

STAGE WINNERS - 2015

Stage	Pos	Sex	Name	Club	Age	Cat	Time	AG%	Pace	Rec
Stage 1 EDP Trophy	1	M	Alex Eggeman	Cambridge & Coleridge A	36	MS	1:43:10	73.3%	06:19	
	2	M	Craig Holgate	Ely A	38	MS	1:43:15	74.1%	06:20	
	1	L	Susan Matthews	Ryston Runners B	36	LM	2:01:03	69.4%	07:25	
	2	L	Lucy Tyler	Thetford Athletic Club	22	LS	2:05:13	66.0%	07:40	
Stage 2 Dave Wootton Cup	1	M	Steve Rolfe	Norfolk Gazelles	59	MM	1:33:01	83.8%	06:37	
	2	M	Robin Webb	Ely A	31	MS	1:33:59	67.8%	06:41	
	1	L	Anna Kirkham	Norwich Road Runners A	32	LS	1:45:38	67.2%	07:31	
	2	L	Emma Buckland	Cambridge & Coleridge A	42	LM	1:49:59	67.5%	07:49	
Stage 3	1	M	Logan Smith	Dereham Runners - Team A	17	MJ	0:34:35	75.0%	06:00	cat record
	2	M	Robert Simmonds	Ryston Runners A	30	MS	0:35:06	70.7%	06:06	
	1	L	Rebecca Faircloth	Wymondham AC	43	LM	0:43:37	67.8%	07:34	
	2	L	Katie Ward	Fenland Running Club - 48	35	LM	0:45:57	61.6%	07:59	
Stage 4 Darryl Davis Memorial Trophy	1	M	Michael Taylor	Riverside Runners A	33	MS	1:07:48	73.6%	06:05	
	2	M	Kevin Murphy	Saint Edmund Pacers	41	MM	1:08:26	76.6%	06:09	
	1	L	Rowena Leary	Norfolk Gazelles	30	LS	1:23:49	66.3%	07:31	
	2	L	Jo Davies	Cambridge & Coleridge A	28	LS	1:25:03	65.3%	07:38	
Stage 5 Fat Birds Don't Fly Cup	1	M	Alistair Hodges	Cambridge & Coleridge A	37	MS	1:08:20	72.2%	06:19	
	2	M	James O'Neill	Ryston Runners A	35	MS	1:09:59	69.7%	06:28	
	1	L	Michelle Brett	Ramsey Road Runners	32	LS	1:28:23	61.1%	08:11	
	2	L	Stephanie Laurence	City of Norwich AC - B	28	LS	1:32:02	58.5%	08:31	
Stage 6	1	M	Adrian Mussett	City of Norwich AC - A	43	MM	0:41:33	89.6%	05:16	cat record
	2	M	Kieren Drane	Ely A	33	MS	0:45:46	76.0%	05:48	
	1	L	Kelly Grant	City of Norwich AC - B	33	LS	0:50:22	77.7%	06:23	
	2	L	Nicky Jennings	Fenland Running Club - 48	41	LM	0:58:45	69.0%	07:26	
Stage 7	1	M	Paul Blazey	Norwich Road Runners D	29	MS	0:55:19	73.8%	05:59	
	2	M	Paul Muffett	North Norfolk Beach Runners - Oj	57	MM	0:55:36	88.6%	06:01	
	1	L	Sarah Stradling	City of Norwich AC - A	40	LM	0:55:52	84.6%	06:03	cat record
	2	L	Sarah Shephard	Paddock Wood AC	22	LS	0:51:08	72.3%	06:48	cat record
Stage 8	1	M	Steve Prosser	Bishops Stortford Running Club	36	MS	0:42:53	78.4%	05:42	
	2	M	Istvan Jacso	Cambridge & Coleridge A	36	MS	0:42:59	78.2%	05:43	
	1	L	Elizabeth Daly	Dereham Runners - Team A	32	LS	0:50:13	73.8%	06:41	
	2	L	Sarah Shephard	Paddock Wood AC	22	LS	0:51:08	72.3%	06:48	
Stage 9	1	M	Matt Bidwell	City of Norwich AC - A	43	MM	1:40:54	86.7%	05:39	cat record
	2	M	Alan Darby	Ely A	31	MS	1:45:09	78.4%	05:53	
	1	L	Geraldine Larham	March A C	45	LM	2:09:21	76.2%	07:15	cat record

