

East Anglian Orienteering Champions	24th March 2019	25th March 2018	19th March 2017	14th February 2016	1st February 2015	2nd March 2014	17th March 2013
	NOR	SOS	SMOC	SUFFOC	WAOC	HAVOC	SOS
	Sheringham Park	Writtle Forest	Rushmere	Tunstall	Croxton Heath	Thorndon Park North	Writtle Forest
W10	-	Abigail Prince SOS	Hebe Darwin WAOC	Hebe Darwin WAOC	-	Catherine Dudley DRONGO	Elizabeth Dudley DRONGO
W12	Hebe Darwin WAOC	-	Milly Ashkam SMOC	Jemima Borrill WAOC	Lucy Warland SOS	Katja Ruda NOR	Rebecca Nisbet SMOC
W14	-	-	Tamar Hopkins SMOC	Katja Ruda NOR	Rebecca Nisbet SMOC	Daisy Partridge SOS	Daisy Partridge SOS
W16	-	-	Chloe Cracknell SUFFOC	Chloe Cracknell SOS	Daisy Partridge SOS	Ella Gilbert NOR	Ella Gilbert NOR
W18	-	Chloe Cracknell SUFFOC	Katerina Skarkova NOR	Ella Gilbert NOR	Ella Gilbert NOR	-	-
W20	-	Bronwen Mansel SUFFOC	Bronwen Mansel SUFFOC	-	-	Fiona Petersen CUOC	-
W21/Open	Bronwen Mansel SUFFOC	Daisy Partridge SOS	Ella Gilbert NOR	Daisy Partridge SOS	Nina Tant SOS	Katrin Harding CUOC	Nina Tant SOS
W35	-	Lizzie Rosewell SUFFOC	Helen Bickle WAOC	Lizzie Rosewell SUFFOC	Leanne Bailey NOR	Leanne Bailey NOR	-
W40	-	-	Freya Askham SMOC	Guro Harstad WAOC	Guro Harstad WAOC	Guro Harstad WAOC	-
W45	Catherine Bartram NOR	Camilla Darwin WAOC	Karen Vines SMOC	Camilla Darwin WAOC	Rachel Pocock WAOC	Rachel Pocock WAOC	Rachel Pocock WAOC
W50	Camilla Darwin WAOC	Sally Wilkinson SUFFOC	Rachel Pocock WAOC	Karen Goldsworthy NOR	Louise Walker SUFFOC	Sally Wilkinson SUFFOC	Helen Lloyd NOR
W55	Joanne Nell RAFO	Helen Nisbet SMOC	Helen Nisbet SMOC	Janet Cronk WAOC	Kim Eden NOR	Hilary Sellens SOS	Lyn West SOS
W60	Kim Eden NOR	Janet Cronk WAOC	Janet Cronk WAOC	Rachel Thomas SMOC	Rachel Thomas SMOC	Janet Hill SOS	Noreen Ives WAOC
W65	Noreen Ives WAOC	Noreen Ives WAOC	Rosie Shaw SMOC	Chris Gay SUFFOC	Chris Gay SUFFOC	-	Jenny Collyer SOS
W70	Jenny Collyer SOS	Jenny Collyer SOS	Jenny Collyer SOS	Geraldine Russell SOS	Jenny Collyer SOS	-	Seonaid Dudley WAOC
W75	Gillian Pilgrom NOR	-	Sue Vine NOR	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Barbara George NOR
W80	Seonaid Dudley WAOC	Barbara George NOR	Barbara George NOR	Barbara George NOR	Ursula Oxburgh WAOC	Barbara George NOR	
W85	Barbara George NOR						
M10	Alexander Darwin WAOC	Alexander Darwin WAOC	Richard Askham SMOC	Oliver Prince SOS	Ben Partridge SOS	Barney Steventon-Barnes SUFFOC	Alex Wetherill WAOC
M12	-	Theo Steventon-Barnes SUFFOC	Theo Steventon-Barnes SUFFOC	Thomas Martin SOS	Alex Wetherill WAOC	Sam Hague WAOC	Stephen Denby NOR
M14	Oliver Prince SOS	Barney Steventon-Barnes SUFFOC	James Price NOR	Sam Hague WAOC	Matthew Clarke SUFFOC	Matthew Clarke SUFFOC	Tim Harrison SUFFOC
M16	William Bartram NOR	Sam Hague WAOC	Sam Hague WAOC	Matthew Clarke SUFFOC	Tim Harrison SUFFOC	Tim Harrison SUFFOC	Bryn Wilkinson SUFFOC
