



<b>1</b>	<b>Norwich Road Runners</b> Mark Garrett (5) Matthew Pask (7) Sze-Ming Cheung (8) Mat Porter (10)	<b>30</b>	<b>13</b>	<b>Norwich Road Runners</b> Roly Cook (59) Michael Berridge (62) Andy Palmer (63) Neil Boyce (68)	<b>252</b>
<b>2</b>	<b>Wymondham AC</b> Tim Topper (1) Ian Moore (13) Stephen Dady (24) Terry Epps (30)	<b>68</b>	<b>14</b>	<b>Bungay Black Dog RC</b> Chris Chorley (44) Richard Dye (65) Richard Crossland (67) Ian Gardner (89)	<b>265</b>
<b>3</b>	<b>Norwich Road Runners</b> Neil Walpole (14) Stephen Moseley (22) Gary Grand (23) Jon Shorten (25)	<b>84</b>	<b>15</b>	<b>Tri-Anglia TC</b> Mark Philo (70) Tony Wenlock (71) Bernd Rechel (83) Derek Robertson (92)	<b>316</b>
<b>4</b>	<b>Norfolk Gazelles RC</b> John Moore (3) Jason Brunt (19) Martin Doherty (31) James Fray (46)	<b>99</b>	<b>16</b>	<b>Norwich Road Runners</b> Dean Gray (76) Simon Carnell (79) Gavin Thouless (80) Dave Hollis (82)	<b>317</b>
<b>5</b>	<b>Great Yarmouth Road Runners</b> Andrew Dormer (11) Mark Mountain (32) Mark Stone (33) Lee Harvey (38)	<b>114</b>	<b>17</b>	<b>Great Yarmouth Road Runners</b> Paul Reeve (74) Rob Bailey (86) Ivan Lees (90) Tony Ludlam (98)	<b>348</b>
<b>6</b>	<b>City of Norwich AC</b> Mark Solway (9) Tim Angell (12) Peter Mahoney (16) Adrian Rutterford (91)	<b>128</b>	<b>18</b>	<b>Norwich Road Runners</b> Stuart Mann (93) Glyn Manton (95) Simon Alcock (96) Stuart Sayer (97)	<b>381</b>
<b>7</b>	<b>Dereham Runners AC</b> Todd Lake (6) Stuart Rose (26) Wayne Ramsbottom (54) Paul Richardson (56)	<b>142</b>	<b>19</b>	<b>Norwich Road Runners</b> Neil Dawson (99) Bob Fossey (100) Brian Moore (101) Paul Corder (103)	<b>403</b>
<b>8</b>	<b>North Norfolk Beach Runners</b> Neil Adams (4) Matt Andrews (27) Thomas Rivett (41) Ivan Allen (73)	<b>145</b>			
<b>9</b>	<b>Tri-Anglia TC</b> Nick Askham (20) Chris Lehrbach (34) Bryn Williams (45) Jason Pilbrow (66)	<b>165</b>			
<b>10</b>	<b>Norwich Road Runners</b> Simon Fox (29) David Houghton (40) Ashley Yellop (47) Jon Rowden (50)	<b>166</b>			
<b>11</b>	<b>Reepham Runners</b> Leigh Nobes (17) Lee Bryer (42) Jonathan Thetford (61) Mike Jolly (72)	<b>192</b>			
<b>12</b>	<b>Norfolk Gazelles RC</b> Jason Black (51) Jason Kelf (52) Tim Cook (55) Steve Cook (58)	<b>216</b>			