

## Stage 14: Feltwell to Wissington - 7.27 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	Adam Matthews	20	M	MJ	Ryston Runners A	14	0:43:21	18:25:15	0:05:58	73.7%	122	1	1	7	1
2	Richard Sales	53	M	MM	Norwich Road Runners B	14	0:45:09	20:01:51	0:06:13	81.9%	21	2	1	2	2
3	Adam Smart	33	M	MS	North Norfolk Beach Runners - Open	14	0:46:31	18:20:54	0:06:24	68.6%	278	3	1	14	3
4	John Walsham	46	M	MM	City of Norwich AC - A	14	0:46:54	19:27:09	0:06:27	74.5%	99	4	2	6	4
5	Ray Butler	37	M	MS	Bishops Stortford Running Club	14	0:47:33	22:40:07	0:06:32	68.6%	279	5	2	15	5
6	Conan Fryer	46	M	MM	Ely A	14	0:48:12	17:52:14	0:06:38	72.5%	154	6	3	8	6
7	Justin Elvidge	44	M	MM	March A C	14	0:48:53	20:14:00	0:06:43	70.3%	212	7	4	12	7
8	Craig Moore	27	M	MS	Dereham Runners - Team A	14	0:50:32	20:37:50	0:06:57	62.6%	526	8	3	30	8
9	Merle Riseborough	40	M	MM	North Norfolk Beach Runners - Vets	14	0:50:50	22:08:43	0:07:00	65.6%	406	9	5	24	9
10	Rosie Sexton	46	L	LM	City of Norwich AC - B	14	0:50:56	21:33:19	0:07:00	76.0%	65	10	1	3	1
11	Deborah English	37	L	LM	Norwich Road Runners D	14	0:51:14	19:57:07	0:07:03	71.0%	192	11	2	10	2
12	Victoria Coe	28	L	LS	Cambridge & Coleridge A	14	0:51:22	18:28:49	0:07:04	69.6%	232	12	1	13	3
13	Nick Fairclough	44	M	MM	Serpentine Running Club	14	0:53:55	22:27:42	0:07:25	63.8%	472	13	6	27	10
14	Sharon Hawkins	51	L	LM	Paddock Wood AC	14	0:54:41	19:51:55	0:07:31	75.0%	89	14	3	5	4
15	Jay Gilbert	37	L	LM	Fenland Running Club - 48	14	0:55:15	19:32:59	0:07:36	65.8%	394	15	4	22	5
16	Elsbeth Knott	65	L	LM	Harwich Runners	14	0:55:18	22:54:49	0:07:36	89.9%	1	17	5	1	6
17	Ben Davies	36	M	MS	Team Thorney	14	0:55:18	23:29:19	0:07:36	58.6%	683	17	4	43	11
18	James Bolm	51	M	MM	Riverside Runners B	14	0:55:25	23:50:42	0:07:37	65.6%	405	18	7	23	12
19	Pete Reed	32	M	MS	RAF Marham	14	0:55:26	23:16:31	0:07:37	57.4%	724	19	5	46	13
20	Ali Middleton	28	L	LS	Norwich Road Runners A	14	0:55:50	22:48:49	0:07:41	64.0%	465	20	2	26	7
21	Clem Vogler	69	M	MM	Reepham Runners Team	14	0:56:37	22:39:20	0:07:47	75.4%	78	21	8	4	14
22	Katrina Westenev	43	L	LM	West Norfolk AC	14	0:56:40	21:48:36	0:07:48	66.5%	366	22	6	20	8
23	Anna Seaman	36	L	LM	Ryston Runners C	14	0:57:11	21:58:29	0:07:52	63.3%	493	23	7	29	9
24	Michael Grand	44	M	MM	Reepham Runners Club	14	0:57:36	21:59:58	0:07:55	59.7%	637	24	9	40	15
25	Lucy Cooper	48	L	LM	Norfolk Gazelles	14	0:57:42	19:53:17	0:07:56	68.5%	282	25	8	16	10
26	Johan Preis	48	M	MM	Garden City Runners	14	0:57:54	22:08:43	0:07:58	61.3%	581	26	10	36	16
27	Sarah Friel	31	L	LS	Riverside Runners A	14	0:58:01	19:52:33	0:07:59	61.7%	563	27	3	33	11
