

## Ryston Runners GP 3 (2019-20)

### *Overall Under 9s race*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	<b>Category</b>
1	Thomas Simmonds	U/A	2:55	U9B
2	Olivia Mukuya	GYDAC	2:56	U9G
3	Aidan Howard	Ryston/Nt Wooton	3:12	U9B
4	Leah Beagles	Ingolds	3:16	U9G
5	Elizabeth Pert	CoNAC	3:17	U9G
6	Flo Abbott	NRR	3:18	U9G
7	Tom Kaiser	Eaton	3:20	U9B
8	Zoe Hipperson	Glebe	3:21	U9G
9	Archie Nickerson	St Martin	3:22	U9B
10	Leo Wood	Nt Wooton	3:25	U9B
11	Jasmin Benson	NNH	3:27	U9G
12	Bethany Poucher	Gayton	3:33	U9G
13	Harrison Brewer	St Martin	3:43	U9B
14	Evie Owen	St Martin	3:45	U9G
15	Casey Ward	Ter StC	3:47	U9G
16	Oliver Wilson	Down Prep	3:51	U9B
17	Sophie Beck	Gayton	3:53	U9G
18	Jessica Lawrence	Hunst Pri	3:59	U9G
19	Henry Loveday	Down Prep	4:01	U9B
20	Stanley Roberts	Thetford Acad	4:19	U9B
21	Erin Bishop	St Martin	4:26	U9G
22	Leilani Singleton-Smith	St Martin	4:36	U9G
23	Barney Rear	St Martin	4:39	U9B
24	Ryan Davies-Vail	St Martin	4:49	U9B
25	Scarlett Wortley	Downham Prep	4:53	U9G
26	George Loveday	Down Prep	5:30	U9B
27	Kymani Singleton-Smith	St Martin	6:06	U9B
28	Mia Kaiser	Eaton	6:18	U9G
29	Jacob Marshall	St Martin	6:22	U9B
30	Abigail Poucher	Gayton	6:38	U9G
31	Ella Davis-Blacker	St Martin	9:06	U9G

## Ryston Runners GP 3 (2019-20)

### *Under 9 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Thomas Simmonds	U/A	2:55
2	Aidan Howard	Ryston/Nt Wooton	3:12
3	Tom Kaiser	Eaton	3:20
4	Archie Nickerson	St Martin	3:22
5	Leo Wood	Nt Wooton	3:25
6	Harrison Brewer	St Martin	3:43
7	Oliver Wilson	Down Prep	3:51
8	Henry Loveday	Down Prep	4:01
9	Stanley Roberts	Thetford Acad	4:19
10	Barney Rear	St Martin	4:39
11	Ryan Davies-Vail	St Martin	4:49
12	George Loveday	Down Prep	5:30
13	Kymani Singleton-Smith	St Martin	6:06
14	Jacob Marshall	St Martin	6:22

### *Under 9 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Olivia Mukuya	GYDAC	2:56
2	Leah Beagles	Ingolds	3:16
3	Elizabeth Pert	CoNAC	3:17
4	Flo Abbott	NRR	3:18
5	Zoe Hipperson	Glebe	3:21
6	Jasmin Benson	NNH	3:27
7	Bethany Poucher	Gayton	3:33
8	Evie Owen	St Martin	3:45
9	Casey Ward	Ter StC	3:47
10	Sophie Beck	Gayton	3:53
11	Jessica Lawrence	Hunst Pri	3:59
12	Erin Bishop	St Martin	4:26
13	Leilani Singleton-Smith	St Martin	4:36
14	Scarlett Wortley	Down Prep	4:53
15	Mia Kaiser	Eaton	6:18
16	Abigail Poucher	Gayton	6:38
17	Ella Davis-Blacker	St Martin	9:06

