

Ryston Runners GP 6 (2018-19)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Oscar Best	St Martin	02:52	U9B
2	Jonah Life	NNH	02:56	U9B
3	James Ashton	CoNAC	03:04	U9B
4	Lily Goddard	CoNAC	03:12	U9G
5	Henry Pittock	Ashwick	03:13	U9B
6	Abbie Shackloth	Dersin	03:16	U9G
7	Ethan Ward	Terring St C	03:18	U9B
8	Chloe Pratt	Ryston/Nt Wooton	03:21	U9G
9	Jacob Booth	Ryston	03:24	U9B
10	Thomas Simmonds	U/A	03:30	U9B
11	Leah Beagles	Ingold	03:31	U9G
12	Zoe Hipperson	St Martin	03:39	U9G
13	Evie Owen	St Martin	03:41	U9G
14	Max Gyton	Wimb	03:47	U9B
15	Finley Whitehoue	Terring St C	03:51	U9B
16	Casey Ward	Terring St C	03:58	U9G
17	Hector Axcell	St Martin	04:21	U9B
18	Ellie Bransgrove	Terring St C	04:33	U9G
19	Ashton Moore	Dunerunner	04:37	U9B
20	Rhys Howard	Nt Wooton	04:52	U9B
21	Hartley Moore	Dunerunner	05:09	U9B

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Under 9 boys

Position	Name	Club/School	Time
1	Oscar Best	St Martin	02:52
2	Jonah Life	NNH	02:56
3	James Ashton	CoNAC	03:04
4	Henry Pittock	Ashwick	03:13
5	Ethan Ward	Terring St C	03:18
6	Jacob Booth	Ryston	03:24
7	Thomas Simmonds	U/A	03:30
8	Max Gyton	Wimb	03:47
9	Finley Whitehoue	Terring St C	03:51
10	Hector Axcell	St Martin	04:21
11	Ashton Moore	Dunerunner	04:37
12	Rhys Howard	Nt Wooton	04:52
13	Hartley Moore	Dunerunner	05:09

Under 9 girls

Position	Name	Club/School	Time
1	Lily Goddard	CoNAC	03:12
2	Abbie Shackloth	Dersin	03:16
3	Chloe Pratt	Ryston/Nt Wooton	03:21
4	Leah Beagles	Ingold	03:31
5	Zoe Hipperson	St Martin	03:39
6	Evie Owen	St Martin	03:41
7	Casey Ward	Terring St C	03:58
8	Ellie Bransgrove	Terring St C	04:33

Ryston Runners GP 6 (2018-19)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Connie Easter	CoNAC	07:57	U11G
2	Jude Linstead	CoNAC	08:02	U11B
3	Eva Barton	CoNAC	08:08	U11G
4	Edith Avowlanu	CoNAC	08:10	U11G
5	Henry Ashton	CoNAC	08:11	U11B
6	Reuben Xuereb	NNH	08:27	U11B
7	Ackara Black	Ryston (Hillcrest)	08:36	U11B
8	Archie Rowe	Ryston (Glebe)	08:48	U11B
9	Will Saunders	Ryston (Glebe)	08:58	U11B
10	Lola Kidman	KLTC	09:01	U11G
11	Thomas Elsdon	Ren Run / Nt Wooton	09:05	U11B
12	Ella Goldring	Ryston	09:09	U11G
13	Georgia Shirley	CoNAC	09:10	U11G
14	Eva Eccles	Nor Gaz	09:18	U11G
15	George Costello	Der	09:25	U11B
16	Henry Gosnell	Nt Wooton / Rene	09:26	U11B
17	Eloise Edridge	NNH	09:31	U11G
18	William Broad	Down Prep	09:45	U11B
19	Evie Clayton	Ryston	09:48	U11G
20	Toby Sargeant	CoNAC	09:57	U11B
21	Oliver Pearson	Dere	09:57	U11B
22	Aiden Howard	Nt Wooton / Rene	10:04	U11B
23	Lucy Paine	St Martin	10:12	U11G
24	Sam Doughty	Ryston / Nt Wooton	10:17	U11B
25	Dylan Whitehouse	Ryston	10:17	U11B
26	Beatrice Green	Der	10:23	U11G
27	Hette Koulman	Ryston	10:59	U11G
28	Esther Broad	WN (Down Prep)	11:49	U11G
29	Aiden Beagles	Ingles	12:31	U11B

