

Ryston Runners GP 1 (2018-19)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Ethan Ward	Terr St C	3:00	U9B
2	Jonah Life	NNH	3:04	U9B
3	Keane Mann	NRR	3:07	U9B
4	James Ashton	CoNAC	3:13	U9B
5	Daniel Adcock	Dereham	3:17	U9B
6	George Head	U/A	3:20	U9B
7	Henry Pittock	Fenland	3:28	U9B
8	Ned Steele	St Martin	3:28	U9B
9	Zoe Hipperson	St Martin	3:31	U9G
10	Charlie Eke	West Winch	3:33	U9B
11	Jack Barton	U/A	3:33	U9B
12	Skye Walsingham	CoNAC	3:34	U9G
13	Jasmin Bensen	Coltishall	3:36	U9G
14	Arthur Askham	St Martin	3:36	U9B
15	Alayna Buswell	U/A	3:40	U9G
16	Tom Morgan	Mumford	3:41	U9B
17	Rory Wood	Nt Wooton	3:42	U9B
18	Wilfred Spooner	St Martin	3:44	U9B
19	Leo Wood	Nt Wooton	3:46	U9B
20	Evie Owen	St Martin	3:52	U9G
21	William Simpson	NRR	3:55	U9B
22	Harrison Brewer	St Martin	3:58	U9B
23	Isabel Wood	Nt Woton	3:59	U9G
24	Eva Townsend	Colt Jag	4:04	U9G
25	Henry Whitechurch	Down Prep	4:07	U9B
26	Hector Axcell	St Martin	4:11	U9B
27	Casey Ward	Ter St C	4:13	U9G
28	Stanley Southam-Budds	Atthletboro	4:16	U9B
29	Freddy Carter	St Martin	4:20	U9B
30	Henry Simpson	Down Prep	4:39	U9B
31	Briar Hobbs	St Martin	4:50	U9G
32	Henry Loveday	Down Prep	4:59	U9B
33	George Loveday	Down Prep	5:49	U9B
34	Isabella Hill	Down Prep	7:37	U9G
35	Jacob Hill	Down Prep	9:02	U9B

Ryston Runners GP 1 (2018-19)

Under 9 boys

Position	Name	Club/School	Time
1	Ethan Ward	Terr St C	3:00
2	Jonah Life	NNH	3:04
3	Keane Mann	NRR	3:07
4	James Ashton	CoNAC	3:13
5	Daniel Adcock	Dereham	3:17
6	George Head	U/A	3:20
7	Henry Pittock	Fenland	3:28
8	Ned Steele	St Martin	3:28
9	Charlie Eke	West Winch	3:33
10	Jack Barton	U/A	3:33
11	Arthur Askham	St Martin	3:36
12	Tom Morgan	Mumford	3:41
13	Rory Wood	Nt Wooton	3:42
14	Wilfred Spooner	St Martin	3:44
15	Leo Wood	Nt Wooton	3:46
16	William Simpson	NRR	3:55
17	Harrison Brewer	St Martin	3:58
18	Henry Whitechurch	Down Prep	4:07
19	Hector Axcell	St Martin	4:11
20	Stanley Southam-Budds	Atthletboro	4:16
21	Freddy Carter	St Martin	4:20
22	Henry Simpson	Down Prep	4:39
23	Henry Loveday	Down Prep	4:59
24	George Loveday	Down Prep	5:49
25	Jacob Hill	Down Prep	9:02

Under 9 girls

Position	Name	Club/School	Time
1	Zoe Hipperson	St Martin	3:31
2	Skye Walsingham	CoNAC	3:34
3	Jasmin Bensen	Coltishall	3:36
4	Alayna Buswell	U/A	3:40
5	Evie Owen	St Martin	3:52
6	Isabel Wood	Nt Woton	3:59
7	Eva Townsend	Colt Jag	4:04
8	Casey Ward	Ter St C	4:13
9	Briar Hobbs	St Martin	4:50
10	Isabella Hill	Down Prep	7:37

