

Ryston Runners GP 6 (2016-17)

Under 9 boys

Position	Name	Club	Time
1	Jude Linstead	NRR	02:59
2	Billy Eccles	Tri-Anglia	03:06
3	Marley Mann	NRR	03:14
4	William Broad	D Prep	03:18
5	Keane Mann	NRR	03:21
6	Ryan Summer	Toftwood	03:25
7	Joshua Lawrence	D Prep	03:28
8	Thomas Simmonds	Ryston	03:33
9	Jonah Life	Colti Pri Sch	03:35
10	Tom D'Ayala	U/A	03:39
11	Sam Doughty	Ryston	03:40
12	Fraser Boole	NVH	03:42
13	Charlie Coleman	Marsh St Jam	03:43
14	Harry Lawrence	D Prep	03:46
15	Jacob Booth	Dersingham Sch	03:46
16	Ned Jones	U/A	03:47
17	Torin Jones	U/A	03:49
18	Brandon Hankinson	Greyfriars Sch	03:50
19	Thomas Malton	Greyfriars Sch	03:51
20	Ethan Ward	Ter StClem School	03:55
21	Charlie Isbill	Ryston	03:58
22	Ned Steele	St Martin	04:11
23	Rhys Sturge	Greyfriars Sch	04:15
24	James McKay-Ferguson	D Prep	04:37
25	Oliver Gayton	St Wooton	04:37
26	Samuel Gayton	St Wooton	04:46
27	Alfie McKeogh	St Martin	04:53
28	Shay Connolly	Fen	05:11
29	Lennon Moulton	St Martin	05:15
30	Harry Carman	St Martin	05:22
31	Harry Pybus	St Martin	05:32

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Under 9 girls

Position	Name	Club	Time
1	Connie Easter	CONAC	03:00
2	Ellen Symonds	Der	03:10
3	Larissa Jones	Der	03:15
4	Lola Kidman	Greyfriars Sch	03:23
5	Eva Eccles	Tri Ang	03:27
6	Eloise Edridge	NNH	03:30
7	Aisha Elouassi	Der	03:34
8	Tally Hobbs	St Martin	03:52
9	Zoe Hipperson	St Martin	03:52
10	Hette Koulman	Greyfriars Sch	03:59
11	Evie Owen	St Martin	04:12
12	Rhianna Copeland	Snettisham	04:13
13	Florence Abbott	U/A	04:17
14	Lily Jermey	St Martin	04:19
15	Kiera Howard	U/A	04:20
16	Daisy Sawyer	NRR	04:25
17	Eliza Steele	St Martin	04:31
18	Georgia Snelling	St Martin	04:32
19	Briar Hobbs	St Martin	04:32

Ryston Runners GP 6 (2016-17)

Under 11 boys

Position	Name	Club	Time
1	Isaac Morris	C&C/Kings School	07:39
2	Dylan White	CONAC	08:27
3	Jake Dorbin	U/A	08:54
4	Oakley Took	W Norfolk	09:04
5	Matthew Benson	NNH	09:09
6	Ben Peck	Thet	09:11
7	Jacob Last	Der	09:13
8	Daniel Clouston	Thet	09:25
9	Leo D'Ayala	Ely	09:30
10	Kai Wiseman	Der	09:32
11	Malakai Took	Ryston	09:34
12	Tobias Cheesbrough	Der	09:35
13	Ewan Peck	Thet	09:37
14	Hendrick Homnbein	St Martin	09:46
15	Riley Bell	Ryston	09:51
16	Louis Preseton	Der	09:58
17	Callum Wing	Thet	10:11
18	Brody O'Hara	Grey	10:29
19	Louie Copeland	Ryston	10:32
20	Rhys Howard	CONAC	10:35
21	Bradley Summer	Der	10:58
22	Ethan Barrett	Der	11:06
23	Vinnie Manser	Greyfriars Sch	11:18
24	Jake Simpson	NRR	11:19
25	Harry Malton	Greyfriars Sch	11:25
26	Kieran Sproule	St Martin	12:16

