

2015 CLUB RANKINGS

5K - MEN

Jack Gillick	16.42
Oliver Milk	17.34
Jason Mountain	17.39
Sam Russell	17.42
Peter Harvey	17.43
Kris Barnard	17.50
Andy Preston	18.07
Richard Donovan	18.13
Kirk Bagge	18.27
Karl Chapman	18.35
Patrick Lock	18.52
Adrian Hall	18.59
Niall Mahoney	19.01
Stu Barnard	19.02
Steve Ely	19.04
Ian Moore	19.04
Martin Stringfellow	19.14
Richard White	19.22
Andy Terry	19.29
Jonathan Causton	19.29
Stephen Dady	19.34
Rob Thornton	19.47
Steve Childerhouse	19.53
Sam Barker	19.58
Sean Thompson	20.02
Terry Epps	20.05
Mark Tufts	20.14
Ed Greenland	20.18
Stephen Greatbanks	20.37
Andrew Lane	20.39
David Roberts	20.40
Gary Whiting	20.43
Mike Walters	20.54
Alex Bowen	21.15
Tony Beales	21.31
Gerry Watson	21.40
Ivan Colman	21.54
Julian Johnson	22.04
Adam Masterson	22.16
Keith Hood	22.42
Oliver Timson	23.00
Fergus Stirling	23.07
Rob Ewin	23.10
Gavin Hall	23.24
Kerry Hopper	23.36
David Brailey	23.51
Stuart Gillion	23.57
Mark Weldon	24.28
Mike Smith (D)	24.44
Dennis Early	24.47
Mike Pope	24.54
Tony Richardson	25.02
Andy Menin	25.21
Steven Neeve	25.38
Steve Bradley	25.42
Rob Winner	25.47
Jonathan Coy	27.39
Francis Woodcock	28.12
Andy Stratton	30.02
Louis Cooper	31.11
Charles Fenech	31.51
Rodney Freeburn	32.11

5K - WOMEN

Alexandra Smith	19.43
Sharon Hurren	20.20
Natasha Rout	20.44
Harriet Carr	20.48
Amy Balaan	21.18
Claire Brooke	22.16
Zoe Jones	22.18
Steph Johnson	22.25
Cassie Barker	23.03
Jo McKay	23.08
Kate Quentin-Hicks	23.53

Leanne Bagge	24.08
Jo Jeney	24.16
Patsy Bradley	24.31
Sue Stirling	24.33
Tracey Stevens	24.45
Julia Lloyd	24.47
Angie Bear	25.03
Chrissie Lakey	25.05
Jenny Christian	25.22
Tracie Draeger	25.34
Angie Martin	25.37
Karen Kent	25.38
Sharon Cook	25.39
Faye Lipscombe	25.41
Leanne Howlett	26.01
Wendy Burgess	26.12
Nicola Weldon	26.14
Amy Thomas	26.18
Cindy Burgess	26.18
Jackie Keeling	26.26
Sylvia Dady	26.27
Rachel Chester	26.33
Lisa Rodgers	26.40
Julie Winner	26.50
Beres Ward	27.11
Katherine O'Neill	27.27
Helen Lakey	27.33
Eva Osborne	27.49
Madeline Beale	28.02
Lynsey Dunne	28.05
Jen Rudd	28.04
Holly Montagnon	28.13
Lucy Coy	28.15
Tammy Falco	28.30
Kathryn Want	28.39
Vikkie Mountain	28.52
Emma Fickling	28.58
Anne Martin	29.03
Salena Dawson	29.11
Fiona Martin	29.25
Jane Lowrie	29.37
Samantha Green	29.47
Louise Barker	30.08
Nicola Fortescue	30.17
Sarah Masterson	30.35
Gemma Gallagher-H.	30.53
Sarah Royal	30.56
Nicola Thatcher	31.08
Rebecca Riddoch	31.19
Emma Godbold	31.33
Carla Oxbury	31.43
Patricia McCarthy	31.51
Amy Shawcross	33.23
Sue Woolbright	33.25
Sharon Wray	33.30
Louise MacDuff	33.30
Kerry Davies	33.51
Tracy Salisbury	34.17
Felicity Hopper	34.42
Angela Vincini	39.07
Kathryn Cairncross	41.45

