

ALL STAGES - RNR 2015

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 Eggeman	36	M	MS	Cambridge & Coleridge A	1	1:43:10	1:43:10	0:06:19	73.3%	126	1	1	6	1
2	Craig Holgate	38	M	MS	Ely A	1	1:43:15	1:43:15	0:06:20	74.1%	112	2	2	5	2
3	Chris Balmer	33	M	MS	Ryston Runners A	1	1:43:49	1:43:49	0:06:22	72.3%	158	3	3	9	3
4	Chris Merrylees	37	M	MS	North Norfolk Beach Runners - Open	1	1:45:04	1:45:04	0:06:26	72.4%	157	4	4	8	4
5	Mark Grubb	31	M	MS	Norfolk Gazelles	1	1:46:16	1:46:16	0:06:31	70.6%	205	5	5	14	5
6	Andrew Plume	33	M	MS	Fenland Running Club - 48	1	1:47:59	1:47:59	0:06:37	69.5%	234	6	6	16	6
7	Ben Collison	33	M	MS	West Norfolk AC	1	1:52:19	1:52:19	0:06:53	66.9%	353	7	7	24	7
8	Antony Orokogbe	39	M	MS	Dereham Runners - Team A	1	1:53:07	1:53:07	0:06:56	68.2%	299	8	8	19	8
9	Simon Dobbs	50	M	MM	Norwich Road Runners D	1	1:53:24	1:53:24	0:06:57	74.5%	96	9	1	3	9
10	Chris Langton	48	M	MM	City of Norwich AC - A	1	1:54:33	1:54:33	0:07:01	72.5%	150	10	2	7	10
11	James Beadle	37	M	MS	Reepham Runners Club	1	1:55:37	1:55:37	0:07:05	65.8%	399	11	9	27	11
12	Andrew Smith	26	M	MS	RAF Marham	1	1:56:30	1:56:30	0:07:08	64.4%	447	12	10	31	12
13	Simon Brightwell	50	M	MM	Cambridge & Coleridge B	1	1:59:16	1:59:16	0:07:18	70.8%	194	13	3	13	13
14	Matt Ironside	32	M	MS	Bishops Stortford Running Club	1	1:59:33	1:59:33	0:07:20	62.8%	520	14	11	35	14
15	Tim Chapman	51	M	MM	Fenland Running Club - 2	1	1:59:37	1:59:37	0:07:20	71.3%	189	15	4	12	15
16	Paul Sullivan	49	M	MM	Norwich Road Runners B	1	1:59:38	1:59:38	0:07:20	70.0%	222	16	5	15	16
17	David Martin	35	M	MS	Serpentine Running Club	1	2:00:23	2:00:23	0:07:23	62.6%	526	17	12	37	17
18	Mark Watts	52	M	MM	Saint Edmund Pacers	1	2:00:25	2:00:25	0:07:23	71.4%	185	18	6	11	18
19	Susan Matthews	36	L	LM	Ryston Runners B	1	2:01:03	2:01:03	0:07:25	69.4%	242	19	1	17	1
20	Stephen Burbidge	31	M	MS	Harwich Runners	1	2:03:43	2:03:43	0:07:35	60.7%	598	20	13	38	19
21	Stan Swanepoel	51	M	MM	Tri-Anglia	1	2:04:15	2:04:15	0:07:37	68.6%	277	21	7	18	20
22	Rob White	47	M	MM	Ramsey Road Runners	1	2:05:11	2:05:11	0:07:40	65.8%	396	22	8	26	21
23	Lucy Tyler	22	L	LS	Thetford Athletic Club	1	2:05:13	2:05:13	0:07:40	66.0%	386	23	1	25	2
24	Colin Weller	44	M	MM	Norwich Road Runners C	1	2:05:32	2:05:32	0:07:42	64.0%	467	24	9	33	22
25	Ellie Bye	27	L	LS	Coltishall Jaguars (50 Shades of Orange)	1	2:06:22	2:06:22	0:07:45	65.4%	410	25	2	28	3
26	Gary Barnes	51	M	MM	Riverside Runners A	1	2:07:18	2:07:18	0:07:48	67.0%	298	26	10	23	23
27	Toni Alcaraz	41	L	LM	March A C	1	2:08:02	2:08:02	0:07:51	67.6%	323	27	2	20	4
28	Tracey Curl	53	L	LM	City of Norwich AC - B	1	2:08:05	2:08:05	0:07:51	77.3%	51	28	3	1	5
29	Joe Legge	36	M	MS	Pink & Blacks	1	2:08:15	2:08:15	0:07:52	59.0%	668	29	14	44	24
30	Sam Kingston	47	M	MM	Old Greshamians	1	2:09:35	2:09:35	0:07:56	64.1%	465	30	11	32	25
31	Mark Alderson	40	M	MM	Stamford Striders	1	2:11:03	2:11:03	0:08:02	59.3%	655	31	12	42	26
32	Tom Rivett	40	M	MM	North Norfolk Beach Runners - Vets	1	2:11:35	2:11:35	0:08:04	59.1%	665	32	13	43	27
33	Howard Revell	52	M	MM	Framlingham Flyers	1	2:11:40	2:11:40	0:08:04	65.3%	416	33	14	29	28
34	Carlene Epps	29	L	LS	Norwich Road Runners A	1	2:12:01	2:12:01	0:08:05	62.6%	525	34	3	36	6
35	Kelvin Smith	66	M	MM	Marshall Milton Keynes AC	1	2:12:02	2:12:02	0:08:05	74.3%	103	35	15	4	29
36	Gareth Robb	40	M	MM	Paddock Wood AC	1	2:12:25	2:12:25	0:08:07	58.7%	678	36	16	45	30
37	Brad Smith	34	M	MS	Garden City Runners	1	2:12:32	2:12:32	0:08:07	56.7%	750	37	15	48	31
38	John Bone	69	M	MM	Great Yarmouth Road Runners	1	2:14:31	2:14:31	0:08:15	75.2%	81	38	17	2	32
39	Mark Tinkler	58	M	MM	Bedford Harriers	1	2:15:24	2:15:24	0:08:18	67.1%	347	39	18	21	33
40	Carol Fowles	53	L	LM	Stowmarket Striders	1	2:17:06	2:17:06	0:08:24	72.3%	162	40	4	10	7
41	Jen Armstrong	41	L	LM	North Norfolk Beach Runners - Ladies	1	2:17:37	2:17:37	0:08:26	62.9%	517	41	5	34	8
42	David Sawyer	60	M	MM	Headington Road Runners	1	2:18:10	2:18:10	0:08:28	67.0%	350	42	19	22	34
43	Jeremy Navrady	49	M	MM	Ryston Runners C	1	2:18:39	2:18:39	0:08:30	60.4%	610	43	20	39	35

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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
44	Simon Wiggins	43	M	MM	Felixstowe Road Runners	1	2:20:54	2:20:54	0:08:38	56.5%	758	44	21	50	36
45	Nick Bowden	59	M	MM	Reepham Runners Team	1	2:21:47	2:21:47	0:08:41	64.7%	437	45	22	30	37
46	Jon Gipson	37	M	MS	Team Thorney	1	2:23:53	2:23:53	0:08:49	52.8%	839	46	16	52	38
47	Katie Samuelson	37	L	LM	Fetcheveryone	1	2:24:23	2:24:23	0:08:51	58.4%	690	47	6	46	9
48	Jamie Randall	45	M	MM	Haverhill Running Club	1	2:25:32	2:25:32	0:08:55	55.6%	778	48	23	51	39
49	Brian Titchiner	53	M	MM	Dereham Runners Team - B	1	2:26:05	2:26:05	0:08:57	59.4%	649	49	24	41	40
50	Stuart Lawn	33	M	MS	Bungay Black Dog Running Club	1	2:29:32	2:29:32	0:09:10	50.2%	877	50	17	54	41
51	Rebecca Coulter	38	L	LM	Wymondham AC	1	2:29:52	2:29:52	0:09:11	56.6%	755	51	7	49	10
52	Samantha Collins-Shirley	42	L	LM	Ely B	1	2:32:56	2:32:56	0:09:22	57.1%	740	52	8	47	11
53	Lee Radley	45	M	MM	Riverside Runners B	1	2:35:42	2:35:42	0:09:32	52.0%	850	53	25	53	42
54	Ian Grimwood	62	M	MM	Biggleswade AC	1	2:36:41	2:36:41	0:09:36	60.2%	615	54	26	40	43
1	Steve Rolfe	59	M	MM	Norfolk Gazelles	2	1:33:01	3:19:17	0:06:37	83.8%	12	1	1	1	1
2	Robin Webb	31	M	MS	Ely A	2	1:33:59	3:17:14	0:06:41	67.8%	316	2	1	11	2
3	Paul Griffin	50	M	MM	Fenland Running Club - 48	2	1:36:55	3:24:54	0:06:54	74.3%	107	3	2	5	3
4	Darren Sheppard	44	M	MM	Framlingham Flyers	2	1:38:16	3:49:56	0:06:59	69.6%	232	4	3	10	4
5	Andrew Manning	49	M	MM	Great Yarmouth Road Runners	2	1:38:28	3:52:59	0:07:00	72.5%	153	5	4	8	5
6	Karl Hiner	49	M	MM	Riverside Runners A	2	1:38:43	3:46:01	0:07:01	72.3%	160	6	5	9	6
7	Neil Adams	38	M	MS	North Norfolk Beach Runners - Open	2	1:38:49	3:23:53	0:07:02	66.0%	387	7	2	19	7
8	Sean Bowen	51	M	MM	Garden City Runners	2	1:39:59	3:52:31	0:07:07	72.6%	148	8	6	7	8
9	Michael Stacey	54	M	MM	March A C	2	1:40:10	3:48:12	0:07:07	74.4%	101	9	7	4	9
10	Goy Roper	53	M	MM	City of Norwich AC - A	2	1:41:30	3:36:03	0:07:13	72.8%	140	10	8	6	10
11	Richard Johnston	39	M	MS	Norwich Road Runners D	2	1:41:56	3:35:20	0:07:15	64.5%	445	11	3	22	11
12	Laurie Hurman	61	M	MM	Headington Road Runners	2	1:42:54	4:01:04	0:07:19	77.2%	52	12	9	2	12
13	Andrew Simmonds	34	M	MS	Ryston Runners A	2	1:43:28	3:27:17	0:07:22	61.8%	558	13	4	28	13
14	Tom Kingsnorth	35	M	MS	Saint Edmund Pacers	2	1:44:14	3:44:39	0:07:25	61.5%	572	14	5	31	14
15	Owen Marsden	36	M	MS	Tri-Anglia	2	1:44:31	3:48:46	0:07:26	61.6%	566	15	6	30	15
16	Anna Kirkham	32	L	LS	Norwich Road Runners A	2	1:45:38	3:57:39	0:07:31	67.2%	345	16	1	16	1
17	Howard Olby	36	M	MS	Old Greshamians	2	1:47:01	3:56:36	0:07:37	60.5%	604	17	7	32	16
18	Bryn Williamson	50	M	MM	Norwich Road Runners B	2	1:47:51	3:47:29	0:07:40	66.7%	359	18	10	17	17
19	Martin Ive	49	M	MM	Ryston Runners C	2	1:47:53	4:06:32	0:07:40	66.1%	383	19	11	18	18
20	Ed Fancourt	48	M	MM	Stamford Striders	2	1:49:04	4:00:07	0:07:45	64.9%	432	20	12	21	19
21	Peter Gipp	53	M	MM	Ely B	2	1:49:47	4:22:43	0:07:48	67.3%	338	21	13	15	20
22	Emma Buckland	42	L	LM	Cambridge & Coleridge A	2	1:49:59	3:33:09	0:07:49	67.5%	326	22	1	13	2
23	John Chapman	47	M	MM	Fenland Running Club - 2	2	1:50:01	3:49:38	0:07:49	63.8%	475	23	14	24	21
24	Tony Cantle	55	M	MM	Thetford Athletic Club	2	1:51:09	3:56:22	0:07:54	67.6%	320	24	15	12	22
25	Paul Cooke	38	M	MS	Biggleswade AC	2	1:51:23	4:28:04	0:07:55	58.6%	683	25	8	38	23
26	John Tilston	40	M	MM	Paddock Wood AC	2	1:51:35	4:04:00	0:07:56	59.4%	648	26	16	34	24
27	Jon Beverley	35	M	MS	Reepham Runners Club	2	1:51:41	3:47:18	0:07:57	57.4%	723	27	9	42	25
28	Amy Chapman	24	L	LS	Ryston Runners B	2	1:52:17	3:53:20	0:07:59	63.0%	509	28	2	26	3
29	Jim Hayes	69	M	MM	North Norfolk Beach Runners - Vets	2	1:52:30	4:04:05	0:08:00	76.4%	58	29	17	3	26
30	Neil Hewson	42	M	MM	Ramsey Road Runners	2	1:53:30	3:58:41	0:08:04	59.3%	654	30	18	35	27
31	Emma Potter-Campbell	46	L	LM	Dereham Runners - Team A	2	1:54:15	3:47:22	0:08:08	67.4%	336	31	2	14	4
32	Martin Stringfellow	41	M	MM	Wymondham AC	2	1:54:38	4:24:30	0:08:09	58.3%	697	32	19	40	28

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33	Steve Plackett	53	M	MM	Reepham Runners Team	2	1:55:01	4:16:48	0:08:11	64.2%	456	33	20	23	29
34	Katie Penrose	45	L	LM	Marshall Milton Keynes AC	2	1:55:33	4:07:35	0:08:13	66.0%	392	34	3	20	5
35	Harry Druif	53	M	MM	Cambridge & Coleridge B	2	1:56:16	3:55:32	0:08:16	63.5%	486	35	21	25	30
36	Emily Haughan	37	L	LM	North Norfolk Beach Runners - Ladies	2	1:56:41	4:14:18	0:08:18	61.8%	559	36	4	29	6
37	Guy Simmonds	38	M	MS	Pink & Blacks	2	1:57:11	4:05:26	0:08:20	55.7%	777	37	10	46	31
38	Nicola Holden	40	L	LM	Coltishall Jaguars (50 Shades of Orange)	2	1:58:00	4:04:22	0:08:24	62.1%	549	38	5	27	7
39	Darren Gillman	45	M	MM	Fetcheveryone	2	1:59:23	4:23:46	0:08:29	57.8%	709	39	22	41	32
40	Kaylee Brown	27	L	LS	City of Norwich AC - B	2	2:00:02	4:08:07	0:08:32	59.0%	669	40	3	36	8
41	Friederike Schoeps	26	L	LS	Bedford Harriers	2	2:01:15	4:16:39	0:08:37	58.4%	692	41	4	39	9
42	Ian Rodgers	49	M	MM	Bishops Stortford Running Club	2	2:04:44	4:04:17	0:08:52	57.2%	733	42	23	44	33
43	Terry Moat	47	M	MM	Team Thorney	2	2:08:01	4:31:54	0:09:06	54.8%	797	43	24	47	34
44	Louise Goddard	41	L	LM	Stowmarket Striders	2	2:08:58	4:26:04	0:09:10	57.2%	736	44	6	45	10
45	Steve Hughes	34	M	MS	Riverside Runners B	2	2:11:08	4:46:50	0:09:20	48.8%	892	45	11	51	35
46	Ray Lindsay	60	M	MM	Norwich Road Runners C	2	2:11:17	4:16:49	0:09:20	60.0%	624	46	25	33	36
47	Martin Strowger	48	M	MM	Dereham Runners Team - B	2	2:11:33	4:37:38	0:09:21	53.8%	822	47	26	48	37
48	William Haining	59	M	MM	Harwich Runners	2	2:12:42	4:16:25	0:09:26	58.8%	677	48	27	37	38
49	Tim Coates	47	M	MM	West Norfolk AC	2	2:13:19	4:05:38	0:09:29	52.6%	842	49	28	49	39
50	Jack Tappin	36	M	MS	Haverhill Running Club	2	2:14:20	4:39:52	0:09:33	48.0%	898	50	12	52	40
51	Mik Carr	59	M	MM	Bungay Black Dog Running Club	2	2:16:18	4:45:50	0:09:42	57.2%	729	51	29	43	41
52	Sam Laughler	31	M	MS	RAF Marham	2	2:16:43	4:13:13	0:09:43	46.6%	905	52	13	53	42
53	Michelle Homden	43	L	LM	Serpentine Running Club	2	2:24:44	4:25:07	0:10:18	51.7%	854	53	7	50	11
54	Ali Ostler	33	L	LS	Felixstowe Road Runners	2	2:38:19	4:59:13	0:11:16	44.9%	913	54	5	54	12
1	Logan Smith	17	M	MJ	Dereham Runners - Team A	3	0:34:35	4:21:57	0:06:00	75.0%	88	1	1	2	1
2	Robert Simmonds	30	M	MS	Ryston Runners A	3	0:35:06	4:02:23	0:06:06	70.7%	200	2	1	4	2
3	Garry Thompson	30	M	MS	North Norfolk Beach Runners - Open	3	0:36:47	4:00:40	0:06:23	67.5%	329	3	2	7	3
4	William Forster	16	M	MJ	Riverside Runners A	3	0:37:45	4:23:46	0:06:33	69.7%	231	4	2	5	4
5	Neil Carrington	35	M	MS	Cambridge & Coleridge A	3	0:38:53	4:12:02	0:06:45	65.1%	420	5	3	13	5
6	Jonathan Cousins	45	M	MM	North Norfolk Beach Runners - Vets	3	0:41:21	4:45:26	0:07:11	65.8%	394	6	1	12	6
7	Matthew Mason	46	M	MM	Ely A	3	0:41:26	3:58:40	0:07:12	66.2%	379	7	2	10	7
8	Neville Baker	61	M	MM	Headington Road Runners	3	0:41:53	4:42:57	0:07:16	74.2%	110	8	3	3	8
9	Aaron Rowland	16	M	MJ	Paddock Wood AC	3	0:42:04	4:46:04	0:07:18	62.5%	529	9	3	17	9
10	Richard Sargeant	43	M	MM	Norwich Road Runners B	3	0:42:25	4:29:54	0:07:22	63.2%	500	10	4	16	10
11	Daniel Amps Woodward	16	M	MJ	Team Thorney	3	0:42:42	5:14:36	0:07:25	61.6%	569	11	4	21	11
12	Ashley Jarvis	17	M	MJ	Dereham Runners Team - B	3	0:42:56	5:20:34	0:07:27	60.4%	611	12	5	24	12
13	Rebecca Faircloth	43	L	LM	Wymondham AC	3	0:43:37	5:08:07	0:07:34	67.8%	317	13	1	6	1
14	Liam O'Grady	34	M	MS	Cambridge & Coleridge B	3	0:44:30	4:40:02	0:07:44	56.6%	756	14	4	35	13
15	Rob Allen	36	M	MS	Pink & Blacks	3	0:44:49	4:50:15	0:07:47	56.8%	748	15	5	33	14
16	Gary Pillar	49	M	MM	Great Yarmouth Road Runners	3	0:45:02	4:38:01	0:07:49	62.4%	533	16	5	18	15
17	Richie Walker	49	M	MM	West Norfolk AC	3	0:45:19	4:50:57	0:07:52	62.0%	551	17	6	19	16
18	Katie Ward	35	L	LM	Fenland Running Club - 48	3	0:45:57	4:10:51	0:07:59	61.6%	568	18	2	20	2
19	Elies Mann	43	L	LM	Norwich Road Runners D	3	0:46:02	4:21:22	0:08:00	64.2%	454	19	3	14	3
20	Jack Barker	16	M	MJ	Reepham Runners Team	3	0:46:30	5:03:18	0:08:04	56.6%	757	20	6	36	17
21	Grant King	37	M	MS	Old Greshamians	3	0:46:37	4:43:13	0:08:06	54.3%	810	21	6	40	18

