

UNDER 9 BOYS

1	Daniel Harvey	WN	02:57
2	Keilin Spurdens	NVH	02:59
3	Thomas McCarthy	St Ed	03:20
4	Harrison Death	CN	03:21
5	Charlie Bowen	Royden	03:23
6	Robert Martin	St Ed	03:26
7	Jack Cropley	N Wootton	03:27
8	Reece Gooderham	St Ed	03:29
9	Samuel Asker	St Ed	03:32
10	Zak Melson	St Martin	03:34
11	Charlie Wakefield	Feltwell	03:35
12	Justin Denolf	D Prep	03:36
13	M Pilkington	St Martin	03:40
14	Max Bowen	Royden	03:44
15	Tom Stiff	St Ed	03:47
16	Teddy Webber	Feltwell	03:47
17	Alexander Miller	D Prep	03:50
18	Kieran Rogers	U/A	03:50
19	Adam Moore	Feltwell	03:53
20	Dermot Gray	Feltwell	03:55
21	Joshua Nelson	St Martin	03:57
22	Joe Rolfe	St Martin	04:06
23	Leo Fonzo	D Prep	04:07
24	Joshua Cropley	N Wootton	04:08
25	Harrison Engledow	St Martin	04:09
26	B Elderkin	D Prep	04:17
27	Joseph Slatter	Feltwell	04:19
28	Matthew Beardmore	St Martin	04:20
29	Colin Mantle	Feltwell	04:22
30	William Longe	Gresham	04:24
31	Dylan Jones	Feltwell	04:27
32	Jonny Kelsey	D Prep	04:29
33	Ashley Williams	Tri-S	04:33
34	Eddie Gray	Feltwell	04:41
35	Toby Bennett	St Martin	04:42
36	Harry Wakefield	Feltwell	04:42
37	Max Harrison	St Ed	04:43
38	Victor Denolf	D Prep	04:43
39	James Murphy	D Prep	04:48
40	Kit Howlett	Ryston	04:52
41	S Goodenough	St Martin	04:52
42	Raphael Kasket	D Prep	04:57
43	S Sanjeevay	Feltwell	05:17
44	Harry Jeffries	St Martin	05:26
45	Ben Smith	Wat	05:36
46	Henry Flint	St Martin	05:42
47	Thomas Owen	St Martin	06:11
48	Tom Gray	Feltwell	06:13
49	Thomas Matthews	St Martin	06:19
50	JJ Cameron	Feltwell	06:26

UNDER 9 GIRLS

1	Amy Cooper	NRR	03:15
2	Thea Howlett	Ryston	03:23
3	Charlotte Cooper	NRR	03:33
4	Megan Smith	WN	03:38
5	Emily Owen	St Martin	03:42

6	Caitlin McKie	WS	03:43
7	Lydia Williams	Tri-S	03:45
8	Ffion Lewis	NVH	03:59
9	Maddi Dawson	Ryston	03:59
10	Louise Nixon	St Martin	04:09
11	Lily Everard	U/A	04:11
12	Freya Dennis	St Martin	04:11
13	Grace Carrier	D Prep	04:21
14	Daisy Charles	Diss	04:21
15	Ella Scott	D Prep	04:22
16	Charlotte Emery	St Martin	04:22
17	Jodie Watkins	U/A	04:26
18	Francesca Nichols	U/A	04:26
19	Amy Cropley	N Wootton	04:29
20	Lily Slatter	Feltwell	04:31
21	Tyla Cook	D Prep	04:32
22	Chloe Garrett	D Prep	04:36
23	Katie Bantoft	D Prep	04:39
24	Sophie Connor	St Martin	04:40
25	Louise Kennedy	Feltwell	04:41
26	Ruby Chantry	St Martin	04:45
27	Grace Sowerby	St Martin	04:58
28	Ellie Rose	St Martin	05:04
29	Katie Drew	D Prep	05:18
30	Hannah Moore	Feltwell	05:24
31	Abigail Sowerby	St Martin	05:24
32	Elena Wilden	D Prep	05:26
33	Rowan Cato	St Martin	05:35
34	Louise Tooley	St Martin	05:37
35	Jenny Tooley	St Martin	05:42
36	Anna Flint	St Martin	06:04
37	Caryse Jones	Feltwell	06:04
38	Mia Pilkington	St Martin	06:23
39	Abbie Rose	St Martin	06:40
40	Roisin Gray	Feltwell	07:25

