

No comp 2006-7 or 2020							
100 Metres							
EMAA Outdoor Inter-Area Championships - Championship Records							
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Dominic Bradley (41)	MMAC	08/07/2018	10.97		10.97
M40-49	2000-2005	John Browne (48)	SCVAC	22/09/2001		10.97	
		Eric Smart (46)	NVAC	21/09/2002	11.40		
M50+	2000	John Charlton (53)	MVAC	24/09/2000	13.00		
M50-59	2001+	Trevor Hodgson (51)	MVAC	06/08/2023	11.70		11.70
M60+	2001-2005	Bryan Shearsmith (61)	NVAC	21/09/2002		12.13	
		Ian Foster (61)	EVAC	19/09/2004	13.10		
M60-69	2009+	John Wright (63)	NMAA	31/07/2022	12.13		12.13
M70+	2009+	Glyn Sutton (70)	WMAA	19/07/2015	13.04		13.04
W35-39	2002-2008	Julie Money (38)	NVAC	21/09/2002	12.80		
W35-44	2000-2001	Julie Money (36)	NVAC	24/09/2000	12.70		
W35-49	2009+	Lisa Boland (41)	SCVAC	06/08/2023	12.39		12.39
W40-49	2002-2008	Wendy Dunn (42)	EVAC	21/09/2002		13.10	
		Averil McClelland (45)	NVAC	21/09/2003	13.10		
W45+	2000	Helen Godsell (46)	SCVAC	24/09/2000	13.40		
W45-54	2001	Janet Lawson (48)	EVAC	22/09/2001	13.60		
W50+	2003-2008	Helen Godsell (54)	SCVAC	10/08/2008	14.40		
W50-59	2002, 2009+	Sally Cooke (51)	EMAC	18/07/2021	13.20		13.20
W55+	2001	Valerie Parsons (55)	SCVAC	22/09/2001	14.70		
W60+	2002, 2009-2013	Vivien Bonner (64)	SCVAC	21/07/2013	14.53		
W60-69	2014+	Caroline Powell (64)	SWVAC	08/07/2018	14.16		14.16
W70+	2014+	Moira West (74)	SCVAC	06/08/2023	15.85		15.85

No comp 2006-7 or 2020							
200 Metres							
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Darren Scott (42)	SCVAC	07/08/2011	22.20		22.20
M40-49	2000-2005	Darrell Maynard (41)	WVAC	21/09/2002	22.50		
M50+	2000	Laurence Oldfield (56)	MVAC	24/09/2000	26.90		
M50-59	2001+	Steve Peters (51)	EVAC	19/09/2004	23.30		23.30
M60+	2001-2005	Ian Foster (61)	EVAC	19/09/2004	26.80		
M60-69	2009+	Steve Peters (65)	NMAC	08/07/2018	25.14		25.14
M70+	2009+	Glyn Sutton (70)	WMAA	19/07/2015	27.19		27.19
W35-39	2002-2008	Julie Money (38)	NVAC	21/09/2002	27.00		
W35-44	2000-2001	Julie Money (36)	NVAC	24/09/2000	26.30		
W35-49	2009+	Ellena Ruddock (37)	NMAC	21/07/2013	25.21		25.21
W40-49	2002-2008	Wendy Dunn (42)	EVAC	21/09/2002	26.90		
W45+	2000	Helen Godsell (46)	SCVAC	24/09/2000	28.80		
W45-54	2001	Helen Godsell (47)	SCVAC	22/09/2001	28.80		
W50+	2003-2008	Helen Godsell (54)	SCVAC	10/08/2008	28.50		
W50-59	2002, 2009+	Anita Saunders (50)	NMAC	18/07/2021	27.80		27.80
W55+	2001	Yvonne Priestman (55)	MVAC	22/09/2001	30.20		
W60+	2002, 2009-2013	Moira West (63)	SCVAC	09/09/2012	32.20		
W60-69	2014+	Jan Ellacott (61)	SWVAC	31/07/2022	28.92		28.92
W70+	2014+	No contest					

