

| CATEGORY | POS | CLUB | NAME | RACE POS | TIME |
|-------------------|-----|-----------------------------------|------------------|----------|--------|
| MALE U40 | 1st | Norfolk Gazelles (130) | Mark Grubb | 1 | 56 34 |
| | | | Joseph Hawes | 5 | 58 24 |
| | | | Russell Debeer | 56 | 69 33 |
| | | | Ian Edwards | 68 | 71 45 |
| | 2nd | Ryston Runners (232) | Matthew Wortley | 22 | 63 17 |
| | | | Marcus Hawkins | 25 | 63 44 |
| | | | Michael Howlett | 29 | 65 15 |
| | | | Kevin Smith | 156 | 85 03 |
| | 3rd | N/A | | | |
| MALE 40+ | 1st | Norwich Road Runners (150) | Mark Garrett | 26 | 64 41 |
| | | | David Tandy | 39 | 66 31 |
| | | | Keith Brighty | 40 | 66 38 |
| | | | Adrian Grand | 45 | 67 46 |
| | 2nd | Ryston Runners (155) | Steve Bowerman | 31 | 65 42 |
| | | | Stewart Robbins | 34 | 65 58 |
| | | | Martin Ive | 42 | 67 05 |
| | | | Simon Able | 48 | 68 22 |
| | 3rd | North Norfolk Beach Runners (176) | Paul Muffett | 9 | 60 33 |
| | | | Richard Blake | 54 | 69 26 |
| | | | John Leach | 55 | 69 26 |
| | | | Jim Hayes | 58 | 70 01 |
| FEMALE U40 | 1st | City Of Norwich AC (173) | Eleanor Matthews | 12 | 60 40 |
| | | | Charlotte Rose | 21 | 63 10 |
| | | | Katie Mack | 140 | 82 01 |
| | 2nd | Norwich Road Runners (387) | Joanna Godwin | 94 | 75 53 |
| | | | Kathryn Hammond | 141 | 82 21 |
| | | | Sarah Boosey | 152 | 84 13 |
| | 3rd | Coltishall Jaguars (484) | Ellie Bye | 74 | 73 25 |
| | | | Emma Blake | 201 | 96 59 |
| | | | Clare Hicks | 209 | 102 13 |
| FEMALE 40+ | 1st | Norwich Road Runners (248) | Penny Edwards | 66 | 71 40 |
| | | | Sharon Bardwell | 79 | 74 05 |
| | | | Petra Cook | 103 | 76 56 |
| | 2nd | Ryston Runners (295) | Jo Isbill | 81 | 74 26 |

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| | Pauline Drewery | 90 75 13 |
| | Maureen Wolfe | 124 79 36 |
| 3rd | Norwich Road Runners (447) | |
| | Anne Millett | 128 80 02 |
| | Donna Gray | 159 85 40 |
| | Trudi Kent | 160 85 40 |

(CR)