

EMAC Masters Indoor Track Field Championship Records

Having undertaken a detailed review of the EMAC (formerly EVAC) Indoor Track & Field Championships, I have revised the various Championship Best Performances (CBP). Dating back to 2007 I have drawn my data from both Power of 10 and raw data kindly provided by the web site of MMK (Mick Bromelow). The MMK data is that which was provided by the race organisers - in some instances, Mick himself. Please note that where the meeting included a Pentathlon, if the athlete only participated in the Pentathlon their result will not be credited with a CBP if achieved. Their result can only be counted if they entered the Championships as well.

Another issue I encountered was recognising which region the athletes competed for. In some instances, where the results listed the athlete as competing for EVAC, when I reviewed past membership data that athlete was not a member. These results would have been discounted. Similarly, some athletes were members of more than one region so it was difficult to determine exactly which club they competed for. With the implementation of BMAF OpenTrack this issue will hopefully have been resolved.

Please review the data and, if you question their accuracy could you please advise and I will investigate further. Data coloured GREEN signifies the changes.

Courtney Gunn 15 Nov 2016

Year	Date	Year	Date
2007	18 Feb 2007	2012	19 Feb 2012
2008	10 Feb 2008	2013	24 Feb 2013
2009	22 Feb 2009	2014	16 Feb 2014
2010	24 Jan 2010	2015	15 Feb 2015
2011	13 Feb 2011	2016	14 Feb 2016

Age Group	Event	CBP	Year	Athlete	Club	Old Records
V35M	60m	7.17	2013	Mark Collins	Eastern Veterans AC	M35 Mark Collins EVAC 7.17 24/2/13
V40M	60m	7.63	2013	Andy Lewis	Harrow	M40 Atholl Lawson Corby AC 7.83 2015
V45M	60m	7.60	2007	Ricky Huskisson	Nene Valley Harriers	M45 Julian Smith Nene Valley H 7.70 2015
V50M	60m	7.70	2007	John Browne	Chelmsford AC	M50 Ty Holden Barnet & District AC 8.14 24/2/13
V55M	60m	7.69	2011	John Browne	Enfield & Haringey AC	M55 John Browne Enfield & Haringey AC 7.69 2011
V60M	60m	8.02	2014	John Browne	Marshall Milton Keynes AC	M60 John Browne Marshall Milton Keynes AC 8.02 16/2/14
V65M	60m	8.28	2009	Ian Foster	Wyndham AC	M65 Ian Foster EVAC 8.40 2011
V70M	60m	9.0	2008	Alan Carter	Enfield & Haringey AC	M70 Ian Foster EVAC 9.06 2015
V75M	60m	9.35	2013	Alan Carter	Enfield & Haringey AC	M75 Alan Carter Enfield & Haringey AC 9.35 24/2/13
V80M	60m	13.70	2007	Frank Copping	Eastern Veterans AC	
V35W	60m	8.64	2011	Kate Alexander	Chelmsford AC	W35 Kate Alexander Chelmsford AC 8.64 2011
V40W	60m	8.53	2009	Angie Alstrachen	St Edmund Pacers	W40 Karen Hindle Diss AC 8.53 2011
V45W	60m	8.50	2007	Wendy Dunn	Peterborough AC	W45 Monica Brown Fairlands Valley Spartans 8.61 2011
V50W	60m	8.71	2011	Wendy Dunn	Peterborough AC	W50 Wendy Dunn Peterborough AC 8.71 2011
V55W	60m	8.89	2014	Carole Filer	City of Norwich AC	W55 Carole Filer City of Norwich AC 8.89 2014
V60W	60m	9.75	2015	Emily McMahon	Enfield & Haringey AC	W60 Emily McMahon Enfield & Haringey AC 9.75 2015
V65W	60m	10.01	2016	Emily McMahon	Enfield & Haringey AC	
V70W	60m	10.6	2008	Dorothy Fraser	Lincoln Wellington AC	W70 Dorothy Fraser Lincoln Wellington AC 10.99 2011
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	M35 Mark Collins EVAC 23.20 24/2/13
V40M	200m	24.94	2016	Atholl Lawson	Corby AC	M40 Peter Benedickter Bedford & County AC 24.98 24/2/13
V45M	200m	24.50	2007	John Shepherd	Enfield & Haringey AC	M45 Peter Benedickter Bedford & County AC 25.35 2015
V50M	200m	24.90	2007	Alasdair Ross	Windsor Slough Eton & Hounslow	M50 Ricky Huskisson Nene Valley H 24.97 2012
V55M	200m	25.56	2015	Ricky Huskisson	Nene Valley Harriers	M55 Ricky Huskisson Nene Valley H 25.56 2015
V60M	200m	27.67	2011	John Moore	Lincoln Wellington AC	M60 John Moore Lincoln Wellington AC 27.67 2011
V65M	200m	28.29	2009	Ian Foster	Wyndham AC	M65 Ian Foster EVAC 28.60 2011
V70M	200m	No Rec	-			
V75M	200m	31.70	2013	Alan Carter	Enfield & Haringey AC	M75 Alan Carter Enfield & Haringey AC 31.70 24/2/13
V80M	200m	48.40	2007	Frank Copping	Eastern Veterans AC	M80 Patrick Parmenter EVAC 51.52 2011
V35W	200m	27.90	2007	Denise Morley	Colchester Harriers	
V40W	200m	27.86	2009	Angie Alstrachen	St Edmund Pacers	W40 Karen Hindle Diss AC 28.08 2011
V45W	200m	27.90	2007	Wendy Dunn	Peterborough AC	W45 Karen Hindle Diss AC 29.07 2013
V50W	200m	28.53	2011	Wendy Dunn	Peterborough AC	W50 Wendy Dunn Peterborough AC 28.53 2011
V55W	200m	30.43	2015	Carole Filer	City of Norwich AC	W55 Carole Filer City of Norwich AC 30.43 2015
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	W70 Dorothy Fraser Lincoln Wellington AC 38.10 2011
V75W	200m	40.45	2013	Dorothy Fraser	Lincoln Wellington AC	W75 Dorothy Fraser Lincoln Wellington AC 40.45 2013
V80W	200m	48.75	2016	Anne Martin	Wyndham AC	

