

Under 9 boys

Position	Name	Club	Time
1	Dylan Ward	T St C	3:12
2	Charlie Foley-Wray	Ryston	3:16
3	Harry Leech	Rys/Dersin	3:17
4	Edward Gayton	Gayton Pr	3:18
5	Harrison Reeve	Glebe	3:23
6	Ralphie Carlton	CT Acad	3:32
7	Jacob Green	WNAC/Hunst	3:35
8	Henry Hollingsworth	Dersing	3:37
9	Arthur Atkinson	CT Acad	3:44
10	Luke Sparshott	Harpley	4:04
11	Barnaby Loan	CT Acad	4:09
12	Jonty Burnham	N/A	4:14
13	Theo Wall	Dereham	4:21
14	Alby Loan	CT Acad	4:21
15	Max Bamfield	Whitefriars	4:23
16	George Doran	GYDAC	4:27
17	Abe Gosnell	Nt Wtn/WN	4:31
18	Freddie Druce-Stainer-Mo	CT Acad	4:44
19	Charlie Green	Hunstanton Pr	4:47
20	Finn Dummelow	CT Acad	4:50
21	Rupert Foley-Wray	Ryston	4:50
22	Luca Falcone	Thurston Pr	4:53
23	Tadhg Webber	CT Acad	5:00
24	Harrison Peberdy	CT Acad	5:14
25	Ethan Self-Smith	CT Acad	5:34
26	Rory Young	Antony Cu	6:27

Under 9 girls

Position	Name	Club	Time
1	Scarlett Sawyer	Gooderstone Pr	3:18
2	Willow Burnham	U/A	3:22
3	Florence Bartlett	GYDAC	3:25
4	Ines Tuya Gomez	U/A	3:50
5	Thea Howard	U/A	3:54
6	Ailish Smitherman	U/A	4:02
7	Betsie Teanby	Tilney AS	4:08
8	Rosie Beckham	CT Acad	4:15
9	Remi Reeve	CT Acad	4:17
10	Ariana Dixon	CT Acad	4:20
11	Elsie De Bootman	Gayton	4:22
12	Aurora Cable	CT Acad	4:39
13	Isabel Thompson	CT Acad	4:47
14	Abigail Kerr	CT Acad	5:21
15	Evie-Mae Dunning	St Martin	5:27
16	Zara Cable	CT Acad	5:40

Overall under 9s race

Position	Name	Club	Time	Category
1	Dylan Ward	T St C	3:12	U9B
2	Charlie Foley-Wray	Ryston	3:16	U9B
3	Harry Leech	Rys/Dersin	3:17	U9B
4	Scarlett Sawyer	Gooderstone Pr	3:18	U9G
5	Edward Gayton	Gayton Pr	3:18	U9B
6	Willow Burnham	U/A	3:22	U9G
7	Harrison Reeve	Glebe	3:23	U9B
8	Florence Bartlett	GYDAC	3:25	U9G
9	Ralphie Carlton	CT Acad	3:32	U9B
10	Jacob Green	WNAC/Hunst	3:35	U9B
11	Henry Hollingsworth	Dersing	3:37	U9B
12	Arthur Atkinson	CT Acad	3:44	U9B
13	Ines Tuya Gomez	U/A	3:50	U9G
14	Thea Howard	U/A	3:54	U9G
15	Ailish Smitherman	U/A	4:02	U9G
16	Luke Sparshott	Harpley	4:04	U9B
17	Betsie Teanby	Tilney AS	4:08	U9G
18	Barnaby Loan	CT Acad	4:09	U9B
19	Jonty Burnham	N/A	4:14	U9B
20	Rosie Beckham	CT Acad	4:15	U9G
21	Remi Reeve	CT Acad	4:17	U9G
22	Ariana Dixon	CT Acad	4:20	U9G
23	Theo Wall	Dereham	4:21	U9B
24	Alby Loan	CT Acad	4:21	U9B
25	Elsie De Bootman	Gayton	4:22	U9G
26	Max Bamfield	Whitefriars	4:23	U9B
27	George Doran	GYDAC	4:27	U9B
28	Abe Gosnell	Nt Wtn/WN	4:31	U9B
29	Aurora Cable	CT Acad	4:39	U9G
30	Freddie Druce-Stainer-Mo	CT Acad	4:44	U9B
31	Charlie Green	Hunstanton Pr	4:47	U9B
32	Isabel Thompson	CT Acad	4:47	U9G
33	Finn Dummelow	CT Acad	4:50	U9B
34	Rupert Foley-Wray	Ryston	4:50	U9B
35	Luca Falcone	Thurston Pr	4:53	U9B
36	Tadhg Webber	CT Acad	5:00	U9B
37	Harrison Peberdy	CT Acad	5:14	U9B
38	Abigail Kerr	CT Acad	5:21	U9G
39	Evie-Mae Dunning	St Martin	5:27	U9G
40	Ethan Self-Smith	CT Acad	5:34	U9B
41	Zara Cable	CT Acad	5:40	U9G
42	Rory Young	Antony Cu	6:27	U9B

