

EMAC Outdoor Track and Field Championships - Records (CR)

100 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Matthew Dalton [35]	Peterborough AC	28/06/2015	Luton	11.7
	Daniel Hill [35]	Lincoln Wellington AC	03/09/2016	Sandy	
M40	Steve Peters [43]	Holbeach AC	08/06/1997	Kings Lynn	11.5
M45	Ian Foster [46]	Norfolk Olympiads	17/09/1989	Corby	11.7
M50	Ricardo Huskisson [50]	Nene Valley Harriers	26/09/2010	Norwich	12.0
M55	John Browne [59]	Marshall Milton Keynes AC	29/06/2013	Sandy	12.2
M60	John Browne [61]	Marshall Milton Keynes AC	28/06/2015	Luton	12.8
M65	Ian Foster [67]	Eastern Veterans AC	26/09/2010	Norwich	13.2
M70	Colin Fairey [70]	Kettering Town Harriers	08/09/1986	Corby	13.9
	Colin Fairey [71]	-	30/08/1987	Peterborough	
M75	Colin Fairey [75]	Kettering Town Harriers	16/06/1991	Ipswich	14.9
M80	Colin Fairey [80]	Kettering Town Harriers	09/06/1996	Cambridge	15.8
M85	- [-]	-	-	-	No Rec
M90	Tony Rawlinson [90]	Herts Phoenix AC	11/06/2006	Milton Keynes	25.8
W35	Wendy Dunn [38]	Herts Phoenix AC	07/06/1998	Peterborough	13.3
W40	Wendy Dunn [42]	Peterborough AC	09/06/2002	Bedford	13.2
W45	Wendy Dunn [45]	Peterborough AC	02/07/2005	Chelmsford	13.4
	Wendy Dunn [47]	Peterborough AC	10/06/2007	-	
W50	Wendy Dunn [50]	Peterborough AC	26/09/2010	Norwich	13.5
W55	Carole Filer [57]	City of Norwich AC	29/06/2013	Sandy	13.8
W60	Carol Alker [60]	Luton AC	28/06/2015	Luton	15.6
W65	Jo Ogden [66]	Thurrock Harriers	13/06/1993	Kettering	15.7
W70	Jo Ogden [70]	Thurrock Harriers	07/06/1998	Peterborough	17.0
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

200 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Daniel Hill [35]	Lincoln Wellington AC	03/09/2016	Sandy	23.2
M40	Steve Peters [43]	Holbeach AC	08/06/1997	Kings Lynn	22.2
M45	Steve Peters [46]	Boston & District AC	04/06/2000	Chelmsford	23.4
M50	Frank Taylor [52]	Eastern Veterans AC	04/09/1988	Corby	24.4
M55	Tennyson James [56]	Bedford & County AC	26/07/2014	Sandy	25.9
M60	John Moore [61]	Lincoln Wellington AC	31/07/2011	King's Lynn	26.9
M65	Ian Foster [67]	Eastern Veterans AC	26/09/2010	Norwich	27.7
M70	Colin Fairey [70]	Kettering Town Harriers	08/09/1986	Corby	28.2
M75	Colin Fairey [75]	Kettering Town Harriers	16/06/1991	Ipswich	31.7
M80	Colin Fairey [80]	Kettering Town Harriers	09/06/1996	Cambridge	36.0
M85	Tony Rawlinson [88]	Herts Phoenix AC	13/06/2004	Hertford	62.9
M90	- [-]	-	-	-	No Rec
W35	Mel Brown [36]	Woodford Green & Essex Ladies	10/06/2007	Peterborough	26.9
W40	Carole Filer [41]	City of Norwich AC	08/06/1997	Kings Lynn	27.2
W45	Wendy Dunn [45]	Peterborough AC	02/07/2005	Chelmsford	27.5
W50	Wendy Dunn [50]	Peterborough AC	26/09/2010	Norwich	28.1
W55	Edith Caux [57]	Luton AC	26/07/2014	Sandy	29.6
W60	Jo Ogden [65]	Thurrock Harriers	14/06/1992	Kings Lynn	32.2
W65	Jo Ogden [66]	Thurrock Harriers	13/06/1993	Kettering	31.8
W70	Dorothy Fraser [70]	Lincoln Wellington AC	10/06/2007	Peterborough	36.5
W75	Anne Martin [78]	Wymondham AC	26/07/2014	Sandy	45.5
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

