

Stage 6: Cromer to Mundesley - 7.9 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	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%	227	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%	296	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%	287	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%	250	9	4	9	8
10	Bob Grainger	35	M	MS	Stowmarket Striders	6	0:55:25	8:52:12	0:07:01	63.4%	490	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%	442	11	5	19	10
12	Jack Barrington	18	M	MJ	Harwich Runners	6	0:56:49	9:22:56	0:07:12	62.8%	520	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%	486	13	6	23	12
14	Damien Pitts	32	M	MS	Biggleswade AC	6	0:58:07	9:46:19	0:07:21	59.7%	638	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%	260	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%	389	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%	583	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%	706	18	7	39	15
19	Andy Dennis	25	M	MS	Stamford Striders	6	0:59:41	9:15:12	0:07:33	57.8%	707	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%	339	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%	733	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%	410	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%	639	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%	404	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%	399	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%	531	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%	452	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%	717	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%	633	29	3	30	8
30	Zoe Jones	41	L	LM	Wymondham AC	6	1:05:51	9:32:22	0:08:20	61.5%	570	30	6	27	9
31	Kirstie Gladwell	30	L	LS	Framlingham Flyers	6	1:05:57	9:03:25	0:08:21	59.1%	661	31	4	36	10
32	Karen Rix	46	L	LM	Norfolk Gazelles	6	1:06:15	7:53:13	0:08:23	63.7%	478	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%	674	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%	737	35	13	44	23
36	Rachel Holman	40	L	LM	Tri-Anglia	6	1:07:52	8:40:16	0:08:35	59.3%	651	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%	731	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%	797	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%	697	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%	878	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%	636	42	16	31	27

43	Leigh Wisdom	28	L	LS	Team Thorney	6	1:11:24	9:51:24	0:09:02	54.6%	801	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%	788	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%	219	45	17	7	28
46	Rosemary Jackson	61	L	LM	Coltishall Jaguars (50 Shades of Orang	6	1:14:08	9:39:01	0:09:23	68.9%	263	46	12	11	18
47	Fiona Cresswell	36	L	LM	Pink & Blacks	6	1:15:45	9:16:25	0:09:35	52.1%	848	47	13	50	19
48	Jenny King	57	L	LM	Bedford Harriers	6	1:15:56	10:00:26	0:09:37	63.6%	481	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%	828	49	15	48	21
50	Tessa Lukehurst	54	L	LM	Fetcheveryone	6	1:18:22	9:59:53	0:09:55	59.3%	657	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%	874	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%	840	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%	861	53	18	51	24
54	Andrew Billinghamurst	34	M	MS	RAF Marham	6	1:27:58	9:19:22	0:11:08	39.7%	917	54	11	54	30