

Ryston Runners GP 1 (2017-18)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	NRR	02:49
2	Oliver Loveday	Kings Ely	02:56
3	Archie Rowe	Glebe	03:08
4	William Saunders	Glebe	03:10
5	Oscar Best	St Martin	03:18
6	Elliot Covell	NRR	03:20
7	Beau Loram	Wimb	03:21
8	Charlie Coleman	Marsh St J	03:22
9	Theo Loram	Rys / Wimb	03:25
10	Thomas Malton	Greyfriars	03:27
11	Jack Bratton	St Martin	03:32
12	Tom Doig	West Lynn	03:33
13	Harry Bratton	St Martin	03:33
14	Jacob Booth	Ders	03:34
15	Thomas Simmonds		03:35
16	Freddie Gribbin	Glebe	03:37
17	Eddie Baltrunkis	Greyfriars	03:45
18	George Head		03:46
19	Charlie Clark	St Martin	03:48
20	Freddie Hawkins	Glebe	03:50
21	Henry Pittock	Fenland	03:52
22	Daniel Berton	Gaywood Pri	03:58
23	Marcey Workman		04:01
24	Liam Dearie	St Martin	04:01
25	Jack Hall	St Martin	04:04
26	Matthew Piggott	Glebe	04:11
27	Talan Clarke	Marham	04:23
28	William Battrick		04:29
29	Max Hawkins	Glebe	04:46
30	Alexander Morley	St Martin	05:39

Ryston Runners GP 1 (2017-18)

Under 9 girls

Position	Name	Club/School	Time
1	Asha Kandola	NRR	03:09
2	Hette Koulman	Greyfriars	03:12
3	Eloise Edridge	NNH	03:14
4	Rosie Head	CONAC	03:17
5	Annalise Cadman		03:18
6	Eva Eccles	Tri Anglia	03:26
7	Lola Kidman	Greyfriars	03:26
8	Chloe Pratt	Nth Wooton	03:26
9	Tabitha Meek	Glebe	03:36
10	Isabelle Battrick		03:43
11	Orla Jamieson	Glebe	03:47
12	Zoe Hipperson	St Martin	03:49
13	Florence Abbott		04:00
14	Evie Owen	St Martin	04:03
15	Lily Hawkins	Glebe	04:05
16	Georgia Snelling	St Martin	04:06
17	Madison Ellington	Down Prep	04:22
18	Poppy Balaam		04:24
19	Imogen Dungar		04:24
20	Briar Hobbs	St Martin	04:27
21	Malou Lewis	Down Prep	04:41
22	Freya Dungar		04:50
23	Nancy Simmonds		05:59

Ryston Runners GP 1 (2017-18)

Under 11 boys

1	Daniel Clouston	Thetford	08:26
2	Matthew Benson	NNH	08:32
3	Joe Clarke	NRR	08:43
4	Riley Bell	Ryston	08:48
5	Billy Eccles	Tri Anglia	08:55
6	Tobias Cheesbrough	Matishall	09:03
7	Oakley Took	Ryston	09:04
8	Lachlan Hadden	NRR	09:07
9	Rhys Buswell	Butterwick	09:14
10	William Broad	Down Prep	09:22
11	Callum Pratt	Ryston	09:28
12	Joshua Woodley	BBD	09:29
13	Ewan Hourjhan	Butterwick	09:36
14	Harry Malton	Greyfriars/Ryston	09:36
15	Tom D'Ayala	Ely	09:51
16	Charlie Sheeran	Harling	09:57
17	Sam Doughty	Ryston	10:17
18	Joshua Lawrence	Down Prep	10:26
19	Ray Faraday-Drake	NRR	10:30
20	Harry Lawrence	Down Prep	10:34
21	Ethan Barrett	Der	10:35
22	Thomas Norkett	Thetford	10:36
23	Oliver Jones	St Martin	10:45
24	Vinnie Manser	Greyfriars	10:47
25	Finley Thomson	NVH	10:48
26	Alfie Robinson	Greyfriars	10:54
27	Kieran Sproule	St Martin	12:07
28	Ewan Dearie	St Martin	12:43
29	Archie McIntyre	St Martin	12:49
30	James McKay-Ferguson	Down Prep	14:49
31	Cody Howard	Ryston	15:53
32	Charlie Williams	St Martin	17:12

