

Ryston Runners Grand Prix 3 11/12/2022

Under 9 boys

Position	Name	Club	Time
1	Freddie Hubbard	Ryston/Peckover	3:04
2	Samuel Jones	Down Prep	3:13
3	George Carey	Cherry T	3:21
4	Noah Ward	T St C	3:21
5	Theo Grocock	Cherry T	3:24
6	Freddie Bagge	Down Prep	3:27
7	Harry Carey	Cherry T	3:31
8	Noah Miller	Cherry T	3:41
9	Harley Longstaff	Cherry T	3:41
10	Theo Beynon-Phillips	Down Prep	3:44
11	Oscar Forrest	Cherry T	3:46
12	William Ward	T St C	3:49
13	Benjamin White	Down Prep	3:51
14	Oliver Anderson	Nt Wtn	3:57
15	Arthur Teanby	Tilney AS	4:02
16	Charlie Holland	St Fel	4:08
17	Isaac Webster	Cherry T	4:31
18	Zachary Rutland	Cherry T	4:35
19	Sebastian Hayward	Cherry T	4:52
20	Alfie Bamfield	WhiteF	4:54
21	Harry Betts	Cherry T	4:57
22	Finlay Woodruff	Cherry T	5:07
23	Noah Bostock	Cherry T	5:50
24	Sebastian Metcalfe	St Martin	5:51
25	Jack Betts	Cherry T	5:58

Ryston Runners Grand Prix 3 11/12/2022

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	T St C	3:25
2	Flora Evans	Down Prep	3:32
3	Isadora Barclay	Down Prep	3:33
4	Alba Bartlett	GYDAC/Fil	3:36
5	Mia Kaiser	Eaton Pr	3:45
6	Molly Cousins	Nt Wtn	3:46
7	Kate Watkinson	Attleboro	3:48
8	Lauren Lawrence	Hunstant Pr	3:51
9	Maya Marcinek	WhiteF	3:53
10	Izzie Hardy	Cherry T	3:56
11	Betsy Chadderton	T St C	4:03
12	Francesca Hollick-Pearce	U/A / Ed DM	4:40
13	Sienna Bradley	Cherry T	4:43
14	Anwen Jones	Cherry T	4:44
15	Phoebe Wood	Nt Wtn Pr	5:03
16	Isla Miller	Cherry T	5:05
17	Vivie Salmon	Cherry T	5:27
18	Merryn Jones	Cherry T	5:36
19	Frankie Ford	Down Prep	5:46
20	Freya Rutland	Cherry T	5:47

Ryston Runners Grand Prix 3 11/12/2022

Overall under 9s race

Position	Name	Club	Time	Category
1	Freddie Hubbard	Ryston/Peckover	3:04	U9B
2	Samuel Jones	Down Prep	3:13	U9B
3	George Carey	Cherry T	3:21	U9B
4	Noah Ward	T St C	3:21	U9B
5	Theo Grocock	Cherry T	3:24	U9B
6	Mabelle Chadderton	T St C	3:25	U9G
7	Freddie Bagge	Down Prep	3:27	U9B
8	Harry Carey	Cherry T	3:31	U9B
9	Flora Evans	Down Prep	3:32	U9G
10	Isadora Barclay	Down Prep	3:33	U9G
11	Alba Bartlett	GYDAC/Fil	3:36	U9G
12	Noah Miller	Cherry T	3:41	U9B
13	Harley Longstaff	Cherry T	3:41	U9B
14	Theo Beynon-Phillips	Down Prep	3:44	U9B
15	Mia Kaiser	Eaton Pr	3:45	U9G
16	Oscar Forrest	Cherry T	3:46	U9B
17	Molly Cousins	Nt Wtn	3:46	U9G
18	Kate Watkinson	Attleboro	3:48	U9G
19	William Ward	T St C	3:49	U9B
20	Benjamin White	Down Prep	3:51	U9B
21	Lauren Lawrence	Hunstant Pr	3:51	U9G
22	Maya Marcinek	WhiteF	3:53	U9G
23	Izzie Hardy	Cherry T	3:56	U9G
24	Oliver Anderson	Nt Wtn	3:57	U9B
25	Arthur Teanby	Tilney AS	4:02	U9B
26	Betsy Chadderton	T St C	4:03	U9G
27	Charlie Holland	St Fel	4:08	U9B
28	Isaac Webster	Cherry T	4:31	U9B
29	Zachary Rutland	Cherry T	4:35	U9B
30	Francesca Hollick-Pearce	U/A / Ed DM	4:40	U9G
31	Sienna Bradley	Cherry T	4:43	U9G
32	Anwen Jones	Cherry T	4:44	U9G
33	Sebastian Hayward	Cherry T	4:52	U9B
34	Alfie Bamfield	WhiteF	4:54	U9B
35	Harry Betts	Cherry T	4:57	U9B
36	Phoebe Wood	Nt Wtn Pr	5:03	U9G
37	Isla Miller	Cherry T	5:05	U9G
38	Finlay Woodruff	Cherry T	5:07	U9B
39	Vivie Salmon	Cherry T	5:27	U9G
40	Merryn Jones	Cherry T	5:36	U9G
41	Frankie Ford	Down Prep	5:46	U9G
42	Freya Rutland	Cherry T	5:47	U9G
43	Noah Bostock	Cherry T	5:50	U9B

