

Under 9 boys

Position	Name	Club	Time
1	Charlie Foley-Wray	Ryston	3:04
2	Dylan Ward	T St C	3:06
3	Harry Leech	Rys/Ders	3:09
4	Edward Gayton	Gayton Pr	3:14
5	Harrison Reeve	Glebe	3:21
6	Jacob Green	WN/Huns Pr	3:31
7	Drew McMillan	CT Acad	3:44
8	Arthur Atkinson	CT Acad	3:52
9	Barnaby Loan	CT Acad	3:55
10	Teddy Sawyer	Gooderstone	4:09
11	Jonty Burnham	N/A	4:19
12	Grayson Durham	CT Acad	4:23
13	Freddie Druce-Stainer-Mo	CT Acad	4:28
14	Theo Wall	Dereham	4:31
15	Rupert Foley-Wray	Well NTS	4:33
16	Noah Simmonds	Ryston	4:34
17	Finn Dummelow	CT Acad	4:47
18	Charlie Green	Hunstanton Pr	4:48
19	Ethan Self-Smith	CT Acad	5:40
20	Oliver Kerr	CT Acad	6:09
21	Rory Young	CT Acad	6:13
22	Harrison Peberdy	CT Acad	6:32
23	Alfred Brody-Kahn	Gooderstone	6:51

Under 9 girls

Position	Name	Club	Time
1	Scarlett Sawyer	Gooderstone Pr	3:20
2	Florence Bartlett	GYDAC	3:22
3	Willow Burnham	N/A	3:25
4	Ariana Dixon	CT Acad	3:49
5	Rosie Beckham	CT Acad	4:08
6	Remi Reeve	CT Acad	4:17
7	Mabel Clarkson	CT Acad	4:25
8	Rosie Shepherd	Gooderstone	4:29
9	Aurora Cable	CT Acad	4:37
10	Evie-Mae Dunning	St Martin	4:52
11	Isabel Thompson	CT Acad	5:06
12	Abigail Kerr	CT Acad	5:21
13	Bella Ripley	CT Acad	5:34
14	Zara Cable	CT Acad	6:09
15	Eva Brody-Kahn	Gooderstone	6:50
16	Aster Brody-Kahn	Gooderstone	6:50
17	Bailey Thompson	Rainbow Nurs	10:34

Overall under 9s race

Position	Name	Club	Time	Category
1	Charlie Foley-Wray	Ryston	3:04	U9B
2	Dylan Ward	T St C	3:06	U9B
3	Harry Leech	Rys/Ders	3:09	U9B
4	Edward Gayton	Gayton Pr	3:14	U9B
5	Scarlett Sawyer	Gooderstone Pr	3:20	U9G
6	Harrison Reeve	Glebe	3:21	U9B
7	Florence Bartlett	GYDAC	3:22	U9G
8	Willow Burnham	N/A	3:25	U9G
9	Jacob Green	WN/Huns Pr	3:31	U9B
10	Drew McMillan	CT Acad	3:44	U9B
11	Ariana Dixon	CT Acad	3:49	U9G
12	Arthur Atkinson	CT Acad	3:52	U9B
13	Barnaby Loan	CT Acad	3:55	U9B
14	Rosie Beckham	CT Acad	4:08	U9G
15	Teddy Sawyer	Gooderstone	4:09	U9B
16	Remi Reeve	CT Acad	4:17	U9G
17	Jonty Burnham	N/A	4:19	U9B
18	Grayson Durham	CT Acad	4:23	U9B
19	Mabel Clarkson	CT Acad	4:25	U9G
20	Freddie Druce-Stainer-Mot	CT Acad	4:28	U9B
21	Rosie Shepherd	Gooderstone	4:29	U9G
22	Theo Wall	Dereham	4:31	U9B
23	Rupert Foley-Wray	Well NTS	4:33	U9B
24	Noah Simmonds	Ryston	4:34	U9B
25	Aurora Cable	CT Acad	4:37	U9G
26	Finn Dummelow	CT Acad	4:47	U9B
27	Charlie Green	Hunstanton Pr	4:48	U9B
28	Evie-Mae Dunning	St Martin	4:52	U9G
29	Isabel Thompson	CT Acad	5:06	U9G
30	Abigail Kerr	CT Acad	5:21	U9G
31	Bella Ripley	CT Acad	5:34	U9G
32	Ethan Self-Smith	CT Acad	5:40	U9B
33	Oliver Kerr	CT Acad	6:09	U9B
34	Zara Cable	CT Acad	6:09	U9G
35	Rory Young	CT Acad	6:13	U9B
36	Harrison Peberdy	CT Acad	6:32	U9B
37	Eva Brody-Kahn	Gooderstone	6:50	U9G
38	Aster Brody-Kahn	Gooderstone	6:50	U9G
39	Alfred Brody-Kahn	Gooderstone	6:51	U9B
40	Bailey Thompson	Rainbow Nurs	10:34	U9G

