

Men

Overall

1. Mark Sands 00:56:18 (Skegness and District Running Club)
2. Scott Walford 00:56:42 (Bure Valley Harriers)
3. Paul Holley 00:57:47 (Newmarket Joggers)

M40-44

1. Matt Pyatt 00:57:53 (Dereham Runners AC)
2. Neil Adams 00:59:00 (North Norfolk Beach Runners)
3. Richard Johnson 01:00:35 (Wymondham AC)

M45-49

1. Richard Ebbs 00:58:37 (Ryston Runners AC)
2. Darren Honour 01:00:45 (Bungay Black Dog RC)
3. Chris Haylock 01:02:14 (Lowestoft Road Runners)

M50-54

1. Spencer Goodall 00:58:04 (City of Norwich Athletics Club)
2. Mark Garrett 01:03:10 (Norwich Road Runners)
3. Matthew Pask 01:04:23 (Norwich Road Runners)

M55-59

1. John Moore 01:00:58 (Norfolk Gazelles AC)
2. Kevin Lemmon 01:08:47
3. Rod Bye 01:09:38 (Coltishall Jaguars)

M60-64

1. pete johnson 01:11:40 (Ryston Runners AC)
2. Andrew Lane 01:13:28 (Wymondham AC)
3. John Lee 01:16:13 (Tri-Anglia Triathlon Club)

M65+

1. Colin Robilliard 01:08:03 (Bure Valley Harriers)
2. Stephen Dady 01:10:52 (Wymondham AC)
3. Kenneth Bowman 01:12:14 (Coltishall Jaguars)

Women

Overall

1. Kathryn Mathias 01:04:55
2. Cat Cummings 01:05:03 (Wymondham AC)
3. Kate Murrell 01:06:34 (Tri-Anglia Triathlon Club)

F40-44

1. Alexandra Smith 01:08:58 (Wymondham AC)
2. Emily Woodfield 01:11:01 (Tri-Anglia Triathlon Club)
3. Stacey Harper 01:11:50 (Norwich Road Runners)

F45-49

1. Theresa Dooley 01:10:03 (Norfolk Gazelles AC)
2. Elly Young 01:13:00 (Coltishall Jaguars)
3. Penny Studley 01:13:18 (Great Yarmouth Road Runners)

F50-54

1. Helen Mian 01:12:05 (Norfolk Gazelles AC)
2. Catherine Henery 01:14:13 (City of Norwich Athletics Club)
3. Louise Hurr 01:17:45 (Norfolk Gazelles AC)

F55-59

1. Jenny Sheahan 01:17:41
2. Alison Stewart 01:19:43 (Norwich Road Runners)
3. Pauline Leeves 01:21:57 (Great Yarmouth Road Runners)

F60-64

1. Anne Ellen 01:20:10 (Norfolk Gazelles AC)
2. Elizabeth Whittaker 01:24:00 (Bushfield Joggers)
3. Linda Cusack 01:26:23 (Thetford AC)

F65+

1. Jane Ashby 01:26:53 (Ryston Runners AC)
2. Gill Woodhouse 01:29:22 (Dereham Runners AC)
3. Carole Spong 01:34:20 (Great Yarmouth Road Runners)

County Men

Champion

Scott Walford 00:56:42

MO

1. Chris Parker 00:59:56 (North Norfolk Beach Runners)
2. Adam Bamford 01:00:29 (City of Norwich Athletics Club)
3. Simon Bryant 01:01:24 (Norwich Road Runners)

M40-44

1. Matt Pyatt 00:57:53 (Dereham Runners AC)
2. Neil Adams 00:59:00 (North Norfolk Beach Runners)
3. Richard Johnson 01:00:35 (Wymondham AC)

M45-49

1. Scott Walford 00:56:42 (Bure Valley Harriers)
2. Richard Ebbs 00:58:37 (Ryston Runners AC)
3. Darren Honour 01:00:45 (Bungay Black Dog RC)

M50-54

1. Spencer Goodall 00:58:04 (City of Norwich Athletics Club)
2. Mark Garrett 01:03:10 (Norwich Road Runners)
3. Matthew Pask 01:04:23 (Norwich Road Runners)

M55-59

1. John Moore 01:00:58 (Norfolk Gazelles AC)
2. Kevin Lemmon 01:08:47
3. Rod Bye 01:09:38 (Coltishall Jaguars)

M60-64

1. pete johnson 01:11:40 (Ryston Runners AC)
2. Andrew Lane 01:13:28 (Wymondham AC)
3. John Lee 01:16:13 (Tri-Anglia Triathlon Club)

M65+

1. Colin Robilliard 01:08:03 (Bure Valley Harriers)
2. Stephen Dady 01:10:52 (Wymondham AC)
3. Kenneth Bowman 01:12:14 (Coltishall Jaguars)

County Women

Champion

Kathryn Mathias 01:04:55

FO

1. Kate Murrell 01:06:34 (Tri-Anglia Triathlon Club)
2. Jessica Behan 01:07:58 (Norwich Road Runners)
3. Sarah Peachey 01:09:04 (Wymondham AC)

F40-44

1. Kathryn Mathias 01:04:55
2. Cat Cummings 01:05:03 (Wymondham AC)
3. Alexandra Smith 01:08:58 (Wymondham AC)

F45-49

1. Theresa Dooley 01:10:03 (Norfolk Gazelles AC)
2. Elly Young 01:13:00 (Coltishall Jaguars)
3. Penny Studley 01:13:18 (Great Yarmouth Road Runners)

F50-54

1. Helen Mian 01:12:05 (Norfolk Gazelles AC)
2. Catherine Henery 01:14:13 (City of Norwich Athletics Club)
3. Louise Hurr 01:17:45 (Norfolk Gazelles AC)

F55-59

1. Alison Stewart 01:19:43 (Norwich Road Runners)
2. Pauline Leeves 01:21:57 (Great Yarmouth Road Runners)
3. Jackie Bye 01:24:45 (Coltishall Jaguars)

F60-64

1. Anne Ellen 01:20:10 (Norfolk Gazelles AC)
2. Linda Cusack 01:26:23 (Thetford AC)
3. Susan Moore 01:36:52 (Norfolk Gazelles AC)

F65+

1. Jane Ashby 01:26:53 (Ryston Runners AC)
2. Gill Woodhouse 01:29:22 (Dereham Runners AC)
3. Sheila Smith 01:34:25

County Clubs

Male U40

North Norfolk Beach Runners (111)

8 Chris Parker
25 Adam Smart
32 Darren Neale
46 Alex Curtis

Norwich Road Runners 1 (172)

16 John Hudson
31 Simon Baxter
43 Ian Bray
82 Daniel Middleton

Male O40

Norwich Road Runners 1 (83)

19 Chris Bullock
20 Trevor Gannon
21 Marc Coles
23 Mark Garrett

North Norfolk Beach Runners 1 (139)

7 Neil Adams
24 Chris Merrylees
50 Edward Rawlings
58 Dean Howard

Wymondham AC 1 (148)

10 Richard Johnson
15 Mark Banfield
29 Steve Ely
94 Stephen Dady

Female U40

Norwich Road Runners 1 (259)

63 Jessica Behan

81 Alicia Lacey

115 Deborah English

Female O40

Wymondham AC 1 (320)

42 Cat Cummings

76 Alexandra Smith

202 Cassie Barker

Norfolk Gazelles AC 1 (378)

87 Theresa Dooley

108 Helen Mian

183 Louise Hurr

Norwich Road Runners 1 (420)

107 Stacey Harper

126 Caroline Houghton

187 Ruth Gaunt