Ryston Runners Grand Prix 3 11/12/2022

44	Sebastian Metcalfe	St Martin	5:51	U9B
45	Jack Betts	Cherry T	5:58	U9B

Under 11 boys

Position	Name	Club	Time
1	Isaac Unsworth	CoNAC.	8:36
2	Cody Holland	St Fel	8:43
3	Matas Petreikis	WNAC/St Marth	9:02
4	Luke Anderson	WNAC/Nt Wtn	9:03
5	Henry Loveday	King's Ely	9:52
6	Toby Turner	Ryston/Fli	9:56
7	Jude Osborne	CoNAC/Ashle	10:07
8	Troy Smith	Ryston	11:45
9	Isaac Fletcher	Der	12:24
10	Harvey Wilson	U/A	12:54
11	George Loveday	King's Ely	13:34

Under 11 girls

Position	Name	Club	Time
1	Tayla Goodswen	CoNAC/ADP	8:59
2	Emi Muntingh	CoNAC/Brooke	9:08
3	Nellie Chadderton	T St C	9:33
4	Casey Ward	Ryston/T St C	9:40
5	Madison Hicks	Ryston/Upwell	10:39
6	Arya Richardson	Hillcrest	10:45
7	Amelie Watkinson	Attleboro	10:46
8	Indie French	Ryston/ Dock	10:57
9	Lydia Hopkins	Dereham/Swant	12:32
10	Nancy Simmonds	U/A	12:57
11	Isabella Raines	Down Prep	13:10

Ryston Runners Grand Prix 3 11/12/2022

Overall under 11s race

Position	Name	Club	Time	Category
1	Isaac Unsworth	CoNAC	8:36	U11B
2	Cody Holland	St Fel	8:43	U11B
3	Tayla Goodswen	CoNAC/ADP	8:59	U11G
4	Matas Petreikis	WNAC/St Marth	9:02	U11B
5	Luke Anderson	WNAC/Nt Wtn	9:03	U11B
6	Emi Muntingh	CoNAC/Brooke	9:08	U11G
7	Nellie Chadderton	T St C	9:33	U11G
8	Casey Ward	Ryston/T St C	9:40	U11G
9	Henry Loveday	King's Ely	9:52	U11B
10	Toby Turner	Ryston/Fli	9:56	U11B
11	Jude Osborne	CoNAC/Ashle	10:07	U11B
12	Madison Hicks	Ryston/Upwell	10:39	U11G
13	Arya Richardson	Hillcrest	10:45	U11G
14	Amelie Watkinson	Attleboro	10:46	U11G
15	Indie French	Ryston/ Dock	10:57	U11G
16	Troy Smith	Ryston	11:45	U11B
17	Isaac Fletcher	Der	12:24	U11B
18	Lydia Hopkins	Dereham/Swant	12:32	U11G
19	Harvey Wilson	U/A	12:54	U11B
20	Nancy Simmonds	U/A	12:57	U11G
21	Isabella Raines	Down Prep	13:10	U11G
22	George Loveday	King's Ely	13:34	U11B

