

Ryston Runners GP 6 (2019-20)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Thomas Simmonds	Ryston	3:01	U9B
2	Tate Allott	Wicklewood	3:06	U9B
3	Rory Wood	Nt Wooton	3:07	U9B
4	Alex Shackleton	Ely	3:10	U9B
5	Elliott Amos	CoNAC	3:11	U9G
6	Henry Pittock	Renegade / Ashw	3:12	U9B
7	Leo Wood	Nt Wooton	3:13	U9B
8	Luke Anderson	St Wooton	3:15	U9B
9	Leah Beagles	Ingolds	3:17	U9G
10	Jessica Lawrence	Hunst Pri/Ryston	3:18	U9G
10	Imogen Dungar	NRR	3:18	U9G
12	Thomas Elsdon	Ryston/Nt Wooton	3:26	U9B
13	Jasmin Benson	NNH	3:27	U9G
14	Tom Kaiser	Eaton	3:28	U9B
15	Zoe Hipperson	Glebe	3:28	U9G
16	Archie Nickleson	St Martin	3:40	U9B
17	Harrison Brewer	St Martin	3:46	U9B
18	Poppy Findlay	Thet	3:48	U9G
19	Archie Arthurton	St Martin	3:49	U9B
20	Finley Whitehouse	T St C	3:49	U9B
21	Ezra Lewis	Down Prep	3:52	U9B
22	Evie Owen	St Martin	3:57	U9G
23	Freya Dungar	U/A	3:58	U9G
24	Ellie Bransgrove	Ter StC	4:00	U9G
25	Casper Findlay	Mundfor	4:16	U9B
26	Stanley Roberts	Diamond Acad	4:20	U9B
27	Charlotte Pavey	Gt Hock	4:29	U9G
28	Ryan Davies-Vail	St Martin	4:30	U9B
29	Oliver Wilson	Down Prep	4:31	U9B
30	Noah Ward	T St C	4:41	U9B
31	Isabel Pavey	Gt Hock	4:42	U9G
32	Mia Kaiser	Eaton	4:48	U9G
33	Kymani Singleton-Smith	St Martin	4:58	U9B
34	Blake Amos	U/A	5:03	U9G
35	Leilani Singleton-Smith	St Martin	5:07	U9G
36	William Ward	T St C	5:31	U9B
37	Jacob Marshall	St Martin	5:35	U9B

Ryston Runners GP 6 (2019-20)

Under 9 boys

Position	Name	Club/School	Time
1	Thomas Simmonds	Ryston	3:01
2	Tate Allott	Wicklewood	3:06
3	Rory Wood	Nt Wooton	3:07
4	Alex Shackleton	Ely	3:10
5	Henry Pittock	Renegade / Ashw	3:12
6	Leo Wood	Nt Wooton	3:13
7	Luke Anderson	St Wooton	3:15
8	Thomas Elsdon	Ryston/Nt Wooton	3:26
9	Tom Kaiser	Eaton	3:28
10	Archie Nickleson	St Martin	3:40
11	Harrison Brewer	St Martin	3:46
12	Archie Arthurton	St Martin	3:49
13	Finley Whitehouse	T St C	3:49
14	Ezra Lewis	Down Prep	3:52
15	Casper Findlay	Mundfor	4:16
16	Stanley Roberts	Diamond Acad	4:20
17	Ryan Davies-Vail	St Martin	4:30
18	Oliver Wilson	Down Prep	4:31
19	Noah Ward	T St C	4:41
20	Kymani Singleton-Smith	St Martin	4:58
21	William Ward	T St C	5:31
22	Jacob Marshall	St Martin	5:35

Under 9 girls

Position	Name	Club/School	Time
1	Elliott Amos	CoNAC	3:11
2	Leah Beagles	Ingolds	3:17
3	Jessica Lawrence	Hunst Pri/Ryston	3:18
3	Imogen Dungar	NRR	3:18
5	Jasmin Benson	NNH	3:27
6	Zoe Hipperson	Glebe	3:28
7	Poppy Findlay	Thet	3:48
8	Evie Owen	St Martin	3:57
9	Freya Dungar	U/A	3:58
10	Ellie Bransgrove	Ter StC	4:00
11	Charlotte Pavey	Gt Hock	4:29
12	Isabel Pavey	Gt Hock	4:42
13	Mia Kaiser	Eaton	4:48
14	Blake Amos	U/A	5:03
15	Leilani Singleton-Smith	St Martin	5:07

