



### Eastern Masters League - Southern

Southend  
1 Jun 22


100 200 400 800 3000 1000W 1500W 4x400 HJ LJ DT2K DT1.5K DT1K JT800 JT700  
JT600 JT500

Has your performance not been assigned to your profile yet? Just click the envelope  beside your performance below to notify us and get it on your profile.

#### 100 M35

| Pos | Perf | Name             | AG     | Year | Coach | Club                                  | SB                        | PB    |                                                                                     |                                                                                     |
|-----|------|------------------|--------|------|-------|---------------------------------------|---------------------------|-------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1   | 11.9 | Michael Shortall | SB V35 | M    | 3     | Thurrock/Eastern Masters              | 11.9                      | 11.4  |  |                                                                                     |
| 2   | 12.1 | Justin Hubbard   | V40    | M    | 9     | Colchester & Tendring/Eastern Masters | 12.0                      | 11.88 |  |                                                                                     |
| 3   | 12.1 | Amr Ziko         | SB V40 | M    | 10    | Ken Hills                             | Braintree/Eastern Masters | 11.86 | 11.8                                                                                |  |
| 4   | 13.9 | John Staunton    | PB V40 | M    | 10    | Southend                              | 13.9                      | 13.9  |  |                                                                                     |
| 5   | 14.2 | Ben Jeffery      | PB V40 | M    | 10    | St. Edmund Pacers                     | 14.2                      | 14.2  |  |                                                                                     |

#### 100 M35 ns

| Pos | Perf | Name         | AG     | Year | Coach | Club         | SB                       | PB   |      |                                                                                     |
|-----|------|--------------|--------|------|-------|--------------|--------------------------|------|------|-------------------------------------------------------------------------------------|
| 1   | 12.8 | Greg Goodrem | SB V35 | M    | 4     | Keith Palmer | Southend/Eastern Masters | 12.8 | 11.9 |  |

#### 100 M50

| Pos | Perf | Name            | AG     | Year | Coach | Club                         | SB   | PB   |                                                                                      |
|-----|------|-----------------|--------|------|-------|------------------------------|------|------|--------------------------------------------------------------------------------------|
| 1   | 14.0 | Keith Palmer    | SB V55 | M    | 8     | Southend/Eastern Masters     | 14.0 | 11.1 |   |
| 2   | 14.1 | Marek Kowalski  | SB V50 | M    | 1     | Thurrock/Eastern Masters     | 14.1 | 13.0 |   |
| 3   | 14.1 | Kevin McAlinden | SB V55 | M    | 9     | Eastern Masters/Colchester H | 14.1 | 13.6 |   |
| 4   | 14.3 | Chris Harvey    | PB V50 | M    | 2     | Colchester & Tendring        | 14.3 | 14.3 |  |

#### 100 M60

| Pos | Perf | Name             | AG     | Year | Coach | Club            | SB                       | PB    |                                                                                       |                                                                                       |
|-----|------|------------------|--------|------|-------|-----------------|--------------------------|-------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 14.8 | Rick Waters      | V65    | M    | 6     | Southend        | 14.42                    | 14.42 |  |                                                                                       |
| 2   | 14.8 | Jonathan Metcalf | V60    | M    | 3     | Bernard Johnson | Thurrock/Eastern Masters | 14.7  | 13.9                                                                                  |  |
| 3   | 16.2 | Chris Stevenson  | PB V60 | M    | 4     | Colchester H    | 16.2                     | 16.2  |  |                                                                                       |
| 4   | 16.2 | Stuart Bazley    | V60    | M    | 1     | Basildon        | 16.18                    | 16.18 |  |                                                                                       |
| 5   | 24.7 | Frank Hayes      | V75    | M    | 20    | Basildon        | 23.7                     | 18.4  |  |                                                                                       |

#### 100 W35

| Pos | Perf | Name              | AG     | Year | Coach | Club              | SB       | PB    |                                                                                       |                                                                                       |
|-----|------|-------------------|--------|------|-------|-------------------|----------|-------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 14.5 | Louise Brydon     | PB V35 | W    | 2     | Ipswich           | 14.20    | 14.20 |  |                                                                                       |
| 2   | 14.8 | Janine Phillips   | SB V40 | W    | 6     | Vespa Ellis       | Basildon | 14.8  | 14.6                                                                                  |  |
| 3   | 15.6 | Ellie Cumner      | SB V40 | W    | 7     | Colchester H      | 15.6     | 14.9  |  |                                                                                       |
| 4   | 15.9 | Cath Jeffery      | PB V40 | W    | 9     | St. Edmund Pacers | 15.9     | 15.9  |  |                                                                                       |
| 5   | 17.5 | Jacqueline Sutton | PB V40 | W    | 8     | Natasha Lagden    | Southend | 17.5  | 17.5                                                                                  |  |
| 6   | 18.7 | Kathryn Spring    | PB V40 | W    | 9     | Bernard Johnson   | Thurrock | 18.7  | 18.7                                                                                  |  |







#### 100 W50

| Pos | Perf | Name                | AG     | Year | Coach | Club                                           | SB                                 | PB   |                                                                                       |                                                                                       |
|-----|------|---------------------|--------|------|-------|------------------------------------------------|------------------------------------|------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 15.1 | Helene Kehoe        | SB V55 | W    | 9     | London Heathside/Dundrum South Dublin/Veterans | 14.69                              | 14.5 |  |                                                                                       |
| 2   | 15.1 | Yvonne Holmes       | SB V55 | W    | 10    | Graham Holmes                                  | Ipswich/Chelmsford/Eastern Masters | 15.1 | 13.9                                                                                  |  |
| 3   | 17.6 | Sian Gifford        | SB V50 | W    | 4     | Colchester & Tendring/Welsh Masters            | 17.6                               | 15.2 |  |                                                                                       |
| 4   | 18.8 | Ali Trauttmansdorff | PB V50 | W    | 2     | Iain Wilson                                    | Victoria Park & Tower Hamlets      | 18.8 | 18.8                                                                                  |  |

