

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	Stephane Lustig	39	m	MS	North Norfolk Beach Runners A-Team	8	0:45:08	9:33:54	0:06:00	76.1%	74	1	1	7	1
2	Matt Frary	43	m	MM	Norwich Road Runners B	8	0:48:18	9:46:10	0:06:25	73.3%	126	2	1	12	2
3	Pete Johnson	62	m	MM	Ryston Runners A	8	0:48:18	9:02:17	0:06:25	86.0%	3	3	2	1	3
4	Patrick Lock	27	m	MS	Wymondham AC	8	0:50:00	10:50:40	0:06:39	65.7%	417	4	2	35	4
5	Mark Solway	48	m	MM	City of Norwich AC A	8	0:50:04	9:34:14	0:06:39	73.6%	119	5	3	11	5
6	Rui Gomes	35	m	MS	Ely Runners A	8	0:50:06	9:16:39	0:06:40	66.7%	368	6	3	34	6
7	Renee Allen	41	f	LM	Bedford Harriers B	8	0:50:10	9:18:05	0:06:40	76.6%	63	7	1	5	1
8	Paul Hensby	51	m	MM	March AC	8	0:50:48	10:10:37	0:06:45	74.3%	101	8	4	10	7
9	Charles George	16	m	MJ	Paddock Wood AC	8	0:51:02	10:22:40	0:06:47	68.3%	301	9	1	28	8
10	Keith Pritchard	48	m	MM	Riverside Runners A	8	0:51:07	10:26:45	0:06:48	72.1%	164	10	5	14	9
11	Dave Kellaway	55	m	MM	Dereham Runners - A Team	8	0:51:12	10:36:03	0:06:49	76.3%	70	11	6	6	10
12	David Bray	44	m	MM	Haverhill Running Club	8	0:51:34	10:43:36	0:06:51	69.2%	270	12	7	26	11
13	Matthew Dawson	35	m	MS	RAF Marham	8	0:51:41	10:45:32	0:06:52	64.7%	463	13	4	37	12
14	Victoria Coe	29	f	LS	Cambridge & Coleridge AC - A	8	0:51:55	9:18:18	0:06:54	71.2%	191	14	1	18	2
15	Anna Hoogkame	21	f	LS	City Of Norwich AC Ladies	8	0:52:29	12:05:58	0:06:59	70.4%	228	15	2	22	3
16	Peter Bennet	52	m	MM	Cambridge & Coleridge Team B	8	0:53:25	11:26:31	0:07:06	71.3%	189	16	8	16	13
17	Mel Snare	43	f	LM	Framlingham Flyers	8	0:53:45	11:30:58	0:07:09	72.6%	148	17	2	13	4
18	Bob Hammond	40	m	MM	Old Greshamians	8	0:53:54	11:24:25	0:07:10	64.2%	474	18	9	38	14
19	Brian Kearsley	68	m	MM	Stamford Striders	8	0:54:21	10:49:17	0:07:14	80.8%	23	19	10	4	15
20	Vicky Quantrill	42	f	LM	Great Yarmouth Road Runners	8	0:54:23	11:21:43	0:07:14	71.2%	193	20	3	19	5
21	Simon Hardy	54	m	MM	Serpentine RC	8	0:54:52	11:18:04	0:07:18	70.6%	221	21	11	20	16
22	Mark Clues	49	m	MM	Tri-Anglia	8	0:55:37	11:59:56	0:07:24	66.8%	365	23	12	33	18
23	Sachin Shah	39	m	MS	London Fronrunners	8	0:55:37	10:25:00	0:07:24	61.8%	570	23	5	42	18
24	Stacey Harper	38	f	LM	Norwich Road Runners Ladies Team	8	0:55:45	11:45:36	0:07:25	67.8%	321	24	4	30	6
25	Sarah Stubbs	41	f	LM	Bure Valley Harriers	8	0:55:50	10:18:10	0:07:25	68.9%	286	25	5	27	7
26	Alison Stewart	58	f	LM	Norwich Road Runners	8	0:56:07	10:18:44	0:07:28	82.8%	11	26	6	3	8
27	Sharon Perry	44	f	LM	Saint Edmund Pacers	8	0:56:11	10:23:33	0:07:28	70.0%	246	27	7	24	9
28	Martin Yeoman	65	m	MM	Birketts' Runners AC	8	0:56:14	12:48:46	0:07:29	75.9%	77	28	13	8	19
29	Nicky Jennings	44	f	LM	Fenland Running Club	8	0:56:23	10:37:50	0:07:30	69.7%	251	29	8	25	10
