

## Stage 6: Cromer to Mundesley - 7.9 miles

Pos	Runner	Age	Sex	Cat	Team	Stage	Time	Team Time	Pace	AG%	AG% rank	Stage pos	Cat pos	Cat AG Pos	stage/sex
1	Sam Todd	21	M	MS	City of Norwich AC - Team C	6	0:46:51	9:20:49	0:05:56	73.9%	131	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%	123	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 Shephard	24	F	LS	Paddock Wood AC	6	0:52:54	8:02:48	0:06:42	73.7%	138	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%	163	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%	616	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%	364	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%	416	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%	392	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%	398	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%	591	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%	598	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%	894	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%	615	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
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

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33	Barbara Sayers	45	F	LM	North Herts Road Runners	6	1:04:58	8:56:32	0:08:13	64.4%	524	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%	621	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%	417	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%	941	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%	509	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%	896	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%	969	47	23	57	30
48	Richard Watson	50	M	MM	Bedford Harriers	6	1:12:59	9:41:42	0:09:14	53.9%	917	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%	614	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%	910	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%	909	51	14	50	20
52	Martin Strowger	50	M	MM	Dereham - Open	6	1:13:59	8:33:31	0:09:22	53.2%	932	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%	525	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%	954	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%	1022	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%	993	57	7	58	24
58	Michaela Ridley	48	F	LM	Riverside Runners	6	1:20:26	8:40:09	0:10:11	53.6%	922	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%	999	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%	1018	61	8	60	28