

Stage 3: Burnham Overy to Wells - 5.76 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	Logan Smith	17	M	MJ	Dereham Runners - Team A	3	0:34:35	4:21:57	0:06:00	75.0%	88	1	1	2	1
2	Robert Simmonds	30	M	MS	Ryston Runners A	3	0:35:06	4:02:23	0:06:06	70.7%	199	2	1	4	2
3	Garry Thompson	30	M	MS	North Norfolk Beach Runners - Open	3	0:36:47	4:00:40	0:06:23	67.5%	328	3	2	7	3
4	William Forster	16	M	MJ	Riverside Runners A	3	0:37:45	4:23:46	0:06:33	69.7%	230	4	2	5	4
5	Neil Carrington	35	M	MS	Cambridge & Coleridge A	3	0:38:53	4:12:02	0:06:45	65.1%	419	5	3	13	5
6	Jonathan Cousins	45	M	MM	North Norfolk Beach Runners - Vets	3	0:41:21	4:45:26	0:07:11	65.8%	393	6	1	12	6
7	Matthew Mason	46	M	MM	Ely A	3	0:41:26	3:58:40	0:07:12	66.2%	378	7	2	10	7
8	Neville Baker	61	M	MM	Headington Road Runners	3	0:41:53	4:42:57	0:07:16	74.2%	110	8	3	3	8
9	Aaron Rowland	16	M	MJ	Paddock Wood AC	3	0:42:04	4:46:04	0:07:18	62.5%	528	9	3	17	9
10	Richard Sargeant	43	M	MM	Norwich Road Runners B	3	0:42:25	4:29:54	0:07:22	63.2%	500	10	4	16	10
11	Daniel Amps Woodward	16	M	MJ	Team Thorney	3	0:42:42	5:14:36	0:07:25	61.6%	568	11	4	21	11
12	Ashley Jarvis	17	M	MJ	Dereham Runners Team - B	3	0:42:56	5:20:34	0:07:27	60.4%	610	12	5	24	12
13	Rebecca Faircloth	43	L	LM	Wymondham AC	3	0:43:37	5:08:07	0:07:34	67.8%	316	13	1	6	1
14	Liam O'Grady	34	M	MS	Cambridge & Coleridge B	3	0:44:30	4:40:02	0:07:44	56.6%	755	14	4	35	13
15	Rob Allen	36	M	MS	Pink & Blacks	3	0:44:49	4:50:15	0:07:47	56.8%	747	15	5	33	14
16	Gary Pillar	49	M	MM	Great Yarmouth Road Runners	3	0:45:02	4:38:01	0:07:49	62.4%	532	16	5	18	15
17	Richie Walker	49	M	MM	West Norfolk AC	3	0:45:19	4:50:57	0:07:52	62.0%	550	17	6	19	16
18	Katie Ward	35	L	LM	Fenland Running Club - 48	3	0:45:57	4:10:51	0:07:59	61.6%	567	18	2	20	2
19	Elies Mann	43	L	LM	Norwich Road Runners D	3	0:46:02	4:21:22	0:08:00	64.2%	453	19	3	14	3
20	Jack Barker	16	M	MJ	Reepham Runners Team	3	0:46:30	5:03:18	0:08:04	56.6%	756	20	6	36	17
21	Grant King	37	M	MS	Old Greshamians	3	0:46:37	4:43:13	0:08:06	54.3%	809	21	6	40	18
22	Christopher Lawrence	36	M	MS	March A C	3	0:47:24	4:35:36	0:08:14	53.7%	824	22	7	42	19
23	Silje Hovstad	37	L	LM	City of Norwich AC - B	3	0:47:39	4:55:46	0:08:16	59.8%	628	23	4	26	4
24	Ian Gooderham	48	M	MM	Saint Edmund Pacers	3	0:47:48	4:32:27	0:08:18	58.3%	693	24	7	30	20
25	Sarah Edwards	32	L	LS	Ely B	3	0:47:55	5:10:38	0:08:19	58.6%	679	25	1	28	5
26	Anne Ellen	60	L	LM	Norfolk Gazelles	3	0:48:03	4:07:20	0:08:21	75.4%	79	26	5	1	6
27	David Aldis	64	M	MM	City of Norwich AC - A	3	0:48:23	4:24:26	0:08:24	66.0%	390	27	8	11	21
