

## EMAC Outdoor Track and Field Championships - CBP

100 Metres <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	<b>Matthew Dalton (35)</b>	<b>Peterborough AC</b>	<b>28/06/2015</b>	<b>Luton</b>	11.7
	Daniel Hill (35)	Lincoln Wellington AC	03/09/2016	Sandy	
M40	<b>Steve Peters (43)</b>	<b>Holbeach AC</b>	<b>08/06/1997</b>	<b>Kings Lynn</b>	11.5
M45	Ian Foster (46)	Norfolk Olympiads	17/09/1989	Corby	11.7
M50	<b>Ricky Huskisson (50)</b>	<b>Nene Valley Harriers</b>	<b>26/09/2010</b>	<b>Norwich</b>	12.0
M55	John Browne (59)	Marshall Milton Keynes AC	29/06/2013	Sandy	12.2
M60	<b>John Browne (61)</b>	<b>Marshall Milton Keynes AC</b>	<b>28/06/2015</b>	<b>Luton</b>	12.8
M65	Ian Foster (67)	Eastern Veterans AC	26/09/2010	Norwich	13.2
M70	<b>Colin Fairey (71)</b>	<b>Kettering Town Harriers</b>	<b>30/08/1987</b>	<b>Peterborough</b>	13.9
M75	Colin Fairey (75)	Kettering Town Harriers	16/06/1991	Ipswich	14.9
M80	<b>Colin Fairey (80)</b>	<b>Kettering Town Harriers</b>	<b>09/06/1996</b>	<b>Cambridge</b>	15.8
M85	- (-)	-	-	-	No CBP
M90	<b>Tony Rawlinson (90)</b>	<b>Herts Phoenix AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	25.8
W35	<b>Wendy Stone (38)</b>	<b>Herts Phoenix AC</b>	<b>07/06/1998</b>	<b>Peterborough</b>	13.3
W40	Wendy Stone (42)	Peterborough AC	15/06/2002	Bedford	13.2
W45	<b>Wendy Dunn (45)</b>	<b>Peterborough AC</b>	<b>02/07/2005</b>	<b>Chelmsford</b>	13.4
	Wendy Stone (47)	Peterborough AC	10/06/2007	Peterborough	
W50	<b>Wendy Dunn (50)</b>	<b>Peterborough AC</b>	<b>26/09/2010</b>	<b>Norwich</b>	13.5
W55	Carole Filer (57)	City of Norwich AC	29/06/2013	Sandy	13.8
W60	<b>Carol Alker (60)</b>	<b>Luton AC</b>	<b>28/06/2015</b>	<b>Luton</b>	15.6
W65	Jo Ogden (66)	Thurrock Harriers	13/06/1993	Kettering	15.7
W70	<b>Jo Ogden (70)</b>	<b>Thurrock Harriers</b>	<b>07/06/1998</b>	<b>Peterborough</b>	17.0
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP
W85	- (-)	-	-	-	No CBP
W90	- (-)	-	-	-	No CBP

200 Metres <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	<b>Daniel Hill (35)</b>	<b>Lincoln Wellington AC</b>	<b>03/09/2016</b>	<b>Sandy</b>	23.2
M40	Steve Peters (43)	Holbeach AC	08/06/1997	Kings Lynn	22.2
M45	<b>Steve Peters (46)</b>	<b>Boston &amp; District AC</b>	<b>04/06/2000</b>	<b>Chelmsford</b>	23.4
M50	Ricky Huskisson (50)	Nene Valley Harriers	26/09/2010	Norwich	24.5
M55	<b>William Guy (56)</b>	<b>Eastern Veterans AC</b>	<b>04/09/1988</b>	<b>Corby</b>	25.7
M60	John Moore (61)	Lincoln Wellington AC	31/07/2011	King's Lynn	26.9
M65	<b>Ian Foster (67)</b>	<b>Eastern Veterans AC</b>	<b>26/09/2010</b>	<b>Norwich</b>	27.7
M70	Colin Fairey (70)	Kettering Town Harriers	08/09/1986	Corby	28.2
M75	<b>Colin Fairey (75)</b>	<b>Kettering Town Harriers</b>	<b>16/06/1991</b>	<b>Ipswich</b>	31.7
M80	Colin Fairey (80)	Kettering Town Harriers	09/06/1996	Cambridge	36.0
M85	<b>Tony Rawlinson (88)</b>	<b>Herts Phoenix AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	62.9
M90	- (-)	-	-	-	No CBP
W35	Melanie Brown (36)	Woodford Green & Essex Ladies	10/06/2007	Peterborough	26.9
W40	<b>Carole Filer (41)</b>	<b>City of Norwich AC</b>	<b>08/06/1997</b>	<b>Kings Lynn</b>	27.2
W45	Wendy Dunn (45)	Peterborough AC	02/07/2005	Chelmsford	27.5
W50	<b>Wendy Dunn (50)</b>	<b>Peterborough AC</b>	<b>26/09/2010</b>	<b>Norwich</b>	28.1
W55	Edith Caux (57)	Luton AC	26/07/2014	Sandy	29.6
W60	<b>Jo Ogden (65)</b>	<b>Thurrock Harriers</b>	<b>14/06/1992</b>	<b>Kings Lynn</b>	32.2
W65	Jo Ogden (66)	Thurrock Harriers	13/06/1993	Kettering	31.8
W70	<b>Dorothy Fraser (70)</b>	<b>Lincoln Wellington AC</b>	<b>10/06/2007</b>	<b>Peterborough</b>	36.5
W75	Anne Martin (78)	Wymondham AC	26/07/2014	Sandy	45.5
W80	- (-)	-	-	-	No CBP
W85	- (-)	-	-	-	No CBP
W90	- (-)	-	-	-	No CBP