400 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	David Brown [35]	Nene Valley Harriers	29/06/2013	Sandy	50.6
M40	Steve Peters [43]	Holbeach AC	08/06/1997	Kings Lynn	52.7
M45	Winston Thomas [46]	Eastern Veterans AC	17/06/1990	Bedford	52.6
M50	Frank Taylor [50]	Eastern Veterans AC	08/09/1986	Corby	54
M55	Anthony Churchill [55]	Cambridge & Coleridge AC	30/08/1987	Peterborough	56.6
M60	Ian Reeve [60]	West Norfolk AC	29/07/2012	Sandy	12:00.0
M65	Alan Carter [68]	Enfield & Haringey AC	02/07/2005	Chelmsford	12:00.0
M70	Simeon Busby [74]	Eastern Veterans AC	08/09/1986	Corby	24:00.0
M75	Simeon Busby [75]	Eastern Veterans AC	30/08/1987	Peterborough	0:00.0
M80	Frank Copping [80]	Ipswich Harriers	02/07/2005	Chelmsford	24:00.0
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Ann Turrington [35]	Cambridge & Coleridge AC	16/06/1991	Ipswich	12:00.0
W40	Ruth O'Sullivan [40]	Chelmsford AC	04/06/2000	Chelmsford	36:00.0
W45	Joan Lasenby [46]	Cambridge & Coleridge AC	11/06/2006	Milton Keynes	24:00.0
W50	Alison Wood [51]	Fairlands Valley Spartans	22/09/2017	Southend	12:00.0
W55	Elizabeth Welbourn [56]	Ipswich Harriers	03/09/2016	Sandy	40:48.0
W60	Dorothy Fraser [61]	Lincoln Wellington AC	07/06/1998	Peterborough	36:00.0
W65	Dorothy Fraser [67]	Lincoln Wellington AC	13/06/2004	Hertford	24:00.0
W70	Dorothy Fraser [70]	Lincoln Wellington AC	10/06/2007	Peterborough	36:00.0
W75	Mary Holmes [78]	Cambridge & Coleridge AC	26/07/2014	Sandy	36:00.0
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

EMAC Outdoor Track and Field Championships - Records (CR)

800 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	David Allworthy [36]	Colchester Harriers AC	29/06/2013	Sandy	2:02.3
M40	Geoffrey Brewster [40]	Huntingdonshire AC	06/06/1999	Ware	2:00.5
M45	Tony Fitzjohn [45]	Peterborough AC	30/08/1987	Peterborough	2:03.0
M50	Anthony Churchill [52]	Cambridge & Coleridge AC	02/09/1984	Ipswich	2:07.0
M55	Anthony Churchill [55]	Cambridge & Coleridge AC	30/08/1987	Peterborough	2:07.2
M60	Richard Somers [60]	Epsom & Ewell Harriers	02/07/2005	Chelmsford	2:23.6
M65	John Garber [65]	Herne Hill Harriers	10/06/2007	Peterborough	2:37.1
M70	Peter Binns [71]	Southend-on-Sea AC	11/08/2018	Southend	2:52.8
M75	John Garber [76]	Herne Hill Harriers	11/08/2018	Southend	3:31.6
M80	George Oxbury [81]	Rugby & District AC	18/06/1994	Grantham	3:39.8
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Ann Turrington [35]	Cambridge & Coleridge AC	16/06/1991	Ipswich	2:15.7
W40	Ann Turrington [40]	Cambridge & Coleridge AC	09/06/1996	Cambridge	2:32.9
	Nicola Neill [42]	West Norfolk AC	26/07/2014	-	-
W45	Joan Lasenby [46]	Cambridge & Coleridge AC	11/06/2006	Milton Keynes	2:35.8
W50	Alison Wood [51]	Fairlands Valley Spartans	22/09/2017	Southend	2:33.0
W55	Christine Anthony [56]	West Suffolk AC	20/07/2019	Southend	2:44.1
W60	Gail Duckworth [60]	Leighton Buzzard AC	28/06/2015	Luton	2:55.1
W65	Iris Hornsey [65]	Royston Runners	10/06/2007	Peterborough	3:21.7
W70	Cindy Burgess [70]	Wymondham AC	20/07/2019	Southend	3:33.6
W75	Mary Holmes [78]	Cambridge & Coleridge AC	26/07/2014	Sandy	3:41.0
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

1500 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Matthew Pyatt [37]	Huntingdonshire AC	26/07/2014	Sandy	4:19.9
M40	Henry Emerton [40]	Colchester & Tendring AC	16/06/1991	Ipswich	4:06.4
M45	John Wallace [49]	Eastern Veterans AC	09/06/1996	Cambridge	4:17.3
M50	John Wallace [50]	Lincoln Wellington AC	08/06/1997	Kings Lynn	4:27.4
M55	David Butler [58]	Billericay Striders AC	31/07/2011	King's Lynn	4:43.1
M60	Peter Andrews [60]	City of Norwich AC	06/06/1999	Ware	4:46.3
M65	John Garber [69]	Herne Hill Harriers	31/07/2011	King's Lynn	4:51.6
M70	George Phipps [72]	Leamington	07/06/1998	Peterborough	5:44.9
M75	George Oxbury [75]	Rugby & District AC	04/09/1988	Corby	6:39.5
M80	- [-]	-	-	-	No Rec
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Claire Hayes [35]	Chelmsford AC	02/07/2005	Chelmsford	4:50.3
W40	Ann Turrington [40]	Cambridge & Coleridge AC	09/06/1996	Cambridge	5:06.5
W45	Felicity Garland [45]	Redhill RR	18/06/1994	Grantham	5:05.2
W50	Maureen McCarthy [51]	West Suffolk AC	29/06/2013	Sandy	5:28.7
W55	Christine Anthony [56]	West Suffolk AC	20/07/2019	Southend	5:46.6
W60	Gail Duckworth [60]	Leighton Buzzard AC	28/06/2015	Luton	5:50.5
W65	Yuko Gordon [65]	North Herts RRC	03/09/2016	Sandy	6:21.1
W70	Cindy Burgess [70]	Wymondham AC	20/07/2019	Southend	7:37.4
W75	Anne Martin [75]	Wymondham AC	31/07/2011	King's Lynn	7:48.7
W80	Anne Martin [80]	Wymondham AC	03/09/2016	Sandy	8:44.8
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

