

Ryston Runners Grand Prix 3 17/12/2023

Under 9 boys

Position	Name	Club	Time
1	Theo Grocock	Cherry Tree	3:04
2	Noah Ward	T St C	3:11
3	Freddie Bagge	Kings Ely	3:16
4	Charlie Holland	Waveney	3:20
5	Arthur Bunton	Attleboro Pri	3:23
6	William Ward	T St C	3:25
7	Leo Kinsey	Hillcrest	3:28
8	Arthur Teanby	Tilney Pri	3:29
9	Owen Hamilton	Hillcrest	3:31
10	Alfie Wilson	Cherry Tree	3:35
11	Oscar Grocock	Cherry Tree	3:39
12	Archie Rockliffe	Down Prep	3:40
13	Benjamin White	Down Prep	3:40
14	Ethan Moore	Hillcrest	3:51
15	Forrest Neale	NNH	3:57
16	Harrison Reeve	Glebe	4:04
17	Bertie Fowell	Colby	4:05
18	Freddie Clifton	Nelson	4:08
19	Leo Milliken	Cherry Tree	4:15
20	Alfie Bamfield	Whitefriars	4:15
21	Toby Ames-Waller	U/A	4:22
22	Drew McMillan	Cherry Tree	4:36
23	James Hill	Cherry Tree	5:05
24	Harry Betts	Cherry Tree	5:30
25	Frank Dean	Cherry Tree	5:38
26	Jack Betts	Cherry Tree	5:58
27	Eric Dean	Cherry Tree	6:18
28	Harry Hamilton	Hillcrest	6:31

Under 9 girls

Position	Name	Club	Time
1	Blake Amos	CoNAC	3:23
1	Flora Evans	Down Prep	3:23
2	Kate Watkinson	Attleborough Prim	3:32
3	Jessica Watts	WN/Ingle	3:35
4	Lauren Lawrence	Rene Run	3:36
5	Izzie Hardy	Cherry Tree	3:45
6	Lara Reeve	Glebe	3:46
7	Dana Bishop	St Martin	3:49
8	Betsy Chadderton	Ren/T St C	3:50
9	Freya Reynolds	Ryston/Hillcrest	4:02
10	Florence Bartlett	GYDAC	4:12
11	Katie Morton	Hillcrest	4:21
12	Frankie Ford	Down Prep	4:37
13	Isla Miller	Cherry Tree	4:42
14	Emilia Anderson	Hillcrest	4:43

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15	Naia Amthor	Litcham	4:46
16	Ailish Smitherman	Colman	5:02
17	Rosie Beckahm	Cherry Tree	5:07
18	Reenie Salmon	Cherry Tree	5:25
19	Vivie Salmon	Cherry Tree	5:30
20	Sia Milliken	Cherry Tree	5:31
21	Harper Clifton	Nelson	6:00

