

Stage 17: Stowbridge to Kings Lynn - 11.73 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	Paul Waggitt	29	M	MS	Ely Runners - Team A	17	1:10:08	23:01:44	0:05:59	75.0%	102	1	1	4	1
2	Callum Stanforth	27	M	MS	Ryston Runners - Open	17	1:10:36	21:36:30	0:06:01	74.5%	112	2	2	7	2
3	Mark Burgess	29	M	MS	City of Norwich AC - Team A	17	1:11:49	20:23:40	0:06:07	73.2%	151	3	3	11	3
4	Istvan Jacso	38	M	MS	Cambridge & Coleridge AC - Team A	17	1:13:30	21:12:52	0:06:16	73.7%	139	4	4	10	4
5	Russell Casey	40	M	MM	Garden City Runners	17	1:15:59	23:45:36	0:06:29	72.4%	188	5	1	14	5
6	Richard Johnson	41	M	MM	Wymondham AC - Open	17	1:16:10	21:52:31	0:06:30	72.8%	168	6	2	12	6
7	Tom Bamford	32	M	MS	City of Norwich AC - Team C	17	1:16:11	27:17:13	0:06:30	69.1%	304	7	5	24	7
8	Ben Churchman	33	M	MS	RAF Marham	17	1:16:26	27:02:20	0:06:31	69.0%	309	8	6	25	8
9	Lynton Battrick	42	M	MM	North Norfolk Beach Runners - Team A	17	1:17:10	22:05:34	0:06:35	72.4%	186	9	3	13	9
10	Wayne Balmer	39	M	MS	Paddock Wood AC	17	1:17:21	23:02:35	0:06:36	70.5%	245	10	7	19	10
11	James Dunne	48	M	MM	Norwich Road Runners - Open	17	1:17:29	23:08:42	0:06:36	75.7%	93	11	4	2	11
12	Mike Boxhall	42	M	MM	March AC	17	1:18:00	23:15:52	0:06:39	71.6%	212	12	5	17	12
13	Darren Matussa	40	M	MM	North Herts Road Runners	17	1:18:08	26:48:03	0:06:40	70.4%	254	13	6	21	13
14	Cameron Harris	23	M	MS	Stamford Striders	17	1:18:39	26:57:25	0:06:42	66.9%	408	14	8	32	14
15	Adrian Waters	50	M	MM	Norfolk Gazelles Chinkara	17	1:19:31	26:21:45	0:06:47	75.0%	103	15	7	5	15
16	Lisa Marriott	38	F	LM	Ramsey Road Runners	17	1:20:16	27:09:34	0:06:51	74.7%	108	16	1	6	1
17	Paul Smith	42	M	MM	Norwich Road Runners - Masters	17	1:20:36	22:48:37	0:06:52	69.3%	295	17	8	23	16
18	Stew Robins	50	M	MM	Ryston Runners - Masters	17	1:20:36	26:13:43	0:06:52	74.0%	129	18	9	9	17
19	James Carass	30	M	MS	Great Yarmouth Road Runners - Open	17	1:20:56	26:46:18	0:06:54	65.0%	494	19	9	35	18
20	Nick Stephens	54	M	MM	Stowmarket Striders Running Club	17	1:22:09	27:30:50	0:07:00	75.1%	101	20	10	3	19
21	Angie Joiner-Handy	47	F	LM	Saint Edmund Pacers - Team A	17	1:22:25	25:39:43	0:07:02	77.9%	52	21	2	1	2
22	Melvyn Porter	50	M	MM	Coltishall Jaguars - Mixed	17	1:22:38	24:37:54	0:07:03	72.1%	196	22	11	15	20
23	Phil Whiting	43	M	MM	Norfolk Gazelles Dorcas	17	1:23:33	24:39:53	0:07:07	67.4%	381	23	12	30	21
24	Andrew Phelps	55	M	MM	Headington Road Runners	17	1:23:42	26:56:10	0:07:08	74.4%	115	24	13	8	22
25	Andre Pittock	51	M	MM	Fenland Running Club - Open	17	1:25:20	23:03:00	0:07:16	70.5%	249	25	14	20	23
26	Nick Hudson	34	M	MS	Coltishall Jaguars - Open	17	1:25:52	25:42:51	0:07:19	61.6%	643	26	10	42	24
27	Martin Adcock	49	M	MM	Bure Valley Harriers	17	1:25:53	24:11:37	0:07:19	68.8%	316	27	15	26	25
28	Grainne Brennan	27	F	LS	Newmarket Joggers	17	1:26:27	25:50:31	0:07:22	67.8%	357	28	1	29	3
29	Andrew Hood	35	M	MS	Dereham - Club	17	1:26:33	25:36:38	0:07:23	61.4%	656	29	11	43	26
30	Dave Solomon	50	M	MM	Felixstowe Road Runners	17	1:26:59	27:59:41	0:07:25	68.5%	328	30	16	27	27
