EMAC Track Field League Records (as at 2024-10-21)

Notes:
From 1992 to 2012 the age bands were: M40-49, M50-59, M60+; W35-44, W45-54, W55+
For 2013 the age bands were: M35, M40-49, M50-59, M60+; W35-44, W45-54, W55+
There was no league in 2014 - just a one match friendly
From 2015 onwards the age bands were: M35-49 [35+], M50-59 [50+], M60+; W35-49 [35+], W50-59 [50+], W60+
There was no league in 2020 due to Covid 19
Participating athlete names for Relay's didn't exist until 2022

100 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Steve Peters [Ev]**	**Boston & District**	**11.1**	**?**	**?**
M50-59	Ian Foster [Ev]	City of Norwich	11.9	?	**?**
M60+	**Ian Foster [63]**	**Wymondham**	**12.8**	**Bedford**	**03/09/2006**
W35-49	**Joanne Ryan [36]**	**Thurrock Harriers/Loughton**	**12.7**	**Bury St Edmunds**	**05/07/2023**
W50-59	Carole Filer [54]	City of Norwich	14.0	Kings Lynn	07/07/2010
W60+	**Janice Nottingham [62]**	**Colchester & Tend/Ipswich**	**15.1**	**Milton Keynes**	**15/09/2024**

200 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Steve Peters [Ev]**	**Boston & District**	**22.5**	**?**	**?**
M50-59	Steve Peters [Ev]	Boston & District	23.6	?	?
M60+	**John Browne [62]**	**Marshall Milton Keynes AC**	**26.2**	**Bedford**	**29/07/2015**
W35-49	**Wendy Dunn [39]**	**Peterborough AC**	**26.1**	**Peterborough**	**11/09/1999**
W50-59	Wendy Dunn [50]	Peterborough AC	28.6	Kings Lynn	02/06/2010
W60+	**Janice Nottingham [62]**	**Colchester & Tend/Ipswich**	**32.10**	**Bedford**	**15/09/2024**

400 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**David Brown [37]**	**Nene Valley Harriers**	**50.2**	**Peterborough**	**01/07/2015**
M50-59	Mark Russell [53]	Colchester Harriers	55.5	Colchester	05/07/2024
M60+	**Tennyson James [63]**	**Bedford & County AC**	**61.5**	**Sandy**	**02/06/2021**
W35-49	**Treena Johnson [39]**	**Bedford & County AC**	**58.14**	**Bedford**	**04/07/2001**
W50-59	Wendy Dunn [50]	Peterborough AC	66.4	Kings Lynn	07/07/2010
W60+	**Edith Caux [61]**	**Luton AC**	**71.8**	**Cambridge**	**04/07/2018**

800 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Steve Toogood [40]**	**Chelmsford AC**	**2:02.3**	**Southend**	**07/08/2002**
M50-59	Mark Russell [52]	Colchester Harriers	2:07.3	Thurrock	07/06/2023
M60+	**David Butler [60]**	**Chelmsford AC**	**2:20.2**	**Bedford**	**08/09/2013**
W35-49	**Abby Roskilly [35]**	**Marshall Milton Keynes AC**	**2:14.2**	**Bedford**	**09/09/2023**
W50-59	Jane Clarke [51]	City of Norwich	2:33.8	Kings Lynn	01/06/2011
W60+	**Christine Anthony [60]**	**WSAC/St Edmunds Pacers**	**2:48.2**	**Bedford**	**09/09/2023**

1500 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Guy Amos [Ev]**	**City of Norwich**	**4:04.9**	**?**	**?**
M50-59	Simon Coombes [51]	Bedford and County AC	4:20.4	Bedford	**05/07/2023**
M60+	**David Butler [60]**	**Chelmsford AC**	**4:37.5**	**Chelmsford**	**01/05/2013**
W35-49	**Elizabeth Davies [38]**	**Chelmsford AC/Springfield**	**4:40.2**	**Southend**	**07/06/2017**
W50-59	Alison Wood [50]	Fairlands Valley Spartans	5:04.6	Bedford	11/09/2016
W60+	**Elke Hausler [60]**	**Newmarket Joggers**	**5:44.2**	**Bedford**	**05/07/2023**

