

Ryston Runners GP 1 (2021-22)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Maximus Hawkins	Ryston / Glebe	3:20	U9B
2	Christopher Hill	Cherry Tree	3:22	U9B
3	Ezra Lewis	Downham Prep	3:22	U9B
4	Henry Loveday	Downham Prep	3:31	U9B
5	Logan Greenwood	Ryston / Terring SC	3:40	U9B
6	Noah Miller	Cherry Tree	3:44	U9B
7	Samuel Jones	Downham Prep	3:45	U9B
8	Isadora Barclay	Down Prep	3:47	U9G
9	Ryan Davies-Vail	St Martin	3:53	U9B
10	Rhys Howard	Ryston/ Nt Wooton	3:54	U9B
11	Nancy Simmonds	U/A	3:54	U9G
12	Francesca Hollick-Pearce	Edmund DM Prep	3:56	U9G
13	Theodore Beynon-Phillips	Downham Prep	3:56	U9B
14	Annabelle Wortley	Down Prep	3:58	U9G
15	Noah Ward	Terring StC	3:58	U9B
16	Freddie Bagge	Downham Prep	4:00	U9B
17	Blake Amos	U/A	4:05	U9G
18	Ruslana Kozuskevica	Attleboro/Tivet Pr	4:06	U9G
19	Harvey Wilson	Downham Prep	4:07	U9B
20	Lacey Swinburn	Cherry Tree	4:14	U9G
21	Anwen Jones	Cherry Tree	4:15	U9G
22	Lauren Lawrence	Hunst Prim	4:16	U9G
23	Poppy Finch	U/A	4:17	U9G
24	Henry King	Glebe	4:18	U9B
25	William Ward	Terring StC	4:18	U9B
26	Betty Sole	St Martin	4:18	U9G
27	Dylan Ward	Terring StC	4:19	U9B
28	Freddie Woodcock	Cherry Tree	4:19	U9B
29	George Loveday	Downham Prep	4:20	U9B
30	Isabelle Lawrence	Hunst Prim	4:25	U9G
31	Oenone Carlile	Down Prep	4:42	U9G
32	Annabelle Ford	Cherry Tree	4:49	U9G
33	Edward Wallage	Gaywood Prim	5:12	U9B
34	Elizabeth Allison-Meyer	Glebe	5:13	U9G
35	Alexandra Dixon	Cherry Tree	5:16	U9G

Ryston Runners GP 1 (2021-22)

Under 9 boys

Position	Name	Club/School	Time
1	Maximus Hawkins	Ryston / Glebe	3:20
2	Christopher Hill	Cherry Tree	3:22
3	Ezra Lewis	Downham Prep	3:22
4	Henry Loveday	Downham Prep	3:31
5	Logan Greenwood	Ryston / Terring SC	3:40
6	Noah Miller	Cherry Tree	3:44
7	Samuel Jones	Downham Prep	3:45
8	Ryan Davies-Blacker	St Martin	3:53
9	Rhys Howard	Ryston/ Nt Wooton	3:54
10	Theodore Beynon-Phillips	Downham Prep	3:56
11	Noah Ward	Terring StC	3:58
12	Freddie Bagge	Downham Prep	4:00
13	Harvey Wilson	Downham Prep	4:07
14	William Ward	Terring StC	4:18
15	Henry King	Glebe	4:18
16	Freddie Woodcock	Cherry Tree	4:19
17	Dylan Ward	Terring StC	4:19
18	George Loveday	Downham Prep	4:20
19	Edward Wallage	Gaywood Prim	5:12

Under 9 girls

Position	Name	Club/School	Time
1	Isadora Barclay	Down Prep	3:47
2	Nancy Simmonds	U/A	3:54
3	Francesca Hollick-Pearce	Edmund DM Prep	3:56
4	Annabelle Wortley	Down Prep	3:58
5	Blake Amos	U/A	4:05
6	Ruslana Kozuskevica	Attleboro/Tivet Prim	4:06
7	Lacey Swinburn	Cherry Tree	4:14
8	Anwen Jones	Cherry Tree	4:15
9	Lauren Lawrence	Hunst Prim	4:16
10	Poppy Finch	U/A	4:17
11	Betty Sole	St Martin	4:18
12	Isabelle Lawrence	Hunst Prim	4:25
13	Oenone Carlile	Down Prep	4:42
14	Annabelle Ford	Cherry Tree	4:49
15	Elizabeth Allison-Meyer	Glebe	5:13
16	Alexandra Dixon	Cherry Tree	5:16

