

Ryston Runners Grand Prix 2 12/11/2023

Under 9 boys

Position	Name	Club	Time
1	George Sparrow	Attleboro	3:13
2	Freddie Bagge	Kings Ely	3:15
3	Theo Grocock	Cherry Tree	3:16
4	Leo Kinsey	Hillcrest	3:19
5	Arthur Hollingsworth	Dersing	3:20
6	Henry King	Glebe	3:23
7	Harris Smitherman	Colman	3:24
8	Arthur Teanby	Tilney	3:25
9	Owen Hamilton	Hillcrest	3:33
10	Isaac Webster	Cherry Tree	3:36
11	Oscar Grocock	Cherry Tree	3:39
12	Alfie Wilson	Cherry Tree	3:39
13	Ethan Moore	Hillcrest	3:43
14	Benjamin White	Downham Prep	3:44
15	Oscar Forrest	Cherry Tree	3:49
16	Harrison Reeve	Glebe	3:50
17	Clayton Heather	Ling	3:59
18	Henry Hollingsworth	Dersing	4:00
19	Harry Ward	Cherry Tree	4:08
20	Abe Gosnell	Nt Wtn	4:10
21	George Dutchak	Cherry Tree	4:12
22	Joseph Bennett	Cherry Tree	4:15
23	Sebastian Metcalfe	St Martin	4:20
24	Finlay Woodruff	Cherry Tree	5:11
25	Noah Bostock	Cherry Tree	5:19
26	Harry Betts	Cherry Tree	5:29
27	Freddie Clifton	Nelson Ac	5:34
28	Frank Dean	Cherry Tree	5:35
29	Grayson Pearce	Cherry Tree	5:57
30	Jack Betts	Cherry Tree	6:00
31	Finley Pearce	Cherry Tree	6:16
32	Harry Hamilton	Hillcrest	7:08

Under 9 girls

Position	Name	Club	Time
1	Flora Evans	Down Prep	3:24
2	Blake Amos	CoNAC	3:26
3	Kate Watkinson	Attleboro	3:28
4	Molly Cousins	Nt Wtn	3:31
5	Dana Bishop	St Martins	3:40
6	Izzie Hardy	Cherry Tree	3:45
7	Lara Reeve	Glebe	3:45
8	Lauren Lawrence	Ren Run	3:47
9	Florence Bartlett	GYDAC	4:00
10	Betsy Chadderton	T St C	4:03
11	Annabelle Walsh	Down Prep	4:09

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12	Freya Reynolds	Ryston/Hillcrest	4:11
13	Evelyn Woodcroft	Wym Prep	4:13
14	Katie Morton	Hillcrest	4:21
15	Frankie Ford	Down Prep	4:30
16	Isla Miller	Cherry Tree	4:35
17	Vivie Salmon	Cherry Tree	4:57
18	Freya Ford	Down Prep	4:57
19	Merryn Jones	Cherry Tree	5:10
20	Rosie Beckham	Cherry Tree	5:23
21	Isabella Johnson	Down Prep	5:30
22	Violet Howlett	Down Prep	5:49
23	Harper Clifton	Nelson	6:20

