

Ryston Runners Grand Prix 4 15/01/2023

Under 9 boys

Position	Name	Club	Time
1	Samuel Jones	Down Prep	3:14
2	George Carey	Cherry Tree	3:16
3	Liam Allitt	Holly Meadow	3:17
4	Theo Grocock	Cherry Tree	3:23
5	Harry Carey	Cherry Tree	3:26
6	Freddie Bagge	Down Prep	3:27
7	Noah Ward	T st C	3:27
8	Noah Miller	Cherry Tree	3:32
9	Benjamin White	Down Prep	3:53
10	Harley Longstaff	Cherry Tree	3:55
11	Oscar Grocock	Cherry Tree	3:58
12	William Ward	T St C	4:00
13	Isaac Wells	Cherry Tree	4:02
14	Isaac Webster	Cherry Tree	4:02
15	Rowan Coultard	TCRC	4:02
16	Zachary Rutland	Cherry Tree	4:26
17	Sebastian Hayward	Cherry Tree	4:34
18	Albert Dougan	Cherry Tree	4:37
19	Charlie Bradford	Cherry Tree	4:38
20	Harry Betts	Cherry Tree	4:42
21	Finlay Woodruff	Cherry Tree	5:00
22	Sebastian Metcalfe	St Martin	5:12
23	Freddie Murray	Cherry Tree	5:18
24	Noah Bostock	Cherry Tree	6:14
25	Jack Betts	Cherry Tree	6:17

Ryston Runners Grand Prix 4 15/01/2023

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	Ren Run/T St C	3:28
2	Alba Bartlett	GYDAC	3:35
3	Blake Amos	U/A	3:41
4	Molly Cousins	Nt Wtn	3:42
5	Izzie Hardy	Cherry Tree	3:50
6	Francesca Hollick-Pearce	Ed De M	3:53
7	Lauren Lawrence	Hunstant Pr	3:56
8	Kate Watkinson	Attleboro	3:57
9	Evie Partridge	Down Prep	4:08
10	Betsy Chadderton	Ren Run/T St C	4:15
11	Andwen Jones	Cherry Tree	4:29
12	Mia Kaiser	Eaton Pr	4:34
13	Sienna Bradley	Cherry Tree	4:44
14	Erica Hollick-Pearce	Ed De M	4:50
15	Vivie Salmon	Cherry Tree	4:54
16	Isla Miller	Cherry Tree	5:14
17	Merryn Jones	Cherry Tree	5:15
18	Phoebe Wood	Nt Wtn	5:22
19	Naia Amthor	U/A	5:36
20	Eleanor Dougan	Cherry Tree	5:40
21	Amelia Murray	Cherry Tree	6:06

Ryston Runners Grand Prix 4 15/01/2023

Overall under 9s race

Position	Name	Club	Time	Category
1	Samuel Jones	Down Prep	3:14	U9B
2	George Carey	Cherry Tree	3:16	U9B
3	Liam Allitt	Holly Meadow	3:17	U9B
4	Theo Grocock	Cherry Tree	3:23	U9B
5	Harry Carey	Cherry Tree	3:26	U9B
6	Freddie Bagge	Down Prep	3:27	U9B
7	Noah Ward	T st C	3:27	U9B
8	Mabelle Chadderton	Ren Run/T St C	3:28	U9G
9	Noah Miller	Cherry Tree	3:32	U9B
10	Alba Bartlett	GYDAC	3:35	U9G
11	Blake Amos	U/A	3:41	U9G
12	Molly Cousins	Nt Wtn	3:42	U9G
13	Izzie Hardy	Cherry Tree	3:50	U9G
14	Benjamin White	Down Prep	3:53	U9G
15	Francesca Hollick-Pearce	Ed De Mun	3:53	U9B
16	Harley Longstaff	Cherry Tree	3:55	U9B
17	Lauren Lawrence	Hunstant Pr	3:56	U9G
18	Kate Watkinson	Attleboro	3:57	U9G
19	Oscar Grocock	Cherry Tree	3:58	U9B
20	William Ward	T St C	4:00	U9B
21	Isaac Wells	Cherry Tree	4:02	U9B
22	Isaac Webster	Cherry Tree	4:02	U9B
23	Rowan Coultard	TCRC	4:02	U9B
24	Evie Partridge	Down Prep	4:08	U9G
25	Betsy Chadderton	Ren Run/T St C	4:15	U9G
26	Zachary Rutland	Cherry Tree	4:26	U9B
27	Andwen Jones	Cherry Tree	4:29	U9G
28	Mia Kaiser	Eaton Pr	4:34	U9G
29	Sebastian Hayward	Cherry Tree	4:34	U9B
30	Albert Dougan	Cherry Tree	4:37	U9B
31	Charlie Bradford	Cherry Tree	4:38	U9B
32	Harry Betts	Cherry Tree	4:42	U9B
33	Sienna Bradley	Cherry Tree	4:44	U9G
34	Erica Hollick-Pearce	Ed De Mun	4:50	U9G
35	Vivie Salmon	Cherry Tree	4:54	U9G
36	Finlay Woodruff	Cherry Tree	5:00	U9B
37	Sebastian Metcalfe	St Martin	5:12	U9B
38	Isla Miller	Cherry Tree	5:14	U9G
39	Merryn Jones	Cherry Tree	5:15	U9G
40	Freddie Murray	Cherry Tree	5:18	U9B
41	Phoebe Wood	Nt Wtn	5:22	U9G
42	Naia Amthor	U/A	5:36	U9G
43	Eleanor Dougan	Cherry Tree	5:40	U9G
44	Amelia Murray	Cherry Tree	6:06	U9G
45	Noah Bostock	Cherry Tree	6:14	U9B
46	Jack Betts	Cherry Tree	6:17	U9B