Ryston Runners GP 1 (2018-19)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Connie Easter	CoNAC	8:04	U11G
2	Jude Linstead	CoNAC	8:14	U11B
3	Edith Avowlanu	CoNAC	8:17	U11G
4	Reuben Xuereb	NNH	8:25	U11B
5	Billy Eccles	Nor Gaz	8:30	U11B
6	Henry Ashton	CoNAC	8:42	U11B
7	Rhys Buswell	NVH	8:59	U11B
8	Archie Rowe	Ryston	9:03	U11B
9	Max Barton	Diss	9:06	U11B
10	Ackara Black	Ryston	9:07	U11B
11	Kieran Walpole	NNH	9:15	U11B
12	Thomas Elsdon	Nt Wooton	9:27	U11B
13	Lilymae Coote	Gt Yar	9:28	U11G
14	William Saunders	Ryston	9:28	U11B
15	Dylan Whitehouse	Ryston	9:28	U11B
16	Freya Walsingham	CoNAC	9:30	U11G
17	Eva Eccles	Nor Gaz	9:40	U11G
18	Rosie Head	CoNAC	9:41	U11G
19	Lola Kidman	KLTC (Greyfriars)	9:42	U11G
20	Eloise Edridge	NNH	9:48	U11G
21	Hette Koulman	Ryston (Greyfriars)	9:49	U11G
22	Erin Hernon	CoNAC	9:49	U11G
23	William Broad	Down Prep	9:54	U11B
24	Lucy Paine	St Martin	10:28	U11G
25	Eliza Adcock	Dereham	10:32	U11G
26	Mollie Skerrit	Ryston (Ingle)	10:32	U11G
27	Esther Broad	Down Preo	10:53	U11G
28	Jennifer Wood	WN (Ter St C)	10:57	U11G
29	Tibby Ellis	Ryton	11:45	U11G
30	Luke Ridgewell	Down Prep	12:00	U11B
31	Lily Ridgewell	Down Prep	13:02	U11G
32	Poppy Balaam	CoNAC	13:07	U11G
33	Lily Jerney	St Martin	13:44	U11G
34	James McKay-Ferguson	Down Prep	14:09	U11B

Ryston Runners GP 1 (2018-19)

Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	8:14
2	Reuben Xuereb	NNH	8:25
3	Billy Eccles	Nor Gaz	8:30
4	Henry Ashton	CoNAC	8:42
5	Rhys Buswell	NVH	8:59
6	Archie Rowe	Ryston	9:03
7	Max Barton	Diss	9:06
8	Ackara Black	Ryston	9:07
9	Kieran Walpole	NNH	9:15
10	Thomas Elsdon	Nt Wooton	9:27
11	William Saunders	Ryston	9:28
12	Dylan Whitehouse	Ryston	9:28
13	William Broad	Down Prep	9:54
14	Luke Ridgewell	Down Prep	12:00
15	James McKay-Ferguson	Down Prep	14:09

Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	8:04
2	Edith Avowlanu	CoNAC	8:17
3	Lilymae Coote	Gt Yar	9:28
4	Freya Walsingham	CoNAC	9:30
5	Eva Eccles	Nor Gaz	9:40
6	Rosie Head	CoNAC	9:41
7	Lola Kidman	KLTC (Greyf)	9:42
8	Eloise Edridge	NNH	9:48
9	Hette Koulman	Ryston (Greyf)	9:49
10	Erin Hernon	CoNAC	9:49
11	Lucy Paine	St Martin	10:28
12	Eliza Adcock	Dereham	10:32
13	Mollie Skerrit	Ryston (Ingl)	10:32
14	Esther Broad	Down Prep	10:53
15	Jennifer Wood	WN (Ter St C)	10:57
16	Tibby Ellis	Ryton	11:45
17	Lily Ridgewell	Down Prep	13:02
18	Poppy Balaam	CoNAC	13:07
19	Lily Jermey	St Martin	13:44

