

|                               | 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                                     |
|-------------------------------|---|---|---|--|--|---|--|--|---|--|---------------------------|---------------------------------------|---------------------------------|---|
| <b>Mens Road Running</b>      |   |   |   |  |  |   |  |  |   |  |                           |                                       |                                 |   |
| <b>1 Mile</b>                 | Alistair Shearer 5.00 (23)<br>Aidan Banfield 15.24 (24)<br>Wroxham    | Aidan Banfield 17.09 (19)               | Sam Barker 5.02 (18)<br>Aidan Banfield 15.24 (24)<br>Wroxham        | Alistair Shearer 5.00 (23)<br>Jack Gillick 15.57 (16)              | Russell Clarke 5.23 (00)<br>Charlie Stringer 16.29 (24)<br>Wroxham | John Wood 5.11 (86)   | Nigel Poppleton 5.55 (03)<br>Billy Wheeler 17.24 (24)<br>Wroxham | Alan Holland 5.56 (03)<br>Terry Brannan 18.19 (99)       | Todd Lake 5:18 (24)<br>Westminster                                    | Stephen Dady 6.13 (19)   |                           | Graham Walsh 7:04 (24)<br>Westminster |                                 | Dennis Carter 30:17 (24)<br>Wroxham       |
| <b>5K</b>                     | 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)<br>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)<br>Worstead      |
| <b>10K</b>                    | 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)  | Adam Baker 35.54 (24)<br>Trowse                                  | Fernando Silva 35.35 (12)                                | Todd Lake 38:19 (24)<br>Vitality                                      | Stephen Dady 41.18 (18)<br>Tim Seville 1:07:51 (24)<br>Bure Valley | Stephen Dady 44.03 (22)   | Graham Walsh 46:45 (23)               | Dennis Carter 1:08:53 (22)      | Dennis Carter 1:17:00 (24)<br>Run Norwich |
| <b>10 Miles</b>               | John Harding 53.59 (88)<br>Aidan Banfield 1:10.22 (24)<br>Cambridge   |   | Sam Barker 1:05.24 (17)<br>Aidan Banfield 1:10.22 (24)<br>Cambridge | John Harding 53.59 (88)<br>Kyle Brooks 1:11.24 (24)<br>Cambridge   | Cyril Harrison 57.35 (89)<br>Spencer Goodall 1:16.13 (12)          | Peter Goreham 56.52 (89)<br>Kevin Holland 1:14.49 (21)                | Peter Goreham 56.52 (90)<br>Peter Goreham 1:17.18 (82)           | Fernando Silva 60.14 (14)<br>Fernando Silva 1:20.20 (13) | Stephen Dixon 1:06:56 (23)<br>Todd Lake 1:23:58 (24)<br>Great Eastern | Stephen Dady 1:12.45 (22)  | Graham Walsh 1:12.45 (22) | Graham Walsh 1:16:29 (23)             |                                 |   |
| <b>Half Marathon</b>          | John Harding 1:25.30 (87)<br>Aidan Banfield 1:54:22 (24)<br>Wymondham |   | Aidan Banfield 1:54:22 (24)<br>Wymondham                            | John Harding 1:56.35 (88)<br>Kyle Brooks 2:35:52 (24)<br>Amsterdam | Cyril Harrison 1:30.49 (89)<br>Charlie Stringer 2:12:01 (23)       | Terry Brannan 1:33.21 (91)<br>Kevin Holland 1:59:29 (24)<br>Wymondham | Peter Goreham 2:04.07 (91)<br>Peter Goreham 2:45.48 (23)         | Terry Brannan 1:37.10 (99)<br>Richard White 2:18.49 (19) | David Matthews 1:48.15 (02)<br>Richard White 3:43.02 (21)             | Terry Starkins 2:20.14 (?)   |                           | Graham Walsh 2:45.55 (22)             | Graham Walsh 2:43:28 (23)<br>BR |   |
| <b>15 Miles</b>               | John Harding 1:25.30 (87)<br>Aidan Banfield 1:54:22 (24)<br>Wymondham |   | Aidan Banfield 1:54:22 (24)<br>Wymondham                            | John Harding 1:56.35 (88)<br>Kyle Brooks 2:35:52 (24)<br>Amsterdam | Cyril Harrison 1:30.49 (89)<br>Charlie Stringer 2:12:01 (23)       | Terry Brannan 1:33.21 (91)<br>Kevin Holland 1:59:29 (24)<br>Wymondham | Peter Goreham 2:04.07 (91)<br>Peter Goreham 2:45.48 (23)         | Terry Brannan 1:37.10 (99)<br>Richard White 2:18.49 (19) | David Matthews 1:48.15 (02)<br>Richard White 3:43.02 (21)             | Terry Starkins 2:20.14 (?)   |                           | Graham Walsh 2:45.55 (22)             | Graham Walsh 2:43:28 (23)<br>BR |   |
| <b>20 Miles</b>               | Aidan Banfield 2:27.49 (24)<br>Berlin                                 |   | Aidan Banfield 2:27.49 (24)<br>Berlin                               | John Harding 1:56.35 (88)<br>Kyle Brooks 2:35:52 (24)<br>Amsterdam | Cyril Harrison 1:30.49 (89)<br>Charlie Stringer 2:12:01 (23)       | Terry Brannan 1:33.21 (91)<br>Kevin Holland 1:59:29 (24)<br>Wymondham | Peter Goreham 2:04.07 (91)<br>Peter Goreham 2:45.48 (23)         | Terry Brannan 1:37.10 (99)<br>Richard White 2:18.49 (19) | David Matthews 1:48.15 (02)<br>Richard White 3:43.02 (21)             | Terry Starkins 2:20.14 (?)   |                           | Graham Walsh 2:45.55 (22)             | Graham Walsh 2:43:28 (23)<br>BR |   |
| <b>Marathon</b>               | Aidan Banfield 2:27.49 (24)<br>Berlin                                 |   | Aidan Banfield 2:27.49 (24)<br>Berlin                               | John Harding 1:56.35 (88)<br>Kyle Brooks 2:35:52 (24)<br>Amsterdam | Cyril Harrison 1:30.49 (89)<br>Charlie Stringer 2:12:01 (23)       | Terry Brannan 1:33.21 (91)<br>Kevin Holland 1:59:29 (24)<br>Wymondham | Peter Goreham 2:04.07 (91)<br>Peter Goreham 2:45.48 (23)         | Terry Brannan 1:37.10 (99)<br>Richard White 2:18.49 (19) | David Matthews 1:48.15 (02)<br>Richard White 3:43.02 (21)             | Terry Starkins 2:20.14 (?)   |                           | Graham Walsh 2:45.55 (22)             | Graham Walsh 2:43:28 (23)<br>BR |   |
| <b>Mens Track &amp; Field</b> |   |   |   |  |  |   |  |  |   |  |                           |                                       |                                 |   |
| <b>Overall</b>                |   |   |   |  |  |   |  |  |   |  |                           |                                       |                                 |   |
