

# TRACK

60 Metres Male					Notes	60 Metres Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Justin Hubbard	20/03/2018	Madrid	7.87							
V 40	Justin Hubbard	06/03/2022	Lee Valley	7.64 i							
V 45						V 45	Carey Hollick	25/11/2017	Lee Valley	11.14 i	

100 Metres Male					Notes	100 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Justin Hubbard	04/07/2018	Southend	12.2		V 35	Karen Wilson	17/08/2014	Bury St Ed	18.7	
V 40	Justin Hubbard	26/08/2019	Southend	11.88		V 40	Sian Gifford	13/05/2015	Colchester	15.2	
V 45	Justin Hubbard	01/05/2024	Chelmsford	12.6		V 45	Carey Hollick	11/05/2019	Chelmsford	18.58	
V 50	Christopher Harvey	01/06/2022	Southend	14.3		V 50	Rachel Newenham	10/05/2023	Southend	17.9	
V 60						V 60	Diane Wooller	13/05/2015	Grays	18.6	
V 65	William Haining	01/05/2024	Chelmsford	17.7		V 65					

200 Metres Male					Notes	200 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Justin Hubbard	06/06/2018	Grays	25.0		V 35					
V 40	Justin Hubbard	27/04/2022	Chelmsford	24.32		V 40	Sian Gifford	21/05/2011	Walthamstow	30.2	
V 45	Aaron Bollu	07/06/2023	Grays	27.3		V 45	Sian Gifford	17/06/2017	Braintree	32.2	
V 50	Christopher Harvey	29/04/2022	Braintree	30.7		V 50	Margaret Deasy	17/06/2017	Southend	40.3	
V 60						V 60	Diane Wooller	06/07/2016	Southend	39.7	

400 Metres Male					Notes	400 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35						V 35					
V 40	Terry Maher	18/06/2016	Croydon	60		V 40	Sian Gifford	04/07/2009	Birmingham	64.76	
V 45	Rob Milburn	05/07/2023	Bury St Edmunds	67.8		V 45	Sian Gifford	04/05/2014 08/03/2014	Grays Lee Valley	77.1 66.7 i	
V 50	Christopher Harvey	22/06/2022	Chelmsford	64.5		V 50	Jane Milburn	05/07/2023	Bury St Edmunds	153.6	
V 60						V 60	Diane Wooller	26/07/2017	Ipswich	89.5	

800 Metres Male					Notes	800 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Gerald Buck	01/06/2022	Southend	02:13.5		V 35	Tracey Smedley	09/07/2001	Brisbane	02:13.94	
V 40	Rob Milburn	19/09/2021	Chelmsford	02:29.3		V 40	Sian Gifford	05/04/2009	Birmingham	02:31.06	
V 45						V 45	Sian Gifford	16/07/2017	Bury St Edmunds	02:44.0	
V 50	Christopher Harvey	29/04/2022	Braintree	02:29.0		V 50	Rachel Newenham	01/05/2024	Chelmsford	03:18.6	
V 55	Stephen Cartwright	06/07/2016	Southend	03:30.9		V 55					
						V 60	Diane Wooller	06/07/16	Southend	03:19.6	

1500 Metres Male					Notes	1500 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35						V 35	Tracey Smedley	13/07/2001	Brisbane	04:42.19	
V 40	Henry Emmerton	17/06/1988	Bedford	04:08.0		V 40	Sian Gifford	22/05/2010	Mile End	05:18.05	
V 45	Rob Milburn	22/06/2022	Chelmsford	05:04.09		V 45	Sian Gifford	07/06/2017	Southend	06:04.5	
V 50	Roger Alexander	15/05/2011	Chelmsford	05:13.8		V 50	Margaret Deasy	09/08/2015	Cambridge	05:08.2	
V 60						V 60	Diane Wooller	01/06/2016	Chelmsford	06:39.8	
V 70											

1 Mile Male					Notes	1 Mile Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Gerald Buck	20/07/2022	Bury St Ed	05:00.5		V 35					
V 40						V 40					
V 45	Rob Milburn	20/07/2022	Bury St Ed	05:40.04		V 45					
V 50	Chris Harvey	20/07/2022	Bury St Ed	05:51.0		V 50					
V 60						V 60	Diane Wooller	27/07/2016	Lee Valley	07:15.5	

