

Ryston Runners GP 3 (2016-17)

Under 9 boys

Position	Name	Club/School	Time
1	Jude Linstead	NRR	03:01
2	Billy Eccles	Tri Ang	03:09
3	Oliver Loveday	U/A	03:19
4	Joshua Lawrence	Downham Prep	03:22
5	Joe Hammond	NRR	03:22
6	Sam Doughty	North Wooton sch	03:27
7	Theo Loram	Wimbotsham sch	03:31
8	Keane Mann	NRR	03:33
9	Ray Faraday-Drake	NRR	03:36
10	Beau Loram	Wimbotsham sch	03:39
11	Zavea Chapman-Lewis	Greyfriars	03:43
12	Jacob Booth	Dersingham sch	03:44
13	Rupert Askham	St Martin	03:46
14	Thomas Malton	Greyfriars	03:47
15	Harry Lawrence	Downham Prep	03:49
16	Ned Jones	U/A	03:52
17	Ethan Ward	Ter St Clem	03:52
18	Eddye Balttrukis	Greyfriars	03:52
19	Thomas Simmonds	U/A	03:54
20	Torin Jones	U/A	03:57
21	Ned Steele	St Martin	04:00
22	Rhys Sturge	Greyfriars	04:02
23	James Mckay-Ferguson	Downham Prep	04:24
24	Tom Doig	West Lynn sch	04:43
25	Lennon Mann	St Martin	05:03

Ryston Runners GP 3 (2016-17)

Under 9 girls

Position	Name	Club/School	Time
1	Connie Easter	CONAC	03:03
2	Ellen Symonds	Der	03:04
3	Larissa Jones	Der	03:17
4	Eva Eccles	Tri Ang	03:34
5	Asha Kandola	NRR	03:39
6	Lola Kidman	Greyfriars	03:40
7	Hette Koulman	Greyfriars	03:53
8	Fern Ruttertard	NRR	03:57
9	Chloe Pratt	North Wooton sch	04:03
10	Zoe Hipperson	St Martin	04:07
11	Elizabeth Duffey	Downham Prep	04:10
12	Evie Owen	St Martin	04:18
13	Daisy Sawyer	NRR	04:18
14	Jasmine Pilkington	St Martin	04:23
15	Eilza Steele	St Martin	04:25
16	Lily Jermey	St Martin	04:27
17	Tiana O'Hara	Greyfriars	04:37
18	Briar Hobbs	St Martin	04:58
19	Matilda Rear	St Martin	05:00

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Under 11 boys

Position	Name	Club/School	Time
1	Isaac Morris	C&C	07:37
2	Thomas Paine	St Martin	08:33
3	Jake Dorbin	U/A	08:34
4	Sonny Mintendarn	BBD	08:47
5	Reuben Houghton	NRR	08:53
6	Charlie Crane	Der	08:57
7	Louis Preston	Der	09:01
8	Oakley Took	WN/Howard Jnr	09:02
9	Tobias Cheesbrough	Der	09:03
10	Benjamin Peck	Thet	09:04
11	Jacob Last	Der	09:07
12	Connor Austin	Ryston	09:09
13	Archie Manton	NRR	09:22
14	Callum Wing	Thet	09:23
15	Riley Bell	Ryston	09:25
16	Lachlan Hadden	NRR	09:31
17	Malakai Took	Ryston/Howard Jnr	09:56
18	Bradley Summer	Der	10:08
19	Noah Hensby	Der	10:09
20	Oliver Davis	Ryston	10:16
21	Jake Simpson	NRR	10:18
22	Harry Malton	Greyfriars	10:30
23	Ethan Barrett	Der	10:40
24	Vinnie Manser	Greyfriars	11:19
25	Keiran Sproule	St Martin	12:04

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Under 11 girls

Position	Name	Club/School	Time
1	Tess Andrews	BBD	08:34
2	Jennifer Allen	Gt Yar	08:50
3	Holly Lawrence	Downham Prep	09:17
4	Daisy Grnatham	Harling	09:47
5	Imogen Davey	Der	09:55
6	Ella Matthews	Ryston	09:59
7	Mitzie Lewis	CONAC	10:02
8	Alicia Mae Howard	Thet	10:06
9	Belle Watkins	NRR	10:39
10	Esmie Kidman	Greyfriars	10:52
11	Matilda Loram	Ryston	11:04
12	Sophie Doig	West Lynn sch	11:11
13	Sienna Price	NRR	11:33
14	Molly Pybus	St Martin	11:38
15	Tallulah Houghton	NRR	13:09
16	Marnie Rose	St Martin	13:23
17	Jamie Sturge	Greyfriars	16:11
18	Olivia Wynd	Greyfriars	17:45

