



XCGP Race 1

Sunday, 11 October 2026

XCGP RESULTS

Generated 11 Oct 2026, 22:47

10:30 Under 10

Under 10 · 0.8km 32 finishers

Overall Results All finishers in finish order

1	Archie Moppett	MU10	Norwich Road Runners · St Michael's	2:57
2	Arthur Atkinson	MU10	Unattached · Cherry Tree Marham	3:02
3	DYLAN WARD	MU10	Unattached · TERRINGTON ST CLEMENT	3:06
4	Edward Gayton	MU10	West Norfolk AC · St Matthew's C of E Primary School	3:09
5	Willow Burnham	FU10	Unattached · No school	3:11
6	Seth Foley-Wray	MU10	Ryston Runners AC · No school	3:33
7	Ailish Smitherman	FU10	Unattached · No school	3:37
8	Jonty Burnham	MU10	Unattached · No school	3:43
9	Archie Forder	MU10	Unattached · Ingoldisthorpe primary school	3:44
10	Alivia Stott	FU10	Ryston Runners AC · Beaupre primary. Outwell	3:45
11	Noah Simmonds	MU10	Ryston Runners AC · Holly Meadows (Pott Row)	3:51
12	Rupert Foley-Wray	MU10	Ryston Runners AC · No school	3:54
13	Remi Reeve	FU10	Unattached · Cherry Tree Marham	4:02
14	Theo Wall	MU10	Dereham Runners · No school	4:06
15	Willow Bridger	FU10	Unattached · Cherry Tree Marham	4:07
16	Rosie Beckham	FU10	Unattached · Cherry Tree Marham	4:08
17	Mariana Fonseca	FU10	Unattached · No school	4:09
18	Freddie Druce-Stainer-Mott	MU10	Unattached · Cherry Tree Marham	4:14
19	Elise De Bootman	FU10	Unattached · St Michael's	4:18
20	Hayden Bridger	MU10	Unattached · Cherry Tree Marham	4:19
21	Charlie Green	MU10	Unattached · Hunstanton Primary School	4:21
22	Tadhg Webber	MU10	Unattached · Cherry Tree Marham	4:33
23	Amelia Hazir	FU10	Unattached · Spalding	4:39
24	Ethan Self-Smith	MU10	Unattached · Cherry Tree Marham	4:52
25	Zara Cable	FU10	Unattached · Cherry Tree Marham	4:58
26	Willow Robinson	FU10	Unattached · West winch	5:19
27	Alby-James Riley	MU10	Unattached · Cherry Tree Marham	5:50
28	Violet Harris	FU10	Unattached · Nelson Academy	5:55
29	Ophelia Sawyer	FU10	Unattached · St Martin's at Shouldham	6:03
30	Elenna Black	FU10	Unattached · No school	6:04
31	Adam Bell	MU10	Unattached · Cherry Tree Marham	6:07
32	Evie-Mae Dunning	FU10	Unattached · St Martin's at Shouldham	6:23

AGE CATEGORY RESULTS

U10 Boys

1	Archie Moppett	Norwich Road Runners · St Michael's	2:57
2	Arthur Atkinson	Unattached · Cherry Tree Marham	3:02



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3	DYLAN WARD	Unattached · TERRINGTON ST CLEMENT	3:06
4	Edward Gayton	West Norfolk AC · St Matthew's C of E Primary School	3:09
5	Seth Foley-Wray	Ryston Runners AC · No school	3:33
6	Jonty Burnham	Unattached · No school	3:43
7	Archie Forder	Unattached · Ingoldisthorpe primary school	3:44
8	Noah Simmonds	Ryston Runners AC · Holly Meadows (Pott Row)	3:51
9	Rupert Foley-Wray	Ryston Runners AC · No school	3:54
10	Theo Wall	Dereham Runners · No school	4:06
11	Freddie Druce-Stainer-Mott	Unattached · Cherry Tree Marham	4:14
12	Hayden Bridger	Unattached · Cherry Tree Marham	4:19
13	Charlie Green	Unattached · Hunstanton Primary School	4:21
14	Tadhg Webber	Unattached · Cherry Tree Marham	4:33
15	Ethan Self-Smith	Unattached · Cherry Tree Marham	4:52
16	Alby-James Riley	Unattached · Cherry Tree Marham	5:50
17	Adam Bell	Unattached · Cherry Tree Marham	6:07

