

## 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 i		V 35					
V 40	Justin Hubbard	06/03/2022	Lee Valley	7.64 i		V 40					
V 45	Justin Hubbard	14/02/2026	Lee Valley	11.85 i		V 45	Carey Hollick	25/11/2017	Lee Valley	11.14 i	
V 50	Nicholas Booth	14/02/2026	Lee Valley	9.01 i		V 50					

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	Abbey Narhkom	21/09/2025	Bury St Ed	14.7	
V 40	Justin Hubbard	26/08/2019	Southend	11.88		V 40	Rebecca Wheatley	27/04/2025	Bury St Ed	15	
V 45	Justin Hubbard	01/05/2024	Chelmsford	12.6		V 45	Sian Gifford	13/05/2015	Colchester	15.2	
V 50	Chris Harvey	25/05/2025	Colchester	13.6		V 50	Rachel Newenham	10/05/2023	Southend	17.9	
V 55						V 55					
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	Abbey Narhkom	01/08/2025	Colchester	30.4	
V 40	Justin Hubbard	27/04/2022	Chelmsford	24.32		V 40	Sian Gifford	21/05/2011	Walthamstow	30.2	
V 45	Justin Hubbard	31/07/2024	Grays	25.8		V 45	Sian Gifford	17/06/2017	Braintree	32.2	
V 50	Chris Harvey	31/07/2024	Grays	27.6		V 50	Margaret Deasy	17/06/2017	Southend	40.3	
V 55						V 55					
V 60						V 60	Diane Wooller	06/07/2016	Southend	39.7	
V 65	William Haining	07/08/2024	Grays	37.5		V 65					

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	60.0		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	Chris Harvey	23/06/2024	Bury St Edmunds	59.6		V 50	Rachel Newenham	15/09/2024	Milton Keynes	84.6	
V 60						V 60	Diane Wooller	26/07/2017	Ipswich	89.5	

## TRACK



800 Metres Male					Notes	800 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Charlie Crewe-Read	01/08/2025	Colchester	02:10.1		V 35	Tracey Smedley	09/07/2001	Brisbane	02:13.94	
V 40	Samuel Irungu	03/09/2023	Bury St Edmunds	02:31.2		V 40	Sian Gifford	05/04/2009	Birmingham	02:31.06	
V 45	Jason Townsend	31/07/2024	Grays	02:25.4		V 45	Sian Gifford	16/07/2017	Bury St Edmunds	02:44.0	
V 50	Chris Harvey	23/06/2024	Bury St Edmunds	02:23.0		V 50	Rachel Newenham	01/05/2024	Chelmsford	03:18.6	
V 55	Joan Carles Bianco	28/04/2024	Cambridge	02:38.5		V 55					
V 60						V 60	Diane Wooller	06/07/2016	Southend	03:19.6	
V 65	William Haining	31/07/2024	Grays	03:07.0		V 65					

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	Jason Townsend	26/08/2024	Southend	04:49.74		V 45	Sian Gifford	07/06/2017	Southend	06:04.5	
V 50	Chris Harvey	29/06/2024	Chelmsford	05:07.97		V 50	Margaret Deasy	09/08/2015	Cambridge	05:08.2	
V 55	Paul Mee	28/04/2024	Cambridge	05:47.3		V 60	Diane Wooller	01/06/2016	Chelmsford	06:39.8	
V 65	William Haining	07/08/2024	Grays	05:57.4		V 65					

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	Gerald Buck	05/07/2024	Colchester	05:00.2		V 40	Rowena de Belligny	05/07/2024	Colchester	06:33.6	
V 45	Jason Townsend	29/06/2024	Chelmsford	05:10.20		V 45					
V 50	Chris Harvey	29/06/2024	Chelmsford	05:27.53		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 35						V 35	Kate Heap	15/09/2024	Milton Keynes	13:05.6	
V 40	Gerald Buck	01/05/2024	Chelmsford	10:01.9		V 40	Sian Gifford	20/04/2013	Colchester	12:02.6	
V 45	Jason Townsend	31/07/2024	Grays	10:13.9		V 45	Sian Gifford	15/04/2017	Lee Valley	13:03.92	
V 50	Christopher Harvey	12/09/2020	Norwich	10:57.1		V 50	Margaret Deasy	27/08/2014	Watford	10:33.74	
V 55						V 55	Diane Wooller	21/05/2011	Walthamstow	13:24.8	
V 65	William Haining	11/02/2024	Lee Valley	12:25.89		V 60	Diane Wooller	04/05/2016	Grays	13:57.4	

