

60 Metres		EMAA Indoor Inter-Area Championships - Championship Records		
Age Group	Athlete	Area	Date	CR
M35-49	Dominic Bradley (41)	MMAC	04/03/2018	7.02
M50-59	Giuseppe Minetti (53)	VAC	26/02/2023	7.60
M60-69	John Browne (60)	EVAC	23/02/2014	7.89
M70+	Glyn Sutton (72)	WMAA	04/03/2018	8.49
W35-49	Ellena Ruddock (37)	MMAC	07/04/2013	7.85
W50-59	Kirstin King (56)	SCVAC	04/03/2018	8.45
W60-69	Carole Filer (60)	EMAC	28/02/2016	9.07
W70+	Moira West (73)	SCVAC	26/02/2023	9.82

200 Metres				
Age Group	Athlete	Area	Date	CR
M35-49	Dominic Bradley (43)	MMAC	01/03/2020	22.96
M50-59	Giuseppe Minetti (53)	VAC	26/02/2023	24.55
M60-69	Alasdair Ross (61)	EVAC	07/04/2013	25.80
M70+	Mark Woods (62)	SCVAC	26/02/2023	28.44
W35-49	Ellena Ruddock (37)	MMAC	07/04/2013	25.70
W50-59	Sharon Wilkinson (51)	NMAC	26/02/2023	28.59
W60-69	Helen Godsell (68)	SCVAC	13/03/2022	30.43
W70+	Not competed for			

400 Metres				
Age Group	Athlete	Area	Date	CR
M35-49	Michael Gardiner (44)	MMAC	07/04/2013	51.40
M50-59	Dominic Bokor-Ingram (50)	SCVAC	04/03/2018	52.92
M60-69	Ray Watkins (60)	SWVAC	07/04/2013	57.80
M70+	David Spencer (70)	SCVAC	01/03/2020	66.03
W35-49	Lesley Owusu (37)	VAC	28/02/2016	58.43
W50-59	Sharon Wilkinson (50)	NMAC	13/03/2022	62.93
W60-69	Virginia Mitchell (60)	VAC	26/02/2023	65.46
W70+	Not competed for			

800 Metres				
Age Group	Athlete	Area	Date	CR
M35-49	James Thie (38)	WMAA	26/02/2017	1:56.40
M50-59	Mark Russell (51)	EMAC	26/02/2023	2:07.37
M60-69	David Wilcock (60)	SCVAC	23/02/2014	2:17.96
M70+	David Oxland (70)	MMAC	13/03/2022	2:35.24
W35-49	Diana Norman (42)	SCVAC	26/02/2017	2:19.30
W50-59	Virginia Mitchell (56)	SCVAC	24/02/2019	2:27.97
W60-69	Yvonne Crilly (61)	SVHC	26/02/2023	2:38.33
W70+	Angela Copson (70)	MMAC	04/03/2018	2:58.03

1500 Metres				
Age Group	Athlete	Area	Date	CR
M35-49	James Thie (38)	WMAA	26/02/2017	4:00.40
M50-59	Dean Richardson (50)	MMAC	26/02/2023	4:10.57
M60-69	David Butler (60)	EVAC	23/02/2014	4:37.87
M70+	Derek Jackson (70)	MMAC	13/03/2022	5:12.52
W35-49	Denise Toner (35)	NIMAA	23/02/2014	4:42.58
W50-59	Clare Elms (50)	VAC	23/02/2014	4:46.12
W60-69	Yvonne Crilly (61)	SVHC	26/02/2023	5:27.15
W70+	Not competed for			

3000 Metres				
Age Group	Athlete	Area	Date	CR
M35-49	Paul Wright (37)	MMAC	13/03/2022	8:46.35
M50-59	Ben Reynolds (51)	VAC	01/03/2015	9:34.51
M60-69	David Butler (60)	EVAC	07/04/2013	10:01.90
M70+	Peter Giles (70)	VAC	01/03/2015	11:58.17
W35-49	Lisa Palmer-Blount (41)	MMAC	04/03/2018	10:08.26
W50-59	Sarah Everitt (52)	WMAA	24/02/2019	11:13.31
W60-69	Angela Copson (67)	MMAC	01/03/2015	11:57.26
W70+	Not competed for			

60 Metres Hurdles				
Age Group	Athlete	Area	Date	CR
M35-49	Mensah Elliott (45)	SCVAC	13/03/2022	7.91
M50-59	Greg Dunson (50)	MMAC	23/02/2014	8.56
M60-69	Not competed for			
M70+	Not competed for			
W35-49	Julia Machin (48)	SCVAC	24/02/2019	9.38
W50-59	Paula Williams (50)	MMAC	26/02/2023	9.79
W60-69	Not competed for			
W70+	Not competed for			

