

Stage 13: Thetford to Feltwell - 13.25 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	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
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 Frontrunners	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