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## Eastern Masters AC League Division South

Bury St. Edmunds

1 May 19

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### 100 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.4	<a href="#">Amr Ziko</a>	<b>SB</b> V40 M	7	<a href="#">Ken Hills</a>	Braintree/Eastern Masters	12.1	11.8	
2	12.7	<a href="#">Justin Hubbard</a>	V40 M	6		Colchester & Tendring/Eastern Masters	12.4	12.2	
3	12.8	<a href="#">Clive Farrow</a>	<b>SB</b> V45 M	15		Southend/Eastern Masters	12.8	12.07	
4	13.0	<a href="#">Chris Kent</a>	<b>PB</b> V45 M	11		West Suffolk/Eastern Masters	13.0	13.0	
5	13.5	<a href="#">Steven Ball</a>	<b>SB</b> V45 M	12		Thurrock	13.5	13.3	
6	14.4	<a href="#">Paul Preston</a>	<b>PB</b> V45 M	13	<a href="#">David Smith</a>	Colchester H/St. Edmund Pacers	14.0	14.0	






### 100 M35 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.7	<a href="#">Ian Ling</a>	<b>SB</b> V45 M	12		Ipswich	13.7	13.4	




### 100 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.0	<a href="#">Keith Palmer</a>	V50 M	5		Southend/Eastern Masters	13.6	11.1	
2	14.1	<a href="#">Andrew Weller</a>	<b>PB</b> V50 M	3		Basildon	14.0	14.0	
3	14.2	<a href="#">Kevin McAlinden</a>	V55 M	6		Eastern Masters/Colchester H	14.0	13.6	
4	14.5	<a href="#">Mark Godbold</a>	<b>SB</b> V50 M	3		Ipswich	14.5	13.8	
5	14.6	<a href="#">Nigel Instance</a>	<b>SB</b> V50 M	2		Thurrock	14.6	14.3	

### 100 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.6	<a href="#">Robert Woolliams</a>	<b>SB</b> V60 M	4		Ipswich/Eastern Masters	14.6	14.49	
2	15.5	<a href="#">Gerry Daniel</a>	<b>SB</b> V65 M	7		Chelmsford/Eastern Masters	15.5	14.7	
3	16.4	<a href="#">Peter Binns</a>	<b>SB</b> V70 M	12		Southend/Castle Point Joggers	16.4	15.2	
4	17.6	<a href="#">Bernard Johnson</a>	<b>SB</b> V60 M	4		Thurrock	17.6	16.3	
5	20.7	<a href="#">Arthur Whiston</a>	<b>SB</b> V65 M	9		Colchester H	20.7	19.8	

### 100 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.3	<a href="#">Heather Rose</a>	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	15.9	<a href="#">Lorraine Ramet</a>	V45 W	14		Southend	15.6	14.8	
					<a href="#">Gordon</a>	West Suffolk/Eastern Masters/St. Edmund			

4	16.3	<a href="#">Christine Anthony</a>	<b>SB</b> V55 W 22	<a href="#">Palmer</a>	Pacers	16.3	16.2	
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**100 W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	15.4	<a href="#">Elizabeth Welbourn</a>	V55 W 9		<a href="#">Lee Bowker</a>	Ipswich/Eastern Masters	15.0	14.2	
2	15.7	<a href="#">Clare St. John-Coleman</a>	V55 W 9		<a href="#">Edward Hawkins</a>	Chelmsford/Welsh Masters	15.30	14.88	
3	16.9	<a href="#">Nicola Hilson</a>	<b>PB</b> V50 W 1			Colchester H	16.9	16.9	
4	17.1	<a href="#">Susan Brown</a>	<b>SB</b> V50 W 5		<a href="#">Keith Palmer</a>	Southend	17.1	16.1	
5	17.2	<a href="#">Michaela Davis</a>	V50 W 4			Loughton	16.9	14.8	
6	18.1	<a href="#">Angie Underdown</a>	V50 W 4			Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	17.3	13.7	

**100 W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	18.7	<a href="#">Dawn Mason</a>	V60 W 3			West Suffolk	17.5	17.5	
2	19.3	<a href="#">Diane Wooller</a>	<b>SB</b> V65 W 6			Colchester H	19.3	18.6	
3	20.2	<a href="#">Barbara Higgins</a>	V60 W 5			Loughton	18.1	16.5	
4	23.0	<a href="#">Stephanie Stamp</a>	<b>SB</b> V65 W 7			Southend/Eastern Masters	23.0	22.16	

