

Stage 3: Burnham Overy to Wells - 5.76 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 Evans	17	M	MJ	Riverside Runners	3	0:35:56	4:34:58	0:06:14	72.2%	195	1	1	5	1
2	Chris Harrison	35	M	MS	Norwich Road Runners - Open	3	0:36:48	4:16:43	0:06:23	68.8%	321	2	1	13	2
3	John Hopgood	38	M	MS	Ryston Runners - Open	3	0:37:05	4:25:42	0:06:26	69.6%	280	3	2	10	3
4	Harry Allcock	15	M	MJ	Bungay Black Dog Running Club	3	0:38:51	5:31:57	0:06:45	68.8%	317	4	2	12	4
5	Sarah Griffiths	25	F	LS	City of Norwich AC - Team A	3	0:39:08	3:47:35	0:06:48	71.6%	211	5	1	7	1
6	Adrian Hall	53	M	MM	Wymondham AC - Open	3	0:39:08	4:08:23	0:06:48	74.1%	122	6	1	2	5
7	Adie Grand	52	M	MM	Norwich Road Runners - Masters	3	0:39:40	4:11:11	0:06:53	72.6%	176	7	2	4	6
8	Stephen Howard	53	M	MM	Ely Runners - Team A	3	0:39:51	4:07:43	0:06:55	72.8%	164	8	3	3	7
9	Peter West	40	M	MM	March AC	3	0:40:23	4:23:45	0:07:01	64.9%	499	9	4	18	8
10	Jane Clarke	57	F	LM	City of Norwich AC - Team B	3	0:40:52	4:26:11	0:07:06	85.1%	7	10	1	1	2
11	Chris Langton	51	M	MM	City of Norwich AC - Team C	3	0:41:15	5:18:45	0:07:10	69.2%	301	11	5	11	9
12	Bob Grainer	37	M	MS	Stowmarket Striders Running Club	3	0:41:37	4:56:14	0:07:14	61.6%	647	12	3	24	10
13	Juliet Naylor	45	F	LM	Biggleswade AC	3	0:41:45	4:25:22	0:07:15	72.0%	199	13	2	6	3
14	Roisin Marks	24	F	LS	Norwich Road Runners - Ladies	3	0:42:00	4:58:29	0:07:18	66.7%	413	14	2	16	4
15	Chris Cooke	56	M	MM	Saint Edmund Pacers - Team A	3	0:42:21	5:07:09	0:07:21	70.3%	258	15	6	8	11
16	Ryan Price	17	M	MJ	Ramsey Road Runners	3	0:42:30	5:09:50	0:07:23	61.0%	676	16	3	29	12
17	Ian Coxhead	50	M	MM	Norfolk Gazelles Chinkara	3	0:43:09	4:41:53	0:07:29	65.6%	469	17	7	17	13
18	Daniel Spiller	38	M	MS	Fenland Running Club - Open	3	0:43:17	4:20:21	0:07:31	59.7%	738	18	4	32	14
19	Rachel Pritchard	42	F	LM	Cambridge & Coleridge AC - Team A	3	0:43:49	3:53:41	0:07:36	67.0%	405	19	3	15	5
20	Jo Delf	34	F	LS	Wymondham AC - Ladies	3	0:44:15	4:47:43	0:07:41	63.8%	554	20	3	21	6
21	Andrew Baker	50	M	MM	Great Yarmouth Road Runners - Open	3	0:44:55	4:44:41	0:07:48	63.0%	586	21	8	22	15
22	Keith Moore	54	M	MM	Dereham - Open	3	0:45:20	4:24:11	0:07:52	64.5%	518	22	9	20	16
23	Charlotte Ennals	26	F	LS	North Norfolk Beach Runners - Team A	3	0:45:39	4:17:57	0:07:56	61.4%	655	23	4	25	7
24	Lorraine Marshall	50	F	LM	Bure Valley Harriers	3	0:46:55	4:31:47	0:08:09	67.7%	367	24	4	14	8
25	Ruth Palmer	41	F	LM	Saint Edmund Pacers - Team B	3	0:47:36	5:12:28	0:08:16	61.2%	666	25	5	26	9
26	Matthew Freezer	28	M	MS	Dereham - Club	3	0:47:54	4:29:26	0:08:19	51.7%	958	26	5	50	17
27	Anna Watt	38	F	LM	Old Greshamians - Team 2	3	0:48:45	5:24:55	0:08:28	58.8%	768	27	6	34	10
28	Mick Wise	63	M	MM	Garden City Runners	3	0:48:57	4:28:05	0:08:30	64.6%	515	28	10	19	18
29	John Gay	57	M	MM	North Norfolk Beach Runners - Team B	3	0:49:03	5:30:29	0:08:31	61.2%	672	29	11	28	19
30	Stephen Starr	50	M	MM	Ely Runners - Team B	3	0:49:14	5:21:31	0:08:33	57.5%	809	30	12	38	20
