

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	Graeme Knott	37	m	MS	Harwich Runners	4	1:10:46	6:50:56	0:06:21	71.9%	174	2	2	5	2
2	George Gay	21	m	MS	City of Norwich AC A	4	1:10:46	5:40:31	0:06:21	70.6%	219	2	2	7	2
3	Tom Kingsnorth	36	m	MS	Saint Edmund Pacers	4	1:11:23	5:39:13	0:06:24	70.8%	210	3	3	6	3
4	Lee Tatum	35	m	MS	Ely Runners A	4	1:14:37	5:18:25	0:06:42	67.4%	340	4	4	14	4
5	Neil Tween	32	m	MS	Cambridge & Coleridge Team B	4	1:14:41	6:18:22	0:06:42	66.7%	371	5	5	15	5
6	Tony Witmond	48	m	MM	North Norfolk Beach Runners A-Team	4	1:14:45	5:26:08	0:06:43	74.2%	104	6	1	3	6
7	Howard Bailey	32	m	MS	Dereham Runners - A Team	4	1:15:56	6:29:30	0:06:49	65.6%	427	7	6	21	7
8	John Auld	34	m	MS	North Herts Road Runners	4	1:17:06	6:14:35	0:06:55	64.9%	450	8	7	22	8
9	Chas Allen	39	m	MS	Norwich Road Runners	4	1:18:32	5:53:53	0:07:03	65.7%	415	9	8	20	9
10	Andy Simmonds	35	m	MS	Ryston Runners A	4	1:18:41	5:14:01	0:07:04	63.9%	487	10	9	26	10
11	Anna Folland	46	f	LM	Bedford Harriers B	4	1:19:13	5:17:51	0:07:07	75.9%	77	11	1	1	1
12	Paul Krause	27	m	MS	Haverhill Running Club	4	1:20:15	6:26:14	0:07:12	62.0%	570	12	10	30	11
13	Ed Fancourt	49	m	MM	Stamford Striders	4	1:21:03	6:05:00	0:07:17	69.0%	280	13	2	10	12
14	Rowena Leary	31	f	LS	Norfolk Gazelles Red	4	1:22:19	6:01:00	0:07:23	67.5%	332	14	1	12	2
15	Dave Tandy	46	m	MM	Norwich Road Runners B	4	1:22:44	5:46:28	0:07:26	66.0%	400	15	3	18	13
16	Tim Larke	43	m	MM	Stowmarket Striders	4	1:22:51	6:42:33	0:07:26	64.3%	475	16	4	24	14
17	Debra Wait	51	f	LM	March AC	4	1:24:04	5:49:31	0:07:33	75.7%	80	17	2	2	3
18	Sean Bowen	51	m	MM	Garden City Runners	4	1:24:20	6:15:04	0:07:34	67.5%	338	18	5	13	15
19	Mickael Hegešippe	44	m	MM	Paddock Wood AC	4	1:24:30	6:13:43	0:07:35	63.5%	505	19	6	29	16
20	Andy Pond	51	m	MM	Tri-Anglia	4	1:25:38	6:39:56	0:07:41	66.0%	398	20	7	17	17
21	Chris Edwards	56	m	MM	Reepham Runners Masters	4	1:25:57	6:41:51	0:07:43	69.1%	274	21	8	9	18
22	Tony Savage	55	m	MM	Ryston Runners C	4	1:26:37	6:32:17	0:07:47	68.0%	311	22	9	11	19
23	Phil Redden	64	m	MM	Riverside Runners A	4	1:26:39	5:49:13	0:07:47	73.8%	112	23	10	4	20
24	Joanna Davies	29	f	LS	Cambridge & Coleridge AC - A	4	1:26:44	5:30:43	0:07:47	64.0%	484	24	2	25	4
25	Maria Frykfors	24	f	LS	Headington RoadRunners	4	1:26:53	6:53:31	0:07:48	63.9%	488	25	3	27	5
26	Steven Neaves	59	m	MM	Bungay Black Dog Running Club	4	1:27:59	7:19:17	0:07:54	69.4%	266	27	11	8	22
27	Ben Gaskins	31	m	MS	Coltishall Jaguars	4	1:27:59	6:09:26	0:07:54	56.6%	785	27	11	43	22
28	Paul Newell	51	m	MM	Riverside Runners	4	1:29:31	6:30:24	0:08:02	63.6%	503	28	12	28	23
29	Louis Claburn	43	m	MM	Old Greshamians	4	1:29:59	6:16:37	0:08:05	59.2%	699	29	13	38	24