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22	Christopher Lawrence	36	M	MS	March A C	3	0:47:24	4:35:36	0:08:14	53.7%	825	22	7	42	19
23	Silje Hovstad	37	L	LM	City of Norwich AC - B	3	0:47:39	4:55:46	0:08:16	59.8%	629	23	4	26	4
24	Ian Gooderham	48	M	MM	Saint Edmund Pacers	3	0:47:48	4:32:27	0:08:18	58.3%	694	24	7	30	20
25	Sarah Edwards	32	L	LS	Ely B	3	0:47:55	5:10:38	0:08:19	58.6%	680	25	1	28	5
26	Anne Ellen	60	L	LM	Norfolk Gazelles	3	0:48:03	4:07:20	0:08:21	75.4%	79	26	5	1	6
27	David Aldis	64	M	MM	City of Norwich AC - A	3	0:48:23	4:24:26	0:08:24	66.0%	391	27	8	11	21
28	Alex Jacobs	34	M	MS	Felixstowe Road Runners	3	0:48:30	5:47:43	0:08:25	51.9%	851	28	8	45	22
29	Nicky Neil	43	L	LM	RAF Marham	3	0:48:43	5:01:56	0:08:27	60.7%	597	29	6	23	7
30	Di Swanepoel	46	M	MM	Tri-Anglia	3	0:48:53	4:37:39	0:08:29	56.1%	767	30	9	37	23
31	Wendy Smith	53	L	LM	Norwich Road Runners A	3	0:49:30	4:47:09	0:08:36	66.6%	363	31	7	8	8
32	Nigel Bush	67	M	MM	Biggleswade AC	3	0:49:31	5:17:35	0:08:36	66.3%	377	32	10	9	24
33	Alix Almond	35	L	LM	Fetcheveryone	3	0:49:35	5:13:21	0:08:36	57.1%	737	33	8	32	9
34	Clare Barstow	38	L	LM	Framlingham Flyers	3	0:50:04	4:40:00	0:08:42	57.2%	730	34	9	31	10
35	Malene Godson	47	L	LM	Stowmarket Striders	3	0:50:22	5:16:26	0:08:45	60.9%	593	35	10	22	11
36	Karen Wood	51	L	LM	Ryston Runners B	3	0:50:42	4:44:02	0:08:48	63.4%	490	36	11	15	12
37	Catherine Hemingway	16	L	LJ	Riverside Runners B	3	0:51:09	5:37:59	0:08:53	56.7%	751	37	1	34	13
38	Leona Broughton	37	L	LM	Reepham Runners Club	3	0:52:16	4:39:34	0:09:04	54.6%	805	38	12	39	14
39	Myles Doran	15	M	MJ	Harwich Runners	3	0:52:44	5:09:09	0:09:09	50.7%	872	39	7	46	25
40	Roly Cook	53	M	MM	Norwich Road Runners C	3	0:52:55	5:09:44	0:09:11	54.8%	795	40	11	38	26
41	Mick Wise	61	M	MM	Garden City Runners	3	0:53:07	4:45:38	0:09:13	58.5%	687	41	12	29	27
42	Jackie Gooch	52	L	LM	Coltishall Jaguars (50 Shades of Orange)	3	0:53:57	4:58:19	0:09:22	60.3%	612	42	13	25	15
43	Denise Griffin	51	L	LM	Fenland Running Club - 2	3	0:54:15	4:43:53	0:09:25	59.3%	657	43	14	27	16
44	Annette Boreham	42	L	LM	North Norfolk Beach Runners - Ladies	3	0:54:30	5:08:48	0:09:28	53.9%	820	44	15	41	17
45	Carol Le Roy	38	L	LM	Haverhill Running Club	3	0:54:43	5:34:35	0:09:30	52.4%	845	45	16	44	18
46	Dani Welter	32	L	LS	Bishops Stortford Running Club	3	0:56:54	5:01:11	0:09:53	49.4%	885	46	2	48	19
47	Larissa Smith	32	L	LS	Bungay Black Dog Running Club	3	0:57:02	5:42:52	0:09:54	49.3%	887	47	3	49	20
48	Libby Mead	40	L	LM	Ramsey Road Runners	3	0:58:03	4:56:44	0:10:05	49.9%	882	48	17	47	21
49	Emma Sowden	28	L	LS	Stamford Striders	3	0:58:14	4:58:21	0:10:07	48.1%	897	49	4	51	22
50	Melanie Watts	39	L	LM	Ryston Runners C	3	0:58:28	5:05:00	0:10:09	49.3%	888	50	18	50	23
51	Michelle Fadden	49	L	LM	Bedford Harriers	3	0:58:29	5:15:08	0:10:09	53.6%	826	51	19	43	24
52	Helen Forsey	34	L	LS	Serpentine Running Club	3	1:02:11	5:27:18	0:10:48	45.4%	911	52	5	53	25
53	Ann-Michelle Kirton	46	L	LM	Thetford Athletic Club	3	1:05:44	5:02:06	0:11:25	46.2%	908	53	20	52	26
54	Milford Callow	80	M	MM	Marshall Milton Keynes AC	3	1:34:21	5:41:56	0:16:23	42.8%	915	54	13	54	28
1	Michael Taylor	33	M	MS	Riverside Runners A	4	1:07:48	5:31:34	0:06:05	73.6%	124	1	1	6	1
2	Kevin Murphy	41	M	MM	Saint Edmund Pacers	4	1:08:26	5:40:53	0:06:09	76.6%	56	2	1	2	2
3	Tony Witmond	47	M	MM	North Norfolk Beach Runners - Open	4	1:11:18	5:11:58	0:06:24	77.2%	53	3	2	1	3
4	Andy Jones	46	M	MM	City of Norwich AC - A	4	1:13:29	5:37:55	0:06:36	74.3%	106	4	3	5	4
5	Peter Royle	46	M	MM	Ely A	4	1:16:01	5:14:41	0:06:49	71.8%	175	5	4	8	5
6	Phil Thompson	41	M	MM	Ryston Runners A	4	1:17:01	5:19:24	0:06:55	68.1%	301	6	5	11	6
7	Martin Horlock	41	M	MM	Norwich Road Runners B	4	1:17:11	5:47:05	0:06:56	67.9%	307	7	6	12	7
8	Simon Able	44	M	MM	Ryston Runners C	4	1:17:27	6:22:27	0:06:57	69.3%	245	8	7	9	8
9	Steve Chalklen	31	M	MS	Paddock Wood AC	4	1:18:20	6:04:24	0:07:02	63.5%	485	9	2	24	9
10	Lee Pretlove	32	M	MS	Cambridge & Coleridge B	4	1:18:22	5:58:24	0:07:02	63.6%	484	10	3	23	10

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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
11	Chris Starmer	55	M	MM	Stowmarket Striders	4	1:18:29	6:34:55	0:07:03	75.0%	86	11	8	4	11
12	Matthew Frary	42	M	MM	Norwich Road Runners D	4	1:18:44	5:40:06	0:07:04	67.1%	346	12	9	14	12
13	Sean Robson	47	M	MM	North Norfolk Beach Runners - Vets	4	1:21:52	6:07:18	0:07:21	67.2%	342	13	10	13	13
14	Rowena Leary	30	L	LS	Norfolk Gazelles	4	1:23:49	5:31:09	0:07:31	66.3%	376	14	1	16	1
15	Jo Davies	28	L	LS	Cambridge & Coleridge A	4	1:25:03	5:37:05	0:07:38	65.3%	417	15	2	19	2
16	Dan Kinsman	41	M	MM	Framlingham Flyers	4	1:25:30	6:05:30	0:07:41	61.3%	580	16	11	30	14
17	Timothy Boyd	50	M	MM	March A C	4	1:25:46	6:01:22	0:07:42	65.8%	398	17	12	17	15
18	Maire Irlam	50	L	LM	Fenland Running Club - 48	4	1:25:51	5:36:42	0:07:42	73.2%	131	18	1	7	3
19	Jacky Walsingham	43	L	LM	RAF Marham	4	1:27:32	6:29:28	0:07:51	66.9%	352	19	2	15	4
20	Steven Rix	33	M	MS	Dereham Runners - Team A	4	1:28:27	5:50:24	0:07:56	56.4%	760	20	4	39	16
21	Andy Ritchings	53	M	MM	Reepham Runners Team	4	1:29:12	6:32:30	0:08:00	64.9%	430	21	13	20	17
22	Corin Thoday	40	M	MM	Reepham Runners Club	4	1:29:38	6:09:12	0:08:03	58.0%	703	22	14	36	18
23	Alan Bird	44	M	MM	Fenland Running Club - 2	4	1:29:43	6:13:36	0:08:03	59.8%	630	23	15	34	19
24	Gary Stanley	60	M	MM	Great Yarmouth Road Runners	4	1:29:51	6:07:52	0:08:04	68.6%	281	24	16	10	20
25	Oliver Sadler	36	M	MS	Pink & Blacks	4	1:30:17	6:20:32	0:08:06	56.0%	768	25	5	41	21
26	Mark Clues	49	M	MM	Tri-Anglia	4	1:30:23	6:08:02	0:08:07	61.9%	553	26	17	29	22
27	Sabina Spence	44	L	LM	City of Norwich AC - B	4	1:31:01	6:26:47	0:08:10	64.9%	431	27	3	21	5
28	Paul Taverner	53	M	MM	Thetford Athletic Club	4	1:31:13	6:33:19	0:08:11	63.4%	489	28	18	25	23
29	Melanie Reed	32	L	LS	Ryston Runners B	4	1:32:05	6:16:07	0:08:16	60.4%	608	29	3	32	6
30	Mark Ford	48	M	MM	Felixstowe Road Runners	4	1:32:17	7:20:00	0:08:17	60.1%	618	30	19	33	24
31	Edward Byard	34	M	MS	Headington Road Runners	4	1:32:22	6:15:19	0:08:17	54.2%	811	31	6	46	25
32	Jason Moore	44	M	MM	West Norfolk AC	4	1:32:37	6:23:34	0:08:19	58.0%	704	32	20	37	26
33	Julie Jones	48	L	LM	Marshall Milton Keynes AC	4	1:33:57	7:15:53	0:08:26	65.4%	412	33	4	18	7
34	Keith Moore	52	M	MM	Dereham Runners Team - B	4	1:34:49	6:55:23	0:08:31	60.5%	603	34	21	31	27
35	Keith Hood	56	M	MM	Wymondham AC	4	1:35:54	6:44:01	0:08:37	62.0%	552	35	22	28	28
36	Bob Hammond	39	M	MS	Old Greshamians	4	1:36:05	6:19:18	0:08:38	53.7%	824	36	7	49	29
37	Charlotte Cook	32	L	LS	Ely B	4	1:36:19	6:46:57	0:08:39	57.8%	710	37	4	38	8
38	Hazel Wray	47	L	LM	North Norfolk Beach Runners - Ladies	4	1:36:36	6:45:24	0:08:40	62.9%	518	38	5	27	9
39	Matt Doran	42	M	MM	Harwich Runners	4	1:36:44	6:45:53	0:08:41	54.6%	800	39	23	44	30
40	Robin Ball	62	M	MM	Stamford Striders	4	1:37:12	6:35:33	0:08:44	64.6%	441	40	24	22	31
41	Marcus Nichols	39	M	MS	Bungay Black Dog Running Club	4	1:39:52	7:22:44	0:08:58	51.7%	855	41	8	53	32
42	Heather Hollister	64	L	LM	Coltishall Jaguars (50 Shades of Orange)	4	1:40:17	6:38:36	0:09:00	75.8%	68	42	6	3	10
43	Ian Kingstone	49	M	MM	Bedford Harriers	4	1:41:52	6:57:00	0:09:09	54.9%	792	43	25	42	33
44	Claire Alexandre	41	L	LM	Serpentine Running Club	4	1:42:32	7:09:50	0:09:12	56.3%	762	44	7	40	11
45	Viv Samuelson	40	L	LM	Fetcheveryone	4	1:45:17	6:58:38	0:09:27	54.5%	807	45	8	45	12
46	Edek Rej	49	M	MM	Ramsey Road Runners	4	1:45:47	6:42:31	0:09:30	52.9%	838	46	26	51	34
47	Ian Mulcahy	52	M	MM	Riverside Runners B	4	1:46:09	7:24:08	0:09:32	54.1%	816	47	27	47	35
48	Andrew Hedley	53	M	MM	Biggleswade AC	4	1:47:06	7:04:41	0:09:37	54.0%	817	48	28	48	36
49	Peter Wenzel	64	M	MM	Bishops Stortford Running Club	4	1:47:55	6:49:06	0:09:41	59.3%	656	49	29	35	37
50	Caroline Tayler	58	L	LM	Norwich Road Runners C	4	1:50:15	6:59:59	0:09:54	63.3%	498	50	9	26	13
51	Nathalie Palmer	45	L	LM	Team Thorney	4	1:51:37	7:06:13	0:10:01	53.4%	832	51	10	50	14
52	Colin Ewin	61	M	MM	Garden City Runners	4	1:53:21	6:38:59	0:10:11	54.9%	794	52	30	43	38
53	Liz Jones	36	L	LM	Norwich Road Runners A	4	1:53:39	6:40:48	0:10:12	49.5%	884	53	11	54	15