Under 11 boys

Position	Name	Club	Time
1	Peter Aldous	Attleboro	8:01
2	Noah Ward	T St C	8:19
3	Arthur Hollingsworth	WN/Ders	8:26
4	William Niven	Dereham	8:27
5	Harris Smitherman	CoNAC	8:50
6	Pablo Tuya Gomez	CONAC	8:51
7	William Ward	T St C/WN	8:55
8	Felix Thorn	WVAC	9:15
9	Oscar Thorn	WVAC	9:16
10	Ethan Moore	Hillcrest	9:19
11	Percy Carlton	CT Acad	10:20
12	Arthur Teanby	Tilney AS	10:24
13	Dexter Young	Ryston/Ant Cur	10:28
14	Pedro Fernández-Olano	U/A	11:44
15	Alfie Bamfield	Whitefriars	12:10
16	Joseph Bennett	CT Acad	13:16
17	George Dutchak	CT Acad	13:46

Under 11 girls

Position	Name	Club	Time
1	Felicity Allen	U/A	8:24
2	Emily De Bootman	Ryston/Gayton	9:02
3	Alice De Bootman	Ryston/Gayton	9:09
4	Lauren Lawrence	WNAC	9:30
5	Dana Bishop	Wnac/Hillcrest	9:38
6	Jessica Watts	WN	9:39
7	Rebecca Hargrave	CoNAC	10:10
8	Jessica Groat	Hillcrest	10:21
9	Lara Reeve	Glebe	10:35
10	Chloe Gayton	WNAC/Gayton	12:15
11	Ida Hooten	CT Acad	13:36
12	Alexandra Atkison	CT Acad	14:38
13	Madelyn Reece	CT Acad	15:17

Overall under 11s race

Position	Name	Club	Time	Category
1	Peter Aldous	Attleboro	8:01	U11B
2	Noah Ward	T St C	8:19	U11B
3	Felicity Allen	U/A	8:24	U11G
4	Arthur Hollingsworth	WN/Ders	8:26	U11B
5	William Niven	Dereham	8:27	U11B
6	Harris Smitherman	CoNAC	8:50	U11B
7	Pablo Tuya Gomez	CONAC	8:51	U11B
8	William Ward	T St C/WN	8:55	U11B
9	Emily De Bootman	Ryston/Gayton	9:02	U11G
10	Alice De Bootman	Ryston/Gayton	9:09	U11G