## Ryston Runners GP 3 (2019-20)

### *Overall Under 11s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Finn Kaiser	CoNAC / Eaton	8:13	U11B
2	Jude Linstead	CoNAC	8:15	U11B
3	Archie Rowe	Ryston/Glebe	8:17	U11B
4	Oscar Best	St Martin	8:34	U11B
5	Mia Squires	GYDAC	8:43	U11G
6	Seth Allott	Wicklewood	8:43	U11B
7	Kieran Walpole	NNH/Stibbard	8:45	U11B
8	Faye Nottage	GYDAC	8:46	U11G
9	Ethan Ward	Ryston/Ter SC	8:50	U11B
10	Vito Machin	CoNAC	8:53	U11B
11	Lola Kidman	KLTC/Greyfriar	8:58	U11G
12	Lexi Heather	CoNAC	9:14	U11G
13	Jacob Booth	Ryston/Ders	9:23	U11B
14	Lily Goddard	CoNAC	9:25	U11G
15	Hette Koulman	Ryston/Greyfriar	9:40	U11G
16	Evie Clayton	Ryston/Weasingham	9:41	U11G
17	Sarah Wright	Ryston	9:43	U11G
18	Isla Johnson	CoNAC	9:46	U11G
19	Alex Collings	Thetford / Mundford	9:52	U11B
20	Chloe Pratt	Ryston/Nt Wooton	10:05	U11G
21	Alisha Greenwood	Ryston/T St C	10:16	U11G
22	Isla Pearson	Dereham	12:03	U11G

## Ryston Runners GP 3 (2019-20)

### *Under 11 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Finn Kaiser	CoNAC / Eaton	8:13
2	Jude Linstead	CoNAC	8:15
3	Archie Rowe	Ryston/Glebe	8:17
4	Oscar Best	St Martin	8:34
5	Seth Allott	Wicklewood	8:43
6	Kieran Walpole	NNH/Stibbard	8:45
7	Ethan Ward	Ryston/Ter SC	8:50
8	Vito Machin	CoNAC	8:53
9	Jacob Booth	Ryston/Ders	9:23
10	Alex Collings	Thetford / Mundford	9:52

### *Under 11 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Mia Squires	GYDAC	8:43
2	Faye Nottage	GYDAC	8:46
3	Lola Kidman	KLTC/Greyfriar	8:58
4	Lexi Heather	CoNAC	9:14
5	Lily Goddard	CoNAC	9:25
6	Hette Koulman	Ryston/Greyfriar	9:40
7	Evie Clayton	Ryston/Weasingham	9:41
8	Sarah Wright	Ryston	9:43
9	Isla Johnson	CoNAC	9:46
10	Chloe Pratt	Ryston/Nt Wooton	10:05
11	Alisha Greenwood	Ryston/T St C	10:16
12	Isla Pearson	Dereham	12:03

## Ryston Runners GP 3 (2019-20)

### *Overall Under 13/15s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	James Peck	Thetford	09:40	U15B
2	Ben Peck	Thetford	09:41	U15B
3	Jacob Dorbin	Thetford	11:04	U13B
4	Oliver Carpenter	NNH	11:12	U15B
5	Louis Preston	Dereham	11:38	U15B
6	Luke Gilding	Dereham	11:42	U15B
7	Memphis Symonds	CoNAC	11:46	U15G
8	Allyna Mukuya	GYDAC	11:54	U13G
9	Callum Wing	Thetford	11:59	U13B
10	Matthew Benson	NNH	12:00	U13B
11	Esme Abbott	CoNAC	12:03	U15G
12	Ackara Black	Ryston	12:06	U13B
13	Tobias Cheesbrough	Dereham	12:18	U13B
14	Bethany Wilson	Thetford	12:21	U13G
15	Nathan Yeaman	Renegade Run	12:32	U13B
16	Martha Shawyer	NNH	12:33	U15G
17	William Wassmer	GYDAC	12:40	U13B
18	Georgia Shirley	CoNAC	12:42	U13G
19	Jacob Last	Dereham	12:43	U15B
20	Isabella Williams	CoNAC	12:48	U15G
21	Cody Pearman	Renegade Run	12:53	U13B
22	Jacob Gilding	Dereham	12:56	U13B
23	Oakley Took	Ryston	13:22	U13B
24	Jessica Beck	Springwood	13:31	U13G
25	Ruby Smith	Renegade Run	13:34	U13G
26	Sam Doughty	Ryston	13:36	U13B
27	Evie Goldring	Ryston	14:02	U15G
28	Oliver Pearson	Der	14:12	U13B
29	Ella Goldring	Ryston	14:35	U13G
30	Aidan Beagles	Renegade Run	19:35	U13B
31	James McKay-Ferguson	Wisbech	19:43	U13B
32	Elizabeth Duffy	U/A	21:19	U13G

