

East Anglian	22nd June 2025	9th March 2024	5th February 2023	27th November 2022	26th September 2021	24th March 2019	25th March 2018
Orienteering	SOS	EAOA	SUFFOC	WAOOC	HAVOC	NOR	SOS
Champions	Writtle Forest	Sandringham	Tangham	Bromehill & Santon Warren	Epping Forest South West	Sheringham	Writtle Forest
W10	Esther Eaton WAOOC	Esther Eaton WAOOC	Elysia Cowe WAOOC	Elysia Cowe WAOOC	Alys Powell WAOOC	-	Abigail Prince SOS
W12	Elysia Cowe WAOOC	Lulu Gooding SOS	Lulu Goodwin SOS	-	Kate Jarrett WAOOC	Hebe Darwin WAOOC	-
W14	Lulu Gooding SOS	Beth Stockham NOR	Kate Jarrett WAOOC	Abigail Prince SOS	-	-	-
W16	Kate Jarrett WAOOC	Kate Jarrett WAOOC	Hebe Darwin WAOOC	-	-	-	-
W18	-	Hebe Darwin WAOOC	-	Sophie Kerswell WAOOC	-	-	Chloe Cracknell SUFFOC
W20	Milly Askham SMOC	Hannah Wicks WAOOC	Alesha Lowe SUFFOC	-	-	-	Bronwen Mansel SUFFOC
W21/Open	Hannah Newton SOS	Sarah Pedley DRONGO	Jenny Carlsson WAOOC	Sarah Pedley CUOC	Bronwen Mansel SUFFOC	Bronwen Mansel SUFFOC	Daisy Partridge SOS
W35	-	-	Emma Cross NOR	Jenny Carlsson WAOOC	-	-	Lizzie Rosewell SUFFOC
W40	Helen Bickle WAOOC	Helen Bickle WAOOC	Helen Bickle WAOOC	Helen Bickle WAOOC	-	-	-
W45	Emma Jarrett WAOOC	Emma Jarrett WAOOC	Emma Jarrett WAOOC	Freya Askham SMOC	Emma Jarrett WAOOC	Catherine Bartram NOR	Camilla Darwin WAOOC
W50	Freya Askham SMOC	Nita Jackman NOR	Camilla Darwin WAOOC	Camilla Darwin WAOOC	Helen Hague WAOOC	Camilla Darwin WAOOC	Sally Wilkinson SUFFOC
W55	Gillian Edgar HAVOC	Camilla Darwin WAOOC	Sally Wilkinson SUFFOC	Louise Walker SUFFOC	Sandra Mather SMOC	Joanne Nell RAFO	Helen Nisbet SMOC
W60	Louise Walker SUFFOC	Sally Wilkinson SUFFOC	Helen Lloyd NOR	Helen Nisbet SMOC	Debbie Charlton SMOC	Kim Eden NOR	Janet Cronk WAOOC
W65	Sue Hartley WAOOC	Sue Hartley WAOOC	Sue Hartley WAOOC	Sue Hartley WAOOC	Sue Hartley WAOOC	Noreen Ives WAOOC	Noreen Ives WAOOC
W70	Noreen Ives WAOOC	Lyn West SOS	Noreen Ives WAOOC	Hazel Bickle WAOOC	Hazel Bickle WAOOC	Jenny Collyer SOS	Jenny Collyer SOS
W75	-	-	Geraldine Russell SOS	Geraldine Russell SOS	Geraldine Russell SOS	Gillian Pilgrim NOR	-
W80	Geraldine Russell SOS	Geraldine Russell SOS	-	-	-	Seonaid Dudley WAOOC	Barbara George NOR
W85	-	-	Barbara George NOR	Barbara George NOR	-	Barbara George NOR	-
W90		Barbara George NOR	-	-	-	-	-
M10	-	-	-	Hugo Maule-Lidbury HAVOC	Hugo Maule-Lidbury HAVOC	Alexander Darwin WAOOC	Alexander Darwin WAOOC
M12	Joseph Blanchflower WAOOC	Hugo Maule-Lidbury HAVOC	Ethan Radcliffe SUFFOC	Alex Darwin WAOOC	Charlie Maule-Lidbury HAVOC	-	Theo Steventon-Barnes SUFFOC
M14	Erik Biernacki-Jablonski WAOOC	Ethan Radcliffe SUFFOC	Alex Darwin WAOOC	Chun Yan Alistair Fu WAOOC	Chun Yan Alistair Fu WAOOC	Oliver Prince SOS	Barney Steventon-Barnes SUFFOC
