

ALL STAGES - RNR 2017

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Sullivan Smith	41	M	MM	Cambridge & Coleridge AC - Team A	1	1:39:03	1:39:03	0:06:04	79.1%	36	1	1	1	1
2	Will Longworth	25	M	MS	Dereham - Open	1	1:45:14	1:45:14	0:06:27	71.3%	223	2	1	12	2
3	Francis Hale	49	M	MM	Norwich Road Runners - Masters	1	1:46:58	1:46:58	0:06:33	78.3%	44	3	2	3	3
4	Robin Webb	33	M	MS	Ely Runners - Team A	1	1:47:03	1:47:03	0:06:34	70.1%	263	4	2	15	4
5	Jan Kaiser	43	M	MM	City of Norwich AC - Team A	1	1:47:24	1:47:24	0:06:35	74.2%	120	5	3	6	5
6	Darren Sunter	36	M	MS	North Herts Road Runners	1	1:49:46	1:49:46	0:06:44	68.9%	314	6	3	20	6
7	Peter Harvey	32	M	MS	Wymondham AC - Open	1	1:50:24	1:50:24	0:06:46	68.0%	351	7	4	25	7
8	Alec Francis	26	M	MS	Norwich Road Runners - Open	1	1:55:17	1:55:17	0:07:04	65.1%	484	8	5	32	8
9	Sean Bowen	52	M	MM	Garden City Runners	1	1:55:54	1:55:54	0:07:06	74.2%	118	9	4	4	9
10	Nick Smith	34	M	MS	Saint Edmund Pacers - Team B	1	1:57:12	1:57:12	0:07:11	64.1%	535	10	6	39	10
11	Ben Collison	35	M	MS	West Norfolk AC	1	1:57:30	1:57:30	0:07:12	64.1%	537	11	7	40	11
12	Greg Spellman	51	M	MM	Wellingborough & District AC - Team 2	1	1:57:48	1:57:48	0:07:13	72.4%	186	12	5	9	12
13	Paul Slater	47	M	MM	Paddock Wood AC	1	1:57:49	1:57:49	0:07:13	69.9%	270	13	6	16	13
14	Toni Alcaraz	43	F	LM	March AC	1	1:58:41	1:58:41	0:07:16	74.2%	119	14	1	5	1
15	Susan Matthews	38	F	LM	Ryston Runners - Ladies	1	1:58:42	1:58:42	0:07:16	71.5%	218	15	2	11	2
16	Todd Lake	53	M	MM	Dereham - Club	1	1:58:52	1:58:52	0:07:17	73.0%	159	16	7	8	14
17	Mark Solway	49	M	MM	City of Norwich AC - Team B	1	1:59:13	1:59:13	0:07:18	70.3%	256	17	8	14	15
18	Stephen Rolfe	61	M	MM	Norfolk Gazelles Dorcas	1	1:59:14	1:59:14	0:07:18	78.4%	43	18	9	2	16
19	Darren Shephard	46	M	MM	Framlingham Flyers	1	1:59:58	1:59:58	0:07:21	68.1%	348	19	10	23	17
20	Steve Brooke	49	M	MM	Felixstowe Road Runners	1	2:00:35	2:00:35	0:07:23	69.5%	289	20	11	19	18
21	Vinnie Purdy	41	M	MM	North Norfolk Beach Runners - Team A	1	2:00:52	2:00:52	0:07:24	64.8%	503	21	12	34	19
22	Mark Alderson	42	M	MM	Stamford Striders	1	2:01:04	2:01:04	0:07:25	65.3%	479	22	13	31	20
23	Rod Sinnott	50	M	MM	Fenland Running Club - Open	1	2:01:21	2:01:21	0:07:26	69.6%	279	23	14	17	21
24	Richard Dade	48	M	MM	Reepham Runners - Masters	1	2:02:00	2:02:00	0:07:29	68.1%	347	24	15	22	22
25	Marcus Hawkins	44	M	MM	Ryston Runners - Open	1	2:03:32	2:03:32	0:07:34	65.0%	490	25	16	33	23
26	Jason Brunt	44	M	MM	Norfolk Gazelles Chinkara	1	2:04:50	2:04:50	0:07:39	64.3%	525	26	17	37	24
27	Chris Allen	47	M	MM	Bishops Stortford Running Club	1	2:05:28	2:05:28	0:07:41	65.6%	466	27	18	29	25
28	Jon Brooker	52	M	MM	Newmarket Joggers	1	2:05:46	2:05:46	0:07:42	68.4%	333	28	19	21	26
29	Andrew Parsons	38	M	MS	Cambridge and Coleridge AC - Team B	1	2:07:30	2:07:30	0:07:49	60.0%	727	29	8	49	27
30	Mark Haynes	40	M	MM	Bure Valley Harriers	1	2:08:01	2:08:01	0:07:51	60.7%	695	30	20	46	28
31	Neil Hewson	44	M	MM	Ramsey Road Runners	1	2:08:02	2:08:02	0:07:51	62.7%	607	31	21	43	29
32	Richard Coles	36	M	MS	Thorney Running Club	1	2:08:41	2:08:41	0:07:53	58.8%	767	32	9	51	30
33	Paul Davies	48	M	MM	Biggleswade AC	1	2:08:43	2:08:43	0:07:53	64.5%	518	33	22	36	31
34	Christopher Shearwood	54	M	MM	Metros RC	1	2:08:50	2:08:50	0:07:54	68.0%	354	34	23	26	32
35	Russell Clarke	59	M	MM	Tri-Anglia Triathlon Club	1	2:09:47	2:09:47	0:07:57	70.6%	241	35	24	13	33
36	Alan Bushell	46	M	MM	Coltishall Jaguars - Open	1	2:09:49	2:09:49	0:07:57	62.9%	595	36	25	42	34
37	Yusuf Firat	54	M	MM	Haverhill Running Club	1	2:11:08	2:11:08	0:08:02	66.8%	411	37	26	28	35
38	Joanna Killingworth	41	F	LM	Norwich Road Runners - Ladies	1	2:11:53	2:11:53	0:08:05	65.6%	469	38	3	30	3
39	Guy Shearwood	59	M	MM	Norwich Road Runners - Mixed	1	2:14:44	2:14:44	0:08:15	68.0%	349	39	27	24	36
40	Gary Pillar	51	M	MM	Great Yarmouth Road Runners - Open	1	2:14:56	2:14:56	0:08:16	63.2%	580	40	28	41	37
41	Andy Hawes	38	M	MS	Reepham Runners - Mixed	1	2:15:31	2:15:31	0:08:18	56.5%	848	41	10	54	38
42	Joe Legge	38	M	MS	Pink & Blacks	1	2:16:18	2:16:18	0:08:21	56.1%	861	42	11	55	39
43	Claire Hoblyn	53	F	LM	Saint Edmund Pacers - Team A	1	2:16:57	2:16:57	0:08:23	72.3%	188	43	4	10	4
44	Neville Baker	63	M	MM	Headington Road Runners	1	2:17:00	2:17:00	0:08:24	69.5%	285	44	29	18	40
45	Marianne Defernez	48	F	LM	Wymondham AC - Ladies	1	2:18:33	2:18:33	0:08:29	67.1%	396	45	5	27	5
46	Graham Johnson	52	M	MM	Coltishall Jaguars - Mixed	1	2:18:40	2:18:40	0:08:30	62.0%	631	46	30	44	41
47	Sarah Gauvin	46	F	LM	Fenland Running Club - Ladies	1	2:20:14	2:20:14	0:08:36	64.7%	509	47	6	35	6
48	Jim Hayes	71	M	MM	North Norfolk Beach Runners - Team B	1	2:20:21	2:20:21	0:08:36	73.7%	136	48	31	7	42
49	Jeremy Navrady	51	M	MM	Ryston Runners - Masters	1	2:20:49	2:20:49	0:08:38	60.5%	704	49	32	48	43
50	Jason Snook	47	M	MM	Old Greshamians - Team 2	1	2:23:20	2:23:20	0:08:47	57.5%	815	50	33	52	44
51	Sarmantha Collins-Shirle	44	F	LM	Ely Runners - Team B	1	2:24:16	2:24:16	0:08:50	61.6%	646	51	7	45	7
52	Sean Symonds	51	M	MM	Bungay Black Dog Running Club	1	2:24:21	2:24:21	0:08:51	59.1%	760	52	34	50	45
53	Lee Radley	47	M	MM	Riverside Runners	1	2:24:23	2:24:23	0:08:51	57.0%	831	53	35	53	46
54	Nadine Heseltine	43	F	LM	Great Yarmouth Road Runners - Ladies	1	2:25:05	2:25:05	0:08:53	60.7%	698	54	8	47	8
55	Chris Capps	62	M	MM	Bedford Harriers	1	2:26:41	2:26:41	0:08:59	64.3%	527	55	36	38	47
56	Sam Bellotti	30	M	MS	Thetford AC	1	2:27:02	2:27:02	0:09:01	51.1%	974	56	12	58	48

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex	
57	Kaylee Meacham	30	F	LS	City of Norwich AC - Team C	1	2:37:57	2:37:57	0:09:41	52.4%	951	57	1	57	9	
58	James Cook	29	M	MS	RAF Marham	1	2:38:09	2:38:09	0:09:41	47.5%	1005	58	13	59	49	
59	Louise Goddard	43	F	LM	Stowmarket Striders Running Club	1	2:38:36	2:38:36	0:09:43	55.5%	873	59	9	56	10	
60	Kevin Glendinning	48	M	MM	Wellingborough & District AC - Team 1	1	3:11:42	3:11:42	0:11:45	43.3%	1027	60	37	60	50	
61	Sophie Mullan	23	F	LS	Old Greshamians - Team 1	1	3:18:56	3:18:56	0:12:11	41.6%	1031	61	2	61	11	
1	Adrian Mussett	45	M	MM	City of Norwich AC - Team A	2	1:21:03	3:08:27	0:05:46	85.1%	6	1	1	1	1	1
2	Alastair Hodges	38	M	MS	Cambridge & Coleridge AC - Team A	2	1:30:49	3:09:52	0:06:28	71.8%	203	2	1	8	2	2
3	Neil Adams	40	M	MM	North Norfolk Beach Runners - Team A	2	1:31:26	3:32:18	0:06:30	72.5%	177	3	2	5	3	3
4	Mike Kendal	46	M	MM	Riverside Runners	2	1:34:39	3:59:02	0:06:44	73.5%	142	4	3	4	4	4
5	Paul Cooke	40	M	MM	Biggleswade AC	2	1:34:54	3:43:37	0:06:45	69.8%	273	5	4	11	5	5
6	Andy Mulligan	26	M	MS	Coltishall Jaguars - Mixed	2	1:35:06	3:53:46	0:06:46	67.0%	401	6	2	21	6	6
7	Sean Connolly	48	M	MM	Fenland Running Club - Open	2	1:35:43	3:37:04	0:06:48	73.9%	131	7	5	3	7	7
8	Jason Allard	43	M	MM	Stowmarket Striders Running Club	2	1:36:01	4:14:37	0:06:50	70.7%	237	8	6	10	8	8
9	Carl Goose	31	M	MS	Bure Valley Harriers	2	1:36:51	3:44:52	0:06:53	65.8%	455	9	3	25	9	9
10	Martin Stringfellow	44	M	MM	Wymondham AC - Open	2	1:38:51	3:29:15	0:07:02	69.2%	299	10	7	13	10	10
11	Gordon Irvine	38	M	MS	Ely Runners - Team A	2	1:40:49	3:27:52	0:07:10	64.7%	510	11	4	28	11	11
12	David Sampson	57	M	MM	Paddock Wood AC	2	1:41:00	3:38:49	0:07:11	75.8%	89	12	8	2	12	12
13	Elizabeth Daly	34	F	LS	Dereham - Club	2	1:42:40	3:41:32	0:07:18	69.4%	292	13	1	12	1	13
14	Rob Casserley	45	M	MM	Garden City Runners	2	1:43:14	3:39:08	0:07:21	66.8%	408	14	9	22	13	14
15	Jared Bethell	34	M	MS	Bishops Stortford Running Club	2	1:43:45	3:49:13	0:07:23	61.6%	645	15	5	36	14	15
16	Martin Horlock	43	M	MM	Norwich Road Runners - Masters	2	1:44:33	3:31:31	0:07:26	64.9%	497	16	10	26	15	16
17	Chris Bullock	43	M	MM	Norwich Road Runners - Open	2	1:44:38	3:39:55	0:07:27	64.9%	500	17	11	27	16	17
18	Mick Stacey	56	M	MM	March AC	2	1:44:41	3:43:22	0:07:27	72.5%	178	18	12	6	17	18
19	Simon Bekker	42	M	MM	Great Yarmouth Road Runners - Open	2	1:44:50	3:59:46	0:07:27	64.2%	530	19	13	29	18	19
20	Sam Brooke	26	M	MS	Felixstowe Road Runners	2	1:44:55	3:45:30	0:07:28	60.8%	693	20	6	37	19	20
21	Sarah Peachey	33	F	LS	Wymondham AC - Ladies	2	1:44:55	4:03:28	0:07:28	67.8%	360	21	2	18	2	21
22	Simon Able	46	M	MM	Ryston Runners - Open	2	1:45:05	3:48:37	0:07:28	66.2%	433	22	14	23	20	22
23	Gary Grand	55	M	MM	Norwich Road Runners - Mixed	2	1:45:07	3:59:51	0:07:29	71.5%	217	23	15	9	21	23
24	Mark Storey	52	M	MM	City of Norwich AC - Team B	2	1:46:06	3:45:19	0:07:33	69.0%	311	24	16	15	22	24
25	Martin Koenigsberger	48	M	MM	West Norfolk AC	2	1:47:02	3:44:32	0:07:37	66.1%	439	25	17	24	23	25
26	Tom Robinson	38	M	MS	Reepham Runners - Mixed	2	1:48:02	4:03:33	0:07:41	60.4%	709	26	7	39	24	26
27	Brook Doughty	27	M	MS	RAF Marham	2	1:51:27	4:29:36	0:07:56	57.2%	822	27	8	46	25	27
28	Scott Shrubbsall	37	M	MS	Coltishall Jaguars - Open	2	1:51:50	4:01:39	0:07:57	57.9%	798	28	9	43	26	28
29	Emma Potter-Campbell	47	F	LM	Dereham - Open	2	1:53:37	3:38:51	0:08:05	68.5%	330	29	1	16	3	29
30	Steve Sadd	58	M	MM	Norfolk Gazelles Chinkara	2	1:53:54	3:58:44	0:08:06	67.8%	357	30	18	17	27	30
31	Chris Edwards	57	M	MM	Reepham Runners - Masters	2	1:54:01	3:56:01	0:08:07	67.2%	393	31	19	20	28	31
32	Mark Doughty	43	M	MM	Ryston Runners - Masters	2	1:54:13	4:15:02	0:08:07	59.4%	746	32	20	40	29	32
33	Mark Louth	52	M	MM	Thorney Running Club	2	1:55:15	4:03:56	0:08:12	63.5%	565	33	21	31	30	33
34	Mark Drysdale	44	M	MM	Norfolk Gazelles Dorcas	2	1:55:20	3:54:34	0:08:12	59.3%	748	34	22	41	31	34
35	Isabelle Lemasson	35	F	LM	Cambridge and Coleridge AC - Team B	2	1:55:23	4:02:53	0:08:12	62.0%	632	35	2	35	4	35
36	Phil Bamford	65	M	MM	City of Norwich AC - Team C	2	1:59:33	4:37:30	0:08:30	69.1%	307	36	23	14	32	36
37	Jamie Randall	51	M	MM	Haverhill Running Club	2	1:59:46	4:10:54	0:08:31	60.6%	700	37	24	38	33	37
38	Lesley Robins	45	F	LM	Ryston Runners - Ladies	2	1:59:51	3:58:33	0:08:31	63.6%	561	38	3	30	5	38
39	Dan Watt	31	M	MS	Old Greshamians - Team 1	2	2:00:27	5:19:23	0:08:34	52.9%	937	39	10	55	34	39
40	Paul Rayner	56	M	MM	Thetford AC	2	2:00:30	4:27:32	0:08:34	63.0%	591	40	25	32	35	40
41	Tom Warner	29	M	MS	Wellingborough & District AC - Team 1	2	2:01:15	5:12:57	0:08:37	52.6%	943	41	11	56	36	41
42	Catherine Henery	53	F	LM	Norwich Road Runners - Ladies	2	2:04:36	4:16:29	0:08:52	67.2%	387	42	4	19	6	42
43	David Sawyer	61	M	MM	Headington Road Runners	2	2:06:59	4:23:59	0:09:02	62.6%	617	43	26	33	37	43
44	Anna Froswick	28	F	LS	Tri-Anglia Triathlon Club	2	2:07:33	4:17:20	0:09:04	55.5%	875	44	3	51	7	44
45	Jo Woledge	44	F	LM	Saint Edmund Pacers - Team A	2	2:07:51	4:24:48	0:09:06	59.1%	759	45	5	42	8	45
46	Sarah Starr	34	F	LS	Ely Runners - Team B	2	2:08:01	4:32:17	0:09:06	55.7%	870	46	4	50	9	46
47	Andy Westhead	35	M	MS	Pink & Blacks	2	2:08:14	4:24:32	0:09:07	50.0%	982	47	12	60	38	47
48	Oscar Wood	17	M	MJ	Framlingham Flyers	2	2:08:31	4:08:29	0:09:08	52.2%	954	48	1	58	39	48
49	Alan Shand	62	M	MM	Newmarket Joggers	2	2:08:36	4:14:22	0:09:09	62.4%	622	49	27	34	40	49
50	Michael Morris	50	M	MM	Metros RC	2	2:08:36	4:17:26	0:09:09	56.0%	866	50	28	49	41	50
51	Nicholas Smith	51	M	MM	Stamford Striders	2	2:08:46	4:09:50	0:09:10	56.4%	853	51	29	47	42	51

