

Ryston Runners GP 5 (2018-19)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Oscar Best	St Martin	02:58	U9B
2	Keane Mann	NRR	03:04	U9B
3	James Ashton	CoNAC	03:06	U9B
4	Tom Barber	GYDAC	03:06	U9B
5	Ethan Ward	Terring St C	03:14	U9B
6	Jacob Booth	Dersing	03:14	U9B
7	Lily Goddard	CoNAC	03:14	U9G
8	Thomas Simmonds	U/A	03:17	U9B
9	Abbie Shackloth	Dersin	03:18	U9G
10	Chloe Pratt	Ryston/Nt Wooton	03:29	U9G
11	Zoe Hipperson	St Martin	03:32	U9G
12	Bethany Poucher	Gayton	03:34	U9G
13	Imogen Dungar	NRR	03:43	U9G
14	Alayna Buswell	U/A	03:44	U9G
15	Casey Ward	Terring St C	03:47	U9G
16	Isla Pearson	Ashill	03:51	U9G
17	Bobby Jackson	Hillcrest	03:54	U9B
18	Kaitlyn Allen	Holly Meadows	04:04	U9G
19	Evie English	St Martin	04:06	U9G
20	Freya Dungar	Hillside	04:13	U9G
21	Jasmin Benson	NNH	04:21	U9G
22	Hector Axcell	St Martin	04:46	U9B
23	Henry Loveday	Down Prep	05:16	U9B
24	George Loveday	Down Prep	05:22	U9B
25	Rhys Howard	Nt Wooton	05:51	U9B
26	Frank Metcalfe	St Williams	07:08	U9B

Ryston Runners GP 5 (2018-19)

Under 9 boys

Position	Name	Club/School	Time
1	Oscar Best	St Martin	02:58
2	Keane Mann	NRR	03:04
3	James Ashton	CoNAC	03:06
4	Tom Barber	GYDAC	03:06
5	Ethan Ward	Terring St C	03:14
6	Jacob Booth	Dersing	03:14
7	Thomas Simmonds	U/A	03:17
8	Bobby Jackson	Hillcrest	03:54
9	Hector Axcell	St Martin	04:46
10	Henry Loveday	Down Prep	05:16
11	George Loveday	Down Prep	05:22
12	Rhys Howard	Nt Wooton	05:51
13	Frank Metcalfe	St Williams	07:08

Under 9 girls

Position	Name	Club/School	Time
1	Lily Goddard	CoNAC	03:14
2	Abbie Shackloth	Dersin	03:18
3	Chloe Pratt	Ryston/Nt Wooton	03:29
4	Zoe Hipperson	St Martin	03:32
5	Bethany Poucher	Gayton	03:34
6	Imogen Dungar	NRR	03:43
7	Alayna Buswell	U/A	03:44
8	Casey Ward	Terring St C	03:47
9	Isla Pearson	Ashill	03:51
10	Kaitlyn Allen	Holly Meadows	04:04
11	Evie English	St Martin	04:06
12	Freya Dungar	Hillside	04:13
13	Jasmin Benson	NNH	04:21

Ryston Runners GP 5 (2018-19)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Connie Easter	CoNAC	07:56	U11G
2	Jude Linstead	CoNAC	08:08	U11B
3	Henry Ashton	CoNAC	08:16	U11B
4	Billy Eccles	Nor Gaz	08:47	U11B
5	Rhys Buswell	NVH	08:53	U11B
6	Archie Rowe	Ryston (Glebe)	08:56	U11B
7	Ackara Black	Ryston (Hillcrest)	09:00	U11B
8	Ella Goldring	Ryston	09:02	U11G
9	Will Saunders	Ryston (Glebe)	09:05	U11B
10	Thomas Elsdon	Ren Run / Nt Wooton	09:15	U11B
11	Amber Goddard	CoNAC	09:21	U11G
12	Sam Doughty	Ryston	09:23	U11B
13	Eloise Edridge	NNH	09:27	U11G
14	Eva Eccles	Nor Gaz	09:41	U11G
15	Ryan Sumner	Dere	09:49	U11B
16	Toby Sargeant	CoNAC	10:08	U11B
17	Aiden Howard	Nt Wooton	10:12	U11B
18	Evie Clayton	Ryston (Weasing)	10:16	U11G
19	Molly Skerritt	Ryston (Ingles)	10:23	U11G
20	Esther Broad	WN (Down Prep)	11:11	U11G
21	Oliver Pearson	Dere	11:13	U11B
22	Luke Ridgewell	Down Prep	11:33	U11B
23	Lily Jermy	St Martin	11:47	U11G
24	Lily Ridgewell	Down Prep	14:03	U11G
25	Holly Bantoft	Down Prep	14:05	U11G
26	James McKay-Ferguson	Down Prep	14:19	U11B