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Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	08:02
2	Henry Ashton	CoNAC	08:11
3	Reuben Xuereb	NNH	08:27
4	Ackara Black	Ryston (Hillcrest)	08:36
5	Archie Rowe	Ryston (Glebe)	08:48
6	Will Saunders	Ryston (Glebe)	08:58
7	Thomas Elsdon	Ren Run / Nt Wooton	09:05
8	George Costello	Der	09:25
9	Henry Gosnell	Nt Wooton / Rene	09:26
10	William Broad	Down Prep	09:45
11	Toby Sargeant	CoNAC	09:57
12	Oliver Pearson	Dere	09:57
13	Aiden Howard	Nt Wooton / Rene	10:04
14	Sam Doughty	Ryston / Nt Wooton	10:17
15	Dylan Whitehouse	Ryston	10:17
16	Aidan Beagles	Ingles	12:31

Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	07:57
2	Eva Barton	CoNAC	08:08
3	Edith Avowlanu	CoNAC	08:10
4	Lola Kidman	KLTC	09:01
5	Ella Goldring	Ryston	09:09
6	Georgia Shirley	CoNAC	09:10
7	Eva Eccles	Nor Gaz	09:18
8	Eloise Edridge	NNH	09:31
9	Evie Clayton	Ryston	09:48
10	Lucy Paine	St Martin	10:12
11	Beatrice Green	Der	10:23
12	Hette Koulman	Ryston	10:59
13	Esther Broad	WN (Down Prep)	11:49

Ryston Runners GP 6 (2018-19)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Billy Life	NNH	10:41	U15B
2	Jannis Koulman	Ryston	11:54	U15B
3	Luke Gilding	Der	12:01	U13B
4	Bethany Wilson	Thetford	12:05	U13G
5	Callum Wing	Thet	12:15	U13B
6	Isabella Williams	CoNAC	12:37	U13G
7	Jake Gilding	Der	12:40	U13B
8	Louis Preston	Der	12:55	U13B
9	Oliver Booth	U/A	13:02	U13B
10	Jacob Last	Der	13:06	U13B
11	Evie Goldring	Ryston	13:55	U13G
12	Olivia Sargeant	CoNAC	14:18	U15G
13	Bethany Barrett	Der	15:11	U15G
14	Esmie Kidman	KLTC	15:45	U13G
15	Alysha Clements	U/A	15:58	U13G

Under 13 boys

Position	Name	Club	Time
1	Luke Gilding	Der	12:01
2	Callum Wing	Thet	12:15
3	Jake Gilding	Der	12:40
4	Louis Preston	Der	12:55
5	Oliver Booth	U/A	13:02
6	Jacob Last	Der	13:06

Under 13 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	12:05
2	Isabella Williams	CoNAC	12:37
3	Evie Goldring	Ryston	13:55
4	Esmie Kidman	KLTC	15:45
5	Alysha Clements	U/A	15:58

Under 15 boys

Position	Name	Club	Time
1	Billy Life	NNH	10:41
2	Jannis Koulman	Ryston	11:54

Under 15 girls

Position	Name	Club	Time
1	Olivia Sargeant	CoNAC	14:18
2	Bethany Barrett	Der	15:11

Ryston Runners GP 6 (2018-19)

