

Stage 7: Mundesley to Lessingham - 9.24 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	Paul Blazey	29	M	MS	Norwich Road Runners D	7	0:55:19	9:08:29	0:05:59	73.8%	121	1	1	10	1
2	Paul Muffett	57	M	MM	North Norfolk Beach Runners - Open	7	0:55:36	8:15:25	0:06:01	88.6%	3	2	1	1	2
3	Sarah Stradling	40	L	LM	City of Norwich AC - A	7	0:55:52	8:42:18	0:06:03	84.6%	10	3	1	3	1
4	Mark Pople	24	M	MS	Stamford Striders	7	0:57:38	10:12:50	0:06:14	70.8%	195	4	2	17	3
5	James Ridger	36	M	MS	Paddock Wood AC	7	0:57:52	9:34:07	0:06:16	71.9%	171	5	3	13	4
6	Justin Kinsey	32	M	MS	Ryston Runners A	7	0:58:08	8:19:16	0:06:17	70.4%	209	7	4	20	6
7	Stephen Howard	51	M	MM	Ely A	7	0:58:08	8:16:03	0:06:17	80.5%	24	7	2	6	6
8	Steve Dady	63	M	MM	Wymondham AC	7	1:01:15	10:33:37	0:06:38	84.9%	9	8	3	2	7
9	Rose Waterman	34	L	LS	Tri-Anglia	7	1:01:36	9:41:52	0:06:40	74.7%	93	9	1	8	2
10	Craig Bowen-Jones	44	M	MM	Dereham Runners - Team A	7	1:02:32	9:30:54	0:06:46	70.7%	202	10	4	19	8
11	Graham Watering	42	M	MM	Norwich Road Runners B	7	1:02:44	9:00:23	0:06:47	69.3%	243	11	5	21	9
12	John Griffiths	57	M	MM	Headington Road Runners	7	1:03:29	10:13:45	0:06:52	77.6%	49	12	6	7	10
13	Graham Milham	39	M	MS	Fenland Running Club - 48	7	1:04:11	8:59:47	0:06:57	66.2%	377	13	5	24	11
14	Shaun Hurr	39	M	MS	Reepham Runners Club	7	1:04:19	10:05:56	0:06:58	66.1%	383	14	6	26	12
15	Karl Bedingfield	52	M	MM	Ely B	7	1:05:06	10:48:39	0:07:03	72.5%	152	15	7	12	13
16	John Gay	55	M	MM	North Norfolk Beach Runners - Vets	7	1:05:32	9:42:27	0:07:06	73.9%	117	16	8	9	14
17	Wayne Stimson	42	M	MM	March A C	7	1:05:45	9:24:44	0:07:07	66.2%	380	17	9	25	15
18	Jane Clarke	55	L	LM	City of Norwich AC - B	7	1:05:49	9:55:00	0:07:07	83.9%	12	18	2	4	3
19	Alexandra Smith	40	L	LM	Norwich Road Runners A	7	1:05:55	10:34:16	0:07:08	71.7%	177	19	3	14	4
20	Nev Hawkins	52	M	MM	Cambridge & Coleridge B	7	1:06:10	9:42:23	0:07:10	71.3%	186	20	10	15	16
21	Ricky Peacher	39	M	MS	Framlingham Flyers	7	1:06:44	10:10:09	0:07:13	63.7%	479	21	7	30	17
22	David Welsh	50	M	MM	Norwich Road Runners C	7	1:07:10	10:56:48	0:07:16	69.1%	256	22	11	23	18
23	Geoff New	52	M	MM	Marshall Milton Keynes AC	7	1:08:10	11:03:32	0:07:23	69.2%	249	23	12	22	19
24	Colin Locke	56	M	MM	Harwich Runners	7	1:08:32	10:31:28	0:07:25	71.2%	189	24	13	16	20
25	Mark Stone	43	M	MM	Great Yarmouth Road Runners	7	1:09:52	9:40:10	0:07:34	62.7%	522	25	14	34	21
26	Jo Isbill	50	L	LM	Ryston Runners B	7	1:10:43	10:19:26	0:07:39	73.3%	128	26	4	11	5
27	Ashley Van Beusekom	34	L	LS	Cambridge & Coleridge A	7	1:10:52	8:47:13	0:07:40	65.0%	424	27	2	28	6
