

Under 13 Boys					
1	Ben	Peck	THET	9m46	Feb-19
2	Ashley	Waterson	CN	10m02	Mar-11
3	OJ	Parmenter	C & C	10m02	Mar-16
4	James	Peck	THET	10m05	Mar-18
5	Innes	O'Malley	NNH	10m11	Nov-17
6	Jack	White	CN	10m15	Mar-14
7	Charlie	Wakefield	RYS	10m18	Mar-16
8	Jeya	Kandola	CN	10m19	Feb-18
9	Colin	Raven	IPS	10m20	Oct-93
10	David	Capps	MAR	10m21	Mar-96
11	Aiden	Try	THET	10m22	Mar-14
12	James	Senior	CN	10m23	Nov-04
13	James	Skingsley	CN	10m26	Mar-96
14	Jamie	Sales	C & C	10m26	Mar-14
15	Andrew	Simmonds	RYS	10m29	Jan-94
16	Michael	Smith	HUNTS	10m29	Mar-05
17	Iain	Thomas	RYS	10m31	Mar-87
18	James	Thompson	RYS	10m31	Mar-03
19	Alfie	Linstead	CN	10m32	Oct-11
20	Jason	Thurtle	GY	10m33	Mar-99
21	Richard	Rutherford	NOL	10m34	Feb-96
22	Scott	Greeves	CN	10m35	Feb-09
23	Alex	Atkin	RYS	10m36	Mar-87
24	Andrew	Worrall	HUNTS	10m37	Mar-14
25	D	Bottjer	BAS	10m39	Dec-99
26	Finn	Barnes	C & C	10m39	Dec-11
27	Robert	Caston	NOL	10m40	Dec-94
28	Tom	Hook	CN	10m40	Oct-07
29	James	Cochrane	C & C	10m40	Feb-08
30	Peter	Moss	WN	10m41	Nov-94

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
5	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	Hattie	Reynolds	NNH	11m17	Mar-18
14	Nelly	Porter	CN	11m18	Oct-14
15	Samantha	Koziel	RYS	11m19	Mar-96
16	Emily	Hoogkamer	CN	11m20	Feb-08
17	Emma	Smith	WN	11m22	Nov-98
18	C	Christiansen	St Ed	11m22	Dec-05
19	Memphis	Symonds	Der	11m23	Oct-16
20	Donna	Scott	WN	11m24	Feb-90
21	Kate	Willis	RYS	11m25	Jan-16
22	Holly	Cooper	CN	11m26	Feb-04
23	Tia-Lily	Crane	CN	11m26	Feb-18
24	Lauren	Murphy	WS	11m27	Oct-12
25	Mimi	Barr	CN	11m28	Jan-08
26	Joanne	Benefer	RYS	11m29	Nov-89
27	Freya	Penn	CN	11m29	Jan-05
28	Tracey	Smith	DISS	11m31	Oct-95
29	Rachel	Mumford	THET	11m31	Feb-08
30	Lucy	Parker	C & C	11m31	Mar-12

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
8	Cameron	McKie	WS	9m40	Mar-11
9	James	Peck	THET	9m40	Dec-19
10	Rick	Ward	CN	9m41	Mar-04
11	Ben	Peck	THET	9m41	Dec-19
12	Josh	Holland	CN	9m44	Dec-04
13	David	Capps	MAR	9m45	Mar-98
14	Scott	Greeves	CN	9m45	Mar-11
15	James	Cochrane	C&C	9m47	Mar-10
16	Matthew	Dack	CN	9m48	Mar-03
17	L	Whitehead	OLD	9m50	Dec-98
18	Jack	White	CN	9m50	Oct-14
19	Joel	Taylor	CN	9m51	Nov-06
20	E	Nicholson	CN	9m53	Mar-97
21	Luke	Spear	CN	9m53	Oct-13
22	N	Grommett	NNBR	9m54	Feb-95
23	S	Cannell	CN	9m55	Mar-03
24	Harley	Swan	THET	9m55	Mar-16
25	Martin	Field	St EDS	9m56	Mar-96
26	Mark	Clayton	DUK	9m57	Feb-95
27	Ben	Goodman	MAR	9m57	Jan-96
28	OJ	Parmenter	C&C	9m57	Oct-16
29	Tom	Francis	THET	9m58	Oct-07
30	Henry	Loughlin	WN	9m58	Feb-09

