

Ryston Runners GP 2 (2021-22)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Max Hawkins	Ryston	3:21	U9B
2	Logan Greenwood	Ryston	3:25	U9B
3	Theo Hawes	Ryston	3:26	U9B
4	Samuel Jones	Downham Prep	3:29	U9B
5	Ezra Lewis	Downham Prep	3:32	U9B
6	Noah Miller	Cherry Tree	3:33	U9B
7	Oliver Willett	U/A	3:40	U9B
8	Henry Loveday	Downham Prep	3:41	U9B
9	Nicolas Brea Montanez	Cherry Tree	3:41	U9B
10	Lara Waterman	Attleboro	3:44	U9G
11	Isadora Barclay	Downham Prep	3:44	U9G
12	Nancy Simmonds	U/A	3:48	U9G
13	Rhys Howard	Ryston	3:53	U9B
14	Eric Pettit	U/A	3:54	U9B
15	Jesse Dye	Cherry Tree	3:59	U9B
16	Max Mckenzie	Flitcham	3:59	U9B
17	Maya Marcinek	Ren Run	4:02	U9G
18	Ryan Davies-Vail	St Martin	4:04	U9B
19	Harvey Wilson	Downham Prep	4:08	U9B
20	Theodore Beynon-Phillips	Downham Prep	4:08	U9B
21	Anwen Jones	Cherry Tree	4:09	U9G
22	Francesca Hollick-Pearce	Ed DM Sch	4:10	U9G
23	Ollie Davenport	Cherry Tree	4:10	U9B
24	Ruslana Kozuskevica	Attleboro/Tivet Prim	4:11	U9G
25	Lauren Lawrence	Hunst Prim	4:11	U9G
26	Mia Kaiser	Eaton P	4:12	U9G
27	Oliver Anderson	Ren Run	4:13	U9B
28	Sophie Fletcher	U/A	4:15	U9G
29	Lacey Swinburn	Cherry Tree	4:15	U9G
30	George Loveday	Downham Prep	4:17	U9B
31	Edie Chantree	Glebe	4:28	U9G
32	Joey Osrael	Cherry Tree	4:31	U9B
33	Annabelle Ford	Cherry Tree	4:32	U9G
34	Clayton Heather	U/A	4:52	U9B
35	Steviena Cook	Downham Prep	5:17	U9G
36	Sebastian Metcalfe	U/A	5:53	U9B

Ryston Runners GP 2 (2021-22)

Under 9 boys

Position	Name	Club/School	Time
1	Max Hawkins	Ryston	3:21
2	Logan Greenwood	Ryston	3:25
3	Theo Hawes	Ryston	3:26
4	Samuel Jones	Downham Prep	3:29
5	Ezra Lewis	Downham Prep	3:32
6	Noah Miller	Cherry Tree	3:33
7	Oliver Willett	U/A	3:40
8	Henry Loveday	Downham Prep	3:41
9	Nicolas Brea Montanez	Cherry Tree	3:41
10	Rhys Howard	Ryston	3:53
11	Eric Pettit	U/A	3:54
12	Jesse Dye	Cherry Tree	3:59
13	Max Mckenzie	Flitcham	3:59
14	Ryan Davies-Vail	St Martin	4:04
15	Harvey Wilson	Downham Prep	4:08
16	Theodore Beynon-Phillips	Downham Prep	4:08
17	Ollie Davenport	Cherry Tree	4:10
18	Oliver Anderson	Ren Run	4:13
19	George Loveday	Downham Prep	4:17
20	Joey Osrael	Cherry Tree	4:31
21	Clayton Heather	U/A	4:52
22	Sebastian Metcalfe	U/A	5:53

Under 9 girls

Position	Name	Club/School	Time
1	Lara Waterman	Attleboro	3:44
2	Isadora Barclay	Downham Prep	3:44
3	Nancy Simmonds	U/A	3:48
4	Maya Marcinek	Ren Run	4:02
5	Anwen Jones	Cherry Tree	4:09
6	Francesca Hollick-Pearce	Ed DM Sch	4:10
7	Ruslana Kozuskevica	Attleboro/Tivet Prim	4:11
8	Lauren Lawrence	Hunst Prim	4:11
9	Mia Kaiser	Eaton P	4:12
10	Sophie Fletcher	U/A	4:15
11	Lacey Swinburn	Cherry Tree	4:15
12	Annabelle Ford	Cherry Tree	4:32
13	Edie Chantree	Glebe	4:28
14	Steviena Cook	Downham Prep	5:17

