

Ryston Runners Grand Prix 6 2023-24

Under 9 boys

Position	Name	Club	Time
1	Noah Ward	T St C	2:58
2	Theo Grocock	Cherry Tree	3:02
3	Freddie Bagge	Rys/King's Ely	3:09
4	Charlie Holland	Waveney	3:10
5	George Sparrow	Attleboro AC	3:12
6	Harris Smitherman	U/A	3:17
7	Arthur Bunten]	U/A	3:18
8	William Ward	T St C	3:20
9	Owen Hamilton	Hillcrest	3:31
10	Ethan Moore	Hillcrest	3:33
11	Benjamin White	Downham Prep	3:37
12	Alfie Wilson	Cherry Tree	3:39
13	Harrison Reeve	Glebe	3:42
14	Harry Ward	Cherry Tree	3:47
15	Dylan Steele	Spring Mead	3:50
16	Archie Rockcliffe	Downham Prep	3:52
17	George Dutchak	Cherry Tree	3:56
18	Isaac Webster	Cherry Tree	4:06
19	Sam Jones	Cherry Tree	4:07
20	Leo Hartley	Wisbech Gram	4:18
21	Oscar Grocock	Cherry Tree	4:22
22	Drew McMillan	Cherry Tree	4:33
23	Remy Burnham-Rickets	Cherry Tree	4:35
24	Ethan Williams	Cherry Tree	4:35
25	Grayson Durham	Cherry Tree	4:41
26	James Hill	Cherry Tree	4:41
27	Harry Betts	Cherry Tree	4:48
28	Raleigh Hackett	Wisbech Gram	4:55
29	Otto Hutchins	U/A	5:15
30	Harry Williamson	Cherry Tree	5:15
31	Milo Hartley	Wisbech Gram	5:18
32	Frank Dean	Cherry Tree	5:37
33	Jack Betts	Cherry Tree	5:43
34	Eric Dean	Cherry Tree	5:46
35	Finley Pearce	Cherry Tree	5:53
36	Harry Hamilton	Hillcrest	6:13
37	Grayson Pearce	Cherry Tree	6:41
38	Tadgh Webber	Cherry Tree	6:54
39	George Morton	Hillcrest	6:56

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Under 9 girls

Position	Name	Club	Time
1	Felicity Allen	Leverington	3:10
2	Blake Amos	CoNAC	3:22
3	Kate Watkinson	Attleborough AA	3:24
4	Lauren Lawrence	Ren Run/Wells	3:25
5	Jessica Watts	WNAC	3:35
6	Lara Reeve	Glebe	3:37
7	Bonnie Norman (Foulkes)	Ryston	3:40
8	Darcey Durham	Cherry Tree	3:46
9	Betsy Chadderton	T St C	3:50
10	Florence Bartlett	GYDAC	3:55
11	Freya Ford	Down Prep	4:13
12	Katie Morton	Hillcrest	4:25
13	Naia Amthor	Litcham	4:35
14	Isla Miller	Cherry Tree	4:37
15	Frankie Ford	Down Prep	4:37
16	Fiona Twiddy	Cherry Tree	4:40
17	Freya Reynolds	Ryston /Hillcrest	4:44
18	Alishah Smitherman	U/A	4:51
19	Merryn Jones	Cherry Tree	5:08
20	Rosie Beckham	Cherry Tree	5:10

