

| 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             | Aidan Banfield 4:34 (24) Battersea Park |                                      | Aidan Banfield 4:34 (24) Battersea Park | 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)      | Todd Lake 5:18 (24) Westminster      | Stephen Dady 6:13 (19)                 |                           | Graham Walsh 7:04 (24) Westminster |                              |  |
| 5K                 | Aidan Banfield 15:24 (24) Wroxham       | Aidan Banfield 17:09 (19)            | Aidan Banfield 15:24 (24) Wroxham       | Jack Gillick 15:57 (16)            | Charlie Stringer 16:29 (24) Wroxham | Kevin Holland 16:04 (23)    | Billy Wheeler 17:24 (24) Wroxham     | Terry Brannan 18:19 (99)    | Todd Lake 18:08 (24) Wroxham         | Stephen Dady 20:02 (17)                | Stephen Dady 21:32 (22)   | Graham Walsh 22:59 (23)            | Dennis Carter 29:37 (22)     | Dennis Carter 30:17 (24) Wroxham       |
| 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)    | Todd Lake 30:21 (24) Wellingborough  | Stephen Dady 33:00 (17)                | Stephen Dady 35:16 (22)   | Graham Walsh 38:18 (23)            | Dennis Carter 50:31 (22)     | Dennis Carter 52:38 (24) Wrostead      |
| 10K                | Aidan Banfield 31:25 (24) Telford       | Aidan Banfield 35:57 (20)            | Aidan Banfield 31:25 (24) Telford       | John Harding 32:12 (89)            | Stuart College 33:44 (87)           | Kevin Holland 33:57 (21)    | Adam Baker 35:54 (24) Trowse         | Fernando Silva 35:35 (12)   | Todd Lake 38:19 (24) Vitality        | Tim Seville 40:59 (24) East Coast      | Stephen Dady 44:03 (22)   | Graham Walsh 46:45 (23)            | Dennis Carter 1:08:53 (22)   | Dennis Carter 1:17:00 (24) Run Norwich |
| 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 1:32:53 (90)           | Fernando Silva 1:37:10 (99) | Todd Lake 1:06:14 (24)               | Tim Seville 1:07:51 (24) Bure Valley   | Stephen Dady 1:12:45 (22) | Graham Walsh 1:16:29 (23)          |                              |  |
| Half Marathon      | Aidan Banfield 1:10:22 (24) Cambridge   |                                      | Aidan 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) | Todd Lake 1:23:58 (24) Great Eastern | Tim Seville 1:33:05 (24) Larking Gowen | 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 1:59:29 (24) Wymondham | Terry Brannan 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 |  |
| 20 Miles           | Aidan Banfield 2:27:49 (24) Berlin      |                                      | Aidan Banfield 2:27:49 (24) Berlin      | Kyle Brooks 2:35:52 (24) Amsterdam | Charlie Stringer 2:54:00 (23)       | Kevin Holland 2:35:47 (21)  | Adam Baker 2:45:48 (23)              | Jon Shorten 3:03:59 (23)    | Todd Lake 3:03:47 (24) Berlin        | 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 17.4 (94)            | 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 57.8 (94)             | 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                | Mark Banfield 5:38 (24) UEA | 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)             | Adam Baker 10:08.5 (24) UEA | Terry Brannan 11:19.3 (03)           | Nigel Lambert 11:48.38 (19) |                                      |  |                           |                                    |                              |  |
| 5000m              | Aidan Banfield 15:36 (24) Birmingham    | Aidan Banfield 15:36 (24) Birmingham | Gary Starkins 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   |  |
| <b>1 Mile</b>                | Cat Ricketts 5:46 (14)              |                     | Sarah Royall 7:30 (14)    | Sylvia Dady 7:45 (14)                    | Cat Ricketts 5:46 (14)              | Alison Armstrong 5:49 (24) Battersea Park | 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                        |  |
| <b>5K</b>                    | Harriet Carr 17:15 (23) Wroxham     |                     | Ruth Sturgess 21:05 (06)  | Claire Kent 18:53 (23)                   | Harriet Carr 17:15 (23) Wroxham     | 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)                          |  |
| <b>5 Miles</b>               | Harriet Carr 30:02 (24) Worstead    | Mim Lowe 42:22 (19) | Ruth Sturgess 35:28 (06)  | Caroline Young 31:40 (91)                | Harriet Carr 30:02 (24) Worstead    | 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                       |  |
| <b>10K</b>                   | Harriet Carr 36:59 (23) Valentines  | Mim Lowe 53:29 (19) | Ruth Sturgess 42:37 (07)  | Caroline Young 39:15 (91)                | Harriet Carr 36:59 (23) Valentines  | 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)                          |  |
| <b>10 Miles</b>              | Harriet Carr 1:03.22 (23) Dereham   |                     |                           | Claire Kent 1:06:20 (23)                 | Harriet Carr 1:03.22 (23) Dereham   | Louise McDonnell 1:04:12 (23)             | Louise McDonnell 1:07:56 (24) Wissey            | 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                     |  |
| <b>Half Marathon</b>         | Harriet Carr 1:21.05 (24) Cambridge |                     |                           | Lacey Bareham 1:25:23 (24) Great Eastern | 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)    |   |  |
| <b>15 Miles</b>              | Harriet Carr 1:39:58 (25) Folkswoth |                     |                           | Janet Hunter 1:51.56 (88)                | Harriet Carr 1:39:58 (25) Folkswoth | Jenny Christian 1:56.50 (99)              | Jenny Christian 1:51.19 (02)                    | Veronica Manley 1:50.13 (02) | Veronica Manley 1:49.22 (03)           | Claire Brown 1:56.46 (25) Wymondham | Anne Martin 2:10.55 (01)  |                            |                             |   |  |
