

Ryston Runners GP 2 (2019-20)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Thomas Simmonds	U/A	3:00	U9B
2	Aidan Howard	Ryston/Nt Wooton	3:03	U9B
3	Thomas Elsdon	Ryston/Nt Wooton	3:06	U9B
4	Leah Beagles	Ingolds	3:12	U9G
5	Rory Wood	Nt Wooton	3:13	U9B
6	Leo Wood	Nt Wooton	3:18	U9B
7	Demi Cooper	Marham	3:20	U9G
8	Tate Allott	Wicklewood	3:21	U9B
9	Zoe Hipperson	Glebe	3:21	U9G
10	Elliot Amos	CoNAC	3:21	U9G
11	Archie Nickerson	St Martin	3:22	U9B
12	Flo Abbott	NRR	3:22	U9G
13	Jasmin Benson	NNH	3:31	U9G
14	Hrrison Brewer	St Martin	3:45	U9B
15	Tom Kaiser	Eaton	3:47	U9B
16	Molly Walpole	Stibbard	3:51	U9G
17	Logan Greenwood	T St C	3:56	U9B
18	Erin Baddeley	U/A	3:56	U9G
19	Jack Amesbury	Down Prep	3:58	U9B
20	Ezra Lewis	Down Prep	3:59	U9B
21	Henry Loveday	Down Prep	3:59	U9B
22	Evie Owen	St Martin	3:59	U9G
23	Lennon Moulton	St Martin	4:00	U9B
24	Iona Baddeley	U/A	4:01	U9G
25	Sophie Gambrell	Stibbard	4:04	U9G
26	Poppy Findlay	Thetford/Mundford	4:09	U9G
27	Stanley Roberts	Thetford Acad	4:13	U9B
28	Ellie Bransgrove	T St C	4:19	U9G
29	Rhys Howard	Nt Wooton	4:22	U9B
30	Ryan Davies-Vail	St Martin	4:35	U9B
31	Casper Findlay	Munford	4:41	U9B
32	Erin Bishop	St Martin	4:42	U9G
33	Leilani Singleton-Smith	St Martin	4:47	U9G
34	Sienna Grief	Nelson	4:52	U9G
35	Dana Bsihop	St Martin	4:54	U9G
36	George Loveday	Down Prep	5:33	U9B
37	Florence Cummings	U/A	5:36	U9G
38	Kymani Singleton-Smith	St Martin	5:39	U9B
39	Mia Kaiser	Eaton	5:48	U9G
40	Jacob Marshall	St Martin	6:00	U9B
41	Henry King	Glebe	6:03	U9B

Ryston Runners GP 2 (2019-20)

Under 9 boys

Position	Name	Club/School	Time
1	Thomas Simmonds	U/A	3:00
2	Aidan Howard	Ryston/Nt Wooton	3:03
3	Thomas Elsdon	Ryston/Nt Wooton	3:06
4	Rory Wood	Nt Wooton	3:13
5	Leo Wood	Nt Wooton	3:18
6	Tate Allott	Wicklewood	3:21
7	Archie Nickerson	St Martin	3:22
8	Hrrison Brewer	St Martin	3:45
9	Tom Kaiser	Eaton	3:47
10	Logan Greenwood	T St C	3:56
11	Jack Amesbury	Down Prep	3:58
12	Ezra Lewis	Down Prep	3:59
13	Henry Loveday	Down Prep	3:59
14	Lennon Moulton	St Martin	4:00
15	Stanley Roberts	Thetford Acad	4:13
16	Rhys Howard	Nt Wooton	4:22
17	Ryan Davies-Vail	St Martin	4:35
18	Casper Findlay	Munford	4:41
19	George Loveday	Down Prep	5:33
20	Kymani Singleton-Smith	St Martin	5:39
21	Jacob Marshall	St Martin	6:00
22	Henry King	Glebe	6:03

Ryston Runners GP 2 (2019-20)