V35M	400m	56.15	2014	Atholl Lawson	Corby AC	M35 Atholl Lawson Corby AC 56.15 16/2/14
V40M	400m	53.90	2007	Mark Oldham	Southend	M40 Peter Benedickter Bedford & County AC 54.64 24/2/13
V45M	400m	55.69	2015	Peter Benedickter	Bedford & County AC	M45 Peter Benedickter Bedford & County AC 55.69 2015
V50M	400m	56.09	2009	Ivars Licietis	Marshall Milton Keynes AC	M50 Tenny James Bedford & County AC 57.59 2012
V55M	400m	57.53	2011	Ivars Licietis	Marshall Milton Keynes AC	M55 Ivars Licietis Marshall Milton Keynes AC 57.53 2011
V60M	400m	63.31	2016	Ivars Licietis	Marshall Milton Keynes AC	M60 John Moore Lincoln Wellington AC 64.74 2011
V65M	400m	70.20	2007	John Garber	Herne Hill Harriers	M65 Ian Pearce Havering AC 70.72 2011
V70M	400m	75.5	2008	Alan Carter	Enfield & Haringey AC	M70 Terry Casey Loughton AC 95.05 2011
V75M	400m	82.66	2013	Alan Carter	Enfield & Haringey AC	M75 Alan Carter EVAC 82.66 2011
V80M	400m	113.80	2007	Frank Copping	Eastern Veterans AC	
V35W	400m	62.95	2016	Stacy McGivern	Peterborough AC	W35 Katrina Wasteny West Norfolk AC 72.08 2011
V40W	400m	62.47	2010	Denise Morley	Colchester Harriers	W40 Denise Morley Colchester Harriers 62.98 2011
V45W	400m	64.40	2007	Lesley Hopkins	Enfield & Haringey AC	W45 Anita Sampson Bedford & County AC 65.94 2011
V50W	400m	73.17	2015	Christine Feely	Stevenage & North Herts AC	W50 Christine Feely Stevenage & North Herts AC 73.17 2015
V55W	400m	70.21	2013	Edith Caux	Luton AC	W55 Edith Caux EVAC 70.21 2013
V60W	400m	88.87	2010	Susan Barnett	Cambridge & Coleridge AC	
V65W	400m	86.8	2008	Iris Hornsey	Royston	W65 Iris Hornsey Fairlands Valley Spartans 92.94 2012
V70W	400m	91.1	2008	Dorothy Fraser	Lincoln Wellington AC	W70 Iris Hornsey Fairlands Valley Spartans 94.20 2013
V75W	400m	No Rec	-			
V80W	400m	No Rec	-			

