

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Rod Sinnott	50	M	MM	1	Fenland Running Club - Open	1	2:01:21	2:01:21	07:26	69.6%	279	23	14	17	21
Sean Connolly	48	M	MM	1	Fenland Running Club - Open	2	1:35:43	3:37:04	06:48	73.9%	131	7	5	3	7
Daniel Spiller	38	M	MS	1	Fenland Running Club - Open	3	0:43:17	4:20:21	07:31	59.7%	738	18	4	32	14
John Chapman	49	M	MM	1	Fenland Running Club - Open	4	1:27:47	5:48:08	07:53	63.7%	555	28	15	27	23
Graham Milham	41	M	MM	1	Fenland Running Club - Open	5	1:25:29	7:13:37	07:54	59.5%	744	16	8	31	16
Tom Richards	50	M	MM	1	Fenland Running Club - Open	6	0:55:38	8:09:15	07:03	70.7%	236	15	9	13	12
Lewis Saunders	27	M	MS	1	Fenland Running Club - Open	7	0:58:11	9:07:26	06:18	70.1%	264	7	6	23	7
Paul Griffin	52	M	MM	1	Fenland Running Club - Open	8	0:53:58	10:01:24	07:11	70.5%	244	21	5	25	15
Shane Draper	50	M	MM	1	Fenland Running Club - Open	9	1:50:23	11:51:47	06:39	78.1%	47	10	4	2	10
Martin Jennings	46	M	MM	1	Fenland Running Club - Open	10	1:53:15	13:45:02	06:15	79.1%	38	6	2	4	6
Stuart Follen	43	M	MM	1	Fenland Running Club - Open	11	1:29:13	15:14:15	07:10	67.1%	398	18	8	26	18
Andrew Plume	35	M	MS	1	Fenland Running Club - Open	12	2:01:34	17:15:49	06:11	75.4%	94	3	2	8	3
Chris Rose	42	M	MM	1	Fenland Running Club - Open	13	1:33:34	18:49:23	07:04	67.7%	365	18	8	27	18
Nigel Seale	57	M	MM	1	Fenland Running Club - Open	14	0:51:12	19:40:35	07:03	74.7%	107	17	9	7	15
Richard Agger	40	M	MM	1	Fenland Running Club - Open	15	1:14:59	20:55:34	07:05	65.7%	462	17	8	25	14
Ian Milburn	72	M	MM	1	Fenland Running Club - Open	16	0:42:06	21:37:40	07:40	78.3%	45	22	8	3	16
Andre Pittock	51	M	MM	1	Fenland Running Club - Open	17	1:25:20	23:03:00	07:16	70.5%	249	25	14	20	23
Andy Hawes	38	M	MS	2	Reepham Runners - Mixed	1	2:15:31	2:15:31	08:18	56.5%	848	41	10	54	38
Tom Robinson	38	M	MS	2	Reepham Runners - Mixed	2	1:48:02	4:03:33	07:41	60.4%	709	26	7	39	24
Charlotte Mears	37	F	LM	2	Reepham Runners - Mixed	3	0:57:20	5:00:53	09:57	49.7%	986	51	17	55	23
Nina Atkinson	43	F	LM	2	Reepham Runners - Mixed	4	1:31:24	6:32:17	08:12	64.1%	540	35	5	25	8
Greg Pearson	39	M	MS	2	Reepham Runners - Mixed	5	2:06:42	8:38:59	11:43	39.5%	1035	61	16	61	45
Hayley Thompson	37	F	LM	2	Reepham Runners - Mixed	6	1:13:16	9:52:15	09:16	54.1%	911	50	13	51	19
Susie Towning	55	F	LM	2	Reepham Runners - Mixed	7	1:20:21	11:12:36	08:42	68.7%	323	54	14	28	19
Trine Middleton	57	F	LM	2	Reepham Runners - Mixed	8	1:18:42	12:31:18	10:28	58.3%	785	60	19	48	31
Leigh Nobes	39	M	MS	2	Reepham Runners - Mixed	9	1:58:43	14:30:01	07:09	66.3%	431	20	9	33	18
Dominic Blake	39	M	MS	2	Reepham Runners - Mixed	10	1:41:53	16:11:54	05:37	83.0%	10	1	1	2	1
Kay Boyden	32	F	LS	2	Reepham Runners - Mixed	11	1:39:38	17:51:32	08:00	62.8%	601	43	4	42	8
James Beadle	39	M	MS	2	Reepham Runners - Mixed	12	2:32:59	20:24:31	07:47	61.3%	663	29	17	48	29
Steve Owen	60	M	MM	2	Reepham Runners - Mixed	13	1:49:14	22:13:45	08:15	67.7%	362	44	25	26	38
Jenni Egmore	50	F	LM	2	Reepham Runners - Mixed	14	1:03:07	23:16:52	08:41	64.2%	534	44	14	36	17
Eddie Alford	30	M	MS	2	Reepham Runners - Mixed	15	1:12:39	24:29:31	06:52	64.9%	501	10	4	28	8
Binks Neate Evans	51	F	LM	2	Reepham Runners - Mixed	16	0:55:14	25:24:45	10:04	55.3%	879	56	28	51	32
Rob Groves	31	M	MS	2	Reepham Runners - Mixed	17	1:27:43	26:52:28	07:29	60.0%	729	32	12	48	28
Paul Davies	48	M	MM	3	Biggleswade AC	1	2:08:43	2:08:43	07:53	64.5%	518	33	22	36	31
Paul Cooke	40	M	MM	3	Biggleswade AC	2	1:34:54	3:43:37	06:45	69.8%	273	5	4	11	5
Juliet Naylor	45	F	LM	3	Biggleswade AC	3	0:41:45	4:25:22	07:15	72.0%	198	13	2	6	3
Andrew Hedley	54	M	MM	3	Biggleswade AC	4	1:51:41	6:17:03	10:02	52.3%	953	58	30	56	42
Charles Arnold	61	M	MM	3	Biggleswade AC	5	1:32:42	7:49:45	08:35	65.1%	485	32	18	13	28
Rob Morgan	41	M	MM	3	Biggleswade AC	6	0:48:44	8:38:29	06:10	75.2%	98	4	3	8	4
Sarah-Jane Seaman	33	F	LS	3	Biggleswade AC	7	1:18:16	9:56:45	08:28	58.7%	772	49	4	55	15
Simon Strong	47	M	MM	3	Biggleswade AC	8	1:05:59	11:02:44	08:46	55.4%	876	51	13	54	26
Ian Grimwood	64	M	MM	3	Biggleswade AC	9	2:33:43	13:36:27	09:16	63.9%	549	58	31	38	47
Nick Haworth	40	M	MM	3	Biggleswade AC	10	2:11:04	15:47:31	07:14	65.0%	489	23	11	29	22
Juliet Grimwood	53	F	LM	3	Biggleswade AC	11	2:17:41	18:05:12	11:04	53.4%	930	59	11	58	17
John Stott	48	M	MM	3	Biggleswade AC	12	2:34:36	20:39:48	07:52	65.3%	477	33	15	35	33
Frank McLaughlin	55	M	MM	3	Biggleswade AC	13	1:58:12	22:38:00	08:55	59.8%	734	53	31	47	47
Zoe Luscombe	43	F	LM	3	Biggleswade AC	14	1:02:28	23:40:28	08:36	60.4%	710	42	12	40	15
Neil Harvey	57	M	MM	3	Biggleswade AC	15	1:28:34	25:09:02	08:22	64.1%	539	44	18	32	33
Vicky Berry	54	F	LM	3	Biggleswade AC	16	0:46:36	25:55:38	08:29	68.1%	346	35	11	17	13
Natalie Morgan	41	F	LM	3	Biggleswade AC	17	1:33:59	27:29:37	08:01	64.9%	499	41	4	37	5
Sam Bellotti	30	M	MS	4	Thetford AC	1	2:27:02	2:27:02	09:01	51.1%	974	56	12	58	48
Paul Rayner	56	M	MM	4	Thetford AC	2	2:00:30	4:27:32	08:34	63.0%	591	40	25	32	35
Ann Kirton	48	F	LM	4	Thetford AC	3	1:00:52	5:28:24	10:34	50.9%	976	54	20	51	26
Tony Cante	57	M	MM	4	Thetford AC	4	1:34:58	7:03:22	08:31	63.1%	584	39	21	31	31
Louise Norkett	40	F	LM	4	Thetford AC	5	1:52:00	8:55:22	10:22	49.7%	987	54	9	50	11
Paul White	43	M	MM	4	Thetford AC	6	1:12:41	10:08:03	09:12	51.2%	970	47	23	57	30
Tina Plumley	46	F	LM	4	Thetford AC	7	1:14:32	11:22:35	08:04	66.5%	422	37	6	33	9
Clare Slattery	30	F	LS	4	Thetford AC	8	1:08:58	12:31:33	09:10	53.6%	922	55	10	57	28
Sean West	30	M	MS	4	Thetford AC	9	2:07:45	14:39:18	07:42	60.0%	728	33	13	49	30
Sabine Schaefer	40	F	LM	4	Thetford AC	10	2:23:51	17:03:09	07:56	66.3%	432	33	1	26	3
Richard Dolman	54	M	MM	4	Thetford AC	11	1:30:37	18:33:46	07:17	72.4%	180	24	11	9	21
Luvuyo Mfawze	36	M	MS	4	Thetford AC	12	2:46:13	21:19:59	08:27	55.3%	877	48	21	57	45
Cliff Lear	52	M	MM	4	Thetford AC	13	1:51:47	23:11:46	08:26	61.6%	648	47	27	43	41
Amy Spearpoint	27	F	LS	4	Thetford AC	14	1:06:23	24:18:09	09:08	53.8%	919	53	6	53	25
Russell Slattery	32	M	MS	4	Thetford AC	15	1:27:27	25:45:36	08:15	54.0%	915	43	15	54	32
Gillian Paremian	66	F	LM	4	Thetford AC	16	0:48:50	26:34:26	08:54	77.0%	65	44	18	5	21
Charlie Stone	17	M	MJ	4	Thetford AC	17	1:30:06	28:04:32	07:41	61.2%	665	34	1	44	30
Joe Legge	38	M	MS	5	Pink & Blacks	1	2:16:18	2:16:18	08:21	56.1%	861	42	11	55	39
Andy Westhead	35	M	MS	5	Pink & Blacks	2	2:08:14	4:24:32	09:07	50.0%	982	47	12	60	38
Kim Westhead	33	F	LS	5	Pink & Blacks	3	1:01:50	5:26:22	10:44	45.5%	1014	56	6	59	27
Chris Godfrey	39	M	MS	5	Pink & Blacks	4	1:30:46	6:57:08	08:09	56.9%	836	34	10	47	27
James Brown	41	M	MM	5	Pink & Blacks	5	1:44:52	8:42:00	09:42	48.5%	995	53	27	53	43
Sam Hewson	36	M	MS	5	Pink & Blacks	6	1:07:05	9:49:05	08:29	52.7%	942	40	6	55	25
Tommy Clarke	38	M	MS	5	Pink & Blacks	7	1:17:37	11:06:42	08:24	54.4%	902	45	11	59	32
Andrew Coulthurst	39	M	MS	5	Pink & Blacks	8	0:55:21	12:02:03	07:22	62.1%	629	24	8	41	17

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Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Russell Black	36	M	MS	5	Pink & Blacks	9	2:01:00	14:03:03	07:17	63.8%	553	23	10	39	21
Joe Dixon	34	M	MS	5	Pink & Blacks	10	2:40:38	16:43:41	08:52	51.4%	967	53	18	57	44
Sarah Swaney	38	F	LM	5	Pink & Blacks	11	1:30:27	18:14:08	07:16	70.6%	243	21	1	15	2
Matt Simmonds	38	M	MS	5	Pink & Blacks	12	2:37:53	20:52:01	08:02	58.9%	762	39	19	53	38
Jon Cope	38	M	MS	5	Pink & Blacks	13	1:51:38	22:43:39	08:26	55.0%	891	46	14	54	40
Tom De Raedt	42	M	MM	5	Pink & Blacks	14	1:05:49	23:49:28	09:03	51.4%	964	52	20	55	28
Matt Unwin	41	M	MM	5	Pink & Blacks	15	1:22:20	25:11:48	07:46	60.3%	713	31	13	44	24
Kurt Van Belle	42	M	MM	5	Pink & Blacks	16	0:43:04	25:54:52	07:51	58.6%	774	24	9	40	17
Guy Simmonds	40	M	MM	5	Pink & Blacks	17	1:31:25	27:26:17	07:48	60.1%	723	35	18	47	31
Steve Brooke	49	M	MM	6	Felixstowe Road Runners	1	2:00:35	2:00:35	07:23	69.5%	289	20	11	19	18
Sam Brooke	26	M	MS	6	Felixstowe Road Runners	2	1:44:55	3:45:30	07:28	60.8%	693	20	6	37	19
Jo Whelan	56	F	LM	6	Felixstowe Road Runners	3	0:57:33	4:43:03	09:59	59.6%	740	52	18	33	24
Matt Saunders	41	M	MM	6	Felixstowe Road Runners	4	1:45:06	6:28:09	09:26	49.9%	984	52	27	58	39
Chris Sugars	46	M	MM	6	Felixstowe Road Runners	5	1:40:55	8:09:04	09:20	52.5%	948	48	26	47	40
Jonny Miles	35	M	MS	6	Felixstowe Road Runners	6	1:19:41	9:28:45	10:05	44.1%	1023	56	7	61	33
Mark Goodwin	45	M	MM	6	Felixstowe Road Runners	7	1:09:16	10:38:01	07:30	64.3%	528	27	14	39	23
Liz Beighton	43	F	LM	6	Felixstowe Road Runners	8	1:16:08	11:54:09	10:07	51.2%	969	59	18	59	30
Daniel Shanks	43	M	MM	6	Felixstowe Road Runners	9	2:19:56	13:14:05	08:26	58.1%	794	47	24	57	39
Robin Harper	41	M	MM	6	Felixstowe Road Runners	10	2:26:17	16:40:22	08:04	58.7%	769	37	19	46	33
Ali Ostler	35	F	LM	6	Felixstowe Road Runners	11	2:33:38	19:14:00	12:20	41.0%	1033	61	13	61	19
Ben Jacobs	41	M	MM	6	Felixstowe Road Runners	12	2:21:46	21:35:46	07:12	67.2%	389	18	7	28	18
Roger Stone	49	M	MM	6	Felixstowe Road Runners	13	1:38:44	23:14:30	07:27	68.0%	353	28	16	25	27
Rachel Dixey	41	F	LM	6	Felixstowe Road Runners	14	1:03:19	24:17:49	08:43	58.7%	770	45	15	45	18
Peter Woods	34	M	MS	6	Felixstowe Road Runners	15	1:35:35	25:53:24	09:02	49.6%	990	52	16	58	35
Adrian Goode	53	M	MM	6	Felixstowe Road Runners	16	0:39:18	26:32:42	07:10	70.1%	266	16	7	12	13
Dave Solomon	50	M	MM	6	Felixstowe Road Runners	17	1:26:59	27:59:41	07:25	68.5%	328	30	16	27	27
Sean Symonds	51	M	MM	7	Bungay Black Dog Running Club	1	2:24:21	2:24:21	08:51	59.1%	760	52	34	50	45
Robin Ashe	66	M	MM	7	Bungay Black Dog Running Club	2	2:28:45	4:53:06	10:35	56.1%	863	61	33	48	46
Harry Alcock	15	M	MJ	7	Bungay Black Dog Running Club	3	0:38:51	5:31:57	06:45	68.8%	317	4	2	12	4
Larissa Smith	34	F	LS	7	Bungay Black Dog Running Club	4	2:03:02	7:34:59	11:03	45.4%	1017	60	7	61	18
Justine Fawcett	47	F	LM	7	Bungay Black Dog Running Club	5	1:44:20	9:19:19	09:39	56.5%	847	51	8	37	10
Christine Ashe	56	F	LM	7	Bungay Black Dog Running Club	6	1:14:06	10:33:25	09:23	64.3%	524	53	15	25	21
Sabrina Norton	39	F	LM	7	Bungay Black Dog Running Club	7	1:11:51	11:45:16	07:47	65.4%	475	33	3	37	6
Bobbie Sauerzapf	58	F	LM	7	Bungay Black Dog Running Club	8	1:01:23	12:46:39	08:10	75.7%	92	36	8	11	15
Toby Craig	46	M	MM	7	Bungay Black Dog Running Club	9	2:25:32	15:12:11	08:46	57.3%	819	52	27	58	43
Jon Wiles	45	M	MM	7	Bungay Black Dog Running Club	10	2:16:16	17:28:27	07:31	65.2%	482	25	12	28	24
Simon Sparkes	44	M	MM	7	Bungay Black Dog Running Club	11	1:38:46	19:07:13	07:56	61.1%	675	40	20	46	33
Sarah Sparkes	44	F	LM	7	Bungay Black Dog Running Club	12	3:30:37	22:37:50	10:42	51.4%	966	59	10	59	10
Darren Honour	48	M	MM	7	Bungay Black Dog Running Club	13	1:27:50	24:05:40	06:38	75.7%	91	11	6	7	11
Nicky Sparkes	18	M	MJ	7	Bungay Black Dog Running Club	14	0:50:57	24:56:37	07:00	64.2%	531	16	1	35	14
Chris Chorley	54	M	MM	7	Bungay Black Dog Running Club	15	1:16:32	26:13:09	07:14	72.2%	193	21	9	13	18
Rachel Hirst	53	F	LM	7	Bungay Black Dog Running Club	16	0:55:00	27:08:09	10:01	56.9%	834	55	27	47	31
Richard Dye	56	M	MM	7	Bungay Black Dog Running Club	17	1:33:26	28:41:35	07:58	67.2%	388	39	21	31	35
Stephen Rolfe	61	M	MM	8	Norfolk Gazelles Dorcas	1	1:59:14	1:59:14	07:18	78.4%	43	18	9	2	16
Mark Drysdale	44	M	MM	8	Norfolk Gazelles Dorcas	2	1:55:20	3:54:34	08:12	59.3%	748	34	22	41	31
Estelle Corner	43	F	LM	8	Norfolk Gazelles Dorcas	3	0:52:06	4:46:40	09:03	56.8%	839	41	10	43	16
Rowena Leary	32	F	LS	8	Norfolk Gazelles Dorcas	4	1:21:59	6:08:39	07:22	67.9%	355	19	1	12	2
Dudley Garner	35	M	MS	8	Norfolk Gazelles Dorcas	5	1:38:20	7:46:59	09:06	49.6%	989	43	12	51	36
Emma Jay	34	F	LS	8	Norfolk Gazelles Dorcas	6	1:01:38	8:48:37	07:48	63.7%	558	23	4	27	8
Nigel Arnold	59	M	MM	8	Norfolk Gazelles Dorcas	7	0:58:10	9:46:47	06:18	86.2%	1	6	1	1	6
Louise Hurr	50	F	LM	8	Norfolk Gazelles Dorcas	8	0:56:48	10:43:35	07:33	73.7%	135	28	4	14	9
Joe Hawes	36	M	MS	8	Norfolk Gazelles Dorcas	9	1:43:49	12:27:24	06:15	74.4%	114	4	4	10	4
Jeremy Rogers	43	M	MM	8	Norfolk Gazelles Dorcas	10	1:53:43	14:21:07	06:16	76.8%	69	8	3	8	8
Lisa Netto	41	F	LM	8	Norfolk Gazelles Dorcas	11	1:49:27	16:10:34	08:47	59.3%	749	53	8	50	14
Christopher Moore	56	M	MM	8	Norfolk Gazelles Dorcas	12	2:33:07	18:43:41	07:47	70.8%	233	30	13	16	30
Michael Eccles	37	M	MS	8	Norfolk Gazelles Dorcas	13	1:15:52	19:59:33	05:44	80.3%	27	2	2	5	2
Beth King	41	F	LM	8	Norfolk Gazelles Dorcas	14	1:02:47	21:02:20	08:38	59.2%	754	43	13	44	16
Marianne Page	43	F	LM	8	Norfolk Gazelles Dorcas	15	1:24:40	22:27:00	08:00	65.8%	459	36	4	23	10
Justine Davenport	46	F	LM	8	Norfolk Gazelles Dorcas	16	0:49:20	23:16:20	08:59	58.5%	780	47	21	41	24
Phil Whiting	43	M	MM	8	Norfolk Gazelles Dorcas	17	1:23:33	24:39:53	07:07	67.4%	380	23	12	30	21
Jason Brunt	44	M	MM	9	Norfolk Gazelles Chinkara	1	2:04:50	2:04:50	07:39	64.3%	525	26	17	37	24
Steve Sadd	58	M	MM	9	Norfolk Gazelles Chinkara	2	1:53:54	3:58:44	08:06	67.8%	357	30	18	17	27
Ian Coxhead	50	M	MM	9	Norfolk Gazelles Chinkara	3	0:43:09	4:41:53	07:29	65.6%	468	17	7	17	13
Nick Ross	47	M	MM	9	Norfolk Gazelles Chinkara	4	1:32:04	6:13:57	08:16	59.8%	736	36	18	40	28
James Fowler	40	M	MM	9	Norfolk Gazelles Chinkara	5	1:31:35	7:45:32	08:28	55.1%	883	29	16	40	25
Lee Oxbury	49	M	MM	9	Norfolk Gazelles Chinkara	6	1:02:03	8:47:35	07:51	62.9%	597	27	13	29	18
Tobias Arnup	61	M	MM	9	Norfolk Gazelles Chinkara	7	1:15:30	10:03:05	08:10	67.6%	367	41	20	30	31
James Fray	40	M	MM	9	Norfolk Gazelles Chinkara	8	0:54:38	10:57:43	07:16	63.4%	577	22	6	39	16
Helen Salmon	51	F	LM	9	Norfolk Gazelles Chinkara	9	2:43:34	13:41:17	09:51	60.2%	718	60	8	48	12
Tim Sexton	46	M	MM	9	Norfolk Gazelles Chinkara	10	2:07:28	15:48:45	07:02	70.3%	257	20	9	19	19
Sam Thelwell	27	M	MS	9	Norfolk Gazelles Chinkara	11	1:24:57	17:13:42	06:49	66.0%	444	11	8	31	11
Tom Hutchings	45	M	MM	9	Norfolk Gazelles Chinkara	12	2:46:28	20:00:10	08:28	59.2%	756	49	25	52	46
Tim Woods	55	M	MM	9	Norfolk Gazelles Chinkara	13	1:48:59	21:49:09	08:14	64.9%	502	43	24	37	37
Alan Butterworth	43	M	MM	9	Norfolk Gazelles Chinkara	14	0:56:37	22:45:46	07:47	60.3%	716	31	15	41	22
Graham Hardingham	56	M	MM	9	Norfolk Gazelles Chinkara	15	1:24:47	24:10:33	08:00	66.4%	430	37	14	20	27
Michelle Waters	49	F	LM	9	Norfolk Gazelles Chinkara	16	0:51:41	25:02:14	09:25	57.6%	806	52	25	44	28