Overall under 9s race

Position	Name	Club	Time	Category
1	Theo Grocock	Cherry Tree	3:04	U9B
2	Noah Ward	T St C	3:11	U9B
3	Freddie Bagge	Kings Ely	3:16	U9B
4	Charlie Holland	Waveney	3:20	U9B
5	Arthur Bunton	Attleboro Pri	3:23	U9B
6	Flora Evans	Down Prep	3:23	U9G
7	Blake Amos	CoNAC	3:23	U9G
8	William Ward	T St C	3:25	U9B
9	Leo Kinsey	Hillcrest	3:28	U9B
10	Arthur Teanby	Tilney Pri	3:29	U9B
11	Owen Hamilton	Hillcrest	3:31	U9B
12	Kate Watkinson	Attleborough Prim	3:32	U9G
13	Alfie Wilson	Cherry Tree	3:35	U9B
14	Jessica Watts	WN/Ingle	3:35	U9G
15	Lauren Lawrence	Rene Run	3:36	U9G
16	Oscar Grocock	Cherry Tree	3:39	U9B
17	Archie Rockliffe	Down Prep	3:40	U9B
18	Benjamin White	Down Prep	3:40	U9B
19	Izzie Hardy	Cherry Tree	3:45	U9G
20	Lara Reeve	Glebe	3:46	U9G
21	Dana Bishop	St Martin	3:49	U9G
22	Betsy Chadderton	Ren/T St C	3:50	U9G
23	Ethan Moore	Hillcrest	3:51	U9B
24	Forrest Neale	NNH	3:57	U9B
25	Freya Reynolds	Ryston/Hillcrest	4:02	U9G
26	Harrison Reeve	Glebe	4:04	U9B
27	Bertie Fowell	Colby	4:05	U9B
28	Freddie Clifton	Nelson	4:08	U9B
29	Florence Bartlett	GYDAC	4:12	U9G
30	Leo Milliken	Cherry Tree	4:15	U9B
31	Alfie Bamfield	Whitefriars	4:15	U9B
32	Katie Morton	Hillcrest	4:21	U9G
33	Toby Ames-Waller	U/A	4:22	U9B
34	Drew McMillan	Cherry Tree	4:36	U9B
35	Frankie Ford	Down Prep	4:37	U9G
36	Isla Miller	Cherry Tree	4:42	U9G
37	Emilia Anderson	Hillcrest	4:43	U9G
38	Naia Amthor	Litcham	4:46	U9G

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39	Ailish Smitherman	Colman	5:02	U9G
40	James Hill	Cherry Tree	5:05	U9B
41	Rosie Beckahm	Cherry Tree	5:07	U9G
42	Reenie Salmon	Cherry Tree	5:25	U9G
43	Harry Betts	Cherry Tree	5:30	U9B
44	Vivie Salmon	Cherry Tree	5:30	U9G
45	Sia Milliken	Cherry Tree	5:31	U9G
46	Frank Dean	Cherry Tree	5:38	U9B
47	Jack Betts	Cherry Tree	5:58	U9B
48	Harper Clifton	Nelson	6:00	U9G
49	Eric Dean	Cherry Tree	6:18	U9B
50	Harry Hamilton	Hillcrest	6:31	U9B

Under 11 boys

Position	Name	Club	Time
1	Cody Holland	Waveney	7:39
2	Isaac Unsworth	CoNAC/St Franc	8:06
3	Fergus Smitherman	CoNAC/Colman	8:23
4	Jude Osborne	CoNAC/Ash Pri	8:29
5	Matas Petreikis	WN/St Martha	8:39
6	James Watt	WN/Ingles	8:44
7	Arthur Robinson	Thetford	8:47
8	Ethan Ashwood	St Eds Pacers	9:14
9	Henry Loveday	Kings Ely	9:23
10	Freddie Hubbard	Ryston/Peckover	9:25
11	Freddie Ford	Ryston/Down Prep	9:45

Under 11 girls

Position	Name	Club	Time
1	Emi Muntingh	CoNAC	8:59
2	Nellie Chadderton	Ren/T St C	9:34
3	Mabelle Chadderton	Ren/T St C	9:46
4	Ophelia Fowell	NNH	9:47
5	Amelie Watkinson	Attleboro	10:00
6	Alba Bartlett	GYDAC	10:07

Overall under 11s race

Position	Name	Club	Time	Category
1	Cody Holland	Waveney	7:39	U11B
2	Isaac Unsworth	CoNAC/St Franc	8:06	U11B
3	Fergus Smitherman	CoNAC/Colman	8:23	U11B
4	Jude Osborne	CoNAC/Ash Pri	8:29	U11B
5	Matas Petreikis	WN/St Martha	8:39	U11B
6	James Watt	WN/Ingles	8:44	U11B
7	Arthur Robinson	Thetford	8:47	U11B
8	Emi Muntingh	CoNAC	8:59	U11G
9	Ethan Ashwood	St Eds Pacers	9:14	U11B
10	Henry Loveday	Kings Ely	9:23	U11B

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11	Freddie Hubbard	Ryston/Peckover	9:25	U11B
12	Nellie Chadderton	Ren/T St C	9:34	U11G
13	Freddie Ford	Ryston/Down Prep	9:45	U11B
14	Mabelle Chadderton	Ren/T St C	9:46	U11G
15	Ophelia Fowell	NNH	9:47	U11G
16	Amelie Watkinson	Attleboro	10:00	U11G
17	Alba Bartlett	GYDAC	10:07	U11G

