



1	City of Norwich AC Piers ARNOLD (1) Ash HARRELL (2) Wayne LINCOLN (8) Edward FOSTER (18)	29	13	Ryston Runners Matt PYATT (4) Stewart ROBINS (75) Paul CARTER (310) Pete REED (381)	770
2	Norwich Road Runners Chris MICKLEBURGH (10) Stephen GIBBS (14) John HUDSON (21) Chris BULLOCK (34)	79	14	Dereham Runners AC Ed TURNER (32) Todd LAKE (74) Malcolm FISHER (342) Andy ROWLES (348)	796
3	Tri-Anglia Triathlon Club Nathan RISBEY (12) Pieter MACKEITH (16) Daniel PERRY (28) Richard HANSON (40)	96	15	Ipswich Jaffa RC Cameron THICK (29) Wilfred CAMPBELL (94) Mark ROSE (222) Christopher BING (486)	831
4	Werrington Joggers Paul HALFORD (3) Jeff LUCAS (13) Dan MCDONALD (27) Billy SLAVEN (68)	111	16	Tri-Anglia Triathlon Club Paul QUANTRILL (171) Dan CLAFLIN (193) Stephen RAMM (319) Mark PHILO (363)	1046
5	Wymondham AC Jack GILLICK (9) Kristin BARNARD (44) Ian MOORE (48) Adrian HALL (150)	251	17	Reepham Runners Dominic BLAKE (5) Corin THODAY (240) John MORGAN (280) Jonathan THETFORD (540)	1065
6	Norwich Road Runners Simon ENGLISH (37) Marc COLES (50) David HOUGHTON (95) Mark GARRETT (97)	279	18	City of Norwich AC Mark SOLWAY (116) Christopher WYBURN-POWELL (160) Tim ANGEL (268) Paul MCVEIGH (619)	1163
7	Norfolk Gazelles RC John MOORE (15) Jason BRUNT (46) James FOWLER (70) Ian COXHEAD (162)	293	19	Wymondham AC Terry EPPS (153) Richard DADE (269) Garry WHITING (294) Matthew COLE (447)	1163
8	Tri-Anglia Triathlon Club Craig ALEXANDER (55) Matt WILEMAN (77) Mark CLUES (85) Chris LEHRBACH (167)	384	20	Werrington Joggers Chris PHILLIPS (154) Simon GILBEY (329) Nigel AITKEN (375) Premysl DVORAK (379)	1237
9	Bure Valley Harriers Craig BOWEN-JONES (24) Steve CANNELL (30) Samuel COYNE (33) Adrian JAY (330)	417	21	Stowmarket Striders RC Stephen W MEAD (62) Dean HEARN (302) Andrew PRESTON (440) Dan WARD (497)	1301
10	Werrington Joggers Calvin SEARLE (106) Stuart CROSBY (109) Alexander GIBB (121) Martin STEVENS (136)	472	22	Waveney Valley AC Dylan NEEVE (42) Darrel ROBERTS (250) Alan RICHARDSON (493) Stephen GIBBS (587)	1372
11	Norwich Road Runners Richard JOHNSON (118) Ben SNELLING (124) Matthew DAWSON (172) Ryan KENNEDY (192)	606	23	Norfolk Gazelles RC Tim COOK (272) Christopher DENT (289) Andrew HAMMOND (374) Mark THORPE (454)	1389
12	Great Yarmouth Road Runners Marc EVANS (52) Andrew BAKER (56) Mark STONE (260) Matt BUCKOKE (261)	629	24	Newmarket Joggers Andy SCOTT (115) Paul DOCKERILL (256) Noel BENN (324) Arran DENNIS (766)	1461



25	Bungay Black Dog RC David SPARSHOTT (23) Chris CHORLEY (141) Kevin CLARK (581) Damian ASHCROFT (721)	1466	37	Norwich Road Runners Paul STROWGER (875) Gary GANNON (932) Charles WOOD (966) David FIELD (1007)	3780
26	Norwich Road Runners Gary GRAND (338) Roly COOK (343) Stephen CURNOW (358) Gavin THOULESS (446)	1485	38	Norwich Road Runners Gary SMITH (1012) Michael WARD (1025) Trevor POTTER (1035) Alex GAUNT (1050)	4122
27	North Norfolk Beach Runners Tim FRANCIS (308) Tom RIVETT (356) Stephen ROE (417) Ivan ALLEN (632)	1713			
28	Coltishall Jaguars RC Paul ROGERS (149) Nick ELEY (326) David PLATTEN (600) Paul GERBER (777)	1852			
29	Werrington Joggers Geoff RANSON (476) Rod MCDONALD (510) Stephen GIBB (519) Matthew REDMAN (591)	2096			
30	Tri-Anglia Triathlon Club James TULLY (515) Chris GROVES (538) Jason PILBROW (541) Iain WHITE (824)	2418			
31	Norwich Road Runners Andrew COOPER (491) Paul SMITH (588) Luke GUY (640) Stuart MANN (707)	2426			
32	Dereham Runners AC James NICE (451) Robert CROCKFORD (465) Stuart SLATTERY (735) Anthony ELSEY (791)	2442			
33	Werrington Joggers Andy SCOTT (615) Gordon PENNINGTON (624) Mark TURNER (696) Garath RADBOURNE (775)	2710			
34	Wymondham AC Rob WINNER (592) Michael SMITH (787) Michael POPE (789) Pete SHARPE (796)	2964			
35	Norwich Road Runners Andy PALMER (734) Christopher CARR (747) John ROBINSON (785) Nicholas GIBBS (843)	3109			
36	Werrington Joggers Chas CAMPEN (782) John ARUNDELL (837) Tim COOK (867) Michael CONNOR (925)	3411			