

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	Matt Allen	41	M	MM	Ryston Runners - Open	12	1:58:53	16:34:17	0:06:03	80.1%	30	1	1	3	1
2	Robbie Britton	30	M	MS	North Norfolk Beach Runners - Team A	12	2:00:24	16:30:41	0:06:07	76.0%	85	2	1	7	2
3	Andrew Plume	35	M	MS	Fenland Running Club - Open	12	2:01:34	17:15:49	0:06:11	75.4%	94	3	2	8	3
4	Billy Bremner	47	M	MM	March AC	12	2:02:14	17:44:08	0:06:13	81.9%	13	4	2	2	4
5	Jonathan Quint	40	M	MM	City of Norwich AC - Team A	12	2:02:31	15:26:26	0:06:14	77.1%	61	5	3	5	5
6	Jack Gillick	29	M	MS	Wymondham AC - Open	12	2:03:34	16:36:03	0:06:17	74.0%	126	6	3	10	6
7	Colin Tricker	36	M	MS	Paddock Wood AC	12	2:04:58	17:16:41	0:06:21	73.6%	140	7	4	11	7
8	Nigel Rackham	55	M	MM	Metros RC	12	2:05:42	20:46:42	0:06:23	85.5%	4	8	4	1	8
9	Kieren Drane	35	M	MS	Ely Runners - Team A	12	2:08:05	17:43:53	0:06:31	71.6%	214	9	5	13	9
10	Christof Schwiening	51	M	MM	Cambridge & Coleridge AC - Team A	12	2:09:39	16:09:49	0:06:35	80.0%	34	10	5	4	10
11	Paul Davies	25	M	MS	Garden City Runners	12	2:09:56	18:10:05	0:06:36	70.4%	252	11	6	18	11
12	Craig Bowen-Jones	46	M	MM	Bure Valley Harriers	12	2:10:16	17:35:32	0:06:37	76.2%	79	12	6	6	12
13	Neil Pollard	39	M	MS	Newmarket Joggers	12	2:11:25	19:40:49	0:06:41	71.3%	222	13	7	14	13
14	Ben Letzer	39	M	MS	Coltishall Jaguars - Mixed	12	2:12:40	18:52:04	0:06:45	70.7%	238	14	8	17	14
15	Neil Tween	33	M	MS	Cambridge and Coleridge AC - Team B	12	2:14:15	18:57:41	0:06:50	68.1%	342	15	9	25	15
16	Michael Falcone	32	M	MS	Saint Edmund Pacers - Team A	12	2:17:44	19:16:10	0:07:00	66.4%	428	16	10	30	16
17	Haydn Lyon	25	M	MS	City of Norwich AC - Team B	12	2:20:19	18:40:51	0:07:08	65.2%	482	17	11	36	17
18	Ben Jacobs	41	M	MM	Felixstowe Road Runners	12	2:21:46	21:35:46	0:07:12	67.2%	390	18	7	28	18
19	Nick Beavitt	32	M	MS	Old Greshamians - Team 2	12	2:22:58	21:23:35	0:07:16	64.0%	545	19	12	39	19
20	Jason French	36	M	MS	Wellingborough & District AC - Team 2	12	2:23:26	21:19:32	0:07:18	64.1%	537	20	13	38	20
21	Andrew Dormer	50	M	MM	Great Yarmouth Road Runners - Open	12	2:24:21	20:43:23	0:07:20	71.2%	227	21	8	15	21
22	Kevin Mace	55	M	MM	Norwich Road Runners - Masters	12	2:24:47	17:18:11	0:07:22	74.2%	117	22	9	9	22
23	Dean Blake	43	M	MM	Coltishall Jaguars - Open	12	2:26:41	19:29:15	0:07:27	66.0%	441	23	10	31	23
24	Tomas Boza	36	M	MS	Dereham - Open	12	2:26:58	19:44:43	0:07:28	62.6%	617	24	14	44	24
25	Stephen Moseley	51	M	MM	Norwich Road Runners - Mixed	12	2:28:05	21:12:10	0:07:32	70.0%	269	25	11	21	25
26	Stephen Lee	37	M	MS	Dereham - Club	12	2:30:18	19:26:40	0:07:38	61.5%	651	26	15	47	26
27	Sam Kingston	49	M	MM	Old Greshamians - Team 1	12	2:31:26	20:56:23	0:07:42	67.3%	385	27	12	27	27
28	David Tuffnail	38	M	MS	RAF Marham	12	2:32:43	20:41:34	0:07:46	60.9%	683	28	16	49	28
29	James Beadle	39	M	MS	Reepham Runners - Mixed	12	2:32:59	20:24:31	0:07:47	61.3%	663	29	17	48	29
30	Christopher Moore	56	M	MM	Norfolk Gazelles Dorcas	12	2:33:07	18:43:41	0:07:47	70.8%	233	30	13	16	30
31	Chris Hull	28	M	MS	Riverside Runners	12	2:33:32	19:35:42	0:07:48	59.6%	741	31	18	50	31
