

## Ryston Runners GP 4 (2021-22)

### *Overall Under 9s race*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	<b>Category</b>
1	Matas Petreikis	U/A	3:17	U9B
2	Max Hawkins	Ryston	3:26	U9B
3	Casper Findlay	Thetford	3:35	U9B
4	Henry Loveday	Down Prep	3:36	U9B
5	Noah Miller	Cherry Tree	3:38	U9B
6	Ryan Davies-Vail	St Martin	3:42	U9B
7	Isadora Barclay	Down Prep	3:45	U9G
8	Nicolas Brea Montanez	Cherry Tree	3:47	U9B
9	Logan Greenwood	Ryston/T St C	3:51	U9B
10	Rhys Howard	Ryston/Nt Wtn	3:51	U9B
11	Jesse Dye	Cherry Tree	3:52	U9B
12	Francesca Hollick-Pearce	Ed DM	3:58	U9G
13	Oliver Anderson	St Wtn	4:00	U9B
14	Blake Amos	U/A	4:01	U9G
15	Harvey Wilson	Down Prep	4:04	U9B
16	Maya Marcinek	Ren/WhiteF	4:05	U9G
17	Sophie Fletcher	Scarning	4:06	U9G
18	George Loveday	Down Prep	4:08	U9B
19	Flora Evans	Down Prep	4:08	U9G
20	Poppy Finch	U/A	4:09	U9G
21	Lauren Lawrence	Hunstan Pr	4:09	U9G
22	Theodore Beynon-Phillips	Down Prep	4:15	U9B
23	William Ward	Ter St C	4:17	U9B
24	Lacey Swinburn	Cherry Tree	4:20	U9G
25	Clayton Heather	CoNAC	4:41	U9B
26	Lola-Rose Cody	Cherry Tree	5:05	U9G
27	Annabelle Ford	Cherry Tree	5:05	U9G
28	Tom Norton	Cherry Tree	5:07	U9B
29	Grace Collins	U/A	5:13	U9G
30	Beau Barrett	U/A	5:14	U9G

## Ryston Runners GP 4 (2021-22)

### *Under 9 boys*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Matas Petreikis	U/A	3:17
2	Max Hawkins	Ryston	3:26
3	Casper Findlay	Thetford	3:35
4	Henry Loveday	Down Prep	3:36
5	Noah Miller	Cherry Tree	3:38
6	Ryan Davies-Vail	St Martin	3:42
7	Nicolas Brea Montanez	Cherry Tree	3:47
8	Logan Greenwood	Ryston/T St C	3:51
9	Rhys Howard	Ryston/Nt Wtn	3:51
10	Jesse Dye	Cherry Tree	3:52
11	Oliver Anderson	St Wtn	4:00
12	Harvey Wilson	Down Prep	4:04
13	George Loveday	Down Prep	4:08
14	Theodore Beynon-Phillips	Down Prep	4:15
15	William Ward	Ter St C	4:17
16	Clayton Heather	CoNAC	4:41
17	Tom Norton	Cherry Tree	5:07

### *Under 9 girls*

<b>Position</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	Isadora Barclay	Down Prep	3:45
2	Francesca Hollick-Pearce	Ed DM	3:58
3	Blake Amos	U/A	4:01
4	Maya Marcinek	Ren/WhiteF	4:05
5	Sophie Fletcher	Scarning	4:06
6	Flora Evans	Down Prep	4:08
7	Poppy Finch	U/A	4:09
8	Lauren Lawrence	Hunstan Pr	4:09
9	Lacey Swinburn	Cherry Tree	4:20
10	Lola-Rose Cody	Cherry Tree	5:05
11	Annabelle Ford	Cherry Tree	5:05
12	Grace Collins	U/A	5:13
13	Beau Barrett	U/A	5:14

