

Stage 13: Thetford to Feltwell - 13.25 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Tom Bracegirdle	36	M	MS	Ely A	13	1:14:23	17:04:02	0:05:37	82.7%	15	1	1	2	1
2	Michael Eccles	35	M	MS	Norfolk Gazelles	13	1:16:50	18:55:35	0:05:48	78.5%	37	2	2	5	2
3	Steve Hall	44	M	MM	Ramsey Road Runners	13	1:20:44	21:09:11	0:06:06	79.7%	29	3	1	4	3
4	Andrew Shields	50	M	MM	Cambridge & Coleridge A	13	1:22:23	17:37:27	0:06:13	82.1%	18	4	2	3	4
5	Graeme Knott	36	M	MS	Harwich Runners	13	1:23:29	21:59:31	0:06:18	72.6%	149	5	3	10	5
6	Chris Parker	33	M	MS	North Norfolk Beach Runners - Open	13	1:26:32	17:34:23	0:06:32	69.3%	245	6	4	18	6
7	Simon Levy	34	M	MS	Ryston Runners A	13	1:26:45	17:41:54	0:06:33	69.3%	246	7	5	19	7
8	Nick Haworth	38	M	MS	Biggleswade AC	13	1:26:46	22:27:21	0:06:33	70.7%	198	8	6	11	8
9	Richard Steer	40	M	MM	Norwich Road Runners D	13	1:28:13	19:05:53	0:06:39	70.7%	201	9	3	13	9
10	Stephen Nicholls	40	M	MM	City of Norwich AC - A	13	1:28:15	18:40:15	0:06:40	70.6%	203	10	4	14	10
11	Steve Chivers	37	M	MS	Paddock Wood AC	13	1:28:42	18:57:14	0:06:42	68.7%	270	11	7	22	11
12	Paul Henderson	49	M	MM	Framlingham Flyers	13	1:28:45	21:15:25	0:06:42	75.6%	72	12	5	6	12
13	Nick Franklin	38	M	MS	West Norfolk AC	13	1:28:55	20:51:56	0:06:43	69.0%	258	13	8	20	13
14	Rod Sinnott	48	M	MM	Fenland Running Club - 48	13	1:29:19	18:37:44	0:06:44	74.5%	97	14	6	7	14
15	Louis Fairfax	29	M	MS	March A C	13	1:29:39	19:25:07	0:06:46	66.8%	356	15	9	27	15
16	Phil Twite	39	M	MS	Ryston Runners C	13	1:29:53	21:01:18	0:06:47	68.8%	266	16	10	21	16
17	Ian Tuckwell	39	M	MS	RAF Marham	13	1:33:07	22:21:05	0:07:02	66.4%	370	17	11	30	17
18	Paul Davis	47	M	MM	Norwich Road Runners B	13	1:34:25	19:16:42	0:07:08	69.9%	224	18	7	15	18
19	Craig Rogers	38	M	MS	Dereham Runners - Team A	13	1:35:04	19:47:18	0:07:10	64.6%	441	19	12	36	19
20	Sam Windebank	44	L	LM	Riverside Runners A	13	1:37:10	18:54:32	0:07:20	72.8%	141	20	1	9	1
21	Lorena Latisaite	27	L	LS	Ryston Runners B	13	1:37:22	21:39:26	0:07:21	68.3%	295	21	1	23	2
22	David Crosthwaite	47	M	MM	Headington Road Runners	13	1:37:34	21:28:11	0:07:22	67.6%	320	22	8	25	20
23	Dave Hudson	43	M	MM	Tri-Anglia	13	1:38:16	21:16:21	0:07:25	65.0%	423	23	9	34	21
24	Diane Baldwin	58	I	Im	Marshall Milton Keynes AC	13	1:39:31	23:10:59	0:07:31	84.0%	11	24	2	1	3
25	Tessa Killingbeck	33	L	LS	City of Norwich AC - B	13	1:40:34	20:42:23	0:07:35	66.4%	372	25	2	31	4
26	Rob Dilley	36	M	MS	Garden City Runners	13	1:40:50	21:10:49	0:07:37	60.1%	618	26	13	43	22
27	Nick Gurney	24	M	MS	Norwich Road Runners C	13	1:41:15	22:27:57	0:07:38	59.1%	662	27	14	45	23
