

## Ryston Runners GP 3 (2018-19)

### *Overall Under 9s race*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	<b>Category</b>
1	Oscar Best	St Martin	02:56	U9B
2	Ethan Ward	Terring St C	03:05	U9B
3	Thomas Simmonds	U/A	03:15	U9B
4	Jacob Booth	Dersing	03:16	U9B
5	Lily Goddard	CoNAC	03:20	U9G
6	Zoe Hipperson	St Martin	03:29	U9G
7	Henry Pittock	Ashwicken	03:30	U9B
8	Millie Attridge	Ashwicken	03:38	U9G
9	Chloe Pratt	Nt Wooton	03:39	U9G
10	Finley Whitehouse	Terring St C	03:43	U9B
11	Evie Owen	St Martin	03:44	U9G
12	George Leates	U/A	03:45	U9B
13	Jasmin Benson	NNH	03:50	U9G
14	Skye Walsingham	CoNAC	03:51	U9G
15	Kaitlyn Allen	Holly Meadows	03:58	U9G
16	Briar Hobbs	St Martin	04:01	U9G
17	Hector Axcell	St Martin	04:19	U9B
18	Casey Ward	Terring St C	04:22	U9G
19	Ashton Moore	DuneRun	04:26	U9B
20	Ezra Lewis	Down Prep	04:30	U9B
21	Malou Lewis	Down Prep	04:42	U9G
22	Felicity Brook	U/A	04:56	U9G

## Ryston Runners GP 3 (2018-19)

### *Under 9 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Oscar Best	St Martin	02:56
2	Ethan Ward	Terring St C	03:05
3	Thomas Simmonds	U/A	03:15
4	Jacob Booth	Dersing	03:16
5	Henry Pittock	Ashwicken	03:30
6	Finley Whitehouse	Terring St C	03:43
7	George Leates	U/A	03:45
8	Hector Axcell	St Martin	04:19
9	Ashton Moore	DuneRun	04:26
10	Ezra Lewis	Down Prep	04:30

### *Under 9 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Lily Goddard	CoNAC	03:20
2	Zoe Hipperson	St Martin	03:29
3	Millie Attridge	Ashwicken	03:38
4	Chloe Pratt	Nt Wooton	03:39
5	Evie Owen	St Martin	03:44
6	Jasmin Benson	NNH	03:50
7	Skye Walsingham	CoNAC	03:51
8	Kaitlyn Allen	Holly Meadows	03:58
9	Briar Hobbs	St Martin	04:01
10	Casey Ward	Terring St C	04:22
11	Malou Lewis	Down Prep	04:42
12	Felicity Brook	U/A	04:56

## Ryston Runners GP 3 (2018-19)

### *Overall Under 11s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Connie Easter	CoNAC	8:13	U11G
2	Henry Ashton	CoNAC	8:17	U11B
3	Jude Linstead	CoNAC	8:17	U11B
4	Edith Avowlanu	CoNAC (George White)	8:21	U11G
5	Eva Barton	Diss (Riddlesworth)	8:42	U11G
6	Ackara Black	Ryston	8:48	U11B
7	James Leates	U/A	8:54	U11B
8	Archie Rowe	Ryston	8:55	U11B
9	William Broad	Down Prep	8:58	U11B
10	Georgia Shirley	CoNAC	8:59	U11G
11	Lola Kidman	KLTC	9:04	U11G
12	Eloise Edridge	NNH	9:04	U11G
13	William Saunders	Ryston	9:16	U11B
14	Ella Goldring	Ryston	9:18	U11G
15	Thomas Elsdon	Renegade Run (Nth Wooton)	9:22	U11B
16	Lily-Mae Coote	GYDAC	9:23	U11G
17	Sam Doughty	Ryston (Nth Wooton)	9:42	U11B
18	Dylan Whitehouse	Ryston	9:43	U11B
19	Lucy Paine	St Martin	9:58	U11G
20	Henry Gosnell	Renegade Run (Nth Wooton)	10:01	U11B
21	Kieran Walpole	NNH (Stibbard)	10:04	U11B
22	Sam King	Glebe	10:10	U11B
23	Kelsey Stanley	Watlington	10:17	U11G
24	Eloise Collins	Watlington	10:18	U11G
25	Hette Koulman	Ryston (Greyf)	10:22	U11G
26	Molly Skerritt	Ryston	10:52	U11G
27	Beatrice Green	Dereham	10:54	U11G
28	Amelia King	Glebe	11:33	U11G
29	Esther Broad	Down Prep	11:41	U11G
30	Tibby Ellis	Ryston	12:32	U11G
31	BB Brook	CoNAC	12:54	U11G
32	Lily Jermy	St Martin	12:59	U11G