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11	Felix Thorn	WVAC	9:15	U11B
12	Oscar Thorn	WVAC	9:16	U11B
13	Ethan Moore	Hillcrest	9:19	U11B
14	Lauren Lawrence	WNAC	9:30	U11G
15	Dana Bishop	Wnac/Hillcrest	9:38	U11G
16	Jessica Watts	WN	9:39	U11G
17	Rebecca Hargrave	CoNAC	10:10	U11G
18	Percy Carlton	CT Acad	10:20	U11B
19	Jessica Groat	Hillcrest	10:21	U11G
20	Arthur Teanby	Tilney AS	10:24	U11B
21	Dexter Young	Ryston/Ant Cur	10:28	U11B
22	Lara Reeve	Glebe	10:35	U11G
23	Pedro Fernández-Olano	U/A	11:44	U11B
24	Alfie Bamfield	Whitefriars	12:10	U11B
25	Chloe Gayton	WNAC/Gayton	12:15	U11G
26	Joseph Bennett	CT Acad	13:16	U11B
27	Ida Hooten	CT Acad	13:36	U11G
28	George Dutchak	CT Acad	13:46	U11B
29	Alexandra Atkison	CT Acad	14:38	U11G
30	Madelyn Reece	CT Acad	15:17	U11G

Under 13 boys

Position	Name	Club	Time
1	James Watts	WNAC	11:06
2	Alfred Goodson	CoNAC	11:20
3	Alex Tuya Gomez	CoNAC	11:22
4	Michael Hargrave	CoNAC	11:38
5	Freddie Hubbard	Ryston	11:55
6	George Mawditt	Dereham	11:59
7	Jude Osborne	CoNAC	12:00
8	Toby Drews	NNH	12:20
9	Fergus Smitherman	CoNAC	14:01
10	Rhys Howard	WNAC	17:32

Under 13 girls

Position	Name	Club	Time
1	Tabatha Oppenheim	CoNAC	12:35
2	Mabelle Chadderton	Ren Run	12:56
3	Alba Bartlett	GYDAC	13:03
4	Lydia Aldous	Attleboro	13:26
5	Isla Harding	GYDAC	13:39
6	Nellie Chadderton	Ryston	14:46

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Under 15 boys

Position	Name	Club	Time
1	Cameron Niven	Dereham	11:40
2	Luke Till	Ryston	11:53
3	Aidan Howard	WNAC	12:20
4	Oliver Sanlon	Ryston	12:45

Under 15 girls

Position	Name	Club	Time
1	Summer James	Ryston	12:49
2	Casey Ward	WNAC	12:57
3	Kayla Leigh-Nurse	GYDAC	14:54
7	Seren Williams	Attleboro	15:54
4	India Richardson	WNAC	17:14

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	James Watts	WNAC	11:06	U13B
2	Alfred Goodson	CoNAC	11:20	U13B
3	Alex Tuya Gomez	CoNAC	11:22	U13B
4	Michael Hargrave	CoNAC	11:38	U13B
5	Cameron Niven	Dereham	11:40	U15B
6	Luke Till	Ryston	11:53	U15B
7	Freddie Hubbard	Ryston	11:55	U13B
8	George Mawditt	Dereham	11:59	U13B
9	Jude Osborne	CoNAC	12:00	U13B
10	Aidan Howard	WNAC	12:20	U15B
11	Toby Drews	NNH	12:20	U13B
12	Tabatha Oppenheim	CoNAC	12:35	U13G
13	Oliver Sanlon	Ryston	12:45	U15B
14	Summer James	Ryston	12:49	U15G
15	Mabelle Chadderton	Ren Run	12:56	U13G
16	Casey Ward	WNAC	12:57	U15G
17	Alba Bartlett	GYDAC	13:03	U13G
18	Lydia Aldous	Attleboro	13:26	U13G
19	Isla Harding	GYDAC	13:39	U13G
20	Fergus Smitherman	CoNAC	14:01	U13B
21	Nellie Chadderton	Ryston	14:46	U13G
22	Kayla Leigh-Nurse	GYDAC	14:54	U15G
23	Seren Williams	Attleboro	15:54	U15G
24	India Richardson	WNAC	17:14	U15G
25	Rhys Howard	WNAC	17:32	U13B

Under 17 boys

Position	Name	Club	Time
1	Ethan Ward	WNAC	16:47
2	Henry Gosnell	WNAC	21:31
3	Oliver Gayton	WNAC	23:16

