



1	Wymondham AC Cat Cummings (6) Alexandra Smith (8) Sarah Peachey (9) Sharon Hurren (21)	44	13	North Norfolk Beach Runners Felicity Quinn (7) Nicola Rands (301) Vicky Last (353) Natasha Sumner (356)	1017
2	Norfolk Gazelles RC Theresa Dooley (17) Helen Mian (22) Joanne Watkins (29) Emma Jay (31)	99	14	Norwich Road Runners Dominique Bivar Segurado (218) Kerry Metcalf (220) Kayleigh Gibbons (280) Anna Thorpe (326)	1044
3	Norwich Road Runners Caroline Houghton (27) Stacey Harper (28) Ali Middleton (38) Kerry Lymbery (39)	132	15	Dereham Runners AC Sally Lee (151) Louise Hudson (180) Jennifer Neave (245) Jan Totterdale (489)	1065
4	Tri-Anglia TC Rose Waterman (11) Emily Woodfield (24) Jane Hannah (51) Louise Marsden (68)	154	16	Norfolk Gazelles RC Carol Betts (165) Steph Evans (300) Louise Hurr (415) Sarah Knapp (429)	1309
5	Wymondham AC Claire Brown (23) Zoe Jones (30) Charlotte El-Labany (60) Louise Holland (82)	195	17	Bure Valley Harriers Karyn Bray (55) Leanne Botwright (198) Katherine Mortlock (639) Sally Porter (649)	1541
6	Norwich Road Runners Ruth Gaunt (46) Nicola Hill (48) Ilona Utting (54) Amii Andrews (97)	245	18	Norwich Road Runners Jackie Eastaugh-King (338) Natasha Powell (407) Clare Gooch (411) Theresa Colby (414)	1570
7	Norfolk Gazelles RC Anne Ellen (57) Louise Isherwood (89) Kathryn Head (93) Debbie Powles (95)	334	19	Great Yarmouth Road Runners Gemma Ayles (172) Jane Thomas (311) Emma Cook (534) Anne Standerwick (564)	1581
8	Coltishall Jaguars RC Elly Young (16) Emma Wilcock (50) Nouha Tate (123) Angela Bell (181)	370	20	Waveney Valley AC Louise Adamson (390) Vicky Wood (399) Claire Evans (550) Lisa Farrington (607)	1946
9	Norwich Road Runners Vicky Jones (104) Marianne Armstrong (185) Annie Leung (207) Carla Da Silva (210)	706	21	Norwich Road Runners Amy Jenkins (432) Katherine Mann (434) Emma Lincoln (454) Jenny Sparkes (634)	1954
10	Wymondham AC Joanna Godwin (111) Anneke Cook (168) Fay Wheeler (229) Yvonne Walker (262)	770	22	Wymondham AC Lyn Ottaway (387) Hannah Purvis (482) Marina Murdoch (540) Clare Bradbury (596)	2005
11	Waveney Valley AC Sarah Norman (88) Louise Harrod (176) Patricia Tuttle (267) Demelza Hammond (295)	826	23	Norwich Road Runners Melissa Baines (646) Lynda Moore (657) Katherine Mann (664) Jane Kelly (680)	2647
12	City of Norwich AC Mabel Beckett (1) Alice Rees (15) Kirsty Paradot (392) Valerie Gidney (444)	852			