

Under 13s Under 15s

Under 13 Boys					
1	Ben	Peck	THET	9m46	Feb-19
2	Ashley	Waterson	CN	10m02	Mar-11
3	OJ	Parmenter	C & C	10m02	Mar-16
4	James	Peck	THET	10m05	Mar-18
5	Innes	O'Malley	NNH	10m11	Nov-17
6	Jack	White	CN	10m15	Mar-14
7	Charlie	Wakefield	RYS	10m18	Mar-16
8	Jeya	Kandola	CN	10m19	Feb-18
9	Colin	Raven	IPS	10m20	Oct-93
10	David	Capps	MAR	10m21	Mar-96
11	Aiden	Try	THET	10m22	Mar-14
12	James	Senior	CN	10m23	Nov-04
13	James	Skingsley	CN	10m26	Mar-96
14	Jamie	Sales	C & C	10m26	Mar-14
15	Andrew	Simmonds	RYS	10m29	Jan-94
16	Michael	Smith	HUNTS	10m29	Mar-05
17	Iain	Thomas	RYS	10m31	Mar-87
18	James	Thompson	RYS	10m31	Mar-03
19	Alfie	Linstead	CN	10m32	Oct-11
20	Jason	Thurtle	GY	10m33	Mar-99
21	Richard	Rutherford	NOL	10m34	Feb-96
22	Scott	Greeves	CN	10m35	Feb-09
23	Alex	Atkin	RYS	10m36	Mar-87
24	Andrew	Worrall	HUNTS	10m37	Mar-14
25	D	Bottjer	BAS	10m39	Dec-99
26	Finn	Barnes	C & C	10m39	Dec-11
27	Robert	Caston	NOL	10m40	Dec-94
28	Tom	Hook	CN	10m40	Oct-07
29	James	Cochrane	C & C	10m40	Feb-08
30	Peter	Moss	WN	10m41	Nov-94

Under 13 Girls					
1	Femke	Rosbergen	CN	10m51	Mar-15
2	Katie	Goldsmith	CN	10m58	Mar-15
3	Kiera	Mooney	CN	10m59	Dec-07
4	Hollie	Parker	C & C	11m00	Mar-10
5	Ellie	Taylor	CN	11m00	Mar-15
6	Cheryl	Fisher	RYS	11m05	Nov-88
7	Jodie	Palmer	WN	11m06	Mar-97
8	Shannon	Flockhart	HUNTS	11m12	Oct-14
9	Megan	Soanes	CN	11m13	Dec-09
10	Kirsty	Waterson	WS	11m14	Mar-96
11	Claire	Pring	CN	11m16	Mar-05
12	Carly	Brown	CN	11m17	Jan-04
13	Hattie	Reynolds	NNH	11m17	Mar-18
14	Nelly	Porter	CN	11m18	Oct-14
15	Samantha	Koziel	RYS	11m19	Mar-96
16	Emily	Hoogkamer	CN	11m20	Feb-08
17	Emma	Smith	WN	11m22	Nov-98
18	C	Christiansen	St Ed	11m22	Dec-05
19	Memphis	Symonds	Der	11m23	Oct-16
20	Donna	Scott	WN	11m24	Feb-90
21	Kate	Willis	RYS	11m25	Jan-16
22	Holly	Cooper	CN	11m26	Feb-04
23	Tia-Lily	Crane	CN	11m26	Feb-18
24	Lauren	Murphy	WS	11m27	Oct-12
25	Mimi	Barr	CN	11m28	Jan-08
26	Joanne	Benefer	RYS	11m29	Nov-89
27	Freya	Penn	CN	11m29	Jan-05
28	Tracey	Smith	DISS	11m31	Oct-95
29	Rachel	Mumford	THET	11m31	Feb-08
30	Lucy	Parker	C & C	11m31	Mar-12

Under 15 Boys					
1	Ashley	Waterson	CN	9m22	Oct-12
2	Paul	Ratnage	RYS	9m29	Dec-89
3	Tom	Crawshaw	CN	9m33	Mar-07
4	James	Senior	CN	9m34	Nov-06
5	Martainn	Ramsey	CN	9m36	Mar-09
6	Oliver	Maskell	CN	9m38	Feb-07
7	M	Peacham	THET	9m40	Dec-87
8	Cameron	McKie	WS	9m40	Mar-11
9	Rick	Ward	CN	9m41	Mar-04
10	James	Peck	THET	9m42	Feb-19
11	Josh	Holland	CN	9m44	Dec-04
12	David	Capps	MAR	9m45	Mar-98
13	Scott	Greeves	CN	9m45	Mar-11
14	James	Cochrane	C&C	9m47	Mar-10
15	Matthew	Dack	CN	9m48	Mar-03
16	L	Whitehead	OLD	9m50	Dec-98
17	Jack	White	CN	9m50	Oct-14
18	Joel	Taylor	CN	9m51	Nov-06
19	E	Nicholson	CN	9m53	Mar-97
20	Luke	Spear	CN	9m53	Oct-13
21	N	Grommett	NNBR	9m54	Feb-95
22	S	Cannell	CN	9m55	Mar-03
23	Harley	Swan	THET	9m55	Mar-16
24	Martin	Field	St EDS	9m56	Mar-96
25	Mark	Clayton	DUK	9m57	Feb-95
26	Ben	Goodman	MAR	9m57	Jan-96
27	OJ	Parmenter	C&C	9m57	Oct-16
28	Tom	Francis	THET	9m58	Oct-07
29	Henry	Loughlin	WN	9m58	Feb-09
30	Russell	Clarke	DISS	10m00	Mar-93
	Alex	Gardner	DUK	10m00	Nov-95