Ryston Runners GP 1 (2021-22)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Aidan Howard	Ryston/Nt Wtn	8:44	U11B
2	Thomas Simmonds	Ryston	8:51	U11B
3	Leo Wood	Ryston/Nt Wtn	8:55	U11B
4	Rory Wood	Ryston/Nt Wtn	9:04	U11B
5	Isabella White	CoNAC	9:16	U11G
6	Billy Finch	CoNAC	9:26	U11B
7	Seb Johnson	U/A	9:28	U11B
8	Demi Cooper	Cherry Tree	9:29	U11G
9	Jessica Lawrence	Ryston / Glebe	9:36	U11G
10	Toby Turner	Ryston/Flitch	9:40	U11B
11	Elliott Amos	CoNAC	9:44	U11G
12	Faith Turner	Ryston / Flitch Prim	9:45	U11G
13	Alexander Balmer	Newmarket J	9:45	U11B
14	Casey Ward	Ryston/Terring St C	9:50	U11G
15	Ethan Weebb	Cherry Tree	10:02	U11B
16	Jasmin Benson	CoNAC	10:03	U11G
17	Harrison Brewer	U/A	10:18	U11B
18	April Green	CoNAC / Wicklew	10:19	U11G
19	Leah Beagles	Ryston / Ingolds	10:29	U11G
20	James Dolby	U/A	10:51	U11B
21	Martha Mckenzie	Ryston / Flitch Prim	12:13	U11G
22	Hector Barclay	Wicklew Prim	12:55	U11B
23	Oliver Holehouse	Cherry Tree	13:46	U11B
24	Emma Felix	Cherry Tree	14:05	U11G
25	Coralie Ford	Cherry Tree	14:21	U11G
26	Alexandros Chatzidimitriou	Cherry Tree	16:28	U11B
27	Isabella Raines	Downham Prep	16:52	U11G

Ryston Runners GP 1 (2021-22)

Under 11 boys

Position	Name	Club	Time
1	Aidan Howard	Ryston/Nt Wtn	8:44
2	Thomas Simmonds	Ryston	8:51
3	Leo Wood	Ryston/Nt Wtn	8:55
4	Rory Wood	Ryston/Nt Wtn	9:04
5	Billy Finch	CoNAC	9:26
6	Seb Johnson	U/A	9:28
7	Toby Turner	Ryston/Flitch	9:40
8	Alexander Balmer	Newmarket J	9:45
9	Ethan Weebb	Cherry Tree	10:02
10	Harrison Brewer	U/A	10:18
11	James Dolby	U/A	10:51
12	Hector Barclay	Wicklew Prim	12:55
13	Oliver Holehouse	Cherry Tree	13:46
14	Alexandros Chatzidimitriou	Cherry Tree	16:28

Under 11 girls

Position	Name	Club	Time
1	Isabella White	CoNAC	9:16
2	Demi Cooper	Cherry Tree	9:29
3	Jessica Lawrence	Ryston / Glebe	9:36
4	Elliott Amos	CoNAC	9:44
5	Faith Turner	Ryston / Flitch Prim	9:45
6	Casey Ward	Ryston/Terring St C	9:50
7	Jasmin Benson	CoNAC	10:03
8	April Green	CoNAC / Wickle Prim	10:19
9	Leah Beagles	Ryston / Ingolds	10:29
10	Martha Mckenzie	Ryston / Flitch Prim	12:13
11	Emma Felix	Cherry Tree	14:05
12	Coralie Ford	Cherry Tree	14:21
13	Isabella Raines	Downham Prep	16:52

