RYSTON RUNNERS ROAD RUNNING STANDARDS
The following runners have achieved standards so far in 2019:
Caveat - this list does not include every single qualifying performance every single member has done, it has just been compiled to promote the running standards as targets to aim at!

	Peterborough 10k	Cambridge (C) Ringland (R) Half Marathons	Wymondham 10k	Lincoln 10K	Norwich Half	Manchester Marathon	Brighton 10k	Brighton Marathon	Boston Half	Bungay 10k	Bungay Half	Gt Yarmouth 5 mile
Nic Bensley		C 1:20:40 **DIAMOND**										
Judith Berry		C 2:01:23 **BRONZE**										
John Bowen		C 1:48:50 **BRONZE**		46:52 **BRONZE**								
Paul Carter		C 1:43:39 **BRONZE**				04:05:44 **COPPER**						
Mark Crook	46:56 **BRONZE**											
Mark Doughty		C 1:47:37 **COPPER**										
Richard Ebbs		C 1:14:48 **DIAMOND**	2:03:39 **DIAMOND**					2:41:40 **DIAMOND**				
Kevin Farquhar	41:08 **BRONZE**	C 1:30:19 **BRONZE**	2:28:19 **BRONZE**									33:07 **BRONZE**
Wendy Farquhar	1:09:12 **COPPER**	C 2:50:44 **COPPER**										54:30 **COPPER**
Ben Foxwell				41:36 **BRONZE**					1:33:07 **BRONZE**			
Oliver Foxwell				36:50 **SILVER HARE**					1:25:52 **BRONZE**			
Daniel Guppy		C 1:18:34 **GOLD**										
Shaun Hamer		C 1:45:18 **COPPER**										
Steve Harris		R 1:28:26 **GOLD**										
Hayley Hawes		C 1:43:23 **BRONZE**										
Jonathan Hawes		C 1:43:26 **BRONZE**										
Martin Heeley	41:55 **SILVER**			41:11 **SILVER**								
Matt Hitchcock		C 1:37:06 **BRONZE**	2:39:03 **COPPER**									
Will Honeybone		C 1:30:14 **SILVER**	2:19:32 **SILVER**									
Kevin Howlett	45:58 **GOLD**											
Martin Ive			2:22:49 **GOLD**									
Pete Johnson		R 1:33:21 **DIAMOND**								41:50 **DIAMOND**		
Jonny Lambert		C 1:29:02 **BRONZE**						4:00:06 **COPPER**				
Tristan Langley		C 1:54:00 **COPPER**										
Lorena Latisaite					1:40:30 **BRONZE**					45:53 **BRONZE**		
Graeme Leeson			2:35:46 **BRONZE**									
Adam Matthews				35:04 **GOLD**								
Eamon McCusker			2:57:02 **SILVER**									
Juliette Meek		C 1:57:32 **COPPER**										
Ian Milburn					1:34:33 **BRONZE**							
Keith Morris		C 2:00:01 **BRONZE**	3:20:21 **COPPER**									
Jane Perham		C 2:11:05 **COPPER**										
Garvin Reynolds		C 1:33:32 **BRONZE**										
Lesley Robins			2:35:59 **GOLD**									
Tony Savage				43:45 **GOLD**								
Les Scott			2:34:56 **GOLD**									
Anna Seaman	49:36 **BRONZE**		3:05:44 **COPPER**									
Penny Seeger		C 1:43:39 **BRONZE**	2:55:02 **BRONZE**									
Andy Simmonds		C 1:24:23 **BRONZE**										
Robert Simmonds		C 1:22:51 **SILVER**										
Barry Smith	44:01 **SILVER**											
Sarah Taylor											1:57:24 **BRONZE**	
Malc Tuff							40:20 **GOLD**					
Emma Wilding				59:46 **COPPER**								