

Ryston Runners Grand Prix 1 09/10/2022

Under 9 boys

Position	Name	Club	Time
1	Freddie Hubbard	Ryston/Peckover	3:12
2	Samuel Jones	Down Prep	3:17
3	Theo Grocock	Cherry Tree	3:22
4	Noah Ward	T St C	3:23
5	Noah Miller	Cherry Tree	3:25
6	Rory Flegg	Ashwicken	3:27
7	Liam Allitt	Holly M	3:28
8	Theo Beynon-Phillips	Down Prep	3:44
9	Oscar Forrest	Cherry Tree	3:48
10	Zachary Rutland	Cherry Tree	3:49
11	Oscar Grocock	Cherry Tree	3:50
12	Ollie Anderson	Nt Wtn	3:51
13	William Ward	T St C	3:56
14	Leo Kinsey	Hillcrest	4:05
15	Barney Roberts	Thetford Pri	4:10
16	Dylan Ward	T St C	4:16
17	Leo Milliken	Cherry Tree	4:46
18	Hector Beynon-Phillips	Down Prep	4:57
19	Harry Betts	Cherry Tree	5:23
20	Freddie Murray	Cherry Tree	5:37
21	Jack Betts	Cherry Tree	5:45

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	Ren Run	3:28
2	Isadora Barclay	Down Prep	3:29
3	Alba Bartlett	GYDAC	3:34
4	Mia Kaiser	Eaton Pr	3:45
5	Francesca Hollick-Pearce	U/A / Edm DM	3:46
6	Lauren Lawrence	Hunstant Pr	3:48
7	Maya Marcinek	Re Run/Whitefri	3:52
8	Blake Amos	U/A	3:55
9	Evie Partridge	Down Prep	3:58
10	Florence Cummings	Mulbar Pri	4:11
11	Erica Hollick-Pearce	Ed De M	4:22
12	Anwen Jones	Cherry Tree	4:24
13	Georgina Littleboy	U/A	4:25
14	Betsy Chadderton	Ren Run	4:27
15	Phoebe Pavitt	Swaff	4:30
16	Vivie Salmon	Cherry Tree	4:48
17	Phoebe Wood	U/A / Nth Wtn	4:49
18	Merryn Jones	Cherry Tree	5:08
19	Madison Wigglesworth	Cherry Tree	5:36
20	Amelia Murray	Cherry Tree	5:46
21	Rosie Beckham	Cherry Tree	6:09
22	Reenie Salmon	Cherry Tree	9:54

