

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Chris Balmer	34	m	MS	Ryston Runners A	1	1:45:54	1:45:54	0:06:29	71.0%	204	1	1	5	1
2	Dominic Blake	38	m	MS	Reepham Runners	1	1:49:05	1:49:05	0:06:41	70.2%	240	2	2	6	2
3	Adam Mills	46	m	MM	Bedford Harriers B	1	1:49:55	1:49:55	0:06:44	74.3%	102	3	1	2	3
4	Kevin Murphy	42	m	MM	Saint Edmund Pacers	1	1:53:35	1:53:35	0:06:58	69.6%	260	4	2	7	4
5	Andrew Plume	34	m	MS	Fenland Running Club	1	1:53:50	1:53:50	0:06:59	66.0%	398	5	3	15	5
6	Sam Coyne	23	m	MS	Bure Valley Harriers	1	1:55:14	1:55:14	0:07:04	65.1%	448	6	4	18	6
7	Colin Stark	41	m	MM	North Norfolk Beach Runners A-Team	1	1:55:37	1:55:37	0:07:05	67.8%	321	7	3	11	7
8	Francis Hale	48	m	MM	Norwich Road Runners B	1	1:55:54	1:55:54	0:07:06	71.7%	179	8	4	4	8
9	Alex Eggeman	37	m	MS	Cambridge & Coleridge AC - A	1	1:56:14	1:56:14	0:07:07	65.4%	439	9	5	17	9
10	Paul Veitch	45	m	MM	Riverside Runners A	1	1:57:09	1:57:09	0:07:11	69.1%	277	10	5	8	10
11	Ross Payne	21	m	MS	Ely Runners A	1	1:57:16	1:57:16	0:07:11	64.3%	476	11	6	20	11
12	Jevan Robertson	18	m	MJ	March AC	1	1:59:09	1:59:09	0:07:18	65.5%	433	12	1	16	12
13	Edward Holland	34	m	MS	London Fronrunners	1	2:02:28	2:02:28	0:07:30	61.4%	607	13	7	27	13
14	Wayne Lincoln	50	m	MM	City of Norwich AC A	1	2:03:33	2:03:33	0:07:34	68.4%	299	14	6	9	14
15	David Martin	36	m	MS	Serpentine RC	1	2:05:09	2:05:09	0:07:40	60.4%	645	15	8	29	15
16	Mark Alderson	41	m	MM	Stamford Striders	1	2:06:25	2:06:25	0:07:45	62.0%	574	16	7	24	16
17	Andrew Merrett	43	m	MM	RAF Marham	1	2:07:23	2:07:23	0:07:48	62.5%	553	17	8	22	17
18	Adrian Sherwood	51	m	MM	North Herts Road Runners	1	2:07:36	2:07:36	0:07:49	66.8%	367	18	9	13	18
19	Jonathan Cordle	52	m	MM	Norwich Road Runners	1	2:07:40	2:07:40	0:07:49	67.4%	344	20	11	12	20
20	Steve Rolfe	60	m	MM	Norfolk Gazelles Red	1	2:07:40	2:07:40	0:07:49	72.5%	149	20	11	3	20
21	Susan Matthews	37	f	LM	Ryston Ladies	1	2:07:44	2:07:44	0:07:50	66.0%	397	21	1	14	1
22	Peter Harvey	31	m	MS	Wymondham AC	1	2:07:51	2:07:51	0:07:50	58.7%	717	22	9	36	21
23	Chris Eland	48	m	MM	Garden City Runners	1	2:08:14	2:08:14	0:07:51	64.8%	463	23	12	19	22
24	Ben Letzer	38	m	MS	Coltishall Jaguars	1	2:08:59	2:08:59	0:07:54	59.3%	692	24	10	32	23
25	Darren Sheppard	45	m	MM	Framlingham Flyers	1	2:09:51	2:09:51	0:07:57	62.4%	560	25	13	23	24
26	Howard Olby	37	m	MS	Old Greshamians	1	2:11:46	2:11:46	0:08:04	57.7%	762	26	11	40	25
27	Lisa Marriott	57	f	LM	Ramsey Road Runners	1	2:12:16	2:12:16	0:08:06	79.0%	35	27	2	1	2
28	Darren Honour	47	m	MM	Great Yarmouth Road Runners	1	2:13:58	2:13:58	0:08:13	61.5%	603	28	14	26	26
29	Gareth Robb	40	m	MM	Paddock Wood AC	1	2:16:20	2:16:20	0:08:21	57.0%	781	29	15	43	27
30	John Haynes	61	m	MM	Bishops Stortford Running Club	1	2:16:56	2:16:56	0:08:23	68.2%	304	30	16	10	28
31	Ben Collison	34	m	MS	West Norfolk AC	1	2:18:35	2:18:35	0:08:29	54.2%	855	31	12	47	29
32	Ian Moran	49	m	MM	Riverside Runners	1	2:18:55	2:18:55	0:08:31	60.3%	649	32	17	30	30
33	Deborah English	37	f	LM	Norwich Road Runners Ladies Team	1	2:20:52	2:20:52	0:08:38	59.9%	668	33	3	31	3
34	Nick Askham	42	m	MM	Tri-Anglia	1	2:22:23	2:22:23	0:08:43	55.5%	820	34	18	44	31
35	John Chapman	48	m	MM	Fenland Running Club - B	1	2:22:55	2:22:55	0:08:45	58.1%	742	35	19	38	32
36	Andy Barber	49	m	MM	Haverhill Running Club	1	2:23:06	2:23:06	0:08:46	58.5%	723	36	20	37	33
37	Myles Hague	35	m	MS	Norwich Road Runners D	1	2:25:13	2:25:13	0:08:54	51.9%	905	37	13	48	34
38	Jeremy Navrady	50	m	MM	Ryston Runners C	1	2:25:52	2:25:52	0:08:56	57.9%	751	38	21	39	35
39	Steve Sadd	57	m	MM	Norfolk Gazelles Black	1	2:25:56	2:25:56	0:08:57	61.7%	587	39	22	25	36
40	Charlie Ritchie	61	m	MM	Cambridge & Coleridge Team B	1	2:26:35	2:26:35	0:08:59	63.7%	500	40	23	21	37
41	Shaun Hurr	40	m	MM	Reepham Runners Masters	1	2:30:08	2:30:08	0:09:12	51.8%	909	41	24	49	38
42	Antony Orokogbe	40	m	MM	Dereham Runners - A Team	1	2:31:15	2:31:15	0:09:16	51.4%	911	42	25	50	39
43	Sabina Spence	45	f	LM	City Of Norwich AC Ladies	1	2:31:42	2:31:42	0:09:18	59.2%	701	43	4	34	4
44	Jen Armstrong	42	f	LM	North Norfolk Beach Runners B	1	2:32:36	2:32:36	0:09:21	57.2%	776	44	5	42	5
45	Zac O'Neil	37	m	MS	Wellingborough & District AC.	1	2:33:00	2:33:00	0:09:22	49.7%	937	45	14	53	40
46	Barry Graves	58	m	MM	Ely Runners B	1	2:33:18	2:33:18	0:09:24	59.2%	697	46	26	33	41
47	David Sawyer	60	m	MM	Headington RoadRunners	1	2:36:29	2:36:29	0:09:35	59.1%	704	47	27	35	42
48	Sean West	29	m	MS	Theftord AC	1	2:36:32	2:36:32	0:09:35	48.0%	957	48	15	56	43
49	Jo Stephenson	51	f	LM	Stowmarket Striders	1	2:37:38	2:37:38	0:09:40	61.2%	612	49	6	28	6
50	Guy Simmonds	39	m	MS	Pink & Blacks	1	2:40:02	2:40:02	0:09:48	48.2%	953	50	16	54	44
51	Simon King	58	m	MM	Bedford Harriers	1	2:44:35	2:44:35	0:10:05	55.2%	828	51	28	46	45
52	Sean Symonds	50	m	MM	Bungay Black Dog Running Club	1	2:44:38	2:44:38	0:10:05	51.3%	913	52	29	51	46
53	Daniel Shanks	42	m	MM	Felixstowe Road Runners	1	2:45:00	2:45:00	0:10:07	47.9%	960	53	30	57	47
54	Philippa Rudd	52	f	LM	Birketts' Runners AC	1	2:49:34	2:49:34	0:10:23	57.7%	763	54	7	41	7
55	Ian Grimwood	63	m	MM	Biggleswade AC	1	2:52:04	2:52:04	0:10:33	55.4%	823	55	31	45	48
56	Martin Strowger	49	m	MM	Dereham Runners - Team B	1	2:54:09	2:54:09	0:10:40	48.1%	955	56	32	55	49
57	Andy Cowling	59	m	MM	Thorney Running Club	1	2:59:59	2:59:59	0:11:02	50.9%	917	57	33	52	50
58	Kieran Callaghan	36	m	MS	Harwich Runners	1	3:08:54	3:08:54	0:11:34	40.0%	984	58	17	58	51
1	Tom Vickery	30	m	MS	Cambridge & Coleridge AC - A	2	1:25:51	3:22:05	0:06:06	74.2%	103	1	1	1	1
2	Steve Horton	36	m	MS	Bedford Harriers B	2	1:28:10	3:18:05	0:06:16	73.1%	135	2	2	3	2
3	Robin Webb	32	m	MS	Ely Runners A	2	1:29:38	3:26:54	0:06:23	71.1%	199	3	3	8	3
4	Rob Simmonds	31	m	MS	Ryston Runners A	2	1:31:10	3:17:04	0:06:29	69.9%	248	4	4	13	4
5	Neil Adams	39	m	MS	North Norfolk Beach Runners A-Team	2	1:33:56	3:29:33	0:06:41	70.0%	245	5	5	12	5
6	David Evans	26	m	MS	Serpentine RC	2	1:36:16	3:41:25	0:06:51	66.2%	391	6	6	24	6
7	Mark Haynes	39	m	MS	Bure Valley Harriers	2	1:37:35	3:32:49	0:06:56	67.4%	342	7	7	21	7
8	John Walshaw	47	m	MM	City of Norwich AC A	2	1:39:22	3:42:55	0:07:04	70.6%	218	8	1	11	8
9	Andy Preston	51	m	MM	Birketts' Runners AC	2	1:39:32	4:29:06	0:07:05	72.9%	139	9	2	5	9
10	Karl Hiner	50	m	MM	Riverside Runners A	2	1:39:59	3:37:08	0:07:07	72.0%	171	10	3	7	10
11	Mike Kendall	45	m	MM	Riverside Runners	2	1:40:53	3:59:48	0:07:11	68.4%	298	11	4	16	11
12	Sam Laugher	32	m	MS	RAF Marham	2	1:41:10	3:48:33	0:07:12	63.0%	534	12	8	33	12

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
13	Ed Sidgwick	27	m	MS	Old Greshamians	2	1:42:47	3:54:33	0:07:19	62.0%	572	13	9	36	13
14	Michael Stacey	55	m	MM	March AC	2	1:42:59	3:42:08	0:07:19	73.0%	136	14	5	4	14
15	Jared Bethell	33	m	MS	Bishops Stortford Running Club	2	1:43:34	4:00:30	0:07:22	61.6%	591	15	10	37	15
16	Jason Brunt	43	m	MM	Norfolk Gazelles Red	2	1:43:35	3:51:15	0:07:22	65.5%	432	16	6	27	16
17	Leon Clement	32	m	MS	London Frontrunners	2	1:43:43	3:46:11	0:07:23	61.5%	604	17	11	38	17
18	Majja Kozlova	33	f	LS	Cambridge & Coleridge Team B	2	1:44:52	4:11:27	0:07:28	67.8%	320	18	1	19	1
19	Paul Sullivan	49	m	MM	Norwich Road Runners B	2	1:44:56	3:40:50	0:07:28	68.0%	311	19	7	18	18
20	Colin Weller	45	m	MM	Norwich Road Runners	2	1:45:04	3:52:44	0:07:28	65.7%	422	20	8	26	19
21	Mark Watts	53	m	MM	Saint Edmund Pacers	2	1:45:58	3:39:33	0:07:32	69.7%	253	21	9	14	20
22	Bob Grainger	36	m	MS	Stowmarket Striders	2	1:47:03	4:24:41	0:07:37	60.2%	655	22	12	45	21
23	Mark Louth	51	m	MM	Thorney Running Club	2	1:47:19	4:47:18	0:07:38	67.6%	328	23	10	20	22
24	Robin Brookes	47	m	MM	Harwich Runners	2	1:47:28	4:56:22	0:07:39	65.3%	444	24	11	28	23
25	Mel Porter	49	m	MM	Coltishall Jaguars	2	1:47:43	3:56:42	0:07:40	66.2%	389	25	12	23	24
26	Ben Jacobs	40	m	MM	Felixstowe Road Runners	2	1:47:52	4:32:52	0:07:40	61.4%	605	26	13	39	25
27	Andrew Lane	60	m	MM	Wymondham AC	2	1:49:00	3:56:51	0:07:45	72.2%	156	27	14	6	26
28	Martin Candish	43	m	MM	Stamford Striders	2	1:49:05	3:55:30	0:07:46	62.2%	566	28	15	34	27
29	Bethan Everson	25	f	LS	Fenland Running Club	2	1:49:29	3:43:19	0:07:47	64.6%	471	29	2	31	2
30	Yusuf Firat	53	m	MM	Haverhill Running Club	2	1:51:34	4:14:40	0:07:56	66.2%	392	30	16	25	28
31	Craig Goldie	48	m	MM	Thetford AC	2	1:51:57	4:28:29	0:07:58	63.2%	525	31	17	32	29
32	Adrian Woods	44	m	MM	North Norfolk Beach Runners B	2	1:52:16	4:24:52	0:07:59	61.0%	625	32	18	41	30
33	Brad Smith	35	m	MS	Garden City Runners	2	1:53:17	4:01:31	0:08:03	56.6%	789	33	13	48	31
34	John Tilston	41	m	MM	Paddock Wood AC	2	1:53:23	4:09:43	0:08:04	58.9%	711	34	19	47	32
35	Mark Doughty	42	m	MM	Ryston Runners C	2	1:53:36	4:19:28	0:08:05	59.3%	694	35	20	46	33
36	Philip Cooper	56	m	MM	Reepham Runners Masters	2	1:53:41	4:23:49	0:08:05	66.7%	370	36	21	22	34
37	Catherine Henery	52	f	LM	Norwich Road Runners Ladies Team	2	1:56:15	4:17:07	0:08:16	71.1%	200	37	1	9	3
38	Rob White	48	m	MM	Ramsey Road Runners	2	1:56:57	4:09:13	0:08:19	60.5%	642	38	22	43	35
39	Helen Etherington	35	f	LM	Wellingborough & District AC.	2	1:57:33	4:30:33	0:08:22	60.8%	632	39	2	42	4
40	Chris Hosier	40	m	MM	Dereham Runners - A Team	2	1:57:38	4:28:53	0:08:22	56.3%	796	40	23	49	36
41	Andrew Thompson	57	m	MM	Ely Runners B	2	1:58:17	4:31:35	0:08:25	64.7%	466	41	24	30	37
42	Jo Isbill	51	f	LM	Ryston Ladies	2	1:58:20	4:06:04	0:08:25	69.0%	282	42	3	15	5
43	John Bone	70	m	MM	Great Yarmouth Road Runners	2	1:58:31	4:12:29	0:08:26	73.3%	127	43	25	2	38
44	Howard Revell	53	m	MM	Framlingham Flyers	2	1:58:57	4:08:48	0:08:28	62.1%	570	44	26	35	39
45	Ashley Hobbs	29	m	MS	Norwich Road Runners D	2	1:59:51	4:25:04	0:08:31	53.2%	884	45	14	54	40
46	Matt Simmonds	37	m	MS	Pink & Blacks	2	2:00:39	4:40:41	0:08:35	53.7%	871	46	15	53	41
47	Nick Franklin	29	m	MS	West Norfolk AC	2	2:01:58	4:20:33	0:08:40	52.3%	898	47	16	55	42
48	Keith Moore	53	m	MM	Dereham Runners - Team B	2	2:02:10	4:56:19	0:08:41	60.5%	644	48	27	44	43
49	Andy Ives	43	m	MM	Tri-Anglia	2	2:02:18	4:24:41	0:08:42	55.5%	819	49	28	51	44
50	Caroline Thrussel	53	f	LM	North Herts Road Runners	2	2:03:07	4:10:43	0:08:45	68.0%	308	50	4	17	6
51	Kevin Byrne	62	m	MM	Headington RoadRunners	2	2:03:39	4:40:08	0:08:48	64.9%	460	51	29	29	45
52	Hannah Monteverde	26	f	LS	Norfolk Gazelles Black	2	2:08:08	4:34:04	0:09:07	55.2%	827	52	3	52	7
53	Jane Greenwood	61	f	LM	Fenland Running Club - B	2	2:11:53	4:34:48	0:09:23	70.8%	209	53	5	10	8
54	Robin Ashe	65	m	MM	Bungay Black Dog Running Club	2	2:14:52	4:59:30	0:09:36	61.3%	611	54	30	40	46
55	Richard Watson	49	m	MM	Bedford Harriers	2	2:16:43	5:01:18	0:09:43	52.2%	899	55	31	56	47
56	Laura Parry	28	f	LS	City Of Norwich AC Ladies	2	2:24:30	4:56:12	0:10:17	49.0%	944	56	4	58	9
57	Richard Bulman	65	m	MM	Reepham Runners	2	2:27:15	4:16:20	0:10:28	56.1%	804	57	32	50	48
58	Juliet Grimwood	52	f	LM	Biggleswade AC	2	2:47:36	5:39:40	0:11:55	49.3%	939	58	6	57	10
1	Robert Campbell	50	m	MM	Ely Runners A	3	0:36:54	4:03:48	0:06:24	76.7%	61	1	1	3	1
2	Gareth Hunt	25	m	MS	Ryston Runners A	3	0:38:16	3:55:20	0:06:39	64.7%	467	2	1	14	2
3	Aaron Rowland	17	m	MJ	Paddock Wood AC	3	0:39:30	4:49:13	0:06:51	65.7%	425	3	1	12	3
4	Sally Cartwright	49	f	LM	Bedford Harriers B	3	0:40:33	3:58:38	0:07:02	77.4%	48	4	1	2	1
5	John Gay	56	m	MM	North Norfolk Beach Runners A-Team	3	0:41:50	4:11:23	0:07:16	71.1%	197	5	2	5	4
6	Lauren Bradshaw	32	f	LS	Cambridge & Coleridge AC - A	3	0:41:54	4:03:59	0:07:16	67.1%	357	6	1	7	2
7	Sarah Peachey	32	f	LS	Norwich Road Runners	3	0:42:37	4:35:21	0:07:24	65.9%	405	7	2	10	3
8	Tessa Pike	56	f	LM	City Of Norwich AC Ladies	3	0:42:50	5:39:02	0:07:26	80.1%	26	8	2	1	4
9	Richard Sargeant	44	m	MM	Norwich Road Runners B	3	0:42:54	4:23:44	0:07:27	63.0%	536	9	3	19	5
10	David Tuffnail	45	m	MM	March AC	3	0:43:19	4:25:27	0:07:31	62.8%	540	10	4	20	6
11	Archie Barrington	15	m	MJ	Harwich Runners	3	0:43:48	5:40:10	0:07:36	61.0%	620	11	2	22	7
12	Ashley Jarvis	18	m	MJ	Dereham Runners - A Team	3	0:44:41	5:13:34	0:07:45	57.3%	771	12	3	34	8
13	Paul Taylor	50	m	MM	Coltishall Jaguars	3	0:44:45	4:41:27	0:07:46	63.3%	520	13	5	18	9
14	Maire Irlam	51	f	LM	Fenland Running Club	3	0:45:02	4:28:21	0:07:49	71.4%	185	14	3	4	5
15	Maisie Pritchard	16	f	LJ	Riverside Runners A	3	0:45:26	4:22:34	0:07:53	63.8%	493	15	1	15	6
16	Neville Knights	56	m	MM	Dereham Runners - Team B	3	0:45:34	5:41:53	0:07:55	65.3%	443	16	6	13	10
17	Jeremy Boreham	45	m	MM	North Norfolk Beach Runners B	3	0:45:56	5:10:48	0:07:58	59.3%	695	17	7	26	11
18	Chris Chapman	59	m	MM	Ryston Runners C	3	0:46:12	5:05:40	0:08:01	66.1%	396	18	8	9	12
19	Edward Byard	35	m	MS	Headington RoadRunners	3	0:46:30	5:26:38	0:08:04	54.4%	849	19	2	42	13
20	Debbie Tooke	44	f	LM	Norwich Road Runners Ladies Team	3	0:46:44	5:03:51	0:08:07	63.8%	495	20	4	16	7
21	Ellie Scott	27	f	LS	North Herts Road Runners	3	0:46:46	4:57:29	0:08:07	59.9%	664	21	3	24	8
22	Sarah Adcock	42	f	LM	City of Norwich AC A	3	0:46:50	4:29:45	0:08:08	62.7%	552	22	5	21	9
23	Hayley Hawes	35	f	LM	Ryston Ladies	3	0:47:11	4:53:15	0:08:11	60.0%	660	23	6	23	10
24	Emma Jay	33	f	LS	Norfolk Gazelles Red	3	0:47:26	4:38:41	0:08:14	59.4%	690	24	4	25	11

