

Ryston Runners GP 3 (2021-22)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Matas Petreikis	St Martha	3:13	U9B
2	Nicolas Montanez	Cherry Tree	3:19	U9B
3	Logan Greenwood	Ryston	3:29	U9B
4	Noah Miller	Cherry Tree	3:35	U9B
5	Henry Loveday	Down Prep	3:40	U9B
6	Isadora Barclay	Down Prep	3:46	U9G
7	Rhys Howard	Ryston/Nt W	3:51	U9B
8	Jesse Dye	Cherry Tree	3:53	U9B
9	Harvey Wilson	Down Prep	3:55	U9B
10	Nancy Simmonds	U/A	3:56	U9G
11	Maya Marcinek	Reneg/Whitef	3:57	U9G
12	Francesca Hollick-Pearce	Ed DM sch	3:58	U9G
13	Lauren Lawrence	Hunstanton Pri	4:04	U9G
14	Max Mckenzie	Flitcham	4:07	U9B
15	Sophie Fletcher	Scarning	4:08	U9G
16	Annabell Wortley	Down Prep	4:09	U9G
17	George Loveday	Down Prep	4:19	U9B
18	Isabelle Lawrence	Hunstanton Pri	4:21	U9G
19	Mia Kaiser	Eaton	4:21	U9G
20	William Ward	T St C	4:21	U9B
21	Noah Ward	T St C	4:21	U9B
22	Lacey Swinburn	Cherry Tree	4:24	U9G
23	Barny Rear	St Martin	4:33	U9B
24	Toby Rear	St Martin	4:34	U9B

Ryston Runners GP 3 (2021-22)

Under 9 boys

Position	Name	Club/School	Time
1	Matas Petreikis	St Martha	3:13
2	Nicolas Montanez	Cherry Tree	3:19
3	Logan Greenwood	Ryston	3:29
4	Noah Miller	Cherry Tree	3:35
5	Henry Loveday	Down Prep	3:40
6	Rhys Howard	Ryston/Nt W	3:51
7	Jesse Dye	Cherry Tree	3:53
8	Harvey Wilson	Down Prep	3:55
9	Max Mckenzie	Flitcham	4:07
10	George Loveday	Down Prep	4:19
11	William Ward	T St C	4:21
12	Noah Ward	T St C	4:21
13	Barny Rear	St Martin	4:33
14	Toby Rear	St Martin	4:34

Under 9 girls

Position	Name	Club/School	Time
1	Isadora Barclay	Down Prep	3:46
2	Nancy Simmonds	U/A	3:56
3	Maya Marcinek	Reneg/Whitef	3:57
4	Francesca Hollick-Pearce	Ed DM sch	3:58
5	Lauren Lawrence	Hunstanton Pri	4:04
6	Sophie Fletcher	Scarning	4:08
7	Annabell Wortley	Down Prep	4:09
8	Isabelle Lawrence	Hunstanton Pri	4:21
9	Mia Kaiser	Eaton	4:21
10	Lacey Swinburn	Cherry Tree	4:24

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Overall Under 11s race

Position	Name	Club	Time	Category
1	Leo Wood	Ryston/Nt Wtn	8:43	U11B
2	Rory Wood	Ryston/Nt Wtn	8:54	U11B
3	Thomas Simmonds	Ryston	9:03	U11B
4	Isaac Brown	Dereham	9:14	U11B
5	Olivia Ord	Sth Wtn	9:17	U11G
6	Jasmin Benson	CoNAC	9:26	U11G
7	Stanley Underwood	Dereham	9:47	U11B
8	Seb Johnson	CoNAC	9:52	U11B
9	Jessica Lawrence	Ryston/Glebe	9:52	U11G
10	Summer Ringer	Ryston/T St C	10:00	U11G
11	Casey Ward	Ryston/T St C	10:05	U11G
12	Laila Ringer	Ryston/T St C	10:16	U11G
13	James Dolby	Holwell	10:33	U11B
14	Ben Norton	Cherry Tree	10:40	U11B
15	Leah Beagles	Ryston/Ingld	10:44	U11G
16	Arthur Pawsey	U/A	10:49	U11B
17	Martha Mckenzie	Ryston/Flitch	12:00	U11G
18	Isaac Fletcher	Dereham	12:45	U11B
19	Oliver Holehouse	Cherry Tree	13:00	U11B