Ryston Runners Grand Prix 1 09/10/2022

Overall under 9s race

Position	Name	Club	Time	Category
1	Freddie Hubbard	Ryston/Peckover	3:12	U9B
2	Samuel Jones	Down Prep	3:17	U9B
3	Theo Grocock	Cherry Tree	3:22	U9B
4	Noah Ward	T St C	3:23	U9B
5	Noah Miller	Cherry Tree	3:25	U9B
6	Rory Flegg	Ashwick	3:27	U9B
7	Mabelle Chadderton	Ren Run	3:28	U9G
8	Liam Allitt	Holly M	3:28	U9B
9	Isadora Barclay	Down Prep	3:29	U9G
10	Alba Bartlett	GYDAC	3:34	U9G
11	Theo Beynon-Phillips	Down Prep	3:44	U9B
12	Mia Kaiser	Eaton Pr	3:45	U9G
13	Francesca Hollick-Pearce	U/A / Edm DM	3:46	U9G
14	Lauren Lawrence	Hunstant Pr	3:48	U9G
15	Oscar Forrest	Cherry Tree	3:48	U9B
16	Zachary Rutland	Cherry Tree	3:49	U9B
17	Oscar Grocock	Cherry Tree	3:50	U9B
18	Ollie Anderson	Nt Wtn	3:51	U9B
19	Maya Marcinek	Re Run/Whitefri	3:52	U9G
20	Blake Amos	U/A	3:55	U9G
21	William Ward	T St C	3:56	U9B
22	Evie Partridge	Down Prep	3:58	U9G
23	Leo Kinsey	Hillcrest	4:05	U9B
24	Barney Roberts	Thetford Pri	4:10	U9B
25	Florence Cummings	Mulbar Pri	4:11	U9G
26	Dylan Ward	T St C	4:16	U9B
27	Erica Hollick-Pearce	Ed De M	4:22	U9G
28	Anwen Jones	Cherry Tree	4:24	U9G
29	Georgina Littleboy	U/A	4:25	U9G
30	Betsy Chadderton	Ren Run	4:27	U9G
31	Phoebe Pavitt	Swaff	4:30	U9G
32	Leo Milliken	Cherry Tree	4:46	U9B
33	Vivie Salmon	Cherry Tree	4:48	U9G
34	Phoebe Wood	U/A / Nth Wtn	4:49	U9G
35	Hector Beynon-Phillips	Down Prep	4:57	U9B
36	Merryn Jones	Cherry Tree	5:08	U9G
37	Harry Betts	Cherry Tree	5:23	U9B
38	Madison Wigglesworth	Cherry Tree	5:36	U9G
39	Freddie Murray	Cherry Tree	5:37	U9B
40	Jack Betts	Cherry Tree	5:45	U9B
41	Amelia Murray	Cherry Tree	5:46	U9G
42	Rosie Beckham	Cherry Tree	6:09	U9G
43	Reenie Salmon	Cherry Tree	9:54	U9G

Ryston Runners Grand Prix 1 09/10/2022

Under 11 boys

Position	Name	Club	Time
1	Rory Wood	Ryston / Nt Wtn	8:28
2	Leo Wood	Ryston / Nt Wtn	8:35
3	Matas Petreikis	WNAC/St Marth	9:01
4	Jenson Wedon	GYDAC	9:04
5	Frederick Hawkins	Ryston / Glebe	9:25
6	Alexander Balmer	Newm Jog/St Lou	9:26
7	Riley Price	Ryston/How Jun	9:29
8	Ezra Lewis	Down Prep	9:44
9	Henry Loveday	Kings Ely	9:49
10	Maximus Hawkins	Ryston / Glebe	10:17
11	Jacob Dale	WNAC/Reffley	11:10
12	George Carey	Cherry Tree	11:26
13	Troy Smith	Ryston / Eastg	11:42
14	Lee Smith	Ryston/How Jun	11:52
15	Daniel Rudling	Dereham	12:08
16	Rhys Howard	Ryston/Nt Wtn	12:27
17	Oliver Holehouse	Cherry Tree	13:16
18	Stanley Robert	Thetford Pri	13:29
19	Finley Turner	Reffley	13:54
20	Harvey Wilson	U/A	13:56
21	Isaac Fletcher	Dereham	13:59

Under 11 girls

Position	Name	Club	Time
1	Flo Abbott	Conac / St Fran	9:07
2	Courtney-Rose Price	Ryston/How Jun	9:34
3	Casey Ward	Ryston/T St C	9:50
4	Nellie Chadderton	Ren Run/T St C	10:22
5	Indie French	Ryston / Docking	10:32
6	Lydia Hopkins	Dereham / Scarni	11:34
7	Freya Dungar	U/A	12:14
8	Isabella Raines	Down Prep	12:35
9	Sophie Fletcher	Dereham	13:02
10	Leila Rogers	Cherry Tree	13:26
11	Caity Oram	Dereham / Scarni	14:34

