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Southend

5 Jun 19

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200 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	25.5	Justin Hubbard	SB V40	M 6		Colchester & Tendring/Eastern Masters	25.5	25.0	
2	25.5	Amr Ziko	V40	M 7	Ken Hills	Braintree/Eastern Masters	25.17	24.24	
3	26.7	Clive Farrow	SB V45	M 15		Southend/Eastern Masters	26.7	22.09	
4	28.2	Toby Draper	PB V45	M 12	Bernard Johnson	Thurrock	28.2	28.2	
5	28.6	Andrew Taczynski	PB V40	M 7		Colchester H	28.6	28.6	
6	30.5	Andrew Taylor	PB V40	M 10		West Suffolk	30.5	30.5	

200 M35 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	26.0	Greg Goodrem	SB V35	M 1	Keith Palmer	Southend	26.0	23.7	
2	26.3	Lee Bowker	SB V45	M 12		Ipswich	26.3	25.7	
3	28.4	Neil Gillingham	SB V35	M 2	Eric Phillips	Ipswich	28.4	23.2	
4	29.1	Paul Preston	PB V45	M 13	David Smith	Colchester H/St. Edmund Pacers	29.1	29.1	
5	30.9	John Henington	PB V45	M 13		Colchester H	30.9	30.9	
6	31.3	Scott Rice	PB V45	M 14	David Staines	Thurrock	31.3	31.3	

200 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	28.6	Kevin McAlinden	SB V55	M 6		Eastern Masters/Colchester H	28.6	26.0	
2	29.2	Clifford Warren	SB V55	M 8		Loughton/Veterans/Eastern Masters	29.2	26.68	
3	30.1	Andrew Weller	SB V50	M 3		Basildon	30.1	29.89	
4	33.9	Keith Palmer	SB V50	M 5		Southend/Eastern Masters	33.9	21.5	

200 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	30.8	Robert Woolliams	V60	M 4		Ipswich/Eastern Masters	29.67	29.51	
2	33.3	Gerry Daniel	SB V65	M 7		Chelmsford/Eastern Masters	33.3	30.6	
3	34.6	Peter Binns	SB V70	M 12		Southend/Castle Point Joggers	34.6	31.2	
4	36.2	Mike Bumstead	SB V65	M 8	Bernard Johnson	Thurrock	36.2	34.1	
5	38.8	Frank Hayes	PB V75	M 17		Eastern Masters	38.8	38.8	
6	42.1	Arthur Whiston	SB V65	M 9		Colchester H	42.1	39.7	

200 M60 ns							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	43.4	Alan Matthews-Smith	SB V60 M	4		Southend	43.4 40.8
200 W35							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	27.2	Heather Rose	V35 W	1	Stephen Garnham	Colchester H	26.25 25.63
2	31.1	Dawn Leek	V40 W	10		Ipswich	30.1 30.1
3	31.3	Janine Phillips	V35 W	3	Vespa Ellis	Basildon	31.1 30.2
4	33.1	Christine Anthony	PB V55 W	22	Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	32.5 32.5
5	34.1	Lorraine Ramet	SB V45 W	14		Southend	34.1 32.2
200 W35 ns							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	30.9	Jennifer Gall	PB V35 W	1		Southend	30.9 30.9
2	32.1	Ellie Cumner	SB V35 W	4		Colchester H	32.1 29.4
200 W50							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	31.9	Elizabeth Welbourn	V55 W	9	Lee Bowker	Ipswich/Eastern Masters	31.0 29.9
2	35.2	Clare St. John-Coleman	SB V55 W	9	Edward Hawkins	Chelmsford/Welsh Masters	35.2 32.35
3	35.7	Nicola Hilson	PB V50 W	1		Colchester H	35.7 35.7
4	37.0	Michaela Davis	SB V50 W	4		Loughton	37.0 32.0
5	38.2	Susan Brown	SB V50 W	5	Keith Palmer	Southend	38.2 34.9
6	40.0	Eloise Bird	SB V50 W	2		St. Edmund Pacers	40.0 35.9
200 W50 ns							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
3	36.4	Yvonne Holmes	SB V55 W	7	Graham Holmes	Ipswich/Chelmsford/Eastern Masters	36.4 30.4
200 W60							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	40.0	Dawn Mason	SB V60 W	3		West Suffolk	40.0 39.3
2	40.1	Barbara Higgins	SB V60 W	5		Loughton	40.1 35.5
3	41.9	Diane Wooller	SB V65 W	6		Colchester H	41.9 39.4
4	49.3	Marion Matthews-Smith	SB V60 W	5		Southend	49.3 43.6
800 M35							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	2:14.7	Lee Taylor	SB V40 M	10	Ron Dawson	Southend	2:14.7 2:07.5
2	2:18.9	Daniel King	PB V35 M	2	Dominic King	Colchester H	2:18.9 2:18.9
3	2:19.9	Andrew Taylor	PB V40 M	10		West Suffolk	2:17.5 2:17.5
4	2:32.7	Scott Rice	PB V45 M	14	David Staines	Thurrock	2:32.7 2:32.7
5	2:35.1	Neil Gillingham	V35 M	2	Eric Phillips	Ipswich	2:27.2 2:10.5
6	3:01.6	Julian Catmull	PB V55 M	21		Springfield	3:01.6 3:01.6
800 M35 ns							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	2:25.5	Toby Draper	SB V45 M	12	Bernard Johnson	Thurrock	2:25.5 2:22.6
2	2:28.8	Tim Ballard	SB V40 M	9		Colchester H	2:28.8 2:09.16
3	2:46.9	John Henington	PB V45 M	13		Colchester H	2:46.9 2:46.9
800 M50							
Pos	Perf	Name	AG	Year	Coach	Club	SB PB
1	2:24.5	Simon Le Mare	SB V55 M	8		Southend/Leigh on Sea/Eastern Masters	2:24.5 2:21.86
2	2:26.6	Kevin McAlinden	SB V55 M	6		Eastern Masters/Colchester H	2:26.6 2:10.12

