

Under 9 boys

Position	Name	Club	Time
1	Benji Rodriguez	Dersingham	3:02
2	Charlie Foley-Wray	Wells	3:05
3	Dylan Ward	T St C	3:07
4	Logan Armstrong	Hempnall Pr	3:08
5	Harrison Reeve	Glebe	3:12
6	Harry Leech	Ryston/Dersi	3:13
7	Edison Moore	Ryst/Sandr	3:14
8	Edward Gayton	Gayton Pr	3:24
9	Finlay Patterson	Holly Meadows	3:32
10	Arthur Atkinson	CT Acad	3:33
11	Jacob Green	WNAC/Hunst Pr	3:37
12	Heath Johnson	U/A	3:37
13	Luke Sparshott	Harpley	3:39
14	Barnaby Loan	CT Acad	3:45
15	Drew McMillan	CT Acad	3:52
16	Finlay McLean	CT Acad	3:55
17	William Leeson	St Wtn	4:13
18	Freddie Druce-Stainer-Mo	CT Acad	4:20
19	Pip Bagge	St Marin	4:24
20	Luca Falcone	Thurston Pr	4:29
21	Theo Wall	Dereham	4:31
22	Finn Dummelow	CT Acad	4:49
23	Rupert Foley-Wray	Wells	5:00
24	Ethan Self-Smith	CT Acad	5:26
25	Alred Brody-Kahn	Gooders	6:13

Under 9 girls

Position	Name	Club	Time
1	Scarlett Sawyer	Gooderstone Pri	3:15
2	Etta Brewer	Castle Acre	3:19
3	Willow Burnham	U/A	3:26
4	Florence Bartlett	GYDAC	3:28
5	Ailish Smitherman	Colman	3:47
6	Remi Fowler	Mattishall	3:52
7	Ariana Dixon	CT Acad	4:00
8	Willow Parker	GYDAC	4:05
9	Rosie Beckham	CT Acad	4:08
10	Rosie Shepherd	Gooderstone	4:09
11	Elsie de Bootman	Gayton Pr	4:17
12	Eva Brodie-Kahn	Gooderstone	4:25
13	Emily Leeson	St Wtn	4:34
14	Evie-Mae Dunning	St Martin	4:45
15	Aurora Cable	CT Acad	5:12
16	Abigail Kerr	CT Acad	5:27
17	Aster Brody-Kahn	Gooder	6:16
18	Zara Cable	CT Acad	7:20

Overall under 9s race

Position	Name	Club	Time	Category
1	Benji Rodriguez	Dersingham	3:02	U9B
2	Charlie Foley-Wray	Wells	3:05	U9B
3	Dylan Ward	T St C	3:07	U9B
4	Logan Armstrong	Hempnall Pr	3:08	U9B
5	Harrison Reeve	Glebe	3:12	U9B
6	Harry Leech	Ryston/Dersi	3:13	U9B
7	Edison Moore	Ryst/Sandr	3:14	U9B
8	Scarlett Sawyer	Gooderstone Pri	3:15	U9G
9	Etta Brewer	Castle Acre	3:19	U9G
10	Edward Gayton	Gayton Pr	3:24	U9B
11	Willow Burnham	U/A	3:26	U9G
12	Florence Bartlett	GYDAC	3:28	U9G
13	Finlay Patterson	Holly Meadows	3:32	U9B
14	Arthur Atkinson	CT Acad	3:33	U9B
15	Jacob Green	WNAC/Hunst Pr	3:37	U9B
16	Heath Johnson	U/A	3:37	U9B
17	Luke Sparshott	Harpley	3:39	U9B
18	Barnaby Loan	CT Acad	3:45	U9B
19	Ailish Smitherman	Colman	3:47	U9G
20	Remi Fowler	Mattishall	3:52	U9G
21	Drew McMillan	CT Acad	3:52	U9B
22	Finlay McLean	CT Acad	3:55	U9B
23	Ariana Dixon	CT Acad	4:00	U9G
24	Willow Parker	GYDAC	4:05	U9G
25	Rosie Beckham	CT Acad	4:08	U9G
26	Rosie Shepherd	Gooderstone	4:09	U9G
27	William Leeson	St Wtn	4:13	U9B
28	Elsie de Bootman	Gayton Pr	4:17	U9G
29	Freddie Druce-Stainer-Mo	CT Acad	4:20	U9B
30	Pip Bagge	St Marin	4:24	U9B
31	Eva Brodie-Kahn	Gooderstone	4:25	U9G
32	Luca Falcone	Thurston Pr	4:29	U9B
33	Theo Wall	Dereham	4:31	U9B
34	Emily Leeson	St Wtn	4:34	U9G
35	Evie-Mae Dunning	St Martin	4:45	U9G
36	Finn Dummelow	CT Acad	4:49	U9B
37	Rupert Foley-Wray	Wells	5:00	U9B
38	Aurora Cable	CT Acad	5:12	U9G
39	Ethan Self-Smith	CT Acad	5:26	U9B
40	Abigail Kerr	CT Acad	5:27	U9G
41	Alred Brody-Kahn	Gooders	6:13	U9B
42	Aster Brody-Kahn	Gooder	6:16	U9G
43	Zara Cable	CT Acad	7:20	U9G