No comp 2006-7 or 2020							
400 Metres							
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	David Brown (37)	EMAC	19/07/2015	49.82		49.82
M40-49	2000-2005	Darrell Maynard (41)	WVAC	21/09/2002	49.30		
M50+	2000	Bob Minting (50)	SWVAC	24/09/2000	56.60		
M50-59	2001+	Dominic Bokor-Ingram (51)	SCVAC	06/07/2019	53.79		53.79
M60+	2001-2005	Vic Blanchard (61)	NVAC	06/08/2005	59.40		
M60-69	2009+	Ray Watkins (61)	SCVAC	20/07/2014	57.38		57.38
M70+	2009+	Peter Mould (70)	MMAC	06/08/2023	64.49		64.49
W35-39	2002-2008	Denise Morley (36)	EVAC	06/08/2005	59.60		
W35-44	2000-2001	Tracy Brighten (38)	EVAC	24/09/2000	59.50		
W35-49	2009+	Nisha Desai (36)	NEMAA	18/07/2021	58.10		58.10
W40-49	2002-2008	Barbara Lock (47)	SWVAC	21/09/2002	63.20		
W45+	2000	Caroline Marler (49)	NVAC	24/09/2000	64.60		
W45-54	2001	Andrea McNally (46)	EVAC	22/09/2001	66.80		
W50+	2003-2008	Joylyn Saunders-Mullins (52)	EVAC	06/08/2005	64.80		
W50-59	2002, 2009+	Sally Cooke (51)	EMAC	18/07/2021	58.70		58.70
W55+	2001	Yvonne Priestman (55)	MVAC	22/09/2001	70.10		
W60+	2002, 2009-2013	Brenda Fee (63)	VAC	08/08/2010	73.40		
W60-69	2014+	Caroline Powell (64)	SWVAC	08/07/2018	67.05		67.05
W70+	2014+	No Contest					

800 Metres		No comp 2006-7 or 2020				CBP for 2024	Current Age Group
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Aaron Cooper-Brown (35)	VAC	17/07/2016	1:58.79	1:58.79	1:58.79
M40-49	2000-2005	Steve Toogood (40)	EVAC	21/09/2002	1:58.80		
M50+	2000	Ed Connelly [??]	SCVAC	24/09/2000	2:19.00	2:06.69	
M50-59	2001+	Gary Burnett (50)	MMAC	08/07/2018	2:06.69		2:06.69
M60+	2001-2005	Reg Phipps (62)	MVAC	06/08/2005	2:22.30	2:18.73	
M60-69	2009+	David Wilcock (60)	SCVAC	20/07/2014	2:18.73		2:18.73
M70+	2009+	David Oxland (71)	MMAC	31/07/2022	2:37.13	2:37.13	2:37.13
W35-39	2002-2008	Clare Hayes (35)	EVAC	19/09/2004	2:21.40	2:16.47	
W35-44	2000-2001	Linda Gabriel (36)	NVAA	24/09/2000	2:26.00		
W35-49	2009+	Louise Rudd (39)	NVAA	20/07/2014	2:16.47	2:16.47	2:16.47
W40-49	2002-2008	Sarah Heath (42)	SCVAC	19/09/2004	2:17.00	2:17.00	
W45+	2000	Nancy Hitchmough (50)	MVAC	24/09/2000	2:35.00		
W45-54	2001	Nancy Hitchmough (51)	MVAC	22/09/2001	2:39.40	2:26.85	
W50+	2003-2008	Nancy Hitchmough (55)	MVAC	06/08/2005	2:35.50		
W50-59	2002, 2009+	Virginia Mitchell (56)	SCVAC	06/07/2019	2:26.85	2:26.85	2:26.85
W55+	2001	Elaine Statham (57)	MVAC	22/09/2001	2:59.70	2:31.51	
W60+	2002, 2009-2013	Angela Copson (62)	MMAC	16/08/2009	2:42.90		
W60-69	2014+	Yvonne Crilly (60)	SVHC	31/07/2022	2:31.51	2:31.51	2:31.51
W70+	2014+	Angela Copson (70)	MMAC	02/07/2017	2:55.70	2:55.70	2:55.70

