

*Under 9 boys*

| Position | Name                       | Club           | Time |
|----------|----------------------------|----------------|------|
| 1        | Harry Leech                | Rys/Ders       | 3:07 |
| 2        | Dylan Ward                 | T St C         | 3:09 |
| 3        | Edward Gayton              | Gayton Pr      | 3:16 |
| 4        | Harrison Reeve             | Glebe          | 3:18 |
| 5        | Jacob Green                | WN /Hunstanton | 3:31 |
| 6        | Arthur Atkinson            | CT Acad        | 3:35 |
| 7        | Henry Hollingsowrth        | Dersingham     | 3:38 |
| 8        | Finlay McLean              | CT Acad        | 3:41 |
| 9        | Abe Gosnell                | WN             | 3:55 |
| 10       | Evan Webster               | CT Acad        | 3:59 |
| 11       | Theo Wall                  | Dereha         | 4:06 |
| 12       | George Doran               | GYDAC          | 4:12 |
| 13       | Jonty Burnham              | N/A            | 4:19 |
| 14       | Freddie Druce-Stainer-Mott | CT Acad        | 4:35 |
| 15       | Tadhg Webber               | CT Acad        | 4:38 |
| 16       | Charlie Green              | Hunstanton     | 4:59 |
| 17       | Finn Dummelow              | CT Acad        | 5:18 |
| 18       | Ethan Self-Smith           | CT Acad        | 5:41 |
| 19       | Harrison Peberdy           | CT Acad        | 5:54 |

*Under 9 girls*

| Position | Name                | Club         | Time |
|----------|---------------------|--------------|------|
| 1        | Scarlett Sawyer     | Rys/Gooder   | 3:13 |
| 2        | Willow Burnham      | N/A          | 3:15 |
| 3        | Tianita Guadagnino  | Attleborough | 3:15 |
| 4        | Florence Bartlett   | GYDAC        | 3:33 |
| 5        | Ariana Dixon        | CT Acad      | 3:59 |
| 6        | Thea Howard         | N/A          | 4:01 |
| 7        | Alisha Smitherman   | U/A          | 4:05 |
| 8        | Rosie Beckham       | CT Acad      | 4:06 |
| 9        | Elsie De Bootman    | Gayton       | 4:21 |
| 10       | Remi Reeve          | CT Acad      | 4:22 |
| 11       | Aurora Cable        | CT Acad      | 4:23 |
| 12       | Isabel Thompson     | CT Acad      | 4:24 |
| 13       | Valetzia Guadagnino | Attleborough | 4:31 |
| 14       | Evie-Mae Dunning    | St Martin    | 4:37 |
| 15       | Abigail Kerr        | CT Acad      | 5:11 |
| 16       | Zara Cable          | CT Acad      | 5:20 |
| 17       | Bella Ripley        | CT Acad      | 5:46 |

*Overall under 9s race*

| Position | Name            | Club        | Time | Category |
|----------|-----------------|-------------|------|----------|
| 1        | Harry Leech     | Rys/Ders    | 3:07 | U9B      |
| 2        | Dylan Ward      | T St C      | 3:09 | U9B      |
| 3        | Scarlett Sawyer | Ryst/Gooder | 3:13 | U9G      |
| 4        | Willow Burnham  | N/A         | 3:15 | U9G      |