## Ryston Runners GP 3 (2019-20)

### *Under 13 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jacob Dorbin	Thetford	11:04
2	Callum Wing	Thetford	11:59
3	Matthew Benson	NNH	12:00
4	Ackara Black	Ryston	12:06
5	Tobias Cheesbrough	Dereham	12:18
6	Nathan Yeaman	Renegade Run	12:32
7	William Wassmer	GYDAC	12:40
8	Cody Pearman	Renegade Run	12:53
9	Jacob Gilding	Dereham	12:56
10	Oakley Took	Ryston	13:22
11	Sam Doughty	Ryston	13:36
12	Oliver Pearson	Der	14:12
13	Aidan Beagles	Renegade Run	19:35
14	James McKay-Ferguson	Wisbech	19:43

### *Under 13 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Allyna Mukuya	GYDAC	11:54
2	Bethany Wilson	Thetford	12:21
3	Georgia Shirley	CoNAC	12:42
4	Jessica Beck	Springwood	13:31
5	Ruby Smith	Renegade Run	13:34
6	Ella Goldring	Ryston	14:35
7	Elizabeth Duffy	U/A	21:19

### *Under 15 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	James Peck	Thetford	09:40
2	Ben Peck	Thetford	09:41
3	Oliver Carpenter	NNH	11:12
4	Louis Preston	Dereham	11:38
5	Luke Gilding	Dereham	11:42
6	Jacob Last	Dereham	12:43

### *Under 15 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Memphis Symonds	CoNAC	11:46
2	Esme Abbott	CoNAC	12:03
3	Martha Shawyer	NNH	12:33
4	Isabella Williams	CoNAC	12:48
5	Evie Goldring	Ryston	14:02

## Ryston Runners GP 3 (2019-20)

### *Overall U17s/ Senior/Masters race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Callum Stanforth	Ryston	21:41	SM
2	Neil Adams	NNBR	22:07	MM40-44
3	Jan Kaiser	CoNAC	22:34	MM45-49
4	Rob Simmonds	Ryston	22:40	SM
5	Jack Noble	BVH	22:42	SM
6	Richard Ebbs	Ryston	22:46	MM45-49
7	Daniel Simmons	Tri Anglia	23:01	SM
8	Alex Metcalfe	Ely	23:04	SM
9	Ben Keeley	Ryston	23:05	SM
10	John Hopgood	Ryston	23:23	MM40-44
11	Matt Howard	NRR	23:40	SM
12	James Warner-Smith	NNBR	23:45	SM
13	Will Winter	U/A	23:50	SM
14	Andrew Simmonds	Ryston	23:53	SM
15	Ryan Lingwood	Dereham	23:57	U17B
16	Colleen Nicole Mukuya	GYDAC	24:07	SW
17	Tony Whitmond	NNBR	24:08	MM50-54
18	Kevin Vaughan	Thet	24:09	MM55-59
19	Bailey Took	Ryston	24:20	U17B
20	Nic Bensley	Ryston	24:28	MM50-54
21	Tom Levinson	Ely	24:50	MM40-44
22	William Bartram	NRR	25:01	U17B
23	Warren King	KLTC	25:11	SM
24	Dan Guppy	Ryston	25:15	SM
25	Ali Macdonald	Lonely Goat	25:21	MM50-54
26	Howard Beasley	St Eds	25:24	MM55-59
27	Daryl London	NNBR	25:27	SM
28	Steven Burge	U/A	25:30	MM40-44
29	Kevin Burgess	Tri Anglia	25:38	MM45-49
30	Anthony Cude	Runners NTS	25:41	MM40-44
31	Andrew Merritt	RAF	25:53	MM45-49
32	Luke Guy	BVH	25:57	SM
33	Stuart Holmes	Camb Tri	25:59	MM55-59
34	Dan Pratt	Ryston	26:09	MM40-44
35	Lee Johnson	TCRC	26:17	SM
36	Malcolm Tuff	Ryston	26:22	MM55-59
37	Dave Brown	Pboro/NVH	26:24	MM40-44
38	Jannis Koulman	Ryston	26:27	U17B
39	Gareth Hunt	Ryston	26:38	SM
40	Richard White	Wym	26:42	MM55-59