Under 11 boys

Position	Name	Club	Time
1	Peter Aldous	Attleboro	7:52
2	Noah Ward	T St C	8:06
3	Harris Smitherman	CoNAC	8:27
4	Felix Thorn	Waveney	8:34
5	Freddie Bagge	Kings Ely	8:37
6	William Ward	WN/T St C	8:43
7	Theo Jones	Thetford	8:47
8	Oscar Thorn	Waveney	8:51
9	Harry Parker	GYDAC	9:06
10	Ethan Moore	Hillcrest	9:29
11	Charlie Holland	Waveney	9:35
12	Isaac Webster	CT Acad	10:15
13	Casper Folwer	Dereham	10:17
14	Dexter Young	Ryston/Ant Curt	10:18
15	Rex Stubbins	Thetford	10:19
16	Oscar Gilbert	Litcham	10:52
17	George Dutchak	CT Acad	13:38

Under 11 girls

Position	Name	Club	Time
1	Felicity Allen	N/A	8:18
2	Emily de Bootman	Rys/Gayton Pr	9:18
3	Alive De Bootman	Rys/Gayton Pr	9:27
4	Delta Crane	GYDAC	9:39
5	Jessica Watts	WN/Ingles	9:40
6	Cali-Rose Lee	Rys/Southery	9:43
7	Kate Watkinson	Attleboro	9:44
8	Lauren Lawrence	WNAC	9:45
9	Jessica Groat	Hillcrest Pr	10:23
10	Maya Marcinek	Rys/Whitefriars	10:27
11	Lara Reeve	Glebe	10:34
12	Betsy Chadderton	Reneg/T St C Pri	11:04
13	Bonnie Rodriguez	Dersingham	11:43
14	Amelie O'Connor	Dereham	12:23
15	Dana Bishop	Wnac/Hillcrest	12:25
16	Chloe Gayton	WNAC/Gayton P	12:28
17	Alexandra Atkinson	CT Acad	16:01

Overall under 11s race

Position	Name	Club	Time	Category
1	Peter Aldous	Attleboro	7:52	U11B
2	Noah Ward	T St C	8:06	U11B
3	Felicity Allen	N/A	8:18	U11G
4	Harris Smitherman	CoNAC	8:27	U11B
5	Felix Thorn	Waveney	8:34	U11B
6	Freddie Bagge	Kings Ely	8:37	U11B

