

Overall Female Open Winners

Place	Name	Team	Age	Overall	Gun Time
1	Olivia Walwyn Bush	CONAC	28	9	36:05.3
2	Louise Peters	Stopsley Striders	39	12	37:05.6
3	Phillipa Taylor	Nene Valley	44	19	37:53.1

Junior Girls

Place	Name	Team	Age	Overall	Gun Time
1	Juliet Broster	CONAC	18	93	43:24.8
2	Annie Bradley-Watson		16	332	57:17.9
3	Tamsin Desborough	Gt Yarmouth & District AC	17	367	1:00:37.3

Senior Ladies

Place	Name	Team	Age	Overall	Gun Time
1	Eleanor Mathews	CONAC	26	27	38:29.6
2	Nicky Alford	CONAC	30	31	38:42.6
3	Alexandra Smith	Norwich Road Runners	36	55	41:03.2

F40 - 44

Place	Name	Team	Age	Overall	Gun Time
1	Lynn Emmett	Bungay Black Dog RC	43	51	40:52.1
2	sabina spence	CONAC	41	103	44:03.7
3	Sharon Bardwell	Norwich Road Runners	41	122	45:12.6

F45 - 49

Place	Name	Team	Age	Overall	Gun Time
1	louise Wilkinson	CONAC	49	87	43:05.2
2	Sandra Roberts	Norfolk Gazelles	47	94	43:38.9
3	Amanda Mallett	Ipswich Triathlon Club	45	223	50:12.3

F50 - 54

Place	Name	Team	Age	Overall	Gun Time
1	Sue Cooke	CONAC	50	160	47:04.3
2	Susan Bennett		51	189	48:34.8
3	Lorraine Dawson	GYRRC	52	202	49:23.9

F55 - 59

Place	Name	Team	Age	Overall	Gun Time
1	Penny Edwards	Norwich Road Runners	57	91	43:11.8
2	Yvonne Parker	Norwich Road Runners	56	151	46:38.7
3	ANNE MILLETT	Norwich Road Runners	55	184	48:23.3

F60

Place	Name	Team	Age	Overall	Gun Time
1	Veronica Manly	EVAC	63	244	51:47.2
2	Barbara Law	Great Bentley RC	67	324	56:34.9
3	Dianne Crosby	GYRRC	65	330	57:06.3

Overall Male Open Winners

Place	Name	Team	Age	Overall	Gun Time
1	Ben Russell	Norwich Road Runners	22	1	32:05.6
2	James O'Neill	Ryston Runners Ac	32	2	34:12.1
3	Stephen Gibbs	Norwich Road Runners	32	3	34:12.6

Junior Boys

Place	Name	Team	Age	Overall	Gun Time
1	Marcus Sladden	Bungay Black Dog RC	17	63	41:28.7
2	Joshua Mellor		15	113	44:42.5
3	Chris Tynan		18	135	45:57.1

Senior Men

Place	Name	Team	Age	Overall	Gun Time
1	james Senior	CONAC	19	4	34:42.9
2	Matt Cook	Bournville Harriers	27	5	35:27.2
3	John Battrick	Aberystwyth Univercity AC	21	6	35:39.0

M40 - 44

Place	Name	Team	Age	Overall	Gun Time
1	Steve Jones	North Norfolk Beach Runners	43	7	35:43.7
2	jon ashford		42	13	37:11.0
3	Steve Ely	Norwich Road Runners	40	15	37:24.6

M45 - 49

Place	Name	Team	Age	Overall	Gun Time
1	Stefan Glaysher	Norwich Road Runners	49	21	38:07.3
2	Mark Garrett	Norwich Road Runners	48	29	38:34.5
3	John Christopher	North Norfolk Beach Runners	47	35	39:07.1

M 50 - 54

Place	Name	Team	Age	Overall	Gun Time
1	Fernando Silva		54	10	36:25.2
2	Chris Starmer	Stowmarket Striders	52	22	38:10.0
3	CLIFF BAILEY	Thetford AC	51	53	40:57.0

M55 - 59

Place	Name	Team	Age	Overall	Gun Time
1	Pete Johnson	Norfolk Gazelles	57	37	39:35.1
2	Ker Macrosson	Stowmarket Striders	57	64	41:30.1
3	Colin Robilliard	Coltishall Jaguars	58	65	41:31.0

M60

Place	Name	Team	Age	Overall	Gun Time
1	Ken Bowman	Coltishall Jaguars	64	70	41:57.6
2	Martin Yeomans	Norwich Road Runners	60	102	43:58.9
3	Jim Hayes	North Norfolk Beach Runners	65	105	44:09.1