

## Ryston Runners GP 3 (2017-18)

### *Under 9 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Archie Rowe	Glebe	03:15
2	Keane Mann	NRR	03:17
3	Leon Holden	NVH	03:18
4	Thomas Simmonds	U/A	03:26
5	Fraser Pick	Gaywood	03:28
6	Jack Bratton	St Martin	03:31
7	Ethan Ward	Terring St C	03:32
8	Will Saunders	Glebe	03:42
9	Jacob Booth	Ders	03:42
10	Harry Bratton	St Martin	03:51
11	Freddie Gribben	Glebe	03:58
12	Hector Axell	St Martin	05:03
13	Harry Carman	St MArtin	05:17

### *Under 9 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Eloise Edridge	NNH	03:18
2	Eva Eccles	Tri Ang	03:27
3	Hette Koulman	Greyf/Ryston	03:32
4	Lola Kidman	WN/Greyf	03:34
5	Lexie Heather	NRR	03:36
6	Zoe Hipperson	St Martin	03:49
7	Jasmine Benson	Colt Jags	04:01
8	Evie Owen	St Martin	04:23
9	Briar Hobbs	St Martin	04:51
10	Evie Carman	St Martin	05:23
	Eva Barton	Diss	09:33

\*ran U11 course

## Ryston Runners GP 3 (2017-18)

### *Under 11 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Joe Machin	CONAC	08:28
2	Matthew Benson	NNH	08:34
3	Oliver Booth	Ders	08:52
4	Oakley Took	Ryston/Fairstead	09:22
5	Marley Mann	NRR	09:25
6	Bradley Marsh	Dereham	09:30
7	Nathan Yeaman	Mar	09:32
8	Callum Wing	Thet	09:44
9	Billy Eccles	Tri-Ang	09:44
10	Archie Heather	NRR	09:54
11	Lachlan Hadden	NRR	09:56
12	Kai Wiseman	Dereham	10:00
13	William Broad	Down Prep	10:02
14	Sam Doughty	Ryston	10:08
15	Tully Hobbs	St Martin	10:53
16	Rafe Farraday-Drake	NRR	11:22
17	Ethan Barrett	Ders	11:52
18	Kieran Sproule	St Martin	12:32
19	James McKay-Furgerson	Down Prep	16:08

### *Under 11 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Connie Easter	CONAC	08:55
2	Bethany Wilson	Thet	09:11
3	Ella Goldring	Heacham	09:31
4	Eva Barton	Diss	09:33
5	Ella Matthews	Ryston/St Amrtin	10:13
6	Esmie Kidman	Ryston/Grey	10:51
7	Karise Sherry	Marham	12:04
8	Ester Broad	Downham Prep	12:27
9	Anona Bresseni	St Martin	12:35
10	Elizabeth Duffy	Wimb	13:21
11	Lily Jermy	St Martin	14:02
12	Marnie Rose	St Martin	14:42

\*Under 9

## Ryston Runners GP 3 (2017-18)

### *Under 13 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Campbell Pick	Ryston	11:27
2	Fred Rednall	Harling	12:14
3	Luke Gilding	Derham	12:57
4	Malakai Took	Ryston	14:21
5	Louie Preston	Derham	14:22
6	Jacob Last	Derham	14:40

### *Under 13 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Evie Goldring	U/A	14:32

### *Under 15 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Bailey Took	Ryston	11:10
2	Ryan Lingwood	Derham	11:50
3	Joshua Knights	CONAC	12:09
4	Jannis Koulman	Ryston	12:26
5	William Hall	Derham	13:05
6	Kyle Berry	Ryston	15:15

### *Under 15 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Grace Jermy	CONAC	12:22
2	Rosie Booth	Ryston	13:15
3	Francesca Foglia-Pearshouse	CONAC	15:01
4	Nina Koulman	Ryston	15:31
5	Beth Barrett	Derham	15:40

## Ryston Runners GP 3 (2017-18)

### *Under 17 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Tom Greenacre	CONAC	22:21
2	Toby Legh-Hayton	U/A	28:32
3	Morgan Harrison	TCRC	28:43
4	Kieran McFarlane	NRR	30:00