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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
54	Sirley Fowler	52	L	LM	Haverhill Running Club	4	2:04:35	7:39:10	0:11:11	51.8%	853	54	12	52	16
1	Alistair Hodges	37	M	MS	Cambridge & Coleridge A	5	1:08:20	6:45:25	0:06:19	72.2%	163	1	1	3	1
2	James O'Neill	35	M	MS	Ryston Runners A	5	1:09:59	6:29:23	0:06:28	69.7%	230	2	2	4	2
3	Nigel Arnold	57	M	MM	Norfolk Gazelles	5	1:15:49	6:46:58	0:07:01	76.7%	55	3	1	1	3
4	Karl Sherry	53	M	MM	Norwich Road Runners B	5	1:15:56	7:03:01	0:07:01	74.0%	115	4	2	2	4
5	Peter Holmes	37	M	MS	Serpentine Running Club	5	1:16:50	8:26:40	0:07:06	64.2%	455	5	3	5	5
6	Darren Neale	37	M	MS	North Norfolk Beach Runners - Open	5	1:17:14	6:29:12	0:07:09	63.9%	470	6	4	6	6
7	Gordon Irvine	36	M	MS	Ely A	5	1:17:28	6:32:09	0:07:10	63.3%	497	7	5	8	7
8	Ryan Jones	26	M	MS	Fenland Running Club - 48	5	1:20:09	6:56:51	0:07:25	60.2%	614	8	6	14	8
9	Lee Carey	34	M	MS	March A C	5	1:21:17	7:22:39	0:07:31	59.8%	632	9	7	17	9
10	Jason Allard	41	M	MM	Stowmarket Striders	5	1:21:52	7:56:47	0:07:34	62.1%	544	10	3	11	10
11	Oliver Truby	24	M	MS	RAF Marham	5	1:21:56	7:51:24	0:07:35	58.9%	671	11	8	19	11
12	Darren Honour	46	M	MM	Great Yarmouth Road Runners	5	1:22:55	7:30:47	0:07:40	63.9%	471	12	4	7	12
13	Dave Asker	31	M	MS	Tri-Anglia	5	1:24:22	7:32:24	0:07:48	57.2%	727	13	9	29	13
14	Piers Serjeant	41	M	MM	Riverside Runners A	5	1:24:35	6:56:09	0:07:49	60.1%	617	14	5	16	14
15	Paul Crosby	35	M	MS	Reepham Runners Team	5	1:24:57	7:57:27	0:07:52	57.4%	722	15	10	28	15
16	Will Honeybone	44	M	MM	Ryston Runners C	5	1:26:34	7:49:01	0:08:00	60.2%	616	16	6	15	16
17	Stephen Lee	35	M	MS	Dereham Runners Team - B	5	1:26:42	8:22:05	0:08:01	56.3%	763	17	11	31	17
18	Ed Rawlings	40	M	MM	North Norfolk Beach Runners - Vets	5	1:26:44	7:34:02	0:08:01	58.2%	700	18	7	24	18
19	Glen Dunham	50	M	MM	City of Norwich AC - A	5	1:26:58	7:04:53	0:08:03	62.9%	515	19	8	10	19
20	Neil Jones	41	M	MM	Marshall Milton Keynes AC	5	1:27:18	8:43:11	0:08:05	58.3%	696	20	9	23	20
21	Stuart Follen	41	M	MM	Fenland Running Club - 2	5	1:28:16	7:41:52	0:08:10	57.6%	714	21	10	27	21
22	Michelle Brett	32	L	LS	Ramsey Road Runners	5	1:28:23	8:10:54	0:08:11	61.1%	585	22	1	13	1
23	Paul Martin	38	M	MS	Norwich Road Runners D	5	1:31:07	7:11:13	0:08:26	54.6%	806	23	12	37	22
24	Stephanie Laurence	28	L	LS	City of Norwich AC - B	5	1:32:02	7:58:49	0:08:31	58.5%	686	24	2	21	2
25	Mathew Cowell	41	M	MM	Haverhill Running Club	5	1:32:06	9:11:16	0:08:31	55.2%	787	25	11	34	23
26	Richard Dolman	52	M	MM	Thetford Athletic Club	5	1:33:45	8:07:04	0:08:40	59.4%	650	26	12	18	24
27	Neil Martin	44	M	MM	Team Thorney	5	1:33:47	8:40:00	0:08:41	55.6%	782	27	13	33	25
28	Richard Bidois	49	M	MM	Paddock Wood AC	5	1:34:09	7:38:33	0:08:43	57.6%	713	28	14	26	26
29	Steve Atkins	50	M	MM	Saint Edmund Pacers	5	1:37:09	7:18:02	0:08:59	56.3%	761	29	15	30	27
30	Howard Bailey	31	M	MS	Dereham Runners - Team A	5	1:37:57	7:28:21	0:09:04	49.3%	886	30	13	49	28
31	Madeleine Ding	33	L	LS	Headington Road Runners	5	1:38:06	7:53:25	0:09:04	55.2%	788	31	3	35	3
32	Kris Semple	47	M	MM	Cambridge & Coleridge B	5	1:38:08	7:36:32	0:09:05	54.4%	809	32	16	38	29
33	Patrick Bird	56	M	MM	Garden City Runners	5	1:38:40	8:17:39	0:09:08	58.4%	689	33	17	22	30
34	James Howard	25	M	MS	West Norfolk AC	5	1:39:50	8:03:24	0:09:14	48.4%	894	34	14	50	31
35	Adi Fisher	42	M	MM	Stamford Striders	5	1:39:58	8:15:31	0:09:15	51.3%	863	35	18	46	32
36	James Brown	38	M	MS	Pink & Blacks	5	1:40:08	8:00:40	0:09:16	49.6%	883	36	15	48	33
37	Ian Cannons	43	M	MM	Harwich Runners	5	1:40:14	8:26:07	0:09:16	51.6%	858	37	19	44	34
38	George Thomas	67	M	MM	Bishops Stortford Running Club	5	1:41:16	8:30:22	0:09:22	63.1%	504	38	20	9	35
39	Jason Snook	45	M	MM	Old Greshamians	5	1:42:03	8:01:21	0:09:26	51.5%	861	39	21	45	36
40	Jayne Allen	48	L	LM	Wymondham AC	5	1:42:30	8:26:31	0:09:29	58.1%	701	40	1	25	4
41	Cath Fenn	44	L	LM	Fetcheveryone	5	1:42:53	8:41:31	0:09:31	55.7%	775	41	2	32	5
42	Andrew Potruff	49	M	MM	Bungay Black Dog Running Club	5	1:43:28	9:06:12	0:09:34	52.5%	844	42	22	43	37

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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
43	Fiona Wynde	41	L	LM	Biggleswade AC	5	1:43:31	8:48:12	0:09:35	54.1%	814	43	3	40	6
44	Nicky Dowson	50	L	LM	Norwich Road Runners A	5	1:43:37	8:24:25	0:09:35	58.9%	672	44	4	20	7
45	Andy Hawes	36	M	MS	Reepham Runners Club	5	1:43:56	7:53:08	0:09:37	47.2%	902	45	16	51	38
46	Sue Allen	56	L	LM	Coltishall Jaguars (50 Shades of Orange)	5	1:46:17	8:24:53	0:09:50	62.0%	550	46	5	12	8
47	Pauline Drewery	46	L	LM	Ryston Runners B	5	1:46:18	8:02:25	0:09:50	54.9%	793	47	6	36	9
48	Ben Taylor	36	M	MS	Norwich Road Runners C	5	1:46:36	8:46:35	0:09:52	46.0%	909	48	17	53	39
49	Nicola Jones	44	L	LM	Riverside Runners B	5	1:47:06	9:11:14	0:09:54	53.5%	830	49	7	41	10
50	Simon King	57	M	MM	Bedford Harriers	5	1:47:30	8:44:30	0:09:57	54.1%	813	50	23	39	40
51	Sally Middleton	44	L	LM	North Norfolk Beach Runners - Ladies	5	1:49:11	8:34:35	0:10:06	52.5%	843	51	8	42	11
52	Adam Etches	41	M	MM	Ely B	5	1:50:05	8:37:02	0:10:11	46.2%	907	52	24	52	41
53	Joanne Cartwright	42	L	LM	Framlingham Flyers	5	1:51:58	7:57:28	0:10:21	50.4%	874	53	9	47	12
54	Carla Wiggins	35	L	LM	Felixstowe Road Runners	5	2:16:27	9:36:27	0:12:37	39.9%	917	54	10	54	13
1	Adrian Mussett	43	M	MM	City of Norwich AC - A	6	0:41:33	7:46:26	0:05:16	89.6%	2	1	1	1	1
2	Kieren Drane	33	M	MS	Ely A	6	0:45:46	7:17:55	0:05:48	76.0%	64	2	1	4	2
3	Andrew Brett	34	M	MS	Ramsey Road Runners	6	0:48:07	8:59:01	0:06:05	72.6%	145	3	2	6	3
4	Kelly Grant	33	L	LS	City of Norwich AC - B	6	0:50:22	8:49:11	0:06:23	77.7%	48	4	1	3	1
5	Andy Sloan	36	M	MS	North Norfolk Beach Runners - Open	6	0:50:37	7:19:49	0:06:24	69.8%	228	5	3	8	4
6	John Ferguson	51	M	MM	Cambridge & Coleridge A	6	0:50:56	7:36:21	0:06:27	77.9%	46	6	2	2	5
7	Adam Howard	36	M	MS	Ryston Runners A	6	0:51:45	7:21:08	0:06:33	68.3%	297	7	4	13	6
8	Julian Long	43	M	MM	Saint Edmund Pacers	6	0:54:22	8:12:24	0:06:53	68.4%	288	8	3	12	7
9	Neil Walpole	45	M	MM	Norwich Road Runners B	6	0:54:38	7:57:39	0:06:55	69.2%	251	9	4	9	8
10	Bob Grainger	35	M	MS	Stowmarket Striders	6	0:55:25	8:52:12	0:07:01	63.4%	491	10	5	24	9
11	Mark Salmons	40	M	MM	March A C	6	0:56:20	8:18:59	0:07:08	64.6%	443	11	5	19	10
12	Jack Barrington	18	M	MJ	Harwich Runners	6	0:56:49	9:22:56	0:07:12	62.8%	521	12	1	25	11
13	Rob Rowland	41	M	MM	Paddock Wood AC	6	0:57:42	8:36:15	0:07:18	63.5%	487	13	6	23	12
14	Damien Pitts	32	M	MS	Biggleswade AC	6	0:58:07	9:46:19	0:07:21	59.7%	639	14	6	32	13
15	Nicky Jennings	41	L	LM	Fenland Running Club - 48	6	0:58:45	7:55:36	0:07:26	69.0%	261	15	1	10	2
16	Pippa Crosby	28	L	LS	Reepham Runners Team	6	0:59:05	8:56:32	0:07:29	66.0%	390	16	2	15	3
17	Stuart Canwell	40	M	MM	Great Yarmouth Road Runners	6	0:59:31	8:30:18	0:07:32	61.1%	584	17	7	28	14
18	Andy Howard	28	M	MS	Cambridge & Coleridge B	6	0:59:41	8:36:13	0:07:33	57.8%	707	18	7	39	15
19	Andy Dennis	25	M	MS	Stamford Striders	6	0:59:41	9:15:12	0:07:33	57.8%	708	19	8	40	16
20	Andy Rowles	53	M	MM	Dereham Runners - Team A	6	1:00:01	8:28:22	0:07:36	67.2%	340	20	8	14	17
21	Matt Mowbray	30	M	MS	Riverside Runners B	6	1:00:23	10:11:37	0:07:39	57.2%	734	21	9	43	18
22	Rachel Banham	41	L	LM	Norwich Road Runners D	6	1:01:57	8:13:10	0:07:51	65.4%	411	22	2	18	4
23	Jeremy Boreham	44	M	MM	North Norfolk Beach Runners - Vets	6	1:02:53	8:36:55	0:07:58	59.6%	640	23	9	33	19
24	Paul Dowson	56	M	MM	Norwich Road Runners C	6	1:03:03	9:49:38	0:07:59	65.6%	405	24	10	17	20
25	Christina Walker	44	L	LM	North Norfolk Beach Runners - Ladies	6	1:03:04	9:37:39	0:07:59	65.7%	400	25	3	16	5
26	Sabrina Norton	37	L	LM	Bungay Black Dog Running Club	6	1:03:29	10:09:41	0:08:02	62.5%	532	26	4	26	6
27	Debbie Tooke	43	L	LM	Norwich Road Runners A	6	1:03:56	9:28:21	0:08:06	64.3%	453	27	5	20	7
28	Simon Watts	43	M	MM	Serpentine Running Club	6	1:04:37	9:31:17	0:08:11	57.6%	718	28	11	41	21
29	Abi Bruce	24	L	LS	Riverside Runners A	6	1:05:14	8:01:23	0:08:15	59.7%	634	29	3	30	8
30	Zoe Jones	41	L	LM	Wymondham AC	6	1:05:51	9:32:22	0:08:20	61.5%	571	30	6	27	9
31	Kirstie Gladwell	30	L	LS	Framlingham Flyers	6	1:05:57	9:03:25	0:08:21	59.1%	662	31	4	36	10

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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
32	Karen Rix	46	L	LM	Norfolk Gazelles	6	1:06:15	7:53:13	0:08:23	63.7%	479	32	7	21	11
33	Jessica Robinson	26	L	LS	Ryston Runners B	6	1:06:18	9:08:43	0:08:24	58.8%	675	33	5	37	12
34	Ashley Blackmore	53	M	MM	Ely B	6	1:06:31	9:43:33	0:08:25	60.6%	599	34	12	29	22
35	Gavin Lane	46	M	MM	West Norfolk AC	6	1:06:45	9:10:09	0:08:27	57.1%	738	35	13	44	23
36	Rachel Holman	40	L	LM	Tri-Anglia	6	1:07:52	8:40:16	0:08:35	59.3%	652	36	8	34	13
37	Brian Glazebrook	49	M	MM	Bishops Stortford Running Club	6	1:08:12	9:38:34	0:08:38	57.2%	732	37	14	42	24
38	Carl Willemott	44	M	MM	Reepham Runners Club	6	1:08:29	9:01:37	0:08:40	54.8%	798	38	15	46	25
39	Larissa Follen	41	L	LM	Fenland Running Club - 2	6	1:09:35	8:51:27	0:08:48	58.2%	698	39	9	38	14
40	Jill Davis	61	L	LM	Ryston Runners C	6	1:09:47	8:58:48	0:08:50	73.2%	132	40	10	5	15
41	Rob Hurst	36	M	MS	Old Greshamians	6	1:09:56	9:11:17	0:08:51	50.1%	879	41	10	53	26
42	Fred Boggis	58	M	MM	Felixstowe Road Runners	6	1:10:31	10:46:58	0:08:56	59.7%	637	42	16	31	27
43	Leigh Wisdom	28	L	LS	Team Thorney	6	1:11:24	9:51:24	0:09:02	54.6%	802	43	6	47	16
44	Bethan Mose	37	L	LM	Garden City Runners	6	1:11:55	9:29:34	0:09:06	55.1%	789	44	11	45	17
45	Brian Daniells	75	M	MM	Marshall Milton Keynes AC	6	1:12:11	9:55:22	0:09:08	70.1%	220	45	17	7	28
46	Rosemary Jackson	61	L	LM	Coltishall Jaguars (50 Shades of Orange)	6	1:14:08	9:39:01	0:09:23	68.9%	264	46	12	11	18
47	Fiona Cresswell	36	L	LM	Pink & Blacks	6	1:15:45	9:16:25	0:09:35	52.1%	849	47	13	50	19
48	Jenny King	57	L	LM	Bedford Harriers	6	1:15:56	10:00:26	0:09:37	63.6%	482	48	14	22	20
49	Emma Carter	43	L	LM	Headington Road Runners	6	1:16:51	9:10:16	0:09:44	53.5%	829	49	15	48	21
50	Tessa Lukehurst	54	L	LM	Fetcheveryone	6	1:18:22	9:59:53	0:09:55	59.3%	658	50	16	35	22
51	Angie Ivison	38	L	LM	Dereham Runners Team - B	6	1:19:08	9:41:13	0:10:01	50.3%	875	51	17	52	23
52	Phil Jarvis	60	M	MM	Haverhill Running Club	6	1:21:19	10:32:35	0:10:18	52.7%	841	52	18	49	29
53	Allison West	51	L	LM	Thetford Athletic Club	6	1:27:04	9:34:08	0:11:01	51.3%	862	53	18	51	24
54	Andrew Billingham	34	M	MS	RAF Marham	6	1:27:58	9:19:22	0:11:08	39.7%	918	54	11	54	30
1	Paul Blazey	29	M	MS	Norwich Road Runners D	7	0:55:19	9:08:29	0:05:59	73.8%	121	1	1	10	1
2	Paul Muffett	57	M	MM	North Norfolk Beach Runners - Open	7	0:55:36	8:15:25	0:06:01	88.6%	3	2	1	1	2
3	Sarah Stradling	40	L	LM	City of Norwich AC - A	7	0:55:52	8:42:18	0:06:03	84.6%	9	3	1	3	1
4	Mark Popple	24	M	MS	Stamford Striders	7	0:57:38	10:12:50	0:06:14	70.8%	196	4	2	17	3
5	James Ridger	36	M	MS	Paddock Wood AC	7	0:57:52	9:34:07	0:06:16	71.9%	172	5	3	13	4
6	Justin Kinsey	32	M	MS	Ryston Runners A	7	0:58:08	8:19:16	0:06:17	70.4%	210	7	4	20	6
7	Stephen Howard	51	M	MM	Ely A	7	0:58:08	8:16:03	0:06:17	80.5%	23	7	2	6	6
8	Steve Dady	63	M	MM	Wymondham AC	7	1:01:15	10:33:37	0:06:38	84.9%	8	8	3	2	7
9	Rose Waterman	34	L	LS	Tri-Anglia	7	1:01:36	9:41:52	0:06:40	74.7%	93	9	1	8	2
10	Craig Bowen-Jones	44	M	MM	Dereham Runners - Team A	7	1:02:32	9:30:54	0:06:46	70.7%	203	10	4	19	8
11	Graham Watering	42	M	MM	Norwich Road Runners B	7	1:02:44	9:00:23	0:06:47	69.3%	244	11	5	21	9
12	John Griffiths	57	M	MM	Headington Road Runners	7	1:03:29	10:13:45	0:06:52	77.6%	49	12	6	7	10
13	Graham Milham	39	M	MS	Fenland Running Club - 48	7	1:04:11	8:59:47	0:06:57	66.2%	378	13	5	24	11
14	Shaun Hurr	39	M	MS	Reepham Runners Club	7	1:04:19	10:05:56	0:06:58	66.1%	384	14	6	26	12
15	Karl Bedingfield	52	M	MM	Ely B	7	1:05:06	10:48:39	0:07:03	72.5%	152	15	7	12	13
16	John Gay	55	M	MM	North Norfolk Beach Runners - Vets	7	1:05:32	9:42:27	0:07:06	73.9%	117	16	8	9	14
17	Wayne Stimson	42	M	MM	March A C	7	1:05:45	9:24:44	0:07:07	66.2%	381	17	9	25	15
18	Jane Clarke	55	L	LM	City of Norwich AC - B	7	1:05:49	9:55:00	0:07:07	83.9%	11	18	2	4	3
19	Alexandra Smith	40	L	LM	Norwich Road Runners A	7	1:05:55	10:34:16	0:07:08	71.7%	178	19	3	14	4
20	Nev Hawkins	52	M	MM	Cambridge & Coleridge B	7	1:06:10	9:42:23	0:07:10	71.3%	187	20	10	15	16

