

Ryston Runners GP 4 (2016-17)

Under 9 boys

Position	Name	Club	Time
1	Jude Linstead	NRR	03:01
2	Jack Collinson	Scarning	03:04
3	Reece Clarke	Scarning	03:12
4	Billy Eccles	Tri A	03:16
5	Harvey Durham	HArling	03:17
6	William Broad	D Prep	03:20
7	Joe Hammond	NRR	03:23
8	Keane Mann	NRR	03:25
9	Kai Darwin	NRR	03:27
10	Joshua Lawrence	D Prep	03:31
11	Oisin Macquire	CONAC	03:35
12	Fraser Boole	NVH	03:39
13	Thomas Simmonds	Ryston	03:40
14	Charlie Sheeran	Harling	03:43
15	Torin Jones	U/A	03:44
16	Sam Doughty	Ryston	03:45
17	Harry Lawrence	D Prep	03:50
18	Jacob Booth	Dersingham Sch	03:51
19	Thomas Moulton	Greyfriars	03:52
20	Charlie Colman	Martin St James	03:52
21	Brendon Hankinson	Greyfriars	03:52
22	Zavea Chapman-Lewis	Greyfriars	03:55
23	Ethan Ward	Ter StClem School	03:57
24	Ned Steele	St Martin	04:00
25	Edwards Baltrunkis	Greyfriars	04:03
26	Theo Loram	Wimbotsham	04:07
27	Ned Jones	U/A	04:08
28	Rhys Sturge	Greyfriars	04:20
29	Josh Smith-Davies	Greyfriars	04:45
30	Freddie Hawkins	Glebe	05:00
31	James McKay-Ferguson	D Prep	05:03
32	Issac Robinson	Greyfriars	05:30
33	Lennon Moulton	St Martin	05:37
34	Harry Carman	St Martin	05:50
35	Max Hawkins	Glebe	05:58

Ryston Runners GP 4 (2016-17)

Under 9 girls

Position	Name	Club	Time
1	Ellen Symonds	Der	03:05
2	Connie Easter	CONAC	03:07
3	Eva Eccles	Tri A	03:33
4	Aisha Elouassi	Der	03:33
5	Asha Kandola	NRR	03:36
6	Lola Kidman	Greyfriars	03:38
7	Hettie Koulman	Greyfriars	03:38
8	Lucy Paine	St Martin	03:47
9	Abigail Bransgrove	TS Clem	03:51
10	Jennifer Wood	WN	03:54
11	Esther Broad	D Prep	03:55
12	Zoe Hipperson	St Martin	04:01
13	Chloe Pratt	Nt Wooton	04:09
14	Evie Owen	St Martin	04:10
15	Olivia Doig	West Lynn	04:13
16	Elizabeth Duffy	Wimb	04:16
17	Florance Abbott	St Francis	04:18
18	Lily Jermey	St Martin	04:22
19	Eliza Steele	St Martin	04:23
20	Daisy Sawyer	NRR	04:24
21	Matilda Rear	St Martin	04:39
22	Lily Hawkins	Glebe	04:51
23	Imogen Dungar	U/A	04:55
24	Ellie Bransgrove	TS Clem	05:25
25	Jessica Fenton	St Martin	05:36
26	Freya Dungar	U/A	05:55

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Under 11 boys

Position	Name	Club	Time
1	Issac Morris	C & C	07:40
2	Thomas Paine	St Martin	08:37
3	Torin Macquire	CONAC	08:40
4	Connor Austin	Ryston/Harpley Sch	09:11
5	James Goldspink	NRR	09:21
6	Ben Peck	Thet	09:24
7	Daniel Clouston	ThetHockwold	09:24
8	Charlie Crane	Der	09:24
9	Callum Wing	Thet	09:33
10	Kai Wiseman	Der	09:35
11	Tobias Cheesbrough	Der	09:39
12	Riley Bell	Ryston	09:45
13	Malakai Took	Ryston/Howard	09:55
14	Oakley Took	W Norfolk/Howard	09:59
15	Noah Hensby	Der	09:59
16	Callum Pratt	North Wooton Sch	10:07
17	Jacob Last	Der	10:08
18	Sonny Muntendam	BBD	10:10
19	Brodie O'Hara	Greyfriars	10:19
20	Louie Copeland	Ryston	10:23
21	Oscar Sheeran	Harling	10:39
22	Rhys Howard	CONAC	10:41
23	Ben Goldspink	NRR	10:45
24	Harry Malton	Greyfriars	10:45
25	Bradley Summer	Der	10:53
26	Ethan Barrett	Der	11:02
27	Alfie Robinson	Greyfriars	11:05
28	Vinnie Manser	Greyfriars	11:19
29	Kieran Sproule	St Martin	11:46
30	Finnian Sizer	Biston	11:49

