

Ryston Runners GP 2 (2018-19)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Oscar Best	St Martin	02:55	U9B
2	Rupert Askham	St Martin	02:57	U9B
3	Jonah Life	NNH	03:07	U9B
4	James Ashton	CoNAC	03:07	U9B
5	Keane Mann	NRR	03:11	U9B
6	Jacob Booth	U/A	03:17	U9B
7	Oliver Gould	Riddlesworth	03:19	U9B
8	Thomas Simmonds	U/A	03:23	U9B
9	Henry Pittock	Fenland	03:25	U9B
10	George Head	U/A	03:26	U9B
11	Lily Goddard	CoNAC	03:28	U9G
12	Zoe Hipperson	St Martin	03:31	U9G
13	Skye Walsingham	CoNAC	03:34	U9G
14	Jack Barton	St Andrew	03:36	U9B
15	Florence Abbott	U/A	03:36	U9G
16	Rory Wood	Nt Wooton	03:39	U9B
17	Arthur Askham	St Martin	03:42	U9B
18	Alayna Buswell	U/A	03:42	U9G
19	Kaitlyn Allen	Holly Mead	03:43	U9G
20	Jasmine Benson	U/A	03:44	U9G
21	Tommy Morgan	Mundford	03:46	U9B
22	Leo Wood	Nt Wooton	03:48	U9B
23	Jacob Malik	Down Prep	03:49	U9B
24	Millie Attridge	U/A	03:49	U9G
25	Wilfred Spooner	St Martin	03:53	U9B
26	Finley Whitehouse	U/A	03:55	U9B
27	Isabel Wood	Nt Wooton	03:56	U9G
28	Evie Owen	St Martin	03:57	U9G
29	Poppy Findlay	Thetford (Mundford)	03:57	U9G
30	Briar Hobbs	St Martin	03:59	U9G
31	Harrison Brewer	St Martin	04:01	U9B
32	Erin Baddeley	U/A	04:06	U9G
33	Freddie Carter	St Martin	04:16	U9B
34	Iona Baddeley	U/A	04:16	U9G
35	Hector Axcell	St Martin	04:24	U9B
36	Ellie Bransgrove	Ter St Clem	04:28	U9G
37	Henry Whitechurch	Down Prep	04:31	U9B
38	Ezra Lewis	Down Prep	04:39	U9B
39	Henry Loveday	Down Prep	04:42	U9B
40	Charlie Steel	Down Prep	04:48	U9B
41	Luke Wilson	U/A	05:20	U9B

Ryston Runners GP 2 (2018-19)

42	George Loveday	Down Prep	05:30	U9B
43	Scareltt Wortley	Down Prep	05:37	U9G
44	Judah Atkins-Levy	St Martin	05:53	U9B
45	Isabella Hill	Down Prep	07:43	U9G

Under 9 boys

Position	Name	Club/School	Time
1	Oscar Best	St Martin	02:55
2	Rupert Askham	St Martin	02:57
3	Jonah Life	NNH	03:07
4	James Ashton	CoNAC	03:07
5	Keane Mann	NRR	03:11
6	Jacob Booth	U/A	03:17
7	Oliver Gould	Riddlesworth	03:19
8	Thomas Simmonds	U/A	03:23
9	Henry Pittock	Fenland	03:25
10	George Head	U/A	03:26
11	Jack Barton	St Andrew	03:36
12	Rory Wood	Nt Wooton	03:39
13	Arthur Askham	St Martin	03:42
14	Tommy Morgan	Mundford	03:46
15	Leo Wood	Nt Wooton	03:48
16	Jacob Malik	Down Prep	03:49
17	Wilfred Spooner	St Martin	03:53
18	Finley Whitehouse	U/A	03:55
19	Harrison Brewer	St Martin	04:01
20	Freddie Carter	St Martin	04:16
21	Hector Axcell	St Martin	04:24
22	Henry Whitechurch	Down Prep	04:31
23	Ezra Lewis	Down Prep	04:39
24	Henry Loveday	Down Prep	04:42
25	Charlie Steel	Down Prep	04:48
26	Luke Wilson	U/A	05:20
27	George Loveday	Down Prep	05:30
28	Judah Atkins-Levy	St Martin	05:53