## TRACK



5000 Metres Male					Notes	5000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
V 35	Andrew Gooby	11/06/2025	Brentwood	20:22.1		V 40					
V 40	Jonathan Walton	19/08/2017	Colchester	20:38.6		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	
V 45	Rob Milburn	12/06/2022	Mile End	12:26.6	SM Heights						
V 50	Rob Milburn	18/05/2024	Norwich	12:27.4	SM Heights						

60m Hurdles					Notes	60m Hurdles					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
						V 35	Abbey Narhkom	01/03/2025	Lee Valley	12.92 i	
						V 35	Silvie Snaselova	14/03/2026	Lee Valley	12.51 i	W50 heights

110m/100m Hurdles					Notes	100m/80m Hurdles					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
						V 35	Kate Heap	25/05/2025	Colchester	19.9	SW Heights
						V 40	Karen Wilson	19/08/2017	Colchester	20.8	SW Heights
						V 45	Sian Gifford	15/08/2015	Hemel Hempstead	25.7	SW Heights
						V 50	Silvie Snaselova	17/05/2025	Finsbury Park	22.29	SW Heights
V 50	Chris Harvey	07/06/2023	Grays	23.5	100m M50 heights	V 50	Silvie Snaselova	06/09/2025	Grays	17.7	80m W50 heights

400/300 Hurdles Male					Notes	400/300 Hurdles Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	time	
						V 35	Kate Heap	31/07/2024	Grays	85.0	
V 40	Ray Patterson	21/05/2016	Cambridge	85.4		V 40	Sian Gifford	20/04/2013	Colchester	78.6	
V 45	Rob Milburn	12/06/2022	Mile End	79.4	SM heights	V 45	Mandy Hicks	20/05/2017	Woodford Green	02:24.3	
V 50	Chris Harvey	31/07/2024	Grays	75.3	M50 heights						
V 55	Stephen Cartwright	05/07/2017	Chelmsford	115.6	M50 heights						

## 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 35	Abbey Narhkom Abbey Narhkom	23/06/2024 21/09/2025	Bury St Edmunds Bury St Edmunds	1.35 1.35	
V 40	Ettiene Viljoen	11/06/2017	Colchester	1.45		V 40	Kate Heap	17/08/2025 14/03/2026	York Lee Valley	1.30	
V 45	Rob Milburn	30/07/2022	Ipswich	1.35		V 45	Silvie Snaselova	01/05/2024	Chelmsford	1.24	
V 50	Chris Harvey	04/06/2023	Bury St Edmunds	1.45		V 50	Silvie Snaselova	07/05/2025	Chelmsford	1.27	

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	Abbey Narhkom	27/04/2025	Bury St Edmunds	4.12	
V 40	Justin Hubbard	11/07/2019	Southend	5.98		V 40	Karen Wilson	19/08/2017	Colchester	4.60	
V 45	Justin Hubbard	07/05/2025	Chelmsford	5.24		V 45	Silvie Snaselova	15/09/2024	Milton Keynes	3.92	
V 50	Rodger Alexander	31/08/09	Colchester	4.11		V 50	Silvie Snaselova	14/03/2026	Lee Valley	4.02	
	Chris Harvey	1/6/22	Southend	4.11		V 55	Samantha Cooper	27/04/2025	Bury St Edmunds	1.98	
						V 60	Diane Wooller	05/07/2017	Chelmsford	2.48	
						V 65	Sally Dalton	01/05/2024	Chelmsford	2.23	
						V 70	Suzanne King	02/07/2025	Grays	1.77	

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 35	Abbey Narhkom	01/08/2025	Colchester	8.56	
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	10.70							
V 50	Nicholas Booth	14/02/2026	Lee Valley	8.18		V 50	Silvie Snaselova	06/09/2025	Grays	8.49	
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	Rob Milburn	15/06/2024	Eton	2.35							



# 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 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	<b>Samantha Cooper</b>	<b>27/04/2025</b>	<b>Bury St Edmunds</b>	<b>4.65</b>	<b>4kg</b>
V 60	<b>Peter Godron</b>	<b>02/07/2025</b>	<b>Grays</b>	<b>9.54</b>	5kg	V 60	Diane Wooller	03/05/2017	Grays	4.66	3kg
V 65						V 65	Suzanne King	01/05/2024	Chelmsford	5.08	3kg
V 70	John Hyland	19/05/2012	Basildon	5.46	<b>7.26kg</b>	V 70	<b>Suzanne King</b>	<b>04/06/2025</b>	<b>Grays</b>	<b>6.00</b>	<b>3kg</b>

