

Ryston Runners GP 5 (2021-22)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Matas Petreikis	St Martha's	3:07	U9B
2	Ezra Lewis	Down Prep	3:29	U9B
3	Maximus Hawkins	Ryston/Glebe	3:31	U9B
4	Henry Loveday	Down Prep	3:39	U9B
5	Noah Miller	Cherry Tree	3:43	U9B
6	Logan Greenwood	Ryston/TSC	3:46	U9B
7	Noah Ward	Terring SC	3:47	U9B
8	Blake Amos	U/A	3:49	U9G
9	Mia Kaiser	Eaton	3:50	U9G
10	Ryan Davies-Vail	St Martin	3:53	U9B
11	Jesse Dye	Cherry Tree	3:57	U9B
12	Isadora Barclay	Down Prep	4:00	U9G
13	Francesca Hollick-Pearce	Ed de M	4:00	U9G
14	Mia Marcinek	Ren/Whitef	4:05	U9G
15	William Ward	Terring SC	4:07	U9B
16	Lauren Lawrence	Hunst	4:07	U9G
17	Oliver Anderson	Ren/St Wtn	4:10	U9B
18	Poppy Finch	U/A	4:15	U9G
19	George Loveday	Down Prep	4:24	U9B
20	Clayton Heather	Ling	4:35	U9B
21	Imogen Green	Harling/Wickle	4:36	U9G
22	Abe Gosnell	Nt Wtn	4:42	U9B
23	Lacey Swinburn	Cherry Tree	4:43	U9G
24	Anwen Jones	Cherry Tree	4:49	U9G
25	Annabelle Ford	Cherry Tree	4:52	U9G
26	Tim Norton	Cherry Tree	4:53	U9B
27	Isabelle Lawrence	Hunst	5:01	U9G

Ryston Runners GP 5 (2021-22)

Under 9 boys

Position	Name	Club/School	Time
1	Matas Petreikis	St Martha's	3:07
2	Ezra Lewis	Down Prep	3:29
3	Maximus Hawkins	Ryston/Glebe	3:31
4	Henry Loveday	Down Prep	3:39
5	Noah Miller	Cherry Tree	3:43
6	Logan Greenwood	Ryston/TSC	3:46
7	Noah Ward	Terring SC	3:47
8	Ryan Davies-Vail	St Martin	3:53
9	Jesse Dye	Cherry Tree	3:57
10	William Ward	Terring SC	4:07
11	Oliver Anderson	Rne/St Wtn	4:10
12	George Loveday	Down Prep	4:24
13	Clayton Heather	Ling	4:35
14	Abe Gosnell	Nt Wtn	4:42
15	Tim Norton	Cherry Tree	4:53

Under 9 girls

Position	Name	Club/School	Time
1	Blake Amos	U/A	3:49
2	Mia Kaiser	Eaton	3:50
3	Isadora Barclay	Down Prep	4:00
4	Francesca Hollick-Pearce	Ed de M	4:00
5	Mia Marcinek	Ren/Whitef	4:05
6	Lauren Lawrence	Hunst	4:07
7	Poppy Finch	U/A	4:15
8	Imogen Green	Harling/Wickle	4:36
9	Lacey Swinburn	Cherry Tree	4:43
10	Anwen Jones	Cherry Tree	4:49
11	Annabelle Ford	Cherry Tree	4:52
12	Isabelle Lawrence	Hunst	5:01

Ryston Runners GP 5 (2021-22)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Name	Club	Time	Category
2	Rory Wood	Ryston/Nt Wtn	8:32	U11B
3	Leo Wood	Ryston/Nt Wtn	8:38	U11B
4	Luke Anderson	WNAC	8:51	U11B
5	Billy Finch	CoNAC	8:57	U11B
6	Jasmin Benson	CoNAC	8:59	U11G
7	Isaac Brown	Dereham	9:03	U11B
8	Olivia Ord	Ryston/St Wtn	9:05	U11G
9	Faith Turner	Ryston/Flitch	9:49	U11G
10	Kitty Allen	HM	10:04	U11G
11	Stanley Underwood	Dereham	10:10	U11B
12	Tom Kaiser	Eaton	10:22	U11B
13	April Green	CoNAC/Wickle	10:27	U11G
14	James Dolby	Hollywell	10:37	U11B
15	Jessica Lawrence	Ryston/Glebe	11:08	U11G
16	Toby Turner	Ryston/Flitch	11:13	U11B
17	Ben Norton	Cherry Tree	11:42	U11B
18	Troy Smith	Eastg Prim	11:44	U11B
19	Daniel Rudling	Dereham	12:06	U11B
20	Isaac Fletcher	Dereham	14:03	U11B