3	2:45.6	Eamonn Shelley	SB V55 M 9		Thurrock	2:45.6	2:30.0		
4	2:49.0	Christopher Purse	SB V60 M 11		Springfield	2:49.0	2:07.97		
800 M50 ns									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:29.0	Colin Ridley	SB V55 M 8		Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	2:29.0	2:12.4	
2	2:40.6	Richard Flutter	PB V50 M 2		Richard Pickering	Colchester H/Eastern Masters	2:40.6	2:40.6	
3	2:42.0	Danny Flint	PB V50 M 1			Southend	2:42.0	2:42.0	
4	2:42.4	Richard Mangham	PB V55 M 10			Leigh on Sea	2:42.4	2:42.4	
5	2:47.4	Paul Jeggo	PB V55 M 9			Springfield	2:47.4	2:47.4	
800 M60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:42.8	David Butler	SB V65 M 7			Billericay/Eastern Masters	2:42.8	2:20.0	
2	2:51.4	Christopher Applegate	PB V60 M 2			Thurrock	2:51.4	2:51.4	
3	3:04.9	Peter Binns	SB V70 M 12			Southend/Castle Point Joggers	3:04.9	2:21.53	
4	3:11.1	Arthur Whiston	SB V65 M 9			Colchester H	3:11.1	3:03.6	
800 M60 ns									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:50.6	Mike Bumstead	SB V65 M 8		Bernard Johnson	Thurrock	2:50.6	2:33.7	
800 W35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:36.8	Denise Morley	SB V45 W 15		Melvyn Smith	Colchester H/Eastern Masters	2:36.8	2:15.28	
2	2:37.5	Tracy English	SB V40 W 8			Southend	2:37.5	2:34.0	
3	2:49.3	Christine Anthony	V55 W 22		Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	2:33.57	2:32.47	
4	3:54.3	Melanie Peddle	SB V50 W 16			Loughton/Eastern Masters	3:54.3	3:24.07	
800 W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3:04.3	Debbie Cattermole	PB V55 W 6			Colchester H/Eastern Masters	3:04.3	3:04.3	
2	3:16.6	Anne Heeks	SB V55 W 10			Loughton	3:16.6	2:57.4	
3	3:32.4	Eloise Bird	SB V50 W 2			St. Edmund Pacers	3:32.4	3:05.3	
4	3:42.3	Hilary Cook	SB V55 W 9			Ipswich	3:42.3	3:41.0	
5	4:48.8	Tracy Minton	SB V55 W 9			Chelmsford	4:48.8	3:24.9	
800 W50 ns									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:48.3	Caroline Horden	PB V50 W 4			Basildon	2:48.3	2:48.3	
800 W60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3:29.5	Diane Wooller	SB V65 W 6			Colchester H	3:29.5	3:19.6	
2	4:01.4	Jean Hobbs	SB V70 W 11			Loughton	4:01.4	3:31.6	
80HW50 W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	20.6	Christine Anthony	SB V55 W 7		Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	20.6	20.4	
2	28.9	Susan Brown	SB V50 W 5		Keith Palmer	Southend	28.9	23.0	
80HW60 W60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	23.3	Dawn Mason	SB V60 W 3			West Suffolk	23.3	23.0	