## Ryston Runners GP 4 (2021-22)

### *Overall Under 11s race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Rory Wood	Ryston/Nt Wtn	8:38	U11B
2	Aidan Howard	Ryston/Nt Wtn	8:41	U11B
3	Leo Wood	Ryston/Nt Wtn	8:42	U11B
4	Luke Anderson	WNAC	9:05	U11B
5	Thomas Elsdon	Ryston/Nt Wtn	9:08	U11B
6	Seb Johnson	CoNAC	9:13	U11B
7	Billy Finch	CoNAC	9:14	U11B
8	Olivia Ord	Sth Wtn	9:15	U11G
9	Tom Kaiser	Eaton	9:21	U11B
10	Jasmin Benson	CoNAC	9:26	U11G
11	Frederick Hawkins	Ryston	9:31	U11B
12	Jessica Lawrence	Ryston/S Wtn	9:57	U11G
13	Casey Ward	Ryston/T St C	9:59	U11G
14	Elliott Amos	CoNAC	10:18	U11G
15	Kitty Allen	U/A	10:26	U11G
16	Poppy Findlay	Thetford	10:33	U11G
17	Kiyan Medina	Down Prep	10:49	U11B
18	Ben Norton	Cherry Tree	11:01	U11B
19	Leah Beagles	Ryston/Ingold	11:10	U11G
20	Troy Smith	Ren/Eastgate Ac	11:29	U11B
21	Hector Barclay	Down Prep	11:33	U11B
22	Ellie Bransgrove	Ryston/T St C	11:55	U11G
23	Daniel Rudling	Dereham	12:43	U11B
24	Isaac Fletcher	Dereham	12:44	U11B
25	Coralie Ford	Cherry Tree	13:38	U11G
26	Harry Cody	Cherry Tree	13:48	U11B

## Ryston Runners GP 4 (2021-22)

### *Under 11 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Rory Wood	Ryston/Nt Wtn	8:38
2	Aidan Howard	Ryston/Nt Wtn	8:41
3	Leo Wood	Ryston/Nt Wtn	8:42
4	Luke Anderson	WNAC	9:05
5	Thomas Elsdon	Ryston/Nt Wtn	9:08
6	Seb Johnson	CoNAC	9:13
7	Billy Finch	CoNAC	9:14
8	Tom Kaiser	Eaton	9:21
9	Frederick Hawkins	Ryston	9:31
10	Kiyan Medina	Down Prep	10:49
11	Ben Norton	Cherry Tree	11:01
12	Troy Smith	Ren/Eastgate Ac	11:29
13	Hector Barclay	Down Prep	11:33
14	Daniel Rudling	Dereham	12:43
15	Isaac Fletcher	Dereham	12:44
16	Harry Cody	Cherry Tree	13:48

### *Under 11 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Olivia Ord	Sth Wtn	9:15
2	Jasmin Benson	CoNAC	9:26
3	Jessica Lawrence	Ryston/S Wtn	9:57
4	Casey Ward	Ryston/T St C	9:59
5	Elliott Amos	CoNAC	10:18
6	Kitty Allen	U/A	10:26
7	Poppy Findlay	Thetford	10:33
8	Leah Beagles	Ryston/Ingold	11:10
9	Ellie Bransgrove	Ryston/T St C	11:55
10	Coralie Ford	Cherry Tree	13:38