Ryston Runners GP 2 (2018-19)

Under 9 girls

Position	Name	Club/School	Time
1	Lily Goddard	CoNAC	03:28
2	Zoe Hipperson	St Martin	03:31
3	Skye Walsingham	CoNAC	03:34
4	Florence Abbott	U/A	03:36
5	Alayna Buswell	U/A	03:42
6	Kaitlyn Allen	Holly Mead	03:43
7	Jasmine Benson	U/A	03:44
8	Millie Attridge	U/A	03:49
9	Isabel Wood	Nt Wooton	03:56
10	Evie Owen	St Martin	03:57
11	Poppy Findlay	Thetford (Mundford)	03:57
12	Briar Hobbs	St Martin	03:59
13	Erin Baddeley	U/A	04:06
14	Iona Baddeley	U/A	04:16
15	Ellie Bransgrove	Ter St Clem	04:28
16	Scareltt Wortley	Down Prep	05:37
17	Isabella Hill	Down Prep	07:43

Ryston Runners GP 2 (2018-19)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Connie Easter	CoNAC	8:02	U11G
2	Billy Eccles	Nor Gaz	8:15	U11B
3	Reuben Xuereb	NNH	8:23	U11B
4	Edith Avowlanu	CoNAC	8:28	U11G
5	Henry Ashton	CoNAC	8:42	U11B
6	Rhys Buswell	NVH	8:48	U11B
7	Archie Rowe	Ryston	8:59	U11B
8	Eva Barton	Diss (Riddlesworth)	9:02	U11G
9	Poppy Baddely	Ely	9:04	U11G
10	Georgia Shirley	CoNAC	9:04	U11G
11	Kieran Walpole	NNH	9:10	U11B
12	Eloise Edridge	NNH	9:12	U11G
13	William Saunders	Ryston	9:18	U11B
14	Sam Doughty	Ryston	9:19	U11B
15	Ella Goldring	Ryston	9:20	U11G
16	Theo Loram	Ryston	9:26	U11B
17	Monty Findlay	Thet (Mundford)	9:29	U11B
18	William Broad	Down Prep	9:31	U11B
19	Amber Goddard	CoNAC	9:31	U11G
20	Alfie Findlay	Thet (Mundford)	9:33	U11B
21	Max Barton	Diss	9:35	U11B
22	Rosie Head	CoNAC	9:35	U11G
23	James Hall	U/A	9:39	U11B
24	Dylan Whitehouse	Ryston	9:41	U11B
25	Thomas Elsdon	Nt Wooton	9:42	U11B
26	Jamie Wilson	U/A	9:44	U11B
27	Lilymae Coote	GYDAC	9:53	U11G
28	Eva Eccles	Nor Gaz	9:58	U11G
29	Lola Kidman	KLTC	9:59	U11G
30	Zoe Wilson	U/A	10:02	U11G
31	Beau Loram	Ryston	10:04	U11B
32	Freya Walsingham	CoNAC	10:10	U11G
33	Hette Koulman	Ryston	10:12	U11G
34	Clarice Cavill	Ryston	10:28	U11G
35	Beatrice Green	Der	11:11	U11G
36	Brandon Hankinson	Greyfriars	11:14	U11B
37	Freya Baddely	Ely	11:20	U11G
38	Esther Broad	Down Prep	11:55	U11G
39	Tully Hobbs	St Martin	12:05	U11B
40	Ryan Sumner	Der	12:16	U11B
41	BB Brook	CoNAC	12:43	U11G

Ryston Runners GP 2 (2018-19)

42	Lily Jermey	St Martin	13:06	U11G
43	Amelia Challen	Down Prep	13:25	U11G
44	Luke Ridgewell	Down Prep	13:55	U11B
45	James McKay-Ferguson	Down Prep	14:26	U11B