**400 M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	57.8	<a href="#">Daniel Scurrell</a>	<b>SB</b> V40 M 7			Ipswich	57.8	52.10	
2	58.3	<a href="#">Greg Goodrem</a>	V35 M 1		<a href="#">Keith Palmer</a>	Southend	57.8	50.89	
3	59.6	<a href="#">Amr Ziko</a>	<b>SB</b> V40 M 7		<a href="#">Ken Hills</a>	Braintree/Eastern Masters	59.6	59.0	
4	63.0	<a href="#">Marc Jones</a>	V40 M 7			Basildon/Tri Sport Epping	61.8	61.8	
5	63.8	<a href="#">Ben Jeffery</a>	V40 M 6			St. Edmund Pacers/West Suffolk	61.7	61.7	
6	64.0	<a href="#">Daniel King</a>	<b>PB</b> V35 M 1		<a href="#">Dominic King</a>	Colchester H	64.0	64.0	
7	64.2	<a href="#">Steven Ball</a>	<b>SB</b> V45 M 12			Thurrock	64.2	61.4	

**400 M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	59.5	<a href="#">Lee Bowker</a>	V45 M 12			Ipswich	57.9	55.8	
2	75.6	<a href="#">Peter Bird</a>	<b>PB</b> V45 M 11			St. Edmund Pacers	75.6	75.6	

**400 M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	64.5	<a href="#">Kevin McAlinden</a>	V55 M 6			Eastern Masters/Colchester H	62.4	57.15	
2	70.4	<a href="#">Mark Godbold</a>	V50 M 3			Ipswich	68.5	68.5	
3	74.5	<a href="#">Nigel Instance</a>	<b>SB</b> V50 M 2			Thurrock	74.5	64.3	
4	83.4	<a href="#">Mathew Gillard</a>	<b>SB</b> V50 M 2		<a href="#">Ian Glover</a>	Southend	83.4	75.5	

**400 M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	72.9	<a href="#">Robert Woolliams</a>	<b>SB</b> V60 M 4			Ipswich/Eastern Masters	72.9	71.7	
2	74.7	<a href="#">Paul Mingay</a>	<b>PB</b> V60 M 3			Colchester H	74.7	74.7	
3	74.9	<a href="#">Gerry Daniel</a>	<b>SB</b> V65 M 7			Chelmsford/Eastern Masters	74.9	67.3	
4	79.6	<a href="#">Peter Binns</a>	V70 M 12			Southend/Castle Point Joggers	78.0	71.0	
5	81.1	<a href="#">Mike Bumstead</a>	V65 M 8		<a href="#">Bernard Johnson</a>	Thurrock	75.2	68.5	

**400 W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	69.3	<a href="#">Denise Morley</a>	<b>SB</b> V45 W 15		<a href="#">Melvyn Smith</a>	Colchester H/Eastern Masters	69.3	59.30	
2	69.9	<a href="#">Christine Anthony</a>	<b>PB</b> V55 W 22		<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	68.9	68.9	
3	70.2	<a href="#">Leanne Marie Thorndyke</a>	<b>SB</b> V35 W 1			Ipswich	70.2	65.6	
4	84.5	<a href="#">Natasha Lagden</a>	<b>SB</b> V45 W 11		<a href="#">Ron Dawson</a>	Southend	84.5	77.1	

**400 W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	75.7	<a href="#">Elizabeth Welbourn</a>	V55	W	9	<a href="#">Lee Bowker</a>	Ipswich/Eastern Masters	74.92	68.6	
2	82.8	<a href="#">Eloise Bird</a>	SB V50	W	2		St. Edmund Pacers	82.8	80.8	
3	90.1	<a href="#">Susan Waller-Toyne</a>	PB V50	W	5		Colchester H	90.1	90.1	

**400 W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	96.3	<a href="#">Diane Wooller</a>	SB V65	W	6		Colchester H	96.3	89.5	
2	1:56.0	<a href="#">Linda Donnelly</a>	V60	W	2		Southend	1:43.4	1:43.4	