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V35M	800m	02:03.73	2014	David Allworthy	Colchester Harriers	M35 David Allworthy Colchester Harriers 2.03.73 16/2/14
V40M	800m	02:04.10	2008	Peter Barker	St Edmund Pacers	M40 Peter Downhill Huntingdon AC 2.07.38 2012
V45M	800m	02:10.01	2015	Peter Downhill	Huntingdonshire AC	M45 Peter Downhill Huntingdon AC 2.10.01 2015
V50M	800m	02:12.99	2015	Malcolm Tuff	Ryston Runners AC	M50 Malcolm Tuff Ryston AC 2.12.99 2015
V55M	800m	02:28.44	2016	John Donaldson	Wellingborough & District AC	M55 Alasdair Gibson Marshall Milton Keynes AC 2.33.99 2012
V60M	800m	02:35.03	2015	John Skelton	Marshall Milton Keynes AC	M60 John Skelton Marshall Milton Keynes AC 2.35.03 2015
V65M	800m	02:37.20	2007	John Garber	Herne Hill Harriers	M65 John Garber Herne Hill Harriers 2.50.82 2011
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	W35 Stacey McGivern Peterborough AC 2.26.79 2015
V40W	800m	02:21.40	2014	Denise Morley	Colchester Harriers	W40 Denise Morley Colchester Harriers 2.21.40 2014
V45W	800m	02:34.30	2007	Joan Lasenby	Cambridge & Coleridge AC	W45 Christine Feeley Fairlands Valley Spartans 2.54.45 2011
V50W	800m	02:34.64	2016	Christine Anthony	Abbey AC	W50 Christine Anthony West Suffolk AC 2.38.46 2015
V55W	800m	02:43.40	2012	Gail Duckworth	Leighton Buzzard	W55 Gail Duckworth Leighton Buzzard AC 2.43.40 2012
V60W	800m	02:54.40	2015	Celia Duncan	West Suffolk AC	W60 Celia Duncan West Suffolk AC 2.54.40 2015
V65W	800m	03:20.60	2008	Iris Hornsey	Royston	W65 Iris Hornsey Fairlands Valley Spartans 3.31.68 2012
V70W	800m	03:32.67	2013	Iris Hornsey	Fairlands Valley Spartans	W70 Iris Hornsey Fairlands Valley Spartans 3.32.67 2013
V75W	800m	03:48.29	2012	Anne Martin	Wymondham AC	W75 Anne Martin Wymondham AC 3.48.29 2012
V80W	800m	No Rec	-			