Ryston Runners Grand Prix 4 15/01/2023

Under 11 boys

Position	Name	Club	Time
1	Rory Wood	Ryston / Nt Wtn	8:46
2	Leo Wood	Ryston / Nt Wtn	8:52
3	Henry Loveday	Kings Ely	9:41
4	Troy Smith	Ryston/Eastgate	11:27
5	Rhys Howard	Ryston/Nt wtn	12:11
6	Isaac Fletcher	Dereham	12:38
7	Daniel Rudling	Dereham	12:43
8	George Loveday	King's Ely	14:09

Under 11 girls

Position	Name	Club	Time
1	Florence Abbott	Conac/St Fran	8:55
2	Casey Ward	Rys/T St C	9:24
3	Madison Hicks	Ryston/Upwell	10:03
4	Nellie Chadderton	Ren Run/T St C	10:37
5	Indie French	Ryston / Docking	10:56
6	Ameera Carline	Cherry Tree/Rys	11:14
7	Amelie Watkinson	Attleborough	11:24
8	Lydia Hopkins	Dereham/Swant	11:36
9	Olivia Bradford	Cherry Tree	11:54
10	Sophie Fletcher	Dereham	12:49
11	Leila Rogers	Cherry Tree	13:14
12	Caity Oram	Dereham / Scar	14:46
13	Robyn Wells	Cherry Tree	17:17

Ryston Runners Grand Prix 4 15/01/2023

Overall under 11s race

Position	Name	Club	Time	Category
1	Rory Wood	Ryston / Nt Wtn	8:46	U11B
2	Leo Wood	Ryston / Nt Wtn	8:52	U11B
3	Florence Abbott	Conac/St Fran	8:55	U11G
4	Casey Ward	Rys/T St C	9:24	U11G
5	Henry Loveday	Kings Ely	9:41	U11B
6	Madison Hicks	Ryston/Upwell	10:03	U11G
7	Nellie Chadderton	Ren Run/T St C	10:37	U11G
8	Indie French	Ryston / Docking	10:56	U11G
9	Ameera Carline	Cherry Tree/Rys	11:14	U11G
10	Amelie Watkinson	Attleborough	11:24	U11G
11	Troy Smith	Ryston/Eastgate	11:27	U11B
12	Lydia Hopkins	Dereham/Swant	11:36	U11G
13	Olivia Bradford	Cherry Tree	11:54	U11G
14	Rhys Howard	Ryston/Nt Wtn	12:11	U11B
15	Isaac Fletcher	Dereham	12:38	U11B
16	Daniel Rudling	Dereham	12:43	U11B
17	Sophie Fletcher	Dereham	12:49	U11G
18	Leila Rogers	Cherry Tree	13:14	U11G
19	George Loveday	Kings Ely	14:09	U11B
20	Caity Oram	Dereham / Scar	14:46	U11G
21	Robyn Wells	Cherry Tree	17:17	U11G

