

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)	Stephen Dixon 1:06:56 (23)	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 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 2:04:07 (91)	Peter Goreham 2:40:07 (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 2:27:49 (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 Baillie 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 Baillie 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 Baillie 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 Baillie 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 Baillie 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 5:48 (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>	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)				
<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)		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 8.57 (16) 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)						