

Men

Overall

1. Piers Arnold 00:14:44 (City of Norwich AC)
2. Ben Spratling 00:14:47 (City of Norwich Athletics Club)
3. Logan Smith 00:15:10 (City of Norwich AC)

MJ

1. Joseph Smith 00:16:22 (Bungay Black Dog RC)
2. Harry Allcock 00:16:51 (Bungay Black Dog RC)
3. Danny Adams 00:16:55 (City of Norwich Athletics Club)

MO

1. James Senior 00:15:23 (City of Norwich Athletics Club)
2. James O'Neill 00:15:37 (Ryston Runners AC)
3. Ryan Davidson 00:15:44 (Bure Valley Harriers)

M40-44

1. James Reed 00:15:29 (Cambridge & Coleridge AC)
2. Gary Crush 00:15:35 (City of Norwich Athletics Club)
3. Matthew Allen 00:16:19 (City of Norwich Athletics Club)

M45-49

1. Nicholas Bensley 00:16:54 (Ryston Runners AC)
2. Lawrence Wade 00:17:08 (City of Norwich Athletics Club)
3. Matt Stone 00:17:29 (Bure Valley Harriers)

M50-54

1. Kevin Rooney 00:17:57 (Intercity Strollers)
2. Tony Witmond 00:18:04 (North Norfolk Beach Runners)
3. Darren Honour 00:18:30 (Team Dunerunner)

M55-59

1. John Moore 00:17:36 (Norfolk Gazelles AC)
2. Mark Garrett 00:18:26 (Norwich Road Runners)
3. Peter Clarke 00:18:55 (Diss & District AC)

M60-64

1. Robert Cheverton 00:18:30 (Lowestoft Road Runners)
2. Phil Hurr 00:18:56 (Bure Valley Harriers)
3. Nick Bowden 00:19:46 (Reepham Runners)

M65-69

1. Pete Johnson 00:20:21 (Ryston Runners AC)
2. Stephen Dady 00:21:01 (Wymondham AC)
3. David Aldis 00:22:03 (City of Norwich Athletics Club)

M70+

1. Kenneth Bowman 00:20:32 (Coltishall Jaguars)
2. Kevin Youngs 00:21:02 (Norfolk Gazelles AC)
3. Neil Anderton 00:24:00 (Dereham Runners AC)

Women

Overall

1. Isabel Rodriguez 00:17:30 (City of Norwich AC)
2. Samantha Lines 00:17:30 (Waveney Valley AC)
3. Faith Viney 00:17:34 (Bure Valley Harriers)

FJ

1. Hattie Reynolds 00:18:01 (North Norfolk Harriers AC)
2. Holly Bunn 00:18:57 (City of Norwich Athletics Club)
3. Memphis Symonds 00:19:47 (City of Norwich Athletics Club)

FO

1. Charlotte Neale 00:18:08 (North Norfolk Beach Runners)
2. Amy Beck 00:18:13 (Norwich Road Runners)
3. Juliette Watkinson 00:18:21 (Wymondham AC)

F40-44

1. Cat Cummings 00:18:19 (Wymondham AC)
2. Alexandra Smith 00:19:32 (Wymondham AC)
3. Tawa Groombridge 00:20:05 (Norwich Road Runners)

F45-49

1. Jo Andrews 00:17:43 (Bungay Black Dog RC)
2. Sabina Spence 00:20:26 (Bure Valley Harriers)
3. Caroline Houghton 00:20:31 (Norwich Road Runners)

F50-54

1. Elly Young 00:20:52 (Coltishall Jaguars)
2. Helen Mian 00:21:01 (Norfolk Gazelles AC)
3. Louise Hurr 00:21:13 (Norfolk Gazelles AC)

F55-59

1. Catherine Henery 00:21:19 (City of Norwich Athletics Club)
2. Karen Balcombe 00:22:49 (North Norfolk Beach Runners)
3. Louise Wilkinson 00:24:01 (City of Norwich Athletics Club)

F60-64

1. Anne Ellen 00:22:28 (Norfolk Gazelles AC)
2. Rosemary Jackson 00:23:41 (Coltishall Jaguars)
3. Jackie Bye 00:23:43 (Coltishall Jaguars)