Overall under 9s race

Position	Name	Club	Time	Category
1	George Sparrow	Attleboro	3:13	U9B
2	Freddie Bagge	Kings Ely	3:15	U9B
3	Theo Grocock	Cherry Tree	3:16	U9B
4	Leo Kinsey	Hillcrest	3:19	U9B
5	Arthur Hollingsworth	Dersing	3:20	U9B
6	Henry King	Glebe	3:23	U9B
7	Flora Evans	Down Prep	3:24	U9G
8	Harris Smitherman	Colman	3:24	U9B
9	Arthur Tearby	Tilney	3:25	U9B
10	Blake Amos	CoNAC	3:26	U9G
11	Kate Watkinson	Attleboro	3:28	U9G
12	Molly Cousins	Nt Wtn	3:31	U9G
13	Owen Hamilton	Hillcrest	3:33	U9B
14	Isaac Webster	Cherry Tree	3:36	U9B
15	Oscar Grocock	Cherry Tree	3:39	U9B
16	Alfie Wilson	Cherry Tree	3:39	U9B
17	Dana Bishop	St Martins	3:40	U9G
18	Ethan Moore	Hillcrest	3:43	U9B
19	Benjamin White	Downham Prep	3:44	U9B
20	Izzie Hardy	Cherry Tree	3:45	U9G
21	Lara Reeve	Glebe	3:45	U9G
22	Lauren Lawrence	Ren Run	3:47	U9G
23	Oscar Forrest	Cherry Tree	3:49	U9B
24	Harrison Reeve	Glebe	3:50	U9B
25	Clayton Heather	Ling	3:59	U9B
26	Florence Bartlett	GYDAC	4:00	U9G
27	Henry Hollingsworth	Dersing	4:00	U9B
28	Betsy Chadderton	T St C	4:03	U9G
29	Harry Ward	Cherry Tree	4:08	U9B
30	Annabelle Walsh	Down Prep	4:09	U9G
31	Abe Gosnell	Nt Wtn	4:10	U9B
32	Freya Reynolds	Ryston/Hillcrest	4:11	U9G
33	George Dutchak	Cherry Tree	4:12	U9B

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34	Evelyn Woodcroft	Wym Prep	4:13	U9G
35	Joseph Bennett	Cherry Tree	4:15	U9B
36	Sebastian Metcalfe	St Martin	4:20	U9B
37	Katie Morton	Hillcrest	4:21	U9G
38	Frankie Ford	Down Prep	4:30	U9G
39	Isla Miller	Cherry Tree	4:35	U9G
40	Vivie Salmon	Cherry Tree	4:57	U9G
41	Freya Ford	Down Prep	4:57	U9G
42	Merryn Jones	Cherry Tree	5:10	U9G
43	Finlay Woodruff	Cherry Tree	5:11	U9B
44	Noah Bostock	Cherry Tree	5:19	U9B
45	Rosie Beckham	Cherry Tree	5:23	U9G
46	Harry Betts	Cherry Tree	5:29	U9B
47	Isabella Johnson	Down Prep	5:30	U9G
48	Freddie Clifton	Nelson Ac	5:34	U9B
49	Frank Dean	Cherry Tree	5:35	U9B
50	Violet Howlett	Down Prep	5:49	U9G
51	Grayson Pearce	Cherry Tree	5:57	U9B
52	Jack Betts	Cherry Tree	6:00	U9B
53	Finley Pearce	Cherry Tree	6:16	U9B
54	Harper Clifton	Nelson	6:20	U9G
55	Harry Hamilton	Hillcrest	7:08	U9B

Under 11 boys

Position	Name	Club	Time
1	Cody Holland	Waveney	7:49
2	Fergus Smitherman	CoNAC/Colman	8:24
3	James Watts	WN/Ingles	8:29
4	Jude Osborne	CoNAC/Ashleigh	8:32
5	Arthur Robinson	Thetford	8:59
6	Matas Petreikis	WNAC/St Martha	9:03
7	Freddie Hubbard	Ryston/Peckover	9:04
8	Henry Loveday	Kings Ely	9:24
9	Ethan Ashwood	St Eds	9:27
10	Riley Price	Ryston/Howard	9:36
11	Rhys Howard	Ryston/Nt Wtn	10:22
12	Harley Longstaff	Cherry Tree	10:54
13	Eric Pettit	Denver	11:39
14	James McEwan	U/A	12:03

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Under 11 girls

Position	Name	Club	Time
1	Tabatha Oppenheim	CoNAC/St Fran	8:46
2	Mabelle Chadderton	T St C	10:15
3	Amelie Watkinson	Attleboro	10:24
4	Alba Bartlett	GYDAC	10:39
5	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:07
6	Erin Woodcroft	CoNAC/Wym Prep	12:10
7	Sophie Fletcher	Dereham	12:40
8	Elouise Morgan	Cherry Tree	12:43

