

EMAC Outdoor Track and Field Championships - CBP

Below is the revised set of CBP's dating back to 1979. The data has been derived primarily from the in-house magazine *The Eastern Vet* and cross matched with *Power of 10*. Analysis of previous CBP's resulted in corrections to some of the results, mainly because the athlete was found not to be a member of EVAC (now EMAC) but one of the other BMAF regional clubs. Where CBP's have been equalled, whether it was by the same athlete or another, all achievements are show.

If you spot any errors or can add value to the data please contact a member of the EMAC Committee.

Age Group	Event	CBP (as at 05/12/2016)	Year	Athlete	Club
V35M	100m	11.7	2015	Matthew Dalton	Peterborough AC
V35M	100m	11.70	2016	Daniel Hill	Lincoln Wellington AC
V40M	100m	11.5	1997	Steve Peters	Holbeach
V45M	100m	11.7	1989	Ian Foster	Norfolk Olympiads
V50M	100m	12.0	2010	Ricky Huskisson	Nene Valley Harriers
V55M	100m	12.2	2013	John Browne	Marshall Milton Keynes AC
V60M	100m	12.8	2015	John Browne	Marshall Milton Keynes AC
V65M	100m	13.2	2010	Ian Foster	Eastern Veterans AC
V70M	100m	13.9	1987	Colin Fairey	Kettering
V75M	100m	14.9	1991	Colin Fairey	Kettering
V80M	100m	15.8	1996	Colin Fairey	Kettering
V85M	100m	No Rec			
V90M	100m	25.8	2006	Tony Rawlinson	Herts Phoenix
V35W	100m	13.3	1998	Wendy Stone	Peterborough AC
V40W	100m	13.2	2002	Wendy Stone	Peterborough AC
V45W	100m	13.4	2005	Wendy Dunn	Peterborough AC
V45W	100m	13.4	2007	Wendy Dunn	Peterborough AC
V50W	100m	13.5	2010	Wendy Dunn	Peterborough AC
V55W	100m	13.8	2013	Carole Filer	City of Norwich AC
V60W	100m	15.6	2015	Carol Alker	Luton AC
V65W	100m	15.7	1993	Jo Ogden	Thurrock
V70W	100m	17.0	1998	Jo Ogden	Thurrock
V75W	100m	No Rec			
V80W	100m	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	200m	23.20	2016	Daniel Hill	Lincoln Wellington AC
V40M	200m	22.2	1997	Steve Peters	Holbeach
V45M	200m	23.4	2000	Steve Peters	Boston
V50M	200m	24.5	2010	Ricky Huskisson	Nene Valley Harriers
V55M	200m	25.7	1988	W Guy	Unknown
V60M	200m	26.9	2011	John Moore	Lincoln Wellington AC
V65M	200m	27.7	2010	Ian Foster	Eastern Veterans AC
V70M	200m	28.2	1986	Colin Fairey	Kettering
V75M	200m	31.7	1991	Colin Fairey	Kettering
V80M	200m	36.0	1996	Colin Fairey	Kettering
V85M	200m	62.9	2004	Tony Rawlinson	Herts Phoenix
V35W	200m	26.9	2007	Melanie Brown	Woodford Green & Essex Ladies
V40W	200m	27.2	1997	Carole Filer	City of Norwich AC
V45W	200m	27.5	2005	Wendy Dunn	Peterborough AC
V50W	200m	28.1	2010	Wendy Dunn	Peterborough AC
V55W	200m	29.6	2014	Edith Caux	Luton AC
V60W	200m	32.2	1992	Jo Ogden	Thurrock
V65W	200m	31.8	1993	Jo Ogden	Thurrock
V70W	200m	36.5	2007	Dorothy Fraser	Lincoln Wellington AC
V75W	200m	45.5	2014	Anne Martin	Wymondham AC
V80W	200m	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	400m	50.6	2013	David Brown	Nene Valley Harriers
V40M	400m	52.7	1987	G Peel	<i>Unknown</i>
V40M	400m	52.7	1997	Steve Peters	Holbeach
V45M	400m	52.6	1990	Winston Thomas	Kings Langley
V50M	400m	55.9	1988	Frank Taylor	Eastern Veterans AC
V55M	400m	56.6	1987	Tony Churchill	Cambridge & Coleridge AC
V60M	400m	61.8	2012	Ian Reeve	West Norfolk AC
V65M	400m	67.8	2005	Alan Carter	Enfield & Haringey AC
V70M	400m	83.1	2012	Colin Fairey	Herne Hill Harriers
