

Stage 10: Fitton to Earsham - 14.67 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	Matt Pyatt	38	M	MS	Ryston Runners A	10	1:23:16	12:41:59	0:05:41	82.1%	19	1	1	3	1
2	Matt Slater	31	M	MS	Cambridge & Coleridge A	10	1:28:22	12:50:00	0:06:01	75.5%	74	2	2	9	2
3	Jamie Seamark	43	M	MM	North Norfolk Beach Runners - Open	10	1:29:27	12:35:38	0:06:06	79.5%	30	3	1	4	3
4	Alex Tate	39	M	MS	Ely A	10	1:31:06	12:20:17	0:06:13	75.6%	73	4	3	8	4
5	Martin Jennings	44	M	MM	Fenland Running Club - 48	10	1:31:35	13:26:05	0:06:15	78.3%	41	5	2	5	5
6	Malcolm Pritchard	44	M	MM	Riverside Runners A	10	1:33:48	13:47:24	0:06:24	76.4%	60	6	3	6	6
7	Maria Heslop	47	L	LM	Paddock Wood AC	10	1:34:41	14:05:22	0:06:27	86.0%	7	7	1	1	1
8	Pete Johnson	61	M	MM	Ryston Runners C	10	1:37:04	15:15:33	0:06:37	85.7%	8	8	4	2	7
9	Stephane Schneider	36	M	MS	Serpentine Running Club	10	1:38:34	15:39:29	0:06:43	68.4%	288	9	4	19	8
10	Stew Kelly	38	M	MS	West Norfolk AC	10	1:39:55	15:17:41	0:06:49	68.4%	291	10	5	21	9
11	Adam Chapman	34	M	MS	Bishops Stortford Running Club	10	1:40:53	15:35:13	0:06:53	66.4%	373	11	6	29	10
12	Giles Hawthorne	41	M	MM	Biggleswade AC	10	1:41:27	16:07:47	0:06:55	69.0%	261	12	5	17	11
13	Simon Oldfield	44	M	MM	March A C	10	1:41:59	14:08:39	0:06:57	70.3%	214	13	6	16	12
14	David Almond	35	M	MS	Fetcheveryone	10	1:42:27	16:57:43	0:06:59	65.6%	407	14	7	31	13
15	Dave Kellaway	54	M	MM	Dereham Runners - Team A	10	1:43:22	14:13:15	0:07:03	75.5%	75	15	7	10	14
16	John Moore	55	M	MM	Norfolk Gazelles	10	1:44:04	14:03:52	0:07:06	75.7%	70	16	8	7	15
17	Jason Meacham	44	M	MM	Harwich Runners	10	1:44:58	16:22:57	0:07:09	68.3%	294	17	9	22	16
18	Russell Jones	41	M	MM	Marshall Milton Keynes AC	10	1:45:45	16:23:27	0:07:13	66.1%	381	18	10	30	17
19	Yvonne Youngman	42	L	LM	Stamford Striders	10	1:46:04	15:39:29	0:07:14	73.3%	127	19	2	11	2
20	Matt Andrews	44	M	MM	North Norfolk Beach Runners - Vets	10	1:46:53	15:12:03	0:07:17	67.1%	347	20	11	25	18
21	Jake Sanders	36	M	MS	Pink & Blacks	10	1:47:07	15:33:27	0:07:18	63.0%	513	21	8	38	19
22	Steve Bland	28	M	MS	Cambridge & Coleridge B	10	1:47:20	14:42:54	0:07:19	62.2%	540	22	9	39	20
23	Andy Bonner	33	M	MS	Ely B	10	1:48:05	15:58:58	0:07:22	61.8%	556	23	10	40	21
24	Rachel Gillings	30	L	LS	Norwich Road Runners A	10	1:48:21	15:54:05	0:07:23	68.4%	290	24	1	20	3
25	Dave Tandy	45	M	MM	Norwich Road Runners B	10	1:48:43	13:50:26	0:07:25	66.5%	368	25	12	28	22
26	Paul Evans	54	M	MM	Reepham Runners Team	10	1:49:38	15:38:43	0:07:28	71.2%	190	26	13	15	23
27	Jonathon Lucas-Frost	40	M	MM	Riverside Runners B	10	1:49:54	16:53:21	0:07:29	63.2%	502	27	14	37	24
