

## Ryston Runners GP 1 (2019-20)

### *Overall Under 9s race*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	<b>Category</b>
1	Leah Beagles	Ingolds	3:12	U9G
2	Archie Nickerson	St Martin	3:17	U9B
3	Leo Wood	Nt Wooton	3:20	U9B
4	Elliot Amos	CoNAC	3:23	U9G
5	Rory Wood	Nt Wooton	3:25	U9B
6	Jasmin Benson	NNH	3:25	U9G
7	Arthur Askham	St Martin	3:29	U9B
8	Zoe Hipperson	Glebe	3:31	U9G
9	Tom Kaiser	Eaton	3:32	U9B
10	Imogen Dungar	NRR	3:40	U9G
11	Otto Wild	U/A	3:43	U9B
12	Logan Greenwood	T St C	3:44	U9B
13	Evie Owen	St Martin	3:44	U9G
14	Casey Ward	T St C	3:46	U9G
15	Archie Artherton	St Martin	3:48	U9B
16	Alayna Buswell	U/A	3:53	U9G
17	Max Gyton	Wimb	3:55	U9B
18	Poppy Findlay	Munford	3:57	U9G
19	Ellie Bransgrove	T St C	4:04	U9G
20	Rhys Howard	Nt Wooton	4:10	U9B
21	Casper Findlay	Munford	4:43	U9B
22	Leilani Singleton-Smith	St Martin	4:44	U9G
23	Scarlett Wortley	Down Prep	4:44	U9G
24	Erin Bishop	St Martin	4:46	U9G
25	Isaac Garland	St Martin	5:05	U9B
26	Freya Dungar	U/A	5:13	U9G
27	Mia Kaiser	Eaton	5:22	U9G
28	Kymani Singleton-Smith	St Martin	5:37	U9B
29	Juda Atkins-Levy	St Martin	5:38	U9B
30	Florence Compton	St Martin	7:57	U9G
31	Elsie Compton	St Martin	7:58	U9G

## Ryston Runners GP 1 (2019-20)

### *Under 9 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Archie Nickerson	St Martin	3:17
2	Leo Wood	Nt Wooton	3:20
3	Rory Wood	Nt Wooton	3:25
4	Arthur Askham	St Martin	3:29
5	Tom Kaiser	Eaton	3:32
6	Otto Wild	U/A	3:43
7	Logan Greenwood	T St C	3:44
8	Archie Artherton	St Martin	3:48
9	Max Gyton	Wimb	3:55
10	Rhys Howard	Nt Wooton	4:10
11	Casper Findlay	Munford	4:43
12	Issac Garland	St Martin	5:05
13	Kymani Singleton-Smith	St Martin	5:37
14	Juda Atkins-Levy	St Martin	5:38

### *Under 9 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Leah Beagles	Ingolds	3:12
2	Elliot Amos	CoNAC	3:23
3	Jasmin Benson	NNH	3:25
4	Zoe Hipperson	Glebe	3:31
5	Imogen Dungar	NRR	3:40
6	Evie Owen	St Martin	3:44
7	Casey Ward	T St C	3:46
8	Alayna Buswell	U/A	3:53
9	Poppy Findlay	Munford	3:57
10	Ellie Bransgrove	T St C	4:04
11	Leilani Singleton-Smith	St Martin	4:44
12	Scarlett Wortley	Down Prep	4:44
13	Erin Bishop	St Martin	4:46
14	Freya Dungar	U/A	5:13
15	Mia Kaiser	Eaton	5:22
16	Florence Compton	St Martin	7:57
17	Elsie Compton	St Martin	7:58