Ryston Runners GP 1 (2021-22)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	11:11	U15B
2	Tobias Cheesbrough	Dereham	11:12	U15B
3	Max Parsley	NNH	11:17	U15B
4	Matthew Benson	CoNAC	11:35	U15B
5	Archie Rowe	Ryston	11:44	U13B
6	Cody Pearman	U/A Ren Run	12:01	U15B
7	Ethan Ward	Ryston	12:03	U13B
8	Bethany Wilson	Thetford	12:08	U15G
9	Lexie Heather	CoNAC	12:17	U13G
10	Millie Adams	CoNAC	12:36	U15G
11	Eva Eccles	BVH	12:45	U13G
12	Henry Gosnell	WN	12:59	U13B
13	Sam Doughty	Ryston	13:12	U15B
14	Dylan Whitehouse	Ryston	13:13	U15B
15	Emily Sykes	Attleborough	13:17	U15G
16	Eloise Edridge	NNH	13:39	U13G
17	Lily Goddard	CoNAC	13:45	U13G
18	Isabella Mckenzie	Ryston	13:51	U15G
19	Bobby Goldsmith	CoNAC	14:04	U13B
20	Sam King	U/A	14:12	U13B
21	Olivia Allen	NNH	14:13	U13G
22	Alisha Greenwood	Ryston	14:24	U13G
23	Olivia White	CoNAC	14:33	U13G
24	Mollie Skerritt	U/A	14:37	U13G
25	Isla Johnson	CoNAC	14:46	U13G
26	Daniel Bierton	U/A	15:23	U13B
27	Hette Koulman	U/A	15:49	U13G
28	Aidan Beagles	U/A	17:15	U15B
29	Albert Hornsby	U/A	18:14	U15B
30	Karen Lawrence	U/A	19:07	U13G

Ryston Runners GP 1 (2021-22)

Under 13 boys

Position	Name	Club	Time
1	Archie Rowe	Ryston	11:44
2	Ethan Ward	Ryston	12:03
3	Henry Gosnell	WN	12:59
4	Bobby Goldsmith	CoNAC	14:04
5	Sam King	U/A	14:12
6	Daniel Bierton	U/A	15:23

Under 13 girls

Position	Name	Club	Time
1	Lexie Heather	CoNAC	12:17
2	Eva Eccles	BVH	12:45
3	Eloise Edridge	NNH	13:39
4	Lily Goddard	CoNAC	13:45
5	Olivia Allen	NNH	14:13
6	Alisha Greenwood	Ryston	14:24
7	Olivia White	CoNAC	14:33
8	Mollie Skerritt	U/A	14:37
9	Isla Johnson	CoNAC	14:46
10	Hette Koulman	U/A	15:49
11	Karen Lawrence	U/A	19:07

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	11:11
2	Tobias Cheesbrough	Dereham	11:12
3	Max Parsley	NNH	11:17
4	Matthew Benson	CoNAC	11:35
5	Cody Pearman	U/A Ren Run	12:01
6	Sam Doughty	Ryston	13:12
7	Dylan Whitehouse	Ryston	13:13
8	Aidan Beagles	U/A	17:15
9	Albert Hornsby	U/A	18:14

Under 15 girls

Position	Name	Club	Time
1	Bethany Wilson	Thetford	12:08
2	Millie Adams	CoNAC	12:36
3	Emily Sykes	Attleborough	13:17
4	Isabella Mckenzie	Ryston	13:51

