

Stage 12: Schole to Thetford - 19.67 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	Aaron Scott	29	m	MS	Bure Valley Harriers	12	1:49:02	17:49:42	0:05:33	83.9%	9	1	1	1	1
2	Matt Pyatt	39	m	MS	Ryston Runners A	12	1:57:11	16:11:01	0:05:57	80.0%	27	2	2	2	2
3	Danny Rock	35	m	MS	Felixstowe Road Runners	12	2:01:02	21:34:00	0:06:09	75.8%	79	3	3	6	3
4	Kevin O'Holleran	33	m	MS	Cambridge & Coleridge AC - A	12	2:02:10	16:10:42	0:06:13	74.9%	89	4	4	7	4
5	Jon Quint	39	m	MS	City of Norwich AC A	12	2:02:37	16:30:45	0:06:14	76.5%	67	5	5	4	5
6	Chris Pitts	37	m	MS	Bishops Stortford Running Club	12	2:05:44	20:33:38	0:06:24	73.5%	122	6	6	10	6
7	Danny Winn	32	m	MS	Bedford Harriers B	12	2:06:52	16:35:30	0:06:27	72.1%	162	7	7	12	7
8	Billy Bremner	46	m	MM	March AC	12	2:08:36	17:50:14	0:06:32	77.2%	51	8	1	3	8
9	Adam Howlett	45	m	MM	Framlingham Flyers	12	2:09:23	20:20:34	0:06:35	76.1%	76	9	2	5	9
10	Chris Mickleburgh	27	m	MS	Norwich Road Runners	12	2:09:42	18:52:47	0:06:36	70.5%	224	10	8	17	10
11	Peter Holmes	38	m	MS	Serpentine RC	12	2:10:59	20:03:05	0:06:40	71.0%	202	11	9	15	11
12	Ryan Jones	27	m	MS	Fenland Running Club - B	12	2:11:37	21:34:24	0:06:41	69.5%	261	12	10	20	12
13	Craig Bowen-Jones	45	m	MM	Dereham Runners - A Team	12	2:11:48	18:44:33	0:06:42	74.7%	91	13	3	8	13
14	Neil Hume	42	m	MM	Garden City Runners	12	2:15:37	19:09:42	0:06:54	70.8%	208	14	4	16	14
15	Phil Whiting	42	m	MM	Norfolk Gazelles Red	12	2:16:51	17:44:01	0:06:57	70.2%	239	15	5	18	15
16	Danni Nimmock	26	f	LS	City Of Norwich AC Ladies	12	2:18:06	20:46:07	0:07:01	72.6%	147	16	1	11	1
17	Will Law	29	m	MS	Bungay Black Dog Running Club	12	2:20:18	21:35:10	0:07:08	65.2%	447	17	11	27	16
18	Richard Hammond	43	m	MM	Fenland Running Club	12	2:20:29	18:27:00	0:07:09	68.9%	283	18	6	22	17
19	Stephen Howard	52	m	MM	Ely Runners A	12	2:22:18	16:42:20	0:07:14	73.5%	121	19	7	9	18
20	Sabine Schaefer	39	f	LM	Thetford AC	12	2:24:24	21:30:16	0:07:20	71.8%	176	20	1	13	2
21	Kelly Mephum	36	f	LM	Haverhill Running Club	12	2:27:33	19:18:12	0:07:30	69.1%	279	21	2	21	3
22	Adam Smart	34	m	MS	North Norfolk Beach Runners A-Team	12	2:28:25	17:15:43	0:07:33	61.7%	585	22	12	38	19
23	Steve Chalklen	32	m	MS	Paddock Wood AC	12	2:28:39	17:58:32	0:07:33	61.5%	599	23	13	40	20
24	Nick Haworth	39	m	MS	Biggleswade AC	12	2:29:18	22:11:36	0:07:35	62.8%	545	24	14	36	21
25	Gary Barnes	52	m	MM	Riverside Runners A	12	2:30:23	18:05:26	0:07:39	69.6%	258	25	8	19	22
26	Richard Leeder	40	m	MM	Stowmarket Striders	12	2:33:30	20:38:16	0:07:48	61.6%	596	26	9	39	23
27	Mark Tufts	48	m	MM	Wymondham AC	12	2:34:23	19:15:55	0:07:51	65.4%	436	27	10	26	24
28	Gavin Stokes	55	m	MM	Ramsey Road Runners	12	2:35:55	20:58:31	0:07:56	68.9%	284	28	11	23	25
29	Martin Koenigsberger	47	m	MM	West Norfolk AC	12	2:36:15	20:52:35	0:07:57	64.1%	485	29	12	29	26
