

1	Clapham Chasers RC Neil Aitken (4), Bryn Reynolds (6), James Ellis (7) & Darren Tanner (14)	31
2	Tri-Anglia Matthew Ellis (17), Kevin Rooney (30), Richard Hanson (39) & Tony Robinson (40)	126
3	City Of Norwich AC Piers Arnold (23), Damian Rogers (24), Ian Galt (43) & Adam Bamford (52)	142
4	North Norfolk Beach Runners Andy Kett (32), P J Muffett (38), Darren Neale (66) & John Christopher (88)	224
5	Norwich Road Runners Mick Yaxley (44), Steve Ely (57), Paul Higham (62) & Charles Allen (79)	242
6	Wymondham AC Spencer Goodall (28), Richard White (59), Jack Gillick (90) & Terry Epps (116)	293
7	Norwich Road Runners Mark Garrett (89), Damon Lawrence (108), Peter Tuttle (110) & Matthew Fray (113)	420
8	Tri-Anglia Mark Clues (102), Piotr Siwonia (104), Richard McLellan (135) & Paul Yallop (142)	483
9	Norwich Road Runners Benjamin Bailey (127), Martin Yeomans (138), Carl Wright (141) & David Tandy (148)	554
10	Norwich Road Runners Martin Hewetson (154), Martin Lehane (169), Keith Brighty (172) & Kevin MacE (181)	676
11	City Of Norwich AC Andrew Walpole (86), Richard Donovan (190), Mark Storey (194) & Adam Pearce (216)	686
12	Wymondham AC Jason Mountain (125), Adam Masterson (151), Neil Holland (162) & Robert Amey (272)	710
13	Norfolk Gazelles Mark Grubb (80), Adrian Waters (156), Tim Woods (196) & Matthew Green (308)	740
14	Coltishall Jaguars Colin Robilliard (94), Denver Slowther (171), Mark Harmer (231) & Scott Chadwick (275)	771
15	Tri-Anglia David Maslen (163), Mick Glynn (213), Mark Shearing (214) & David Kellaway (224)	814
16	Cambridge & Coleridge AC Duncan Coombs (9), Charles Wartnaby (21), Steven Falgate (366) & Robert Conquest (420)	816
17	Bungay Black Dog RC Adam Craske (76), Lewis Flatt (209), Jonathan Wiles (219) & Tom Pullinger (347)	851
18	North Norfolk Beach Runners Michael Sadler (215), Dave Spooner (217), Jim Hayes (236) & Paul O'Malley (240)	908
19	Dereham Runners Antony James-Orekogbe (35), Todd Lake (73), Paul Harrison (285) & Matt Plunkett (532)	925
20	Reepham Runners Dominic Blake (10), Paul Robinson (199), Chris Edwards (318) & Ben Houchen (458)	985
21	Tri-Anglia Andrew Skiggs (239), Angus Wilkinson (245), Jonathan Briggs (250) & Paul Quantrill (266)	1000
22	Norwich Road Runners James Guyton (187), Paul Martin (212), Karl Syson (284) & Robert Davies (331)	1014
23	Ipswich Jaffa Wilfred Campbell (45), Chris Squirrell (252), Jason Hayfield (340) & James Calver (414)	1051
24	UEA Triathlon Club Jonathan Davies (64), Philip Hines (67), Tom Cook (358) & Matthew Williams (562)	1051
25	Ryston Runners Simon Able (133), Steve Bowerman (186), Ronnie Read (277) & Craig Witting (687)	1283
26	Great Yarmouth Road Runners Mark Thompson (61), Peter Matthews (393), Mark Mountain (417) & Andrew Baker (428)	1299
27	Framlingham Flyers Daniel Kinsman (184), Rob MacKenzie (223), Kenneth Tovell (461) & Stewart Hambling (494)	1362
28	Witham RC Alan Reade (70), Ian Stobirski (342), Sebastian Gwyn-Williams (448) & Mark Williams (530)	1390
