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## Eastern Masters AC League Division South [External Results](#)

Chelmsford

3 Jul 19

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### 100 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.1	<a href="#">Amr Ziko</a>	SB V40 M	7	<a href="#">Ken Hills</a>	Braintree/Eastern Masters	12.1	11.8	
2	12.4	<a href="#">Justin Hubbard</a>	SB V40 M	6		Colchester & Tendring/Eastern Masters	12.4	12.2	
3	12.8	<a href="#">Clive Farrow</a>	SB V45 M	15		Southend/Eastern Masters	12.8	12.07	
4	13.4	<a href="#">Chris Kent</a>	V45 M	11		West Suffolk/Eastern Masters	13.0	13.0	
5	14.0	<a href="#">Paul Preston</a>	PB V45 M	13	<a href="#">David Smith</a>	Colchester H/St. Edmund Pacers	14.0	14.0	
6	14.1	<a href="#">Marek Kowalski</a>	SB V45 M	13		Thurrock/Eastern Masters	14.1	13.0	

### 100 M35 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.8	<a href="#">Greg Goodrem</a>	SB V35 M	1	<a href="#">Keith Palmer</a>	Southend	12.8	11.9	
2	13.4	<a href="#">Nigel Hayman</a>	SB V40 M	10	<a href="#">Lee Bowker</a>	Ipswich/Bournemouth/Eastern Masters	13.4	12.3	
3	14.1	<a href="#">Toby Draper</a>	PB V45 M	12	<a href="#">Bernard Johnson</a>	Thurrock	14.1	14.1	
4	14.3	<a href="#">Neil Gillingham</a>	SB V35 M	2	<a href="#">Eric Phillips</a>	Ipswich	14.3	11.6	
5	15.4	<a href="#">John Henington</a>	PB V45 M	13		Colchester H	15.4	15.4	


### 100 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.6	<a href="#">Keith Palmer</a>	SB V50 M	5		Southend/Eastern Masters	13.6	11.1	
2	14.0	<a href="#">Kevin McAlinden</a>	SB V55 M	6		Eastern Masters/Colchester H	14.0	13.6	
3	14.0	<a href="#">Andrew Weller</a>	PB V50 M	3		Basildon	14.0	14.0	
4	14.3	<a href="#">Clifford Warren</a>	SB V55 M	8		Loughton/Veterans/Eastern Masters	14.3	13.1	

### 100 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	15.6	<a href="#">Robert Woolliams</a>	V60 M	4		Ipswich/Eastern Masters	14.6	14.49	
2	18.6	<a href="#">Christopher Applegate</a>	SB V60 M	2		Thurrock	18.6	17.6	
3	18.9	<a href="#">Roger Cole</a>	SB V65 M	10		Colchester H/Chelmsford/Eastern Masters	18.9	14.8	
4	19.5	<a href="#">Alan Matthews-Smith</a>	SB V60 M	4		Southend	19.5	18.6	

### 100 M60 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	18.4	Frank Hayes	V60 M			Basildon			

### 100 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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1	13.0	<a href="#">Heather Rose</a>	<b>SB</b>	V35 W	1	<a href="#">Stephen Garnham</a>	Colchester H	13.0	12.5	
2	14.5	<a href="#">Dawn Leek</a>		V40 W	10		Ipswich	14.3	14.3	
3	15.0	<a href="#">Janine Phillips</a>	<b>SB</b>	V35 W	3	<a href="#">Vespa Ellis</a>	Basildon	15.0	14.6	
4	15.6	<a href="#">Lorraine Ramet</a>	<b>SB</b>	V45 W	14		Southend	15.6	14.8	
5	16.1	<a href="#">Mary Knapman</a>	<b>SB</b>	V40 W	6		Loughton	16.1	15.2	
6	16.4	<a href="#">Christine Anthony</a>		V55 W	22	<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	16.3	16.2	

**100 W35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.6	<a href="#">Jennifer Gall</a>	<b>PB</b>	V35 W	1	Southend	14.6	14.6	
2	14.9	<a href="#">Ellie Cumner</a>	<b>PB</b>	V35 W	4	Colchester H	14.9	14.9	

