

Ryston Grand Prix 2017-18 Series

Visiting Club competition	
1st	City of Norwich
2nd	Dereham Runners
3rd	Thetford AC

Under 9 boys		
1st	Jude Linstead	CONAC
2nd	Archie Rowe	Ryston
3rd	Jonah Life	NNH

Under 13 boys		
1st	James Peck	Thetford
2nd	Innes O'Malley	NNH
3rd	Jeya Kandola	CONAC

Under 17 boys		
1st	Toby Legh-Heyton	Ryston
2nd	Morgan Harrison	TCRC
3rd	Kieran McFarlane	NRR

Vet 35 women		
1st	Susan Matthews	Ryston
2nd	Mel Reed	Ryston
3rd	Carly Jermy	CONAC

Vet 45 women		
1st	Lesley Robins	Ryston
2nd	Elies Mann	NRR
3rd	Tina Plumbley	Thetford

Vet 55+ women		
1st	Jenny Morgan	St Ed
2nd	Dawn Marshall	St Ed
3rd	Elaine Hudson	U/A

Primary Schools competition	
1st	St Martin at Shouldham
2nd	Greyfriars
3rd	Glebe School

Under 9 girls		
1st	Eva Barton	Diss
2nd	Eloise Edridge	NNH
3rd	Asha Kandola	NRR

Under 13 girls		
1st	Hettie Reynolds	NNH
2nd	Memphis Symonds	CONAC
3rd	Madison Kelly	CONAC

Under 17 girls		
1st	Ellie Foster	Dereham
2nd	Abi Foster	Dereham

Vet 40 men		
1st	Ian Jermy	BVH
2nd	Mark Doughty	Ryston
3rd	Steve Bowdry	KLTC

Vet 50 men		
1st	Kevin Vaughan	Thetford
2nd	Martin Ive	Ryston
3rd	Stewart Robins	Ryston

Vet 60 men		
1st	John Baxter	BVH
2nd	Dave Neale	KLTC
3rd	Kevin Howlett	Ryston

Most improved Club	
Bure Valley Harriers	

Under 11 boys		
1st	Jake Dorbin	U/A
2nd	Joe Machin	CONAC
3rd	Matthew Benson	NNH

Under 15 boys		
1st	Billy Life	NNH
2nd	Bailey Took	Ryston
3rd	Ryan Lingwood	Dereham

Senior Men		
1st	Callum Stanforth	Ryston
2nd	Sam Coyne	BVH
3rd	Michael Wegrzyn	U/A

Vet 40 women		
1st	Sabine Schaefer	Thetford
2nd	Jen Lewis	U/A
3rd	Claire Emery	Ryston

Vet 50 women		
1st	Christine Anthony	West Suffolk
2nd	Linda Marshall	Ryston
3rd	Sue Smith	Ryston

Vet 70+ men		
1st	Neil Anderton	Dereham

Outstanding performance	
James Peck	Thetford

Under 11 girls		
1st	Connie Easter	CONAC
2nd	Bethany Wilson	Thetford
3rd	Ella Goldring	Ryston

Under 15 girls		
1st	Grace Jermy	CONAC
2nd	Rosie Booth	Ryston
3rd	Erin McNulty	Dereham

Senior Women		
1st	Faith Viney	BVH
2nd	Lydia Growsns	Ryston
3rd	Mel Reed	Ryston

Vet 45 men		
1st	Nic Bensley	Ryston
2nd	Matthew Stone	BVH
3rd	Paul O'Malley	U/A

Vet 55 men		
1st	Tony Savage	Ryston
2nd	Nigel Horney	Keswick
3rd	Alan Fincham	U/A