Overall under 11s race

Position	Name	Club	Time	Category
1	Cody Holland	Waveney	7:49	U11B
2	Fergus Smitherman	CoNAC/Colman	8:24	U11B
3	James Watts	WN/Ingles	8:29	U11B
4	Jude Osborne	CoNAC/Ashleigh	8:32	U11B
5	Tabatha Oppenheim	CoNAC/St Fran	8:46	U11G
6	Arthur Robinson	Thetford	8:59	U11B
7	Matas Petreikis	WNAC/St Martha	9:03	U11B
8	Freddie Hubbard	Ryston/Peckover	9:04	U11B
9	Henry Loveday	Kings Ely	9:24	U11B
10	Ethan Ashwood	St Eds	9:27	U11B
11	Riley Price	Ryston/Howard	9:36	U11B
12	Mabelle Chadderton	T St C	10:15	U11G
13	Rhys Howard	Ryston/Nt Wtn	10:22	U11B
14	Amelie Watkinson	Attleboro	10:24	U11G
15	Alba Bartlett	GYDAC	10:39	U11G
16	Harley Longstaff	Cherry Tree	10:54	U11B
17	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:07	U11G
18	Eric Pettit	Denver	11:39	U11B
19	James McEwan	U/A	12:03	U11B
20	Erin Woodcroft	CoNAC/Wym Prep	12:10	U11G
21	Sophie Fletcher	Dereham	12:40	U11G
22	Elouise Morgan	Cherry Tree	12:43	U11G

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Under 13 boys

Position	Name	Club	Time
1	Finley Winship	CoNAC	10:22
2	Leo Wood	Ryston	12:11
3	Isaac Brown	Dereham	12:15
4	Rory Wood	Ryston	12:41
5	Benjamin Rogers	CoNAC	12:55
6	Alexander Balmer	Newmarket	12:57
7	Thomas Simmonds	Ryston	13:13
8	Daniel Rudling	Dereham	16:07
9	Isaac Fletcher	Dereham	19:42

Under 13 girls

Position	Name	Club	Time
1	Florence Abbott	CoNAC	12:13
2	Olivia Ord	Ryston	13:07
3	Emilia Farnell	NNH	13:09
4	Madison Hicks	Ryston	13:53
5	Isabel Sparrow	Attlenboro	14:36
6	Kaitlyn Allen	U/A	14:50
7	Martha McKenzie	Ryston	17:30

Under 15 boys

Position	Name	Club	Time
1	Cameron Wedon	GYDAC	10:16
2	Harry Robinson	Thetford	10:56
3	Oscar Sykes	NNH	14:03
4	Sammy King	Wisbech	14:19

Under 15 girls

Position	Name	Club	Time
1	Lexie Heather	CoNAC	11:37
2	Violet Brooke	CoNAC	12:01
3	Alice Thompson-Read	NNH	12:44
4	Beatrice Green	Dereham	12:54
5	Eloise Edridge	NNH	13:14
6	Lucy Thompson	GYDAC	14:19
7	Eva Townshend	NNH	14:48

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Cameron Wedon	GYDAC	10:16	U15B
2	Finley Winship	CoNAC	10:22	U13B
3	Harry Robinson	Thetford	10:56	U15B
4	Lexie Heather	CoNAC	11:37	U15G
5	Violet Brooke	CoNAC	12:01	U15G
6	Leo Wood	Ryston	12:11	U13B
7	Florence Abbott	CoNAC	12:13	U13G
8	Isaac Brown	Dereham	12:15	U13B

