

Ryston Runners Grand Prix 6 12/03/2023

Under 9 boys

Position	Name	Club	Time
1	Samuel Jones	Down Prep	3:02
2	Freddie Hubbard	Ryston/Peckover	3:06
3	James Watts	Ingold/WN	3:07
4	Theo Grocock	Cherry Tr	3:08
5	Liam Allitt	Grimston	3:08
6	Noah Ward	T St C	3:19
7	Freddie Bagge	D Prep	3:19
8	Noah Miller	Cherry Tr	3:21
9	Jacob Hicks	Upwell	3:27
10	Isaac Wells	Cherry Tr	3:30
11	Harley Longstaff	Cherry Tr	3:37
12	Isaac Webster	Cherry Tr	3:37
13	Benjamin White	Down Prep	3:45
14	Oliver Anderson	Nt Wtn	3:46
15	William Ward	Ter St C	3:53
16	Theodore Benyon-Phillips	Down Prep	3:55
17	Oscar Grocock	Cherry Tr	4:07
18	Zachary Rutland	Cherry Tr	4:10
19	Harry Betts	Cherry Tr	4:23
20	Archie Rockliffe	D Prep	4:32
21	Albert Dougan	Cherry Tr	4:50
22	Sebastian Metcalfe	St Martin	5:00
23	Oisin Carline	Cherry Tr	5:03
24	Jack Betts	Cherry Tr	5:35
25	Noah Bostock	Cherry Tr	5:51

Under 9 girls

Position	Name	Club	Time
1	Mabelle Chadderton	Ren/TStC	3:20
2	Alba Bartlett	GYDAC	3:25
3	Flora Evans	Down Pr	3:26
4	Isadora Barclay	Down Pr	3:27
5	Lauren Lawrence	Hunstan	3:30
6	Molly Cousins	Nt Wtn	3:32
7	Blake Amos	U/A	3:38
8	Izzie Hardy	Cherry Tr	3:40
9	Mia Kaiser	Eaton Pr	3:50
10	Jessica Watts	Ingolds	3:51
11	Francesca Hollick-Pearce	Ed DM	3:56
12	Maya Marcinek	Ren/WhFr	4:02
13	Betsy Chadderton	Ren/TStC	4:04
14	Erica Hollick Pearce	Ed DM	4:38
15	Naia Anthor	Kings Ely	4:52
16	Merryn Jones	Cherry Tr	4:53
17	Vivie Salmon	Cherry Tr	4:54
18	Francesca Ford	Down Pr	4:56

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19	Annabelle Walsh	DPSMN	5:08
20	Eleanor Dougan	Cherry Tr	6:06

Overall under 9s race

Position	Name	Club	Time	Category
1	Samuel Jones	Down Prep	3:02	U9B
2	Freddie Hubbard	Ryston/Peckover	3:06	U9B
3	James Watts	Ingold/WN	3:07	U9B
4	Theo Grocock	Cherry Tr	3:08	U9B
5	Liam Allitt	Grimston	3:08	U9B
6	Noah Ward	T St C	3:19	U9B
7	Freddie Bagge	D Prep	3:19	U9B
8	Mabelle Chadderton	Ren/TStC	3:20	U9G
9	Noah Miller	Cherry Tr	3:21	U9B
10	Alba Bartlett	GYDAC	3:25	U9G
11	Flora Evans	Down Pr	3:26	U9G
12	Jacob Hicks	Upwell	3:27	U9B
13	Isadora Barclay	Down Pr	3:27	U9G
14	Isaac Wells	Cherry Tr	3:30	U9B
15	Lauren Lawrence	Hunstan	3:30	U9G
16	Molly Cousins	Nt Wtn	3:32	U9G
17	Harley Longstaff	Cherry Tr	3:37	U9B
18	Isaac Webster	Cherry Tr	3:37	U9B
19	Blake Amos	U/A	3:38	U9G
20	Izzie Hardy	Cherry Tr	3:40	U9G
21	Benjamin White	Down Prep	3:45	U9B
22	Oliver Anderson	Nt Wtn	3:46	U9B
23	Mia Kaiser	Eaton Pr	3:50	U9G
24	Jessica Watts	Ingolds	3:51	U9G
25	William Ward	Ter St C	3:53	U9B
26	Theodore Benyon-Phillips	Down Prep	3:55	U9B
27	Francesca Hollick-Pearce	U/A / Ed DM	3:56	U9G
28	Maya Marcinek	Ren/WhFr	4:02	U9G
29	Betsy Chadderton	Ren/TStC	4:04	U9G
30	Oscar Grocock	Cherry Tr	4:07	U9B
31	Zachary Rutland	Cherry Tr	4:10	U9B
32	Harry Betts	Cherry Tr	4:23	U9B
33	Archie Rockliffe	D Prep	4:32	U9B
34	Erica Hollick Pearce	Ed DM	4:38	U9G
35	Albert Dougan	Cherry Tr	4:50	U9B
36	Naia Anthor	Kings Ely	4:52	U9G
37	Merryn Jones	Cherry Tr	4:53	U9G
38	Vivie Salmon	Cherry Tr	4:54	U9G
39	Francesca Ford	Down Pr	4:56	U9G
40	Sebastian Metcalfe	St Martin	5:00	U9B
41	Oisin Carline	Cherry Tr	5:03	U9B
42	Annabelle Walsh	DPSMN	5:08	U9G
43	Jack Betts	Cherry Tr	5:35	U9B

