

Ryston Runners Grand Prix 1 15/10/2023

Under 9 boys

Position	Name	Club	Time
1	Noah Ward	T St C	3:09
2	Theo Grocock	CT Acad	3:11
3	Charlie Holland	Waveney	3:18
4	Henry King	Glebe	3:26
5	Athur Hollingsworth	Dersingham	3:27
6	Leo Kinsey	Hillcrest	3:27
7	Owen Hamilton	Hillcrest	3:28
8	William Ward	Terring St C	3:29
9	Isaac Webster	CT Acad	3:39
10	Archie Rockcliffe	Down Prep	3:41
11	Alfie Wilson	CT Acad	3:42
12	Benjamin White	Down Prep	3:48
13	Jesse Longmuir	St Martin	3:49
14	Oscar Grocock	CT Acad	3:54
15	Henry Hollingsworth	Dersingham	4:04
16	Arlo Gillick	St Martin	4:11
17	Zachary Rutland	CT Acad	4:13
18	Alfie Bamfield	Whitefriars	4:22
19	James Hill	CT Acad	4:23
20	George Dutchak	CT Acad	4:27
21	Finlay Woodruff	CT Acad	4:30
22	Harry Betts	CT Acad	5:07
23	Jack Betts	CT Acad	5:49
24	Noah Bostock	CT Acad	6:00
25	Grayson Pearce	CT Acad	6:13
26	Finley Pearce	CT Acad	6:23
27	Ben Bradford	CT Acad	7:01

Under 9 girls

Position	Name	Club	Time
1	Flora Evans	Down Prep	3:24
2	Kate Watkinson	Attleborough	3:29
3	Lauren Lawrence	Renegade/Wells	3:31
4	Jessica Watts	Inglethorpe	3:45
5	Betsy Chadderton	Renegade/T St C	3:51
6	Dana Bishop	St Martin	3:59
7	Izzie Hardy	CT Acad	4:01
8	Florence Bartlett	GYDAC	4:03
9	Freya Reynolds	Ryston/Hillcrest	4:05
10	Vivie Salmon	CT Acad	4:17
11	Isla Miller	CT Acad	4:24
12	Annabelle Walsh	Down Prep	4:40
13	Thea Howard	U/A	4:42
14	Merryn Jones	CT Acad	4:53

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15	Alona Gillick	St Martin	4:54
16	Etta Brewer	Castle Acre Pr	5:01
17	Violet Howlett	Down Prep	5:29
18	Rosie Beckham	CT Acad	5:33
19	Amelia Murray	CT Acad	5:50

Overall under 9s race

Position	Name	Club	Time	Category
1	Noah Ward	T St C	3:09	U9B
2	Theo Grocock	CT Acad	3:11	U9B
3	Charlie Holland	Waveney	3:18	U9B
4	Flora Evans	Down Prep	3:24	U9G
5	Henry King	Glebe	3:26	U9B
6	Athur Hollingsworth	Dersingham	3:27	U9B
7	Leo Kinsey	Hillcrest	3:27	U9B
8	Owen Hamilton	Hillcrest	3:28	U9B
9	Kate Watkinson	Attleborough	3:29	U9G
10	William Ward	Terring St C	3:29	U9B
11	Lauren Lawrence	Renegade/Wells	3:31	U9G
12	Isaac Webster	CT Acad	3:39	U9B
13	Archie Rockcliffe	Down Prep	3:41	U9B
14	Alfie Wilson	CT Acad	3:42	U9B
15	Jessica Watts	Inglesthorpe	3:45	U9G
16	Benjamin White	Down Prep	3:48	U9B
17	Jesse Longmuir	St Martin	3:49	U9B
18	Betsy Chadderton	Renegade/T St C	3:51	U9G
19	Oscar Grocock	CT Acad	3:54	U9B
20	Dana Bishop	St Martin	3:59	U9G
21	Izzie Hardy	CT Acad	4:01	U9G
22	Florence Bartlett	GYDAC	4:03	U9G
23	Henry Hollingsworth	Dersingham	4:04	U9B
24	Freya Reynolds	Ryston/Hillcrest	4:05	U9G
25	Arlo Gillick	St Martin	4:11	U9B
26	Zachary Rutland	CT Acad	4:13	U9B
27	Vivie Salmon	CT Acad	4:17	U9G
28	Alfie Bamfield	Whitefriars	4:22	U9B
29	James Hill	CT Acad	4:23	U9B
30	Isla Miller	CT Acad	4:24	U9G
31	George Dutchak	CT Acad	4:27	U9B
32	Finlay Woodruff	CT Acad	4:30	U9B
33	Annabelle Walsh	Down Prep	4:40	U9G
34	Thea Howard	U/A	4:42	U9G
35	Merryn Jones	CT Acad	4:53	U9G
36	Alona Gillick	St Martin	4:54	U9G
37	Etta Brewer	Castle Acre Pr	5:01	U9G
38	Harry Betts	CT Acad	5:07	U9B