Ryston Runners GP 2 (2021-22)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Thomas Elsdon	Ryston/Nt Wtn	8:45	U11B
2	Rory Wood	Ryston/Nt Wtn	8:47	U11B
3	Leo Wood	Ryston/Nt Wtn	8:55	U11B
4	Thomas Simmonds	Ryston	9:02	U11B
5	Isaac Brown	Dereham	9:04	U11B
6	Jessica Lawrence	Ryston / Glebe	9:16	U11G
7	Luke Anderson	WNAC	9:20	U11B
8	Jasmin Benson	CoNAC	9:28	U11G
9	Frederick Hawkins	Ryston	9:36	U11B
10	Olivia Ord	Sth Wooton	9:37	U11G
11	Toby Turner	Ryston/Flitch	9:44	U11B
12	Tom Kaiser	Eaton Pr	9:48	U11B
13	Alex Balmer	Newmkt Jog	10:00	U11B
14	Faith Turner	Ryston / Flitch Prim	10:20	U11G
15	Cassie Waterman	Attleboro	10:37	U11G
16	Leah Beagles	Ryston / Ingolds	10:47	U11G
17	Harrison Brewer	U/A	10:53	U11B
18	Hector Barclay	Down Prep	11:53	U11B
19	Martha Mckenzie	Ryston / Flitch Prim	12:09	U11G
20	Oliver Holehouse	Cherry Tree	12:39	U11B
21	Alfie Koziel	Greyfriars	12:48	U11B
22	Isacc Fletcher	Dereham	13:13	U11B
23	Isabella Raines	Downham Prep	15:37	U11G

Ryston Runners GP 2 (2021-22)

Under 11 boys

Position	Name	Club	Time
1	Thomas Elsdon	Ryston/Nt Wtn	8:45
2	Rory Wood	Ryston/Nt Wtn	8:47
3	Leo Wood	Ryston/Nt Wtn	8:55
4	Thomas Simmonds	Ryston	9:02
5	Isaac Brown	Dereham	9:04
6	Luke Anderson	WNAC	9:20
7	Frederick Hawkins	Ryston	9:36
8	Toby Turner	Ryston/Flitch	9:44
9	Tom Kaiser	Eaton Pr	9:48
10	Alex Balmer	Newmkt Jog	10:00
11	Harrison Brewer	U/A	10:53
12	Hector Barclay	Down Prep	11:53
13	Oliver Holehouse	Cherry Tree	12:39
14	Alfie Koziel	Greyfriars	12:48
15	Isaac Fletcher	Dereham	13:13

Under 11 girls

Position	Name	Club	Time
1	Jessica Lawrence	Ryston / Glebe	9:16
2	Jasmin Benson	CoNAC	9:28
3	Olivia Ord	Sth Wooton	9:37
4	Faith Turner	Ryston / Flitch Prim	10:20
5	Cassie Waterman	Attleboro	10:37
6	Leah Beagles	Ryston / Ingolds	10:47
7	Martha Mckenzie	Ryston / Flitch Prim	12:09
8	Isabella Raines	Downham Prep	15:37

