

Stage Arrival Times - based on RNR 2017 running times

Time given is in hours/minutes per the 24 hour clock

Start Time	Times are for end of each stage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Finish time	Order
05:30	Bungay Black Dog Running Club	07:54	10:23	11:01	13:04	14:49	16:03	17:15	18:16	20:42	22:58	00:37	04:07	05:35	06:26	07:43	08:38	10:11	10:11:35	24
05:30	Bedford Harriers	07:56	10:08	11:12	12:33	13:58	15:11	16:31	17:33	19:55	22:19	23:55	02:40	04:33	05:40	07:20	08:19	09:59	09:59:38	13
05:30	Great Yarmouth Road Runners - Ladies	07:55	10:16	11:20	13:04	15:07	16:34	17:56	19:01	21:33	00:50	02:31	05:06	06:52	07:53	09:27	10:17	12:18	12:18:49	62
05:30	Norwich Road Runners - Mixed	07:44	09:29	10:27	12:38	14:12	15:18	16:37	17:40	19:58	22:23	00:14	02:42	04:53	05:50	07:37	08:27	10:04	10:04:14	19
06:00	Felixstowe Road Runners	08:00	09:45	10:43	12:28	14:09	15:28	16:38	17:54	20:14	22:40	01:14	03:35	05:14	06:17	07:53	08:32	09:59	09:59:41	14
06:00	Fenland Running Club - Ladies	08:20	10:31	11:27	13:14	14:50	16:03	17:13	18:20	20:47	23:21	01:05	03:55	05:38	06:42	08:08	08:57	10:46	10:46:37	45
06:00	Framlingham Flyers	07:59	10:08	11:03	12:48	14:54	16:10	17:28	18:30	20:40	23:04	00:53	03:53	05:14	06:20	07:41	08:27	10:21	10:21:43	32
06:30	Thetford AC	08:57	10:57	11:58	13:33	15:25	16:38	17:52	19:01	21:09	23:33	01:03	03:49	05:41	06:48	08:15	09:04	10:34	10:34:32	41
06:30	Pink & Blacks	08:46	10:54	11:56	13:27	15:12	16:19	17:36	18:32	20:33	23:13	00:44	03:22	05:13	06:19	07:41	08:24	09:56	09:56:17	12
06:30	Stowmarket Striders Running Club	09:08	10:44	11:26	12:45	14:22	15:27	16:29	17:33	20:03	22:41	00:19	03:10	05:19	06:24	08:00	08:38	10:00	10:00:50	15
06:30	North Norfolk Beach Runners - Team B	08:50	11:11	12:00	13:36	15:12	16:19	17:35	18:41	21:03	23:36	01:10	03:55	05:40	06:37	08:00	08:46	10:23	10:23:36	36
06:30	Reepham Runners - Masters	08:32	10:26	11:23	12:47	14:27	15:35	17:05	18:07	20:17	22:49	01:11	03:47	05:46	06:41	08:24	09:13	10:50	10:50:36	48
06:30	Ely Runners - Team B	08:54	11:02	11:51	13:27	15:00	16:06	17:13	18:22	20:45	23:20	00:59	03:50	05:54	06:49	08:08	08:54	10:26	10:26:28	38
06:30	Old Greshamians - Team 2	08:53	11:06	11:54	13:27	15:10	16:22	17:45	18:51	20:58	00:00	01:30	03:53	05:44	06:42	08:23	09:12	10:58	10:58:13	50
06:30	Wellingborough & District AC - Team 1	09:41	11:42	12:34	14:10	16:12	17:26	18:25	19:06	21:08	23:37	01:00	03:41	05:24	06:14	07:30	08:31	10:18	10:18:59	31
07:00	Biggleswade AC	09:08	10:43	11:25	13:17	14:49	15:38	16:56	18:24	20:36	22:47	01:05	03:39	05:38	06:40	08:09	08:55	10:29	10:29:37	40
07:00	Tri-Anglia Triathlon Club	09:09	11:17	12:08	13:34	15:11	16:34	18:10	19:06	21:10	23:27	01:06	03:46	05:20	06:28	08:14	08:56	10:35	10:35:38	42
07:00	Great Yarmouth Road Runners - Open	09:14	10:59	11:44	13:21	15:00	16:12	17:29	18:43	21:05	23:42	01:19	03:43	05:30	06:27	07:40	08:25	09:46	09:46:18	9
07:00	City of Norwich AC - Team C	09:37	11:37	12:18	13:58	15:33	16:20	17:34	18:37	20:33	23:08	00:38	04:10	05:56	06:45	08:20	09:01	10:17	10:17:13	30
07:00	Thorney Running Club	09:08	11:03	12:16	13:51	15:36	16:56	18:22	19:27	21:37	23:43	01:28	04:11	05:38	06:31	07:41	08:29	10:22	10:22:19	33
07:00	Wellingborough & District AC - Team 2	08:57	11:09	12:00	13:36	14:57	15:59	17:18	18:44	21:29	00:14	01:56	04:19	06:06	07:00	08:58	09:52	11:21	11:21:31	57
07:00	RAF Marham	09:38	11:29	12:19	13:40	15:16	16:31	17:46	18:45	20:56	23:19	01:08	03:41	05:37	06:46	08:00	08:45	10:02	10:02:20	16
