

EMAC Track Field League Records (as at 2026-07-08)

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

V70 records added from 1st May 2025 - non-retrospective

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	?	?
M60-69	Ian Foster [63]	Wymondham	12.8	Bedford	03/09/2006
	Ricardo Huskisson [65]	Ryston Runners		Peterborough	01/07/2025
M70+	John Browne [72]	Marshall Milton Keynes AC	13.4	Sandy	01/07/2026
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	King's Lynn	07/07/2010
	Claire Smith [50]	Peterborough & Nene Valley		King's Lynn	01/07/2026
W60-69	Janice Nottingham [62]	Colchester & Tend/Ipswich	15.1	Milton Keynes	15/09/2024
W70+	Emily McMahon [75]	Thurrock H/Loughton	17.2	Thurrock	02/07/2025
	Georgina Smith [75]	Corby/Northampton AC		Sandy	01/07/2026

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	?	?
M60-69	John Browne [62]	Marshall Milton Keynes AC	26.2	Bedford	29/07/2015
M70+	John Browne [72]	Marshall Milton Keynes AC	28.3	Thurrock	06/09/2025
W35-49	Wendy Dunne [39]	Peterborough AC	26.1	Peterborough	11/09/1999
W50-59	Wendy Dunne [50]	Peterborough AC	28.6	King's Lynn	02/06/2010
W60-69	Janice Nottingham [62]	Colchester & Tend/Ipswich	32.10	Bedford	15/09/2024
W70+	Emily McMahon [75]	Thurrock Harriers/Loughton	36.6	Colchester	01/08/2025

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
M60-69	Tennyson James [63]	Bedford & County AC	61.5	Sandy	02/06/2021
M70+	Graham Chapman [70]	Ely Runners	77.8	King's Lynn	01/07/2026
W35-49	Tracy Brighton [39]	Bedford & County AC	58.14	Bedford	04/07/2001
W50-59	Kelly Sutton [51]	Peterborough & Nene Valley AC	65.4	Kings Lynn	01/07/2026
W60-69	Edith Caux [61]	Luton AC	71.8	Cambridge	04/07/2018
W70+	Yuko Gordon [75]	Fairlands Valley Spartans	95.5	Sandy	01/07/2026

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
M60-69	David Butler [60]	Chelmsford AC	2:20.2	Bedford	08/09/2013
M70+	John Skelton [75]	Marshall Milton Keynes AC	2:51.6	Bedford	03/06/2026
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
W70+	Diane Wooller [71]	Colchester Harriers	3:40.4	Colchester	01/08/2025

EMAC Track Field League Records (as at 2026-07-08)

1500 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAge]	League Club	Result	Venue	Date
M35-49	Karen Hindle [Ev]	City of Norwich	4:04.9	?	?
M50-59	Simon Coombes [51]	Bedford and County AC	4:20.4	Bedford	05/07/2023
M60-69	David Butler [60]	Chelmsford AC	4:37.5	Chelmsford	01/05/2013
M70+	David Butler [72]	Chelmsford AC	2:56.2	Colchester	06/06/2025
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
W60-69	Elke Hausler [60]	Newmarket Joggers	5:44.2	Bedford	05/07/2023
W70+	Yuko Gordon [74]	Fairlands Valley Spartans	6:45.7	Sandy	07/05/2025

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
M60-69	Paul Mingay [62]	Colchester Harriers	5:11.2	Colchester	31/07/2019
M70+	David Butler [72]	Chelmsford	6:17.9	Thurrock	02/07/2025
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
W60-69	Karen Brooks [64]	Corby AC	6:00.7	Bedford	01/08/2023
W70+	Yuko Gordon [75]	Fairlands Valley Spartans	7:56.7	Sandy	01/07/2026

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
M60-69	John Skelton [64]	Marshall Milton Keynes AC	6:51.7	Bedford	29/07/2015
M70	- [-]		59:59.9		
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
W60-69	Catherine Craig [62]	Fairlands Valley Spartans	10:14.7	Bedford	29/07/2015
W70+	- [-]		59:59.9		

**** 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
M60-69	David Butler [60]	Chelmsford AC	9:41.7	Lee Valley	07/08/2013
M70+	David Butler [72]	Chelmsford AC	11:51.8	Colchester	01/08/2025
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
W60-69	Roslyn Loutit [60]	Peterborough & Nene Valley Harriers	11:53.4	Milton Keynes	15/09/2024
W70+	Yuko Gordon [74]	Fairlands Valley Spartans	14:03.4	Milton Keynes	30/07/2025

80 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAge]	League Club	Result	Venue	Date
M70-79	- [-]		59.9		
W50-59	Gaye Clarke [51]	Ryston Runners AC	13.6	Kings Lynn	25/04/2012
W60-69	Jill Roginski [62]	Corby AC	14.9	Peterborough	01/06/2021
W70+	- [-]		59.9		

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
M60-69	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

EMAC Track Field League Records (as at 2026-07-08)

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
	Michael Shortall [40]	Thurrock Harriers/Loughton		Chelmsford	07/05/2025

200 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAge]	League Club	Result	Venue	Date
W70+	- [-]		99.9		

