

## Stage 14: Feltwell to Wissington - 7.27 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Gary Crush	39	M	MS	City of Norwich AC - Team B	14	0:42:30	20:58:17	0:05:51	77.9%	51	1	1	3	1
2	Darren Easter	45	M	MM	Ryston Runners - Open	14	0:45:00	18:43:08	0:06:11	77.0%	64	2	1	5	2
3	Mark Garrett	54	M	MM	Norwich Road Runners - Masters	14	0:45:21	19:38:31	0:06:14	82.2%	12	3	2	1	3
4	Ashley Hobbs	30	M	MS	Norwich Road Runners - Open	14	0:45:34	19:55:38	0:06:16	69.5%	287	4	2	17	4
5	Sam Barker	22	M	MS	Wymondham AC - Open	14	0:46:25	18:49:13	0:06:23	68.2%	340	5	3	20	5
6	John Walshaw	48	M	MM	City of Norwich AC - Team A	14	0:47:12	17:29:33	0:06:30	75.2%	99	6	3	6	6
7	Tom Harris	29	M	MS	Cambridge & Coleridge AC - Team A	14	0:47:37	18:25:10	0:06:33	66.4%	427	7	4	28	7
8	Louis Fairfax	31	M	MS	March AC	14	0:47:41	20:08:28	0:06:34	66.5%	421	8	5	26	8
9	Malcolm Down	56	M	MM	Garden City Runners	14	0:48:03	20:31:23	0:06:37	78.9%	39	9	4	2	9
10	Byan Rootes	49	M	MM	Haverhill Running Club	14	0:48:57	22:44:59	0:06:44	73.1%	155	10	5	11	10
11	Jason Mann	51	M	MM	Ely Runners - Team A	14	0:49:42	20:13:17	0:06:50	73.2%	153	11	6	10	11
12	Sabina Spence	46	F	LM	Bure Valley Harriers	14	0:49:44	20:53:48	0:06:50	77.9%	53	12	1	4	1
13	Gary Penn	41	M	MM	City of Norwich AC - Team C	14	0:49:45	23:45:49	0:06:51	67.5%	374	13	7	23	12
14	Alan Griffiths	49	M	MM	Wellingborough & District AC - Team 1	14	0:50:23	23:44:59	0:06:56	71.0%	230	14	8	13	13
15	Lisa Oakley	41	F	LM	North Norfolk Beach Runners - Team A	14	0:50:45	18:51:33	0:06:59	73.2%	150	15	2	9	2
16	Nicky Sparkes	18	M	MJ	Bungay Black Dog Running Club	14	0:50:57	24:56:37	0:07:00	64.2%	532	16	1	35	14
17	Nigel Seale	57	M	MM	Fenland Running Club - Open	14	0:51:12	19:40:35	0:07:03	74.7%	107	17	9	7	15
18	Emma Blake	40	F	LM	Coltishall Jaguars - Mixed	14	0:52:22	21:13:39	0:07:12	70.5%	246	18	3	14	3
19	Laura Douse	34	F	LS	Paddock Wood AC	14	0:52:25	19:36:58	0:07:13	68.6%	324	19	1	19	4
20	Daniel Amps-Woodward	18	M	MJ	Thorney Running Club	14	0:52:30	23:31:25	0:07:13	62.3%	625	20	2	39	16
21	Phil Cawston	51	M	MM	Saint Edmund Pacers - Team B	14	0:53:23	22:34:06	0:07:21	68.1%	343	21	10	21	17
22	Kevin Lewis	56	M	MM	Wellingborough & District AC - Team 2	14	0:54:16	24:00:24	0:07:28	69.9%	271	22	11	16	18
23	Steve Edwards	53	M	MM	Newmarket Joggers	14	0:54:18	22:17:25	0:07:28	68.1%	346	23	12	22	19
24	Lauren Thomas	35	F	LM	Ely Runners - Team B	14	0:54:34	24:19:03	0:07:30	66.1%	439	24	4	29	5
25	Julian Trott	46	M	MM	Reepham Runners - Masters	14	0:55:05	24:11:19	0:07:35	63.4%	574	25	13	38	20
26	Natalie Selby	34	F	LS	Ramsey Road Runners	14	0:55:19	23:22:07	0:07:37	65.0%	489	26	2	32	6
27	Harriet Griffiths	27	F	LS	Headington Road Runners	14	0:55:37	23:02:38	0:07:39	64.3%	530	27	3	34	7
28	John Stares	53	M	MM	North Norfolk Beach Runners - Team B	14	0:56:03	24:07:01	0:07:43	66.0%	444	28	14	30	21
29	Ruth Gaunt	50	F	LM	Norwich Road Runners - Ladies	14	0:56:13	22:49:11	0:07:44	72.0%	200	29	5	12	8
30	Nicky Dowson	52	F	LM	Norwich Road Runners - Mixed	14	0:56:35	24:20:07	0:07:47	73.4%	147	30	6	8	9