V35M	1500m	04:31.67	2011	Adrian Copp	Stopsley Striders	M35 Adrian Copp Stopsley Striders 4.31.67 2011
V40M	1500m	04:16.19	2009	Les Ball	Lincoln Wellington AC	M40 Adrian Copp Stopsley Striders 4.33.10 2012
V45M	1500m	04:20.78	2012	Les Ball	Lincoln Wellington AC	M45 Les Ball Lincoln Wellington AC 4.20.78 2011
V50M	1500m	04:35.72	2015	Malcolm Tuff	Ryston Runners AC	M50 Malcolm Tuff Ryston AC 4.35.72 2011
V55M	1500m	05:08.19	2016	David Bowker	Fairlands Valley Spartans	
V60M	1500m	05:31.49	2011	John Jenkins	Cambridge & Coleridge AC	M60 Chris Reed Pitsea RC 5.43.42 2011
V65M	1500m	05:34.10	2007	John Garber	Herne Hill Harriers	M65 John Gerber Herne Hill H 6.10.60 2011
V70M	1500m	No Rec	-			
V75M	1500m	No Rec	-			
V80M	1500m	No Rec	-			
V35W	1500m	05:03.69	2015	Christine Lathwell	Luton AC	W35 Christine Lathwell Luton AC 5.03.69 2015
V40W	1500m	No Rec	-			
V45W	1500m	05:50.30	2008	Diane Farmer	Marshall Milton Keynes AC	
V50W	1500m	05:13.40	2011	Joan Lasenby	Cambridge & Coleridge AC	W50 Joan Lasenby Cambridge & Col. AC 5.13.40 2011
V55W	1500m	05:23.54	2012	Gail Duckworth	Leighton Buzzard	W55 Gail Duckworth Leighton Buzzard AC 5.23.54 2012
V60W	1500m	06:00.15	2015	Celia Duncan	West Suffolk AC	W60 Celia Duncan West Suffolk AC 6.00.15 2015
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	M35 Nick Shasha Orion Harriers 9.00.55 24/2/13
V40M	3000m	09:11.33	2012	John Herbert	Nene Valley Harriers	M40 John Herbert Nene Valley H 9.11.33 2012
V45M	3000m	09:54.84	2012	Paul Spowage	Colchester Harriers	M45 Peter Spowage Colchester Harriers 9.54.84 2012
V50M	3000m	09:41.26	2012	Michael Bridgeland	Chelmsford AC	M50 Mike Bridgeland Chelmsford AC 9.41.26 2012
V55M	3000m	09:40.27	2012	David Butler	Billericay	M55 Dave Butler Billericay Striders 9.40.27 2012
V60M	3000m	10:54.61	2015	John Skelton	Marshall Milton Keynes AC	M60 John Skelton Marshall Milton Keynes AC 10.54.61 2015
V65M	3000m	No Rec	-			
V70M	3000m	No Rec	-			
V75M	3000m	No Rec	-			
V80M	3000m	No Rec	-			
V35W	3000m	10:53.70	2015	Christine Lathwell	Luton AC	W35 Christine Lathwell Luton AC 10.53.70 2015
V40W	3000m	No Rec	-			
V45W	3000m	No Rec	-			
V50W	3000m	11:31.22	2016	Maureen McCarthy	West Suffolk AC	W50 Maureen McCarthy West Suffolk AC 11.39.41 2014
V55W	3000m	11:19.58	2012	Gail Duckworth	Leighton Buzzard	W55 Gail Duckworth Leighton Buzzard AC 11.19.58 2012
V60W	3000m	No Rec	-			
V65W	3000m	No Rec	-			
V70W	3000m	15:54.10	2012	Betty Stracey	Lincoln Wellington AC	W70 Betty Stracey Lincoln Wellington AC 15.23.54 2012
V75W	3000m	No Rec	-			
V80W	3000m	No Rec	-			