**100 W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	16.0	<a href="#">Clare St. John-Coleman</a>		V55 W	9	<a href="#">Edward Hawkins</a>	Chelmsford/Welsh Masters	15.30	14.88	
2	17.0	<a href="#">Nicola Hilson</a>		V50 W	1	Colchester H	16.9	16.9		
3	17.3	<a href="#">Angie Underdown</a>	<b>SB</b>	V50 W	4	Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	17.3	13.7		
4	17.3	<a href="#">Susan Brown</a>		V55 W	6	<a href="#">Keith Palmer</a>	Southend	17.1	16.1	
5	25.4	<a href="#">Pamela Ackland-Snow</a>	<b>SB</b>	V65 W	17	Loughton/Eton Manor	25.4	20.47		

**100 W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	17.5	<a href="#">Dawn Mason</a>	<b>PB</b>	V60 W	3	West Suffolk	17.5	17.5	
2	18.1	<a href="#">Barbara Higgins</a>	<b>SB</b>	V60 W	5	Loughton	18.1	16.5	
3	21.3	<a href="#">Marion Matthews-Smith</a>	<b>SB</b>	V60 W	5	Southend	21.3	20.94	

**400 M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	57.8	<a href="#">Greg Goodrem</a>	<b>SB</b>	V35 M	1	<a href="#">Keith Palmer</a>	Southend	57.8	50.89	
2	58.8	<a href="#">Lee Bowker</a>		V45 M	12	Ipswich	57.9	55.8		
3	60.1	<a href="#">Amr Ziko</a>		V40 M	7	<a href="#">Ken Hills</a>	Braintree/Eastern Masters	59.6	59.0	
4	60.8	<a href="#">Toby Draper</a>	<b>SB</b>	V45 M	12	<a href="#">Bernard Johnson</a>	Thurrock	60.8	60.1	
5	61.8	<a href="#">Marc Jones</a>	<b>PB</b>	V40 M	8	Basildon/Tri Sport Epping	61.8	61.8		
6	63.1	<a href="#">Paul Preston</a>	<b>PB</b>	V45 M	13	<a href="#">David Smith</a>	Colchester H/St. Edmund Pacers	63.1	63.1	
7	64.6	<a href="#">Ben Jeffery</a>		V40 M	7	St. Edmund Pacers/West Suffolk	61.7	61.7		

**400 M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	79.5	<a href="#">Kieran Callaghan</a>	<b>PB</b>	V35 M	5	Colchester H/Ireland	79.5	79.5	

**400 M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	62.4	<a href="#">Kevin McAlinden</a>	<b>SB</b>	V55 M	6	Eastern Masters/Colchester H	62.4	57.15		
2	64.0	<a href="#">Danny Flint</a>	<b>PB</b>	V50 M	1	Southend	64.0	64.0		
3	64.9	<a href="#">Jonathan Metcalf</a>	<b>SB</b>	V55 M	10	<a href="#">David Staines</a>	Thurrock/Eastern Masters	64.9	59.36	
4	68.5	<a href="#">Mark Godbold</a>	<b>PB</b>	V50 M	3	Ipswich	68.5	68.5		

**400 M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	66.9	<a href="#">Ray Daniel</a>	<b>SB</b>	V60 M	3	Cambridge H/Eastern Masters	66.9	58.0		
2	73.3	<a href="#">David Wright</a>	<b>PB</b>	V60 M	2	Colchester H	73.3	73.3		
3	75.2	<a href="#">Mike Bumstead</a>	<b>SB</b>	V65 M	9	<a href="#">Bernard Johnson</a>	Thurrock	75.2	68.5	
4	78.0	<a href="#">Peter Binns</a>	<b>SB</b>	V70 M	13	Southend/Castle Point Joggers	78.0	71.0		

