

Ryston Runners Grand Prix 5 11/02/2024

Under 9 boys

Bib	Name	Club	Time
1	Noah Ward	T St C	3:04
2	Freddie Bagge	Ryston	3:10
3	Theo Grocock	Cherry Tree	3:10
4	Harry Kitchen	Tilney	3:16
5	Arthur Brunton	U/A	3:16
6	Harris Smitherman	U/A	3:19
7	Charlie Holland	Waveney	3:19
8	William Ward	T St C	3:25
9	Oscar Forrest	Cherry Tree	3:28
10	Arthur Teanby	Tilney	3:29
11	Jack Baxter	TCRC/Emneth	3:30
12	Benjamin White	Downham Prep	3:35
13	Isaac Webster	Cherry Tree	3:36
14	Owen Hamilton	Hillcrest	3:39
15	Harrison Reeve	Glebe	3:42
16	Archie Rockcliffe	Downham Prep	3:44
17	Ethan Moore	Hillcrest	3:45
18	Alfie Wilson	Cherry Tree	3:52
19	William Chappell	Cherry Tree	3:54
20	Oscar Grocock	Cherry Tree	4:09
21	Sam Jones	Cherry Tree	4:16
22	Sebastian Metcalfe	St Martin	4:17
23	Rupert Chappell	Cherry Tree	4:17
24	Leo Hartley	Wisbech	4:20
25	Drew McMillan	Cherry Tree	4:36
26	Remy Burnham-Rickets	Cherry Tree	4:45
27	Harry Betts	Cherry Tree	4:48
28	Grayson Durham	Cherry Tree	4:56
29	Harry Williamson	Cherry Tree	5:08
30	Jack Betts	Cherry Tree	5:35
31	Harry Hamilton	Hillcrest	5:46
32	Noah Snow	Cherry Tree	5:47
33	Raleigh Hackett	Wisbech	5:55
34	Grayson Pearce	Cherry Tree	5:59
35	Finley Pearce	Cherry Tree	6:01
36	George Morton	Hillcrest	6:12
37	Tadhg Webber	Cherry Tree	6:26

Ryston Runners Grand Prix 5 11/02/2024

Under 9 girls

Bib	Name	Club	Time
1	Felicity Allen	Leverington	3:11
2	Blake Amos	CoNAC	3:21
3	Lauren Lawrence	Ren Run/Wells	3:26
4	Bonnie Norman-Foulkes	Ryston	3:31
5	Lara Reeve	Glebe	3:32
6	Jessica Watts	WNAC	3:37
7	Emily Kitchen	Tilney	3:37
8	Flora Evans	Down Prep	3:41
9	Izzie Hardy	Cherry Tree	3:44
10	Florence Bartlett	GYDAC	4:01
11	Darcey Durham	Cherry Tree	4:08
12	Katie Morton	Hillcrest	4:12
13	Freya Ford	Down Prep	4:12
14	Betsy Chadderton	T St C	4:16
15	Isla Miller	Cherry Tree	4:19
16	Freya Reynolds	Ryston/Hillcrest	4:23
17	Vivie Salmon	Cherry Tree	4:43
18	Francesca Ford	Down Prep	4:47
19	Alish Smitherman	U/A	4:53
20	Rosie Beckham	Cherry Tree	4:59
21	Merryn Jones	Cherry Tree	5:00
22	Naia Amthor	Litcham	5:05
23	Violet Howlett	Down Prep	5:18
24	Amelia Murray	Cherry Tree	5:37

