

East Anglian Orienteering Champions	19th March 2017 SMOC Rushmere	14th February 2016 SUFFOC Tunstall	1st February 2015 WAOC Croxtton Heath	2nd March 2014 HAVOC Thorndon Park North	17th March 2013 SOS Writtle Forest	15th January 2012 NOR Lynford	30th January 2011 WAOC Croxtton Heath	14th March 2010 SOS Donylands
W10	Hebe Darwin WAOC	Hebe Darwin WAOC	-	Catherine Dudley DRONGO	Elizabeth Dudley DRONGO	Elizabeth Dudley DRONGO	Georgia Gower SOS	-
W12	Milly Askham SMOC	Lucy Walker SOS	Lucy Warland SOS	Katja Ruda NOR	Rebecca Nisbet SMOC	Daisy Partridge SOS	Catherine Hemingway WAOC	Bronwen Mansel SUFFOC
W14	Tamar Hopkins SMOC	Katja Ruda NOR	Rebecca Nisbet SMOC	Daisy Partridge SOS	Daisy Partridge SOS	Ella Gilbert NOR	-	Rhiannon Ware SOS
W16	Chloe Cracknell SUFFOC	Chloe Cracknell SOS	Daisy Partridge SOS	Ella Gilbert NOR	Ella Gilbert NOR	Rhiannon Ware SOS	Rhiannon Ware SOS	-
W18	Katerina Skarkova NOR	Ella Gilbert NOR	Ella Gilbert NOR	-	-	Beth Albon SOS	Kate Harvey NOR	Sophie Louth WAOC
W20	Bronwen Mansel SUFFOC	-	-	Fiona Petersen CUOC	-	-	Harriet Burdett CUOC	-
W21/Open	Ella Gilbert NOR	Daisy Partridge SOS	Nina Tant SOS	Katrin Harding CUOC	Nina Tant SOS	Hazel Tant SOS	Blanka Collis DRONGO	Lenka Anstead SUFFOC
W35	Helen Bickle WAOC	Lizzie Rosewell SUFFOC	Leanne Bailey NOR	Leanne Bailey NOR	-	Sacha Fisher SMOC	Sacha Fisher SMOC	Anna Falk WAOC
W40	Freya Askham SMOC	Guro Harstad WAOC	Guro Harstad WAOC	Guro Harstad WAOC	-	Tracey Apperley SOS	Rachel Pocock WAOC	Rachel Pocock WAOC
W45	Karen Vines SMOC	Camilla Darwin WAOC	Rachel Pocock WAOC	Rachel Pocock WAOC	Rachel Pocock WAOC	Rachel Pocock WAOC	Alison Fox WAOC	Frances Cooper WAOC
W50	Rachel Pocock WAOC	Karen Goldsworthy NOR	Louise Walker SUFFOC	Sally Wilkinson SUFFOC	Helen Lloyd NOR	Helen Lloyd NOR	Helen Lloyd NOR	Janet Cronk WAOC
W55	Helen Nisbet SMOC	Janet Cronk WAOC	Kim Eden NOR	Hilary Sellens SOS	Lyn West SOS	Hilary Sellens SOS	Hilary Sellens SOS	Maria Marshall WAOC
W60	Janet Cronk WAOC	Rachel Thomas SMOC	Rachel Thomas SMOC	Janet Hill SOS	Noreen Ives WAOC	Janet Howsam WAOC	Hazel Bickle WAOC	Rosie Shaw SMOC
W65	Rosie Shaw SMOC	Chris Gay SUFFOC	Chris Gay SUFFOC	-	Jenny Collyer SOS	Jenny Collyer SOS	Jenny Collyer SOS	Geraldine Russell SOS
W70	Jenny Collyer SOS	Geraldine Russell SOS	Jenny Collyer SOS	-	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Seonaid Dudley WAOC
W75	Sue Vine	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Barbara George NOR	Barbara George NOR	Barbara George NOR	Barbara George NOR
W80	Barbara George NOR	Barbara George NOR	Ursula Oxburgh WAOC	Barbara George NOR				
M10	Richard Askham SMOC	Oliver Prince SOS	Ben Partridge SOS	Barney Steventon-Barnes SUFFOC	Alex Wetherill WAOC	Joshua Buist SOS	Matthew Clarke SUFFOC	Duncan Cooper WAOC
M12	Theo Steventon-Barnes SUFFOC	Thomas Martin SOS	Alex Wetherill WAOC	Sam Hague WAOC	Stephen Denby NOR	Matthew Clarke SUFFOC	Lewis Cooper WAOC	William Louth WAOC