Ryston Runners GP 5 (2018-19)

Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	08:08
2	Henry Ashton	CoNAC	08:16
3	Billy Eccles	Nor Gaz	08:47
4	Rhys Buswell	NVH	08:53
5	Archie Rowe	Ryston (Glebe)	08:56
6	Ackara Black	Ryston (Hillcrest)	09:00
7	Will Saunders	Ryston (Glebe)	09:05
8	Thomas Elsdon	Ren Run / Nt Wooton	09:15
9	Sam Doughty	Ryston	09:23
10	Ryan Sumner	Dere	09:49
11	Toby Sargeant	CoNAC	10:08
12	Aiden Howard	Nt Wooton	10:12
13	Oliver Pearson	Dere	11:13
14	Luke Ridgewell	Down Prep	11:33
15	James McKay-Ferguson	Down Prep	14:19

Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	07:56
2	Ella Goldring	Ryston	09:02
3	Amber Goddard	CoNAC	09:21
4	Eloise Edridge	NNH	09:27
5	Eva Eccles	Nor Gaz	09:41
6	Evie Clayton	Ryston (Weasing)	10:16
7	Molly Skerritt	Ryston (Ingles)	10:23
8	Esther Broad	WN (Down Prep)	11:11
9	Lily Jermy	St Martin	11:47
10	Lily Ridgewell	Down Prep	14:03
11	Holly Bantoft	Down Prep	14:05

Ryston Runners GP 5 (2018-19)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	James Peck	Thet	09:42	U15B
2	Ben Peck	Thet	09:46	U13B
3	Grace Jermy	CoNAC	10:54	U15G
4	Alice Daniels	CoNAC	11:23	U15G
5	Daniel Kenyon	CN	11:26	U13B
6	Zak Barber	GYDAC	11:52	U13B
7	Jannis Koulman	Ryston	11:58	U15B
8	Arabella Gingell	Ryston	12:08	U15G
9	Isabella Williams	CoNAC	12:17	U13G
10	Luke Gilding	Der	12:23	U13B
11	Bethany Wilson	Thetford	12:27	U13G
12	Tobias Cheeseborough	Der	12:40	U13B
13	Jake Gilding	Der	12:58	U13B
14	Jacob Last	Der	13:27	U13B
15	Evie Goldring	Ryston	13:31	U13G
16	Elizabeth McCosh	Beeston	14:10	U13G
17	Thomas Paine	U/A	14:14	U13B
18	Callum Pratt	U/A	14:40	U13B
19	Olivia Sargeant	CoNAC	14:51	U15G
20	Oakley Took	Ryston	15:25	U13B
21	Sophie Doig	KLTC	15:30	U13G

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Under 13 boys

Position	Name	Club	Time
1	Ben Peck	Thet	09:46
2	Daniel Kenyon	CoNAC	11:26
3	Zak Barber	GYDAC	11:52
4	Luke Gilding	Der	12:23
5	Tobias Cheeseborough	Der	12:40
6	Jake Gilding	Der	12:58
7	Jacob Last	Der	13:27
8	Thomas Paine	U/A	14:14
9	Callum Pratt	U/A	14:40
10	Oakley Took	Ryston	15:25

Under 13 girls

Position	Name	Club	Time
1	Isabella Williams	CoNAC	12:17
2	Bethany Wilson	Thetford	12:27
3	Evie Goldring	Ryston	13:31
4	Elizabeth McCosh	Beeston	14:10
5	Sophie Doig	KLTC	15:30

Under 15 boys

Position	Name	Club	Time
1	James Peck	Thet	09:42
2	Jannis Koulman	Ryston	11:58

Under 15 girls

Position	Name	Club	Time
1	Grace Jermy	CoNAC	10:54
2	Alice Daniels	CoNAC	11:23
3	Arabella Gingell	Ryston	12:08
4	Olivia Sargeant	CoNAC	14:51

Ryston Runners GP 5 (2018-19)