V75M	400m	75.5	1987	S Busby	<i>Unknown</i>
V80M	400m	105.6	2005	Frank Copping	Ipswich Harriers
V35W	400m	60.3	1991	Ann Turrington	Cambridge & Coleridge AC
V40W	400m	61.9	2000	R O'Sullivan	Chelmsford AC
V45W	400m	66.1	2006	Joan Lasenby	Cambridge & Coleridge AC
V50W	400m	72.5	2004	Iris Hornsey	Cambridge & Coleridge AC
V55W	400m	69.57	2016	Elizabeth Welbourn	Ipswich Harriers
V60W	400m	74.9	1998	Dorothy Fraser	Lincoln Wellington AC
V65W	400m	82.1	2004	Dorothy Fraser	Lincoln Wellington AC
V70W	400m	84.4	2007	Dorothy Fraser	Lincoln Wellington AC
V75W	400m	101.4	2014	Mary Holmes	Cambridge & Coleridge AC
V80W	400m	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	800m	02:02.3	2013	David Allworthy	Colchester
V40M	800m	01:58.5	1987	G Peel	<i>Unknown</i>
V45M	800m	02:03.0	1987	Tony Fitzjohn	Peterborough AC
V50M	800m	02:07.0	1984	Tony Churchill	Cambridge & Coleridge AC
V55M	800m	02:07.2	1987	Tony Churchill	Cambridge & Coleridge AC
V60M	800m	02:23.6	2005	Richard Somers	Epsom & Ewell
V65M	800m	02:32.8	1984	Frank Copping	Ipswich Harriers
V70M	800m	03:01.8	2012	John Garber	Herne Hill Harriers
V75M	800m	03:48.3	2006	Peter Chaplin	Eastern Veterans AC
V80M	800m	03:39.8	1994	George Oxbury	Rugby & District AC
V35W	800m	02:15.7	1991	Ann Turrington	Cambridge & Coleridge AC
V40W	800m	02:32.9	1996	Ann Turrington	Cambridge & Coleridge AC
V40W	800m	02:32.9	2014	Nicky Neill	West Norfolk AC
V45W	800m	02:35.8	2006	Joan Lasenby	Cambridge & Coleridge AC
V50W	800m	02:38.7	2015	Christine Anthony	West Suffolk AC
V55W	800m	02:47.5	2012	Diane Baldwin	Marshall Milton Keynes AC
V60W	800m	02:55.1	2015	Gail Duckworth	Leighton Buzzard AC
V65W	800m	03:21.7	2007	Iris Hornsey	Royston
V70W	800m	03:33.8	2012	Iris Hornsey	Royston
V75W	800m	03:41.0	2014	Mary Holmes	Cambridge & Coleridge AC
V80W	800m	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	1500m	04:19.9	2014	Matthew Pyatt	Hunts AC
V40M	1500m	04:06.4	1991	Henry Emerton	Colchester & Ten
V45M	1500m	04:17.3	1996	J Wallace	Eastern Veterans AC
V50M	1500m	04:27.4	1997	J Wallace	Lincoln Wellington AC
V55M	1500m	04:43.1	2011	David Butler	Billericay
V60M	1500m	04:46.3	1999	Peter Andrews	City of Norwich AC
V65M	1500m	04:51.6	2011	John Garber	Herne Hill Harriers
V70M	1500m	05:44.9	1998	George Phipps	Leamington
V75M	1500m	06:39.5	1988	George Oxbury	Rugby & District AC
V80M	1500m	No Rec			
V35W	1500m	04:50.3	2005	Claire Hayes	Chelmsford AC
V40W	1500m	05:06.5	1996	Ann Turrington	Cambridge & Coleridge AC
V45W	1500m	05:05.2	1994	Felicity Garland	Redhill RR
V50W	1500m	05:28.7	2013	Maureen McCarthy	West Suffolk AC
V55W	1500m	05:51.9	2015	Joan Lasenby	Cambridge & Coleridge AC
V60W	1500m	05:50.5	2015	Gail Duckworth	Leighton Buzzard AC
V65W	1500m	06:21.08	2016	Yuko Gordon	North Herts RRC
V70W	1500m	07:46.3	2014	Iris Hornsey	Fairlands Valley Spartans
V75W	1500m	07:48.7	2011	Anne Martin	Wymondham AC
V80W	1500m	08:44.83	2016	Anne Martin	Wymondham AC

Age Group	Event	CBP	Year	Athlete	Club
V35M	3000m	09:42.2	2013	Stuart Nelson	Wellingborough
V40M	3000m	09:05.0	2013	Simon Coombes	Bedford & County AC
V45M	3000m	09:37.1	2012	Alan Turnbull	Bedford & County AC
V50M	3000m	09:40.72	2016	Andrew Leach	Bedford & County AC
V55M	3000m	09:45.1	2012	David Butler	Billericay
