

Under 13 Boys					
1	Ashley	Waterson	CN	10m02	Mar-11
	OJ	Parmenter	C & C	10m02	Mar-16
3	Jack	White	CN	10m15	Mar-14
4	Charlie	Wakefield	RYS	10m18	Mar-16
5	Colin	Raven	IPS	10m20	Oct-93
6	David	Capps	MAR	10m21	Mar-96
7	Aiden	Try	THET	10m22	Mar-14
8	James	Senior	CN	10m23	Nov-04
9	James	Skingsley	CN	10m26	Mar-96
10	Jamie	Sales	C & C	10m26	Mar-14
11	Andrew	Simmonds	RYS	10m29	Jan-94
	Michael	Smith	HUNTS	10m29	Mar-05
13	Iain	Thomas	RYS	10m31	Mar-87
	James	Thompson	RYS	10m31	Mar-03
15	Alfie	Linstead	CN	10m32	Oct-11
16	Jason	Thurtle	GY	10m33	Mar-99
17	Richard	Rutherford	NOL	10m34	Feb-96
18	Scott	Greeves	CN	10m35	Feb-09
19	Alex	Atkin	RYS	10m36	Mar-87
20	Andrew	Worrall	HUNTS	10m37	Mar-14
	Innes	O'Malley	NNH	10m37	Dec-16
22	D	Bottjer	BAS	10m39	Dec-99
	Finn	Barnes	C & C	10m39	Dec-11
24	Robert	Caston	NOL	10m40	Dec-94
	Tom	Hook	CN	10m40	Oct-07
	James	Cochrane	C & C	10m40	Feb-08
27	Peter	Moss	WN	10m41	Nov-94
	Josh	Holland	CN	10m41	Jan-03
29	Ashley	Smith	CN	10m42	Nov-94
30	Tom	Francis	THET	10m43	Oct-05

Under 13 Girls					
1	Femke	Rosbergen	CN	10m51	Mar-15
2	Katie	Goldsmith	CN	10m58	Mar-15
3	Kiera	Mooney	CN	10m59	Dec-07
4	Hollie	Parker	C & C	11m00	Mar-10
	Ellie	Taylor	CN	11m00	Mar-15
6	Cheryl	Fisher	RYS	11m05	Nov-88
7	Jodie	Palmer	WN	11m06	Mar-97
8	Shannon	Flockhart	HUNTS	11m12	Oct-14
9	Megan	Soanes	CN	11m13	Dec-09
10	Kirsty	Waterson	WS	11m14	Mar-96
11	Claire	Pring	CN	11m16	Mar-05
12	Carly	Brown	CN	11m17	Jan-04
13	Nelly	Porter	CN	11m18	Oct-14
14	Samantha	Koziel	RYS	11m19	Mar-96
15	Emily	Hoogkamer	CN	11m20	Feb-08
16	Emma	Smith	WN	11m22	Nov-98
	C	Christiansen	St Ed	11m22	Dec-05
18	Memphis	Symonds	Der	11m23	Oct-16
19	Donna	Scott	WN	11m24	Feb-90
20	Kate	Willis	RYS	11m25	Jan-16
21	Holly	Cooper	CN	11m26	Feb-04
22	Lauren	Murphy	WS	11m27	Oct-12
23	Mimi	Barr	CN	11m28	Jan-08
24	Joanne	Benefer	RYS	11m29	Nov-89
	Freya	Penn	CN	11m29	Jan-05
26	Tracey	Smith	DISS	11m31	Oct-95
	Rachel	Mumford	THET	11m31	Feb-08
	Lucy	Parker	C & C	11m31	Mar-12
29	Megan	Bird	CN	11m32	Mar-11
30	Sophia	Richards	RYS	11m34	Mar-92

Under 15 Boys					
1	Ashley	Waterson	CN	9m22	Oct-12
2	Paul	Ratnage	RYS	9m29	Dec-89
3	Tom	Crawshaw	CN	9m33	Mar-07
4	James	Senior	CN	9m34	Nov-06
5	Martainn	Ramsey	CN	9m36	Mar-09
6	Oliver	Maskell	CN	9m38	Feb-07
7	M	Peacham	THET	9m40	Dec-87
	Cameron	McKie	WS	9m40	Mar-11
9	Rick	Ward	CN	9m41	Mar-04
10	Josh	Holland	CN	9m44	Dec-04
11	David	Capps	MAR	9m45	Mar-98
	Scott	Greeves	CN	9m45	Mar-11
13	James	Cochrane	C&C	9m47	Mar-10
14	Matthew	Dack	CN	9m48	Mar-03
15	L	Whitehead	OLD	9m50	Dec-98
	Jack	White	CN	9m50	Oct-14
17	Joel	Taylor	CN	9m51	Nov-06
18	E	Nicholson	CN	9m53	Mar-97
	Luke	Spear	CN	9m53	Oct-13
20	N	Grommett	NNBR	9m54	Feb-95
21	S	Cannell	CN	9m55	Mar-03
	Harley	Swan	THET	9m55	Mar-16
23	Martin	Field	St EDS	9m56	Mar-96
24	Mark	Clayton	DUK	9m57	Feb-95
	Ben	Goodman	MAR	9m57	Jan-96
	OJ	Parmenter	C&C	9m57	Oct-16
27	Tom	Francis	THET	9m58	Oct-07
	Henry	Loughlin	WN	9m58	Feb-09
29	Russell	Clarke	DISS	10m00	Mar-93
	Alex	Gardner	DUK	10m00	Nov-95

Under 15 Girls					
1	Rebecca	Daines	WN	10m27	Mar-08
2	Jane	Moss	WN	10m35	Feb-94
3	Kelly	Marsters	RYS	10m37	Mar-94
4	Charlotte	Tara-Murphy	C&C	10m44	Nov-11
5	Megan	Soanes	CN	10m45	Dec-11
6	Claire	Pring	CN	10m48	Feb-07
	Abbie	Durand	NNH	10m48	Nov-16
8	Charlotte	Taylor	NVH	10m49	Feb-08
9	Donna	Scott	WN	10m50	Feb-93
	Carley	Rose	CN	10m50	Feb-04
11	Natasha	Potgieter	CN	10m51	Dec-09
12	Iona	Lake	CN	10m56	Dec-07
	Shannon	Flockhart	Hunts	10m56	Nov-15
	Claire	Wilson	C&C	10m56	Oct-11
15	Lucy	Dowsett	C&C	10m57	Nov-03
16	Gillian	Moss	WN	10m58	Nov-03
17	Cheryl	Fisher	RYS	10m59	Mar-90
	Charlene	Glen	NOL	10m59	Mar-95
19	Ellie	Drake	DISS	11m00	Dec-11
	Emily	Hoogkamer	CN	11m00	Dec-10
21	Natalie	Sutton	WN	11m03	Nov-03
22	Jodie	Palmer	KES	11m04	Mar-98
	Laura	Gilbert	CN	11m04	Dec-99
24	Barbara	Parker	CN	11m05	Feb-98
25	Christy	Smith	Hunts	11m06	Mar-04
26	Mabel	Beckett	CN	11m07	Feb-09
	Ellie	Taylor	CN	11m07	Oct-16
28	Carly	Brown	CN	11m08	Nov-04
29	Fran	Worrall	Hunts	11m11	Mar-14
	Kate	Willis	CN	11m11	Oct-16