U10 Girls

1	Willow Burnham	Unattached · No school	3:11
2	Ailish Smitherman	Unattached · No school	3:37
3	Alivia Stott	Ryston Runners AC · Beaupre primary. Outwell	3:45
4	Remi Reeve	Unattached · Cherry Tree Marham	4:02
5	Willow Bridger	Unattached · Cherry Tree Marham	4:07
6	Rosie Beckham	Unattached · Cherry Tree Marham	4:08
7	Mariana Fonseca	Unattached · No school	4:09
8	Elise De Bootman	Unattached · St Michael's	4:18
9	Amelia Hazir	Unattached · Spalding	4:39
10	Zara Cable	Unattached · Cherry Tree Marham	4:58
11	Willow Robinson	Unattached · West winch	5:19
12	Violet Harris	Unattached · Nelson Academy	5:55
13	Ophelia Sawyer	Unattached · St Martin's at Shouldham	6:03
14	Elenna Black	Unattached · No school	6:04
15	Evie-Mae Dunning	Unattached · St Martin's at Shouldham	6:23

10:40 Under 12

Under 12 · 2km 24 finishers

Overall Results All finishers in finish order

1	Harris Smitherman	MU12	City of Norwich AC · No school	8:11
2	William Ward	MU12	West Norfolk AC · No school	8:28
3	Alice De Bootman	FU12	Ryston Runners AC · Gayton	8:41



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4	Emily De Bootman	FU12	Ryston Runners AC · Gayton	8:46
5	Ethan Moore	MU12	Unattached · Hillcrest	8:47
6	Arthur Pye	MU12	Unattached · Norwich Lower School	8:54
7	Luke Murphy	MU12	GYDAC · No school	8:56
8	Abe Gosnell	MU12	West Norfolk AC · No school	8:56
9	Scarlett Sawyer	FU12	Ryston Runners AC · St Martin's at Shouldham	8:59
10	Charlie Foley-Wray	MU12	Ryston Runners AC · No school	9:03
11	Harrison Reeve	MU12	Unattached · Glebe	9:21
12	Casper Smith	MU12	GYDAC · Hemsby Primary School	9:28
13	Delta Crane	FU12	GYDAC · Acle Primary	10:00
15	Kristian Jimson	MU12	Ryston Runners AC · Elm CofE primary school	10:02
16	Florence Bartlett	FU12	GYDAC · No school	10:06
17	Jessica Watts	FU12	West Norfolk AC · Ingoldisthorpe primary school	10:21
18	Erica Hollick-Pearce	FU12	Thetford AC · Edmund de Moundeford (Feltwell)	10:53
19	Chloe Gayton	FU12	West Norfolk AC · St Matthew's C of E Primary School	12:29
20	George Duran	MU12	GYDAC · No school	13:11
21	George Dutchak	MU12	Unattached · Cherry Tree Marham	13:15
24	Aurora Cable	FU12	Unattached · Cherry Tree Marham	14:12
25	Isabel Thompson	FU12	Unattached · Cherry Tree Marham	14:15
26	George Bell	MU12	Unattached · Cherry Tree Marham	14:30
27	Chi-zara Ndika	FU12	Ryston Runners AC · St. Marthas Catholic Primary School	15:21

AGE CATEGORY RESULTS

U12 Boys

1	Harris Smitherman	City of Norwich AC · No school	8:11
2	William Ward	West Norfolk AC · No school	8:28
3	Ethan Moore	Unattached · Hillcrest	8:47
4	Arthur Pye	Unattached · Norwich Lower School	8:54
5	Luke Murphy	GYDAC · No school	8:56
6	Abe Gosnell	West Norfolk AC · No school	8:56
7	Charlie Foley-Wray	Ryston Runners AC · No school	9:03
8	Harrison Reeve	Unattached · Glebe	9:21
9	Casper Smith	GYDAC · Hemsby Primary School	9:28
10	Kristian Jimson	Ryston Runners AC · Elm CofE primary school	10:02
11	George Duran	GYDAC · No school	13:11
12	George Dutchak	Unattached · Cherry Tree Marham	13:15
13	George Bell	Unattached · Cherry Tree Marham	14:30