100HM50 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	26.9	Jonathan Metcalf	SB V55	M 10	David Staines	Thurrock/Eastern Masters	26.9	21.5

100HM60 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	22.3	Gerry Daniel	SB V65	M 7		Chelmsford/Eastern Masters	22.3	17.94
2	41.1	John Brock	PB V65	M 10		Southend	41.1	41.1
3	43.6	Roger Cole	PB V65	M 10		Colchester H/Chelmsford/Eastern Masters	43.6	43.6
4	44.1	Bernard Johnson	PB V60	M 4		Thurrock	44.1	44.1

100HW W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	19.6	Kate Williams	PB V35	W 1		Southend	19.6	19.6
2	22.4	Janine Phillips	V35	W 3	Vespa Ellis	Basildon	21.16	20.39
3	25.7	Helen Taczynski	SB V35	W 5	David Smith	Colchester H	25.7	21.4

110HM35 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	17.2	Greg Goodrem	PB V35	M 1	Keith Palmer	Southend	17.2	17.2
2	21.4	Amr Ziko	SB V40	M 7	Ken Hills	Braintree/Eastern Masters	21.4	20.6
3	22.2	Marek Kowalski	SB V45	M 13		Thurrock/Eastern Masters	22.2	21.00

1500W M35 A

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	6:05.6	Dominic King	SB V35	M 2		Colchester H	6:05.6	6:00.5
2	9:11.5	Eamonn Shelley	PB V55	M 24		Thurrock	9:11.5	9:11.5
3	9:17.0	Julian Catmull	PB V55	M 21		Springfield	9:17.0	9:17.0
4	9:53.2	Keith Palmer	SB V50	M 20		Southend/Eastern Masters	9:53.2	9:17.6

1500W M35 B

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	6:12.4	Daniel King	SB V35	M 2	Dominic King	Colchester H	6:12.4	6:03.6
2	10:00.3	John Borgars	SB V70	M 39	Pauline Wilson	Herts Phoenix/Loughton/Eastern Masters	10:00.3	9:19.0
3	10:59.2	John Brock	SB V65	M 35		Southend	10:59.2	9:55.8

1500W M50 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	9:04.0	Simon Morgan	PB V50	M 2		Colchester H/Eastern Masters	9:04.0	9:04.0

1500W W35 A

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	8:07.2	Melanie Peddle	PB V50	W 16		Loughton/Eastern Masters	8:07.2	8:07.2
2	10:09.2	Debbie Cattermole	PB V55	W 21		Colchester H/Eastern Masters	10:09.2	10:09.2
3	11:15.4	Tracy English	PB V40	W 8		Southend	11:15.4	11:15.4
4	12:29.1	Tracy Minton	SB V55	W 24		Chelmsford	12:29.1	10:49.3
5	13:08.1	Eloise Bird	PB V50	W 17		St. Edmund Pacers	13:08.1	13:08.1

1500W W35 B

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	10:30.8	Anne Heeks	PB V55	W 25		Loughton	10:30.8	10:30.8
2	10:55.0	Susan Waller-Toyne	PB V50	W 20		Colchester H	10:55.0	10:55.0

4x400 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	4:13.5	Southend V35 Team	SB V35	M		Southend	4:13.5	4:03.6