M14	James Price NOR	Sam Hague WAOC	Matthew Clarke SUFFOC	Matthew Clarke SUFFOC	Tim Harrison SUFFOC	Sam Nicholls NOR	Bryn Wilkinson SUFFOC	Thomas Birkett SOS
M16	Sam Hague WAOC	Matthew Clarke SUFFOC	Tim Harrison SUFFOC	Tim Harrison SUFFOC	Bryn Wilkinson SUFFOC	Bryn Wilkinson SUFFOC	Tom Hemingway WAOC	Will Hooton SUFFOC
M18	Tim Harrison SUFFOC	Tim Harrison SUFFOC	Sam Nicolls NOR	Bryn Wilkinson SUFFOC	-	Thomas Louth WAOC	Thomas Louth WAOC	Jonny Cronk WAOC
M20	Roderick Mansel SUFFOC	-	-	Sam Garforth NOR	Sam Garforth NOR	James Haynes WAOC	Jonathan Cronk WAOC	James Park SOS
M21/Open	Jonathan Cronk WAOC	Paul Pruzina CUOC	David Hodgkinson SUFFOC	Matthew Vokes CUOC	-	Laurence Ball NOR	Laurence Ball NOR	Neil Carter SUFFOC
M35	Gjermund Vingerhagen WAOC	Glen Richardson NOR	Neil Rosewell SUFFOC	Glen Richardson NOR	Glen Richardson NOR	Neil Carter SUFFOC	David Schroeder WAOC	Andrew Elliott SUFFOC
M40	Sean Blanchflower WAOC		Duncan Harrison SOS	Duncan Harrison SOS	Sean Blanchflower WAOC	Ian Renfrew NOR	Ian Renfrew NOR	Ronny Falk WAOC
M45	Andrew Elliott SUFFOC	Duncan Harrison SOS	John Ward NOR	Angus Dudley DRONGO	Angus Dudley DRONGO	Steve Hinshelwood WAOC	Michael Belshaw BAOC/NOR	Michael Belshaw NOR
M50	Robert Campbell WAOC	Andrew Henderson WAOC	Dil Wetherill WAOC	Michael Muggeridge HAVOC	Paul Beckett HAVOC	Paul Beckett HAVOC	Paul Beckett HAVOC	Mike Capper WAOC
M55	Michael Muggeridge HAVOC	Paul Beckett HAVOC	Jonathan Gilbert NOR	Richard Bonnett SOS	Richard Bonnett SOS	Kevin Smith NOR	Richard Bonnett SOS	Richard Bonnett SOS
M60	Mike Capper WAOC	Alun Roberts WAOC	Clive Tant SOS	Andrew Welsh HAVOC	Martin Hore SUFFOC	Martin Hore SUFFOC	Michael Bickle WAOC	Michael Bickle WAOC
M65	Mick Liston	Nicholas Pugh SOS	Martin Hore SUFFOC	Michael Bickle WAOC	Garry Parmenter HAVOC	John Collyer SOS	John Ward NOR	John Ward NOR
M70	Garry Parmenter HAVOC	Garry Parmenter HAVOC	John Collyer SOS	Chris Morley WAOC	John Ward NOR	John Ward NOR	Chris Morley WAOC	Chris Morley WAOC
M75	Chris Morley WAOC	Chris Morley WAOC	John Harvey NOR	John Webb SUFFOC	John Webb SUFFOC	Peter Leverington NOR	Peter Leverington NOR	Jack Isbester SOS
M80	Peter Leverington NOR	Peter Leverington NOR	Mike Dudley WAOC	Jack Isbester SOS				
Joan George Junior Trophy	Chloe Cracknell SUFFOC	Daisy Partridge SOS	Tim Harrison SUFFOC	Bryn Wilkinson SUFFOC	Ella Gilbert NOR	Thomas Louth WAOC	Tom Hemingway WAOC	Jonathon Cronk WAOC

East Anglian Orienteering Champions	15th February 2009	17th February 2008	4th February 2007	12th March 2006	18th September 2005	28th March 2004	23rd February 2003	17th March 2002
	SMOC	SUFFOC	WAOC	NOR	SOS	NOR	SMOC	NOR
	Silverstone North	King's Forest	Croxton Heath	Sandringham	Hatfield Forest	Hockham	Silverstone Woods	Sheringham & Weybourne
W10	-	Alexandra Fox WAOC	Elizabeth Barker WAOC	-	Rhiannon Ware SOS	Jacqui Doyle NOR	Alice Campbell WAOC	Sophie Louth WAOC
