

Ryston Runners Grand Prix 5 12/02/2023

Under 9 boys

Position	Name	Club	Time
1	Freddie Hubbard	Ryston/Peck	3:06
2	James Watts	WNAC/Ingold	3:08
3	Theo Grocock	Cherry Tree	3:14
4	Harry Carey	Cherry Tree	3:19
5	Freddie Bagge	Down Prep	3:20
6	Noah Miller	Cherry Tree	3:23
7	Isaac Wells	Cherry Tree	3:24
8	Charlie Holland	St Fel	3:25
9	Isaac Webster	Cherry Tree	3:34
10	Harley Longstaff	Cherry Tree	3:37
11	Ollie Anderson	Nt Wtn	3:38
12	Benjamin White	Down Prep	3:40
13	Theo Beynon-Phillips	Down Prep	3:46
14	Leo Kinsey	Hillcrest	3:54
15	Oscar Grocock	Cherry Tree	4:11
16	Zachary Rutland	Cherry Tree	4:14
17	Sebastian Hayward	Cherry Tree	4:36
18	Harry Betts	Cherry Tree	4:50
19	Finlay Woodruff	Cherry Tree	4:58
20	Sebastian Metcalfe	St Martin	5:02
21	Frankie Ford	Down Prep	5:33
22	Jack Betts	Cherry Tree	5:42

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	T St C/Ren R	3:22
2	Alba Bartlett	GYDAC	3:27
3	Flora Evans	Down Prep	3:31
4	Molly Cousins	Nt Wtn	3:32
5	Lauren Lawrence	Hunstant Pr	3:36
6	Izzie Hardy	Cherry Tree	3:39
7	Mia Kaiser	Eaton Pr	3:45
8	Francesca Hollick-Pearce	Edmund Dmo	3:47
9	Maya Marcinek	Whitef/Ren R	3:50
10	Jessica Watts	Ingold	3:52
11	Betsy Chadderton	T St C/Ren R	4:01
12	Florence Bartlett	GYDAC	4:23
13	Vivie Salmon	Cherry Tree	4:38
14	Merryn Jones	Cherry Tree	4:59
15	Naia Amthor	King's Ely	5:20

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Overall under 9s race

Position	Name	Club	Time	Category
1	Freddie Hubbard	Ryston/Peck	3:06	U9B
2	James Watts	WNAC/Ingold	3:08	U9B
3	Theo Grocock	Cherry Tree	3:14	U9B
4	Harry Carey	Cherry Tree	3:19	U9B
5	Freddie Bagge	Down Prep	3:20	U9B
6	Mabelle Chadderton	T St C/Ren R	3:22	U9G
7	Noah Miller	Cherry Tree	3:23	U9B
8	Isaac Wells	Cherry Tree	3:24	U9B
9	Charlie Holland	St Fel	3:25	U9B
10	Alba Bartlett	GYDAC	3:27	U9G
11	Flora Evans	Down Prep	3:31	U9G
12	Molly Cousins	Nt Wtn	3:32	U9G
13	Isaac Webster	Cherry Tree	3:34	U9B
14	Lauren Lawrence	Hunstant Pr	3:36	U9G
15	Harley Longstaff	Cherry Tree	3:37	U9B
16	Ollie Anderson	Nt Wtn	3:38	U9B
17	Izzie Hardy	Cherry Tree	3:39	U9G
18	Benjamin White	Down Prep	3:40	U9B
19	Mia Kaiser	Eaton Pr	3:45	U9G
20	Theo Beynon-Phillips	Down Prep	3:46	U9B
21	Francesca Hollick-Pearce	Edmund Dmo	3:47	U9G
22	Maya Marcinek	Whitef/Ren R	3:50	U9G
23	Jessica Watts	Ingold	3:52	U9G
24	Leo Kinsey	Hillcrest	3:54	U9B
25	Betsy Chadderton	T St C/Ren R	4:01	U9G
26	Oscar Grocock	Cherry Tree	4:11	U9B
27	Zachary Rutland	Cherry Tree	4:14	U9B
28	Florence Bartlett	GYDAC	4:23	U9G
29	Sebastian Hayward	Cherry Tree	4:36	U9B
30	Vivie Salmon	Cherry Tree	4:38	U9G
31	Harry Betts	Cherry Tree	4:50	U9B
32	Finlay Woodruff	Cherry Tree	4:58	U9B
33	Merryn Jones	Cherry Tree	4:59	U9G
34	Sebastian Metcalfe	St Martin	5:02	U9B
35	Naia Amthor	King's Ely	5:20	U9G
36	Frankie Ford	Down Prep	5:33	U9B
37	Jack Betts	Cherry Tree	5:42	U9B

