

ROUND NORFOLK RELAY STAGE WINNERS - 2016

| Stage | Pos | Sex | Name | Club | Age | Cat | Time | AG% | Pace | Rec |
|--|-----|-----|-----------------------------|------------------------------------|-----|-----|---------|-------|-------|------------|
| Stage 1 EDP Trophy | 1 | M | Chris Balmer | Ryston Runners A | 34 | MS | 1:45:54 | 71.0% | 06:29 | |
| | 2 | M | Dominic Blake | Reepham Runners | 38 | MS | 1:49:05 | 70.2% | 06:41 | |
| | 1 | L | Susan Matthews | Ryston Ladies | 37 | LM | 2:07:44 | 66.0% | 07:50 | |
| | 2 | L | Lisa Marriott | Ramsey Road Runners | 57 | LM | 2:12:16 | 79.0% | 08:06 | |
| Stage 2 Dave Wootton Cup | 1 | M | Tom Vickery | Cambridge & Coleridge AC - A | 30 | MS | 1:25:51 | 74.2% | 06:06 | |
| | 2 | M | Steve Horton | Bedford Harriers B | 36 | MS | 1:28:10 | 73.1% | 06:16 | |
| | 1 | L | Maija Kozlova | Cambridge & Coleridge Team B | 33 | LS | 1:44:52 | 67.8% | 07:28 | |
| | 2 | L | Bethan Everson | Fenland Running Club | 25 | LS | 1:49:29 | 64.6% | 07:47 | |
| Stage 3 | 1 | M | Robert Campbell | Ely Runners A | 50 | MM | 0:36:54 | 76.7% | 06:24 | |
| | 2 | M | Gareth Hunt | Ryston Runners A | 25 | MS | 0:38:16 | 64.7% | 06:39 | |
| | 1 | L | Sally Cartwright | Bedford Harriers B | 49 | LM | 0:40:33 | 77.4% | 07:02 | |
| | 2 | L | Lauren Bradshaw | Cambridge & Coleridge AC - A | 32 | LS | 0:41:54 | 67.1% | 07:16 | |
| Stage 4 Darryl Davis Memorial Trophy | 1 | M | Graeme Knott | Harwich Runners | 37 | MS | 1:10:46 | 71.9% | 06:21 | |
| | 2 | M | George Gay | City of Norwich AC A | 21 | MS | 1:10:46 | 70.6% | 06:21 | |
| | 1 | L | Anna Folland | Bedford Harriers B | 46 | LM | 1:19:13 | 75.9% | 07:07 | |
| | 2 | L | Rowena Leary | Norfolk Gazelles Red | 31 | LS | 1:22:19 | 67.5% | 07:23 | |
| Stage 5 Fat Birds Don't Fly Cup | 1 | M | James O'Neill | Ryston Runners A | 36 | MS | 1:11:58 | 68.1% | 06:39 | |
| | 2 | M | Scott Walford | Bure Valley Harriers | 46 | MM | 1:13:34 | 72.0% | 06:48 | |
| | 1 | L | Carol Devlin | Dereham Runners - A Team | 51 | LM | 1:26:47 | 71.2% | 08:02 | |
| | 2 | L | Michelle Brett | Ramsey Road Runners | 33 | LS | 1:28:59 | 60.8% | 08:14 | |
| Stage 6 | 1 | M | Jonathan Escalante-Phillips | Cambridge & Coleridge AC - A | 24 | MS | 0:43:09 | 79.9% | 05:28 | cat record |
| | 2 | M | Logan Smith | Dereham Runners - A Team | 18 | MJ | 0:43:55 | 81.2% | 05:34 | cat record |
| | 1 | L | Sarah Shephard | Paddock Wood AC | 23 | LS | 0:53:03 | 73.5% | 06:43 | |
| | 2 | L | Cat Cummings | Wymondham AC | 39 | LM | 0:56:49 | 70.5% | 07:12 | |
| Stage 7 | 1 | M | Ben Russell | Norwich Road Runners | 26 | MS | 0:53:08 | 76.8% | 05:45 | |
| | 2 | M | Malcolm Tuff | Ryston Runners A | 51 | MM | 0:55:10 | 84.8% | 05:58 | |
| | 1 | L | Sarah Stradling | City of Norwich AC A | 41 | LM | 0:56:19 | 84.5% | 06:06 | cat record |
| | 2 | L | Kirstie Sharman | Bedford Harriers B | 40 | LM | 1:00:08 | 78.6% | 06:30 | |
| Stage 8 | 1 | M | Stephane Lustig | North Norfolk Beach Runners A-Te | 39 | MS | 0:45:08 | 76.1% | 06:00 | |
| | 2 | M | Matt Frary | Norwich Road Runners B | 43 | MM | 0:48:18 | 73.3% | 06:25 | |
| | 1 | L | Renee Allen | Bedford Harriers B | 41 | LM | 0:50:10 | 76.6% | 06:40 | |
| | 2 | L | Victoria Coe | Cambridge & Coleridge AC - A | 29 | LS | 0:51:55 | 71.2% | 06:54 | |
| Stage 9 | 1 | M | Matt Slater | Cambridge & Coleridge AC - A | 32 | MS | 1:37:40 | 78.5% | 05:53 | cat record |
| | 2 | M | Alan Darby | Ely Runners A | 32 | MS | 1:38:45 | 77.6% | 05:57 | |
| | 1 | L | Geraldine Larham | March AC | 46 | LM | 1:53:51 | 81.4% | 06:52 | cat record |
| | 2 | L | Lesley Robins | Ryston Ladies | 44 | LM | 2:01:42 | 74.5% | 07:20 | |
| Stage 10 | 1 | M | Matt Bidwell | City of Norwich AC A | 44 | MM | 1:46:45 | 82.5% | 05:53 | cat record |
