

Team

| <i>Category</i> | <i>Club</i> | <i>Name</i> | <i>Time</i> | |
|--------------------------------------|---------------------------------------|--------------------------------|-----------------|-------|
| Female Veteran | <i>Norwich Road Runners (276)</i> | 1 Tracey Curl | 68 07 | |
| | | 2 Sally Cushing | 75 24 | |
| | | 3 Caroline Tayler | 79 45 | |
| | <i>Wymondham AC (305)</i> | 1 Veronica Manly | 74 21 | |
| | | 2 Sharon Hurren | 75 18 | |
| | | 3 Angie Bear | 78 00 | |
| | <i>Norfolk Gazelles AC (429)</i> | 1 Jane Clarke | 77 26 | |
| | | 2 Jackie Harrop | 83 59 | |
| | | 3 Carolyn Poole | 84 20 | |
| | <i>Gt Yarmouth Road Runners (485)</i> | 1 Karen Manning | 78 29 | |
| | | 2 Ann O'Leary | 87 43 | |
| | | 3 Jill Day | 89 10 | |
| | Male Veteran | <i>City of Norwich AC (51)</i> | 1 Richard Sales | 54 49 |
| | | | 2 Paul Woodyatt | 61 23 |
| | | | 3 Vince Ellis | 66 26 |
| <i>Gt Yarmouth Road Runners (60)</i> | | 1 Andrew Manning | 63 12 | |
| | | 2 Neil Sibley | 63 26 | |
| | | 3 Mike Spragg | 64 38 | |
| <i>Ryston Runners AC (73)</i> | | 1 David Robinson | 64 19 | |
| | | 2 Kevin Howlett | 64 55 | |
| | | 3 Anthony Savage | 64 57 | |
| <i>Wymondham AC (79)</i> | | 1 Terry Epps | 62 42 | |

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|--------------------|---|-----------------------|-------------|
| | | 2 Paul Wightman | 65 26 |
| | | 3 Adrian Preston | 66 21 |
| | <i>Norwich Road Runners (81)</i> | | |
| | | 1 Guy Roper | 61 00 |
| | | 2 Kieron Haines | 65 09 |
| | | 3 Martin Yeomans | 67 57 |
| | <i>North Norfolk Beach Runners (91)</i> | | |
| | | 1 Michael Sadler | 64 46 |
| | | 2 Trevor Emery | 66 08 |
| | | 3 Jim Hayes | 66 22 |
| | <i>Norfolk Gazelles AC (136)</i> | | |
| | | 1 Pete Johnson | 60 15 |
| | | 2 Trevor Adcock | 68 47 |
| | | 3 Anthony Gordon-Gray | 71 46 |
| | <i>Bungay Black Dog RC (171)</i> | | |
| | | 1 Jim Cooper | 64 12 |
| | | 2 Robin Wilson | 71 32 |
| | | 3 Chris Chorley | 71 33 |
| | <i>Fenland Running & AC (175)</i> | | |
| | | 1 Tim Chapman | 60 59 |
| | | 2 Colin Ferguson | 70 19 |
| | | 3 Philip England | 75 14 |
| | <i>Reepham Runners (250)</i> | | |
| | | 1 Gregory Quinn | 67 12 |
| | | 2 Nick Bowden | 70 40 |
| | | 3 Ernest Adams | 80 55 |
| | <i>Stowmarket Striders (311)</i> | | |
| | | 1 Richard Fellingham | 73 14 |
| | | 2 Chris Gladwell | 74 33 |
| | | 3 Leslie Basham | 81 07 |
| Male Senior | | | |
| | <i>Norwich Road Runners (244)</i> | | |
| | | 1 Andrew Walpole | 59 11 |
| | | 2 Gavin Thouless | 69 43 |
| | | 3 Justin Ashford | 88 21 |

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