M16	Chun Ho Andre Fu WAOOC	Chun Yan Alistair Fu WAOOC	Joshua Owen SOS	-	-	William Bartram NOR	Sam Hague WAOOC
M18	Joshua Owen SOS	Oliver Prince SOS	Theo Steventon-Barnes SUFFOC	-	-	Thomas Bartram NOR	Matthew Clarke SUFFOC
M20	Oliver Prince SOS	-	-	Adam Harris CUOC	-	-	-
M21/Open	Chris Sellens SOS	Paul Pruzina DRONGO	Laurence Ball NOR	Dominic Dakin CUOC	Tom Beskeen WAOOC	Glen Richardson NOR	Andrew Stemp WAOOC
M35	-	Jonathan Pye WAOOC	Chris Sellens SOS	Chris Sellens SOS	-	Oliver Tomlinson SMOC	-
M40	Chris Sellens SOS	David Sparshott NOR	Gareth Radcliffe SUFFOC	Glen Richardson NOR	-	Ben Bethall NOR	Glen Richardson NOR
M45	Gareth Radcliffe SUFFOC	Glen Richardson NOR	Glen Richardson NOR	Roger Gooding SOS	Brian Cowe WAOOC	Howard Alcock NOR	Stephen Borrill WAOOC
M50	Stephen Borrill WAOOC	Stephen Borrill WAOOC	Ian Renfrew NOR	Guy Lidbury HAVOC	John Ward NOR	Ian Renfrew NOR	Dil Wetherill WAOOC
M55	John Ward NOR	Ian Renfrew NOR	Dil Wetherill WAOOC	Dil Wetherill WAOOC	Dil Wetherill WAOOC	Michael Muggeridge HAVOC	Michael Muggeridge HAVOC
M60	Michael Muggeridge HAVOC	Michael Muggeridge HAVOC	Michael Muggeridge HAVOC	Rini Hoogkamer NOR	Michael Muggeridge HAVOC	Richard Pownall SMOC	Peter Carlill NOR
M65	Roger Parker NOR	Jonathan Gilbert NOR	Mike Capper WAOOC	Roger Parker NOR	Colin West SOS	Michael Nell RAFO	Mick Liston NOR
M70	Colin West SOS	Eddie Banks SOS	Mick Liston NOR	Mick Liston NOR	Michael Bickle WAOOC	Mick Liston NOR	Michael Bickle WAOOC
M75	-	Garry Parmenter HAVOC	Michael Bickle WAOOC	John Collyer SOS	John Collyer SOS	Chris Morley WAOOC	Chris Morley WAOOC
M80	John Russell SOS	-	John Russell SOS	John Russell SOS	Chris Morley WAOOC	-	-
Joan George Junior Trophy	Joshua Owen SOS	Hebe Darwin WAOOC	Oliver Prince SOS	Abigail Prince SOS	Kate Jarrett WAOOC	William Bartram NOR	Matthew Clarke SUFFOC

East Anglian	19th March 2017	14th February 2016	1st February 2015	2nd March 2014	17th March 2013	15th January 2012	30th January 2011	14th March 2010
Orienteering	SMOC	SUFFOC	WAOC	HAVOC	SOS	NOR	WAOC	SOS
Champions	Rushmere	Tunstall	Croxton Heath	Thorndon Park North	Writtle Forest	Lynford	Croxton Heath	Donylands
W10	Hebe Darwin WAOC	Hebe Darwin WAOC	-	Catherine Dudley DRONGO	Elizabeth Dudley DRONGO	Elizabeth Dudley DRONGO	Georgia Gower SOS	-
W12	Milly Ashkam SMOC	Jemima Borrill WAOC	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 NOR	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				
W85								
W90								
