

Ryston Runners Grand Prix 4 14/01/24

Under 9 boys

Bib	Name	Club	Time
1	Noah Ward	T St C	3:02
2	Theo Grocock	Cherry Tree	3:08
3	Freddie Bagge	Ryston	3:13
4	Charlie Holland	Waveney	3:15
5	Jack Baxter	Emneth Ac	3:18
6	Harris Smitherman	U/A	3:18
7	Arthur Bunton	Attleborough	3:22
8	Arthur Teanby	Tilney	3:26
9	Isaac Webster	Cherry Tree	3:31
10	Owen Hamilton	Hillcrest	3:35
11	Alfie Wilson	Cherry Tree	3:40
12	Harry Ward	Cherry Tree	3:46
13	Ethan Moore	Hillcrest	3:46
14	Harrison Reeve	Glebe	3:47
15	Oscar Grocock	Cherry Tree	3:47
16	Benjamin White	Downham Prep	3:48
17	Archie Rockcliffe	Downham Prep	3:53
18	Dylan Steele	U/A	3:55
19	Franky Dean	Hillcrest	3:57
20	George Dutchak	Cherry Tree	4:05
21	Rocco Dean	Hillcrest	4:11
22	Sam Jones	Cherry Tree	4:12
23	Rupert Chappell	Cherry Tree	4:15
24	Sebastian Metcalfe	St Martin	4:23
25	James Hill	Cherry Tree	4:37
26	Drew McMillan	Cherry Tree	4:38
27	Morgan Wigglesworth	Cherry Tree	5:20
28	Harry Betts	Cherry Tree	5:43
29	Frank Dean	Cherry Tree	5:56
30	Jack Betts	Cherry Tree	6:00
31	Finley Pearce	Cherry Tree	6:05
32	Eric Dean	Cherry Tree	6:08
33	Grayson Pearce	Cherry Tree	6:11
34	Harry Hamilton	Hillcrest	6:29

Under 9 girls

Bib	Name	Club	Time
1	Felicity Allen	Ren Run/Lever	3:19
2	Blake Amos	CoNAC	3:23
3	Lauren Lawrence	Ren Run/Wells	3:26
4	Flora Evans	Down Prep	3:27
5	Kate Watkinson	Attleboro AA	3:33
6	Bonnie Norman	U/A	3:37
7	Jessica Watts	WNAC/Ingles	3:42

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8	Lara Reeve	Glebe	3:44
9	Betsy Chadderton	TstC	3:58
10	Izzie Hardy	Cherry Tree	4:00
11	Florence Bartlett	GYDAC	4:07
12	Freya Reynolds	Ryston/Hillcrest	4:13
13	Erica Hollick-Pearce	Feltwell	4:29
14	Freya Ford	Down Prep	4:31
15	Isla Miller	Cherry Tree	4:39
16	Vivie Salmon	Cherry Tree	4:39
17	Frankie Ford	Down Prep	4:46
18	Ailish Smitherman	U/A	4:55
19	Rosie Beckham	Cherry Tree	5:00
20	Merryn Jones	Cherry Tree	5:17
21	Madison Wigglesworth	Cherry Tree	5:26
22	Amelia Murray	Cherry Tree	5:27
23	Violet Howlett	Down Prep	5:50
24	Isabelle Johnson	Down Prep	6:02

Overall under 9s race

Bib	Name	Club	Time	Category
1	Noah Ward	T St C	3:02	U9B
2	Theo Grocock	Cherry Tree	3:08	U9B
3	Freddie Bagge	Ryston	3:13	U9B
4	Charlie Holland	Waveney	3:15	U9B
5	Harris Smitherman	U/A	3:18	U9B
6	Jack Baxter	Emneth Ac	3:18	U9B
7	Felicity Allen	Ren Run/Lever	3:19	U9G
8	Arthur Bunton	Attleborough	3:22	U9B
9	Blake Amos	CoNAC	3:23	U9G
10	Arthur Teanby	Tilney	3:26	U9B
11	Lauren Lawrence	Ren Run/Wells	3:26	U9G
12	Flora Evans	Down Prep	3:27	U9G
13	Isaac Webster	Cherry Tree	3:31	U9B
14	Kate Watkinson	Attleboro AA	3:33	U9G
15	Owen Hamilton	Hillcrest	3:35	U9B
16	Bonnie Norman	U/A	3:37	U9G
17	Alfie Wilson	Cherry Tree	3:40	U9B
18	Jessica Watts	WNAC/Ingles	3:42	U9G
19	Lara Reeve	Glebe	3:44	U9G
20	Harry Ward	Cherry Tree	3:46	U9B
21	Ethan Moore	Hillcrest	3:46	U9B
22	Oscar Grocock	Cherry Tree	3:47	U9B
23	Harrison Reeve	Glebe	3:47	U9B
24	Benjamin White	Downham Prep	3:48	U9B
25	Archie Rockcliffe	Downham Prep	3:53	U9B
26	Dylan Steele	U/A	3:55	U9B

