

Before I get on to matters that will hopefully improve records validation, especially EMA and WMA records, I would like to make a few observations relating to the plethora of records achieved in 2024. Although some of these records have been broken on more than one occasion, I only show the latest record (or Best Performance).

Two ladies in particular stand out for special mention, and must go to:

Clare Elms: - holder of W60 - 800m (O), 1500m (I & O), 1 mile (I, O & R), 3000m (O) and 5000m (O). A truly remarkable spread of talent. 2 of these 8 records are both EMA and WMA records.

Evaun Williams: - holder of W85 – SP (I & O), DT (O), JT (O) and WT (O). More importantly all 5 of these records are also EMA records, further 4 of these 5 are WMA records.

I'll leave you to analyse all the other records that have been achieved in 2024.

BMA records are as at 05/11/2024

EMA records are as at 05/11/2025

WMA records are as at 03/11/2024

Within the 'Arena' column: I=Indoor, O=Outdoor, R=Road

What could be done better in 2025?

When you study the BMA records against their EMA and WMA counterparts you will probably spot that BMA records are an improvement on either EMA or WMA – or both. There are a number of factors that are affecting this issue.

If an athlete breaks a record at an approved BMAF meeting (visit the BMAF website – Records to see what this refers to), if it's a BMA record you just need to advise me of your achievement. If, however this result is worthy of EMA or WMA validation, I require an appropriate form to be completed, together with the authentication documentation (as detailed on either the EMA or WMA form). Without these forms I cannot submit your application.

Remember, for either EMA or WMA Championships, if a BMA record is achieved, I am not automatically notified. It's up to the athlete to notify me – no form is required, just notification. When there are 1000's of results to trawl through it's all too easy to miss a potential record. **Please notify me!**

Regarding the Zero Gun Test (ZCT), both EMA and WMA are insisting on an accuracy to 0.001 seconds. I have received a number of ZCT's which just show 0.0 seconds. If you receive a result like this, please ask the Chief Photo Finish Official to correct the photo. If I receive such 0.0 second photo's I have to chase around to obtain the correct version.

Road records (or Best Performances) are validated by Martin Duff, aided by Steve Smythe. they either picks up the results from scanning the media, notified by the athlete, or sometimes because they have a 'nose' for it. Either which way, I am guided by Martin's approval. Now, if any of these results are worthy of either EMA or WMA validation, I require both the appropriate form and their associated documentation. Again, without this completed form I am unable to submit to EMA/WMA.

If you need any of the application forms, they are obtainable from either the BMAF website or from both the EMA and WMA website respectively. Remember - **NO FORM, NO VALIDATION.**

BMAF RECORDS ANALYSIS FOR 2024

Event (Sprint) [27]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	EMA Record	WMA Record
60 Metres	I	M45	Dwain Chambers	Lee Valley	07/01/2024	6.81	6.81	6.81
60 Metres	I	W70	Helen Godsell	Porun, POL	20/03/2024	9.22	9.22	9.21
100 Metres	O	M55	Darren Scott	Stratford	08/09/2024	11.46	11.57	11.30
100 Metres	O	M65	B John Wright	Gothenburg, SWE	14/08/2024	12.43	12.37	12.31
100 Metres	O	W40	Helen Raffalli	Lee Valley	15/08/2024	12.22	11.09	11.09
100 Metres	O	W60	Kirstin King	Lee Valley	28/07/2024	14.00	13.17	13.20
100 Metres	O	W75	Moira West	Derby	27/07/2024	15.84	15.87	15.03
200 Metres	I	M55	Darren Scott	Torun, POL	22/03/2024	23.95	23.95	23.36
200 Metres	I	M80	Allan Long	Torun, POL	22/03/2024	31.84	29.71	29.15
200 Metres	O	M55	Darren Scott	Stratford	08/09/2024	23.04	23.37	23.24
200 Metres	O	M70	Steve Peters	Derby	28/07/2024	26.03	26.47	25.75
200 Metres	I	W70	Helen Godsell	Torun, POL	22/03/2024	31.17	31.17	31.17
200 Metres	O	W40	Lisa Boland	Gothenburg, SWE	19/08/2024	25.34	22.72	22.72
200 Metres	O	W70	Caroline Powell	Gothenburg, SWE	20/08/2024	32.45	31.30	30.05
200 Metres	O	W75	Moira West	Derby	28/07/2024	33.30	33.50	31.56
200 Metres	O	W85	Kathleen Stewart	Gothenburg, SWE	20/08/2024	41.83	41.83	40.20
400 Metres	I	M45	Richard Beardsell	Torun, POL	19/03/2024	50.76	50.33	49.89
400 Metres	I	M70	Simon Barrett	Torun, POL	19/03/2024	1:05.97	59.48	59.43
400 Metres	I	W70	Caroline Powell	Torun, POL	19/03/2024	1:13.81	1:15.20	1:11.34
400 Metres	O	M65	B John Wright	Gothenburg, SWE	24/08/2024	56.22	56.22	56.09
400 Metres	O	M70	Ian Broadhurst	Gothenburg, SWE	22/08/2024	1:04.09	59.34	57.26
400 Metres	O	M85	Anthony Treacher	Tumba, SWE	18/05/2024	1:31.96	1:25.41	1:17.12
400 Metres	O	W70	Caroline Powell	Gothenburg, SWE	23/08/2024	1:13.49	1:13.49	1:11.76
400 Metres	O	W85	Kathleen Stewart	Gothenburg, SWE	23/08/2024	1:39.24	1:39.24	1:39.24
60 Metres Hurdles (84.0-8)	I	M65	Tennyson James	Lee Valley	28/01/2024	9.60	9.36	9.17
60 Metres Hurdles (76.2-7)	I	W50	Paula Williams	Lee Valley	17/02/2024	9.59	9.26	9.26
300 Metres Hurdle (0.686)	O	M70	Ian Broadhurst	Gothenburg, SWE	17/08/2024	47.99	45.24	45.24

