

## 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	Jonathan Escalante-Phi	24	m	MS	Cambridge & Coleridge AC - A	6	0:43:09	7:30:26	0:05:28	79.9%	28	1	1	4	1
2	Logan Smith	18	m	MJ	Dereham Runners - A Team	6	0:43:55	8:40:12	0:05:34	81.2%	19	2	1	3	2
3	James Senior	25	m	MS	City of Norwich AC A	6	0:44:54	7:47:51	0:05:41	76.8%	57	3	2	6	3
4	Tom Bracegirdle	37	m	MS	Ely Runners A	6	0:46:02	7:26:22	0:05:50	77.3%	49	4	3	5	4
5	Nigel Arnold	58	m	MM	Norfolk Gazelles Red	6	0:48:20	8:26:50	0:06:07	87.1%	2	5	1	1	5
6	Adam Hills	39	m	MS	Bedford Harriers B	6	0:50:11	7:27:47	0:06:21	71.9%	172	6	4	12	6
7	Mark Edwards	50	m	MM	Norwich Road Runners B	6	0:52:35	7:58:42	0:06:39	74.8%	90	7	2	9	7
8	Marcus Hawkins	43	m	MM	Ryston Runners A	6	0:52:50	7:18:49	0:06:41	70.4%	229	8	3	14	8
9	Dean Blake	42	m	MM	Coltishall Jaguars	6	0:53:00	8:30:32	0:06:43	69.7%	254	9	4	16	9
10	Sarah Shephard	23	f	LS	Paddock Wood AC	6	0:53:03	8:31:04	0:06:43	73.5%	125	10	1	10	1
11	Andy Sloan	37	m	MS	North Norfolk Beach Runners A-Team	6	0:53:11	7:49:00	0:06:44	66.9%	363	11	5	20	10
12	Joseph Lowe	41	m	MM	London Frontrunners	6	0:54:02	8:23:11	0:06:50	67.8%	317	12	5	18	11
13	Cat Cummings	39	f	LM	Wymondham AC	6	0:56:49	8:50:22	0:07:12	70.5%	226	13	1	13	2
14	Clyde Stratton	45	m	MM	March AC	6	0:56:57	8:14:51	0:07:13	66.4%	382	14	6	22	12
15	Tony Cante	56	m	MM	Theford AC	6	0:57:28	9:57:55	0:07:16	72.0%	168	15	7	11	13
16	Pete Wood	35	m	MS	Ely Runners B	6	0:57:35	9:52:26	0:07:17	61.0%	613	16	6	33	14
17	David Welsh	51	m	MM	Norwich Road Runners D	6	0:59:00	10:04:12	0:07:28	67.2%	347	17	8	19	15
18	James Holmes	37	m	MS	Pink & Blacks	6	0:59:35	9:58:19	0:07:33	59.7%	664	18	7	40	16
19	Claire Hoblyn	52	f	LM	Saint Edmund Pacers	6	0:59:47	8:12:51	0:07:34	75.7%	81	19	2	8	3
20	Chris Gilbert	20	m	MJ	Haverhill Running Club	6	1:00:14	8:41:41	0:07:37	57.9%	744	20	2	47	17
21	Deb Bryant	47	f	LM	Biggleswade AC	6	1:00:35	11:16:23	0:07:40	70.4%	232	21	3	15	4
22	Tom Bartlett	38	m	MS	Serpentine RC	6	1:00:41	9:10:20	0:07:41	59.0%	698	22	8	43	18
23	Vhari King	38	f	LM	Bure Valley Harriers	6	1:01:21	8:19:16	0:07:46	64.9%	449	23	4	24	5
24	Jason Snook	46	m	MM	Old Greshamians	6	1:01:53	9:04:38	0:07:50	61.6%	589	24	9	31	19
25	Sharon Bardwell	46	f	LM	Norwich Road Runners	6	1:01:55	8:29:29	0:07:50	68.2%	304	25	5	17	6
26	Max Pearson	40	m	MM	Fenland Running Club	6	1:02:22	8:30:39	0:07:54	58.3%	721	26	10	45	20
27	Eve Casbard	42	f	LM	Riverside Runners A	6	1:02:44	8:21:59	0:07:56	65.0%	445	27	6	23	7
28	Kat Burr	36	f	LM	North Herts Road Runners	6	1:02:47	9:23:13	0:07:57	62.9%	530	28	7	29	8
29	Bradley Greeves	52	m	MM	Reepham Runners Masters	6	1:03:13	9:28:55	0:08:00	63.3%	515	29	11	28	21
30	Katherine Price	24	f	LS	Birketts' Runners AC	6	1:04:01	10:29:07	0:08:06	60.9%	620	30	2	35	9