Under 17 Boys 5km					
1	Paul	Ratnage	Ryston	15m17	Feb-90
2	James	Robinson	W Norfolk	15m36	Oct-06
3	Ben	Whitworth	Oldham	15m43	Dec-98
4	Scott	Greeves	CN	15m45	Jan-12
5	James	Jackson	CN	15m46	Oct-08
6	Rick	Ward	CN	15m47	Oct-05
7	Steven	Peck	W Norfolk	15m48	Feb-92
	Ian	Westgate	NOL	15m48	Oct-93
9	James	Amps	March	15m54	Dec-94
10	David	Goldspink	Fenland	15m56	Dec-88
	Steven	Cannell	CN	15m56	Feb-05
12	Robert	Joy	NOL	15m57	Oct-93
13	Sean	Watson	CN	16m04	Oct-11
14	Tom	Salmon	GY	16m05	Oct-95
15	Tom	Crawshaw	CN	16m07	Oct-07
16	Dominic	Oliver	GY	16m10	Jan-12
17	Daniel	Beier	CN	16m14	Dec-99
18	Martin	Field	St Eds	16m19	Oct-97
19	Shayne	Murray	CN	16m22	Jan-06
20	Matthew	Dack	CN	16m23	Jan-04

Under 17 Boys 4.5km					
1	James	Robinson	WN	14m15	Nov-07
2	Rick	Ward	CN	14m17	Jan-05
3	Greg	Billington	U/A	14m23	Nov-05
4	Matthew	Dack	CN	14m43	Jan-05
5	Ben	Whitworth	OLD	14m44	Nov-99
	Ashley	Hallums	DER	14m44	Feb-06
7	Oliver	Maskell	CN	14m53	Feb-09
8	James	Jackson	CN	14m54	Feb-08
9	Steven	Cannell	CN	14m59	Jan-05
10	Martin	Field	St Eds	15m00	Mar-98
11	Daniel	Beier	CN	15m02	Jan-00
12	John	Dungar	CN	15m09	Mar-97
	James	Preston	CN	15m09	Feb-06
14	Scott	Greeves	CN	15m11	Nov-11
15	Mark	Clayton	CN	15m16	Mar-97
	Jonathan	Laybourn	WN	15m16	Nov-06
17	Sean	Watson	CN	15m21	Nov-12
18	Ben	Stratton	CN	15m22	Feb-10
19	Chris	Drinkwater	LUTON	15m23	Nov-03
	Henry	Loughlin	WN	15m23	Feb-10

Under 17 Boys 6.5km					
1	James	Robinson	WN	20m05	Dec-07
2	Rick	Ward	CN	21m06	Dec-05
3	Ashley	Hallums	DER	21m09	Dec-05
4	Stuart	Huntington	CN	21m10	Dec-05
5	Sean	Watson	CN	21m13	Dec-11
6	James	Jackson	CN	21m20	Dec-07
7	Scott	Greeves	CN	21m35	Dec-11
8	Steven	Cannell	CN	21m48	Mar-05
9	Daryl	Martin	CN	21m49	Dec-05
10	Tom	Crawshaw	CN	21m51	Dec-07
11	Dominic	Oliver	GY	21m53	Dec-11
12	Logan	Smith	DER	22m02	Mar-15
13	Matthew	Dack	CN	22m03	Dec-03
14	Jonathan	Laybourn	WN	22m04	Dec-06
15	Tom	Francis	CN	22m07	Dec-09
16	Leon	Clement	BOS	22m09	Dec-01
17	Shayne	Murray	CN	22m19	Dec-05
18	Oliver	Maskell	CN	22m26	Mar-05
19	James	Preston	CN	22m33	Mar-06
20	Robert	Simmonds	RYS	22m40	Mar-02

Under 17 Girls 5km					
1	Ruth	Senior	CN	17m45	Oct-04
2	Danni	Nimmock	CN	17m50	Jan-07
3	Carley	Rose	CN	17m55	Jan-06
4	Cheryl	Fisher	WN	17m59	Feb-93
5	Jane	Moss	WN	18m00	Dec-94
	Kelly	Marsters	RYS	18m00	Dec-95
7	Natalie	Sutton	WN	18m07	Jan-07
8	Claire	Pring	CN	18m08	Jan-08
9	Helen	South	CN	18m09	Dec-99
10	Ruth	Proctor	CN	18m10	Dec-99
11	Emily	Clarke	CN	18m21	Oct-04
12	Anna	Rutherford	CN	18m25	Feb-97
	Gemma	Coe	C&C	18m25	Oct-07
14	Rosie	Rutherford	CN	18m29	Feb-97
	Hannah	Wright	CN	18m29	Oct-11
16	Barbara	Parker	CN	18m30	Oct-98
17	Charlene	Glen	NOL	18m37	Dec-95
18	Esme	Salmon	CN	18m44	Jan-11
19	Melissa	Neal	March	18m57	Dec-92
20	Sam	Gosling	WS	18m58	Feb-97

Under 17 Girls 4.5km					
1	Danni	Nimmock	CN	16m19	Jan-07
2	Claire	Pring	CN	16m27	Feb-08
3	Ruth	Senior	CN	16m31	Jan-05
4	Emily	Clarke	CN	16m45	Nov-04
	Iona	Lake	CN	16m45	Feb-10
6	Carley	Rose	CN	17m03	Feb-06
7	Hannah	Wright	CN	17m11	Nov-11
8	Rosie	Clarke	C&C	17m17	Nov-03
9	Sarah	Bailey	St Eds	17m20	Nov-03
10	Helen	South	CN	17m25	Mar-00
11	Gemma	Coe	C&C	17m28	Nov-07
12	Carly	Brown	CN	17m30	Jan-05
	Juliette	Broster	CN	17m30	Nov-09
14	Sophie	Alden	CN	17m32	Nov-13
15	Kelly	Marsters	RYS	17m33	Nov-96
16	Mabel	Beckett	CN	17m34	Feb-12
17	Barbara	Parker	CN	17m38	Mar-99
18	Natasha	Potgieter	CN	17m42	Nov-10
19	Tracey	Smith	DISS	17m48	Nov-98
20	Natalie	Sutton	WN	17m50	Nov-06

