

Stage 1: Kings Lynn to Hunstanton - 16.32 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	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%	121	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%	352	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%	485	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%	119	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%	536	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%	538	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%	187	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%	120	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%	160	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%	349	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%	504	21	12	34	19
22	Mark Alderson	42	M	MM	Stamford Striders	1	2:01:04	2:01:04	0:07:25	65.3%	480	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%	348	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%	491	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%	526	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%	467	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%	608	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

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33	Paul Davies	48	M	MM	Biggleswade AC	1	2:08:43	2:08:43	0:07:53	64.5%	519	33	22	36	31
34	Christopher Shearwood	54	M	MM	Metros RC	1	2:08:50	2:08:50	0:07:54	68.0%	355	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%	596	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%	412	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%	470	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%	350	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%	581	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%	189	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%	397	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%	632	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%	510	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%	137	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%	528	55	36	38	47
56	Sam Bellotti	30	M	MS	Thetford AC	1	2:27:02	2:27:02	0:09:01	51.1%	973	56	12	58	48
57	Kaylee Meacham	30	F	LS	City of Norwich AC - Team C	1	2:37:57	2:37:57	0:09:41	52.4%	950	57	1	57	9
58	James Cook	29	M	MS	RAF Marham	1	2:38:09	2:38:09	0:09:41	47.5%	1004	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%	1026	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