

Ryston Runners AC Cross Country Grand Prix 2023-24 Overall Series Results

Under 9 boys			Under 9 girls		
	Name	Club		Name	Club
1st	Noah Ward	Terrington St Clem	1st	Felicity Allen	Leverington
2nd	Theo Grocock	Cherry Tree	2nd	Blake Amos	CoNAC
3rd	Freddie Bagge	Ryston	3rd	Flora Evans	Down Prep
Under 11 boys			Under 11 girls		
	Name	Club		Name	Club
1st	Cody Holland	Waveney	1st	Nellie Chadderton	Terrington St C
2nd	Isaac Unsworth	CoNAC	2nd	Mabelle Chadderton	Terrington St C
3rd	James Watts	WNAC	3rd	Amelie Watkinson	Attleborough
Under 13 boys			Under 13 girls		
	Name	Club		Name	Club
1st	Finley Winship	CoNAC	1st	Florence Abbott	CoNAC
2nd	Isaac Brown	Dereham	2nd	Olivia Ord	Ryston
3rd	Leo Wood	Ryston	3rd	Emilia Farnell	NNH
Under 15 boys			Under 15 girls		
	Name	Club		Name	Club
1st	Cameron Wedon	GYDAC	1st	Evie Clayton	WNAC
2nd	Ethan Ward	WNAC	2nd	Beatrice Green	Dereham
3rd	Harry Robinson	Thetford	3rd	Alice Thompson-Rea	NNH
Under 17 boys			Under 17 girls		
	Name	Club		Name	Club
1st	Tobias Cheesbrough	CoNAC	1st	Belle Mckenzie	Ryston
2nd	Dylan Whitehouse	Ryston	2nd	Belle Watkins	BVH
3rd	Cody Pearman	Ryston	3rd	Olivia Doig	KLTC
Senior men			Senior women		
	Name	Club		Name	Club
1st	Chris Smith	Hunts	1st	Dawn Robinson	Ryston
2nd	Nathan Stockdale	Ryston	2nd	Abi Dickins	KLTC
3rd	Tom McCarthy	U/S	3rd	Dani Sparkes	Ryston
Women 35-39			Women 40-44		
	Name	Club		Name	Club
1st	Joanne Watkins	BVH	1st	Juliette Watkinson	Wymondham
2nd	Kathryn Heaney	Wymondham	2nd	Elizabeth Daly	Dereham
3rd	Vicky Newton	TCRC	3rd	Claire Woodcroft	Wymondham
Women 45-49			Women 50-54		
	Name	Club		Name	Club
1st	Julie Ward	U/A	1st	Lesley Robins	Ryston
2nd	Claire Smithee	TCRC	2nd	Deborah Last	Dereham
3rd	Megan Oram	Dereham	3rd	Lisa Harris	Ryston

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Women 55-59			Women 60-64		
	Name	Club		Name	Club
1st	Ruth Chadwick	Ryston	1st	Amanda Baker	Dereham
2nd	Linda Marshall	Ryston	2nd	Rita Rue	St Eds
3rd			3rd	Diane Renshaw	Dereham
Women 65+					
	Name	Club			
1st	Jenny Morgan	St Eds			
2nd	Lynne Howlett	Ryston			
3rd	Pauline Sparrow	Ryston			
Men 35-39			Men 40-44		
	Name	Club		Name	Club
1st	Alistair Steele	C-Squad	1st	Tom Levinson	Ely
2nd	Rob Simmonds	Ryston	2nd	Stephen Woodcroft	Wymondham
3rd	Ben Kelley	Ryston	3rd	Andrew Simmonds	Ryston
Men 45-49			Men 50-54		
	Name	Club		Name	Club
1st	Dan Pratt	U/A	1st	Nic Bensley	Ryston
2nd	Jamie Bransgrove	Ryston	2nd	Liam Dawson	Ryston
3rd	Jud Gray	U/A	3rd	Jason Wing	Thetford
Men 55-59			Men 60-64		
	Name	Club		Name	Club
1st	Adrian Hall	Wymondham	1st	Kevin Vaughan	Thetford
2nd	Stuart Holmes	Camb Tri	2nd	Robert Morgan	St Eds
3rd	Wayne Ramsbottom	Dereham	3rd	Paul Maclean	U/A
Men 65+					
	Name	Club			
1st	Graham Chapman	Ely			
2nd	Nigel Horney	Keswick AC			
3rd	Jit Patel	Ryston			

Club		School	
1st	Dereham Runners	1st	Cherry Tree Academy
2nd	City of Norwich AC	2nd	Terrington St Clement Community
3rd	Three Counties Running Club	3rd	Hillcrest Primary

Outstanding performance			Most improved Club		
	Name	Club		Name	Club
Junior	Cody Holland	Waveney	1st	Three Counties Running Club	
Senior	Chris Smith	Hunts AC			