

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	James O'Neill	36	m	MS	Ryston Runners A	5	1:11:58	6:25:59	0:06:39	68.1%	305	1	1	6	1
2	Scott Walford	46	m	MM	Bure Valley Harriers	5	1:13:34	7:17:55	0:06:48	72.0%	170	2	1	1	2
3	Michael Gilbert	25	m	MS	Haverhill Running Club	5	1:15:13	7:41:27	0:06:57	64.2%	481	3	2	12	3
4	Graham Anderson	34	m	MS	Cambridge & Coleridge AC - A	5	1:16:34	6:47:17	0:07:05	63.5%	510	4	3	13	4
5	John Keenan	44	m	MM	London Frontrunners	5	1:18:59	7:29:09	0:07:18	66.0%	399	5	2	8	5
6	Karl Sherry	54	m	MM	Norwich Road Runners B	5	1:19:39	7:06:07	0:07:22	71.1%	198	6	3	3	6
7	Kevin Willett	53	m	MM	Bedford Harriers B	5	1:19:45	6:37:36	0:07:23	70.4%	230	7	4	4	7
8	Mark Popple	25	m	MS	Stamford Striders	5	1:21:22	7:26:22	0:07:32	59.3%	688	8	4	24	8
9	Richard Hill	40	m	MM	Ely Runners A	5	1:21:55	6:40:20	0:07:35	61.6%	587	9	5	17	9
10	Chris Langton	49	m	MM	City of Norwich AC A	5	1:22:26	7:02:57	0:07:38	65.8%	407	10	6	9	10
11	Martin Taylor	46	m	MM	Paddock Wood AC	5	1:24:18	7:38:01	0:07:48	62.8%	540	11	7	15	11
12	Karl Chapman	47	m	MM	Wymondham AC	5	1:24:29	7:53:33	0:07:49	63.2%	524	12	8	14	12
13	Rod Sinnott	49	m	MM	Fenland Running Club	5	1:24:31	7:28:17	0:07:49	64.2%	479	13	9	11	13
14	Ian Tuckwell	39	m	MS	RAF Marham	5	1:25:57	7:36:16	0:07:57	58.3%	732	14	5	30	14
15	Will Honeybone	45	m	MM	Ryston Runners C	5	1:26:00	7:58:17	0:07:57	61.1%	614	15	10	18	15
16	Carol Devlin	51	f	LM	Dereham Runners - A Team	5	1:26:47	7:56:17	0:08:02	71.2%	192	16	1	2	1
17	Laurie Hurman	62	m	MM	Headington RoadRunners	5	1:27:43	8:21:14	0:08:07	69.4%	264	17	11	5	16
18	Rob Casserley	44	m	MM	Garden City Runners	5	1:27:53	7:42:57	0:08:08	59.3%	690	18	12	25	17
19	Alan Bushell	45	m	MM	Coltishall Jaguars	5	1:28:06	7:37:32	0:08:09	59.6%	677	19	13	23	18
20	Andrew Barwick	37	m	MS	March AC	5	1:28:23	7:17:54	0:08:11	55.8%	806	20	6	35	19
21	Michelle Brett	33	f	LS	Ramsey Road Runners	5	1:28:59	8:29:55	0:08:14	60.8%	630	21	1	19	2
22	Darren Armstrong	42	m	MM	North Norfolk Beach Runners A-Team	5	1:29:41	6:55:49	0:08:18	57.2%	770	22	14	33	20
23	Neil Martin	45	m	MM	Thorney Running Club	5	1:29:54	8:46:00	0:08:19	58.4%	724	23	15	28	21
24	Paul Ridley	49	m	MM	Riverside Runners A	5	1:30:02	7:19:15	0:08:20	60.3%	647	24	16	20	22
25	Graham Coulter	42	m	MM	Framlingham Flyers	5	1:32:06	8:13:10	0:08:31	55.7%	811	25	17	36	23
26	Keith Brighty	53	m	MM	Norwich Road Runners	5	1:33:41	7:27:34	0:08:40	59.9%	660	26	18	22	24
27	Steve Atkins	51	m	MM	Saint Edmund Pacers	5	1:33:51	7:13:04	0:08:41	58.8%	711	27	19	27	25
28	Andre Pittock	50	m	MM	Fenland Running Club - B	5	1:34:32	8:57:52	0:08:45	57.9%	750	28	20	32	26
29	Dudley Garner	34	m	MS	Norfolk Gazelles Red	5	1:37:30	7:38:30	0:09:01	49.8%	926	29	7	49	27