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 NOR	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	15th February 2009	17th February 2008	4th February 2007	12th March 2006	18th September 2005	28th March 2004	23rd February 2003	17th March 2002
Orienteering	SMOC	SUFFOC	WAOOC	NOR	SOS	NOR	SMOC	NOR
Champions	Silverstone North	King's Forest	Croxton Heath	Sandringham	Hatfield Forest	Hockham	Silverstone Woods	Sheringham & Weybourne
W10	-	Alexandra Fox WAOOC	Elizabeth Barker WAOOC	-	Rhiannon Ware SOS	Jacqui Doyle NOR	Alice Campbell WAOOC	Sophie Louth WAOOC
W12	Bronwen Mansel SUFFOC	-	Helen Judd WAOOC	-	-	Sophie Louth WAOOC	Sophie Louth WAOOC	Sarah Lyne SOS
W14	-	-	-	Sophie Louth WAOOC	Sophie Louth WAOOC	Leanne Barnes NOR	-	Clare Woods WAOOC
W16	-	Hannah Newton SOS	Jacqueline Heybrooke WAOOC	Jacqueline Heybrooke WAOOC	Sarah Park SOS	Joanne West SOS	Clare Woods WAOOC	Katie Sellens SOS
W18	Jacqueline Heybrock WAOOC	Ellen Sanderson SOS	Sarah Park SOS	Clare Woods WAOOC	Emma Johnson SOS	Katie Sellens SOS		
W20	-	Jaqueline Heybrock WAOOC	-	Emma Johnson SOS	Jo West SOS	Hazel Tant SOS		
W21/Open	-	Anna Falk WAOOC	Elsbeth Ingleby CUOC	Katie Sellens SOS	Sarah Wright NOR	Sarah Wright NOR		
W35	Claire Harrison SOS	-	-	Julia Crook WAOOC	Julia Crook WAOOC	Julia Wotton WAOOC	Julia Wotton WAOOC	Julia Wotton WAOOC
W40	Tracey Apperley SOS	Alison Fox WAOOC	Julia Crook WAOOC	Erica Pilkington WAOOC	Louise Walker SUFFOC	Caroline Louth WAOOC	Helen Lloyd NOR	Helen Lloyd NOR
W45	Caroline Louth WAOOC	Helen Lloyd NOR	Wendy Joners WAOOC	Kim Eden NOR	Sue Woods WAOOC	Hilary Sellens SOS		
W50	Barbara Fothergill HAVOC	Hillary Sellens SOS	Hilary Sellens SOS	Hillary Sellens SOS	Janis Ryall WAOOC	Lindsey Freeman WAOOC		
W55	Janet Biggs HAVOC	Lindsey Freeman WAOOC	Lindsey Freeman WAOOC	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		Barbara George NOR
W70	-	Barbara George NOR	Barbara George NOR	Ursula Oxbrough WAOOC	Anne Duncumb WAOOC	Barbara George NOR	Anne Duncumb WAOOC	J Peel NOR
W75	Barbara George NOR	Anne Duncumb WAOOC	Anne Duncome WAOOC	Anne Duncome WAOOC		Sheila Farnbank NOR		
W80								
W85								
W90								
M10	James Nisbet SMOC	William Louth WAOOC	William Louth WAOOC	William Louth WAOOC	William Louth WAOOC	Thomas Louth WAOOC	Thomas Louth WAOOC	Adam Chalkley NOR
M12	Thomas Birkett SOS	Thomas Birkett SOS	Matthew Haynes WAOOC	Thomas Louth WAOOC	Thomas Louth WAOOC	Adam Chalkley NOR	Adam Chalkley NOR	Sophie Louth WAOOC
M14	Jonathan Heybrock WAOOC	Thomas Louth WAOOC	Thomas Louth WAOOC	Jonathan Cronk WAOOC	James Park SOS	Edward Louth WAOOC	Jamie Taylor WAOOC	James Lyne SOS
M16	-	Jonathan Cronk WAOOC	James Park SOS	Edward Louth WAOOC	Edward Louth WAOOC	Simon Gardner WAOOC	Mark Chalkley NOR	Martin Humphries WAOOC
