

60 Metres				
Eastern Masters AC Indoor Championships - Championship Records				
Age Group	Athlete	Club	Date	CBP
M35	Mark Collins (39)	Eastern Veterans AC	24/02/2013	7.17
M40	Jan Barnard (40)	Basildon AC	23/02/2020	7.61
M45	Mark Collins (45)	Eastern Masters AC	17/02/2019	7.59
M50	John Browne (53)	Chelmsford AC	18/02/2007	7.70
M55	John Browne (57)	Enfield & Haringey AC	13/02/2011	7.69
M60	Ricardo Huskisson (60)	Eastern Masters AC	23/02/2020	7.88
M65	Ian Foster (65)	Wymondham AC	22/02/2009	8.28
M70	Alan Carter (70)	Enfield & Haringey AC	10/02/2008	9.00
M75	Alan Carter (75)	Enfield & Haringey AC	24/02/2013	9.35
M80	Frank Copping (82)	Eastern Veterans AC	18/02/2007	13.70
W35	Augusta Pop (38)	Braintree AC	26/03/2023	8.37
W40	Angela Underdown (43)	St Edmund Pacers	22/02/2009	8.53
	Karen Hindle (44)	Diss AC	13/02/2011	
W45	Wendy Dunn (47)	Peterborough AC	18/02/2007	8.50
W50	Wendy Dunn (51)	Peterborough AC	13/02/2011	8.71
W55	Carole Filer (58)	City of Norwich AC	16/02/2014	8.89
	Carole Filer (59)	City of Norwich AC	15/02/2015	
W60	Emily McMahon (64)	Enfield & Haringey AC	15/02/2015	9.75
W65	Emily McMahon (65)	Enfield & Haringey AC	14/02/2016	10.01
W70	Dorothy Fraser (70)	Lincoln Wellington AC	10/02/2008	10.60
W75	Dorothy McLennan (77)	Windsor Slough Eton & Hounslow	24/02/2013	13.10
W80	- (-)	-	-	No Rec

200 Metres				
Age Group	Athlete	Club	Date	CBP
M35	Mark Collins (39)	Eastern Veterans AC	24/02/2013	23.20
M40	Allan Mc Sween (40)	Ealing, Southall & Middx	26/03/2023	23.35
M45	John Shepherd (45)	Enfield & Haringey AC	18/02/2007	24.50
M50	Alasdair Ross (54)	Windsor Slough Eton & Hounslow	18/02/2007	24.90
M55	Paul Canning (56)	Marshall Milton Keynes	26/03/2023	25.23
M60	Ricardo Huskisson (60)	Nene Valley Harriers	23/02/2020	26.36
M65	Ian Foster (65)	Wymondham AC	22/02/2009	28.29
M70	Tony Wells (71)	Corby AC	23/02/2020	31.83
M75	Alan Carter (75)	Enfield & Haringey AC	24/02/2013	31.70
M80	Frank Copping (82)	Eastern Veterans AC	18/02/2007	48.40
W35	Augusta Pop (38)	Braintree AC	26/03/2023	27.12
W40	Angela Underdown (43)	St Edmund Pacers	22/02/2009	27.86
W45	Wendy Dunn (47)	Peterborough AC	18/02/2007	27.90
W50	Wendy Dunn (51)	Peterborough AC	13/02/2011	28.53
W55	Tracy Bezance (55)	Southampton Athletic Club	23/02/2020	29.97
W60	Edith Caux (62)	Luton AC	17/02/2019	31.85
W65	Edith Caux (65)	Luton Athletic Club	04/12/2021	33.20
W70	Dorothy Fraser (70)	Lincoln Wellington AC	10/02/2008	37.40
W75	Dorothy Fraser (75)	Lincoln Wellington AC	24/02/2013	40.45
W80	Anne Martin (80)	Wymondham AC	14/02/2016	48.75