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	Tia-Lily	Crane	CN	10m46	Nov-18
7	Abigail	Durrand	NNH	10m47	Feb-17
8	Claire	Pring	CN	10m48	Feb-07
9	Charlotte	Taylor	NVH	10m49	Feb-08
10	Donna	Scott	WN	10m50	Feb-93
11	Carley	Rose	CN	10m50	Feb-04
12	Natasha	Potgieter	CN	10m51	Dec-09
13	Grace	Jermy	CN	10m54	Feb-19
14	Iona	Lake	CN	10m56	Dec-07
15	Shannon	Flockhart	Hunts	10m56	Nov-15
16	Claire	Wilson	C&C	10m56	Oct-11
17	Grace	Jermy	CN	10m56	Jan-19
18	Lucy	Dowsett	C&C	10m57	Nov-03
19	Gillian	Moss	WN	10m58	Nov-03
20	Cheryl	Fisher	RYS	10m59	Mar-90
21	Charlene	Glen	NOL	10m59	Mar-95
22	Ellie	Drake	DISS	11m00	Dec-11
23	Emily	Hoogkamer	CN	11m00	Dec-10
24	Hattie	Reynolds	NNH	11m01	Oct-18
25	Connie	Easter	CN	11m02	Feb-22
26	Natalie	Sutton	WN	11m03	Nov-03
27	Jodie	Palmer	KES	11m04	Mar-98
28	Laura	Gilbert	CN	11m04	Dec-99
29	Barbara	Parker	CN	11m05	Feb-98
30	Christy	Smith	Hunts	11m06	Mar-04

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
8	Ian	Westgate	NOL	15m48 Oct-93
9	James	Amps	March	15m54 Dec-94
10	David	Goldspink	Fenland	15m56 Dec-88
11	Steven	Cannell	CN	15m56 Feb-05
12	Robert	Joy	NOL	15m57 Oct-93
13	Sean	Watson	CN	16m04 Oct-11
14	Charlie	Wakefield	Ryston	16m04 Oct-18
15	Tom	Salmon	GY	16m05 Oct-95
16	Tom	Crawshaw	CN	16m07 Oct-07
17	Dominic	Oliver	GY	16m10 Jan-12
18	Daniel	Beier	CN	16m14 Dec-99
19	Martin	Field	St Eds	16m19 Oct-97
20	Shayne	Murray	CN	16m22 Jan-06

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
6	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	Tom	Greenacre	CN	15m07 Nov-17
13	John	Dungar	CN	15m09 Mar-97
14	James	Preston	CN	15m09 Feb-06
15	Scott	Greeves	CN	15m11 Nov-11
16	Charlie	Wakefield	Ryston	15m15 Nov-19
17	Mark	Clayton	CN	15m16 Mar-97
18	Jonathan	Laybourn	WN	15m16 Nov-06
19	Sean	Watson	CN	15m21 Nov-12
20	Ben	Stratton	CN	15m22 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	Tom	Greenacre	CN	22m21 Dec-17
19	Oliver	Maskell	CN	22m26 Mar-05
20	James	Preston	CN	22m33 Mar-06

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
6	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
13	Gemma	Coe	C&C	18m25 Oct-07
14	Rosie	Rutherford	CN	18m29 Feb-97
15	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
5	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
13	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
9	Mabel	Beckett	CN	24m53 Dec-11
10	Emily	Clarke	CN	24m57 Mar-05
11	Kate	Willis	CN	25m03 Dec-18
12	Natalie	Sutton	WN	25m03 Dec-06
13	Debra	Brett	CN	25m17 Dec-01
14	Annie	Rooks	RYS	25m17 Mar-15
15	Emily	Hoogkamer	CN	25m31 Dec-11
16	Hollie	Parker	C&C	25m31 Mar-12
17	Ali	Bellars	WN	25m38 Dec-01
18	Catherine	Lee	GY	25m48 Dec-11
19	Grace	Mullins	NVH	25m49 Dec-10
20	Esme	Salmon	CN	25m50 Mar-11

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
9	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
13	Robert	Joy	NNBR	15m10 Feb-99
14	Iain	Robertson	CN	15m12 Feb-99
15	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
25	Oliver	Adam	DUK	15m24 Feb-92
26	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
15	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
20	Oliver	Maskell	CN	21m18 Dec-11
21	Michael	Wegrzyn	U/A	21m22 Dec-18
22	Ryan	Davidson	BVH	21m23 Dec-18
23	Daniel	Beier	CN	21m25 Dec-02
24	Callum	Stanforth	RYS	21m27 Dec-15
25	Damien	Rogers	CN	21m28 Dec-09
26	Neil	Davison	NNBR	21m29 Dec-01
27	Ian	Hogarth	RYS	21m34 Dec-05
28	Robert	Simmonds	RYS	21m35 Mar-12
29	Jack	Trow	FEN	21m38 Dec-11
30	Sean	Atterwill	DER	21m39 Dec-14

