

Ryston Runners GP 1 (2016-17)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	NRR	03:03
2	Billy Eccles	Tri-Anglia	03:04
3	Alfie Findlay	Thet	03:12
4	William Broad	D Prep	03:14
5	Oliver Loveday	U/A	03:15
6	Marley Mann	NRR	03:17
7	Keane Mann	NRR	03:19
8	Joe Hammond	NRR	03:20
9	Sam Doughty	Ryston	03:30
10	Joshua Lawrence	D Prep	03:31
11	Thomas Norkett	Thet	03:32
12	Theo Loran	Wimbotsham Sch	03:34
13	Jonah Life	Colti Pri Sch	03:38
14	Sammy DeGol	Tilney Al St Sch	03:39
15	Thomas Simmonds	Ryston	03:41
16	Jacob Booth	Dersingham Sch	03:41
17	Charlie Sheeran	Harling	03:42
18	Toby Sargeant	NRR	03:46
19	Harry Lawrence	D Prep	03:52
20	Ray Faraday-Drake	NRR	03:53
21	Montey Findlay	Thet	03:55
22	Sam King	Glebe Sch	03:56
23	Eddie Baltrunkis	Greyfriars Sch	04:00
24	Beau Loran	Wimbotsham Sch	04:15
25	James McKay-Ferguson	D Prep	04:24
26	Ned Steele	St Martin	04:24
27	Findley Steel	D Prep	04:48
28	Fred Hawkins	U/A	05:05
29	Lennon Moulton	St Martin	05:06
30	Max Hawkins	U/A	05:59
31	Juda Atkins	D Prep	10:18

Ryston Runners GP 1 (2016-17)

Under 9 girls

Position	Name	Club	Time
1	Ellen Symonds Der	Der	03:04
2	Aisha Elouassi Der	Der	03:17
3	Larissa Jones	Der	03:18
4	Asha Candola	NRR	03:24
5	Eva Eccles	Tri Ang	03:40
6	Amelia King	Glebe Sch	03:40
7	Jennifer Wood	W Norfolk / Ter St Cl Sch	03:42
8	Lucy Paine	St Martin	03:48
9	Esther Broad	D Prep	04:02
10	Hette Koulman	Greyfriars Sch	04:03
11	Ruby DeGol	Tilney Al St Sch	04:06
12	Sophie Garrett	Ter St Cl School	04:08
13	Elizabeth Duffy	D Prep	04:10
14	Lily Jermey	St Martin	04:13
15	Zoe Hipperson	St Martin	04:14
16	Daisy Sawyer	NRR	04:14
17	Evie Owen	St Martin	04:15
18	Lydia Kelly	Wicklewood Sch	04:23
19	Lily Hawkins	U/A	04:33
20	Eliza Steele	St Martin	04:37
21	Iris Baxter	U/A	05:18
22	Grace Harrison	Mumford Sch	05:37
23	Poppy Findlay	Mumford Sch	05:38

Ryston Runners GP 1 (2016-17)

Under 11 boys

Position	Name	Club	Time
1	Thomas Paine	St Martin	08:33
2	Charlie Crane	Der	08:41
3	Reuben Houghton	NRR	08:46
4	Kai Wiseman	Der	09:05
5	Tobias Cheesbrough	Der	09:10
6	Daniel Clouston	Thet	09:20
7	Archie Manton	NRR	09:24
8	Ewan Peck	Thet	09:28
9	Hendrick Homsbein	St Martin	09:36
10	Oliver Davis	Ryston	09:38
11	Jacob Last	Der	09:40
12	Sonny Muntendam	BBD	09:41
13	Malakai Took	Ryston	09:46
14	Lachlan Hadden	NRR	09:51
15	Noah Hensby	Der	09:51
16	Riley Bell	Ryston	09:55
17	Louis Preseton	Der	10:01
18	Ben Peck	Thet	10:10
19	Jake Simpson	NRR	10:15
20	Oscar Sheeran	Harling	10:30
21	Ethan Barrett	Der	10:32
22	Bradley Summer	Der	11:06
23	Kieran Sproule	St Martin	11:41
24	Oakley Took	W Norfolk	11:58

Ryston Runners GP 1 (2016-17)

Under 11 girls

Position	Name	Club	Time
1	Madison Kelly	CONAC	08:34
2	Abbi McCallen	NNH	08:47
3	Georgia Pegg	NNH	08:57
4	Jennifer Allen	Gt Yar	09:08
5	Imogen Davey Der	Der	09:32
6	Holly Lawrence	D Prep	09:39
7	Evie Goldring	W Nor (Heacham Sch)	09:50
8	Ella Goldring	W Nor (Heacham Sch)	09:53
9	Daisy Grantham	Harling	09:54
10	Ruby Love	NNH	09:56
11	Alicia Mae Howard	Thet	09:58
12	Ella Matthews	Ryston	10:03
13	Hester Life	U/A	10:05
14	Matilda Loram	Ryston	10:59
15	Molly Pybus	St Martin	11:01
16	Anya McNulty	Der	11:20
17	Erin Elflett	D Prep	12:04
18	Martha Briad	D Prep	12:18
19	Tallulah Houghton	NRR	12:31
20	Marnie Rose	St Martin	14:11
21	Zara Atkins	St Martin	15:30

