

## Stage 10: Belton to Earsham - 18.13 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 Bidwell	44	m	MM	City of Norwich AC A	10	1:46:45	13:06:34	0:05:53	82.5%	14	1	1	1	1
2	Colin Tricker	35	m	MS	Paddock Wood AC	10	1:54:28	14:10:37	0:06:19	72.2%	155	2	1	9	2
3	Jeremy Rodgers	42	m	MM	Norfolk Gazelles Red	10	1:58:22	14:04:50	0:06:32	73.2%	133	3	2	6	3
4	David Chesterman	26	m	MS	Ely Runners A	10	1:58:25	12:53:49	0:06:32	69.7%	256	4	2	13	4
5	Sam Williams	38	m	MS	Riverside Runners A	10	1:58:33	14:13:38	0:06:32	70.8%	212	5	3	11	5
6	Neil White	45	m	MM	Cambridge & Coleridge AC - A	10	1:59:56	12:55:54	0:06:37	74.0%	106	6	3	4	6
7	Pete Graham	31	m	MS	Bedford Harriers B	10	2:02:03	13:05:10	0:06:44	67.6%	331	7	4	17	7
8	Daniel Guppy	35	m	MS	Ryston Runners A	10	2:02:32	12:55:16	0:06:46	67.5%	334	8	5	18	8
9	Tom White	34	m	MS	Saint Edmund Pacers	10	2:03:59	14:31:41	0:06:50	66.6%	377	9	6	22	9
10	Sean Connolly	47	m	MM	Fenland Running Club	10	2:05:44	14:40:16	0:06:56	71.8%	175	10	4	10	10
11	Vinnie Purdy	40	m	MM	North Norfolk Beach Runners A-Team	10	2:06:31	13:25:07	0:06:59	67.4%	343	11	5	19	11
12	Shaun Webb	42	m	MM	Reepham Runners Masters	10	2:07:57	16:19:26	0:07:03	67.7%	324	12	6	16	12
13	Paul Cooke	39	m	MS	Biggleswade AC	10	2:08:05	18:04:43	0:07:04	66.0%	399	13	7	23	13
14	Darren Matussa	40	m	MM	North Herts Road Runners	10	2:09:50	15:25:37	0:07:10	65.7%	426	14	7	26	14
15	Colin Robilliard	63	m	MM	Bure Valley Harriers	10	2:10:08	14:39:54	0:07:11	80.4%	25	15	8	3	15
16	Kevin Mace	54	m	MM	Norwich Road Runners B	10	2:11:08	14:00:56	0:07:14	73.2%	129	16	9	5	16
17	Crossley Eccles	37	m	MS	Pink & Blacks	10	2:11:13	16:43:14	0:07:14	63.5%	508	17	8	27	17
18	Sean Jermy	28	m	MS	Great Yarmouth Road Runners	10	2:12:04	15:35:17	0:07:17	62.5%	555	18	9	31	18
19	Lee Carey	35	m	MS	March AC	10	2:13:05	14:17:33	0:07:20	62.1%	569	19	10	32	19
20	Jon Wiles	44	m	MM	Bungay Black Dog Running Club	10	2:13:53	17:17:17	0:07:23	65.8%	414	20	10	25	20
21	Gary Finch	47	m	MM	Bedford Harriers	10	2:17:12	17:44:43	0:07:34	65.8%	411	21	11	24	21
22	Nicky Wnek	45	f	LM	Ryston Ladies	10	2:17:21	15:42:03	0:07:35	72.7%	144	22	1	7	1
23	Ian Elden	42	m	MM	Haverhill Running Club	10	2:17:41	15:18:09	0:07:36	62.9%	537	23	12	30	22
24	Neville Hawkins	53	m	MM	Cambridge & Coleridge Team B	10	2:17:52	15:46:02	0:07:36	69.0%	280	24	13	14	23
25	Rob Dilley	37	m	MS	Garden City Runners	10	2:18:19	15:07:06	0:07:38	60.3%	651	25	11	36	24
26	Neil Hewson	43	m	MM	Ramsey Road Runners	10	2:18:33	16:24:29	0:07:39	63.0%	532	26	14	29	25
27	Guzel Sari	35	m	MS	Dereham Runners - A Team	10	2:18:57	15:03:59	0:07:40	59.5%	684	27	12	41	26
28	Dave Aust	51	m	MM	Stamford Striders	10	2:19:40	15:28:26	0:07:42	67.0%	361	28	15	21	27
29	Chrissie Spooner	45	f	LM	North Norfolk Beach Runners B	10	2:22:31	16:25:07	0:07:52	70.1%	242	29	2	12	2