Event (Middle Distance) [19]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	EMA Record	WMA Record
800 Metres	I	M60	Robert McHarg	Lee Valley	14/02/2024	2:11.60	2:11.60	2:11.20
800 Metres	I	W45	Zoe Doyle	Lee Valley	04/02/2024	2:15.87	2:12.24	2:12.24
800 Metres	O	M60	Andrew Ridley	Stratford	08/09/2024	2:08.07	2:08.07	2:08.56
800 Metres	O	W60	Clare Elms	Ware	17/08/2024	2:29.64	2:27.74	2:22.52
800 Metres	O	W65	Karen Brooks	Corby	07/09/2024	2:40.65	2:40.65	2:39.61
1500 Metres	I	W45	Kirstie Booth	Cardiff	21/01/2024	4:33.11	4:28.13	4:28.13
1500 Metres	I	W60	Clare Elms	Lee Valley	14/02/2024	5:05.44	5:05.44	5:05.44
1500 Metres	O	M55	Mark Symes	Gothenburg, SWE	24/08/2024	4:17.45	4:14.33	4:12.35
1500 Metres	O	M60	Andrew Ridley	Gothenburg, SWE	24/08/2024	4:24.23	4:24.23	4:24.00
1500 Metres	O	W60	Clare Elms	Tooting Bec	31/08/2024	4:57.14	4:57.14	4:57.14
1500 Metres	O	W65	Karen Brooks	Derby	27/07/2024	5:30.54	5:30.34	5:25.65
1 Mile (Indoor)	I	W45	Zoe Doyle	Lee Valley	07/02/2024	5:09.98		4:54.82
1 Mile (Indoor)	I	W60	Clare Elms	Lee Valley	07/02/2024	5:30.89		5:30.73
1 Mile (Track)	O	M45	James Thie	Tooting Bec	04/09/2024	4:23.57		4:13.96
1 Mile (Track)	O	M55	Mark Symes	Guildford	31/07/2024	4:36.10		4:35.04
1 Mile (Track)	O	M60	Andrew Ridley	Guildford	31/07/2024	4:41.81		4:41.81
1 Mile (Track)	O	W60	Clare Elms	Tooting Bec	04/09/2024	5:25.19		5:25.19
3000 Metres	O	W60	Clare Elms	Tonbridge	26/08/2024	10:33.34	10:28.94	10:28.94
2000 Metres Steeplechase	O	M75	David Cundy	Derby	28/07/2024	8:57.99	8:29.26	8:29.26

Event (Long Distance) [1]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	EMA Record	WMA Record
5000 Metres	O	W60	Clare Elms	Canterbury	28/09/2024	18:35.95	17:59.16	17:50.72

