

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	Alex Ash	27	M	MS	Wellingborough & District AC - Team 1	8	0:41:02	12:36:11	0:05:27	80.0%	33	1	1	7	1
2	Jake Stearman	17	M	MJ	Dereham - Open	8	0:42:10	10:33:51	0:05:36	81.5%	15	2	1	2	2
3	Tom Greenacre	16	M	MJ	City of Norwich AC - Team B	8	0:43:31	10:02:38	0:05:47	80.1%	31	3	2	6	3
4	Iona Lake	24	F	LS	City of Norwich AC - Team A	8	0:43:44	8:48:28	0:05:49	84.5%	8	4	1	1	1
5	Mark Popple	26	M	MS	Stamford Striders	8	0:44:44	10:44:45	0:05:57	73.4%	143	5	2	15	4
6	Simon Mead	44	M	MM	Ramsey Road Runners	8	0:45:19	11:25:23	0:06:02	78.8%	41	6	1	8	5
7	Stephane Lustig	40	M	MM	North Norfolk Beach Runners - Team A	8	0:46:34	9:27:17	0:06:12	74.3%	116	7	2	13	6
8	Rob Pope	30	M	MS	Ely Runners - Team A	8	0:48:29	9:15:13	0:06:27	67.8%	358	8	3	30	7
9	Dan Pratt	39	M	MS	Ryston Runners - Open	8	0:48:39	9:29:50	0:06:28	70.6%	242	9	4	24	8
10	Joe Bickel	21	M	MS	Wymondham AC - Open	8	0:48:48	9:25:45	0:06:29	67.6%	371	10	5	31	9
11	Graham Watering	44	M	MM	Norwich Road Runners - Masters	8	0:48:52	9:33:04	0:06:30	73.1%	156	11	3	17	10
12	Nick Gurney	26	M	MS	Norwich Road Runners - Open	8	0:48:54	9:33:30	0:06:30	67.2%	394	12	6	33	11
13	Andrew Larham	59	M	MM	March AC	8	0:50:07	9:56:54	0:06:40	80.7%	23	13	4	4	12
14	Alicia Lacey	24	F	LS	Norwich Road Runners - Ladies	8	0:50:26	10:52:50	0:06:42	73.3%	148	14	2	16	2
15	Aaron Rowland	18	M	MJ	Paddock Wood AC	8	0:51:09	9:54:19	0:06:48	66.4%	429	15	3	35	13
16	Sharon Hurren	46	F	LM	Wymondham AC - Ladies	8	0:51:29	11:22:26	0:06:51	77.8%	55	16	1	9	3
17	Joanna Davies	30	F	LS	Cambridge & Coleridge AC - Team A	8	0:51:42	8:53:34	0:06:53	71.5%	216	17	3	21	4
18	Tessa Jones	51	F	LM	Bure Valley Harriers	8	0:52:12	9:58:09	0:06:56	81.2%	18	18	2	3	5
19	Amy Chapman	26	F	LS	Ryston Runners - Ladies	8	0:52:45	10:55:43	0:07:01	70.1%	267	19	4	26	6
20	Alex Hewson	27	M	MS	Old Greshamians - Team 1	8	0:53:39	12:06:52	0:07:08	61.2%	668	20	7	43	14
21	Paul Griffin	52	M	MM	Fenland Running Club - Open	8	0:53:58	10:01:24	0:07:11	70.5%	244	21	5	25	15
22	James Frary	40	M	MM	Norfolk Gazelles Chinkara	8	0:54:38	10:57:43	0:07:16	63.4%	577	22	6	39	16
23	Lacey Bareham	24	F	LS	Dereham - Club	8	0:55:08	10:29:03	0:07:20	67.1%	399	23	5	34	7
24	Andrew Coulthurst	39	M	MS	Pink & Blacks	8	0:55:21	12:02:03	0:07:22	62.1%	629	24	8	41	17
25	Adam Rossington	32	M	MS	Garden City Runners	8	0:55:57	10:43:28	0:07:26	59.0%	761	25	9	47	18
26	John Lee	63	M	MM	Tri-Anglia Triathlon Club	8	0:56:03	12:06:31	0:07:27	74.8%	106	26	7	12	19
27	Debbie Schwarz	47	F	LM	West Norfolk AC	8	0:56:22	11:33:57	0:07:30	71.8%	206	27	3	18	8
28	Louise Hurr	50	F	LM	Norfolk Gazelles Dorcas	8	0:56:48	10:43:35	0:07:33	73.7%	135	28	4	14	9
29	Andy Irvine	50	M	MM	Cambridge and Coleridge AC - Team B	8	0:56:53	11:08:17	0:07:34	65.8%	453	29	8	36	20
30	Emma Jordan	46	F	LM	Coltishall Jaguars - Open	8	0:57:54	11:02:18	0:07:42	69.2%	302	30	5	28	10
31	Matt Atkinson	31	M	MS	RAF Marham	8	0:58:27	11:45:01	0:07:46	56.3%	855	31	10	52	21