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25	Mark Tayler	63	m	MM	Birketts' Runners AC	3	0:47:58	5:17:04	0:08:20	65.9%	408	25	9	11	14
26	Kevin Lu	32	m	MS	London Fronrunners	3	0:48:00	4:34:11	0:08:20	52.0%	904	26	3	49	15
27	Ian Gooderham	49	m	MM	Saint Edmund Pacers	3	0:48:17	4:27:50	0:08:23	58.2%	739	27	10	29	16
28	Lorna Aust	51	f	LM	Stamford Striders	3	0:48:27	4:43:57	0:08:25	66.4%	387	28	7	8	12
29	Jessica Vincent	22	f	LS	Great Yarmouth Road Runners	3	0:48:35	5:01:04	0:08:26	57.7%	761	29	5	33	13
30	Sam Hewson	35	m	MS	Pink & Blacks	3	0:48:39	5:29:20	0:08:27	52.0%	903	30	4	48	17
31	Matthew Atkinson	30	m	MS	RAF Marham	3	0:48:49	4:37:22	0:08:29	50.9%	919	31	5	50	18
32	Mick Wise	62	m	MM	Garden City Runners	3	0:49:13	4:50:44	0:08:33	63.7%	501	32	11	17	19
33	Tim Coates	48	m	MM	West Norfolk AC	3	0:49:26	5:09:59	0:08:35	56.4%	795	33	12	36	20
34	Steve Dickens	52	m	MM	Tri-Anglia	3	0:49:37	5:14:18	0:08:37	58.0%	747	34	13	30	21
35	Marianne Defernez	43	f	LM	Wymondham AC	3	0:51:04	4:47:55	0:08:52	57.9%	753	35	8	32	14
36	Carol Le Roy	39	f	LM	Haverhill Running Club	3	0:51:19	5:05:59	0:08:55	56.1%	803	36	9	38	15
37	Helen Ayres	27	f	LS	Thorney Running Club	3	0:51:40	5:38:58	0:08:58	54.3%	854	37	6	43	16
38	Bobbie Sauerzapf	57	f	LM	Bungay Black Dog Running Club	3	0:51:48	5:51:18	0:09:00	67.1%	355	38	10	6	17
39	Vanessa Browne	47	f	LM	Old Greshamians	3	0:52:05	4:46:38	0:09:03	58.9%	713	40	11	27	18
40	Richard Cadman	52	m	MM	Reepham Runners Masters	3	0:52:05	5:15:54	0:09:03	55.3%	826	40	14	40	22
41	Emily Smith	41	f	LM	Norfolk Gazelles Black	3	0:52:08	5:26:12	0:09:03	55.9%	809	41	12	39	19
42	Katie Tween	31	f	LS	Cambridge & Coleridge Team B	3	0:52:14	5:03:41	0:09:04	53.7%	869	42	7	46	20
43	Emma Fox	33	f	LS	Bure Valley Harriers	3	0:52:24	4:25:13	0:09:06	53.7%	868	43	8	45	21
44	Laura Ali	39	f	LM	Framlingham Flyers	3	0:54:25	5:03:13	0:09:27	52.9%	890	44	13	47	22
45	Emma Yarrow	44	f	LM	Stowmarket Striders	3	0:55:01	5:19:42	0:09:33	54.2%	857	45	14	44	23
46	Adam Etches	42	m	MM	Ely Runners B	3	0:55:10	5:26:45	0:09:35	48.2%	952	46	15	52	23
47	Debashish Biswas	34	m	MS	Serpentine RC	3	0:57:10	4:38:35	0:09:55	44.0%	978	47	6	56	24
48	Tessa Morgan	51	f	LM	Reepham Runners	3	0:58:28	5:14:48	0:10:09	55.0%	832	48	15	41	24
49	Sue Last	56	f	LM	Bishops Stortford Running Club	3	0:58:33	4:59:03	0:10:10	58.6%	721	49	16	28	25
50	Janice Blake	55	f	LM	Biggleswade AC	3	0:59:14	6:38:54	0:10:17	57.1%	778	50	17	35	26
51	Clare Slattery	29	f	LS	Thetford AC	3	0:59:29	5:27:58	0:10:20	47.1%	967	51	9	53	27
52	Colin Harris	47	m	MM	Wellingborough & District AC.	3	0:59:34	5:30:07	0:10:20	46.4%	971	52	16	54	25
53	Samantha Prior	28	f	LS	Ramsey Road Runners	3	1:00:51	5:10:04	0:10:34	46.1%	972	53	10	55	28
54	Jo Whelen	56	f	LM	Felixstowe Road Runners	3	1:01:00	5:33:52	0:10:35	56.2%	801	54	18	37	29
55	Sheena Runham	46	f	LM	Riverside Runners	3	1:01:05	5:00:53	0:10:36	49.7%	935	55	19	51	30
56	Stephen Brunton	36	m	MS	Fenland Running Club - B	3	1:05:54	5:40:42	0:11:26	38.6%	985	56	7	57	26
57	Judy Prior	68	f	LM	Bedford Harriers	3	1:10:30	6:11:48	0:12:14	57.9%	752	57	20	31	31
58	Sam Reddy	49	f	LM	Norwich Road Runners D	3	1:22:56	5:48:00	0:14:24	37.8%	986	58	21	58	32
1	Graeme Knott	37	m	MS	Harwich Runners	4	1:10:46	6:50:56	0:06:21	71.9%	174	2	2	5	2
2	George Gay	21	m	MS	City of Norwich AC A	4	1:10:46	5:40:31	0:06:21	70.6%	219	2	2	7	2
3	Tom Kingsnorth	36	m	MS	Saint Edmund Pacers	4	1:11:23	5:39:13	0:06:24	70.8%	210	3	3	6	3
4	Lee Tatum	35	m	MS	Ely Runners A	4	1:14:37	5:18:25	0:06:42	67.4%	341	4	4	14	4
5	Neil Tween	32	m	MS	Cambridge & Coleridge Team B	4	1:14:41	6:18:22	0:06:42	66.7%	372	5	5	15	5
6	Tony Witmond	48	m	MM	North Norfolk Beach Runners A-Team	4	1:14:45	5:26:08	0:06:43	74.2%	104	6	1	3	6
7	Haward Bailey	32	m	MS	Dereham Runners - A Team	4	1:15:56	6:29:30	0:06:49	65.6%	429	7	6	21	7
8	John Auld	34	m	MS	North Herts Road Runners	4	1:17:06	6:14:35	0:06:55	64.9%	452	8	7	22	8
9	Chas Allen	39	m	MS	Norwich Road Runners	4	1:18:32	5:53:53	0:07:03	65.7%	417	9	8	20	9
10	Andy Simmonds	35	m	MS	Ryston Runners A	4	1:18:41	5:14:01	0:07:04	63.9%	489	10	9	26	10
11	Anna Folland	46	f	LM	Bedford Harriers B	4	1:19:13	5:17:51	0:07:07	75.9%	77	11	1	1	1
12	Paul Krause	27	m	MS	Haverhill Running Club	4	1:20:15	6:26:14	0:07:12	62.0%	573	12	10	30	11
13	Ed Fancourt	49	m	MM	Stamford Striders	4	1:21:03	6:05:00	0:07:17	69.0%	281	13	2	10	12
14	Rowena Leary	31	f	LS	Norfolk Gazelles Red	4	1:22:19	6:01:00	0:07:23	67.5%	333	14	1	12	2
15	Dave Tandy	46	m	MM	Norwich Road Runners B	4	1:22:44	5:46:28	0:07:26	66.0%	402	15	3	18	13
16	Tim Larke	43	m	MM	Stowmarket Striders	4	1:22:51	6:42:33	0:07:26	64.3%	477	16	4	24	14
17	Debra Wait	51	f	LM	March AC	4	1:24:04	5:49:31	0:07:33	75.7%	80	17	2	2	3
18	Sean Bowen	51	m	MM	Garden City Runners	4	1:24:20	6:15:04	0:07:34	67.5%	339	18	5	13	15
19	Mickael Hegesippe	44	m	MM	Paddock Wood AC	4	1:24:30	6:13:43	0:07:35	63.5%	507	19	6	29	16
20	Andy Pond	51	m	MM	Tri-Anglia	4	1:25:38	6:39:56	0:07:41	66.0%	400	20	7	17	17
21	Chris Edwards	56	m	MM	Reepham Runners Masters	4	1:25:57	6:41:51	0:07:43	69.1%	275	21	8	9	18
22	Tony Savage	55	m	MM	Ryston Runners C	4	1:26:37	6:32:17	0:07:47	68.0%	312	22	9	11	19
23	Phil Redden	64	m	MM	Riverside Runners A	4	1:26:39	5:49:13	0:07:47	73.8%	112	23	10	4	20
24	Joanna Davies	29	f	LS	Cambridge & Coleridge AC - A	4	1:26:44	5:30:43	0:07:47	64.0%	486	24	2	25	4
25	Maria Frykfors	24	f	LS	Headington RoadRunners	4	1:26:53	6:53:31	0:07:48	63.9%	490	25	3	27	5
26	Steven Neaves	59	m	MM	Bungay Black Dog Running Club	4	1:27:59	7:19:17	0:07:54	69.4%	266	27	11	8	22
27	Ben Gaskins	31	m	MS	Coltishall Jaguars	4	1:27:59	6:09:26	0:07:54	56.6%	790	27	11	43	22
28	Paul Newell	51	m	MM	Riverside Runners	4	1:29:31	6:30:24	0:08:02	63.6%	505	28	12	28	23
29	Louis Clabburn	43	m	MM	Old Greshamians	4	1:29:59	6:16:37	0:08:05	59.2%	702	29	13	38	24
30	Penny Seeger	30	f	LS	Ryston Ladies	4	1:30:55	6:24:10	0:08:10	61.1%	616	30	4	32	6
31	Jason Kelf	48	m	MM	Norfolk Gazelles Black	4	1:32:34	6:58:46	0:08:19	59.9%	665	31	14	34	25
32	Pete Reed	35	m	MS	RAF Marham	4	1:32:57	6:10:19	0:08:21	54.1%	860	32	12	49	26
33	Gary Stanley	61	m	MM	Great Yarmouth Road Runners	4	1:33:12	6:34:16	0:08:22	66.7%	373	33	15	16	27
34	Silije Hovsted	38	f	LM	City Of Norwich AC Ladies	4	1:34:51	7:13:53	0:08:31	59.8%	672	34	3	35	7
35	Jay Gilbert	38	f	LM	Fenland Running Club	4	1:35:25	6:03:46	0:08:34	59.5%	686	35	4	37	8
36	Chris McMahon	42	m	MM	London Fronrunners	4	1:35:59	6:10:10	0:08:37	55.1%	830	36	16	45	28

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
37	Sally Cushing	51	f	LM	Norwich Road Runners Ladies Team	4	1:36:34	6:40:25	0:08:40	65.9%	406	37	5	19	9
38	Daniella Hart	25	f	LS	Thorney Running Club	4	1:37:08	7:16:06	0:08:43	57.2%	777	38	5	41	10
39	Tony Money	46	m	MM	North Norfolk Beach Runners B	4	1:37:13	6:48:01	0:08:44	56.1%	802	39	17	44	29
40	Ian Kennedy	55	m	MM	Framlingham Flyers	4	1:37:51	6:41:04	0:08:47	60.2%	654	40	18	33	30
41	Chris Read	35	m	MS	Norwich Road Runners D	4	1:37:59	7:25:59	0:08:48	51.3%	915	41	13	53	31
42	Shaun Goode	53	m	MM	Felixstowe Road Runners	4	1:38:41	7:12:33	0:08:52	58.6%	718	42	19	39	32
43	Dave Walker	46	m	MM	Bure Valley Harriers	4	1:39:08	6:04:21	0:08:54	55.0%	831	43	20	46	33
44	Tony Jones	56	m	MM	Bedford Harriers	4	1:39:38	7:51:26	0:08:57	59.6%	679	44	21	36	34
45	Matthew Freezer	27	m	MS	Dereham Runners - Team B	4	1:40:06	7:21:59	0:08:59	49.7%	936	45	14	55	35
46	Charlie Barker	65	m	MM	Ely Runners B	4	1:40:14	7:06:59	0:09:00	64.4%	475	46	22	23	36
47	Jayne Allen	49	f	LM	Wymondham AC	4	1:41:09	6:29:04	0:09:05	61.4%	606	47	6	31	11
48	Andy Westhead	34	m	MS	Pink & Blacks	4	1:41:47	7:11:07	0:09:08	49.2%	942	48	15	56	37
49	Luke Pinner	34	m	MS	Fenland Running Club - B	4	1:42:38	7:23:20	0:09:13	48.8%	946	49	16	57	38
50	Tony Tyler	55	m	MM	Thetford AC	4	1:43:54	7:11:52	0:09:20	56.7%	787	50	23	42	39
51	Richie Walker	50	m	MM	West Norfolk AC	4	1:44:03	6:54:02	0:09:20	54.2%	856	51	24	48	40
52	Andrew Hedley	53	m	MM	Biggleswade AC	4	1:45:22	8:24:16	0:09:28	54.9%	837	52	25	47	41
53	Mary Floate	40	f	LM	Reepham Runners	4	1:46:06	7:00:54	0:09:31	54.1%	862	53	7	50	12
54	Indranil Banerjee	45	m	MM	Serpentine RC	4	1:48:06	6:26:41	0:09:42	50.1%	930	54	26	54	42
55	James Terry	43	m	MM	Wellingborough & District AC.	4	1:50:38	7:20:45	0:09:56	48.1%	954	55	27	58	43
56	Claire Hewson	41	f	LM	Ramsey Road Runners	4	1:50:52	7:00:56	0:09:57	52.1%	902	56	8	52	13
57	Marie Hockley	53	f	LM	Bishops Stortford Running Club	4	1:52:16	6:51:19	0:10:05	58.2%	741	57	9	40	14
58	Caroline Taylor	59	m	MM	Birketts' Runners AC	4	1:55:10	7:12:14	0:10:20	53.0%	886	58	28	51	44
1	James O'Neill	36	m	MS	Ryston Runners A	5	1:11:58	6:25:59	0:06:39	68.1%	306	1	1	6	1
2	Scott Walford	46	m	MM	Bure Valley Harriers	5	1:13:34	7:17:55	0:06:48	72.0%	170	2	1	1	2
3	Michael Gilbert	25	m	MS	Haverhill Running Club	5	1:15:13	7:41:27	0:06:57	64.2%	483	3	2	12	3
4	Graham Anderson	34	m	MS	Cambridge & Coleridge AC - A	5	1:16:34	6:47:17	0:07:05	63.5%	512	4	3	13	4
5	John Keenan	44	m	MM	London Frontrunners	5	1:18:59	7:29:09	0:07:18	66.0%	401	5	2	8	5
6	Karl Sherry	54	m	MM	Norwich Road Runners B	5	1:19:39	7:06:07	0:07:22	71.1%	198	6	3	3	6
7	Kevin Willett	53	m	MM	Bedford Harriers B	5	1:19:45	6:37:36	0:07:23	70.4%	230	7	4	4	7
8	Mark Popple	25	m	MS	Stamford Striders	5	1:21:22	7:26:22	0:07:32	59.3%	691	8	4	24	8
9	Richard Hill	40	m	MM	Ely Runners A	5	1:21:55	6:40:20	0:07:35	61.6%	590	9	5	17	9
10	Chris Langton	49	m	MM	City of Norwich AC A	5	1:22:26	7:02:57	0:07:38	65.8%	409	10	6	9	10
11	Martin Taylor	46	m	MM	Paddock Wood AC	5	1:24:18	7:38:01	0:07:48	62.8%	543	11	7	15	11
12	Karl Chapman	47	m	MM	Wymondham AC	5	1:24:29	7:53:33	0:07:49	63.2%	526	12	8	14	12
13	Rod Sinnott	49	m	MM	Fenland Running Club	5	1:24:31	7:28:17	0:07:49	64.2%	481	13	9	11	13
14	Ian Tuckwell	39	m	MS	RAF Marham	5	1:25:57	7:36:16	0:07:57	58.3%	736	14	5	30	14
15	Will Honeybone	45	m	MM	Ryston Runners C	5	1:26:00	7:58:17	0:07:57	61.1%	617	15	10	18	15
16	Carol Devlin	51	f	LM	Dereham Runners - A Team	5	1:26:47	7:56:17	0:08:02	71.2%	192	16	1	2	1
17	Laurie Hurman	62	m	MM	Headington RoadRunners	5	1:27:43	8:21:14	0:08:07	69.4%	264	17	11	5	16
18	Rob Casserley	44	m	MM	Garden City Runners	5	1:27:53	7:42:57	0:08:08	59.3%	693	18	12	25	17
19	Alan Bushell	45	m	MM	Coltishall Jaguars	5	1:28:06	7:37:32	0:08:09	59.6%	680	19	13	23	18
20	Andrew Barwick	37	m	MS	March AC	5	1:28:23	7:17:54	0:08:11	55.8%	811	20	6	35	19
21	Michelle Brett	33	f	LS	Ramsey Road Runners	5	1:28:59	8:29:55	0:08:14	60.8%	633	21	1	19	2
22	Darren Armstrong	42	m	MM	North Norfolk Beach Runners A-Team	5	1:29:41	6:55:49	0:08:18	57.2%	775	22	14	33	20
23	Neil Martin	45	m	MM	Thorney Running Club	5	1:29:54	8:46:00	0:08:19	58.4%	728	23	15	28	21
24	Paul Ridley	49	m	MM	Riverside Runners A	5	1:30:02	7:19:15	0:08:20	60.3%	650	24	16	20	22
25	Graham Coulter	42	m	MM	Framlingham Flyers	5	1:32:06	8:13:10	0:08:31	55.7%	816	25	17	36	23
26	Keith Brighty	53	m	MM	Norwich Road Runners	5	1:33:41	7:27:34	0:08:40	59.9%	663	26	18	22	24
27	Steve Atkins	51	m	MM	Saint Edmund Pacers	5	1:33:51	7:13:04	0:08:41	58.8%	714	27	19	27	25
28	Andre Pittock	50	m	MM	Fenland Running Club - B	5	1:34:32	8:57:52	0:08:45	57.9%	754	28	20	32	26
29	Dudley Garner	34	m	MS	Norfolk Gazelles Red	5	1:37:30	7:38:30	0:09:01	49.8%	932	29	7	49	27
30	Pauline Drewery	47	f	LM	Ryston Ladies	5	1:37:51	8:02:01	0:09:03	60.2%	652	30	2	21	3
31	Mark Tinkler	58	m	MM	Bedford Harriers	5	1:39:08	9:30:34	0:09:10	59.2%	700	31	21	26	28
32	James Mcfarlane	43	m	MM	Norwich Road Runners D	5	1:39:13	9:05:12	0:09:11	52.1%	901	32	22	43	29
33	Louise Wilkinson	54	f	LM	City Of Norwich AC Ladies	5	1:39:32	8:53:25	0:09:12	64.5%	473	33	3	10	4
34	Adi Goode	52	f	LM	Felixstowe Road Runners	5	1:39:40	8:52:13	0:09:13	62.8%	547	34	4	16	5
35	Gary Pillar	50	m	MM	Great Yarmouth Road Runners	5	1:39:44	8:14:00	0:09:14	54.9%	839	35	23	37	30
36	Steven Rix	34	m	MS	Dereham Runners - Team B	5	1:39:59	9:01:58	0:09:15	48.6%	948	36	8	53	31
37	Neil Mcdonald	55	m	MM	Wellingborough & District AC.	5	1:40:09	9:00:54	0:09:16	57.1%	780	37	24	34	32
38	Andrew Potttruff	50	m	MM	Bungay Black Dog Running Club	5	1:41:43	9:01:00	0:09:25	53.8%	865	38	25	40	33
39	Andrew Williams	32	m	MS	Serpentine RC	5	1:42:58	8:09:39	0:09:32	47.0%	968	39	9	56	34
40	Paul Harrison	61	m	MM	Reepham Runners Masters	5	1:43:51	8:25:42	0:09:36	58.1%	743	40	26	31	35
41	Emma Buckland	43	f	LM	Cambridge & Coleridge Team B	5	1:44:13	8:02:35	0:09:38	54.5%	845	41	5	38	6
42	Sarah Atkinson	32	f	LS	Old Greshamians	5	1:46:08	8:02:45	0:09:49	50.9%	918	42	2	44	7
43	Anne Ellen	61	f	LM	Norfolk Gazelles Black	5	1:46:17	8:45:03	0:09:50	66.4%	382	43	6	7	8
44	Ian Cannons	44	m	MM	Harwich Runners	5	1:46:56	8:37:52	0:09:54	48.7%	947	44	27	52	36
45	James Brown	40	m	MM	Pink & Blacks	5	1:47:37	8:58:44	0:09:57	46.9%	969	45	28	57	37
46	Simon Nightingale	42	m	MM	Ely Runners B	5	1:47:52	8:54:51	0:09:59	47.5%	963	46	29	55	38
47	Cliff Lear	51	m	MM	Thetford AC	5	1:48:35	9:00:27	0:10:03	50.8%	921	47	30	45	39
48	Matt Gingall	47	m	MM	West Norfolk AC	5	1:48:49	8:42:51	0:10:04	49.1%	943	48	31	51	40