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41	Jason Wing	U/A	26:51	MM50-54
42	Rebecca Cousins	West Nor	26:55	SW
43	Lucy Tyler	Wym	26:56	SW
44	Elizabeth Daly	Dereham	26:56	MW35-39
45	Amy Chapman	Ryston	26:59	SW
46	Tony Savage	Ryston	26:59	MM55-59
47	Peter Bird	St Eds	27:01	MM45-49
48	Owen Burge	Ryston	27:05	U17B
49	Neil Gayton	KLTC	27:07	SM
50	Ben Foxwell	Ryston	27:13	SM
51	Thomas Manleira	U/A	27:21	SM
52	Matthew Freezer	Dereham	27:26	SM
53	Gary Malliband	Thetford	27:27	MM45-49
54	Steven Greenwood	U/A	27:30	SM
55	Luke Pavey	U/A	27:31	SM
56	Ian Todd	Ryston	27:43	MM55-59
57	Christine Anthony	West Suf	27:44	MW55-59
58	Nicky Roger	Ryston	27:45	MW45-49
59	Alex Morris	CoNAC	28:14	SM
60	Peter Wilson	U/A	28:16	MM50-54
61	Glyn Ingram	Runners NTS	28:20	MM45-49
62	Mark Tufts	Wymond	28:29	MM50-54
63	Rosie Booth	Ryston	28:35	U17G
64	Mark Fountain	Ryston	28:37	MM40-44
65	Albert Koulman	U/A	28:47	MM45-49
66	Shane Hunt	Runners NTS	28:52	MM40-44
67	Andrew Stewart	Chelms	29:00	MM55-59
68	Tony Beales	Wymondham	29:04	MM50-54
69	Mark Crook	Ryston	29:07	MM50-54
70	Mark Garrett	WN	29:08	MM45-49
71	Ben Collison	WN	29:09	SM
72	James Birch	Wymond	29:12	MM50-54
73	Kevin Took	Ryston	29:12	MM40-44
74	Rob Lines	Tri Anglia	29:21	MM50-54
75	Owen Jary	Ryston	29:23	MM45-49
76	Jonny Clark	TCRC	29:25	MM45-49
77	Robert Morgan	St Eds	29:28	MM60-65
78	Philip Bartram	U/A	29:31	MM45-49
79	Claire Wilshaw	Camb Tri	29:37	MW35-39
80	Peter Swales	Der	29:39	MM55-59
81	Nathan Thompson	U/A	29:44	MM40-44
82	Lesley Robins	Ryston	29:48	MW45-49
83	Tristan Langley	Ryston	29:55	SM



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84	Mark Doughty	Ryston	29:58	MM45-49
85	Mina Thompson	U/A	29:59	SW
86	Jason Hawes	Ryston	30:01	MM45-49
87	Debbie James	Ryston	30:04	MW45-49
88	Paul Curson	Ryston	30:04	MM45-49
89	Ben Turner	BVH	30:05	SM
90	Matthew Monteith	Lonely Goat	30:07	MM40-44
91	Paul Woodhouse	Runners NTS	30:11	MM55-59
92	Lisa Greengrass	Wym	30:13	MW40-44
93	Amanda Marshall	Runners NTS	30:15	MW45-49
94	Andy Smith	KLTC	30:16	MM50-54
95	Georgia Williams	Wym	30:24	SW
96	Kevin Howlett	Ryston	30:28	MM60-65
97	Tessa Killingbeck	Vegan	30:33	MW35-39
98	Steve Bowdery	KLTC	30:42	MM40-44
99	Paul Woodyatt	CoNAC	30:44	MM55-59
100	Janice Coglin-Hibbett	Tri Anglia	30:48	MW45-49
101	Lorraine Hunt	Runners NTS	31:01	MW40-44
102	Tiegan Moore	Ryston	31:04	U17G
103	Philip Websdale	Dereham	31:04	MM45-49
104	Ben Turner	U/A	31:23	SM
105	Karen Williamson	U/A	31:33	MW45-49
106	Ashish Rastogi	KLTC	31:35	MM45-49
107	Kareana Symonds	Dereham	31:36	MW35-39
108	Neil Anderton	Dereham	31:55	MM65+
109	Robert Last	Dereham	31:58	MM40-44
110	Matt Hunter	TCRC	32:05	MM45-49
111	Steve Rue	St Eds	32:09	MM65+
112	Vicky Newton	TCRC	32:17	SW
113	Nick Clarey	TCRC	32:17	MM45-49
114	Ian Patmore	Run DMC	32:27	MM50-54
115	David Grimes	U/A	32:34	MM50-54
116	Arthur Sargeant	TCRC	32:43	MM55-59
117	Skaiste Gaidamaviciute	U/A	32:48	SW
118	Anna Seaman	Ryston	32:50	MW40-44
119	Anna Smith	Ryston	33:06	MW40-44
120	Jenny Morgan	St Eds	33:13	MW60+
121	Phil Newton	TCRC	33:22	MM40-44
122	Dan Porter	BVH	33:32	SM
123	Charlotte Smith	Ryston	33:45	SW
124	Simon Goldring	Ryston	34:17	MM45-49
125	Naomi Pearson	U/A	34:28	MW35-39