## Ryston Runners GP 1 (2019-20)

### *Overall Under 11s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Jude Linstead	CoNAC	8:08	U11B
2	Eva Barton	CoNAC/Riddlesworth	8:14	U11G
3	Finn Kaiser	CoNAC / Eaton	8:27	U11B
4	Archie Rowe	Ryston/Glebe	8:30	U11B
5	Oscar Best	St Martin	8:33	U11B
6	Vito Machin	CoNAC / Eaton	8:42	U11B
7	Will Saunders	Ryston/Glebe	8:45	U11B
8	Ethan Ward	T St C	8:47	U11B
9	Lola Kidman	KLTC	8:51	U11G
10	Thomas Elsdon	Ryston/Nt Wooton	9:07	U11B
11	Amber Goddard	CoNAC	9:08	U11G
12	Lexi Heather	CoNAC	9:18	U11G
13	Aidan Howard	Nt Wooton	9:30	U11B
14	Jacob Booth	Ryston/Ders	9:37	U11B
15	Henry Gosnell	WN/Nt Wooton	9:38	U11B
16	Eloise Edridge	NNH	9:39	U11G
17	Tom Doig	KLTC	9:40	U11B
18	Evie Clayton	Ryston/Weasingham	9:45	U11G
19	Abigail Bransgrove	Ryston/T St C	9:47	U11G
20	Alisha Greenwood	Ryston/T St C	9:53	U11G
21	Sammy King	Ryston/Glebe	9:59	U11B
22	Harry Bratton	St Martin	10:06	U11B
23	Lily Goddard	CoNAC	10:12	U11G
24	Mollie Skerritt	Ryston/Inglesthorpe	10:24	U11G

## Ryston Runners GP 1 (2019-20)

### *Under 11 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jude Linstead	CoNAC	8:08
2	Finn Kaiser	CoNAC / Eaton	8:27
3	Archie Rowe	Ryston/Glebe	8:30
4	Oscar Best	St Martin	8:33
5	Vito Machin	CoNAC / Eaton	8:42
6	Will Saunders	Ryston/Glebe	8:45
7	Ethan Ward	T St C	8:47
8	Thomas Elsdon	Ryston/Nt Wooton	9:07
9	Aidan Howard	Nt Wooton	9:30
10	Jacob Booth	Ryston/Ders	9:37
11	Henry Gosnell	WN/Nt Wooton	9:38
12	Tom Doig	KLTC	9:40
13	Sammy King	Ryston/Glebe	9:59
14	Harry Bratton	St Martin	10:06

### *Under 11 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Eva Barton	CoNAC/Riddlesworth	8:14
2	Lola Kidman	KLTC	8:51
3	Amber Goddard	CoNAC	9:08
4	Lexi Heather	CoNAC	9:18
5	Eloise Edridge	NNH	9:39
6	Evie Clayton	Ryston/Weasingham	9:45
7	Abigail Bransgrove	Ryston/T St C	9:47
8	Alisha Greenwood	Ryston/T St C	9:53
9	Lily Goddard	CoNAC	10:12
10	Mollie Skerritt	Ryston/Inglesthorpe	10:24

## Ryston Runners GP 1 (2019-20)

### *Overall Under 13/15s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	James Peck	Thetford	9:51	U15B
2	Ben Peck	Thetford	9:54	U15B
3	Jake Dorbin	Thetford	11:25	U13B
4	Matthew Benson	NNH	12:16	U13B
5	Tobias Cheesbrough	Dereham	12:23	U13B
6	Billie Jordan-Butler	Team Hube	12:24	U13G
7	Bethany Wilson	Thetford	12:32	U13G
8	Luke Gilding	Dereham	12:40	U15B
9	Nathan Yeaman	U/A	12:43	U13B
10	Max Barton	CoNAC	12:51	U13B
11	Cody Pearman	Renegade Run	12:56	U13B
12	Jake Gilding	Dereham	13:05	U13B
13	Alfie Findlay	Thetford	13:11	U13B
14	Evie Goldring	Ryston	13:22	U15G
15	Jacob Last	Dereham	13:23	U15B
16	Ella Goldring	Ryston	13:30	U13G
17	Esmie Kidman	KLTC	13:33	U13G
18	Ruby Smith	Renegade Run	13:38	U13G
19	Sophie Doig	KTLC	13:52	U15G
20	Maisie Macdonald	TCRC	13:55	U15G
21	Dylan Whitehouse	Ryston	15:00	U13B
22	Olivia Sargeant	CoNAC	15:24	U15G
23	Esther Broad	Down Prep	17:26	U13G

