

Under 9 boys

Position	Name	Club	Time
1	Freddie Hubbard	Rys/Peck	3:06
2	Samuel Jones	Down Prep	3:09
3	Noah Miller	Cherry T	3:17
4	George Carey	Cherry T	3:19
5	Frederick Bagge	Down Prep	3:22
6	Theo Grocock	Cherry T	3:22
7	Rory Flegg	Ashwick	3:23
8	Benjamin White	Down Prep	3:31
9	Harley Longstaff	Cherry T	3:39
10	Oscar Forrest	Cherry T	3:45
11	Zachary Rutland	Cherry T	3:49
12	Oscar Grocock	Cherry T	3:50
13	Oliver Anderson	Nt Wtn	3:51
14	Freddie Woodcock	Cherry T	3:54
15	Archie Rockcliffe	Down Prep	4:08
16	Arthur Teanby	Tilney	4:11
17	Isaac Webster	Cherry T	4:17
18	Teddy Hines	Cherry T	4:22
19	Charlie Bradford	Cherry T	4:24
20	Rory Forrest	U/A	4:36
21	Finlay Woodruff	Cherry T	4:38
22	Harry Betts	Cherry T	4:43
23	Callum McGurk	Cherry T	4:43
24	Sebastian Metcalfe	St Martin	5:07
25	Freddie Murray	Cherry T	5:48
26	Noah Bostock	Cherry T	5:57
27	Jack Betts	Cherry T	6:26

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	Ren R/TStC	3:17
2	Alba Bartlett	GYDAC/Fil Pr	3:30
3	Isadora Barclay	Down Prep	3:31
4	Mia Kaiser	Eaton Pr	3:36
5	Blake Amos	U/A	3:38
6	Lauren Lawrence	Hunst Pr	3:38
7	Francesca Hollick-Pearce	Ed de Mund	3:51
8	Betsy Chadderton	Ren R/TStC	3:51
9	Maya Marcinek	Ren R/Whitef	3:58
10	Sofia Gilboy	WNAC	3:59
11	Izzie Hardy	Cherry T	4:02
12	Molly Cousins	Nt Wtn	4:08
13	Anwen Jones	Cherry T	4:12
14	Evie Partridge	Down Prep	4:14
15	Alice Stevens	Hills	4:25
16	Isla Miller	Cherry T	4:30
17	Vivie Salmon	Cherry T	4:36
18	Merryn Jones	Cherry T	4:56
19	Frankie Ford	Down Prep	5:04
20	Phoebe Wood	Nth Wtn	5:17
21	Erica Hollick-Pearce	Ed de Mund	5:26
22	Amelia Murray	Cherry T	5:59
23	Freya Rutland	Cherry T	6:08
24	Rosie Beckham	Cherry T	6:28

Overall under 9s race

Position	Name	Club	Time	Category
1	Freddie Hubbard	Rys/Peck	3:06	U9B
2	Samuel Jones	Down Prep	3:09	U9B
3	Noah Miller	Cherry T	3:17	U9B
4	George Carey	Cherry T	3:19	U9B
5	Mabelle Chadderton	Ren R/TStC	3:17	U9G
6	Frederick Bagge	Down Prep	3:22	U9B
7	Theo Grocock	Cherry T	3:22	U9B
8	Rory Flegg	Ashwick	3:23	U9B
9	Alba Bartlett	GYDAC/Fil Pr	3:30	U9G
10	Benjamin White	Down Prep	3:31	U9B
11	Isadora Barclay	Down Prep	3:31	U9G
12	Mia Kaiser	Eaton Pr	3:36	U9G
13	Blake Amos	U/A	3:38	U9G
14	Lauren Lawrence	Hunst Pr	3:38	U9G
15	Harley Longstaff	Cherry T	3:39	U9B
16	Oscar Forrest	Cherry T	3:45	U9B
17	Zachary Rutland	Cherry T	3:49	U9B
18	Oscar Grocock	Cherry T	3:50	U9B
19	Oliver Anderson	Nt Wtn	3:51	U9B
20	Francesca Hollick-Pearce	Ed de Mund	3:51	U9G
21	Betsy Chadderton	Ren R/TStC	3:51	U9G
22	Freddie Woodcock	Cherry T	3:54	U9B
23	Maya Marcinek	Ren R/Whitef	3:58	U9G
24	Sofia Gilboy	WNAC	3:59	U9G
25	Izzie Hardy	Cherry T	4:02	U9G
26	Archie Rockcliffe	Down Prep	4:08	U9B
27	Molly Cousins	Nt Wtn	4:08	U9G
28	Arthur Teanby	Tilney	4:11	U9B
29	Anwen Jones	Cherry T	4:12	U9G
30	Evie Partridge	Down Prep	4:14	U9G
31	Isaac Webster	Cherry T	4:17	U9B
32	Teddy Hines	Cherry T	4:22	U9B
33	Charlie Bradford	Cherry T	4:24	U9B
34	Alice Stevens	Hills	4:25	U9G
35	Isla Miller	Cherry T	4:30	U9G
36	Rory Forrest	U/A	4:36	U9B
37	Vivie Salmon	Cherry T	4:36	U9G
38	Finlay Woodruff	Cherry T	4:38	U9B
39	Harry Betts	Cherry T	4:43	U9B
40	Callum McGurk	Cherry T	4:43	U9B
41	Merryn Jones	Cherry T	4:56	U9G
42	Frankie Ford	Down Prep	5:04	U9G
43	Sebastian Metcalfe	St Martin	5:07	U9B