**400 W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	68.4	<a href="#">Jennifer Gall</a>	PB V35 W	1		Southend	66.23	66.23	<a href="#">?</a>
2	70.4	<a href="#">Ellie Cumner</a>	SB V35 W	4		Colchester H	70.4	65.50	<a href="#">?</a>
3	72.5	<a href="#">Christine Anthony</a>	V55 W	22	<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	68.9	68.9	<a href="#">?</a>
4	73.3	<a href="#">Dawn Leek</a>	PB V40 W	10		Ipswich	73.3	73.3	<a href="#">?</a>
5	75.1	<a href="#">Janine Phillips</a>	SB V35 W	3	<a href="#">Vespa Ellis</a>	Basildon	75.1	69.6	<a href="#">?</a>
6	77.6	<a href="#">Mary Knapman</a>	SB V40 W	6		Loughton	77.6	70.9	<a href="#">?</a>

**400 W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	85.2	<a href="#">Eloise Bird</a>	V50 W	2		St. Edmund Pacers	82.8	80.8	<a href="#">?</a>
2	88.1	<a href="#">Fran Norris</a>	PB V55 W	10		Colchester H	88.1	88.1	<a href="#">?</a>
3	1:40.4	<a href="#">Mandy Godbold</a>	PB V50 W	2		Ipswich	1:40.4	1:40.4	<a href="#">?</a>
4	1:44.7	<a href="#">Melanie Peddle</a>	SB V50 W	1		Loughton/Eastern Masters	1:44.7	102.9	<a href="#">?</a>
5	3:20.6	<a href="#">Marion Matthews-Smith</a>	SB V60 W	15		Southend	3:20.6	1:58.1	<a href="#">?</a>
6	3:25.6	<a href="#">Tracy Minton</a>	SB V55 W	9		Chelmsford	3:25.6	90.9	<a href="#">?</a>

**400 W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1:43.4	<a href="#">Linda Donnelly</a>	PB V60 W	2		Southend	1:43.4	1:43.4	<a href="#">?</a>

**1500 SM ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:21.6	<a href="#">Sebastian Anthony</a>	U23 M		<a href="#">Gordon Palmer</a>	West Suffolk/Queens Uni NC	3:51.79	3:51.79	<a href="#">?</a>

**1500 M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:28.5	<a href="#">Lee Taylor</a>	PB V40 M	10	<a href="#">Ron Dawson</a>	Southend	4:28.5	4:28.5	<a href="#">?</a>
2	4:40.3	<a href="#">Andrew Taylor</a>	PB V40 M	10		West Suffolk	4:40.3	4:40.3	<a href="#">?</a>
3	4:43.1	<a href="#">Daniel King</a>	SB V35 M	2	<a href="#">Dominic King</a>	Colchester H	4:43.1	4:36.0	<a href="#">?</a>
4	4:44.4	<a href="#">Marc Jones</a>	PB V40 M	8		Basildon/Tri Sport Epping	4:44.4	4:44.4	<a href="#">?</a>
5	4:56.0	<a href="#">Scott Rice</a>	SB V45 M	14	<a href="#">David Staines</a>	Thurrock	4:56.0	4:34.3	<a href="#">?</a>
6	5:14.2	<a href="#">Neil Gillingham</a>	SB V35 M	2	<a href="#">Eric Phillips</a>	Ipswich	5:14.2	4:43.6	<a href="#">?</a>
7	5:40.2	<a href="#">Paul Jeggo</a>	PB V55 M	24		Springfield	5:40.2	5:40.2	<a href="#">?</a>

**1500 M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:30.9	<a href="#">Mark Waive</a>	SB V45 M	14		Ampthill & Flitwick	4:30.9	4:28.18	<a href="#">?</a>
2	5:02.7	<a href="#">Toby Draper</a>	SB V45 M	12	<a href="#">Bernard Johnson</a>	Thurrock	5:02.7	4:59.9	<a href="#">?</a>
3	6:10.5	<a href="#">Kieran Callaghan</a>	PB V35 M	5		Colchester H/Ireland	6:10.5	6:10.5	<a href="#">?</a>