U12 Girls



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1	Alice De Bootman	Ryston Runners AC · Gayton	8:41
2	Emily De Bootman	Ryston Runners AC · Gayton	8:46
3	Scarlett Sawyer	Ryston Runners AC · St Martin's at Shouldham	8:59
4	Delta Crane	GYDAC · Acle Primary	10:00
5	Florence Bartlett	GYDAC · No school	10:06
6	Jessica Watts	West Norfolk AC · Ingoldisthorpe primary school	10:21
7	Erica Hollick-Pearce	Thetford AC · Edmund de Moundeford (Feltwell)	10:53
8	Chloe Gayton	West Norfolk AC · St Matthew's C of E Primary School	12:29
9	Aurora Cable	Unattached · Cherry Tree Marham	14:12
10	Isabel Thompson	Unattached · Cherry Tree Marham	14:15
11	Chi-zara Ndika	Ryston Runners AC · St. Marthas Catholic Primary School	15:21

11:00 Under 14 / Under 16

Under 14 / Under 16 · 4km 14 finishers

Overall Results All finishers in finish order

1	James Watts	MU14	West Norfolk AC	16:18
2	Jaiden Smith	MU16	GYDAC	16:45
3	Liam Allitt	MU14	West Norfolk AC	17:19
4	Jude Osborne	MU16	City of Norwich AC	17:31
5	Oliver Sanlon	MU16	Ryston Runners AC	18:13
6	Fergus Smitherman	MU16	City of Norwich AC	18:26
7	Mabelle Chadderton	FU14	Unattached	19:08
8	Lucas Lawrence	MU16	Dereham Runners	19:34
9	Amelia Watkinson	FU14	Attleborough Athletics	19:55
10	Isla Harding	FU14	GYNAC	20:13
11	Nellie Chadderton	FU16	Unattached	20:14
12	Olivia Walker	FU14	Attleborough Athletics	20:56
13	Maya MARCINEK	FU14	Ryston Runners AC	21:00
14	Lara Reeve	FU14	Unattached	21:39

AGE CATEGORY RESULTS

U14 Boys

1	James Watts	West Norfolk AC	16:18
2	Liam Allitt	West Norfolk AC	17:19

U14 Girls

1	Mabelle Chadderton	Unattached	19:08
2	Amelia Watkinson	Attleborough Athletics	19:55



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3	Isla Harding	GYNAC	20:13
4	Olivia Walker	Attleborough Athletics	20:56
5	Maya MARCINEK	Ryston Runners AC	21:00
6	Lara Reeve	Unattached	21:39

U16 Boys

1	Jaiden Smith	GYDAC	16:45
2	Jude Osborne	City of Norwich AC	17:31
3	Oliver Sanlon	Ryston Runners AC	18:13
4	Fergus Smitherman	City of Norwich AC	18:26
5	Lucas Lawrence	Dereham Runners	19:34

U16 Girls

1	Nellie Chadderton	Unattached	20:14
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11:20 U18 / Senior / Masters

5km course · 5km 135 finishers

Overall Results All finishers in finish order

1	Callum Stanforth	M35-39	West Norfolk AC	16:15
2	James Peck	MSenior	St Edmund Pacers	16:20
3	Ethan Ward	MU18	West Norfolk AC	16:55
4	Adam Leech	MSenior	Ryston Runners AC	17:18
5	Lewis English	MSenior	West Norfolk AC	17:44
6	Sean Banks	M35-39	Fenland	17:55
7	William Winter	M45-49	Unattached	18:15
8	Kevin Watkinson	M45-49	Wymondham AC	18:19
9	Jacob Kelman	MSenior	Unattached	18:27
10	Charlie Bond	MSenior	West Norfolk AC	18:52
11	Ali Macdonald	M55-59	Lonely Goat RC	18:55
12	Nicholas Bensley	M55-59	Ryston Runners AC	19:00
13	Andy Williamson	MSenior	Ryston Runners AC	19:11
14	Jason Wing	M55-59	Thetford AC	19:13
15	Thomas Hill	M45-49	Unattached	19:14
16	Kevin James Vaughan	M60-64	Thetford AC	19:17
17	Gavin Reynolds	M40-44	Ryston Runners AC	19:18
18	Mark Ramsden	M45-49	Ryston Runners AC	19:38
19	Dawn Robinson	F35-39	Ryston Runners AC	19:42
20	Liam Ramsden	MSenior	Ryston Runners AC	19:43
21	Matt Stone	M55-59	Bure Valley Harriers	19:50
22	Richard Claxton	M45-49	Fordy Runs Running Club	19:51
23	Oliver Foxwell	MSenior	West Norfolk AC	19:52