400 Metres <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	<b>David Brown (35)</b>	<b>Nene Valley Harriers</b>	<b>29/06/2013</b>	<b>Sandy</b>	50.6
M40	G Peel (40*)	Eastern Veterans AC	30/08/1987	Peterborough	52.7
	<b>Steve Peters (43)</b>	<b>Holbeach</b>	<b>08/06/1997</b>	<b>Kings Lynn</b>	
M45	Winston Thomas (46)	Eastern Veterans AC	17/06/1990	Bedford	52.6
M50	<b>Frank Taylor (52)</b>	<b>Eastern Veterans AC</b>	<b>04/09/1988</b>	<b>Corby</b>	55.9
M55	Tony Churchill (55)	Cambridge & Coleridge AC	30/08/1987	Peterborough	56.6
M60	<b>Ian Reeve (60)</b>	<b>West Norfolk AC</b>	<b>29/07/2012</b>	<b>Sandy</b>	1:01.8
M65	Alan Carter (68)	Enfield & Haringey AC	02/07/2005	Chelmsford	1:07.8
M70	<b>Kelvin Smith (70)</b>	<b>Marshall Milton Keynes AC</b>	<b>20/07/2019</b>	<b>Southend</b>	1:18.5
M75	Simeon Busby (75)	Eastern Veterans AC	30/08/1987	Peterborough	1:15.5
M80	<b>Frank Copping (80)</b>	<b>Ipswich Harriers</b>	<b>02/07/2005</b>	<b>Chelmsford</b>	1:45.6
M85	- (-)	-	-	-	No CBP
M90	- (-)	-	-	-	No CBP
W35	<b>Ann Turrington (35*)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>16/06/1991</b>	<b>Ipswich</b>	1:00.3
W40	R O'Sullivan (40*)	Chelmsford AC	04/06/2000	Chelmsford	1:01.9
W45	<b>Joan Lasenby (46)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	1:06.1
W50	Alison Wood (51)	Fairlands Valley Spartans	22/09/2017	Southend	1:09.3
W55	<b>Elizabeth Welbourn (56)</b>	<b>Ipswich Harriers</b>	<b>03/09/2016</b>	<b>Sandy</b>	1:09.6
W60	Dorothy Fraser (61)	Lincoln Wellington AC	07/06/1998	Peterborough	1:14.9
W65	<b>Dorothy Fraser (67)</b>	<b>Lincoln Wellington AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	1:22.1
W70	Dorothy Fraser (70)	Lincoln Wellington AC	10/06/2007	Peterborough	1:24.4
W75	<b>Mary Holmes (78)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>26/07/2014</b>	<b>Sandy</b>	1:41.4
W80	- (-)	-	-	-	No CBP
W85	- (-)	-	-	-	No CBP
W90	- (-)	-	-	-	No CBP

