

Senior Ladies team

(3 competitors per team. Based on cumulative position.)

1 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
4	0:48:55	DUGDALE, Tanya	Senior ladies (15-39)	270	89
7	0:50:51	OGHENEGWEKE, Helen	Senior ladies (15-39)	274	102
9	0:53:31	GODWIN, Jo	Senior ladies (15-39)	233	114

Veteran ladies team

(3 competitors per team. Based on cumulative position.)

1 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
2	0:45:40	EDWARDS, Penny	Ladies 55-59	202	57
3	0:46:23	CUSHING, Sally	Ladies 45-49	193	62
4	0:46:54	BULL, Michelle	Ladies 40-44	230	64

Senior Mens team

(3 competitors per team. Based on cumulative position.)

1 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
4	0:37:31	HIGHAM, Paul	Senior Mens (15-39)	173	7
10	0:39:56	FRARY, Matthew	Senior Mens (15-39)	275	22
24	0:47:58	WILSON, Brian	Senior Mens (15-39)	180	78

Veteran mens team

(3 competitors per team. Based on cumulative position.)

1 : Norfolk Gazelles				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
1	0:36:05	ARNOLD, Nigel	Mens 50-54	247	4
2	0:37:37	MOORE, John	Mens 50-54	106	8
9	0:39:19	THOMAS, Ian	Mens 50-54	203	16