Ryston Runners GP 1 (2017-18)

Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CONAC	08:34
2	Ella Goldring	Heacham	08:50
3	Bethany Wilson	Thetford	08:51
4	Nya Noble-Romero	St Martin	08:54
5	Ellen Symonds	Dereham	09:05
6	Millie Adams	CONAC	09:19
7	Imogen Davey	Dereham	09:34
8	Ella Matthews	St Martin / Ryston	09:45
9	Belle Watkins	NRR	09:56
10	Alicia-Mae Howard	Thetford	10:06
11	Clarice Cavill	Ryston	10:23
12	Lucy Paine	St Martin	10:24
13	Holly Hayes	Harling	10:25
14	Gracie-Mae Meek	Glebe	10:59
15	Jeniffer Wood	WNAC	11:12
16	Anya McNulty	Dereham	11:25
17	Esther Broad	Down Prep	12:46
18	Lily Jermy	St Martin	12:51
19	Anona Bressani	St Martin	13:05
20	Olivia Doig	West Lynn	13:53
21	Rosenwyn Clarke	Marham	14:33
22	Gabriella Best	St Martin	14:54
23	Zara Atkins	St Martin	17:14

Ryston Runners GP 1 (2017-18)

Under 13 boys

Position	Name	Club	Time
1	James Peck	Thetford	10:23
2	Jeya Kandola	NRR	10:34
3	Ollie Sanders	Thetford	11:02
4	Harry Wakefield	Ryston	11:18
5	Ben Peck	Thetford	11:19
6	Callum Griffiths	U/A	12:14
7	Thomas Payne	Wimb	12:15
8	Leo D'Ayala	Ely	12:31
9	Luke Gilding	Dereham	12:32
10	Fred Rednall	Harling	13:12
11	Louis Preston	Dereham	13:14
12	Kieran Bell	Ryston	13:55
13	Thomas Matthews	Ryston	14:24
14	Malakai Took	Ryston	14:26
15	Luke Hayes	U/A	15:20

Under 13 girls

Position	Name	Club	Time
1	Hattie Reynolds	NNH	11:29
2	Abigail Clouston	Thetford	11:40
3	Madison Kelly	CONAC	11:43
4	Memphis Symonds	CONAC	11:48
5	Abi McCallum	NNH	12:07
6	Millie McClagish	TCRC	12:33
7	Holly Lawrence	WNAC	12:55
8	Isabelle Williams	CONAC	13:15
9	Isabel Smythe	Thetford	13:33
10	Evie Goldring	U/A	13:47
11	Elowen Clarke	U/A	14:11
12	Sienna Coe	Dereham	14:55
13	Martha Broad	WNAC	15:14
14	Sophie Doig	U/A	15:28
15	Tilly Loram	Ryston	15:46

Ryston Runners GP 1 (2017-18)

Under 15 boys

Position	Name	Club	Time
1	Danny Adams	CONAC	10:28
2	Bailey Took	Ryston	10:59
3	Oli O'Malley	NNH	12:00
4	Jannis Khoulmam	Ryston	12:03
5	Miles Clark	Harling	12:17
6	Joe McNulty	Ryston	12:20
7	Harry Goldspink	U/A	12:28
8	Zak Mitchell	Thetfrod	12:28
9	Sam Anderton	Dereham	13:04
10	Kyle Berry	Ryston	13:10
11	Max Faraday-Drake	NRR	14:30
12	Campbell Hadden	NRR	16:35

Under 15 girls

Position	Name	Club	Time
1	Abigail Durrand	NNH	10:56
2	Grace Jermy	CONAC	11:08
3	Eliska Watling	NNH	11:35
4	Rosie Booth	Ryston	12:24
5	Erin McNulty	Dereham	12:40
6	Mai Loram	Ryston	12:58
7	Gemma Bridges	Ely	13:05
8	Zara Sheeran	Harling	14:17
9	Elizabeth Wood	WNAC	14:45
10	Nina Koulman	Ryston	14:54
11	Lana Hayes	U/A	15:05
12	Lowena Clarke	U/A	15:53

Ryston Runners GP 1 (2017-18)

