

Venue	Name	Time
<b>Catton</b>	Sze-Ming Cheung	19:15
<b>#40</b>	Scott Shrubsall	22:43
	Natalie Jenkins	31:30
<b>Norwich</b>	Sarah Stubbs	23:44
<b>#201</b>	Graham Cox	24:07
	Paul Jarvey	24:09
	Lisa Symon	24:10
	Julie Jarvey	32:28

Venue	Name	Time
<b>Blickling</b>	Adrian Jay	21:30
<b>#34</b>	James Lambert	21:31
<b>Fritton</b>	Sue Allen	31:30
<b>#113</b>	Bryn Williams	31:32

**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**