Ryston Runners Grand Prix 1 09/10/2022

Overall under 11s race

Position	Name	Club	Time	Category
1	Rory Wood	Ryston / Nt Wtn	8:28	U11B
2	Leo Wood	Ryston / Nt Wtn	8:35	U11B
3	Matas Petreikis	WNAC/St Marth	9:01	U11B
4	Jenson Wedon	GYDAC	9:04	U11B
5	Flo Abbott	Conac / St Fran	9:07	U11G
6	Frederick Hawkins	Ryston / Glebe	9:25	U11B
7	Alexander Balmer	Newm Jog/St Lou	9:26	U11B
8	Riley Price	Ryston/How Jun	9:29	U11B
9	Courtney-Rose Price	Ryston/How Jun	9:34	U11G
10	Ezra Lewis	Down Prep	9:44	U11B
11	Henry Loveday	Kings Ely	9:49	U11B
12	Casey Ward	Ryston/T St C	9:50	U11G
13	Maximus Hawkins	Ryston / Glebe	10:17	U11B
14	Nellie Chadderton	Ren Run/T St C	10:22	U11G
15	Indie French	Ryston / Docking	10:32	U11G
16	Jacob Dale	WNAC/Reffley	11:10	U11B
17	George Carey	Cherry Tree	11:26	U11B
18	Lydia Hopkins	Dereham / Scarni	11:34	U11G
19	Troy Smith	Ryston / Eastg	11:42	U11B
20	Lee Smith	Ryston/How Jun	11:52	U11B
21	Daniel Rudling	Dereham	12:08	U11B
22	Freya Dungar	U/A	12:14	U11G
23	Rhys Howard	Ryston/Nt Wtn	12:27	U11B
24	Isabella Raines	Down Prep	12:35	U11G
25	Sophie Fletcher	Dereham	13:02	U11G
26	Oliver Holehouse	Cherry Tree	13:16	U11B
27	Leila Rogers	Cherry Tree	13:26	U11G
28	Stanley Robert	Thetford Pri	13:29	U11B
29	Finley Turner	Reffley	13:54	U11B
30	Harvey Wilson	U/A	13:56	U11B
31	Isaac Fletcher	Dereham	13:59	U11B
32	Caity Oram	Dereham / Scarni	14:34	U11G

Ryston Runners Grand Prix 1 09/10/2022

Under 13 boys

Position	Name	Club	Time
1	Ethan Ward	Ryston	11:17
2	Thomas Murray	U/A	12:11
3	Harry Woodgett	Dereham	12:59
4	Thomas Simmonds	Ryston	13:22
5	Aidan Howard	Ryston	13:46
6	Tom Kaiser	U/A	14:56

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	13:14
2	Faith Turner	Ryston	14:17
3	Imogen Dungar	BVH	15:01
4	Jessica Lawrence	Ryston / Glebe	15:46
5	Chloe Holeness	U/A	15:58
6	Elouise Littleboy	NRR	17:02

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	10:29
2	Edward Murray	WNAC	10:32
3	Cameron Wedon	GYDAC	10:46
4	Finn Kaiser	CoNAC	11:20
5	Cody Pearman	Ryston	11:22
6	Charlie Frammingham	WNAC	11:32
7	Henry Gosnell	WNAC	12:56

Under 15 girls

Position	Name	Club	Time
1	Isabella Mckenzie	Ryston	12:13
2	Wiktora Marcinek	Ren Run	12:26
3	Ruby Smith	Ryston	12:40
4	Evie Clayton	WNAC	13:20
5	Lola Kidman	WNAC	13:23
6	Emily Hubbard	U/A	15:44

Ryston Runners Grand Prix 1 09/10/2022

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:29	U15B
2	Edward Murray	WNAC	10:32	U15B
3	Cameron Wedon	GYDAC	10:46	U15B
4	Ethan Ward	Ryston	11:17	U13B
5	Finn Kaiser	CoNAC	11:20	U15B
6	Cody Pearman	Ryston	11:22	U15B
7	Charlie Frammingham	WNAC	11:32	U15B
8	Thomas Murray	U/A	12:11	U13B
9	Isabella Mckenzie	Ryston	12:13	U15G
10	Wiktoria Marcinek	Ren Run	12:26	U15G
11	Ruby Smith	Ryston	12:40	U15G
12	Henry Gosnell	WNAC	12:56	U15B
13	Harry Woodgett	Dereham	12:59	U13B
14	Olivia Ord	Ryston	13:14	U13G
15	Evie Clayton	WNAC	13:20	U15G
16	Thomas Simmonds	Ryston	13:22	U13B
17	Lola Kidman	WNAC	13:23	U15G
18	Aidan Howard	Ryston	13:46	U13B
19	Faith Turner	Ryston	14:17	U13G
20	Tom Kaiser	U/A	14:56	U13B
21	Imogen Dungar	BVH	15:01	U13G
22	Emily Hubbard	U/A	15:44	U15G
23	Jessica Lawrence	Ryston / Glebe	15:46	U13G
24	Chloe Holeness	U/A	15:58	U13G
25	Elouise Littleboy	NRR	17:02	U13G

Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesborough	Dereham	17:25
2	Matthew Benson	CoNAC	17:26
3	Callum Wing	Thetford	19:47
4	Jake Gilding	Dereham	20:39
5	Jacob Last	Dereham	20:57

Under 17 girls

Position	Name	Club	Time
1	Amy Dewart	Ryston	21:19
2	Esme Abbott	CoNAC	23:47
3	Bethany Wilson	Thetford	23:51

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Senior men

Position	Name	Club	Time
1	Rob Simmonds	Ryston	16:27
2	Callum Stanforth	Ryston	16:30
3	Conor Flanagan	Camb Tri	16:48
4	Daniel Smith	Ryston	17:17
5	Luke Ashby	Camb Tri	17:34
6	Ben Keeley	Ryston	17:43
7	Luke Garrigan	Ryston	18:08
8	Daniel Yallop	Ryston	19:22
9	Brad Melville	Ryston	19:45
10	James Ord	Ryston	19:48
11	Chris Chaplin	U/A	19:50
12	Matt Smith	Ryston	20:34
13	Darren Price	Ryston	21:22
14	Nicholas Jones	Thetford	21:40
15	Sri Tenjarla	BVH	23:49
16	Bradley Pavitt	U/A	25:21

Senior women

Position	Name	Club	Time
1	Anna O'Hare	Haverhill	20:00
2	Madeleine Short	CoNAC	20:24
3	Alice Grant	BVH	22:20
4	Molly Sands	Ryston	23:08
5	Tiegan Moore	Ryston	23:51
6	Charlotte Smith	N/A	27:31

Master women 35-39

Position	Name	Club	Time
1	Emma Wood	Ryston	19:35
2	Elizabeth Daly	Dereham	19:49
3	Joanne Watkins	BVH	20:48
4	Frankie Harrison	GYDAC	23:05
5	Louise Rowe	Dereham	24:48
6	LJ Winter	U/A	24:50
7	Lauren Day	TCRC	25:02
8	Barbara Kosiba	T St C RC	25:58
9	Caroline Fletcher	Dereham	26:07
10	Samantha Simper	U/A	26:15
11	Charlotte Price	Ryston	27:07
12	Kimberley Gray	Ryston	29:43
13	Kim Coultard	TCRC	29:54
14	Clare Slattery	Thetford	30:20

Ryston Runners Grand Prix 1 09/10/2022

Master women 40-44

Position	Name	Club	Time
1	Cat Cummings	CoNAC	19:12
2	Claire Wilshaw	Cambr Tri	21:47
3	Lucy Chadderton	Ren Run	24:48
4	Sarah Whitelam	TCRC	25:24
5	Sarah Johnson	TCRC	25:30
6	Irena Marcinek	Ryston	25:33
7	Julie Barrow	Ryston	26:24
8	Kerrie Page	Ryston	26:39
9	Debbie Agger	TCRC	28:50
10	Claire Ives	Lonely Goat	29:31
11	Katherine Pratt	U/A	30:20
12	Alison Wood	U/A	32:01
13	Megan Oram	Dereham	32:38
14	Suzanne Fleet	Thetford	33:18