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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
21	Ricky Peacher	39	M	MS	Framlingham Flyers	7	1:06:44	10:10:09	0:07:13	63.7%	480	21	7	30	17
22	David Welsh	50	M	MM	Norwich Road Runners C	7	1:07:10	10:56:48	0:07:16	69.1%	257	22	11	23	18
23	Geoff New	52	M	MM	Marshall Milton Keynes AC	7	1:08:10	11:03:32	0:07:23	69.2%	250	23	12	22	19
24	Colin Locke	56	M	MM	Harwich Runners	7	1:08:32	10:31:28	0:07:25	71.2%	190	24	13	16	20
25	Mark Stone	43	M	MM	Great Yarmouth Road Runners	7	1:09:52	9:40:10	0:07:34	62.7%	523	25	14	34	21
26	Jo Isbill	50	L	LM	Ryston Runners B	7	1:10:43	10:19:26	0:07:39	73.3%	128	26	4	11	5
27	Ashley Van Beusekom	34	L	LS	Cambridge & Coleridge A	7	1:10:52	8:47:13	0:07:40	65.0%	425	27	2	28	6
28	Amanda Martin	49	L	LM	Saint Edmund Pacers	7	1:12:18	9:24:42	0:07:49	70.8%	197	28	5	18	7
29	Paul Edwards	51	M	MM	West Norfolk AC	7	1:12:39	10:22:48	0:07:52	64.4%	448	29	15	29	22
30	Louis Clabburn	42	M	MM	Old Greshamians	7	1:13:20	10:24:37	0:07:56	59.1%	664	30	16	42	23
31	Emma Wilcock	23	L	LS	Coltishall Jaguars (50 Shades of Orange)	7	1:14:08	10:53:09	0:08:01	61.7%	562	31	3	36	8
32	Amelia Whiting	38	L	LM	Norfolk Gazelles	7	1:14:11	9:07:24	0:08:02	63.0%	510	32	6	32	9
33	Jonathan Russell	37	M	MS	Pink & Blacks	7	1:14:59	10:31:24	0:08:07	55.8%	771	33	8	46	24
34	Deb Bryant	46	L	LM	Biggleswade AC	7	1:15:04	11:01:23	0:08:07	66.0%	388	34	7	27	10
35	Duncan Henry	45	M	MM	Haverhill Running Club	7	1:15:19	11:47:54	0:08:09	59.1%	660	35	17	41	25
36	Giles Balleny	37	M	MS	Serpentine Running Club	7	1:15:22	10:46:39	0:08:09	55.6%	781	36	9	48	26
37	Ruth Chamberlain	41	L	LM	Riverside Runners B	7	1:15:42	11:27:19	0:08:12	62.8%	519	37	8	33	11
38	Paulina Zub	35	L	LM	Fenland Running Club - 2	7	1:16:11	10:07:38	0:08:15	60.6%	601	38	9	38	12
39	Simon Sparkes	42	M	MM	Bungay Black Dog Running Club	7	1:17:57	11:27:38	0:08:26	55.8%	773	39	18	47	27
40	Emma Evans	18	L	LJ	Riverside Runners A	7	1:17:58	9:19:21	0:08:26	59.4%	645	40	1	40	13
41	Malcolm Fisher	37	M	MS	Dereham Runners Team - B	7	1:19:00	11:00:13	0:08:33	53.0%	837	41	10	50	28
42	Richard Smith	56	M	MM	Felixstowe Road Runners	7	1:19:06	12:06:04	0:08:34	61.7%	560	42	19	35	29
43	Jane Ashby	67	L	LM	Ryston Runners C	7	1:20:00	10:18:48	0:08:39	82.0%	19	43	10	5	14
44	Chris Fadden	52	M	MM	Bedford Harriers	7	1:21:41	11:22:07	0:08:50	57.8%	711	44	20	44	30
45	Claire Hewson	40	L	LM	Ramsey Road Runners	7	1:22:07	10:21:08	0:08:53	57.6%	719	45	11	45	15
46	John Davis The Shorter	62	M	MM	Garden City Runners	7	1:23:47	10:53:21	0:09:04	61.5%	574	46	21	37	31
47	Angela Brinkley	52	L	LM	Stowmarket Striders	7	1:24:13	10:16:25	0:09:07	63.1%	507	47	12	31	16
48	Ian Davies	61	M	MM	Team Thorney	7	1:25:14	11:16:38	0:09:13	59.9%	627	48	22	39	32
49	Jenny De Grandis	36	L	LM	North Norfolk Beach Runners - Ladies	7	1:25:39	11:03:18	0:09:16	54.1%	815	49	13	49	17
50	Corrina Smith	48	L	LM	Thetford Athletic Club	7	1:26:39	11:00:47	0:09:23	58.4%	691	50	14	43	18
51	Daniel Hatcher	21	M	MS	RAF Marham	7	1:27:36	10:46:58	0:09:29	46.8%	904	51	11	53	33
52	David Morris	47	M	MM	Reepham Runners Team	7	1:28:28	10:25:00	0:09:34	51.2%	866	52	23	52	34
53	Stephen Crafford	48	M	MM	Bishops Stortford Running Club	7	1:28:30	11:07:04	0:09:35	51.6%	859	53	24	51	35
54	Tony Reid	38	M	MS	Fetcheveryone	7	1:37:18	11:37:11	0:10:32	43.4%	914	54	12	54	36
1	Steve Prosser	36	M	MS	Bishops Stortford Running Club	8	0:42:53	11:49:57	0:05:42	78.4%	39	1	1	2	1
2	Istvan Jacso	36	M	MS	Cambridge & Coleridge A	8	0:42:59	9:30:12	0:05:43	78.2%	43	2	2	3	2
3	Stephane Lustig	38	M	MS	North Norfolk Beach Runners - Open	8	0:45:19	9:00:44	0:06:02	75.3%	80	3	3	6	3
4	Lee Thompson	26	M	MS	Ely A	8	0:47:59	9:04:02	0:06:23	68.4%	290	4	4	16	4
5	Kevin Revell	53	M	MM	City of Norwich AC - A	8	0:48:47	9:31:05	0:06:29	78.7%	36	5	1	1	5
6	Kevin Hickling	46	M	MM	Riverside Runners A	8	0:48:49	10:08:10	0:06:29	74.3%	104	6	2	7	6
7	Elizabeth Daly	32	L	LS	Dereham Runners - Team A	8	0:50:13	10:21:07	0:06:41	73.8%	119	7	1	8	1
8	Sarah Shephard	22	L	LS	Paddock Wood AC	8	0:51:08	10:25:15	0:06:48	72.3%	159	8	2	9	2
9	Richard Sidlin	55	M	MM	Garden City Runners	8	0:51:39	11:45:00	0:06:52	75.6%	71	9	3	4	7

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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
10	Sarah Peachey	31	L	LS	Norwich Road Runners D	8	0:51:47	10:00:16	0:06:53	71.5%	182	10	3	10	3
11	Sharon Hurren	44	L	LM	Wymondham AC	8	0:52:07	11:25:44	0:06:56	75.5%	77	11	1	5	4
12	Clyde Stratton	44	M	MM	March A C	8	0:52:35	10:17:19	0:07:00	67.9%	308	12	4	17	8
13	Adrian Goode	51	M	MM	Felixstowe Road Runners	8	0:54:07	13:00:11	0:07:12	69.8%	229	13	5	14	9
14	Will Buck	54	M	MM	Norwich Road Runners B	8	0:54:11	9:54:34	0:07:12	71.5%	183	14	6	11	10
15	Clive Cartner	36	M	MS	Norwich Road Runners C	8	0:54:37	11:51:25	0:07:16	61.6%	570	15	5	35	11
16	Dave Yenerelski	48	M	MM	Cambridge & Coleridge B	8	0:54:50	10:37:13	0:07:18	67.2%	339	16	7	21	12
17	Euan Prasser	43	M	MM	North Norfolk Beach Runners - Vets	8	0:55:10	10:37:37	0:07:20	64.2%	457	17	8	27	13
18	Ellen Drew	35	L	LM	Fenland Running Club - 48	8	0:55:21	9:55:08	0:07:22	67.4%	331	18	2	19	5
19	Mal Taylor	54	M	MM	Reepham Runners Club	8	0:55:22	11:01:18	0:07:22	69.9%	223	19	9	13	14
20	Bill Banner	50	M	MM	Haverhill Running Club	8	0:55:38	12:43:32	0:07:24	67.3%	337	20	10	20	15
21	Sharon Perry	43	L	LM	Saint Edmund Pacers	8	0:56:20	10:21:02	0:07:29	69.2%	248	21	3	15	6
22	Malcolm Tuff	50	M	MM	Ryston Runners A	8	0:56:59	9:16:15	0:07:35	65.7%	401	22	11	22	16
23	Alicia Lacey	22	L	LS	Coltishall Jaguars (50 Shades of Orange)	8	0:57:08	11:50:17	0:07:36	64.7%	436	23	4	25	7
24	Vivienne Lain	48	L	LM	City of Norwich AC - B	8	0:57:20	10:52:20	0:07:37	71.3%	186	24	4	12	8
25	Kelly De'Gol	36	L	LM	Ryston Runners B	8	0:57:52	11:17:18	0:07:42	64.7%	435	25	5	24	9
26	Anna Rust	22	L	LS	Bedford Harriers	8	0:58:03	12:20:10	0:07:43	63.7%	481	26	5	28	10
27	Chris Brown	58	M	MM	Reepham Runners Team	8	0:59:04	11:24:04	0:07:51	67.8%	314	27	12	18	17
28	Suzanne Moon	38	L	LM	Stamford Striders	8	0:59:41	11:12:31	0:07:56	63.3%	496	28	6	29	11
29	Daz Burgess	44	M	MM	RAF Marham	8	1:00:06	11:47:04	0:08:00	59.4%	647	29	13	38	18
30	Stephen Starr	48	M	MM	Ely B	8	1:00:33	11:49:12	0:08:03	60.9%	595	30	14	36	19
31	Julia Norman	40	L	LM	Ryston Runners C	8	1:00:34	11:19:22	0:08:03	63.1%	508	31	7	32	12
32	Kevin Biggs	46	M	MM	Headington Road Runners	8	1:00:59	11:14:44	0:08:07	59.5%	644	32	15	37	20
33	Matthew Freezer	26	M	MS	Dereham Runners Team - B	8	1:01:22	12:01:35	0:08:10	53.5%	828	33	6	50	21
34	Samatha Day	43	L	LM	Serpentine Running Club	8	1:01:45	11:48:24	0:08:13	63.2%	501	34	8	31	13
35	Louise Blazey	28	L	LS	Norwich Road Runners A	8	1:02:39	11:36:55	0:08:20	59.0%	667	35	6	39	14
36	Rachel Roberts	44	L	LM	Fetcheveryone	8	1:02:54	12:40:05	0:08:22	62.5%	528	36	9	33	15
37	Melody Neville	45	L	LM	Stowmarket Striders	8	1:03:51	11:20:16	0:08:29	62.1%	545	37	10	34	16
38	Michelle Hewitt	26	L	LS	Framlingham Flyers	8	1:04:51	11:15:00	0:08:37	57.0%	743	38	7	42	17
39	Sally Edwards	50	L	LM	West Norfolk AC	8	1:05:07	11:27:55	0:08:40	64.3%	451	39	11	26	18
40	Adrian Smith	49	M	MM	Riverside Runners B	8	1:05:11	12:32:30	0:08:40	57.0%	744	40	16	43	22
41	Neil Bailey	40	M	MM	Fenland Running Club - 2	8	1:05:34	11:13:12	0:08:43	52.8%	840	41	17	51	23
42	Lisa Smith	41	L	LM	Great Yarmouth Road Runners	8	1:06:38	10:46:48	0:08:52	57.7%	712	42	12	41	19
43	Emma Brewer	44	L	LM	Ramsey Road Runners	8	1:07:02	11:28:10	0:08:55	58.7%	679	44	14	40	21
44	Julie Flower	51	L	LM	Old Greshamians	8	1:07:02	11:31:39	0:08:55	63.3%	499	44	14	30	21
45	Mel Harris	26	L	LS	Norfolk Gazelles	8	1:07:13	10:14:37	0:08:56	55.0%	790	45	8	47	22
46	Louise Norkett	38	L	LM	Thetford Athletic Club	8	1:07:32	12:08:19	0:08:59	56.0%	769	46	15	45	23
47	Libby Ashton	34	L	LS	North Norfolk Beach Runners - Ladies	8	1:08:12	12:11:30	0:09:04	54.6%	804	47	9	49	24
48	Eva Goes	55	L	LM	Harwich Runners	8	1:08:47	11:40:15	0:09:09	64.9%	429	48	16	23	25
49	Liz Clues	44	L	LM	Tri-Anglia	8	1:11:50	10:53:42	0:09:33	54.7%	799	49	17	48	26
50	Laura Greenwood	46	L	LM	Team Thorney	8	1:11:51	12:28:29	0:09:33	55.7%	774	50	18	46	27
51	Kirstie Russell	36	L	LM	Pink & Blacks	8	1:12:31	11:43:55	0:09:39	51.7%	857	51	19	52	28
52	Mark Stead	47	M	MM	Biggleswade AC	8	1:12:40	12:14:03	0:09:40	50.3%	876	52	18	54	24

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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
53	Sarah Sparkes	42	L	LM	Bungay Black Dog Running Club	8	1:15:54	12:43:32	0:10:06	51.0%	869	53	20	53	29
54	Brian Gilks	81	M	MM	Marshall Milton Keynes AC	8	1:36:19	12:39:51	0:12:48	56.8%	747	54	19	44	25
1	Matt Bidwell	43	M	MM	City of Norwich AC - A	9	1:40:54	11:11:59	0:05:39	86.7%	5	1	1	1	1
2	Alan Darby	31	M	MS	Ely A	9	1:45:09	10:49:11	0:05:53	78.4%	40	2	1	5	2
3	Simon Mead	42	M	MM	Ramsey Road Runners	9	1:50:53	13:19:03	0:06:13	78.3%	42	3	2	6	3
4	Charlie Wartnaby	45	M	MM	Cambridge & Coleridge A	9	1:51:26	11:21:38	0:06:14	79.8%	27	4	3	4	4
5	Jeremey Vick	37	M	MS	Marshall Milton Keynes AC	9	1:57:51	14:37:42	0:06:36	70.8%	195	5	2	17	5
6	Sean Connolly	46	M	MM	Fenland Running Club - 48	9	1:59:22	11:54:30	0:06:41	75.1%	83	6	4	11	6
7	Russell Casey	38	M	MS	Garden City Runners	9	2:01:09	13:46:09	0:06:47	69.4%	241	7	3	19	7
8	James Vickers	36	M	MS	Pink & Blacks	9	2:02:25	13:46:20	0:06:51	67.9%	311	8	4	26	8
9	Nic Bensley	45	M	MM	Ryston Runners A	9	2:02:28	11:18:43	0:06:51	72.6%	146	9	5	15	9
10	Janos Orsos	30	M	MS	Bishops Stortford Running Club	9	2:04:23	13:54:20	0:06:58	66.3%	375	10	5	30	10
11	Eamonn Dorling	60	M	MM	Team Thorney	9	2:04:33	14:33:02	0:06:58	81.6%	21	11	6	2	11
12	Jason Brunt	43	M	MM	Norfolk Gazelles	9	2:05:11	12:19:48	0:07:01	69.9%	224	12	7	18	12
13	Mike Walter	37	M	MS	Paddock Wood AC	9	2:05:26	12:30:41	0:07:01	66.6%	366	13	6	29	13
14	Joss Williams	35	M	MS	Riverside Runners A	9	2:05:26	12:13:36	0:07:01	66.0%	389	14	7	31	14
15	Vinnie Purdy	39	M	MS	North Norfolk Beach Runners - Open	9	2:05:27	11:06:11	0:07:01	67.5%	328	15	8	27	15
16	Mark Garrett	52	M	MM	Norwich Road Runners B	9	2:07:09	12:01:43	0:07:07	74.3%	105	16	8	12	16
17	Guzel Sari	34	M	MS	Dereham Runners - Team A	9	2:08:46	12:29:53	0:07:13	64.1%	462	17	9	34	17
18	Craig Watt	44	M	MM	Bedford Harriers	9	2:09:09	14:29:19	0:07:14	68.3%	294	18	9	22	18
19	Geraldine Larham	45	L	LM	March A C	9	2:09:21	12:26:40	0:07:15	76.2%	62	19	1	8	1
20	Martin Kooenigsberger	46	M	MM	West Norfolk AC	9	2:09:51	13:37:46	0:07:16	69.1%	258	20	10	20	19
21	Andrew Lane	59	M	MM	Wymondham AC	9	2:12:15	13:37:59	0:07:24	76.1%	63	21	11	9	20
22	Juliet Naylor	43	L	LM	Biggleswade AC	9	2:12:17	14:26:20	0:07:24	73.1%	134	22	2	14	2
23	Andrew Williams	31	M	MS	Serpentine Running Club	9	2:12:31	14:00:55	0:07:25	62.2%	539	23	10	39	21
24	Jonathan Kemp	35	M	MS	Norwich Road Runners D	9	2:12:42	12:12:58	0:07:26	62.4%	534	24	11	37	22
25	Mark Jones	59	M	MM	Old Greshamians	9	2:13:39	13:45:18	0:07:29	75.7%	69	25	12	10	23
26	Heather Beattie	31	L	LS	Ryston Runners B	9	2:13:58	13:31:16	0:07:30	67.9%	310	26	1	25	3
27	Jamie Luke	23	M	MS	RAF Marham	9	2:15:46	14:02:50	0:07:36	60.7%	596	27	12	45	24
28	Nick Askham	41	M	MM	Tri-Anglia	9	2:16:20	13:10:02	0:07:38	63.1%	503	28	13	36	25
29	Julia Parsley	33	L	LS	City of Norwich AC - B	9	2:16:37	13:08:57	0:07:39	66.8%	356	29	2	28	4
30	Chris Chorley	52	M	MM	Bungay Black Dog Running Club	9	2:17:39	15:01:11	0:07:42	68.6%	276	30	14	21	26
31	Charlie Ritchie	60	M	MM	Cambridge & Coleridge B	9	2:18:21	12:55:34	0:07:45	73.5%	125	31	15	13	27
32	Kevin Howlett	58	M	MM	Ryston Runners C	9	2:19:07	13:38:29	0:07:47	71.7%	177	32	16	16	28
33	Ben Snelling	44	M	MM	Norwich Road Runners C	9	2:19:14	14:10:39	0:07:48	63.4%	493	33	17	35	29
34	Victoria Quantrill	41	L	LM	Great Yarmouth Road Runners	9	2:19:43	13:06:31	0:07:49	68.0%	302	34	3	23	5
35	Tim Larke	42	M	MM	Stowmarket Striders	9	2:20:44	13:41:00	0:07:53	61.7%	565	35	18	41	30
36	Louise Bonner	31	L	LS	Ely B	9	2:21:41	14:10:53	0:07:56	64.2%	458	36	3	33	6
37	Dena Parfitt	53	L	LM	North Norfolk Beach Runners - Ladies	9	2:22:37	14:34:07	0:07:59	76.3%	61	37	4	7	7
38	Dan Wate	31	M	MS	Fenland Running Club - 2	9	2:24:13	13:37:25	0:08:04	57.2%	735	38	13	48	31
39	York Deavers	46	M	MM	Reepham Runners Team	9	2:25:01	13:49:05	0:08:07	61.8%	556	39	19	40	32
40	Mike Hankinson	54	M	MM	Saint Edmund Pacers	9	2:26:11	12:47:13	0:08:11	65.8%	397	40	20	32	33
41	James Howlett	42	M	MM	Framlingham Flyers	9	2:26:33	13:41:33	0:08:12	59.2%	659	41	21	47	34