Ryston Runners Grand Prix 2 13/11/2022

44	Phoebe Wood	Nth Wtn	5:17	U9G
45	Erica Hollick-Pearce	Ed de Mund	5:26	U9G
46	Freddie Murray	Cherry T	5:48	U9B
47	Noah Bostock	Cherry T	5:57	U9B
48	Amelia Murray	Cherry T	5:59	U9G
49	Freya Rutland	Cherry T	6:08	U9G
50	Jack Betts	Cherry T	6:26	U9B
51	Rosie Beckham	Cherry T	6:28	U9G

Under 11 boys

Position	Name	Club	Time
1	Isaac Unsworth	CoNAC/St Fr	8:24
2	Rory Wood	Rys/Nt Wtn	8:28
3	Leo Wood	Rys/Nt Wtn	8:31
4	Matas Petreikis	WNAC/St Marth	8:40
5	Henry Loveday	Kings Ely	9:29
6	Riley Price	Ryston/Howa	9:30
7	Freddie Ford	Down Prep	9:39
8	Ethan Webb	Cherry T	9:43
9	Jude Osborne	CoNAC/Ashle	9:47
10	Ezra Lewis	Down Prep	10:08
11	Hector Barclay	Down Prep	12:13
12	Rhys Howard	Rys/Nt Wtn	12:15
13	Daniel Rudling	Dereham	12:20
14	George Loveday	Kings Ely	14:06
15	Oliver Holehouse	Cherry T	14:41
16	Harry Hines	Cherry T	18:03

Under 11 girls

Position	Name	Club	Time
1	Tayla Goodswen	CoNAC/Alburgh	8:48
2	Flo Abbott	CoNAC	9:08
3	Nellie Chadderton	Ren R/TStC	10:13
4	Courtney-Rose Price	Ryston/Howa	10:16
5	Amelie Watkinson	Attleb/Aboro Pri	10:32
6	Lydia Hopkins	Der/Swant	11:01
7	Indie French	Rys/ Dock	11:14
8	Ameera Carline	Cherry T	11:39
9	Olivia Bradford	Cherry T	11:46
10	Leila Rogers	Cherry T	14:26
11	Sophie Fletcher	Dereham	14:43
12	Caity Oram	Der / Scar	14:51