Under 11 boys

Position	Name	Club	Time
1	Leo Wood	Ryston/Nt Wtn	8:43
2	Rory Wood	Ryston/Nt Wtn	8:54
3	Thomas Simmonds	Ryston/Nt Wtn	9:03
4	Isaac Brown	Dereham	9:14
5	Stanley Underwood	Dereham	9:47
6	Seb Johnson	CoNAC	9:52
7	James Dolby	Holwell	10:33
8	Ben Norton	Cherry Tree	10:40
9	Arthur Pawsey	U/A	10:49
10	Isaac Fletcher	Dereham	12:45
11	Oliver Holehouse	Cherry Tree	13:00

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Under 11 girls

Position	Name	Club	Time
1	Olivia Ord	Sth Wtn	9:17
2	Jasmin Benson	CoNAC	9:26
3	Jessica Lawrence	Ryston/Glebe	9:52
4	Summer Ringer	Ryston/T St C	10:00
5	Casey Ward	Ryston/T St C	10:05
6	Laila Ringer	Ryston/T St C	10:16
7	Leah Beagles	Ryston/Ingld	10:44
8	Martha Mckenzie	Ryston/Flitch	12:00

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Jake Dorbin	Thetford	10:40	U15B
2	Tobias Cheesbrough	Dereham	11:06	U15B
3	Archie Rowe	Ryston	11:34	U13B
4	Callum Wing	Thetford	11:38	U15B
5	Fin Kaiser	CoNAC	11:41	U13B
6	Cody Pearman	Ren Run	12:07	U15B
7	Ethan Ward	Ryston	12:19	U13B
8	Bethany Wilson	Thetford	12:29	U15G
9	Amber Goddard	CoNAC	12:35	U13G
10	Will Saunders	Ryston	13:02	U13B
11	Evie Clayton	WNAC	13:03	U13G
12	Lily Goddard	CoNAC	13:14	U13G
13	Sam Doughty	Ryston	13:41	U15B
14	Ruby Smith	Ryston	13:47	U15G
15	Henry Gosnell	WNAC	14:13	U13B
16	Isabella Mckenzie	Ryston	14:22	U15G
17	Heidi Arkell	WNAC	14:46	U13G
18	Daniel Bierton	U/A	20:07	U13B
19	Karen Lawrence	U/A	23:21	U13G

Under 13 boys

Position	Name	Club	Time
1	Archie Rowe	Ryston	11:34
4	Fin Kaiser	CoNAC	11:41
3	Ethan Ward	Ryston	12:19
5	Will Saunders	Ryston	13:02
2	Henry Gosnell	WNAC	14:13
6	Daniel Bierton	U/A	20:07

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Under 13 girls

Position	Name	Club	Time
1	Amber Goddard	CoNAC	12:35
3	Evie Clayton	WNAC	13:03
2	Lily Goddard	CoNAC	13:14
4	Heidi Arkell	WNAC	14:46
5	Karen Lawrence	U/A	23:21

Under 15 boys

Position	Name	Club	Time
1	Jake Dorbin	Thetford	10:40
2	Tobias Cheesbrough	Dereham	11:06
3	Callum Wing	Thetford	11:38
4	Cody Pearman	Ren Run	12:07
5	Sam Doughty	Ryston	13:41

Under 15 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	12:29
2	Ruby Smith	Ryston	13:47
3	Isabella Mckenzie	Ryston	14:22

Overall U17s/Senior/Masters race

Position	Name	Club	Time	Category
1	Scott Greeves	CoNAC	21:54	SM
2	Callum Stanforth	Ryston	22:01	SM
3	Conor Flanagan	CambTri	22:09	SM
4	Ben Keeley	Ryston	22:27	SM
5	Jan Kaiser	CoNAC	22:52	MM45-49
6	Rob Simmonds	Ryston	23:28	SM
7	Arran Reeve	WNAC	23:39	SM
8	Daniel Smith	Ryston	23:43	SM
9	Dan Guppy	Ryston	24:04	MM40-44
10	Will Winter	U/A	24:10	MM40-44
11	Sean Irving	CoNAC	24:18	SM
12	John Hopgood	Ryston	24:48	MM40-44
13	Nic Bensley	Ryston	25:14	MM50-54
14	Kevin Vaughan	Thetford	25:16	MM55-59
15	Frank Bowler	Wymond	25:19	SM
16	Owen Hopgood	Ryston	25:22	U17B
17	Jason Wing	U/A	25:36	MM50-54
18	Oliver Foxwell	Ryston	25:57	SM
19	Elizabeth Daly	Dereham	25:59	MW35-39