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Under 13 boys

Position	Name	Club	Time
1	Innes O'Melley	NNH	10:37
2	James Peck	Thet	10:55
3	Jeya Kandola	NRR	10:57
4	Zack Houghton	NRR	11:27
5	Kit Howlett	Ryston	11:32
6	Callum Pope	WN	12:35
7	Jannis Koulman	Ryston	12:48
8	Sonny Linstead	NRR	13:47
9	Kieran Bell	Ryston	14:25
10	Ollie Mann	Ryston	15:29
11	Max Faraday-Drake	NRR	16:09
12	Tom Mann	Ryston	17:06
13	Thomas Matthews	Ryston	17:21

Under 13 girls

Position	Name	Club	Time
1	Memphis Symonds	Der	11:45
2	Beth Barrett	Der	14:11
3	Imogen Burke	NRR	14:35
4	Lezie Duffy	Harling	16:18
5	Lily Teasdale	Ryston	16:48

Ryston Runners GP 3 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	Rhys Foyster	CONAC	10:08
2	Angus Clark	Harling	10:28
3	Charlie Wakefield	Ryston	10:31
4	Oli O'Malley	NNH	10:34
5	Billy Heseltine	GY	10:44
6	Bailey Took	Ryston	10:59
7	Alex Morton	U/A	12:33
8	Sam Anderton	Der	13:34
9	Kyle Berry	Ryston	13:45
10	Tom Carey	NRR	13:51

Under 15 girls

Position	Name	Club	Time
1	Frankie Haines	C&C	11:59
2	Erin McNulty	Der	12:22
3	Rosie Booth	Ryston	12:39
4	Millie Heybourne	CONAC	12:53
5	Mai Loram	Ryston	13:12
6	Kiara Hamis	NRR	14:05
7	Saffron Teasdale	Ryston	16:48

Ryston Runners GP 3 (2016-17)

Under 17 boys

Position	Name	Club	Time
1	Jake Stearman	Der	24:07
2	Kai Beadle	Gt Yar	29:07

Senior men

Position	Name	Club	Time
1	Michael Eccles	Nor Gaz	21:17
2	Robert Simmonds	Ryston	22:56
3	Michael Wegrzyn	U/A	23:02
4	Daniel Guppy	Ryston	23:30
5	Paul Keaney	Ryston	24:13
6	Dominic Hughes	U/A	24:38
7	Matt Howard	U/A	24:46
8	Richard Watson	Ryston	24:52
9	Frank Bowler	Wym	25:06
10	Karl Wright	Thet	25:11
11	Will Layton	U/A	25:16
12	Simon Levy	Ryston	25:21
13	Andrew Simmonds	Ryston	25:28
14	Dan Pratt	Ryston	25:32
15	Darren Smith	Ryston	25:58
16	Stephen Lee	Der	26:17
17	Bernard Mukuya	Gt Yar	26:19
18	Michael Balls	Ryston	26:23
19	Ben Collison	WN	26:59
20	Brian Symonds	U/A	27:16
21	Jamie Bransgrove	Ryston	27:47
22	Adam Chown	TCRC	29:00
23	Matthew Freezer	Der	29:24
24	Dave Lawrence	TCRC	30:16
25	Pawel Wegrzyn	U/A	31:00
26	Paul Malton	U/A	33:56
27	Perry Sturge	U/A	34:50

Senior women

Position	Name	Club	Time
1	Nicole Mukuya	Gt Yar	24:57
2	Lorena Latisaite	Ryston	26:31
3	Mel Reed	Ryston	27:49
4	Oksana Karpenko	U/A	34:47
5	Sally Lee	Der	36:56

Ryston Runners GP 3 (2016-17)

Vet 35-39 women

Position	Name	Club	Time
1	Sabine Schaefer	Thet	26:55
2	Charlotte Smith	Thet	28:20
3	Jan Manning	Ryston	28:39
4	Anna Seaman	Ryston	29:51
5	Jody Blackman	U/A	30:59
6	Claire Wilshaw	Camb Tri	31:28
7	Kareana symonds	Der	33:20
8	Jenny Balmer	Ryston	34:20
9	Michelle Bird	Camb Tri	36:22
10	Emma Thompson	Ryston	38:15
11	Hannah Masters	WN	47:39