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|    |                            |               |      |     |
|----|----------------------------|---------------|------|-----|
| 5  | Tianita Guadagnino         | Attleborough  | 3:15 | U9G |
| 6  | Edward Gayton              | Gayton Pr     | 3:16 | U9B |
| 7  | Harrison Reeve             | Glebe         | 3:18 | U9B |
| 8  | Jacob Green                | WN/Hunstanton | 3:31 | U9B |
| 9  | Florence Bartlett          | GYDAC         | 3:33 | U9G |
| 10 | Arthur Atkinson            | CT Acad       | 3:35 | U9B |
| 11 | Henry Hollingsowrth        | Dersingham    | 3:38 | U9B |
| 12 | Finlay McLean              | CT Acad       | 3:41 | U9B |
| 13 | Abe Gosnell                | WN            | 3:55 | U9B |
| 14 | Evan Webster               | CT Acad       | 3:59 | U9B |
| 15 | Ariana Dixon               | CT Acad       | 3:59 | U9G |
| 16 | Thea Howard                | U/A           | 4:01 | U9G |
| 17 | Alisha Smitherman          | U/A           | 4:05 | U9G |
| 18 | Theo Wall                  | Dereha        | 4:06 | U9B |
| 19 | Rosie Beckham              | CT Acad       | 4:06 | U9G |
| 20 | George Doran               | GYDAC         | 4:12 | U9B |
| 21 | Jonty Burnham              | U/A           | 4:19 | U9B |
| 22 | Elsie De Bootman           | Gayton        | 4:21 | U9G |
| 23 | Remi Reeve                 | CT Acad       | 4:22 | U9G |
| 24 | Aurora Cable               | CT Acad       | 4:23 | U9G |
| 25 | Isabel Thompson            | CT Acad       | 4:24 | U9G |
| 26 | Valetzia Guadagnino        | Attleborough  | 4:31 | U9G |
| 27 | Freddie Druce-Stainer-Mott | CT Acad       | 4:35 | U9B |
| 28 | Evie-Mae Dunning           | St Martin     | 4:37 | U9G |
| 29 | Tadhg Webber               | CT Acad       | 4:38 | U9B |
| 30 | Charlie Green              | Hunstanton    | 4:59 | U9B |
| 31 | Abigail Kerr               | CT Acad       | 5:11 | U9G |
| 32 | Finn Dummelow              | CT Acad       | 5:18 | U9B |
| 33 | Zara Cable                 | CT Acad       | 5:20 | U9G |
| 34 | Ethan Self-Smith           | CT Acad       | 5:41 | U9B |
| 35 | Bella Ripley               | CT Acad       | 5:46 | U9G |
| 36 | Harrison Peberdy           | CT Acad       | 5:54 | U9B |

## Under 11 boys

| Position | Name                 | Club        | Time  |
|----------|----------------------|-------------|-------|
| 1        | Noah Ward            | T St C      | 8:14  |
| 2        | William Niven        | Dereham     | 8:18  |
| 3        | Harris Smitherman    | CoNAC       | 8:22  |
| 4        | Arthur Hollingsworth | WN/Ders     | 8:37  |
| 5        | Oscar Thorn          | WVAC        | 8:51  |
| 6        | Freddie Mitchell     | Browick Pri | 8:57  |
| 7        | Ethan Moore          | Hillcrest   | 9:26  |
| 8        | Isaac Webster        | CT Acad     | 10:22 |
| 9        | Grayson White        | U/A         | 10:28 |
| 10       | Acher Richardson     | Gayton Pr   | 13:11 |

## Under 11 girls

| Position | Name | Club | Time |
|----------|------|------|------|
|----------|------|------|------|

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|    |                   |                |       |
|----|-------------------|----------------|-------|
| 1  | Felicity Allen    | U/A            | 8:11  |
| 2  | Emily De Bootman  | Rys/Gayton     | 9:07  |
| 3  | Alice De Bootman  | Rys/Gayton     | 9:11  |
| 4  | Lara Reeve        | Glebe          | 10:29 |
| 5  | Jessica Groat     | Hillcrest      | 11:07 |
| 6  | Chloe Gayton      | WNAC/Gayton Pr | 11:59 |
| 7  | Darcey Durham     | CT Acad        | 12:40 |
| 8  | Ida Hooten        | CT Acad        | 14:04 |
| 9  | Angelica Ripley   | CT Acad        | 14:05 |
| 10 | Alexandra Atkison | CT Acad        | 14:58 |