	2	L	Juliet Naylor	Biggleswade AC	43	LM	2:12:17	73.1%	07:24	
Stage 10	1	M	Matt Pyatt	Ryston Runners A	38	MS	1:23:16	82.1%	05:41	cat record
	2	M	Matt Slater	Cambridge & Coleridge A	31	MS	1:28:22	75.5%	06:01	
	1	L	Maria Heslop	Paddock Wood AC	47	LM	1:34:41	86.0%	06:27	cat record
	2	L	Yvonne Youngman	Stamford Striders	42	LM	1:46:04	73.3%	07:14	
Stage 11 Peter Andrews Cup	1	M	Jeremy Rogers	Norfolk Gazelles	41	MM	1:13:28	80.2%	05:54	cat record
	2	M	Ross Payne	Ely A	20	MJ	1:16:32	74.0%	06:09	cat record
	1	L	Nicky Alford	City of Norwich AC - B	34	LS	1:27:27	71.9%	07:01	cat record
	2	L	Melanie Trayford	Fenland Running Club - 48	39	LM	1:28:31	72.5%	07:07	
Stage 12	1	M	Dominic Blake	Reepham Runners Club	37	MS	1:51:04	83.2%	05:39	
	2	M	Colin Tricker	Paddock Wood AC	34	MS	2:01:50	75.1%	06:12	
	1	L	Tessa Jones	City of Norwich AC - B	49	LM	2:32:58	75.1%	07:47	
	2	L	Siobhan Dockerill	Haverhill Running Club	28	LS	2:35:55	64.3%	07:56	
Stage 13	1	M	Tom Bracegirdle	Ely A	36	MS	1:14:23	82.7%	05:37	
	2	M	Michael Eccles	Norfolk Gazelles	35	MS	1:16:50	78.5%	05:48	
	1	L	Sam Windebank	Riverside Runners A	44	LM	1:37:10	72.8%	07:20	
	2	L	Lorena Latisaite	Ryston Runners B	27	LS	1:37:22	68.3%	07:21	
Stage 14	1	M	Adam Matthews	Ryston Runners A	20	MJ	0:43:21	73.7%	05:58	
	2	M	Richard Sales	Norwich Road Runners B	53	MM	0:45:09	81.9%	06:13	
	1	L	Rosie Sexton	City of Norwich AC - B	46	LM	0:50:56	76.0%	07:00	
	2	L	Deborah English	Norwich Road Runners D	37	LM	0:51:14	71.0%	07:03	
Stage 15	1	M	Axel Finke	Cambridge & Coleridge A	28	MS	1:04:36	72.9%	06:06	
	2	M	Simon English	Norwich Road Runners D	41	MM	1:04:58	76.4%	06:08	
	1	L	Claire Day	Paddock Wood AC	35	LM	1:11:12	74.8%	06:43	
	2	L	Nadine Lewycky	Marshall Milton Keynes AC	34	LS	1:13:20	72.4%	06:55	
Stage 16 Winning Ways Trophy	1	M	Jake Stearman	Dereham Runners - Team A	15	MJ	0:31:59	79.3%	05:50	
	2	M	Graham Chapman	Ely A	59	MM	0:35:09	82.5%	06:24	
	1	L	Sarah Wightman	Cambridge & Coleridge A	39	LM	0:34:42	78.8%	06:19	cat record
	2	L	Carly Jermy	City of Norwich AC - B	35	LM	0:38:08	70.5%	06:57	
Stage 17	1	M	Callum Stanforth	Ryston Runners A	25	MS	1:05:27	80.4%	05:35	
	2	M	William Longworth	Dereham Runners - Team A	23	MS	1:11:59	73.1%	06:08	
	1	L	Phillipa Taylor	City of Norwich AC - A	48	LM	1:14:00	87.7%	06:19	
	2	L	Sam Lewsey	Cambridge & Coleridge A	33	LS	1:23:39	70.4%	07:08	

TROPHY WINNERS

Eastern Daily Press Trophy

Fastest Time - Stage 1

Alex Eggeman

Cambridge & Coleridge A

1:43:10

Dave Wootton Cup	Fastest Time - Stage 2	Steve Rolfe	Norfolk Gazelles	1:33:01
Darryl Davis Memorial Trophy	Best Men's Age Graded Performance - Stage 4	Tony Witmond	North Norfolk Beach Runners - Open	77.2%
Fat Birds Don't Fly Cup	Fastest Time - Stage 5	Alistair Hodges	Cambridge & Coleridge A	1:08:20
Peter Andrews Cup	Best Age Graded Performance - Stage 11	Phil Redden	Riverside Runners B	82.6%
Winning Ways Trophy	Best Age Graded Performance - Stage 16	Graham Chapman	Ely A	82.5%