

Under 9 boys

Position	Name	Club	Time
1	Benjamin Rodriguez	Dersingham	3:09
2	Charlie Foley-Wray	Ryston	3:10
3	Harry Leech	Rys/Dersing Pr	3:12
4	Dylan Ward	T St C	3:14
5	Logan Armstrong	Hempnall Pr	3:22
6	Harrison Reeve	Glebe	3:26
7	Edward Gayton	Gayton Pr	3:29
8	Ralphie Carlton	Cherry Tree	3:33
9	Jacob Green	WNAC/Huns Pr	3:35
10	Drew McMillan	Cherry Tree	3:44
11	Arthur Atkinson	Cherry Tree	3:47
12	Heath Johnson	U/A	3:50
13	Finlay McLean	Cherry Tree	3:57
14	Luke Sparshott	Harpley	4:07
15	Seth Foley-Wray	Wells	4:09
16	Jonty Burnham	N/A	4:21
17	George Doran	GYDAC	4:24
18	Luca Falcone	Thurston Pr	4:30
19	Freddie Druce-Stainer-Mo	Cherry Tree	4:41
20	Noah Simmonds	U/A	4:53
21	Charlie Green	Hunstanton Pr	5:11
22	Harry Hamilton	Hillcrest	5:21
23	Ethan Self-Smith	Cherry Tree	5:23
24	Albie-James Riley	Cherry Tree	5:43
25	Finn Dummelow	Cherry Tree	6:01
26	Harrison Peberdy	Cherry Tree	6:02
27	Alfred Brodie-Kahn	Gooderstone	6:28

Under 9 girls

Position	Name	Club	Time
1	Scarlett Sawyer	Gooderstone Pr	3:19
2	Willow Burnham	N/A	3:23
3	Florence Bartlett	GYDAC	3:30
4	Ariana Dixon	Cherry Tree	3:56
5	Ailish Smitherman	U/A	4:04
6	Thea Howard	U/A	4:06
7	Rosie Shepherd	Gooderstone	4:27
8	Rosie Beckham	Cherry Tree	4:31
9	Eva Brodie-Kahn	Gooderstone	4:33
10	Mabel Clarkson	Cherry Tree	4:43
11	Isabel Thompson	Cherry Tree	4:44
12	Etta Brewer	Castle Acre Pr	4:46
13	Marina Fonseca	U/A	4:54
14	Ida Pope	West Winch	5:12
15	Evie-Mae Dunning	St Martin	5:22
16	Aster Brodie-Kahn	Gooderstone	7:24

Overall under 9s race

Position	Name	Club	Time	Category
1	Benjamin Rodriguez	Dersingham	3:09	U9B
2	Charlie Foley-Wray	Ryston	3:10	U9B
3	Harry Leech	Rys/Dersing Pr	3:12	U9B
4	Dylan Ward	T St C	3:14	U9B
5	Scarlett Sawyer	Gooderstone Pr	3:19	U9G
6	Logan Armstrong	Hempnall Pr	3:22	U9B
7	Willow Burnham	N/A	3:23	U9G
8	Harrison Reeve	Glebe	3:26	U9B
9	Edward Gayton	Gayton Pr	3:29	U9B
10	Florence Bartlett	GYDAC	3:30	U9G
11	Ralphie Carlton	Cherry Tree	3:33	U9B
12	Jacob Green	WNAC/Huns Pr	3:35	U9B
13	Drew McMillan	Cherry Tree	3:44	U9B
14	Arthur Atkinson	Cherry Tree	3:47	U9B
15	Heath Johnson	U/A	3:50	U9B
16	Ariana Dixon	Cherry Tree	3:56	U9G
17	Finlay McLean	Cherry Tree	3:57	U9B
18	Ailish Smitherman	U/A	4:04	U9G
19	Thea Howard	U/A	4:06	U9G
20	Luke Sparshott	Harpley	4:07	U9B
21	Seth Foley-Wray	Wells	4:09	U9B
22	Jonty Burnham	N/A	4:21	U9B
23	George Doran	GYDAC	4:24	U9B
24	Rosie Shepherd	Gooderstone	4:27	U9G
25	Luca Falcone	Thurston Pr	4:30	U9B
26	Rosie Beckham	Cherry Tree	4:31	U9G
27	Eva Brodie-Kahn	Gooderstone	4:33	U9G
28	Freddie Druce-Stainer-Mo	Cherry Tree	4:41	U9B
29	Mabel Clarkson	Cherry Tree	4:43	U9G
30	Isabel Thompson	Cherry Tree	4:44	U9G
31	Etta Brewer	Castle Acre Pr	4:46	U9G
32	Noah Simmonds	U/A	4:53	U9B
33	Marina Fonseca	U/A	4:54	U9G
34	Charlie Green	Hunstanton Pr	5:11	U9B
35	Ida Pope	West Winch	5:12	U9G
36	Harry Hamilton	Hillcrest	5:21	U9B
37	Evie-Mae Dunning	St Martin	5:22	U9G
38	Ethan Self-Smith	Cherry Tree	5:23	U9B
39	Albie-James Riley	Cherry Tree	5:43	U9B
40	Finn Dummelow	Cherry Tree	6:01	U9B
41	Harrison Peberdy	Cherry Tree	6:02	U9B
42	Alfred Brodie-Kahn	Gooderstone	6:28	U9B
43	Aster Brodie-Kahn	Gooderstone	7:24	U9G