07:30	Reepham Runners - Mixed	09:45	11:33	12:30	14:02	16:08	17:22	18:42	20:01	22:00	23:41	01:21	03:54	05:43	06:46	07:59	08:54	10:22	10:22:28	34
07:30	Norfolk Gazelles Chinkara	09:34	11:28	12:11	13:43	15:15	16:17	17:33	18:27	21:11	23:18	00:43	03:30	05:19	06:15	07:40	08:32	09:51	09:51:45	10
07:30	Headington Road Runners	09:47	11:53	12:49	14:28	16:30	17:26	18:36	19:39	21:35	23:30	00:59	03:53	05:37	06:32	08:05	09:02	10:26	10:26:10	37
07:30	Ryston Runners - Ladies	09:28	11:28	12:23	13:51	15:24	16:30	17:32	18:25	20:35	23:05	00:51	03:44	05:22	06:25	07:48	08:32	10:12	10:12:33	25
07:30	Ramsey Road Runners	09:38	11:57	12:39	14:30	16:06	17:12	18:10	18:55	21:00	23:17	01:11	03:46	05:56	06:52	08:17	09:19	10:39	10:39:34	44
07:30	Norwich Road Runners - Ladies	09:41	11:46	12:28	13:58	15:25	16:23	17:32	18:22	20:36	23:04	00:46	03:37	05:22	06:19	07:41	08:19	09:55	09:55:35	11
07:30	West Norfolk AC	09:27	11:14	12:27	14:15	15:41	16:49	18:07	19:06	21:13	23:46	01:22	04:19	06:21	07:23	08:55	09:34	11:14	11:14:23	55
07:30	Stamford Striders	09:31	11:39	12:30	13:49	15:18	16:21	17:30	18:14	20:51	23:23	00:59	03:37	05:32	06:47	08:02	09:08	10:27	10:27:25	39
07:30	Wymondham AC - Ladies	09:48	10:33	12:17	14:03	15:58	16:57	18:00	18:52	21:05	23:29	01:23	04:13	05:57	06:55	08:43	09:28	10:55	10:55:42	49
08:00	Ryston Runners - Masters	10:20	12:15	13:05	14:31	15:56	16:49	17:57	18:58	21:07	23:50	01:27	04:08	05:43	06:45	08:17	08:53	10:13	10:13:43	27
08:00	Riverside Runners	10:24	11:59	12:34	14:04	15:19	16:40	18:07	19:06	21:01	23:31	01:02	03:35	04:49	05:54	07:21	08:05	09:41	09:41:39	8
08:00	Dereham - Club	09:58	11:41	12:29	13:54	15:20	16:24	17:33	18:29	20:27	23:20	00:56	03:26	04:55	05:55	07:20	08:10	09:36	09:36:38	6
08:00	Dereham - Open	09:45	11:38	12:24	13:56	15:19	16:33	17:51	18:33	20:59	23:50	01:17	03:44	05:39	06:38	07:52	08:34	10:09	10:09:33	21
08:00	Bishops Stortford Running Club	10:05	11:49	12:45	14:22	16:17	17:25	18:42	19:56	22:01	23:54	01:18	03:56	06:01	07:21	08:34	09:25	11:03	11:03:20	53
08:00	Old Greshamians - Team 1	11:18	13:19	14:09	15:28	17:01	18:00	19:13	20:06	22:01	00:34	02:24	04:56	06:32	07:30	08:47	09:31	11:09	11:09:29	54
08:30	Haverhill Running Club	10:41	12:40	13:34	14:59	16:39	17:52	19:03	20:14	22:13	00:46	02:14	04:49	06:26	07:14	08:42	09:28	11:00	11:00:54	51
08:30	Saint Edmund Pacers - Team A	10:46	12:54	13:37	14:57	16:28	17:16	18:21	19:23	21:33	23:52	01:28	03:46	05:30	06:28	08:00	08:47	10:09	10:09:43	22
08:30	Coltishall Jaguars - Open	10:39	12:31	13:28	14:57	16:29	17:24	18:34	19:32	21:41	23:58	01:32	03:59	05:33	06:36	08:00	08:46	10:12	10:12:51	26
08:30	Cambridge and Coleridge AC - Team B	10:37	12:32	13:22	14:52	16:20	17:22	18:41	19:38	21:45	23:43	01:13	03:27	05:09	06:26	07:49	08:28	10:09	10:09:46	23
08:30	Metros RC	10:38	12:47	13:48	15:29	17:01	18:27	19:42	20:50	23:21	01:27	03:11	05:16	07:13	08:23	09:42	10:37	12:10	12:10:44	60
08:30	Saint Edmund Pacers - Team B	10:27	12:54	13:42	15:02	16:44	17:49	19:03	20:04	22:16	00:27	02:04	04:39	06:10	07:04	09:06	09:53	11:25	11:25:28	58
08:30	North Herts Road Runners	10:19	12:30	13:34	14:54	16:21	17:26	18:47	19:51	21:47	23:55	01:55	04:40	06:01	07:54	09:11	09:59	11:18	11:18:03	56
09:00	Norfolk Gazelles Dorcas	10:59	12:54	13:46	15:08	16:46	17:48	18:46	19:43	21:27	23:21	01:10	03:43	04:55	06:02	07:27	08:16	09:39	09:39:53	7
09:00	Newmarket Joggers	11:05	13:14	14:06	16:02	17:43	18:45	19:59	21:00	23:02	00:57	02:29	04:40	06:23	07:17	08:46	09:24	10:50	10:50:31	47