Under 9 girls

Position	Name	Club/School	Time
1	Leah Beagles	Ingolds	3:12
2	Demi Cooper	Marham	3:20
3	Zoe Hipperson	Glebe	3:21
4	Elliot Amos	CoNAC	3:21
5	Flo Abbott	NRR	3:22
6	Jasmin Benson	NNH	3:31
7	Molly Walpole	Stibbard	3:51
8	Erin Baddeley	U/A	3:56
9	Evie Owen	St Martin	3:59
10	Iona Baddeley	U/A	4:01
11	Sophie Gambrill	Stibbard	4:04
12	Poppy Findlay	Thetford/Mundford	4:09
13	Ellie Bransgrove	T St C	4:19
14	Erin Bishop	St Martin	4:42
15	Leilani Singleton-Smith	St Martin	4:47
16	Sienna Grief	Nelson	4:52
17	Dana Bsihop	St Martin	4:54
18	Florence Cummings	U/A	5:36
19	Mia Kaiser	Eaton	5:48

Ryston Runners GP 2 (2019-20)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Jude Linstead	CoNAC	8:05	U11B
2	Finn Kaiser	CoNAC / Eaton	8:06	U11B
3	Archie Rowe	Ryston/Glebe	8:16	U11B
4	Oscar Best	St Martin	8:37	U11B
5	Kieran Walpole	NNH/Stibbard	8:45	U11B
6	Lola Kidman	KLTC/Greyfriar	8:46	U11G
7	Keane Mann	NRR	8:53	U11B
8	Seth Allott	Wicklewood	8:56	U11B
9	Lexi Heather	CoNAC	8:57	U11G
10	Amber Goddard	CoNAC	8:58	U11G
11	Rupert Askham	St Martin	9:08	U11B
12	Will Saunders	Ryston/Glebe	9:12	U11B
13	Jacob Booth	Ryston/Ders	9:28	U11B
14	Henry Gosnell	WN/Nt Wooton	9:29	U11B
15	Sammy King	Ryston/Glebe	9:47	U11B
16	Chloe Pratt	Ryston/Nt Wooton	9:51	U11G
17	Brooklyn O'Keke	GYDAC	9:56	U11B
18	Abigail Bransgrove	Ryston/T St C	9:57	U11G
19	Alisha Greenwood	Ryston/T St C	10:03	U11G
20	Evie Clayton	Ryston/Weasingham	10:04	U11G
21	Hette Koulman	Ryston/Greyfriar	10:11	U11G
22	Freya Baddeley	Ely	11:22	U11G
23	Florence Bacon	CoNAC	12:10	U11G
24	Malou Lewis	Down Prep	13:16	U11G
25	Logan Nutall	Down Prep	13:35	U11B

Ryston Runners GP 2 (2019-20)

Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	8:05
2	Finn Kaiser	CoNAC / Eaton	8:06
3	Archie Rowe	Ryston/Glebe	8:16
4	Oscar Best	St Martin	8:37
5	Kieran Walpole	NNH/Stibbard	8:45
6	Keane Mann	NRR	8:53
7	Seth Allott	Wicklewood	8:56
8	Rupert Askham	St Martin	9:08
9	Will Saunders	Ryston/Glebe	9:12
10	Jacob Booth	Ryston/Ders	9:28
11	Henry Gosnell	WN/Nt Wooton	9:29
12	Sammy King	Ryston/Glebe	9:47
13	Brooklyn O'Keke	GYDAC	9:56
14	Logan Nutall	Down Prep	13:35

Under 11 girls

Position	Name	Club	Time
1	Lola Kidman	KLTC/Greyfriars	8:46
2	Lexi Heather	CoNAC	8:57
3	Amber Goddard	CoNAC	8:58
4	Chloe Pratt	Ryston/Nt Wooton	9:51
5	Abigail Bransgrove	Ryston/T St C	9:57
6	Alisha Greenwood	Ryston/T St C	10:03
7	Evie Clayton	Ryston/Weasingham	10:04
8	Hette Koulman	Ryston/Greyfriar	10:11
9	Freya Baddeley	Ely	11:22
10	Florence Bacon	CoNAC	12:10
11	Malou Lewis	Down Prep	13:16

