

## RYSTON RUNNERS AC AGE GRADED COMPETITION 2019

## Average of best 4 results to count

	Mad Hare	Any Marathon	Wymondham 20	K. Lynn GEAR %	Hancock Half 5 %	Humpty Dumpty %	Dereham 5k %	Wissey Half %	Coltishall 10k %	Peterboro Half %	Fen 10 %	Long Sutton 10k %	Marham 10k %
<b>MALE RUNNERS</b>													
Name	Age on day	%	Age on day	%	Age on day	%	Age on day						
Armstrong, Warren	46	74.48%											
Bransgrove, Jamie	40	58.23%											
Carter, Paul	47	62.26%											
Ebbs, Richard	48	85.25%											
Foxwell, Ben	20	65.12%											
Foxwell, Oliver	20	66.66%											
Shaun Hamer	38	56.11%											
Harris, Steve	54	74.59%											
Hitchcock, Matt	36	57.29%											
Howlett, Kevin	61	70.29%											
Howlett, Michael	33	63.28%											
Leeson, Graeme	47	63.43%											
Robins, Stewart	51	70.69%											
Scott, Les	60	73.22%											
Smith, Darren	28	57.75%											
Took, Bailey	16	59.45%											
Took, Kevin	37	57.32%											
Todd, Ian	55	57.59%											
Wilson, Charles	45	36.58%											

**WOMEN RUNNERS**

Name	Age on day	%
Berry, Judith	45	53.47%
Robins, Lesley	47	70.76%
Seeger, Penny	32	59.69%
Smith, Anna	40	63.39%