UNDER 11 BOYS

1	Patrick Manning	GY	08:31
2	Jacob McDermid	Ryston	08:40
3	Harvey McGeeney	Feltwell	08:45
4	Matthew Asker	St Ed	08:47
5	Ryan Coates	St Martin	08:49
6	Owen Stannard	WN	09:03
7	Tom Greeves	CN	09:05
8	Lee Bray	St Ed	09:39
9	Henry Martin	St Ed	09:41
10	Reece Conway	Feltwell	09:49
11	Jamie Stiff	St Ed	10:03
12	Ben Sansom	St Martin	10:12
13	Ben Charles	Diss	10:14
14	Joseph Scoles	D Prep	10:20
15	James Slatter	Feltwell	10:42
16	Joshua Emery	St Martin	11:48
17	Jake Coombs	St Martin	11:53
18	Samuel Nelson	St Martin	11:57
19	Daniel Goodenough	St Martin	12:04
20	Angus Lockhart	U/A	12:56
21	Eddie Bond	D Prep	13:30

22	Ben Hotzfeld	Feltwell	13:58
23	K Sanjeevay	Feltwell	14:38

#### UNDER 11 GIRLS

1	Catherine Longe	CN	08:48
2	Kirya Overton	NVH	09:06
3	Isabel Holmes	Ryston	09:11
4	Gemma Grose	St Ed	09:22
5	Georgina Bowett	Gresham	09:50
6	Sasha Dyke	Tri-A	10:13
7	Aylisha Cain	St Martin	10:27
8	Mae Walpole	D Prep	10:39
9	Emily Everard	U/A	10:44
10	Daisy Rennison	D Prep	10:54
11	Hannah Greenhalgh	WN	10:55
12	Gloria Kasket	D Prep	10:59
13	Hannah Cooper	NRR	11:15
14	Abi Harrison	St Ed	11:41
15	Amy Southwell	Feltwell	17:35

#### UNDER 13 BOYS

1	Cameron McKie	WS	11:19
2	M LePoidevin	St Ed	11:25
3	Jamie Finch	CN	11:42
4	Matthew Nichols	St Ed	11:57
5	Max Chapman	Lincoln	13:22
6	Bradley Spurdens	NVH	13:24
7	Lewis Hardcastle	Tri-S	13:28
8	Lewis Carrier	Ely	13:41
9	Tom Carr	CN	13:53
10	Ieuan Alldis	St Ed	14:27

#### UNDER 13 GIRLS

1	Emma Watts	St Ed	12:01
2	Hollie Parker	C & C	12:01
3	Lorna McGrath	CN	12:06
4	Sophie Alden	Tri-A	12:27
5	Emily Strickland	St Ed	12:32
6	Ellie Drake	Diss	12:33
7	Amy Pettitt	C & C	13:12
8	Elizabeth Cooper	NRR	13:24
9	Megan Bird	CN	13:29
10	Molly Dyson	Thetford	13:35
11	Caroline Shropshire	Ely	13:37
12	Sarah Wright	Tri-S	14:02
13	Beth McKay	WN	15:31
14	Anna Death	CN	15:31
15	Imogen Walker	WN	15:35
16	Tegan Mills	NVH	15:42
17	Morgan Agate	NVH	15:48
18	Charlotte Smith	Ryston	16:05

#### UNDER 15 BOYS

1	Scott Greeves	CN	10:12
2	Tom Hook	CN	10:15
3	Keelan Pywell	GY	10:47
4	Sam Harrison	St Ed	10:53
5	Calum Russell	CN	10:58

6	Daryl Broughton	CN	11:07
7	Jake McCarthy	St Ed	11:09
8	Bradley Stansbury	CN	11:38
9	L Wigglesworth	St Ed	13:06
10	Ed Borrmann	Ryston	13:10