**ALL TEAMS - RNR 2017**

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Adrian Waters	50	M	MM	9	Norfolk Gazelles Chinkara	17	1:19:31	26:21:45	06:47	75.0%	103	15	7	5	15
Neville Baker	63	M	MM	10	Headington Road Runners	1	2:17:00	2:17:00	08:24	69.5%	285	44	29	18	40
David Sawyer	61	M	MM	10	Headington Road Runners	2	2:06:59	4:23:59	09:02	62.6%	617	43	26	33	37
Edward Byard	36	M	MS	10	Headington Road Runners	3	0:55:26	5:19:25	09:37	45.9%	1013	46	7	58	26
Clare Howarth	36	F	LM	10	Headington Road Runners	4	1:39:14	6:58:39	08:54	56.7%	841	47	6	48	11
Ulen Neale	46	M	MM	10	Headington Road Runners	5	2:02:03	9:00:42	11:17	43.4%	1026	58	28	60	44
John Griffiths	59	M	MM	10	Headington Road Runners	6	0:55:41	9:56:23	07:03	76.3%	78	17	11	6	14
David Crosthwaite	49	M	MM	10	Headington Road Runners	7	1:09:46	11:06:09	07:33	65.9%	445	29	16	35	25
Claire Hanratty	47	F	LM	10	Headington Road Runners	8	1:03:15	12:09:24	08:25	64.0%	546	43	12	38	20
Mark Jones	58	M	MM	10	Headington Road Runners	9	1:55:56	14:05:20	06:59	80.0%	35	16	8	1	16
Sam O'Neil	28	M	MS	10	Headington Road Runners	10	1:55:00	16:00:20	06:21	71.7%	208	9	6	17	9
David Rossiter	49	M	MM	10	Headington Road Runners	11	1:29:12	17:29:32	07:10	70.5%	248	17	7	16	17
Philip Lister	62	M	MM	10	Headington Road Runners	12	2:54:20	20:23:52	08:52	65.9%	449	56	26	33	47
Catriona Scott	38	F	LM	10	Headington Road Runners	13	1:43:09	22:07:01	07:47	65.9%	451	32	1	33	2
Harriet Griffiths	27	F	LS	10	Headington Road Runners	14	0:55:37	23:02:38	07:39	64.3%	529	27	3	34	7
Marie-Anne Fischer	56	F	LM	10	Headington Road Runners	15	1:33:12	24:35:50	08:48	69.3%	296	49	8	17	15
Mike Dunn	72	M	MM	10	Headington Road Runners	16	0:56:38	25:32:28	10:19	58.2%	788	57	13	42	25
Andrew Phelps	55	M	MM	10	Headington Road Runners	17	1:23:42	26:56:10	07:08	74.4%	115	24	13	8	22
Russell Clarke	59	M	MM	11	Tri-Anglia Triathlon Club	1	2:09:47	2:09:47	07:57	70.6%	241	35	24	13	33
Anna Froswick	28	F	LS	11	Tri-Anglia Triathlon Club	2	2:07:33	4:17:20	09:04	55.5%	875	44	3	51	7
Roger Slee	48	M	MM	11	Tri-Anglia Triathlon Club	3	0:51:24	5:08:44	08:55	54.2%	907	38	15	45	24
Mark Clues	50	M	MM	11	Tri-Anglia Triathlon Club	4	1:25:55	6:34:39	07:43	65.7%	465	23	13	18	21
Mark Philo	49	M	MM	11	Tri-Anglia Triathlon Club	5	1:36:41	8:11:20	08:57	56.1%	862	41	22	39	34
Kitty Rosser	37	F	LM	11	Tri-Anglia Triathlon Club	6	1:22:40	9:34:00	10:28	48.0%	1000	59	19	59	26
Rebecca Wass	36	F	LM	11	Tri-Anglia Triathlon Club	7	1:36:28	11:10:28	10:26	48.0%	999	61	19	61	25
John Lee	63	M	MM	11	Tri-Anglia Triathlon Club	8	0:56:03	12:06:31	07:27	74.8%	106	26	7	12	19
Vince Butler	48	M	MM	11	Tri-Anglia Triathlon Club	9	2:04:03	14:10:34	07:28	68.3%	335	27	13	27	24
Will Hall	40	M	MM	11	Tri-Anglia Triathlon Club	10	2:16:49	16:27:23	07:33	62.3%	623	27	14	38	26
James Coleman	43	M	MM	11	Tri-Anglia Triathlon Club	11	1:39:09	18:06:32	07:58	60.4%	711	41	21	49	34
Stan Swanepole	53	M	MM	11	Tri-Anglia Triathlon Club	12	2:39:54	20:46:26	08:08	66.0%	442	41	21	32	40
David Asker	33	M	MS	11	Tri-Anglia Triathlon Club	13	1:34:17	22:20:43	07:07	63.6%	562	20	11	39	20
Rob Whalen	32	M	MS	11	Tri-Anglia Triathlon Club	14	1:07:32	23:28:15	09:17	47.1%	1010	55	7	58	30
Janice Coglin-Hibbert	44	F	LM	11	Tri-Anglia Triathlon Club	15	1:46:18	25:14:33	10:02	52.8%	939	57	11	57	19
Emiley Smith	42	F	LM	11	Tri-Anglia Triathlon Club	16	0:41:40	25:56:13	07:35	66.9%	406	20	6	20	6
Natalie Kim Cant	36	F	LM	11	Tri-Anglia Triathlon Club	17	1:39:25	27:35:38	08:29	59.8%	735	51	8	50	11
Robin Webb	33	M	MS	12	Ely Runners - Team A	1	1:47:03	1:47:03	06:34	70.1%	263	4	2	15	4
Gordon Irvine	38	M	MS	12	Ely Runners - Team A	2	1:40:49	3:27:52	07:10	64.7%	510	11	4	28	11
Stephen Howard	53	M	MM	12	Ely Runners - Team A	3	0:39:51	4:07:43	06:55	72.8%	163	8	3	3	7
Ross Payne	22	M	MS	12	Ely Runners - Team A	4	1:12:34	5:20:17	06:31	68.6%	325	1	1	11	1
Alex Metcalfe	34	M	MS	12	Ely Runners - Team A	5	1:14:47	6:35:04	06:55	65.0%	494	4	3	14	4
Ben Cook	36	M	MS	12	Ely Runners - Team A	6	0:51:37	7:26:41	06:32	68.4%	332	8	2	17	8
Richard Hill	40	M	MM	12	Ely Runners - Team A	7	1:00:03	8:26:44	06:30	71.3%	224	11	4	18	11
Rob Pope	30	M	MS	12	Ely Runners - Team A	8	0:48:29	9:15:13	06:27	67.8%	358	8	3	30	7
Alan Darby	33	M	MS	12	Ely Runners - Team A	9	1:40:40	10:55:53	06:04	76.1%	81	2	2	9	2
Craig Holgate	40	M	MM	12	Ely Runners - Team A	10	3:22:22	14:18:15	11:10	42.1%	1029	61	30	61	49
Lee Tatum	36	M	MS	12	Ely Runners - Team A	11	1:17:33	15:35:48	06:14	73.2%	151	3	2	6	3
Kieren Drane	35	M	MS	12	Ely Runners - Team A	12	2:08:05	17:43:53	06:31	71.6%	214	9	5	13	9
Peter Royle	48	M	MM	12	Ely Runners - Team A	13	1:39:42	19:23:35	07:31	66.7%	414	29	17	31	28
Jason Mann	51	M	MM	12	Ely Runners - Team A	14	0:49:42	20:13:17	06:50	73.2%	152	11	6	10	11
Alex Tate	41	M	MM	12	Ely Runners - Team A	15	1:02:01	21:15:18	05:51	80.1%	32	2	1	2	2
Lee Thompson	28	M	MS	12	Ely Runners - Team A	16	0:36:18	21:51:36	06:37	64.8%	506	5	1	27	4
Paul Waggitt	29	M	MS	12	Ely Runners - Team A	17	1:10:08	23:01:44	05:59	75.0%	102	1	1	4	1
Susan Matthews	38	F	LM	13	Ryston Runners - Ladies	1	1:58:42	1:58:42	07:16	71.5%	218	15	2	11	2
Lesley Robins	45	F	LM	13	Ryston Runners - Ladies	2	1:59:51	3:58:33	08:31	63.6%	561	38	3	30	5
Emma Thompson	40	F	LM	13	Ryston Runners - Ladies	3	0:55:09	4:53:42	09:34	52.5%	945	45	14	47	20
Lydia Gowns	28	F	LS	13	Ryston Runners - Ladies	4	1:27:29	6:21:11	07:51	63.5%	570	26	2	30	4
Jo Isbill	52	F	LM	13	Ryston Runners - Ladies	5	1:33:37	7:54:48	08:40	66.8%	409	34	4	9	5
Julia Norman	42	F	LM	13	Ryston Runners - Ladies	6	1:05:19	9:00:07	08:16	62.5%	620	35	9	33	13
Nicky Wnek	46	F	LM	13	Ryston Runners - Ladies	7	1:02:51	10:02:58	06:48	78.8%	40	17	1	6	1
Amy Chapman	26	F	LS	13	Ryston Runners - Ladies	8	0:52:45	10:55:43	07:01	70.1%	267	19	4	26	6
Mel Reed	34	F	LS	13	Ryston Runners - Ladies	9	2:09:21	13:05:04	07:48	65.7%	460	35	2	36	4
Pauline Drewery	48	F	LM	13	Ryston Runners - Ladies	10	2:30:33	15:35:37	08:18	68.8%	318	41	3	22	6
Kate Penn	30	F	LS	13	Ryston Runners - Ladies	11	1:46:07	17:21:44	08:31	58.9%	765	50	5	52	12
Anna Seaman	38	F	LM	13	Ryston Runners - Ladies	12	2:53:05	20:14:49	08:48	59.5%	742	55	9	51	9
Lorena Latisaite	29	F	LS	13	Ryston Runners - Ladies	13	1:37:28	21:52:17	07:21	68.2%	338	27	1	22	1
Rebecca Tuff	26	F	LS	13	Ryston Runners - Ladies	14	1:03:20	22:55:37	08:43	56.4%	849	47	4	48	20
Penny Seeger	31	F	LS	13	Ryston Runners - Ladies	15	1:23:06	24:18:43	07:51	63.6%	563	32	5	34	8
Maureen Wolfe	58	F	LM	13	Ryston Runners - Ladies	16	0:44:02	25:02:45	08:01	76.0%	84	26	7	8	9
Sarah Taylor	52	F	LM	13	Ryston Runners - Ladies	17	1:39:48	26:42:33	08:30	68.3%	337	52	9	28	12
Marcus Hawkins	44	M	MM	14	Ryston Runners - Open	1	2:03:32	2:03:32	07:34	65.0%	490	25	16	33	23
Simon Able	46	M	MM	14	Ryston Runners - Open	2	1:45:05	3:48:37	07:28	66.2%	433	22	14	23	20
John Hopgood	38	M	MS	14	Ryston Runners - Open	3	0:37:05	4:25:42	06:26	69.6%	280	3	2	10	3
Andrew Simmonds	36	M	MS	14	Ryston Runners - Open	4	1:15:09	5:40:51	06:45	67.3%	385	4	2	15	4
James O'Neill	37	M	MS	14	Ryston Runners - Open	5	1:09:09	6:50:00	06:24	71.4%	221	1	1	5	1
Richard Ebbs	46	M	MM	14	Ryston Runners - Open	6	0:49:12	7:39:12	06:14	77.4%	57	6	5	1	6
Michael Howlett	32	M	MS	14	Ryston Runners - Open	7	1:01:59	8:41:11	06:42	66.0%	441	16	8	34	16

