

NORFOLK - ESAA MEDALLISTS

GIRLS

1933	U14	HJ	1	Grace Halliday	1966	I	SP	3	Joyce Hart
1936	U14	LJ	3	Nancie Appleby	1967	I	SP	2	Joyce Hart
1937	U14	100y	2	Sybil Buckle	1968	I	SP	2	Gwen Bird
1937	U16	100y	3	Sylvia Bennett	1969	I	SP	3	Gwen Bird
1938	U16	100y	1	Sybil Buckle	1970	S	DT	1	Gwen Bird
1947	U14	150y	3	Vilma Pye	1971	I	DT	2	J. Punchard
1948	U16	80mH	2	Kathleen Dicker	1971	S	SP	2	Gwen Bird
1950	J	100y	3	P. Wright	1972	S	100m	3	Val Taylor
1950	J	70yH	3	Beryl Goodswen	1973	I	LJ	3	Diane Gray
1950	J	LJ	2	Anne Pashley	1974	I	LJ	2	Diane Gray
1951	J	100y	3	P. Wright	1975	I	100m	3	Caroline Mooney
1951	I	100y	1	Anne Pashley	1976	J	100m	1	Pippa Baker
1952	J	HJ	1	Pat Staff	1976	S	LJ	3	Diane Gray
1952	I	100y	1	Anne Pashley	1977	I	100m	1	Pippa Baker
1953	S	100y	1	Anne Pashley	1978	J	75mH	3	Debra Lake
1955	I	DT	3	Susan Wakefield	1978	I	100m	1	Pippa Baker
1956	J	150y	2	Myrna Read	1979	S	100m	1	Pippa Baker
1956	J	DT	3	Beryl Hawes	1981	J	1500m	3	Jo Howarth
1956	S	DT	1	Susan Wakefield	1986	S	1500m	3	Clare Lavers
1957	J	JT	3	Lesley Jelliff	1986	S	200m	3	Rachel Kirby
1957	J	LJ	2	Judith Starling	1987	S	200m	2	Rachel Kirby
1957	S	DT	2	Susan Wakefield	1988	J	SP	1	Michaela Nascimento
1958	J	4x110y	3	Norfolk	1990	J	1500m	3	Cheryll Fisher
1958	I	LJ	1	Judith Starling	1990	J	800m	3	Rachel Buller
1959	J	4x110y	3	Norfolk	1991	I	100m	3	Gaynor Easter
1959	I	100y	2	Jane Harrison	1992	J	PEN	1	Claire Everett
1959	I	4x110y	2	Norfolk	1992	J	SP	3	Anna-Lisa Howard
1959	I	JT	3	Lesley Jelliff	1992	I	100m	3	Gaynor Easter
1959	I	LJ	1	Judith Starling	1993	J	PEN	1	Claire Everett
1959	S	JT	2	Dawne Gosling	1993	J	HJ	1	Claire Everett
1960	S	JT	2	Dawne Gosling	1994	I	300mH	2	Cecily Hall
1960	S	LJ	1	Judith Starling	1994	I	SP	3	Anna-Lisa Howard
1961	J	LJ	1	Helen Podlesney	1996	I	JT	3	Christine Head
1961	I	150y	3	Patricia Wright	1996	S	400m	1	Emma Symonds
1961	S	880y	1	Mary Tagg	1996	S	400mH	2	Cicely Hall
1962	I	880y	1	Maureen Day	1997	J	PEN	3	Barbara Parker
1962	S	880y	1	Mary Tagg	1997	S	400mH	1	Cicely Hall
1963	I	880y	1	Maureen Day	1997	S	SP	3	Claire Everett
1963	S	DT	2	Bridget Chapman	1999	I	800m	2	Barbara Parker
1964	J	SP	1	Joyce Hart	2000	J	75mH	1	Leah McGuire
1964	I	DT	2	Angela Hooks	2000	J	HJ	3	Rebecca Bell
1965	J	SP	1	Joyce Hart	2001	J	75mH	1	Leah McGuire
1965	I	DT	2	Angela Hooks	2001	I	300mH	2	Maria Garavand

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GIRLS (cont'd)