Under 11 boys

Position	Name	Club	Time
1	Billy Eccles	Nor Gaz	8:15
2	Reuben Xuereb	NNH	8:23
3	Henry Ashton	CoNAC	8:42
4	Rhys Buswell	NVH	8:48
5	Archie Rowe	Ryston	8:59
6	Kieran Walpole	NNH	9:10
7	William Saunders	Ryston	9:18
8	Sam Doughty	Ryston	9:19
9	Theo Loram	Ryston	9:26
10	Monty Findlay	Thet (Mundford)	9:29
11	William Broad	Down Prep	9:31
12	Alfie Findlay	Thet (Mundford)	9:33
13	Max Barton	Diss	9:35
14	James Hall	U/A	9:39
15	Dylan Whitehouse	Ryston	9:41
16	Thomas Elsdon	Nt Wooton	9:42
17	Jamie Wilson	U/A	9:44
18	Beau Loram	Ryston	10:04
19	Brandon Hankinson	Greyfriars	11:14
20	Tully Hobbs	St Martin	12:05
21	Ryan Sumner	Der	12:16
22	Luke Ridgewell	Down Prep	13:55
23	James McKay-Ferguson	Down Prep	14:26

Ryston Runners GP 2 (2018-19)

Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	8:02
2	Edith Avowlanu	CoNAC	8:28
3	Eva Barton	Diss (Riddlesworth)	9:02
4	Poppy Baddely	Ely	9:04
5	Georgia Shirley	CoNAC	9:04
6	Eloise Edridge	NNH	9:12
7	Ella Goldring	Ryston	9:20
8	Amber Goddard	CoNAC	9:31
9	Rosie Head	CoNAC	9:35
10	Lilymae Coote	GYDAC	9:53
11	Eva Eccles	Nor Gaz	9:58
12	Lola Kidman	KLTC	9:59
13	Zoe Wilson	U/A	10:02
14	Freya Walsingham	CoNAC	10:10
15	Hette Koulman	Ryston	10:12
16	Clarice Cavill	Ryston	10:28
17	Beatrice Green	Der	11:11
18	Freya Baddely	Ely	11:20
19	Esther Broad	Down Prep	11:55
20	BB Brook	CoNAC	12:43
21	Lily Jerney	St Martin	13:06
22	Amelia Challen	Down Prep	13:25

Ryston Runners GP 2 (2018-19)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Billy Life	NNH	10:16	U15B
2	Campbell Pick	Ryston	10:34	U15B
3	Tia-Lily Crane	CoNAC	10:46	U15G
4	Abigail Clouston	Thetford	11:26	U15G
5	Memphis Symonds	CoNAC	11:28	U15G
6	Jannis Koulman	Ryston	11:37	U15B
7	Jake Dorbin	Thetford	11:42	U13B
8	Alice Daniels	CoNAC	11:48	U15G
9	Charlie Crane	CoNAC	11:58	U13B
10	Daniel Clouston	Thet	11:58	U13B
11	Esme Abbott	CoNAC	12:18	U13G
12	Isabella Williams	CoNAC	12:21	U13G
13	Matthew Benson	NNH	12:24	U13B
14	Luke Gilding	Dereham	12:25	U13B
15	Fred Rednall	Attlebo	12:28	U13B
16	Louis Preston	Dereham	12:33	U13B
17	Jake Gilding	Dereham	12:57	U13B
18	Evie Goldring	Ryston	13:02	U13G
19	Bethany Wilson	Thetford	13:05	U13G
20	Callum Wing	Thet	13:28	U13B
21	Jacob Last	Dereham	13:35	U13B
22	Isabella Green	Dereham	14:02	U13G
23	Alex Wilson	U/A	14:30	U13B
24	Lucy Allen	U/A	14:45	U15G
25	Oakley Took	Ryston	15:09	U13B
26	Sienna Coe	Dereham	16:04	U13G
27	Isabella Allen	U/A	19:45	U13G

Ryston Runners GP 2 (2018-19)

Under 13 boys

Position	Name	Club	Time
1	Jake Dorbin	Thetford	11:42
2	Charlie Crane	CoNAC	11:58
3	Daniel Clouston	Thet	11:58
4	Matthew Benson	NNH	12:24
5	Luke Gilding	Dereham	12:25
6	Fred Rednall	Attlebo	12:28
7	Louis Preston	Dereham	12:33
8	Jake Gilding	Dereham	12:57
9	Callum Wing	Thet	13:28
10	Jacob Last	Dereham	13:35
11	Alex Wilson	U/A	14:30
12	Oakley Took	Ryston	15:09