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39	Violet Howlett	Down Prep	5:29	U9G
40	Rosie Beckham	CT Acad	5:33	U9G
41	Jack Betts	CT Acad	5:49	U9B
42	Amelia Murray	CT Acad	5:50	U9G
43	Noah Bostock	CT Acad	6:00	U9B
44	Grayson Pearce	CT Acad	6:13	U9B
45	Finley Pearce	CT Acad	6:23	U9B
46	Ben Bradford	CT Acad	7:01	U9B

Under 11 boys

Position	Name	Club	Time
1	Cody Holland	Waveney	7:54
2	Samuel Trickey	CoNAC	8:17
3	Isaac Unsworth	CoNAC/St Francis	8:24
4	James Watts	WNAC/Ingles	8:41
5	Jude Osborne	CoNAC/Ash Pr	9:00
6	Matas Petreikis	WNAC/St Martha	9:01
7	Freddie Hubbard	Ryston/Peckover	9:14
8	Arthur Munnings	Blofield Pr	9:14
9	Ryan Bullimore	GYDAC	9:32
10	Henry Loveday	King's Ely	9:35
11	Riley Price	Ryston/Howard	9:37
12	Ollie Flitton	Matishall	10:03
13	Ezra Lewis	Down Prep	10:08
14	Isaac Western	Ryston/StP Wisb	12:02

Under 11 girls

Position	Name	Club	Time
1	Emi Muntingh	CoNAC	9:26
2	Mabelle Chadderton	Renegade/T St C	10:01
3	Amelie Watkinson	Attleborough	10:05
4	Alba Bartlett	GYDAC	10:09
5	Sophia Tinsdale	NNH	10:23
6	Francesca Hollick-Pearce	Thetford/Ed dM	11:02
7	Laila-May Brown	Ryston/St Martin	11:30
8	Sophia Bullimore	GYDAC	11:33
9	Freya Dungar	U/A	11:54
10	Sophie Fletcher	Sophie Fletcher	14:03
11	Caity Oram	Dereham/Scarning	14:05

Overall under 11s race

Position	Name	Club	Time	Category
1	Cody Holland	Waveney	7:54	U11B
2	Samuel Trickey	CoNAC	8:17	U11B
3	Isaac Unsworth	CoNAC/St Francis	8:24	U11B
4	James Watts	WNAC/Ingles	8:41	U11B

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5	Jude Osborne	CoNAC/Ash Pr	9:00	U11B
6	Matas Petreikis	WNAC/St Martha	9:01	U11B
7	Freddie Hubbard	Ryston/Peckover	9:14	U11B
8	Arthur Munnings	Blofield Pr	9:14	U11B
9	Emi Muntingh	CoNAC	9:26	U11G
10	Ryan Bullimore	GYDAC	9:32	U11B
11	Henry Loveday	King's Ely	9:35	U11B
12	Riley Price	Ryston/Howard	9:37	U11B
13	Mabelle Chadderton	Renegade/T St C	10:01	U11G
14	Ollie Flitton	Matishall	10:03	U11B
15	Amelie Watkinson	Attleborough	10:05	U11G
16	Ezra Lewis	Down Prep	10:08	U11B
17	Alba Bartlett	GYDAC	10:09	U11G
18	Sophia Tinsdale	NNH	10:23	U11G
19	Francesca Hollick-Pearce	Thetford/Ed dM	11:02	U11G
20	Laila-May Brown	Ryston/St Martin	11:30	U11G
21	Sophia Bullimore	GYDAC	11:33	U11G
22	Freya Dungar	U/A	11:54	U11G
23	Isaac Western	Ryston/StP Wisb	12:02	U11B
24	Sophie Fletcher	Sophie Fletcher	14:03	U11G
25	Caity Oram	Dereham/Scarning	14:05	U11G