**ALL TEAMS - RNR 2017**

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Dan Pratt	39	M	MS	14	Ryston Runners - Open	8	0:48:39	9:29:50	06:28	70.6%	242	9	4	24	8
Will Honeybone	46	M	MM	14	Ryston Runners - Open	9	1:48:33	11:18:23	06:32	76.8%	70	9	3	7	9
Warren Armstrong	44	M	MM	14	Ryston Runners - Open	10	1:58:52	13:17:15	06:33	74.1%	124	14	6	12	13
Nic Bensley	47	M	MM	14	Ryston Runners - Open	11	1:18:09	14:35:24	06:17	79.1%	37	4	1	3	4
Matt Allen	41	M	MM	14	Ryston Runners - Open	12	1:58:53	16:34:17	06:03	80.1%	30	1	1	3	1
Robert Simmonds	32	M	MS	14	Ryston Runners - Open	13	1:23:51	17:58:08	06:20	71.4%	219	7	4	14	7
Darren Easter	45	M	MM	14	Ryston Runners - Open	14	0:45:00	18:43:08	06:11	77.0%	64	2	1	5	2
Adam Matthews	22	M	MS	14	Ryston Runners - Open	15	1:06:23	19:49:31	06:16	71.0%	229	3	2	15	3
Simon Lev	36	M	MS	14	Ryston Runners - Open	16	0:36:23	20:25:54	06:38	66.4%	425	6	2	21	5
Callum Stanforth	27	M	MS	14	Ryston Runners - Open	17	1:10:36	21:36:30	06:01	74.5%	112	2	2	7	2
Jeremy Navrady	51	M	MM	15	Ryston Runners - Masters	1	2:20:49	2:20:49	08:38	60.5%	704	49	32	48	43
Mark Doughty	43	M	MM	15	Ryston Runners - Masters	2	1:54:13	4:15:02	08:07	59.4%	746	32	20	40	29
Chris Chapman	59	M	MM	15	Ryston Runners - Masters	3	0:50:07	5:05:09	08:42	60.9%	684	34	13	30	22
Kevin Howlett	60	M	MM	15	Ryston Runners - Masters	4	1:25:55	6:31:04	07:43	71.7%	210	24	14	5	22
Jason Stone	48	M	MM	15	Ryston Runners - Masters	5	1:25:54	7:56:58	07:57	62.7%	611	19	10	22	18
Martin Ive	51	M	MM	15	Ryston Runners - Masters	6	0:52:39	8:49:37	06:40	75.3%	96	10	8	7	10
Martin Heeley	41	M	MM	15	Ryston Runners - Masters	7	1:07:29	9:57:06	07:18	64.0%	547	23	11	40	20
Juliette Meek	36	F	LM	15	Ryston Runners - Masters	8	1:01:29	10:58:35	08:11	60.9%	681	38	10	44	17
Tim Rudd	49	M	MM	15	Ryston Runners - Masters	9	2:08:32	13:07:07	07:45	66.5%	419	34	17	32	31
Jane Ashby	69	F	LM	15	Ryston Runners - Masters	10	2:43:04	15:50:11	09:00	85.7%	2	55	8	1	11
Barry Smith	52	M	MM	15	Ryston Runners - Masters	11	1:37:28	17:27:39	07:50	66.2%	435	37	18	30	31
Graeme Leeson	46	M	MM	15	Ryston Runners - Masters	12	2:41:07	20:08:46	08:11	61.6%	644	43	22	46	41
Tony Savage	56	M	MM	15	Ryston Runners - Masters	13	1:34:47	21:43:33	07:09	75.2%	97	21	10	8	21
Wendy Fisher	52	F	LM	15	Ryston Runners - Masters	14	1:01:56	22:45:29	08:31	67.0%	400	41	11	25	14
Sarah Partridge	61	F	LM	15	Ryston Runners - Masters	15	1:32:16	24:17:45	08:43	75.0%	104	48	7	8	14
Neil Stapleton	45	M	MM	15	Ryston Runners - Masters	16	0:35:22	24:53:07	06:27	73.1%	155	3	2	10	2
Stew Robins	50	M	MM	15	Ryston Runners - Masters	17	1:20:36	26:13:43	06:52	74.0%	128	18	9	9	17
Chris Capps	62	M	MM	16	Bedford Harriers	1	2:26:41	2:26:41	08:59	64.3%	527	55	36	38	47
Stuart Bullard	42	M	MM	16	Bedford Harriers	2	2:12:13	4:38:54	09:24	50.9%	977	55	31	59	44
Michelle Fadden	51	F	LM	16	Bedford Harriers	3	1:03:09	5:42:03	10:58	50.9%	978	57	21	52	28
Kevin Shelton-Smith	57	M	MM	16	Bedford Harriers	4	1:21:28	7:03:31	07:19	73.6%	140	17	10	3	16
Bob Wells	70	M	MM	16	Bedford Harriers	5	1:25:12	8:28:43	07:53	77.3%	59	15	7	1	15
Richard Watson	50	M	MM	16	Bedford Harriers	6	1:12:59	9:41:42	09:14	53.9%	918	48	24	52	31
Alex Rothwell	56	M	MM	16	Bedford Harriers	7	1:19:37	11:01:19	08:37	61.3%	661	53	23	43	35
Anna Rust	24	F	LS	16	Bedford Harriers	8	1:02:35	12:03:54	08:19	59.1%	758	41	7	46	18
George Murphy	37	M	MS	16	Bedford Harriers	9	2:21:08	14:25:02	08:30	55.0%	890	48	15	60	40
Mark Tinkler	59	M	MM	16	Bedford Harriers	10	2:24:42	16:49:44	07:59	69.5%	284	35	18	20	31
Sally Knight	43	F	LM	16	Bedford Harriers	11	1:36:04	18:25:48	07:43	68.6%	326	31	2	21	4
Simon King	59	M	MM	16	Bedford Harriers	12	2:44:38	21:10:26	08:22	67.8%	359	46	23	26	43
Chris Fadden	54	M	MM	16	Bedford Harriers	13	1:53:25	23:03:51	08:34	61.8%	638	48	28	42	42
David Prior	70	M	MM	16	Bedford Harriers	14	1:06:45	24:10:36	09:11	64.7%	511	54	21	33	29
Ian Kingstone	51	M	MM	16	Bedford Harriers	15	1:39:25	25:50:01	09:23	54.2%	908	54	20	52	36
Judy Prior	69	F	LM	16	Bedford Harriers	16	0:59:48	26:49:49	10:54	65.9%	448	58	29	23	33
Tony Jones	57	M	MM	16	Bedford Harriers	17	1:39:49	28:29:38	08:31	63.5%	569	53	24	38	41
Sean Bowen	52	M	MM	17	Garden City Runners	1	1:55:54	1:55:54	07:06	74.2%	118	9	4	4	9
Rob Casserley	45	M	MM	17	Garden City Runners	2	1:43:14	3:39:08	07:21	66.8%	408	14	9	22	13
Mick Wise	63	M	MM	17	Garden City Runners	3	0:48:57	4:28:05	08:30	64.6%	514	28	10	19	18
Brad Smith	36	M	MS	17	Garden City Runners	4	1:43:49	6:11:54	09:19	48.7%	993	51	12	59	38
Alan Routledge	54	M	MM	17	Garden City Runners	5	1:28:56	7:40:50	08:14	63.7%	557	26	14	17	22
Johan Preis	50	M	MM	17	Garden City Runners	6	1:06:10	8:47:00	08:23	59.5%	745	37	18	36	24
Richard Somerset	49	M	MM	17	Garden City Runners	7	1:00:31	9:47:31	06:33	76.0%	83	13	5	9	13
Adam Rossington	32	M	MS	17	Garden City Runners	8	0:55:57	10:43:28	07:26	59.0%	761	25	9	47	18
Paul Guy	43	M	MM	17	Garden City Runners	9	1:45:48	12:29:16	06:22	76.9%	68	8	2	6	8
Neil Hume	43	M	MM	17	Garden City Runners	10	1:51:25	14:20:41	06:09	78.4%	42	4	1	5	4
Michael Paine	53	M	MM	17	Garden City Runners	11	1:39:28	16:00:09	07:59	65.4%	474	42	22	33	35
Paul Davies	25	M	MS	17	Garden City Runners	12	2:09:56	18:10:05	06:36	70.4%	252	11	6	18	11
Jan Piotrowski	28	M	MS	17	Garden City Runners	13	1:33:15	19:43:20	07:02	64.2%	533	17	10	38	17
Malcolm Down	56	M	MM	17	Garden City Runners	14	0:48:03	20:31:23	06:37	78.9%	39	9	4	2	9
Darren Riley	54	M	MM	17	Garden City Runners	15	1:11:40	21:43:03	06:46	77.1%	60	9	4	4	7
John Davis (The Shorte	64	M	MM	17	Garden City Runners	16	0:46:34	22:29:37	08:29	65.1%	487	34	11	26	22
Russell Casey	40	M	MM	17	Garden City Runners	17	1:15:59	23:45:36	06:29	72.4%	187	5	1	14	5
Jon Brooker	52	M	MM	18	Newmarket Joggers	1	2:05:46	2:05:46	07:42	68.4%	333	28	19	21	26
Alan Shand	62	M	MM	18	Newmarket Joggers	2	2:08:36	4:14:22	09:09	62.4%	622	49	27	34	40
Cathy Russell	52	F	LM	18	Newmarket Joggers	3	0:51:51	5:06:13	09:00	62.8%	602	40	9	23	15
Lisa Long	45	F	LM	18	Newmarket Joggers	4	1:56:32	7:02:45	10:28	51.1%	971	59	11	57	17
Hannah Pollard	36	F	LM	18	Newmarket Joggers	5	1:40:45	8:43:30	09:19	54.2%	909	47	6	43	8
Ruth Eberhardt	44	F	LM	18	Newmarket Joggers	6	1:01:46	9:45:16	07:49	67.1%	397	24	5	20	9
Pauline Green	54	F	LM	18	Newmarket Joggers	7	1:14:39	10:59:55	08:05	73.0%	158	38	7	14	10
Helen Wass	52	F	LM	18	Newmarket Joggers	8	1:00:46	12:00:41	08:05	70.7%	239	34	6	23	13
Greg Davis	55	M	MM	18	Newmarket Joggers	9	2:02:04	14:02:45	07:21	73.9%	132	25	11	14	22
Mark Hayward	35	M	MS	18	Newmarket Joggers	10	1:55:01	15:57:46	06:21	71.9%	201	10	7	16	10
Paul Dockerill	39	M	MS	18	Newmarket Joggers	11	1:31:38	17:29:24	07:22	63.3%	578	26	11	41	23
Neil Pollard	39	M	MS	18	Newmarket Joggers	12	2:11:25	19:40:49	06:41	71.3%	222	13	7	14	13
Neville Clarke	63	M	MM	18	Newmarket Joggers	13	1:42:18	21:23:07	07:43	74.4%	113	31	19	9	30
Steve Edwards	53	M	MM	18	Newmarket Joggers	14	0:54:18	22:17:25	07:28	68.1%	345	23	12	22	19
Adrian Whittle	52	M	MM	18	Newmarket Joggers	15	1:29:33	23:46:58	08:27	60.7%	697	45	19	43	34



## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Jamie Rule	32	M	MS	18	Newmarket Joggers	16	0:37:06	24:24:04	06:45	63.9%	550	10	3	28	8
Grainne Brennan	27	F	LS	18	Newmarket Joggers	17	1:26:27	25:50:31	07:22	67.8%	356	28	1	29	3
Paul Slater	47	M	MM	19	Paddock Wood AC	1	1:57:49	1:57:49	07:13	69.9%	270	13	6	16	13
David Sampson	57	M	MM	19	Paddock Wood AC	2	1:41:00	3:38:49	07:11	75.8%	89	12	8	2	12
Mandy Barker	44	F	LM	19	Paddock Wood AC	3	0:49:37	4:28:26	08:37	60.1%	725	33	7	31	12
Daniel Grimwood	41	M	MM	19	Paddock Wood AC	4	1:18:52	5:47:18	07:05	66.5%	421	8	4	17	7
Charles George	17	M	MJ	19	Paddock Wood AC	5	1:22:36	7:09:54	07:38	61.3%	660	13	1	27	13
Sarah Shephard	24	F	LS	19	Paddock Wood AC	6	0:52:54	8:02:48	06:42	73.7%	137	11	1	11	1
James Ridger	38	M	MS	19	Paddock Wood AC	7	1:00:22	9:03:10	06:32	69.9%	272	12	7	24	12
Aaron Rowland	18	M	MJ	19	Paddock Wood AC	8	0:51:09	9:54:19	06:48	66.4%	429	15	3	35	13
Steve Chivers	39	M	MS	19	Paddock Wood AC	9	1:53:16	11:47:35	06:49	69.5%	286	11	7	24	11
Steve Chalklen	33	M	MS	19	Paddock Wood AC	10	2:06:54	13:54:29	07:00	65.0%	491	19	10	30	18
Joe Holland	20	M	MJ	19	Paddock Wood AC	11	1:17:14	15:11:43	06:12	73.4%	144	2	1	5	2
Colin Tricker	36	M	MS	19	Paddock Wood AC	12	2:04:58	17:16:41	06:21	73.6%	139	7	4	11	7
Lukas Bates	29	M	MS	19	Paddock Wood AC	13	1:27:52	18:44:33	06:38	68.1%	343	12	6	23	12
Laura Douse	34	F	LS	19	Paddock Wood AC	14	0:52:25	19:36:58	07:13	68.6%	324	19	1	19	4
Victoria Holden	36	F	LM	19	Paddock Wood AC	15	1:20:48	20:57:46	07:38	66.2%	436	29	2	21	6
Tracey Green	40	F	LM	19	Paddock Wood AC	16	0:47:28	21:45:14	08:39	58.0%	797	40	14	43	17
Wayne Balmer	39	M	MS	19	Paddock Wood AC	17	1:17:21	23:02:35	06:36	70.5%	245	10	7	19	10
Louise Goddard	43	F	LM	20	Stowmarket Striders Running Club	1	2:38:36	2:38:36	09:43	55.5%	873	59	9	56	10
John Allard	43	M	MM	20	Stowmarket Striders Running Club	2	1:36:01	4:14:37	06:50	70.7%	237	8	6	10	8
Bob Grainer	37	M	MS	20	Stowmarket Striders Running Club	3	0:41:37	4:56:14	07:14	61.6%	647	12	3	24	10
Tim Larke	44	M	MM	20	Stowmarket Striders Running Club	4	1:19:27	6:15:41	07:08	67.6%	370	11	5	14	10
Mark Skoulding	47	M	MM	20	Stowmarket Striders Running Club	5	1:36:54	7:52:35	08:58	55.1%	885	42	23	41	35
Glen Proctor	45	M	MM	20	Stowmarket Striders Running Club	6	1:04:45	8:57:20	08:12	58.4%	781	31	15	39	21
Stephen Mead	65	M	MM	20	Stowmarket Striders Running Club	7	1:01:51	9:59:11	06:42	85.7%	3	15	7	2	15
Wendy Hughes	57	F	LM	20	Stowmarket Striders Running Club	8	1:03:55	11:03:06	08:30	71.7%	209	46	13	20	21
Bob Reason	52	M	MM	20	Stowmarket Striders Running Club	9	2:30:50	13:33:56	09:05	58.2%	789	55	29	55	45
James Cooper	37	M	MS	20	Stowmarket Striders Running Club	10	2:37:25	16:11:21	08:41	53.0%	936	52	17	55	43
Martin Little	48	M	MM	20	Stowmarket Striders Running Club	11	1:38:15	17:49:36	07:53	63.5%	572	38	19	39	32
Jo Stephenson	52	F	LM	20	Stowmarket Striders Running Club	12	2:50:58	20:40:34	08:42	69.8%	274	53	7	22	7
Charlotte Wasp	36	F	LM	20	Stowmarket Striders Running Club	13	2:08:32	22:49:06	09:42	52.4%	950	58	6	57	8
Clare Wigg	33	F	LS	20	Stowmarket Striders Running Club	14	1:05:19	23:54:25	08:59	55.0%	893	50	5	50	23
Julia Baldwin	47	F	LM	20	Stowmarket Striders Running Club	15	1:35:56	25:30:21	09:04	60.2%	720	53	10	46	18
Chris Miles	37	M	MS	20	Stowmarket Striders Running Club	16	0:38:20	26:08:41	06:59	63.5%	568	12	5	29	10
Nick Stephens	54	M	MM	20	Stowmarket Striders Running Club	17	1:22:09	27:30:50	07:00	75.1%	101	20	10	3	19
Yusuf Firat	54	M	MM	21	Haverhill Running Club	1	2:11:08	2:11:08	08:02	66.8%	411	37	26	28	35
Jamie Randall	51	M	MM	21	Haverhill Running Club	2	1:59:46	4:10:54	08:31	60.6%	700	37	24	38	33
Shirley Fowler	53	F	LM	21	Haverhill Running Club	3	0:53:54	5:04:48	09:21	61.2%	671	42	11	27	17
Mark White	45	M	MM	21	Haverhill Running Club	4	1:24:20	6:29:08	07:34	64.2%	532	21	12	23	19
Marc Benson	34	M	MS	21	Haverhill Running Club	5	1:40:41	8:09:49	09:19	48.3%	996	46	13	54	39
Mary Ann Tuli	46	F	LM	21	Haverhill Running Club	6	1:12:38	9:22:27	09:12	58.1%	792	46	11	41	17
Neil Mustoe	47	M	MM	21	Haverhill Running Club	7	1:11:23	10:33:50	07:44	63.4%	573	32	17	41	27
Daniel Everitt	42	M	MM	21	Haverhill Running Club	8	1:10:30	11:44:20	09:23	49.9%	985	56	15	60	28
Alex Smith	19	M	MJ	21	Haverhill Running Club	9	1:59:15	13:43:35	07:11	65.8%	454	21	1	34	19
Karen Martin	37	F	LM	21	Haverhill Running Club	10	2:32:46	16:16:21	08:26	61.2%	667	44	4	42	7
Trevor Bunch	43	M	MM	21	Haverhill Running Club	11	1:28:36	17:44:57	07:07	67.5%	372	15	5	23	15
Tony Gooding	41	M	MM	21	Haverhill Running Club	12	2:34:14	20:19:11	07:50	61.8%	637	32	14	45	32
Ian Elden	43	M	MM	21	Haverhill Running Club	13	1:36:51	21:56:02	07:19	65.9%	446	26	15	32	26
Byan Rootes	49	M	MM	21	Haverhill Running Club	14	0:48:57	22:44:59	06:44	73.1%	154	10	5	11	10
Jason Gale	27	M	MS	21	Haverhill Running Club	15	1:27:17	24:12:16	08:15	54.0%	913	42	14	53	31
Graham Dixon	39	M	MS	21	Haverhill Running Club	16	0:46:18	24:58:34	08:26	53.3%	931	33	11	56	21
Craig Sissons	29	M	MS	21	Haverhill Running Club	17	1:32:20	26:30:54	07:52	57.0%	833	37	13	53	33
Claire Hoblyn	53	F	LM	22	Saint Edmund Pacers - Team A	1	2:16:57	2:16:57	08:23	72.3%	188	43	4	10	4
Jo Woledge	44	F	LM	22	Saint Edmund Pacers - Team A	2	2:07:51	4:24:48	09:06	59.1%	759	45	5	42	8
Chris Cooke	56	M	MM	22	Saint Edmund Pacers - Team A	3	0:42:21	5:07:09	07:21	70.3%	258	15	6	8	11
Julian Long	45	M	MM	22	Saint Edmund Pacers - Team A	4	1:20:46	6:27:55	07:15	67.0%	403	16	9	16	15
Steve Atkins	51	M	MM	22	Saint Edmund Pacers - Team A	5	1:30:39	7:58:34	08:23	60.9%	685	27	15	29	23
Kevin Murphy	43	M	MM	22	Saint Edmund Pacers - Team A	6	0:48:24	8:46:58	06:08	76.9%	67	3	2	3	3
Peter Bird	43	M	MM	22	Saint Edmund Pacers - Team A	7	1:04:56	9:51:54	07:02	67.5%	374	21	10	31	19
Eloise Bird	49	F	LM	22	Saint Edmund Pacers - Team A	8	1:01:23	10:53:17	08:10	67.4%	379	37	9	32	16
Dave Beighton	41	M	MM	22	Saint Edmund Pacers - Team A	9	2:10:20	13:03:37	07:51	61.4%	658	40	22	45	36
Robert Hughes	54	M	MM	22	Saint Edmund Pacers - Team A	10	2:19:00	15:22:37	07:40	69.1%	306	29	15	21	27
Phil Brown	51	M	MM	22	Saint Edmund Pacers - Team A	11	1:35:49	16:58:26	07:42	66.7%	413	29	14	27	26
Michael Falcone	32	M	MS	22	Saint Edmund Pacers - Team A	12	2:17:44	19:16:10	07:00	66.4%	427	16	10	30	16
Stephen Hatten	51	M	MM	22	Saint Edmund Pacers - Team A	13	1:44:45	21:00:55	07:54	65.2%	483	36	21	36	32
Mel Rittimut-Mak	45	F	LM	22	Saint Edmund Pacers - Team A	14	0:57:43	21:58:38	07:56	66.5%	423	33	7	27	10
Dawn Marshall	55	F	LM	22	Saint Edmund Pacers - Team A	15	1:31:52	23:30:30	08:40	69.4%	293	46	5	16	12
Ryan Edwards	34	M	MS	22	Saint Edmund Pacers - Team A	16	0:46:48	24:17:18	08:31	51.1%	973	38	12	58	23
Angie Joiner-Handy	47	F	LM	22	Saint Edmund Pacers - Team A	17	1:22:25	25:39:43	07:02	77.9%	52	21	2	1	2
Graham Johnson	52	M	MM	23	Coltishall Jaguars - Mixed	1	2:18:40	2:18:40	08:30	62.0%	631	46	30	44	41
Andy Mulligan	26	M	MS	23	Coltishall Jaguars - Mixed	2	1:35:06	3:53:46	06:46	67.0%	401	6	2	21	6
Rosemary Jackson	63	F	LM	23	Coltishall Jaguars - Mixed	3	0:54:19	4:48:05	09:26	69.6%	278	43	12	9	18
Ellie Gaskins	32	F	LS	23	Coltishall Jaguars - Mixed	4	1:27:30	6:15:35	07:51	63.6%	560	27	3	28	5
Rod Bye	56	M	MM	23	Coltishall Jaguars - Mixed	5	1:27:40	7:43:15	08:07	65.8%	458	23	11	11	19
Vicky Tovell	45	F	LM	23	Coltishall Jaguars - Mixed	6	0:59:55	8:43:10	07:35	69.8%	275	21	3	14	6