Under 13 boys

Position	Name	Club	Time
1	Tom Kaiser	U/A	14:07

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	13:29
2	Kaila Slaughter	Conac	14:01
3	Faith Turner	Ryston/Flitch	14:04
4	Ella Goodswen	BBH	14:23
5	Chloe Holeness	U/A	19:20

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	11:00
2	Charlie Framingham	WN	11:09
3	Finn Kaiser	CoNAC	11:13

Ryston Runners Grand Prix 3 11/12/2022

Under 15 girls

Position	Name	Club	Time
1	Wiktora Marcinek	Ren Run	12:33
2	Ruby Smith	Ryston Runners	13:35

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	11:00	U15B
2	Charlie Framingham	WNAC	11:09	U15B
3	Finn Kaiser	CoNAC	11:13	U15B
4	Wiktora Marcinek	Ren Run	12:33	U15G
5	Olivia Ord	Ryston	13:29	U13G
6	Ruby Smith	Ryston	13:35	U15G
7	Kaila Slaughter	Conac	14:01	U13G
8	Faith Turner	Ryston/Flitch	14:04	U13G
9	Tom Kaiser	U/A	14:07	U13B
10	Ella Goodswen	BBH	14:23	U13G
11	Chloe Holeness	U/A	19:20	U13G

Under 17 boys

Position	Name	Club	Time
1	Callum Wing	Thetford	26:31
2	Jacob Last	Dereham	28:53

Under 17 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	31:39
2	Amy Dewart	Ryston	32:06

Senior men

Position	Name	Club	Time
1	Christopher Smith	Hunts AC	20:37
2	Danny Adams	CONAC	21:17
3	Ben Keeley	Ryston	22:47
4	Luke Ashby	Camb Tri	23:01
5	Daniel Smith	Ryston	23:23
6	Daniel Barnes	Ryston	25:08
7	James Ord	Ryston	25:56
8	Tom Roper	NNBR	26:54
9	Michael Howlett	Ryston	26:59
10	Stuart King	St Eds	27:11
11	Chris Chaplin	Ryston	27:20
12	Tristan Langley	Ryston	28:44
13	Matthew Freezer	Dereham	34:12

Ryston Runners Grand Prix 3 11/12/2022

Senior women

Position	Name	Club	Time
1	Anna O'Hare	Haverhill	26:18
2	Dawn Robinson	Ryston	26:51
3	Molly Sands	Ryston	28:52
4	Alice Grant	BVH	30:00
5	Isla Rush	Tri Ang	34:23
6	Natisha Ramsbottom	Dereham	35:15
7	Tamara Barnes	TCRC	39:29
8	Rebecca Keeley	Ryston	41:10

Master women 35-39

Position	Name	Club	Time
1	Emma Wood	Ryston	26:10
2	Joanne Watkins	BVH	27:49
3	Frankie Harrison	GYDAC	30:28
4	Louise Rowe	Dereham	32:38
5	Laura Jane Winter	U/A	33:15
6	Mel Reed	U/A	35:05
7	Caroline Fletcher	Dereham	37:31
8	Kellie Stevens	Ryston	43:51

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymon	24:20
2	Elizabeth Daly	Dereham	26:38
3	Claire Wilshaw	Camb Tri	30:38
4	Kareana Symonds	Dereham	32:08
5	Lucy Chadderton	Ren Run	32:16
6	Irena Marcinek	Ryston	32:52
7	Megan Oram	Dereham	37:27
8	Sarah Lake	Dereham	37:36

*equal record

Master women 45-49

Position	Name	Club	Time
1	Jo Andrews	BBD	24:09
2	Lucy Mcdowie	Ryston	31:26
3	Deborah Last	Dereham	32:41
4	Helen Melville	Ryston	33:28
5	Judith Berry	Ryston	36:39
6	Lorraine Reeves	Brandon FH	40:13
7	Hayley Eyre	RNTS	41:16

Ryston Runners Grand Prix 3 11/12/2022

Master women 50-54

Position	Name	Club	Time
1	Lorraine Parker	TCRC	36:20
2	Sarah Lamb	TCRC	44:17
3	Louise Benstead	Ryston	46:42

