

## Hereward Relay 26th January 2025

## Stage 4 - Results

Team	Team Name	Athlete	Stage time	Place	
21	Age after Beauty	Andrew Jakeman	01:09:53	1	First Man
84	C-Squad 1	Tom Barners	01:12:21	2	
41	The Banksy mud rats	Ben Jimson	01:12:31	3	
98	We must be mad, we were promised cake	Ryan Oakes	01:13:58	4	
105	NiceTri 1	Chris Wright	01:16:20	5	
14	St Edmund Pacer Vultures	Josh Scarlett	01:17:37	6	
68	Men 1	Alexander Upston	01:18:16	7	
52	The Nick Harding legs appreciation society	Nick Harding	01:20:03	8	First Vet Man
65	Motley Shoe	Kanina O'Neil-Head	01:20:10	9	First Lady
31	4T's	Katie Vargeson	01:20:19	10	First Vet Lady
54	WNAC Hammer	Ben Collison	01:21:31	11	
57	The Greyhound & the hares	Phil Thompson	01:21:42	12	
86	C-Squad 3	Dave Hargreaves	01:21:43	13	
90	Rage Against the cardio machine	Carl Baron	01:22:07	14	
83	St Edmund Pacer Buzzards	Joe Robson	01:23:14	15	
27	Team Trackless Men	Richard Allen	01:23:15	16	
40	Worst Pace Scenario	Ben Fox	01:23:23	17	
89	Kings Lynn Triathlon Club	Paul Richardson	01:23:36	18	
107	NiceTri 3	James Wood	01:23:44	19	
75	Thorney Team 2	Steve Cranfield	01:24:01	20	
66	Ladies 1	Emily Salt	01:24:53	21	
16	St Edmund Pacer Falcolns	Josh Clarke-Davis	01:25:00	22	
25	Short, Back and Strides	Mike Chapman	01:25:31	23	
56	C&C Hereward Lovers	Rebecca Jones	01:27:30	24	
15	St Edmund Pacer Hawks	Sophie Seward	01:27:45	25	
77	Young Men of CTC	Oliver Martinez	01:28:08	26	
91	Min's Minions	Minio Migliorini	01:28:29	27	
55	WNAC Sprint	Ben Foxwell	01:28:40	28	
74	Thorney Team 1	Steve Wilson	01:28:43	29	
37	BRJ 3 Men and a Baby	Paul Mitton	01:28:55	30	
18	St Edmund Pacer Woodpeckers	Wendy Smith	01:30:01	31	
11	St Edmund Pacer Ospreys	Mike Hankinson	01:30:04	32	
50	Team-Fabulous	Adrian Stevens	01:30:05	33	
28	Scrambled Legs	Thom Jenkinson	01:30:06	34	
35	Premature Acceleration	Simon Mayes	01:30:42	35	
69	Men 2	Tom Copping	01:30:48	36	
100	You can call me Al	Alex Eberlin	01:31:46	37	
48	Stamford Frostbite Exiles	Ed Fancourt	01:31:49	38	
42	Queens of the Mud Age	Leah Banks	01:32:28	39	
51	Vicky and the Vikings	Andy Wade	01:32:36	40	
5	Pimp my stride	Nathan Hasler	01:32:47	41	
103	C&C Seconds	Sonia Trickey	01:33:04	42	
70	Mostly Oldies	Andy Brown	01:33:25	43	
79	The Fed-Up Club	George Pettit	01:33:42	44	
92	Wii Not Fit	Ross Arnold	01:34:04	45	
26	Sporty Spices	Dani Sparkes	01:34:05	46	
67	Ladies 2	Janet Noland	01:34:13	47	
33	St Edmund Pacer Kites	Stacey Mockford	01:34:22	48	
38	Team Trackless Men 2	Timothy Clough	01:34:41	49	

Hereward Relay 26th January 2025

Stage 4 - Results

12	St Edmund Pacer Songthrush	Annie Richardson	01:35:11	50
3	Bourne to be Smiled	Jon Spencer	01:36:56	51
4	Bjourne Again	Ellis Parker	01:38:55	52
17	St Edmund Pacer Eagles	Rob Morgan	01:39:00	53
73	Mixed	Alex Levantis	01:39:11	54
13	St Edmund Pacer Owls	Jamie Fittock	01:39:38	55
19	St Edmund Pacer Kestrels	Max Clemens	01:39:59	56
30	Legs and Joe	Joe Wright	01:40:19	57
49	Striding Bog Dogs	Brian Kearsey	01:40:33	58
39	Save our Garys	Chrissi Head	01:40:35	59
10	St Edmund Pacer Penguins	Rebecca Forder	01:43:01	60
6	Pace Setters United	Richard Hursthouse	01:43:12	61
32	St Edmund Pacer Harriers	Karl Bedingfield	01:43:26	62
108	Threelamders	Craig Freestone	01:44:39	63
85	C-Squad 2	Avi Kistenis	01:45:44	64
23	Headless Chickens	Nicholas Boxhall	01:46:17	65
101	CTC ya later	Harry Druiff	01:47:14	66
1	Bourne to be Wild	Carl Cocking	01:47:36	67
97	Ooh I lost my ambulance	Michelle Prior	01:50:06	68
102	Never too much mud	Simon Brockington	01:51:09	69
47	Coles Collectables	Mike Boxall	01:51:33	70
94	Perky, Sam and the Chuckle Brothers	Colin Andrews	01:51:39	71
106	NiceTri 2	Ruth Chamberlain	01:52:15	72
7	Suffolk Stamina Squad	Sandra Mayhew	01:52:47	73
29	Longs Legs	Jon Long	01:53:38	74
95	Eye Like a Challenge	Emily Murdoch	01:54:24	75
43	Jemima Muddleducks	Jac Richards	01:54:50	76
87	Lanky Legs and Little Legs	Andrew Wool	01:56:40	77
64	It's a Runderful Life	Nic Cuthbert	01:57:05	78
44	Heremud the walk	Ade Mills	01:57:18	79
82	Limpers by Nature	Ethan Smith	01:57:26	80
81	Limpers by Name	Mark Edwards	01:57:37	81
61	Not Fast or Furious	James Stace	01:58:18	82
60	Peaking too Soon!	Lorraine Parker	01:58:19	83
93	Knowles Transport	Mark Hubbard	01:58:24	84
45	Masher's Mud Tag	Graham Milburn	01:58:26	85
46	Kai's Krew	Jim Reeves	01:59:19	86
72	Thumbs up for the Mullet Express	Oliver Goodwin	02:01:36	87
2	Bourne to be Mild	Richard Burton	02:02:49	88
71	Stortford Over 70s	Graham O'Malley	02:04:52	89
8	Swift Striders	Agnieszka Andrzejak	02:06:50	90
104	Running Late	Helen Bradley	02:09:53	91
22	Only Fools and Courses	Rob Hudson	02:10:59	92
88	Ready Dedy Go	Graeme Dedman	02:20:00	93
9	Fleet of Foot	Caroline Gladwell	02:22:02	94
96	The Nuggets	Suzanne Orr	02:34:27	95