**1500 M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:54.5	<a href="#">Allen Smalls</a>	PB V50 M	2	<a href="#">Richard Pickering</a>	Colchester H	4:54.5	4:54.5	<a href="#">?</a>
2	5:03.4	<a href="#">Simon Le Mare</a>	V55 M	8		Southend/Leigh on Sea/Eastern Masters	4:50.94	4:37.51	<a href="#">?</a>
3	5:25.2	<a href="#">Eamonn Shelley</a>	SB V55 M	9		Thurrock	5:25.2	4:59.0	<a href="#">?</a>
4	5:26.9	<a href="#">Stephen Hicks</a>	PB V55 M	10		Ipswich	5:26.9	5:26.9	<a href="#">?</a>
5	5:36.8	<a href="#">Peter Tullett</a>	SB V55 M	10		Chelmsford	5:36.8	4:24.1	<a href="#">?</a>

**1500 M50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:54.7	<a href="#">Colin Ridley</a>	SB V55 M	8	<a href="#">Richard Pickering</a>	Colchester H/St. Edmund Pacers/Eastern Masters	4:54.7	4:21.7	<a href="#">?</a>
2	5:21.6	<a href="#">Richard Flutter</a>	SB V50 M	2	<a href="#">Richard Pickering</a>	Colchester H/Eastern Masters	5:21.6	5:09.0	<a href="#">?</a>
3	5:24.2	Richard Mangham	V50 M			Southend			<a href="#">?</a>
4	5:26.9	<a href="#">David Hilson</a>	PB V55 M	6		Colchester H	5:26.9	5:26.9	<a href="#">?</a>

1500 M60								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	5:09.3	<a href="#">Michael Bridgeland</a>	V60 M	2		Chelmsford/Eastern Masters/Ravens City of London	5:01.96	4:33.6
2	5:40.1	<a href="#">David Wright</a>	<b>PB</b> V60 M	2		Colchester H	5:40.1	5:40.1
3	5:44.1	<a href="#">Christopher Applegate</a>	<b>PB</b> V60 M	2		Thurrock	5:44.1	5:44.1
4	5:59.5	<a href="#">Peter Binns</a>	<b>SB</b> V70 M	13		Southend/Castle Point Joggers	5:59.5	4:41.7
1500 M60 ns								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	5:38.9	<a href="#">Christopher Purse</a>	<b>SB</b> V60 M	1		Springfield	5:38.9	4:19.85
2	6:01.2	<a href="#">Bernard Johnson</a>	<b>SB</b> V60 M	5		Thurrock	6:01.2	5:36.56
3	6:03.6	<a href="#">Arthur Whiston</a>	<b>SB</b> V65 M	9		Colchester H	6:03.6	5:54.4
1500 W35								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	5:08.4	<a href="#">Aiko Henington</a>	<b>PB</b> V40 W	8		Colchester H/Japan	5:08.4	5:08.4
2	5:19.7	<a href="#">Tracy English</a>	<b>SB</b> V40 W	8		Southend	5:19.7	5:15.3
3	5:38.3	<a href="#">Mary Knapman</a>	<b>SB</b> V40 W	6		Loughton	5:38.3	4:53.18
4	5:50.4	<a href="#">Christine Anthony</a>	V55 W	22	<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	5:17.98	5:11.47
5	7:42.8	<a href="#">Mandy Godbold</a>	V50 W	17		Ipswich	7:36.0	7:02.8
1500 W35 ns								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	6:06.6	<a href="#">Kate Sandercock</a>	<b>PB</b> V45 W	14		Colchester H	6:06.6	6:06.6
1500 W50								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	6:00.1	<a href="#">Debbie Cattermole</a>	<b>PB</b> V55 W	6		Colchester H/Eastern Masters	6:00.1	6:00.1
2	6:43.4	<a href="#">Anne Heeks</a>	<b>SB</b> V55 W	10		Loughton	6:43.4	6:08.77
3	7:22.7	<a href="#">Hilary Cook</a>	<b>SB</b> V55 W	10		Ipswich	7:22.7	7:21.4
4	8:13.4	<a href="#">Angie Underdown</a>	<b>PB</b> V50 W	4		Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	8:13.4	8:13.4
5	8:50.2	<a href="#">Tracy Minton</a>	<b>SB</b> V55 W	9		Chelmsford	8:50.2	6:34.8
1500 W50 ns								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	5:39.8	<a href="#">Caroline Horden</a>	V50 W	4		Basildon	5:33.9	5:33.9
2	6:34.8	<a href="#">Fran Norris</a>	<b>PB</b> V55 W	10		Colchester H	6:34.8	6:34.8
1500 W60								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	8:29.7	<a href="#">Linda Donnelly</a>	<b>SB</b> V60 W	2		Southend	8:29.7	8:24.3
2000W M35 A								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	7:51.8	<a href="#">Dominic King</a>	<b>PB</b> V35 M	2		Colchester H	7:51.8	7:51.8
2	12:41.6	<a href="#">Eamonn Shelley</a>	<b>SB</b> V55 M	24		Thurrock	12:41.6	12:22.3
3	12:57.5	<a href="#">Keith Palmer</a>	V50 M	20		Southend/Eastern Masters	12:49.21	12:23.42
4	13:09.2	<a href="#">Ben Jeffery</a>	<b>PB</b> V40 M	7		St. Edmund Pacers/West Suffolk	13:09.2	13:09.2
2000W M35 B								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	8:26.1	<a href="#">Daniel King</a>	<b>PB</b> V35 M	2	<a href="#">Dominic King</a>	Colchester H	8:26.1	8:26.1
2	13:32.9	<a href="#">John Borgars</a>	<b>SB</b> V70 M	39	<a href="#">Pauline Wilson</a>	Herts Phoenix/Loughton/Eastern Masters	13:32.9	12:10.1
3	15:03.2	<a href="#">John Brock</a>	<b>SB</b> V65 M	35		Southend	15:03.2	12:53.3
2000W M50 ns								
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	12:16.5	<a href="#">Simon Morgan</a>	<b>SB</b> V50 M	2		Colchester H/Eastern Masters	12:16.5	12:02.4
2000W W35 A								