M18	Thomas Bartram NOR	Matthew Clarke SUFFOC	Tim Harrison SUFFOC	Tim Harrison SUFFOC	Sam Nicolls NOR	Bryn Wilkinson SUFFOC	-
M20	-	-	Roderick Mansel SUFFOC	-	-	Sam Garforth NOR	Sam Garforth NOR
M21/Open	Glen Richardson NOR	Andrew Stemp WAOC	Jonathan Cronk WAOC	Paul Pruzina CUOC	David Hodkinson SUFFOC	Matthew Vokes CUOC	-
M35	Oliver Tomlinson SMOC	-	Gjermund Vingerhagen WAOC	Glen Richardson NOR	Neil Rosewell SUFFOC	Glen Richardson NOR	Glen Richardson NOR
M40	Ben Bethall NOR	Glen Richardson NOR	Sean Blanchflower WAOC	-	Duncan Harrison SOS	Duncan Harrison SOS	Sean Blanchflower WAOC
M45	Howard Alcock NOR	Stephen Borrill WAOC	Andrew Elliott SUFFOC	Duncan Harrison SOS	John Ward NOR	Angus Dudley DRONGO	Angus Dudley DRONGO
M50	Ian Renfrew NOR	Dil Wetherill WAOC	Robert Campbell WAOC	Andrew Henderson WAOC	Dil Wetherill WAOC	Michael Muggeridge HAVOC	Paul Beckett HAVOC
M55	Michael Muggeridge HAVOC	Michael Muggeridge HAVOC	Michael Muggeridge HAVOC	Paul Beckett HAVOC	Jonathan Gilbert NOR	Richard Bonnett SOS	Richard Bonnett SOS
M60	Richard Pownall SMOC	Peter Carlill NOR	Mike Capper WAOC	Alun Roberts WAOC	Clive Tant SOS	Andrew Welsh HAVOC	Martin Hore SUFFOC
M65	Nmichael Nell RAFO	Mick Liston NOR	Mick Liston NOR	Nicholas Pugh SOS	Martin Hore SUFFOC	Michael Bickle WAOC	Garry Parmenter HAVOC
M70	Mick Liston NOR	Michael Bickle WAOC	Garry Parmenter HAVOC	Garry Parmenter HAVOC	John Collyer SOS	Chris Morley WAOC	John Ward NOR
M75	Chris Morley WAOC	Chris Morley WAOC	Chris Morley WAOC	Chris Morley WAOC	John Harvey NOR	John Webb SUFFOC	John Webb SUFFOC
M80	-	-	Peter Leverington NOR	Peter Leverington NOR	Mike Dudley WAOC	Jack Isbester SOS	
M85	Alan Coddington NOR						
Joan George Junior Trophy		Matthew Clarke SUFFOC	Chloe Cracknell SUFFOC	Daisy Partridge SOS	Tim Harrison SUFFOC	Bryn Wilkinson SUFFOC	Ella Gilbert NOR

East Anglian Orienteering Champions	15th January 2012	30th January 2011	14th March 2010	15th February 2009	17th February 2008	4th February 2007	12th March 2006
	NOR	WAOC	SOS	SMOC	SUFFOC	WAOC	NOR
	Lynford	Croxton Heath	Donylands	Silverstone North	King's Forest	Croxton Heath	Sandringham
W10	Elizabeth Dudley DRONGO	Georgia Gower SOS	-	-	Alexandra Fox WAOC	Elizabeth Barker WAOC	-
W12	Daisy Partridge SOS	Catherine Hemingway WAOC	Bronwen Mansel SUFFOC	Bronwen Mansel SUFFOC	-	Helen Judd WAOC	-
W14	Ella Gilbert NOR	-	Rhiannon Ware SOS	-	-	-	Sophie Louth WAOC
W16	Rhiannon Ware SOS	Rhiannon Ware SOS	-	-	Hannah Newton SOS	Jacqueline Heybrooke WAOC	Jacqueline Heybrooke WAOC
W18	Beth Albon SOS	Kate Harvey NOR	Sophie Louth WAOC	Jacqueline Heybrock WAOC	Ellen Sanderson SOS	Sarah Park SOS	Clare Woods WAOC
W20	-	Harriet Burdett CUOC	-	-	Jaqueline Heybrock WAOC	-	Emma Johnson SOS
W21/Open	Hazel Tant SOS	Blanka Collis DRONGO	Lenka Anstead SUFFOC	-	Anna Falk WAOC	Elsbeth Ingleby CUOC	Katie Sellens SOS
