

UNDER 9 BOYS			
1	Charlie Wakefield	Feltwell	02:53
2	Mackenzie Pilkington	St Martin	02:57
3	Adam Moore	Feltwell	03:02
4	Sam Stonebridge	W Norfolk	03:14
5	William Newcombe	C & C	03:22
6	Dermot Gray	Feltwell	03:26
7	William Payne	St Martin	03:28
8	Harrison Engledow	St Martin	03:29
9	Guy Jeffrey	Kings	03:30
10	Kit Howlett	Ryston	03:30
11	James Smith	St Martin	03:33
12	William Smith	St Martin	03:34
13	Dylan Jones	Feltwell	03:37
14	Rupert Harris	D Prep	03:39
15	Harry Wakefield	Feltwell	03:40
16	Patrick Bebee	Feltwell	03:42
17	Matthew Beardmore	St Martin	03:43
18	Colin Mantle	Feltwell	03:45
19	F Collins-Shirley	Ely	03:46
20	Freddie Laws	Ryston	03:49
21	Lucas Benevidez	Feltwell	03:53
22	Cadoc Wilton	Ryston	03:56
23	Tom Towler	D Prep	03:59
24	Thomas Payne	St Martin	04:04
25	Oscar Tuttle	Ryston	04:05
26	Ben Smith	Ryston	04:08
27	Liam Touchin	Feltwell	04:13
28	Callum Powell	Wat	04:14
29	Sam Goodenough	St Martin	04:19
30	Thomas Owen	St Martin	04:19
31	Sonny Linstead	U/A	04:20
32	S Sanjeevjay	Feltwell	04:20
33	Will Jaymes	St Martin	04:21
34	JJ Cameron	Feltwell	04:21
35	Luke Walker	Ryston	04:23
36	Ethan Sproule	St Martin	04:26
37	Liam Williams	Feltwell	04:32
38	Tom Gray	Feltwell	04:33
39	Archie Cameron	Feltwell	04:38
40	Christean Eade	Feltwell	04:39
41	Thomas Matthews	St Martin	04:41
42	Benjamin Wilson	Feltwell	04:42
43	Frederick Hickton	St Martin	04:51
44	Finn Coy	Feltwell	04:54
45	Kaell Berry	Feltwell	04:55
46	Dominic Harris	D Prep	05:03
47	Edward Albutt	D Prep	05:05
48	Jacob Sowden	St Martin	05:11
49	Ansh Desai	D Prep	05:12
50	Luca Bressani	St Martin	05:53
51	Kieran Sproule	St Martin	06:02
52	Aaron Williams	Feltwell	06:02

	UNDER 11 BOYS			
1	Tom Greenacre	CN	08:02	
2	Aiden Try	Thet	08:21	
3	Wilson Jeffrey	Kings	08:23	
4	Tom Sowerby	WN	08:25	
5	Joe Smythe	Thet	08:28	
6	Brandon Tuttle	Ryston	08:32	
7	Adam Simmonds	WN	08:44	
8	Tom Mead	Thet	08:50	
9	Fraser Elsworth	St Eds	09:13	
10	Kai Beadle	GY	09:35	
11	Harry Bane	Feltwell	09:57	
12	James Warby	Feltwell	10:11	
13	Alexander Payne	St Martin	10:12	
14	Caden Berry	Feltwell	10:47	
15	Logan Williams	Feltwell	10:49	
16	Kieran Rogers	U/A	10:54	
17	Louis Jaymes	St Martin	11:07	
18	Zak Shipp	Ryston	11:08	
19	Jamie Brown	CONTC	11:18	
20	Joshua Nelson	St Martin	11:18	
21	Dafydd Morgan	Ryston	11:19	
22	Jack Fysh	Hill	11:43	
23	Joshua Bird	Feltwell	11:54	
24	Joseph Slatter	Feltwell	12:03	