Under 15 Girls					
1	Rebecca	Daines	WN	10m27	Mar-08
2	Jane	Moss	WN	10m35	Feb-94
3	Kelly	Marsters	RYS	10m37	Mar-94
4	Charlotte	Tara-Murphy	C&C	10m44	Nov-11
5	Megan	Soanes	CN	10m45	Dec-11
6	Tia-Lily	Crane	CN	10m46	Nov-18
7	Abigail	Durrand	NNH	10m47	Feb-17
8	Claire	Pring	CN	10m48	Feb-07
9	Charlotte	Taylor	NVH	10m49	Feb-08
10	Donna	Scott	WN	10m50	Feb-93
11	Carley	Rose	CN	10m50	Feb-04
12	Natasha	Potgieter	CN	10m51	Dec-09
13	Grace	Jermy	CN	10m54	Feb-19
14	Iona	Lake	CN	10m56	Dec-07
15	Shannon	Flockhart	Hunts	10m56	Nov-15
16	Claire	Wilson	C&C	10m56	Oct-11
17	Grace	Jermy	CN	10m56	Jan-19
18	Lucy	Dowsett	C&C	10m57	Nov-03
19	Gillian	Moss	WN	10m58	Nov-03
20	Cheryl	Fisher	RYS	10m59	Mar-90
21	Charlene	Glen	NOL	10m59	Mar-95
22	Ellie	Drake	DISS	11m00	Dec-11
23	Emily	Hoogkamer	CN	11m00	Dec-10
24	Hattie	Reynolds	NNH	11m01	Oct-18
25	Natalie	Sutton	WN	11m03	Nov-03
26	Jodie	Palmer	KES	11m04	Mar-98
27	Laura	Gilbert	CN	11m04	Dec-99
28	Barbara	Parker	CN	11m05	Feb-98
29	Christy	Smith	Hunts	11m06	Mar-04
30	Mabel	Beckett	CN	11m07	Feb-09
	Ellie	Taylor	CN	11m07	Oct-16

Under 17 Boys 5km				
1	Paul	Ratnage	Ryston	15m17 Feb-90
2	James	Robinson	W Norfolk	15m36 Oct-06
3	Ben	Whitworth	Oldham	15m43 Dec-98
4	Scott	Greeves	CN	15m45 Jan-12
5	James	Jackson	CN	15m46 Oct-08
6	Rick	Ward	CN	15m47 Oct-05
7	Steven	Peck	W Norfolk	15m48 Feb-92
8	Ian	Westgate	NOL	15m48 Oct-93
9	James	Amps	March	15m54 Dec-94
10	David	Goldspink	Fenland	15m56 Dec-88
11	Steven	Cannell	CN	15m56 Feb-05
12	Robert	Joy	NOL	15m57 Oct-93
13	Sean	Watson	CN	16m04 Oct-11
14	Charlie	Wakefield	Ryston	16m04 Oct-18
15	Tom	Salmon	GY	16m05 Oct-95
16	Tom	Crawshaw	CN	16m07 Oct-07
17	Dominic	Oliver	GY	16m10 Jan-12
18	Daniel	Beier	CN	16m14 Dec-99
19	Martin	Field	St Eds	16m19 Oct-97
20	Shayne	Murray	CN	16m22 Jan-06

Under 17 Boys 4.5km				
1	James	Robinson	WN	14m15 Nov-07
2	Rick	Ward	CN	14m17 Jan-05
3	Greg	Billington	U/A	14m23 Nov-05
4	Matthew	Dack	CN	14m43 Jan-05
5	Ben	Whitworth	OLD	14m44 Nov-99
6	Ashley	Hallums	DER	14m44 Feb-06
7	Oliver	Maskell	CN	14m53 Feb-09
8	James	Jackson	CN	14m54 Feb-08
9	Steven	Cannell	CN	14m59 Jan-05
10	Martin	Field	St Eds	15m00 Mar-98
11	Daniel	Beier	CN	15m02 Jan-00
12	Tom	Greenacre	CN	15m07 Nov-17
13	John	Dungar	CN	15m09 Mar-97
14	James	Preston	CN	15m09 Feb-06
15	Scott	Greeves	CN	15m11 Nov-11
16	Mark	Clayton	CN	15m16 Mar-97
17	Jonathan	Laybourn	WN	15m16 Nov-06
18	Sean	Watson	CN	15m21 Nov-12
19	Ben	Stratton	CN	15m22 Feb-10
20	Chris	Drinkwater	LUTON	15m23 Nov-03

Under 17 Boys 6.5km				
1	James	Robinson	WN	20m05 Dec-07
2	Rick	Ward	CN	21m06 Dec-05
3	Ashley	Hallums	DER	21m09 Dec-05
4	Stuart	Huntington	CN	21m10 Dec-05
5	Sean	Watson	CN	21m13 Dec-11
6	James	Jackson	CN	21m20 Dec-07
7	Scott	Greeves	CN	21m35 Dec-11
8	Steven	Cannell	CN	21m48 Mar-05
9	Daryl	Martin	CN	21m49 Dec-05
10	Tom	Crawshaw	CN	21m51 Dec-07
11	Dominic	Oliver	GY	21m53 Dec-11
12	Logan	Smith	DER	22m02 Mar-15
13	Matthew	Dack	CN	22m03 Dec-03
14	Jonathan	Laybourn	WN	22m04 Dec-06
15	Tom	Francis	CN	22m07 Dec-09
16	Leon	Clement	BOS	22m09 Dec-01
17	Shayne	Murray	CN	22m19 Dec-05
18	Tom	Greenacre	CN	22m21 Dec-17
19	Oliver	Maskell	CN	22m26 Mar-05
20	James	Preston	CN	22m33 Mar-06

Under 17 Girls 5km				
1	Ruth	Senior	CN	17m45 Oct-04
2	Danni	Nimmock	CN	17m50 Jan-07
3	Carley	Rose	CN	17m55 Jan-06
4	Cheryl	Fisher	WN	17m59 Feb-93
5	Jane	Moss	WN	18m00 Dec-94
6	Kelly	Marsters	RYS	18m00 Dec-95
7	Natalie	Sutton	WN	18m07 Jan-07
8	Claire	Pring	CN	18m08 Jan-08
9	Helen	South	CN	18m09 Dec-99
10	Ruth	Proctor	CN	18m10 Dec-99
11	Emily	Clarke	CN	18m21 Oct-04
12	Anna	Rutherford	CN	18m25 Feb-97
13	Gemma	Coe	C&C	18m25 Oct-07
14	Rosie	Rutherford	CN	18m29 Feb-97
15	Hannah	Wright	CN	18m29 Oct-11
16	Barbara	Parker	CN	18m30 Oct-98
17	Charlene	Glen	NOL	18m37 Dec-95
18	Esme	Salmon	CN	18m44 Jan-11
19	Melissa	Neal	March	18m57 Dec-92
20	Sam	Gosling	WS	18m58 Feb-97