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Under 11 girls

Position	Name	Club	Time
1	Esme Abbott	CONAC	09:05
2	Georgia Pegg	NNH	09:10
3	Jennifer Allen	Gt Yar	09:18
4	Isobel Smythe	Thet	09:35
5	Holly Lawrence	D Prep	09:45
6	Imogen Davey	Der	10:02
7	Hester Life	U/A	10:05
8	Ella Matthews	Ryston	10:25
9	Esmie Kidman	Greyfriars	10:33
10	Molly Pybus	St Martin	11:04
11	Anya McNulty	Der	11:57
12	Martha Broad	D Prep	13:09
13	Marnie Rose	St Martin	14:13
14	Olivia Doig	West Lynn Sch	14:20

Ryston Runners GP 6 (2016-17)

Under 13 boys

Position	Name	Club	Time
1	Innes O'Malley	NNH	10:46
2	Jeya Kandola	NRR	10:55
3	Billy Life	NNH	11:00
4	Zack Houghton	NRR	11:17
5	James Peck	Thet	11:20
6	Jannis Koulman	Ryston	12:58
7	Ali Elouassi	Der	14:17
8	Kieran Bell	Ryston	14:18
9	Sonny Linstead	NRR	14:30

Under 13 girls

Position	Name	Club	Time
1	Memphis Symonds	Der	12:17
2	Tia-Lilly Crane	Der	12:29
3	Abigail Clouston	Thet	13:16
4	Izzy Sandover	Ryston	14:08
5	Larna Hayes	WN	14:26
6	Bethany Barrett	Der	15:21
7	Alexa Boole	NVH	15:25
8	Maisie MacDonald	TCRC	15:39
9	Imogen Burke	NVH	15:49
10	Sophie Doig	West Lynn	15:54
11	Lucy Oakley	Ryston	18:12

Ryston Runners GP 6 (2016-17)

Under 15 boys

Position	Name	Club	Time
1	Rhys Foyster	CONAC	10:16
2	Angus Clark	Harling	11:16
3	Bailey Took	Ryston	11:53
4	Morgan Harrison	TCRC	12:11
5	Oscar Wolfe	Ely	12:49
6	Sam Anderton	Der	13:36
7	Kyle Berry	Ryston	14:45

Under 15 girls

Position	Name	Club	Time
1	Katie Goldsmith	CONAC	12:06
2	Ellie Foster	Der	12:31
3	Rosie Booth	Ryston	13:09
4	Erin McNulty	Der	13:11
5	Millie Heybourne	CONAC	14:19
6	Nina Koulman	Ryston	15:33

Ryston Runners GP 6 (2016-17)

Under 17 boys

Position	Name	Club	Time
1	Kieren Wells	U/A	27:44

Under 17 girls

Position	Name	Club	Time
1	Abi Foster	Der	29:32

Senior men

Position	Name	Club	Time
1	Chris Balmer	Ryston	21:38
2	Michael Wergzyn	U/A	22:15
3	Robert Simmonds	Ryston	22:49
4	Andrew Simmonds	Ryston	23:32
5	Ben Collison	W Norfolk	23:56
6	Bernard Mukuya	U/A	25:04
7	Neill Gayton	KLTC	26:12
8	Adam Chown	TCRC	26:36
9	Matthew Freezer	Der	28:31
10	Pawel Wergzyn	U/A	29:55
11	Jonathan Summers	TCRC	30:03
12	Paul Malton	U/A	30:37

Senior women

Position	Name	Club	Time
1	Coleen-Nicole Mukuya	GTU	23:25
2	Lorena Latisaite	Ryston	26:13
3	Charlotte Bennet	U/A	37:30
4	Taja Huske	U/A	40:14

