

Ryston Runners GP 2 (2017-18)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	CONAC	02:47
2	Jonah Life	NNH	03:07
3	Keane Mann	NRR	03:08
4	Oscar Best	St Martin	03:09
5	Archie Rowe	Glebe	03:14
6	Thomas Simmonds	U/A	03:18
7	Will Saunders	Glebe	03:19
8	Rupert Askhan	St Martin	03:21
9	Leon Holden	Boston	03:22
10	Joshua Smith	Ryston	03:24
11	Ethan Ward	Terring StC	03:24
12	Brandon Hankinson	Greyfriars	03:28
13	Harry Bratton	St Martin	03:29
14	Monty Findlay	Thetford	03:34
15	Eddie Baltrunkis	Greyfriars	03:36
16	Torin Jones	U/A	03:36
17	Charlie Clark	St Martin	03:36
18	Jack Bratton	St Martin	03:39
19	George Head	U/A	03:43
20	Daniel Berton	Gaywood	03:47
21	Freddie Gribbin	Glebe	03:47
22	Jack Hall	St Martin	03:48
23	Elias Blount	St Martin	03:50
24	Henry Pittock	Fenland	03:52
25	Daniel Adcock	U/A	03:56
26	Fred hawkins	Glebe	04:00
27	Ned Jones	U/A	04:01
28	Ethan Hall	St Martin	04:17
29	Harry Batterham	Nelson Acad	04:41
30	Hector Axccl	St Martin	04:50
31	Tyler Batterham	Nelson Acad	05:02
32	Max Hawkins	Glebe	05:12

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Under 9 girls

Position	Name	Club/School	Time
1	Eva Barton	U/A	03:03
2	Eva Eccles	Tri Anglia	03:13
3	Elouise Edridge	NNH	03:16
4	Lola Kidman	WN/Greyfriars	03:25
5	Hettie Koulman	Greyfriars	03:29
6	Amber Goddard	CONAC	03:29
7	Matilda Cabrera-Burns	U/A	03:33
8	Abigail Bransgrove	U/A	03:42
9	Ruby O'Dell	Camb Tri	03:46
10	Zoe Hipperson	St Martin	03:49
11	Sky Walsingham	U/A	03:53
12	Florence Abbott	U/A	03:55
13	Lily Goddard	U/A	03:58
14	Evie Owen	St Martin	04:02
15	Tabatha Meek	Glebe	04:03
16	Georgia Snelling	St Martin	04:04
17	Kiera Howard	U/A	04:07
18	Maddison Ellington	Down Prep	04:08
19	Alayna Buswell	U/A	04:08
20	Lily Hawkins	Glebe	04:15
21	Daisy Samlon	St Martin	04:17
22	Evie Edwards	Greyfriars	04:24
23	Briar Hobbs	St Martin	04:27
24	Poppy Findlay	U/A	04:38
25	Jeter Nelson	St Martin	04:41
26	Ella Bransgrove	U/A	04:46
27	Malou Lewis	Down Prep	05:06

Ryston Runners GP 2 (2017-18)

Under 11 boys

Position	Name	Club/School	Time
1	Joe Machin	CONAC	08:04
2	Jake Dorbin	U/A	08:09
3	Dylan White	CONAC	08:11
4	Matthew Benson	NNH	08:11
5	Tyler Pooley	Ryston	08:46
6	Billy Eccles	Tri Ang	08:51
7	Ackara Black	Ryston	09:04
8	Charlie Reynolds	NNH	09:07
9	Nathan Yeaman	U/A	09:09
10	Oakley Took	Ryston	09:10
11	Marley Mann	NRR	09:11
12	Callum Wing	Thet	09:16
13	Rhys Buswell	U/A	09:17
14	Joshua Woodley	BBD	09:21
15	Zachary Pollard	Der	09:33
16	Brody O'Hara	Greyfriars	09:34
17	Alfie Findlay	Thet	09:36
18	Harry Malton	Ryston/Greyfriars	09:44
19	Rhys Howard	CONAC	09:47
20	George Costello	Der	09:52
21	Sam Doughty	Ryston	09:59
22	Joshua Lawrence	Down Prep	10:08
23	Charlie Sheeran	U/A	10:11
24	Harry Lawrence	Down Prep	10:16
25	Alfie Robinson	Greyfriars	10:48
26	Kieran Sproule	St Martin	11:58
27	Ethan Barrett	Der	12:32
28	James McKay-Ferguson	Down Prep	14:41

