

Ryston Runners Road Championships 2018

Date	6th May	5th July	19th Aug	2nd Sep	21st Oct	28th Oct	31st Dec	n/a	
Event	Gear 10k	Hancock 5m	Dereham 5k	Wissey half	Holt 10k	Fenland 10m	Marham 10k	Marathon	AVG AG
Pauline Sparrow	80.17	77.2	83.7						<b>80.36</b>
Lesley Robins	72.81		74.68						<b>73.75</b>
Linda Marshall	72.96	70.35							<b>71.66</b>
Pauline Drewery			69.68						<b>69.68</b>
Wendy Fisher	67.02								<b>67.02</b>
Gill Hart	69.64	67.1	72.66	66.33				56.95	<b>66.54</b>
Julia Norman	65.24	64.03		62.3				58.06	<b>62.41</b>
Judith Berry			64.17	59.42					<b>61.80</b>
Kate Penn		60.93						57.95	<b>59.44</b>
Julie Barrow	55.65	60.09	64.75	54.99				44.12	<b>55.92</b>
Wendy Farquhar	44.28	45.82	51.22						<b>47.11</b>
Sue Smith	40.95	43.35	46.99						<b>43.76</b>
<b>Richard Ebbs</b>									
Richard Ebbs	82.57	78.58	83.48	83.82				79.32	<b>81.55</b>
Nic Bensley	81.63	79.82							<b>80.73</b>
Malcolm Tuff	78.45		82.96						<b>80.71</b>
Pete Johnson	78.87								<b>78.87</b>
Kevin Howlett			76.81						<b>76.81</b>
Stewart Robins			79.8	72.16					<b>75.98</b>
Martin Sheldrick	77.86		79.24	70.71					<b>75.94</b>
John Hopgood	73.89	74.65	77.72	59.52					<b>71.45</b>
Paul Carter	68.67	65.97	64.61	65.7				63.82	<b>65.75</b>
Gavin Reynolds	65.39			66.54					<b>65.97</b>
Martin Heeley	64.37	64.63		62.28					<b>63.76</b>
Bailey Took	64.47			59.27					<b>61.87</b>
Chris Milnes	61.73								<b>61.73</b>
Barry Smith	67.45			59.17				54.73	<b>60.45</b>
Matt Hitchcock	59.12			60.46					<b>59.79</b>