Under 13 boys

Position	Name	Club	Time
1	Finley Winship	CoNAC	10:24
2	Thomas Murray	WN	11:14
3	Isaac Brown	Dereham	11:52
4	Leo Wood	Ryston	12:13
5	Rory Wood	Ryston	12:38
6	Thomas Simmonds	Ryston	12:45
7	Alexander Balmer	Newmarket Jog	12:47

Under 13 girls

Position	Name	Club	Time
1	Florence Abbott	CoNAC	12:12
2	Olivia Ord	Ryston	13:01
3	Jessica Lawrence	WN	13:19
4	Casey Ward	Ryston	13:20
5	Faith Turner	Ryston	13:23
6	Emilia Farnell	NNH	14:04
7	Madison Hicks	Ryston	14:06
8	Kaitlin Allen	U/A	14:08
9	Lydia Hopkins	Dereham	15:53

Under 15 boys

Position	Name	Club	Time
1	Cameron Wedon	GYDAC	10:21
2	Ethan Ward	Ryston	10:45
3	Harry Robinson	Thetford	10:59
4	Toby Neale	NNH	11:43
5	Harry Woodgett	Dereham	12:28
6	Oscar Sykes	NNH	13:55

Under 15 girls

Position	Name	Club	Time
1	Evie Clayton	WN	12:18
2	Eva Eccles	BVH	12:29
3	Beatrice Green	Dereham	12:31
4	Alice Thompson-Read	NNH	12:43
5	Eva Townshend	NNH	13:58
6	Lucy Thompson	GYDAC	14:25

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Cameron Wedon	GYDAC	10:21	U15B
2	Finley Winship	CoNAC	10:24	U13B
3	Ethan Ward	Ryston	10:45	U15B
4	Harry Robinson	Thetford	10:59	U15B
5	Thomas Murray	WN	11:14	U13B
6	Toby Neale	NNH	11:43	U15B
7	Isaac Brown	Dereham	11:52	U13B
8	Florence Abbott	CoNAC	12:12	U13G
9	Leo Wood	Ryston	12:13	U13B
10	Evie Clayton	WN	12:18	U15G
11	Harry Woodgett	Dereham	12:28	U15B
12	Eva Eccles	BVH	12:29	U15G
13	Beatrice Green	Dereham	12:31	U15G
14	Rory Wood	Ryston	12:38	U13B
15	Alice Thompson-Read	NNH	12:43	U15G
16	Thomas Simmonds	Ryston	12:45	U13B
17	Alexander Balmer	Newmarket Jog	12:47	U13B
18	Olivia Ord	Ryston	13:01	U13G
19	Jessica Lawrence	WN	13:19	U13G
20	Casey Ward	Ryston	13:20	U13G
21	Faith Turner	Ryston	13:23	U13G
22	Oscar Sykes	NNH	13:55	U15B
23	Eva Townshend	NNH	13:58	U15G
24	Emilia Farnell	NNH	14:04	U13G
25	Madison Hicks	Ryston	14:06	U13G
26	Kaitlin Allen	U/A	14:08	U13G
27	Lucy Thompson	GYDAC	14:25	U15G
28	Lydia Hopkins	Dereham	15:53	U13G

Under 17 boys

Position	Name	Club	Time
1	Tobias Cheesbrough	CoNAC	****
2	Edward Murray	WN	22:53
3	Cody Pearman	Ryston	24:28
4	Dylan Whitehouse	Ryston	24:53
5	Callum Wing	Thetford	26:17

Under 17 girls

Position	Name	Club	Time
1	Isabelle Mckenzie	Ryston	28:43
2	Bethany Wilson	Thetford	32:42

Senior men

Position	Name	Club	Time
1	Christopher Smith	Hunts AC	****
2	Nathan Stockdale	Ryston	****