Ryston Runners GP 2 (2021-22)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Name	Club	Time	Category
2	Jake Dorbin	Thetford	10:48	U15B
3	Matthew Benson	CoNAC	11:02	U15B
4	Billy Eccles	BVH	11:05	U15B
5	Tobias Cheesbrough	Dereham	11:13	U15B
6	Callum Wing	Thetford	11:37	U15B
7	Finn Kaiser	CoNAC	11:43	U13B
8	Cody Pearman	Ren R	12:03	U15B
9	Lexie Heather	CoNAC	12:09	U13G
10	Amber Goddard	CoNAC	12:13	U13G
11	Rocky Dawe	WNAC	12:32	U15B
12	Bethany Wilson	Thetford	12:41	U15G
13	Henry Gosnell	WNAC	12:45	U13B
14	Wiktora Marcinek	Ren R	12:56	U13G
15	Vito Machin	CoNAC	13:01	U13B
16	Toby Neale	NNH	13:06	U13B
17	Dylan Whitehouse	Ryston	13:11	U15B
18	Alisha Greenwood	Ryston	13:12	U13G
19	Evie Clayton	WNAC	13:14	U13G
20	Lola Kidman	Ryston	13:20	U13G
21	Sam Doughty	Ryston	13:31	U15B
22	Isabella Mckenzie	Ryston	13:33	U15G
23	Eloise Edridge	NNH	13:35	U13G
24	Esmie Kidman	KLTC	13:39	U15G
25	Olivia Allen	NNH	14:12	U13G
26	Eliza Adcock	Dereham	15:34	U15G

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Under 13 boys

Position	Name	Club	Time
1	Finn Kaiser	CoNAC	11:43
2	Henry Gosnell	WNAC	12:45
3	Vito Machin	CoNAC	13:01
4	Toby Neale	NNH	13:06

Under 13 girls

Position	Name	Club	Time
1	Lexie Heather	CoNAC	12:09
2	Amber Goddard	CoNAC	12:13
3	Wiktorcia Marcinek	Ren R	12:56
4	Alisha Greenwood	Ryston	13:12
5	Evie Clayton	WNAC	13:14
6	Lola Kidman	Ryston	13:20
7	Eloise Edridge	NNH	13:35
8	Olivia Allen	NNH	14:12

Under 15 boys

Position	Name	Club	Time
1	Jake Dorbin	Thetford	10:48
2	Matthew Benson	CoNAC	11:02
3	Billy Eccles	BVH	11:05
4	Tobias Cheesbrough	Dereham	11:13
5	Callum Wing	Thetford	11:37
6	Cody Pearman	Ren R	12:03
7	Rocky Dawe	WNAC	12:32
8	Dylan Whitehouse	Ryston	13:11
9	Sam Doughty	Ryston	13:31

Under 15 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	12:41
2	Isabella Mckenzie	Ryston	13:33
3	Esmie Kidman	KLTC	13:39
4	Eliza Adcock	Dereham	15:34

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Overall Under 17s race

Position	Name	Club	Time	Category
1	Owen Hopgood	Ryston	17:48	U17B
2	Louis Preston	Dereham	21:14	U17B
3	Ronnie Robinson	KLTC	21:40	U17B
4	Belle Watkins	BVH	22:26	U17G

Under 17 boys

Position	Name	Club	Time
1	Owen Hopgood	Ryston	17:48
2	Louis Preston	Dereham	21:14
3	Ronnie Robinson	KLTC	21:40

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	22:26

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Michael Eccles	BVH	29:50	MM40-44
2	Conor Flanagan	Camb Tri	29:55	SM
3	Ben Keeley	Ryston	30:01	SM
4	Sean Irving	CoNAC	31:16	SM
5	Jan Kaiser	CoNAC	31:18	MM45-49
6	Rob Simmonds	Ryston	31:55	SM
7	Andrew Simmonds	Ryston	32:02	MM40-44
8	John Hopgood	Ryston	32:20	MM40-44
9	Paul Keeney	U/A	32:25	SM
10	Daniel Guppy	Ryston	32:26	MM40-44
11	Tom Levison	Ely	32:29	MM40-44
12	Jo Andrews	BBD	32:38	MW45-49
13	Jake Grand	NRR	32:53	SM
14	Jason Wing	U/A	33:42	MM50-54
15	Nic Bensley	Ryston	33:50	MM50-54
16	Matt Stone	BVH	33:58	MM50-54
17	Kevin Vaughan	Thetford	34:14	MM55-59
18	Richard Johnson	BVH	34:39	MM45-49
19	Ali McDonald	Lonely Goat	35:17	MM50-54
20	Elizabeth Daly	Dereham	35:21	MW35-39
21	Lacey Bareham	U/A	35:22	SW
22	Stuart Holmes	Camb Tri	35:23	MM55-59
23	Sean Connolly	Ryston	35:36	MM50-54
24	Malcolm Tuff	Ryston	35:37	MM55-59