30	Pauline Drewery	47	f	LM	Ryston Ladies	5	1:37:51	8:02:01	0:09:03	60.2%	649	30	2	21	3
31	Mark Tinkler	58	m	MM	Bedford Harriers	5	1:39:08	9:30:34	0:09:10	59.2%	697	31	21	26	28
32	James Mcfarlane	43	m	MM	Norwich Road Runners D	5	1:39:13	9:05:12	0:09:11	52.1%	895	32	22	43	29
33	Louise Wilkinson	54	f	LM	City Of Norwich AC Ladies	5	1:39:32	8:53:25	0:09:12	64.5%	471	33	3	10	4
34	Adi Goode	52	f	LM	Felixstowe Road Runners	5	1:39:40	8:52:13	0:09:13	62.8%	544	34	4	16	5
35	Gary Pillar	50	m	MM	Great Yarmouth Road Runners	5	1:39:44	8:14:00	0:09:14	54.9%	834	35	23	37	30
36	Steven Rix	34	m	MS	Dereham Runners - Team B	5	1:39:59	9:01:58	0:09:15	48.6%	942	36	8	53	31
37	Neil Mcdonald	55	m	MM	Wellingborough & District AC.	5	1:40:09	9:00:54	0:09:16	57.1%	775	37	24	34	32
38	Andrew Pottruff	50	m	MM	Bungay Black Dog Running Club	5	1:41:43	9:01:00	0:09:25	53.8%	860	38	25	40	33
39	Andrew Williams	32	m	MS	Serpentine RC	5	1:42:58	8:09:39	0:09:32	47.0%	962	39	9	56	34
40	Paul Harrison	61	m	MM	Reepham Runners Masters	5	1:43:51	8:25:42	0:09:36	58.1%	739	40	26	31	35
41	Emma Buckland	43	f	LM	Cambridge & Coleridge Team B	5	1:44:13	8:02:35	0:09:38	54.5%	840	41	5	38	6
42	Sarah Atkinson	32	f	LS	Old Greshamians	5	1:46:08	8:02:45	0:09:49	50.9%	912	42	2	44	7
43	Anne Ellen	61	f	LM	Norfolk Gazelles Black	5	1:46:17	8:45:03	0:09:50	66.4%	381	43	6	7	8
44	Ian Cannons	44	m	MM	Harwich Runners	5	1:46:56	8:37:52	0:09:54	48.7%	941	44	27	52	36
45	James Brown	40	m	MM	Pink & Blacks	5	1:47:37	8:58:44	0:09:57	46.9%	963	45	28	57	37
46	Simon Nightingale	42	m	MM	Ely Runners B	5	1:47:52	8:54:51	0:09:59	47.5%	957	46	29	55	38
47	Cliff Lear	51	m	MM	Thetford AC	5	1:48:35	9:00:27	0:10:03	50.8%	915	47	30	45	39
48	Matt Gingall	47	m	MM	West Norfolk AC	5	1:48:49	8:42:51	0:10:04	49.1%	937	48	31	51	40
49	Maria Greaves	36	f	LM	North Norfolk Beach Runners B	5	1:49:20	8:37:21	0:10:07	49.9%	925	49	7	48	9
50	Philip Chaplin	51	m	MM	Bishops Stortford Running Club	5	1:50:12	8:41:31	0:10:12	50.1%	923	50	32	47	41
51	Ron Ames	68	m	MM	Stowmarket Striders	5	1:50:32	8:33:05	0:10:14	58.4%	726	51	33	29	42
52	Frank Mcloughlin	53	m	MM	Biggleswade AC	5	1:51:32	10:15:48	0:10:19	50.4%	921	52	34	46	43
53	Katt Riley	30	f	LS	Tri-Anglia	5	1:53:10	8:33:06	0:10:28	47.6%	956	53	3	54	10
54	Nicky Dowson	51	f	LM	Norwich Road Runners Ladies Team	5	1:53:48	8:34:13	0:10:32	54.3%	847	54	8	39	11
55	Jenni Egmore	49	f	LM	Reepham Runners	5	1:55:36	8:56:30	0:10:42	52.1%	894	55	9	42	12
56	Lesley Carroll	51	f	LM	Riverside Runners	5	2:04:13	8:34:37	0:11:29	49.7%	928	56	10	50	13
57	Linda Aird	58	f	LM	North Herts Road Runners	5	2:05:51	8:20:26	0:11:39	53.8%	861	57	11	41	14
58	Kitty Rosser	36	f	LM	Birkett's Runners AC	5	2:12:52	9:25:06	0:12:17	41.1%	978	58	12	58	15