## Ryston Runners GP 4 (2021-22)

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

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Jake Dorbin	Thetford	10:28	U15B
2	Billy Eccles	BVH	11:18	U15B
3	Matthew Benson	CoNAC	11:26	U15B
4	Callum Wing	Thetford	11:31	U15B
5	Connie Easter	CoNAC	11:38	U15G
6	Millie Adams	CoNAC	11:45	U15G
7	Finn Kaiser	CoNAC	11:52	U13B
8	Lexie Heather	U/A	11:55	U13G
9	Alfie Findlay	Thetford	12:03	U15B
10	Ethan Ward	Ryston	12:07	U13B
11	Bethany Wilson	Thetford	12:10	U15G
12	Eva Eccles	BVH	12:17	U13G
13	Lola Kidman	WNAC	12:21	U13G
14	Wiktorcia Marcinek	Ren Run	12:32	U13G
15	Amber Goddard	CoNAC	12:36	U13G
16	Henry Gosnell	WNAC	12:43	U13B
17	Vito Machin	CoNAC	12:53	U13B
18	Ruby Smith	Ryston	13:01	U15G
19	Evie Clayton	WNAC	13:03	U13G
20	Will Saunders	Ryston	13:17	U13B
21	Eloise Edridge	NNH	13:20	U13G
22	Sam Doughty	Ryston	13:29	U15B
23	Dylan Whitehouse	Ryston	13:36	U15B
24	Lily Goddard	CoNAC	13:47	U13G
25	Esmie Kidman	KLTC	14:02	U15G
26	Alisha Greenwood	Ryston	14:22	U13G
27	Isla Johnson	CoNAC	14:43	U13G
28	Heidi Arkell	WNAC	14:48	U13G
29	Hette Koulman	U/A	14:54	U13G

## Ryston Runners GP 4 (2021-22)

### *Under 13 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Finn Kaiser	CoNAC	11:52
2	Ethan Ward	Ryston	12:07
3	Henry Gosnell	WNAC	12:43
4	Vito Machin	CoNAC	12:53
5	Will Saunders	Ryston	13:17

### *Under 13 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Lexie Heather	U/A	11:55
2	Eva Eccles	BVH	12:17
3	Lola Kidman	WNAC	12:21
4	Wiktoria Marcinek	Ren Run	12:32
5	Amber Goddard	CoNAC	12:36
6	Evie Clayton	WNAC	13:03
7	Eloise Edridge	NNH	13:20
8	Lily Goddard	CoNAC	13:47
9	Alisha Greenwood	Ryston	14:22
10	Isla Johnson	CoNAC	14:43
11	Heidi Arkell	WNAC	14:48
12	Hette Koulman	U/A	14:54

### *Under 15 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jake Dorbin	Thetford	10:28
2	Billy Eccles	BVH	11:18
3	Matthew Benson	CoNAC	11:26
4	Callum Wing	Thetford	11:31
5	Alfie Findlay	Thetford	12:03
6	Sam Doughty	Ryston	13:29
7	Dylan Whitehouse	Ryston	13:36

### *Under 15 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Connie Easter	CoNAC	11:38
2	Millie Adams	CoNAC	11:45
3	Bethany Wilson	Thetford	12:10
4	Ruby Smith	Ryston	13:01
5	Esmie Kidman	KLTC	14:02

## Ryston Runners GP 4 (2021-22)

### *Overall Senior/Masters race*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Category</b>
1	Michael Eccles	BVH	15:48	MM40-44
2	Conor Flanagan	Camb Tri	16:29	SM
3	Danny Adams	CoNAC	16:32	SM
4	Rob Simmonds	Ryston	16:51	SM
5	Ben Keeley	Ryston	17:05	SM
6	Jan Kaiser	CoNAC	17:10	MM45-49
7	Stephen Balfe	U/A	17:20	MM40-44
8	Daniel Smith	Ryston	17:28	SM
9	John Hopgood	Ryston	17:41	MM40-44
10	Daniel Guppy	Ryston	17:49	MM40-44
11	Owen Hopgood	Ryston	18:21	U17B
12	Tom Bishop	Ldn City	18:32	SM
13	Jake Grand	NRR	18:34	SM
14	Frank Bowler	Wymond	18:35	SM
15	Kevin Vaughan	Thetford	18:38	MM55-59
16	Jannis Koulman	U/A	18:44	SM
17	Oliver Foxwell	Ryston	18:47	SM
18	Matt Stone	BVH	18:52	MM50-54
19	Jason Wing	U/A	18:55	MM50-54
20	Jonathan Adams	Tri Ang	18:57	MM45-49
21	Ben Collison	WNAC	19:02	SM
22	Owen Burge	Hallum H	19:07	SM
23	Jamie Bransgrove	Ryston	19:11	MM40-44
24	Luke Pavey	Harling	19:23	MM40-44
25	Emma Wood	Ryston	19:28	MW35-39
26	Neil Watson	WNAC	19:33	MM45-49
27	Stuart Holmes	Camb Tri	19:47	MM55-59
28	Nic Bensley	Ryston	19:52	MM50-54
29	Elizabeth Daly	Dereham	19:52	MW35-39
30	James Ord	Ryston	20:02	SM
31	Owen Jary	Ryston	20:07	MM45-49
32	Bailey Took	U/A	20:14	SM
33	Dawn Robinson	Ryston	20:17	SW
34	Joanne Watkins	BVH	20:21	MW35-39
35	Lee Johnson	TCRC	20:28	SM
36	Wayne Ramsbottom	Dereham	20:31	MM50-54
37	Peter Bird	St Eds	20:35	MM45-49
38	Cameron Raven	RNTS	20:39	SM
39	Alice Horney	U/A	20:41	SW
40	Nigel Horney	Keswick	20:42	MM60-65
41	Adam Howard	Ryston	20:45	MM40-44