Ryston Runners Grand Prix 5 12/02/2023

Under 11 boys

Position	Name	Club	Time
1	Orson Bartlett	GYDAC	8:19
2	Isaac Unsworth	CoNAC/St Fr	8:20
3	Cody Holland	St Fel	8:21
4	Rory Wood	Ryston/Nt Wtn	8:35
5	Matas Petreikis	WNAC/St Marth	8:41
6	Leo Wood	Ryston / Nt Wtn	8:41
7	Henry Loveday	King's Ely	9:25
8	Jude Osborne	Conac/Ash P	9:32
9	Freddie Ford	Down Prep	9:33
10	Rhys Howard	Ryston	10:50
11	George Loveday	King's Ely	13:32

Under 11 girls

Position	Name	Club	Time
1	Emi Muntingh	CONAC/Brooke	9:20
2	Nellie Chadderton	T St C/Ren R	9:57
3	Annabelle Skeffinton	U/A	10:22
4	Ameera Carline	Ryston/ Cherry Tree	10:34
5	Lydia Hopkins	Dereham/Swan M	10:52
6	Indie French	Ryston/Docking	10:53
7	Isabella Raines	Down Prep	13:08
8	Leila Rogers	Cherry Tree	13:56

Overall under 11s race

Position	Name	Club	Time	Category
1	Orson Bartlett	GYDAC	8:19	U11B
2	Isaac Unsworth	CoNAC/St Fr	8:20	U11B
3	Cody Holland	St Fel	8:21	U11B
4	Rory Wood	Ryston/Nt Wtn	8:35	U11B
5	Matas Petreikis	WNAC/St Marth	8:41	U11B
6	Leo Wood	Ryston/Nt Wtn	8:41	U11B
7	Emi Muntingh	CONAC/Brooke	9:20	U11G
8	Henry Loveday	King's Ely	9:25	U11B
9	Jude Osborne	Conac/Ash P	9:32	U11B
10	Freddie Ford	Down Prep	9:33	U11B
11	Nellie Chadderton	T St C/Ren R	9:57	U11G
12	Annabelle Skeffinton	U/A	10:22	U11G
13	Ameera Carline	Ryston/Cherry Tree	10:34	U11G
14	Rhys Howard	Ryston	10:50	U11B
15	Lydia Hopkins	Dereham/Swan M	10:52	U11G
16	Indie French	Ryston / Docking	10:53	U11G
17	Isabella Raines	Down Prep	13:08	U11G
18	George Loveday	King's Ely	13:32	U11B
19	Leila Rogers	Cherry Tree	13:56	U11G

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Under 13 boys

Position	Name	Club	Time
1	Finley Winship	CoNAC	10:46
2	Thomas Murray	WNAC	11:30
3	Isaac Brown	Dereham	12:41
4	Harry Woodgett	Dereham	13:04
6	Tom Kaiser	N/A	13:24

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	12:43
2	Jasmin Benson	CoNAC	13:36
3	Jessica Lawrence	WNAC	15:17

Under 15 boys

Position	Name	Club	Time
1	Billy Eccles	BVH	10:12
2	Edward Murray	WNAC	10:14
3	Charlie Framingham	WNAC	10:28
4	Cody Pearman	Ryston	11:16
5	Finn Kaiser	CoNAC	11:26
6	Dylan Whitehouse	Ryston	11:41
7	Harvey Moore	CoNAC	12:18
8	Henry Gosnell	WNAC	12:36