Master women 45-49

Position	Name	Club	Time
1	Jo Andrews	BBD	18:09
2	Dawn Hendon	Ren Run	19:31
3	Becky Taylor	Ryston	22:52
4	Elaine Lumley	Ryston	23:09
5	Lucy Mcdowie	Ryston	23:11
6	Sarah-Jane Macdonald	TCRC	24:18
7	Helen Melville	Ryston	24:25
8	Deborah Last	Dereham	24:29
9	Joanna Banaszek	U/A	24:32
10	Julie Ward	U/A	24:49
11	Tracey Else	TCRC	28:50
12	Niki Kaiser	U/A	29:11
13	Lorraine Reeves	Brandon FH	29:33
14	Kathryn Parker	U/A	32:04

Master women 50-54

Position	Name	Club	Time
1	Nicky Roger	Ryston	21:56
2	Lesley Robins	Ryston	22:17
3	Lisa Harris	Ryston	25:49
4	Jayne Spurrier	TCRC	26:36
5	Lorraine Parker	TCRC	27:12
6	Tracy Adams	TCRC	28:21
7	Sam Lingwood	Dereham	30:05
8	Heidi Smith	Thetford	30:21
9	Helen Driver	Ryston	33:58
10	Sorcha Toogood	U/A	34:09
11	Sarah Lamb	TCRC	35:22

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Master women 55-59

Position	Name	Club	Time
1	Gina Hurrell	Ryston	24:33
2	Linda Marshall	Ryston	24:37

Master women 60+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	22:34
2	Maureen McCarthy	St Eds	22:52
3	Lynne Howlett	Ryston	26:22
4	Pauline Sparrow	Ryston	27:59
5	Eva Osborne	Wym	29:42
6	Amanda Baker	Lonely Goat	29:49
7	Elizabeth Blakie	Ryston	30:02
8	Ceridwen Howell	RNTS	32:15
9	Sarah Dennis	U/A	32:37
10	Di Renshaw	Dereham	33:37
11	Gill Hart	Ryston	39:27

Master men 40-44

Position	Name	Club	Time
1	Chris Balmer	Ryston	17:02
2	Matthew Thrower	Ryston	17:24
3	Will Winter	U/A	17:50
4	Stephen Woodcroft	Wymondham	17:53
5	Andrew Simmonds	Ryston	18:32
6	Ross Wenlock	U/A	19:27
7	Ben Collison	WNAC	19:36
8	Gary Hawkins	U/A	19:54
9	Craig Freestone	TCRC	20:06
10	Luke Pavey	Harling AC	20:10
11	Rob Skillings	Ryston	20:35
12	Shaun Hamer	Ryston	20:41
13	Jamie Bransgrove	Ryston	20:51
14	Karl Wright	Thetford	20:55
15	Grant King	Dereham	20:58
16	Dave Brown	PANVAC	21:13
17	Nick Jones	U/A	21:31
18	Ian Wiggins	Ryston	22:13
19	Jake Whitehouse	T St C RC	23:07
20	Rob Gosnell	WNAC	23:40
21	Robert Last	Dereham	23:50
22	John Dungar	BVH	26:10
23	Kevin Took	Ryston	28:00

Ryston Runners Grand Prix 1 09/10/2022

Master men 45-49

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	17:09
2	Matthew Crane	BVH	20:32
3	Jonathan Hawes	Ryston	20:37
4	Justin Grey	U/A	21:34
5	Kersten Muller	TCRC	22:02
6	Matthew Parker	Ryston	24:23
7	Steve Bowdery	KTLC	25:12
8	Charlie Wilson	Ryston	32:07

Master men 50-54

Position	Name	Club	Time
1	Richard Ebbs	Ryston	17:55
2	Ali Macdonald	Lonely Goat	19:17
3	Jason Wing	Thetford	19:29
4	Gary Malliband	Thetford	20:01
5	George Pettit	Ryston	21:20
6	Neil Rivers	Dereham	21:50
7	Jon Plumb	U/A	22:04
8	Peter Wilson	U/A	22:29
9	Craig Harris	Ryston	22:44
10	Patrick Gosling	U/A	22:46
11	Jason Hawes	Ryston	22:47
12	David Grimed	N/a	23:10
13	Mark Garrett	WNAC	23:13
14	Will Honeybone	Ryston	23:37
15	John Bowen	Ryston	23:53
16	Damian Short	U/A	24:19
17	Steve Whitelam	TCRC	27:48