Under 17 girls

Position	Name	Club	Time
1	Eva Wccles	BVH	22:39
2	Anastasja Wall	Dereham	25:15

Senior men

Position	Name	Club	Time
1	Ben Smith	U/A	16:59
2	Dylan Whitehouse	Ryston	17:32
3	Cody Pearman	Ryston	18:19
4	Lewis English	WNAC	18:20
5	Andy Williamson	Ryston	19:22
6	Ben Foxwell	WNAC	21:54
7	James Trim	Ryston	23:01
8	Aaron Protheroe	Dereham	27:33

Senior women

Position	Name	Club	Time
1	Alice Horney	NRR	20:24
2	Memphis Symonds	CoNAC	20:41
3	Isabella McKenzie	Ryston	21:46
4	Samantha Lupton	Ryston	23:17
5	Belle Watkins	BVH	24:11
6	Lindsay Bird	Ryston	24:23
7	Olivia Chaplin	Ryston	25:05
8	Charlotte Smith	U/A	25:44
9	Rebecca Gibbs	U/A	25:49
10	Emma Harley-Bond	U/A	26:50
11	Rebecca Keeley	Ryston	28:25

Master women 35-39

Position	Name	Club	Time
1	Dawn Robinson	Ryston	20:02
2	Frankie Harrison	GYDAC	24:24
3	Kellie Stevens	Ryston	29:54
4	Dani Fonseca	U/A	30:19
5	Jo Rodolfo	Ryston	34:28

Master women 40-44

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	20:25
2	Joanne Watkins	BVH	21:07
3	Kate Bamfield	U/A	24:46
4	Laura Winter	U/A	25:10
5	Kerrie Page	Ryston	27:20
6	Kim Coultard	TCRC	29:36

Master women 45-49

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	20:40
2	Kristy Guneratne	St Rad RDC	20:48
3	Kareana Symonds	Dereham	22:41
4	Jame Williams	Harling	24:50
5	Lucy McDowie	Ryston	25:25
6	Emma Thompson	Ryston	26:40

Master women 50-54

Position	Name	Club	Time
1	Claire Smithee	TCRC	28:16
2	Christine Payne	U/A	28:59
3	Tracy Adams	TCRC	29:37
4	Diane Tyler	TCRC	32:50

Master women 55-59

Position	Name	Club	Time
1	Eloise Bird	St Ed Pacers	25:46
2	Dawn Protheroe	Dereham	26:44
3	Debbie Crowley	Ryston	32:54
4	Sarah Lamb	TCRC	33:46
5	Helen Driver	Ryston	36:54

Master women 60-64

Position	Name	Club	Time
1	Christine Anthony	St Ed Pacers	23:52
2	Linda Marshall	Ryston	25:09
3	Tracie Draeger	Wymondham	26:37
4	Wendy Fisher	Ryston	28:32
5	Deborah Gibson	Team Trackless	28:57
6	Helen Reed	Ryston	33:55

Master women 65+

Position	Name	Club	Time
1	Elizabeth Blakie	Ryston	30:18
2	Rita Rue	U/A	33:04
3	Amanda Gray	Wymond	34:00
4	Sarah Dennis	N/A	35:57
5	Hazel Cason	Dereham	40:04

Master men 35-39

Position	Name	Club	Time
1	Callum Stanforth	WNAC	16:31
2	Ben Keeley	Ryston	17:41
3	Christopher Cann	Ryston	22:13
4	Tristan Langley	Ryston	22:32

Master men 40-44

Position	Name	Club	Time
1	David Sparshott	WNAC	17:02
2	Daniel Smith	Ryston	17:54
3	Rob Simmonds	Ryston	18:08
4	Chris Chaplin	Ryston	19:15
5	Benjamin Collison	WNAC	21:12
6	Andy Lucraft-Townley	Ryston	22:38
7	Nick Jones	U/A	23:04
8	Jim Doran	GYDAC	25:17

