

Ryston Runners GP 2 (2016-17)

Under 9 boys

Position	Name	Club	Time
1	Jude Linstead	NRR	03:04
2	Oliver Loveday	U/A	03:04
3	Alfie Findlay	Thet	03:07
4	Marley Mann	NRR	03:17
5	William Broad	D Prep	03:26
6	Joshua Lawrence	D Prep	03:29
7	Tom D'Ayala	U/A	03:32
8	Toby Sargeant	NRR	03:34
9	Ryan Sumner	Toftwood Sch	03:35
10	Jonah Life	CLT sch	03:36
11	Thomas Simmonds	Ryston	03:37
12	Thomas Malton	Greyfriars Sch	03:42
13	Colby Clifford	St Martin	03:43
14	Jacob Booth	Rys	03:45
15	Charlie Isbill	Rys	03:45
16	Montey Findlay	Thet	04:01
17	Ned Steele	St Martin	04:02
18	Eddie Baltrunkis	Greyfriars Sch	04:04
19	James McKay-Ferguson	D Prep	04:22
20	Rhys Sturge	Greyfriars Sch	04:22
21	Thomas Slowther	U/A	04:28
22	Casper Findlay	U/A	04:47
23	Fred Hawkins	Glebe Sch	04:47
24	Alfie Pennell	U/A	04:55
25	Harry Pybus	St Martin	05:21
26	Max Hawkins	Glebe Sch	05:37
27	Arther Adcock	St Martin	06:15

Ryston Runners GP 2 (2016-17)

Under 9 girls

Position	Name	Club	Time
1	Connie Easter	CONAC	03:09
2	Ellen Symonds	Der	03:13
3	Larissa Jones	Der/Swanton Morley	03:20
4	Aisha Elouassi	Der	03:24
5	Jennifer Wood	WN/ Ter StClem	03:33
6	Annalise Cadman-Carpenter	U/A	03:39
7	Lucy Payne	St Martin	03:42
8	Lola Kidman	Greyfriars	03:44
9	Olivia Mukuya	Caister Infants	03:53
10	Esther Broad	D Prep	03:56
11	Betty Schwarz	WN/Ter StClem	03:57
12	Zoe Hipperson	St Martin	04:07
13	Daisy Sawyer	NRR	04:10
14	Lily Jermey	St Martin	04:12
15	Emily Adcock	St Martin	04:13
16	Elizabeth Duffy	D Prep	04:17
17	Lily Hawkins	Glebe Sch	04:18
18	Evie Owen	St Martin	04:21
19	Eliza Steele	St Martin	04:24
20	Poppy Ballaan	Hellesdon Pr	04:42
21	Matilda Rear	St Martin	04:47
22	Iris Baxter	U/A	05:01
23	Grace Harrison	Mumford Sch	05:54
24	Poppy Findlay	Mumford Sch	06:14

Ryston Runners GP 2 (2016-17)

Under 11 boys

Position	Name	Club	Time
1	Isaac Morris	C&C/Kings School	07:29
2	Samuel Yellop	NRR	07:59
3	Torin Maquire	CONAC	08:20
4	Thomas Payne	St Martin	08:34
5	Jake Dorbin	U/A	08:39
6	Charlie Crane	Der	08:49
7	Reuben Houghton	NRR	09:01
8	Tobias Cheesebrough	Der	09:06
9	Hendrick Hohnsbein	St Martin	09:08
10	Leo Bodiam	Der	09:09
11	Daniel Clouston	Thet	09:10
12	Callum Wing	Thet	09:11
13	Connor Austin	Ryston	09:13
14	Ben Peck	Thet	09:17
15	Freddie Cadmon-Carepnter	U/A	09:21
16	Louis Preseton	Der	09:23
17	Riley Bell	Ryston	09:24
18	Ewan Peck	Thet	09:24
19	Leo D'Ayala	Ely	09:27
20	Oakley Took	W Norfolk/Howard	09:35
21	Joe Peters	U/A	09:43
22	Oliver Davis	Ryston	09:52
23	Lachlan Hadden	NRR	09:58
24	Kai Wiseman	Der	10:04
25	Jake Simpson	NRR	10:14
26	Tom Peters	U/A	10:14
27	Harry Mauton	Greyfriars Sch	10:29
28	Arron Simmonds	WN	10:44
29	Arturo Gill	WN	10:47
30	Ethan Barrett	Der	10:56
31	Jensen Gull	WN	11:04
32	Aiden Simmonds	WN	11:06
33	Vinnie Manser	Greyfriars Sch	11:12
34	Ray Faraday-Drake	NRR	11:14
35	Bradley Summer	Der	11:15
36	Kieran Sproule	St Martin	12:03