## Ryston Runners GP 4 (2021-22)

42	Adrian Hall	Wymond	20:46	MM55-59
43	Stephen Woodcroft	Wymond	20:48	MM40-44
44	Tristan Langley	Ryston	20:54	SM
45	Albert Koulman	U/A	20:57	MM50-54
46	Graham Chapman	Ely R	21:00	MM65+
47	Darren Edridge	U/A	21:00	MM50-54
48	Phoebe Russell	Ryston	21:01	SW
49	Madelene Bacon	CoNAC	21:03	U17G
50	Ben Foxwell	Ryston	21:03	SM
51	Frank Gribben	BVH	21:16	MM65+
52	Martin Koenigsberger	WNAC	21:20	MM50-54
53	Jacob Last	Dereham	21:23	U17B
54	Adrian Hollis	Dereham	21:29	MM55-59
55	Kersten Muller	TCRC	21:33	MM45-49
56	Chris Chorley	BBD	21:34	MM55-59
57	Martin Ive	Ryston	21:43	MM55-59
58	Andy Rowles	Dereham	21:48	MM55-59
59	Peter Wilson	U/A	21:49	MM50-54
60	Mark Fountain	Ryston	21:49	MM45-49
61	Claire Wilshaw	Camb Tri	21:50	MW40-44
62	Nigel Kenny	Ryston	21:55	MM55-59
63	Pete Thompson	Norf Gaz	21:57	MM65+
64	Molly Sands	Ryston	21:58	SW
65	Louis Preston	Dereham	21:59	U17B
66	Lesley Robins	Ryston	22:01	MW45-49
67	Kevin Howlett	Ryston	22:05	MM60-65
68	Mark Doughty	Ryston	22:09	MM45-49
69	Patrick Gosling	U/A	22:15	MM50-54
70	Nicky Roger	Ryston	22:17	MW50-54
71	Chris Wood	U/A	22:21	SM
72	Brian Titchiner	U/A	22:22	MM60-65
73	Alistair Doig	KLTC	22:24	MM45-49
74	Jason Hawes	Ryston	22:25	MM50-54
75	Philip Websdale	Dereham	22:32	MM45-49
76	Kevin Finch	U/A	22:35	SM
77	Stewart Robins	Ryston	22:37	MM50-54
78	Robert Last	Dereham	22:41	MM40-44
79	Jake Whitehouse	U/A	22:47	MM40-44
80	Jonny Clark	TCRC	22:47	MM45-49
81	Louise Hudson	Dereham	22:48	MW40-44
82	Rob Gosnell	WNAC	22:49	MM40-44
83	Brian Cook	U/A	22:52	MM50-54
84	Tessa Killingbeck	U/A	22:57	MW35-39