Overall under 9s race

Bib	Name	Club	Time	Category
1	Noah Ward	T St C	3:04	U9B
2	Freddie Bagge	Ryston	3:10	U9B
3	Theo Grocock	Cherry Tree	3:10	U9B
4	Felicity Allen	Leverington	3:11	U9G
5	Harry Kitchen	Tilney	3:16	U9B
6	Arthur Brunton	U/A	3:16	U9B
7	Harris Smitherman	U/A	3:19	U9B
8	Charlie Holland	Waveney	3:19	U9B
9	Blake Amos	CoNAC	3:21	U9G
10	William Ward	T St C	3:25	U9B
11	Lauren Lawrence	Ren Run/Wells	3:26	U9G
12	Oscar Forrest	Cherry Tree	3:28	U9B
13	Arthur Teanby	Tilney	3:29	U9B
14	Jack Baxter	TCRC/Emneth	3:30	U9B
15	Bonnie Norman-Foulkes	Ryston	3:31	U9G
16	Lara Reeve	Glebe	3:32	U9G
17	Benjamin White	Downham Prep	3:35	U9B
18	Isaac Webster	Cherry Tree	3:36	U9B

Ryston Runners Grand Prix 5 11/02/2024

19	Jessica Watts	WNAC	3:37	U9G
20	Emily Kitchen	Tilney	3:37	U9G
21	Owen Hamilton	Hillcrest	3:39	U9B
22	Flora Evans	Down Prep	3:41	U9G
23	Harrison Reeve	Glebe	3:42	U9B
24	Archie Rockcliffe	Downham Prep	3:44	U9B
25	Izzie Hardy	Cherry Tree	3:44	U9G
26	Ethan Moore	Hillcrest	3:45	U9B
27	Alfie Wilson	Cherry Tree	3:52	U9B
28	William Chappell	Cherry Tree	3:54	U9B
29	Florence Bartlett	GYDAC	4:01	U9G
30	Darcey Durham	Cherry Tree	4:08	U9G
31	Oscar Grocock	Cherry Tree	4:09	U9B
32	Katie Morton	Hillcrest	4:12	U9G
33	Freya Ford	Down Prep	4:12	U9G
34	Betsy Chadderton	T St C	4:16	U9G
35	Sam Jones	Cherry Tree	4:16	U9B
36	Sebastian Metcalfe	St Martin	4:17	U9B
37	Rupert Chappell	Cherry Tree	4:17	U9B
38	Isla Miller	Cherry Tree	4:19	U9G
39	Leo Hartley	Wisbech	4:20	U9B
40	Freya Reynolds	Ryston/Hillcrest	4:23	U9G
41	Drew McMillan	Cherry Tree	4:36	U9B
42	Vivie Salmon	Cherry Tree	4:43	U9G
43	Remy Burnham-Rickets	Cherry Tree	4:45	U9B
44	Francesca Ford	Down Prep	4:47	U9G
45	Harry Betts	Cherry Tree	4:48	U9B
46	Alish Smitherman	U/A	4:53	U9G
47	Grayson Durham	Cherry Tree	4:56	U9B
48	Rosie Beckham	Cherry Tree	4:59	U9G
49	Merryn Jones	Cherry Tree	5:00	U9G
50	Naia Amthor	Litcham	5:05	U9G
51	Harry Williamson	Cherry Tree	5:08	U9B
52	Violet Howlett	Down Prep	5:18	U9G
53	Jack Betts	Cherry Tree	5:35	U9B
54	Amelia Murray	Cherry Tree	5:37	U9G
55	Harry Hamilton	Hillcrest	5:46	U9B
56	Noah Snow	Cherry Tree	5:47	U9B
57	Raleigh Hackett	Wisbech	5:55	U9B
58	Grayson Pearce	Cherry Tree	5:59	U9B
59	Finley Pearce	Cherry Tree	6:01	U9B
60	George Morton	Hillcrest	6:12	U9B
61	Tadgh Webber	Cherry Tree	6:26	U9B

Ryston Runners Grand Prix 5 11/02/2024

Under 11 boys

Bib	Name	Club	Time
1	Cody Holland	Waveney	7:23
2	Fergus Smitherman	CoNAC	8:18
3	James Watts	WNAC	8:28
4	Arthur Robinson	Thetford	9:02
5	Ethan Ashwood	St Eds	9:03
6	Freddie Hubbard	Ryston/Peckover	9:07
7	Henry Loveday	King's Ely	9:39
8	Ezra Lewis	Down Prep	10:31
9	Harley Longstaff	Cherry Tree	10:32
10	Rhys Howard	Ryston	10:57
11	Teddy Bishop	Cherry Tree	11:36

