

Ryston Runners GP 4 (2017-18)

Under 9 boys

| Position | Name | Club/School | Time |
|-----------------|-------------------|--------------------|-------------|
| 1 | Jude Linstead | CONAC | 02:54 |
| 2 | Oscar Best | St Martin | 03:10 |
| 3 | Keane Mann | NRR | 03:16 |
| 4 | Micah Avowlanu | CONAC | 03:18 |
| 5 | Jonah Life | NNH | 03:22 |
| 6 | Will Saunders | Ryston/Glebe | 03:26 |
| 7 | Thomas Simmonds | U/A | 03:28 |
| 8 | Archie Holden | NVH | 03:29 |
| 9 | Ethan Ward | Terring StC | 03:32 |
| 10 | Monty Findlay | Thetford | 03:33 |
| 11 | Leon Holden | NVH | 03:36 |
| 12 | Jacob Booth | Ders | 03:44 |
| 13 | Joshua Smith | Ryston/Gayton | 03:45 |
| 14 | Jack Bratton | St Martin | 03:46 |
| 15 | Harry Bratton | St Martin | 03:47 |
| 16 | George Head | U/A | 03:47 |
| 17 | Eddie Baltrunkis | Greyfriars | 03:50 |
| 18 | Tom Doig | KLTC | 03:52 |
| 19 | Fred Hawkins | Glebe | 03:54 |
| 20 | Harry Bateson | U/A | 03:55 |
| 21 | Jack Barton | U/A | 03:58 |
| 22 | Marcus Richardson | U/A | 04:19 |
| 23 | Alfie McKeugh | St Martin | 04:25 |
| 24 | Daniel Adcock | Garvestone | 04:25 |
| 25 | Hector Axell | St Martin | 04:43 |
| 26 | Max Hawkins | Glebe | 04:44 |
| 27 | Ashton Moore | U/A | 05:10 |

Ryston Runners GP 4 (2017-18)

Under 9 girls

| Position | Name | Club/School | Time |
|-----------------|--------------------|--------------------|-------------|
| 1 | Eva Barton | Diss | 03:08 |
| 2 | Eloise Edridge | NNH | 03:12 |
| 3 | Eva Eccles | Tri Ang | 03:21 |
| 4 | Asha Kandola | CONAC | 03:24 |
| 5 | Lola Kidman | WN/Greyf | 03:31 |
| 6 | Hette Koulman | Ryston/Greyfriars | 03:32 |
| 7 | Violet Brooke | Neuton | 03:34 |
| 8 | Amber Goddard | CONAC | 03:37 |
| 9 | Skye Walsingham | CONAC | 03:40 |
| 10 | Abigail Bransgrove | Terring St C | 03:46 |
| 11 | Lily Goddard | U/A | 03:53 |
| 12 | Zoe Hipperson | St Martin | 03:56 |
| 13 | Jasmine Benson | Colt Jags | 03:58 |
| 14 | Maddison Ellington | Down Prep | 03:59 |
| 15 | Lydia Kelly | U/A | 04:00 |
| 16 | Evie Owen | St Martin | 04:06 |
| 17 | Poppy Findlay | U/A | 04:16 |
| 18 | Ellie James | Gayton | 04:18 |
| 19 | Isla Smolen | Ryston | 04:19 |
| 20 | Georgia Snelling | St Martin | 04:20 |
| 21 | Lily Hawkins | Glebe | 04:22 |
| 22 | Briar Hobbs | St Martin | 04:47 |
| 23 | Ellie Bransgrove | Terring StC | 04:57 |
| 24 | Malou Lewis | Down Prep | 05:03 |

Ryston Runners GP 4 (2017-18)

Under 11 boys

| Position | Name | Club | Time |
|-----------------|---------------------|--------------------|-------------|
| 1 | Jake Dorbin | U/A | 08:55 |
| 2 | Daniel Clouston | Thet | 09:00 |
| 3 | Joe Machin | CONAC | 09:07 |
| 4 | Oakley Took | Ryston | 09:28 |
| 5 | Oliver Booth | Ders | 09:28 |
| 6 | Tyler Pooley | Ryston | 09:37 |
| 7 | Billy Eccles | Tri-Ang | 09:45 |
| 8 | Riley Bell | Ryston | 09:49 |
| 9 | Nathan Yeaman | Marham | 09:50 |
| 10 | William Broad | Down Prep | 09:50 |
| 11 | Lachlan Hadden | NRR | 09:56 |
| 12 | Callum Wing | Thet | 09:58 |
| 13 | Zachary Pollard | Derham | 09:59 |
| 14 | Alfie Findlay | Thet | 09:59 |
| 15 | Ackara Black | Ryston | 10:04 |
| 16 | Rhys Howard | CONAC | 10:05 |
| 17 | Harry Malton | Ryston | 10:37 |
| 18 | Sam Doughty | Ryston | 10:45 |
| 19 | Max Barton | Diss | 10:47 |
| 20 | Dylan Whitehouse | Ryston/Terring StC | 10:55 |
| 21 | Harry Lawrence | Down Prep | 11:12 |
| 22 | Zavea Chapman-Lewis | Hunstanton | 11:37 |
| 23 | Fraser Bool | NVH | 12:03 |
| 24 | Archie James | Ryston/Gayton | 12:06 |
| 25 | Ray Faraday-Drake | NRR | 12:14 |
| 26 | Kieran Sproule | St Martin | 12:25 |
| 27 | Oliver Corielle | St Martin | 12:54 |
| 28 | Tully Hobbs | St Martin | 12:54 |