3000 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Stuart Nelson [37]	Wellingborough & District AC	29/06/2013	Sandy	9:42.2
M40	Simon Coombes [40]	Bedford & County AC	29/06/2013	Sandy	9:05.0
M45	Alan Turnbull [46]	Bedford & County AC	29/07/2012	Sandy	9:37.1
M50	Andrew Leach [52]	Bedford & County AC	03/09/2016	Sandy	9:40.7
M55	David Butler [59]	Billericay Striders AC	29/07/2012	Sandy	9:45.1
M60	David Butler [60]	Billericay Striders AC	29/06/2013	Sandy	9:50.5
M65	Aleksander Swiecicki [66]	Bedford & County AC	28/06/2015	Luton	11:33.5
M70	Aleksander Swiecicki [70]	Bedford & County AC	11/08/2018	Southend	12:05.7
M75	Mike Rosbrook [78]	Hadleigh Hares AC	03/09/2016	Sandy	15:38.8
M80	- [-]	-	-	-	No Rec
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Christine Lathwell [38]	Luton AC	28/06/2015	Luton	10:52.5
W40	Sally Judd [42]	Chelmsford AC	22/09/2017	Southend	10:35.3
W45	Helen Grant [49]	Cambridge & Coleridge AC	29/07/2012	Sandy	11:37.4
W50	Maureen McCarthy [53]	West Suffolk AC	28/06/2015	Luton	11:37.5
W55	Diane Baldwin [55]	Marshall Milton Keynes AC	29/07/2012	Sandy	12:01.3
W60	Yuko Gordon [64]	North Herts RRC	28/06/2015	Luton	12:56.5
W65	- [-]	-	-	-	No Rec
W70	- [-]	-	-	-	No Rec
W75	Anne Martin [76]	Wymondham AC	29/07/2012	Sandy	15:47.1
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

EMAC Outdoor Track and Field Championships - Records (CR)

5000 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Robert Warner [38]	Havering AC	20/07/2019	Southend	15:45.2
M40	Mike Turner [40]	Liverpool Harriers	02/09/1979	Cambridge	14:54.4
M45	John Herbert [49]	Helpston Harriers	20/07/2019	Southend	15:59.4
M50	Peter Andrews [54]	Duke St RR	13/06/1993	Kettering	16:28.0
M55	David Butler [57]	Billericay Striders AC	26/09/2010	Norwich	16:21.7
M60	Peter Andrews [61]	City of Norwich AC	04/06/2000	Chelmsford	17:45.2
M65	Bryn Jones [65]	Huntingdonshire AC	30/08/1987	Peterborough	19:42.5
M70	George Phipps [72]	Leamington	07/06/1998	Peterborough	20:24.2
M75	Geoffrey Keeling [75]	Fairlands Valley Spartans	07/06/1998	Peterborough	25:07.7
M80	- [-]	-	-	-	No Rec
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Jo Coates [39]	St Edmunds Pacers	28/06/2015	Luton	17:57.5
W40	Jane Clarke [44]	City of Norwich AC	13/06/2004	Hertford	18:18.8
W45	Felicity Garland [45]	Redhill RR	18/06/1994	Grantham	18:28.7
W50	Maureen McCarthy [54]	West Suffolk AC	03/09/2016	Sandy	19:41.9
W55	Christine Anthony [55]	West Suffolk AC	11/08/2018	Southend	20:56.8
W60	Alison Bourgeois [62]	EMAC	28/06/2015	Luton	20:58.7
W65	Ursula Duckworth [66]	Bedford & County AC	09/06/2002	Bedford	25:46.2
W70	- [-]	-	-	-	No Rec
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec
W85	- [-]	-	-	-	No Rec
W90	- [-]	-	-	-	No Rec

10000 Metres (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Simon Fell [38]	Nene Valley Harriers	28/06/2015	Luton	34:24.4
M40	Dave Findel-Hawkins [40]	Marshall Milton Keynes AC	14/06/1992	Kings Lynn	35:17.0
M45	Phil Lee [45]	Cambridge & Coleridge AC	09/06/1996	Cambridge	37:55.0
M50	Peter Andrews [53]	Duke St RR	14/06/1992	Kings Lynn	33:36.9
M55	Terry Laybourne [55]	Marshall Milton Keynes AC	13/06/1993	Kettering	37:23.3
M60	Edward Thompson [60]	Mansfield Harriers AC	14/06/1992	Kings Lynn	41:10.0
M65	John Skelton [65]	Marshall Milton Keynes AC	03/09/2016	Sandy	38:05.5
M70	Frank Copping [71]	Ipswich Harriers	09/06/1996	Cambridge	51:06.0
M75	- [-]	-	-	-	No Rec
M80	- [-]	-	-	-	No Rec
M85	- [-]	-	-	-	No Rec
M90	- [-]	-	-	-	No Rec
W35	Christine Lathwell [40]	Luton AC	03/09/2016	Sandy	39:52.6
W40	Caroline Potts [40]	Nene Valley Harriers	09/06/1996	Cambridge	42:42.0
W45	Philippa Taylor [48]	Nene Valley Harriers	28/06/2015	Luton	37:40.2
W50	Helen Grant [52]	Cambridge & Coleridge AC	28/06/2015	Luton	46:18.6
W55	- [-]	-	-	-	No Rec
W60	Alison Bourgeois [62]	Eastern Veterans AC	28/06/2015	Luton	42:21.9
W65	- [-]	-	-	-	No Rec
W70	- [-]	-	-	-	No Rec
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec

