

## 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	Axel Finke	29	m	MS	Cambridge & Coleridge AC - A	11	1:12:38	14:08:32	0:05:50	77.1%	53	1	1	5	1
2	Warren Armstrong	43	m	MM	Ryston Runners A	11	1:18:34	14:13:50	0:06:19	76.2%	73	2	1	6	2
3	Maria Heslop	48	f	LM	Paddock Wood AC	11	1:19:16	15:29:53	0:06:22	87.2%	1	3	1	1	1
4	Lawrence Wade	42	m	MM	Bure Valley Harriers	11	1:20:46	16:00:40	0:06:29	73.5%	124	4	2	10	3
5	Kyle Chesterman	28	m	MS	Riverside Runners A	11	1:21:25	15:35:03	0:06:32	68.8%	289	5	2	23	4
6	Martin Horlock	42	m	MM	Norwich Road Runners B	11	1:21:33	15:22:29	0:06:33	72.8%	142	6	3	12	5
7	Ashley Dennett	19	m	MJ	City of Norwich AC A	11	1:21:34	14:28:08	0:06:33	70.3%	238	7	1	20	6
8	Jamie Conyard	29	m	MS	Norwich Road Runners	11	1:21:38	16:43:05	0:06:33	68.6%	293	8	3	24	7
9	Chris Parker	34	m	MS	North Norfolk Beach Runners A-Team	11	1:22:11	14:47:18	0:06:36	68.5%	297	9	4	25	8
10	Tim Sexton	45	m	MM	Norfolk Gazelles Red	11	1:22:20	15:27:10	0:06:37	73.9%	109	10	4	8	9
11	Phil Jamieson	31	m	MS	Bedford Harriers B	11	1:23:28	14:28:38	0:06:42	67.1%	352	11	5	29	10
12	Andrew Larham	58	m	MM	March AC	11	1:24:05	15:41:38	0:06:45	80.9%	22	12	5	3	11
13	Shane Cullinan	42	m	MM	London Frontrunners	11	1:24:16	16:03:46	0:06:46	70.5%	227	13	6	19	12
14	Steven Brooke	48	m	MM	Felixstowe Road Runners	11	1:25:48	19:32:58	0:06:53	72.7%	145	14	7	13	13
15	Martin Stringfellow	43	m	MM	Wymondham AC	11	1:25:50	16:41:32	0:06:54	69.7%	252	15	8	21	14
16	Jason Mann	50	m	MM	Ely Runners A	11	1:26:13	14:20:02	0:06:56	73.5%	120	16	9	9	15
17	Tim Chapman	51	m	MM	Fenland Running Club	11	1:26:15	16:06:31	0:06:56	74.1%	105	17	10	7	16
18	Mark Jones	57	m	MM	Headington RoadRunners	11	1:27:01	18:20:13	0:06:59	77.5%	46	18	11	4	17
19	Andrew Baker	49	m	MM	Great Yarmouth Road Runners	11	1:28:41	17:03:58	0:07:07	70.9%	205	19	12	18	18
20	Craig Rogers	39	m	MS	Dereham Runners - A Team	11	1:28:46	16:32:45	0:07:08	65.3%	441	20	6	32	19
21	Stephen Mead	64	m	MM	Stowmarket Striders	11	1:28:49	18:04:46	0:07:08	81.0%	20	21	13	2	20
22	Ben Churchman	32	m	MS	RAF Marham	11	1:29:46	16:50:31	0:07:13	62.4%	556	22	7	38	21
23	Miranda Reynolds	43	f	LM	Ely Runners B	11	1:29:59	19:00:04	0:07:14	73.2%	132	23	2	11	2
24	Karl Wright	35	m	MS	Thetford AC	11	1:30:36	19:05:52	0:07:17	62.4%	559	24	8	39	22
25	James Beadle	38	m	MS	Reepham Runners	11	1:30:54	18:50:27	0:07:18	63.3%	519	25	9	35	23
26	Yvonne Youngman	43	f	LM	Stamford Striders	11	1:31:20	16:59:46	0:07:20	72.1%	160	26	3	14	3
27	Siobhan Rootes	29	f	LS	Haverhill Running Club	11	1:32:30	16:50:39	0:07:26	67.5%	332	27	1	28	4
28	Geraldine Clarke	47	f	LM	Framlingham Flyers	11	1:34:49	18:11:11	0:07:37	72.1%	165	28	4	15	5
29	Clare Meraz	34	f	LS	Serpentine RC	11	1:35:00	17:52:06	0:07:38	66.2%	394	29	2	30	6
