

Ryston Runners GP 5 (2016-17)

Under 9 boys

Position	Name	Club	Time
1	Jude Linstead	NRR	02:57
2	Marley Mann	NRR	03:01
3	Harley Gray	Briston Sch	03:04
4	William Broad	D Prep	03:14
5	Keane Mann	NRR	03:15
6	Tom D'Ayala	U/A	03:16
7	Jonah Life	Colti Pri Sch	03:25
8	Sam Doughty	Ryston	03:26
9	Charlie Colman	Marshland St James	03:27
10	Fraser Boole	NVH	03:28
11	Charlie Sheeran	Harling	03:29
12	Joshua Lawrence	D Prep	03:32
13	Thomas Simmonds	Ryston	03:34
14	Charlie Williamson	St martin	03:38
15	Zavea Chapman-Lewis	Greyfriars	03:39
16	Thomas Malton	Greyfriars Sch	03:41
17	Jacob Booth	Dersingham Sch	03:43
18	Charlie Isbill	Ryston	03:47
19	Ned Steele	St Martin	03:49
20	Ethan Ward	Ter StClem School	03:51
21	Toby Strevens	St martin	03:52
22	James McDermid	Ter StClem School	03:55
23	Eddie Baltrunkis	Greyfriars Sch	03:57
24	Henry Pittock	Fenland	04:23
25	James McKay-Ferguson	D Prep	04:46
26	Lennon Moulton	St Martin	04:59
27	Harry Carman	St Martin	05:06
28	Shay Connolly	Fenland	05:16
29	Issac Robinson	Greyfriars	05:54

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Under 9 girls

Position	Name	Club	Time
1	Connie Easter	CONAC	03:00
2	Ellen Symonds	Der	03:02
3	Aisha Elouassi	Der	03:08
4	Larissa Jones	Der	03:16
5	Lucy Paine	St Martin	03:41
6	Hette Koulman	Greyfriars Sch	03:41
7	Abigail Bransgrove	TS Clem	03:44
8	Ashleigh Stanley	Dersin	03:52
9	Zoe Hipperson	St Martin	03:53
10	Lydia Kelly	Wicklewood	03:59
11	Chloe Pratt	North Wooton sch	04:00
12	Jennifer Wood	W Norfolk and Ter StClem Sch	04:03
13	Evie Owen	St Martin	04:07
14	Lily Jermey	St Martin	04:10
15	Lucy Somay	U/A	04:11
16	Eliza Steele	St Martin	04:16
17	Georgia Snelling	St Martin	04:18
18	Kiera Howard	U/A	04:19
19	Daisy Sawyer	NRR	04:29
20	Briar Hobbs	St Martin	04:38
21	Ellie Bransgrove	TS Clem	05:13

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Under 11 boys

Position	Name	Club	Time
1	Samuel Yellop	NRR	07:49
2	Jake Dorbin	U/A	08:23
3	Thomas Paine	St Martin	08:38
4	Charlie Crane	Der	08:40
5	Matthew Benson	NNH (Coltishall)	08:48
6	Leo D'Ayala	Ely	09:03
7	Louis Preston	Der	09:04
8	Torin Maquire	CONAC	09:07
9	Hendrik Hobsbein	St Martin	09:17
10	Jacob Last	Der	09:22
11	Kai Wiseman	Der	09:22
12	Daniel Clouston	Thet	09:24
13	Callum Pratt	North Wooton Sch	09:26
14	Tobias Cheesbrough	Der	09:29
15	Callum Wing	Thet	09:38
16	Noah Hensby	Der	10:10
17	Oscar Sheeran	Harling	10:22
18	Rhys Howard	CONAC	10:27
19	Ethan Barrett	Der	10:50
20	Louie Copeland	Ryston	10:57
21	Vinnie Manser	Greyfriars Sch	11:10
22	Oakley Took	W Norfolk	11:12
23	Harry Malton	Greyfriars Sch	11:15
24	Kieran Sproule	St Martin	11:24
25	Alifie Robinson	Greyfriars Sch	11:28
26	Malakai Took	Ryston	11:33
27	Hector Somay	U/A	11:53

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Under 11 girls

Position	Name	Club	Time
1	Eleanor Strevens	St Martin	07:46
2	Abbi McCallen	NNH	08:32
3	Madison Kelly	CONAC	08:44
4	Jennifer Allen	Gt Yar	08:59
5	Hetty Life	NNH	09:15
6	Imogen Davey	Der	09:40
7	Daisy Grantham	Harling	09:41
8	Mitzie Lewis	CONAC	09:54
9	Ella Matthews	Ryston	10:13
10	Molly Pybus	St Martin	10:35
11	Anya McNulty	Der	11:22
12	Martha Broad	D Prep	11:58
13	Marnie Rose	St Martin	13:12
14	Lizzie Baltrukne	Greyfriars	17:34

*course record

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Under 13 boys

Position	Name	Club	Time
1	Innes O'Malley	NNH	10:37
2	Billy Life	NNH	11:03
3	Jeya Kandola	NRR	11:10
4	Brad Keay	NNH	11:32
5	Jacob Want	CONAC	12:52
6	Sonny Linstead	NRR	13:19
7	Kieran Bell	Ryston	14:13
8	Ali Elouassi	Der	14:31
9	Reece Harrison	TCRC	16:17

Under 13 girls

Position	Name	Club	Time
1	Grace Jermy	CONAC	11:34
2	Memphis Symonds	Der	12:00
3	Tia-Lilly Crane	Der	12:19
4	Abigail Clouston	Thet	12:55
5	Zara Sheeran	Harling	13:36
6	Lana Hayes	W Norfolk	14:14
7	Bethany Barrett	Der	15:02
8	Alexa Boole	NNH	15:10
9	Imogen Burke	NRR	15:16
10	Elizabeth Wood	W Norfolk	16:59
11	Maisie MacDonald	TCRC	18:16