Ryston Runners GP 6 (2019-20)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Jude Linstead	CoNAC	8:15	U11B
2	Eva Barton	CoNAC	8:18	U11G
3	Archie Rowe	Ryston/Glebe	8:23	U11B
4	Bobby Goldsmith	CoNAC	8:33	U11B
5	Finn Kaiser	CoNAC / Eaton	8:38	U11B
6	Joe Shackleton	Ely	8:39	U11B
7	Lexi Heather	CoNAC	8:40	U11G
8	Oscar Best	St Martin	8:43	U11B
9	Amber Goddard	CoNAC	8:44	U11G
10	William Saunders	Glebe/Ryston	8:50	U11B
11	Jacob Booth	Ryston/Ders	9:08	U11B
12	Lola Kidman	KLTC/Greyfriar	9:08	U11G
13	Lily Goddard	CoNAC	9:18	U11G
14	Eloise Edridge	NNH	9:36	U11G
15	Seth Allott	Wicklewood	9:39	U11B
16	Henry Gosnell	Nt Wooton/WN	9:39	U11B
17	Evie Clayton	Ryston/Weasingham	9:45	U11G
18	Sarah Wright	Ryston	9:55	U11G
19	Chloe Pratt	Ryston/Nt Wooton	9:55	U11G
20	Mollie Skerritt	Ryston/Ingolds	10:00	U11G
21	Abigail Bransgrove	T St C/Ryston	10:07	U11G
22	Izzy Wood	Nt Wooton/Ryston	10:20	U11G
23	Isla Pearson	Dereham	11:35	U11G

Ryston Runners GP 6 (2019-20)

Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	8:15
2	Archie Rowe	Ryston/Glebe	8:23
3	Bobby Goldsmith	CoNAC	8:33
4	Finn Kaiser	CoNAC / Eaton	8:38
5	Joe Shackleton	Ely	8:39
6	Oscar Best	St Martin	8:43
7	William Saunders	Glebe/Ryston	8:50
8	Jacob Booth	Ryston/Ders	9:08
9	Seth Allott	Wicklewood	9:39
10	Henry Gosnell	Nt Wooton/WN	9:39

Under 11 girls

Position	Name	Club	Time
1	Eva Barton	CoNAC	8:18
2	Lexi Heather	CoNAC	8:40
3	Amber Goddard	CoNAC	8:44
4	Lola Kidman	KLTC/Greyfriar	9:08
5	Lily Goddard	CoNAC	9:18
6	Eloise Edridge	NNH	9:36
7	Evie Clayton	Ryston/Weasingham	9:45
8	Sarah Wright	Ryston	9:55
9	Chloe Pratt	Ryston/Nt Wooton	9:55
10	Mollie Skerritt	Ryston/Ingolds	10:00
11	Abigail Bransgrove	T St C/Ryston	10:07
12	Izzy Wood	Nt Wooton/Ryston	10:20
13	Isla Pearson	Dereham	11:35

Ryston Runners GP 6 (2019-20)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Jake Dorbin	Thetford	11:07	U13B
2	Allyana Mukuya	GYDAC	11:44	U13G
3	Matthew Benson	NNH	11:59	U13B
4	Luke Gilding	Dereham	12:01	U15B
5	Louis Preston	Dereham	12:03	U15B
6	William Wassmer	GYDAC	12:13	U13B
7	Alfie Findlay	Thetford	12:16	U13B
8	Jacob Last	Dereham	12:39	U15B
9	Bethany Wilson	Thetford	12:42	U13G
10	Cody Pearman	Renegade Run	12:43	U13B
11	Georgia Shirley	CoNAC	12:52	U13G
12	Isabella Williams	CoNAC	13:05	U15G
13	Jake Gilding	Der	13:09	U13B
14	Ruby Smith	Ryston	13:26	U13G
15	Dylan Whitehouse	Ryston	14:18	U13B
16	Ackara Black	Ryston	17:21*	U13B
17	Oliver Pearson	Der	17:28*	U13B
18	Aidan Beagles	Renegade Run	17:31*	U13B
19	Anya McNulty	Dereham	19:39*	U13G
20	James McKay-Ferguson	Wisbech	19:58*	U13B

**wrong turn on course*

Ryston Runners GP 6 (2019-20)

Under 13 boys

Position	Name	Club	Time
1	Jake Dorbin	Thetford	11:07
2	Matthew Benson	NNH	11:59
3	William Wassmer	GYDAC	12:13
4	Alfie Findlay	Thetford	12:16
5	Cody Pearman	Renegade Run	12:43
6	Jake Gilding	Der	13:09
7	Dylan Whitehouse	Ryston	14:18
8	Ackara Black	Ryston	17:21
9	Oliver Pearson	Der	17:28
10	Aidan Beagles	Renegade Run	17:31
11	James McKay-Ferguson	Wisbech	19:58

Under 13 girls

Position	Name	Club	Time
1	Allyana Mukuya	GYDAC	11:44
2	Bethany Wilson	Thetford	12:42
3	Georgia Shirley	CoNAC	12:52
4	Ruby Smith	Ryston	13:26
5	Anya McNulty	Dereham	19:39