### Ryston Runners GP 3 (2019-20)

126	LJ Winter	U/A	34:29	SW
127	Dawn Protheroe	U/A	34:34	MW50-54
128	Wobine DeSitter	U/A	34:37	MW45-49
129	Dawn Marshall	St Eds	34:47	MW55-59
130	Chris Milnes	Ryston	34:53	MM60-65
131	Sarah Johnson	TCRC	35:08	MW35-39
132	Sarah Taylor	Ryston	35:12	MW50-54
133	Jane Ashby	Ryston	35:18	MW60+
134	Sarah Melton-Whitelam	TCRC	35:27	MW35-39
135	Lorraine Reeves	Brandon	35:33	MW45-49
136	Susan King	U/A	36:06	MW50-54
137	Pauline Sparrow	Ryston	36:24	MW60+
138	James Hornigold	Ryston	36:30	MM50-54
139	Katherine Bartram	NRR	36:31	MW45-49
140	Hayley Wright	Runners NTS	36:41	MW40-44
141	Sue Swales	U/A	36:52	MW50-54
142	Jen Lewis	U/A	36:55	MW45-49
143	Eva Osborne	Wym	37:03	MW60+
144	Eloise Bird	St Eds	37:09	MW50-54
145	Melvin Green	TCRC	37:14	MM50-54
146	Karen Smith	Ryston	37:25	MW50-54
147	Martin Blackburn	Ryston	37:32	MM60-65
148	Cheryl Lenton	TCRC	37:35	MW40-44
149	Tony Lamb	TCRC	37:54	MM50-54
150	Liz Blakie	Ryston	38:07	MW60+
151	Steve Whitelam	TCRC	38:13	MM50-54
152	Jodie Clark	TCRC	38:14	MW45-49
153	Robert Scarfe	Wym	38:20	MM65+
154	Victoria May	TCRC	38:21	MW45-49
155	Donna Johnson	TCRC	38:23	MW40-44
156	Sally Porter	BVH	39:14	MW55-59
157	Christopher Palmer	Runners NTS	39:19	MM65+
158	David Lane	Ryston	39:24	MM50-54
159	Rita Rue	St Eds	39:39	MW55-59
160	Hayley Jones	Runners NTS	39:44	MW35-39
161	Ceridwen Howell	Runners NTS	39:47	MW60+
162	Nicola Kaiser	U/A	39:55	MW45-49
163	Kirsty Lack	Runners NTS	40:07	MW40-44
164	Carole Preston	U/A	40:37	MW40-44
165	Gill Hart	Ryston	40:48	MW60+
166	Jonathan Peacock	U/A	41:00	MM45-49
167	Sarah Lamb	TCRC	41:23	MW45-49

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168	Richard Wilkins	Ryston	41:47	MM50-54
169	Jenny Sinclair	TCRC	42:29	SW
170	Charlie Wilson	Ryston	42:36	MM45-49
171	Tracey Anderton	Dereham	43:49	MW55-59
172	Geoff Porter	BVH	46:22	MM60-65
173	Stefan Sprawling	KLTC	48:26	MM40-44

### *Under 17 boys*

Position	Name	Club	Time
1	Ryan Lingwood	Dereham	23:57
2	Bailey Took	Ryston	24:20
3	William Bartram	NRR	25:01
4	Jannis Koulman	Ryston	26:27
5	Owen Burge	Ryston	27:05