31	Amy Johnson	25	f	LS	Headington RoadRunners	6	1:04:34	9:25:48	0:08:10	60.4%	636	31	3	37	10
32	Juliette Meek	35	f	LM	Ryston Runners C	6	1:04:35	9:02:52	0:08:11	60.9%	618	32	8	34	11
33	Elspeth Knott	66	f	LM	Harwich Runners	6	1:04:39	9:42:31	0:08:11	85.1%	5	33	9	2	12
34	Gavin Lane	47	m	MM	West Norfolk AC	6	1:04:58	9:47:49	0:08:13	59.1%	697	34	12	42	22
35	Adam Tingey	31	m	MS	RAF Marham	6	1:05:20	8:41:36	0:08:16	52.9%	874	35	9	54	23
36	Sarah Boosey	33	f	LS	Norwich Road Runners Ladies Team	6	1:05:23	9:39:36	0:08:17	59.9%	658	36	4	39	13
37	Francesca Turner	21	f	LS	Great Yarmouth Road Runners	6	1:05:30	9:19:30	0:08:17	59.5%	674	37	5	41	14
38	Chris Forster	19	m	MJ	Riverside Runners	6	1:05:32	9:40:09	0:08:18	53.8%	854	38	3	52	24
39	Stephen Crafford	49	m	MM	Bishops Stortford Running Club	6	1:06:46	9:48:17	0:08:27	58.4%	715	39	13	44	25
40	Richard Garret	41	m	MM	North Norfolk Beach Runners B	6	1:06:50	9:44:11	0:08:28	54.8%	828	40	14	51	26
41	Julia Baldwin	46	f	LM	Stowmarket Striders	6	1:07:49	9:40:54	0:08:35	62.2%	557	41	10	30	15
42	John Davis (The Shorte	63	m	MM	Garden City Runners	6	1:08:01	8:50:58	0:08:37	64.7%	462	42	15	25	27
43	Anna Frostwick	37	f	LM	Tri-Anglia	6	1:08:16	9:41:22	0:08:38	58.1%	732	43	11	46	16
44	Vivienne Lain	49	f	LM	City Of Norwich AC Ladies	6	1:08:42	10:02:07	0:08:42	63.5%	505	44	12	26	17
45	Julie Wacey	45	f	LM	Ryston Ladies	6	1:09:10	9:11:11	0:08:45	60.5%	632	45	13	36	18
46	Michelle Gilbert	37	f	LM	Fenland Running Club - B	6	1:09:47	10:07:39	0:08:50	56.8%	772	46	14	49	19
47	Lisa Netto	40	f	LM	Norfolk Gazelles Black	6	1:10:10	9:55:13	0:08:53	57.4%	756	47	15	48	20
48	Sian White	46	f	LM	Ramsey Road Runners	6	1:10:23	9:40:18	0:08:55	60.0%	650	48	16	38	21
49	Mark Sargeantson	63	m	MM	Framlingham Flyers	6	1:11:36	9:24:46	0:09:04	61.5%	593	49	16	32	28
50	Jenny King	58	f	LM	Bedford Harriers	6	1:13:34	10:44:08	0:09:19	66.6%	373	50	17	21	22
51	Jonny Miles	34	m	MS	Felixstowe Road Runners	6	1:13:56	10:06:09	0:09:22	47.3%	953	51	10	58	29
52	Gill Woodhouse	68	f	LM	Dereham Runners - Team B	6	1:14:01	10:15:59	0:09:22	76.7%	62	52	18	7	23
53	Christine Ashe	55	f	LM	Bungay Black Dog Running Club	6	1:14:13	10:15:13	0:09:24	63.4%	508	53	19	27	24
54	Louise Kemp	38	f	LM	Wellingborough & District AC.	6	1:14:31	10:15:25	0:09:26	53.5%	863	54	20	53	25
55	Charlotte Mears	36	f	LM	Reepham Runners	6	1:15:24	10:11:54	0:09:33	52.4%	881	55	21	56	26
56	Celina Silver	47	f	LM	Stamford Striders	6	1:15:34	8:41:56	0:09:34	56.4%	781	56	22	50	27
57	Becky Wilburn	43	f	LM	Cambridge & Coleridge Team B	6	1:17:52	9:20:27	0:09:51	52.8%	879	57	23	55	28
58	Leigh Wisdom	29	f	LS	Thorney Running Club	6	1:20:30	10:06:30	0:10:11	48.4%	938	58	6	57	29