Under 15 boys

Position	Name	Club	Time
1	Luke Gilding	Dereham	12:01
2	Louis Preston	Dereham	12:03
3	Jacob Last	Dereham	12:39

Under 15 girls

Position	Name	Club	Time
1	Isabella Williams	CoNAC	13:05

Ryston Runners GP 6 (2019-20)

Overall U17s/ Senior/Masters race

Position	Name	Club	Time	Category
1	Jan Kaiser	CoNAC	22:57	MM45-49
2	Nic Bensley	Ryston	23:09	MM50-54
3	John Hopgood	Ryston	23:25	MM40-44
4	Jake Grand	NRR	23:30	SM
5	Bailey Took	Ryston	23:53	U17B
6	Andrew Simmonds	Ryston	24:09	SM
7	Kevin Vaughan	Thet	24:33	MM55-59
8	Paul Ward	BVH	24:53	MM45-49
9	Owen Burge	Ryston	24:54	U17B
10	Ali McDonald	Lonely Goat	26:00	MM55-59
11	Stuart Holmes	Camb Tri	26:03	MM55-59
12	Bernard Mukuya	GYDAC	26:05	MM40-44
13	Daniel Smith	Renegade	26:14	SM
14	Karl Wright	Thetford	26:31	SM
15	Michael Howlett	Ryston	26:34	SM
16	Emma Wood	Ryston	26:37	SW
17	Simon Hardy	KLTC	26:46	MM50-54
18	Jamie Bransgrove	Ryston	26:48	MM40-44
19	Stewart Robins	Ryston	26:51	MM50-54
20	Elizabeth Daly	Dereham	27:08	MW35-39
21	Luke Pavey	U/A	27:18	SM
22	John Dungar	BVH	27:38	SM
23	Peter Wilson	U/A	27:56	MM50-54
24	Shaun Hamer	Ryston	28:22	SM
25	Tony Savage	Ryston	28:25	MM55-59
26	Rebecca Cousins	West Nor	28:50	SW
27	Erin McNulty	Der	29:01	U17G
28	Andy Rowles	Der	29:04	MM55-59
29	Kersten Muller	TCRC	29:15	MM40-44
30	Kristy Guneratne	U/A	29:17	MW35-39
31	Robert Morgan	St Eds	29:19	MM60-64
32	Adrian Grand	NRR	29:27	MM55-59
33	Nicky Roger	Ryston	29:29	MW45-49
34	Jonathan Pearson	U/A	29:41	MM45-49
35	Peter Thompson	Nor Gaz	29:48	MM60-64
36	Mark Crook	Ryston	30:21	MM50-54
37	Kevin Howlett	Ryston	30:31	MM60-64
38	Robert Last	Der	30:35	MM40-44
39	Paul Woodyatt	CoNAC	30:41	MM55-59
40	Alan Rutterford	Ely	30:42	MM50-54
41	Chris Wood	U/A	30:43	SM

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42	Jake Whitehouse	Ryston	30:46	MM40-44
43	Andrew Hammond	Nor Gaz	30:49	MM60-64
44	Deborah Last	Der	30:51	MW45-49
45	Darren Elsdon	KLTC	30:54	MM45-49
46	Neil Anderton	Dereham	31:02	MM65+
47	Nigel Dickins	Pboro & NVH	31:11	MM55-59
48	Nigel Dickins	Pboro / NVH	31:11	MM65+
49	Mark Lewis	St Eds	31:19	MM45-49
50	Paul Parkin	Pboro & NVH	32:10	MM55-59
51	Rob Gosnell	Renegade	32:23	MM40-44
52	Skaiste Gaidamaviciute	U/A	32:37	SW
53	Linda Marshall	Ryston	33:03	MW55-59
54	Georgia Williams	Wym	33:06	SW
55	David Vaughan	St Eds	33:19	MM65+
56	Jenny Morgan	St Eds	33:22	MW60+
57	Peter Johnson	TRA	33:42	MM60-64
58	Julie Ward	U/A	33:52	MW40-44
59	Dawn Marshall	St Eds	34:20	MW55-59
60	Dirk James	U/A	34:29	MM50-54
61	Jane Ashby	Ryston	35:51	MW60+
62	Pauline Sparrow	Ryston	35:53	MW60+
63	Wendy Fisher	Ryston	36:12	MW55-59
64	Eloise Bird	St Eds	36:53	MW50-54
65	Liz Blakie	Ryston	37:25	MW60+
66	Jen Lewis	U/A	37:59	MW45-49
67	Louise Jackson	U/A	38:01	SW
68	Eva Osborne	Wym	38:28	MW60+
69	Nicola Kaiser	U/A	38:39	MW45-49
70	Jacque Wood	Der	39:19	MW60+
71	Carole Preston	Dereham	39:23	MW40-44
72	Sarah Gauvin	Fenland	39:34	MW45-49
73	Gary Franks	U/A	39:51	MM55-59
74	Jill Grand	U/A	40:29	MW50-54
75	Hazel Cason	Der	45:26	MW60+
76	Sue Morris	U/A	46:14	MW60+
77	James Hornigold	Ryston	46:15	MM50-54
78	Jon Richardson	Der	48:21	MM65+
79	Tracey Anderton	Dereham	48:34	MW55-59