V35M	60mH	9.05	2014	Gavin Fordham	Bedford & County AC	M35 Gavin Fordham Bedford & County AC 9.05 16/2/14
V40M	60mH	8.90	2007	Des Wilkinson	Luton AC	M40 Laurence Ramm Lincoln Wellington AC 9.06 16/2/14
V45M	60mH	9.23	2009	Des Wilkinson	Luton AC	M45 Des Wilkinson Luton AC 9.30 2011
V50M	60mH	8.89	2013	Des Wilkinson	Luton AC	M50 Des Wilkinson Luton AC 8.89 24/2/13
V55M	60mH	9.26	2014	John Mayor	Stevenage & North Herts AC	M55 John Mayor Stevenage & North Herts AC 9.26 16/2/14
V60M	60mH	9.94	2011	Tony Wells	Corby AC	M60 Tony Wells Corby AC 9.94 2011
V65M	60mH	10.80	2015	Tony Wells	Corby AC	M65 Tony Wells Corby AC 10.80 2015
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	12.80	2015	Tanya Daniels	City of Norwich AC	W35 Leanne Buxton Bedford & County AC 9.78 2014
V40W	60mH	9.87	2009	Angie Alstrachen	St Edmund Pacers	W40 Catherine Goddard Marshall Milton Keynes AC 10.32 2011
V45W	60mH	9.60	2008	Gaye Clarke	Ryston Runners AC	
V50W	60mH	10.27	2012	Gaye Clarke	Ryston Runners AC	W50 Gaye Clarke Ryston AC 10.27 2012
V55W	60mH	10.39	2014	Carole Filer	City of Norwich AC	W55 Carole Filer City of Norwich AC 10.39 2014
V60W	60mH	11.37	2015	Emily McMahon	Enfield & Haringey AC	W60 Emily McMahon Enfield & Haringey AC 11.37 2015
V65W	60mH	11.76	2016	Emily McMahon	Enfield & Haringey AC	
V70W	60mH	15.87	2015	Patricia Hill	Newark AC	W70 Patricia Hill Newark AC 15.87 2015
V75W	60mH	No Rec	-			
V80W	60mH	No Rec	-			

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V35M	PV	No Rec	-			M35 Rob Kingman Newham & Essex B. 4.20 16/2/14
V40M	PV	4.20	2014	Robert Kingman	Newham & Essex Beagles AC	M40 Rob Kingman Newham & Essex B. 3.80 2015
V45M	PV	3.40	2011	Simon Eastwood	Bedford & County AC	M45 Simon Eastwood Bedford & County AC 3.40 2011
V50M	PV	3.10	2016	Richard Phelan	Huntingdonshire AC	M50 Brian Slaughter Marshall Milton Keynes AC 3.05 2012
V55M	PV	No Rec	-			
V60M	PV	2.50	2016	Wayne DuBose	Huntingdonshire 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	3.20	2014	Jemma Eastwood	Bedford & County AC	W35 Jemma Eastwood Bedford & County AC 3.20 2014
V40W	PV	2.50	2008	Jo Isbill	Ryston Runners AC	
V45W	PV	1.60	2008	Clare St John Coleman	Chelmsford AC	
V50W	PV	1.90	2016	Sandra Pedley	Huntingdonshire AC	W50 Claire St John-Coleman Chelmsford AC 1.70 2015
V55W	PV	1.50	2010	Barbara Higgins	Loughton AC	W55 Barbara Higgins Loughton AC 1.30 2012
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	M35 James Danobrega Bedford & County AC 1.60 2012
V40M	HJ	1.54	2015	Atholl Lawson	Corby AC	M40 Atholl Lawson Corby AC 1.54 2015
V45M	HJ	1.55	2012	Mark Gray	Grantham	M45 Mark Gray Grantham AC 1.55 2012
V50M	HJ	1.55	2012	Richard Phelan	Huntingdonshire AC	M50 Richard Phelan Huntingdon AC 1.55 2012
V55M	HJ	1.33	2008	David Folgate	Bedford & County AC	
V60M	HJ	No Rec	-			
V65M	HJ	No Rec	-			
V70M	HJ	No Rec	-			
V75M	HJ	1.24	2013	Colin Shafto	City of York	M75 Colin Shafto City of York AC 1.24 24/2/13
V80M	HJ	No Rec	-			
V35W	HJ	1.30	2015	Tanya Daniels	City of Norwich AC	W35 Tanya Daniels City of Norwich AC 1.30 2015
V40W	HJ	1.39	2012	Dawn Jones	Harlow	W40 Dawn Jones Harlow AC 1.39 2012
V45W	HJ	1.38	2007	Jan Hardcastle	Marshall Milton Keynes AC	
V50W	HJ	1.36	2012	Gaye Clarke	Ryston Runners AC	W50 Gaye Clarke Ryston AC 1.36 2012
V55W	HJ	1.42	2015	Carole Filer	City of Norwich AC	W55 Carole Filer City of Norwich AC 1.42 2015
V60W	HJ	No Rec	-			
V65W	HJ	No Rec	-			
V70W	HJ	0.88	2011	Dorothy Fraser	Lincoln Wellington AC	W70 Dorothy Fraser Lincoln Wellington AC 0.88 2011
V75W	HJ	No Rec	-			
V80W	HJ	No Rec	-			