31	Anna Duch	33	F	LS	Cambridge and Coleridge AC - Team B	3	0:49:21	4:52:14	0:08:34	57.0%	830	31	5	41	11
32	Marc Gladwell	37	M	MS	RAF Marham	3	0:49:24	5:19:00	0:08:35	51.9%	956	32	6	48	21

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33	Mandy Barker	44	F	LM	Paddock Wood AC	3	0:49:37	4:28:26	0:08:37	60.1%	725	33	7	31	12
34	Chris Chapman	59	M	MM	Ryston Runners - Masters	3	0:50:07	5:05:09	0:08:42	60.9%	684	34	13	30	22
35	Suzanne Moon	40	F	LM	Stamford Striders	3	0:50:14	5:00:04	0:08:43	57.7%	804	35	8	36	13
36	Iona Stubbs	17	F	LJ	Old Greshamians - Team 1	3	0:50:18	6:09:41	0:08:44	56.9%	835	36	1	42	14
37	Shaun De Clancy	55	M	MM	Wellingborough & District AC - Team 2	3	0:51:12	5:00:48	0:08:53	57.6%	807	37	14	37	23
38	Roger Slee	48	M	MM	Tri-Anglia Triathlon Club	3	0:51:24	5:08:44	0:08:55	54.2%	906	38	15	45	24
39	Colin Harris	47	M	MM	Wellingborough & District AC - Team 1	3	0:51:38	6:04:35	0:08:58	53.5%	924	39	16	46	25
40	Cathy Russell	52	F	LM	Newmarket Joggers	3	0:51:51	5:06:13	0:09:00	62.8%	603	40	9	23	15
41	Estelle Corner	43	F	LM	Norfolk Gazelles Dorcas	3	0:52:06	4:46:40	0:09:03	56.8%	839	41	10	43	16
42	Shirley Fowler	53	F	LM	Haverhill Running Club	3	0:53:54	5:04:48	0:09:21	61.2%	671	42	11	27	17
43	Rosemary Jackson	63	F	LM	Coltishall Jaguars - Mixed	3	0:54:19	4:48:05	0:09:26	69.6%	278	43	12	9	18
44	Nicky Roper	45	F	LM	Framlingham Flyers	3	0:54:44	5:03:13	0:09:30	55.0%	893	44	13	44	19
45	Emma Thompson	40	F	LM	Ryston Runners - Ladies	3	0:55:09	4:53:42	0:09:34	52.5%	944	45	14	47	20
46	Edward Byard	36	M	MS	Headington Road Runners	3	0:55:26	5:19:25	0:09:37	45.9%	1012	46	7	58	26
47	Julie Garner	53	F	LM	Fenland Running Club - Ladies	3	0:56:22	5:27:40	0:09:47	58.5%	779	47	15	35	21
48	Clare Hicks	42	F	LM	Coltishall Jaguars - Open	3	0:56:38	4:58:17	0:09:50	51.8%	957	48	16	49	22
49	Peter Wenzel	66	M	MM	Bishops Stortford Running Club	3	0:56:43	4:45:56	0:09:51	57.3%	817	49	17	39	27
50	Brian Moore	67	M	MM	Norwich Road Runners - Mixed	3	0:57:19	4:57:10	0:09:57	57.2%	820	50	18	40	28
51	Charlotte Mears	37	F	LM	Reepham Runners - Mixed	3	0:57:20	5:00:53	0:09:57	49.7%	985	51	17	55	23
52	Jo Whelan	56	F	LM	Felixstowe Road Runners	3	0:57:33	4:43:03	0:09:59	59.6%	740	52	18	33	24
53	Clare Self	40	F	LM	Reepham Runners - Masters	3	0:57:56	4:53:57	0:10:03	50.0%	982	53	19	54	25
54	Ann Kirton	48	F	LM	Thetford AC	3	1:00:52	5:28:24	0:10:34	50.9%	975	54	20	51	26
55	Alastair Scoffham	61	M	MM	Metros RC	3	1:01:14	5:18:40	0:10:38	50.7%	978	55	19	53	29
56	Kim Westhead	33	F	LS	Pink & Blacks	3	1:01:50	5:26:22	0:10:44	45.5%	1013	56	6	59	27
57	Michelle Fadden	51	F	LM	Bedford Harriers	3	1:03:09	5:42:03	0:10:58	50.9%	977	57	21	52	28
58	Lindsay Cook	42	F	LM	North Herts Road Runners	3	1:03:29	5:04:20	0:11:01	46.2%	1011	58	22	57	29
59	Fiona Williams	45	F	LM	Great Yarmouth Road Runners - Ladies	3	1:03:40	5:50:35	0:11:03	47.2%	1006	59	23	56	30
60	Claire Sibley	45	F	LM	Thorney Running Club	3	1:12:52	5:16:48	0:12:39	41.3%	1032	60	24	60	31
61	Hannah Marsters	38	F	LM	West Norfolk AC	3	1:13:08	4:57:40	0:12:42	39.2%	1036	61	25	61	32