

**ROUND NORFOLK RELAY STAGE WINNERS - 2017**

Stage	Pos	Sex	Name	Club	Age	Cat	Time	AG%	Pace	Rec
<b>Stage 1</b> EDP Trophy	1	M	Sullivan Smith	Cambridge & Coleridge AC - Team A	41	MM	01:39:03	79.1%	06:04	
	2	M	Will Longworth	Dereham - Open	25	MS	01:45:14	71.3%	06:27	
	1	L	Toni Alcaraz	March AC	43	LM	01:58:41	74.2%	07:16	cat record
	2	L	Susan Matthews	Ryston Runners - Ladies	38	LM	01:58:42	71.5%	07:16	
<b>Stage 2</b> Dave Wootton Cup	1	M	Adrian Mussett	City of Norwich AC - Team A	45	MM	01:21:03	85.1%	05:46	cat record
	2	M	Alastair Hodges	Cambridge & Coleridge AC - Team A	38	MS	01:30:49	71.8%	06:28	
	1	L	Elizabeth Daly	Dereham - Club	34	LS	01:42:40	69.4%	07:18	
	2	L	Sarah Peachey	Wymondham AC - Ladies	33	LS	01:44:55	67.8%	07:28	
<b>Stage 3</b>	1	M	Gary Evans	Riverside Runners	17	MJ	00:35:56	72.2%	06:14	
	2	M	Chris Harrison	Norwich Road Runners - Open	35	MS	00:36:48	68.8%	06:23	
	1	L	Sarah Griffiths	City of Norwich AC - Team A	25	LS	00:39:08	71.6%	06:48	cat record
	2	L	Jane Clarke	City of Norwich AC - Team B	57	LM	00:40:52	85.1%	07:06	
<b>Stage 4</b> Darryl Davis Memorial Trophy	1	M	Ross Payne	Ely Runners - Team A	22	MS	01:12:34	68.6%	06:31	
	2	M	Tony Witmond	North Norfolk Beach Runners - Team A	49	MM	01:14:14	75.3%	06:40	
	1	L	Philippa Taylor	City of Norwich AC - Team A	50	LM	01:16:04	82.7%	06:50	
	2	L	Rowena Leary	Norfolk Gazelles Dorcas	32	LS	01:21:59	67.9%	07:22	
<b>Stage 5</b> Fat Birds Don't Fly Cup	1	M	James O'Neill	Ryston Runners - Open	37	MS	01:09:09	71.4%	06:24	
	2	M	Scott Walford	Bure Valley Harriers	47	MM	01:10:19	75.9%	06:30	
	1	L	Rebecca Cousins	West Norfolk AC	28	LS	01:25:53	62.7%	07:57	
	2	L	Carol Devlin	Dereham - Club	52	LM	01:25:55	72.8%	07:57	
<b>Stage 6</b>	1	M	Sam Todd	City of Norwich AC - Team C	21	MS	00:46:51	73.9%	05:56	
	2	M	Lawrence Wade	City of Norwich AC - Team A	43	MM	00:48:21	77.0%	06:07	
	1	L	Sarah Shephard	Paddock Wood AC	24	LS	00:52:54	73.7%	06:42	
	2	L	Charlotte Neale	North Norfolk Beach Runners - Team A	31	LS	00:53:35	72.8%	06:47	
<b>Stage 7</b>	1	M	Tom Vickery	Cambridge & Coleridge AC - Team A	31	MS	00:50:27	81.0%	05:28	
	2	M	Daniel Middleton	Norwich Road Runners - Open	35	MS	00:51:30	80.3%	05:34	
	1	L	Nicky Wnek	Ryston Runners - Ladies	46	LM	01:02:51	78.8%	06:48	
	2	L	Cat Cummings	Wymondham AC - Ladies	39	LM	01:02:58	74.6%	06:49	
<b>Stage 8</b>	1	M	Alex Ash	Wellingborough & District AC - Team A	27	MS	00:41:02	80.0%	05:27	cat record
	2	M	Jake Stearman	Dereham - Open	17	MJ	00:42:10	81.5%	05:36	
	1	L	Iona Lake	City of Norwich AC - Team A	24	LS	00:43:44	84.5%	05:49	cat record
	2	L	Alicia Lacey	Norwich Road Runners - Ladies	24	LS	00:50:26	73.3%	06:42	
<b>Stage 9</b>	1	M	Tim Lawrence	City of Norwich AC - Team A	36	MS	01:39:02	78.0%	05:58	