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	Ryston	21:39	SM
2	Michael Wegrzyn	U/A	21:45	SM
3	Gary Crush	CoNAC	21:46	MM40-44
4	Ben Keeley	Ryston	22:35	SM
5	Dan Guppy	Ryston	22:36	SM
6	Ryan Lingwood	Der	22:41	U17B
7	Andrew Simmonds	Ryston	22:59	SM
8	Nic Bensley	Ryston	23:05	MM45-49
9	Robert Simmonds	Ryston	23:12	SM
10	Matt Stone	BVH	24:10	MM45-49
11	Aidan Banfield	CoNAC	24:22	U17B
12	Jake Grand	NRR	24:44	SM
13	Kevin Vaughan	Thet	25:00	MM55-59
14	Steve Burge	U/A	25:51	MM40-44
15	Stuart Holmes	Camb Tri	26:00	MM50-54
16	Jason Wing	U/A	26:09	MM45-49
17	Dan Pratt	Ryston	26:15	MM40-44
18	Michael Howlett	Ryston	26:18	SM
19	Owen Burge	Ryston	26:26	U17B
20	Elizabeth Daly	Der	26:29	MW35-39
21	Adrian Grand	NRR	26:34	MM50-54
22	Bailey Took	Ryston	26:44	U17B
23	Nigel Horney	Keswick	26:47	MM60-64
24	Jane Clarke	CoNAC	26:50	MW55-59
25	Jake Stearman	BVH	27:00	SM
26	Jamie Bransgrove	Ryston	27:17	MM40-44
27	Martin Ive	Ryston	27:24	MM50-54
28	Alistair Doig	KLTC	27:26	MM45-49
29	Frank Gribben	BVH	27:34	MM65+
30	Paul MacClean	U/A	28:02	MM55-59
31	Tony Savage	Ryston	28:29	MM55-59
32	Ian Kidman	KLTC	28:43	MM50-54
33	Mark Crook	Ryston	28:46	MM50-54
34	Siobhan Skinner	C&C	28:53	SW
35	Mark Doughty	Ryston	29:00	MM40-44
36	Pawel Wegrzyn	U/A	29:06	SM
37	Lesley Robins	Ryston	29:14	MW45-49
38	Kevin Howlett	Ryston	29:28	MM60-64
39	Jonny Clark	TCRC	29:38	MM45-49
40	Jacob Whitehouse	Ryston	29:46	SM
41	Richard Sargeant	NRR	29:49	MM45-49
42	Nic Clarey	TCRC	30:09	MM45-49

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43	Albert Koulman	U/A	30:26	MM45-49
44	Penny Seeger	Ryston	30:32	SW
45	Paul Curson	Ryston	30:52	MM45-49
46	Jacky Walsingham	Ryston	31:06	MW45-49
47	Dawn Robinson	Ryston	31:28	SW
48	Aaron Petts	TCRC	31:38	MM40-44
49	Paul Woodyatt	CoNAC	31:53	MM55-59
50	Mark Mattless	TCRC	31:58	MM45-49
51	Deborah Last	U/A	32:01	MW45-49
52	Neil Anderton	Der	32:13	MM65+
53	Robert Last	Der	32:18	MM40-44
54	Emma Thompson	Ryston	32:21	MW40-44
55	Debbie James	KLTC	32:37	MW45-49
56	Daniel Green	U/A	32:48	SM
57	Paul Firmage	Ryston	33:17	MM60-64
58	Dawn Ball	TCRC	33:27	MW35-39
59	Tom Moore	Dunerunner	33:29	SM
60	Dave Vaughan	St Eds	33:44	MM65+
61	Wendy Fisher	Ryston	34:02	MW50-54
62	Sarah Melton	TCRC	34:18	MW35-39
63	Henrietta Green	Der	34:40	MW35-39
64	Karen Wood	KLTC	34:41	MW50-54
65	Lauren Day	TCRC	34:52	SW
66	Gillian Grand	U/A	34:57	MW50-54
67	Lorraine Reeves	Brandon	35:18	MW45-49
68	Liz Blakie	Ryston	35:55	MW60+
69	Jane Ashby	Ryston	36:12	MW60+
70	Mark Preston	U/A	36:17	MM40-44
71	Sarah Sargeant	U/A	36:24	MW45-49
72	Simon Goldring	U/A	36:46	MM45-49
73	Nina Koulman	Ryston	36:47	U17G
74	Ed Wright	U/A	37:19	MM45-49
75	Claire Emery	Ryston	37:40	MW40-44
76	Cheryl Lenton	TCRC	37:47	MW40-44
77	Jodie Clark	TCRC	37:47	MW45-49
78	Tobie Fysh	U/A	37:48	SM
79	Nicola Carey	U/A	38:24	MW40-44
80	Darren Rowley	Har of Der	42:10	MM50-54
81	Steve Whitelam	TCRC	42:21	MM45-49
82	Carol Preston	U/A	44:00	MW40-44
83	Wobine De-Sitter	U/A	44:15	MW45-49
84	Charles Wilson	Ryston	44:19	MM45-49
85	Tracey Anderton	Der	45:18	MW50-54
86	Hazel Cason	Der	45:27	MW60+

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87	Brian Cook	U/A	45:28	MM45-49
88	Anne-Marie Mattless	TCRC	45:45	MW45-49
89	John Richardson	Der	47:17	MM65+

Under 17 boys

Position	Name	Club	Time
1	Ryan Lingwood	Der	22:41
2	Aidan Banfield	CoNAC	24:22
3	Owen Burge	Ryston	26:26
4	Bailey Took	Ryston	26:44