1500 Metres		No comp 2006-7 or 2020				CBP for 2024	Current Age Group
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Aaron Cooper-Brown (35)	VAC	17/07/2016	4:07.41	4:07.41	4:07.41
M40-49	2000-2005	David Wilcock (46)	SCVAC	24/09/2000	4:12.00		
M50+	2000	Peter Duhig (50)	EVAC	24/09/2000	4:39.00	4:23.20	
M50-59	2001+	Philip Crane (51)	WMAA	09/09/2012	4:23.20		4:23.20
M60+	2001-2005	John Potts (60)	MVAC	06/08/2005	4:57.80	4:38.40	
M60-69	2009+	David Wilcock (60)	SCVAC	20/07/2014	4:38.40		4:38.40
M70+	2009+	Derek Jackson (71)	MMAC	31/07/2022	5:11.93	5:11.93	5:11.93
W35-39	2002-2008	Clare Hayes (35)	EVAC	19/09/2004	4:44.20	4:38.46	
W35-44	2000-2001	Jenny Gray (40)	SCVAC	24/09/2000	4:52.00		
W35-49	2009+	Lisa Palmer-Blount (41)	MMAC	08/07/2018	4:38.46	4:38.46	4:38.46
W40-49	2002-2008	Sarah Heath (42)	SCVAC	19/09/2004	4:41.60	4:41.60	
W45-54	2001	Gail Duckworth (46)	EVAC	22/09/2001	5:29.60		
W50+	2003-2008	Nancy Hitchmough (55)	MVAC	06/08/2005	5:11.40	5:01.10	
W50-59	2002, 2009+	Jane Clarke (51)	EVAC	07/08/2011	5:01.10		5:01.10
W55+	2001	Dot Fellows (56)	MVAC	22/09/2001	5:45.70	5:22.04	
W60+	2002, 2009-2013	Angela Copson (65)	MMAC	09/09/2012	5:33.70		
W60-69	2014+	Anne Howie (60)	SVHC	31/07/2022	5:22.04	5:22.04	5:22.04
W70+	2014+	Patricia Gallagher (70)	WMAA	17/07/2016	6:48.43	6:48.43	6:48.43

3000 Metres		No comp 2006-7 or 2020				CBP for 2024	Current Age Group
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Gordon Lee (43)	MMAC	08/08/2010	8:49.60	8:49.60	8:49.60
M40-49	2000-2005	Paul O'Callaghan (41)	MVAC	06/08/2005	8:56.40		
M50+	2000	David Laynes (50)	EVAC	24/09/2000	9:44.00	9:18.40	
M50-59	2001+	Mick Cadman (50)	MMAC	16/08/2009	9:18.40		9:18.40
M60+	2001-2005	Fred Gibbs (63)	NVAC	22/09/2001	10:17.00	9:57.68	
M60-69	2009+	David Butler (60)	EVAC	21/07/2013	9:57.68		9:57.68
M70+	2009+	Fred Gibbs (72)	NVAC	08/08/2010	11:48.60	11:48.60	11:48.60
W35-39	2002-2008	Nicki Nealon (37)	MVAC	06/08/2005	10:11.70	9:56.60	
W35-44	2000-2001	Jane Clarke (41)	EVAC	22/09/2001	10:19.70		
W35-49	2009+	Lisa Palmer-Blount (40)	MMAC	02/07/2017	9:56.60	9:56.60	9:56.60
W40-49	2002-2008	Jane Clarke (44)	EVAC	19/09/2004	10:15.20	10:15.20	
W45+	2000	Pat Partridge (47)	EVAC	24/09/2000	11:34.00		
W45-54	2001	Wendy Huggins (47)	WVAC	22/09/2001	11:06.10	10:58.21	
W50+	2003-2008	Sue Carris [??]	NVAC	06/08/2005	11:23.80		
W50-59	2002, 2009+	Susan McDonald (55)	VAC	31/07/2022	10:58.21	10:58.21	10:58.21
W55+	2001	Patricia Gallagher (55)	WVAC	22/09/2001	11:05.30	11:06.50	
W60+	2002, 2009-2013	Angela Copson (62)	MMAC	16/08/2009	11:06.50		
W60-69	2014+	Angela Copson (67)	MMAC	20/07/2014	12:08.10	12:08.10	12:08.10
W70+	2014+	No contest					