W12	Bronwen Mansel SUFFOC	-	Helen Judd WAOC	-	-	Sophie Louth WAOC	Sophie Louth WAOC	Sarah Lyne SOS
W14	-	-	-	Sophie Louth WAOC	Sophie Louth WAOC	Leanne Barnes NOR	-	Clare Woods WAOC
W16	-	Hannah Newton SOS	Jacqueline Heybrooke WAOC	Jacqueline Heybrooke WAOC	Sarah Park SOS	Joanne West SOS	Clare Woods WAOC	Katie Sellens SOS
W18	Jacqueline Heybrock WAOC	Ellen Sanderson SOS	Sarah Park SOS	Clare Woods WAOC	Emma Johnson SOS	Katie Sellens SOS		
W20	-	Jaqueline Heybrock WAOC	-	Emma Johnson SOS	Jo West SOS	Hazel Tant SOS		
W21/Open	-	Anna Falk WAOC	Elsbeth Ingleby CUOC	Katie Sellens SOS	Sarah Wright NOR	Sarah Wright NOR		
W35	Claire Harrison SOS	-	-	Julia Crook WAOC	Julia Crook WAOC	Julia Wotton WAOC	Julia Wotton WAOC	Julia Wotton WAOC
W40	Tracey Apperley SOS	Alison Fox WAOC	Julia Crook WAOC	Erica Pilkington WAOC	Louise Walker SUFFOC	Caroline Louth WAOC	Helen Lloyd NOR	Helen Lloyd NOR
W45	Caroline Louth WAOC	Helen Lloyd NOR	Wendy Joners WAOC	Kim Eden NOR	Sue Woods WAOC	Hilary Sellens SOS		
W50	Barbara Fothergill HAVOC	Hilary Sellens SOS	Hilary Sellens SOS	Hilary Sellens SOS	Janis Ryall WAOC	Lindsey Freeman WAOC		
W55	Janet Biggs HAVOC	Lindsey Freeman WAOC	Lindsey Freeman WAOC	Marion Fitt NOR	Estella Ward NOR	Jenny Collyer SOS	Jenny Collyer SOS	F Coventry NOR
W60	Jenny Collyer SOS	Jenny Collyer SOS	Geraldine Russell SOS	Jenny Collyer SOS	Jenny Collyer SOS	Gillian Pilgrim NOR		
W65	Geraldine Russell SOS	Gill Pilgrim NOR	Clarissa Napier NOR	Clarissa Napier NOR	Clarissa Napier NOR	Clarissa Napier NOR		
W70	-	Barbara George NOR	Barbara George NOR	Ursula Oxbrough WAOC	Anne Duncumb WAOC	Barbara George NOR	Anne Duncumb WAOC	J Peel
W75	Barbara George NOR	Anne Duncumb WAOC	Anne Duncome WAOC	Anne Duncome WAOC		Sheila Farnbank NOR		
W80								
M10	James Nisbet SMOC	William Louth WAOC	William Louth WAOC	William Louth WAOC	William Louth WAOC	Thomas Louth WAOC	Thomas Louth WAOC	Adam Chalkley NOR
M12	Thomas Birkett SOS	Thomas Birkett SOS	Matthew Haynes WAOC	Thomas Louth WAOC	Thomas Louth WAOC	Adam Chalkley NOR	Adam Chalkley NOR	
M14	Jonathan Heybrock WAOC	Thomas Louth WAOC	Thomas Louth WAOC	Jonathan Cronk WAOC	James Park SOS	Edward Louth WAOC	Jamie Taylor WAOC	James Lyne SOS
M16	-	Jonathan Cronk WAOC	James Park SOS	Edward Louth WAOC	Edward Louth WAOC	Simon Gardner WAOC	Mark Chalkley NOR	Martin Humphries WAOC
M18	-	James Park SOS	Edward Louth WAOC	Simon Gardner WAOC	Simon Gardner WAOC	Jonathan Pye SOS		
M20	-	Edward Louth WAOC	James Lyne SOS	James Lyne SOS	James Lyne SOS	Peter Gardner WAOC		
M21/Open	Dil Wetherill WAOC	Chris Sellens SOS	Tim Lenton NOR	Rolf Crook WAOC	Rolf Crook WAOC	Rolf Crook WAOC		
M35	Duncan Harrison SOS	Robert Frost NOR	Robert Frost NOR	Robert Frost NOR	Rob Weed SUFFOC	Ian Renfrew WAOC	Robert Campbell WAOC	Robert Campbell WAOC