Overall under 9s race

Position	Name	Club	Time	Category
1	Noah Ward	T St C	2:58	U9B
2	Theo Grocock	Cherry Tree	3:02	U9B
3	Freddie Bagge	Rys/King's Ely	3:09	U9B
4	Felicity Allen	Leverington	3:10	U9G
5	Charlie Holland	Waveney	3:10	U9B
6	George Sparrow	Attleboro AC	3:12	U9B
7	Harris Smitherman	U/A	3:17	U9B
8	Arthur Bunten]	U/A	3:18	U9B
9	William Ward	T St C	3:20	U9B
10	Blake Amos	CoNAC	3:22	U9G
11	Kate Watkinson	Attleborough AA	3:24	U9G
12	Lauren Lawrence	Ren Run/Wells	3:25	U9G
13	Owen Hamilton	Hillcrest	3:31	U9B
14	Ethan Moore	Hillcrest	3:33	U9B
15	Jessica Watts	WNAC	3:35	U9G
16	Benjamin White	Downham Prep	3:37	U9B
17	Lara Reeve	Glebe	3:37	U9G
18	Alfie Wilson	Cherry Tree	3:39	U9B
19	Bonnie Norman (Foulkes)	Ryston	3:40	U9G
20	Harrison Reeve	Glebe	3:42	U9B
21	Darcey Durham	Cherry Tree	3:46	U9G
22	Harry Ward	Cherry Tree	3:47	U9B
23	Dylan Steele	Spring Mead	3:50	U9B

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24	Betsy Chadderton	T St C	3:50	U9G
25	Archie Rockcliffe	Downham Prep	3:52	U9B
26	Florence Bartlett	GYDAC	3:55	U9G
27	George Dutchak	Cherry Tree	3:56	U9B
28	Isaac Webster	Cherry Tree	4:06	U9B
29	Sam Jones	Cherry Tree	4:07	U9B
30	Freya Ford	Down Prep	4:13	U9G
31	Leo Hartley	Wisbech Gram	4:18	U9B
32	Oscar Grocock	Cherry Tree	4:22	U9B
33	Katie Morton	Hillcrest	4:25	U9G
34	Drew McMillan	Cherry Tree	4:33	U9B
35	Remy Burnham-Rickets	Cherry Tree	4:35	U9B
36	Naia Amthor	Litcham	4:35	U9G
37	Ethan Williams	Cherry Tree	4:35	U9B
38	Isla Miller	Cherry Tree	4:37	U9G
39	Frankie Ford	Down Prep	4:37	U9G
40	Fiona Twiddy	Cherry Tree	4:40	U9G
41	Grayson Durham	Cherry Tree	4:41	U9B
42	James Hill	Cherry Tree	4:41	U9B
43	Freya Reynolds	Ryston /Hillcrest	4:44	U9G
44	Harry Betts	Cherry Tree	4:48	U9B
45	Alishah Smitherman	U/A	4:51	U9G
46	Raleigh Hackett	Wisbech Gram	4:55	U9B
47	Merryn Jones	Cherry Tree	5:08	U9G
48	Rosie Beckham	Cherry Tree	5:10	U9G
49	Otto Hutchins	U/A	5:15	U9B
50	Harry Williamson	Cherry Tree	5:15	U9B
51	Milo Hartley	Wisbech Gram	5:18	U9B
52	Frank Dean	Cherry Tree	5:37	U9B
53	Jack Betts	Cherry Tree	5:43	U9B
54	Eric Dean	Cherry Tree	5:46	U9B
55	Finley Pearce	Cherry Tree	5:53	U9B
56	Harry Hamilton	Hillcrest	6:13	U9B
57	Grayson Pearce	Cherry Tree	6:41	U9B
58	Tadgh Webber	Cherry Tree	6:54	U9B
59	George Morton	Hillcrest	6:56	U9B

Under 11 boys

Position	Name	Club	Time
1	Cody Holland	Waveney	7:45
2	James Watts	WNAC	8:03
3	Alex Tuya	U/A	8:17
4	Max Alvarez	U/A	8:19
5	Jude Osborne	Conac/Ash Pr	8:20
6	Freddie Hubbard	Ryston/Peckover	9:08
7	Ethan Ashwood	St Eds	9:21
8	Henry Loveday	King's Ely	9:23
9	Harley Longstaff	Cherry Tree	10:02

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Under 11 girls

Position	Name	Club	Time
1	Nellie Chadderton	T St C	9:27
2	Mabelle Chadderton	T St C	9:52
3	Amelie Watkinson	Attleborough AA	10:03
4	Alba Bartlett	GYDAC	10:11
5	Willow Levinson	Ely Runners	10:36
6	Sophie Fletcher	Dereham	14:50
7	Caity Oram	Dereham/Scarn	15:18

