

Position	Name	Time	From/Club	1 Lap	M/F
1	George Crane	8.25	Cromer	1	M
2	Henry Jonas	8.26	East Runton	1	M
3	Billy Life	8.32	Coltishall	1	M
4	Rosie Hammond	8.35	Herne Hill Harriers	1	F
5	Ben Woodruff	8.51	Aslacton	1	M
6	Mark Bloomfield	8.55	Maidstone	1	M
7	Lewis Noble	9.24	Leicester	1	M
8	Jordon Rolf	9.29	Wymondham	1	M
9	Jamie Noble	9.34	Leicester	1	M
10	Holly Lathwell	9.35	Luton	1	F
11	Leon Wooldron	10.19	Cromer	1	M
12	Chris Lathwell	10.20	Luton	1	M
13	Joe Thorndyke	10.40	Wymondham	1	M
14	Eddie Jonas	10.41	East Runton	1	M
15	Taylor Gooding	10.50	Braintree	1	F
16	Roger Gooding	10.51	Braintree	1	M
17	Jonah Life	10.55	Coltishall	1	M
18	Isobel Holroyd	11.01	Aldborough	1	F
19	Niamh Smith	11.13	Hertford	1	F
20	Hetty Life	11.15	Coltishall	1	F
21	Robbie Hubbard	11.16	Chelmsford	1	M
22	Esme Jonas	11.33	East Runton	1	F
23	Mandy Jonas	11.34	East Runton	1	F
24	Archie Battley	11.36	Potter Heigham	1	M
25	Amy McDonnell	11.40	London	1	F
26	Jackie Kopelman	11.40	London	1	F
27	Henry Mann	12.15		1	M
28	Sam Woodruff	12.21	Aslacton	1	M
29	Luke Smedley	12.31	Nuneaton	1	M
30	Connor Rickard	12.35	Peterborough	1	M
31	Ellen Tatum	12.40	NNBR	1	F
32	Seb Britton	12.46	Peterborough	1	M
33	Kate Kopelman	12.47	London	1	F
34	Ruth Mann	12.50	Hermitage Harriers	1	F
35	Toby Neale	13.03	Sheringham	1	M
36	Noah McClain	13.18	Peterborough	1	M
37	Emily Bradley	13.21	Sheffield	1	F
38	Dave Bradley	13.23	Sheffield	1	M
39	Michelle Lathwell	13.25	Luton	1	F
40	Isobel Cooper	13.31	Thorpe Market	1	F
41	Devin O'Neil	13.33	Stalham	1	M
42	Shauna McDonagh	13.41	March	1	F
43	Ben Ward	13.47	Roughton	1	M
44	Erin Holroyd	13.49	Aldborough	1	F
45	Izzy Day	13.54	Stalham	1	F
46	Katherine Lathwell	13.55	Luton	1	F
47	Luke Ward	14.01	Roughton	1	M
48	Erin Ryan	14.01	Leighton Buzzard	1	F

49	Graham Linger	14.29	Leighton Buzzard	1	M
50	Lisa Guest	14.43	Ipswich	1	F
51	Phoebe Bailey	14.44	North Walsham	1	F
52	Olivia Hazell	14.46	Chelmsford	1	F
53	Siobhan O'Connell	14.48	London	1	F
54	Henry Thorndyke	14.51	Wymondham	1	M
55	Harry Rickard	14.51	Peterborough	1	M
56	Neil Rickard	14.54	Peterborough	1	M
57	Owen Day	14.59	Stalham	1	M
58	Nicola Atter	15.04	Wymondham	1	F
59	Ewan Neale	15.04	Sheringham	1	M
60	Charlotte Neale	15.05	Sheringham	1	F
61	Kiera Giara	15.12	Birmingham	1	F
62	Emily Smedley	15.13	Nuneaton	1	F
63	Finky Batton	15.13	Peterborough	1	M
64	Ellie Hazell	15.13	Chelmsford	1	F
65	Niamh Hazell	15.19	Chelmsford	1	F
66	Liam Wilts	15.28	Birmingham	1	M
67	Connie Batley	15.35	Potter Heigham	1	F
68	Sara Holroyd	15.50	Aldborough	1	F
69	Nicky Turp	16.31	Chelmsford	1	F
70	Poppy Woodruff	17.10	Aslacton	1	F
71	Sarah Young	17.22	Leicester	1	F
72	Grace Egerton	17.22	Chesterfield	1	F
73	Simon Kimmins	17.39	Chesterfield	1	M
74	Thomas Young	17.49	Leicester	1	M
75	Roman Watson-Quilter	17.57	Leicester	1	M
76	Freer	17.57	Leicester	1	M
77	Anne Rydqvist	17.58	Leicester	1	F
78	Emily Valentine	18.18	Bedford	1	F
79	Lucca Watson-Quilter	18.28	Leicester	1	M
80	Bailey King	19.07	Doddington	1	M
81	Alisha Plews-Rasmusen	19.07	Stockton-on-Tees	1	F