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3	Thomas McCarthy	U/A	23:52
4	Ben Smith	U/A	24:01
5	Chris Searle	Dereham	24:23
6	Ben Thompson	GYDAC	24:33
7	Oliver Foxwell	Ryston	25:40
8	Jacob Last	Dereham	26:28
9	Gareth Hunt	Ryston	26:35
10	Tomm Carr	Tri Anglia	28:52
11	Alan Beaumont	Manchester Har	30:11
12	James Trim	Ryston	36:21

Senior women

Position	Name	Club	Time
1	Katie King	St Eds Pacers	24:58
2	Memphis Symonds	CoNAC	25:53
3	Dawn Robinson	Ryston	26:12
4	Anna O'Hare	Haverhill	26:30
5	Beth Shaw	Ryston	26:48
6	Abbie Dickins	KLTC	27:22
7	Alice Horney	U/A	27:32
8	Grace Duthie	Tri-Anglia	30:24
9	Dani Sparkes	Ryston	31:48
10	Frankie Harrison	GYDAC	32:00
11	Charlotte Smith	Ryston	33:21
12	Isabelle Green	Dereham	35:56
13	Natisha Ramsbottom	Dereham	36:10
14	Tamara Barnes	TCRC	40:04

Master women 35-39

Position	Name	Club	Time
1	Cat Foley-Wray	Ryston	27:56
2	Lauren Day	TCRC	31:26
3	Kate Bamfield	U/A	32:03
4	Vicky Newton	TCRC	32:13
5	Louise Rowe	Dereham	32:53
6	Laura Winter	U/A	33:15
7	Joanne Smith	Fenland	41:44
8	Diane Tyler	TCRC	44:49

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	25:15
2	Elizabeth Daly	Dereham	29:13
3	Claire Wilshaw	Camb Tri	29:46
4	Julie Williamson	Ryston	30:52
5	Amy Baxter	TCRC	31:20
6	Sarah Melton	TCRC	33:46
7	Claire Whitehouse	Ryston	39:22

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8	Sarah Lake	Dereham	39:42
9	Henrietta Green	Dereham	41:47

Master women 45-49

Position	Name	Club	Time
1	Becky Taylor	Ryston	29:58
2	Lucy Mcdowie	Ryston	30:59
3	Claire Smithee	TCRC	33:50

Master women 50-54

Position	Name	Club	Time
1	Lealey Robins	Ryston	30:34
2	Lisa Harris	Ryston	35:34
3	Dawn Protheroe	Dereham	35:59
4	Judith Berry	Ryston	36:05
5	Lorraine Parker	TCRC	36:16
6	Lorraine Reeves	Brandon FH	39:46
7	Janet Nash	Run DMC	40:50
8	Joanna Taylor	Ryston	44:29
9	Shelley Coleman	TCRC	44:49
10	Helen Driver	Ryston	48:21

Master women 55-59

Position	Name	Club	Time
1	Ruth Chadwick	Dereham	30:59
2	Linda Marshall	Ryston	33:18
3	Sue Swales	Dereham	37:32

Master women 60-64

Position	Name	Club	Time
1	Amanda Baker	Dereham	37:09
2	Rita Rue	St Eds	40:49
3	Diane Renshaw	Dereham	51:10

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds Pacers	31:10
2	Bibbie Sauerzapf	BBD	36:06
3	Lynne Howlett	Ryston	36:32
4	Pauline Sparrow	Ryston	37:27
5	Gill Hart	Ryston	48:36

Master men 35-39

Position	Name	Club	Time
1	Rob Simmonds	Ryston	22:49
2	David Sparshott	CoNAC	23:02
3	Luke Ashby	Camb Tri	23:21
4	Ben Keeley	Ryston	23:51

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5	Gavin Reynolds	Ryston	25:43
6	Chris Chaplin	Ryston	25:46
7	Martin Gooderham	Harling	27:31
8	James Heaney	Wymondham	30:15
9	Christopher Cann	Ryston	30:45