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
49	Maria Greaves	36	f	LM	North Norfolk Beach Runners B	5	1:49:20	8:37:21	0:10:07	49.9%	931	49	7	48	9
50	Philip Chaplin	51	m	MM	Bishops Stortford Running Club	5	1:50:12	8:41:31	0:10:12	50.1%	929	50	32	47	41
51	Ron Ames	68	m	MM	Stowmarket Striders	5	1:50:32	8:33:05	0:10:14	58.4%	730	51	33	29	42
52	Frank Mcloughlin	53	m	MM	Biggleswade AC	5	1:51:32	10:15:48	0:10:19	50.4%	927	52	34	46	43
53	Katt Riley	30	f	LS	Tri-Anglia	5	1:53:10	8:33:06	0:10:28	47.6%	962	53	3	54	10
54	Nicky Dowson	51	f	LM	Norwich Road Runners Ladies Team	5	1:53:48	8:34:13	0:10:32	54.3%	852	54	8	39	11
55	Jenni Egmore	49	f	LM	Reepham Runners	5	1:55:36	8:56:30	0:10:42	52.1%	900	55	9	42	12
56	Lesley Carroll	51	f	LM	Riverside Runners	5	2:04:13	8:34:37	0:11:29	49.7%	934	56	10	50	13
57	Linda Aird	58	f	LM	North Herts Road Runners	5	2:05:51	8:20:26	0:11:39	53.8%	866	57	11	41	14
58	Kitty Rosser	36	f	LM	Birketts' Runners AC	5	2:12:52	9:25:06	0:12:17	41.1%	983	58	12	58	15
1	Jonathan Escalante-Phi	24	m	MS	Cambridge & Coleridge AC - A	6	0:43:09	7:30:26	0:05:28	79.9%	28	1	1	4	1
2	Logan Smith	18	m	MJ	Dereham Runners - A Team	6	0:43:55	8:40:12	0:05:34	81.2%	19	2	1	3	2
3	James Senior	25	m	MS	City of Norwich AC A	6	0:44:54	7:47:51	0:05:41	76.8%	58	3	2	6	3
4	Tom Bracegirdle	37	m	MS	Ely Runners A	6	0:46:02	7:26:22	0:05:50	77.3%	50	4	3	5	4
5	Nigel Arnold	58	m	MM	Norfolk Gazelles Red	6	0:48:20	8:26:50	0:06:07	87.1%	2	5	1	1	5
6	Adam Hills	39	m	MS	Bedford Harriers B	6	0:50:11	7:27:47	0:06:21	71.9%	172	6	4	12	6
7	Mark Edwards	50	m	MM	Norwich Road Runners B	6	0:52:35	7:58:42	0:06:39	74.8%	90	7	2	9	7
8	Marcus Hawkins	43	m	MM	Ryston Runners A	6	0:52:50	7:18:49	0:06:41	70.4%	229	8	3	14	8
9	Dean Blake	42	m	MM	Coltishall Jaguars	6	0:53:00	8:30:32	0:06:43	69.7%	254	9	4	16	9
10	Sarah Shephard	23	f	LS	Paddock Wood AC	6	0:53:03	8:31:04	0:06:43	73.5%	125	10	1	10	1
11	Andy Sloan	37	m	MS	North Norfolk Beach Runners A-Team	6	0:53:11	7:49:00	0:06:44	66.9%	366	11	5	20	10
12	Joseph Lowe	41	m	MM	London Frontrunners	6	0:54:02	8:23:11	0:06:50	67.8%	318	12	5	18	11
13	Cat Cummings	39	f	LM	Wymondham AC	6	0:56:49	8:50:22	0:07:12	70.5%	226	13	1	13	2
14	Clyde Stratton	45	m	MM	March AC	6	0:56:57	8:14:51	0:07:13	66.4%	385	14	6	22	12
15	Tony Cante	56	m	MM	Thetford AC	6	0:57:28	9:57:55	0:07:16	72.0%	168	15	7	11	13
16	Pete Wood	35	m	MS	Ely Runners B	6	0:57:35	9:52:26	0:07:17	61.0%	622	16	6	33	14
17	David Welsh	51	m	MM	Norwich Road Runners D	6	0:59:00	10:04:12	0:07:28	67.2%	349	17	8	19	15
18	James Holmes	37	m	MS	Pink & Blacks	6	0:59:35	9:58:19	0:07:33	59.7%	675	18	7	40	16
19	Claire Hoblyn	52	f	LM	Saint Edmund Pacers	6	0:59:47	8:12:51	0:07:34	75.7%	81	19	2	8	3
20	Chris Gilbert	20	m	MJ	Haverhill Running Club	6	1:00:14	8:41:41	0:07:37	57.9%	756	20	2	47	17
21	Deb Bryant	47	f	LM	Biggleswade AC	6	1:00:35	11:16:23	0:07:40	70.4%	232	21	3	15	4
22	Tom Bartlett	38	m	MS	Serpentine RC	6	1:00:41	9:10:20	0:07:41	59.0%	709	22	8	43	18
23	Vhari King	38	f	LM	Bure Valley Harriers	6	1:01:21	8:19:16	0:07:46	64.9%	455	23	4	24	5
24	Jason Snook	46	m	MM	Old Greshamians	6	1:01:53	9:04:38	0:07:50	61.6%	597	24	9	31	19
25	Sharon Bardwell	46	f	LM	Norwich Road Runners	6	1:01:55	8:29:29	0:07:50	68.2%	305	25	5	17	6
26	Max Pearson	40	m	MM	Fenland Running Club	6	1:02:22	8:30:39	0:07:54	58.3%	733	26	10	45	20
27	Eve Casbard	42	f	LM	Riverside Runners A	6	1:02:44	8:21:59	0:07:56	65.0%	449	27	6	23	7
28	Kat Burr	36	f	LM	North Herts Road Runners	6	1:02:47	9:23:13	0:07:57	62.9%	538	28	7	29	8
29	Bradley Greeves	52	m	MM	Reepham Runners Masters	6	1:03:13	9:28:55	0:08:00	63.3%	521	29	11	28	21
30	Katherine Price	24	f	LS	Birketts' Runners AC	6	1:04:01	10:29:07	0:08:06	60.9%	629	30	2	35	9
31	Amy Johnson	25	f	LS	Headington RoadRunners	6	1:04:34	9:25:48	0:08:10	60.4%	647	31	3	37	10
32	Juliette Meek	35	f	LM	Ryston Runners C	6	1:04:35	9:02:52	0:08:11	60.9%	627	32	8	34	11
33	Elspeth Knott	66	f	LM	Harwich Runners	6	1:04:39	9:42:31	0:08:11	85.1%	5	33	9	2	12
34	Gavin Lane	47	m	MM	West Norfolk AC	6	1:04:58	9:47:49	0:08:13	59.1%	708	34	12	42	22
35	Adam Tingey	31	m	MS	RAF Marham	6	1:05:20	8:41:36	0:08:16	52.9%	888	35	9	54	23
36	Sarah Boosey	33	f	LS	Norwich Road Runners Ladies Team	6	1:05:23	9:39:36	0:08:17	59.9%	669	36	4	39	13
37	Francesca Turner	21	f	LS	Great Yarmouth Road Runners	6	1:05:30	9:19:30	0:08:17	59.5%	685	37	5	41	14
38	Chris Forster	19	m	MJ	Riverside Runners	6	1:05:32	9:40:09	0:08:18	53.8%	867	38	3	52	24
39	Stephen Crafford	49	m	MM	Bishops Stortford Running Club	6	1:06:46	9:48:17	0:08:27	58.4%	727	39	13	44	25
40	Richard Garret	41	m	MM	North Norfolk Beach Runners B	6	1:06:50	9:44:11	0:08:28	54.8%	840	40	14	51	26
41	Julia Baldwin	46	f	LM	Stowmarket Striders	6	1:07:49	9:40:54	0:08:35	62.2%	565	41	10	30	15
42	John Davis (The Shorte	63	m	MM	Garden City Runners	6	1:08:01	8:50:58	0:08:37	64.7%	468	42	15	25	27
43	Anna Frostwick	37	f	LM	Tri-Anglia	6	1:08:16	9:41:22	0:08:38	58.1%	744	43	11	46	16
44	Vivienne Lain	49	f	LM	City Of Norwich AC Ladies	6	1:08:42	10:02:07	0:08:42	63.5%	511	44	12	26	17
45	Julie Wacey	45	f	LM	Ryston Ladies	6	1:09:10	9:11:11	0:08:45	60.5%	643	45	13	36	18
46	Michelle Gilbert	37	f	LM	Fenland Running Club - B	6	1:09:47	10:07:39	0:08:50	56.8%	784	46	14	49	19
47	Lisa Netto	40	f	LM	Norfolk Gazelles Black	6	1:10:10	9:55:13	0:08:53	57.4%	769	47	15	48	20
48	Sian White	46	f	LM	Ramsey Road Runners	6	1:10:23	9:40:18	0:08:55	60.0%	661	48	16	38	21
49	Mark Sargeantson	63	m	MM	Framlingham Flyers	6	1:11:36	9:24:46	0:09:04	61.5%	601	49	16	32	28
50	Jenny King	58	f	LM	Bedford Harriers	6	1:13:34	10:44:08	0:09:19	66.6%	376	50	17	21	22
51	Jonny Miles	34	m	MS	Felixstowe Road Runners	6	1:13:56	10:06:09	0:09:22	47.3%	965	51	10	58	29
52	Gill Woodhouse	68	f	LM	Dereham Runners - Team B	6	1:14:01	10:15:59	0:09:22	76.7%	63	52	18	7	23
53	Christine Ashe	55	f	LM	Bungay Black Dog Running Club	6	1:14:13	10:15:13	0:09:24	63.4%	514	53	19	27	24
54	Louise Kemp	38	f	LM	Wellingborough & District AC.	6	1:14:31	10:15:25	0:09:26	53.5%	877	54	20	53	25
55	Charlotte Mears	36	f	LM	Reepham Runners	6	1:15:24	10:11:54	0:09:33	52.4%	895	55	21	56	26
56	Celina Silver	47	f	LM	Stamford Striders	6	1:15:34	8:41:56	0:09:34	56.4%	793	56	22	50	27
57	Becky Wilburn	43	f	LM	Cambridge & Coleridge Team B	6	1:17:52	9:20:27	0:09:51	52.8%	893	57	23	55	28
58	Leigh Wisdom	29	f	LS	Thorney Running Club	6	1:20:30	10:06:30	0:10:11	48.4%	950	58	6	57	29
1	Ben Russell	26	m	MS	Norwich Road Runners	7	0:53:08	9:22:37	0:05:45	76.8%	60	1	1	8	1
2	Malcolm Tuff	51	m	MM	Ryston Runners A	7	0:55:10	8:13:59	0:05:58	84.8%	7	2	1	1	2

