

Male - 1st Three

455	PREWER	CARL	LOWESTOFT ROAD RUNNERS	M	MOPEN	33.53
364	TUDDENHAM	ROBIN	SERPENTINE	M	V40	34.07
628	BALDELLI	BENVENUTO	CAMBRIDGE & COLERIDGE	M	V40	35.18

Male V40

364	TUDDENHAM	ROBIN	SERPENTINE	M	V40	34.07
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Male V50

561	JOHNSON	PETER	NORFOLK GAZELLES	M	V50	39.17
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Male V60

422	MCCULLOUGH	RON		M	V60	42.20
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Female - 1st Three

638	EMMETT	LYNN	CITY OF NORWICH AC	F	FV35	40.16
415	DUDGEON	SARAH	SERPENTINE	F	FOPEN	41.09
467	CLARRY	JEMMA	ST EDMUNDS PACERS	F	FOPEN	42.22

Female V35

471	READER	KIM	WYMONDHAM AC	F	FV35	47.23
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Female V45

605	MILLETT	ANNE	NORWICH ROAD RUNNERS	F	FV45	46.10
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Female V55

457	POTTER	JUDY	BBDRRC	F	FV55	53.48
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