

Prize winners



Cash prizes:

Males overall:

1st – Callum Bowen-Jones (Bure Valley Harriers) - 32:15

2nd – James Reed (Cambridge & Coleridge AC) - 32:43

3rd – Luke Alden (City Of Norwich AC) - 32:46

Females overall:

1st – Alicia Lacey (Norwich Road Runners) - 37:30

2nd – Cat Cummings (City Of Norwich AC) - 37:50

3rd – Juliette Watkinson (Wymondham AC) - 39:16

Trophies:

Male:

Male senior: Callum Bowen-Jones (Bure Valley Harriers) - 32:15

Male 40 to 44: James Reed (Cambridge & Coleridge AC) - 32:43

Male 45 to 49: Adam Baker (Unaffiliated) – 35:34

Male 50 to 54: Scott Walford (Bure Valley Harriers) - 32:52

Male 55 to 59: Christopher Cooke (Saint Edmund Pacers) - 35:08

Male 60 to 64: John Moore (Norfolk Gazelles) - 37:09

Male 65 to 69: Tobias Arnup (Norfolk Gazelles) - 42:59

Male 70 and over: Chris Groves (Tri-Anglia) - 53:00

Female:

Female senior: Alicia Lacey (Norwich Road Runners) - 37:30

Female 35 to 39: Juliette Watkinson (Wymondham AC) - 39:16

Female 40 to 44: Cat Cummings (City Of Norwich AC) - 37:50

Female 45 to 49: Alexandra Smith (Wymondham AC) - 42:15

Female 50 to 54: Sharon Hurren (Wymondham AC) - 44:04

Female 55 to 59: Catherine Henery (City Of Norwich AC) - 44:54

Female 60 to 64: Jane Clarke (City Of Norwich AC) - 43:30

Female 65 to 69: Anne Ellen (Norfolk Gazelles) - 50:24

1st Male Team:

Bure Valley Harriers: (Callum Bowen-Jones, Scott Walford, Simon Partridge) – 1:39:44

1st Female Team:

Wymondham AC (Juliette Watkinson, Alexandra Smith, Alison Armstrong) – 2:04:32