1 Mile		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Angus Holford [35]**	**Colchester Harriers**	**4:34.4**	**Colchester**	**05/07/2024**
M50-59	Mark Waller [53]	City of Southend AC	4:45.0	Colchester	05/07/2024
M60+	**Paul Mingay [62]**	**Colchester Harriers**	**5:11.2**	**Colchester**	**31/07/2019**
W35-49	**Abby Roskilly [35]**	**Marshall Milton Keynes AC**	**5:09.8**	**Sandy**	**02/08/2023**
W50-59	Gill Fullen [50]	Bedford Harriers	5:34.25	Sandy	01/07/2015
W60+	**Karen Brooks [64]**	**Corby AC**	**6:00.7**	**Bedford**	**01/08/2023**

2000 Metres		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Matthew Pyatt [38]**	**Ryston Runners AC**	**5:59.4**	**Cambridge**	**29/07/2015**
M50-59	Simon Le Mare [53]	Southend	6:27.5	Enfield	29/07/2015
M60+	**John Skelton [64]**	**Marshall Milton Keynes AC**	**6:51.7**	**Bedford**	**29/07/2015**
W35-49	**Gill Fullen [50]**	**Bedford Harriers**	**7:06.5**	**Bedford**	**29/07/2015**
W50-59	Gill Fullen [50]	Bedford Harriers	7:06.5	Bedford	29/07/2015
W60+	**Catherine Craig [62]**	**Fairlands Valley Spartans**	**10:14.7**	**Bedford**	**29/07/2015**

**** Rule 12 - Track & Field League Records – Qualifying Criterion**

3000 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Adam Hickey [36]**	**City of Southend AC**	**8:38.7**	**Thurrock**	**31/07/2024**
M50-59	Andrew Leach [55]	Bedford & County AC	9:20.82	Milton Keynes	22/09/2019
M60+	**David Butler [60]**	**Chelmsford AC**	**9:41.7**	**Lee Valley**	**07/08/2013**
W35-49	**Elizabeth Davies [39]**	**Chelmsford AC/Springfield**	**9:59.5**	**Lee Valley**	**02/05/2018**
W50-59	Gill Fullen [51]	Bedford Harriers	11:01.5	Sandy	04/05/2016
W60+	**Roslyn Loutit [60]**	**Peterborough & Nene Valley Harriers**	**11:53.4**	**Milton Keynes**	**15/09/2024**

80 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
W50-59	**Gaye Clarke [51]**	**Ryston Runners AC**	**13.6**	**Kings Lynn**	**25/04/2012**
W60+	Jill Roginski [62]	Corby AC	14.9	Peterborough	01/06/2021

100 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M50-59	Des Wilkinson [52]	Luton AC	14.9	Bedford	03/06/2015
M60+	**Tennyson James [63]**	**Bedford & County AC**	**16.8**	**Cambridge**	**30/06/2021**
W35-49	**Gaye Clarke [37]**	**Ryston Runners AC**	**15.3**	**Bedford**	**04/10/1997**

110 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Ian Wells [40]**	**City of Norwich**	**15.7**	**Bedford**	**07/09/2002**

300 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M60+	**Ian Wells [61]**	**Ryston Runners AC**	**47.9**	**Bedford**	**09/09/2023**
W50-59	**Denise Morley [50]**	**Colchester Harriers**	**55.40**	**Milton Keynes**	**22/09/2019**
W60+	Roslyn Loutit [60]	Peterborough & Nene Valley Harriers	66.50	Colchester	15/09/2024

400 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	Sean Reidy [38]	Nene Valley Harriers	55.36	Milton Keynes	22/09/2019
M50-59	**Peter Benedickter [50]**	**Bedford & County AC**	**61.45**	**Milton Keynes**	**22/09/2019**
W35-49	**Sally Stagles [38]**	**Bedford & County AC**	**67.9**	**Bedford**	**11/09/1999**
W50-59	Carole Filer [52]	City of Norwich	78.9	Cambridge	06/08/2008
	Gaye Clarke [52]	**Ryston Runners AC**		**Peterborough**	**07/08/2013**