V60M	3000m	09:50.5	2013	David Butler	Billericay
V65M	3000m	11:33.5	2015	Aleksander Swiecicki	Bedford & County AC
V70M	3000m	15:23.3	2012	Roger Duffield	Tiptree RR
V75M	3000m	15:38.81	2016	Mike Rosbrook	Hadleigh Hares AC
V80M	3000m	No Rec			
V35W	3000m	10:52.5	2015	Christine Lathwell	Luton AC
V40W	3000m	10:45.0	2012	Louise Peters	Stopsley Striders
V45W	3000m	11:37.4	2012	Helen Grant	Cambridge & Coleridge AC
V50W	3000m	11:37.5	2015	Maureen McCarthy	West Suffolk AC
V55W	3000m	12:01.3	2012	Diane Baldwin	Marshall Milton Keynes AC
V60W	3000m	12:56.5	2015	Yuko Gordon	North Herts RRC
V65W	3000m	No Rec			
V70W	3000m	No Rec			
V75W	3000m	15:47.1	2012	Anne Martin	Wymondham AC
V80W	3000m	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	5000m	16:11.42	2016	Tim Harris	Amphill & Flitwick Fliers
V40M	5000m	14:54.4	1979	Mike Turner	Liverpool
V45M	5000m	16:04.3	2000	David Griffin	Chelmsford AC
V50M	5000m	16:28.0	1993	Peter Andrews	Duke St RR
V55M	5000m	16:21.7	2010	David Butler	Billericay
V60M	5000m	17:45.2	2000	Peter Andrews	City of Norwich AC
V65M	5000m	19:42.5	1987	W B Jenkins	Unknown
V70M	5000m	20:24.2	1998	George Phipps	Leamington
V75M	5000m	25:07.7	1998	Geoffrey Keeling	Fairlands Valley Spartans
V80M	5000m	No Rec			
V35W	5000m	18:43.0	1989	Margaret Thompson	Bourne
V40W	5000m	17:57.52	2015	Jo Coates	St Edmunds Pacers
V45W	5000m	18:28.7	1994	Felicity Garland	Redhill RR
V50W	5000m	19:41.9	2016	Maureen McCarthy	West Suffolk AC
V55W	5000m	21:05.62	2015	Diane Baldwin	Marshall Milton Keynes AC
V60W	5000m	20:58.7	2015	Alison Bourgeois	Eastern Veterans AC
V65W	5000m	25:46.2	2002	Ursula Duckworth	Bedford & County AC
V70W	5000m	No Rec			
V75W	5000m	No Rec			
V80W	5000m	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	10000m	34:24.36	2015	Simon Fell	Nene Valley Harriers
V40M	10000m	35:17.0	1992	Dave Findel-Hawkins	Marshall Milton Keynes AC
V45M	10000m	37:55.0	1996	Phil Lee	Cambridge & Coleridge AC
V50M	10000m	33:36.9	1992	Peter Andrews	Duke St RR
V55M	10000m	37:23.3	1993	Terry Laybourne	Marshall Milton Keynes AC
V60M	10000m	41:10.0	1992	E Thompson	Mansfield
V65M	10000m	38:05.51	2016	John Skelton	Marshall Milton Keynes AC
V70M	10000m	51:06.0	1996	Frank Copping	Ipswich Harriers
V75M	10000m	No Rec			
V80M	10000m	No Rec			
V35W	10000m	39:52.62	2016	Christine Lathwell	Luton AC
V40W	10000m	42:42.0	1996	Caroline Potts	Nene Valley Harriers
V45W	10000m	37:40.24	2015	Philipa Taylor	Nene Valley Harriers
V50W	10000m	46:18.64	2015	Helen Grant	Cambridge & Coleridge AC
V55W	10000m	No Rec			
V60W	10000m	42:21.9	2015	Alison Bourgeois	Eastern Veterans AC
V65W	10000m	No Rec			
V70W	10000m	No Rec			
V75W	10000m	No Rec			
V80W	10000m	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	110mH	15.9	2014	Nigel Hayman	Ipswich Harriers
V40M	110mH	15.5	2004	Des Wilkinson	Luton AC
V40M	110mH	15.5	2006	Des Wilkinson	Luton AC
V45M	110mH	16.0	1995	Tony Wells	Corby AC
V50M	100mH	14.9	2013	Glen Reddington	Windsor, Slough, Eton & Harrow
V55M	100mH	15.1	2013	Tennison James	Bedford & County AC
V60M	100mH	16.5	2012	Ian Reeve	West Norfolk AC
V65M	100mH	18.4	2015	Tony Wells	Corby AC
V70M	80mH	14.5	2004	Gordon Daborn	
V75M	80mH	16.5	2012	Donald Chambers	Eastern Veterans AC
V80M	80mH	17.4	2011	Colin Shafto	York
