

Mens Road Running	Overall	Under 17	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
1 Mile	Alistair Shearer 5.00 (23)		Sam Barker 5.02 (18)	Alistair Shearer 5.00 (23)	Russell Clarke 5.23 (00)	John Wood 5.11 (86)	Nigel Poppleton 5.55 (03)	Alan Holland 5.56 (03)	Nigel Lambert 5.50 (19)	Stephen Dady 6.13 (19)				
5K	James Preston 15.47 (11)	Aidan Banfield 17.09 (19)	James Preston 15.47 (11)	Jack Gillick 15.57 (16)	Charlie Stringer 16.35 (23)	Kevin Holland 16.04 (23)	Adam Baker 17.26 (23)	Terry Brannan 18.19 (99)	Yitzhak Ben-Aroya 19.16 (19)	Stephen Dady 20.02 (17)	Stephen Dady 21.32 (22)	Graham Walsh 22.59 (23)	Dennis Carter 29.37 (22)	
5 Miles	John Harding 26.01 (88)	Aidan Banfield 30.15 (19)	James Preston 26.12 (12)	John Harding 26.01 (88)	Spencer Goodall 27.54 (12)	Spencer Goodall 27.17 (13)	Peter Goreham 28.29 (89)	Terry Brannan 29.41 (99)	Yitzhak Ben-Aroya 32:18 (20)	Stephen Dady 33.00 (17)	Stephen Dady 35.16 (22)	Graham Walsh 38:18 (23)	Dennis Carter 50:31 (22)	
10K	John Harding 32.12 (89)	Aidan Banfield 35.57 (20)	James Preston 32.26 (12)	John Harding 32.12 (89)	Stuart College 33.44 (87)	Kevin Holland 33.57 (21)	Peter Goreham 36.18 (90)	Fernando Silva 35.35 (12)	Stephen Dady 39.56 (15)	Stephen Dady 41.18 (18)	Stephen Dady 44.03 (22)	Graham Walsh 46:45 (23)	Dennis Carter 1:08:53 (22)	
10 Miles	John Harding 53.59 (88)		Sam Barker 1.05.24 (17)	John Harding 53.59 (88)	Cyril Harrison 57.35 (89)	Peter Goreham 56.52 (89)	Peter Goreham 56.52 (90)	Fernando Silva 60.14 (14)	Stephen Dixon 1:06:56 (23)	Stephen Dady 1:09:28 (17)	Stephen Dady 1:12:45 (22)	Graham Walsh 1:16:29 (23)		
Half Marathon	Aiden Banfield 1:10.22 (24) Cambridge		Aiden Banfield 1:10.22 (24) Cambridge	Kyle Brooks 1:11.24 (24) Cambridge	Spencer Goodall 1:16.13 (12)	Kevin Holland 1:14.49 (21)	Peter Goreham 1:17.18 (92)	Fernando Silva 1:20.20 (13)	Richard White 1:28.16 (21)	Stephen Dady 1:33.33 (17)	Graham Walsh 1:42:52 (22)	Graham Walsh 1:42.49 (23)		
15 Miles	John Harding 1:25.30 (87)			John Harding 1:25.30 (87)	Cyril Harrison 1:30.49 (89)	Terry Brannan 1:33.21 (91)	Peter Goreham 1:32.53 (90)	Terry Brannan 1:37.10 (99)	David Matthews 1:48.15 (02)	Terry Starks 2:20.14 (7)		Graham Walsh 2:04.46 (24)		
20 Miles	Aidan Banfield 1:54:22 (24) Wymondham		Aidan Banfield 1:54:22 (24) Wymondham	John Harding 1:56.35 (88)	Charlie Stringer 2:12.01 (23)	Kevin Holland 1:59:29 (24) Wymondham	Peter Goreham 2:04.07 (91)	Richard White 2:18.49 (19)	Richard White 2:23.56 (21)	Andrew Lane 2:39.27 (22)	Graham Walsh 2:45.55 (22)	Graham Walsh 2:43:28 (23) BR		