Ryston Runners GP 2 (2019-20)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Memphis Symonds	CoNAC	11:24	U15G
2	Allyna Mukuya	GYDAC	11:49	U13G
3	Callum Wing	Thetford	11:52	U13B
4	Bethany Wilson	Thetford	11:53	U13G
5	Louis Preston	Dereham	12:03	U15B
6	Esme Abbott	CoNAC	12:06	U15G
7	Isabella Williams	CoNAC	12:14	U15G
8	Isla Winslow	Harling	12:16	U15G
9	Poppy Baddeley	Ely	12:17	U13G
10	Alfie Findlay	Thetford	12:31	U13B
11	Billie Jordan-Butler	Team Huub	12:37	U13G
12	Cody Pearman	Renegade Run	12:47	U13B
13	Jacob Last	Dereham	12:53	U15B
14	Evie Goldring	Ryston	12:55	U15G
15	Ella Goldring	Ryston	13:43	U13G
16	Dylan Whitehouse	Ryston	13:53	U13B
17	Sam Doughty	Ryston	13:58	U13B
18	Olivia Sargeant	CoNAC	14:14	U15G
19	Ruby Smith	Renegade Run	14:27	U13G
20	Oliver Pearson	Der	15:11	U13B
21	James McKay-Ferguson	Wisbech	21:58	U13B
22	Elizabeth Duffy	U/A	22:03	U13G
23	Freya Pullman	U/A	25:55	U13G

Ryston Runners GP 2 (2019-20)

Under 13 boys

Position	Name	Club	Time
1	Callum Wing	Thetford	11:52
2	Alfie Findlay	Thetford	12:31
3	Cody Pearman	Renegade Run	12:47
4	Dylan Whitehouse	Ryston	13:53
5	Sam Doughty	Ryston	13:58
6	Oliver Pearson	Der	15:11
7	James McKay-Ferguson	Wisbech	21:58

Under 13 girls

Position	Name	Club	Time
1	Allyna Mukuya	GYDAC	11:49
2	Bethany Wilson	Thetford	11:53
3	Poppy Baddeley	Ely	12:17
4	Billie Jordan-Butler	Team Huub	12:37
5	Ella Goldring	Ryston	13:43
6	Ruby Smith	Renegade Run	14:27
7	Elizabeth Duffy	U/A	22:03
8	Freya Pullman	U/A	25:55

Under 15 boys

Position	Name	Club	Time
1	Louis Preston	Dereham	12:03
2	Jacob Last	Dereham	12:53

Under 15 girls

Position	Name	Club	Time
1	Memphis Symonds	CoNAC	11:24
2	Esme Abbott	CoNAC	12:06
3	Isabella Williams	CoNAC	12:14
4	Isla Winslow	Harling	12:16
5	Evie Goldring	Ryston	12:55
6	Olivia Sargeant	CoNAC	14:14

Ryston Runners GP 2 (2019-20)

Overall U17s race

Position	Name	Club	Time	Category
1	Charlie Wakefield	Ryston	15:15	U17B
2	Aidan Banfield	Wym	16:25	U17B
3	Hugo Packman	C&C	17:51	U17B
4	Madeline Short	CoNAC	17:53	U17G
5	Jannis Koulman	Ryston	18:04	U17B
6	Owen Burge	Ryston	18:07	U17B
7	Rosie Booth	Ryston	18:40	U17G
8	Arabella Gingell	WN	19:06	U17G
9	Tiegan Moore	Ryston	21:17	U17G
10	Dylan Burge	U/A	21:33	U17B

Under 17 boys

Position	Name	Club	Time
1	Charlie Wakefield	Ryston	15:15
2	Aidan Banfield	Wym	16:25
3	Hugo Packman	C&C	17:51
4	Jannis Koulman	Ryston	18:04
5	Owen Burge	Ryston	18:07
6	Dylan Burge	U/A	21:33

Under 17 girls

Position	Name	Club	Time
1	Madeline Short	CoNAC	17:53
2	Rosie Booth	Ryston	18:40
3	Arabella Gingell	WN	19:06
4	Tiegan Moore	Ryston	21:17

Ryston Runners GP 2 (2019-20)