Ryston Runners Grand Prix 2 13/11/2022

Overall under 11s race

Position	Name	Club	Time	Category
1	Isaac Unsworth	CoNAC/St Fr	8:24	U11B
2	Rory Wood	Rys/Nt Wtn	8:28	U11B
3	Leo Wood	Rys/Nt Wtn	8:31	U11B
4	Matas Petreikis	WNAC/St Marth	8:40	U11B
5	Tayla Goodswen	CoNAC/Alburgh	8:48	U11G
6	Flo Abbott	CoNAC	9:08	U11G
7	Henry Loveday	Kings Ely	9:29	U11B
8	Riley Price	Ryston/Howa	9:30	U11B
9	Freddie Ford	Down Prep	9:39	U11B
10	Ethan Webb	Cherry T	9:43	U11B
11	Jude Osborne	CoNAC/Ashle	9:47	U11B
12	Ezra Lewis	Down Prep	10:08	U11B
13	Nellie Chadderton	Ren R/TStC	10:13	U11G
14	Courtney-Rose Price	Ryston/Howa	10:16	U11G
15	Amelie Watkinson	Attleeb/Aboro Pri	10:32	U11G
16	Lydia Hopkins	Der/Swant	11:01	U11G
17	Indie French	Rys/ Dock	11:14	U11G
18	Ameera Carline	Cherry T	11:39	U11G
19	Olivia Bradford	Cherry T	11:46	U11G
20	Hector Barclay	Down Prep	12:13	U11B
21	Rhys Howard	Rys/Nt Wtn	12:15	U11B
22	Daniel Rudling	Dereham	12:20	U11B
23	George Loveday	Kings Ely	14:06	U11B
24	Leila Rogers	Cherry T	14:26	U11G
25	Oliver Holehouse	Cherry T	14:41	U11B
26	Sophie Fletcher	Dereham	14:43	U11G
27	Caity Oram	Der / Scar	14:51	U11G
28	Harry Hines	Cherry T	18:03	U11B

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Under 13 boys

Position	Name	Club	Time
1	Thomas Murray	U/A	12:02
2	Aidan Howard	Ryston	12:39
3	Isaac Brown	Dereham	13:08
4	Thomas Simmonds	Ryston	13:21
5	Tom Kaiser	U/A	14:19
6	Stanley Underwood	Dereham	14:47
7	Jameson Chard	Dereham	16:28

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	12:55
2	Jasmin Benson	CoNAC	13:31
3	Margot Swales	U/A	15:14
4	Myley Gilboy	WNAC	15:29
5	Imogen Stevens	Tri Ang	15:38
6	Jessica Lawrence	Rys/Gleb	16:44

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	10:19
2	Edward Murray	WNAC	10:22
3	Charlie Frammingham	WNAC	10:57
4	Finn Kaiser	CoNAC	11:16
5	Cody Pearman	Ryston	11:36
6	George Costello	Dereham	12:06
7	Dylan Whitehouse	Ryston	12:11
8	Henry Gosnell	WNAC	12:46
9	Oliver Thaxter	U/A	13:46

Under 15 girls

Position	Name	Club	Time
1	Evie Clayton	WNAC	12:26
2	Lola Kidman	WNAC	13:27

Ryston Runners Grand Prix 2 13/11/2022

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:19	U15B
2	Edward Murray	WNAC	10:22	U15B
3	Charlie Frammingham	WNAC	10:57	U15B
4	Finn Kaiser	CoNAC	11:16	U15B
5	Cody Pearman	Ryston	11:36	U15B
6	Thomas Murray	U/A	12:02	U13B
7	George Costello	Dereham	12:06	U15B
8	Dylan Whitehouse	Ryston	12:11	U15B
9	Evie Clayton	WNAC	12:26	U15G
10	Aidan Howard	Ryston	12:39	U13B
11	Henry Gosnell	WNAC	12:46	U15B
12	Olivia Ord	Ryston	12:55	U13G
13	Isaac Brown	Dereham	13:08	U13B
14	Thomas Simmonds	Ryston	13:21	U13B
15	Lola Kidman	WNAC	13:27	U15G
16	Jasmin Benson	CoNAC	13:31	U13G
17	Oliver Thaxter	U/A	13:46	U15B
18	Tom Kaiser	U/A	14:19	U13B
19	Stanley Underwood	Dereham	14:47	U13B
20	Margot Swales	U/A	15:14	U13G
21	Myley Gilboy	WNAC	15:29	U13G
22	Imogen Stevens	Tri Ang	15:38	U13G
23	Jameson Chard	Dereham	16:28	U13B
24	Jessica Lawrence	Rys/Gleb	16:44	U13G

Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesbrough	Dereham	16:13
2	Matthew Benson	CoNAC	16:44
3	Callum Wing	Thetford	18:05
4	Jake Gilding	Dereham	18:57
5	Jacob Last	Dereham	19:16

