

UNDER 9 BOYS

1	Daniel Harvey	W Norfolk	02:55
2	Keilin Spurdens	NVH	03:08
3	Thomas McCarthy	St Edmunds	03:12
4	Adam White	W Norfolk	03:17
5	Ewan Sherrell	Thetford	03:21
6	Charlie Bowen	Roydon	03:33
7	Mackenzie Pilkington	St. Martin	03:36
8	Robert Mastin	St Edmunds	03:41
9	Will Bales	Thetford	03:44
10	Justin Denolf	Downham Prep.	03:45
11	Adam Moore	Feltwell	03:46
12	Charlie Wakefield	Feltwell	03:47
13	Harrison Engledow	St. Martin	03:51
14	Joshua Nelson	St. Martin	03:51
15	Archie Stannard	Thetford	03:54
16	Alexander Miller	Downham Prep.	03:55
17	Dermot Gray	Feltwell	04:04
18	Joseph Slatter	Feltwell	04:11
19	William Longe	Greshams	04:12
20	Eddie Gray	Feltwell	04:13
21	Dylan Jones	Feltwell	04:18
22	Harry Pywell	G Yarmouth	04:27
23	Harry Wakefield	Feltwell	04:37
24	Leo Fonzo	Downham Prep.	04:39
25	Lucas Benevidez	Feltwell	04:48
26	Jonny Kelsey	Downham Prep.	04:52
27	Joe Rolfe	St. Martin	04:55
28	Edward Collins	St. Martin	04:57
29	JJ Cameron	Feltwell	05:30
30	Tom Gray	Feltwell	05:50
31	Archie Cameron	Feltwell	05:54
32	Thomas Owen	St. Martin	06:15
33	James Murphy	Downham Prep.	07:58

UNDER 9 GIRLS

1	Caitlin Clark	Ryston	03:19
2	Thea Howlett	Ryston	03:21
3	Ffion Lewis	NVH	03:34
4	Lucy Emmett	U/A	03:34
5	Georgina Belton	U/A	03:37
6	Lucy Koenigsberger	W Norfolk	03:40
7	Emily Owen	St Martin	04:03
8	Megan Waterson	U/A	04:07
9	Lorna Pepperill	St Martin	04:08
10	Connie Lackovic-Brown	Downham Prep	04:10
11	Grace Kasket	Downham Prep	04:16
12	Jade Stolworthy	U/A	04:16
13	Lemoni Frary	U/A	04:17
14	Isobel Rigby	Feltwell	04:32
15	Grace Carrier	Downham Prep	04:33
16	Ella Scott	Downham Prep	04:33
17	Abigail Bird	Feltwell	04:40
18	Sophie Mosedale	Downham Prep	04:40
19	Lily Slatter	Feltwell	04:42
20	Amber Scott	Downham Prep	04:43
21	Louise Tooley	St Martin	04:46
22	Tyla Cook	Downham Prep	04:56

23	Seren Connah	Marham	04:57
24	Beatrice Honeybone	St Martin	05:29
25	Ellie Rose	St Martin	05:32
26	Jennifer Tooley	St Martin	05:32
27	Katie Drew	Downham Prep	05:34
28	Hannah Moore	Feltwell	05:39
29	Caryse Jones	Feltwell	05:40
30	Abbie Rose	St Martin	06:01
31	Bella Kelsey	Downham Prep	06:30
32	Caitin Wilson	Feltwell	06:35
33	Roisin Gray	Feltwell	06:38

#### UNDER 11 BOYS

1	Callum McDermid	Ryston	08:35
2	Patrick Manning	GY	08:41
3	Ryan Coates	St Martin	08:42
4	Harvey McGeeney	Feltwell	08:52
5	Jacob McDermid	Ryston	09:06
6	Douglas Beckett	U/A	09:12
7	Lewis Savage	Thetford	09:20
8	Joseph Scoles	D Prep	10:16
9	Henry Martin	St Ed	10:18
10	Reece Conway	Feltwell	10:25
11	Lawrence Slatter	Feltwell	10:37
12	Luan Hendrick	Feltwell	11:16
13	Ben Connah	U/A	11:23
14	Daniel Goodenough	St Martin	11:44
15	Samuel Nelson	St Martin	12:00
16	Justin Clark	Ryston	12:02
17	Ben Hotzfeld	Feltwell	12:16
18	Eddie Bond	D Prep	14:47