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52	Jane Greenwood	62	F	LM	Fenland Running Club - Ladies	2	2:11:04	4:31:18	0:09:19	72.3%	191	52	6	7	10
53	Ellie Scott	28	F	LS	North Herts Road Runners	2	2:11:05	4:00:51	0:09:19	54.0%	914	53	5	52	11
54	Neil Macdonald	56	M	MM	Wellingborough & District AC - Team 2	2	2:11:48	4:09:36	0:09:22	57.6%	808	54	30	45	43
55	Stuart Bullard	42	M	MM	Bedford Harriers	2	2:12:13	4:38:54	0:09:24	50.9%	977	55	31	59	44
56	Sarah Atkinson	33	F	LS	Old Greshamians - Team 2	2	2:12:50	4:36:10	0:09:27	53.5%	927	56	6	53	12
57	Stephen Lawson	52	M	MM	Ramsey Road Runners	2	2:19:18	4:27:20	0:09:54	52.6%	944	57	32	57	45
58	Sal Ryder	51	F	LM	North Norfolk Beach Runners - Team B	2	2:21:05	4:41:26	0:10:02	57.9%	800	58	7	44	13
59	Jane Trudgill	44	F	LM	Great Yarmouth Road Runners - Ladies	2	2:21:50	4:46:55	0:10:05	53.2%	932	59	8	54	14
60	Lucy Smith	34	F	LS	Saint Edmund Pacers - Team B	2	2:27:40	4:24:52	0:10:30	48.3%	997	60	7	61	15
61	Robin Ashe	66	M	MM	Bungay Black Dog Running Club	2	2:28:45	4:53:06	0:10:35	56.1%	863	61	33	48	46
1	Gary Evans	17	M	MJ	Riverside Runners	3	0:35:56	4:34:58	0:06:14	72.2%	194	1	1	5	1
2	Chris Harrison	35	M	MS	Norwich Road Runners - Open	3	0:36:48	4:16:43	0:06:23	68.8%	321	2	1	13	2
3	John Hopgood	38	M	MS	Ryston Runners - Open	3	0:37:05	4:25:42	0:06:26	69.6%	280	3	2	10	3
4	Harry Allcock	15	M	MJ	Bungay Black Dog Running Club	3	0:38:51	5:31:57	0:06:45	68.8%	317	4	2	12	4
5	Sarah Griffiths	25	F	LS	City of Norwich AC - Team A	3	0:39:08	3:47:35	0:06:48	71.6%	211	5	1	7	1
6	Adrian Hall	53	M	MM	Wymondham AC - Open	3	0:39:08	4:08:23	0:06:48	74.1%	121	6	1	2	5
7	Adie Grand	52	M	MM	Norwich Road Runners - Masters	3	0:39:40	4:11:11	0:06:53	72.6%	175	7	2	4	6
8	Stephen Howard	53	M	MM	Ely Runners - Team A	3	0:39:51	4:07:43	0:06:55	72.8%	163	8	3	3	7
9	Peter West	40	M	MM	March AC	3	0:40:23	4:23:45	0:07:01	64.9%	498	9	4	18	8
10	Jane Clarke	57	F	LM	City of Norwich AC - Team B	3	0:40:52	4:26:11	0:07:06	85.1%	7	10	1	1	2
11	Chris Langton	51	M	MM	City of Norwich AC - Team C	3	0:41:15	5:18:45	0:07:10	69.2%	301	11	5	11	9
12	Bob Grainer	37	M	MS	Stowmarket Striders Running Club	3	0:41:37	4:56:14	0:07:14	61.6%	647	12	3	24	10
13	Juliet Naylor	45	F	LM	Biggleswade AC	3	0:41:45	4:25:22	0:07:15	72.0%	198	13	2	6	3
14	Roisin Marks	24	F	LS	Norwich Road Runners - Ladies	3	0:42:00	4:58:29	0:07:18	66.7%	412	14	2	16	4
15	Chris Cooke	56	M	MM	Saint Edmund Pacers - Team A	3	0:42:21	5:07:09	0:07:21	70.3%	258	15	6	8	11
16	Ryan Price	17	M	MJ	Ramsey Road Runners	3	0:42:30	5:09:50	0:07:23	61.0%	676	16	3	29	12
17	Ian Coxhead	50	M	MM	Norfolk Gazelles Chinkara	3	0:43:09	4:41:53	0:07:29	65.6%	468	17	7	17	13
18	Daniel Spiller	38	M	MS	Fenland Running Club - Open	3	0:43:17	4:20:21	0:07:31	59.7%	738	18	4	32	14
19	Rachel Pritchard	42	F	LM	Cambridge & Coleridge AC - Team A	3	0:43:49	3:53:41	0:07:36	67.0%	404	19	3	15	5
20	Jo Delf	34	F	LS	Wymondham AC - Ladies	3	0:44:15	4:47:43	0:07:41	63.8%	554	20	3	21	6
21	Andrew Baker	50	M	MM	Great Yarmouth Road Runners - Open	3	0:44:55	4:44:41	0:07:48	63.0%	585	21	8	22	15
22	Keith Moore	54	M	MM	Dereham - Open	3	0:45:20	4:24:11	0:07:52	64.5%	517	22	9	20	16
23	Charlotte Ennals	26	F	LS	North Norfolk Beach Runners - Team A	3	0:45:39	4:17:57	0:07:56	61.4%	655	23	4	25	7
24	Lorraine Marshall	50	F	LM	Bure Valley Harriers	3	0:46:55	4:31:47	0:08:09	67.7%	366	24	4	14	8
25	Ruth Palmer	41	F	LM	Saint Edmund Pacers - Team B	3	0:47:36	5:12:28	0:08:16	61.2%	666	25	5	26	9
26	Matthew Freezer	28	M	MS	Dereham - Club	3	0:47:54	4:29:26	0:08:19	51.7%	959	26	5	50	17
27	Anna Watt	38	F	LM	Old Greshamians - Team 2	3	0:48:45	5:24:55	0:08:28	58.8%	768	27	6	34	10
28	Mick Wise	63	M	MM	Garden City Runners	3	0:48:57	4:28:05	0:08:30	64.6%	514	28	10	19	18
29	John Gay	57	M	MM	North Norfolk Beach Runners - Team B	3	0:49:03	5:30:29	0:08:31	61.2%	672	29	11	28	19
30	Stephen Starr	50	M	MM	Ely Runners - Team B	3	0:49:14	5:21:31	0:08:33	57.5%	809	30	12	38	20
31	Anna Duch	33	F	LS	Cambridge and Coleridge AC - Team B	3	0:49:21	4:52:14	0:08:34	57.0%	830	31	5	41	11
32	Marc Gladwell	37	M	MS	RAF Marham	3	0:49:24	5:19:00	0:08:35	51.9%	957	32	6	48	21
33	Mandy Barker	44	F	LM	Paddock Wood AC	3	0:49:37	4:28:26	0:08:37	60.1%	725	33	7	31	12
34	Chris Chapman	59	M	MM	Ryston Runners - Masters	3	0:50:07	5:05:09	0:08:42	60.9%	684	34	13	30	22
35	Suzanne Moon	40	F	LM	Stamford Striders	3	0:50:14	5:00:04	0:08:43	57.7%	804	35	8	36	13
36	Iona Stubbs	17	F	LJ	Old Greshamians - Team 1	3	0:50:18	6:09:41	0:08:44	56.9%	835	36	1	42	14
37	Shaun De Clancy	55	M	MM	Wellingborough & District AC - Team 2	3	0:51:12	5:00:48	0:08:53	57.6%	807	37	14	37	23
38	Roger Slee	48	M	MM	Tri-Anglia Triathlon Club	3	0:51:24	5:08:44	0:08:55	54.2%	907	38	15	45	24
39	Colin Harris	47	M	MM	Wellingborough & District AC - Team 1	3	0:51:38	6:04:35	0:08:58	53.5%	925	39	16	46	25
40	Cathy Russell	52	F	LM	Newmarket Joggers	3	0:51:51	5:06:13	0:09:00	62.8%	602	40	9	23	15
41	Estelle Corner	43	F	LM	Norfolk Gazelles Dorcas	3	0:52:06	4:46:40	0:09:03	56.8%	839	41	10	43	16
42	Shirley Fowler	53	F	LM	Haverhill Running Club	3	0:53:54	5:04:48	0:09:21	61.2%	671	42	11	27	17
43	Rosemary Jackson	63	F	LM	Coltishall Jaguars - Mixed	3	0:54:19	4:48:05	0:09:26	69.6%	278	43	12	9	18
44	Nicky Roper	45	F	LM	Framlingham Flyers	3	0:54:44	5:03:13	0:09:30	55.0%	894	44	13	44	19
45	Emma Thompson	40	F	LM	Ryston Runners - Ladies	3	0:55:09	4:53:42	0:09:34	52.5%	945	45	14	47	20
46	Edward Byard	36	M	MS	Headington Road Runners	3	0:55:26	5:19:25	0:09:37	45.9%	1013	46	7	58	26

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
47	Julie Garner	53	F	LM	Fenland Running Club - Ladies	3	0:56:22	5:27:40	0:09:47	58.5%	779	47	15	35	21
48	Clare Hicks	42	F	LM	Coltishall Jaguars - Open	3	0:56:38	4:58:17	0:09:50	51.8%	958	48	16	49	22
49	Peter Wenzel	66	M	MM	Bishops Stortford Running Club	3	0:56:43	4:45:56	0:09:51	57.3%	817	49	17	39	27
50	Brian Moore	67	M	MM	Norwich Road Runners - Mixed	3	0:57:19	4:57:10	0:09:57	57.2%	820	50	18	40	28
51	Charlotte Mears	37	F	LM	Reepham Runners - Mixed	3	0:57:20	5:00:53	0:09:57	49.7%	986	51	17	55	23
52	Jo Whelan	56	F	LM	Felixstowe Road Runners	3	0:57:33	4:43:03	0:09:59	59.6%	740	52	18	33	24
53	Clare Self	40	F	LM	Reepham Runners - Masters	3	0:57:56	4:53:57	0:10:03	50.0%	983	53	19	54	25
54	Ann Kirton	48	F	LM	Thetford AC	3	1:00:52	5:28:24	0:10:34	50.9%	976	54	20	51	26
55	Alastair Scoffham	61	M	MM	Metros RC	3	1:01:14	5:18:40	0:10:38	50.7%	979	55	19	53	29
56	Kim Westhead	33	F	LS	Pink & Blacks	3	1:01:50	5:26:22	0:10:44	45.5%	1014	56	6	59	27
57	Michelle Fadden	51	F	LM	Bedford Harriers	3	1:03:09	5:42:03	0:10:58	50.9%	978	57	21	52	28
58	Lindsay Cook	42	F	LM	North Herts Road Runners	3	1:03:29	5:04:20	0:11:01	46.2%	1012	58	22	57	29
59	Fiona Williams	45	F	LM	Great Yarmouth Road Runners - Ladies	3	1:03:40	5:50:35	0:11:03	47.2%	1007	59	23	56	30
60	Claire Sibley	45	F	LM	Thorney Running Club	3	1:12:52	5:16:48	0:12:39	41.3%	1032	60	24	60	31
61	Hannah Marsters	38	F	LM	West Norfolk AC	3	1:13:08	4:57:40	0:12:42	39.2%	1036	61	25	61	32
1	Ross Payne	22	M	MS	Ely Runners - Team A	4	1:12:34	5:20:17	0:06:31	68.6%	325	1	1	11	1
2	Tony Witmond	49	M	MM	North Norfolk Beach Runners - Team A	4	1:14:14	5:32:11	0:06:40	75.3%	95	2	1	2	2
3	Stu Barnard	41	M	MM	Wymondham AC - Open	4	1:14:49	5:23:12	0:06:43	70.1%	268	3	2	9	3
4	Andrew Simmonds	36	M	MS	Ryston Runners - Open	4	1:15:09	5:40:51	0:06:45	67.3%	385	4	2	15	4
5	Philippa Taylor	50	F	LM	City of Norwich AC - Team A	4	1:16:04	5:03:39	0:06:50	82.7%	11	5	1	1	1
6	Neil White	46	M	MM	Cambridge & Coleridge AC - Team A	4	1:16:13	5:09:54	0:06:51	71.6%	213	6	3	6	5
7	Simon Partridge	36	M	MS	Bure Valley Harriers	4	1:18:25	5:50:12	0:07:02	64.4%	521	7	3	21	6
8	Daniel Grimwood	41	M	MM	Paddock Wood AC	4	1:18:52	5:47:18	0:07:05	66.5%	421	8	4	17	7
9	Ed Sidgwick	28	M	MS	Old Greshamians - Team 1	4	1:18:56	7:28:37	0:07:05	63.0%	586	9	4	32	8
10	Jonathan Kemp	37	M	MS	Norwich Road Runners - Open	4	1:19:25	5:36:08	0:07:08	64.0%	541	10	5	26	9
11	Tim Larke	44	M	MM	Stowmarket Striders Running Club	4	1:19:27	6:15:41	0:07:08	67.6%	370	11	5	14	10
12	Steve Mckeown	48	M	MM	North Herts Road Runners	4	1:19:40	6:24:00	0:07:09	69.6%	281	12	6	10	11
13	Andy Dennis	27	M	MS	Stamford Striders	4	1:19:54	6:19:58	0:07:10	62.3%	625	13	6	34	12
14	Mark Watts	53	M	MM	Saint Edmund Pacers - Team B	4	1:19:57	6:32:25	0:07:11	72.4%	183	14	7	4	13
15	Simon Dobbs	52	M	MM	Norwich Road Runners - Masters	4	1:20:11	5:31:22	0:07:12	71.6%	215	15	8	7	14
16	Julian Long	45	M	MM	Saint Edmund Pacers - Team A	4	1:20:46	6:27:55	0:07:15	67.0%	403	16	9	16	15
17	Kevin Shelton-Smith	57	M	MM	Bedford Harriers	4	1:21:28	7:03:31	0:07:19	73.6%	140	17	10	3	16
18	Pete Davies	26	M	MS	RAF Marham	4	1:21:34	6:40:34	0:07:19	61.0%	677	18	7	36	17
19	Rowena Leary	32	F	LS	Norfolk Gazelles Dorcas	4	1:21:59	6:08:39	0:07:22	67.9%	355	19	1	12	2
20	Paul Evans	54	M	MM	Reepham Runners - Masters	4	1:23:14	6:17:11	0:07:28	70.1%	265	20	11	8	18
21	Mark White	45	M	MM	Haverhill Running Club	4	1:24:20	6:29:08	0:07:34	64.2%	532	21	12	23	19
22	Daniel Roberts	24	M	MS	Dereham - Club	4	1:25:26	5:54:52	0:07:40	58.2%	786	22	8	44	20
23	Mark Clues	50	M	MM	Tri-Anglia Triathlon Club	4	1:25:55	6:34:39	0:07:43	65.7%	465	23	13	18	21
24	Kevin Howlett	60	M	MM	Ryston Runners - Masters	4	1:25:55	6:31:04	0:07:43	71.7%	210	24	14	5	22
25	Julia Parsley	35	F	LM	City of Norwich AC - Team B	4	1:27:25	5:53:36	0:07:51	64.1%	538	25	2	24	3
26	Lydia Growns	28	F	LS	Ryston Runners - Ladies	4	1:27:29	6:21:11	0:07:51	63.5%	570	26	2	30	4
27	Ellie Gaskins	32	F	LS	Coltishall Jaguars - Mixed	4	1:27:30	6:15:35	0:07:51	63.6%	560	27	3	28	5
28	John Chapman	49	M	MM	Fenland Running Club - Open	4	1:27:47	5:48:08	0:07:53	63.7%	555	28	15	27	23
29	Karen Patterson	46	F	LM	March AC	4	1:28:45	5:52:30	0:07:58	67.8%	361	29	3	13	6
30	Tom Johnson	22	M	MS	Coltishall Jaguars - Open	4	1:29:19	6:27:36	0:08:01	55.7%	869	30	9	50	24
31	Stacey Harper	39	F	LM	Norwich Road Runners - Ladies	4	1:29:49	6:28:18	0:08:04	63.5%	567	31	4	29	7
32	Paul Ridley	50	M	MM	Riverside Runners	4	1:29:55	6:04:53	0:08:04	62.7%	605	32	16	33	25
33	Peter Bennet	53	M	MM	Cambridge and Coleridge AC - Team B	4	1:29:58	6:22:12	0:08:05	64.3%	526	33	17	22	26
34	Chris Godfrey	39	M	MS	Pink & Blacks	4	1:30:46	6:57:08	0:08:09	56.9%	836	34	10	47	27
35	Nina Atkinson	43	F	LM	Reepham Runners - Mixed	4	1:31:24	6:32:17	0:08:12	64.1%	540	35	5	25	8
36	Nick Ross	47	M	MM	Norfolk Gazelles Chinkara	4	1:32:04	6:13:57	0:08:16	59.8%	736	36	18	40	28
37	James Nice	51	M	MM	Dereham - Open	4	1:32:36	5:56:47	0:08:19	61.4%	653	37	19	35	29
38	Adam Smith	49	M	MM	Old Greshamians - Team 2	4	1:32:41	6:57:36	0:08:19	60.3%	712	38	20	39	30
39	Tony Cattle	57	M	MM	Thetford AC	4	1:34:58	7:03:22	0:08:31	63.1%	584	39	21	31	31
40	Andy Cowling	60	M	MM	Thorney Running Club	4	1:35:04	6:51:52	0:08:32	64.8%	505	40	22	20	32
41	Julian Blackwell	46	M	MM	Wellingborough & District AC - Team 2	4	1:35:35	6:36:23	0:08:35	57.1%	826	41	23	46	33

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
42	Charlotte Cook	34	F	LS	Ely Runners - Team B	4	1:35:46	6:57:17	0:08:36	58.4%	782	42	4	43	9
43	Vernon Hoare	54	M	MM	North Norfolk Beach Runners - Team B	4	1:35:50	7:06:19	0:08:36	60.9%	682	43	24	37	34
44	Katherine Baxter-Smith	31	F	LS	Wellingborough & District AC - Team 1	4	1:35:57	7:40:32	0:08:37	57.9%	799	44	5	45	10
45	Adam Chapman	36	M	MS	Bishops Stortford Running Club	4	1:36:18	6:22:14	0:08:39	52.5%	947	45	11	54	35
46	Gary Stanley	62	M	MM	Great Yarmouth Road Runners - Open	4	1:36:37	6:21:18	0:08:40	65.0%	495	46	25	19	36
47	Clare Howarth	36	F	LM	Headington Road Runners	4	1:39:14	6:58:39	0:08:54	56.7%	841	47	6	48	11
48	Paul Woodyatt	56	M	MM	City of Norwich AC - Team C	4	1:40:00	6:58:45	0:08:59	59.4%	747	48	26	41	37
49	Donna Warren	47	F	LM	Metros RC	4	1:40:34	6:59:14	0:09:02	60.4%	708	49	7	38	12
50	Francesca Turner	22	F	LS	Great Yarmouth Road Runners - Ladies	4	1:43:43	7:34:18	0:09:19	53.5%	926	50	6	52	13
51	Brad Smith	36	M	MS	Garden City Runners	4	1:43:49	6:11:54	0:09:19	48.7%	993	51	12	59	38
52	Matt Saunders	41	M	MM	Felixstowe Road Runners	4	1:45:06	6:28:09	0:09:26	49.9%	984	52	27	58	39
53	Ian Kennedy	55	M	MM	Framlingham Flyers	4	1:45:39	6:48:52	0:09:29	55.7%	868	53	28	49	40
54	Julia Lloyd	50	F	LM	Wymondham AC - Ladies	4	1:46:00	6:33:43	0:09:31	59.3%	750	54	8	42	14
55	Jay Gilbert	39	F	LM	Fenland Running Club - Ladies	4	1:46:27	7:14:07	0:09:33	53.6%	924	55	9	51	15
56	Richie Walker	51	M	MM	West Norfolk AC	4	1:47:51	6:45:31	0:09:41	52.7%	941	56	29	53	41
57	Claire Hewson	42	F	LM	Ramsey Road Runners	4	1:50:52	7:00:42	0:09:57	52.4%	949	57	10	55	16
58	Andrew Hedley	54	M	MM	Biggleswade AC	4	1:51:41	6:17:03	0:10:02	52.3%	953	58	30	56	42
59	Lisa Long	45	F	LM	Newmarket Joggers	4	1:56:32	7:02:45	0:10:28	51.1%	971	59	11	57	17
60	Larissa Smith	34	F	LS	Bungay Black Dog Running Club	4	2:03:02	7:34:59	0:11:03	45.4%	1017	60	7	61	18
61	Tina Moseley	49	F	LM	Norwich Road Runners - Mixed	4	2:11:39	7:08:49	0:11:49	47.2%	1008	61	12	60	19
1	James O'Neill	37	M	MS	Ryston Runners - Open	5	1:09:09	6:50:00	0:06:24	71.4%	221	1	1	5	1
2	Scott Walford	47	M	MM	Bure Valley Harriers	5	1:10:19	7:00:31	0:06:30	75.9%	86	2	1	2	2
3	Graham Anderson	35	M	MS	Cambridge & Coleridge AC - Team A	5	1:12:27	6:22:21	0:06:42	67.3%	382	3	2	7	3
4	Alex Metcalfe	34	M	MS	Ely Runners - Team A	5	1:14:47	6:35:04	0:06:55	65.0%	494	4	3	14	4
5	James Shiner	30	M	MS	Riverside Runners	5	1:14:50	7:19:43	0:06:55	64.5%	519	5	4	15	5
6	Dave Burgess	45	M	MM	March AC	5	1:16:39	7:09:09	0:07:05	68.5%	329	6	2	6	6
7	Jamie Seamark	45	M	MM	North Norfolk Beach Runners - Team A	5	1:18:22	6:50:33	0:07:15	67.0%	402	7	3	8	7
8	Karl Sherry	55	M	MM	Norwich Road Runners - Masters	5	1:18:51	6:50:13	0:07:18	72.5%	179	8	4	4	8
9	Stephen Balfe	36	M	MS	City of Norwich AC - Team A	5	1:18:54	6:22:33	0:07:18	62.2%	628	9	5	23	9
10	Paul Martin	40	M	MM	Norwich Road Runners - Open	5	1:21:19	6:57:27	0:07:31	62.1%	630	10	5	24	10
11	Zac O'Neil	38	M	MS	Wellingborough & District AC - Team 2	5	1:21:32	7:57:55	0:07:33	61.0%	679	11	6	28	11
12	Karl Chapman	48	M	MM	Wymondham AC - Open	5	1:21:50	6:45:02	0:07:34	65.8%	457	12	6	10	12
13	Charles George	17	M	MJ	Paddock Wood AC	5	1:22:36	7:09:54	0:07:38	61.3%	660	13	1	27	13
14	Howard Bailey	33	M	MS	Dereham - Open	5	1:22:45	7:19:32	0:07:39	58.5%	778	14	7	32	14
15	Bob Wells	70	M	MM	Bedford Harriers	5	1:25:12	8:28:43	0:07:53	77.3%	59	15	7	1	15
16	Graham Milham	41	M	MM	Fenland Running Club - Open	5	1:25:29	7:13:37	0:07:54	59.5%	744	16	8	31	16
17	Steven Guy	44	M	MM	City of Norwich AC - Team B	5	1:25:45	7:19:21	0:07:56	60.8%	692	17	9	30	17
18	Rebecca Cousins	28	F	LS	West Norfolk AC	5	1:25:53	8:11:24	0:07:57	62.7%	606	18	1	21	1
19	Jason Stone	48	M	MM	Ryston Runners - Masters	5	1:25:54	7:56:58	0:07:57	62.7%	611	19	10	22	18
20	Carol Devlin	52	F	LM	Dereham - Club	5	1:25:55	7:20:47	0:07:57	72.8%	161	20	1	3	2
21	Deborah English	38	F	LM	Norwich Road Runners - Ladies	5	1:27:27	7:55:45	0:08:05	63.0%	592	21	2	18	3
22	Astrid Mckeown	44	F	LM	North Herts Road Runners	5	1:27:34	7:51:34	0:08:06	65.4%	472	22	3	12	4
23	Rod Bye	56	M	MM	Coltishall Jaguars - Mixed	5	1:27:40	7:43:15	0:08:07	65.8%	458	23	11	11	19
24	Simon Brightwell	52	M	MM	Cambridge and Coleridge AC - Team B	5	1:28:42	7:50:54	0:08:12	62.8%	603	24	12	20	20
25	Ed Fancourt	50	M	MM	Stamford Striders	5	1:28:48	7:48:46	0:08:13	61.6%	642	25	13	26	21
26	Alan Routledge	54	M	MM	Garden City Runners	5	1:28:56	7:40:50	0:08:14	63.7%	557	26	14	17	22
27	Steve Atkins	51	M	MM	Saint Edmund Pacers - Team A	5	1:30:39	7:58:34	0:08:23	60.9%	685	27	15	29	23
28	James Lambert	38	M	MS	Coltishall Jaguars - Open	5	1:31:30	7:59:06	0:08:28	54.3%	903	28	8	42	24
29	James Fowler	40	M	MM	Norfolk Gazelles Chinkara	5	1:31:35	7:45:32	0:08:28	55.1%	883	29	16	40	25
30	Marcus Weedon	44	M	MM	Metros RC	5	1:32:02	8:31:16	0:08:31	56.6%	843	30	17	36	26
31	Howard Olby	38	M	MS	Old Greshamians - Team 1	5	1:32:37	9:01:14	0:08:34	53.7%	920	31	9	45	27
32	Charles Arnold	61	M	MM	Biggleswade AC	5	1:32:42	7:49:45	0:08:35	65.1%	485	32	18	13	28
33	Barry Graves	59	M	MM	Ely Runners - Team B	5	1:32:49	8:30:06	0:08:35	63.8%	552	33	19	16	29
34	Jo Isbill	52	F	LM	Ryston Runners - Ladies	5	1:33:37	7:54:48	0:08:40	66.8%	409	34	4	9	5
35	Ashely Yallop	35	M	MS	Norwich Road Runners - Mixed	5	1:34:00	8:42:49	0:08:42	51.9%	956	35	10	48	30
36	Joe Geitner	50	M	MM	City of Norwich AC - Team C	5	1:35:13	8:33:58	0:08:48	57.5%	811	36	20	34	31