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Nicola Lambert-John	34	F	LS	23	Coltishall Jaguars - Mixed	7	1:05:35	9:48:45	07:06	70.2%	260	22	1	21	3
Emma Wilcock	25	F	LS	23	Coltishall Jaguars - Mixed	8	0:58:32	10:47:17	07:47	63.2%	581	32	6	40	11
Zac Mace	43	M	MM	23	Coltishall Jaguars - Mixed	9	2:00:19	12:47:36	07:15	67.6%	369	22	10	30	20
Stuart Bennett	33	M	MS	23	Coltishall Jaguars - Mixed	10	2:21:41	15:09:17	07:49	58.2%	787	30	13	48	28
Jeremy Lawrence	59	M	MM	23	Coltishall Jaguars - Mixed	11	1:30:07	16:39:24	07:14	76.2%	80	20	9	4	19
Ben Letzer	39	M	MS	23	Coltishall Jaguars - Mixed	12	2:12:40	18:52:04	06:45	70.7%	238	14	8	17	14
Tony Aldborough	46	M	MM	23	Coltishall Jaguars - Mixed	13	1:29:13	20:21:17	06:44	73.3%	147	14	7	11	14
Emma Blake	40	F	LM	23	Coltishall Jaguars - Mixed	14	0:52:22	21:13:39	07:12	70.5%	246	18	3	14	3
Nic Holden	42	F	LM	23	Coltishall Jaguars - Mixed	15	1:19:57	22:33:36	07:33	69.1%	305	26	1	18	4
Vikki Harper	43	F	LM	23	Coltishall Jaguars - Mixed	16	0:41:40	23:15:16	07:35	67.4%	378	19	5	18	5
Melvyn Porter	50	M	MM	23	Coltishall Jaguars - Mixed	17	1:22:38	24:37:54	07:03	72.1%	195	22	11	15	20
Alan Bushell	46	M	MM	24	Coltishall Jaguars - Open	1	2:09:49	2:09:49	07:57	62.9%	595	36	25	42	34
Scott Shrubbsall	37	M	MS	24	Coltishall Jaguars - Open	2	1:51:50	4:01:39	07:57	57.9%	798	28	9	43	26
Clare Hicks	42	F	LM	24	Coltishall Jaguars - Open	3	0:56:38	4:58:17	09:50	51.8%	958	48	16	49	22
Tom Johnson	22	M	MS	24	Coltishall Jaguars - Open	4	1:29:19	6:27:36	08:01	55.7%	869	30	9	50	24
James Lambert	38	M	MS	24	Coltishall Jaguars - Open	5	1:31:30	7:59:06	08:28	54.3%	903	28	8	42	24
Ben Gaskins	32	M	MS	24	Coltishall Jaguars - Open	6	0:55:24	8:54:30	07:01	62.6%	615	14	3	32	11
Shane Bidle	34	M	MS	24	Coltishall Jaguars - Open	7	1:09:54	10:04:24	07:34	58.9%	763	30	9	54	26
Emma Jordan	46	F	LM	24	Coltishall Jaguars - Open	8	0:57:54	11:02:18	07:42	69.2%	302	30	5	28	10
Paul Taylor	51	M	MM	24	Coltishall Jaguars - Open	9	2:09:26	13:11:44	07:48	67.2%	386	37	19	31	33
Peter Nelson	42	M	MM	24	Coltishall Jaguars - Open	10	2:16:22	15:28:06	07:31	63.5%	566	26	13	32	25
Nick Eley	59	M	MM	24	Coltishall Jaguars - Open	11	1:34:28	17:02:34	07:35	72.7%	170	28	13	8	25
Dean Blake	43	M	MM	24	Coltishall Jaguars - Open	12	2:26:41	19:29:15	07:27	66.0%	440	23	10	31	23
Neil Button	48	M	MM	24	Coltishall Jaguars - Open	13	1:34:09	21:03:24	07:06	70.7%	240	19	9	15	19
Adele Bushell	50	F	LM	24	Coltishall Jaguars - Open	14	1:03:20	22:06:44	08:43	63.9%	548	46	16	37	19
Stephen Pointer	31	M	MS	24	Coltishall Jaguars - Open	15	1:23:35	23:30:19	07:54	56.4%	851	34	13	50	26
Ruth Gainsford	53	F	LM	24	Coltishall Jaguars - Open	16	0:46:40	24:16:59	08:30	67.1%	395	36	12	19	14
Nick Hudson	34	M	MS	24	Coltishall Jaguars - Open	17	1:25:52	25:42:51	07:19	61.6%	643	26	10	42	24
Mark Haynes	40	M	MM	25	Bure Valley Harriers	1	2:08:01	2:08:01	07:51	60.7%	695	30	20	46	28
Carl Goose	31	M	MS	25	Bure Valley Harriers	2	1:36:51	3:44:52	06:53	65.8%	455	9	3	25	9
Lorraine Marshall	50	F	LM	25	Bure Valley Harriers	3	0:46:55	4:31:47	08:09	67.7%	366	24	4	14	8
Simon Partridge	36	M	MS	25	Bure Valley Harriers	4	1:18:25	5:50:12	07:02	64.4%	521	7	3	21	6
Scott Walford	47	M	MM	25	Bure Valley Harriers	5	1:10:19	7:00:31	06:30	75.9%	86	2	1	2	2
Vhari King	39	F	LM	25	Bure Valley Harriers	6	1:03:57	8:04:28	08:06	62.6%	614	30	6	31	10
Ian Jermy	42	M	MM	25	Bure Valley Harriers	7	1:01:29	9:05:57	06:39	70.7%	235	14	6	20	14
Tessa Jones	51	F	LM	25	Bure Valley Harriers	8	0:52:12	9:58:09	06:56	81.2%	18	18	2	3	5
Matthew Crane	40	M	MM	25	Bure Valley Harriers	9	2:06:44	12:04:53	07:38	62.6%	612	30	16	42	27
Sam Coyne	23	M	MS	25	Bure Valley Harriers	10	1:53:16	13:58:09	06:15	72.8%	160	7	5	13	7
Matthew Stone	46	M	MM	25	Bure Valley Harriers	11	1:27:07	15:25:16	07:00	70.4%	253	12	3	17	12
Craig Bowen-Jones	46	M	MM	25	Bure Valley Harriers	12	2:10:16	17:35:32	06:37	76.2%	79	12	6	6	12
Aaron Scott	31	M	MS	25	Bure Valley Harriers	13	2:28:32	20:04:04	11:13	40.3%	1034	61	17	61	51
Sabina Spence	46	F	LM	25	Bure Valley Harriers	14	0:49:44	20:53:48	06:50	77.9%	53	12	1	4	1
Frazer Heasman	24	M	MS	25	Bure Valley Harriers	15	1:08:57	22:02:45	06:31	68.3%	334	6	3	19	4
Autumn Hales	22	F	LS	25	Bure Valley Harriers	16	0:42:59	22:45:44	07:50	61.9%	633	23	1	31	7
Martin Adcock	49	M	MM	25	Bure Valley Harriers	17	1:25:53	24:11:37	07:19	68.8%	316	27	15	26	25
Toni Alcaraz	43	F	LM	26	March AC	1	1:58:41	1:58:41	07:16	74.2%	119	14	1	5	1
Mick Stacey	56	M	MM	26	March AC	2	1:44:41	3:43:22	07:27	72.5%	178	18	12	6	17
Peter West	40	M	MM	26	March AC	3	0:40:23	4:23:45	07:01	64.9%	498	9	4	18	8
Karen Patterson	46	F	LM	26	March AC	4	1:28:45	5:52:30	07:58	67.8%	361	29	3	13	6
Dave Burgess	45	M	MM	26	March AC	5	1:16:39	7:09:09	07:05	68.5%	329	6	2	6	6
Emma Tuck	43	F	LM	26	March AC	6	0:53:39	8:02:48	06:47	76.6%	71	13	1	4	3
Mark Salmons	42	M	MM	26	March AC	7	1:03:59	9:06:47	06:55	68.0%	352	20	9	29	18
Andrew Larham	59	M	MM	26	March AC	8	0:50:07	9:56:54	06:40	80.7%	23	13	4	4	12
Geraldine Larham	47	F	LM	26	March AC	9	2:01:00	11:57:54	07:17	77.5%	56	24	2	4	3
Lee Carey	36	M	MS	26	March AC	10	2:15:10	14:13:04	07:27	61.4%	657	24	12	41	23
Justin Elvidge	46	M	MM	26	March AC	11	1:28:50	15:41:54	07:08	69.0%	310	16	6	20	16
Billy Bremner	47	M	MM	26	March AC	12	2:02:14	17:44:08	06:13	81.9%	13	4	2	2	4
Justin Showell	48	M	MM	26	March AC	13	1:36:39	19:20:47	07:18	68.8%	315	25	14	20	25
Louis Fairfax	31	M	MS	26	March AC	14	0:47:41	20:08:28	06:34	66.5%	420	8	5	26	8
Andrew Cole	49	M	MM	26	March AC	15	1:12:53	21:21:21	06:53	72.7%	169	12	6	11	10
Rhys Davies	42	M	MM	26	March AC	16	0:36:31	21:57:52	06:39	69.2%	303	7	4	14	6
Mike Boxhall	42	M	MM	26	March AC	17	1:18:00	23:15:52	06:39	71.6%	212	12	5	17	12
Lee Radley	47	M	MM	27	Riverside Runners	1	2:24:23	2:24:23	08:51	57.0%	831	53	35	53	46
Mike Kendal	46	M	MM	27	Riverside Runners	2	1:34:39	3:59:02	06:44	73.5%	142	4	3	4	4
Gary Evans	17	M	MJ	27	Riverside Runners	3	0:35:56	4:34:58	06:14	72.2%	194	1	1	5	1
Paul Ridley	50	M	MM	27	Riverside Runners	4	1:29:55	6:04:53	08:04	62.7%	605	32	16	33	25
James Shiner	30	M	MS	27	Riverside Runners	5	1:14:50	7:19:43	06:55	64.5%	519	5	4	15	5
Michaela Ridley	48	F	LM	27	Riverside Runners	6	1:20:26	8:40:09	10:11	53.6%	923	58	18	53	25
Lesley Carroll	52	F	LM	27	Riverside Runners	7	1:27:16	10:07:25	09:27	60.9%	688	59	17	47	23
Maisie Pritchard	17	F	LJ	27	Riverside Runners	8	0:58:43	11:06:08	07:48	64.4%	522	33	1	37	12
Malcolm Pritchard	46	M	MM	27	Riverside Runners	9	1:55:23	13:01:31	06:57	72.2%	192	14	6	22	14
Paul Newell	52	M	MM	27	Riverside Runners	10	2:30:07	15:31:38	08:17	62.9%	600	40	21	34	35
Rob Moir	52	M	MM	27	Riverside Runners	11	1:30:32	17:02:10	07:16	71.2%	226	22	10	12	20
Chris Hull	28	M	MS	27	Riverside Runners	12	2:33:32	19:35:42	07:48	59.6%	741	31	18	50	31
Michael Taylor	35	M	MS	27	Riverside Runners	13	1:13:55	20:49:37	05:35	81.6%	14	1	1	2	1
Tina Codling	56	F	LM	27	Riverside Runners	14	1:05:06	21:54:43	08:57	67.2%	390	49	18	24	22

**ALL TEAMS - RNR 2017**

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Ian Mulcahy	56	M	MM	27	Riverside Runners	15	1:27:08	23:21:51	08:14	64.6%	515	41	17	31	30
Sarah Friel	33	F	LS	27	Riverside Runners	16	0:43:53	24:05:44	08:00	60.9%	680	25	2	32	8
Emma Evans	21	F	LS	27	Riverside Runners	17	1:35:55	25:41:39	08:11	61.1%	674	45	2	46	8
Neil Hewson	44	M	MM	28	Ramsey Road Runners	1	2:08:02	2:08:02	07:51	62.7%	607	31	21	43	29
Stephen Lawson	52	M	MM	28	Ramsey Road Runners	2	2:19:18	4:27:20	09:54	52.6%	944	57	32	57	45
Ryan Price	17	M	MJ	28	Ramsey Road Runners	3	0:42:30	5:09:50	07:23	61.0%	676	16	3	29	12
Claire Hewson	42	F	LM	28	Ramsey Road Runners	4	1:50:52	7:00:42	09:57	52.4%	949	57	10	55	16
Rob White	49	M	MM	28	Ramsey Road Runners	5	1:35:41	8:36:23	08:51	56.7%	840	38	21	35	33
Les Rennie	63	M	MM	28	Ramsey Road Runners	6	1:06:00	9:42:23	08:21	66.7%	416	36	17	22	23
Andrew Brett	36	M	MS	28	Ramsey Road Runners	7	0:57:41	10:40:04	06:15	72.1%	197	5	5	17	5
Simon Mead	44	M	MM	28	Ramsey Road Runners	8	0:45:19	11:25:23	06:02	78.8%	41	6	1	8	5
Gavin Stokes	56	M	MM	28	Ramsey Road Runners	9	2:05:23	13:30:46	07:33	72.6%	173	29	15	19	26
Michelle Brett	34	F	LS	28	Ramsey Road Runners	10	2:17:04	15:47:50	07:34	67.3%	381	28	2	23	2
Martin Kirk	48	M	MM	28	Ramsey Road Runners	11	1:53:57	17:41:47	09:09	54.7%	896	57	26	55	42
Stephen Ashurst	54	M	MM	28	Ramsey Road Runners	12	2:34:52	20:16:39	07:52	68.8%	320	36	17	24	35
Helen Mclean	47	F	LM	28	Ramsey Road Runners	13	2:10:09	22:26:48	09:49	55.9%	867	59	7	52	9
Natalie Selby	34	F	LS	28	Ramsey Road Runners	14	0:55:19	23:22:07	07:37	65.0%	488	26	2	32	6
David Philpot	57	M	MM	28	Ramsey Road Runners	15	1:25:49	24:47:56	08:06	66.2%	437	39	16	22	29
Samantha Prior	29	F	LS	28	Ramsey Road Runners	16	1:01:22	25:49:18	11:11	43.4%	1025	60	5	61	35
Lisa Marriott	38	F	LM	28	Ramsey Road Runners	17	1:20:16	27:09:34	06:51	74.7%	108	16	1	6	1
Vinnie Purdy	41	M	MM	29	North Norfolk Beach Runners - Team /	1	2:00:52	2:00:52	07:24	64.8%	503	21	12	34	19
Neil Adams	40	M	MM	29	North Norfolk Beach Runners - Team /	2	1:31:26	3:32:18	06:30	72.5%	177	3	2	5	3
Charlotte Ennals	26	F	LS	29	North Norfolk Beach Runners - Team /	3	0:45:39	4:17:57	07:56	61.4%	655	23	4	25	7
Tony Witmond	49	M	MM	29	North Norfolk Beach Runners - Team /	4	1:14:14	5:32:11	06:40	75.3%	95	2	1	2	2
Jamie Seamark	45	M	MM	29	North Norfolk Beach Runners - Team /	5	1:18:22	6:50:33	07:15	67.0%	402	7	3	8	7
Charlotte Neale	31	F	LS	29	North Norfolk Beach Runners - Team /	6	0:53:35	7:44:08	06:47	72.8%	162	12	2	12	2
Chris Merrylees	39	M	MS	29	North Norfolk Beach Runners - Team /	7	0:56:35	8:40:43	06:07	75.1%	100	4	4	11	4
Stephane Lustig	40	M	MM	29	North Norfolk Beach Runners - Team /	8	0:46:34	9:27:17	06:12	74.3%	116	7	2	13	6
Christopher Parker	35	M	MS	29	North Norfolk Beach Runners - Team /	9	1:45:10	11:12:27	06:20	73.1%	153	6	6	16	6
Colin Stark	42	M	MM	29	North Norfolk Beach Runners - Team /	10	1:56:05	13:08:32	06:24	74.6%	109	11	4	10	11
Darren Neale	39	M	MS	29	North Norfolk Beach Runners - Team /	11	1:21:45	14:30:17	06:34	70.9%	232	8	5	14	8
Robbie Britton	30	M	MS	29	North Norfolk Beach Runners - Team /	12	2:00:24	16:30:41	06:07	76.0%	85	2	1	7	2
Adam Smart	35	M	MS	29	North Norfolk Beach Runners - Team /	13	1:30:07	18:00:48	06:48	66.9%	405	15	8	30	15
Lisa Oakley	41	F	LM	29	North Norfolk Beach Runners - Team /	14	0:50:45	18:51:33	06:59	73.2%	149	15	2	9	2
Flic Quinn	23	F	LS	29	North Norfolk Beach Runners - Team /	15	1:20:18	20:11:51	07:35	65.7%	461	27	4	24	5
Nicky Alford	36	F	LM	29	North Norfolk Beach Runners - Team /	16	0:36:33	20:48:24	06:39	73.8%	134	8	2	9	2
Lynton Battrick	42	M	MM	29	North Norfolk Beach Runners - Team /	17	1:17:10	22:05:34	06:35	72.4%	185	9	3	13	9
Jim Hayes	71	M	MM	30	North Norfolk Beach Runners - Team f	1	2:20:21	2:20:21	08:36	73.7%	136	48	31	7	42
Sal Ryder	51	F	LM	30	North Norfolk Beach Runners - Team f	2	2:21:05	4:41:26	10:02	57.9%	800	58	7	44	13
John Gay	57	M	MM	30	North Norfolk Beach Runners - Team f	3	0:49:03	5:30:29	08:31	61.2%	672	29	11	28	19
Vernon Hoare	54	M	MM	30	North Norfolk Beach Runners - Team f	4	1:35:50	7:06:19	08:36	60.9%	682	43	24	37	34
Rebecca Maun	48	F	LM	30	North Norfolk Beach Runners - Team f	5	1:36:21	8:42:40	08:55	61.8%	635	40	5	25	7
Zoe Parish	25	F	LS	30	North Norfolk Beach Runners - Team f	6	1:06:29	9:49:09	08:25	58.6%	775	39	5	38	15
Anita Bullen	47	F	LM	30	North Norfolk Beach Runners - Team f	7	1:16:38	11:05:47	08:18	65.3%	478	42	8	38	11
Sue Ilsley	56	F	LM	30	North Norfolk Beach Runners - Team f	8	1:05:19	12:11:06	08:41	69.3%	297	48	15	27	23
Andy Blake	59	M	MM	30	North Norfolk Beach Runners - Team f	9	2:22:16	14:33:22	08:34	65.8%	456	50	26	35	42
Emily Haughan	38	F	LM	30	North Norfolk Beach Runners - Team f	10	2:32:53	17:06:15	08:26	61.5%	650	45	5	39	8
Adrian Woods	45	M	MM	30	North Norfolk Beach Runners - Team f	11	1:34:04	18:40:19	07:33	64.7%	512	27	12	34	24
Darren Armstrong	43	M	MM	30	North Norfolk Beach Runners - Team f	12	2:45:17	21:25:36	08:24	58.6%	776	47	24	54	44
Adrian Dyde	59	M	MM	30	North Norfolk Beach Runners - Team f	13	1:45:22	23:10:58	07:57	69.6%	282	37	22	17	33
John Stares	53	M	MM	30	North Norfolk Beach Runners - Team f	14	0:56:03	24:07:01	07:43	66.0%	443	28	14	30	21
Kirk Price	35	M	MS	30	North Norfolk Beach Runners - Team f	15	1:23:27	25:30:28	07:53	57.1%	828	33	12	49	25
Rachel Robson	54	F	LM	30	North Norfolk Beach Runners - Team f	16	0:46:16	26:16:44	08:26	68.6%	327	32	10	15	12
Becky Garratt	39	F	LM	30	North Norfolk Beach Runners - Team f	17	1:36:52	27:53:36	08:15	62.2%	627	47	7	41	9
Joanna Killingworth	41	F	LM	31	Norwich Road Runners - Ladies	1	2:11:53	2:11:53	08:05	65.6%	469	38	3	30	3
Catherine Henery	53	F	LM	31	Norwich Road Runners - Ladies	2	2:04:36	4:16:29	08:52	67.2%	387	42	4	19	6
Roisin Marks	24	F	LS	31	Norwich Road Runners - Ladies	3	0:42:00	4:58:29	07:18	66.7%	412	14	2	16	4
Stacey Harper	39	F	LM	31	Norwich Road Runners - Ladies	4	1:29:49	6:28:18	08:04	63.5%	567	31	4	29	7
Deborah English	38	F	LM	31	Norwich Road Runners - Ladies	5	1:27:27	7:55:45	08:05	63.0%	592	21	2	18	3
Anna Kirkham	34	F	LS	31	Norwich Road Runners - Ladies	6	0:57:56	8:53:41	07:20	67.7%	363	18	3	18	4
Jess Behan	28	F	LS	31	Norwich Road Runners - Ladies	7	1:08:43	10:02:24	07:26	66.6%	418	26	2	32	4
Alicia Lacey	24	F	LS	31	Norwich Road Runners - Ladies	8	0:50:26	10:52:50	06:42	73.3%	148	14	2	16	2
Ruth Steele	50	F	LM	31	Norwich Road Runners - Ladies	9	2:13:56	13:06:46	08:04	72.6%	172	45	5	18	8
Julz Williams	35	F	LM	31	Norwich Road Runners - Ladies	10	2:28:05	15:34:51	08:10	62.6%	618	38	2	37	5
Claire Rackham	45	F	LM	31	Norwich Road Runners - Ladies	11	1:42:07	17:16:58	08:12	65.6%	467	46	6	32	10
Caroline Houghton	43	F	LM	31	Norwich Road Runners - Ladies	12	2:50:28	20:07:26	08:40	62.9%	599	51	5	43	5
Ali Middleton	30	F	LS	31	Norwich Road Runners - Ladies	13	1:45:32	21:52:58	07:58	63.0%	588	40	2	40	6
Ruth Gaunt	50	F	LM	31	Norwich Road Runners - Ladies	14	0:56:13	22:49:11	07:44	72.0%	199	29	5	12	8
Lisa Owen	38	F	LM	31	Norwich Road Runners - Ladies	15	1:22:06	24:11:17	07:45	65.7%	463	30	3	26	7
Amy Beck	35	F	LM	31	Norwich Road Runners - Ladies	16	0:38:42	24:49:59	07:03	69.5%	288	13	3	13	3
Niki Park	52	F	LM	31	Norwich Road Runners - Ladies	17	1:35:36	26:25:35	08:09	71.3%	225	44	6	18	7
Alec Francis	26	M	MS	32	Norwich Road Runners - Open	1	1:55:17	1:55:17	07:04	65.1%	484	8	5	32	8
Chris Bullock	43	M	MM	32	Norwich Road Runners - Open	2	1:44:38	3:39:55	07:27	64.9%	500	17	11	27	16
Chris Harrison	35	M	MS	32	Norwich Road Runners - Open	3	0:36:48	4:16:43	06:23	68.8%	321	2	1	13	2
Jonathan Kemp	37	M	MS	32	Norwich Road Runners - Open	4	1:19:25	5:36:08	07:08	64.0%	541	10	5	26	9
Paul Martin	40	M	MM	32	Norwich Road Runners - Open	5	1:21:19	6:57:27	07:31	62.1%	630	10	5	24	10

