



<b>110m Hurdle</b>	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)									
<b>400m Hurdle</b>	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)								
<b>Hammer</b>	Nigel Poppleton 14.7 (03)			Nigel Poppleton 13.3 (94)	Nigel Poppleton 13.6 (03)	Nigel Poppleton 14.7 (03)									
<b>Javelin</b>	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)								
<b>Discus</b>	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)								
<b>Shot</b>	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)						
<b>High Jump</b>	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)									
<b>Long Jump</b>	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)								
<b>Triple Jump</b>	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)								
<b>Pole Vault</b>	Terry Bilham 2.55 (99)					Nigel Poppleton 1.30 (03)	Terry Bilham 2.55 (99)								
<b>1 Mile Walk</b>	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)						
<b>2k Walk</b>	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 Rememberance	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 1.56.50 (99)	Jenny Christian 1.51.19 (02)	Veronica Manley 1.50.13 (02)	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)			Tanya Crofts 2.39.57 (08)	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: 38:10 (23)		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)	Anne Martin 3.46.08 (99)	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	
100m	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)			
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 Eva Osborne 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)	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	
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)		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		
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)					

<b>80m Hurdle</b>	Shona Fairchild 16.9 (03)			Carole Filer 18.9 (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 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 4.61 (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 10.11 (01)		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)								