Ryston Runners GP 1 (2016-17)

Under 13 boys

Position	Name	Club	Time
1	Innes O'Malley	NNH	11:01
2	Billy Life	Colt Jags	11:16
3	Zack Houghton	NRR	11:19
4	Jeya Kandola	NRR	11:40
5	Brad Keay	NNH	11:42
6	James Peck	Thet	11:55
7	Miles Clark	Harling	12:21
8	William Paine	Wym	12:33
9	Nathan Hutchins	NNH	12:48
10	Jenson Devlin	Der	12:56
11	Jacob Want	CONAC	13:09
12	Sonny Linstead	NRR	13:34
13	Ben Peeling	U/A	13:49
14	Ali Elouassi	Der	13:58
15	Ronnie Goldring	W Norfolk	14:15
16	Marlon Mayer	U/A	14:31
17	Finley Bell-Tye	NRR	14:52
18	Joe Manton	NNR	15:00
19	Thomas Matthews	Ryston	15:16
20	Kieran Bell	Ryston	15:21
21	Max Faraday-Drake	NRR	15:24

Under 13 girls

Position	Name	Club	Time
1	Memphis Symonds	Der	11:23
2	Tia-Lilly Crane	Der	12:02
3	Abigail Clouston	Thet	12:37
4	Zara Sheeran	Harling	13:17
5	Izzy Sandover	Ryston	13:38
6	Bea Honeybone	Ryston	14:11
7	Olivia Sargeant	CONAC	14:14
8	Imogen Burke	NRR	14:36
9	Beth Barrett	Der	14:42
10	Elizabeth Wood	W Norfolk	15:05
11	Lexie Duffy	Harling	15:23

Ryston Runners GP 1 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	OJ Parmenter	C&C	09:57
2	Rhys Foyster	CONAC	10:16
3	Angus Clark	Harling	10:42
4	Oli O'Malley	NNH	10:50
5	Billy Heseltine	Gt Yar	10:53
6	Bailey Took	Ryston	11:14
7	Ben Garrod	Thet	11:34
8	Kyle Berry	Ryston	12:34

Under 15 girls

Position	Name	Club	Time
1	Abbie Durrand	NNH	10:58
2	Ellie Taylor	CONAC	11:07
3	Kate Willis	CONAC	11:11
4	Ellie Foster	Der	12:10
5	Erin McNulty	Der	12:24
6	Rosie Booth	Ryston	12:27
7	Millie Heybourne	CONAC	12:42
8	Frankie Haines	C&C	13:27
9	Mai Loram	Ryston	13:46
10	Nina Koulman	Ryston	14:18
11	Saffron Teasdale	Ryston	16:23

Under 17 boys

Position	Name	Club	Time
1	Jake Stearman	Der	16:57
2	Harley Swan	Thet	17:28
3	Kai Beadle	Gt Yar	18:56
4	Charlie Stone	Thet	19:09
5	Oliver Grantham	Harling	22:36

Under 17 girls

Position	Name	Club	Time
1	Abi Foster	Der	22:24
2	Juste Panavaite	U/A	25:17
3	Josein Versloot	U/A	26:55

Ryston Runners GP 1 (2016-17)

Senior men

Position	Name	Club	Time
1	Michael Eccles	N Gazelles	16:08
2	Callum Stanforth	Ryston	16:43
3	Robert Simmonds	Ryston	16:55
4	Daniel Guppy	Ryston	17:44
5	Andrew Simmonds	Ryston	18:07
6	Gareth Hunt	Ryston	18:23
7	Paul Kearney	Ryston	18:36
8	Richard Hill	Ely	18:43
9	Tate Devlin	Der	18:52
10	Frank Bowler	Wym	19:01
11	Michael Howlett	Ryston	19:06
12	Thomas Manleika	U/A	19:16
13	Adam Howard	Ryston	19:39
14	Stephen Lee	Der	19:46
15	Lukasz Ryzinski	Thet	20:52
16	Ben Collison	W Norfolk	20:54
17	Russell Slettery	Thet	21:35
18	James Rhodes	3 Counties	22:08
19	Nicky Allen	U/A	23:31

Senior women

Position	Name	Club	Time
1	Lorena Latisaite	Ryston	19:39
2	Zoe Ward	U/A	23:56
3	Jenny Balmer	Ryston	25:09
4	Corianne West	Thet	27:45
5	Clare Slattery	TAC	28:02

Vet 35-39 women

Position	Name	Club	Time
1	Cat Cummings	Wym	20:02
2	Susan Matthews	Ryston	20:30
3	Carly Jermy	CONAC	21:20
4	Rachel Leah	C&C	22:30
5	Anna Seaman	Ryston	22:47
6	Hayley Hawes	Ryston	23:25
7	Jody Linstead	U/A	24:03
8	Kareana Symonds	Der	24:52
9	Jani Campbell	KL Tri	25:11