#### 100 W60

| Pos | Perf | Name                   | AG     | Year | Coach | Club                 | SB                       | PB    |                                                                                       |                                                                                       |
|-----|------|------------------------|--------|------|-------|----------------------|--------------------------|-------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 15.3 | Clare St. John-Coleman | SB V60 | W    | 2     | Edward Hawkins       | Chelmsford/Welsh Masters | 15.0  | 14.88                                                                                 |  |
| 2   | 15.4 | Janice Nottingham      | V60    | W    | 1     | Diss/Eastern Masters | 15.05                    | 15.05 |  |                                                                                       |
| 3   | 18.2 | Dawn Mason             | SB V65 | W    | 6     | West Suffolk         | 18.2                     | 17.5  |  |                                                                                       |
| 4   | 19.0 | Diane Wooller          | SB V65 | W    | 9     | Colchester H         | 19.0                     | 18.6  |  |                                                                                       |
| 5   | 21.1 | Barbara Higgins        | V65    | W    | 8     | Southend             | 19.1                     | 16.5  |  |                                                                                       |
| 6   | 22.0 | Anne Heeks             | V60    | W    | 3     | Loughton             | 21.3                     | 21.3  |  |                                                                                       |

#### 200 M35

| Pos | Perf | Name             | AG     | Year | Coach | Club                                  | SB                        | PB    |                                                                                       |                                                                                       |
|-----|------|------------------|--------|------|-------|---------------------------------------|---------------------------|-------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | 24.0 | Michael Shortall | SB V35 | M    | 3     | Thurrock/Eastern Masters              | 24.0                      | 23.4  |  |                                                                                       |
| 2   | 24.5 | Justin Hubbard   | V40    | M    | 9     | Colchester & Tendring/Eastern Masters | 24.32                     | 24.32 |  |                                                                                       |
| 3   | 25.3 | Amr Ziko         | SB V40 | M    | 10    | Ken Hills                             | Braintree/Eastern Masters | 24.04 | 24.04                                                                                 |  |
| 4   | 27.9 | John Staunton    | PB V40 | M    | 10    | Southend                              | 27.9                      | 27.9  |  |                                                                                       |
| 5   | 29.2 | Ben Jeffery      | SB V40 | M    | 10    | St. Edmund Pacers                     | 29.2                      | 26.3  |  |                                                                                       |
| 6   | 29.4 | Ian Rattray      | V45    | M    | 15    | Colchester H                          | 28.7                      | 28.7  |  |                                                                                       |

#### 200 M50

| Pos | Perf | Name | AG | Year | Coach | Club | SB | PB |  |
|-----|------|------|----|------|-------|------|----|----|--|
|-----|------|------|----|------|-------|------|----|----|--|