Ryston Runners GP 1 (2018-19)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	James Peck	Thetford	9:46	U15B
2	Ben Peck	Thetford	9:58	U13B
3	Billy Life	NNH	10:19	U15B
4	Campbell Pick	Ryston	10:40	U15B
5	Hattie Reynolds	NNH	11:01	U15G
6	Innes O'Malley	NNH	11:21	U15B
7	Jannis Koulman	Ryston	11:30	U15B
8	Daniel Harrison	Gt Yar	11:33	U15B
9	Alice Daniels	CoNAC	11:45	U15G
10	Owen Kitchener	Ryston	11:51	U15B
11	Abigail Clouston	Thetford	11:56	U15G
12	Jake Dorbin	Thetford	12:01	U13B
13	Abbi McCallum	NNH	12:08	U13G
14	Daniel Clouston	Thet	12:22	U13B
15	Bethany Wilson	Thetford	12:29	U13G
16	Matthew Benson	NNH	12:37	U13B
17	Isabella Williams	CoNAC	12:49	U13G
18	Jake Gilding	Dereham	13:06	U13B
19	Evie Goldring	Ryston	13:17	U13G
20	Louise Preston	Dereham	13:18	U13B
21	Caitlin Hernon	U/A	13:30	U13G
22	Luke Gilding	Dereham	13:33	U13B
23	Jacob Last	Dereham	13:35	U13B
24	Ella Goldring	Ryston	13:41	U13G
25	Joe Clarke	NRR	13:47	U13B
26	Isabella Green	Dereham	13:52	U13G
27	Jess Hyman	NRR	14:04	U13G
28	Bethany Barrett	Dereham	15:46	U15G
29	Sophie Doig	KLTC	15:51	U13G
30	Elizabeth Wood	WN	15:57	U15G
31	Martha Broad	CoNAC	16:13	U13G
32	Belle Watkins	Nor Gaz	16:22	U13G

Ryston Runners GP 1 (2018-19)

Under 13 boys

Position	Name	Club	Time
1	Ben Peck	Thetford	9:58
2	Jake Dorbin	Thetford	12:01
3	Daniel Clouston	Thet	12:22
4	Matthew Benson	NNH	12:37
5	Jake Gilding	Dereham	13:06
6	Louise Preston	Dereham	13:18
7	Luke Gilding	Dereham	13:33
8	Jacob Last	Dereham	13:35
9	Joe Clarke	NRR	13:47

*course record

Under 13 girls

Position	Name	Club	Time
1	Abbi McCallum	NNH	12:08
2	Bethany Wilson	Thetford	12:29
3	Isabella Williams	CoNAC	12:49
4	Evie Goldring	Ryston	13:17
5	Caitlin Hernon	U/A	13:30
6	Ella Goldring	Ryston	13:41
7	Isabella Green	Dereham	13:52
8	Jess Hyman	NRR	14:04
9	Sophie Doig	KLTC	15:51
10	Martha Broad	CoNAC	16:13
11	Belle Watkins	Nor Gaz	16:22

Under 15 boys

Position	Name	Club	Time
1	James Peck	Thetford	9:46
2	Billy Life	NNH	10:19
3	Campbell Pick	Ryston	10:40
4	Innes O'Malley	NNH	11:21
5	Jannis Koulman	Ryston	11:30
6	Daniel Harrison	Gt Yar	11:33
7	Owen Kitchener	Ryston	11:51

Under 15 girls

Position	Name	Club	Time
1	Hattie Reynolds	NNH	11:01
2	Alice Daniels	CoNAC	11:45
3	Abigail Clouston	Thetford	11:56
4	Bethany Barrett	Dereham	15:46
5	Elizabeth Wood	WN	15:57

Ryston Runners GP 1 (2018-19)

