

Prize List	Name	Club	Time
1 st Lady	Tessa Jones	City of Norwich	2:29:54
2 nd Lady	Annie Bradbury	Ryston Runners	2:32:58
3 rd Lady	Gina Handoll	Ryston Runners	2:33:05
1 st Senior	Melanie Fisher	Ely Runners	2:37:22
40+	Sharon Bardwell	U/a	2:36:16
45+	Jo Isbill	Ryston Runners	2:37:21
50+	Veronica Singleton	Bedford Harriers	2:34:56
55+	Catherine Wright	Corby Ac	2:35:39
60+	Ruth Bowles	U/A	3:12:03
Team Prizes	Senior Team	Norwich Road Runners	Marie Clark
			Helen Debnam
			Polly Williams
	Vets Team	Ryston Runners	Annie Bradbury
			Gina Handoll
			Jo Isbill

Prize List	Name	Club	Time
1 st	Matthew Harvey	Newmarket Joggers	1:57:16
2 nd	Tom Kinsnorth	St Edmunds Pacers	1:59:25
3 rd	Brad Jones	Ipswich Jaffa	2:02:32
1 st Senior	Steve Cockerell	Nene Valley Harriers	2:03:46
40+	Carl Prewer	Lowestoft Road Runners	2:04:54
45+	Stefan Glaysher	City of Norwich	2:08:26
50+	David Green	Harpenden Aro Runners	2:09:46
55+	Colin Robilliard	Coltishall Jaguars	2:12:17
60+	Richard Blake	Gt Yarmouth Road Runners	2:21:22
Team Prizes	Senior Team	Ryston Runners	Rob Witton
			Matt Wortley
			Simon Levy
	Vets Team	Norwich Road Runners	Mark Garrett
			Paul Sullivan
			Kevin Lemmon