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11:04.4	<a href="#">Melanie Peddle</a>	V50 W	16		Loughton/Eastern Masters	10:51.3	10:51.3	
2	13:20.1	<a href="#">Debbie Cattermole</a>	<b>PB</b> V55 W	21		Colchester H/Eastern Masters	13:20.1	13:20.1	
3	13:28.9	<a href="#">Angie Underdown</a>	<b>SB</b> V50 W	19		Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	13:28.9	13:22.5	
4	17:44.3	<a href="#">Natasha Lagden</a>	<b>PB</b> V45 W	11	<a href="#">Ron Dawson</a>	Southend	17:44.3	17:44.3	

**2000W W35 B**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13:23.1	<a href="#">Anne Heeks</a>	<b>PB</b> V55 W	25		Loughton	13:23.1	13:23.1	
2	16:43.1	<a href="#">Helen Taczynski</a>	<b>PB</b> V35 W	5	<a href="#">David Smith</a>	Colchester H	16:43.1	16:43.1	
3	17:35.8	<a href="#">Eloise Bird</a>	<b>SB</b> V50 W	17		St. Edmund Pacers	17:35.8	15:54.4	
4	17:44.3	<a href="#">Lorraine Ramet</a>	<b>PB</b> V45 W	14		Southend	17:44.3	17:44.3	

**4x200 M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1:45.1	Col & Tend/Ipswich Harriers	V35 M			C&T/Ips			
2	1:48.3	Southend AC	V35 M			Southend AC			
3	1:57.5	Colchester Harriers	V35 M			Colchester Harriers			
4	1:58.6	Thurrock Harriers/Loughton AC	V35 M			Thurrock Harriers/Loughton AC			
5	2:05.0	WSAC/St Edmunds Pacers	V35 M			West Suff/St Edmunds Pacers			

**4x200 M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:01.2	Southend AC	V50 M			Southend AC			
2	2:04.6	Colchester Harriers	V50 M			Colchester Harriers			
3	2:09.0	Thurrock Harriers/Loughton AC	V50 M			Thurrock Harriers/Loughton AC			
4	2:26.1	Col & Tend/Ipswich Harriers	V50 M			C&T/Ips			