Ryston Runners Grand Prix 4 15/01/2023

Under 13 boys

Position	Name	Club	Time
1	Ethan Ward	Ryston	11:40
2	Thomas Murray	WNAC	11:47
3	Aidan Howard	Ryston	12:51
4	Isaac Brown	Dereham	13:37
5	Thomas Elsdon	U/A	13:47
6	Harry Woodgett	Dereham	14:19
7	Tom Kaiser	Eaton Pri	14:41
8	Stanley Underwood	Dereham	16:09

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	13:25
2	Jasmin Benson	CoNAC	13:40
3	Chloe Munn	CoNAC	15:36

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	Bure Valley Harriers	10:15
2	Edward Murray	WNAC	10:22
3	Charlie Frammingham	WNAC	10:42
4	Finn Kaiser	CoNAC	11:26
5	Cody Pearman	Ryston	11:36
6	Harry Robinson	Thetford	11:45
7	Sam Doughty	Ryston	12:24
8	Dylan Whitehouse	Ryston	13:02
9	Henry Gosnell	WNAC	13:30
10	Max Barrett	Dereham	16:34

Under 15 girls

Position	Name	Club	Time
1	Eva Eccles	BVH	13:00
2	Ruby Smith	Ryston	13:51
3	Lola Kidman	WNAC	15:08

Ryston Runners Grand Prix 4 15/01/2023

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:15	U15B
2	Edward Murray	WNAC	10:22	U15B
3	Charlie Frammingham	WNAC	10:42	U15B
4	Finn Kaiser	CoNAC	11:26	U15B
5	Cody Pearman	Ryston	11:36	U15B
6	Ethan Ward	Ryston	11:40	U13B
7	Harry Robinson	Thetford	11:45	U15B
8	Thomas Murray	WNAC	11:47	U13B
9	Sam Doughty	Ryston	12:24	U15B
10	Aidan Howard	Ryston	12:51	U13B
11	Eva Eccles	BVH	13:00	U15G
12	Dylan Whitehouse	Ryston	13:02	U15B
13	Olivia Ord	Ryston	13:25	U13G
14	Henry Gosnell	WN	13:30	U15B
15	Isaac Brown	Dereham	13:37	U13B
16	Jasmin Benson	CoNAC	13:40	U13G
17	Thomas Elsdon	U/A	13:47	U13B
18	Ruby Smith	Ryston	13:51	U15G
19	Harry Woodgett	Dereham	14:19	U13B
20	Tom Kaiser	Eaton Pri	14:41	U13B
21	Lola Kidman	WNAC	15:08	U15G
22	Chloe Munn	CoNAC	15:36	U13G
23	Stanley Underwood	Dereham	16:09	U13B
24	Max Barrett	Dereham	16:34	U15B

Ryston Runners Grand Prix 4 15/01/2023

Under 17 boys

Position	Name	Club	Time
1	Tim Bongaerts	CoNAC	15:57
2	Tobias Cheesbrough	Dereham	17:41
3	Jacob Last	Dereham	20:14
4	Louis Preston	Dereham	22:18

Under 17 girls

Position	Name	Club	Time
1	Sarah Barrett	CoNAC	20:02
2	Belle Watkins	BVH	25:44

Senior men

Position	Name	Club	Time
1	Conor Flanagan	Camb Tri	16:12
2	Rob Simmonds	Ryston	17:07
3	Luke Ashby	Camb Tri	17:19
4	Ben Keeley	Ryston	17:33
5	Chris Searle	Dereham	18:33
6	Jonny Lambert	U/A	18:53
7	Russell Hopkins	CoNAC	19:25
8	Daniel Yellop	Ryston	20:27
9	Ben Pascoe	Dereham	20:50
10	Oliver Foxwell	Ryston	21:03
11	James Ord	Ryston	21:32
12	Ben Smith	U/A	22:07
13	Tyler Key	U/A	22:08
14	Ben Foxwell	Ryston	22:19
15	Matthew Freezer	Dereham	23:30
16	Oliver Harris	U/A	26:08