Under 11 boys

Position	Name	Club	Time
1	Peter Aldous	Attleboro	7:56
2	Noah Ward	T St C	8:25
3	William Niven	Dereham	8:32
4	Harris Smitherman	CoNAC	8:39
5	Felix Thorn	WVAC	8:42
6	Theo Jones	Thetford	8:46
7	Spencer Morgan	Thetford	8:49
8	William Ward	WNAC	9:05
9	Oscar Thorn	WVAC	9:20
10	Ethan Moore	Hillcrest	9:23
11	Owen Hamilton	WNAC/Hillcr	9:59
12	Jacob Evry	St Martin	10:08
13	Dexter Young	Ryston/Ant Cur	10:13
14	Isaac Webster	Cherry Tree	10:26
15	Percy Carlton	Cherry Tree	10:32
16	Rex Stubbins	Thetford	11:09
17	Oscar Gilbert	Litcham	11:16
18	George Dutchak	Cherry Tree	11:28
19	Isaac Garland	U/A	12:17

Under 11 girls

Position	Name	Club	Time
1	Felicity Allen	U/A	8:47
2	Emily De Bootman	Ryston/Gay	9:14
3	Alice De Bootman	Ryston/Gay	9:21
4	Dana Bishop	Wnac/Hillcrest	9:48
5	Kate Watkinson	Attleboro	9:52
6	Jessica Watts	WN	9:54
7	Maya Marcinek	Ryston/Whitefr	10:20
8	Jessica Groat	Hillcrest	10:28
9	Maisie Harrod	Ryston/Holy X	11:22
10	Chloe Gayton	WNAC/Gayton Pr	13:07
11	Alexandra Atkinson	Cherry Tree	13:27
12	Amelie O'Connor	Dereham	13:28
13	Merryn Jones	Cherry Tree	15:13

Overall under 11s race

Position	Name	Club	Time	Category
1	Peter Aldous	Attleboro	7:56	U11B
2	Noah Ward	T St C	8:25	U11B
3	William Niven	Dereham	8:32	U11B
4	Harris Smitherman	CoNAC	8:39	U11B
5	Felix Thorn	WVAC	8:42	U11B
6	Theo Jones	Thetford	8:46	U11B
7	Felicity Allen	U/A	8:47	U11G
8	Spencer Morgan	Thetford	8:49	U11B