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20	Jannis Koulman	U/A	26:11	SM
21	Cat Foley-Wray	RNTS	26:14	MW35-39
22	Malcolm Tuff	Ryston	26:20	MM55-59
23	Sean Connoly	Ryston	26:31	MM50-54
24	Luke Pavey	Harling	26:37	MM40-44
25	Neil Watson	WNAC	26:41	MM45-49
26	Ben Collison	WNAC	26:52	SM
27	Jason Cooper	Ryston	27:09	SM
28	Steve Franklin	Ryston	27:22	MM40-44
29	Lee Johnson	TCRC	27:22	SM
30	Adrian Hall	Wymond	27:25	MM55-59
31	Gary Maliband	Thetford	27:31	MM50-54
32	Owen Jary	Ryston	27:32	MM45-49
33	Peter Bird	St Eds	27:33	MM45-49
34	Emma Wood	Ryston	27:36	MW35-39
35	James Ord	Ryston	27:39	SM
36	Rose Waterman	Tri Anglia	27:42	MW40-44
37	Memphis Symonds	CoNAC	27:44	U17G
38	James Birch	Wymond	27:53	MM50-54
39	Joanne Watkins	BVH	27:57	MW35-39
40	Tony Savage	Ryston	28:40	MM60-65
41	Graham Chapman	Ely	28:40	MM65+
42	Albert Koulman	U/A	28:48	MM50-54
43	Phoebe Russell	Ryston	28:50	SW
44	Jacob Last	Dereham	29:07	U17B
45	Martin Ive	Ryston	29:12	MM55-59
46	Nigel Kenny	Ryston	29:18	MM55-59
47	Nicky Roger	Ryston	29:21	MW50-54
48	George Pettit	Ryston	29:22	MM45-49
49	Peter Wilson	U/A	29:26	MM50-54
50	Kevin Howlett	Ryston	29:29	MM60-65
51	Claire Wilshaw	Camb Tri	29:43	MW40-44
52	Pete Thompson	Norf Gaz	29:54	MM65+
53	Chris Wood	U/A	30:08	SM
54	Jason Hawes	Ryston	30:10	MM50-54
55	Patrick Gosling	U/A	30:35	MM50-54
56	Jessica Mckenzie	Ryston	30:42	SW
57	Stewart Robins	Ryston	30:44	MM50-54
58	Jonny Clark	TCRC	30:50	MM45-49
59	Becky Taylor	Vegan Run	30:54	MW45-49
60	Mark Doughty	Ryston	30:57	MM45-49
61	Debbie James	Ryston	31:15	MW50-54
62	Brian Cook	U/A	31:16	MM50-54

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63	Irena Marcinek	Ryston	31:31	MW40-44
64	Kirsty Guneratne	St Radegund	31:46	MW40-44
65	Rob Gosnell	WNAC	31:50	MM40-44
66	Tessa Killingbeck	U/A	32:08	MW35-39
67	Steve Rue	St Eds	32:14	MM65+
68	Elaine Lumley	Ryston	32:15	MW45-49
69	James Nice	Dereham	32:21	MM55-59
70	Matthew Parker	Ryston	32:30	MM45-49
71	Neil Anderton	Dereham	32:32	MM65+
72	Neville Knights	Dereham	32:35	MM60-65
73	Mark Lloyd	U/A	32:40	MM55-59
74	Kareana Symonds	Dereham	32:53	MW40-44
75	Kevin Took	Ryston	33:00	MM40-44
76	Linda Marshall	Ryston	33:05	MW55-59
77	Vicki Newton	TCRC	33:10	MW35-39
78	Lauren Day	TCRC	33:26	SW
79	Eloise Bird	St Eds	33:38	MW50-54
80	Anna Smith	Ryston	33:44	MW40-44
81	Ian Patmore	Run DMC	33:59	MM55-59
82	Ronnie Robinson	KLTC	33:59	U17B
83	Sarah Johnson	TCRC	34:07	MW35-39
84	Louise Franklin	Ryston	34:12	MW40-44
85	Sarah Jane Macdonald	TCRC	34:23	MW45-49
86	Deborah Last	Dereham	34:31	MW45-49
87	Sarah Melton-Whitelam	TCRC	34:38	MW40-44
88	Karen Wood	KLTC	34:44	MW55-59
89	Peter Johnson	U/A	34:50	MM60-65
90	Winston Wannop	St Radegund	35:03	MM60-65
91	Harriet Dolby	U/A	35:23	U17G
92	Joanna Banaszek	U/A	35:24	MW45-49
93	Dawn Protheroe	Dereham	35:27	MW50-54
94	Caroline Fletcher	Dereham	35:36	MW35-39
95	Helen Melville	Ryston	35:52	MW45-49
96	Lorraine Reeves	Brandon FH	35:55	MW45-49
97	Martin Blackburn	U/A	36:04	MM60-65
98	LJ Winter	U/A	36:04	MW35-39
99	Dave Vaughan	U/A	36:30	MM65+
100	Liz Simmonds	U/A	36:34	MW40-44
101	Chris Milnes	Ryston	36:38	MM60-65
102	Pauline Sparrow	Ryston	36:44	MW60+
103	Jane Ashby	Ryston	36:50	MW60+
104	Ian Wiggins	Ryston	36:54	MM40-44

