

EMAC T&F League Records (Men)

(As at 10 Aug 2017)

Revisions in 2017 >>>>	M1	M2	M3	M4	Final
100m	M35 Steve Peters	Boston & Dist.	11.1		
	M50 Ian Foster	City of Norwich	11.9		
	M60 Ian Foster	Wyndham	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 Lee Taylor	Southend AC	04:44.0	Ipswich	26/07/2017
	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 David Bowker	Fairlands Valley Spartans	05:30.9	Bedford	03/05/2017
	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 Adam Hills	Bedford Harriers	07:56.3	Cambridge	07/06/2017
	M50 David Bowker	Fairlands Valley Spartans	08:14.3	Cambridge	07/06/2017
	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	Huntingdonshire AC	1.58	Kings Lynn	07/06/2017
	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		Col & Tendring/Ipswich Harriers	01:45.7	Southend 07/06/2017
	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 10 Aug 2017)

Revisions in 2017 >>>>	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 Jenny Morgan	Saint Edmund Pacers	84.6	Ipswich	26/07/2017
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 Carol Alker	Luton AC	02:49.4	Milton Keynes	05/07/2017
1500m	W35 Elizabeth Davies	Chelmsford AC/Springfield	04:40.2	Southend	07/06/2017
	W50 Alison Wood	Fairlands Valley Spartans	05:04.6	Bedford	11/09/2016
	W60 Diane Baldwin	Marshall Milton Keynes AC	06:00.5	Cambridge	07/06/2017
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	06:37.2	Stevenage	26/07/2017
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 Spartans	10:14.7	Bedford	29/07/2015
3000m	W35 Elizabeth Davies	Chelmsford/Springfield	10:12.0	Thurrock	03/05/2017
	W50 Gill Fullen	Bedford Harriers	11:01.5	Sandy	04/05/2016
	W60 Diane Baldwin	Marshall Milton Keynes AC	12:20.3	Bedford	03/05/2017
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 Helen Middleton	Biggleswade AC	05:39.1	Bedford	03/05/2017
	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 Sally Cartwright	Bedford Harriers	09:10.9	Milton Keynes	05/07/2017
	W60 Sue Barnett	Cambridge	09:42.1	Milton Keynes	04/08/2010
1500m Walk	W35 Melanie Peddle	Loughton AC	08:27.9	Southend	07/06/2017
	W50 Sally Cartwright	Bedford Harriers	08:19.4	Cambridge	07/06/2017
	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 Heidi Nicholas	Basildon AC	1.49	Southend	07/06/2017
	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	3.21	Milton Keynes	05/07/2017
	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 Vespa Ellis	Basildon AC	8.98	Chelmsford	05/07/2017
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/Springfield	33.39	Chelmsford	05/07/2017
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		Fairlands Valley Spartans	03:45.2	Stevenage	26/07/2017
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	02:20.5	Cambridge	07/06/2017
Relay 4x400	W35		Bedford & County	04:43.7	Sandy	07/07/2010
	W50		Fairlands Valley Spartans	05:22.5	Milton Keynes	05/07/2017

As at 10 Aug 2017

Event [Age-Cat]	W35-49	W50-59	W60+	M35-49	M50-59	M60+
100m	12.8	14.0	16.1	11.1	11.9	12.8
200m	26.1	28.6	33.3	22.5	23.6	26.2
400m	58.14	66.4	84.6	50.2	56.1	62.4
800m	02:15.3	02:33.8	02:49.4	02:02.3	02:14.2	02:20.2
1500m	04:55.1	05:04.6	06:03.4	04:04.9	04:30.6	04:37.5
1 Mile	05:22.0	05:34.25	06:37.2	04:44.0	05:01.1	05:45.3
2000m	07:06.5	07:06.5	10:14.7	05:59.4	06:27.5	06:51.7
3000m	10:12.0	11:01.5	12:20.3	08:55.9	09:29.6	09:41.7
80m H [a]	x	13.6	x	x	x	x
100m H [b]	15.3	x	x	x	x	x
100m H [c]	x	x	x	x	14.9	x
110m H [d]	x	x	x	15.7	x	x
300m H [e]	x	58.94	x	x	x	x
300m H [f]	x	x	x	x	x	49.9
400m H [g]	67.9	x	x	x	x	x
400m H [h]	x	x	x	57.9	x	x
400m H [i]	x	x	x	x	61.6	x
1km Walk	05:22.4	05:39.1	05:59.0	05:24.3	05:30.9	05:44.2
1k5m Walk	08:27.9	08:19.4	09:09.6	07:56.3	08:14.3	08:44.0
1Mile Walk	07:51.3	09:10.9	09:42.1	07:00.4	07:16.2	08:01.4
2km Walk	09:54.3	11:14.0	11:41.4	09:10.8	09:14.4	10:18.7
High Jump	1.49	1.38	1.15	1.77	1.58	1.35
Triple Jump	10.28	9.05	8.34	13.11	12.25	10.68
Long Jump	5.25	4.70	3.65	6.26	5.61	4.77
Pole Vault	3.21	2.20	x	4.26	3.25	2.70
Shot [A]	11.49	x	x	x	x	x
Shot [B]	x	9.23	8.98	x	x	x
Shot [C]	x	x	x	14.11	x	x
Shot [D]	x	x	x	x	14.06	x
Shot [E]	x	x	x	x	x	11.39
Discus [A]	44.00	32.15	30.14	x	x	x
Discus [C]	x	x	x	44.21	x	x
Discus [D]	x	x	x	x	48.76	x
Discus [E]	x	x	x	x	x	40.06
Hammer [A]	50.33	x	x	x	x	x
Hammer [B]	x	36.44	32.47	x	x	x
Hammer [C]	x	x	x	60.65	x	x
Hammer [D]	x	x	x	x	57.88	x
Hammer [E]	x	x	x	x	x	46.06
Javelin [A]	33.54	x	x	x	x	x
Javelin [B]	x	25.15	19.34	x	x	x
Javelin [C]	x	x	x	47.18	x	x
Javelin [D]	x	x	x	x	46.25	x
Javelin [E]	x	x	x	x	x	36.23
Relay 4224	03:14.5	03:45.2	x	02:41.5	02:55.1	x
Relay 2248	04:30.6	05:30.25	x	03:58.4	04:16.2	x
Relay 4x100	60.1	68.1	x	49.41	52.0	x
Relay 4x200	02:07.2	02:20.5	x	01:45.7	01:59.1	x
Relay 4x400	04:43.7	05:22.5	x	03:54.9	04:22.3	x