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27	Franky Dean	Hillcrest	3:57	U9B
28	Betsy Chadderton	T St C	3:58	U9G
29	Izzie Hardy	Cherry Tree	4:00	U9G
30	George Dutchak	Cherry Tree	4:05	U9B
31	Florence Bartlett	GYDAC	4:07	U9G
32	Rocco Dean	Hillcrest	4:11	U9B
33	Sam Jones	Cherry Tree	4:12	U9B
34	Freya Reynolds	Ryston/Hillcrest	4:13	U9G
35	Rupert Chappell	Cherry Tree	4:15	U9B
36	Sebastian Metcalfe	St Martin	4:23	U9B
37	Erica Hollick-Pearce	Feltwell	4:29	U9G
38	Freya Ford	Down Prep	4:31	U9G
39	James Hill	Cherry Tree	4:37	U9B
40	Drew McMillan	Cherry Tree	4:38	U9B
41	Isla Miller	Cherry Tree	4:39	U9G
42	Vivie Salmon	Cherry Tree	4:39	U9G
43	Frankie Ford	Down Prep	4:46	U9G
44	Ailish Smitherman	U/A	4:55	U9G
45	Rosie Beckham	Cherry Tree	5:00	U9G
46	Merryn Jones	Cherry Tree	5:17	U9G
47	Morgan Wigglesworth	Cherry Tree	5:20	U9B
48	Madison Wigglesworth	Cherry Tree	5:26	U9G
49	Amelia Murray	Cherry Tree	5:27	U9G
50	Harry Betts	Cherry Tree	5:43	U9B
51	Violet Howlett	Down Prep	5:50	U9G
52	Frank Dean	Cherry Tree	5:56	U9B
53	Jack Betts	Cherry Tree	6:00	U9B
54	Isabelle Johnson	Down Prep	6:02	U9G
55	Finley Pearce	Cherry Tree	6:05	U9B
56	Eric Dean	Cherry Tree	6:08	U9B
57	Grayson Pearce	Cherry Tree	6:11	U9B
58	Harry Hamilton	Hillcrest	6:29	U9B

Under 11 boys

Bib	Name	Club	Time
1	Isaac Unsworth	CoNAC/St Franc	8:17
2	Fergus Smitherman	CoNAC	8:22
3	Jude Osborne	CoNAC/Ashleigh	8:29
4	James Watts	WNAC/Ingles	8:31
5	Freddie Hubbard	Ryston/Peckover	9:23
6	Henry Loveday	King's Ely	9:23
7	Ezra Lewis	Down Prep	10:21
8	Rhys Howard	Ryston	10:58

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Under 11 girls

Bib	Name	Club	Time
1	Nellie Chadderton	T St C	9:44
2	Amelie Watkinson	Attleborough AA	10:14
3	Willow Levinson	Ely Runners	10:25
4	Alba Bartlett	GYDAC	10:28
5	Mabelle Chadderton	TstC	11:31
6	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:34
7	Sophie Fletcher	Dereham	14:10
8	Caity Oram	Dereham/Scarn	14:12
9	Isabelle Lawrence	Wells	14:33

Overall under 11s race

Bib	Name	Club	Time	Category
1	Isaac Unsworth	CoNAC/St Franc	8:17	U11B
2	Fergus Smitherman	CoNAC	8:22	U11B
3	Jude Osborne	CoNAC/Ashleigh	8:29	U11B
4	James Watts	WNAC/Ingles	8:31	U11B
5	Henry Loveday	King's Ely	9:23	U11B
6	Freddie Hubbard	Ryston/Peckover	9:23	U11B
7	Nellie Chadderton	TstC	9:44	U11G
8	Amelie Watkinson	Attleborough AA	10:14	U11G
9	Ezra Lewis	Down Prep	10:21	U11B
10	Willow Levinson	Ely Runners	10:25	U11G
11	Alba Bartlett	GYDAC	10:28	U11G
12	Rhys Howard	Ryston	10:58	U11B
13	Mabelle Chadderton	TstC	11:31	U11G
14	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:34	U11G
15	Sophie Fletcher	Dereham	14:10	U11G
16	Caity Oram	Dereham/Scarn	14:12	U11G
17	Isabelle Lawrence	Wells	14:33	U11G