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105	Kerrie Page	Ryston	36:54	MW40-44
106	Jane Holmes	U/A	37:21	MW45-49
107	Tony Lamb	TCRC	38:22	MM55-59
108	Hayley Wright	RNTS	38:24	MW45-49
109	Judith Berry	KLTC	38:28	MW45-49
110	Steve Whitelam	TCRC	38:30	MM50-54
111	Rita Rue	St Eds	38:35	MW60+
112	David Lane	Ryston	39:16	MM55-59
113	Sally Porter	BVH	40:25	MW55-59
114	Lynne Dowdy	RNTS	40:57	MW60+
115	Jodie Clark	TCRC	43:31	MW45-49
116	Sarah Lamb	TCRC	43:31	MW50-54
117	Diane Renshaw	Dereham	43:55	MW60+
118	Carole Preston	Dereham	45:06	MW45-49
119	Gill Hart	Ryston	45:09	MW60+
120	Don Hutchinson	Camb Tri	45:12	MM65+
121	Helen Driver	Ryston	46:08	MW50-54
122	Jade Cooper	Ryston	46:08	SW

Under 17 boys

Position	Name	Club	Time
1	Owen Hopgood	Ryston	25:22
2	Jacob Last	Dereham	29:07
3	Ronnie Robinson	KLTC	33:59

Under 17 girls

Position	Name	Club	Time
1	Memphis Symonds	CoNAC	27:44
2	Harriet Dolby	U/A	35:23

Ryston Runners GP 3 (2021-22)

Senior men

Position	Name	Club	Time
1	Scott Greeves	CoNAC	21:54
2	Callum Stanforth	Ryston	22:01
3	Conor Flanagan	CambTri	22:09
4	Ben Keeley	Ryston	22:27
5	Rob Simmonds	Ryston	23:28
6	Arran Reeve	WNAC	23:39
7	Daniel Smith	Ryston	23:43
8	Sean Irving	CoNAC	24:18
9	Frank Bowler	Wymond	25:19
10	Oliver Foxwell	Ryston	25:57
11	Jannis Koulman	U/A	26:11
12	Ben Collison	WNAC	26:52
13	Jason Cooper	Ryston	27:09
14	Lee Johnson	TCRC	27:22
15	James Ord	Ryston	27:39
16	Chris Wood	U/A	30:08

Senior women

Position	Name	Club	Time
1	Phoebe Russell	Ryston	28:50
4	Jessica Mckenzie	Ryston	30:42
3	Lauren Day	TCRC	33:26
2	Jade Cooper	Ryston	46:08

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	25:59
2	Cat Foley-Wray	RNTS	26:14
3	Emma Wood	Ryston	27:36
4	Joanne Watkins	BVH	27:57
5	Tessa Killingbeck	U/A	32:08
6	Vicki Newton	TCRC	33:10
7	Sarah Johnson	TCRC	34:07
8	Caroline Fletcher	Dereham	35:36
9	LJ Winter	U/A	36:04

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Master 40-44 men

Position	Name	Club	Time
1	Dan Guppy	Ryston	24:04
2	Will Winter	U/A	24:10
3	John Hopgood	Ryston	24:48
4	Luke Pavey	Harling	26:37
5	Steve Franklin	Ryston	27:22
6	Rob Gosnell	WNAC	31:50
7	Kevin Took	Ryston	33:00
8	Ian Wiggins	Ryston	36:54

