



Eastern Masters League - Southern

Bury St. Edmunds
20 Jul 22





4x2244 200 Mile 300HM60 300HW 400H 400HM50 400HW PV LJ HT7.26K HT6K HT5K HT4K HT3K
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.





4x2244 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:53.1	Colchester & Tendring / Ipswich V35 Team	PB V35	M		Colchester & Tendring/Ipswich	2:53.1	2:53.1	
2	3:05.8	WSAC/St Edmunds Pacers V35 Team	PB V35	M		West Suffolk/St. Edmund Pacers	3:05.8	3:05.8	
3	3:07.6	Thurrock V35 Team	PB V35	M		Thurrock	3:07.6	3:07.6	
4	3:07.7	Chelmsford V35 Team	PB V35	M		Chelmsford	3:07.7	3:07.7	
5	3:22.3	Colchester H V35 Team	PB V35	M		Colchester H	3:22.3	3:22.3	

4x2244 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3:04.8	Colchester H V50 Team	PB V50	M		Colchester H	3:04.8	3:04.8	
2	3:19.6	Southend M50 Team	PB V50	M		Southend	3:19.6	3:19.6	
3	3:21.8	Thurrock V50 Team	PB V50	M		Thurrock	3:21.8	3:21.8	
4	3:22.3	Col & Tend/Ipswich Harriers	V50	M		Col & Tend/Ipswich Harriers			

4x2244 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3:43.0	WSAC/St Edmunds Pacers	V35	W		WSAC/St Edmunds Pacers			
2	3:54.4	Colchester H V35 Team	PB V35	W		Colchester H	3:54.4	3:54.4	
3	4:03.5	Thurrock Harriers & Loughton	V35	W		Thurrock Harriers & Loughton			
4	4:06.5	Colchester & Tendring/Ipswich V35 Team	PB V35	W		Colchester & Tendring/Ipswich	4:06.5	4:06.5	

4x2244 W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:50.5	Chelmsford V50 Team	PB V50	W		Chelmsford	4:50.5	4:50.5	






200 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	24.1	Michael Shortall	V35	M	3	Thurrock/Eastern Masters	24.0	23.4	
2	24.4	Amr Ziko	V40	M	10 Ken Hills	Braintree/Eastern Masters	24.04	24.04	
3	25.1	Ade Elegbede	SB V45	M	11 Colin Corless	Southend	25.1	24.19	
4	25.3	Daniel Scurrall	SB V40	M	10	Ipswich/Eastern Masters	25.3	25.1	
5	28.7	Ian Rattray	PB V50	M	16	Colchester H	28.7	28.7	
6	32.9	Scott Williams	PB V35	M	1	Stowmarket	32.9	32.9	







200 M35 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
-	31.1	Jerry Walder	SB V45	M	14 Paul Dellar	Colchester H	31.1	30.4	

200 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	26.3	Mark Russell	SB V50	M	2	Colchester H/Eastern Masters	26.3	26.1	
2	29.0	Marek Kowalski	SB V50	M	1	Thurrock/Eastern Masters	29.0	27.0	
3	29.5	Simon Collett	V50	M	2	Ipswich	29.33	28.7	
4	32.2	Mark Waive	PB V50	M	3	Amphill & Flitwick/Eastern Masters	32.2	32.2	
5	35.1	Peter Tullett	PB V60	M	13	Chelmsford/Billericay	35.1	35.1	



200 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	29.4	Clifford Warren	SB V60	M	1	Loughton/Veterans/Eastern Masters	29.4	26.68	
2	29.8	Robert Woolliams	V65	M	7	Ipswich/Eastern Masters	29.76	29.5	
3	30.2	Rick Waters	PB V65	M	6	Southend	30.2	30.2	
4	31.7	Stuart Bazley	PB V60	M	1	Basildon	31.7	31.7	
5	32.3	Colin Ridley	PB V60	M	1 Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	32.3	32.3	
6	33.2	Andrew Stewart	V60	M	3	St. Edmund Pacers/Enfield & Haringey/Chiltern/East	32.40	30.46	

200 M60 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
-	32.7	Paul Willcox	SB V70	M	11 Lee Bowker	Ipswich/Achilles/Eastern Masters	32.7	27.38	