|                   |             |                        |    |           |             |              |                                                |           |           |  |
|-------------------|-------------|------------------------|----|-----------|-------------|--------------|------------------------------------------------|-----------|-----------|--|
| 2                 | 29.0        | Nigel Instance         | PB | V50       | M           | 5            | Thurrock                                       | 29.0      | 29.0      |  |
| <b>200 M60</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 30.2        | Clifford Warren        |    | V60       | M           | 1            | Loughton/Veterans/Eastern Masters              | 29.4      | 26.68     |  |
| 2                 | 31.0        | Rick Waters            |    | V65       | M           | 6            | Southend                                       | 30.2      | 30.2      |  |
| 3                 | 33.0        | Chris Stevenson        | PB | V60       | M           | 4            | Colchester H                                   | 33.0      | 33.0      |  |
| 4                 | 33.2        | Stuart Bazley          |    | V60       | M           | 1            | Basildon                                       | 31.7      | 31.7      |  |
| <b>200 M60 ns</b> |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 53.7        | Frank Hayes            | SB | V75       | M           | 20           | Basildon                                       | 53.7      | 38.59     |  |
| <b>200 W35</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 30.5        | Louise Brydon          |    | V35       | W           | 2            | Ipswich                                        | 30.1      | 30.1      |  |
| 2                 | 31.0        | Janine Phillips        |    | V40       | W           | 6            | Vespa Ellis                                    | 30.6      | 30.2      |  |
| 3                 | 31.9        | Ellie Cumner           |    | V40       | W           | 7            | Colchester H                                   | 31.2      | 29.4      |  |
| 4                 | 33.1        | Mary Knapman           |    | V40       | W           | 9            | Loughton                                       | 32.3      | 31.5      |  |
| 5                 | 33.2        | Cath Jeffery           | PB | V40       | W           | 9            | St. Edmund Pacers                              | 33.0      | 33.0      |  |
| <b>200 W35 ns</b> |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 31.5        | Jennifer Gall          | SB | V35       | W           | 4            | Southend                                       | 31.5      | 30.2      |  |
| <b>200 W50</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 31.6        | Helene Kehoe           | SB | V55       | W           | 9            | London Heathside/Dundrum South Dublin/Veterans | 30.87     | 30.49     |  |
| 2                 | 34.8        | Christine Anthony      |    | V55       | W           | 10           | Gordon Palmer                                  | 33.49     | 32.5      |  |
| 3                 | 38.2        | Ali Trauttmansdorff    |    | V50       | W           | 2            | Iain Wilson                                    | 37.0      | 37.0      |  |
| 4                 | 42.8        | Denise Morley          | SB | V50       | W           | 3            | Melvyn Smith                                   | 42.8      | 27.9      |  |
| <b>200 W60</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 33.5        | Janice Nottingham      |    | V60       | W           | 1            | Diss/Eastern Masters                           | 32.08     | 32.08     |  |
| 2                 | 35.0        | Clare St. John-Coleman |    | V60       | W           | 2            | Edward Hawkins                                 | 33.3      | 32.35     |  |
| 3                 | 40.7        | Diane Wooller          | SB | V65       | W           | 9            | Colchester H                                   | 40.7      | 39.4      |  |
| 4                 | 40.9        | Dawn Mason             |    | V65       | W           | 6            | West Suffolk                                   | 40.1      | 39.3      |  |
| 5                 | 42.7        | Linda Donnelly         | PB | V60       | W           | 5            | Southend                                       | 42.7      | 42.7      |  |
| 6                 | 48.3        | Gloria Bullen          | PB | V65       | W           | 7            | Bernard Johnson                                | 48.3      | 48.3      |  |
| <b>400 W35 ns</b> |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 78.5        | An Other               |    | V35       | W           |              | 0                                              |           |           |  |
| <b>800 M35</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 2:11.9      | Lee Taylor             | SB | V45       | M           | 13           | Ron Dawson                                     | 2:11.9    | 2:07.5    |  |
| 2                 | 2:13.5      | Gerald Buck            | PB | V35       | M           | 5            | Colchester & Tendring                          | 2:13.5    | 2:13.5    |  |
| 3                 | 2:21.5      | Scott Thrush           | SB | V35       | M           | 1            | Leigh on Sea/Thurrock                          | 2:20.5    | 2:10.69   |  |
| 4                 | 2:27.2      | Dominic King           | PB | V35       | M           | 5            | Colchester H                                   | 2:27.2    | 2:27.2    |  |
| 5                 | 2:31.6      | Ben Jeffery            | SB | V40       | M           | 10           | St. Edmund Pacers                              | 2:31.6    | 2:26.1    |  |
| 6                 | 2:48.2      | Amr Ziko               |    | V40       | M           | 10           | Ken Hills                                      | 2:46.1    | 2:46.1    |  |
| <b>800 M35 ns</b> |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 2:29.9      | Rob Milburn            | SB | V45       | M           | 14           | Colchester & Tendring                          | 2:29.9    | 2:29.3    |  |
| 2                 | 2:41.6      | Ian Rattray            |    | V45       | M           | 15           | Colchester H                                   | 2:36.8    | 2:36.8    |  |
| <b>800 M50</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 2:25.7      | Scott Rice             | SB | V50       | M           | 2            | Bernard Johnson                                | 2:25.7    | 2:24.56   |  |
| 2                 | 2:27.9      | Paul Spowage           | SB | V55       | M           | 9            | Colchester H/Eastern Masters                   | 2:27.9    | 2:14.39   |  |
| 3                 | 2:34.5      | Chris Harvey           |    | V50       | M           | 2            | Colchester & Tendring                          | 2:29.9    | 2:29.9    |  |
| 4                 | 2:43.3      | Richard Mangham        | SB | V60       | M           | 13           | Southend/Eastern Masters                       | 2:43.3    | 2:42.4    |  |
| 5                 | 2:51.8      | Peter Tullett          |    | V60       | M           | 13           | Chelmsford/Billericay                          | 2:46.02   | 2:10.7    |  |
| <b>800 M60</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 2:21.9      | Colin Ridley           |    | V60       | M           | 1            | Richard Pickering                              | 2:19.26   | 2:12.4    |  |
| 2                 | 2:25.7      | Simon Le Mare          | SB | V60       | M           | 1            | Southend/Leigh on Sea/Eastern Masters          | 2:25.7    | 2:21.86   |  |
| 3                 | 2:31.2      | Jonathan Metcalf       | SB | V60       | M           | 3            | Bernard Johnson                                | 2:31.2    | 2:09.17   |  |
| 4                 | 2:43.9      | David Butler           | SB | V65       | M           | 10           | Billericay/Eastern Masters/Ilford              | 2:43.9    | 2:20.0    |  |
| <b>800 M60 ns</b> |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 3:03.1      | Peter Binns            | SB | V70       | M           | 15           | Southend/Castle Point Joggers                  | 3:03.1    | 2:21.53   |  |
| <b>800 W35</b>    |             |                        |    |           |             |              |                                                |           |           |  |
| <b>Pos</b>        | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                 | 2:39.4      | Denise Morley          | SB | V50       | W           | 18           | Melvyn Smith                                   | 2:39.4    | 2:15.28   |  |
| 2                 | 2:42.9      | Cath Jeffery           | SB | V40       | W           | 9            | St. Edmund Pacers                              | 2:42.9    | 2:40.1    |  |
| 3                 | 2:50.3      | Kathryn Spring         | PB | V40       | W           | 9            | Bernard Johnson                                | 2:50.3    | 2:50.3    |  |
| 4                 | 3:10.8      | Jacqueline Sutton      | PB | V40       | W           | 8            | Natasha Lagden                                 | 3:10.8    | 3:10.8    |  |
| 5                 | 3:47.0      | Janine Phillips        | SB | V40       | W           | 6            | Vespa Ellis                                    | 3:47.0    | 3:05.3    |  |

**800 W50**

| Pos | Perf   | Name                | AG     | Year | Coach | Club                                                            | SB     | PB      |
|-----|--------|---------------------|--------|------|-------|-----------------------------------------------------------------|--------|---------|
| 1   | 2:44.6 | Caroline Horden     | PB V55 | W    | 7     | Basildon                                                        | 2:44.6 | 2:44.6  |
| 2   | 2:49.5 | Tracey Smedley      | PB V55 | W    | 7     | Colchester H/Welsh Masters                                      | 2:49.5 | 2:49.5  |
| 3   | 2:51.1 | Christine Anthony   | V55    | W    | 10    | Gordon Palmer<br>West Suffolk/Eastern Masters/St. Edmund Pacers | 2:42.7 | 2:32.47 |
| 4   | 2:53.2 | Ali Trauttmansdorff | PB V50 | W    | 2     | Iain Wilson<br>Victoria Park & Tower Hamlets                    | 2:53.2 | 2:53.2  |

**800 W50 ns**

| Pos | Perf   | Name         | AG  | Year | Coach | Club                                               | SB     | PB     |
|-----|--------|--------------|-----|------|-------|----------------------------------------------------|--------|--------|
| 1   | 2:53.4 | Elke Hausler | V55 | W    | 10    | Newmarket J/Eastern Masters/St. Edmund Pacers/Germ | 2:46.2 | 2:46.2 |