Overall under 11s race

Position	Name	Club	Time	Category
1	Cody Holland	Waveney	7:45	U11B
2	James Watts	WNAC	8:03	U11B
3	Alex Tuya	U/A	8:17	U11B
4	Max Alvarez	U/A	8:19	U11B
5	Jude Osborne	Conac/Ash Pr	8:20	U11B
6	Freddie Hubbard	Ryston/Peckover	9:08	U11B
7	Ethan Ashwood	St Eds	9:21	U11B
8	Henry Loveday	King's Ely	9:23	U11B
9	Nellie Chadderton	T St C	9:27	U11G
10	Mabelle Chadderton	T St C	9:52	U11G
11	Harley Longstaff	Cherry Tree	10:02	U11B
12	Amelie Watkinson	Attleborough AA	10:03	U11G
13	Alba Bartlett	GYDAC	10:11	U11G
14	Willow Levinson	Ely Runners	10:36	U11G
15	Sophie Fletcher	Dereham	14:50	U11G
16	Caity Oram	Dereham/Scarn	15:18	U11G

Under 13 boys

Position	Name	Club	Time
1	Leo Alvarez	NRR	11:28
2	Jake Villalard	NNH	12:08
3	Isaac Brown	Dereham	12:09
4	Alex Balmer	Newmark	12:17
5	Thomas Simmonds	Ryston	13:06

Under 13 girls

Position	Name	Club	Time
1	Flo Abbott	CoNAC	12:16
2	Emilia Farnell	NNH	12:50
3	Madison Hicks	Ryston	13:11
4	Casey Ward	WNAC	13:28
5	Jessica Lawrence	WNAC	13:42
6	Kaitlyn Allen	U/A	13:56

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Under 15 boys

Position	Name	Club	Time
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Under 15 girls

Position	Name	Club	Time
1	Beatrice Green	Dereham	12:30

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Leo Alvarez	NRR	11:28	U13B
2	Jake Villalard	NNH	12:08	U13B
3	Isaac Brown	Dereham	12:09	U13B
4	Flo Abbott	CoNAC	12:16	U13G
5	Alex Balmer	Newmark	12:17	U13B
6	Beatrice Green	Dereham	12:30	U15G
7	Emilia Farnell	NNH	12:50	U13G
8	Thomas Simmonds	Ryston	13:06	U13B
9	Madison Hicks	Ryston	13:11	U13G
10	Casey Ward	WNAC	13:28	U13G
11	Jessica Lawrence	WNAC	13:42	U13G
12	Kaitlyn Allen	U/A	13:56	U13G

Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesbrough	CoNAC	22:42
2	Dylan Whitehouse	Ryston	23:36
3	Cody Pearman	Ryston	25:39
4	Rhys Howard	U/A	31:00

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	36:43
2	Olivia Doig	KLTC	43:25

Senior men

Position	Name	Club	Time
1	Jacob Last	Dereham	25:59
2	Louis Preston	Dereham	31:50
3	Oliver Harris	WNTS	33:40
4	James Trim	Ryston	34:46

Senior women

Position	Name	Club	Time
1	Abbie Dickins	KLTC	27:54
2	Helen Harper	U/A	30:58
3	Harriet Dolby	BRJ	34:29
4	Charlotte Smith	Ryston	41:54
5	Danielle Hamilton	U/A	44:18

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Master women 35-39

Position	Name	Club	Time
1	Joanne Watkins	BVH	27:23
2	Kathryn Heaney	Wymond	31:01
3	Louise Rowe	Dereham	33:03
4	Jen Gilbert	Dereham	33:03
5	LJ Winter	U/A	34:31

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	26:17
2	Elizabeth Daly	Dereham	26:48
3	Claire Woodcroft	Wymondham	28:44
4	Kareana Symonds	Dereham	31:10
5	Adele Edwards	Dereham	32:02
6	Lucy Chadderton	Ren Run	34:00
7	Caroline Fletcher	Dereham	34:11
8	Sarah Melton-Whitelam	TCRC	36:38
9	Claire Whitehouse	Ryston	37:01
10	Fran Salter	TCRC	40:48