## Ryston Runners GP 4 (2021-22)

85	Anthony Cassels	U/A	22:58	SM
86	Georgia Williams	Wymond	23:00	SW
87	Tony Beales	Wymond	23:01	MM55-59
88	Lee Richardson	WNAC	23:03	MM40-44
89	Greg Tinver	Tri Ang	23:04	SM
90	Gary Ingrey	TCRC	23:06	MM60-65
91	Daniel Green	Dereham	23:12	MM40-44
92	Phil Newton	TCRC	23:15	MM40-44
93	irena Marcinek	Ryston	23:21	MW40-44
94	Pauline Drewery	Ryston	23:24	MW50-54
95	Matthew Freezer	Dereham	23:33	SM
96	Jamie Copeman	CoNAC	23:37	SM
97	Kristy Guneratne	St Rad	23:39	MW40-44
98	Anna Smith	Ryston	23:43	MW40-44
99	Steven Rue	St Eds	23:50	MM65+
100	Dan High	TCRC	23:52	SM
101	Penny Simmonds	Ryston	23:53	MW35-39
102	Ian Patmore	Run DMC	23:54	MM55-59
103	Kareana Symonds	Dereham	23:55	MW40-44
104	Alice Grant	BVH	23:57	SW
105	Lauren Day	TCRC	23:57	SW
106	Elaine Lumley	Ryston	24:00	MW45-49
107	Vicky Newton	TCRC	24:01	MW35-39
108	Katherine Garwood	BVH	24:02	MW45-49
109	Paul Richardson	Dereham	24:03	MM65+
110	Joanna Banaszek	U/A	24:05	MW45-49
111	Belle Watkins	BVH	24:07	U17G
112	Mark Lloyd	U/A	24:10	MM55-59
113	Terry Brunton	Dereham	24:18	MW50-54
114	Matthew Parker	Ryston	24:20	MM45-49
115	Michael Barrett	U/A	24:28	MM65+
116	Kevin Took	Ryston	24:35	MM40-44
117	Eloise Bird	St Eds	24:38	MW50-54
118	Sarah-Jane Macdonald	TCRC	24:50	MW45-49
119	Neil Anderton	Dereham	24:52	MM65+
120	Jason Cooper	Ryston	24:55	SM
121	Chris Chapman	Ryston	24:58	MM65+
122	Isabella Green	Dereham	24:59	U17G
123	Anna Frostwick	Dereham	25:00	SW
124	Matt Hunter	TCRC	25:25	MM45-49
125	Anna Seaman	Ryston	25:28	MW40-44
126	Peter Swales	Dereham	25:34	MM55-59