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9	William Ward	WNAC	9:05	U11B
10	Emily De Bootman	Ryston/Gay	9:14	U11G
11	Oscar Thorn	WVAC	9:20	U11B
12	Alice De Bootman	Ryston/Gay	9:21	U11G
13	Ethan Moore	Hillcrest	9:23	U11B
14	Dana Bishop	Wnac/Hillcrest	9:48	U11G
15	Kate Watkinson	Attleboro	9:52	U11G
16	Jessica Watts	WN	9:54	U11G
17	Owen Hamilton	WNAC/Hillcr	9:59	U11B
18	Jacob Evry	St Martin	10:08	U11B
19	Dexter Young	Ryston/Ant Cur	10:13	U11B
20	Maya Marcinek	Ryston/Whitefr	10:20	U11G
21	Isaac Webster	Cherry Tree	10:26	U11B
22	Jessica Groat	Hillcrest	10:28	U11G
23	Percy Carlton	Cherry Tree	10:32	U11B
24	Rex Stubbins	Thetford	11:09	U11B
25	Oscar Gilbert	Litcham	11:16	U11B
26	Maisie Harrod	Ryston/Holy X	11:22	U11G
27	George Dutchak	Cherry Tree	11:28	U11B
28	Isaac Garland	U/A	12:17	U11B
29	Chloe Gayton	WNAC/Gayton Pr	13:07	U11G
30	Alexandra Atkinson	Cherry Tree	13:27	U11G
31	Amelie O'Connor	Dereham	13:28	U11G
32	Merryn Jones	Cherry Tree	15:13	U11G

Under 13 boys

*wrong course

Position	Name	Club	Time	
1	James Watts	WNAC	8:29	*
2	Jude Osborne	CoNAC	8:54	*
3	Freddie Hubbard	Ryston	9:16	*
4	Henry Loveday	U/A	9:33	*
5	Fergus Smitherman	CoNAC	9:47	*
6	Joshua Downey	Ryston	10:03	*

Under 13 girls

*wrong course

Position	Name	Club	Time	
1	Mabelle Chadderton	Reneg/T St C	9:21	*
2	Lydia Aldous	Attleboro	9:22	*
3	Tabitha Oppenheim	CoNAC	9:26	*
4	Amelie Watkinson	Attleboro	9:26	*
5	Alba Bartlett	GYDAC	9:43	*
6	Isla Harding	GYDAC	10:36	*
7	Olivia Walker	Attleborough	11:16	*
8	Nellie Chadderton	Ryston	11:34	*

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Under 15 boys

*wrong course

Position	Name	Club	Time	
1	Aidan Howard	WNAC	8:45	*
2	Oliver Sanlon	Ryston	9:01	*
3	Cameron Niven	Dereham	9:11	*

Under 15 girls

*wrong course

Position	Name	Club	Time	
1	Summer James	Ryston	9:49	*
2	Casey Ward	WNAC	10:18	*
3	Sophie Wright	Attleboro	10:19	*
4	Kayla-Leigh Nurse	GYDAC	10:34	*
5	India Richardson	WNAC	18:10	
6	Imogen O'Connor	Dereham	20:39	
7	Poppy Bridge	Dereham	20:39	

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	James Watts	WNAC	8:29	U13B
2	Aidan Howard	WNAC	8:45	U15B
3	Jude Osborne	CoNAC	8:54	U13B
4	Oliver Sanlon	Ryston	9:01	U15B
5	Cameron Niven	Dereham	9:11	U15B
6	Freddie Hubbard	Ryston	9:16	U13B
7	Mabelle Chadderton	Reneg/T St C	9:21	U13G
8	Lydia Aldous	Attleboro	9:22	U13G
9	Tabitha Oppenheim	CoNAC	9:26	U13G
10	Amelie Watkinson	Attleboro	9:26	U13G
11	Henry Loveday	Wymondham Col	9:33	U13B
12	Alba Bartlett	GYDAC	9:43	U13G
13	Fergus Smitherman	CoNAC	9:47	U13B
14	Summer James	Ryston Runners	9:49	U15G
15	Joshua Downey	Ryston	10:03	U13B
16	Casey Ward	WNAC	10:18	U15G
17	Sophie Wright	Attleboro	10:19	U15G
18	Kayla-Leigh Nurse	GYDAC	10:34	U15G
19	Isla Harding	GYDAC	10:36	U13G
20	Olivia Walker	Attleborough	11:16	U13G
21	Nellie Chadderton	Ryston runners	11:34	U13G
22	India Richardson	WNAC	18:10	U15G
23	Imogen O'Connor	Dereham	20:39	U15G
24	Poppy Bridge	Dereham runners	20:39	U15G

Under 17 boys

Position	Name	Club	Time
1	Ethan Ward	WNAC	15:49
2	Henry Gosnell	WNAC	18:48
3	Oliver Gayton	WNAC	21:49
4	Flynn Angell	WNAC	23:06