Under 17 boys

Position	Name	Club	Time
1	Aiden Try	CONAC	17:10
2	Angus Clark	Harling	17:19
3	Morgan Harrison	TCRC	18:47
4	Kai Beadle	GYDAC	20:57
5	Kieran McFarlane	NRR	21:44
6	Samuel Tann	Ryston	23:11

Under 17 girls

Position	Name	Club	Time
1	Ellie Foster	Dereham	22:13
2	Abi Foster	Dereham	23:01

Senior men

Position	Name	Club	Time
1	Steven Cannell	BVH	16:14
2	Robert Simmonds	Ryston	16:32
3	Callum Stanforth	Ryston	16:35
4	Sam coyne	BVH	16:47
5	Chris Balmer	Ryston	16:53
6	Frazer Heasman	BVH	17:15
7	Sean Atterwill	U/A	17:16
8	John Hoggood	Ryston	17:20
9	Daniel Guppy	KLTC	18:01
10	Andrew Simmonds	Ryston	18:21
11	Ben Collison	WNAC	18:36
12	John Dungar	BVH	19:41
13	Darren Smith	Ryston	20:16
14	Ian Hogarth	Ryston	20:52
15	Adam Chown	U/A	20:53
16	Lee Johnson	TCRC	21:21
17	Paul Malton	U/A	21:34
18	Lee Watkins	U/A	21:45
19	Pawel Wegrzyn	U/A	21:55
20	Shaun Hamer	U/A	21:56
21	Kevin Took	U/A	22:10
22	Neil Holmes	U/A	22:29
23	Jim Mockford	Thetford	23:55
24	James Wilkinson	U/A	25:17
25	Tim Lowe	U/A	34:12

Ryston Runners GP 1 (2017-18)

Senior women

Position	Name	Club	Time
1	Colleen-Nicole Mukuya	GYDAC	17:22
2	Lydia Growsns	Ryston	20:04
3	Mel Reed	Ryston	20:36
4	Joanne Watkins	Nor Gaz	20:44
5	Laura Whitton	Vegan R	21:47
6	Penny Seeger	Ryston	21:50
7	Hannah Stone	BVH	22:06
8	Cathy Threadgold	Eye	22:51
9	Grace Bird	Dereham	22:56
10	Autumn Hales	BVH	23:20
11	Kate Bamfield	WNAC	23:21
12	Tara Baxter	BVH	23:28
13	Georgia Williams	Wym	24:40
14	Natasha Lane	Ely	29:18
15	Rachel Malton	U/A	31:48

Vet 35-39 women

Position	Name	Club	Time
1	Susan Matthews	Ryston	20:08
2	Claire Wilshaw	Camb Tri	21:17
3	Carly Jermy	CONAC	22:53
4	Anna Seaman	Ryston	23:04
5	Jodie Linstead	NRR	23:26
6	Kareana Symonds	Dereham	23:35
7	Trudy Sayell	TCRC	24:44
8	Sarah Melton-Whitelam	TCRC	26:43
9	Sarah Johnson	TCRC	27:03
10	Rachael Richardson	U/A	27:16
11	Fay Gratton	TCRC	30:05
12	Cindy Futter	U/A	30:37
13	Louise Prosser	U/A	30:53
14	Hannah Masters	WNAC	39:24

Ryston Runners GP 1 (2017-18)

Vet 40-44 men

Position	Name	Club	Time
1	Ian Jermy	BVH	18:17
2	Lynton Battrick	NNBR	18:37
3	Alistair Doig	KLTC	18:49
4	Steve Bowdry	KLTC	20:43
5	Mark Doughty	Ryston	20:58
6	Martyn Benstead	U/A	21:25
7	Mark Drysdale	Nor Gaz	22:11
8	Matthew Hunter	TCRC	24:21
9	Steve Clarke	TCRC	35:16

Vet 40-44 women

Position	Name	Club	Time
1	Louise White	Thetford	19:35
2	Zoe Jones	Wym	22:32
3	Rachel Miller	NRR	23:56
4	Dee McClagish	TCRC	24:40
5	Rebecca Clarke	U/A	25:24
6	Judith Berry	KLCR	25:42
7	Tracey Else	TCRC	26:00
8	Jen Lewis	Run DMC	27:26
9	Jo Garner	Run DMC	28:43
10	Wendy Howard	Thetford	29:06
11	Jane Snape	U/A	31:47
12	Claire Emery	Ryston	31:48