Master men 40-44

Position	Name	Club	Time
1	Rob Skillings	Ryston	24:09
2	William Winter	U/A	24:13
3	Stephen Woodcroft	Wymondham	24:14
4	Andrew Simmonds	Ryston	24:16
5	Simon Levy	Ryston	24:35
6	Benjamin Collison	WN	24:59
7	Luke Pavey	Harling	26:06
8	James Ord	Ryston	27:18
9	Craig Freestone	TCRC	27:28
10	Brian Symonds	U/A	28:01
11	Jacob Whitehouse	Ryston	28:05
12	Rob Gosnell	WN	28:06
13	Jacob Darby	U/A	30:01

Master men 45-49

Position	Name	Club	Time
1	Phil Thompson	Ryston	24:40
2	Justin Gray	U/A	28:28
3	Richard Hill	Ely Runners	28:31
4	Mark Fountain	Ryston	30:38
5	Robert Last	Dereham	31:18
6	Jamie Bransgrove	Ryston	40:36

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	24:08
2	Mark Thompson	GYDAC	24:59
3	Liam Dawson	Ryston	25:54
4	Jason Wing	Thetford	26:37
5	Justin Walker	Ryston	26:45
6	Peter Bird	St Eds Pacers	28:33
7	Gary Bligh	TCRC	28:56
8	Mark Mattless	Lonely Goat	28:57
9	Craig Harris	Ryston	29:21
10	Simon Taylor	U/A	29:24
11	Neil Rivers	Dereham	30:24
12	Jan Knight	Ryston	30:43
13	Gavin Critchell	U/A	31:30
14	Phillip Websdale	Dereham	36:11
15	Simon Alcock	BVH	37:06

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16	Andrew Braiser	Dereham	40:35
17	Steve Whitelam	TCRC	44:50

Master men 55-59

Position	Name	Club	Time
1	Malcolm Tuff	Ryston	23:23
2	Stuart Holmes	Camb Tri	27:23
3	Stewart Robins	Ryston	27:58
4	Martin Ive	Ryston	29:19
5	Ian Patmore	Run DMC	31:16
6	Peter Wilson	U/A	32:16
7	Les Phillips	TCRC	33:14
8	Andy Smith	U/A	33:31
9	Steve Starr	March AC	41:44

Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	24:43
2	Robert Morgan	St Eds Pacers	28:51
3	Chris Chorley	BBD	29:07
4	Peter Swales	Dereham	29:54
5	Nigel Kenny	Ryston	30:46
6	Gary Ingrey	TCRC	31:39

Master men 65+

Position	Name	Club	Time
1	Graham Chapman	Ely Runners	27:45
2	Nigel Horney	Keswick AC	28:16
3	Jit Patel	Ryston	28:45
4	Kevin Howlett	Ryston	30:04
5	Steven Rue	St Eds Pacers	31:24
6	Kevin Denmark	Wymondham	32:44
7	Peter Johnson	U/A	36:06
8	Martin Blackburn	Ryston	36:30
9	Chris Milnes	Ryston	37:04
10	Ken Renshaw	Dereham	37:51
11	Paul Firmage	Ryston	41:09
12	Don Hutchinson	Camb Tri	52:39

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	Christopher Smith	Hunts AC	****	SM
2	Tobias Cheesbrough	CoNAC	****	U17B
3	Nathan Stockdale	Ryston	****	SM
4	Rob Simmonds	Ryston	22:49	MM35-39
5	Edward Murray	WN	22:53	U17B
6	David Sparshott	CoNAC	23:02	MM35-39
7	Luke Ashby	Camb Tri	23:21	MM35-39