Under 13 boys

Position	Name	Club	Time
1	Finley Winship	CoNAC	10:39
2	Thomas Murray	WNAC	11:05
3	Aidan Howard	Ryston	12:05
4	Leo Wood	Ryston	12:15
5	Rory Wood	Ryston	12:21
6	Isaac Brown	Dereham	12:22
7	Benjamin Rogers	CoNAC	12:38
8	Dylan Trickey	U/A	13:43
9	Finley Whitehouse	U/A	14:15
10	Daniel Rudling	Dereham	17:14
11	Isaac Fletcher	Dereham	17:15

Under 13 girls

Position	Name	Club	Time
1	Florence Abbott	CoNAC	12:37
2	Madison Hicks	Ryston	13:21
3	Jessica Lawrence	WNAC	13:37
4	Emily Farnell	NNH	13:52
5	Casey Ward	Ryston	13:57
6	Kaitlyn Allen	U/A	14:16
7	Courtney-Rose Price	Ryston	14:53
8	Lydia Hopkins	Dereham	15:58

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Under 15 boys

Position	Name	Club	Time
1	Cameron Wedon	GYDAC	10:33
2	Ethan Ward	Ryston	10:54
3	Joshua Tinsdale	NNH	10:57
4	Sammy King	U/A	14:32

Under 15 girls

Position	Name	Club	Time
1	Beatrice Green	Dereham	12:24
2	Alice Thompson-Read	NNH	12:32
3	Evie Clayton	WNAC	12:58
4	Eloise Edridge	NNH	13:15
5	Eva Townshend	NNH	13:48

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Cameron Wedon	GYDAC	10:33	U15B
2	Finley Winship	CoNAC	10:39	U13B
3	Ethan Ward	Ryston	10:54	U15B
4	Joshua Tinsdale	NNH	10:57	U15B
5	Thomas Murray	WNAC	11:05	U13B
6	Aidan Howard	Ryston	12:05	U13B
7	Leo Wood	Ryston	12:15	U13B
8	Rory Wood	Ryston	12:21	U13B
9	Isaac Brown	Dereham	12:22	U13B
10	Beatrice Green	Dereham	12:24	U15G
11	Alice Thompson-Read	NNH	12:32	U15G
12	Florence Abbott	CoNAC	12:37	U13G
13	Benjamin Rogers	CoNAC	12:38	U13B
14	Evie Clayton	WNAC	12:58	U15G
15	Eloise Edridge	NNH	13:15	U15G
16	Madison Hicks	Ryston	13:21	U13G
17	Jessica Lawrence	WNAC	13:37	U13G
18	Dylan Trickey	U/A	13:43	U13B
19	Eva Townshend	NNH	13:48	U15G
20	Emily Farnell	NNH	13:52	U13G
21	Casey Ward	Ryston	13:57	U13G
22	Finley Whitehouse	U/A	14:15	U13B
23	Kaitlyn Allen	U/A	14:16	U13G
24	Sammy King	U/A	14:32	U15B
25	Courtney-Rose Price	Ryston	14:53	U13G
26	Lydia Hopkins	Dereham	15:58	U13G
27	Daniel Rudling	Dereham	17:14	U13B
28	Isaac Fletcher	Dereham	17:15	U13B

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Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesbrough	CoNAC	16:45
2	Edward Murray	WNAC	17:03
3	Dylan Whitehouse	Ryston	18:29
4	Cody Pearman	Ryston	18:32

Under 17 girls

Position	Name	Club	Time
1	Belle McKenzie	Ryston	21:53
2	Belle Watkins	BVH	24:41

Senior men

Position	Name	Club	Time
1	Thomas McCarthy	U/A	17:19
2	Samuel Worfolk	CoNAC	17:37
3	Ben Keeley	Ryston	17:44
4	Oliver Foxwell	Ryston	19:17
5	Jacob Last	Dereham	19:45
6	Brad Melville	Ryston	21:00
7	Tristan Langley	Ryston	21:57
8	Joseph Mercer	U/A	21:58
9	William Crookes	U/A	22:04
10	Ben Foxwell	Ryston	22:11
11	Charles Smith	U/A	23:02
12	Titus Brunton	Dereham	23:34
13	James Trim	Ryston	27:09