Under 17 Girls 4.5km				
1	Danni	Nimmock	CN	16m19 Jan-07
2	Claire	Pring	CN	16m27 Feb-08
3	Ruth	Senior	CN	16m31 Jan-05
4	Emily	Clarke	CN	16m45 Nov-04
5	Iona	Lake	CN	16m45 Feb-10
6	Carley	Rose	CN	17m03 Feb-06
7	Hannah	Wright	CN	17m11 Nov-11
8	Rosie	Clarke	C&C	17m17 Nov-03
9	Sarah	Bailey	St Eds	17m20 Nov-03
10	Helen	South	CN	17m25 Mar-00
11	Gemma	Coe	C&C	17m28 Nov-07
12	Carly	Brown	CN	17m30 Jan-05
13	Juliette	Broster	CN	17m30 Nov-09
14	Sophie	Alden	CN	17m32 Nov-13
15	Kelly	Marsters	RYS	17m33 Nov-96
16	Mabel	Beckett	CN	17m34 Feb-12
17	Barbara	Parker	CN	17m38 Mar-99
18	Natasha	Potgieter	CN	17m42 Nov-10
19	Tracey	Smith	DISS	17m48 Nov-98
20	Natalie	Sutton	WN	17m50 Nov-06

Under 17 Girls 6.5km				
1	Charlotte	Taylor	NVH	22m41 Dec-10
2	Claire	Pring	CN	23m35 Dec-07
3	Danni	Nimmock	CN	23m58 Mar-07
4	Ruth	Senior	CN	24m18 Mar-05
5	Carley	Rose	CN	24m24 Mar-05
6	Iona	Lake	CN	24m37 Dec-09
7	Natasha	Potgieter	CN	24m43 Dec-11
8	Juliette	Broster	CN	24m53 Mar-11
9	Mabel	Beckett	CN	24m53 Dec-11
10	Emily	Clarke	CN	24m57 Mar-05
11	Kate	Willis	CN	25m03 Dec-18
12	Natalie	Sutton	WN	25m03 Dec-06
13	Debra	Brett	CN	25m17 Dec-01
14	Annie	Rooks	RYS	25m17 Mar-15
15	Emily	Hoogkamer	CN	25m31 Dec-11
16	Hollie	Parker	C&C	25m31 Mar-12
17	Ali	Bellars	WN	25m38 Dec-01
18	Catherine	Lee	GY	25m48 Dec-11
19	Grace	Mullins	NVH	25m49 Dec-10
20	Esme	Salmon	CN	25m50 Mar-11

Senior Men 5km					
1	Guy	Amos	CN	14m22	Feb-98
2	Trent	Morrell	BRAN	14m31	Feb-98
3	David	Heath	BLACK	14m38	Dec-91
4	Steve	Neil	RAF	14m45	Dec-96
5	Mike	Turner	RAF	14m48	Oct-91
6	Gary	Booty	NOL	14m51	Feb-94
7	Graham	Davison	NNBR	14m53	Feb-97
8	Paul	Moore	DISS	14m55	Dec-99
9	Greg	Billington	NEW	14m55	Oct-06
10	Peter	Duhig	RYS	15m01	Oct-88
11	Tom	Salmon	CN	15m06	Feb-04
12	Neil	Featherby	GAZ	15m10	Oct-86
13	Robert	Joy	NNBR	15m10	Feb-99
14	Iain	Robertson	CN	15m12	Feb-99
15	Andy	Hennessey	Wells	15m12	Jan-08
16	Chris	Dennis	WN	15m13	Dec-96
17	James	O'Neill	CN	15m15	Feb-04
18	Greg	Harrison	U/A	15m16	Dec-98
19	Stuart	Huntingdon	CN	15m18	Oct-06
20	Kevin	Murray	CN	15m20	Dec-00
21	Barry	Dack	WYM	15m21	Oct-93
22	John	Pike	OMEG	15m22	Dec-94
23	Alex	Bowden	UEA	15m23	Oct-92
24	Paul	Ratnage	RYS	15m24	Dec-91
25	Oliver	Adam	DUK	15m24	Feb-92
26	P	Atkinson	NOL	15m24	Oct-92
27	Steve	Robinson	ST ED	15m25	Jan-10
28	Rick	Ward	CN	15m27	Oct-06
29	Ian	Westgate	NOL	15m28	Feb-95

Senior Men 6.5km					
1	Robert	Joy	GAZ	20m09	Dec-06
2	Tom	Salmon	CN	20m12	Dec-04
3	Steve	Robinson	St Ed	20m15	Dec-09
4	James	O'Neill	CN	20m23	Dec-04
5	Ashley	Harrell	CN	20m29	Dec-08
6	Adam	Thomas	CN	20m45	Dec-06
7	Carl	Goose	CN	20m46	Dec-06
8	Andrew	Jakeman	NVH	20m48	Dec-13
9	Andy	Hennessey	Wells	20m53	Mar-08
10	Michael	Eccles	GAZ	20m57	Mar-16
11	Ray	Goose	NNBR	21m03	Dec-01
12	Stuart	Huntingdon	CN	21m04	Dec-06
13	James	Robinson	WN	21m05	Mar-09
14	Steve	Jones	NNBR	21m06	Dec-01
15	Matt	Barnes-Smith	St Ed	21m06	Dec-01
16	Rick	Ward	CN	21m09	Dec-11
17	Logan	Smith	DER	21m11	Mar-16
18	Sean	Beard	NVH	21m12	Mar-03
19	Ian	Murry	CN	21m18	Dec-01
20	Oliver	Maskell	CN	21m18	Dec-11
21	Michael	Wegrzyn	U/A	21m22	Dec-18
22	Ryan	Davidson	BVH	21m23	Dec-18
23	Daniel	Beier	CN	21m25	Dec-02
24	Callum	Stanforth	RYS	21m27	Dec-15
25	Damien	Rogers	CN	21m28	Dec-09
26	Neil	Davison	NNBR	21m29	Dec-01
27	Ian	Hogarth	RYS	21m34	Dec-05
28	Robert	Simmonds	RYS	21m35	Mar-12
29	Jack	Trow	FEN	21m38	Dec-11
30	Sean	Atterwill	DER	21m39	Dec-14