DNF - Stage 10

DNF - Stage 11

DNF - Stage 12

DNF - Stage 9/DN

DNF - Stage 16

Stage Arrival Times - based on RNR 2017 running times

Time given is in hours/minutes per the 24 hour clock

Start Time	Times are for end of each stage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Finish time	Order
09:00	City of Norwich AC - Team B	10:59	12:45	13:26	14:53	16:19	17:19	18:19	19:02	21:01	23:43	01:20	03:40	05:15	05:58	07:07	07:48	09:23	09:23:34	5
10:00	Coltishall Jaguars - Mixed	12:18	13:53	14:48	16:15	17:43	18:43	19:48	20:47	22:47	01:09	02:39	04:52	06:21	07:13	08:33	09:15	10:37	10:37:54	43
10:30	Garden City Runners	12:25	14:09	14:58	16:41	18:10	19:17	20:17	21:13	22:59	00:50	02:30	04:40	06:13	07:01	08:13	08:59	10:15	10:15:36	28
11:00	Fenland Running Club - Open	13:01	14:37	15:20	16:48	18:13	19:09	20:07	21:01	22:51	00:45	02:14	04:15	05:49	06:40	07:55	08:37	10:03	10:03:00	18
11:00	Paddock Wood AC	12:57	14:38	15:28	16:47	18:09	19:02	20:03	20:54	22:47	00:54	02:11	04:16	05:44	06:36	07:57	08:45	10:02	10:02:35	17
11:00	March AC	12:58	14:43	15:23	16:52	18:09	19:02	20:06	20:56	22:57	01:13	02:41	04:44	06:20	07:08	08:21	08:57	10:15	10:15:52	29
11:30	Ryston Runners - Open	13:33	15:18	15:55	17:10	18:20	19:09	20:11	20:59	22:48	00:47	02:05	04:04	05:28	06:13	07:19	07:55	09:06	09:06:30	3
12:00	Ely Runners - Team A	13:47	15:27	16:07	17:20	18:35	19:26	20:26	21:15	22:55	02:18	03:35	05:43	07:23	08:13	09:15	09:51	11:01	11:01:44	52
12:00	Bure Valley Harriers	14:08	15:44	16:31	17:50	19:00	20:04	21:05	21:58	00:04	01:58	03:25	05:35	08:04	08:53	10:02	10:45	12:11	12:11:37	61
12:00	North Norfolk Beach Runners - Team A	14:00	15:32	16:17	17:32	18:50	19:44	20:40	21:27	23:12	01:08	02:30	04:30	06:00	06:51	08:11	08:48	10:05	10:05:34	20
12:00	Norwich Road Runners - Masters	13:46	15:31	16:11	17:31	18:50	19:41	20:44	21:33	23:28	01:25	02:53	05:18	06:53	07:38	08:51	09:28	10:48	10:48:37	46
12:00	City of Norwich AC - Team A	13:47	15:08	15:47	17:03	18:22	19:10	20:04	20:48	22:27	00:14	01:23	03:26	04:42	05:29	06:37	07:11	08:23	08:23:40	1
12:00	Cambridge & Coleridge AC - Team A	13:39	15:09	15:53	17:09	18:22	19:11	20:01	20:53	22:37	00:39	02:00	04:09	05:37	06:25	07:26	07:59	09:12	09:12:52	4
12:30	Norwich Road Runners - Open	14:25	16:09	16:46	18:06	19:27	20:23	21:14	22:03	23:47	01:29	02:47	06:19	07:40	08:25	09:45	10:21	11:38	11:38:42	59
12:30	Wymondham AC - Open	14:20	15:59	16:38	17:53	19:15	20:07	21:06	21:55	23:41	01:44	03:02	05:06	06:32	07:19	08:28	09:06	10:22	10:22:31	35
First team arrives		07:44	09:29	10:27	12:28	13:58	15:11	16:29	17:33	19:55	22:19	23:55	02:40	04:33	05:29	06:37	07:11	08:23	08:23	
Last Team departs		14:25	16:09	16:46	18:06	19:27	20:23	21:14	22:03	00:04	02:18	03:35	06:19	08:04	08:53	10:02	10:45	12:18	12:18	

DNS - Stage 10
DNS - Stage 13

DNF - Stage 12