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24	Olivia Ord	FU18	West Norfolk AC	20:06
25	Luke Bell	M35-39	Unattached	20:10
26	Ben Elmer	MSenior	Ryston Runners AC	20:14
27	Andrew Smith	M35-39	GYDAC	20:15
28	Kristy Guneratne	F45-49	St Radegund RDC	20:17
29	Dave Brown	M45-49	PANVAC	20:18
30	Adam Key	M40-44	Unattached	20:20
31	Elizabeth Daly	F40-44	Unattached	20:22
32	Darren Easter	M50-54	West Norfolk AC	20:30
33	CRAIG Osborne	M40-44	Unattached	20:34
34	Adrian Hall	M60-64	Wymondham AC	20:37
35	Rob Skillings	M45-49	Ryston Runners AC	20:40
36	Benjamin Collison	M40-44	West Norfolk AC	20:42
37	Jonathan Secker	M40-44	Ryston Runners AC	20:45
38	Will Honeybone	M55-59	Ryston Runners AC	20:58
39	Wayne Gayton	M40-44	West Norfolk AC	21:06
40	Claire Wilshaw	F45-49	Cambridge Triathlon Club	21:09
41	Hannah Greenhalgh	FSenior	West Norfolk AC	21:26
42	Tristan Langley	M35-39	Ryston Runners AC	21:28
43	Summer James	FU18	West Norfolk AC	21:43
44	Ben Jarratt	M40-44	Ryston Runners AC	21:44
45	Danielle Gilbert	F35-39	Wymondham AC	21:48
46	Lisa Jarratt	F40-44	Ryston Runners AC	21:50
47	Ian Todd	M60-64	Dereham Runners AC	21:53
48	Evie Clayton	FSenior	West Norfolk AC	21:55
49	Neil Vendy	M40-44	Thetford AC	22:03
50	Ian Brown	M55-59	Dereham Runners	22:06
51	Susan Hipperson	F45-49	Ryston Runners AC	22:09
52	Penny Francis	FSenior	Unattached	22:11
53	Christopher Cann	M40-44	Ryston Runners AC	22:13
54	oliver gayton	MU18	West Norfolk AC	22:16
55	Sam Crawford	MSenior	Unattached	22:17
56	Tony Leigh	M60-64	Unattached	22:17
57	Stephen Reed	M45-49	West Norfolk AC	22:18
58	Frankie Harrison	F40-44	GYDAC	22:25
59	Phil Newton	M45-49	Three Counties RC	22:30
60	Charlotte Harris Cook	F40-44	Bure Valley Harriers	22:33
61	Neil Rivers	M50-54	Dereham Runners	22:35
62	Anthony Savage	M65+	Ryston Runners AC	22:37
63	Harry Furr	MSenior	Unattached	22:40
64	Vivky Newton	F40-44	Three Counties RC	22:46