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25	Tom Bishop	Ldn City	35:40	SM
26	Ben Collison	WNAC	35:48	SM
27	Charlotte Neale	NNBR	36:30	MW35-39
28	James Birch	Wymond	36:43	MM50-54
29	Luke Pavey	Harling	36:57	MM40-44
30	Gary Malliband	Thetford	37:09	MM50-54
31	Rose Waterman	Tri Ang	37:19	MW40-44
32	Will Honeybone	Ryston	37:22	MM50-54
33	Tony Savage	Ryston	37:31	MM60-65
34	Alice Horney	U/A	37:34	SW
35	Adrian Hall	Wymondham	37:38	MM55-59
36	Joanne Watkins	BVH	37:48	MW35-39
37	Nigel Horney	Keswick	38:01	MM60-65
38	Darren Edridge	U/A	38:03	MM50-54
39	Owen Jary	Ryston	38:05	MM45-49
40	Graham Chapman	Ely	38:06	MM65+
41	Matthew Crane	BVH	38:25	MM40-44
42	Ian Kidman	KLTC	38:35	MM50-54
43	Nicky Roger	Ryston	38:45	MW50-54
44	Tristan Langley	Ryston	39:02	SM
45	Nigel Kenny	Ryston	39:23	MM55-59
46	Martin Ive	Ryston	39:52	MM55-59
47	Andy Rowles	Dereham	40:08	MM55-59
48	Kevin Howlett	Ryston	40:13	MM60-65
49	Claire Wilshaw	Camb Tri	40:15	MW40-44
50	Nick Jones	U/A	40:23	SM
51	Alistair Doig	KLTC	40:28	MM45-49
52	Peter Wilson	U/A	40:36	MM50-54
53	Pete Thompson	Norf Gaz	40:38	MM65+
54	Matthew Monteith	Lonely Goat	40:38	MM40-44
55	Jake Whitehouse	T St C	40:40	MM40-44
56	Chris Wood	U/A	40:40	SM
57	Adrian Jay	Aylsham	40:47	MM50-54
58	Jason Cooper	Ryston	41:15	SM
59	Mark Doughty	Ryston	41:23	MM45-49
60	Jason Hawes	Ryston	41:45	MM50-54
61	Jessica Mckenzie	U/A	41:50	SW
62	Brian Cook	U/A	41:50	MM50-54
63	Lisa Appleton	Reepham	41:56	SW
64	Rob Gosnell	WNAC	42:06	MM40-44
65	Geraldine Jordan	KLTC	42:16	MW55-59
66	Debbie James	Ryston	42:18	MW50-54
67	James Nice	Dereham	42:29	MM55-59

