

Stage 16: Downham Market to Stowbridge - 5.49 miles

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