Under 17 girls

Position	Name	Club	Time
1	Evie Clayton	WNAC	19:56
2	Faye Nottage	GYDAC	21:43

Overall Under 17s race

Position	Name	Club	Time	Category
1	Ethan Ward	WNAC	15:49	U17B
2	Henry Gosnell	WNAC	18:48	U17B
3	Evie Clayton	WNAC	19:56	U17G
4	Faye Nottage	GYDAC	21:43	U17G
5	Oliver Gayton	WNAC	21:49	U17B
6	Flynn Angell	WNAC	23:06	U17B

Senior men

Position	Name	Club	Time
1	Lewis English	WNAC	32:55
2	Dylan Whitehouse	Ryston	32:56
3	Gareth Hunt	Ryston	33:30
4	Andrew Williamson	Ryston	34:32
5	Cody Pearman	Ryston	35:54
6	James Williamson	N/A	36:40
7	Lewis Pearson	WNAC	36:40
8	Ben Moore	RNTS	40:41
9	James Trim	Ryston	43:48

Senior women

Position	Name	Club	Time
1	Leanne Finch	BVH	33:58
2	Leonie Stimson	Ryston	46:31
3	Samantha Lupton	N/A	46:31
4	Emma Cuppello	NA	46:53

Master women 35-39

Position	Name	Club	Time
1	Katie King	St Eds	36:44
2	Anna Kahn	Ryston	40:36
3	Frankie Harrison	GYDAC	45:12
4	Alicia Pentelow	Ryston	45:26
5	LJ Winter	N/A	45:57
6	Katy Falcone	N/A	46:59

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7	Joanne Rodulfo	Ryston	72:39
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Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	36:29
2	Elizabeth Daly	Dereham	37:36
3	Kareana Symonds	Dereham	40:54
4	Frances Cooke	BVH	41:43
5	Leanne Bagge	Dereham	41:53
6	Charlotte Harris-Cook	BVH	44:21
7	Kim Coultard	TCRC	57:01

Master women 45-49

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	40:16
2	Anne-Marie King	Dereham	54:07
3	Megan Oram	Dereham	54:21

Master women 50-54

Position	Name	Club	Time
1	Jo Andrews	BBC	34:21
2	Claire Smithee	TCRC	54:07
3	Christine Payne	U/A	56:52
4	Lorraine Reeves	Brandon FH	63:03

*course record

Master women 55-59

Position	Name	Club	Time
1	Sue Swales	Dereham	61:48
2	Helen Driver	Ryston	72:30

Master women 60-64

Position	Name	Club	Time
1	Linda Marshall	Ryston	45:55
2	Sandra Rhodes	TCRC	58:47
3	Rita Rue	U/A	60:10

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	45:52
2	Elizabeth Blakie	Ryston	56:55

Master men 35-39

Position	Name	Club	Time
1	Callum Stanforth	WNAC	30:28
2	James Frusher	U/A	42:50
3	Christopher Cann	Ryston	44:31

Master men 40-44

Position	Name	Club	Time
1	Matt Howard	NRR	32:30
2	Daniel Smith	Ryston	33:34
3	William Winter	U/A	34:13
4	Chris Chaplin	Ryston	35:03
5	Mark Armstrong	Wymondham	36:07
6	Matthew Hooton	Wymondham	36:25
7	Craig Smitherman	Nor Gaz	37:54
8	Michael Eglington	Dereham	38:46
9	Benjamin Collison	WNAC	41:34
10	Simon Baker	Harling	42:03
11	Michael Falcone	U/A	42:18
12	Dan High	TCRC	46:48

Master men 45-49

Position	Name	Club	Time
1	Lee Quibell	BVH	36:53
2	Mark Ramsden	Ryston	36:59
3	Grant King	Dereham	39:02
4	Jacob Whitehouse	Ryston	40:03
5	Matthew Crane	BVH	42:06
6	Chris Vurley	Ryston	42:33
7	Rob Gosnell	WNAC	44:02
8	James Aldridge	Attleboro	46:45
9	Robert Last	Dereham	52:07

Master men 50-54

Position	Name	Club	Time
1	Phil Thompson	Ryston	37:16
2	Darren Easter	WNAC	37:33
3	Mark Garrett	WNAC	40:49
4	Jason Brunt	Nor Gaz	42:08
5	John Crowley	Ryston	46:40