Age Category	Distance	Number of Hurdles	Height of Hurdles	Distance to 1st hurdle	Distance between	Distance to finish	Toppling Weights
[d] M35-49	110 m.	10	99.1 cm	13.72 m	9.14 m.	14.02 m	3.6kg
[c] M50-59	100 m.	10	91.4 cm	13.00 m	8.50 m	10.50 m	3.6kg
M60-69	100 m.	10	84.0 cm	12.00 m	8.00 m	16.00 m	2.7kg
M70-79	80 m.	8	76.2 cm	12.00 m	7.00 m	19.00 m	2.7kg
M80+	80 m.	8	68.6cm	12.00 m	7.00 m	19.00 m	2.7kg
[h] M35-49	400 m.	10	91.4 cm	45.00 m	35.00 m	40.00 m	3.6kg
[i] M50-59	400 m.	10	84.0 cm	45.00 m	35.00 m	40.00 m	2.7kg
[f] M60-69	300 m.	7	76.2 cm	50.00 m	35.00 m	40.00 m	2.7kg
M70-79	300 m.	7	68.6 cm	50.00 m	35.00 m	40.00 m	2.7kg
M80+	200 m.	5	68.6 cm	20.00 m	35.00 m	40.00 m	2.7kg
M35-59	3000 m SVC	35	91.4 cm	Varies	70.00 m	62.20 m	
M60+	2000 m SVC	28	76.2 cm	Varies	70.00 m	62.20 m	

[b] W35-39	100 m.	10	84.0 cm	13.00 m	8.50 m	10.50 m	3.6kg
W40-49	80 m.	8	76.2 cm	12.00 m	8.00 m	12.00 m	2.7kg
[a] W50-59	80 m.	8	76.2 cm	12.00 m	7.00 m	19.00 m	2.7kg
W60+	80 m.	8	68.6cm	12.00 m	7.00 m	19.00 m	2.7.kg
[g] W35-49	400 m.	10	76.2 cm	45.00 m	35.00 m	40.00 m	2.7kg
[e] W50-59	300 m.	7	76.2 cm	50.00 m	35.00 m	40.00 m	2.7kg
W60-69	300 m.	7	68.6 cm	50.00 m	35.00 m	40.00 m	2.7kg
W70+	200 m.	5	68.6 cm	20.00 m	35.00 m	40.00 m	2.7kg
W35+	2000 m SVC	28	76.2 cm	Varies	70.00 m	62.20 m	

Revised in line with the new age groups - 2015

x = No event

Note the use of ":" when recording NN:nn.n(n) times

Records Match 1

Records Match 2

Records Match 3

Records Match 4

Records Match F

Age Category	Discus	Javelin	Shot	Hammer	Weights
[C] M35-49	2kg	800gm	7.26kg	7.25kg	15.88Kg
[D] M50-59	1.5kg	700gm	6.00kg	6.00kg	11.34kg
[E] M60-69	1kg	600gm	5.00kg	5.00kg	9.08kg
M70-79	1kg	500gm	4.00kg	4.00kg	7.26kg
M80+	1kg	400gm	3.00kg	3.00kg	5.45kg

[A] W35-49	1kg	600gm	4.00kg	4.00kg	9.08kg
[B] W50-59	1kg	500gm	3.00kg	3.00kg	7.26kg
[B] W60-69	1kg	500gm	3.00kg	3.00kg	5.45kg
W70-74	1kg	500gm	3.00kg	3.00kg	5.45kg
W75-79	0.75kg	400gm	2.00kg	2.00kg	4.00kg
W80+	0.75kg	400gm	2.00kg	2.00kg	4.00kg