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
3	Ed Moffett	29	m	MS	Cambridge & Coleridge AC - A	7	0:55:57	8:26:23	0:06:03	72.9%	138	3	2	13	3
4	Jon Kemp	45	m	MM	Wellingborough & District AC.	7	0:56:00	11:11:25	0:06:04	79.5%	30	4	2	4	4
5	Sarah Stradling	41	f	LM	City of Norwich AC A	7	0:56:19	8:44:10	0:06:06	84.5%	8	5	1	2	1
6	Simon Dobbs	51	m	MM	Norwich Road Runners B	7	0:59:10	8:57:52	0:06:24	79.1%	34	6	3	5	5
7	Jamie Seamark	44	m	MM	North Norfolk Beach Runners A-Team	7	0:59:46	8:48:46	0:06:28	73.9%	108	7	4	11	6
8	Dale Hurren	58	m	MM	Norfolk Gazelles Red	7	1:00:02	9:26:52	0:06:30	82.8%	12	8	5	3	7
9	Kirstie Sharman	40	f	LM	Bedford Harriers B	7	1:00:08	8:27:55	0:06:30	78.6%	39	9	2	7	2
10	Lee Thompson	27	m	MS	Ely Runners A	7	1:00:11	8:26:33	0:06:31	67.8%	319	10	3	24	8
11	James Ridger	37	m	MS	Paddock Wood AC	7	1:00:34	9:31:38	0:06:33	69.1%	274	11	4	23	9
12	James Lambett	37	m	MS	Coltishall Jaguars	7	1:02:04	9:32:36	0:06:43	67.5%	337	12	5	26	10
13	Matt Stone	45	m	MM	Bure Valley Harriers	7	1:03:04	9:22:20	0:06:50	70.6%	217	13	6	18	11
14	Alan Routledge	53	m	MM	Garden City Runners	7	1:04:20	9:55:18	0:06:58	74.0%	107	14	7	10	12
15	Elizabeth Daly	33	f	LS	Dereham Runners - A Team	7	1:04:39	9:44:51	0:07:00	71.1%	201	15	1	17	3
16	Wayne Stimson	43	m	MM	March AC	7	1:04:58	9:19:49	0:07:02	67.5%	335	16	8	25	13
17	Steve Mckeown	47	m	MM	North Herts Road Runners	7	1:05:15	10:28:28	0:07:04	69.4%	267	17	9	21	14
18	Jeremy Amies	49	m	MM	Norwich Road Runners D	7	1:05:24	11:09:36	0:07:05	70.4%	235	18	10	19	15
19	Andrew Corti	45	m	MM	London Fronrunners	7	1:06:12	9:29:23	0:07:10	67.3%	347	19	11	27	16
20	Paul Evans	53	m	MM	Reepham Runners Masters	7	1:07:40	10:36:35	0:07:19	70.3%	237	20	12	20	17
21	Penny Studley	43	f	LM	Great Yarmouth Road Runners	7	1:07:50	10:27:20	0:07:20	71.1%	196	21	3	16	4
22	Paul Edwards	52	m	MM	West Norfolk AC	7	1:08:03	10:55:52	0:07:22	69.3%	268	22	13	22	18
23	Ruth Gaunt	49	f	LM	Norwich Road Runners Ladies Team	7	1:10:15	10:49:51	0:07:36	72.9%	140	23	4	14	5
24	Adrian Hall	52	m	MM	Wymondham AC	7	1:10:18	10:00:40	0:07:36	67.1%	354	24	14	28	19
25	Bill Banner	50	m	MM	Haverhill Running Club	7	1:10:21	9:52:02	0:07:37	65.9%	403	25	15	31	20
26	Jim Hayes	70	m	MM	North Norfolk Beach Runners B	7	1:10:31	10:54:42	0:07:38	79.0%	36	26	16	6	21
27	Ian Rodgers	50	m	MM	Bishops Stortford Running Club	7	1:10:35	10:58:52	0:07:38	65.7%	418	27	17	32	22
28	Ellen Connolly	36	f	LM	Fenland Running Club	7	1:10:48	9:41:27	0:07:40	65.5%	434	28	5	33	6
29	Craig Moore	28	m	MS	Dereham Runners - Team B	7	1:10:49	11:26:48	0:07:40	57.6%	764	29	6	49	23
30	Alex French	40	f	LM	City Of Norwich AC Ladies	7	1:11:22	11:13:29	0:07:43	66.2%	390	30	6	30	7
31	Dave Langley	35	m	MS	RAF Marham	7	1:12:15	9:53:51	0:07:49	57.3%	773	31	7	50	24
32	Ricky Peacher	40	m	MM	Framlingham Flyers	7	1:12:27	10:37:13	0:07:50	59.1%	706	32	18	45	25
33	Annie Baldwin	55	f	LM	Ryston Ladies	7	1:12:30	10:23:41	0:07:51	76.2%	74	33	7	9	8
34	Rachael Leah	35	f	LM	Cambridge & Coleridge Team B	7	1:12:39	10:33:06	0:07:52	63.6%	504	34	8	35	9
35	Nick Fairclough	45	m	MM	Serpentine RC	7	1:12:52	10:23:12	0:07:53	61.1%	614	35	19	41	26
36	Nicholas Smith	50	m	MM	Stamford Striders	7	1:13:00	9:54:56	0:07:54	63.5%	506	36	20	36	27
37	Nicola Jones	45	f	LM	Riverside Runners A	7	1:13:39	9:35:38	0:07:58	66.6%	374	37	9	29	10
38	Julia Norman	41	f	LM	Ryston Runners C	7	1:14:08	10:17:00	0:08:01	64.2%	484	38	10	34	11
39	Sarah Golding	52	f	LM	Saint Edmund Pacers	7	1:14:31	9:27:22	0:08:04	71.3%	188	39	11	15	12
40	Stephen Burbidge	32	m	MS	Harwich Runners	7	1:15:12	10:57:43	0:08:08	54.4%	848	40	8	52	28
41	Glenn Proctor	44	m	MM	Stowmarket Striders	7	1:15:27	10:56:21	0:08:10	58.6%	722	41	21	46	29
42	Lynn Featherstone	34	f	LS	Headington RoadRunners	7	1:15:29	10:41:17	0:08:10	61.0%	621	42	2	42	13
43	Sabrina Norton	38	f	LM	Bungay Black Dog Running Club	7	1:15:40	11:30:53	0:08:11	61.8%	580	43	12	39	14
44	Nina Atkinson	42	f	LM	Reepham Runners	7	1:16:13	11:28:07	0:08:15	62.8%	541	44	13	37	15
45	Gary Fairhurst	38	m	MS	Biggleswade AC	7	1:17:02	12:33:25	0:08:20	54.8%	841	45	9	51	30
46	Ian Mulcahy	53	m	MM	Riverside Runners	7	1:17:04	10:57:13	0:08:20	61.7%	582	46	22	40	31
47	Jen Young	36	f	LM	Pink & Blacks	7	1:17:42	11:16:01	0:08:25	59.6%	678	47	14	44	16
48	Alex Rothwell	55	m	MM	Bedford Harriers	7	1:20:15	12:04:23	0:08:41	60.3%	648	48	23	43	32
49	Julie London	49	f	LM	Norfolk Gazelles Black	7	1:22:20	11:17:33	0:08:55	62.2%	567	49	15	38	17
50	Matt Saunders	40	m	MM	Felixstowe Road Runners	7	1:22:37	11:28:46	0:08:56	51.8%	906	50	24	56	33
51	Janice Coglin-Hibbert	43	f	LM	Tri-Anglia	7	1:22:57	11:04:19	0:08:59	58.2%	740	51	16	48	18
52	Tom Newcombe	38	m	MS	Birketts' Runners AC	7	1:23:25	11:52:32	0:09:02	50.6%	923	52	10	57	34
53	Dominic Atkinson	34	m	MS	Old Greshamians	7	1:25:53	10:30:31	0:09:18	48.0%	959	53	11	58	35
54	Stephen Starr	49	m	MM	Ely Runners B	7	1:26:26	11:18:52	0:09:21	53.2%	882	54	25	55	36
55	Gill Paremian	66	f	LM	Thetford AC	7	1:28:09	11:26:04	0:09:32	73.2%	130	55	17	12	19
56	Ian Davies	62	m	MM	Thorney Running Club	7	1:28:34	11:35:04	0:09:35	58.2%	738	56	26	47	37
57	Larissa Follen	42	f	LM	Fenland Running Club - B	7	1:29:55	11:37:34	0:09:44	53.3%	881	57	18	54	20
58	Helen McClean	46	f	LM	Ramsey Road Runners	7	1:31:33	11:11:51	0:09:54	54.1%	859	58	19	53	21
1	Stephane Lustig	39	m	MS	North Norfolk Beach Runners A-Team	8	0:45:08	9:33:54	0:06:00	76.1%	75	1	1	7	1
2	Matt Frary	43	m	MM	Norwich Road Runners B	8	0:48:18	9:46:10	0:06:25	73.3%	126	2	1	12	2
3	Pete Johnson	62	m	MM	Ryston Runners A	8	0:48:18	9:02:17	0:06:25	86.0%	3	3	2	1	3
4	Patrick Lock	27	m	MS	Wymondham AC	8	0:50:00	10:50:40	0:06:39	65.7%	421	4	2	35	4
5	Mark Solway	48	m	MM	City of Norwich AC A	8	0:50:04	9:34:14	0:06:39	73.6%	119	5	3	11	5
6	Rui Gomes	35	m	MS	Ely Runners A	8	0:50:06	9:16:39	0:06:40	66.7%	371	6	3	34	6
7	Renee Allen	41	f	LM	Bedford Harriers B	8	0:50:10	9:18:05	0:06:40	76.6%	64	7	1	5	1
8	Paul Hensby	51	m	MM	March AC	8	0:50:48	10:10:37	0:06:45	74.3%	101	8	4	10	7
9	Charles George	16	m	MJ	Paddock Wood AC	8	0:51:02	10:22:40	0:06:47	68.3%	302	9	1	28	8
10	Keith Pritchard	48	m	MM	Riverside Runners A	8	0:51:07	10:26:45	0:06:48	72.1%	164	10	5	14	9
11	Dave Kellaway	55	m	MM	Dereham Runners - A Team	8	0:51:12	10:36:03	0:06:49	76.3%	71	11	6	6	10
12	David Bray	44	m	MM	Haverhill Running Club	8	0:51:34	10:43:36	0:06:51	69.2%	270	12	7	26	11
13	Matthew Dawson	35	m	MS	RAF Marham	8	0:51:41	10:45:32	0:06:52	64.7%	469	13	4	37	12
14	Victoria Coe	29	f	LS	Cambridge & Coleridge AC - A	8	0:51:55	9:18:18	0:06:54	71.2%	191	14	1	18	2

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
15	Anna Hoogkame	21	f	LS	City Of Norwich AC Ladies	8	0:52:29	12:05:58	0:06:59	70.4%	228	15	2	22	3
16	Peter Bennet	52	m	MM	Cambridge & Coleridge Team B	8	0:53:25	11:26:31	0:07:06	71.3%	189	16	8	16	13
17	Mel Snare	43	f	LM	Framlingham Flyers	8	0:53:45	11:30:58	0:07:09	72.6%	148	17	2	13	4
18	Bob Hammond	40	m	MM	Old Greshamians	8	0:53:54	11:24:25	0:07:10	64.2%	480	18	9	38	14
19	Brian Kearsley	68	m	MM	Stamford Striders	8	0:54:21	10:49:17	0:07:14	80.8%	23	19	10	4	15
20	Vicky Quantrill	42	f	LM	Great Yarmouth Road Runners	8	0:54:23	11:21:43	0:07:14	71.2%	193	20	3	19	5
21	Simon Hardy	54	m	MM	Serpentine RC	8	0:54:52	11:18:04	0:07:18	70.6%	221	21	11	20	16
22	Mark Clues	49	m	MM	Tri-Anglia	8	0:55:37	11:59:56	0:07:24	66.8%	368	23	12	33	18
23	Sachin Shah	39	m	MS	London Frontrunners	8	0:55:37	10:25:00	0:07:24	61.8%	578	23	5	42	18
24	Stacey Harper	38	f	LM	Norwich Road Runners Ladies Team	8	0:55:45	11:45:36	0:07:25	67.8%	322	24	4	30	6
25	Sarah Stubbs	41	f	LM	Bure Valley Harriers	8	0:55:50	10:18:10	0:07:25	68.9%	287	25	5	27	7
26	Alison Stewart	58	f	LM	Norwich Road Runners	8	0:56:07	10:18:44	0:07:28	82.8%	11	26	6	3	8
27	Sharon Perry	44	f	LM	Saint Edmund Pacers	8	0:56:11	10:23:33	0:07:28	70.0%	246	27	7	24	9
28	Martin Yeoman	65	m	MM	Birketts' Runners AC	8	0:56:14	12:48:46	0:07:29	75.9%	78	28	13	8	19
29	Nicky Jennings	44	f	LM	Fenland Running Club	8	0:56:23	10:37:50	0:07:30	69.7%	251	29	8	25	10
30	Pete Young	37	m	MS	Pink & Blacks	8	0:56:32	12:12:33	0:07:31	59.9%	667	30	6	46	20
31	Rebecca Maun	47	f	LM	North Norfolk Beach Runners B	8	0:56:48	11:51:30	0:07:33	71.2%	190	31	9	17	11
32	Barbara Sayers	44	f	LM	North Herts Road Runners	8	0:57:50	11:26:18	0:07:41	68.0%	310	32	10	29	12
33	Shirley Ball	62	f	LM	Bishops Stortford Running Club	8	0:59:13	11:58:05	0:07:52	83.0%	10	33	11	2	13
34	Linda Marshall	51	f	LM	Ryston Ladies	8	0:59:19	11:23:00	0:07:53	71.5%	184	34	12	15	14
35	Amelia Whiting	39	f	LM	Norfolk Gazelles Red	8	1:00:25	10:27:17	0:08:02	62.9%	539	35	13	41	15
36	Anna Rust	23	f	LS	Bedford Harriers	8	1:01:05	13:05:28	0:08:07	60.5%	640	36	3	45	16
37	Sarah Bradley	53	f	LM	Norwich Road Runners D	8	1:01:41	12:11:17	0:08:12	70.5%	225	37	14	21	17
38	Bethan Mose	38	f	LM	Garden City Runners	8	1:01:53	10:57:11	0:08:14	61.1%	618	38	15	43	18
39	Sally Lee	34	f	LS	Dereham Runners - Team B	8	1:02:19	12:29:07	0:08:17	59.7%	674	39	4	47	19
40	Marie-Anne Fischer	55	f	LM	Headington RoadRunners	8	1:03:41	11:44:58	0:08:28	70.1%	243	40	16	23	20
41	Eddie Barrett	48	m	MM	Ramsey Road Runners	8	1:03:46	12:15:37	0:08:29	57.8%	759	41	14	48	21
42	Imogen Lees	42	f	LM	Norfolk Gazelles Black	8	1:03:49	12:21:22	0:08:29	60.7%	638	42	17	44	21
43	Sarah Partridge	60	f	LM	Ryston Runners C	8	1:03:58	11:20:58	0:08:30	74.7%	92	43	18	9	22
44	Roly Knott	66	m	MM	Harwich Runners	8	1:04:23	12:02:06	0:08:34	66.9%	363	44	15	32	22
45	Paul Gerber	49	m	MM	Coltishall Jaguars	8	1:05:06	10:37:42	0:08:39	57.1%	779	45	16	50	23
46	Jo West	52	f	LM	Reepham Runners Masters	8	1:05:25	11:42:00	0:08:42	65.6%	427	46	19	36	23
47	Sally Edwards	51	f	LM	West Norfolk AC	8	1:06:03	12:01:55	0:08:47	64.2%	482	47	20	39	24
48	Roddie Shepherd	64	m	MM	Ely Runners B	8	1:06:18	12:25:10	0:08:49	63.8%	498	48	17	40	24
49	Wendy Hughes	56	f	LM	Stowmarket Striders	8	1:07:04	12:03:25	0:08:55	67.4%	340	49	21	31	25
50	Hayley Thompson	36	f	LM	Reepham Runners	8	1:08:49	12:36:56	0:09:09	54.4%	847	50	22	53	26
51	Joanne Clarke	37	f	LM	Fenland Running Club - B	8	1:09:16	12:46:50	0:09:13	54.3%	851	51	23	54	27
52	Ian Mann	54	m	MM	Wellingborough & District AC.	8	1:09:49	12:21:14	0:09:17	55.5%	821	52	18	51	25
53	Michaela Ridley	47	f	LM	Riverside Runners	8	1:10:27	12:07:40	0:09:22	57.4%	768	53	24	49	28
54	Liz Beighton	42	f	LM	Felixstowe Road Runners	8	1:12:04	12:40:50	0:09:35	53.7%	870	54	25	55	29
55	Laura Greenwood	47	f	LM	Thorney Running Club	8	1:13:58	12:49:02	0:09:50	54.7%	842	55	26	52	30
56	Sarah Sparkes	43	f	LM	Bungay Black Dog Running Club	8	1:14:36	12:45:29	0:09:55	52.3%	897	56	27	56	31
57	Steve Norbury	48	m	MM	Thetford AC	8	1:16:46	12:42:50	0:10:13	48.0%	956	57	19	57	26
58	Simon Strong	46	m	MM	Biggleswade AC	8	1:16:49	13:50:14	0:10:13	47.2%	966	58	20	58	27
1	Matt Slater	32	m	MS	Cambridge & Coleridge AC - A	9	1:37:40	10:55:58	0:05:53	78.5%	40	1	1	2	1
2	Alan Darby	32	m	MS	Ely Runners A	9	1:38:45	10:55:24	0:05:57	77.6%	44	2	2	3	2
3	Mark Grubb	32	m	MS	Norfolk Gazelles Red	9	1:39:11	12:06:28	0:05:58	77.3%	49	3	3	4	3
4	Andy Kett	39	m	MS	North Norfolk Beach Runners A-Team	9	1:44:42	11:18:36	0:06:18	75.2%	86	4	4	9	4
5	Stuart Dare	39	m	MS	Bedford Harriers B	9	1:45:02	11:03:07	0:06:20	75.0%	88	5	5	10	5
6	John Scoggins	35	m	MS	City of Norwich AC A	9	1:45:35	11:19:49	0:06:22	72.8%	141	6	6	13	6
7	Jack Gillick	29	m	MS	Wymondham AC	9	1:46:13	12:36:53	0:06:24	72.2%	159	7	7	16	7
8	Malcolm Pritchard	45	m	MM	Riverside Runners A	9	1:48:20	12:15:05	0:06:32	76.3%	70	8	1	6	8
9	Darren Sunter	40	m	MM	North Herts Road Runners	9	1:49:29	13:15:47	0:06:36	72.5%	150	9	2	14	9
10	Andrew Brett	33	m	MS	Ramsey Road Runners	9	1:50:19	14:05:56	0:06:39	69.5%	263	10	8	22	10
11	Nic Bensley	46	m	MM	Ryston Runners A	9	1:50:27	10:52:44	0:06:39	75.5%	83	11	3	7	11
12	Karl Hayer	40	m	MM	London Frontrunners	9	1:51:31	12:16:31	0:06:43	71.2%	194	12	4	18	12
13	Russell Casey	39	m	MS	Garden City Runners	9	1:51:36	12:48:47	0:06:43	70.5%	223	13	9	20	13
14	Daniel Grimwood	40	m	MM	Paddock Wood AC	9	1:53:29	12:16:09	0:06:50	69.9%	247	14	5	21	14
15	Geraldine Larham	46	f	LM	March AC	9	1:53:51	12:04:28	0:06:52	81.4%	17	15	1	1	15
16	Matthew Ironside	33	m	MS	Bishops Stortford Running Club	9	1:54:22	13:52:27	0:06:53	67.0%	359	16	10	28	15
17	Graham Milham	40	m	MM	Fenland Running Club	9	1:56:42	12:34:32	0:07:02	68.0%	309	17	6	25	16
18	Stew Kelly	40	m	MM	West Norfolk AC	9	1:57:22	13:59:17	0:07:04	67.6%	330	18	7	26	17
19	Nick Stephens	53	m	MM	Stowmarket Striders	9	1:57:45	14:01:10	0:07:06	75.2%	85	19	8	8	18
20	Stewart Robins	49	m	MM	Ryston Runners C	9	1:58:34	13:19:32	0:07:09	72.1%	161	20	9	17	19
21	Peter Nelson	41	m	MM	Coltishall Jaguars	9	2:01:19	12:39:01	0:07:18	65.9%	404	21	10	32	20
22	Simon Bekker	41	m	MM	Great Yarmouth Road Runners	9	2:01:30	13:23:13	0:07:19	65.8%	410	22	11	33	21
23	Andrew Parsons	37	m	MS	Cambridge & Coleridge Team B	9	2:01:39	13:28:10	0:07:20	63.8%	496	23	11	39	22
24	Lesley Robins	44	f	LM	Ryston Ladies	9	2:01:42	13:24:42	0:07:20	74.5%	93	24	2	11	2
25	Nicholas Sinnott	44	m	MM	Wellingborough & District AC.	9	2:02:18	14:23:32	0:07:22	67.0%	358	25	12	27	23
26	Graham Watering	43	m	MM	Norwich Road Runners B	9	2:03:38	11:49:48	0:07:27	65.8%	415	26	13	34	24