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68	Peter Swales	Dereham	42:31	MM55-59
69	Irena Marcinek	Ryston	42:36	MW40-44
70	Emma Thompson	Ryston	42:41	MW40-44
71	Lisa Hall	Wym	42:46	MW40-44
72	Richard Boon	U/A	42:46	MM45-49
73	Georgia Williams	Wym	43:10	SW
74	Ian Patmore	Run DMC	43:28	MM55-59
75	Freya Straffon-Lawrence	U/A	43:40	SW
76	Tess Killingbeck	U/A	43:54	MW35-39
77	Ashish Rastogi	Ryston	44:18	MM45-49
78	Elaine Lumley	Ryston	44:23	MW45-49
79	Anna Smith	Ryston	44:30	MW40-44
80	Elsbeth Straffon-Lawrence	U/A	44:31	SW
81	Mark Lloyd	U/A	44:50	MM55-59
82	Linda Marshall	Ryston	44:54	MW55-59
83	Anna Seaman	Ryston	45:13	MW40-44
84	Joanna Banaszek	U/A	45:18	MW45-49
85	Chris Chapman	Ryston	45:19	MM60-65
86	Neville Knights	Dereham	45:50	MM60-65
87	Peter Johnson	U/A	47:02	MM60-65
88	Barbara Kosiba	T Stc RC	47:58	MW35-39
89	David Vaughan	U/A	48:08	MM65+
90	Michael Protheroe	Dereham	48:14	MM50-54
91	Chris Milnes	Ryston	48:22	MM60-65
92	Caroline Fletcher	Dereham	48:34	MW35-39
93	Dawn Protheroe	Dereham	48:35	MW50-54
94	Jane Ashby	Ryston	49:06	MW60+
95	Sarah Taylor	Ryston	49:23	MW55-59
96	Lorraine Reeves	Brandon FH	49:33	MW45-49
97	Simon Alcock	BVH	49:51	MM50-54
98	Martin Blackburn	U/A	49:59	MM60-65
99	James Thompson	Ryston	50:12	SM
100	Pauline Sparrow	Ryston	50:54	MW60+
101	Sarah Jay	Aylsham	51:25	MW55-59
102	Hayley Wright	RNTS	51:34	MW45-49
103	Liz Blakie	Ryston	53:05	MW60+
104	Amanda Baker	U/A	53:16	MW60+
105	Sally Porter	BVH	53:18	MW55-59
106	Katherine Pratt	U/A	54:31	SW
107	Eva Osborne	Wym	54:52	MW60+
108	Ken Renshaw	Dereham	56:33	MM60-65

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109	Gill Hart	Ryston	56:43	MW60+
110	Lynne Dowdy	RNTS	57:10	MW60+
111	David Lane	Ryston	57:24	MM55-59
112	Charlie Wilson	Ryston	57:44	MM45-49
113	Alison Wood	U/A	58:01	SW
114	Diane Renshaw	Dereham	59:26	MW60+
115	Helen Driver	Ryston	1:00:12	MW50-54
116	Hazel Cason	Dereham	1:00:28	MW60+
117	Jade Cooper	Ryston	1:01:41	SW
118	Don Hutchinson	Camb Tri	1:03:07	MM65+

Senior men

Position	Name	Club	Time
1	Conor Flanagan	Camb Tri	29:55
2	Ben Keeley	Ryston	30:01
3	Sean Irving	CoNAC	31:16
4	Rob Simmonds	Ryston	31:55
5	Paul Keeney	U/A	32:25
6	Jake Grand	NRR	32:53
7	Tom Bishop	Ldn City	35:40
8	Ben Collison	WNAC	35:48
9	Tristan Langley	Ryston	39:02
10	Nick Jones	U/A	40:23
11	Chris Wood	U/A	40:40
12	Jason Cooper	Ryston	41:15
13	James Thompson	Ryston	50:12

Senior women

Position	Name	Club	Time
1	Lacey Bareham	U/A	35:22
2	Alice Horney	U/A	37:34
3	Jessica Mckenzie	U/A	41:50
4	Lisa Appleton	Reepham	41:56
5	Georgia Williams	Wym	43:10
6	Freya Straffon-Lawrence	U/A	43:40
7	Elspeth Straffon-Lawrence	U/A	44:31
8	Katherine Pratt	U/A	54:31
9	Alison Wood	U/A	58:01
10	Jade Cooper	Ryston	1:01:41

Ryston Runners GP 2 (2021-22)

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	35:21
2	Charlotte Neale	NNBR	36:30
3	Joanne Watkins	BVH	37:48
4	Tess Killingbeck	U/A	43:54
5	Barbara Kosiba	T Stc RC	47:58
6	Caroline Fletcher	Dereham	48:34

Master 40-44 men

Position	Name	Club	Time
1	Michael Eccles	BVH	29:50
2	Andrew Simmonds	Ryston	32:02
3	John Hopgood	Ryston	32:20
4	Daniel Guppy	Ryston	32:26
5	Tom Levison	Ely	32:29
6	Luke Pavey	Harling	36:57
7	Matthew Crane	BVH	38:25
8	Matthew Monteith	Lonely Goat	40:38
9	Jake Whitehouse	T St C	40:40
10	Rob Gosnell	WNAC	42:06

