

## Stage 15: Wissington to Downham Market - 10.59 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	Axel Finke	28	M	MS	Cambridge & Coleridge A	15	1:04:36	19:33:25	0:06:06	72.9%	139	1	1	13	1
2	Simon English	41	M	MM	Norwich Road Runners D	15	1:04:58	21:02:05	0:06:08	76.4%	59	2	1	4	2
3	Matthew Holmes	37	M	MS	Ely A	15	1:05:53	18:58:07	0:06:13	73.1%	133	3	2	11	3
4	Alex Hewson	25	M	MS	Old Greshamians	15	1:06:46	24:15:02	0:06:18	70.6%	205	4	3	16	4
5	Daniel Guppy	34	M	MS	Ryston Runners A	15	1:07:22	19:32:37	0:06:22	70.4%	210	5	4	17	5
6	Richard Hammond	42	M	MM	Fenland Running Club - 48	15	1:07:28	20:40:27	0:06:22	74.2%	109	6	2	9	6
7	Sze-Ming Cheung	41	M	MM	Norwich Road Runners C	15	1:07:47	24:35:46	0:06:24	73.3%	130	7	3	10	7
8	Tim Angell	52	M	MM	City of Norwich AC - A	15	1:09:52	20:37:01	0:06:36	77.8%	47	8	4	2	8
9	Ben Jones	37	M	MS	North Norfolk Beach Runners - Open	15	1:10:06	19:31:00	0:06:37	68.7%	269	9	5	20	9
10	Paul Ridley	48	M	MM	Riverside Runners A	15	1:10:12	21:02:45	0:06:38	74.8%	91	10	5	7	10
11	Christopher Mitchell	29	M	MS	Dereham Runners - Team A	15	1:10:33	21:48:23	0:06:40	66.8%	354	11	6	25	11
12	Andy Cowling	58	M	MM	Team Thorney	15	1:11:00	24:40:19	0:06:42	80.7%	23	12	6	1	12
13	Claire Day	35	L	LM	Paddock Wood AC	15	1:11:12	21:03:07	0:06:43	74.8%	92	13	1	8	1
14	Stuart Robins	48	M	MM	Ryston Runners C	15	1:11:55	23:10:24	0:06:47	73.1%	136	14	7	12	13
15	Duncan Samwell	39	M	MS	Tri-Anglia	15	1:12:26	23:27:56	0:06:50	67.5%	329	15	7	23	14
16	Alan Routledge	52	M	MM	Garden City Runners	15	1:12:33	23:21:16	0:06:51	74.9%	90	16	8	6	15
17	Nick Stephens	53	M	MM	Stowmarket Striders	15	1:12:54	24:39:49	0:06:53	75.2%	82	17	9	5	16
18	Nadine Lewycky	34	L	LS	Marshall Milton Keynes AC	15	1:13:20	25:29:52	0:06:55	72.4%	155	18	1	15	2
19	Helen Mian	47	L	LM	Norfolk Gazelles	15	1:14:28	21:07:45	0:07:02	77.5%	50	19	2	3	3
20	Neil Watson	43	M	MM	West Norfolk AC	15	1:15:51	23:04:27	0:07:10	66.5%	367	20	10	27	17
21	Laura Dixon	30	L	LS	City of Norwich AC - B	15	1:16:52	22:50:11	0:07:16	68.7%	271	21	2	21	4
22	David Dinnage	32	M	MS	Framlingham Flyers	15	1:17:17	24:00:17	0:07:18	61.1%	586	22	8	39	18
23	Leigh Nobes	37	M	MS	Reepham Runners Team	15	1:17:30	23:56:50	0:07:19	62.1%	542	23	9	37	19
24	Simon Render	51	M	MM	March A C	15	1:17:55	21:31:55	0:07:21	69.1%	252	24	11	19	20
25	Paul Newell	51	M	MM	Riverside Runners B	15	1:18:29	25:09:11	0:07:25	68.7%	272	25	12	22	21
26	Miranda Reynolds	42	L	LM	Ely B	15	1:18:36	24:59:18	0:07:25	70.3%	213	26	3	18	5
27	Isabelle Lemasson	33	L	LS	Cambridge & Coleridge B	15	1:18:38	23:11:29	0:07:26	67.4%	332	27	3	24	6
