

F

1 Alice Burgin Bedford & County AC 00:19:23

F40

1 Corrina Smith Thetford AC 00:22:49

F45

1 Alison Coad Norfolk Gazelles RC 00:26:22

F50

1 Anne Ellen Norfolk Gazelles RC 00:24:20

F55

1 Sally Highfield 00:34:26

F60

1 Brenda Hutcheon Coltishall Jaguars 00:25:22

F65

1 Mary Chapman Kimberworth Striders 00:35:36

M

1 Tom Francis 00:16:51

M40

1 Kevin Sharman Lowestoft Road Runners 00:17:41

M45

1 Graham Hardingham Norfolk Gazelles RC 00:20:29

M50

1 Larry Pendleton 00:23:00

M55

1 Dave Edwards 00:31:19

M60

1 Dave Hutcheon Coltishall Jaguars 00:23:35

M65

1 Colin Thouless Norwich Road Runners 00:30:11