Master women 55-59

Position	Name	Club	Time
1	Christine Anthony	West Suf	31:18
2	Gina Hurrell	Ryston	31:52
3	Linda Marshall	Ryston	33:50
4	Sue Swales	Dereham	35:52
5	Sally Porter	BVH	39:22

Master women 60+

Position	Name	Club	Time
1	Maureen McCarthy	St Eds	29:43
2	Jenny Morgan	St Eds	30:13
3	Bobbie Sauerzapf	BBD	35:02
4	Lynne Howlett	Ryston	35:20
5	Amanda Baker	Lonely Goat	37:42
6	Pauline Sparrow	Ryston	38:18
7	Elizabeth Blakie	Ryston	39:16
8	Jennie Child	U/A	43:59
9	Hazel Cason	Dereham	49:05
10	Gill Hart	Ryston	49:58

*course record

Master men 40-44

Position	Name	Club	Time
1	Chris Balmer	Ryston	22:33
2	Matthew Thrower	Ryston	23:07
5	Andrew Simmonds	Ryston	23:28
6	Stephen Woodcroft	Wym	23:44
7	William Winter	U/A	23:54
8	Michael Eccles	BVH	24:06
9	Michael Eglington	Dereham	25:49
10	Ben Collison	WNAC	26:00
11	Karl Wright	Thetford	26:22
12	Luke Pavey	Harling	26:30
13	Rob Skillings	Ryston	27:41
14	Jamie Bransgrove	Ryston	28:18
15	Rob Gosnell	WNAC	30:23
16	Robert Last	Dereham	30:49

Ryston Runners Grand Prix 3 11/12/2022

Master men 45-49

Position	Name	Club	Time
1	Gary Crush	CoNAC	21:37
2	Jan Kaiser	CoNAC	23:05
3	Lawrence Wade	CoNAC	25:00
4	Matthew Eyre	RNTS	26:42
5	Justin Gray	U/A	28:06
6	Peter Bird	St Eds	28:45
7	Martyn Benstead	U/A	28:47
8	Andrew Butters	U/A	30:11
9	Philip Websdale	Dereham	31:06
10	Poaul Freear	KLTC	32:50

Master men 50-54

Position	Name	Club	Time
1	Nicholas Bensley	Ryston	24:26
2	Jonathan Adams	Tri Ang	25:52
3	Gary Bligh	TCRC	26:38
4	Gary Malliband	Thetford	26:40
5	Jason Mattless	Dereham	26:48
6	Andrew Barrett	Wymond	27:12
7	Owen Jary	Ryston	27:18
8	Neil Rivers	Dereham	28:55
9	Mark Tufts	Wymon	29:06
10	Jason Hawes	Ryston	29:09
11	Jon Plumb	U/A	29:10
12	Steve Bennington	Fenland	29:16
13	Patrick Gosling	U/A	31:03
14	Jan Knight	U/A	31:28
15	John Bowen	Ryston	32:45

Master men 55-59

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	24:30
2	Malcolm Tuff	Ryston	25:27
3	Adrian Hall	Wymond	26:25
4	Martin Ive	Ryston	28:31
5	Peter Wilson	U/A	29:14
6	Tony Beales	Wymond	29:21
7	Chris Chorley	BBD	29:26
8	Adrian Hollis	Dereham	30:03
9	Nigel Kenny	Ryston	30:08
10	Ian Patmore	Run DMC	32:36
11	Chris Playford	KLTC	33:09
12	Steve Rush	U/A	34:45

Ryston Runners Grand Prix 3 11/12/2022

13	Wayne Ramsbottom	Dereham	35:15
14	Michael Protheroe	Dereham	35:48
15	David Lane	Ryston	42:05
16	Martin Elsegood	Ryston	49:55

Master men 60-64

Position	Name	Club	Time
1	Tony Savage	Ryston	28:49
2	Peter Swales	Dereham	29:02
3	Robert Morgan	St Eds	29:15
4	Gary Ingre	Ryston	31:04
5	Neville Knights	Dereham	33:00
6	Peter Johnson	U/A	33:54
7	Stuart Bizley	Dereham	34:07

Master men 65+

Position	Name	Club	Time
1	Kevin Denmark	Wymond	32:13
2	Paul Richardson	Dereham	32:31
3	Kevin Howlett	Ryston	32:55
4	Martin Blackburn	Ryston	36:56
5	Paul Firmage	Ryston	38:58

