

## 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	Tom Vickery	31	M	MS	Cambridge & Coleridge AC - Team A	7	0:50:27	8:01:52	0:05:28	81.0%	19	1	1	3	1
2	Daniel Middleton	35	M	MS	Norwich Road Runners - Open	7	0:51:30	8:44:36	0:05:34	80.3%	26	2	2	5	2
3	George Gay	22	M	MS	City of Norwich AC - Team A	7	0:53:50	8:04:44	0:05:50	75.8%	88	3	3	10	3
4	Chris Merrylees	39	M	MS	North Norfolk Beach Runners - Team A	7	0:56:35	8:40:43	0:06:07	75.1%	100	4	4	11	4
5	Andrew Brett	36	M	MS	Ramsey Road Runners	7	0:57:41	10:40:04	0:06:15	72.1%	198	5	5	17	5
6	Nigel Arnold	59	M	MM	Norfolk Gazelles Dorcas	7	0:58:10	9:46:47	0:06:18	86.2%	1	6	1	1	6
7	Lewis Saunders	27	M	MS	Fenland Running Club - Open	7	0:58:11	9:07:26	0:06:18	70.1%	264	7	6	23	7
8	Jon Kemp	46	M	MM	Wellingborough & District AC - Team 1	7	0:58:59	11:55:09	0:06:23	76.1%	82	8	2	8	8
9	Ed Foster	20	M	MJ	City of Norwich AC - Team B	7	0:59:26	9:19:07	0:06:26	69.4%	291	9	1	27	9
10	Ian Moore	50	M	MM	Wymondham AC - Open	7	0:59:27	8:36:57	0:06:26	78.0%	48	10	3	7	10
11	Richard Hill	40	M	MM	Ely Runners - Team A	7	1:00:03	8:26:44	0:06:30	71.3%	224	11	4	18	11
12	James Ridger	38	M	MS	Paddock Wood AC	7	1:00:22	9:03:10	0:06:32	69.9%	272	12	7	24	12
13	Richard Somerset	49	M	MM	Garden City Runners	7	1:00:31	9:47:31	0:06:33	76.0%	83	13	5	9	13
14	Ian Jermy	42	M	MM	Bure Valley Harriers	7	1:01:29	9:05:57	0:06:39	70.7%	235	14	6	20	14
15	Stephen Mead	65	M	MM	Stowmarket Striders Running Club	7	1:01:51	9:59:11	0:06:42	85.7%	3	15	7	2	15
16	Michael Howlett	32	M	MS	Ryston Runners - Open	7	1:01:59	8:41:11	0:06:42	66.0%	442	16	8	34	16
17	Nicky Wnek	46	F	LM	Ryston Runners - Ladies	7	1:02:51	10:02:58	0:06:48	78.8%	40	17	1	6	1
18	Cat Cummings	39	F	LM	Wymondham AC - Ladies	7	1:02:58	10:30:57	0:06:49	74.6%	110	18	2	12	2
19	Matt Fray	44	M	MM	Norwich Road Runners - Masters	7	1:03:00	8:44:12	0:06:49	70.1%	262	19	8	22	17
20	Mark Salmons	42	M	MM	March AC	7	1:03:59	9:06:47	0:06:55	68.0%	353	20	9	29	18
21	Peter Bird	43	M	MM	Saint Edmund Pacers - Team A	7	1:04:56	9:51:54	0:07:02	67.5%	375	21	10	31	19
22	Nicola Lambert-John	34	F	LS	Coltishall Jaguars - Mixed	7	1:05:35	9:48:45	0:07:06	70.2%	260	22	1	21	3
23	Martin Heeley	41	M	MM	Ryston Runners - Masters	7	1:07:29	9:57:06	0:07:18	64.0%	548	23	11	40	20
24	Andrew Thompson	58	M	MM	Ely Runners - Team B	7	1:07:35	10:43:58	0:07:19	73.5%	142	24	12	13	21
25	Brian Kearsey	69	M	MM	Stamford Striders	7	1:08:23	10:00:01	0:07:24	80.6%	24	25	13	4	22
26	Jess Behan	28	F	LS	Norwich Road Runners - Ladies	7	1:08:43	10:02:24	0:07:26	66.6%	419	26	2	32	4
27	Mark Goodwin	45	M	MM	Felixstowe Road Runners	7	1:09:16	10:38:01	0:07:30	64.3%	529	27	14	39	23
28	Brian Titchiner	55	M	MM	Dereham - Club	7	1:09:29	9:33:55	0:07:31	69.7%	277	28	15	25	24
29	David Crosthwaite	49	M	MM	Headington Road Runners	7	1:09:46	11:06:09	0:07:33	65.9%	446	29	16	35	25
30	Shane Bidle	34	M	MS	Coltishall Jaguars - Open	7	1:09:54	10:04:24	0:07:34	58.9%	763	30	9	54	26
31	Claudia Milburn	33	F	LS	Fenland Running Club - Ladies	7	1:10:05	11:13:33	0:07:35	65.5%	472	31	3	36	5