## EMAC Outdoor Track and Field Championships - CBP

800 Metres <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35	David Allworthy (36)	Colchester Harriers AC	29/06/2013	Sandy	2:02.3
M40	<b>G Peel (40*)</b>	<b>Eastern Veterans AC</b>	<b>30/08/1987</b>	<b>Peterborough</b>	<b>1:58.5</b>
M45	Tony Fitzjohn (45*)	Peterborough AC	30/08/1987	Peterborough	2:03.0
M50	<b>Tony Churchill (52)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>02/09/1984</b>	<b>Ipswich</b>	<b>2:07.0</b>
M55	Tony Churchill (55)	Cambridge & Coleridge AC	30/08/1987	Peterborough	2:07.2
M60	<b>Richard Somers (60)</b>	<b>Epsom &amp; Ewell Harriers</b>	<b>02/07/2005</b>	<b>Chelmsford</b>	<b>2:23.6</b>
M65	Bill Taylor (65*)	Ipswich Harriers	02/09/1984	Ipswich	2:32.8
M70	<b>Peter Binns (71)</b>	<b>Southend-on-Sea AC</b>	<b>11/08/2018</b>	<b>Southend</b>	<b>2:52.8</b>
M75	John Garber (76)	Herne Hill Harriers	11/08/2018	Southend	3:31.6
M80	<b>George Oxbury (80*)</b>	<b>Rugby &amp; District AC</b>	<b>18/06/1994</b>	<b>Grantham</b>	<b>3:39.8</b>
M85	- (-)	-	-	-	No CBP
M90	- (-)	-	-	-	No CBP
W35	<b>Ann Turrington (35*)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>16/06/1991</b>	<b>Ipswich</b>	<b>2:15.7</b>
W40	Ann Turrington (40*)	Cambridge & Coleridge AC	09/06/1996	Cambridge	2:32.9
	<b>Nicky Neill (42)</b>	<b>West Norfolk</b>	<b>26/07/2014</b>	<b>Sandy</b>	
W45	Joan Lasenby (46)	Cambridge & Coleridge AC	11/06/2006	Milton Keynes	2:35.8
W50	<b>Alison Wood (51)</b>	<b>Fairlands Valley Spartans</b>	<b>22/09/2017</b>	<b>Southend</b>	<b>2:33.0</b>
W55	Christine Anthony (56)	West Suffolk AC	20/07/2019	Southend	2:44.1
W60	<b>Gail Duckworth (60)</b>	<b>Leighton Buzzard AC</b>	<b>28/06/2015</b>	<b>Luton</b>	<b>2:55.1</b>
W65	Iris Hornsey (65)	Royston Runners	10/06/2007	Peterborough	3:21.7
W70	<b>Cindy Burgess (70)</b>	<b>Wymondham AC</b>	<b>20/07/2019</b>	<b>Southend</b>	<b>3:33.6</b>
W75	Mary Holmes (78)	Cambridge & Coleridge AC	26/07/2014	Sandy	3:41.0
W80	- (-)	-	-	-	No CBP
W85	- (-)	-	-	-	No CBP
W90	- (-)	-	-	-	No CBP

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

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

## EMAC Outdoor Track and Field Championships - CBP

5000 Metres <span style="float: right;">(nn*) - No DoB</span>					
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 (50*)	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 (60*)	City of Norwich AC	04/06/2000	Chelmsford	17:45.2
M65	Bryn Jenkins (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 CBP
M85	- (-)	-	-	-	No CBP
M90	- (-)	-	-	-	No CBP
W35	Jo Coates (35*)	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	15/06/2002	Bedford	25:46.2
W70	- (-)	-	-	-	No CBP
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP
W85	- (-)	-	-	-	No CBP
W90	- (-)	-	-	-	No CBP

10000 Metres <span style="float: right;">(nn*) - No DoB</span>					
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 (50*)	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 CBP
M80	- (-)	-	-	-	No CBP
M85	- (-)	-	-	-	No CBP
M90	- (-)	-	-	-	No CBP
W35	Christine Lathwell (39)	Luton AC	07/07/2016	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 CBP
W60	Alison Bourgeois (62)	Eastern Veterans AC	28/06/2015	Luton	42:21.9
W65	- (-)	-	-	-	No CBP
W70	- (-)	-	-	-	No CBP
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP

110 Metres Hurdles <span style="float: right;">(nn*) - No DoB</span>					
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)	Luton AC	11/06/2006	Milton Keynes	
M45 (99cm)	Tony Wells (46)	Corby AC	11/06/1995	Braintree	16.0

100 Metres Hurdles <span style="float: right;">(nn*) - No DoB</span>					
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)	Tennison 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 <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M70 (76cm-7)	Gordon Daborn (70*)	Stevenage & North Herts AC	13/06/2004	Hertford	14.5
M75 (76cm-7)	Donald Chambers (75)	Eastern Veterans AC	29/07/2012	Sandy	16.5
M80 (68cm)	- (-)	-	-	-	No CBP
W40 (76cm-8)	Sally Stagles (41)	Bedford & County AC	15/06/2002	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)	Newark AC	31/07/2011	Kings Lynn	
W75 (68cm)	Patricia Hill (77)	Newark AC	11/08/2018	Southend	21.6
W80 (68cm)	- (-)	-	-	-	No CBP

## EMAC Outdoor Track and Field Championships - CBP

400 Metres Hurdles <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35 (99cm)	Peter Benedickter (35)	Bedford & County AC	13/06/2004	Hertford	59.7
M40 (99cm)	<b>Peter Benedickter (42)</b>	<b>Bedford &amp; County AC</b>	<b>31/07/2011</b>	<b>King's Lynn</b>	<b>59.5</b>
M45 (99cm)	Tony Wells (46)	Corby AC	11/06/1995	Braintree	59.4
M50 (91cm)	<b>Tony Wells (51)</b>	<b>West Norfolk AC</b>	<b>04/06/2000</b>	<b>Chelmsford</b>	<b>63.1</b>
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)	<b>Sally Stagles (41)</b>	<b>Bedford &amp; County AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>68.4</b>
W45 (76cm)	Carole Filer (46)	Wymondham AC	15/06/2002	Bedford	70.5

