

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	Chris Balmer	34	m	MS	Ryston Runners A	1	1:45:54	1:45:54	0:06:29	71.0%	204	1	1	5	1
2	Dominic Blake	38	m	MS	Reepham Runners	1	1:49:05	1:49:05	0:06:41	70.2%	240	2	2	6	2
3	Adam Mills	46	m	MM	Bedford Harriers B	1	1:49:55	1:49:55	0:06:44	74.3%	102	3	1	2	3
4	Kevin Murphy	42	m	MM	Saint Edmund Pacers	1	1:53:35	1:53:35	0:06:58	69.6%	260	4	2	7	4
5	Andrew Plume	34	m	MS	Fenland Running Club	1	1:53:50	1:53:50	0:06:59	66.0%	394	5	3	15	5
6	Sam Coyne	23	m	MS	Bure Valley Harriers	1	1:55:14	1:55:14	0:07:04	65.1%	444	6	4	18	6
7	Colin Stark	41	m	MM	North Norfolk Beach Runners A-Team	1	1:55:37	1:55:37	0:07:05	67.8%	320	7	3	11	7
8	Francis Hale	48	m	MM	Norwich Road Runners B	1	1:55:54	1:55:54	0:07:06	71.7%	179	8	4	4	8
9	Alex Eggeman	37	m	MS	Cambridge & Coleridge AC - A	1	1:56:14	1:56:14	0:07:07	65.4%	435	9	5	17	9
10	Paul Veitch	45	m	MM	Riverside Runners A	1	1:57:09	1:57:09	0:07:11	69.1%	276	10	5	8	10
11	Ross Payne	21	m	MS	Ely Runners A	1	1:57:16	1:57:16	0:07:11	64.3%	470	11	6	20	11
12	Jevan Robertson	18	m	MJ	March AC	1	1:59:09	1:59:09	0:07:18	65.5%	429	12	1	16	12
13	Edward Holland	34	m	MS	London Fronrunners	1	2:02:28	2:02:28	0:07:30	61.4%	599	13	7	27	13
14	Wayne Lincoln	50	m	MM	City of Norwich AC A	1	2:03:33	2:03:33	0:07:34	68.4%	298	14	6	9	14
15	David Martin	36	m	MS	Serpentine RC	1	2:05:09	2:05:09	0:07:40	60.4%	634	15	8	29	15
16	Mark Alderson	41	m	MM	Stamford Striders	1	2:06:25	2:06:25	0:07:45	62.0%	566	16	7	24	16
17	Andrew Merrett	43	m	MM	RAF Marham	1	2:07:23	2:07:23	0:07:48	62.5%	545	17	8	22	17
18	Adrian Sherwood	51	m	MM	North Herts Road Runners	1	2:07:36	2:07:36	0:07:49	66.8%	364	18	9	13	18
19	Jonathan Cordle	52	m	MM	Norwich Road Runners	1	2:07:40	2:07:40	0:07:49	67.4%	342	20	11	12	20
20	Steve Rolfe	60	m	MM	Norfolk Gazelles Red	1	2:07:40	2:07:40	0:07:49	72.5%	149	20	11	3	20
21	Susan Matthews	37	f	LM	Ryston Ladies	1	2:07:44	2:07:44	0:07:50	66.0%	393	21	1	14	1
22	Peter Harvey	31	m	MS	Wymondham AC	1	2:07:51	2:07:51	0:07:50	58.7%	706	22	9	36	21
23	Chris Eland	48	m	MM	Garden City Runners	1	2:08:14	2:08:14	0:07:51	64.8%	457	23	12	19	22
24	Ben Letzer	38	m	MS	Coltishall Jaguars	1	2:08:59	2:08:59	0:07:54	59.3%	681	24	10	32	23
25	Darren Sheppard	45	m	MM	Framlingham Flyers	1	2:09:51	2:09:51	0:07:57	62.4%	552	25	13	23	24
26	Howard Olby	37	m	MS	Old Greshamians	1	2:11:46	2:11:46	0:08:04	57.7%	750	26	11	40	25
27	Lisa Marriott	57	f	LM	Ramsey Road Runners	1	2:12:16	2:12:16	0:08:06	79.0%	35	27	2	1	2
28	Darren Honour	47	m	MM	Great Yarmouth Road Runners	1	2:13:58	2:13:58	0:08:13	61.5%	595	28	14	26	26
29	Gareth Robb	40	m	MM	Paddock Wood AC	1	2:16:20	2:16:20	0:08:21	57.0%	768	29	15	43	27
