

WINNERS

Category	M/F	Position	TIME	FIRST NAME	SURNAME	CLUB
OVERALL	MALE	1st	00:55:24	Robert	Reason	Harwich Runners
		2nd	00:56:26	Piers	Arnold	City Of Norwich AC
		3rd	00:56:40	Gavin	Davis	Ipswich Jaffa RC
OVERALL	FEMALE	1st	01:04:25	Marie	Shirley	Colchester Harriers AC
		2nd	01:07:15	Katherine	Trehane	Norfolk Gazelles AC
		3rd	01:07:29	Sandy	Roberts	Unattached
VET 40	MALE	1st	00:57:41	Andy	Jones	City Of Norwich AC
VET 40	FEMALE	1st	01:17:03	Sarah	Vick	Saxmundham Sports Running & Fitness Club
VET 45	MALE	1st	01:00:42	Neil	Shearer	City Of Norwich AC
VET 45	FEMALE	1st	01:14:26	Claire	Hoblyn	Saint Edmund Pacers
VET 50	MALE	1st	01:02:44	Mark	Rutter	Harwich Runners
VET 50	FEMALE	1st	01:20:11	Jenny	Sheahan	Unattached
VET 55	MALE	1st	01:12:45	Clive	Purbrook	Unattached
VET 55	FEMALE	1st	01:13:46	Penny	Edwards	Norwich Road Runners
VET 60	MALE	1st	01:16:57	Peter	Edmunds	Unattached
VET 60	FEMALE	1st	01:18:27	Elsbeth	Knott	Harwich Runners
VET 65	MALE	1st	01:08:33	Ron	McCullough	Ipswich Jaffa RC
VET 65	FEMALE	1st	01:30:26	Judy	Potter	Bungay Black Dog RC
TEAM	MALE	Pos	Club			Pts
		1st	Ipswich Jaffa RC			16
			Gavin	Davis		
			Matthew	Spencer		
			Gary	Thompson		
2nd	City Of Norwich AC			18		
3rd	Harwich Runners			25		
TEAM	FEMALE	Pos	Club			Pts
		1st	Saint Edmund Pacers			234
			Claire	Hoblyn		
			Melissa	Clarke		
			Sarah	Golding		
2nd	Norfolk Gazelles AC			354		
3rd	Bungay Black Dog RC			368		