300 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAge]	League Club	Result	Venue	Date
M60-69	Ian Wells [61]	Ryston Runners AC	47.9	Bedford	09/09/2023
M70-79	- [-]		99.9		
W50-59	Denise Morley [50]	Colchester Harriers	55.40	Milton Keynes	22/09/2019
W60-69	Roslyn Loutit [61]	Peterborough & Nene Valley Harriers	66.2	Kings Lynn	30/07/2025

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
M60-69	Rodney Dunn [63]	Peterborough AC	5:44.2	St Ives	04/05/2016
M70+	- [-]		59:59.9		
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
W60-69	Cath Duhig [61]	Ryston Runners AC	5:59.0	King's Lynn	04/05/2016
W70+	- [-]		59:59.9		

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
M60-69	Arthur Thompson [69]	Herts Pheonix	8:01.4	Ware	01/06/2005
M70+	- [-]		59:59.9		
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
W60-69	Susan Barnett [60]	Cambridge & Coleridge AC	9:42.1	Milton Keynes	04/08/2010
W70+	- [-]		59:59.9		

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
M60-69	Jim Grant [63]	Stamford Striders	8:30.3	Kings Lynn	05/06/2019
M70+	- [-]		59:59.9		
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
W60-69	Diane Baldwin [61]	Marshall Milton Keynes AC	9:01.2	Bedford	06/06/2018
W70+	- [-]		59:59.9		

EMAC Track Field League Records (as at 2026-07-08)

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
M60-69	Arthur Thompson [69]	Herts Pheonix	10:18.7	Chelmsford	06/07/2005
M70+	John Borgars [79]	Bedford & County AC	13:57.4	Corby	02/07/2025
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
W60-69	Cath Duhig [61]	Ryston Runners AC	11:41.4	Bedford	11/09/2016
W70+	Cath Duhig [70]	Ryston Runners AC	13:17.0	Cambridge	04/06/2025

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 Keynes	15/09/2024
M50-59	Richard Phelan [55]	Huntingdonshire AC	1.58	Kings Lynn	07/06/2017
	Mark Feathstone [52]	Marshall Milton Keynes AC		Bedford	10/09/2017
M60-69	Karl Eve [60]	Peterborough and Nene Valley AC	1.40	Kings Lynn	05/07/2023
	Stephen Vandermark [60]	Cambridge & Coleridge AC		Bury St Edmunds	06/05/2026
	David Van Den Bergh [61]	Cambridge & Coleridge AC		Bury St Edmunds	06/05/2026
	David Van Den Bergh [61]	Cambridge & Coleridge AC		King's Lynn	01/07/2026
M70+	Ian Reeve [73]	West Norfolk AC	1.25	King's Lynn	01/07/2026
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
W60-69	Jill Roginski [63]	Corby AC	1.21	Corby	22/06/2022
	Gaye Clarke [61]	Ryston Runners AC			22/06/2022
	Judith Jagger [64]	Peterborough and Nene Valley AC		Peterborough	01/07/2025
W70+	- [-]		0.00		

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
M60-69	David Folgate [61]	Bedford & County AC	10.68	Bedford	09/05/2012
M70+	Ian Reeve [73]	West Norfolk AC	8.27	Cambridge	03/06/2026
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
W60-69	Marlene Simmonds [61]	Ryston Runners AC	8.34	Kings Lynn	06/06/2007
W70+	- [-]		00.00		

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
M60-69	Brian Slaughter [61]	Marshall Milton Keynes AC	4.94	Milton Keynes	23/08/2018
M70+	Ian Reeve [73]	West Norfolk AC	3.96	Kings Lynn	01/07/2026
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
W60-69	Clare St John-Coleman [60]	Chelmsford/Basildon	3.88	Chelmsford	02/06/2021
	Penny Butcher [62]	Bedford & County AC		Sandy	02/06/2021
W70+	Emily McMahon [75]	Thurrock Harriers /Loughton	3.23	Chelmsford	07/05/2025

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 [52]	Bedford & County AC	3.80	Thurrock	06/09/2025
M60-69	Brian Slaughter [60]	Marshall Milton Keynes AC	2.80	Bedford	06/06/2018
M70+	Ian Reeve [73]	West Norfolk AC	1.60	Cambridge	03/06/2026
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
W60-69	Sandra Pedley [60]	Bedford & County AC	2.03	Milton Keynes	30/07/2025
W70+	Barbara Higgins [70]	Thurrock Harriers/Loughton	1.40	Thurrock	06/09/2025

EMAC Track Field League Records (as at 2026-07-08)

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
M60-69 (5Kg)	Michael Hausler [65]	Cambridge & Coleridge AC	13.41	Cambridge	03/07/2024
M70+ (1Kg)	Geoffrey Tyler [77]	Colchester & Tendering/Ipswich H	10.75	Thurrock	06/05/2026
W35-49 (4Kg)	Emma Beardmore [35]	Marshall Milton Keynes	11.98	Bedford	05/07/2023
W50-59 (3Kg)	Sarah McGrath [52]	Cambridge & Coleridge AC	10.86	Thurrock	06/09/2025
W60-69 (3Kg)	Jill Roginski [63]	Corby AC	9.40	Corby	22/06/2022
W70+ (3Kg)	Shirley Quinn [71]	Chelmsford AC	6.52	Thurrock	06/09/2025