## Ryston Runners GP 3 (2018-19)

### *Under 11 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Henry Ashton	CoNAC	8:17
2	Jude Linstead	CoNAC	8:17
3	Ackara Black	Ryston	8:48
4	James Leates	U/A	8:54
5	Archie Rowe	Ryston	8:55
6	William Broad	Down Prep	8:58
7	William Saunders	Ryston	9:16
8	Thomas Elsdon	Renegade Run (Nth Wooton)	9:22
9	Sam Doughty	Ryston (Nth Wooton)	9:42
10	Dylan Whitehouse	Ryston	9:43
11	Henry Gosnell	Renegade Run (Nth Wooton)	10:01
12	Kieran Walpole	NNH (Stibbard)	10:04
13	Sam King	Glebe	10:10

### *Under 11 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Connie Easter	CoNAC	8:13
2	Edith Avowlanu	CoNAC (George White)	8:21
3	Eva Barton	Diss (Riddlesworth)	8:42
4	Georgia Shirley	CoNAC	8:59
5	Eloise Edridge	NNH	9:04
6	Lola Kidman	KLTC	9:04
7	Ella Goldring	Ryston	9:18
8	Lily-Mae Coote	GYDAC	9:23
9	Lucy Paine	St Martin	9:58
10	Kelsey Stanley	Watlington	10:17
11	Eloise Collins	Watlington	10:18
12	Hette Koulman	Ryston (Greyf)	10:22
13	Molly Skerritt	Ryston	10:52
14	Beatrice Green	Dereham	10:54
15	Amelia King	Glebe	11:33
16	Esther Broad	Down Prep	11:41
17	Tibby Ellis	Ryston	12:32
18	BB Brook	CoNAC	12:54
19	Lily Jermy	St Martin	12:59

## Ryston Runners GP 3 (2018-19)

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

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Jeya Kandola	CoNAC	10:27	U15B
2	Tia-Lily Crane	CoNAC	11:04	U15G
3	Madeleine Short	CoNAC	11:51	U15G
4	Jannis Koulman	Ryston	12:00	U15B
5	Bethany Wilson	Thetford	12:12	U13G
6	Charlie Crane	CoNAC	12:17	U13B
7	Luke Gilding	Der	12:19	U13B
8	Oakley Took	Ryston	12:20	U13B
9	Isabella Williams	CoNAC	12:23	U13G
10	Thomas Paine	Wym C	12:44	U13B
11	Tobias Cheeseborough	Der	12:47	U13B
12	Jake Gilding	Der	12:54	U13B
13	Callum Wing	Thet	12:58	U13B
14	Evie Goldring	Ryston	13:05	U13G
15	Matthew Benson	NNH	13:17	U13B
16	Jacob Last	Der	13:23	U13B
17	Elisha Clements	U/A	14:57	U13G
18	Lucy Allen	U/A	15:34	U15G
19	Esmie Kidman	KLTC	16:17	U13G

### *Under 13 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Charlie Crane	CoNAC	12:17
2	Luke Gilding	Der	12:19
3	Oakley Took	Ryston	12:20
4	Thomas Paine	Wym C	12:44
5	Tobias Cheeseborough	Der	12:47
6	Jake Gilding	Der	12:54
7	Callum Wing	Thet	12:58
8	Matthew Benson	NNH	13:17
9	Jacob Last	Der	13:23

### *Under 13 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Bethany Wilson	Thetford	12:12
2	Isabella Williams	CoNAC	12:23
3	Evie Goldring	Ryston	13:05
4	Elisha Clements	U/A	14:57
5	Esmie Kidman	KLTC	16:17