## Ryston Runners GP 4 (2021-22)

127	Zoe Gorley	TCRC	25:36	MW45-49
128	Deborah Last	Dereham	25:37	MW45-49
129	Sarah Johnson	TCRC	25:38	MW35-39
130	Stuart Bizley	Dereham	25:49	MM60-65
131	Pauline Sparrow	Ryston	25:54	MW60+
132	Martin Blackburn	Ryston	26:02	MM60-65
133	Judith Berry	Ryston	26:05	MW45-49
134	Barbara Kosiba	T St C RC	26:08	MW35-39
135	Bobbie Sauerzapf	BBD	26:12	MW60+
136	Kerrie Page	Ryston	26:17	MW40-44
137	Caroline Fletcher	Dereham	26:29	MW35-39
138	Lucy McDowie	U/A	26:32	MW40-44
139	Winston Wannop	St Rade	26:44	MM60-65
140	Natisha Ramsbottom	Dereham	26:45	SW
141	Rob Dye	Dereham	26:46	MM50-54
142	Dave Vaughan	U/A	26:58	MM65+
143	Lorraine Reeves	Brndn FH	27:00	MW45-49
144	Jane Ashby	Ryston	27:02	MW60+
145	Maureen Wolfe	Ryston	27:10	MW60+
146	Steve Whitelam	TCRC	27:15	MM50-54
147	Hayley Wright	RNTS	27:17	MW45-49
148	Ben Clarke	U/A	27:18	SM
149	Lucy Allen	U/A	27:28	SW
150	Niamh Allitt	U/A	27:34	MW35-39
151	Ryan Bigland	U/A	27:34	SM
152	John Bowen	Ryston	28:00	MM50-54
153	Emma Penfold	Colt Jags	28:02	MW50-54
154	Dee Middleton-Hall	Wymond	28:03	MW55-59
155	Darren Elsdon	KLTC	28:09	MM45-49
156	Emily Finch	U/A	28:20	MW40-44
157	Tony Lamb	TCRC	28:22	MM55-59
158	Sarah Lake	Dereham	28:25	MW40-44
159	Rite Rue	St Eds	28:31	MW60+
160	Cheryl Lenton	TCRC	28:43	MW40-44
161	Elizabeth Blakie	Ryston	28:53	MW60+
162	Sally Porter	BVH	28:54	MW55-59
163	Lynne Dowdy	RNTS	29:03	MW60+
164	Eva Osborne	Wymond	29:08	MW60+
165	Ken Renshaw	Dereham	29:56	MM60-65
166	Henrietta Green	Dereham	30:22	MW40-44
167	David Lane	Ryston	30:35	MM55-59
168	Claire Ives	U/A	30:45	MW40-44
169	Catherine Pratt	U/A	31:33	MW40-44

## Ryston Runners GP 4 (2021-22)

170	Alison Wood	U/A	31:34	MW35-39
171	Helen Driver	Ryston	31:38	MW50-54
172	Samantha Lingwood	Dereham	32:27	MW45-49
173	Jade Cooper	Ryston	32:47	SW
174	Sarah Lamb	TCRC	32:52	MW50-54
175	Lorraine Parker	TCRC	32:53	MW50-54
176	Jodie Clark	TCRC	32:53	MW45-49
177	Diane Renshaw	Dereham	33:02	MW60+
178	Hazel Cason	Dereham	33:47	MW60+
179	Don Hutchinson	Camb Tri	34:30	MM65+
180	John Richardson	Dereham	37:28	MM65+
181	Martin Elsegood	Ryston	46:26	MM55-59

### *Under 17 boys*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Owen Hopgood	Ryston	18:21
2	Jacob Last	Dereham	21:23
3	Louis Preston	Dereham	21:59

### *Under 17 girls*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Madelene Bacon	CoNAC	21:03
2	Belle Watkins	BVH	24:07
3	Isabella Green	Dereham	24:59

## Ryston Runners GP 4 (2021-22)

### *Senior men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Conor Flanagan	Camb Tri	16:29
2	Danny Adams	CoNAC	16:32
3	Rob Simmonds	Ryston	16:51
4	Ben Keeley	Ryston	17:05
5	Daniel Smith	Ryston	17:28
6	Tom Bishop	Ldn City	18:32
7	Jake Grand	NRR	18:34
8	Frank Bowler	Wymond	18:35
9	Jannis Koulman	U/A	18:44
10	Oliver Foxwell	Ryston	18:47
11	Ben Collison	WNAC	19:02
12	Owen Burge	Hallum H	19:07
13	James Ord	Ryston	20:02
14	Bailey Took	U/A	20:14
15	Lee Johnson	TCRC	20:28
16	Cameron Raven	RNTS	20:39
17	Tristan Langley	Ryston	20:54
18	Ben Foxwell	Ryston	21:03
19	Chris Wood	U/A	22:21
20	Kevin Finch	U/A	22:35
21	Anthony Cassels	U/A	22:58
22	Greg Tinver	Tri Ang	23:04
23	Matthew Freezer	Dereham	23:33
24	Jamie Copeman	CoNAC	23:37
25	Dan High	TCRC	23:52
26	Jason Cooper	Ryston	24:55
27	Ben Clarke	U/A	27:18
28	Ryan Bigland	U/A	27:34