Senior Men 9km					
1	Robert	Joy	GAZ	26m38	Jan-05
2	Graham	Davison	NNBR	26m40	Mar-96
3	Trent	Morrell	BRAN	26m44	Nov-97
4	Daniel	Beier	CN	27m06	Jan-05
5	J	Schaffner	Switz	27m28	Nov-99
6	Mike	Braithwaite	DUK	27m32	Mar-93
7	Oliver	Amman	DUK	27m40	Mar-92
8	Mike	Turner	RAF	27m40	Nov-89
9	Ian	Lewis	RAM	27m48	Jan-98
10	Gary	Howe	THET	27m51	Jan-96
11	Chris	Dennis	WN	27m54	Jan-97
12	Andy	Hennessey	CN	27m54	Nov-09
13	John	Pike	HOL	27m57	Nov-99
14	Ian	Bailey	CN	27m58	Nov-04
15	Max	Perrin	NVH	28m02	Jan-95
16	James	O'Neill	CN	28m02	Jan-05
17	Neil	Davison	CN	28m02	Nov-04
18	W	Oxborough	MAR	28m03	Nov-91
19	Larry	Doyle	N/MKT	28m07	Nov-91
20	Martin	Owen	BED	28m09	Mar-98
21	Peter	Sibbeit	NHS	28m13	Jan-93
22	Ian	Westgate	NOL	28m15	Mar-94
23	Barry	Dack	WYM	28m15	Nov-93
24	Iain	Robertson	CN	28m18	Jan-00
25	Ray	Goose	CN	28m18	Mar-98
26	Lloyd	Farrow	BRAN	28m19	Mar-00
27	Michael	Eccles	GAZ	28m20	Feb-16
28	Kevin	Vaughan	THET	28m22	Nov-99
29	Bryce	Gibson	CN	28m24	Jan-00
30	Peter	Duhig	RYS	28m27	Nov-89

Senior Ladies 5km					
1	Danni	Nimmock	CN	17m05	Jan-08
2	Hollie	Rowland	CN	17m09	
3	Lucy	Owen	Bedford	17m18	Feb-98
4	Colleen-N	Mukuya	G YAR	17m22	Oct-17
5	Barbara	Parker	CN	17m30	Oct-03
6	Sarah	Knights	CN	17m36	Dec-00
7	Gemma	Coe	C & C	17m37	Oct-13
8	Caroline	Hipkin	Ryston	17m38	Dec-91
9	Marie	French	Ryston	17m45	Oct-11
10	Ruth	Senior	CN	17m48	Jan-06
11	Melissa	Neal	PET	17m53	Dec-95
12	Caroline	Bullard	Highgate	17m58	Oct-05
13	Amy	Dungar	CN	18m01	Oct-04
14	Clare	Donovan	NNBR	18m04	Jan-10
15	Jane	Horner	CN	18m17	Dec-00
16	Dawn	Henden	March	18m20	Jan-06
17	Alison	Bellars	W Norfolk	18m23	Jan-04
18	Christine	Anthony	Ryston	18m30	Oct-93
19	Rebecca	Cousins	Fenland	18m36	Oct-10
20	Nicky	Alford	CN	18m41	Oct-06

Senior Ladies 6.5km					
1	Iona	Lake	CN	22m52	Dec-12
2	Danni	Nimmock	CN	22m59	Dec-07
3	Kirsty	Waterson	ST ED	23m19	Dec-03
4	Ruth	Proctor	CN	23m24	Dec-04
5	Rachel	Stringer	CN	23m35	Dec-09
6	Ruth	Senior	CN	23m39	Dec-05
7	Marie	French	RYS	23m53	Dec-11
8	C	Bryson	CN	23m57	Dec-03
9	Tanya	Taylor	STAM	24m08	Dec-01
10	Dawn	Henden	RAF	24m10	Mar-06
11	Nicky	Gooderham	MK	24m16	Dec-09
12	Rebecca	Cousins	FEN	24m22	Dec-10
13	Alison	Bellars	WN	24m26	Dec-03
14	Olivia	Walwyn	CN	24m36	Dec-01
15	Emma	Patel	C & C	24m42	Dec-04
16	Melissa	Neal	PET	24m47	Dec-01
17	Barbara	Parker	CN	24m48	Dec-02

Senior Ladies 9km					
1	Danni	Nimmock	CN	30m53	Nov-09
2	Lucy	Owen	Bedford	31m26	Mar-98
3	Ruth	Senior	CN	31m36	Jan-07
4	Caroline	Hipkin	Ryston	31m42	Nov-91
5	Emma	Sharples	CN	31m59	Nov-10
6	Marie	French	Ryston	32m11	Feb-14
7	Kelly	Rushton	CN	32m20	Feb-14
8	Caroline	Bullard	Highgate	32m28	Nov-05
9	Kim	Markand	Brandon	32m33	Mar-95
10	Sandra	Bower	Duke St	32m39	Mar-92
	Dawn	Henden	RAF	32m39	Feb-06
12	Rebecca	Cousins	Fenland	32m48	Nov-10
13	Colleen-N	Mukuya	U/A	32m57	Feb-17
14	Jane	Horner	CN	33m06	Nov-99
15	Tessa	Jones	CN	33m07	Mar-99
	Sarah	Knights	CN	33m07	Mar-00
17	Amy	Dungar	CN	33m11	Nov-04
18	Nicky	Alford	CN	33m13	Jan-07
19	Claire	Donovan	NNBR	33m14	Feb-10
20	Melissa	Neal	March	33m17	Nov-94
21	N	Potgeiter	CN	33m19	Nov-12
22	Elaine	Warren	NOL	33m27	Nov-89
23	Olivia	Walwyn	CN	33m29	Jan-01
24	Gemma	Coe	C & C	33m30	Nov-12
25	Jessica	Brooks	CN	33m31	Nov-07
26	Emma	Patel	NNBR	33m33	Nov-15
27	Tanya	Taylor	Stamford	33m43	Feb-03
28	Alison	Bellars	WN	33m53	Nov-03
29	Christine	Anthony	Ryston	33m54	Nov-92
	Jane	Moss	WN	33m58	Jan-98

