

Ryston Runners - Cross Country Series 2014 - 2015

Grand Prix 3 - 14th December 2014

Under 9 Girls - 800m

1 st	Abbi McCallum	North Norfolk Harriers AC	3:06
2 nd	Holly Lawrence	D Prep	3:32
3 rd	Ella Matthews	St Martins	3:36

Under 11 Boys - 2km

1 st	Innes O'Malley	North Norfolk Harriers AC	8:11
2 nd	Reuben Andrews	Ryston Runners	8:25
3 rd	William Paine	St Martin	8:38

Under 13 Boys - 3km

1 st	Charlie Wakefield	Ryston	11:16
2 nd	Oliver O'Malley	North Norfolk Harriers AC	11:20
3 rd	Joshua Layton	Unattached	11:51

Under 13 Girls - 3km

1 st	Ellie Taylor	City of Norwich	11:21
2 nd	Erin McNulty	Dereham	12:33
3 rd	Rosie Booth	W Norfolk	12:38
5 th	Maggie Gentry	North Norfolk Harriers AC	13:41
9 th	Izzy Claston	North Norfolk Harriers AC	18:24

Under 15 Girls - 3km

1 st	Izzy Woods	Bungay Black Dogs	12:29
2 nd	Ghazal Seidi	C & C	13:02
3 rd	Naomi Newman	Dereham	13:12
5 th	Caitlin Mezzetti	North Norfolk Harriers AC	13:42