Under 13 boys

Bib	Name	Club	Time
1	Finley Winship	CoNAC	10:47
2	Harry Doran	GYDAC	11:25
3	Isaac Brown	Dereham	12:10
4	Alexander Balmer	Newmarket Jog	12:51
5	Thomas Simmonds	Ryston	13:07
6	Benjamin Rogers	CoNAC	13:14
7	Daniel Rudling	Dereham	16:15

Under 13 girls

Bib	Name	Club	Time
1	Florence Abbott	CoNAC	12:18
2	Madison Hicks	Ryston	13:22

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3	Emilia Farnell	NNH	13:25
4	Jessica Lawrence	WNAC	13:28
5	Francesca walsh	CoNAC	14:20
6	Lydia Hopkins	Dereham	16:01

Under 15 boys

Bib	Name	Club	Time
1	Ethan Ward	Ryston	11:00
2	Harry Woodgett	Dereham	12:40
3	Oscar Sykes	NNH	14:18

Under 15 girls

Bib	Name	Club	Time
1	Evie Clayton	WNAC	12:11
2	Eva Eccles	BVH	12:36
3	Faye Nottage	GYDAC	12:42
4	Alice Thompson-Read	NNH	12:59
5	Eva Townhend	NNH	13:33

Overall under 13s & 15s race

Bib	Name	Club	Time	Category
1	Finley Winship	CoNAC	10:47	U13B
2	Ethan Ward	Ryston	11:00	U15B
3	Harry Doran	GYDAC	11:25	U13B
4	Isaac Brown	Dereham	12:10	U13B
5	Evie Clayton	WNAC	12:11	U15G
6	Florence Abbott	CoNAC	12:18	U13G
7	Eva Eccles	BVH	12:36	U15G
8	Harry Woodgett	Dereham	12:40	U15B
9	Faye Nottage	GYDAC	12:42	U15G
10	Alexander Balmer	Newmarket Jog	12:51	U13B
11	Alice Thompson-Read	NNH	12:59	U15G
12	Thomas Simmonds	Ryston	13:07	U13B
13	Benjamin Rogers	CoNAC	13:14	U13B
14	Madison Hicks	Ryston	13:22	U13G
15	Emilia Farnell	NNH	13:25	U13G
16	Jessica Lawrence	WNAC	13:28	U13G
17	Eva Townhend	NNH	13:33	U15G
18	Oscar Sykes	NNH	14:18	U15B
19	Francesca walsh	CoNAC	14:20	U13G
20	Lydia Hopkins	Dereham	16:01	U13G
21	Daniel Rudling	Dereham	16:15	U13B

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Under 17 boys

Bib	Name	Club	Time
1	Dylan Whitehouse	Ryston	17:51
2	Cody Pearman	Ryston	18:06
3	Callum Wing	Thetford	19:07

Under 17 girls

Bib	Name	Club	Time
1	Isabelle McKenzie	Ryston	20:20
2	Belle Watkins	BVH	24:00
3	Olivia Doig	KLTC	29:43

Senior men

Bib	Name	Club	Time
1	Christopher Smith	Hunts AC	15:00
2	Nathan Stockdale	Ryston	16:14
3	Ben Keeley	Ryston	17:24
4	Ryan Oakes	Ryston	17:30
5	Thomas McCarthy	U/A	17:34
6	Lewis English	U/A	18:59
7	Gareth Hunt	Ryston	19:03
8	Oliver Foxwell	Ryston	19:24
9	Jacob Last	Dereham	19:27
10	Ben Foxwell	Ryston	20:54
11	Louis Preston	Dereham	21:56
12	Brad Melville	Ryston	22:33
13	Matthew Freezer	Dereham	23:09
14	William Crookes	U/A	23:53
15	James Trim	Ryston	25:42
16	Ellis Preston	U/A	27:18