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9	Rory Wood	Ryston	12:41	U13B
10	Alice Thompson-Read	NNH	12:44	U15G
11	Beatrice Green	Dereham	12:54	U15G
12	Benjamin Rogers	CoNAC	12:55	U13B
13	Alexander Balmer	Newmarket	12:57	U13B
14	Olivia Ord	Ryston	13:07	U13G
15	Emilia Farnell	NNH	13:09	U13G
16	Thomas Simmonds	Ryston	13:13	U13B
17	Eloise Edridge	NNH	13:14	U15G
18	Madison Hicks	Ryston	13:53	U13G
19	Oscar Sykes	NNH	14:03	U15B
20	Lucy Thompson	GYDAC	14:19	U15G
21	Sammy King	Wisbech	14:19	U15B
22	Isabel Sparrow	Attlenboro	14:36	U13G
23	Eva Townshend	NNH	14:48	U15G
24	Kaitlyn Allen	U/A	14:50	U13G
25	Daniel Rudling	Dereham	16:07	U13B
26	Martha McKenzie	Ryston	17:30	U13G
27	Isaac Fletcher	Dereham	19:42	U13B

Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesbrough	CoNAC	15:35
2	Dylan Whiteshouse	Ryston	17:02
3	Cody Pearman	Ryston	17:05
4	Callum Wing	Thetford	17:16
5	Max Dinmore	Ryston	20:20

Under 17 girls

Position	Name	Club	Time
1	Isabella McKenzie	Ryston	19:13
2	Bethany Wilson	Thetford	22:25
3	Belle Watkins	BVH	22:26

Overall under 17s race

Position	Name	Club	Time	Category
1	Tobias Cheesbrough	CoNAC	15:35	U17B
2	Dylan Whiteshouse	Ryston	17:02	U17B
3	Cody Pearman	Ryston	17:05	U17B
4	Callum Wing	Thetford	17:16	U17B
5	Isabella McKenzie	Ryston	19:13	U17G
6	Max Dinmore	Ryston	20:20	U17B
7	Bethany Wilson	Thetford	22:25	U17G
8	Belle Watkins	BVH	22:26	U17G

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Senior men

Position	Name	Club	Time
1	Christopher Smith	Hunts AC	28:39
2	Nathan Stockdale	Ryston	29:07
3	Thomas McCarthy	U/A	32:32
4	Chris Searle	Dereham	33:28
5	Tom Roper	Hyde PH	34:12
6	Jacob Last	Dereham	36:24
7	Joseph Mercer	U/A	38:58
8	James Trim	Ryston	52:03

Senior women

Position	Name	Club	Time
1	Anna O'Hare	Haverhill	35:45
2	Abbie Dickins	KLTC	37:15
3	Michelle Brown	TCRC	37:33
4	Grace Duthie	Tri Anglia	41:07
5	Dani Sparkes	U/A	42:37
6	Alice Grant	BVH	43:21
7	Charlotte Smith	Ryston	44:45
8	Kerry Taylor	U/A	47:09
9	Natisha Ramsbottom	Dereham	48:33

Master women 35-39

Position	Name	Club	Time
1	Joanne Watkins	BVH	37:05
2	Louise Rowe	Dereham	45:12
3	Caroline Fletcher	Dereham	46:44
4	Amy Allison	U/A	47:23
5	Charlotte Price	Ryston	52:07
6	Joanne Smith	Fenland	52:26

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	34:21
2	Claire Woodcroft	Wymondham	39:06
3	Claire Wilshaw	Camb Tri	40:17
4	Katherine Pratt	U/A	51:48

Master women 45-49

Position	Name	Club	Time
1	Nicola Pearce	U/A	40:39
2	Carole Preston	Dereham	63:25

Master women 50-54

Position	Name	Club	Time
1	Lesley Robins	Ryston	39:40
2	Stephanie Ellis	BVH	45:00

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3	Deborah Last	Dereham	46:26
4	Judith Berry	Ryston	48:50
5	Dawn Protheroe	Dereham	49:40
6	Janet Nash	U/A	53:44
7	Lorraine Reeves	Brandon	54:12
8	Samantha Lingwood	Dereham	59:30
9	Lorraine Parker	TCRC	61:03
10	Sarah Lamb	TCRC	61:03
11	Helen Driver	Ryston	64:48