*course record

Ryston Runners GP 2 (2016-17)

Under 11 girls

Position	Name	Club	Time
1	Abbi McCallum	NNH	08:27
2	Madison Kelly	CONAC	08:40
3	Georgia Pegg	NNH	08:48
4	Tess Andrews	BBD/Brook Pri	08:51
5	Jennifer Allen	Gt Yar	09:03
6	Esme Abbott	CONAC	09:09
7	Holly Lawrence	D Prep	09:27
8	Evie Goldring	W Nor (Heacham Sch)	09:35
9	Ella Goldring	W Nor (Heacham Sch)	09:42
10	Allyna Mukuya	Gt Yar/Caister Jnr	09:47
11	Daisy Grantham	Harling	09:51
12	Ruby Love	NNH	09:55
13	Ella Matthews	Ryston	10:05
14	Esme Jones	NNH	10:15
15	Esmie Kidman	Greyfriars	10:28
16	Molly Pybus	St Martin	10:36
17	Sophie Doig	West Lynn Sch	11:00
18	Anya McNulty	Der	11:10
19	Erin Elflett	D Prep	11:17
20	Tallulah Houghton	NRR	12:28
21	Marnie Rose	St Martin	13:22
22	Jamie Sturge	Greyfriars	16:33

Ryston Runners GP 2 (2016-17)

Under 13 boys

1	Innes O'Malley	NNH	11:02
2	James Peck	Thet	11:08
3	Zack Houghton	NRR	11:10
4	Jeya Kandola	NRR	11:11
5	Jenson Devlin	Der	11:31
6	Billy Life	Colt Jags	11:34
7	Kit Howlett	Ryston	11:35
8	Reuben Andrews	BBD	12:04
9	Callum Pope	WNAC	12:30
10	Jacob Want	CONAC	13:02
11	Ronnie Goldring	W Norfolk	13:10
12	Sonny Linstead	NRR	13:44
13	George Wright	Thet	13:59
14	Ali Elouassi	Der	14:01
15	Kieran Bell	Ryston	14:31
16	Thomas Matthews	Ryston	14:34
17	Finley Bell-Tye	NRR	15:08

Under 13 girls

Position	Name	Club	Time
1	Memphis Symonds	Der	11:36
2	Madeline Short	CONAC	11:44
3	Abigail Clouston	Thet	12:10
4	Tia-Lilly Crane	Der	12:19
5	Brooke Oram	Gt Yar	12:22
6	Zara Sheeran	Harling	13:21
7	Leilani King	CONAC	13:26
8	Izzy Sandover	Ryston	13:39
9	Bethany Barrett	Der	14:39
10	Lexie Duffy	Harling	15:18
11	Elizabeth Wood	WN	15:31
12	Ruby Schwarz	WN	16:11
13	Lily Teasdale	Ryston	16:28

Ryston Runners GP 2 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	Angus Clark	Harling	10:37
2	Billy Heseltine	Gt Yar	10:42
3	Bailey Took	Ryston	11:06
4	Oli O'Malley	NNH	12:03
5	Alex Morton	U/A	12:32
6	Kyle Berry	Ryston	13:18
7	Ben Palling	U/A	13:41

Under 15 girls

Position	Name	Club	Time
1	Abbie Durrand	NNH	10:48
2	Ellie Taylor	CONAC	11:17
3	Erin McNulty	Der	12:08
4	Frankie Haines	C&C	12:11
5	Rosie Booth	Ryston	12:36
6	Eve Harmer	U/A	12:47
7	Kiara Hamis	NRR	13:43

Under 17 boys

Position	Name	Club	Time
1	Jake Stearman	Der	16:11
2	Jeremias Tackei	DSC	16:59
3	Charlie Stone	Thet	17:57
4	Kai Beadle	Gt Yar	20:28
5	Matthew Jennings	U/A	24:05

Under 17 girls

Position	Name	Club	Time
1	Hannah Stone	BVH	20:48
2	Lauren Oram	Gt Yar	21:39
3	Juste Panavaite	U/A	24:17