31	Alex Smith	42	F	LM	Wymondham AC - Ladies	17	1:27:22	27:25:42	0:07:27	70.3%	255	31	3	22	4
32	Rob Groves	31	M	MS	Reepham Runners - Mixed	17	1:27:43	26:52:28	0:07:29	60.0%	729	32	12	48	28

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33	Mike Gooch	48	M	MM	Wellingborough & District AC - Team 2	17	1:28:35	28:21:31	0:07:33	66.2%	435	33	17	33	29
34	Charlie Stone	17	M	MJ	Thetford AC	17	1:30:06	28:04:32	0:07:41	61.2%	665	34	1	44	30
35	Guy Simmonds	40	M	MM	Pink & Blacks	17	1:31:25	27:26:17	0:07:48	60.1%	723	35	18	47	31
36	Ian Gooderham	50	M	MM	Saint Edmund Pacers - Team B	17	1:31:49	26:55:28	0:07:50	64.9%	497	36	19	36	32
37	Craig Sissons	29	M	MS	Haverhill Running Club	17	1:32:20	26:30:54	0:07:52	57.0%	833	37	13	53	33
38	Justin Smith	47	M	MM	Ely Runners - Team B	17	1:32:28	27:56:28	0:07:53	62.9%	599	38	20	40	34
39	Richard Dye	56	M	MM	Bungay Black Dog Running Club	17	1:33:26	28:41:35	0:07:58	67.2%	389	39	21	31	35
40	Matthew Rackham	23	M	MS	Metros RC	17	1:33:36	27:40:44	0:07:59	56.2%	859	40	14	56	36
41	Natalie Morgan	41	F	LM	Biggleswade AC	17	1:33:59	27:29:37	0:08:01	64.9%	500	41	4	37	5
42	Ellie Stevens	38	F	LM	City of Norwich AC - Team B	17	1:34:52	24:23:34	0:08:05	63.2%	580	42	5	39	6
43	Andy Rowles	55	M	MM	Dereham - Open	17	1:35:27	26:09:33	0:08:08	65.2%	481	43	22	34	37
44	Niki Park	52	F	LM	Norwich Road Runners - Ladies	17	1:35:36	26:25:35	0:08:09	71.3%	225	44	6	18	7
45	Emma Evans	21	F	LS	Riverside Runners	17	1:35:55	25:41:39	0:08:11	61.1%	674	45	2	46	8
46	Peter Gowing	49	M	MM	Reepham Runners - Masters	17	1:36:38	28:20:36	0:08:14	61.2%	673	46	23	45	38
47	Becky Garratt	39	F	LM	North Norfolk Beach Runners - Team B	17	1:36:52	27:53:36	0:08:15	62.2%	628	47	7	41	9
48	Chris Read	37	M	MS	Norwich Road Runners - Mixed	17	1:37:08	28:34:14	0:08:17	55.3%	877	48	15	57	39
49	Bekah Cranch	25	F	LS	Bishops Stortford Running Club	17	1:37:54	27:03:20	0:08:21	59.9%	731	49	3	49	10
50	Robert Hurst	38	M	MS	Old Greshamians - Team 1	17	1:38:19	27:09:29	0:08:23	55.1%	886	50	16	59	40
51	Natalie Kim Cant	36	F	LM	Tri-Anglia Triathlon Club	17	1:39:25	27:35:38	0:08:29	59.8%	735	51	8	50	11
52	Sarah Taylor	52	F	LM	Ryston Runners - Ladies	17	1:39:48	26:42:33	0:08:30	68.3%	337	52	9	28	12
53	Tony Jones	57	M	MM	Bedford Harriers	17	1:39:49	28:29:38	0:08:31	63.5%	569	53	24	38	41
54	Gavin Lane	48	M	MM	West Norfolk AC	17	1:39:53	27:44:23	0:08:31	58.7%	771	54	25	51	42
55	Glyn Smith	71	M	MM	Cambridge and Coleridge AC - Team B	17	1:41:01	25:39:46	0:08:37	71.8%	206	55	26	16	43
56	Jess Quick	28	F	LS	Old Greshamians - Team 2	17	1:46:06	28:28:13	0:09:03	55.3%	879	56	4	58	13
57	Natasha Wain	44	F	LM	Wellingborough & District AC - Team 1	17	1:47:52	27:48:59	0:09:12	57.8%	803	57	10	52	14
58	Larissa Follen	43	F	LM	Fenland Running Club - Ladies	17	1:48:52	28:46:37	0:09:17	56.8%	837	58	11	54	15
59	Kay Riley	38	F	LM	Thorney Running Club	17	1:52:49	27:22:19	0:09:37	53.1%	933	59	12	60	16
60	Clare Barstow	39	F	LM	Framlingham Flyers	17	1:53:44	28:21:43	0:09:42	53.0%	934	60	13	61	17
61	Cathy Tooley	52	F	LM	Great Yarmouth Road Runners - Ladies	17	2:01:04	30:48:49	0:10:19	56.3%	857	61	14	55	18