

Position	Name	Club	Norwich	Thetford	Holt	Gt Yarmouth	King's Lynn	Total
1	Malachi Ko	Diss & District AC	235	241		244	231	720
2	Daniel Co	North Norfolk Harriers AC		220	234	208	218	672
3	Benjamin Li	Waveney AC	200	220		202	208	630
4	Ruben Xu	North Norfolk Harriers AC		212	193		198	603
5	Alfie Bo	West Norfolk AC	195	206	201		191	602
6	George Po	Diss & District AC		208		205	188	601
7	Theo Ca	City of Norwich AC	187	207	204			598
7	Ackara Bl	Ryston Runners AC		208	188		202	598
9	Harvey Sh	North Norfolk Harriers AC	175	195	181	200	196	591
10	Henry As	City of Norwich AC	181	187	192	186		565
11	Tom D'	Ely Runners	147	179	165		153	497
12	Jasper Ma	City of Norwich AC	170	154	137	161	148	485
13	Marcus Wo	Ryston Runners AC	148	163		154	127	465
14	James Co	West Norfolk AC	125	152	139		166	457
15	Ronnie Hu	Thetford AC	143	147	158		147	452
16	Max Ba	Diss & District AC		208			210	418
17	Kieran Wa	North Norfolk Harriers AC	134	138	140	136		414
18	Izak Ha	North Norfolk Harriers AC			140	138	128	406
19	Cohen Co	Waveney AC	210			193		403
20	Alfie Fi	Thetford AC	188		182			370
21	Theo Lo	Ryston Runners AC	190		176			366
22	Taylor Mc	North Norfolk Harriers AC	130	100	116	118	113	364
22	Bailey En	Waveney AC	173		191			364
24	Beau Lo	Ryston Runners AC	172		184			356
25	Thomas No	Thetford AC	167	185				352
26	Monty Fi	Thetford AC	179		165			344
26	Geoffrey Th	City of Norwich AC				168	176	344
28	Alfie Fu	City of Norwich AC	169			170		339
29	Ashley Jo	North Norfolk Harriers AC		157	167			324
30	Jack Br	City of Norwich AC	167		155			322
31	Lucas Ro	Thetford AC		217				217
32	James Mc	Waveney AC	207					207
33	George Sm	Great Yarmouth & District AC				205		205
34	Tyler Po	Ryston Runners AC					203	203
35	Giles At	Thetford AC		200				200
36	Finn Ka	none				191		191
37	Callum La	Great Yarmouth & District AC				181		181
38	Daniel Ka	City of Norwich AC		178				178
39	Joseph Ke	North Norfolk Harriers AC			172			172
40	Henry Pe	Diss & District AC				165		165
40	Jonathan Cr	None				165		165
42	Josh Sm	Waveney AC	163					163
42	Theo Ch	Waveney AC	163					163
44	Anton Ko	City of Norwich AC	160					160
49	Finley Co	Unattached					149	149
45	Will Sa	Ryston Runners AC	142					142
45	William Hi	North Norfolk Harriers AC			142			142
47	Fraser Pi	Ryston Runners AC	123					123
48	Ewan Ha	None	103					103

Position	Name	Club	Norwich	Thetford	Holt	Gt Yarmouth	King's Lynn	Total
1	Lilymae Co	Great Yarmouth & District AC	186	187	209	223	207	639
2	Edith Ke	City of Norwich AC		198	201	209	189	608
3	Ella Go	Ryston Runners AC	190	183	204	200		594
4	Eloise Ed	North Norfolk Harriers AC	185	184	188	170	191	564
5	Aisha El	Dereham Runners AC		185	182	191		558
6	Eva Ba	Diss & District AC		180	175		190	545
7	Molly Ga	Beccles & Bungay Harriers AC	152		178	178	176	532
8	Charlotte Gi	City of Norwich AC	158	166	174	185	172	531
9	Eliza Ad	Dereham Runners AC	167	154		166	178	511
10	Chloe Th	City of Norwich AC		163	166	178		507
11	Clarice Ca	Ryston Runners AC	156	162	167		168	497
12	Mia Th	City of Norwich AC	153	155	156	173		484
13	Lyla Co	Great Yarmouth & District AC	147			168	148	463
14	Lani Wo	City of Norwich AC	159	148	114		150	457
15	Amber Go	City of Norwich AC	151	147		156		454
16	Olivia Al	North Norfolk Harriers AC	122		127			249
17	Lauren Br	City of Norwich AC			108	128		236
18	Jennfier Wo	West Norfolk AC		105			119	224
19	Kyla La	None				207		207
20	Connie Ea	City of Norwich AC					188	188
21	Maizie Bo	Great Yarmouth & District AC				175		175
22	Mia Th	City of Norwich AC				173		173
23	Teddi Br	West Norfolk AC					171	171
24	Poppy Ha	No	170					170
25	Freya Po	City of Norwich AC	90			79		169
26	Georgia Sh	City of Norwich AC		166				166
27	Rosa Ha	City of Norwich AC	159					159
28	Charley Wh	Ryston Runners AC		155				155
28	Tamiya Th	Beccles & Bungay Harriers AC					155	155
30	Isla Mc	Coltishall Jaguars			140			140
31	Macy Ru	Great Yarmouth & District AC	139					139
32	Alexa Ga	City of Norwich AC	137					137
33	Megan Sk	Dereham Runners AC		127				127
34	Betty Sc	West Norfolk AC					126	126
35	Abby Mu	North Norfolk Harriers AC			99			99
36	Caoimhe Ca	Thetford AC		94				94
37	Yasmine Gi	City of Norwich AC	84					84
38	Persephone Mi	Ryston Runners AC				50		50

