Sort by surname, then first name:

Title	First Name	Surname	RegNum	Assignment 1	Assignment 2	Assignment 3
Miss	Zöe	Adams	1234567895	52	48	57
Mr	Andy	Brown	1234567896	42	52	54
Miss	Jane	Brown	1234567891	75	84	80
Mrs	Hillary	Rix	1234567894	87	88	86
Mr	John	Smith, Jr	1234567892	68	57	72
Mr	Zack	Watts	1234567893	32	43	49

Sort by assignment 1 score in descending order:

Title	First Name	Surname	RegNum	Assignment 1	Assignment 2	Assignment 3
Mrs	Hillary	Rix	1234567894	87	88	86
Miss	Jane	Brown	1234567891	75	84	80
Mr	John	Smith, Jr	1234567892	68	57	72
Miss	Zöe	Adams	1234567895	52	48	57
Mr	Andy	Brown	1234567896	42	52	54
Mr	Zack	Watts	1234567893	32	43	49

Average score: 59.333333333333333333%. Rounded to two decimal places: 59.33%.

A long list will require the longtable environment (supplied by longtable.sty). Example in Table 1.

Table 1: Student Scores

Title	First Name	Surname	Assignment 1	Assignment 2	Assignment 3
Mrs	Hillary	Rix	87	88	86
Miss	Jane	Brown	75	84	80
Mr	John	Smith, Jr	68	57	72
Miss	Zöe	Adams	52	48	57
Mr	Andy	Brown	42	52	54
Mr	Zack	Watts	32	43	49