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Overall U17/Senior/Masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	Ryston	16:20	SM
2	Innes O'Malley	CoNAC	16:39	U17B
3	Conor Flanagan	Camb Tri	16:51	SM
4	Rob Simmonds	Ryston	16:59	SM
5	Sean Irving	CoNAC	17:14	SM
6	Daniel Preece	Mundford RC	17:17	SM
7	Andrew Simmonds	Ryston	17:19	MM40-44
8	John Hopgood	Ryston	17:24	MM40-44
9	Daniel Guppy	Ryston	17:41	MM40-44
10	Paul Ward	BVH	18:07	MM50-54
11	Jake Grand	NRR	18:12	SM
12	Nicholas Bensley	Ryston	18:15	MM50-54
13	Martin Sheldrick	Ryston	18:17	MM50-54
14	Toby Legh-Heyton	Ryston	18:27	SM
15	William Winter	U/A	18:37	MM40-44
16	Jason Cooper	Ryston	18:43	SM
17	Jannis Koulman	U/A	18:50	SM
18	Owen Hopgood	Ryston	18:52	U17B
19	Kevin Vaughan	Thetford	18:56	MM55-59
20	Ben Foxwell	U/A	19:00	SM
21	Oliver Foxwell	U/A	19:04	SM
22	Ali MacDonald	Lonely G	19:18	MM50-54
23	Elizabeth Daly	Dereham	19:22	MW35-39
24	Gary Hawkins	U/A	19:23	MM40-44
25	Sean Connolly	Ryston	19:24	MM50-54
26	Lacey Bareham	U/A	19:30	SW
27	Phil Hurr	BVH	19:32	MM60-65
28	Ben Collison	WN	19:35	SM
29	Cat Foley-Wray	RNTS	19:37	SW
30	Gareth Hunt	Ryston	19:45	SM
31	Dan Pratt	Ryston	19:49	MM40-44
32	Luke Pavey	Harling	19:50	MM40-44
33	Gary Malliband	Thetford	19:51	MM50-54
34	Stuart Holmes	Camb Tri	19:54	MM55-59
35	Paul O'Malley	U/A	20:05	MM50-54
36	Emma Wood	Ryston	20:09	MW35-39
37	Matt Knott	TCRC	20:15	MM40-44
38	Adrian Hall	Wyndham	20:17	MM55-59
39	Owen Jary	Ryston	20:19	MM45-49
40	Joanne Watkins	BVH	20:25	MW35-39
41	James Birch	Wyndham	20:30	MM50-54

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42	Albert Koulman	U/A	20:39	MM50-54
43	Tony Savage	Ryston	20:48	MM60-65
44	Darren Edridge	U/A	20:51	MM50-54
45	Philip Wright	BVH	20:53	MM45-49
46	Memphis Symonds	CoNAC	20:53	U17G
47	Adam Howard	Ryston	20:59	MM40-44
48	Kersten Muller	TCRC	21:06	MM45-49
49	Nigel Horney	Keswick	21:15	MM60-65
50	Nicky Roger	Ryston	21:20	MW50-54
51	Mark Fountain	Ryston	21:20	MM45-49
52	Graham Chapman	Ely Run	21:23	MM65+
53	Jason Blackwell	KLTC	21:27	MM50-54
54	Tristan Langley	Ryston	21:28	SM
55	Chris Wood	U/A	21:31	SM
56	Peter Wilson	U/A	21:34	MM50-54
57	Ian Wiggins	Ryston	21:41	MM40-44
58	Martin Ive	Ryston	21:54	MM55-59
59	Kevin Howlett	Ryston	22:00	MM60-65
60	Mark Garrett	WN	22:05	MM45-49
61	Jacob Last	Dereham	22:10	U17B
62	Robert Last	Dereham	22:11	MM40-44
63	Luke Guy	BVH	22:14	SM
64	Adrian Jay	Aylsham	22:16	MM50-54
65	Louis Preston	Dereham	22:22	U17B
66	Claire Wilshaw	Camb Tri	22:27	MW40-44
67	Jake Whitehouse	U/A	22:32	MM40-44
68	Jonny Clark	TCRC	22:36	MM45-49
69	Jonathan Beesley	TCRC	22:40	MM40-44
70	Debbie James	Ryston	22:54	MW50-54
71	Geraldine Jordan	KLTC	23:08	MW55-59
72	Kevin Finch	U/A	23:11	SM
73	Ian Patmore	U/A	23:19	MM55-59
74	Rob Gosnell	WN	23:20	MM40-44
75	Ronnie Robinson	KLTC	23:25	U17B
76	Kareana Symonds	Dereham	23:26	MW40-44
77	Alistair Doig	KLTC	23:28	MM45-49
78	Shaun Hurr	BVH	23:29	MM45-49
79	Neil Anderton	Dereham	23:30	MM65+
80	Belle Watkins	U/A	23:34	U17G
81	Peter Barratt	Attleboro	23:42	MM55-59
82	Emma Thompson	Ryston	23:44	MW40-44
83	Dan High	TCRC	23:48	SM
84	Pauline Drewery	Ryston	23:53	MW50-54