28	Tom Richards	48	M	MM	Fenland Running Club - 2	10	1:50:51	15:28:16	0:07:33	66.8%	353	28	15	26	25
29	Paul Marriage	43	M	MM	Old Greshamians	10	1:51:31	15:36:49	0:07:36	64.1%	462	29	16	35	26
30	Dale Hurren	57	M	MM	Norwich Road Runners D	10	1:51:57	14:04:55	0:07:38	71.6%	178	30	17	14	27
31	Sabine Schaeffer	38	L	LM	Thetford Athletic Club	10	1:52:09	16:37:01	0:07:39	67.6%	323	31	3	24	4
32	Lorraine Marshall	48	L	LM	City of Norwich AC - B	10	1:52:27	15:01:24	0:07:40	73.3%	129	32	4	12	5
33	Michelle Reid	36	L	LM	Headington Road Runners	10	1:52:45	15:36:00	0:07:41	66.6%	363	33	5	27	6
34	Stewart White	38	M	MS	Saint Edmund Pacers	10	1:56:14	14:43:27	0:07:55	58.8%	675	34	11	45	28
35	Guy Hayward	44	M	MM	Framlingham Flyers	10	1:57:38	15:39:11	0:08:01	60.9%	591	35	18	43	29
36	Gary Walker	63	M	MM	RAF Marham	10	1:57:47	16:00:37	0:08:02	72.0%	168	36	19	13	30
37	Nicola Baker	47	L	LM	Great Yarmouth Road Runners	10	1:58:49	15:05:20	0:08:06	68.5%	281	37	6	18	7
38	Joe Geitner	47	M	MM	City of Norwich AC - A	10	1:59:38	13:11:37	0:08:09	61.4%	575	38	20	41	31
39	Richard Dye	54	M	MM	Bungay Black Dog Running Club	10	2:00:01	17:01:12	0:08:11	65.0%	420	39	21	33	32
40	Cassie Barker	40	L	LM	Wymondham AC	10	2:00:14	15:38:13	0:08:12	63.8%	473	40	7	36	8
41	Stuart Bullard	40	M	MM	Bedford Harriers	10	2:00:28	16:29:47	0:08:13	57.6%	715	41	22	46	33
42	Arron Friend	28	M	MS	Team Thorney	10	2:01:33	16:34:35	0:08:17	54.9%	790	42	12	49	34

43	Jacque Dockerill	45	L	LM	Haverhill Running Club	10	2:02:06	17:17:21	0:08:19	65.3%	413	43	8	32	9
44	Steven Lawson	50	M	MM	Ramsey Road Runners	10	2:03:35	15:22:38	0:08:25	61.0%	588	44	23	42	35
45	Richard Bulman	64	M	MM	Reepham Runners Club	10	2:05:31	15:37:01	0:08:33	68.2%	297	45	24	23	36
46	John Davis The Taller	50	M	MM	Garden City Runners	10	2:06:52	15:53:01	0:08:39	59.4%	645	46	25	44	37
47	Karen Smith	47	L	LM	Ryston Runners B	10	2:06:58	15:38:14	0:08:39	64.1%	458	47	9	34	10
48	Matt Eveleigh	34	M	MS	Stowmarket Striders	10	2:08:08	15:49:08	0:08:44	52.2%	846	48	13	51	38
49	Jimmy Russel	48	M	MM	Felixstowe Road Runners	10	2:09:09	18:07:51	0:08:48	57.4%	723	49	26	47	39
50	Nicola John	32	L	LS	Coltishall Jaguars (50 Shades of Orang	10	2:12:05	17:04:06	0:09:00	56.2%	764	50	2	48	11
51	Matthew Plunkett	43	M	MM	Dereham Runners Team - B	10	2:13:18	16:52:19	0:09:05	53.3%	832	51	27	50	40
52	Steve Dickens	41	M	MM	Tri-Anglia	10	2:22:02	15:32:04	0:09:41	49.3%	888	53	28	53	41
53	Natasha Walsh	29	L	LS	Norwich Road Runners C	10	2:22:02	16:32:41	0:09:41	52.2%	847	53	3	52	12
54	Nikki Kavanagh	37	L	LM	North Norfolk Beach Runners - Ladies	10	2:36:15	17:10:22	0:10:39	48.3%	894	54	10	54	13