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Robert Simmonds	Ryston	30:13	SM
2	Jan Kaiser	CoNAC	30:27	MM45-49
3	Richard Ebbs	Ryston	30:46	MM45-49
4	Ben Keeley	Ryston	31:02	SM
5	Alex Metcalfe	Ely	31:09	SM
6	Kevin Vaughan	Thet	32:02	MM55-59
7	Lawrence Wade	CoNAC	32:13	MM45-49
8	Connor Holland	Dereham	32:16	SM
9	Matt Stone	BVH	32:20	MM45-49
10	Will Winter	U/A	32:27	SM
11	Andrew Simmonds	Ryston	32:39	SM
12	Kieran McFarlane	CoNAC	32:40	SM
13	Jake Grand	NRR	32:44	SM
14	Tom Levinson	Ely	33:18	MM40-44
15	Steven Burge	U/A	33:43	MM40-44
16	Richard Hill	Ely	33:46	MM40-44
17	Warren King	KLTC	33:53	SM
18	Dominic Hughes	Ryston	34:12	SM
19	Ali McDonald	Lonely Goat	34:20	MM50-54
20	Cat Cummings	CoNAC	34:27	MW40-44
21	Cameron Dunsmore	C&C	34:48	MM50-54
22	Bethany Holland	Dereham	34:51	SW
23	Dan Pratt	Ryston	34:56	MM40-44
24	Rebecca Cousins	West Nor	34:58	SW
25	Stuart Holmes	Camb Tri	35:01	MM55-59
26	Ben Collison	WN	35:20	SM
27	Karl Wright	Thetford	35:21	SM
28	Jason Cooper	Renegades	35:25	SM
29	Simon Hardy	KLTC	35:33	MM50-54
30	Dave Brown	NVH	35:42	MM40-44
31	Elizabeth Daly	Dereham	35:43	MW35-39
32	Tony Savage	Ryston	35:54	MM55-59
33	Malcolm Tuff	Ryston	36:20	MM55-59
34	Jamie Bransgrove	Ryston	36:22	MM40-44
35	Nicky Roger	U/A	36:27	MW45-49
36	Neil Gayton	KLTC	36:30	SM
37	Louise White	Thetford	36:31	MW40-44
38	Alistair Doig	KLTC	36:31	MM45-49
39	Sabine Schaefer	Thetford	36:59	MW40-44
40	Pete Reed	Ryston	37:02	SM
41	Gareth Hunt	Ryston	37:04	SM

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42	Gary Malliband	Thetford	37:06	MM45-49
43	Ian Todd	Ryston	37:10	MM55-59
44	Kristy Guneratne	U/A	37:18	MW35-39
45	Christine Anthony	West Suf	37:27	MW55-59
46	Adam Howard	Ryston	37:31	MM40-44
47	Luke Pavey	U/A	37:34	SM
48	Ian Kidman	KLTC	37:54	MM50-54
49	Aidrian Grand	NRR	38:00	MM50-54
50	Steven Greenwood	U/A	38:03	SM
51	Peter Wilson	U/A	38:04	MM50-54
52	James Birch	Wymond	38:17	MM50-54
53	Mark Tufts	Wymond	38:33	MM50-54
54	Phillip Holland	U/A	38:41	MM45-49
55	Adrian Jay	BVH	38:54	MM50-54
56	Kersten Muller	TCRC	38:57	MM40-44
57	Albert Koulman	U/A	38:59	MM45-49
58	Robert Morgan	St Eds	39:09	MM60-65
59	Debbie James	KLTC	39:12	MW45-49
60	James McFarlane	CoNAC	39:18	MM45-49
61	Charlie Ritchie	C&C	39:26	MM60-65
62	Louise Paterson	BVH	39:31	MW40-44
63	Martin Ive	Ryston	39:43	MM50-54
64	Ashish Rastogi	KLTC	39:53	MM45-49
65	James Nice	CoNAC	39:59	MM50-54
66	Kevin Took	Ryston	40:01	SM
67	Leslie Hill	Nor Gaz	40:01	MM55-59
68	Kevin Howlett	Ryston	40:03	MM60-65
69	Matthew Monteith	Lonely Goat	40:07	MM40-44
70	Jane Packman	C&C	40:12	MW50-54
71	Mina Thompson	U/A	40:13	SW
72	Owen Jary	Ryston	40:14	MM45-49
73	Nathan Thompson	U/A	40:17	SM
74	Jake Whitehouse	Ryston	40:18	MM40-44
75	Claire Wilshaw	Camb Tri	40:19	MW35-39
76	Mark Crook	Ryston	40:20	MM50-54
77	Peter Thompson	Nor Gaz	40:21	MM60-65
78	Georgia Williams	Wym	40:22	SW
79	Philip Websdale	Dereham	40:22	MM45-49
80	Jason Hawes	Renegades	40:24	MM45-49
81	Judd Gray	U/A	40:29	MM40-44
82	Mark Doughty	Ryston	40:30	MM45-49
83	Ben Pratt	U/A	40:35	SM
84	Sarah Stubbs	CoNAC	40:50	MW45-49

