

Venue	Name	Time
Catton	Sze-Ming Cheung	18:06
#37	Steve Bates	18:24
	Scott Shrubsall	22:41
	Emma Wilcock	23:53
	Peter Kean-Cockburn	24:03
	David Brailey	24:20
	Shirley Wilcock	29:08
Norwich	Scott Chadwick	20:16
#198	Graham Cox	23:22
	Lisa Symon	25:44
	Clare Owen	25:47

Venue	Name	Time
Blickling	Wayne Gibbs	19:57
#31	James Lambert	22:15
	David Hutcheon	27:44
	Brenda Hutcheon	27:46
Gorleston	Becky Durant	26:46
#269		

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**