Overall U17/Senior/Masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	Ryston	16:03	SM
2	Charlie Wakefield	Ryston	16:04	U17M
3	Michal Wegrzyn	U/A	16:21	SM
4	William Browne	CoNAC	16:23	U17M
5	Chris Balmer	Ryston	16:41	SM
6	Robert Simmonds	Ryston	17:13	SM
7	Nic Bensley	Ryston	17:20	MM 45-49
8	Richard Ebbs	Ryston	17:23	MM 45-49
9	Andrew Simmonds	Ryston	17:24	SM
10	Ben Keeley	Ryston	17:24	SM
11	Kevin Vaughan	Thet	17:58	MM 55-59
12	Toby Legh-Hayton	Ryston	18:05	U17M
13	Aidan Banfield	CoNAC	18:05	U17M
14	Mark Banfield	Wymond	18:17	MM 45-49
15	Shaun Mann	Ryston	18:27	MM 45-49
16	Stuart Holmes	Camb Tri	18:28	MM 50-54
17	Chris Mitchell	Harrier of Der	18:31	SM
18	Kieran McFarlane	CoNAC	18:32	U17M
19	Ryan Wood	Dereham	19:00	U17M
20	Oli O'Malley	NNH	19:09	U17M
21	Sam Swales	Dereham	19:14	U17M
22	Karl Wright	Thetford	19:14	SM
23	Malcolm Tuff	Ryston	19:20	MM 50-54
24	Paul O'Malley	U/A	19:36	MM 45-49
25	Jake Grand	NRR	19:54	SM
26	Simon Riches	KLTC	19:58	MM 50-54
27	Peter Bird	St Eds	19:59	MM 45-49
28	Alistair Doig	KLTC	20:04	MM 45-49
29	Pete Reed	Ryston	20:07	SM
30	Adie Grand	NRR	20:13	MM 50-54
31	Nigel Horney	Keswick	20:14	MM 60-64
32	Bailey Took	Ryston	20:16	U17M
33	Digby Franningham	Ryston	20:19	MM 55-59
34	Steve Brewer	Ryston	20:25	MM 40-44
35	Charlie Ritchie	C&C	20:31	MM 60-64
36	Darren Edridge	U/A	20:33	MM 50-54
37	Emma Wood	U/A	20:37	SW
38	Ian Kidman	KLTC	20:43	MM 50-54
39	Ben Collison	WN	20:45	SM
40	Shaun Hamer	Ryston	20:50	SM
41	Tony Savage	Ryston	20:53	MM 55-59

Ryston Runners GP 1 (2018-19)

42	Gary Malliband	Thetford	20:54	MM 45-49
43	Roy Aspinall	U/A	21:00	MM 55-59
44	David Pettit	U/A	21:04	MM 50-54
45	Pete Johnson	Ryston	21:05	MM 60-64
46	Kersten Muller	TCRC	21:15	MM 40-44
47	Franc Gribben	BVH	21:20	MM 65+
48	Joanne Watkins	Nor Gaz	21:29	SW
49	Albert Koulman	U/A	21:38	MM 45-49
50	William Hall	Dereham	21:40	U17M
51	Claire Wilshaw	Camb Tri	21:42	MW 35-39
52	Kevin Howlett	Ryston	21:45	MM 60-64
53	Adrian Hall	Wymond	21:47	MM 50-54
54	Grace Bird	Dereham	21:48	SW
55	Elies Mann	NRR	21:49	MW 45-49
56	Gerald Meah	C&C	21:49	MM 60-64
57	Jennifer Clark	U/A	21:49	SW
58	James McFarlane	CoNAC	21:53	MM 45-49
59	Lesley Robins	Ryston	22:00	MW 45-49
60	Lee Watkins	U/A	22:02	SM
61	Pawel Wegrzyn	U/A	22:06	SM
62	Penny Seeger	Ryston	22:10	SW
63	Stephen Hatten	St Eds	22:21	MM 50-54
64	Ally Hadden	NRR	22:22	MM 45-49
65	Georgia Williams	Wymond	22:24	SW
66	Amy Balaam	BVH	22:27	MW 35-39
67	Mina Tsvedanova	U/A	22:32	SW
68	Abigail Foster	Dereham	22:33	SW
69	Andrew Hammond	Nor Gaz	22:36	MM 60-64
70	Peter Swales	Dere	22:38	MM 55-59
71	Alan Burgin	Hunts	22:44	MM 65+
72	Chris Playford	KLTC	22:45	MM 50-54
73	Christine Ashton	U/A	22:50	MW 40-44
74	Robert Morgan	St Eds	22:56	MM 55-59
75	Jacky Walsingham	Ryston	23:00	MW 45-49
76	Colin Simpson	Phoenix	23:06	MM 65+
77	Mai Loram	Ryston	23:18	U17W
78	Jenny Morgan	St Eds	23:24	MW 60+
79	Stephanie Clouston	Thet	23:25	MW 45-49
80	Linda Marshall	Ryston	23:29	MW 50-54
81	Jake Whitehouse	Ryston	23:40	SM
82	Robert Last	Dereham	23:50	MM 40-44
83	Glyn Smith	C&C	23:53	MM 65+
84	Debbie James	WN	24:02	MW 45-49

Ryston Runners GP 1 (2018-19)

