

Individual Winners (Male)

Race Awards

17-39

1st	Rob Joy	53.54
2nd	Richard Bateson	56.13
3rd	Stephen Gibbs	57.58

40-44

1st	Nicholas Bensley	64.28
2nd	Spencer Goodall	64.53
3rd	Paul Davies	65.04

45-49

1st	Mark Garrett	60.53
2nd	Mark Haylett	63.57
3rd	Neil Sibley	65.52

50-54

1st	Paul Muffett	61.40
2nd	Richard White	62.47
3rd	Dave Robinson	63.13

55-59

1st	Colin Robilliard	61.44
2nd	John Leversedge	62.17
3rd	Martin Auger	66.22

60-64

1st	Martin Yeomans	65.38
2nd	Richard Blake	67.52
3rd	Peter Cook	70.35

65+

1st	Jim Hayes	74.49
2nd	Michael Smith	79.36
3rd	Rex Wade	82.17

Wheelchair

1st	Peter Downing	77.25
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County Awards

U40

1st	Rob Joy	53.54
2nd	Stephen Gibbs	57.58
3rd	Chris Merrylees	58.44

40-49

1st	Mark Garrett	60.53
2nd	Nicholas Bensley	64.28

3rd Spencer Goodall 64.53

50-59

1st Paul Muffett 61.40

2nd Colin Robilliard 61.44

3rd John Leversedge 62.17

60+

1st Martin Yeomans 65.38

2nd Richard Blake 67.52

3rd Peter Cook 70.35

Team Awards (Male)

Race Awards (3 Per)

U40

1st Norwich Road Runners

Rob Joy)

Stephen Gibbs) 49

Paul Higham)

40+

1st Norwich Road Runners

Mark Garrett)

Paul Davies) 57

Martin Yeomans)

County Awards (4 Per)

U40

1st Norwich Road Runners

Rob Joy)

Stephen Gibbs) 49

Paul Higham)

Matthew Frary)

2nd

Wymondham AC

Andy Vinsen)

Paul Waity) 252

Adam Masterson)

Jason Mountain)

3rd

Norwich Road Runners

James Guyton)

Paul Smith) 440

Ken Bool)

Ian Moore)

40+

1st Norwich Road Runners

Mark Garrett)

Paul Davies) 85
Martin Yeomans)
David Tandy)

2nd

Wymondham AC
Richard White)
Eddie Greenland) 125
Andrew Preston)
Tony Epps)

3rd

Ryston Runners AC
Dave Robinson)
Nicholas Bensley) 127
Leslie Scott)
Ian Saunders)

Individual Winners (Female)

Race Awards

17-34

1st	Marie French	64.11
2nd	Nicky Alford	64.41
3rd	Isabella List	68.26

35-39

1st	Tanya Crofts	68.47
2nd	Rebecca Faircloth	70.45
3rd	Jane Holmes	76.45

40-44

1st	Karen Archbold	68.24
2nd	Joanne Diffey	76.24
3rd	Karen Manning	76.46

45-49

1st	Annie Bradbury	70.37
2nd	Sally Cushing	74.45
3rd	Maire Irlam	81.04

50-54

1st	Bobbie Sauerzapf	78.15
2nd	Angie Bear	81.35
3rd	Hazel Spalding	82.05

55-59

1st	Lynn Tanner	75.07
2nd	Anne Millett	78.08
3rd	Shirley Ball	83.11

60+

1st	Veronica Manly	82.48
2nd	Brenda Kinch	86.02
3rd	Carole Spong	90.45

County Awards

U40

1st	Marie French	64.11
2nd	Nicky Alford	64.41
3rd	Isabella List	68.26

40-49

1st	Annie Bradbury	70.37
2nd	Sally Cushing	74.45

3rd Karen Manning 76.46

50-59

1st Anne Millett 78.08

2nd Bobbie Sauerzapf 78.15

3rd Angie Bear 81.35

60+

1st Veronica Manly 82.48

2nd Brenda Kinch 86.02

3rd Carole Spong 90.45

Team Awards (Female)

Race Awards (3 Per)

U35

1st Norwich Road Runners

Rachel Fiddy)

Alice Birdsall) 534

Sarah Kelly)

35+

1st Wymondham AC

Tanya Crofts)

Rebecca Faircloth) 295

Angie Bear)

County Awards (3 Per)

U40

1st Wymondham AC

Tanya Crofts)

Rebecca Faircloth) 224

Claire Vinsen)

2nd

Ryston Runners AC

Marie French)

Lesley Robins) 350

Helen Melville)

3rd

Coltishall Jaguars

Isabella List)

Melanie Burch) 463

Claire Owen)

40+

1st Ryston Runners

Annie Bradbury)

Maureen Wolfe) 413
Alison Milnes)

2nd

Norwich Road Runners
Sally Cushing)
Anne Millett) 431
Hayley Gerrard)

3rd

Wymondham AC
Angie Bear)
Sue Stirling) 534
Patsey Bradley)