5 MILES - MEN

Jack Gillick	27.52
Jason Mountain	29.29
Sam Russell	29.58
Andy Preston	30.46
Karl Chapman	30.56
Kris Barnard	30.58
Peter Harvey	31.00
Kirk Bagge	31.04
Richard Donovan	31.22
Martin Stringfellow	32.07
Niall Mahoney	32.20
Stephen Dady	32.21
Patrick Lock	32.22
Richard White	32.29
Ian Moore	33.02

Terry Epps	33.08
Sean Thomson	33.17
Mark Tufts	33.20
Andrew Lane	33.45
Ed Greenland	34.12
Danny Peel	34.16
Ralph Silver	34.17
Danny Reeb	35.02
Gary Whiting	35.20
Simon Chamberlain	35.24
Kevin Garwood	35.27
Shane Morgan	35.35
Ian Sturgess	35.53
Tony Beales	35.55
Alex Bowen	36.33
Heath Alexander-B.	36.37
Sam Barker	36.47
Gerry Watson	36.51
Ivan Colman	36.52
Keith Hood	37.11
Dale Cooper	37.19
Paul Goodwill	37.44
Rob Ewin	38.45
Oliver Timson	39.13
Julian Johnson	39.35
John Newell	39.42
Paul Bunnham	40.41
Mike Smith (D)	40.53
Mark Weldon	40.58
Stewart Gillion	41.12
Mike Smith (H)	41.30
Mike Pope	41.39
Glen Basman	41.53
Steve Bradley	42.26
Richard Cvijetic	42.56
Rob Winner	43.53
Dennis Bartram	43.54
Robert Scarfe	44.08
Dennis Early	44.44
Peter Heard	47.31
Patrick Larke	49.46
Tim Johnson	50.02
Louis Cooper	55.16
Rodney Freeburn	60.48

5 MILES - WOMEN

Bex Faircloth	33.29
Sharon Hurren	33.55
Alexandra Smith	34.35
Natasha Rout	34.57
Niki Park	35.42
Zoe Jones	35.59
Jen Rudd	37.05
Cassie Barker	37.27
Tracie Draeger	37.37
Steph Johnson	37.51
Jo McKay	38.44
Jessica Neeve	39.43
Jenny Christian	40.15
Wendy Burgess	40.30
Leanne Bagge	40.42
Rachael Lockwood	40.45
Julia Lloyd	40.56
Tracy Stevens	41.10
Patsy Bradley	41.20
Angie Bear	41.34
Chrissie Lakey	41.56
Nicola Weldon	42.59
Charlotte Richardson	43.12
Maxine Bugg	43.13
Cindy Burgess	43.47
Sylvia Dady	44.22
helen Lakey	44.52
Julie Winner	44.56
Kate Quentin-H.	45.06
Martha Clarke	45.16
Sonia Godden	45.29
Maxine Murdoch	45.30
Madeline Beale	46.34

Anita Talby	47.19
Anne Martin	47.30
Wendy Larke	49.46
Jules Kennelly	49.51
Jane Lowrie	51.36
Hayley Morris	52.14
Louise MacDuff	52.14
Sue Woolbright-H.	55.37
Claice Campbell	55.45
Sharon Wray	57.37
Carla Oxbury	58.26
Tracy Salisbury	60.43
Nichola Thatcher	66.17
Debbie Costley	66.17

10K - MEN

Jack Gillick	35.25
Kris Barnard	36.29
Fernando Silva	37.02
Jason Mountain	37.17
Andy Preston	37.22
Sam Russell	38.38
Andy Terry	38.39
Stu Barnard	39.03
Kirk Bagge	39.04
Martin Stringfellow	39.15
Karl Chapman	39.32
Stephen Dady	39.56
Richard White	39.57
Patrick Lock	40.16
Ian Moore	40.24
Sean Thompson	41.03
Matt Pask	41.20
Terry Epps	41.33
Louis Witham	41.30
Andrew Lane	41.46
Sam Barker	41.46
Mark Tufts	41.47
Ed Greenland	41.49
Gareth Walker	41.53
Kevin Garwood	41.54
Shane Morgan	42.56
Gary Whiting	43.32
Stephen Greatbanks	43.35
Niall Mahoney	44.03
Tony Richardson	45.13
Alex Bowen	45.42
Heath Alexander-B.	45.47
Oliver Timson	46.28
Keith Hood	46.39
Tony Beales	46.42
Julian Johnson	46.51
David Bocklehurst	47.16
Ian Colman	48.40
Tim McWilliam	48.49
John Newell	49.05
Patrick Larke	49.43
Rob Ewin	49.44
Mike Smith (D)	50.55
Kerry Hopper	50.58
Gavin Hall	51.15
Steve Bradley	51.53
Stewart Gillion	51.54
Mike Smith (H)	52.41
Robert Scarfe	53.26
Mark Weldon	53.33
Jon Holt	54.30
Rob Winner	56.39
Dennis Bartram	58.33
Francis Woodcock	59.24
Louis Cooper	63.16
Andy Stratton	66.35