| | 2 | M | Colin Tricker | Paddock Wood AC | 35 | MS | 1:54:28 | 72.2% | 06:19 | cat record |
| | 1 | L | Nicky Wnek | Ryston Ladies | 45 | LM | 2:17:21 | 72.7% | 07:35 | cat record |
| | 2 | L | Chrissie Spooner | North Norfolk Beach Runners B | 45 | LM | 2:22:31 | 70.1% | 07:52 | |
| Stage 11 Peter Andrews Cup | 1 | M | Axel Finke | Cambridge & Coleridge AC - A | 29 | MS | 1:12:38 | 77.1% | 05:50 | cat record |
| | 2 | M | Warren Armstrong | Ryston Runners A | 43 | MM | 1:18:34 | 76.2% | 06:19 | |
| | 1 | L | Maria Heslop | Paddock Wood AC | 48 | LM | 1:19:16 | 87.2% | 06:22 | cat record |
| | 2 | L | Miranda Reynolds | Ely Runners B | 43 | LM | 1:29:59 | 73.2% | 07:14 | |
| Stage 12 | 1 | M | Aaron Scott | Bure Valley Harriers | 29 | MS | 1:49:02 | 83.9% | 05:33 | |
| | 2 | M | Matt Pyatt | Ryston Runners A | 39 | MS | 1:57:11 | 80.0% | 05:57 | |
| | 1 | L | Danni Nimmock | City Of Norwich AC Ladies | 26 | LS | 2:18:06 | 72.6% | 07:01 | cat record |
| | 2 | L | Sabine Schaefer | Thetford AC | 39 | LM | 2:24:24 | 71.8% | 07:20 | |
| Stage 13 | 1 | M | Piers Arnold | City of Norwich AC A | 27 | MS | 1:16:07 | 78.6% | 05:45 | |
| | 2 | M | Paul Scofield | Bishops Stortford Running Club | 42 | MM | 1:23:07 | 76.2% | 06:16 | |
| | 1 | L | Nicky Alford | City Of Norwich AC Ladies | 35 | LM | 1:30:12 | 74.4% | 06:48 | |
| | 2 | L | Alison Bryant-Smith | Serpentine RC | 33 | LS | 1:34:24 | 70.7% | 07:07 | |
| Stage 14 | 1 | M | Adam Matthews | Ryston Runners A | 21 | MS | 0:43:51 | 72.4% | 06:02 | |
| | 2 | M | John Moore | Norfolk Gazelles Red | 56 | MM | 0:46:14 | 82.0% | 06:22 | |
| | 1 | L | Claire Somerton | Cambridge & Coleridge AC - A | 29 | LS | 0:45:10 | 79.1% | 06:13 | cat record |
| | 2 | L | Claire Day | Paddock Wood AC | 36 | LM | 0:48:38 | 74.5% | 06:41 | cat record |
| Stage 15 | 1 | M | Simon Barrett | Serpentine RC | 41 | MM | 1:01:20 | 81.0% | 05:47 | cat record |
| | 2 | M | Chris Merrylees | North Norfolk Beach Runners A-Team | 38 | MS | 1:02:53 | 77.1% | 05:56 | |
| | 1 | L | Mabel Beckett | City of Norwich AC A | 21 | LS | 1:08:47 | 76.7% | 06:30 | cat record |
| | 2 | L | Marie French | Ryston Ladies | 36 | LM | 1:08:59 | 77.5% | 06:31 | |
| Stage 16 Winning Ways Trophy | 1 | M | Jake Stearman | Dereham Runners - A Team | 16 | MJ | 0:31:19 | 79.7% | 05:42 | cat record |
| | 2 | M | Andrew Shields | Cambridge & Coleridge AC - A | 51 | MM | 0:31:55 | 84.9% | 05:49 | |
| | 1 | L | Millie Solway | City Of Norwich AC Ladies | 16 | LJ | 0:36:05 | 76.3% | 06:34 | |
| | 2 | L | Victoria Holden | Paddock Wood AC | 35 | LM | 0:39:05 | 68.8% | 07:07 | |
| Stage 17 | 1 | M | Callum Stanforth | Ryston Runners A | 26 | MS | 1:08:27 | 76.8% | 05:50 | |
| | 2 | M | Alex Tate | Ely Runners A | 40 | MM | 1:11:03 | 77.4% | 06:03 | |
| | 1 | L | Philippa Taylor | City of Norwich AC A | 49 | LM | 1:16:22 | 85.9% | 06:31 | |
| | 2 | L | Becca Frake | Cambridge & Coleridge AC - A | 25 | LS | 1:22:02 | 71.5% | 07:00 | |

TROPHY WINNERS

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|-------------------------------------|---|----------------|------------------------------|---------|
| Eastern Daily Press Trophy | Fastest Time - Stage 1 | Chris Balmer | Ryston Runners A | 1:45:54 |
| Dave Wootton Cup | Fastest Time - Stage 2 | Tom Vickery | Cambridge & Coleridge AC - A | 1:25:51 |
| Darryl Davis Memorial Trophy | Best Men's Age Graded Performance - Stage 4 | Tony Savage | Ryston Runners C | 75.9% |
| Fat Birds Don't Fly Cup | Fastest Time - Stage 5 | James O'Neill | Ryston Runners A | 1:11:58 |
| Peter Andrews Cup | Best Age Graded Performance - Stage 11 | Maria Heslop | Paddock Wood AC | 87.2% |
| Winning Ways Trophy | Best Age Graded Performance - Stage 16 | Andrew Shields | Cambridge & Coleridge AC - A | 84.9% |