Ryston Runners Grand Prix 1 05/10/2025

7	William Ward	WN/T St C	8:43	U11B
8	Theo Jones	Thetford	8:47	U11B
9	Oscar Thorn	Waveney	8:51	U11B
10	Harry Parker	GYDAC	9:06	U11B
11	Emily de Bootman	Rys/Gayton Pr	9:18	U11G
12	Alive De Bootman	Rys/Gayton Pr	9:27	U11G
13	Ethan Moore	Hillcrest	9:29	U11B
14	Charlie Holland	Waveney	9:35	U11B
15	Delta Crane	GYDAC	9:39	U11G
16	Jessica Watts	WN/Ingles	9:40	U11G
17	Cali-Rose Lee	Rys/Southery	9:43	U11G
18	Kate Watkinson	Attleboro	9:44	U11G
19	Lauren Lawrence	WNAC	9:45	U11G
20	Isaac Webster	CT Acad	10:15	U11B
21	Casper Folwer	Dereham	10:17	U11B
22	Dexter Young	Ryston/Ant Curt	10:18	U11B
23	Rex Stubbins	Thetford	10:19	U11B
24	Jessica Groat	Hillcrest Pr	10:23	U11G
25	Maya Marcinek	Rys/Whitefriars	10:27	U11G
26	Lara Reeve	Glebe	10:34	U11G
27	Oscar Gilbert	Litcham	10:52	U11B
28	Betsy Chadderton	Reneg/T St C Pri	11:04	U11G
29	Bonnie Rodriguez	Dersingham	11:43	U11G
30	Amelie O'Connor	Dereham	12:23	U11G
31	Dana Bishop	Wnac/Hillcrest	12:25	U11G
32	Chloe Gayton	WNAC/Gayton P	12:28	U11G
33	George Dutchak	CT Acad	13:38	U11B
34	Alexandra Atkinson	CT Acad	16:01	U11G

Under 13 boys

Position	Name	Club	Time
1	Cody Holland	Waveney Valley	10:42
2	James Watts	WNAC	10:57
3	Freddie Hubbard	Ryston	12:20
4	Henry Loveday	U/A	12:53
5	Fergus Smitherman	CoNAC	14:01
6	Matthew Leeson	Ryston	15:45
7	Seth Tolman	GYDAC	18:12

Under 13 girls

Position	Name	Club	Time
1	Amelie Watkinson	Attleboro	12:32
2	Lydia Aldous	Attleboro	12:43
3	Alba Bartlett	GYDAC	12:44
4	Mabelle Chadderton	Ren Runners	13:10
5	Isla Harding	GYDAC	14:01
6	Libby Summers	Ryston	14:51
7	Nellie Chadderton	Ryston	15:38

Under 15 boys

Position	Name	Club	Time
1	Harry Doran	GYDAC	10:09
2	Orson Bartlett	GYDAC	10:56
3	Oliver Sanlon	Ryston	12:05

Under 15 girls

Position	Name	Club	Time
1	Kayla-Leigh Nurse	GYDAC	13:13
2	Summer James	Ryston	13:34
3	Ava Todd	GYDAC	13:36
4	Amelie Parnell	Dereham	13:56
5	Darcy Fowler	Dereham	14:54
6	Imogen O'Connor	Dereham	17:07
7	India Richardson	WNAC	17:13
8	Lydia Hopkins	Dereham	18:01

Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Harry Doran	GYDAC	10:09	U15B
2	Cody Holland	Waveney Valley	10:42	U13B
3	Orson Bartlett	GYDAC	10:56	U15B
4	James Watts	WNAC	10:57	U13B
5	Oliver Sanlon	Ryston	12:05	U15B
6	Freddie Hubbard	Ryston	12:20	U13B
7	Amelie Watkinson	Attleboro	12:32	U13G
8	Lydia Aldous	Attleboro	12:43	U13G
9	Alba Bartlett	GYDAC	12:44	U13G
10	Henry Loveday	U/A	12:53	U13B
11	Mabelle Chadderton	Ren Runners	13:10	U13G
12	Kayla-Leigh Nurse	GYDAC	13:13	U15G
13	Summer James	Ryston	13:34	U15G
14	Ava Todd	GYDAC	13:36	U15G
15	Amelie Parnell	Dereham	13:56	U15G
16	Fergus Smitherman	CoNAC	14:01	U13B
17	Isla Harding	GYDAC	14:01	U13G
18	Libby Summers	Ryston	14:51	U13G
19	Darcy Fowler	Dereham	14:54	U15G
20	Nellie Chadderton	Ryston	15:38	U13G
21	Matthew Leeson	Ryston	15:45	U13B
22	Imogen O'Connor	Dereham	17:07	U15G
23	India Richardson	WNAC	17:13	U15G
24	Lydia Hopkins	Dereham	18:01	U15G
25	Seth Tolman	GYDAC	18:12	U13B