Under 13 girls

Position	Name	Club	Time
1	Esme Abbott	CoNAC	12:18
2	Isabella Williams	CoNAC	12:21
3	Evie Goldring	Ryston	13:02
4	Bethany Wilson	Thetford	13:05
5	Isabella Green	Dereham	14:02
6	Sienna Coe	Dereham	16:04
7	Isabella Allen	U/A	19:45

Under 15 boys

Position	Name	Club	Time
1	Billy Life	NNH	10:16
2	Campbell Pick	Ryston	10:34
3	Jannis Koulman	Ryston	11:37

Under 15 girls

Position	Name	Club	Time
1	Tia-Lily Crane	CoNAC	10:46
2	Abigail Clouston	Thetford	11:26
3	Memphis Symonds	CoNAC	11:28
4	Alice Daniels	CoNAC	11:48
5	Lucy Allen	U/A	14:45

Ryston Runners GP 2 (2018-19)

Overall Under 17s race

Position	Name	Club	Time	Category
1	Kieran McFarlane	CoNAC	16:38	U17M
2	Aidan Banfield	CoNAC	16:49	U17M
3	Ryan Lingwood	Der	16:54	U17M
4	Bailey Took	Ryston	19:15	U17M
5	Rosie Booth	Ryston	20:03	U17W
6	Tom Carey	NRR	20:54	U17M
7	Mai Loram	Ryston	22:09	U17W
8	Nina Koulman	Ryston	23:03	U17W

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Sam Coyne	BVH	29:07	SM
2	Michal Wegrzyn	U/A	29:16	SM
3	Ryan Davidson	BVH	29:23	SM
4	Spencer Goodall	CoNAC	30:06	MM50-54
5	Daniel Guppy	KLTC	31:10	SM
6	Ben Keeley	Ryston	31:23	SM
7	Nic Bensley	Ryston	31:40	MM45-49
8	Alex Metcalfe	Ely	31:48	SM
9	Robert Simmonds	Ryston	31:51	SM
10	Mark Banfield	Wym	32:10	MM45-49
11	Chris Cooke	St Eds	32:19	MM55-59
12	Chris Mitchell	Harriers of Der	32:41	SM
13	Matt Stone	BVH	32:50	MM45-49
14	Matt Howard	NRR	33:17	SM
15	Faith Viney	BVH	33:17	SW
16	Andrew Simmonds	Ryston	33:23	SM
17	Simon Smith	Thet	33:48	MM40-44
18	Karl Wright	Thet	33:58	SM
19	Jake Steerman	BVH	34:06	SM
20	Paul O'Malley	U/A	34:13	MM45-49
21	Stuart Holmes	Camb Tri	34:19	MM50-54
22	Richard Hill	Ely	34:32	MM40-44
23	Ben Collison	WN	35:09	SM
24	Neil Watson	WN	35:28	MM45-49
25	Ross Ashton	CoNAC	35:31	MM40-44
26	Stewart Robins	Ryston	35:50	MM50-54
27	Jack Noble	BVH	36:01	SM
28	Martin Koenigsberger	WN	36:08	MM45-49
29	Simon Riches	KLTC	36:23	MM50-54
30	Simon Hardy	KLTC	36:33	MM45-49

Ryston Runners GP 2 (2018-19)