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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
42	Charlotte Noakes	34	L	LS	Headington Road Runners	9	2:28:31	13:43:15	0:08:19	61.6%	567	42	4	42	8
43	Penny Edwards	60	L	LM	Norwich Road Runners A	9	2:28:49	14:05:44	0:08:20	80.4%	24	43	5	3	9
44	Craig Farr	40	M	MM	Reepham Runners Club	9	2:30:12	13:31:30	0:08:25	56.8%	746	44	22	49	35
45	Patrick Ellerbeck	61	M	MM	Riverside Runners B	9	2:30:57	15:03:27	0:08:27	68.0%	304	45	23	24	36
46	Yusuf Firat Firat	52	M	MM	Haverhill Running Club	9	2:31:43	15:15:15	0:08:30	62.3%	537	46	24	38	37
47	Noel Jones	52	M	MM	Fetcheveryone	9	2:35:11	15:15:16	0:08:41	60.9%	594	47	25	44	38
48	Louise White	39	L	LM	Thetford Athletic Club	9	2:36:33	14:44:52	0:08:46	59.8%	631	48	6	46	10
49	Christopher Hosier	39	M	MS	Dereham Runners Team - B	9	2:37:26	14:39:01	0:08:49	53.8%	821	49	14	51	39
50	Hilary Cox	45	L	LM	Stamford Striders	9	2:40:54	13:53:25	0:09:01	61.3%	583	50	7	43	11
51	Andy Parish	47	M	MM	North Norfolk Beach Runners - Vets	9	2:47:33	13:25:10	0:09:23	54.0%	819	51	26	50	40
52	Nigel Burbidge	34	M	MS	Harwich Runners	9	2:57:44	14:37:59	0:09:57	46.4%	906	52	15	54	41
53	Jayne Burman	25	L	LS	Felixstowe Road Runners	9	2:58:31	15:58:42	0:10:00	50.9%	871	53	5	53	12
54	Emma Blake	38	L	LM	Coltishall Jaguars (50 Shades of Orange)	9	3:01:44	14:52:01	0:10:11	51.2%	865	54	8	52	13
1	Matt Pyatt	38	M	MS	Ryston Runners A	10	1:23:16	12:41:59	0:05:41	82.1%	18	1	1	3	1
2	Matt Slater	31	M	MS	Cambridge & Coleridge A	10	1:28:22	12:50:00	0:06:01	75.5%	74	2	2	9	2
3	Jamie Seamark	43	M	MM	North Norfolk Beach Runners - Open	10	1:29:27	12:35:38	0:06:06	79.5%	30	3	1	4	3
4	Alex Tate	39	M	MS	Ely A	10	1:31:06	12:20:17	0:06:13	75.6%	73	4	3	8	4
5	Martin Jennings	44	M	MM	Fenland Running Club - 48	10	1:31:35	13:26:05	0:06:15	78.3%	41	5	2	5	5
6	Malcolm Pritchard	44	M	MM	Riverside Runners A	10	1:33:48	13:47:24	0:06:24	76.4%	60	6	3	6	6
7	Maria Heslop	47	L	LM	Paddock Wood AC	10	1:34:41	14:05:22	0:06:27	86.0%	6	7	1	1	1
8	Pete Johnson	61	M	MM	Ryston Runners C	10	1:37:04	15:15:33	0:06:37	85.7%	7	8	4	2	7
9	Stephane Schneider	36	M	MS	Serpentine Running Club	10	1:38:34	15:39:29	0:06:43	68.4%	289	9	4	19	8
10	Stew Kelly	38	M	MS	West Norfolk AC	10	1:39:55	15:17:41	0:06:49	68.4%	292	10	5	21	9
11	Adam Chapman	34	M	MS	Bishops Stortford Running Club	10	1:40:53	15:35:13	0:06:53	66.4%	374	11	6	29	10
12	Giles Hawthorne	41	M	MM	Biggleswade AC	10	1:41:27	16:07:47	0:06:55	69.0%	262	12	5	17	11
13	Simon Oldfield	44	M	MM	March A C	10	1:41:59	14:08:39	0:06:57	70.3%	215	13	6	16	12
14	David Almond	35	M	MS	Fetcheveryone	10	1:42:27	16:57:43	0:06:59	65.6%	408	14	7	31	13
15	Dave Kellaway	54	M	MM	Dereham Runners - Team A	10	1:43:22	14:13:15	0:07:03	75.5%	75	15	7	10	14
16	John Moore	55	M	MM	Norfolk Gazelles	10	1:44:04	14:03:52	0:07:06	75.7%	70	16	8	7	15
17	Jason Meacham	44	M	MM	Harwich Runners	10	1:44:58	16:22:57	0:07:09	68.3%	295	17	9	22	16
18	Russell Jones	41	M	MM	Marshall Milton Keynes AC	10	1:45:45	16:23:27	0:07:13	66.1%	382	18	10	30	17
19	Yvonne Youngman	42	L	LM	Stamford Striders	10	1:46:04	15:39:29	0:07:14	73.3%	127	19	2	11	2
20	Matt Andrews	44	M	MM	North Norfolk Beach Runners - Vets	10	1:46:53	15:12:03	0:07:17	67.1%	348	20	11	25	18
21	Jake Sanders	36	M	MS	Pink & Blacks	10	1:47:07	15:33:27	0:07:18	63.0%	513	21	8	38	19
22	Steve Bland	28	M	MS	Cambridge & Coleridge B	10	1:47:20	14:42:54	0:07:19	62.2%	541	22	9	39	20
23	Andy Bonner	33	M	MS	Ely B	10	1:48:05	15:58:58	0:07:22	61.8%	557	23	10	40	21
24	Rachel Gillings	30	L	LS	Norwich Road Runners A	10	1:48:21	15:54:05	0:07:23	68.4%	291	24	1	20	3
25	Dave Tandy	45	M	MM	Norwich Road Runners B	10	1:48:43	13:50:26	0:07:25	66.5%	369	25	12	28	22
26	Paul Evans	54	M	MM	Reepham Runners Team	10	1:49:38	15:38:43	0:07:28	71.2%	191	26	13	15	23
27	Jonathon Lucas-Frost	40	M	MM	Riverside Runners B	10	1:49:54	16:53:21	0:07:29	63.2%	502	27	14	37	24
28	Tom Richards	48	M	MM	Fenland Running Club - 2	10	1:50:51	15:28:16	0:07:33	66.8%	354	28	15	26	25
29	Paul Marriage	43	M	MM	Old Greshamians	10	1:51:31	15:36:49	0:07:36	64.1%	463	29	16	35	26
30	Dale Hurren	57	M	MM	Norwich Road Runners D	10	1:51:57	14:04:55	0:07:38	71.6%	179	30	17	14	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
31	Sabine Schaeffer	38	L	LM	Thetford Athletic Club	10	1:52:09	16:37:01	0:07:39	67.6%	324	31	3	24	4
32	Lorraine Marshall	48	L	LM	City of Norwich AC - B	10	1:52:27	15:01:24	0:07:40	73.3%	129	32	4	12	5
33	Michelle Reid	36	L	LM	Headington Road Runners	10	1:52:45	15:36:00	0:07:41	66.6%	364	33	5	27	6
34	Stewart White	38	M	MS	Saint Edmund Pacers	10	1:56:14	14:43:27	0:07:55	58.8%	676	34	11	45	28
35	Guy Hayward	44	M	MM	Framlingham Flyers	10	1:57:38	15:39:11	0:08:01	60.9%	592	35	18	43	29
36	Gary Walker	63	M	MM	RAF Marham	10	1:57:47	16:00:37	0:08:02	72.0%	169	36	19	13	30
37	Nicola Baker	47	L	LM	Great Yarmouth Road Runners	10	1:58:49	15:05:20	0:08:06	68.5%	282	37	6	18	7
38	Joe Geitner	47	M	MM	City of Norwich AC - A	10	1:59:38	13:11:37	0:08:09	61.4%	576	38	20	41	31
39	Richard Dye	54	M	MM	Bungay Black Dog Running Club	10	2:00:01	17:01:12	0:08:11	65.0%	421	39	21	33	32
40	Cassie Barker	40	L	LM	Wymondham AC	10	2:00:14	15:38:13	0:08:12	63.8%	474	40	7	36	8
41	Stuart Bullard	40	M	MM	Bedford Harriers	10	2:00:28	16:29:47	0:08:13	57.6%	716	41	22	46	33
42	Arron Friend	28	M	MS	Team Thorney	10	2:01:33	16:34:35	0:08:17	54.9%	791	42	12	49	34
43	Jacquie Dockerill	45	L	LM	Haverhill Running Club	10	2:02:06	17:17:21	0:08:19	65.3%	414	43	8	32	9
44	Steven Lawson	50	M	MM	Ramsey Road Runners	10	2:03:35	15:22:38	0:08:25	61.0%	589	44	23	42	35
45	Richard Bulman	64	M	MM	Reepham Runners Club	10	2:05:31	15:37:01	0:08:33	68.2%	298	45	24	23	36
46	John Davis The Taller	50	M	MM	Garden City Runners	10	2:06:52	15:53:01	0:08:39	59.4%	646	46	25	44	37
47	Karen Smith	47	L	LM	Ryston Runners B	10	2:06:58	15:38:14	0:08:39	64.1%	459	47	9	34	10
48	Matt Eveleigh	34	M	MS	Stowmarket Striders	10	2:08:08	15:49:08	0:08:44	52.2%	847	48	13	51	38
49	Jimmy Russel	48	M	MM	Felixstowe Road Runners	10	2:09:09	18:07:51	0:08:48	57.4%	724	49	26	47	39
50	Nicola John	32	L	LS	Coltishall Jaguars (50 Shades of Orange)	10	2:12:05	17:04:06	0:09:00	56.2%	765	50	2	48	11
51	Matthew Plunkett	43	M	MM	Dereham Runners Team - B	10	2:13:18	16:52:19	0:09:05	53.3%	833	51	27	50	40
52	Steve Dickens	41	M	MM	Tri-Anglia	10	2:22:02	15:32:04	0:09:41	49.3%	889	53	28	53	41
53	Natasha Walsh	29	L	LS	Norwich Road Runners C	10	2:22:02	16:32:41	0:09:41	52.2%	848	53	3	52	12
54	Nikki Kavanagh	37	L	LM	North Norfolk Beach Runners - Ladies	10	2:36:15	17:10:22	0:10:39	48.3%	895	54	10	54	13
1	Jeremy Rogers	41	M	MM	Norfolk Gazelles	11	1:13:28	15:17:20	0:05:54	80.2%	26	1	1	2	1
2	Ross Payne	20	M	MJ	Ely A	11	1:16:32	13:36:49	0:06:09	74.0%	113	2	1	8	2
3	Christof Schwiening	49	M	MM	Cambridge & Coleridge A	11	1:19:51	14:09:51	0:06:25	78.7%	35	3	2	3	3
4	Wayne Balmer	37	M	MS	Paddock Wood AC	11	1:21:20	15:26:42	0:06:32	70.2%	216	4	1	15	4
5	Richard Somerset	47	M	MM	Garden City Runners	11	1:22:24	17:15:25	0:06:37	75.0%	87	5	3	6	5
6	Ian Milburn	28	M	MS	Ryston Runners A	11	1:22:39	14:04:38	0:06:38	67.8%	318	6	2	22	6
7	Steve Brooke	47	M	MM	Felixstowe Road Runners	11	1:23:19	19:31:10	0:06:42	74.2%	108	7	4	7	7
8	Todd Lake	51	M	MM	Dereham Runners - Team A	11	1:23:30	15:36:45	0:06:42	76.6%	57	8	5	4	8
9	Carmine De Grandis	44	M	MM	North Norfolk Beach Runners - Open	11	1:24:20	13:59:58	0:06:46	71.5%	181	9	6	14	9
10	Neil Sibley	49	M	MM	Great Yarmouth Road Runners	11	1:25:08	16:30:28	0:06:50	73.8%	118	10	7	9	10
11	Kyle Chesterman	27	M	MS	Riverside Runners A	11	1:26:00	15:13:24	0:06:54	65.1%	418	11	3	23	11
12	Jon Wiles	43	M	MM	Bungay Black Dog Running Club	11	1:26:10	18:27:22	0:06:55	69.5%	237	12	8	16	12
13	Phil Redden	63	M	MM	Riverside Runners B	11	1:26:17	18:19:38	0:06:56	82.6%	15	13	9	1	13
14	Nicky Alford	34	L	LS	City of Norwich AC - B	11	1:27:27	16:28:51	0:07:01	71.9%	170	14	1	13	1
15	Melanie Trayford	39	L	LM	Fenland Running Club - 48	11	1:28:31	14:54:36	0:07:07	72.5%	151	15	1	12	2
16	Keith Brighty	52	M	MM	Norwich Road Runners B	11	1:28:48	15:19:14	0:07:08	72.6%	143	16	10	10	14
17	Chris Barkway	57	M	MM	City of Norwich AC - A	11	1:28:51	14:40:28	0:07:08	75.9%	66	17	11	5	15
18	Joshua Brighty	24	M	MS	Norwich Road Runners D	11	1:29:15	15:34:10	0:07:10	62.8%	522	18	4	32	16
19	Rakesh Raja	47	M	MM	Saint Edmund Pacers	11	1:29:43	16:13:10	0:07:12	68.9%	265	19	12	19	17

