Using their definition of PRR

$$\frac{a/(a+b)}{c/(c+d)}$$

assume that the denominator is constant because the comparison vaccine is more safe and that the numerator is approximately

$$\frac{a}{b}$$

because $a << b$

$a = w + y$ = total deaths = 31,214

$b = x + z$ = total AE = 1,400,000

w=young deaths

x=young AE

y=old deaths

z=old AE

There's a rational number theorem that if you add the numerators and denominators of two fractions, the new fraction is guaranteed to be between the two.

$$\frac{w}{x} < \frac{a}{b} = \frac{w+y}{x+z} < \frac{y}{z}$$

So no matter how you partition the young and old counts, one will have to be more than the average the the other will have to be less.