



<b>1</b>	<b>Norwich Road Runners</b> Simon Wright (9) Matt Howard (26) Mark Garrett (28) Matthew Pask (38)	<b>101</b>	<b>13</b>	<b>Norwich Road Runners</b> Stephen Moseley (96) Gary Grand (103) Jon Shorten (111) Simon Fox (142)	<b>452</b>
<b>2</b>	<b>Wymondham AC</b> Jack Gillick (3) Tim Topper (4) Ian Moore (66) Stephen Dady (107)	<b>180</b>	<b>14</b>	<b>Norfolk Gazelles RC</b> John Moore (10) Jason Brunt (86) Martin Doherty (161) James Frary (321)	<b>578</b>
<b>3</b>	<b>City of Norwich AC</b> Ash Harrell (1) Mark Solway (48) Tim Angell (62) Peter Mahoney (73)	<b>184</b>	<b>15</b>	<b>Waveney Valley AC</b> Ricci Wilson (117) Mathew Baldry (168) Andrew Ayers (177) Darrel Roberts (198)	<b>660</b>
<b>4</b>	<b>Norwich Road Runners</b> Sze-Ming Cheung (44) Mat Porter (52) Lewis Spurgin (61) Neil Walpole (68)	<b>225</b>	<b>16</b>	<b>Wymondham AC</b> Shaun Braybrook (110) Terry Epps (146) Garry Whiting (203) Heath Alexander-Bew (327)	<b>786</b>
<b>5</b>	<b>Great Yarmouth Road Runners</b> Marc Evans (23) Andrew Dormer (59) James Carass (65) Mark Mountain (163)	<b>310</b>	<b>17</b>	<b>Tri-Anglia TC</b> Chris Lehrbach (165) Stephen Wilson (176) Chris Speakman (229) Bryn Williams (287)	<b>857</b>
<b>6</b>	<b>Reepham Runners</b> Dominic Blake (2) Tom Robinson (74) Leigh Nobes (79) Andrew Hawes (171)	<b>326</b>	<b>18</b>	<b>Dereham Runners AC</b> Todd Lake (33) Stuart Rose (118) Malcolm Fisher (365) Wayne Ramsbottom (390)	<b>906</b>
<b>7</b>	<b>Norwich Road Runners</b> Matthew Humphreys (72) Ryan Kennedy (80) Aston Martin (83) Scott Williams (91)	<b>326</b>	<b>19</b>	<b>Norwich Road Runners</b> David Thomas (220) David Houghton (233) Shaun Sparkes (238) Chris Harrison (249)	<b>940</b>
<b>8</b>	<b>Ipswich JAFFA RC</b> Paul Wain (11) Wilfred Campbell (14) Melvyn Maycock (114) Adrian Peake (193)	<b>332</b>	<b>20</b>	<b>Great Yarmouth Road Runners</b> Mark Stone (164) Lee Harvey (224) Kevin Fuller (344) James Bool (406)	<b>1138</b>
<b>9</b>	<b>Tri-Anglia TC</b> Dan Claflin (56) Lee Collins (70) Nick Askham (87) Paul Gardner (125)	<b>338</b>	<b>21</b>	<b>Norwich Road Runners</b> Steven Britton (310) Ashley Yellop (323) Jon Rowden (359) Roly Cook (444)	<b>1436</b>
<b>10</b>	<b>North Norfolk Beach Runners</b> Neil Adams (12) Darren Neale (31) Matt Andrews (120) Daryl London (180)	<b>343</b>	<b>22</b>	<b>Bungay Black Dog RC</b> John Fensom (141) Chris Chorley (274) Richard Dye (544) Richard Crossland (576)	<b>1535</b>
<b>11</b>	<b>Bure Valley Harriers</b> Simon Partridge (5) Philip Wright (45) Colin Robilliard (92) Arron Coe (214)	<b>356</b>	<b>23</b>	<b>Norfolk Gazelles RC</b> Jason Black (360) Jason Kelf (363) Tim Cook (393) Steve Cook (443)	<b>1559</b>
<b>12</b>	<b>Coltishall Jaguars RC</b> Andy Mulligan (64) Graham Johnson (84) Radley Fenn (94) Scott Chadwick (135)	<b>377</b>	<b>24</b>	<b>Tri-Anglia TC</b> Rob Harlow (301) Tom Steverson (312) Owen Marsden (453) Jason Pilbrow (567)	<b>1633</b>



<b>25</b>	<b>Reepham Runners</b> Lee Bryer (236) Tim Suswain (451) Jonathan Thetford (505) Mike Jolly (642)	<b>1834</b>	<b>37</b>	<b>Norwich Road Runners</b> Neil Dawson (1023) Bob Fossey (1090) Brian Moore (1099) Paul Corder (1113)	<b>4325</b>
<b>26</b>	<b>Norwich Road Runners</b> Erik Gibbons (449) Martin McConnell (470) Peter Keogh (491) Adam Bezance (507)	<b>1917</b>			
<b>27</b>	<b>Ipswich JAFFA RC</b> Mark Rose (201) Mark Leeks (254) Jack Rich (657) Chris Gibbons (936)	<b>2048</b>			
<b>28</b>	<b>Norwich Road Runners</b> Michael Berridge (525) Andy Palmer (541) Steven Hitcham (585) Andrew Cooper (600)	<b>2251</b>			
<b>29</b>	<b>Dereham Runners AC</b> Paul Richardson (436) Andy Rowles (442) Mark Hunter-Lines (543) Martin Strowger (863)	<b>2284</b>			
<b>30</b>	<b>St. Edmunds Pacers</b> Lukasz Supernak (402) Jonny Rankin (495) Christopher Underwood (719) John Newell (891)	<b>2507</b>			
<b>31</b>	<b>Norwich Road Runners</b> Neil Boyce (601) Liam Hackett (621) Dean Gray (680) Christopher Carr (724)	<b>2626</b>			
<b>32</b>	<b>Tri-Anglia TC</b> Mark Philo (637) Tony Wenlock (638) Philip Wilton (729) Bernd Rechel (758)	<b>2762</b>			
<b>33</b>	<b>Beccles and Bungay Harriers</b> Matthew Webber (218) Kevin Copeman-Lamoureux (849) Anthony Sinden (850) Simon Skinner (851)	<b>2768</b>			
<b>34</b>	<b>Norwich Road Runners</b> Simon Carnell (740) Gavin Thouless (745) Dave Hollis (747) Gareth Hand (763)	<b>2995</b>			
<b>35</b>	<b>Great Yarmouth Road Runners</b> John Algar (652) Paul Reeve (661) Rob Bailey (878) Ivan Lees (962)	<b>3153</b>			
<b>36</b>	<b>Norwich Road Runners</b> Stuart Mann (973) Glyn Manton (991) Simon Alcock (992) Stuart Sayer (1003)	<b>3959</b>			