## Ryston Runners GP 1 (2019-20)

### *Under 13 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jake Dorbin	Thetford	11:25
2	Matthew Benson	NNH	12:16
3	Tobias Cheesbrough	Dereham	12:23
4	Nathan Yeaman	U/A	12:43
5	Max Barton	CoNAC	12:51
6	Cody Pearman	Renegade Run	12:56
7	Jake Gilding	Dereham	13:05
8	Alfie Findlay	Thetford	13:11
9	Dylan Whitehouse	Ryston	15:00

### *Under 13 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Billie Jordan-Butler	Team Hube	12:24
2	Bethany Wilson	Thetford	12:32
3	Ella Goldring	Ryston	13:30
4	Esmie Kidman	KLTC	13:33
5	Ruby Smith	Renegade Run	13:38
6	Esther Broad	Down Prep	17:26

### *Under 15 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	James Peck	Thetford	9:51
2	Ben Peck	Thetford	9:54
3	Luke Gilding	Dereham	12:40
4	Jacob Last	Dereham	13:23

### *Under 15 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Evie Goldring	Ryston	13:22
2	Sophie Doig	KTLC	13:52
3	Maisie Macdonald	TCRC	13:55
4	Olivia Sargeant	CoNAC	15:24

## Ryston Runners GP 1 (2019-20)

### *Overall U17/Senior/Masters race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Callum Stanforth	Ryston	15:59	SM
2	Robert Simmonds	Ryston	16:56	SM
3	Jan Kaiser	CoNAC	17:24	MM45-49
4	Richard Ebbs	Ryston	17:48	MM45-49
5	Kieran McFarlane	CoNAC	17:51	SM
6	John Hopgood	Ryston	17:53	MM40-44
7	Jake Grand	NRR	18:11	SM
8	Dominic Hughes	Ryston	18:23	SM
9	Jack Ibbotson	U/A	18:30	SM
10	Tom Levinson	U/A	18:45	MM40-44
11	Ali MacDonald	U/A	18:53	MM50-54
12	Bailey Took	Ryston	19:00	U17B
13	Nic Bensley	Ryston	19:04	MM45-49
14	Gareth Hunt	Ryston	19:08	SM
15	Steve Walker	Dereham	19:09	SM
16	Steve Burge	U/A	19:11	MM40-44
17	Madeline Short	CoNAC	19:16	U17G
18	Jack Schmollmann	Ryston	19:21	SM
19	Ben Foxwell	Ryston	19:22	SM
20	Lee Johnson	TCRC	19:23	SM
21	Bethany Holland	Dereham	19:28	SW
22	Alistair Doig	KLTC	19:33	MM45-49
23	Ben Collison	West Nor	19:37	SM
24	Simon Hardy	KLTC	19:42	MM50-54
25	Daniel Smith	Renegade Run	19:44	SM
26	Stuart Holmes	Camb Tri	19:56	MM55-59
27	Elizabeth Daly	Dereham	20:01	MW35-39
28	Tony Savage	Ryston	20:01	MM55-59
29	Peter Bird	St Eds	20:02	MM45-49
30	Rebecca Cousins	West Nor	20:03	SW
31	Jamie Bransgrove	Ryston	20:03	MM40-44
32	Emma Wood	U/A	20:10	SW
33	Owen Burge	Ryston	20:20	U17B
34	Christine Anthony	West Suf	20:27	MW55-59
35	Nicky Roger	U/A	20:34	MW45-49
36	David Bullen	Redway Run	20:35	MM45-49
37	Luke Pavey	U/A	20:40	SM
38	Stewart Robins	Ryston	20:40	MM50-54
39	Ian Kidman	KLTC	20:53	MM50-54
40	Damian Short	U/A	20:56	MM50-54
41	Peter Wilson	U/A	20:59	MM50-54