31	Alan Butterworth	43	M	MM	Norfolk Gazelles Chinkara	14	0:56:37	22:45:46	0:07:47	60.3%	716	31	15	41	22
32	Simon Kinder	45	M	MM	Old Greshamians - Team 2	14	0:57:41	24:12:04	0:07:56	60.1%	726	32	16	43	23

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33	Mel Rittimut-Mak	45	F	LM	Saint Edmund Pacers - Team A	14	0:57:43	21:58:38	0:07:56	66.5%	424	33	7	27	10
34	Nicos Symeou	62	M	MM	Great Yarmouth Road Runners - Open	14	0:57:46	23:27:55	0:07:57	69.2%	300	34	17	18	24
35	Gareth Stevens	40	M	MM	Old Greshamians - Team 1	14	0:58:00	23:30:31	0:07:59	57.5%	812	35	18	46	25
36	Louise Holland	45	F	LM	Wymondham AC - Ladies	14	0:58:40	23:25:45	0:08:04	65.4%	477	36	8	31	11
37	Steven Rix	35	M	MS	Dereham - Open	14	0:59:07	22:38:46	0:08:08	54.5%	900	37	6	52	26
38	Kareana Symonds	36	F	LM	Dereham - Club	14	1:00:12	21:55:50	0:08:17	60.2%	722	38	9	42	12
39	Anna Coulborn	55	F	LM	Great Yarmouth Road Runners - Ladies	14	1:01:16	26:23:24	0:08:26	70.4%	250	39	10	15	13
40	Andy Milnes	41	M	MM	West Norfolk AC	14	1:01:35	23:53:22	0:08:28	54.6%	899	40	19	51	27
41	Wendy Fisher	52	F	LM	Ryston Runners - Masters	14	1:01:56	22:45:29	0:08:31	67.0%	401	41	11	25	14
42	Zoe Luscombe	43	F	LM	Biggleswade AC	14	1:02:28	23:40:28	0:08:36	60.4%	710	42	12	40	15
43	Beth King	41	F	LM	Norfolk Gazelles Dorcas	14	1:02:47	21:02:20	0:08:38	59.2%	754	43	13	44	16
44	Jenni Egmores	50	F	LM	Reepham Runners - Mixed	14	1:03:07	23:16:52	0:08:41	64.2%	535	44	14	36	17
45	Rachel Dixey	41	F	LM	Felixstowe Road Runners	14	1:03:19	24:17:49	0:08:43	58.7%	770	45	15	45	18
46	Adele Bushell	50	F	LM	Coltishall Jaguars - Open	14	1:03:20	22:06:44	0:08:43	63.9%	549	46	16	37	19
47	Rebecca Tuff	26	F	LS	Ryston Runners - Ladies	14	1:03:20	22:55:37	0:08:43	56.4%	849	47	4	48	20
48	Michelle Gilbert	38	F	LM	Fenland Running Club - Ladies	14	1:03:33	24:42:22	0:08:44	57.5%	813	48	17	47	21
49	Tina Codling	56	F	LM	Riverside Runners	14	1:05:06	21:54:43	0:08:57	67.2%	391	49	18	24	22
50	Clare Wigg	33	F	LS	Stowmarket Striders Running Club	14	1:05:19	23:54:25	0:08:59	55.0%	892	50	5	50	23
51	Pam Morgan	35	F	LM	Framlingham Flyers	14	1:05:36	24:20:34	0:09:01	55.0%	887	51	19	49	24
52	Tom De Raedt	42	M	MM	Pink & Blacks	14	1:05:49	23:49:28	0:09:03	51.4%	963	52	20	55	28
53	Amy Spearpoint	27	F	LS	Thetford AC	14	1:06:23	24:18:09	0:09:08	53.8%	918	53	6	53	25
54	David Prior	70	M	MM	Bedford Harriers	14	1:06:45	24:10:36	0:09:11	64.7%	512	54	21	33	29
55	Rob Whalen	32	M	MS	Tri-Anglia Triathlon Club	14	1:07:32	23:28:15	0:09:17	47.1%	1009	55	7	58	30
56	Hollers Hollington	37	M	MS	RAF Marham	14	1:08:27	23:46:06	0:09:25	47.6%	1001	56	8	57	31
57	Emma Rackham	27	F	LS	Metros RC	14	1:09:27	23:53:16	0:09:33	51.5%	962	57	7	54	26
58	Stephen Brunton	37	M	MS	Stamford Striders	14	1:14:57	23:17:06	0:10:19	43.5%	1023	58	9	60	32
59	Tim Long	57	M	MM	Cambridge and Coleridge AC - Team B	14	1:16:11	21:56:07	0:10:29	50.2%	979	59	22	56	33
60	Dani Hill-Welter	34	F	LS	Bishops Stortford Running Club	14	1:19:35	23:21:06	0:10:57	45.2%	1017	60	8	59	27
61	Sue Vaughan	50	F	LM	North Herts Road Runners	14	1:53:38	23:24:54	0:15:38	35.6%	1037	61	20	61	28