

## Stage 5: Cley to Cromer - 10.81 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	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
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

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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