	2	M	Alan Darby	Ely Runners - Team A	33	MS	01:40:40	76.1%	06:04	
	1	L	Katie Harbon	North Herts Road Runners	22	LS	01:56:31	72.4%	07:01	cat record
	2	L	Louise Juby	Dereham - Club	37	LM	01:58:38	72.6%	07:09	
<b>Stage 10</b>	1	M	Dominic Blake	Reepham Runners - Mixed	39	MS	01:41:53	83.0%	05:37	cat record
	2	M	Simon Millett	Norwich Road Runners - Open	30	MS	01:41:59	80.9%	05:38	
	1	L	Sophie Kelly	Cambridge and Coleridge AC - Team A	34	LS	01:58:19	78.0%	06:32	cat record
	2	L	Michelle Brett	Ramsey Road Runners	34	LS	02:17:04	67.3%	07:34	
<b>Stage 11</b> Peter Andrews Cup	1	M	James Senior	City of Norwich AC - Team A	25	MS	01:09:52	80.2%	05:37	cat record
	2	M	Joe Holland	Paddock Wood AC	20	MJ	01:17:14	73.4%	06:12	
	1	L	Maija Kozlova	Cambridge and Coleridge AC - Team A	33	LS	01:30:00	69.7%	07:14	
	2	L	Sarah Swaney	Pink & Blacks	38	LM	01:30:27	70.6%	07:16	
<b>Stage 12</b>	1	M	Matt Allen	Ryston Runners - Open	41	MM	01:58:53	80.1%	06:03	
	2	M	Robbie Britton	North Norfolk Beach Runners - Team A	30	MS	02:00:24	76.0%	06:07	
	1	L	Vicky Quantrill	Great Yarmouth Road Runners - Ladies	43	LM	02:34:48	69.2%	07:52	
	2	L	Helen Etherington	Wellingborough & District AC - Team A	36	LM	02:40:16	63.6%	08:09	
<b>Stage 13</b>	1	M	Michael Taylor	Riverside Runners	35	MS	01:13:55	81.6%	05:35	
	2	M	Michael Eccles	Norfolk Gazelles Dorcas	37	MS	01:15:52	80.3%	05:44	
	1	L	Lorena Latisaite	Ryston Runners - Ladies	29	LS	01:37:28	68.2%	07:21	
	2	L	Catriona Scott	Headington Road Runners	38	LM	01:43:09	65.9%	07:47	
<b>Stage 14</b>	1	M	Gary Crush	City of Norwich AC - Team B	39	MS	00:42:30	77.9%	05:51	
	2	M	Darren Easter	Ryston Runners - Open	45	MM	00:45:00	77.0%	06:11	
	1	L	Sabina Spence	Bure Valley Harriers	46	LM	00:49:44	77.9%	06:50	
	2	L	Lisa Oakley	North Norfolk Beach Runners - Team A	41	LM	00:50:45	73.2%	06:59	
<b>Stage 15</b>	1	M	Axel Finke	Cambridge & Coleridge AC - Team A	30	MS	01:01:47	76.3%	05:50	
	2	M	Alex Tate	Ely Runners - Team A	41	MM	01:02:01	80.1%	05:51	
	1	L	Dani Nimmock	City of Norwich AC - Team A	27	LS	01:07:49	77.8%	06:24	cat record
	2	L	Mabel Beckett	City of Norwich AC - Team B	22	LS	01:08:55	76.6%	06:30	
<b>Stage 16</b> Winning Ways Trophy	1	M	Andrew Shields	Cambridge & Coleridge AC - Team A	52	MM	00:32:25	84.3%	05:54	
	2	M	Neil Stapleton	Ryston Runners - Masters	45	MM	00:35:22	73.1%	06:27	
	1	L	Charlotte Rose	City of Norwich AC - Team A	36	LM	00:34:29	78.2%	06:17	cat record
	2	L	Nicky Alford	North Norfolk Beach Runners - Team A	36	LM	00:36:33	73.8%	06:39	
<b>Stage 17</b>	1	M	Paul Waggitt	Ely Runners - Team A	29	MS	01:10:08	75.0%	05:59	
	2	M	Callum Stanforth	Ryston Runners - Open	27	MS	01:10:36	74.5%	06:01	
	1	L	Lisa Marriott	Ramsey Road Runners	38	LM	01:20:16	74.7%	06:51	
	2	L	Angie Joiner-Handy	Saint Edmund Pacers - Team A	47	LM	01:22:25	77.9%	07:02	