400 Metres				
Age Group	Athlete	Club	Date	CBP
M35	Paul Owen (37)	Chelmsford AC	04/12/2021	54.34
M40	Mark Oldham (41)	Southend-On-Sea AC	18/02/2007	53.90
M45	Peter Benedickter (45)	Bedford & County AC	15/02/2015	55.69
M50	Ivars Licietis (53)	Marshall Milton Keynes AC	22/02/2009	56.09
M55	Ivars Licietis (55)	Marshall Milton Keynes AC	13/02/2011	57.53
M60	Tennyson James (60)	Bedford & County AC	25/02/2018	62.70
M65	John Garber (65)	Herne Hill Harriers	18/02/2007	70.20
M70	Alan Carter (70)	Enfield & Haringey AC	10/02/2008	75.50
M75	Alan Carter (75)	Enfield & Haringey AC	24/02/2013	82.66
M80	Frank Copping (82)	Eastern Veterans AC	18/02/2007	113.80
W35	Stacy McGivern (39)	Peterborough AC	14/02/2016	62.95
W40	Denise Morley (40)	Colchester Harriers	24/01/2010	62.47
W45	Claire Smith (46)	PNVAC	26/03/2023	63.71
W50	Tracy Bezance (54)	Southampton Athletic Club	17/02/2019	66.93
W55	Christine Feely (55)	Stevenage & North Herts AC	25/02/2018	70.12
W60	Edith Caux (61)	Luton AC	25/02/2018	73.15
W65	Edith Caux (65)	Luton Athletic Club	04/12/2021	77.11
W70	Anne Dockery (70)	Bristol and West AC	17/02/2019	89.48
W75	Iris Hornsey (75)	Fairlands Valley Spartans	25/02/2018	99.31
W80	- (-)	-	-	No Rec

800 Metres				
Age Group	Athlete	Club	Date	CBP
M35	David Allworthy (37)	Colchester Harriers	16/02/2014	2:03.73
M40	Peter Barker (40)	St Edmund Pacers	10/02/2008	2:04.10
M45	Christopher Westcott (46)	Stevenage & North Herts AC	17/02/2019	2:05.67
M50	Simon Coombes (50)	Herne Hill Harriers	26/03/2023	2:12.18
M55	Malcolm Down (55)	Garden City Runners	12/02/2017	2:20.50
M60	Jonathan Metcalf (60)	Thurrock Harriers AC	23/02/2020	2:25.44
M65	John Skelton (66)	Marshall Milton Keynes AC	25/02/2018	2:36.34
M70	Kenneth Bowman (71)	Coltishall Jaguars RC	17/02/2019	3:01.73
M75	John Garber (77)	Herne Hill Harriers	17/02/2019	3:25.38
M80	Frank Copping (82)	Eastern Veterans AC	18/02/2007	4:31.80
W35	Denise Morley (39)	Colchester Harriers	22/02/2009	2:23.65
W40	Denise Morley (44)	Colchester Harriers	16/02/2014	2:21.40
W45	Joan Lasenby (46)	Cambridge & Coleridge AC	18/02/2007	2:34.30
W50	Christine Anthony (53)	Abbey AC	14/02/2016	2:34.64
W55	Christine Anthony (56)	West Suffolk AC	17/02/2019	2:36.55
W60	Karen Brooks (60)	Corby AC	23/02/2020	2:48.31
W65	Iris Hornsey (65)	Royston	10/02/2008	3:20.60
W70	Anne Dockery (70)	Bristol and West AC	17/02/2019	3:21.48
W75	Anne Martin (76)	Wymondham AC	19/02/2012	3:48.29
W80	- (-)	-	-	No Rec

1500 Metres				
Age Group	Athlete	Club	Date	CBP
M35	Adrian Copp (39)	Stopsley Striders	13/02/2011	4:31.67
M40	Les Ball (42)	Lincoln Wellington AC	22/02/2009	4:16.19
M45	Les Ball (45)	Lincoln Wellington AC	19/02/2012	4:20.78
M50	Simon Coombes (50)	Herne Hill Harriers	26/03/2023	4:20.79
M55	Colin Ridley (59)	Colchester Harriers	04/12/2021	4:46.92
M60	Richard Holland (61)	Woodford Green AC with Essex Ladies	23/02/2020	5:10.22
M65	John Garber (65)	Herne Hill Harriers	18/02/2007	5:34.10
M70	- (-)	-	-	No Rec
M75	- (-)	-	-	No Rec
M80	- (-)	-	-	No Rec
W35	Christine Lathwell (38)	Luton AC	15/02/2015	5:03.69
W40	Mary Knapman (44)	Loughton AC	26/03/2023	5:11.03
W45	Diane Farmer (48)	Marshall Milton Keynes AC	10/02/2008	5:50.30
W50	Joan Lasenby (50)	Cambridge & Coleridge AC	13/02/2011	5:13.40
W55	Gail Duckworth (56)	Leighton Buzzard AC	19/02/2012	5:23.54
W60	Gail Duckworth (62)	Leighton Buzzard AC	25/02/2018	5:59.70
W65	Eva Osborne (66)	Wymondham AC	18/02/2007	6:58.40
W70	Anne Martin (71)	Wymondham AC	18/02/2007	7:10.00
W75	- (-)	-	-	No Rec
W80	- (-)	-	-	No Rec