## Overall under 11s race

| Position | Name                 | Club           | Time  | Category |
|----------|----------------------|----------------|-------|----------|
| 1        | Felicity Allen       | U/A            | 8:11  | U11G     |
| 2        | Noah Ward            | T St C         | 8:14  | U11B     |
| 3        | William Niven        | Dereham        | 8:18  | U11B     |
| 4        | Harris Smitherman    | CoNAC          | 8:22  | U11B     |
| 5        | Arthur Hollingsworth | WN/Ders        | 8:37  | U11B     |
| 6        | Oscar Thorn          | WVAC           | 8:51  | U11B     |
| 7        | Freddie Mitchell     | Browick Pri    | 8:57  | U11B     |
| 8        | Emily De Bootman     | Rys/Gayton     | 9:07  | U11G     |
| 9        | Alice De Bootman     | Rys/Gayton     | 9:11  | U11G     |
| 10       | Ethan Moore          | Hillcrest      | 9:26  | U11B     |
| 11       | Isaac Webster        | CT Acad        | 10:22 | U11B     |
| 12       | Grayson White        | U/A            | 10:28 | U11B     |
| 13       | Lara Reeve           | Glebe          | 10:29 | U11G     |
| 14       | Jessica Groat        | Hillcrest      | 11:07 | U11G     |
| 15       | Chloe Gayton         | WNAC/Gayton Pr | 11:59 | U11G     |
| 16       | Darcey Durham        | CT Acad        | 12:40 | U11G     |
| 17       | Acher Richardson     | Gayton Pr      | 13:11 | U11B     |
| 18       | Ida Hooten           | CT Acad        | 14:04 | U11G     |
| 19       | Angelica Ripley      | CT Acad        | 14:05 | U11G     |
| 20       | Alexandra Atkison    | CT Acad        | 14:58 | U11G     |

## Under 13 boys

| Position | Name              | Club    | Time  |
|----------|-------------------|---------|-------|
| 1        | Alfred Goodson    | CoNAC   | 11:18 |
| 2        | Michael Hargrave  | CoNAC   | 11:25 |
| 3        | Jude Osborne      | CoNAC   | 11:48 |
| 4        | George Mawditt    | Dereham | 12:11 |
| 5        | Toby Drews        | NNH     | 12:50 |
| 6        | Fergus Smitherman | CoNAC   | 14:58 |

## Under 13 girls

| Position | Name          | Club  | Time  |
|----------|---------------|-------|-------|
| 1        | Alba Bartlett | GYDAC | 13:14 |
| 2        | Isla Harding  | GYDAC | 13:29 |

# Ryston Runners Grand Prix 1 05/10/2025

## Under 15 boys

| Position | Name          | Club            | Time  |
|----------|---------------|-----------------|-------|
| 1        | Aiden Howard  | WNAC            | 11:24 |
| 2        | Oliver Sanlon | Ryston Runners  | 12:28 |
| 3        | Cameron Niven | Dereham Runners | 13:47 |

## Under 15 girls

| Position | Name              | Club   | Time  |
|----------|-------------------|--------|-------|
| 1        | Casey Ward        | WNAC   | 12:44 |
| 2        | Summer James      | Ryston | 12:56 |
| 3        | Kayla-Leigh Nurse | GYDAC  | 14:00 |
| 4        | India Richardson  | WNAC   | 15:55 |

## Overall under 13s & 15s race

| Position | Name              | Club    | Time  | Category |
|----------|-------------------|---------|-------|----------|
| 1        | Alfred Goodson    | CoNAC   | 11:18 | U13B     |
| 2        | Aiden Howard      | WNAC    | 11:24 | U15B     |
| 3        | Michael Hargrave  | CoNAC   | 11:25 | U13B     |
| 4        | Jude Osborne      | CoNAC   | 11:48 | U13B     |
| 5        | George Mawditt    | Dereham | 12:11 | U13B     |
| 6        | Oliver Sanlon     | Ryston  | 12:28 | U15B     |
| 7        | Casey Ward        | WNAC    | 12:44 | U15G     |
| 8        | Toby Drews        | NNH     | 12:50 | U13B     |
| 9        | Summer James      | Ryston  | 12:56 | U15G     |
| 10       | Alba Bartlett     | GYDAC   | 13:14 | U13G     |
| 11       | Isla Harding      | GYDAC   | 13:29 | U13G     |
| 12       | Cameron Niven     | Dereham | 13:47 | U15B     |
| 13       | Kayla-Leigh Nurse | GYDAC   | 14:00 | U15G     |
| 14       | Fergus Smitherman | CoNAC   | 14:58 | U13B     |
| 15       | India Richardson  | WNAC    | 15:55 | U15G     |