M40-44 6.5km					
1	Guy	Amos	CN	20m14	Dec-05
2	Ray	Goose	CN	21m34	Mar-05
3	Nick	Overton	NVH	21m37	Mar-03
4	Gary	Crush	CN	21m46	Mar-19
5	Nick	Grimer	NVH	21m49	Mar-12
6	David	Reed	St Ed	21m57	Mar-06
7	Malcolm	Tuff	Ryston	21m59	Dec-07
8	Kevin	Vaughan	St Ed	22m02	Dec-05
9	Ian	Liffen	GYRR	22m05	Dec-04
10	Andrew	Wright	NNBR	22m20	Mar-02
11	Matt	Allen	Ryston	22m40	Mar-18
12	Paul	Woodyatt	CN	22m46	Mar-02
13	Ian	Day	Ely	22m46	Mar-11
14	Andrew	Bunn	CN	22m52	Mar-09

M45-49 6.5km					
1	Guy	Amos	CN	20m32	Dec-08
2	Julio	Costa	Ryston	21m31	Dec-04
3	Peter	Golding	St Ed	21m48	Dec-03
4	Kevin	Vaughan	St Ed	21m53	Mar-14
5	Malcolm	Tuff	Ryston	21m56	Dec-11
6	David	Reed	St Ed	22m16	Dec-07
7	Nic	Bensley	Ryston	22m26	Mar-17
8	Steve	Huntingdon	CN	22m43	Mar-02
9	Andrew	Houghton	U/A	22m57	Dec-05
10	Ray	Goose	CN	23m02	Mar-10
11	Ian	Aunger	NVH	23m04	Dec-08
12	Steve	Faulkner	U/A	23m14	Mar-03
13	David	Pettitt	C & C	23m14	Dec-10
14	Cliff	Bailey	THET	23m19	Dec-05

M50-54 6.5km					
1	Spencer	Goodall	CN	22m01	Dec-18
2	Stan	Owen	NVH	22m07	Mar-03
3	R	Cleverton	CN	22m43	Dec-09
4	Malcolm	Tuff	Ryston	22m46	Dec-14
5	Phil	Redden	RIV	22m58	Mar-02
6	Ray	Church	NVH	23m04	Mar-02
7	Harry	Knowles	CN	23m09	Dec-04
8	Alan	Dawson	St Ed	23m10	Mar-09
9	Pete	Johnson	GAZ	23m29	Dec-05
10	Kevin	Vaughan	THET	23m35	Mar-14
11	Nigel	Arnold	GAZ	23m43	Mar-09
12	R	Hoogkamer	CN	23m48	Dec-10
13	Ken	Bell	Hunts	23m52	Dec-01
14	Michael	Barnsdale	NVH	23m53	Mar-09

M55-59 6.5km					
1	Nigel	Arnold	GAZ	23m21	Mar-16
2	Chris	Cooke	St Ed	23m50	Dec-18
3	Bill	Morgan	THET	24m06	Mar-05
4	Richard	Blake	GYRR	24m07	Dec-06
5	Alan	Dawson	St Ed	24m07	Dec-11
6	Pete	Johnson	GAZ	24m08	Dec-09
7	J	Leversedge	ENF	24m13	Dec-10
8	Mike	Spragg	GYRR	24m19	Mar-03
9	Dave	Robinson	Ryston	24m38	Mar-12
10	Kevin	Youngs	GAZ	24m43	Dec-08
11	Bert	Wilkinson	Ryston	24m50	Dec-03
12	Kevin	Vaughan	Thet	25m00	Mar-19
13	John	Baxter	BVH	25m50	Dec-15
14	Dave	Vaughan	St Ed	25m58	Dec-09

M60-64 6.5km					
1	Kevin	Youngs	GAZ	24m20	Dec-09
2	Derry	Kelleher	CN	24m32	Dec-09
3	Tony	Gray	Eye	24m55	Dec-05
4	Brian	Bromley	GAZ	25m54	Mar-03
5	Bert	Wilkinson	Ryston	25m58	Mar-07
6	Robert	Price	St Ed	26m03	Dec-05
7	Pete	Johnson	Ryston	26m03	Dec-16
8	Nigel	Horney	Keswick	26m33	Dec-18
9	Richard	Blake	NNBR	26m34	Dec-10
10	Alan	Burgin	Hunts	26m35	Mar-14
11	Jim	Stocker	Hunts	26m36	Dec-13
12	Glyn	Smith	C & C	26m40	Dec-06
13	Mike	Spragg	GYRR	26m41	Dec-07
14	Ian	Milburn	Fenland	26m55	Dec-07

M65+ 6.5km					
1	Frank	Gribben	BVH	27m34	Mar-19
2	Neil	Anderton	Der	32m13	Mar-19
3	Brian	Wright	Thet	33m43	Dec-18
4	Dave	Vaughan	St Eds	33m44	Mar-19
5					
6					
7					
8					
9					
10					
11					
12					

M40-44 9km					
1	Guy	Amos	CN	27m44	Jan-05
2	Steve	Neill	RAF	27m50	Nov-09
3	Pete	Duhig	RYS	28m10	Nov-92
4	P	Bevilaqua	Thorn	28m35	Jan-95
5	Glyn	Harvey	CN	28m50	Jan-97
6	Bert	Wilkinson	RAF	28m53	Nov-89
7	R	Hamilton	NNBR	28m53	Nov-03
8	Phil	Jacklin	RYS	29m01	Nov-92
9	Nigel	Arnold	CN	29m03	Nov-97
10	Alan	Shutt	MAR	29m09	Jan-92
11	Ray	Goose	CN	29m21	Jan-05
12	Kevin	Vaughan	St Ed	29m23	Nov-04
13	Brian	Drabner	Thorn	29m25	Jan-96
14	John	Harding	Diss	29m36	Nov-96
15	Paul	Hough	RYS	29m36	Nov-97
16	Chris	Clarke	NVH	29m38	Feb-03
17	Michael	Edge	St Ed	29m39	Nov-97
18	Neil	Davison	CN	29m51	Nov-13
19	Nick	Grimer	NVH	29m52	Nov-11
20	Chris	Reed	RYS	29m55	Nov-91
	Malcolm	Tuff	RYS	29m55	

