

Stage 16: Downham Market to Stowbridge - 5.49 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Andrew Shields	52	M	MM	Cambridge & Coleridge AC - Team A	16	0:32:25	19:59:22	0:05:54	84.3%	9	1	1	1	1
2	Charlotte Rose	36	F	LM	City of Norwich AC - Team A	16	0:34:29	19:11:51	0:06:17	78.2%	46	2	1	4	1
3	Neil Stapleton	45	M	MM	Ryston Runners - Masters	16	0:35:22	24:53:07	0:06:27	73.1%	156	3	2	10	2
4	Neil Walpole	47	M	MM	Norwich Road Runners - Open	16	0:36:04	21:51:13	0:06:34	72.8%	166	4	3	11	3
5	Lee Thompson	28	M	MS	Ely Runners - Team A	16	0:36:18	21:51:36	0:06:37	64.8%	507	5	1	27	4
6	Simon Levy	36	M	MS	Ryston Runners - Open	16	0:36:23	20:25:54	0:06:38	66.4%	426	6	2	21	5
7	Rhys Davies	42	M	MM	March AC	16	0:36:31	21:57:52	0:06:39	69.2%	303	7	4	14	6
8	Nicky Alford	36	F	LM	North Norfolk Beach Runners - Team A	16	0:36:33	20:48:24	0:06:39	73.8%	135	8	2	9	2
9	Richard Sales	55	M	MM	Norwich Road Runners - Masters	16	0:36:38	21:28:01	0:06:40	76.5%	75	9	5	7	7
10	Jamie Rule	32	M	MS	Newmarket Joggers	16	0:37:06	24:24:04	0:06:45	63.9%	550	10	3	28	8
11	Mark Keysall	39	M	MS	Wymondham AC - Open	16	0:37:57	20:36:21	0:06:55	65.1%	487	11	4	25	9
12	Chris Miles	37	M	MS	Stowmarket Striders Running Club	16	0:38:20	26:08:41	0:06:59	63.5%	568	12	5	29	10
13	Amy Beck	35	F	LM	Norwich Road Runners - Ladies	16	0:38:42	24:49:59	0:07:03	69.5%	288	13	3	13	3
14	Charlie Ritchie	62	M	MM	Cambridge and Coleridge AC - Team B	16	0:38:52	23:58:45	0:07:05	76.6%	73	14	6	6	11
15	Wesley Houghton	28	M	MS	West Norfolk AC	16	0:39:16	26:04:30	0:07:09	59.9%	732	15	6	36	12
16	Adrian Goode	53	M	MM	Felixstowe Road Runners	16	0:39:18	26:32:42	0:07:10	70.1%	266	16	7	12	13
17	James Stock	31	M	MS	City of Norwich AC - Team C	16	0:40:16	26:01:02	0:07:20	58.7%	773	17	7	39	14
18	Silje Hovstad	39	F	LM	City of Norwich AC - Team B	16	0:41:30	22:48:42	0:07:34	65.9%	448	18	4	22	4
19	Vikki Harper	43	F	LM	Coltishall Jaguars - Mixed	16	0:41:40	23:15:16	0:07:35	67.4%	379	19	5	18	5
20	Emiley Smith	42	F	LM	Tri-Anglia Triathlon Club	16	0:41:40	25:56:13	0:07:35	66.9%	407	20	6	20	6
21	Malcolm Fisher	39	M	MS	Dereham - Open	16	0:41:41	24:34:06	0:07:36	59.3%	752	21	8	38	15
22	Ian Milburn	72	M	MM	Fenland Running Club - Open	16	0:42:06	21:37:40	0:07:40	78.3%	45	22	8	3	16
23	Autumn Hales	22	F	LS	Bure Valley Harriers	16	0:42:59	22:45:44	0:07:50	61.9%	634	23	1	31	7
24	Kurt Van Belle	42	M	MM	Pink & Blacks	16	0:43:04	25:54:52	0:07:51	58.6%	774	24	9	40	17
25	Sarah Friel	33	F	LS	Riverside Runners	16	0:43:53	24:05:44	0:08:00	60.9%	680	25	2	32	8
26	Maureen Wolfe	58	F	LM	Ryston Runners - Ladies	16	0:44:02	25:02:45	0:08:01	76.0%	84	26	7	8	9
27	Grant King	39	M	MS	Old Greshamians - Team 1	16	0:44:08	25:31:10	0:08:02	56.0%	865	27	9	50	18
28	Kim Reader	47	F	LM	Wymondham AC - Ladies	16	0:44:22	25:58:20	0:08:05	65.7%	465	28	8	24	10
29	Joe Jermy	29	M	MS	Great Yarmouth Road Runners - Open	16	0:44:33	25:25:22	0:08:07	52.8%	937	29	10	57	19
30	Nicky Neill	45	M	MM	RAF Marham	16	0:45:18	25:45:54	0:08:15	57.1%	829	30	10	46	20
31	Anne Booth	41	F	LM	Ely Runners - Team B	16	0:45:35	26:24:00	0:08:18	60.7%	694	31	9	35	11