Under 11 boys

Position	Name	Club	Time
1	Peter Aldous	Attleboro	8:03
2	Noah Ward	T St C	8:09
3	William Niven	Dereham	8:23
4	Felix Thorn	WVAC	8:28
5	Charlie Holland	WVAC	8:39
6	Oscar Thorn	WVAC	8:46
7	William Ward	WNAC/T St C	8:50
8	Harry Hollinger	NNH	8:55
9	Ethan Moore	Hillcrest	9:05
10	Freddie Mitchell	U/A	9:10
11	Isaac Webster	CT Acad	10:33
12	Dexter Young	Ryston/Ant Cur	10:42
13	George Dutchak	CT Acad	13:05
14	Joseph Bennett	CT Acad	13:06
15	Archer Richardson	Gayton Pr	13:55

Under 11 girls

Position	Name	Club	Time
1	Felicity Allen	U/A	8:41
2	Emioly De Bootman	Ryston/Gayton	9:18
3	Alice De Bootman	Ryston/Gayton	9:24
4	Jessica Watts	WNAC	9:52
5	Kate Watkinson	Attleboro	10:15
6	Maya Marcinek	Rys/Whitefriars	10:23
7	Lara Reeve	Glebe	10:31
8	Ella-Joy Hollinger	NNH	10:34
9	Ines Tuya-Gomez	St Francis	12:10
10	Darcey Durham	CT Acad	13:41
11	Chloe Gayton	WN/Gayton	13:42
12	Angelica Ripley	CT Acad	15:20
13	Amelie O'Connor	Dereham	15:49
14	Merryn Jones	CT Acad	15:56
15	Isla Miller	CT Acad	16:21
16	Kiki Reeve	CT Acad	16:53

Overall under 11s race

Position	Name	Club	Time	Category
1	Peter Aldous	Attleboro	8:03	U11B
2	Noah Ward	T St C	8:09	U11B
3	William Niven	Dereham	8:23	U11B
4	Felix Thorn	WVAC	8:28	U11B
5	Charlie Holland	WVAC	8:39	U11B
6	Felicity Allen	U/A	8:41	U11G
7	Oscar Thorn	WVAC	8:46	U11B
8	William Ward	WNAC/T St C	8:50	U11B
9	Harry Hollinger	NNH	8:55	U11B
10	Ethan Moore	Hillcrest	9:05	U11B
11	Freddie Mitchell	U/A	9:10	U11B
12	Emioly De Bootman	Ryston/Gayton	9:18	U11G
13	Alice De Bootman	Ryston/Gayton	9:24	U11G
14	Jessica Watts	WNAC	9:52	U11G
15	Kate Watkinson	Attleboro	10:15	U11G
16	Maya Marcinek	Rys/Whitefriars	10:23	U11G
17	Lara Reeve	Glebe	10:31	U11G
18	Isaac Webster	CT Acad	10:33	U11B
19	Ella-Joy Hollinger	NNH	10:34	U11G
20	Dexter Young	Ryston/Ant Cur	10:42	U11B
21	Ines Tuya-Gomez	St Francis	12:10	U11G
22	George Dutchak	CT Acad	13:05	U11B
23	Joseph Bennett	CT Acad	13:06	U11B
24	Darcey Durham	CT Acad	13:41	U11G
25	Chloe Gayton	WN/Gayton	13:42	U11G
26	Archer Richardson	Gayton Pr	13:55	U11B
27	Angelica Ripley	CT Acad	15:20	U11G
28	Amelie O'Connor	Dereham	15:49	U11G
29	Merryn Jones	CT Acad	15:56	U11G
30	Isla Miller	CT Acad	16:21	U11G
31	Kiki Reeve	CT Acad	16:53	U11G