W35	Sacha Fisher SMOC	Sacha Fisher SMOC	Anna Falk WAOC	Claire Harrison SOS	-	-	Julia Crook WAOC
W40	Tracey Apperley SOS	Rachel Pocock WAOC	Rachel Pocock WAOC	Tracey Apperley SOS	Alison Fox WAOC	Julia Crook WAOC	Erica Pilkington WAOC
W45	Rachel Pocock WAOC	Alison Fox WAOC	Frances Cooper WAOC	Caroline Louth WAOC	Helen Lloyd NOR	Wendy Joners WAOC	Kim Eden NOR
W50	Helen Lloyd NOR	Helen Lloyd NOR	Janet Cronk WAOC	Barbara Fothergill HAVOC	Hillary Sellens SOS	Hilary Sellens SOS	Hillary Sellens SOS
W55	Hilary Sellens SOS	Hilary Sellens SOS	Maria Marshall WAOC	Janet Biggs HAVOC	Lindsey Freeman WAOC	Lindsey Freeman WAOC	Marion Fitt NOR
W60	Janet Howsam WAOC	Hazel Bickle WAOC	Rosie Shaw SMOC	Jenny Collyer SOS	Jenny Collyer SOS	Geraldine Russell SOS	Jenny Collyer SOS
W65	Jenny Collyer SOS	Jenny Collyer SOS	Geraldine Russell SOS	Geraldine Russell SOS	Gill Pilgrim NOR	Clarissa Napier NOR	Clarissa Napier NOR
W70	Seonaid Dudley WAOC	Seonaid Dudley WAOC	Seonaid Dudley WAOC	-	Barbara George NOR	Barbara George NOR	Ursula Oxbridge WAOC
W75	Barbara George NOR	Barbara George NOR	Barbara George NOR	Barbara George NOR	Anne Duncumb WAOC	Anne Duncome WAOC	Anne Duncome WAOC
W80							
W85							
M10	Joshua Buist SOS	Matthew Clarke SUFFOC	Duncan Cooper WAOC	James Nisbet SMOC	William Louth WAOC	William Louth WAOC	William Louth WAOC
M12	Matthew Clarke SUFFOC	Lewis Cooper WAOC	William Louth WAOC	Thomas Birkett SOS	Thomas Birkett SOS	Matthew Haynes WAOC	Thomas Louth WAOC
M14	Sam Nicholls NOR	Bryn Wilkinson SUFFOC	Thomas Birkett SOS	Jonathan Heybrock WAOC	Thomas Louth WAOC	Thomas Louth WAOC	Jonathan Cronk WAOC
M16	Bryn Wilkinson SUFFOC	Tom Hemingway WAOC	Will Hooton SUFFOC	-	Jonathan Cronk WAOC	James Park SOS	Edward Louth WAOC
M18	Thomas Louth WAOC	Thomas Louth WAOC	Jonny Cronk WAOC	-	James Park SOS	Edward Louth WAOC	Simon Gardner WAOC
M20	James Haynes WAOC	Jonathan Cronk WAOC	James Park SOS	-	Edward Louth WAOC	James Lyne SOS	James Lyne SOS
M21/Open	Laurence Ball NOR	Laurence Ball NOR	Neil Carter SUFFOC	Dil Wetherill WAOC	Chris Sellens SOS	Tim Lenton NOR	Rolf Crook WAOC
M35	Neil Carter SUFFOC	David Schroeder WAOC	Andrew Elliott SUFFOC	Duncan Harrison SOS	Robert Frost NOR	Robert Frost NOR	Robert Frost NOR
M40	Ian Renfrew NOR	Ian Renfrew NOR	Ronny Falk WAOC	-	Dil Weatherill WAOC	Dil Weatherill WAOC	Dil Weatherill WAOC
M45	Steve Hinshelwood WAOC	Michael Belshaw BAOC/NOR	Michael Belshaw NOR	Paul Beckett HAVOC	Paul Beckett HAVOC	Mike Belshaw NOR	Neil Humphries WAOC
M50	Paul Beckett HAVOC	Paul Beckett HAVOC	Mike Capper WAOC	Mike Capper WAOC	Mike Capper WAOC	Kevin Smith NOR	Martin Sellens SOS
M55	Kevin Smith NOR	Richard Bonnett SOS	Richard Bonnett SOS	Mike Jones SMOC	Martin Sellens SOS	Martin Sellens SOS	Stephen Searle NOR