28	Alex Jacobs	34	M	MS	Felixstowe Road Runners	3	0:48:30	5:47:43	0:08:25	51.9%	850	28	8	45	22
29	Nicky Neil	43	L	LM	RAF Marham	3	0:48:43	5:01:56	0:08:27	60.7%	597	29	6	23	7
30	Di Swanepoel	46	M	MM	Tri-Anglia	3	0:48:53	4:37:39	0:08:29	56.1%	766	30	9	37	23
31	Wendy Smith	53	L	LM	Norwich Road Runners A	3	0:49:30	4:47:09	0:08:36	66.6%	362	31	7	8	8
32	Nigel Bush	67	M	MM	Biggleswade AC	3	0:49:31	5:17:35	0:08:36	66.3%	376	32	10	9	24
33	Alix Almond	35	L	LM	Fetcheveryone	3	0:49:35	5:13:21	0:08:36	57.1%	736	33	8	32	9
34	Clare Barstow	38	L	LM	Framlingham Flyers	3	0:50:04	4:40:00	0:08:42	57.2%	729	34	9	31	10
35	Malene Godson	47	L	LM	Stowmarket Striders	3	0:50:22	5:16:26	0:08:45	60.9%	592	35	10	22	11
36	Karen Wood	51	L	LM	Ryston Runners B	3	0:50:42	4:44:02	0:08:48	63.4%	489	36	11	15	12
37	Catherine Hemingway	16	L	LJ	Riverside Runners B	3	0:51:09	5:37:59	0:08:53	56.7%	750	37	1	34	13
38	Leona Broughton	37	L	LM	Reepham Runners Club	3	0:52:16	4:39:34	0:09:04	54.6%	804	38	12	39	14
39	Myles Doran	15	M	MJ	Harwich Runners	3	0:52:44	5:09:09	0:09:09	50.7%	871	39	7	46	25
40	Roly Cook	53	M	MM	Norwich Road Runners C	3	0:52:55	5:09:44	0:09:11	54.8%	794	40	11	38	26
41	Mick Wise	61	M	MM	Garden City Runners	3	0:53:07	4:45:38	0:09:13	58.5%	686	41	12	29	27
42	Jackie Gooch	52	L	LM	Coltishall Jaguars (50 Shades of Orang	3	0:53:57	4:58:19	0:09:22	60.3%	611	42	13	25	15

43	Denise Griffin	51	L	LM	Fenland Running Club - 2	3	0:54:15	4:43:53	0:09:25	59.3%	656	43	14	27	16
44	Annette Boreham	42	L	LM	North Norfolk Beach Runners - Ladies	3	0:54:30	5:08:48	0:09:28	53.9%	819	44	15	41	17
45	Carol Le Roy	38	L	LM	Haverhill Running Club	3	0:54:43	5:34:35	0:09:30	52.4%	844	45	16	44	18
46	Dani Welter	32	L	LS	Bishops Stortford Running Club	3	0:56:54	5:01:11	0:09:53	49.4%	884	46	2	48	19
47	Larissa Smith	32	L	LS	Bungay Black Dog Running Club	3	0:57:02	5:42:52	0:09:54	49.3%	886	47	3	49	20
48	Libby Mead	40	L	LM	Ramsey Road Runners	3	0:58:03	4:56:44	0:10:05	49.9%	881	48	17	47	21
49	Emma Sowden	28	L	LS	Stamford Striders	3	0:58:14	4:58:21	0:10:07	48.1%	896	49	4	51	22
50	Melanie Watts	39	L	LM	Ryston Runners C	3	0:58:28	5:05:00	0:10:09	49.3%	887	50	18	50	23
51	Michelle Fadden	49	L	LM	Bedford Harriers	3	0:58:29	5:15:08	0:10:09	53.6%	825	51	19	43	24
52	Helen Forsey	34	L	LS	Serpentine Running Club	3	1:02:11	5:27:18	0:10:48	45.4%	910	52	5	53	25
53	Ann-Michelle Kirton	46	L	LM	Thetford Athletic Club	3	1:05:44	5:02:06	0:11:25	46.2%	907	53	20	52	26
54	Milford Callow	80	M	MM	Marshall Milton Keynes AC	3	1:34:21	5:41:56	0:16:23	42.8%	914	54	13	54	28