*course record

Under 11 girls

Bib	Name	Club	Time
1	Tabatha Oppenheim	CoNAC	9:03
2	Nellie Chadderton	T St C	9:22
3	Mabelle Chadderton	T St C	9:41
4	Willow Levison	Ely Run	9:52
5	Alba Bartlett	GYDAC	9:53
6	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:55
7	Nancy Simmonds	U/A	12:46
8	Caity Oram	Dereham/Scarn	14:25

Overall under 11s race

Bib	Name	Club	Time	Category
1	Cody Holland	Waveney	7:23	U11B
2	Fergus Smitherman	CoNAC	8:18	U11B
3	James Watts	WNAC	8:28	U11B
4	Arthur Robinson	Thetford	9:02	U11B
5	Tabatha Oppenheim	CoNAC	9:03	U11G
6	Ethan Ashwood	St Eds	9:03	U11B
7	Freddie Hubbard	Ryston/Peckover	9:07	U11B
8	Nellie Chadderton	T St C	9:22	U11G
9	Henry Loveday	King's Ely	9:39	U11B
10	Mabelle Chadderton	T St C	9:41	U11G
11	Willow Levison	Ely Run	9:52	U11G
12	Alba Bartlett	GYDAC	9:53	U11G
13	Ezra Lewis	Down Prep	10:31	U11B
14	Harley Longstaff	Cherry Tree	10:32	U11B
15	Rhys Howard	Ryston	10:57	U11B
16	Teddy Bishop	Cherry Tree	11:36	U11B
17	Francesca Hollick-Pearce	Thetford/Ed DeMo	11:55	U11G
18	Nancy Simmonds	U/A	12:46	U11G
19	Caity Oram	Dereham/Scarn	14:25	U11G

Ryston Runners Grand Prix 5 11/02/2024

Under 13 boys

Bib	Name	Club	Time
1	Isaac Brown	Dereham	12:18
2	Thomas Simmonds	Ryston	13:00
3	Alexander Balmer	Newmarket	13:02
4	Toby Turner	Ryston	14:46

Under 13 girls

Bib	Name	Club	Time
1	Flo Abbott	CoNAC	12:44
2	Olivia Ord	Ryston	12:50
3	Faith Turner	WNAC	13:08
4	Connie Abraham	Ely	13:11
5	Casey Ward	WNAC	13:20
6	Jessica Lawrence	WNAC	13:32
7	Madison Hicks	Ryston	13:41
8	Matilda Robinson	Thetford	14:55
9	Martha McKenzie	Ryston	15:58

Under 15 boys

Bib	Name	Club	Time
1	Ethan Ward	WNAC	10:46
2	Harry Robinson	Thetford	11:04

Under 15 girls

Bib	Name	Club	Time
1	Evie Clayton	WNAC	12:22
2	Faye Nottage	GYDAC	12:30
3	Eva Townshend	NNH	14:07

Overall under 13s & 15s race

Bib	Name	Club	Time	Category
1	Ethan Ward	WNAC	10:46	U15B
2	Harry Robinson	Thetford	11:04	U15B
3	Isaac Brown	Dereham	12:18	U13B
4	Evie Clayton	WNAC	12:22	U15G
5	Faye Nottage	GYDAC	12:30	U15G
6	Flo Abbott	CoNAC	12:44	U13G
7	Olivia Ord	Ryston	12:50	U13G
8	Thomas Simmonds	Ryston	13:00	U13B
9	Alexander Balmer	Newmarket	13:02	U13B
10	Faith Turner	WNAC	13:08	U13G
11	Connie Abraham	Ely	13:11	U13G
12	Casey Ward	WNAC	13:20	U13G
13	Jessica Lawrence	WNAC	13:32	U13G
14	Madison Hicks	Ryston	13:41	U13G
15	Eva Townshend	NNH	14:07	U15G
16	Toby Turner	Ryston	14:46	U13B