Master men 45-49

Position	Name	Club	Time
1	William Winter	N/A	18:24
2	Daniel Guppy	Ryston	18:44
3	Mark Ramsden	Ryston	19:38
4	Rob Skillings	Ryston	19:47
5	Adam Howard	WNAC	20:44
6	Jacob Whitehouse	Ryston	20:49
7	Grant King	Dereham	22:28
8	Vicente Silva	Dereham	22:48
9	Robert Last	Dereham	24:14
10	James Aldridge	Attleboro	25:27
11	Chris Harley-Bond	U/A	27:20

Master men 50-54

Position	Name	Club	Time
1	Andrew Thomas	Run 4 U & Perform	19:52
2	Mark Garrett	WNAC	20:58
3	John Crowley	Ryston	24:43

Master men 55-59

Position	Name	Club	Time
1	Jason Wing	Thetford	19:27
2	James Birch	Wymond	20:54
3	Wayne Ramsbottom	Dereham	21:22
4	Tony Beales	Wymond	22:22
5	Chris Cook	U/A	23:15
6	Martin Ive	Ryston	23:27
7	Patrick Gosling	U/A	24:18
8	Adrian Hollis	Dereham	25:30
9	Ian Brown	Dereham	25:31
10	Michael Protheroe	Dereham	28:41

Master men 60-64

Position	Name	Club	Time
1	Anthony Savage	Ryston	21:56
2	Les Phillips	TCRC	27:53

Master men 65+

Position	Name	Club	Time
1	Nigel Horney	Keswick AC	21:13
2	Jit Patel	Ryston	22:19
3	Kevin Howlett	Ryston	24:05
4	Alan Burgin	Hunts Ac	27:58
5	John Hill	Wymond	33:31
6	Jeff Reed	Ryston	41:32

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	WNAC	16:31	MM35-39
2	Ethan Ward	WNAC	16:47	U17B
3	Ben Smith	U/A	16:59	SM
4	David Sparshott	WNAC	17:02	MM40-44
5	Dylan Whitehouse	Ryston	17:32	SM
6	Ben Keeley	Ryston	17:41	MM35-39
7	Daniel Smith	Ryston	17:54	MM40-44
8	Rob Simmonds	Ryston	18:08	MM40-44
9	Cody Pearman	Ryston	18:19	SM
10	Lewis English	WNAC	18:20	SM
11	William Winter	N/A	18:24	MM45-49
12	Daniel Guppy	Ryston	18:44	MM45-49
13	Chris Chaplin	Ryston	19:15	MM40-44
14	Andy Williamson	Ryston	19:22	SM
15	Jason Wing	Thetford	19:27	MM55-59
16	Mark Ramsden	Ryston	19:38	MM45-49
17	Rob Skillings	Ryston	19:47	MM45-49
18	Andrew Thomas	Run 4 U & Perform	19:52	MM50-54
19	Dawn Robinson	Ryston	20:02	MW35-39
20	Alice Horney	NRR	20:24	SW
21	Elizabeth Daly	Dereham	20:25	MW40-44
22	Claire Wilshaw	Camb Tri	20:40	MW45-49
23	Memphis Symonds	CoNAC	20:41	SW
24	Adam Howard	WNAC	20:44	MM45-49
25	Kristy Guneratne	St Rad RDC	20:48	MW45-49
26	Jacob Whitehouse	Ryston	20:49	MM45-49
27	James Birch	Wymond	20:54	MM55-59
28	Mark Garrett	WNAC	20:58	MM50-54
29	Joanne Watkins	BVH	21:07	MW40-44
30	Benjamin Collison	WNAC	21:12	MM40-44
31	Nigel Horney	Keswick AC	21:13	MM65+
32	Wayne Ramsbottom	Dereham	21:22	MM55-59
33	Henry Gosnell	WNAC	21:31	U17B
34	Isabella McKenzie	Ryston	21:46	SW
35	Ben Foxwell	WNAC	21:54	SM
36	Anthony Savage	Ryston	21:56	MM60-64

