

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	Dominic Blake	39	M	MS	Reepham Runners - Mixed	10	1:41:53	16:11:54	0:05:37	83.0%	10	1	1	2	1
2	Simon Millett	30	M	MS	Norwich Road Runners - Open	10	1:41:59	12:59:39	0:05:38	80.9%	21	2	2	3	2
3	Piers Arnold	28	M	MS	City of Norwich AC - Team A	10	1:46:33	12:14:03	0:05:53	77.4%	58	3	3	7	3
4	Neil Hume	43	M	MM	Garden City Runners	10	1:51:25	14:20:41	0:06:09	78.4%	42	4	1	5	4
5	Chris Pitts	39	M	MS	Bishops Stortford Running Club	10	1:52:52	15:54:12	0:06:14	74.9%	105	5	4	9	5
6	Martin Jennings	46	M	MM	Fenland Running Club - Open	10	1:53:15	13:45:02	0:06:15	79.1%	38	6	2	4	6
7	Sam Coyne	23	M	MS	Bure Valley Harriers	10	1:53:16	13:58:09	0:06:15	72.8%	161	7	5	13	7
8	Jeremy Rogers	43	M	MM	Norfolk Gazelles Dorcas	10	1:53:43	14:21:07	0:06:16	76.8%	69	8	3	8	8
9	Sam O'Neil	28	M	MS	Headington Road Runners	10	1:55:00	16:00:20	0:06:21	71.7%	208	9	6	17	9
10	Mark Hayward	35	M	MS	Newmarket Joggers	10	1:55:01	15:57:46	0:06:21	71.9%	202	10	7	16	10
11	Colin Stark	42	M	MM	North Norfolk Beach Runners - Team A	10	1:56:05	13:08:32	0:06:24	74.6%	109	11	4	10	11
12	Simon English	43	M	MM	Norwich Road Runners - Masters	10	1:57:09	13:25:10	0:06:28	74.6%	111	12	5	11	12
13	Sophie Kelly	34	F	LS	Cambridge and Coleridge AC - Team B	10	1:58:19	15:13:26	0:06:32	78.0%	49	13	1	6	1
14	Warren Armstrong	44	M	MM	Ryston Runners - Open	10	1:58:52	13:17:15	0:06:33	74.1%	125	14	6	12	13
15	Paul Veitch	45	M	MM	Cambridge & Coleridge AC - Team A	10	2:02:38	12:39:47	0:06:46	72.4%	183	15	7	14	14
16	Kirk Bagge	33	M	MS	Wymondham AC - Open	10	2:02:49	13:14:00	0:06:46	67.2%	393	16	8	24	15
17	Gary Warren	48	M	MM	Metros RC	10	2:06:00	16:57:45	0:06:57	72.3%	190	17	8	15	16
18	Craig Crofts	32	M	MS	Thorney Running Club	10	2:06:05	16:43:40	0:06:57	65.4%	474	18	9	27	17
19	Steve Chalklen	33	M	MS	Paddock Wood AC	10	2:06:54	13:54:29	0:07:00	65.0%	492	19	10	30	18
20	Tim Sexton	46	M	MM	Norfolk Gazelles Chinkara	10	2:07:28	15:48:45	0:07:02	70.3%	257	20	9	19	19
21	Stuart Overton	34	M	MS	North Herts Road Runners	10	2:07:57	15:25:41	0:07:03	64.5%	521	21	11	31	20
22	Chris Mower	42	M	MM	Saint Edmund Pacers - Team B	10	2:10:23	15:57:12	0:07:11	66.4%	425	22	10	25	21
23	Nick Haworth	40	M	MM	Biggleswade AC	10	2:11:04	15:47:31	0:07:14	65.0%	490	23	11	29	22
24	Lee Carey	36	M	MS	March AC	10	2:15:10	14:13:04	0:07:27	61.4%	657	24	12	41	23
25	Jon Wiles	45	M	MM	Bungay Black Dog Running Club	10	2:16:16	17:28:27	0:07:31	65.2%	483	25	12	28	24
26	Peter Nelson	42	M	MM	Coltishall Jaguars - Open	10	2:16:22	15:28:06	0:07:31	63.5%	566	26	13	32	25
27	Will Hall	40	M	MM	Tri-Anglia Triathlon Club	10	2:16:49	16:27:23	0:07:33	62.3%	624	27	14	38	26
28	Michelle Brett	34	F	LS	Ramsey Road Runners	10	2:17:04	15:47:50	0:07:34	67.3%	382	28	2	23	2
29	Robert Hughes	54	M	MM	Saint Edmund Pacers - Team A	10	2:19:00	15:22:37	0:07:40	69.1%	306	29	15	21	27
30	Stuart Bennett	33	M	MS	Coltishall Jaguars - Mixed	10	2:21:41	15:09:17	0:07:49	58.2%	787	30	13	48	28
31	Lee Hale	46	M	MM	RAF Marham	10	2:22:53	16:19:51	0:07:53	62.7%	611	31	16	36	29