32	Neil Mustoe	47	M	MM	Haverhill Running Club	7	1:11:23	10:33:50	0:07:44	63.4%	573	32	17	41	27

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
33	Sabrina Norton	39	F	LM	Bungay Black Dog Running Club	7	1:11:51	11:45:16	0:07:47	65.4%	476	33	3	37	6
34	Bob Hammond	41	M	MM	Old Greshamians - Team 1	7	1:12:20	11:13:13	0:07:50	59.7%	737	34	18	52	28
35	Katie Mack	35	F	LM	City of Norwich AC - Team C	7	1:13:25	10:34:14	0:07:57	62.9%	595	35	4	42	7
36	Amanda Martin	51	F	LM	Saint Edmund Pacers - Team B	7	1:14:04	10:33:49	0:08:01	70.8%	234	36	5	19	8
37	Tina Plumley	46	F	LM	Thetford AC	7	1:14:32	11:22:35	0:08:04	66.5%	423	37	6	33	9
38	Pauline Green	54	F	LM	Newmarket Joggers	7	1:14:39	10:59:55	0:08:05	73.0%	159	38	7	14	10
39	David Young	63	M	MM	Metros RC	7	1:14:47	11:12:43	0:08:06	69.6%	283	39	19	26	29
40	Luke Gibson	25	M	MS	RAF Marham	7	1:15:25	10:46:34	0:08:10	54.1%	911	40	10	60	30
41	Tobias Arnup	61	M	MM	Norfolk Gazelles Chinkara	7	1:15:30	10:03:05	0:08:10	67.6%	368	41	20	30	31
42	Anita Bullen	47	F	LM	North Norfolk Beach Runners - Team B	7	1:16:38	11:05:47	0:08:18	65.3%	479	42	8	38	11
43	Kate Pitts	37	F	LM	Bishops Stortford Running Club	7	1:16:48	10:42:31	0:08:19	60.6%	701	43	9	49	12
44	Laura Ali	40	F	LM	Framlingham Flyers	7	1:17:14	11:28:04	0:08:22	61.2%	670	44	10	45	13
45	Tommy Clarke	38	M	MS	Pink & Blacks	7	1:17:37	11:06:42	0:08:24	54.4%	901	45	11	59	32
46	John Greenhalgh	51	M	MM	West Norfolk AC	7	1:17:43	10:37:35	0:08:25	60.2%	719	46	21	51	33
47	John Bone	71	M	MM	Great Yarmouth Road Runners - Open	7	1:17:52	10:29:58	0:08:26	72.4%	185	47	22	15	34
48	Sally Lee	35	F	LM	Dereham - Open	7	1:18:10	9:51:41	0:08:28	59.1%	757	48	11	53	14
49	Sarah-Jane Seaman	33	F	LS	Biggleswade AC	7	1:18:16	9:56:45	0:08:28	58.7%	772	49	4	55	15
50	Sarah Williams	28	F	LS	Cambridge and Coleridge AC - Team B	7	1:18:42	10:11:24	0:08:31	58.1%	793	50	5	56	16
51	Sarah Ellwood	42	F	LM	Wellingborough & District AC - Team 2	7	1:18:58	10:18:51	0:08:33	60.6%	699	51	12	48	17
52	Maureen Hamis	42	F	LM	Norwich Road Runners - Mixed	7	1:19:16	11:07:22	0:08:35	60.4%	707	52	13	50	18
53	Alex Rothwell	56	M	MM	Bedford Harriers	7	1:19:37	11:01:19	0:08:37	61.3%	661	53	23	43	35
54	Susie Towing	55	F	LM	Reepham Runners - Mixed	7	1:20:21	11:12:36	0:08:42	68.7%	323	54	14	28	19
55	Linda Aird	59	F	LM	North Herts Road Runners	7	1:20:48	10:17:20	0:08:45	72.1%	197	55	15	16	20
56	Emma Dawson	34	F	LS	Great Yarmouth Road Runners - Ladies	7	1:22:11	12:26:55	0:08:54	56.0%	864	56	6	58	21
57	Karen Neil	49	F	LM	Old Greshamians - Team 2	7	1:23:27	11:15:27	0:09:02	61.3%	662	57	16	44	22
58	Ian Davies	63	M	MM	Thorney Running Club	7	1:25:27	11:22:03	0:09:15	60.9%	687	58	24	46	36
59	Lesley Carroll	52	F	LM	Riverside Runners	7	1:27:16	10:07:25	0:09:27	60.9%	688	59	17	47	23
60	Julie Wade	49	F	LM	Reepham Runners - Masters	7	1:29:09	10:35:07	0:09:39	57.4%	816	60	18	57	24
61	Rebecca Wass	36	F	LM	Tri-Anglia Triathlon Club	7	1:36:28	11:10:28	0:10:26	48.0%	998	61	19	61	25