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

200 Metres Hurdles <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M80	- (-)	-	-	-	No CBP
W70	Patricia Hill (70)	Newark AC	31/07/2011	King's Lynn	46.6
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP

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

3000 Metres Walk <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	- (-)	-	-	-	No CBP
M40	<b>Allen Ellam (40*)</b>	<b>Colchester &amp; Tendring AC</b>	<b>03/06/2001</b>	<b>Southend</b>	<b>14:34.3</b>
M45	Barry Hardwick (47)	Marshall Milton Keynes AC	09/06/1996	Cambridge	14:58.2
M50	<b>Don Cox (50*)</b>	<b>Chelmsford AC</b>	<b>07/06/1998</b>	<b>Peterborough</b>	<b>15:00.6</b>
M55	Keith Seaton (55*)	Nene Valley Harriers	18/06/1994	Grantham	15:44.8
M60	<b>Peter Cassidy (64)</b>	<b>Loughton AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>15:57.6</b>
M65	Arthur Thompson (69)	Herts Phoenix AC	02/07/2005	Chelmsford	15:13.6
M70	<b>Ken Livermore (71)</b>	<b>Enfield &amp; Haringey AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>20:06.6</b>
M75	Frank Copping (78)	Ipswich Harriers	20/07/2003	Luton	22:45.8
M80	- (-)	-	-	-	No CBP
W35	<b>Cath Reader (38)</b>	<b>Ryston Runners AC</b>	<b>13/06/1993</b>	<b>Kettering</b>	<b>15:11.1</b>
W40	Cath Reader (42)	Ryston Runners AC	08/06/1997	Kings Lynn	16:31.4
W45	<b>Cath Duhig (46)</b>	<b>Ryston Runners AC</b>	<b>03/06/2001</b>	<b>Southend</b>	<b>18:02.1</b>
W50	Francoise Fernandez (53)	Eastern Veterans AC	13/06/2004	Hertford	19:36.8
W55	<b>Cath Duhig (55)</b>	<b>Ryston Runners AC</b>	<b>26/09/2010</b>	<b>Norwich</b>	<b>17:29.7</b>
W60	Susan Barnett (61)	Cambridge & Coleridge AC	31/07/2011	King's Lynn	18:47.4
W65	<b>Ursula Duckworth (66)</b>	<b>Bedford &amp; County AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>22:00.7</b>
W70	- (-)	-	-	-	No CBP
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP

## EMAC Outdoor Track and Field Championships - CBP

Long Jump <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	Lawrence Harvey (35)	Trafford AC	03/09/2016	Sandy	6.77
M40	<b>John Shepherd (42)</b>	<b>Enfield &amp; Haringey AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>6.36</b>
M45	Peter Duckers (45)	Eastern Veterans AC	04/09/1988	Corby	6.03
M50	<b>David Folgate (51)</b>	<b>Bedford &amp; County AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>5.60</b>
M55	David Folgate (55)	Bedford & County AC	11/06/2006	Milton Keynes	5.32
M60	<b>Ajit Kalirai (60)</b>	<b>Eastern Veterans AC</b>	<b>04/09/1988</b>	<b>Corby</b>	<b>4.81</b>
M65	George Leete (65)	Eastern Veterans AC	17/06/1990	Bedford	4.45
M70	<b>George Leete (71)</b>	<b>Eastern Veterans AC</b>	<b>09/06/1996</b>	<b>Cambridge</b>	<b>4.12</b>
M75	Donald Chambers (75)	Eastern Veterans AC	29/07/2012	Sandy	3.63
M80	- (-)	-	-	-	No CBP

W35	<b>Carole Filer (39)</b>	<b>Wymondham AC</b>	<b>11/06/1995</b>	<b>Braintree</b>	<b>5.06</b>
W40	Carole Filer (40)	Wymondham AC	09/06/1996	Cambridge	4.97
W45	<b>Carole Filer (46)</b>	<b>Wymondham AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>5.06</b>
	Carole Filer (48)	Wymondham AC	13/06/2004	Hertford	
W50	<b>Marlene Simmonds (51)</b>	<b>Ryston Runners AC</b>	<b>08/06/1997</b>	<b>Kings Lynn</b>	<b>5.00</b>
W55	Carole Filer (57)	City of Norwich AC	29/06/2013	Sandy	4.82
W60	<b>Dorothy Fraser (61)</b>	<b>Lincoln Wellington AC</b>	<b>07/06/1998</b>	<b>Peterborough</b>	<b>3.56</b>
W65	Emily McMahon (67)	Enfield & Haringey AC	22/09/2017	Southend	3.77
W70	<b>Anne Martin (70)</b>	<b>Wymondham AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>2.97</b>
W75	Anne Martin (78)	Wymondham AC	26/07/2014	Sandy	2.72
W80	- (-)	-	-	-	No CBP