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44	Noah Bostock	Cherry Tr	5:51	U9B
45	Eleanor Dougan	Cherry Tr	6:06	U9G

Under 11 boys

Position	Name	Club	Time
1	Orson Bartlett	GYDAC	8:24
2	Matas Petreikis	WN/St Mha	8:26
3	Isaac Unsworth	CoNAC	8:29
4	Rory Wood	Rys/Nt Wtn	8:35
5	Henry Loveday	Kings Ely	9:52
6	Jude Osborne	CoNAC	9:54
7	Freddie Ford	Down Prep	10:32
8	Toby Turner	Litcham	10:38
9	Troy Smith	Ryston	11:21
10	Rhys Howard	Rys/Nt Wtn	11:23
11	Isaac Fletcher	Dereham	11:25
12	Daniel Rudling	Dereham	13:28
13	Harvey Wilson	St Martin	14:47
14	George Loveday	Kings Ely	14:48

Under 11 girls

Position	Name	Club	Time
1	Tayla Goodswen	CoNAC	8:56
2	Emi Muntingh	CoNAC	9:02
3	Casey Ward	Ryston/T St C	9:09
4	Nellie Chadderton	Ren/T StC	9:32
5	Madison Hicks	Rys/Upwel	9:43
6	Annabelle Skeffington	Kings Ely	10:03
7	Indie French	Rys/ Dock	10:45
8	Lydia Hopkins	Dereham	12:16
9	Ameera Carline	Ch Tr/Rys	12:18
10	Isabella Raines	Down Prep	14:28
11	Tabatha Bagge	Down Prep	14:31
12	Sophie Flectcher	Dereham	14:32
13	Caity Oram	Der / Scar	14:49

Overall under 11s race

Position	Name	Club	Time	Category
1	Orson Bartlett	GYDAC	8:24	U11B
2	Matas Petreikis	WN/St Mha	8:26	U11B
3	Isaac Unsworth	CoNAC	8:29	U11B
4	Rory Wood	Rys/Nt Wtn	8:35	U11B
5	Tayla Goodswen	CoNAC	8:56	U11G
6	Emi Muntingh	CoNAC	9:02	U11G
7	Casey Ward	Ryston/T St C	9:09	U11G
8	Nellie Chadderton	Ren/T StC	9:32	U11G
9	Madison Hicks	Rys/Upwel	9:43	U11G
10	Henry Loveday	Kings Ely	9:52	U11B

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11	Jude Osborne	CoNAC	9:54	U11B
12	Annabelle Skeffington	Kings Ely	10:03	U11G
13	Freddie Ford	Down Prep	10:32	U11B
14	Toby Turner	Litcham	10:38	U11B
15	Indie French	Rys/ Dock	10:45	U11G
16	Troy Smith	Ryston	11:21	U11B
17	Rhys Howard	Rys/Nt Wtn	11:23	U11B
18	Isaac Fletcher	Dereham	11:25	U11B
19	Lydia Hopkins	Dereham	12:16	U11G
20	Ameera Carline	Ch Tr/Rys	12:18	U11G
21	Daniel Rudling	Dereham	13:28	U11B
22	Isabella Raines	Down Prep	14:28	U11G
23	Tabatha Bagge	Down Prep	14:31	U11G
24	Sophie Flectcher	Dereham	14:32	U11G
25	Harvey Wilson	St Martin	14:47	U11B
26	George Loveday	Kings Ely	14:48	U11B
27	Caity Oram	Der / Scar	14:49	U11G