31	Jane Clarke	CoNAC	36:41	MW55-59
32	Steve Brewer	Ryston	36:42	MM40-44
33	Matthew Mason	Ely	37:00	MM45-49
34	Autumn Hales	BVH	37:01	SW
35	Nigel Horney	Keswick	37:06	MM60-64
36	Stuart Milnes	U/A	37:21	SM
37	Christine Antony	WSF	37:23	MW55-59
38	Christian Pick	U/A	37:24	SM
39	Darren Edridge	U/A	37:26	MM50-54
40	Ian Kidman	KLTC	37:31	MM50-54
41	John Baxter	BVH	37:34	MM60-64
42	Gary Malliband	Thetford	37:36	MM45-49
43	Tony Savage	Ryston	37:44	MM55-59
44	Dave Neale	KLTC	37:49	MM60-64
45	David Pettit	U/A	38:06	MM50-54
46	Austin Wiehahn	C&C	38:19	MM40-44
47	Kevin Howlett	Ryston	38:41	MM60-64
48	Adam Chown	U/A	38:44	SM
49	Elke Hausler	EMAC	38:47	MW55-59
50	Paul Maclean	U/A	38:57	MM55-59
51	Mark Tufts	Wym	39:08	MM50-54
52	James Nice	CoNAC	39:16	MM50-54
53	Nicky Roger	Ryston	39:19	MW45-49
54	Pawel Wegrzyn	U/A	39:26	SM
55	Claire Wilshaw	Camb Tri	39:30	MW35-39
56	Lesley Robins	Ryston	39:46	MW45-49
57	Martin Ive	Ryston	39:46	MM50-54
58	Mike Wright	Eye	39:53	MM50-54
59	Tony Beales	Wym	40:02	MM50-54
60	Pete Thompson	Nor Gaz	40:15	MM60-64
61	Mark Crook	Ryston	40:19	MM50-54
62	Philip Websdale	Der	40:28	MM45-49
63	Michael Bowett	Der	40:29	MM60-64
64	Charlotte Smith	Tehet	40:35	MW40-44
65	Gerald Meah	C&C	40:43	MM60-64
66	Matthew Frezzer	Der	41:03	SM
67	Penny Seeger	Ryston	41:06	SW
68	Andrew Hammond	Nor Gaz	41:07	MM60-64
69	Mike Brentnall	C&C	41:16	MM60-64
70	Robert Morgan	St Eds	41:26	MM55-59
71	Ashish Rastogi	KLCR	41:33	MM45-49
72	Jacky Walsingham	Ryston	41:36	MW45-49
73	Linda Marshall	Ryston	41:43	MW50-54

Ryston Runners GP 2 (2018-19)

74	Ian Todd	KLTC	41:48	MM55-59
75	Stephanie Clouston	Thet	41:51	MW45-49
76	Peter Swales	Der	41:54	MM55-59
77	Jake Whitehouse	Ryston	42:13	SM
78	Georgia Williams	Wym	42:30	SW
79	Pete Johnson	Ryston	42:38	MM60-64
80	Mark Tayler	NRR	42:51	MM65+
81	Anna Smith	Ryston	42:57	MW35-39
82	Shaun Mann	Ryston	42:57	MM45-49
83	Kareana Symonds	Der	43:02	MW35-39
84	Colin Simpson	Phoenix	43:02	MM65+
85	Alex Middleton	Der	43:03	SW
86	Anna Seaman	Ryston	43:10	MW35-39
87	Sarah Gauvin	Fenland	43:12	MW45-49
88	Debbie James	WN	43:15	MW45-49
89	Ian King	Fenland	43:17	MM50-54
90	Jonathan Foot	BVH	43:32	MM55-59
91	Elizabeth Peck	Thetford	44:26	MW40-44
92	Gavin Hall	Wym	44:29	MM45-49
93	Dawn Marshall	St Ed	44:35	MW55-59
94	Paul Firmage	Ryston	44:38	MM60-64
95	Robert Last	Dereham	44:50	MM40-44
96	Tara Baxter	BVH	45:00	SW
97	Dean Gray	NRR	45:13	MM55-59
98	Chris Chapman	Ryston	45:23	MM60-64
99	Deborah Last	U/A	45:27	MW45-49
100	Stuart Bizley	Der	45:40	MM55-59
101	Christopher Milnes	Ryston	45:55	MM60-64
102	Jenny Morgan	St Eds	46:58	MW60+
103	Kevin Took	Ryston	47:01	SM
104	Karen Wood	KLTC	47:21	MW50-54
105	Jane Ashby	Ryston	47:31	MW60+
106	Simon Alcock	NRR	47:43	MM45-49
107	Simon Goldring	U/A	47:57	MM45-49
108	Judith Berry	Ryston	48:25	MW45-49
109	Marie Doughty	Dunerun	48:36	MW45-49
110	Caroline Tayler	NRR	49:03	MW60+
111	Liz Blakie	Ryston	49:25	MW60+
112	Karen Smith	Ryston	50:03	MW50-54
113	Julia Pepperell	KLTC	51:14	MW55-59
114	Robert Belcher	NRR	51:36	MM60-64
115	Sue Simpson	Phoenix	52:08	MW55-59
116	Paul Olley	Der	52:27	MW40-44