Master women 55-59

Position	Name	Club	Time
1	Ruth Chadwick	Dereham	42:22
2	Linda Marshall	Ryston	45:14
3	Karen Wood	KLTC	48:14

Master women 60-64

Position	Name	Club	Time
1	Amanda Baker	Dereham	51:47
2	Maureen Wolfe	Ryston	54:01
3	Rita Rue	St Eds	54:42
4	Diane Renshaw	Dereham	68:08

Master women 65+

Position	Name	Club	Time
1	Pauline Sparrow	Ryston	52:13
2	Liz Blakie	Ryston	56:36
3	Sarah Dennis	U/A	59:56

Master men 35-39

Position	Name	Club	Time
1	Rob Simmonds	Ryston	31:38
2	Ben Keeley	Ryston	32:24
3	Chris Chaplin	Ryston	35:52
4	Stuart King	St Eds	36:04
5	Stuart Clark	U/A	36:19
6	Darren Price	Ryston	41:20

Master men 40-44

Position	Name	Club	Time
1	Tom Levinson	Ely Runners	31:44
2	Andrew Simmonds	Ryston	33:11
3	Benjamin Collison	WNAC	33:32
4	Simon Levy	Ryston	33:55
5	James Ord	Ryston	34:53
6	Luke Pavey	Ryston	35:45
7	Lee Quibble	BVH	36:29
8	Jake Whitehouse	Ryston	38:34

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Master men 45-49

Position	Name	Club	Time
1	Gary Crush	CoNAC	31:48
2	Dan Pratt	Ryston	38:12
3	Jamie Bransgrove	Ryston	39:01
4	Mark Fountain	Ryston	41:27
5	Robert Last	Dereham	41:35
6	Paul Freear	KLTC	43:46

Master men 50-54

Position	Name	Club	Time
1	Mark Thompson	GYDAC	33:02
2	Jason Wing	Thetford	35:08
3	Liam Dawson	Ryston	35:12
4	Edward Colby	RDC	35:58
5	Janthan Durward	Camb tri	36:10
6	Jason Elrick	Thetford	36:26
7	Matt Stone	BVH	36:37
8	Gary Malliband	Thetford	36:48
9	Gary Bligh	TCRC	37:33
10	Mark Mattless	Lonely Goat	39:52
11	George Pettit	Ryston	40:03
12	Mark Crookes	BVH	40:13
13	Peter Bird	St Eds	40:26
14	Jason Hawes	Ryston	41:03
15	Simon Taylor	U/A	41:23
16	Neil Rivers	Dereham	42:30
17	Gavin Critchell	U/A	42:38
18	Chris Chadwick	Dereham	44:13
19	Philip Websdale	Dereham	44:40
20	Andrew Brasier	Dereham	54:55

Master men 55-59

Position	Name	Club	Time
1	Adrian Hall	Wymondham	36:11
2	Wayne Ramsbottom	Dereham	37:41
3	Steve Bennington	Ryston	39:52
4	Ian Brown	Dereham	39:59
5	Peter Wilson	U/A	42:09
6	Ian Patmore	Run DMC	43:02
7	Andy Smith	U/A	44:46
8	Patrick Gosling	U/A	46:23
9	Michael Protheroe	Dereham	51:41

Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	33:18

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2	Paul Maclean	U/A	39:16
3	Anthony Savage	Ryston	40:48
4	Nigel Kenny	Ryston	41:16
5	Andy Rowles	Dereham	41:48
6	Gary Ingrey	TCRC	42:17
7	Steve Rush	U/A	47:04
8	Paul Woodyatt	BVH	59:46