Under 17 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	21:19
2	Esme Abbott	CoNAC	22:39

Overall under 17s race

Position	Name	Club	Time	Category
1	Tobias Cheesbrough	Dereham	16:13	U17B
2	Matthew Benson	CoNAC	16:44	U17B
3	Callum Wing	Thetford	18:05	U17B
4	Jake Gilding	Dereham	18:57	U17B
5	Jacob Last	Dereham	19:16	U17B
6	Bethany Wilson	Thetford	21:19	U17G
7	Esme Abbott	CoNAC	22:39	U17G

Senior men

Position	Name	Club	Time
1	Christopher Smith	Hunts AC	28:11
2	Rob Simmonds	Ryston	30:54
3	Luke Ashby	Camb Tri	31:11
4	Ben Keeley	Ryston	31:12
5	Conor Flanagan	Camb Tr	31:46
6	Ben Smith	U/A	31:53
7	John-David Fisher	Norf Gaz	32:02
8	Luke Garrigan	Ryston	32:55
9	Louie Sandys	Norf Gaz	33:07
10	Daniel Yallop	Ryston	33:47
11	Tom Whiting	CoNAC	33:58
12	Simon Ray-Jones	Norf Gaz	35:36
13	Ben Davey	U/A	35:52
14	Russel Hopkins	CoNAC	36:59
15	Stuart Clark	U/A	37:20
16	Nicholas Jones	Thetford	39:05
17	Charles Smith	U/A	39:30
18	Darren Price	Ryston	39:34
19	Dominic Hughes	U/A	40:23
20	Chris Wood	U/A	43:18
21	Matthew Freezer	Dereham	44:02

Senior women

Position	Name	Club	Time
1	Anna O'Hare	Haverhill	35:54
2	Cora O'Mahony	Norf Gaz	39:04
3	Molly Sands	Ryston	40:13
4	Alice Grant	BVH	42:21
5	Natisha Ramsbottom	Dereham	48:30
6	Erin Cordukes	U/A	50:15

Ryston Runners Grand Prix 2 13/11/2022

Master women 35-39

Position	Name	Club	Time
1	Emma Wood	Ryston	35:31
2	Lisa Bolton	U/A	38:54
3	Frankie Harrison	GYDAC	41:40
4	Laura Jane Winter	U/A	44:08
5	Louise Rowe	Dereham	44:34
6	Caroline Fletcher	Dereham	48:15
7	Charlotte Price	Ryston	51:57

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymond	32:44
2	Elizabeth Daly	Dereham	35:54
3	Claire Wilshaw	Camb Tri	40:22
4	Eleanor Stevens	CoNAC	41:27
5	Kareana Symonds	Dereham	41:53
6	Lisa Hall	Wymond	42:04
7	Lucy Chadderton	Ren Run	43:30
8	Irena Marcinek	Ryston	44:55
9	Kirsty Guneratne	St Rade	45:25
10	Allie Brown	Dereham	48:15

*Course record

Master women 45-49

Position	Name	Club	Time
1	Becky Taylor	Ryston	40:42
2	Lucy Mcdowie	Ryston	42:51
3	Deborah Last	Dereham	43:06
4	Helen Melville	Ryston	44:51
5	Hayley Eyre	RNTS	51:43
6	Carole Preston	Dereham	59:02
7	Lorraine Reeves	Bdn FH	59:46

Master women 50-54

Position	Name	Club	Time
1	Rebecca Maun	NNBR	41:29
2	Lynnette Nash	U/A	49:45
3	Heidi Smith	Thetford	57:26
4	Helen Driver	Ryston	65:03

Master women 55-59

Position	Name	Club	Time
1	Linda Marshall	Ryston	44:02
2	Gina Hurrell	Ryston	44:11
3	Sue Swales	Dereham	49:20
4	Sally Porter	BVH	50:28

Ryston Runners Grand Prix 2 13/11/2022

Master women 60+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	42:57
2	Dawn Marshall	St Eds	49:58
3	Pauline Sparrow	Ryston	50:48
4	Amanda Baker	Lonely Goat	51:07
5	Rita Rue	St Eds	52:31
6	Elizabeth Blakie	Ryston	53:45
7	Eva Osborne	Wymond	54:30
8	Ceridwen Howell	RNTS	59:16
9	Diane Renshaw	Dereham	63:45