200 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	30.1	Louise Brydon	PB V35	W	2	Ipswich	30.1	30.1	
2	31.2	Ellie Cumner	SB V40	W	7	Colchester H	31.2	29.4	
3	32.3	Mary Knapman	SB V40	W	9	Loughton	32.3	31.5	

4	33.0	Cath Jeffery	PB V40 W	9	St. Edmund Pacers	33.0	33.0		
1	34.1	Louise Glass	PB V40 W	6	Sudbury Joggers	34.1	34.1		
5	41.8	Carol Morris	PB V55 W	21	Chelmsford	41.8	41.8		
200 W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	31.1	Helene Kehoe	SB V55 W	9		London Heathside/Dundrum South Dublin/Veterans	30.87	30.49	
2	33.1	Yvonne Holmes	SB V55 W	10	Graham Holmes	Ipswich/Chelmsford/Eastern Masters	33.1	30.4	
3	33.4	Kate Sandercock	PB V50 W	2		Colchester H	33.4	33.4	
4	33.6	Christine Anthony	V55 W	10	Gordon Palmer	West Suffolk/Eastern Masters/St. Edmund Pacers	33.49	32.5	
5	37.0	Ali Trauttmansdorff	PB V50 W	2	Iain Wilson	Victoria Park & Tower Hamlets	37.0	37.0	
1	40.1	Angie Underdown	SB V55 W	7		Eastern Masters/Enfield & Haringey	40.1	27.41	
6	49.6	Linda Donnelly	V60 W	15		Southend	42.7	42.7	
200 W60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	32.5	Janice Nottingham	V60 W	1		Diss/Eastern Masters	32.08	32.08	
2	33.3	Clare St. John-Coleman	SB V60 W	2	Edward Hawkins	Chelmsford/Welsh Masters	33.3	32.35	
3	40.1	Barbara Higgins	SB V65 W	8		Southend	40.1	35.5	
4	40.1	Dawn Mason	SB V65 W	6		West Suffolk	40.1	39.3	
6	51.5	Jean Hobbs	PB V70 W	14		Loughton	51.5	51.5	
5	TBC	Diane Wooller	V65 W	9		Colchester H	40.7	39.4	
Mile M35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:31.4	Jack Nixon	PB V35 M	3		St. Edmund Pacers/Barking	4:31.4	4:31.4	
2	5:00.5	Gerald Buck	PB V35 M	5		Colchester & Tendring	5:00.5	5:00.5	
3	5:01.5	Jonathan Nears	V45 M	13	Richard Pickering	Colchester H/Eastern Masters	4:53.17	4:53.17	
4	5:13.8	Scott Thrush	PB V35 M	2		Leigh on Sea/Thurrock	5:13.8	5:13.8	
5	6:52.9	Amr Ziko	PB V40 M	10	Ken Hills	Braintree/Eastern Masters	6:52.9	6:52.9	
6	6:55.7	Ade Elegbede	PB V45 M	11	Colin Corless	Southend	6:55.7	6:55.7	
Mile M35 NS									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
-	5:00.3	Nathan Laud	PB V45 M	12		Ipswich	5:00.3	5:00.3	
-	5:18.4	Scott Williams	PB V35 M	1		Stowmarket	5:18.4	5:18.4	
-	5:37.6	Toby Draper	SB V45 M	15	Bernard Johnson	Thurrock	5:37.6	5:10.5	
-	5:40.4	Rob Milburn	PB V45 M	14		Colchester & Tendring	5:40.4	5:40.4	
-	5:40.9	Jerry Walder	PB V45 M	14	Paul Dellar	Colchester H	5:40.9	5:40.9	
-	6:18.7	Paul Mitchell	SB V45 M	13	Bernard Johnson	Thurrock	6:18.7	5:53.8	
Mile M50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5:12.2	Mark Waine	SB V50 M	3		Amphill & Flitwick/Eastern Masters	5:12.2	4:57.5	
2	5:26.7	Adrian Frost	PB V50 M	4		Colchester H	5:26.7	5:26.7	
3	5:38.6	Paul Spowage	SB V55 M	9		Colchester H/Eastern Masters	5:38.6	5:23.8	
4	5:51.5	Chris Harvey	PB V50 M	2		Colchester & Tendring	5:51.5	5:51.5	
5	6:12.0	Christopher Applegate	PB V60 M	15		Thurrock	6:12.0	6:12.0	
Mile M60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5:18.2	Colin Ridley	V60 M	1	Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	4:58.23	4:45.9	
2	5:47.2	Peter Tullett	SB V60 M	3		Chelmsford/Billerica	5:47.2	5:30.2	
3	5:58.8	Jonathan Metcalf	PB V60 M	3	Bernard Johnson	Thurrock/Eastern Masters	5:58.8	5:58.8	
4	6:22.9	Richard Mangham	SB V60 M	3		Southend/Eastern Masters	6:22.9	6:00.3	
5	6:35.0	Andrew Stewart	SB V60 M	3		St. Edmund Pacers/Enfield & Haringey/Chiltern/East	6:35.0	5:45.7	
Mile W35									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5:46.7	Tracy English	PB V45 W	11		Colchester H	5:46.7	5:46.7	
2	6:00.6	Cath Jeffery	PB V40 W	9		St. Edmund Pacers	6:00.6	6:00.6	
3	6:03.5	Zoe Oldfield	PB V45 W	11		Loughton	6:03.5	6:03.5	
1	6:24.1	Louise Glass	PB V40 W	6		Sudbury Joggers	6:24.1	6:24.1	
2	6:37.3	Lydia Simmons	PB V35 W	2		St. Edmund Pacers	6:37.3	6:37.3	
Mile W50									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	6:01.9	Margaret Deasy	PB V55 W	9		Colchester H/Eastern Masters	6:01.9	6:01.9	
2	6:07.3	Elke Hausler	PB V55 W	10		Newmarket J/Eastern Masters/St. Edmund Pacers/Germ	6:07.3	6:07.3	
3	6:11.4	Caroline Horden	PB V55 W	7		Basildon	6:11.4	6:11.4	
4	6:15.0	Ali Trauttmansdorff	PB V50 W	2	Iain Wilson	Victoria Park & Tower Hamlets	6:15.0	6:15.0	
Mile W60									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	6:50.2	Jenny Morgan	PB V65 W	7	Matthew Long	St. Edmund Pacers	6:50.2	6:50.2	
2	7:30.3	Diane Wooller	SB V65 W	9		Colchester H	7:30.3	7:15.5	
3	8:29.5	Hilary Cook	SB V60 W	3		Ipswich	8:29.5	8:00.6	
4	8:38.4	Jean Hobbs	SB V70 W	14		Loughton	8:38.4	8:03.0	
5	9:45.3	Tracy Minton	SB V60 W	2		Chelmsford	9:45.3	8:10.0	