## Ryston Runners GP 3 (2018-19)

### *Under 15 boys*

Position	Name	Club	Time
1	Jeya Kandola	CoNAC	10:27
2	Jannis Koulman	Ryston	12:00

### *Under 15 girls*

Position	Name	Club	Time
1	Tia-Lily Crane	CoNAC	11:04
2	Madeleine Short	CoNAC	11:51
3	Lucy Allen	U/A	15:34

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

Position	Name	Club	Time	Category
1	Michael Wegrzyn	U/A	21:22	SM
2	Ryan Davidson	BVH	21:23	SM
3	Callum Stanforth	Ryston	21:53	SM
4	Spencer Goodall	CoNAC	22:01	MM50-54
5	Jake Stearman	BVH	22:54	SM
6	Ben Keeley	Ryston	23:11	SM
7	Nic Bensley	Ryston	23:13	MM45-49
8	Andrew Simmonds	Ryston	23:21	SM
9	Chris Cooke	St Eds	23:50	MM55-59
10	Martin Sheldrick	Ryston	24:20	MM45-49
11	Simon Smith	Thetford	24:28	MM40-44
12	Toby Legh-Heyton	Ryston	24:31	U17B
13	Matt Stone	BVH	24:33	MM45-49
14	Ryan Lingwood	Der	24:51	U17B
15	Kate Willis	CoNAC	25:03	U17G
16	Jack Noble	BVH	25:05	SM
17	Faith Viney	BVH	25:26	SW
18	Connor Holland	Der	25:31	SM
19	Dave Brown	NVH	25:37	MM40-44
20	Stuart Holmes	Camb Tri	25:55	MM50-54
21	Stew Robins	Ryston	25:58	MM50-54
22	Simon Hardy	KLTC	26:01	MM50-54
23	Peter Bird	St Ed	26:06	MM45-49
24	Karl Wright	Thet	26:13	SM
25	Sam Swales	Der	26:14	U17B
26	Bailey Took	Ryston	26:21	U17B
27	Nigel Horney	Keswick	26:33	MM60-64
28	Martin Ive	Ryston	26:35	MM50-54

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29	Digby Frammingham	Ryston	26:38	MM55-59
30	Simon Riches	KLTC	26:51	MM50-54
31	Steve Brewer	Ryston	26:51	MM40-44
32	Ben Foxwell	Ryston	27:00	SM
33	Autumn Hales	BVH	27:12	SW
34	Dan Pratt	Ryston	27:20	MM40-44
35	Ian Kidman	KLTC	27:29	MM50-54
36	Darren Edridge	U/A	27:33	MM50-54
37	Owen Burge	Ryston	27:37	U17B
38	John Baxter	BVH	27:38	MM60-64
39	Gary Malliband	Thetford	27:38	MM45-49
40	Tony Savage	Ryston	27:43	MM55-59
41	Paul MacClean	U/A	27:44	MM55-59
42	Dave Neale	KLTC	27:52	MM60-64
43	Matt Frary	U/A	27:57	MM45-49
44	Rosie Booth	Ryston	28:04	U17G
45	Barry Smith	Ryston	28:06	MM50-54
46	Frank Gribben	BVH	28:18	MM65+
47	Pawel Wegrzyn	U/A	28:21	SM
48	Kevin Farquhar	Ryston	28:22	SM
49	Kirsten Muller	TCRC	28:32	MM40-44
50	Kevin Howlett	Ryston	28:38	MM60-64
51	Kevin Took	Ryston	28:43	SM
52	Andrew Barrett	Wym	28:51	MM50-54
53	Claire Wilshaw	Camb Tri	29:05	MW35-39
54	Charlotte Smith	Thetford	29:14	MW40-44
55	Mark Crook	Ryston	29:17	MM50-54
56	Christine Ashton	U/A	29:23	MW40-44
57	Daniel Brackenbury	Camb Uni	29:35	SM
58	Stephen Halton	St Ed	29:45	MM50-54
59	Simon Rumsey	U/A	29:54	MM55-59
60	Robert Morgan	St Eds	30:20	MM55-59
61	Jessica Mason	Ryston	30:21	SW
62	Peter Swales	Der	30:25	MM55-59
63	Albert Koulman	U/A	30:36	MM45-49
64	Georgia Williams	Wym	30:39	SW
65	Ian Todd	KLTC	30:40	MM55-59
66	Brian Cook	U/A	30:40	MM45-49
67	William Hall	Der	30:54	U17B
68	Jacky Walsingham	Ryston	31:07	MW45-49
69	Robert Last	Der	31:59	MM40-44
70	Dirk James	U/A	32:21	MM50-54
71	Elizabeth Peck	Thetford	32:24	MW40-44