## Ryston Runners GP 1 (2019-20)

42	Gary Malliband	Thetford	21:00	MM45-49
43	Shaun Hamer	Ryston	21:07	SM
44	Greg Wilson	U/A	21:18	MM40-44
45	James Birch	Wymond	21:23	MM50-54
46	Ian Todd	Ryston	21:31	MM55-59
47	Rhiannon Jones	Ryston	21:39	MW35-39
48	Nathan Thompson	U/A	21:51	MM40-44
49	Mina thompson	U/A	21:52	SW
50	Jake Whitehouse	Ryston	21:53	MM40-44
51	Chris Wood	U/A	21:54	SM
52	Mark Fountain	Ryston	21:59	MM40-44
53	Morgan Roberts	St Eds	22:00	MM60-65
54	Owen Jary	Ryston	22:02	MM45-49
55	Simon Rumsey	U/A	22:03	MM55-59
56	Rosie Booth	Ryston	22:04	U17G
57	Lesley Robins	Ryston	22:17	MW45-49
58	Michael Barrett	Dereham	22:19	MM60-65
59	James McFarlane	CoNAC	22:21	MM45-49
60	Tristan Langley	Ryston	22:25	SM
61	Amberly Wright	Runners NTS	22:30	U17G
62	Mark Garrett	WN	22:33	MM45-49
63	Steve Bowdery	KLTC	22:40	MM40-44
64	Debbie James	KLTC	22:41	MW45-49
65	Tiegan Moore	Ryston	22:44	U17G
66	Matthew Monteith	U/A	22:46	SM
67	Kevin Took	Ryston	22:53	SM
68	Jason Hawes	U/A	22:56	MM45-49
69	Linda Marshall	Ryston	22:59	MW50-54
70	Richard Sargeant	NRR	23:08	MM45-49
71	Anna Seaman	Ryston	23:22	MW40-44
72	Matt Hunter	TCRC	23:30	MM45-49
73	Robert Last	Dereham	23:36	MM40-44
74	Darren Edridge	U/A	23:47	MM50-54
75	Ben Turner	U/A	23:56	SM
76	Peter Johnson	Trail Run	23:59	MM60-65
77	Neil Anderton	Dereham	24:05	MM65+
78	Vicky Newton	TCRC	24:09	SW
79	Deborah Last	Dereham	24:10	MW45-49
80	Paul Firmage	Ryston	24:14	MM60-65
81	Dylan Burge	U/A	24:23	U17B
82	Neville Knights	Dereham	24:35	MM55-59
83	Irena Marcinek	Renegade Run	24:38	MW40-44
84	Karen Wood	KLTC	24:43	MW55-59



## Ryston Runners GP 1 (2019-20)

85	Dirk James	U/A	24:44	MM50-54
86	Skaiste Gaidamaviciute	U/A	24:47	SW
87	Sarah Johnson	TCRC	24:52	MW35-39
88	Jenny Morgan	St Eds	24:53	MW60+
89	Emma Cary	U/A	24:54	SW
90	Pauline Drewery	Ryston	24:54	MW50-54
91	Rob Gosnell	Renegade Run	24:57	SM
92	Sarah Taylor	Ryston	25:22	MW50-54
93	Shelley Yeaman	Renegade Run	25:40	MW45-49
94	Simon Goldring	Ryston	25:42	MM45-49
95	David Lane	Ryston	25:44	MM50-54
96	Maureen Wolfe	Ryston	25:50	MW60+
97	Sarah Melton	TCRC	25:56	MW35-39
98	Kevin Piggott	U/A	26:03	MM60-65
99	Dawn Protheroe	U/A	26:04	MW50-54
100	Kay Burgess	U/A	26:08	MW50-54
101	Emma Thompson	Ryston	26:22	MW40-44
102	Jemma Redhead	KLTC	26:26	MW45-49
103	Ken Baker	U/A	26:35	MM65+
104	Eloise Bird	St Eds	26:40	MW50-54
105	Susan King	U/A	26:48	MW50-54
106	Jane Ashby	Ryston	26:58	MW60+
107	Melvin Green	TCRC	27:03	MM50-54
108	Sarah Sargeant	U/A	27:13	MW45-49
109	Tony Lamb	TCRC	27:17	MM50-54
110	David Hicks	KLTC	27:29	MM45-49
111	Hayley Wright	Runners NTS	27:30	MW40-44
112	Darren Elson	KLTC	27:30	MM45-49
113	Gill Grand	U/A	27:47	MW50-54
114	Adrian Grand	NRR	27:48	MM50-54
115	Steve Whitelam	TCRC	29:25	MM50-54
116	Charlotte Smith	Ryston	29:47	SW
117	Don Hutchinson	Camb Tri	29:52	MM65+
118	Amanda Baker	U/A	29:56	MW55-59
119	Karen Smith	Ryston	29:59	MW50-54
120	Victoria May	TCRC	30:10	MW45-49
121	James Hornigold	Ryston	30:34	MM50-54
122	Keith Morris	Ryston	30:38	MM55-59
123	Jackie Wood	Dereham	30:52	MW60+
124	Richard Wilkins	Ryston	30:59	SM
125	Charlie Wilson	Ryston	31:00	MM45-49
126	Gill Hart	Ryston	31:08	MW60+