V35W	100mH	15.3	1998	Gaye Clarke	Ryston Runners AC
V40W	80mH	12.6	2002	Sally Stagles	Bedford & County AC
V45W	80mH	13.0	2006	Gaye Clarke	Ryston Runners AC
V50W	80mH	13.8	2010	Gaye Clarke	Ryston Runners AC
V55W	80mH	15.13	2016	Gaye Clarke	Ryston Runners AC
V60W	80mH	17.1	2007	Marlene Simmonds	Ryston Runners AC
V65W	80mH	21.4	2007	Patricia Hill	Newark AC
V70W	80mH	19.8	2010	Patricia Hill	Newark AC
V70W	80mH	19.8	2011	Patricia Hill	Newark AC
V75W	80mH	No Rec			
V80W	80mH	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	400mH	59.7	2004	Peter Benedickter	Bedford & County AC
V40M	400mH	59.5	2000	Peter West	Stevenage & North Herts AC
V40M	400mH	59.5	2011	Peter Benedickter	Bedford & County AC
V45M	400mH	59.4	1995	Tony Wells	Corby AC
V50M	400mH	63.1	2000	Tony Wells	West Norfolk AC
V55M	400mH	67.6	2013	John Mayor	Stevenage & North Herts AC
V60M	300mH	48.1	1997	Colin Shafto	Rowntrees
V65M	300mH	49.9	2014	Tony Wells	Corby AC
V70M	300mH	52.9	2003	Gordon Daborn	Stevenage & North Herts AC
V75M	300mH	No Rec			
V80M	200mH	No Rec			
V35W	400mH	68.2	1991	J Churchall	Cambridge & Coleridge AC
V40W	400mH	68.4	2002	Sally Stagles	Bedford & County AC
V45W	400mH	70.5	2002	Carole Filer	Wymondham AC
V50W	300mH	54.8	2006	Carole Filer	City of Norwich AC
V55W	300mH	62.8	2014	Penny Butcher	Hunts AC
V60W	300mH	59.8	2014	Emely McMahon	Enfield & Haringey AC
V65W	300mH	No Rec			
V70W	200mH	46.6	2011	Patricia Hill	Newark AC
V75W	200mH	No Rec			
V80W	200mH	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	3000mSC	10:24.4	2010	Dave Connell	Hunts AC
V40M	3000mSC	10:10.8	1993	Peter Duhig	Ryston Runners AC
V45M	3000mSC	10:22.6	1992	M Nelson	Cambridge & Coleridge AC
V50M	3000mSC	11:08.9	2004	Stephen Bunn	Eastern Veterans AC
V55M	3000mSC	13:48.4	1997	Martin Simmonds	Ryston Runners AC
V60M	3000mSC	No Rec			
V65M	3000mSC	No Rec			
V70M	3000mSC	No Rec			
V75M	3000mSC	No Rec			
V80M	3000mSC	No Rec			
V35W	3000mSC	No Rec			
V40W	3000mSC	No Rec			
V45W	3000mSC	No Rec			
V50W	3000mSC	No Rec			
V55W	3000mSC	No Rec			
V60W	3000mSC	No Rec			
V65W	3000mSC	No Rec			
V70W	3000mSC	No Rec			
V75W	3000mSC	No Rec			
V80W	3000mSC	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	2000mW	10:37.61	2016	Adam Hills	Bedford Harriers AC
V40M	2000mW	No Rec			
V45M	2000mW	No Rec			
V50M	2000mW	11:17.5	2012	David Bowker	Fairlands Valley Spartans
V55M	2000mW	11:50.4	2012	John Taylor	Loughton
V60M	2000mW	No Rec			
V65M	2000mW	No Rec			
V70M	2000mW	No Rec			
V75M	2000mW	No Rec			
V80M	2000mW	No Rec			
V35W	2000mW	No Rec			
V40W	2000mW	No Rec			
V45W	2000mW	10:55.1	2012	Helen Middleton	Bedford & County AC
V50W	2000mW	11:33.82	2016	Helen Middleton	Enfield & Haringey AC
V55W	2000mW	11:32.8	2012	Cath Duhig	Ryston Runners AC
V60W	2000mW	No Rec			
V65W	2000mW	No Rec			
V70W	2000mW	No Rec			
V75W	2000mW	No Rec			
V80W	2000mW	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	3000mW	No Rec			
V40M	3000mW	14:34.3	2001	Allen Ellam	Colchester & Ten
V45M	3000mW	14:58.2	1996	Brian Hardwick	Marshall Milton Keynes AC
V50M	3000mW	15:00.6	1998	D Cox	Chelmsford AC
V55M	3000mW	15:44.8	1994	Peter Duhig	Ryston Runners AC
V60M	3000mW	15:57.6	2004	Peter Cassidy	Loughton
V65M	3000mW	15:13.6	2005	Arthur Thompson	Herts Phoenix?