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Under 11 girls

Position	Name	Club/School	Time
1	Jennifer Allen	GYDAC	08:30
2	Bethany Wilson	Thetford	08:49
3	Ella Goldring	Heacham	09:23
4	Millie Adams	CONAC	09:28
5	Nya Noble-Romero	St Martin	09:35
6	Ella Matthews	Ryston/St Martin	09:40
7	Alicia-Mae Howard	Thetford	09:42
8	Imogen Davey	Der	09:49
9	Freya Walsingham	CONAC	10:05
10	Rosie Head	CONAC	10:07
11	Esmie Kidman	Ryston/Greyfriars	10:11
12	Belle Watkins	NRR	10:12
13	Clarice Cavill	Ryston	10:15
14	Holly Hayes	U/A	10:17
15	Lucy Paine	St Martin	10:35
16	Esther Broad	Down Prep	11:03
17	Anya McNulty	Der	11:10
18	Jennifer Wood	WN	11:19
19	Gracie-Mae Meek	Glebe	11:41
20	Eliza Adcock	Der	11:50
21	Karise Sherry	Marham	12:07
22	Tallulah Houghton	NRR	12:10
23	Anona Bressani	St Martin	12:20
24	Lily Jermey	St Martin	12:44
25	Tiana O'Hara	Greyfriars	12:49
26	Daisy Edwards	Greyfriars	13:04
27	Niamh Kirby-Jones	U/A	13:33
28	Freya Smollen	Ryston	13:35
29	Elizabeth Duffey	Wimbotsham	13:37
30	Marnie Rose	St Martin	15:23
31	Gabriella Best	St Martin	15:44
32	Caitlyn Bennett	Wimbotsham	17:44

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Under 13 boys

Position	Name	Club	Time
1	Innes O'Malley	NNH	10:11
2	Jeya Kandola	NRR	10:32
3	Fred Rednall	Harling	12:14
4	Thomas Paine	U/A	12:23
5	Luke Gilding	Der	12:31
6	Elliott Gauld	U/A	12:51
7	Jacob Last	Der	14:04
8	Malakai Took	Ryston	14:26
9	Thomas Matthews	Ryston	14:30

Under 13 girls

Position	Name	Club	Time
1	Hattie Reynolds	NNH	11:20
2	Memphis Symonds	CONAC	11:39
3	Madison Kelly	CONAC	11:56
4	Alice Daniels	CONAC	11:57
5	Esme Abbott	CONAC	12:06
6	Abbi McCallum	NNH	12:06
7	Grace Daniels	CONAC	12:22
8	Holly Lawrence	WN	12:37
9	Sophie McKee	NNH	12:40
10	Isabella Williams	CONAC	13:37
11	Evie Goldring	U/A	13:57
12	Hannah Colby	U/A	14:39
13	Sophie Doig	KLTC	14:58
14	Sienna Coe	Der	15:25
15	Martha Broad	WN	16:59

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Under 15 boys

Position	Name	Club	Time
1	Danny Adams	CONAC	10:29
2	Billy Life	NNH	10:37
3	Bailey Took	Ryston	10:54
4	Sill Browne	CONAC	10:54
5	Zak Houghton	CONAC	11:13
6	Joshua Knights	CONAC	11:20
7	Jannis Koulman	Ryston	11:54
8	Zak Mitchell	Thet	12:26
9	Sam Anderton	Der	12:44
10	Tom Carey	NRR	12:46
11	Kyle Berry	Ryston	13:49

Under 15 girls

Position	Name	Club	Time
1	Grace Jermy	CONAC	10:59
2	Madeline Short	CONAC	11:29
3	Izzy Sandover	Ryston	12:46
4	Erin McNulty	Der	12:47
5	Lilly O'Dell	AM Activ	13:02
6	Zara Sheeran	Harling	13:36
7	Francesca Foylia-Pearhouse	CONAC	13:51
8	Elizabeth Wood	WN	14:29
9	Nina Koulman	Ryston	14:50
10	Beth Barrett	Der	14:50

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Under 17 boys

Position	Name	Club	Time
1	Tom Greenacre	CONAC	15:07
2	Angus Clark	Harling	15:49
3	Billy Heseltine	GYDAC	15:54
4	Morgan Harrison	TCRC	17:37
5	Oscar Wolfe	Ely	18:28
6	Kieran McFallen	NRR	19:57
7	Samuel Tann	Ryston	21:18