## Under 17 boys

| Position | Name          | Club | Time  |
|----------|---------------|------|-------|
| 1        | Henry Gosnell | WNAC | 17:47 |

## Senior men

| Position | Name              | Club   | Time  |
|----------|-------------------|--------|-------|
| 1        | Nathan Stockdale  | Ryston | 29:14 |
| 2        | William Wassmer   | GYDAC  | 31:31 |
| 3        | Dylan Whitehouse  | Ryston | 32:16 |
| 4        | Andrew Williamson | Ryston | 34:53 |
| 5        | James Trim        | Ryston | 39:32 |
| 6        | James Frusher     | U/A    | 41:06 |
| 7        | Zachary Norgate   | U/A    | 42:29 |
| 8        | Andrew Kenney     | Ryston | 48:48 |

# Ryston Runners Grand Prix 1 05/10/2025

## Senior women

| Position | Name             | Club   | Time  |
|----------|------------------|--------|-------|
| 1        | Samantha Lupton  | Ryston | 42:41 |
| 2        | Dani Sparkes     | Ryston | 44:27 |
| 3        | Charlotte Smith  | Ryston | 45:04 |
| 4        | Emma Harley-Bond | U/A    | 46:31 |

## Master women 35-39

| Position | Name             | Club           | Time  |
|----------|------------------|----------------|-------|
| 1        | Dawn Robinson    | Ryston         | 38:37 |
| 2        | Anna Kahn        | Ryston         | 40:26 |
| 3        | Rachel Bates     | U/A            | 45:24 |
| 4        | Frankie Harrison | GYDAC          | 48:52 |
| 5        | Jo Rodulfo       | Ryston Runners | 63:54 |
| 6        | Gemma Brooks     | Wymond         | 67:03 |

## Master women 40-44

| Position | Name           | Club    | Time  |
|----------|----------------|---------|-------|
| 1        | Elizabeth Daly | Dereham | 39:16 |
| 2        | Kate Bamfield  | U/A     | 44:36 |
| 3        | Emily Davies   | U/A     | 48:17 |
| 4        | Sarah Johnson  | TCRC    | 49:10 |

## Master women 45-49

| Position | Name             | Club       | Time  |
|----------|------------------|------------|-------|
| 1        | Kristy Guneratne | St Rad RDC | 38:47 |
| 2        | Kareana Symonds  | Dereham    | 42:14 |
| 3        | Anne-Marie King  | Dereham    | 44:33 |
| 4        | Helen Holmes     | Dereham    | 53:09 |

## Master women 50-54

| Position | Name          | Club    | Time  |
|----------|---------------|---------|-------|
| 1        | Diane Tyler   | TCRC    | 58:07 |
| 2        | Mandie Thorpe | Dereham | 61:04 |

## Master women 55-59

| Position | Name           | Club         | Time  |
|----------|----------------|--------------|-------|
| 1        | Eloise Bird    | St Ed Pacers | 46:42 |
| 2        | Dawn Protheroe | Dereham      | 48:57 |
| 3        | Debbie Crowley | Ryston       | 58:42 |
| 4        | Jo Rayner      | Wymondham    | 67:02 |

## Master women 60-64

| Position | Name           | Club           | Time  |
|----------|----------------|----------------|-------|
| 1        | Linda Marshall | Ryston         | 44:48 |
| 2        | Tracie Draeger | Wymondham      | 47:19 |
| 3        | Deborah Gibson | Team Trackless | 50:22 |
| 4        | Helen Reed     | Ryston         | 63:16 |

*Master women 65+*

| Position | Name            | Club    | Time  |
|----------|-----------------|---------|-------|
| 1        | Caroline Tayler | NRR     | 56:20 |
| 2        | Rita Rue        | U/A     | 60:50 |
| 3        | Hazel Cason     | Dereham | 68:22 |

*Master men 35-39*

| Position | Name             | Club   | Time  |
|----------|------------------|--------|-------|
| 1        | Callum Stanforth | WN     | 30:09 |
| 2        | Ben Keeley       | Ryston | 31:06 |
| 3        | Christopher Cann | Ryston | 42:04 |
| 4        | Matthew Freezer  | RNTS   | 47:25 |