28	Amanda Martin	49	L	LM	Saint Edmund Pacers	7	1:12:18	9:24:42	0:07:49	70.8%	196	28	5	18	7
29	Paul Edwards	51	M	MM	West Norfolk AC	7	1:12:39	10:22:48	0:07:52	64.4%	447	29	15	29	22
30	Louis Clabburn	42	M	MM	Old Greshamians	7	1:13:20	10:24:37	0:07:56	59.1%	663	30	16	42	23
31	Emma Wilcock	23	L	LS	Coltishall Jaguars (50 Shades of Orang	7	1:14:08	10:53:09	0:08:01	61.7%	561	31	3	36	8
32	Amelia Whiting	38	L	LM	Norfolk Gazelles	7	1:14:11	9:07:24	0:08:02	63.0%	510	32	6	32	9
33	Jonathan Russell	37	M	MS	Pink & Blacks	7	1:14:59	10:31:24	0:08:07	55.8%	770	33	8	46	24
34	Deb Bryant	46	L	LM	Biggleswade AC	7	1:15:04	11:01:23	0:08:07	66.0%	387	34	7	27	10
35	Duncan Henry	45	M	MM	Haverhill Running Club	7	1:15:19	11:47:54	0:08:09	59.1%	659	35	17	41	25
36	Giles Balleny	37	M	MS	Serpentine Running Club	7	1:15:22	10:46:39	0:08:09	55.6%	780	36	9	48	26
37	Ruth Chamberlain	41	L	LM	Riverside Runners B	7	1:15:42	11:27:19	0:08:12	62.8%	518	37	8	33	11
38	Paulina Zub	35	L	LM	Fenland Running Club - 2	7	1:16:11	10:07:38	0:08:15	60.6%	601	38	9	38	12
39	Simon Sparkes	42	M	MM	Bungay Black Dog Running Club	7	1:17:57	11:27:38	0:08:26	55.8%	772	39	18	47	27
40	Emma Evans	18	L	LJ	Riverside Runners A	7	1:17:58	9:19:21	0:08:26	59.4%	644	40	1	40	13
41	Malcolm Fisher	37	M	MS	Dereham Runners Team - B	7	1:19:00	11:00:13	0:08:33	53.0%	836	41	10	50	28
42	Richard Smith	56	M	MM	Felixstowe Road Runners	7	1:19:06	12:06:04	0:08:34	61.7%	559	42	19	35	29

43	Jane Ashby	67	L	LM	Ryston Runners C	7	1:20:00	10:18:48	0:08:39	82.0%	20	43	10	5	14
44	Chris Fadden	52	M	MM	Bedford Harriers	7	1:21:41	11:22:07	0:08:50	57.8%	710	44	20	44	30
45	Claire Hewson	40	L	LM	Ramsey Road Runners	7	1:22:07	10:21:08	0:08:53	57.6%	718	45	11	45	15
46	John Davis The Shorter	62	M	MM	Garden City Runners	7	1:23:47	10:53:21	0:09:04	61.5%	573	46	21	37	31
47	Angela Brinkley	52	L	LM	Stowmarket Striders	7	1:24:13	10:16:25	0:09:07	63.1%	507	47	12	31	16
48	Ian Davies	61	M	MM	Team Thorney	7	1:25:14	11:16:38	0:09:13	59.9%	626	48	22	39	32
49	Jenny De Grandis	36	L	LM	North Norfolk Beach Runners - Ladies	7	1:25:39	11:03:18	0:09:16	54.1%	814	49	13	49	17
50	Corrina Smith	48	L	LM	Thetford Athletic Club	7	1:26:39	11:00:47	0:09:23	58.4%	690	50	14	43	18
51	Daniel Hatcher	21	M	MS	RAF Marham	7	1:27:36	10:46:58	0:09:29	46.8%	903	51	11	53	33
52	David Morris	47	M	MM	Reepham Runners Team	7	1:28:28	10:25:00	0:09:34	51.2%	865	52	23	52	34
53	Stephen Crafford	48	M	MM	Bishops Stortford Running Club	7	1:28:30	11:07:04	0:09:35	51.6%	858	53	24	51	35
54	Tony Reid	38	M	MS	Fetcheverlyone	7	1:37:18	11:37:11	0:10:32	43.4%	913	54	12	54	36