M18	-	James Park SOS	Edward Louth WAOOC	Simon Gardner WAOOC	Simon Gardner WAOOC	Jonathan Pye SOS		
M20	-	Edward Louth WAOOC	James Lyne SOS	James Lyne SOS	James Lyne SOS	Peter Gardner WAOOC		
M21/Open	Dil Wetherill WAOOC	Chris Sellens SOS	Tim Lenton NOR	Rolf Crook WAOOC	Rolf Crook WAOOC	Rolf Crook WAOOC		
M35	Duncan Harrison SOS	Robert Frost NOR	Robert Frost NOR	Robert Frost NOR	Rob Weed SUFFOC	Ian Renfrew WAOOC	Robert Campbell WAOOC	Robert Campbell WAOOC
M40	-	Dil Weatherill WAOOC	Dil Weatherill WAOOC	Dil Weatherill WAOOC	Dil Weatherill WAOOC	Paul Beckett HAVOC	Ian Maynard HAVOC	Neil Humphries WAOOC
M45	Paul Beckett HAVOC	Paul Beckett HAVOC	Mike Belshaw NOR	Neil Humphries WAOOC	Neil Humphries WAOOC	Richard Bonnett SOS	Richard Bonnett SOS	Clive Tant SOS
M50	Mike Capper WAOOC	Mike Capper WAOOC	Kevin Smith NOR	Martin Sellens SOS	Richard Bonnett SOS	Martin Sellens SOS	R Beard WAOOC	Mick Liston RAFO
M55	Mike Jones SMOC	Martin Sellens SOS	Martin Sellens SOS	Stephen Searle NOR	Mick Liston NOR	Malcolm Mann WAOOC	Garry Parmenter HAVOC	John Collyer SOS
M60	Garry Parmenter HAVOC	Mike Bickle WAOOC	Garry Parmenter HAVOC	Garry Parmenter HAVOC	Pat Martin NOR	John Ward NOR	John Ward NOR	Chris Morley WAOOC
M65	Chris Morley WAOOC	Chris Morley WAOOC	John Ward NOR	Chris Morley WAOOC	Chris Morley WAOOC	John Webb SUFFOC		
M70	-	John Harvey NOR	-	Peter Leverington NOR	Jack Isbester SOS	Colin Curtis WAOOC	-	Mike George NOR
M75	Norman Howarth NOR	Norman Howarth NOR	John Peel NOR	Norman Howarth NOR	Maurice Capper WAOOC	John Peel NOR	-	John Peel NOR
M80								
Joan George Junior Trophy	Thomas Birkett SOS	Jacqueline Heybrock WAOOC	Edward Louth WAOOC	James Lyne SOS	James Lyne SOS	Hazel Tant SOS	Laurence Ball NOR	Katie Sellens SOS

East Anglian	2nd December 2001	23rd January 2000	28th March 1999	29th March 1998	16th March 1997	24th March 1996	30th April 1995	27th March 1994
Orienteering	RAFO	CUOC	WASH	NOR	WAOOC	NOR	WASH	WAOOC
Champions	Lynford	High Lodge Warren	Sandringham	Kelling & Bodham	Rishbeth Warren	Lynford	Cockley Cley	Thetford & Rishbeth
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
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
W60								
W65	Barbara George NOR	Ursula Oxburgh WAOOC	Ursula Oxburgh WAOOC	Anne Duncumb WAOOC	Anne Duncumb WAOOC	Anne Duncumb WAOOC	Sheila Farnbank NOR	Pauline Stephens SOS
W70			Sheila Farnbank NOR	Pauline Stevens SOS	Pauline Stevens SOS	Pauline Stevens SOS	Pauline Stevens SOS	S Sills
W75								
W80								
W85								
W90								
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
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