300HM60 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	54.2	Jonathan Metcalf	PB V60 M	3	Bernard Johnson	Thurrock/Eastern Masters	53.31	53.31	
2	55.8	Ray Daniel	V65 M	6		Cambridge H/Eastern Masters	54.95	53.9	
3	65.4	Richard Mangham	SB V60 M	3		Southend/Eastern Masters	65.4	58.2	

300HW W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	66.4	Caroline Horden	SB V55 W	7		Basildon	66.4	63.73	
2	75.8	Ali Trauttmansdorff	PB V50 W	2	Iain Wilson	Victoria Park & Tower Hamlets	75.8	75.8	

300HW W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	73.4	Janice Nottingham	PB V60 W	1		Diss/Eastern Masters	73.4	73.4	
2	78.6	Linda Donnelly	PB V60 W	5		Southend	78.6	78.6	
3	2:03.6	Tracy Minton	PB V60 W	2		Chelmsford	2:03.6	2:03.6	

400H M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	61.5	Michael Shortall	V35 M	3		Thurrock/Eastern Masters	59.01	56.69	
2	67.1	Daniel Scurrell	V40 M	10		Ipswich/Eastern Masters	65.24	59.7	
3	71.6	Greg Goodrem	V35 M	4	Keith Palmer	Southend/Eastern Masters	70.25	56.42	
4	79.9	Daniel King	SB V35 M	5	Dominic King	Colchester H	79.9	72.6	