30	John Haynes	61	m	MM	Bishops Stortford Running Club	1	2:16:56	2:16:56	0:08:23	68.2%	303	30	16	10	28
31	Ben Collison	34	m	MS	West Norfolk AC	1	2:18:35	2:18:35	0:08:29	54.2%	843	31	12	47	29
32	Ian Moran	49	m	MM	Riverside Runners	1	2:18:55	2:18:55	0:08:31	60.3%	638	32	17	30	30
33	Deborah English	37	f	LM	Norwich Road Runners Ladies Team	1	2:20:52	2:20:52	0:08:38	59.9%	657	33	3	31	3
34	Nick Askham	42	m	MM	Tri-Anglia	1	2:22:23	2:22:23	0:08:43	55.5%	807	34	18	44	31
35	John Chapman	48	m	MM	Fenland Running Club - B	1	2:22:55	2:22:55	0:08:45	58.1%	730	35	19	38	32
36	Andy Barber	49	m	MM	Haverhill Running Club	1	2:23:06	2:23:06	0:08:46	58.5%	711	36	20	37	33
37	Myles Hague	35	m	MS	Norwich Road Runners D	1	2:25:13	2:25:13	0:08:54	51.9%	891	37	13	48	34
38	Jeremy Navrady	50	m	MM	Ryston Runners C	1	2:25:52	2:25:52	0:08:56	57.9%	739	38	21	39	35
39	Steve Sadd	57	m	MM	Norfolk Gazelles Black	1	2:25:56	2:25:56	0:08:57	61.7%	579	39	22	25	36
40	Charlie Ritchie	61	m	MM	Cambridge & Coleridge Team B	1	2:26:35	2:26:35	0:08:59	63.7%	494	40	23	21	37
41	Shaun Hurr	40	m	MM	Reepham Runners Masters	1	2:30:08	2:30:08	0:09:12	51.8%	895	41	24	49	38
42	Antony Orokogbe	40	m	MM	Dereham Runners - A Team	1	2:31:15	2:31:15	0:09:16	51.4%	897	42	25	50	39
43	Sabina Spence	45	f	LM	City Of Norwich AC Ladies	1	2:31:42	2:31:42	0:09:18	59.2%	690	43	4	34	4
44	Jen Armstrong	42	f	LM	North Norfolk Beach Runners B	1	2:32:36	2:32:36	0:09:21	57.2%	763	44	5	42	5
45	Zac O'Neil	37	m	MS	Wellingborough & District AC.	1	2:33:00	2:33:00	0:09:22	49.7%	923	45	14	53	40
46	Barry Graves	58	m	MM	Ely Runners B	1	2:33:18	2:33:18	0:09:24	59.2%	686	46	26	33	41
47	David Sawyer	60	m	MM	Headington RoadRunners	1	2:36:29	2:36:29	0:09:35	59.1%	693	47	27	35	42
48	Sean West	29	m	MS	Thetford AC	1	2:36:32	2:36:32	0:09:35	48.0%	945	48	15	56	43
49	Jo Stephenson	51	f	LM	Stowmarket Striders	1	2:37:38	2:37:38	0:09:40	61.2%	604	49	6	28	6
50	Guy Simmonds	39	m	MS	Pink & Blacks	1	2:40:02	2:40:02	0:09:48	48.2%	941	50	16	54	44
51	Simon King	58	m	MM	Bedford Harriers	1	2:44:35	2:44:35	0:10:05	55.2%	816	51	28	46	45
52	Sean Symonds	50	m	MM	Bungay Black Dog Running Club	1	2:44:38	2:44:38	0:10:05	51.3%	899	52	29	51	46
53	Daniel Shanks	42	m	MM	Felixstowe Road Runners	1	2:45:00	2:45:00	0:10:07	47.9%	948	53	30	57	47
54	Philippa Rudd	52	f	LM	Birkett's Runners AC	1	2:49:34	2:49:34	0:10:23	57.7%	751	54	7	41	7
55	Ian Grimwood	63	m	MM	Biggleswade AC	1	2:52:04	2:52:04	0:10:33	55.4%	810	55	31	45	48
56	Martin Strowger	49	m	MM	Dereham Runners - Team B	1	2:54:09	2:54:09	0:10:40	48.1%	943	56	32	55	49
57	Andy Cowling	59	m	MM	Thorney Running Club	1	2:59:59	2:59:59	0:11:02	50.9%	903	57	33	52	50
58	Kieran Callaghan	36	m	MS	Harwich Runners	1	3:08:54	3:08:54	0:11:34	40.0%	980	58	17	58	51