Senior women

Position	Name	Club	Time
1	Jess McKenzie	Ryston	19:13
2	Dawn Robinson	Ryston	19:47
3	Abbie Dickins	KLTC	20:26
4	Megan Miller	WNAC	20:54
5	Alice Grant	BVH	22:20
6	Imogen Crooke	U/A	23:51
7	Charlotte Smith	Ryston	23:54
8	Lucy Allen	U/A	25:16
9	Alix Howard	Dereham	25:43
10	Erin Cordukes	U/A	28:28
11	Jade Langley	Ryston	33:20
12	Bethany Fisher	Dereham	53:51

Master women 35-39

Position	Name	Club	Time
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1	Joanne Watkins	BVH	19:48
2	Vicki Newton	TCRC	23:23
3	Lauren Day	TCRC	23:44
4	Kate Bamfield	U/A	24:38
5	Amy Allison	U/A	24:43
6	Louise Rowe	Dereham	24:47
7	Caroline Fletcher	Dereham	26:39
8	Charlotte Price	Ryston	26:55

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	18:46
2	Elizabeth Daly	Dereham	20:05
3	Tessa Killingbeck	CoNAC	21:59
4	Louise Hudson	Dereham	22:22
5	Lucinda Bullimore	GYDAC	23:00
6	Lucy Baker	Aylsham	24:52
7	Sarah Melton-Whitelam	TCRC	24:56
8	Sarah Johnson	TCRC	26:46
9	Claire Whitehouse	Ryston	28:16
10	Katherine Pratt	U/A	28:42
11	Emma Adcock	U/A	30:22
12	Henrietta Green	Dereham	30:46
13	Mary De Las Casas	U/A	31:19
14	Katie Apps	Dereham	41:34

Master women 45-49

Position	Name	Club	Time
1	Becky Taylor	Ryston	22:28
2	Claire Smithee	TCRC	25:57
3	Megan Oram	Dereham	34:09
4	Mandy Thorpe	Dereham	41:39

Master women 50-54

Position	Name	Club	Time
1	Lesley Robins	Ryston	22:17
2	Rebecca Maun	NNBR	23:17
3	Lisa Harris	Ryston	24:54
4	Stephanie Ellis	BVH	25:35
5	Naomi Smith	TCRC	26:01
6	Dawn Protheroe	Dereham	26:48
7	Lorraine Parker	TCRC	27:04
8	Sam Lingwood	Dereham	31:57
9	Helen Driver	Ryston	35:26
10	Sarah Lamb	TCRC	35:40

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Master women 55-59

Position	Name	Club	Time
1	Ruth Chadwick	Dereham	23:34
2	Linda Marshall	Ryston	24:08
3	Terry Brunton	Dereham	26:08
4	Wendy Fisher	Ryston	27:29
5	Sarah Jay	Aylsham	27:48
6	Sue Swales	Dereham	28:12
7	Elizabeth Hollis	Dereham	30:46

Master women 60-64

Position	Name	Club	Time
1	Maureen McCarthy	St Eds	22:54
2	Karen Balcombe	NNBR	24:14
3	Amanda Baker	Dereham	28:04
4	Rita Rue	St Eds	29:41
5	Sally Porter	BVH	30:07
6	Lynne Dowdy	RNTS	32:29
7	Di Renshaw	Dereham	36:58

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	23:29
2	Lynne Howlett	Ryston	26:53
3	Pauline Sparrow	Ryston	28:06
4	Sarah Dennis	U/A	34:35
5	Gill Hart	Ryston	35:37

Master men 35-39

Position	Name	Club	Time
1	Rob Simmonds	Ryston	16:40
2	Matt Howard	NRR	17:05
3	Darren Price	Ryston	22:42
4	Christopher Cann	Ryston	23:07

Master men 40-44

Position	Name	Club	Time
1	Chris Parker	NNBR	18:55
2	Ben Collison	WNAC	19:42
3	Rob Skillings	Ryston	19:48
4	Lee Quibell	BVH	19:57
5	Luke Pavey	Harling	20:07
6	Jacob Whitehouse	Ryston	21:16
7	John Dungar	BVH	22:10
8	William Winter	U/A	23:21
9	Martin Jones	Wymondham	23:46