Under 13 boys

Position	Name	Club	Time
1	Cody Holland	WVAC	10:55
2	James Watts	WNAC	11:09
3	Alfred Goodson	CONAC	11:37
4	Alex Tuya Gomez	CONAC	12:00

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5	Jude Osborne	CoNAC	12:04
6	Toby Drews	NNh	14:35

Under 13 girls

Position	Name	Club	Time
1	Mabelle Chadderton	Ren Run	12:42
2	Amelie Watkinson	Attleboro	13:44
3	Nellie Chadderton	Ren Run	13:52
4	Isla Harding	GYDAC	13:55

Under 15 boys

Position	Name	Club	Time
1	Oliver Sanlon	Ryston	11:56
2	Luke Till	Ryston	12:16

Under 15 girls

Position	Name	Club	Time
1	Casey Ward	WNAC	13:12
2	Summer James	Ryston	13:21
3	Kayla-Leigh Nurse	Gydac	13:37
4	Sophie Wright	Attleboro	14:22
5	Imogen O'Connor	Dereham	17:15
6	India Richardson	WNAC	17:21

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Cody Holland	WVAC	10:55	U13B
2	James Watts	WNAC	11:09	U13B
3	Alfred Goodson	CONAC	11:37	U13B
4	Oliver Sanlon	Ryston	11:56	U15B
5	Alex Tuyá Gomez	CONAC	12:00	U13B
6	Jude Osborne	CoNAC	12:04	U13B
7	Luke Till	Ryston	12:16	U15B
8	Mabelle Chadderton	Ren Run	12:42	U13G
9	Casey Ward	WNAC	13:12	U15G
10	Summer James	Ryston	13:21	U15G
11	Kayla-Leigh Nurse	Gydac	13:37	U15G
12	Amelie Watkinson	Attleboro	13:44	U13G
13	Nellie Chadderton	Ren Run	13:52	U13G
14	Isla Harding	GYDAC	13:55	U13G
15	Sophie Wright	Attleboro	14:22	U15G

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16	Toby Drews	NNh	14:35	U13B
17	Imogen O'Connor	Dereham	17:15	U15G
18	India Richardson	WNAC	17:21	U15G

Under 17 boys

Position	Name	Club	Time
1	Ethan Ward	WNAC	22:43
2	Oliver Gayton	WNAC	34:05

Under 17 girls

Position	Name	Club	Time
1	Anastasja Wall	Dereham	36:42

Senior men

Position	Name	Club	Time
1	Dylan Whitehouse	Ryston	23:48
2	Gareth Hunt	Ryston	24:18
3	Alex Walpole	NNBR	25:06
4	Andrew Williamson	Ryston	27:40
5	Tom Roberts	U/A	30:56
6	James Trim	Ryston	31:36

Senior women

Position	Name	Club	Time
1	Alice Brentnall	U/A	30:36
2	Leonie Stimson	Ryston	31:54
3	Belle Watkins	BVH	32:07
4	Lindsay Bird	U/A	33:07
5	Rebecca Blakie	Ryston	33:11
6	Rebecca Keeley	Ryston	37:44

Master women 35-39

Position	Name	Club	Time
1	Dawn Robinson	Ryston	27:11
2	Anna Kahn	Ryston	29:09
3	Cat Foley-Wray	Ryston	29:11
4	Vicky Newton	TCRC	31:28
5	Kellie Stevens	Ryston	41:22

