

Ryston Runners GP 5 (2017-18)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	ConAC	02:48
2	Archie Rowe	Ryston/Glebe	03:02
3	Jonah Life	NNH	03:09
4	Keane Mann	NRR	03:13
5	Oscar Best	St Martin	03:15
6	Monty Findlay	Thetford	03:16
7	Beau Loram	Ryston	03:24
8	Will Saunders	Ryston/Glebe	03:26
9	Joshua Smith	Ryston/Gayton	03:26
10	Micah Avowlanu	CONAC	03:28
11	Ethan Ward	Terring STC	03:31
12	Jack Bratton	St Martin	03:32
13	Jacob Booth	Ders	03:33
14	Theo Loram	Ryston	03:34
15	Thomas Simmonds	U/A	03:35
16	Harry Bratton	St Martin	03:40
17	Henry Pittock	Fenland	03:42
18	Fred Hawkins	Glebe	03:46
19	Archie Nickerson	St Martin	03:53
20	Weddie Baltrunkis	Greyfriars	03:58
21	Colby Pearson-White	NRR	04:07
22	Daniel Berton	Hillcrest	04:10
23	Ethan Hall	St Martin	04:11
24	Hector Axcell	St Martin	04:26
25	Henry Simpson	Down Prep	04:38
26	Ezra Lewis	Down Prep	04:40
27	Harry Pybus	ST Martin	05:26
28	Charlie Simpson	Down Prep	07:50

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Under 9 girls

Position	Name	Club/School	Time
1	Eva Barton	Diss	03:00
2	Eloise Edridge	NNH	03:08
3	Asha Kandola	CONAC	03:16
4	Eva Eccles	Tri Anglia	03:18
5	Violet Brooke	Newton F	03:31
6	Hette Koulman	Ryston/Greyfriars	03:33
7	Zoe Hipperson	St Martin	03:43
8	Jasmin Benson	Colt Jag	03:59
9	Alayna Buswell	Butterwick	04:02
10	Kiera Howard	U/A	04:04
11	Poppy findlay	Munford	04:11
12	Evie Owen	St Martin	04:27
13	Briar Hobbs	St Martin	04:37
14	Casey Ward	Terring STC	04:42
15	Ciara McAnulty	St Martin	04:44
16	Malou Lewis	Down Prep	05:06

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Under 11 boys

Position	Name	Club	Time
1	Jake Dorbin	U/A	08:17
2	Joe Machin	CONAC	08:36
3	Billy Eccles	Tri Anglia	08:44
4	Tyler Pooley	Ryston/Gayton	08:50
5	Ackara Black	Ryston	09:07
6	Rhys Buswell	Butterwick	09:12
7	Marley Mann	NRR	09:15
8	Oakley Took	Ryston/Fairstead	09:18
9	Rhys Howard	CoNAC	09:26
10	Alfie Findlay	Thetford	09:29
11	Jake Gilding	Der	09:34
12	Freddie Raker	Beeston	09:39
13	Sam Doughty	Ryston/Nt Wooton	09:46
14	Riley Bell	Ryston/St Martin	09:51
15	Joshua Woodley	BBD	09:59
16	Colby Clifford	St Martin	10:26
17	George Costello	Der	10:28
18	Charlie Sheeran	Attleborough A	10:29
19	Fraser Boole	NVH	10:38
20	Oliver Corielle	St Martin	10:48
21	Joshua Lawrence	Down Prep	10:50
22	Harry Lawrence	Down Prep	10:54
23	James Furgerson	Down Prep	15:22

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Under 11 girls

Position	Name	Club	Time
1	Connie Easter	CONAC	08:20
2	Jennifer Allen	Gt Yar	08:46
3	Ella Goldring	Ryston	09:21
4	India Barber	Beeston	09:26
5	Edith Avolanu	CONAC	09:32
6	Ellen Symonds	Der	09:47
7	Ella Matthews	Ryston/St Martin	09:52
8	Holly Hayes	Attleborough	10:35
9	Lucy Paine	St Martin	10:46
10	Anona Bressani	St Martin	12:41
11	Lily Jermy	St Martin	13:44
12	Freya Smolen	Ryston	14:22
13	Marnie Rose	St Martin	15:04
14	Gabriella Best	St Martin	15:15

Under 13 boys

Position	Name	Club	Time
1	Jeya Kandola	CONAC	10:19
2	Innes O'Malley	NNH	10:21
3	Thomas Paine	U/A	12:29
4	Fred Rednall	Harling	12:33
5	Charlie Crane	CONAC	12:41
6	Luke Gilding	Der	12:49
7	Kieran Bell	Ryston	13:38
8	Malakai took	Ryston	13:54
9	Luke Hayes	U/A	16:31

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Under 13 girls

Position	Name	Club	Time
1	Tia-Lily Crane	CONAC	11:26
2	Memphis Symonds	CONAC	11:44
3	Evie Goldring	Ryston	13:20
4	Holly Lawrence	WN	13:39
5	Hette Life	NNH	13:55
6	Elizabeth McCosh	Beeston	14:04
7	Alexa Boole	NVH	14:07
8	Sophie Doig	KLTC	16:32
9	Sienna Coe	Der	16:30
10	Niamh Kirby-Jones	U/A	16:37