80 Metres Hurdles		No comp 2006-7 or 2020				CBP for 2024	Current Age Group
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP		
M60-69	2009+	Ian Reeve (60)	EVAC	09/09/2012	16.60	16.60	16.60
M70+	2009+	Wendy Laing (39)	NVAC	21/09/2002	14.90	14.90	14.90
W35-49	2009+	Kay Reynolds (42)	SCVAC	08/08/2010	12.10		12.10
W40-49	2002-2008	Mannidy Laing (42)	NVAC	21/09/2002	11.80	11.80	
W45+	2000	Janet Lawson (48)	EVAC	24/09/2000	14.60		
W45-54	2001	Janet Lawson (48)	EVAC	22/09/2001	13.50	13.10	
W50-59	2002, 2009+	Jane Horder (56)	MMAC	21/07/2013	13.10		13.10
W60-69	2014+	No contest					
W70+	2014+	No contest					

100 Metres Hurdles						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M50+	2000	Tony Wells (51)	EVAC	24/09/2000	14.90	14.13	14.13
M50-59	2001+	Gary Smith (52)	EMAC	06/08/2023	14.13		
M60+	2001-2005	John Howe (62)	WVAA	21/09/2003	17.00	17.00	
W35-39	2002-2008	Wendy Laing (39)	NVAC	21/09/2002	14.90	14.90	16.73
W35-44	2000-2001	Wendy Laing (38)	NVAC	22/09/2001	15.50		
W35-49	2009+	Deborah Dasse (36)	NVAC	06/08/2023	16.73		

110 Metres Hurdles						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Mensah Elliott (41)	SCVAC	08/07/2018	14.59	14.59	14.59
M40-49	2000-2005	Des Wilkinson (41)	EVAC	19/09/2004	15.40		

2000m Walk						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Mark Williams (43)	MMAC	10/08/2008	8:34.00	8:34.00	8:34.00
M40-49	2000-2005	Mark Williams (40)	MVAC	06/08/2005	8:45.80		
M50+	2000	Roger Mills (52)	EVAC	24/09/2000	9:47.00	9:17.90	9:17.90
M50-59	2001+	Nicholas Silvester (53)	SCVAC	10/08/2008	9:17.90		
M60+	2001-2005	Bill Wright (60)	WVAC	22/09/2001	9:36.20	9:36.20	
M60-69	2009+	Christopher Hobbs (61)	SCVAC	17/07/2016	10:09.49		10:09.49
M70+	2009+	No contest					
W35-39	2002-2008	Sharon Tonks (35)	MVAC	06/08/2005	9:38.30	9:38.30	10:01.10
W35-44	2000-2001	Melanie Wright (37)	MVAC	22/09/2001	10:13.00		
W35-49	2009+	Verity Snook (38)	SWVAC	16/08/2009	10:01.10		
W40-49	2002-2008	Ann Wheeler (49)	MVAC	06/08/2005	10:52.20	9:59.00	10:18.57
W45+	2000	Jackie King [??]	MVAC	24/09/2000	9:59.00		
W45-54	2001	Sheila Owen (46)	MVAC	22/09/2001	11:06.30	10:18.57	10:18.57
W50+	2003-2008	Sheila Owen (50)	MVAC	06/08/2005	11:32.80		
W50-59	2002, 2009+	Melanie Peddle (54)	EMAC	06/08/2023	10:18.57		
W55+	2001	Jill Langford (62)	MVAC	22/09/2001	12:11.50	11:53.92	11:53.92
W60+	2002, 2009-2013	Pam Horwill (68)	MVAC	21/09/2002	13:14.90		
W60-69	2014+	Ann Wheeler (63)	MMAC	06/07/2019	11:53.92		
W70+	2014+	No contest					