10K WOMEN

Alexandra Smith	41.22
Sharon Hurren	41.58
Natasha Rout	44.33
Amy Thomas	45.34

Claire Brooke	46.09
Zoe Jones	46.29
Jen Rudd	46.47
Cassie Barker	46.49
Jo Delf	47.00
Jo McKay	48.11
Steph Johnson	48.25
Leanne Bagge	48.45
Jessica Neeve	49.22
Tracy Stevens	50.08
Julia Lloyd	50.55
Paula Greatbanks	51.03
Sarah Royall	51.05
Patsy Bradley	51.08
Sylvia Dady	51.09
Leanne Howlett	51.17
Jenny Christian	51.23
Jo Jesney	51.28
Jacqueline Keeling	51.28
Angie Bear	51.54
Charlotte Richardson	51.54
Wendy Burgess	52.22
Rachael Lockwood	52.37
Sharon Cook	53.12
Chrissie Lakey	53.17
Marina Murdoch	53.39
Angie Martin	53.40
Dee Middleton-H.	53.42
Karen Kent	54.04
Nicola Weldon	54.48
Kate Quentin-H.	54.49
Maxine Bugg	55.13
Juliet Cox	55.20
Cindy Burgess	56.11
Catherine O'Neill	56.37
Emma Fickling	56.57
Julie Winner	57.03
Madeline Beale	57.18
Helen Lakey	57.57
Lisa Rodgers	58.01
Emma Godbold	58.32
Wendy Larke	58.57
Claire Bradbury	59.11
Hannah Martin	60.16
Anne Martin	60.46
Debbie Costley	61.36
Vikki Mountain	62.07
Eva Osborne	62.19
Jane Lowrie	64.04
Anita Talby	64.17
Louise McDuff	65.34
Hayley Morais	65.34
Nichola Thatcher	65.58
Sharon Wray	71.52
Gemma Gallagher-H.	72.01
Ann Mills	74.25
Rebecca Riddoch	74.26
Tracy Salisbury	74.51
Sue Woolbright	76.46

10 MILES - MEN

Sam Russell	1.03.07
Kirk Bagge	1.05.51
Karl Chapman	1.07.13
Stephen Dady	1.07.59
Terry Epps	1.08.03
Russell Clarke	1.10.50
Kevin Garwood	1.11.07
Andrew Lane	1.11.14
Niall Mahoney	1.12.12
Ian Sturgess	1.13.26
Tony Richardson	1.15.17
Keith Hood	1.15.18
Gary Whiting	1.15.26
Shane Morgan	1.15.59
Heath Alexander-B.	1.16.04
Tony Beales	1.16.25
Alex Bowen	1.16.56
Tim McWilliam	1.21.13

Rob Ewin	1.21.38
John Newell	1.22.46
Gavin Hall	1.24.45
Mike Smith (D)	1.26.33
Mike Smith (H)	1.26.51
Robert Scarfe	1.37.15

10 MILES - WOMEN

Alexandra Smith	1.09.16
Cassie Barker	1.21.55
Sarah Royall	1.25.30
Jo McKay	1.25.35
Julia Lloyd	1.27.43
Patsy Bradley	1.28.23
Tracy Stevens	1.29.21
Anita Talby	1.34.09
Lisa Rodgers	1.34.21
Emma Godbold	1.34.21
Wendy Larke	1.42.37