## Ryston Runners GP 1 (2019-20)

127	Jon Benstead	Ryston	31:31	MM55-59
128	Sarah Lamb	TCRC	32:05	MW45-49
129	Jennie Sinclair	TCRC	32:43	SW
130	John Richardson	Dereham	33:10	MM65+
131	Tracey Anderton	Dereham	33:11	MW55-59
132	Martin Elsegood	Ryston	33:19	MM50-54
133	Stefan Sprawling	KLTC	38:17	MM40-44

### *Under 17 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Bailey Took	Ryston	19:00
2	Owen Burge	Ryston	20:20
3	Dylan Burge	U/A	24:23

### *Under 17 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Madeline Short	CoNAC	19:16
2	Rosie Booth	Ryston	22:04
3	Amberly Wright	Runners NTS	22:30
4	Tiegan Moore	Ryston	22:44

## Ryston Runners GP 1 (2019-20)

### *Senior men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Callum Stanforth	Ryston	15:59
2	Robert Simmonds	Ryston	16:56
3	Kieran McFarlane	CoNAC	17:51
4	Jake Grand	NRR	18:11
5	Dominic Hughes	Ryston	18:23
6	Jack Ibbotson	U/A	18:30
7	Gareth Hunt	Ryston	19:08
8	Steve Walker	Dereham	19:09
9	Jack Schmollmann	Ryston	19:21
10	Ben Foxwell	Ryston	19:22
11	Lee Johnson	TCRC	19:23
12	Ben Collison	West Nor	19:37
13	Daniel Smith	Renegade Run	19:44
14	Luke Pavey	U/A	20:40
15	Shaun Hamer	Ryston	21:07
16	Chris Wood	U/A	21:54
17	Tristan Langley	Ryston	22:25
18	Matthew Monteith	U/A	22:46
19	Kevin Took	Ryston	22:53
20	Ben Turner	U/A	23:56
21	Rob Gosnell	Renegade Run	24:57
22	Richard Wilkins	Ryston	30:59

### *Senior women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Bethany Holland	Dereham	19:28
2	Rebecca Cousins	West Nor	20:03
3	Emma Wood	U/A	20:10
4	Mina thompson	U/A	21:52
5	Vicky Newton	TCRC	24:09
6	Skaiste Gaidamaviciute	U/A	24:47
7	Emma Cary	U/A	24:54
8	Charlotte Smith	Ryston	29:47
9	Jennie Sinclair	TCRC	32:43

## Ryston Runners GP 1 (2019-20)

### *Master 35-39 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Elizabeth Daly	Dereham	20:01
2	Rhiannon Jones	Ryston	21:39
3	Sarah Johnson	TCRC	24:52
4	Sarah Melton	TCRC	25:56

### *Master 40-44 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
5	John Hopgood	Ryston	17:53
8	Tom Levinson	U/A	18:45
3	Steve Burge	U/A	19:11
6	Jamie Bransgrove	Ryston	20:03
9	Greg Wilson	U/A	21:18
7	Nathan Thompson	U/A	21:51
11	Jake Whitehouse	Ryston	21:53
1	Mark Fountain	Ryston	21:59
2	Steve Bowdery	KLTC	22:40
10	Robert Last	Dereham	23:36
4	Stefan Sprawling	KLTC	38:17