Master men 55-59

Position	Name	Club	Time
1	Richard Ebbs	Ryston	33:46
2	Nicholas Bensley	Ryston	35:02
3	Jason Wing	Thetford	35:22
4	Wayne Ramsbottom	Dereham	38:45
5	Mark Tufts	Wymondham	42:20
6	John Greenhalgh	WNAC	42:29
7	James Stace	TCRC	46:29
8	James Nice	CoNAC	49:41
9	Adrian Hollis	Dereham	52:07

Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	37:23
2	Adrian Hall	Wymondham	39:48
3	Stuart Holmes	Camb Tri	40:19
4	Anthony Savage	Ryston	41:51
5	Peter Swales	Dereham	43:30
6	Kevin Richardson	Ryston	45:15
7	Richard Handoll	U/A	46:00
8	Les Phillips	TCRC	51:54

Master men 65+

Position	Name	Club	Time
1	Jit Patel	Ryston	41:00
2	Robert Morgan	St Eds	42:01
3	John Baxter	U/A	45:17
4	Pete Thompson	Norfolk Gazelles	46:03
5	Steve Rue	St Eds	47:08
6	Alan Burgin	Hunts AC	52:06
7	Christopher Milnes	Ryston	59:09
8	Robert Scarfe	Dereham	68:57

Overall Seniors and masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	WNAC	30:28	MM35-39
2	Matt Howard	NRR	32:30	MM40-44
3	Lewis English	WNAC	32:55	SM
4	Dylan Whitehouse	Ryston	32:56	SM
5	Gareth Hunt	Ryston	33:30	SM
6	Daniel Smith	Ryston	33:34	MM40-44
7	Richard Ebbs	Ryston	33:46	MM55-59
8	Leanne Finch	BVH	33:58	SW
9	William Winter	U/A	34:13	MM40-44
10	Jo Andrews	BBC	34:21	MW50-54
11	Andrew Williamson	Ryston	34:32	SM
12	Nicholas Bensley	Ryston	35:02	MM55-59
13	Chris Chaplin	Ryston	35:03	MM40-44
18	Jason Wing	Thetford	35:22	MM55-59
19	Cody Pearman	Ryston	35:54	SM
20	Mark Armstrong	Wymondham	36:07	MM40-44
21	Matthew Hooton	Wymondham	36:25	MM40-44
22	Juliette Watkinson	Wymondham	36:29	MW40-44
23	James Williamson	N/A	36:40	SM
24	Lewis Pearson	WNAC	36:40	SM
25	Katie King	St Eds	36:44	MW35-39
26	Lee Quibell	BVH	36:53	MM45-49
27	Mark Ramsden	Ryston	36:59	MM45-49
28	Phil Thompson	Ryston	37:16	MM50-54

