

Ryston Runners GP 6 (2017-18)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	ConAC	02:53
2	Oscar Best	St Martin	03:11
3	Jonah Life	NNH	03:12
4	Will Saunders	Ryston/Glebe	03:21
5	Keane Mann	NRR	03:23
6	Jack Bratton	St Martin	03:29
7	Monty Findlay	Thetford	03:31
8	Jacob Booth	Ders	03:33
9	Thomas Simmonds	U/A	03:33
10	Harry Bratton	St Martin	03:37
11	Ethan Ward	Terring STC	03:41
12	Daniel Adcock	Garvestone	03:50
13	Geroge Head	U/A	03:55
14	Daniel Bierton	Hillcrest	04:03

Under 9 girls

Position	Name	Club/School	Time
1	Eva Barton	Diss	03:00
2	Eloise Edridge	NNH	03:13
3	Hette Koulman	Ryston/Greyfriars	03:27
4	Lola Kidman	Greyfriars	03:32
5	Zoe Hipperson	St Martin	03:45
6	Jasmin Benson	Colt Jag	03:57
7	Skye Walsingham	CONAC	03:59
8	Alayna Buswell	Butterwick	04:02
9	Poppy Findlay	Munford	04:08
10	Evie Owen	St Martin	04:09
11	Madison Ellington	Down Prep	04:11
12	Briar Hobbs	St Martin	04:28
13	Casey Ward	Terring STC	04:33
14	Ciara McAnulty	St Martin	04:53

Ryston Runners GP 6 (2017-18)

Under 11 boys

Position	Name	Club	Time
1	Joe Machin	CONAC	08:22
2	Jake Dorbin	U/A	08:24
3	Matthew Benson	NNH	08:29
4	Oakley Took	Ryston/Fairstead	09:01
5	Oliver Booth	Ryston/Dersingham	09:02
6	Ackara Black	Ryston	09:16
7	Rhys Buswell	Butterwick	09:18
8	Charlie Reynolds	NNH	09:31
9	Rhys Howard	CONAC	09:40
10	Sam Doughty	Ryston/Nt Wooton	09:43
11	Tyler Pooley	Ryston/Gayton	09:54
12	Alfie Findlay	Thetford	10:02
13	Oliver Jones	St Martin	10:23
14	Callum Pratt	North Wooton	10:49
15	Charlie Sheeran	Attleborough A	10:50
16	Harry Moulton	Ryston/Greyfriars	11:01
17	William Broad	Down Prep	11:08
18	Fraser Boole	NVH	11:46
19	Vinnie Manser	Greyfriars	12:03
20	Ethan Barrett	Der	12:12

Ryston Runners GP 6 (2017-18)

Under 11 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	08:51
2	Ella Goldring	Ryston	09:39
3	Ella Matthews	Ryston/St Martin	09:52
4	Ellen Symonds	Der	10:00
5	Clarice Cavill	Ryston/Wimbotsham	10:18
6	Belle Watkins	NRR	10:25
7	Freya Walsingham	CONAC	10:31
8	Lucy Paine	St Martin	10:37
9	Rosie Head	CONAC	10:41
10	Eliza Adcock	Der	11:30
11	Esther Broad	Down Prep	11:42
12	Jennifer Wood	WN	11:48
13	Anona Bressani	St Martin	13:07
14	Lily Jermy	St Martin	13:39
15	Marnie Rose	St Martin	15:16
16	Gabriella Best	St Martin	15:28

Under 13 boys

Position	Name	Club	Time
1	James Peck	Thetford	10:05
2	Innes O'Malley	NNH	10:21
3	Ben Peck	Thetford	10:33
4	Malakai Took	Ryston	14:13
5	Louis Preston	Der	14:33
6	Jacob Last	Der	14:35

Under 13 girls

Position	Name	Club	Time
1	Hattie Reynolds	NNH	11:17
2	Memphis Symonds	CONAC	12:13
3	Evie Goldring	Ryston	14:07
4	Alexa Boole	NVH	14:23
5	Hette Life	NNH	14:31
6	Martha Broad	U/A	18:22

Ryston Runners GP 6 (2017-18)

Under 15 boys

Position	Name	Club	Time
1	Billy Life	NNH	10:38
2	Ryan Lingwood	Der	11:04
3	Bailey Took	Ryston	11:48
4	William Hall	Der	12:30
5	Owen Burge	Ryston	12:59
6	Thomas Carey	NRR	13:32

Under 15 girls

Position	Name	Club	Time
1	Rosie Booth	Ryston	12:49
2	Zara Sheeran	Attleborough	14:02
3	Beth Barrett	Der	14:49
4	Nina Koulman	Ryston	14:58
5	Elizabeth Wood	WN	15:22

Under 17 boys

Position	Name	Club	Time
1	Toby Legh-Hayton	Ryston	25:16
2	Morgan Harrison	TCRC	25:44
3	Sam Tann	Ryston	32:24