V35M	LJ	5.63	2015	Leigh Porter	Peterborough AC	M35 Leigh Porter Peterborough AC 5.63 2015
V40M	LJ	5.32	2007	Paul Ffrench	Southend	M40 Neil Carrington Biggleswaade AC 5.03 24/2/13
V45M	LJ	5.54	2007	John Mayor	Stevenage & North Herts AC	M45 Keith Palmer Southend AC 4.72 2012
V50M	LJ	4.91	2013	Richard Phelan	Huntingdonshire AC	M50 Richard Phelan Huntingdon AC 4.91 2103
V55M	LJ	4.99	2007	David Folgate	Bedford & County AC	
V60M	LJ	4.43	2016	Paul Oakes	Ashford AC	M60 David Hobbs Loughton AC 3.94 2011
V65M	LJ	3.39	2010	Noel Moss	Cambridge & Coleridge AC	
V70M	LJ	No Rec	-			
V75M	LJ	No Rec	-			M75 Colin Shafto City of York AC 3.40 24/2/13
V80M	LJ	No Rec	-			
V35W	LJ	4.69	2011	Kate Alexander	Chelmsford AC	W35 Kate Alexander Chelmsford AC 4.69 2011
V40W	LJ	3.62	2011	Lesley Richardson	Enfield & Haringey AC	W40 Salena Blackman Bedford & County AC 3.24 2011
V45W	LJ	4.34	2008	Denise Timmis	Lincoln Wellington AC	W45 Monica Brown Fairlands Valley Spartans 4.19 2012
V50W	LJ	4.18	2012	Gaye Clarke	Ryston Runners AC	W50 Gaye Clarke Ryston AC 4.18 2012
V55W	LJ	4.58	2014	Carole Filer	City of Norwich AC	W55 Carole Filer City of Norwich AC 4.58 2014
V60W	LJ	2.95	2007	Margaret Coombe	Banbury	
V65W	LJ	No Rec	-			
V70W	LJ	3.05	2007	Anne Martin	Wymondham AC	
V75W	LJ	2.63	2014	Anne Martin	Wymondham AC	W75 Anne Martin Wymondham AC 2.63 2014
V80W	LJ	2.39	2016	Anne Martin	Wymondham AC	