Overall Under 17s

Position	Name	Club	Time	Category
1	Charlie Wakefield	Ryston	00:15:31	U17B
2	Morgan Harrison	TCRC	00:16:10	U17B
3	Ryan Lingwood	Der	00:16:30	U17B
4	Kieran McFarlane	CoNAC	00:17:29	U17B
5	Bailey Took	Ryston	00:18:14	U17B
6	Owen Burge	Ryston	00:18:22	U17B
7	Rosie Booth	Ryston	00:19:13	U17G
8	Tom Carey	NRR	00:21:35	U17B
9	Nina Koulman	Ryston	00:24:52	U17G

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	Ryston	00:29:31	SM
2	Michael Wegrzyn	U/A	00:29:39	SM
3	Chris Balmer	Ryston	00:31:06	SM
4	Dan Guppy	Ryston	00:31:25	SM
5	Andrew Simmonds	Ryston	00:31:50	SM
6	Ben Keeley	Ryston	00:32:03	SM
7	Nic Bensley	Ryston	00:32:28	MM45-49
8	Robert Simmonds	Ryston	00:32:37	SM
9	Kevin Vaughan	Thet	00:33:16	MM55-59
10	Will Winter	U/A	00:33:50	SM
11	Ben Collison	WN	00:34:04	SM
12	Chris Dickinson	U/A	00:34:41	SM
13	Steven Barber	WVAC	00:34:58	MM45-49
14	Stuart Holmes	Camb Tri	00:35:05	MM50-54
15	James Carass	ECR	00:35:30	SM
16	Ben Foxwell	Ryston	00:35:36	SM
17	Peter Bird	St Ed	00:35:47	MM45-49
18	Steve Burge	U/A	00:35:58	MM40-44
19	Michael Howlett	Ryston	00:36:08	SM
20	Elizabeth Daly	Der	00:36:18	MW35-39
21	Simon Hardy	KLTC	00:36:38	MM50-54
22	Dan Pratt	Ryston	00:36:48	MM40-44
23	Neil Gayton	KLTC	00:36:52	SM
24	Matt Frary	U/A	00:37:02	MM50-54
25	Frank Gribben	BVH	00:37:09	MM65+
26	Pete Reed	Ryston	00:37:20	SM
27	Kevin Farquhar	Ryston	00:37:28	SM
28	Jamie Bransgrove	Ryston	00:37:32	MM40-44
29	Stuart Milne	U/A	00:37:49	SM
30	Paul MacClean	U/A	00:38:28	MM55-59

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31	Chris Chorley	BBD	00:38:36	MM55-59
32	Kristy Guneratne	U/A	00:38:48	MW35-39
33	Alistair Doig	KLTC	00:39:00	MM45-49
34	Ben Chamberlain	C&C	00:39:17	SM
35	Claire Wilshaw	Camb Tri	00:39:41	MW35-39
36	Kevin Howlett	Ryston	00:39:48	MM60-64
37	Shaun Hamer	Ryston	00:39:58	SM
38	Albert Koulman	U/A	00:40:00	MM45-49
39	Stephen Brown	CoNAC	00:40:12	MM45-49
40	Christine Ashton	U/A	00:40:35	MW40-44
41	Mark Crook	Ryston	00:40:46	MM50-54
42	James Nice	CoNAC	00:40:51	MM50-54
43	Jonny Clark	TCRC	00:41:10	MM45-49
44	Rob Hall	BBD	00:41:20	MM55-59
45	Ian Todd	KLTC	00:41:22	MM55-59
46	Nigel Dickins	NVH	00:41:22	MM65+
47	Jacky Walsingham	Ryston	00:41:24	MW45-49
48	Alan Burgin	Hunts	00:41:26	MM65+
49	Mark Doughty	Ryston	00:41:45	MM40-44
50	Brian Cook	U/A	00:41:56	MM45-49
51	Sarah Johnson	TCRC	00:42:18	MW35-39
52	Andy Rowles	Der	00:42:29	MM55-59
53	Shane Lawrence	Camb Uni Har	00:42:37	MM60-64
54	Skasiste Gaidamaviciute	U/A	00:42:47	SW
55	Nick Clary	TCRC	00:42:56	MM45-49
56	Dawn Robinson	Ryston	00:43:50	SW
57	Louisane Farlier	U/A	00:43:54	MW35-39
58	Neil Anderton	Der	00:43:56	MM65+
59	Jacob Smith	U/A	00:43:57	SM
60	Glynn Smith	C&C	00:44:10	MM65+
61	Robert Last	Der	00:44:14	MM40-44
62	Paul Firmage	Ryston	00:44:50	MM60-64
63	Deborah Last	U/A	00:45:06	MW45-49
64	Dave Vaughan	St Eds	00:45:39	MM65+
65	Rob Gosnell	U/A	00:45:56	SM
66	Mark Mattless	TCRC	00:46:13	MM45-49
67	Paul Woodyatt	CoNAC	00:46:31	MM55-59
68	Eloise Bird	St Ed	00:46:36	MW50-54
69	Kerry Metcalf	NRR	00:47:01	MW35-39
70	Dirk James	U/A	00:47:06	MM50-54
71	Laura-Jane Winter	U/A	00:47:07	SW
72	Dawn Ball	TCRC	00:47:17	MW35-39
73	Bobbie Sauerzapf	BBD	00:47:30	MW60+