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Under 11 girls

Position	Name	Club	Time
1	Abbi McCallen	NNH	08:40
2	Madison Kelly	CONAC	08:52
3	Esme Abbott	CONAC	08:55
4	Tess Andrews	BBD/Brooke	09:07
5	Holly Lawrence	D Prep	09:14
6	Daisy Grantham	Harling	09:44
7	Esme Jonas	NNH	09:54
8	Ruby Love	NNH	09:58
9	Mitzie Lewis	CONAC	10:11
10	Ella Matthews	Ryston	10:14
11	Imogen Davey	Der	10:20
12	Sophie Doig	West Lynn	10:27
13	Esmie Kidman	Greyfriars	10:30
14	Molly Pybus	St Martin	11:11
15	Andrea Campbell	Greyfriars	11:57
16	Sienna Price	NRR	12:32
17	Tallulah Houghton	NRR	12:41
18	Niamh Kirby-Jones	Sand/West Newton	13:13
19	Marnie Rose	St Martin	13:17
20	Jamie Sturge	Greyfriars	16:25
21	Lizzie Baltrunke	Greyfriars	18:22
22	Olivia Wynd	Greyfriars	18:34

Ryston Runners GP 4 (2016-17)

Under 13 boys

Position	Name	Club	Time
1	Zack Houghton	NRR	10:58
2	Jeya Kandola	NRR	11:07
3	James Peck	Thet	11:13
4	Brad Keay	NNH	11:17
5	Jack Blackham	CONAC	11:21
6	Jenson Devlin	Der	11:22
7	Toby Nelson	CONAC	11:32
8	Reuben Andrews	BBD	11:37
9	Charlie Knowler	C&C	12:36
10	Callum Pope	WNAC	13:05
11	Jacob Want	CONAC	13:11
12	Sonny Linstead	NRR	13:18
13	Kieran Bell	Ryston	14:42
14	Thomas Matthews	Ryston	15:23
15	Ollie Mann	Ryston	15:43
16	Tom Mann	Ryston	16:15

Under 13 girls

Position	Name	Club	Time
1	Memphis Symonds	Der	11:46
2	Tia-Lilly Crane	Der	12:20
3	Abigail Clouston	Thet	12:26
4	Mia Moore	Ryston	13:21
5	Zara Sheeran	Harling	13:46
6	Larna Hayes	W Norfolk	13:55
7	Izzy Sandover	Ryston	14:03
8	Elizabeth Wood	W Norfolk	14:33
9	Beth Barrett	Der	14:52
10	Imogen Burke	NRR	15:58
11	Lexie Duffy	Harling	16:02
12	Lily Teasdale	Ryston	18:05

Ryston Runners GP 4 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	Angus Clark	Harling	10:53
2	Bailey Took	Ryston	12:33
3	Morgan Harrison	TCRC	12:43
4	Sam Andterson	Der	12:51

Under 15 girls

Position	Name	Club	Time
1	Frankie Haines	C&C	11:25
2	Erin McNulty	Der	12:25
3	Rosie Booth	Ryston	12:45
4	Mai Loram	Ryston	13:25
5	Nina Koulman	Ryston	15:12
6	Saffron Teasdale	Ryston	17:31

Ryston Runners GP 4 (2016-17)

Under 17 boys

Position	Name	Club	Time
1	Jake Stearman	Der	17:44
2	Charlie Stone	Thet	18:36

Under 17 girls

Position	Name	Club	Time
1	Abigail Foster	Der	21:54
2	Joely Apps	TCRC	28:45

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	15:51
2	Robert Simmonds	Ryston	16:49
3	Michael Wegrzyn	U/A	16:57
4	Sam Todd	CONAC	17:03
5	Andrew Simmonds	Ryston	17:40
6	Adam Howard	Ryston	17:52
7	Paul Keaney	Ryston	18:02
8	Ben Collison	W Norfolk	18:12
9	John Hopgood	Ryston	18:15
10	Simon Levy	Ryston	18:35
11	Karl Wright	Thet	18:50
12	Dominic Hughes	U/A	18:51
13	Dan Pratt	Ryston	18:57
14	John Dungar	BVH	19:09
15	Darren Smith	Ryston	19:10
16	Bernard Mukuya	Gt Yar	19:14
17	Sam Bellotti	Thet	19:46
18	Tayo Willett	TCRC	20:09
19	Adam Chown	TCRC	20:23
20	Jamie Bransgrove	Ryston	21:03
21	Jonathan Summers	TCRC	23:11
22	Mark Collins	KL Tri	23:50
23	Domnic Lucas	U/A	25:05

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Senior women

Position	Name	Club	Time
1	Coleen Mukuya	Gt Yar	17:54
2	Lorena Latisaite	Ryston	19:34
3	Siobhan Skinner	C&C	19:36
4	Sarah Peachy	NRR	19:40
5	Mel Reed	Ryston	20:23
6	Grace Bird	Der	21:29
7	Steph Bevis	NVH	23:14
8	Kathryn Todd	U/A	27:22