Under 15 girls

Position	Name	Club	Time
1	Evie Clayton	WNAC	12:28
2	Ruby Smith	Ryston	13:12

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Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Billy Eccles	BVH	10:12	U15B
2	Edward Murray	WNAC	10:14	U15B
3	Charlie Framingham	WNAC	10:28	U15B
4	Finley Winship	CoNAC	10:46	U13B
5	Cody Pearman	Ryston	11:16	U15B
6	Finn Kaiser	CoNAC	11:26	U15B
7	Thomas Murray	WNAC	11:30	U13B
8	Dylan Whitehouse	Ryston	11:41	U15B
9	Harvey Moore	CoNAC	12:18	U15B
10	Evie Clayton	WNAC	12:28	U15G
11	Henry Gosnell	WNAC	12:36	U15B
12	Isaac Brown	Dereham	12:41	U13B
13	Olivia Ord	Ryston	12:43	U13G
14	Harry Woodgett	Dereham	13:04	U13B
15	Ruby Smith	Ryston	13:12	U15G
16	Tom Kaiser	U/A	13:24	U13B
17	Jasmin Benson	CoNAC	13:36	U13G
18	Jessica Lawrence	WNAC	15:17	U13G

Under 17 boys

Position	Name	Club	Time
1	Tim Bongaerts	CoNAC	14:31
2	Aaron Jones	Dereham	18:19
3	Louis Preston	Dereham	19:21

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	23:32

Overall Under 17s race

Position	Name	Club	Time
1	Tim Bongaerts	CoNAC	14:31
2	Aaron Jones	Dereham	18:19
3	Louis Preston	Dereham	19:21
4	Belle Watkins	BVH	23:32

Senior men

Position	Name	Club	Time
1	Rob Simmonds	Ryston	30:04
2	Luke Ashby	Camb Tri	30:38
3	Ben Keeley	Ryston	33:05
4	Chris Searle	Dereham	33:31
5	Jamie Robinson	U/A	61:31

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Senior women

Position	Name	Club	Time
1	Dawn Robinson	Ryston	36:03
2	Abbie Dickins	KLTC	37:52
3	Frankie Harrison	GYDAC	40:10
4	Tiegan Moore	Ryston	42:54
5	Alicia Hammond	Ryston	43:38

Master women 35-39

Position	Name	Club	Time
1	Joanne Watkins	BVH	37:26
2	Barbara Kosiba	T St C	50:01
3	Clare Slattery	Thetford	57:15

Master women 40-44

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	35:33
2	Lucy Chadderton	Ren Run	42:41
3	Kristy Guneratne	St Rad	45:50

Master women 45-49

Position	Name	Club	Time
1	Lucy Mcdowie	Ryston	41:36
2	Sarah-Jane Macdonald	TCRC	43:18
3	Helen Melville	Ryston	44:55
4	Judith Berry	Ryston	50:26
5	Lorraine Reeves	Brandon FH	55:05

Master women 50-54

Position	Name	Club	Time
1	Lesley Robins	Ryston	41:00
2	Lorraine Parker	TCRC	47:09
3	Heidi Smith	Thetford	57:06

Master women 55-59

Position	Name	Club	Time
1	Gina Hurrell	Ryston	43:32
2	Linda Marshall	Ryston	45:03

Master women 60+

Position	Name	Club	Time
1	Amanda Baker	Lonely G	51:04
2	Pauline Sparrow	Ryston	51:55
3	Elizabeth Blakie	Ryston	55:16
4	Sarah Dennis	U/A	58:15
5	Hazel Cason	Dereham	59:16
6	Diane Renshaw	Dereham	61:58

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Master men 40-44

Position	Name	Club	Time
1	William Winter	U/A	32:35
2	Rob Skillings	Ryston	33:12
3	Craig Freestone	TCRC	35:28
4	Luke Pavey	Harling AC	35:41
5	Ben Collison	WNAC	36:56
6	Shaun Hamer	Ryston	39:19
7	Jake Whitehouse	Ryston	39:50
8	Rob Gosnell	WNAC	39:56
9	Kevin Took	Ryston	43:14

Master men 45-49

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	30:45
2	Justin Gray	Ryston	38:33
3	Peter Bird	St Eds	41:55

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	33:12
2	Jason Wing	Thetford	35:37
3	Simon Taylor	U/A	38:40
4	Jason Hawes	Ryston	39:41
5	Patrick Gosling	U/A	42:13
6	Jan Knight	U/A	42:35

