

Stage 4: Wells to Cley - 11.14 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	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%	386	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%	522	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%	422	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%	587	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%	542	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%	371	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%	626	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%	184	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%	404	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%	141	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%	356	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%	533	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%	466	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%	539	25	2	24	3
26	Lydia Growsns	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%	362	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%	606	32	16	33	25

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33	Peter Bennet	53	M	MM	Cambridge and Coleridge AC - Team B	4	1:29:58	6:22:12	0:08:05	64.3%	527	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%	541	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%	585	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%	506	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
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%	946	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%	496	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%	925	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%	992	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%	983	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%	923	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%	940	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%	948	57	10	55	16
58	Andrew Hedley	54	M	MM	Biggleswade AC	4	1:51:41	6:17:03	0:10:02	52.3%	952	58	30	56	42
59	Lisa Long	45	F	LM	Newmarket Joggers	4	1:56:32	7:02:45	0:10:28	51.1%	970	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%	1016	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%	1007	61	12	60	19