Under 17 Girls 6.5km					
1	Charlotte	Taylor	NVH	22m41	Dec-10
2	Claire	Pring	CN	23m35	Dec-07
3	Danni	Nimmock	CN	23m58	Mar-07
4	Ruth	Senior	CN	24m18	Mar-05
5	Carley	Rose	CN	24m24	Mar-05
6	Iona	Lake	CN	24m37	Dec-09
7	Natasha	Potgieter	CN	24m43	Dec-11
8	Juliette	Broster	CN	24m53	Mar-11
	Mabel	Beckett	CN	24m53	Dec-11
10	Emily	Clarke	CN	24m57	Mar-05
11	Natalie	Sutton	WN	25m03	Dec-06
12	Debra	Brett	CN	25m17	Dec-01
	Annie	Rooks	RYS	25m17	Mar-15
14	Emily	Hoogkamer	CN	25m31	Dec-11
	Hollie	Parker	C&C	25m31	Mar-12
16	Ali	Bellars	WN	25m38	Dec-01
17	Catherine	Lee	GY	25m48	Dec-11
18	Grace	Mullins	NVH	25m49	Dec-10
19	Esme	Salmon	CN	25m50	Mar-11
20	Siew	Loke	CN	25m51	Dec-15

Senior Men 5km					
1	Guy	Amos	CN	14m22	Feb-98
2	Trent	Morrell	BRAN	14m31	Feb-98
3	David	Heath	BLACK	14m38	Dec-91
4	Steve	Neil	RAF	14m45	Dec-96
5	Mike	Turner	RAF	14m48	Oct-91
6	Gary	Booty	NOL	14m51	Feb-94
7	Graham	Davison	NNBR	14m53	Feb-97
8	Paul	Moore	DISS	14m55	Dec-99
	Greg	Billington	NEW	14m55	Oct-06
10	Peter	Duhig	RYS	15m01	Oct-88
11	Tom	Salmon	CN	15m06	Feb-04
12	Neil	Featherby	GAZ	15m10	Oct-86
	Robert	Joy	NNBR	15m10	Feb-99
14	Iain	Robertson	CN	15m12	Feb-99
	Andy	Hennessey	Wells	15m12	Jan-08
16	Chris	Dennis	WN	15m13	Dec-96
17	James	O'Neill	CN	15m15	Feb-04
18	Greg	Harrison	U/A	15m16	Dec-98
19	Stuart	Huntingdon	CN	15m18	Oct-06
20	Kevin	Murray	CN	15m20	Dec-00
21	Barry	Dack	WYM	15m21	Oct-93
22	John	Pike	OMEG	15m22	Dec-94
23	Alex	Bowden	UEA	15m23	Oct-92
24	Paul	Ratnage	RYS	15m24	Dec-91
	Oliver	Adam	DUK	15m24	Feb-92
	P	Atkinson	NOL	15m24	Oct-92
27	Steve	Robinson	ST ED	15m25	Jan-10
28	Rick	Ward	CN	15m27	Oct-06
29	Ian	Westgate	NOL	15m28	Feb-95

Senior Men 6.5km					
1	Robert	Joy	GAZ	20m09	Dec-06
2	Tom	Salmon	CN	20m12	Dec-04
3	Steve	Robinson	St Ed	20m15	Dec-09
4	James	O'Neill	CN	20m23	Dec-04
5	Ashley	Harrell	CN	20m29	Dec-08
6	Adam	Thomas	CN	20m45	Dec-06
7	Carl	Goose	CN	20m46	Dec-06
8	Andrew	Jakeman	NVH	20m48	Dec-13
9	Andy	Hennessey	Wells	20m53	Mar-08
10	Michael	Eccles	GAZ	20m57	Mar-16
11	Ray	Goose	NNBR	21m03	Dec-01
12	Stuart	Huntingdon	CN	21m04	Dec-06
13	James	Robinson	WN	21m05	Mar-09
14	Steve	Jones	NNBR	21m06	Dec-01
	Matt	Barnes-Smith	St Ed	21m06	Dec-01
16	Rick	Ward	CN	21m09	Dec-11
17	Logan	Smith	DER	21m11	Mar-16
18	Sean	Beard	NVH	21m12	Mar-03
19	Ian	Murry	CN	21m18	Dec-01
	Oliver	Maskell	CN	21m18	Dec-11
21	Daniel	Beier	CN	21m25	Dec-02
22	Callum	Stanforth	RYS	21m27	Dec-15
23	Damien	Rogers	CN	21m28	Dec-09
24	Neil	Davison	NNBR	21m29	Dec-01
25	Ian	Hogarth	RYS	21m34	Dec-05
26	Robert	Simmonds	RYS	21m35	Mar-12
27	Jack	Trow	FEN	21m38	Dec-11
28	Sean	Atterwill	DER	21m39	Dec-14
29	Ian	Bailey	CN	21m40	Mar-05
30	John	Battrick	NNBR	21m48	Dec-13

Senior Men 9km					
1	Robert	Joy	GAZ	26m38	Jan-05
2	Graham	Davison	NNBR	26m40	Mar-96
3	Trent	Morrell	BRAN	26m44	Nov-97
4	Daniel	Beier	CN	27m06	Jan-05
5	J	Schaffner	Switz	27m28	Nov-99
6	Mike	Braithwaite	DUK	27m32	Mar-93
7	Oliver	Amman	DUK	27m40	Mar-92
	Mike	Turner	RAF	27m40	Nov-89
9	Ian	Lewis	RAM	27m48	Jan-98
10	Gary	Howe	THET	27m51	Jan-96
11	Chris	Dennis	WN	27m54	Jan-97
	Andy	Hennessey	CN	27m54	Nov-09
13	John	Pike	HOL	27m57	Nov-99
14	Ian	Bailey	CN	27m58	Nov-04
15	Max	Perrin	NVH	28m02	Jan-95
	James	O'Neill	CN	28m02	Jan-05
	Neil	Davison	CN	28m02	Nov-04
18	W	Oxborough	MAR	28m03	Nov-91
19	Larry	Doyle	N/MKT	28m07	Nov-91
20	Martin	Owen	BED	28m09	Mar-98
21	Peter	Sibbeit	NHS	28m13	Jan-93
22	Ian	Westgate	NOL	28m15	Mar-94
	Barry	Dack	WYM	28m15	Nov-93
24	Iain	Robertson	CN	28m18	Jan-00
	Ray	Goose	CN	28m18	Mar-98
26	Lloyd	Farrow	BRAN	28m19	Mar-00
27	Michael	Eccles	GAZ	28m20	Feb-16
28	Kevin	Vaughan	THET	28m22	Nov-99
29	Bryce	Gibson	CN	28m24	Jan-00
30	Peter	Duhig	RYS	28m27	Nov-89