Ryston Runners GP 4 (2017-18)

Under 11 girls

| Position | Name | Club | Time |
|-----------------|-------------------|------------------|-------------|
| 1 | Connie Easter | CONAC | 08:48 |
| 2 | Edith Avowlanu | CONAC | 09:30 |
| 3 | Ellen Symmonds | Dereham | 09:48 |
| 4 | Georgia Shirley | CONAC | 09:53 |
| 5 | Frarya Walsingham | CONAC | 10:24 |
| 6 | Rosie Head | CONAC | 10:35 |
| 7 | Ella Matthews | Ryston/St Martin | 10:39 |
| 8 | Esmie Kidman | Ryston/Grey | 10:42 |
| 9 | Mia Batson | NRR | 10:49 |
| 10 | Clarice Cavill | Ryston | 10:58 |
| 11 | Ester Broad | Down Prep | 11:16 |
| 12 | Belle Watkins | NRR | 11:20 |
| 13 | Isla McKee | Colts | 12:00 |
| 14 | Eliza Adcock | Garvestone | 12:11 |
| 15 | Lola Brooke | Neuton | 12:13 |
| 16 | Megan Skipper | Garvestone | 12:41 |
| 17 | Anona Bresseni | St Martin | 13:18 |
| 18 | Olivia Doig | KLTC | 13:34 |
| 19 | Niamh Kirby-Jones | U/A | 13:51 |
| 20 | Freya Smolen | Ryston | 14:34 |
| 21 | Elizabeth Duffy | Wimb | 14:49 |
| 22 | Marnie Rose | St Martin | 14:58 |
| 23 | Gabriella Best | St Martin | 15:00 |
| 24 | Lily Jermy | St Martin | 15:06 |

Ryston Runners GP 4 (2017-18)

Under 13 boys

| Position | Name | Club | Time |
|-----------------|----------------|-------------|-------------|
| 1 | James Peck | Thet | 10:23 |
| 2 | Innes O'Malley | NNH | 10:28 |
| 3 | Jeya Kandola | CONAC | 10:40 |
| 4 | Ben Peck | Thet | 11:00 |
| 5 | Luke Gilding | Dereham | 12:48 |
| 6 | Malakai Took | Ryston | 13:57 |
| 7 | Louie Preston | Dereham | 14:02 |
| 8 | Kieran Bell | Ryston | 14:20 |
| 9 | Luke Hayes | U/A | 14:37 |
| 10 | Jacob Last | Derham | 14:55 |

Under 13 girls

| Position | Name | Club | Time |
|-----------------|-------------------|-------------|-------------|
| 1 | Maddison Kelly | CONAC | 11:35 |
| 2 | Memphis Symonds | CONAC | 11:36 |
| 3 | Alice Daniels | CONAC | 11:52 |
| 4 | Abigail Clouston | Thet | 11:55 |
| 5 | Georgia Pegg | CONAC | 12:02 |
| 6 | Abbie McCallum | NNH | 12:11 |
| 7 | Grace Daniels | CONAC | 12:25 |
| 8 | Sophie McKee | NNH | 13:27 |
| 9 | Isabella Williams | CONAC | 13:36 |
| 10 | Hettie Life | NNH | 14:01 |
| 11 | Holly Lawrence | WN | 14:54 |
| 12 | Elizabeth Coke | Beeston | 15:09 |
| 13 | Rebecca Wright | Beeston | 15:12 |
| 14 | Elizabeth McCosh | Beeston | 15:14 |
| 15 | Sophie Doig | KTLC | 15:19 |
| 16 | Alexa Boole | NVH | 15:47 |
| 17 | Martha Broad | WN | 15:50 |
| 18 | Matilda Loram | Ryston | 16:07 |

Ryston Runners GP 4 (2017-18)

Under 15 boys

| Position | Name | Club | Time |
|-----------------|---------------|-------------|-------------|
| 1 | Billy Life | NNH | 10:32 |
| 2 | Ryan Lingwood | Derham | 10:54 |
| 3 | Bailey Took | Ryston | 11:29 |
| 4 | Sam Anderton | Dereham | 12:41 |
| 5 | Tom Carey | NRR | 13:12 |
| 6 | Kyle Berry | Ryston | 14:29 |