29	Tri-Anglia Mark Scharff (330), Martin Gooderham (363), Roger Slee (418) & Stuart Bennett (422)	1533
30	Birketts Runners AC Greg Allan (267), Pete Goddard (294), Tom Wagstaff (301) & Tom Newcombe (686)	1548

31	Stowmarket Striders Roy Fulcher (282), Kevin Bird (288), Jason Allard (513) & Martin Little (533)	1616
32	Coltishall Jaguars Martin Bagnall (304), Wayne Gibbs (335), David Egerton (392) & Adrian Fletcher (619)	1650
33	Norwich Road Runners Samuel Hall (438), Simon Rhoden (473), Kevin Powles (518) & Ian Moore (519)	1948
34	Lowestoft Road Runners Jonathan Meadows (93), Carl Meen (211), Mark Elflett (380) & Chris Scott (1275)	1959
35	Wymondham AC Kevin Garwood (343), Patrick Larke (423), Dale Cooper (435) & Michael Smith (772)	1973
36	Norfolk Gazelles Stephen Sadd (443), Phil Whiting (514), Ian Edwards (515) & Richard Gilham (531)	2003
37	RAF Marham Running Club Simon Hutchings (51), Simon Marsh (118), Michael Sowden (912) & Bob Arthur (950)	2031
38	Norwich Road Runners James Bell (542), Stuart Stuart (568), James Brindley (578) & Simon Edye (599)	2287
39	Tri-Anglia David Hudson (459), Roland Bewick (541), Stephen Baker (673) & Jeremy Storr (674)	2347
40	Great Yarmouth Road Runners Stephen Leeves (512), Matthew Buckoke (607), Matthew Sutton (659) & Ian Tooley (664)	2442
41	Bungay Black Dog RC Roland Shaw (454), David Spashett (480), Etienne Swarts (753) & Nigel Gilham (1010)	2697
42	Norwich Road Runners Gary Cooper (644), Michael Johnson (648), Ryan Nesbitt (685) & Oliver Burwood (731)	2708
43	North Norfolk Beach Runners Tony Money (403), Phil Rowland (627), Christopher Wade (759) & Keith Dickens (1072)	2861
44	Tri-Anglia Jon Hall (693), Richard Burbage (714), Ross Campbell (732) & James Tully (833)	2972
45	Royston Runners Carl Pledger (270), Simon Oughton (474), Paul Crocker (977) & Richard Dajda (1507)	3228
46	Waveney Valley AC Alan Fairs (327), Nigel Herrod (658), David Lewis (986) & David Pimlott (1281)	3252
47	Norwich Road Runners Glen Robinson (749), Gordon Maw (791), Charles Wood (805) & Stuart Mann (969)	3314
48	Dereham Runners Alan Lucas (567), Andrew Norton (840), Mike Barrett (899) & Brian Titchiner (1184)	3490
49	Stowmarket Striders Frank Moggan (589), Peter Finch (856), David Daniels (1004) & Keith Borrett (1051)	3500
50	Ryston Runners Phillip Seaman (730), John Plowright (787), Andy Harrod (1179) & Carl Manning (1180)	3876
51	Tri-Anglia Andy Gibb (882), Vince Butler (1034), Chris Groves (1076) & Iain White (1187)	4179
52	RAF Marham Running Club Ryan Peacock (1016), Adam Peake (1054), Ashley Martin (1108) & Ben Warnes (1164)	4342
53	Great Yarmouth Road Runners Andy Peck (802), Ivan Lees (1093), Michael Dale (1296) & Peter Spandler (1424)	4615
54	Dereham Runners Keith Moore (1226), Steve Plunkett (1227), John Richardson (1232) & Darren Rowley (1247)	4932
55	Tri-Anglia Philip Whyte (1198), Neil Loadman (1235), Neil Cooper (1248) & Ken Mathews (1266)	4947