#### UNDER 15 GIRLS

1	N Potgieter	CN	11:02
2	Mabel Beckett	CN	11:12
3	Anna Hoogkamer	CN	11:27
4	Emily Dickson	C & C	11:29
5	Emily Hoogkamer	CN	11:47
6	Emily Gooderham	St Ed	12:02
7	Rachel Rathjen	CN	12:02
8	Kelly Pywell	GY	12:08
9	Catherine Lee	GY	12:13
10	Shelby Bollen	Diss	13:13
11	Lydia Holmes	Ryston	13:28
12	Frances Mullaney	CN	14:20
13	Helen Chapman	NVH	14:26
14	Jadine Overton	NVH	14:57
15	Lucy Baldwin	Diss	15:03
16	Kirsty Palmer	Diss	15:09

#### UNDER 17 BOYS

1	Henry Loughlin	WN	17:07
2	Nyle March	Ryston	17:36
3	Lee Shepherd	Fenland	18:14
4	Joseph Kirton	Thetford	18:24
5	Jack Trow	Fenland	19:00
6	Ryan Faulkner	Herts P	20:23
7	Craig Palmer	Diss	29:41

#### UNDER 17 GIRLS

1	Rebecca Carter	C & C	20:20
2	Serena Smith	Ryston	21:44
3	Emma Tilbrook	WN	26:00

#### JUNIOR MEN

1	Damien Rogers	CN	16:34
2	Peter Capps	U/A	18:06
3	Darren Smith	Ryston	19:29

#### SENIOR MEN

1	Mike Chapman	NVH	17:02
2	James Howard	WN	17:09
3	J Anderson-Brown	Ryston	17:20
4	Ian Hogarth	Ryston	17:43
5	Simon Levy	Ryston	17:47
6	Martin Horlock	NRR	17:59
7	Gareth Little	Notts	18:35
8	Mark Gotts	CN	18:54
9	Ashley Gilbert	U/A	19:20
10	Dominic Hughes	U/A	19:22
11	Ben Collison	WN	19:23
12	Oli Slater	NVH	19:56
13	Craig Dungar	Wym	20:10
14	Matthew Pyatt	U/A	20:10

15	Jamie Caress	NVH	20:16
16	Stu Kelly	U/A	20:18
17	James Asker	St Ed1	21:21
18	Naz McAdam	Ryston	22:46

#### VETERAN MEN 40

1	Steven Neill	RAF	15:35
2	Andrew Bunn	CN	18:04
3	Andrew Preston	Wym	18:09
4	Paul Sullivan	NRR	18:22
5	David Pettitt	C & C	18:37
6	Andrew Manning	GYRR	18:38
7	Mark Edwards	NRR	18:42
8	Andy Smith	Ryston	18:50
9	Malcolm Tuff	Ryston	18:53
10	James Birch	Wym	19:37
11	Richard Walker	WN	19:39
12	Andre Pittock	Fenland	19:40
13	Matt Frary	U/A	20:20
14	Philip Grose	St Ed	20:24
15	Steve LePoidevin	St Ed	20:28
16	Steve Bird	CN	20:30
17	Ian Gooderham	St Ed	20:51
18	Dale Lambert	U/A	20:52
19	Stephen Hatten	St Ed	20:52
20	Tim Coates	WN	21:09
21	Chris Playford	WN	21:43
22	Steven Thrower	WN	22:37
23	Andrew Caress	NVH	22:38
24	Nick Butler	U/A	22:48
25	David Lane	Ryston	22:57
26	Mark Burrows	NRR	23:15
27	Martin Hammond	Ryston	23:32
28	Barry Palmer	Diss	29:17

