

CATEGORY	POS	CLUB	NAME	RACE POS	TIME
MALE U40	1st	Norfolk Gazelles (62)	MarkGrubb	1	56 34
			Joseph Hawes	5	58 24
			Russell Debeer	56	69 33
	2nd	Ryston Runners (76)	Matthew Wortley	22	63 17
			Marcus Hawkins	25	63 44
			Michael Howlett	29	65 15
	3rd	Norwich Road Runners (146)	Paul Blazey	10	60 35
			Matthew Frary	51	68 51
			Nick Gurney	85	74 43
MALE 40+	1st	Norwich Road Runners (105)	Mark Garrett	26	64 41
			David Tandy	39	66 31
			Keith Brighty	40	66 38
	2nd	Ryston Runners (107)	Steve Bowerman	31	65 42
			Stewart Robbins	34	65 58
			Martin Ive	42	67 05
	3rd	North Norfolk Beach Runners (118)	Paul Muffett	9	60 33
			Richard Blake	54	69 26
			John Leach	55	69 26
FEMALE U35	1st	City Of Norwich AC (173)	Eleanor Matthews	12	60 40
			Charlotte Rose	21	63 10
			Katie Mack	140	82 10
	2nd	Norwich Road Runners (534)	Sarah Boosey	152	84 13
			Louise Macrae	185	93 15
			Rebecca Laughton	197	96 29
3rd	N/A				
FEMALE 35+	1st	Norwich Road Runners (239)	Penny Edwards	66	71 40
			Sharon Bardwell	79	74 05
			Joanna Godwin	94	75 53
	2nd	Ryston Runners (295)	Jo Isbill	81	74 26
			Pauline Drewery	90	75 13
			Maureen Wolfe	124	79 36

3rd Wymondham AC (458)

Jen Rudd
Angie Bear
Alison Marchant

139 81 49
146 83 06
173 90 06