M45-49 9km					
1	Guy	Amos	CN	28m33	Feb-09
2	Bert	Wilkinson	DUK	28m43	Nov-92
3	Dave	Reed	St Ed	29m34	Feb-08
4	Pete	Duhig	RYS	29m42	Nov-96
5	S	Huntingdon	CN	30m06	Jan-01
6	Pete	Johnson	CN	30m08	Jan-01
7	Malcolm	Tuff	RYS	30m08	Nov-12
8	Terry	Cooke	RYS	30m29	Mar-92
9	A	Whitehouse	DUK	30m34	Nov-94
10	Nic	Bensley	RYS	30m38	Feb-16
11	Rod	Wood	RYS	30m49	Jan-96
12	Dave	Pettitt	C & C	30m50	Nov-10
13	Kevin	Vaughan	St Ed	30m53	Nov-10
14	M	Ringer	WN	30m56	Mar-95
15	Ian	Auger	NVH	30m58	Nov-08
16	P	Thorington	MAR	31m02	Jan-95
17	A	Houghton	U/A	31m03	Nov-05
18	Bill	Morgan	THET	31m08	Jan-96
19	S	Goodall	WYM	31m08	Nov-13
20	P	Golding	St Ed	31m14	Nov-05

M50-54 9km					
1	Guy	Amos	U/A	28m36	Nov-13
2	Bert	Wilkinson	THET	29m54	Nov-97
3	Peter	Andrew	DUK	30m00	Mar-93
4	Spencer	Goodall	CN	30m06	Nov-18
5	Malcolm	Tuff	RYS	30m29	Nov-14
6	Terry	Mulcahy	BUNG	30m31	Nov-99
7	Ian	V-Arbuckle	RYS	30m36	Mar-92
8	Brian	Bromley	DUK	30m55	Mar-93
9	Ivan	Loades	NRR	31m03	Nov-94
10	Pete	Johnson	GAZ	31m18	Nov-05
11	Rod	Wood	RYS	31m21	Mar-96
12	Terry	Cooke	RYS	31m26	Jan-97
13	Kevin	Vaughan	St Ed	31m26	Nov-14
14	Pete	Duhig	RYS	31m38	Jan-00
15	Ray	Baker	NOL	31m50	Jan-96
16	S	Huntingdon	CN	31m51	Jan-07
17	Alan	Dawson	St Ed	31m56	Feb-10
18	Ernie	Bradshaw	WYM	32m01	Mar-98
19	Mike	Spragg	GYRR	32m04	Jan-98
20	John	Wright	DUK	32m05	Mar-93

M55-59 9km					
1	Nigel	Arnold	GAZ	31m52	Nov-15
2	Richard	Blake	GYRR	32m08	Nov-05
3	Derry	Kelleher	CN	32m18	Jan-05
4	Chris	Cooke	St Ed	32m19	Nov-18
5	John	Liversedge	ENF	32m25	Nov-10
6	Pete	Johnson	GAZ	32m30	Nov-10
7	Alan	Dawson	St Ed	32m33	Nov-11
8	Bert	Wilkinson	THET	33m02	Feb-04
9	Kevin	Youngs	GAZ	33m04	Nov-07
10	Mike	Spragg	GYRR	33m06	Nov-03
11	Harry	Knowles	CN	33m10	Feb-10
12	Kevin	Vaughan	Thet	33m16	Feb-19
13	Bill	Morgan	THET	33m19	Jan-05
14	Ian	V-Arbuckle	RYS	33m30	Mar-96
15	Ian	Milburn	FEN	33m43	Nov-99
16	Martin	Yeomans	NRR	33m44	Nov-06
17	Mike	Turner	LIV	34m14	Jan-97
18	Graham	Chapman	Ely	34m22	Nov-11
19	Michael	Barnsdale	NVH	34m33	Nov-10
20	Tim	Ash	NOL	34m39	Jan-96

M60-64 9km					
1	Derry	Kelleher	CN	33m12	Feb-10
2	Kevin	Youngs	GAZ	33m19	Feb-10
3	Peter	Oldham	RRC	33m38	Nov-99
4	Pete	Johnson	RYS	34m14	Feb-16
5	Tony	Gray	Eye	34m40	Feb-06
6	Brian	Bromley	GAZ	35m20	Feb-03
7	Richard	Blake	NNBR	35m33	Nov-10
8	Harry	Knowles	CN	35m50	Nov-15
9	Robert	Price	St Ed	35m52	Nov-05
10	Bert	Wilkinson	RYS	35m54	Nov-06
11	Ian	Milburn	FEN	36m04	Nov-05
12	Malcolm	Ball	NNBR	36m06	Nov-98
13	Alan	Burgin	Hunts	36m16	Feb-14
14	Brian	Allsop	NNBR	36m30	Jan-00
15	Peter	Howard	C & C	36m30	Nov-03
16	Charlie	Ritchie	C&C	36m35	Nov-16
17	Martin	Simmonds	RYS	36m51	Feb-04
18	John	Baxter	BVH	37m01	Nov-17
19	Ernie	Bradshaw	DER	37m03	Jan-07
20	Nigel	Horney	Keswic	37m06	Nov-18

M65+ 9km					
1	Frank	Gribben	BVH	37m09	Feb-19
2	Nigel	Dickens	NVH	41m22	Feb-19
3	Alan	Burgin	Hunts	41m26	Feb-19
4	Mark	Tayler	NRR	42m51	Nov-18
5	Colin	Simpson	Phoe	43m02	Nov-18
6	Neil	Anderton	Der	43m56	Feb-19
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

F35-39 5km					
1	Claire	Forbes	S/ton	17m38	Oct-08
2	Sandra	Bower	Thetford	17m39	Dec-96
3	Sarah	Knights	CN	18m03	Jan-03
4	Jane	Clarke	Gazelles	18m12	Jan-04
5	Frances	Cooke	March	18m22	Dec-94
6	Shirley	Stallabrass	DUK	18m34	Feb-95
7	Marie	French	Ryston	18m38	Jan-17
8	Celia	Duncan	CN	19m01	Dec-96
9	Pauline	Field	St Ed	19m02	Oct-96
10	Lyn	Emmett	CN	19m02	Oct-06
11	Caroline	Wakefield	Ryston	19m03	Oct-06
12	Tracey	Curl	NRR	19m10	Feb-07
13	Louise	Wilkinson	CN	19m12	Dec-98
14	Rose	Waterman	Tri-A	19m22	Jan-19
15	Tanya	Taylor	NVH	19m26	Oct-06