110 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35 (99cm)	Nigel Hayman [39]	Ipswich Harriers	26/07/2014	Sandy	15.9
M40 (99cm)	Des Wilkinson [41]	Luton AC	13/06/2004	Hertford	15.5
	Des Wilkinson [43]	-	11/06/2006	03/07/1928	
M45 (99cm)	Tony Wells [46]	Corby AC	11/06/1995	Braintree	16.0

100 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M50 (91cm)	Glen Reddington [50]	Windsor, Slough, Eton & Harrow	29/06/2013	Sandy	14.9
M55 (91cm)	Tennyson James [55]	Bedford & County AC	29/06/2013	Sandy	15.1
M60 (84cm-8)	Ian Reeve [60]	West Norfolk AC	29/07/2012	Sandy	16.5
M65 (84cm-8)	Tony Wells [66]	Corby AC	28/06/2015	Luton	18.4
W35 (84cm-8.5)	Gaye Clarke [37]	Ryston Runners AC	07/06/1998	Peterborough	15.3

80 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M70 (76cm-7)	Gordon Daborn [71]	Stevenage & North Herts AC	13/06/2004	Hertford	14.5
M75 (76cm-7)	Don Chambers [75]	Eastern Veterans AC	29/07/2012	Sandy	16.5
M80 (68cm)	- [-]	-	-	-	No Rec
W40 (76cm-8)	Sally Stagles [41]	Bedford & County AC	09/06/2002	Bedford	12.6
W45 (76cm-8)	Gaye Clarke [45]	Ryston Runners AC	11/06/2006	Milton Keynes	13.0
W50 (76cm-7)	Gaye Clarke [50]	Ryston Runners AC	26/09/2010	Norwich	13.8
W55 (76cm-7)	Gaye Clarke [56]	Ryston Runners AC	03/09/2016	Sandy	15.1
W60 (68cm)	Marlene Simmonds [61]	Ryston Runners AC	10/06/2007	Peterborough	17.1
W65 (68cm)	Patricia Hill [66]	Newark AC	10/06/2007	Peterborough	21.4
W70 (68cm)	Patricia Hill [70]	Newark AC	26/09/2010	Norwich	19.8
	Patricia Hill [70]	-	31/07/2011	-	
W75 (68cm)	Patricia Hill [77]	Newark AC	11/08/2018	Southend	21.6
W80 (68cm)	- [-]	-	-	-	No Rec

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400 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35 (99cm)	Peter Benedickter [35]	Bedford & County AC	13/06/2004	Hertford	59.7
M40 (99cm)	Peter Benedickter [42]	Bedford & County AC	31/07/2011	King's Lynn	59.5
M45 (99cm)	Tony Wells [46]	Corby AC	11/06/1995	Braintree	59.4
M50 (91cm)	Tony Wells [51]	West Norfolk AC	04/06/2000	Chelmsford	63.1
M55 (91cm)	John Mayor [55]	Stevenage & North Herts AC	29/06/2013	Sandy	67.6
W35 (76cm)	Julie Churchill [35]	Cambridge & Coleridge AC	16/06/1991	Ipswich	68.2
W40 (76cm)	Sally Stagles [41]	Bedford & County AC	09/06/2002	Bedford	68.4
W45 (76cm)	Carole Filer [46]	Wymondham AC	09/06/2002	Bedford	70.5

300 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M60 (76cm)	Colin Shafto [62]	Rowntrees	08/06/1997	Kings Lynn	48.1
M65 (76cm)	Tony Wells [65]	Corby AC	26/07/2014	Sandy	49.9
M70 (68cm)	Gordon Daborn [70]	Stevenage & North Herts AC	20/07/2003	Luton	52.9
M75 (68cm)	- [-]	-	-	-	No Rec
W50 (76cm)	Carole Filer [50]	City of Norwich AC	11/06/2006	Milton Keynes	54.8
W55 (76cm)	Penny Butcher [55]	Huntingdonshire AC	26/07/2014	Sandy	62.8
W60 (68cm)	Emily McMahon [64]	Enfield & Haringey AC	26/07/2014	Sandy	59.8
W65 (68cm)	- [-]	-	-	-	No Rec

200 Metres Hurdles (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M80	- [-]	-	-	-	No Rec
W70	Patricia Hill [70]	Newark AC	31/07/2011	King's Lynn	46.6
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec

2000 Metres Walk (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	Adam Hills [39]	Bedford Harriers AC	03/09/2016	Sandy	10:37.6
M40	Adam Hills [42]	Bedford Harriers AC	20/07/2019	Southend	11:15.3
M45	- [-]	-	-	-	No Rec
M50	Mark Culshaw [52]	Ilford AC	11/08/2018	Southend	11:17.1
M55	John Taylor [57]	Loughton AC	29/07/2012	Sandy	11:50.4
M60	- [-]	-	-	-	No Rec
M65	John Brock [67]	Southend-on-Sea AC	22/09/2017	Southend	14:21.3
M70	John Borgars [71]	Herts Phoenix AC	22/09/2017	Southend	12:23.8
M75	- [-]	-	-	-	No Rec
M80	- [-]	-	-	-	No Rec
W35	Dasha Newington [35]	Gateshead Harriers & AC	20/07/2019	Southend	14:59.6
W40	- [-]	-	-	-	No Rec
W45	Helen Middleton [49]	Bedford & County AC	29/07/2012	Sandy	10:55.1
W50	Helen Middleton [53]	Enfield & Haringey AC	03/09/2016	Sandy	11:33.8
W55	Cath Duhig [57]	Ryston Runners AC	29/07/2012	Sandy	11:32.8
W60	- [-]	-	-	-	No Rec
W65	- [-]	-	-	-	No Rec
W70	- [-]	-	-	-	No Rec
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec