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29	Kevin James Vaughan	Thetford	37:23	MM60-64
30	Darren Easter	WNAC	37:33	MM50-54
31	Elizabeth Daly	Dereham	37:36	MW40-44
32	Craig Smitherman	Nor Gaz	37:54	MM40-44
33	Wayne Ramsbottom	Dereham	38:45	MM55-59
34	Michael Eglington	Dereham	38:46	MM40-44
35	Grant King	Dereham	39:02	MM45-49
36	Adrian Hall	Wymondham	39:48	MM60-64
37	Jacob Whitehouse	Ryston	40:03	MM45-49
38	Claire Wilshaw	Camb Tri	40:16	MW45-49
39	Stuart Holmes	Camb Tri	40:19	MM60-64
40	Anna Kahn	Ryston	40:36	MW35-39
41	Ben Moore	RNTS	40:41	SM
42	Mark Garrett	WNAC	40:49	MM50-54
43	Kareana Symonds	Dereham	40:54	MW40-44
44	Jit Patel	Ryston	41:00	MM65+
45	Benjamin Collison	WNAC	41:34	MM40-44
46	Frances Cooke	BVH	41:43	MW40-44
47	Anthony Savage	Ryston	41:51	MM60-64
48	Leanne Bagge	Dereham	41:53	MW40-44
49	Robert Morgan	St Eds	42:01	MM65+
50	Simon Baker	Harling	42:03	MM40-44
51	Matthew Crane	BVH	42:06	MM45-49
52	Jason Brunt	Nor Gaz	42:08	MM50-54
53	Michael Falcone	U/A	42:18	MM40-44
54	Mark Tufts	Wymondham	42:20	MM55-59
55	John Greenhalgh	WNAC	42:29	MM55-59
56	Chris Vurley	Ryston	42:33	MM45-49
57	James Frusher	U/A	42:50	MM35-39
58	Peter Swales	Dereham	43:30	MM60-64
59	James Trim	Ryston	43:48	SM
60	Rob Gosnell	WNAC	44:02	MM45-49
61	Charlotte Harris-Cook	BVH	44:21	MW40-44
62	Christopher Cann	Ryston	44:31	MM35-39
63	Frankie Harrison	GYDAC	45:12	MW35-39
64	Kevin Richardson	Ryston	45:15	MM60-64
65	John Baxter	U/A	45:17	MM65+
66	Alicia Pentelow	Ryston	45:26	MW35-39
67	Jenny Morgan	St Eds	45:52	MW65+
68	Linda Marshall	Ryston	45:55	MW60-64
69	LJ Winter	N/A	45:57	MW35-39
70	Richard Handoll	U/A	46:00	MM60-64
71	Pete Thompson	Norfolk Gazelles	46:03	MM65+
72	James Stace	TCRC	46:29	MM55-59
73	Leonie Stimson	Ryston	46:31	SW
74	Samantha Lupton	N/A	46:31	SW
75	John Crowley	Ryston	46:40	MM50-54
76	James Aldridge	Attleboro	46:45	MM45-49

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77	Dan High	TCRC	46:48	MM40-44
78	Emma Cuppello	NA	46:53	SW
79	Katy Falcone	N/A	46:59	MW35-39
80	Steve Rue	St Eds	47:08	MM65+
81	James Nice	CoNAC	49:41	MM55-59
82	Les Phillips	TCRC	51:54	MM60-64
83	Alan Burgin	Hunts AC	52:06	MM65+
84	Adrian Hollis	Dereham	52:07	MM55-59
85	Robert Last	Dereham	52:07	MM45-49
86	Anne-Marie King	Dereham	54:07	MW45-49
87	Claire Smithee	TCRC	54:07	MW50-54
88	Megan Oram	Dereham	54:21	MW45-49
89	Christine Payne	U/A	56:52	MW50-54
90	Elizabeth Blakie	Ryston	56:55	MW65+
91	Kim Coultard	TCRC	57:01	MW40-44
92	Sandra Rhodes	TCRC	58:47	MW60-64
93	Christopher Milnes	Ryston	59:09	MM65+
94	Rita Rue	U/A	60:10	MW60-64
95	Sue Swales	Dereham	61:48	MW55-59
96	Lorraine Reeves	Brandon FH	63:03	MW50-54
97	Robert Scarfe	Dereham	68:57	MM65+
98	Helen Driver	Ryston	72:30	MW55-59
99	Joanne Rodulfo	Ryston	72:39	MW35-39

Under 17 boys

Bib	Name	Club	Time	81-100
86	Tobias Cheesbrough	CoNAC	16:45	U17B
84	Edward Murray	WNAC	17:03	U17B
83	Dylan Whitehouse	Ryston	18:29	U17B
82	Cody Pearman	Ryston	18:32	U17B

Under 17 girls

Bib	Name	Club	Time	81-100
85	Belle McKenzie	Ryston	21:53	U17G
81	Belle Watkins	BVH	24:41	U17G

Senior men

Bib	Name	Club	Time	536-570
542	Thomas McCarthy	U/A	17:19	SM
539	Samuel Worfolk	CoNAC	17:37	SM
548	Ben Keeley	Ryston	17:44	SM
551	Oliver Foxwell	Ryston	19:17	SM
547	Jacob Last	Dereham	19:45	SM
544	Brad Melville	Ryston	21:00	SM
549	Tristan Langley	Ryston	21:57	SM
546	Joseph Mercer	U/A	21:58	SM
545	William Crookes	U/A	22:04	SM
550	Ben Foxwell	Ryston	22:11	SM
541	Charles Smith	U/A	23:02	SM
537	Titus Brunton	Dereham	23:34	SM
540	James Trim	Ryston	27:09	SM