Senior women

Position	Name	Club	Time
1	Dawn Robinson	Ryston	20:26
2	Jess McKenzie	Ryston	20:55
3	Abbie Dickens	U/A	21:16
4	Tiegan Moore	Ryston	22:54
5	Natisha Ramsbottom	Dereham	26:26
6	Charlotte Smith	Ryston	27:38
7	Sophie Kirtley	TCRC	36:22

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Master women 35-39

Position	Name	Club	Time
1	Emma Wood	Ryston	19:38
2	Joanne Watkins	BVH	20:41
3	Phrancesca Harrison	GYDAC	22:11
4	Vicki Newton	TCRC	24:19
5	Lauren Day	TCRC	24:34
6	Louise Rowe	Dereham	25:04
7	Caroline Fletcher	Dereham	25:34
8	Babara Kosiba	T St C	28:11
9	Kim Coultard	TCRC	29:26
10	Clare Slattery	Thetford	31:11

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymond	19:17
2	Elizabeth Daly	Dereham	20:06
3	Lucy Chadderton	Ren Run	24:00
4	Alison Brown	Dereham	26:07
5	Kareana Symonds	Dereham	26:18
6	Julie Barrow	Ryston	26:42
7	Megan Oram	Dereham	27:55
8	Sarah Melton-Whitelam	TCRC	30:31
9	Claire Ives	Lonely Goat	31:58
10	Alison Wood	U/A	33:21

Master women 45-49

Position	Name	Club	Time
1	Julie Ward	U/A	23:03
2	Lucy Mcdowie	Ryston	23:51
3	Sarah-Jane Macdonald	TCRC	24:28
4	Deborah Last	Dereham	24:42
5	Helen Melville	Ryston	24:57
6	Joanna Banaszek	U/A	26:00
7	Hayley Eyre	RNTS	26:58
8	Cheryl Lenton	TCRC	28:37
9	Judith Berry	Ryston	30:21
10	Zoë Gourley	TCRC	30:32

Master women 50-54

Position	Name	Club	Time
1	Lisa Harris	Ryston	25:50
2	Lorraine Parker	TCRC	26:40
3	Heidi Smith	Thetford	31:42
4	Sarah Lamb	TCRC	33:47

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Master women 55-59

Position	Name	Club	Time
1	Gina Hurrell	Ryston	24:04
2	Linda Marshall	Ryston	24:25
3	Susan Swales	Dereham	27:17
4	Dee Middleton-Hall	Wymond	27:58

Master women 60+

Position	Name	Club	Time
1	Maureen McCarthy	St Eds	22:16
2	Lynne Howlett	Ryston	27:16
3	Amanda Baker	Lonely Goat	28:36
4	Pauline Sparrow	Ryston	29:47
5	Elizabeth Blakie	Ryston	30:08
6	Eva Osborne	Wymond	30:12
7	Jackie Wood	Dereham	31:13
8	Sarah Dennis	U/A	33:15
9	Hazel Cason	Dereham	33:57
10	Di Renshaw	Dereham	34:29

*course record

Master men 40-44

Position	Name	Club	Time
1	Michael Eccles	BVH	16:07
2	Rob Skillings	Ryston	19:11
3	Michael Eglington	Dereham	19:24
4	Luke Pavey	Harling	19:34
5	Shaun Hamer	Ryston	20:53
6	Nick Jones	U/A	21:37
7	Jake Whitehouse	Ryston	22:49
8	Robert Last	Dereham	23:13
9	Rob Gosnell	WNAC	23:43

Master men 45-49

Position	Name	Club	Time
1	Gary Crush	CoNAC	16:15
2	Kevin Watkinson	Wymond	17:31
3	Jan Kaiser	CoNAC	17:47
4	Mat Eyre	RNTS	20:51
5	Peter Bird	St Eds	21:45
6	Grant King	Dereham	21:47
7	Justin Gray	U/A	22:02
8	Paul Freear	KLTC	24:01
9	Phil Newton	TCRC	25:02
10	Philip Websdale	Dereham	26:06
11	Mark Preston	Dereham	27:20
12	Matt Hunter	TCRC	30:41
13	Charlie Wilson	Ryston	33:33

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Master men 50-54

Position	Name	Club	Time
1	Nicholas Bensley	Ryston	18:50
2	Matt Stone	BVH	18:58
3	Andrew Barrett	Wymond	20:36
4	George Pettit	Ryston	20:48
5	Jason Hawes	Ryston	22:09
6	Jan Knight	U/A	23:07
7	Neil Rivers	Dereham	23:10
8	Steve Whitlam	TCRC	36:23