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
David Haughton	46	M	MM	32	Norwich Road Runners - Open	6	0:55:39	7:53:06	07:03	68.5%	331	16	10	16	13
Daniel Middleton	35	M	MS	32	Norwich Road Runners - Open	7	0:51:30	8:44:36	05:34	80.3%	26	2	2	5	2
Nick Gurney	26	M	MS	32	Norwich Road Runners - Open	8	0:48:54	9:33:30	06:30	67.2%	394	12	6	33	11
John Hudson	35	M	MS	32	Norwich Road Runners - Open	9	1:44:10	11:17:40	06:17	73.8%	133	5	5	15	5
Simon Millett	30	M	MS	32	Norwich Road Runners - Open	10	1:41:59	12:59:39	05:38	80.9%	21	2	2	3	2
Stephen Gibbs	37	M	MS	32	Norwich Road Runners - Open	11	1:18:13	14:17:52	06:17	73.0%	157	5	3	7	5
Ben Russell	27	M	MS	32	Norwich Road Runners - Open	12	3:31:52	17:49:44	10:46	43.2%	1028	60	22	61	50
Graham Jenvey	37	M	MS	32	Norwich Road Runners - Open	13	1:20:20	19:10:04	06:04	75.9%	87	4	3	6	4
Ashley Hobbs	30	M	MS	32	Norwich Road Runners - Open	14	0:45:34	19:55:38	06:16	69.5%	287	4	2	17	4
Ben Snelling	46	M	MM	32	Norwich Road Runners - Open	15	1:19:31	21:15:09	07:31	65.0%	492	24	11	27	21
Neil Walpole	47	M	MM	32	Norwich Road Runners - Open	16	0:36:04	21:51:13	06:34	72.8%	165	4	3	11	3
James Dunne	48	M	MM	32	Norwich Road Runners - Open	17	1:17:29	23:08:42	06:36	75.7%	93	11	4	2	11
Francis Hale	49	M	MM	33	Norwich Road Runners - Masters	1	1:46:58	1:46:58	06:33	78.3%	44	3	2	3	3
Martin Horlock	43	M	MM	33	Norwich Road Runners - Masters	2	1:44:33	3:31:31	07:26	64.9%	497	16	10	26	15
Adie Grand	52	M	MM	33	Norwich Road Runners - Masters	3	0:39:40	4:11:11	06:53	72.6%	175	7	2	4	6
Simon Hobbs	52	M	MM	33	Norwich Road Runners - Masters	4	1:20:11	5:31:22	07:12	71.6%	215	15	8	7	14
Karl Sherry	55	M	MM	33	Norwich Road Runners - Masters	5	1:18:51	6:50:13	07:18	72.5%	179	8	4	4	8
Mark Betts	45	M	MM	33	Norwich Road Runners - Masters	6	0:50:59	7:41:12	06:27	74.1%	122	7	6	9	7
Matt Fray	44	M	MM	33	Norwich Road Runners - Masters	7	1:03:00	8:44:12	06:49	70.1%	262	19	8	22	17
Graham Watering	44	M	MM	33	Norwich Road Runners - Masters	8	0:48:52	9:33:04	06:30	73.1%	156	11	3	17	10
Jonathan Cordle	53	M	MM	33	Norwich Road Runners - Masters	9	1:54:57	11:28:01	06:55	77.0%	63	13	5	5	13
Simon English	43	M	MM	33	Norwich Road Runners - Masters	10	1:57:09	13:25:10	06:28	74.6%	111	12	5	11	12
Dave Ledward	50	M	MM	33	Norwich Road Runners - Masters	11	1:28:14	14:53:24	07:05	71.9%	202	14	4	10	14
Kevin Mace	55	M	MM	33	Norwich Road Runners - Masters	12	2:24:47	17:18:11	07:22	74.2%	117	22	9	9	22
Dave Tandy	47	M	MM	33	Norwich Road Runners - Masters	13	1:34:59	18:53:10	07:10	69.5%	290	23	12	18	23
Mark Garrett	54	M	MM	33	Norwich Road Runners - Masters	14	0:45:21	19:38:31	06:14	82.2%	12	3	2	1	3
Mark Edwards	51	M	MM	33	Norwich Road Runners - Masters	15	1:12:52	20:51:23	06:53	73.9%	129	11	5	9	9
Richard Sales	55	M	MM	33	Norwich Road Runners - Masters	16	0:36:38	21:28:01	06:40	76.5%	75	9	5	7	7
Paul Smith	42	M	MM	33	Norwich Road Runners - Masters	17	1:20:36	22:48:37	06:52	69.3%	295	17	8	23	16
Todd Lake	53	M	MM	34	Dereham - Club	1	1:58:52	1:58:52	07:17	73.0%	159	16	7	8	14
Elizabeth Daly	34	F	LS	34	Dereham - Club	2	1:42:40	3:41:32	07:18	69.4%	292	13	1	12	1
Matthew Freezer	28	M	MS	34	Dereham - Club	3	0:47:54	4:29:26	08:19	51.7%	959	26	5	50	17
Daniel Roberts	24	M	MS	34	Dereham - Club	4	1:25:26	5:54:52	07:40	58.2%	786	22	8	44	20
Carol Devlin	52	F	LM	34	Dereham - Club	5	1:25:55	7:20:47	07:57	72.8%	161	20	1	3	2
James Davis	20	M	MJ	34	Dereham - Club	6	1:03:39	8:24:26	08:03	54.8%	895	29	1	48	20
Brian Titchiner	55	M	MM	34	Dereham - Club	7	1:09:29	9:33:55	07:31	69.7%	277	28	15	25	24
Lacey Bareham	24	F	LS	34	Dereham - Club	8	0:55:08	10:29:03	07:20	67.1%	399	23	5	34	7
Louise Juby	37	F	LM	34	Dereham - Club	9	1:58:38	12:27:41	07:09	72.6%	174	19	1	20	2
Philip Websdale	44	M	MM	34	Dereham - Club	10	2:52:42	15:20:23	09:32	51.0%	975	58	29	58	47
Craig Farr	42	M	MM	34	Dereham - Club	11	1:35:59	16:56:22	07:43	61.9%	634	30	15	44	27
Stephen Lee	37	M	MS	34	Dereham - Club	12	2:30:18	19:26:40	07:38	61.5%	651	26	15	47	26
Guzel Sari	36	M	MS	34	Dereham - Club	13	1:28:58	20:55:38	06:43	68.1%	344	13	7	24	13
Kareana Symonds	36	F	LM	34	Dereham - Club	14	1:00:12	21:55:50	08:17	60.2%	722	38	9	42	12
Rob Crockford	46	M	MM	34	Dereham - Club	15	1:25:08	23:20:58	08:02	60.7%	696	38	15	42	28
Gill Woodhouse	69	F	LM	34	Dereham - Club	16	0:49:07	24:10:05	08:57	80.2%	28	45	19	2	22
Andrew Hood	35	M	MS	34	Dereham - Club	17	1:26:33	25:36:38	07:23	61.4%	656	29	11	43	26
Will Longworth	25	M	MS	35	Dereham - Open	1	1:45:14	1:45:14	06:27	71.3%	223	2	1	12	2
Emma Potter-Campbell	47	F	LM	35	Dereham - Open	2	1:53:37	3:38:51	08:05	68.5%	330	29	1	16	3
Keith Moore	54	M	MM	35	Dereham - Open	3	0:45:20	4:24:11	07:52	64.5%	517	22	9	20	16
James Nice	51	M	MM	35	Dereham - Open	4	1:32:36	5:56:47	08:19	61.4%	653	37	19	35	29
Howard Bailey	33	M	MS	35	Dereham - Open	5	1:22:45	7:19:32	07:39	58.5%	778	14	7	32	14
Martin Strowger	50	M	MM	35	Dereham - Open	6	1:13:59	8:33:31	09:22	53.2%	933	52	25	54	32
Sally Lee	35	F	LM	35	Dereham - Open	7	1:18:10	9:51:41	08:28	59.1%	757	48	11	53	14
Jake Stearman	17	M	MJ	35	Dereham - Open	8	0:42:10	10:33:51	05:36	81.5%	15	2	1	2	2
Jonathan Burton	49	M	MM	35	Dereham - Open	9	2:26:02	12:59:53	08:48	58.6%	777	53	28	53	44
Michael Barrett	61	M	MM	35	Dereham - Open	10	2:50:17	15:50:10	09:24	60.2%	717	57	28	45	46
Chris Searle	25	M	MS	35	Dereham - Open	11	1:27:35	17:17:45	07:02	64.0%	545	13	9	36	13
Tomas Boza	36	M	MS	35	Dereham - Open	12	2:26:58	19:44:43	07:28	62.6%	616	24	14	44	24
Stuart Rose	42	M	MM	35	Dereham - Open	13	1:54:56	21:39:39	08:40	55.1%	884	50	30	53	44
Steven Rix	35	M	MS	35	Dereham - Open	14	0:59:07	22:38:46	08:08	54.5%	901	37	6	52	26
Laura Dixon	32	F	LS	35	Dereham - Open	15	1:13:39	23:52:25	06:57	71.8%	204	15	3	14	3
Malcolm Fisher	39	M	MS	35	Dereham - Open	16	0:41:41	24:34:06	07:36	59.3%	752	21	8	38	15
Andy Rowles	55	M	MM	35	Dereham - Open	17	1:35:27	26:09:33	08:08	65.2%	480	43	22	34	37
Gary Pillar	51	M	MM	36	Great Yarmouth Road Runners - Open	1	2:14:56	2:14:56	08:16	63.2%	580	40	28	41	37
Simon Bekker	42	M	MM	36	Great Yarmouth Road Runners - Open	2	1:44:50	3:59:46	07:27	64.2%	530	19	13	29	18
Andrew Baker	50	M	MM	36	Great Yarmouth Road Runners - Open	3	0:44:55	4:44:41	07:48	63.0%	585	21	8	22	15
Gary Stanley	62	M	MM	36	Great Yarmouth Road Runners - Open	4	1:36:37	6:21:18	08:40	65.0%	495	46	25	19	36
Mark Womack	47	M	MM	36	Great Yarmouth Road Runners - Open	5	1:38:57	8:00:15	09:09	54.0%	916	44	24	44	37
Rob Bailey	52	M	MM	36	Great Yarmouth Road Runners - Open	6	1:11:51	9:12:06	09:06	55.7%	871	45	22	47	29
John Bone	71	M	MM	36	Great Yarmouth Road Runners - Open	7	1:17:52	10:29:58	08:26	72.4%	184	47	22	15	34
Lisa Smith	43	M	MM	36	Great Yarmouth Road Runners - Open	8	1:13:26	11:43:24	09:46	48.2%	998	57	16	61	29
Mark Peach	45	M	MM	36	Great Yarmouth Road Runners - Open	9	2:22:10	14:05:34	08:34	58.1%	791	49	25	56	41
Dean Saunders	44	M	MM	36	Great Yarmouth Road Runners - Open	10	2:36:50	16:42:24	08:39	56.2%	860	51	26	52	42
Myles Duffield	44	M	MM	36	Great Yarmouth Road Runners - Open	11	1:36:38	18:19:02	07:46	62.4%	621	34	17	43	29
Andrew Dormer	50	M	MM	36	Great Yarmouth Road Runners - Open	12	2:24:21	20:43:23	07:20	71.2%	227	21	8	15	21
Mark Stone	45	M	MM	36	Great Yarmouth Road Runners - Open	13	1:46:46	22:30:09	08:03	60.8%	691	42	23	44	36



**ALL TEAMS - RNR 2017**

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Nicos Symeou	62	M	MM	36	Great Yarmouth Road Runners - Open	14	0:57:46	23:27:55	07:57	69.2%	300	34	17	18	24
Andy Clark	49	M	MM	36	Great Yarmouth Road Runners - Open	15	1:12:54	24:40:49	06:53	72.7%	171	13	7	12	11
Joe Jermy	29	M	MS	36	Great Yarmouth Road Runners - Open	16	0:44:33	25:25:22	08:07	52.8%	938	29	10	57	19
James Carass	30	M	MS	36	Great Yarmouth Road Runners - Open	17	1:20:56	26:46:18	06:54	65.0%	493	19	9	35	18
Nadine Heseltine	43	F	LM	37	Great Yarmouth Road Runners - Ladie	1	2:25:05	2:25:05	08:53	60.7%	698	54	8	47	8
Jane Trudgill	44	F	LM	37	Great Yarmouth Road Runners - Ladie	2	2:21:50	4:46:55	10:05	53.2%	932	59	8	54	14
Fiona Williams	45	F	LM	37	Great Yarmouth Road Runners - Ladie	3	1:03:40	5:50:35	11:03	47.2%	1007	59	23	56	30
Francesca Turner	22	F	LS	37	Great Yarmouth Road Runners - Ladie	4	1:43:43	7:34:18	09:19	53.5%	926	50	6	52	13
Karen Peck	46	F	LM	37	Great Yarmouth Road Runners - Ladie	5	2:03:23	9:37:41	11:25	47.3%	1006	59	12	56	15
Jodie Lee	33	F	LS	37	Great Yarmouth Road Runners - Ladie	6	1:27:03	11:04:44	11:01	45.0%	1019	61	8	60	28
Emma Dawson	34	F	LS	37	Great Yarmouth Road Runners - Ladie	7	1:22:11	12:26:55	08:54	56.0%	864	56	6	58	21
Lorrain Dawson	58	F	LM	37	Great Yarmouth Road Runners - Ladie	8	1:04:46	13:31:41	08:37	71.8%	207	47	14	19	22
Jane Thomas	44	F	LM	37	Great Yarmouth Road Runners - Ladie	9	2:31:27	16:03:08	09:07	59.9%	733	57	7	50	11
Penny Studley	44	F	LM	37	Great Yarmouth Road Runners - Ladie	10	3:17:22	19:20:30	10:53	50.1%	981	60	9	59	12
Jo Anverali	48	F	LM	37	Great Yarmouth Road Runners - Ladie	11	1:41:21	21:01:51	08:08	68.2%	339	44	5	22	9
Vicky Quantrill	43	F	LM	37	Great Yarmouth Road Runners - Ladie	12	2:34:48	23:36:39	07:52	69.2%	298	35	1	23	1
Nicola Baker	49	F	LM	37	Great Yarmouth Road Runners - Ladie	13	1:45:29	25:22:08	07:58	70.5%	247	39	4	16	5
Anna Coulborn	55	F	LM	37	Great Yarmouth Road Runners - Ladie	14	1:01:16	26:23:24	08:26	70.4%	250	39	10	15	13
Julie Webster	48	F	LM	37	Great Yarmouth Road Runners - Ladie	15	1:34:33	27:57:57	08:56	61.7%	640	50	9	39	16
Pandora Buck	53	F	LM	37	Great Yarmouth Road Runners - Ladie	16	0:49:48	28:47:45	09:04	62.9%	596	50	24	30	27
Cathy Tooley	52	F	LM	37	Great Yarmouth Road Runners - Ladie	17	2:01:04	30:48:49	10:19	56.3%	857	61	14	55	18
Jan Kaiser	43	M	MM	38	City of Norwich AC - Team A	1	1:47:24	1:47:24	06:35	74.2%	120	5	3	6	5
Adrian Mussett	45	M	MM	38	City of Norwich AC - Team A	2	1:21:03	3:08:27	05:46	85.1%	6	1	1	1	1
Sarah Griffiths	25	F	LS	38	City of Norwich AC - Team A	3	0:39:08	3:47:35	06:48	71.6%	211	5	1	7	1
Philippa Taylor	50	F	LM	38	City of Norwich AC - Team A	4	1:16:04	5:03:39	06:50	82.7%	11	5	1	1	1
Stephen Balfe	36	M	MS	38	City of Norwich AC - Team A	5	1:18:54	6:22:33	07:18	62.2%	628	9	5	23	9
Lawrence Wade	43	M	MM	38	City of Norwich AC - Team A	6	0:48:21	7:10:54	06:07	77.0%	66	2	1	2	2
George Gay	22	M	MS	38	City of Norwich AC - Team A	7	0:53:50	8:04:44	05:50	75.8%	88	3	3	10	3
Iona Lake	24	F	LS	38	City of Norwich AC - Team A	8	0:43:44	8:48:28	05:49	84.5%	8	4	1	1	1
Tim Lawrence	36	M	MS	38	City of Norwich AC - Team A	9	1:39:02	10:27:30	05:58	78.0%	50	1	1	3	1
Piers Arnold	28	M	MS	38	City of Norwich AC - Team A	10	1:46:33	12:14:03	05:53	77.4%	58	3	3	7	3
James Senior	25	M	MS	38	City of Norwich AC - Team A	11	1:09:52	13:23:55	05:37	80.2%	29	1	1	2	1
Jonathan Quint	40	M	MM	38	City of Norwich AC - Team A	12	2:02:31	15:26:26	06:14	77.1%	61	5	3	5	5
Matt Bidwell	45	M	MM	38	City of Norwich AC - Team A	13	1:15:55	16:42:21	05:44	85.5%	5	3	1	1	3
John Walshaw	48	M	MM	38	City of Norwich AC - Team A	14	0:47:12	17:29:33	06:30	75.2%	99	6	3	6	6
Dani Nimmock	27	F	LS	38	City of Norwich AC - Team A	15	1:07:49	18:37:22	06:24	77.8%	54	4	1	3	1
Charlotte Rose	36	F	LM	38	City of Norwich AC - Team A	16	0:34:29	19:11:51	06:17	78.2%	46	2	1	4	1
Mark Burgess	29	M	MS	38	City of Norwich AC - Team A	17	1:11:49	20:23:40	06:07	73.2%	150	3	3	11	3
Mark Solway	49	M	MM	39	City of Norwich AC - Team B	1	1:59:13	1:59:13	07:18	70.3%	256	17	8	14	15
Mark Storey	52	M	MM	39	City of Norwich AC - Team B	2	1:46:06	3:45:19	07:33	69.0%	311	24	16	15	22
Jane Clarke	57	F	LM	39	City of Norwich AC - Team B	3	0:40:52	4:26:11	07:06	85.1%	7	10	1	1	2
Julia Parsley	35	F	LM	39	City of Norwich AC - Team B	4	1:27:25	5:53:36	07:51	64.1%	538	25	2	24	3
Steven Guy	44	M	MM	39	City of Norwich AC - Team B	5	1:25:45	7:19:21	07:56	60.8%	692	17	9	30	17
Alex French	41	F	LM	39	City of Norwich AC - Team B	6	1:00:20	8:19:41	07:38	67.2%	391	22	4	19	7
Ed Foster	20	M	MJ	39	City of Norwich AC - Team B	7	0:59:26	9:19:07	06:26	69.4%	291	9	1	27	9
Tom Greenacre	16	M	MJ	39	City of Norwich AC - Team B	8	0:43:31	10:02:38	05:47	80.1%	31	3	2	6	3
Matthew Jones	52	M	MM	39	City of Norwich AC - Team B	9	1:58:36	12:01:14	07:09	74.0%	126	18	9	12	17
Carly Jermy	37	F	LM	39	City of Norwich AC - Team B	10	2:42:11	14:43:25	08:57	57.7%	805	54	7	50	10
Sarah Stubbs	42	F	LM	39	City of Norwich AC - Team B	11	1:37:07	16:20:32	07:48	67.3%	383	35	4	25	6
Haydn Lyon	25	M	MS	39	City of Norwich AC - Team B	12	2:20:19	18:40:51	07:08	65.2%	481	17	11	36	17
Glen Dunham	52	M	MM	39	City of Norwich AC - Team B	13	1:34:56	20:15:47	07:10	72.5%	176	22	11	12	22
Gary Crush	39	M	MS	39	City of Norwich AC - Team B	14	0:42:30	20:58:17	05:51	77.9%	51	1	1	3	1
Mabel Beckett	22	F	LS	39	City of Norwich AC - Team B	15	1:08:55	22:07:12	06:30	76.6%	72	5	2	6	2
Silje Hovstad	39	F	LM	39	City of Norwich AC - Team B	16	0:41:30	22:48:42	07:34	65.9%	447	18	4	22	4
Ellie Stevens	38	F	LM	39	City of Norwich AC - Team B	17	1:34:52	24:23:34	08:05	63.2%	579	42	5	39	6
Kaylee Meacham	30	F	LS	40	City of Norwich AC - Team C	1	2:37:57	2:37:57	09:41	52.4%	951	57	1	57	9
Phil Bamford	65	M	MM	40	City of Norwich AC - Team C	2	1:59:33	4:37:30	08:30	69.1%	307	36	23	14	32
Chris Langton	51	M	MM	40	City of Norwich AC - Team C	3	0:41:15	5:18:45	07:10	69.2%	301	11	5	11	9
Paul Woodyatt	56	M	MM	40	City of Norwich AC - Team C	4	1:40:00	6:58:45	08:59	59.4%	747	48	26	41	37
Joe Geitner	50	M	MM	40	City of Norwich AC - Team C	5	1:35:13	8:33:58	08:48	57.5%	811	36	20	34	31
Sam Todd	21	M	MS	40	City of Norwich AC - Team C	6	0:46:51	9:20:49	05:56	73.9%	130	1	1	10	1
Katie Mack	35	F	LM	40	City of Norwich AC - Team C	7	1:13:25	10:34:14	07:57	62.9%	594	35	4	42	7
Simon Eisenmann	52	M	MM	40	City of Norwich AC - Team C	8	1:03:20	11:37:34	08:25	60.1%	724	44	11	45	24
Peter Woods	46	M	MM	40	City of Norwich AC - Team C	9	1:55:53	13:33:27	06:59	71.9%	200	15	7	23	15
David Aldis	67	M	MM	40	City of Norwich AC - Team C	10	2:34:39	16:08:06	08:32	70.4%	251	49	25	18	40
Charlie Parr	26	M	MS	40	City of Norwich AC - Team C	11	1:30:44	17:38:50	07:17	61.7%	639	25	10	45	22
Iain Smith	46	M	MM	40	City of Norwich AC - Team C	12	3:31:52	21:10:42	10:46	46.9%	1011	61	29	60	51
Chris Lee	37	M	MS	40	City of Norwich AC - Team C	13	1:45:22	22:56:04	07:57	57.8%	802	38	12	50	34
Gary Penn	41	M	MM	40	City of Norwich AC - Team C	14	0:49:45	23:45:49	06:51	67.5%	373	13	7	23	12
Laura Parry	29	F	LS	40	City of Norwich AC - Team C	15	1:34:57	25:20:46	08:58	55.6%	872	51	8	51	17
James Stock	31	M	MS	40	City of Norwich AC - Team C	16	0:40:16	26:01:02	07:20	58.7%	773	17	7	39	14
Tom Bamford	32	M	MS	40	City of Norwich AC - Team C	17	1:16:11	27:17:13	06:30	69.1%	304	7	5	24	7
Chris Allen	47	M	MM	41	Bishops Stortford Running Club	1	2:05:28	2:05:28	07:41	65.6%	466	27	18	29	25
Jared Bethell	34	M	MS	41	Bishops Stortford Running Club	2	1:43:45	3:49:13	07:23	61.6%	645	15	5	36	14
Peter Wenzel	66	M	MM	41	Bishops Stortford Running Club	3	0:56:43	4:45:56	09:51	57.3%	817	49	17	39	27
Adam Chapman	36	M	MS	41	Bishops Stortford Running Club	4	1:36:18	6:22:14	08:39	52.5%	947	45	11	54	35