Ryston Runners GP 2 (2018-19)

117	Sally Porter	BVH	53:08	MW55-59
118	Wobine DeSitter	U/A	53:43	MW45-49
119	Don Hutchinson	Camb Tri	54:25	MM65+
120	Jane Edwards	KLTC	54:42	MW45-49
121	Sue Brentnall	C&C	54:44	MW50-54
122	Henrietta Green	U/A	55:38	MW35-39
123	Gill Hart	Ryston	56:26	MW60+
124	John Richardson	Dere	58:16	MM65+
125	Carol Preston	U/A	58:38	MW40-44
126	Hazel Cason	Der	58:51	MW60+
127	Sue Smtih	Ryston	73:17	MW50-54

Under 17 boys

Position	Name	Club	Time
1	Kieran McFarlane	CoNAC	16:38
2	Aidan Banfield	CoNAC	16:49
3	Ryan Lingwood	Der	16:54
4	Bailey Took	Ryston	19:15
5	Tom Carey	NRR	20:54

Under 17 girls

Position	Name	Club	Time
1	Rosie Booth	Ryston	20:03
2	Mai Loram	Ryston	22:09
3	Nina Koulman	Ryston	23:03

Ryston Runners GP 2 (2018-19)

Senior men

Position	Name	Club	Time
1	Sam Coyne	BVH	29:07
2	Michal Wegrzyn	U/A	29:16
3	Ryan Davidson	BVH	29:23
4	Daniel Guppy	KLTC	31:10
5	Ben Keeley	Ryston	31:23
6	Alex Metcalfe	Ely	31:48
7	Robert Simmonds	Ryston	31:51
8	Chris Mitchell	Harriers of Der	32:41
9	Matt Howard	NRR	33:17
10	Andrew Simmonds	Ryston	33:23
11	Karl Wright	Thet	33:58
12	Jake Steerman	BVH	34:06
13	Ben Collison	WN	35:09
14	Jack Noble	BVH	36:01
15	Stuart Milnes	U/A	37:21
16	Christian Pick	U/A	37:24
17	Adam Chown	U/A	38:44
18	Pawel Wegrzyn	U/A	39:26
19	Matthew Frezzer	Der	41:03
20	Jake Whitehouse	Ryston	42:13
21	Kevin Took	Ryston	47:01

Senior women

Position	Name	Club	Time
1	Faith Viney	BVH	33:17
2	Autumn Hales	BVH	37:01
3	Penny Seeger	Ryston	41:06
4	Georgia Williams	Wymond	42:30
5	Alex Middleton	Der	43:03
6	Tara Baxter	BVH	45:00

Master 35-39 women

Position	Name	Club	Time
1	Kareana Symonds	Der	43:02
2	Henrietta Green	U/A	55:38
3	Anna Smith	Ryston	42:57
4	Anna Seaman	Ryston	43:10
5	Claire Wilshaw	Camb Tri	39:30

Ryston Runners GP 2 (2018-19)

Master 40-44 men

Position	Name	Club	Time
1	Simon Smith	Thet	33:48
2	Richard Hill	Ely	34:32
3	Ross Ashton	Conac	35:31
4	Steve Brewer	Ryston	36:42
5	Austin Wiehahn	C&C	38:19
6	Robert Last	Dereham	44:50

Master 40-44 women

Position	Name	Club	Time
1	Charlotte Smith	Tehet	40:35
2	Elizabeth Peck	Thetford	44:26
3	Paul Olley	Der	52:27
4	Carol Preston	U/A	58:38

