

Ryston Runners AC Shouldham Grand Prix 2021-22 Cross Country Series results

Under 9 boys		
	Name	Club
1st	Matas Petreikis	WNAC/St Martha's
2nd	Maximus Hawkins	Ryston/Glebe
3rd	Ezra Lewis	Down Prep

Under 9 girls		
	Name	Club
1st	Isadora Barclay	Down Prep
2nd	Nancy Simmonds	U/A
3rd	Francesca Hollick-Pearce	Ed de M

Under 11 boys		
	Name	Club
1st	Rory Wood	Ryston/Nt Wtn
2nd	Leo Wood	Ryston/Nt Wtn
3rd	Aidan Howard	Ryston/Nt Wtn

Under 11 girls		
	Name	Club
1st	Olivia Ord	Ryston
2nd	Jasmin Benson	CoNAC
3rd	Jessica Lawrence	Ryston/Glebe

Under 13 boys		
	Name	Club
1st	Finn Kaiser	CoNAC
2nd	Ethan Ward	Ryston
3rd	Archie Rowe	Ryston

Under 13 girls		
	Name	Club
1st	Lexie Heather	CoNAC
2nd	Eva Eccles	BVH
3rd	Amber Goddard	CoNAC

Under 15 boys		
	Name	Club
1st	Jake Dorbin	Thetford
2nd	Billy Eccles	BVH
3rd	Tobias Cheesbrough	Dereham

Under 15 girls		
	Name	Club
1st	Connie Easter	CoNAC
2nd	Bethany Wilson	Thetford
3rd	Ruby Smith	Ryston

Under 17 boys		
	Name	Club
1st	Owen Hopgood	Ryston
2nd	Jacob Last	Dereham
3rd	Louis Preston	Dereham

Under 17 girls		
	Name	Club
1st	Belle Watkins	BVH
2nd	Harriet Dolby	U/A

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Senior Women		
	Name	Club
1st	Dawn Robinson	Ryston
2nd	Alice Horney	U/A
3rd	Alice Grant	BVH

Senior Men		
	Name	Club
1st	Conor Flanagan	Camb Tri
2nd	Callum Stanforth	Ryston
3rd	Ben Keeley	Ryston

Vet 35 women		
	Name	Club
1st	Elizabeth Daly	Dereham
2nd	Emma Wood	Ryston
3rd	Joanne Watkins	BVH

Vet 40 men		
	Name	Club
1st	Michael Eccles	BVH
2nd	Andrew Simmonds	Ryston
3rd	John Hopgood	Ryston

Vet 40 women		
	Name	Club
1st	Claire Wilshaw	Camb Tri
2nd	Irena Marcinek	Ryston
3rd	Kareana Symonds	Dereham

Vet 45 men		
	Name	Club
1st	Jan Kaiser	CoNAC
2nd	Neil Watson	WNAC
3rd	Owen Jary	Ryston

Vet 45 women		
	Name	Club
1st	Elaine Lumley	Ryston
2nd	Joanna Banaszek	U/A
3rd	Sarah Jane McDonald	TCRC

Vet 50 men		
	Name	Club
1st	Nic Bensley	Ryston
2nd	Matt Stone	BVH
3rd	Jason Wing	U/A

Vet 50 women		
	Name	Club
1st	Nicky Roger	Ryston
2nd	Debbie James	Ryston
3rd	Eloise Bird	St Eds

Vet 55 men		
	Name	Club
1st	Kevin Vaughan	Thetford
2nd	Adrian Hall	Wymond
3rd	Nigel Kenny	Ryston

Vet 55 women		
	Name	Club
1st	Sally Porter	BVH

Vet 60 men		
	Name	Club
1st	Nigel Horney	Keswick
2nd	Tony Savage	Ryston
3rd	Kevin Howlett	Ryston

Vet 60+ women		
	Name	Club
1st	Pauline Sparrow	Ryston
2nd	Jane Ashby	Ryston
3rd	Rita Rue	St Eds

Vet 65+ men		
	Name	Club
1st	Graham Chapman	Ely
2nd	Pete Thompson	Norf Gaz
3rd	Steven Rue	St Eds

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Club	
1st	Dereham Runners
2nd	City of Norwich AC
3rd	Bure Valley Harriers

Primary School	
1st	Cherry Tree Marham
2nd	Downham Prep
3rd	North Wooton

Outstanding performance		
	Name	Club
Male	Jan Kaiser	CoNAC
Female	Jo Andrews	BBD

Most improved Club	
1st	Bure Valley Harriers