400HM50 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	74.2	Nigel Gardner	PB V50 M	1	Richard Holt	Chelmsford	74.2	74.2	
2	77.3	Marek Kowalski	PB V50 M	1		Thurrock/Eastern Masters	77.3	77.3	
3	81.3	Chris Harvey	PB V50 M	2		Colchester & Tendring	81.3	81.3	
4	91.2	Kevin McAlinden	SB V55 M	9		Eastern Masters/Colchester H	91.2	77.88	

400HW W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	90.6	Mary Knapman	V40 W	9		Loughton	86.80	85.3	

PV M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.53	Paul Owen	SB V35 M	3		Chelmsford/Loughborough Students	3.53	3.60	
2	2.70	Daniel Scurrell	PB V40 M	10		Ipswich/Eastern Masters	2.70	2.70	
3	2.30	Greg Goodrem	V35 M	4	Keith Palmer	Southend/Eastern Masters	2.50	2.60	
4	1.90	Gavin Sandercock	V45 M	14		Colchester H	2.00	2.40	
5	1.90	Chris Kent	V45 M	14		West Suffolk/Eastern Masters	2.00	2.60	

PV M35 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
-	2.10	Rob Milburn	PB V45 M	14		Colchester & Tendring	2.10	2.10	

PV M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2.10	Chris Harvey	PB V50 M	2		Colchester & Tendring	2.10	2.10	
2	1.30	Martin Branfoot	V65 M	17		Chelmsford	1.80	1.80	

PV W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.30	Clare St. John-Coleman	V60 W	12	Edward Hawkins	Chelmsford/Welsh Masters	1.50	2.00	
2	1.30	Barbara Higgins	V65 W	18		Southend	1.40	1.70	

LJ M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.71	Roger Skedd	SB V35 M	5		Chelmsford/Falkirk/Eastern Masters	5.71	7.19	
2	5.37	Michael Shortall	V35 M	3		Thurrock/Eastern Masters	5.66	6.23	
3	5.19	Greg Goodrem	V35 M	4	Keith Palmer	Southend/Eastern Masters	5.40	5.94	
4	4.95	Aaron Bollu	V40 M	10		Colchester & Tendring/Eastern Masters	5.12	6.10	
5	4.42	Chris Kent	SB V45 M	14		West Suffolk/Eastern Masters	4.42	5.05	
6	4.18	Daniel King	PB V35 M	5	Dominic King	Colchester H	4.18	4.18	

LJ M35 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
-	4.05	Rob Milburn	PB V45 M	14		Colchester & Tendring	4.05	4.05	

LJ M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4.62	Marek Kowalski	V50 M	1		Thurrock/Eastern Masters	4.81	5.12	
2	4.38	Keith Palmer	V55 M	8		Southend/Eastern Masters	4.63	6.11	
3	4.25	Simon Collett	V50 M	2		Ipswich	5.45	5.45	
4	4.15	Adrian Frost	PB V50 M	4		Colchester H	4.15	4.15	
5	3.43	Ian Rattray	PB V50 M	1		Colchester H	3.43	3.43	
6	1.88	Geoff Tyler	SB V70 M	24		Chelmsford/Eastern Masters	1.88	2.59	

LJ M50 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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-	3.70	Chris Harvey	V50 M	2	Colchester & Tendring	4.11	4.11	
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LJ M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4.42	Clifford Warren	SB V60 M	1		Loughton/Veterans/Eastern Masters	4.42	5.31	
2	3.60	Stuart Bazley	PB V60 M	1		Basildon	3.77	3.77	
3	3.32	Richard Mangham	V60 M	3		Southend/Eastern Masters	3.59	3.59	
4	3.24	Colin Ridley	PB V60 M	1	Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	3.24	3.24	

LJ W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.63	Ellie Cumner	SB V40 W	7		Colchester H	3.63	3.76	
2	3.43	Zoe Oldfield	PB V45 W	11		Loughton	3.43	3.43	
3	3.03	Cath Jeffery	PB V40 W	9		St. Edmund Pacers	3.03	3.03	
4	2.97	Nicola Day	PB V35 W	5		Southend	2.97	2.97	
5	2.84	Caroline Horden	SB V55 W	22		Basildon	2.84	2.87	
6	2.16	Louise Brydon	V35 W	2		Ipswich	2.55	2.55	