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74	Darren Elsdon	Rene Run	00:47:36	MM40-44
75	Sarah Melton	TCRC	00:48:25	MW35-39
76	Wendy Fisher	Ryston	00:48:32	MW50-54
77	Chris Milnes	Ryston	00:48:52	MM60-64
78	Emma Thompson	Ryston	00:48:59	MW40-44
79	Karen Smith	Ryston	00:48:59	MW50-54
80	Liz Blakie	Ryston	00:49:50	MW60+
81	Claire Emery	Ryston	00:51:23	MW40-44
82	Sarah Sargeant	U/A	00:51:52	MW45-49
83	Tony Lamb	TCRC	00:53:26	MM50-54
84	Steve Whitelam	TCRC	00:54:31	MM45-49
85	Bradley Allen	U/A	00:55:41	SM
86	Robert Belcher	NRR	00:56:04	MM60-64
87	John Richardson	Der	00:57:24	MM65+
88	Martin Elsegood	Ryston	00:57:33	MM50-54
89	Darren Rowley	Har of Der	00:57:43	MM50-54
90	Jodie Clark	TCRC	00:58:29	MW45-49
91	Sarah Lamb	TCRC	00:58:29	MW45-49
92	Charles Wilson	Ryston	00:59:35	MM40-44
93	Tracey Anderton	Der	01:01:07	MW50-54
94	Hazel Cason	Der	01:02:31	MW60+
95	Wendy Farquhar	Ryston	01:02:34	MW55-59
96	Jenny Hindle	Der	01:09:34	MW55-59

Ryston Runners GP 5 (2018-19)

Under 17 boys

Position	Name	Club	Time
1	Charlie Wakefield	Ryston	15:31
2	Morgan Harrison	TCRC	16:10
3	Ryan Lingwood	Der	16:30
4	Kieran McFarlane	CoNAC	17:29
5	Bailey Took	Ryston	18:14
6	Owen Burge	Ryston	18:22
7	Tom Carey	NRR	21:35

Under 17 girls

Position	Name	Club	Time
1	Rosie Booth	Ryston	19:13
2	Nina Koulman	Ryston	24:52

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	29:31
2	Michael Wegrzyn	U/A	29:39
3	Chris Balmer	Ryston	31:06
4	Dan Guppy	Ryston	31:25
5	Andrew Simmonds	Ryston	31:50
6	Ben Keeley	Ryston	32:03
7	Robert Simmonds	Ryston	32:37
8	Will Winter	U/A	33:50
9	Ben Collison	WN	34:04
10	Chris Dickinson	U/A	34:41
11	James Carass	ECR	35:30
12	Ben Foxwell	Ryston	35:36
13	Michael Howlett	Ryston	36:08
14	Neil Gayton	KLTC	36:52
15	Pete Reed	Ryston	37:20
16	Kevin Farquhar	Ryston	37:28
17	Stuart Milne	U/A	37:49
18	Ben Chamberlain	C&C	39:17
19	Shaun Hamer	Ryston	39:58
20	Jacob Smith	U/A	43:57
21	Rob Gosnell	U/A	45:56
22	Bradley Allen	U/A	55:41

Ryston Runners GP 5 (2018-19)