Senior women

Bib	Name	Club	Time
1	Dawn Robinson	Ryston	19:22
2	Beth Shaw	Ryston	19:30
3	Aimee Shaw	Ryston	19:30
4	Abbie Dickins	KLTC	22:57
5	Tiegan Moore	Ryston	24:05
6	Danielle Sparkes	Ryston	24:11
7	Charlotte Smith	Ryston	24:28
8	Natisha Ramsbottom	Dereham	26:55
9	Joely Apps	TCRC	30:16
10	Bethany Fisher	Dereham	49:04

Master women 35-39

Bib	Name	Club	Time
1	Joanna Watkins	BVH	20:13
2	Kathryn Heaney	Wymondham	22:43
3	Lauren Day	TCRC	23:15
4	Amy Allison	U/A	24:18
5	Louise Rowe	Dereham	24:37
6	Vicki Newton	TCRC	24:47
7	LJ Winter	U/A	26:10
8	Tamara Barnes	TCRC	28:20

Master women 40-44

Bib	Name	Club	Time
1	Juliette Watkinson	Wymondham	19:17
2	Elizabeth Daly	Dereham	20:08
3	Claire Woodcroft	Wymondham	21:10
4	Kareana Symonds	Dereham	23:00
5	Sarah Johnson	TCRC	23:59
6	Sarah Melton	TCRC	25:41
7	Caroline Fletcher	Dereham	26:53
8	Emma Adcock	U/A	27:19
9	Claire Whitehouse	Ryston	27:38
10	Kirsty Guneratne	U/A	28:00
11	Katie Apps	Dereham	44:38

Master women 45-49

Bib	Name	Club	Time
1	Becky Taylor	Ryston	22:25
2	Lucy Mcdowie	Ryston	23:52
3	Julie Ward	U/A	24:22
4	Megan Oram	Dereham	28:11
5	Diane Tyler	TCRC	32:18
6	Carole Preston	Dereham	35:42
7	Jane Talbot	Dereham	35:54

Master women 50-54

Bib	Name	Club	Time
1	Lesley Robins	Ryston	22:51
2	Emma Potter-Campbell	Dereham	23:14
3	Deborah Last	Dereham	24:08
4	Stephanie Ellis	BVH	24:21
5	Lisa Harris	Ryston	24:58
6	Judith Berry	Ryston	26:35
7	Lorraine Parker	TCRC	27:13
8	Dawn Protheroe	Dereham	27:16
9	Shelley Coleman	TCRC	28:56

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10	Lorraine Reeves	Brdn FH	30:33
11	Anne-Marie Mattless	Lonely Goat	31:29
12	Joanna Taylor	Ryston	32:31
13	Helen Driver	Ryston	33:46
14	Nina Websdale	Dereham	35:53

Master women 55-59

Bib	Name	Club	Time
1	Ruth Chadwick	Ryston	23:46
2	Linda Marshall	Ryston	24:15
3	Terry Brunton	Dereham	25:33
4	Dee Middleton-Hall	Wymondham	27:24

Master women 60-64

Bib	Name	Club	Time
1	Amanda Baker	Dereham	29:02
2	Sally Porter	BVH	29:18
3	Diane Renshaw	Dereham	38:09

Master women 65+

Bib	Name	Club	Time
1	Lynne Howlett	Ryston	26:55
2	Pauline Sparrow	Ryston	27:29
3	Ceridwen Howell	Ryston	32:33
4	Sarah Dennis	U/A	33:54
5	Hazel Cason	Dereham	36:16

Master men 35-39

Bib	Name	Club	Time
1	Alistair Steele	C-Squad	16:33
2	Chris Chaplin	Ryston	19:37
3	Michael Howlett	Ryston	20:11
4	Tristain Langley	Ryston	21:02
5	Christopher Cann	Ryston	21:59
6	Daniel High	TCRC	24:13
7	Aj Harris	TCRC	30:50

Master men 40-44

Bib	Name	Club	Time
1	Tom Levinson	Ely Runners	17:36
2	Stephen Woodcroft	Wymondham	17:59
3	Chris Balmer	Ryston	18:00
4	Rob Skillings	Ryston	18:04
5	Will Winter	U/A	18:07
6	Andrew Simmonds	Ryston	18:10
7	Luke Pavey	Harling	19:21

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8	James Ord	Ryston	19:55
9	Benjamin Collison	WNAC	20:27
10	Craig Freestone	TCRC	20:28
11	Jake Whitehouse	Ryston	20:33
12	Shaun Hamer	Ryston	21:21
13	Rob Gosnell	WNAC	21:22
14	Richard Fletcher	U/A	26:53