**4x200 W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:03.7	Colchester Harriers	V35 W			Colchester Harriers			
2	2:10.9	Southend AC	V35 W			Southend AC			
3	2:43.8	Col & Tend/Ipswich Harriers	V35 W			C&T/Ips			
4	2:55.9	Chelmsford/Springfield	V35 W			Chelmsford/Springfield			
5	2:57.9	Thurrock Harriers/Loughton AC	V35 W			Thurrock Harriers/Loughton AC			

**4x200 W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:38.6	WSAC/St Edmunds Pacers	V50 W			West Suff/St Edmunds Pacers			
2	2:43.6	Colchester Harriers	V50 W			Colchester Harriers			
3	3:07.5	Southend AC	V50 W			Southend AC			

**HJ M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.78	<a href="#">Greg Goodrem</a>	<b>SB</b> V35 M	1	<a href="#">Keith Palmer</a>	Southend	1.78	2.00	
2	1.60	<a href="#">Roger Skedd</a>	V35 M	2		Chelmsford/Falkirk	1.65	1.93	
3	1.50	<a href="#">Nigel Hayman</a>	V40 M	10	<a href="#">Lee Bowker</a>	Ipswich/Bournemouth/Eastern Masters	1.60	1.65	
4	1.40	<a href="#">Chris Kent</a>	V45 M	11		West Suffolk/Eastern Masters	1.55	1.55	
5	1.40	<a href="#">Daniel King</a>	<b>PB</b> V35 M	2	<a href="#">Dominic King</a>	Colchester H	1.40	1.40	
6	1.30	<a href="#">Toby Draper</a>	<b>SB</b> V45 M	12	<a href="#">Bernard Johnson</a>	Thurrock	1.30	1.40	

**HJ M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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1	1.40	<a href="#">Ian Ling</a>	<b>PB</b>	V45 M	12	Ipswich	1.40	1.40	
2	1.40	<a href="#">Andrew Taylor</a>	<b>PB</b>	V40 M	10	West Suffolk	1.40	1.40	

**HJ M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.35	<a href="#">David Hilson</a>	<b>PB</b>	V55 M	6	Colchester H	1.35	1.35	
2	1.30	<a href="#">Clifford Warren</a>	<b>SB</b>	V55 M	8	Loughton/Veterans/Eastern Masters	1.30	1.45	
3	1.20	<a href="#">Keith Palmer</a>	<b>SB</b>	V50 M	5	Southend/Eastern Masters	1.20	1.45	
4	1.15	<a href="#">Andrew Weller</a>	<b>PB</b>	V50 M	3	Basildon	1.15	1.15	

**HJ M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.10	<a href="#">Roger Cole</a>	<b>PB</b>	V65 M	10	Colchester H/Chelmsford/Eastern Masters	1.10	1.10	
2	1.10	<a href="#">Mike Bumstead</a>	<b>SB</b>	V65 M	9	<a href="#">Bernard Johnson</a> Thurrock	1.10	1.25	

**HJ W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.36	<a href="#">Heidi Nicholas</a>		V35 W	4	<a href="#">Yespa Ellis</a> Basildon/Eastern Masters	1.40	1.60	
2	1.33	<a href="#">Kate Williams</a>	<b>PB</b>	V35 W	1	Southend	1.33	1.33	
3	1.00	<a href="#">Mary Knapman</a>	<b>SB</b>	V40 W	6	Loughton	1.00	1.05	

**HJ W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.15	<a href="#">Eloise Bird</a>	<b>PB</b>	V50 W	2	St. Edmund Pacers	1.15	1.15	
2	1.03	<a href="#">Susan Brown</a>	<b>SB</b>	V55 W	6	<a href="#">Keith Palmer</a> Southend	1.03	1.10	
3	1.00	<a href="#">Carol Morris</a>	<b>SB</b>	V50 W	3	Chelmsford	1.00	1.15	