### *Under 17 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Ellie Foster	Dereham	31:15
2	Abi Foster	Dereham	32:38

### *Senior men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Callum Stanforth	Ryston	22:01
2	Michal Wegrzyn	U/A	22:33
3	Ryan Davidson	BVH	22:34
4	Daniel Guppy	Ryston	24:03
5	Matt Howard	NRR	24:40
6	Chris Mitchell	U/A	25:46
7	Ben Collison	WN	26:03
8	Kevin Took	U/A	30:32
9	Pawel Wegrzyn	U/A	30:43
10	John Sayer	Run DMC	37:51

### *Senior women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Faith Viney	BVH	26:15
2	Lydia Grows	Ryston	27:12
3	Mel Reed	Ryston	30:19
4	Kate Bamfield	WN	32:02
5	Grace Bird	Derham	32:12
6	Lucy Scott	U/A	36:39
7	Charlotte Smith	U/A	41:32

## Ryston Runners GP 3 (2017-18)

### *Vet 35-39 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Susan Matthews	Ryston	27:25
2	Carly Jermy	CONAC	30:47
3	Anna Seaman	Ryston	31:51
4	Louise Hudson	Derham	33:00
5	Kelly De-Gol	U/A	35:07
	Claire Wilshaw	Cam Tri	42:44

\*wrong course

### *Vet 40-44 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Ian Jermy	BVH	25:40
2	Mark Doughty	Ryston	28:52
3	Kirsten Miller	TCRC	29:15
4	Martyn Benstead	U/A	29:40
5	Steve Bowdory	KLTC	29:59

### *Vet 40-44 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Judith Berry	Ryston	37:18

### *Vet 45-49 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nic Bensley	Ryston	23:43
2	Matthew Stone	BVH	25:23
3	Jason Wing	U/A	26:00
4	Paul O'Malley	U/A	26:09
5	Simon Hardy	KLTC	28:09
6	Mark Tufts	Wym	28:21
7	Darren Edridge	U/A	29:29
8	James McFarlane	NRR	29:55
9	Albert Koulman	U/A	30:00
10	Gary Malliband	Thet	30:50
11	Ally Hadden	NRR	30:52
12	Lee Anderton	Derham	40:52

## Ryston Runners GP 3 (2017-18)

### *Vet 45-49 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Lesley Robins	Ryston	30:29
2	Tina Plumley	Thet	30:58
3	Elies Mann	NRR	31:16
4	Pauline Drewery	Ryston	32:43
5	Karen Smith	Ryston	35:06
6	Wobine Koulman	U/A	41:39

### *Vet 50-54 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Martin Ive	Ryston	26:15
2	Adrian Hall	Wym	26:25
3	Stewart Robins	Ryston	27:36
4	Tony Beales	Wym	30:04
5	Jeremy Navrady	Ryston	31:51
6	David Lane	Ryston	34:53
7	Darren Rowley	Derham	37:46
8	Andrew Smith	Ryston	41:43
9	Jon Benstead	Ryston	49:26
	Stuart Holmes	Camb Tri	42:44

\*wrong course

### *Vet 50-54 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Christine Anthony	W Suffolk	28:47
2	Geraldine Jordan	Ryston	30:32
3	Linda Marshall	Ryston	33:48
4	Tracey Anderton	Derham	42:52
5	Sue Smith	Ryston	62:37

### *Vet 55-59 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Tony Savage	Ryston	29:44
2	Alan Fincham	U/A	30:06
3	Robert Morgan	St Eds	32:40
4	Keith Morris	Ryston	33:12

## Ryston Runners GP 3 (2017-18)

### *Vet 55+ women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jenny Morgan	St Ed	32:17
2	Dawn Marshall	St Ed	33:34
3	Maureen Wolfe	Ryston	34:29
4	Rita Rue	St Ed	35:00
5	Elaine Hudson	U/A	35:02
6	Liz Blakie	Ryston	36:41
7	Eva Osborne	Wym	38:17
8	Gill Hart	Ryston	42:27

### *Vet 60 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Dave Neale	KL Tri	28:54
2	Steven Rue	St Ed	30:07
3	Paul Firmage	Ryston	32:20
4	Martin Blackburn	Ryston	33:53
5	John Richardson	Derham	43:48

### *Vet 70+ men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Neil Anderton	Dereham	33:21
	Don Hutchinson	Camb Tri	39:53

\*wrong course