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10	Richard Fletcher	U/A	24:20
11	Adam Howard	Ryston	25:00

Master men 45-49

Position	Name	Club	Time
1	Matthew Crane	BVH	19:51
2	Stuart Martin	Ryston	20:26
3	Jamie Bransgrove	Ryston	20:48
4	Dan Pratt	Ryston	21:51
5	Justin Gray	U/A	21:52
6	Mark Fountain	Ryston	22:57
7	Phil Newton	TCRC	23:22
8	Robert Last	Dereham	23:39
9	Matthew Parker	Ryston	24:31
10	Malcolm Fisher	Dereham	25:51

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	18:36
2	Liam Dawson	Ryston	19:06
3	Gary Malliband	Thetford	20:09
4	Matt Stone	BVH	20:16
5	Jonathan Durward	Camb Tri	20:29
6	Peter Bird	St Eds	21:23
7	Neil Rivers	Dereham	21:48
8	Mark Crookes	BVH	22:13
9	Jason Hawes	Ryston	22:13
10	Craig Harris	Ryston	22:17
11	Simon Taylor	U/A	22:34
12	Gavin Critchell	U/A	23:00
13	Steve Whitelam	TCRC	28:33

Master men 55-59

Position	Name	Club	Time
1	Malcolm Tuff	Ryston	17:57
2	Adrian Hall	Wymondham	19:54
3	Stuart Holmes	Camb Tri	20:04
4	Ian Brown	Dereham	21:55
5	Darren Edridge	U/A	22:01
6	Adrian Hollis	Dereham	22:49
7	Ian Patmore	Run DMC	22:58
8	Andrew Smith	U/A	23:55
9	Martin Adcock	BVH	24:41
10	Tony Lamb	TCRC	35:37
11	Martin Elsegood	Ryston	37:42
12	David Lane	Ryston	51:06

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13	Michael Protheroe	Dereham	53:51
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Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	18:38
2	Peter Swales	Dereham	21:20
3	Robert Morgan	St Eds	21:34
4	Anthony Savage	Ryston	22:09
5	Andy Rowles	Dereham	22:26
6	Nigel Kenny	Ryston	22:36
7	Dave Brunton	U/A	24:13
8	David Dauber	NNBR	24:15
9	Jonathan Edwards	U/A	26:11
10	Paul Woodyatt	BVH	29:52
11	Jonatham Foot	BVH	30:21
12	Keith Morris	Ryston	37:03

Master men 65+

Position	Name	Club	Time
1	Nigel Horney	Keswick AC	21:10
2	Kevin Howlett	Ryston	22:59
3	Andrew Hammond	Norfolk Gaz	23:41
4	Kevin Denmark	Wymondham	24:25
5	Steven Rue	St Eds	24:37
6	Nigel Dickins	PANVAC	25:13
7	Martin Blackburn	Ryston	25:56
8	Chris Milnes	Ryston	28:00
9	Paul Firmage	Ryston	30:45
10	Don Hutchinson	Camb Tri	45:52

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Rob Simmonds	Ryston	16:40	MM35-39
2	Tobias Cheesbrough	CoNAC	16:45	U17B
3	Edward Murray	WNAC	17:03	U17B
4	Matt Howard	NRR	17:05	MM35-39
5	Thomas McCarthy	U/A	17:19	SM
6	Samuel Worfolk	CoNAC	17:37	SM
7	Ben Keeley	Ryston	17:44	SM
8	Malcolm Tuff	Ryston	17:57	MM55-59
9	Dylan Whitehouse	Ryston	18:29	U17B
10	Cody Pearman	Ryston	18:32	U17B
11	Nic Bensley	Ryston	18:36	MM50-54
12	Kevin Vaughan	Thetford	18:38	MM60-64
13	Juliette Watkinson	Wymondham	18:46	MW40-44
14	Chris Parker	NNBR	18:55	MM40-44