Ryston Runners GP 6 (2019-20)

Under 17 boys

Position	Name	Club	Time
1	Bailey Took	Ryston	23:53
2	Owen Burge	Ryston	24:54

Under 17 girls

Position	Name	Club	Time
1	Erin McNulty	Der	29:01

Senior men

Position	Name	Club	Time
1	Jake Grand	NRR	23:30
2	Andrew Simmonds	Ryston	24:09
3	Daniel Smith	Renegade	26:14
4	Karl Wright	Thetford	26:31
5	Michael Howlett	Ryston	26:34
6	Luke Pavey	U/A	27:18
7	John Dungar	BVH	27:38
8	Shaun Hamer	Ryston	28:22
9	Chris Wood	U/A	30:43

Senior women

Position	Name	Club	Time
1	Emma Wood	Ryston	26:37
2	Rebecca Cousins	West Nor	28:50
3	Skaiste Gaidamaviciute	U/A	32:37
4	Georgia Williams	Wym	33:06
5	Louise Jackson	U/A	38:01

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	27:08
2	Kristy Guneratne	U/A	29:17

Master 40-44 men

Position	Name	Club	Time
1	John Hopgood	Ryston	23:25
2	Bernard Mukuya	GYDAC	26:05
3	Jamie Bransgrove	Ryston	26:48
4	Kersten Muller	TCRC	29:15
5	Robert Last	Der	30:35
6	Jake Whitehouse	Ryston	30:46
7	Rob Gosnell	Renegade	32:23

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Master 40-44 women

Position	Name	Club	Time
1	Julie Ward	U/A	33:52
2	Carole Preston	Dereham	39:23

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	22:57
2	Paul Ward	BVH	24:53
3	Jonathan Pearson	U/A	29:41
4	Darren Elsdon	KLTC	30:54
5	Mark Lewis	St Eds	31:19

Master 45-49 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	29:29
2	Deborah Last	Der	30:51
3	Jen Lewis	U/A	37:59
4	Nicola Kaiser	U/A	38:39
5	Sarah Gauvin	Fenland	39:34

Master 50-54 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	23:09
2	Simon Hardy	KLTC	26:46
3	Stewart Robins	Ryston	26:51
4	Peter Wilson	U/A	27:56
5	Mark Crook	Ryston	30:21
6	Alan Rutterford	Ely	30:42
7	Dirk James	U/A	34:29
8	James Hornigold	Ryston	46:15

Master 50-54 women

Position	Name	Club	Time
1	Eloise Bird	St Eds	36:53
2	Jill Grand	U/A	40:29

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Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	24:33
2	Ali McDonald	Lonely Goat	26:00
3	Stuart Holmes	Camb Tri	26:03
4	Tony Savage	Ryston	28:25
5	Andy Rowles	Der	29:04
6	Adrian Grand	NRR	29:27
7	Paul Woodyatt	CoNAC	30:41
8	Nigel Dickins	Pboro & NVH	31:11
9	Paul Parkin	Pboro & NVH	32:10
10	Gary Franks	U/A	39:51

Master 55-59 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	33:03
3	Dawn Marshall	St Eds	34:20
2	Wendy Fisher	Ryston	36:12
4	Tracey Anderton	Dereham	48:34

Master 60-64 men

Position	Name	Club	Time
2	Robert Morgan	St Eds	29:19
1	Peter Thompson	Nor Gaz	29:48
4	Kevin Howlett	Ryston	30:31
3	Andrew Hammond	Nor Gaz	30:49
5	Peter Johnson	TRA	33:42

Master 60+ women

Position	Name	Club	Time
5	Jenny Morgan	St Eds	33:22
3	Jane Ashby	Ryston	35:51
2	Pauline Sparrow	Ryston	35:53
8	Liz Blakie	Ryston	37:25
6	Eva Osborne	Wym	38:28
7	Jacque Wood	Der	39:19
1	Hazel Cason	Der	45:26
4	Sue Morris	U/A	46:14

Ryston Runners GP 6 (2019-20)

Vet 65+ men

Position	Name	Club	Time
2	Neil Anderton	Dereham	31:02
4	Nigel Dickins	Pboro / NVH	31:11
3	David Vaughan	St Eds	33:19
1	Jon Richardson	Der	48:21