32	Daniel Kinsman	43	M	MM	Framlingham Flyers	10	2:23:27	17:04:04	0:07:55	60.9%	686	32	17	43	30

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33	Sabine Schaefer	40	F	LM	Thetford AC	10	2:23:51	17:03:09	0:07:56	66.3%	433	33	1	26	3
34	Natasha Rout	31	F	LS	Wymondham AC - Ladies	10	2:24:29	15:59:46	0:07:58	63.5%	571	34	3	33	4
35	Mark Tinkler	59	M	MM	Bedford Harriers	10	2:24:42	16:49:44	0:07:59	69.5%	284	35	18	20	31
36	Mark Mardell	39	M	MS	Norwich Road Runners - Mixed	10	2:25:05	16:53:15	0:08:00	58.3%	784	36	14	47	32
37	Robin Harper	41	M	MM	Felixstowe Road Runners	10	2:26:17	16:40:22	0:08:04	58.7%	769	37	19	46	33
38	Julz Williams	35	F	LM	Norwich Road Runners - Ladies	10	2:28:05	15:34:51	0:08:10	62.6%	619	38	2	37	5
39	Neil Mattison	49	M	MM	Wellingborough & District AC - Team 1	10	2:29:38	17:07:55	0:08:15	61.4%	654	39	20	40	34
40	Paul Newell	52	M	MM	Riverside Runners	10	2:30:07	15:31:38	0:08:17	62.9%	601	40	21	34	35
41	Pauline Drewery	48	F	LM	Ryston Runners - Ladies	10	2:30:33	15:35:37	0:08:18	68.8%	318	41	3	22	6
42	Andrew Wade	53	M	MM	Stamford Striders	10	2:31:42	15:53:04	0:08:22	62.7%	605	42	22	35	36
43	Corin Thoday	42	M	MM	Reepham Runners - Masters	10	2:31:47	16:19:06	0:08:22	57.1%	827	43	23	51	37
44	Karen Martin	37	F	LM	Haverhill Running Club	10	2:32:46	16:16:21	0:08:26	61.2%	667	44	4	42	7
45	Emily Haughan	38	F	LM	North Norfolk Beach Runners - Team B	10	2:32:53	17:06:15	0:08:26	61.5%	650	45	5	39	8
46	Matt Holmes	39	M	MS	Old Greshamians - Team 1	10	2:32:59	16:34:24	0:08:26	55.3%	880	46	15	53	38
47	Neil Watson	45	M	MM	West Norfolk AC	10	2:33:05	16:16:25	0:08:27	58.0%	796	47	24	49	39
48	Ellen Connolly	37	F	LM	Fenland Running Club - Ladies	10	2:34:24	17:21:52	0:08:31	60.6%	702	48	6	44	9
49	David Aldis	67	M	MM	City of Norwich AC - Team C	10	2:34:39	16:08:06	0:08:32	70.4%	251	49	25	18	40
50	Jason Fretwell	35	M	MS	Ely Runners - Team B	10	2:34:48	16:50:44	0:08:32	53.4%	928	50	16	54	41
51	Dean Saunders	44	M	MM	Great Yarmouth Road Runners - Open	10	2:36:50	16:42:24	0:08:39	56.2%	860	51	26	52	42
52	James Cooper	37	M	MS	Stowmarket Striders Running Club	10	2:37:25	16:11:21	0:08:41	53.0%	935	52	17	55	43
53	Joe Dixon	34	M	MS	Pink & Blacks	10	2:40:38	16:43:41	0:08:52	51.4%	966	53	18	57	44
54	Carly Jermy	37	F	LM	City of Norwich AC - Team B	10	2:42:11	14:43:25	0:08:57	57.7%	805	54	7	50	10
55	Jane Ashby	69	F	LM	Ryston Runners - Masters	10	2:43:04	15:50:11	0:09:00	85.7%	2	55	8	1	11
56	Gary Thacker	42	M	MM	Wellingborough & District AC - Team 2	10	2:45:38	17:14:40	0:09:08	52.3%	951	56	27	56	45
57	Michael Barrett	61	M	MM	Dereham - Open	10	2:50:17	15:50:10	0:09:24	60.2%	717	57	28	45	46
58	Philip Websdale	44	M	MM	Dereham - Club	10	2:52:42	15:20:23	0:09:32	51.0%	974	58	29	58	47
59	Dominic Atkinson	35	M	MS	Old Greshamians - Team 2	10	3:02:01	17:30:03	0:10:02	45.4%	1015	59	19	60	48
60	Penny Studley	44	F	LM	Great Yarmouth Road Runners - Ladies	10	3:17:22	19:20:30	0:10:53	50.1%	980	60	9	59	12
61	Craig Holgate	40	M	MM	Ely Runners - Team A	10	3:22:22	14:18:15	0:11:10	42.1%	1028	61	30	61	49