3000 Metres Male					Notes	3000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 40	Samuel Irungu	04/06/2023	Bury St Edmunds	11:05.8		V 40	Sian Gifford	20/04/2013	Colchester	12:02.6	
V 45	Rob Milburn	10/05/2023	Southend	11:38.60		V 45	Sian Gifford	15/04/2017	Lee Valley	13:03.92	
V 50	Christopher Harvey	12/09/2020	Norwich	10:57.0		V 50	Margaret Deasy	27/08/2014	Watford	10:33.74	
						V 55	Diane Wooller	21/05/2011	Walthamstow	13:24.8	
V 60						V 60	Diane Wooller	04/05/2016	Grays	13:57.4	

5000 Metres Male					Notes	5000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V40	Jonathon Walton	19/08/2017	Colchester	20:38.6		V 40					
						V 45	Sian Gifford	21/05/2016	Cambridge	23:51.1	
V 50	John Henington	16/06/2023	Ilford	19:18.0		V 50	Margaret Deasy	04/07/2015	Watford	19:01.0	
V 60						V 60	Diane Wooller	04/07/2015	Watford	24:13.9	

10000 Metres Male					Notes	5000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 50	John Henington	28/07/2023	Braintree	40:30.3							

3000 SC Male					Notes	2000 SC Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V45	Rob Milburn	12/06/2022	Mile End	12:26.6							

100m Hurdles					Notes	100m Hurdles					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
						V 40	Karen Wilson	19/08/2017	Colchester	20.8	
						V 45	Sian Gifford	15/08/2015	Hemel Hempstead	25.7	

400 Hurdles Male					Notes	400 Hurdles Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	time	
						V 35	Rosanna Holden	22/05/2022	Colchester	01:46.8	
V 40	Ray Patterson	21/05/2016	Cambridge	85.4		V 40	Sian Gifford	20/04/2013	Colchester	01:18.6	
V 45	Rob Milburn	12/06/2022	Mile End	79.4		V 45	Mandy Hicks	20/05/2017	Woodford Green	02:24.3	
V 50	Chris Harvey	20/07/2022	Bury St Ed	81.3							
V 55	Stephen Cartwright	05/07/2017	Chelmsford	1.55.6							

# JUMPS

High Jump Male					Notes	High jump Female					Notes
Age	Name	Date	Venue	Height (m)		Age	Name	Date	Venue	Height (m)	
V 35	Aaron Bollu	07/06/2017	Southend	1.40							
V 40	Ettiene Viljoen	11/06/2017	Colchester	1.45		V 40	Rowena De Belligny	05/07/2023	Bury St Edmunds	1.18	
V 45	Rob Milburn	30/07/2022	Ipswich	1.35		V 45	Silvie Snaselova	01/05/2024	Chelmsford	1.24	
V 50	Christopher Harvey	04/06/2023	Bury St Edmunds	1.45							

Long Jump Male					Notes	Long jump Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35	Aaron Bollu	28/07/2017	Southend	5.76		V 35					
V 40	Justin Hubbard	11/07/2019	Southend	5.98		V 40	Karen Wilson	19/08/2017	Colchester	4.60	
V 45	Aaron Bollu	07/06/2023	Grays	4.88		V 45	Silvie Snaselova	01/05/2024	Chelmsford	3.82	
V 50	Rodger Alexander	31/08/09	Colchester	4.11		V 50	Jane Milburn	07/06/2023	Grays	2.34	
	Christopher Harvey	1/6/22	Southend	4.11							
						W 60	Diane Wooller	05/07/2017	Chelmsford	2.48	
						V 65	Sally Dalton	01/05/2024	Chelmsford	2.23	

Triple Jump Male					Notes	Triple jump Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35	Aaron Bollu	22/07/2017	Southend	12.25							
V 40	Aaron Bollu	11/06/2022	Chelmsford	11.44		V 40	Karen Wilson	19/08/2017	Colchester	8.66	
V 45	Aaron Bollu	10/05/2023	Southend	10.7							
V 50						V 50	Jane Milburn	05/07/2023	Bury St Edmunds	5.14	
V 60											
V 70											

Pole Vault Male					Notes	Pole Vault Female					Notes
Age	Name	Date	Venue	Height (m)		Age	Name	Date	Venue	Height (m)	
V 40	David Kelway	29/08/2016	Southend	2.60		V 40	Rowena De Belligny	07/06/2023	Grays	1.20	
V 45	Rob Milburn	09/07/2023	Bromley	2.30							
V 50	Christopher Harvey	20/07/2022	Bury St Ed	2.10							

# THROWS

All throws are with standard masters' weights which will be shown in the notes section, exceptions in bold in notes section.

