

Ryston Runners GP 6 (2021-22)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Matas Petreikis	WNAC/St Martha's	3:04	U9B
2	Theo Hawes	Ryston/Clen	3:16	U9B
3	Frederick Ford	Down Prep	3:18	U9B
4	Maximus Hawkins	Ryston/Glebe	3:20	U9B
5	Ezra Lewis	Down Prep	3:21	U9B
6	Christopher Hill	Cherry Tree	3:22	U9B
7	Rory Flegg	Ashw	3:24	U9B
8	Henry Loveday	Down Prep	3:29	U9B
9	Noah Miller	Cherry Tree	3:30	U9B
10	Noah Ward	Terring SC	3:36	U9B
11	Isadora Barclay	Down Prep	3:37	U9G
12	Nancy Simmonds	U/A	3:45	U9G
13	Jesse Dye	Cherry Tree	3:51	U9B
14	Francesca Hollick-Pearce	Ed de M	3:52	U9G
15	Blake Amos	U/A	4:00	U9G
16	Sophie Fletcher	Scarn	4:01	U9G
17	William Ward	Terring SC	4:10	U9B
18	Poppy Finch	U/A	4:10	U9G
19	George Loveday	Down Prep	4:11	U9B
20	Lauren Lawrence	Hunst	4:15	U9G
21	Oliver Anderson	Rne/St Wtn	4:18	U9B
22	Anwen Jones	Cherry Tree	4:18	U9G
23	Tom Norton	Cherry Tree	4:28	U9B
24	Felicity Jaeger	Cherry Tree	4:28	U9G
25	Clayton Heather	U/A	4:40	U9B
26	Isabelle Lawrence	Hunst	4:42	U9G
27	Lacey Swinburn	Cherry Tree	4:48	U9G
28	Merryn Jones	Cherry Tree	5:10	U9G
29	Freya Ford	Down Prep	5:46	U9G
30	Isla Miller	Cherry Tree	5:48	U9G

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Under 9 boys

Position	Name	Club/School	Time
1	Matas Petreikis	WNAC/St Martha's	3:04
2	Theo Hawes	Ryston/Clen	3:16
3	Frederick Ford	Down Prep	3:18
4	Maximus Hawkins	Ryston/Glebe	3:20
5	Ezra Lewis	Down Prep	3:21
6	Christopher Hill	Cherry Tree	3:22
7	Rory Flegg	Ashw	3:24
8	Henry Loveday	Down Prep	3:29
9	Noah Miller	Cherry Tree	3:30
10	Noah Ward	Terring SC	3:36
11	Jesse Dye	Cherry Tree	3:51
12	William Ward	Terring SC	4:10
13	George Loveday	Down Prep	4:11
14	Oliver Anderson	Rne/St Wtn	4:18
15	Tom Norton	Cherry Tree	4:28
16	Clayton Heather	U/A	4:40

Under 9 girls

Position	Name	Club/School	Time
1	Isadora Barclay	Down Prep	3:37
2	Nancy Simmonds	U/A	3:45
3	Francesca Hollick-Pearce	Ed de M	3:52
4	Blake Amos	U/A	4:00
5	Sophioe Fletcher	Scarn	4:01
6	Poppy Finch	U/A	4:10
7	Lauren Lawrence	Hunst	4:15
8	Anwen Jones	Cherry Tree	4:18
9	Felicity Jaeger	Cherry Tree	4:28
10	Isabelle Lawrence	Hunst	4:42
11	Lacey Swinburn	Cherry Tree	4:48
12	Merryn Jones	Cherry Tree	5:10
13	Freya Ford	Down Prep	5:46
14	Isla Miller	Cherry Tree	5:48

Ryston Runners GP 6 (2021-22)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Rory Wood	Ryston/Nt Wtn	8:38	U11B
2	Leo Wood	Ryston/Nt Wtn	8:41	U11B
3	Aidan Howard	Ryston/Nt Wtn	8:59	U11B
4	Seb Johnson	CoNAC	9:04	U11B
5	Frederick Hawkins	Ryston	9:04	U11B
6	Billy Finch	CoNAC	9:07	U11B
7	Thomas Simmonds	Ryston	9:15	U11B
8	Luke Anderson	WNAC	9:39	U11B
9	Kiyan Medina	Down Prep	9:39	U11B
10	Casey Ward	Ryston/T StC	9:49	U11G
11	Isaac Brown	Dereham	9:51	U11B
12	Luke Dobson	Ryston	10:07	U11B
13	Stanley Underwood	Dereham	10:11	U11B
14	Jessica Lawrence	Ryston/Glebe	10:37	U11G
15	Callum Dobson	Ryston	10:38	U11B
16	Leah Beagles	Ryston/Ingold	10:45	U11G
17	James Dolby	Hollywell	10:51	U11B
18	Ben Norton	Cherry Tree	11:24	U11B
19	Florence Spratt	Attleboro	11:24	U11G
20	Troy Smith	Eastg Prim	11:48	U11B
21	Martha Mckenzie	Ryston/Flitch	12:15	U11G
22	Hector Barclay	Down Prep	12:24	U11B
23	Daniel Rudling	Dereham	12:29	U11B
24	Isaac Fletcher	Dereham	12:46	U11B