Ryston Runners Grand Prix 5 11/02/2024

17	Matilda Robinson	Thetford	14:55	U13G
18	Martha McKenzie	Ryston	15:58	U13G

Under 17 boys

Bib	Name	Club	Time
1	Dylan Whitehouse	Ryston	16:55
2	Cody Pearman	Ryston	18:12

Under 17 girls

Bib	Name	Club	Time
1	Isabella McKenzie	Ryston	20:03
2	Belle Watkins	BVH	22:05
3	Olivia Doig	KLTC	28:20

Overall U17s race

Bib	Name	Club	Time	Category
1	Dylan Whitehouse	Ryston	16:55	U17B
2	Cody Pearman	Ryston	18:12	U17B
3	Isabella McKenzie	Ryston	20:03	U17G
4	Belle Watkins	BVH	22:05	U17G
5	Olivia Doig	KLTC	28:20	U17G

Senior men

Bib	Name	Club	Time
1	Nathan Stockdale	Ryston	28:40
2	Ben Keeley	Ryston	32:00
3	Gareth Hunt	Ryston	36:31
4	Oakley Took	U/A	38:05
5	Daniel High	TCRC	45:42
6	James Trim	Ryston	47:49

Senior women

Bib	Name	Club	Time
1	Dawn Robinson	Ryston	35:56
2	Lauren Day	TCRC	44:33
3	Charlotte Smith	Ryston	45:24
4	Harriet Dolby	BRJ	45:34

Master women 35-39

Bib	Name	Club	Time
1	Joanne Watkins	BVH	36:32
2	Cat Foley Wray	Ryston	37:38
3	Katheryn Heaney	Wymondham	39:50
4	Vicky Newton	TCRC	43:29
5	Amy Allison	U/A	43:33
6	LJ Winter	U/A	47:25

Ryston Runners Grand Prix 5 11/02/2024

Master women 40-44

Bib	Name	Club	Time
1	Elizabeth Daly	Dereham	36:27
2	Claire Wilshaw	Camb Tri	39:38
3	Caroline Fletcher	Dereham	47:41
4	Sarah Johnson	TCRC	48:40
5	Liz Simmonds	U/A	50:17
6	Sarah Melton-Whitelam	TCRC	72:46

Master women 45-49

Bib	Name	Club	Time
1	Julie Ward	U/A	44:29
2	Claire Smithee	TCRC	46:55
3	Megan Oram	Dereham	52:46
4	Diane Tyler	TCRC	60:10

Master women 50-54

Bib	Name	Club	Time
1	Rebecca Maun	NNBR	43:02
2	Lisa Harris	Ryston	45:35
3	Naomi Smith	TCRC	49:04
4	Shelly Coleman	TCRC	60:19
5	Lorraine Parker	TCRC	60:20
6	Helen Driver	Ryston	67:03

Master women 55-59

Bib	Name	Club	Time
1	Ruth Chadwick	Ryston	42:35
2	Linda Marshall	Ryston	43:27

Master women 60-64

Bib	Name	Club	Time
1	Amanda Baker	Dereham	57:26
2	Di Renshaw	Dereham	72:05

Master women 65+

Bib	Name	Club	Time
1	Jenny Morgan	St Eds	43:23
2	Lynne Howlett	Ryston	50:55
3	Pauline Sparrow	Ryston	51:13
4	Sarah Dennis	U/A	61:51
5	Hazel Cason	Dereham	65:05

*course record

Ryston Runners Grand Prix 5 11/02/2024

Master men 35-39

Bib	Name	Club	Time
1	Alistair Steele	C-Squad	30:05
2	Rob Simmonds	Ryston	30:46
3	Chris Chaplin	Ryston	36:46
4	Glen Perkins	Ryston	37:03
5	Christopher Cann	Ryston	40:35
6	Aj Harris	TCRC	52:29