**800 W60**

| Pos | Perf   | Name              | AG     | Year | Coach | Club                        | SB     | PB     |
|-----|--------|-------------------|--------|------|-------|-----------------------------|--------|--------|
| 1   | 3:20.8 | Janice Nottingham | PB V60 | W    | 1     | Diss/Eastern Masters        | 3:20.8 | 3:20.8 |
| 2   | 3:25.1 | Diane Wooller     | SB V65 | W    | 9     | Colchester H                | 3:25.1 | 3:19.6 |
| 3   | 3:48.7 | Linda Donnelly    | PB V60 | W    | 5     | Southend                    | 3:48.7 | 3:48.7 |
| 4   | 3:53.3 | Gloria Bullen     | PB V65 | W    | 7     | Bernard Johnson<br>Thurrock | 3:53.3 | 3:53.3 |

**3000 W35 ns**

| Pos | Perf    | Name     | AG  | Year | Coach | Club | SB | PB |
|-----|---------|----------|-----|------|-------|------|----|----|
| 1   | 12:23.7 | An Other | V35 | W    |       | 0    |    |    |

**1000W W35 ns**

| Pos | Perf    | Name     | AG  | Year | Coach | Club | SB | PB |
|-----|---------|----------|-----|------|-------|------|----|----|
| 1   | 10:40.9 | An Other | V35 | W    |       | 0    |    |    |

**1000W W60 ns**

| Pos | Perf    | Name       | AG     | Year | Coach | Club     | SB      | PB     |
|-----|---------|------------|--------|------|-------|----------|---------|--------|
| 1   | 10:16.4 | Anne Heeks | SB V60 | W    | 3     | Loughton | 10:16.4 | 6:44.1 |

**1500W M35 1**

| Pos | Perf    | Name            | AG     | Year | Coach | Club                  | SB      | PB      |
|-----|---------|-----------------|--------|------|-------|-----------------------|---------|---------|
| 1   | 6:06.7  | Dominic King    | SB V35 | M    | 5     | Colchester H          | 6:06.7  | 6:00.5  |
| 2   | 9:05.0  | Ben Jeffery     | PB V40 | M    | 10    | St. Edmund Pacers     | 9:05.0  | 9:05.0  |
| 3   | 9:19.0  | Eamonn Shelley  | SB V60 | M    | 27    | Thurrock              | 9:19.0  | 9:11.5  |
| 4   | 10:05.5 | Gerald Buck     | PB V35 | M    | 5     | Colchester & Tendring | 10:05.5 | 10:05.5 |
| 5   | 11:59.3 | Martin Branfoot | PB V65 | M    | 32    | Chelmsford            | 11:59.3 | 11:59.3 |

**1500W M35 2**

| Pos | Perf    | Name            | AG     | Year | Coach | Club                       | SB      | PB      |
|-----|---------|-----------------|--------|------|-------|----------------------------|---------|---------|
| 1   | 10:26.1 | Bernard Johnson | PB V65 | M    | 32    | Thurrock                   | 10:26.1 | 10:26.1 |
| 2   | 15:18.0 | Geoff Tyler     | PB V70 | M    | 39    | Chelmsford/Eastern Masters | 15:18.0 | 15:18.0 |

**1500W W35 1**

| Pos | Perf    | Name            | AG     | Year | Coach | Club                     | SB      | PB      |
|-----|---------|-----------------|--------|------|-------|--------------------------|---------|---------|
| 1   | 7:41.4  | Melanie Peddle  | PB V50 | W    | 19    | Loughton/Eastern Masters | 7:41.4  | 7:41.4  |
| 2   | 9:14.5  | Caroline Horden | PB V55 | W    | 22    | Basildon                 | 9:14.5  | 9:14.5  |
| 3   | 11:28.4 | Diane Wooller   | SB V65 | W    | 34    | Colchester H             | 11:28.4 | 11:25.5 |
| 4   | 11:40.8 | Cath Jeffery    | PB V40 | W    | 9     | St. Edmund Pacers        | 11:40.8 | 11:40.8 |
| 5   | 12:24.7 | Natasha Lagden  | SB V45 | W    | 14    | Ron Dawson<br>Southend   | 12:24.7 | 11:58.7 |

**1500W W35 2**

| Pos | Perf    | Name            | AG     | Year | Coach | Club                         | SB      | PB      |
|-----|---------|-----------------|--------|------|-------|------------------------------|---------|---------|
| 1   | 10:15.9 | Michelle Hurley | V35    | W    |       | Thurrock Harriers & Loughton |         |         |
| 2   | 12:53.9 | Sian Gifford    | V35    | W    |       | Colchester Harriers          |         |         |
| 3   | 12:56.3 | Susan Brown     | PB V55 | W    | 23    | Keith Palmer<br>Southend     | 12:56.3 | 12:56.3 |

**4x400 M35**

| Pos | Perf   | Name                        | AG  | Year | Coach | Club                        | SB | PB |
|-----|--------|-----------------------------|-----|------|-------|-----------------------------|----|----|
| 1   | 4:05.7 | Southend AC                 | V35 | M    |       | Southend AC                 |    |    |
| 2   | 4:10.9 | Thurrock Harriers           | V35 | M    |       | Thurrock Harriers           |    |    |
| 3   | 4:28.8 | Col & Tend/Ipswich Harriers | V35 | M    |       | Col & Tend/Ipswich Harriers |    |    |
| 4   | 5:29.8 | Colchester Harriers         | V35 | M    |       | Colchester Harriers         |    |    |