Master men 55-59

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	34:33
2	Adrian Hall	Wymondham	36:04
3	Nigel Kenny	Ryston	40:11

Master men 60-64

Position	Name	Club	Time
1	Leon Carrara	CoNAC	46:02
2	Ken Renshaw	Dereham	47:51

Master men 65+

Position	Name	Club	Time
1	Kevin Howlett	Ryston	43:05
2	Kevin Denmark	Wymondham	44:48
3	David Dobbie	Dereham	49:11
4	Chris Milnes	Ryston	50:45
5	Paul Firmage	Ryston	56:10
6	Leslie Lawrence	U/A	61:37

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Overall seniors and masters race

Position	Name	Club	Time	Category
1	Rob Simmonds	Ryston	30:04	SM
2	Luke Ashby	Camb Tri	30:38	SM
3	Jan Kaiser	CoNAC	30:45	M45
4	William Winter	U/A	32:35	M40
5	Ben Keeley	Ryston	33:05	SM
6	Nic Bensley	Ryston	33:12	M50
7	Rob Skillings	Ryston	33:12	M40
8	Chris Searle	Dereham	33:31	SM
9	Kevin Vaughan	Thetford	34:33	M55
10	Craig Freestone	TCRC	35:28	M40
11	Elizabeth Daly	Dereham	35:33	W40
12	Jason Wing	Thetford	35:37	M50
13	Luke Pavey	Harling AC	35:41	M40
14	Dawn Robinson	Ryston	36:03	SW
15	Adrian Hall	Wymondham	36:04	M55
16	Ben Collison	WNAC	36:56	M40
17	Joanne Watkins	BVH	37:26	W35
18	Abbie Dickins	KLTC	37:52	SW
19	Justin Gray	Ryston	38:33	M45
20	Simon Taylor	U/A	38:40	M50
21	Shaun Hamer	Ryston	39:19	M40
22	Jason Hawes	Ryston	39:41	M50
23	Jake Whitehouse	Ryston	39:50	M40
24	Rob Gosnell	WNAC	39:56	M40
25	Frankie Harrison	GYDAC	40:10	SW
26	Nigel Kenny	Ryston	40:11	M55
27	Lesley Robins	Ryston	41:00	W50
28	Lucy Mcdowie	Ryston	41:36	W45
29	Peter Bird	St Eds	41:55	M45
30	Patrick Gosling	U/A	42:13	M50
31	Jan Knight	U/A	42:35	M50
32	Lucy Chadderton	Ren Run	42:41	W40
33	Tiegan Moore	Ryston	42:54	SW
34	Kevin Howlett	Ryston	43:05	M65+
35	Kevin Took	Ryston	43:14	M40
36	Sarah-Jane Macdonald	TCRC	43:18	W45
37	Gina Hurrell	Ryston	43:32	W55
38	Alicia Hammond	Ryston	43:38	SW
39	Kevin Denmark	Wymondham	44:48	M65+
40	Helen Melville	Ryston	44:55	W45
41	Linda Marshall	Ryston	45:03	W55
42	Kristy Guneratne	St Rad	45:50	W40
43	Leon Carrara	CoNAC	46:02	M60
44	Lorraine Parker	TCRC	47:09	W50
45	Ken Renshaw	Dereham	47:51	M60
46	David Dobbie	Dereham	49:11	M65+

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47	Barbara Kosiba	T St C	50:01	W35
48	Judith Berry	Ryston	50:26	W45
49	Chris Milnes	Ryston	50:45	M65+
50	Amanda Baker	Lonely G	51:04	W60+
51	Pauline Sparrow	Ryston	51:55	W60+
52	Lorraine Reeves	Brandon FH	55:05	W45
53	Elizabeth Blakie	Ryston	55:16	W60+
54	Paul Firmage	Ryston	56:10	M65+
55	Heidi Smith	Thetford	57:06	W50
56	Clare Slaterry	Thetford	57:15	W35
57	Sarah Dennis	U/A	58:15	W60+
58	Hazel Cason	Dereham	59:16	W60+
59	Jamie Robinson	U/A	61:31	SM
60	Leslie Lawrence	U/A	61:37	M65+
61	Diane Renshaw	Dereham	61:58	W60+