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85	Andrew Hammond	Nor Gaz	41:00	MM60-65
86	Chris Long	Tri Ang	41:01	MM40-44
87	Nigel Dickins	Pboro/NVH	41:02	MM65+
88	Martin Jones	Wym	41:04	SM
89	Mike Brentnall	C&C	41:06	MM65+
90	Tessa Killingbeck	Vegan	41:08	MW35-39
91	Geraldine Jordan	KLTC	41:13	MW50-54
92	Luke Paterson	BVH	41:32	SM
93	Linda Marshall	Ryston	41:46	MW50-54
94	Robert Last	Dereham	41:47	MM40-44
95	Jonny Clark	TCRC	41:53	MM45-49
96	Mark Tayler	NRR	42:17	MM65+
97	Sophie McLaren	Wym	42:19	SW
98	Kareana Symonds	Dereham	42:20	MW35-39
99	Deborah Last	Dereham	42:28	MW45-49
100	Neville Knights	Dereham	42:35	MM60-65
101	Lisa Hall	Wym	43:04	MW40-44
102	David Grimes	U/A	43:24	MM50-54
103	Ian Patmore	Run DMc	43:44	MM50-54
104	Neil Anderton	Dereham	43:56	MM65+
105	Dirk James	U/A	44:00	MM50-54
106	Skaiste Gaidamaviciute	U/A	44:08	SW
107	Sarah Jay	BVH	44:10	MW50-54
108	Glyn Smith	C&C	44:15	MM65+
109	Sam Laws	Lonely Goat	44:49	SM
110	Simon Goldring	Ryston	45:31	MM45-49
111	Lisa Netto	Nor Gaz	45:38	MW40-44
112	Abigail Minton	U/A	45:39	SW
113	Rob Gosnell	Renegades	45:55	SM
114	Ken Baker	U/A	46:15	MM65+
115	Jenny Morgan	St Eds	46:22	MW60+
116	Ben Turner	U/A	46:27	SM
117	Wobine DeSitter	U/A	46:38	MW45-49
118	Laura Winter	U/A	46:48	SW
119	Charlotte Smith	Ryston	46:59	SW
120	Dawn Protheroe	U/A	47:02	MW50-54
121	Beth King	Nor Gaz	47:06	MW40-44
122	Brian Wright	Thetford	47:21	MM65+
123	Chris Milnes	Ryston	47:30	MM60-65
124	Lorraine Reeves	Brandon	47:39	MW45-49
125	Gill Grand	U/A	47:50	MW50-54
126	Dawn Marshall	St Eds	48:07	MW55-59

Ryston Runners GP 2 (2019-20)

127	Naomi Pearson	U/A	49:30	MW35-39
128	Pauline Sparrow	Ryston	49:37	MW60+
129	Jane Ashby	Ryston	49:37	MW60+
130	Caroline Tayer	NRR	50:20	MW60+
131	Darren Elsdon	KLTC	50:39	MM45-49
132	Becky Blakie	U/A	51:03	SW
133	Sarah Sargeant	Tri Anglia	51:19	MW45-49
134	Jodie Clark	TCRC	51:41	MW45-49
135	Liz Blakie	Ryston	51:51	MW60+
136	Sue Brentnall	C&C	51:58	MW55-59
137	Eva Osborne	Wym	52:05	MW60+
138	Amanda Baker	U/A	52:24	MW55-59
139	Kerry Taylor	U/A	52:57	SW
140	Carole Preston	U/A	55:02	MW40-44
141	Jane Talbot	U/A	55:20	MW45-49
142	Gill Hart	Ryston	55:48	MW60+
143	Lauren Wainwright	U/A	56:04	SW
144	Jon Benstead	Ryston	58:46	MM55-59
145	Tracey Anderton	Dereham	60:30	MW55-59
146	Hazel Cason	Dereham	60:33	MW60+
147	Charlotte Bennett	U/A	61:58	MW35-39
148	Stefan Sprawling	KLTC	65:05	MM40-44
149	Don Hutchinson	Camb Tri	69:40	MM65+
150	Kelly De-Gol	U/A	82:25	MW40-44
151	Sue Smith	Ryston	82:25	MW55-59