M50	Martin Hore SUFFOC	Bill Morgan NOR		Malcolm Mann WAOOC	Pat Martin NOR	John Collyer SOS	John Collyer SOS	Arthur Boyt HH
M55	John Collyer SOS	Pat Martin NOR	-	Chris Morley WAOOC	Chris Morley WAOOC	Chris Morley WAOOC	Chris Morley WAOOC	D Rose SMOC
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
M65								
M70	-	-	John Peel NOR	John Peel NOR	John Peel NOR	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	19th December 1993	8th November 1992	12th May 1991	7th October 1990	19th November 1989	18th September 1988	4th August 1987	5th October 1986
Orienteering	SOS	WAOB	SOS/SUFFOC	HAVOC	WASH/WAOB	SUFFOC	HAVOC	SOS
Champions	Roman Valley	Mildenhall Woods	Brandon Park	Langdon Hills	Sandringham	Brandon Park	Epping Forest SW	Baddow Ridge
W10								
W12								
W14								
W16								
W18								
W20								
W21/Open								
W35	A Kell SOS	Kim Eden NOR	Lindsey Freeman WAOB	Hilary Sellens SOS	-	Cath Shipley HAVOC	O Brown WAOB	F Coventry NOR
W40								
W45								
W50								
W55	Clarissa Napier NOR	Barbara George NOR	Barbara George NOR	Mary Ryder HAVOC	June Webb SUFFOC	J Peel NOR	J Merry SUFFOC	J Merry SUFFOC
W60								
W65	Pauline Stephens SOS	Pauline Stephens SOS	Pauline Stephens SOS	Pauline Stephens SOS	S Sills SUFFOC	S Sills SUFFOC	S Sills SUFFOC	S Sills SUFFOC
W70	S Sills	S Sills	S Sills					
W75								
W80								
W85								
W90								
M10								
M12								
M14								
M16								
M18								
M20								
M21/Open								
M35								
M40		R Beard WAOB	G Wardle NOR	P Watson WAOB	B Pilgrim NOR	John Collyer SOS	B Pilgrim NOR	Mike Hampton HAVOC
M45	David Hayter HAVOC	David Hayter HAVOC	David Hayter HAVOC	Stan Holroyd SMOC	M Leach WAOB	Pat Martin NOR/RAFO	Hally Hardie WAOB	Hally Hardie WAOB
M50	Pat Martin NOR	Chris Morley WAOB	Chris Morley WAOB	David Peregrine WAOB	R Cole SMOC	Jack Isbester SOS	Jack Isbester SOS	Peter Leverington WAOB
M55	R Barris HH	Jack Isbester SOS	Jack Isbester SOS	Jack Isbester SOS	Mike George NOR	D Ladkin SOS	D Allman NOR	Alan Milton SUFFOC
M60	D Ladkin SOS	D Ladkin SOS	Norman Howarth WASH	John Peel NOR	John Peel NOR	G Knott NOR		
M65								
M70	Peter Softley	Lionel Eagles NOR	Peter Softley					
M75								
M80								
Joan George Junior Trophy								

East Anglian	12th May 1985
Orienteering	CHIG
Champions	Epping Forest SE
W10	
W12	
W14	
W16	
W18	
W20	
W21/Open	
W35	F Coventry NOR
W40	
W45	
W50	
W55	J Merry SUFFOC
W60	
W65	S Sills SUFFOC
W70	
W75	
W80	
W85	
W90	
M10	
M12	
M14	
M16	
M18	
M20	
M21/Open	
M35	
M40	John Collyer SOS
M45	Hally Hardie WAOC
M50	Jack Isbester SOS
M55	Alan Milton SUFFOC
M60	Lionel Eagles NOR
M65	
M70	
M75	
M80	
Joan George Junior Trophy	