3000 Metres Walk (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	- [-]	-	-	-	No Rec
M40	Allen Ellam [40]	Colchester & Tendring AC	03/06/2001	Southend	14:34.3
M45	Barrie Hardwick [48]	Marshall Milton Keynes AC	09/06/1996	Cambridge	14:58.2
M50	Don Cox [50]	Chelmsford AC	07/06/1998	Peterborough	15:00.6
M55	Keith Seaton [55]	Nene Valley Harriers	18/06/1994	Grantham	15:44.8
M60	Peter Cassidy [64]	Loughton AC	13/06/2004	Hertford	15:57.6
M65	Arthur Thompson [69]	Herts Phoenix AC	02/07/2005	Chelmsford	15:13.6
M70	Ken Livermore [71]	Enfield & Haringey AC	13/06/2004	Hertford	20:06.6
M75	Frank Copping [78]	Ipswich Harriers	20/07/2003	Luton	22:45.8
M80	- [-]	-	-	-	No Rec
W35	Cath Duhig [38]	Ryston Runners AC	13/06/1993	Kettering	15:11.1
W40	Cath Duhig [42]	Ryston Runners AC	08/06/1997	Kings Lynn	16:31.4
W45	Cath Duhig [46]	Ryston Runners AC	03/06/2001	Southend	18:02.1
W50	Francoise Fernandez [53]	Eastern Veterans AC	13/06/2004	Hertford	19:36.8
W55	Cath Duhig [55]	Ryston Runners AC	26/09/2010	Norwich	17:29.7
W60	Susan Barnett [61]	Cambridge & Coleridge AC	31/07/2011	King's Lynn	18:47.4
W65	Ursula Duckworth [66]	Bedford & County AC	09/06/2002	Bedford	22:00.7
W70	- [-]	-	-	-	No Rec
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec

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Long Jump (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Lawrence Harvey [35]	Trafford AC	03/09/2016	Sandy	6.77
M40	John Shepherd [42]	Enfield & Haringey AC	13/06/2004	Hertford	6.36
M45	Trevor Sinclair [45]	Bedford & County AC	10/06/2007	Peterborough	5.89
M50	Frank Taylor [50]	Veterans AC	08/09/1986	Corby	5.83
M55	David Folgate [55]	Bedford & County AC	11/06/2006	Milton Keynes	5.32
M60	Ian Reeve [60]	West Norfolk AC	29/07/2012	Sandy	4.78
M65	George Leete [65]	Eastern Veterans AC	17/06/1990	Bedford	4.45
M70	George Leete [71]	Eastern Veterans AC	09/06/1996	Cambridge	4.12
M75	Don Chambers [75]	Eastern Veterans AC	29/07/2012	Sandy	3.63
M80	- [-]	-	-	-	No Rec
W35	Carole Filer [39]	Wymondham AC	11/06/1995	Braintree	5.06
W40	Carole Filer [40]	Wymondham AC	09/06/1996	Cambridge	4.97
W45	Carole Filer [46]	Wymondham AC	09/06/2002	Bedford	5.06
	Carole Filer [48]	Wymondham AC	13/06/2004	Hertford	
W50	Marlene Simmonds [51]	Ryston Runners AC	08/06/1997	Kings Lynn	5.00
W55	Carole Filer [57]	City of Norwich AC	29/06/2013	Sandy	4.82
W60	Dorothy Fraser [61]	Lincoln Wellington AC	07/06/1998	Peterborough	3.56
W65	Emily McMahon [67]	Enfield & Haringey AC	22/09/2017	Southend	3.77
W70	Anne Martin [70]	Wymondham AC	11/06/2006	Milton Keynes	2.97
W75	Anne Martin [78]	Wymondham AC	26/07/2014	Sandy	2.72
W80	- [-]	-	-	-	No Rec