**4x400 M50**

| Pos | Perf   | Name                  | AG     | Year | Coach | Club          | SB     | PB     |
|-----|--------|-----------------------|--------|------|-------|---------------|--------|--------|
| 1   | 4:28.0 | Thurrock V50 Team     | SB V50 | M    |       | Thurrock      | 4:28.0 | 4:25.7 |
| 2   | 4:28.6 | Colchester H V50 Team | PB V50 | M    |       | Colchester H  | 4:28.6 | 4:28.6 |
| 3   | 5:05.5 | Southend M50 Team     | SB V50 | M    |       | Southend      | 5:05.5 | 4:32.4 |
| 4   | 5:52.4 | Chelmsford AC         | V50    | M    |       | Chelmsford AC |        |        |

**4x400 W35**

| Pos | Perf   | Name                     | AG     | Year | Coach | Club                | SB     | PB     |
|-----|--------|--------------------------|--------|------|-------|---------------------|--------|--------|
| 1   | 5:21.1 | Colchester Harriers      | V35    | W    |       | Colchester Harriers |        |        |
| 2   | 5:49.3 | West Suffolk Senior Team | SB SEN | W    |       | West Suffolk        | 5:49.3 | 4:11.8 |

**HJ M35**

| Pos | Perf | Name         | AG     | Year | Coach | Club                                     | SB   | PB   |
|-----|------|--------------|--------|------|-------|------------------------------------------|------|------|
| 1   | 1.76 | Greg Goodrem | SB V35 | M    | 4     | Keith Palmer<br>Southend/Eastern Masters | 1.76 | 2.00 |
| 2   | 1.60 | Roger Skedd  | SB V35 | M    | 5     | Chelmsford/Falkirk/Eastern Masters       | 1.60 | 1.93 |
| 3   | 1.46 | Chris Kent   | SB V45 | M    | 14    | West Suffolk/Eastern Masters             | 1.46 | 1.55 |

|                  |             |                        |    |           |             |                     |                                                |           |           |  |
|------------------|-------------|------------------------|----|-----------|-------------|---------------------|------------------------------------------------|-----------|-----------|--|
| 4                | 1.35        | Steven Ball            | PB | V45       | M           | 15                  | Thurrock                                       | 1.35      | 1.35      |  |
| 5                | 1.20        | Gerald Buck            | PB | V35       | M           | 5                   | Colchester & Tendring                          | 1.20      | 1.20      |  |
| 6                | 1.15        | Dominic King           | SB | V35       | M           | 5                   | Colchester H                                   | 1.15      | 1.30      |  |
| <b>HJ M35 ns</b> |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.65        | Clint Nicholls         |    | V40       | M           | 9 Vespa Ellis       | Basildon/Eastern Masters                       | 1.78      | 2.00      |  |
| 2                | 1.35        | Ben Jeffery            | PB | V40       | M           | 10                  | St. Edmund Pacers                              | 1.35      | 1.35      |  |
| <b>HJ M50</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.40        | Marek Kowalski         |    | V50       | M           | 1                   | Thurrock/Eastern Masters                       | 1.45      | 1.47      |  |
| 2                | 1.35        | Chris Harvey           |    | V50       | M           | 2                   | Colchester & Tendring                          | 1.40      | 1.40      |  |
| 3                | 1.10        | Keith Palmer           |    | V55       | M           | 8                   | Southend/Eastern Masters                       | 1.30      | 1.45      |  |
| <b>HJ M60</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.30        | Richard Mangham        | PB | V60       | M           | 3                   | Southend/Eastern Masters                       | 1.30      | 1.30      |  |
| 2                | 1.25        | Clifford Warren        | SB | V60       | M           | 1                   | Loughton/Veterans/Eastern Masters              | 1.25      | 1.45      |  |
| 3                | 1.10        | Colin Ridley           | PB | V60       | M           | 1 Richard Pickering | Colchester H/St. Edmund Pacers/Eastern Masters | 1.10      | 1.10      |  |
| 4                | 1.10        | Martin Branfoot        | SB | V65       | M           | 7                   | Chelmsford                                     | 1.10      | 1.20      |  |
| <b>HJ W35</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.15        | Janine Phillips        | SB | V40       | W           | 6 Vespa Ellis       | Basildon                                       | 1.15      | 1.18      |  |
| 2                | 1.03        | Mary Knapman           | SB | V40       | W           | 9                   | Loughton                                       | 1.03      | 1.05      |  |
| 3                | 1.03        | Cath Jeffery           | SB | V40       | W           | 9                   | St. Edmund Pacers                              | 1.03      | 1.20      |  |
| 4                | 1.00        | Tracey Smedley         | PB | V55       | W           | 22                  | Colchester H/Welsh Masters                     | 1.00      | 1.00      |  |
| <b>HJ W35 ns</b> |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.21        | Jennifer Gall          | PB | V35       | W           | 4                   | Southend                                       | 1.21      | 1.21      |  |
| <b>HJ W50</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.03        | Carol Morris           | SB | V55       | W           | 6                   | Chelmsford                                     | 1.03      | 1.15      |  |