Discus Throw		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	League Club	Result	Venue	Date
M35-49 (2Kg)	Kevin Wilson [36]	Chelmsford AC	44.50	Thurrock	03/06/2026
M50-59 (1.5Kg)	Robert Earle [52]	Southend	48.76	Southend	05/06/2013
M60-69 (1Kg)	Robert Earle [62]	Colchester Harriers	45.65	Bedford	09/09/2023
M70+ (1Kg)	Geoffrey Tyler [76]	Chelmsford AC	35.58	Thurrock	06/09/2025
W35-49 (1Kg)	Emma Beales [35]	Marshall Milton Keynes AC	44.00	Bedford	01/08/2007
W50-59 (1Kg)	Emma Beales [53]	Marshall Milton Keynes	37.92	Bedford	04/06/2025
W60-69(1Kg)	Shirley Quinn [63]	Chelmsford AC	31.18	Bedford	10/09/2017
W70+ (1Kg)	Shirley Quinn [71]	Chelmsford AC	23.90	Thurrock	06/09/2025

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
M60-69 (5Kg)	Robert Earle [62]	Colchester Harriers	52.18	Bedford	09/09/2023
M70+ (4Kg)	Timothy Saunders Mullins [73]	Fairlands Valley Spartans	32.57	Sandy	01/07/2026
W35-49 (4Kg)	Andrea Jenkins [35]	Peterborough AC	50.33	Peterborough	06/07/2011
W50-59 (3Kg)	Andrea Jenkins [50]	Peterborough & Nene Valley AC	45.27	King's Lynn	01/07/2026
W60-69 (3Kg)	Shirley Quinn [63]	Chelmsford AC/Springfield	36.30	Bedford	10/09/2017
W70+ (3Kg)	Shirley Quinn [70]	Chelmsford AC	28.19	Thurrock	02/07/2025

Javelin Throw		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	League Club	Result	Venue	Date
M35-49 (800gm)	Paul Cooper [45]	Colchester Harriers	51.26	Bury St Edmund	20/07/2022
M50-59 (700gm)	Steve Ladds [Ev]	Boston & District	46.25	?	?
M50-59 (700gm)	David Sketchley [50]	Chelmsford AC	53.10	Thurrock	03/06/2026
M60-69 (600gm)	Martin Branfoot [60]	Chelmsford AC	36.23	Enfield	27/07/2016
M70+ (500gm)	Bunt Scott [74]	Marshall Milton Keynes	24.21	Milton Keynes	30/07/2025
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
W60-69 (500gm)	Margaret Coombe [66]	Bedford	25.21	Bedford	05/05/2010
W70+ (500gm)	Joylyn Saunders-Mullins [73]	Fairlands Valley Spartans	17.95	Bedford	03/06/2026

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 Scofield [49]			
	Michael English [43]			
	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

EMAC Track Field League Records (as at 2026-07-08)

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 [53]			
	Ivars Licietis [54]			
	Brian Slaughter [53]			
W35-49	Thurrock/Loughton	3:13.2	Thurrock	06/09/2025
	Joanne Ryan [38]			
	Amie Harrison [35]			
	Natalie Le Beau [36]			
W50+	Claire Brennan [44]			
	Fairlands Valley Spartans	3:45.2	Stevenage	26/07/2017

4x100 Metres Relay				
Age Group	Club	Result	Venue	Date
M35-49	Chelmsford AC	48.0	Chelmsford	01/07/2026
	Sylvester Juwe [47]			
	Roger Skedd [43]			
	Marcus Hunt [35]			
M50+	Paul Owen [41]			
	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]			
W50+	Claire Brennan [43]			
	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]			
M50+	Peter Smale [35]			
	Marshall Milton Keynes AC	1:48.8	Bedford	05/07/2023
	Conrad Salthouse [55]			
	Andrew McDonald [53]			
W35-49	Darren O'Leary [55]			
	Paul Canning [57]			
	Thurrock/loughton	1:59.9	Colchester	05/07/2024
	Nina Brennan [39]			
W50+	Joanne Ryan [37]			
	Natalie Le Beau [35]			
	Claire Brennan [43]			
W50+	Fairlands Valley Spartans	2:20.5	Cambridge	07/06/2017

EMAC Track Field League Records (as at 2026-07-08)

4x400 Metres Relay				
Age Group	Club	Result	Venue	Date
M35-49	Peterborough and Nene Valley AC	3:49.3	Cambridge	04/06/2025
	David Brown [47] Maxim Hall [38] Matthew Parsons [47] Russell Dowers [40]			
M50+	Bedford & County AC	4:11.1	Bedford	04/06/2025
	Tennyson James [67] Simon Coombes [52] Peter Benedickter [56] Gavin Reynolds [50]			
W35-49	Colchester Harriers	4:40.1	Southend	05/06/2019
W50+	Fairlands Valley Spartans	5:22.5	Milton Keynes	05/07/2017