Ryston Runners GP 2 (2019-20)

Senior men

Position	Name	Club	Time
1	Robert Simmonds	Ryston	30:13
2	Ben Keeley	Ryston	31:02
3	Alex Metcalfe	Ely	31:09
4	Connor Holland	Dereham	32:16
5	Will Winter	U/A	32:27
6	Andrew Simmonds	Ryston	32:39
7	Kieran McFarlane	CoNAC	32:40
8	Jake Grand	NRR	32:44
9	Warren King	KLTC	33:53
10	Dominic Hughes	Ryston	34:12
11	Ben Collison	WN	35:20
12	Karl Wright	Thetford	35:21
13	Jason Cooper	Renegades	35:25
14	Neil Gayton	KLTC	36:30
15	Pete Reed	Ryston	37:02
16	Gareth Hunt	Ryston	37:04
17	Luke Pavey	U/A	37:34
18	Steven Greenwood	U/A	38:03
19	Kevin Took	Ryston	40:01
20	Nathan Thompson	U/A	40:17
21	Ben Pratt	U/A	40:35
22	Martin Jones	Wym	41:04
23	Luke Paterson	BVH	41:32
24	Sam Laws	Lonely Goat	44:49
25	Rob Gosnell	Renegade Run	45:55
26	Ben Turner	U/A	46:27

Senior women

Position	Name	Club	Time
1	Bethany Holland	Dereham	34:51
2	Rebecca Cousins	West Nor	34:58
3	Mina Thompson	U/A	40:13
4	Georgia Williams	Wym	40:22
5	Sophie McLaren	Wym	42:19
6	Skaiste Gaidamaviciute	U/A	44:08
7	Abigail Minton	U/A	45:39
8	Laura Winter	U/A	46:48
9	Charlotte Smith	Ryston	46:59
10	Becky Blakie	U/A	51:03
11	Kerry Taylor	U/A	52:57
12	Lauren Wainwright	U/A	56:04

Ryston Runners GP 2 (2019-20)

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	35:43
2	Kristy Guneratne	U/A	37:18
3	Claire Wilshaw	Camb Tri	40:19
4	Tessa Killingbeck	Vegan	41:08
5	Kareana Symonds	Dereham	42:20
6	Naomi Pearson	U/A	49:30
7	Charlotte Bennett	U/A	61:58

Master 40-44 men

Position	Name	Club	Time
1	Tom Levinson	Ely	33:18
2	Steven Burge	U/A	33:43
3	Richard Hill	Ely	33:46
4	Dan Pratt	Ryston	34:56
5	Dave Brown	NVH	35:42
6	Jamie Bransgrove	Ryston	36:22
7	Adam Howard	Ryston	37:31
8	Kersten Muller	TCRC	38:57
9	Matthew Monteith	Lonely Goat	40:07
10	Jake Whitehouse	Ryston	40:18
11	Judd Gray	U/A	40:29
12	Chris Long	Tri Ang	41:01
13	Robert Last	Dereham	41:47
14	Stefan Sprawling	KLTC	65:05

Master 40-44 women

Position	Name	Club	Time
1	Cat Cummings	CoNAC	34:27
2	Louise White	Thetford	36:31
3	Sabine Schaefer	Thetford	36:59
4	Louise Paterson	BVH	39:31
5	Lisa Hall	Wym	43:04
6	Lisa Netto	Nor Gaz	45:38
7	Beth King	Nor Gaz	47:06
8	Carole Preston	U/A	55:02
9	Kelly De-Gol	U/A	82:25

Ryston Runners GP 2 (2019-20)