Under 15 girls

| Position | Name | Club | Time |
|-----------------|---------------|-------------|-------------|
| 1 | Rosie Booth | Ryston | 12:26 |
| 2 | Erin McNulty | Dereham | 12:43 |
| 3 | Mai Loram | Ryston | 13:00 |
| 4 | Izzy Sandover | Ryston | 13:54 |
| 5 | Larna Hayes | U/A | 15:10 |

Under 17 boys

| Position | Name | Club | Time |
|-----------------|------------------|-------------|-------------|
| 1 | Toby Legh-Hayton | Ryston | 19:01 |
| 2 | Morgan Harrison | TCRC | 19:12 |
| 3 | Samuel Tann | Ryston | 22:28 |

Under 17 girls

| Position | Name | Club | Time |
|-----------------|--------------|-------------|-------------|
| 1 | Ellie Foster | Dereham | 22:32 |
| 2 | Abi Foster | Dereham | 22:34 |
| 3 | Joely Apps | TCRC | 32:35 |

Ryston Runners GP 4 (2017-18)

Senior men

| Position | Name | Club | Time |
|-----------------|------------------|-------------|-------------|
| 1 | Ryan Davidson | BVH | 16:18 |
| 2 | Michal Wegrzyn | U/A | 16:19 |
| 3 | Michael Eccles | Nor Gaz | 16:21 |
| 4 | Chris Balmer | Ryston | 16:28 |
| 5 | Andrew Simmonds | Ryston | 17:17 |
| 6 | Matt Howard | NRR | 17:38 |
| 7 | John Hopgood | Ryston | 17:42 |
| 8 | Chris Mitchell | U/A | 18:20 |
| 9 | Ben Collison | WN | 18:35 |
| 10 | Glen Richardson | CONAC | 18:40 |
| 11 | Darren Smith | Ryston | 19:14 |
| 12 | Lee Johnson | TCRC | 20:24 |
| 13 | Jamie Bransgrove | Ryston | 21:49 |
| 14 | Mark Rollings | Ryston | 22:01 |
| 15 | Jake Grand | U/A | 22:09 |
| 16 | Pawel Wegrzyn | U/A | 22:34 |
| 17 | Jake Whitehouse | Ryston | 22:51 |
| 18 | Tom Moore | Dunerunner | 24:06 |

Senior women

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | Faith Viney | BVH | 19:04 |
| 2 | Joanne Watkins | Nor Gaz | 20:40 |
| 3 | Siobhan Skinner | C&C | 22:07 |
| 4 | Autumn Hales | BVH | 22:27 |
| 5 | Kate Bamfield | WN | 22:37 |
| 6 | Tara Baxter | BVH | 24:05 |
| 7 | Charlotte Smith | Ryston | 28:22 |

Vet 35-39 women

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | Elizabeth Daly | Derham | 20:00 |
| 2 | Mel Reed | Ryston | 20:10 |
| 3 | Lisa Owen | Dunerunner | 23:05 |
| 4 | Jodie Blackman | U/A | 23:06 |
| 5 | Louise Hudson | Derham | 23:38 |
| 6 | Kareana Symonds | Derham | 25:39 |
| 7 | Sarah Johnson | TCRC | 26:34 |

Ryston Runners GP 4 (2017-18)

Vet 40-44 men

| Position | Name | Club | Time |
|-----------------|----------------|-------------|-------------|
| 1 | Gary Crush | CONAC | 16:18 |
| 2 | Matt Allen | Ryston | 16:52 |
| 3 | Ian Jermy | BVH | 18:05 |
| 4 | Paul Smith | Dunerunner | 18:14 |
| 5 | Lawrence Wade | CONAC | 18:25 |
| 6 | Simon Smith | Thet | 18:32 |
| 7 | Alistair Doig | KLTC | 19:03 |
| 8 | Mark Doughty | Ryston | 21:10 |
| 9 | Steve Bowdory | KLTC | 21:13 |
| 10 | Mark Mattless | TCRC | 24:32 |
| 11 | Matthew Hunter | TCRC | 25:03 |

Vet 40-44 women

| Position | Name | Club | Time |
|-----------------|---------------------|-------------|-------------|
| 1 | Louise White | Thet | 20:05 |
| 2 | Sabine Schaefer | Thet | 20:32 |
| 3 | Sarah Stubbs | CONAC | 22:25 |
| 4 | Emma Thompson | Ryston | 24:21 |
| 5 | Lorraine Reeves | U/A | 25:40 |
| 6 | Judith Berry | Ryston | 25:44 |
| 7 | Jen Lewis | U/A | 27:05 |
| 8 | Cheryl Lenton | TCRC | 27:38 |
| 9 | Claire Emery | Ryston | 30:29 |
| 10 | Donna Jeary | U/A | 30:54 |
| 11 | Anne-Marie Mattless | TCRC | 32:06 |