Shot Put Male					Notes	Shot Put Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35	Aaron Bollu	03/05/2017	Grays	8.64	7.26kg	V 35					4kg
V 40	Glenn Hobbs	03/07/2022	Ipswich	8.66	7.26kg	V 40	Karen Wilson	19/08/2017	Colchester	8.75	4kg
V 45	Warren Page	31/05/2015	Colchester	9.34	7.26kg	V 45	Carey Hollick	15/04/2018	Parliament Hill	7.38	4kg
V 50	Peter Godron	01/05/2019	Bury St Edmunds	9.94	6kg	V 50	Carey Hollick	27/06/2021	Horspath, Oxford	8.23	3kg
V 55	Peter Godron	20/07/2019	Southend	10.48	6kg	V 55					3kg
V 60					5kg	V 60	Diane Wooller	03/05/2017	Grays	4.66	3kg
V 70	John Hyland	19/05/2012	Basildon	5.46	<b>7.26kg</b>	V 65	<b>Suzanne King</b>	<b>01/05/2024</b>	<b>Chelmsford</b>	<b>5.08</b>	3kg

Discus Male					Notes	Discus Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35	Sam Beardsall	06/07/2014	Braintree	22.08	2kg	V 35	Karen Wilson	17/08/2014	Bury St Ed	12.09	1kg
V 40	<b>Emeka Udechuku</b>	<b>11/05/2024</b>	<b>Chelmsford</b>	<b>46.65</b>	2kg	V 40	Karen Wilson	19/08/2017	Colchester	23.28	1kg
V 45	Warren Page	12/07/2014	Sandy	28.00	2kg	V 45	Carey Hollick	08/03/2020	Lee Valley	24.40	1kg
V 50	Peter Godron	01/08/2018	Colchester	24.73	1.5kg	V 50	Carey Hollick	22/08/2021	Derby	24.14	1kg
V 55	Peter Godron	05/06/2019	Southend	25.48	1.5kg	V 55					1kg
V 60					1kg	V 60	Diane Wooller	26/07/2017	Ipswich	9.70	1kg
V 70	Robert Kimber	19/04/2014	Kings Lynn	9.42	<b>2kg</b>	V 65	<b>Suzanne King</b>	<b>01/05/2024</b>	<b>Chelmsford</b>	<b>10.98</b>	1kg

Hammer Male					Notes	Hammer Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35					7.26kg	V 35	Tammie Fosker	16/04/2016	Bromley	9.08	4kg
V 40	David Kelway	20/06/2015	Colchester	13.08	7.26kg	V 40	Jacqui Lawrence	19/05/2012	Basildon	19.80	4kg
V 45	Warren Page	31/05/2015	Colchester	20.15	7.26kg	V 45	Carey Hollick	04/08/2019	Cambridge	19.35	4kg
V 50	Peter Godron	01/05/2019	Bury St Edmunds	27.28	6kg	V 50	Carey Hollick	06/03/2022	Lee Valley	25.08	3kg
V 55	Peter Godron	31/07/2019	Colchester	29.22	6kg						
V 60					6kg						

Javelin Male					Notes	Javelin Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
V 35	Sam Beardsall	18/06/2014	Gt Yarmouth	36.28	800g						
V 40	Aaron Bollu	11/08/2018	Southend	31.38	800g	V 40	Karen Wilson	19/08/2017	Colchester	27.26	600g
V 45	Warren Page	12/05/2013	Norwich	31.12	800g	V 45	<b>Silvie Snaselova</b>	<b>28/04/2024</b>	<b>Cambridge</b>	<b>17.83</b>	600g
V 50	Peter Godron	01/08/2018	Colchester	25.99	700g	V 50	Carey Hollick	22/08/2021	Derby	16.28	500g
V 55	Peter Godron	31/07/2019	Colchester	27.78	700g						
V 60					600g	V 60	Diane Wooller	07/06/2017	Southend	10.31	400g
V 70	Robert Kimber	20/07/2013	Watford	11.56	<b>800g</b>	V 65	<b>Suzanne King</b>	<b>28.04.2024</b>	<b>Cambridge</b>	<b>8.59</b>	<b>600g</b>
V 80	Robert Kimber	03/09/2023	Bury St Edmunds	8.40	<b>800g</b>						

# ROAD RUNNING RECORDS

## Standard distances only

PARK RUNS are not included because of the wide variability in courses and measurement accuracy.