LJ W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.10	Kate Sandercock	PB V50 W	2		Colchester H	3.10	3.10	
2	2.87	Ali Trauttmansdorff	PB V50 W	2	Iain Wilson	Victoria Park & Tower Hamlets	2.87	2.87	
3	2.37	Carol Morris	V55 W	6		Chelmsford	2.49	3.17	
4	2.26	Susan Brown	SB V55 W	9	Keith Palmer	Southend	2.26	3.04	
5	1.54	Carey Hollick	V50 W	2	Emeka Udechuku	Colchester & Tendring/Eastern Masters/United State	1.71	1.85	

LJ W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.57	Clare St. John-Coleman	V60 W	2	Edward Hawkins	Chelmsford/Welsh Masters	3.67	4.15	
2	2.64	Janice Nottingham	PB V60 W	1		Diss/Eastern Masters	2.64	2.64	
3	2.60	Diane Wooller	SB V65 W	9		Colchester H	2.60	2.79	
4	2.31	Dawn Mason	V65 W	6		West Suffolk	2.39	2.82	
5	2.24	Linda Donnelly	V60 W	5		Southend	2.46	2.46	

HT7.26K M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	31.59	Roger Skedd	SB V35 M	5		Chelmsford/Falkirk/Eastern Masters	31.59	37.23	
2	31.42	James Moncrieff	V35 M	5		Southend	33.47	33.47	
3	24.88	Paul Cooper	SB V45 M	11	William Bushnell	Colchester H	25.88	28.38	
4	24.51	Chris Kent	V45 M	14		West Suffolk/Eastern Masters	26.43	29.42	
5	4.32	Scott Thrush	V35 M	2		Leigh on Sea/Thurrock	8.20	8.20	

HT6K M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	32.96	David Bauer	V55 M	7	Geoff Tyler	Harlow AC/Chelmsford/Eastern Masters	35.91	41.17	
2	26.57	Peter Godron	SB V55 M	9		Colchester & Tendring	26.57	29.22	
3	13.37	Keith Palmer	V55 M	8		Southend/Eastern Masters	15.71	19.42	
4	11.44	Ian Rattray	PB V50 M	1		Colchester H	11.44	11.44	
5	9.09	Jonathan Metcalf	PB V60 M	13	Bernard Johnson	Thurrock/Eastern Masters	9.09	9.09	

HT5K M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	28.14	Peter Wishart	V60 M	3		Cambridge H/Veterans/Eastern Masters/Southend	29.49	33.74	
2	23.58	Geoff Tyler	V70 M	14		Chelmsford/Eastern Masters	29.99	31.16	
3	11.70	Bernard Johnson	SB V65 M	8		Thurrock	11.70	14.35	
4	10.04	Colin Ridley	V60 M	1	Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	10.17	10.17	

HT4K W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	20.63	Helene Kehoe	V55 W	24		London Heathside/Dundrum South Dublin/Veterans	21.58	21.58	
2	20.03	Nicola Day	PB V35 W	5		Southend	20.03	20.03	
3	14.87	Jill Boosey	V55 W	24		Thurrock	16.91	19.84	

HT3K W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	31.84	Sue Lawrence	V50 W	2	Paul Head	Thurrock/Southern Counties Vets	38.87	40.13	
2	23.07	Carey Hollick	V50 W	2	Emeka Udechuku	Colchester & Tendring/Eastern Masters/United State	25.08	25.08	
3	19.33	Susan Brown	V55 W	9	Keith Palmer	Southend	20.38	22.80	
4	16.19	Carol Morris	SB V55 W	6		Chelmsford	16.19	21.88	
5	14.14	Kate Sandercock	SB V50 W	2		Colchester H	14.14	14.42	

HT3K W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	27.71	Shirley Quinn	V65 W	8		Chelmsford/Eastern Masters/Police	28.17	38.73	
2	19.90	Dawn Mason	SB V65 W	6		West Suffolk	19.90	21.98	
3	17.25	Barbara Higgins	V65 W	8		Southend	20.74	21.79	

