

Venue	Name	Time
Norwich	Lawrence Wade	17:38
#191	Graham Cox	23:30
	Paul Jarvey	24:20
Catton	Ellie Bye	20:46
#30	Peter Kean-Cockburn	24:13
	David Brailey	41:24
Gorleston	Emma Wilcock	25:28
#262	Shirley Willcock	30:12
	Dee Neal	30:13
	Becky Durant	35:11

Venue	Name	Time
Blickling	Claire Owen	26:12
#24		
Fritton	Andy Mulligan	20:15
#103	Bryn Williams	20:36
	Sue Allen	22:16

KEY

Club Record Personal Best Time

Club Age Category Record Personal Best Time

Club Personal Best Time

Course Personal Best Time (Not included in club records)

1st for Club