Under 11 boys

Position	Name	Club	Time
1	Rory Wood	Ryston/Nt Wtn	8:32
2	Leo Wood	Ryston/Nt Wtn	8:38
3	Luke Anderson	WNAC	8:51
4	Billy Finch	CoNAC	8:57
5	Isaac Brown	Dereham	9:03
6	Stanley Underwood	Dereham	10:10
7	Tom Kaiser	Eaton	10:22
8	James Dolby	Hollywell	10:37
9	Toby Turner	Ryston/Flitch	11:13
10	Ben Norton	Cherry Tree	11:42
11	Troy Smith	Eastg Prim	11:44
12	Daniel Rudling	Dereham	12:06
13	Isaac Fletcher	Dereham	14:03
14	Oliver Holehouse	Cherry Tree	14:21

Ryston Runners GP 5 (2021-22)

Under 11 girls

Position	Name	Club	Time
1	Jasmin Benson	CoNAC	8:59
2	Olivia Ord	Ryston/St Wtn	9:05
3	Faith Turner	Ryston/Flitch	9:49
4	Kitty Allen	HM	10:04
5	April Green	CoNAC/Wickle	10:27
6	Jessica Lawrence	Ryston/Glebe	11:08

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:30	U15B
2	Tobias Cheesbrough	Dereham	10:35	U15B
3	Connie Easter	CoNAC	11:02	U15G
4	Matthew Benson	CoNAC	11:12	U15B
5	Cameron Wedon	GYDAC	11:16	U13B
6	Finn Kaiser	CoNAC	11:35	U13B
7	Ethan Ward	Ryston	11:46	U13B
8	Lexie Heather	CoNAC	11:55	U13G
9	Bethany Wilson	Thetford	12:00	U15G
10	Eva Eccles	BVH	12:03	U13G
11	Lola Kidman	WNAC	12:15	U13G
12	Amber Goddard	CoNAC	12:42	U13G
13	Henry Gosnell	WNAC	12:51	U13B
14	Evie Clayton	WNAC	12:56	U13G
15	Archie Heather	U/A	13:06	U15B
16	Belle Mckenzie	Ryston	13:07	U15G
17	Eloise Edridge	NNH	13:57	U13G
18	Alisha Greenwood	Ryston	14:26	U13G
19	Daniel Bierton	U/A	19:25	U13B

Under 13 boys

Position	Name	Club	Time
1	Cameron Wedon	GYDAC	11:16
2	Finn Kaiser	CoNAC	11:35
3	Ethan Ward	Ryston	11:46
4	Henry Gosnell	WNAC	12:51
5	Daniel Bierton	U/A	19:25

Ryston Runners GP 5 (2021-22)

Under 13 girls

Position	Name	Club	Time
1	Lexie Heather	CoNAC	11:55
2	Eva Eccles	BVH	12:03
3	Lola Kidman	WNAC	12:15
4	Amber Goddard	CoNAC	12:42
5	Evie Clayton	WNAC	12:56
6	Eloise Edridge	NNH	13:57
7	Alisha Greenwood	Ryston	14:26

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	10:30
2	Tobias Cheesbrough	Dereham	10:35
3	Matthew Benson	CoNAC	11:12
4	Archie Heather	U/A	13:06

Under 15 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	11:02
2	Bethany Wilson	Thetford	12:00
3	Belle Mckenzie	Ryston	13:07

Overall Under 17s race

Position	Name	Club	Time	Category
1	Owen Hopgood	Ryston	17:30	U17B
2	Oakley Took	U/A	18:27	U17B
3	Jacob Last	Dereham	19:11	U17B
4	Malakai Took	U/A	20:02	U17B
5	Ronnie Robinson	KLTC	23:45	U17B
6	Belle Watkins	BVH	23:57	U17G
7	Harriet Dolby	U/A	24:07	U17G

Under 17 boys

Position	Name	Club	Time
1	Owen Hopgood	Ryston	17:30
2	Oakley Took	U/A	18:27
3	Jacob Last	Dereham	19:11
4	Malakai Took	U/A	20:02
5	Ronnie Robinson	KLTC	23:45