## Ryston Runners GP 4 (2021-22)

### *Senior women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Dawn Robinson	Ryston	20:17
2	Alice Horney	U/A	20:41
3	Phoebe Russell	Ryston	21:01
4	Molly Sands	Ryston	21:58
5	Georgia Williams	Wymond	23:00
6	Alice Grant	BVH	23:57
7	Lauren Day	TCRC	23:57
8	Anna Frostwick	Dereham	25:00
9	Natisha Ramsbottom	Dereham	26:45
10	Lucy Allen	U/A	27:28
11	Jade Cooper	Ryston	32:47

### *Master 35-39 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Emma Wood	Ryston	19:28
2	Elizabeth Daly	Dereham	19:52
3	Joanne Watkins	BVH	20:21
4	Tessa Killingbeck	U/A	22:57
5	Penny Simmonds	Ryston	23:53
6	Vicky Newton	TCRC	24:01
7	Sarah Johnson	TCRC	25:38
8	Barbara Kosiba	T St C RC	26:08
9	Caroline Fletcher	Dereham	26:29
10	Niamh Allitt	U/A	27:34
11	Alison Wood	U/A	31:34

## Ryston Runners GP 4 (2021-22)

### *Master 40-44 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Michael Eccles	BVH	15:48
2	Stephen Balfe	U/A	17:20
3	John Hopgood	Ryston	17:41
4	Daniel Guppy	Ryston	17:49
5	Jamie Bransgrove	Ryston	19:11
6	Luke Pavey	Harling	19:23
7	Adam Howard	Ryston	20:45
8	Stephen Woodcroft	Wymond	20:48
9	Robert Last	Dereham	22:41
10	Jake Whitehouse	U/A	22:47
11	Rob Gosnell	WNAC	22:49
12	Lee Richardson	WNAC	23:03
13	Daniel Green	Dereham	23:12
14	Phil Newton	TCRC	23:15
15	Kevin Took	Ryston	24:35

### *Master 40-44 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Claire Wilshaw	Camb Tri	21:50
2	Louise Hudson	Dereham	22:48
3	irena Marcinek	Ryston	23:21
4	Kristy Guneratne	St Rad	23:39
5	Anna Smith	Ryston	23:43
6	Kareana Symonds	Dereham	23:55
7	Anna Seaman	Ryston	25:28
8	Kerrie Page	Ryston	26:17
9	Lucy McDowie	U/A	26:32
10	Emily Finch	U/A	28:20
11	Sarah Lake	Dereham	28:25
12	Cheryl Lenton	TCRC	28:43
13	Henrietta Green	Dereham	30:22
14	Claire Ives	U/A	30:45
15	Catherine Pratt	U/A	31:33

## Ryston Runners GP 4 (2021-22)

### *Master 45-49 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Jan Kaiser	CoNAC	17:10
2	Jonathan Adams	Tri Ang	18:57
3	Neil Watson	WNAC	19:33
4	Owen Jary	Ryston	20:07
5	Peter Bird	St Eds	20:35
6	Kersten Muller	TCRC	21:33
7	Mark Fountain	Ryston	21:49
8	Mark Doughty	Ryston	22:09
9	Alistair Doig	KLTC	22:24
10	Philip Websdale	Dereham	22:32
11	Jonny Clark	TCRC	22:47
12	Matthew Parker	Ryston	24:20
13	Matt Hunter	TCRC	25:25
14	Darren Elsdon	KLTC	28:09

### *Master 45-49 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Lesley Robins	Ryston	22:01
2	Elaine Lumley	Ryston	24:00
3	Katherine Garwood	BVH	24:02
4	Joanna Banaszek	U/A	24:05
5	Sarah-Jane Macdonald	TCRC	24:50
6	Zoe Gorley	TCRC	25:36
7	Deborah Last	Dereham	25:37
8	Judith Berry	Ryston	26:05
9	Lorraine Reeves	Brndn FH	27:00
10	Hayley Wright	RNTS	27:17
11	Samantha Lingwood	Dereham	32:27
12	Jodie Clark	TCRC	32:53