30	James Stenning	37	m	MS	London Fronrunners	10	2:22:59	14:39:30	0:07:53	58.3%	734	30	13	46	28
31	Michael Timm	30	m	MS	Birketts' Runners AC	10	2:23:16	18:10:57	0:07:54	57.6%	765	31	14	51	29
32	Jon Kemp	36	m	MS	Norwich Road Runners	10	2:23:21	15:21:27	0:07:54	57.9%	758	32	15	50	30
33	Sam Kingston	48	m	MM	Old Greshamians	10	2:24:03	15:54:42	0:07:57	63.2%	522	33	16	28	31
34	Gary Walker	64	m	MM	RAF Marham	10	2:25:25	15:20:45	0:08:01	72.6%	146	34	17	8	32
35	James Howlett	43	m	MM	Framlingham Flyers	10	2:25:42	16:36:22	0:08:02	60.0%	662	35	18	38	33
36	Scott Shrubsall	44	m	MM	Coltishall Jaguars	10	2:25:54	15:04:55	0:08:03	60.4%	646	36	19	35	34
37	Neil Watson	44	m	MM	West Norfolk AC	10	2:27:45	16:27:02	0:08:09	59.6%	681	37	20	40	35
38	Sarah Gauvin	45	f	LM	Fenland Running Club - B	10	2:28:26	17:29:35	0:08:11	67.3%	346	38	3	20	3
39	Jon Beverley	36	m	MS	Reepham Runners	10	2:28:53	17:19:33	0:08:13	55.7%	813	39	16	52	36
40	Emma Potter-Campbell	46	f	LM	Dereham Runners - Team B	10	2:29:02	17:25:02	0:08:13	67.8%	317	40	4	15	4
41	Paul Baird	45	m	MM	Riverside Runners	10	2:30:27	17:06:45	0:08:18	59.0%	710	41	21	44	37
42	Penny Edwards	61	f	LM	Norwich Road Runners Ladies Team	10	2:31:47	16:33:33	0:08:22	81.3%	18	42	5	2	5
43	Neil Bunnage	50	m	MM	Norwich Road Runners D	10	2:32:33	16:47:32	0:08:25	60.8%	634	43	22	34	38
44	Mark Bonham	48	m	MM	Wellingborough & District AC.	10	2:33:29	16:57:01	0:08:28	59.4%	689	44	23	42	39
45	Barakat Jassem	38	m	MS	Serpentine RC	10	2:33:38	16:17:06	0:08:28	54.6%	844	45	17	53	40
46	Charlotte Wasp	35	f	LM	Stowmarket Striders	10	2:34:47	16:35:57	0:08:32	59.9%	670	46	6	39	6
47	Carly Jermy	37	f	LM	City Of Norwich AC Ladies	10	2:37:52	16:51:01	0:08:42	59.2%	698	47	7	43	7
48	Bekah Cranch	24	f	LS	Bishops Stortford Running Club	10	2:38:08	16:30:35	0:08:43	57.9%	755	48	1	49	8
49	Terry Moat	49	m	MM	Thorney Running Club	10	2:38:35	17:36:54	0:08:45	57.9%	750	49	24	48	41
50	Jen Rudd	43	f	LM	Wymondham AC	10	2:38:49	15:15:42	0:08:46	61.6%	595	50	8	33	9
51	Barry Smith	51	m	MM	Ryston Runners C	10	2:39:00	15:58:32	0:08:46	58.8%	715	51	25	45	42
52	Paul Rayner	55	m	MM	Thetford AC	10	2:41:35	17:35:16	0:08:55	60.0%	659	52	26	37	43
53	John Foster	56	m	MM	Ely Runners B	10	2:48:31	17:30:05	0:09:18	58.1%	745	53	27	47	44
54	Simon Merrick	42	m	MM	Felixstowe Road Runners	10	2:52:30	18:07:10	0:09:31	50.2%	928	54	28	57	45
55	Ulen Neale	45	m	MM	Headington RoadRunners	10	2:53:02	16:53:12	0:09:33	51.3%	914	55	29	55	46
56	Michael Briggs	46	m	MM	Tri-Anglia	10	2:56:05	17:05:44	0:09:43	50.9%	920	56	30	56	47
57	Steve Corbould	57	m	MM	Norfolk Gazelles Black	10	3:12:22	17:56:44	0:10:37	51.3%	912	57	31	54	48
58	Paul Kerrison	50	m	MM	Harwich Runners	10	3:30:05	18:26:06	0:11:35	44.1%	977	58	32	58	49