Ryston Runners GP 5 (2021-22)

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	23:57
2	Harriet Dolby	U/A	24:07

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Conor Flanagan	Camb Tri	29:37	SM
2	Callum Stanforth	Ryston	30:27	SM
3	Rob Simmonds	Ryston	31:09	SM
4	Jan Kaiser	CoNAC	31:18	MM45-49
5	Daniel Smith	Ryston	31:40	SM
6	Stephen Balfe	U/A	32:41	MM40-44
7	John Hopgood	Ryston	32:53	MM40-44
8	Jo Andrews	BBD	33:09	MW45-49
9	William Winter	U/A	33:47	MM40-44
10	Matt Stone	BVH	34:21	MM50-54
11	Nic Bensley	Ryston	35:26	MM50-54
12	Oliver Foxwell	Ryston	35:29	SM
13	Neil Stapleton	WNAC	35:30	MM45-49
14	Neil Watson	WNAC	35:37	MM45-49
15	Luke Pavey	Harling	36:00	MM40-44
16	James Ord	Ryston	36:14	SM
17	Lee Johnson	TCRC	36:17	SM
18	Stuart Holmes	Camb Tri	36:27	MM55-59
19	Ben Collison	WNAC	36:40	SM
20	Emma Wood	Ryston	36:50	MW35-39
21	Michael Howlett	Ryston	36:51	SM
22	Wayne Ramsbottom	Dereham	37:14	MM50-54
23	Ben Foxwell	Ryston	37:23	SM
24	Malcolm Tuff	Ryston	37:46	MM55-59
25	Dawn Robinson	Ryston	37:51	SW
26	Adrain Hall	Wymond	38:02	MM55-59
27	Joanne Watkins	BVH	38:23	MW35-39
28	Ian Kidman	KLTC	39:03	MM50-54
29	Rob Skillings	Ryston	39:04	MM40-44
30	Chris Chorley	BBD	39:07	MM55-59
31	Brian Symonds	U/A	39:16	MM40-44
32	Owen Jary	Ryston	39:31	MM50-54
33	Shaun Hamer	Ryston	40:04	MM40-44
34	Darren Edridge	U/A	40:09	MM50-54
35	Jessica Mckenzie	Ryston	40:17	SW

Ryston Runners GP 5 (2021-22)

36	Matt Knott	Ryston	40:33	MM40-44
37	Peter Wilson	U/A	40:37	MM50-54
38	Robert Last	Dereham	40:53	MM40-44
39	Molly Sands	Ryston	40:56	SW
40	Pete Thompson	Norf Gaz	41:14	MM65+
41	Ben Chamberlain	C&C	41:18	SM
42	Nigel Kenny	Ryston	41:27	MM55-59
43	Tony Beales	Wymond	41:35	MM55-59
44	Jason Hawes	Ryston	41:52	MM50-54
45	Nick Jones	U/A	42:00	MM40-44
46	Jason Cooper	Ryston	42:15	SM
47	Mark Fountain	Ryston	42:29	MM45-49
48	Chris Wood	U/A	42:30	SM
49	Jonny Clark	TCRC	42:30	MM45-49
50	Rob Gosnell	WNAC	42:40	MM40-44
51	Vicky Newton	TCRC	43:03	MW35-39
52	Michael Brentnall	C&C	43:08	MM65+
53	Andy Rowles	Dereham	43:21	MM55-59
54	Steven Rue	St Eds	43:26	MM65+
55	Gary Ingrey	TCRC	43:37	MM60-65
56	Kevin Howlett	Ryston	43:45	MM60-65
57	Phil Newton	TCRC	43:51	MM40-44
58	Philip Websdale	Dereham	43:52	MM45-49
59	Peter Bird	St Eds	43:56	MM45-49
60	James Nice	Dereham	44:02	MM55-59
61	Lesley Robins	Ryston	44:03	MW50-54
62	Alice Grant	BVH	44:18	SW
63	Lucy McDowie	Ryston	44:20	MW40-44
64	Irena Marcinek	Ryston	44:31	MW40-44
65	Kareana Symonds	Dereham	44:41	MW40-44
66	Elaine Lumley	Ryston	44:55	MW45-49
67	Lauren Day	TCRC	45:00	SW
68	Kevin Took	Ryston	45:04	MM40-44
69	Nigel Dickins	NVH	45:07	MM65+
70	Linda Marshall	Ryston	45:09	MW55-59
71	Neville Knights	Dereham	45:43	MM60-65
72	Sarah Jane McDonald	TCRC	45:50	MW45-49
73	Lee Richardson	WNAC	46:00	MM40-44
74	Neil Anderton	Dereham	46:05	MM65+
75	Matthew Parker	Ryston	46:09	MM45-49
76	Stuart Bizley	Dereham	46:14	MM60-65
77	Bobbie Sauerzapf	BBD	46:28	MW60+
78	Matt Hunter	TCRC	46:32	MM45-49