Vet 35-39 women

Position	Name	Club	Time
1	Marie French	Ryston	18:38
2	Sabine Schaefer	Thet	20:22
3	Jody Blackman	U/A	22:43
4	Kareana Symonds	Der	23:53
5	Emma Thompson	Ryston	24:07
6	Vicky Drake	TCRC	24:46
7	Sarah Melton	TCRC	27:00
8	Debbie Agger	TCRC	28:57

Vet 40-44 men

Position	Name	Club	Time
1	Richard Johnson	NRR	17:26
2	Andy Merrett	Ryston	18:31
3	Alister Doig	KL Tri	18:47
4	Jonathon Hawes	Ryston	19:27
5	Peter Bird	St Ed	20:08
6	Darren Love	U/A	20:12
7	Kersten Muller	TCRC	21:23
8	Simon Howard	U/A	21:49
9	John Sizer	U/A	22:58

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Vet 40-44 women

Position	Name	Club	Time
1	Jo Andrews	BBD	18:11
2	Caroline Houghton	NRR	21:27
3	Lesley Robins	Ryston	22:06
4	Julie Austin	U/A	22:39
5	Elies Mann	NRR	24:09
6	Kathryn Hammond	NRR	24:43
7	Helen Melville	Ryston	24:56
8	Sophie Jones	U/A	25:11
9	Lisa Netto	Nor Gaz	25:25
10	Jo Garner	TCRC	26:20
11	Claire Emery	Ryston	26:31
12	Marie Doughty	TDR	27:06
13	Christine Payne	U/A	27:49
14	Cheryl Lenton	TCRC	29:06

*course record

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	16:59
2	Darren Easter	Ryston	18:18
3	Martin Sheldrick	Ryston	18:20
4	Alex Eberlin	Camb Tri	18:45
5	Jason Stone	Ryston	18:55
6	Paul O'Malley	U/A	19:03
7	David Houghton	NRR	19:07
8	Stewart Robins	Ryston	19:29
9	Simon Hardy	KL Tri	20:03
10	Ian Kidman	KL Tri	20:24
11	Albert Koulman	U/A	21:49
12	Andrew McNamara	Ryston	24:05
13	Bruce Clark	U/A	25:43
14	Chris Garner	TCRC	26:54

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	21:26
2	Eloise Bird	St Ed	24:00
3	Sarah Sheeran	Harling	24:04
4	Nicky Clarke	Harling	24:25
5	Andrea Kidman	KL Tri	27:34
6	Karen Smith	Ryston	28:36
7	Kate Grantham	Harling	30:43

Ryston Runners GP 4 (2016-17)

Vet 50-54 men

Position	Name	Club	Time
1	Malcolm Tuff	Ryston	17:18
2	Kevin Vaughan	Thet	17:49
3	Paul Maclean	U/A	18:45
4	Stuart Holmes	Camb Tri	19:56
5	Colin Apps	TCRC	21:06
6	Paul Parkin	NVH	21:44
7	Michael Wright	Eye	21:52
8	James Grantham	Harling	21:56
9	Chris Chorley	BBD	22:07
10	Jeremy Navrady	Ryston	22:53
11	David Lane	Ryston	22:59
12	John Sheeran	Harling	23:23
13	Tom Drew	Spalding Tri	20:43
14	Andy Smith	Ryston	29:31

Vet 50-54 women

Position	Name	Club	Time
1	Louise Pegg	NNBR	21:47
2	Linda Marshall	Ryston	23:09
3	Stephanie Clarke	TCRC	27:34
4	Sandra Rhodes	TCRC	29:02

Vet 55-59 men

Position	Name	Club	Time
1	Ian Todd	U/A	18:45
2	Nigel Horney	Keswick AC	19:42
3	Tony Savage	Ryston	20:15
4	Les Scott	Ryston	21:26
5	Kevin Howlett	Ryston	22:00
6	Martin Blackburn	Ryston	23:51
7	Peter Johnson	Fell Runners	24:45
8	Chris Milnes	Ryston	25:23
9	Stephen Mickelburgh	Ryston	25:55
10	Paul Stratford	TCRC	25:57

Ryston Runners GP 4 (2016-17)

Vet 55+ women

Position	Name	Club	Time
1	Bobbie Sauerzapf	BBD	24:14
2	Liz Blakie	Ryston	25:31
3	Sue George	TCRC	27:48
4	Gill Hart	Ryston	29:48
5	Doris Koh	Nuffield	38:42

Vet 60+ men

Position	Name	Club	Time
1	Pete Johnson	Ryston	19:31
2	Peter Thompson	Nor Gaz	21:08
3	Nigel Dickins	NVH	21:23
4	Alan Burgin	Hunts	21:27
5	David Vaughan	St Ed	21:50
6	Colin Simpson	TCRC	21:57
7	Neill Draycott	Bourne	24:19
8	Philip Kenyon	U/A	25:35
9	Ernie Bradshaw	U/A	27:45
10	Jeff Reed	Ryston	28:18
11	Don Hutchinson	Camb Tri	28:33
12	Mick Ennis	Ryston	30:08