M60	Martin Hore SUFFOC	Michael Bickle WAOC	Michael Bickle WAOC	Garry Parmenter HAVOC	Mike Bickle WAOC	Garry Parmenter HAVOC	Garry Parmenter HAVOC
M65	John Collyer SOS	John Ward NOR	John Ward NOR	Chris Morley WAOC	Chris Morley WAOC	John Ward NOR	Chris Morley WAOC
M70	John Ward NOR	Chris Morley WAOC	Chris Morley WAOC	-	John Harvey NOR	-	Peter Leverington NOR
M75	Peter Leverington NOR	Peter Leverington NOR	Jack Isbester SOS	Norman Howarth NOR	Norman Howarth NOR	John Peel NOR	Norman Howarth NOR
M80							
M85							
Joan George Junior Trophy	Thomas Louth WAOC	Tom Hemingway WAOC	Jonathon Cronk WAOC	Thomas Birkett SOS	Jacqueline Heybrock WAOC	Edward Louth WAOC	James Lyne SOS

East Anglian Orienteering Champions	18th September 2005	28th March 2004	23rd February 2003	17th March 2002	2nd December 2001	23rd January 2000	28th March 1999	29th March 1998
	SOS	NOR	SMOC	NOR	RAFO	CUOC	WASH	NOR
	Hatfield Forest	Hockham	Silverstone Woods	Sheringham & Weybourne	Lynford	High Lodge Warren	Sandringham	Kelling & Bodham
W10	Rhiannon Ware SOS	Jacqui Doyle NOR	Alice Campbell WAOC	Sophie Louth WAOC	Alice Campbell WAOC	-	Emily Bedder NOR	Joanne West SOS
W12	-	Sophie Louth WAOC	Sophie Louth WAOC	Sarah Lyne SOS	-	-	Joanne West SOS	Helen Gardner WAOC
W14	Sophie Louth WAOC	Leanne Barnes NOR	-	Clare Woods WAOC	Emma Johnson SOS	Helen Gardner WAOC	Helen Gardner WAOC	Nicola Robertson SOS
W16	Sarah Park SOS	Joanne West SOS	Clare Woods WAOC	Katie Sellens SOS	Hazel Tant SOS	Suzannah Robertson SOS	Eleanor West SOS	
W18	Emma Johnson SOS	Katie Sellens SOS						
W20	Jo West SOS	Hazel Tant SOS						
W21/Open	Sarah Wright NOR	Sarah Wright NOR						
W35	Julia Crook WAOC	Julia Wotton WAOC	Julia Wotton WAOC	Julia Wotton WAOC	J Collyer SOS	Karen Goldsworthy NOR	N Nicholls NOR	Helen Lloyd NOR
W40	Louise Walker SUFFOC	Caroline Louth WAOC	Helen Lloyd NOR	Helen Lloyd NOR				Kim Eden NOR
W45	Sue Woods WAOC	Hilary Sellens SOS						
W50	Janis Ryall WAOC	Lindsey Freeman WAOC						
W55	Estella Ward NOR	Jenny Collyer SOS	Jenny Collyer SOS	F Coventry NOR	-	Jenny Collyer SOS	Satu Peregrine WAOC	Gill Pilgrim NOR
W60	Jenny Collyer SOS	Gillian Pilgrim NOR						
W65	Clarissa Napier NOR	Clarissa Napier NOR		Barbara George NOR	Barbara George NOR	Ursula Oxburgh WAOC	Ursula Oxburgh WAOC	Anne Duncumb WAOC
W70	Anne Duncumb WAOC	Barbara George NOR	Anne Duncumb WAOC	J Peel NOR			Sheila Farnbank NOR	Pauline Stevens SOS
W75		Sheila Farnbank NOR						
W80								
W85								
M10	William Louth WAOC	Thomas Louth WAOC	Thomas Louth WAOC	Adam Chalkley NOR	Matthew Bedder NOR	Philip Humphries WAOC	Philip Humphries WAOC	Simon Gardner WAOC
M12	Thomas Louth WAOC	Adam Chalkley NOR	Adam Chalkley NOR	Sophie Louth WAOC	Jamie Taylor WAOC	Simon Gardner WAOC	Simon Gardner WAOC	Laurence Ball NOR