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8	Malcolm Tuff	Ryston	23:23	MM55-59
9	Ben Keeley	Ryston	23:51	MM35-39
10	Thomas McCarthy	U/A	23:52	SM
11	Ben Smith	U/A	24:01	SM
12	Nic Bensley	Ryston	24:08	MM50-54
13	Rob Skillings	Ryston	24:09	MM40-44
14	William Winter	U/A	24:13	MM40-44
15	Stephen Woodcroft	Wymondham	24:14	MM40-44
16	Andrew Simmonds	Ryston	24:16	MM40-44
17	Chris Searle	Dereham	24:23	SM
18	Cody Pearman	Ryston	24:28	U17B
19	Ben Thompson	GYDAC	24:33	SM
20	Simon Levy	Ryston	24:35	MM40-44
21	Phil Thompson	Ryston	24:40	MM45-49
22	Kevin Vaughan	Thetford	24:43	MM60-64
23	Dylan Whitehouse	Ryston	24:53	U17B
24	Katie King	St Eds Pacers	24:58	SW
25	Benjamin Collison	WN	24:59	MM40-44
26	Mark Thompson	GYDAC	24:59	MM50-54
27	Juliette Watkinson	Wymondham	25:15	MW40-44
28	Oliver Foxwell	Ryston	25:40	SM
29	Gavin Reynolds	Ryston	25:43	MM35-39
30	Chris Chaplin	Ryston	25:46	MM35-39
31	Memphis Symonds	CoNAC	25:53	SW
32	Liam Dawson	Ryston	25:54	MM50-54
33	Luke Pavey	Harling	26:06	MM40-44
34	Dawn Robinson	Ryston	26:12	SW
35	Callum Wing	Thetford	26:17	U17B
36	Jacob Last	Dereham	26:28	SM
37	Anna O'Hare	Haverhill	26:30	SW
38	Gareth Hunt	Ryston	26:35	SM
39	Jason Wing	Thetford	26:37	MM50-54
40	Justin Walker	Ryston	26:45	MM50-54
41	Beth Shaw	Ryston	26:48	SW
42	James Ord	Ryston	27:18	MM40-44
43	Abbie Dickins	KLTC	27:22	SW
44	Stuart Holmes	Camb Tri	27:23	MM55-59
45	Craig Freestone	TCRC	27:28	MM40-44
46	Martin Gooderham	Harling	27:31	MM35-39
47	Alice Horney	U/A	27:32	SW
48	Graham Chapman	Ely Runners	27:45	MM65+
49	Cat Foley-Wray	Ryston	27:56	MW35-39
50	Stewart Robins	Ryston	27:58	MM55-59
51	Brian Symonds	U/A	28:01	MM40-44
52	Jacob Whitehouse	Ryston	28:05	MM40-44
53	Rob Gosnell	WN	28:06	MM40-44
54	Nigel Horney	Keswick AC	28:16	MM65+
55	Justin Gray	U/A	28:28	MM45-49

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56	Richard Hill	Ely Runners	28:31	MM45-49
57	Peter Bird	St Eds Pacers	28:33	MM50-54
58	Isabelle Mckenzie	Ryston	28:43	U17G
59	Jit Patel	Ryston	28:45	MM65+
60	Robert Morgan	St Eds Pacers	28:51	MM60-64
61	Tomm Carr	Tri Anglia	28:52	SM
62	Gary Bligh	TCRC	28:56	MM50-54
63	Mark Mattless	Lonely Goat	28:57	MM50-54
64	Chris Chorley	BBD	29:07	MM60-64
65	Elizabeth Daly	Dereham	29:13	MW40-44
66	Martin Ive	Ryston	29:19	MM55-59
67	Craig Harris	Ryston	29:21	MM50-54
68	Simon Taylor	U/A	29:24	MM50-54
69	Claire Wilshaw	Camb Tri	29:46	MW40-44
70	Peter Swales	Dereham	29:54	MM60-64
71	Becky Taylor	Ryston	29:58	MW45-49
72	Jacob Darby	U/A	30:01	MM40-44
73	Kevin Howlett	Ryston	30:04	MM65+
74	Alan Beaumont	Manchester Har	30:11	SM
75	James Heaney	Wymondham	30:15	MM35-39
76	Grace Duthie	Tri-Anglia	30:24	SW
77	Neil Rivers	Dereham	30:24	MM50-54
78	Lealey Robins	Ryston	30:34	MW50-54
79	Mark Fountain	Ryston	30:38	MM45-49
80	Jan Knight	Ryston	30:43	MM50-54
81	Christopher Cann	Ryston	30:45	MM35-39
82	Nigel Kenny	Ryston	30:46	MM60-64
83	Julie Williamson	Ryston	30:52	MW40-44
84	Lucy Mcdowie	Ryston	30:59	MW45-49
85	Ruth Chadwick	Dereham	30:59	MW55-59
86	Jenny Morgan	St Eds Pacers	31:10	MW65+
87	Ian Patmore	Run DMC	31:16	MM55-59
88	Robert Last	Dereham	31:18	MM45-49
89	Amy Baxter	TCRC	31:20	MW40-44
90	Steven Rue	St Eds Pacers	31:24	MM65+
91	Lauren Day	TCRC	31:26	MW35-39
92	Gavin Critchell	U/A	31:30	MM50-54
93	Gary Ingrey	TCRC	31:39	MM60-64
94	Dani Sparkes	Ryston	31:48	SW
95	Frankie Harrison	GYDAC	32:00	SW
96	Kate Bamfield	U/A	32:03	MW35-39
97	Vicky Newton	TCRC	32:13	MW35-39
98	Peter Wilson	U/A	32:16	MM55-59
99	Bethany Wilson	Thetford	32:42	U17G
100	Kevin Denmark	Wymondham	32:44	MM65+
101	Louise Rowe	Dereham	32:53	MW35-39
102	Les Phillips	TCRC	33:14	MM55-59
103	Laura Winter	U/A	33:15	MW35-39