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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
20	Martin Cattell	48	M	MM	Stamford Striders	11	1:30:09	17:09:38	0:07:14	69.2%	252	20	13	17	18
21	Andy Wicklen	40	M	MM	Ryston Runners C	11	1:30:27	16:46:00	0:07:16	64.6%	439	21	14	26	19
22	Andrew Parsons	36	M	MS	Cambridge & Coleridge B	11	1:31:28	16:14:22	0:07:21	62.1%	548	22	5	33	20
23	Mark Darlow	41	M	MM	March A C	11	1:31:52	15:40:31	0:07:23	64.1%	461	23	15	28	21
24	Stewart Harrison	37	M	MS	Fenland Running Club - 2	11	1:33:04	17:01:20	0:07:29	61.4%	577	24	6	36	22
25	Mark Louth	50	M	MM	Team Thorney	11	1:33:18	18:07:53	0:07:30	68.0%	306	25	16	20	23
26	Rich Hodge	42	M	MM	Fetcheveryone	11	1:34:06	18:31:49	0:07:33	63.1%	506	26	17	31	24
27	Danny Bond	40	M	MM	Norwich Road Runners C	11	1:34:27	18:07:08	0:07:35	61.9%	555	27	18	35	25
28	Mary Ann Mosely	44	L	LM	Haverhill Running Club	11	1:36:08	18:53:29	0:07:43	69.1%	254	28	2	18	3
29	Clare Howarth	34	L	LS	Headington Road Runners	11	1:36:33	17:12:33	0:07:45	65.1%	419	29	2	24	4
30	Simon Phillips	24	M	MS	RAF Marham	11	1:37:28	17:38:05	0:07:50	57.5%	720	30	7	43	26
31	Lisa Owen	36	L	LM	Norwich Road Runners A	11	1:37:30	17:31:35	0:07:50	64.9%	428	31	3	25	5
32	Gary Donoghue	49	M	MM	Harwich Runners	11	1:38:38	18:01:35	0:07:55	63.7%	477	32	19	30	27
33	Charles Arnold	59	M	MM	Biggleswade AC	11	1:41:13	17:49:00	0:08:08	67.8%	315	33	20	21	28
34	Matt Simmonds	36	M	MS	Pink & Blacks	11	1:42:28	17:15:55	0:08:14	55.4%	785	34	8	49	29
35	Sarah Atkinson	31	L	LS	Old Greshamians	11	1:44:25	17:21:14	0:08:23	59.9%	628	35	3	39	6
36	Gary Backhouse	43	M	MM	West Norfolk AC	11	1:44:54	17:02:35	0:08:26	57.0%	741	36	21	45	30
37	Rob Groves	29	M	MS	Reepham Runners Team	11	1:45:07	17:23:50	0:08:27	53.3%	834	37	9	50	31
38	Maureen Wolfe	56	L	LM	Ryston Runners B	11	1:45:13	17:23:27	0:08:27	72.6%	147	38	4	11	7
39	Daniel Ward	23	M	MS	Thetford Athletic Club	11	1:45:33	18:22:34	0:08:29	53.1%	836	39	10	51	32
40	Clare Russell	33	L	LS	Serpentine Running Club	11	1:46:05	17:25:34	0:08:31	59.1%	661	40	4	41	8
41	Julia Lloyd	48	L	LM	Wymondham AC	11	1:47:03	17:25:16	0:08:36	64.5%	444	41	5	27	9
42	Adrian Woods	43	M	MM	North Norfolk Beach Runners - Vets	11	1:47:37	16:59:40	0:08:39	55.6%	779	42	22	47	33
43	Martin Kirk	46	M	MM	Ramsey Road Runners	11	1:47:51	17:10:29	0:08:40	56.9%	745	43	23	46	34
44	Sarah Coulter	48	L	LM	Framlingham Flyers	11	1:48:17	17:27:28	0:08:42	63.8%	472	44	6	29	10
45	Liz Harris	39	L	LM	Reepham Runners Club	11	1:49:45	17:26:46	0:08:49	58.5%	688	45	7	42	11
46	Paul Scibilia	49	M	MM	Tri-Anglia	11	1:49:52	17:21:56	0:08:49	57.2%	731	46	24	44	35
47	Emma Jordan	44	L	LM	Coltishall Jaguars (50 Shades of Orange)	11	1:51:58	18:56:04	0:09:00	59.3%	653	47	8	40	12
48	Sarah Mapes	36	L	LM	North Norfolk Beach Runners - Ladies	11	1:53:59	19:04:21	0:09:09	55.5%	783	48	9	48	13
49	Sue Garrod	50	L	LM	Stowmarket Striders	11	1:57:00	17:46:08	0:09:24	60.5%	606	49	10	37	14
50	Lionel Smith	62	M	MM	Ely B	11	1:57:35	17:56:33	0:09:27	60.0%	621	50	25	38	36
51	David Prior	68	M	MM	Bedford Harriers	11	2:01:00	18:30:47	0:09:43	61.9%	554	51	26	34	37
52	Kareana Symonds	34	L	LS	Dereham Runners Team - B	11	2:02:06	18:54:25	0:09:48	51.5%	860	52	5	52	15
53	Alan Findley	50	M	MM	Bishops Stortford Running Club	11	2:07:02	17:42:15	0:10:12	49.9%	881	53	27	53	38
54	Jacquie Mayock	46	L	LM	Marshall Milton Keynes AC	11	2:30:03	18:53:30	0:12:03	45.1%	912	54	11	54	16
1	Dominic Blake	37	M	MS	Reepham Runners Club	12	1:51:04	19:17:50	0:05:39	83.2%	13	1	1	1	1
2	Colin Tricker	34	M	MS	Paddock Wood AC	12	2:01:50	17:28:32	0:06:12	75.1%	85	2	2	5	2
3	Stephen Gibbs	36	M	MS	Norwich Road Runners D	12	2:03:30	17:37:40	0:06:17	74.5%	98	3	3	6	3
4	Paul Veitch	43	M	MM	Riverside Runners A	12	2:03:58	17:17:22	0:06:18	78.1%	44	4	1	2	4
5	Kevin O'Holleran	32	M	MS	Cambridge & Coleridge A	12	2:05:13	16:15:04	0:06:22	73.0%	137	5	4	11	5
6	Andy Kett	38	M	MS	North Norfolk Beach Runners - Open	12	2:07:53	16:07:51	0:06:30	72.7%	142	6	5	13	6
7	Che Plant	36	M	MS	Ryston Runners A	12	2:10:31	16:15:09	0:06:38	70.5%	208	7	6	18	7
8	Paul Scofield	41	M	MM	Bishops Stortford Running Club	12	2:12:14	19:54:29	0:06:43	72.1%	168	8	2	15	8

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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
9	Leo Gifford	27	M	MS	Saint Edmund Pacers	12	2:12:35	18:25:45	0:06:44	69.0%	260	9	7	21	9
10	Dave Chesterman	25	M	MS	Ely A	12	2:12:50	15:49:39	0:06:45	68.9%	266	10	8	22	10
11	Shane Draper	48	M	MM	Fenland Running Club - 48	12	2:13:49	17:08:25	0:06:48	75.5%	76	11	3	3	11
12	Crossley Eccles	36	M	MS	Pink & Blacks	12	2:14:15	19:30:10	0:06:50	68.5%	284	12	9	26	12
13	Will Law	28	M	MS	Bungay Black Dog Running Club	12	2:14:32	20:41:54	0:06:50	68.0%	303	13	10	28	13
14	Chris Eland	47	M	MM	Garden City Runners	12	2:14:34	19:29:59	0:06:50	74.4%	100	14	4	7	14
15	Billy Bremner	45	M	MM	March A C	12	2:14:57	17:55:28	0:06:52	73.0%	138	15	5	12	15
16	Kirk Brawn	38	M	MS	Team Thorney	12	2:15:49	20:23:42	0:06:54	68.5%	285	16	11	27	16
17	Shaun Webb	41	M	MM	Reepham Runners Team	12	2:16:03	19:39:53	0:06:55	70.0%	221	17	6	19	17
18	John Jacobs	37	M	MS	Tri-Anglia	12	2:16:09	19:38:05	0:06:55	67.9%	309	18	12	30	18
19	Joe Carr	36	M	MS	Framlingham Flyers	12	2:19:12	19:46:40	0:07:05	66.1%	385	19	13	37	19
20	Nick Wells	51	M	MM	Stamford Striders	12	2:19:51	19:29:29	0:07:07	74.1%	111	20	7	9	20
21	Sean Chambers	41	M	MM	West Norfolk AC	12	2:20:26	19:23:01	0:07:08	67.8%	313	21	8	32	21
22	Phil Whiting	41	M	MM	Norfolk Gazelles	12	2:21:25	17:38:45	0:07:11	67.4%	335	22	9	36	22
23	Stuart Faust	44	M	MM	Thetford Athletic Club	12	2:21:58	20:44:32	0:07:13	68.8%	268	23	10	23	23
24	Luke Whitwell	32	M	MS	Felixstowe Road Runners	12	2:22:46	21:53:56	0:07:15	64.1%	464	24	14	40	24
25	Kevin Mace	53	M	MM	Norwich Road Runners B	12	2:23:03	17:42:17	0:07:16	73.8%	120	25	11	10	25
26	Mike Harley	35	M	MS	Serpentine Running Club	12	2:24:22	19:49:56	0:07:20	63.5%	488	26	15	42	26
27	Andre Pittock	49	M	MM	Fenland Running Club - 2	12	2:26:52	19:28:12	0:07:28	69.4%	240	27	12	20	27
28	James Quick	53	M	MM	Old Greshamians	12	2:27:12	19:48:26	0:07:29	72.3%	161	28	13	14	28
29	Maurice Hemingway	60	M	MM	Riverside Runners B	12	2:31:28	20:51:06	0:07:42	74.4%	102	29	14	8	29
30	Peter Woods	44	M	MM	City of Norwich AC - A	12	2:31:32	17:12:00	0:07:42	64.4%	446	30	15	38	30
31	Tessa Jones	49	L	LM	City of Norwich AC - B	12	2:32:58	19:01:49	0:07:47	75.1%	84	31	1	4	1
32	Darren Armstrong	41	M	MM	North Norfolk Beach Runners - Vets	12	2:33:28	19:33:08	0:07:48	62.1%	547	32	16	45	31
33	Andre Besant	45	M	MM	Harwich Runners	12	2:34:27	20:36:02	0:07:51	63.8%	476	33	17	41	32
34	Ashley Gilbert	30	M	MS	Dereham Runners - Team A	12	2:35:29	18:12:14	0:07:54	58.8%	673	34	16	49	33
35	Siobhan Dockerill	28	L	LS	Haverhill Running Club	12	2:35:55	21:29:24	0:07:56	64.3%	449	35	1	39	2
36	Gavin Stokes	54	M	MM	Ramsey Road Runners	12	2:37:58	19:48:27	0:08:02	67.4%	332	37	18	34	34
37	Maria Calleia	43	L	LM	Marshall Milton Keynes AC	12	2:37:58	21:31:28	0:08:02	67.8%	312	37	2	31	3
38	Philip Lister	60	M	MM	Headington Road Runners	12	2:38:04	19:50:37	0:08:02	71.3%	188	38	19	16	35
39	Lesley Robins	43	L	LM	Ryston Runners B	12	2:38:37	20:02:04	0:08:04	67.6%	325	39	3	33	4
40	Sharon Bardwell	45	L	LM	Norwich Road Runners A	12	2:39:14	20:10:49	0:08:06	68.7%	269	40	4	24	5
41	Guy Shearwood	56	M	MM	Norwich Road Runners C	12	2:39:34	20:46:42	0:08:07	68.0%	305	41	20	29	36
42	Ben Chamberlin	34	M	MS	Cambridge & Coleridge B	12	2:42:48	18:57:10	0:08:17	56.2%	766	42	17	50	37
43	Jo Stephenson	50	L	LM	Stowmarket Striders	12	2:44:29	20:30:37	0:08:22	70.7%	198	43	5	17	6
44	Amy Burdis	32	L	LS	Fetcheveryone	12	2:45:06	21:16:55	0:08:24	60.9%	590	44	2	46	7
45	Barry Smith	50	M	MM	Ryston Runners C	12	2:45:25	19:31:25	0:08:25	62.1%	546	45	21	44	38
46	Jen Rudd	41	L	LM	Wymondham AC	12	2:47:48	20:13:04	0:08:32	62.7%	524	46	6	43	8
47	Andrew Baker	48	M	MM	Great Yarmouth Road Runners	12	2:48:15	19:18:43	0:08:33	60.0%	622	47	22	47	39
48	Lucy Campbell	49	L	LM	North Norfolk Beach Runners - Ladies	12	2:50:31	21:54:52	0:08:40	67.4%	334	48	7	35	9
49	John Foster	55	M	MM	Ely B	12	3:02:19	20:58:52	0:09:16	59.0%	670	49	23	48	40
50	Jonathan Burton	47	M	MM	Dereham Runners Team - B	12	3:02:41	21:57:06	0:09:17	54.8%	796	50	24	51	41
51	Jackie Bye	57	I	Im	Coltishall Jaguars (50 Shades of Orange)	12	3:06:00	22:02:04	0:09:27	68.6%	275	51	8	25	10

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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
52	Benjamin Warnes	34	M	MS	RAF Marham	12	3:09:53	20:47:58	0:09:39	48.2%	896	52	18	53	42
53	Frank McLoughlin	52	M	MM	Biggleswade AC	12	3:11:35	21:00:35	0:09:44	54.6%	801	53	25	52	43
54	Edward Day	25	M	MS	Bedford Harriers	12	3:12:45	21:43:32	0:09:48	47.5%	901	54	19	54	44
1	Tom Bracegirdle	36	M	MS	Ely A	13	1:14:23	17:04:02	0:05:37	82.7%	14	1	1	2	1
2	Michael Eccles	35	M	MS	Norfolk Gazelles	13	1:16:50	18:55:35	0:05:48	78.5%	37	2	2	5	2
3	Steve Hall	44	M	MM	Ramsey Road Runners	13	1:20:44	21:09:11	0:06:06	79.7%	29	3	1	4	3
4	Andrew Shields	50	M	MM	Cambridge & Coleridge A	13	1:22:23	17:37:27	0:06:13	82.1%	17	4	2	3	4
5	Graeme Knott	36	M	MS	Harwich Runners	13	1:23:29	21:59:31	0:06:18	72.6%	149	5	3	10	5
6	Chris Parker	33	M	MS	North Norfolk Beach Runners - Open	13	1:26:32	17:34:23	0:06:32	69.3%	246	6	4	18	6
7	Simon Levy	34	M	MS	Ryston Runners A	13	1:26:45	17:41:54	0:06:33	69.3%	247	7	5	19	7
8	Nick Haworth	38	M	MS	Biggleswade AC	13	1:26:46	22:27:21	0:06:33	70.7%	199	8	6	11	8
9	Richard Steer	40	M	MM	Norwich Road Runners D	13	1:28:13	19:05:53	0:06:39	70.7%	202	9	3	13	9
10	Stephen Nicholls	40	M	MM	City of Norwich AC - A	13	1:28:15	18:40:15	0:06:40	70.6%	204	10	4	14	10
11	Steve Chivers	37	M	MS	Paddock Wood AC	13	1:28:42	18:57:14	0:06:42	68.7%	271	11	7	22	11
12	Paul Henderson	49	M	MM	Framlingham Flyers	13	1:28:45	21:15:25	0:06:42	75.6%	72	12	5	6	12
13	Nick Franklin	38	M	MS	West Norfolk AC	13	1:28:55	20:51:56	0:06:43	69.0%	259	13	8	20	13
14	Rod Sinnott	48	M	MM	Fenland Running Club - 48	13	1:29:19	18:37:44	0:06:44	74.5%	97	14	6	7	14
15	Louis Fairfax	29	M	MS	March A C	13	1:29:39	19:25:07	0:06:46	66.8%	357	15	9	27	15
16	Phil Twite	39	M	MS	Ryston Runners C	13	1:29:53	21:01:18	0:06:47	68.8%	267	16	10	21	16
17	Ian Tuckwell	39	M	MS	RAF Marham	13	1:33:07	22:21:05	0:07:02	66.4%	371	17	11	30	17
18	Paul Davis	47	M	MM	Norwich Road Runners B	13	1:34:25	19:16:42	0:07:08	69.9%	225	18	7	15	18
19	Craig Rogers	38	M	MS	Dereham Runners - Team A	13	1:35:04	19:47:18	0:07:10	64.6%	442	19	12	36	19
20	Sam Windebank	44	L	LM	Riverside Runners A	13	1:37:10	18:54:32	0:07:20	72.8%	141	20	1	9	1
21	Lorena Latisaite	27	L	LS	Ryston Runners B	13	1:37:22	21:39:26	0:07:21	68.3%	296	21	1	23	2
22	David Crosthwaite	47	M	MM	Headington Road Runners	13	1:37:34	21:28:11	0:07:22	67.6%	321	22	8	25	20
23	Dave Hudson	43	M	MM	Tri-Anglia	13	1:38:16	21:16:21	0:07:25	65.0%	424	23	9	34	21
24	Diane Baldwin	58	I	Im	Marshall Milton Keynes AC	13	1:39:31	23:10:59	0:07:31	84.0%	10	24	2	1	3
25	Tessa Killingbeck	33	L	LS	City of Norwich AC - B	13	1:40:34	20:42:23	0:07:35	66.4%	373	25	2	31	4
26	Rob Dilley	36	M	MS	Garden City Runners	13	1:40:50	21:10:49	0:07:37	60.1%	619	26	13	43	22
27	Nick Gurney	24	M	MS	Norwich Road Runners C	13	1:41:15	22:27:57	0:07:38	59.1%	663	27	14	45	23
28	Mark Mountain	43	M	MM	Great Yarmouth Road Runners	13	1:41:22	21:00:05	0:07:39	63.0%	512	28	10	37	24
29	Andrew Thompson	56	M	MM	Ely B	13	1:42:04	22:40:56	0:07:42	69.9%	226	29	11	16	25
30	Niki Park	50	L	LM	Norwich Road Runners A	13	1:42:10	21:52:59	0:07:43	73.7%	123	30	3	8	5
31	Andy Barber	48	M	MM	Haverhill Running Club	13	1:42:23	23:11:47	0:07:44	65.0%	422	31	12	33	26
32	Chris Perry	40	M	MM	Saint Edmund Pacers	13	1:43:06	20:08:51	0:07:47	60.5%	605	32	13	42	27
33	Marion McCall	46	L	LM	Thetford Athletic Club	13	1:43:44	22:28:16	0:07:50	69.4%	238	33	4	17	6
34	Daniel Rourke	26	M	MS	Serpentine Running Club	13	1:43:51	21:33:47	0:07:50	57.6%	715	34	15	46	28
35	Daniel Kitchie	31	M	MS	Cambridge & Coleridge B	13	1:43:53	20:41:03	0:07:50	57.6%	717	35	16	47	29
36	Jeremy Haslett	53	M	MM	Reepham Runners Club	13	1:44:32	21:02:22	0:07:53	66.4%	370	36	14	29	30
37	Chris Capps	60	M	MM	Bedford Harriers	13	1:44:37	23:28:09	0:07:54	70.7%	201	37	15	12	31
38	Justin Lawton	44	M	MM	North Norfolk Beach Runners - Vets	13	1:44:45	21:17:53	0:07:54	61.5%	575	38	16	39	32
39	Vicky Tovell	43	L	LM	Coltishall Jaguars (50 Shades of Orange)	13	1:45:19	23:47:23	0:07:57	66.6%	365	39	5	28	7
40	Nicholas Smith	49	M	MM	Stamford Striders	13	1:46:38	21:16:07	0:08:03	62.9%	516	40	17	38	33