**3000 M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	9:48.1	<a href="#">Mark Waine</a>	PB V45	M	14		Amphill & Flitwick	9:48.1	9:48.1	
2	9:49.0	<a href="#">Daniel King</a>	PB V35	M	1	<a href="#">Dominic King</a>	Colchester H	9:49.0	9:49.0	
3	10:13.4	<a href="#">Marc Jones</a>	PB V40	M	7		Basildon/Tri Sport Epping	10:13.4	10:13.4	
4	10:42.4	<a href="#">Neil Gillingham</a>	SB V35	M	1	<a href="#">Eric Phillips</a>	Ipswich	10:42.4	10:26.8	
5	12:16.7	<a href="#">Steven Ball</a>	SB V45	M	12		Thurrock	12:16.7	9:55.4	
6	12:26.9	<a href="#">Andrew Taylor</a>	PB V40	M	10		West Suffolk	12:26.9	12:26.9	

**3000 M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10:56.6	<a href="#">Ben Jeffery</a>	PB V40	M	6		St. Edmund Pacers/West Suffolk	10:56.6	10:56.6	
2	11:17.1	<a href="#">Peter Bird</a>	PB V45	M	11		St. Edmund Pacers	11:17.1	11:17.1	
2	11:32.0	<a href="#">Adam Clarke</a>	PB SEN	M	-1		St. Edmund Pacers	11:32.0	11:32.0	
2	11:36.2	<a href="#">John Henington</a>	PB V45	M	13		Colchester H	11:36.2	11:36.2	
3	13:22.5	<a href="#">Kieran Callaghan</a>	PB V35	M	5		Colchester H/Ireland	13:22.5	13:22.5	

**3000 M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10:07.3	<a href="#">Colin Ridley</a>	SB V55	M	8	<a href="#">Richard Pickering</a>	Colchester H/St. Edmund Pacers/Eastern Masters	10:07.3	9:22.60	
2	10:53.2	<a href="#">Simon Le Mare</a>	SB V55	M	8		Southend/Leigh on Sea/Eastern Masters	10:53.2	10:03.9	
3	11:20.4	<a href="#">Stephen Hicks</a>	PB V55	M	10		Ipswich	11:20.4	11:20.4	
4	11:26.9	<a href="#">Jonathan Metcalf</a>	SB V55	M	10	<a href="#">David Staines</a>	Thurrock/Eastern Masters	11:26.9	10:41.7	
5	11:31.3	<a href="#">Nigel Schofield</a>	PB V50	M	5		St. Edmund Pacers	11:31.3	11:31.3	
6	12:18.8	<a href="#">Julian Catmull</a>	PB V55	M	6		Springfield	12:18.8	12:18.8	
7	14:04.6	<a href="#">Rhys Davies</a>	PB V55	M	10		Basildon	13:32.6	13:32.6	

**3000 M50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	11:09.0	<a href="#">Richard Flutter</a>	PB V50	M	2	<a href="#">Richard Pickering</a>	Colchester H/Eastern Masters	11:09.0	11:09.0	

**3000 M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10:15.5	<a href="#">Paul Mingay</a>	PB V60	M	3		Colchester H	10:15.5	10:15.5	
2	11:17.7	<a href="#">David Butler</a>	SB V65	M	7		Billericay/Eastern Masters	11:17.7	9:36.00	
3	11:55.4	<a href="#">Stephen Pretty</a>	PB V60	M	2		St. Edmund Pacers	11:55.4	11:55.4	
4	12:24.9	<a href="#">Mike Bumstead</a>	SB V65	M	8	<a href="#">Bernard Johnson</a>	Thurrock	12:24.9	11:28.3	
5	12:44.2	<a href="#">Peter Binns</a>	SB V70	M	12		Southend/Castle Point Joggers	12:44.2	10:14.5	

**3000 M65 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	12:33.4	<a href="#">Arthur Whiston</a>	SB V65	M	4		Colchester H	12:33.4	11:51.1	

**3000 W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10:46.9	<a href="#">Aiko Henington</a>	PB V40	W	7		Colchester H/Japan	10:46.9	10:46.9	
2	11:24.8	<a href="#">Tracy English</a>	SB V40	W	8		Southend	11:24.8	11:01.2	

