

Stage 8: Lessingham to Horsey - 7.52 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	Steve Prosser	36	M	MS	Bishops Stortford Running Club	8	0:42:53	11:49:57	0:05:42	78.4%	39	1	1	2	1
2	Istvan Jacso	36	M	MS	Cambridge & Coleridge A	8	0:42:59	9:30:12	0:05:43	78.2%	43	2	2	3	2
3	Stephane Lustig	38	M	MS	North Norfolk Beach Runners - Open	8	0:45:19	9:00:44	0:06:02	75.3%	80	3	3	6	3
4	Lee Thompson	26	M	MS	Ely A	8	0:47:59	9:04:02	0:06:23	68.4%	289	4	4	16	4
5	Kevin Revell	53	M	MM	City of Norwich AC - A	8	0:48:47	9:31:05	0:06:29	78.7%	36	5	1	1	5
6	Kevin Hickling	46	M	MM	Riverside Runners A	8	0:48:49	10:08:10	0:06:29	74.3%	104	6	2	7	6
7	Elizabeth Daly	32	L	LS	Dereham Runners - Team A	8	0:50:13	10:21:07	0:06:41	73.8%	119	7	1	8	1
8	Sarah Shepheard	22	L	LS	Paddock Wood AC	8	0:51:08	10:25:15	0:06:48	72.3%	159	8	2	9	2
9	Richard Sidlin	55	M	MM	Garden City Runners	8	0:51:39	11:45:00	0:06:52	75.6%	71	9	3	4	7
10	Sarah Peachey	31	L	LS	Norwich Road Runners D	8	0:51:47	10:00:16	0:06:53	71.5%	181	10	3	10	3
11	Sharon Hurren	44	L	LM	Wymondham AC	8	0:52:07	11:25:44	0:06:56	75.5%	77	11	1	5	4
12	Clyde Stratton	44	M	MM	March A C	8	0:52:35	10:17:19	0:07:00	67.9%	307	12	4	17	8
13	Adrian Goode	51	M	MM	Felixstowe Road Runners	8	0:54:07	13:00:11	0:07:12	69.8%	228	13	5	14	9
14	Will Buck	54	M	MM	Norwich Road Runners B	8	0:54:11	9:54:34	0:07:12	71.5%	182	14	6	11	10
15	Clive Cartner	36	M	MS	Norwich Road Runners C	8	0:54:37	11:51:25	0:07:16	61.6%	569	15	5	35	11
16	Dave Yenerelski	48	M	MM	Cambridge & Coleridge B	8	0:54:50	10:37:13	0:07:18	67.2%	338	16	7	21	12
17	Euan Prasser	43	M	MM	North Norfolk Beach Runners - Vets	8	0:55:10	10:37:37	0:07:20	64.2%	456	17	8	27	13
18	Ellen Drew	35	L	LM	Fenland Running Club - 48	8	0:55:21	9:55:08	0:07:22	67.4%	330	18	2	19	5
19	Mal Taylor	54	M	MM	Reepham Runners Club	8	0:55:22	11:01:18	0:07:22	69.9%	222	19	9	13	14
20	Bill Banner	50	M	MM	Haverhill Running Club	8	0:55:38	12:43:32	0:07:24	67.3%	336	20	10	20	15
21	Sharon Perry	43	L	LM	Saint Edmund Pacers	8	0:56:20	10:21:02	0:07:29	69.2%	247	21	3	15	6
22	Malcolm Tuff	50	M	MM	Ryston Runners A	8	0:56:59	9:16:15	0:07:35	65.7%	400	22	11	22	16
23	Alicia Lacey	22	L	LS	Coltishall Jaguars (50 Shades of Orang	8	0:57:08	11:50:17	0:07:36	64.7%	435	23	4	25	7
24	Vivienne Lain	48	L	LM	City of Norwich AC - B	8	0:57:20	10:52:20	0:07:37	71.3%	185	24	4	12	8
25	Kelly De'Gol	36	L	LM	Ryston Runners B	8	0:57:52	11:17:18	0:07:42	64.7%	434	25	5	24	9
26	Anna Rust	22	L	LS	Bedford Harriers	8	0:58:03	12:20:10	0:07:43	63.7%	480	26	5	28	10