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
8	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
12	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
16	James	O'Neill	CN	28m02 Jan-05
17	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
23	Barry	Dack	WYM	28m15 Nov-93
24	Iain	Robertson	CN	28m18 Jan-00
25	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	Colleen-N	Mukuya	G YAR	17m22 Oct-17
5	Barbara	Parker	CN	17m30 Oct-03
6	Sarah	Knights	CN	17m36 Dec-00
7	Gemma	Coe	C & C	17m37 Oct-13
8	Caroline	Hipkin	Ryston	17m38 Dec-91
9	Marie	French	Ryston	17m45 Oct-11
10	Ruth	Senior	CN	17m48 Jan-06
11	Melissa	Neal	PET	17m53 Dec-95
12	Caroline	Bullard	Highgate	17m58 Oct-05
13	Amy	Dungar	CN	18m01 Oct-04
14	Clare	Donovan	NNBR	18m04 Jan-10
15	Jane	Horner	CN	18m17 Dec-00
16	Dawn	Henden	March	18m20 Jan-06
17	Alison	Bellars	W Norfolk	18m23 Jan-04
18	Christine	Anthony	Ryston	18m30 Oct-93
19	Rebecca	Cousins	Fenland	18m36 Oct-10
20	Nicky	Alford	CN	18m41 Oct-06

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	Colleen	Mukuya	GY	24m07 Dec-19
10	Tanya	Taylor	STAM	24m08 Dec-01
11	Dawn	Henden	RAF	24m10 Mar-06
12	Nicky	Gooderham	MK	24m16 Dec-09
13	Rebecca	Cousins	FEN	24m22 Dec-10
14	Alison	Bellars	WN	24m26 Dec-03
15	Olivia	Walwyn	CN	24m36 Dec-01
16	Emma	Patel	C & C	24m42 Dec-04
17	Melissa	Neal	PET	24m47 Dec-01
18	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	Colleen-N	Mukuya	U/A	32m57 Feb-17
14	Jane	Horner	CN	33m06 Nov-99
15	Tessa	Jones	CN	33m07 Mar-99
	Sarah	Knights	CN	33m07 Mar-00
17	Amy	Dungar	CN	33m11 Nov-04
18	Nicky	Alford	CN	33m13 Jan-07
19	Claire	Donovan	NNBR	33m14 Feb-10
20	Melissa	Neal	March	33m17 Nov-94
21	N	Potgeiter	CN	33m19 Nov-12
22	Elaine	Warren	NOL	33m27 Nov-89
23	Olivia	Walwyn	CN	33m29 Jan-01
24	Gemma	Coe	C & C	33m30 Nov-12
25	Jessica	Brooks	CN	33m31 Nov-07
26	Emma	Patel	NNBR	33m33 Nov-15
27	Tanya	Taylor	Stamford	33m43 Feb-03
28	Alison	Bellars	WN	33m53 Nov-03
29	Christine	Anthony	Ryston	33m54 Nov-92
	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	Michael	Eccles	BVH	15m48	Jan-22
7	Stuart	Colledge	WYM	15m56	Feb-87
8	Harry	Knowles	DUK	15m56	Dec-94
9	Phillip	Jacklin	RYS	16m00	Dec-92
10	Ray	Goose	CN	16m11	Oct-04
11	Paul	Hough	RYS	16m16	Dec-97
12	Jim	Grant	WAV	16m18	Dec-96
13	Gary	Crush	CN	16m18	Jan-18
14	John	Harding	DISS	16m19	Dec-96
15	Kevin	Vaughan	St Ed	16m20	Oct-04
16	Brian	Drabner	Thorney	16m26	Feb-96
17	Malcolm	Tuff	RYS	16m26	Oct-06
18	Nick	Grimer	NVH	16m27	Oct-11
19	Trevor	Edge	RYS	16m30	Feb-92
20	Dave	Reed	ST ED	16m30	Jan-06
21	Derek	Brown	CN	16m32	Oct-97
22	Bernard	Wing	MAR	16m36	Dec-90
23	Mark	Watling	Black	16m36	Dec-98
24	Mike	Waddington	SWN	16m38	Feb-91
25	Chris	Reed	RYS	16m38	Dec-91

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
13	Nic	Bensley	RYS	16m59	Jan-17
14	Steve	Huntingdon	CN	17m03	Dec-00
15	Bernard	Wing	MAR	17m04	Oct-92
16	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
20	Brian	Goodenough	Thorney	17m09	Oct-94
21	Terry	Quigley	NNBR	17m09	Dec-96
22	Jan	Kaiser	CN	17m10	Jan-22
23	Phil	Redden	RIV	17m14	Dec-00
24	Mick	Clements	DUK	17m15	Oct-94
25	Richard	Ebbs	RYS	17m16	Jan-18