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15	Liam Dawson	Ryston	19:06	MM50-54
16	Jess McKenzie	Ryston	19:13	SW
17	Oliver Foxwell	Ryston	19:17	SM
18	Ben Collison	WNAC	19:42	MM40-44
19	Jacob Last	Dereham	19:45	SM
20	Dawn Robinson	Ryston	19:47	SW
21	Rob Skillings	Ryston	19:48	MM40-44
22	Joanne Watkins	BVH	19:48	MW-35-39
23	Matthew Crane	BVH	19:51	MM45-49
24	Adrian Hall	Wymondham	19:54	MM55-59
25	Lee Quibell	BVH	19:57	MM40-44
26	Stuart Holmes	Camb Tri	20:04	MM55-59
27	Elizabeth Daly	Dereham	20:05	MW40-44
28	Luke Pavey	Harling	20:07	MM40-44
29	Gary Malliband	Thetford	20:09	MM50-54
30	Matt Stone	BVH	20:16	MM50-54
31	Stuart Martin	Ryston	20:26	MM45-49
32	Abbie Dickins	KLTC	20:26	SW
33	Jonathan Durward	Camb Tri	20:29	MM50-54
34	Jamie Bransgrove	Ryston	20:48	MM45-49
35	Megan Miller	WNAC	20:54	SW
36	Brad Melville	Ryston	21:00	SM
37	Nigel Horney	Keswick AC	21:10	MM65+
38	Jacob Whitehouse	Ryston	21:16	MM40-44
39	Peter Swales	Dereham	21:20	MM60-64
40	Peter Bird	St Eds	21:23	MM50-54
41	Robert Morgan	St Eds	21:34	MM60-64
42	Neil Rivers	Dereham	21:48	MM50-54
43	Dan Pratt	Ryston	21:51	MM45-49
44	Justin Gray	U/A	21:52	MM45-49
45	Belle McKenzie	Ryston	21:53	U17G
46	Ian Brown	Dereham	21:55	MM55-59
47	Tristan Langley	Ryston	21:57	SM
48	Joseph Mercer	U/A	21:58	SM
49	Tessa Killingbeck	CoNAC	21:59	MW40-44
50	Darren Edridge	U/A	22:01	MM55-59
51	William Crookes	U/A	22:04	SM
52	Anthony Savage	Ryston	22:09	MM60-64
53	John Dungan	BVH	22:10	MM40-44
54	Ben Foxwell	Ryston	22:11	SM
55	Mark Crookes	BVH	22:13	MM50-54
56	Jason Hawes	Ryston	22:13	MM50-54
57	Lesley Robins	Ryston	22:17	MW50-54
58	Craig Harris	Ryston	22:17	MM50-54
59	Alice Grant	BVH	22:20	SW
60	Louise Hudson	Dereham	22:22	MW40-44

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61	Andy Rowles	Dereham	22:26	MM60-64
62	Becky Taylor	Ryston	22:28	MW45-49
63	Simon Taylor	U/A	22:34	MM50-54
64	Nigel Kenny	Ryston	22:36	MM60-64
65	Darren Price	Ryston	22:42	MM35-39
66	Adrian Hollis	Dereham	22:49	MM55-59
67	Maureen McCarthy	St Eds	22:54	MW60-64
68	Mark Fountain	Ryston	22:57	MM45-49
69	Ian Patmore	Run DMC	22:58	MM55-59
70	Kevin Howlett	Ryston	22:59	MM65+
71	Gavin Critchell	U/A	23:00	MM50-54
72	Lucinda Bullimore	GYDAC	23:00	MW40-44
73	Charles Smith	U/A	23:02	SM
74	Christopher Cann	Ryston	23:07	MM35-39
75	Rebecca Maun	NNBR	23:17	MW50-54
76	William Winter	U/A	23:21	MM40-44
77	Phil Newton	TCRC	23:22	MM45-49
78	Vicki Newton	TCRC	23:23	MW-35-39
79	Jenny Morgan	St Eds	23:29	MW65+
80	Ruth Chadwick	Dereham	23:34	MW55-59
81	Titus Brunton	Dereham	23:34	SM
82	Robert Last	Dereham	23:39	MM45-49
83	Andrew Hammond	Norfolk Gaz	23:41	MM65+
84	Lauren Day	TCRC	23:44	MW-35-39
85	Martin Jones	Wymondham	23:46	MM40-44
86	Imogen Crooke	U/A	23:51	SW
87	Charlotte Smith	Ryston	23:54	SW
88	Andrew Smith	U/A	23:55	MM55-59
89	Linda Marshall	Ryston	24:08	MW55-59
90	Dave Brunton	U/A	24:13	MM60-64
91	Karen Balcombe	NNBR	24:14	MW60-64
92	David Dauber	NNBR	24:15	MM60-64
93	Richard Fletcher	U/A	24:20	MM40-44
94	Kevin Denmark	Wymondham	24:25	MM65+
95	Matthew Parker	Ryston	24:31	MM45-49
96	Steven Rue	St Eds	24:37	MM65+
97	Kate Bamfield	U/A	24:38	MW-35-39
98	Martin Adcock	BVH	24:41	MM55-59
99	Belle Watkins	BVH	24:41	U17G
100	Amy Allison	U/A	24:43	MW-35-39
101	Louise Rowe	Dereham	24:47	MW-35-39
102	Lucy Baker	Aylsham	24:52	MW40-44
103	Lisa Harris	Ryston	24:54	MW50-54
104	Sarah Melton-Whitelam	TCRC	24:56	MW40-44
105	Adam Howard	Ryston	25:00	MM40-44
106	Nigel Dickins	PANVAC	25:13	MM65+