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72	Daniel Green	U/A	32:41	SM
73	Deborah Last	U/A	32:45	MW45-49
74	Neil Anderton	Der	33:13	MM65+
75	Sarah Gauvin	Fenland	33:14	MW45-49
76	Eloise Bird	St Ed	33:22	MW50-54
77	Paul Firmage	Ryston	33:33	MM60-64
78	Brian Wright	Thet	33:43	MM65+
79	Chris Milnes	Ryston	33:51	MM60-64
80	Natalie Padgett	BVH	34:16	SW
81	Paul Woodyatt	CoNAC	34:19	MM55-59
82	Judith Berry	Ryston	34:59	MW45-49
83	Simon Goldring	U/A	35:16	MM45-49
84	Tom Moore	DuneRun	35:43	SM
85	Andy Leates	U/A	35:46	MM45-49
86	Marie Doughty	DuneRun	36:46	MW45-49
87	Liz Blakie	Ryston	36:54	MW60+
88	Karen Smith	Ryston	36:59	MW50-54
89	Victoria May	TCRC	37:25	MW45-49
90	Charlotte Smith	U/A	37:39	SW
91	Wobine De-Sitter	U/A	37:47	MW45-49
92	Sally Porter	BVH	38:09	MW55-59
93	Don Hutchinson	Camb Tri	41:23	MM65+
94	Henrietta Green	U/A	41:50	SW
95	Michelle Leates	U/A	42:29	MW40-44
96	Gill Hart	Ryston	42:48	MW60+
97	Hazel Cason	Der	42:58	MW60+
98	Jeff Porter	BVH	43:20	MM55-59
99	John Richardson	Der	43:38	MM65+
100	Sara Holden	U/A	44:24	MW55-59
101	Wendy Farquhar	Ryston	48:19	MW55-59
102	Martin Elsegood	Renegade Run	48:20	MM50-54
103	Jenny Hindle	Harriers of Der	50:08	MW55-59
104	Sue Smith	Ryston	53:15	MW50-54



## Ryston Runners GP 3 (2018-19)

### *Under 17 boys*

Position	Name	Club	Time
1	Toby Legh-Heyton	Ryston	24:31
2	Ryan Lingwood	Der	24:51
3	Sam Swales	Der	26:14
4	Bailey Took	Ryston	26:21
5	Owen Burge	Ryston	27:37
6	William Hall	Der	30:54

### *Under 17 girls*

Position	Name	Club	Time
1	Kate Willis	CoNAC	25:03
2	Rosie Booth	Ryston	28:04

### *Senior men*

Position	Name	Club	Time
1	Michael Wegrzyn	U/A	21:22
2	Ryan Davidson	BVH	21:23
3	Callum Stanforth	Ryston	21:53
4	Jake Stearman	BVH	22:54
5	Ben Keeley	Ryston	23:11
6	Andrew Simmonds	Ryston	23:21
7	Jack Noble	BVH	25:05
8	Connor Holland	Der	25:31
9	Karl Wright	Thet	26:13
10	Ben Foxwell	Ryston	27:00
11	Pawel Wegrzyn	U/A	28:21
12	Kevin Farquhar	Ryston	28:22
13	Kevin Took	Ryston	28:43
14	Daniel Brackenbury	Camb Uni	29:35
15	Daniel Green	U/A	32:41
16	Tom Moore	DuneRun	35:43