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
27	Patrick Mace	54	m	MM	Norwich Road Runners D	9	2:03:42	14:14:59	0:07:27	72.2%	154	27	14	15	25
28	Stewart White	39	m	MS	Saint Edmund Pacers	9	2:04:09	12:27:42	0:07:29	63.4%	513	28	12	40	26
29	Paul Marriage	44	m	MM	Old Greshamians	9	2:06:14	13:30:39	0:07:36	64.9%	453	29	15	36	27
30	Paul Davies	47	m	MM	Biggleswade AC	9	2:06:24	15:56:38	0:07:37	66.5%	378	30	16	30	28
31	Tessa Jones	50	f	LM	City Of Norwich AC Ladies	9	2:07:11	14:13:09	0:07:40	76.5%	66	31	3	5	3
32	Louise Juby	36	f	LM	Dereham Runners - A Team	9	2:08:59	12:45:02	0:07:46	66.4%	383	32	4	31	4
33	Eamonn Doring	61	m	MM	Thorney Running Club	9	2:09:17	14:58:19	0:07:47	73.8%	113	33	17	12	29
34	Vince Butler	47	m	MM	Tri-Anglia	9	2:09:43	14:09:39	0:07:49	64.8%	461	34	18	37	30
35	Jacky Walsingham	43	f	LM	RAF Marham	9	2:09:48	12:55:20	0:07:49	69.2%	271	35	5	23	5
36	Louise White	40	f	LM	Thetford AC	9	2:10:51	14:53:41	0:07:53	67.0%	360	36	6	29	6
37	Emily Haughan	37	f	LM	North Norfolk Beach Runners B	9	2:11:06	14:02:36	0:07:54	65.7%	424	37	7	35	7
38	Matt Crane	39	m	MS	Bure Valley Harriers	9	2:11:36	12:29:46	0:07:56	59.8%	671	38	13	47	31
39	Andrew Hawes	37	m	MS	Reepham Runners	9	2:13:44	14:50:40	0:08:03	58.0%	746	39	14	49	32
40	Dean Clark	20	m	MJ	Fenland Running Club - B	9	2:14:19	15:01:09	0:08:05	57.8%	760	40	1	50	33
41	David Crosthwaite	48	m	MM	Headington RoadRunners	9	2:15:12	14:00:10	0:08:09	62.7%	550	41	19	43	34
42	Ruth Steele	49	f	LM	Norwich Road Runners Ladies Team	9	2:16:10	14:01:46	0:08:12	70.6%	222	42	8	19	8
43	David Mould	50	m	MM	Ely Runners B	9	2:16:24	14:41:34	0:08:13	63.2%	523	43	20	41	35
44	Jamie Randall	50	m	MM	Haverhill Running Club	9	2:16:52	13:00:28	0:08:15	63.0%	533	44	21	42	36
45	David Gilbert	54	m	MM	Bungay Black Dog Running Club	9	2:17:55	15:03:24	0:08:18	64.8%	462	45	22	38	37
46	Joe Dixon	33	m	MS	Pink & Blacks	9	2:19:28	14:32:01	0:08:24	55.0%	834	46	15	53	38
47	Chris Deadman	33	m	MS	Stamford Striders	9	2:19:29	13:08:46	0:08:24	55.0%	835	47	16	54	39
48	Ian Kingstone	50	m	MM	Bedford Harriers	9	2:22:03	15:27:31	0:08:33	60.7%	636	48	23	45	40
49	Helen Salmon	50	f	LM	Norfolk Gazelles Black	9	2:23:00	14:44:22	0:08:37	68.0%	307	49	9	24	9
50	Sarah Maisey	38	f	LM	Serpentine RC	9	2:25:24	13:43:28	0:08:46	59.5%	683	50	10	48	10
51	Philip Websdale	43	m	MM	Dereham Runners - Team B	9	2:26:53	14:56:00	0:08:51	55.4%	824	51	24	52	41
52	Natalie Fairbairn	45	f	LM	Riverside Runners	9	2:28:38	14:36:18	0:08:57	61.7%	588	52	11	44	11
53	Carl Willimott	47	m	MM	Reepham Runners Masters	9	2:29:29	14:11:29	0:09:00	56.2%	800	53	25	51	42
54	Simon Wiggins	44	m	MM	Felixstowe Road Runners	9	2:33:50	15:14:40	0:09:16	53.3%	879	54	26	55	43
55	Emily Beavis	21	f	LS	Norwich Road Runners	9	2:39:22	12:58:06	0:09:36	52.9%	889	55	1	56	12
56	Jo Parden	49	f	LM	Framlingham Flyers	9	2:39:42	14:10:40	0:09:37	60.2%	656	56	12	46	13
57	Clare Mckenna	25	f	LS	Harwich Runners	9	2:53:55	14:56:01	0:10:29	48.5%	949	57	2	57	14
58	A.N. Other	40	m	MJ	Birketts' Runners AC	9	2:58:55	15:47:41	0:10:47	44.4%	975	58	2	58	44
1	Matt Bidwell	44	m	MM	City of Norwich AC A	10	1:46:45	13:06:34	0:05:53	82.5%	14	1	1	1	1
2	Colin Tricker	35	m	MS	Paddock Wood AC	10	1:54:28	14:10:37	0:06:19	72.2%	155	2	1	9	2
3	Jeremy Rodgers	42	m	MM	Norfolk Gazelles Red	10	1:58:22	14:04:50	0:06:32	73.2%	133	3	2	6	3
4	David Chesterman	26	m	MS	Ely Runners A	10	1:58:25	12:53:49	0:06:32	69.7%	256	4	2	13	4
5	Sam Williams	38	m	MS	Riverside Runners A	10	1:58:33	14:13:38	0:06:32	70.8%	212	5	3	11	5
6	Neil White	45	m	MM	Cambridge & Coleridge AC - A	10	1:59:56	12:55:54	0:06:37	74.0%	106	6	3	4	6
7	Pete Graham	31	m	MS	Bedford Harriers B	10	2:02:03	13:05:10	0:06:44	67.6%	331	7	4	17	7
8	Daniel Guppy	35	m	MS	Ryston Runners A	10	2:02:32	12:55:16	0:06:46	67.5%	334	8	5	18	8
9	Tom White	34	m	MS	Saint Edmund Pacers	10	2:03:59	14:31:41	0:06:50	66.6%	377	9	6	22	9
10	Sean Connolly	47	m	MM	Fenland Running Club	10	2:05:44	14:40:16	0:06:56	71.8%	175	10	4	10	10
11	Vinnie Purdy	40	m	MM	North Norfolk Beach Runners A-Team	10	2:06:31	13:25:07	0:06:59	67.4%	343	11	5	19	11
12	Shaun Webb	42	m	MM	Reepham Runners Masters	10	2:07:57	16:19:26	0:07:03	67.7%	324	12	6	16	12
13	Paul Cooke	39	m	MS	Biggleswade AC	10	2:08:05	18:04:43	0:07:04	66.0%	399	13	7	23	13
14	Darren Matussa	40	m	MM	North Herts Road Runners	10	2:09:50	15:25:37	0:07:10	65.7%	426	14	7	26	14
15	Colin Robilliard	63	m	MM	Bure Valley Harriers	10	2:10:08	14:39:54	0:07:11	80.4%	25	15	8	3	15
16	Kevin Mace	54	m	MM	Norwich Road Runners B	10	2:11:08	14:00:56	0:07:14	73.2%	129	16	9	5	16
17	Crossley Eccles	37	m	MS	Pink & Blacks	10	2:11:13	16:43:14	0:07:14	63.5%	508	17	8	27	17
18	Sean Jermy	28	m	MS	Great Yarmouth Road Runners	10	2:12:04	15:35:17	0:07:17	62.5%	555	18	9	31	18
19	Lee Carey	35	m	MS	March AC	10	2:13:05	14:17:33	0:07:20	62.1%	569	19	10	32	19
20	Jon Wiles	44	m	MM	Bungay Black Dog Running Club	10	2:13:53	17:17:17	0:07:23	65.8%	414	20	10	25	20
21	Gary Finch	47	m	MM	Bedford Harriers	10	2:17:12	17:44:43	0:07:34	65.8%	411	21	11	24	21
22	Nicky Wnek	45	f	LM	Ryston Ladies	10	2:17:21	15:42:03	0:07:35	72.7%	144	22	1	7	1
23	Ian Elden	42	m	MM	Haverhill Running Club	10	2:17:41	15:18:09	0:07:36	62.9%	537	23	12	30	22
24	Neville Hawkins	53	m	MM	Cambridge & Coleridge Team B	10	2:17:52	15:46:02	0:07:36	69.0%	280	24	13	14	23
25	Rob Dilley	37	m	MS	Garden City Runners	10	2:18:19	15:07:06	0:07:38	60.3%	651	25	11	36	24
26	Neil Hewson	43	m	MM	Ramsey Road Runners	10	2:18:33	16:24:29	0:07:39	63.0%	532	26	14	29	25
27	Guzel Sari	35	m	MS	Dereham Runners - A Team	10	2:18:57	15:03:59	0:07:40	59.5%	684	27	12	41	26
28	Dave Aust	51	m	MM	Stamford Striders	10	2:19:40	15:28:26	0:07:42	67.0%	361	28	15	21	27
29	Chrissie Spooner	45	f	LM	North Norfolk Beach Runners B	10	2:22:31	16:25:07	0:07:52	70.1%	242	29	2	12	2
30	James Stenning	37	m	MS	London Fronrunners	10	2:22:59	14:39:30	0:07:53	58.3%	734	30	13	46	28
31	Michael Timm	30	m	MS	Birketts' Runners AC	10	2:23:16	18:10:57	0:07:54	57.6%	765	31	14	51	29
32	Jon Kemp	36	m	MS	Norwich Road Runners	10	2:23:21	15:21:27	0:07:54	57.9%	758	32	15	50	30
33	Sam Kingston	48	m	MM	Old Greshamians	10	2:24:03	15:54:42	0:07:57	63.2%	522	33	16	28	31
34	Gary Walker	64	m	MM	RAF Marham	10	2:25:25	15:20:45	0:08:01	72.6%	146	34	17	8	32
35	James Howlett	43	m	MM	Framlingham Flyers	10	2:25:42	16:36:22	0:08:02	60.0%	662	35	18	38	33
36	Scott Shrubsall	44	m	MM	Coltishall Jaguars	10	2:25:54	15:04:55	0:08:03	60.4%	646	36	19	35	34
37	Neil Watson	44	m	MM	West Norfolk AC	10	2:27:45	16:27:02	0:08:09	59.6%	681	37	20	40	35
38	Sarah Gauvin	45	f	LM	Fenland Running Club - B	10	2:28:26	17:29:35	0:08:11	67.3%	346	38	3	20	3



## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
39	Jon Beverley	36	m	MS	Reepham Runners	10	2:28:53	17:19:33	0:08:13	55.7%	813	39	16	52	36
40	Emma Potter-Campbell	46	f	LM	Dereham Runners - Team B	10	2:29:02	17:25:02	0:08:13	67.8%	317	40	4	15	4
41	Paul Baird	45	m	MM	Riverside Runners	10	2:30:27	17:06:45	0:08:18	59.0%	710	41	21	44	37
42	Penny Edwards	61	f	LM	Norwich Road Runners Ladies Team	10	2:31:47	16:33:33	0:08:22	81.3%	18	42	5	2	5
43	Neil Bunnage	50	m	MM	Norwich Road Runners D	10	2:32:33	16:47:32	0:08:25	60.8%	634	43	22	34	38
44	Mark Bonham	48	m	MM	Wellingborough & District AC.	10	2:33:29	16:57:01	0:08:28	59.4%	689	44	23	42	39
45	Barakat Jassem	38	m	MS	Serpentine RC	10	2:33:38	16:17:06	0:08:28	54.6%	844	45	17	53	40
46	Charlotte Wasp	35	f	LM	Stowmarket Striders	10	2:34:47	16:35:57	0:08:32	59.9%	670	46	6	39	6
47	Carly Jermy	37	f	LM	City Of Norwich AC Ladies	10	2:37:52	16:51:01	0:08:42	59.2%	698	47	7	43	7
48	Bekah Cranch	24	f	LS	Bishops Stortford Running Club	10	2:38:08	16:30:35	0:08:43	57.9%	755	48	1	49	8
49	Terry Moat	49	m	MM	Thorney Running Club	10	2:38:35	17:36:54	0:08:45	57.9%	750	49	24	48	41
50	Jen Rudd	43	f	LM	Wymondham AC	10	2:38:49	15:15:42	0:08:46	61.6%	595	50	8	33	9
51	Barry Smith	51	m	MM	Ryston Runners C	10	2:39:00	15:58:32	0:08:46	58.8%	715	51	25	45	42
52	Paul Rayner	55	m	MM	Thetford AC	10	2:41:35	17:35:16	0:08:55	60.0%	659	52	26	37	43
53	John Foster	56	m	MM	Ely Runners B	10	2:48:31	17:30:05	0:09:18	58.1%	745	53	27	47	44
54	Simon Merrick	42	m	MM	Felixstowe Road Runners	10	2:52:30	18:07:10	0:09:31	50.2%	928	54	28	57	45
55	Ulen Neale	45	m	MM	Headington RoadRunners	10	2:53:02	16:53:12	0:09:33	51.3%	914	55	29	55	46
56	Michael Briggs	46	m	MM	Tri-Anglia	10	2:56:05	17:05:44	0:09:43	50.9%	920	56	30	56	47
57	Steve Corbould	57	m	MM	Norfolk Gazelles Black	10	3:12:22	17:56:44	0:10:37	51.3%	912	57	31	54	48
58	Paul Kerrison	50	m	MM	Harwich Runners	10	3:30:05	18:26:06	0:11:35	44.1%	977	58	32	58	49
1	Axel Finke	29	m	MS	Cambridge & Coleridge AC - A	11	1:12:38	14:08:32	0:05:50	77.1%	53	1	1	5	1
2	Warren Armstrong	43	m	MM	Ryston Runners A	11	1:18:34	14:13:50	0:06:19	76.2%	73	2	1	6	2
3	Maria Heslop	48	f	LM	Paddock Wood AC	11	1:19:16	15:29:53	0:06:22	87.2%	1	3	1	1	1
4	Lawrence Wade	42	m	MM	Bure Valley Harriers	11	1:20:46	16:00:40	0:06:29	73.5%	124	4	2	10	3
5	Kyle Chesterman	28	m	MS	Riverside Runners A	11	1:21:25	15:35:03	0:06:32	68.8%	289	5	2	23	4
6	Martin Horlock	42	m	MM	Norwich Road Runners B	11	1:21:33	15:22:29	0:06:33	72.8%	142	6	3	12	5
7	Ashley Dennett	19	m	MJ	City of Norwich AC A	11	1:21:34	14:28:08	0:06:33	70.3%	238	7	1	20	6
8	Jamie Conyard	29	m	MS	Norwich Road Runners	11	1:21:38	16:43:05	0:06:33	68.6%	293	8	3	24	7
9	Chris Parker	34	m	MS	North Norfolk Beach Runners A-Team	11	1:22:11	14:47:18	0:06:36	68.5%	297	9	4	25	8
10	Tim Sexton	45	m	MM	Norfolk Gazelles Red	11	1:22:20	15:27:10	0:06:37	73.9%	109	10	4	8	9
11	Phil Jamieson	31	m	MS	Bedford Harriers B	11	1:23:28	14:28:38	0:06:42	67.1%	352	11	5	29	10
12	Andrew Larham	58	m	MM	March AC	11	1:24:05	15:41:38	0:06:45	80.9%	22	12	5	3	11
13	Shane Cullinan	42	m	MM	London Frontrunners	11	1:24:16	16:03:46	0:06:46	70.5%	227	13	6	19	12
14	Steven Brooke	48	m	MM	Felixstowe Road Runners	11	1:25:48	19:32:58	0:06:53	72.7%	145	14	7	13	13
15	Martin Stringfellow	43	m	MM	Wymondham AC	11	1:25:50	16:41:32	0:06:54	69.7%	252	15	8	21	14
16	Jason Mann	50	m	MM	Ely Runners A	11	1:26:13	14:20:02	0:06:56	73.5%	120	16	9	9	15
17	Tim Chapman	51	m	MM	Fenland Running Club	11	1:26:15	16:06:31	0:06:56	74.1%	105	17	10	7	16
18	Mark Jones	57	m	MM	Headington RoadRunners	11	1:27:01	18:20:13	0:06:59	77.5%	46	18	11	4	17
19	Andrew Baker	49	m	MM	Great Yarmouth Road Runners	11	1:28:41	17:03:58	0:07:07	70.9%	205	19	12	18	18
20	Craig Rogers	39	m	MS	Dereham Runners - A Team	11	1:28:46	16:32:45	0:07:08	65.3%	441	20	6	32	19
21	Stephen Mead	64	m	MM	Stowmarket Striders	11	1:28:49	18:04:46	0:07:08	81.0%	20	21	13	2	20
22	Ben Churchman	32	m	MS	RAF Marham	11	1:29:46	16:50:31	0:07:13	62.4%	556	22	7	38	21
23	Miranda Reynolds	43	f	LM	Ely Runners B	11	1:29:59	19:00:04	0:07:14	73.2%	132	23	2	11	2
24	Karl Wright	35	m	MS	Thetford AC	11	1:30:36	19:05:52	0:07:17	62.4%	559	24	8	39	22
25	James Beadle	38	m	MS	Reepham Runners	11	1:30:54	18:50:27	0:07:18	63.3%	519	25	9	35	23
26	Yvonne Youngman	43	f	LM	Stamford Striders	11	1:31:20	16:59:46	0:07:20	72.1%	160	26	3	14	3
27	Siobhan Rootes	29	f	LS	Haverhill Running Club	11	1:32:30	16:50:39	0:07:26	67.5%	332	27	1	28	4
28	Geraldine Clarke	47	f	LM	Framlingham Flyers	11	1:34:49	18:11:11	0:07:37	72.1%	165	28	4	15	5
29	Clare Meraz	34	f	LS	Serpentine RC	11	1:35:00	17:52:06	0:07:38	66.2%	394	29	2	30	6
30	Mike Hankinson	55	m	MM	Saint Edmund Pacers	11	1:35:02	16:06:43	0:07:38	69.7%	255	30	14	22	24
31	Les Scott	58	m	MM	Ryston Runners C	11	1:35:18	17:33:50	0:07:39	71.4%	186	31	15	17	25
32	Mark Winfield	49	m	MM	Tri-Anglia	11	1:36:06	18:41:50	0:07:43	65.4%	437	32	16	31	26
33	Hannah Fisher	31	f	LS	North Herts Road Runners	11	1:36:18	17:01:55	0:07:44	64.9%	454	33	3	33	7
34	Lorraine Marshall	49	f	LM	City Of Norwich AC Ladies	11	1:37:00	18:28:01	0:07:47	72.0%	166	34	5	16	8
35	Stewart Marden	54	m	MM	Coltishall Jaguars	11	1:37:04	16:41:59	0:07:48	67.6%	329	35	17	27	27
36	Giles Hawthorne	42	m	MM	Biggleswade AC	11	1:37:35	19:42:18	0:07:50	60.8%	631	36	18	42	28
37	Jan Manning	37	f	LM	Ryston Ladies	11	1:40:46	17:22:49	0:08:06	63.1%	531	37	6	37	9
38	Lisa Owen	37	f	LM	Norwich Road Runners Ladies Team	11	1:41:57	18:15:30	0:08:11	62.3%	563	38	7	40	10
39	Andrew Hammond	60	m	MM	Norfolk Gazelles Black	11	1:42:03	19:38:47	0:08:12	67.9%	315	39	19	26	29
40	Noel Jones	53	m	MM	Birketts' Runners AC	11	1:42:58	19:53:55	0:08:16	63.2%	527	40	20	36	30
41	David Alderson	51	m	MM	Cambridge & Coleridge Team B	11	1:43:43	17:29:45	0:08:20	61.7%	586	41	21	41	31
42	Matt Unwin	40	m	MM	Pink & Blacks	11	1:44:52	18:28:06	0:08:25	55.7%	814	42	22	49	32
43	Dave Spooner	43	m	MM	North Norfolk Beach Runners B	11	1:44:58	18:10:05	0:08:26	57.0%	782	43	23	46	33
44	Peter Gowing	48	m	MM	Reepham Runners Masters	11	1:45:20	18:04:46	0:08:28	59.2%	703	44	24	44	34
45	Ben Davies	37	m	MS	Thorney Running Club	11	1:45:48	19:22:42	0:08:30	54.0%	863	45	10	53	35
46	Michael Barrett	60	m	MM	Dereham Runners - Team B	11	1:46:46	19:11:48	0:08:35	64.9%	458	46	25	34	36
47	Johan Preis	49	m	MM	Garden City Runners	11	1:46:59	16:54:05	0:08:36	58.8%	716	47	26	45	37
48	Richard King	47	m	MM	West Norfolk AC	11	1:49:18	18:16:20	0:08:47	56.6%	791	48	27	47	38
49	Jon Rowell	44	m	MM	Fenland Running Club - B	11	1:53:12	19:22:47	0:09:06	53.3%	880	49	28	55	39
50	Steve Crane	60	m	MM	Bedford Harriers	11	1:55:08	19:39:51	0:09:15	60.2%	653	50	29	43	40