HALF-MARATHON - MEN

Jack Gillick	1.15.08
Fernando Silva	1.21.27
Kris Barnard	1.21.57
Steve Ely	1.23.00
Peter Harvey	1.24.18
Sam Russell	1.26.04
Adrian Hall	1.27.10
Terry Epps	1.30.26
Stephen Dady	1.31.04
Mark Tufts	1.33.14
Niall Mahoney	1.33.54
Davis Roberts	1.39.33
Gary Whiting	1.40.04
Mike Walters	1.42.39
Tony Beales	1.42.44
Daniel Reeb	1.42.45
Alex Bowen	1.48.48
Ian Sturgess	1.43.54
Ivan Colman	1.47.29
Oliver Timson	1.48.56
Tim McWilliam	1.49.24
Julian Johnson	1.49.48
Heath Alexander-B.	1.50.07
Dave Dysart	1.53.56
John Newell	1.54.51
Gavin Hall	1.55.14
Sewart Gillion	2.01.30
Tim Johnson	2.01.46
John Clarke	2.13.23
Rob Winner	2.14.12

HALF-MARATHON - WOMEN

Alexandra Smith	1.31.34
Rebecca Faircloth	1.37.12
Amy Thomas	1.40.31
Zoe Jones	1.42.09
Jen Rudd	1.43.53
Natasha Rout	1.43.57
Cassie Barker	1.44.53
Leanne Bagge	1.47.16
Rebecca Coulter	1.51.08
Angie Bear	1.53.13
Julia Lloyd	1.53.33
Jo Jesney	1.54.36
Rachael Lockwood	1.54.37
Jessica Neeve	1.55.19
Jo McKay	1.55.36
Beres Ward	1.58.40
Tracy Stevens	1.58.59
Dee Middleton-H.	2.00.59
Charlotte Richardson	2.01.33
Emma Godbold	2.05.18
Lisa Rodgers	2.05.30
Jules Kennelly	2.05.35
Leanne Bradford	2.06.58

Jacqueline Keeling	2.08.16
Chrissie Lakey	2.08.30
Joanne Sayer	2.10.11
Fiona Martin	2.14.24
Marina Murdoch	2.14.50
Julie Winner	2.29.20
Debbie Costley	2.36.14
Hayley Morais	2.37.59
Rebecca Riddoch	2.48.06
Sharon Wray	2.48.06
Ann Mills	2.57.48

20 MILES - MEN

Andrew Lane	2.33.20
Heath Alexander-B.	2.50.20
Tim McWilliam	3.08.16
Gavin Hall	3.17.35
John Newell	3.20.15

20 MILES - WOMEN

Jen Rudd	2.48.05
Jayne Allen	2.50.39
Rebecca Coulter	2.57.26
Faye Lipscombe	3.01.21
Patsy Bradley	3.08.09
Clare Bradbury	3.14.29
Nicci Manning	3.22.04
Anita Talby	3.37.36

MARATHON - MEN

Kris Barnard	2.55.36
Andrew Lane	3.14.50
Richard White	3.19.39
Kevin Garwood	3.19.40
Raphael Silver	3.36.44
Keith Hood	3.47.38
Tony Beales	3.50.09
Heath Alexander-B	4.17.40
John Newell	4.28.09
Tim McWilliam	4.39.34
Gavin Hall	4.40.??

MARATHON - WOMEN

Jen Rudd	3.51.02
Jayne Allen	4.03.20
Tracy Stevens	4.04.19
Patsy Bradley	4.18.39
Nicola Weldon	4.25.32
Jo Sayer	4.33.01
Sarah Moulton	4.40.10
Lisa Rodgers	4.48.??
Sue Stirling	4.54.33
Sarah Masterson	5.18.34
Emma Godbold	5.38.55

TEAM AWARDS (ROAD) - MEN

2nd Vets Team + CC (Valentine 10k)

Fernando Silva
Martin Stringfellow
Karl Chapman
Richard White

1st Senior Team (Yarmouth 5)

Jack Gillick
Jason Mountain
Patrick Lock

1st Senior Team (Yarmouth 5)

Jack Gillick
Richard Donovan
Patrick Lock

3rd Vets Team + 2nd Team in CC (Dereham)

Karl Chapman
Terry Epps
Stephen Dady
Russell Clarke

3rd Senior Team (A Moore Relay)

Andy Preston
Jason Mountain
Spencer Goodall

3rd Vets Team (A Moore Relay)

Ed Greenland
Kevin Garwood
Mark Tufts

2nd Senior Team (East Coast 10k)