#### UNDER 11 GIRLS

1	Lucy Parker	C & C	08:11
2	Catherine Longe	CN	08:29
3	Amy Dowsett	GY	08:31
4	Sophie Wright	CN	08:38
5	Alice Newcombe	C & C	09:21
6	Ellie Bushell	W Norfolk	09:31
7	Abigail Cunningham	U/A	09:45
8	Georgina Bowett	Ryston	10:12
9	Isla Rush	Tri - A	10:16
10	Julianna Rehakova	C & C	10:20
11	Lauren Stansbury	CN	10:22
12	Lauren Murphy	C & C	10:31
13	Gloria Kasket	D Prep	10:55
14	Aylisha Cain	St Martin	11:07
15	Hannah Greenhalgh	W Norfolk	11:40
16	Bethany Rose	St Martin	12:44

#### UNDER 13 BOYS

1	Ashley Waterson	CN	10:57
2	Adam Davison	CN	11:39
3	Lewis Carrier	Ely	12:01
4	Lewis Hardcastle	Tri-Sport	16:13

#### UNDER 13 GIRLS

1	Hollie Parker	C&C	11:05
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2	Amy Pettitt	C&C	11:59
3	Charlotte Murphy	C&C	12:13
4	Caroline Shropshire	Ely	12:42
5	Megan Bird	CN	12:46
6	Molly Dyson	Thetford	14:27
7	Ashleigh Bunn	CN	14:45
8	Imogen Walker	W Norfolk	15:53

#### UNDER 15 BOYS

1	Jason Higgins	Thetford	10:33
2	Keelan Pywell	G Yarmouth	10:35
3	Callum Russell	CN	10:38
4	Bradley Stansbury	CN	11:11
5	Joab Dyson	Thetford	11:21
6	Aaron Raine	Ryston	12:30

#### UNDER 15 GIRLS

1	Natassja Potgieter	CN	11:02
2	Mabel Beckett	CN	11:15
3	Anna Hoogkamer	CN	11:31
4	Zoe Macdonald	C&C	11:57
5	Natalia Rehakova	C&C	12:13
6	Kelly Pywell	C&C	12:29
7	Frances Mullaney	CN	14:18
8	Maddy Frary	CN	17:28

#### UNDER 17 BOYS

1	Ben Stratton	CN	15:22
2	Henry Loughlin	W Norfolk	15:23
3	Jack Trowe	Fenland	16:05
4	Jonathan Mead	Thetford	16:06
5	Lee Shephard	Fenland	17:04

#### UNDER 17 GIRLS

1	Iona Lake	CN	16:45
2	Rebecca Daines	W Norfolk	18:36
3	Victoria Ashby	U/A	25:47
4	Jess Taylor	Ryston	33:05

#### JUNIOR MEN

1	Jonathan Laybourn	W Norfolk	28:51
2	Ollie Maskill	CN	31:03
3	Darren Smith	Ryston	35:30

#### SENIOR MEN

1	Robert Simmonds	Ryston	29:20
2	James O'Neill	CN	29:30
3	John Nash	NVH	30:14
4	Simon Ward	U/A	30:38
5	Andrew Simmonds	Ryston	30:43
6	Ian Hogarth	Ryston	30:51
7	Mark Haynes	Colt	33:00
8	Steve Bates	Colt	33:39
9	Gareth Little	U/A	34:25
10	Matthew Pyatt	U/A	34:39
11	John Kazer	C & C	35:08

