

Open Category

Overall

1. Alex Griffiths (Norwich Road Runners) - 34:58
2. Sam Peck (City of Norwich AC) - 35:53
3. Art Tonge (Norwich Road Runners) - 35:58

MU40

4. Cameron Panting - 37:30

M40-44

1. John Jervis (Lowestoft Road Runners) - 37:12

M45-49

1. Jason Corner (Tri-Anglia Triathlon Club) - 39:24

M50-54

1. David Houghton (Wymondham AC) - 37:46

M55-59

1. Jason Wing (Thetford AC) - 38:46

M60-64

1. Peter Clarke (Diss and District AC) - 41:41

M65-69

1. Peter Laddiman (Norfolk Harriers RC) - 47:29

M70+

1. John Shippey (Unattached) - 48:42

Harling & Bridgham

- Shaun Braybrook (Wymondham AC) - 41:16

Female Category

Overall

1. Leanne Finch (Bure Valley Harriers) - 37:55 ** New Course Record **
2. Becky Hills - 41:03
3. Claire Stroud - 41:49

FU40

3. Grace Turner (Norfolk Gazelles AC) - 42:25

F40-44

1. Heidi Bacon (Tri-Anglia Triathlon Club) - 43:10

F45-49

2. Sarah Hanlon (Diss and District AC) - 43:44

F50-54

1. Paula McGrath (Tri-Anglia Triathlon Club) - 52:51

F55-59

1. Ruth Gaunt (Norwich Road Runners) - 46:46

F60-64

1. Sandra Roberts (Coltishall Jaguars RC) - 47:05

F65-69

1. Rita Smith (Thetford AC) - 59:10

F70+

1. Linda Cusack (Thetford AC) - 49:29

Harling & Bridgham

- Anna Penrose & Rosie Henry - 56:32