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	Kevin	Vaughan	THET	17m18	Oct-17
9	Pete	Duhig	RYS	17m20	Dec-99
10	Harry	Knowles	CN	17m27	Oct-04
11	Derry	Kelleher	GAZ	17m31	Dec-99
12	Rod	Wood	RYS	17m32	Feb-96
13	Phil	Redden	RIV	17m36	Oct-93
14	Terry	Cooke	RYS	17m38	Dec-96
15	Ray	Baker	NOL	17m38	Feb-96
16	R	Hoogkamer	CN	17m43	Jan-10
17	Alan	Dawson	St Ed	17m45	Oct-08
18	Ken	Bell	Hunts	17m50	Oct-02
19	Nic	Bensley	RYS	17m50	Jan-20
20	David	Ward	RYS	17m53	Dec-00
21	Andrew	Houghton	U/A	17m54	Jan-09
22	Fred	Amps	MAR	18m00	Oct-93
23	Pete	Johnson	GAZ	18m01	Oct-05
24	John	Harding	Diss	18m04	Oct-06
25	Paul	Ward	BVH	18m07	Oct-21

M55-59 5km					
1	Chris	Cooke	St Ed	17m24	Jan-19
2	Nigel	Arnold	GAZ	17m36	Jan-16
3	Richard	Blake	GYRR	17m52	Oct-06
4	Kevin	Vaughan	THET	17m58	Oct-18
5	Ken	Bell	Hunts	18m13	Oct-06
6	Alan	Dawson	St Ed	18m13	Jan-12
7	Dave	Robinson	RYS	18m17	Jan-12
8	Mike	Spragg	GYRR	18m18	Oct-02
9	Bill	Morgan	THET	18m23	Feb-05
10	Harry	Knowles	CN	18m30	Jan-11
11	Pete	Johnson	GAZ	18m38	Jan-10
12	Tim	Ash	NOL	18m39	Dec-95
13	Bert	Wilkinson	THET	18m39	Oct-06
14	Martin	Yeomans	NRR	18m39	Oct-06
15	Brian	Bromley	CN	18m41	Feb-00
16	Ian	Todd	U/A	18m45	Jan-17
17	Howard	Beasley	STED	18m45	Jan-20
18	Mike	Turner	LIV	18m52	Dec-96
19	John	Leversedge	ENF	18m53	Jan-11
20	Ian	V-Arbuckle	RYS	18m57	Dec-95
21	Michael	Barnsdale	NVH	19m10	Oct-10
22	Phil	Redden	RIV	19m16	Oct-11
23	Graham	Chapman	Ely	19m21	Oct-12
24	Stuart	Holmes	CAMTRI	19m21	Jan-20
25	Nigel	Dickens	NVH	19m31	Oct-11

M60-64 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	Phil	Hurr	BVH	19m32	Oct-21
8	Malcolm	Ball	NNBR	19m39	Oct-98
9	Bert	Wilkinson	RYS	19m40	Feb-07
10	Jim	Stocker	DER	19m44	Jan-14
11	Brian	Allsop	NNBR	19m46	Oct-98
12	Ernie	Bradshaw	DER	20m01	Feb-07
13	Frank	Gribben	BVH	20m01	Oct-17
14	Robert	Price	St Ed	20m03	Jan-06
15	Alan	Burgin	St Ed	20m06	Jan-14
16	Nigel	Horney	Keswick	20m14	Oct-18
17	Ian	Milburn	FEN	20m16	Oct-07
18	Charlie	Ritchie	C & C	20m16	Oct-15
19	Martin	Simmonds	RYS	20m22	Jan-03
20	Clem	Vogler	DER	20m25	Oct-08
21	Charlie	Ritchie	C&C	20m31	Oct-18
22	John	Baxter	BVH	20m35	Jan-18
23	Colin	Simpson	FEN	20m43	Oct-14
24	Trevor	Edge	RYS	20m45	Oct-11
25	Dave	Neale	KL TRI	20m45	Oct-17

M65+ 5km					
1	Frank	Gribben	BVH	20m17	Jan-19
2	Graham	Chapman	ELY	21m00	Jan-22
3	Pete	Thompson	GAZ	21m57	Jan-22
4	Alan	Burgin	HUNTS	22m44	Oct-18
5	Nigel	Dickens	NVH	22m54	Jan-20
6	Colin	Simpson	PHOE	23m06	Oct-18
7	Neil	Anderton	DER	23m06	Jan-20
8	Steven	Rue	STED	23m50	Jan-22
9	Paul	Richardson	DER	24m03	Jan-22
10	Michael	Barrett	U/A	24m28	Jan-22
11	Dave	Vaughan	STED	24m38	Jan-20
12	Chris	Chapman	RYS	24m58	Jan-22
13	Brian	Wright	THET	25m09	Jan-19