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
37	Pete Reed	36	M	MS	RAF Marham	5	1:35:39	8:16:13	0:08:51	51.3%	968	37	11	49	32
38	Rob White	49	M	MM	Ramsey Road Runners	5	1:35:41	8:36:23	0:08:51	56.7%	840	38	21	35	33
39	Ann Trett	34	F	LS	Fenland Running Club - Ladies	5	1:36:08	8:50:15	0:08:54	56.4%	850	39	2	38	6
40	Rebecca Maun	48	F	LM	North Norfolk Beach Runners - Team B	5	1:36:21	8:42:40	0:08:55	61.8%	635	40	5	25	7
41	Mark Philo	49	M	MM	Tri-Anglia Triathlon Club	5	1:36:41	8:11:20	0:08:57	56.1%	862	41	22	39	34
42	Mark Skoulding	47	M	MM	Stowmarket Striders Running Club	5	1:36:54	7:52:35	0:08:58	55.1%	885	42	23	41	35
43	Dudley Garner	35	M	MS	Norfolk Gazelles Dorcas	5	1:38:20	7:46:59	0:09:06	49.6%	989	43	12	51	36
44	Mark Womack	47	M	MM	Great Yarmouth Road Runners - Open	5	1:38:57	8:00:15	0:09:09	54.0%	916	44	24	44	37
45	Carl Willimott	46	M	MM	Reepham Runners - Masters	5	1:40:21	7:57:32	0:09:17	52.8%	940	45	25	46	38
46	Marc Benson	34	M	MS	Haverhill Running Club	5	1:40:41	8:09:49	0:09:19	48.3%	996	46	13	54	39
47	Hannah Pollard	36	F	LM	Newmarket Joggers	5	1:40:45	8:43:30	0:09:19	54.2%	909	47	6	43	8
48	Chris Sugars	46	M	MM	Felixstowe Road Runners	5	1:40:55	8:09:04	0:09:20	52.5%	948	48	26	47	40
49	Sandra Webb	47	F	LM	Saint Edmund Pacers - Team B	5	1:42:31	8:14:56	0:09:29	57.5%	810	49	7	33	9
50	Chris Balding	34	M	MS	Old Greshamians - Team 2	5	1:43:05	8:40:41	0:09:32	47.1%	1009	50	14	57	41
51	Justine Fawcett	47	F	LM	Bungay Black Dog Running Club	5	1:44:20	9:19:19	0:09:39	56.5%	847	51	8	37	10
52	Jon Gipson	38	M	MS	Thorney Running Club	5	1:44:31	8:36:23	0:09:40	47.6%	1003	52	15	55	42
53	James Brown	41	M	MM	Pink & Blacks	5	1:44:52	8:42:00	0:09:42	48.5%	995	53	27	53	43
54	Louise Norkett	40	F	LM	Thetford AC	5	1:52:00	8:55:22	0:10:22	49.7%	987	54	9	50	11
55	Jen Rudd	43	F	LM	Wymondham AC - Ladies	5	1:55:16	8:28:59	0:10:40	49.3%	991	55	10	52	12
56	Shirley Ball	63	F	LM	Bishops Stortford Running Club	5	1:55:31	8:17:45	0:10:41	62.9%	593	56	11	19	13
57	Mary Pearson	32	F	LS	Wellingborough & District AC - Team 1	5	2:01:43	9:42:15	0:11:16	44.4%	1021	57	3	59	14
58	Ulen Neale	46	M	MM	Headington Road Runners	5	2:02:03	9:00:42	0:11:17	43.4%	1026	58	28	60	44
59	Karen Peck	46	F	LM	Great Yarmouth Road Runners - Ladies	5	2:03:23	9:37:41	0:11:25	47.3%	1006	59	12	56	15
60	Jo Cartwright	44	F	LM	Framlingham Flyers	5	2:05:56	8:54:48	0:11:39	45.5%	1015	60	13	58	16
61	Greg Pearson	39	M	MS	Reepham Runners - Mixed	5	2:06:42	8:38:59	0:11:43	39.5%	1035	61	16	61	45
1	Sam Todd	21	M	MS	City of Norwich AC - Team C	6	0:46:51	9:20:49	0:05:56	73.9%	130	1	1	10	1
2	Lawrence Wade	43	M	MM	City of Norwich AC - Team A	6	0:48:21	7:10:54	0:06:07	77.0%	66	2	1	2	2
3	Kevin Murphy	43	M	MM	Saint Edmund Pacers - Team A	6	0:48:24	8:46:58	0:06:08	76.9%	67	3	2	3	3
4	Rob Morgan	41	M	MM	Biggleswade AC	6	0:48:44	8:38:29	0:06:10	75.2%	98	4	3	8	4
5	Alan Pritchard	44	M	MM	Cambridge & Coleridge AC - Team A	6	0:49:04	7:11:25	0:06:13	76.4%	76	5	4	5	5
6	Richard Ebbs	46	M	MM	Ryston Runners - Open	6	0:49:12	7:39:12	0:06:14	77.4%	57	6	5	1	6
7	Mark Betts	45	M	MM	Norwich Road Runners - Masters	6	0:50:59	7:41:12	0:06:27	74.1%	122	7	6	9	7
8	Ben Cook	36	M	MS	Ely Runners - Team A	6	0:51:37	7:26:41	0:06:32	68.4%	332	8	2	17	8
9	Graham Beales	40	M	MM	Wymondham AC - Open	6	0:52:28	7:37:30	0:06:38	69.3%	294	9	7	15	9
10	Martin Ive	51	M	MM	Ryston Runners - Masters	6	0:52:39	8:49:37	0:06:40	75.3%	96	10	8	7	10
11	Sarah Shepheard	24	F	LS	Paddock Wood AC	6	0:52:54	8:02:48	0:06:42	73.7%	137	11	1	11	1
12	Charlotte Neale	31	F	LS	North Norfolk Beach Runners - Team A	6	0:53:35	7:44:08	0:06:47	72.8%	162	12	2	12	2
13	Emma Tuck	43	F	LM	March AC	6	0:53:39	8:02:48	0:06:47	76.6%	71	13	1	4	3
14	Ben Gaskins	32	M	MS	Coltishall Jaguars - Open	6	0:55:24	8:54:30	0:07:01	62.6%	615	14	3	32	11
15	Tom Richards	50	M	MM	Fenland Running Club - Open	6	0:55:38	8:09:15	0:07:03	70.7%	236	15	9	13	12
16	David Haughton	46	M	MM	Norwich Road Runners - Open	6	0:55:39	7:53:06	0:07:03	68.5%	331	16	10	16	13
17	John Griffiths	59	M	MM	Headington Road Runners	6	0:55:41	9:56:23	0:07:03	76.3%	78	17	11	6	14
18	Anna Kirkham	34	F	LS	Norwich Road Runners - Ladies	6	0:57:56	8:53:41	0:07:20	67.7%	363	18	3	18	4
19	Juliette Watkinson	35	F	LM	Wymondham AC - Ladies	6	0:59:00	9:27:59	0:07:28	66.7%	415	19	2	21	5
20	Adam Stickler	29	M	MS	Old Greshamians - Team 1	6	0:59:39	10:00:53	0:07:33	57.8%	801	20	4	42	15
21	Vicky Tovell	45	F	LM	Coltishall Jaguars - Mixed	6	0:59:55	8:43:10	0:07:35	69.8%	275	21	3	14	6
22	Alex French	41	F	LM	City of Norwich AC - Team B	6	1:00:20	8:19:41	0:07:38	67.2%	391	22	4	19	7
23	Emma Jay	34	F	LS	Norfolk Gazelles Dorcas	6	1:01:38	8:48:37	0:07:48	63.7%	558	23	4	27	8
24	Ruth Eberhardt	44	F	LM	Newmarket Joggers	6	1:01:46	9:45:16	0:07:49	67.1%	397	24	5	20	9
25	Ben Chamberlain	36	M	MS	Cambridge and Coleridge AC - Team B	6	1:01:48	8:52:42	0:07:49	57.2%	823	25	5	44	16
26	Tim Ellwood	49	M	MM	Wellingborough & District AC - Team 2	6	1:01:58	8:59:53	0:07:51	63.0%	590	26	12	28	17
27	Lee Oxbury	49	M	MM	Norfolk Gazelles Chinkara	6	1:02:03	8:47:35	0:07:51	62.9%	597	27	13	29	18
28	Adi Fisher	43	M	MM	Stamford Striders	6	1:02:52	8:51:38	0:07:57	59.2%	755	28	14	37	19
29	James Davis	20	M	MJ	Dereham - Club	6	1:03:39	8:24:26	0:08:03	54.8%	895	29	1	48	20
30	Vhari King	39	F	LM	Bure Valley Harriers	6	1:03:57	8:04:28	0:08:06	62.6%	614	30	6	31	10
31	Glen Proctor	45	M	MM	Stowmarket Striders Running Club	6	1:04:45	8:57:20	0:08:12	58.4%	781	31	15	39	21

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
32	Mike Hankinson	56	M	MM	Saint Edmund Pacers - Team B	6	1:04:49	9:19:45	0:08:12	63.8%	551	32	16	26	22
33	Barbara Sayers	45	F	LM	North Herts Road Runners	6	1:04:58	8:56:32	0:08:13	64.4%	523	33	7	24	11
34	Sarah Boosey	35	F	LM	Norwich Road Runners - Mixed	6	1:05:17	9:48:06	0:08:16	60.3%	715	34	8	35	12
35	Julia Norman	42	F	LM	Ryston Runners - Ladies	6	1:05:19	9:00:07	0:08:16	62.5%	620	35	9	33	13
36	Les Rennie	63	M	MM	Ramsey Road Runners	6	1:06:00	9:42:23	0:08:21	66.7%	416	36	17	22	23
37	Johan Preis	50	M	MM	Garden City Runners	6	1:06:10	8:47:00	0:08:23	59.5%	745	37	18	36	24
38	Caroline Brown	42	F	LM	Ely Runners - Team B	6	1:06:17	9:36:23	0:08:23	61.6%	649	38	10	34	14
39	Zoe Parish	25	F	LS	North Norfolk Beach Runners - Team B	6	1:06:29	9:49:09	0:08:25	58.6%	775	39	5	38	15
40	Sam Hewson	36	M	MS	Pink & Blacks	6	1:07:05	9:49:05	0:08:29	52.7%	942	40	6	55	25
41	Stephen Ball	63	M	MM	Bishops Stortford Running Club	6	1:07:58	9:25:43	0:08:36	64.8%	508	41	19	23	26
42	Mike Jolly	48	M	MM	Reepham Runners - Masters	6	1:08:26	9:05:58	0:08:40	56.6%	845	42	20	45	27
43	Matt Gingall	48	M	MM	West Norfolk AC	6	1:08:28	9:19:52	0:08:40	56.5%	846	43	21	46	28
44	Arabella Peaver	30	F	LS	Old Greshamians - Team 2	6	1:11:19	9:52:00	0:09:02	54.7%	897	44	6	49	16
45	Rob Bailey	52	M	MM	Great Yarmouth Road Runners - Open	6	1:11:51	9:12:06	0:09:06	55.7%	871	45	22	47	29
46	Mary Ann Tuli	46	F	LM	Haverhill Running Club	6	1:12:38	9:22:27	0:09:12	58.1%	792	46	11	41	17
47	Paul White	43	M	MM	Thetford AC	6	1:12:41	10:08:03	0:09:12	51.2%	970	47	23	57	30
48	Richard Watson	50	M	MM	Bedford Harriers	6	1:12:59	9:41:42	0:09:14	53.9%	918	48	24	52	31
49	Denise Griffin	53	F	LM	Fenland Running Club - Ladies	6	1:13:13	10:03:28	0:09:16	62.6%	613	49	12	30	18
50	Hayley Thompson	37	F	LM	Reepham Runners - Mixed	6	1:13:16	9:52:15	0:09:16	54.1%	911	50	13	51	19
51	Louise Kemp	39	F	LM	Wellingborough & District AC - Team 1	6	1:13:55	10:56:10	0:09:21	54.2%	910	51	14	50	20
52	Martin Strowger	50	M	MM	Dereham - Open	6	1:13:59	8:33:31	0:09:22	53.2%	933	52	25	54	32
53	Christine Ashe	56	F	LM	Bungay Black Dog Running Club	6	1:14:06	10:33:25	0:09:23	64.3%	524	53	15	25	21
54	Andrea Thompson	49	F	LM	RAF Marham	6	1:14:56	9:31:09	0:09:29	58.2%	790	54	16	40	22
55	Doris Willmont	36	F	LM	Framlingham Flyers	6	1:16:02	10:10:50	0:09:37	51.9%	955	55	17	56	23
56	Jonny Miles	35	M	MS	Felixstowe Road Runners	6	1:19:41	9:28:45	0:10:05	44.1%	1023	56	7	61	33
57	Leigh Wisdom	30	F	LS	Thorney Running Club	6	1:20:13	9:56:36	0:10:09	48.6%	994	57	7	58	24
58	Michaela Ridley	48	F	LM	Riverside Runners	6	1:20:26	8:40:09	0:10:11	53.6%	923	58	18	53	25
59	Kitty Rosser	37	F	LM	Tri-Anglia Triathlon Club	6	1:22:40	9:34:00	0:10:28	48.0%	1000	59	19	59	26
60	Teresa Young	59	F	LM	Metros RC	6	1:26:40	9:57:56	0:10:58	57.3%	818	60	20	43	27
61	Jodie Lee	33	F	LS	Great Yarmouth Road Runners - Ladies	6	1:27:03	11:04:44	0:11:01	45.0%	1019	61	8	60	28
1	Tom Vickery	31	M	MS	Cambridge & Coleridge AC - Team A	7	0:50:27	8:01:52	0:05:28	81.0%	19	1	1	3	1
2	Daniel Middleton	35	M	MS	Norwich Road Runners - Open	7	0:51:30	8:44:36	0:05:34	80.3%	26	2	2	5	2
3	George Gay	22	M	MS	City of Norwich AC - Team A	7	0:53:50	8:04:44	0:05:50	75.8%	88	3	3	10	3
4	Chris Merrylees	39	M	MS	North Norfolk Beach Runners - Team A	7	0:56:35	8:40:43	0:06:07	75.1%	100	4	4	11	4
5	Andrew Brett	36	M	MS	Ramsey Road Runners	7	0:57:41	10:40:04	0:06:15	72.1%	197	5	5	17	5
6	Nigel Arnold	59	M	MM	Norfolk Gazelles Dorcas	7	0:58:10	9:46:47	0:06:18	86.2%	1	6	1	1	6
7	Lewis Saunders	27	M	MS	Fenland Running Club - Open	7	0:58:11	9:07:26	0:06:18	70.1%	264	7	6	23	7
8	Jon Kemp	46	M	MM	Wellingborough & District AC - Team 1	7	0:58:59	11:55:09	0:06:23	76.1%	82	8	2	8	8
9	Ed Foster	20	M	MJ	City of Norwich AC - Team B	7	0:59:26	9:19:07	0:06:26	69.4%	291	9	1	27	9
10	Ian Moore	50	M	MM	Wymondham AC - Open	7	0:59:27	8:36:57	0:06:26	78.0%	48	10	3	7	10
11	Richard Hill	40	M	MM	Ely Runners - Team A	7	1:00:03	8:26:44	0:06:30	71.3%	224	11	4	18	11
12	James Ridger	38	M	MS	Paddock Wood AC	7	1:00:22	9:03:10	0:06:32	69.9%	272	12	7	24	12
13	Richard Somerset	49	M	MM	Garden City Runners	7	1:00:31	9:47:31	0:06:33	76.0%	83	13	5	9	13
14	Ian Jermy	42	M	MM	Bure Valley Harriers	7	1:01:29	9:05:57	0:06:39	70.7%	235	14	6	20	14
15	Stephen Mead	65	M	MM	Stowmarket Striders Running Club	7	1:01:51	9:59:11	0:06:42	85.7%	3	15	7	2	15
16	Michael Howlett	32	M	MS	Ryston Runners - Open	7	1:01:59	8:41:11	0:06:42	66.0%	441	16	8	34	16
17	Nicky Wnek	46	F	LM	Ryston Runners - Ladies	7	1:02:51	10:02:58	0:06:48	78.8%	40	17	1	6	1
18	Cat Cummings	39	F	LM	Wymondham AC - Ladies	7	1:02:58	10:30:57	0:06:49	74.6%	110	18	2	12	2
19	Matt Frary	44	M	MM	Norwich Road Runners - Masters	7	1:03:00	8:44:12	0:06:49	70.1%	262	19	8	22	17
20	Mark Salmons	42	M	MM	March AC	7	1:03:59	9:06:47	0:06:55	68.0%	352	20	9	29	18
21	Peter Bird	43	M	MM	Saint Edmund Pacers - Team A	7	1:04:56	9:51:54	0:07:02	67.5%	374	21	10	31	19
22	Nicola Lambert-John	34	F	LS	Coltishall Jaguars - Mixed	7	1:05:35	9:48:45	0:07:06	70.2%	260	22	1	21	3
23	Martin Heeley	41	M	MM	Ryston Runners - Masters	7	1:07:29	9:57:06	0:07:18	64.0%	547	23	11	40	20
24	Andrew Thompson	58	M	MM	Ely Runners - Team B	7	1:07:35	10:43:58	0:07:19	73.5%	141	24	12	13	21
25	Brian Kearsley	69	M	MM	Stamford Striders	7	1:08:23	10:00:01	0:07:24	80.6%	24	25	13	4	22
26	Jess Behan	28	F	LS	Norwich Road Runners - Ladies	7	1:08:43	10:02:24	0:07:26	66.6%	418	26	2	32	4