F40-44 5km					
1	Jo	Andrews	Bungay	18m11	Jan-17
2	Louise	White	Thetford	19m35	Oct-17
3	Nicky	Roger	Ryston	20m24	Oct-14
4	Sabine	Schaefer	Thetford	20m32	Jan-18
5	Emma	Buckland	C & C	21m00	Oct-15
6	Lesley	Robins	Ryston	21m05	Jan-15
7	Charlotte	Smith	Thetford	21m19	Jan-19
8	Caroline	Houghton	NRR	21m27	Jan-17
9	Sarah	Stubbs	BVH	21m47	Oct-16
10	Christina	Plumley	Thetford	21m53	Jan-16

F45-49 5km					
1	Jane	Clarke	Gazelles	17m40	Oct-06
2	Maria	Holland	CN	17m56	Jan-03
3	Diane	Hepplewhite	CN	18m09	Dec-96
4	Diane	Marsh	CN	18m40	Oct-99
5	Brenda	Hutcheon	DUK	19m13	Oct-94
6	Sarah	Knights	U/A	19m24	Oct-12
7	Tracey	Curl	CN	19m40	Oct-13
8	Lyn	Emmett	Beccles	19m44	Oct-14
9	Maureen	McCarthy	St Ed	19m45	Jan-13
10	Sandra	Bower	Thetford	19m49	Oct-07
11	Nicky	Roger	Ryston	20m04	Oct-16
12	Louise	Bailey	Holbeach	20m35	Feb-00
13	Helen	Grant	C & C	20m35	Oct-11
14	Louise	Wilkinson	CN	20m39	Jan-10
15	Trisha	Dennison	Thetford	21m09	Oct-07

F50-54 5km					
1	Jane	Clarke	CN	19m25	Jan-15
2	Carol	Devlin	Dereham	19m58	Oct-16
3	Christine	Anthony	W Suffolk	20m47	Jan-18
4	Louise	Pegg	NNBR	21m47	Jan-17
5	Jo	Isbill	Ryston	22m23	Jan-16
6	Niki	Park	U/A	22m44	Oct-15
7	Linda	Marshall	Ryston	22m56	Jan-19
8	Geraldine	Jordan	Ryston	22m57	Oct-16
9	Karen	Wood	Ryston	23m31	Oct-15
10	Linda	Marshall	Ryston	23m41	Oct-16
11	Dawn	Carver	U/A	23m48	Jan-16

F55-59 5km					
1	Christine	Anthony	WS	19m53	Jan-19
2	Jane	Clarke	CN	20m29	Jan-19
3	Sandra	Bower	Thetford	20m50	Jan-16
4	Veronica	Manly	Wym	21m42	Oct-03
5	Elke	Hausler	EMAC	22m07	Jan-19
6	Eva	Osborne	Wym	22m14	Feb-00
7	Brenda	Hutcheon	Gazelles	22m29	Jan-03
8	Gill	Woodhouse	Dereham	22m33	Oct-05
9	Judy	Norris	Boston	22m38	Oct-00
16	Maureen	Wolfe	Ryston	22m45	Jan-15
10	Jenny	Morgan	St Eds	23m18	Jan-18
11	Sally	Dormer	Brandon	23m21	Oct-06
12	Jill	Davis	Ryston	23m47	Jan-15
13	Barbara	Morrice	Dereham	24m04	Oct-02
14	Judy	Potter	Bungay	24m12	Oct-06
15	Dawn	Marshall	St Eds	24m18	Jan-18

F60+ 5km					
1	Jenny	Morgan	St Eds	23m24	Oct-18
2	Gail	Hardingham	BVH	24m38	Jan-19
3	Bobbie	Sauerzapf	Bungay	24m46	Jan-19
4	Liz	Blakie	Ryston	26m36	Oct-18
5	Eva	Osborne	Wym	28m19	Jan-19
6					
7					
8					
9					
10					

Female Masters Medium Course

F35-39 6.5km					
1	Claire	Forbes	CN	23m55	Mar-08
2	Sarah	Knights	CN	24m22	Dec-06
3	Carol	Keller	U/A	24m52	Mar-02
4	Molly	James	WN	25m13	Dec-10
5	Cat	Ricketts	WYM	25m33	Dec-14
6	Caroline	Wakefield	RYS	25m40	Dec-06
7	Lucy	Emmett	BUNG	25m47	Dec-11
8	Louise	Wilkinson	CN	25m57	Mar-03
9	Elizabeth	Daly	Der	26m29	Mar-19
10	Dena	Parfitt	NNBR	26m35	Dec-01
11	Tanya	Taylor	NVH	26m21	Dec-07
12	Sabine	Schaefer	THET	26m24	Dec-15

F40-44 6.5km					
1	Jo	Andrews	BUNG	24m20	Dec-16
2	Sabine	Schaefer	THET	26m36	Mar-18
3	Sarah	Stubbs	BVH	27m53	Mar-16
4	Nicky	Roger	RYS	28m16	Dec-14
5	Christina	Plumley	THET	28m31	Dec-15
6	Lesley	Robins	RYS	28m37	Mar-16

F45-49 6.5km					
1	Jane	Clarke	CN	23m55	Dec-09
2	Maria	Holland	CN	24m22	Mar-02
3	Maureen	McCarthy	ST ED	26m16	Mar-09
4	Pat	Partridge	ST ED	26m30	Dec-02
5	Helen	Grant	C & C	26m48	Mar-12
6	Louise	Bailey	NVH	27m34	Dec-02
7	Louise	Wilkinson	CN	27m42	Mar-10
8	Gillian	Loughlin	CN	28m09	Dec-10
9	Trisha	Dennison	THET	28m10	Dec-07
10	Ann	Millett	NRR	28m13	Dec-05