3	12:03.6	<a href="#">Elke Hausler</a>	V55 W 22		Newmarket J/Eastern Masters/St. Edmund Pacers/Germ	11:48.75	11:48.75		
<b>3000 W35 ns</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11:49.8	<a href="#">Katie King</a>	PB SEN	W	-6	St. Edmund Pacers	11:49.8	11:49.8	
1	12:30.5	<a href="#">Kate Sandercock</a>	PB V45	W	13	Colchester H	12:30.5	12:30.5	
<b>3000 W50</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12:48.8	<a href="#">Maureen McCarthy</a>	SB V55	W	8	<a href="#">David Cripps</a> West Suffolk/Eastern Masters/United States	12:48.8	11:16.18	
2	13:05.2	<a href="#">Debbie Cattermole</a>	PB V55	W	6	Colchester H/Eastern Masters	13:05.2	13:05.2	
3	15:58.6	<a href="#">Mandy Godbold</a>	SB V50	W	2	Ipswich	15:58.6	14:18.55	
4	19:06.6	<a href="#">Tracy Minton</a>	V55	W	9	Chelmsford	18:26.0	15:35.12	
<b>3000 W60</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14:11.6	<a href="#">Diane Wooller</a>	SB V65	W	6	Colchester H	14:11.6	13:24.8	
2	15:26.0	<a href="#">Jean Hobbs</a>	SB V70	W	11	Loughton	15:26.0	14:34.0	
3	17:29.0	<a href="#">Linda Donnelly</a>	PB V60	W	2	Southend	17:29.0	17:29.0	
<b>MileW M35 A</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	6:30.1	<a href="#">Daniel King</a>	PB V35	M	1	<a href="#">Dominic King</a> Colchester H	6:30.1	6:30.1	
2	10:09.6	<a href="#">Keith Palmer</a>	V50	M	20	Southend/Eastern Masters	9:52.2	9:52.2	
3	10:16.1	<a href="#">Mike Bumstead</a>	SB V65	M	33	<a href="#">Bernard Johnson</a> Thurrock	10:16.1	10:00.1	
4	10:23.4	<a href="#">Julian Catmull</a>	PB V55	M	21	Springfield	10:23.4	10:23.4	
<b>MileW M35 B</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	9:35.1	<a href="#">Simon Morgan</a>	PB V50	M	17	Colchester H/Eastern Masters	9:35.1	9:35.1	
2	10:28.8	<a href="#">John Borgars</a>	SB V70	M	39	<a href="#">Pauline Wilson</a> Herts Phoenix/Loughton/Eastern Masters	10:28.8	9:36.3	
3	11:33.2	<a href="#">John Brock</a>	SB V65	M	35	Southend	11:33.2	10:05.81	
<b>MileW M35 ns</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	7:06.2	<a href="#">George Wilkinson</a>	PB U20	M	-18	Enfield & Haringey	7:06.2	7:06.2	
<b>MileW W35 A</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10:52.1	<a href="#">Angie Underdown</a>	PB V50	W	19	Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	10:52.1	10:52.1	
2	11:43.4	<a href="#">Debbie Cattermole</a>	PB V55	W	21	Colchester H/Eastern Masters	11:43.4	11:43.4	
3	12:54.5	<a href="#">Jean Hobbs</a>	PB V70	W	36	Loughton	12:54.5	12:54.5	
4	13:40.2	<a href="#">Tracy Minton</a>	SB V55	W	24	Chelmsford	13:40.2	12:10.0	
5	13:56.3	<a href="#">Tracy English</a>	PB V40	W	8	Southend	13:56.3	13:56.3	
<b>MileW W35 B</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12:50.8	<a href="#">Kate Sandercock</a>	PB V45	W	13	Colchester H	12:50.8	12:50.8	
2	15:03.9	<a href="#">Linda Donnelly</a>	PB V60	W	27	Southend	15:03.9	15:03.9	
<b>4x100 M35</b>									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	50.5	<a href="#">Colchester &amp; Tendring / Ipswich V35 Team</a>	SB V35	M		Colchester & Tendring/Ipswich	50.5	49.7	
2	53.5	<a href="#">Southend V35 Team</a>	SB V35	M		Southend	53.5	51.4	
3	57.7	<a href="#">WSAC/St Edmunds Pacers M35</a>	PB V35	M		West Suffolk/St. Edmund Pacers	57.7	57.7	