Senior Ladies 5km					
1	Danni	Nimmock	CN	17m05	Jan-08
2	Hollie	Rowland	CN	17m09	
3	Lucy	Owen	Bedford	17m18	Feb-98
4	Barbara	Parker	CN	17m30	Oct-03
5	Sarah	Knights	CN	17m36	Dec-00
6	Gemma	Coe	C & C	17m37	Oct-13
7	Caroline	Hipkin	Ryston	17m38	Dec-91
8	Marie	French	Ryston	17m45	Oct-11
9	Ruth	Senior	CN	17m48	Jan-06
10	Melissa	Neal	PET	17m53	Dec-95
11	Caroline	Bullard	Highgate	17m58	Oct-05
12	Amy	Dungar	CN	18m01	Oct-04
13	Clare	Donovan	NNBR	18m04	Jan-10
14	Jane	Horner	CN	18m17	Dec-00
15	Dawn	Henden	March	18m20	Jan-06
16	Alison	Bellars	W Norfolk	18m23	Jan-04
17	Christine	Anthony	Ryston	18m30	Oct-93
18	Rebecca	Cousins	Fenland	18m36	Oct-10
19	Nicky	Alford	CN	18m41	Oct-06
20	Ellie	Matthews	CN	18m47	Jan-11

Senior Ladies 6.5km					
1	Iona	Lake	CN	22m52	Dec-12
2	Danni	Nimmock	CN	22m59	Dec-07
3	Kirsty	Waterson	ST ED	23m19	Dec-03
4	Ruth	Proctor	CN	23m24	Dec-04
5	Rachel	Stringer	CN	23m35	Dec-09
6	Ruth	Senior	CN	23m39	Dec-05
7	Marie	French	RYS	23m53	Dec-11
8	C	Bryson	CN	23m57	Dec-03
9	Tanya	Taylor	STAM	24m08	Dec-01
10	Dawn	Henden	RAF	24m10	Mar-06
11	Nicky	Gooderham	MK	24m16	Dec-09
12	Rebecca	Cousins	FEN	24m22	Dec-10
13	Alison	Bellars	WN	24m26	Dec-03
14	Olivia	Walwyn	CN	24m36	Dec-01
15	Emma	Patel	C & C	24m42	Dec-04
16	Melissa	Neal	PET	24m47	Dec-01
17	Barbara	Parker	CN	24m48	Dec-02

Senior Ladies 9km					
1	Danni	Nimmock	CN	30m53	Nov-09
2	Lucy	Owen	Bedford	31m26	Mar-98
3	Ruth	Senior	CN	31m36	Jan-07
4	Caroline	Hipkin	Ryston	31m42	Nov-91
5	Emma	Sharples	CN	31m59	Nov-10
6	Marie	French	Ryston	32m11	Feb-14
7	Kelly	Rushton	CN	32m20	Feb-14
8	Caroline	Bullard	Highgate	32m28	Nov-05
9	Kim	Markand	Brandon	32m33	Mar-95
10	Sandra	Bower	Duke St	32m39	Mar-92
	Dawn	Henden	RAF	32m39	Feb-06
12	Rebecca	Cousins	Fenland	32m48	Nov-10
13	Jane	Horner	CN	33m06	Nov-99
14	Tessa	Jones	CN	33m07	Mar-99
	Sarah	Knights	CN	33m07	Mar-00
16	Amy	Dungar	CN	33m11	Nov-04
17	Nicky	Alford	CN	33m13	Jan-07
18	Claire	Donovan	NNBR	33m14	Feb-10
19	Melissa	Neal	March	33m17	Nov-94
20	N	Potgeiter	CN	33m19	Nov-12
21	Elaine	Warren	NOL	33m27	Nov-89
22	Olivia	Walwyn	CN	33m29	Jan-01
23	Gemma	Coe	C & C	33m30	Nov-12
24	Jessica	Brooks	CN	33m31	Nov-07
25	Emma	Patel	NNBR	33m33	Nov-15
26	Tanya	Taylor	Stamford	33m43	Feb-03
27	Alison	Bellars	WN	33m53	Nov-03
28	Christine	Anthony	Ryston	33m54	Nov-92
29	Jane	Moss	WN	33m58	Jan-98

M40-44 5km					
1	Guy	Amos	CN	15m13	Jan-04
2	Pete	Duhig	RYS	15m28	Dec-89
3	Steve	Neil	RAF	15m35	Oct-09
4	Bert	Wilkinson	SWN	15m44	Dec-88
5	Glyn	Harvey	CN	15m47	Feb-97
6	Stuart	Colledge	WYM	15m56	Feb-87
	Harry	Knowles	DUK	15m56	Dec-94
8	Phillip	Jacklin	RYS	16m00	Dec-92
9	Ray	Goose	CN	16m11	Oct-04
10	Paul	Hough	RYS	16m16	Dec-97
11	Jim	Grant	WAV	16m18	Dec-96
12	John	Harding	DISS	16m19	Dec-96
13	Kevin	Vaughan	St Ed	16m20	Oct-04
14	Brian	Drabner	Thorney	16m26	Feb-96
	Malcolm	Tuff	RYS	16m26	Oct-06
16	Nick	Grimer	NVH	16m27	Oct-11
17	Trevor	Edge	RYS	16m30	Feb-92
	Dave	Reed	ST ED	16m30	Jan-06
19	Derek	Brown	CN	16m32	Oct-97
20	Bernard	Wing	MAR	16m36	Dec-90
	Mark	Watling	Black	16m36	Dec-98
22	Mike	Waddington	SWN	16m38	Feb-91
	Chris	Reed	RYS	16m38	Dec-91
24	Jon	Hancock	NHR	16m40	Mar-94
	Pete	Johnson	BAS	16m40	Oct-97

M45-49 5km					
1	Guy	Amos	CN	15m18	Oct-08
2	Bert	Wilkinson	SWN	15m59	Oct-92
3	Julio	Costa	RYS	15m59	Feb-05
4	Pete	Duhig	RYS	16m12	Dec-95
5	Peter	Golding	ST ED	16m24	Oct-04
6	Trevor	Edge	RYS	16m28	Feb-93
7	Malcolm	Tuff	RYS	16m31	Jan-12
8	Dave	Reed	ST ED	16m32	Oct-07
9	Alan	Whitehouse	DUK	16m51	Dec-92
10	Ian	Aunger	NVH	16m55	Oct-08
11	Kevin	Vaughan	ST ED	16m58	Oct-10
12	Pete	Johnson	CN	16m59	Feb-00
	Nic	Bensley	RYS	16m59	Jan-17
14	Steve	Huntingdon	CN	17m03	Dec-00
15	Bernard	Wing	MAR	17m04	Oct-92
	Rod	Wood	RYS	17m04	Feb-93
17	Peter	Thorrington	MAR	17m05	Oct-96
18	Terry	Cooke	RYS	17m06	Feb-92
19	Malcolm	Ranger	WN	17m09	Oct-93
	Brian	Goodenough	Thorney	17m09	Oct-94
	Terry	Quigley	NNBR	17m09	Dec-96
22	Phil	Redden	RIV	17m14	Dec-00
23	Mick	Clements	DUK	17m15	Oct-94
24	Andrew	Houghton	U/A	17m31	Jan-06
25	M	Barnes-Smith	ST ED	17m33	Jan-12