*course record

Master men 40-44

Bib	Name	Club	Time
1	Andrew Simmonds	Ryston	32:05
2	Stephen Woodcroft	Wymondham	32:06
3	Tom Levinson	Ely Runners	32:20
4	William Winter	U/A	33:24
5	Michael Eglington	Dereham	35:22
6	Rob Skillings	Ryston	35:44
7	Luke Pavey	Harling	35:59
8	Craig Freestone	TCRC	37:45
9	Adam Howard	WNAC	41:36

Master men 45-49

Bib	Name	Club	Time
1	Dan Pratt	U/A	38:05
2	Justin Gray	U/A	38:45
3	Richard Hill	Ely Runners	39:03
4	Mark Fountain	Ryston	41:35
5	Phil Newton	TCRC	44:04

Master men 50-54

Bib	Name	Club	Time
1	Nic Bensley	Ryston	34:30
2	Liam Dawson	Ryston	35:00
3	Matt Stone	BVH	36:24
4	Craig Harris	Ryston	40:02
5	Jan Knight	Ryston	42:17
6	Gavin Critchell	U/A	42:42
7	Alistair Doig	KLTC	51:18
8	Steve Whitlam	TCRC	55:20

Master men 55-59

Bib	Name	Club	Time
1	Stuart Holmes	Camb Tri	36:39
2	Jason Elrick	Thetford	37:40
3	Adrian Hall	Wymondham	37:49
4	Ian Brown	Dereham	38:51
5	James Nice	CoNAC	43:16
6	Ian Patmore	Run DMC	43:48

Ryston Runners Grand Prix 5 11/02/2024

Master men 60-64

Bib	Name	Club	Time
1	Rob Morgan	St Eds	39:18
2	Antony Leigh	U/A	40:57
3	Nigel Kenny	Ryston	41:38
4	David Dawber	NNBR	44:09
5	Les Phillips	TCRC	46:21
6	Rory Campbell	Dereham	58:01

Master men 65+

Bib	Name	Club	Time
1	Kevin Howlett	Ryston	42:52
2	Brian Black	KLTC	44:55
3	Alan Burgin	Hunts AC	47:58
4	Chris Milnes	Ryston	50:30
5	Ken Renshaw	Dereham	51:48
6	Paul Firmage	Ryston	55:44
7	Leslie Lawrence	U/A	65:29

Overall seniors and masters race

Bib	Name	Club	Time	Category
1	Nathan Stockdale	Ryston	28:40	SM
2	Alistair Steele	C-Squad	30:05	MM35-39
3	Rob Simmonds	Ryston	30:46	MM35-39
4	Ben Keeley	Ryston	32:00	SM
5	Andrew Simmonds	Ryston	32:05	MM40-44
6	Stephen Woodcroft	Wymondham	32:06	MM40-44
7	Tom Levinson	Ely Runners	32:20	MM40-44
8	William Winter	U/A	33:24	MM40-44
9	Nic Bensley	Ryston	34:30	MM50-54
10	Liam Dawson	Ryston	35:00	MM50-54
11	Michael Eglington	Dereham	35:22	MM40-44
12	Rob Skillings	Ryston	35:44	MM40-44
13	Dawn Robinson	Ryston	35:56	SW
14	Luke Pavey	Harling	35:59	MM40-44
15	Matt Stone	BVH	36:24	MM50-54
16	Elizabeth Daly	Dereham	36:27	MW40-44
17	Gareth Hunt	Ryston	36:31	SM
18	Joanna Watkins	BVH	36:32	MW35-39
19	Stuart Holmes	Camb Tri	36:39	MM55-59
20	Chris Chaplin	Ryston	36:46	MM35-39
21	Glen Perkins	Ryston	37:03	MM35-39
22	Cat Foley Wray	Ryston	37:38	MW35-39
23	Jason Elrick	Thetford	37:40	MM55-59
24	Craig Freestone	TCRC	37:45	MM40-44
25	Adrian Hall	Wymondham	37:49	MM55-59
27	Dan Pratt	U/A	38:05	MM45-49