2001	S	3000m	3	Ruth Proctor	2009	I	SP	3	Sophie McKinna
2001	S	800m	1	Barbara Parker	2010	I	JT	2	Laura McDonald
2002	I	300mH	1	Maria Garavand	2010	I	SP	1	Sophie McKinna
2002	S	3000m	1	Ruth Proctor	2011	S	CC	2	Iona Lake
2003	J	800m	1	Gillian Moss	2012	J	HJ	3	Natoya Rimmer
2003	I	SP	2	Kayleigh Southgate	2013	J	JT	3	Abby Gooderham
2003	S	400mH	3	Maria Garavand	2014	S	JT	1	Elsbeth Jamieson
2005	I	HT	1	Megan Boon	2015	S	JT	2	Elsbeth Jamieson
2005	S	3000m	3	Ruth Senior	2016	J	HT	3	Lucy Koenigsberger
2006	I	CC	1	Rosie Betts	2018	I	HT	3	Lucy Koenigsberger
2006	S	3000m	3	Ruth Senior	2019	J	100m	3	Ann Kalu
2006	S	HT	3	Megan Boon	2021	J	PEN	1	Isabelle Mardle
2007	S	3000m	1	Danielle Nimmock	2021	J	100m	3	Lily Bradley
2007	S	800m	1	Rachel Stringer	2021	J	75mH	1	Isabelle Mardle
2008	J	4x100m	2	Norfolk	2022	J	4x100m	3	Norfolk
2008	J	75mH	2	Victoria Williamson	2022	I	80mH	1	Isabelle Mardle
2008	J	JT	2	Laura McDonald	2023	S	1500mST	2	Hattie Reynolds
2008	J	SP	2	Sophie McKinna	2024	J	75mH	2	Rebecca Johnson
2008	S	200m	3	Harriet Lucas	2024	I	HT	3	Lilymae Coote
2008	S	800m	1	Rachel Stringer	2025	J	SP	3	Jennifer Mardle
2009	J	100m	1	Clieo Stephenson	2025	I	200m	3	Maizie Boylan
2009	J	4x100m	2	Norfolk	2025	S	400mH	2	Caitlin Bell
2009	J	JT	1	Laura McDonald					

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BOYS

1931	U14	HJ	2	Arthur Campling	1962	S	SP	2	Cornelius Ellerbrook
1932	U14	HJ	1=	Arthur Campling	1963	J	DT	3	K. Baker
1932	U14	LJ	3	Bernard Brice	1963	I	CC	1	Mike Tagg
1933	U14	LJ	1	Mervyn Vickery	1963	I	440y	1	Mike Fitzgerald
1935	U16	100y	2	Mervyn Vickery	1963	S	120yH	3	Colin McManus
1937	U14	HJ	2	Leonard Maidstone	1963	S	SP	2	Cornelius Ellerbrook
1939	U14	440y	1	Raymond Archbold	1964	J	PV	3	Gordon Mussett
1939	U16	HJ	1	F. Krubber	1964	I	DT	2	K. Baker
1947	U14	HJ	3	B. Ottewell	1964	S	CC	1	Mike Tagg
1948	J	100y	1	Wilfred Alcock	1964	S	1M	1	Mike Tagg
1950	J	DT	1	R. Pearson	1964	S	TJ	3	Albert Darby
1951	J	SP	1	L. Brighton	1965	J	1M	2	Paul Dennis
1951	I	LJ	1	J. Ward	1965	J	HT	3	D. Tungate
1951	S	440y	2	Ted Buswell	1965	S	CC	1	Mike Tagg
1954	J	DT	3	J. Eagle	1965	S	1M	2	Mike Tagg
1954	J	JT	1	John Andrews	1965	S	200yH	2	Mervyn Boast
1954	J	LJ	3	L. Hubbard	1966	I	220y	2	Benjamin Bolton-Maggs
1954	J	SP	2	A. Davy	1967	I	1M	3	Paul Dennis
1955	J	LJ	1	L. Hubbard	1967	S	200yH	2	Ian Ray
1955	J	TJ	1	Bernard Bailey	1968	J	HT	3	Richard Farrell
1956	J	100y	1	Barry Bridges	1968	I	HJ	3	Alexander MacDuff
1956	S	DT	2	B. Winn	1968	S	1M	1	Paul Dennis
1957	J	HJ	2	A. Smith	1969	J	CC	3	Kevin Steere
1957	I	PV	1	Joe Ely	1969	J	1500m	3	Kevin Steere
1958	J	DT	2	D. Harkness	1969	I	400m	2	Keith Howlett
1958	J	JT	1	John Gibbs	1969	S	1500m	3	Paul Dennis
1958	S	JT	1	Robin Howes	1970	I	400m	2	Keith Howlett
1959	J	SP	1	Anthony Elvin	1970	I	HT	2	Richard Farrell
1959	J	SP	3	K. Hinchley	1971	J	800m	1	Gary Jarvis
1959	S	JT	1	Robin Howes	1971	J	JT	3	B. Hooks
1959	S	PV	3	Michael Reynolds	1971	I	3000m	1	Kevin Steere
1960	I	HJ	2	Glyn Long	1972	S	CC	2	Kevin Steere
1960	I	JT	2	John Gibbs	1972	S	5000m	1	Kevin Steere
1960	S	200yH	1	Barry Williamson	1973	S	CC	1	Kevin Steere
1960	S	440y	1	Derek Farman	1973	S	5000m	1	Kevin Steere
1961	J	1M	1	Mike Tagg	1974	J	400m	3	S. Hoffmann
1961	J	JT	2	B. Rudd	1974	I	HT	3	Joseph Huizar
1961	J	TJ	3	R. Scott	1975	J	1500m	2	S. Jones
1961	I	HT	2	John Cusworth	1975	S	DT	2	James Flint
1961	I	SP	2	Cornelius Ellerbrook	1976	J	HT	2	S. Thacker
1961	S	JT	2	John Gibbs	1977	I	HJ	3	Cliff Heilman
1962	I	1M	3	Mike Tagg	1977	S	JT	3	Timothy Newenham
1962	S	880y	3	Robin Youngs	1978	J	HT	2	A. Simpkins