F50-54 6.5km					
1	Jane	Clarke	CN	25m18	Mar-15
2	Carol	Devlin	DER	27m36	Mar-16
3	Christine	Anthony	WS	28m47	Dec-17
4	Geraldine	Jordan	RYS	30m22	Dec-16
5	Linda	Marshall	RYS	30m26	Mar-15
6	Sarah	Taylor	RYS	30m45	Mar-15
7	Karen	Wood	RYS	31m20	Mar-15
8	Dawn	Carver	NRR	31m50	Mar-16

F55-59 6.5km					
1	Jane	Clarke	CN	26m50	Mar-19
2	Veronica	Manly	WYM	28m58	Dec-03
3	Sandra	Bower	THET	30m08	Dec-16
4	Gill	Woodhouse	DER	30m34	Dec-06
5	Mauree	Wolfe	RYS	30m50	Dec-14
6	Eva	Osborne	WYM	31m36	Dec-01
7	Sally	Dormer	BRAN	31m37	Dec-06
8	Judy	Potter	BUNG	31m53	Mar-02
9	Brenda	Hutcheon	GAZ	31m54	Dec-04
10	Jill	Davis	RYS	32m19	Dec-14
11	Dawn	Marshall	St Eds	32m31	Mar-18

F60+ 6.5km					
1	Liz	Blakie	Ryston	35m55	Mar-19
2	Jane	Ashby	Ryston	36m12	Mar-19
3					
4					
5					
6					
7					
8					
9					
10					

F35-39 9km					
1	Sandra	Bower	Thetford	32m15	Mar-00
2	Diane	Marsh	NOL	32m37	Nov-97
3	Jane	Clarke	Gazelles	32m46	Nov-03
4	Emma	Risbey	NNBR	33m22	Nov-17
5	Shirley	Stallabross	Duke St	33m46	Mar-95
6	Frances	Cooke	March	33m59	Nov-94
7	Louise	Wilkinson	CN	33m59	Jan-97
8	Sarah	Knights	CN	34m16	Nov-06
9	Caroline	Wakefield	Ryston	34m18	Nov-06
10	Tracey	Curl	NRR	34m24	Jan-07
11	Pauline	Field	St Ed	34m35	Nov-96
12	Lyn	Emmett	Bungay	34m35	Nov-11
13	Dena	Parfitt	Gazelles	34m39	Nov-04
14	Molly	McKay	WN	35m00	Nov-12
15	Alexandra	Smith	CN	35m08	Nov-13
16	Cat	Ricketts	NRR	35m26	Nov-12
17	Nicky	Buckley	Dereham	35m50	Nov-95
18	Lucy	Chessor	FEN	35m50	Nov-12
19	Elizabeth	Daly	Dereham	35m57	Feb-18
20	Jackie	Clay	Boston	35m58	Feb-04

F40-44 9km					
1	Jo	Andrews	Bungay	33m07	Nov-16
2	Sabine	Schaefer	Thetford	36m10	Feb-18
3	Louise	White	Thet	36m27	Nov-16
4	Lesley	Robins	Ryston	38m21	Nov-14
5	Sarah	Stubbs	BVH	38m43	Feb-16
6	Nadine	Heseltine	Thetford	39m24	Nov-17
7	Caroline	Houghton	NRR	39m24	Nov-17
8	Elies	Mann	NRR	40m01	Nov-14
9	Nadine	Heseltine	GY	40m18	Nov-16
10	Sam	Cadman	U/A	40m23	Nov-16
11	Christine	Ashton	U/A	40m35	Feb-19

F45-49 9km					
1	Jane	Clarke	CN	31m55	Nov-08
2	Maria	Holland	CN	32m27	Feb-03
3	Diane	Hepplewhite	CN	32m59	Jan-97
4	Diane	Marsh	NOL	33m44	Jan-00
5	Lyn	Emmett	Bungay	34m25	Nov-14
6	Dena	Parfitt	NNBR	35m06	Nov-07
7	Tracey	Curl	CN	35m24	Feb-14
8	Penny	Edwards	NRR	35m29	Nov-05
9	Brenda	Hutcheon	Duke St	35m35	Nov-94
10	Sarah	Knights	U/A	35m45	Nov-12
11	Louise	Wilkinson	CN	35m54	Feb-08
12	Helen	Grant	C & C	36m32	Nov-11
13	Maureen	McCarthy	St Ed	36m35	Feb-09
14	Louise	Bailey	HOL	37m28	Jan-00
15	Marie	Irlam	FEN	37m55	Feb-13
16	Jo	Isbill	RYS	38m22	Feb-14
17	Judy	Norris	HOL	38m23	Jan-00

F50-54 9km					
1	Tracey	Curl	CN	35m11	Nov-14
2	Carol	Devlin	DER	36m29	Nov-16
3	Christine	Anthony	WS	36m43	Nov-16
4	Geraldine	Jordan	RYS	40m34	Nov-16
5	Niki	Park	NRR	40m54	Nov-16
6	Linda	Marshall	RYS	41m43	Nov-18
7	Dawn	Carver	NRR	42m31	Feb-16
8	Louise	Pegg	NNBR	42m33	Nov-16
9	Karen	Wood	Ryston	42m37	Feb-16
10	Ardyn	Ross	U/A	44m57	Nov-15

F55-59 9km					
1	Jane	Clarke	CN	36m41	Nov-18
2	Christine	Anthony	WS	37m23	Nov-18
3	Veronica	Manly	Wym	38m16	Nov-03
4	Elke	Hausler	EMAC	38m47	Nov-18
5	Eva	Osborne	Wym	40m25	Jan-00
6	Judy	Norris	BOS	41m14	Nov-00
7	Gill	Woodhouse	Dereham	41m17	Nov-05
8	Maureen	Wolfe	RYS	41m34	Feb-15
9	Dawn	Marshall	St Eds	43m08	Nov-17
10	Judy	Potter	Bungay	43m20	Feb-03
11	Jenny	Morgan	St Eds	43m43	Feb-18

F60+ 9km					
1	Jenny	Morgan	St Eds	46m58	Nov-18
2	Jane	Ashby	Ryston	47m31	Nov-18
3	Caroline	Taylor	NRR	49m03	Nov-18
4	Liz	Blakie	Ryston	49m25	Nov-18
5					
6					
7					
8					
9					
10					