Ryston Runners GP 6 (2021-22)

Under 11 boys

Position	Name	Club	Time
1	Rory Wood	Ryston/Nt Wtn	8:38
2	Leo Wood	Ryston/Nt Wtn	8:41
3	Aidan Howard	Ryston/Nt Wtn	8:59
4	Seb Johnson	CoNAC	9:04
5	Frederick Hawkins	Ryston	9:04
6	Billy Finch	CoNAC	9:07
7	Thomas Simmonds	Ryston	9:15
8	Luke Anderson	WNAC	9:39
9	Kiyan Medina	Down Prep	9:39
10	Isaac Brown	Dereham	9:51
11	Luke Dobson	Ryston	10:07
12	Stanley Underwood	Dereham	10:11
13	Callum Dobson	Ryston	10:38
14	James Dolby	Hollywell	10:51
15	Ben Norton	Cherry Tree	11:24
16	Troy Smith	Eastg Prim	11:48
17	Hector Barclay	Down Prep	12:24
18	Daniel Rudling	Dereham	12:29
19	Isaac Fletcher	Dereham	12:46

Under 11 girls

Position	Name	Club	Time
1	Casey Ward	Ryston/T StC	9:49
2	Jessica Lawrence	Ryston/Glebe	10:37
3	Leah Beagles	Ryston/Ingold	10:45
4	Florence Spratt	Attleboro	11:24
5	Martha Mckenzie	Ryston/Flitch	12:15

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Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:19	U15B
2	Jake Dorbin	Thetford	10:21	U15B
3	Tobias Cheesbrough	Dereham	10:37	U15B
4	Callum Wing	Thetford	11:09	U15B
5	Connie Easter	CoNAC	11:10	U15G
6	Ethan Ward	Ryston	11:27	U13B
7	Finn Kaiser	CoNAC	11:32	U13B
8	Lexie Heather	CoNAC	11:57	U13G
9	Eva Eccles	BVH	11:59	U13G
10	Bethany Wilson	Thetford	12:15	U15G
11	Archie Rowe	Ryston	12:23	U13B
12	Ruby Smith	Ryston	12:29	U15G
13	Evie Clayton	WNAC	12:31	U13G
14	Henry Gosnell	WNAC	12:35	U13B
15	Isabella Mckenzie	Ryston	12:38	U15G
16	George Costello	Dereham	12:44	U15B

Under 13 boys

Position	Name	Club	Time
1	Ethan Ward	Ryston	11:27
2	Finn Kaiser	CoNAC	11:32
3	Archie Rowe	Ryston	12:23
4	Henry Gosnell	WNAC	12:35

Under 13 girls

Position	Name	Club	Time
1	Lexie Heather	CoNAC	11:57
2	Eva Eccles	BVH	11:59
3	Evie Clayton	WNAC	12:31

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	10:19
2	Jake Dorbin	Thetford	10:21
3	Tobias Cheesbrough	Dereham	10:37
4	Callum Wing	Thetford	11:09
5	George Costello	Dereham	12:44

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Under 15 girls

Position	Name	Club	Time
1	Connie Easter	CoNAC	11:10
2	Bethany Wilson	Thetford	12:15
3	Ruby Smith	Ryston	12:29
4	Isabella Mckenzie	Ryston	12:38