25	Eddie Gray	Feltwell	12:54	
26	Miles Johnston	D Prep	14:10	
27	Henry Albutt	D Prep	15:00	
28	Max Coy	Feltwell	15:31	
	UNDER 13 BOYS			
1	Alfie Linstead	CN	10:32	
2	Finn Barnes	C&C	10:45	
3	Leigh Robertson	Boston	10:52	
4	Ryan Coates	WN	11:58	
5	Michael Cross	GY	12:47	
6	Ewan Frolich	Riv	12:49	
7	Ben Simmonds	WN	12:57	
8	Daniel Kerwin	C&C	13:40	
9	James Jeffrey	Kings	14:00	
10	Aaron Walker	Ryston	14:41	
11	Justin Clark	Ryston	15:25	
	UNDER 15 BOYS			
1	Ashley Waterson	CN	10:04	
2	Matthew LePoidevin	St Eds	10:30	
3	Tom Brown	CONTC	11:36	
4	Iewan Alldis	St Eds	11:50	
5	Daniel Crowe	CN	12:03	
	UNDER 17 BOYS			
1	Sean Watson	CN	16:04	
2	Scott Greeves	CN	16:21	
3	Keelan Pywell	GYDAC	18:21	
4	Tom Hemingway	Riverside	18:29	
5	Aaron Raine	Ryston	20:47	
	JUNIOR MEN			
1	Damian Rogers	CN	16:02	
2	Jack Trow	Fenland	17:06	
3	Sean Atterwill	Dereham	17:12	
4	Micah Rogers	CN	17:15	

	SENIOR MEN			
1	James O'Neill	Ryston	16:08	
2	Robert Simmonds	Ryston	16:33	
3	Chris Balmer	Ryston	17:14	
4	Simon Levy	Ryston	17:26	
5	Andrew Simmonds	Ryston	17:34	
6	Steve Bates	Coltishall	18:13	
7	Che Plant	Ryston	18:16	
8	Steve Tovey	Ely	18:41	
9	John Dungar	Wymondham	18:50	
10	Matt Pyatt	Ryston	19:06	
11	Lee Freeman	Thetford	19:26	
12	Nathan Thompson	U/A	20:17	
13	Ian Barrett	Ryston	20:52	
14	Gordon Melville	Ryston	21:25	
15	Ben Collison	W Norfolk	21:46	
16	Jamie McCrann	U/A	22:45	
17	Karl Wright	Thetford	22:56	
	VET MEN 40			
1	Nick Grimer	NVH	16:27	
2	Ian Day	Hunts	17:39	
3	Nic Bensley	Ryston	17:56	
4	Martin Koenigsberger	WN	19:22	
5	Matt Fray	CN	19:34	
6	Darren Edridge	Coltishall	20:19	
7	Wayne Crowe	CN	21:23	
8	Mike Todd	Spalding	21:19	
9	John Chapman	Fenland	23:34	
	VET MEN 45			
1	Malcolm Tuff	Ryston	16:36	
2	Kevin Vaughan	St Eds	17:08	
3	Martin Ive	Ryston	17:56	
4	David Pettitt	C&C	19:14	
5	Steven Bowerman	Ryston	19:23	
6	Steve LePoidevin	St Eds	19:43	
7	Mark Watts	St Eds	19:48	
8	Steve Bird	CN	19:58	
9	Tom Drew	Spalding	20:03	
10	Paul Rose	Spalding	20:14	
11	Ronnie Read	Ryston	20:18	
12	Paul Edwards	WN	20:28	
13	Andy Smith	Ryston	20:49	
14	John Greenhalgh	WN	20:49	
15	Wayne Delaney	Spalding	21:24	
16	Richard Lyle	C&C	21:40	
17	Bradley Greeves	CN	22:18	
18	Jeremy Navrady	Ryston	22:21	
19	Steven Rush	NNT	22:27	
20	Andrew Norton	Dereham	23:18	
21	Paul Woodyatt	CN	23:49	
22	David Lane	Ryston	24:13	
	VET MEN 50			
1	Rini Hoogkamer	CN	18:21	