Ryston Runners Grand Prix 1 05/10/2025

Under 17 boys

Position	Name	Club	Time
1	Oliver Gayton	WNAC	23:53

Under 17 girls

Position	Name	Club	Time
1	Faye Nottage	GYDAC	21:41
2	Beatrice Green	Dereham	21:43
3	Eva Eccles	BVH	22:54
4	Wiktoria Marcinek	Ryston	24:07
5	Daisy May	WNAC	25:40

Senior men

Position	Name	Club	Time
1	William Wassmer	GYDAC	16:46
2	Lewis English	WNAC	17:35
3	Dylan Whitehouse	Ryston	17:46
4	Oliver Maskell	CoNAC	18:10
5	Thomas McCarthy	U/A	18:32
6	Cody Pearman	Ryston	18:32
7	Andy Williamson	Ryston	18:37
8	Dom Howell	Ryston	18:52
9	Daniel Blake	U/A	19:04
10	Damian Rogers	CoNAC	20:15
11	James Trim	Ryston	23:24
12	Quinton Houston	Ryston	24:16
13	Mike Stollery	WNAC	24:26
14	Elliot Green	U/A	25:22
15	Aaron Protheroe	Dereham	25:39

Senior women

Position	Name	Club	Time
1	Molly Sands	Ryston	21:00
2	Rebecca Blakie	Ryston	24:21
3	Emma Harley-Bond	U/A	26:45
4	Molly Hopgood	Ryston	29:28
5	Rebecca Keeley	Ryston	29:37
6	Sophie Couzins	U/A	35:14

Master women 35-39

Position	Name	Club	Time
1	Anna Kahn	Ryston	21:44
2	Cat Foley-Wray	Ryston	22:21
3	Frankie Harrison	GYDAC	23:04
4	Leah Fowler	U/A	25:01
5	Katy Falcone	U/A	25:06
6	LJ Winter	U/A	25:17
7	Kellie Stevens	Ryston	30:37
8	Claire Reeve	U/A	32:04

Master women 40-44

Position	Name	Club	Time
1	Juliette Watkinson	Wymondham	20:14
2	Kareana Symonds	Dereham	22:05
3	Charlotte Harriscook	BVH	22:40
4	Sarah Johnson	TCRC	23:50
5	Melanie O'Connor	Dereham	31:06

Master women 45-49

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	21:17
2	Kristy Guneratne	St Radeg	21:36
3	Lisa Hall	NRR	24:09
4	Irena Marcinek	Ryston	24:51
5	Anne-Marie King	Dereham	25:43
6	Kelly Watts	WNAC	27:02
7	Claire Whitehouse	Ryston	28:13
8	Henrietta Green	Dereham	30:56
9	Lisa Wright	U/A	37:45

Master women 50-54

Position	Name	Club	Time
1	Jo Andrews	BBD	18:39
2	Christine Payne	U/A	28:47
3	Tracy Adams	TCRC	29:37
4	Michelle Chapman	Dereham	32:53
5	Mandie Thorpe	Dereham	33:15
6	Claire Gayton	U/A	34:24

*course record

Master women 55-59

Position	Name	Club	Time
1	Elizabeth Hollis	Dereham	32:12
2	Jo Rayner	Wymondham	33:59
3	Debbie Crowley	Ryston	34:10

Master women 60-64

Position	Name	Club	Time
1	Maureen McCarthy	St Eds	24:12
2	Tracie Draeger	Wymondham	25:54
3	Wendy Fisher	Ryston	27:37
4	Sandra Rhodes	TCRC	30:58
5	Rita Rue	St Eds	32:30
6	Helen Reed	Ryston	34:08

Master women 65+

Position	Name	Club	Time
1	Jenny Morgan	St Eds	23:42
2	Elizabeth Blakie	Ryston	29:20
3	Jacquie Wood	Dereham	32:13
4	Eva Osborne	Wym	34:19
5	Hazel Cason	Dereham	35:59