Marathon	Aidan Banfield 2:31:40 (24) London		Aidan Banfield 2:31:40 (24) London	John Harding 2:38.21 (88)	Charlie Stringer 2:54.00 (23)	Kevin Holland 2:35.47 (21)	Adam Baker 2:45.48 (23)	Jon Shorten 3:03.59 (23)	Andrew Lane 3:22.50 (17)	Andrew Lane 3:43.02 (21)	Graham Walsh 3:47.07 (22)	Graham Walsh 3:42.07 (23)		
Mens Track & Field	Overall	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	
100m	Ian Foster 12.2 (94)		Matt Webster 13.3 (22)	Nigel Poppleton 13.4 (94)	Adrian Dearnly 13.01 (99)	Ian Foster 12.2 (94)	Roy Marchant 17.4 (94)	Derek Farman 13.8 (03)	Roy Marchant 18.2 (01)					
200m	Ian Foster 25.6 (94)		Alistair Shearer 26.3 (18)	Les Hill 27.6 (03)	Adrian Dearnley 26.9 (00)	Ian Foster 25.6 (94)	Michael Sheldon 33.7 (93)	Derek Farman 27.5 (02)	Roy Marchant 38.9 (01)					
400m	Karl Walker 53.8 (94)		Karl Walker 53.8 (94)	Andy Preston 57.0 (10)	Andy Preston 58.0 (12)	Andy Preston 61.2 (16)	Terry Brannan 73.9 (03)	Derek Farman 64.4 (03)	Roy Marchant 89.1 (01)					
800m	Karl Walker 2:00 (94)		Karl Walker 2:00 (94)	Richard Sales 2.12 (03)	Andy Preston 2.19 (12)	Andy Preston 2.17.4 (16)	Terry Brannan 2.40.6 (03)	Nigel Lambert 2.37.34 (19)						
1500m	Richard Sales 4.26.6 (03)	Aidan Banfield 4.31.7 (21)	Alistair Shearer 4.50 (20)	Richard Sales 4.26.6 (03)	Mike Bailie 4.39.6 (94)	John Wood 4.55.5 (93)	Terry Brannan 5.27.5 (03)	Nigel Lambert 5.24.05 (19)						
1 Mile	Kevin Holland 4.33.6		Alistair Shearer 5.18.19 (23)	Dan Brocklehurst 5.30.40 (23)	Kevin Holland 4.33.6	Andrew Barrett 5.49 (23)	Tony Beales 6.12.70 (23)	Nigel Lambert 5.50.01 (19)	Stephen Dady 6.12.3 (19)		Graham Walsh 7.30.73 (23)			
3000m	Aidan Banfield 9:19 (22)	Aidan Banfield 9:19 (22)	Matt Webster 10.05.29 (23)	Richard Sales 9.32.1 (03)	Mike Bailie 9.58.9 (94)	Andrew Barrett 11:27 (23)	Terry Brannan 11.19.3 (03)	Nigel Lambert 11.48.38 (19)						
5000m	James Preston 15.47 (12)	James Preston 15.47 (12)	Gary Starks 16.45 (94)	Richard Johnson 17.59 (19)	Mike Bailie 17.07 (94)	Richard White 18.25 (10)	Richard White 19.40.3 (19)	Nigel Lambert 20.06 (19)	Stephen Dady 20.47 (19)					
10000m														
110m Hurdle	Robin Northman 18.7 (93)		Robin Northman 18.7 (93)	Nigel Poppleton 20.2 (93)	Nigel Poppleton 22.1 (02)	Nigel Poppleton 20.6 (03)								
400m Hurdle	Alistair Shearer 60:09 (23)		Alistair Shearer 60:09 (23)	Nigel Poppleton 67.1 (95)	Nigel Poppleton 75.0 (02)	Adrian Dearnley 73.7 (03)	Terry Brannan 81.2 (95)							