Position	Name	Time	From/Club	2 Lap	M/F
1	Jamie Stares	16.40	North Norfolk Harriers	2	M
2	Kane Walron	17.51	Cromer	2	M
3	Ethan Davies	18.12	North Norfolk Harriers	2	M
4	Ed Wheeler	18.32	Cambridge	2	M
5	Jack Nield	18.47	Cromer	2	M
6	Tom Marcus	19.13	Leicester	2	M
7	Christine Lathwell	19.27	Stopsley Striders	2	F
8	Sam Cooper	19.43	Thorpe Market	2	M
9	Luke Chilvers	19.49	Southend	2	M
10	Jack England	19.57	Newmarket Runners	2	M
11	Joe Wheeler	20.05	Cambridge & Coleridge	2	M
12	Julian Fisher	20.16	Sawtry	2	M
13	Mark Holroyd	20.19	Aldborough	2	M
14	George Bellamy	20.40	Sheffield	2	M
15	Thomas Bradley	20.42	Sheffield	2	M

16	Paul Goodrum	20.54	Norwich	2	M
17	Daniel Mead	21.04	Stockholm	2	M
18	George Worrall	21.16	Cromer	2	M
19	Vicky Tovell	21.23	Coltishall Jaguars	2	M
20	Daniel Harris	21.28	Sheffield	2	M
21	Stephen Roe	21.44	NNBR	2	M
22	George Barber	21.53	Sheffield	2	M
23	David Hicks	22.01	Bury St Edmunds	2	M
24	Ken Copland	22.36	Bedford	2	M
25	Marie Clark	22.45	Norwich	2	F
26	Sam Grout	23.01	Cromer	2	M
27	Stefan Vince	23.08	Ipswich	2	M
28	Paul Cohen	23.33	Anstey Amblers	2	M
29	Anthony Morett	23.33	Roughton	2	M
30	Jonathan Wilmott	23.33	Birmingham	2	M
31	Jim Withers	23.45	Newmarket Joggers	2	M
32	Will Chandler	23.47		2	M
33	Thomas Wheeler	23.49	Cambridge	2	M
34	Stewart Life	23.51	Coltishall Jaguars	2	F
35	Hadley Connor	24.14	Cromer	2	M
36	Ian Warren	24.23	Rebel Runner – Nottingham	2	M
37	Sarah Wheeler	24.33	Cambridge	2	F
38	Daniel Wheeler	24.34	Cambridge & Coleridge	2	M
39	Michael Francis	24.58	Cambridge	2	M
40	Lucy Smith	25.11	Hertford	2	F
41	Charlie Gillett	26.06	Leicester	2	M
42	Ralph Burtonshaw	26.06		2	M
43	David Allen	26.19	York	2	M
44	Georgia England	26.23	Newmarket	2	F
45	Lisa Ward	26.26	NNBR	2	F
46	Steve Banner	26.44	Bedford	2	M
47	Matthew Smedley	26.50	Nuneaton	2	M
48	G Bailey	27.41	North Walsham	2	M
49	Katie Bacon	27.48	Cromer	2	F
50	Michelle Morrett	28.06	Roughton	2	F
51	Emma Hallett	28.24	Buckenham	2	F
52	Craig Britton	28.45	Peterborough	2	M
53	Thoang Marriott	29.50	NNBR	2	F
54	Sarah Morter	30.06	NNBR	2	F
55	Maz Rayner	30.48	NNBR	2	F

1st Male 1 Lap

1st Female 1 Lap

1st Male 2 Lap

1st Female 2 Lap