High Jump						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Dean Storry (37)	MMAC	02/07/2017	2.01	2.01	2.01
M40-49	2000-2005	Andrew Waddington (40)	WVAA	22/09/2001	1.75		
M40-49		Chris Hesketh (44)	NVAC	22/09/2001			
M50+	2000	Stephen Faulkner (50)	SWVAC	24/09/2000	1.60	1.77	1.77
M50-59	2001+	Steve Linsell (52)	NVAC	17/07/2016	1.77		
M60+	2001-2005	Sean Power (61)	WMAA	19/09/2004	1.55	1.55	1.50
M60-69	2009+	Ian Crawley (60)	WMAA	06/08/2023	1.50		
M70+	2009+	Tony Crocker (74)	MMAC	08/08/2010	1.30	1.30	1.30
W35-39	2002-2008	Wendy Laing (39)	NVAC	21/09/2002	1.66	1.66	1.60
W35-44	2000-2001	Wendy Laing (38)	NVAC	22/09/2001	1.55		
W35-49	2009+	Diana Norman (43)	NVAC	02/07/2017	1.60		
W40-49	2002-2008	Wendy Laing (41)	NVAC	19/09/2004	1.55	1.55	1.50
W45+	2000	Pam Garvey (48)	MVAC	24/09/2000	1.35		
W45-54	2001	Sue Burridge [??]	EVAC	22/09/2001	1.29		
W50+	2003-2008	Pam Garvey (51)	MVAC	21/09/2003	1.35	1.50	1.50
W50+		Pam Garvey (52)	MVAC	19/09/2004			
W50+		Rosemary Chrimes (68)	MVAC	22/09/2001			
W50-59	2002, 2009+	Wendy Laing (55)	NMAC	08/07/2018	1.50		
W55+	2001	Rosemary Chrimes (68)	MVAC	22/09/2001	1.26	1.39	1.39
W60+	2002, 2009-2013	Emily McMahon (60)	SCVAC	08/08/2010	1.23		
W60-69	2014+	Carole Filer (61)	EMAC	02/07/2017	1.39		
W70+	2014+	No contest					

Long Jump						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Andrew Thomas (38)	MVAC	08/08/2010	6.47	6.47	6.47
M40-49	2000-2005	Trevor Sinclair (42)	EVAC	21/09/2003	5.97		
M50+	2000	John Charlton (53)	NVAC	24/09/2000	5.77	5.77	5.66
M50-59	2001+	Trevor Wade (52)	SCVAC	10/08/2008	5.66		
M60+	2001-2005	Peter Duckers (60)	MVAC	21/09/2002	5.40	5.40	
M60-69	2009+	Paul Guest (62)	SCVAC	06/08/2023	5.02		5.02
M70+	2009+	Tony Crocker (73)	MMAC	16/08/2009	4.33	4.33	4.33
W35-39	2002-2008	Wendy Laing (39)	NVAC	21/09/2002	5.58	5.58	5.56
W35-44	2000-2001	Wendy Laing (37)	NVAC	24/09/2000	5.14		
W35-49	2009+	Joanne Frost (38)	WMAA	17/07/2016	5.56		
W40-49	2002-2008	Carole Filer (46)	EVAC	21/09/2002	5.12	5.12	4.92
W45+	2000	Sue Dodson [??]	EVAC	24/09/2000	4.49		
W45-54	2001	Anita Neil (51)	MVAC	22/09/2001	4.16	4.92	4.92
W50+	2003-2008	Carole Filer (52)	EVAC	10/08/2008	4.48		
W50-59	2002, 2009+	Janet Dickinson (51)	SWVAC	08/07/2018	4.92		
W55+	2001	Jackie Charles (59)	MVAC	22/09/2001	3.78	4.51	4.51
W60+	2002, 2009-2013	Jackie Charles (60)	MVAC	21/09/2002	3.75		
W60-69	2014+	Carole Filer (61)	EVAC	02/07/2017	4.51		
W70+	2014+	Moir West (74)	SCVAC	06/08/2023	3.38	3.38	3.38

