

Ryston Runners Road Championships

WOMEN								
Name	Dereham 5k	Hancock 5m	GEAR 10k	Dereham 10m	Wissey half marathon	Any submitted marathon	Average AG	Races completed (4 required)
Jane Ashby				85.23			85.23	1
Pauline Sparrow			77.71				77.71	1
Pauline Drewery			77.44	70.71			74.075	2
Lorena Latisaite			75.02	71.85			73.435	2
Maureen Wolfe			72.7				72.7	1
Sarah Partridge			71.51	73.28			72.395	2
Lydia Growsns				72.13			72.13	1
Helen Sewell			71.99				71.99	1
Linda Marshall			71.56				71.56	1
Lesley Robins			71.43				71.43	1
Jan Manning			69.58	71.83			70.705	2
Anna Seaman			68.48				68.48	1
Lisa Pyatt				67.41			67.41	1
Wendy Fisher			67.58	64.34			65.96	2
Julia Norman			66.47	64.64			65.555	2
Gill Hart			65.52	65.23			65.375	2
Karen Wood			65.3				65.3	1
Emma Thompson			57.76				57.76	1
Sam Simper			54.54				54.54	1
Claire Emery			54.26				54.26	1
Helen Reed			53.06				53.06	1
Lindsey Clare			52.04				52.04	1
Katie Wilson			46.88				46.88	1
Mel Watts			40.64				40.64	1
Sue Smith			40.22				40.22	1

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MEN								
Name	Dereham 5k	Hancock 5m	GEAR 10k	Dereham 10m	Wissey half marathon	Any submitted marathon	Average AG	Races completed (4 required)
Pete Johnson			86.03	86.31			86.17	2
Matt Pyatt			83.72	82.59			83.155	2
Nic Bensley			82.88				82.88	1
Matt Allen			81.52			75.97	78.745	2
Warren Armstrong			78.47	78.18			78.325	2
Martin Sheldrick			77.95	77.23			77.59	2
Simon Able				77.15			77.15	1
Stewart Robins			76.61	74.21			75.41	2
Adam Matthews			75.35				75.35	1
Tony Savage			75.02	75.16			75.09	2
Kevin Howlett				74.91			74.91	1
Carl Manning			74.29	74.83			74.56	2
Adam Howard			76.03	72.87			74.45	2
Darren Easter			74.42				74.42	1
Neil Stapleton			74.67	72.48			73.575	2
Shaun Mann			73.34				73.34	1
Jason Stone				73.32			73.32	1
Jeff Reed			72.7				72.7	1
John Hopgood			72.37	69.88			71.125	2
Dan Pratt			69.32				69.32	1
Graeme Leeson			69.13				69.13	1
Ian Milburn			67.94				67.94	1
Martin Heeley			67.42				67.42	1
Martin Blackburn			68.27	66.57			67.42	2
Mark Doughty			67.1				67.1	1
Jeremy Navrady				66.76			66.76	2
Tim Rudd			65.74				65.74	1
Chris Chapman			65.54				65.54	1
Chris Milnes			64.98				64.98	1
Paul Carter			65.45	63.19			64.32	2
Andrew MacNamara			62.07				62.07	1
Mick Ennis			64.8	59.2			62	2
Jamie Bransgrove			61.16				61.16	1
Keith Morris			60.24				60.24	1
David Lane			58.24	58.3			58.27	2
Stuart Durham			56.26				56.26	1
Peter Reed			60.2	51.87			56.035	2
Ivan Nunn			55.26				55.26	1
Kevin Piggott			51.39				51.39	1
Peter Drew			51.01				51.01	1
Andy Harrod			40.46				40.46	1