

Category	Club	TeamPos	Name	Time
Female Veteran	Norwich Road Runners (241)	1	Sharon Bardwell	76 02
		2	Joanna Godwin	77 19
		3	Anne Millett	80 02
	Wymondham AC (324)	1	Angie Bear	82 11
		2	Rebecca Coulter	83 22
		3	Julia Lloyd	85 39
Male Veteran	Wymondham AC (67)	1	Spencer Goodall	59 04
		2	Andrew Preston	66 06
		3	Terry Epps	69 16
	Ryston Runners AC (74)	1	Andy Smith	65 37
		2	Simon Able	66 13
		3	Steve Bowerman	66 48
	Gt Yarmouth Road Runners (119)	1	Neil Sibley	68 48
		2	Stephen Etherington	70 11
		3	Stephen Dady	70 40
	Norwich Road Runners (150)	1	Tim Topper	55 57
		2	Keith Brighty	74 38
		3	Charles Wood	79 36
	Tri-Anglia (200)	1	Mark Clues	65 19
		2	David Kellaway	71 44
		3	Chris Groves	87 20
	North Norfolk Beach Runners (214)	1	Richard Blake	69 36
		2	Jim Hayes	71 55
		3	Noel Spruce	86 10
Norfolk Gazelles AC (254)	1	Pete Johnson	65 49	
	2	Andrew Hammond	78 24	
	3	Andrew Burrage	92 53	
Bungay Black Dog RC (291)	1	Jonathan Wiles	66 43	
	2	Stuart Spencer	80 01	
	3	Douglas Gladwin	102 43	
Male Senior	Lowestoft Road Runners (110)	1	Chris Scott	63 28
		2	Paul Lyon	64 20
		3	Tom Collier	78 00
	Wymondham AC (166)	1	Andy Vinsen	62 59

2 Jason Mountain	67 30
3 Timothy Johnson	85 58