M40	-	Dil Weatherill WAOC	Dil Weatherill WAOC	Dil Weatherill WAOC	Dil Weatherill WAOC	Paul Beckett HAVOC	Ian Maynard HAVOC	Neil Humphries WAOC
M45	Paul Beckett HAVOC	Paul Beckett HAVOC	Mike Belshaw NOR	Neil Humphries WAOC	Neil Humphries WAOC	Richard Bonnett SOS	Richard Bonnett SOS	Clive Tant SOS
M50	Mike Capper WAOC	Mike Capper WAOC	Kevin Smith NOR	Martin Sellens SOS	Richard Bonnett SOS	Martin Sellens SOS	R Beard WAOC	Mick Liston RAFO
M55	Mike Jones SMOC	Martin Sellens SOS	Martin Sellens SOS	Stephen Searle NOR	Mick Liston NOR	Malcolm Mann WAOC	Garry Parmenter HAVOC	John Collyer SOS
M60	Garry Parmenter HAVOC	Mike Bickle WAOC	Garry Parmenter HAVOC	Garry Parmenter HAVOC	Pat Martin NOR	John Ward NOR	John Ward NOR	Chris Morley WAOC
M65	Chris Morley WAOC	Chris Morley WAOC	John Ward NOR	Chris Morley WAOC	Chris Morley WAOC	John Webb SUFFOC		
M70	-	John Harvey NOR	-	Peter Leverington NOR	Jack Isbester SOS	Colin Curtis WAOC	-	Mike George NOR
M75	Norman Howarth NOR	Norman Howarth NOR	John Peel NOR	Norman Howarth NOR	Maurice Capper WAOC	John Peel NOR	-	John Peel NOR
M80								
Joan George Junior Trophy	Thomas Birkett SOS	Jacqueline Heybrock WAOC	Edward Louth WAOC	James Lyne SOS	James Lyne SOS	Hazel Tant SOS	Laurence Ball NOR	Katie Sellens SOS

East Anglian Orienteering Champions	2nd December 2001	23rd January 2000	28th March 1999	29th March 1998	16th March 1997	24th March 1996	30th April 1995	27th March 1994	19th December 1993	8th November 1992
	RAFO	CUOC	WASH	NOR	WAOOC	NOR	WASH	WAOOC	SOS	WAOOC
	Lynford	High Lodge Warren	Sandringham	Kelling & Bodham	Rishbeth Warren	Lynford	Cockley Cley	Thetford & Rishbeth	Roman Valley	Mildenhall Woods
W10	Alice Campbell WAOOC	-	Emily Bedder NOR	Joanne West SOS	Joanne West SOS					
W12	-	-	Joanne West SOS	Helen Gardner WAOOC	Helen Gardner WAOOC					
W14	Emma Johnson SOS	Helen Gardner WAOOC	Helen Gardner WAOOC	Nicola Robertson SOS	Eleanor West SOS					
W16	Hazel Tant SOS	Suzannah Robertson SOS	Eleanor West SOS							
W18										
W20										
W21/Open										
W35	J Collyer SOS	Karen Goldsworthy NOR	N Nicholls NOR	Helen Lloyd NOR	Helen Lloyd NOR	Helen Lloyd NOR	Helen Lloyd NOR	Kim Eden NOR	A Kell SOS	Kim Eden NOR
W40				Kim Eden NOR	Kim Eden NOR					
W45										
W50										
W55	-	Jenny Collyer SOS	Satu Peregrine WAOOC	Gill Pilgrim NOR	Clarissa Napier NOR	Clarissa Napier NOR	Clarissa Napier NOR	Clarissa Napier NOR	Clarissa Napier NOR	Barbara George NOR
W60										
W65										
W70			Sheila Farnbank NOR	Pauline Stevens SOS	Pauline Stevens SOS	Pauline Stevens SOS	Pauline Stevens SOS	S Sills	S Sills	S Sills
W75										
W80										
M10	Matthew Bedder NOR	Philip Humphries WAOOC	Philip Humphries WAOOC	Simon Gardner WAOOC	Sebastian Pugh SOS					
M12	Jamie Taylor WAOOC	Simon Gardner WAOOC	Simon Gardner WAOOC	Laurence Ball NOR	David West SOS					
M14	Martin Humphries WAOOC	Laurence Ball NOR	Peter Gardner WAOOC	Chris Sellens SOS	Rory Matheson WAOOC					