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104	Linda Marshall	Ryston	33:18	MW55-59
105	Charlotte Smith	Ryston	33:21	SW
106	Andy Smith	U/A	33:31	MM55-59
107	Sarah Melton	TCRC	33:46	MW40-44
108	Claire Smithee	TCRC	33:50	MW45-49
109	Lisa Harris	Ryston	35:34	MW50-54
110	Isabelle Green	Dereham	35:56	SW
111	Dawn Protheroe	Dereham	35:59	MW50-54
112	Judith Berry	Ryston	36:05	MW50-54
113	Bibbie Sauerzapf	BBD	36:06	MW65+
114	Peter Johnson	U/A	36:06	MM65+
115	Natisha Ramsbottom	Dereham	36:10	SW
116	Phillip Websdale	Dereham	36:11	MM50-54
117	Lorraine Parker	TCRC	36:16	MW50-54
118	James Trim	Ryston	36:21	SM
119	Martin Blackburn	Ryston	36:30	MM65+
120	Lynne Howlett	Ryston	36:32	MW65+
121	Chris Milnes	Ryston	37:04	MM65+
122	Simon Alcock	BVH	37:06	MM50-54
123	Amanda Baker	Dereham	37:09	MW60-64
124	Pauline Sparrow	Ryston	37:27	MW65+
125	Sue Swales	Dereham	37:32	MW55-59
126	Ken Renshaw	Dereham	37:51	MM65+
127	Claire Whitehouse	Ryston	39:22	MW40-44
128	Sarah Lake	Dereham	39:42	MW40-44
129	Lorraine Reeves	Brandon FH	39:46	MW50-54
130	Tamara Barnes	TCRC	40:04	SW
131	Andrew Braiser	Dereham	40:35	MM50-54
132	Jamie Bransgrove	Ryston	40:36	MM45-49
133	Rita Rue	St Eds	40:49	MW60-64
134	Janet Nash	Run DMC	40:50	MW50-54
135	Paul Firmage	Ryston	41:09	MM65+
136	Joanne Smith	Fenland	41:44	MW35-39
137	Steve Starr	March AC	41:44	MM55-59
138	Henrietta Green	Dereham	41:47	MW40-44
139	Joanna Taylor	Ryston	44:29	MW50-54
140	Diane Tyler	TCRC	44:49	MW35-39
141	Shelley Coleman	TCRC	44:49	MW50-54
142	Steve Whitelam	TCRC	44:50	MM50-54
143	Helen Driver	Ryston	48:21	MW50-54
144	Gill Hart	Ryston	48:36	MW65+
145	Diane Renshaw	Dereham	51:10	MW60-64
146	Don Hutchinson	Camb Tri	52:39	MM65+