High Jump <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	<b>Clint Nicholls (36)</b>	<b>Basildon AC</b>	<b>28/06/2015</b>	<b>Luton</b>	<b>1.83</b>
M40	Wayne Gadd (40)	East Grinstead	31/07/2011	King's Lynn	1.71
M45	<b>Gordon Slater (49)</b>	<b>City of Norwich AC</b>	<b>26/09/2010</b>	<b>Norwich</b>	<b>1.80</b>
M50	John Mayor (53)	Stevenage & North Herts AC	31/07/2011	King's Lynn	1.60
M55	<b>John Mayor (55)</b>	<b>Stevenage &amp; North Herts AC</b>	<b>29/06/2013</b>	<b>Sandy</b>	<b>1.56</b>
M60	George Leete (62)	Eastern Veterans AC	30/08/1987	Peterborough	1.50
	<b>Colin Shafto (62)</b>	<b>Rowntrees</b>	<b>08/06/1997</b>	<b>King's Lynn</b>	
M65	George Leete (65)	Eastern Veterans AC	17/06/1990	Bedford	1.45
M70	<b>George Leete (71)</b>	<b>Eastern Veterans AC</b>	<b>09/06/1996</b>	<b>Cambridge</b>	<b>1.35</b>
M75	Alf Woods (75)	Epsom & Ewell Harriers	13/06/2004	Hertford	1.05
M80	<b>Tony Rawlinson (83)</b>	<b>Verlea AC</b>	<b>06/06/1999</b>	<b>Ware</b>	<b>0.90</b>
	Tony Rawlinson (84)	Verlea	04/06/2000	Chelmsford	

W35	Cath Goddard (37)	Marshall Milton Keynes AC	13/06/2004	Hertford	
	<b>Cath Goddard (38)</b>	<b>Marshall Milton Keynes AC</b>	<b>02/07/2005</b>	<b>Chelmsford</b>	<b>1.50</b>
	Cath Goddard (39)	Marshall Milton Keynes AC	11/06/2006	Milton Keynes	
W40	<b>Christine Drewry (40*)</b>	<b>Unknown</b>	<b>30/08/1987</b>	<b>Peterborough</b>	<b>1.50</b>
W45	Jan Hardcastle (46)	Marshall Milton Keynes AC	11/06/2006	Milton Keynes	1.40
W50	<b>Carole Filer (50)</b>	<b>City of Norwich AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>1.40</b>
	Carole Filer (54)	City of Norwich AC	26/09/2010	Norwich	
W55	<b>Carole Filer (56)</b>	<b>City of Norwich AC</b>	<b>29/07/2012</b>	<b>Sandy</b>	<b>1.43</b>
W60	Marlene Simmonds (61)	Ryston Runners AC	10/06/2007	Peterborough	1.10
W65	<b>Emily McMahon (68)</b>	<b>Enfield &amp; Haringey AC</b>	<b>11/08/2018</b>	<b>Southend</b>	<b>1.15</b>
W70	Trish Hill (74)	Newark AC	28/06/2015	Luton	1.06
W75	<b>Trish Hill (76)</b>	<b>Newark AC</b>	<b>03/09/2016</b>	<b>Sandy</b>	<b>1.09</b>
W80	- (-)	-	-	-	No CBP

Triple Jump <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	Lawrence Harvey (36)	Trafford AC	22/09/2017	Southend	14.79
M40	<b>Lee Still (44)</b>	<b>West Suffolk AC</b>	<b>13/06/1993</b>	<b>Kettering</b>	<b>12.86</b>
M45	Lee Still (45)	West Suffolk AC	18/06/1994	Grantham	12.66
M50	<b>Lee Still (52)</b>	<b>West Suffolk AC</b>	<b>03/06/2001</b>	<b>Southend</b>	<b>12.09</b>
M55	David Folgate (56)	Bedford & County AC	10/06/2007	Peterborough	11.50
M60	<b>David Folgate (63)</b>	<b>Bedford &amp; County AC</b>	<b>26/07/2014</b>	<b>Sandy</b>	<b>10.24</b>
M65	George Leete (67)	Eastern Veterans AC	14/06/1992	Kings Lynn	10.02
M70	<b>George Leete (71)</b>	<b>Eastern Veterans AC</b>	<b>09/06/1996</b>	<b>Cambridge</b>	<b>8.64</b>
M75	Donald Chambers (75)	Eastern Veterans AC	29/07/2012	Sandy	7.70
M80	- (-)	-	-	-	No CBP

