

### Stage 3: Burnham Overy to Wells - 5.76 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Robert Campbell	50	m	MM	Ely Runners A	3	0:36:54	4:03:48	0:06:24	76.7%	60	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%	461	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%	421	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%	47	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%	354	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%	401	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%	528	9	3	19	5
10	David Tuffnail	45	m	MM	March AC	3	0:43:19	4:25:27	0:07:31	62.8%	532	10	4	20	6
11	Archie Barrington	15	m	MJ	Harwich Runners	3	0:43:48	5:40:10	0:07:36	61.0%	611	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%	758	12	3	34	8
13	Paul Taylor	50	m	MM	Coltishall Jaguars	3	0:44:45	4:41:27	0:07:46	63.3%	514	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%	487	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%	439	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%	684	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%	392	18	8	9	12
19	Edward Byard	35	m	MS	Headington RoadRunners	3	0:46:30	5:26:38	0:08:04	54.4%	837	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%	489	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%	653	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%	544	22	5	21	9
23	Hayley Hawes	35	f	LM	Ryston Ladies	3	0:47:11	4:53:15	0:08:11	60.0%	649	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%	679	24	4	25	11
25	Mark Tayler	63	m	MM	Birkettes' Runners AC	3	0:47:58	5:17:04	0:08:20	65.9%	404	25	9	11	14
26	Kevin Lu	32	m	MS	London Frontrunners	3	0:48:00	4:34:11	0:08:20	52.0%	890	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%	727	27	10	29	16
28	Lorna Aust	51	f	LM	Stamford Striders	3	0:48:27	4:43:57	0:08:25	66.4%	384	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%	749	29	5	33	13
30	Sam Hewson	35	m	MS	Pink & Blacks	3	0:48:39	5:29:20	0:08:27	52.0%	889	30	4	48	17
31	Matthew Atkinson	30	m	MS	RAF Marham	3	0:48:49	4:37:22	0:08:29	50.9%	905	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%	495	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%	783	33	12	36	20
34	Steve Dickens	52	m	MM	Tri-Anglia	3	0:49:37	5:14:18	0:08:37	58.0%	735	34	13	30	21
35	Marianne Defernez	43	f	LM	Wymondham AC	3	0:51:04	4:47:55	0:08:52	57.9%	741	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%	791	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%	842	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%	352	38	10	6	17
39	Vanessa Browne	47	f	LM	Old Greshamians	3	0:52:05	4:46:38	0:09:03	58.9%	702	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%	814	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%	796	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%	856	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%	855	43	8	45	21
44	Laura Ali	39	f	LM	Framlingham Flyers	3	0:54:25	5:03:13	0:09:27	52.9%	876	44	13	47	22
45	Emma Yarrow	44	f	LM	Stowmarket Striders	3	0:55:01	5:19:42	0:09:33	54.2%	845	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%	940	46	15	52	23
47	Debashish Biswas	34	m	MS	Serpentine RC	3	0:57:10	4:38:35	0:09:55	44.0%	971	47	6	56	24
48	Tessa Morgan	51	f	LM	Reepham Runners	3	0:58:28	5:14:48	0:10:09	55.0%	820	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%	709	49	16	28	25
50	Janice Blake	55	f	LM	Biggleswade AC	3	0:59:14	6:38:54	0:10:17	57.1%	765	50	17	35	26
51	Clare Slattery	29	f	LS	Thetford AC	3	0:59:29	5:27:58	0:10:20	47.1%	956	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%	960	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%	961	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%	789	54	18	37	29
55	Sheena Runham	46	f	LM	Riverside Runners	3	1:01:05	5:00:53	0:10:36	49.7%	921	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%	983	56	7	57	26
57	Judy Prior	68	f	LM	Bedford Harriers	3	1:10:30	6:11:48	0:12:14	57.9%	740	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%	984	58	21	58	32