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	30:27
2	Richard Ebbs	Ryston	30:46
3	Lawrence Wade	CoNAC	32:13
4	Matt Stone	BVH	32:20
5	Alistair Doig	KLTC	36:31
6	Gary Malliband	Thetford	37:06
7	Phillip Holland	U/A	38:41
8	Albert Koulman	U/A	38:59
9	James McFarlane	CoNAC	39:18
10	Ashish Rastogi	KLTC	39:53
11	Owen Jary	Ryston	40:14
12	Philip Websdale	Dereham	40:22
13	Jason Hawes	Renegades	40:24
14	Mark Doughty	Ryston	40:30
15	Jonny Clark	TCRC	41:53
16	Simon Goldring	Ryston	45:31
17	Darren Elsdon	KLTC	50:39

Master 45-49 women

Position	Name	Club	Time
1	Nicky Roger	U/A	36:27
2	Debbie James	KLTC	39:12
3	Sarah Stubbs	CoNAC	40:50
4	Deborah Last	Dereham	42:28
5	Wobine DeSitter	U/A	46:38
6	Lorraine Reeves	Brandon	47:39
7	Sarah Sargeant	Tri Anglia	51:19
8	Jodie Clark	TCRC	51:41
9	Jane Talbot	U/A	55:20

Ryston Runners GP 2 (2019-20)

Master 50-54 men

Position	Name	Club	Time
1	Ali McDonald	Lonely Goat	34:20
2	Cameron Dunsmore	C&C	34:48
3	Simon Hardy	KLTC	35:33
4	Ian Kidman	KLTC	37:54
5	Aidrian Grand	NRR	38:00
6	Peter Wilson	U/A	38:04
7	James Birch	Wymond	38:17
8	Mark Tufts	Wymond	38:33
9	Adrian Jay	BVH	38:54
10	Martin Ive	Ryston	39:43
11	James Nice	CoNAC	39:59
12	Mark Crook	Ryston	40:20
13	David Grimes	U/A	43:24
14	Ian Patmore	Run DMC	43:44
15	Dirk James	U/A	44:00

Master 50-54 women

Position	Name	Club	Time
1	Jane Packman	C&C	40:12
2	Geraldine Jordan	KLTC	41:13
3	Linda Marshall	Ryston	41:46
4	Sarah Jay	BVH	44:10
5	Dawn Protheroe	U/A	47:02
6	Gill Grand	U/A	47:50

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	32:02
2	Stuart Holmes	Camb Tri	35:01
3	Tony Savage	Ryston	35:54
4	Malcolm Tuff	Ryston	36:20
5	Ian Todd	Ryston	37:10
6	Leslie Hill	Nor Gaz	40:01
7	Jon Benstead	Ryston	58:46

Ryston Runners GP 2 (2019-20)

Master 55-59 women

Position	Name	Club	Time
1	Christine Anthony	West Suf	37:27
2	Dawn Marshall	St Eds	48:07
3	Sue Brentnall	C&C	51:58
4	Amanda Baker	U/A	52:24
5	Tracey Anderton	Dereham	60:30
6	Sue Smith	Ryston	82:25

Master 60-64 men

Position	Name	Club	Time
1	Robert Morgan	St Eds	39:09
2	Charlie Ritchie	C&C	39:26
3	Kevin Howlett	Ryston	40:03
4	Peter Thompson	Nor Gaz	40:21
5	Andrew Hammond	Nor Gaz	41:00
6	Neville Knights	Dereham	42:35
7	Chris Milnes	Ryston	47:30

Master 60+ women

Position	Name	Club	Time
1	Jenny Morgan	St Eds	46:22
2	Pauline Sparrow	Ryston	49:37
3	Jane Ashby	Ryston	49:37
4	Caroline Tayler	NRR	50:20
5	Liz Blakie	Ryston	51:51
6	Eva Osborne	Wym	52:05
7	Gill Hart	Ryston	55:48
8	Hazel Cason	Dereham	60:33

Vet 65+ men

Position	Name	Club	Time
1	Nigel Dickins	Pboro/NVH	41:02
2	Mike Brentnall	C&C	41:06
3	Mark Tayler	NRR	42:17
4	Neil Anderton	Dereham	43:56
5	Glyn Smith	C&C	44:15
6	Ken Baker	U/A	46:15
7	Brian Wright	Thetford	47:21
8	Don Hutchinson	Camb Tri	69:40