W	HJ	1.38	2007	Jan Hardcastle	Marshall Milton Keynes AC
V50W	HJ	1.36	2012	Gaye Clarke	Ryston Runners AC
V55W	HJ	1.42	2015	Carole Filer	City of Norwich AC
V60W	HJ	No Rec	-		
V65W	HJ	No Rec	-		
V70W	HJ	0.88	2011	Dorothy Fraser	Lincoln Wellington AC
V75W	HJ	No Rec	-		
V80W	HJ	No Rec	-		

V35M	LJ	5.63	2015	Leigh Porter	Peterborough AC
V40M	LJ	5.32	2007	Paul Ffrench	Southend
V45M	LJ	5.54	2007	John Mayor	Stevenage & North Herts AC
V50M	LJ	4.91	2013	Richard Phelan	Huntingdonshire AC
V55M	LJ	5.03	2017	Richard Phelan	Huntingdonshire AC
V60M	LJ	4.43	2016	Paul Oakes	Ashford AC
V65M	LJ	3.39	2010	Noel Moss	Cambridge & Coleridge AC
V70M	LJ	No Rec	-		
V75M	LJ	No Rec	-		
V80M	LJ	No Rec	-		
V35W	LJ	4.87	2017	Heidi Nicholas	Basildon AC
V40W	LJ	3.62	2011	Lesley Richardson	Enfield & Haringey AC
V45W	LJ	4.34	2008	Denise Timmis	Lincoln Wellington AC
V50W	LJ	4.18	2012	Gaye Clarke	Ryston Runners AC
V55W	LJ	4.58	2014	Carole Filer	City of Norwich AC
V60W	LJ	3.33	2018	Christine Salvary	Barnet & District AC
V65W	LJ	No Rec	-		
V70W	LJ	3.05	2007	Anne Martin	Wymondham AC
V75W	LJ	2.63	2014	Anne Martin	Wymondham AC
V80W	LJ	2.39	2016	Anne Martin	Wymondham AC

V35M	TJ	11.47	2018	Aaron Bollu	Colchester & Tendring AC
V40M	TJ	11.20	2007	Paul Ffrench	Southend
V45M	TJ	11.33	2015	Neil Carrington	Biggleswade AC
V50M	TJ	11.24	2018	Paul Harrison	Ryton Runners AC
V55M	TJ	11.14	2007	David Folgate	Bedford & County AC
V60M	TJ	8.36	2011	David Hobbs	Loughton AC
V65M	TJ	No Rec	-		
V70M	TJ	No Rec	-		
V75M	TJ	No Rec	-		
V80M	TJ	No Rec	-		
V35W	TJ	9.53	2018	Anne Moindrot	Cambridge & Coleridge AC
V40W	TJ	9.57	2013	Dawn Jones	Harlow
V45W	TJ	7.63	2010	Clare St.John Coleman	Chelmsford AC
V50W	TJ	8.00	2014	Clare St John-Coleman	Chelmsford AC
V55W	TJ	7.79	2016	Clare St John-Coleman	Chelmsford AC
V60W	TJ	6.71	2018	Christine Salvary	Barnet & District AC
V65W	TJ	No Rec	-		
V70W	TJ	6.90	2008	Anne Martin	Wymondham AC
V75W	TJ	6.20	2012	Anne Martin	Wymondham AC
V80W	TJ	5.86	2016	Anne Martin	Wymondham AC

V35M	SP7.26K	12.99	2012	Stuart Thurgood	Herne Hill Harriers
V40M	SP7.26K	15.49	2013	Gintas Degutis	Newham & Essex Beagles AC
V45M	SP7.26K	15.23	2016	Gintas Degutis	Newham & Essex Beagles AC
V50M	SP6K	14.81	2016	Stephen Whyte	Thames Valley Harriers
V55M	SP6K	11.74	2017	Michael Hausler	Cambridge & Coleridge AC
V60M	SP5K	11.15	2016	Wayne DuBose	Huntingdonshire AC
V65M	SP5K	12.92	2014	Geoffrey Tyler	Chelmsford AC
V70M	SP4K	11.34	2008	Ian Miller	Herts Phoenix AC
V75M	SP4K	11.03	2010	Ian Miller	Eastern Veterans AC
V80M	SP3K	10.20	2015	Ian Miller	Herts Phoenix AC
V35W	SP4K	7.89	2018	Anne Moindrot	Cambridge & Coleridge AC
V40W	SP4K	9.40	2011	Catherine Goddard	Marshall Milton Keynes AC
V45W	SP4K	9.97	2018	Sue Lawrence	Thurrock Harriers AC
V50W	SP3K	9.40	2012	Wendy Dunsford	Epsom & Ewell Harriers
V55W	SP3K	9.40	2018	Julie Wilson	Reading AC
V60W	SP3K	6.95	2010	Anthea Bamford	Cambridge & Coleridge AC
V65W	SP3K	No Rec	-		
V70W	SP3K	7.27	2007	Anne Martin	Wymondham AC
V75W	SP2K	7.38	2015	Anne Martin	Wymondham AC
V80W	SP2K	6.99	2016	Anne Martin	Wymondham AC