BMAF RECORDS ANALYSIS FOR 2024

Event (Jumps) [10]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	EMA Record	WMA Record
High Jump	I	M60	Steve Linsell	Sheffield	28/01/2024	1.64	1.78	1.81
High Jump	O	M75	Alistair Hill	Gothenburg, SWE	17/08/2024	1.42	1.53	1.49
Long Jump	O	M85	Anthony Treacher	Tumba, SWE	18/05/2024	3.49	3.77	3.83
Triple Jump	I	W60	Jo Willoughby	Torun, POL	19/03/2024	9.72	10.27	10.27
Triple Jump	I	W85	Anne Martin	Lee Valley	18/02/2024	3.91	4.26	6.35
Triple Jump	O	W60	Jo Willoughby	Gothenburg, SWE	18/08/2024	9.91	10.31	11.04
Pole Vault	O	W55	Irie Hill	Grafelfing, DEU	07/09/2024	3.22	3.22	3.26
Pole Vault	O	W70	Sue Yeomans	Gothenburg, SWE	20/08/2024	2.35	2.40	2.95
Pole Vault	I	W55	Irie Hill	Torun, POL	20/03/2024	3.30	3.30	3.30
Pole Vault	I	W70	Sue Yeomans	Lee Valley	25/02/2024	2.35	2.40	2.90

Event (Throws) [13]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	EMA Record	WMA Record
Shot Putt (3.0Kg)	O	W50	Paula Williams	Gothenburg, SWE	15/08/2024	13.96	15.15	15.15
Shot Putt (2.0Kg)	O	W85	Evaun Williams	Gothenburg, SWE	17/08/2024	9.42	9.42	9.42
Shot Putt (7.26Kg)	O	M45	Mark Edwards	Wrexham	29/09/2024	17.23	20.77	20.77
Shot Putt (5.0Kg)	O	M65	Michael Hausler	Sandy	28/09/2024	14.08	15.90	16.66
Indoor Shot Putt (3.0Kg)	I	W50	Paula Williams	Loughborough	14/01/2024	13.56	15.17	15.17
Indoor Shot Putt (2.0Kg)	I	W85	Evaun Williams	Lee Valley	18/02/2024	8.62	8.62	8.27
Discus Throw (1.0Kg)	O	M70	Guy Dirkin	Oklahoma, USA	27/04/2024	46.49	55.27	55.27
Discus Throw (0.75Kg)	O	W85	Evaun Williams	Gothenburg, SWE	18/08/2024	22.42	22.42	22.42
Javelin Throw (500gm)	O	W65	Jenny Brown	Derby	27/07/2024	24.99	33.39	37.32
Javelin Throw (400gm)	O	W85	Evaun Williams	Gothenburg, SWE	19/08/2024	24.78	24.78	24.78
Javelin Throw (600gm)	O	M65	Kevin Murch	Derby	27/07/2024	48.67	58.58	58.58
Weight Throw (5.449Kg)	O	W60	Janet Smith	Hull	13/10/2024	16.35	18.90	18.90
Weight Throw (4.0Kg)	O	W85	Evaun Williams	Gothenburg, SWE	22/08/2024	11.97	11.97	11.97

Event (Road) [16]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA BP	BMA Chip	EMA BP	WMA BP
1 Mile (Road)	R	M55	Mark Symes	London	21/09/2024	4:46	04:45		
1 Mile (Road)	R	M85	Doug Milsom	London	21/09/2024	9:18	09:18		
1 Mile (Road)	R	M90	Richard Pitcairn-Knowles	London	21/09/2024	22:24	22:18		
1 Mile (Road)	R	W45	Kirstie Booth	London	21/09/2024	4:57	04:56		
1 Mile (Road)	R	W60	Clare Elms	London	21/09/2024	5:22	05:21		
1 Mile (Road)	R	W75	Anne Dockery	Bourton	10/05/2024	7:18	07:11		
5km (Road)	R	M70	Alan Davies	Cardiff	05/05/2024	18:08	18:01		
5km (Road)	R	W65	Claudine Benstead	Exeter	03/09/2024	20:04	No Chip		
5km (Road)	R	W70	Sarah Roberts	Hatfield	04/09/2024	21:23	21:17		
10km (Road)	R	W45	Sonia Samuels	Wrexham	16/06/2024	33:36	35:00	33:28	
10km (Road)	R	W75	Sarah Roberts	Letchworth	06/10/2024	44:33	44:33	49:31	
10km (Road)	R	M70	Alan Davies	Swansea	15/09/2024	37:07	37:05	37:17	
10 mile Road	R	W65	Claudine Benstead	Bideford	03/11/2024	1:08:25	01:08:22		
Half Marathon	R	W50	Kate Rennie	Wokingham	25/02/2024	1:18:07	01:18:01	1:15:19	1:18:31
Half Marathon	R	M45	Nick Torry	Paddock Wood	04/03/2024	1:05:40	01:05:37	1:05:21	1:08:02
Marathon	R	M65	Ifan Lloyd	Bucharest, ROM	13/10/2024	2:49:14	No Chip	2:42:22	2:41:57