High Jump (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Clint Nicholls [36]	Basildon AC	28/06/2015	Luton	1.83
M40	Wayne Gadd [40]	East Grinstead	31/07/2011	King's Lynn	1.71
M45	Gordon Slater [49]	City of Norwich AC	26/09/2010	Norwich	1.80
M50	John Mayor [53]	Stevenage & North Herts AC	31/07/2011	King's Lynn	1.60
M55	John Mayor [55]	Stevenage & North Herts AC	29/06/2013	Sandy	1.56
M60	George Leete [62]	Eastern Veterans AC	30/08/1987	Peterborough	1.50
	Colin Shafto [62]	Rowntrees	08/06/1997	King's Lynn	
M65	George Leete [65]	Eastern Veterans AC	17/06/1990	Bedford	1.45
M70	George Leete [71]	Eastern Veterans AC	09/06/1996	Cambridge	1.35
M75	Alf Woods [75]	Epsom & Ewell Harriers	13/06/2004	Hertford	1.05
M80	Tony Rawlinson [83]	Verlea AC	06/06/1999	Ware	0.90
	Tony Rawlinson [84]	Verlea	04/06/2000	Chelmsford	
W35	Catherine Goddard [37]	Marshall Milton Keynes AC	13/06/2004	Hertford	1.50
	Catherine Goddard [38]	Marshall Milton Keynes AC	02/07/2005	Chelmsford	
	Catherine Goddard [39]	Marshall Milton Keynes AC	11/06/2006	Milton Keynes	
W40	Carole Filer [44]	City of Norwich AC	04/06/2000	Chelmsford	1.45
W45	Janice Hardcastle [46]	Marshall Milton Keynes AC	11/06/2006	Milton Keynes	1.40
W50	Carole Filer [50]	City of Norwich AC	11/06/2006	Milton Keynes	1.40
	Carole Filer [54]	City of Norwich AC	26/09/2010	Norwich	
W55	Carole Filer [56]	City of Norwich AC	29/07/2012	Sandy	1.43
W60	Marlene Simmonds [61]	Ryston Runners AC	10/06/2007	Peterborough	1.10
W65	Emily McMahon [67]	Enfield & Haringey AC	22/09/2017	Southend	1.15
	Emily McMahon [68]	Enfield & Haringey AC	11/08/2018	Southend	
W70	Patricia Hill [74]	Newark AC	28/06/2015	Luton	1.06
W75	Patricia Hill [76]	Newark AC	03/09/2016	Sandy	1.09
W80	- [-]	-	-	-	No Rec

Triple Jump (nn*) - No DoB					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	Lawrence Harvey [36]	Trafford AC	22/09/2017	Southend	14.79
M40	Lee Still [44]	West Suffolk AC	13/06/1993	Kettering	12.86
M45	Lee Still [45]	West Suffolk AC	18/06/1994	Grantham	12.66
M50	Lee Still [52]	West Suffolk AC	03/06/2001	Southend	12.09
M55	David Folgate [56]	Bedford & County AC	10/06/2007	Peterborough	11.50
M60	David Folgate [63]	Bedford & County AC	26/07/2014	Sandy	10.24
M65	George Leete [67]	Eastern Veterans AC	14/06/1992	Kings Lynn	10.02
M70	George Leete [71]	Eastern Veterans AC	09/06/1996	Cambridge	8.64
M75	Don Chambers [75]	Eastern Veterans AC	29/07/2012	Sandy	7.70
M80	- [-]	-	-	-	No Rec
W35	Carole Filer [39]	Wymondham AC	11/06/1995	Braintree	9.60
W40	Dawn Jones [42]	Harlow AC	29/07/2012	Sandy	10.02
W45	Marlene Simmonds [48]	Ryston Runners AC	18/06/1994	Grantham	9.36
W50	Marlene Simmonds [53]	Ryston Runners AC	06/06/1999	Ware	9.58
W55	Marlene Simmonds [56]	Ryston Runners AC	09/06/2002	Bedford	8.82
W60	Marlene Simmonds [61]	Ryston Runners AC	10/06/2007	Peterborough	8.19
W65	Marlene Simmonds [66]	Ryston Runners AC	29/07/2012	Sandy	7.88
W70	Anne Martin [70]	Wymondham AC	11/06/2006	Milton Keynes	6.82
W75	Anne Martin [78]	Wymondham AC	26/07/2014	Sandy	5.88
W80	- [-]	-	-	-	No Rec

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Pole Vault (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	Gavin Fordham [36]	Bedford & County AC	28/06/2015	Luton	4.15
M40	Paul Head [40]	Enfield & Haringey AC	13/06/2004	Hertford	4.20
M45	Simon Eastwood [47]	Bedford & County AC	29/07/2012	Sandy	3.40
M50	Anthony Mackay [52]	Bedford & County AC	17/06/1990	Bedford	3.50
	Anthony Mackay [53]	Bedford & County AC	16/06/1991	Ipswich	
M55	Richard Phelan [56]	Huntingdonshire AC	11/08/2018	Southend	3.30
M60	Bob Brown [62]	Rowntrees	18/06/1994	Grantham	3.30
M65	Alf Woods [65]	Epsom & Ewell Harriers	18/06/1994	Grantham	2.80
	Alf Woods [67]	Epsom & Ewell Harriers	09/06/1996	Cambridge	
M70	Alf Woods [73]	Epsom & Ewell Harriers	09/06/2002	Bedford	2.20
	Alf Woods [74]	Epsom & Ewell Harriers	02/07/2003	Luton	
M75	Alf Woods [75]	Epsom & Ewell Harriers	13/06/2004	Hertford	2.20
M80	Tony Rawlinson [80]	Verlea AC	09/06/1996	Cambridge	1.70
M85	Tony Rawlinson [88]	Verlea AC	13/06/2004	Hertford	1.20
W35	Jemma Eastwood [35]	Bedford & County AC	26/07/2014	Sandy	3.25
W40	Judi Stafford [43]	Lincoln Wellington AC	09/06/1996	Cambridge	2.20
	Jo Isbill [41]	Ryston Runners AC	11/06/2006	Milton Keynes	
	Stephanie Pain [44]	CoNAC	01/08/2018	Southend	
W45	Jo Isbill [46]	Ryston Runners AC	31/07/2011	King's Lynn	2.50
W50	Marilyn Annas [51]	Ryston Runners AC	09/06/2002	Bedford	2.20
W55	Margaret Coombe [57]	Enfield & Haringey AC	03/06/2001	Southend	2.16
W60	Margaret Coombe [60]	Eastern Veterans AC	13/06/2004	Hertford	2.00
W65	- [-]	-	-	-	No Rec
W70	- [-]	-	-	-	No Rec
W75	- [-]	-	-	-	No Rec
W80	- [-]	-	-	-	No Rec