*Course record

Master men 40-44

Position	Name	Club	Time
1	Michael Eccles	BVH	28:47
2	Chris Balmer	Ryston	30:44
3	Matthew Thrower	Ryston	31:10
4	Stephen Woodcroft	Wymond	32:03
5	Andrew Simmonds	Ryston	32:09
6	Tom Levison	Ely Run	32:22
7	William Winter	U/A	32:37
8	Ross Wenlock	U/A	35:13
9	Ben Collison	WNAC	35:50
10	Rob Skillings	Ryston	35:59
11	Luke Pavey	Harling	36:03
12	Michael Eglington	Dereham	36:47
13	Karl Wright	Thetford	36:49
14	Jamie Bransgrove	Ryston	37:37
15	Dave Brown	PANVAC	37:52
16	Nick Jones	U/A	38:57
17	Robert Last	Dereham	41:51
18	Kevin Took	Ryston	45:41

Master men 45-49

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	31:29
2	Lawrence Wade	CoNAC	33:13
3	Phil Whiting	Norf Gaz	35:26
4	Paul Smith	NRR	35:46
5	Matthew Crane	BVH	37:06
6	Grant King	Dereham	37:44
7	Justin Gray	U/A	39:09
8	Paul Freear	KLTC	43:57
9	Brian Shand	U/A	44:08
10	Philip Websdale	Dereham	48:30
11	Mark Preston	Dereham	48:56

Ryston Runners Grand Prix 2 13/11/2022

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	33:10
2	Matt Stone	BVH	34:06
3	Jason Mattless	Dereham	35:24
4	Gary Malliband	Thetford	36:24
5	Jason Wing	Thetford	38:01
6	Andrew Barrett	Wymond	38:07
7	Neil Rivers	Dereham	39:45
8	Mark Tufts	Wymond	39:56
9	Ian Kidman	KLTC	40:17
10	George Pettit	Ryston	40:19
11	Jason Hawes	Ryston	40:21
12	Will Honeybone	Ryston	40:25
13	Jon Plumb	U/A	41:56
14	Patrick Gosling	U/A	42:18
15	Dirk James	U/A	44:36

Master men 55-59

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	33:00
2	Malcolm Tuff	Ryston	33:30
3	Adrian Hall	Wymond	36:08
4	Stuart Holmes	Camb Tri	36:52
5	Karl Bedingfield	U/A	38:21
6	Tony Beales	Wymond	38:39
7	Wayne Ramsbotton	Dereham	39:25
8	Ian Todd	Ryston	39:49
9	Peter Wilson	U/A	39:51
10	Nigel Kenny	Ryston	40:28
11	James Nice	CoNAC	40:37
12	Adrian Hollis	Dereham	41:20
13	Ian Patmore	Run DMC	43:16
14	David Dawber	NNBR	44:45
15	Michael Protheroe	Dereham	50:44
16	David Lane	Ryston	55:58

Master men 60-64

Position	Name	Club	Time
1	Tony Savage	Ryston	39:06
2	Peter Swales	Dereham	39:20
3	Robert Morgan	St Eds	39:39
4	Neville Knights	Dereham	46:11
5	Stuart Bizley	Dereham	46:53
6	Ken Renshaw	Dereham	50:50

Ryston Runners Grand Prix 2 13/11/2022

Master men 65+

Position	Name	Club	Time
1	Pete Thompson	Norf Gaz	40:35
2	Michael Brentnall	C&C	43:18
3	Paul Richardson	Dereham	43:21
4	Steven Rue	St Eds	43:49
5	Nigel Dickins	PANVAC	44:39
6	Gerald Meah	C&C	46:14
7	Chris Milnes	Ryston	49:30
8	Paul Firmage	Ryston	52:40