Ryston Runners GP 5 (2021-22)

79	Paul Richardson	Dereham	46:47	MM65+
80	Deborah Last	Dereham	46:48	MW45-49
81	Laura Jane Winter	U/A	47:08	MW35-39
82	Sarah Melton-Whitelam	TCRC	47:30	MW40-44
83	Eloise Bird	St Eds	47:36	MW50-54
84	Caroline Fletcher	Dereham	47:53	MW35-39
85	Zoe Gorley	TCRC	48:39	MW45-49
86	Glen Smith	C&C	48:44	MM65+
87	Mat Eyre	RNTS	48:46	MM45-49
88	Judith Berry	Ryston	48:51	MW45-49
89	Sarah Johnson	TCRC	48:55	MW35-39
90	Charlotte Smith	U/A	49:03	SW
91	Richard Fletcher	U/A	49:08	SM
92	Dom Hargrave	U/A	49:08	MW35-39
93	Pauline Sparrow	Ryston	49:21	MW60+
94	Martin Blackburn	Ryston	49:45	MM60-65
95	Chris Milnes	Ryston	49:47	MM60-65
96	Steve Whitelam	TCRC	50:52	MM50-54
97	Rita Rue	St Eds	51:53	MW60+
98	Paul Firmage	Ryston	51:58	MM65+
99	Eva Osborne	Wym	51:59	MW60+
100	Sarah Lake	Dereham	52:57	MW40-44
101	Hayley Wright	RNTS	53:08	MW45-49
102	Liz Blakie	Ryston	53:29	MW60+
103	Katherine Pratt	U/A	53:54	MW40-44
104	Cheryl Lenton	TCRC	53:56	MW45-49
105	Sally Porter	BVH	54:49	MW55-59
106	Claire Ives	U/A	56:35	MW40-44
107	Jodie Clark	TCRC	59:13	MW45-49
108	Sarah Lamb	TCRC	59:16	MW50-54
109	Alison Wood	U/A	60:01	MW35-39
110	Helen Driver	Ryston	60:43	MW50-54
111	Don Hutchinson	Camb Tri	66:04	MM65+

Ryston Runners GP 5 (2021-22)

Senior men

Position	Name	Club	Time
1	Conor Flanagan	Camb Tri	29:37
2	Callum Stanforth	Ryston	30:27
3	Rob Simmonds	Ryston	31:09
4	Daniel Smith	Ryston	31:40
5	Oliver Foxwell	Ryston	35:29
6	James Ord	Ryston	36:14
7	Lee Johnson	TCRC	36:17
8	Ben Collison	WNAC	36:40
9	Michael Howlett	Ryston	36:51
10	Ben Foxwell	Ryston	37:23
11	Ben Chamberlain	C&C	41:18
12	Jason Cooper	Ryston	42:15
13	Chris Wood	U/A	42:30
14	Richard Fletcher	U/A	49:08

Senior women

Position	Name	Club	Time
1	Dawn Robinson	Ryston	37:51
2	Jessica Mckenzie	Ryston	40:17
3	Molly Sands	Ryston	40:56
4	Alice Grant	BVH	44:18
5	Lauren Day	TCRC	45:00
6	Charlotte Smith	U/A	49:03

Master 35-39 women

Position	Name	Club	Time
1	Emma Wood	Ryston	36:50
2	Joanne Watkins	BVH	38:23
3	Vicky Newton	TCRC	43:03
4	Laura Jane Winter	U/A	47:08
5	Caroline Fletcher	Dereham	47:53
6	Sarah Johnson	TCRC	48:55
7	Dom Hargrave	U/A	49:08
8	Alison Wood	U/A	60:01

Master 40-44 men

Ryston Runners GP 5 (2021-22)