V70M	3000mW	20:06.6	2004	Ken Livermore	Enfield & Haringey AC
V75M	3000mW	22:45.8	2003	Frank Copping	Ipswich Harriers
V80M	3000mW	No Rec			
V35W	3000mW	15:11.1	1993	Cath Reader	Ryston Runners AC
V40W	3000mW	16:31.4	1997	Cath Reader	Ryston Runners AC
V45W	3000mW	18:02.1	2001	Cath Duhig	Ryston Runners AC
V50W	3000mW	19:36.8	2004	Francoise Fernandez	Eastern Veterans AC
V55W	3000mW	17:29.7	2010	Cath Duhig	Ryston Runners AC
V60W	3000mW	18:47.4	2011	Susan Barnett	Cambridge & Coleridge AC
V65W	3000mW	22:00.7	2002	Ursula Duckworth	Bedford & County AC
V70W	3000mW	No Rec			
V75W	3000mW	No Rec			
V80W	3000mW	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	LJ	6.77	2016	Lawrence Harvey	Trafford AC
V40M	LJ	6.36	2004	John Shepherd	Enfield & Haringey AC
V45M	LJ	5.89	2007	Trevor Sinclair	Bedford & County AC
V50M	LJ	5.60	2002	David Folgate	Bedford & County AC
V55M	LJ	5.32	2006	David Folgate	Bedford & County AC
V60M	LJ	4.81	1988	A S Kalarai	Unknown
V65M	LJ	4.45	1990	George Leete	Eastern Veterans AC
V70M	LJ	4.12	1996	George Leete	Eastern Veterans AC
V75M	LJ	3.63	2012	Donald Chambers	Eastern Veterans AC
V80M	LJ	No Rec			
V35W	LJ	5.06	1995	Carole Filer	Wymondham AC
V40W	LJ	4.97	1996	Carole Filer	Wymondham AC
V45W	LJ	5.06	2002	Carole Filer	Wymondham AC
V45W	LJ	5.06	2004	Carole Filer	Wymondham AC
V50W	LJ	5.00	1997	Marlene Simmonds	Ryston Runners AC
V55W	LJ	4.82	2013	Carole Filer	City of Norwich AC
V60W	LJ	3.56	1998	Dorothy Fraser	Lincoln Wellington AC
V65W	LJ	3.54	2015	Emily McMahan	Enfield & Haringey AC
V70W	LJ	2.97	2006	Anne Martin	Wymondham AC
V75W	LJ	2.72	2014	Anne Martin	Wymondham AC
V80W	LJ	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	HJ	1.83	2015	Clint Nicholls	Basildon AC
V40M	HJ	1.71	2011	Wayne Gadd	East Grinstead
V45M	HJ	1.80	2010	Gordon Slater	City of Norwich AC
V50M	HJ	1.60	2011	John Mayor	Stevenage & North Herts AC
V55M	HJ	1.56	2013	John Mayor	Stevenage & North Herts AC
V60M	HJ	1.50	1987	George Leete	Eastern Veterans AC
V60M	HJ	1.50	1997	Colin Shafto	Rowntrees
V65M	HJ	1.45	1990	George Leete	Eastern Veterans AC
V70M	HJ	1.35	1996	George Leete	Eastern Veterans AC
V75M	HJ	1.05	2004	Alf Woods	Epsom & Ewell
V80M	HJ	0.90	1999	Tony Rawlinson	Verlea
V80M	HJ	0.90	2000	Tony Rawlinson	Verlea
V35W	HJ	1.50	2004	Cath Goddard	Marshall Milton Keynes AC
V35W	HJ	1.50	2005	Cath Goddard	Marshall Milton Keynes AC
V35W	HJ	1.50	2006	Cath Goddard	Marshall Milton Keynes AC
V40W	HJ	1.50	1987	C Drewley	<i>Unknown</i>
V45W	HJ	1.40	2006	Jan Hardcastle	Marshall Milton Keynes AC
V50W	HJ	1.40	2006	Carole Filer	City of Norwich AC
V50W	HJ	1.40	2010	Carole Filer	City of Norwich AC
V55W	HJ	1.43	2012	Carole Filer	City of Norwich AC
V60W	HJ	1.10	2007	Marlene Simmonds	Ryston Runners AC
V65W	HJ	No Rec			