M40-44 6.5km					
1	Guy	Amos	CN	20m14	Dec-05
2	Michael	Eccles	BVH	21m17	Mar-22
3	Ray	Goose	CN	21m34	Mar-05
4	Nick	Overton	NVH	21m37	Mar-03
5	Gary	Crush	CN	21m46	Mar-19
6	Nick	Grimer	NVH	21m49	Mar-12
7	David	Reed	St Ed	21m57	Mar-06
8	Malcolm	Tuff	Ryston	21m59	Dec-07
9	Kevin	Vaughan	St Ed	22m02	Dec-05
10	Ian	Liffen	GYRR	22m05	Dec-04
11	Neil	Adams	NNBR	22m07	Dec-19
12	Andrew	Wright	NNBR	22m20	Mar-02
13	Matt	Allen	Ryston	22m40	Mar-18
14	Paul	Woodyatt	CN	22m46	Mar-02
	Ian	Day	Ely	22m46	Mar-11

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	Nic	Bensley	Ryston	22m26	Mar-17
8	Jan	Kaiser	CN	22m34	Dec-19
9	Steve	Huntingdon	CN	22m43	Mar-02
10	Richard	Ebbd	RYS	22m46	Dec-19
11	Andrew	Houghton	U/A	22m57	Dec-05
12	Ray	Goose	CN	23m02	Mar-10
13	Ian	Aunger	NVH	23m04	Dec-08
14	Steve	Faulkner	U/A	23m14	Mar-03

M50-54 6.5km					
1	Spencer	Goodall	CN	22m01	Dec-18
2	Stan	Owen	NVH	22m07	Mar-03
3	R	Cleverton	CN	22m43	Dec-09
4	Malcolm	Tuff	Ryston	22m46	Dec-14
5	Phil	Redden	RIV	22m58	Mar-02
6	Ray	Church	NVH	23m04	Mar-02
7	Harry	Knowles	CN	23m09	Dec-04
8	Nic	Bensley	RYS	23m09	Jan-20
9	Alan	Dawson	St Ed	23m10	Mar-09
10	Pete	Johnson	GAZ	23m29	Dec-05
11	Kevin	Vaughan	THET	23m35	Mar-14
12	Nigel	Arnold	GAZ	23m43	Mar-09
13	R	Hoogkamer	CN	23m48	Dec-10
14	Ken	Bell	Hunts	23m52	Dec-01

M55-59 6.5km					
1	Nigel	Arnold	GAZ	23m21	Mar-16
2	Chris	Cooke	St Ed	23m50	Dec-18
3	Bill	Morgan	THET	24m06	Mar-05
4	Richard	Blake	GYRR	24m07	Dec-06
5	Alan	Dawson	St Ed	24m07	Dec-11
6	Pete	Johnson	GAZ	24m08	Dec-09
7	Kevin	Vaughan	Thet	24m09	Dec-19
8	J	Liversedge	ENF	24m13	Dec-10
9	Mike	Spragg	GYRR	24m19	Mar-03
10	Dave	Robinson	Ryston	24m38	Mar-12
11	Kevin	Youngs	GAZ	24m43	Dec-08
12	Bert	Wilkinson	Ryston	24m50	Dec-03
13	Howard	Beasley	St Ed	25m24	Dec-19
14	John	Baxter	BVH	25m50	Dec-15

M60-64 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
7	Pete	Johnson	Ryston	26m03	Dec-16
8	Nigel	Horney	Keswick	26m33	Dec-18
9	Richard	Blake	NNBR	26m34	Dec-10
10	Alan	Burgin	Hunts	26m35	Mar-14
11	Jim	Stocker	Hunts	26m36	Dec-13
12	Glyn	Smith	C & C	26m40	Dec-06
13	Mike	Spragg	GYRR	26m41	Dec-07
14	Ian	Milburn	Fenland	26m55	Dec-07

M65+ 6.5km					
1	Frank	Gribben	BVH	27m34	Mar-19
2	Graham	Chapman	ELY	28m40	Dec-21
3	Pete	Thompson	GAZ	29m14	Mar-22
4	Neil	Anderton	Der	31m02	Mar-20
5	Steven	Rue	STED	31m16	Mar-22
6	Nigel	Dickens	NVH	31m11	Mar-20
7	Chris	Chapman	RYS	32m36	Mar-22
8	Dave	Vaughan	St Eds	33m19	Mar-20
9	Brian	Wright	Thet	33m43	Dec-18

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
7	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
15	Paul	Hough	RYS	29m36	Nov-97
16	Chris	Clarke	NVH	29m38	Feb-03
17	Michael	Edge	St Ed	29m39	Nov-97
18	Michael	Eccles	BVH	29m50	Nov-21
19	Neil	Davison	CN	29m51	Nov-13
20	Nick	Grimer	NVH	29m52	Nov-11