W35	<b>Carole Filer (39)</b>	<b>Wymondham AC</b>	<b>11/06/1995</b>	<b>Braintree</b>	<b>9.60</b>
W40	Dawn Jones (42)	Harlow AC	29/07/2012	Sandy	10.02
W45	<b>Marlene Simmonds (48)</b>	<b>Ryston Runners AC</b>	<b>18/06/1994</b>	<b>Grantham</b>	<b>9.36</b>
W50	Marlene Simmonds (53)	Ryston Runners AC	06/06/1999	Ware	9.58
W55	<b>Marlene Simmonds (56)</b>	<b>Ryston Runners AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>8.82</b>
W60	Marlene Simmonds (61)	Ryston Runners AC	10/06/2007	Peterborough	8.19
W65	<b>Marlene Simmonds (66)</b>	<b>Ryston Runners AC</b>	<b>29/07/2012</b>	<b>Sandy</b>	<b>7.88</b>
W70	Anne Martin (70)	Wymondham AC	11/06/2006	Milton Keynes	6.82
W75	<b>Anne Martin (78)</b>	<b>Wymondham AC</b>	<b>26/07/2014</b>	<b>Sandy</b>	<b>5.88</b>
W80	- (-)	-	-	-	No CBP

## EMAC Outdoor Track and Field Championships - CBP

<b>Pole Vault</b> <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35	Gavin Fordham (36)	Bedford & County AC	28/06/2015	Luton	4.15
M40	<b>Paul Hoad (40*)</b>	<b>Enfield &amp; Haringey AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>4.20</b>
M45	Simon Eastwood (47)	Bedford & County AC	29/07/2012	Sandy	3.40
M50	<b>Tony Mackay (52)</b>	<b>Bedford &amp; County AC</b>	<b>17/06/1990</b>	<b>Bedford</b>	<b>3.50</b>
	Tony Mackay (53)	Bedford & County AC	16/06/1991	Ipswich	
M55	<b>Richard Phelan (56)</b>	<b>Huntingdonshire AC</b>	<b>11/08/2018</b>	<b>Southend</b>	<b>3.30</b>
M60	Bob Brown (62)	Rowntrees	18/06/1994	Grantham	3.30
M65	<b>Alf Woods (65)</b>	<b>Epsom &amp; Ewell Harriers</b>	<b>18/06/1994</b>	<b>Grantham</b>	<b>2.80</b>
	Alf Woods (67)	Epsom & Ewell	09/06/1996	Cambridge	
M70	<b>Alf Woods (73)</b>	<b>Epsom &amp; Ewell Harriers</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>2.20</b>
	Alf Woods (74)	Epsom & Ewell	20/07/2003	Luton	
M75	<b>Alf Woods (75)</b>	<b>Epsom &amp; Ewell Harriers</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>2.20</b>
M80	Tony Rawlinson (80)	Verlea AC	09/06/1996	Cambridge	1.70
M85	<b>Tony Rawlinson (88)</b>	<b>Verlea AC</b>	<b>13/06/2004</b>	<b>Hertford</b>	<b>1.20</b>
W35	<b>Jemma Eastwood (35)</b>	<b>Bedford &amp; County AC</b>	<b>26/07/2014</b>	<b>Sandy</b>	<b>3.25</b>
W40	Judi Stafford	Lincoln Wellington AC	09/06/1996	Cambridge	2.20
	<b>Jo Isbill (41)</b>	<b>Ryston Runners AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	
	Stephanie Pain (44)	City of Norwich AC	11/08/2018	Southend	
W45	<b>Jo Isbill (46)</b>	<b>Ryston Runners AC</b>	<b>31/07/2011</b>	<b>King's Lynn</b>	<b>2.50</b>
W50	Marilyn Anness (50*)	Unknown	15/06/2002	Bedford	2.20
W55	<b>Margaret Coombs (57)</b>	<b>Enfield &amp; Haringey AC</b>	<b>03/06/2001</b>	<b>Southend</b>	<b>2.16</b>
W60	Margaret Coombs (60)	Eastern Veterans AC	13/06/2004	Hertford	2.00
W65	- (-)	-	-	-	No CBP
W70	- (-)	-	-	-	No CBP
W75	- (-)	-	-	-	No CBP
W80	- (-)	-	-	-	No CBP