Event (Road Walk) [2]	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record/BP	EMA Record/BP	WMA Record/BP
5km Road Walk	R	M85	Mick Barker	Torun, POL	23/03/2024	39:00		
20km Race Walk	R	W55	Grazia Manzotti	Isle of Man	08/09/2024	1:59:20	1:47:23	1:40:42

DECATHLON

Age Group	Name	Venue	Date	BMA	EMA	WMA
M75	Alistair Hill	Gothenburg, SWE	18/08/2024	6485	7752	7752

INDOOR PENTATHLON

Age Group	Name	Venue	Date	BMA	EMA	WMA
W65	Jill Roginski	Torun, POL	22/03/2024	3763	4262	4204

BMAF RECORDS ANALYSIS FOR 2024

RELAYS

Event	Age Group	Athlete	Venue	Date	BMA Record	BMA Split	EMA Record	WMA Record
Outdoor 4x100m Relay	M80	Mel James	Gothenburg, SWE	17/08/2024	1:04.98		1:01.83	1:01.83
		James Smith		17/08/2024				
		Peter Giles		17/08/2024				
		Allan Long		17/08/2024				
Outdoor 4x100m Relay	M85	Roger Bruck	Gothenburg, SWE	17/08/2024	1:15.52		1:08.78	1:07.03
		Alan Carter		17/08/2024				
		Anthony Treacher		17/08/2024				
		Hamish McKenzie		17/08/2024				
Outdoor 4x100m Relay	W40	Eleri Jones	Gothenburg, SWE	17/08/2024	49.52		48.22	48.01
		Helen Raffalli		17/08/2024				
		Michelle Watson		17/08/2024				
		Lisa Boland		17/08/2024				
Outdoor 4x100m Relay	W70	Anne Nelson	Gothenburg, SWE	17/08/2024	1:06.99		1:04.28	1:04.28
		Caroline Marler		17/08/2024				
		Sue Yeomans		17/08/2024				
		Caroline Powell		17/08/2024				
Indoor 4x200m Relay	W45	Lourdes Bradley	Torun, POL	23/03/2024	1:51.06		1:46.38	1:46.38
		Zoe Doyle		23/03/2024				
		Karen Burles		23/03/2024				
		Liz Amos		23/03/2024				
Indoor 4x200m Relay	W70	Helen Godsell	Torun, POL	23/03/2024	2:15.34		2:15.34	2:15.34
		Anne Nelson		23/03/2024				
		Joylyn Saunders-Mullins		23/03/2024				
		Caroline Powell		23/03/2024				
Outdoor 4x400m Relay	M35	Damaine Benjamin	Gothenburg, SWE	25/08/2024	3:16.53	50.1	3:16.53	3:16.53
		Craig Cox		25/08/2024		48.5		
		Lewis Robson		25/08/2024		49.7		
		Dale Willis		25/08/2024		48.4		
Outdoor 4x400m Relay	M70	Wally Franklyn	Gothenburg, SWE	25/08/2024	4:28.43		4:17.47	4:17.47
		Simon Barrett		25/08/2024				
		David Hinds		25/08/2024				
		Ian Broadhurst		25/08/2024				
Outdoor 4x800m Relay	M60	Robert McHarg	Birmingham	14/09/2024	9:04.92	2:12.6		9:04.92
		Rob Andrew		14/09/2024		2:16.1		
		Andrew Ridley		14/09/2024		2:17.4		
		David Clarke		14/09/2024		2:18.9		
Indoor Mixed 4x200m Relay	V35	Michael Dickens	Torun, POL	23/03/2024	1:38.19			
		Niabari Rutter		23/03/2024				
		Craig Cox		23/03/2024				
		Stacey Downie		23/03/2024				
Indoor Mixed 4x200m Relay	V45	Darren Towart	Torun, POL	23/03/2024	1:43.71			
		Karen Burles		23/03/2024				
		Mark Vallier		23/03/2024				
		Liz Amos		23/03/2024				
Indoor Mixed 4x200m Relay	V50	Martin White	Torun, POL	23/03/2024	1:49.02			
		Jenny O'Connor		23/03/2024				
		Mike Coogan		23/03/2024				
		Sarah Loades		23/03/2024				
Indoor Mixed 4x200m Relay	V55	Gary Clare	Torun, POL	23/03/2024	1:53.84			
		Fiona Steele		23/03/2024				
		Russell Whiting		23/03/2024				
		Juliet Sidney		23/03/2024				
Indoor Mixed 4x200m Relay	V70	Chris Palmer	Torun, POL	23/03/2024	2:17.77			
		Emily McMahon		23/03/2024				
		Ramsay Sloss		23/03/2024				
		Caroline Marler		23/03/2024				