M14	James Park SOS	Edward Louth WAOC	Jamie Taylor WAOC	James Lyne SOS	Martin Humphries WAOC	Laurence Ball NOR	Peter Gardner WAOC	Chris Sellens SOS
M16	Edward Louth WAOC	Simon Gardner WAOC	Mark Chalkley NOR	Martin Humphries WAOC	David West SOS	Chris Sellens SOS	Mark Larwood NOR	Philip Braham-Jones
M18	Simon Gardner WAOC	Jonathan Pye SOS						
M20	James Lyne SOS	Peter Gardner WAOC						
M21/Open	Rolf Crook WAOC	Rolf Crook WAOC						
M35	Rob Weed SUFFOC	Ian Renfrew WAOC	Robert Campbell WAOC	Robert Campbell WAOC	Robert Campbell WAOC	Bert Park BAOC	Roger Williams SMOC	Mick Belshaw BAOC
M40	Dil Weatherill WAOC	Paul Beckett HAVOC	Ian Maynard HAVOC	Neil Humphries WAOC	Neil Humphries WAOC	Neil Humphries WAOC	C Baker NOR	
M45	Neil Humphries WAOC	Richard Bonnett SOS	Richard Bonnett SOS	Clive Tant SOS	Martin Sellens SOS	Martin Sellens SOS	Martin Sellens SOS	Martin Sellens SOS
M50	Richard Bonnett SOS	Martin Sellens SOS	R Beard WAOC	Mick Liston RAFO	Martin Hore SUFFOC	Bill Morgan NOR		Malcolm Mann WAOC
M55	Mick Liston NOR	Malcolm Mann WAOC	Garry Parmenter HAVOC	John Collyer SOS	John Collyer SOS	Pat Martin NOR	-	Chris Morley WAOC
M60	Pat Martin NOR	John Ward NOR	John Ward NOR	Chris Morley WAOC	Chris Morley WAOC	Chris Morley WAOC	C Thorne DRONGO	Jack Isbester SOS
M65	Chris Morley WAOC	John Webb SUFFOC						
M70	Jack Isbester SOS	Colin Curtis WAOC	-	Mike George NOR	-	-	John Peel NOR	John Peel NOR
M75	Maurice Capper WAOC	John Peel NOR	-	John Peel NOR	Maurice Capper WAOC	Maurice Capper WAOC		
M80								
M85								
Joan George Junior Trophy	James Lyne SOS	Hazel Tant SOS	Laurence Ball NOR	Katie Sellens SOS	Suzannah Robertson SOS	Eleanor West SOS	Ian Wadeson WAOC	Kate Kelleher NOR

East Anglian Orienteering Champions	19th November 1989	18th September 1988	4th August 1987	5th October 1986	12th May 1985
	WASH/WAOC	SUFFOC	HAVOC	SOS	CHIG
	Sandringham	Brandon Park	Epping Forest SW	Baddow Ridge	Epping Forest SE
W10					
W12					
W14					
W16					
W18					
W20					
W21/Open					
W35	-	Cath Shipley HAVOC	O Brown WAOC	F Coventry NOR	F Coventry NOR
W40					
W45					
W50					
W55	June Webb SUFFOC	J Peel NOR	J Merry SUFFOC	J Merry SUFFOC	J Merry SUFFOC
W60					
W65	S Sills SUFFOC	S Sills SUFFOC	S Sills SUFFOC	S Sills SUFFOC	S Sills SUFFOC
W70					
W75					
W80					
W85					
M10					
M12					
M14					
M16					
M18					
M20					
M21/Open					
M35					
M40	B Pilgrim NOR	John Collyer SOS	B Pilgrim NOR	Mike Hampton HAVOC	John Collyer SOS
M45	M Leach WAOC	Pat Martin NOR/RAFO	Hally Hardie WAOC	Hally Hardie WAOC	Hally Hardie WAOC
M50	R Cole SMOC	Jack Isbester SOS	Jack Isbester SOS	Peter Leverington WAOC	Jack Isbester SOS
M55	Mike George NOR	D Ladkin SOS	D Allman NOR	Alan Milton SUFFOC	Alan Milton SUFFOC
M60	John Peel NOR	G Knott NOR			Lionel Eagles NOR
M65					
M70					
M75					
M80					
M85					
Joan George Junior Trophy					