| <b>20 Miles</b>              | Harriet Carr 2:09.08 (23) Bedford   |                     |                           | Ami Russell 2:39:43 (24) Wymondham       | Harriet Carr 2:09.08 (23) Bedford   | Juliette Watkinson 2:11:12 (23)           | Louise McDonnell 2:16:54 (24) Bedford Autodrome | 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)   |                             |   |  |
| <b>Marathon</b>              | Harriet Carr 2:51.09 (24) Berlin    |                     |                           | Tanya Crofts 3:26.44 (08)                | Harriet Carr 2:51.09 (24) Berlin    | Juliette Watkinson 2:55:21 (22)           | Louise McDonnell 3:00:07 (24) Abingdon          | Veronica Manley 3:23.27 (02) | Veronica Manley 3:27.13 (03)           | Claire Brown 3:26:15 (24) London    | Anne Martin 3:57.07 (01)  | 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                       |   |  |
| <b>100m</b>                  | Yvonne Newton 14.1 (98)             |                     |                           | 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)      |                             |   |  |
| <b>200m</b>                  | 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    |   |  |
| <b>400m</b>                  | 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 |  |
| <b>800m</b>                  | 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)                 | Eva Osborne 3:01 (93)                           | Eva Osborne 3:03 (98)        | 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 |  |
| <b>1500m</b>                 | 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 |   |  |
| <b>1 Mile</b>                | Alison Armstrong 5:33.56 (23)       |                     | Claire Kent 5:43.45 (23)  | Juliette Watkinson 5:33.56 (23)          | Alison Armstrong 5:33.56 (23)       |   |   |                              |  | Christine Williams 8:13.9 (21)      | Cindy Burgess 7:58 (19)   | Eva Osborne 8:40.5 (19) BR | Eva Osborne 9:00.1(21) BR   |   |  |
| <b>3000m</b>                 | 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  |                             |   |  |
| <b>5000m</b>                 | Juliette Watkinson 19:14 (24) UEA   |                     | Caroline Young 19:18 (91) | Sarah Watson 24:26 (97)                  | Juliette Watkinson 19:14 (24) UEA   |   | 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)     |                             |   |  |
| <b>10000m</b>                | 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)              |                           |                            |                             |   |  |
| <b>80m Hurdle</b>            | Shona Fairchild 16.9 (03)           |                     |                           | Carole Filer 16.9 (94)                   |                                     | Shona Fairchild 16.9 (03)                 | Patricia Clarke 19.0 (99)                       |                              |  |                                     |                           |                            |                             |   |  |
| <b>100m Hurdle</b>           | Stephanie Mullarney 24.8 (98)       |                     |                           |  | Stephanie Mullarney 24.8 (98)       | Shona Fairchild 25.0 (02)                 |   |                              |  |                                     |                           |                            |                             |   |  |
| <b>400m Hurdle</b>           | 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)                      |                              |  |                                     |                           |                            |                             |   |  |
| <b>Hammer</b>                | 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                       |  |
| <b>Javelin</b>               | 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                        |  |
| <b>Discus</b>                | 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)                          |  |
| <b>Shot</b>                  | 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                        |  |
| <b>Weight</b>                | Anne Martin 10.09 (11) BR           |                     |                           |  |                                     |   |   |                              |  | Anne Martin 7.25 (10)               | Anne Martin 10.09 (11) BR | Anne Martin 10.09 (11) BR  | Anne Martin 8.57 (16) BR    | Anne Martin 7.94 (22) BR                        |  |
| <b>High Jump</b>             | 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)                  |                                     |                           |                            |                             |   |  |
| <b>Long Jump</b>             | 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                        |  |
| <b>Triple Jump</b>           | 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 4.51 (22) BR                        |  |
| <b>Pole Vault</b>            | Anne Poole 1.90 (96)                |                     |                           | Anne Poole 1.90 (96)                     |                                     |   |   |                              |  |                                     |                           |                            |                             |   |  |
| <b>Steeple Chase (2000m)</b> | 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                    |  |
| <b>1 Mile Walk</b>           | 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)                 |                                     |                           |                            |                             |   |  |
| <b>2k Walk</b>               | 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)               |                                     |                           |                            |                             |   |  |