

Ryston Runners AC Cross Country Grand Prix 2022-23 Overall Series Results

Under 9 boys		
	Name	Club/School
1st	Freddie Hubbard	Ryston
2nd	Samuel Jones	Downham Prep
3rd	Theo Grocock	Cherry Tree

Under 11 boys		
	Name	Club/School
1st	Isaac Unsworth	CoNAC
2nd	Rory Wood	Ryston/Nt Wtn
3rd	Leo Wood	Ryston/Nt Wtn
3rd	Matas Petreikis	WN/St Marthas

Under 13 boys		
	Name	Club
1st	Ethan Ward	Ryston
2nd	Thomas Murray	WN
3rd	Isaac Brown	Dereham

Under 15 boys		
	Name	Club
1st	Billy Eccles	BVH
2nd	Edward Murray	WN
3rd	Charlie Frammingham	WN

Under 9 girls		
	Name	Club/School
1st	Mabelle Chadderton	Ren Run
2nd	Alba Bartlett	Down Prep
3rd	Isadora Barclay	Down Prep

Under 11 girls		
	Name	Club/School
1st	Tayla Goodswen	CoNAC
2nd	Florence Abbott	CoNAC
3rd	Emi Muntingh	CoNAC

Under 13 girls		
	Name	Club
1st	Olivia Ord	Ryston
2nd	Jasmin Benson	CoNAC
3rd	Faith Turner	WN

Under 15 girls		
	Name	Club
1st	Evie Clayton	WN
2nd	Ruby Smith	Ryston
3rd	Lola Kidman	WN

Under 17 boys		
	Name	Club
1st	Tim Bongaerts	CoNAC
2nd	Tobias Cheesbrough	Dereham
3rd	Matthew Benson	CoNAC

Senior Women		
	Name	Club
1st	Anna O'Hare	Haverhill
2nd	Dawn Robinson	Ryston
3rd	Abbie Dickens	U/A

Vet 35 women		
	Name	Club
1st	Emma Wood	Ryston
2nd	Joanne Watkins	BVH
3rd	Frankie Harrison	GYDAC

Vet 40 women		
	Name	Club
1st	Juliette Watkinson	Wymondham
2nd	Elizabeth Daly	Dereham
3rd	Claire Wilshaw	Camb Tri

Vet 45 women		
	Name	Club
1st	Lucy McDowie	Ryston
2nd	Deborah Last	Dereham
3rd	Sarah Jane Macdonald	KLTC

Under 17 girls		
	Name	Club
1st	Beth Wilson	Thetford
2nd	Belle Watkins	BVH

Senior Men		
	Name	Club
1st	Rob Simmonds	Ryston
2nd	Conor Flanagan	Camb Tri
3rd	Luke Ashby	Camb Tri

Vet 40 men		
	Name	Club
1st	Michael Eccles	BVH
2nd	Chris Balmer	Ryston
3rd	Matthew Thrower	Ryston

Vet 45 men		
	Name	Club
1st	Jan Kaiser	CoNAC
2nd	Justin Gray	U/A
3rd	Grant King	Dereham

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

Vet 50 women		
	Name	Club
1st	Lesley Robins	
2nd	Lorraine Parker	TCRC
3rd	Heidi Smith	Thetford

Vet 55 women		
	Name	Club
1st	Gina Hurell	Ryston
2nd	Linda Marshall	Ryston
3rd	Sue Swales	Dereham

Vet 60+ women		
	Name	Club
1st	Jenny Morgan	St Eds
2nd	Pauline Sparrow	Ryston
3rd	Amanda Baker	Lonely Goat

Club	
1st	Dereham Runners AC
2nd	City of Norwich AC
3rd	West Norfolk AC

Outstanding performance		
	Name	Club
Male	Tim Bongaerts	CoNAC
Female	Jenny Morgan	St Eds

Vet 55 men		
	Name	Club
1st	Kevin Vaughan	Thetford
2nd	Malcolm Tuff	Ryston
3rd	Adrian Hall	Wymondham

Vet 60 men		
	Name	Club
1st	Tony Savage	Ryston
2nd	Peter Swales	Dereham
3rd	Robert Morgan	St Eds

Vet 65+ men		
	Name	Club
1st	Kevin Howlett	Ryston
2nd	Paul Richardson	Dereham
3rd	Kevin Denmark	Wymondham

Primary School	
1st	Cherry Tree Academy
2nd	Downham Preparatory
3rd	Terrington St Clement

Most improved Club	
1st	Wymondham AC