

Cat	Pos	No.	Name	Club	Time
SM	1	38	Mark Grubb	Norfolk Gazelles	56 34
	2	120	Chris Merrylees	North Norfolk Beach Runners	57 09
	3	16	Richard Bateson	Coltishall Jaguars	58 02
M40	1	51	Benjamin Bailey	Tri Anglia	66 22
	2	43	David Tandy	Norwich Road Runners	66 31
	3	118	Simon Able	Ryston Runners	68 22
M45	1	122	Todd Lake	Dereham Runners	63 02
	2	76	Mark Clues	Tri Anglia	63 18
	3	2	John Drewry	Unattached	63 55
M50	1	110	Paul Muffett	North Norfolk Beach Runners	60 33
	2	99	Richard White	Unattached	66 02
	3	130	Rod Bye	Coltishall Jaguars	68 32
M55	1	93	Pete Johnson	Norfolk Gazelles	64 50
	2	78	Martin Auger	Unattached	65 43
	3	18	Colin Robilliard	Coltishall Jaguars	65 48
M60	1	47	Stephen Dady	Wymondham AC	69 09
	2	94	Richard Blake	North Norfolk BeachRunners	69 26
	3	60	Mark Tayler	Norwich Road Runners	74 04
M65	1	7	Jim Hayes	North Norfolk Beach Runners	70 01
	2	33	Ken Bowman	Coltishall Jaguars	70 29
	3	142	Michael Smith	Wymondham AC	82 37
SF	1	328	Eleanor Matthews	City Of Norwich AC	60 40 (CR)
	2	323	Charlotte Rose	City Of Norwich AC	63 10
	3	292	Katherine Trehane	Norfolk Gazelles	67 55
F40	1	327	Sharon Bardwell	Norwich Road Runners	74 05
	2	274	Pauline Drewery	Ryston Runners	75 13
	3	336	Catherine Scott	Unattached	83 58
F45	1	297	Jo Isbill	Ryston Runners	74 26
	2	340	Hayley Gerrard	Norwich Road Runners	87 54
	3	330	Julie London	Norfolk Gazelles	88 18
F50	1	275	Maureen Wolfe	Ryston Runners	79 36
	2	314	Pauline Richardson	Gt Yarmouth Road Runners	80 32
	3	303	S Burdett	Unattached	97 27
F55	1	321	Penny Edwards	Norwich Road Runners	71 40
	2	291	Anne Millett	Norwich Road Runners	80 02
	3	273	Angie Bear	Wymondham AC	83 06
F60	1	277	Petra Cook	Norwich Road Runners	76 56

	2	349 Veronica Manly	Eastern Vets AC	81 37
	3	307 Sheila Smith	Unattached	94 20
F65	1	302 Jane Ashby	Ryston Runners	91 27
	2	N/A		
	3	N/A		