Jack Gillick
Sam Russell
Sam Barker

TEAM AWARDS (ROAD)- WOMEN

3rd Senior Team + CC (Valentine 10k)

Jo Delf
Natasha Rout
Sarah Royall

3rd Vets Team + CC (Valentine 10k)

Sharon Hurren
Zoe Jones
Jen Rudd

1st Vets Team (A Moore Relay)

Kim Reader
Rebecca Faircloth
Sharon Hurren

1st Senior Team (Jaguars 10k)

Natasha Rout
Chrissie Lakey
Charlotte Richardson

2nd ladies' Team (East Coast 10k)

Alexandra Smith
Sharon Hurren
Natasha Rout

INDIVIDUAL PRIZE WINNERS - MEN

Kris Barnard 2nd overall Bungay Marathon
2nd M40 Dereham 5k
1st overall Parkrun

Karl Chapman 2nd M45 Deham 10m + C

Stephen Dady 1st M60 Yarmouth
1st Bungay
1st Diss
1st Bungay
1st Worstead
1st Bungay
1st Jaguars
1st East Coast Half
1st Reepham
1st East Coast 10k
1st Holt
2nd Wroxham
2nd Dereham

Terry Epps 3rd M60 Valentine + CC
2nd Terpley 10
1st Yarmouth
1st Breckland
3rd Dereham + CC
3rd Wroxham
1st Badgers Half

Adrian Hall 1st overall Parkrun x6

Peter Harvey 1st overall Parkrun

Andrew Lane 3rd M55 Valentine + CC
3rd Dereham + CC

Oliver Milk 1st overall Parkrun

Andy Preston 2nd M50 Wroxham + CC
2nd Dereham 5k
1st East Coast 10k
1st Holt
1st overall Parkrun x 3

Sam Russell 1st overall parkrun x4

Fernando Silva 1st M55 Valentine +CC
2nd GEAR
2nd East Coast 10k

Mike Smith (H) 1st M70 Yarmouth

Martin Stringfellow 1st overall Parkrun

INDIVIDUAL PRIZE WINNERS - WOMEN

Cassie Barker 2nd Senior Broadland half
2nd Worstead

Angie Bear 3rd W55 Valentine + CC
1st East Coast 10k
2nd Norwich Half

Patsy Bradley 2nd W55 Valentine + CC
1st Lady Parkrun

Cindy Burgess 1st W65 Trowse
1st Yarmouth
3rd Wroxham
2nd Wroxham + CC
1st Safron Waldon 10k

Jenny Christian 1st Lady Parkrun

Sharon Hurren 1st W40 Valentine + CC
2nd Wroxham
2nd Wroxham + CC
1st Worstead
2nd East Coast 10k
2nd Lady Wibbly Wobbly
3rd Lady Nelson
1st Lady Parkrun x5

Zoe Jones 1st W40 Nelson

Anne Martin 1st W70 Gear

Eva Osborne 1st W70 Run Norwich

Natasha Rout 3rd Senior Jaguars 10k
1st Senior Parkrun

Alexandra Smith 2nd W40 Dereham 5k
1st East Coast 10k
2nd Norwich Half
1st Turkey Trot
2nd Lady Holt

CROSS COUNTRY RUNNERS - MEN

Robert Scarfe	x14
Martin Stringfellow	x 9
Andy Preston	x 8
rodney Freeburn	x 7
Mark Tufts	x 6
Louis Cooper	x 6
Keith Hood	x 5
Mike Smith (D)	x 5
Karl Chapman	x 4
Adrian Hall	x 3
Tony Beales	x 3
Jason Mountain	x 3
Niall Mahoney	x 2
Patrick Larke	x 2
Ivan Colman	x 2
Mike Pope	x 2
Al Bowen	x 2
Julian Johnson	x 2
Patrick Lock	x 1
Ian Sturgess	x 1
Terry Epps	x 1
Russell Clarke	x 1
Kris Barnard	x 1
Stephen Dady	x 1

CROSS COUNTRY AWARDS - WOMEN

Cindy Burgess	1st W65 Midweek Series
	2nd W65 Norfolk Champs
Sharon Hurren	3rd W40 Norfolk Champs
Alexandra Smith	2nd W40 Norfolk Champs
Eva Osborne	3rd W55 Ryston
	3rd W55 Ryston
	1st W65 Norfolk Champs
	1st W70 Midweek Series
	1st W75 European Champs
	1st W75 Eastern Vets Champs
	1st W75 Eastern AA Champs
Beres Ward	3rd W60 Norfolk Champs

TRIATHLON - MEN

Kevin Garwood
Roy Harvey
Patrick Larke
Jason Mountain

TRIATHLON - WOMEN

Angie Bear
Sharon Hurren
Wendy Larke

ORIENTEERING

Rodney Freeburn x35
1st M75 x12

Madeline Beale x4

Sue Stirling

Claire ???

