

Men

Overall

1. Kirk Bagge 00:57:04 (Wymondham AC)
2. Peter Harvey 00:57:27 (Wymondham AC))
3. Kevin Holland 00:58:07 (Wymondham AC))

M40-44

1. Dominic Blake 00:58:29 (Reepham Runners)
2. Neil Adams 00:59:35 (North Norfolk Beach Runners)
3. Marc Coles 01:00:42 (Norwich Road Runners)

M45-49

1. Shaun Mann 01:01:23 (City of Norwich AC)
2. John Fagan 01:03:27 (North Norfolk Beach Runners)
3. Dean Blake 01:04:03

M50-54

1. Mark Storey 01:09:51 (City of Norwich AC)
2. Lee Oxbury 01:13:26 (Norfolk Gazelles RC)
3. Graham Johnson 01:13:44 (Coltishall Jaguars RC)

M55-59

1. John Moore 01:03:17 (Norfolk Gazelles RC)
2. Tim Vials 01:04:09 (South West Road Runners)
3. Kevin Frazer 01:10:37 (Wymondham AC)

M60-64

1. Derek Bye 01:11:55 (Norfolk Gazelles RC)
2. Nigel Horney 01:12:59 (Keswick AC)
3. Nicholas Eley 01:15:38 (Coltishall Jaguars RC))

M65+

1. Stephen Dady 01:12:29 (Wymondham AC)
2. David Aldis 01:20:10 (City of Norwich AC))
3. Neil Anderton 01:24:33 (Dereham Runners AC)

Women

Overall

1. Rose Waterman 01:07:26 (Tri-Anglia TC)
2. Jessica Behan 01:08:06 (Norwich Road Runners)
3. Alice Horney 01:11:51

F40-44

1. Anne Flanagan 01:13:57 (Norwich Road Runners)
2. Sarah Norman 01:15:58 (Waveney Valley AC)
3. Louise Isherwood 01:18:53 (Norfolk Gazelles RC)

F45-49

1. Theresa Dooley 01:13:03 (Norfolk Gazelles RC)
2. Melanie Widdows 01:23:46
3. Vikki Harper 01:28:35 (Coltishall Jaguars RC)

F50-54

1. Emily Potter-Campbell 01:21:30 (Dereham Runners AC)
2. Hilary Byrne 01:24:37 (Wymondham AC)
3. Sharon Jones 01:31:07 (Coltishall Jaguars RC)

F55-59

1. Catherine Henery 01:13:32 (City of Norwich AC)
2. Diane Bird 01:24:06
3. Anna Coulborn 01:27:19 (Great Yarmouth Road Runners)

F60-64

1. Penny Edwards 01:26:54 (Norwich Road Runners)
2. Bobbie Sauerzapf 01:28:46 (Bungay Black Dog RC)
3. Susan Moore 01:41:25 (Norfolk Gazelles RC)

F65+

1. Gill Woodhouse 01:33:51 (Dereham Road Runners)
2. Cindy Burgess 01:43:02 (Wymondham AC)
3. Gerlinde Diehi 01:49:80

Teams

Male U40

Norwich Road Runners 1 (03.12.16.5.)

00:58:50.7 John Hudson

01:05:01.7 Ian Bray

01:08:24.2 David Asker

Male O40

Norwich Road Runners 1 (03:11:40.2)

01:00:42.0 Marc Coles

01:04:22.7 Chris Bullock

01:06:35.7 Neil Walpole

Female U40

Norwich Road Runners 1 (03:48:14.9)

01:08:06.9 Jessica Behan

01:18:49.6 Kerry Lymbery

01:21:18.5 Charlotte Lucy Hodgson

Female O40

Wymondham AC 1 (04:19:58.0)

01:19:22.3 Lisa Greengrass

01:19:58.0 Cassie Barker

01:24:37.7 Hilary Byrne