Discus Throw (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35 (2Kg)	Gavin Fordham [37]	Bedford & County AC	03/09/2016	Sandy	35.61
M40 (2Kg)	John Painter [40]	City of Norwich AC	06/06/1999	Ware	41.26
M45 (2Kg)	Robert Earle [46]	Colchester Harriers AC	10/06/2007	Peterborough	42.26
M50 (1.5Kg)	Stephen Whyte [52]	Thames Valley Harriers	03/09/2016	Sandy	49.26
M55 (1.5Kg)	Tony Richards [57]	Croydon Harriers	10/06/2007	Peterborough	36.88
M60 (1Kg)	Godfrey Leak [61]	Stevenage & North Herts AC	11/06/2006	Milton Keynes	39.48
M65 (1Kg)	Geoffrey Tyler [67]	Chelmsford AC	03/09/2016	Sandy	43.15
M70 (1Kg)	Geoffrey Tyler [70]	Chelmsford AC	20/07/2019	Southend	38.42
M75 (1Kg)	Brian Sumner [76]	Tamworth AC	31/07/2011	King's Lynn	30.21
M80 (1Kg)	Brian Sumner [81]	Midland Masters AC	03/09/2016	Sandy	21.42
W35 (1Kg)	Gwen Bird [35]	Enfield & Haringey AC	16/06/1991	Ipswich	48.30
W40 (1Kg)	Emma Beales [44]	Marshall Milton Keynes AC	03/09/2016	Sandy	44.20
W45 (1Kg)	Shirley Quinn [46]	Chelmsford AC	03/06/2001	Southend	33.07
W50 (1Kg)	Julie Wilson [50]	Reading AC	29/06/2013	Sandy	31.94
W55 (1Kg)	Shirley Quinn [57]	Chelmsford AC	29/07/2012	Sandy	33.57
W60 (1Kg)	Shirley Quinn [63]	Chelmsford AC	22/09/2017	Southend	29.30
W65 (1Kg)	Marlene Simmonds [66]	Ryston Runners AC	29/07/2012	Sandy	21.28
W70 (1Kg)	Anne Martin [74]	Wymondham AC	26/09/2010	Norwich	20.73
W75 (.75Kg)	Anne Martin [77]	Wymondham AC	29/06/2013	Sandy	17.44
W80 (.75Kg)	Anne Martin [81]	Wymondham AC	22/09/2017	Southend	13.04

Hammer Throw (nn*) - No DoB					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35 (7.26Kg)	Stuart Thurgood [37]	Herne Hill Harriers	29/06/2013	Sandy	57.10
M40 (7.26Kg)	Malcolm Fenton [42]	Ipswich Harriers	07/06/1998	Peterborough	57.84
M45 (7.26Kg)	Robert Earle [46]	Colchester Harriers AC	10/06/2007	Peterborough	54.18
M50 (6Kg)	Malcolm Fenton [51]	Ipswich Harriers	10/06/2007	Peterborough	58.70
M55 (6Kg)	Malcolm Fenton [55]	Ipswich Harriers	31/07/2011	King's Lynn	47.13
M60 (5Kg)	David Valentine [61]	West Suffolk AC	11/08/2018	Southend	45.93
M65 (5Kg)	Jack Kee [67]	Marshall Milton Keynes AC	10/06/2007	Peterborough	41.93
M70 (4Kg)	Jack Kee [71]	Marshall Milton Keynes AC	26/09/2010	Norwich	45.37
M75 (4Kg)	Jack Kee [75]	Marshall Milton Keynes AC	26/07/2014	Sandy	40.23
M80 (3Kg)	Brian Sumner [81]	Midland Masters AC	03/09/2016	Sandy	28.49
W35 (4Kg)	Andrea Jenkins [35]	Nene Valley Harriers	31/07/2011	King's Lynn	50.84
W40 (4Kg)	Andrea Jenkins [43]	Nene Valley Harriers	20/07/2019	Southend	47.15
W45 (4Kg)	Janet Smith [48]	Windsor, Slough, Eton & Harrow	29/06/2013	Sandy	44.57
W50 (3Kg)	Lesley Shrosbree [53]	Eastern Veterans AC	04/06/2000	Chelmsford	41.19
W55 (3Kg)	Lesley Shrosbree [57]	Eastern Veterans AC	13/06/2004	Hertford	38.19
W60 (3Kg)	Shirley Quinn [63]	Chelmsford AC	22/09/2017	Southend	34.45
W65 (3Kg)	Jo Ogden [66]	Thurrock Harriers	13/06/1993	Kettering	27.56
W70 (3Kg)	Patricia Hill [73]	Newark AC	26/07/2014	Sandy	26.11
W75 (2Kg)	Patricia Hill [76]	Newark AC	03/09/2016	Sandy	29.94
W80 (2Kg)	Anne Martin [81]	Wymondham AC	22/09/2017	Southend	18.99