17:38

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22:12

Senior women

Bib	Name	Club	Time	472-490
472	Abbie Dickins	KLTC	20:26	SW
473	Erin Cordukes	U/A	28:28	SW
474	Bethany Fisher	Dereham	53:51	SW
475	Charlotte Smith	Ryston	23:54	SW
476	Alix Howard	Dereham	25:43	SW
477	Imogen Crooke	U/A	23:51	SW
478	Megan Miller	WNAC	20:54	SW
479	Dawn Robinson	Ryston	19:47	SW
480	Alice Grant	BVH	22:20	SW
481	Lucy Allen	U/A	25:16	SW
482	Jade Langley	Ryston	33:20	SW
483	Jess McKenzie	Ryston	19:13	SW

20:33

22:18

Master women 35-39

Bib	Name	Club	Time	325-350
325	Amy Allison	U/A	24:43	MW-35-39
327	Louise Rowe	Dereham	24:47	MW-35-39
329	Joanne Watkins	BVH	19:48	MW-35-39
330	Lauren Day	TCRC	23:44	MW-35-39
331	Vicki Newton	TCRC	23:23	MW-35-39
332	Charlotte Price	Ryston	26:55	MW-35-39
333	Kate Bamfield	U/A	24:38	MW-35-39
334	Caroline Fletcher	Dereham	26:39	MW-35-39

23:47

Master women 40-44				
Bib	Name	Club	Time	171-190
171	Emma Adcock	U/A	30:22	MW40-44
172	Sarah Melton-Whitelam	TCRC	24:56	MW40-44
173	Tessa Killingbeck	CoNAC	21:59	MW40-44
174	Lucy Baker	Aylsham	24:52	MW40-44
175	Lucinda Bullimore	GYDAC	23:00	MW40-44
176	Elizabeth Daly	Dereham	20:05	MW40-44
177	Sarah Johnson	TCRC	26:46	MW40-44
178	Juliette Watkinson	Wymondham	18:46	MW40-44
179	Mary De Las Casas	U/A	31:19	MW40-44
180	Claire Whitehouse	Ryston	28:16	MW40-44
181	Henrietta Green	Dereham	30:46	MW40-44
182	Louise Hudson	Dereham	22:22	MW40-44
183	Katie Apps	Dereham	41:34	MW40-44
184	Katherine Pratt	U/A	28:42	MW40-44

24:56:00

18:49

22:22

Master women 45-49				
Bib	Name	Club	Time	191-210
191	Becky Taylor	Ryston	22:28	MW45-49
192	Claire Smithee	TCRC	25:57	MW45-49
193	Megan Oram	Dereham	34:09	MW45-49
194	Mandy Thorpe	Dereham	41:39	MW45-49

45:52

Master women 50-54				
Bib	Name	Club	Time	211-224
211	Helen Driver	Ryston	35:26	MW50-54
212	Stephanie Ellis	BVH	25:35	MW50-54
213	Naomi Smith	TCRC	26:01	MW50-54
214	Lesley Robins	Ryston	22:17	MW50-54
215	Sarah Lamb	TCRC	35:40	MW50-54
216	Lorraine Parker	TCRC	27:04	MW50-54
217	Dawn Protheroe	Dereham	26:48	MW50-54
218	Lisa Harris	Ryston	24:54	MW50-54
219	Rebecca Maun	NNBR	23:17	MW50-54
220	Sam Lingwood	Dereham	31:57	MW50-54

26:00:00

Master women 55-59	
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Bib	Name	Club	Time	1-10
1	Terry Brunton	Dereham	26:08	MW55-59
2	Linda Marshall	Ryston	24:08	MW55-59
3	Sarah Jay	Aylsham	27:48	MW55-59
4	Elizabeth Hollis	Dereham	30:46	MW55-59
5	Ruth Chadwick	Dereham	23:34	MW55-59
6	Wendy Fisher	Ryston	27:29	MW55-59
7	Sue Swales	Dereham	28:12	MW55-59

Master women 60-64

Bib	Name	Club	Time	225-240
225	Maureen McCarthy	St Eds	22:54	MW60-64
226	Lynne Dowdy	RNTS	32:29	MW60-64
227	Karen Balcombe	NNBR	24:14	MW60-64
228	Sally Porter	BVH	30:07	MW60-64
229	Di Renshaw	Dereham	36:58	MW60-64
230	Rita Rue	St Eds	29:41	MW60-64
231	Amanda Baker	Dereham	28:04	MW60-64