M16	David West SOS	Chris Sellens SOS	Mark Larwood NOR	Philip Braham-Jones						
M18										
M20										
M21/Open										
M35	Robert Campbell WAOOC	Bert Park BAOC	Roger Williams SMOC	Mick Belshaw BAOC	Mick Belshaw BAOC	Andy Mallley SOS	Mike Capper WAOOC			
M40	Neil Humphries WAOOC	Neil Humphries WAOOC	C Baker NOR		Richard Bonnett BAOC		Martin Sellens SOS	A Ebdon RAFO		R Beard WAOOC
M45	Martin Sellens SOS	Martin Sellens SOS	Martin Sellens SOS	Martin Sellens SOS	P Nicholls NOR/RAFO	Malcolm Mann WAOOC	Malcolm Mann WAOOC	John Collyer SOS	David Hayter HAVOC	David Hayter HAVOC
M50	Martin Hore SUFFOC	Bill Morgan NOR		Malcolm Mann WAOOC	Pat Martin NOR	John Collyer SOS	John Collyer SOS	Arthur Boyt HH	Pat Martin NOR	Chris Morley WAOOC
M55	John Collyer SOS	Pat Martin NOR	-	Chris Morley WAOOC	Chris Morley WAOOC	Chris Morley WAOOC	Chris Morley WAOOC	D Rose SMOC	R Barris HH	Jack Isbester SOS
M60	Chris Morley WAOOC	Chris Morley WAOOC	C Thorne DRONGO	Jack Isbester SOS	C R Thorne DRONGO	Jack Isbester SOS	P Pratt HH	P Pratt HH	D Ladkin SOS	D Ladkin SOS
M65										
M70	-	-	John Peel NOR	John Peel NOR	John Peel NOR	Lionel Eagles NOR	Peter Softley	Lionel Eagles NOR	Peter Softley	Lionel Eagles NOR
M75	Maurice Capper WAOOC	Maurice Capper WAOOC								
M80										
Joan George Junior Trophy	Suzannah Robertson SOS	Eleanor West SOS	Ian Wadeson WAOOC	Kate Kelleher NOR						

East Anglian Orienteering Champions	12th May 1991	7th October 1990	19th November 1989	18th September 1988	4th August 1987	5th October 1986	12th May 1985
	SOS/SUFFOC	HAVOC	WASH/WAOC	SUFFOC	HAVOC	SOS	CHIG
	Brandon Park	Langdon Hills	Sandringham	Brandon Park	Epping Forest SW	Baddow Ridge	Epping Forest SE
W10							
W12							
W14							
W16							
W18							
W20							
W21/Open							
W35	Lindsey Freeman WAOC	Hilary Sellens SOS	-	Cath Shipley HAVOC	O Brown WAOC	F Coventry NOR	F Coventry NOR
W40							
W45							
W50							
W55	Barbara George NOR	Mary Ryder HAVOC	June Webb SUFFOC	J Peel NOR	J Merry SUFFOC	J Merry SUFFOC	J Merry SUFFOC
W60							
W65							
W70	S Sills						
W75							
W80							
M10							
M12							
M14							
M16							
M18							
M20							
M21/Open							
M35							
M40	G Wardle NOR	P Watson WAOC	B Pilgrim NOR	John Collyer SOS	B Pilgrim NOR	Mike Hampton HAVOC	John Collyer SOS
M45	David Hayter HAVOC	Stan Holroyd SMOC	M Leach WAOC	Pat Martin NOR/RAFO	Hally Hardie WAOC	Hally Hardie WAOC	Hally Hardie WAOC
M50	Chris Morley WAOC	David Peregrine WAOC	R Cole SMOC	Jack Isbester SOS	Jack Isbester SOS	Peter Leverington WAOC	Jack Isbester SOS
M55	Jack Isbester SOS	Jack Isbester SOS	Mike George NOR	D Ladkin SOS	D Allman NOR	Alan Milton SUFFOC	Alan Milton SUFFOC
M60	Norman Howarth WASH	John Peel NOR	John Peel NOR	G Knott NOR			Lionel Eagles NOR
M65							
M70	Peter Softley						
M75							
M80							
Joan George Junior Trophy							