

County Clubs

Male U40

Norwich Road Runners 1 (264)

12 John Hudson
13 Simon Wright
94 Ryan Kennedy
145 David Crow

Male O40

Ryston Runners AC 1 (53)

1 Matt Pyatt
10 Warren Armstrong
19 Simon Able
23 Martin Sheldrick

Norwich Road Runners 1 (96)

9 Richard Johnson
22 Marc Coles
26 Chris Bullock
39 James Dunne

Norfolk Gazelles AC 1 (127)

8 John Moore
30 Tim Sexton
40 James Fowler
49 Jason Brunt

Female U40

Ryston Runners AC 1 (305)

74 Lorena Latisaite

92 Jan Manning

139 Lisa Pyatt

North Norfolk Beach Runners 1 (391)

29 Nicky Alford

48 Charlotte Neale

314 Katherine Wright

Norfolk Gazelles AC 1 (466)

83 Katherine Trehane

151 Kathryn Head

232 Louise Isherwood

Female O40

Wymondham AC 1 (336)

72 Alexandra Smith

93 Sharon Hurren

171 Zoe Jones

Norwich Road Runners 1 (356)

108 Catherine Henery

120 Penny Edwards

128 Caroline Houghton

Great Yarmouth Road Runners (585)

122 Penny Studley

221 Julie Webster

242 Lorraine Dawson