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
27	Mark Goodwin	45	M	MM	Felixstowe Road Runners	7	1:09:16	10:38:01	0:07:30	64.3%	528	27	14	39	23
28	Brian Titchiner	55	M	MM	Dereham - Club	7	1:09:29	9:33:55	0:07:31	69.7%	277	28	15	25	24
29	David Crosthwaite	49	M	MM	Headington Road Runners	7	1:09:46	11:06:09	0:07:33	65.9%	445	29	16	35	25
30	Shane Bidle	34	M	MS	Coltishall Jaguars - Open	7	1:09:54	10:04:24	0:07:34	58.9%	763	30	9	54	26
31	Claudia Milburn	33	F	LS	Fenland Running Club - Ladies	7	1:10:05	11:13:33	0:07:35	65.5%	471	31	3	36	5
32	Neil Mustoe	47	M	MM	Haverhill Running Club	7	1:11:23	10:33:50	0:07:44	63.4%	573	32	17	41	27
33	Sabrina Norton	39	F	LM	Bungay Black Dog Running Club	7	1:11:51	11:45:16	0:07:47	65.4%	475	33	3	37	6
34	Bob Hammond	41	M	MM	Old Greshamians - Team 1	7	1:12:20	11:13:13	0:07:50	59.7%	737	34	18	52	28
35	Katie Mack	35	F	LM	City of Norwich AC - Team C	7	1:13:25	10:34:14	0:07:57	62.9%	594	35	4	42	7
36	Amanda Martin	51	F	LM	Saint Edmund Pacers - Team B	7	1:14:04	10:33:49	0:08:01	70.8%	234	36	5	19	8
37	Tina Plumley	46	F	LM	Thetford AC	7	1:14:32	11:22:35	0:08:04	66.5%	422	37	6	33	9
38	Pauline Green	54	F	LM	Newmarket Joggers	7	1:14:39	10:59:55	0:08:05	73.0%	158	38	7	14	10
39	David Young	63	M	MM	Metros RC	7	1:14:47	11:12:43	0:08:06	69.6%	283	39	19	26	29
40	Luke Gibson	25	M	MS	RAF Marham	7	1:15:25	10:46:34	0:08:10	54.1%	912	40	10	60	30
41	Tobias Arnup	61	M	MM	Norfolk Gazelles Chinkara	7	1:15:30	10:03:05	0:08:10	67.6%	367	41	20	30	31
42	Anita Bullen	47	F	LM	North Norfolk Beach Runners - Team B	7	1:16:38	11:05:47	0:08:18	65.3%	478	42	8	38	11
43	Kate Pitts	37	F	LM	Bishops Stortford Running Club	7	1:16:48	10:42:31	0:08:19	60.6%	701	43	9	49	12
44	Laura Ali	40	F	LM	Framlingham Flyers	7	1:17:14	11:28:04	0:08:22	61.2%	670	44	10	45	13
45	Tommy Clarke	38	M	MS	Pink & Blacks	7	1:17:37	11:06:42	0:08:24	54.4%	902	45	11	59	32
46	John Greenhalgh	51	M	MM	West Norfolk AC	7	1:17:43	10:37:35	0:08:25	60.2%	719	46	21	51	33
47	John Bone	71	M	MM	Great Yarmouth Road Runners - Open	7	1:17:52	10:29:58	0:08:26	72.4%	184	47	22	15	34
48	Sally Lee	35	F	LM	Dereham - Open	7	1:18:10	9:51:41	0:08:28	59.1%	757	48	11	53	14
49	Sarah-Jane Seaman	33	F	LS	Biggleswade AC	7	1:18:16	9:56:45	0:08:28	58.7%	772	49	4	55	15
50	Sarah Williams	28	F	LS	Cambridge and Coleridge AC - Team B	7	1:18:42	10:11:24	0:08:31	58.1%	793	50	5	56	16
51	Sarah Ellwood	42	F	LM	Wellingborough & District AC - Team 2	7	1:18:58	10:18:51	0:08:33	60.6%	699	51	12	48	17
52	Maureen Hamis	42	F	LM	Norwich Road Runners - Mixed	7	1:19:16	11:07:22	0:08:35	60.4%	707	52	13	50	18
53	Alex Rothwell	56	M	MM	Bedford Harriers	7	1:19:37	11:01:19	0:08:37	61.3%	661	53	23	43	35
54	Susie Towning	55	F	LM	Reepham Runners - Mixed	7	1:20:21	11:12:36	0:08:42	68.7%	323	54	14	28	19
55	Linda Aird	59	F	LM	North Herts Road Runners	7	1:20:48	10:17:20	0:08:45	72.1%	196	55	15	16	20
56	Emma Dawson	34	F	LS	Great Yarmouth Road Runners - Ladies	7	1:22:11	12:26:55	0:08:54	56.0%	864	56	6	58	21
57	Karen Neil	49	F	LM	Old Greshamians - Team 2	7	1:23:27	11:15:27	0:09:02	61.3%	662	57	16	44	22
58	Ian Davies	63	M	MM	Thorney Running Club	7	1:25:27	11:22:03	0:09:15	60.9%	687	58	24	46	36
59	Lesley Carroll	52	F	LM	Riverside Runners	7	1:27:16	10:07:25	0:09:27	60.9%	688	59	17	47	23
60	Julie Wade	49	F	LM	Reepham Runners - Masters	7	1:29:09	10:35:07	0:09:39	57.4%	816	60	18	57	24
61	Rebecca Wass	36	F	LM	Tri-Anglia Triathlon Club	7	1:36:28	11:10:28	0:10:26	48.0%	999	61	19	61	25
1	Alex Ash	27	M	MS	Wellingborough & District AC - Team 1	8	0:41:02	12:36:11	0:05:27	80.0%	33	1	1	7	1
2	Jake Stearman	17	M	MJ	Dereham - Open	8	0:42:10	10:33:51	0:05:36	81.5%	15	2	1	2	2
3	Tom Greenacre	16	M	MJ	City of Norwich AC - Team B	8	0:43:31	10:02:38	0:05:47	80.1%	31	3	2	6	3
4	Iona Lake	24	F	LS	City of Norwich AC - Team A	8	0:43:44	8:48:28	0:05:49	84.5%	8	4	1	1	1
5	Mark Popple	26	M	MS	Stamford Striders	8	0:44:44	10:44:45	0:05:57	73.4%	143	5	2	15	4
6	Simon Mead	44	M	MM	Ramsey Road Runners	8	0:45:19	11:25:23	0:06:02	78.8%	41	6	1	8	5
7	Stephane Lustig	40	M	MM	North Norfolk Beach Runners - Team A	8	0:46:34	9:27:17	0:06:12	74.3%	116	7	2	13	6
8	Rob Pope	30	M	MS	Ely Runners - Team A	8	0:48:29	9:15:13	0:06:27	67.8%	358	8	3	30	7
9	Dan Pratt	39	M	MS	Ryston Runners - Open	8	0:48:39	9:29:50	0:06:28	70.6%	242	9	4	24	8
10	Joe Bickel	21	M	MS	Wymondham AC - Open	8	0:48:48	9:25:45	0:06:29	67.6%	371	10	5	31	9
11	Graham Watering	44	M	MM	Norwich Road Runners - Masters	8	0:48:52	9:33:04	0:06:30	73.1%	156	11	3	17	10
12	Nick Gurney	26	M	MS	Norwich Road Runners - Open	8	0:48:54	9:33:30	0:06:30	67.2%	394	12	6	33	11
13	Andrew Larham	59	M	MM	March AC	8	0:50:07	9:56:54	0:06:40	80.7%	23	13	4	4	12
14	Alicia Lacey	24	F	LS	Norwich Road Runners - Ladies	8	0:50:26	10:52:50	0:06:42	73.3%	148	14	2	16	2
15	Aaron Rowland	18	M	MJ	Paddock Wood AC	8	0:51:09	9:54:19	0:06:48	66.4%	429	15	3	35	13
16	Sharon Hurren	46	F	LM	Wymondham AC - Ladies	8	0:51:29	11:22:26	0:06:51	77.8%	55	16	1	9	3
17	Joanna Davies	30	F	LS	Cambridge & Coleridge AC - Team A	8	0:51:42	8:53:34	0:06:53	71.5%	216	17	3	21	4
18	Tessa Jones	51	F	LM	Bure Valley Harriers	8	0:52:12	9:58:09	0:06:56	81.2%	18	18	2	3	5
19	Amy Chapman	26	F	LS	Ryston Runners - Ladies	8	0:52:45	10:55:43	0:07:01	70.1%	267	19	4	26	6
20	Alex Hewson	27	M	MS	Old Greshamians - Team 1	8	0:53:39	12:06:52	0:07:08	61.2%	668	20	7	43	14
21	Paul Griffin	52	M	MM	Fenland Running Club - Open	8	0:53:58	10:01:24	0:07:11	70.5%	244	21	5	25	15

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
22	James Frary	40	M	MM	Norfolk Gazelles Chinkara	8	0:54:38	10:57:43	0:07:16	63.4%	577	22	6	39	16
23	Lacey Bareham	24	F	LS	Dereham - Club	8	0:55:08	10:29:03	0:07:20	67.1%	399	23	5	34	7
24	Andrew Coulthurst	39	M	MS	Pink & Blacks	8	0:55:21	12:02:03	0:07:22	62.1%	629	24	8	41	17
25	Adam Rossington	32	M	MS	Garden City Runners	8	0:55:57	10:43:28	0:07:26	59.0%	761	25	9	47	18
26	John Lee	63	M	MM	Tri-Anglia Triathlon Club	8	0:56:03	12:06:31	0:07:27	74.8%	106	26	7	12	19
27	Debbie Schwarz	47	F	LM	West Norfolk AC	8	0:56:22	11:33:57	0:07:30	71.8%	206	27	3	18	8
28	Louise Hurr	50	F	LM	Norfolk Gazelles Dorcas	8	0:56:48	10:43:35	0:07:33	73.7%	135	28	4	14	9
29	Andy Irvine	50	M	MM	Cambridge and Coleridge AC - Team B	8	0:56:53	11:08:17	0:07:34	65.8%	453	29	8	36	20
30	Emma Jordan	46	F	LM	Coltishall Jaguars - Open	8	0:57:54	11:02:18	0:07:42	69.2%	302	30	5	28	10
31	Matt Atkinson	31	M	MS	RAF Marham	8	0:58:27	11:45:01	0:07:46	56.3%	855	31	10	52	21
32	Emma Wilcock	25	F	LS	Coltishall Jaguars - Mixed	8	0:58:32	10:47:17	0:07:47	63.2%	581	32	6	40	11
33	Maisie Pritchard	17	F	LJ	Riverside Runners	8	0:58:43	11:06:08	0:07:48	64.4%	522	33	1	37	12
34	Helen Wass	52	F	LM	Newmarket Joggers	8	1:00:46	12:00:41	0:08:05	70.7%	239	34	6	23	13
35	Carolyn Haworth	62	F	LM	Saint Edmund Pacers - Team B	8	1:01:03	11:34:52	0:08:07	80.5%	25	35	7	5	14
36	Bobbie Sauerzapf	58	F	LM	Bungay Black Dog Running Club	8	1:01:23	12:46:39	0:08:10	75.7%	92	36	8	11	15
37	Eloise Bird	49	F	LM	Saint Edmund Pacers - Team A	8	1:01:23	10:53:17	0:08:10	67.4%	379	37	9	32	16
38	Juliette Meek	36	F	LM	Ryston Runners - Masters	8	1:01:29	10:58:35	0:08:11	60.9%	681	38	10	44	17
39	Mark Sargeantson	64	M	MM	Framlingham Flyers	8	1:02:11	12:30:15	0:08:16	68.0%	350	39	9	29	22
40	Mike Ottley	74	M	MM	Reepham Runners - Masters	8	1:02:32	11:37:39	0:08:19	75.8%	90	40	10	10	23
41	Anna Rust	24	F	LS	Bedford Harriers	8	1:02:35	12:03:54	0:08:19	59.1%	758	41	7	46	18
42	Wendy Smith	55	F	LM	Norwich Road Runners - Mixed	8	1:02:53	12:10:15	0:08:22	71.0%	231	42	11	22	19
43	Claire Hanratty	47	F	LM	Headington Road Runners	8	1:03:15	12:09:24	0:08:25	64.0%	546	43	12	38	20
44	Simon Eisenmann	52	M	MM	City of Norwich AC - Team C	8	1:03:20	11:37:34	0:08:25	60.1%	724	44	11	45	24
45	Adam Wilson	47	M	MM	North Herts Road Runners	8	1:03:53	11:21:13	0:08:30	57.2%	821	45	12	50	25
46	Wendy Hughes	57	F	LM	Stowmarket Striders Running Club	8	1:03:55	11:03:06	0:08:30	71.7%	209	46	13	20	21
47	Lorrain Dawson	58	F	LM	Great Yarmouth Road Runners - Ladies	8	1:04:46	13:31:41	0:08:37	71.8%	207	47	14	19	22
48	Sue Ilsley	56	F	LM	North Norfolk Beach Runners - Team B	8	1:05:19	12:11:06	0:08:41	69.3%	297	48	15	27	23
49	Helen Ayres	28	F	LS	Thorney Running Club	8	1:05:35	12:27:38	0:08:43	56.4%	852	49	8	51	24
50	Jess Dykes	17	F	LJ	Old Greshamians - Team 2	8	1:05:47	12:21:14	0:08:45	57.5%	814	50	2	49	25
51	Simon Strong	47	M	MM	Biggleswade AC	8	1:05:59	11:02:44	0:08:46	55.4%	876	51	13	54	26
52	Katie Irlam	23	F	LS	Fenland Running Club - Ladies	8	1:06:38	12:20:11	0:08:52	55.5%	874	52	9	53	26
53	Tracey Tyrell	36	F	LM	Metros RC	8	1:07:53	12:20:36	0:09:02	55.2%	882	53	16	55	27
54	James Lee	49	M	MM	Ely Runners - Team B	8	1:08:28	11:52:26	0:09:06	54.3%	906	54	14	56	27
55	Clare Slattery	30	F	LS	Thetford AC	8	1:08:58	12:31:33	0:09:10	53.6%	922	55	10	57	28
56	Daniel Everitt	42	M	MM	Haverhill Running Club	8	1:10:30	11:44:20	0:09:23	49.9%	985	56	15	60	28
57	Lisa Smith	43	M	MM	Great Yarmouth Road Runners - Open	8	1:13:26	11:43:24	0:09:46	48.2%	998	57	16	61	29
58	Sue Last	56	F	LM	Bishops Stortford Running Club	8	1:13:45	11:56:16	0:09:48	61.3%	659	58	17	42	29
59	Liz Beighton	43	F	LM	Felixstowe Road Runners	8	1:16:08	11:54:09	0:10:07	51.2%	969	59	18	59	30
60	Trine Middleton	57	F	LM	Reepham Runners - Mixed	8	1:18:42	12:31:18	0:10:28	58.3%	785	60	19	48	31
61	Amanda Allen	54	F	LM	Wellingborough & District AC - Team 2	8	1:25:29	11:44:20	0:11:22	51.5%	962	61	20	58	32
1	Tim Lawrence	36	M	MS	City of Norwich AC - Team A	9	1:39:02	10:27:30	0:05:58	78.0%	50	1	1	3	1
2	Alan Darby	33	M	MS	Ely Runners - Team A	9	1:40:40	10:55:53	0:06:04	76.1%	81	2	2	9	2
3	Matt Slater	33	M	MS	Cambridge & Coleridge AC - Team A	9	1:43:35	10:37:09	0:06:14	74.0%	127	3	3	13	3
4	Joe Hawes	36	M	MS	Norfolk Gazelles Dorcas	9	1:43:49	12:27:24	0:06:15	74.4%	114	4	4	10	4
5	John Hudson	35	M	MS	Norwich Road Runners - Open	9	1:44:10	11:17:40	0:06:17	73.8%	133	5	5	15	5
6	Christopher Parker	35	M	MS	North Norfolk Beach Runners - Team A	9	1:45:10	11:12:27	0:06:20	73.1%	153	6	6	16	6
7	Kris Barnard	42	M	MM	Wymondham AC - Open	9	1:45:26	11:11:11	0:06:21	76.5%	74	7	1	8	7
8	Paul Guy	43	M	MM	Garden City Runners	9	1:45:48	12:29:16	0:06:22	76.9%	68	8	2	6	8
9	Will Honeybone	46	M	MM	Ryston Runners - Open	9	1:48:33	11:18:23	0:06:32	76.8%	70	9	3	7	9
10	Shane Draper	50	M	MM	Fenland Running Club - Open	9	1:50:23	11:51:47	0:06:39	78.1%	47	10	4	2	10
11	Steve Chivers	39	M	MS	Paddock Wood AC	9	1:53:16	11:47:35	0:06:49	69.5%	286	11	7	24	11
12	Simon Denn	39	M	MS	Old Greshamians - Team 1	9	1:54:33	14:01:25	0:06:54	68.7%	322	12	8	26	12
13	Jonathan Cordle	53	M	MM	Norwich Road Runners - Masters	9	1:54:57	11:28:01	0:06:55	77.0%	63	13	5	5	13
14	Malcolm Pritchard	46	M	MM	Riverside Runners	9	1:55:23	13:01:31	0:06:57	72.2%	192	14	6	22	14
15	Peter Woods	46	M	MM	City of Norwich AC - Team C	9	1:55:53	13:33:27	0:06:59	71.9%	200	15	7	23	15
16	Mark Jones	58	M	MM	Headington Road Runners	9	1:55:56	14:05:20	0:06:59	80.0%	35	16	8	1	16