Pole Vault						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Chris Mills (37)	SCVAC	21/07/2013	4.22	4.22	4.22
M40-49	2000-2005	Allan Williams (48)	SCVAC	22/09/2001	4.00		
M50-59	2001+	Mark Johnson (50)	NVAC	19/07/2015	4.40	4.40	4.40
M60-69	2009+	Bruce Hendrie (62)	MMAC	07/08/2011	2.60	2.60	2.60
M70+	2009+	No contest					
W35-39	2002-2008	Tracey Morris (35)	MVAC	06/08/2005	2.70	3.30	
W35-49	2009+	Caroline Parkinson (40)	SCVAC	06/08/2023	3.30		3.30
W50-59	2002, 2009+	Sue Yeomans (56)	SCVAC	16/08/2009	2.70	2.70	2.70
		Sue Yeomans (57)	SCVAC	08/08/2010			
		Jennifer Ibbitson (54)	NVAC	07/08/2011			
W60-69	2014+	No contest					
W70+	2014+	No contest					

Triple Jump						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Keith Newton (43)	SCVAC	09/09/2012	12.81	12.81	12.81
M40-49	2000-2005	David Richards (40)	WVAA	21/09/2002	12.46		
M50+	2000	Sean Power (57)	WVAC	24/09/2000	11.61	12.15	
M50-59	2001+	David Folgate (51)	EVAC	21/09/2002	12.15		12.15
M60+	2001-2005	Sean Power (61)	WMAA	19/09/2004	11.32	11.32	
M60-69	2009+	No contest					
M70+	2009+	No contest					
W35-39	2002-2008	Natasha Brunning (35)	SCVAC	10/08/2008	10.60	10.95	
W35-44	2000-2001	Mannidy Laing (40)	NVAC	24/09/2000	10.87		
W35-49	2009+	Diana Norman (42)	SCVAC	17/07/2016	10.95		10.95
W40-49	2002-2008	Mannidy Laing (42)	NVAC	21/09/2002	10.66	10.66	
W45+	2000	Sue Dodson [??]	EVAC	24/09/2000	8.70		
W45-54	2001	Evon Newton [??]	EVAC	22/09/2001	8.31		
W50-59	2002, 2009+	Jo Willoughby (57)	MMAC	18/07/2021	10.42	10.42	10.42
W60-69	2014+	No contest					
W70+	2014+	No contest					

Discus Throw						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	Mark Wiseman (41)	SCVAC	08/08/2010	52.06	53.36	52.06
M40-49	2000-2005	Kevin Brown (40)	MVAC	06/08/2005	53.36		
M50-59	2001+	Kevin Brown (51)	MMAC	17/07/2016	47.72	47.72	47.72
M60+	2001-2005	Neil Griffin (60)	SCVAC	10/08/2008	45.72	45.72	
M60-69	2009+	Neil Griffin (63)	SCVAC	07/08/2011	49.72		49.72
M70+	2009+	No contest					
W35-39	2002-2008	Emma Beales (36)	EVAC	10/08/2008	42.59	44.08	
W35-44	2000-2001	Karen Hesketh [??]	NVAC	24/09/2000	34.20		
W35-49	2009+	Emma Beales (37)	EVAC	16/08/2009	44.08		44.08
W40-49	2002-2008	Alyson Hourihan (41)	WVAA	21/09/2002	38.74	38.74	
W45+	2000	Rosemary Chrimes (67)	MVAC	24/09/2000	31.51		
W45-54	2001	Shirley Quinn (47)	EVAC	22/09/2001	30.76		
W50+	2003-2008	Shirley Quinn (50)	EVAC	06/08/2005	31.16	36.00	
W50-59	2002, 2009+	Emma Beales (50)	EVAC	31/07/2022	36.00		36.00
W55+	2001	Rosemary Chrimes (68)	MVAC	22/09/2001	34.44		
W60+	2002, 2009-2013	Carole Derrien (63)	SWVAC	21/09/2002	20.88	20.88	
W60-69	2014+	Patricia Hill (73)	EVAC	20/07/2014	18.93		18.93
W70+	2014+	No contest					