Hammer	Nigel Poppleton 14.7 (03)			Nigel Poppleton 13.3 (94)	Nigel Poppleton 13.6 (03)	Nigel Poppleton 14.7 (03)								
Javelin	Alistair Shearer 35.87 (18)		Alistair Shearer 35.87 (18)	Richard Jackson 21.6 (94)	Russell Clarke 26.83 (03)	Nigel Poppleton 22.24 (03)	Terry Bilham 23.82 (99)							
Discus	Terry Bilham 29.1 (99)		Alistair Shearer 20.44m (23)	Nigel Poppleton 20.54 (96)	Nigel Poppleton 16.91 (02)	Nigel Poppleton 20.86 (03)	Terry Bilham 29.1 (99)							
Shot	Alistair Shearer 8.11m (23)		Alistair Shearer 8.11m (23)	Steve Corbould 6.68 (03)	Russell Clarke 6.40 (03)	Nigel Poppleton 6.74 (03)		Derek Farman 7.20 (03)	Roy Marchant 5.21 (02)					
High Jump	Robin Northman 1.85 (93)		Robin Northman 1.85 (93)	Nigel Poppleton 1.55 (93)	Nigel Poppleton 1.45 (03)	Nigel Poppleton 1.45 (03)								
Long Jump	Robin Northman 6.55 (94)		Robin Northman 6.55 (94)	Nigel Poppleton 5.23 (95)	Adrian Dearnley 5.44 (99)	Nigel Poppleton 4.34 (03)		Michael Sheldon 2.93 (93)						
Triple Jump	Robin Northman 13.10 (93)		Robin Northman 13.10 (93)	Nigel Poppleton 11.15 (95)	Adrian Dearnley 11.21 (99)	Adrian Dearnley 10.13 (03)	Terry Bilham 8.46 (99)							
Pole Vault	Terry Bilham 2.55 (99)					Nigel Poppleton 1.30 (03)	Terry Bilham 2.55 (99)							
1 Mile Walk	Dennis Bartram 8.58 (03)			Steve Corbould 9.51 (03)	Mike Bailie 11.29 (94)	Dennis Bartram 8.58 (03)	Roy Marchant 10.17 (93)	Roy Marchant 10.14 (94)	Roy Marchant 10.47 (99)					
2k Walk	Dennis Bartram 11.55 (03)			Steve Corbould 12.45 (03)	Mike Bailie 12.56 (94)	Dennis Bartram 11.55 (03)	Roy Marchant 13.09 (94)	Roy Marchant 12.52 (94)	Roy Marchant 13.58 (00)					

Womens Road Running		Overall	Under 17	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
1 Mile	Cat Ricketts 5:46 (14)		Sarah Royall 7:30 (14)	Sylvia Dady 7:45 (14)	Cat Ricketts 5:46 (14)	Lynn Hazleton 6:22 (02)	Elize Hartendorp 6:59 (03)	Margaret Bailey 7:57 (02)	Eva Osborne 6:36 (98)	Anne Martin 7:09 (99)	Anne Martin 7:30 (03)	Cindy Burgess 7:56 (19)	Anne Martin 8:36 (13)	Eva Osborne 8:36 (22) BR		
5K	Harriet Carr 17:15 (23)		Ruth Sturgess 21:05 (06)	Claire Kent 18:53 (23)	Harriet Carr 17:15 (23)	Cat Cummings 18:18 (19)	Alexandra Smith 19:42 (21)	Maria Lewis 19:41 (22)	Veronica Manley 21:11 (03)	Claire Brown 21:12 (22)	Anne Martin 22:21 (03)	Anne Martin 25:15 (09)	Anne Martin 26:09 (12)	Eva Osborne 29:05 (22)		