Vet 35-39 women

Position	Name	Club	Time
1	Ellen Connely	Fen	29:09
2	Lisa Hall	NRR	29:51
3	Jody Blackman	U/A	30:10
4	Emma Thompson	Ryston	31:11
5	Kareana Symonds	Der	33:36
6	Sarah Melton	TCRC	36:06

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Vet 40-44 men

Position	Name	Club	Time
1	Alistair Doig	KL Tri	25:23
2	Kerry Jones	U/A	26:23
3	Simon Howard	U/A	28:29
4	Paul Stocking	U/A	29:31
5	Andy Pryor	U/A	41:53

Vet 40-44 women

Position	Name	Club	Time
1	Karen Allen	U/A	29:38
2	Elies Mann	NRR	31:00
3	Lorraine Reeves	U/A	34:59
4	Sophie Jones	U/A	35:03
5	Marie Doughty	Dune Run	37:07
6	Sarah Jane MacDonald	TCRC	37:19
7	Cheryl Lenton	TCRC	38:13
8	Claire Emery	Ryston	39:28

Vet 45-49 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	22:26
2	Richard Ebbs	U/A	23:22
3	Jason Wing	U/A	25:09
4	Stew Robins	Ryston	26:26
5	John Ward	U/A	27:03
6	Ian Kidman	KL Tri	27:39
7	Darren Edridge	U/A	28:33
8	Albert Koulman	U/A	29:13
9	Stewart Life	NNV	33:56
10	Steve Whitelam	TCRC	40:10
11	Alex Killick	Ryston	41:53

Ryston Runners GP 6 (2016-17)

Vet 45-49 women

Position	Name	Club	Time
1	Tina Plumley	Thet	28:25
2	Lesley Robins	Ryston	28:30
3	Vicky Tovell	Colt Jags	30:07
4	Nicky Clarke	Harling	32:55
5	Karen Smith	Ryston	34:29
6	Andrea Kidman	KL Tri	36:57

Vet 50-54 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	22:53
2	Malcolm Tuff	Ryston	23:18
3	Paul Maclean	U/A	24:40
4	Stuart Holmes	Camb Tri	26:20
5	Tom Drew	Spalding Tri	26:44
6	Jeremy Navrady	Ryston	28:28
7	Mark Heybourne	U/A	30:06
8	Peter Johnson	Fell Run As	34:22
9	Steve Rhodes	TCRC	34:26
10	Andy Smith	Ryston	36:17

Vet 50-54 women

Position	Name	Club	Time
1	Carol Devlin	Der	25:46
2	Linda Marshall	Ryston	29:47
3	Louise Pegg	NNBR	30:32
4	Julia Pepperell	KLTC	36:32
5	Stephanie Clark	TCRC	38:52
6	Beverly Young	U/A	40:15

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Vet 55-59 men

Position	Name	Club	Time
1	Nigel Horney	Keswick AC	26:03
2	Tony Savage	Ryston	26:39
3	Carl Manning	Ryston	27:53
4	Kevin Howlett	Ryston	28:14
5	Martin Blackburn	Ryston	29:45
6	Nick Mackay	U/A	30:03
7	Chris Milnes	Ryston	34:11
8	Paul Stratford	TCRC	35:56

Vet 55+ women

Position	Name	Club	Time
1	Sue George	3 Counties	38:03
2	Gill Hart	Ryston	40:24

Vet 60+ men

Position	Name	Club	Time
1	Charlie Richie	C&C	26:18
2	Alan Burgin	Hunts	28:01
3	Colin Simpson	TCRC	28:09
4	David Vaughan	St Ed	28:32
5	Mike Brentnall	C&C	28:34
6	Glyn Smith	C&C	29:52
7	Peter Duhig	Ryston	32:54
8	Phillip Kenyon	U/A	34:39
9	Ernie Bradshaw	U/A	36:44
10	Don Hutchinson	Camb Tri	38:47
11	Mick Ennis	Ryston	41:09