Overall seniors and masters race

Position	Name	Club	Time	Category
1	Christopher Smith	Hunts AC	28:11	SM
2	Michael Eccles	BVH	28:47	MM40-44
3	Chris Balmer	Ryston	30:44	MM40-44
4	Rob Simmonds	Ryston	30:54	SM
5	Matthew Thrower	Ryston	31:10	MM40-44
6	Luke Ashby	Camb Tri	31:11	SM
7	Ben Keeley	Ryston	31:12	SM
8	Jan Kaiser	CoNAC	31:29	MM45-49
9	Conor Flanagan	Camb Tr	31:46	SM
10	Ben Smith	U/A	31:53	SM
11	John-David Fisher	Norf Gaz	32:02	SM
12	Stephen Woodcroft	Wymond	32:03	MM40-44
13	Andrew Simmonds	Ryston	32:09	MM40-44
14	Tom Levison	Ely Run	32:22	MM40-44
15	William Winter	U/A	32:37	MM40-44
16	Juliette Watkinson	Wymond	32:44	MW40-44
17	Luke Garrigan	Ryston	32:55	SM
18	Kevin Vaughan	Thetford	33:00	MM55-59
19	Louie Sandys	Norf Gaz	33:07	SM
20	Nic Bensley	Ryston	33:10	MM50-54
21	Lawrence Wade	CoNAC	33:13	MM45-49
22	Malcolm Tuff	Ryston	33:30	MM55-59
23	Daniel Yallop	Ryston	33:47	SM
24	Tom Whiting	CoNAC	33:58	SM
25	Matt Stone	BVH	34:06	MM50-54
26	Ross Wenlock	U/A	35:13	MM40-44
27	Jason Mattless	Dereham	35:24	MM50-54
28	Phil Whiting	Norf Gaz	35:26	MM45-49
29	Emma Wood	Ryston	35:31	MW35-39
30	Simon Ray-Jones	Norf Gaz	35:36	SM
31	Paul Smith	NRR	35:46	MM45-49
32	Ben Collison	WNAC	35:50	MM40-44
33	Ben Davey	U/A	35:52	SM

Ryston Runners Grand Prix 2 13/11/2022

34	Anna O'Hare	Haverhill	35:54	SW
35	Elizabeth Daly	Dereham	35:54	MW40-44
36	Rob Skillings	Ryston	35:59	MM40-44
37	Luke Pavey	Harling	36:03	MM40-44
38	Adrian Hall	Wymond	36:08	MM55-59
39	Gary Malliband	Thetford	36:24	MM50-54
40	Michael Eglington	Dereham	36:47	MM40-44
41	Karl Wright	Thetford	36:49	MM40-44
42	Stuart Holmes	Camb Tri	36:52	MM55-59
43	Russel Hopkins	CoNAC	36:59	SM
44	Matthew Crane	BVH	37:06	MM45-49
45	Stuart Clark	U/A	37:20	SM
46	Jamie Bransgrove	Ryston	37:37	MM40-44
47	Grant King	Dereham	37:44	MM45-49
48	Dave Brown	PANVAC	37:52	MM40-44
49	Jason Wing	Thetford	38:01	MM50-54
50	Andrew Barrett	Wymond	38:07	MM50-54
51	Karl Bedingfield	U/A	38:21	MM55-59
52	Tony Beales	Wymond	38:39	MM55-59
53	Lisa Bolton	U/A	38:54	MW35-39
54	Nick Jones	U/A	38:57	MM40-44
55	Cora O'Mahony	Norf Gaz	39:04	SW
56	Nicholas Jones	Thetford	39:05	SM
57	Tony Savage	Ryston	39:06	MM60-64
58	Justin Gray	U/A	39:09	MM45-49
59	Peter Swales	Dereham	39:20	MM60-64
60	Wayne Ramsbotton	Dereham	39:25	MM55-59
61	Charles Smith	U/A	39:30	SM
62	Darren Price	Ryston	39:34	SM
63	Robert Morgan	St Eds	39:39	MM60-64
64	Neil Rivers	Dereham	39:45	MM50-54
65	Ian Todd	Ryston	39:49	MM55-59
66	Peter Wilson	U/A	39:51	MM55-59
67	Mark Tufts	Wymond	39:56	MM50-54
68	Molly Sands	Ryston	40:13	SW
69	Ian Kidman	KLTC	40:17	MM50-54
70	George Pettit	Ryston	40:19	MM50-54
71	Jason Hawes	Ryston	40:21	MM50-54
72	Claire Wilshaw	Camb Tri	40:22	MW40-44
73	Dominic Hughes	U/A	40:23	SM
74	Will Honeybone	Ryston	40:25	MM50-54
75	Nigel Kenny	Ryston	40:28	MM55-59
76	Pete Thompson	Norf Gaz	40:35	MM65+
77	James Nice	CoNAC	40:37	MM55-59
78	Becky Taylor	Ryston	40:42	MW45-49
79	Adrian Hollis	Dereham	41:20	MM55-59