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107	Lucy Allen	U/A	25:16	SW
108	Stephanie Ellis	BVH	25:35	MW50-54
109	Alix Howard	Dereham	25:43	SW
110	Malcolm Fisher	Dereham	25:51	MM45-49
111	Martin Blackburn	Ryston	25:56	MM65+
112	Claire Smithee	TCRC	25:57	MW45-49
113	Naomi Smith	TCRC	26:01	MW50-54
114	Terry Brunton	Dereham	26:08	MW55-59
115	Jonathan Edwards	U/A	26:11	MM60-64
116	Caroline Fletcher	Dereham	26:39	MW-35-39
117	Sarah Johnson	TCRC	26:46	MW40-44
118	Dawn Protheroe	Dereham	26:48	MW50-54
119	Lynne Howlett	Ryston	26:53	MW65+
120	Charlotte Price	Ryston	26:55	MW-35-39
121	Lorraine Parker	TCRC	27:04	MW50-54
122	James Trim	Ryston	27:09	SM
123	Wendy Fisher	Ryston	27:29	MW55-59
124	Sarah Jay	Aylsham	27:48	MW55-59
125	Chris Milnes	Ryston	28:00	MM65+
126	Amanda Baker	Dereham	28:04	MW60-64
127	Pauline Sparrow	Ryston	28:06	MW65+
128	Sue Swales	Dereham	28:12	MW55-59
129	Claire Whitehouse	Ryston	28:16	MW40-44
130	Erin Cordukes	U/A	28:28	SW
131	Steve Whitelam	TCRC	28:33	MM50-54
132	Katherine Pratt	U/A	28:42	MW40-44
133	Rita Rue	St Eds	29:41	MW60-64
134	Paul Woodyatt	BVH	29:52	MM60-64
135	Sally Porter	BVH	30:07	MW60-64
136	Jonatham Foot	BVH	30:21	MM60-64
137	Emma Adcock	U/A	30:22	MW40-44
138	Paul Firmage	Ryston	30:45	MM65+
139	Elizabeth Hollis	Dereham	30:46	MW55-59
140	Henrietta Green	Dereham	30:46	MW40-44
141	Mary De Las Casas	U/A	31:19	MW40-44
142	Sam Lingwood	Dereham	31:57	MW50-54
143	Lynne Dowdy	RNTS	32:29	MW60-64
144	Jade Langley	Ryston	33:20	SW
145	Megan Oram	Dereham	34:09	MW45-49
146	Sarah Dennis	U/A	34:35	MW65+
147	Helen Driver	Ryston	35:26	MW50-54
148	Tony Lamb	TCRC	35:37	MM55-59
149	Gill Hart	Ryston	35:37	MW65+
150	Sarah Lamb	TCRC	35:40	MW50-54
151	Di Renshaw	Dereham	36:58	MW60-64
152	Keith Morris	Ryston	37:03	MM60-64

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153	Martin Elsegood	Ryston	37:42	MM55-59
154	Katie Apps	Dereham	41:34	MW40-44
155	Mandy Thorpe	Dereham	41:39	MW45-49
156	Don Hutchinson	Camb Tri	45:52	MM65+
157	David Lane	Ryston	51:06	MM55-59
158	Bethany Fisher	Dereham	53:51	SW
159	Michael Protheroe	Dereham	53:51	MM55-59