1000 Metres Walk		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**James Skinner [41]**	**Stamford Striders**	**5:24.3**	**St Ives**	**04/05/2016**
M50-59	David Bowker [58]	Fairlands Valley Spartans	5:30.9	Bedford	03/05/2017
M60+	**Rodney Dunn [63]**	**Peterborough AC**	**5:44.2**	**St Ives**	**04/05/2016**
W35-49	**Maggie Skinner [36]**	**Stamford Striders**	**5:22.4**	**St Ives**	**04/05/2016**
W50-59	Helen Middleton [54]	Biggleswade AC	5:39.1	Bedford	03/05/2017
W60+	**Cath Duhig [61]**	**Ryston Runners AC**	**5:59.0**	**King's Lynn**	**04/05/2016**

1 Mile Walk		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Dominic King [38]**	**Colchester Harriers**	**6:19.0**	**Chelmsford**	**02/06/2021**
M50-59	Barrie Hardwick [51]	Marshall Milton Keynes AC	7:16.2	Peterborough	11/08/1999
M60+	**Arthur Thomson [69]**	**Herts Pheonix**	**8:01.4**	**?**	**01/06/2005**
W35-49	**Cath Duhig [47]**	**Ryston Runners AC**	**7:51.3**	**Bedford**	**20/05/2002**
W50-59	Melanie Peddle [53]	Thurrock Harriers	8:17.9	Thurrock	04/05/2022
W60+	**Susan Barnett [60]**	**Cambridge & Coleridge AC**	**9:42.1**	**Milton Keynes**	**04/08/2010**

1500 Metres Walk		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Dominic King [35]**	**Colchester Harriers**	**6:00.5**	**Thurrock**	**06/06/2018**
M50-59	David Bowker [58]	Fairlands Valley Spartans	8:14.3	Cambridge	07/06/2017
M60+	**Jim Grant [63]**	**Stamford Striders**	**8:30.3**	**Kings Lynn**	**05/06/2019**
W35-49	**Melanie Peddle [49]**	**Loughton AC**	**8:17.3**	**Thurrock**	**06/06/2018**
W50-59	Melanie Peddle [52]	Southend AC	7:44.5	Thurrock	30/06/2021
W60+	**Diane Baldwin [61]**	**Marshall Milton Keynes AC**	**9:01.2**	**Bedford**	**06/06/2018**

2000 Metres Walk		[Ev] = No Event date, [*] = No DoB			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Dominic King [36]**	**Colchester Harriers**	**7:51.8**	**Chelmsford**	**03/07/2019**
M50-59	Mark Wall [52]	Marshall Milton Keynes AC	9:14.4	Bedford	06/05/2009
M60+	**Arthur Thomson [69]**	**Herts Pheonix**	**10:18.7**	**?**	**06/07/2005**
W35-49	**Cath Duhig [Ev]**	**Ryston Runners AC**	**9:54.3**	**?**	**?**
W50-59	Melanie Peddle [56]	Thurrock Harriers/Loughton AC	10:31.4	Milton Keynes	15/09/2024
W60+	**Cath Duhig [61]**	**Ryston Runners AC**	**11:41.4**	**Bedford**	**11/09/2016**

High Jump		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Daniel Lui [36]**	**Marshall Milton Keynes AC**	**1.81**	**Milton Kaynes**	**15/09/2024**
M50-59	Richard Phelan [55]	Huntingdonshire AC	1.58	Kings Lynn	07/06/2017
	Mark Featherstone [52]	**Marshall Milton Keynes AC**		**Bedford**	**10/09/2017**
M60+	Karl Eve [60]	Peterborough and Nene Valley AC	1.40	Kings Lynn	05/07/2023
W35-49	Heidi Nicholas [36]	Basildon AC	1.49	Southend	07/06/2017
W50-59	**Gaye Clarke [51]**	**Ryston Runners AC**	**1.38**	**Kings Lynn**	**25/04/2012**
W60+	Jill Roginski [63]	Corby AC	1.21	Corby	22/06/2022
	Gaye Clarke [61]	**Ryston Runners AC**			22/06/2022

Triple Jump		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Denis Costello [40]**	**City of Norwich**	**13.11**	**Bedford**	**07/09/2002**
M50-59	David Folgate [50]	Bedford & County AC	12.25	Bedford	01/08/2001
M60+	**David Folgate [61]**	**Bedford & County AC**	**10.68**	**Bedford**	**09/05/2012**
W35-49	**Carole Filer [41]**	**City of Norwich**	**10.28**	**Bedford**	**04/10/1997**
W50-59	Monica Brown [51]	Fairlands Valley Spartans	9.05	Stevenage	03/08/2016
W60+	**Marlene Simmonds [61]**	**Ryston Runners AC**	**8.34**	**Kings Lynn**	**06/06/2007**