*Master men 40-44*

| Position | Name              | Club     | Time  |   |
|----------|-------------------|----------|-------|---|
| 1        | Rob Simmonds      | Ryston   | 32:44 |   |
| 2        | Matt Howard       | NRR      | 33:03 |   |
| 3        | Craig Smitherman  | Norf Gaz | 36:07 | * |
| 4        | Benjamin Collison | WNAC     | 37:21 |   |
| 5        | Wayne Gayton      | WNAC     | 38:31 | * |
| 6        | Lee Johnson       | Ryston   | 39:06 |   |
| 7        | Alex Field        | Ryston   | 39:56 |   |
| 8        | Dan Yallop        | Ryston   | 41:37 |   |

*Master men 45-49*

| Position | Name              | Club    | Time  |
|----------|-------------------|---------|-------|
| 1        | Daniel Guppy      | Ryston  | 33:32 |
| 2        | Mark Ramsden      | Ryston  | 35:04 |
| 3        | Rob Skillings     | Ryston  | 38:38 |
| 4        | Grant King        | Dereham | 38:54 |
| 5        | Vincente Silva    | Dereham | 39:43 |
| 6        | Chris Harley-Bond | U/A     | 42:26 |
| 7        | Chris Vurley      | Ryston  | 42:28 |
| 8        | Robert Last       | Dereham | 42:46 |
| 9        | Rob Gosnell       | WNAC    | 44:45 |

*Master men 50-54*

| Position | Name          | Club              | Time  |   |
|----------|---------------|-------------------|-------|---|
| 1        | Gary Maliband | Thetford          | 37:23 | * |
| 2        | Mark Garrett  | WNAC              | 39:04 |   |
| 3        | Peter Bird    | St Ed Pacers      | 40:01 |   |
| 4        | John Crowley  | Ryston            | 44:43 |   |
| 5        | Niel River    | Dereham           | 45:51 |   |
| 6        | Paul Eakins   | U/A               | 49:14 |   |
| 7        | Andrew Thomas | Run 4 U & Perform | 51:46 |   |
| 8        | Ben Rogers    | CoNAC             | 55:27 |   |

*Master men 55-59*

| Position | Name              | Club    | Time  |   |
|----------|-------------------|---------|-------|---|
| 1        | Wayne Ramsbottom  | Dereham | 37:16 | * |
| 2        | Tony Beales       | Wymond  | 40:44 |   |
| 3        | Ian Brown         | Dereham | 41:23 |   |
| 4        | Adrian Hollis     | Dereham | 43:50 |   |
| 5        | Michael Protheroe | Dereham | 61:05 |   |

*Master men 60-64*

| Position | Name            | Club       | Time  |   |
|----------|-----------------|------------|-------|---|
| 1        | Adrian Hall     | Wymondham  | 36:25 | * |
| 2        | Anthony Savage  | Ryston     | 39:08 |   |
| 3        | Stuart Holmes   | St Rad RDC | 39:15 |   |
| 4        | Mick Henderson  | Ryston     | 42:22 |   |
| 5        | Paul Parkin     | PANVAC     | 44:07 |   |
| 6        | Steven Gibson   | U/A        | 47:05 |   |
| 7        | Wintston Wannop | St Rad RDC | 51:09 |   |
| 8        | Les Phillips    | TCRC       | 54:12 |   |
| 9        | James Nice      | CoNAC      | 55:28 |   |

*Master men 65+*

| Position | Name          | Club     | Time  |
|----------|---------------|----------|-------|
| 1        | Nigel Horney  | Keswick  | 39:01 |
| 2        | Jit Patel     | Ryston   | 39:46 |
| 3        | Les Scott     | Ryston   | 41:16 |
| 4        | Pete Thompson | Norf Gaz | 44:32 |
| 5        | Mark Tayler   | NRR      | 45:06 |
| 6        | Kevin Howlett | Ryston   | 46:47 |