Under 17 girls

Position	Name	Club	Time
1	Ellie Foster	Der	30:10
2	Abi Foster	Der	31:43

Ryston Runners GP 6 (2017-18)

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	22:06
2	Sam Coyne	BVH	22:11
3	Ryan Davidson	BVH	22:16
4	Michal Wegrzyn	U/A	22:32
5	Andrew Simmonds	Ryston	23:34
6	Ben Collison	WN	25:32
7	Graham Rushmer	TCRC	25:58
8	Robert Simmonds	Ryston	26:21
9	Ross Dunsmore	C&C	26:24
10	Michael Howlett	Ryston	26:28
11	Lee Johnson	TCRC	27:02
12	Darren Smith	Ryston	27:45
13	Jamie Bransgrove	Ryston	28:46
14	Shaun Hamer	Ryston	30:27
15	Pawel Wegrzyn	U/A	31:28

Senior women

Position	Name	Club	Time
1	Faith Viney	BVH	25:26
2	Sophie Alden	CONAC	25:55
3	Joanne Watkins	Nor Gaz	27:47
4	Katie King	St Eds	28:21
5	Autumn Hales	BVH	31:23
6	Kate Bamfield	WN	32:03
7	Louise Drew	TCRC	40:46

Vet 35-39 women

Position	Name	Club	Time
1	Mel Reed	Ryston	27:42
2	Karean Symonds	Der	32:28
3	Sarah Johnson	TCRC	35:46
4	Fay Gratton	TCRC	39:50

Ryston Runners GP 6 (2017-18)

Vet 40-44 men

Position	Name	Club	Time
1	Matt Allen	Ryston	22:40
2	Ian Jermy	NVH	24:49
3	Darren Easter	Ryston	25:19
4	Dan Pratt	Ryston	26:00
5	Phil Thompson	Ryston	26:54
6	Mark Doughty	Ryston	29:17
7	Rob Buswell	Bos	29:27
8	Kersten Muller	TCRC	29:37
9	Martyn Benstead	U/A	30:52
10	Simon Howard	U/A	30:53
11	Andy Rawson	TCRC	34:57
12	Matthew Hunter	TCRC	35:44

Vet 40-44 women

Position	Name	Club	Time
1	Sabine Schaefer	Thet	26:36
2	Claire Apted	TCRC	31:11
3	Tracey Else	TCRC	33:47
4	Jen Lewis	U/A	36:49
5	Claire Emery	Ryston	39:54

Ryston Runners GP 6 (2017-18)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	22:54
2	Richard Ebbs	Ryston	23:40
3	Warren Armstrong	Ryston	24:43
4	Matthew Stone	BVH	25:07
5	Richard Hammond	Fenland	26:34
6	Simon Hardy	KLTC	26:48
7	Ali MacDonald	U/A	27:02
8	Darryl Coulter	Kent	27:56
9	Matt Frary	U/A	28:32
10	Gary Malliband	Thet	29:09
11	Albert Koulman	U/A	29:18
12	Darren Edridge	U/A	29:19
13	Richard Dickson	Ryston	30:42

Vet 45-49 women

Position	Name	Club	Time
1	Lesley Robins	Ryston	30:26
2	Wobine DeSitter	U/A	39:15
3	Ann Kirton	Thet	39:31
4	Clara Thiart	U/A	39:56
5	Karen Smith	Ryston	39:57
6	Sarah Lamb	TCRC	42:30

Ryston Runners GP 6 (2017-18)

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	24:55
2	Stewart Robins	Ryston	26:42
3	Martin Ive	Ryston	27:19
4	Barry Smith	Ryston	28:50
5	Lee Oxbury	Nor Gaz	30:04
6	Stephen Rhodes	TCRC	30:58
7	Dale Rockliffe	TCRC	33:21
8	Colin Apps	TCRC	33:43
9	Arthur Sargeant	KLTC	34:38
10	Andy Smith	Ryston	34:47
11	David Lane	Ryston	35:01
12	Tony Lamb	TCRC	35:47

Vet 50-54 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	32:31
2	Sue Smith	Ryston	56:33

Vet 55-59 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	27:09
2	Tony Savage	Ryston	27:34
3	Robert Morgan	St Ed	31:58
4	Peter Johnson	Fell Runners	33:09
5	Paul Woodyatt	CONAC	33:24
6	Tim Woods	Nor Gaz	33:58

Vet 55+ women

Position	Name	Club	Time
1	Dawn Marshall	St Eds	32:21
2	Liz Blakie	Ryston	36:21
3	Sandra Rhodes	TCRC	38:39

Ryston Runners GP 6 (2017-18)

Vet 60 men

Position	Name	Club	Time
1	John Baxter	BVH	27:53
2	Kevin Howlett	Ryston	28:54
3	Paul Firmage	Ryston	31:47
4	Martin Blackburn	Ryston	32:49
5	Chris Milnes	Ryston	33:59
6	John Richardson	Der	42:27