M50-54 5km					
1	Guy	Amos	U/A	15m48	Oct-13
2	Malcolm	Tuff	RYS	16m49	Jan-15
3	Bert	Wilkinson	THET	16m52	Feb-98
4	Ian	V-Arbuckle	RYS	17m00	Feb-91
5	Brian	Read	RYS	17m06	Oct-93
6	Ivan	Loades	NRR	17m13	Dec-96
7	Dave	Reed	St Ed	17m14	Jan-12
8	Pete	Duhig	RYS	17m20	Dec-99
9	Harry	Knowles	CN	17m27	Oct-04
10	Derry	Kelleher	GAZ	17m31	Dec-99
11	Rod	Wood	RYS	17m32	Feb-96
12	Phil	Redden	RIV	17m36	Oct-93
13	Terry	Cooke	RYS	17m38	Dec-96
	Ray	Baker	NOL	17m38	Feb-96
15	Kevin	Vaughan	THET	17m39	Oct-16
16	R	Hoogkamer	CN	17m43	Jan-10
17	Alan	Dawson	St Ed	17m45	Oct-08
18	Ken	Bell	Hunts	17m50	Oct-02
19	David	Ward	RYS	17m53	Dec-00
20	Andrew	Houghton	U/A	17m54	Jan-09
21	Fred	Amps	MAR	18m00	Oct-93
22	Pete	Johnson	GAZ	18m01	Oct-05
23	John	Harding	Diss	18m04	Oct-06
24	John	Wright	DUK	18m08	Mar-87
25	John	Hipkin	RYS	18m09	Dec-94

M55-59 5km					
1	Nigel	Arnold	GAZ	17m36	Jan-16
2	Richard	Blake	GYRR	17m52	Oct-06
3	Ken	Bell	Hunts	18m13	Oct-06
	Alan	Dawson	St Ed	18m13	Jan-12
5	Dave	Robinson	RYS	18m17	Jan-12
6	Mike	Spragg	GYRR	18m18	Oct-02
7	Bill	Morgan	THET	18m23	Feb-05
8	Harry	Knowles	CN	18m30	Jan-11
9	Pete	Johnson	GAZ	18m38	Jan-10
10	Tim	Ash	NOL	18m39	Dec-95
	Bert	Wilkinson	THET	18m39	Oct-06
	Martin	Yeomans	NRR	18m39	Oct-06
13	Brian	Bromley	CN	18m41	Feb-00
14	Ian	Todd	U/A	18m45	Jan-17
15	Mike	Turner	LIV	18m52	Dec-96
16	John	Leversedge	ENF	18m53	Jan-11
17	Ian	V-Arbuckle	RYS	18m57	Dec-95
18	Michael	Barnsdale	NVH	19m10	Oct-10
19	Phil	Redden	RIV	19m16	Oct-11
20	Graham	Chapman	Ely	19m21	Oct-12
21	Nigel	Dickens	NVH	19m31	Oct-11
22	Dave	Vaughan	St Ed	19m35	Jan-10
	Charlie	Ritchie	C & C	19m35	Oct-14
24	Nigel	Horney	Keswick	19m42	Jan-17
25	John	Baxter	BVH	19m47	Jan-16

M60+ 5km					
1	Peter	Oldman	RRC	18m44	Oct-99
2	Derry	Kelleher	CN	18m46	Jan-10
3	Pete	Johnson	RYS	18m54	Jan-16
4	Kevin	Youngs	GAZ	18m57	Jan-10
5	Tony	Gray	Eye	19m11	Oct-05
6	Richard	Blake	NNBR	19m25	Oct-10
7	Malcolm	Ball	NNBR	19m39	Oct-98
8	Bert	Wilkinson	RYS	19m40	Feb-07
9	Jim	Stocker	DER	19m44	Jan-14
10	Brian	Allsop	NNBR	19m46	Oct-98
11	Ernie	Bradshaw	DER	20m01	Feb-07
12	Robert	Price	St Ed	20m03	Jan-06
13	Alan	Burgin	St Ed	20m06	Jan-14
14	Ian	Milburn	FEN	20m16	Oct-07
	Charlie	Ritchie	C & C	20m16	Oct-15
16	Martin	Simmonds	RYS	20m22	Jan-03
17	Clem	Vogler	DER	20m25	Oct-08
18	Colin	Simpson	FEN	20m43	Oct-14
19	Trevor	Edge	RYS	20m45	Oct-11
20	Nigel	Dickens	NVH	21m01	Jan-15
21	Peter	Thompson	GAZ	21m08	Jan-17
22	Steven	Rue	St Ed	21m14	Oct-14
23	John	Hipkin	RYS	21m17	Oct-06
24	Peter	Harris	Ely	21m18	Oct-13
25	Dave	Vaughan	St Ed	21m29	Oct-14

M40-44 6.5km					
1	Guy	Amos	CN	20m14	Dec-05
2	Ray	Goose	CN	21m34	Mar-05
3	Nick	Overton	NVH	21m37	Mar-03
4	Nick	Grimer	NVH	21m49	Mar-12
5	David	Reed	St Ed	21m57	Mar-06
6	Malcolm	Tuff	Ryston	21m59	Dec-07
7	Kevin	Vaughan	St Ed	22m02	Dec-05
8	Ian	Liffen	GYRR	22m05	Dec-04
9	Andrew	Wright	NNBR	22m20	Mar-02
10	Paul	Woodyatt	CN	22m46	Mar-02
	Ian	Day	Ely	22m46	Mar-11
12	Andrew	Bunn	CN	22m52	Mar-09
13	Colin	Stark	NNBR	22m53	Dec-14
14	Andrew	Manning	GYRR	22m57	Mar-10

M45-49 6.5km					
1	Guy	Amos	CN	20m32	Dec-08
2	Julio	Costa	Ryston	21m31	Dec-04
3	Peter	Golding	St Ed	21m48	Dec-03
4	Kevin	Vaughan	St Ed	21m53	Mar-14
5	Malcolm	Tuff	Ryston	21m56	Dec-11
6	David	Reed	St Ed	22m16	Dec-07
7	Steve	Huntingdon	CN	22m43	Mar-02
8	Nic	Bensley	Ryston	22m55	Dec-15
9	Andrew	Houghton	U/A	22m57	Dec-05
10	Ray	Goose	CN	23m02	Mar-10
11	Ian	Aunger	NVH	23m04	Dec-08
12	Steve	Faulkner	U/A	23m14	Mar-03
	David	Pettitt	C & C	23m14	Dec-10
14	Cliff	Bailey	THET	23m19	Dec-05