28	Mark Mountain	43	M	MM	Great Yarmouth Road Runners	13	1:41:22	21:00:05	0:07:39	63.0%	512	28	10	37	24
29	Andrew Thompson	56	M	MM	Ely B	13	1:42:04	22:40:56	0:07:42	69.9%	225	29	11	16	25
30	Niki Park	50	L	LM	Norwich Road Runners A	13	1:42:10	21:52:59	0:07:43	73.7%	123	30	3	8	5
31	Andy Barber	48	M	MM	Haverhill Running Club	13	1:42:23	23:11:47	0:07:44	65.0%	421	31	12	33	26
32	Chris Perry	40	M	MM	Saint Edmund Pacers	13	1:43:06	20:08:51	0:07:47	60.5%	605	32	13	42	27
33	Marion McCall	46	L	LM	Thetford Athletic Club	13	1:43:44	22:28:16	0:07:50	69.4%	237	33	4	17	6
34	Daniel Rourke	26	M	MS	Serpentine Running Club	13	1:43:51	21:33:47	0:07:50	57.6%	714	34	15	46	28
35	Daniel Kitchie	31	M	MS	Cambridge & Coleridge B	13	1:43:53	20:41:03	0:07:50	57.6%	716	35	16	47	29
36	Jeremy Haslett	53	M	MM	Reepham Runners Club	13	1:44:32	21:02:22	0:07:53	66.4%	369	36	14	29	30
37	Chris Capps	60	M	MM	Bedford Harriers	13	1:44:37	23:28:09	0:07:54	70.7%	200	37	15	12	31
38	Justin Lawton	44	M	MM	North Norfolk Beach Runners - Vets	13	1:44:45	21:17:53	0:07:54	61.5%	574	38	16	39	32
39	Vicky Tovell	43	L	LM	Coltishall Jaguars (50 Shades of Orang	13	1:45:19	23:47:23	0:07:57	66.6%	364	39	5	28	7
40	Nicholas Smith	49	M	MM	Stamford Striders	13	1:46:38	21:16:07	0:08:03	62.9%	515	40	17	38	33
41	Raph Silver	55	M	MM	Wymondham AC	13	1:46:50	21:59:54	0:08:04	66.2%	379	41	18	32	34
42	Sally Juby	33	L	LS	Dereham Runners Team - B	13	1:49:24	23:46:30	0:08:15	61.0%	587	42	3	40	8

43	Don Beatty	61	M	MM	Stowmarket Striders	13	1:50:10	22:20:47	0:08:19	67.8%	318	43	19	24	35
44	Sal Ryder	49	L	LM	North Norfolk Beach Runners - Ladies	13	1:50:44	23:45:36	0:08:21	67.2%	343	44	6	26	9
45	Jonathan Cope	36	M	MS	Pink & Blacks	13	1:51:00	21:21:10	0:08:23	54.6%	802	45	17	50	36
46	Lesley Cooper	46	L	LM	Felixstowe Road Runners	13	1:51:27	23:45:23	0:08:25	64.6%	437	46	7	35	10
47	Marc Martin	41	M	MM	Fenland Running Club - 2	13	1:52:29	21:20:41	0:08:29	55.9%	769	47	20	49	37
48	Sarah Maidment	39	L	LM	Bungay Black Dog Running Club	13	1:53:43	22:35:37	0:08:35	60.1%	619	48	8	44	11
49	Iain Berwick	41	M	MM	Fetcheveryone	13	1:57:23	23:14:18	0:08:52	53.5%	826	49	21	52	38
50	Karl Kisala	31	M	MS	Bishops Stortford Running Club	13	1:58:05	21:52:34	0:08:55	50.7%	872	50	18	54	39
51	Simon Cooper	50	M	MM	Old Greshamians	13	1:59:53	21:48:19	0:09:03	56.6%	753	51	22	48	40
52	Naomi Shields	25	L	LS	Reepham Runners Team	13	2:02:50	21:42:43	0:09:16	54.1%	811	52	4	51	12
53	Lesley Carroll	50	L	LM	Riverside Runners B	13	2:04:11	22:55:17	0:09:22	60.6%	600	53	9	41	13
54	Kay Riley	36	L	LM	Team Thorney	13	2:10:19	22:34:01	0:09:50	51.7%	855	54	10	53	14