| 2                | 1.00        | Sian Gifford           | PB | V50       | W           | 4                   | Colchester & Tendring/Welsh Masters            | 1.00      | 1.00      |  |
| <b>HJ W60</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 1.09        | Linda Donnelly         | PB | V60       | W           | 5                   | Southend                                       | 1.09      | 1.09      |  |
| 2                | 1.00        | Clare St. John-Coleman | SB | V60       | W           | 2 Edward Hawkins    | Chelmsford/Welsh Masters                       | 1.00      | 1.10      |  |
| <b>LJ M35</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 5.46        | Clint Nicholls         |    | V40       | M           | 9 Vespa Ellis       | Basildon/Eastern Masters                       | 5.91      | 6.42      |  |
| 2                | 5.39        | Roger Skedd            |    | V35       | M           | 5                   | Chelmsford/Falkirk/Eastern Masters             | 5.71      | 7.19      |  |
| 3                | 5.34        | Michael Shortall       |    | V35       | M           | 3                   | Thurrock/Eastern Masters                       | 5.66      | 6.23      |  |
| 4                | 5.03        | Aaron Bollu            |    | V40       | M           | 10                  | Colchester & Tendring/Eastern Masters          | 5.12      | 6.10      |  |
| 5                | 4.21        | Chris Kent             |    | V45       | M           | 14                  | West Suffolk/Eastern Masters                   | 4.42      | 5.05      |  |
| <b>LJ M35 ns</b> |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 5.40        | Greg Goodrem           | SB | V35       | M           | 4 Keith Palmer      | Southend/Eastern Masters                       | 5.40      | 5.94      |  |
| <b>LJ M50</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 4.58        | Marek Kowalski         |    | V50       | M           | 1                   | Thurrock/Eastern Masters                       | 4.81      | 5.12      |  |
| 2                | 4.11        | Chris Harvey           | PB | V50       | M           | 2                   | Colchester & Tendring                          | 4.11      | 4.11      |  |
| 3                | 3.64        | Keith Palmer           |    | V55       | M           | 8                   | Southend/Eastern Masters                       | 4.63      | 6.11      |  |
| 4                | 3.25        | Kevin McAlinden        | SB | V55       | M           | 9                   | Eastern Masters/Colchester H                   | 3.25      | 3.65      |  |
| 5                | 1.42        | Geoff Tyler            |    | V70       | M           | 24                  | Chelmsford/Eastern Masters                     | 1.88      | 2.59      |  |
| <b>LJ M60</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 4.26        | Clifford Warren        |    | V60       | M           | 1                   | Loughton/Veterans/Eastern Masters              | 4.42      | 5.31      |  |
| 2                | 3.47        | Stuart Bazley          |    | V60       | M           | 1                   | Basildon                                       | 3.77      | 3.77      |  |
| 3                | 3.34        | Richard Mangham        |    | V60       | M           | 3                   | Southend/Eastern Masters                       | 3.59      | 3.59      |  |
| 4                | 2.61        | Chris Stevenson        | SB | V60       | M           | 4                   | Colchester H                                   | 2.61      | 2.76      |  |
| <b>LJ W35</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 3.48        | Janine Phillips        |    | V40       | W           | 6 Vespa Ellis       | Basildon                                       | 3.53      | 4.04      |  |
| 2                | 3.39        | Mary Knapman           | SB | V40       | W           | 9                   | Loughton                                       | 3.39      | 4.10      |  |
| 3                | 3.24        | Ellie Cumner           |    | V40       | W           | 7                   | Colchester H                                   | 3.63      | 3.76      |  |
| 4                | 2.55        | Louise Brydon          | PB | V35       | W           | 2                   | Ipswich                                        | 2.55      | 2.55      |  |
| <b>LJ W35 ns</b> |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 4.22        | Jennifer Gall          | SB | V35       | W           | 4                   | Southend                                       | 4.22      | 4.44      |  |
| <b>LJ W50</b>    |             |                        |    |           |             |                     |                                                |           |           |  |
| <b>Pos</b>       | <b>Perf</b> | <b>Name</b>            |    | <b>AG</b> | <b>Year</b> | <b>Coach</b>        | <b>Club</b>                                    | <b>SB</b> | <b>PB</b> |  |
| 1                | 3.21        | Emily McMahon          |    | V70       | W           | 23 Ray Gibbins      | Enfield & Haringey/Eastern Masters/Loughton    | 3.46      | 3.97      |  |
| 2                | 3.10        | Denise Morley          | SB | V50       | W           | 3 Melvyn Smith      | Colchester H/Eastern Masters                   | 3.10      | 3.66      |  |
| 3                | 2.65        | Ali Trauttmansdorff    |    | V50       | W           | 2 Iain Wilson       | Victoria Park & Tower Hamlets                  | 2.87      | 2.87      |  |
| 4                | 2.20        | Susan Brown            |    | V55       | W           | 8 Keith Palmer      | Southend                                       | 2.26      | 3.04      |  |