Hammer Throw						No comp 2006-7 or 2020	
Age Group	Years '+ '=2023	Athlete	Area	Date	CBP	CBP for 2024	Current Age Group
M35-49	2008+	John Pearson (42)	MMAC	10/08/2008	60.35	60.35	60.35
M40-49	2000-2005	Malcolm Fenton (44)	EVAC	24/09/2000	54.14		
M50+	2000	Terry Lolley [??]	WVAC	24/09/2000	42.42	59.22	
M50-59	2001+	Stephen Whyte (50)	EMAC	20/07/2014	59.22		59.22
M60+	2001-2005	Chris Mellish [??]	SCVAC	19/09/2004	51.33	51.33	
M60-69	2009+	No contest					
M70+	2009+	No contest					
W35-39	2002-2008	Karen Moody (35)	MVAC	21/09/2002	35.41	56.66	
W35-44	2000-2001	Diane Smith (40)	NVAC	22/09/2001	39.12		
W35-49	2009+	Lucy Marshall (39)	MMAC	18/07/2021	56.66		56.66
W50-59	2002, 2009+	Marion Loveridge (52)	MMAC	19/07/2015	40.58	40.58	40.58
W60+	2002, 2009-2013	Romana Martin (62)	EVAC	09/09/2012	27.67		
W60-69	2014+	No contest					
W70+	2014+	No contest					

Javelin Throw						CBP for 2024	Current Age Group
Age Group	Years '+'=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Simon Bennett (36)	SWVAC	16/08/2009	62.71	62.71	62.71
M40-49	2000-2005	Kevin Murch (44)	MVAC	21/09/2003	59.36		
M50+	2000	Chris Arnold (52)	SWVAC	24/09/2000	43.73	56.17	56.17
M50-59	2001+	Kevin Murch (51)	MMAC	08/08/2010	56.17		
M60+	2001-2005	Joe Phillips (67)	SWVAC	22/09/2001	43.66	43.66	37.71
M60-69	2009+	Tony Richards (63)	EVAC	09/09/2012	37.71		
M70+	2009+	No contest					
W35-39	2002-2008	Jo Davies [??]	WMAA	10/08/2008	31.24	43.13	
W35-44	2000-2001	Sharon Gibson (38)	MVAC	24/09/2000	42.58		
W35-49	2009+	Laurensa Britane (36)	SCVAC	06/08/2023	43.13	31.16	43.13
W40-49	2002-2008	Mannny Laing (44)	NVAC	19/09/2004	31.16		
W45+	2000	Jill Dobson [??]	NEVAC	24/09/2000	27.91	35.93	
W45-54	2001	Fiona Crompton (47)	NVAC	22/09/2001	22.77		
W50+	2003-2008	Carol Lowndes [??]	MVAC	21/09/2003	26.12	26.00	
W50-59	2002, 2009+	Paula Williams (50)	MMAC	31/07/2022	35.93		
W55+	2001	Evaun Williams (63)	SCVAC	22/09/2001	27.94	26.00	
W60+	2002, 2009-2013	Liz Sissons (66)	VAC	08/08/2010	26.00		
W60-69	2014+	Shirley Quinn (60)	EMAC	19/07/2015	17.20	17.20	
W70+	2014+	No contest					