Master 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	31:40
2	Mark Banfield	Wymond	32:10
3	Matt Stone	BVH	32:50
4	Paul O'Malley	U/A	34:13
5	Neil Watson	WN	35:28
6	Martin Koenigsberger	WN	36:08
7	Simon Hardy	KLTC	36:33
8	Matthew Mason	Ely	37:00
9	Gary Malliband	Thet	37:36
10	Philip Websdale	Der	40:28
11	Ashish Rastogi	KLCR	41:33
12	Shaun Mann	Ryston	42:57
13	Gavin Hall	Wym	44:29
14	Simon Alcock	NRR	47:43
15	Simon Goldring	U/A	47:57

Ryston Runners GP 2 (2018-19)

Master 45-49 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	39:19
2	Lesley Robins	Ryston	39:46
3	Jacky Walsingham	Ryston	41:36
4	Stephanie Clouston	Thet	41:51
5	Sarah Gauvin	Fenland	43:12
6	Debbie James	WN	43:15
7	Deborah Last	U/A	45:27
8	Judith Berry	Ryston	48:25
9	Marie Doughty	Dunerun	48:36
10	Wobine DeSitter	U/A	53:43
11	Jane Edwards	KLTC	54:42

Master 50-54 men

Position	Name	Club	Time
1	Spencer Goodall	CoNAC	30:06
2	Stuart Holmes	Camb Tri	34:19
3	Stewart Robins	Ryston	35:50
4	Simon Riches	KLTC	36:23
5	Darren Edridge	U/A	37:26
6	Ian Kidman	KLTC	37:31
7	David Pettit	U/A	38:06
8	Mark Tufts	Wym	39:08
9	James Nice	CoNAC	39:16
10	Martin Ive	Ryston	39:46
11	Mike Wright	Eye	39:53
12	Tony Beales	Wym	40:02
13	Mark Crook	Ryston	40:19
14	Ian King	Fenland	43:17

Master 50-54 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	41:43
2	Karen Wood	KLTC	47:21
3	Karen Smith	Ryston	50:03
4	Sue Brentnall	C&C	54:44
5	Sue Smith	Ryston	73:17

Ryston Runners GP 2 (2018-19)

Master 55-59 men

Position	Name	Club	Time
1	Chris Cooke	St Eds	32:19
2	Tony Savage	Ryston	37:44
3	Paul Maclean	U/A	38:57
4	Robert Morgan	St Eds	41:26
5	Ian Todd	KLTC	41:48
6	Peter Swales	Der	41:54
7	Jonathan Foot	BVH	43:32
8	Dean Gray	NRR	45:13
9	Stuart Bizley	Der	45:40

Master 55-59 women

Position	Name	Club	Time
1	Jane Clarke	CONAC	36:41
2	Christine Antony	WSF	37:23
3	Elke Hausler	EMAC	38:47
4	Dawn Marshall	St Ed	44:35
5	Julia Pepperell	KLTC	51:14
6	Sue Simpson	Phoenix	52:08
7	Sally Porter	BVH	53:08

*course record

Master 60-64 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	37:06
2	John Baxter	BVH	37:34
3	Dave Neale	KLTC	37:49
4	Kevin Howlett	Ryston	38:41
5	Pete Thompson	Nor Gaz	40:15
6	Michael Bowett	Der	40:29
7	Gerald Meah	C&C	40:43
8	Andrew Hammond	Nor Gaz	41:07
9	Mike Brentnall	C&C	41:16
10	Pete Johnson	Ryston	42:38
11	Paul Firmage	Ryston	44:38
12	Chris Chapman	Ryston	45:23
13	Christopher Milnes	Ryston	45:55
14	Robert Belcher	NRR	51:36

Ryston Runners GP 2 (2018-19)

Master 60+ women

Position	Name	Club	Time
1	Jenny Morgan	St Eds	46:58
2	Jane Ashby	Ryston	47:31
3	Caroline Tayler	NRR	49:03
4	Liz Blakie	Ryston	49:25
5	Gill Hart	Ryston	56:26
6	Hazel Cason	Dereham	58:51

Vet 65+ men

Position	Name	Club	Time
1	Mark Tayler	NRR	42:51
2	Colin Simpson	Phoenix	43:02
3	Don Hutchinson	Camb Tri	54:25
4	John Richardson	Dere	58:16