|                     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
|---------------------|-------------|------------------------|-----------|-------------|--------------|------------------|----------------------------------------------------|------------------------------------------------|-------|-------|--|
| 5                   | 1.71        | Carey Hollick          | SB        | V50         | W            | 2                | Colchester & Tendring/Eastern Masters/United State | 1.71                                           | 1.85  |       |  |
| <b>LJ W50 ns</b>    |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 2.49        | Carol Morris           | SB        | V55         | W            | 6                | Chelmsford                                         | 2.49                                           | 3.17  |       |  |
| <b>LJ W60</b>       |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 3.39        | Clare St. John-Coleman | V60       | W           | 2            | Edward Hawkins   | Chelmsford/Welsh Masters                           | 3.67                                           | 4.15  |       |  |
| 2                   | 2.39        | Diane Wooller          | V65       | W           | 9            |                  | Colchester H                                       | 2.60                                           | 2.79  |       |  |
| 3                   | 2.34        | Dawn Mason             | V65       | W           | 6            |                  | West Suffolk                                       | 2.39                                           | 2.82  |       |  |
| 4                   | 2.29        | Linda Donnelly         | PB        | V60         | W            | 5                | Southend                                           | 2.46                                           | 2.46  |       |  |
| 5                   | 2.02        | Anne Heeks             | PB        | V60         | W            | 3                | Loughton                                           | 2.02                                           | 2.02  |       |  |
| <b>DT2K M35</b>     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 36.23       | Roger Skedd            | V35       | M           | 5            |                  | Chelmsford/Falkirk/Eastern Masters                 | 39.57                                          | 48.38 |       |  |
| 2                   | 33.77       | Paul Cooper            | PB        | V45         | M            | 11               | William Bushnell                                   | Colchester H                                   | 33.77 | 33.77 |  |
| 3                   | 27.39       | Chris Kent             | SB        | V45         | M            | 14               |                                                    | West Suffolk/Eastern Masters                   | 29.91 | 29.91 |  |
| 4                   | 25.00       | Clint Nicholls         | SB        | V40         | M            | 9                | Vespa Ellis                                        | Basildon/Eastern Masters                       | 25.00 | 29.61 |  |
| 5                   | 16.65       | Rob Milburn            | PB        | V45         | M            | 14               |                                                    | Colchester & Tendring                          | 16.65 | 16.65 |  |
| 6                   | 11.72       | Scott Thrush           | PB        | V35         | M            | 1                |                                                    | Leigh on Sea/Thurrock                          | 11.72 | 11.72 |  |
| <b>DT1.5K M50</b>   |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 33.94       | David Bauer            | V55       | M           | 7            | Geoff Tyler      | Harlow AC/Chelmsford/Eastern Masters               | 36.32                                          | 41.99 |       |  |
| 2                   | 25.12       | Nigel Instance         | SB        | V50         | M            | 5                |                                                    | Thurrock                                       | 25.12 | 25.79 |  |
| 3                   | 19.43       | Angus Aldridge         | SB        | V55         | M            | 10               |                                                    | Southend/Eastern Masters                       | 19.43 | 20.55 |  |
| 4                   | 18.82       | Chris Harvey           | PB        | V50         | M            | 2                |                                                    | Colchester & Tendring                          | 18.82 | 18.82 |  |
| 5                   | 18.43       | Simon Morgan           | SB        | V50         | M            | 5                |                                                    | Colchester H/Eastern Masters                   | 18.43 | 18.45 |  |
| <b>DT1K M60</b>     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 37.89       | Geoff Tyler            | SB        | V70         | M            | 14               |                                                    | Chelmsford/Eastern Masters                     | 39.30 | 43.85 |  |
| 2                   | 33.79       | Peter Wishart          | V60       | M           | 3            |                  | Cambridge H/Veterans/Eastern Masters/Southend      | 38.12                                          | 38.12 |       |  |
| 3                   | 16.64       | Bernard Johnson        | V65       | M           | 7            |                  | Thurrock                                           | 17.63                                          | 20.46 |       |  |
| 4                   | 14.24       | Chris Stevenson        | PB        | V60         | M            | 4                |                                                    | Colchester H                                   | 14.24 | 14.24 |  |
| <b>DT1K W35</b>     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 26.53       | Sue Lawrence           | V50       | W           | 17           | Paul Head        | Thurrock/Southern Counties Vets                    | 28.01                                          | 37.22 |       |  |
| 2                   | 19.62       | Nicole Celestine       | PB        | V55         | W            | 22               | Geoff Tyler                                        | Chelmsford/Eastern Masters/France              | 19.98 | 19.98 |  |
| 3                   | 13.61       | Tracey Smedley         | PB        | V55         | W            | 22               |                                                    | Colchester H/Welsh Masters                     | 13.61 | 13.61 |  |
| 4                   | 12.92       | Susan Brown            | SB        | V55         | W            | 23               | Keith Palmer                                       | Southend                                       | 12.92 | 15.36 |  |
| <b>DT1K W50</b>     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 21.89       | Carey Hollick          | V50       | W           | 2            |                  | Colchester & Tendring/Eastern Masters/United State | 22.96                                          | 24.40 |       |  |
| 2                   | 16.60       | Carol Morris           | SB        | V55         | W            | 6                |                                                    | Chelmsford                                     | 16.60 | 20.62 |  |
| 3                   | 13.60       | Sian Gifford           | SB        | V50         | W            | 4                |                                                    | Colchester & Tendring/Welsh Masters            | 13.60 | 16.01 |  |
| 4                   | 12.62       | Stephanie Stamp        | V65       | W           | 20           |                  | Southend/Eastern Masters                           | 14.90                                          | 14.90 |       |  |
| 5                   | 12.00       | Jill Boosey            | PB        | V55         | W            | 9                |                                                    | Thurrock                                       | 12.40 | 12.40 |  |
| <b>DT1K W60</b>     |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 27.10       | Shirley Quinn          | V65       | W           | 8            |                  | Chelmsford/Eastern Masters/Police                  | 29.10                                          | 42.00 |       |  |
| 2                   | 12.93       | Anne Heeks             | PB        | V60         | W            | 3                |                                                    | Loughton                                       | 12.93 | 12.93 |  |
| 3                   | 12.50       | Barbara Higgins        | V65       | W           | 8            |                  | Southend                                           | 13.55                                          | 16.92 |       |  |
| 4                   | 12.44       | Dawn Mason             | V65       | W           | 6            |                  | West Suffolk                                       | 13.35                                          | 15.26 |       |  |
| 5                   | 10.17       | Diane Wooller          | PB        | V65         | W            | 9                |                                                    | Colchester H                                   | 10.17 | 10.17 |  |
| <b>DT1K W60 ns</b>  |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 19.72       | Helene Kehoe           | SB        | V55         | W            | -2               |                                                    | London Heathside/Dundrum South Dublin/Veterans | 19.98 | 19.98 |  |
| <b>JT800 M35</b>    |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 48.76       | Roger Skedd            | V35       | M           | 5            |                  | Chelmsford/Falkirk/Eastern Masters                 | 49.64                                          | 61.72 |       |  |
| 2                   | 44.77       | Paul Cooper            | V45       | M           | 11           | William Bushnell | Colchester H                                       | 51.26                                          | 67.03 |       |  |
| 3                   | 35.39       | Chris Kent             | V45       | M           | 14           |                  | West Suffolk/Eastern Masters                       | 38.80                                          | 43.04 |       |  |
| 4                   | 25.57       | Clint Nicholls         | SB        | V40         | M            | 9                | Vespa Ellis                                        | Basildon/Eastern Masters                       | 25.57 | 35.00 |  |
| 5                   | 21.36       | Rob Milburn            | PB        | V45         | M            | 14               |                                                    | Colchester & Tendring                          | 21.36 | 21.36 |  |
| 6                   | 11.51       | Scott Thrush           | PB        | V35         | M            | 1                |                                                    | Leigh on Sea/Thurrock                          | 11.51 | 11.51 |  |
| <b>JT800 M35 ns</b> |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |
| <b>Pos</b>          | <b>Perf</b> | <b>Name</b>            | <b>AG</b> | <b>Year</b> | <b>Coach</b> | <b>Club</b>      | <b>SB</b>                                          | <b>PB</b>                                      |       |       |  |
| 1                   | 30.01       | Greg Goodrem           | SB        | V35         | M            | 4                | Keith Palmer                                       | Southend/Eastern Masters                       | 30.01 | 31.84 |  |
| 2                   | 24.87       | John Staunton          | PB        | V40         | M            | 10               |                                                    | Southend                                       | 24.87 | 24.87 |  |
| <b>JT700 M50</b>    |             |                        |           |             |              |                  |                                                    |                                                |       |       |  |