3000 Metres				
Age Group	Athlete	Club	Date	CBP
M35	Nick Shasha (38)	Orion	24/02/2013	9:00.55
M40	John Herbert (42)	Nene Valley Harriers	19/02/2012	9:11.33
M45	Simon Coombes (46)	Herne Hill Harriers	17/02/2019	9:10.96
M50	Simon Coombes (50)	Herne Hill Harriers	26/03/2023	9:11.12
M55	David Butler (58)	Billericay Striders AC	19/02/2012	9:40.27
M60	Paul Mingay (62)	Colchester Harriers	23/02/2020	10:11.39
M65	John Skelton (66)	Marshall Milton Keynes AC	25/02/2018	11:35.64
M70	Kenneth Bowman (71)	Coltishall Jaguars RC	17/02/2019	12:16.35
M75	- (-)	-	-	No Rec
M80	- (-)	-	-	No Rec
W35	Christine Lathwell (38)	Luton AC	15/02/2015	10:53.70
W40	Christine Lathwell (40)	Stopsley Striders	12/02/2017	11:40.50
W45	Zoe Oldfield (46)	Loughton AC	26/03/2023	11:22.06
W50	Maureen McCarthy (54)	West Suffolk AC	14/02/2016	11:31.22
W55	Gail Duckworth (56)	Leighton Buzzard AC	19/02/2012	11:19.58
W60	Gail Duckworth (62)	Leighton Buzzard AC	25/02/2018	12:33.65
W65	- (-)	-	-	No Rec
W70	Betty Stracey (72)	Lincoln Wellington AC	19/02/2012	15:54.10
W75	- (-)	-	-	No Rec
W80	- (-)	-	-	No Rec

60 Metres Hurdles				
Age Group	Athlete	Club	Date	CBP
M35 (99cm)	Michael Shortall (35)	Thurrock Harriers AC	23/02/2020	8.75
M40 (99cm)	Des Wilkinson (44)	Luton AC	18/02/2007	8.90
M45 (99cm)	Gary Smith (47)	Bedford & County AC	25/02/2018	8.59
M50 (91cm)	Gary Smith (50)	Luton AC	04/12/2021	8.69
M55 (91cm)	Des Wilkinson (56)	Luton AC	17/02/2019	9.25
M60 (84cm)	Tennyson James (62)	Bedford & County AC	23/02/2020	9.76
M65 (84cm)	Tony Wells (68)	Corby AC	12/02/2017	10.46
M70 (76cm)	Tony Wells (71)	Corby AC	23/02/2020	10.83
M75 (76cm)	Colin Shafto (78)	City of York	24/02/2013	12.17
M80 (68cm)	- (-)	-	-	No Rec
W35 (84cm)	Dasha Newington (35)	Gateshead Harriers & AC	23/02/2020	11.99
W40 (76cm-8)	Angela Underdown (43)	St Edmund Pacers	22/02/2009	9.87
W45 (76cm-8)	Gaye Clarke (47)	Ryston Runners AC	10/02/2008	9.60
W50 (76cm-7)	Gaye Clarke (51)	Ryston Runners AC	19/02/2012	10.27
W55 (76cm-7)	Carole Filer (58)	City of Norwich AC	16/02/2014	10.39
	Carole Filer (59)	City of Norwich AC	15/02/2015	
W60 (68cm)	Emily McMahon (64)	Enfield & Haringey AC	15/02/2015	11.37
W65 (68cm)	Emily McMahon (65)	Enfield & Haringey AC	14/02/2016	11.76
W70 (68cm)	Patricia Hill (74)	Newark AC	15/02/2015	15.87
W75 (68cm)	- (-)	-	-	No Rec
W80 (68cm)	- (-)	-	-	No Rec