Master men 35-39

Position	Name	Club	Time
1	Ben Keeley	Ryston	17:45
2	Chris Chaplin	Ryston	18:34
3	Chris Cann	Ryston	22:07
4	Sam Fowler	U/A	25:02
5	Matthew Freezer	RNTS	25:38
6	Joe Knights	U/A	35:14

Master men 40-44

Position	Name	Club	Time
1	David Sparshott	C&C	17:15
2	Rob Simmonds	Ryston	17:32
3	Daniel Smith	Ryston	17:46
4	Will Winter	U/A	18:01
5	Daniel Guppy	Ryston	18:29
6	Mark Armstrong	Wymondham AC	18:56
7	Alex Field	Ryston	21:32
8	Lee Richardson	WNAC	21:39
9	Michael Falcone	U/A	22:16
10	Dominic Hughes	U/A	22:18
11	Chris Vurley	Ryston	22:34
12	Benjamin Collison	WNAC	23:10
13	Karl Patterson	KLTC	23:45
14	Jim Doran	GYDAC	24:05

Master men 45-49

Position	Name	Club	Time
1	Kevin Watkinson	Wymondham	17:40
2	Mark Ramsden	Ryston	19:39
3	Paul Todd	GYDAC	19:43

Ryston Runners Grand Prix 1 05/10/2025

4	Rob Skillings	Ryston	20:00
5	John Thorn	Waveney	20:27
6	Dan Pratt	U/A	21:03
7	Grant King	Dereham	21:14
8	Cheis Harley-Bond	U/A	23:36
9	Rob Gosnell	WNAC	23:44
10	James Aldridge	Attleboro	24:03
11	Daniel Hawking	Dereham	24:33
12	Robert Last	Dereham	24:59
13	Brian Shand	U/A	25:17
14	Daniel Green	Dereham	26:12

Master men 50-54

Position	Name	Club	Time
1	Matt Stone	BVH	19:48
2	Phil Thompson	Ryston	20:09
3	Gary Malliband	Thetford	20:47
4	Peter Bird	St Eds	21:37
5	Mark Garrett	WNAC	21:47
6	Paul Smith	NRR	22:03
7	Owen Jary	Ryston	22:07
8	Neil Rivers	Dereham	22:32
9	Paul Freear	Ryston	23:44
10	John Crowley	Ryston	25:19
11	Charlie Wilson	Ryston	29:22

Master men 55-59

Position	Name	Club	Time
1	Richard Ebbs	Ryston	18:08
2	Nicholas Bensley	Ryston	18:36
3	Martin Sheldrick	WNAC	19:26
4	Jason Elrick	Thetford	20:16
5	Wayne Ramsbottom	Dereham	21:08
6	Martin Ive	Ryston	23:00
7	John Greenhalgh	WNAC	23:02
8	Adrian Hollis	Dereham	23:39
9	Michael Protheroe	Dereham	29:16
10	Simon Alcock	BVH	30:05

Master men 60-64

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	20:03
2	Adrian Hall	Wymondham	20:34
3	Anthony Savage	Ryston	21:43
4	Stuart Holmes	Camb Tri	22:13
5	Matthew Rushton	U/A	26:23

Ryston Runners Grand Prix 1 05/10/2025

Master men 65+

Position	Name	Club	Time
1	Graham Chapman	Ely runners	21:34
2	Jit Patel	Ryston	21:44
3	Robert Morgan	St Eds	22:10
4	Steven Rue	St Eds	24:52
5	Alan Burgin	Hunts AC	27:42
6	Martin Blackburn	Ryston	29:04
7	Jeff Reed	Ryston	39:11