#### VETERAN MEN 45

1	Kevin Vaughan	St Ed	18:20
2	Simon Howling	Ryston	18:58
3	Neville Knights	Dereham	19:08
4	Andy Salmon	CN	19:30
5	Keith Brighty	NRR	20:05
6	Keith Moore	Dereham	20:40
7	Ian Todd	WN	20:44
8	Kevin Pywell	GYRR	22:02
9	Carwyn James	WN	22:06
10	Robert Beavis	U/A	22:20
11	Kevin Gee	NRR	23:22
12	Simon Beckett	U/A	23:55
13	Trevor Horrex	NRR	24:10
14	Derek Baldwin	Diss	24:52
15	Kevin Taylor	Ryston	24:58
16	Mark Watts	U/A	25:21
17	Ivan Coleman	NRR	27:09

#### VETERAN MEN 50

1	Alan Dawson	St Ed	17:49
2	Dave Robinson	Ryston	18:13
3	Rini Hoogkamer	CN	18:49

4	Les Scott	Ryston	18:55
5	Peter Brown	Steel City	18:59
6	Kevin Howlett	Ryston	19:01
7	Gerry Watson	Wym	20:21
8	Stephen Faulkner	Herts P	20:39
9	Paul Firmage	Ryston	20:53
10	Steve Gilbert	U/A	21:01
11	Gerald Meah	C & C	21:12
12	Luke Harman	Ryston	21:40
13	Chris Milnes	Ryston	21:54
14	Tim Tyler	NRR	21:56
15	Tony Smith	U/A	25:58
16	Ozzi Deneri	Fenland	26:13

#### VETERAN MEN 55

1	Pete Johnson	Gazelles	19:09
2	Jim Scarsbrook	U/A	20:11
3	Ian Reeve	WN	20:23
4	Alan Burgin	Hunts	20:27
5	Stuart Ingram	Tri-A	24:00
6	Bernie Smith	U/A	24:11
7	John Richardson	Dereham	24:13
8	Robert Scarfe	Wym	25:16
9	Mick Herrington	U/A	25:16

#### VETERAN MEN 60

1	Kevin Youngs	Gazelles	19:04
2	Martin Simmonds	Ryston	21:26
3	Robert Price	St Ed	21:35
4	Clem Vogler	Dereham	21:36
5	John Vone	GYRR	21:51
6	Terry Gamble	WN	22:32
7	Tony Bastard	Dereham	22:53
8	Mike Chambers	St Ed	32:21
9	Peter Chaplin	C & C	33:16
10	Louis Miller	Thorpe	38:12

#### SENIOR LADIES

1	Danni Nimmock	CN	17:52
2	Rebecca Cousins	Fenland	18:56
3	Emma Butcher	Hunts	20:02
4	Charlotte Hunt	Ryston	22:07
5	Samantha Wing	Thetford	22:49
6	Trudi Sayell	Fenland	22:54
7	Jemima Norman	Ryston	23:59
8	Gemma Hutton		24:28
9	Roxann Holder	Diss	24:37
10	Rebecca Tuff	Ryston	26:53
11	Emily Dennis	NRR	27:09
12	Stephanie Nichols	U/A	28:47
13	Wendy Stannard	U/A	31:54

#### VET LADIES 35

1	Nicky Neill	RAF	20:12
2	Marion McCall	Thetford	21:04
3	Elies Mann	NRR	21:14
4	Marie Irlam	Fenland	21:36
5	Kim Reader	Wym	21:44

6	Sarah Gauvin	Fenland	22:03
7	Gillian Loughlin	WN	22:40
8	Karen Manning	GYRR	22:47
9	Linda Marshall	Ryston	23:14
10	Sally Cushing	NRR	23:43
11	Rachel Greenhalgh	WN	28:52

VET LADIES 45

1	Jane Clarke	CN	18:26
2	Sandra Allison	U/A	21:56
3	Anne Hulse	NRR	24:02
4	Liz Blakie	Ryston	25:42
5	Cathy Mumford	Thetford	26:06
6	Sarah Meston	EVAC	26:06
7	Sue Smith	Ryston	27:03
8	Diane Faulkner	Herts P	29:23
9	Hazel Cason	Dereham	29:28

VET LADIES 55

1	Sally Dormer	Brandon	25:35
2	Gill Hart	Ryston	25:44
3	Eva Osborne	Wym	28:01
4	Mary Holmes	C & C	28:46
5	Gillian Holmes		29:51