Master 40-44 women

Position	Name	Club	Time
1	Rose Waterman	Tri Ang	37:19
2	Claire Wilshaw	Camb Tri	40:15
3	Irena Marcinek	Ryston	42:36
4	Emma Thompson	Ryston	42:41
5	Lisa Hall	Wym	42:46
6	Anna Smith	Ryston	44:30
7	Anna Seaman	Ryston	45:13

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	31:18
2	Richard Johnson	BVH	34:39
3	Owen Jary	Ryston	38:05
4	Alistair Doig	KLTC	40:28
5	Mark Doughty	Ryston	41:23
6	Richard Boon	U/A	42:46
7	Ashish Rastogi	Ryston	44:18
8	Charlie Wilson	Ryston	57:44

Ryston Runners GP 2 (2021-22)

Master 45-49 women

Position	Name	Club	Time
1	Jo Andrews	BBD	32:38
2	Elaine Lumley	Ryston	44:23
3	Joanna Banaszek	U/A	45:18
4	Lorraine Reeves	Brandon FH	49:33
5	Hayley Wright	RNTS	51:34

Master 50-54 men

Position	Name	Club	Time
1	Jason Wing	U/A	33:42
2	Nic Bensley	Ryston	33:50
3	Matt Stone	BVH	33:58
4	Ali McDonald	Lonely Goat	35:17
5	Sean Connolly	Ryston	35:36
6	James Birch	Wymond	36:43
7	Gary Malliband	Thetford	37:09
8	Will Honeybone	Ryston	37:22
9	Darren Edridge	U/A	38:03
10	Ian Kidman	KLTC	38:35
11	Peter Wilson	U/A	40:36
12	Adrian Jay	Aylsham	40:47
13	Jason Hawes	Ryston	41:45
14	Brian Cook	U/A	41:50
15	Michael Protheroe	Dereham	48:14
16	Simon Alcock	BVH	49:51

Master 50-54 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	38:45
2	Debbie James	Ryston	42:18
3	Dawn Protheroe	Dereham	48:35
4	Helen Driver	Ryston	1:00:12

Ryston Runners GP 2 (2021-22)

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	34:14
2	Stuart Holmes	Camb Tri	35:23
3	Malcolm Tuff	Ryston	35:37
4	Adrian Hall	Wymondham	37:38
5	Nigel Kenny	Ryston	39:23
6	Martin Ive	Ryston	39:52
7	Andy Rowles	Dereham	40:08
8	James Nice	Dereham	42:29
9	Peter Swales	Dereham	42:31
10	Ian Patmore	Run DMC	43:28
11	Mark Lloyd	U/A	44:50
12	David Lane	Ryston	57:24

Master 55-59 women

Position	Name	Club	Time
1	Geraldine Jordan	KLTC	42:16
2	Linda Marshall	Ryston	44:54
3	Sarah Taylor	Ryston	49:23
4	Sarah Jay	Aylsham	51:25
5	Sally Porter	BVH	53:18

Master 60-64 men

Position	Name	Club	Time
1	Tony Savage	Ryston	37:31
2	Nigel Horney	Keswick	38:01
3	Kevin Howlett	Ryston	40:13
4	Chris Chapman	Ryston	45:19
5	Neville Knights	Dereham	45:50
6	Peter Johnson	U/A	47:02
7	Chris Milnes	Ryston	48:22
8	Martin Blackburn	U/A	49:59
9	Ken Renshaw	Dereham	56:33

Ryston Runners GP 2 (2021-22)

Master 60+ women

Position	Name	Club	Time
1	Jane Ashby	Ryston	49:06
2	Pauline Sparrow	Ryston	50:54
3	Liz Blakie	Ryston	53:05
4	Amanda Baker	U/A	53:16
5	Eva Osborne	Wym	54:52
6	Gill Hart	Ryston	56:43
7	Lynne Dowdy	RNTS	57:10
8	Diane Renshaw	Dereham	59:26
9	Hazel Cason	Dereham	1:00:28

Vet 65+ men

Position	Name	Club	Time
1	Graham Chapman	Ely	38:06
2	Pete Thompson	Norf Gaz	40:38
3	David Vaughan	U/A	48:08
4	Don Hutchinson	Camb Tri	1:03:07