Master men 45-49

Bib	Name	Club	Time
1	Phil Thompson	Ryston	18:29
2	Matthew Crane	BVH	19:54
3	David Brown	PANVAC	20:06
4	Dan Pratt	U/A	21:58
5	Jamie Bransgrove	Ryston	22:31
6	Phil Newton	TCRC	22:46
7	Mark Fountain	Ryston	22:59
8	Robert Last	Dereham	23:46
9	Mark Preston	Dereham	28:23
10	Malcolm Fisher	Dereham	49:06

Master men 50-54

Bib	Name	Club	Time
1	Nic Bensley	Ryston	18:27
2	Liam Dawson	Ryston	18:56
3	Jason Wing	Thetford	19:45
4	Jonathan Durward	Camb Tri	20:03
5	Gary Bligh	Lonely Goat	20:24
6	Jason Elrick	Thetford	20:31
7	Owen Jary	Ryston	21:49
8	Jan Knight	Ryston	21:54
9	George Pettit	Ryston	22:13
10	Simon Taylor	U/A	22:21
11	Neil Rivers	Dereham	22:26
12	Mark Crookes	BVH	22:38
13	Craig Harris	Ryston	22:39
14	Paul Freear	Ryston	23:02
15	Philip Websdale	Dereham	24:09
16	Gavin Critchell	U/A	24:12
17	Melvin Green	TCRC	28:45
18	Alistair Doig	KLTC	30:04
19	Andrew Brasier	Dereham	30:29
20	Mark Mattless	Lonely Goat	31:29

Master men 55-59

Bib	Name	Club	Time
1	Stuart Holmes	Camb Tri	20:08
2	Wayne Ramsbottom	Dereham	20:17
3	Adrian Hall	Wymondham	20:41
4	Steve Bennington	Ryston	21:14
5	Tony Beales	Wymondham	21:54
6	Ian Brown	Dereham	22:17
7	Martin Ive	Ryston	22:42
8	Mark Tufts	Wymondham	23:56
9	Ian Patmore	Run DMC	24:03
10	Michael Protheroe	Dereham	27:18
11	Nicholas Sheehan	TCRC	32:08

Master men 60-64

Bib	Name	Club	Time
1	Paul Maclean	U/A	21:53
2	Anthony Savage	Ryston	23:03
3	Nigel Kenny	Ryston	23:06
4	Gary Ingrey	TCRC	23:21
5	Jonathan Edwards	U/A	25:48
6	Les Phillips	TCRC	26:21
7	Rory Campbell	Dereham	32:53

Master men 65+

Bib	Name	Club	Time
1	Graham Chapman	Ely	20:45
2	Jit Patel	Ryston	21:23
3	Kevin Howlett	Ryston	22:22
4	Chris Chapman	Ryston	25:20
5	Martin Blackburn	Ryston	26:46
6	Jonathan Foot	BVH	27:28
7	Ken Renshaw	Dereham	28:58
8	Paul Firmage	Ryston	29:16
9	Don Hutchinson	Camb Tri	38:59

Overall U17s, seniors and masters race

Bib	Name	Club	Time	Category
1	Christopher Smith	Hunts AC	15:00	SM
2	Nathan Stockdale	Ryston	16:14	SM
3	Alistair Steele	C-Squad	16:33	MM35-39
4	Ben Keeley	Ryston	17:24	SM
5	Ryan Oakes	Ryston	17:30	SM
6	Thomas McCarthy	U/A	17:34	SM
7	Tom Levinson	Ely Runners	17:36	MM40-44
8	Dylan Whitehouse	Ryston	17:51	U17B