Ryston Runners GP 1 (2017-18)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	17:11
2	Jason Stone	Ryston	18:30
3	Darren Easter	Ryston	18:33
4	Dave Goldspink	U/A	19:09
5	Matt Stone	BVH	19:18
6	Paul O'Malley	U/A	19:58
7	Ian Kidman	KLTC	20:48
8	Steve Thompson	U/A	20:56
9	Darren Edridge	U/A	21:19
10	Albert Koulman	U/A	21:37
11	James McFarlane	NRR	21:44
12	Ally Hadden	NRR	21:56
13	Paul Stocking	U/A	22:11
14	Gary Malliband	Thetford	22:15
15	James Graham	Spalding Tri	23:19
16	Ian King	Fenland	23:34
17	Gary Bligh	TCRC	24:44
18	Martin Clark	U/A	25:22
19	Alex Killick	Ryston	28:45
20	Steve Whitelam	TCRC	29:58

Vet 45-49 women

Position	Name	Club	Time
1	Pauline Drewery	Ryston	23:03
2	Samantha Cadman	U/A	23:22
3	Sarah Gauvin	Fenland	23:27
4	Claire Ampomah	U/A	26:24
5	Jo Reynolds	U/A	28:16
6	Wendy Lane	U/A	28:28
7	Ann Kirton	Thetford	29:22
8	Joanne Toop	U/A	29:39
9	Klara Thairt	U/A	30:29
10	Karen Smith	Ryston	30:30
11	Wobine De Sitter	U/A	30:50
12	Sarah Hulm	U/A	31:47
13	Tracy Farr	U/A	35:02

Ryston Runners GP 1 (2017-18)

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	17:18
2	Malcolm Tuff	Ryston	18:44
3	Stuart Holmes	Camb Tri	18:46
4	Martin Ive	Ryston	18:59
5	Adrian Hall	Wym	19:18
6	Stewart Robins	Ryston	19:23
7	Paul Maclean	U/A	19:42
8	Alistair Rudd	U/A	20:18
9	Paul Cockaday	NRR	21:07
10	Colin Apps	Spalding Tri	21:52
11	Tom Drew	Spalding Tri	21:58
12	Mike Wright	Eye	22:04
13	Jeremy Navrady	Ryston	22:09
14	Mark Ryan	U/A	25:21
15	Andy Smith	Ryston	26:11
16	Chris Garner	TCRC	26:28
17	Mike Broad	U/A	26:55
18	David Lane	Ryston	26:59
19	Tony Lamb	TCRC	27:04

Vet 50-54 women

Position	Name	Club	Time
1	Christine Anthony	W Suffolk	20:55
2	Elaine Griffiths	U/A	27:28
3	Sue Smith	Ryston	44:13

Ryston Runners GP 1 (2017-18)

Vet 55-59 men

Position	Name	Club	Time
1	Alan Fincham	U/A	22:46

Vet 55+ women

Position	Name	Club	Time
1	Maureen Wolfe	Ryston	24:34
2	Rita Rue	St Ed	26:18
3	Liz Blakie	Ryston	27:13
4	Stephanie Clark	U/A	28:29
5	Ginny Studd	U/A	30:52

Vet 60 men

Position	Name	Club	Time
1	Frank Gribben	BVH	20:01
2	Dave Neale	KLTC	20:45
3	John Baxter	BVH	20:50
4	Kevin Howlett	Ryston	21:09
5	Alan Burgin	Hunts	22:10
6	Steve Rue	St Ed	22:12
7	Dave Vaughan	Bury	22:59
8	Mark Taylor	NRR	24:21
9	Paul Firmage	Ryston	24:45
10	Chris Milnes	Ryston	24:56
11	John Pamplin	GYDAC	25:26
12	Neill Draycott	Bourne	25:38
13	Phillip Kenyon	U/A	27:04
14	John Richardson	Dereham	34:58

Vet 70+ men

Position	Name	Club	Time
1	Neil Anderton	Dereham	24:23
2	Keith White	Fenland	25:43
3	Ernie Bradshaw	U/A	27:44