32	Emma Wilcock	25	F	LS	Coltishall Jaguars - Mixed	8	0:58:32	10:47:17	0:07:47	63.2%	581	32	6	40	11

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33	Maisie Pritchard	17	F	LJ	Riverside Runners	8	0:58:43	11:06:08	0:07:48	64.4%	522	33	1	37	12
34	Helen Wass	52	F	LM	Newmarket Joggers	8	1:00:46	12:00:41	0:08:05	70.7%	239	34	6	23	13
35	Carolyn Haworth	62	F	LM	Saint Edmund Pacers - Team B	8	1:01:03	11:34:52	0:08:07	80.5%	25	35	7	5	14
36	Bobbie Sauerzapf	58	F	LM	Bungay Black Dog Running Club	8	1:01:23	12:46:39	0:08:10	75.7%	92	36	8	11	15
37	Eloise Bird	49	F	LM	Saint Edmund Pacers - Team A	8	1:01:23	10:53:17	0:08:10	67.4%	379	37	9	32	16
38	Juliette Meek	36	F	LM	Ryston Runners - Masters	8	1:01:29	10:58:35	0:08:11	60.9%	681	38	10	44	17
39	Mark Sargeantson	64	M	MM	Framlingham Flyers	8	1:02:11	12:30:15	0:08:16	68.0%	350	39	9	29	22
40	Mike Ottley	74	M	MM	Reepham Runners - Masters	8	1:02:32	11:37:39	0:08:19	75.8%	90	40	10	10	23
41	Anna Rust	24	F	LS	Bedford Harriers	8	1:02:35	12:03:54	0:08:19	59.1%	758	41	7	46	18
42	Wendy Smith	55	F	LM	Norwich Road Runners - Mixed	8	1:02:53	12:10:15	0:08:22	71.0%	231	42	11	22	19
43	Claire Hanratty	47	F	LM	Headington Road Runners	8	1:03:15	12:09:24	0:08:25	64.0%	546	43	12	38	20
44	Simon Eisenmann	52	M	MM	City of Norwich AC - Team C	8	1:03:20	11:37:34	0:08:25	60.1%	724	44	11	45	24
45	Adam Wilson	47	M	MM	North Herts Road Runners	8	1:03:53	11:21:13	0:08:30	57.2%	821	45	12	50	25
46	Wendy Hughes	57	F	LM	Stowmarket Striders Running Club	8	1:03:55	11:03:06	0:08:30	71.7%	209	46	13	20	21
47	Lorrain Dawson	58	F	LM	Great Yarmouth Road Runners - Ladies	8	1:04:46	13:31:41	0:08:37	71.8%	207	47	14	19	22
48	Sue Ilsley	56	F	LM	North Norfolk Beach Runners - Team B	8	1:05:19	12:11:06	0:08:41	69.3%	297	48	15	27	23
49	Helen Ayres	28	F	LS	Thorney Running Club	8	1:05:35	12:27:38	0:08:43	56.4%	852	49	8	51	24
50	Jess Dykes	17	F	LJ	Old Greshamians - Team 2	8	1:05:47	12:21:14	0:08:45	57.5%	814	50	2	49	25
51	Simon Strong	47	M	MM	Biggleswade AC	8	1:05:59	11:02:44	0:08:46	55.4%	876	51	13	54	26
52	Katie Irlam	23	F	LS	Fenland Running Club - Ladies	8	1:06:38	12:20:11	0:08:52	55.5%	874	52	9	53	26
53	Tracey Tyrell	36	F	LM	Metros RC	8	1:07:53	12:20:36	0:09:02	55.2%	882	53	16	55	27
54	James Lee	49	M	MM	Ely Runners - Team B	8	1:08:28	11:52:26	0:09:06	54.3%	906	54	14	56	27
55	Clare Slattery	30	F	LS	Thetford AC	8	1:08:58	12:31:33	0:09:10	53.6%	922	55	10	57	28
56	Daniel Everitt	42	M	MM	Haverhill Running Club	8	1:10:30	11:44:20	0:09:23	49.9%	985	56	15	60	28
57	Lisa Smith	43	M	MM	Great Yarmouth Road Runners - Open	8	1:13:26	11:43:24	0:09:46	48.2%	998	57	16	61	29
58	Sue Last	56	F	LM	Bishops Stortford Running Club	8	1:13:45	11:56:16	0:09:48	61.3%	659	58	17	42	29
59	Liz Beighton	43	F	LM	Felixstowe Road Runners	8	1:16:08	11:54:09	0:10:07	51.2%	969	59	18	59	30
60	Trine Middleton	57	F	LM	Reepham Runners - Mixed	8	1:18:42	12:31:18	0:10:28	58.3%	785	60	19	48	31
61	Amanda Allen	54	F	LM	Wellingborough & District AC - Team 2	8	1:25:29	11:44:20	0:11:22	51.5%	962	61	20	58	32