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65	Mark Tufts	M55-59	Wymondham AC	22:50
66	Alex Block	M35-39	Unattached	22:53
67	Mick Henderson	M60-64	Ryston Runners AC	23:02
68	Craig Harris	M55-59	Ryston Runners AC	23:07
69	Liz Peck	F45-49	Unattached	23:23
70	Robert Last	M45-49	Dereham Runners AC	23:41
71	Maureen McCarthy	F60-64	St Edmund Pacers	23:49
72	Harriet Kivlin	FU18	West Norfolk AC	24:06
73	Kimberley Everett	F40-44	Unattached	24:11
74	Charlotte Smith	FSenior	Ryston Runners AC	24:16
75	Martin Ive	M60-64	Ryston Runners AC	24:18
76	Samantha Lupton	FSenior	Ryston Runners AC	24:19
77	Laura Black	F40-44	Dereham Runners	24:35
78	Danielle Sparkes	FSenior	Ryston Runners AC	24:36
79	Becky Blakie	FSenior	Unattached	24:47
80	John Crowley	M50-54	Ryston Runners AC	24:50
81	Anne-Marie King	F45-49	Dereham Runners	24:52
82	Linda Marshall	F60-64	Ryston Runners AC	24:55
83	Kevin Adcock	M60-64	Unattached	24:57
85	Judith Berry	F50-54	Ryston Runners AC	25:00
86	Andrew Smith	M60-64	Unattached	25:09
87	WIKTORIA MARCINEK	FU18	Ryston Runners AC	25:10
88	irena Marcinek	F45-49	Ryston Runners AC	25:12
89	Jo Rayner	F55-59	Wymondham AC	25:12
90	Isabel Latter	F55-59	Ryston Runners AC	25:13
91	Adrian Jay	M55-59	Aylsham Runners	25:14
93	Amy Draeger	FSenior	Unattached	25:17
94	Ramona Thevenet	F65+	Stragglers AC	25:34
95	Lisa Harris	F55-59	Ryston Runners AC	25:36
96	Alex Foley-Wray	M35-39	Unattached	25:47
97	Daisy May	FU18	West Norfolk AC	25:55
98	Rob Gosnell	M45-49	West Norfolk AC	25:58
99	Andy White	M50-54	Dereham Runners	26:27
100	Jim Doran	M40-44	GYDAC	26:31
101	Roxanne Charlton	FSenior	Unattached	26:31
103	Carri Vendy	F40-44	Thetford AC	26:43
104	Lynne HOWLETT	F65+	Ryston Runners AC	26:43
105	Debbie Agger	F45-49	Three Counties RC	26:53
106	Christine Payne	F50-54	Unattached	27:08
107	Eloise Bird	F55-59	St Edmund Pacers	27:21
108	Les Phillips	M60-64	Three Counties RC	27:42

109	Dani Pinela	F35-39	Ryston Runners AC	27:43
110	Rita Smith	F65+	Thetford AC	28:25
111	Nigel Dickens	M65+	Unattached	28:32
112	Tina Plumley	F55-59	Thetford AC	28:51
113	sarah Jay	F60-64	Aylsham Runners	29:03
114	Peta Wilson	F55-59	Ryston Runners AC	29:10
115	Andy Body	M65+	Phoenix striders	29:15
116	Salina Cumbridge	F55-59	Ryston Runners AC	29:19
117	Claire Smithee	F50-54	Three Counties RC	29:23
118	Tracie Draeger	F60-64	Wymondham AC	29:27
119	Daniel High	M40-44	Three Counties RC	29:28
120	Elizabeth Blakie	F65+	Ryston Runners AC	30:12
121	Amanda Baker	F65+	Dereham Runners	30:16
122	Carly English	FSenior	Unattached	30:20
123	Martin Blackburn	M65+	Ryston Runners AC	30:25
124	Kerrie Page	F45-49	Ryston Runners AC	30:29
125	Diane Tyler	F50-54	Three Counties RC	30:30
126	Naomi Smith	F55-59	Three Counties RC	30:31
127	Eva Osborne	F65+	Wymondham AC	30:43
128	Richard Draeger	M50-54	Unattached	30:51
129	Claudia Martin	F60-64	Ryston Runners AC	31:27
130	Amanda Gray	F65+	Wymondham AC	32:06
131	Debbie Crowley	F55-59	Ryston Runners AC	32:17
132	Lorraine Reeves	F50-54	Brandon Fernhoppers	32:21
133	Rita Rue	F65+	Unattached	32:49
134	Elaine Knight	F55-59	Ryston Runners AC	32:50
135	Imogen Morton	FU18	Unattached	32:56
136	Helen Driver	F55-59	Ryston Runners AC	33:32
137	Jo Rodulfo	F35-39	Ryston Runners AC	36:38
138	Hazel Cason	F65+	Dereham Runners AC	38:00