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85	Mark Doughty	Ryston	23:57	MM45-49
86	Vicki Newton	TCRC	24:19	MW35-39
87	Lauren Day	TCRC	24:20	SW
88	Tiegan Moore	Ryston	24:31	SW
89	Elaine Lumley	Ryston	24:32	MW45-49
90	Matthew Parker	Ryston	24:33	MM45-49
91	Mark Lloyd	U/A	24:42	MM55-59
92	Dale Hornsby	RAF	24:43	MM40-44
93	Neville Knights	Dereham	24:50	MM60-65
94	Charlotte Smith	U/A	24:59	SW
95	Ian King	Fenland RC	25:03	MM50-54
96	Deborah Last	Dereham	25:27	MW45-49
97	Steven Rue	St Eds	25:29	MM65+
98	Matt Hunter	TCRC	25:35	MM45-49
99	Sarah Melton-Whitelam	TCRC	25:47	MW40-44
100	Mark Mattless	TCRC	25:49	MM45-49
101	Liz Simmonds	U/A	25:55	MW40-44
102	Dave Vaughan	U/A	25:57	MM65+
103	Karen Wood	KLTC	25:58	MW55-59
104	Anna Seaman	U/A	25:59	MW40-44
105	Kerrie Page	Ryston	25:59	MW40-44
106	Kevin Took	Ryston	26:04	MM40-44
107	Marie Parker	U/A	26:16	MW40-44
108	Wendy Fisher	Ryston	26:19	MW55-59
109	Judith Berry	U/A	26:26	MW45-49
110	Michael Protheroe	Dereham	26:39	MM50-54
111	Dawn Protheroe	Dereham	26:39	MW50-54
112	Chris Milnes	Ryston	26:48	MM60-65
113	Emily Finch	U/A	26:50	MW40-44
114	Helen Melville	Ryston	27:04	MW45-49
115	Amanda Wright	U/A	27:11	MW35-39
116	Martin Blackburn	U/A	27:12	MM60-65
117	Maureen Wolfe	Ryston	27:15	MW60+
118	Debbie Agger	TCRC	27:16	MW40-44
119	Simon Alcock	BVH	27:18	MM50-54
120	Steve Whitelam	TCRC	27:20	MM50-54
121	Laura Jane Winter	U/A	27:21	MW35-39
122	Harriet Dolby	U/A	27:22	U17G
123	Sarah Jay	Aylsham	27:24	MW55-59
124	Peter Johnson	U/A	27:30	MM60-65
125	Cheryl Lenton	TCRC	27:33	MW40-44
126	James Thompson	U/A	27:34	SM

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127	Rita Rue	St Eds	27:35	MW60+
128	Pauline Sparrow	Ryston	27:45	MW60+
129	Wobine de Sitter	U/A	28:04	MW45-49
130	Susan McDonald	U/A	28:32	MW50-54
131	Grayhame Fish	U/A	28:49	MM65+
132	Tony Lamb	TCRC	29:06	MM55-59
133	Gail Wilson	U/A	29:13	MW50-54
134	Will Honeybone	Ryston	29:13	MM50-54
135	Eva Osborne	Wymond	29:43	MW60+
136	Ken Renshaw	Dereham	30:13	MM60-65
137	Dave Olley	Dereham	30:41	MM50-54
138	Diane Renshaw	Dereham	30:44	MW60+
139	Paula Olley	U/A	31:08	MW45-49
140	Katherine Pratt	U/A	31:13	MW40-44
141	Charlie Wilson	Ryston	31:16	MM45-49
142	Anne Fish	U/A	31:25	MW60+
143	Alison Wood	U/A	32:25	MW35-39
144	Don Hutchinson	Camb Tri	32:29	MM65+
145	Helen Driver	Ryston	32:33	MW50-54
146	Sarah Lamb	TCRC	32:36	MW50-54
147	Jodie Clark	TCRC	32:36	MW45-49
148	Jade Cooper	Ryston	33:17	SW
149	Hazel Cason	Dereham	33:22	MW60+