Master women 45-49

Position	Name	Club	Time
1	Lisa Greengrass	Wymondham	29:22
2	Becky Taylor	Ryston	29:28
3	Lucy McDowie	Ryston	31:47
4	Julie Ward	U/A	32:00
5	Megan Oram	Dereham	38:56
6	Carole Preston	Dereham	51:55
7	Jane Talbot	Dereham	52:01

Master women 50-54

Position	Name	Club	Time
1	Deborah Last	Dereham	31:45
2	Lisa Harris	Ryston	34:42
3	Dawn Protheroe	Dereham	34:49
4	Naomi Smith	TCRC	36:56
5	Lorraine Reeves	Brand FH	39:31
6	Samantha Lingwood	Dereham	42:11
7	Nina Websdale	Dereham	46:26
8	Joanna Shinn	U/A	46:32
9	Helen Driver	Ryston	47:27

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Master women 55-59

Position	Name	Club	Time
1	Ruth Chadwick	Ryston	30:51
2	Linda Marshall	Ryston	32:23
3	Wendy Fisher	Ryston	36:05

Master women 60-64

Position	Name	Club	Time
1	Amanda Baker	Dereham	38:18
2	Rita Rue	St Eds	41:02
3	Di Renshaw	Dereham	55:14

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	32:11
2	Pauline Sparrow	Ryston	37:11
3	Lynne Howlett	Ryston	37:33
4	Ceridwen Howell	Ryston	44:12
5	Sarah Dennis	U/A	45:03
6	Hazel Cason	Dereham	46:21

Master men 35-39

Position	Name	Club	Time
1	Alistair Steele	C-squad	21:54
2	Rob Simmonds	Ryston	23:15
3	Ashley Gilbert	Dereham	23:56
4	Daniel Smith	Ryston	25:00
5	Gavin Reynolds	Ryston	25:34
6	Daniel Yallop	Ryston	26:09
7	Robin Batchelor	Dereham	28:16
8	Chris Chaplin	Ryston	28:37

Master men 40-44

Position	Name	Club	Time
1	Tom Levinson	Ely Runners	23:26
2	Will Winter	U/A	23:44
3	Andrew Simmonds	Ryston	23:47
4	Stephen Woodcroft	Wymond	23:51
5	Chris Balmer	Ryston	23:58
6	Michael Eglington	Dereham	25:51
7	Benjamin Collison	WNAC	28:03
8	Luke Pavey	Harling	28:15
9	Rob Gosnell	WNAC	28:39
10	Jacob Whitehouse	Ryston	29:02
11	Shaun Hamer	Ryston	29:28
12	Andy Fysh	N/A	31:43

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Master men 45-49

Position	Name	Club	Time
1	Phil Thompson	Ryston	24:45
2	Richard Hill	Ely Run	27:44
3	Dan Pratt	U/A	27:55
4	Jamie Bransgrove	Ryston	28:12
5	Stuart Martin	Ryston	28:17
6	Justin Gray	U/A	28:38
7	Robert Last	Dereham	31:05
8	Mark Fountain	Ryston	31:22
9	Simon Howard	U/A	31:59
10	Mark Preston	Dereham	38:10

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	24:26
2	Liam Dawson	Ryston	25:14
3	Jason Wing	Thetford	25:27
4	Craig Harris	Ryston	29:21
5	Neil Rivers	Dereham	30:54
6	Philip Websdale	Dereham	31:08
7	Paul Freear	Ryston	31:29
8	Jan Knight	Ryston	31:36
9	Gavin Critchell	U/A	32:18
10	Alistair Doig	KLTC	43:31

Master men 55-59

Position	Name	Club	Time
1	Jason Elrick	Thetford	27:28
2	Adrian Hall	Wymondham	27:31
3	Wayne Ramsbottom	Dereham	27:39
4	Ian Brown	Dereham	29:09
5	Adrian Hollis	Dereham	30:02
6	Ian Patmore	Run DMC	31:58
7	Michael Protheroe	Dereham	35:10
8	Andrew Smith	U/A	41:55

Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	24:51
2	Robert Morgan	St Eds	28:36
3	Paul Maclean	U/A	29:29
4	Nigel Kenny	Ryston	31:05
5	Anthony Savage	Ryston	32:21
6	Les Phillips	TCRC	34:38

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Master men 65+

Position	Name	Club	Time
1	Jit Patel	Ryston	28:20
2	Kevin Howlett	Ryston	31:12
3	Steve Rue	St Eds	32:27
4	Alan Burgin	Hunts AC	34:43
5	Ken Renshaw	Dereham	39:55
6	Paul Firmage	Ryston	40:32
7	Don Hutchinson	Camb Tri	53:07

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Alistair Steele	C-squad	21:54	MM35-39
2	Tobias Cheesbrough	CoNAC	22:42	U17B
3	Rob Simmonds	Ryston	23:15	MM35-39
4	Tom Levinson	Ely Runners	23:26	MM40-44
5	Dylan Whitehouse	Ryston	23:36	U17B
6	Will Winter	U/A	23:44	MM40-44
7	Andrew Simmonds	Ryston	23:47	MM40-44
8	Stephen Woodcroft	Wymond	23:51	MM40-44
9	Ashley Gilbert	Dereham	23:56	MM35-39
10	Chris Balmer	Ryston	23:58	MM40-44
11	Nic Bensley	Ryston	24:26	MM50-54
12	Phil Thompson	Ryston	24:45	MM45-49
13	Kevin Vaughan	Thetford	24:51	MM60-64
14	Daniel Smith	Ryston	25:00	MM35-39
15	Liam Dawson	Ryston	25:14	MM50-54
16	Jason Wing	Thetford	25:27	MM50-54
17	Gavin Reynolds	Ryston	25:34	MM35-39
18	Cody Pearman	Ryston	25:39	U17B
19	Michael Eglington	Dereham	25:51	MM40-44
20	Jacob Last	Dereham	25:59	SM
21	Daniel Yallop	Ryston	26:09	MM35-39
22	Juliette Watkinson	Wymondham	26:17	MW40-44
23	Elizabeth Daly	Dereham	26:48	MW40-44
24	Joanne Watkins	BVH	27:23	MW35-39
25	Jason Elrick	Thetford	27:28	MM55-59
26	Adrian Hall	Wymondham	27:31	MM55-59
27	Wayne Ramsbottom	Dereham	27:39	MM55-59
28	Richard Hill	Ely Run	27:44	MM45-49
29	Abbie Dickins	KLTC	27:54	SW
30	Dan Pratt	U/A	27:55	MM45-49
31	Benjamin Collison	WNAC	28:03	MM40-44
32	Jamie Bransgrove	Ryston	28:12	MM45-49
33	Luke Pavey	Harling	28:15	MM40-44
34	Robin Batchelor	Dereham	28:16	MM35-39
35	Stuart Martin	Ryston	28:17	MM45-49
36	Jit Patel	Ryston	28:20	MM65+