Ryston Runners GP 1 (2016-17)

Vet 40-44 men

Position	Name	Club	Time
1	Andrew Parmenter	C&C	17:31
2	Jamie Sparrow	U/A	18:24
3	Richard Johnson	NRR	18:47
4	Darren Easter	Ryston	19:20
5	Jonathon Hawes	Ryston	20:13
6	Paul Smith	NRR	20:36
7	Paul Stocking	U/A	22:03
8	Stuart Watson	U/A	25:50
9	Oliver Roberts	U/A	25:52
10	Mark Doughty	Ryston	25:58

Vet 40-44 women

Position	Name	Club	Time
1	Sarah Stubbs	BVH	21:47
2	Vicky Tovell	Colt jags	22:54
3	Caroline Houghton	NRR	23:14
4	Elies Mann	NRR	23:47
5	Nicci Clark	Harling	25:45
6	Sarah Sheeran	Harling	25:45
7	Kathryn Hammond	NRR	26:52
8	Wendy Howard	Thet	28:01
9	Claire Emery	Ryston	28:13
10	Christine Payne	U/A	39:16
11	Caroline Steel	U/A	39:19

Ryston Runners GP 1 (2016-17)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	17:33
2	Richard Ebbs	U/A	18:05
3	Stew Robins	Ryston	19:01
4	Will Honeybone	Ryston	19:49
5	Russell Atkinson	Camb Tri	20:01
6	Paul O'Malley	U/A	20:03
7	Mark Tufts	Wym	20:38
8	Kevin Snelling	U/A	20:47
9	Miles Thomas	Ryston	21:22
10	Colin Apps	3 Counties	21:24
11	Albert Koulman	U/A	22:04
12	James Grantham	Harling	22:32
13	Paul Carter	Ryston	22:33
14	Alex Gaunt	NRR	22:51
15	Andrew McNamara	Ryston	22:55
16	Chris Hurcomb	C&C	23:08
17	Ally Hadden	NRR	23:10
18	Ian King	Fenland	23:24
19	Stewart Life	NNV	23:59
20	Adam Want	U/A	24:14
21	Bruce Clark	U/A	25:48

Vet 45-49 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	20:04
2	Tina Plumley	Thet	22:48
3	Rebecca Maun	NNBR	23:37
4	Stephanie Clouston	Thet	24:02
5	Sarah Sargeant	NRR	29:16
6	Ann Kirton	Thet	29:59
7	Kate Grantham	Harling	30:25

Ryston Runners GP 1 (2016-17)

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	17:39
2	Stuart Holmes	Camb Tri	19:00
3	Paul Sullivan	NRR	20:21
4	Tom Drew	Spalding Tri	21:19
5	David Marston	Ryston	21:27
6	Jeremy Navrady	Ryston	22:17
7	Michael Wright	Eye	22:36
8	David Lane	Ryston	23:21
9	Ian Todd	U/A	23:54
10	John Sheeran	Harling	24:26
11	Andy Smith	Ryston	24:42
12	Simon Tarling	Ryston	28:57

Vet 50-54 women

Position	Name	Club	Time
1	Carol Devlin	Der	19:58
2	Geraldine Jordan	Ryston	22:57
3	Louise Pegg	NNBR	23:26
4	Linda Marshall	Ryston	23:41
5	Sarah Jay	BVH	24:25
6	Wendy Fisher	Ryston	25:41
7	Barbara Hughes	U/A	28:00
8	Stephanie Clark	3 Counties	29:36
9	Sandra Rhodes	3 Counties	31:17
10	Sue Smith	Ryston	42:14

Ryston Runners GP 1 (2016-17)

Vet 55-59 men

Position	Name	Club	Time
1	Tony Savage	Ryston	19:52
2	Cliff Bailey	Thet	19:59
3	John Baxter	BVH	20:00
4	Carl Manning	Ryston	20:42
5	Neville Knights	Der	23:44
6	Robert Belcher	NRR	27:37

Vet 55+ women

Position	Name	Club	Time
1	Sheila Woodhouse	Der	27:03
2	Liz Blakie	Ryston	27:11
3	Sue George	3 Counties	28:35
4	Eva Osborne	Wym	29:47
5	Gill Hart	Ryston	31:29
6	Hazel Cason	Der	31:51

Vet 60 men

Position	Name	Club	Time
1	Charlie Richie	C&C	20:16
2	Colin Simpson	3 Counties	21:41
3	Alan Burgin	Hunts	21:42
4	Mike Brentnall	C&C	22:05
5	David Vaughan	St Ed	22:11
6	Andrew Hammond	N Gaz	22:34
7	Peter Duhig	Ryston	22:51
8	Mark Tayler	NRR	22:55
9	Neall Draycott	BTH	25:15
10	Kenyon Phillip	U/A	25:30
11	John Pamplin	Gt Yar	26:47
12	Ernie Bradshaw	U/A	27:06
13	Don Hutchinson	Camb Tri	28:14
14	John Richardson	Der	31:14
15	Louis Miller	Thorpe	46:48