30	Nick Hudson	33	m	MS	Coltishall Jaguars	12	2:36:17	19:18:16	0:07:57	58.5%	725	30	15	47	27
31	Craig Alexander	31	m	MS	Tri-Anglia	12	2:36:54	21:18:44	0:07:59	58.3%	735	31	16	48	28
32	Philippa Crosby	29	f	LS	Reepham Runners	12	2:36:55	21:27:22	0:07:59	63.9%	488	32	2	30	4
33	Mel Reed	33	f	LS	Ryston Ladies	12	2:38:50	20:01:39	0:08:04	63.5%	510	33	3	33	5
34	Isabelle Lemasson	34	f	LS	Cambridge & Coleridge Team B	12	2:39:02	20:08:47	0:08:05	63.6%	503	34	4	32	6
35	Bryn Williams	50	m	MM	Norwich Road Runners B	12	2:42:40	18:05:09	0:08:16	63.2%	528	35	13	34	29
36	Andy McLaren	51	m	MM	North Norfolk Beach Runners B	12	2:42:58	20:53:03	0:08:17	63.6%	502	36	14	31	30
37	Richard Dade	47	m	MM	Reepham Runners Masters	12	2:43:30	20:48:16	0:08:19	61.3%	610	37	15	42	31
38	Gavin Reid	50	m	MM	Pink & Blacks	12	2:43:38	21:11:44	0:08:19	62.8%	544	38	16	35	32
39	Philip Lister	61	m	MM	Headington RoadRunners	12	2:45:15	21:05:28	0:08:24	68.8%	288	39	17	24	33
40	Jo Summer	51	f	LM	North Herts Road Runners	12	2:45:16	19:47:11	0:08:24	71.3%	187	40	3	14	7
41	Stephen Moseley	49	m	MM	Norwich Road Runners D	12	2:45:38	21:28:42	0:08:25	61.5%	600	41	18	41	34
42	James Spalding	35	m	MS	London Fronrunners	12	2:45:53	18:49:39	0:08:26	55.3%	825	42	17	52	35
43	Tom Warner	28	m	MS	Wellingborough & District AC.	12	2:46:00	22:00:17	0:08:26	55.1%	829	43	18	53	36
44	Steve Parker	50	m	MM	Stamford Striders	12	2:46:08	19:45:54	0:08:27	61.9%	576	44	19	37	37
45	Mark Jones	60	m	MM	Old Greshamians	12	2:46:23	20:39:14	0:08:28	67.7%	325	45	20	25	38
46	Julz Williams	34	f	LS	Norwich Road Runners Ladies Team	12	2:46:32	21:02:02	0:08:28	60.7%	635	46	5	43	8
47	Emma Greaves	44	f	LM	Ely Runners B	12	2:47:29	21:47:33	0:08:31	64.6%	470	47	4	28	9
48	Chris Perry	41	m	MM	Saint Edmund Pacers	12	2:48:59	18:55:42	0:08:35	56.4%	794	48	21	51	39
49	Karl Rumsby	33	m	MS	Birketts' Runners AC	12	2:50:36	22:44:31	0:08:40	53.6%	873	49	19	54	40
50	Aaron Friend	29	m	MS	Thorney Running Club	12	2:57:10	22:19:52	0:09:00	51.6%	910	50	20	56	41
51	Brian Titchiner	54	m	MM	Dereham Runners - Team B	12	2:59:26	22:11:14	0:09:07	59.4%	688	51	22	46	42
52	Roger Alexander	59	m	MM	Harwich Runners	12	3:05:39	23:30:55	0:09:26	60.1%	657	52	23	44	43
53	Lee Radley	46	m	MM	Riverside Runners	12	3:07:22	22:24:10	0:09:32	53.0%	887	53	24	55	44
54	Karen Peck	45	f	LM	Great Yarmouth Road Runners	12	3:10:37	20:14:35	0:09:41	57.4%	767	54	5	49	10
55	Karen Smith	48	f	LM	Ryston Runners C	12	3:11:03	20:44:53	0:09:43	59.4%	687	55	6	45	11
56	George Murphy	36	m	MS	Bedford Harriers	12	3:21:53	23:01:44	0:10:16	45.6%	973	56	21	57	45
57	Nigel Bullen	63	m	MM	Norfolk Gazelles Black	12	3:22:04	23:00:51	0:10:16	57.4%	770	57	25	50	46
58	Luke Gibson	24	m	MS	RAF Marham	12	3:26:52	20:17:23	0:10:31	44.2%	976	58	22	58	47