

UNDER 9 BOYS

1	Daniel Harvey	W.Norfolk	02:55
2	Keilin Spurdens	NVH	03:17
3	Thomas McCarthy	St Eds	03:24
4	Joe Smythe	Thetfird	03:30
5	Ethan Page	St Eds	03:32
6	Reece Gooderham	St Eds	03:33
7	Adam Moore	Feltwell	03:43
8	Charlie Wakefield	Feltwell	03:45
9	Joshua Nelson	St Martins	03:50
10	Kieran Rogers	U/A	03:52
11	Harrison Engledow	St Martins	03:56
12	Joseph Slatter	Feltwell	03:57
13	Louis Nixon	St Martins	03:57
14	Dermot Gray	Feltwell	03:58
15	Colin Mantle	Feltwell	04:03
16	Harvey Mills	NVH	04:08
17	Dylan Jones	Feltwell	04:08
18	William Newcombe	U/A	04:14
19	Joe Rolfe	St Martins	04:17
20	Matthew Beardmore	St Martins	04:18
21	Jonny Kelsey	D Prep	04:21
22	Max Harrison	St Eds	04:44
23	Eddie Gray	Feltwell	04:45
24	JJ Cameron	Feltwell	04:47
25	Edward Collins	St Martins	04:51
26	Sam Goodenough	St Martins	04:51
27	Harry Wakefield	Feltwell	04:57
28	Leo Mahoney	St Martins	05:02
29	Ben Smith	Watlington	05:24
30	Tom Owen	St Martins	05:41
31	Tom Gray	Feltwell	05:55
32	Lucas Page	St Eds	06:01

UNDER 9 GIRLS

1	Thea Howlett	Ryston	03:27
2	Georgina Belton	U/A	03:40
3	Emily Owen	St Martins	03:52
4	Ffion Lewis	NVH	04:01
5	Freya Dennis	St Martins	04:08
6	Lorna Pepperill	St Martins	04:09
7	Daisy Charles	Diss	04:11
8	Lemoni Fray	U/A	04:12
9	Isabel Rigby	Ryston	04:21
10	Francesca Nichols	U/A	04:22
11	Grace Carrier	D Prep	04:27
12	Ruby Chantry	St Martins	04:29
13	Louise Tooley	St Martins	05:05
14	Ellie Rose	St Martins	05:09
15	Lily Slatter	Feltwell	05:10
16	Freya Gravenor	Feltwell	05:11
17	Jenny Tooley	St Martins	05:15
18	Tyla Cook	D Prep	05:17
19	Katie Drew	D Prep	05:28
20	Abbie Rose	St Martins	06:00
21	Caryse Jones	Feltwell	06:04
22	Bella Kelsey	D Prep	06:08
23	Caitlin Wilson	Feltwell	06:16

24 Roisin Gray Feltwell 06:33

UNDER 11 BOYS

1 Callum McDermid Ryston 08:24
2 Patrick Manning G Yarmouth 08:29
3 Harvey McGeeney Feltwell 08:34
4 Ryan Coates St Martins 08:39
5 Douglas Beckett U/A 09:02
6 Lewis Savage Thetford 09:12
7 Callum Benham Feltwell 09:33
8 Matthew Daw Ryston 09:41
9 Joseph Scoles D Prep 10:00
10 Ben Charles Diss 10:13
11 Matt Brown Feltwell 10:17
12 James Slatter Feltwell 10:25
13 James Kennett Marham 10:51
14 Daniel Goodenough St Martins 11:03
15 Lawrence Slatter Feltwell 11:08
16 Reece Conway Feltwell 11:09
17 Harry Daw Ryston 11:11
18 Alex Darton Thetford 11:27
19 Sam Nelson St Martins 11:46
20 George Manning W Norfolk 11:48
21 Eddie Bond D Prep 13:52

UNDER 11 GIRLS

1 Catherine Louge CN 08:35
2 Amy Dowsett G Yarmouth 08:46
3 Sophie Wright CN 08:53
4 Alice Newcombe C & C 10:08
5 Isla Rush Tri-Ang 10:20
6 Juliana Rehakova C & C 10:35
7 Hannah Greenhalgh W Norfolk 10:53
8 Aylisha Cain St Martins 11:14
9 Gloria Kasket D Prep 13:12
10 Megan McLoughlin Marham 13:56
11 Bethany Rose St Martins 15:18
12 Caitlin Burns Marham 15:30
13 Caitlin Cobb Marham 16:46