32	Tony Gooding	41	M	MM	Haverhill Running Club	12	2:34:14	20:19:11	0:07:50	61.8%	637	32	14	45	32

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33	John Stott	48	M	MM	Biggleswade AC	12	2:34:36	20:39:48	0:07:52	65.3%	478	33	15	35	33
34	Vince Webb	47	M	MM	Saint Edmund Pacers - Team B	12	2:34:37	20:09:08	0:07:52	64.8%	508	34	16	37	34
35	Vicky Quantrill	43	F	LM	Great Yarmouth Road Runners - Ladies	12	2:34:48	23:36:39	0:07:52	69.2%	298	35	1	23	1
36	Stephen Ashurst	54	M	MM	Ramsey Road Runners	12	2:34:52	20:16:39	0:07:52	68.8%	320	36	17	24	35
37	Philip Cooper	57	M	MM	Reepham Runners - Masters	12	2:35:56	21:17:18	0:07:56	70.2%	259	37	18	19	36
38	Ian Rodgers	51	M	MM	Bishops Stortford Running Club	12	2:37:26	19:56:08	0:08:00	65.9%	451	38	19	34	37
39	Matt Simmonds	38	M	MS	Pink & Blacks	12	2:37:53	20:52:01	0:08:02	58.9%	762	39	19	53	38
40	Nick Wells	53	M	MM	Stamford Striders	12	2:38:06	20:07:45	0:08:02	66.8%	411	40	20	29	39
41	Stan Swanepole	53	M	MM	Tri-Anglia Triathlon Club	12	2:39:54	20:46:26	0:08:08	66.0%	443	41	21	32	40
42	Helen Etherington	36	F	LM	Wellingborough & District AC - Team 1	12	2:40:16	21:11:11	0:08:09	63.6%	559	42	2	40	2
43	Graeme Leeson	46	M	MM	Ryston Runners - Masters	12	2:41:07	20:08:46	0:08:11	61.6%	644	43	22	46	41
44	Arron Friend	30	M	MS	Thorney Running Club	12	2:42:21	21:11:18	0:08:15	56.3%	854	44	20	55	42
45	Jo Summer	52	F	LM	North Herts Road Runners	12	2:44:11	20:10:04	0:08:21	72.7%	169	45	3	12	3
46	Simon King	59	M	MM	Bedford Harriers	12	2:44:38	21:10:26	0:08:22	67.8%	360	46	23	26	43
47	Darren Armstrong	43	M	MM	North Norfolk Beach Runners - Team B	12	2:45:17	21:25:36	0:08:24	58.6%	776	47	24	54	44
48	Luvuyo Mfazwe	36	M	MS	Thetford AC	12	2:46:13	21:19:59	0:08:27	55.3%	876	48	21	57	45
49	Tom Hutchings	45	M	MM	Norfolk Gazelles Chinkara	12	2:46:28	20:00:10	0:08:28	59.2%	756	49	25	52	46
50	Maire Irlam	52	F	LM	Fenland Running Club - Ladies	12	2:50:04	21:55:07	0:08:39	70.2%	261	50	4	20	4
51	Caroline Houghton	43	F	LM	Norwich Road Runners - Ladies	12	2:50:28	20:07:26	0:08:40	62.9%	600	51	5	43	5
52	Jo Godwin	44	F	LM	Wymondham AC - Ladies	12	2:50:51	20:43:55	0:08:41	63.4%	576	52	6	41	6
53	Jo Stephenson	52	F	LM	Stowmarket Striders Running Club	12	2:50:58	20:40:34	0:08:42	69.8%	274	53	7	22	7
54	Emma Greaves	44	F	LM	Ely Runners - Team B	12	2:51:28	21:20:30	0:08:43	63.1%	584	54	8	42	8
55	Anna Seaman	38	F	LM	Ryston Runners - Ladies	12	2:53:05	20:14:49	0:08:48	59.5%	742	55	9	51	9
56	Philip Lister	62	M	MM	Headington Road Runners	12	2:54:20	20:23:52	0:08:52	65.9%	450	56	26	33	47
57	Jason Moore	46	M	MM	West Norfolk AC	12	2:56:39	20:49:12	0:08:59	56.2%	858	57	27	56	48
58	Guy Hayward	46	M	MM	Framlingham Flyers	12	3:00:39	21:53:59	0:09:11	55.0%	891	58	28	58	49
59	Sarah Sparkes	44	F	LM	Bungay Black Dog Running Club	12	3:30:37	22:37:50	0:10:42	51.4%	965	59	10	59	10
60	Ben Russell	27	M	MS	Norwich Road Runners - Open	12	3:31:52	17:49:44	0:10:46	43.2%	1027	60	22	61	50
61	Iain Smith	46	M	MM	City of Norwich AC - Team C	12	3:31:52	21:10:42	0:10:46	46.9%	1010	61	29	60	51