Pole Vault				
Age Group	Athlete	Club	Date	CBP
M35	Joe McGrath (37)	Basildon AC	12/02/2017	3.23
M40	Robert Kingman (40)	Newham & Essex Beagles AC	16/02/2014	4.20
M45	Simon Eastwood (45)	Bedford & County AC	13/02/2011	3.40
	Simon Eastwood (47)	Bedford & County AC	24/02/2013	
M50	Robert Kingman (50)	Bedford & County AC	26/03/2023	3.60
M55	Simon Eastwood (57)	Bedford & County AC	26/03/2023	2.80
M60	Brian Slaughter (60)	Eastbourne Rovers AC	25/02/2018	2.80
M65	Mark Burgman (66)	Bedford & County AC	26/03/2023	2.50
M70	- (-)	-	-	No Rec
M75	- (-)	-	-	No Rec
M80	- (-)	-	-	No Rec
W35	Jemma Eastwood (39)	Bedford & County AC	25/02/2018	3.30
W40	Jemma Eastwood (40)	Bedford & County AC	17/02/2019	3.20
W45	Stephanie Pain (45)	City Of Norwich AC	17/02/2019	2.50
W50	Sandra Pedley (51)	Huntingdonshire AC	12/02/2017	1.93
W55	Sandra Pedley (56)	Huntingdonshire AC	04/12/2021	2.00
W60	- (-)	-	-	No Rec
W65	- (-)	-	-	No Rec
W70	- (-)	-	-	No Rec
W75	- (-)	-	-	No Rec
W80	- (-)	-	-	No Rec

High Jump				
Age Group	Athlete	Club	Date	CBP
M35	James Danobrega (35)	Bedford & County AC	19/02/2012	1.60
M40	Clint Nicholls (42)	Basildon AC	04/12/2021	1.60
M45	Mark Gray (48)	Grantham AC	19/02/2012	1.55
M50	Harvey Griffiths (51)	Watford Harriers	23/02/2020	1.59
M55	Richard Phelan (55)	Huntingdonshire AC	12/02/2017	1.50
M60	Wayne DuBose (62)	Huntingdonshire AC	12/02/2017	1.29
M65	- (-)	-	-	No Rec
M70	- (-)	-	-	No Rec
M75	Colin Shafto (78)	City of York	24/02/2013	1.24
M80	- (-)	-	-	No Rec
W35	Heidi Nicholas (36)	Basildon AC	12/02/2017	1.48
W40	Dawn Jones (42)	Harrow AC	19/02/2012	1.39
W45	Stacy McGivern (46)	Cambridge & Coleridge AC	26/03/2023	1.41
W50	Gaye Clarke (51)	Ryston Runners AC	19/02/2012	1.36
W55	Carole Filer (59)	City of Norwich AC	15/02/2015	1.42
W60	- (-)	-	-	No Rec
W65	- (-)	-	-	No Rec
W70	Emily McMahon (71)	Enfield & Haringay AC	04/12/2021	1.09
W75	- (-)	-	-	No Rec
W80	- (-)	-	-	No Rec

Long Jump				
Age Group	Athlete	Club	Date	CBP
M35	Michael Shortall (35)	Thurrock Harriers AC	23/02/2020	5.67
M40	Justin Hubbard (40)	Colchester & Tendring AC	17/02/2019	5.75
M45	John Mayor (48)	Stevenage & North Herts AC	18/02/2007	5.54
M50	Philip Bowers (51)	Huntingdonshire AC	17/02/2019	4.96
	Philip Bowers (52)	Huntingdonshire AC	23/02/2020	4.96
M55	Richard Phelan (55)	Huntingdonshire AC	12/02/2017	5.03
M60	Paul Oakes (62)	Ashford AC	14/02/2016	4.43
M65	Noel Moss (65)	Cambridge & Coleridge AC	24/01/2010	3.39
M70	John Spriggs (70)	Peterborough & Nene Valley AC	26/03/2023	3.62
M75	- (-)	-	-	No Rec
M80	- (-)	-	-	No Rec
W35	Heidi Nicholas (36)	Basildon AC	12/02/2017	4.87
W40	Sally Gilding (43)	City of Norwich AC	26/03/2023	4.00
W45	Stacy McGivern (46)	Cambridge & Coleridge AC	26/03/2023	4.65
W50	Gaye Clarke (51)	Ryston Runners AC	19/02/2012	4.18
W55	Carole Filer (58)	City of Norwich AC	16/02/2014	4.58
W60	Clare St John-Coleman (61)	Chelmsford AC	04/12/2021	3.82
W65	Emily McMahon (68)	Enfield & Haringey AC	17/02/2019	3.40
W70	Emily McMahon (71)	Enfield & Haringey AC	04/12/2021	3.25
W75	Anne Martin (78)	Wyndham AC	16/02/2014	2.63
W80	Anne Martin (80)	Wyndham AC	14/02/2016	2.39