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37	Christopher Cann	Ryston	22:13	MM35-39
38	Jit Patel	Ryston	22:19	MM65+
39	Tony Beales	Wymond	22:22	MM55-59
40	Grant King	Dereham	22:28	MM45-49
41	Tristan Langley	Ryston	22:32	MM35-39
42	Andy Lucraft-Townley	Ryston	22:38	MM40-44
43	Eva Wccles	BVH	22:39	U17G
44	Kareana Symonds	Dereham	22:41	MW45-49
45	Vicente Silva	Dereham	22:48	MM45-49
46	James Trim	Ryston	23:01	SM
47	Nick Jones	U/A	23:04	MM40-44
48	Chris Cook	U/A	23:15	MM55-59
49	Oliver Gayton	WNAC	23:16	U17B
50	Samantha Lupton	Ryston	23:17	SW
51	Martin Ive	Ryston	23:27	MM55-59
52	Christine Anthony	St Ed Pacers	23:52	MW60-64
53	Kevin Howlett	Ryston	24:05	MM65+
54	Belle Watkins	BVH	24:11	SW
55	Robert Last	Dereham	24:14	MM45-49
56	Patrick Gosling	U/A	24:18	MM55-59
57	Lindsay Bird	Ryston	24:23	SW
58	Frankie Harrison	GYDAC	24:24	MW35-39
59	John Crowley	Ryston	24:43	MM50-54
60	Kate Bamfield	U/A	24:46	MW40-44
61	Jame Williams	Harling	24:50	MW45-49
62	Olivia Chaplin	Ryston	25:05	SW
63	Linda Marshall	Ryston	25:09	MW60-64
64	Laura Winter	U/A	25:10	MW40-44
65	Anastasja Wall	Dereham	25:15	U17G
66	Jim Doran	GYDAC	25:17	MM40-44
67	Lucy McDowie	Ryston	25:25	MW45-49
68	James Aldridge	Attleboro	25:27	MM45-49
69	Adrian Hollis	Dereham	25:30	MM55-59
70	Ian Brown	Dereham	25:31	MM55-59
71	Charlotte Smith	U/A	25:44	SW
72	Eloise Bird	St Ed Pacers	25:46	MW55-59
73	Rebecca Gibbs	U/A	25:49	SW
74	Tracie Draeger	Wymondham	26:37	MW60-64
75	Emma Thompson	Ryston	26:40	MW45-49
76	Dawn Protheroe	Dereham	26:44	MW55-59
77	Emma Harley-Bond	U/A	26:50	SW
78	Chris Harley-Bond	U/A	27:20	MM45-49
79	Kerrie Page	Ryston	27:20	MW40-44
80	Aaron Protheroe	Dereham	27:33	SM
81	Les Phillips	TCRC	27:53	MM60-64
82	Alan Burgin	Hunts Ac	27:58	MM65+
83	Claire Smithee	TCRC	28:16	MW50-54
84	Rebecca Keeley	Ryston	28:25	SW

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85	Wendy Fisher	Ryston	28:32	MW60-64
86	Michael Protheroe	Dereham	28:41	MM55-59
87	Deborah Gibson	Team Trackless	28:57	MW60-64
88	Christine Payne	U/A	28:59	MW50-54
89	Kim Coultard	TCRC	29:36	MW40-44
90	Tracy Adams	TCRC	29:37	MW50-54
91	Kellie Stevens	Ryston	29:54	MW35-39
92	Elizabeth Blakie	Ryston	30:18	MW65+
93	Dani Fonseca	U/A	30:19	MW35-39
94	Diane Tyler	TCRC	32:50	MW50-54
95	Debbie Crowley	Ryston	32:54	MW55-59
96	Rita Rue	U/A	33:04	MW65+
97	John Hill	Wymond	33:31	MM65+
98	Sarah Lamb	TCRC	33:46	MW55-59
99	Helen Reed	Ryston	33:55	MW60-64
100	Amanda Gray	Wymond	34:00	MW65+
101	Jo Rodulfo	Ryston	34:28	MW35-39
102	Sarah Dennis	N/A	35:57	MW65+
103	Helen Driver	Ryston	36:54	MW55-59
104	Hazel Cason	Dereham	40:04	MW65+
105	Jeff Reed	Ryston	41:32	MM65+