| <b>100m</b>                   | Ian Foster 12.2 (94)  |   | Matt Webster 13.3 (22)  | Nigel Poppleton 13.4 (94)  | Adrian Dearnley 13.01 (99)   | Ian Foster 12.2 (94)  | Roy Marchant 17.4 (94)   | Derek Farman 13.8 (03)                                   | Roy Marchant 18.2 (01)  |  |                           |                                       |                                 |   |
| <b>200m</b>                   | 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)  |  |                           |                                       |                                 |   |
| <b>400m</b>                   | Karl Walker 53.8 (94)   |   | Karl Walker 53.8 (94)   | Andy Preston 57.8 (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)  |  |                           |                                       |                                 |   |
| <b>800m</b>                   | 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)                               |   |  |                           |                                       |                                 |   |
| <b>1500m</b>                  | 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)                               |   |  |                           |                                       |                                 |   |
| <b>1 Mile</b>                 | 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) |                                       |                                 |   |
| <b>3000m</b>                  | 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)                              |   |  |                           |                                       |                                 |   |
| <b>5000m</b>                  | Aidan Banfield 15:36 (24)<br>Birmingham                               | Aidan Banfield 15:36 (24)<br>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)   |  |                           |                                       |                                 |   |
| <b>10000m</b>                 |   |   |   |  |  |   |  |  |   |  |                           |                                       |                                 |   |
| <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                        |                          |
|                              | 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)                          |                          |
| 5K                           | Harriet Carr 30:02 (24) Wrotestad   | Mim Lowe 42:22 (19) | Ruth Sturgess 35:28 (06)           | Caroline Young 31:40 (91)                | Harriet Carr 30:02 (24) Wrotestad      | 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                       |                          |
|                              | Harriet Carr 36:59 (23) Valentines  | Mim Lowe 53:29 (19) | Ruth Sturgess 42:37 (07)           | Caroline Young 38:15 (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)                          |                          |
| 10 Miles                     | Harriet Carr 1:03:22 (23) Dereham   |                     | Claire Kent 1:06:20 (23)           | Claire Kent 1:05:20 (23)                 | 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 |   |                          |
|                              | Harriet Carr 1:21:05 (24) Cambridge |                     | Lacey Bareham 1:25:23 (24)         | Lacey Bareham 1:25:23 (24) Great Eastern | Harriet Carr 1:21:05 (24) Cambridge    | Watkinson 1:23:16 (22)                          | Watkinson 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)    |   |                          |
| Half Marathon                | 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)            |                           |                            |                             |   |                          |
|                              | Harriet Carr 2:09:08 (23) Bedford   |                     | Ami Russell 2:39:43 (24) Wymondham | Juliette Watkinson 2:09:08 (23) Bedford  | Harriet Carr 2:09:08 (23) Bedford      | 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)   |                             |   |                          |
| 20 Miles                     | Harriet Carr 2:51:09 (24) Berlin    |                     | Tanya Crofts 3:26:44 (98)          | Harriet Carr 2:51:09 (24) Berlin         | Juliette Watkinson 2:55:07 (24) Berlin | Louise McDonnell 3:00:07 (24) Abingsdon         | Veronica Manley 3:23:27 (02)             | Veronica Manley 3:27:13 (03) | Claire Brown 3:26:15 (24) London       | Anne Martin 4:38:35 (06)            |                           |                            |                             |   |                          |
|                              | Marathon                            |                     |                                    |  |  |   |  |                              |  |                                     |                           |                            |                             |   |                          |
| 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)     |                            |                             |   |                          |
|                              | Carole Filer 27.7 (95)              |                     | Dani Shearer 36.7 (20)             | Carole Filer 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 Hulcheon 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 |                          |