Jane ???

Eva Osborne 1st W75

TEAM AWARDS - WOMEN

1st W35 Team Norfolk Champs
Alexandra Smith
Sharon Hurren
Claire Brooke

CROSS COUNTRY RUNNERS - WOMEN

Eva Osborne	x17
Cindy Burgess	x11
Anne Martin	x 3
Carla Oxbury	x 3
Angie Bear	x 2
Chrissie Lakey	x 2
Kerry Davies	x 2
Wendy Larke	x 2
Emma Fickling	x 2
Zoe Jones	x 2
Natasha Rout	x 1
Jo McKay	x 1
Kathryn Want	x 1
Tracy Salisbury	x 1
Vicki Mountain	x 1
Helen Lakey	x 1
Alexandra Smith	x 1
Sylvia Dady	x 1
Clarice Campbell	x 1
Sharon Hurren	x 1
Claire Brooke	x 1
Sue Stirling	x 1
Beres Ward	x 1

NEW ALL-TIME CLUB RECORDS

M55	Andrew Lane	20m	2.33.20	from 2.35.58 - Mike Smith 1997
M55	Andrew Lane	Marathon	3.14.50	from own record 3.45.08 2014
M60	Terry Epps	10m	68.03	from 69.09 - Stephen Dady 2013
M60	Stephen Dady	10k	40.47	from own record 41.20 2014
M60	Stephen Dady	10m	67.59	from 68.03 - Terry Epps 2015
M60	Stephen Dady	5k	19.34	from own record 19.56 2013
M60	Stephen Dady	5m	32.21	from own record 32.52 2013
M60	Stephen Dady	10k	39.56	from own record 40.47 2015
W60	Terry Epps	Half	1.30.26	from 1.30.55 - David Matthews 2002
W35	Rebecca Coulter	20m	2.51.26	no previous record
W40	Sharon Hurren	10k	41.58	from own record 42.02 2014
W40	Sharon Hurren	5m	34.08	from 34.23 - Elize Hartendorp 1998
W40	Alexandra Smith	5k	19.43	from 20.11 - Eva Roberts 2012
W40	Alexandra Smith	10k	41.33	from 41.58 - Sharon Hurren 2015
W40	Alexandra Smith	10k	41.22	from own record 41.33 2015
W40	Alexandra Smith	10m	1.09.16	from 1.11.29 - Sharon Hurren 2014
W40	Alexandra Smith	Half	1.31.34	from 1.33.58 - Eva Roberts 2012
W40	Jen Rudd	20m	2.48.05	from 2.48.31 - Eva Osborne 1988

CROSS COUNTRY AWARDS - MEN

Kris Barnard	2nd M40 Norfolk Champs
Stephen Dady	2nd M60 Norfolk Champs
Andy Preston	1st M50 Norfolk Champs
Robert Scarfe	1st M60 Horsford Series

LEATHES PRIOR GRAND PRIX POSITIONS

Stephen Dady	1st M60
John Newell	2nd M45
Cassie Barker	3rd W40
Cindy Burgess	2nd W60
Julia Lloyd	2nd W45

TEAM AWARDS - MEN

1st M40 Team Norfolk Champs
Kris Barnard
Martin Stringfellow
Karl Chapman
Mark Tufts

3rd M50 Team Norfolk Champs
Andy Preston
Adrian Hall
Stephen Dady
Keith Hood

TRACK & FIELD

Anne Martin	
EVAC Indoors Champs	1st W75 Triple Jump
	1st Shot
British Masters Champs	1st Hammer
	1st Shot
	1st Weight
	1st 1500m
World Masters T&F	3rd Cross Country
	XC Team Gold
	Relay Team Bronze
Eva Osborne	
European Masters Champs	2nd W75 800m
EVAC T&F Champs	1st 400m
	1st 800m