V70W	HJ	1.06	2015	Trish Hill	Newark AC
V75W	HJ	1.09	2016	Trish Hill	Newark AC
V80W	HJ	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	TJ	11.64	2014	Nigel Hayman	Ipswich Harriers
V40M	TJ	12.86	1993	Lee Still	W Suffolk
V45M	TJ	12.66	1994	Lee Still	W Suffolk
V50M	TJ	12.09	2001	Lee Still	W Suffolk
V55M	TJ	11.50	2007	David Folgate	Bedford & County AC
V60M	TJ	10.24	2014	David Folgate	Bedford & County AC
V65M	TJ	10.02	1992	George Leete	Eastern Veterans AC
V70M	TJ	8.64	1996	George Leete	Eastern Veterans AC
V75M	TJ	7.70	2012	Donald Chambers	Eastern Veterans AC
V80M	TJ	No Rec			
V35W	TJ	9.60	1995	Carole Filer	Wymondham AC
V40W	TJ	10.02	2012	Dawn Jones	Harlow
V45W	TJ	9.36	1994	Marlene Simmonds	Ryston Runners AC
V50W	TJ	9.58	1999	Marlene Simmonds	Ryston Runners AC
V55W	TJ	8.82	2002	Marlene Simmonds	Ryston Runners AC
V60W	TJ	8.19	2007	Marlene Simmonds	Ryston Runners AC
V65W	TJ	7.88	2012	Marlene Simmonds	Ryston Runners AC
V70W	TJ	6.82	2006	Anne Martin	Wymondham AC
V75W	TJ	5.88	2014	Anne Martin	Wymondham AC
V80W	TJ	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	PV	4.15	2015	Gavin Fordham	Bedford & County AC
V40M	PV	4.20	2004	Paul Hoad	Enfield & Haringey AC
V45M	PV	3.40	2012	Simon Eastwood	Bedford & County AC
V50M	PV	3.50	1990	Tony Mackay	Bedford & County AC
V50M	PV	3.50	1991	Tony Mackay	Bedford & County AC
V55M	PV	3.20	1997	Tony Mackay	Bedford & County AC
V60M	PV	3.30	1994	B Brown	Rowntrees
V65M	PV	2.80	1994	Alf Woods	Epsom & Ewell
V65M	PV	2.80	1996	Alf Woods	Epsom & Ewell
V70M	PV	2.20	2002	Alf Woods	Epsom & Ewell
V70M	PV	2.20	2003	Alf Woods	Epsom & Ewell
V75M	PV	2.20	2004	Alf Woods	Epsom & Ewell
V80M	PV	1.70	1996	Tony Rawlinson	Verlea
V85M	PV	1.20	2004	Tony Rawlinson	Verlea
V35W	PV	3.25	2014	Jemma Eastwood	Bedford & County AC
V40W	PV	2.20	1996	J Stafford	Lincoln Wellington AC
V40W	PV	2.20	2006	Jo Isbill	Ryston Runners AC
V45W	PV	2.50	2011	Jo Isbill	Ryston Runners AC
V50W	PV	2.20	2002	Marilyn Anness	<i>Unknown</i>
V55W	PV	2.16	2001	Margaret Coombs	Enfield & Haringey AC
V60W	PV	2.00	2004	Margaret Coombs	Eastern Veterans AC
V65W	PV	No Rec			
V70W	PV	No Rec			
V75W	PV	No Rec			
V80W	PV	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	DT2kg	35.61	2016	Gavin Fordham	Bedford & County AC
V40M	DT2kg	41.26	1999	John Painter	City of Norwich AC
V45M	DT2kg	42.26	2007	Rob Earle	Colchester H
V50M	DT1.5kg	49.26	2016	Stephen Whyte	Thames Valley Harriers
V55M	DT1.5kg	38.56	1988	J Watson	
V60M	DT1kg	39.48	2006	Godfrey Leak	Stevenage & North Herts AC
V65M	DT1kg	43.15	2016	Geoff Tyler	Chelmsford AC
V70M	DT1kg	33.45	2007	Ian Miller	Herts Phoenix
V75M	DT1kg	30.21	2011	Brian Sumner	Tamworth
V80M	DT1kg	21.42	2016	Brian Sumner	Midland Masters AC
V85M	DT1kg	13.11	2004	Tony Rawlinson	Verlea
V90M	DT1kg	12.76	2006	Tony Rawlinson	Herts Phoenix