UNDER 13 BOYS

1 Ashley Waterson CN 10:50
2 Bruce Beckett CN 11:17
3 Adam Davison CN 11:33
4 Matthew Nichols St Edmunds 11:34
5 Lewis Carrier Ely 12:06
6 Tom Carr CN 12:41
7 Jamie Finch CN 12:54
8 Mark Todd WN 12:54
9 Bradley Spurdens NVH 13:27
10 Lewis Hardcastle Tri-Spalding 15:23

UNDER 13 GIRLS

1 Megan Soanes CN 11:13
2 Alice Cheverton CN 11:43
3 Lorna Magrath CN 11:44
4 Emma Watts St Edmunds 11:47
5 Emily Strickland St Edmunds 12:11

6	Megan Bird	CN	12:23
7	Katie Stratton	CN	12:25
8	Amy Pettitt	C&C	12:33
9	Emma Beardmore	U/A	13:10
10	Jessie Gooderham	St Edmunds	13:33
11	Caroline Shropshire	Ely	13:40
12	Tegan Mills	NVH	14:08

UNDER 15 BOYS

1	Scott Greeves	CN	10:03
2	Tom Hook	CN	10:05
3	Sam Harrison	St Edmunds	10:46
4	Jake McCarthy	St Edmunds	10:48
5	Joab Dyson	Thetford	10:58
6	Bradley Stansbury	CN	11:07
7	Thomas Busson	Thetford	12:03
8	Aaron Raine	Ryston	12:20
9	Jack Kennett	U/A	14:28

UNDER 15 GIRLS

1	Natasha Potgieter	CN	10:51
2	Mabel Beckett	CN	11:09
3	Anna Hoogkamer	CN	11:27
4	Emily Gooderham	St Edmunds	12:11
5	Frances Mullaney	CN	14:53
6	Kirsty Palmer	Diss	15:11
7	Rachel Hatton	St Edmunds	15:46

UNDER 17 BOYS

1	Tom Francis	CN	22:07
2	Jonathan Mead	Thetford	23:21
3	Jack Harrison	CN	23:22
4	Phil Waity	Wymondham	23:25
5	Henry Loughlin	W Norfolk	24:24

UNDER 17 GIRLS

1	Iona Lake	CN	24:37
2	Rebecca Daines	W Norfolk	26:42
3	Esme Salmon	CN	26:46
4	Grace Bird	CN	27:06

JUNIOR MEN

1	James Robinson	W Norfolk	21:22
2	Oliver Maskell	CN	21:26
3	Damian Rogers	CN	21:28
4	Darren Smith	Ryston	25:44

SENIOR MEN

1	Steven Robinson	St Edmunds	20:15
2	Robert Simmonds	Ryston	21:50
3	Mike Chapman	NVH	22:23
4	John Nash	NVH	22:31
5	Andrew Simmonds	Ryston	22:33
6	Ian Hogarth	Ryston	23:05
7	Simon Levy	Ryston	23:30
8	Ben Collison	W Norfolk	23:50
9	Jack Carpenter	Spalding-Tri	24:40
10	Mark Gotts	CN	24:58

11	Dominic Hughes	U/A	25:09
12	Ashley Gilbert	U/A	26:01
13	Matthew Pyatt	U/A	26:22
14	Ashley Chimes	W Norfolk	27:15
15	Mark Shrimpton	Fenland	28:30
16	Matt Hartigan	U/A	31:35

VET MEN 40

1	Ian Day	Ely	22:55
2	Andrew Manning	GYRR	23:24
3	David Pettitt	C&C	24:27
4	Andy Smith	Ryston	25:08
5	Tom Drew	Spalding-Tri	25:27
6	Richard Walker	W Norfolk	25:41
7	Martin Ive	Ryston	26:08
8	Steven Hatton	St Edmunds	26:50
9	Steve Bird	CN	27:22
10	Tim Coates	W Norfolk	27:24
11	Matt Frary	U/A	27:53
12	Chris Playford	W Norfolk	28:03
13	Mike Wright	Eye	30:51
14	David Lane	Ryston	31:11
15	Barry Palmer	Diss	35:56