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
17	Katie Harbon	22	F	LS	North Herts Road Runners	9	1:56:31	13:17:44	0:07:01	72.4%	181	17	1	21	1
18	Matthew Jones	52	M	MM	City of Norwich AC - Team B	9	1:58:36	12:01:14	0:07:09	74.0%	126	18	9	12	17
19	Louise Juby	37	F	LM	Dereham - Club	9	1:58:38	12:27:41	0:07:09	72.6%	174	19	1	20	2
20	Leigh Nobes	39	M	MS	Reepham Runners - Mixed	9	1:58:43	14:30:01	0:07:09	66.3%	431	20	9	33	18
21	Alex Smith	19	M	MJ	Haverhill Running Club	9	1:59:15	13:43:35	0:07:11	65.8%	454	21	1	34	19
22	Zac Mace	43	M	MM	Coltishall Jaguars - Mixed	9	2:00:19	12:47:36	0:07:15	67.6%	369	22	10	30	20
23	Geraldine Larham	47	F	LM	March AC	9	2:01:00	11:57:54	0:07:17	77.5%	56	24	2	4	3
24	Russell Black	36	M	MS	Pink & Blacks	9	2:01:00	14:03:03	0:07:17	63.8%	553	23	10	39	21
25	Greg Davis	55	M	MM	Newmarket Joggers	9	2:02:04	14:02:45	0:07:21	73.9%	132	25	11	14	22
26	Nick Sinnott	45	M	MM	Wellingborough & District AC - Team 1	9	2:02:06	14:38:17	0:07:21	67.7%	364	26	12	28	23
27	Vince Butler	48	M	MM	Tri-Anglia Triathlon Club	9	2:04:03	14:10:34	0:07:28	68.3%	335	27	13	27	24
28	Oliver Last	50	M	MM	Bishops Stortford Running Club	9	2:05:04	14:01:20	0:07:32	69.0%	313	28	14	25	25
29	Gavin Stokes	56	M	MM	Ramsey Road Runners	9	2:05:23	13:30:46	0:07:33	72.6%	173	29	15	19	26
30	Matthew Crane	40	M	MM	Bure Valley Harriers	9	2:06:44	12:04:53	0:07:38	62.6%	612	30	16	42	27
31	Chris Cox	37	M	MS	Old Greshamians - Team 2	9	2:06:48	14:28:02	0:07:38	61.2%	669	31	11	46	28
32	Steve Bland	30	M	MS	Cambridge and Coleridge AC - Team B	9	2:06:50	13:15:07	0:07:38	60.4%	706	32	12	47	29
33	Sean West	30	M	MS	Thetford AC	9	2:07:45	14:39:18	0:07:42	60.0%	728	33	13	49	30
34	Tim Rudd	49	M	MM	Ryston Runners - Masters	9	2:08:32	13:07:07	0:07:45	66.5%	419	34	17	32	31
35	Mel Reed	34	F	LS	Ryston Runners - Ladies	9	2:09:21	13:05:04	0:07:48	65.7%	460	35	2	36	4
36	Stew Kelly	41	M	MM	West Norfolk AC	9	2:09:23	13:43:20	0:07:48	61.8%	636	36	18	43	32
37	Paul Taylor	51	M	MM	Coltishall Jaguars - Open	9	2:09:26	13:11:44	0:07:48	67.2%	386	37	19	31	33
38	Lee Bryer	43	M	MM	Reepham Runners - Masters	9	2:09:40	13:47:19	0:07:49	62.7%	609	38	20	41	34
39	Eamonn Dorling	62	M	MM	Thorney Running Club	9	2:09:57	14:37:35	0:07:50	74.1%	123	39	21	11	35
40	Dave Beighton	41	M	MM	Saint Edmund Pacers - Team A	9	2:10:20	13:03:37	0:07:51	61.4%	658	40	22	45	36
41	Geraldine Clarke	48	F	LM	Framlingham Flyers	9	2:10:22	14:40:37	0:07:51	72.8%	164	41	3	17	5
42	Jess Gooderham	20	F	LJ	Saint Edmund Pacers - Team B	9	2:11:57	13:46:49	0:07:57	64.0%	543	42	1	37	6
43	Anthony Humphrey	21	M	MS	RAF Marham	9	2:11:57	13:56:58	0:07:57	58.3%	783	43	14	54	37
44	Zoe Jones	43	F	LM	Wymondham AC - Ladies	9	2:12:51	13:35:17	0:08:00	67.6%	368	44	4	29	7
45	Ruth Steele	50	F	LM	Norwich Road Runners - Ladies	9	2:13:56	13:06:46	0:08:04	72.6%	172	45	5	18	8
46	Glyn Manton	48	M	MM	Norwich Road Runners - Mixed	9	2:17:55	14:28:10	0:08:18	61.5%	652	46	23	44	38
47	Daniel Shanks	43	M	MM	Felixstowe Road Runners	9	2:19:56	14:14:05	0:08:26	58.1%	794	47	24	57	39
48	George Murphy	37	M	MS	Bedford Harriers	9	2:21:08	14:25:02	0:08:30	55.0%	890	48	15	60	40
49	Mark Peach	45	M	MM	Great Yarmouth Road Runners - Open	9	2:22:10	14:05:34	0:08:34	58.1%	791	49	25	56	41
50	Andy Blake	59	M	MM	North Norfolk Beach Runners - Team B	9	2:22:16	14:33:22	0:08:34	65.8%	456	50	26	35	42
51	Cara Macfarlane	25	F	LS	Ely Runners - Team B	9	2:23:30	14:15:56	0:08:39	58.8%	766	51	3	52	9
52	Toby Craig	46	M	MM	Bungay Black Dog Running Club	9	2:25:32	15:12:11	0:08:46	57.3%	819	52	27	58	43
53	Jonathan Burton	49	M	MM	Dereham - Open	9	2:26:02	12:59:53	0:08:48	58.6%	777	53	28	53	44
54	Catherine Duce	40	F	LM	Fenland Running Club - Ladies	9	2:27:17	14:47:28	0:08:52	59.5%	743	54	6	51	10
55	Bob Reason	52	M	MM	Stowmarket Striders Running Club	9	2:30:50	13:33:56	0:09:05	58.2%	789	55	29	55	45
56	Sonny Peart	49	M	MM	Metros RC	9	2:31:09	14:51:45	0:09:06	56.6%	844	56	30	59	46
57	Jane Thomas	44	F	LM	Great Yarmouth Road Runners - Ladies	9	2:31:27	16:03:08	0:09:07	59.9%	733	57	7	50	11
58	Ian Grimwood	64	M	MM	Biggleswade AC	9	2:33:43	13:36:27	0:09:16	63.9%	549	58	31	38	47
59	Robin Ball	64	M	MM	Stamford Striders	9	2:36:37	13:21:22	0:09:26	62.7%	608	59	32	40	48
60	Helen Salmon	51	F	LM	Norfolk Gazelles Chinkara	9	2:43:34	13:41:17	0:09:51	60.2%	718	60	8	48	12
61	Charlie Berry	19	M	MJ	Wellingborough & District AC - Team 2	9	2:44:42	14:29:02	0:09:55	47.7%	1001	61	2	61	49
1	Dominic Blake	39	M	MS	Reepham Runners - Mixed	10	1:41:53	16:11:54	0:05:37	83.0%	10	1	1	2	1
2	Simon Millett	30	M	MS	Norwich Road Runners - Open	10	1:41:59	12:59:39	0:05:38	80.9%	21	2	2	3	2
3	Piers Arnold	28	M	MS	City of Norwich AC - Team A	10	1:46:33	12:14:03	0:05:53	77.4%	58	3	3	7	3
4	Neil Hume	43	M	MM	Garden City Runners	10	1:51:25	14:20:41	0:06:09	78.4%	42	4	1	5	4
5	Chris Pitts	39	M	MS	Bishops Stortford Running Club	10	1:52:52	15:54:12	0:06:14	74.9%	105	5	4	9	5
6	Martin Jennings	46	M	MM	Fenland Running Club - Open	10	1:53:15	13:45:02	0:06:15	79.1%	38	6	2	4	6
7	Sam Coyne	23	M	MS	Bure Valley Harriers	10	1:53:16	13:58:09	0:06:15	72.8%	160	7	5	13	7
8	Jeremy Rogers	43	M	MM	Norfolk Gazelles Dorcas	10	1:53:43	14:21:07	0:06:16	76.8%	69	8	3	8	8
9	Sam O'Neil	28	M	MS	Headington Road Runners	10	1:55:00	16:00:20	0:06:21	71.7%	208	9	6	17	9
10	Mark Hayward	35	M	MS	Newmarket Joggers	10	1:55:01	15:57:46	0:06:21	71.9%	201	10	7	16	10
11	Colin Stark	42	M	MM	North Norfolk Beach Runners - Team A	10	1:56:05	13:08:32	0:06:24	74.6%	109	11	4	10	11

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
12	Simon English	43	M	MM	Norwich Road Runners - Masters	10	1:57:09	13:25:10	0:06:28	74.6%	111	12	5	11	12
13	Sophie Kelly	34	F	LS	Cambridge and Coleridge AC - Team B	10	1:58:19	15:13:26	0:06:32	78.0%	49	13	1	6	1
14	Warren Armstrong	44	M	MM	Ryston Runners - Open	10	1:58:52	13:17:15	0:06:33	74.1%	124	14	6	12	13
15	Paul Veitch	45	M	MM	Cambridge & Coleridge AC - Team A	10	2:02:38	12:39:47	0:06:46	72.4%	182	15	7	14	14
16	Kirk Bagge	33	M	MS	Wymondham AC - Open	10	2:02:49	13:14:00	0:06:46	67.2%	392	16	8	24	15
17	Gary Warren	48	M	MM	Metros RC	10	2:06:00	16:57:45	0:06:57	72.3%	189	17	8	15	16
18	Craig Crofts	32	M	MS	Thorney Running Club	10	2:06:05	16:43:40	0:06:57	65.4%	473	18	9	27	17
19	Steve Chalklen	33	M	MS	Paddock Wood AC	10	2:06:54	13:54:29	0:07:00	65.0%	491	19	10	30	18
20	Tim Sexton	46	M	MM	Norfolk Gazelles Chinkara	10	2:07:28	15:48:45	0:07:02	70.3%	257	20	9	19	19
21	Stuart Overton	34	M	MS	North Herts Road Runners	10	2:07:57	15:25:41	0:07:03	64.5%	520	21	11	31	20
22	Chris Mower	42	M	MM	Saint Edmund Pacers - Team B	10	2:10:23	15:57:12	0:07:11	66.4%	424	22	10	25	21
23	Nick Haworth	40	M	MM	Biggleswade AC	10	2:11:04	15:47:31	0:07:14	65.0%	489	23	11	29	22
24	Lee Carey	36	M	MS	March AC	10	2:15:10	14:13:04	0:07:27	61.4%	657	24	12	41	23
25	Jon Wiles	45	M	MM	Bungay Black Dog Running Club	10	2:16:16	17:28:27	0:07:31	65.2%	482	25	12	28	24
26	Peter Nelson	42	M	MM	Coltishall Jaguars - Open	10	2:16:22	15:28:06	0:07:31	63.5%	566	26	13	32	25
27	Will Hall	40	M	MM	Tri-Anglia Triathlon Club	10	2:16:49	16:27:23	0:07:33	62.3%	623	27	14	38	26
28	Michelle Brett	34	F	LS	Ramsey Road Runners	10	2:17:04	15:47:50	0:07:34	67.3%	381	28	2	23	2
29	Robert Hughes	54	M	MM	Saint Edmund Pacers - Team A	10	2:19:00	15:22:37	0:07:40	69.1%	306	29	15	21	27
30	Stuart Bennett	33	M	MS	Coltishall Jaguars - Mixed	10	2:21:41	15:09:17	0:07:49	58.2%	787	30	13	48	28
31	Lee Hale	46	M	MM	RAF Marham	10	2:22:53	16:19:51	0:07:53	62.7%	610	31	16	36	29
32	Daniel Kinsman	43	M	MM	Framlingham Flyers	10	2:23:27	17:04:04	0:07:55	60.9%	686	32	17	43	30
33	Sabine Schaefer	40	F	LM	Thetford AC	10	2:23:51	17:03:09	0:07:56	66.3%	432	33	1	26	3
34	Natasha Rout	31	F	LS	Wymondham AC - Ladies	10	2:24:29	15:59:46	0:07:58	63.5%	571	34	3	33	4
35	Mark Tinkler	59	M	MM	Bedford Harriers	10	2:24:42	16:49:44	0:07:59	69.5%	284	35	18	20	31
36	Mark Mardell	39	M	MS	Norwich Road Runners - Mixed	10	2:25:05	16:53:15	0:08:00	58.3%	784	36	14	47	32
37	Robin Harper	41	M	MM	Felixstowe Road Runners	10	2:26:17	16:40:22	0:08:04	58.7%	769	37	19	46	33
38	Julz Williams	35	F	LM	Norwich Road Runners - Ladies	10	2:28:05	15:34:51	0:08:10	62.6%	618	38	2	37	5
39	Neil Mattison	49	M	MM	Wellingborough & District AC - Team 1	10	2:29:38	17:07:55	0:08:15	61.4%	654	39	20	40	34
40	Paul Newell	52	M	MM	Riverside Runners	10	2:30:07	15:31:38	0:08:17	62.9%	600	40	21	34	35
41	Pauline Drewery	48	F	LM	Ryston Runners - Ladies	10	2:30:33	15:35:37	0:08:18	68.8%	318	41	3	22	6
42	Andrew Wade	53	M	MM	Stamford Striders	10	2:31:42	15:53:04	0:08:22	62.7%	604	42	22	35	36
43	Corin Thoday	42	M	MM	Reepham Runners - Masters	10	2:31:47	16:19:06	0:08:22	57.1%	827	43	23	51	37
44	Karen Martin	37	F	LM	Haverhill Running Club	10	2:32:46	16:16:21	0:08:26	61.2%	667	44	4	42	7
45	Emily Haughan	38	F	LM	North Norfolk Beach Runners - Team B	10	2:32:53	17:06:15	0:08:26	61.5%	650	45	5	39	8
46	Matt Holmes	39	M	MS	Old Greshamians - Team 1	10	2:32:59	16:34:24	0:08:26	55.3%	881	46	15	53	38
47	Neil Watson	45	M	MM	West Norfolk AC	10	2:33:05	16:16:25	0:08:27	58.0%	796	47	24	49	39
48	Ellen Connolly	37	F	LM	Fenland Running Club - Ladies	10	2:34:24	17:21:52	0:08:31	60.6%	702	48	6	44	9
49	David Aldis	67	M	MM	City of Norwich AC - Team C	10	2:34:39	16:08:06	0:08:32	70.4%	251	49	25	18	40
50	Jason Fretwell	35	M	MS	Ely Runners - Team B	10	2:34:48	16:50:44	0:08:32	53.4%	929	50	16	54	41
51	Dean Saunders	44	M	MM	Great Yarmouth Road Runners - Open	10	2:36:50	16:42:24	0:08:39	56.2%	860	51	26	52	42
52	James Cooper	37	M	MS	Stowmarket Striders Running Club	10	2:37:25	16:11:21	0:08:41	53.0%	936	52	17	55	43
53	Joe Dixon	34	M	MS	Pink & Blacks	10	2:40:38	16:43:41	0:08:52	51.4%	967	53	18	57	44
54	Carly Jermy	37	F	LM	City of Norwich AC - Team B	10	2:42:11	14:43:25	0:08:57	57.7%	805	54	7	50	10
55	Jane Ashby	69	F	LM	Ryston Runners - Masters	10	2:43:04	15:50:11	0:09:00	85.7%	2	55	8	1	11
56	Gary Thacker	42	M	MM	Wellingborough & District AC - Team 2	10	2:45:38	17:14:40	0:09:08	52.3%	952	56	27	56	45
57	Michael Barrett	61	M	MM	Dereham - Open	10	2:50:17	15:50:10	0:09:24	60.2%	717	57	28	45	46
58	Philip Websdale	44	M	MM	Dereham - Club	10	2:52:42	15:20:23	0:09:32	51.0%	975	58	29	58	47
59	Dominic Atkinson	35	M	MS	Old Greshamians - Team 2	10	3:02:01	17:30:03	0:10:02	45.4%	1016	59	19	60	48
60	Penny Studley	44	F	LM	Great Yarmouth Road Runners - Ladies	10	3:17:22	19:20:30	0:10:53	50.1%	981	60	9	59	12
61	Craig Holgate	40	M	MM	Ely Runners - Team A	10	3:22:22	14:18:15	0:11:10	42.1%	1029	61	30	61	49
1	James Senior	25	M	MS	City of Norwich AC - Team A	11	1:09:52	13:23:55	0:05:37	80.2%	29	1	1	2	1
2	Joe Holland	20	M	MJ	Paddock Wood AC	11	1:17:14	15:11:43	0:06:12	73.4%	144	2	1	5	2
3	Lee Tatum	36	M	MS	Ely Runners - Team A	11	1:17:33	15:35:48	0:06:14	73.2%	151	3	2	6	3
4	Nic Bensley	47	M	MM	Ryston Runners - Open	11	1:18:09	14:35:24	0:06:17	79.1%	37	4	1	3	4
5	Stephen Gibbs	37	M	MS	Norwich Road Runners - Open	11	1:18:13	14:17:52	0:06:17	73.0%	157	5	3	7	5
6	Ben Rivett	30	M	MS	Wymondham AC - Open	11	1:18:29	14:32:29	0:06:18	71.4%	220	6	4	11	6

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
7	John Ferguson	53	M	MM	Cambridge & Coleridge AC - Team A	11	1:20:23	14:00:10	0:06:27	80.9%	20	7	2	1	7
8	Darren Neale	39	M	MS	North Norfolk Beach Runners - Team A	11	1:21:45	14:30:17	0:06:34	70.9%	232	8	5	14	8
9	Paul Huckle	29	M	MS	Wellingborough & District AC - Team 1	11	1:23:00	18:30:55	0:06:40	67.5%	376	9	6	24	9
10	Matt Ironside	34	M	MS	Bishops Stortford Running Club	11	1:24:30	17:18:42	0:06:47	66.6%	417	10	7	28	10
11	Sam Thelwell	27	M	MS	Norfolk Gazelles Chinkara	11	1:24:57	17:13:42	0:06:49	66.0%	444	11	8	31	11
12	Matthew Stone	46	M	MM	Bure Valley Harriers	11	1:27:07	15:25:16	0:07:00	70.4%	253	12	3	17	12
13	Chris Searle	25	M	MS	Dereham - Open	11	1:27:35	17:17:45	0:07:02	64.0%	545	13	9	36	13
14	Dave Ledward	50	M	MM	Norwich Road Runners - Masters	11	1:28:14	14:53:24	0:07:05	71.9%	202	14	4	10	14
15	Trevor Bunch	43	M	MM	Haverhill Running Club	11	1:28:36	17:44:57	0:07:07	67.5%	372	15	5	23	15
16	Justin Elvidge	46	M	MM	March AC	11	1:28:50	15:41:54	0:07:08	69.0%	310	16	6	20	16
17	David Rossiter	49	M	MM	Headington Road Runners	11	1:29:12	17:29:32	0:07:10	70.5%	248	17	7	16	17
18	Stuart Follen	43	M	MM	Fenland Running Club - Open	11	1:29:13	15:14:15	0:07:10	67.1%	398	18	8	26	18
19	Maija Kozlova	33	F	LS	Cambridge and Coleridge AC - Team B	11	1:30:00	16:43:26	0:07:14	69.7%	276	19	1	18	1
20	Jeremy Lawrence	59	M	MM	Coltishall Jaguars - Mixed	11	1:30:07	16:39:24	0:07:14	76.2%	80	20	9	4	19
21	Sarah Swaney	38	F	LM	Pink & Blacks	11	1:30:27	18:14:08	0:07:16	70.6%	243	21	1	15	2
22	Rob Moir	52	M	MM	Riverside Runners	11	1:30:32	17:02:10	0:07:16	71.2%	226	22	10	12	20
23	Charlotte Beavitt	31	F	LS	Old Greshamians - Team 2	11	1:30:34	19:00:37	0:07:16	69.0%	308	23	2	19	3
24	Richard Dolman	54	M	MM	Thetford AC	11	1:30:37	18:33:46	0:07:17	72.4%	180	24	11	9	21
25	Charlie Parr	26	M	MS	City of Norwich AC - Team C	11	1:30:44	17:38:50	0:07:17	61.7%	639	25	10	45	22
26	Paul Dockerill	39	M	MS	Newmarket Joggers	11	1:31:38	17:29:24	0:07:22	63.3%	578	26	11	41	23
27	Adrian Woods	45	M	MM	North Norfolk Beach Runners - Team B	11	1:34:04	18:40:19	0:07:33	64.7%	512	27	12	34	24
28	Nick Eley	59	M	MM	Coltishall Jaguars - Open	11	1:34:28	17:02:34	0:07:35	72.7%	170	28	13	8	25
29	Phil Brown	51	M	MM	Saint Edmund Pacers - Team A	11	1:35:49	16:58:26	0:07:42	66.7%	413	29	14	27	26
30	Craig Farr	42	M	MM	Dereham - Club	11	1:35:59	16:56:22	0:07:43	61.9%	634	30	15	44	27
31	Sally Knight	43	F	LM	Bedford Harriers	11	1:36:04	18:25:48	0:07:43	68.6%	326	31	2	21	4
32	Natalie Garrard	38	F	LM	West Norfolk AC	11	1:36:08	17:52:33	0:07:43	66.4%	428	32	3	29	5
33	Matt Kefford	48	M	MM	Stamford Striders	11	1:36:35	17:29:39	0:07:45	64.5%	516	33	16	35	28
34	Myles Duffield	44	M	MM	Great Yarmouth Road Runners - Open	11	1:36:38	18:19:02	0:07:46	62.4%	621	34	17	43	29
35	Sarah Stubbs	42	F	LM	City of Norwich AC - Team B	11	1:37:07	16:20:32	0:07:48	67.3%	383	35	4	25	6
36	Ieuan Aldis	19	M	MJ	Saint Edmund Pacers - Team B	11	1:37:19	17:34:31	0:07:49	58.9%	764	36	2	51	30
37	Barry Smith	52	M	MM	Ryston Runners - Masters	11	1:37:28	17:27:39	0:07:50	66.2%	435	37	18	30	31
38	Martin Little	48	M	MM	Stowmarket Striders Running Club	11	1:38:15	17:49:36	0:07:53	63.5%	572	38	19	39	32
39	Amy Southward	27	F	LS	Ely Runners - Team B	11	1:38:18	18:29:02	0:07:54	63.5%	564	39	3	38	7
40	Simon Sparkes	44	M	MM	Bungay Black Dog Running Club	11	1:38:46	19:07:13	0:07:56	61.1%	675	40	20	46	33
41	James Coleman	43	M	MM	Tri-Anglia Triathlon Club	11	1:39:09	18:06:32	0:07:58	60.4%	711	41	21	49	34
42	Michael Paine	53	M	MM	Garden City Runners	11	1:39:28	16:00:09	0:07:59	65.4%	474	42	22	33	35
43	Kay Boyden	32	F	LS	Reepham Runners - Mixed	11	1:39:38	17:51:32	0:08:00	62.8%	601	43	4	42	8
44	Jo Anverali	48	F	LM	Great Yarmouth Road Runners - Ladies	11	1:41:21	21:01:51	0:08:08	68.2%	339	44	5	22	9
45	Peter Williams	46	M	MM	Wellingborough & District AC - Team 2	11	1:41:26	18:56:06	0:08:09	60.5%	705	45	23	48	36
46	Claire Rackham	45	F	LM	Norwich Road Runners - Ladies	11	1:42:07	17:16:58	0:08:12	65.6%	467	46	6	32	10
47	Elisabeth Sennitt-Clough	42	F	LM	Fenland Running Club - Ladies	11	1:43:11	19:05:03	0:08:17	63.4%	575	47	7	40	11
48	Mitesh Patel	32	M	MS	Metros RC	11	1:43:15	18:41:00	0:08:18	54.3%	905	48	12	57	37
49	Ben Davies	38	M	MS	Thorney Running Club	11	1:45:17	18:28:57	0:08:27	54.6%	898	49	13	56	38
50	Kate Penn	30	F	LS	Ryston Runners - Ladies	11	1:46:07	17:21:44	0:08:31	58.9%	765	50	5	52	12
51	Adam Tingey	32	M	MS	RAF Marham	11	1:49:00	18:08:51	0:08:45	51.4%	965	51	14	59	39
52	Michelle Hewlitt	28	F	LS	Framlingham Flyers	11	1:49:16	18:53:20	0:08:47	57.2%	824	52	6	53	13
53	Lisa Netto	41	F	LM	Norfolk Gazelles Dorcas	11	1:49:27	16:10:34	0:08:47	59.3%	749	53	8	50	14
54	Adrian Rutterford	57	M	MM	Old Greshamians - Team 1	11	1:50:33	18:24:57	0:08:53	61.0%	678	54	24	47	40
55	Ray Lindsay	62	M	MM	Norwich Road Runners - Mixed	11	1:50:50	18:44:05	0:08:54	63.7%	556	55	25	37	41
56	Charlotte Richardson	40	F	LM	Wymondham AC - Ladies	11	1:53:18	17:53:04	0:09:06	57.0%	832	56	9	54	15
57	Martin Kirk	48	M	MM	Ramsey Road Runners	11	1:53:57	17:41:47	0:09:09	54.7%	896	57	26	55	42
58	Sue Foot	64	F	LM	North Herts Road Runners	11	2:00:12	17:25:53	0:09:39	71.2%	228	58	10	13	16
59	Juliet Grimwood	53	F	LM	Biggleswade AC	11	2:17:41	18:05:12	0:11:04	53.4%	930	59	11	58	17
60	Julie Doughty	46	F	LM	Reepham Runners - Masters	11	2:22:16	18:41:22	0:11:26	47.6%	1004	60	12	60	18
61	Ali Ostler	35	F	LM	Felixstowe Road Runners	11	2:33:38	19:14:00	0:12:20	41.0%	1033	61	13	61	19
1	Matt Allen	41	M	MM	Ryston Runners - Open	12	1:58:53	16:34:17	0:06:03	80.1%	30	1	1	3	1