30	Penny Seeger	30	f	LS	Ryston Ladies	4	1:30:55	6:24:10	0:08:10	61.1%	613	30	4	32	6
31	Jason Kelf	48	m	MM	Norfolk Gazelles Black	4	1:32:34	6:58:46	0:08:19	59.9%	662	31	14	34	25
32	Pete Reed	35	m	MS	RAF Marham	4	1:32:57	6:10:19	0:08:21	54.1%	855	32	12	49	26
33	Gary Stanley	61	m	MM	Great Yarmouth Road Runners	4	1:33:12	6:34:16	0:08:22	66.7%	372	33	15	16	27
34	Silije Hovsted	38	f	LM	City Of Norwich AC Ladies	4	1:34:51	7:13:53	0:08:31	59.8%	669	34	3	35	7
35	Jay Gilbert	38	f	LM	Fenland Running Club	4	1:35:25	6:03:46	0:08:34	59.5%	683	35	4	37	8
36	Chris McMahon	42	m	MM	London Fronrunners	4	1:35:59	6:10:10	0:08:37	55.1%	825	36	16	45	28
37	Sally Cushing	51	f	LM	Norwich Road Runners Ladies Team	4	1:36:34	6:40:25	0:08:40	65.9%	404	37	5	19	9
38	Daniella Hart	25	f	LS	Thorney Running Club	4	1:37:08	7:16:06	0:08:43	57.2%	772	38	5	41	10
39	Tony Money	46	m	MM	North Norfolk Beach Runners B	4	1:37:13	6:48:01	0:08:44	56.1%	797	39	17	44	29
40	Ian Kennedy	55	m	MM	Framlingham Flyers	4	1:37:51	6:41:04	0:08:47	60.2%	651	40	18	33	30
41	Chris Read	35	m	MS	Norwich Road Runners D	4	1:37:59	7:25:59	0:08:48	51.3%	909	41	13	53	31
42	Shaun Goode	53	m	MM	Felixstowe Road Runners	4	1:38:41	7:12:33	0:08:52	58.6%	715	42	19	39	32
43	Dave Walker	46	m	MM	Bure Valley Harriers	4	1:39:08	6:04:21	0:08:54	55.0%	826	43	20	46	33
44	Tony Jones	56	m	MM	Bedford Harriers	4	1:39:38	7:51:26	0:08:57	59.6%	676	44	21	36	34
45	Matthew Freezer	27	m	MS	Dereham Runners - Team B	4	1:40:06	7:21:59	0:08:59	49.7%	930	45	14	55	35
46	Charlie Barker	65	m	MM	Ely Runners B	4	1:40:14	7:06:59	0:09:00	64.4%	473	46	22	23	36
47	Jayne Allen	49	f	LM	Wymondham AC	4	1:41:09	6:29:04	0:09:05	61.4%	603	47	6	31	11
48	Andy Westhead	34	m	MS	Pink & Blacks	4	1:41:47	7:11:07	0:09:08	49.2%	936	48	15	56	37
49	Luke Pinner	34	m	MS	Fenland Running Club - B	4	1:42:38	7:23:20	0:09:13	48.8%	940	49	16	57	38
50	Tony Tyler	55	m	MM	Thetford AC	4	1:43:54	7:11:52	0:09:20	56.7%	782	50	23	42	39
51	Richie Walker	50	m	MM	West Norfolk AC	4	1:44:03	6:54:02	0:09:20	54.2%	851	51	24	48	40
52	Andrew Hedley	53	m	MM	Biggleswade AC	4	1:45:22	8:24:16	0:09:28	54.9%	832	52	25	47	41
53	Mary Floate	40	f	LM	Reepham Runners	4	1:46:06	7:00:54	0:09:31	54.1%	857	53	7	50	12
54	Indranil Banerjee	45	m	MM	Serpentine RC	4	1:48:06	6:26:41	0:09:42	50.1%	924	54	26	54	42
55	James Terry	43	m	MM	Wellingborough & District AC.	4	1:50:38	7:20:45	0:09:56	48.1%	948	55	27	58	43
56	Claire Hewson	41	f	LM	Ramsey Road Runners	4	1:50:52	7:00:56	0:09:57	52.1%	896	56	8	52	13
57	Marie Hockley	53	f	LM	Bishops Stortford Running Club	4	1:52:16	6:51:19	0:10:05	58.2%	737	57	9	40	14
58	Caroline Tayler	59	m	MM	Birketts' Runners AC	4	1:55:10	7:12:14	0:10:20	53.0%	880	58	28	51	44