**TJ M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.75	<a href="#">Aaron Bollu</a>		V40 M	7	Colchester & Tendring/Eastern Masters	11.69	12.71	
2	10.72	<a href="#">Greg Goodrem</a>	<b>SB</b>	V35 M	1	<a href="#">Keith Palmer</a> Southend	10.72	12.23	
3	10.11	<a href="#">Marek Kowalski</a>	<b>SB</b>	V45 M	13	Thurrock/Eastern Masters	10.11	10.78	
4	9.15	<a href="#">Chris Kent</a>		V45 M	11	West Suffolk/Eastern Masters	9.23	9.23	
5	8.85	<a href="#">Amr Ziko</a>		V40 M	7	<a href="#">Ken Hills</a> Braintree/Eastern Masters	9.01	9.01	
6	7.01	<a href="#">John Henington</a>	<b>PB</b>	V45 M	13	Colchester H	7.01	7.01	

**TJ M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	9.62	<a href="#">Clifford Warren</a>		V55 M	8	Loughton/Veterans/Eastern Masters	10.21	10.75	
2	8.53	<a href="#">Keith Palmer</a>	<b>SB</b>	V50 M	5	Southend/Eastern Masters	8.53	11.79	
3	6.82	<a href="#">Kevin McAlinden</a>	<b>SB</b>	V55 M	6	Eastern Masters/Colchester H	6.82	8.31	

**TJ W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	8.71	<a href="#">Heidi Nicholas</a>	<b>SB</b>	V35 W	4	<a href="#">Yespa Ellis</a> Basildon/Eastern Masters	8.71	10.72	
2	8.67	<a href="#">Kate Williams</a>	<b>PB</b>	V35 W	1	Southend	8.67	8.67	
3	6.72	<a href="#">Christine Anthony</a>	<b>PB</b>	V55 W	22	<a href="#">Gordon Palmer</a> West Suffolk/Eastern Masters/St. Edmund Pacers	6.72	6.72	
4	6.05	<a href="#">Kate Sandercock</a>	<b>PB</b>	V45 W	14	Colchester H	6.05	6.05	
5	4.83	<a href="#">Carol Morris</a>		V50 W	18	Chelmsford	5.00	6.44	

**TJ W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	7.24	<a href="#">Clare St. John-Coleman</a>		V55 W	9	<a href="#">Edward Hawkins</a> Chelmsford/Welsh Masters	7.80	8.64	
2	6.29	<a href="#">Susan Brown</a>		V55 W	6	<a href="#">Keith Palmer</a> Southend	6.86	7.02	
3	5.65	<a href="#">Dawn Mason</a>		V60 W	13	West Suffolk	5.88	5.88	

**DT2K M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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1	38.06	<a href="#">Roger Skedd</a>	V35 M	2		Chelmsford/Falkirk	39.78	48.38	
2	22.83	<a href="#">Chris Kent</a>	V45 M	11		West Suffolk/Eastern Masters	26.38	29.32	
3	22.09	<a href="#">Ian Ling</a>	V45 M	12		Ipswich	23.74	23.74	
4	20.03	<a href="#">Gary Cheek</a>	V45 M	14		Southend	20.16	20.16	
5	15.03	<a href="#">Marek Kowalski</a>	V45 M	13		Thurrock/Eastern Masters	17.17	17.17	
6	9.71	<a href="#">Kieran Callaghan</a>	<b>SB</b> V35 M	5		Colchester H/Ireland	9.71	10.45	

**DT2K M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
2	16.41	<a href="#">Greg Goodrem</a>	<b>SB</b> V35 M	1	<a href="#">Keith Palmer</a>	Southend	16.41	23.22	
1	14.97	<a href="#">Dominic King</a>	<b>PB</b> V35 M	2		Colchester H	14.97	14.97	

**DT2K M50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.77	<a href="#">Allen Smalls</a>	<b>PB</b> V50 M	2	<a href="#">Richard Pickering</a>	Colchester H	14.77	14.77	

**DT1.5K M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	38.01	<a href="#">David Bauer</a>	<b>SB</b> V50 M	4		Harlow AC/Chelmsford/Eastern Masters/Southend	38.01	41.99	
2	24.46	<a href="#">Peter Godron</a>	V55 M	6		Colchester & Tendring	25.48	25.48	
3	23.10	<a href="#">Nigel Instance</a>	<b>SB</b> V50 M	2		Thurrock	23.10	25.79	
4	20.10	<a href="#">Angus Aldridge</a>	V55 M	7		Southend/Eastern Masters	20.37	20.55	
5	20.04	<a href="#">Richard Flutter</a>	<b>PB</b> V50 M	2	<a href="#">Richard Pickering</a>	Colchester H/Eastern Masters	20.04	20.04	