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Javelin Throw					
<i>(nn*) - No DoB</i>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35 (800gm)	Simon Eastwood [39]	Bedford & County AC	13/06/2004	Hertford	40.84
M40 (800gm)	Anthony Mackay [41]	Bedford & County AC	02/09/1979	Cambridge	55.92
M45 (800gm)	Robert Richards [47]	Bedford & County AC	11/06/1995	Braintree	47.04
M50 (700gm)	Tony Richards [50]	Croydon Harriers	04/06/2000	Chelmsford	41.80
M55 (700gm)	Philip Bramford [55]	Cambridge & Coleridge AC	02/07/2005	Chelmsford	39.73
M60 (600gm)	Gerald Ratcliffe [60]	Dacorum & Tring AC	08/06/1997	Kings Lynn	42.26
M65 (600gm)	Robert Richards [67]	Bedford & County AC	26/07/2014	Sandy	35.36
M70 (500gm)	Janis Gercs [70]	Rugby & District AC	18/06/1994	Grantham	29.98
M75 (500gm)	Tony Rawlinson [78]	Verlea AC	18/06/1994	Grantham	24.00
M80 (400gm)	Colin Fairey [80]	Kettering Town Harriers	09/06/1996	Cambridge	15.88
M85 (400gm)	Tony Rawlinson [88]	Verlea AC	13/06/2004	Hertford	13.58
M90 (400gm)	Tony Rawlinson [90]	Herts Phoenix AC	11/06/2006	Milton Keynes	13.15
W35 (600gm)	Linda Rawlins [36]	Werrington Joggers	10/06/2007	Peterborough	35.69
W40 (600gm)	Carole Morris [41]	Cambridge & Coleridge AC	07/06/1998	Peterborough	30.05
W45 (600gm)	Carole Morris [45]	Cambridge & Coleridge AC	09/06/2002	Bedford	28.60
W50 (500gm)	Judith Jagger [50]	Grantham AC	31/07/2011	King's Lynn	27.10
W55 (500gm)	Margaret Coombe [58]	Bedford & County AC	09/06/2002	Bedford	24.64
W60 (500gm)	Jo Ogden [65]	Thurrock Harriers	14/06/1992	Kings Lynn	30.44
W65 (500gm)	Jo Ogden [66]	Thurrock Harriers	13/06/1993	Kettering	30.46
W70 (500gm)	Jo Ogden [70]	Thurrock Harriers	08/06/1997	Kings Lynn	27.38
W75 (400gm)	Jo Ogden [76]	Thurrock Harriers	20/07/2003	Luton	22.84
W80 (400gm)	Anne Martin [80]	Wymondham AC	03/09/2016	Sandy	10.61

Shot Putt					
<i>(nn*) - No DoB</i>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35 (7.26Kg)	Stuart Thurgood [37]	Herne Hill Harriers	29/06/2013	Sandy	13.07
M40 (7.26Kg)	Gintas Degutis [42]	Newham & Essex Beagles AC	29/06/2013	Sandy	16.18
M45 (7.26Kg)	Gintas Degutis [48]	Newham & Essex Beagles AC	11/08/2018	Southend	14.83
M50 (6Kg)	Robert Earle [51]	Colchester AC	29/07/2012	Sandy	13.42
M55 (6Kg)	Michael Hausler [59]	Cambridge & Coleridge AC	11/08/2018	Southend	12.07
M60 (5Kg)	Michael Hausler [60]	Cambridge & Coleridge AC	20/07/2019	Southend	13.48
M65 (5Kg)	Geoffrey Tyler [67]	Chelmsford AC	03/09/2016	Sandy	11.85
M70 (4Kg)	Geoffrey Tyler [70]	Chelmsford AC	20/07/2019	Southend	12.21
M75 (4Kg)	Ian Miller [77]	Herts Phoenix AC	29/07/2012	Sandy	9.80
M80 (3Kg)	Brian Sumner [81]	Midland Masters AC	03/09/2016	Sandy	8.57
M85 (3Kg)	Tony Rawlinson [88]	Verlea AC	13/06/2004	Hertford	4.35
M90 (3Kg)	Tony Rawlinson [90]	Herts Phoenix AC	11/06/2006	Milton Keynes	5.20
W35 (4Kg)	Emma Beales [35]	Marshall Milton Keynes AC	10/06/2007	Peterborough	11.47
W40 (4Kg)	Romana Martin [41]	Cambridge & Coleridge AC	16/06/1991	Ipswich	10.00
W45 (4Kg)	Sarah Mcgrath [45]	Cambridge & Coleridge AC	11/08/2018	Southend	9.51
W50 (3Kg)	Julie Wilson [50]	Reading AC	29/06/2013	Sandy	10.35
W55 (3Kg)	Romana Martin [56]	Cambridge & Coleridge AC	11/06/2006	Milton Keynes	9.28
W60 (3Kg)	Romana Martin [60]	Cambridge & Coleridge AC	26/09/2010	Norwich	9.51
W65 (3Kg)	Jo Ogden [66]	Thurrock Harriers	13/06/1993	Kettering	8.95
W70 (3Kg)	Jo Ogden [70]	Thurrock Harriers	07/06/1998	Peterborough	8.71
W75 (2Kg)	Anne Martin [75]	Wymondham AC	31/07/2011	King's Lynn	8.11
W80 (2Kg)	Anne Martin [81]	Wymondham AC	22/09/2017	Southend	5.84