12	Che Plant	U/A	39:12
13	Paul Bushell	W Norfolk	41:55
14	Naz MacAdam	Ryston	42:12
15	Robert Hotzfeld	U/A	54:06

#### VETERAN MEN 40

1	Andrew Manning	GYRR	31:41
2	Martin Koenigsberger	W Norfolk	33:13
3	Andrew Bunn	CN	33:28
4	Darren Edridge	Colt	33:35
5	Andy Smith	Ryston	33:53
6	Tim Coates	W Norfolk	36:56
7	Adrian Jay	Colt	37:22
8	Chris Playford	W Norfolk	38:06
9	Matt Frary	U/A	38:26
10	Mark Burrows	NRR	39:57
11	Steve Bowermann	Ryston	40:02

#### VETERAN MEN 45

1	Malcolm Tuff	Ryston	30:35
2	Kevin Vaughan	St Ed	32:38
3	Tony Savage	Ryston	32:51
4	Steve Wright	U/A	38:35
5	Kevin Gee	NRR	39:56
6	Carl Higgins	Thetford	39:58
7	Andy Norton	Dereham	40:47
8	Kevin Taylor	Ryston	41:07
9	David Lane	Ryston	41:47
10	Simon Beckett	U/A	43:51

#### VETERAN MEN 50

1	Alan Dawson	St Ed	31:56
2	Rini Hoogkamer	CN	32:15
3	Les Scott	Ryston	34:29
4	Gerry Watson	Wym	36:23
5	Luke Harman	Ryston	37:44
6	Ian Wade	NNBR	38:15
7	Tim Tyler	NRR	38:34
8	Chris Milnes	Ryston	40:11
9	Tony Smith	U/A	43:53
10	Ozzi Deneri	Fenland	44:28

#### VETERAN MEN 55

1	Harry Knowles	CN	33:10
2	Dave Vaughan	St Ed	36:00
3	Ian Reeve	W Norfolk	38:20
4	Philip Seaman	Ryston	43:48
5	Robert Scarfe	Wym	46:33
6	Tiony Dwight	Eye	54:44

#### VETERAN MEN 60

1	Derry Kelleher	CN	33:12
2	Kevin Youngs	GAZ	33:19
3	Robert Price	St Ed	38:46
4	Bert Wilkinson	Ryston	39:39
5	Martin Simmonds	Ryston	40:18
6	Terry Gamble	W Norfolk	41:14
7	Anthony Barstard	Dereham	41:44

8	David Hutcheon	Colt	43:27
9	Les Morris	Enfield	45:12
10	Louis Miller	Thorpe	01:09:46

#### SENIOR LADIES

1	Clare Donavan	NNBR	33:14
2	Marie French	Ryston	33:42
3	Rebecca Cousins	Fenland	33:58
4	Kate Davies	W Norfolk	37:22
5	Nathalie Richards	C & C	37:28
6	Jemima Norman	Ryston	40:36
7	Samantha Wing	Thetford	40:40
8	Charlotte Hunt	Ryston	41:30
9	Alison Haynes	Colt	45:40

#### VET LADIES 35

1	Lyn Emmett	CN	35:24
2	Nicky Neill	REF	36:43
3	Kim Reader	Wym	37:08
4	Karen Manning	GYRR	41:48
5	Sarah Jay	Colt	43:20
6	Amanda Martin	St Ed	45:24

#### VET LADIES 45

1	Louise Wilkinson	CN	36:27
2	Gill Loughlin	W Norfolk	39:36
3	Anne Hulse	NRR	43:44
4	Sarah Bentley	NVH	44:13
5	Liz Blakie	Ryston	45:04
6	Jennifer Child	Tri - A	48:11
7	Sue Smith	Ryston	49:28
8	Anita Cullen	Dereham	50:54
9	Sarah Taylor	Ryston	52:10
10	Jane Haynes	Eye	53:15
11	Hazel Cason	Dereham	58:16

#### VET LADIES 55

1	Brenda Hutcheon	Colt	45:12
2	Gill Hart	Ryston	45:56
3	Eva Osborne	Wym	47:41
4	Mary Holmes	C & C	48:14
5	Jane Ashby	U/A	49:15
6	Linda Oswin	Eye	51:04