5 Miles	Juliette Watkinson 30:09 (22)	Mim Lowe 42:22 (19)	Ruth Sturgess 35:28 (06)	Caroline Young 31:40 (91)	Juliette Watkinson 30:38 (22)	Juliette Watkinson 30:09 (22)	Alex Ely 33:06 (23)	Sharon Hurren 34:02 (21)	Eva Osborne 35:15 (97)	Claire Brown 33:51 (22)	Anne Martin 38:25 (01)	Anne Martin 41:28 (08)	Anne Martin 42:57 (11)	Eva Osborne 47:28 (22) BR		
10K	Harriet Carr 36:59 (23)	Mim Lowe 53:29 (19)	Ruth Sturgess 42:37 (07)	Caroline Young 39:15 (91)	Harriet Carr 36:59 (23)	Juliette Watkinson 37:45 (22)	Louise McDonnell 39:13 (23) Marham	Maria Lewis 39:54 (23)	Jenny Christian 44:12 (10)	Claire Brown 42:36 (22)	Anne Martin 48:59 (99)	Anne Martin 52:25 (09)	Anne Martin 53:40 (12)	Eva Osborne 59:56 (22)		
10 Miles	Harriet Carr 1:03:22 (23)		Claire Kent 1:06:20 (23)	Harriet Carr 1:03:22 (23)	Louise McDonnell 1:04:12 (23)	Alex Ely 1:08:15 (23)	Maria Lewis 1:06:46 (23)	Veronica Manley 1:13:33 (04)	Claire Brown 1:12:50 (23)	Anne Martin 1:25:47 (01)	Anne Martin 1:29:25 (09)	Anne Martin 1:33:52 (12)	Eva Osborne 1:41:11 (22) BR			
Half Marathon	Harriet Carr 1:21:05 (24) Cambridge		Claire Kent 1:28:52 (23)	Harriet Carr 1:21:05 (24) Cambridge	Juliette Watkinson 1:23:16 (22)	Louise McDonnell 1:25:27 (23) Essex Remembrance	Maria Lewis 1:28:43 (23)	Veronica Manley 1:37:20 (00)	Claire Brown 1:33:26 (24) Cambridge	Anne Martin 1:52:21 (02)	Anne Martin 1:53:56 (06)	Anne Martin 2:08:37 (12)				
15 Miles	Veronica Manley 1:49:22 (03)		Janet Hunter 1:51:56 (88)	Elize Hartendorp 2:06:39 (93)	Jenny Christian 1:51:19 (02)	Jenny Christian 1:51:19 (02)	Veronica Manley 1:50:13 (03)	Veronica Manley 1:49:22 (03)	Anne Martin 2:04:52 (00)	Anne Martin 2:10:55 (01)						
20 Miles	Harriet Carr 2:09:08 (23)		Ami Russell 2:39:43 (24) Wymondham	Harriet Carr 2:09:08 (23)	Juliette Watkinson 2:11:12 (23)	Eva Osborne 2:48:31 (88)	Veronica Manley 2:29:51 (02)	Veronica Manley 2:31:11 (04)	Claire Brown 2:34:16 (24) Wymondham		Anne Martin 3:19:52 (06)	Anne Martin 3:47:00 (12)				
Marathon	Harriet Carr 2:51:35 (23)		Tanya Crofts 3:26:44 (08)	Harriet Carr 2:51:35 (23)	Juliette Watkinson 2:55:21 (22)	Caroline Houghton 3:17:40 (21)	Veronica Manley 3:23:27 (02)	Veronica Manley 3:27:13 (03)	Claire Brown 3:26:15 (24) London	Anne Martin 4:36:35 (06)						
Womens Track & Field		Overall	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	
100m	Yvonne Newton 14.1 (96)		Donna Conlon 16.7 (97)	Yvonne Newton 14.1 (98)	Yvonne Newton 14.5 (01)	Patricia Clarke 17.9 (99)	Hazel Marchant 20.0 (98)	Hazel Marchant 18.8 (02)	Carol Gibbons 16.6 (01)	Cindy Burgess 20.3 (19)	Eva Osborne 22.4 (18)					
