

Stage 16: Downham Market to Stowbridge - 5.49 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	Jake Stearman	15	M	MJ	Dereham Runners - Team A	16	0:31:59	22:20:22	0:05:50	79.3%	32	1	1	2	1
2	Sarah Wightman	39	L	LM	Cambridge & Coleridge A	16	0:34:42	20:08:07	0:06:19	78.8%	34	2	1	3	1
3	Graham Chapman	59	M	MM	Ely A	16	0:35:09	19:33:16	0:06:24	82.5%	17	3	1	1	2
4	Steve Moseley	48	M	MM	Norwich Road Runners B	16	0:35:29	22:00:59	0:06:28	74.6%	94	4	2	4	3
5	Mark Solway	47	M	MM	City of Norwich AC - A	16	0:35:30	21:12:31	0:06:28	73.9%	116	5	3	6	4
6	John Christopher	51	M	MM	North Norfolk Beach Runners - Open	16	0:36:38	20:07:38	0:06:40	74.0%	114	6	4	5	5
7	Callum Bowen-Jones	15	M	MJ	Dereham Runners Team - B	16	0:37:00	27:05:02	0:06:44	68.6%	277	7	2	18	6
8	Carly Jermy	35	L	LM	City of Norwich AC - B	16	0:38:08	23:28:19	0:06:57	70.5%	206	8	2	10	2
9	Phil Butson	49	M	MM	Bishops Stortford Running Club	16	0:38:32	24:52:39	0:07:01	69.2%	248	9	5	15	7
10	William Fadden	15	M	MJ	Bedford Harriers	16	0:38:50	26:58:13	0:07:04	65.4%	412	10	3	26	8
11	Tony Bacon	32	M	MS	Haverhill Running Club	16	0:38:54	26:14:53	0:07:05	60.9%	590	11	1	36	9
12	Nicola Anderson	31	L	LS	Serpentine Running Club	16	0:39:09	24:31:32	0:07:08	68.1%	299	12	1	20	3
13	Molly James	44	L	LM	West Norfolk AC	16	0:39:15	23:43:42	0:07:09	72.2%	164	13	3	7	4
14	Kate Cole	40	L	LM	Paddock Wood AC	16	0:39:24	21:42:31	0:07:11	69.8%	226	14	4	12	5
15	Maisie Pritchard	15	L	LJ	Riverside Runners A	16	0:40:13	21:42:58	0:07:20	69.4%	242	15	1	14	6
16	Shaun Mann	43	M	MM	Ryston Runners A	16	0:40:15	20:12:52	0:07:20	63.2%	499	16	6	31	10
17	Clive Hedges	56	M	MM	North Norfolk Beach Runners - Vets	16	0:40:16	24:12:42	0:07:20	70.2%	218	17	7	11	11
18	Claudia Milburn	33	L	LS	Fenland Running Club - 48	16	0:40:45	21:21:12	0:07:25	65.6%	403	18	2	25	7
19	Steve Button	60	M	MM	Garden City Runners	16	0:40:46	24:02:02	0:07:26	71.7%	175	19	8	9	12
20	Emily Beavis	20	L	LJ	Norwich Road Runners D	16	0:40:47	21:42:52	0:07:26	65.3%	414	20	2	27	8
21	Marc Gladwell	35	M	MS	RAF Marham	16	0:41:00	25:34:36	0:07:28	58.6%	681	21	2	39	13
22	Emma Greaves	43	L	LM	Ely B	16	0:41:06	25:40:24	0:07:29	68.3%	292	22	5	19	9
23	Harry Littlemore	50	M	MM	March A C	16	0:41:28	22:13:23	0:07:33	64.8%	432	23	9	29	14
24	Tracy Stevenson	47	L	LM	Norfolk Gazelles	16	0:41:56	21:49:41	0:07:38	69.5%	234	24	6	13	10
25	Mark Sargeantson	62	M	MM	Framlingham Flyers	16	0:43:21	24:43:38	0:07:54	68.6%	273	25	10	17	15
26	Jo Mckay	44	L	LM	Wymondham AC	16	0:43:35	25:12:35	0:07:56	65.0%	422	26	7	28	11
27	Nicki Gibson	39	L	LM	Norwich Road Runners A	16	0:44:00	25:02:52	0:08:01	62.2%	541	27	8	34	12