Master men 55-59

Position	Name	Club	Time
1	Adrian Hall	Wymond	20:12
2	Wayne Ramsbottom	Dereham	20:38
3	Stuart Holmes	Camb Tri	20:43
4	Andy Smith	KLTC	21:49
5	Tony Beales	Wymond	22:00
6	Nigel Kenny	Ryston	22:21
7	Adrian Hollis	Dereham	23:22
8	Ian Patmore	Run Dmc	23:42
9	Michael Protheroe	Dereham	26:01
10	David Lane	Ryston	29:52
11	Nicholas Sheehan	TCRC	31:24

Master men 60-64

Position	Name	Club	Time
1	Tony Savage	Ryston	21:34
2	Peter Swales	Dereham	21:56
3	Andy Rowles	Dereham	22:39
4	Stuart Bizley	Dereham	27:23
5	Ken Renshaw	Dereham	27:42

Master men 65+

Position	Name	Club	Time
1	Paul Richarson	Dereham	24:07
2	Kevin Denmark	Wymond	24:13
3	David Dobbie	Dereham	26:55
4	Neil Anderton	Dereham	27:51
5	Martin Blackburn	Ryston	28:34

Ryston Runners Grand Prix 4 15/01/2023

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Tim Bongaerts	CoNAC	15:57	U17B
2	Michael Eccles	BVH	16:07	M40
3	Conor Flanagan	Camb Tri	16:12	SM
4	Gary Crush	CoNAC	16:15	M45
5	Rob Simmonds	Ryston	17:07	SM
6	Luke Ashby	Camb Tri	17:19	SM
7	Kevin Watkinson	Wymond	17:31	M45
8	Ben Keeley	Ryston	17:33	SM
9	Tobias Cheesbrough	Dereham	17:41	U17B
10	Jan Kaiser	CoNAC	17:47	M45
11	Chris Searle	Dereham	18:33	SM
12	Nicholas Bensley	Ryston	18:50	M50
13	Jonny Lambert	U/A	18:53	SM
14	Matt Stone	BVH	18:58	M50
15	Rob Skillings	Ryston	19:11	M40
16	Juliette Watkinson	Wymond	19:17	W40
17	Michael Eglington	Dereham	19:24	M40
18	Russell Hopkins	CoNAC	19:25	SM
19	Luke Pavey	Harling	19:34	M40
20	Emma Wood	Ryston	19:38	W35
21	Sarah Barrett	CONAC	20:02	U17G
22	Elizabeth Daly	Dereham	20:06	W40
23	Adrian Hall	Wymond	20:12	M55
24	Jacob Last	Dereham	20:14	U17B
25	Dawn Robinson	Ryston	20:26	SW
26	Daniel Yellop	Ryston	20:27	SM
27	Andrew Barrett	Wymond	20:36	M50
28	Wayne Ramsbottom	Dereham	20:38	M55
29	Joanne Watkins	BVH	20:41	W35
30	Stuart Holmes	Camb Tri	20:43	M55
31	George Pettit	Ryston	20:48	M50
32	Ben Pascoe	Dereham	20:50	SM
33	Mat Eyre	RNTS	20:51	M45
34	Shaun Hamer	Ryston	20:53	M40
35	Jess McKenzie	Ryston	20:55	SW
36	Oliver Foxwell	Ryston	21:03	SM
37	Abbie Dickens	N/A	21:16	SW
38	James Ord	Ryston	21:32	SM
39	Tony Savage	Ryston	21:34	M60
40	Nick Jones	U/A	21:37	M40
41	Peter Bird	St Eds	21:45	M45
42	Grant King	Dereham	21:47	M45
43	Andy Smith	KLTC	21:49	M55
44	Peter Swales	Dereham	21:56	M60
45	Tony Beales	Wymond	22:00	M55
46	Justin Gray	U/A	22:02	M45

