

EMAC Track Field League Records (as at 2021-05-12)

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, M50-59, M60+; W35-49, W50-59, W60+

100 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	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	Wendy Dunn [37]	Peterborough AC	12.8	Bedford	04/10/1997
	Wendy Dunn [39]	Peterborough AC		Bedford	07/09/1999
W50-59	Carole Filer [54]	City of Norwich	14.0	Kings Lynn	07/07/2010
W60+	Edith Caux [61]	Luton AC	15.6	Cambridge	04/07/2018

200 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	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+	Edith Caux [61]	Luton AC	32.2	Bedford	06/06/2018

400 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M35-49	David Brown [37]	Nene Valley Harriers	50.2	Peterborough	01/07/2015
M50-59	Tennyson James [50]	Bedford & County AC	56.1	Chelmsford	02/07/2008
M60+	John Moore [61]	West Norfolk AC	1:02.4	Peterborough	06/07/2011
	Ivars Licietis [60]	Marshall Milton Keynes AC		Sandy	04/05/2016
W35-49	Tracy Brighton [39]	Bedford & County AC	58.14	Bedford	04/07/2001
W50-59	Wendy Dunn [50]	Peterborough AC	1:06.4	Kings Lynn	07/07/2010
W60+	Edith Caux [61]	Luton AC	1:11.8	Cambridge	04/07/2018

800 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M35-49	Steve Toogood [40]	Chelmsford AC	2:02.3	Southend	07/08/2002
M50-59	Ivars Licietis [54]	Marshall Milton Keynes AC	2:14.2	Cambridge	02/06/2010
M60+	David Butler [60]	Chelmsford AC	2:20.2	Bedford	08/09/2013
W35-49	Claire Hayes [35]	Chelmsford AC	2:15.3	Bedford	05/09/2004
W50-59	Jane Clarke [51]	City of Norwich	2:33.8	Kings Lynn	01/06/2011
W60+	Carol Alker [62]	Luton AC	2:49.4	Milton Keynes	05/07/2017

1500 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M35-49	Guy Amos [*]	City of Norwich	4:04.9	?	?
M50-59	John Wallace [Ev]		4:30.6	?	?
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+	Karen Brooks [60]	Corby AC	6:00.5	Cambridge	01/07/2019

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1 Mile		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M35-49	Simon Coombes [46]	Bedford & County AC	4:35.3	Milton Keynes	01/08/2018
M50-59	Andrew Leach [54]	Bedford & County AC	4:55.4	Milton Keynes	01/08/2018
M60+	Paul Mingay [62]	Colchester Harriers	5:11.2	Colchester	31/07/2019
W35-49	Philippa Taylor [48]	Nene Valley Harriers	5:22.0	Peterborough	01/07/2015
W50-59	Gill Fullen [50]	Bedford Harriers	5:34.25	Sandy	01/07/2015
W60+	Karen Brooks [60]	Corby AC	6:19.6	Corb	31/07/2019

2000 Metres		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	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]	Club	Result	Venue	Date
M35-49	Keith McLellan [40]	Luton AC	8:55.9	Luton	04/06/1997
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+	Karen Brooks [60]	Corby AC	12:14.72	Milton Keynes	22/09/2019

80 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
W50-59	Gaye Clarke [51]	Ryston Runners AC	13.6	Kings Lynn	25/04/2012
W60+	Jill Roginski [60]	Corby AC	15.7	Kings Lynn	05/06/2019

100 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M50-59	Des Wilkinson [52]	Luton AC	14.9	Bedford	03/06/2015
M60+	Ian Reeve [66]	West Norfolk AC	19.7	King's Lynn	05/06/2019
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]	Club	Result	Venue	Date
M35-49	Ian Wells [*]	City of Norwich	15.7	Bedford	07/09/2002

300 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	Club	Result	Venue	Date
M60+	Tony Wells [66]	Corby AC	49.9	Peterborough	01/07/2015
W50-59	Denise Morley [50]	Colchester Harriers	55.40	Milton Keynes	22/09/2019
W60+	Emily McMahon [68]	Loughton AC	1:07.7	Colchester	01/08/2018

400 Metres Hurdles		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDage]	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	1:01.45	Milton Keynes	22/09/2019
W35-49	Sally Stagles [38]	Bedford & County AC	1:07.9	Bedford	11/09/1999
W50-59	Carole Filer [52]	City of Norwich	1:18.9	Cambridge	06/08/2008
	Gaye Clarke [52]	Ryston Runners AC		Peterborough	07/08/2013