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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
41	Raph Silver	55	M	MM	Wymondham AC	13	1:46:50	21:59:54	0:08:04	66.2%	380	41	18	32	34
42	Sally Juby	33	L	LS	Dereham Runners Team - B	13	1:49:24	23:46:30	0:08:15	61.0%	588	42	3	40	8
43	Don Beatty	61	M	MM	Stowmarket Striders	13	1:50:10	22:20:47	0:08:19	67.8%	319	43	19	24	35
44	Sal Ryder	49	L	LM	North Norfolk Beach Runners - Ladies	13	1:50:44	23:45:36	0:08:21	67.2%	344	44	6	26	9
45	Jonathan Cope	36	M	MS	Pink & Blacks	13	1:51:00	21:21:10	0:08:23	54.6%	803	45	17	50	36
46	Lesley Cooper	46	L	LM	Felixstowe Road Runners	13	1:51:27	23:45:23	0:08:25	64.6%	438	46	7	35	10
47	Marc Martin	41	M	MM	Fenland Running Club - 2	13	1:52:29	21:20:41	0:08:29	55.9%	770	47	20	49	37
48	Sarah Maidment	39	L	LM	Bungay Black Dog Running Club	13	1:53:43	22:35:37	0:08:35	60.1%	620	48	8	44	11
49	Iain Berwick	41	M	MM	Fetcheveryone	13	1:57:23	23:14:18	0:08:52	53.5%	827	49	21	52	38
50	Karl Kisala	31	M	MS	Bishops Stortford Running Club	13	1:58:05	21:52:34	0:08:55	50.7%	873	50	18	54	39
51	Simon Cooper	50	M	MM	Old Greshamians	13	1:59:53	21:48:19	0:09:03	56.6%	754	51	22	48	40
52	Naomi Shields	25	L	LS	Reepham Runners Team	13	2:02:50	21:42:43	0:09:16	54.1%	812	52	4	51	12
53	Lesley Carroll	50	L	LM	Riverside Runners B	13	2:04:11	22:55:17	0:09:22	60.6%	600	53	9	41	13
54	Kay Riley	36	L	LM	Team Thorney	13	2:10:19	22:34:01	0:09:50	51.7%	856	54	10	53	14
1	Adam Matthews	20	M	MJ	Ryston Runners A	14	0:43:21	18:25:15	0:05:58	73.7%	122	1	1	7	1
2	Richard Sales	53	M	MM	Norwich Road Runners B	14	0:45:09	20:01:51	0:06:13	81.9%	20	2	1	2	2
3	Adam Smart	33	M	MS	North Norfolk Beach Runners - Open	14	0:46:31	18:20:54	0:06:24	68.6%	279	3	1	14	3
4	John Walsham	46	M	MM	City of Norwich AC - A	14	0:46:54	19:27:09	0:06:27	74.5%	99	4	2	6	4
5	Ray Butler	37	M	MS	Bishops Stortford Running Club	14	0:47:33	22:40:07	0:06:32	68.6%	280	5	2	15	5
6	Conan Fryer	46	M	MM	Ely A	14	0:48:12	17:52:14	0:06:38	72.5%	154	6	3	8	6
7	Justin Elvidge	44	M	MM	March A C	14	0:48:53	20:14:00	0:06:43	70.3%	213	7	4	12	7
8	Craig Moore	27	M	MS	Dereham Runners - Team A	14	0:50:32	20:37:50	0:06:57	62.6%	527	8	3	30	8
9	Merle Riseborough	40	M	MM	North Norfolk Beach Runners - Vets	14	0:50:50	22:08:43	0:07:00	65.6%	407	9	5	24	9
10	Rosie Sexton	46	L	LM	City of Norwich AC - B	14	0:50:56	21:33:19	0:07:00	76.0%	65	10	1	3	1
11	Deborah English	37	L	LM	Norwich Road Runners D	14	0:51:14	19:57:07	0:07:03	71.0%	193	11	2	10	2
12	Victoria Coe	28	L	LS	Cambridge & Coleridge A	14	0:51:22	18:28:49	0:07:04	69.6%	233	12	1	13	3
13	Nick Fairclough	44	M	MM	Serpentine Running Club	14	0:53:55	22:27:42	0:07:25	63.8%	473	13	6	27	10
14	Sharon Hawkins	51	L	LM	Paddock Wood AC	14	0:54:41	19:51:55	0:07:31	75.0%	89	14	3	5	4
15	Jay Gilbert	37	L	LM	Fenland Running Club - 48	14	0:55:15	19:32:59	0:07:36	65.8%	395	15	4	22	5
16	Elspeth Knott	65	L	LM	Harwich Runners	14	0:55:18	22:54:49	0:07:36	89.9%	1	17	5	1	6
17	Ben Davies	36	M	MS	Team Thorney	14	0:55:18	23:29:19	0:07:36	58.6%	684	17	4	43	11
18	James Bolm	51	M	MM	Riverside Runners B	14	0:55:25	23:50:42	0:07:37	65.6%	406	18	7	23	12
19	Pete Reed	32	M	MS	RAF Marham	14	0:55:26	23:16:31	0:07:37	57.4%	725	19	5	46	13
20	Ali Middleton	28	L	LS	Norwich Road Runners A	14	0:55:50	22:48:49	0:07:41	64.0%	466	20	2	26	7
21	Clem Vogler	69	M	MM	Reepham Runners Team	14	0:56:37	22:39:20	0:07:47	75.4%	78	21	8	4	14
22	Katrina Westenev	43	L	LM	West Norfolk AC	14	0:56:40	21:48:36	0:07:48	66.5%	367	22	6	20	8
23	Anna Seaman	36	L	LM	Ryston Runners C	14	0:57:11	21:58:29	0:07:52	63.3%	494	23	7	29	9
24	Michael Grand	44	M	MM	Reepham Runners Club	14	0:57:36	21:59:58	0:07:55	59.7%	638	24	9	40	15
25	Lucy Cooper	48	L	LM	Norfolk Gazelles	14	0:57:42	19:53:17	0:07:56	68.5%	283	25	8	16	10
26	Johan Preis	48	M	MM	Garden City Runners	14	0:57:54	22:08:43	0:07:58	61.3%	582	26	10	36	16
27	Sarah Friel	31	L	LS	Riverside Runners A	14	0:58:01	19:52:33	0:07:59	61.7%	564	27	3	33	11
28	Emma Thompson	38	L	LM	Ryston Runners B	14	0:58:29	22:37:55	0:08:03	62.5%	531	28	9	31	12
29	Samantha Epps	30	L	LS	Bungay Black Dog Running Club	14	0:59:08	23:34:45	0:08:08	60.5%	607	29	4	37	13

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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
30	Sarah Jay	49	L	LM	Tri-Anglia	14	0:59:09	22:15:30	0:08:08	67.6%	322	30	10	17	14
31	Russell Slattery	30	M	MS	Thetford Athletic Club	14	0:59:30	23:27:46	0:08:11	53.2%	835	31	6	51	17
32	Nicos Symeou	60	M	MM	Great Yarmouth Road Runners	14	0:59:36	21:59:41	0:08:12	65.9%	393	32	11	21	18
33	Nigel Reynolds	52	M	MM	Ely B	14	0:59:46	23:40:42	0:08:13	61.3%	578	33	12	35	19
34	Mandy Foyster	49	L	LM	Norwich Road Runners C	14	1:00:02	23:27:59	0:08:15	66.6%	362	34	11	19	15
35	Ramune Raicheliene	34	L	LS	Fenland Running Club - 2	14	1:00:16	22:20:57	0:08:17	59.7%	636	35	5	39	16
36	Marie-Anne Fischer	54	L	LM	Headington Road Runners	14	1:00:32	22:28:43	0:08:20	70.4%	212	36	12	11	17
37	Sarah Allen	34	L	LS	Pink & Blacks	14	1:00:37	22:21:47	0:08:20	59.4%	651	37	6	41	18
38	Adele Bushell	48	L	LM	Coltishall Jaguars (50 Shades of Orange)	14	1:01:04	24:48:27	0:08:24	64.7%	434	38	13	25	19
39	Becky Guy	23	L	LS	Saint Edmund Pacers	14	1:01:23	21:10:14	0:08:27	58.2%	699	39	7	45	20
40	Sian White	45	L	LM	Ramsey Road Runners	14	1:02:21	22:11:32	0:08:35	61.5%	573	40	14	34	21
41	Tina Foster	47	L	LM	North Norfolk Beach Runners - Ladies	14	1:03:22	24:48:58	0:08:43	61.7%	561	41	15	32	22
42	Suzanne Barnes	35	L	LM	Haverhill Running Club	14	1:03:34	24:15:21	0:08:45	56.8%	749	42	16	47	23
43	Zoe Luscombe	41	L	LM	Biggleswade AC	14	1:03:46	23:31:07	0:08:46	58.3%	695	43	17	44	24
44	Sarah Severwright	35	L	LM	Felixstowe Road Runners	14	1:04:38	24:50:01	0:08:53	55.8%	772	44	18	49	25
45	Clare Bradbury	39	L	LM	Wymondham AC	14	1:04:50	23:04:44	0:08:55	56.6%	753	45	19	48	26
46	Dom McIntyre	50	M	MM	Fetcheveryone	14	1:04:55	24:19:13	0:08:56	55.6%	780	46	13	50	20
47	Alec Walliker	60	M	MM	Marshall Milton Keynes AC	14	1:05:33	24:16:32	0:09:01	59.9%	626	48	14	38	21
48	Celina Silver	46	L	LM	Stamford Striders	14	1:05:33	22:21:40	0:09:01	59.1%	666	48	20	42	27
49	Angela Whiting	53	L	LM	Stowmarket Striders	14	1:06:08	23:26:55	0:09:06	63.6%	483	49	21	28	28
50	Jacque Wood	63	L	LM	Dereham Runners Team - B	14	1:07:09	24:53:39	0:09:14	71.8%	174	50	22	9	29
51	Liz O'Donovan	33	L	LS	Cambridge & Coleridge B	14	1:11:48	21:52:51	0:09:53	50.0%	880	51	8	52	30
52	Judy Prior	67	L	LM	Bedford Harriers	14	1:16:53	24:45:02	0:10:35	66.7%	360	52	23	18	31
53	Jessica Ring	17	L	LJ	Old Greshamians	14	1:19:57	23:08:16	0:11:00	46.0%	910	53	1	53	32
54	Jayne Wright	35	L	LM	Framlingham Flyers	14	1:27:35	22:43:00	0:12:03	41.2%	916	54	24	54	33
1	Axel Finke	28	M	MS	Cambridge & Coleridge A	15	1:04:36	19:33:25	0:06:06	72.9%	139	1	1	13	1
2	Simon English	41	M	MM	Norwich Road Runners D	15	1:04:58	21:02:05	0:06:08	76.4%	59	2	1	4	2
3	Matthew Holmes	37	M	MS	Ely A	15	1:05:53	18:58:07	0:06:13	73.1%	133	3	2	11	3
4	Alex Hewson	25	M	MS	Old Greshamians	15	1:06:46	24:15:02	0:06:18	70.6%	206	4	3	16	4
5	Daniel Guppy	34	M	MS	Ryston Runners A	15	1:07:22	19:32:37	0:06:22	70.4%	211	5	4	17	5
6	Richard Hammond	42	M	MM	Fenland Running Club - 48	15	1:07:28	20:40:27	0:06:22	74.2%	109	6	2	9	6
7	Sze-Ming Cheung	41	M	MM	Norwich Road Runners C	15	1:07:47	24:35:46	0:06:24	73.3%	130	7	3	10	7
8	Tim Angell	52	M	MM	City of Norwich AC - A	15	1:09:52	20:37:01	0:06:36	77.8%	47	8	4	2	8
9	Ben Jones	37	M	MS	North Norfolk Beach Runners - Open	15	1:10:06	19:31:00	0:06:37	68.7%	270	9	5	20	9
10	Paul Ridley	48	M	MM	Riverside Runners A	15	1:10:12	21:02:45	0:06:38	74.8%	91	10	5	7	10
11	Christopher Mitchell	29	M	MS	Dereham Runners - Team A	15	1:10:33	21:48:23	0:06:40	66.8%	355	11	6	25	11
12	Andy Cowling	58	M	MM	Team Thorney	15	1:11:00	24:40:19	0:06:42	80.7%	22	12	6	1	12
13	Claire Day	35	L	LM	Paddock Wood AC	15	1:11:12	21:03:07	0:06:43	74.8%	92	13	1	8	1
14	Stuart Robins	48	M	MM	Ryston Runners C	15	1:11:55	23:10:24	0:06:47	73.1%	136	14	7	12	13
15	Duncan Samwell	39	M	MS	Tri-Anglia	15	1:12:26	23:27:56	0:06:50	67.5%	330	15	7	23	14
16	Alan Routledge	52	M	MM	Garden City Runners	15	1:12:33	23:21:16	0:06:51	74.9%	90	16	8	6	15
17	Nick Stephens	53	M	MM	Stowmarket Striders	15	1:12:54	24:39:49	0:06:53	75.2%	82	17	9	5	16
18	Nadine Lewycky	34	L	LS	Marshall Milton Keynes AC	15	1:13:20	25:29:52	0:06:55	72.4%	155	18	1	15	2

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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
19	Helen Mian	47	L	LM	Norfolk Gazelles	15	1:14:28	21:07:45	0:07:02	77.5%	50	19	2	3	3
20	Neil Watson	43	M	MM	West Norfolk AC	15	1:15:51	23:04:27	0:07:10	66.5%	368	20	10	27	17
21	Laura Dixon	30	L	LS	City of Norwich AC - B	15	1:16:52	22:50:11	0:07:16	68.7%	272	21	2	21	4
22	David Dinnage	32	M	MS	Framlingham Flyers	15	1:17:17	24:00:17	0:07:18	61.1%	587	22	8	39	18
23	Leigh Nobes	37	M	MS	Reepham Runners Team	15	1:17:30	23:56:50	0:07:19	62.1%	543	23	9	37	19
24	Simon Render	51	M	MM	March A C	15	1:17:55	21:31:55	0:07:21	69.1%	253	24	11	19	20
25	Paul Newell	51	M	MM	Riverside Runners B	15	1:18:29	25:09:11	0:07:25	68.7%	273	25	12	22	21
26	Miranda Reynolds	42	L	LM	Ely B	15	1:18:36	24:59:18	0:07:25	70.3%	214	26	3	18	5
27	Isabelle Lemasson	33	L	LS	Cambridge & Coleridge B	15	1:18:38	23:11:29	0:07:26	67.4%	333	27	3	24	6
28	Graham Veitch	42	M	MM	Fetcheveryone	15	1:20:27	25:39:40	0:07:36	62.2%	540	28	13	36	22
29	Barry Barnes	37	M	MS	Haverhill Running Club	15	1:20:38	25:35:59	0:07:37	59.7%	635	29	10	41	23
30	Lucy Sheahan	31	L	LS	Felixstowe Road Runners	15	1:22:38	26:12:39	0:07:48	63.9%	469	30	4	31	7
31	Neil Bunnage	49	M	MM	Norwich Road Runners B	15	1:23:39	21:25:30	0:07:54	63.3%	495	31	14	33	24
32	Vernon Hoare	52	M	MM	North Norfolk Beach Runners - Vets	15	1:23:43	23:32:26	0:07:54	64.9%	427	32	15	29	25
33	Phillip Mordecai	40	M	MM	Great Yarmouth Road Runners	15	1:24:03	23:23:44	0:07:56	58.6%	681	33	16	45	26
34	Christina Plumley	44	L	LM	Thetford Athletic Club	15	1:24:13	24:51:59	0:07:57	66.6%	361	34	4	26	8
35	Claire Brooke	39	L	LM	Wymondham AC	15	1:24:16	24:29:00	0:07:57	64.3%	450	35	5	30	9
36	Grace Barnett	25	L	LS	Serpentine Running Club	15	1:24:41	23:52:23	0:08:00	62.3%	536	36	5	35	10
37	Wim Jennes	39	M	MS	Pink & Blacks	15	1:25:21	23:47:08	0:08:04	57.3%	726	37	11	47	27
38	Ulen Neale	44	M	MM	Headington Road Runners	15	1:25:23	23:54:06	0:08:04	59.6%	643	38	17	44	28
39	Debbie Jones	41	L	LM	Coltishall Jaguars (50 Shades of Orange)	15	1:26:07	26:14:34	0:08:08	63.7%	478	39	6	32	11
40	Stuart Spencer	46	M	MM	Bungay Black Dog Running Club	15	1:26:46	25:01:31	0:08:12	59.6%	642	40	18	43	29
41	Catherine Bradnam	42	L	LM	Saint Edmund Pacers	15	1:27:47	22:38:01	0:08:17	62.9%	514	41	7	34	12
42	Natalie Morgan	39	L	LM	Biggleswade AC	15	1:29:35	25:00:42	0:08:28	60.5%	602	42	8	40	13
43	Eddie Barrett	47	M	MM	Ramsey Road Runners	15	1:29:39	23:41:11	0:08:28	58.1%	702	43	19	46	30
44	Sally Cushing	50	L	LM	Norwich Road Runners A	15	1:30:03	24:18:52	0:08:30	66.4%	372	44	9	28	14
45	Julie Wacey	44	L	LM	Ryston Runners B	15	1:31:32	24:09:27	0:08:39	61.3%	579	45	10	38	15
46	Rhianwen Smee	32	L	LS	North Norfolk Beach Runners - Ladies	15	1:32:43	26:21:41	0:08:45	57.1%	739	46	6	48	16
47	Jane Greenwood	60	L	LM	Fenland Running Club - 2	15	1:33:54	23:54:51	0:08:52	72.6%	144	47	11	14	17
48	Chris Holt	32	M	MS	Bishops Stortford Running Club	15	1:34:00	24:14:07	0:08:53	50.2%	878	48	12	53	31
49	Richard Watson	48	M	MM	Bedford Harriers	15	1:34:21	26:19:23	0:08:55	55.7%	776	49	20	51	32
50	Rebecca (Becky) Hardy	36	L	LM	Dereham Runners Team - B	15	1:34:23	26:28:02	0:08:55	56.7%	752	50	12	49	18
51	Adam Newbould	27	M	MS	RAF Marham	15	1:37:05	24:53:36	0:09:10	48.5%	893	51	13	54	33
52	Bob Rowles	56	M	MM	Harwich Runners	15	1:39:35	24:34:24	0:09:24	56.5%	759	52	21	50	34
53	Shayney Blyth	44	L	LM	Reepham Runners Club	15	1:44:25	23:44:23	0:09:52	53.8%	823	53	13	52	19
54	Terry Cross	67	M	MM	Stamford Striders	15	1:44:39	24:06:19	0:09:53	59.6%	641	54	22	42	35
1	Jake Stearman	15	M	MJ	Dereham Runners - Team A	16	0:31:59	22:20:22	0:05:50	79.3%	32	1	1	2	1
2	Sarah Wightman	39	L	LM	Cambridge & Coleridge A	16	0:34:42	20:08:07	0:06:19	78.8%	34	2	1	3	1
3	Graham Chapman	59	M	MM	Ely A	16	0:35:09	19:33:16	0:06:24	82.5%	16	3	1	1	2
5	Steve Moseley	48	M	MM	Norwich Road Runners B	16	0:35:29	22:00:59	0:06:28	74.6%	94	5	3	4	4
6	Mark Solway	47	M	MM	City of Norwich AC - A	16	0:35:30	21:12:31	0:06:28	73.9%	116	6	4	6	5
7	John Christopher	51	M	MM	North Norfolk Beach Runners - Open	16	0:36:38	20:07:38	0:06:40	74.0%	114	7	5	5	6
8	Callum Bowen-Jones	15	M	MJ	Dereham Runners Team - B	16	0:37:00	27:05:02	0:06:44	68.6%	278	8	2	19	7