F65-69

1. Heather Hollister 00:26:30
2. Jane King 00:27:20
3. Elizabeth Halford 00:33:18 (Norwich Good Gym)

F70+

1. Cindy Burgess 00:27:14 (Wymondham AC)
2. Elizabeth Letzer 00:28:31 (North Norfolk Beach Runners)
3. Jennifer Burfoot 00:28:38 (Norfolk Gazelles AC)

Clubs

Male JR

City of Norwich Athletics Club 1 (00:50:58)

00:16:56 Danny Adams

00:16:57 Jeya Kandola

00:17:04 James Price

Bungay Black Dog RC 1 (00:51:44)

00:16:23 Joseph Smith

00:16:52 Harry Allcock

00:18:29 Reuben Andrews

North Norfolk Harriers AC 1 (00:52:24)

00:17:04 Billy Life

00:17:32 Joshua Keeble

00:17:47 Brad Keay

City of Norwich Athletics Club 2 (00:55:08)

00:18:08 Zachary Dunne

00:18:15 Zak Houghton

00:18:44 Samuel Yellop

Male U40

City of Norwich AC 1 (00:46:43)

00:14:44 Piers Arnold

00:15:11 Logan Smith

00:16:47 Jack Mollicone

City of Norwich Athletics Club 1 (00:47:39)

00:14:48 Ben Spratling

00:15:24 James Senior

00:17:26 Stephen Balfe

Bure Valley Harriers 1 (00:48:29)

00:15:45 Ryan Davidson

00:16:18 Michael Eccles

00:16:25 Simon Partridge

Ryston Runners AC 1 (00:49:22)

00:15:38 James O'Neill

00:16:41 Daniel Guppy

00:17:02 John Hopgood

Male O40

City of Norwich Athletics Club 1 (00:49:06)

00:15:36 Gary Crush

00:16:20 Matthew Allen

00:17:10 Lawrence Wade

North Norfolk Beach Runners 1 (00:52:13)

00:16:26 Neil Adams

00:17:41 Chris Merrylees

00:18:05 John Fagan

Norwich Road Runners 1 (00:52:38)

00:16:58 Trevor Gannon

00:17:47 Marc Coles

00:17:53 Marc Evans

Norwich Road Runners 2 (00:54:13)

00:17:56 Mat Porter

00:18:08 Chris Bullock

00:18:09 Alastair Leckie

Female JR

North Norfolk Harriers AC 1 (00:58:22)

00:18:03 Hattie Reynolds
00:19:56 Grace Buchanan
00:20:21 Abbi McCallum

City of Norwich Athletics Club 1 (00:59:06)

00:19:03 Holly Bunn
00:19:51 Memphis Symonds
00:20:12 Millie Adams

North Norfolk Harriers AC 2 (01:05:04)

00:20:46 Rosie Dickety
00:21:47 Sophie McKee
00:22:30 Esme Jonas

City of Norwich Athletics Club 2 (01:03:15)

00:20:39 Esme Abbott
00:21:22 Evie Hood
00:21:13 Martha Manning

Female U40

Bure Valley Harriers 1 (00:56:27)

00:17:37 Faith Viney
00:19:06 Autumn Hales
00:19:43 Amy Balaam

Norwich Road Runners 1 (00:56:34)

00:18:18 Amy Beck
00:18:37 Jessica Behan
00:19:39 Alicia Lacey

City of Norwich Athletics Club 1 (00:58:50)

00:18:56 Emma Risbey
00:19:54 Amy Clarke
00:19:59 Harriet Carr

Wymondham AC 1 (01:01:18)

00:18:28 Juliette Watkinson
00:20:58 Claire Kent
00:21:50 Claire Cork

Female O40

Wymondham AC 1 (01:01:17)

00:18:25 Cat Cummings

00:19:41 Alexandra Smith

00:23:10 Cassie Barker

Norwich Road Runners 1 (01:02:00)

00:20:22 Tawa Groombridge

00:20:47 Deborah English

00:20:50 Caroline Houghton

Norfolk Gazelles AC 1 (01:04:08)

00:21:16 Helen Mian

00:21:19 Theresa Dooley

00:21:32 Louise Hurr

Norwich Road Runners 2 (01:06:10)

00:21:00 Stacey Harper

00:22:01 Nicola Hill

00:23:07 Kelly Parry

County Men

Champion

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M60-64

1. Phil Hurr 00:18:56 (Bure Valley Harriers)
2. Nick Bowden 00:19:46 (Reepham Runners)
3. John Baxter 00:20:18 (Bure Valley Harriers)