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Christopher Smith	Hunts AC	20:37	SM
2	Danny Adams	CONAC	21:17	SM
3	Gary Crush	CoNAC	21:37	MM45-59
4	Chris Balmer	Ryston	22:33	MM40-44
5	Ben Keeley	Ryston	22:47	SM
6	Luke Ashby	Camb Tri	23:01	SM
7	Jan Kaiser	CoNAC	23:05	MM45-59
8	Matthew Thrower	Ryston	23:07	MM40-44
9	Daniel Smith	Ryston	23:23	SM
10	Andrew Simmonds	Ryston	23:28	MM40-44
11	Stephen Woodcroft	Wym	23:44	MM40-44
12	William Winter	U/A	23:54	MM40-44
13	Michael Eccles	BVH	24:06	MM40-44
14	Jo Andrews	BBD	24:09	MW45-49
15	Juliette Watkinson	Wymon	24:20	MW40-44
16	Nicholas Bensley	Ryston	24:26	MM50-54
17	Kevin Vaughan	Thetford	24:30	MM55-59
18	Lawrence Wade	CoNAC	25:00	MM45-59
19	Daniel Barnes	Ryston	25:08	SM
20	Malcolm Tuff	Ryston	25:27	MM55-59
21	Michael Eglington	Dereham	25:49	MM40-44

Ryston Runners Grand Prix 3 11/12/2022

22	Jonathan Adams	Tri Ang	25:52	MM50-54
23	James Ord	Ryston	25:56	SM
24	Ben Collison	WNAC	26:00	MM40-44
25	Emma Wood	Ryston	26:10	MW35-39
26	Anna O'Hare	Haverhill	26:18	SW
27	Karl Wright	Thetford	26:22	MM40-44
28	Adrian Hall	Wymond	26:25	MM55-59
29	Luke Pavey	Harling	26:30	MM40-44
30	Callum Wing	Thetford	26:31	U17B
31	Elizabeth Daly	Dereham	26:38	MW40-44
32	Gary Bligh	TCRC	26:38	MM50-54
33	Gary Malliband	Thetford	26:40	MM50-54
34	Matthew Eyre	RNTS	26:42	MM45-59
35	Jason Mattless	Dereham	26:48	MM50-54
36	Dawn Robinson	Ryston	26:51	SW
37	Tom Roper	NNBR	26:54	SM
38	Michael Howlett	Ryston	26:59	SM
39	Stuart King	St Eds	27:11	SM
40	Andrew Barrett	Wymond	27:12	MM50-54
41	Owen Jary	Ryston	27:18	MM50-54
42	Chris Chaplin	Ryston	27:20	SM
43	Rob Skillings	Ryston	27:41	MM40-44
44	Joanne Watkins	BVH	27:49	MW35-39
45	Justin Gray	U/A	28:06	MM45-59
46	Jamie Bransgrove	Ryston	28:18	MM40-44
47	Martin Ive	Ryston	28:31	MM55-59
48	Tristan Langley	Ryston	28:44	SM
49	Peter Bird	St Eds	28:45	MM45-59
50	Martyn Benstead	U/A	28:47	MM45-59
51	Tony Savage	Ryston	28:49	MM60-64
52	Molly Sands	Ryston	28:52	SW
53	Jacob Last	Dereham	28:53	U17B
54	Neil Rivers	Dereham	28:55	MM50-54
55	Peter Swales	Dereham	29:02	MM60-64
56	Mark Tufts	Wymon	29:06	MM50-54
57	Jason Hawes	Ryston	29:09	MM50-54
58	Jon Plumb	U/A	29:10	MM50-54
59	Peter Wilson	U/A	29:14	MM55-59
60	Robert Morgan	St Eds	29:15	MM60-64
61	Steve Bennington	Fenland	29:16	MM50-54
62	Tony Beales	Wymond	29:21	MM55-59
63	Chris Chorley	BBD	29:26	MM55-59
64	Maureen McCarthy	St Eds	29:43	MW60+
65	Alice Grant	BVH	30:00	SW
66	Adrian Hollis	Dereham	30:03	MM55-59