M50-54 6.5km					
1	Stan	Owen	NVH	22m07	Mar-03
2	R	Cleverton	CN	22m43	Dec-09
3	Malcolm	Tuff	Ryston	22m46	Dec-14
4	Phil	Redden	RIV	22m58	Mar-02
5	Ray	Church	NVH	23m04	Mar-02
6	Harry	Knowles	CN	23m09	Dec-04
7	Alan	Dawson	St Ed	23m10	Mar-09
8	Pete	Johnson	GAZ	23m29	Dec-05
9	Kevin	Vaughan	THET	23m35	Mar-14
10	Nigel	Arnold	GAZ	23m43	Mar-09
11	R	Hoogkamer	CN	23m48	Dec-10
12	Ken	Bell	Hunts	23m52	Dec-01
13	Michael	Barnsdale	NVH	23m53	Mar-09
14	Dave	Robinson	Ryston	23m59	Mar-09

M55-59 6.5km					
1	Nigel	Arnold	GAZ	23m21	Mar-16
2	Bill	Morgan	THET	24m06	Mar-05
3	Richard	Blake	GYRR	24m07	Dec-06
	Alan	Dawson	St Ed	24m07	Dec-11
5	Pete	Johnson	GAZ	24m08	Dec-09
6	J	Leversedge	ENF	24m13	Dec-10
7	Mike	Spragg	GYRR	24m19	Mar-03
8	Dave	Robinson	Ryston	24m38	Mar-12
9	Kevin	Youngs	GAZ	24m43	Dec-08
10	Bert	Wilkinson	Ryston	24m50	Dec-03
11	John	Baxter	BVH	25m50	Dec-15
12	Dave	Vaughan	St Ed	25m58	Dec-09

M60+ 6.5km					
1	Kevin	Youngs	GAZ	24m20	Dec-09
2	Derry	Kelleher	CN	24m32	Dec-09
3	Tony	Gray	Eye	24m55	Dec-05
4	Brian	Bromley	GAZ	25m54	Mar-03
5	Bert	Wilkinson	Ryston	25m58	Mar-07
6	Robert	Price	St Ed	26m03	Dec-05
	Pete	Johnson	Ryston	26m03	Dec-16
8	Richard	Blake	NNBR	26m34	Dec-10
9	Alan	Burgin	Hunts	26m35	Mar-14
10	Jim	Stocker	Hunts	26m36	Dec-13
11	Glyn	Smith	C & C	26m40	Dec-06
12	Mike	Spragg	GYRR	26m41	Dec-07
13	Ian	Milburn	Fenland	26m55	Dec-07
14	Martin	Simmonds	Ryston	26m58	Dec-01

## Male Masters Long Course

M40-44 9km					
1	Guy	Amos	CN	27m44	Jan-05
2	Steve	Neill	RAF	27m50	Nov-09
3	Pete	Duhig	RYS	28m10	Nov-92
4	P	Bevilaqua	Thorn	28m35	Jan-95
5	Glyn	Harvey	CN	28m50	Jan-97
6	Bert	Wilkinson	RAF	28m53	Nov-89
	R	Hamilton	NNBR	28m53	Nov-03
8	Phil	Jacklin	RYS	29m01	Nov-92
9	Nigel	Arnold	CN	29m03	Nov-97
10	Alan	Shutt	MAR	29m09	Jan-92
11	Ray	Goose	CN	29m21	Jan-05
12	Kevin	Vaughan	St Ed	29m23	Nov-04
13	Brian	Drabner	Thorn	29m25	Jan-96
14	John	Harding	Diss	29m36	Nov-96
	Paul	Hough	RYS	29m36	Nov-97
16	Chris	Clarke	NVH	29m38	Feb-03
17	Michael	Edge	St Ed	29m39	Nov-97
18	Neil	Davison	CN	29m51	Nov-13
19	Nick	Grimer	NVH	29m52	Nov-11
20	Chris	Reed	RYS	29m55	Nov-91
	Malcolm	Tuff	RYS	29m55	

M45-49 9km					
1	Guy	Amos	CN	28m33	Feb-09
2	Bert	Wilkinson	DUK	28m43	Nov-92
3	Dave	Reed	St Ed	29m34	Feb-08
4	Pete	Duhig	RYS	29m42	Nov-96
5	S	Huntingdon	CN	30m06	Jan-01
6	Pete	Johnson	CN	30m08	Jan-01
	Malcolm	Tuff	RYS	30m08	Nov-12
8	Terry	Cooke	RYS	30m29	Mar-92
9	A	Whitehouse	DUK	30m34	Nov-94
10	Nic	Bensley	RYS	30m38	Feb-16
11	Rod	Wood	RYS	30m49	Jan-96
12	Dave	Pettitt	C & C	30m50	Nov-10
13	Kevin	Vaughan	St Ed	30m53	Nov-10
14	M	Ringer	WN	30m56	Mar-95
15	Ian	Auger	NVH	30m58	Nov-08
16	P	Thorington	MAR	31m02	Jan-95
17	A	Houghton	U/A	31m03	Nov-05
18	Bill	Morgan	THET	31m08	Jan-96
	S	Goodall	WYM	31m08	Nov-13
20	P	Golding	St Ed	31m14	Nov-05

M50-54 9km					
1	Guy	Amos	U/A	28m36	Nov-13
2	Bert	Wilkinson	THET	29m54	Nov-97
3	Peter	Andrew	DUK	30m00	Mar-93
4	Malcolm	Tuff	RYS	30m29	Nov-14
5	Terry	Mulcahy	BUNG	30m31	Nov-99
6	Ian	V-Arbuckle	RYS	30m36	Mar-92
7	Brian	Bromley	DUK	30m55	Mar-93
8	Ivan	Loades	NRR	31m03	Nov-94
9	Pete	Johnson	GAZ	31m18	Nov-05
10	Rod	Wood	RYS	31m21	Mar-96
11	Terry	Cooke	RYS	31m26	Jan-97
	Kevin	Vaughan	St Ed	31m26	Nov-14
13	Pete	Duhig	RYS	31m38	Jan-00
14	Ray	Baker	NOL	31m50	Jan-96
15	S	Huntingdon	CN	31m51	Jan-07
16	Alan	Dawson	St Ed	31m56	Feb-10
17	Ernie	Bradshaw	WYM	32m01	Mar-98
18	Mike	Spragg	GYRR	32m04	Jan-98
19	John	Wright	DUK	32m05	Mar-93
20	David	Brock	Orion	32m08	Nov-10