2000m Walk				
Age Group	Athlete	Area	Date	CR
M35-49	Francisco Reis (54)	SCVAC	01/03/2015	9:00.79
M50-59	David Annetts (54)	VAC	24/02/2019	9:11.80
M60-69	Malcolm Martin (65)	SCVAC	01/03/2020	11:00.85
M70+	Not competed for			
W35-49	Melanie Peddle (53)	EMAC	13/03/2022	10:15.26
W50-59	Grazia Manzotti (52)	SCVAC	13/03/2022	10:25.01
W60-69	Ann Wheeler (63)	MMAC	24/02/2019	11:57.28
W70+	Not competed for			

High Jump				
Age Group	Athlete	Area	Date	CR
M35-49	Martin Lloyd (42)	SCVAC	26/02/2023	1.93
M50-59	Greg Dunson (51)	MMAC	01/03/2015	1.70
M60-69	Duncan Talbot (66)	SCVAC	01/03/2020	1.42
M70+	Allan Cheers (71)	VAC	28/02/2016	1.25
	David Cowley (74)	MMAC	13/03/2022	
W35-49	Julia Machin (43)	SCVAC	23/02/2014	1.70
W50-59	Julia Machin (51)	SCVAC	13/03/2022	1.55
W60-69	Melanie Garland (60)	WMAL	26/02/2023	1.30
W70+	Not competed for			

Long Jump				
Age Group	Athlete	Area	Date	CR
M35-49	Neil Barton (41)	SCVAC	13/03/2022	6.40
M50-59	Ian Allen (50)	SWVAC	26/02/2017	5.84
M60-69	Paul Oakes (60)	SCVAC	07/04/2013	4.74
M70+	Adrian Essex (71)	SCVAC	13/03/2022	4.19
W35-49	Joanne Frost (37)	WMAA	28/02/2016	5.46
W50-59	Janet Dickinson (52)	SWVAC	01/03/2020	4.82
W60-69	Jo Willoughby (52)	MMAC	28/02/2016	4.86
W70+	Emily McMahon (72)	EMAC	26/02/2023	3.30

Pole Vault				
Age Group	Athlete	Area	Date	CR
M35-49	Chris Mills (38)	SCVAC	23/02/2014	4.40
M50-59	Mark Johnson (50)	NVAC	01/03/2015	4.40
M60-69	Not competed for			
M70+	Not competed for			
W35-49	Jemma Eastwood (36)	EMAC	01/03/2015	3.30
	Sarah Semeraro (35)	VAC	14/03/2018	
W50-59	Sue Yeomans (61)	SCVAC	01/03/2015	2.80
	Alison Murray (52)	WMAA	24/02/2019	
W60-69	Not competed for			
W70+	Not competed for			

Triple Jump				
Age Group	Athlete	Area	Date	CR
M35-49	Keith Newton (45)	SCVAC	23/02/2014	12.69
M50-59	Julien Gittens (52)	NVAC	23/02/2014	11.40
M60-69	Not competed for			
M70+	Not competed for			
W35-49	Julia Machin (48)	SCVAC	24/02/2019	10.81
W50-59	Jo Willoughby (54)	MMAC	04/03/2018	10.37
W60-69	Not competed for			
W70+	Not competed for			

Shot Putt				
Age Group	Athlete	Area	Date	CR
M35-49	Gintas Degutis (42)	EVAC	07/04/2013	15.22
M50-59	John Nicholls (50)	NMAC	28/02/2016	15.50
M60-69	Allan Leiper (62)	SCVAC	26/02/2023	14.52
M70+	Geoffrey Tyler (71)	EMAC	01/03/2020	13.33
W35-49	Carol Parker (45)	MMAC	01/03/2015	12.06
W50-59	Paula Williams (50)	MMAC	26/02/2023	12.04
W60-69	Vilma Thompson (65)	SCVAC	26/02/2017	9.84
W70+	Liz Sissons (70)	SCVAC	01/03/2015	8.81

4x200m Relay				
Age Group	Athlete	Area	Date	CR
M35-49	Eastern Masters AC	EMAC	28/02/2016	1:37.95
M50-59	Eastern Veterans AC	EVAC	23/02/2014	1:44.67
M60-69	Veterans AC	VAC	13/03/2022	1:53.92
M70+	Midland Masters AC	MMAC	24/02/2019	2:09.54
W35-49	Midland Masters AC	MMAC	04/03/2018	1:51.62
W50-59	Eastern Masters AC	EMAC	01/03/2015	2:01.71
W60-69	Southern Counties Veterans AC	SCVAC	28/02/2016	2:12.45
W70+	Not competed for			

4224 Relay - 2013 only				
Age Group	Athlete	Area	Date	CR
M35-49	Southern Counties Veterans AC	SCVAC	07/04/2013	4:02.30
M50-59	Southern Counties Veterans AC	SCVAC	07/04/2013	4:08.60
M60-69	Eastern Veterans AC	EVAC	07/04/2013	4:32.60
M70+	Southern Counties Veterans AC	SCVAC	07/04/2013	5:29.80
W35-49	Veterans AC	VAC	07/04/2013	4:34.20
W50-59	Midland Masters AC	MMAC	07/04/2013	5:03.00
W60-69	Midland Masters AC	MMAC	07/04/2013	5:20.90
W70+	Not competed for			