Under 15 boys

Position	Name	Club	Time
1	Billy Life	NNH	10:25
2	William Paine	U/A	11:25
3	Bailey Took	Ryston	11:35
4	Oli O'Malley	NNH	11:40
5	Sam Anderton	Der	11:44
6	Janis Koulman	Ryston	12:21
7	Thomas Carey	NRR	13:33
8	Kyle Berry	Ryston	14:32

Under 15 girls

Position	Name	Club	Time
1	Rosie Booth	Ryston	12:09
2	Erin McNulty	Der	12:39
3	Izzy Sandover	Ryston	12:59
4	Larna Hayes	U/A	14:33
5	Nina Koulman	Ryston	15:26
6	Mai Loram	Ryston	13:05
7	Zara Sheeran	Attleborough	14:20

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Under 17 boys

Position	Name	Club	Time
1	Toby Legh-Hayton	Ryston	17:04
2	Morgan Harrison	TCRC	17:34
3	Sam Tann	Ryston	21:09

Under 17 girls

Position	Name	Club	Time
1	Ellie Foster	Der	20:01

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	28:58
2	Michal Wegrzyn	U/A	29:33
3	Chris Balmer	Ryston	29:41
4	Andrew Simmonds	Ryston	31:12
5	Matt Howard	NRR	31:27
6	John Hopgood	Ryston	31:48
7	Dominic Hughes	U/A	33:33
8	Michael Howlett	Ryston	34:32
9	Lee Johnson	TCRC	35:55
10	Kevin Took	Ryston	38:18
11	Kevin Farquhar	Ryston	39:57
12	Shaun Haymer	Ryston	40:39

Senior women

Position	Name	Club	Time
1	Siobhan Skinner	C&C	38:34
2	Penny Seeger	Ryston	39:25
3	Alice Horney	U/A	40:36
4	Kate Bamfield	WN	42:50
5	Louise Drew	TCRC	49:18
6	Jenny Clark	U/A	53:29

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Vet 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Der	35:57
2	Mel Reed	Ryston	37:03
3	Sarah Melton	TCRC	46:14
4	Sarah Johnson	TCRC	46:28
5	Fay Gratton	TCRC	54:39

Vet 40-44 men

Position	Name	Club	Time
1	Ian Jermy	BVH	33:13
2	Mark Doughty	Ryston	37:55
3	Kersten Muller	TCRC	38:09
4	Simon Howard	U/A	39:22
5	Andy Rawson	TCRC	49:32
6	Steve Clarke	TCRC	55:03

Vet 40-44 women

Position	Name	Club	Time
1	Sabine Schaefer	Thet	36:10
2	Claire Apted	TCRC	43:57
3	Erika Harvey	U/A	43:57
4	Jen Lewis	U/A	49:22

Ryston Runners GP 5 (2017-18)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	30:52
2	Paul O'Malley	U/A	35:17
3	Simon Hardy	KLTC	36:06
4	Albert Koulman	U/A	39:08
5	Darren Edridge	U/A	39:31
6	Gary Malliband	Thet	40:53
7	Ashish Rastogi	KLCR	43:20
8	Andrew Cook	U/A	44:37
9	Alex Killick	Ryston	51:14
10	Lee Anderton	Der	56:44
11	Steve Whitelam	TCRC	62:15

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	41:32
2	Sarah Gauvin	Fenland	42:48
3	Karen Smith	Ryston	48:53
4	Ann Kirton	Thet	51:05
5	Wobine DeSitter	U/A	54:37
6	Sarah Lamb	TCRC	56:28

Ryston Runners GP 5 (2017-18)

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	32:21
2	Stuart Holmes	Camb Tri	34:12
3	Stewart Robins	Ryston	34:49
4	Paul Maclean	U/A	35:29
5	Martin Ive	Ryston	37:03
6	James Nice	CONAC	39:11
7	Mike Wright	Eye	39:31
8	Stephen Rhodes	TCRC	42:11
9	Andy Smith	Ryston	42:55
10	Dale Rocklilte	TCRC	46:31
11	Arthur Sargeant	KLTC	47:22
12	Tony Lamb	TCRC	49:00
13	Jon Benstead	Ryston	77:59

Vet 50-54 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	42:58
2	Wendy Fisher	Ryston	47:10
3	Wendy Farquhar	Ryston	63:38
4	Sue Smith	Ryston	77:58

Vet 55-59 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	36:19
2	Les Scott	Ryston	40:27
3	Alan Fincham	U/A	43:02
4	Paul Woodyatt	CONAC	43:07
5	Robert Morgan	St Ed	43:53

Ryston Runners GP 5 (2017-18)

Vet 55+ women

Position	Name	Club	Time
1	Jenny Morgan	St Ed	43:43
2	Elaine Hudson	U/A	46:27
3	Liz Blakie	Ryston	48:48
4	Sandra Rhodes	TCRC	54:49
5	Gill Hart	Ryston	55:07
6	Gillian Holmes	Werri	62:51

Vet 60 men

Position	Name	Club	Time
1	Kevin Howlett	Ryston	38:45
2	John Baxter	BVH	39:46
3	Michael Barrett	Der	41:46
4	Mark Tayler	NRR	42:37
5	Chris Milnes	Ryston	45:01
6	Martin Blackburn	Ryston	45:57
7	Phillip Kenyon	U/A	49:32
8	Sid Johnson	Der	54:22
9	John Richardson	Der	56:52

Vet 70+ men

Position	Name	Club	Time
1	Neil Anderton	Der	44:38