| Pos | Perf  | Name            | AG            | Year | Coach | Club        | SB                                   | PB    |       |  |
|-----|-------|-----------------|---------------|------|-------|-------------|--------------------------------------|-------|-------|--|
| 1   | 30.97 | David Bauer     | V55           | M    | 7     | Geoff Tyler | Harlow AC/Chelmsford/Eastern Masters | 33.32 | 35.17 |  |
| 2   | 28.85 | Nigel Instance  | V50           | M    | 5     |             | Thurrock                             | 33.01 | 33.01 |  |
| 3   | 16.06 | Angus Aldridge  | V55           | M    | 10    |             | Southend/Eastern Masters             | 16.62 | 19.39 |  |
| 4   | 15.45 | Chris Harvey    | <b>PB</b> V50 | M    | 2     |             | Colchester & Tendring                | 15.45 | 15.45 |  |
| 5   | 5.32  | Kevin McAlinden | <b>SB</b> V55 | M    | 9     |             | Eastern Masters/Colchester H         | 5.32  | 13.35 |  |

**JT600 M60**

| Pos | Perf  | Name            | AG            | Year | Coach | Club | SB                                            | PB    |       |  |
|-----|-------|-----------------|---------------|------|-------|------|-----------------------------------------------|-------|-------|--|
| 1   | 33.77 | Martin Branfoot | V65           | M    | 7     |      | Chelmsford                                    | 33.82 | 36.23 |  |
| 2   | 17.59 | Peter Wishart   | V60           | M    | 3     |      | Cambridge H/Veterans/Eastern Masters/Southend | 24.02 | 24.02 |  |
| 3   | 17.57 | Bernard Johnson | <b>SB</b> V65 | M    | 7     |      | Thurrock                                      | 17.57 | 19.08 |  |
| 4   | 5.15  | Chris Stevenson | <b>PB</b> V60 | M    | 4     |      | Colchester H                                  | 5.15  | 5.15  |  |

**JT600 W35**

| Pos | Perf  | Name         | AG            | Year | Coach | Club         | SB                              | PB    |       |  |
|-----|-------|--------------|---------------|------|-------|--------------|---------------------------------|-------|-------|--|
| 1   | 20.72 | Sue Lawrence | <b>SB</b> V50 | W    | 17    | Paul Head    | Thurrock/Southern Counties Vets | 22.42 | 32.93 |  |
| 2   | 15.12 | Carol Morris | <b>SB</b> V55 | W    | 21    |              | Chelmsford                      | 15.12 | 16.85 |  |
| 3   | 13.19 | Susan Brown  | <b>PB</b> V55 | W    | 23    | Keith Palmer | Southend                        | 13.19 | 13.19 |  |
| 4   | 11.26 | Cath Jeffery | <b>PB</b> V40 | W    | 9     |              | St. Edmund Pacers               | 11.26 | 11.26 |  |

**JT500 W50**

| Pos | Perf  | Name              | AG            | Year | Coach | Club          | SB                                                 | PB    |       |  |
|-----|-------|-------------------|---------------|------|-------|---------------|----------------------------------------------------|-------|-------|--|
| 1   | 15.95 | Carey Hollick     | <b>SB</b> V50 | W    | 2     |               | Colchester & Tendring/Eastern Masters/United State | 15.95 | 16.28 |  |
| 2   | 13.20 | Kim Florey        | V55           | W    | 6     |               | Chelmsford                                         | 14.18 | 14.24 |  |
| 3   | 12.43 | Jill Boosey       | <b>PB</b> V55 | W    | 9     |               | Thurrock                                           | 12.43 | 12.43 |  |
| 4   | 10.31 | Stephanie Stamp   | V65           | W    | 20    |               | Southend/Eastern Masters                           | 11.79 | 11.99 |  |
| 5   | 8.19  | Christine Anthony | <b>SB</b> V55 | W    | 10    | Gordon Palmer | West Suffolk/Eastern Masters/St. Edmund Pacers     | 8.19  | 9.78  |  |
| 6   | 7.88  | Sian Gifford      | V50           | W    | 4     |               | Colchester & Tendring/Welsh Masters                | 8.38  | 8.38  |  |

**JT500 W60**

| Pos | Perf  | Name              | AG            | Year | Coach | Club | SB                                | PB    |       |  |
|-----|-------|-------------------|---------------|------|-------|------|-----------------------------------|-------|-------|--|
| 1   | 15.73 | Shirley Quinn     | V65           | W    | 8     |      | Chelmsford/Eastern Masters/Police | 17.91 | 19.59 |  |
| 2   | 12.40 | Janice Nottingham | <b>PB</b> V60 | W    | 1     |      | Diss/Eastern Masters              | 12.40 | 12.40 |  |
| 3   | 11.55 | Dawn Mason        | V65           | W    | 6     |      | West Suffolk                      | 14.62 | 14.73 |  |
| 4   | 9.70  | Diane Wooller     | V65           | W    | 9     |      | Colchester H                      | 10.74 | 11.43 |  |
| 5   | 9.05  | Barbara Higgins   | V65           | W    | 8     |      | Southend                          | 11.39 | 13.07 |  |
| 6   | 6.80  | Anne Heeks        | <b>PB</b> V60 | W    | 3     |      | Loughton                          | 6.80  | 6.80  |  |