

Ryston Grand Prix 2016-17 Series prizes

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

Primary Schools competition		
1st	St Martin at Shouldham	
2nd	Downham Prep	
3rd	Greyfriars	

Most improved Club		
Three Counties Running Club		

Outstanding performance		
Issac Morris	C&C	

Under 9 boys		
1st	Jude Linstead	NRR
2nd	Billy Eccles	Tri-Anglia
3rd	Marley Mann	NRR

Under 9 girls		
1st	Connie Easter	CONAC
2nd	Ellen Symonds	Der
3rd	Larissa Jones	Der

Under 11 boys		
1st	Issac Morris	C&C
2nd	Jake Dorbin	U/A
3rd	Thomas Paine	St Martin

Under 11 girls		
1st	Abbi McCallen	NNH
2nd	Madison Kelly	CONAC
3rd	Tess Andrews	BBD

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

Under 13 girls		
1st	Memphis Symonds	Der
2nd	Tia-Lily Crane	Der
3rd	Abigail Clouston	Thetford

Under 15 boys		
1st	Rhys Foster	CONAC
2nd	Angus Clark	Harling
3rd	Billy Heseltine	Gt Yar

Under 15 girls		
1st	Abi Durrand	Der
2nd	Frankie Hair	C&C
3rd	Ellie Foster	Der

Under 17 boys		
1st	Jake Stearman	Der
2nd	Kai Beadle	Gt Yar

Under 17 girls		
1st	Abi Foster	Der

Senior Men		
1st	Rob Simmonds	Ryston
2nd	Michael Wergzyn	U/A
3rd	Dan Guppy	Ryston

Senior Women		
1st	Coleen-Nicole Mukuya	Gt Yar
2nd	Lorena Latisaite	Ryston
3rd	Mel Reed	Ryston

Vet 40 men		
1st	Alistair Doig	KLTC
2nd	Richard Johnson	NRR
3rd	Peter Bird	St Ed

Vet 35 women		
1st	Sabine Schaefer	Thetford
2nd	Anna Seaman	Ryston
3rd	Kareana Symonds	Der

Vet 45 men		
1st	Nic Bensley	Ryston
2nd	Richard Ebbs	U/A
3rd	Stew Robins	Ryston

Vet 40 women		
1st	Jo Andrews	BBD
2nd	Lesley Robins	Ryston
3rd	Caroline Houghton	NRR

Vet 50 men		
1st	Kevin Vaughan	Thetford
2nd	Malcolm Tuff	Ryston
3rd	Paul Maclean	U/A

Vet 45 women		
1st	Tina Plumley	Thetford
2nd	Karen Smith	Ryston
3rd	Eloise Bird	St Ed

Vet 55 men		
1st	Tony Savage	Ryston
2nd	Cliff Bailey	Thetford
3rd	Nigel Horney	Keswick

Vet 50 women		
1st	Carol Devlin	Der
2nd	Geraldine Jordan	Ryston
3rd	Linda Marshall	Ryston

Vet 60+ men		
1st	Charlie Richie	C&C
2nd	Alan Burgin	Hunts AC
3rd	Colin Simpson	TCRC

Vet 55+ women		
1st	Liz Blakie	Ryston
2nd	Sue George	TCRC