

Men

Overall

1. Jack White 00:15:43 (City of Norwich Athletics Club)
2. Michael Eccles 00:15:57 (Norfolk Gazelles AC)
3. Gary Crush 00:16:10 (City of Norwich Athletics Club)

MJ

1. Jake Spearman 00:16:48 (Dereham Runners AC)
2. Ashley Dennett 00:16:57 (City of Norwich Athletics Club)
3. Jacob Stares 00:17:32 (North Norfolk Harriers AC)

M40-44

1. Matthew Allen 00:16:31 (Ryston Runners AC)
2. Alan Hume 00:17:15 (Norfolk Gazelles AC)
3. Ian Jermy 00:18:10 (Bure Valley Harriers)

M45-49

1. Scott Walford 00:16:45 (Bure Valley Harriers)
2. Nicholas Bensley 00:17:32 (Ryston Runners AC)
3. Matt Stone 00:18:14 (Bure Valley Harriers)

M50-54

1. Mark Garrett 00:18:12 (Norwich Road Runners)
2. Stewart Robins 00:18:36 (Ryston Runners AC)
3. Ian Moore 00:18:48 (Wymondham AC)

M55-59

1. John Moore 00:17:42 (Norfolk Gazelles AC)
2. Nigel Arnold 00:18:16 (Norfolk Gazelles AC)
3. Yitzhak Ben-aroya 00:19:14 (Barnet & District AC)

M60+

1. Nigel Walsh 00:19:57 (TriHarman Norfolk Tri Club)
2. John Baxter 00:20:59 (Bure Valley Harriers)
3. Kenneth Bowman 00:21:06 (Coltishall Jaguars)