

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	Ben Russell	26	m	MS	Norwich Road Runners	7	0:53:08	9:22:37	0:05:45	76.8%	59	1	1	8	1
2	Malcolm Tuff	51	m	MM	Ryston Runners A	7	0:55:10	8:13:59	0:05:58	84.8%	7	2	1	1	2
3	Ed Moffett	29	m	MS	Cambridge & Coleridge AC - A	7	0:55:57	8:26:23	0:06:03	72.9%	137	3	2	13	3
4	Jon Kemp	45	m	MM	Wellingborough & District AC.	7	0:56:00	11:11:25	0:06:04	79.5%	30	4	2	4	4
5	Sarah Stradling	41	f	LM	City of Norwich AC A	7	0:56:19	8:44:10	0:06:06	84.5%	8	5	1	2	1
6	Simon Dobbs	51	m	MM	Norwich Road Runners B	7	0:59:10	8:57:52	0:06:24	79.1%	34	6	3	5	5
7	Jamie Seamark	44	m	MM	North Norfolk Beach Runners A-Team	7	0:59:46	8:48:46	0:06:28	73.9%	108	7	4	11	6
8	Dale Hurren	58	m	MM	Norfolk Gazelles Red	7	1:00:02	9:26:52	0:06:30	82.8%	12	8	5	3	7
9	Kirstie Sharman	40	f	LM	Bedford Harriers B	7	1:00:08	8:27:55	0:06:30	78.6%	39	9	2	7	2
10	Lee Thompson	27	m	MS	Ely Runners A	7	1:00:11	8:26:33	0:06:31	67.8%	318	10	3	24	8
11	James Ridger	37	m	MS	Paddock Wood AC	7	1:00:34	9:31:38	0:06:33	69.1%	273	11	4	23	9
12	James Lambett	37	m	MS	Coltishall Jaguars	7	1:02:04	9:32:36	0:06:43	67.5%	335	12	5	26	10
13	Matt Stone	45	m	MM	Bure Valley Harriers	7	1:03:04	9:22:20	0:06:50	70.6%	217	13	6	18	11
14	Alan Routledge	53	m	MM	Garden City Runners	7	1:04:20	9:55:18	0:06:58	74.0%	107	14	7	10	12
15	Elizabeth Daly	33	f	LS	Dereham Runners - A Team	7	1:04:39	9:44:51	0:07:00	71.1%	201	15	1	17	3
16	Wayne Stimson	43	m	MM	March AC	7	1:04:58	9:19:49	0:07:02	67.5%	333	16	8	25	13
17	Steve Mckeown	47	m	MM	North Herts Road Runners	7	1:05:15	10:28:28	0:07:04	69.4%	267	17	9	21	14
18	Jeremy Amies	49	m	MM	Norwich Road Runners D	7	1:05:24	11:09:36	0:07:05	70.4%	235	18	10	19	15
19	Andrew Corti	45	m	MM	London Frontrunners	7	1:06:12	9:29:23	0:07:10	67.3%	345	19	11	27	16
20	Paul Evans	53	m	MM	Reepham Runners Masters	7	1:07:40	10:36:35	0:07:19	70.3%	237	20	12	20	17
21	Penny Studley	43	f	LM	Great Yarmouth Road Runners	7	1:07:50	10:27:20	0:07:20	71.1%	196	21	3	16	4
22	Paul Edwards	52	m	MM	West Norfolk AC	7	1:08:03	10:55:52	0:07:22	69.3%	268	22	13	22	18
23	Ruth Gaunt	49	f	LM	Norwich Road Runners Ladies Team	7	1:10:15	10:49:51	0:07:36	72.9%	139	23	4	14	5
24	Adrian Hall	52	m	MM	Wymondham AC	7	1:10:18	10:00:40	0:07:36	67.1%	351	24	14	28	19
25	Bill Banner	50	m	MM	Haverhill Running Club	7	1:10:21	9:52:02	0:07:37	65.9%	399	25	15	31	20
26	Jim Hayes	70	m	MM	North Norfolk Beach Runners B	7	1:10:31	10:54:42	0:07:38	79.0%	36	26	16	6	21
27	Ian Rodgers	50	m	MM	Bishops Stortford Running Club	7	1:10:35	10:58:52	0:07:38	65.7%	414	27	17	32	22
28	Ellen Connolly	36	f	LM	Fenland Running Club	7	1:10:48	9:41:27	0:07:40	65.5%	430	28	5	33	6
29	Craig Moore	28	m	MS	Dereham Runners - Team B	7	1:10:49	11:26:48	0:07:40	57.6%	752	29	6	49	23