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37	Robert Morgan	St Eds	28:36	MM60-64
38	Chris Chaplin	Ryston	28:37	MM35-39
39	Justin Gray	U/A	28:38	MM45-49
40	Rob Gosnell	WNAC	28:39	MM40-44
41	Claire Woodcroft	Wymondham	28:44	MW40-44
42	Jacob Whitehouse	Ryston	29:02	MM40-44
43	Ian Brown	Dereham	29:09	MM55-59
44	Craig Harris	Ryston	29:21	MM50-54
45	Lisa Greengrass	Wymondham	29:22	MW45-49
46	Shaun Hamer	Ryston	29:28	MM40-44
47	Becky Taylor	Ryston	29:28	MW45-49
48	Paul Maclean	U/A	29:29	MM60-64
49	Adrian Hollis	Dereham	30:02	MM55-59
50	Ruth Chadwick	Ryston	30:51	MW55-59
51	Neil Rivers	Dereham	30:54	MM50-54
52	Helen Harper	U/A	30:58	SW
53	Rhys Howard	U/A	31:00	U17B
54	Kathryn Heaney	Wymond	31:01	MW35-39
55	Nigel Kenny	Ryston	31:05	MM60-64
56	Robert Last	Dereham	31:05	MM45-49
57	Philip Websdale	Dereham	31:08	MM50-54
58	Kareana Symonds	Dereham	31:10	MW40-44
59	Kevin Howlett	Ryston	31:12	MM65+
60	Mark Fountain	Ryston	31:22	MM45-49
61	Paul Freear	Ryston	31:29	MM50-54
62	Jan Knight	Ryston	31:36	MM50-54
63	Andy Fysh	N/A	31:43	MM40-44
64	Deborah Last	Dereham	31:45	MW50-54
65	Lucy McDowie	Ryston	31:47	MW45-49
66	Louis Preston	Dereham	31:50	SM
67	Ian Patmore	Run DMC	31:58	MM55-59
68	Simon Howard	U/A	31:59	MM45-49
69	Julie Ward	U/A	32:00	MW45-49
70	Adele Edwards	Dereham	32:02	MW40-44
71	Jenny Morgan	St Eds	32:11	MW65+
72	Gavin Critchell	U/A	32:18	MM50-54
73	Anthony Savage	Ryston	32:21	MM60-64
74	Linda Marshall	Ryston	32:23	MW55-59
75	Steve Rue	St Eds	32:27	MM65+
76	Louise Rowe	Dereham	33:03	MW35-39
77	Jen Gilbert	Dereham	33:03	MW35-39
78	Oliver Harris	WNTS	33:40	SM
79	Lucy Chadderton	Ren Run	34:00	MW40-44
80	Caroline Fletcher	Dereham	34:11	MW40-44
81	Harriet Dolby	BRJ	34:29	SW
82	LJ Winter	U/A	34:31	MW35-39
83	Les Phillips	TCRC	34:38	MM60-64
84	Lisa Harris	Ryston	34:42	MW50-54

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85	Alan Burgin	Hunts AC	34:43	MM65+
86	James Trim	Ryston	34:46	SM
87	Dawn Protheroe	Dereham	34:49	MW50-54
88	Michael Protheroe	Dereham	35:10	MM55-59
89	Wendy Fisher	Ryston	36:05	MW55-59
90	Sarah Melton-Whitelam	TCRC	36:38	MW40-44
91	Belle Watkins	BVH	36:43	U17G
92	Naomi Smith	TCRC	36:56	MW50-54
93	Claire Whitehouse	Ryston	37:01	MW40-44
94	Pauline Sparrow	Ryston	37:11	MW65+
95	Lynne Howlett	Ryston	37:33	MW65+
96	Mark Preston	Dereham	38:10	MM45-49
97	Amanda Baker	Dereham	38:18	MW60-64
98	Megan Oram	Dereham	38:56	MW45-49
99	Lorraine Reeves	Brand FH	39:31	MW50-54
100	Ken Renshaw	Dereham	39:55	MM65+
101	Paul Firmage	Ryston	40:32	MM65+
102	Fran Salter	TCRC	40:48	MW40-44
103	Rita Rue	St Eds	41:02	MW60-64
104	Charlotte Smith	Ryston	41:54	SW
105	Andrew Smith	U/A	41:55	MM55-59
106	Samantha Lingwood	Dereham	42:11	MW50-54
107	Olivia Doig	KLTC	43:25	U17G
108	Alistair Doig	KLTC	43:31	MM50-54
109	Ceridwen Howell	Ryston	44:12	MW65+
110	Danielle Hamilton	U/A	44:18	SW
111	Sarah Dennis	U/A	45:03	MW65+
112	Hazel Cason	Dereham	46:21	MW65+
113	Nina Websdale	Dereham	46:26	MW50-54
114	Joanna Shinn	U/A	46:32	MW50-54
115	Helen Driver	Ryston	47:27	MW50-54
116	Carole Preston	Dereham	51:55	MW45-49
117	Jane Talbot	Dereham	52:01	MW45-49
118	Don Hutchinson	Camb Tri	53:07	MM65+
119	Di Renshaw	Dereham	55:14	MW60-64