Ryston Runners GP 2 (2016-17)

Senior men

Position	Name	Club	Time
1	Daniel Middleton	NRR	29:55
2	Chris Balmer	Ryston	29:58
3	Robert Simmonds	Ryston	31:08
4	Sam Coyne	BVH	31:29
5	Michael Wegrzyn	U/A	31:47
6	Daniel Guppy	Ryston	31:59
7	Dominic Hughes	U/A	33:15
8	Tate Devlin	Der	33:39
9	Paul Keaney	Ryston	34:05
10	Frank Bowler	Wym	34:22
11	Michael Howlett	Ryston	34:28
12	Gareth Hunt	Ryston	34:42
13	Dan Pratt	Ryston	34:43
14	Will Layton	U/A	34:51
15	Karl Wright	Thet	34:59
16	Richard Walpole	U/A	35:00
17	Jason Stone	U/A	35:17
18	Ben Collison	W Norfolk	36:00
19	Matthew Crane	BVH	36:45
20	Simon Levy	Ryston	37:15
21	Adam Chown	TCRC	38:38
22	Bernard Mukuya	U/A	38:42
23	Ian Hogarth	Ryston	38:57
24	Pete Reed	U/A	39:13
25	Stephen Lee	Der	40:15
26	Matthew Freezer	Der	40:47
27	Mark Collins	KL Tri	42:17
28	Nicky Allen	U/A	45:05

Ryston Runners GP 2 (2016-17)

Senior women

Position	Name	Club	Time
1	Nicole Mukuya	U/A	34:58
2	Bethany Runciman	UEA	36:07
3	Amy Balaam	BVH	37:15
4	Sarah Peachey	NRR	37:22
5	Mel Reed	Ryston	38:31
6	Anna Duch	C&C	39:29
7	Grace Bird	Der	40:01
8	Jody Blackman	U/A	43:48
9	Rachel Cubitt	NRR	45:44
10	Kate Bamfield	U/A	49:09

Vet 35-39 women

Position	Name	Club	Time
1	Emma Patel	Winch	33:32
2	Sabine Schaefer	Thet	36:37
3	Susan Matthews	Ryston	36:54
4	Charlotte Smith	Thet	38:58
5	Anna Seaman	Ryston	40:42
6	Claire Wilshaw	Camb Tri	43:00
7	Lisa Owen	NRR	43:20
8	Kareana Symonds	Der	45:32
9	Vicki Drake	TCRC	45:56
10	Emma Thompson	Ryston	48:04
11	Michelle Bird	BRC	52:07

Vet 40-44 men

Position	Name	Club	Time
1	Richard Johnson	NRR	32:54
2	Simon Smith	Thet	33:07
3	Richard Hill	Ely	34:08
4	Phil Thompson	Ryston	36:43
5	Paul Smith	NRR	37:28
6	Peter Bird	St Edm	37:38
7	Ashley Yellop	NRR	38:12
8	Richard Sargeant	NRR	38:24
9	Mark Doughty	Ryston	38:25
10	Simon Warburton	C & C	39:08
11	Denver Slowther	BVH	39:29
12	Paul Stocking	U/A	41:17
13	Paul Carter	Ryston	42:23

Ryston Runners GP 2 (2016-17)

Vet 40-44 women

Position	Name	Club	Time
1	Jo Andrews	BBD	33:07
2	Louise White	Thet	36:27
3	Lesley Robins	Ryston	39:18
4	Nadine Heseltine	Gt Yar	40:18
5	Sam Cadman	U/A	40:23
6	Caroline Houghton	NRR	41:10
7	Julie Austin	U/A	41:33
8	Elies Mann	NRR	43:28
9	Lisa Natto	Nor Gaz	46:52
10	Tamlin Hegarty	WN	47:15
11	Claire Emery	Ryston	49:15
12	Marie Doughty	Dunerunner	49:43
13	Christine Payne	U/A	57:14