Master 40-44 women

Position	Name	Club	Time
1	Rose Waterman	Tri Anglia	27:42
2	Claire Wilshaw	Camb Tri	29:43
3	Irena Marcinek	Ryston	31:31
4	Kirsty Guneratne	St Radegund	31:46
5	Kareana Symonds	Dereham	32:53
6	Anna Smith	Ryston	33:44
7	Louise Franklin	Ryston	34:12
8	Sarah Melton-Whitelam	TCRC	34:38
9	Liz Simmonds	U/A	36:34
10	Kerrie Page	Ryston	36:54

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	22:52
2	Neil Watson	WNAC	26:41
3	Owen Jary	Ryston	27:32
4	Peter Bird	St Eds	27:33
5	George Pettit	Ryston	29:22
6	Jonny Clark	TCRC	30:50
7	Mark Doughty	Ryston	30:57
8	Matthew Parker	Ryston	32:30

Ryston Runners GP 3 (2021-22)

Master 45-49 women

Position	Name	Club	Time
1	Becky Taylor	Vegan Run	30:54
2	Elaine Lumley	Ryston	32:15
3	Sarah Jane Macdonald	TCRC	34:23
4	Deborah Last	Dereham	34:31
5	Joanna Banaszek	U/A	35:24
6	Helen Melville	Ryston	35:52
7	Lorraine Reeves	Brandon FH	35:55
8	Jane Holmes	U/A	37:21
9	Hayley Wright	RNTS	38:24
10	Judith Berry	KLTC	38:28
11	Jodie Clark	TCRC	43:31
12	Carole Preston	Dereham	45:06

Master 50-54 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	25:14
2	Jason Wing	U/A	25:36
3	Sean Connolly	Ryston	26:31
4	Gary Maliband	Thetford	27:31
5	James Birch	Wymond	27:53
6	Albert Koulman	U/A	28:48
7	Peter Wilson	U/A	29:26
8	Jason Hawes	Ryston	30:10
9	Patrick Gosling	U/A	30:35
10	Stewart Robins	Ryston	30:44
11	Brian Cook	U/A	31:16
12	Steve Whitelam	TCRC	38:30

Master 50-54 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	29:21
2	Debbie James	Ryston	31:15
3	Eloise Bird	St Eds	33:38
4	Dawn Protheroe	Dereham	35:27
5	Sarah Lamb	TCRC	43:31
6	Helen Driver	Ryston	46:08

Ryston Runners GP 3 (2021-22)

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	25:16
2	Malcolm Tuff	Ryston	26:20
3	Adrian Hall	Wymond	27:25
4	Martin Ive	Ryston	29:12
5	Nigel Kenny	Ryston	29:18
6	James Nice	Dereham	32:21
7	Mark Lloyd	U/A	32:40
8	Ian Patmore	Run DMC	33:59
9	Tony Lamb	TCRC	38:22
10	David Lane	Ryston	39:16

Master 55-59 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	33:05
2	Karen Wood	KLTC	34:44
3	Sally Porter	BVH	40:25

Master 60-64 men

Position	Name	Club	Time
1	Tony Savage	Ryston	28:40
2	Kevin Howlett	Ryston	29:29
3	Neville Knights	Dereham	32:35
4	Peter Johnson	U/A	34:50
5	Winston Wannop	St Radegun	35:03
6	Martin Blackburn	U/A	36:04
7	Chris Milnes	Ryston	36:38

Master 60+ women

Position	Name	Club	Time
1	Pauline Sparrow	Ryston	36:44
2	Jane Ashby	Ryston	36:50
3	Rita Rue	St Eds	38:35
4	Lynne Dowdy	RNTS	40:57
5	Diane Renshaw	Dereham	43:55
6	Gill Hart	Ryston	45:09

Ryston Runners GP 3 (2021-22)

Vet 65+ men

Position	Name	Club	Time
1	Graham Chapman	Ely	28:40
2	Pete Thompson	Norf Gaz	29:54
3	Steve Rue	St Eds	32:14
4	Neil Anderton	Dereham	32:32
5	Dave Vaughan	U/A	36:30
6	Don Hutchinson	Camb Tri	45:12