### *Under 17 girls*

Position	Name	Club	Time
1	Rosie Booth	Ryston	28:35
2	Tiegan Moore	Ryston	31:04

### *Senior men*

Position	Name	Club	Time
1	Callum Stanforth	Ryston	21:41
2	Rob Simmonds	Ryston	22:40
3	Jack Noble	BVH	22:42
4	Daniel Simmons	Tri Anglia	23:01
5	Alex Metcalfe	Ely	23:04
6	Ben Keeley	Ryston	23:05
7	Matt Howard	NRR	23:40
8	James Warner-Smith	NNBR	23:45
9	Will Winter	U/A	23:50
10	Andrew Simmonds	Ryston	23:53
11	Warren King	KLTC	25:11
12	Dan Guppy	Ryston	25:15
13	Daryl London	NNBR	25:27
14	Luke Guy	BVH	25:57
15	Lee Johnson	TCRC	26:17
16	Gareth Hunt	Ryston	26:38
17	Neil Gayton	KLTC	27:07
18	Ben Foxwell	Ryston	27:13
19	Thomas Manleira	U/A	27:21
20	Matthew Freezer	Dereham	27:26
21	Steven Greenwood	U/A	27:30

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22	Luke Pavey	U/A	27:31
23	Alex Morris	CoNAC	28:14
24	Ben Collison	WN	29:09
25	Tristan Langley	Ryston	29:55
26	Ben Turner	BVH	30:05
27	Ben Turner	U/A	31:23
28	Dan Porter	BVH	33:32

### *Senior women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Colleen Nicole Mukuya	GYDAC	24:07
2	Rebecca Cousins	West Nor	26:55
3	Lucy Tyler	Wym	26:56
4	Amy Chapman	Ryston	26:59
5	Mina Thompson	U/A	29:59
6	Georgia Williams	Wym	30:24
7	Vicky Newton	TCRC	32:17
8	Skaiste Gaidamaviciute	U/A	32:48
9	Charlotte Smith	Ryston	33:45
10	LJ Winter	U/A	34:29
11	Jenny Sinclair	TCRC	42:29

### *Master 35-39 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Elizabeth Daly	Dereham	26:56
2	Claire Wilshaw	Camb Tri	29:37
3	Tessa Killingbeck	Vegan	30:33
4	Kareana Symonds	Dereham	31:36
5	Naomi Pearson	U/A	34:28
6	Sarah Johnson	TCRC	35:08
7	Sarah Melton-Whitelam	TCRC	35:27
8	Hayley Jones	Runners NTS	39:44

## Ryston Runners GP 3 (2019-20)

### *Master 40-44 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Neil Adams	NNBR	22:07
2	John Hopgood	Ryston	23:23
3	Tom Levinson	Ely	24:50
4	Steven Burge	U/A	25:30
5	Anthony Cude	Runners NTS	25:41
6	Dan Pratt	Ryston	26:09
7	Dave Brown	Pboro/NVH	26:24
8	Mark Fountain	Ryston	28:37
9	Shane Hunt	Runners NTS	28:52
10	Kevin Took	Ryston	29:12
11	Nathan Thompson	U/A	29:44
12	Matthew Monteith	Lonely Goat	30:07
13	Steve Bowdery	KLTC	30:42
14	Robert Last	Dereham	31:58
15	Phil Newton	TCRC	33:22
16	Stefan Sprawling	KLTC	48:26

### *Master 40-44 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Lisa Greengrass	Wym	30:13
2	Lorraine Hunt	Runners NTS	31:01
3	Anna Seaman	Ryston	32:50
4	Anna Smith	Ryston	33:06
5	Hayley Wright	Runners NTS	36:41
6	Cheryl Lenton	TCRC	37:35
7	Donna Johnson	TCRC	38:23
8	Kirsty Lack	Runners NTS	40:07
9	Carole Preston	U/A	40:37

## Ryston Runners GP 3 (2019-20)

### *Master 45-49 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jan Kaiser	CoNAC	22:34
2	Richard Ebbs	Ryston	22:46
3	Kevin Burgess	Tri Anglia	25:38
4	Andrew Merritt	RAF	25:53
5	Peter Bird	St Eds	27:01
6	Gary Malliband	Thetford	27:27
7	Glyn Ingram	Runners NTS	28:20
8	Albert Koulman	U/A	28:47
9	Mark Garrett	WN	29:08
10	Owen Jary	Ryston	29:23
11	Jonny Clark	TCRC	29:25
12	Philip Bartram	U/A	29:31
13	Mark Doughty	Ryston	29:58
14	Jason Hawes	Ryston	30:01
15	Paul Curson	Ryston	30:04
16	Philip Websdale	Dereham	31:04
17	Ashish Rastogi	KLTC	31:35
18	Matt Hunter	TCRC	32:05
19	Nick Clarey	TCRC	32:17
20	Simon Goldring	Ryston	34:17
21	Jonathan Peacock	U/A	41:00
22	Charlie Wilson	Ryston	42:36