VET MEN 45

1	Malcolm Tuff	Ryston	23:28
2	Kevin Vaughan	St Edmunds	24:03
3	Simon Howling	Ryston	24:14
4	Tony Savage	Ryston	24:18
5	John Phelps	U/A	24:53
6	Cliff Bailey	Thetford	24:57
7	Neville Knights	Dereham	25:23
8	Dean Kirton	Thetford	26:40
9	Andy Salmon	CN	26:47
10	Keith Brightly	NRR	27:13
11	Keith Moore	Dereham	27:30
12	Ian Todd	W Norfolk	27:47
13	Kevin Gee	NRR	28:13
14	Steven Bowerman	Ryston	28:18
15	Carl Higgins	Thetford	28:50
16	Steve Wright	U/A	29:18
17	Andrew Norton	Dereham	31:37
18	Steve Rush	Tri-Anglia	31:48
19	Mark Burrows	NRR	32:23

VET MEN 50

1	Robert Cheverton	CN	22:43
2	Alan Dawson	St Ed	23:41
3	Rini Hoogkamer	CN	23:58
4	Dave Robinson	Ryston	24:55
5	Les Scott	Ryston	25:15
6	John Harding	CN	25:17
7	Gerry Watson	WYM	27:04
8	Luke Harman	Ryston	28:06
9	Tim Tyler	NRR	28:29
10	Chris Milnes	Ryston	29:40
11	Tony Smith	U/A	32:53
12	Ozzi Deneri	Fenland	33:12

VET MEN 55

1	Pete Johnson	Gazelles	24:08
2	Dave Vaughan	St Ed	25:58
3	Paul Firmage	Ryston	27:03
4	Alan Burgin	Hunts	27:37
5	John Richardson	Dereham	34:08
6	Tony Dwight	Eye	42:03

VET MEN 60

1	Kevin Youngs	Gazelles	24:20 *
2	Derry Kelleher	CN	24:32
3	Robert Price	St Ed	28:14
4	Clem Vogler	Dereham	28:17
5	John Bone	GYRR	29:01
6	Martin Simmonds	Ryston	29:32
7	Tony Barstard	Dereham	30:16
8	Terry Gamble	W Norfolk	30:22
9	Ernie Bradshaw	Dereham	31:58
10	Mike Chambers	St Ed	41:09
11	Louis Miller	Thorpe	49:28

SENIOR LADIES

1	Rachel Stringer	CN	23:35
2	Nicky Gooderham	MK	24:16
3	Rebecca Cousins	Fenland	24:45
4	Nathalie Richards	C & C	27:34
5	Leslie Robins	Ryston	29:43
6	Samantha Wing	Thetford	29:49
7	Jemima Norman	Ryston	30:09
8	Liz Simmonds	Ryston	34:34
9	Laura Lebez	U/A	39:21

VET LADIES 35

1	Nicky Neill	RAF	26:30
2	Kim Reader	WYM	28:28
3	Gill Loughlin	W Norfolk	29:11
4	Karen Manning	GYRR	31:55
5	Karen Page	St Ed	32:29
6	Sarah Collins	Ryston	33:07
7	Rachel Greenhalgh	W Norfolk	36:07

VET LADIES 45

1	Jane Clarke	CN	23:55 *
2	Maureen McCarthy	St Ed	26:50
3	Anne Hulse	NRR	32:43
4	Liz Blakie	Ryston	34:39
5	Jennifer Child	Tri-A	34:43
6	Sue Smith	Ryston	35:29
7	Jane Haynes	Eye	37:02
8	Hazel Cason	Dereham	38:51
9	Diane Renshaw	Dereham	39:02

VET LADIES 55

1	Sally Dormer	Brandon	33:35
2	Gill Hart	Ryston	33:51
3	Linda Oswin	Eye	35:59
4	Eva Osborne	WYM	36:26

* Course Record