*Overall U17s race*

| Position | Name          | Club | Time  | Category |
|----------|---------------|------|-------|----------|
| 1        | Henry Gosnell | WNAC | 17:47 | U17B     |

\* = incorrect course, adjusted time

*Overall seniors and masters race*

| Position | Name              | Club     | Time  | Category |
|----------|-------------------|----------|-------|----------|
| 1        | Nathan Stockdale  | Ryston   | 29:14 | SM       |
| 2        | Callum Stanforth  | WN       | 30:09 | MM35-39  |
| 3        | Ben Keeley        | Ryston   | 31:06 | MM35-39  |
| 4        | William Wassmer   | GYDAC    | 31:31 | SM       |
| 5        | Dylan Whitehouse  | Ryston   | 32:16 | SM       |
| 6        | Rob Simmonds      | Ryston   | 32:44 | MM40-44  |
| 7        | Matt Howard       | NRR      | 33:03 | MM40-44  |
| 8        | Daniel Guppy      | Ryston   | 33:32 | MM45-49  |
| 9        | Andrew Williamson | Ryston   | 34:53 | SM       |
| 10       | Mark Ramsden      | Ryston   | 35:04 | MM45-49  |
| 11       | Craig Smitherman  | Norf Gaz | 36:07 | MM40-44  |

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|    |                   |              |       |         |   |
|----|-------------------|--------------|-------|---------|---|
| 12 | Adrian Hall       | Wymondham    | 36:25 | MM60-64 | * |
| 13 | Wayne Ramsbottom  | Dereham      | 37:16 | MM55-59 | * |
| 14 | Benjamin Collison | WNAC         | 37:21 | MM40-44 |   |
| 15 | Gary Maliband     | Thetford     | 37:23 | MM50-54 | * |
| 16 | Wayne Gayton      | WNAC         | 38:31 | MM40-44 | * |
| 17 | Dawn Robinson     | Ryston       | 38:37 | MW35-39 |   |
| 18 | Rob Skillings     | Ryston       | 38:38 | MM45-49 |   |
| 19 | Kristy Guneratne  | St Rad RDC   | 38:47 | MW45-49 | * |
| 20 | Grant King        | Dereham      | 38:54 | MM45-49 |   |
| 21 | Nigel Horney      | Keswick      | 39:01 | MM65+   |   |
| 22 | Mark Garrett      | WNAC         | 39:04 | MM50-54 |   |
| 23 | Lee Johnson       | Ryston       | 39:06 | MM40-44 |   |
| 24 | Anthony Savage    | Ryston       | 39:08 | MM60-64 |   |
| 25 | Stuart Holmes     | St Rad RDC   | 39:15 | MM60-64 |   |
| 26 | Elizabeth Daly    | Dereham      | 39:16 | MW40-44 |   |
| 27 | James Trim        | Ryston       | 39:32 | SM      |   |
| 28 | Vincente Silva    | Dereham      | 39:43 | MM45-49 |   |
| 29 | Jit Patel         | Ryston       | 39:46 | MM65+   |   |
| 30 | Alex Field        | Ryston       | 39:56 | MM40-44 |   |
| 31 | Peter Bird        | St Ed Pacers | 40:01 | MM50-54 |   |
| 32 | Anna Kahn         | Ryston       | 40:26 | MW35-39 |   |
| 33 | Tony Beales       | Wymond       | 40:44 | MM55-59 |   |
| 34 | James Frusher     | U/A          | 41:06 | SM      |   |
| 35 | Les Scott         | Ryston       | 41:16 | MM65+   |   |
| 36 | Ian Brown         | Dereham      | 41:23 | MM55-59 |   |
| 37 | Dan Yallop        | Ryston       | 41:37 | MM40-44 |   |
| 38 | Christopher Cann  | Ryston       | 42:04 | MM35-39 |   |
| 39 | Kareana Symonds   | Dereham      | 42:14 | MW45-49 |   |
| 40 | Mick Henderson    | Ryston       | 42:22 | MM60-64 |   |
| 41 | Chris Harley-Bond | U/A          | 42:26 | MM45-49 |   |
| 42 | Chris Vurley      | Ryston       | 42:28 | MM45-49 |   |
| 43 | Zachary Norgate   | U/A          | 42:29 | SM      |   |
| 44 | Samantha Lupton   | Ryston       | 42:41 | SW      |   |
| 45 | Robert Last       | Dereham      | 42:46 | MM45-49 |   |
| 46 | Adrian Hollis     | Dereham      | 43:50 | MM55-59 |   |
| 47 | Paul Parkin       | PANVAC       | 44:07 | MM60-64 |   |
| 48 | Dani Sparkes      | Ryston       | 44:27 | SW      |   |
| 49 | Pete Thompson     | Norf Gaz     | 44:32 | MM65+   |   |
| 50 | Anne-Marie King   | Dereham      | 44:33 | MW45-49 |   |
| 51 | Kate Bamfield     | U/A          | 44:36 | MW40-44 |   |
| 52 | John Crowley      | Ryston       | 44:43 | MM50-54 |   |
| 53 | Rob Gosnell       | WNAC         | 44:45 | MM45-49 |   |
| 54 | Linda Marshall    | Ryston       | 44:48 | MW60-64 |   |
| 55 | Charlotte Smith   | Ryston       | 45:04 | SW      |   |
| 56 | Mark Tayler       | NRR          | 45:06 | MM65+   |   |
| 57 | Rachel Bates      | U/A          | 45:24 | MW35-39 |   |
| 58 | Niel River        | Dereham      | 45:51 | MM50-54 |   |
| 59 | Emma Harley-Bond  | U/A          | 46:31 | SW      |   |