4	59.3	<a href="#">Thurrock V35 Team</a>	<b>SB</b> V35 M		Thurrock	59.3	55.9		
5	60.4	<a href="#">Chelmsford AC V35 Team</a>	<b>PB</b> V35 M		Chelmsford	60.4	60.4		
6	64.3	<a href="#">Colchester Harriers M35</a>	<b>PB</b> V35 M		Colchester H	64.3	64.3		
<b>4x100 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	62.5	<a href="#">Colchester Harriers M50</a>	<b>PB</b> V50 M			Colchester H	62.5	62.5	
2	66.7	<a href="#">Southend M50 Team</a>	<b>SB</b> V50 M			Southend	66.7	59.9	
3	87.4	<a href="#">Thurrock V50 Team</a>	<b>SB</b> V50 M			Thurrock	87.4	60.5	
<b>4x100 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	65.9	<a href="#">Colchester &amp; Tendring / Ipswich V35 Team</a>	<b>PB</b> V35 W			Colchester & Tendring/Ipswich	65.9	65.9	
2	65.9	<a href="#">Southend W35 Team</a>	<b>SB</b> V35 W			Southend	65.9	64.4	
<b>4x100 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	68.8	<a href="#">WSAC/St Edmunds Pacers</a>	<b>PB</b> V50 W			West Suffolk/St. Edmund Pacers	68.8	68.8	
2	75.7	<a href="#">Colchester Harriers W50</a>	<b>PB</b> V50 W			Colchester H	75.7	75.7	
3	87.7	<a href="#">Chelmsford AC V50 Team</a>	<b>PB</b> V50 W			Chelmsford	87.7	87.7	

**HJ M35**

<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	<a href="#">Greg Goodrem</a>	V35 M	1	<a href="#">Keith Palmer</a>	Southend	1.78	2.00	
2	1.40	<a href="#">Daniel King</a>	<b>PB</b> V35 M	1	<a href="#">Dominic King</a>	Colchester H	1.40	1.40	
3	1.35	<a href="#">Chris Kent</a>	V45 M	11		West Suffolk/Eastern Masters	1.55	1.55	
4	1.30	<a href="#">Steven Ball</a>	<b>SB</b> V45 M	12		Thurrock	1.30	1.35	
5	1.30	<a href="#">Ian Ling</a>	V45 M	12		Ipswich	1.40	1.40	
6	1.20	<a href="#">Damian Barrett</a>	<b>PB</b> V45 M	13		Springfield/Chelmsford	1.20	1.20	

**HJ M50**

<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	1.25	<a href="#">Simon Morgan</a>	<b>PB</b> V50 M	2		Colchester H/Eastern Masters	1.25	1.25	
2	1.15	<a href="#">Jonathan Metcalf</a>	<b>SB</b> V55 M	10	<a href="#">David Staines</a>	Thurrock/Eastern Masters	1.15	1.20	
3	1.10	<a href="#">Keith Palmer</a>	V50 M	5		Southend/Eastern Masters	1.20	1.45	

**HJ W35**

<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	1.20	<a href="#">Helen Taczynski</a>	<b>SB</b> V35 W	5	<a href="#">David Smith</a>	Colchester H	1.20	1.35	
2	1.00	<a href="#">Carol Morris</a>	<b>SB</b> V50 W	18		Chelmsford	1.00	1.15	

**HJ W50**

<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	<a href="#">Eloise Bird</a>	<b>PB</b> V50 W	2		St. Edmund Pacers	1.15	1.15	
2	1.05	<a href="#">Michaela Davis</a>	<b>SB</b> V50 W	4		Loughton	1.05	1.20	
3	1.00	<a href="#">Susan Brown</a>	V50 W	5	<a href="#">Keith Palmer</a>	Southend	1.03	1.10	