Position	Name	Club	Norwich	Thetford	Holt	Gt Yarmouth	King's Lynn	Total
1	Barney Cl	City of Norwich AC	224	242		265		731
2	Ryan Wo	Ryston Runners AC	226	229	232	247	229	708
3	Joe Ma	City of Norwich AC	199	215	217		232	664
4	Louis Pr	Dereham Runners AC	207	203	208	228	225	661
5	Elliot Gr	City of Norwich AC	156	186	187	197		570
6	Matthew Be	North Norfolk Harriers AC	164	183	166	191	187	561
7	Riley Be	Ryston Runners AC	185	159	181	190		556
8	George Co	North Norfolk Harriers AC			189	187	173	549
9	Adam Be	North Norfolk Harriers AC	163	176	185		173	534
10	Thomas O'	West Norfolk AC	197		38	231		466
11	Benjamin Po	City of Norwich AC	197			244		441
12	Kai Wi	Dereham Runners AC		212		227		439
13	Leo D'	Ely Runners	124	153	133		145	431
14	Thomas Sm	North Norfolk Harriers AC		144	131	152		427
15	Charlie Ga	Thetford AC		217		205		422
16	Ewan Pe	Thetford AC	191	211				402
17	Charlie Tu	West Norfolk AC	178			198		376
18	Alex Sc	City of Norwich AC	180	181				361
19	George Ri	North Norfolk Harriers AC		182	173			355
20	Greg Ta	City of Norwich AC		173	179			352
21	Ethan Ba	Dereham Runners AC	119	230				349
22	Billy Fr	City of Norwich AC	125	182				307
23	William Wa	Great Yarmouth & District AC	145		151			296
24	Harvey Fo	Diss & District AC				225	225	225
25	Samuel Na	West Norfolk AC		196				196
26	Oakley To	Ryston Runners AC					191	191
27	Callum Ba	North Norfolk Harriers AC			170			170
28	Harry Je	North Norfolk Harriers AC			152			152
29	Rafe Sh	City of Norwich AC	112					112
30	Ewan Co	Unattached					101	101
31	Adam La	Great Yarmouth & District AC	91					91
32	Jacob Ca	Thetford AC		54				54

Position	Name	Club	Norwich	Thetford	Holt	Gt Yarmouth	King's Lynn	Total
1	Isabel Sm	Thetford AC	202	221	213	223	214	658
2	Isabelle Ma	City of Norwich AC	209		216	218		643
3	Holly La	West Norfolk AC	191	194	193	219	209	622
4	Serena Ak	City of Norwich AC	175	174	190	194	205	589
5	Caitlin Be	City of Norwich AC	179	181		210	187	578
6	Gracie De	Great Yarmouth & District AC	166	176	187	210		573
7	Alicia Ma	Thetford AC	152	165	176	183		524
8	Isabella Wi	City of Norwich AC	173	164	176			513
9	Lucy Oa	Ryston Runners AC	166	159			178	503
10	Evie Go	Ryston Runners AC	139	167	159	174		500
11	Millie Ad	City of Norwich AC	147	160	160			467
12	Freya Ch	City of Norwich AC	139	133			158	430
13	Rebecca Si	Beccles & Bungay Harriers AC	128	141		147		416
14	Cadence Ca	Beccles & Bungay Harriers AC	131	129			126	386
15	Maddy Po	City of Norwich AC	55	92	107		107	254
16	Nicole Ka	City of Norwich AC	178	197				375
17	Matilda Lo	Ryston Runners AC		157	163			320
18	Liliana Ma	City of Norwich AC	98		126			224
19	Sophie Al	North Norfolk Harriers AC	62		125			187
20	Kyla Bu	Beccles & Bungay Harriers AC			169		184	169
21	Georgia Pe	City of Norwich AC			200			200
22	Sophie Mc	North Norfolk Harriers AC			189			189
23	Jessica Mi	West Norfolk AC					182	182
24	Demi Ad	Ryston Runners AC		181				181
25	Rose Fa	City of Norwich AC			179			179
26	Sophie Cr	None				177		177
27	Evie Ha	Thetford AC		157				157
28	Sophie Cr	Great Yarmouth & District AC				155		155
29	Hetty Li	North Norfolk Harriers AC			150			150
30	Esme Jo	North Norfolk Harriers AC			147			147
31	Annie Ba	West Norfolk AC	135					135
31	Olivia Ow	North Norfolk Harriers AC			135			135
33	Taya Ru	Great Yarmouth & District AC	130					130
34	Ella Ma	Ryston Runners AC			127			127
35	Carmen Br	None			115			115
36	Jessica Bo	Great Yarmouth & District AC				110		110
37	Lily Mu	North Norfolk Harriers AC			108			108
38	Sophia Re	City of Norwich AC	95					95
39	Melodie Ke	Diss & District AC			38			38