Overall Senior/Masters race

Position	Name	Club	Time	Category
1	Michael Eccles	BVH	21:17	MM40-44
2	Callum Stanforth	Ryston	21:51	SM
3	Rob Simmonds	Ryston	22:37	SM
4	Jan Kaiser	CoNAC	22:49	MM45-49
5	John Hopgood	Ryston	23:33	MM40-44
6	Stephen Balfe	U/A	23:36	MM40-44
7	Andrew Simmonds	Ryston	23:54	MM40-44
8	Owen Hopgood	Ryston	23:55	U17B
9	Jake Grand	NRR	24:28	SM
10	Matt Stone	BVH	24:31	MM50-54
11	Matt Webster	Wymon	24:50	SM
12	Jannis Koulman	U/A	25:16	SM
13	Kevin Vaughan	Thetford	25:28	MM55-59
14	Jason Wing	U/A	25:36	MM50-54
15	Oliver Foxwell	Ryston	25:43	SM
16	Nic Bensley	Ryston	25:44	MM50-54
17	Malcolm Tuff	Ryston	26:07	MM55-59
18	Neil Watson	WNAC	26:11	MM45-49
19	Tom Bishop	Ldn City	26:15	SM
20	Emma Wood	Ryston	26:21	MW35-39
21	Matthew Crane	BVH	26:28	MM45-49
22	Ben Collison	WNAC	26:33	SM
23	Michael Howlett	Ryston	26:42	SM
24	Wayne Ramsbottom	Dereham	27:02	MM50-54
25	Nigel Horney	Keswick	27:02	MM60-64
26	Albert Koulman	U/A	27:18	MM50-54
27	Dawn Robinson	Ryston	27:23	SW
28	Alice Horney	U/A	27:26	SW
29	Owen Jary	Ryston	27:30	MM50-54
30	Bailey Took	U/A	27:55	SM
31	Adrian Hall	Wymond	27:57	MM55-59
32	Jason Cooper	Ryston	27:59	SM
33	Ian Todd	Ryston	28:01	MM55-59
34	Tristan Langley	Ryston	28:02	SM

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35	Rob Skillings	Ryston	28:08	MM40-44
36	Joanne Watkins	BVH	28:23	MW35-39
37	Jason Hawes	Ryston	28:29	MM50-54
38	Shaun Hamer	Ryston	28:31	SM
39	Caine Burton	Ryston	28:45	SM
40	Jessica Mckenzie	Ryston	28:59	SW
41	Ian Wiggins	Ryston	29:03	MM40-44
42	Pete Thompson	Norf Gaz	29:14	MM65+
43	Jake Whitehouse	U/A	29:20	MM40-44
44	Ben Foxwell	Ryston	29:21	SM
45	Mat Eyre	RNTS	29:23	MM45-49
46	Jonny Clark	TCRC	29:25	MM45-49
47	Peter Wilson	U/A	29:26	MM50-54
48	Jacob Last	Dereham	29:29	U17B
49	Tony Beales	Wymond	29:30	MM55-59
50	Nicky Roger	Ryston	29:38	MW50-54
51	Nigel Kenny	Ryston	29:39	MM55-59
52	Kevin Howlett	Ryston	29:42	MM60-64
53	Robert Last	Dereham	29:43	MM40-44
54	Luke Pavey	Harling	29:46	MM40-44
55	Ben Chamberlain	C&C	29:52	SM
56	Mark Garrett	WNAC	29:57	MM50-54
57	Nick Jones	U/A	30:01	MM40-44
58	Philip Websdale	Dereham	30:14	MM45-49
59	Vicky Newton	TCRC	30:24	MW35-39
60	Louis Preston	Dereham	30:26	U17B
61	Gary Ingrey	TCRC	30:31	MM60-64
62	Peter Swale	Dereham	30:33	MM55-59
63	Rob Gosnell	WNAC	30:51	MM40-44
64	Brian Cook	U/A	30:52	MM50-54
65	Alice Grant	BVH	30:55	SW
66	Martin Ive	Ryston	30:56	MM55-59
67	Lucy McDowie	Ryston	30:59	MW40-44
68	Kirsty Butters	Ryston	31:01	MW40-44
69	Steven Rue	St Eds	31:16	MM65+
70	Greg Tinder	Tri Ang	31:33	SM
71	Jon Pentelow	Ryston	31:36	SM
72	Matthew Freezer	Dereham	31:38	SM
73	Kevin Took	Ryston	31:54	MM40-44
74	Kareana Symonds	Dereham	32:01	MW40-44
75	Ashish Radtogi	Ryston	32:15	MM45-49
76	Elaine Lumley	Ryston	32:23	MW45-49
77	Chris Chapman	Ryston	32:36	MM65+