Under 13 boys

Position	Name	Club	Time
1	Ethan Ward	Ryston	11:06
2	Thomas Murray	Wn	11:28
3	Harry Woodgett	Dereham	12:30
4	Isaac Brown	Dereham	12:36
5	Thomas Simmonds	Ryston	13:17
6	Karlson Culling	Dereham	19:28

Under 13 girls

Position	Name	Club	Time
1	Olivia Ord	Ryston	13:08
2	Isabelle Brown	U/A	13:17
3	Chloe Munn	CoNAC	13:18
4	Faith Turner	WN/Flit	13:59
5	Ella Goodswen	BBH	14:55
6	Margot Swales	U/A	15:24
7	Jessica Lawrence	WN	16:14

Under 15 boys

Position	Name	Club	Time
1	Charlie Frammingham	WN	10:31
2	Cody Pearman	Ryston	11:15
3	Dylan Whitehouse	Ryston	11:31
4	Harvey Moore	CoNAC	11:51

Under 15 girls

Position	Name	Club	Time
1	Ruby Smith	Ryston	13:27

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Overall under 13s & 15s race

Position	Name	Club	Time	Category
1	Charlie Frammingham	WN	10:31	U15B
2	Ethan Ward	Ryston	11:06	U13B
3	Cody Pearman	Ryston	11:15	U15B
4	Thomas Murray	Wn	11:28	U13B
5	Dylan Whitehouse	Ryston	11:31	U15B
6	Harvey Moore	CoNAC	11:51	U15B
7	Harry Woodgett	Dereham	12:30	U13B
8	Isaac Brown	Dereham	12:36	U13B
9	Olivia Ord	Ryston	13:08	U13G
10	Isabelle Brown	U/A	13:17	U13G
11	Thomas Simmonds	Ryston	13:17	U13B
12	Chloe Munn	CoNAC	13:18	U13G
13	Ruby Smith	Ryston	13:27	U15G
14	Faith Turner	WN/Flit	13:59	U13G
15	Ella Goodswen	BBH	14:55	U13G
16	Margot Swales	U/A	15:24	U13G
17	Jessica Lawrence	WN	16:14	U13G
18	Karlson Culling	Dereham	19:28	U13B

Under 17 boys

Position	Name	Club	Time
1	Tim Bongaerts	CoNAC	21:47
2	Tobias Cheesbrough	Dereham	23:54
3	Matthew Benson	CoNAC	24:50
4	Callum Wing	Thetford	26:22
5	Jacob Last	Dereham	26:54
6	Jake Gilding	Dereham	29:29
7	Louis Preston	Dereham	36:53

Under 17 girls

Position	Name	Club	Time
1	Belle Watkins	BVH	32:10

Senior men

Position	Name	Club	Time
1	Conor Flanagan	Camb Tr	22:23
2	Luke Ashby	Camb Tri	23:06
3	Rob Simmonds	Ryston	23:21
4	Ben Keeley	Ryston	23:25
5	Ben Smith	U/A	23:37
6	Chris Searle	Dereha	25:19
7	Russell Hopkins	CoNAC	25:25
8	Chris Chaplin	Ryston	27:04
9	James Ord	Ryston	29:57
10	Matthew Freezer	Dere	32:02
11	Jamie Robinson	U/A	40:29

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Senior women

Position	Name	Club	Time
1	Jess Mckenzie	Ryston	26:39
2	Dawn Robinson	Ryston	26:53
3	Abbie Dickens	KLTC	28:20

Master women 35-39

Position	Name	Club	Time
1	Joanne Watkins	BVH	27:48
2	Louise Rowe	Dereham	33:55
3	Caroline Fletcher	Dereham	34:18
4	Barbara Kosiba	T St C	36:36
5	Clare Slattery	Thetford	40:40

Master women 40-44

Position	Name	Club	Time
1	Elizabeth Daly	Dereha	26:47
2	Julie Williamson	Ryston	30:50
3	Lucy Chadderton	Ren Run	32:06
4	Kareana Symonds	Dereha	32:24
5	Alison Brown	Dereham	34:59
6	Irena Marcinek	Ryston	35:06
7	Samantha Pritchard	U/A	36:41
8	Megan Oram	Dereham	37:29
9	Claire Ives	Lone Go	42:32

Master women 45-49

Position	Name	Club	Time
1	Julie Ward	U/A	30:14
2	Lucy Mcdowie	Ryston	30:59
3	Deborah Last	Dereham	31:57
4	Sarah-Jane Macdonald	TCRC	32:50
5	Joanna Banaszek	T St C	33:49
6	Judith Berry	Ryston	38:49
7	Lorraine Reeves	Brdn FH	39:26
8	Helen Melville	Ryston	52:36