30	Mike Hankinson	55	m	MM	Saint Edmund Pacers	11	1:35:02	16:06:43	0:07:38	69.7%	255	30	14	22	24
31	Les Scott	58	m	MM	Ryston Runners C	11	1:35:18	17:33:50	0:07:39	71.4%	186	31	15	17	25
32	Mark Winfield	49	m	MM	Tri-Anglia	11	1:36:06	18:41:50	0:07:43	65.4%	437	32	16	31	26
33	Hannah Fisher	31	f	LS	North Herts Road Runners	11	1:36:18	17:01:55	0:07:44	64.9%	454	33	3	33	7
34	Lorraine Marshall	49	f	LM	City Of Norwich AC Ladies	11	1:37:00	18:28:01	0:07:47	72.0%	166	34	5	16	8
35	Stewart Marden	54	m	MM	Coltishall Jaguars	11	1:37:04	16:41:59	0:07:48	67.6%	329	35	17	27	27
36	Giles Hawthorne	42	m	MM	Biggleswade AC	11	1:37:35	19:42:18	0:07:50	60.8%	631	36	18	42	28
37	Jan Manning	37	f	LM	Ryston Ladies	11	1:40:46	17:22:49	0:08:06	63.1%	531	37	6	37	9
38	Lisa Owen	37	f	LM	Norwich Road Runners Ladies Team	11	1:41:57	18:15:30	0:08:11	62.3%	563	38	7	40	10
39	Andrew Hammond	60	m	MM	Norfolk Gazelles Black	11	1:42:03	19:38:47	0:08:12	67.9%	315	39	19	26	29
40	Noel Jones	53	m	MM	Birketts' Runners AC	11	1:42:58	19:53:55	0:08:16	63.2%	527	40	20	36	30
41	David Alderson	51	m	MM	Cambridge & Coleridge Team B	11	1:43:43	17:29:45	0:08:20	61.7%	586	41	21	41	31
42	Matt Unwin	40	m	MM	Pink & Blacks	11	1:44:52	18:28:06	0:08:25	55.7%	814	42	22	49	32
43	Dave Spooner	43	m	MM	North Norfolk Beach Runners B	11	1:44:58	18:10:05	0:08:26	57.0%	782	43	23	46	33
44	Peter Gowing	48	m	MM	Reepham Runners Masters	11	1:45:20	18:04:46	0:08:28	59.2%	703	44	24	44	34
45	Ben Davies	37	m	MS	Thorney Running Club	11	1:45:48	19:22:42	0:08:30	54.0%	863	45	10	53	35
46	Michael Barrett	60	m	MM	Dereham Runners - Team B	11	1:46:46	19:11:48	0:08:35	64.9%	458	46	25	34	36
47	Johan Preis	49	m	MM	Garden City Runners	11	1:46:59	16:54:05	0:08:36	58.8%	716	47	26	45	37
48	Richard King	47	m	MM	West Norfolk AC	11	1:49:18	18:16:20	0:08:47	56.6%	791	48	27	47	38
49	Jon Rowell	44	m	MM	Fenland Running Club - B	11	1:53:12	19:22:47	0:09:06	53.3%	880	49	28	55	39
50	Steve Crane	60	m	MM	Bedford Harriers	11	1:55:08	19:39:51	0:09:15	60.2%	653	50	29	43	40
51	Natasha Walsh	30	f	LS	Norwich Road Runners D	11	1:55:32	18:43:04	0:09:17	54.1%	861	51	4	52	11
52	Dani Welter	33	f	LS	Bishops Stortford Running Club	11	1:57:19	18:27:54	0:09:25	53.5%	876	52	5	54	12
53	Bridget Shaw	28	f	LS	Bungay Black Dog Running Club	11	1:57:35	19:14:52	0:09:27	53.1%	885	53	6	56	13
54	Martin Kirk	47	m	MM	Ramsey Road Runners	11	1:58:07	18:22:36	0:09:29	52.3%	896	54	30	57	41
55	Simon Cooper	51	m	MM	Old Greshamians	11	1:58:09	17:52:51	0:09:29	54.1%	858	55	31	51	42
56	Rachel Roberts	45	f	LM	Harwich Runners	11	1:59:10	20:25:16	0:09:34	56.2%	799	56	8	48	14
57	Paul Ruddlesdin	47	m	MM	Riverside Runners	11	2:10:03	19:16:48	0:10:27	47.5%	964	57	32	58	43
58	Felicity Aries	55	f	LM	Wellingborough & District AC.	11	2:17:16	19:14:17	0:11:02	54.9%	836	58	9	50	15