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9	Stephen Woodcroft	Wymondham	17:59	MM40-44
10	Chris Balmer	Ryston	18:00	MM40-44
11	Rob Skillings	Ryston	18:04	MM40-44
12	Cody Pearman	Ryston	18:06	U17B
13	Will Winter	U/A	18:07	MM40-44
14	Andrew Simmonds	Ryston	18:10	MM40-44
15	Nic Bensley	Ryston	18:27	MM50-54
16	Phil Thompson	Ryston	18:29	MM45-49
17	Liam Dawson	Ryston	18:56	MM50-54
18	Lewis English	U/A	18:59	SM
19	Gareth Hunt	Ryston	19:03	SM
20	Callum Wing	Thetford	19:07	U17B
21	Juliette Watkinson	Wymondham	19:17	MW40-44
22	Luke Pavey	Harling	19:21	MM40-44
23	Dawn Robinson	Ryston	19:22	SW
24	Oliver Foxwell	Ryston	19:24	SM
25	Jacob Last	Dereham	19:27	SM
26	Beth Shaw	Ryston	19:30	SW
27	Aimee Shaw	Ryston	19:30	SW
28	Chris Chaplin	Ryston	19:37	MM35-39
29	Jason Wing	Thetford	19:45	MM50-54
30	Matthew Crane	BVH	19:54	MM45-49
31	James Ord	Ryston	19:55	MM40-44
32	Jonathan Durward	Camb Tri	20:03	MM50-54
33	David Brown	PANVAC	20:06	MM45-49
34	Stuart Holmes	Camb Tri	20:08	MM55-59
35	Elizabeth Daly	Dereham	20:08	MW40-44
36	Michael Howlett	Ryston	20:11	MM35-39
37	Joanna Watkins	BVH	20:13	MW35-39
38	Wayne Ramsbottom	Dereham	20:17	MM55-59
39	Isabelle McKenzie	Ryston	20:20	U17G
40	Gary Bligh	Lonely Goat	20:24	MM50-54
41	Benjamin Collison	WNAC	20:27	MM40-44
42	Craig Freestone	TCRC	20:28	MM40-44
43	Jason Elrick	Thetford	20:31	MM50-54
44	Jake Whitehouse	Ryston	20:33	MM40-44
45	Adrian Hall	Wymondham	20:41	MM55-59
46	Graham Chapman	Ely	20:45	MM65+
47	Ben Foxwell	Ryston	20:54	SM
48	Tristain Langley	Ryston	21:02	MM35-39
49	Claire Woodcroft	Wymondham	21:10	MW40-44
50	Steve Bennington	Ryston	21:14	MM55-59
51	Shaun Hamer	Ryston	21:21	MM40-44
52	Rob Gosnell	WNAC	21:22	MM40-44
53	Jit Patel	Ryston	21:23	MM65+
54	Owen Jary	Ryston	21:49	MM50-54

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55	Paul Maclean	U/A	21:53	MM60-64
56	Tony Beales	Wymondham	21:54	MM55-59
57	Jan Knight	Ryston	21:54	MM50-54
58	Louis Preston	Dereham	21:56	SM
59	Dan Pratt	U/A	21:58	MM45-49
60	Christopher Cann	Ryston	21:59	MM35-39
61	George Pettit	Ryston	22:13	MM50-54
62	Ian Brown	Dereham	22:17	MM55-59
63	Simon Taylor	U/A	22:21	MM50-54
64	Kevin Howlett	Ryston	22:22	MM65+
65	Becky Taylor	Ryston	22:25	MW45-49
66	Neil Rivers	Dereham	22:26	MM50-54
67	Jamie Bransgrove	Ryston	22:31	MM45-49
68	Brad Melville	Ryston	22:33	SM
69	Mark Crookes	BVH	22:38	MM50-54
70	Craig Harris	Ryston	22:39	MM50-54
71	Martin Ive	Ryston	22:42	MM55-59
72	Kathryn Heaney	Wymondham	22:43	MW35-39
73	Phil Newton	TCRC	22:46	MM45-49
74	Lesley Robins	Ryston	22:51	MW50-54
75	Abbie Dickins	KLTC	22:57	SW
76	Mark Fountain	Ryston	22:59	MM45-49
77	Kareana Symonds	Dereham	23:00	MW40-44
78	Paul Freear	Ryston	23:02	MM50-54
79	Anthony Savage	Ryston	23:03	MM60-64
80	Nigel Kenny	Ryston	23:06	MM60-64
81	Matthew Freezer	Dereham	23:09	SM
82	Emma Potter-Campbell	Dereham	23:14	MW50-54
83	Lauren Day	TCRC	23:15	MW35-39
84	Gary Ingre	TCRC	23:21	MM60-64
85	Robert Last	Dereham	23:46	MM45-49
86	Ruth Chadwick	Ryston	23:46	MW55-59
87	Lucy Mcdowie	Ryston	23:52	MW45-49
88	William Crookes	U/A	23:53	SM
89	Mark Tufts	Wymondham	23:56	MM55-59
90	Sarah Johnson	TCRC	23:59	MW40-44
91	Belle Watkins	BVH	24:00	U17G
92	Ian Patmore	Run DMC	24:03	MM55-59
93	Tiegan Moore	Ryston	24:05	SW
94	Deborah Last	Dereham	24:08	MW50-54
95	Philip Websdale	Dereham	24:09	MM50-54
96	Danielle Sparkes	Ryston	24:11	SW
97	Gavin Critchell	U/A	24:12	MM50-54
98	Daniel High	TCRC	24:13	MM35-39
99	Linda Marshall	Ryston	24:15	MW55-59
100	Amy Allison	U/A	24:18	MW35-39