Under 17 girls

Position	Name	Club	Time
1	Ellie Foster	Dereham	21:20
2	Abi Foster	Dereham	22:37

Senior men

Position	Name	Club	Time
1	Samuel Coyne	BVH	29:00
2	Callum Stanforth	Ryston	29:18
3	Chris Balmer	Ryston	29:40
4	Adam Matthews	Ryston	29:41
5	Michal Wegrzyn	U/A	29:45
6	Ryan Davidson	BVH	30:06
7	Istvan Jacso	C&C	30:46
8	Andrew Simmonds	Ryston	31:11
9	Nathan Risbey	Tri Ang	31:35
10	Daniel Guppy	Ryston	32:22
11	Ben Keeley	U/A	33:56
12	Dan Pratt	Ryston	34:37
13	Neil Candler	U/A	35:50
14	Neil Gayton	KLTC	37:14
15	Bernard Mukuya	GYDAC	37:29
16	Adam Chown	Run DMC	37:44
17	Ian Hogarth	Ryston	37:52
18	Jamie Bransgrove	Ryston	38:31
19	Graham Rushmer	TCRC	39:15
20	Andrew Wallis	Ely Tri	39:35
21	Paul Malton	U/A	39:45
22	Ashley Jarvis	Der	40:29
23	Pawel Wegrzyn	U/A	40:33
24	Jonny Rankin	St Ed	40:50

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25	Niel Holmes	U/A	41:48
26	Daniel Green	U/A	44:56

Senior women

Position	Name	Club	Time
1	Faith Viney	BVH	35:17
2	Mel Reed	Ryston	36:00
3	Lydia Growns	Ryston	36:22
4	Elisha Lacy	NRR	36:39
5	Maria Buczak	C&C	36:50
6	Joanne Watkins	Nor Gaz	38:13
7	Hannah Stone	BVH	40:58
8	Grace Bird	Der	41:38
9	Lauren Day	TCRC	43:47
10	Anna Duch	C&C	44:15
11	Abigail King	NRR	44:42
12	Lucy Scott	U/A	48:18
13	Charlotte Smith	U/A	56:17
14	Eleanor Craik	U/A	59:17

Vet 35-39 women

Position	Name	Club	Time
1	Emma Risbey	Winchester	33:22
2	Susan Matthews	Ryston	35:32
3	Carly Jermy	CONAC	38:28
4	Emma Fox	BVH	41:32
5	Anna Seaman	Ryston	41:54
6	Kelly De-Gol	U/A	43:13
7	Jodie Blackman	NRR	43:22
8	Trudy Sayell	TCRC	43:37
9	Louise hudson	Der	43:38
10	Sarah Melton	TCRC	48:33
11	Kerri Metcalf	NRR	49:31
12	Vicki Drake	TCRC	53:51
13	Henrietta Green	U/A	55:47

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Vet 40-44 men

Position	Name	Club	Time
1	Martin Hewetson	BVH	31:46
2	Ian Jermy	BVH	33:30
3	Alistair Doig	KLTC	33:59
4	Leigh Marshall	Ely Tri	35:55
5	Kerry Jones	U/A	36:42
6	Steve Bowdory	KLTC	38:21
7	Kirsten Miller	TCRC	38:33
8	Mark Doughty	Ryston	38:49
9	Martyn Benstead	U/A	39:18
10	Simon Howard	U/A	40:09
11	Matt Hunter	TCRC	43:44
12	Steve Clarke	TCRC	63:41

Vet 40-44 women

Position	Name	Club	Time
1	Sabine Schaefer	Thet	36:46
2	Nadine Heseltine	GYRR	39:24
3	Caroline Houghton	NRR	39:58
4	Sophie Jones	U/A	43:49
5	Teresa Colby	NRR	44:25
6	Kelly Shields	Spal Tri	45:13
7	Lorraine reeves	U/A	45:55
8	Jen Lewis	U/A	50:01
9	Wendy Howard	Thet	50:41
10	Cheryl Lenton	TCRC	51:40
11	Claire Emery	Ryston	56:41