V35W	DT1kg	48.30	1991	G Bird	Enfield & Haringey AC
V40W	DT1kg	44.20	2016	Emma Beales	Marshall Milton Keynes AC
V45W	DT1kg	33.07	2001	Shirley Quinn	Chelmsford AC
V50W	DT1kg	31.94	2013	Julie Wilson	Reading
V55W	DT1kg	33.57	2012	Shirley Quinn	Chelmsford AC
V60W	DT1kg	28.07	2011	Romana Martin	Cambridge & Coleridge AC
V65W	DT1kg	21.28	2012	Marlene Simmonds	Ryston Runners AC
V70W	DT1kg	20.73	2010	Anne Martin	Wymondham AC
V75W	DT0.75kg	17.44	2013	Anne Martin	Wymondham AC
V80W	DT0.75kg	No Rec			

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	HT7.26kg	57.10	2013	Stuart Thurgood	Herne Hill Harriers
V40M	HT7.26kg	57.84	1998	Malcolm Fenton	Ipswich Harriers
V45M	HT7.26kg	54.18	2007	Rob Earle	Colchester H
V50M	HT6kg	58.70	2007	Malcolm Fenton	Ipswich Harriers
V55M	HT6kg	47.13	2011	Malcolm Fenton	Ipswich Harriers
V60M	HT5kg	45.79	2004	Jack Kee	Marshall Milton Keynes AC
V65M	HT5kg	41.93	2007	Jack Kee	Marshall Milton Keynes AC
V70M	HT4kg	45.37	2010	Jack Kee	Marshall Milton Keynes AC
V75M	HT4kg	40.23	2014	Jack Kee	Marshall Milton Keynes AC
V80M	HT3kg	28.49	2016	Brian Sumner	Midland Masters AC
V35W	HT4kg	50.84	2011	Andrea Jenkins	Nene Valley Harriers
V40W	HT4kg	36.08	1994	J Clarke	Peterborough AC
V45W	HT4kg	44.57	2013	Janet Smith	Windsor, Slough, Eton & Harrow
V50W	HT3kg	41.19	2000	Lesley Shrosbree	Eastern Veterans AC
V55W	HT3kg	38.19	2004	Lesley Shrosbree	Eastern Veterans AC
V60W	HT3kg	31.22	2007	Lesley Shrosbree	Eastern Veterans AC
V65W	HT3kg	27.56	1993	Jo Ogden	Thurrock
V70W	HT3kg	26.11	2014	Patricia Hill	Newark AC
V75W	HT2kg	29.94	2016	Trish Hill	Newark AC
V80W	HT2kg	No Rec			

Age Group	Event	CBP	Year	Athlete	Club
V35M	JT800gm	40.84	2004	Simon Eastwood	Bedford & County AC
V40M	JT800gm	55.92	1979	Tony MacKay	Bedford & County AC
V45M	JT800gm	47.04	1995	Bob Richards	Bedford & County AC
V50M	JT700gm	41.80	2000	Anthony Richards	Croydon
V55M	JT700gm	40.37	2005	Dave Burrell	Luton AC
V60M	JT600gm	42.26	1997	G Ratcliffe	Dacorum & Tring AC
V65M	JT600gm	35.36	2014	Bob Richards	Bedford & County AC
V70M	JT500gm	29.98	1994	Janis Gercs	Rugby & District AC
V75M	JT500gm	24.00	1994	Tony Rawlinson	Verlea
V80M	JT400gm	15.88	1996	Colin Fairey	Kettering
V85M	JT400gm	13.58	2004	Tony Rawlinson	Verlea
V90M	JT400gm	13.15	2006	Tony Rawlinson	Herts Phoenix
V35W	JT600gm	35.69	2007	Linda Rawlins	Werrington Joggers
V40W	JT600gm	30.05	1998	Carole Morris	Cambridge & Coleridge AC
V45W	JT600gm	28.60	2002	Carole Morris	Cambridge & Coleridge AC
V50W	JT500gm	27.10	2011	Judith Jagger	Grantham
V55W	JT500gm	24.64	2002	Margaret Coombe	Bedford & County AC
V60W	JT400gm	30.44	1992	Jo Ogden	Thurrock
V65W	JT400gm	30.46	1993	Jo Ogden	Thurrock
V70W	JT400gm	27.38	1997	Jo Ogden	Thurrock
V75W	JT400gm	22.84	2003	Jo Ogden	Thurrock