Ryston Runners Grand Prix 3 11/12/2022

67	Nigel Kenny	Ryston	30:08	MM55-59
68	Andrew Butters	U/A	30:11	MM45-59
69	Jenny Morgan	St Eds	30:13	MW60+
70	Rob Gosnell	WNAC	30:23	MM40-44
71	Frankie Harrison	GYDAC	30:28	MW35-39
72	Claire Wilshaw	Camb Tri	30:38	MW40-44
73	Robert Last	Dereham	30:49	MM40-44
74	Patrick Gosling	U/A	31:03	MM50-54
75	Gary Ingre	Ryston	31:04	MM60-64
76	Philip Websdale	Dereham	31:06	MM45-59
77	Christine Anthony	West Suf	31:18	MW55-59
78	Lucy Mcdowie	Ryston	31:26	MW45-49
79	Jan Knight	U/A	31:28	MM50-54
80	Bethany Wilson	Thetford	31:39	U17G
81	Gina Hurrell	Ryston	31:52	MW55-59
82	Amy Dewart	Ryston	32:06	U17G
83	Kareana Symonds	Dereham	32:08	MW40-44
84	Kevin Denmark	Wymond	32:13	MM65+
85	Lucy Chadderton	Ren Run	32:16	MW40-44
86	Paul Richardson	Dereham	32:31	MM65+
87	Ian Patmore	Run DMC	32:36	MM55-59
88	Louise Rowe	Dereham	32:38	MW35-39
89	Deborah Last	Dereham	32:41	MW45-49
90	John Bowen	Ryston	32:45	MM50-54
91	Poaul Freear	KLTC	32:50	MM45-59
92	Irena Marcinek	Ryston	32:52	MW40-44
93	Kevin Howlett	Ryston	32:55	MM65+
94	Neville Knights	Dereham	33:00	MM60-64
95	Chris Playford	KLTC	33:09	MM55-59
96	Laura Jane Winter	U/A	33:15	MW35-39
97	Helen Melville	Ryston	33:28	MW45-49
98	Linda Marshall	Ryston	33:50	MW55-59
99	Peter Johnson	U/A	33:54	MM60-64
100	Stuart Bizley	Dereham	34:07	MM60-64
101	Matthew Freezer	Dereham	34:12	SM
102	Isla Rush	Tri Ang	34:23	SW
103	Steve Rush	U/A	34:45	MM55-59
104	Bobbie Sauerzapf	BBD	35:02	MW60+
105	Mel Reed	U/A	35:05	MW35-39
106	Natisha Ramsbottom	Dereham	35:15	SW
107	Wayne Ramsbottom	Dereham	35:15	MM55-59
108	Lynne Howlett	Ryston	35:20	MW60+
109	Michael Protheroe	Dereham	35:48	MM55-59
110	Sue Swales	Dereham	35:52	MW55-59
111	Lorraine Parker	TCRC	36:20	MW50-54

Ryston Runners Grand Prix 3 11/12/2022

112	Judith Berry	Ryston	36:39	MW45-49
113	Martin Blackburn	Ryston	36:56	MM65+
114	Megan Oram	Dereham	37:27	MW40-44
115	Caroline Fletcher	Dereham	37:31	MW35-39
116	Sarah Lake	Dereham	37:36	MW40-44
117	Amanda Baker	Lonely Goat	37:42	MW60+
118	Pauline Sparrow	Ryston	38:18	MW60+
119	Paul Firmage	Ryston	38:58	MM65+
120	Elizabeth Blakie	Ryston	39:16	MW60+
121	Sally Porter	BVH	39:22	MW55-59
122	Tamara Barnes	TCRC	39:29	SW
123	Lorraine Reeves	Brandon FH	40:13	MW45-49
124	Rebecca Keeley	Ryston	41:10	SW
125	Hayley Eyre	RNTS	41:16	MW45-49
126	David Lane	Ryston	42:05	MM55-59
127	Kellie Stevens	Ryston	43:51	MW35-39
128	Jennie Child	U/A	43:59	MW60+
129	Sarah Lamb	TCRC	44:17	MW50-54
130	Louise Benstead	Ryston	46:42	MW50-54
131	Hazel Cason	Dereham	49:05	MW60+
132	Martin Elsegood	Ryston	49:55	MM55-59
133	Gill Hart	Ryston	49:58	MW60+