Master men 55-59

Position	Name	Club	Time
1	Malcolm Tuff	Ryston	18:46
2	Kevin Vaughan	Thetford	18:48
3	Adrian Hall	Wymondham	19:50
4	Martin Ive	Ryston	20:54
5	Stewart Robins	Ryston	21:55
6	Nigel Kenny	Ryston	22:43
7	Ian Todd	Ryston	22:49
8	Ian Patmore	Rundmc	23:16
9	Martin Elsegood	Ryston	40:32

Ryston Runners Grand Prix 1 09/10/2022

Master men 60-64

Position	Name	Club	Time
1	Tony Savage	Ryston	21:39
2	Robert Morgan	St Eds	22:16
3	Gary Ingre	Ryston	23:28
4	Richard Handoll	U/A	24:11
5	Neville Knights	Dereham	24:44
6	Adrian Pepper	T St CRC	25:51
7	John Bain	Lonely Goat	26:30
8	Ken Renshaw	Dereham	27:36
9	Andrew Toogood	Dereham	37:17

Master men 65+

Position	Name	Club	Time
1	Graham Chapman	Ely runners	21:36
2	Kevin Howlett	Ryston	22:59
3	Chris Chapman	Ryston	25:36
4	Martin Blackburn	Ryston	25:45

Overall U17s, seniors and masters race

Position	Name	Club	Time	
1	Rob Simmonds	Ryston	16:27	SM
2	Callum Stanforth	Ryston	16:30	SM
3	Conor Flanagan	Camb Tri	16:48	SM
4	Chris Balmer	Ryston	17:02	MM40-44
5	Jan Kaiser	CoNAC	17:09	MM45-49
6	Daniel Smith	Ryston	17:17	SM
7	Matthew Thrower	Ryston	17:24	MM40-44
8	Tobias Cheesborough	Dereham	17:25	U17B
9	Matthew Benson	CoNAC	17:26	U17B
10	Luke Ashby	Camb Tri	17:34	SM
11	Ben Keeley	Ryston	17:43	SM
12	Will Winter	U/A	17:50	MM40-44
13	Stephen Woodcroft	Wymondham	17:53	MM40-44
14	Richard Ebbs	Ryston	17:55	MM50-54
15	Luke Garrigan	Ryston	18:08	SM
16	Jo Andrews	BBD	18:09	MW45-49
17	Andrew Simmonds	Ryston	18:32	MM40-44
18	Malcolm Tuff	Ryston	18:46	MM55-59
19	Kevin Vaughan	Thetford	18:48	MM55-59
20	Cat Cummings	CoNAC	19:12	MW40-44
21	Ali Macdonald	Lonely Goat	19:17	MM50-54
22	Daniel Yallop	Ryston	19:22	SM
23	Ross Wenlock	U/A	19:27	MM40-44
24	Jason Wing	Thetford	19:29	MM50-54
25	Dawn Hendon	Ren Run	19:31	MW45-49
26	Emma Wood	Ryston	19:35	MW35-39
27	Ben Collison	WNAC	19:36	MM40-44

