

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 Sturges 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 28.09 (12)	Eva Osborne 29.05 (22)	
5 Miles	Harriet Carr 30.02 (24) Worstead	Mim Lowe 42.22 (19)	Ruth Sturges 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	
	Harriet Carr 36.59 (23) Valentines	Mim Lowe 53.29 (19)	Ruth Sturges 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)	
10 Miles	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 1:08:46 (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			Claire Kent 1:28:52 (23)	Harriet Carr 1:21.05 (24) Cambridge	Juliette Watkinson 1:23.16 (22)	Louise McDonnell 1:25:27 (23) Essex Remembrance	Maria Lewis 1:28:43 (23)	Veronica Manley 1:37.20 (00)	Claire Brown 1:33.28 (24)	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)				
	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 2:17:55 (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)		
Marathon	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)	Caroline Houghton 3:17.40 (21)	Veronica Manley 3:23.27 (02)	Veronica Manley 3:27.13 (03)	Claire Brown 3:26:15 (24) London	Anne Martin 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 30.2 (98)	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 44.5 (16)	Anne Martin 44.5 (16) BR		
400m	Caroline Young 67.0 (91)		Caroline Young 67.0 (91)	Carole Filer 67.2 (94)	Jane Clarke 69.3 (01)	Brenda Hutcheon 71.4 (94)	Eva Osborne 81.7 (93)	Eva Osborne 84.5 (97)	Anne Martin 86.8 (99/02)	Anne Martin 89.8 (01)	Cindy Burgess 1:36.9 (19)	Anne Martin 1:43.5 (13)	Anne Martin 1:48.53 (16) BR	Anne Martin 2:29.75 (23) European Masters Italy	
800m	Jane Clarke 2.27 (01)		Caroline Young 2.30 (92)	Sarah Watson 3.06 (97)	Jane Clarke 2.27 (01)	Brenda Hutcheon 2.41(93)	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	Anne Martin 9:28 (21) 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)	Juliette Watkinson 19.14 (24) UEA	Alexandra Smith 19.53 (19)		Eva Osborne 21.27 (92)	Eva Osborne 22.22 (98)	Eva Osborne 22.31 (01)	Eva Osborne 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)						
80m Hurdle	Shona Fairchild 16.9 (03)			Carole Filer 18.9 (94)		Shona Fairchild 16.9 (03)	Patricia Clarke 19.0 (99)								
100m Hurdle	Stephanie Mullarney 24.8 (98)				Stephanie Mullarney 24.8 (98)	Shona Fairchild 25.0 (02)									
400m Hurdle	Carole Filer 71.7 (95)			Carole Filer 71.7 (95)	Stephanie Mullarney 96.4 (98)	Shona Fairchild 83.9 (03)	Patricia Clarke 105.2 (99)								
Hammer	Anne Martin 25.42/2k (11)			Stephanie Mullarney 19.02 (97)	Stephanie Mullarney 21.50 (02)	Stephanie Mullarney 21.50 (02)			Anne Martin 19.58/4k (99)	Anne Martin 22.06 (01)	Anne Martin 20.16 (07) BR	Anne Martin 25.42/2k (11)	Anne Martin 23.90 (19)	Anne Martin 22.09 (21) BR	
Javelin	Stephanie Mullarney 23.56 (94)			Stephanie Mullarney 23.56 (94)	Stephanie Mullarney 23.22 (97)	Stephanie Mullarney 22.50 (02)	Geraldine George 14.83 (00)		Eva Osborne 9.26 (03)	Anne Martin 10.8 (03)			Anne Martin 10.36 (16)	Anne Martin 9.28 (21) BR	
Discus	Anne Martin 20.08 (97)		Liz Burchell 19.62 (94)	Sarah Watson 18.66 (97)	Kate Barlow 16.28 (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 13.94 (16)	Anne Martin 10.76 (21)	
Shot	Anne Martin 8.96/3k (97)			Sarah Watson 8.61 (97)	Lynne Brown 7.94 (95)	Stephanie Mullarney 8.65 (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 8.57 (16) BR
Weight	Anne Martin 10.09 (11) BR										Anne Martin 7.25 (10)	Anne Martin 10.09 (11) BR	Anne Martin 8.57 (16) BR	Anne Martin 7.94 (22) BR	
High Jump	Carol Filer 1.20 (93)			Carol Filer 1.20 (93)	Elize Hartendorp 1.05 (98)	Elize Hartendorp 1.08 (02)			Anne Martin 1.05 (98)						
Long Jump	Carol Filer 5.42 (95)			Carol Filer 5.42 (95)	Yvonne Newton 3.78 (99)	Yvonne Newton 4.16 (00)		Hazel Marchant 2.14 (99)	Anne Martin 3.41 (99)	Anne Martin 3.39 (01)	Anne Martin 3.31 (09)	Anne Martin 2.91 (13)	Anne Martin 2.64 (16) BR	Anne Martin 1.91 (22) BR	Anne Martin 1.91 (22) BR
Triple Jump	Carole Filer 10.09 (95)			Carole Filer 10.09 (95)	Elize Hartendorp 7.07 (98)	Yvonne Newton 8.49 (01)			Anne Martin 7.17 (00)	Anne Martin 7.40 (01)		Anne Martin 6.95 (08) BR	Anne Martin 6.70 (11) BR	Anne Martin 4.61 (22) BR	
Pole Vault	Anne Poole 1.90 (96)			Anne Poole 1.90 (96)											
Steeple Chase (2000m)	Shona Fairchild 8.35 (03)					Shona Fairchild 8.35 (03)			Eva Osborne 10.52 (03) ER	Anne Martin 10.33 (03) ER	Anne Martin 10.49 (07) WR	Anne Martin 11.40 (11) WR	Anne Martin 13.38 (16) WR	Anne Martin 16:55:73 (22) WR	
1 Mile Walk	Angie Bear 10.11 (01)			Stephanie Mullarney 11.31 (96)	Angie Bear 10.11 (01)	Angie Bear 10.18 (02)		Hazel Marchant 10.48 (98)	Eva Osborne 12.31 (02)						
2k Walk	Stephanie Mullarney 13.01 (01)			Stephanie Mullarney 13.33 (96)	Stephanie Mullarney 13.01 (01)	Elize Hartendorp 13.27 (02)		Hazel Marchant 15.16 (00)	Carol Gibbons 15.26 (97)						