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
7	Malcolm	Tuff	RYS	30m08	Nov-12
8	Jan	Kaiser	CN	30m27	Nov-19
9	Terry	Cooke	RYS	30m29	Mar-92
10	A	Whitehouse	DUK	30m34	Nov-94
11	Nic	Bensley	RYS	30m38	Feb-16
12	Richard	Ebbs	RYS	30m46	Nov-19
13	Rod	Wood	RYS	30m49	Jan-96
14	Dave	Pettitt	C & C	30m50	Nov-10
15	Kevin	Vaughan	St Ed	30m53	Nov-10
16	M	Ringer	WN	30m56	Mar-95
17	Ian	Auger	NVH	30m58	Nov-08
18	P	Thornington	MAR	31m02	Jan-95
19	A	Houghton	U/A	31m03	Nov-05
20	Bill	Morgan	THET	31m08	Jan-96
	S	Goodall	WYM	31m08	Nov-13

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	Spencer	Goodall	CN	30m06	Nov-18
5	Malcolm	Tuff	RYS	30m29	Nov-14
6	Terry	Mulcahy	BUNG	30m31	Nov-99
7	Ian	V-Arbuckle	RYS	30m36	Mar-92
8	Brian	Bromley	DUK	30m55	Mar-93
9	Ivan	Loades	NRR	31m03	Nov-94
10	Pete	Johnson	GAZ	31m18	Nov-05
11	Rod	Wood	RYS	31m21	Mar-96
12	Terry	Cooke	RYS	31m26	Jan-97
13	Kevin	Vaughan	St Ed	31m26	Nov-14
14	Pete	Duhig	RYS	31m38	Jan-00
15	Ray	Baker	NOL	31m50	Jan-96
16	S	Huntingdon	CN	31m51	Jan-07
17	Alan	Dawson	St Ed	31m56	Feb-10
18	Ernie	Bradshaw	WYM	32m01	Mar-98
19	Mike	Spragg	GYRR	32m04	Jan-98
20	John	Wright	DUK	32m05	Mar-93

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

M60-64 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
15	Peter	Howard	C & C	36m30	Nov-03
16	Charlie	Ritchie	C&C	36m35	Nov-16
17	Martin	Simmonds	RYS	36m51	Feb-04
18	John	Baxter	BVH	37m01	Nov-17
19	Ernie	Bradshaw	DER	37m03	Jan-07
20	Nigel	Horney	Keswic	37m06	Nov-18

M65+ 9km					
1	Frank	Gribben	BVH	37m09	Feb-19
2	Graham	Chapman	ELY	38m06	Nov-21
3	Pete	Thompson	GAZ	40m38	Nov-21
4	Nigel	Dickens	NVH	41m02	Nov-19
5	Michael	Brentnall	C&C	41m06	Nov-19
6	Alan	Burgin	Hunts	41m26	Feb-19
7	Mark	Taylor	NRR	42m17	Nov-19
8	Colin	Simpson	Phoe	43m02	Nov-18
9	Steven	Rue	STED	43m26	Feb-22
10	Neil	Anderton	Der	43m56	Feb-19
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

F35-39 5km					
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	Stallabross	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
10	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	Rose	Waterman	Tri-A	19m22	Jan-19
15	Elizabeth	Daly	DER	19m22	Oct-21

F40-44 5km					
1	Jo	Andrews	Bungay	18m11	Jan-17
2	Louise	White	Thetford	19m35	Oct-17
3	Nicky	Roger	Ryston	20m24	Oct-14
4	Sabine	Schaefer	Thetford	20m32	Jan-18
5	Emma	Buckland	C & C	21m00	Oct-15
6	Lesley	Robins	Ryston	21m05	Jan-15
7	Charlotte	Smith	Thetford	21m19	Jan-19
8	Caroline	Houghton	NRR	21m27	Jan-17
9	Sarah	Stubbs	BVH	21m47	Oct-16
10	Claire	Wilshaw	CAMTRI	21m50	Jan-22
11	Christina	Plumley	Thetford	21m53	Jan-16

F45-49 5km					
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	Nicky	Roger	Ryston	19m45	Jan-20
11	Sandra	Bower	Thetford	19m49	Oct-07
12	Louise	Bailey	Holbeach	20m35	Feb-00
13	Helen	Grant	C & C	20m35	Oct-11
14	Louise	Wilkinson	CN	20m39	Jan-10
15	Trisha	Dennison	Thetford	21m09	Oct-07