Vet 40-44 men

Position	Name	Club	Time
1	Richard Johnson	NRR	23:41
2	Simon Smith	Thet	24:12
3	Andrew Merrett	Ryston	25:25
4	Alistair Doig	KL Tri	25:38
5	Peter Bird	St Ed	26:50
6	Kerry Jones	U/A	28:05
7	Paul Stocking	U/A	28:59
8	Mark Doughty	Ryston	29:18
9	Simon Howard	U/A	29:33
10	Ally Hadden	NRR	30:31
11	Dave Olley	Der	34:27

Vet 40-44 women

Position	Name	Club	Time
1	Jo Andrews	BBD	24:20
2	Nadine Heseltine	Gt Yar	29:07
3	Caroline Houghton	NRR	29:37
4	Julie Austin	U/A	30:22
5	Mini Rutterford	U/A	31:55
6	Kathryn Hammond	NRR	34:09
7	Sophie Jones	U/A	34:35
8	Paula Olley	Der	36:55
9	Claire Emery	Ryston	37:24
10	Lesley Robins	Ryston	38:16
11	Christine Payne	U/A	39:47

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Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	23:05
2	Richard Ebbs	U/A	23:57
3	Stewart Robins	Ryston	25:47
4	Paul O'Malley	U/A	25:53
5	David Houghton	NRR	26:28
6	Ian Kidman	KL Tri	27:30
7	Doug Hosking	Camb Tri	28:38
8	Miles Thomas	KL Tri	29:02
9	Albert Koulman	U/A	29:37
10	Glyn Manton	NRR	30:48
11	Mark Heybourne	U/A	30:48
12	Andrew McNamara	Ryston	30:51
13	Colin Apps	TCRC	31:01
14	John Bowen	Ryston	34:26

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	28:41
2	Pauline Drewery	Ryston	30:24
3	Natalie Ebbs	U/A	33:53
4	Karen Smith	Ryston	34:53
5	Eloise Bird	St Ed	35:02
6	Andrea Kidman	KL Tri	37:35
7	Helen Driver	U/A	44:04

Vet 50-54 men

Position	Name	Club	Time
1	Malcolm Tuff	Ryston	23:13
2	Kevin Vaughan	Thet	23:40
3	Martin Ive	Ryston	25:43
4	Stuart Holmes	Camb Tri	27:13
5	Jeremy Navrady	Ryston	29:38
6	James Grantham	Harling	30:45
7	James Nice	Der	31:08
8	Andy Smith	Ryston	38:16

Vet 50-54 women

Position	Name	Club	Time
1	Geraldine Jordan	Ryston	30:22
2	Sandra Rhodes	TCRC	39:47
3	Stephanie Clark	TCRC	40:55

Ryston Runners GP 3 (2016-17)

Vet 55-59 men

Position	Name	Club	Time
1	Tony Savage	Ryston	26:10
2	Cliff Bailey	Thet	26:13
3	Les Scott	Ryston	28:09
4	Gerald Meah	C&C	28:41
5	Martin Blackburn	Ryston	33:02
6	Keith Morris	Ryston	34:08
7	Kevin Piggott	Ryston	34:38
8	Steven Mickelburgh	Ryston	34:50
9	Paul Stratford	TCRC	34:55
10	Chris Milnes	Ryston	34:57
11	Barry Hipwell	NRR	35:16
12	Peter Johnson	Fell Runners	35:44
13	Robert Belcher	NRR	36:34

Vet 55-59 women

Position	Name	Club	Time
1	Sandra Bower	Thet	30:08
2	Maureen Wolfe	Ryston	32:17
3	Liz Blakie	Ryston	34:41
4	Sue George	TCRC	36:37
5	Eva Osborne	Wym	37:27
6	Gill Hart	Ryston	41:15

Vet 60+ men

Position	Name	Club	Time
1	Pete Johnson	Ryston	26:03
2	Colin Simpson	TCRC	28:54
3	Dave Vaughan	St Ed	29:33
4	Brian Wright	Thet	31:49
5	Phillip Kenyon	U/A	34:30
6	Jeff Reed	Ryston	35:36
7	Ernie Bradshaw	U/A	36:32
8	Don Hutchinson	Camb Tri	37:24
9	Mick Ennis	Ryston	39:08
10	John Richardson	Der	41:09