Master women 40-44

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Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	26:34
2	Kareana Symonds	Dereham	29:21
3	Joanne Watkins	BVH	29:53
4	Laura Black	Dereham	34:13
5	Sarah Johnson	TCRC	34:43
6	Jurgita Jarusauskiene	U/A	36:47
7	Kerrie Page	Ryston	37:58
8	Kim Coultard	TCRC	39:23

Master women 45-49

Position	Name	Club	Time
1	Kristy Guneratne	St Rad	29:36
2	Anne-Marie King	Dereham	33:06
3	irena Marcinek	Ryston	33:17
4	Claire Whitehouse	Ryston	39:13
5	Gaye Demirsoy	Dereham	43:53

Master women 50-54

Position	Name	Club	Time
1	Jo Andrews	BBD	25:13
2	Claire Smithee	TCRC	37:06
3	Christine Payne	U/A	38:59
4	Lorraine Reeves	Brandon FH	44:18
5	Mandie Thorpe	Dereham	45:13
6	Claire Gayton	N/A	46:58

*course record

Master women 55-59

Position	Name	Club	Time
1	Eloise Bird	St Eds	33:28
2	Isabel Latter	Ryston	33:34
3	Dawn Protheroe	Dereham	35:46
4	Janet Nash	U/A	41:17
5	Sue Swales	Dereham	42:28
6	Debbie Crowley	Ryston	44:11
7	Helen Driver	Ryston	48:49

Master women 60-64

Position	Name	Club	Time
1	Maureen McCarthy	St Eds	31:23
2	Linda Marshall	Ryston	33:39
3	Wendy Fisher	Ryston	37:46
4	Rita Rue	U/A	43:28

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	33:08
2	Lynne Howlett	Ryston	37:14
3	Elizabeth Blakie	Ryston	40:21
4	Eva Osborne	Wymondham	43:33
5	Sarah Dennis	N/A	46:37
6	Hazel Cason	Dereham	49:55

Master men 35-39

Position	Name	Club	Time
1	Callum Stanforth	WNAC	22:17
2	Ben Keeley	Ryston	24:28
3	Christopher Cann	Ryston	30:37
4	Matthew Freezer	RNTS	35:38

Master men 40-44

Position	Name	Club	Time
1	David Sparshott	WNAC	23:00
2	Daniel Smith	Ryston	24:06
3	Chris Chaplin	Ryston	24:52
4	Michael Eglington	Dereham	25:26
5	Wayne Gayton	WNAC	27:57
6	Benjamin Collison	WNAC	28:05
7	Daniel High	TCRC	33:46

Master men 45-49

Position	Name	Club	Time
1	Mark Ramsden	Ryston	26:50
2	Lee Quibell	BVH	27:00
3	John Thorn	WVAC	28:28
4	Jacob Whitehouse	Ryston	28:47
5	Rob Gosnell	WNAC	31:01
6	Phil Newton	TCRC	31:21
7	Robert Last	Dereham	31:44
8	James Aldridge	Attleboro	34:32

Master men 50-54

Position	Name	Club	Time
1	Gary Malliband	Thetford	27:50
2	Mark Garrett	WNAC	29:00
3	Peter Bird	St Eds	29:33
4	John Crowley	Ryston	32:30
5	Philip Websdale	Dereham	35:36

Master men 55-59

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Position	Name	Club	Time
1	Nic Bensley	Ryston	25:25
2	Jason Wing	Thetford	25:54
3	Wayne Ramsbottom	Dereham	28:36
4	Tony Beales	Wymondham AC	29:50
5	John Greenhalgh	WNAC	30:29
6	Adrian Hollis	Dereham	31:13
7	Martin Ive	Ryston	31:42
8	Chris Wood	U/A	33:35
9	James Nice	CoNAC	35:54
10	Michael Protheroe	Dereham	37:21

