

## Ryston Grand Prix 2018-19 Series

Visiting Club competition		
1st	City of Norwich AC	
2nd	Dereham Runners	
3rd	Thetford AC	

Under 9 boys		
1st	Oscar Best	St Martin
2nd	Jonah Life	NNH
3rd	James Ashton	CoNAC

Under 13 boys		
1st	Ben Peck	Thetford
2nd	Jake Dorbin	Thetford
3rd	Luke Gilding	Dereham

Under 17 boys		
1st	Ryan Lingwood	Dereham
2nd	Aidan Banfield	CoNAC
3rd	Owen Burge	Ryston

Vet 35 women		
1st	Elizabeth Daly	Dereham
2nd	Claire Wilshaw	Camb Tri
3rd	Sarah Melton	TCRC

Vet 45 women		
1st	Lesley Robins	Ryston
2nd	Jacky Walsingham	Ryston
3rd	Debbie James	West Norf

Vet 55 women		
1st	Jane Clarke	CoNAC
2nd	Wendy Farquhar	Ryston

Primary Schools competition		
1st	St Martin at Shouldham	
2nd	North Wooton	
3rd	Terrington St Clements	

Under 9 girls		
1st	Lily Goddard	CoNAC
2nd	Chloe Pratt	Nh Wooton
3rd	Zoe Hipperson	St Martin

Under 13 girls		
1st	Bethany Wilson	Thetford
2nd	Isabella Williams	CoNAC
3rd	Evie Goldring	Ryston

Under 17 girls		
1st	Rosie Booth	Ryston
2nd	Nina Koulman	Ryston

Vet 40 men		
1st	Simon Smith	Thetford
2nd	Dan Pratt	Ryston
3rd	Steve Brewer	Ryston

Vet 50 men		
1st	Stuart Holmes	Camb Tri
2nd	Simon Hardy	KLTC
3rd	Simon Riches	KLTC

Vet 60 men		
1st	Nigel Horney	Keswick AC
2nd	Kevin Howlett	Ryston
3rd	Paul Firmage	Ryston

Most improved Club		
King's Lynn Tri Club		

Under 11 boys		
1st	Jude Linstead	CoNAC
2nd	Henry Ashton	CoNAC
3rd	Reuben Xuereb	NNH

Under 15 boys		
1st	James Peck	Thetford
2nd	Billy Life	NNH
3rd	Jannis Koulman	Ryston

Senior Men		
1st	Michal Wegrzyn	U/A
2nd	Callum Stanforth	Ryston
3rd	Daniel Guppy	Ryston

Vet 40 women		
1st	Charlotte Smith	Thetford
2nd	Christine Ashton	U/A
3rd	Elizabeth Peck	Thetford

Vet 50 women		
1st	Eloise Bird	St Eds
2nd	Karen Wood	KLTC
3rd	Wendy Fisher	Ryston

Vet 60+ women		
1st	Liz Blakie	Ryston
2nd	Gill Hart	Ryston
3rd	Hazel Cason	Dereham

Outstanding performance		
Ben Peck - Thetford		

Under 11 girls		
1st	Connie Easter	CoNAC
2nd	Edith Avowlanu	CoNAC
3rd	Eva Barton	CoNAC

Under 15 girls		
1st	Alice Daniels	CoNAC
2nd	Olivia Sargeant	CoNAC
3rd	Bethany Barrett	Dereham

Senior Women		
1st	Autumn Hales	BVH
2nd	Penny Seeger	Ryston
3rd	Georgia Williams	Wymondham

Vet 45 men		
1st	Nic Bensley	Ryston
2nd	Matt Stone	BVH
3rd	Peter Bird	St Eds

Vet 55 men		
1st	Chris Cooke	St Eds
2nd	Kevin Vaughan	Thetford
3rd	Tony Savage	Ryston

Vet 65+ men		
1st	Frank Gribben	BVH
2nd	Neil Anderton	Dereham
3rd	Don Hutchinson	Camb Tri