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78	Stuart Bizley	Dereham	32:39	MM60-64
79	Linda Marshall	Ryston	32:41	MW55-59
80	Matt Hunter	TCRC	32:50	MM45-49
81	Sarah Jane McDonald	TCRC	32:53	MW45-49
82	Peter Johnson	U/A	32:57	MM60-64
83	Joanna Banaszek	U/A	33:01	MW45-49
84	Alicia Hammond	Ryston	33:09	SW
85	Ronnie Robinson	KLTC	33:10	U17B
86	Mark Fountain	Ryston	33:11	MM45-49
87	Neil Anderton	Dereham	33:12	MM65+
88	Neville Knights	Dereham	33:13	MM60-64
89	Irena Marcinek	Ryston	33:23	SW
90	Phil Newton	TCRC	33:35	MM40-44
91	John Bowen	Ryston	33:53	MM50-54
92	Deborah Last	Dereham	34:19	MW45-49
93	Caroline Fletcher	Dereham	34:29	MW35-39
94	Dee Middleton-Hall	Wymond	34:39	MW55-59
95	Zoe Gorley	TCRC	34:46	MW45-49
96	Martin Blackburn	Ryston	34:49	MM60-64
97	David Vaughan	U/A	34:49	MM65+
98	Belle Watkins	BVH	34:57	U17G
99	Liz Simmonds	U/A	35:00	MW40-44
100	Mark Preston	Dereham	35:20	MM45-49
101	Barbara Kosiba	U/A	35:30	MW35-39
102	Judith Berry	Ryston	35:33	MW45-49
103	Cheryl Lenton	TCRC	35:56	MW45-49
104	Chris Milnes	Ryston	36:01	MM60-64
105	Harriet Dolby	U/A	36:19	U17G
106	Michael Protheroe	Dereham	36:22	MM55-59
107	Pauline Sparrow	Ryston	36:26	MW60+
108	Simon Alcock	BVH	36:40	MM50-54
109	Dawn Protheroe	Dereham	37:19	MW50-54
110	Jane Ashby	Ryston	37:46	MW60+
111	Eva Osborne	Wym	37:55	MW60+
112	Liz Blakie	Ryston	38:01	MW60+
113	Steve Whitelam	TCRC	38:12	MM50-54
114	Hayley Wright	RNTS	38:14	MW45-49
115	Rita Rue	St Eds	38:18	MW60+
116	Lorraine Reeves	Brdn FH	38:34	MW45-49
117	Claire Ives	U/A	38:38	MW40-44
118	Sarah Lake	Dereham	40:09	MW40-44
119	Ken Renshaw	Dereham	41:10	MM60-64
120	Alison Wood	U/A	42:28	MW35-39

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121	Carole Preston	Dereham	42:28	MW45-49
122	David Lane	Ryston	42:50	MM55-59
123	Charlie Wilson	Ryston	43:07	MM45-49
124	Helen Driver	Ryston	43:50	MW50-54
125	Sarah Lamb	TCRC	44:09	MW50-54
126	Jodie Clark	TCRC	44:10	MW45-49
127	Hazel Cason	Dereham	45:33	MW60+
128	Diane Renshaw	Dereham	46:32	MW60+
129	Don Hutchinson	Camb Tri	47:24	MM65+

Under 17 boys

Position	Name	Club	Time
1	Owen Hopgood	Ryston	23:55
2	Jacob Last	Dereham	29:29
3	Louis Preston	Dereham	30:26
4	Ronnie Robinson	KLTC	33:10

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	34:57
2	Harriet Dolby	U/A	36:19

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	21:51
2	Rob Simmonds	Ryston	22:37
3	Jake Grand	NRR	24:28
4	Matt Webster	Wymon	24:50
5	Jannis Koulman	U/A	25:16
6	Oliver Foxwell	Ryston	25:43
7	Tom Bishop	Ldn City	26:15
8	Ben Collison	WNAC	26:33
9	Michael Howlett	Ryston	26:42
10	Bailey Took	U/A	27:55
11	Jason Cooper	Ryston	27:59
12	Tristan Langley	Ryston	28:02
13	Shaun Hamer	Ryston	28:31
14	Caine Burton	Ryston	28:45
15	Ben Foxwell	Ryston	29:21
16	Ben Chamberlain	C&C	29:52
17	Greg Tinder	Tri Ang	31:33
18	Jon Pentelow	Ryston	31:36
19	Matthew Freezer	Dereham	31:38

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Senior women

Position	Name	Club	Time
4	Dawn Robinson	Ryston	27:23
1	Alice Horney	U/A	27:26
3	Jessica Mckenzie	Ryston	28:59
6	Alice Grant	BVH	30:55
2	Alicia Hammond	Ryston	33:09
5	Irena Marcinek	Ryston	33:23

Master 35-39 women

Position	Name	Club	Time
1	Emma Wood	Ryston	26:21
2	Joanne Watkins	BVH	28:23
3	Vicky Newton	TCRC	30:24
4	Caroline Fletcher	Dereham	34:29
5	Barbara Kosiba	U/A	35:30
6	Alison Wood	U/A	42:28