**TJ M35**

<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	11.32	<a href="#">Aaron Bollu</a>	<b>SB</b> V40 M	6		Colchester & Tendring/Eastern Masters	11.69	12.71	
2	10.53	<a href="#">Greg Goodrem</a>	V35 M	1	<a href="#">Keith Palmer</a>	Southend	10.72	12.23	
3	9.95	<a href="#">Marek Kowalski</a>	V45 M	13		Thurrock/Eastern Masters	10.11	10.78	
4	9.23	<a href="#">Chris Kent</a>	<b>PB</b> V45 M	11		West Suffolk/Eastern Masters	9.23	9.23	
5	9.01	<a href="#">Amr Ziko</a>	<b>PB</b> V40 M	7	<a href="#">Ken Hills</a>	Braintree/Eastern Masters	9.01	9.01	
6	8.47	<a href="#">Daniel King</a>	<b>PB</b> V35 M	1	<a href="#">Dominic King</a>	Colchester H	8.47	8.47	

**TJ M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	8.51	<a href="#">Keith Palmer</a>	V50 M	5		Southend/Eastern Masters	8.53	11.79	
2	7.56	<a href="#">Jonathan Metcalf</a>	<b>SB</b> V55 M	10	<a href="#">David Staines</a>	Thurrock/Eastern Masters	7.56	8.15	
3	6.05	<a href="#">Simon Morgan</a>	<b>PB</b> V50 M	2		Colchester H/Eastern Masters	6.05	6.05	

**TJ M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	6.23	<a href="#">Mike Bumstead</a>	<b>SB</b> V65 M	8	<a href="#">Bernard Johnson</a>	Thurrock	6.23	7.22	
2	4.85	<a href="#">John Brock</a>	<b>SB</b> V65 M	10		Southend	4.85	6.64	

**TJ W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	8.12	<a href="#">Helen Taczynski</a>	<b>SB</b> V35 W	5	<a href="#">David Smith</a>	Colchester H	8.12	9.11	
2	6.23	<a href="#">Lorraine Ramet</a>	<b>PB</b> V45 W	14		Southend	6.23	6.23	
3	5.00	<a href="#">Carol Morris</a>	<b>SB</b> V50 W	18		Chelmsford	5.00	6.44	

**TJ W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	7.36	<a href="#">Clare St. John-Coleman</a>	V55 W	9	<a href="#">Edward Hawkins</a>	Chelmsford/Welsh Masters	7.80	8.64	
2	6.86	<a href="#">Susan Brown</a>	<b>SB</b> V50 W	5	<a href="#">Keith Palmer</a>	Southend	6.86	7.02	
3	6.23	<a href="#">Christine Anthony</a>	V55 W	7	<a href="#">Gordon Palmer</a>	West Suffolk/Eastern Masters/St. Edmund Pacers	6.72	6.72	
4	5.99	<a href="#">Michaela Davis</a>	<b>SB</b> V50 W	4		Loughton	5.99	7.95	

**TJ W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.88	<a href="#">Dawn Mason</a>	<b>PB</b> V60 W	3		West Suffolk	5.88	5.88	
2	4.81	<a href="#">Diane Wooller</a>	<b>PB</b> V65 W	6		Colchester H	4.81	4.81	

**SP7.26K M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.36	<a href="#">Chris Kent</a>	V45 M	11		West Suffolk/Eastern Masters	11.55	11.64	
2	10.00	<a href="#">Damian Barrett</a>	<b>SB</b> V45 M	13		Springfield/Chelmsford	10.00	10.80	
3	8.16	<a href="#">Marek Kowalski</a>	<b>SB</b> V45 M	13		Thurrock/Eastern Masters	8.16	8.35	
4	7.65	<a href="#">Aaron Bollu</a>	<b>SB</b> V40 M	6		Colchester & Tendring/Eastern Masters	7.65	8.64	
5	7.18	<a href="#">Gary Cheek</a>	<b>SB</b> V45 M	14		Southend	7.18	7.26	
6	5.76	<a href="#">Richard Flutter</a>	<b>PB</b> V50 M	17	<a href="#">Richard Pickering</a>	Colchester H/Eastern Masters	5.76	5.76	

**SP7.26K M35 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	6.06	<a href="#">John Henington</a>	<b>PB</b> V45 M	13		Colchester H	6.06	6.06	
1	4.54	<a href="#">Kieran Callaghan</a>	<b>PB</b> V35 M	5		Colchester H/Ireland	4.54	4.54	