M65+

1. Pete Johnson 00:20:21 (Ryston Runners AC)
2. Kenneth Bowman 00:20:32 (Coltishall Jaguars)
3. Stephen Dady 00:21:01 (Wymondham AC)

County Women

Champion

1. Isabel Rodriguez 00:17:30 (City of Norwich AC)

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2. Faith Viney 00:17:34 (Bure Valley Harriers)
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F50-54

1. Elly Young 00:20:52 (Coltishall Jaguars)
2. Helen Mian 00:21:01 (Norfolk Gazelles AC)
3. Louise Hurr 00:21:13 (Norfolk Gazelles AC)

F55-59

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3. Louise Wilkinson 00:24:01 (City of Norwich Athletics Club)

F60-64

1. Anne Ellen 00:22:28 (Norfolk Gazelles AC)
2. Rosemary Jackson 00:23:41 (Coltishall Jaguars)
3. Jackie Bye 00:23:43 (Coltishall Jaguars)

F65-69

1. Heather Hollister 00:26:30
2. Cindy Burgess 00:27:14 (Wymondham AC)
3. Jane King 00:27:20

County Clubs

Male U40

City of Norwich Athletics Club 1 (01:04:07)

00:14:48 Ben Spratling

00:15:24 James Senior

00:16:56 Danny Adams

00:16:57 Jeya Kandola

Bure Valley Harriers 1 (01:05:58)

00:15:45 Ryan Davidson

00:16:18 Michael Eccles

00:16:25 Simon Partridge

00:17:29 Jack Noble

Ryston Runners AC 1 (01:06:26)

00:15:38 James O'Neill

00:16:41 Daniel Guppy

00:17:02 John Hopgood

00:17:04 Ben Keeley

Wymondham AC 1 (01:07:32)

00:16:38 Ben Rivett

00:16:41 Kirk Bagge

00:16:48 David Roy

00:17:24 Aidan Banfield

Male O40

City of Norwich Athletics Club 1 (01:06:45)

00:15:36 Gary Crush
00:16:20 Matthew Allen
00:17:10 Lawrence Wade
00:17:39 Shaun Mann

North Norfolk Beach Runners 1 (01:10:21)

00:16:26 Neil Adams
00:17:41 Chris Merrylees
00:18:05 John Fagan
00:18:08 Tony Witmond

Norwich Road Runners 1 (01:10:34)

00:16:58 Trevor Gannon
00:17:47 Marc Coles
00:17:53 Marc Evans
00:17:56 Mat Porter

Norwich Road Runners 2 (01:13:04)

00:18:08 Chris Bullock
00:18:09 Alastair Leckie
00:18:16 David Houghton
00:18:30 Mark Garrett

Female U40

Norwich Road Runners 1 (01:17:18)

00:18:18 Amy Beck
00:18:37 Jessica Behan
00:19:39 Alicia Lacey
00:20:44 Becky Willett

City of Norwich Athletics Club 1 (01:17:44)

00:18:56 Emma Risbey
00:19:03 Holly Bunn
00:19:54 Amy Clarke
00:19:51 Memphis Symonds

North Norfolk Harriers AC 1 (01:19:08)

00:18:03 Hattie Reynolds
00:19:56 Grace Buchanan
00:20:21 Abbi McCallum
00:20:46 Rosie Dickety

Bure Valley Harriers 1 (01:20:45)

00:17:37 Faith Viney
00:19:06 Autumn Hales
00:19:43 Amy Balaam
00:24:18 Leanne Botwright

Female O40

Norwich Road Runners 1 (01:23:01)

00:20:22 Tawa Groombridge

00:20:47 Deborah English

00:20:50 Caroline Houghton

00:21:00 Stacey Harper

Wymondham AC 1 (01:24:24)

00:18:25 Cat Cummings

00:19:41 Alexandra Smith

00:23:10 Cassie Barker

00:23:07 Niki Park

Norfolk Gazelles AC 1 (01:26:11)

00:21:16 Helen Mian

00:21:19 Theresa Dooley

00:21:32 Louise Hurr

00:22:03 Amelia Whiting

Coltishall Jaguars 1 (01:30:05)

00:21:10 Elly Young

00:22:27 Vicky Tovell

00:23:10 Sonja White

00:23:16 Ruth Steele