*course record

Ryston Runners GP 2 (2016-17)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	31:11
2	Richard Ebbs	U/A	32:28
3	Jason Wing	U/A	33:59
4	Sean Connolly	Fenland	34:23
5	Stew Robins	Ryston	34:24
6	Alistair Doig	KL Tri	34:25
7	Matthew Stone	BVH	34:33
8	Craig Owen-Jones	Der	34:53
9	Alex Eberlin	Camb Tri	34:57
10	Paul O'Malley	U/A	35:03
11	Doug Hosking	BRC	35:22
12	Jonathan Baxter	CONAC	35:32
13	Russell Atkinson	Camb Tri	35:42
14	David Houghton	NRR	35:56
15	Matthew Mason	Ely	36:20
16	Ian Kidman	KL Tri	37:03
17	Stephen Panting	NRR	37:45
18	Colin Apps	3 Counties	39:53
19	Andrew McNamara	Ryston	41:17
20	Paul Cockaday	NRR	41:24
21	Paddy Thompson	Ryston	41:44
22	James Grantham	Harling	42:31
23	Ian King	Fenland	42:46
24	Adam Want	U/A	44:31
25	Ally Hadden	NRR	45:45
26	Glen Manchett	U/A	45:55
27	Alex Gaunt	NRR	47:15

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	39:56
2	Emma Potter-Campbell	Der	40:16
3	Pauline Drewery	Ryston	40:41
4	Vicky Tovell	Colt Jags	41:29
5	Sarah Sheeran	Harling	44:20
6	Karen Smith	Ryston	44:47
7	Natalie Ebbs	U/A	45:29
8	Sam Barwick	Nor Gaz	46:53
9	Eloise Bird	St Edm	51:33
10	Andrea Kidman	KL Tri	53:26

Ryston Runners GP 2 (2016-17)

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	32:20
2	Paul Maclean	U/A	34:20
3	Martin Ive	Ryston	35:52
4	Stuart Holmes	Cam Tri	36:09
5	Adie Grand	NRR	36:40
6	David Marston	Ryston	39:07
7	Michael Wright	Eye	39:20
8	Jeremy Navrady	Rys	40:30
9	Tim Woods	N Gaz	42:21
10	Andy Smith	Ryston	42:22
11	David Lane	Ryston	43:14
12	James Nice	Der	45:34

Vet 50-54 women

Position	Name	Club	Time
1	Carol Devlin	Der	36:29
2	Christine Anthony	West Suf	36:43
3	Geraldine Jordan	Ryston	40:34
4	Niki Park	NRR	40:54
5	Linda Marshall	Ryston	41:45
6	Louise Pegg	NNBR	42:33
7	Stephanie Clark	3 Counties	53:24
8	Sandra Rhodes	3 Counties	54:24
9	Sue Brentnall	C & C	54:29

Ryston Runners GP 2 (2016-17)

Vet 55-59 men

Position	Name	Club	Time
1	Tony Savage	Ryston	36:06
2	Cliff Bailey	Thet	36:12
3	Gerald Meah	C&C	39:44
4	Martin Blackburn	Ryston	45:16
5	Dean Gray	NRR	45:46
6	Keith Morris	Ryston	45:54
7	Chris Milnes	Ryston	46:04
8	Kevin Piggott	Ryston	48:05
9	Paul Stratford	TCRC	48:49
10	Robert Belcher	NRR	49:28
11	Rory Campbell	Der	51:25

Vet 55+ women

Position	Name	Club	Time
1	Jane Clarke	CONAC	38:46
2	Maureen Wolfe	Ryston	44:13
3	Sue George	3 Counties	51:14
4	Catherine Crisp	U/A	57:51
5	Diane Renshaw	Der	60:51

Ryston Runners GP 2 (2016-17)

Vet 60 men

Position	Name	Club	Time
1	Charlie Richie	C&C	36:35
2	Dave Neale	KL Tri	37:40
3	Colin Simpson	3 Counties	39:14
4	David Vaughan	St Ed	39:15
5	Peter Harris	Ely	39:26
6	Peter Thompson	Nor Gaz	39:39
7	Nigel Dickens	NVH	40:07
8	Mark Tayler	NRR	40:18
9	Andrew Hammond	Nor Gaz	40:48
10	Mike Brentnall	C&C	40:55
11	Glyn Smith	C&C	40:56
12	Brian Wright	Thet	41:22
13	Neill Draycott	BTH	44:39
14	Phillip Kenyon	U/A	46:25
15	John Pamplin	Gt Yar	47:48
16	Nigel Bullen	Nor Gaz	50:19
17	Jeff Reed	Ryston	50:25
18	Don Hutchinson	Camb Tri	51:46
19	Mick Ennis	Ryston	55:37
20	John Richardson	Der	61:50