Master men 60-64

Position	Name	Club	Time
1	Kevin James Vaughan	Thetford	26:27
3	Adrian Hall	Wymondham	27:24
4	Greg Davis	WNAC	29:04
5	Anthony Savage	Ryston	29:22
6	Ian Cunnington	St Eds	30:23
7	Mick Henderson	Ryston	30:50
8	Ian Todd	Dereham	30:58
9	Tom Drew	U/A	31:50
10	Peter Swales	Dereham	33:24
11	Winston Wannop	St Rad	35:31
12	Les Phillips	TCRC	38:57
13	Martin Elsegood	Ryston	47:55

Master men 65+

Position	Name	Club	Time
1	Jit Patel	Ryston	29:40
2	Robert Morgan	St Eds	31:11
3	Kevin Howlett	Ryston	31:45
4	Pete Thompson	Norf Gaz	32:37
5	Steven Rue	St Eds	33:06
6	Andrew Hammond	Nor Gaz	33:50
7	Mike Brentnall	U/A	37:33
8	Andrew Body	Phoenix Str	40:46
9	John Nash	U/A	41:16

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	WNAC	22:17	MM35-39
2	Ethan Ward	WNAC	22:43	U17B
3	David Sparshott	WNAC	23:00	MM40-44
4	Dylan Whitehouse	Ryston	23:48	SM
5	Daniel Smith	Ryston	24:06	MM40-44

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6	Gareth Hunt	Ryston	24:18	SM
7	Ben Keeley	Ryston	24:28	MM35-39
8	Chris Chaplin	Ryston	24:52	MM40-44
9	Alex Walpole	NNBR	25:06	SM
10	Jo Andrews	BBD	25:13	MW50-54
11	Nic Bensley	Ryston	25:25	MM55-59
12	Michael Eglington	Dereham	25:26	MM40-44
13	Jason Wing	Thetford	25:54	MM55-59
14	Kevin James Vaughan	Thetford	26:27	MM60-64
15	Juliette Watkinson	Wymondham	26:34	MW40-44
16	Mark Ramsden	Ryston	26:50	MM45-49
17	Lee Quibell	BVH	27:00	MM45-49
18	Dawn Robinson	Ryston	27:11	MW35-39
19	Adrian Hall	Wymondham	27:24	MM60-64
20	Andrew Williamson	Ryston	27:40	SM
21	Gary Malliband	Thetford	27:50	MM50-54
22	Wayne Gayton	WNAC	27:57	MM40-44
23	Benjamin Collison	WNAC	28:05	MM40-44
24	John Thorn	WVAC	28:28	MM45-49
25	Wayne Ramsbottom	Dereham	28:36	MM55-59
26	Jacob Whitehouse	Ryston	28:47	MM45-49
27	Mark Garrett	WNAC	29:00	MM50-54
28	Greg Davis	WNAC	29:04	MM60-64
29	Anna Kahn	Ryston	29:09	MW35-39
30	Cat Foley-Wray	Ryston	29:11	MW35-39
31	Kareana Symonds	Dereham	29:21	MW40-44
32	Anthony Savage	Ryston	29:22	MM60-64
33	Peter Bird	St Eds	29:33	MM50-54
34	Kristy Guneratne	St Rad	29:36	MW45-49
35	Jit Patel	Ryston	29:40	MM65+
36	Tony Beales	Wymondham AC	29:50	MM55-59
37	Joanne Watkins	BVH	29:53	MW40-44
38	Ian Cunnington	St Eds	30:23	MM60-64
39	John Greenhalgh	WNAC	30:29	MM55-59
40	Alice Brentnall	U/A	30:36	SW
41	Christopher Cann	Ryston	30:37	MM35-39
42	Mick Henderson	Ryston	30:50	MM60-64
43	Tom Roberts	U/A	30:56	SM
44	Ian Todd	Dereham	30:58	MM60-64
45	Rob Gosnell	WNAC	31:01	MM45-49
46	Robert Morgan	St Eds	31:11	MM65+
47	Adrian Hollis	Dereham	31:13	MM55-59
48	Phil Newton	TCRC	31:21	MM45-49
49	Maureen McCarthy	St Eds	31:23	MW60-64
50	Vicky Newton	TCRC	31:28	MW35-39
51	James Trim	Ryston	31:36	SM