2	Dave Robinson	Ryston	18:46	
3	Kevin Howlett	Ryston	19:54	
4	Carl Manning	Ryston	20:29	
5	Kevin Taylor	Ryston	22:01	
6	Clive Harrod	Fenland	22:10	
7	Chris Milnes	Ryston	22:17	
8	Ozzi Deneri	Fenland	26:32	

	VET MEN 55			
1	Alan Dawson	St Eds	18:18	
2	Harry Knowles	CN	18:32	
3	Phil Redden	Riverside	19:16	
4	Nigel Dickens	NVH	19:31	
5	John Harding	CN	19:56	
6	Dave Neale	Ryston	20:22	
7	Dave Vaughan	St Eds	20:58	
8	Paul Firmage	Ryston	21:11	
9	Colin Simpson	Fenland	21:23	
10	Gerry Watson	Wymondham	21:26	
11	Les Percival	WN	22:20	
12	John Plowright	Ryston	22:29	
13	Kevin Ward	U/A	23:51	
14	John Richardson	Dereham	25:44	
15	Philp Kenyon	U/A	27.53	
	VET MEN 60			
1	Trevor Edge	Ryston	20:45	
2	Martin Simmonds	Ryston	22:01	
3	Robert Price	St Eds	22:05	
4	Anthony Barstard	Dereham	22:50	
5	Bert Wilkinson	Ryston	23:36	
6	Terry Gamble	WN	23:44	
7	Dave Hutcheon	Coltishall	23:57	
8	John Pamplin	GY	25.08	
9	Ernie Bradshaw	Dereham	27.50	
10	Roger Kay	Fenland	32.57	
11	Louis Miller	Thorpe	41.15	
	UNDER 9 GIRLS			
1	Olivia Delph	WN	03:15	
2	Sophia Basset	WN	03:20	
3	Beth Wilson	C&C	03:24	
4	Eden Harrison	CN	03:26	
5	Anna Wood	Ryston	03:34	
6	Anna Sowerby	WN	03:46	
7	Lily Slatter	Feltwell	03:48	
8	Rachel Hardy	Feltwell	03:53	
9	Isabella McRann	U/A	03:56	
10	Sophie Mosedale	D Prep	04:01	
11	Ruby Chantry	St Em	04:02	
12	Erin Delaney	Ryston	04:09	
13	Asha Soames	Feltwell	04:10	
14	Rebecca Fysh	Hill	04:16	
15	Daisy Stagg	Feltwell	04:18	
16	Niamh Webber	Feltwell	04:19	
17	Bea Honeybone	St Em	04:23	
18	Caryse Jones	Feltwell	04:44	
19	Millie Laws	Ryston	04:46	
20	Julianna Berry	Feltwell	04:55	
21	Alana Edridge	Colt	04:55	
22	Emily Tinsley	Feltwell	05:07	
23	Caitlin Wilson	Feltwell	05:07	
24	Hannah Moore	Feltwell	05:08	
25	Isabel Oxby	Ryston	05:09	
26	Ellen Pepperill	St Em	05:14	
27	Maise Martin	Feltwell	05:17	
28	Julia Benevidez	Feltwell	05:22	
29	Anona Bressani	St Em	05:29	
30	Emma Gott	D Prep	05:33	
31	Roisin Gray	Feltwell	05:37	
32	Ella Matthews	St Em	05:42	
33	Lily Jerney	Ryston	05:45	
34	Mia Pilkington	St Em	06:09	
35	Mia Nixon	Feltwell	06:25	
36	Lola Oxby	Ryston	06:39	

	UNDER 11 GIRLS			
1	Amy Cooper	CN	08:45	
2	Lucy Emmett	Bungay	08:54	
3	Thea Howlett	Ryston	09:01	
4	Sorcha Barnes	C&C	09:23	
5	Maddi Dawson	Ryston	09:39	
6	Chloe Conway	Feltwell	09:53	
7	Lemoni Frary	CN	10:42	
8	Lucy Koeningsberger	WN	11:09	
9	Malu Nair	Ryston	11:14	