### *Master 45-49 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nicky Roger	Ryston	27:45
2	Lesley Robins	Ryston	29:48
3	Debbie James	Ryston	30:04
4	Amanda Marshall	Runners NTS	30:15
5	Janice Coglin-Hibbett	Tri Anglia	30:48
6	Karen Williamson	U/A	31:33
7	Wobine DeSitter	U/A	34:37
8	Lorraine Reeves	Brandon	35:33
9	Katherine Bartram	NRR	36:31
10	Jen Lewis	U/A	36:55
11	Jodie Clark	TCRC	38:14
12	Victoria May	TCRC	38:21
13	Nicola Kaiser	U/A	39:55
14	Sarah Lamb	TCRC	41:23

## Ryston Runners GP 3 (2019-20)

### *Master 50-54 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Tony Whitmond	NNBR	24:08
2	Nic Bensley	Ryston	24:28
3	Ali Macdonald	Lonely Goat	25:21
4	Jason Wing	U/A	26:51
5	Peter Wilson	U/A	28:16
6	Mark Tufts	Wymond	28:29
7	Tony Beales	Wymondham	29:04
8	Mark Crook	Ryston	29:07
9	James Birch	Wymond	29:12
10	Rob Lines	Tri Anglia	29:21
11	Andy Smith	KLTC	30:16
12	Ian Patmore	Run DMC	32:27
13	David Grimes	U/A	32:34
14	James Hornigold	Ryston	36:30
15	Melvin Green	TCRC	37:14
16	Tony Lamb	TCRC	37:54
17	Steve Whitelam	TCRC	38:13
18	David Lane	Ryston	39:24
19	Richard Wilkins	Ryston	41:47

### *Master 50-54 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Dawn Protheroe	U/A	34:34
2	Sarah Taylor	Ryston	35:12
3	Susan King	U/A	36:06
4	Sue Swales	U/A	36:52
5	Eloise Bird	St Eds	37:09
6	Karen Smith	Ryston	37:25

## Ryston Runners GP 3 (2019-20)

### *Master 55-59 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Kevin Vaughan	Thet	24:09
2	Howard Beasley	St Eds	25:24
3	Stuart Holmes	Camb Tri	25:59
4	Malcolm Tuff	Ryston	26:22
5	Richard White	Wym	26:42
6	Tony Savage	Ryston	26:59
7	Ian Todd	Ryston	27:43
8	Andrew Stewart	Chelms	29:00
9	Peter Swales	Der	29:39
10	Paul Woodhouse	Runners NTS	30:11
11	Paul Woodyatt	CoNAC	30:44
12	Arthur Sargeant	TCRC	32:43

### *Master 55-59 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Christine Anthony	West Suf	27:44
2	Dawn Marshall	St Eds	34:47
3	Sally Porter	BVH	39:14
4	Rita Rue	St Eds	39:39
5	Tracey Anderton	Dereham	43:49

### *Master 60-64 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Robert Morgan	St Eds	29:28
2	Kevin Howlett	Ryston	30:28
3	Chris Milnes	Ryston	34:53
4	Martin Blackburn	Ryston	37:32
5	Geoff Porter	BVH	46:22

### *Master 60+ women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jenny Morgan	St Eds	33:13
2	Jane Ashby	Ryston	35:18
3	Pauline Sparrow	Ryston	36:24
4	Eva Osborne	Wym	37:03
5	Liz Blakie	Ryston	38:07
6	Ceridwen Howell	Runners NTS	39:47
7	Gill Hart	Ryston	40:48



## Ryston Runners GP 3 (2019-20)

### *Vet 65+ men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Neil Anderton	Dereham	31:55
2	Steve Rue	St Eds	32:09
3	Robert Scarfe	Wym	38:20
4	Christopher Palmer	Runners NTS	39:19