## Ryston Runners GP 4 (2021-22)

### *Master 50-54 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Matt Stone	BVH	18:52
2	Jason Wing	U/A	18:55
3	Nic Bensley	Ryston	19:52
4	Wayne Ramsbottom	Dereham	20:31
5	Albert Koulman	U/A	20:57
6	Darren Edridge	U/A	21:00
7	Martin Koenigsberger	WNAC	21:20
8	Peter Wilson	U/A	21:49
9	Patrick Gosling	U/A	22:15
10	Jason Hawes	Ryston	22:25
11	Stewart Robins	Ryston	22:37
12	Brian Cook	U/A	22:52
13	Rob Dye	Dereham	26:46
14	Steve Whitelam	TCRC	27:15
15	John Bowen	Ryston	28:00

### *Master 50-54 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nicky Roger	Ryston	22:17
2	Pauline Drewery	Ryston	23:24
3	Terry Brunton	Dereham	24:18
4	Eloise Bird	St Eds	24:38
5	Emma Penfold	Colt Jags	28:02
6	Helen Driver	Ryston	31:38
7	Sarah Lamb	TCRC	32:52
8	Lorraine Parker	TCRC	32:53



## Ryston Runners GP 4 (2021-22)

### *Master 55-59 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Kevin Vaughan	Thetford	18:38
2	Stuart Holmes	Camb Tri	19:47
3	Adrian Hall	Wymond	20:46
4	Adrian Hollis	Dereham	21:29
5	Chris Chorley	BBD	21:34
6	Martin Ive	Ryston	21:43
7	Andy Rowles	Dereham	21:48
8	Nigel Kenny	Ryston	21:55
9	Tony Beales	Wymond	23:01
10	Ian Patmore	Run DMC	23:54
11	Mark Lloyd	U/A	24:10
12	Peter Swales	Dereham	25:34
13	Tony Lamb	TCRC	28:22
14	David Lane	Ryston	30:35
15	Martin Elsegood	Ryston	46:26

### *Master 55-59 women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Dee Middleton-Hall	Wymond	28:03
2	Sally Porter	BVH	28:54

### *Master 60-64 men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Nigel Horney	Keswick	20:42
2	Kevin Howlett	Ryston	22:05
3	Brian Titchiner	U/A	22:22
4	Gary Ingrey	TCRC	23:06
5	Stuart Bizley	Dereham	25:49
6	Martin Blackburn	Ryston	26:02
7	Winston Wannop	St Rade	26:44
8	Ken Renshaw	Dereham	29:56

## Ryston Runners GP 4 (2021-22)

### *Master 60+ women*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Pauline Sparrow	Ryston	25:54
2	Bobbie Sauerzapf	BBD	26:12
3	Jane Ashby	Ryston	27:02
4	Maureen Wolfe	Ryston	27:10
5	Rite Rue	St Eds	28:31
6	Elizabeth Blakie	Ryston	28:53
7	Lynne Dowdy	RNTS	29:03
8	Eva Osborne	Wymond	29:08
9	Diane Renshaw	Dereham	33:02
10	Hazel Cason	Dereham	33:47

### *Vet 65+ men*

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Graham Chapman	Ely R	21:00
2	Frank Gribben	BVH	21:16
3	Pete Thompson	Norf Gaz	21:57
4	Steven Rue	St Eds	23:50
5	Paul Richardson	Dereham	24:03
6	Michael Barrett	U/A	24:28
7	Neil Anderton	Dereham	24:52
8	Chris Chapman	Ryston	24:58
9	Dave Vaughan	U/A	26:58
10	Don Hutchinson	Camb Tri	34:30
11	John Richardson	Dereham	37:28