**SP6K M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.32	<a href="#">Robert Earle</a>	<b>SB</b> V55 M	9		Colchester H/Southend/Eastern Masters	12.32	14.06	
2	9.94	<a href="#">Peter Godron</a>	<b>PB</b> V50 M	5		Colchester & Tendring	9.94	9.94	
3	7.46	<a href="#">Nigel Instance</a>	<b>PB</b> V50 M	2		Thurrock	7.46	7.46	
4	7.17	<a href="#">Angus Aldridge</a>	<b>SB</b> V55 M	6		Southend/Eastern Masters	7.17	7.60	
5	6.54	<a href="#">Rhys Davies</a>	<b>SB</b> V55 M	10		Basildon	6.54	6.69	

**SP5K M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.84	<a href="#">Geoff Tyler</a>	<b>SB</b> V70 M	11		Chelmsford/Eastern Masters	10.84	13.15	
2	8.89	<a href="#">David Valentine</a>	<b>PB</b> V60 M	3	<a href="#">Gary Howe</a>	West Suffolk/Eastern Masters	8.89	8.89	

3	6.19	<a href="#">Bernard Johnson</a>	<b>SB</b>	V60 M	4		Thurrock	6.19	6.44	
4	5.16	<a href="#">John Clark</a>	<b>SB</b>	V75 M	17		Chelmsford/Eastern Masters/Southend	5.16	7.33	
5	4.06	<a href="#">Arthur Whiston</a>	<b>SB</b>	V65 M	9		Colchester H	4.06	4.26	

**SP4K W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	7.12	<a href="#">Carey Hollick</a>	<b>SB</b>	V45 W	14	<a href="#">Paul Morgan</a>	Colchester & Tendring/East London U/Eastern Master	7.16	7.38	
2	6.81	<a href="#">Nicole Celestine</a>	<b>PB</b>	V50 W	19		Chelmsford	6.81	6.81	
3	5.23	<a href="#">Kate Sandercock</a>	<b>SB</b>	V45 W	13		Colchester H	5.23	5.54	
4	3.46	<a href="#">Natasha Lagden</a>		V45 W	11	<a href="#">Ron Dawson</a>	Southend	3.79	5.42	

**SP3K W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	9.54	<a href="#">Samantha Morgan</a>	<b>PB</b>	V50 W	3	<a href="#">Paul Morgan</a>	Ipswich	9.54	9.54	
2	7.97	<a href="#">Jean Pearce</a>	<b>PB</b>	V55 W	6		Chelmsford	7.97	7.97	
3	7.10	<a href="#">Angie Underdown</a>	<b>PB</b>	V50 W	4		Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	7.10	7.10	
4	6.97	<a href="#">Nicola Hilson</a>	<b>PB</b>	V50 W	1		Colchester H	6.97	6.97	
5	5.98	<a href="#">Susan Brown</a>	<b>SB</b>	V50 W	5	<a href="#">Keith Palmer</a>	Southend	5.98	6.57	
6	3.91	<a href="#">Michaela Davis</a>	<b>PB</b>	V50 W	4		Loughton	3.91	3.91	

**SP3K W50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	6.84	<a href="#">Carol Morris</a>	<b>SB</b>	V50 W	3		Chelmsford	6.84	7.23	

**SP3K W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	8.38	<a href="#">Vespa Ellis</a>	<b>SB</b>	V60 W	3		Basildon	8.38	9.02	
2	7.04	<a href="#">Shirley Quinn</a>	<b>SB</b>	V60 W	5		Chelmsford/Eastern Masters/Police	7.04	9.14	
3	5.63	<a href="#">Dawn Mason</a>	<b>SB</b>	V60 W	3		West Suffolk	5.63	6.63	
4	5.47	<a href="#">Stephanie Stamp</a>		V65 W	7		Southend/Eastern Masters	6.10	7.05	
5	5.33	<a href="#">Barbara Higgins</a>		V60 W	5		Loughton	5.71	6.10	
6	4.20	<a href="#">Diane Wooller</a>	<b>SB</b>	V65 W	6		Colchester H	4.20	5.11	