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52	Martin Ive	Ryston	31:42	MM55-59
53	Robert Last	Dereham	31:44	MM45-49
54	Kevin Howlett	Ryston	31:45	MM65+
55	Tom Drew	U/A	31:50	MM60-64
56	Leonie Stimson	Ryston	31:54	SW
57	Belle Watkins	BVH	32:07	SW
58	John Crowley	Ryston	32:30	MM50-54
59	Pete Thompson	Norf Gaz	32:37	MM65+
60	Steven Rue	St Eds	33:06	MM65+
61	Anne-Marie King	Dereham	33:06	MW45-49
62	Lindsay Bird	U/A	33:07	SW
63	Jenny Morgan	St Eds	33:08	MW65+
64	Rebecca Blakie	Ryston	33:11	SW
65	irena Marcinek	Ryston	33:17	MW45-49
66	Peter Swales	Dereham	33:24	MM60-64
67	Eloise Bird	St Eds	33:28	MW55-59
68	Isabel Latter	Ryston	33:34	MW55-59
69	Chris Wood	U/A	33:35	MM55-59
70	Linda Marshall	Ryston	33:39	MW60-64
71	Daniel High	TCRC	33:46	MM40-44
72	Andrew Hammond	Nor Gaz	33:50	MM65+
73	Oliver Gayton	WNAC	34:05	U17B
74	Laura Black	Dereham	34:13	MW40-44
75	James Aldridge	Attleboro	34:32	MM45-49
76	Sarah Johnson	TCRC	34:43	MW40-44
77	Winston Wannop	St Rad	35:31	MM60-64
78	Philip Websdale	Dereham	35:36	MM50-54
79	Matthew Freezer	RNTS	35:38	MM35-39
80	Dawn Protheroe	Dereham	35:46	MW55-59
81	James Nice	CoNAC	35:54	MM55-59
82	Anastasja Wall	Dereham	36:42	U17G
83	Jurgita Jarusauskiene	U/A	36:47	MW40-44
84	Claire Smithee	TCRC	37:06	MW50-54
85	Lynne Howlett	Ryston	37:14	MW65+
86	Michael Protheroe	Dereham	37:21	MM55-59
87	Mike Brentnall	U/A	37:33	MM65+
88	Rebecca Keeley	Ryston	37:44	SW
89	Wendy Fisher	Ryston	37:46	MW60-64
90	Kerrie Page	Ryston	37:58	MW40-44
91	Les Phillips	TCRC	38:57	MM60-64
92	Christine Payne	U/A	38:59	MW50-54
93	Claire Whitehouse	Ryston	39:13	MW45-49
94	Kim Coultard	TCRC	39:23	MW40-44
95	Elizabeth Blakie	Ryston	40:21	MW65+
96	Andrew Body	Phoenix Str	40:46	MM65+
97	John Nash	U/A	41:16	MM65+

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98	Janet Nash	U/A	41:17	MW55-59
99	Kellie Stevens	Ryston	41:22	MW35-39
100	Sue Swales	Dereham	42:28	MW55-59
101	Rita Rue	U/A	43:28	MW60-64
102	Eva Osborne	Wymondham	43:33	MW65+
103	Gaye Demirsoy	Dereham	43:53	MW45-49
104	Debbie Crowley	Ryston	44:11	MW55-59
105	Lorraine Reeves	Brandon FH	44:18	MW50-54
106	Mandie Thorpe	Dereham	45:13	MW50-54
107	Sarah Dennis	N/A	46:37	MW65+
108	Claire Gayton	N/A	46:58	MW50-54
109	Martin Elsegood	Ryston	47:55	MM60-64
110	Helen Driver	Ryston	48:49	MW55-59
111	Hazel Cason	Dereham	49:55	MW65+