2	4:18.8	Colchester Harriers M35	PB V35 M		Colchester H	4:18.8	4:18.8		
3	4:34.3	Thurrock V35 Team	SB V35 M		Thurrock	4:34.3	4:15.6		
4x400 M50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:42.1	Colchester Harriers M50	PB V50 M			Colchester H	4:42.1	4:42.1	
2	4:46.1	Southend M50 Team	SB V50 M			Southend	4:46.1	4:39.1	
3	4:49.8	Thurrock V50 Team	PB V50 M			Thurrock	4:49.8	4:49.8	
4	5:21.4	Chelmsford AC V35 Team	SB V35 M			Chelmsford	5:21.4	4:21.6	
4x400 W35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:40.1	Colchester Harriers	V35 W			Colchester Harriers			
2	5:12.6	Southend W35 Team	PB V35 W			Southend	5:12.6	5:12.6	
3	5:45.0	Colchester & Tendring / Ipswich V35 Team	PB V35 W			Colchester & Tendring/Ipswich	5:45.0	5:45.0	
4x400 W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5:46.9	Colchester Harriers W50	PB V50 W			Colchester H	5:46.9	5:46.9	
2	7:56.4	Chelmsford AC V50 Team	PB V50 W			Chelmsford	7:56.4	7:56.4	
PV SM ns									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.40	Matt Rose	SB SEN M		Stephen Garnham	Colchester H/Southend	3.60	4.00	
PV M35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2.60	Ian Ling	V45 M	12		Ipswich	2.70	2.70	
2	2.20	Greg Goodrem	SB V35 M	1	Keith Palmer	Southend	2.20	2.50	
3	1.80	Gavin Sandercock	SB V45 M	11		Colchester H	1.80	2.20	
PV M50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2.00	Angus Aldridge	SB V55 M	7		Southend/Eastern Masters	2.00	2.20	
2	1.60	Simon Morgan	PB V50 M	2		Colchester H/Eastern Masters	1.95	1.95	
PV W35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2.50	Kate Williams	PB V35 W	1		Southend	2.50	2.50	
2	1.20	Michaela Davis	SB V50 W	19		Loughton	1.20	1.60	
PV W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.60	Clare St. John-Coleman	SB V55 W	9	Edward Hawkins	Chelmsford/Welsh Masters	1.60	2.00	
2	1.20	Barbara Higgins	SB V60 W	15		Loughton	1.20	1.70	
LJ M35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.24	Justin Hubbard	V40 M	6		Colchester & Tendring/Eastern Masters	5.75	5.75	
2	5.12	Greg Goodrem	SB V35 M	1	Keith Palmer	Southend	5.12	5.94	
3	5.02	Marek Kowalski	SB V45 M	13		Thurrock/Eastern Masters	5.02	5.12	
4	4.34	Amr Ziko	V40 M	7	Ken Hills	Braintree/Eastern Masters	4.93	4.93	
5	4.30	Chris Kent	V45 M	11		West Suffolk/Eastern Masters	4.63	4.63	
6	3.30	John Henington	PB V45 M	13		Colchester H	3.30	3.30	
LJ M50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	

1	4.72	Clifford Warren	SB V55 M 8		Loughton/Veterans/Eastern Masters	4.72	5.31	
2	3.98	Keith Palmer	V50 M 5		Southend/Eastern Masters	4.41	6.11	
3	3.74	Andrew Weller	SB V50 M 3		Basildon	3.74	3.99	
4	2.40	Simon Morgan	PB V50 M 2		Colchester H/Eastern Masters	2.40	2.40	
5	1.63	Geoff Tyler	SB V70 M 21		Chelmsford/Eastern Masters	1.63	2.59	

LJ W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4.52	Kate Williams	PB V35 W 1			Southend	4.52	4.52	
2	3.80	Janine Phillips	SB V35 W 3		Vespa Ellis	Basildon	3.80	4.04	
3	3.76	Ellie Cumner	PB V35 W 4			Colchester H	3.76	3.76	
4	2.86	Christine Anthony	PB V55 W 22		Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	2.86	2.86	
5	2.37	Carol Morris	SB V50 W 18			Chelmsford	2.37	3.17	
6	1.92	Anne Heeks	PB V55 W 25			Loughton	1.92	1.92	

LJ W35 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4.14	Jennifer Gall	PB V35 W 1			Southend	4.14	4.14	

LJ W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.63	Clare St. John-Coleman	V55 W 9		Edward Hawkins	Chelmsford/Welsh Masters	3.72	4.15	
2	2.87	Michaela Davis	SB V50 W 4			Loughton	2.87	3.57	
3	2.85	Eloise Bird	PB V50 W 2			St. Edmund Pacers	2.85	2.85	
4	2.79	Diane Wooller	PB V65 W 16			Colchester H	2.79	2.79	
5	2.68	Susan Brown	SB V50 W 5		Keith Palmer	Southend	2.68	3.04	