Long Jump		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	**Trevor Sinclair [40]**	**Bedford & County AC**	**6.26**	**Bedford**	**03/07/2002**
M50-59	David Folgate [50]	Bedford & County AC	5.61	Bedford	01/05/2002
M60+	**Brian Slaughter [61]**	**Marshall Milton Keynes AC**	**4.94**	**Milton Keynes**	**23/08/2018**
W35-49	**Catherine Goddard [38]**	**Marshall Milton Keynes AC**	**5.25**	**Peterborough**	**04/05/2005**
W50-59	Carole Filer [54]	City of Norwich	4.70	Kings Lynn	07/07/2010
W60+	**Clare St John-Coleman [60]**	**Chelmsford/Basildon**	**3.88**	**Chelmsford**	**02/06/2021**
	Penny Butcher [62]	Bedford & County AC		Sandy	02/06/2021

Pole Vault		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49	Gavin Fordham [36]	Bedford & County AC	4.26	Bedford	13/09/2015
M50-59	**Robert Kingman [50]**	**Bedford & County AC**	**3.70**	**Bedford**	**05/07/2023**
M60+	Brian Slaughter [60]	Marshall Milton Keynes AC	2.80	Bedford	06/06/2018
W35-49	Jemma Eastwood [38]	Bedford & County AC	3.21	Milton Keynes	05/07/2017
W50-59	**Margaret Coombe [58]**	**Bedford & County AC**	**2.20**	**Milton Keynes**	**07/08/2002**
W60+	Clare St John-Coleman [61]	Chelmsford/Basildon	1.60	Basildon	02/09/2021
				Milton Keynes	**25/09/2021**

Shot Putt		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49 (7.26Kg)	**John Painter [40]**	**City of Norwich**	**14.11**	**Norwich**	**05/05/1999**
M50-59 (6Kg)	Robert Earle [52]	Southend	14.06	Bedford	08/09/2013
M60+ (5Kg)	**Michael Hausler [65]**	**Cambridge & Coleridge AC**	**13.41**	**Cambridge**	**03/07/2024**
W35-49 (4Kg)	**Emma Beardmore [35]**	**Marshall Milton Keynes**	**11.98**	**Bedford**	**05/07/2023**
W50-59 (3Kg)	Sarah McGrath [50]	Cambridge & Coleridge AC	10.66	Bedford	09/09/2023
W60+ (3Kg)	**Jill Roginski [63]**	**Corby AC**	**9.40**	**Corby**	**22/06/2022**

Discus Throw		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49 (2Kg)	**Robert Earle [46]**	**Southend**	**44.21**	**Chelmsford**	**06/06/2007**
M50-59 (1.5Kg)	Robert Earle [52]	Southend	48.76	Southend	05/06/2013
M60+ (1Kg)	**Robert Earle [62]**	**Colchester Harriers**	**45.65**	**Bedford**	**09/09/2023**
W35-49 (1Kg)	**Emma Beales [35]**	**Marshall Milton Keynes AC**	**44.00**	**Bedford**	**01/08/2007**
W50-59 (1Kg)	Emma Beales [52]	Marshall Milton Keynes	36.99	Milton Keynes	15/09/2024
W60+ (1Kg)	**Shirley Quinn [63]**	**Chelmsford AC**	**31.18**	**Bedford**	**10/09/2017**

Hammer Throw		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49 (7.26Kg)	**Malcolm Fenton [46]**	**Ipswich Harriers**	**60.65**	**Ipswich**	**01/05/2002**
M50-59 (6Kg)	Robert Earle [52]	Southend	57.88	Chelmsford	01/05/2013
M60+ (5Kg)	**Robert Earle [62]**	**Colchester Harriers**	**52.18**	**Bedford**	**09/09/2023**
W35-49 (4Kg)	**Andrea Jenkins [35]**	**Peterborough AC**	**50.33**	**Peterborough**	**06/07/2011**
W50-59 (3Kg)	Sue Lawrence [52]	Thurrock Harriers	38.08	Southend	10/05/2023
W60+ (3Kg)	**Shirley Quinn [63]**	**Chelmsford AC/Springfield**	**36.30**	**Bedford**	**10/09/2017**