|                              | Jane Clarke 2:27 (01)               |                     | Caroline Young 2:30 (92)           | Sarah Watson 3:06 (97)                   | Jane Clarke 3:27 (01)                  | Brenda Hulcheon 2:41. (94)                      | 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 5:48.40 (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 |   |                          |
|                              | Alison Armstrong 5:33.56 (23)       |                     | Claire Kent 5:43.45 (23)           | Juliette Watkinson 5:12 (01)             | 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 11.11 (20)          | Juliette Watkinson 10.19 (01)            | Jane Clarke 11.43 (20)                 | 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  |                             |   |                          |
|                              | Caroline Young 19.18 (91)           |                     | Caroline Young 19.18 (91)          | Juliette Watkinson 19:14 (24) UEA        | Juliette Watkinson 19:14 (24) UEA      |   | Eva Osborne 21:27 (93)                   | 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)              |                     | Shona Fairchild 16.9 (03)          | Carole Filer 18.9 (94)                   | Shona Fairchild 16.9 (03)              | Patricia Clarke 19.0 (99)                       |  |                              |  |                                     |                           |                            |                             |   |                          |
|                              | 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)                      |  |                              |  |                                     |                           |                            |                             |   |                          |
|                              | Anne Martin 25:42/2k (11)           |                     |                                    | Stephanie Mullarney 19.02 (97)           | Stephanie Mullarney 19.02 (97)         |   |  |                              | 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 23.56 (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    |   |                          |
|                              | 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)                    | 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                        | Anne Martin 7:94 (22) BR |
|                              | Anne Martin 10.09 (11) BR           |                     |                                    |  |  |   |  |                              |  | Anne Martin 7:25 (10)               | Anne Martin 10:05 (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 1.05 (98)             | Elize Hartendorp 1.08 (02)                      |  |                              | Anne Martin 1.05 (98)                  |                                     |                           |                            |                             |   |                          |
|                              | 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                        | Anne Martin 1:91 (22) BR |
| Long Jump                    | Carol Filer 10.09 (95)              |                     | Carol 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 Poole 1.90 (96)                |                     | Anne Poole 1.90 (96)               |  |  |   |  |                              |  | 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                   | Shona Fairchild 8.35 (03)           |                     | Shona Fairchild 8.35 (03)          |  |  |   |  |                              |  |                                     |                           |                            |                             |   |                          |
|                              | Stephanie Mullarney 13.01 (01)      |                     | Stephanie Mullarney 13.33 (96)     | Stephanie Mullarney 11.31 (95)           | Stephanie Mullarney 10.11 (01)         | Elize Hartendorp 13.27 (02)                     |  |                              | Hazel Marchant 10:48 (98)              | Eva Osborne 12:31 (02)              |                           |                            |                             |   |                          |
| 1 Mile Walk                  | Stephanie Mullarney 13.01 (01)      |                     | Stephanie Mullarney 13.33 (96)     | Stephanie Mullarney 11.31 (95)           | Stephanie Mullarney 10.11 (01)         | Elize Hartendorp 13.27 (02)                     |  |                              | Hazel Marchant 15:16 (00)              | Carol Gibbons 15:26 (97)            |                           |                            |                             |   |                          |
|                              | 2k Walk                             |                     |                                    |  |  |   |  |                              |  |                                     |                           |                            |                             |   |                          |
| Steeple Chase (2000m)        | Shona Fairchild 8.35 (03)           |                     | Shona Fairchild 8.35 (03)          |  |  |   |  |                              |  |                                     |                           |                            |                             |   |                          |
|                              | Stephanie Mullarney 13.01 (01)      |                     | Stephanie Mullarney 13.33 (96)     | Stephanie Mullarney 11.31 (95)           | Stephanie Mullarney 10.11 (01)         | Elize Hartendorp 13.27 (02)                     |  |                              | 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 55:73 (22) WR                       |                          |