### *Senior women*

Position	Name	Club	Time
1	Faith Viney	BVH	25:26
2	Autumn Hales	BVH	27:12
3	Jessica Mason	Ryston	30:21
4	Georgia Williams	Wym	30:39
5	Natalie Padgett	BVH	34:16
6	Charlotte Smith	U/A	37:39

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7	Henrietta Green	U/A	41:50
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### *Master 35-39 women*

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	29:05

### *Master 40-44 men*

Position	Name	Club	Time
1	Simon Smith	Thetford	24:28
2	Dave Brown	NVH	25:37
3	Steve Brewer	Ryston	26:51
4	Dan Pratt	Ryston	27:20
5	Kirsten Muller	TCRC	28:32
6	Robert Last	Der	31:59

### *Master 40-44 women*

Position	Name	Club	Time
1	Charlotte Smith	Thetford	29:14
2	Christine Ashton	U/A	29:23
3	Elizabeth Peck	Thetford	32:24
4	Michelle Leates	U/A	42:29

### *Master 45-49 men*

Position	Name	Club	Time
1	Nic Bensley	Ryston	23:13
2	Martin Sheldrick	Ryston	24:20
3	Matt Stone	BVH	24:33
4	Peter Bird	St Ed	26:06
5	Gary Malliband	Thetford	27:38
6	Matt Frary	U/A	27:57
7	Albert Koulman	U/A	30:36
8	Brian Cook	U/A	30:40
9	Simon Goldring	U/A	35:16
10	Andy Leates	U/A	35:46

### *Master 45-49 women*

Position	Name	Club	Time
1	Jacky Walsingham	Ryston	31:07
2	Deborah Last	U/A	32:45
3	Sarah Gauvin	Fenland	33:14
4	Judith Berry	Ryston	34:59
5	Marie Doughty	DuneRun	36:46
6	Victoria May	TCRC	37:25
7	Wobine De-Sitter	U/A	37:47

## Ryston Runners GP 3 (2018-19)

### *Master 50-54 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Spencer Goodall	CoNAC	22:01
2	Stuart Holmes	Camb Tri	25:55
3	Stew Robins	Ryston	25:58
4	Simon Hardy	KLTC	26:01
5	Martin Ive	Ryston	26:35
6	Simon Riches	KLTC	26:51
7	Ian Kidman	KLTC	27:29
8	Darren Edridge	U/A	27:33
9	Barry Smith	Ryston	28:06
10	Andrew Barrett	Wym	28:51
11	Mark Crook	Ryston	29:17
12	Stephen Halton	St Ed	29:45
13	Dirk James	U/A	32:21
14	Martin Elsegood	Renegade Run	48:20

### *Master 50-54 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Eloise Bird	St Ed	33:22
2	Karen Smith	Ryston	36:59
3	Sue Smith	Ryston	53:15

### *Master 55-59 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Chris Cooke	St Eds	23:50
2	Digby Frammingham	Ryston	26:38
3	Tony Savage	Ryston	27:43
4	Paul MacClean	U/A	27:44
5	Simon Rumsey	U/A	29:54
6	Robert Morgan	St Eds	30:20
7	Peter Swales	Der	30:25
8	Ian Todd	KLTC	30:40
9	Paul Woodyatt	CoNAC	34:19
10	Jeff Porter	BVH	43:20

## Ryston Runners GP 3 (2018-19)

### *Master 55-59 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Sally Porter	BVH	38:09
2	Sara Holden	U/A	44:24
3	Wendy Farquhar	Ryston	48:19
4	Jenny Hindle	Har of Der	50:08

### *Master 60-64 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nigel Horney	Keswick	26:33
2	John Baxter	BVH	27:38
3	Dave Neale	KLTC	27:52
4	Kevin Howlett	Ryston	28:38
5	Paul Firmage	Ryston	33:33
6	Chris Milnes	Ryston	33:51

### *Master 60+ women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Liz Blakie	Ryston	36:54
2	Gill Hart	Ryston	42:48
3	Hazel Cason	Der	42:58

### *Vet 65+ men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Frank Gribben	BVH	28:18
2	Neil Anderton	Der	33:13
3	Brian Wright	Thet	33:43
4	Don Hutchinson	Camb Tri	41:23
5	John Richardson	Der	43:38