Triple Jump				
Age Group	Athlete	Club	Date	CBP
M35	Aaron Bolu (39)	Colchester & Tendring AC	25/02/2018	11.47
M40	Paul Ffrench (42)	Southend-On-Sea AC	18/02/2007	11.20
M45	Neil Carrington (46)	Biggleswade AC	15/02/2015	11.33
M50	Paul Harrison (51)	Ryston Runners AC	25/02/2018	11.24
M55	David Folgate (55)	Bedford & County AC	18/02/2007	11.14
M60	Clifford Warren (60)	Loughton AC	04/12/2021	9.19
M65	Patrick Reynolds (69)	Veterans AC	23/02/2020	6.16
M70	John Spriggs (70)	Peterborough & Nene Valley AC	26/03/2023	7.23
M75	- (-)	-	-	No Rec
M80	- (-)	-	-	No Rec
W35	Anne Moindrot (35)	Cambridge & Coleridge AC	25/02/2018	9.53
W40	Dawn Jones (43)	Harlow AC	24/02/2013	9.57
W45	Clare St John-Coleman (49)	Chelmsford AC	24/01/2010	7.63
W50	Clare St John-Coleman (53)	Chelmsford AC	16/02/2014	8.00
W55	Clare St John-Coleman (55)	Chelmsford AC	14/02/2016	7.79
W60	Christine Salvary (61)	Barnet & District AC	25/02/2018	6.71
W65	- (-)	-	-	No Rec
W70	Anne Martin (72)	Wyndham AC	10/02/2008	6.90
W75	Anne Martin (76)	Wyndham AC	19/02/2012	6.20
W80	Anne Martin (80)	Wyndham AC	14/02/2016	5.86

Shot Put				
Age Group	Athlete	Club	Date	CBP
M35 (7k)	Stuart Thurgood (35)	Herne Hill Harriers	19/02/2012	12.99
M40 (7k)	Gintas Degutis (42)	Newham & Essex Beagles AC	24/02/2013	15.49
M45 (7k)	Gintas Degutis (45)	Newham & Essex Beagles AC	14/02/2016	15.23
M50 (6k)	Stephen Whyte (51)	Thames Valley Harriers	14/02/2016	14.81
M55 (6k)	Michael Hausler (59)	Cambridge & Coleridge AC	17/02/2019	12.51
M60 (5k)	Michael Hausler (62)	Cambridge & Coleridge AC	04/12/2021	13.75
M65 (5k)	Geoffrey Tyler (65)	Chelmsford AC	16/02/2014	12.92
M70 (4k)	Geoffrey Tyler (71)	Chelmsford AC	23/02/2020	12.83
M75 (4k)	Ian Miller (75)	Eastern Veterans AC	24/01/2010	11.03
M80 (3k)	Ian Miller (80)	Herts Phoenix AC	15/02/2015	10.20
W35 (4k)	Anne Moindrot (35)	Cambridge & Coleridge AC	25/02/2018	7.89
W40 (4k)	Catherine Goddard (44)	Marshall Milton Keynes AC	13/02/2011	9.40
W45 (4k)	Sue Lawrence (47)	Thurrock Harriers AC	25/02/2018	9.97
W50 (3k)	Sue Lawrence (51)	Marshall Milton Keynes AC	04/12/2021	10.67
W55 (3k)	Julie Wilson (55)	Reading AC	25/02/2018	9.40
W60 (3k)	Anthea Bramford (61)	Cambridge & Coleridge AC	24/01/2010	6.95
W65 (3k)	Stephanie Stamp (67)	Southend-On-Sea AC	23/02/2020	6.15
W70 (3k)	Anne Martin (71)	Wyndham AC	18/02/2007	7.27
W75 (2k)	Anne Martin (79)	Wyndham AC	15/02/2015	7.38
W80 (2k)	Anne Martin (80)	Wyndham AC	14/02/2016	6.99