V80W	JT400gm	10.61	2016	Anne Martin	Wymondham AC

EMAC Outdoor Track and Field Championships - CBP

Age Group	Event	CBP	Year	Athlete	Club
V35M	SP7.26kg	13.07	2013	Stuart Thurgood	Herne Hill Harriers
V40M	SP7.26kg	16.18	2013	Gintas Degutis	Newam & Essex B
V45M	SP7.26kg	12.44	2007	Rob Earle	Colchester H
V50M	SP6kg	14.21	1981	Alf Woods	Epsom & Ewell
V55M	SP6kg	11.97	2003	B Hatch	<i>Unknown</i>
V60M	SP5kg	11.58	1998	Tony Mackay	Bedford & County AC
V65M	SP5kg	11.85	2016	Geoff Tyler	Chelmsford AC
V70M	SP4kg	11.03	2007	Ian Miller	Herts Phoenix
V75M	SP4kg	9.80	2012	Ian Miller	Herts Phoenix
V80M	SP3kg	8.57	2016	Brian Sumner	Midland Masters AC
V85M	SP3kg	4.35	2004	Tony Rawlinson	Verlea
V90M	SP3kg	5.20	2006	Tony Rawlinson	Herts Phoenix
V35W	SP4kg	11.47	2007	Emma Beales	Marshall Milton Keynes AC
V40W	SP4kg	11.28	1987	B Terry	<i>Unknown</i>
V45W	SP4kg	9.52	1988	Pat McNab	St Albans Striders
V50W	SP3kg	10.35	2013	Julie Wilson	Reading
V55W	SP3kg	9.28	2006	Romana Martin	Cambridge & Coleridge AC
V60W	SP3kg	9.51	2010	Romana Martin	Cambridge & Coleridge AC
V65W	SP3kg	8.95	1993	Jo Ogden	Thurrock
V70W	SP3kg	8.71	1998	Jo Ogden	Thurrock
V75W	SP2kg	8.11	2011	Anne Martin	Wymondham AC
V80W	SP2kg	5.80	2016	Anne Martin (2.72Kg)	Wymondham AC

Date	Newsletter Edition	Venue	Meeting
1979	30		
1980	30		
1981	30		
1982	30		
1983	30		
02-Sep-1984	38/45/47	Ipswich	
1985	30		
1986	30		
1987	30/47	Peterborough	
1988	30		
17-Sep-1989	32		
17-Jun-1990	34		EVAC Champs
16-Jun-1991	38		EVAC Champs
14-Jun-1992	42		EVAC Champs
13-Jun-1993	46	Kettering	EVAC Champs
18-Jun-1994	50	Grantham	EVAC Champs
11-Jun-1995	54	Braintree	EVAC Champs
09-Jun-1996	58	Cambridge	EVAC Champs
08-Jun-1997	62	Kings Lynn	EVAC Champs
07-Jun-1998	66	Peterborough	EVAC Champs
06-Jun-1999	70/71	Ware	EVAC Champs
04-Jun-2000	74	Chelmsford	EVAC Champs
03-Jun-2001	78	Southend	EVAC Champs
15-Jun-2002	82/83	Bedford	EVAC Champs
20-Jul-2003	86	Luton	EVAC Champs
13-Jun-2004	90	Hertford	EVAC Champs

EMAC Outdoor Track and Field Championships - CBP

02-Jul-2005	94	Chelmsford	EVAC Champs
11-Jun-2006	98	Milton Keynes	EVAC Champs
10-Jun-2007	102	Peterborough	EVAC Champs
2008	No Competition.		
2009	No Competition.		
26-Sep-2010	115	Norwich	EVAC Champs
31-Jul-2011	118/Pof10	King's Lynn	EVAC Champs
29-Jul-2012	122	Sandy	EVAC Champs
29-Jun-2013	Pof10	Sandy	EVAC Champs
26-Jul-2014	Pof10	Sandy	EVAC Champs
17-May-2015	Pof10	Bedford	5k - part of Beds County Champs
28-Jun-2015	Pof10	Luton	EVAC Champs
09-Jul-2015	Pof10	Biggleswade	10k - part of Bigg TrackFest
14-May-2016	Pof10	Luton	5k - part of Beds County Champs
15-May-2016	Pof10	Bury St Edmunds	5k - part of Suff'k County Champs
07-Jul-2016	Pof10	Biggleswade	10k - part of Bigg TrackFest
03-Sep-2016	Pof10	Biggleswade	EMAC Champs