V35M	TJ	11.39	2015	Leigh Porter	Peterborough AC	M35 Leigh Porter Peterborough AC 11.39 2015
V40M	TJ	11.20	2007	Paul Ffrench	Southend	M40 Neil Carrington Biggleswaade AC 11.07 24/2/13
V45M	TJ	11.33	2015	Neil Carrington	Biggleswaade AC	M45 Neil Carrington Biggleswaade AC 11.33 2015
V50M	TJ	10.25	2012	Richard Phelan	Huntingdonshire AC	M50 Richard Phelan Huntingdon AC 10.25 2012
V55M	TJ	11.14	2007	David Folgate	Bedford & County AC	
V60M	TJ	8.36	2011	David Hobbs	Loughton AC	M60 David Hobbs Loughton AC 8.36 24/2/13
V65M	TJ	No Rec	-			
V70M	TJ	No Rec	-			
V75M	TJ	No Rec	-			
V80M	TJ	No Rec	-			
V35W	TJ	No Rec	-			
V40W	TJ	9.57	2013	Dawn Jones	Harlow	W40 Dawn Jones Harlow AC 9.57 2013
V45W	TJ	7.63	2010	Clare St John Coleman	Chelmsford AC	
V50W	TJ	8.00	2014	Clare St John-Coleman	Chelmsford AC	W50 Claire St John-Coleman Chelmsford AC 8.00 2014
V55W	TJ	7.79	2016	Clare St John-Coleman	Chelmsford AC	W55 Chris Salvary Barnet AC 7.11 2013
V60W	TJ	No Rec	-			
V65W	TJ	No Rec	-			
V70W	TJ	6.90	2008	Anne Martin	Wymondham AC	
V75W	TJ	6.20	2012	Anne Martin	Wymondham AC	W75 Anne Martin Wymondham AC 6.20 2012
V80W	TJ	5.86	2016	Anne Martin	Wymondham AC	

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V35M	SP7.26K	12.99	2012	Stuart Thurgood	Herne Hill Harriers	M35 Stuart Thurgood Herne Hill Harriers 12.99 2012
V40M	SP7.26K	15.49	2013	Gintas Degutis	Newham & Essex Beagles AC	M40 Gintas Degutis Newham & Essex B. 15.49 24/2/13
V45M	SP7.26K	15.23	2016	Gintas Degutis	Newham & Essex Beagles AC	M45 Steve Whyte Thames Valley H. 13.95 2012
V50M	SP6K	14.81	2016	Stephen Whyte	Thames Valley Harriers	M50 John Mayor Stevenage & North Herts AC 9.94 24/2/13
V55M	SP6K	11.55	2016	Michael Hausler	Cambridge & Coleridge AC	M55 Peter Knott Corby AC 11.09 2015
V60M	SP5K	11.15	2016	Wayne DuBose	Huntingdonshire AC	M60 Phil Bramford Cambridge & Col. AC 9.65 2011
V65M	SP5K	12.92	2014	Geoffrey Tyler	Chelmsford AC	M65 Geoff Tyler Chelmsford AC 12.92 16/2/14
V70M	SP4K	11.34	2008	Ian Miller	Herts Phoenix AC	M70 Peter Hallett Bedford & County AC 9.21 24/2/13
V75M	SP4K	11.03	2010	Ian Miller	Eastern Veterans AC	M75 Ian Miller Herts Phoenix AC 10.18 2011
V80M	SP3K	10.20	2015	Ian Miller	Herts Phoenix AC	M80 Ian Miller Herts Phoenix AC 10.20 2015
V35W	SP4K	No Rec	-			
V40W	SP4K	9.40	2011	Catherine Goddard	Marshall Milton Keynes AC	W40 Catherine Goddard Marshall Milton Keynes AC 9.40 2011
V45W	SP4K	9.87	2016	Sue Lawrence	Thurrock Harriers AC	
V50W	SP3K	9.40	2012	Wendy Dunsford	Epsom & Ewell Harriers	W50 Wendy Dunsford Enfield & Haringey AC 9.40 2012
V55W	SP3K	7.72	2016	Wendy Dunsford	Epsom & Ewell Harriers	
V60W	SP3K	6.95	2010	Anthea Bamford	Cambridge & Coleridge AC	W60 Stephanie Stamp Southend AC 6.88 2014
V65W	SP3K	No Rec	-			
V70W	SP3K	7.27	2007	Anne Martin	Wymondham AC	W70 Patricia Hill Newark AC 7.13 2015
V75W	SP2K	7.38	2015	Anne Martin	Wymondham AC	W75 Anne Martin Wymondham AC 7.38 2015
V80W	SP2K	6.99	2016	Anne Martin	Wymondham AC	