AGE CATEGORY RESULTS

U18 Men

1	Ethan Ward	West Norfolk AC	16:55
2	oliver gayton	West Norfolk AC	22:16

U18 Women

1	Olivia Ord	West Norfolk AC	20:06
2	Summer James	West Norfolk AC	21:43
3	Harriet Kivlin	West Norfolk AC	24:06
4	WIKTORIA MARCINEK	Ryston Runners AC	25:10



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5	Daisy May	West Norfolk AC	25:55
6	Imogen Morton	Unattached	32:56

Senior Men

1	James Peck	St Edmund Pacers	16:20
2	Adam Leech	Ryston Runners AC	17:18
3	Lewis English	West Norfolk AC	17:44
4	Jacob Kelman	Unattached	18:27
5	Charlie Bond	West Norfolk AC	18:52
6	Andy Williamson	Ryston Runners AC	19:11
7	Liam Ramsden	Ryston Runners AC	19:43
8	Oliver Foxwell	West Norfolk AC	19:52
9	Ben Elmer	Ryston Runners AC	20:14
10	Sam Crawford	Unattached	22:17
11	Harry Furr	Unattached	22:40

Senior Women

1	Hannah Greenhalgh	West Norfolk AC	21:26
2	Evie Clayton	West Norfolk AC	21:55
3	Penny Francis	Unattached	22:11
4	Charlotte Smith	Ryston Runners AC	24:16
5	Samantha Lupton	Ryston Runners AC	24:19
6	Danielle Sparkes	Ryston Runners AC	24:36
7	Becky Blakie	Unattached	24:47
8	Amy Draeger	Unattached	25:17
9	Roxanne Charlton	Unattached	26:31
10	Carly English	Unattached	30:20

35-39 Men

1	Callum Stanforth	West Norfolk AC	16:15
2	Sean Banks	Fenland	17:55
3	Luke Bell	Unattached	20:10
4	Andrew Smith	GYDAC	20:15
5	Tristan Langley	Ryston Runners AC	21:28
6	Alex Block	Unattached	22:53
7	Alex Foley-Wray	Unattached	25:47

35-39 Women

1	Dawn Robinson	Ryston Runners AC	19:42
2	Danielle Gilbert	Wymondham AC	21:48
3	Dani Pinela	Ryston Runners AC	27:43
4	Jo Rodulfo	Ryston Runners AC	36:38

40-44 Men

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1	Gavin Reynolds	Ryston Runners AC	19:18
2	Adam Key	Unattached	20:20
3	CRAIG Osborne	Unattached	20:34
4	Benjamin Collison	West Norfolk AC	20:42
5	Jonathan Secker	Ryston Runners AC	20:45
6	Wayne Gayton	West Norfolk AC	21:06
7	Ben Jarratt	Ryston Runners AC	21:44
8	Neil Vendy	Thetford AC	22:03
9	Christopher Cann	Ryston Runners AC	22:13
10	Jim Doran	GYDAC	26:31
11	Daniel High	Three Counties RC	29:28

40-44 Women

1	Elizabeth Daly	Unattached	20:22
2	Lisa Jarratt	Ryston Runners AC	21:50
3	Frankie Harrison	GYDAC	22:25
4	Charlotte Harris Cook	Bure Valley Harriers	22:33
5	Vivky Newton	Three Counties RC	22:46
6	Kimberley Everett	Unattached	24:11
7	Laura Black	Dereham Runners	24:35
8	Carri Vendy	Thetford AC	26:43

45-49 Men

1	William Winter	Unattached	18:15
2	Kevin Watkinson	Wymondham AC	18:19
3	Thomas Hill	Unattached	19:14
4	Mark Ramsden	Ryston Runners AC	19:38
5	Richard Claxton	Fordy Runs Running Club	19:51
6	Dave Brown	PANVAC	20:18
7	Rob Skillings	Ryston Runners AC	20:40
8	Stephen Reed	West Norfolk AC	22:18
9	Phil Newton	Three Counties RC	22:30
10	Robert Last	Dereham Runners AC	23:41
11	Rob Gosnell	West Norfolk AC	25:58