Overall U17s, seniors and masters race

Position	Name	Club	Time	Category
1	William Wassmer	GYDAC	16:46	SM
2	David Sparshott	C&C	17:15	MM40-44
3	Rob Simmonds	Ryston	17:32	MM40-44
4	Lewis English	WNAC	17:35	SM
5	Kevin Watkinson	Wymondham	17:40	MM45-49
6	Ben Keeley	Ryston	17:45	MM35-39
7	Dylan Whitehouse	Ryston	17:46	SM
8	Daniel Smith	Ryston	17:46	MM40-44
9	Will Winter	U/A	18:01	MM40-44
10	Richard Ebbs	Ryston	18:08	MM55-59
11	Oliver Maskell	CoNAC	18:10	SM
12	Daniel Guppy	Ryston	18:29	MM40-44
13	Cody Pearman	Ryston	18:32	SM
14	Thomas McCarthy	U/A	18:32	SM
15	Chris Chaplin	Ryston	18:34	MM35-39
16	Nicholas Bensley	Ryston	18:36	MM55-59
17	Andy Williamson	Ryston	18:37	SM
18	Jo Andrews	BBD	18:39	MW50-54
19	Dom Howell	Ryston	18:52	SM
20	Mark Armstrong	Wymondham AC	18:56	MM40-44
21	Daniel Blake	U/A	19:04	SM
22	Martin Sheldrick	WNAC	19:26	MM55-59
23	Mark Ramsden	Ryston	19:39	MM45-49
24	Paul Todd	GYDAC	19:43	MM45-49
25	Matt Stone	BVH	19:48	MM50-54
26	Rob Skillings	Ryston	20:00	MM45-49
27	Kevin Vaughan	Thetford	20:03	MM60-64
28	Phil Thompson	Ryston	20:09	MM50-54
29	Juliette Watkinson	Wymondham	20:14	MW40-44
30	Damian Rogers	CoNAC	20:15	SM
31	Jason Elrick	Thetford	20:16	MM55-59
32	John Thorn	Waveney	20:27	MM45-49
33	Adrian Hall	Wymondham	20:34	MM60-64
34	Gary Malliband	Thetford	20:47	MM50-54
35	Molly Sands	Ryston	21:00	SW
36	Dan Pratt	U/A	21:03	MM45-49

Ryston Runners Grand Prix 1 05/10/2025

37	Wayne Ramsbottom	Dereham	21:08	MM55-59
38	Grant King	Dereham	21:14	MM45-49
39	Claire Wilshaw	Camb Tri	21:17	MW45-49
40	Alex Field	Ryston	21:32	MM40-44
41	Graham Chapman	Ely runners	21:34	MM65+
42	Kristy Guneratne	St Radeg	21:36	MW45-49
43	Peter Bird	St Eds	21:37	MM50-54
44	Lee Richardson	WNAC	21:39	MM40-44
45	Faye Nottage	GYDAC	21:41	U17G
46	Beatrice Green	Dereham	21:43	U17G
47	Anthony Savage	Ryston	21:43	MM60-64
48	Anna Kahn	Ryston	21:44	MW35-39
49	Jit Patel	Ryston	21:44	MM65+
50	Mark Garrett	WNAC	21:47	MM50-54
51	Paul Smith	NRR	22:03	MM50-54
52	Kareana Symonds	Dereham	22:05	MW40-44
53	Chris Cann	Ryston	22:07	MM35-39
54	Owen Jary	Ryston	22:07	MM50-54
55	Robert Morgan	St Eds	22:10	MM65+
56	Stuart Holmes	Camb Tri	22:13	MM60-64
57	Michael Falcone	U/A	22:16	MM40-44
58	Dominic Hughes	U/A	22:18	MM40-44
59	Cat Foley-Wray	Ryston	22:21	MW35-39
60	Neil Rivers	Dereham	22:32	MM50-54
61	Chris Vurley	Ryston	22:34	MM40-44
62	Charlotte Harriscook	BVH	22:40	MW40-44
63	Eva Eccles	BVH	22:54	U17G
64	Martin Ive	Ryston	23:00	MM55-59
65	John Greenhalgh	WNAC	23:02	MM55-59
66	Frankie Harrison	GYDAC	23:04	MW35-39
67	Benjamin Collison	WNAC	23:10	MM40-44
68	James Trim	Ryston	23:24	SM
69	Cheis Harley-Bond	U/A	23:36	MM45-49
70	Adrian Hollis	Dereham	23:39	MM55-59
71	Jenny Morgan	St Eds	23:42	MW65+
72	Rob Gosnell	WNAC	23:44	MM45-49
73	Paul Freear	Ryston	23:44	MM50-54
74	Karl Patterson	KLTC	23:45	MM40-44
75	Sarah Johnson	TCRC	23:50	MW40-44
76	Oliver Gayton	WNAC	23:53	U17B
77	James Aldridge	Attleboro	24:03	MM45-49
78	Jim Doran	GYDAC	24:05	MM40-44
79	Wiktora Marcinek	Ryston	24:07	U17G
80	Lisa Hall	NRR	24:09	MW45-49
81	Maureen McCarthy	St Eds	24:12	MW60-64
82	Quinton Houston	Ryston	24:16	SM
83	Rebecca Blakie	Ryston	24:21	SW
84	Mike Stollery	WNAC	24:26	SM