F50-54 5km					
1	Jane	Clarke	CN	19m25	Jan-15
2	Carol	Devlin	Dereham	19m58	Oct-16
3	Christine	Anthony	W Suffolk	20m47	Jan-18
4	Nicky	Roger	RYS	21m20	Oct-21
5	Louise	Pegg	NNBR	21m47	Jan-17
6	Jo	Isbill	Ryston	22m23	Jan-16
7	Niki	Park	U/A	22m44	Oct-15
8	Debbie	James	Ryston	22m54	Oct-21
9	Linda	Marshall	Ryston	22m56	Jan-19
10	Geraldine	Jordan	Ryston	22m57	Oct-16
11	Pauline	Drewery	Ryston	23m24	Jan-22
12	Karen	Wood	Ryston	23m31	Oct-15
13	Linda	Marshall	Ryston	23m41	Oct-16
14	Dawn	Carver	U/A	23m48	Jan-16

F55-59 5km					
1	Christine	Anthony	WS	19m53	Jan-19
2	Jane	Clarke	CN	20m29	Jan-19
3	Sandra	Bower	Thetford	20m50	Jan-16
4	Veronica	Manly	Wym	21m42	Oct-03
5	Elke	Hausler	EMAC	22m07	Jan-19
6	Eva	Osborne	Wym	22m14	Feb-00
7	Brenda	Hutcheon	Gazelles	22m29	Jan-03
8	Gill	Woodhouse	Dereham	22m33	Oct-05
9	Judy	Norris	Boston	22m38	Oct-00
10	Maureen	Wolfe	Ryston	22m45	Jan-15
11	Geraldine	Jordan	KLTRI	23m08	Oct-21
12	Jenny	Morgan	St Eds	23m18	Jan-18
13	Sally	Dormer	Brandon	23m21	Oct-06
14	Jill	Davis	Ryston	23m47	Jan-15
15	Barbara	Morrice	Dereham	24m04	Oct-02

F60+ 5km					
1	Jenny	Morgan	St Eds	23m24	Oct-18
2	Gail	Hardingham	BVH	24m38	Jan-19
3	Bobbie	Sauerzapf	Bungay	24m46	Jan-19
4	Maureen	Wolfe	Ryston	25m50	Oct-19
5	Pauline	Sparrow	Ryston	25m54	Jan-22
6	Jane	Ashby	Ryston	26m34	Jan-20
7	Liz	Blakie	Ryston	26m36	Oct-18
8	Jane	Ashby	Ryston	26m58	Oct-19
9	Rita	Rue	STED	27m35	Oct-21
10	Eva	Osborne	Wym	28m10	Jan-20

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	Elizabeth	Daly	Der	25m59	Dec-21
10	Cat	Foley-Wray	RNTS	26m14	Dec-21
11	Emma	Wood	RYS	26m21	Mar-22
12	Dena	Parfitt	NNBR	26m35	Dec-01
13	Tanya	Taylor	NVH	26m21	Dec-07
14	Sabine	Schaefer	THET	26m24	Dec-15

F40-44 6.5km					
1	Jo	Andrews	BUNG	24m20	Dec-16
2	Sabine	Schaefer	THET	26m36	Mar-18
3	Rose	Waterman	TRIA	27m42	Dec-21
4	Sarah	Stubbs	BVH	27m53	Mar-16
5	Nicky	Roger	RYS	28m16	Dec-14
6	Christina	Plumley	THET	28m31	Dec-15
7	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	Nicky	Roger	RYS	27m45	Dec-19
9	Gillian	Loughlin	CN	28m09	Dec-10
10	Trisha	Dennison	THET	28m10	Dec-07
	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	Christine	Anthony	WS	28m47	Dec-17
4	Nicky	Roger	RYS	29m21	Dec-21
5	Geraldine	Jordan	RYS	30m22	Dec-16
6	Linda	Marshall	RYS	30m26	Mar-15
7	Sarah	Taylor	RYS	30m45	Mar-15
8	Debbie	James	RYS	31m15	Dec-21
9	Karen	Wood	RYS	31m20	Mar-15
10	Dawn	Carver	NRR	31m50	Mar-16

F55-59 6.5km					
1	Jane	Clarke	CN	26m50	Mar-19
2	Christine	Anthony	WS	27m44	Dec-19
3	Veronica	Manly	WYM	28m58	Dec-03
4	Sandra	Bower	THET	30m08	Dec-16
5	Gill	Woodhouse	DER	30m34	Dec-06
6	Maureen	Wolfe	RYS	30m50	Dec-14
7	Eva	Osborne	WYM	31m36	Dec-01
8	Sally	Dormer	BRAN	31m37	Dec-06
9	Judy	Potter	BUNG	31m53	Mar-02
10	Brenda	Hutcheon	GAZ	31m54	Dec-04
11	Jill	Davis	RYS	32m19	Dec-14
12	Dawn	Marshall	St Eds	32m31	Mar-18

F60+ 6.5km					
1	Jenny	Morgan	STED	33m13	Dec-19
2	Jane	Ashby	Rystor	35m18	Dec-19
3	Pauline	Sparrow	Rystor	35m53	Mar-20
4	Liz	Blakie	Rystor	35m55	Mar-19
5	Jane	Ashby	Rystor	36m12	Mar-19
6	Eva	Osborne	WYM	37m03	Dec-19
7					
8					
9					
10					