M55-59 9km					
1	Nigel	Arnold	GAZ	31m52	Nov-15
2	Richard	Blake	GYRR	32m08	Nov-05
3	Derry	Kelleher	CN	32m18	Jan-05
4	John	Leversedge	ENF	32m25	Nov-10
5	Pete	Johnson	GAZ	32m30	Nov-10
6	Alan	Dawson	St Ed	32m33	Nov-11
7	Bert	Wilkinson	THET	33m02	Feb-04
8	Kevin	Youngs	GAZ	33m04	Nov-07
9	Mike	Spragg	GYRR	33m06	Nov-03
10	Harry	Knowles	CN	33m10	Feb-10
11	Bill	Morgan	THET	33m19	Jan-05
12	Ian	V-Arbuckle	RYS	33m30	Mar-96
13	Ian	Milburn	FEN	33m43	Nov-99
14	Martin	Yeomans	NRR	33m44	Nov-06
15	Mike	Turner	LIV	34m14	Jan-97
16	Graham	Chapman	Ely	34m22	Nov-11
17	Michael	Barnsdale	NVH	34m33	Nov-10
18	Tim	Ash	NOL	34m39	Jan-96
19	Ken	Bell	Hunts	34m43	Nov-05
20	Colin	Robilliard	COLT	34m48	Nov-12

M60+ 9km					
1	Derry	Kelleher	CN	33m12	Feb-10
2	Kevin	Youngs	GAZ	33m19	Feb-10
3	Peter	Oldham	RRC	33m38	Nov-99
4	Pete	Johnson	RYS	34m14	Feb-16
5	Tony	Gray	Eye	34m40	Feb-06
6	Brian	Bromley	GAZ	35m20	Feb-03
7	Richard	Blake	NNBR	35m33	Nov-10
8	Harry	Knowles	CN	35m50	Nov-15
9	Robert	Price	St Ed	35m52	Nov-05
10	Bert	Wilkinson	RYS	35m54	Nov-06
11	Ian	Milburn	FEN	36m04	Nov-05
12	Malcolm	Ball	NNBR	36m06	Nov-98
13	Alan	Burgin	Hunts	36m16	Feb-14
14	Brian	Allsop	NNBR	36m30	Jan-00
	Peter	Howard	C & C	36m30	Nov-03
16	Charlie	Ritchie	C&C	36m35	Nov-16
17	Martin	Simmonds	RYS	36m51	Feb-04
18	Ernie	Bradshaw	DER	37m03	Jan-07
19	Clem	Vogler	DER	37m24	Feb-08
20	Jim	Stocker	Hunts	37m27	Feb-14

<b>F35-39 5km</b>				
1	Claire	Forbes	S/ton	17m38 Oct-08
2	Sandra	Bower	Thetford	17m39 Dec-96
3	Sarah	Knights	CN	18m03 Jan-03
4	Jane	Clarke	Gazelles	18m12 Jan-04
5	Frances	Cooke	March	18m22 Dec-94
6	Shirley	Stallabrass	DUK	18m34 Feb-95
7	Marie	French	Ryston	18m38 Jan-17
8	Celia	Duncan	CN	19m01 Dec-96
9	Pauline	Field	St Ed	19m02 Oct-96
	Lyn	Emmett	CN	19m02 Oct-06
11	Caroline	Wakefield	Ryston	19m03 Oct-06
12	Tracey	Curl	NRR	19m10 Feb-07
13	Louise	Wilkinson	CN	19m12 Dec-98
14	Tanya	Taylor	NVH	19m26 Oct-06
15	Molly	James	W Norfolk	19m38 Oct-06

<b>F40-44 5km</b>				
1	Jo	Andrews	Bungay	18m11 Jan-17
2	Nicky	Roger	Ryston	20m24 Oct-14
3	Emma	Buckland	C & C	21m00 Oct-15
4	Lesley	Robins	Ryston	21m05 Jan-15
5	Caroline	Houghton	NRR	21m27 Jan-17
6	Sarah	Stubbs	BVH	21m47 Oct-16
7	Christina	Plumley	Thetford	21m53 Jan-16

<b>F45-49 5km</b>				
1	Jane	Clarke	Gazelles	17m40 Oct-06
2	Maria	Holland	CN	17m56 Jan-03
3	Diane	Hepplewhite	CN	18m09 Dec-96
4	Diane	Marsh	CN	18m40 Oct-99
5	Brenda	Hutcheon	DUK	19m13 Oct-94
6	Sarah	Knights	U/A	19m24 Oct-12
7	Tracey	Curl	CN	19m40 Oct-13
8	Lyn	Emmett	Beccles	19m44 Oct-14
9	Maureen	McCarthy	St Ed	19m45 Jan-13
10	Sandra	Bower	Thetford	19m49 Oct-07
11	Nicky	Roger	Ryston	20m04 Oct-16
12	Louise	Bailey	Holbeach	20m35 Feb-00
	Helen	Grant	C & C	20m35 Oct-11
14	Louise	Wilkinson	CN	20m39 Jan-10
15	Trisha	Dennison	Thetford	21m09 Oct-07

<b>F50-54 5km</b>				
1	Jane	Clarke	CN	19m25 Jan-15
2	Carol	Devlin	Dereham	19m58 Oct-16
3	Louise	Pegg	NNBR	21m47 Jan-17
4	Jo	Isbill	Ryston	22m23 Jan-16
5	Niki	Park	U/A	22m44 Oct-15
6	Geraldine	Jordan	Ryston	22m57 Oct-16
7	Karen	Wood	Ryston	23m31 Oct-15
8	Linda	Marshall	Ryston	23m41 Oct-16
9	Dawn	Carver	U/A	23m48 Jan-16

<b>F55+ 5km</b>				
1	Sandra	Bower	Thetford	20m50 Jan-16
2	Veronica	Manly	Wym	21m42 Oct-03
3	Eva	Osborne	Wym	22m14 Feb-00
4	Brenda	Hutcheon	Gazelles	22m29 Jan-03
5	Gill	Woodhouse	Dereham	22m33 Oct-05
6	Judy	Norris	Boston	22m38 Oct-00
7	Maureen	Wolfe	Ryston	22m45 Jan-15
8	Sally	Dormer	Brandon	23m21 Oct-06
9	Jill	Davis	Ryston	23m47 Jan-15
10	Barbara	Morrice	Dereham	24m04 Oct-02
11	Judy	Potter	Bungay	24m12 Oct-06
12	Diane	Pamplin	GY	24m21 Oct-11
13	Pauline	Ash	CN	24m30 Oct-98
14	Beres	Ward	Wym	24m37 Oct-12
15	Mary	Holmes	C & C	24m39 Feb-05
16	Sine	Cain	Ryston	24m58 Jan-15