27	Chris Brown	58	M	MM	Reepham Runners Team	8	0:59:04	11:24:04	0:07:51	67.8%	313	27	12	18	17
28	Suzanne Moon	38	L	LM	Stamford Striders	8	0:59:41	11:12:31	0:07:56	63.3%	495	28	6	29	11
29	Daz Burgess	44	M	MM	RAF Marham	8	1:00:06	11:47:04	0:08:00	59.4%	646	29	13	38	18
30	Stephen Starr	48	M	MM	Ely B	8	1:00:33	11:49:12	0:08:03	60.9%	595	30	14	36	19
31	Julia Norman	40	L	LM	Ryston Runners C	8	1:00:34	11:19:22	0:08:03	63.1%	508	31	7	32	12
32	Kevin Biggs	46	M	MM	Headington Road Runners	8	1:00:59	11:14:44	0:08:07	59.5%	643	32	15	37	20
33	Matthew Freezer	26	M	MS	Dereham Runners Team - B	8	1:01:22	12:01:35	0:08:10	53.5%	827	33	6	50	21
34	Samatha Day	43	L	LM	Serpentine Running Club	8	1:01:45	11:48:24	0:08:13	63.2%	501	34	8	31	13
35	Louise Blazey	28	L	LS	Norwich Road Runners A	8	1:02:39	11:36:55	0:08:20	59.0%	666	35	6	39	14
36	Rachel Roberts	44	L	LM	Fetcheveryone	8	1:02:54	12:40:05	0:08:22	62.5%	527	36	9	33	15
37	Melody Neville	45	L	LM	Stowmarket Striders	8	1:03:51	11:20:16	0:08:29	62.1%	544	37	10	34	16
38	Michelle Hewitt	26	L	LS	Framlingham Flyers	8	1:04:51	11:15:00	0:08:37	57.0%	742	38	7	42	17
39	Sally Edwards	50	L	LM	West Norfolk AC	8	1:05:07	11:27:55	0:08:40	64.3%	450	39	11	26	18
40	Adrian Smith	49	M	MM	Riverside Runners B	8	1:05:11	12:32:30	0:08:40	57.0%	743	40	16	43	22
41	Neil Bailey	40	M	MM	Fenland Running Club - 2	8	1:05:34	11:13:12	0:08:43	52.8%	839	41	17	51	23
42	Lisa Smith	41	L	LM	Great Yarmouth Road Runners	8	1:06:38	10:46:48	0:08:52	57.7%	711	42	12	41	19

43	Emma Brewer	44	L	LM	Ramsey Road Runners	8	1:07:02	11:28:10	0:08:55	58.7%	678	44	14	40	21
44	Julie Flower	51	L	LM	Old Greshamians	8	1:07:02	11:31:39	0:08:55	63.3%	498	44	14	30	21
45	Mel Harris	26	L	LS	Norfolk Gazelles	8	1:07:13	10:14:37	0:08:56	55.0%	789	45	8	47	22
46	Louise Norkett	38	L	LM	Thetford Athletic Club	8	1:07:32	12:08:19	0:08:59	56.0%	768	46	15	45	23
47	Libby Ashton	34	L	LS	North Norfolk Beach Runners - Ladies	8	1:08:12	12:11:30	0:09:04	54.6%	803	47	9	49	24
48	Eva Goes	55	L	LM	Harwich Runners	8	1:08:47	11:40:15	0:09:09	64.9%	428	48	16	23	25
49	Liz Clues	44	L	LM	Tri-Anglia	8	1:11:50	10:53:42	0:09:33	54.7%	798	49	17	48	26
50	Laura Greenwood	46	L	LM	Team Thorney	8	1:11:51	12:28:29	0:09:33	55.7%	773	50	18	46	27
51	Kirstie Russell	36	L	LM	Pink & Blacks	8	1:12:31	11:43:55	0:09:39	51.7%	856	51	19	52	28
52	Mark Stead	47	M	MM	Biggleswade AC	8	1:12:40	12:14:03	0:09:40	50.3%	875	52	18	54	24
53	Sarah Sparkes	42	L	LM	Bungay Black Dog Running Club	8	1:15:54	12:43:32	0:10:06	51.0%	868	53	20	53	29
54	Brian Gilks	81	M	MM	Marshall Milton Keynes AC	8	1:36:19	12:39:51	0:12:48	56.8%	746	54	19	44	25