**HT7.26K M35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	24.52	<a href="#">Chris Kent</a>	<b>SB</b>	V45 M	11		West Suffolk/Eastern Masters	24.52	24.56	
2	18.09	<a href="#">Damian Barrett</a>	<b>SB</b>	V45 M	13		Springfield/Chelmsford	18.09	18.24	
3	18.07	<a href="#">Ian Ling</a>	<b>PB</b>	V45 M	12		Ipswich	18.07	18.07	
4	15.60	<a href="#">Gary Cheek</a>	<b>SB</b>	V45 M	14		Southend	15.60	16.20	
5	14.69	<a href="#">Simon Morgan</a>	<b>PB</b>	V50 M	17		Colchester H/Eastern Masters	14.69	14.69	
6	9.56	<a href="#">Marek Kowalski</a>	<b>SB</b>	V45 M	13		Thurrock/Eastern Masters	9.56	12.73	

**HT6K M50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	47.51	<a href="#">Robert Earle</a>		V55 M	9		Colchester H/Southend/Eastern Masters	53.76	59.92	
2	27.28	<a href="#">Peter Godron</a>	<b>PB</b>	V50 M	5		Colchester & Tendring	27.28	27.28	
3	21.18	<a href="#">Nigel Instance</a>	<b>PB</b>	V50 M	2		Thurrock	21.18	21.18	
4	16.62	<a href="#">Angus Aldridge</a>	<b>PB</b>	V55 M	6		Southend/Eastern Masters	16.62	16.62	

**HT5K M60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	45.07	<a href="#">David Valentine</a>		V60 M	3	<a href="#">Gary Howe</a>	West Suffolk/Eastern Masters	49.18	49.18	

2	22.87	<a href="#">Geoff Tyler</a>	<b>SB</b>	V70 M	11	Chelmsford/Eastern Masters	22.87	31.16	
3	14.12	<a href="#">John Clark</a>	<b>SB</b>	V75 M	17	Chelmsford/Eastern Masters/Southend	14.12	18.79	
4	10.76	<a href="#">Bernard Johnson</a>	<b>SB</b>	V60 M	4	Thurrock	10.76	14.35	

**HT4K W35**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	19.03	<a href="#">Denise Larkins</a>	V45 W	12		Colchester H	21.89	21.89	
2	13.53	<a href="#">Carey Hollick</a>	<b>SB</b> V45 W	14	<a href="#">Paul Morgan</a>	Colchester & Tendring/East London U/Eastern Master	17.25	17.25	
3	13.11	<a href="#">Nicole Celestine</a>	<b>PB</b> V50 W	19		Chelmsford	13.11	13.11	
4	8.80	<a href="#">Natasha Lagden</a>	V45 W	11	<a href="#">Ron Dawson</a>	Southend	9.76	12.38	

**HT3K W50**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	25.77	<a href="#">Samantha Morgan</a>	<b>PB</b> V50 W	3	<a href="#">Paul Morgan</a>	Ipswich	25.77	25.77	
2	22.35	<a href="#">Susan Brown</a>	<b>SB</b> V50 W	5	<a href="#">Keith Palmer</a>	Southend	22.35	22.80	
3	20.18	<a href="#">Jean Pearce</a>	<b>PB</b> V55 W	6		Chelmsford	20.18	20.18	
4	19.06	<a href="#">Michaela Davis</a>	<b>PB</b> V50 W	4		Loughton	19.06	19.06	
5	15.25	<a href="#">Angie Underdown</a>	<b>PB</b> V50 W	4		Gloucester/St. Edmund Pacers/Eastern Masters/Enfie	15.25	15.25	
6	14.08	<a href="#">Susan Waller-Toyne</a>	<b>PB</b> V50 W	5		Colchester H	14.08	14.08	

**HT3K W50 ns**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.88	<a href="#">Carol Morris</a>	<b>PB</b> V50 W	3		Chelmsford	21.88	21.88	

**HT3K W60**

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	30.80	<a href="#">Shirley Quinn</a>	V60 W	5		Chelmsford/Eastern Masters/Police	33.01	38.73	
2	21.15	<a href="#">Dawn Mason</a>	<b>SB</b> V60 W	3		West Suffolk	21.15	21.98	
3	19.09	<a href="#">Stephanie Stamp</a>	<b>SB</b> V65 W	7		Southend/Eastern Masters	19.09	21.87	
4	18.80	<a href="#">Barbara Higgins</a>	<b>SB</b> V60 W	5		Loughton	18.80	21.79	