## Female Masters Medium Course

F35-39 6.5km					
1	Claire	Forbes	CN	23m55	Mar-08
2	Sarah	Knights	CN	24m22	Dec-06
3	Carol	Keller	U/A	24m52	Mar-02
4	Molly	James	WN	25m13	Dec-10
5	Cat	Ricketts	WYM	25m33	Dec-14
6	Caroline	Wakefield	RYS	25m40	Dec-06
7	Lucy	Emmett	BUNG	25m47	Dec-11
8	Louise	Wilkinson	CN	25m57	Mar-03
9	Dena	Parfitt	NNBR	26m35	Dec-01
10	Tanya	Taylor	NVH	26m21	Dec-07
11	Sabine	Schaefer	THET	26m24	Dec-15
12	Nicky	Neill	RAF	26m26	Dec-10

F40-44 6.5km					
1	Jo	Andrews	BUNG	24m20	Dec-16
2	Sarah	Stubbs	BVH	27m53	Mar-16
3	Nicky	Roger	RYS	28m16	Dec-14
4	Christina	Plumley	THET	28m31	Dec-15
5	Lesley	Robins	RYS	28m37	Mar-16

F45-49 6.5km					
1	Jane	Clarke	CN	23m55	Dec-09
2	Maria	Holland	CN	24m22	Mar-02
3	Maureen	McCarthy	ST ED	26m16	Mar-09
4	Pat	Partridge	ST ED	26m30	Dec-02
5	Helen	Grant	C & C	26m48	Mar-12
6	Louise	Bailey	NVH	27m34	Dec-02
7	Louise	Wilkinson	CN	27m42	Mar-10
8	Gillian	Loughlin	CN	28m09	Dec-10
9	Trisha	Dennison	THET	28m10	Dec-07
10	Ann	Millett	NRR	28m13	Dec-05

F50-54 6.5km					
1	Jane	Clarke	CN	25m18	Mar-15
2	Carol	Devlin	DER	27m36	Mar-16
3	Geraldine	Jordan	RYS	30m22	Dec-16
4	Linda	Marshall	RYS	30m26	Mar-15
5	Sarah	Taylor	RYS	30m45	Mar-15
6	Karen	Wood	RYS	31m20	Mar-15
7	Dawn	Carver	NRR	31m50	Mar-16

F55+ 6.5km					
1	Veronica	Manly	WYM	28m58	Dec-03
2	Sandra	Bower	THET	30m08	Dec-16
3	Gill	Woodhouse	DER	30m34	Dec-06
4	Mauree	Wolfe	RYS	30m50	Dec-14
5	Eva	Osborne	WYM	31m36	Dec-01
6	Sally	Dormer	BRAN	31m37	Dec-06
7	Judy	Potter	BUNG	31m53	Mar-02
8	Brenda	Hutcheon	GAZ	31m54	Dec-04
9	Jill	Davis	RYS	32m19	Dec-14
10	Sine	Cain	RYS	32m43	Mar-15



F35-39 9km					
1	Sandra	Bower	Thetford	32m15	Mar-00
2	Diane	Marsh	NOL	32m37	Nov-97
3	Jane	Clarke	Gazelles	32m46	Nov-03
4	Emma	Patel	Winch	33m32	Nov-16
5	Shirley	Stallabross	Duke St	33m46	Mar-95
6	Frances	Cooke	March	33m59	Nov-94
7	Louise	Wilkinson	CN	33m59	Jan-97
8	Sarah	Knights	CN	34m16	Nov-06
9	Caroline	Wakefield	Ryston	34m18	Nov-06
10	Tracey	Curl	NRR	34m24	Jan-07
11	Pauline	Field	St Ed	34m35	Nov-96
	Lyn	Emmett	Bungay	34m35	Nov-11
13	Dena	Parfitt	Gazelles	34m39	Nov-04
14	Molly	McKay	WN	35m00	Nov-12
15	Alexandra	Smith	CN	35m08	Nov-13
16	Cat	Ricketts	NRR	35m26	Nov-12
17	Nicky	Buckley	Dereham	35m50	Nov-95
	Lucy	Chessor	FEN	35m50	Nov-12
19	Jackie	Clay	Boston	35m58	Feb-04
20	Tanya	Taylor	NVH	36m16	Nov-07

F40-44 9km					
1	Jo	Andrews	Bungay	33m07	Nov-16
2	Louise	White	Thet	36m27	Nov-16
3	Lesley	Robins	Ryston	38m21	Nov-14
4	Sarah	Stubbs	BVH	38m43	Feb-16
5	Elies	Mann	NRR	40m01	Nov-14
6	Nadine	Heseltine	GY	40m18	Nov-16
7	Sam	Cadman	U/A	40m23	Nov-16
8	Caroline	Houghton	NRR	41m10	Nov-16

F45-49 9km					
1	Jane	Clarke	CN	31m55	Nov-08
2	Maria	Holland	CN	32m27	Feb-03
3	Diane	Hepplewhite	CN	32m59	Jan-97
4	Diane	Marsh	NOL	33m44	Jan-00
5	Lyn	Emmett	Bungay	34m25	Nov-14
6	Dena	Parfitt	NNBR	35m06	Nov-07
7	Tracey	Curl	CN	35m24	Feb-14
8	Penny	Edwards	NRR	35m29	Nov-05
9	Brenda	Hutcheon	Duke St	35m35	Nov-94
10	Sarah	Knights	U/A	35m45	Nov-12
11	Louise	Wilkinson	CN	35m54	Feb-08
12	Helen	Grant	C & C	36m32	Nov-11
13	Maureen	McCarthy	St Ed	36m35	Feb-09
14	Louise	Bailey	HOL	37m28	Jan-00
15	Marie	Irlam	FEN	37m55	Feb-13
16	Jo	Isbill	RYS	38m22	Feb-14
17	Judy	Norris	HOL	38m23	Jan-00

F50-54 9km					
1	Tracey	Curl	CN	35m11	Nov-14
2	Carol	Devlin	DER	36m29	Nov-16
3	Christine	Anthony	WS	36m43	Nov-16
4	Geraldine	Jordan	RYS	40m34	Nov-16
5	Niki	Park	NRR	40m54	Nov-16
6	Linda	Marshall	RYS	41m45	Nov-16
7	Dawn	Carver	NRR	42m31	Feb-16
8	Louise	Pegg	NNBR	42m33	Nov-16
9	Karen	Wood	Ryston	42m37	Feb-16
10	Ardyn	Ross	U/A	44m57	Nov-15

F55+ 9km					
1	Veronica	Manly	Wym	38m16	Nov-03
2	Jane	Clarke	CN	38m46	Nov-16
3	Eva	Osborne	Wym	40m25	Jan-00
4	Judy	Norris	BOS	41m14	Nov-00
5	Gill	Woodhouse	Dereham	41m17	Nov-05
6	Maureen	Wolfe	RYS	41m34	Feb-15
7	Judy	Potter	Bungay	43m20	Feb-03
8	Anne	Florence	Diss	43m35	Feb-08
9	Sally	Dormer	Brandon	43m48	Nov-06
10	Brenda	Hutcheon	Colt	44m01	Feb-08
	Diane	Pamplin	GY	44m01	Nov-11