JT800 M35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	51.26	Paul Cooper	SB V45 M	11	William Bushnell	Colchester H	51.26	67.03	
2	49.64	Roger Skedd	SB V35 M	5		Chelmsford/Falkirk/Eastern Masters	49.64	61.72	
3	34.60	Chris Kent	V45 M	14		West Suffolk/Eastern Masters	38.80	43.04	
4	27.30	Greg Goodrem	V35 M	4	Keith Palmer	Southend/Eastern Masters	30.01	31.84	
5	22.75	Aaron Bollu	SB V40 M	10		Colchester & Tendring/Eastern Masters	22.75	31.38	
6	14.29	Toby Draper	PB V45 M	15	Bernard Johnson	Thurrock	14.29	14.29	

JT800 M35 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	23.12	James Moncrieff	SB V35 M	5		Southend	23.12	30.14	

JT700 M50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	39.04	Luke Scillitoe	PB V50 M	3		Braintree	39.04	39.04	
2	28.86	David Bauer	V55 M	7	Geoff Tyler	Harlow AC/Chelmsford/Eastern Masters	33.32	35.17	
3	21.71	Peter Godron	SB V55 M	9		Colchester & Tendring	21.71	27.78	
4	13.62	Keith Palmer	SB V55 M	8		Southend/Eastern Masters	13.62	18.98	
5	9.56	Jonathan Metcalf	SB V60 M	13	Bernard Johnson	Thurrock/Eastern Masters	9.56	13.08	

JT700 M50 NS

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	20.28	Simon Collett	SB V50 M	2		Ipswich	20.28	20.99	

JT600 M60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	33.82	Martin Branfoot	SB V65 M	7		Chelmsford	33.82	36.23	
2	21.39	Peter Wishart	V60 M	3		Cambridge H/Veterans/Eastern Masters/Southend	24.02	24.02	
3	15.39	Bernard Johnson	V65 M	8		Thurrock	17.57	19.08	
4	8.64	Colin Ridley	PB V60 M	1	Richard Pickering	Colchester H/St. Edmund Pacers/Eastern Masters	8.64	8.64	
5	5.96	Paul Willcox	SB V70 M	11	Lee Bowker	Ipswich/Achilles/Eastern Masters	5.96	13.08	

JT600 W35

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	16.18	Nicola Day	V35 W	5		Southend	18.78	18.78	
2	13.68	Carol Morris	V55 W	21		Chelmsford	15.12	16.85	
3	11.32	Jill Boosey	PB V55 W	24		Thurrock	11.32	11.32	
4	10.51	Cath Jeffery	V40 W	9		St. Edmund Pacers	11.26	11.26	
5	9.41	Sian Gifford	SB V50 W	19		Colchester & Tendring/Welsh Masters	9.41	15.06	

JT500 W50

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.99	Sue Lawrence	SB V50 W	2	Paul Head	Thurrock/Southern Counties Vets	21.99	25.59	
2	14.55	Carey Hollick	V50 W	2	Emeka Udechuku	Colchester & Tendring/Eastern Masters/United State	15.95	16.28	
3	13.54	Kim Florey	SB V55 W	6		Chelmsford	14.18	14.24	
4	13.11	Susan Brown	PB V55 W	9	Keith Palmer	Southend	13.11	13.11	
5	11.04	Kate Sandercock	SB V50 W	2		Colchester H	11.04	12.92	

JT500 W60

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	17.91	Shirley Quinn	SB V65 W	8		Chelmsford/Eastern Masters/Police	17.91	19.59	
2	13.22	Dawn Mason	SB V65 W	6		West Suffolk	14.62	14.73	
3	11.39	Barbara Higgins	SB V65 W	8		Southend	11.39	13.07	
4	10.74	Diane Wooller	SB V65 W	9		Colchester H	10.74	11.43	
5	9.24	Hilary Cook	SB V60 W	3		Ipswich	9.24	10.03	
6	5.67	Jean Hobbs	SB V70 W	14		Loughton	5.67	8.92	