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47	Ben Smith	U/A	22:07	SM
48	Tyler Key	U/A	22:08	SM
49	Jason Hawes	Ryston	22:09	M50
50	Phrancesca Harrison	GYDAC	22:11	W35
51	Maureen McCarthy	St Eds	22:16	W60
52	Louis Preston	Dereham	22:18	U17B
53	Ben Foxwell	Ryston	22:19	SM
54	Nigel Kenny	Ryston	22:21	M55
55	Andy Rowles	Dereham	22:39	M60
56	Jake Whitehouse	Ryston	22:49	M40
57	Tiegan Moore	Ryston	22:54	SW
58	Julie Ward	U/A	23:03	W45
59	Jan Knight	U/A	23:07	M50
60	Neil Rivers	Dereham	23:10	M50
61	Robert Last	Dereham	23:13	M40
62	Adrian Hollis	Dereham	23:22	M55
63	Matthew Freezer	Dereham	23:30	SM
64	Ian Patmore	Run Dmc	23:42	M55
65	Rob Gosnell	WNAC	23:43	M40
66	Lucy Mcdowie	Ryston	23:51	W45
67	Lucy Chadderton	Ren Run	24:00	W40
68	Paul Freear	KLTC	24:01	M45
69	Gina Hurrell	Ryston	24:04	W55
70	Paul Richarson	Dereham	24:07	M65
71	Kevin Denmark	Wymond	24:13	M65
72	Vicki Newton	TCRC	24:19	W35
73	Linda Marshall	Ryston	24:25	W55
74	Sarah-Jane Macdonald	TCRC	24:28	W45
75	Lauren Day	TCRC	24:34	W35
76	Deborah Last	Dereham	24:42	W45
77	Helen Melville	Ryston	24:57	W45
78	Phil Newton	TCRC	25:02	M45
79	Louise Rowe	Dereham	25:04	W35
80	Caroline Fletcher	Dereham	25:34	W35
81	Belle Watkins	BVH	25:44	U17G
82	Lisa Harris	Ryston	25:50	W50
83	Joanna Banaszek	U/A	26:00	W45
84	Michael Protheroe	Dereham	26:01	M55
85	Philip Websdale	Dereham	26:06	M45
86	Alison Brown	Dereham	26:07	W40
87	Oliver Harris	U/A	26:08	SM
88	Kareana Symonds	Dereham	26:18	W40
89	Natisha Ramsbottom	Dereham	26:26	SW
90	Lorraine Parker	TCRC	26:40	W50
91	Julie Barrow	Ryston	26:42	W40
92	David Dobbie	Dereham	26:55	M65
93	Hayley Eyre	RNTS	26:58	W45
94	Lynne Howlett	Ryston	27:16	W60

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95	Susan Swales	Dereham	27:17	W55
96	Mark Preston	Dereham	27:20	M45
97	Stuart Bizley	Dereham	27:23	M60
98	Charlotte Smith	Ryston	27:38	SW
99	Ken Renshaw	Dereham	27:42	M60
100	Neil Anderton	Dereham	27:51	M65
101	Megan Oram	Dereham	27:55	W40
102	Dee Middleton-Hall	Wymond	27:58	W55
103	Babara Kosiba	T St C	28:11	W35
104	Martin Blackburn	Ryston	28:34	M65
105	Amanda Baker	Lonely Goat	28:36	W60
106	Cheryl Lenton	TCRC	28:37	W45
107	Kim Coultard	TCRC	29:26	W35
108	Pauline Sparrow	Ryston	29:47	W60
109	David Lane	Ryston	29:52	M55
110	Elizabeth Blakie	Ryston	30:08	W60
111	Eva Osborne	Wymond	30:12	W60
112	Judith Berry	Ryston	30:21	W45
113	Sarah Melton-Whitelam	TCRC	30:31	W40
114	Zoë Gourley	TCRC	30:32	W45
115	Matt Hunter	TCRC	30:41	M45
116	Clare Slattery	Thetford	31:11	W35
117	Jackie Wood	Dereham	31:13	W60
118	Nicholas Sheehan	TCRC	31:24	M55
119	Heidi Smith	Thetford	31:42	W50
120	Claire Ives	Lonely Goat	31:58	W40
121	Sarah Dennis	U/A	33:15	W60
122	Alison Wood	U/A	33:21	W40
123	Charlie Wilson	Ryston	33:33	M45
124	Sarah Lamb	TCRC	33:47	W50
125	Hazel Cason	Dereham	33:57	W60
126	Di Renshaw	Dereham	34:29	W60
127	Sophie Kirtley	TCRC	36:22	SW
128	Steve Whitelam	TCRC	36:23	M50