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
51	Natasha Walsh	30	f	LS	Norwich Road Runners D	11	1:55:32	18:43:04	0:09:17	54.1%	861	51	4	52	11
52	Dani Welter	33	f	LS	Bishops Stortford Running Club	11	1:57:19	18:27:54	0:09:25	53.5%	876	52	5	54	12
53	Bridget Shaw	28	f	LS	Bungay Black Dog Running Club	11	1:57:35	19:14:52	0:09:27	53.1%	885	53	6	56	13
54	Martin Kirk	47	m	MM	Ramsey Road Runners	11	1:58:07	18:22:36	0:09:29	52.3%	896	54	30	57	41
55	Simon Cooper	51	m	MM	Old Greshamians	11	1:58:09	17:52:51	0:09:29	54.1%	858	55	31	51	42
56	Rachel Roberts	45	f	LM	Harwich Runners	11	1:59:10	20:25:16	0:09:34	56.2%	799	56	8	48	14
57	Paul Ruddlesdin	47	m	MM	Riverside Runners	11	2:10:03	19:16:48	0:10:27	47.5%	964	57	32	58	43
58	Felicity Aries	55	f	LM	Wellingborough & District AC.	11	2:17:16	19:14:17	0:11:02	54.9%	836	58	9	50	15
1	Aaron Scott	29	m	MS	Bure Valley Harriers	12	1:49:02	17:49:42	0:05:33	83.9%	9	1	1	1	1
2	Matt Pyatt	39	m	MS	Ryston Runners A	12	1:57:11	16:11:01	0:05:57	80.0%	27	2	2	2	2
3	Danny Rock	35	m	MS	Felixstowe Road Runners	12	2:01:02	21:34:00	0:06:09	75.8%	79	3	3	6	3
4	Kevin O'Holleran	33	m	MS	Cambridge & Coleridge AC - A	12	2:02:10	16:10:42	0:06:13	74.9%	89	4	4	7	4
5	Jon Quint	39	m	MS	City of Norwich AC A	12	2:02:37	16:30:45	0:06:14	76.5%	67	5	5	4	5
6	Chris Pitts	37	m	MS	Bishops Stortford Running Club	12	2:05:44	20:33:38	0:06:24	73.5%	122	6	6	10	6
7	Danny Winn	32	m	MS	Bedford Harriers B	12	2:06:52	16:35:30	0:06:27	72.1%	162	7	7	12	7
8	Billy Bremner	46	m	MM	March AC	12	2:08:36	17:50:14	0:06:32	77.2%	51	8	1	3	8
9	Adam Howlett	45	m	MM	Framlingham Flyers	12	2:09:23	20:20:34	0:06:35	76.1%	76	9	2	5	9
10	Chris Mickleburgh	27	m	MS	Norwich Road Runners	12	2:09:42	18:52:47	0:06:36	70.5%	224	10	8	17	10
11	Peter Holmes	38	m	MS	Serpentine RC	12	2:10:59	20:03:05	0:06:40	71.0%	202	11	9	15	11
12	Ryan Jones	27	m	MS	Fenland Running Club - B	12	2:11:37	21:34:24	0:06:41	69.5%	261	12	10	20	12
13	Craig Bowen-Jones	45	m	MM	Dereham Runners - A Team	12	2:11:48	18:44:33	0:06:42	74.7%	91	13	3	8	13
14	Neil Hume	42	m	MM	Garden City Runners	12	2:15:37	19:09:42	0:06:54	70.8%	208	14	4	16	14
15	Phil Whiting	42	m	MM	Norfolk Gazelles Red	12	2:16:51	17:44:01	0:06:57	70.2%	239	15	5	18	15
16	Danni Nimmock	26	f	LS	City Of Norwich AC Ladies	12	2:18:06	20:46:07	0:07:01	72.6%	147	16	1	11	1
17	Will Law	29	m	MS	Bungay Black Dog Running Club	12	2:20:18	21:35:10	0:07:08	65.2%	447	17	11	27	16
18	Richard Hammond	43	m	MM	Fenland Running Club	12	2:20:29	18:27:00	0:07:09	68.9%	283	18	6	22	17
19	Stephen Howard	52	m	MM	Ely Runners A	12	2:22:18	16:42:20	0:07:14	73.5%	121	19	7	9	18
20	Sabine Schaefer	39	f	LM	Thetford AC	12	2:24:24	21:30:16	0:07:20	71.8%	176	20	1	13	2
21	Kelly Mephram	36	f	LM	Haverhill Running Club	12	2:27:33	19:18:12	0:07:30	69.1%	279	21	2	21	3
22	Adam Smart	34	m	MS	North Norfolk Beach Runners A-Team	12	2:28:25	17:15:43	0:07:33	61.7%	585	22	12	38	19
23	Steve Chalklen	32	m	MS	Paddock Wood AC	12	2:28:39	17:58:32	0:07:33	61.5%	599	23	13	40	20
24	Nick Haworth	39	m	MS	Biggleswade AC	12	2:29:18	22:11:36	0:07:35	62.8%	545	24	14	36	21
25	Gary Barnes	52	m	MM	Riverside Runners A	12	2:30:23	18:05:26	0:07:39	69.6%	258	25	8	19	22
26	Richard Leeder	40	m	MM	Stowmarket Striders	12	2:33:30	20:38:16	0:07:48	61.6%	596	26	9	39	23
27	Mark Tufts	48	m	MM	Wymondham AC	12	2:34:23	19:15:55	0:07:51	65.4%	436	27	10	26	24
28	Gavin Stokes	55	m	MM	Ramsey Road Runners	12	2:35:55	20:58:31	0:07:56	68.9%	284	28	11	23	25
29	Martin Koenigsberger	47	m	MM	West Norfolk AC	12	2:36:15	20:52:35	0:07:57	64.1%	485	29	12	29	26
30	Nick Hudson	33	m	MS	Coltishall Jaguars	12	2:36:17	19:18:16	0:07:57	58.5%	725	30	15	47	27
31	Craig Alexander	31	m	MS	Tri-Anglia	12	2:36:54	21:18:44	0:07:59	58.3%	735	31	16	48	28
32	Philippa Crosby	29	f	LS	Reepham Runners	12	2:36:55	21:27:22	0:07:59	63.9%	488	32	2	30	4
33	Mel Reed	33	f	LS	Ryston Ladies	12	2:38:50	20:01:39	0:08:04	63.5%	510	33	3	33	5
34	Isabelle Lemasson	34	f	LS	Cambridge & Coleridge Team B	12	2:39:02	20:08:47	0:08:05	63.6%	503	34	4	32	6
35	Bryn Williams	50	m	MM	Norwich Road Runners B	12	2:42:40	18:05:09	0:08:16	63.2%	528	35	13	34	29
36	Andy McLaren	51	m	MM	North Norfolk Beach Runners B	12	2:42:58	20:53:03	0:08:17	63.6%	502	36	14	31	30
37	Richard Dade	47	m	MM	Reepham Runners Masters	12	2:43:30	20:48:16	0:08:19	61.3%	610	37	15	42	31
38	Gavin Reid	50	m	MM	Pink & Blacks	12	2:43:38	21:11:44	0:08:19	62.8%	544	38	16	35	32
39	Philip Lister	61	m	MM	Headington RoadRunners	12	2:45:15	21:05:28	0:08:24	68.8%	288	39	17	24	33
40	Jo Summer	51	f	LM	North Herts Road Runners	12	2:45:16	19:47:11	0:08:24	71.3%	187	40	3	14	7
41	Stephen Moseley	49	m	MM	Norwich Road Runners D	12	2:45:38	21:28:42	0:08:25	61.5%	600	41	18	41	34
42	James Spalding	35	m	MS	London Frontrunners	12	2:45:53	18:49:39	0:08:26	55.3%	825	42	17	52	35
43	Tom Warner	28	m	MS	Wellingborough & District AC.	12	2:46:00	22:00:17	0:08:26	55.1%	829	43	18	53	36
44	Steve Parker	50	m	MM	Stamford Striders	12	2:46:08	19:45:54	0:08:27	61.9%	576	44	19	37	37
45	Mark Jones	60	m	MM	Old Greshamians	12	2:46:23	20:39:14	0:08:28	67.7%	325	45	20	25	38
46	Julz Williams	34	f	LS	Norwich Road Runners Ladies Team	12	2:46:32	21:02:02	0:08:28	60.7%	635	46	5	43	8
47	Emma Greaves	44	f	LM	Ely Runners B	12	2:47:29	21:47:33	0:08:31	64.6%	470	47	4	28	9
48	Chris Perry	41	m	MM	Saint Edmund Pacers	12	2:48:59	18:55:42	0:08:35	56.4%	794	48	21	51	39
49	Karl Rumsby	33	m	MS	Birkettes' Runners AC	12	2:50:36	22:44:31	0:08:40	53.6%	873	49	19	54	40
50	Aaron Friend	29	m	MS	Thorney Running Club	12	2:57:10	22:19:52	0:09:00	51.6%	910	50	20	56	41
51	Brian Titchiner	54	m	MM	Dereham Runners - Team B	12	2:59:26	22:11:14	0:09:07	59.4%	688	51	22	46	42
52	Roger Alexander	59	m	MM	Harwich Runners	12	3:05:39	23:30:55	0:09:26	60.1%	657	52	23	44	43
53	Lee Radley	46	m	MM	Riverside Runners	12	3:07:22	22:24:10	0:09:32	53.0%	887	53	24	55	44
54	Karen Peck	45	f	LM	Great Yarmouth Road Runners	12	3:10:37	20:14:35	0:09:41	57.4%	767	54	5	49	10
55	Karen Smith	48	f	LM	Ryston Runners C	12	3:11:03	20:44:53	0:09:43	59.4%	687	55	6	45	11
56	George Murphy	36	m	MS	Bedford Harriers	12	3:21:53	23:01:44	0:10:16	45.6%	973	56	21	57	45
57	Nigel Bullen	63	m	MM	Norfolk Gazelles Black	12	3:22:04	23:00:51	0:10:16	57.4%	770	57	25	50	46
58	Luke Gibson	24	m	MS	RAF Marham	12	3:26:52	20:17:23	0:10:31	44.2%	976	58	22	58	47
1	Piers Arnold	27	m	MS	City of Norwich AC A	13	1:16:07	17:46:52	0:05:45	78.6%	38	1	1	2	1
2	Paul Scofield	42	m	MM	Bishops Stortford Running Club	13	1:23:07	21:56:45	0:06:16	76.2%	72	2	1	3	2
3	Alistair Steele	28	m	MS	Ely Runners A	13	1:23:41	18:06:01	0:06:19	71.5%	182	3	2	11	3
4	John Uff	35	m	MS	Cambridge & Coleridge AC - A	13	1:23:44	17:34:26	0:06:19	72.0%	167	4	3	9	4

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
5	Martin Jennings	45	m	MM	Fenland Running Club	13	1:27:53	19:54:53	0:06:38	73.8%	110	5	2	6	5
6	Kevin Shelton Smith	56	m	MM	Bedford Harriers B	13	1:28:34	18:04:04	0:06:41	80.5%	24	6	3	1	6
7	Sze-Ming Cheung	42	m	MM	Norwich Road Runners B	13	1:30:00	19:35:09	0:06:48	70.4%	233	7	4	14	7
8	Nicky Alford	35	f	LM	City Of Norwich AC Ladies	13	1:30:12	22:16:19	0:06:48	74.4%	99	8	1	5	1
9	Simon Levy	35	m	MS	Ryston Runners A	13	1:30:43	17:41:44	0:06:51	66.5%	379	9	4	25	8
10	Joe Carr	37	m	MS	Framlingham Flyers	13	1:31:18	21:51:52	0:06:53	66.8%	369	10	5	24	9
11	Henry Gurney	35	m	MS	Bure Valley Harriers	13	1:31:53	19:21:35	0:06:56	65.6%	428	11	6	29	10
12	John Christopher	52	m	MM	North Norfolk Beach Runners A-Team	13	1:33:39	18:49:22	0:07:04	73.5%	123	12	5	7	11
13	Stan Swanepoel	52	m	MM	Tri-Anglia	13	1:33:55	22:52:39	0:07:05	73.3%	128	13	6	8	12
14	Alison Bryant-Smith	33	f	LS	Serpentine RC	13	1:34:24	21:37:29	0:07:07	70.7%	214	14	1	13	2
15	Adrian Mark	32	m	MS	London Fronrunners	13	1:34:31	20:24:10	0:07:08	63.3%	518	15	7	33	13
16	Craig Sisson	28	m	MS	Haverhill Running Club	13	1:34:59	20:53:11	0:07:10	63.0%	535	16	8	35	14
17	David Houghton	45	m	MM	Norwich Road Runners	13	1:35:35	20:28:22	0:07:13	67.9%	316	17	7	20	15
18	Stuart Rose	41	m	MM	Dereham Runners - A Team	13	1:36:19	20:20:52	0:07:16	65.2%	446	18	8	30	16
19	Sam Brooke	25	m	MS	Felixstowe Road Runners	13	1:36:59	23:10:59	0:07:19	61.7%	583	19	9	40	17
20	Toni Alcaraz	42	f	LM	March AC	13	1:37:01	19:27:15	0:07:19	71.7%	178	20	2	10	3
21	Lorena Latisaite	28	f	LS	Ryston Ladies	13	1:37:02	21:38:41	0:07:19	68.5%	296	21	2	17	4
22	Darren Hire	41	m	MM	Thorney Running Club	13	1:37:04	23:56:56	0:07:20	64.7%	465	22	9	32	18
23	Steve Chivers	38	m	MS	Paddock Wood AC	13	1:37:50	19:36:22	0:07:23	62.7%	548	23	10	36	19
24	Kevin Howlett	59	m	MM	Ryston Runners C	13	1:38:22	22:23:15	0:07:25	74.5%	95	24	10	4	20
25	Rosa Sampson Geroski	26	f	LS	Cambridge & Coleridge Team B	13	1:38:32	21:47:19	0:07:26	67.5%	338	25	3	22	5
26	Tom Pullinger	45	m	MM	Bungay Black Dog Running Club	13	1:38:47	23:13:57	0:07:27	65.7%	420	26	11	27	21
27	Jason Fretwell	34	m	MS	Ely Runners B	13	1:39:18	23:26:51	0:07:30	60.5%	641	27	11	44	22
28	Stewart Harrison	39	m	MS	West Norfolk AC	13	1:40:04	22:32:39	0:07:33	61.8%	577	28	12	38	23
29	Tom Richards	49	m	MM	Fenland Running Club - B	13	1:40:18	23:14:42	0:07:34	66.9%	365	29	12	23	24
30	Samantha Windebank	45	f	LM	Riverside Runners A	13	1:40:47	19:46:13	0:07:36	70.8%	211	30	3	12	6
31	Katie Harbon	21	f	LS	North Herts Road Runners	13	1:40:59	21:28:10	0:07:37	65.8%	412	31	4	26	7
32	Dean Saunders	43	m	MM	Great Yarmouth Road Runners	13	1:41:07	21:55:42	0:07:38	63.1%	529	32	13	34	25
33	Tom Johnson	21	m	MS	Coltishall Jaguars	13	1:41:26	20:59:42	0:07:39	59.2%	696	33	13	45	26
34	James Bolm	52	m	MM	Riverside Runners	13	1:42:02	24:06:12	0:07:42	67.5%	336	34	14	21	27
35	Andy Ritchings	54	m	MM	Reepham Runners	13	1:43:08	23:10:30	0:07:47	67.9%	314	35	15	19	28
36	Clare Howarth	35	f	LM	Headington RoadRunners	13	1:43:15	22:48:43	0:07:48	65.0%	451	36	4	31	8
37	Chris Moore	55	m	MM	Norfolk Gazelles Black	13	1:43:31	24:44:22	0:07:49	68.3%	303	37	16	18	29
38	Mick Jones	45	m	MM	Stowmarket Striders	13	1:44:03	22:22:19	0:07:51	62.4%	558	38	17	37	30
39	Andrew Cooper	30	m	MS	Norwich Road Runners D	13	1:45:38	23:14:20	0:07:58	56.7%	788	39	14	47	31
40	Katie Margaron	28	f	LS	Saint Edmund Pacers	13	1:47:54	20:43:36	0:08:09	61.6%	592	40	5	41	9
41	Natalie Selby	33	f	LS	Ramsey Road Runners	13	1:48:05	22:46:36	0:08:09	61.8%	581	41	6	39	10
42	Alan Griffiths	49	f	LM	Wellingborough & District AC.	13	1:48:09	23:48:26	0:08:10	68.8%	291	42	5	16	11
43	Julie Parker	51	f	LM	Stamford Striders	13	1:48:51	21:34:45	0:08:13	70.0%	244	43	6	15	12
44	Ian Walters	48	m	MM	Old Greshamians	13	1:49:36	22:28:50	0:08:16	60.7%	637	44	18	43	32
45	Russell Slattery	31	m	MS	Thetford AC	13	1:49:51	23:20:07	0:08:17	54.5%	846	45	15	49	33
46	Charlie Arnold	60	m	MM	Biggleswade AC	13	1:52:39	24:04:15	0:08:30	65.7%	423	46	19	28	34
47	Malcolm Fisher	38	m	MS	Dereham Runners - Team B	13	1:53:46	24:05:00	0:08:35	54.0%	864	47	16	51	35
48	Tim Cooke	56	m	MM	Garden City Runners	13	1:55:53	21:05:35	0:08:45	61.5%	598	48	20	42	36
49	Andy Parish	48	m	MM	North Norfolk Beach Runners B	13	1:57:09	22:50:12	0:08:50	56.8%	785	49	21	46	37
50	James Flett	37	m	MS	Pink & Blacks	13	1:57:41	23:09:25	0:08:53	51.8%	908	50	17	54	38
51	Peter Rice	48	m	MM	Norfolk Gazelles Red	13	1:57:47	19:41:48	0:08:53	56.5%	792	51	22	48	39
52	Stuart Bullard	41	m	MM	Bedford Harriers	13	1:58:58	25:00:42	0:08:59	52.8%	892	52	23	53	40
53	Mike Jolly	47	m	MM	Reepham Runners Masters	13	2:01:36	22:49:52	0:09:11	54.3%	853	53	24	50	41
54	Al Bowen	38	m	MS	Wymondham AC	13	2:01:53	21:17:48	0:09:12	50.4%	926	54	18	55	42
55	Jonny May	32	m	MS	RAF Marham	13	2:03:43	22:21:06	0:09:20	48.4%	951	55	19	56	43
56	Caroline Allen	37	f	LM	Norwich Road Runners Ladies Team	13	2:06:14	23:08:16	0:09:32	53.6%	875	56	7	52	13
57	Jason Meacham	45	m	MM	Harwich Runners	13	2:15:19	25:46:14	0:10:13	48.0%	958	57	25	57	44
58	Monty Chamberlain	24	m	MS	Birketts' Runners AC	13	2:18:32	25:03:03	0:10:27	43.2%	981	58	20	58	45
1	Adam Matthews	21	m	MS	Ryston Runners A	14	0:43:51	18:25:35	0:06:02	72.4%	153	1	1	8	1
2	Claire Somerton	29	f	LS	Cambridge & Coleridge AC - A	14	0:45:10	18:19:36	0:06:13	79.1%	32	2	1	2	1
3	John Moore	56	m	MM	Norfolk Gazelles Red	14	0:46:14	20:28:02	0:06:22	82.0%	15	3	1	1	2
4	Jack Adcock	18	m	MJ	City of Norwich AC A	14	0:46:57	18:33:49	0:06:27	69.7%	257	4	1	15	3
5	Justin Elvidge	45	m	MM	March AC	14	0:47:00	20:14:15	0:06:28	73.7%	114	5	2	4	4
6	Billy Fadden	16	m	MJ	Bedford Harriers B	14	0:47:35	18:51:39	0:06:33	70.6%	220	6	2	12	5
7	Charlie Stone	16	m	MJ	Thetford AC	14	0:48:19	24:08:26	0:06:39	69.5%	262	7	3	16	6
8	Robert Hurst	37	m	MS	Old Greshamians	14	0:48:31	23:17:21	0:06:40	67.2%	350	8	2	21	7
9	Claire Day	36	f	LM	Paddock Wood AC	14	0:48:38	20:25:00	0:06:41	74.5%	98	9	1	3	2
10	Bryan Rootes	48	m	MM	Haverhill Running Club	14	0:49:18	21:42:29	0:06:47	72.0%	169	10	3	9	8
11	Jonny Cousins	46	m	MM	North Norfolk Beach Runners A-Team	14	0:49:21	19:38:43	0:06:47	70.8%	213	11	4	11	9
12	Simon Boothby	51	m	MM	Riverside Runners A	14	0:49:22	20:35:35	0:06:47	73.7%	116	12	5	5	10
13	Brook Doughty	26	m	MS	RAF Marham	14	0:49:31	23:10:37	0:06:49	63.9%	492	13	3	31	11
14	Glyn Loveday	46	m	MM	Ely Runners A	14	0:49:49	18:55:50	0:06:51	70.1%	241	14	6	14	12
15	Nick Gurney	25	m	MS	Norwich Road Runners D	14	0:50:20	24:04:40	0:06:55	62.8%	542	15	4	33	13
16	Paul Davies	48	m	MM	Norwich Road Runners B	14	0:50:26	20:25:35	0:06:56	70.4%	234	16	7	13	14