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BOYS (cont'd)

1978	S	100m	3	Jonathan Marsden	2009	J	HT	2	Michael Painter
1981	S	HJ	2	Denis Costello	2009	J	JT	1	Oliver Bradfield
1983	J	1500m	2	Darren Mead	2009	S	HJ	3	Christopher Baker
1983	J	HJ	3	Paul Beales	2009	S	TJ	2	James McLachlan
1985	I	CC	1	Darren Mead	2010	J	400m	1	Aaron Pitt
1985	I	3000m	1	Darren Mead	2010	J	JT	1	Oliver Bradfield
1985	S	SP	3	Robert Dinsdale	2010	I	HT	2	Callum Brown
1986	I	1500mST	3	Philip Marsh	2010	S	LJ	1	James McLachlan
1989	S	TJ	3	Matthew Groom	2011	I	HT	1	Michael Painter
1990	S	400m	3	Kent Ulyatt	2011	S	TJ	3	Jimi Tele
1992	J	200m	2	James Shipp	2012	I	JT	3	Oliver Bradfield
1992	I	400m	3	Nick Budden	2012	S	HT	1	Callum Brown
1993	S	400m	2	Nick Budden	2012	S	TJ	1	Jimi Tele
1994	J	SP	3	Jamie Hunt	2013	S	HT	1	Michael Painter
1994	S	400m	3	Nick Budden	2014	J	TJ	3	Wesley Matsuka-Williams
1995	S	400m	3	James Shipp	2014	I	4x100m	2	Norfolk
1996	J	HT	3	Damien Howard	2015	I	DT	2	Oliver Massingham
1997	I	HJ	2	Simon Bannister	2015	I	TJ	3	Wesley Matsuka-Williams
1999	S	4x100m	2	Norfolk	2015	S	100m	3	Jack Dearden
2000	J	100m	3	Ben Hamblin	2015	S	4x100m	1	Norfolk
2000	J	400m	2	David Vass	2015	S	LJ	2	Ross McLachlan
2004	J	HT	3	Sam Coe	2016	I	TJ	1	Wesley Matsuka-Williams
2005	J	HJ	3	Christopher Baker	2017	S	DT	3	Oliver Massingham
2005	I	1500mST	3	Martyn Bath	2017	S	JT	1	Daniel Bainbridge
2005	S	DEC	2	Francis Baker	2017	S	JT	2	Don Baker
2006	J	CC	3	James Senior	2018	S	TJ	1	Wesley Matsuka-Williams
2006	J	800m	1	James Senior	2019	J	300m	2	Calvin Smith
2006	I	400mH	3	James Thompson	2019	I	SP	3	Alfie Williams
2006	S	2000mST	2	Steve Cannell	2021	I	400m	1	Calvin Smith
2006	S	800m	3	Rick Ward	2021	I	TJ	2	Conrad Winter
2006	S	LJ	2	Francis Baker	2022	I	100mH	1	Jaiden Dean
2007	I	CC	3	James Robinson	2022	S	DEC	2	Conrad Winter
2007	I	1500m	2	James Robinson	2023	S	DEC	1	Conrad Winter
2007	I	HJ	1	Christopher Baker	2023	S	800m	1	Henry Jonas
2007	S	CC	1	Mitch Goose	2024	I	3000m	1	Michael Clark
2007	S	3000m	1	Mitch Goose	2025	S	1500m	1	Zachary Dunne
2008	J	HT	1	Danny Clayton	2025	S	3000m	1	Michael Clark
2008	I	1500mST	1	James Senior	2025	S	800m	3	Tobias Cheesbrough
2008	S	3000m	2	James Robinson	2026	S	CC	3	Michael Clark
2008	S	HJ	2	Christopher Baker	2026	J	HJ	2	Dexter Appleton-Barnes
2009	J	800m	2	Aaron Pitt	2026	S	3000m	1	Michael Clark
2009	J	HJ	1	Zino Mario Ghae	2026	S	800m	1	William Percival

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MIXED RELAY

2023	J	4x100m	1	Norfolk
2023	I	4x100m	3	Norfolk
2024	S	4x100m	3	Norfolk

ESAA Championship performances are shown in the abbreviated format *yyyy a eeee p* where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior, pre-1948 the age groups were Under-14 (U14) and Under-16 (U16))

eeee Event (for example CC - Cross Country, PEN – Pentathlon)

p Place achieved