

## Stage 1: Kings Lynn to Hunstanton - 16.32 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 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%	204	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%	233	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%	352	7	7	24	7
8	Antony Orekogbe	39	M	MS	Dereham Runners - Team A	1	1:53:07	1:53:07	0:06:56	68.2%	298	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%	398	11	9	27	11
12	Andrew Smith	26	M	MS	RAF Marham	1	1:56:30	1:56:30	0:07:08	64.4%	446	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%	193	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%	519	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%	188	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%	221	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%	525	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%	184	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%	241	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%	276	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%	395	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%	385	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%	466	24	9	33	22
25	Ellie Bye	27	L	LS	Coltishall Jaguars (50 Shades of Orang	1	2:06:22	2:06:22	0:07:45	65.4%	409	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%	322	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%	667	29	14	44	24
30	Sam Kingston	47	M	MM	Old Greshamians	1	2:09:35	2:09:35	0:07:56	64.1%	464	30	11	32	25
31	Mark Alderson	40	M	MM	Stamford Striders	1	2:11:03	2:11:03	0:08:02	59.3%	654	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%	664	32	13	43	27
33	Howard Revell	52	M	MM	Framlingham Flyers	1	2:11:40	2:11:40	0:08:04	65.3%	415	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%	524	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%	677	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%	749	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%	346	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%	516	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%	349	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%	609	43	20	39	35
44	Simon Wiggins	43	M	MM	Felixstowe Road Runners	1	2:20:54	2:20:54	0:08:38	56.5%	757	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%	436	45	22	30	37
46	Jon Gipson	37	M	MS	Team Thorney	1	2:23:53	2:23:53	0:08:49	52.8%	838	46	16	52	38
47	Katie Samuelson	37	L	LM	Fetcheveryone	1	2:24:23	2:24:23	0:08:51	58.4%	689	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%	777	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%	648	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%	876	50	17	54	41
51	Rebecca Coulter	38	L	LM	Wymondham AC	1	2:29:52	2:29:52	0:09:11	56.6%	754	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%	739	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%	849	53	25	53	42
54	Ian Grimwood	62	M	MM	Biggleswade AC	1	2:36:41	2:36:41	0:09:36	60.2%	614	54	26	40	43