LJ W60 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
2	2.75	Dawn Mason	SB V60 W 3			West Suffolk	2.75	2.78	

DT2K M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	26.26	Chris Kent	SB V45 M 11			West Suffolk/Eastern Masters	26.38	29.32	
2	23.74	Ian Ling	PB V45 M 12			Ipswich	23.74	23.74	
3	20.16	Gary Cheek	PB V45 M 14			Southend	20.16	20.16	
4	18.48	Damian Barrett	SB V45 M 13			Springfield/Chelmsford	18.48	19.29	
5	17.49	John Henington	PB V45 M 13			Colchester H	17.49	17.49	
6	17.17	Marek Kowalski	PB V45 M 13			Thurrock/Eastern Masters	17.17	17.17	

DT2K M40 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.23	ANDY TAYLOR	V40 M						

DT1.5K M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	36.18	David Bauer	V50 M 4			Harlow AC/Chelmsford/Eastern Masters/Southend	38.01	41.99	
2	25.48	Peter Godron	PB V55 M 6			Colchester & Tendring	25.48	25.48	
3	21.49	Nigel Instance	V50 M 2			Thurrock	23.10	25.79	
4	20.37	Angus Aldridge	SB V55 M 7			Southend/Eastern Masters	20.37	20.55	
5	19.13	Rhys Davies	SB V60 M 11			Basildon	19.13	22.04	
6	16.46	Richard Flutter	PB V50 M 2		Richard Pickering	Colchester H/Eastern Masters	20.04	20.04	

DT1.5K M55 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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1	17.92	Mark Moughton	PB	V55 M	4	Springfield	17.92	17.92	
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DT1K M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	36.01	Geoff Tyler	V70 M	11		Chelmsford/Eastern Masters	36.76	43.85	
2	28.49	Dave Faulkner	V65 M	7		Garden City Runners/Herts Phoenix/Loughton/Eastern	30.97	33.92	
3	19.42	Tony Fuller	V60 M	5		Ipswich	19.54	21.03	
4	15.40	Roger Cole	PB V65 M	10		Colchester H/Chelmsford/Eastern Masters	15.40	15.40	
5	14.63	John Clark	SB V75 M	17		Chelmsford/Eastern Masters/Southend	14.63	20.71	

DT1K W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	18.95	Carey Hollick	V45 W	14	Paul Morgan	Colchester & Tendring/East London U/Eastern Master	22.45	24.00	
2	18.08	Nicole Celestine	V50 W	19		Chelmsford	18.87	18.87	
3	16.60	Denise Larkins	SB V45 W	13		Colchester H	16.60	18.55	
4	13.50	Janine Phillips	V35 W	3	Vespa Ellis	Basildon	14.18	14.18	
5	13.29	Natasha Lagden	SB V45 W	11	Ron Dawson	Southend	13.29	15.11	
6	12.85	Christine Anthony	SB V55 W	22	Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	12.85	12.90	
7	11.82	Anne Heeks	V55 W	25		Loughton	12.67	12.67	

DT1K W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.50	Jean Pearce	PB V55 W	6		Chelmsford	21.50	21.50	
2	14.54	Nicola Hilson	SB V50 W	1		Colchester H	14.54	16.67	
3	11.04	Michaela Davis	SB V50 W	4		Loughton	11.04	18.17	
4	10.48	Susan Brown	V50 W	5	Keith Palmer	Southend	12.97	15.10	
5	10.04	Eloise Bird	PB V50 W	2		St. Edmund Pacers	10.04	10.04	

DT1K W50 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.99	Carol Morris	V50 W	3		Chelmsford	15.31	20.62	
2	13.95	Caroline Horden	PB V50 W	4		Basildon	13.95	13.95	
3	9.75	Susan Waller-Toyne	V50 W	5		Colchester H	9.80	9.80	

DT1K W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	23.55	Shirley Quinn	V60 W	5		Chelmsford/Eastern Masters/Police	27.26	42.00	
2	20.06	Vespa Ellis	SB V60 W	3		Basildon	20.06	20.30	
3	13.87	Barbara Higgins	V60 W	5		Loughton	14.92	16.92	
4	13.52	Dawn Mason	SB V60 W	3		West Suffolk	13.52	15.26	
5	12.75	Stephanie Stamp	PB V65 W	7		Southend/Eastern Masters	13.61	13.61	
6	8.92	Diane Wooller	SB V65 W	6		Colchester H	8.92	9.92	