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80	Eleanor Stevens	CoNAC	41:27	MW40-44
81	Rebecca Maun	NNBR	41:29	MW50-54
82	Frankie Harrison	GYDAC	41:40	MW35-39
83	Robert Last	Dereham	41:51	MM40-44
84	Kareana Symonds	Dereham	41:53	MW40-44
85	Jon Plumb	U/A	41:56	MM50-54
86	Lisa Hall	Wymond	42:04	MW40-44
87	Patrick Gosling	U/A	42:18	MM50-54
88	Alice Grant	BVH	42:21	SW
89	Lucy Mcdowie	Ryston	42:51	MW45-49
90	Jenny Morgan	St Eds	42:57	MW60+
91	Deborah Last	Dereham	43:06	MW45-49
92	Ian Patmore	Run DMC	43:16	MM55-59
93	Michael Brentnall	C&C	43:18	MM65+
94	Chris Wood	U/A	43:18	SM
95	Paul Richardson	Dereham	43:21	MM65+
96	Lucy Chadderton	Ren Run	43:30	MW40-44
97	Steven Rue	St Eds	43:49	MM65+
98	Paul Freear	KLTC	43:57	MM45-49
99	Linda Marshall	Ryston	44:02	MW55-59
100	Matthew Freezer	Dereham	44:02	SM
101	Laura Jane Winter	U/A	44:08	MW35-39
102	Brian Shand	U/A	44:08	MM45-49
103	Gina Hurrell	Ryston	44:11	MW55-59
104	Louise Rowe	Dereham	44:34	MW35-39
105	Dirk James	U/A	44:36	MM50-54
106	Nigel Dickins	PANVAC	44:39	MM65+
107	David Dawber	NNBR	44:45	MM55-59
108	Helen Melville	Ryston	44:51	MW45-49
109	Irena Marcinek	Ryston	44:55	MW40-44
110	Kirsty Guneratne	St Rade	45:25	MW40-44
111	Kevin Took	Ryston	45:41	MM40-44
112	Neville Knights	Dereham	46:11	MM60-64
113	Gerald Meah	C&C	46:14	MM65+
114	Stuart Bizley	Dereham	46:53	MM60-64
115	Caroline Fletcher	Dereham	48:15	MW35-39
116	Allie Brown	Dereham	48:15	MW40-44
117	Natisha Ramsbottom	Dereham	48:30	SW
118	Philip Websdale	Dereham	48:30	MM45-49
119	Mark Preston	Dereham	48:56	MM45-49
120	Sue Swales	Dereham	49:20	MW55-59
121	Chris Milnes	Ryston	49:30	MM65+
122	Lynnette Nash	U/A	49:45	MW50-54
123	Dawn Marshall	St Eds	49:58	MW60+
124	Erin Cordukes	U/A	50:15	SW
125	Sally Porter	BVH	50:28	MW55-59

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126	Michael Protheroe	Dereham	50:44	MM55-59
127	Pauline Sparrow	Ryston	50:48	MW60+
128	Ken Renshaw	Dereham	50:50	MM60-64
129	Amanda Baker	Lonely Goat	51:07	MW60+
130	Hayley Eyre	RNTS	51:43	MW45-49
131	Charlotte Price	Ryston	51:57	MW35-39
132	Rita Rue	St Eds	52:31	MW60+
133	Paul Firmage	Ryston	52:40	MM65+
134	Elizabeth Blakie	Ryston	53:45	MW60+
135	Eva Osborne	Wymond	54:30	MW60+
136	David Lane	Ryston	55:58	MM55-59
137	Heidi Smith	Thetford	57:26	MW50-54
138	Carole Preston	Dereham	59:02	MW45-49
139	Ceridwen Howell	RNTS	59:16	MW60+
140	Lorraine Reeves	Bdn FH	59:46	MW45-49
141	Diane Renshaw	Dereham	63:45	MW60+
142	Helen Driver	Ryston	65:03	MW50-54