

Ryston Grand Prix 2019-20 Series

Visiting Club competition		
1st	City of Norwich AC	
2nd	Dereham Runners	
3rd	Thetford AC	

Primary Schools competition		
1st	St Martin at Shouldham	
2nd	North Wooton	
3rd	Terrington St Clements	

Most improved Club		
Wymondham AC		

Outstanding performance		
Kevin Vaughan - Thetford		

Under 9 boys		
1st	Thomas Simmonds	Ryston
2nd	Aidan Howard	Ryston
3rd	Rory Wood	Nt Wooton

Under 9 girls		
1st	Leah Beagles	Ryston
2nd	Eliot Amos	CoNAC
3rd	Zoe Hipperson	Glebe

Under 11 boys		
1st	Jude Linstead	CoNAC
2nd	Finn Kaiser	CoNAC
3rd	Archie Rowe	Ryston

Under 11 girls		
1st	Eva Barton	CoNAC
2nd	Lexi Heather	CoNAC
3rd	Lola Kidman	Ryston

Under 13 boys		
1st	Jake Dorbin	Thetford
2nd	Matthew Benson	NNH
3rd	Callum Wing	Dereham

Under 13 girls		
1st	Allyna Mukuya	GYDAC
2nd	Bethany Wilson	Thetford
3rd	Georgia Shirley	CoNAC

Under 15 boys		
1st	Louis Preston	Dereham
2nd	Luke Gilding	Dereham
3rd	Jacob Last	Dereham

Under 15 girls		
1st	Memphis Symonds	CoNAC
2nd	Esme Abbott	CoNAC
3rd	Isabella Williams	CoNAC

Under 17 boys		
1st	Bailey Took	Ryston
2nd	Ryan Lingwood	Dereham
3rd	Owen Burge	Ryston

Under 17 girls		
1st	Rosie Booth	Ryston
2nd	Tiegan Moore	Ryston

Senior Men		
1st	Callum Stanforth	Ryston
2nd	Rob Simmonds	Ryston
3rd	Ben Keeley	Ryston

Senior Women		
1st	Emma Wood	Ryston
2nd	Rebecca Cousins	WNAC
3rd	Mina Thompson	U/A

Vet 35 women		
1st	Elizabeth Daly	Dereham
2nd	Claire Wilshaw	Camb Tri
3rd	Tessa Killingbeck	Vegan Run

Vet 40 men		
1st	John Hopgood	Ryston
2nd	Tom Levinson	Ely
3rd	Steve Burge	U/A

Vet 40 women		
1st	Anna Seaman	Ryston
2nd	Hayley Wright	Runners NTS
3rd	Donna Johnson	TCRC

Vet 45 men		
1st	Jan Kaiser	CoNAC
2nd	Richard Ebbs	Ryston
3rd	Andy Merritt	RAF

Vet 45 women		
1st	Nicky Roger	Ryston
2nd	Lesley Robins	Ryston
3rd	Debbie James	Ryston

Vet 50 men		
1st	Nic Bensley	Ryston
2nd	Jason Wing	U/A
3rd	Ali MacDonald	Loneley Goat

Vet 50 women		
1st	Linda Marshall	Ryston
2nd	Sarah Taylor	Ryston
3rd	Dawn Protheroe	U/A

Vet 55 men		
1st	Kevin Vaughan	Thetford
2nd	Howard Beasley	St Edmunds
3rd	Stuart Holmes	Camb Tri

Vet 55 women		
1st	Christine Anthony	West Suffolk
2nd	Dawn Marshall	St Edmunds
3rd	Rita Rue	St Edmunds

Vet 60 men		
1st	Robert Morgan	St Edmunds
2nd	Peter Thompson	Norfolk Gaz
3rd	Andrew Hammond	Norfolk Gaz

Vet 60+ women		
1st	Jenny Morgan	St Edmunds
2nd	Jane Ashby	Ryston
3rd	Pauline Sparrow	Ryston

Vet 65+ men		
1st	Nigel Dickins	Pboro & NVH
2nd	Neil Anderton	Dereham
3rd	Steven Rue	St Edmunds