85	Neil Anderson	Dere	24:12	MM 65+
86	Nina Koulman	Ryston	24:22	U17W
87	Duncan Harrison	Gt Yar	24:29	MM 40-44
88	Sarah Gauvin	Fenland	24:30	MW 45-49
89	Elizabeth Peck	Thetford	24:36	MW 40-44
90	Neville Knights	Dere	24:37	MM 55-59
91	Peter Johnson	St Eds	24:39	MM 55-59
92	Kate Bamfield	WN	24:43	SW
93	Emma Thompson	Ryston	24:46	MW 40-44
94	Paul Firmage	Ryston	24:51	MM 60-64
95	Vicki Drake	TCRC	24:56	MW 40-44
96	Christopher Milnes	Ryston	25:05	MM 60-64
97	Phil Mills	U/A	25:08	SM
98	Eloise Bird	St Eds	25:18	MW 50-54
99	Simon Goldring	U/A	25:41	MM 45-49
100	David Lane	Ryston	26:00	MM 50-54
101	Wendy Fisher	Ryston	26:12	MW 50-54
102	Gill Grand	U/A	26:21	MW 50-54
103	Liz Blakely	Ryston	26:36	MW 60+
104	Carolyn Cordner	U/A	26:53	MW 50-54
105	Victoria May	TCRC	26:58	MW 45-49
106	Julia Pepperell	KLTC	28:02	MW 55-59
107	Robert Belcher	NRR	28:20	MM 60-64
108	Wobine DeSitter	U/A	28:44	MW 45-49
109	Jo Reynolds	U/A	29:32	MW 45-49
110	Sue Simpson	Phoenix	29:40	MW 55-59
111	Cheryl Lenton	TCRC	29:46	MW 40-44
112	Eva Osborne	Wymond	30:28	MW 60+
113	John Richardson	Dere	30:36	MM 65+
114	Michelle Edridge	U/A	30:42	MW 45-49
115	Rebecca Clarke	U/A	30:53	MW 40-44
116	Jenny Rowley	U/A	30:54	MW 55-59
117	Hazel Cason	Dereham	31:20	MW 60+
118	Carol Preston	U/A	33:27	MW 40-44
119	Jess Cunningham	KLTC	35:47	MW 45-49

Ryston Runners GP 1 (2018-19)

Under 17 boys

Position	Name	Club	Time
1	Charlie Wakefield	Ryston	16:04
2	William Browne	CoNAC	16:23
3	Toby Legh-Hayton	Ryston	18:05
4	Aidan Banfield	CoNAC	18:05
5	Kieran McFarlane	CoNAC	18:32
6	Ryan Wood	Dereham	19:00
7	Oli O'Malley	NNH	19:09
8	Sam Swales	Dereham	19:14
9	Bailey Took	Ryston	20:16
10	William Hall	Dereham	21:40

Under 17 girls

Position	Name	Club	Time
1	Mai Loram	Ryston	23:18
2	Nina Koulman	Ryston	24:22

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	16:03
2	Michal Wegrzyn	U/A	16:21
3	Chris Balmer	Ryston	16:41
4	Robert Simmonds	Ryston	17:13
5	Andrew Simmonds	Ryston	17:24
6	Ben Keeley	Ryston	17:24
7	Chris Mitchell	Harriers of Der	18:31
8	Karl Wright	Thetford	19:14
9	Jake Grand	NRR	19:54
10	Pete Reed	Ryston	20:07
11	Ben Collison	WN	20:45
12	Shaun Hamer	Ryston	20:50
13	Lee Watkins	U/A	22:02
14	Pawel Wegrzyn	U/A	22:06
15	Jake Whitehouse	Ryston	23:40
16	Phil Mills	U/A	25:08

Ryston Runners GP 1 (2018-19)

Senior women

Position	Name	Club	Time
1	Emma Wood	U/A	20:37
2	Joanne Watkins	Nor Gaz	21:29
3	Grace Bird	Dereham	21:48
4	Jennifer Clark	U/A	21:49
5	Penny Seeger	Ryston	22:10
6	Georgia Williams	Wymond	22:24
7	Mina Tsvedanova	U/A	22:32
8	Abigail Foster	Dereham	22:33
9	Kate Bamfield	WN	24:43

Master 35-39 women

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	21:42
2	Amy Balaam	BVH	22:27