200m	Carole Filer 27.7 (95)		Dani Shearer 36.7 (20)	Carole Filer 27.7 (95)	Yvonne Newton 30.2 (98)	Yvonne Newton 29.7 (00)	Patricia Clarke 37.3 (99)	Hazel Marchant 41.1 (00)	Carol Gibbons 34.2 (99)	Anne Martin 38.7 (02)	Cindy Burgess 41.6 (19)	Eva Osborne 44.3 (16)	Anne Martin 44.5 (16) BR			
400m	Caroline Young 67.0 (91)		Caroline Young 67.0 (91)	Carole Filer 67.2 (94)	Jane Clarke 69.3 (01)	Brenda Hutcheon 71.4 (94)	Eva Osborne 81.7 (93)	Eva Osborne 84.5 (97)	Anne Martin 86.8 (99/02)	Anne Martin 89.8 (01)	Cindy Burgess 1:36.9 (19)	Anne Martin 1:43.5 (13)	Anne Martin 1:48:53 (16) BR	Anne Martin 2:29:75 (23) European Masters Italy		
800m	Jane Clarke 2:27 (01)		Caroline Young 2:30 (92)	Sarah Watson 3:06 (97)	Jane Clarke 2:27 (01)	Brenda Hutcheon 2:41:93 (93)	Eva Osborne 3:01 (93)	Eva Osborne 3:05 (02)	Eva Osborne 3:26 (05)	Anne Martin 3:28 (07)	Anne Martin 3:37 (12) BR	Anne Martin 4:07:36 (16) BR	Anne Martin 5:46:40 (23) European Masters Italy			
1500m	Caroline Young 5:0.5 (93)		Caroline Young 5:0.5 (93)	Juliette Watkinson 5:05:07 (20)	Jane Clarke 5:12 (01)	Shona Fairchild 5:37 (01)	Eva Osborne 5:56 (93)	Eva Osborne 6:01 (98)	Eva Osborne 6:03 (01)	Eva Osborne 6:34 (07)	Anne Martin 7:10 (09)	Anne Martin 7:28 (11)	Anne Martin 8:21:72 (16) BR			
1 Mile	Alison Armstrong 5:33:56 (23)		Claire Kent 5:43:45 (23)	Juliette Watkinson 5:05:07 (20)	Alison Armstrong 5:33:56 (23)				Christine Williams 8:13.9 (21)	Cindy Burgess 7:58 (19)	Eva Osborne 8:40:51 (9) BR	Eva Osborne 9:00:1 (21) BR				
3000m	Jane Clarke 10:19 (01)		Caroline Young 10:57 (91)	Juliette Watkinson 11:11 (20)	Jane Clarke 10:19 (01)	Alex Smith 11:43 (20)	Eva Osborne 12:40 (93) BR	Eva Osborne 12:42 (98) BR	Eva Osborne 13:28 (01)	Anne Martin 13:56 (01)	Anne Martin 15:32 (07)	Anne Martin 15:43 (11) WR				
5000m	Caroline Young 19:18 (91)		Caroline Young 19:18 (91)	Sarah Watson 24:26 (97)	Alexandra Smith 19:53 (19)		Eva Osborne 21:27 (92)	Eva Osborne 22:22 (98)	Eva Osborne 22:31 (01)	Anne Martin 23:40 (01)		Anne Martin 28:36 (11)				
10000m	Eva Osborne 47:07 (01)						Eva Osborne 47:12 (93)	Eva Osborne 48:28 (96)	Eva Osborne 47:07 (01)	Anne Martin 48:24 (00)						
80m Hurdle	Shona Fairchild 16.9 (03)		Carole Filer 18.9 (94)		Shona Fairchild 16.9 (03)	Patricia Clarke 19.0 (99)										
100m Hurdle	Stephanie Mullarney 24.8 (98)			Stephanie Mullarney 24.8 (98)	Shona Fairchild 25.0 (02)											
400m Hurdle	Carole Filer 71.7 (95)		Carole Filer 71.7 (95)	Stephanie Mullarney 96.4 (98)	Shona Fairchild 83.9 (03)	Patricia Clarke 105.2 (99)										
