

# Women

## Overall

1. Sarah Astin 00:17:39 (Manx Harriers)
2. Jo Coates 00:18:02 (Saint Edmund Pacers)
3. Eleanor Grubb 00:18:57 (City of Norwich Athletics Club)

## FJ

1. Marion Beaurain 00:22:29 (RCCCA)
2. Hannah Stone 00:23:06 (Bure Valley Harriers)
3. Tara Baxter 00:24:53 (Bure Valley Harriers)

## F40-44

1. Nicola Holden 00:20:53 (Coltishall Jaguars)
2. Sarah Stubbs 00:21:13 (City of Norwich Athletics Club)
3. Nina Atkinson 00:21:31 (Reepham Runners)

## F45-49

1. Sabina Spence 00:20:35 (Bure Valley Harriers)
2. Sharon Hurren 00:20:49 (Wymondham AC)
3. Vicky Tovell 00:22:19 (Coltishall Jaguars)

## F50-54

1. Louise Hurr 00:21:45 (Norfolk Gazelles AC)
2. Dawn Broom 00:22:15 (Penistone Footpath Runners & Athletic Club)
3. Ruth Gaunt 00:22:56 (Norwich Road Runners)

## F55-59

1. Wendy Smith 00:24:53 (Norwich Road Runners)
2. Doreen Neal 00:25:10 (Coltishall Jaguars)
3. Bobbie Sauerzapf 00:25:18 (Bungay Black Dog RC)

## F60+

1. Jane Ashby 00:24:46 (Ryston Runners AC)
2. Susan Moore 00:25:03 (Norfolk Gazelles AC)
3. Rosemary Jackson 00:25:03 (Coltishall Jaguars)