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28	Brad Melville	Ryston	19:45	SM
29	Callum Wing	Thetford	19:47	U17B
30	James Ord	Ryston	19:48	SM
31	Elizabeth Daly	Dereham	19:49	MW35-39
32	Chris Chaplin	U/A	19:50	SM
33	Adrian Hall	Wymondham	19:50	MM55-59
34	Gary Hawkins	U/A	19:54	MM40-44
35	Anna O'Hare	Haverhill	20:00	SW
36	Gary Malliband	Thetford	20:01	MM50-54
37	Craig Freestone	TCRC	20:06	MM40-44
38	Luke Pavey	Harling AC	20:10	MM40-44
39	Madeleine Short	CoNAC	20:24	SW
40	Matthew Crane	BVH	20:32	MM45-49
41	Matt Smith	Ryston	20:34	SM
42	Rob Skillings	Ryston	20:35	MM40-44
43	Jonathan Hawes	Ryston	20:37	MM45-49
44	Jake Gilding	Dereham	20:39	U17B
45	Shaun Hamer	Ryston	20:41	MM40-44
46	Joanne Watkins	BVH	20:48	MW35-39
47	Jamie Bransgrove	Ryston	20:51	MM40-44
48	Martin Ive	Ryston	20:54	MM55-59
49	Karl Wright	Thetford	20:55	MM40-44
50	Jacob Last	Dereham	20:57	U17B
51	Grant King	Dereham	20:58	MM40-44
52	Dave Brown	PANVAC	21:13	MM40-44
53	Amy Dewart	Ryston	21:19	U17G
54	George Pettit	Ryston	21:20	MM50-54
55	Darren Price	Ryston	21:22	SM
56	Nick Jones	U/A	21:31	MM40-44
57	Justin Grey	U/A	21:34	MM45-49
58	Graham Chapman	Ely runners	21:36	MM65+
59	Tony Savage	Ryston	21:39	MM60-64
60	Nicholas Jones	Thetford	21:40	SM
61	Claire Wilshaw	Cambr Tri	21:47	MW40-44
62	Neil Rivers	Dereham	21:50	MM50-54
63	Stewart Robins	Ryston	21:55	MM55-59
64	Nicky Roger	Ryston	21:56	MW50-54
65	Kersten Muller	TCRC	22:02	MM45-49
66	Jon Plumb	U/A	22:04	MM50-54
67	Ian Wiggins	Ryston	22:13	MM40-44
68	Robert Morgan	St Eds	22:16	MM60-64
69	Lesley Robins	Ryston	22:17	MW50-54
70	Alice Grant	BVH	22:20	SW
71	Peter Wilson	U/A	22:29	MM50-54
72	Jenny Morgan	St Eds	22:34	MW60+
73	Nigel Kenny	Ryston	22:43	MM55-59
74	Craig Harris	Ryston	22:44	MM50-54
75	Patrick Gosling	U/A	22:46	MM50-54

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76	Jason Hawes	Ryston	22:47	MM50-54
77	Ian Todd	Ryston	22:49	MM55-59
78	Maureen McCarthy	St Eds	22:52	MW60+
79	Becky Taylor	Ryston	22:52	MW45-49
80	Kevin Howlett	Ryston	22:59	MM65+
81	Frankie Harrison	GYDAC	23:05	MW35-39
82	Jake Whitehouse	T St C RC	23:07	MM40-44
83	Molly Sands	Ryston	23:08	SW
84	Elaine Lumley	Ryston	23:09	MW45-49
85	David Grimed	N/a	23:10	MM50-54
86	Lucy Mcdowie	Ryston	23:11	MW45-49
87	Mark Garrett	WNAC	23:13	MM50-54
88	Ian Patmore	Rundmc	23:16	MM55-59
89	Gary Ingre	Ryston	23:28	MM60-64
90	Will Honeybone	Ryston	23:37	MM50-54
91	Rob Gosnell	WNAC	23:40	MM40-44
92	Esme Abbott	CoNAC	23:47	U17G
93	Sri Tenjarla	BVH	23:49	SM
94	Robert Last	Dereham	23:50	MM40-44
95	Bethany Wilson	Thetford	23:51	U17G
96	Tiegan Moore	Ryston	23:51	SW
97	John Bowen	Ryston	23:53	MM50-54
98	Richard Handoll	U/A	24:11	MM60-64
99	Sarah-Jane Macdonald	TCRC	24:18	MW45-49
100	Damian Short	U/A	24:19	MM50-54
101	Matthew Parker	Ryston	24:23	MM45-49
102	Helen Melville	Ryston	24:25	MW45-49
103	Deborah Last	Dereham	24:29	MW45-49
104	Joanna Banaszek	U/A	24:32	MW45-49
105	Gina Hurrell	Ryston	24:33	MW55-59
106	Linda Marshall	Ryston	24:37	MW55-59
107	Neville Knights	Dereham	24:44	MM60-64
108	Louise Rowe	Dereham	24:48	MW35-39
109	Lucy Chadderton	Ren Run	24:48	MW40-44
110	Julie Ward	U/A	24:49	MW45-49
111	LJ Winter	U/A	24:50	MW35-39
112	Lauren Day	TCRC	25:02	MW35-39
113	Steve Bowdery	KTLC	25:12	MM45-49
114	Bradley Pavitt	U/A	25:21	SM
115	Sarah Whitelam	TCRC	25:24	MW40-44
116	Sarah Johnson	TCRC	25:30	MW40-44
117	Irena Marcinek	Ryston	25:33	MW40-44
118	Chris Chapman	Ryston	25:36	MM65+
119	Martin Blackburn	Ryston	25:45	MM65+
120	Lisa Harris	Ryston	25:49	MW50-54
121	Adrian Pepper	T St CRC	25:51	MM60-64
122	Barbara Kosiba	T St C RC	25:58	MW35-39
123	Caroline Fletcher	Dereham	26:07	MW35-39