JT800 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	36.75	Chris Kent	V45 M	11		West Suffolk/Eastern Masters	40.40	42.88	
2	29.74	Dominic King	SB V35 M	2		Colchester H	29.74	34.69	
3	22.27	Ian Ling	V45 M	12		Ipswich	23.29	23.29	
4	21.20	Gary Cheek	SB V45 M	14		Southend	21.20	22.92	
5	16.41	Damian Barrett	SB V45 M	13		Springfield/Chelmsford	16.41	25.61	
6	4.73	Scott Rice	PB V45 M	14	David Staines	Thurrock	4.73	4.73	

JT800 M35 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	30.34	Daniel King	PB V35 M	2	Dominic King	Colchester H	30.34	30.34	

2	24.02	Greg Goodrem	V35 M	1	Keith Palmer	Southend	28.70	31.84	
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JT700 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	31.41	David Bauer	PB V50 M	4		Harlow AC/Chelmsford/Eastern Masters/Southend	31.41	31.41	
2	28.14	Nigel Instance	SB V50 M	2		Thurrock	28.14	32.80	
3	20.47	Peter Godron	SB V55 M	6		Colchester & Tendring	20.47	25.99	
4	19.96	Mathew Gillard	PB V50 M	2	Ian Glover	Southend	19.96	19.96	
5	11.70	Richard Flutter	SB V50 M	2	Richard Pickering	Colchester H/Eastern Masters	11.70	21.43	

JT600 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	22.93	Rhys Davies	PB V60 M	1		Basildon	22.93	22.93	
2	22.27	Geoff Tyler	SB V70 M	11		Chelmsford/Eastern Masters	22.27	27.28	
3	19.90	Tony Fuller	SB V60 M	5		Ipswich	19.90	20.57	
4	16.76	Bernard Johnson	SB V60 M	4		Thurrock	16.76	18.90	
5	12.32	John Clark	SB V75 M	17		Chelmsford/Eastern Masters/Southend	12.32	23.39	
6	8.21	Arthur Whiston	SB V65 M	9		Colchester H	8.21	9.18	

JT600 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	16.85	Carol Morris	PB V50 W	18		Chelmsford	16.85	16.85	
2	14.58	Carey Hollick	V45 W	14	Paul Morgan	Colchester & Tendring/East London U/Eastern Master	16.61	16.99	
3	12.07	Kate Sandercock	PB V45 W	13		Colchester H	12.07	12.07	
4	11.75	Christine Anthony	PB V55 W	22	Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	11.75	11.75	
5	10.63	Lorraine Ramet	PB V45 W	14		Southend	10.63	10.63	
6	6.63	Anne Heeks	SB V55 W	25		Loughton	6.63	7.66	

JT500 W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	25.58	Samantha Morgan	PB V50 W	3	Paul Morgan	Ipswich	25.58	25.58	
2	18.01	Jean Pearce	PB V55 W	6		Chelmsford	18.01	18.01	
3	11.97	Susan Brown	SB V50 W	5	Keith Palmer	Southend	11.97	12.75	
4	11.86	Nicola Hilson	PB V50 W	1		Colchester H	11.86	11.86	
5	9.01	Eloise Bird	PB V50 W	2		St. Edmund Pacers	9.01	9.01	
6	4.90	Michaela Davis	PB V50 W	4		Loughton	4.90	4.90	

JT500 W50 ns

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	15.16	Caroline Horden	PB V50 W	4		Basildon	15.16	15.16	

JT500 W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	15.39	Vespa Ellis	SB V60 W	3		Basildon	15.39	17.30	
2	14.57	Dawn Mason	SB V60 W	3		West Suffolk	14.57	14.73	
3	11.25	Barbara Higgins	PB V60 W	5		Loughton	13.07	13.07	
4	10.44	Stephanie Stamp	V65 W	7		Southend/Eastern Masters	10.58	11.99	
5	8.60	Diane Wooller	SB V65 W	6		Colchester H	8.60	11.43	
6	6.10	Shirley Quinn	SB V60 W	5		Chelmsford/Eastern Masters/Police	6.10	19.59	