Position	Name	Club	Time
1	Stephen Balfe	U/A	32:41
2	John Hopgood	Ryston	32:53
3	William Winter	U/A	33:47
4	Luke Pavey	Harling	36:00
5	Rob Skillings	Ryston	39:04
6	Brian Symonds	U/A	39:16
7	Shaun Hamer	Ryston	40:04
8	Matt Knott	Ryston	40:33
9	Robert Last	Dereham	40:53
10	Nick Jones	U/A	42:00
11	Rob Gosnell	WNAC	42:40
12	Phil Newton	TCRC	43:51
13	Kevin Took	Ryston	45:04
14	Lee Richardson	WNAC	46:00

Master 40-44 women

Position	Name	Club	Time
1	Lucy McDowie	Ryston	44:20
2	Irena Marcinek	Ryston	44:31
3	Kareana Symonds	Dereham	44:41
4	Sarah Melton-Whitelam	TCRC	47:30
5	Sarah Lake	Dereham	52:57
6	Katherine Pratt	U/A	53:54
7	Claire Ives	U/A	56:35

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	31:18
2	Neil Stapleton	WNAC	35:30
3	Neil Watson	WNAC	35:37
4	Mark Fountain	Ryston	42:29
5	Jonny Clark	TCRC	42:30
6	Philip Websdale	Dereham	43:52
7	Peter Bird	St Eds	43:56
8	Matthew Parker	Ryston	46:09
9	Matt Hunter	TCRC	46:32
10	Mat Eyre	RNTS	48:46

Ryston Runners GP 5 (2021-22)

Master 45-49 women

Position	Name	Club	Time
1	Jo Andrews	BBD	33:09
2	Elaine Lumley	Ryston	44:55
3	Sarah Jane McDonald	TCRC	45:50
4	Deborah Last	Dereham	46:48
5	Zoe Gorley	TCRC	48:39
6	Judith Berry	Ryston	48:51
7	Hayley Wright	RNTS	53:08
8	Cheryl Lenton	TCRC	53:56
9	Jodie Clark	TCRC	59:13

Master 50-54 men

Position	Name	Club	Time
1	Matt Stone	BVH	34:21
2	Nic Bensley	Ryston	35:26
3	Wayne Ramsbottom	Dereham	37:14
4	Ian Kidman	KLTC	39:03
5	Owen Jary	Ryston	39:31
6	Darren Edridge	U/A	40:09
7	Peter Wilson	U/A	40:37
8	Jason Hawes	Ryston	41:52
9	Steve Whitelam	TCRC	50:52

Master 50-54 women

Position	Name	Club	Time
1	Lesley Robins	Ryston	44:03
2	Eloise Bird	St Eds	47:36
3	Sarah Lamb	TCRC	59:16
4	Helen Driver	Ryston	60:43

Master 55-59 men

Position	Name	Club	Time
1	Stuart Holmes	Camb Tri	36:27
2	Malcolm Tuff	Ryston	37:46
3	Adrian Hall	Wymond	38:02
4	Chris Chorley	BBD	39:07
5	Nigel Kenny	Ryston	41:27
6	Tony Beales	Wymond	41:35
7	Andy Rowles	Dereham	43:21
8	James Nice	Dereham	44:02

Ryston Runners GP 5 (2021-22)

Master 55-59 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	45:09
2	Sally Porter	BVH	54:49

Master 60-64 men

Position	Name	Club	Time
1	Gary Ingrey	TCRC	43:37
2	Kevin Howlett	Ryston	43:45
3	Neville Knights	Dereham	45:43
4	Stuart Bizley	Dereham	46:14
5	Martin Blackburn	Ryston	49:45
6	Chris Milnes	Ryston	49:47

Master 60+ women

Position	Name	Club	Time
1	Bobbie Sauerzapf	BBD	46:28
2	Pauline Sparrow	Ryston	49:21
3	Rita Rue	St Eds	51:53
4	Eva Osborne	Wym	51:59
5	Liz Blakie	Ryston	53:29

Vet 65+ men

Position	Name	Club	Time
1	Pete Thompson	Norf Gaz	41:14
2	Michael Brentnall	C&C	43:08
3	Steven Rue	St Eds	43:26
4	Nigel Dickins	NVH	45:07
5	Neil Anderton	Dereham	46:05
6	Paul Richardson	Dereham	46:47
7	Glen Smith	C&C	48:44
8	Paul Firmage	Ryston	51:58
9	Don Hutchinson	Camb Tri	66:04