Master women 65+

Bib	Name	Club	Time	782-799
782	Lynne Howlett	Ryston	26:53	MW65+
783	Sarah Dennis	U/A	34:35	MW65+
784	Jenny Morgan	St Eds	23:29	MW65+
785	Pauline Sparrow	Ryston	28:06	MW65+
786	Gill Hart	Ryston	35:37	MW65+

Master men 35-39

Bib	Name	Club	Time	275-300
275	Rob Simmonds	Ryston	16:40	MM35-39
276	Christopher Cann	Ryston	23:07	MM35-39
277	Darren Price	Ryston	22:42	MM35-39
278	Matt Howard	NRR	17:05	MM35-39

17:05

Master men 40-44

Bib	Name	Club	Time	617-645
617	Luke Pavey	Harling	20:07	MM40-44
618	Martin Jones	Wymondham	23:46	MM40-44
619	Ben Collison	WNAC	19:42	MM40-44
620	Chris Parker	NNBR	18:55	MM40-44
621	William Winter	U/A	23:21	MM40-44
622	Adam Howard	Ryston	25:00	MM40-44
623	Lee Quibell	BVH	19:57	MM40-44
624	Rob Skillings	Ryston	19:48	MM40-44
625	Richard Fletcher	U/A	24:20	MM40-44
626	Jacob Whitehouse	Ryston	21:16	MM40-44
627	John Dungar	BVH	22:10	MM40-44

19:50

Master men 45-49

Bib	Name	Club	Time	121-140
121	Stuart Martin	Ryston	20:26	MM45-49
123	Malcolm Fisher	Dereham	25:51	MM45-49
124	Dan Pratt	Ryston	21:51	MM45-49
125	Matthew Parker	Ryston	24:31	MM45-49
126	Matthew Crane	BVH	19:51	MM45-49
127	Mark Fountain	Ryston	22:57	MM45-49
128	Phil Newton	TCRC	23:22	MM45-49
129	Jamie Bransgrove	Ryston	20:48	MM45-49
130	Justin Gray	U/A	21:52	MM45-49
131	Robert Last	Dereham	23:39	MM45-49

Master men 50-54

Bib	Name	Club	Time	141-170
141	Neil Rivers	Dereham	21:48	MM50-54
142	Mark Crookes	BVH	22:13	MM50-54
143	Liam Dawson	Ryston	19:06	MM50-54
144	Steve Whitelam	TCRC	28:33	MM50-54
145	Jonathan Durward	Camb Tri	20:29	MM50-54
146	Jason Hawes	Ryston	22:13	MM50-54
147	Peter Bird	St Eds	21:23	MM50-54
149	Simon Taylor	U/A	22:34	MM50-54
150	Gavin Critchell	U/A	23:00	MM50-54
151	Nic Bensley	Ryston	18:36	MM50-54
152	Gary Malliband	Thetford	20:09	MM50-54
153	Craig Harris	Ryston	22:17	MM50-54
154	Matt Stone	BVH	20:16	MM50-54

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Master men 55-59

Bib	Name	Club	Time	579-610
579	Martin Adcock	BVH	24:41	MM55-59
580	Martin Elsegood	Ryston	37:42	MM55-59
581	Darren Edridge	U/A	22:01	MM55-59
582	Adrian Hall	Wymondham	19:54	MM55-59
583	Adrian Hollis	Dereham	22:49	MM55-59
584	Tony Lamb	TCRC	35:37	MM55-59
585	Malcolm Tuff	Ryston	17:57	MM55-59
586	Ian Patmore	Run DMC	22:58	MM55-59
587	David Lane	Ryston	51:06	MM55-59
588	Michael Protheroe	Dereham	53:51	MM55-59
589	Stuart Holmes	Camb Tri	20:04	MM55-59
590	Andrew Smith	U/A	23:55	MM55-59
591	Ian Brown	Dereham	21:55	MM55-59

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Master men 60-64

Bib	Name	Club	Time	101-120
101	Dave Brunton	U/A	24:13	MM60-64

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