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Shirley Ball	63	F	LM	41	Bishops Stortford Running Club	5	1:55:31	8:17:45	10:41	62.9%	593	56	11	19	13
Stephen Ball	63	M	MM	41	Bishops Stortford Running Club	6	1:07:58	9:25:43	08:36	64.8%	508	41	19	23	26
Kate Pitts	37	F	LM	41	Bishops Stortford Running Club	7	1:16:48	10:42:31	08:19	60.6%	701	43	9	49	12
Sue Last	56	F	LM	41	Bishops Stortford Running Club	8	1:13:45	11:56:16	09:48	61.3%	659	58	17	42	29
Oliver Last	50	M	MM	41	Bishops Stortford Running Club	9	2:05:04	14:01:20	07:32	69.0%	313	28	14	25	25
Chris Pitts	39	M	MS	41	Bishops Stortford Running Club	10	1:52:52	15:54:12	06:14	74.9%	105	5	4	9	5
Matt Ironside	34	M	MS	41	Bishops Stortford Running Club	11	1:24:30	17:18:42	06:47	66.6%	417	10	7	28	10
Ian Rodgers	51	M	MM	41	Bishops Stortford Running Club	12	2:37:26	19:56:08	08:00	65.9%	450	38	19	34	37
Eleanor Rodgers	49	F	LM	41	Bishops Stortford Running Club	13	2:05:23	22:01:31	09:28	59.3%	751	57	5	48	7
Dani Hill-Welter	34	F	LS	41	Bishops Stortford Running Club	14	1:19:35	23:21:06	10:57	45.2%	1018	60	8	59	27
Mark Lawrence	25	M	MS	41	Bishops Stortford Running Club	15	1:13:36	24:34:42	06:57	64.0%	542	14	5	33	12
Craig Dodgen	53	M	MM	41	Bishops Stortford Running Club	16	0:50:44	25:25:26	09:14	54.3%	904	51	12	54	24
Bekah Cranch	25	F	LS	41	Bishops Stortford Running Club	17	1:37:54	27:03:20	08:21	59.9%	731	49	3	49	10
Ben Collison	35	M	MS	42	West Norfolk AC	1	1:57:30	1:57:30	07:12	64.1%	537	11	7	40	11
Martin Koenigsberger	48	M	MM	42	West Norfolk AC	2	1:47:02	3:44:32	07:37	66.1%	439	25	17	24	23
Hannah Marsters	38	F	LM	42	West Norfolk AC	3	1:13:08	4:57:40	12:42	39.2%	1036	61	25	61	32
Richie Walker	51	M	MM	42	West Norfolk AC	4	1:47:51	6:45:31	09:41	52.7%	941	56	29	53	41
Rebecca Cousins	28	F	LS	42	West Norfolk AC	5	1:25:53	8:11:24	07:57	62.7%	606	18	1	21	1
Matt Gingall	48	M	MM	42	West Norfolk AC	6	1:08:28	9:19:52	08:40	56.5%	846	43	21	46	28
John Greenhalgh	51	M	MM	42	West Norfolk AC	7	1:17:43	10:37:35	08:25	60.2%	719	46	21	51	33
Debbie Schwarz	47	F	LM	42	West Norfolk AC	8	0:56:22	11:33:57	07:30	71.8%	206	27	3	18	8
Stew Kelly	41	M	MM	42	West Norfolk AC	9	2:09:23	13:43:20	07:48	61.8%	636	36	18	43	32
Neil Watson	45	M	MM	42	West Norfolk AC	10	2:33:05	16:16:25	08:27	58.0%	796	47	24	49	39
Natalie Garrard	38	F	LM	42	West Norfolk AC	11	1:36:08	17:52:33	07:43	66.4%	428	32	3	29	5
Jason Moore	46	M	MM	42	West Norfolk AC	12	2:56:39	20:49:12	08:59	56.2%	858	57	27	56	48
Lee Tunmore	44	M	MM	42	West Norfolk AC	13	2:02:35	22:51:47	09:15	52.5%	946	55	33	56	49
Andy Milnes	41	M	MM	42	West Norfolk AC	14	1:01:35	23:53:22	08:28	54.6%	900	40	19	51	27
Katrina Wastenev	45	F	LM	42	West Norfolk AC	15	1:31:52	25:25:14	08:40	61.6%	641	47	6	40	13
Wesley Houghton	28	M	MS	42	West Norfolk AC	16	0:39:16	26:04:30	07:09	59.9%	732	15	6	36	12
Gavin Lane	48	M	MM	42	West Norfolk AC	17	1:39:53	27:44:23	08:31	58.7%	771	54	25	51	42
Sarah Gauvin	46	F	LM	43	Fenland Running Club - Ladies	1	2:20:14	2:20:14	08:36	64.7%	509	47	6	35	6
Jane Greenwood	62	F	LM	43	Fenland Running Club - Ladies	2	2:11:04	4:31:18	09:19	72.3%	191	52	6	7	10
Julie Garner	53	F	LM	43	Fenland Running Club - Ladies	3	0:56:22	5:27:40	09:47	58.5%	779	47	15	35	21
Jay Gilbert	39	F	LM	43	Fenland Running Club - Ladies	4	1:46:27	7:14:07	09:33	53.6%	924	55	9	51	15
Ann Trett	34	F	LS	43	Fenland Running Club - Ladies	5	1:36:08	8:50:15	08:54	56.4%	850	39	2	38	6
Denise Griffin	53	F	LM	43	Fenland Running Club - Ladies	6	1:13:13	10:03:28	09:16	62.6%	613	49	12	30	18
Claudia Milburn	33	F	LS	43	Fenland Running Club - Ladies	7	1:10:05	11:13:33	07:35	65.5%	471	31	3	36	5
Katie Irlam	23	F	LS	43	Fenland Running Club - Ladies	8	1:06:38	12:20:11	08:52	55.5%	874	52	9	53	26
Catherine Duce	40	F	LM	43	Fenland Running Club - Ladies	9	2:27:17	14:47:28	08:52	59.5%	743	54	6	51	10
Ellen Connolly	37	F	LM	43	Fenland Running Club - Ladies	10	2:34:24	17:21:52	08:31	60.6%	702	48	6	44	9
Elisabeth Sennitt-Clouç	42	F	LM	43	Fenland Running Club - Ladies	11	1:43:11	19:05:03	08:17	63.4%	575	47	7	40	11
Maire Irlam	52	F	LM	43	Fenland Running Club - Ladies	12	2:50:04	21:55:07	08:39	70.2%	261	50	4	20	4
Nicky Jennings	45	F	LM	43	Fenland Running Club - Ladies	13	1:43:42	23:38:49	07:50	68.8%	319	35	3	21	4
Michelle Gilbert	38	F	LM	43	Fenland Running Club - Ladies	14	1:03:33	24:42:22	08:44	57.5%	813	48	17	47	21
Gemma Rose	31	F	LS	43	Fenland Running Club - Ladies	15	1:26:13	26:08:35	08:08	61.3%	664	40	7	41	11
Carol Slater-Garner	41	F	LM	43	Fenland Running Club - Ladies	16	0:49:10	26:57:45	08:57	56.3%	856	46	20	49	23
Larissa Follen	43	F	LM	43	Fenland Running Club - Ladies	17	1:48:52	28:46:37	09:17	56.8%	837	58	11	54	15
Sophie Mullan	23	F	LS	44	Old Greshamians - Team 1	1	3:18:56	3:18:56	12:11	41.6%	1031	61	2	61	11
Dan Watt	31	M	MS	44	Old Greshamians - Team 1	2	2:00:27	5:19:23	08:34	52.9%	937	39	10	55	34
Iona Stubbs	17	F	LJ	44	Old Greshamians - Team 1	3	0:50:18	6:09:41	08:44	56.9%	835	36	1	42	14
Ed Sidgwick	28	M	MS	44	Old Greshamians - Team 1	4	1:18:56	7:28:37	07:05	63.0%	586	9	4	32	8
Howard Olby	38	M	MS	44	Old Greshamians - Team 1	5	1:32:37	9:01:14	08:34	53.7%	920	31	9	45	27
Adam Stickler	29	M	MS	44	Old Greshamians - Team 1	6	0:59:39	10:00:53	07:33	57.8%	801	20	4	42	15
Bob Hammond	41	M	MM	44	Old Greshamians - Team 1	7	1:12:20	11:13:13	07:50	59.7%	737	34	18	52	28
Alex Hewson	27	M	MS	44	Old Greshamians - Team 1	8	0:53:39	12:06:52	07:08	61.2%	668	20	7	43	14
Simon Denn	39	M	MS	44	Old Greshamians - Team 1	9	1:54:33	14:01:25	06:54	68.7%	322	12	8	26	12
Matt Holmes	39	M	MS	44	Old Greshamians - Team 1	10	2:32:59	16:34:24	08:26	55.3%	881	46	15	53	38
Adrian Rutterford	57	M	MM	44	Old Greshamians - Team 1	11	1:50:33	18:24:57	08:53	61.0%	678	54	24	47	40
Sam Kingston	49	M	MM	44	Old Greshamians - Team 1	12	2:31:26	20:56:23	07:42	67.3%	384	27	12	27	27
Paul Marriage	45	M	MM	44	Old Greshamians - Team 1	13	1:36:08	22:32:31	07:15	67.5%	375	24	13	28	24
Gareth Stevens	40	M	MM	44	Old Greshamians - Team 1	14	0:58:00	23:30:31	07:59	57.5%	812	35	18	46	25
David Saker	36	M	MS	44	Old Greshamians - Team 1	15	1:16:31	24:47:02	07:14	62.6%	619	20	9	38	17
Grant King	39	M	MS	44	Old Greshamians - Team 1	16	0:44:08	25:31:10	08:02	56.0%	865	27	9	50	18
Robert Hurst	38	M	MS	44	Old Greshamians - Team 1	17	1:38:19	27:09:29	08:23	55.1%	887	50	16	59	40
Sullivan Smith	41	M	MM	45	Cambridge & Coleridge AC - Team A	1	1:39:03	1:39:03	06:04	79.1%	36	1	1	1	1
Alastair Hodges	38	M	MS	45	Cambridge & Coleridge AC - Team A	2	1:30:49	3:09:52	06:28	71.8%	203	2	1	8	2
Rachel Pritchard	42	F	LM	45	Cambridge & Coleridge AC - Team A	3	0:43:49	3:53:41	07:36	67.0%	404	19	3	15	5
Neil White	46	M	MM	45	Cambridge & Coleridge AC - Team A	4	1:16:13	5:09:54	06:51	71.6%	213	6	3	6	5
Graham Anderson	35	M	MS	45	Cambridge & Coleridge AC - Team A	5	1:12:27	6:22:21	06:42	67.3%	382	3	2	7	3
Alan Pritchard	44	M	MM	45	Cambridge & Coleridge AC - Team A	6	0:49:04	7:11:25	06:13	76.4%	76	5	4	5	5
Tom Vickery	31	M	MS	45	Cambridge & Coleridge AC - Team A	7	0:50:27	8:01:52	05:28	81.0%	19	1	1	3	1
Joanna Davies	30	F	LS	45	Cambridge & Coleridge AC - Team A	8	0:51:42	8:53:34	06:53	71.5%	216	17	3	21	4
Matt Slater	33	M	MS	45	Cambridge & Coleridge AC - Team A	9	1:43:35	10:37:09	06:14	74.0%	127	3	3	13	3
Paul Veitch	45	M	MM	45	Cambridge & Coleridge AC - Team A	10	2:02:38	12:39:47	06:46	72.4%	182	15	7	14	14
John Ferguson	53	M	MM	45	Cambridge & Coleridge AC - Team A	11	1:20:23	14:00:10	06:27	80.9%	20	7	2	1	7
Christof Schwiening	51	M	MM	45	Cambridge & Coleridge AC - Team A	12	2:09:39	16:09:49	06:35	80.0%	34	10	5	4	10