10	Georgia Dawson	Ryston	11:42	
11	Emily Owen	St Martin	11:46	
12	Louise Kennedy	Feltwell	11:49	
13	Lauren North	NVH	11:49	
14	Charlotte Emery	St Martin	12:13	
15	Sophie Tochin	Feltwell	12:47	
16	Grace Morris	Feltwell	13:05	
	UNDER 13 GIRLS			
1	Amy Chalmers	C&C	11:44	
2	Catherine Longe	CN	12:06	
3	Alice Newcombe	C&C	12:08	
4	Annie Rooks	Ryston	12:19	
5	Lauren Murphy	C&C	12:38	
6	Catherine Hemingway	Riv	13:43	
7	Aylisha Caine	WN	13:49	
8	Jemima Bostrom	WN	14:16	
9	Nikkita Robinson	NVH	14:58	
10	Hannah Greenhalgh	WN	15:26	
11	Michaela Raine	Ryston	15:28	
12	Isla Rush	HPU	15:34	
13	Alisha Oxby	Ryston	15:47	
14	Matilda Suiter	U/A	16:30	
	UNDER 15 GIRLS			
1	Charlotte Tara-Murphy	C&C	10:51	
2	Claire Wilson	C&C	10:56	
3	Diana Chalmers	C&C	11:13	
4	Megan Soames	CN	11:16	
5	Ehima Watts	St Eds	11:32	
6	Megan Bird	CN	11:39	
7	Sophie Alden	U/A	12:03	
8	Elizabeth Cooper	CN	12:05	
9	Amy Pettitt	C&C	12:57	
10	Serena Aris	U/A	13:22	
11	Chloe Jacklin	Ryston	13:39	
12	Gemma Faulkner	U/A	14:28	
13	Charlotte Smith	Ryston	15:59	
	UNDER 17 GIRLS			
1	Hannah Wright	CN	18:29	
2	Catherine Lee	GYDAC	19:47	
3	Frances Mullany	CN	25.58	
4	Beckie Blakie	Ryston	28.52	
	SENIOR LADIES			
1	Marie French	Ryston	17:45	
2	Amy Dungar	Wym	19:08	
3	Stacey Owen	Thet	21:53	
4	Samantha Wing	Thet	21:55	
5	Angelina Rosenquist	U/A	23:31	
6	Kate Davies	WN	24.55	
7	Julie Barrow	D Dollies	29.44	
8	Katherine Thompson	C&C	30.38	
9	Natasha Ruffles	Ryston	31.05	

	VET LADIES 35			
1	Lynn Emmett	Bungay	19:45	
2	Lesley Robins	Ryston	21:02	
3	Nicky Neill	WN	21:26	
4	Ali Wilson	C&C	21:41	
5	Katrina Wastenay	WN	21:57	
6	Della Brown	Tri-A	23:28	
7	Helen Melville	Ryston	25:30	
8	Karen Smith	Ryston	25:50	
9	Sarah Gauvin	Fenland	28.15	
10	Melanie Watts	Ryston	28.56	
11	Julie Allum	Ryston	29.27	
	VET LADIES 45			
1	Helen Grant	C&C	20:35	
2	Sarah Taylor	Ryston	22:00	
3	Jo Isbill	Ryston	22:24	
4	Linda Marshall	Ryston	22:30	
5	Sandra Bower	Thet	23:14	
6	Maureen Wolfe	Ryston	23:59	
7	Sarah Bentley	NVH	24.01	
8	Karen Wood	Ryston	24.49	
9	Marie Irlam	Fenland	24.58	
10	Liz Blakie	Ryston	25.47	
11	Sine Cain	WN	26.03	
12	Rita Rue	St Eds	27.08	
13	Sue Smith	Ryston	30.26	
14	Jennifer Child	NNT	32.09	
	VET LADIES 55			
1	Dianne Pamplin	GY	24.21	
2	Brenda Hutcheon	Colt J	25.14	
3	Gill Hart	Rys	27.32	
4	Mary Holmes	C&C	28.06	
5	Eva Osborne	Wym	29.02	
6	Hazel Cason	Der	29.46	