Master women 50-54

Position	Name	Club	Time
1	Lesley Robins	Ryston	30:41
2	Lorraine Parker	TCRC	34:49
3	Susan King	U/A	38:59
4	Emma Horn	U/A	39:41
5	Heidi Smith	Thetford	41:12

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Master women 55-59

Position	Name	Club	Time
1	Gina Hurrell	Ryston	32:34
2	Linda Marshall	Ryston	33:09
3	Sue Swales	Dereham	38:22

Master women 60+

Position	Name	Club	Time
1	Lynne Howlett	Ryston	36:17
2	Pauline Sparrow	Ryston	38:53
3	Eva Osborne	Wymond	39:14
4	Elizabeth Blakie	Ryston	39:27
5	Amanda Baker	Lonely Goat	41:33
6	Hazel Cason	Dereham	43:17
7	Sarah Dennis	U/A	43:31
8	Di Renshaw	Dereham	45:05

Master men 40-44

Position	Name	Club	Time
1	Andy Simmonds	Ryston	24:26
2	Rob Skillings	Ryston	24:37
3	Michael Eglington	Dereham	24:58
4	Luke Pavey	Harling	26:11
5	Ben Collison	WN	28:27
6	Jake Whitehouse	Ryston	28:47
7	Nick Jones	U/A	28:55
8	Rob Gosnell	WN	29:13
9	Kevin Took	Ryston	32:18

Master men 45-49

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	22:54
2	Grant King	Dereham	29:03
3	Justin Gray	U/A	29:06
4	Mark Preston	Dereham	37:19

Master men 50-54

Position	Name	Club	Time
1	Nic Bensley	Ryston	25:14
2	Ali Macdonald	Lonely Goat	25:36
3	Matt Stone	BVH	26:18
4	Jason Wing	Thetford	26:31
5	Gary Malliband	Thetford	27:10
6	Jason Hawes	Ryston	29:11
7	George Pettit	Ryston	29:59
8	Neil Rivers	Dereham	30:30
9	Jan Knight	U/A	31:15
10	Ian Brown	U/A	32:00

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11	David Grimes	U/A	32:44
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Master men 55-59

Position	Name	Club	Time
1	Kevin Vaughan	Thetford	25:21
2	Wayne Ramsbottom	Dereh	27:10
3	Stuart Holmes	Camb Tri	27:59
4	Nigel Kenny	Ryston	30:06
5	Ian Patmore	RunDMC	32:23
6	Michael Protheroe	Dereham	36:54
7	Martin Elsegood	Ryston	47:47

Master men 60-64

Position	Name	Club	Time
1	Peter Swales	Dereham	29:08
2	Tony Savage	Ryston	29:32
3	Andy Rowles	Dereham	30:03
4	Robert Morgan	St Eds	30:56
5	Ken Renshaw	Dereham	37:08

Master men 65+

Position	Name	Club	Time
1	Kevin Howlett	Ryston	31:48
2	Martin Blackburn	Ryston	35:05
3	Paul Firmage	Ryston	38:43

Overall under 17s, seniors and masters race

Position	Name	Club	Time	Category
1	Tim Bongaerts	CoNAC	21:47	U17B
2	Conor Flanagan	Camb Tr	22:23	SM
3	Jan Kaiser	CoNAC	22:54	M45-49
4	Luke Ashby	Camb Tri	23:06	SM
5	Rob Simmonds	Ryston	23:21	SM
6	Ben Keeley	Ryston	23:25	SM
7	Ben Smith	U/A	23:37	SM
8	Tobias Cheesbrough	Dereham	23:54	U17B
9	Andy Simmonds	Ryston	24:26	M40-44
10	Rob Skillings	Ryston	24:37	M40-44
11	Matthew Benson	CoNAC	24:50	U17B
12	Michael Eglington	Dereham	24:58	M40-44
13	Nic Bensley	Ryston	25:14	M50-54
14	Chris Searle	Dereha	25:19	SM
15	Kevin Vaughan	Thetford	25:21	M55-59
16	Russell Hopkins	CoNAC	25:25	SM
17	Ali Macdonald	Lonely Goat	25:36	M50-54
18	Luke Pavey	Harling	26:11	M40-44
19	Matt Stone	BVH	26:18	M50-54
20	Callum Wing	Thetford	26:22	U17B

