

Stage 11: Earsham to Schole - 12.45 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	Jeremy Rogers	41	M	MM	Norfolk Gazelles	11	1:13:28	15:17:20	0:05:54	80.2%	26	1	1	2	1
2	Ross Payne	20	M	MJ	Ely A	11	1:16:32	13:36:49	0:06:09	74.0%	113	2	1	8	2
3	Christof Schwiening	49	M	MM	Cambridge & Coleridge A	11	1:19:51	14:09:51	0:06:25	78.7%	35	3	2	3	3
4	Wayne Balmer	37	M	MS	Paddock Wood AC	11	1:21:20	15:26:42	0:06:32	70.2%	215	4	1	15	4
5	Richard Somerset	47	M	MM	Garden City Runners	11	1:22:24	17:15:25	0:06:37	75.0%	87	5	3	6	5
6	Ian Milburn	28	M	MS	Ryston Runners A	11	1:22:39	14:04:38	0:06:38	67.8%	317	6	2	22	6
7	Steve Brooke	47	M	MM	Felixstowe Road Runners	11	1:23:19	19:31:10	0:06:42	74.2%	108	7	4	7	7
8	Todd Lake	51	M	MM	Dereham Runners - Team A	11	1:23:30	15:36:45	0:06:42	76.6%	57	8	5	4	8
9	Carmine De Grandis	44	M	MM	North Norfolk Beach Runners - Open	11	1:24:20	13:59:58	0:06:46	71.5%	180	9	6	14	9
10	Neil Sibley	49	M	MM	Great Yarmouth Road Runners	11	1:25:08	16:30:28	0:06:50	73.8%	118	10	7	9	10
11	Kyle Chesterman	27	M	MS	Riverside Runners A	11	1:26:00	15:13:24	0:06:54	65.1%	417	11	3	23	11
12	Jon Wiles	43	M	MM	Bungay Black Dog Running Club	11	1:26:10	18:27:22	0:06:55	69.5%	236	12	8	16	12
13	Phil Redden	63	M	MM	Riverside Runners B	11	1:26:17	18:19:38	0:06:56	82.6%	16	13	9	1	13
14	Nicky Alford	34	L	LS	City of Norwich AC - B	11	1:27:27	16:28:51	0:07:01	71.9%	169	14	1	13	1
15	Melanie Trayford	39	L	LM	Fenland Running Club - 48	11	1:28:31	14:54:36	0:07:07	72.5%	151	15	1	12	2
16	Keith Brighty	52	M	MM	Norwich Road Runners B	11	1:28:48	15:19:14	0:07:08	72.6%	143	16	10	10	14
17	Chris Barkway	57	M	MM	City of Norwich AC - A	11	1:28:51	14:40:28	0:07:08	75.9%	66	17	11	5	15
18	Joshua Brighty	24	M	MS	Norwich Road Runners D	11	1:29:15	15:34:10	0:07:10	62.8%	521	18	4	32	16
19	Rakesh Raja	47	M	MM	Saint Edmund Pacers	11	1:29:43	16:13:10	0:07:12	68.9%	264	19	12	19	17
20	Martin Cattell	48	M	MM	Stamford Striders	11	1:30:09	17:09:38	0:07:14	69.2%	251	20	13	17	18
21	Andy Wicklen	40	M	MM	Ryston Runners C	11	1:30:27	16:46:00	0:07:16	64.6%	438	21	14	26	19
22	Andrew Parsons	36	M	MS	Cambridge & Coleridge B	11	1:31:28	16:14:22	0:07:21	62.1%	547	22	5	33	20
23	Mark Darlow	41	M	MM	March A C	11	1:31:52	15:40:31	0:07:23	64.1%	460	23	15	28	21
24	Stewart Harrison	37	M	MS	Fenland Running Club - 2	11	1:33:04	17:01:20	0:07:29	61.4%	576	24	6	36	22
25	Mark Louth	50	M	MM	Team Thorney	11	1:33:18	18:07:53	0:07:30	68.0%	305	25	16	20	23
26	Rich Hodge	42	M	MM	Fetcheveryone	11	1:34:06	18:31:49	0:07:33	63.1%	506	26	17	31	24
27	Danny Bond	40	M	MM	Norwich Road Runners C	11	1:34:27	18:07:08	0:07:35	61.9%	554	27	18	35	25