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Bart Hommels	44	M	MM	45	Cambridge & Coleridge AC - Team A	13	1:27:44	17:37:33	06:37	73.4%	145	10	5	10	10
Tom Harris	29	M	MS	45	Cambridge & Coleridge AC - Team A	14	0:47:37	18:25:10	06:33	66.4%	426	7	4	28	7
Axel Finke	30	M	MS	45	Cambridge & Coleridge AC - Team A	15	1:01:47	19:26:57	05:50	76.3%	77	1	1	7	1
Andrew Shields	52	M	MM	45	Cambridge & Coleridge AC - Team A	16	0:32:25	19:59:22	05:54	84.3%	9	1	1	1	1
Istvan Jacso	38	M	MS	45	Cambridge & Coleridge AC - Team A	17	1:13:30	21:12:52	06:16	73.7%	138	4	4	10	4
Andrew Parsons	38	M	MS	46	Cambridge and Coleridge AC - Team	1	2:07:30	2:07:30	07:49	60.0%	727	29	8	49	27
Isabelle Lemasson	35	F	LM	46	Cambridge and Coleridge AC - Team	2	1:55:23	4:02:53	08:12	62.0%	632	35	2	35	4
Anna Duch	33	F	LS	46	Cambridge and Coleridge AC - Team	3	0:49:21	4:52:14	08:34	57.0%	830	31	5	41	11
Peter Bennet	53	M	MM	46	Cambridge and Coleridge AC - Team	4	1:29:58	6:22:12	08:05	64.3%	526	33	17	22	26
Simon Brightwell	52	M	MM	46	Cambridge and Coleridge AC - Team	5	1:28:42	7:50:54	08:12	62.8%	603	24	12	20	20
Ben Chamberlain	36	M	MS	46	Cambridge and Coleridge AC - Team	6	1:01:48	8:52:42	07:49	57.2%	823	25	5	44	16
Sarah Williams	28	F	LS	46	Cambridge and Coleridge AC - Team	7	1:18:42	10:11:24	08:31	58.1%	793	50	5	56	16
Andy Irvine	50	M	MM	46	Cambridge and Coleridge AC - Team	8	0:56:53	11:08:17	07:34	65.8%	453	29	8	36	20
Steve Bland	30	M	MS	46	Cambridge and Coleridge AC - Team	9	2:06:50	13:15:07	07:38	60.4%	706	32	12	47	29
Sophie Kelly	34	F	LS	46	Cambridge and Coleridge AC - Team	10	1:58:19	15:13:26	06:32	78.0%	49	13	1	6	1
Maija Kozlova	33	F	LS	46	Cambridge and Coleridge AC - Team	11	1:30:00	16:43:26	07:14	69.7%	276	19	1	18	1
Neil Tween	33	M	MS	46	Cambridge and Coleridge AC - Team	12	2:14:15	18:57:41	06:50	68.1%	341	15	9	25	15
Kris Semple	49	M	MM	46	Cambridge and Coleridge AC - Team	13	1:42:15	20:39:56	07:43	65.6%	470	30	18	35	29
Tim Long	57	M	MM	46	Cambridge and Coleridge AC - Team	14	1:16:11	21:56:07	10:29	50.2%	980	59	22	56	33
Rosa Sampson Geroski	28	F	LS	46	Cambridge and Coleridge AC - Team	15	1:23:46	23:19:53	07:55	63.0%	589	35	6	37	9
Charlie Ritchie	62	M	MM	46	Cambridge and Coleridge AC - Team	16	0:38:52	23:58:45	07:05	76.6%	73	14	6	6	11
Glyn Smith	71	M	MM	46	Cambridge and Coleridge AC - Team	17	1:41:01	25:39:46	08:37	71.8%	205	55	26	16	43
Mark Alderson	42	M	MM	47	Stamford Striders	1	2:01:04	2:01:04	07:25	65.3%	479	22	13	31	20
Nicholas Smith	51	M	MM	47	Stamford Striders	2	2:08:46	4:09:50	09:10	56.4%	853	51	29	47	42
Suzanne Moon	40	F	LM	47	Stamford Striders	3	0:50:14	5:00:04	08:43	57.7%	804	35	8	36	13
Andy Dennis	27	M	MS	47	Stamford Striders	4	1:19:54	6:19:58	07:10	62.3%	625	13	6	34	12
Ed Fancourt	50	M	MM	47	Stamford Striders	5	1:28:48	7:48:46	08:13	61.6%	642	25	13	26	21
Adi Fisher	43	M	MM	47	Stamford Striders	6	1:02:52	8:51:38	07:57	59.2%	755	28	14	37	19
Brian Kearsley	69	M	MM	47	Stamford Striders	7	1:08:23	10:00:01	07:24	80.6%	24	25	13	4	22
Mark Popple	26	M	MS	47	Stamford Striders	8	0:44:44	10:44:45	05:57	73.4%	143	5	2	15	4
Robin Ball	64	M	MM	47	Stamford Striders	9	2:36:37	13:21:22	09:26	62.7%	608	59	32	40	48
Andrew Wade	53	M	MM	47	Stamford Striders	10	2:31:42	15:53:04	08:22	62.7%	604	42	22	35	36
Matt Kefford	48	M	MM	47	Stamford Striders	11	1:36:35	17:29:39	07:45	64.5%	516	33	16	35	28
Nick Wells	53	M	MM	47	Stamford Striders	12	2:38:06	20:07:45	08:02	66.8%	410	40	20	29	39
Simon Marvel	52	M	MM	47	Stamford Striders	13	1:54:24	22:02:09	08:38	60.2%	721	49	29	46	43
Stephen Brunton	37	M	MS	47	Stamford Striders	14	1:14:57	23:17:06	10:19	43.5%	1024	58	9	60	32
Martin Candish	34	M	MS	47	Stamford Striders	15	1:15:06	24:32:12	07:05	63.1%	582	18	7	35	15
Celina Silver	48	F	LM	47	Stamford Striders	16	1:06:34	25:38:46	12:08	44.2%	1022	61	31	60	36
Cameron Harris	23	M	MS	47	Stamford Striders	17	1:18:39	26:57:25	06:42	66.9%	407	14	8	32	14
Richard Dade	48	M	MM	48	Reepham Runners - Masters	1	2:02:00	2:02:00	07:29	68.1%	347	24	15	22	22
Chris Edwards	57	M	MM	48	Reepham Runners - Masters	2	1:54:01	3:56:01	08:07	67.2%	393	31	19	20	28
Clare Self	40	F	LM	48	Reepham Runners - Masters	3	0:57:56	4:53:57	10:03	50.0%	983	53	19	54	25
Paul Evans	54	M	MM	48	Reepham Runners - Masters	4	1:23:14	6:17:11	07:28	70.1%	265	20	11	8	18
Carl Willimott	46	M	MM	48	Reepham Runners - Masters	5	1:40:21	7:57:32	09:17	52.8%	940	45	25	46	38
Mike Jolly	48	M	MM	48	Reepham Runners - Masters	6	1:08:26	9:05:58	08:40	56.6%	845	42	20	45	27
Julie Wade	49	F	LM	48	Reepham Runners - Masters	7	1:29:09	10:35:07	09:39	57.4%	816	60	18	57	24
Mike Ottley	74	M	MM	48	Reepham Runners - Masters	8	1:02:32	11:37:39	08:19	75.8%	90	40	10	10	23
Lee Bryer	43	M	MM	48	Reepham Runners - Masters	9	2:09:40	13:47:19	07:49	62.7%	609	38	20	41	34
Corin Thoday	42	M	MM	48	Reepham Runners - Masters	10	2:31:47	16:19:06	08:22	57.1%	827	43	23	51	37
Julie Doughty	46	F	LM	48	Reepham Runners - Masters	11	2:22:16	18:41:22	11:26	47.6%	1004	60	12	60	18
Philip Cooper	57	M	MM	48	Reepham Runners - Masters	12	2:35:56	21:17:18	07:56	70.2%	259	37	18	19	36
Jon Thetford	45	M	MM	48	Reepham Runners - Masters	13	1:58:56	23:16:14	08:59	54.6%	899	54	32	55	48
Julian Trott	46	M	MM	48	Reepham Runners - Masters	14	0:55:05	24:11:19	07:35	63.4%	574	25	13	38	20
Richard Bulman	66	M	MM	48	Reepham Runners - Masters	15	1:42:59	25:54:18	09:43	60.0%	730	56	22	47	38
Leona Broughton	39	F	LM	48	Reepham Runners - Masters	16	0:49:40	26:43:58	09:03	55.1%	886	49	23	52	26
Peter Gowing	49	M	MM	48	Reepham Runners - Masters	17	1:36:38	28:20:36	08:14	61.2%	673	46	23	45	38
Peter Harvey	32	M	MS	49	Wymondham AC - Open	1	1:50:24	1:50:24	06:46	68.0%	351	7	4	25	7
Martin Stringfellow	44	M	MM	49	Wymondham AC - Open	2	1:38:51	3:29:15	07:02	69.2%	299	10	7	13	10
Adrian Hall	53	M	MM	49	Wymondham AC - Open	3	0:39:08	4:08:23	06:48	74.1%	121	6	1	2	5
Stu Barnard	41	M	MM	49	Wymondham AC - Open	4	1:14:49	5:23:12	06:43	70.1%	268	3	2	9	3
Karl Chapman	48	M	MM	49	Wymondham AC - Open	5	1:21:50	6:45:02	07:34	65.8%	457	12	6	10	12
Graham Beales	40	M	MM	49	Wymondham AC - Open	6	0:52:28	7:37:30	06:38	69.3%	294	9	7	15	9
Ian Moore	50	M	MM	49	Wymondham AC - Open	7	0:59:27	8:36:57	06:26	78.0%	48	10	3	7	10
Joe Bickel	21	M	MS	49	Wymondham AC - Open	8	0:48:48	9:25:45	06:29	67.6%	371	10	5	31	9
Kris Barnard	42	M	MM	49	Wymondham AC - Open	9	1:45:26	11:11:11	06:21	76.5%	74	7	1	8	7
Kirk Bagge	33	M	MS	49	Wymondham AC - Open	10	2:02:49	13:14:00	06:46	67.2%	392	16	8	24	15
Ben Rivett	30	M	MS	49	Wymondham AC - Open	11	1:18:29	14:32:29	06:18	71.4%	220	6	4	11	6
Jack Gillick	29	M	MS	49	Wymondham AC - Open	12	2:03:34	16:36:03	06:17	74.0%	125	6	3	10	6
Sam Russell	29	M	MS	49	Wymondham AC - Open	13	1:26:45	18:02:48	06:33	69.0%	312	8	5	19	8
Sam Barker	22	M	MS	49	Wymondham AC - Open	14	0:46:25	18:49:13	06:23	68.2%	340	5	3	20	5
Richard White	56	M	MM	49	Wymondham AC - Open	15	1:09:11	19:58:24	06:32	81.3%	16	7	2	1	5
Mark Keysall	39	M	MS	49	Wymondham AC - Open	16	0:37:57	20:36:21	06:55	65.1%	486	11	4	25	9
Richard Johnson	41	M	MM	49	Wymondham AC - Open	17	1:16:10	21:52:31	06:30	72.8%	167	6	2	12	6
Marianne Defernez	48	F	LM	50	Wymondham AC - Ladies	1	2:18:33	2:18:33	08:29	67.1%	396	45	5	27	5
Sarah Peachey	33	F	LS	50	Wymondham AC - Ladies	2	1:44:55	4:03:28	07:28	67.8%	360	21	2	18	2
Jo Delf	34	F	LS	50	Wymondham AC - Ladies	3	0:44:15	4:47:43	07:41	63.8%	554	20	3	21	6

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Julia Lloyd	50	F	LM	50	Wymondham AC - Ladies	4	1:46:00	6:33:43	09:31	59.3%	750	54	8	42	14
Jen Rudd	43	F	LM	50	Wymondham AC - Ladies	5	1:55:16	8:28:59	10:40	49.3%	991	55	10	52	12
Juliette Watkinson	35	F	LM	50	Wymondham AC - Ladies	6	0:59:00	9:27:59	07:28	66.7%	415	19	2	21	5
Cat Cummings	39	F	LM	50	Wymondham AC - Ladies	7	1:02:58	10:30:57	06:49	74.6%	110	18	2	12	2
Sharon Hurren	46	F	LM	50	Wymondham AC - Ladies	8	0:51:29	11:22:26	06:51	77.8%	55	16	1	9	3
Zoe Jones	43	F	LM	50	Wymondham AC - Ladies	9	2:12:51	13:35:17	08:00	67.6%	368	44	4	29	7
Natasha Rout	31	F	LS	50	Wymondham AC - Ladies	10	2:24:29	15:59:46	07:58	63.5%	571	34	3	33	4
Charlotte Richardson	40	F	LM	50	Wymondham AC - Ladies	11	1:53:18	17:53:04	09:06	57.0%	832	56	9	54	15
Jo Godwin	44	F	LM	50	Wymondham AC - Ladies	12	2:50:51	20:43:55	08:41	63.4%	576	52	6	41	6
Cassie Barker	42	F	LM	50	Wymondham AC - Ladies	13	1:43:10	22:27:05	07:47	67.5%	377	33	2	29	3
Louise Holland	45	F	LM	50	Wymondham AC - Ladies	14	0:58:40	23:25:45	08:04	65.4%	476	36	8	31	11
Tracy Stevens	48	F	LM	50	Wymondham AC - Ladies	15	1:48:13	25:13:58	10:13	53.9%	917	59	12	55	21
Kim Reader	47	F	LM	50	Wymondham AC - Ladies	16	0:44:22	25:58:20	08:05	65.7%	464	28	8	24	10
Alex Smith	42	F	LM	50	Wymondham AC - Ladies	17	1:27:22	27:25:42	07:27	70.3%	255	31	3	22	4
Christopher Shearwood	54	M	MM	51	Metros RC	1	2:08:50	2:08:50	07:54	68.0%	354	34	23	26	32
Michael Morris	50	M	MM	51	Metros RC	2	2:08:36	4:17:26	09:09	56.0%	866	50	28	49	41
Alastair Scoffham	61	M	MM	51	Metros RC	3	1:01:14	5:18:40	10:38	50.7%	979	55	19	53	29
Donna Warren	47	F	LM	51	Metros RC	4	1:40:34	6:59:14	09:02	60.4%	708	49	7	38	12
Marcus Weedon	44	M	MM	51	Metros RC	5	1:32:02	8:31:16	08:31	56.6%	843	30	17	36	26
Teresa Young	59	F	LM	51	Metros RC	6	1:26:40	9:57:56	10:58	57.3%	818	60	20	43	27
David Young	63	M	MM	51	Metros RC	7	1:14:47	11:12:43	08:06	69.6%	283	39	19	26	29
Tracey Tyrell	36	F	LM	51	Metros RC	8	1:07:53	12:20:36	09:02	55.2%	882	53	16	55	27
Sonny Peart	49	M	MM	51	Metros RC	9	2:31:09	14:51:45	09:06	56.6%	844	56	30	59	46
Gary Warren	48	M	MM	51	Metros RC	10	2:06:00	16:57:45	06:57	72.3%	189	17	8	15	16
Mitesh Patel	32	M	MS	51	Metros RC	11	1:43:15	18:41:00	08:18	54.3%	905	48	12	57	37
Nigel Rackham	55	M	MM	51	Metros RC	12	2:05:42	20:46:42	06:23	85.5%	4	8	4	1	8
Pritesh Patel	32	M	MS	51	Metros RC	13	1:57:07	22:43:49	08:50	51.1%	972	52	16	60	46
Emma Rackham	27	F	LS	51	Metros RC	14	1:09:27	23:53:16	09:33	51.5%	963	57	7	54	26
Peter Rackham	25	M	MS	51	Metros RC	15	1:19:35	25:12:51	07:31	59.2%	753	25	11	48	22
Judy Rackham	57	F	LM	51	Metros RC	16	0:54:17	26:07:08	09:53	60.8%	689	54	26	33	30
Matthew Rackham	23	M	MS	51	Metros RC	17	1:33:36	27:40:44	07:59	56.2%	859	40	14	56	36
Sarmantha Collins-Shir	44	F	LM	53	Ely Runners - Team B	1	2:24:16	2:24:16	08:50	61.6%	646	51	7	45	7
Sarah Starr	34	F	LS	53	Ely Runners - Team B	2	2:08:01	4:32:17	09:06	55.7%	870	46	4	50	9
Stephen Starr	50	M	MM	53	Ely Runners - Team B	3	0:49:14	5:21:31	08:33	57.5%	809	30	12	38	20
Charlotte Cook	34	F	LS	53	Ely Runners - Team B	4	1:35:46	6:57:17	08:36	58.4%	782	42	4	43	9
Barry Graves	59	M	MM	53	Ely Runners - Team B	5	1:32:49	8:30:06	08:35	63.8%	552	33	19	16	29
Caroline Brown	42	F	LM	53	Ely Runners - Team B	6	1:06:17	9:36:23	08:23	61.6%	649	38	10	34	14
Andrew Thompson	58	M	MM	53	Ely Runners - Team B	7	1:07:35	10:43:58	07:19	73.5%	141	24	12	13	21
James Lee	49	M	MM	53	Ely Runners - Team B	8	1:08:28	11:52:26	09:06	54.3%	906	54	14	56	27
Cara Macfarlane	25	F	LS	53	Ely Runners - Team B	9	2:23:30	14:15:56	08:39	58.8%	766	51	3	52	9
Jason Fretwell	35	M	MS	53	Ely Runners - Team B	10	2:34:48	16:50:44	08:32	53.4%	929	50	16	54	41
Amy Southward	27	F	LS	53	Ely Runners - Team B	11	1:38:18	18:29:02	07:54	63.5%	564	39	3	38	7
Emma Greaves	44	F	LM	53	Ely Runners - Team B	12	2:51:28	21:20:30	08:43	63.1%	583	54	8	42	8
John Foster	57	M	MM	53	Ely Runners - Team B	13	2:03:59	23:24:29	09:21	58.0%	795	56	34	49	50
Lauren Thomas	35	F	LM	53	Ely Runners - Team B	14	0:54:34	24:19:03	07:30	66.1%	438	24	4	29	5
Pete Wood	36	M	MS	53	Ely Runners - Team B	15	1:19:22	25:38:25	07:30	60.3%	714	23	10	45	20
Anne Booth	41	F	LM	53	Ely Runners - Team B	16	0:45:35	26:24:00	08:18	60.7%	694	31	9	35	11
Justin Smith	47	M	MM	53	Ely Runners - Team B	17	1:32:28	27:56:28	07:53	62.9%	598	38	20	40	34
Nick Smith	34	M	MS	54	Saint Edmund Pacers - Team B	1	1:57:12	1:57:12	07:11	64.1%	535	10	6	39	10
Lucy Smith	34	F	LS	54	Saint Edmund Pacers - Team B	2	2:27:40	4:24:52	10:30	48.3%	997	60	7	61	15
Ruth Palmer	41	F	LM	54	Saint Edmund Pacers - Team B	3	0:47:36	5:12:28	08:16	61.2%	666	25	5	26	9
Mark Watts	53	M	MM	54	Saint Edmund Pacers - Team B	4	1:19:57	6:32:25	07:11	72.4%	183	14	7	4	13
Sandra Webb	47	F	LM	54	Saint Edmund Pacers - Team B	5	1:42:31	8:14:56	09:29	57.5%	810	49	7	33	9
Mike Hankinson	56	M	MM	54	Saint Edmund Pacers - Team B	6	1:04:49	9:19:45	08:12	63.8%	551	32	16	26	22
Amanda Martin	51	F	LM	54	Saint Edmund Pacers - Team B	7	1:14:04	10:33:49	08:01	70.8%	234	36	5	19	8
Carolyn Hawthorth	62	F	LM	54	Saint Edmund Pacers - Team B	8	1:01:03	11:34:52	08:07	80.5%	25	35	7	5	14
Jess Gooderham	20	F	LJ	54	Saint Edmund Pacers - Team B	9	2:11:57	13:46:49	07:57	64.0%	543	42	1	37	6
Chris Mower	42	M	MM	54	Saint Edmund Pacers - Team B	10	2:10:23	15:57:12	07:11	66.4%	424	22	10	25	21
Ieuan Alldis	19	M	MJ	54	Saint Edmund Pacers - Team B	11	1:37:19	17:34:31	07:49	58.9%	764	36	2	51	30
Vince Webb	47	M	MM	54	Saint Edmund Pacers - Team B	12	2:34:37	20:09:08	07:52	64.8%	507	34	16	37	34
Tom White	35	M	MS	54	Saint Edmund Pacers - Team B	13	1:31:35	21:40:43	06:55	65.8%	452	16	9	34	16
Phil Cawston	51	M	MM	54	Saint Edmund Pacers - Team B	14	0:53:23	22:34:06	07:21	68.1%	342	21	10	21	17
Martin Avis	45	M	MM	54	Saint Edmund Pacers - Team B	15	2:02:33	24:36:39	11:34	41.8%	1030	61	24	61	40
Emily Gooderham	21	F	LS	54	Saint Edmund Pacers - Team B	16	0:47:00	25:23:39	08:34	56.7%	842	39	3	48	16
Ian Gooderham	50	M	MM	54	Saint Edmund Pacers - Team B	17	1:31:49	26:55:28	07:50	64.9%	496	36	19	36	32
Jason Snook	47	M	MM	55	Old Greshamians - Team 2	1	2:23:20	2:23:20	08:47	57.5%	815	50	33	52	44
Sarah Atkinson	33	F	LS	55	Old Greshamians - Team 2	2	2:12:50	4:36:10	09:27	53.5%	927	56	6	53	12
Anna Watt	38	F	LM	55	Old Greshamians - Team 2	3	0:48:45	5:24:55	08:28	58.8%	768	27	6	34	10
Adam Smith	49	M	MM	55	Old Greshamians - Team 2	4	1:32:41	6:57:36	08:19	60.3%	712	38	20	39	30
Chris Balding	34	M	MS	55	Old Greshamians - Team 2	5	1:43:05	8:40:41	09:32	47.1%	1009	50	14	57	41
Arabella Peaver	30	F	LS	55	Old Greshamians - Team 2	6	1:11:19	9:52:00	09:02	54.7%	897	44	6	49	16
Karen Neil	49	F	LM	55	Old Greshamians - Team 2	7	1:23:27	11:15:27	09:02	61.3%	662	57	16	44	22
Jess Dykes	17	F	LJ	55	Old Greshamians - Team 2	8	1:05:47	12:21:14	08:45	57.5%	814	50	2	49	25
Chris Cox	37	M	MS	55	Old Greshamians - Team 2	9	2:06:48	14:28:02	07:38	61.2%	669	31	11	46	28
Dominic Atkinson	35	M	MS	55	Old Greshamians - Team 2	10	3:02:01	17:30:03	10:02	45.4%	1016	59	19	60	48
Charlotte Beavitt	31	F	LS	55	Old Greshamians - Team 2	11	1:30:34	19:00:37	07:16	69.0%	308	23	2	19	3



## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Nick Beavitt	32	M	MS	55	Old Greshamians - Team 2	12	2:22:58	21:23:35	07:16	64.0%	544	19	12	39	19
Ian Walters	49	M	MM	55	Old Greshamians - Team 2	13	1:50:48	23:14:23	08:22	60.6%	703	45	26	45	39
Simon Kinder	45	M	MM	55	Old Greshamians - Team 2	14	0:57:41	24:12:04	07:56	60.1%	726	32	16	43	23
Simon Cooper	52	M	MM	55	Old Greshamians - Team 2	15	1:41:36	25:53:40	09:36	53.5%	928	55	21	56	37
Nessie Browne	48	F	LM	55	Old Greshamians - Team 2	16	0:48:27	26:42:07	08:50	60.8%	690	43	17	34	20
Jess Quick	28	F	LS	55	Old Greshamians - Team 2	17	1:46:06	28:28:13	09:03	55.3%	880	56	4	58	13
Darren Shephard	46	M	MM	56	Framlingham Flyers	1	1:59:58	1:59:58	07:21	68.1%	348	19	10	23	17
Oscar Wood	17	M	MJ	56	Framlingham Flyers	2	2:08:31	4:08:29	09:08	52.2%	954	48	1	58	39
Nicky Roper	45	F	LM	56	Framlingham Flyers	3	0:54:44	5:03:13	09:30	55.0%	894	44	13	44	19
Ian Kennedy	55	M	MM	56	Framlingham Flyers	4	1:45:39	6:48:52	09:29	55.7%	868	53	28	49	40
Jo Cartwright	44	F	LM	56	Framlingham Flyers	5	2:05:56	8:54:48	11:39	45.5%	1015	60	13	58	16
Doris Willmont	36	F	LM	56	Framlingham Flyers	6	1:16:02	10:10:50	09:37	51.9%	955	55	17	56	23
Laura Ali	40	F	LM	56	Framlingham Flyers	7	1:17:14	11:28:04	08:22	61.2%	670	44	10	45	13
Mark Sargeantson	64	M	MM	56	Framlingham Flyers	8	1:02:11	12:30:15	08:16	68.0%	350	39	9	29	22
Geraldine Clarke	48	F	LM	56	Framlingham Flyers	9	2:10:22	14:40:37	07:51	72.8%	164	41	3	17	5
Daniel Kinsman	43	M	MM	56	Framlingham Flyers	10	2:23:27	17:04:04	07:55	60.9%	686	32	17	43	30
Michelle Hewlitt	28	F	LS	56	Framlingham Flyers	11	1:49:16	18:53:20	08:47	57.2%	824	52	6	53	13
Guy Hayward	46	M	MM	56	Framlingham Flyers	12	3:00:39	26:53:59	09:11	55.0%	892	58	28	58	49
Adam Howlett	46	M	MM	56	Framlingham Flyers	13	1:20:59	23:14:58	06:07	80.8%	22	5	2	4	5
Pam Morgan	35	F	LM	56	Framlingham Flyers	14	1:05:36	24:20:34	09:01	55.0%	888	51	19	49	24
James Howlett	44	M	MM	56	Framlingham Flyers	15	1:20:41	25:41:15	07:37	63.0%	587	28	12	36	23
Catherine Halon	42	F	LM	56	Framlingham Flyers	16	0:46:44	26:27:59	08:31	59.7%	739	37	13	37	15
Clare Barstow	39	F	LM	56	Framlingham Flyers	17	1:53:44	28:21:43	09:42	53.0%	935	60	13	61	17
Richard Coles	36	M	MS	57	Thorney Running Club	1	2:08:41	2:08:41	07:53	58.8%	767	32	9	51	30
Mark Louth	52	M	MM	57	Thorney Running Club	2	1:55:15	4:03:56	08:12	63.5%	565	33	21	31	30
Claire Sibley	45	F	LM	57	Thorney Running Club	3	1:12:52	5:16:48	12:39	41.3%	1032	60	24	60	31
Andy Cowling	60	M	MM	57	Thorney Running Club	4	1:35:04	6:51:52	08:32	64.8%	505	40	22	20	32
Jon Gipson	38	M	MS	57	Thorney Running Club	5	1:44:31	8:36:23	09:40	47.6%	1003	52	15	55	42
Leigh Wisdom	30	F	LS	57	Thorney Running Club	6	1:20:13	9:56:36	10:09	48.6%	994	57	7	58	24
Ian Davies	63	M	MM	57	Thorney Running Club	7	1:25:27	11:22:03	09:15	60.9%	687	58	24	46	36
Helen Ayres	28	F	LS	57	Thorney Running Club	8	1:05:35	12:27:38	08:43	56.4%	852	49	8	51	24
Eamonn Dorling	62	M	MM	57	Thorney Running Club	9	2:09:57	14:37:35	07:50	74.1%	123	39	21	11	35
Craig Crofts	32	M	MS	57	Thorney Running Club	10	2:06:05	16:43:40	06:57	65.4%	473	18	9	27	17
Ben Davies	38	M	MS	57	Thorney Running Club	11	1:45:17	18:28:57	08:27	54.6%	898	49	13	56	38
Arron Friend	30	M	MS	57	Thorney Running Club	12	2:42:21	21:11:18	08:15	56.3%	854	44	20	55	42
Darren Hire	42	M	MM	57	Thorney Running Club	13	1:27:37	22:38:55	06:37	72.3%	190	9	4	13	9
Daniel Amps-Woodward	18	M	MJ	57	Thorney Running Club	14	0:52:30	23:31:25	07:13	62.3%	624	20	2	39	16
Peter Ward	52	M	MM	57	Thorney Running Club	15	1:10:27	24:41:52	06:39	77.1%	62	8	3	5	6
Jaime Hayden	38	F	LM	57	Thorney Running Club	16	0:47:38	25:29:30	08:41	57.1%	825	41	15	45	18
Kay Riley	38	F	LM	57	Thorney Running Club	17	1:52:49	27:22:19	09:37	53.1%	934	59	12	60	16
Guy Shearwood	59	M	MM	58	Norwich Road Runners - Mixed	1	2:14:44	2:14:44	08:15	68.0%	349	39	27	24	36
Gary Grand	55	M	MM	58	Norwich Road Runners - Mixed	2	1:45:07	3:59:51	07:29	71.5%	217	23	15	9	21
Brian Moore	67	M	MM	58	Norwich Road Runners - Mixed	3	0:57:19	4:57:10	09:57	57.2%	820	50	18	40	28
Tina Moseley	49	F	LM	58	Norwich Road Runners - Mixed	4	2:11:39	7:08:49	11:49	47.2%	1008	61	12	60	19
Ashely Yallop	35	M	MS	58	Norwich Road Runners - Mixed	5	1:34:00	8:42:49	08:42	51.9%	956	35	10	48	30
Sarah Boosey	35	F	LM	58	Norwich Road Runners - Mixed	6	1:05:17	9:48:06	08:16	60.3%	715	34	8	35	12
Maureen Hamis	42	F	LM	58	Norwich Road Runners - Mixed	7	1:19:16	11:07:22	08:35	60.4%	707	52	13	50	18
Wendy Smith	55	F	LM	58	Norwich Road Runners - Mixed	8	1:02:53	12:10:15	08:22	71.0%	231	42	11	22	19
Glyn Manton	48	M	MM	58	Norwich Road Runners - Mixed	9	2:17:55	14:28:10	08:18	61.5%	652	46	23	44	38
Mark Mardell	39	M	MS	58	Norwich Road Runners - Mixed	10	2:25:05	16:53:15	08:00	58.3%	784	36	14	47	32
Ray Lindsay	62	M	MM	58	Norwich Road Runners - Mixed	11	1:50:50	18:44:05	08:54	63.7%	556	55	25	37	41
Stephen Moseley	51	M	MM	58	Norwich Road Runners - Mixed	12	2:28:05	21:12:10	07:32	70.0%	269	25	11	21	25
Caroline Allen	38	F	LM	58	Norwich Road Runners - Mixed	13	2:11:22	23:23:32	09:55	51.7%	960	60	8	58	10
Nicky Dowson	52	F	LM	58	Norwich Road Runners - Mixed	14	0:56:35	24:20:07	07:47	73.4%	146	30	6	8	9
Lucy Spinks	27	F	LS	58	Norwich Road Runners - Mixed	15	1:47:31	26:07:38	10:09	49.1%	992	58	9	59	20
Danielle Crane	38	F	LM	58	Norwich Road Runners - Mixed	16	0:49:28	26:57:06	09:01	55.0%	889	48	22	53	25
Chris Read	37	M	MS	58	Norwich Road Runners - Mixed	17	1:37:08	28:34:14	08:17	55.3%	878	48	15	57	39
Kevin Glendinning	48	M	MM	59	Wellingborough & District AC - Team 1	1	3:11:42	3:11:42	11:45	43.3%	1027	60	37	60	50
Tom Warner	29	M	MS	59	Wellingborough & District AC - Team 1	2	2:01:15	5:12:57	08:37	52.6%	943	41	11	56	36
Colin Harris	47	M	MM	59	Wellingborough & District AC - Team 1	3	0:51:38	6:04:35	08:58	53.5%	925	39	16	46	25
Katherine Baxter-Smith	31	F	LS	59	Wellingborough & District AC - Team 1	4	1:35:57	7:40:32	08:37	57.9%	799	44	5	45	10
Mary Pearson	32	F	LS	59	Wellingborough & District AC - Team 1	5	2:01:43	9:42:15	11:16	44.4%	1021	57	3	59	14
Louise Kemp	39	F	LM	59	Wellingborough & District AC - Team 1	6	1:13:55	10:56:10	09:21	54.2%	910	51	14	50	20
Jon Kemp	46	M	MM	59	Wellingborough & District AC - Team 1	7	0:58:59	11:55:09	06:23	76.1%	82	8	2	8	8
Alex Ash	27	M	MS	59	Wellingborough & District AC - Team 1	8	0:41:02	12:36:11	05:27	80.0%	33	1	1	7	1
Nick Sinnott	45	M	MM	59	Wellingborough & District AC - Team 1	9	2:02:06	14:38:17	07:21	67.7%	364	26	12	28	23
Neil Mattison	49	M	MM	59	Wellingborough & District AC - Team 1	10	2:29:38	17:07:55	08:15	61.4%	654	39	20	40	34
Paul Huckle	29	M	MS	59	Wellingborough & District AC - Team 1	11	1:23:00	18:30:55	06:40	67.5%	376	9	6	24	9
Helen Etherington	36	F	LM	59	Wellingborough & District AC - Team 1	12	2:40:16	21:11:11	08:09	63.6%	559	42	2	40	2
James Terry	44	M	MM	59	Wellingborough & District AC - Team 1	13	1:43:25	22:54:36	07:48	62.2%	626	34	20	41	31
Alan Griffiths	49	M	MM	59	Wellingborough & District AC - Team 1	14	0:50:23	23:44:59	06:56	71.0%	230	14	8	13	13
Martin Newton	39	M	MS	59	Wellingborough & District AC - Team 1	15	1:15:26	25:00:25	07:07	64.8%	504	19	8	29	16
Felicity Aries	56	F	LM	59	Wellingborough & District AC - Team 1	16	1:00:42	26:01:07	11:03	53.7%	921	59	30	55	34
Natasha Wain	44	F	LM	59	Wellingborough & District AC - Team 1	17	1:47:52	27:48:59	09:12	57.8%	803	57	10	52	14
Greg Spellman	51	M	MM	60	Wellingborough & District AC - Team 2	1	1:57:48	1:57:48	07:13	72.4%	186	12	5	9	12
Neil Macdonald	56	M	MM	60	Wellingborough & District AC - Team 2	2	2:11:48	4:09:36	09:22	57.6%	808	54	30	45	43

## ALL TEAMS - RNR 2017

Runner	Age	Sex	Cat	Team No	Team	Stage	Time	Team Time	Pace	AG%	Ag% rank	Stage pos	Cat Pos	AG Pos	stage /sex
Shaun De Clancy	55	M	MM	60	Wellingborough & District AC - Team 2	3	0:51:12	5:00:48	08:53	57.6%	807	37	14	37	23
Julian Blackwell	46	M	MM	60	Wellingborough & District AC - Team 2	4	1:35:35	6:36:23	08:35	57.1%	826	41	23	46	33
Zac O'Neil	38	M	MS	60	Wellingborough & District AC - Team 2	5	1:21:32	7:57:55	07:33	61.0%	679	11	6	28	11
Tim Ellwood	49	M	MM	60	Wellingborough & District AC - Team 2	6	1:01:58	8:59:53	07:51	63.0%	590	26	12	28	17
Sarah Ellwood	42	F	LM	60	Wellingborough & District AC - Team 2	7	1:18:58	10:18:51	08:33	60.6%	699	51	12	48	17
Amanda Allen	54	F	LM	60	Wellingborough & District AC - Team 2	8	1:25:29	11:44:20	11:22	51.5%	962	61	20	58	32
Charlie Berry	19	M	MJ	60	Wellingborough & District AC - Team 2	9	2:44:42	14:29:02	09:55	47.7%	1001	61	2	61	49
Gary Thacker	42	M	MM	60	Wellingborough & District AC - Team 2	10	2:45:38	17:14:40	09:08	52.3%	952	56	27	56	45
Peter Williams	46	M	MM	60	Wellingborough & District AC - Team 2	11	1:41:26	18:56:06	08:09	60.5%	705	45	23	48	36
Jason French	36	M	MS	60	Wellingborough & District AC - Team 2	12	2:23:26	21:19:32	07:18	64.1%	536	20	13	38	20
Ian Jones	36	M	MS	60	Wellingborough & District AC - Team 2	13	1:46:36	23:06:08	08:03	56.8%	838	41	13	51	35
Kevin Lewis	56	M	MM	60	Wellingborough & District AC - Team 2	14	0:54:16	24:00:24	07:28	69.9%	271	22	11	16	18
Mark Bonham	49	M	MM	60	Wellingborough & District AC - Team 2	15	1:58:34	25:58:58	11:12	44.7%	1020	60	23	60	39
Karen Tompkins	34	F	LS	60	Wellingborough & District AC - Team 2	16	0:53:58	26:52:56	09:50	49.7%	988	53	4	59	29
Mike Gooch	48	M	MM	60	Wellingborough & District AC - Team 2	17	1:28:35	28:21:31	07:33	66.2%	434	33	17	33	29
Darren Sunter	36	M	MS	61	North Herts Road Runners	1	1:49:46	1:49:46	06:44	68.9%	314	6	3	20	6
Ellie Scott	28	F	LS	61	North Herts Road Runners	2	2:11:05	4:00:51	09:19	54.0%	914	53	5	52	11
Lindsay Cook	42	F	LM	61	North Herts Road Runners	3	1:03:29	5:04:20	11:01	46.2%	1012	58	22	57	29
Steve Mckeown	48	M	MM	61	North Herts Road Runners	4	1:19:40	6:24:00	07:09	69.6%	281	12	6	10	11
Astrid Mckeown	44	F	LM	61	North Herts Road Runners	5	1:27:34	7:51:34	08:06	65.4%	472	22	3	12	4
Barbara Sayers	45	F	LM	61	North Herts Road Runners	6	1:04:58	8:56:32	08:13	64.4%	523	33	7	24	11
Linda Aird	59	F	LM	61	North Herts Road Runners	7	1:20:48	10:17:20	08:45	72.1%	196	55	15	16	20
Adam Wilson	47	M	MM	61	North Herts Road Runners	8	1:03:53	11:21:13	08:30	57.2%	821	45	12	50	25
Katie Harbon	22	F	LS	61	North Herts Road Runners	9	1:56:31	13:17:44	07:01	72.4%	181	17	1	21	1
Stuart Overton	34	M	MS	61	North Herts Road Runners	10	2:07:57	15:25:41	07:03	64.5%	520	21	11	31	20
Sue Foot	64	F	LM	61	North Herts Road Runners	11	2:00:12	17:25:53	09:39	71.2%	228	58	10	13	16
Jo Summer	52	F	LM	61	North Herts Road Runners	12	2:44:11	20:10:04	08:21	72.7%	168	45	3	12	3
Mark Vaughan	47	M	MM	61	North Herts Road Runners	13	1:21:12	21:31:16	06:08	81.2%	17	6	3	3	6
Sue Vaughan	50	F	LM	61	North Herts Road Runners	14	1:53:38	23:24:54	15:38	35.6%	1037	61	20	61	28
Richard Harbon	55	M	MM	61	North Herts Road Runners	15	1:16:39	24:41:33	07:14	72.8%	166	22	10	10	19
Karen Dodsworth	57	F	LM	61	North Herts Road Runners	16	0:48:22	25:29:55	08:49	68.3%	336	42	16	16	19
Darren Matussa	40	M	MM	61	North Herts Road Runners	17	1:18:08	26:48:03	06:40	70.4%	254	13	6	21	13
James Cook	29	M	MS	62	RAF Marham	1	2:38:09	2:38:09	09:41	47.5%	1005	58	13	59	49
Brook Doughty	27	M	MS	62	RAF Marham	2	1:51:27	4:29:36	07:56	57.2%	822	27	8	46	25
Marc Gladwell	37	M	MS	62	RAF Marham	3	0:49:24	5:19:00	08:35	51.9%	957	32	6	48	21
Pete Davies	26	M	MS	62	RAF Marham	4	1:21:34	6:40:34	07:19	61.0%	677	18	7	36	17
Pete Reed	36	M	MS	62	RAF Marham	5	1:35:39	8:16:13	08:51	51.3%	968	37	11	49	32
Andrea Thompson	49	F	LM	62	RAF Marham	6	1:14:56	9:31:09	09:29	58.2%	790	54	16	40	22
Luke Gibson	25	M	MS	62	RAF Marham	7	1:15:25	10:46:34	08:10	54.1%	912	40	10	60	30
Matt Atkinson	31	M	MS	62	RAF Marham	8	0:58:27	11:45:01	07:46	56.3%	855	31	10	52	21
Anthony Humphrey	21	M	MS	62	RAF Marham	9	2:11:57	13:56:58	07:57	58.3%	783	43	14	54	37
Lee Hale	46	M	MM	62	RAF Marham	10	2:22:53	16:19:51	07:53	62.7%	610	31	16	36	29
Adam Tingey	32	M	MS	62	RAF Marham	11	1:49:00	18:08:51	08:45	51.4%	965	51	14	59	39
David Tuffnail	38	M	MS	62	RAF Marham	12	2:32:43	20:41:34	07:46	60.9%	683	28	16	49	28
Jonathon May	33	M	MS	62	RAF Marham	13	1:56:05	22:37:39	08:46	51.6%	961	51	15	59	45
Hollers Hollington	37	M	MS	62	RAF Marham	14	1:08:27	23:46:06	09:25	47.6%	1002	56	8	57	31
Craig Irving	37	M	MS	62	RAF Marham	15	1:14:30	25:00:36	07:02	64.6%	513	16	6	30	13
Nicky Neill	45	M	MM	62	RAF Marham	16	0:45:18	25:45:54	08:15	57.1%	829	30	10	46	20
Ben Churchman	33	M	MS	62	RAF Marham	17	1:16:26	27:02:20	06:31	69.0%	309	8	6	25	8