30	Alex French	40	f	LM	City Of Norwich AC Ladies	7	1:11:22	11:13:29	0:07:43	66.2%	387	30	6	30	7
31	Dave Langley	35	m	MS	RAF Marham	7	1:12:15	9:53:51	0:07:49	57.3%	760	31	7	50	24
32	Ricky Peacher	40	m	MM	Framlingham Flyers	7	1:12:27	10:37:13	0:07:50	59.1%	695	32	18	45	25
33	Annie Baldwin	55	f	LM	Ryston Ladies	7	1:12:30	10:23:41	0:07:51	76.2%	73	33	7	9	8
34	Rachael Leah	35	f	LM	Cambridge & Coleridge Team B	7	1:12:39	10:33:06	0:07:52	63.6%	498	34	8	35	9
35	Nick Fairclough	45	m	MM	Serpentine RC	7	1:12:52	10:23:12	0:07:53	61.1%	606	35	19	41	26
36	Nicholas Smith	50	m	MM	Stamford Striders	7	1:13:00	9:54:56	0:07:54	63.5%	500	36	20	36	27
37	Nicola Jones	45	f	LM	Riverside Runners A	7	1:13:39	9:35:38	0:07:58	66.6%	371	37	9	29	10
38	Julia Norman	41	f	LM	Ryston Runners C	7	1:14:08	10:17:00	0:08:01	64.2%	478	38	10	34	11
39	Sarah Golding	52	f	LM	Saint Edmund Pacers	7	1:14:31	9:27:22	0:08:04	71.3%	188	39	11	15	12
40	Stephen Burbidge	32	m	MS	Harwich Runners	7	1:15:12	10:57:43	0:08:08	54.4%	836	40	8	52	28
41	Glenn Proctor	44	m	MM	Stowmarket Striders	7	1:15:27	10:56:21	0:08:10	58.6%	710	41	21	46	29
42	Lynn Featherstone	34	f	LS	Headington RoadRunners	7	1:15:29	10:41:17	0:08:10	61.0%	612	42	2	42	13
43	Sabrina Norton	38	f	LM	Bungay Black Dog Running Club	7	1:15:40	11:30:53	0:08:11	61.8%	572	43	12	39	14
44	Nina Atkinson	42	f	LM	Reepham Runners	7	1:16:13	11:28:07	0:08:15	62.8%	533	44	13	37	15
45	Gary Fairhurst	38	m	MS	Biggleswade AC	7	1:17:02	12:33:25	0:08:20	54.8%	829	45	9	51	30
46	Ian Mulcahy	53	m	MM	Riverside Runners	7	1:17:04	10:57:13	0:08:20	61.7%	574	46	22	40	31
47	Jen Young	36	f	LM	Pink & Blacks	7	1:17:42	11:16:01	0:08:25	59.6%	667	47	14	44	16
48	Alex Rothwell	55	m	MM	Bedford Harriers	7	1:20:15	12:04:23	0:08:41	60.3%	637	48	23	43	32
49	Julie London	49	f	LM	Norfolk Gazelles Black	7	1:22:20	11:17:33	0:08:55	62.2%	559	49	15	38	17
50	Matt Saunders	40	m	MM	Felixstowe Road Runners	7	1:22:37	11:28:46	0:08:56	51.8%	892	50	24	56	33
51	Janice Coglin-Hibbert	43	f	LM	Tri-Anglia	7	1:22:57	11:04:19	0:08:59	58.2%	728	51	16	48	18
52	Tom Newcombe	38	m	MS	Birketts' Runners AC	7	1:23:25	11:52:32	0:09:02	50.6%	909	52	10	57	34
53	Dominic Atkinson	34	m	MS	Old Greshamians	7	1:25:53	10:30:31	0:09:18	48.0%	947	53	11	58	35
54	Stephen Starr	49	m	MM	Ely Runners B	7	1:26:26	11:18:52	0:09:21	53.2%	868	54	25	55	36
55	Gill Paremain	66	f	LM	Thetford AC	7	1:28:09	11:26:04	0:09:32	73.2%	130	55	17	12	19
56	Ian Davies	62	m	MM	Thorney Running Club	7	1:28:34	11:35:04	0:09:35	58.2%	726	56	26	47	37
57	Larissa Follen	42	f	LM	Fenland Running Club - B	7	1:29:55	11:37:34	0:09:44	53.3%	867	57	18	54	20
58	Helen Mcclean	46	f	LM	Ramsey Road Runners	7	1:31:33	11:11:51	0:09:54	54.1%	846	58	19	53	21