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
17	Carl Manning	56	m	MM	West Norfolk AC	14	0:51:31	23:24:10	0:07:05	73.6%	118	17	8	6	15
18	Jason Rix	47	m	MM	Norfolk Gazelles Black	14	0:51:32	25:35:54	0:07:05	68.3%	301	18	9	18	16
19	Aaron Rudkin	36	m	MS	Harwich Runners	14	0:51:40	26:37:54	0:07:06	62.7%	551	19	5	35	17
20	Ben Chamberlin	35	m	MS	Cambridge & Coleridge Team B	14	0:52:07	22:39:26	0:07:10	61.8%	579	20	6	39	18
21	Graham Johnson	50	m	MM	Coltishall Jaguars	14	0:52:36	21:52:18	0:07:14	68.6%	294	21	10	17	19
22	Laura Dixon	32	f	LS	City Of Norwich AC Ladies	14	0:52:55	23:09:14	0:07:17	67.7%	323	22	2	19	3
23	Tate Devlin	17	m	MJ	Dereham Runners - A Team	14	0:53:00	21:13:52	0:07:17	62.5%	554	23	4	36	20
24	Nicky Sparkes	17	m	MJ	Bungay Black Dog Running Club	14	0:53:08	24:07:05	0:07:19	62.3%	562	24	5	37	21
25	Studney Kirby	51	m	MM	Wellingborough & District AC.	14	0:53:44	24:42:10	0:07:23	67.7%	326	25	11	20	22
26	Daniel Amps-Woodward	17	m	MJ	Thorney Running Club	14	0:53:52	24:50:48	0:07:25	61.5%	602	26	6	41	23
27	Amy Southward	26	f	LS	Ely Runners B	14	0:54:39	24:21:30	0:07:31	65.4%	438	27	3	26	4
28	Amy Balaam	34	f	LS	Bure Valley Harriers	14	0:54:45	20:16:20	0:07:32	65.7%	419	28	4	25	5
29	Kelly De'Gol	37	f	LM	Ryston Ladies	14	0:55:09	22:33:50	0:07:35	65.9%	407	29	2	24	6
30	Anthony Beales	50	m	MM	Wymondham AC	14	0:55:48	22:13:36	0:07:41	64.6%	472	30	12	29	24
31	Natalie Kim Cant	35	f	LM	Norwich Road Runners	14	0:56:27	21:24:49	0:07:46	63.9%	487	31	3	30	7
32	Anna Seaman	37	f	LM	Ryston Runners C	14	0:57:25	23:20:40	0:07:54	63.3%	517	32	4	32	8
33	Rhiannon Needham	36	f	LM	Serpentine RC	14	0:57:44	22:35:13	0:07:56	62.7%	549	33	5	34	9
34	David Inder	51	m	MM	Felixstowe Road Runners	14	0:58:57	24:09:56	0:08:07	61.7%	584	34	13	40	25
35	Vicky Jones	37	f	LM	Norwich Road Runners Ladies Team	14	0:59:28	24:07:44	0:08:11	61.1%	613	35	6	42	10
36	Nicos Symeou	61	m	MM	Great Yarmouth Road Runners	14	0:59:43	22:55:25	0:08:13	66.4%	386	36	14	22	26
37	Stuart Slattery	34	m	MS	Dereham Runners - Team B	14	1:00:05	25:05:05	0:08:16	53.3%	878	37	7	56	27
38	William Burdett	54	m	MM	Stowmarket Striders	14	1:00:11	23:22:30	0:08:17	62.0%	575	38	15	38	28
39	Keith White	69	m	MM	Fenland Running Club - B	14	1:00:16	24:14:58	0:08:17	70.9%	206	39	16	10	29
40	Lucy Cooper	49	f	LM	Tri-Anglia	14	1:00:22	23:53:01	0:08:18	66.3%	388	41	8	23	12
41	Virginia Bird	56	f	LM	Garden City Runners	14	1:00:22	22:05:57	0:08:18	72.4%	152	41	8	7	12
42	Melissa Mason	30	f	LS	Stamford Striders	14	1:00:29	22:35:14	0:08:19	59.1%	707	42	5	47	13
43	Becky Murley	41	f	LM	Fenland Running Club	14	1:00:53	20:55:46	0:08:22	61.0%	619	43	9	43	14
44	Richard Eaton	49	m	MM	Birketts' Runners AC	14	1:01:03	26:04:06	0:08:24	58.6%	720	44	17	48	30
45	Zoe Luscombe	42	f	LM	Biggleswade AC	14	1:01:46	25:06:01	0:08:30	60.6%	639	45	10	45	15
46	Abigail Grand	38	f	LM	Reepham Runners	14	1:01:47	24:12:17	0:08:30	59.1%	705	46	11	46	16
47	Alan Findlay	50	m	MM	Bishops Stortford Running Club	14	1:01:59	22:58:44	0:08:32	58.2%	737	47	18	50	31
48	Neil Blackburn	47	m	MM	Ramsey Road Runners	14	1:02:01	23:48:37	0:08:32	56.8%	786	48	19	52	32
49	Matt Mountain	38	m	MS	Pink & Blacks	14	1:02:09	24:11:34	0:08:33	52.9%	891	49	8	57	33
50	Lucy Boothby	50	f	LM	Riverside Runners	14	1:02:22	25:08:34	0:08:35	64.9%	456	50	12	27	17
51	Guy Pitcher	51	m	MM	Reepham Runners Masters	14	1:02:44	23:52:36	0:08:38	58.0%	748	51	20	51	34
52	Liz Harris	40	f	LM	North Norfolk Beach Runners B	14	1:03:14	23:53:26	0:08:42	58.4%	729	52	13	49	18
53	Matthew Brown	43	m	MM	London Frontrunners	14	1:03:32	21:27:42	0:08:44	53.7%	872	53	21	55	35
54	David Prior	69	m	MM	Bedford Harriers	14	1:05:48	26:06:30	0:09:03	64.9%	457	54	22	28	36
55	Peter Sibbett	53	m	MM	North Herts Road Runners	14	1:06:01	22:34:11	0:09:05	56.0%	806	55	23	53	37
56	Sandra Harding-Brown	51	f	LM	Headington RoadRunners	14	1:07:19	23:56:02	0:09:16	60.9%	628	56	14	44	19
57	Louise Webb	16	f	LJ	Saint Edmund Pacers	14	1:07:46	21:51:22	0:09:19	54.6%	843	57	1	54	20
58	Jayne Wright	36	f	LM	Framlingham Flyers	14	1:22:18	23:14:10	0:11:19	44.0%	979	58	15	58	21
1	Simon Barrett	41	m	MM	Serpentine RC	15	1:01:20	23:36:33	0:05:47	81.0%	21	1	1	1	1
2	Chris Merrylees	38	m	MS	North Norfolk Beach Runners A-Team	15	1:02:53	20:41:36	0:05:56	77.1%	52	2	1	7	2
3	Graeme Kennedy	38	m	MS	Cambridge & Coleridge AC - A	15	1:06:22	19:25:58	0:06:16	73.1%	134	3	2	15	3
4	Frazer Heasman	23	m	MS	Bure Valley Harriers	15	1:07:45	21:24:05	0:06:24	69.6%	259	4	3	20	4
5	Mabel Beckett	21	f	LS	City of Norwich AC A	15	1:08:47	19:42:36	0:06:30	76.7%	62	5	1	10	1
6	Marie French	36	f	LM	Ryston Ladies	15	1:08:59	23:42:49	0:06:31	77.5%	45	6	1	6	2
7	Neil Loader	49	m	MM	Bedford Harriers B	15	1:09:11	20:00:50	0:06:32	76.6%	65	7	2	11	5
8	Mark Garrett	53	m	MM	Norwich Road Runners B	15	1:09:29	21:35:04	0:06:34	78.9%	37	8	3	3	6
9	Peter Ward	52	m	MM	Thorney Running Club	15	1:09:58	26:00:46	0:06:36	77.7%	43	9	4	5	7
10	Matt Holmes	38	m	MS	Ely Runners A	15	1:10:11	20:06:01	0:06:38	69.1%	276	10	4	21	8
11	Bart Hommels	43	m	MM	Cambridge & Coleridge Team B	15	1:10:26	23:49:52	0:06:39	71.6%	180	11	5	16	9
12	Gareth Fletcher	38	m	MS	London Frontrunners	15	1:11:00	22:38:42	0:06:42	68.3%	300	12	5	22	10
13	Dave Asker	32	m	MS	Tri-Anglia	15	1:11:55	25:04:56	0:06:47	65.6%	430	13	6	27	11
14	Samuel Burdett	21	m	MS	Stowmarket Striders	15	1:12:08	24:34:38	0:06:49	65.6%	431	14	7	28	12
15	Michael Howlett	31	m	MS	Ryston Runners C	15	1:12:38	24:33:18	0:06:52	64.9%	459	15	8	31	13
16	Jeremy Lawrence	58	m	MM	Coltishall Jaguars	15	1:13:28	23:05:46	0:06:56	78.0%	41	16	6	4	14
17	Emma Hollands	43	f	LM	Paddock Wood AC	15	1:14:09	21:39:09	0:07:00	75.1%	87	17	2	14	3
18	Karen Patterson	45	f	LM	March AC	15	1:14:10	21:28:25	0:07:00	76.4%	68	18	3	12	4
19	Sam Thelwell	26	m	MS	Norfolk Gazelles Black	15	1:14:41	26:50:35	0:07:03	63.1%	530	19	9	40	15
20	Mark Lawrence	24	m	MS	Bishops Stortford Running Club	15	1:15:30	24:14:14	0:07:08	62.4%	557	20	10	41	16
21	Helen Mian	48	f	LM	Norfolk Gazelles Red	15	1:15:48	21:43:50	0:07:09	77.0%	55	21	4	8	5
22	John Griffiths	58	m	MM	Headington RoadRunners	15	1:15:56	25:11:58	0:07:10	75.4%	84	22	7	13	17
23	Chris Chorley	53	m	MM	Bungay Black Dog Running Club	15	1:16:37	25:23:42	0:07:14	71.5%	181	23	8	17	18
24	Josh Brighty	25	m	MS	Norwich Road Runners	15	1:17:19	22:42:08	0:07:18	61.0%	626	24	11	45	19
25	Adam Sheward	33	m	MS	Thetford AC	15	1:17:24	25:25:50	0:07:19	61.1%	615	25	12	44	20
26	Lindsay Cook	41	f	LM	North Herts Road Runners	15	1:17:56	23:52:07	0:07:22	70.4%	231	26	5	19	6
27	Claudia Milburn	32	f	LS	Fenland Running Club	15	1:18:33	22:14:19	0:07:25	67.3%	345	27	2	23	7
28	Duncan Andrew	48	m	MM	Birketts' Runners AC	15	1:19:25	27:23:31	0:07:30	66.2%	395	28	9	26	21