<b>Discus Throw</b> <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAGE)	Club	Date	Venue	CBP
M35 (2Kg)	Gavin Fordham (37)	Bedford & County AC	03/09/2016	Sandy	35.61
M40 (2Kg)	<b>John Painter (40)</b>	<b>City of Norwich AC</b>	<b>06/06/1999</b>	<b>Ware</b>	<b>41.26</b>
M45 (2Kg)	Rob Earle (46)	Colchester Harriers AC	10/06/2007	Peterborough	42.26
M50 (1.5Kg)	<b>Stephen Whyte (52)</b>	<b>Thames Valley Harriers</b>	<b>03/09/2016</b>	<b>Sandy</b>	<b>49.26</b>
M55 (1.5Kg)	J Watson (55*)	Unknown	04/09/1988	Corby	38.56
M60 (1Kg)	<b>Godfrey Leak (61)</b>	<b>Stevenage &amp; North Herts AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>39.48</b>
M65 (1Kg)	Geoff Tyler (67)	Chelmsford AC	03/09/2016	Sandy	43.15
M70 (1Kg)	<b>Geoff Tyler (70)</b>	<b>Chelmsford AC</b>	<b>20/07/2019</b>	<b>Southend</b>	<b>38.42</b>
M75 (1Kg)	Brian Sumner (76)	Tamworth AC	31/07/2011	King's Lynn	30.21
M80 (1Kg)	<b>Brian Sumner (81)</b>	<b>Midland Masters AC</b>	<b>03/09/2016</b>	<b>Sandy</b>	<b>21.42</b>
W35 (1Kg)	<b>Gwen Bird (35*)</b>	<b>Enfield &amp; Haringey AC</b>	<b>16/06/1991</b>	<b>Ipswich</b>	<b>48.30</b>
W40 (1Kg)	Emma Beales (44)	Marshall Milton Keynes AC	03/09/2016	Sandy	44.20
W45 (1Kg)	<b>Shirley Quinn (46)</b>	<b>Chelmsford AC</b>	<b>03/06/2001</b>	<b>Southend</b>	<b>33.07</b>
W50 (1Kg)	Julie Wilson (50)	Reading AC	29/06/2013	Sandy	31.94
W55 (1Kg)	<b>Shirley Quinn (57)</b>	<b>Chelmsford AC</b>	<b>29/07/2012</b>	<b>Sandy</b>	<b>33.57</b>
W60 (1Kg)	Shirley Quinn (63)	Chelmsford AC	22/09/2017	Southend	29.30
W65 (1Kg)	<b>Marlene Simmonds (66)</b>	<b>Ryston Runners AC</b>	<b>29/07/2012</b>	<b>Sandy</b>	<b>21.28</b>
W70 (1Kg)	Anne Martin (74)	Wymondham AC	26/09/2010	Norwich	20.73
W75 (.75Kg)	<b>Anne Martin (77)</b>	<b>Wymondham AC</b>	<b>29/06/2013</b>	<b>Sandy</b>	<b>17.44</b>
W80 (.75Kg)	Anne Martin (81)	Wymondham AC	22/09/2017	Southend	13.04

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

## EMAC Outdoor Track and Field Championships - CBP

<b>Javelin Throw</b> <span style="float: right;">(nn*) - No DoB</span>					
Age Group	Athlete (RDAge)	Club	Date	Venue	CBP
M35 (800gm)	Simon Eastwood (39)	Bedford & County AC	13/06/2004	Hertford	40.84
M40 (800gm)	<b>Tony MacKay (41)</b>	<b>Bedford &amp; County AC</b>	<b>02/09/1979</b>	<b>Cambridge</b>	<b>55.92</b>
M45 (800gm)	Bob Richards (47)	Bedford & County AC	11/06/1995	Braintree	47.04
M50 (700gm)	<b>Anthony Richards (50)</b>	<b>Croydon Harriers</b>	<b>04/06/2000</b>	<b>Chelmsford</b>	<b>41.80</b>
M55 (700gm)	Phil Bramford (55)	Cambridge & Coleridge AC	02/07/2005	Chelmsford	39.73
M60 (600gm)	<b>Gerald Ratcliffe (60*)</b>	<b>Dacorum &amp; Tring AC</b>	<b>08/06/1997</b>	<b>Kings Lynn</b>	<b>42.26</b>
M65 (600gm)	Bob Richards (67)	Bedford & County AC	26/07/2014	Sandy	35.36
M70 (500gm)	<b>Janis Gercs (70*)</b>	<b>Rugby &amp; District AC</b>	<b>18/06/1994</b>	<b>Grantham</b>	<b>29.98</b>
M75 (500gm)	Tony Rawlinson (78)	Verlea AC	18/06/1994	Grantham	24.00
M80 (400gm)	<b>Colin Fairey (80)</b>	<b>Kettering Town Harriers</b>	<b>09/06/1996</b>	<b>Cambridge</b>	<b>15.88</b>
M85 (400gm)	Tony Rawlinson (88)	Verlea AC	13/06/2004	Hertford	13.58
M90 (400gm)	<b>Tony Rawlinson (90)</b>	<b>Herts Phoenix AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>13.15</b>
W35 (600gm)	<b>Linda Rawlins (36)</b>	<b>Werrington Joggers</b>	<b>10/06/2007</b>	<b>Peterborough</b>	<b>35.69</b>
W40 (600gm)	Carole Morris (41)	Cambridge & Coleridge AC	07/06/1998	Peterborough	30.05
W45 (600gm)	<b>Carole Morris (45)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>28.60</b>
W50 (500gm)	Judith Jagger (50)	Grantham AC	31/07/2011	King's Lynn	27.10
W55 (500gm)	<b>Margaret Coombe (58)</b>	<b>Bedford &amp; County AC</b>	<b>15/06/2002</b>	<b>Bedford</b>	<b>24.64</b>
W60 (500gm)	Jo Ogden (65)	Thurrock Harriers	14/06/1992	Kings Lynn	30.44
W65 (500gm)	<b>Jo Ogden (66)</b>	<b>Thurrock Harriers</b>	<b>13/06/1993</b>	<b>Kettering</b>	<b>30.46</b>
W70 (500gm)	Jo Ogden (70)	Thurrock Harriers	08/06/1997	Kings Lynn	27.38
W75 (400gm)	<b>Jo Ogden (76)</b>	<b>Thurrock Harriers</b>	<b>20/07/2003</b>	<b>Luton</b>	<b>22.84</b>
W80 (400gm)	Anne Martin (80)	Wyomondham AC	03/09/2016	Sandy	10.61