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|    |                   |                   |       |         |
|----|-------------------|-------------------|-------|---------|
| 60 | Eloise Bird       | St Ed Pacers      | 46:42 | MW55-59 |
| 61 | Kevin Howlett     | Ryston            | 46:47 | MM65+   |
| 62 | Steven Gibson     | U/A               | 47:05 | MM60-64 |
| 63 | Tracie Draeger    | Wymondham         | 47:19 | MW60-64 |
| 64 | Matthew Freezer   | RNTS              | 47:25 | MM35-39 |
| 65 | Emily Davies      | U/A               | 48:17 | MW40-44 |
| 66 | Andrew Kenney     | Ryston            | 48:48 | SM      |
| 67 | Frankie Harrison  | GYDAC             | 48:52 | MW35-39 |
| 68 | Dawn Protheroe    | Dereham           | 48:57 | MW55-59 |
| 69 | Sarah Johnson     | TCRC              | 49:10 | MW40-44 |
| 70 | Paul Eakins       | U/A               | 49:14 | MM50-54 |
| 71 | Deborah Gibson    | Team Trackless    | 50:22 | MW60-64 |
| 72 | Wintston Wannop   | St Rad RDC        | 51:09 | MM60-64 |
| 73 | Andrew Thomas     | Run 4 U & Perform | 51:46 | MM50-54 |
| 74 | Helen Holmes      | Dereham           | 53:09 | MW45-49 |
| 75 | Les Phillips      | TCRC              | 54:12 | MM60-64 |
| 76 | Ben Rogers        | CoNAC             | 55:27 | MM50-54 |
| 77 | James Nice        | CoNAC             | 55:28 | MM60-64 |
| 78 | Caroline Tayler   | NRR               | 56:20 | MW65+   |
| 79 | Diane Tyler       | TCRC              | 58:07 | MW50-54 |
| 80 | Debbie Crowley    | Ryston            | 58:42 | MW55-59 |
| 81 | Rita Rue          | U/A               | 60:50 | MW65+   |
| 82 | Mandie Thorpe     | Dereham           | 61:04 | MW50-54 |
| 83 | Michael Protheroe | Dereham           | 61:05 | MM55-59 |
| 84 | Helen Reed        | Ryston            | 63:16 | MW60-64 |
| 85 | Jo Rodulfo        | Ryston Runners    | 63:54 | MW35-39 |
| 86 | Jo Rayner         | Wymondham         | 67:02 | MW55-59 |
| 87 | Gemma Brooks      | Wymond            | 67:03 | MW35-39 |
| 88 | Hazel Cason       | Dereham           | 68:22 | MW65+   |