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
29	Patrick Bird	57	m	MM	Garden City Runners	15	1:19:59	23:25:56	0:07:33	71.0%	203	29	10	18	22
30	Merle Riseborough	41	m	MM	North Norfolk Beach Runners B	15	1:20:37	25:14:03	0:07:37	61.6%	594	30	11	43	23
31	Justin Kinsey	33	m	MS	Ryston Runners A	15	1:20:41	19:46:16	0:07:37	58.6%	719	31	13	48	24
32	Robert Groves	30	m	MS	Reepham Runners	15	1:20:45	25:33:02	0:07:38	58.4%	731	32	14	49	25
33	Jane Clarke	56	f	LM	City Of Norwich AC Ladies	15	1:21:18	24:30:32	0:07:41	79.4%	31	33	6	2	8
34	Gail Mackie	27	f	LS	Felixstowe Road Runners	15	1:22:07	25:32:03	0:07:45	64.3%	478	34	3	33	9
35	Joe Jermy	28	m	MS	Great Yarmouth Road Runners	15	1:22:23	24:17:48	0:07:47	57.2%	774	35	15	53	26
36	Andy Rowles	54	m	MM	Dereham Runners - A Team	15	1:22:38	22:36:30	0:07:48	66.9%	364	36	12	24	27
37	Corin Thoday	41	m	MM	Reepham Runners Masters	15	1:22:45	25:15:21	0:07:49	60.0%	658	37	13	46	28
38	Sophie Thrussell	23	f	LS	Riverside Runners A	15	1:22:47	21:58:22	0:07:49	63.7%	499	38	4	36	10
39	Ali Middleton	29	f	LS	Norwich Road Runners Ladies Team	15	1:23:16	25:31:00	0:07:52	63.4%	515	39	5	38	11
40	Alex Hewson	26	m	MS	Old Greshamians	15	1:24:10	24:41:31	0:07:57	56.0%	808	40	16	55	29
41	Jamie Mccrann	39	m	MS	West Norfolk AC	15	1:24:28	24:48:38	0:07:59	57.9%	757	41	17	51	30
42	Darren Burgess	42	m	MM	RAF Marham	15	1:24:30	24:35:07	0:07:59	59.2%	699	42	14	47	31
43	Andrew Wade	52	m	MM	Stamford Striders	15	1:24:35	23:59:49	0:07:59	64.2%	479	43	15	34	32
44	Dave Philpot	56	m	MM	Ramsey Road Runners	15	1:24:43	25:13:20	0:08:00	66.4%	384	44	16	25	33
45	Ian Milburn	72	m	MM	Fenland Running Club - B	15	1:25:38	25:40:36	0:08:05	76.9%	57	45	17	9	34
46	Caroline Brown	41	f	LM	Ely Runners B	15	1:26:25	25:47:55	0:08:10	63.5%	509	46	7	37	12
47	Neil Harvey	56	m	MM	Biggleswade AC	15	1:26:55	26:32:56	0:08:12	64.7%	464	47	18	32	35
48	Matt Howes	42	m	MM	Norwich Road Runners D	15	1:27:59	25:32:39	0:08:18	56.9%	783	48	19	54	36
49	Howard Smith	56	m	MM	Wellingborough & District AC.	15	1:28:13	26:10:23	0:08:20	63.8%	497	49	20	35	37
50	Chris Fadden	53	m	MM	Bedford Harriers	15	1:28:59	27:35:29	0:08:24	61.6%	593	50	21	42	38
51	Julia Lloyd	49	f	LM	Wymondham AC	15	1:30:14	23:43:50	0:08:31	65.4%	435	51	8	29	13
52	Becky Hardy	37	f	LM	Dereham Runners - Team B	15	1:32:03	26:37:08	0:08:42	58.3%	732	52	9	50	14
53	Michelle Hewitt	27	f	LS	Framlingham Flyers	15	1:32:09	24:46:19	0:08:42	57.3%	772	53	6	52	15
54	Dawn Marshall	54	f	LM	Saint Edmund Pacers	15	1:36:18	23:27:40	0:09:06	65.3%	442	54	10	30	16
55	Emma Evans	20	f	LJ	Riverside Runners	15	1:39:13	26:47:47	0:09:22	53.2%	883	55	1	56	17
56	Tom De Raedt	40	m	MM	Pink & Blacks	15	1:40:57	25:52:31	0:09:32	48.8%	945	56	22	58	39
57	Paul Sherritt	50	m	MM	Haverhill Running Club	15	1:41:16	23:23:45	0:09:34	52.8%	894	57	23	57	40
58	Glyn Peck	75	m	MM	Harwich Runners	15	1:48:34	28:26:28	0:10:15	63.4%	516	58	24	39	41
1	Jake Stearman	16	m	MJ	Dereham Runners - A Team	16	0:31:19	23:07:49	0:05:42	79.7%	29	1	1	4	1
2	Andrew Shields	51	m	MM	Cambridge & Coleridge AC - A	16	0:31:55	19:57:53	0:05:49	84.9%	6	2	1	1	2
3	Henry Steele	15	m	MJ	Saint Edmund Pacers	16	0:33:33	24:01:13	0:06:07	75.6%	82	3	2	8	3
4	William Forster	17	m	MJ	Riverside Runners	16	0:34:07	22:32:29	0:06:13	72.2%	158	4	3	12	4
5	Tony Bacon	33	m	MS	Haverhill Running Club	16	0:34:31	23:58:16	0:06:17	68.9%	285	5	1	17	5
6	Martin Sheldrick	46	m	MM	Ryston Runners A	16	0:35:02	20:21:18	0:06:23	74.4%	100	6	2	9	6
7	Richard Sales	54	m	MM	Norwich Road Runners B	16	0:35:07	22:10:11	0:06:24	79.1%	33	7	3	5	7
8	Emmanuel Lumineau	41	m	MM	London Frontrunners	16	0:35:29	23:14:11	0:06:28	70.7%	216	8	4	14	8
9	Graham Chapman	60	m	MM	Ely Runners A	16	0:35:52	20:41:53	0:06:32	81.5%	16	9	5	3	9
10	Millie Solway	16	f	LJ	City Of Norwich AC Ladies	16	0:36:05	25:06:37	0:06:34	76.3%	69	10	1	7	1
11	Paul Smith	48	m	MM	RAF Marham	16	0:36:31	25:11:38	0:06:39	72.5%	151	11	6	11	10
12	Neil Walpole	46	m	MM	Norwich Road Runners	16	0:37:49	23:19:57	0:06:53	68.9%	286	12	7	18	11
13	Victoria Holden	35	f	LM	Paddock Wood AC	16	0:39:05	22:18:14	0:07:07	68.8%	290	13	1	19	2
14	Paul Barrell	52	m	MM	Birketts' Runners AC	16	0:39:30	28:03:01	0:07:12	69.2%	272	14	8	16	12
15	Vernon Hoare	53	m	MM	North Norfolk Beach Runners B	16	0:40:12	25:54:15	0:07:19	68.5%	295	15	9	20	13
16	Paul Dowson	57	m	MM	Norwich Road Runners D	16	0:40:12	26:12:51	0:07:19	70.9%	207	16	10	13	14
17	Mark Philo	48	m	MM	Tri-Anglia	16	0:40:14	25:45:10	0:07:20	65.8%	416	17	11	26	15
18	Annie Rooks	17	f	LJ	Ryston Ladies	16	0:40:26	24:23:15	0:07:22	67.3%	348	18	2	21	3
19	Kristoffer Semple	48	m	MM	Cambridge & Coleridge Team B	16	0:40:32	24:30:24	0:07:23	65.3%	445	19	12	27	16
20	Nicholas Okerika	41	m	MM	March AC	16	0:40:51	22:09:16	0:07:26	61.4%	608	20	13	33	17
21	Ellie Stevens	37	f	LM	City of Norwich AC A	16	0:40:55	20:23:31	0:07:27	66.2%	393	21	2	25	4
22	Oliver Timpson	42	m	MM	Wymondham AC	16	0:40:59	24:24:49	0:07:28	61.6%	589	22	14	32	18
23	Nora Haggart	59	f	LM	Bedford Harriers B	16	0:41:07	20:41:57	0:07:29	82.5%	13	23	3	2	5
24	Alex Bland	39	f	LM	Norwich Road Runners Ladies Team	16	0:41:10	26:12:10	0:07:30	66.4%	381	24	4	24	6
25	Charlotte Neale	30	f	LS	North Norfolk Beach Runners A-Team	16	0:41:20	21:22:56	0:07:32	64.4%	474	25	1	28	7
26	Clem Vogler	70	m	MM	Reepham Runners Masters	16	0:41:46	25:57:07	0:07:36	76.9%	56	26	15	6	19
27	Peter Russell	66	m	MM	Framlingham Flyers	16	0:42:18	25:28:37	0:07:42	73.0%	137	27	16	10	20
28	Peter Kean Cockburn	57	m	MM	Coltishall Jaguars	16	0:42:47	23:48:33	0:07:48	66.6%	375	28	17	22	21
29	Trevor Sutherill	66	m	MM	Fenland Running Club	16	0:44:33	22:58:52	0:08:07	69.3%	269	29	18	15	22
30	Les Rennie	62	m	MM	Ramsey Road Runners	16	0:44:47	25:58:07	0:08:09	66.5%	380	30	19	23	23
31	Suzanne Moon	39	f	LM	Stamford Striders	16	0:44:51	24:44:40	0:08:10	61.0%	623	31	5	35	8
32	Karen Childerley	41	f	LM	Riverside Runners	16	0:45:25	27:33:12	0:08:16	61.0%	624	32	6	36	9
33	Caleb Woodard	17	m	MJ	Felixstowe Road Runners	16	0:45:57	26:18:00	0:08:22	53.6%	874	33	4	49	24
34	Ryan Middleton	27	m	MS	Dereham Runners - Team B	16	0:46:39	27:23:47	0:08:30	50.4%	925	34	2	52	25
35	Beth King	40	f	LM	Norfolk Gazelles Red	16	0:47:02	22:30:52	0:08:34	58.5%	726	35	7	40	10
36	Mike Connolly	54	m	MM	Bishops Stortford Running Club	16	0:47:10	25:01:24	0:08:35	58.9%	712	36	20	39	26
37	Anne Booth	39	f	LM	Ely Runners B	16	0:47:12	26:35:07	0:08:36	58.0%	749	37	8	41	11
38	Amy Spearpoint	26	f	LS	Thetford AC	16	0:47:17	26:13:07	0:08:37	56.3%	797	38	2	42	12
39	Colin Ewin	62	m	MM	Garden City Runners	16	0:47:24	24:13:20	0:08:38	62.8%	546	39	21	30	27
40	Autumn Hales	21	f	LS	Bure Valley Harriers	16	0:47:32	22:11:37	0:08:39	56.0%	805	40	3	43	13

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
41	Jaime Hayden	37	f	LM	Thorney Running Club	16	0:48:34	26:49:20	0:08:51	55.8%	812	41	9	44	14
42	Kate Miles	30	f	LS	Stowmarket Striders	16	0:48:58	25:23:36	0:08:55	54.4%	850	42	4	48	15
43	Michelle Waters	48	f	LM	Norfolk Gazelles Black	16	0:49:18	27:39:53	0:08:59	59.7%	673	43	10	38	16
44	Pandora Buck	52	f	LM	Great Yarmouth Road Runners	16	0:49:39	25:07:27	0:09:03	62.3%	564	44	11	31	17
45	Greg Pearson	39	m	MS	Reepham Runners	16	0:49:43	26:22:45	0:09:03	49.7%	938	45	3	53	28
46	Matin West	68	m	MM	Harwich Runners	16	0:49:44	29:16:12	0:09:04	63.2%	524	46	22	29	29
47	Julie Flower	52	f	LM	Old Greshamians	16	0:50:49	25:32:20	0:09:15	60.9%	630	47	12	37	18
48	Vicky Berry	53	f	LM	Biggleswade AC	16	0:51:05	27:24:01	0:09:18	61.3%	609	48	13	34	19
49	Andy Harrod	52	m	MM	Ryston Runners C	16	0:52:43	25:26:01	0:09:36	51.8%	907	49	23	50	30
50	Jenny Gibbs	48	f	LM	Serpentine RC	16	0:52:55	24:29:28	0:09:38	55.7%	817	50	14	46	20
51	Pieter De Raedt	33	m	MS	Pink & Blacks	16	0:53:18	26:45:49	0:09:43	44.6%	974	51	4	57	31
52	James Walsh	48	m	MM	North Herts Road Runners	16	0:53:41	24:45:48	0:09:47	49.3%	940	52	24	54	32
53	Lorraine Kirk	39	f	LM	Wellingborough & District AC.	16	0:53:49	27:04:12	0:09:48	50.8%	922	53	15	51	21
54	Michelle Fadden	50	f	LM	Bedford Harriers	16	0:54:57	28:30:26	0:10:01	54.9%	838	54	16	47	22
55	Marianne Killick	40	f	LM	Fenland Running Club - B	16	0:57:38	26:38:14	0:10:30	47.7%	961	55	17	55	23
56	Mike Dunn	71	m	MM	Headington RoadRunners	16	0:58:23	26:10:21	0:10:38	55.7%	815	56	25	45	33
57	Paul Bird	54	m	MM	Bungay Black Dog Running Club	16	0:59:39	26:23:21	0:10:52	46.6%	970	57	26	56	34
58	Hannah Marsters	37	f	LM	West Norfolk AC	16	1:01:34	25:50:12	0:11:13	44.0%	980	58	18	58	24
1	Callum Stanforth	26	m	MS	Ryston Runners A	17	1:08:27	21:29:45	0:05:50	76.8%	59	1	1	5	1
2	Alex Tate	40	m	MM	Ely Runners A	17	1:11:03	21:52:56	0:06:03	77.4%	47	2	1	3	2
3	Michael Taylor	34	m	MS	Riverside Runners	17	1:11:51	28:45:03	0:06:08	73.7%	117	3	2	11	3
4	James Vickers	37	m	MS	Pink & Blacks	17	1:14:44	28:00:33	0:06:22	71.9%	173	4	3	16	4
5	Andy Mulligan	25	m	MS	Coltishall Jaguars	17	1:15:21	25:03:54	0:06:25	69.8%	250	5	4	23	5
6	Sam Russell	28	m	MS	Wymondham AC	17	1:15:47	25:40:36	0:06:28	69.4%	265	6	5	24	6
7	Paul Martin	39	m	MS	Norwich Road Runners	17	1:16:00	24:35:57	0:06:29	71.8%	177	7	6	17	7
8	Steve Cannell	28	m	MS	Bure Valley Harriers	17	1:16:02	23:27:39	0:06:29	69.2%	273	8	7	25	8
9	Ali Robinson	30	m	MS	Norfolk Gazelles Red	17	1:16:06	23:46:58	0:06:29	69.1%	278	9	8	26	9
10	Simon Mead	43	m	MM	Ramsey Road Runners	17	1:16:15	27:14:22	0:06:30	73.8%	111	10	2	9	10
11	Philippa Taylor	49	f	LM	City of Norwich AC A	17	1:16:22	21:39:53	0:06:31	85.9%	4	11	1	1	1
12	Ben Jones	28	m	MS	Cambridge & Coleridge Team B	17	1:17:24	25:47:48	0:06:36	67.9%	313	12	9	28	11
13	Cameron Harris	22	m	MS	Stamford Striders	17	1:18:37	26:03:17	0:06:42	66.9%	362	13	10	33	12
14	Richard Somerset	48	m	MM	Garden City Runners	17	1:18:41	25:32:01	0:06:42	74.5%	96	14	3	7	13
15	Todd Lake	52	m	MM	Dereham Runners - A Team	17	1:18:43	24:26:32	0:06:43	77.0%	54	15	4	4	14
16	Andy Palombella	36	m	MS	Bedford Harriers B	17	1:18:56	22:00:53	0:06:44	67.7%	327	16	11	29	15
17	Will Parry	48	m	MM	London Frontrunners	17	1:20:03	24:34:14	0:06:49	73.2%	131	17	5	12	16
18	Craig Crofts	32	m	MS	Thorney Running Club	17	1:20:32	28:09:52	0:06:52	65.4%	440	18	12	35	17
19	Kevin Hickling	47	m	MM	Riverside Runners A	17	1:21:44	23:54:13	0:06:58	71.1%	195	19	6	19	18
20	Becca Frake	25	f	LS	Cambridge & Coleridge AC - A	17	1:22:02	21:19:55	0:07:00	71.5%	183	20	1	18	2
21	Mike Walter	38	m	MS	Paddock Wood AC	17	1:22:16	23:40:30	0:07:01	65.8%	413	21	13	34	19
22	Angie Joiner-Handy	47	f	LM	Saint Edmund Pacers	17	1:22:18	25:23:31	0:07:01	78.0%	42	22	2	2	3
23	Adrian Waters	49	m	MM	Norfolk Gazelles Black	17	1:23:37	29:03:30	0:07:08	70.7%	215	23	7	20	20
24	Juliet Naylor	44	f	LM	Biggleswade AC	17	1:24:37	28:48:38	0:07:13	73.7%	115	24	3	10	4
25	Leigh Nobes	38	m	MS	Reepham Runners	17	1:24:46	27:47:31	0:07:14	63.9%	491	25	14	37	21
26	Richard Harbon	54	m	MM	North Herts Road Runners	17	1:24:48	26:10:36	0:07:14	72.8%	143	26	8	13	22
27	Chris Harrison	34	m	MS	Norwich Road Runners D	17	1:24:52	27:37:43	0:07:14	62.4%	561	27	15	39	23
28	Andy Bonner	34	m	MS	Ely Runners B	17	1:25:10	28:00:17	0:07:16	62.1%	568	28	16	40	24
29	Lucy Tyler	23	f	LS	Thetford AC	17	1:25:17	27:38:24	0:07:16	68.8%	292	29	2	27	5
30	Greg Quinn	55	m	MM	Reepham Runners Masters	17	1:26:20	27:23:27	0:07:22	72.1%	163	30	9	15	25
31	Ed Rawlings	41	m	MM	North Norfolk Beach Runners A-Team	17	1:26:51	22:49:47	0:07:24	63.8%	494	31	10	38	26
32	Lee Brown	33	m	MS	Haverhill Running Club	17	1:28:03	25:26:19	0:07:30	59.9%	666	32	17	42	27
33	Chris Capps	61	m	MM	Bedford Harriers	17	1:28:11	29:58:37	0:07:31	74.5%	94	33	11	6	28
34	Michael Armes	51	m	MM	Norwich Road Runners B	17	1:29:35	23:39:46	0:07:38	67.1%	353	34	12	31	29
35	Adam Smith	48	m	MM	Old Greshamians	17	1:30:10	27:02:30	0:07:41	65.0%	450	35	13	36	30
36	Simon Render	52	m	MM	March AC	17	1:30:20	23:39:36	0:07:42	67.1%	351	36	14	30	31
37	David Neeves	35	m	MS	Bungay Black Dog Running Club	17	1:30:48	27:54:09	0:07:44	58.5%	724	37	18	46	32
38	Mark Stone	44	m	MM	Great Yarmouth Road Runners	17	1:31:24	26:38:51	0:07:48	62.1%	571	38	15	41	33
39	Neville Baker	62	m	MM	Headington RoadRunners	17	1:31:51	27:42:12	0:07:50	72.2%	157	39	16	14	34
40	Andy Collett	33	m	MS	Stowmarket Striders	17	1:33:42	26:57:18	0:07:59	56.3%	798	40	19	48	35
41	Niki Park	51	f	LM	Norwich Road Runners Ladies Team	17	1:35:39	27:47:49	0:08:09	70.3%	236	41	4	21	6
42	Sue Cooke	56	f	LM	City Of Norwich AC Ladies	17	1:36:18	26:42:55	0:08:13	74.5%	97	42	5	8	7
43	Sarah Taylor	51	f	LM	Ryston Ladies	17	1:36:19	25:59:34	0:08:13	69.8%	249	43	6	22	8
44	Hazel Wray	48	f	LM	North Norfolk Beach Runners B	17	1:36:44	27:30:59	0:08:15	67.1%	356	44	7	32	9
45	Lee Kirby	42	m	MM	Bishops Stortford Running Club	17	1:37:06	26:38:30	0:08:17	57.5%	766	45	17	47	36
46	Paulina Zub	36	f	LM	Fenland Running Club - B	17	1:39:33	28:17:47	0:08:29	59.7%	676	46	8	43	10
47	Carol Bowett	36	f	LM	Fenland Running Club	17	1:39:35	24:38:27	0:08:29	59.7%	677	47	9	44	11
48	Trudy Sayell	37	f	LM	West Norfolk AC	17	1:40:10	27:30:22	0:08:32	59.6%	682	48	10	45	12
49	Benjamin Warnes	35	m	MS	RAF Marham	17	1:45:12	26:56:50	0:08:58	50.5%	924	49	20	55	37
50	Kareana Symonds	35	f	LM	Dereham Runners - Team B	17	1:45:45	29:09:32	0:09:01	56.0%	807	50	11	49	13
51	Ilona Kriauzaite	35	f	LM	Serpentine RC	17	1:45:55	26:15:23	0:09:02	55.9%	810	51	12	50	14
52	Clare Barstow	38	f	LM	Framlingham Flyers	17	1:48:09	27:16:46	0:09:13	55.4%	822	52	13	52	15

## ALL STAGES -Round Norfolk Relay 2016

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
53	Matt Doran	42	m	MM	Harwich Runners	17	1:48:58	31:05:10	0:09:17	51.3%	916	53	18	54	38
54	Martin Hammond	51	m	MM	Ryston Runners C	17	1:49:21	27:15:22	0:09:19	55.0%	833	54	19	53	39
55	Amanda Davis	43	f	LM	Wellingborough & District AC.	17	1:51:19	28:55:31	0:09:29	55.6%	818	55	14	51	16
56	Kitty Rosser	36	f	LM	Tri-Anglia	17	1:59:19	27:44:29	0:10:10	49.8%	933	56	15	56	17
57	Carla Wiggins	36	f	LM	Felixstowe Road Runners	17	2:00:39	28:18:39	0:10:17	49.3%	941	57	16	57	18
58	Ryan Bigland	28	m	MS	Birketts' Runners AC	17	2:06:35	30:09:36	0:10:47	41.5%	982	58	21	58	40