Vet 45-49 men

| Position | Name | Club | Time |
|-----------------|----------------|-------------|-------------|
| 1 | Nic Bensley | Ryston | 17:12 |
| 2 | Richard Ebbs | Ryston | 17:16 |
| 3 | John Manlow | U/A | 18:08 |
| 4 | Jason Wing | U/A | 18:43 |
| 5 | Ian Kidman | KLTC | 20:59 |
| 6 | Albert Koulman | U/A | 21:51 |
| 7 | Darren Edridge | U/A | 22:03 |
| 8 | Gary Malliband | Thet | 22:22 |
| 9 | Ally Hadden | NRR | 22:45 |

Ryston Runners GP 4 (2017-18)

Vet 45-49 women

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | Lesley Robins | Ryston | 22:11 |
| 2 | Tina Plumley | Thet | 22:20 |
| 3 | Elies Mann | NRR | 22:41 |
| 4 | Claire Brooke | Wym | 23:13 |
| 5 | Karen Smith | Ryston | 26:10 |
| 6 | Wobine DeSitter | U/A | 29:25 |
| 7 | Sarah Lamb | TCRC | 31:37 |

Vet 50-54 men

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | Adrian Hall | Wym | 19:13 |
| 2 | Martin Ive | Ryston | 19:49 |
| 3 | Stewart Robins | Ryston | 20:03 |
| 4 | Adrian Grand | NRR | 20:25 |
| 5 | Mike Wright | Eye | 22:04 |
| 6 | Tony Beales | Wym | 22:12 |
| 7 | Chris Chorley | BBD | 22:14 |
| 8 | Stephen Rhodes | TCRC | 22:59 |
| 9 | Colin Apps | TCRC | 24:03 |
| 10 | Jeremy Navrady | Ryston | 24:09 |
| 11 | David Lane | Ryston | 24:49 |
| 12 | Michael Broad | U/A | 25:38 |
| 13 | Arthur Sargeant | KLTC | 26:16 |
| 14 | Tony Lamb | TCRC | 26:21 |
| 15 | Darren Rowley | Derham | 27:03 |
| 16 | Andrew Smith | Ryston | 28:24 |

Vet 50-54 women

| Position | Name | Club | Time |
|-----------------|-------------------|-------------|-------------|
| 1 | Christine Anthony | W Suffolk | 20:47 |
| 2 | Linda Marshall | Ryston | 24:41 |
| 3 | Wendy Fisher | Ryston | 27:09 |
| 4 | Tracey Anderton | Derham | 30:41 |
| 5 | Sue Smith | Ryston | 42:07 |

Ryston Runners GP 4 (2017-18)

Vet 55-59 men

| Position | Name | Club | Time |
|-----------------|---------------|-------------|-------------|
| 1 | Tony Savage | Ryston | 20:15 |
| 2 | Nigel Horney | Keswick | 20:30 |
| 3 | Alan Fincham | U/A | 22:06 |
| 4 | Andy Rowles | Der | 22:09 |
| 5 | Paul Woodyatt | CONAC | 24:45 |
| 6 | Bob Carter | BVH | 24:58 |
| 7 | Keith Morris | Ryston | 27:00 |

Vet 55+ women

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | Jenny Morgan | St Ed | 23:18 |
| 2 | Dawn Marshall | St Ed | 24:18 |
| 3 | Elaine Hudson | U/A | 25:37 |
| 4 | Bobby Sauerzapf | BBD | 25:51 |
| 5 | Rita Rue | St Ed | 25:58 |
| 6 | Maureen Wolfe | Ryston | 26:35 |
| 7 | Liz Blakie | Ryston | 26:51 |
| 8 | Jackie Wood | Dereham | 27:24 |
| 9 | Sandra Rhodes | TCRC | 32:06 |
| 10 | Dian Renshaw | Dereham | 32:42 |
| 11 | Hazel Cason | Dereham | 34:29 |

Vet 60 men

| Position | Name | Club | Time |
|-----------------|-----------------|-------------|-------------|
| 1 | John Baxter | BVH | 20:35 |
| 2 | Kevin Howlett | Ryston | 21:41 |
| 3 | Steven Rue | St Eds | 22:24 |
| 4 | Alan Burgin | Hunts | 22:56 |
| 5 | Paul Richardson | Derham | 23:04 |
| 6 | Paul Firmage | Ryston | 24:18 |
| 7 | Chris Milnes | Ryston | 25:56 |
| 8 | John Richardson | Der | 31:48 |

Vet 70+ men

| Position | Name | Club | Time |
|-----------------|---------------|-------------|-------------|
| 1 | Neil Anderton | Dereham | 24:28 |