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1000 Metres Walk		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	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	Margaret 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]	Club	Result	Venue	Date
M35-49	Daniel King [35]	Colchester Harriers	6:30.1	Bury St Edmonds	01/05/2019
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	Margaret Swithenby [50]	Marshall Milton Keynes AC	8:18.5	Milton Keynes	02/08/2000
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]	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 [50]	Thurrock Harriers/Loughton AC	8:07.2	Southend	05/06/2019
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]	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	Margaret Swithenby [50]	Marshall Milton Keynes AC	10:45.9	Peterborough	05/07/2000
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]	Club	Result	Venue	Date
M35-49	Greg Goodrem [35]	Southend	1.78	Chelmsford	03/07/2019
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+	Paul Oakes [62]	Ryston Runners AC	1.35	Kings Lynn	03/06/2015
	David Folgate [65]	Bedford & County AC		Bedford	11/09/2016
	Ian Reeve [64]	West Norfolk AC		Bedford	11/09/2016
	Brian Slaughter [62]	Marshall Milton Keynes AC		Milton Keynes	31/07/2019
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+	Emily McMahon [65]	Loughton AC	1.15	Southend	03/06/2015
	Emily McMahon [66]	Loughton AC		Bedford	11/09/2016

Triple Jump		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	Club	Result	Venue	Date
M35-49	Denis Costello [*]	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

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Long Jump		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	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+	Emily McMahon [65]	Loughton AC	3.65	Bedford	13/09/2015

Pole Vault		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	Club	Result	Venue	Date
M35-49	Gavin Fordham [36]	Bedford & County AC	4.26	Bedford	13/09/2015
M50-59	Simon Eastwood [50]	Bedford & County AC	3.25	Sandy	01/07/2015
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+	Barbara Higgins [63]	Loughton AC	1.40	Colchester	01/08/2018

Shot Putt		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	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 [60]	Cambridge & Coleridge AC	13.22	Bedford	03/07/2019
W35-49 (4Kg)	Lorraine Henry [*]	City of Norwich	11.49	Bedford	07/09/2005
W50-59 (3Kg)	Samantha Morgan [52]	Col & Tend/Ipswich Harriers	9.54	Bury St Edmonds	01/05/2019
W60+ (3Kg)	Vespa Ellis [60]	Basildon AC	8.98	Chelmsford	05/07/2017

Discus Throw		[Ev] = No Event date, [*] = No DoB			
Age Group	Athlete [RDAGE]	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)	Michael Hausler [60]	Cambridge & Coleridge AC	42.02	Milton Keynes	31/07/2019
W35-49 (1Kg)	Emma Beales [35]	Marshall Milton Keynes AC	44.00	Bedford	01/08/2007
W50-59 (1Kg)	Shirley Quinn [56]	Chelmsford AC	33.77	Lee Valley	01/06/2011
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]	Club	Result	Venue	Date
M35-49 (7.26Kg)	Malcolm Fenton [Ev]	City of Norwich	60.65	?	?
M50-59 (6Kg)	Robert Earle [52]	Southend	57.88	Chelmsford	01/05/2013
M60+ (5Kg)	Malcolm Fenton [60]	Tendring/Ipswich Harriers	46.06	Thurrock	04/05/2016
W35-49 (4Kg)	Andrea Jenkins [35]	Peterborough AC	50.33	Peterborough	06/07/2011
W50-59 (3Kg)	Shirley Quinn [55]	Chelmsford AC	36.44	Chelmsford	05/05/2010
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]	Club	Result	Venue	Date
M35-49 (800gm)	Peter Fuller [*]	Huntingdonshire AC	47.18	?	?
M50-59 (700gm)	Steve Ladds [*]	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

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2, 2, 4, 8 Medley Relay				
Age Group	Club	Result	Venue	Date
M35-49	Milton Keynes	3:58.4	?	?
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
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	Milton Keynes	49.41	Sandy	01/07/2015
M50+	West Norfolk	52.0	Kings Lynn	03/06/2009
W35-49	Milton Keynes	58.6	Milton Keynes	07/06/2006
W50+	Fairlands Valley Spartans	1:06.4	Stevenage	02/05/2018

4x200 Metres Relay				
Age Group	Club	Result	Venue	Date
M35-49	Col & Tendring/Ipswich Harriers	1:43.3	Southend	04/07/2018
M50+	Marshall Milton Keynes AC	1:57.2	Bedford	03/07/2019
W35-49	Colchester Harriers	2:03.7	Chelmsford	03/07/2019
W50+	Fairlands Valley Spartans	2:20.5	Cambridge	07/06/2017

4x400 Metres Relay				
Age Group	Club	Result	Venue	Date
M35-49	Bedford & County	3:54.9	Bedford	01/08/2007
M50+	Milton Keynes	4:22.3	Bedford	01/08/2007
W35-49	Colchester Harriers	4:40.1	Southend	05/06/2019
W50+	Fairlands Valley Spartans	5:22.5	Milton Keynes	05/07/2017