Master men 65+

Position	Name	Club	Time
1	Graham Chapman	Ely	36:55
2	Nigel Horney	Keswick	37:44
3	Jit Patel	Ryston	40:36
4	Kevin Howlett	Ryston	42:42
5	Andrew Hammond	Norf Gaz	43:28
6	Steve Rue	St Eds	43:54
7	Kevin Denmark	Wymondham	44:30
8	Nigel Dickens	PANVAC	45:21
9	Martin Blackburn	Ryston	46:54
10	Chris Milnes	Ryston	52:00
11	Paul Firmage	Ryston	53:30
12	Don Hutchinson	Camb Tri	73:50

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Christopher Smith	Hunts AC	28:39	SM
2	Nathan Stockdale	Ryston	29:07	SM
3	Rob Simmonds	Ryston	31:38	MM35-39
4	Tom Levinson	Ely Runners	31:44	MM40-44
5	Gary Crush	CoNAC	31:48	MM45-49
6	Ben Keeley	Ryston	32:24	MM35-39
7	Thomas McCarthy	U/A	32:32	SM
8	Mark Thompson	GYDAC	33:02	MM50-54
9	Andrew Simmonds	Ryston	33:11	MM40-44
10	Kevin Vaughan	Thetford	33:18	MM60-64
11	Chris Searle	Dereham	33:28	SM
12	Benjamin Collison	WNAC	33:32	MM40-44
13	Simon Levy	Ryston	33:55	MM40-44
14	Tom Roper	Hyde PH	34:12	SM
15	Juliette Watkinson	Wymondham	34:21	MW40-44
16	James Ord	Ryston	34:53	MM40-44
17	Jason Wing	Thetford	35:08	MM50-54
18	Liam Dawson	Ryston	35:12	MM50-54
19	Luke Pavey	Ryston	35:45	MM40-44
20	Anna O'Hare	Haverhill	35:45	SW
21	Chris Chaplin	Ryston	35:52	MM35-39
22	Edward Colby	RDC	35:58	MM50-54
23	Stuart King	St Eds	36:04	MM35-39

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24	Janthan Durward	Camb tri	36:10	MM50-54
25	Adrian Hall	Wymondham	36:11	MM55-59
26	Stuart Clark	U/A	36:19	MM35-39
27	Jacob Last	Dereham	36:24	SM
28	Jason Elrick	Thetford	36:26	MM50-54
29	Lee Quibble	BVH	36:29	MM40-44
30	Matt Stone	BVH	36:37	MM50-54
31	Gary Malliband	Thetford	36:48	MM50-54
32	Graham Chapman	Ely	36:55	MM65+
33	Joanne Watkins	BVH	37:05	MW35-39
34	Abbie Dickins	KLTC	37:15	SW
35	Michelle Brown	TCRC	37:33	SW
36	Gary Bligh	TCRC	37:33	MM50-54
37	Wayne Ramsbottom	Dereham	37:41	MM55-59
38	Nigel Horney	Keswick	37:44	MM65+
39	Dan Pratt	Ryston	38:12	MM45-49
40	Jake Whitehouse	Ryston	38:34	MM40-44
41	Joseph Mercer	U/A	38:58	SM
42	Jamie Bransgrove	Ryston	39:01	MM45-49
43	Claire Woodcroft	Wymondham	39:06	MW40-44
44	Paul Maclean	U/A	39:16	MM60-64
45	Lesley Robins	Ryston	39:40	MW50-54
46	Mark Mattless	Lonely Goat	39:52	MM50-54
47	Steve Bennington	Ryston	39:52	MM55-59
48	Ian Brown	Dereham	39:59	MM55-59
49	George Pettit	Ryston	40:03	MM50-54
50	Mark Crookes	BVH	40:13	MM50-54
51	Claire Wilshaw	Camb Tri	40:17	MW40-44
52	Peter Bird	St Eds	40:26	MM50-54
53	Jit Patel	Ryston	40:36	MM65+
54	Nicola Pearce	U/A	40:39	MW45-49
55	Anthony Savage	Ryston	40:48	MM60-64
56	Jason Hawes	Ryston	41:03	MM50-54
57	Grace Duthie	Tri Anglia	41:07	SW
58	Nigel Kenny	Ryston	41:16	MM60-64
59	Darren Price	Ryston	41:20	MM35-39
60	Simon Taylor	U/A	41:23	MM50-54
61	Mark Fountain	Ryston	41:27	MM45-49
62	Robert Last	Dereham	41:35	MM45-49
63	Andy Rowles	Dereham	41:48	MM60-64
64	Peter Wilson	U/A	42:09	MM55-59
65	Gary Ingrey	TCRC	42:17	MM60-64
66	Ruth Chadwick	Dereham	42:22	MW55-59
67	Neil Rivers	Dereham	42:30	MM50-54
68	Dani Sparkes	U/A	42:37	SW
69	Gavin Critchell	U/A	42:38	MM50-54
70	Kevin Howlett	Ryston	42:42	MM65+
71	Ian Patmore	Run DMC	43:02	MM55-59

