



# Ryston Runners AC Cross Country Grand Prix Club Records

Last Updated 17/10/2019

Note - this list covers Ryston club members only - overall course records are available on the Cross Country Grand Prix page

Female		
AGE	NAME	TIME
U9	Thea Howlett	3m00
U11	Thea Howlett	8m13
U13	Cheryl Fisher	11m05
U15	Kelly Marsters	10m37
U17(4.5k)	Kelly Marsters	17m33
U17(5k)	Kelly Marsters	18m00
U17(6.5k)	Annie Rooks	25m17
Senior (5k)	Caroline Hipkin	17m38
Senior (6.5k)	Marie French	23m53
Senior (9k)	Caroline Hipkin	31m42
Vet 35 (5k)	Marie French	18m38
Vet 35 (6.5k)	Caroline Wakefield	25m40
Vet 35 (9k)	Caroline Wakefield	34m18
Vet 40 (5k)	Nicky Roger	20m24
Vet 40 (6.5k)	Nicky Roger	28m16
Vet 40 (9k)	Lesley Robins	38m21
Vet 45 (5k)	Nicky Roger	20m04
Vet 45 (6.5k)	Jo Isbill	28m02
Vet 45 (9k)	Jo Isbill	38m22
Vet 50 (5k)	Jo Isbill	22m23
Vet 50 (6.5k)	Linda Marshall	30m26
Vet 50 (9k)	Geraldine Jordan	40m34
Vet 55 (5k)	Maureen Wolfe	22m37
Vet 55 (6.5k)	Maureen Wolfe	30m50
Vet 55 (9k)	Maureen Wolfe	41m34
Vet 60 (5k)	Liz Blakie	26m36
Vet 60 (6.5k)	Liz Blakie	35m55
Vet 60 (9k)	Jane Ashby	47m31

Male		
AGE	NAME	TIME
U9	Charlie Wakefield	2m48
U11	Ashley Smith	7m48
U13	Charlie Wakefield	10m18
U15	Paul Ratnage	9m29
U17(4.5k)	Ben Whitworth	14m44
U17(5k)	Paul Ratnage	15m17
U17(6.5k)	Ashley Hallums	22m17
Senior (5k)	Peter Duhig	15m01
Senior (6.5k)	James O'Neill	21m09
Senior (9k)	Peter Duhig	28m27
Vet 40 (5k)	Peter Duhig	15m28
Vet 40 (6.5k)	Malcolm Tuff	21m59
Vet 40 (9k)	Peter Duhig	28m10
Vet 45 (5k)	Julio Costa	15m59
Vet 45 (6.5k)	Julio Costa	21m31
Vet 45 (9k)	Peter Duhig	29m42
Vet 50 (5k)	Malcolm Tuff	16m49
Vet 50 (6.5k)	Malcolm Tuff	22m46
Vet 50 (9k)	Malcolm Tuff	30m29
Vet 55 (5k)	Dave Robinson	18m17
Vet 55 (6.5k)	Dave Robinson	24m38
Vet 55 (9k)	Bert Wilkinson	33m02
Vet 60 (5k)	Pete Johnson	18m54
Vet 60 (6.5k)	Bert Wilkinson	25m58
Vet 60 (9k)	Bert Wilkinson	35m54
Vet 65 (5k)	-	-
Vet 65 (6.5k)	-	-
Vet 65 (9k)	-	-