30	Pete Young	37	m	MS	Pink & Blacks	8	0:56:32	12:12:33	0:07:31	59.9%	656	30	6	46	20
31	Rebecca Maun	47	f	LM	North Norfolk Beach Runners B	8	0:56:48	11:51:30	0:07:33	71.2%	190	31	9	17	11
32	Barbara Sayers	44	f	LM	North Herts Road Runners	8	0:57:50	11:26:18	0:07:41	68.0%	310	32	10	29	12
33	Shirley Ball	62	f	LM	Bishops Stortford Running Club	8	0:59:13	11:58:05	0:07:52	83.0%	10	33	11	2	13
34	Linda Marshall	51	f	LM	Ryston Ladies	8	0:59:19	11:23:00	0:07:53	71.5%	184	34	12	15	14
35	Amelia Whiting	39	f	LM	Norfolk Gazelles Red	8	1:00:25	10:27:17	0:08:02	62.9%	531	35	13	41	15
36	Anna Rust	23	f	LS	Bedford Harriers	8	1:01:05	13:05:28	0:08:07	60.5%	629	36	3	45	16
37	Sarah Bradley	53	f	LM	Norwich Road Runners D	8	1:01:41	12:11:17	0:08:12	70.5%	225	37	14	21	17
38	Bethan Mose	38	f	LM	Garden City Runners	8	1:01:53	10:57:11	0:08:14	61.1%	609	38	15	43	18
39	Sally Lee	34	f	LS	Dereham Runners - Team B	8	1:02:19	12:29:07	0:08:17	59.7%	663	39	4	47	19
40	Marie-Anne Fischer	55	f	LM	Headington RoadRunners	8	1:03:41	11:44:58	0:08:28	70.1%	243	40	16	23	20
41	Eddie Barrett	48	m	MM	Ramsey Road Runners	8	1:03:46	12:15:37	0:08:29	57.8%	747	41	14	48	21
42	Imogen Lees	42	f	LM	Norfolk Gazelles Black	8	1:03:49	12:21:22	0:08:29	60.7%	627	42	17	44	21
43	Sarah Partridge	60	f	LM	Ryston Runners C	8	1:03:58	11:20:58	0:08:30	74.7%	92	43	18	9	22
44	Roly Knott	66	m	MM	Harwich Runners	8	1:04:23	12:02:06	0:08:34	66.9%	360	44	15	32	22
45	Paul Gerber	49	m	MM	Coltishall Jaguars	8	1:05:06	10:37:42	0:08:39	57.1%	766	45	16	50	23
46	Jo West	52	f	LM	Reepham Runners Masters	8	1:05:25	11:42:00	0:08:42	65.6%	423	46	19	36	23
47	Sally Edwards	51	f	LM	West Norfolk AC	8	1:06:03	12:01:55	0:08:47	64.2%	476	47	20	39	24
48	Roddie Shepherd	64	m	MM	Ely Runners B	8	1:06:18	12:25:10	0:08:49	63.8%	492	48	17	40	24
49	Wendy Hughes	56	f	LM	Stowmarket Striders	8	1:07:04	12:03:25	0:08:55	67.4%	338	49	21	31	25
50	Hayley Thompson	36	f	LM	Reepham Runners	8	1:08:49	12:36:56	0:09:09	54.4%	835	50	22	53	26
51	Joanne Clarke	37	f	LM	Fenland Running Club - B	8	1:09:16	12:46:50	0:09:13	54.3%	839	51	23	54	27
52	Ian Mann	54	m	MM	Wellingborough & District AC.	8	1:09:49	12:21:14	0:09:17	55.5%	808	52	18	51	25
53	Michaela Ridley	47	f	LM	Riverside Runners	8	1:10:27	12:07:40	0:09:22	57.4%	755	53	24	49	28
54	Liz Beighton	42	f	LM	Felixstowe Road Runners	8	1:12:04	12:40:50	0:09:35	53.7%	857	54	25	55	29
55	Laura Greenwood	47	f	LM	Thorney Running Club	8	1:13:58	12:49:02	0:09:50	54.7%	830	55	26	52	30
56	Sarah Sparkes	43	f	LM	Bungay Black Dog Running Club	8	1:14:36	12:45:29	0:09:55	52.3%	883	56	27	56	31
57	Steve Norbury	48	m	MM	Thetford AC	8	1:16:46	12:42:50	0:10:13	48.0%	944	57	19	57	26
58	Simon Strong	46	m	MM	Biggleswade AC	8	1:16:49	13:50:14	0:10:13	47.2%	954	58	20	58	27