28	Mary Ann Mosely	44	L	LM	Haverhill Running Club	11	1:36:08	18:53:29	0:07:43	69.1%	253	28	2	18	3
29	Clare Howarth	34	L	LS	Headington Road Runners	11	1:36:33	17:12:33	0:07:45	65.1%	418	29	2	24	4
30	Simon Phillips	24	M	MS	RAF Marham	11	1:37:28	17:38:05	0:07:50	57.5%	719	30	7	43	26
31	Lisa Owen	36	L	LM	Norwich Road Runners A	11	1:37:30	17:31:35	0:07:50	64.9%	427	31	3	25	5
32	Gary Donoghue	49	M	MM	Harwich Runners	11	1:38:38	18:01:35	0:07:55	63.7%	476	32	19	30	27
33	Charles Arnold	59	M	MM	Biggleswade AC	11	1:41:13	17:49:00	0:08:08	67.8%	314	33	20	21	28
34	Matt Simmonds	36	M	MS	Pink & Blacks	11	1:42:28	17:15:55	0:08:14	55.4%	784	34	8	49	29
35	Sarah Atkinson	31	L	LS	Old Greshamians	11	1:44:25	17:21:14	0:08:23	59.9%	627	35	3	39	6
36	Gary Backhouse	43	M	MM	West Norfolk AC	11	1:44:54	17:02:35	0:08:26	57.0%	740	36	21	45	30
37	Rob Groves	29	M	MS	Reepham Runners Team	11	1:45:07	17:23:50	0:08:27	53.3%	833	37	9	50	31
38	Maureen Wolfe	56	L	LM	Ryston Runners B	11	1:45:13	17:23:27	0:08:27	72.6%	147	38	4	11	7
39	Daniel Ward	23	M	MS	Thetford Athletic Club	11	1:45:33	18:22:34	0:08:29	53.1%	835	39	10	51	32
40	Clare Russell	33	L	LS	Serpentine Running Club	11	1:46:05	17:25:34	0:08:31	59.1%	660	40	4	41	8
41	Julia Lloyd	48	L	LM	Wymondham AC	11	1:47:03	17:25:16	0:08:36	64.5%	443	41	5	27	9
42	Adrian Woods	43	M	MM	North Norfolk Beach Runners - Vets	11	1:47:37	16:59:40	0:08:39	55.6%	778	42	22	47	33

43	Martin Kirk	46	M	MM	Ramsey Road Runners	11	1:47:51	17:10:29	0:08:40	56.9%	744	43	23	46	34
44	Sarah Coulter	48	L	LM	Framlingham Flyers	11	1:48:17	17:27:28	0:08:42	63.8%	471	44	6	29	10
45	Liz Harris	39	L	LM	Reepham Runners Club	11	1:49:45	17:26:46	0:08:49	58.5%	687	45	7	42	11
46	Paul Scibilia	49	M	MM	Tri-Anglia	11	1:49:52	17:21:56	0:08:49	57.2%	730	46	24	44	35
47	Emma Jordan	44	L	LM	Coltishall Jaguars (50 Shades of Orang	11	1:51:58	18:56:04	0:09:00	59.3%	652	47	8	40	12
48	Sarah Mapes	36	L	LM	North Norfolk Beach Runners - Ladies	11	1:53:59	19:04:21	0:09:09	55.5%	782	48	9	48	13
49	Sue Garrod	50	L	LM	Stowmarket Striders	11	1:57:00	17:46:08	0:09:24	60.5%	606	49	10	37	14
50	Lionel Smith	62	M	MM	Ely B	11	1:57:35	17:56:33	0:09:27	60.0%	620	50	25	38	36
51	David Prior	68	M	MM	Bedford Harriers	11	2:01:00	18:30:47	0:09:43	61.9%	553	51	26	34	37
52	Kareana Symonds	34	L	LS	Dereham Runners Team - B	11	2:02:06	18:54:25	0:09:48	51.5%	859	52	5	52	15
53	Alan Findley	50	M	MM	Bishops Stortford Running Club	11	2:07:02	17:42:15	0:10:12	49.9%	880	53	27	53	38
54	Jacquie Mayock	46	L	LM	Marshall Milton Keynes AC	11	2:30:03	18:53:30	0:12:03	45.1%	911	54	11	54	16