45-49 Women

1	Kristy Guneratne	St Radegund RDC	20:17
2	Claire Wilshaw	Cambridge Triathlon Club	21:09
3	Susan Hipperson	Ryston Runners AC	22:09
4	Liz Peck	Unattached	23:23
5	Anne-Marie King	Dereham Runners	24:52
6	irena Marcinek	Ryston Runners AC	25:12



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7	Debbie Agger	Three Counties RC	26:53
8	Kerrie Page	Ryston Runners AC	30:29
50-54 Men			
1	Darren Easter	West Norfolk AC	20:30
2	Neil Rivers	Dereham Runners	22:35
3	John Crowley	Ryston Runners AC	24:50
4	Andy White	Dereham Runners	26:27
5	Richard Draeger	Unattached	30:51
50-54 Women			
1	Judith Berry	Ryston Runners AC	25:00
2	Christine Payne	Unattached	27:08
3	Claire Smithee	Three Counties RC	29:23
4	Diane Tyler	Three Counties RC	30:30
5	Lorraine Reeves	Brandon Fernhoppers	32:21
55-59 Men			
1	Ali Macdonald	Lonely Goat RC	18:55
2	Nicholas Bensley	Ryston Runners AC	19:00
3	Jason Wing	Thetford AC	19:13
4	Matt Stone	Bure Valley Harriers	19:50
5	Will Honeybone	Ryston Runners AC	20:58
6	Ian Brown	Dereham Runners	22:06
7	Mark Tufts	Wymondham AC	22:50
8	Craig Harris	Ryston Runners AC	23:07
9	Adrian Jay	Aylsham Runners	25:14
55-59 Women			
1	Jo Rayner	Wymondham AC	25:12
2	Isabel Latter	Ryston Runners AC	25:13
3	Lisa Harris	Ryston Runners AC	25:36
4	Eloise Bird	St Edmund Pacers	27:21
5	Tina Plumley	Thetford AC	28:51
6	Peta Wilson	Ryston Runners AC	29:10
7	Salina Cumbridge	Ryston Runners AC	29:19
8	Naomi Smith	Three Counties RC	30:31
9	Debbie Crowley	Ryston Runners AC	32:17
10	Elaine Knight	Ryston Runners AC	32:50
11	Helen Driver	Ryston Runners AC	33:32
60-64 Men			
1	Kevin James Vaughan	Thetford AC	19:17



XCGP Race 1

Sunday, 11 October 2026

XCGP RESULTS

Generated 11 Oct 2026, 22:47

2	Adrian Hall	Wymondham AC	20:37
3	Ian Todd	Dereham Runners AC	21:53
4	Tony Leigh	Unattached	22:17
5	Mick Henderson	Ryston Runners AC	23:02
6	Martin Ive	Ryston Runners AC	24:18
7	Kevin Adcock	Unattached	24:57
8	Andrew Smith	Unattached	25:09
9	Les Phillips	Three Counties RC	27:42

60-64 Women

1	Maureen McCarthy	St Edmund Pacers	23:49
2	Linda Marshall	Ryston Runners AC	24:55
3	sarah Jay	Aylsham Runners	29:03
4	Tracie Draeger	Wymondham AC	29:27
5	Claudia Martin	Ryston Runners AC	31:27

65+ Men

1	Anthony Savage	Ryston Runners AC	22:37
2	Nigel Dickens	Unattached	28:32
3	Andy Body	Phoenix striders	29:15
4	Martin Blackburn	Ryston Runners AC	30:25

65+ Women

1	Ramona Thevenet	Stragglers AC	25:34
2	Lynne HOWLETT	Ryston Runners AC	26:43
3	Rita Smith	Thetford AC	28:25
4	Elizabeth Blakie	Ryston Runners AC	30:12
5	Amanda Baker	Dereham Runners	30:16
6	Eva Osborne	Wymondham AC	30:43
7	Amanda Gray	Wymondham AC	32:06
8	Rita Rue	Unattached	32:49
9	Hazel Cason	Dereham Runners AC	38:00