

Female

| Name | Club | Time |
|----------------------------|----------------------|-------------|
| 11 & Under | | |
| 1 ESME ABBOTT | City of Norwich AC | 10.29 |
| 2 MIA BATESON | Norwich Road Runners | 11.44 |
| 3 TIA DARWIN | U/A | 13.21 |
| 4 MIA RUTTERFORD | Vikings | 32.49 |
| 5 FERN RUTTERFORD | Vikings | 33.02 |
| 13 & Under | | |
| 1 BROOKE ORAN | GYDAC | 20.49 |
| 2 MILLIE HEYBOURNE | City of Norwich AC | 23.38 |
| 3 GEORGINA BLAKE | U/A | 24.07 |
| 15 & Under | | |
| 1 RUBY DECOOPER-WRIDE | Norwich Road Runners | 28.53 |
| 17 & Under | | |
| 1 LAUREN ORAM | GYDAC | 34.41 |
| Senior | | |
| 1 NICOLE BECK | Tri-Anglia | 29.43 |
| 2 KATE HEARD | Norfolk Gazelles | 30.53 |
| 3 SOPHIE STOTT | U/A | 37.25 |
| 4 AMELIA WHITING | Norfolk Gazelles | 37.27 |
| 5 REBECCA SKINNER | U/A | 42.13 |
| 6 LINDSEY ANDERSON | U/A | 42.35 |
| 7 LUCY MONK | U/A | 45.03 |
| 8 EMMA FICKLING | Wymondham AC | 45.12 |
| 9 LISA GREENGRASS | U/A | 45.13 |
| 10 KAREN PEART | U/A | 45.19 |
| 11 LISA BROWN | U/A | 45.29 |
| 12 KIRSTY HURREL | Vikings | 46.29 |
| 13 FRANCIS BAILEY | U/A | 49.23 |
| 40/44 | | |
| 1 ALISON RICHES | U/A | 35.33 |
| 2 LISTER-JANE PARKER-FLATT | U/A | 36.09 |
| 3 MAREN DOVERDACK | Norfolk Gazelles | 36.22 |
| 4 DONNA DECOOPER-WRIDE | U/A | 42.09 |
| 5 JACKIE GOWING | Norwich Road Runners | 44.33 |
| 6 MINI RUTTERFORD | Vikings | 46.29 |
| 7 CHRISTINE WRIGHT | U/A | 46.31 |

45/49

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|---|----------------|-------------------|-------|
| 1 | ELOISE BIRD | St Edumnds Pacers | 37.03 |
| 2 | RACHEL WOODIER | U/A | 42.21 |
| 3 | JANE BAILEY | U/A | 49.24 |

50/54

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|---|-----------------|-----|-------|
| 1 | CARLOINE BRIGGS | U/A | 49.23 |
|---|-----------------|-----|-------|

55/59

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|---|-----------------|------------------|-------|
| 1 | BOBIE SAUERZAPF | Bungay Black Dog | 39.56 |
|---|-----------------|------------------|-------|

70+

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| 1 | EVA OSBOURNE | Wymondham AC | |
|---|--------------|--------------|--|

Male

| Name | Club | Time |
|------|------|------|
|------|------|------|

11 & Under

| | | | |
|---|---------------|----------------------|-------|
| 1 | CONNOR GOWING | Norwich Road Runners | 9.59 |
| 2 | JUDE LINSTED | Norwich Road Runners | 11.21 |
| 3 | ARCHIE MANTON | Norwich Road Runners | 11.21 |
| 4 | KIA DARWIN | Norwich Road Runners | 12.09 |
| 5 | TOM WHITING | City of Norwich AC | 15.18 |

13 & Under

| | | | |
|---|-------------------|----------------------|-------|
| 1 | AIDEN BANFIELD | U/A | 19.14 |
| 2 | GEORGE HARPER | Norwich Road Runners | 27.14 |
| 3 | BARNABY PHILLIPPO | U/A | 28.53 |

15 & Under

| | | | |
|---|------------------|----------------------|-------|
| 1 | EDWARD WHITING | City of Norwich AC | 17:29 |
| 2 | KIERON McFARLANE | Norwich Road Runners | 28:53 |
| 3 | FINLEY PHILLIPPO | U/A | 32:57 |

Senior

| | | | |
|----|-----------------|----------------------|-------|
| 1 | CHRIS WHITMORE | Bungay Black Dog | 34.16 |
| 2 | BEN GASKINS | Coltishall Jaguars | 37.51 |
| 3 | JASON COLE | U/A | 38.15 |
| 4 | TIM SKINNER | U/A | 39.41 |
| 5 | MATT WIG | Norfolk Gazelles | 41.59 |
| 6 | SCOTT SHRUBSALL | Coltishall Jaguars | 44.58 |
| 7 | NEIL FLATT | Dereham Runners AC | 45.14 |
| 8 | MATHEW HURREL | Vikings | 46.29 |
| 9 | CHRIS CARR | Norwich Road Runners | 48.53 |
| 10 | SAMUEL PARSONS | U/A | 48.59 |
| 11 | PHILIP PEGGS | U/A | 49.09 |
| 12 | BEN McARTNEY | U/A | 49.09 |
| 13 | ETHAN POOLEY | U/A | 49.09 |
| 14 | CRAIG EDWARDS | U/A | 33.06 |

3 LAPS

40/44

| | | |
|-----------------------|--------------------|-------|
| 1 DEAN BLAKE | Coltishall Jaguars | 39.17 |
| 2 JUSTIN PEARCE | U/A | 42.21 |
| 3 PAUL YOUNGMAN | Tri-Anglia | 46.54 |
| 4 PETER BIRD | St Edmunds Pacers | 47.54 |
| 5 MARTIN STRINGFELLOW | Wymondham AC | 52.59 |
| 6 JULIAN PHILLIPPO | U/A | 60.34 |

45/49

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| 1 GILES HEWITT | U/A | 36.43 |
| 2 ALAN BUSHELL | Coltishall Jaguars | 38.36 |
| 3 THOMAS LINCOLN-KEMP | Tri-Anglia | 40.29 |
| 4 DARREN GOWING | U/A | 41.42 |
| 5 SIMON DAZELEY | Bungay Black Dog | 44.26 |
| 6 GLYN MANTON | Norwich Road Runners | 46.36 |
| 7 KEVIN PARSONS | U/A | 48.59 |

50/54

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|----------------|----------------------|-------|
| 1 NEIL BUNNAGE | Norwich Road Runners | 41.43 |
| 2 PAUL MATTIN | U/A | 45.35 |

55/59

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|----------------|----------------|-------|
| 1 NIGEL HORNEY | Kewswick | 38.22 |
| 2 MIKE WRAY | Wymondham AC | 52.56 |
| 3 CHRIS MILNES | Ryston Runners | 47.38 |

60+

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|-----------------|----------------------|-------|
| 1 RICHARD INNES | Serpentine RC | 42.14 |
| 2 ROBERT SCARFE | Wymondham AC | 54.14 |
| 3 BRIAN MOORE | Norwich Road Runners | 60.35 |