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124	John Dungan	BVH	26:10	MM40-44
125	Samantha Simper	U/A	26:15	MW35-39
126	Lynne Howlett	Ryston	26:22	MW60+
127	Julie Barrow	Ryston	26:24	MW40-44
128	John Bain	Lonely Goat	26:30	MM60-64
129	Jayne Spurrier	TCRC	26:36	MW50-54
130	Kerrie Page	Ryston	26:39	MW40-44
131	Charlotte Price	Ryston	27:07	MW35-39
132	Lorraine Parker	TCRC	27:12	MW50-54
133	Charlotte Smith	N/A	27:31	SW
134	Ken Renshaw	Dereham	27:36	MM60-64
135	Steve Whitelam	TCRC	27:48	MM50-54
136	Pauline Sparrow	Ryston	27:59	MW60+
137	Kevin Took	Ryston	28:00	MM40-44
138	Tracy Adams	TCRC	28:21	MW50-54
139	Tracey Else	TCRC	28:50	MW45-49
140	Debbie Agger	TCRC	28:50	MW40-44
141	Niki Kaiser	U/A	29:11	MW45-49
142	Claire Ives	Lonely Goat	29:31	MW40-44
143	Lorraine Reeves	Brandon FH	29:33	MW45-49
144	Eva Osborne	Wym	29:42	MW60+
145	Kimberley Gray	Ryston	29:43	MW35-39
146	Amanda Baker	Lonely Goat	29:49	MW60+
147	Kim Coultard	TCRC	29:54	MW35-39
148	Elizabeth Blakie	Ryston	30:02	MW60+
149	Sam Lingwood	Dereham	30:05	MW50-54
150	Katherine Pratt	U/A	30:20	MW40-44
151	Clare Slattery	Thetford	30:20	MW35-39
152	Heidi Smith	Thetford	30:21	MW50-54
153	Alison Wood	U/A	32:01	MW40-44
154	Kathryn Parker	U/A	32:04	MW45-49
155	Charlie Wilson	Ryston	32:07	MM45-49
156	Ceridwen Howell	RNTS	32:15	MW60+
157	Sarah Dennis	U/A	32:37	MW60+
158	Megan Oram	Dereham	32:38	MW40-44
159	Suzanne Fleet	Thetford	33:18	MW40-44
160	Di Renshaw	Dereham	33:37	MW60+
161	Helen Driver	Ryston	33:58	MW50-54
162	Sorcha Toogood	U/A	34:09	MW50-54
163	Sarah Lamb	TCRC	35:22	MW50-54
164	Andrew Toogood	Dereham	37:17	MM60-64
165	Gill Hart	Ryston	39:27	MW60+
166	Martin Elsegood	Ryston	40:32	MM55-59