EMAC T&F League Records (Men)

(As at 20/09/2016)

Revisions in 2016 >>>>		M1	M2	M3	M4	Final
100m	**M35**	Steve Peters	Boston & Dist.	11.1		
	M50	Ian Foster	City of Norwich	11.9		
	M60	Ian Foster	Wymondham	12.8	Bedford	03/09/2006
200m	**M35**	Steve Peters	Boston & Dist.	22.5		
	M50	Steve Peters	Boston & Dist.	23.6		
	M60	John Browne	Milton Keynes	26.2	Bedford	29/07/2015
400m	**M35**	David Brown	Nene Valley H	50.2	Peterborough	01/07/2015
	M50	Tennyson James	Bedford & County	56.1	Chelmsford	02/07/2008
	M60	John Moore	West Norfolk	62.4	Peterborough	06/07/2011
	M60	Ivars Licietis	Marshall Milton Keynes AC	62.4	Sandy	04/05/2016
800m	**M35**	Steve Toogood	Chelmsford	02:02.3		
	M50	Ivars Licietis	Milton Keynes	02:14.2	Cambridge	02/06/2010
	M60	Dave Butler	Chelmsford	02:20.2	Bedford	08/09/2013
1500m	**M35**	Guy Amos	City of Norwich	04:04.9		
	M50	J Wallace		04:30.6		
	M60	Dave Butler	Chelmsford	04:37.5	Chelmsford	01/05/2013
1 Mile	**M35**	Phil Martin	Peterborough AC	04:46.1	Corby	10/08/2016
	M50	Simon Le Mare	Southend	05:01.1	Chelmsford	01/07/2015
	M60	Bruce Grimley	Huntingdon	05:45.3	Peterborough	01/07/2015
2000m	**M35**	Matthew Pyatt	Ryston Runners	05:59.4	Cambridge	29/07/2015
	M50	Simon Le Mare	Southend	06:27.5	Enfield	29/07/2015
	M60	John Skelton	Milton Keynes	06:51.7	Bedford	29/07/2015
3000m	**M35**	Keith McLellan	Luton	08:55.9	Luton	04/06/1997
	M50	Andrew Leach	Bedford & County AC	09:29.6	Bedford	11/09/2016
	M60	Dave Butler	Chelmsford	09:41.7	Lee Valley	07/08/2013
100m H	**M50**	Des Wilkinson	Luton AC	14.9	Bedford	03/06/2015
110m H	**M35**	Ian Wells	City of Norwich	15.7	Bedford	07/09/2002
300m H	**M60**	Tony Wells	Corby	49.9	Peterborough	01/07/2015
400m H	**M35**	Ian Wells	City of Norwich	57.9	Bedford	05/09/2004
	M50	Tony Wells	West Norfolk	61.6		
1km Walk	**M35**	James Skinner	Stamford Striders	05:24.3	St Ives	04/05/2016
	M50	Stephen Kemp	Thurrock/Pitsea	05:35.7	Chelmsford	01/07/2015
	M60	Rodney Dunn	Peterborough AC	05:44.2	St Ives	04/05/2016
1m Walk	**M35**	Roger Mills	Chelmsford	07:00.4		
	M50	Barry Hardwick	Milton Keynes	07:16.2	Peterborough	11/08/1999
	M60	Arthur Thomson	Herts Pheonix	08:01.4		01/06/2005
1500m Walk	**M35**	Stephen Kemp	Thurrock/Pitsea	08:32.1	Grays	06/05/2015
	M50	Mark Preskett	Fleet Street Runners	08:19.1	Chelmsford	01/06/2016
	M60	Tony Hale	Wellingborough	08:44.0	St Ives	29/04/2015
2km Walk	**M35**	Barry Hardwick	Milton Keynes	09:10.8	Bedford	11/09/1999
	M50	Mark Wall	Milton Keynes	09:14.4	Bedford	06/05/2009
	M60	Arthur Thomson	Herts Pheonix	10:18.7		06/07/2005
High Jump	**M35**	Gavin Fordham	Bedford & County	1.77	Bedford	13/09/2015
	M50	Richard Phelan	Huntingdon	1.57	Corby	10/08/2016
	M60	Paul Oakes	Ryston Runners	1.35	Kings Lynn	03/06/2015
	M60	David Folgate	Bedford & County AC	1.35	Bedford	11/09/2016
	M60	Ian Reeve	West Norfolk AC	1.35	Bedford	11/09/2016
Triple Jump	**M35**	Denis Costello	City of Norwich	13.11	Bedford	07/09/2002
	M50	Dave Folgate	Bedford & County	12.25	Bedford	01/08/2001
	M60	Dave Folgate	Bedford & County	10.68	Bedford	09/05/2012
Long Jump	**M35**	Trevor Sinclair	Bedford & County	6.26		
	M50	Dave Folgate	Bedford & County	5.61	Bedford	01/05/2002
	M60	Phil Harris	Chelmsford	4.77	Bedford	04/09/2005
	M60	Dave Folgate	Bedford & County	4.77	Stevenage	25/04/2012
	M60	Dave Whitehead	Peterborough	4.77	Bedford	08/09/2013
Pole Vault	**M35**	Gavin Fordham	Bedford & County	4.26	Bedford	13/09/2015
	M50	Simon Eastwood	Bedford & County	3.25	Sandy	01/07/2015
	M60	Paul Oakes	Ryston Runners AC	2.70	King's Lynn	04/05/2016
Shot	**M35**	John Painter	City of Norwich	14.11	Norwich	05/05/1999
	M50	Rob Earle	Southend	14.06	Bedford	08/09/2013
	M60	Geoff Tyler	Chelmsford AC	11.39	Thurrock	04/05/2016
Discus	**M35**	Rob Earle	Southend	44.21	Chelmsford	06/06/2007
	M50	Rob Earle	Southend	48.76	Southend	05/06/2013
	M60	Jack Kee	Milton Keynes	40.06	Luton	05/06/2002
Hammer	**M35**	Malcolm Fenton	City of Norwich	60.65		
	M50	Rob Earle	Southend	57.88	Chelmsford	01/05/2013
	M60	Malcolm Fenton	Tendring/Ipswich Harriers	46.06	Thurrock	04/05/2016
Javelin	**M35**	P Fuller		47.18		
	M50	S Ladds	Boston & Dist	46.25		
	M60	Martin Branfoot	Chelmsford AC	36.23	Enfield	27/07/2016
Relay 1x200,200,400,800	**M35**		Milton Keynes	03:58.4		
	M50		Milton Keynes	04:16.2		
Relay 1x400,200,200,400	**M35**		West Norfolk	02:41.5		
	M50		Milton Keynes	02:55.1	Milton Keynes	05/09/2010
Relay 4x100	**M35**		Milton Keynes	49.4	Sandy	01/07/2015
	M50		West Norfolk	52.0	Kings Lynn	03/06/2009
Relay 4x200	**M35**		Milton Keynes	01:46.3	Bedford	29/07/2015
	M50		West Norfolk AC	01:59.1	Cambridge	01/06/2016
Relay 4x400	**M35**		Bedford & County	03:54.9	Bedford	01/08/2007
	M50		Milton Keynes	04:22.3	Bedford	01/08/2007