Shot Put						CBP for 2024	Current Age Group
Age Group	Years '+'=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Mark Wiseman (41)	SCVAC	08/08/2010	15.46	15.46	15.46
M40-49	2000-2005	Andrews Turner (41)	WMAA	19/09/2004	14.18		
M50+	2000	Merrick Bousfield (51)	NVAC	24/09/2000	12.81	15.54	15.54
M50-59	2001+	Stephen Whyte (50)	EMAC	20/07/2014	15.54		
M60+	2001-2005	David Myerscough (61)	NVAC	06/08/2005	13.16	14.00	
M60-69	2009+	Allan Leiper (63)	SCVAC	06/08/2023	14.00		
M70+	2009+	Geoffrey Tyler (70)	EMAC	06/07/2019	12.39	12.39	12.39
W35-39	2002-2008	Lorraine Henry (35)	EVAC	19/09/2004	11.07	12.03	
W35-44	2000-2001	Sharon Gibson (38)	MVAC	24/09/2000	11.63		
W35-49	2009+	Carol Parker (45)	MMAC	19/07/2015	12.03	10.68	12.03
W40-49	2002-2008	Alyson Hourihan (47)	WMAA	10/08/2008	10.68		
W45+	2000	Rosemary Chrimes (67)	MVAC	24/09/2000	8.94	13.25	
W45-54	2001	Fiona Crompton (47)	NVAC	22/09/2001	8.03		
W50+	2003-2008	Liz Sissons (64)	SCVAC	10/08/2008	9.80	9.84	
W50-59	2002, 2009+	Paula Williams (50)	MMAC	31/07/2022	13.25		
W55+	2001	Evaun Williams (63)	SCVAC	22/09/2001	11.25	9.84	
W60+	2002, 2009-2013	Liz Sissons (65)	SWVAC	16/08/2009	9.84		
W60-69	2014+	Jill Roginski (63)	MMAC	31/07/2022	9.19	9.19	9.19
W70+	2014+	Liz Sissons (71)	SCVAC	19/07/2015	8.91	8.91	8.91

4x100m Relay						CBP for 2024	Current Age Group
Age Group	Years '+'=2023	Athlete	Area	Date	CBP		
M35-49	2008+	Southern Counties	SCVAC	19/07/2015	44.47	44.47	44.47
M50-59	2001+	Midland Masters	MMAC	18/07/2021	49.50	49.50	49.50
M60-69	2009+	Southern Counties	SCVAC	02/07/2017	52.70	52.70	52.70
M70+	2009+	Southern Counties	SCVAC	08/07/2018	58.48	58.48	58.48
W35-49	2009+	Southern Counties	SCVAC	17/07/2016	52.32	52.32	52.32
W50-59	2002, 2009+	Midland Masters	MMAC	19/07/2015	56.21	56.21	56.21
W60-69	2014+	Southern Counties	SCVAC	20/07/2014	59.78	59.78	59.78
W70+	2014+	No contest					

4224 Relay					
Age Group	Years '+'=2023	Athlete	Area	Date	CBP
M35-49	2008+	Midland Masters	MMAC	07/08/2011	3:36.80
M40-49	2000-2005	Welsh Vets	WVAA	21/09/2003	2:34.80
M50+	2000	Northern Vets	NVAC	24/09/2000	4:21.00
M50-59	2001+	Midland Vets	MVAC	21/09/2003	2:51.00
M60+	2001-2005	Midland Vets	MVAC	21/09/2003	3:11.20
M60-69	2009+	Midland Masters	MMAC	07/08/2011	4:24.80
M70+	2009+	Welsh Masters	WMAA	21/07/2013	5:35.36
W35-39	2002-2008	Midland Vets	MVAC	21/09/2003	3:12.60
W35-44	2000-2001	Northern Vets	NVAC	24/09/2000	4:25.00
W35-49	2009+	Midland Masters	MMAC	09/09/2012	4:23.70
W40-49	2002-2008	Northern Vets	NVAC	21/09/2003	3:05.70
W50+	2003-2008	Northern Vets	NVAC	21/09/2003	3:38.60
W50-59	2002, 2009+	Midland Masters	MMAC	09/09/2012	4:44.50
W60+	2002, 2009-2013	Midland Masters	MMAC	07/08/2011	5:04.80
W60-69	2014+	No contest			
W70+	2014+	No contest			