Ryston Runners Grand Prix 5 11/02/2024

26	Oakley Took	U/A	38:05	SM
28	Justin Gray	U/A	38:45	MM45-49
29	Ian Brown	Dereham	38:51	MM55-59
30	Richard Hill	Ely Runners	39:03	MM45-49
31	Rob Morgan	St Eds	39:18	MM60-64
32	Claire Wilshaw	Camb Tri	39:38	MW40-44
33	Katheryn Heaney	Wymondham	39:50	MW35-39
34	Craig Harris	Ryston	40:02	MM50-54
35	Christopher Cann	Ryston	40:35	MM35-39
36	Antony Leigh	U/A	40:57	MM60-64
37	Mark Fountain	Ryston	41:35	MM45-49
38	Adam Howard	WNAC	41:36	MM40-44
39	Nigel Kenny	Ryston	41:38	MM60-64
40	Jan Knight	Ryston	42:17	MM50-54
41	Ruth Chadwick	Ryston	42:35	MW55-59
42	Gavin Critchell	U/A	42:42	MM50-54
43	Kevin Howlett	Ryston	42:52	MM65+
44	Rebecca Maun	NNBR	43:02	MW50-54
45	James Nice	CoNAC	43:16	MM55-59
46	Jenny Morgan	St Eds	43:23	MW65+
47	Linda Marshall	Ryston	43:27	MW55-59
48	Vicky Newton	TCRC	43:29	MW35-39
49	Amy Allison	U/A	43:33	MW35-39
50	Ian Patmore	Run DMC	43:48	MM55-59
51	Phil Newton	TCRC	44:04	MM45-49
52	David Dawber	NNBR	44:09	MM60-64
53	Julie Ward	U/A	44:29	MW45-49
54	Lauren Day	TCRC	44:33	SW
55	Brian Black	KLTC	44:55	MM65+
56	Charlotte Smith	Ryston	45:24	SW
57	Harriet Dolby	BRJ	45:34	SW
58	Lisa Harris	Ryston	45:35	MW50-54
59	Daniel High	TCRC	45:42	SM
60	Les Phillips	TCRC	46:21	MM60-64
61	Claire Smithee	TCRC	46:55	MW45-49
62	LJ Winter	U/A	47:25	MW35-39
63	Caroline Fletcher	Dereham	47:41	MW40-44
64	James Trim	Ryston	47:49	SM
65	Alan Burgin	Hunts AC	47:58	MM65+
66	Sarah Johnson	TCRC	48:40	MW40-44
67	Naomi Smith	TCRC	49:04	MW50-54
68	Liz Simmonds	U/A	50:17	MW40-44
69	Chris Milnes	Ryston	50:30	MM65+
70	Lynne Howlett	Ryston	50:55	MW65+
71	Pauline Sparrow	Ryston	51:13	MW65+
72	Alistair Doig	KLTC	51:18	MM50-54
73	Ken Renshaw	Dereham	51:48	MM65+
74	Aj Harris	TCRC	52:29	MM35-39

Ryston Runners Grand Prix 5 11/02/2024

75	Megan Oram	Dereham	52:46	MW45-49
76	Steve Whitlam	TCRC	55:20	MM50-54
77	Paul Firmage	Ryston	55:44	MM65+
78	Amanda Baker	Dereham	57:26	MW60-64
79	Rory Campbell	Dereham	58:01	MM60-64
80	Diane Tyler	TCRC	60:10	MW45-49
81	Shelly Coleman	TCRC	60:19	MW50-54
82	Lorraine Parker	TCRC	60:20	MW50-54
83	Sarah Dennis	U/A	61:51	MW65+
84	Hazel Cason	Dereham	65:05	MW65+
85	Leslie Lawrence	U/A	65:29	MM65+
86	Helen Driver	Ryston	67:03	MW50-54
87	Di Renshaw	Dereham	72:05	MW60-64
88	Sarah Melton-Whitelam	TCRC	72:46	MW40-44