Master 40-44 men

Position	Name	Club	Time
1	Michael Eccles	BVH	21:17
2	John Hopgood	Ryston	23:33
3	Stephen Balfe	U/A	23:36
4	Andrew Simmonds	Ryston	23:54
5	Rob Skillings	Ryston	28:08
6	Ian Wiggins	Ryston	29:03
7	Jake Whitehouse	U/A	29:20
8	Robert Last	Dereham	29:43
9	Luke Pavey	Harling	29:46
10	Nick Jones	U/A	30:01
11	Rob Gosnell	WNAC	30:51
12	Kevin Took	Ryston	31:54
13	Phil Newton	TCRC	33:35

Master 40-44 women

Position	Name	Club	Time
1	Lucy McDowie	Ryston	30:59
2	Kirsty Butters	Ryston	31:01
3	Kareana Symonds	Dereham	32:01
4	Liz Simmonds	U/A	35:00
5	Claire Ives	U/A	38:38
6	Sarah Lake	Dereham	40:09

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Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	22:49
2	Neil Watson	WNAC	26:11
3	Matthew Crane	BVH	26:28
4	Mat Eyre	RNTS	29:23
5	Jonny Clark	TCRC	29:25
6	Philip Websdale	Dereham	30:14
7	Ashish Radtogi	Ryston	32:15
8	Matt Hunter	TCRC	32:50
9	Mark Fountain	Ryston	33:11
10	Mark Preston	Dereham	35:20
11	Charlie Wilson	Ryston	43:07

Master 45-49 women

Position	Name	Club	Time
1	Elaine Lumley	Ryston	32:23
2	Sarah Jane McDonald	TCRC	32:53
3	Joanna Banaszek	U/A	33:01
4	Deborah Last	Dereham	34:19
5	Zoe Gorley	TCRC	34:46
6	Judith Berry	Ryston	35:33
7	Cheryl Lenton	TCRC	35:56
8	Hayley Wright	RNTS	38:14
9	Lorraine Reeves	Brdn FH	38:34
10	Carole Preston	Dereham	42:28
11	Jodie Clark	TCRC	44:10

Master 50-54 men

Position	Name	Club	Time
1	Matt Stone	BVH	24:31
2	Jason Wing	U/A	25:36
3	Nic Bensley	Ryston	25:44
4	Wayne Ramsbottom	Dereham	27:02
5	Albert Koulman	U/A	27:18
6	Owen Jary	Ryston	27:30
7	Jason Hawes	Ryston	28:29
8	Peter Wilson	U/A	29:26
9	Mark Garrett	WNAC	29:57
10	Brian Cook	U/A	30:52
11	John Bowen	Ryston	33:53
12	Simon Alcock	BVH	36:40
13	Steve Whitelam	TCRC	38:12

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Master 50-54 women

Position	Name	Club	Time
4	Nicky Roger	Ryston	29:38
3	Dawn Protheroe	Dereham	37:19
1	Helen Driver	Ryston	43:50
2	Sarah Lamb	TCRC	44:09

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	25:28
2	Malcolm Tuff	Ryston	26:07
3	Adrian Hall	Wymond	27:57
4	Ian Todd	Ryston	28:01
5	Tony Beales	Wymond	29:30
6	Nigel Kenny	Ryston	29:39
7	Peter Swale	Dereham	30:33
8	Martin Ive	Ryston	30:56
9	Michael Protheroe	Dereham	36:22
10	David Lane	Ryston	42:50

Master 55-59 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	32:41
2	Dee Middleton-Hall	Wymond	34:39

Master 60-64 men

Position	Name	Club	Time
1	Nigel Horney	Keswick	27:02
2	Kevin Howlett	Ryston	29:42
3	Gary Ingrey	TCRC	30:31
4	Stuart Bizley	Dereham	32:39
5	Peter Johnson	U/A	32:57
6	Neville Knights	Dereham	33:13
7	Martin Blackburn	Ryston	34:49
8	Chris Milnes	Ryston	36:01
9	Ken Renshaw	Dereham	41:10

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Master 60+ women

Position	Name	Club	Time
1	Pauline Sparrow	Ryston	36:26
2	Jane Ashby	Ryston	37:46
3	Eva Osborne	Wym	37:55
4	Liz Blakie	Ryston	38:01
5	Rita Rue	St Eds	38:18
6	Hazel Cason	Dereham	45:33
7	Diane Renshaw	Dereham	46:32

Vet 65+ men

Position	Name	Club	Time
1	Pete Thompson	Norf Gaz	29:14
2	Steven Rue	St Eds	31:16
3	Chris Chapman	Ryston	32:36
4	Neil Anderton	Dereham	33:12
5	David Vaughan	U/A	34:49
6	Don Hutchinson	Camb Tri	47:24