28	Emma Thompson	38	L	LM	Ryston Runners B	14	0:58:29	22:37:55	0:08:03	62.5%	530	28	9	31	12
29	Samantha Epps	30	L	LS	Bungay Black Dog Running Club	14	0:59:08	23:34:45	0:08:08	60.5%	607	29	4	37	13
30	Sarah Jay	49	L	LM	Tri-Anglia	14	0:59:09	22:15:30	0:08:08	67.6%	321	30	10	17	14
31	Russell Slattery	30	M	MS	Thetford Athletic Club	14	0:59:30	23:27:46	0:08:11	53.2%	834	31	6	51	17
32	Nicos Symeou	60	M	MM	Great Yarmouth Road Runners	14	0:59:36	21:59:41	0:08:12	65.9%	392	32	11	21	18
33	Nigel Reynolds	52	M	MM	Ely B	14	0:59:46	23:40:42	0:08:13	61.3%	577	33	12	35	19
34	Mandy Foyster	49	L	LM	Norwich Road Runners C	14	1:00:02	23:27:59	0:08:15	66.6%	361	34	11	19	15
35	Ramune Raicheliene	34	L	LS	Fenland Running Club - 2	14	1:00:16	22:20:57	0:08:17	59.7%	635	35	5	39	16
36	Marie-Anne Fischer	54	L	LM	Headington Road Runners	14	1:00:32	22:28:43	0:08:20	70.4%	211	36	12	11	17
37	Sarah Allen	34	L	LS	Pink & Blacks	14	1:00:37	22:21:47	0:08:20	59.4%	650	37	6	41	18
38	Adele Bushell	48	L	LM	Coltishall Jaguars (50 Shades of Orang	14	1:01:04	24:48:27	0:08:24	64.7%	433	38	13	25	19
39	Becky Guy	23	L	LS	Saint Edmund Pacers	14	1:01:23	21:10:14	0:08:27	58.2%	698	39	7	45	20
40	Sian White	45	L	LM	Ramsey Road Runners	14	1:02:21	22:11:32	0:08:35	61.5%	572	40	14	34	21
41	Tina Foster	47	L	LM	North Norfolk Beach Runners - Ladies	14	1:03:22	24:48:58	0:08:43	61.7%	560	41	15	32	22
42	Suzanne Barnes	35	L	LM	Haverhill Running Club	14	1:03:34	24:15:21	0:08:45	56.8%	748	42	16	47	23

43	Zoe Luscombe	41	L	LM	Biggleswade AC	14	1:03:46	23:31:07	0:08:46	58.3%	694	43	17	44	24
44	Sarah Severwright	35	L	LM	Felixstowe Road Runners	14	1:04:38	24:50:01	0:08:53	55.8%	771	44	18	49	25
45	Clare Bradbury	39	L	LM	Wymondham AC	14	1:04:50	23:04:44	0:08:55	56.6%	752	45	19	48	26
46	Dom McIntyre	50	M	MM	Fetcheveryone	14	1:04:55	24:19:13	0:08:56	55.6%	779	46	13	50	20
47	Alec Walliker	60	M	MM	Marshall Milton Keynes AC	14	1:05:33	24:16:32	0:09:01	59.9%	625	48	14	38	21
48	Celina Silver	46	L	LM	Stamford Striders	14	1:05:33	22:21:40	0:09:01	59.1%	665	48	20	42	27
49	Angela Whiting	53	L	LM	Stowmarket Striders	14	1:06:08	23:26:55	0:09:06	63.6%	482	49	21	28	28
50	Jacquie Wood	63	L	LM	Dereham Runners Team - B	14	1:07:09	24:53:39	0:09:14	71.8%	173	50	22	9	29
51	Liz O'Donovan	33	L	LS	Cambridge & Coleridge B	14	1:11:48	21:52:51	0:09:53	50.0%	879	51	8	52	30
52	Judy Prior	67	L	LM	Bedford Harriers	14	1:16:53	24:45:02	0:10:35	66.7%	359	52	23	18	31
53	Jessica Ring	17	L	LJ	Old Greshamians	14	1:19:57	23:08:16	0:11:00	46.0%	909	53	1	53	32
54	Jayne Wright	35	L	LM	Framlingham Flyers	14	1:27:35	22:43:00	0:12:03	41.2%	915	54	24	54	33