Javelin Throw		*[Ev] = No Event date, [*] = No DoB*			
Age Group	**Athlete [RDAge]**	**League Club**	**Result**	**Venue**	**Date**
M35-49 (800gm)	**Maxim Hall [36]**	**Peterborough & Nene Valley AC**	**51.20**	**Bedford**	**09/09/2023**
M50-59 (700gm)	Steve Ladds [Ev]	Boston & District	46.25	?	?
M60+ (600gm)	**Martin Branfoot [60]**	**Chelmsford AC**	**36.23**	**Enfield**	**27/07/2016**
W35-49 (600gm)	**Emma Beales [36]**	**Marshall Milton Keynes AC**	**33.54**	**Cambridge**	**06/08/2008**
W50-59 (500gm)	Samantha Morgan [52]	Col & Tend/Ipswich Harriers	26.87	Colchester	31/07/2019
W60+ (500gm)	**Margaret Coombe [66]**	**Bedford**	**25.21**	**Bedford**	**05/05/2010**

2, 2, 4, 8 Medley Relay

Age Group	Club	Result	Venue	Date
M35-49	**Milton Keynes**	3:58.4	Cambridge	02/07/2003
	Andy Smith [42]			
	Mike Schofield [-]			
	Michael English [-]			
	Neil Ovington [40]			
M50+	Milton Keynes	4:16.2	?	?
W35-49	City of Norwich	4:30.6	?	?
W50+	**Milton Keynes**	5:30.25	Bedford	13/09/2015

4, 2, 2, 4 Medley Relay

Age Group	Club	Result	Venue	Date
M35-49	**Nene Valley Harriers**	2:39.9	Bedford	10/09/2017
M50+	Milton Keynes	2:55.1	Milton Keynes	05/09/2010
	Jim Lawrence [60]			
	Ivars Licietis [61]			
	Brian Slaughter [60]			
	John Turner [61]			
W35-49	Bedford & County	3:14.5	Milton Keynes	02/08/2000
W50+	**Fairlands Valley Spartans**	3:45.2	Stevenage	26/07/2017

4x100 Metres Relay

Age Group	Club	Result	Venue	Date
M35-49	**Colchester & Tendering/Ipswich Harriers**	48.8	Chelmsford	01/05/2024
	Chris Cooper [35]			
	Daniel Scurrell [46]			
	Nathan Laud [48]			
	Justin Hubbard [45]			
M50+	West Norfolk	52.0	Kings Lynn	03/06/2009
W35-49	Thurrock Harriers/Loughton	56.8	Milton Keynes	15/09/2024
	Nina Brennan [39]			
	Natalie Le Beau [35]			
	Mary Knapman [45]			
	Claire Brennan [43]			
W50+	**Fairlands Valley Spartans**	1:06.4	Stevenage	02/05/2018

4x200 Metres Relay

Age Group	Club	Result	Venue	Date
M35-49	**City of Southend AC**	1:42.8	Southend	05/07/2024
	Ade Elegbede [47]			
	Clint Nicholls [45]			
	Greg Goodrem [40]			
	Peter Smale [35]			
M50+	Marshall Milton Keynes AC	1:48.8	Bedford	05/07/2023
	Conrad Salthouse [55]			
	Andrew McDonald [53]			
	Darren O'Leary [55]			
	Paul Canning [57]			
W35-49	Thurrock/loughton	1:59.9	Colchester	05/07/2024
	Nina Brennan [39]			
	Joanne Ryan [37]			
	Natalie Le Beau [35]			
	Claire Brennan [43]			
W50+	**Fairlands Valley Spartans**	2:20.5	Cambridge	07/06/2017

4x400 Metres Relay

Age Group	Club	Result	Venue	Date
M35-49	**Peterborough and Nene Valley AC**	3:54.6	Peterborough	07/06/2023
	David Brown [45]			
	Matthew Parsons [45]			
	Simon Northcott [48]			
	Andrew Spour [40]			
M50+	Colchester Harriers	4:16.9	Thurrock	07/06/2023
	Ian Rattray [51]			
	Kevin McAlinden [59]			
	Colin Ridley [61]			
	Mark Russell [52]			
W35-49	Colchester Harriers	4:40.1	Southend	05/06/2019
W50+	**Fairlands Valley Spartans**	5:22.5	Milton Keynes	05/07/2017