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21	Jason Wing	Thetford	26:31	M50-54
22	Jess Mckenzie	Ryston	26:39	SW
23	Elizabeth Daly	Dereha	26:47	W40-44
24	Dawn Robinson	Ryston	26:53	SW
25	Jacob Last	Dereham	26:54	U17B
26	Chris Chaplin	Ryston	27:04	SM
27	Gary Malliband	Thetford	27:10	M50-54
28	Wayne Ramsbottom	Dereh	27:10	M55-59
29	Joanne Watkins	BVH	27:48	W35-39
30	Stuart Holmes	Camb Tri	27:59	M55-59
31	Abbie Dickens	KLTC	28:20	SW
32	Ben Collison	WN	28:27	M40-44
33	Jake Whitehouse	Ryston	28:47	M40-44
34	Nick Jones	U/A	28:55	M40-44
35	Grant King	Dereham	29:03	M45-49
36	Justin Gray	U/A	29:06	M45-49
37	Peter Swales	Dereham	29:08	M60-64
38	Jason Hawes	Ryston	29:11	M50-54
39	Rob Gosnell	WN	29:13	M40-44
40	Jake Gilding	Dereham	29:29	U17B
41	Tony Savage	Ryston	29:32	M60-64
42	James Ord	Ryston	29:57	SM
43	George Pettit	Ryston	29:59	M50-54
44	Andy Rowles	Dereham	30:03	M60-64
45	Nigel Kenny	Ryston	30:06	M55-59
46	Julie Ward	U/A	30:14	W45-49
47	Neil Rivers	Dereham	30:30	M50-54
48	Lesley Robins	Ryston	30:41	W50-54
49	Julie Williamson	Ryston	30:50	W40-44
50	Robert Morgan	St Eds	30:56	M60-64
51	Lucy Mcdowie	Ryston	30:59	W45-49
52	Jan Knight	U/A	31:15	M50-54
53	Kevin Howlett	Ryston	31:48	M65+
54	Deborah Last	Dereham	31:57	W45-49
55	Ian Brown	U/A	32:00	M50-54
56	Matthew Freezer	Dere	32:02	SM
57	Lucy Chadderton	Ren Run	32:06	W40-44
58	Belle Watkins	BVH	32:10	U17G
59	Kevin Took	Ryston	32:18	M40-44
60	Ian Patmore	RunDMC	32:23	M55-59
61	Kareana Symonds	Dereha	32:24	W40-44
62	Gina Hurrell	Ryston	32:34	W55-59
63	David Grimes	U/A	32:44	M50-54
64	Sarah-Jane Macdonald	TCRC	32:50	W45-49
65	Linda Marshall	Ryston	33:09	W55-59
66	Joanna Banaszek	T St C	33:49	W45-49
67	Louise Rowe	Dereham	33:55	W35-39
68	Caroline Fletcher	Dereham	34:18	W35-39

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69	Lorraine Parker	TCRC	34:49	W50-54
70	Alison Brown	Dereham	34:59	W40-44
71	Martin Blackburn	Ryston	35:05	M65+
72	Irena Marcinek	Ryston	35:06	W40-44
73	Lynne Howlett	Ryston	36:17	W60+
74	Barbara Kosiba	T St C	36:36	W35-39
75	Samantha Pritchard	U/A	36:41	W40-44
76	Louis Preston	Dereham	36:53	U17B
77	Michael Protheroe	Dereham	36:54	M55-59
78	Ken Renshaw	Dereham	37:08	M60-64
79	Mark Preston	Dereham	37:19	M45-49
80	Megan Oram	Dereham	37:29	W40-44
81	Sue Swales	Dereham	38:22	W55-59
82	Paul Firmage	Ryston	38:43	M65+
83	Judith Berry	Ryston	38:49	W45-49
84	Pauline Sparrow	Ryston	38:53	W60+
85	Susan King	U/A	38:59	W50-54
86	Eva Osborne	Wymond	39:14	W60+
87	Lorraine Reeves	Brdn FH	39:26	W45-49
88	Elizabeth Blakie	Ryston	39:27	W60+
89	Emma Horn	U/A	39:41	W50-54
90	Jamie Robinson	U/A	40:29	SM
91	Clare Slattery	Thetford	40:40	W35-39
92	Heidi Smith	Thetford	41:12	W50-54
93	Amanda Baker	Lonely Goat	41:33	W60+
94	Claire Ives	Lone Go	42:32	W40-44
95	Hazel Cason	Dereham	43:17	W60+
96	Sarah Dennis	U/A	43:31	W60+
97	Di Renshaw	Dereham	45:05	W60+
98	Martin Elsegood	Ryston	47:47	M55-59
99	Helen Melville	Ryston	52:36	W45-49