<b>Shot Putt</b> <span style="float: right;">(nn*) - No DoB</span>					
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)	<b>Gintas Degutis (42)</b>	<b>Newham &amp; Essex Beagles AC</b>	<b>29/06/2013</b>	<b>Sandy</b>	<b>16.18</b>
M45 (7.26Kg)	Gintas Degutis (48)	Newham & Essex Beagles AC	11/08/2018	Southend	14.83
M50 (6Kg)	<b>Alf Woods (53)</b>	<b>Epsom &amp; Ewell Harriers</b>	<b>05/09/1981</b>	<b>Ipswich</b>	<b>14.21</b>
M55 (6Kg)	Michael Hausler (59)	Cambridge & Coleridge AC	11/08/2018	Southend	12.07
M60 (5Kg)	<b>Michael Hausler (60)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>20/07/2019</b>	<b>Southend</b>	<b>13.48</b>
M65 (5Kg)	Geoff Tyler (67)	Chelmsford AC	03/09/2016	Sandy	11.85
M70 (4Kg)	<b>Geoff Tyler (70)</b>	<b>Chelmsford AC</b>	<b>20/07/2019</b>	<b>Southend</b>	<b>12.21</b>
M75 (4Kg)	Ian Miller (77)	Herts Phoenix AC	29/07/2012	Sandy	9.80
M80 (3Kg)	<b>Brian Sumner (81)</b>	<b>Midland Masters AC</b>	<b>03/09/2016</b>	<b>Sandy</b>	<b>8.57</b>
M85 (3Kg)	Tony Rawlinson (88)	Verlea AC	13/06/2004	Hertford	4.35
M90 (3Kg)	<b>Tony Rawlinson (90)</b>	<b>Herts Phoenix AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>5.20</b>
W35 (4Kg)	<b>Emma Beales (35)</b>	<b>Marshall Milton Keynes AC</b>	<b>10/06/2007</b>	<b>Peterborough</b>	<b>11.47</b>
W40 (4Kg)	Barbara Terry (41)	Bromley Ladies	30/08/1987	Peterborough	11.28
W45 (4Kg)	<b>Pat McNab (45*)</b>	<b>St Albans Striders</b>	<b>04/09/1988</b>	<b>Corby</b>	<b>9.52</b>
W50 (3Kg)	Julie Wilson (50)	Reading AC	29/06/2013	Sandy	10.35
W55 (3Kg)	<b>Romana Martin (56)</b>	<b>Cambridge &amp; Coleridge AC</b>	<b>11/06/2006</b>	<b>Milton Keynes</b>	<b>9.28</b>
W60 (3Kg)	Romana Martin (60)	Cambridge & Coleridge AC	26/09/2010	Norwich	9.51
W65 (3Kg)	<b>Jo Ogden (66)</b>	<b>Thurrock Harriers</b>	<b>13/06/1993</b>	<b>Kettering</b>	<b>8.95</b>
W70 (3Kg)	Jo Ogden (70)	Thurrock Harriers	07/06/1998	Peterborough	8.71
W75 (2Kg)	<b>Anne Martin (75)</b>	<b>Wyomondham AC</b>	<b>31/07/2011</b>	<b>King's Lynn</b>	<b>8.11</b>
W80 (2Kg)	Anne Martin (81)	Wyomondham AC	22/09/2017	Southend	5.84