### *Master 40-44 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Anna Seaman	Ryston	23:22
2	Irena Marcinek	Renegade Run	24:38
3	Hayley Wright	Runners NTS	27:30
4	Emma Thompson	Ryston	26:22

## Ryston Runners GP 1 (2019-20)

### *Master 45-49 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jan Kaiser	CoNAC	17:24
2	Richard Ebbs	Ryston	17:48
3	Nic Bensley	Ryston	19:04
4	Alistair Doig	KLTC	19:33
5	Peter Bird	St Eds	20:02
6	David Bullen	Redway Run	20:35
7	Gary Malliband	Thetford	21:00
8	Owen Jary	Ryston	22:02
9	James McFarlane	CoNAC	22:21
10	Mark Garrett	WN	22:33
11	Jason Hawes	U/A	22:56
12	Richard Sargeant	NRR	23:08
13	Matt Hunter	TCRC	23:30
14	Simon Goldring	Ryston	25:42
15	David Hicks	KLTC	27:29
16	Darren Elson	KLTC	27:30
17	Charlie Wilson	Ryston	31:00

### *Master 45-49 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nicky Roger	U/A	20:34
2	Lesley Robins	Ryston	22:17
3	Debbie James	KLTC	22:41
4	Deborah Last	Dereham	24:10
5	Shelley Yeaman	Renegade Run	25:40
6	Jemma Redhead	KLTC	26:26
7	Sarah Sargeant	U/A	27:13
8	Victoria May	TCRC	30:10
9	Sarah Lamb	TCRC	32:05

## Ryston Runners GP 1 (2019-20)

### *Master 50-54 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Ali MacDonald	U/A	18:53
2	Simon Hardy	KLTC	19:42
3	Stewart Robins	Ryston	20:40
4	Ian Kidman	KLTC	20:53
5	Damian Short	U/A	20:56
6	Peter Wilson	U/A	20:59
7	James Birch	Wymond	21:23
8	Darren Edridge	U/A	23:47
9	Dirk James	U/A	24:44
10	David Lane	Ryston	25:44
11	Melvin Green	TCRC	27:03
12	Tony Lamb	TCRC	27:17
13	Adrian Grand	NRR	27:48
14	Steve Whitelam	TCRC	29:25
15	James Hornigold	Ryston	30:34
16	Martin Elsegood	Ryston	33:19

### *Master 50-54 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Linda Marshall	Ryston	22:59
2	Pauline Drewery	Ryston	24:54
3	Sarah Taylor	Ryston	25:22
4	Dawn Protheroe	U/A	26:04
5	Kay Burgess	U/A	26:08
6	Eloise Bird	St Eds	26:40
7	Susan King	U/A	26:48
8	Gill Grand	U/A	27:47
9	Karen Smith	Ryston	29:59

### *Master 55-59 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Stuart Holmes	Camb Tri	19:56
2	Tony Savage	Ryston	20:01
3	Ian Todd	Ryston	21:31
4	Simon Rumsey	U/A	22:03
5	Neville Knights	Dereham	24:35
6	Keith Morris	Ryston	30:38
7	Jon Benstead	Ryston	31:31

## Ryston Runners GP 1 (2019-20)

### *Master 55-59 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Christine Anthony	West Suf	20:27
2	Karen Wood	KLTC	24:43
3	Amanda Baker	U/A	29:56
4	Tracey Anderton	Dereham	33:11

### *Master 60-64 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Robert Morgan	St Eds	22:00
2	Michael Barrett	Dereham	22:19
3	Peter Johnson	Trail Run	23:59
4	Paul Firmage	Ryston	24:14
5	Kevin Piggott	U/A	26:03

### *Master 60+ women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jenny Morgan	St Eds	24:53
2	Maureen Wolfe	Ryston	25:50
3	Jane Ashby	Ryston	26:58
4	Jackie Wood	Dereham	30:52
5	Gill Hart	Ryston	31:08

### *Vet 65+ men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Neil Anderton	Dereham	24:05
2	Ken Baker	U/A	26:35
3	Don Hutchinson	Camb Tri	29:52
4	John Richardson	Dereham	33:10