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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
9	Carly Jermy	35	L	LM	City of Norwich AC - B	16	0:38:08	23:28:19	0:06:57	70.5%	207	9	2	11	2
10	Phil Butson	49	M	MM	Bishops Stortford Running Club	16	0:38:32	24:52:39	0:07:01	69.2%	249	10	6	16	8
11	William Fadden	15	M	MJ	Bedford Harriers	16	0:38:50	26:58:13	0:07:04	65.4%	413	11	3	27	9
12	Tony Bacon	32	M	MS	Haverhill Running Club	16	0:38:54	26:14:53	0:07:05	60.9%	591	12	1	36	10
13	Nicola Anderson	31	L	LS	Serpentine Running Club	16	0:39:09	24:31:32	0:07:08	68.1%	300	13	1	21	3
14	Molly James	44	L	LM	West Norfolk AC	16	0:39:15	23:43:42	0:07:09	72.2%	164	14	3	7	4
15	Kate Cole	40	L	LM	Paddock Wood AC	16	0:39:24	21:42:31	0:07:11	69.8%	227	15	4	13	5
16	Maisie Pritchard	15	L	LJ	Riverside Runners A	16	0:40:13	21:42:58	0:07:20	69.4%	243	16	1	15	6
4	Shaun Mann	43	M	MM	Ryston Runners A	16	0:35:19	20:07:56	0:06:26	72.1%	166	4	2	8	3
17	Clive Hedges	56	M	MM	North Norfolk Beach Runners - Vets	16	0:40:16	24:12:42	0:07:20	70.2%	219	17	7	12	11
18	Claudia Milburn	33	L	LS	Fenland Running Club - 48	16	0:40:45	21:21:12	0:07:25	65.6%	404	18	2	26	7
19	Steve Button	60	M	MM	Garden City Runners	16	0:40:46	24:02:02	0:07:26	71.7%	176	19	8	10	12
20	Emily Beavis	20	L	LJ	Norwich Road Runners D	16	0:40:47	21:42:52	0:07:26	65.3%	415	20	2	28	8
21	Marc Gladwell	35	M	MS	RAF Marham	16	0:41:00	25:34:36	0:07:28	58.6%	682	21	2	39	13
22	Emma Greaves	43	L	LM	Ely B	16	0:41:06	25:40:24	0:07:29	68.3%	293	22	5	20	9
23	Harry Littlemore	50	M	MM	March A C	16	0:41:28	22:13:23	0:07:33	64.8%	433	23	9	30	14
24	Tracy Stevenson	47	L	LM	Norfolk Gazelles	16	0:41:56	21:49:41	0:07:38	69.5%	235	24	6	14	10
25	Mark Sargeantson	62	M	MM	Framlingham Flyers	16	0:43:21	24:43:38	0:07:54	68.6%	274	25	10	18	15
26	Jo Mckay	44	L	LM	Wymondham AC	16	0:43:35	25:12:35	0:07:56	65.0%	423	26	7	29	11
27	Nicki Gibson	39	L	LM	Norwich Road Runners A	16	0:44:00	25:02:52	0:08:01	62.2%	542	27	8	34	12
28	Robin Wynde	57	M	MM	Biggleswade AC	16	0:44:18	25:45:00	0:08:04	64.3%	452	28	11	31	16
29	Helen Melville	40	L	LM	Ryston Runners B	16	0:44:36	24:54:03	0:08:07	61.7%	563	29	9	35	13
30	Lorna Aust	50	L	LM	Stamford Striders	16	0:44:40	24:50:59	0:08:08	67.5%	327	30	10	22	14
31	Louise Webb	15	L	LJ	Saint Edmund Pacers	16	0:44:44	23:22:45	0:08:09	62.4%	535	31	3	33	15
32	Andy Harrod	51	M	MM	Ryston Runners C	16	0:44:56	23:55:20	0:08:11	60.3%	613	32	12	37	17
33	Christina Howland	49	L	LM	Felixstowe Road Runners	16	0:45:23	26:58:02	0:08:16	65.6%	403	33	11	25	16
34	David Silk	48	M	MM	Great Yarmouth Road Runners	16	0:46:14	24:09:58	0:08:25	57.2%	728	34	13	43	18
35	Richard Stone	47	M	MM	Ramsey Road Runners	16	0:46:40	24:27:51	0:08:30	56.3%	764	35	14	44	19
36	Irene Lane	59	L	LM	Team Thorney	16	0:47:12	25:27:31	0:08:36	71.9%	173	36	12	9	17
37	Janice Coglin-Hibbert	41	L	LM	Tri-Anglia	16	0:47:17	24:15:13	0:08:37	58.6%	685	37	13	40	18
38	Matt Phelps	46	M	MM	Reepham Runners Team	16	0:48:13	24:45:03	0:08:47	54.0%	818	38	15	46	20
39	Tom De Raedt	39	M	MS	Pink & Blacks	16	0:48:26	24:35:34	0:08:49	51.0%	870	39	3	50	21
40	Julie Garner	51	L	LM	Fenland Running Club - 2	16	0:48:52	24:43:43	0:08:54	62.5%	530	40	14	32	19
41	Dee Neal	56	L	LM	Coltishall Jaguars (50 Shades of Orange)	16	0:49:37	27:04:11	0:09:02	65.7%	402	41	15	24	20
42	Sandra Harding-Brown	50	L	LM	Headington Road Runners	16	0:50:28	24:44:34	0:09:12	59.8%	633	42	16	38	21
43	Shelly Burton	44	L	LM	North Norfolk Beach Runners - Ladies	16	0:51:02	27:12:43	0:09:18	55.5%	784	43	17	45	22
44	Lucy Boothby	49	L	LM	Riverside Runners B	16	0:51:04	26:00:15	0:09:18	58.3%	693	44	18	41	23
45	Mary Jennings	62	L	LM	Cambridge & Coleridge B	16	0:51:15	24:02:44	0:09:20	69.1%	255	45	19	17	24
46	Terry Hunter	61	M	MM	Stowmarket Striders	16	0:51:21	25:31:10	0:09:21	57.4%	721	46	16	42	22
47	Hayley Thompson	31	L	LS	Reepham Runners Club	16	0:51:22	24:35:45	0:09:21	51.9%	852	47	3	47	25
48	Robert Dale	50	M	MM	Old Greshamians	16	0:52:15	25:07:17	0:09:31	51.0%	868	48	17	49	23
49	Sharon Try	36	L	LM	Thetford Athletic Club	16	0:52:45	25:44:44	0:09:37	51.1%	867	49	20	48	26
50	Steph Brighty	27	L	LS	Norwich Road Runners C	16	0:54:26	25:30:12	0:09:55	48.9%	891	50	4	52	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
51	Rebecca Wass	34	L	LS	Bungay Black Dog Running Club	16	0:54:41	25:56:12	0:09:58	49.0%	890	51	5	51	28
52	Rachel Duffy	36	L	LM	Fetcheveryone	16	0:56:19	26:35:59	0:10:15	47.9%	899	52	21	53	29
53	Faye Brown	32	L	LS	Harwich Runners	16	0:57:04	25:31:28	0:10:24	46.8%	903	53	6	54	30
54	Val Russell	69	L	LM	Marshall Milton Keynes AC	16	0:58:40	26:28:32	0:10:41	67.2%	343	54	22	23	31
1	Callum Stanforth	25	M	MS	Ryston Runners A	17	1:05:27	21:13:23	0:05:35	80.4%	25	1	1	2	1
2	William Longworth	23	M	MS	Dereham Runners - Team A	17	1:11:59	23:32:21	0:06:08	73.1%	135	2	2	11	2
3	Jevan Robertson	17	M	MJ	March A C	17	1:12:46	23:26:09	0:06:12	75.8%	67	3	1	9	3
4	John Manlow	47	M	MM	Ely A	17	1:12:55	20:46:11	0:06:13	79.7%	28	4	1	3	4
5	Graham Jones	29	M	MS	Marshall Milton Keynes AC	17	1:13:09	27:41:41	0:06:14	71.9%	171	5	3	15	5
6	Phillipa Taylor	48	L	LM	City of Norwich AC - A	17	1:14:00	22:26:31	0:06:19	87.7%	4	6	1	1	1
7	Alistair Robinson	29	M	MS	Norfolk Gazelles	17	1:14:56	23:04:37	0:06:23	70.2%	218	7	4	21	6
8	Inigo Surguy	39	M	MS	Headington Road Runners	17	1:15:37	26:00:11	0:06:27	72.1%	165	8	5	13	7
9	Martin Lawrence	51	M	MM	Haverhill Running Club	17	1:15:41	27:30:34	0:06:27	79.4%	31	9	2	4	8
10	Graham Jenvey	35	M	MS	Bungay Black Dog Running Club	17	1:16:36	27:12:48	0:06:32	69.4%	239	10	6	23	9
11	Alastair Fadden	50	M	MM	Bedford Harriers	17	1:17:40	28:15:53	0:06:37	76.8%	54	11	3	8	10
12	Andrew Day	43	M	MM	Paddock Wood AC	17	1:19:11	23:01:42	0:06:45	71.1%	192	12	4	18	11
13	Simon Boothby	50	M	MM	Riverside Runners B	17	1:20:00	27:20:15	0:06:49	74.5%	95	13	5	10	12
14	Richard Price-Thomas	56	M	MM	North Norfolk Beach Runners - Open	17	1:20:04	21:27:42	0:06:50	78.4%	38	14	6	6	13
15	Keith Pritchard	47	M	MM	Riverside Runners A	17	1:20:19	23:03:17	0:06:51	72.4%	156	15	7	12	14
16	Pete Beatty	60	M	MM	Bishops Stortford Running Club	17	1:22:12	26:14:51	0:07:00	79.2%	33	16	8	5	15
17	Dave Aust	50	M	MM	Stamford Striders	17	1:22:44	26:13:43	0:07:03	72.1%	167	17	9	14	16
18	Graham Coulter	39	M	MS	Framlingham Flyers	17	1:23:16	26:06:54	0:07:06	65.5%	409	18	7	31	17
19	James Mcfarlane	42	M	MM	Norwich Road Runners C	17	1:23:22	26:53:34	0:07:06	67.0%	349	19	10	29	18
20	Sam Lewsey	33	L	LS	Cambridge & Coleridge A	17	1:23:39	21:31:46	0:07:08	70.4%	209	20	1	19	2
21	Michael Armes	50	M	MM	Norwich Road Runners D	17	1:23:58	23:06:50	0:07:09	71.6%	180	21	11	16	19
22	Simon Bekker	40	M	MM	Great Yarmouth Road Runners	17	1:24:38	25:34:36	0:07:13	65.0%	426	22	12	32	20
23	Martin Dawson	34	M	MS	Team Thorney	17	1:25:01	26:52:32	0:07:15	62.3%	538	23	8	39	21
24	Stephen Ashurst	52	M	MM	Ramsey Road Runners	17	1:27:47	25:55:38	0:07:29	69.1%	256	24	13	24	22
25	Mark Edwards	49	M	MM	Norwich Road Runners B	17	1:27:58	23:28:57	0:07:30	67.2%	341	25	14	28	23
26	Alexandria Innes	32	L	LS	City of Norwich AC - B	17	1:28:05	24:56:24	0:07:31	66.7%	358	26	2	30	3
27	Federico Hinrichs	34	M	MS	Serpentine Running Club	17	1:28:14	25:59:46	0:07:31	60.0%	623	27	9	43	24
28	Emma Mckay	41	L	LM	Pink & Blacks	17	1:29:04	26:04:38	0:07:36	68.5%	287	28	2	27	4
29	Martin Smith	46	M	MM	North Norfolk Beach Runners - Vets	17	1:29:19	25:42:01	0:07:37	64.6%	440	29	15	33	25
30	Chris Hurcomb	44	M	MM	Cambridge & Coleridge B	17	1:29:34	25:32:18	0:07:38	63.4%	492	30	16	36	26
31	Sarah Gauvin	44	L	LM	Fenland Running Club - 48	17	1:30:31	22:51:43	0:07:43	68.9%	263	31	3	25	5
32	Adam Smith	47	M	MM	Old Greshamians	17	1:30:41	26:37:58	0:07:44	64.1%	460	32	17	34	27
33	Heath Bew	43	M	MM	Wymondham AC	17	1:31:49	26:44:24	0:07:50	61.3%	581	33	18	40	28
34	Stef Rider	43	M	MM	Tri-Anglia	17	1:32:10	25:47:23	0:07:51	61.1%	586	34	19	41	29
35	Sarah Taylor	50	L	LM	Ryston Runners B	17	1:33:00	26:27:03	0:07:56	71.4%	184	35	4	17	6
36	Ian Milburn	71	M	MM	Fenland Running Club - 2	17	1:33:06	26:16:49	0:07:56	77.9%	45	36	20	7	30
37	Trudy Sayell	36	L	LM	West Norfolk AC	17	1:34:11	25:17:53	0:08:02	63.1%	505	37	5	37	7
38	Jose Perez	42	M	MM	Ely B	17	1:34:58	27:15:22	0:08:06	58.8%	674	38	21	45	31
39	Stuart Slattery	33	M	MS	Dereham Runners Team - B	17	1:35:28	28:40:30	0:08:08	55.3%	786	39	10	49	32

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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
40	Sonya Wragg	44	L	LM	Coltishall Jaguars (50 Shades of Orange)	17	1:37:32	28:41:43	0:08:19	64.0%	468	40	6	35	8
41	William Roxby-Clarke	28	M	MS	Harwich Runners	17	1:38:27	27:09:55	0:08:24	53.4%	831	41	11	51	33
42	Stacey Harper	37	L	LM	Norwich Road Runners A	17	1:38:45	26:41:37	0:08:25	60.4%	609	42	7	42	9
43	Hayley Brewis	52	L	LM	Fetcheveryone	17	1:39:29	28:15:28	0:08:29	68.5%	286	43	8	26	10
44	Martin Hammond	50	M	MM	Ryston Runners C	17	1:39:29	25:34:49	0:08:29	59.9%	625	44	22	44	34
45	Sue Ilsley	54	L	LM	North Norfolk Beach Runners - Ladies	17	1:40:36	28:53:19	0:08:35	69.5%	236	45	9	22	11
46	Dan Gould	41	M	MM	Felixstowe Road Runners	17	1:41:51	28:39:53	0:08:41	54.4%	808	46	23	50	35
47	Julia Baldwin	45	L	LM	Stowmarket Striders	17	1:48:49	27:19:59	0:09:17	57.8%	706	47	10	47	12
48	Dawn Marshall	53	L	LM	Saint Edmund Pacers	17	1:49:31	25:12:16	0:09:20	63.0%	511	48	11	38	13
49	Adam Tingey	31	M	MS	RAF Marham	17	1:49:57	27:24:33	0:09:22	47.8%	900	49	12	54	36
50	Julie Wade	45	L	LM	Reepham Runners Club	17	1:50:22	26:26:07	0:09:25	57.0%	742	50	12	48	14
51	Gillian Paremain	64	L	LM	Thetford Athletic Club	17	1:54:26	27:39:10	0:09:45	70.2%	217	51	13	20	15
52	Juliet Grimwood	51	L	LM	Biggleswade AC	17	1:56:16	27:41:16	0:09:55	57.9%	705	52	14	46	16
53	Wayne Aylott	53	M	MM	Garden City Runners	17	1:56:50	25:58:52	0:09:58	52.4%	846	53	24	52	37
54	Natalie Southgate	45	L	LM	Reepham Runners Team	17	2:02:46	26:47:49	0:10:28	51.3%	864	54	15	53	17