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	Risbey	NNBR	33m22	Nov-17
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
12	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	Elizabeth	Daly	Dereham	35m21	Nov-21
17	Cat	Ricketts	NRR	35m26	Nov-12
18	Nicky	Buckley	Dereham	35m50	Nov-95
19	Lucy	Chessor	FEN	35m50	Nov-12
20	Jackie	Clay	Boston	35m58	Feb-04

F40-44 9km					
1	Jo	Andrews	Bungay	33m07	Nov-16
2	Cat	Cummings	CN	34m27	Nov-19
3	Sabine	Schaefer	Thetford	36m10	Feb-18
4	Louise	White	Thet	36m27	Nov-16
5	Rose	Waterman	TRIA	37m19	Nov-21
6	Lesley	Robins	Ryston	38m21	Nov-14
7	Sarah	Stubbs	BVH	38m43	Feb-16
8	Nadine	Heseltine	Thetford	39m24	Nov-17
9	Caroline	Houghton	NRR	39m24	Nov-17
10	Louise	Paterson	BVH	39m31	Nov-19
11	Elies	Mann	NRR	40m01	Nov-14
12	Claire	Wilshaw	CAMBTRI	40m15	Nov-21
13	Nadine	Heseltine	GY	40m18	Nov-16
14	Sam	Cadman	U/A	40m23	Nov-16
15	Christine	Ashton	U/A	40m35	Feb-19

F45-49 9km					
1	Jane	Clarke	CN	31m55	Nov-08
2	Maria	Holland	CN	32m27	Feb-03
3	Jo	Andrews	Bungay	32m38	Nov-21
4	Diane	Hepplewhite	CN	32m59	Jan-97
5	Diane	Marsh	NOL	33m44	Jan-00
6	Lyn	Emmett	Bungay	34m25	Nov-14
7	Dena	Parfitt	NNBR	35m06	Nov-07
8	Tracey	Curl	CN	35m24	Feb-14
9	Penny	Edwards	NRR	35m29	Nov-05
10	Brenda	Hutcheon	Duke St	35m35	Nov-94
11	Sarah	Knights	U/A	35m45	Nov-12
12	Louise	Wilkinson	CN	35m54	Feb-08
13	Nicky	Roger	Ryston	36m27	Nov-19
14	Helen	Grant	C & C	36m32	Nov-11
15	Maureen	McCarthy	St Ed	36m35	Feb-09
16	Louise	Bailey	HOL	37m28	Jan-00
17	Marie	Irlam	FEN	37m55	Feb-13
18	Jo	Isbill	RYS	38m22	Feb-14
19	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	Nicky	Roger	RYS	38m45	Nov-21
5	Jane	Packman	C&C	40m12	Nov-19
6	Geraldine	Jordan	RYS	40m34	Nov-16
7	Niki	Park	NRR	40m54	Nov-16
8	Linda	Marshall	RYS	41m43	Nov-18
9	Debbie	James	RYS	42m18	Feb-22
10	Dawn	Carver	NRR	42m31	Feb-16
11	Louise	Pegg	NNBR	42m33	Nov-16
12	Karen	Wood	Ryston	42m37	Feb-16
13	Sarah	Jay	BVH	44m10	Nov-19
14	Ardyn	Ross	U/A	44m57	Nov-15

F55-59 9km					
1	Jane	Clarke	CN	36m41	Nov-18
2	Christine	Anthony	WS	37m23	Nov-18
3	Veronica	Manly	Wym	38m16	Nov-03
4	Elke	Hausler	EMAC	38m47	Nov-18
5	Eva	Osborne	Wym	40m25	Jan-00
6	Judy	Norris	BOS	41m14	Nov-00
7	Gill	Woodhouse	Dereham	41m17	Nov-05
8	Maureen	Wolfe	RYS	41m34	Feb-15
9	Geraldine	Jordan	KLTRI	42m16	Nov-21
10	Dawn	Marshall	St Eds	43m08	Nov-17
11	Judy	Potter	Bungay	43m20	Feb-03
12	Jenny	Morgan	St Eds	43m43	Feb-18

F60+ 9km					
1	Jenny	Morgan	St Eds	46m22	Nov-19
2	Bobbie	Sauerzapf	Bungay	46m28	Feb-22
3	Jane	Ashby	Ryston	47m31	Nov-18
4	Caroline	Taylor	NRR	49m03	Nov-18
5	Pauline	Sparrow	Ryston	49m21	Feb-22
6	Liz	Blakie	Ryston	49m25	Nov-18
7					
8					
9					
10					