Hammer	Anne Martin 25:42/2k (11)			Stephanie Mullarney 19:02 (97)	Stephanie Mullarney 21:50 (02)				Anne Martin 19:58/4k (99) 23:18/3k(00)	Anne Martin 22:06 (01)	Anne Martin 20:16 (07) BR	Anne Martin 25:42/2k (11)	Anne Martin 23:90 (19)	Anne Martin 22:09 (21) BR		
Javelin	Stephanie Mullarney 23:56 (94)		Stephanie Mullarney 23:56 (94)	Stephanie Mullarney 23:22 (97)	Stephanie Mullarney 22:50 (02)	Geraldine George 14.83 (00)			Eva Osborne 9:26 (03)	Anne Martin 10:8 (03)			Anne Martin 10:36 (16)	Anne Martin 9:28 (21) BR		
Discus	Anne Martin 20:08 (97)		Liz Burchell 19:62 (94)	Sarah Watson 18:66 (97)	Kate Barlow 16:26 (98)	Stephanie Mullarney 16:07 (02)		Hazel Marchant 10:30 (97)	Anne Martin 20:08 (97)	Anne Martin 17:29 (01)	Anne Martin 18:03 (10)	Anne Martin 17:44 (13)	Anne Martin 13:04 (16)	Anne Martin 10:76 (21)		
Shot	Anne Martin 8:96/3k (97)		Sarah Watson 8:61 (97)	Lynne Brown 7:94 (95)	Geraldine George 6:35 (95)				Anne Martin 8:96/3k (97)	Anne Martin 7:66 (01)	Anne Martin 7:57 (07)	Anne Martin 8:11 (11)	Anne Martin 6:99 (16)	Anne Martin 6:20 (22) BR		
Weight	Anne Martin 10:09 (11) BR										Anne Martin 7:25 (10)	Anne Martin 10:09 (11) BR	Anne Martin 8:57 (16) BR	Anne Martin 7:94 (22) BR		
High Jump	Carol Filer 1.20 (93)		Carol Filer 1.20 (93)	Elize Hartendorp 1.05 (98)	Elize Hartendorp 1.08 (02)				Anne Martin 1.05 (98)							
Long Jump	Carol Filer 5.42 (95)		Carol Filer 5.42 (95)	Yvonne Newton 3:78 (99)	Yvonne Newton 4:16 (00)			Hazel Marchant 2:14 (99)	Anne Martin 3:41 (99)	Anne Martin 3:39 (01)	Anne Martin 3:31 (09)	Anne Martin 2:91 (13)	Anne Martin 2:64 (16) BR	Anne Martin 1:91 (22) BR		
Triple Jump	Carole Filer 10:09 (95)		Carole Filer 10:09 (95)	Elize Hartendorp 7:07 (98)	Yvonne Newton 8:49 (01)				Anne Martin 7:17 (00)	Anne Martin 7:40 (01)	Anne Martin 6:95 (08) BR	Anne Martin 6:70 (11) BR	Anne Martin 5:88 (11) BR	Anne Martin 4:61 (22) BR		
Pole Vault	Anne Poole 1.90 (96)		Anne Poole 1.90 (96)													
Steeple Chase (2000m)	Shona Fairchild 8:35 (03)			Shona Fairchild 8:35 (03)					Eva Osborne 10:52 (03) ER	Anne Martin 10:33 (03) ER	Anne Martin 10:49 (07) WR	Anne Martin 11:40 (11) WR	Anne Martin 13:38 (16) WR	Anne Martin 16:55:73 (22) WR		
1 Mile Walk	Angie Bear 10:11 (01)		Stephanie Mullarney 11:31 (96)	Angie Bear 10:11 (01)	Angie Bear 10:18 (02)			Hazel Marchant 10:48 (98)	Eva Osborne 12:31 (02)							
2k Walk	Stephanie Mullarney 13:01 (01)		Stephanie Mullarney 13:33 (96)	Stephanie Mullarney 13:01 (01)	Elize Hartendorp 13:27 (02)			Hazel Marchant 15:16 (00)	Carol Gibbons 15:26 (97)							