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101	Stephanie Ellis	BVH	24:21	MW50-54
102	Julie Ward	U/A	24:22	MW45-49
103	Charlotte Smith	Ryston	24:28	SW
104	Louise Rowe	Dereham	24:37	MW35-39
105	Vicki Newton	TCRC	24:47	MW35-39
106	Lisa Harris	Ryston	24:58	MW50-54
107	Chris Chapman	Ryston	25:20	MM65+
108	Terry Brunton	Dereham	25:33	MW55-59
109	Sarah Melton	TCRC	25:41	MW40-44
110	James Trim	Ryston	25:42	SM
111	Jonathan Edwards	U/A	25:48	MM60-64
112	LJ Winter	U/A	26:10	MW35-39
113	Les Phillips	TCRC	26:21	MM60-64
114	Judith Berry	Ryston	26:35	MW50-54
115	Martin Blackburn	Ryston	26:46	MM65+
116	Caroline Fletcher	Dereham	26:53	MW40-44
117	Richard Fletcher	U/A	26:53	MM40-44
118	Natisha Ramsbottom	Dereham	26:55	SW
119	Lynne Howlett	Ryston	26:55	MW65+
120	Lorraine Parker	TCRC	27:13	MW50-54
121	Dawn Protheroe	Dereham	27:16	MW50-54
122	Michael Protheroe	Dereham	27:18	MM55-59
123	Ellis Preston	U/A	27:18	SM
124	Emma Adcock	U/A	27:19	MW40-44
125	Dee Middleton-Hall	Wymondham	27:24	MW55-59
126	Jonathan Foot	BVH	27:28	MM65+
127	Pauline Sparrow	Ryston	27:29	MW65+
128	Claire Whitehouse	Ryston	27:38	MW40-44
129	Kirsty Guneratne	U/A	28:00	MW40-44
130	Megan Oram	Dereham	28:11	MW45-49
131	Tamara Barnes	TCRC	28:20	MW35-39
132	Mark Preston	Dereham	28:23	MM45-49
133	Melvin Green	TCRC	28:45	MM50-54
134	Shelley Coleman	TCRC	28:56	MW50-54
135	Ken Renshaw	Dereham	28:58	MM65+
136	Amanda Baker	Dereham	29:02	MW60-64
137	Paul Firmage	Ryston	29:16	MM65+
138	Sally Porter	BVH	29:18	MW60-64
139	Olivia Doig	KLTC	29:43	U17G
140	Alistair Doig	KLTC	30:04	MM50-54
141	Joely Apps	TCRC	30:16	SW
142	Andrew Brasier	Dereham	30:29	MM50-54
143	Lorraine Reeves	Brdn FH	30:33	MW50-54
144	Aj Harris	TCRC	30:50	MM35-39
145	Anne-Marie Mattless	Lonely Goat	31:29	MW50-54
146	Mark Mattless	Lonely Goat	31:29	MM50-54

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147	Nicholas Sheehan	TCRC	32:08	MM55-59
148	Diane Tyler	TCRC	32:18	MW45-49
149	Joanna Taylor	Ryston	32:31	MW50-54
150	Ceridwen Howell	Ryston	32:33	MW65+
151	Rory Campbell	Dereham	32:53	MM60-64
152	Helen Driver	Ryston	33:46	MW50-54
153	Sarah Dennis	U/A	33:54	MW65+
154	Carole Preston	Dereham	35:42	MW45-49
155	Nina Websdale	Dereham	35:53	MW50-54
156	Jane Talbot	Dereham	35:54	MW45-49
157	Hazel Cason	Dereham	36:16	MW65+
158	Diane Renshaw	Dereham	38:09	MM60-64
159	Don Hutchinson	Camb Tri	38:59	MM65+
160	Katie Apps	Dereham	44:38	MW40-44
161	Bethany Fisher	Dereham	49:04	SW
162	Malcolm Fisher	Dereham	49:06	MM45-49