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
2	Robbie Britton	30	M	MS	North Norfolk Beach Runners - Team A	12	2:00:24	16:30:41	0:06:07	76.0%	85	2	1	7	2
3	Andrew Plume	35	M	MS	Fenland Running Club - Open	12	2:01:34	17:15:49	0:06:11	75.4%	94	3	2	8	3
4	Billy Bremner	47	M	MM	March AC	12	2:02:14	17:44:08	0:06:13	81.9%	13	4	2	2	4
5	Jonathan Quint	40	M	MM	City of Norwich AC - Team A	12	2:02:31	15:26:26	0:06:14	77.1%	61	5	3	5	5
6	Jack Gillick	29	M	MS	Wymondham AC - Open	12	2:03:34	16:36:03	0:06:17	74.0%	125	6	3	10	6
7	Colin Tricker	36	M	MS	Paddock Wood AC	12	2:04:58	17:16:41	0:06:21	73.6%	139	7	4	11	7
8	Nigel Rackham	55	M	MM	Metros RC	12	2:05:42	20:46:42	0:06:23	85.5%	4	8	4	1	8
9	Kieren Drane	35	M	MS	Ely Runners - Team A	12	2:08:05	17:43:53	0:06:31	71.6%	214	9	5	13	9
10	Christof Schwiening	51	M	MM	Cambridge & Coleridge AC - Team A	12	2:09:39	16:09:49	0:06:35	80.0%	34	10	5	4	10
11	Paul Davies	25	M	MS	Garden City Runners	12	2:09:56	18:10:05	0:06:36	70.4%	252	11	6	18	11
12	Craig Bowen-Jones	46	M	MM	Bure Valley Harriers	12	2:10:16	17:35:32	0:06:37	76.2%	79	12	6	6	12
13	Neil Pollard	39	M	MS	Newmarket Joggers	12	2:11:25	19:40:49	0:06:41	71.3%	222	13	7	14	13
14	Ben Letzer	39	M	MS	Coltishall Jaguars - Mixed	12	2:12:40	18:52:04	0:06:45	70.7%	238	14	8	17	14
15	Neil Tween	33	M	MS	Cambridge and Coleridge AC - Team B	12	2:14:15	18:57:41	0:06:50	68.1%	341	15	9	25	15
16	Michael Falcone	32	M	MS	Saint Edmund Pacers - Team A	12	2:17:44	19:16:10	0:07:00	66.4%	427	16	10	30	16
17	Haydn Lyon	25	M	MS	City of Norwich AC - Team B	12	2:20:19	18:40:51	0:07:08	65.2%	481	17	11	36	17
18	Ben Jacobs	41	M	MM	Felixstowe Road Runners	12	2:21:46	21:35:46	0:07:12	67.2%	389	18	7	28	18
19	Nick Beavitt	32	M	MS	Old Greshamians - Team 2	12	2:22:58	21:23:35	0:07:16	64.0%	544	19	12	39	19
20	Jason French	36	M	MS	Wellingborough & District AC - Team 2	12	2:23:26	21:19:32	0:07:18	64.1%	536	20	13	38	20
21	Andrew Dormer	50	M	MM	Great Yarmouth Road Runners - Open	12	2:24:21	20:43:23	0:07:20	71.2%	227	21	8	15	21
22	Kevin Mace	55	M	MM	Norwich Road Runners - Masters	12	2:24:47	17:18:11	0:07:22	74.2%	117	22	9	9	22
23	Dean Blake	43	M	MM	Coltishall Jaguars - Open	12	2:26:41	19:29:15	0:07:27	66.0%	440	23	10	31	23
24	Tomas Boza	36	M	MS	Dereham - Open	12	2:26:58	19:44:43	0:07:28	62.6%	616	24	14	44	24
25	Stephen Moseley	51	M	MM	Norwich Road Runners - Mixed	12	2:28:05	21:12:10	0:07:32	70.0%	269	25	11	21	25
26	Stephen Lee	37	M	MS	Dereham - Club	12	2:30:18	19:26:40	0:07:38	61.5%	651	26	15	47	26
27	Sam Kingston	49	M	MM	Old Greshamians - Team 1	12	2:31:26	20:56:23	0:07:42	67.3%	384	27	12	27	27
28	David Tuffnail	38	M	MS	RAF Marham	12	2:32:43	20:41:34	0:07:46	60.9%	683	28	16	49	28
29	James Beadle	39	M	MS	Reepham Runners - Mixed	12	2:32:59	20:24:31	0:07:47	61.3%	663	29	17	48	29
30	Christopher Moore	56	M	MM	Norfolk Gazelles Dorcas	12	2:33:07	18:43:41	0:07:47	70.8%	233	30	13	16	30
31	Chris Hull	28	M	MS	Riverside Runners	12	2:33:32	19:35:42	0:07:48	59.6%	741	31	18	50	31
32	Tony Gooding	41	M	MM	Haverhill Running Club	12	2:34:14	20:19:11	0:07:50	61.8%	637	32	14	45	32
33	John Stott	48	M	MM	Biggleswade AC	12	2:34:36	20:39:48	0:07:52	65.3%	477	33	15	35	33
34	Vince Webb	47	M	MM	Saint Edmund Pacers - Team B	12	2:34:37	20:09:08	0:07:52	64.8%	507	34	16	37	34
35	Vicky Quantrill	43	F	LM	Great Yarmouth Road Runners - Ladies	12	2:34:48	23:36:39	0:07:52	69.2%	298	35	1	23	1
36	Stephen Ashurst	54	M	MM	Ramsey Road Runners	12	2:34:52	20:16:39	0:07:52	68.8%	320	36	17	24	35
37	Philip Cooper	57	M	MM	Reepham Runners - Masters	12	2:35:56	21:17:18	0:07:56	70.2%	259	37	18	19	36
38	Ian Rodgers	51	M	MM	Bishops Stortford Running Club	12	2:37:26	19:56:08	0:08:00	65.9%	450	38	19	34	37
39	Matt Simmonds	38	M	MS	Pink & Blacks	12	2:37:53	20:52:01	0:08:02	58.9%	762	39	19	53	38
40	Nick Wells	53	M	MM	Stamford Striders	12	2:38:06	20:07:45	0:08:02	66.8%	410	40	20	29	39
41	Stan Swanepole	53	M	MM	Tri-Anglia Triathlon Club	12	2:39:54	20:46:26	0:08:08	66.0%	442	41	21	32	40
42	Helen Etherington	36	F	LM	Wellingborough & District AC - Team 1	12	2:40:16	21:11:11	0:08:09	63.6%	559	42	2	40	2
43	Graeme Leeson	46	M	MM	Ryston Runners - Masters	12	2:41:07	20:08:46	0:08:11	61.6%	644	43	22	46	41
44	Arron Friend	30	M	MS	Thorney Running Club	12	2:42:21	21:11:18	0:08:15	56.3%	854	44	20	55	42
45	Jo Summer	52	F	LM	North Herts Road Runners	12	2:44:11	20:10:04	0:08:21	72.7%	168	45	3	12	3
46	Simon King	59	M	MM	Bedford Harriers	12	2:44:38	21:10:26	0:08:22	67.8%	359	46	23	26	43
47	Darren Armstrong	43	M	MM	North Norfolk Beach Runners - Team B	12	2:45:17	21:25:36	0:08:24	58.6%	776	47	24	54	44
48	Luvuyo Mfazwe	36	M	MS	Thetford AC	12	2:46:13	21:19:59	0:08:27	55.3%	877	48	21	57	45
49	Tom Hutchings	45	M	MM	Norfolk Gazelles Chinkara	12	2:46:28	20:00:10	0:08:28	59.2%	756	49	25	52	46
50	Maire Irlam	52	F	LM	Fenland Running Club - Ladies	12	2:50:04	21:55:07	0:08:39	70.2%	261	50	4	20	4
51	Caroline Houghton	43	F	LM	Norwich Road Runners - Ladies	12	2:50:28	20:07:26	0:08:40	62.9%	599	51	5	43	5
52	Jo Godwin	44	F	LM	Wymondham AC - Ladies	12	2:50:51	20:43:55	0:08:41	63.4%	576	52	6	41	6
53	Jo Stephenson	52	F	LM	Stowmarket Striders Running Club	12	2:50:58	20:40:34	0:08:42	69.8%	274	53	7	22	7
54	Emma Greaves	44	F	LM	Ely Runners - Team B	12	2:51:28	21:20:30	0:08:43	63.1%	583	54	8	42	8
55	Anna Seaman	38	F	LM	Ryston Runners - Ladies	12	2:53:05	20:14:49	0:08:48	59.5%	742	55	9	51	9
56	Philip Lister	62	M	MM	Headington Road Runners	12	2:54:20	20:23:52	0:08:52	65.9%	449	56	26	33	47
57	Jason Moore	46	M	MM	West Norfolk AC	12	2:56:39	20:49:12	0:08:59	56.2%	858	57	27	56	48

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
58	Guy Hayward	46	M	MM	Framlingham Flyers	12	3:00:39	21:53:59	0:09:11	55.0%	892	58	28	58	49
59	Sarah Sparkes	44	F	LM	Bungay Black Dog Running Club	12	3:30:37	22:37:50	0:10:42	51.4%	966	59	10	59	10
60	Ben Russell	27	M	MS	Norwich Road Runners - Open	12	3:31:52	17:49:44	0:10:46	43.2%	1028	60	22	61	50
61	Iain Smith	46	M	MM	City of Norwich AC - Team C	12	3:31:52	21:10:42	0:10:46	46.9%	1011	61	29	60	51
1	Michael Taylor	35	M	MS	Riverside Runners	13	1:13:55	20:49:37	0:05:35	81.6%	14	1	1	2	1
2	Michael Eccles	37	M	MS	Norfolk Gazelles Dorcas	13	1:15:52	19:59:33	0:05:44	80.3%	27	2	2	5	2
3	Matt Bidwell	45	M	MM	City of Norwich AC - Team A	13	1:15:55	16:42:21	0:05:44	85.5%	5	3	1	1	3
4	Graham Jenvey	37	M	MS	Norwich Road Runners - Open	13	1:20:20	19:10:04	0:06:04	75.9%	87	4	3	6	4
5	Adam Howlett	46	M	MM	Framlingham Flyers	13	1:20:59	23:14:58	0:06:07	80.8%	22	5	2	4	5
6	Mark Vaughan	47	M	MM	North Herts Road Runners	13	1:21:12	21:31:16	0:06:08	81.2%	17	6	3	3	6
7	Robert Simmonds	32	M	MS	Ryston Runners - Open	13	1:23:51	17:58:08	0:06:20	71.4%	219	7	4	14	7
8	Sam Russell	29	M	MS	Wymondham AC - Open	13	1:26:45	18:02:48	0:06:33	69.0%	312	8	5	19	8
9	Darren Hire	42	M	MM	Thorney Running Club	13	1:27:37	22:38:55	0:06:37	72.3%	190	9	4	13	9
10	Bart Hommels	44	M	MM	Cambridge & Coleridge AC - Team A	13	1:27:44	17:37:33	0:06:37	73.4%	145	10	5	10	10
11	Darren Honour	48	M	MM	Bungay Black Dog Running Club	13	1:27:50	24:05:40	0:06:38	75.7%	91	11	6	7	11
12	Lukas Bates	29	M	MS	Paddock Wood AC	13	1:27:52	18:44:33	0:06:38	68.1%	343	12	6	23	12
13	Guzel Sari	36	M	MS	Dereham - Club	13	1:28:58	20:55:38	0:06:43	68.1%	344	13	7	24	13
14	Tony Aldborough	46	M	MM	Coltishall Jaguars - Mixed	13	1:29:13	20:21:17	0:06:44	73.3%	147	14	7	11	14
15	Adam Smart	35	M	MS	North Norfolk Beach Runners - Team A	13	1:30:07	18:00:48	0:06:48	66.9%	405	15	8	30	15
16	Tom White	35	M	MS	Saint Edmund Pacers - Team B	13	1:31:35	21:40:43	0:06:55	65.8%	452	16	9	34	16
17	Jan Piotrowski	28	M	MS	Garden City Runners	13	1:33:15	19:43:20	0:07:02	64.2%	533	17	10	38	17
18	Chris Rose	42	M	MM	Fenland Running Club - Open	13	1:33:34	18:49:23	0:07:04	67.7%	365	18	8	27	18
19	Neil Button	48	M	MM	Coltishall Jaguars - Open	13	1:34:09	21:03:24	0:07:06	70.7%	240	19	9	15	19
20	David Asker	33	M	MS	Tri-Anglia Triathlon Club	13	1:34:17	22:20:43	0:07:07	63.6%	562	20	11	39	20
21	Tony Savage	56	M	MM	Ryston Runners - Masters	13	1:34:47	21:43:33	0:07:09	75.2%	97	21	10	8	21
22	Glen Dunham	52	M	MM	City of Norwich AC - Team B	13	1:34:56	20:15:47	0:07:10	72.5%	176	22	11	12	22
23	Dave Tandy	47	M	MM	Norwich Road Runners - Masters	13	1:34:59	18:53:10	0:07:10	69.5%	290	23	12	18	23
24	Paul Marriage	45	M	MM	Old Greshamians - Team 1	13	1:36:08	22:32:31	0:07:15	67.5%	375	24	13	28	24
25	Justin Showell	48	M	MM	March AC	13	1:36:39	19:20:47	0:07:18	68.8%	315	25	14	20	25
26	Ian Elden	43	M	MM	Haverhill Running Club	13	1:36:51	21:56:02	0:07:19	65.9%	446	26	15	32	26
27	Lorena Latisaite	29	F	LS	Ryston Runners - Ladies	13	1:37:28	21:52:17	0:07:21	68.2%	338	27	1	22	1
28	Roger Stone	49	M	MM	Felixstowe Road Runners	13	1:38:44	23:14:30	0:07:27	68.0%	353	28	16	25	27
29	Peter Royle	48	M	MM	Ely Runners - Team A	13	1:39:42	19:23:35	0:07:31	66.7%	414	29	17	31	28
30	Kris Semple	49	M	MM	Cambridge and Coleridge AC - Team B	13	1:42:15	20:39:56	0:07:43	65.6%	470	30	18	35	29
31	Neville Clarke	63	M	MM	Newmarket Joggers	13	1:42:18	21:23:07	0:07:43	74.4%	113	31	19	9	30
32	Catriona Scott	38	F	LM	Headington Road Runners	13	1:43:09	22:07:01	0:07:47	65.9%	451	32	1	33	2
33	Cassie Barker	42	F	LM	Wymondham AC - Ladies	13	1:43:10	22:27:05	0:07:47	67.5%	377	33	2	29	3
34	James Terry	44	M	MM	Wellingborough & District AC - Team 1	13	1:43:25	22:54:36	0:07:48	62.2%	626	34	20	41	31
35	Nicky Jennings	45	F	LM	Fenland Running Club - Ladies	13	1:43:42	23:38:49	0:07:50	68.8%	319	35	3	21	4
36	Stephen Hatten	51	M	MM	Saint Edmund Pacers - Team A	13	1:44:45	21:00:55	0:07:54	65.2%	483	36	21	36	32
37	Adrian Dyde	59	M	MM	North Norfolk Beach Runners - Team B	13	1:45:22	23:10:58	0:07:57	69.6%	282	37	22	17	33
38	Chris Lee	37	M	MS	City of Norwich AC - Team C	13	1:45:22	22:56:04	0:07:57	57.8%	802	38	12	50	34
39	Nicola Baker	49	F	LM	Great Yarmouth Road Runners - Ladies	13	1:45:29	25:22:08	0:07:58	70.5%	247	39	4	16	5
40	Ali Middleton	30	F	LS	Norwich Road Runners - Ladies	13	1:45:32	21:52:58	0:07:58	63.0%	588	40	2	40	6
41	Ian Jones	36	M	MS	Wellingborough & District AC - Team 2	13	1:46:36	23:06:08	0:08:03	56.8%	838	41	13	51	35
42	Mark Stone	45	M	MM	Great Yarmouth Road Runners - Open	13	1:46:46	22:30:09	0:08:03	60.8%	691	42	23	44	36
43	Tim Woods	55	M	MM	Norfolk Gazelles Chinkara	13	1:48:59	21:49:09	0:08:14	64.9%	502	43	24	37	37
44	Steve Owen	60	M	MM	Reepham Runners - Mixed	13	1:49:14	22:13:45	0:08:15	67.7%	362	44	25	26	38
45	Ian Walters	49	M	MM	Old Greshamians - Team 2	13	1:50:48	23:14:23	0:08:22	60.6%	703	45	26	45	39
46	Jon Cope	38	M	MS	Pink & Blacks	13	1:51:38	22:43:39	0:08:26	55.0%	891	46	14	54	40
47	Cliff Lear	52	M	MM	Thetford AC	13	1:51:47	23:11:46	0:08:26	61.6%	648	47	27	43	41
48	Chris Fadden	54	M	MM	Bedford Harriers	13	1:53:25	23:03:51	0:08:34	61.8%	638	48	28	42	42
49	Simon Marvel	52	M	MM	Stamford Striders	13	1:54:24	22:02:09	0:08:38	60.2%	721	49	29	46	43
50	Stuart Rose	42	M	MM	Dereham - Open	13	1:54:56	21:39:39	0:08:40	55.1%	884	50	30	53	44
51	Jonathon May	33	M	MS	RAF Marham	13	1:56:05	22:37:39	0:08:46	51.6%	961	51	15	59	45
52	Pritesh Patel	32	M	MS	Metros RC	13	1:57:07	22:43:49	0:08:50	51.1%	972	52	16	60	46

