

Stage 5: Cley to Cromer - 10.81 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	James O'Neill	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%	383	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%	495	4	3	14	4
5	James Shiner	30	M	MS	Riverside Runners	5	1:14:50	7:19:43	0:06:55	64.5%	520	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%	403	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%	180	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%	629	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%	631	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%	458	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%	607	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%	612	19	10	22	18
20	Carol Devlin	52	F	LM	Dereham - Club	5	1:25:55	7:20:47	0:07:57	72.8%	162	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%	593	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%	473	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%	459	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%	604	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%	902	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%	882	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%	919	31	9	45	27
32	Charles Arnold	61	M	MM	Biggleswade AC	5	1:32:42	7:49:45	0:08:35	65.1%	486	32	18	13	28

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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%	410	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%	955	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
37	Pete Reed	36	M	MS	RAF Marham	5	1:35:39	8:16:13	0:08:51	51.3%	967	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%	636	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%	884	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%	988	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%	915	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%	939	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%	995	46	13	54	39
47	Hannah Pollard	36	F	LM	Newmarket Joggers	5	1:40:45	8:43:30	0:09:19	54.2%	908	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%	947	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%	1008	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%	1002	52	15	55	42
53	James Brown	41	M	MM	Pink & Blacks	5	1:44:52	8:42:00	0:09:42	48.5%	994	53	27	53	43
54	Louise Norkett	40	F	LM	Thetford AC	5	1:52:00	8:55:22	0:10:22	49.7%	986	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%	990	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%	594	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%	1020	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%	1025	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%	1005	59	12	56	15
60	Jo Cartwright	44	F	LM	Framlingham Flyers	5	2:05:56	8:54:48	0:11:39	45.5%	1014	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