

Stage 4: Wells to Cley - 11.14 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	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%	174	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%	300	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%	306	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%	244	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%	484	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%	483	10	3	23	10
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%	345	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%	341	13	10	13	13
14	Rowena Leary	30	L	LS	Norfolk Gazelles	4	1:23:49	5:31:09	0:07:31	66.3%	375	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%	416	15	2	19	2
16	Dan Kinsman	41	M	MM	Framlingham Flyers	4	1:25:30	6:05:30	0:07:41	61.3%	579	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%	397	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%	351	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%	759	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%	429	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%	702	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%	629	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%	280	24	16	10	20
25	Oliver Sadler	36	M	MS	Pink & Blacks	4	1:30:17	6:20:32	0:08:06	56.0%	767	25	5	41	21
26	Mark Clues	49	M	MM	Tri-Anglia	4	1:30:23	6:08:02	0:08:07	61.9%	552	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%	430	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%	488	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%	617	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%	810	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%	703	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%	411	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%	551	35	22	28	28
36	Bob Hammond	39	M	MS	Old Greshamians	4	1:36:05	6:19:18	0:08:38	53.7%	823	36	7	49	29
37	Charlotte Cook	32	L	LS	Ely B	4	1:36:19	6:46:57	0:08:39	57.8%	709	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%	517	38	5	27	9
39	Matt Doran	42	M	MM	Harwich Runners	4	1:36:44	6:45:53	0:08:41	54.6%	799	39	23	44	30
40	Robin Ball	62	M	MM	Stamford Striders	4	1:37:12	6:35:33	0:08:44	64.6%	440	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%	854	41	8	53	32
42	Heather Hollister	64	L	LM	Coltishall Jaguars (50 Shades of Orang	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%	791	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%	761	44	7	40	11
45	Viv Samuelson	40	L	LM	Fetcheveryone	4	1:45:17	6:58:38	0:09:27	54.5%	806	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%	837	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%	815	47	27	47	35
48	Andrew Hedley	53	M	MM	Biggleswade AC	4	1:47:06	7:04:41	0:09:37	54.0%	816	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%	655	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%	497	50	9	26	13
51	Nathalie Palmer	45	L	LM	Team Thorney	4	1:51:37	7:06:13	0:10:01	53.4%	831	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%	793	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%	883	53	11	54	15
54	Sirley Fowler	52	L	LM	Haverhill Running Club	4	2:04:35	7:39:10	0:11:11	51.8%	852	54	12	52	16