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
53	Frank McLoughlin	55	M	MM	Biggleswade AC	13	1:58:12	22:38:00	0:08:55	59.8%	734	53	31	47	47
54	Jon Thetford	45	M	MM	Reepham Runners - Masters	13	1:58:56	23:16:14	0:08:59	54.6%	899	54	32	55	48
55	Lee Tunmore	44	M	MM	West Norfolk AC	13	2:02:35	22:51:47	0:09:15	52.5%	946	55	33	56	49
56	John Foster	57	M	MM	Ely Runners - Team B	13	2:03:59	23:24:29	0:09:21	58.0%	795	56	34	49	50
57	Eleanor Rodgers	49	F	LM	Bishops Stortford Running Club	13	2:05:23	22:01:31	0:09:28	59.3%	751	57	5	48	7
58	Charlotte Wasp	36	F	LM	Stowmarket Striders Running Club	13	2:08:32	22:49:06	0:09:42	52.4%	950	58	6	57	8
59	Helen Mclean	47	F	LM	Ramsey Road Runners	13	2:10:09	22:26:48	0:09:49	55.9%	867	59	7	52	9
60	Caroline Allen	38	F	LM	Norwich Road Runners - Mixed	13	2:11:22	23:23:32	0:09:55	51.7%	960	60	8	58	10
61	Aaron Scott	31	M	MS	Bure Valley Harriers	13	2:28:32	20:04:04	0:11:13	40.3%	1034	61	17	61	51
1	Gary Crush	39	M	MS	City of Norwich AC - Team B	14	0:42:30	20:58:17	0:05:51	77.9%	51	1	1	3	1
2	Darren Easter	45	M	MM	Ryston Runners - Open	14	0:45:00	18:43:08	0:06:11	77.0%	64	2	1	5	2
3	Mark Garrett	54	M	MM	Norwich Road Runners - Masters	14	0:45:21	19:38:31	0:06:14	82.2%	12	3	2	1	3
4	Ashley Hobbs	30	M	MS	Norwich Road Runners - Open	14	0:45:34	19:55:38	0:06:16	69.5%	287	4	2	17	4
5	Sam Barker	22	M	MS	Wymondham AC - Open	14	0:46:25	18:49:13	0:06:23	68.2%	340	5	3	20	5
6	John Walshaw	48	M	MM	City of Norwich AC - Team A	14	0:47:12	17:29:33	0:06:30	75.2%	99	6	3	6	6
7	Tom Harris	29	M	MS	Cambridge & Coleridge AC - Team A	14	0:47:37	18:25:10	0:06:33	66.4%	426	7	4	28	7
8	Louis Fairfax	31	M	MS	March AC	14	0:47:41	20:08:28	0:06:34	66.5%	420	8	5	26	8
9	Malcolm Down	56	M	MM	Garden City Runners	14	0:48:03	20:31:23	0:06:37	78.9%	39	9	4	2	9
10	Byan Rootes	49	M	MM	Haverhill Running Club	14	0:48:57	22:44:59	0:06:44	73.1%	154	10	5	11	10
11	Jason Mann	51	M	MM	Ely Runners - Team A	14	0:49:42	20:13:17	0:06:50	73.2%	152	11	6	10	11
12	Sabina Spence	46	F	LM	Bure Valley Harriers	14	0:49:44	20:53:48	0:06:50	77.9%	53	12	1	4	1
13	Gary Penn	41	M	MM	City of Norwich AC - Team C	14	0:49:45	23:45:49	0:06:51	67.5%	373	13	7	23	12
14	Alan Griffiths	49	M	MM	Wellingborough & District AC - Team 1	14	0:50:23	23:44:59	0:06:56	71.0%	230	14	8	13	13
15	Lisa Oakley	41	F	LM	North Norfolk Beach Runners - Team A	14	0:50:45	18:51:33	0:06:59	73.2%	149	15	2	9	2
16	Nicky Sparkes	18	M	MJ	Bungay Black Dog Running Club	14	0:50:57	24:56:37	0:07:00	64.2%	531	16	1	35	14
17	Nigel Seale	57	M	MM	Fenland Running Club - Open	14	0:51:12	19:40:35	0:07:03	74.7%	107	17	9	7	15
18	Emma Blake	40	F	LM	Coltishall Jaguars - Mixed	14	0:52:22	21:13:39	0:07:12	70.5%	246	18	3	14	3
19	Laura Douse	34	F	LS	Paddock Wood AC	14	0:52:25	19:36:58	0:07:13	68.6%	324	19	1	19	4
20	Daniel Amps-Woodward	18	M	MJ	Thorney Running Club	14	0:52:30	23:31:25	0:07:13	62.3%	624	20	2	39	16
21	Phil Cawston	51	M	MM	Saint Edmund Pacers - Team B	14	0:53:23	22:34:06	0:07:21	68.1%	342	21	10	21	17
22	Kevin Lewis	56	M	MM	Wellingborough & District AC - Team 2	14	0:54:16	24:00:24	0:07:28	69.9%	271	22	11	16	18
23	Steve Edwards	53	M	MM	Newmarket Joggers	14	0:54:18	22:17:25	0:07:28	68.1%	345	23	12	22	19
24	Lauren Thomas	35	F	LM	Ely Runners - Team B	14	0:54:34	24:19:03	0:07:30	66.1%	438	24	4	29	5
25	Julian Trott	46	M	MM	Reepham Runners - Masters	14	0:55:05	24:11:19	0:07:35	63.4%	574	25	13	38	20
26	Natalie Selby	34	F	LS	Ramsey Road Runners	14	0:55:19	23:22:07	0:07:37	65.0%	488	26	2	32	6
27	Harriet Griffiths	27	F	LS	Headington Road Runners	14	0:55:37	23:02:38	0:07:39	64.3%	529	27	3	34	7
28	John Stares	53	M	MM	North Norfolk Beach Runners - Team B	14	0:56:03	24:07:01	0:07:43	66.0%	443	28	14	30	21
29	Ruth Gaunt	50	F	LM	Norwich Road Runners - Ladies	14	0:56:13	22:49:11	0:07:44	72.0%	199	29	5	12	8
30	Nicky Dowson	52	F	LM	Norwich Road Runners - Mixed	14	0:56:35	24:20:07	0:07:47	73.4%	146	30	6	8	9
31	Alan Butterworth	43	M	MM	Norfolk Gazelles Chinkara	14	0:56:37	22:45:46	0:07:47	60.3%	716	31	15	41	22
32	Simon Kinder	45	M	MM	Old Greshamians - Team 2	14	0:57:41	24:12:04	0:07:56	60.1%	726	32	16	43	23
33	Mel Rittimut-Mak	45	F	LM	Saint Edmund Pacers - Team A	14	0:57:43	21:58:38	0:07:56	66.5%	423	33	7	27	10
34	Nicos Symeou	62	M	MM	Great Yarmouth Road Runners - Open	14	0:57:46	23:27:55	0:07:57	69.2%	300	34	17	18	24
35	Gareth Stevens	40	M	MM	Old Greshamians - Team 1	14	0:58:00	23:30:31	0:07:59	57.5%	812	35	18	46	25
36	Louise Holland	45	F	LM	Wymondham AC - Ladies	14	0:58:40	23:25:45	0:08:04	65.4%	476	36	8	31	11
37	Steven Rix	35	M	MS	Dereham - Open	14	0:59:07	22:38:46	0:08:08	54.5%	901	37	6	52	26
38	Kareana Symonds	36	F	LM	Dereham - Club	14	1:00:12	21:55:50	0:08:17	60.2%	722	38	9	42	12
39	Anna Coulborn	55	F	LM	Great Yarmouth Road Runners - Ladies	14	1:01:16	26:23:24	0:08:26	70.4%	250	39	10	15	13
40	Andy Milnes	41	M	MM	West Norfolk AC	14	1:01:35	23:53:22	0:08:28	54.6%	900	40	19	51	27
41	Wendy Fisher	52	F	LM	Ryston Runners - Masters	14	1:01:56	22:45:29	0:08:31	67.0%	400	41	11	25	14
42	Zoe Luscombe	43	F	LM	Biggleswade AC	14	1:02:28	23:40:28	0:08:36	60.4%	710	42	12	40	15
43	Beth King	41	F	LM	Norfolk Gazelles Dorcas	14	1:02:47	21:02:20	0:08:38	59.2%	754	43	13	44	16
44	Jenni Egmore	50	F	LM	Reepham Runners - Mixed	14	1:03:07	23:16:52	0:08:41	64.2%	534	44	14	36	17
45	Rachel Dixey	41	F	LM	Felixstowe Road Runners	14	1:03:19	24:17:49	0:08:43	58.7%	770	45	15	45	18
46	Adele Bushell	50	F	LM	Coltishall Jaguars - Open	14	1:03:20	22:06:44	0:08:43	63.9%	548	46	16	37	19
47	Rebecca Tuff	26	F	LS	Ryston Runners - Ladies	14	1:03:20	22:55:37	0:08:43	56.4%	849	47	4	48	20

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
48	Michelle Gilbert	38	F	LM	Fenland Running Club - Ladies	14	1:03:33	24:42:22	0:08:44	57.5%	813	48	17	47	21
49	Tina Codling	56	F	LM	Riverside Runners	14	1:05:06	21:54:43	0:08:57	67.2%	390	49	18	24	22
50	Clare Wigg	33	F	LS	Stowmarket Striders Running Club	14	1:05:19	23:54:25	0:08:59	55.0%	893	50	5	50	23
51	Pam Morgan	35	F	LM	Framlingham Flyers	14	1:05:36	24:20:34	0:09:01	55.0%	888	51	19	49	24
52	Tom De Raedt	42	M	MM	Pink & Blacks	14	1:05:49	23:49:28	0:09:03	51.4%	964	52	20	55	28
53	Amy Spearpoint	27	F	LS	Thetford AC	14	1:06:23	24:18:09	0:09:08	53.8%	919	53	6	53	25
54	David Prior	70	M	MM	Bedford Harriers	14	1:06:45	24:10:36	0:09:11	64.7%	511	54	21	33	29
55	Rob Whalen	32	M	MS	Tri-Anglia Triathlon Club	14	1:07:32	23:28:15	0:09:17	47.1%	1010	55	7	58	30
56	Hollers Hollington	37	M	MS	RAF Marham	14	1:08:27	23:46:06	0:09:25	47.6%	1002	56	8	57	31
57	Emma Rackham	27	F	LS	Metros RC	14	1:09:27	23:53:16	0:09:33	51.5%	963	57	7	54	26
58	Stephen Brunton	37	M	MS	Stamford Striders	14	1:14:57	23:17:06	0:10:19	43.5%	1024	58	9	60	32
59	Tim Long	57	M	MM	Cambridge and Coleridge AC - Team B	14	1:16:11	21:56:07	0:10:29	50.2%	980	59	22	56	33
60	Dani Hill-Welter	34	F	LS	Bishops Stortford Running Club	14	1:19:35	23:21:06	0:10:57	45.2%	1018	60	8	59	27
61	Sue Vaughan	50	F	LM	North Herts Road Runners	14	1:53:38	23:24:54	0:15:38	35.6%	1037	61	20	61	28
1	Axel Finke	30	M	MS	Cambridge & Coleridge AC - Team A	15	1:01:47	19:26:57	0:05:50	76.3%	77	1	1	7	1
2	Alex Tate	41	M	MM	Ely Runners - Team A	15	1:02:01	21:15:18	0:05:51	80.1%	32	2	1	2	2
3	Adam Matthews	22	M	MS	Ryston Runners - Open	15	1:06:23	19:49:31	0:06:16	71.0%	229	3	2	15	3
4	Dani Nimmock	27	F	LS	City of Norwich AC - Team A	15	1:07:49	18:37:22	0:06:24	77.8%	54	4	1	3	1
5	Mabel Beckett	22	F	LS	City of Norwich AC - Team B	15	1:08:55	22:07:12	0:06:30	76.6%	72	5	2	6	2
6	Frazer Heasman	24	M	MS	Bure Valley Harriers	15	1:08:57	22:02:45	0:06:31	68.3%	334	6	3	19	4
7	Richard White	56	M	MM	Wymondham AC - Open	15	1:09:11	19:58:24	0:06:32	81.3%	16	7	2	1	5
8	Peter Ward	52	M	MM	Thorney Running Club	15	1:10:27	24:41:52	0:06:39	77.1%	62	8	3	5	6
9	Darren Riley	54	M	MM	Garden City Runners	15	1:11:40	21:43:03	0:06:46	77.1%	60	9	4	4	7
10	Eddie Alford	30	M	MS	Reepham Runners - Mixed	15	1:12:39	24:29:31	0:06:52	64.9%	501	10	4	28	8
11	Mark Edwards	51	M	MM	Norwich Road Runners - Masters	15	1:12:52	20:51:23	0:06:53	73.9%	129	11	5	9	9
12	Andrew Cole	49	M	MM	March AC	15	1:12:53	21:21:21	0:06:53	72.7%	169	12	6	11	10
13	Andy Clark	49	M	MM	Great Yarmouth Road Runners - Open	15	1:12:54	24:40:49	0:06:53	72.7%	171	13	7	12	11
14	Mark Lawrence	25	M	MS	Bishops Stortford Running Club	15	1:13:36	24:34:42	0:06:57	64.0%	542	14	5	33	12
15	Laura Dixon	32	F	LS	Dereham - Open	15	1:13:39	23:52:25	0:06:57	71.8%	204	15	3	14	3
16	Craig Irving	37	M	MS	RAF Marham	15	1:14:30	25:00:36	0:07:02	64.6%	513	16	6	30	13
17	Richard Agger	40	M	MM	Fenland Running Club - Open	15	1:14:59	20:55:34	0:07:05	65.7%	462	17	8	25	14
18	Martin Candish	34	M	MS	Stamford Striders	15	1:15:06	24:32:12	0:07:05	63.1%	582	18	7	35	15
19	Martin Newton	39	M	MS	Wellingborough & District AC - Team 1	15	1:15:26	25:00:25	0:07:07	64.8%	504	19	8	29	16
20	David Saker	36	M	MS	Old Greshamians - Team 1	15	1:16:31	24:47:02	0:07:14	62.6%	619	20	9	38	17
21	Chris Chorley	54	M	MM	Bungay Black Dog Running Club	15	1:16:32	26:13:09	0:07:14	72.2%	193	21	9	13	18
22	Richard Harbon	55	M	MM	North Herts Road Runners	15	1:16:39	24:41:33	0:07:14	72.8%	166	22	10	10	19
23	Pete Wood	36	M	MS	Ely Runners - Team B	15	1:19:22	25:38:25	0:07:30	60.3%	714	23	10	45	20
24	Ben Snelling	46	M	MM	Norwich Road Runners - Open	15	1:19:31	21:15:09	0:07:31	65.0%	492	24	11	27	21
25	Peter Rackham	25	M	MS	Metros RC	15	1:19:35	25:12:51	0:07:31	59.2%	753	25	11	48	22
26	Nic Holden	42	F	LM	Coltishall Jaguars - Mixed	15	1:19:57	22:33:36	0:07:33	69.1%	305	26	1	18	4
27	Flic Quinn	23	F	LS	North Norfolk Beach Runners - Team A	15	1:20:18	20:11:51	0:07:35	65.7%	461	27	4	24	5
28	James Howlett	44	M	MM	Framlingham Flyers	15	1:20:41	25:41:15	0:07:37	63.0%	587	28	12	36	23
29	Victoria Holden	36	F	LM	Paddock Wood AC	15	1:20:48	20:57:46	0:07:38	66.2%	436	29	2	21	6
30	Lisa Owen	38	F	LM	Norwich Road Runners - Ladies	15	1:22:06	24:11:17	0:07:45	65.7%	463	30	3	26	7
31	Matt Unwin	41	M	MM	Pink & Blacks	15	1:22:20	25:11:48	0:07:46	60.3%	713	31	13	44	24
32	Penny Seeger	31	F	LS	Ryston Runners - Ladies	15	1:23:06	24:18:43	0:07:51	63.6%	563	32	5	34	8
33	Kirk Price	35	M	MS	North Norfolk Beach Runners - Team B	15	1:23:27	25:30:28	0:07:53	57.1%	828	33	12	49	25
34	Stephen Pointer	31	M	MS	Coltishall Jaguars - Open	15	1:23:35	23:30:19	0:07:54	56.4%	851	34	13	50	26
35	Rosa Sampson Geroski	28	F	LS	Cambridge and Coleridge AC - Team B	15	1:23:46	23:19:53	0:07:55	63.0%	589	35	6	37	9
36	Marianne Page	43	F	LM	Norfolk Gazelles Dorcas	15	1:24:40	22:27:00	0:08:00	65.8%	459	36	4	23	10
37	Graham Hardingham	56	M	MM	Norfolk Gazelles Chinkara	15	1:24:47	24:10:33	0:08:00	66.4%	430	37	14	20	27
38	Rob Crockford	46	M	MM	Dereham - Club	15	1:25:08	23:20:58	0:08:02	60.7%	696	38	15	42	28
39	David Philpot	57	M	MM	Ramsey Road Runners	15	1:25:49	24:47:56	0:08:06	66.2%	437	39	16	22	29
40	Gemma Rose	31	F	LS	Fenland Running Club - Ladies	15	1:26:13	26:08:35	0:08:08	61.3%	664	40	7	41	11
41	Ian Mulcahy	56	M	MM	Riverside Runners	15	1:27:08	23:21:51	0:08:14	64.6%	515	41	17	31	30
42	Jason Gale	27	M	MS	Haverhill Running Club	15	1:27:17	24:12:16	0:08:15	54.0%	913	42	14	53	31