EMAC T&F League Records (women)

(As at 20/09/2016)

Revisions in 2016 >>>>		M1	M2	M3	M4	Final
100m	**W35**	Wendy Stone/Dunn	Peterborough	12.8	Bedford	04/10/1997
	W50	Carole Filer	City of Norwich	14.0	Kings Lynn	07/07/2010
	W60	Emily McMahon	Loughton AC	16.1	Chelmsford	01/07/2015
200m	**W35**	Wendy Stone/Dunn	Peterborough	26.1	Peterborough	11/09/1999
	W50	Wendy Dunn	Peterborough	28.6	Kings Lynn	02/06/2010
	W60	Carole Alker	Luton AC	33.3	Bedford	29/07/2015
400m	**W35**	Tracey Brighten	Bedford & County	58.14	Bedford	04/07/2001
	W50	Wendy Dunn	Peterborough	66.4	Kings Lynn	07/07/2010
	W60	Margaret Phillips	Cambridge & Coleridge AC	86.1	Bedford	11/09/2016
800m	**W35**	Clare Hayes	Chelmsford AC	02:15.3	Bedford	05/09/2004
	W50	Jane Clarke	City of Norwich	02:33.8	Kings Lynn	01/06/2011
	W60	Yuko Gordon	Fairlands Valley Spartans	03:00.9	Milton Keynes	06/07/2016
1500m	**W35**	Ann Turrington	Cambridge & Col.	04:55.1	Kings Lynn	29/04/1992
	W50	Alison Wood	Fairlands Valley Spartans	05:04.6	Bedford	11/09/2016
	W60	Yuko Gordon	Fairlands Valley	06:03.4	Bedford	03/06/2015
1 Mile	**W35**	Philippa Taylor	Nene Valley H	05:22.0	Peterborough	01/07/2015
	W50	Gill Fullen	Bedford Harriers	05:34.25	Sandy	01/07/2015
	W60	Yuko Gordon	Fairlands Valley	06:40.60	Sandy	01/07/2015
2000m	**W35**	Gill Fullen	Bedford Harriers	07:06.5	Bedford	29/07/2015
	W50	Gill Fullen	Bedford Harriers	07:06.5	Bedford	29/07/2015
	W60	Catherine Craig	Fairlands Valley	10:14.7	Bedford	29/07/2015
3000m	**W35**	Joanne Bulgin	Chelmsford AC	10:25.4	Bedford	05/09/2004
	W50	Gill Fullen	Bedford Harriers	11:01.5	Sandy	04/05/2016
	W60	Anne Furbank	Bedford & County	12:44.8	Milton Keynes	23/09/2012
80m H	**W50**	Gaye Clarke	Ryston	13.6	Kings Lynn	25/04/2012
100m H	**W35**	Gaye Clarke	Ryston	15.3	Bedford	04/10/1997
300m H	**W50**	Gaye Clarke	Ryston	58.94	Bedford	13/09/2015
400m H	**W35**	Sally Page/Stagles	Bedford & County	67.9	Bedford	11/09/1999
	W50	Carole Filer	City of Norwich	78.9	Cambridge	06/08/2008
		Gaye Clark	Ryston	78.9	Peterborough	07/08/2013
1km Walk	**W35**	Margaret Skinner	Stamford Striders	05:22.4	St Ives	04/05/2016
	W50	Diane Baldwin	Marshall Milton Keynes AC	05:40.0	Sandy	04/05/2016
	W60	Cath Duhig	Ryston Runners AC	05:59.0	King's Lynn	04/05/2016
1m Walk	**W35**	Cath Reader/Duhig	Ryston	07:51.3	Bedford	20/05/1992
	W50	Cath Duhig	Ryston	09:13.5	Kings Lynn	03/08/2011
	W60	Sue Barnett	Cambridge	09:42.1	Milton Keynes	04/08/2010
1500m Walk	**W35**	Diane Baldwin	Milton Keynes	08:51.5	Milton Keynes	06/05/2015