32	Rachel Robson	54	F	LM	North Norfolk Beach Runners - Team B	16	0:46:16	26:16:44	0:08:26	68.6%	327	32	10	15	12

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33	Graham Dixon	39	M	MS	Haverhill Running Club	16	0:46:18	24:58:34	0:08:26	53.3%	930	33	11	56	21
34	John Davis (The Shorter)	64	M	MM	Garden City Runners	16	0:46:34	22:29:37	0:08:29	65.1%	488	34	11	26	22
35	Vicky Berry	54	F	LM	Biggleswade AC	16	0:46:36	25:55:38	0:08:29	68.1%	347	35	11	17	13
36	Ruth Gainsford	53	F	LM	Coltishall Jaguars - Open	16	0:46:40	24:16:59	0:08:30	67.1%	396	36	12	19	14
37	Catherine Halon	42	F	LM	Framlingham Flyers	16	0:46:44	26:27:59	0:08:31	59.7%	739	37	13	37	15
38	Ryan Edwards	34	M	MS	Saint Edmund Pacers - Team A	16	0:46:48	24:17:18	0:08:31	51.1%	972	38	12	58	23
39	Emily Gooderham	21	F	LS	Saint Edmund Pacers - Team B	16	0:47:00	25:23:39	0:08:34	56.7%	842	39	3	48	16
40	Tracey Green	40	F	LM	Paddock Wood AC	16	0:47:28	21:45:14	0:08:39	58.0%	797	40	14	43	17
41	Jaime Hayden	38	F	LM	Thorney Running Club	16	0:47:38	25:29:30	0:08:41	57.1%	825	41	15	45	18
42	Karen Dodsworth	57	F	LM	North Herts Road Runners	16	0:48:22	25:29:55	0:08:49	68.3%	336	42	16	16	19
43	Nessie Browne	48	F	LM	Old Greshamians - Team 2	16	0:48:27	26:42:07	0:08:50	60.8%	690	43	17	34	20
44	Gillian Paremain	66	F	LM	Thetford AC	16	0:48:50	26:34:26	0:08:54	77.0%	65	44	18	5	21
45	Gill Woodhouse	69	F	LM	Dereham - Club	16	0:49:07	24:10:05	0:08:57	80.2%	28	45	19	2	22
46	Carol Slater-Garner	41	F	LM	Fenland Running Club - Ladies	16	0:49:10	26:57:45	0:08:57	56.3%	856	46	20	49	23
47	Justine Davenport	46	F	LM	Norfolk Gazelles Dorcas	16	0:49:20	23:16:20	0:08:59	58.5%	780	47	21	41	24
48	Danielle Crane	38	F	LM	Norwich Road Runners - Mixed	16	0:49:28	26:57:06	0:09:01	55.0%	888	48	22	53	25
49	Leona Broughton	39	F	LM	Reepham Runners - Masters	16	0:49:40	26:43:58	0:09:03	55.1%	885	49	23	52	26
50	Pandora Buck	53	F	LM	Great Yarmouth Road Runners - Ladies	16	0:49:48	28:47:45	0:09:04	62.9%	597	50	24	30	27
51	Craig Dodgen	53	M	MM	Bishops Stortford Running Club	16	0:50:44	25:25:26	0:09:14	54.3%	903	51	12	54	24
52	Michelle Waters	49	F	LM	Norfolk Gazelles Chinkara	16	0:51:41	25:02:14	0:09:25	57.6%	806	52	25	44	28
53	Karen Tompkins	34	F	LS	Wellingborough & District AC - Team 2	16	0:53:58	26:52:56	0:09:50	49.7%	987	53	4	59	29
54	Judy Rackham	57	F	LM	Metros RC	16	0:54:17	26:07:08	0:09:53	60.8%	689	54	26	33	30
55	Rachel Hirst	53	F	LM	Bungay Black Dog Running Club	16	0:55:00	27:08:09	0:10:01	56.9%	834	55	27	47	31
56	Binks Neate Evans	51	F	LM	Reepham Runners - Mixed	16	0:55:14	25:24:45	0:10:04	55.3%	878	56	28	51	32
57	Mike Dunn	72	M	MM	Headington Road Runners	16	0:56:38	25:32:28	0:10:19	58.2%	788	57	13	42	25
58	Judy Prior	69	F	LM	Bedford Harriers	16	0:59:48	26:49:49	0:10:54	65.9%	449	58	29	23	33
59	Felicity Aries	56	F	LM	Wellingborough & District AC - Team 1	16	1:00:42	26:01:07	0:11:03	53.7%	920	59	30	55	34
60	Samantha Prior	29	F	LS	Ramsey Road Runners	16	1:01:22	25:49:18	0:11:11	43.4%	1024	60	5	61	35
61	Celina Silver	48	F	LM	Stamford Striders	16	1:06:34	25:38:46	0:12:08	44.2%	1021	61	31	60	36