Master 40-44 men

Position	Name	Club	Time
1	Steve Brewer	Ryston	20:25
2	Kersten Muller	TCRC	21:15
3	Robert Last	Dereham	23:50
4	Duncan Harrison	Gt Yar	24:29

Master 40-44 women

Position	Name	Club	Time
1	Christine Ashton	U/A	22:50
2	Elizabeth Peck	Thetford	24:36
3	Emma Thompson	Ryston	24:46
4	Vicki Drake	TCRC	24:56
5	Cheryl Lenton	TCRC	29:46
6	Rebecca Clarke	U/A	30:53
7	Carol Preston	U/A	33:27

Ryston Runners GP 1 (2018-19)

Master 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	17:20
2	Richard Ebbs	Ryston	17:23
3	Mark Banfield	Wymond	18:17
4	Shaun Mann	Ryston	18:27
5	Paul O'Malley	U/A	19:36
6	Peter Bird	St Eds	19:59
7	Alistair Doig	KLTC	20:04
8	Gary Malliband	Thetford	20:54
9	Albert Koulman	U/A	21:38
10	James McFarlane	CoNAC	21:53
11	Ally Hadden	NRR	22:22
12	Simon Goldring	U/A	25:41

Master 45-49 women

Position	Name	Club	Time
1	Elies Mann	NRR	21:49
2	Lesley Robins	Ryston	22:00
3	Jacky Walsingham	Ryston	23:00
4	Stephanie Clouston	Thet	23:25
5	Debbie James	WN	24:02
6	Sarah Gauvin	Fenland	24:30
7	Victoria May	TCRC	26:58
8	Wobine DeSitter	U/A	28:44
9	Jo Reynolds	U/A	29:32
10	Michelle Edridge	U/A	30:42
11	Jess Cunningham	KLTC	35:47

Master 50-54 men

Position	Name	Club	Time
1	Stuart Holmes	Camb Tri	18:28
2	Malcolm Tuff	Ryston	19:20
3	Simon Riches	KLTC	19:58
4	Adie Grand	NRR	20:13
5	Darren Edridge	U/A	20:33
6	Ian Kidman	KLTC	20:43
7	David Pettit	U/A	21:04
8	Adrian Hall	Wymond	21:47
9	Stephen Hatten	St Eds	22:21
10	Chris Playford	KLTC	22:45
11	David Lane	Ryston	26:00

Ryston Runners GP 1 (2018-19)

Master 50-54 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	23:29
2	Eloise Bird	St Eds	25:18
3	Wendy Fisher	Ryston	26:12
4	Gill Grand	U/A	26:21
5	Carolyn Cordner	U/A	26:53

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	17:58
2	Digby Franningham	Ryston	20:19
3	Tony Savage	Ryston	20:53
4	Roy Aspinall	U/A	21:00
5	Peter Swales	Dere	22:38
6	Robert Morgan	St Eds	22:56
7	Neville Knights	Dere	24:37
8	Peter Johnson	St Eds	24:39

Master 55-59 women

Position	Name	Club	Time
1	Julia Pepperell	KLTC	28:02
2	Sue Simpson	Phoenix	29:40
3	Jenny Rowley	U/A	30:54

Master 60-64 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	20:14
2	Charlie Ritchie	C&C	20:31
3	Pete Johnson	Ryston	21:05
4	Kevin Howlett	Ryston	21:45
5	Gerald Meah	C&C	21:49
6	Andrew Hammond	Nor Gaz	22:36
7	Paul Firmage	Ryston	24:51
8	Christopher Milnes	Ryston	25:05
9	Robert Belcher	NRR	28:20

Master 60+ women

Position	Name	Club	Time
1	Jenny Morgan	St Eds	23:24
2	Liz Blakely	Ryston	26:36
3	Eva Osborne	Wymond	30:28
4	Hazel Cason	Dereham	31:20

Ryston Runners GP 1 (2018-19)

Vet 65+ men

Position	Name	Club	Time
1	Franc Gribben	BVH	21:20
2	Alan Burgin	Hunts	22:44
3	Colin Simpson	Phoenix	23:06
4	Glyn Smith	C&C	23:53
5	Neil Anderton	Dere	24:12
6	John Richardson	Dere	30:36