Senior women

Position	Name	Club	Time
1	Skasiste Gaidamaviciute	U/A	00:42:47
2	Dawn Robinson	Ryston	00:43:50
3	Laura-Jane Winter	U/A	00:47:07

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Der	00:36:18
2	Kristy Guneratne	U/A	00:38:48
3	Claire Wilshaw	Camb Tri	00:39:41
4	Sarah Johnson	TCRC	00:42:18
5			
6	Louisane Farlier	U/A	00:43:54
7	Kerry Metcalf	NRR	00:47:01
8	Dawn Ball	TCRC	00:47:17
9	Sarah Melton	TCRC	00:48:25

Master 40-44 men

Position	Name	Club	Time
1	Steve Burge	U/A	00:35:58
2	Dan Pratt	Ryston	00:36:48
3	Jamie Bransgrove	Ryston	00:37:32
4	Mark Doughty	Ryston	00:41:45
5	Robert Last	Der	00:44:14
6	Darren Elsdon	Rene Run	00:47:36
7	Charles Wilson	Ryston	00:59:35

Master 40-44 women

Position	Name	Club	Time
1	Christine Ashton	U/A	00:40:35
2	Emma Thompson	Ryston	00:48:59
3	Claire Emery	Ryston	00:51:23

Ryston Runners GP 5 (2018-19)

Master 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	00:32:28
2	Steven Barber	WVAC	00:34:58
3	Peter Bird	St Ed	00:35:47
4	Alistair Doig	KLTC	00:39:00
5	Albert Koulman	U/A	00:40:00
6	Stephen Brown	CoNAC	00:40:12
7	Jonny Clark	TCRC	00:41:10
8	Brian Cook	U/A	00:41:56
9	Nick Clary	TCRC	00:42:56
10	Mark Mattless	TCRC	00:46:13
11	Steve Whitelam	TCRC	00:54:31

Master 45-49 women

Position	Name	Club	Time
1	Jacky Walsingham	Ryston	00:41:24
2	Deborah Last	U/A	00:45:06
3	Sarah Sargeant	U/A	00:51:52
4	Jodie Clark	TCRC	00:58:29
5	Sarah Lamb	TCRC	00:58:29

Master 50-54 men

Position	Name	Club	Time
1	Stuart Holmes	Camb Tri	00:35:05
2	Simon Hardy	KLTC	00:36:38
3	Matt Frary	U/A	00:37:02
4	Mark Crook	Ryston	00:40:46
5	James Nice	CoNAC	00:40:51
6	Dirk James	U/A	00:47:06
7	Tony Lamb	TCRC	00:53:26
8	Martin Elsegood	Ryston	00:57:33
9	Darren Rowley	Har of Der	00:57:43

Master 50-54 women

Position	Name	Club	Time
1	Eloise Bird	St Ed	00:46:36
2	Wendy Fisher	Ryston	00:48:32
3	Karen Smith	Ryston	00:48:59
4	Tracey Anderton	Der	01:01:07

Ryston Runners GP 5 (2018-19)

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	00:33:16
2	Paul MacClean	U/A	00:38:28
3	Chris Chorley	BBD	00:38:36
4	Rob Hall	BBD	00:41:20
5	Ian Todd	KLTC	00:41:22
6	Andy Rowles	Der	00:42:29
7	Paul Woodyatt	CoNAC	00:46:31

Master 55-59 women

Position	Name	Club	Time
1	Wendy Farquhar	Ryston	01:02:34
2	Jenny Hindle	Der	01:09:34

Master 60-64 men

Position	Name	Club	Time
1	Kevin Howlett	Ryston	00:39:48
2	Shane Lawrence	Camb Uni Har	00:42:37
3	Paul Firmage	Ryston	00:44:50
4	Chris Milnes	Ryston	00:48:52
5	Robert Belcher	NRR	00:56:04

Master 60+ women

Position	Name	Club	Time
1	Bobbie Sauerzapf	BBD	00:47:30
2	Liz Blakie	Ryston	00:49:50
3	Hazel Cason	Der	01:02:31

Vet 65+ men

Position	Name	Club	Time
1	Frank Gribben	BVH	00:37:09
2	Nigel Dickins	NVH	00:41:22
3	Alan Burgin	Hunts	00:41:26
4	Neil Anderton	Der	00:43:56
5	Glynn Smith	C&C	00:44:10
6	Dave Vaughan	St Eds	00:45:39
7	John Richardson	Der	00:57:24