5 K Road Male					Notes	5 K Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Gerald Buck	14/06/2022	Harwich	16:51		V 35	Grainne Hallahan	25/07/2023	Harwich	22:52	
V 40	John Henington	18/06/2019	Harwich	20:12		V 40	Margaret Deasy	03/09/2006	Grays	17:54	
V 50	John Henington	25/07/2023	Harwich	19:32		V 50	Lynn Tanner	07/08/2005	Basildon	20:23	

5 Mile Road Male					Notes	5 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
						V 35	Nicola Ranson	15/04/2006	Great Bentley	32:58	
V 40	Gary Riches	05/07/2013	Gt Bentley	32:25		V 40	Margaret Deasy	17/10/2004	Tiptree	29:31	
V 45	John Henington	31/10/2021	Wix	33:23		V 45	Margaret Deasy	31/05/2013	Ipswich	30:58	
V 50	John Henington	23/06/2023	Pleshey	32:14		V 50	Lynn Tanner	09/04/2004	Sudbury	32:46	
						V 55	Lynn Tanner	26/12/2008	Witham	35:36	

10 K Road Male					Notes	10 K Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Gerald Buck	02/05/2022	London	35:01		V 35	Nicola Ranson	25/09/2005	Dedham	43:11	
V 40	Henry Emmerton	1988	Hemingford Grey	31:47		V 40	Margaret Deasy	12/09/2004	Portsmouth	36:56	
V 45	John Henington	23/05/2021	Lt Bromley	40:00		V 45	Margaret Deasy	12/07/2009	Felsted	37:30	
V 50	John Henington	02/09/2022	Langham	40:52		V 50	Margaret Deasy	07/09/2004	Langham	38:11	
						V 55	Lynn Tanner	09/11/2008	Vila Real San Antonio, Portugal	35:36	
						V 60	Diane Wooller	11/05/2016	Colchester	49:46	

10 Mile Road Male					Notes	10 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 40	Henry Emmerton	02/04/1989	Hillingdon	55:05		V 40	Margaret Deasy	23/05/2004	Great Baddow	59:53	
						V 45	Catherine Johnson	13/10/2013	Tiptree	74:46	
V 50	Roger Alexander	11/11/2012	Dunmow	69:33		V 50	Lynn Tanner	23/05/2004	Great Baddow	68:31	
						V 60	Diane Wooller	08/11/2015	Stebbing	84:31	

Half Marathon Male					Notes	Half Marathon Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Gerald Buck	06/02/2022	Gt Bentley	01:15:06		V 35	Jayne Atkinson	12/03/2017	Colchester	01:41:10	
V 40	Jack Black	07/06/1987	Colchester	01:14:14		V 40	Catherine Johnson	27/03/2011	Colchester	01:43:54	
V 45	David Waterman	23/05/2018	Colchester	01:56:16		V 45	Catherine Johnson	29/03/2015	Colchester	01:40:42	
V 50	Christopher Harvey	22/05/2022	Colchester	01:33:40		V 50	Margaret Deasy	16/03/2014	Colchester	01:23:25	
						V 55	Diane Wooller	15/03/2009	Brentwood	01:40:58	
						V 60	Diane Wooller	22/02/2015	Richmond	01:51:22	

20 Mile Male					Notes	20 Mile Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
						V 35	Margaret Deasy	15/02/2004	Chelmsford	02:09:14	
V 40	Gary Riches	03/03/2013	Langham	02:25:50							
V 50	John Henington	04/03/2013	Saffron Walden	02:24:10		V 50	Lynn Tanner	15/02/2004	Chelmsford	02:22:50	
						V 55	Diane Wooller	01/03/2009	Great Bromley	02:40:44	

Marathon Male					Notes	Marathon Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Philip Wood	08/10/2023	Eindhoven	03:27:54		V 35	Margaret Deasy	18/04/2004	London	02:53:57	
V 40	Brian Allan	19/04/1987	Rotterdam	02:54:16		V 40	Margaret Deasy	18/04/2004	London	02:52:00	
						V 45	Margaret Deasy	10/05/2009	Halstead	03:00:57	
V 50	John Henington	23/04/2023	London	03:17:52		V 50	Lynn Tanner	13/04/2003	Turin, Italy	03:16:55	
						V 55	Diane Wooller	26/04/2009	London	03:44:21	
V 60	Steve Cartwright	20/10/2019	Chelmsford	05:27:56							