Ryston Runners Grand Prix 1 05/10/2025

85	Daniel Hawking	Dereham	24:33	MM45-49
86	Irena Marcinek	Ryston	24:51	MW45-49
87	Steven Rue	St Eds	24:52	MM65+
88	Robert Last	Dereham	24:59	MM45-49
89	Leah Fowler	U/A	25:01	MW35-39
90	Sam Fowler	U/A	25:02	MM35-39
91	Katy Falcone	U/A	25:06	MW35-39
92	LJ Winter	U/A	25:17	MW35-39
93	Brian Shand	U/A	25:17	MM45-49
94	John Crowley	Ryston	25:19	MM50-54
95	Elliot Green	U/A	25:22	SM
96	Matthew Freezer	RNTS	25:38	MM35-39
97	Aaron Protheroe	Dereham	25:39	SM
98	Daisy May	WNAC	25:40	U17G
99	Anne-Marie King	Dereham	25:43	MW45-49
100	Tracie Draeger	Wymondham	25:54	MW60-64
101	Daniel Green	Dereham	26:12	MM45-49
102	Matthew Rushton	U/A	26:23	MM60-64
103	Emma Harley-Bond	U/A	26:45	SW
104	Kelly Watts	WNAC	27:02	MW45-49
105	Wendy Fisher	Ryston	27:37	MW60-64
106	Alan Burgin	Hunts AC	27:42	MM65+
107	Claire Whitehouse	Ryston	28:13	MW45-49
108	Christine Payne	U/A	28:47	MW50-54
109	Martin Blackburn	Ryston	29:04	MM65+
110	Michael Protheroe	Dereham	29:16	MM55-59
111	Elizabeth Blakie	Ryston	29:20	MW65+
112	Charlie Wilson	Ryston	29:22	MM50-54
113	Molly Hopgood	Ryston	29:28	SW
114	Rebecca Keeley	Ryston	29:37	SW
115	Tracy Adams	TCRC	29:37	MW50-54
116	Simon Alcock	BVH	30:05	MM55-59
117	Kellie Stevens	Ryston	30:37	MW35-39
118	Henrietta Green	Dereham	30:56	MW45-49
119	Sandra Rhodes	TCRC	30:58	MW60-64
120	Melanie O'Connor	Dereham	31:06	MW40-44
121	Claire Reeve	U/A	32:04	MW35-39
122	Elizabeth Hollis	Dereham	32:12	MW55-59
123	Jacquie Wood	Dereham	32:13	MW65+
124	Rita Rue	St Eds	32:30	MW60-64
125	Michelle Chapman	Dereham	32:53	MW50-54
126	Mandie Thorpe	Dereham	33:15	MW50-54
127	Jo Rayner	Wymondham	33:59	MW55-59
128	Helen Reed	Ryston	34:08	MW60-64
129	Debbie Crowley	Ryston	34:10	MW55-59
130	Eva Osborne	Wym	34:19	MW65+
131	Claire Gayton	U/A	34:24	MW50-54
132	Sophie Couzins	U/A	35:14	SW

Ryston Runners Grand Prix 1 05/10/2025

133	Joe Knights	U/A	35:14	MM35-39
134	Hazel Cason	Dereham	35:59	MW65+
135	Lisa Wright	U/A	37:45	MW45-49
136	Jeff Reed	Ryston	39:11	MM65+