	W50	Sally Cartwright	Bedford Harriers	08:50.6	Bedford	01/06/2016
	W60	Cath Duhig	Ryston	09:09.6	Kings Lynn	06/05/2015
2km Walk	**W35**	Cath Reader/Duhig	Ryston	09:54.3		
	W50	Diane Baldwin	Milton Keynes	11:14.0	Kettering	03/07/2013
	W60	Cath Duhig	Ryston Runners AC	11:41.4	Bedford	11/09/2016
High Jump	**W35**	Carole Filer	City of Norwich	1.45	Bedford	04/10/1997
	W35	Catherine Goddard	Milton Keynes	1.45	Bedford	05/09/2004
	W50	Gaye Clarke	Ryston	1.38	Kings Lynn	25/04/2012
	W60	Emily McMahon	Loughton AC	1.15	Southend	03/06/2015
	W60	Emily McMahon	Loughton AC	1.15	Bedford	11/09/2016
Triple Jump	**W35**	Carole Filer	City of Norwich	10.28	Bedford	04/10/1997
	W50	Monica Brown	Fairlands Valley	9.05	Stevenage	03/08/2016
	W60	Marlene Simmonds	Ryston	8.34	Kings Lynn	06/06/2007
Long Jump	**W35**	Catherine Goddard	Milton Keynes	5.25	Peterborough	04/05/2005
	W50	Carole Filer	City of Norwich	4.70	Kings Lynn	07/07/2010
	W60	Emily McMahon	Loughton AC	3.65	Bedford	13/09/2015
Pole Vault	**W35**	Jemma Eastwood	Bedford & County	3.20	Sandy	04/05/2016
	W50	Margaret Coombe	Bedford & County	2.20	Milton Keynes	07/08/2002
Shot	**W35**	Lorraine Henry	City of Norwich	11.49	Bedford	07/09/2005
	W50	Judith Jagger	Peterborough	9.23	St Ives	04/05/2016
	W60	Marlene Simmonds	Ryston	8.09	Peterborough	02/05/2007
Discus	**W35**	Emma Beales	Milton Keynes	44.00	Bedford	01/08/2007
	W50	Shirley Quinn	Chelmsford AC	32.15	Bedford	02/09/2007
	W60	Shirley Quinn	Chelmsford AC	30.14	Bedford	13/09/2015
Hammer	**W35**	Andrea Jenkins	Peterborough	50.33	Peterborough	06/07/2011
	W50	Shirley Quinn	Chelmsford AC	36.44	Cambridge	05/05/2010
	W60	Shirley Quinn	Chelmsford AC	32.28	Grays	06/05/2015
Javelin	**W35**	Emma Beales	Milton Keynes	33.54	Cambridge	06/08/2008
	W50	Judith Jagger	Peterborough	25.15	Peterborough	03/06/2015
	W60	Marlene Simmonds	Ryston	19.34	Bedford	04/09/2005
Relay 1x200,200,400,800	**W35**		City of Norwich	04:30.6		
	W50		Milton Keynes	05:30.25	Bedford	13/09/2015
Relay 1x400,200,200,400	**W35**		Bedford & County	03:14.5	Milton Keynes	02/08/2000
	W50		Ryston	03:58.6	Kings Lynn	03/06/2015
Relay 4x100	**W35**		Milton Keynes	60.1	Ketering	03/07/2013
	W50		Fairlands Valley Spartans	68.1	Sandy	04/05/2016
Relay 4x200	**W35**		Milton Keynes	02:07.2	Bedford	29/07/2015
	W50		Fairlands Valley Spartans	02:23.8	Bedford	01/06/2016
Relay 4x400	**W35**		Bedford & County	04:43.7	Sandy	07/07/2010
	W50		Fairlands Valley Spartans	05:32.1	Milton Keynes	06/07/2016