Under 17 boys

Position	Name	Club	Time
1	Innes O'Malley	CoNAC	16:39
2	Owen Hopgood	Ryston	18:52
3	Jacob Last	Dereham	22:10
4	Louis Preston	Dereham	22:22
5	Ronnie Robinson	KLTC	23:25

Under 17 girls

Position	Name	Club	Time
1	Memphis Symonds	CoNAC	20:53
2	Belle Watkins	U/A	23:34
3	Harriet Dolby	U/A	27:22

Ryston Runners GP 1 (2021-22)

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	16:20
2	Conor Flanagan	Camb Tri	16:51
3	Rob Simmonds	Ryston	16:59
4	Sean Irving	CoNAC	17:14
5	Daniel Preece	Mundford RC	17:17
6	Jake Grand	NRR	18:12
7	Toby Legh-Heyton	Ryston	18:27
8	Jason Cooper	Ryston	18:43
9	Jannis Koulman	U/A	18:50
10	Ben Foxwell	U/A	19:00
11	Oliver Foxwell	U/A	19:04
12	Ben Collison	WN	19:35
13	Gareth Hunt	Ryston	19:45
14	Tristan Langley	Ryston	21:28
15	Chris Wood	U/A	21:31
16	Luke Guy	BVH	22:14
17	Kevin Finch	U/A	23:11
18	Dan High	TCRC	23:48
19	James Thompson	U/A	27:34

Senior women

Position	Name	Club	Time
1	Lacey Bareham	U/A	19:30
2	Cat Foley-Wray	RNTS	19:37
3	Lauren Day	TCRC	24:20
4	Tiegan Moore	Ryston	24:31
5	Charlotte Smith	U/A	24:59
6	Jade Cooper	Ryston	33:17

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	19:22
2	Emma Wood	Ryston	20:09
3	Joanne Watkins	BVH	20:25
4	Vicki Newton	TCRC	24:19
5	Amanda Wright	U/A	27:11
6	Laura Jane Winter	U/A	27:21
7	Alison Wood	U/A	32:25

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Master 40-44 men

Position	Name	Club	Time
1	Andrew Simmonds	Ryston	17:19
2	John Hopgood	Ryston	17:24
3	Daniel Guppy	Ryston	17:41
4	William Winter	U/A	18:37
5	Gary Hawkins	U/A	19:23
6	Dan Pratt	Ryston	19:49
7	Luke Pavey	Harling	19:50
8	Matt Knott	TCRC	20:15
9	Adam Howard	Ryston	20:59
10	Ian Wiggins	Ryston	21:41
11	Robert Last	Dereham	22:11
12	Jake Whitehouse	U/A	22:32
13	Jonathan Beesley	TCRC	22:40
14	Rob Gosnell	WN	23:20
15	Dale Hornsby	RAF	24:43
16	Kevin Took	Ryston	26:04

Master 40-44 women

Position	Name	Club	Time
1	Claire Wilshaw	Camb Tri	22:27
2	Kareana Symonds	Dereham	23:26
3	Emma Thompson	Ryston	23:44
4	Sarah Melton-Whitelam	TCRC	25:47
5	Liz Simmonds	U/A	25:55
6	Kerrie Page	Ryston	25:59
7	Anna Seaman	U/A	25:59
8	Marie Parker	U/A	26:16
9	Emily Finch	U/A	26:50
10	Debbie Agger	TCRC	27:16
11	Cheryl Lenton	TCRC	27:33
12	Katherine Pratt	U/A	31:13

Ryston Runners GP 1 (2021-22)