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72	Alice Grant	BVH	43:21	SW
73	Andrew Hammond	Norf Gaz	43:28	MM65+
74	Paul Freear	KLTC	43:46	MM45-49
75	Steve Rue	St Eds	43:54	MM65+
76	Chris Chadwick	Dereham	44:13	MM50-54
77	Kevin Denmark	Wymondham	44:30	MM65+
78	Philip Websdale	Dereham	44:40	MM50-54
79	Charlotte Smith	Ryston	44:45	SW
80	Andy Smith	U/A	44:46	MM55-59
81	Stephanie Ellis	BVH	45:00	MW50-54
82	Louise Rowe	Dereham	45:12	MW35-39
83	Linda Marshall	Ryston	45:14	MW55-59
84	Nigel Dickens	PANVAC	45:21	MM65+
85	Patrick Gosling	U/A	46:23	MM55-59
86	Deborah Last	Dereham	46:26	MW50-54
87	Caroline Fletcher	Dereham	46:44	MW35-39
88	Martin Blackburn	Ryston	46:54	MM65+
89	Steve Rush	U/A	47:04	MM60-64
90	Kerry Taylor	U/A	47:09	SW
91	Amy Allison	U/A	47:23	MW35-39
92	Karen Wood	KLTC	48:14	MW55-59
93	Natisha Ramsbottom	Dereham	48:33	SW
94	Judith Berry	Ryston	48:50	MW50-54
95	Dawn Protheroe	Dereham	49:40	MW50-54
96	Michael Protheroe	Dereham	51:41	MM55-59
97	Amanda Baker	Dereham	51:47	MW60-64
98	Katherine Pratt	U/A	51:48	MW40-44
99	Chris Milnes	Ryston	52:00	MM65+
100	James Trim	Ryston	52:03	SM
101	Charlotte Price	Ryston	52:07	MW35-39
102	Pauline Sparrow	Ryston	52:13	MW65+
103	Joanne Smith	Fenland	52:26	MW35-39
104	Paul Firmage	Ryston	53:30	MM65+
105	Janet Nash	U/A	53:44	MW50-54
106	Maureen Wolfe	Ryston	54:01	MW60-64
107	Lorraine Reeves	Brandon	54:12	MW50-54
108	Rita Rue	St Eds	54:42	MW60-64
109	Andrew Brasier	Dereham	54:55	MM50-54
110	Liz Blakie	Ryston	56:36	MW65+
111	Samantha Lingwood	Dereham	59:30	MW50-54
112	Paul Woodyatt	BVH	59:46	MM60-64
113	Sarah Dennis	U/A	59:56	MW65+
114	Lorraine Parker	TCRC	61:03	MW50-54
115	Sarah Lamb	TCRC	61:03	MW50-54
116	Carole Preston	Dereham	63:25	MW45-49
117	Helen Driver	Ryston	64:48	MW50-54
118	Diane Renshaw	Dereham	68:08	MW60-64
119	Don Hutchinson	Camb Tri	73:50	MM65+