Under 17 girls

Position	Name	Club	Time
1	Nina Koulman	Ryston	36:47

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	21:39
2	Michael Wegrzyn	U/A	21:45
3	Ben Keeley	Ryston	22:35
4	Dan Guppy	Ryston	22:36
5	Andrew Simmonds	Ryston	22:59
6	Robert Simmonds	Ryston	23:12
7	Jake Grand	NRR	24:44
8	Michael Howlett	Ryston	26:18
9	Jake Stearman	BVH	27:00
10	Pawel Wegrzyn	U/A	29:06
11	Jacob Whitehouse	Ryston	29:46
12	Daniel Green	U/A	32:48
13	Tom Moore	Dunerunner	33:29
14	Tobie Fysh	U/A	37:48

Senior women

Position	Name	Club	Time
1	Siobhan Skinner	C&C	28:53
2	Penny Seeger	Ryston	30:32
3	Dawn Robinson	Ryston	31:28
4	Lauren Day	TCRC	34:52

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Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Der	26:29
2	Dawn Ball	TCRC	33:27
3	Sarah Melton	TCRC	34:18
4	Henrietta Green	Der	34:40

Master 40-44 men

Position	Name	Club	Time
1	Gary Crush	CoNAC	21:46
2	Steve Burge	U/A	25:51
3	Dan Pratt	Ryston	26:15
4	Jamie Bransgrove	Ryston	27:17
5	Mark Doughty	Ryston	29:00
6	Aaron Petts	TCRC	31:38
7	Robert Last	Der	32:18
8	Mark Preston	U/A	36:17

Master 40-44 women

Position	Name	Club	Time
1	Emma Thompson	Ryston	32:21
2	Claire Emery	Ryston	37:40
3	Cheryl Lenton	TCRC	37:47
4	Nicola Carey	U/A	38:24
5	Carol Preston	U/A	44:00

Master 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	23:05
2	Matt Stone	BVH	24:10
3	Jason Wing	U/A	26:09
4	Alistair Doig	KLTC	27:26
5	Jonny Clark	TCRC	29:38
6	Richard Sargeant	NRR	29:49
7	Nic Clarey	TCRC	30:09
8	Albert Koulman	U/A	30:26
9	Paul Curson	Ryston	30:52
10	Mark Mattless	TCRC	31:58
11	Simon Goldring	U/A	36:46
12	Ed Wright	U/A	37:19
13	Steve Whitelam	TCRC	42:21
14	Charles Wilson	Ryston	44:19
15	Brian Cook	U/A	45:28

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Master 45-49 women

Position	Name	Club	Time
1	Lesley Robins	Ryston	29:14
2	Jacky Walsingham	Ryston	31:06
3	Deborah Last	U/A	32:01
4	Debbie James	KLTC	32:37
5	Lorraine Reeves	Brandon	35:18
6	Sarah Sargeant	U/A	36:24
7	Jodie Clark	TCRC	37:47
8	Wobine De-Sitter	U/A	44:15
9	Anne-Marie Mattless	TCRC	45:45

Master 50-54 men

Position	Name	Club	Time
1	Stuart Holmes	Camb Tri	26:00
2	Adrian Grand	NRR	26:34
3	Martin Ive	Ryston	27:24
4	Ian Kidman	KLTC	28:43
5	Mark Crook	Ryston	28:46
6	Darren Rowley	Har of Der	42:10

Master 50-54 women

Position	Name	Club	Time
1	Wendy Fisher	Ryston	34:02
2	Karen Wood	KLTC	34:41
3	Gillian Grand	U/A	34:57
4	Tracey Anderton	Der	45:18

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	25:00
2	Paul MacClean	U/A	28:02
3	Tony Savage	Ryston	28:29
4	Paul Woodyatt	CoNAC	31:53

Master 55-59 women

Position	Name	Club	Time
1	Jane Clarke	CoNAC	26:50

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Master 60-64 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	26:47
2	Kevin Howlett	Ryston	29:28
3	Paul Firmage	Ryston	33:17

Master 60+ women

Position	Name	Club	Time
1	Liz Blakie	Ryston	35:55
2	Jane Ashby	Ryston	36:12
3	Hazel Cason	Der	45:27

Vet 65+ men

Position	Name	Club	Time
1	Frank Gribben	BVH	27:34
2	Neil Anderton	Der	32:13
3	Dave Vaughan	St Eds	33:44
4	John Richardson	Der	47:17