Master 45-49 men

Position	Name	Club	Time
1	Owen Jary	Ryston	20:19
2	Philip Wright	BVH	20:53
3	Kersten Muller	TCRC	21:06
4	Mark Fountain	Ryston	21:20
5	Mark Garrett	WN	22:05
6	Jonny Clark	TCRC	22:36
7	Alistair Doig	KLTC	23:28
8	Shaun Hurr	BVH	23:29
9	Mark Doughty	Ryston	23:57
10	Matthew Parker	Ryston	24:33
11	Matt Hunter	TCRC	25:35
12	Mark Mattless	TCRC	25:49
13	Charlie Wilson	Ryston	31:16

Master 45-49 women

Position	Name	Club	Time
1	Elaine Lumley	Ryston	24:32
2	Deborah Last	Dereham	25:27
3	Judith Berry	U/A	26:26
4	Helen Melville	Ryston	27:04
5	Wobine de Sitter	U/A	28:04
6	Paula Olley	U/A	31:08
7	Jodie Clark	TCRC	32:36

Ryston Runners GP 1 (2021-22)

Master 50-54 men

Position	Name	Club	Time
1	Paul Ward	BVH	18:07
2	Nicholas Bensley	Ryston	18:15
3	Martin Sheldrick	Ryston	18:17
4	Ali MacDonald	Lonely G	19:18
5	Sean Connolly	Ryston	19:24
6	Gary Malliband	Thetford	19:51
7	Paul O'Malley	U/A	20:05
8	James Birch	Wymondham	20:30
9	Albert Koulman	U/A	20:39
10	Darren Edridge	U/A	20:51
11	Jason Blackwell	KLTC	21:27
12	Peter Wilson	U/A	21:34
13	Adrian Jay	Aylsham	22:16
14	Ian King	Fenland RC	25:03
15	Michael Protheroe	Dereham	26:39
16	Simon Alcock	BVH	27:18
17	Steve Whitelam	TCRC	27:20
18	Will Honeybone	Ryston	29:13
19	Dave Olley	Dereham	30:41

Master 50-54 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	21:20
2	Debbie James	Ryston	22:54
3	Pauline Drewery	Ryston	23:53
4	Dawn Protheroe	Dereham	26:39
5	Susan McDonald	U/A	28:32
6	Gail Wilson	U/A	29:13
7	Helen Driver	Ryston	32:33
8	Sarah Lamb	TCRC	32:36

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	18:56
2	Stuart Holmes	Camb Tri	19:54
3	Adrian Hall	Wymondham	20:17
4	Martin Ive	Ryston	21:54
5	Ian Patmore	U/A	23:19
6	Peter Barratt	Attleboro	23:42
7	Mark Lloyd	U/A	24:42
8	Tony Lamb	TCRC	29:06

Ryston Runners GP 1 (2021-22)

Master 55-59 women

Position	Name	Club	Time
1	Geraldine Jordan	KLTC	23:08
2	Karen Wood	KLTC	25:58
3	Wendy Fisher	Ryston	26:19
4	Sarah Jay	Aylsham	27:24

Master 60-64 men

Position	Name	Club	Time
1	Phil Hurr	BVH	19:32
2	Tony Savage	Ryston	20:48
3	Nigel Horney	Keswick	21:15
4	Kevin Howlett	Ryston	22:00
5	Neville Knights	Dereham	24:50
6	Chris Milnes	Ryston	26:48
7	Martin Blackburn	U/A	27:12
8	Peter Johnson	U/A	27:30
9	Ken Renshaw	Dereham	30:13

Master 60+ women

Position	Name	Club	Time
1	Maureen Wolfe	Ryston	27:15
2	Rita Rue	St Eds	27:35
3	Pauline Sparrow	Ryston	27:45
4	Eva Osborne	Wymond	29:43
5	Diane Renshaw	Dereham	30:44
6	Anne Fish	U/A	31:25
7	Hazel Cason	Dereham	33:22

Vet 65+ men

Position	Name	Club	Time
1	Graham Chapman	Ely Run	21:23
2	Neil Anderton	Dereham	23:30
3	Steven Rue	St Eds	25:29
4	Dave Vaughan	U/A	25:57
5	Grayhame Fish	U/A	28:49
6	Don Hutchinson	Camb Tri	32:29