**DT1.5K M50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	18.45	<a href="#">Simon Morgan</a>	<b>PB</b> V50 M	2		Colchester H/Eastern Masters	18.45	18.45	

**DT1K M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	36.21	<a href="#">Geoff Tyler</a>	V70 M	11		Chelmsford/Eastern Masters	36.76	43.85	
2	30.68	<a href="#">David Valentine</a>	<b>PB</b> V60 M	3	<a href="#">Gary Howe</a>	West Suffolk/Eastern Masters	30.68	30.68	
3	27.50	<a href="#">Dave Faulkner</a>	V65 M	7		Garden City Runners/Herts Phoenix/Loughton/Eastern	30.97	33.92	
4	19.54	<a href="#">Tony Fuller</a>	<b>SB</b> V60 M	5		Ipswich	19.54	21.03	
5	14.50	<a href="#">John Clark</a>	V75 M	17		Chelmsford/Eastern Masters/Southend	14.63	20.71	
6	10.54	<a href="#">Arthur Whiston</a>	<b>SB</b> V65 M	9		Colchester H	10.54	11.12	

**DT1K W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.08	<a href="#">Carey Hollick</a>	V45 W	14	<a href="#">Paul Morgan</a>	Colchester & Tendring/East London U/Eastern Master	22.45	24.00	
2	18.87	<a href="#">Nicole Celestine</a>	<b>PB</b> V50 W	19		Chelmsford	18.87	18.87	
3	16.29	<a href="#">Kate Williams</a>	<b>PB</b> V35 W	1		Southend	16.29	16.29	
4	16.11	<a href="#">Denise Larkins</a>	V45 W	13		Colchester H	16.60	18.55	
5	13.99	<a href="#">Barbara Higgins</a>	V60 W	30		Loughton	14.92	16.92	
6	11.63	<a href="#">Christine Anthony</a>	V55 W	22	<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	12.85	12.90	

**DT1K W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	22.13	<a href="#">Samantha Morgan</a>	V50 W	3	<a href="#">Paul Morgan</a>	Ipswich	22.26	22.26	
2	20.82	<a href="#">Jean Pearce</a>	V55 W	6		Chelmsford	21.50	21.50	
3	14.11	<a href="#">Angie Underdown</a>	<b>PB</b> V50 W	4		Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	14.11	14.11	
4	12.97	<a href="#">Susan Brown</a>	<b>SB</b> V55 W	6	<a href="#">Keith Palmer</a>	Southend	12.97	15.10	

5	12.67	<a href="#">Anne Heeks</a>	<b>PB</b>	V55 W	10	Loughton	12.67	12.67	
6	12.16	<a href="#">Nicola Hilson</a>		V50 W	1	Colchester H	14.54	16.67	

**DT1K W50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
3	15.31	<a href="#">Carol Morris</a>	<b>SB</b>	V50 W	3	Chelmsford	15.31	20.62	
2	13.80	Sarah Stark		V55 W		Chelmsford			
1	9.80	<a href="#">Susan Waller-Toyne</a>	<b>PB</b>	V50 W	5	Colchester H	9.80	9.80	

**DT1K W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	24.95	<a href="#">Shirley Quinn</a>		V60 W	5	Chelmsford/Eastern Masters/Police	27.26	42.00	
2	14.96	<a href="#">Pamela Ackland-Snow</a>	<b>SB</b>	V65 W	7	Loughton/Eton Manor	14.96	20.97	
3	13.61	<a href="#">Stephanie Stamp</a>	<b>PB</b>	V65 W	8	Southend/Eastern Masters	13.61	13.61	
4	13.19	<a href="#">Dawn Mason</a>		V60 W	3	West Suffolk	13.52	15.26	