28	Robin Wynde	57	M	MM	Biggleswade AC	16	0:44:18	25:45:00	0:08:04	64.3%	451	28	11	30	16
29	Helen Melville	40	L	LM	Ryston Runners B	16	0:44:36	24:54:03	0:08:07	61.7%	562	29	9	35	13
30	Lorna Aust	50	L	LM	Stamford Striders	16	0:44:40	24:50:59	0:08:08	67.5%	326	30	10	21	14
31	Louise Webb	15	L	LJ	Saint Edmund Pacers	16	0:44:44	23:22:45	0:08:09	62.4%	534	31	3	33	15
32	Andy Harrod	51	M	MM	Ryston Runners C	16	0:44:56	23:55:20	0:08:11	60.3%	612	32	12	37	17
33	Christina Howland	49	L	LM	Felixstowe Road Runners	16	0:45:23	26:58:02	0:08:16	65.6%	402	33	11	24	16
34	David Silk	48	M	MM	Great Yarmouth Road Runners	16	0:46:14	24:09:58	0:08:25	57.2%	727	34	13	43	18
35	Richard Stone	47	M	MM	Ramsey Road Runners	16	0:46:40	24:27:51	0:08:30	56.3%	763	35	14	44	19
36	Irene Lane	59	L	LM	Team Thorney	16	0:47:12	25:27:31	0:08:36	71.9%	172	36	12	8	17
37	Janice Coglein-Hibbert	41	L	LM	Tri-Anglia	16	0:47:17	24:15:13	0:08:37	58.6%	684	37	13	40	18
38	Matt Phelps	46	M	MM	Reepham Runners Team	16	0:48:13	24:45:03	0:08:47	54.0%	817	38	15	46	20
39	Tom De Raedt	39	M	MS	Pink & Blacks	16	0:48:26	24:35:34	0:08:49	51.0%	869	39	3	50	21
40	Julie Garner	51	L	LM	Fenland Running Club - 2	16	0:48:52	24:43:43	0:08:54	62.5%	529	40	14	32	19
41	Dee Neal	56	L	LM	Coltishall Jaguars (50 Shades of Orange)	16	0:49:37	27:04:11	0:09:02	65.7%	401	41	15	23	20
42	Sandra Harding-Brown	50	L	LM	Headington Road Runners	16	0:50:28	24:44:34	0:09:12	59.8%	632	42	16	38	21
43	Shelly Burton	44	L	LM	North Norfolk Beach Runners - Ladies	16	0:51:02	27:12:43	0:09:18	55.5%	783	43	17	45	22

44	Lucy Boothby	49	L	LM	Riverside Runners B	16	0:51:04	26:00:15	0:09:18	58.3%	692	44	18	41	23
45	Mary Jennings	62	L	LM	Cambridge & Coleridge B	16	0:51:15	24:02:44	0:09:20	69.1%	254	45	19	16	24
46	Terry Hunter	61	M	MM	Stowmarket Striders	16	0:51:21	25:31:10	0:09:21	57.4%	720	46	16	42	22
47	Hayley Thompson	31	L	LS	Reepham Runners Club	16	0:51:22	24:35:45	0:09:21	51.9%	851	47	3	47	25
48	Robert Dale	50	M	MM	Old Greshamians	16	0:52:15	25:07:17	0:09:31	51.0%	867	48	17	49	23
49	Sharon Try	36	L	LM	Thetford Athletic Club	16	0:52:45	25:44:44	0:09:37	51.1%	866	49	20	48	26
50	Steph Brighty	27	L	LS	Norwich Road Runners C	16	0:54:26	25:30:12	0:09:55	48.9%	890	50	4	52	27
51	Rebecca Wass	34	L	LS	Bungay Black Dog Running Club	16	0:54:41	25:56:12	0:09:58	49.0%	889	51	5	51	28
52	Rachel Duffy	36	L	LM	Fetcheveryone	16	0:56:19	26:35:59	0:10:15	47.9%	898	52	21	53	29
53	Faye Brown	32	L	LS	Harwich Runners	16	0:57:04	25:31:28	0:10:24	46.8%	902	53	6	54	30
54	Val Russell	69	L	LM	Marshall Milton Keynes AC	16	0:58:40	26:28:32	0:10:41	67.2%	342	54	22	22	31