28	Graham Veitch	42	M	MM	Fetcheveryone	15	1:20:27	25:39:40	0:07:36	62.2%	539	28	13	36	22
29	Barry Barnes	37	M	MS	Haverhill Running Club	15	1:20:38	25:35:59	0:07:37	59.7%	634	29	10	41	23
30	Lucy Sheahan	31	L	LS	Felixstowe Road Runners	15	1:22:38	26:12:39	0:07:48	63.9%	468	30	4	31	7
31	Neil Bunnage	49	M	MM	Norwich Road Runners B	15	1:23:39	21:25:30	0:07:54	63.3%	494	31	14	33	24
32	Vernon Hoare	52	M	MM	North Norfolk Beach Runners - Vets	15	1:23:43	23:32:26	0:07:54	64.9%	426	32	15	29	25
33	Phillip Mordecai	40	M	MM	Great Yarmouth Road Runners	15	1:24:03	23:23:44	0:07:56	58.6%	680	33	16	45	26
34	Christina Plumley	44	L	LM	Thetford Athletic Club	15	1:24:13	24:51:59	0:07:57	66.6%	360	34	4	26	8
35	Claire Brooke	39	L	LM	Wyndham AC	15	1:24:16	24:29:00	0:07:57	64.3%	449	35	5	30	9
36	Grace Barnett	25	L	LS	Serpentine Running Club	15	1:24:41	23:52:23	0:08:00	62.3%	535	36	5	35	10
37	Wim Jennes	39	M	MS	Pink & Blacks	15	1:25:21	23:47:08	0:08:04	57.3%	725	37	11	47	27
38	Ulen Neale	44	M	MM	Headington Road Runners	15	1:25:23	23:54:06	0:08:04	59.6%	642	38	17	44	28
39	Debbie Jones	41	L	LM	Coltishall Jaguars (50 Shades of Orang	15	1:26:07	26:14:34	0:08:08	63.7%	477	39	6	32	11
40	Stuart Spencer	46	M	MM	Bungay Black Dog Running Club	15	1:26:46	25:01:31	0:08:12	59.6%	641	40	18	43	29
41	Catherine Bradnam	42	L	LM	Saint Edmund Pacers	15	1:27:47	22:38:01	0:08:17	62.9%	514	41	7	34	12
42	Natalie Morgan	39	L	LM	Biggleswade AC	15	1:29:35	25:00:42	0:08:28	60.5%	602	42	8	40	13

43	Eddie Barrett	47	M	MM	Ramsey Road Runners	15	1:29:39	23:41:11	0:08:28	58.1%	701	43	19	46	30
44	Sally Cushing	50	L	LM	Norwich Road Runners A	15	1:30:03	24:18:52	0:08:30	66.4%	371	44	9	28	14
45	Julie Wacey	44	L	LM	Ryston Runners B	15	1:31:32	24:09:27	0:08:39	61.3%	578	45	10	38	15
46	Rhianwen Smee	32	L	LS	North Norfolk Beach Runners - Ladies	15	1:32:43	26:21:41	0:08:45	57.1%	738	46	6	48	16
47	Jane Greenwood	60	L	LM	Fenland Running Club - 2	15	1:33:54	23:54:51	0:08:52	72.6%	144	47	11	14	17
48	Chris Holt	32	M	MS	Bishops Stortford Running Club	15	1:34:00	24:14:07	0:08:53	50.2%	877	48	12	53	31
49	Richard Watson	48	M	MM	Bedford Harriers	15	1:34:21	26:19:23	0:08:55	55.7%	775	49	20	51	32
50	Rebecca (Becky) Hardy	36	L	LM	Dereham Runners Team - B	15	1:34:23	26:28:02	0:08:55	56.7%	751	50	12	49	18
51	Adam Newbould	27	M	MS	RAF Marham	15	1:37:05	24:53:36	0:09:10	48.5%	892	51	13	54	33
52	Bob Rowles	56	M	MM	Harwich Runners	15	1:39:35	24:34:24	0:09:24	56.5%	758	52	21	50	34
53	Shayney Blyth	44	L	LM	Reepham Runners Club	15	1:44:25	23:44:23	0:09:52	53.8%	822	53	13	52	19
54	Terry Cross	67	M	MM	Stamford Striders	15	1:44:39	24:06:19	0:09:53	59.6%	640	54	22	42	35