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Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	31:02
2	Richard Ebbs	Ryston	31:37
3	John Manlow	U/A	32:00
4	Craig Bowen-Jones	BVH	32:53
5	Matthew Stone	BVH	33:12
6	Paul O'Malley	U/A	35:20
7	Martin Adcock	BVH	36:26
8	Simon Hardy	KLTC	37:00
9	Nick Browne	U/A	37:08
10	Matt Frary	U/A	37:40
11	Matthew Mason	Ely	37:47
12	Ian Kidman	KLTC	38:02
13	Albert Koulman	U/A	40:05
14	Darren Edridge	U/A	40:12
15	Jonny Clark	TCRC	40:40
16	Andy McNamara	Ryston	42:20
17	Ian King	Fen	42:48
18	Gary Bligh	TCRC	43:38
19	Dirk James	U/A	43:41
20	James Graham	Spal Tri	44:06
21	Martin Clarke	Run DMC	45:16
22	Ashish Rastogi	U/A	48:23
23	Arthur Sargeant	KLTC	49:09
24	Alex Killick	Ryston	53:00
25	Steve Whitelam	TCRC	54:59

Vet 45-49 women

Position	Name	Club	Time
1	Emma Potter-Campbell	Der	39:20
2	Lesley Robins	Ryston	40:08
3	Elies Mann	NRR	40:18
4	Tina Plumley	Thet	41:17
5	Nicci Clark	Harling	42:01
6	Sarah Gauvin	Fen	45:16
7	Teresa Rodriguez	TCRC	47:51
8	Julia Pepperell	KLTC	48:09
9	Ann Kirton	Thet	51:51
10	Jo Reynolds	U/A	52:05

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11	Clara Thiant	U/A	54:17
12	Karen Smith	Ryston	54:17
13	Sarah Lamb	TCRC	63:39

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	31:49
2	Stuart Holmes	Camb Tri	34:00
3	Martin Ive	Ryston	34:35
4	Paul Maclean	U/A	35:34
5	Alistair Rudd	Spal Tri	37:03
6	Ian Gooderham	St Ed	38:08
7	Tom Drew	Spal Tri	38:46
8	Lee Oxbury	N Gaz	38:51
9	James Nice	CONAC	38:52
10	Mike Wright	Eye	39:19
11	Andy Palmer	NRR	39:50
12	Tony Beales	Wym	40:16
13	Steve Rhoades	TCRC	41:57
14	Mark Ryan	U/A	43:30
15	David Lane	Ryston	46:53
16	Mike Broad	U/A	47:52
17	Darren Rowley	Der	49:11
18	Tony Lamb	TCRC	52:01
19	Andrew Smith	Ryston	56:18
20	Jon Benstead	Ryston	77:39

Vet 50-54 women

Position	Name	Club	Time
1	Christine Anthony	W Suffolk	37:39
2	Sue Smith	Ryston	77:38

Vet 55-59 men

Position	Name	Club	Time
1	Tony Savage	Ryston	36:05
2	Andy Rowles	Der	39:37
3	Alan Fincham	U/A	40:36
4	Jon Foot	BVH	41:32
5	Keith Morris	Ryston	42:56
6	Baz Hipwell	NRR	43:24
7	Dean Gray	NRR	45:46
8	Robert Belcher	NRR	50:23

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Vet 55+ women

Position	Name	Club	Time
1	Dawn Marshall	St Ed	43:08
2	Elaine Hudson	U/A	47:00
3	Rita Rue	St Ed	47:00
4	Eva Osborne	Wym	50:47
5	Jakie Wood	Der	51:54
6	Stephanie Clark	Run DMC	54:57
7	Sandra Rhodes	TCRC	56:27
8	Gill Hart	Ryston	56:31
9	Kerry Craik	U/A	58:51
10	Hazel Cason	Der	60:04

Vet 60 men

Position	Name	Club	Time
1	Pete Johnson	Ryston	36:24
2	John Baxter	BVH	37:01
3	Dave Neale	KL Tri	37:23
4	Steven Rue	St Ed	39:55
5	Andrew Hammond	N Gaz	40:03
6	Peter Harris	Ely	40:06
7	Nigel Dickins	NVH	40:51
8	Dave Vaughan	St Ed	41:52
9	Paul Firmage	Ryston	43:02
10	Mark Taylor	NRR	43:35
11	Chris Milnes	Ryston	45:00
12	John Richardson	Der	59:35

Vet 70+ men

Position	Name	Club	Time
1	Neil Anderton	Dereham	44:49