Ryston Runners GP 5 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	Rhys Foyster	CONAC	10:03
2	Angus Clark	Harling	10:58
3	Morgan Harrison	TCRC	12:06
4	Sam Anderton	Der	12:54
5	Tom Carey	NRR	13:37
6	Kyle Berry	Ryston	15:00

Under 15 girls

Position	Name	Club	Time
1	Abbie Durrand	NNH	10:47
2	Ellie Foster	Der	11:57
3	Rosie Booth	Ryston	12:55
4	Millie Heybourne	CONAC	13:32
5	Madalaine Somay	U/A	14:32
6	Nina Koulman	Ryston	14:56

Ryston Runners GP 5 (2016-17)

Under 17 boys

Position	Name	Club	Time
1	Jake Stearman	Der	16:20

Under 17 girls

Position	Name	Club	Time
1	Abi Foster	Der	20:47

Senior men

Position	Name	Club	Time
1	Robert Simmonds	Ryston	30:33
2	Istvan Jacso	C & C	31:02
3	Andrew Simmonds	Ryston	33:43
4	Dan Pratt	Ryston	34:27
5	Michael Howlett	Ryston	34:57
6	Ben Collison	W Norfolk	35:06
7	Darren Clerkin	C & C	36:55
8	Ben Thampetai	C & C	38:22
9	Neil Gayton	KLTC	38:28
10	Jamie Bransgrove	Ryston	39:03
11	Simon Howard	U/A	39:58
12	Jonathan Summers	TCRC	43:14
13	Nicky Allen	U/A	43:56
14	Adam Chown	TCRC	51:16

Senior women

Position	Name	Club	Time
1	Colleen Nicole Mukuya	U/A	32:57
2	Bethany Runciman	UEA	35:20
3	Lorena Latisaite	Ryston	35:52
4	Anna Duch	C&C	44:00
6	Charlotte Bennett	U/A	53:02
7	Alex Phillips	U/A	54:01

Vet 35-39 women

Ryston Runners GP 5 (2016-17)

Position	Name	Club	Time
1	Vicki Drake	TCRC	44:38
2	Emma Thompson	Ryston	45:58
3	Kareana Symonds	Der	47:13
4	Sarah Melton	TCRC	49:10

Vet 40-44 men

Position	Name	Club	Time
1	Matt Allen	Ryston	30:03
2	Simon Smith	Thet	33:01
3	Richard Hill	Ely	34:32
4	Alistair Doig	KL Tri	35:04
5	Ashley Yellop	NRR	38:41
6	Rafik Jallad	C & C	40:48
7	Paul Stocking	U/A	42:19
8	Martin King	U/A	59:35

Vet 40-44 women

Position	Name	Club	Time
1	Elies Mann	NRR	43:29
2	Sarah-Jane MacDonald	TCRC	51:16
3	Cheryl Lenton	TCRC	52:43
4	Claire Emery	Ryston	52:51

Ryston Runners GP 5 (2016-17)

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	31:18
2	Paul O'Malley	U/A	34:50
3	Stewart Robins	Ryston	35:16
4	Matthew Mason	Ely	37:51
5	John Ward	U/A	38:11
6	Cengiz Somay	U/A	40:28
7	Alex Gaunt	NRR	42:25
8	Mark Heybourne	U/A	44:04
9	Andrew McNamara	Ryston	45:22
10	Simon Phillips	U/A	46:36
11	Chris Garner	TCRC	49:07
12	Gary Bligh	TCRC	51:27

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	39:26
2	Sarah Gauvin	Fenland	41:57
3	Karen Smith	Ryston	46:21
4	Jane Bone	U/A	48:30

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	32:30
2	Malcolm Tuff	Ryston	33:12
3	Stuart Holmes	Camb Tri	35:30
4	Martin Ive	Ryston	36:51
5	Tom Drew	Spalding Tri	37:42
6	Paul Parkin	NVH	37:57
7	Michael Wright	Eye	40:32
8	James Grantham	Harling	41:28
9	Jeremy Navrady	Ryston	41:38
10	Andy Smith	Ryston	46:59
11	Martin Blackburn	Ryston	52:02

Ryston Runners GP 5 (2016-17)

Vet 50-54 women

Position	Name	Club	Time
1	Jo Phillips	U/A	54:01

Vet 55-59 men

Position	Name	Club	Time
1	Nigel Horney	Keswick AC	37:26
2	Tony Savage	Ryston	38:46
3	Kevin Howlett	Ryston	39:40
4	Nick Mackay	U/A	42:28
5	Chris Milnes	Ryston	46:28
6	Paul Stratford	TCRC	48:23

Vet 55+ women

Position	Name	Club	Time
1	Liz Blakie	Ryston	48:57
2	Sue George	TCRC	51:27

Vet 60+ men

Position	Name	Club	Time
1	Charlie Richie	C&C	37:32
2	Shane Lawrence	Camb Uni H&H	39:15
3	Alan Burgin	Hunts	39:25
4	David Vaughan	St Ed	40:35
5	Mike Brentnall	C&C	40:38
6	Nigel Dickens	NVH	41:22
7	Paul Firmage	Ryston	44:32
8	Phillip Kenyon	U/A	46:08
9	Jeff Reed	Ryston	50:04
10	Don Hutchinson	Camb Tri	51:04
11	Mick Ennis	Ryston	55:45