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	Laura Smith	31/07/2024	Grays	15.77	1kg
V 40	Emeka Udechuku	11/05/2024	Chelmsford	46.65	2kg	V 40	Karen Wilson	19/08/2017	Colchester	23.28	1kg
V 45	Emeka Udechuku	14/07/2024	Wormwood Scrubs	45.33	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					
V 60	<b>Peter Godron</b>	<b>07/05/2025</b>	<b>Chelmsford</b>	<b>27.61</b>	1kg	V 60	Diane Wooller	26/07/2017	Ipswich	9.70	1kg
V 65	William Haining	31/07/2024	Grays	13.03		V 65	Suzanne King	01/05/2024	Chelmsford	10.98	1kg
V 70	Robert Kimber	19/04/2014	Kings Lynn	9.42	<b>2kg</b>	V 70	<b>Suzanne King</b>	<b>27/04/2025</b>	<b>Bury St Edmunds</b>	<b>12.87</b>	<b>1kg</b>

Hammer Male					Notes	Hammer Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
					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	<b>Emeka Udechuku</b>	<b>21/09/2025</b>	<b>Bury St Edmunds</b>	<b>29.78</b>	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	Peter Godron	07/08/2024	Grays	28.04	5kg						
V 65	William Haining	31/07/2024	Grays	14.42	5kg	V 70	<b>Suzanne King</b>	<b>28/06/2025</b>	<b>Sandy</b>	<b>13.48</b>	<b>3kg</b>



# THROWS

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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 Bolu	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	Silvie Snaselova	05/07/2024	Colchester	19.24	600g
V 50	Peter Godron	01/08/2018	Colchester	25.99	700g	V 50	Silvie Snaselova	06/09/2025	Grays	21.05	500g
V 55	Peter Godron	31/07/2019	Colchester	27.78	700g						
V 60	Peter Godron	01/08/2025	Colchester Grays	23.83	600g	V 60	Diane Wooller	07/06/2017	Southend	10.31	500g
V 70	Robert Kimber	20/07/2013	Watford	11.56	800g	V 65	Suzanne King	28/04/2024	Cambridge	8.59	600g
						V 65	Sally Dalton	05/07/2024	Colchester	8.06	500g
V 80	Robert Kimber	03/09/2023	Bury St Edmunds	8.40	800g	V 70	Suzanne King	05/07/2024	Colchester	12.37	500g



## 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	Meg Bomando	08/08/2025	Colchester	23:00	
V 40	Samuel Irungu	09/08/2024	Colchester	18:08		V 40	Margaret Deasy	03/09/2006	Grays	17:54	
V 45	Jason Townsend	29/07/2025	Harwich	17:34		V 45	Jessica Cowie	25/07/2023	Harwich	24:47	
V 50	Chris Harvey	11/07/2024	Maldon	18:52		V 50	Lynn Tanner	07/08/2005	Basildon	20:23	
V 55											

5 Mile Road Male					Notes	5 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
V 35	Phillip Wood	07/07/2023	Great Bentley	34:30		V 35	Meg Bomando	04/07/2025	Great Bentley	31:41	
V 40	Samuel Irungu	07/07/2023	Great Bentley	30:53		V 40	Margaret Deasy	17/10/2004	Tiptree	29:31	
V 45	Jason Townsend	04/07/2025	Great Bentley	29:53		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	Paul Mee	05/07/2024	Great Bentley	35:25		V 55	Samantha Cooper	12/10/2025	Capel St Mary	45:09	
V 60	David Cahill	04/07/2025	Great Bentley	15:00		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	Meg Bomando	13/04/2025	Little Bromley	39:33	
V 40	Henry Emmerton	1988	Hemingford Grey	31:47		V 40	Margaret Deasy	12/09/2004	Portsmouth	36:56	
V 45	Jason Townsend	05/10/2025	Southend	37:11		V 45	Margaret Deasy	12/07/2009	Felsted	37:30	
V 50	Chris Harvey	06/10/2024	Southend	40:22		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	Chris Harvey	13/10/2024	Tiptree	67:27		V 50	Lynn Tanner	23/05/2004	Great Baddow	68:31	
						V 60	Diane Wooller	08/11/2015	Stebbing	84:31	



## ROAD RUNNING RECORDS

## Standard distances only

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

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	Jason Townsend	08/03/2026	Colchester	01:21:44		V 45	Catherine Johnson	29/03/2015	Colchester	01:40:42	
V 50	John Henington	08/10/2023	Bath	01:28:23		V 50	Margaret Deasy	16/03/2014	Colchester	01:23:25	
V 55	Chris Harvey	08/03/2026	Colchester	01:28:18		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 40	Don Howard	25/02/2025	Bury St Edmunds	03:00:33	
						V 45	Rowena de Belligny	15/03/2026	Saffron Walden	02:49:06	
V 50	John Henington	05/03/2023	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	03:27:13		V 35	Margaret Deasy	13/04/2003	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	Glenn Hobbs	21/04/2024	London	03:56:13		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	David Cahill	21/04/2024	London	03:56:25							