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
43	Russell Slattery	32	M	MS	Thetford AC	15	1:27:27	25:45:36	0:08:15	54.0%	915	43	15	54	32
44	Neil Harvey	57	M	MM	Biggleswade AC	15	1:28:34	25:09:02	0:08:22	64.1%	539	44	18	32	33
45	Adrian Whittle	52	M	MM	Newmarket Joggers	15	1:29:33	23:46:58	0:08:27	60.7%	697	45	19	43	34
46	Dawn Marshall	55	F	LM	Saint Edmund Pacers - Team A	15	1:31:52	23:30:30	0:08:40	69.4%	293	46	5	16	12
47	Katrina Wastenev	45	F	LM	West Norfolk AC	15	1:31:52	25:25:14	0:08:40	61.6%	641	47	6	40	13
48	Sarah Partridge	61	F	LM	Ryston Runners - Masters	15	1:32:16	24:17:45	0:08:43	75.0%	104	48	7	8	14
49	Marie-Anne Fischer	56	F	LM	Headington Road Runners	15	1:33:12	24:35:50	0:08:48	69.3%	296	49	8	17	15
50	Julie Webster	48	F	LM	Great Yarmouth Road Runners - Ladies	15	1:34:33	27:57:57	0:08:56	61.7%	640	50	9	39	16
51	Laura Parry	29	F	LS	City of Norwich AC - Team C	15	1:34:57	25:20:46	0:08:58	55.6%	872	51	8	51	17
52	Peter Woods	34	M	MS	Felixstowe Road Runners	15	1:35:35	25:53:24	0:09:02	49.6%	990	52	16	58	35
53	Julia Baldwin	47	F	LM	Stowmarket Striders Running Club	15	1:35:56	25:30:21	0:09:04	60.2%	720	53	10	46	18
54	Ian Kingstone	51	M	MM	Bedford Harriers	15	1:39:25	25:50:01	0:09:23	54.2%	908	54	20	52	36
55	Simon Cooper	52	M	MM	Old Greshamians - Team 2	15	1:41:36	25:53:40	0:09:36	53.5%	928	55	21	56	37
56	Richard Bulman	66	M	MM	Reepham Runners - Masters	15	1:42:59	25:54:18	0:09:43	60.0%	730	56	22	47	38
57	Janice Coglein-Hibbert	44	F	LM	Tri-Anglia Triathlon Club	15	1:46:18	25:14:33	0:10:02	52.8%	939	57	11	57	19
58	Lucy Spinks	27	F	LS	Norwich Road Runners - Mixed	15	1:47:31	26:07:38	0:10:09	49.1%	992	58	9	59	20
59	Tracy Stevens	48	F	LM	Wyndham AC - Ladies	15	1:48:13	25:13:58	0:10:13	53.9%	917	59	12	55	21
60	Mark Bonham	49	M	MM	Wellingborough & District AC - Team 2	15	1:58:34	25:58:58	0:11:12	44.7%	1020	60	23	60	39
61	Martin Avis	45	M	MM	Saint Edmund Pacers - Team B	15	2:02:33	24:36:39	0:11:34	41.8%	1030	61	24	61	40
1	Andrew Shields	52	M	MM	Cambridge & Coleridge AC - Team A	16	0:32:25	19:59:22	0:05:54	84.3%	9	1	1	1	1
2	Charlotte Rose	36	F	LM	City of Norwich AC - Team A	16	0:34:29	19:11:51	0:06:17	78.2%	46	2	1	4	1
3	Neil Stapleton	45	M	MM	Ryston Runners - Masters	16	0:35:22	24:53:07	0:06:27	73.1%	155	3	2	10	2
4	Neil Walpole	47	M	MM	Norwich Road Runners - Open	16	0:36:04	21:51:13	0:06:34	72.8%	165	4	3	11	3
5	Lee Thompson	28	M	MS	Ely Runners - Team A	16	0:36:18	21:51:36	0:06:37	64.8%	506	5	1	27	4
6	Simon Levy	36	M	MS	Ryston Runners - Open	16	0:36:23	20:25:54	0:06:38	66.4%	425	6	2	21	5
7	Rhys Davies	42	M	MM	March AC	16	0:36:31	21:57:52	0:06:39	69.2%	303	7	4	14	6
8	Nicky Alford	36	F	LM	North Norfolk Beach Runners - Team A	16	0:36:33	20:48:24	0:06:39	73.8%	134	8	2	9	2
9	Richard Sales	55	M	MM	Norwich Road Runners - Masters	16	0:36:38	21:28:01	0:06:40	76.5%	75	9	5	7	7
10	Jamie Rule	32	M	MS	Newmarket Joggers	16	0:37:06	24:24:04	0:06:45	63.9%	550	10	3	28	8
11	Mark Keysall	39	M	MS	Wyndham AC - Open	16	0:37:57	20:36:21	0:06:55	65.1%	486	11	4	25	9
12	Chris Miles	37	M	MS	Stowmarket Striders Running Club	16	0:38:20	26:08:41	0:06:59	63.5%	568	12	5	29	10
13	Amy Beck	35	F	LM	Norwich Road Runners - Ladies	16	0:38:42	24:49:59	0:07:03	69.5%	288	13	3	13	3
14	Charlie Ritchie	62	M	MM	Cambridge and Coleridge AC - Team B	16	0:38:52	23:58:45	0:07:05	76.6%	73	14	6	6	11
15	Wesley Houghton	28	M	MS	West Norfolk AC	16	0:39:16	26:04:30	0:07:09	59.9%	732	15	6	36	12
16	Adrian Goode	53	M	MM	Felixstowe Road Runners	16	0:39:18	26:32:42	0:07:10	70.1%	266	16	7	12	13
17	James Stock	31	M	MS	City of Norwich AC - Team C	16	0:40:16	26:01:02	0:07:20	58.7%	773	17	7	39	14
18	Silje Hovstad	39	F	LM	City of Norwich AC - Team B	16	0:41:30	22:48:42	0:07:34	65.9%	447	18	4	22	4
19	Vikki Harper	43	F	LM	Coltishall Jaguars - Mixed	16	0:41:40	23:15:16	0:07:35	67.4%	378	19	5	18	5
20	Emiley Smith	42	F	LM	Tri-Anglia Triathlon Club	16	0:41:40	25:56:13	0:07:35	66.9%	406	20	6	20	6
21	Malcolm Fisher	39	M	MS	Dereham - Open	16	0:41:41	24:34:06	0:07:36	59.3%	752	21	8	38	15
22	Ian Milburn	72	M	MM	Fenland Running Club - Open	16	0:42:06	21:37:40	0:07:40	78.3%	45	22	8	3	16
23	Autumn Hales	22	F	LS	Bure Valley Harriers	16	0:42:59	22:45:44	0:07:50	61.9%	633	23	1	31	7
24	Kurt Van Belle	42	M	MM	Pink & Blacks	16	0:43:04	25:54:52	0:07:51	58.6%	774	24	9	40	17
25	Sarah Friel	33	F	LS	Riverside Runners	16	0:43:53	24:05:44	0:08:00	60.9%	680	25	2	32	8
26	Maureen Wolfe	58	F	LM	Ryston Runners - Ladies	16	0:44:02	25:02:45	0:08:01	76.0%	84	26	7	8	9
27	Grant King	39	M	MS	Old Greshamians - Team 1	16	0:44:08	25:31:10	0:08:02	56.0%	865	27	9	50	18
28	Kim Reader	47	F	LM	Wyndham AC - Ladies	16	0:44:22	25:58:20	0:08:05	65.7%	464	28	8	24	10
29	Joe Jermy	29	M	MS	Great Yarmouth Road Runners - Open	16	0:44:33	25:25:22	0:08:07	52.8%	938	29	10	57	19
30	Nicky Neill	45	M	MM	RAF Marham	16	0:45:18	25:45:54	0:08:15	57.1%	829	30	10	46	20
31	Anne Booth	41	F	LM	Ely Runners - Team B	16	0:45:35	26:24:00	0:08:18	60.7%	694	31	9	35	11
32	Rachel Robson	54	F	LM	North Norfolk Beach Runners - Team B	16	0:46:16	26:16:44	0:08:26	68.6%	327	32	10	15	12
33	Graham Dixon	39	M	MS	Haverhill Running Club	16	0:46:18	24:58:34	0:08:26	53.3%	931	33	11	56	21
34	John Davis (The Shorter)	64	M	MM	Garden City Runners	16	0:46:34	22:29:37	0:08:29	65.1%	487	34	11	26	22
35	Vicky Berry	54	F	LM	Biggleswade AC	16	0:46:36	25:55:38	0:08:29	68.1%	346	35	11	17	13
36	Ruth Gainsford	53	F	LM	Coltishall Jaguars - Open	16	0:46:40	24:16:59	0:08:30	67.1%	395	36	12	19	14
37	Catherine Halon	42	F	LM	Framlingham Flyers	16	0:46:44	26:27:59	0:08:31	59.7%	739	37	13	37	15

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Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
38	Ryan Edwards	34	M	MS	Saint Edmund Pacers - Team A	16	0:46:48	24:17:18	0:08:31	51.1%	973	38	12	58	23
39	Emily Gooderham	21	F	LS	Saint Edmund Pacers - Team B	16	0:47:00	25:23:39	0:08:34	56.7%	842	39	3	48	16
40	Tracey Green	40	F	LM	Paddock Wood AC	16	0:47:28	21:45:14	0:08:39	58.0%	797	40	14	43	17
41	Jaime Hayden	38	F	LM	Thorney Running Club	16	0:47:38	25:29:30	0:08:41	57.1%	825	41	15	45	18
42	Karen Dodsworth	57	F	LM	North Herts Road Runners	16	0:48:22	25:29:55	0:08:49	68.3%	336	42	16	16	19
43	Nessie Browne	48	F	LM	Old Greshamians - Team 2	16	0:48:27	26:42:07	0:08:50	60.8%	690	43	17	34	20
44	Gillian Paremain	66	F	LM	Thetford AC	16	0:48:50	26:34:26	0:08:54	77.0%	65	44	18	5	21
45	Gill Woodhouse	69	F	LM	Dereham - Club	16	0:49:07	24:10:05	0:08:57	80.2%	28	45	19	2	22
46	Carol Slater-Garner	41	F	LM	Fenland Running Club - Ladies	16	0:49:10	26:57:45	0:08:57	56.3%	856	46	20	49	23
47	Justine Davenport	46	F	LM	Norfolk Gazelles Dorcas	16	0:49:20	23:16:20	0:08:59	58.5%	780	47	21	41	24
48	Danielle Crane	38	F	LM	Norwich Road Runners - Mixed	16	0:49:28	26:57:06	0:09:01	55.0%	889	48	22	53	25
49	Leona Broughton	39	F	LM	Reepham Runners - Masters	16	0:49:40	26:43:58	0:09:03	55.1%	886	49	23	52	26
50	Pandora Buck	53	F	LM	Great Yarmouth Road Runners - Ladies	16	0:49:48	28:47:45	0:09:04	62.9%	596	50	24	30	27
51	Craig Dodgen	53	M	MM	Bishops Stortford Running Club	16	0:50:44	25:25:26	0:09:14	54.3%	904	51	12	54	24
52	Michelle Waters	49	F	LM	Norfolk Gazelles Chinkara	16	0:51:41	25:02:14	0:09:25	57.6%	806	52	25	44	28
53	Karen Tompkins	34	F	LS	Wellingborough & District AC - Team 2	16	0:53:58	26:52:56	0:09:50	49.7%	988	53	4	59	29
54	Judy Rackham	57	F	LM	Metros RC	16	0:54:17	26:07:08	0:09:53	60.8%	689	54	26	33	30
55	Rachel Hirst	53	F	LM	Bungay Black Dog Running Club	16	0:55:00	27:08:09	0:10:01	56.9%	834	55	27	47	31
56	Binks Neate Evans	51	F	LM	Reepham Runners - Mixed	16	0:55:14	25:24:45	0:10:04	55.3%	879	56	28	51	32
57	Mike Dunn	72	M	MM	Headington Road Runners	16	0:56:38	25:32:28	0:10:19	58.2%	788	57	13	42	25
58	Judy Prior	69	F	LM	Bedford Harriers	16	0:59:48	26:49:49	0:10:54	65.9%	448	58	29	23	33
59	Felicity Aries	56	F	LM	Wellingborough & District AC - Team 1	16	1:00:42	26:01:07	0:11:03	53.7%	921	59	30	55	34
60	Samantha Prior	29	F	LS	Ramsey Road Runners	16	1:01:22	25:49:18	0:11:11	43.4%	1025	60	5	61	35
61	Celina Silver	48	F	LM	Stamford Striders	16	1:06:34	25:38:46	0:12:08	44.2%	1022	61	31	60	36
1	Paul Waggitt	29	M	MS	Ely Runners - Team A	17	1:10:08	23:01:44	0:05:59	75.0%	102	1	1	4	1
2	Callum Stanforth	27	M	MS	Ryston Runners - Open	17	1:10:36	21:36:30	0:06:01	74.5%	112	2	2	7	2
3	Mark Burgess	29	M	MS	City of Norwich AC - Team A	17	1:11:49	20:23:40	0:06:07	73.2%	150	3	3	11	3
4	Istvan Jacso	38	M	MS	Cambridge & Coleridge AC - Team A	17	1:13:30	21:12:52	0:06:16	73.7%	138	4	4	10	4
5	Russell Casey	40	M	MM	Garden City Runners	17	1:15:59	23:45:36	0:06:29	72.4%	187	5	1	14	5
6	Richard Johnson	41	M	MM	Wymondham AC - Open	17	1:16:10	21:52:31	0:06:30	72.8%	167	6	2	12	6
7	Tom Bamford	32	M	MS	City of Norwich AC - Team C	17	1:16:11	27:17:13	0:06:30	69.1%	304	7	5	24	7
8	Ben Churchman	33	M	MS	RAF Marham	17	1:16:26	27:02:20	0:06:31	69.0%	309	8	6	25	8
9	Lynton Batrick	42	M	MM	North Norfolk Beach Runners - Team A	17	1:17:10	22:05:34	0:06:35	72.4%	185	9	3	13	9
10	Wayne Balmer	39	M	MS	Paddock Wood AC	17	1:17:21	23:02:35	0:06:36	70.5%	245	10	7	19	10
11	James Dunne	48	M	MM	Norwich Road Runners - Open	17	1:17:29	23:08:42	0:06:36	75.7%	93	11	4	2	11
12	Mike Boxhall	42	M	MM	March AC	17	1:18:00	23:15:52	0:06:39	71.6%	212	12	5	17	12
13	Darren Matussa	40	M	MM	North Herts Road Runners	17	1:18:08	26:48:03	0:06:40	70.4%	254	13	6	21	13
14	Cameron Harris	23	M	MS	Stamford Striders	17	1:18:39	26:57:25	0:06:42	66.9%	407	14	8	32	14
15	Adrian Waters	50	M	MM	Norfolk Gazelles Chinkara	17	1:19:31	26:21:45	0:06:47	75.0%	103	15	7	5	15
16	Lisa Marriott	38	F	LM	Ramsey Road Runners	17	1:20:16	27:09:34	0:06:51	74.7%	108	16	1	6	1
17	Paul Smith	42	M	MM	Norwich Road Runners - Masters	17	1:20:36	22:48:37	0:06:52	69.3%	295	17	8	23	16
18	Stew Robins	50	M	MM	Ryston Runners - Masters	17	1:20:36	26:13:43	0:06:52	74.0%	128	18	9	9	17
19	James Carass	30	M	MS	Great Yarmouth Road Runners - Open	17	1:20:56	26:46:18	0:06:54	65.0%	493	19	9	35	18
20	Nick Stephens	54	M	MM	Stowmarket Striders Running Club	17	1:22:09	27:30:50	0:07:00	75.1%	101	20	10	3	19
21	Angie Joiner-Handy	47	F	LM	Saint Edmund Pacers - Team A	17	1:22:25	25:39:43	0:07:02	77.9%	52	21	2	1	2
22	Melvyn Porter	50	M	MM	Coltishall Jaguars - Mixed	17	1:22:38	24:37:54	0:07:03	72.1%	195	22	11	15	20
23	Phil Whiting	43	M	MM	Norfolk Gazelles Dorcas	17	1:23:33	24:39:53	0:07:07	67.4%	380	23	12	30	21
24	Andrew Phelps	55	M	MM	Headington Road Runners	17	1:23:42	26:56:10	0:07:08	74.4%	115	24	13	8	22
25	Andre Pittock	51	M	MM	Fenland Running Club - Open	17	1:25:20	23:03:00	0:07:16	70.5%	249	25	14	20	23
26	Nick Hudson	34	M	MS	Coltishall Jaguars - Open	17	1:25:52	25:42:51	0:07:19	61.6%	643	26	10	42	24
27	Martin Adcock	49	M	MM	Bure Valley Harriers	17	1:25:53	24:11:37	0:07:19	68.8%	316	27	15	26	25
28	Grainne Brennan	27	F	LS	Newmarket Joggers	17	1:26:27	25:50:31	0:07:22	67.8%	356	28	1	29	3
29	Andrew Hood	35	M	MS	Dereham - Club	17	1:26:33	25:36:38	0:07:23	61.4%	656	29	11	43	26
30	Dave Solomon	50	M	MM	Felixstowe Road Runners	17	1:26:59	27:59:41	0:07:25	68.5%	328	30	16	27	27
31	Alex Smith	42	F	LM	Wymondham AC - Ladies	17	1:27:22	27:25:42	0:07:27	70.3%	255	31	3	22	4
32	Rob Groves	31	M	MS	Reepham Runners - Mixed	17	1:27:43	26:52:28	0:07:29	60.0%	729	32	12	48	28

ALL STAGES - RNR 2017

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
33	Mike Gooch	48	M	MM	Wellingborough & District AC - Team 2	17	1:28:35	28:21:31	0:07:33	66.2%	434	33	17	33	29
34	Charlie Stone	17	M	MJ	Thetford AC	17	1:30:06	28:04:32	0:07:41	61.2%	665	34	1	44	30
35	Guy Simmonds	40	M	MM	Pink & Blacks	17	1:31:25	27:26:17	0:07:48	60.1%	723	35	18	47	31
36	Ian Gooderham	50	M	MM	Saint Edmund Pacers - Team B	17	1:31:49	26:55:28	0:07:50	64.9%	496	36	19	36	32
37	Craig Sissons	29	M	MS	Haverhill Running Club	17	1:32:20	26:30:54	0:07:52	57.0%	833	37	13	53	33
38	Justin Smith	47	M	MM	Ely Runners - Team B	17	1:32:28	27:56:28	0:07:53	62.9%	598	38	20	40	34
39	Richard Dye	56	M	MM	Bungay Black Dog Running Club	17	1:33:26	28:41:35	0:07:58	67.2%	388	39	21	31	35
40	Matthew Rackham	23	M	MS	Metros RC	17	1:33:36	27:40:44	0:07:59	56.2%	859	40	14	56	36
41	Natalie Morgan	41	F	LM	Biggleswade AC	17	1:33:59	27:29:37	0:08:01	64.9%	499	41	4	37	5
42	Ellie Stevens	38	F	LM	City of Norwich AC - Team B	17	1:34:52	24:23:34	0:08:05	63.2%	579	42	5	39	6
43	Andy Rowles	55	M	MM	Dereham - Open	17	1:35:27	26:09:33	0:08:08	65.2%	480	43	22	34	37
44	Niki Park	52	F	LM	Norwich Road Runners - Ladies	17	1:35:36	26:25:35	0:08:09	71.3%	225	44	6	18	7
45	Emma Evans	21	F	LS	Riverside Runners	17	1:35:55	25:41:39	0:08:11	61.1%	674	45	2	46	8
46	Peter Gowing	49	M	MM	Reepham Runners - Masters	17	1:36:38	28:20:36	0:08:14	61.2%	673	46	23	45	38
47	Becky Garratt	39	F	LM	North Norfolk Beach Runners - Team B	17	1:36:52	27:53:36	0:08:15	62.2%	627	47	7	41	9
48	Chris Read	37	M	MS	Norwich Road Runners - Mixed	17	1:37:08	28:34:14	0:08:17	55.3%	878	48	15	57	39
49	Bekah Cranch	25	F	LS	Bishops Stortford Running Club	17	1:37:54	27:03:20	0:08:21	59.9%	731	49	3	49	10
50	Robert Hurst	38	M	MS	Old Greshamians - Team 1	17	1:38:19	27:09:29	0:08:23	55.1%	887	50	16	59	40
51	Natalie Kim Cant	36	F	LM	Tri-Anglia Triathlon Club	17	1:39:25	27:35:38	0:08:29	59.8%	735	51	8	50	11
52	Sarah Taylor	52	F	LM	Ryston Runners - Ladies	17	1:39:48	26:42:33	0:08:30	68.3%	337	52	9	28	12
53	Tony Jones	57	M	MM	Bedford Harriers	17	1:39:49	28:29:38	0:08:31	63.5%	569	53	24	38	41
54	Gavin Lane	48	M	MM	West Norfolk AC	17	1:39:53	27:44:23	0:08:31	58.7%	771	54	25	51	42
55	Glyn Smith	71	M	MM	Cambridge and Coleridge AC - Team B	17	1:41:01	25:39:46	0:08:37	71.8%	205	55	26	16	43
56	Jess Quick	28	F	LS	Old Greshamians - Team 2	17	1:46:06	28:28:13	0:09:03	55.3%	880	56	4	58	13
57	Natasha Wain	44	F	LM	Wellingborough & District AC - Team 1	17	1:47:52	27:48:59	0:09:12	57.8%	803	57	10	52	14
58	Larissa Follen	43	F	LM	Fenland Running Club - Ladies	17	1:48:52	28:46:37	0:09:17	56.8%	837	58	11	54	15
59	Kay Riley	38	F	LM	Thorney Running Club	17	1:52:49	27:22:19	0:09:37	53.1%	934	59	12	60	16
60	Clare Barstow	39	F	LM	Framlingham Flyers	17	1:53:44	28:21:43	0:09:42	53.0%	935	60	13	61	17
61	Cathy Tooley	52	F	LM	Great Yarmouth Road Runners - Ladies	17	2:01:04	30:48:49	0:10:19	56.3%	857	61	14	55	18