

## Stage Arrival Times - based on RNR 2016 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	08:14	10:29	11:21	12:49	14:31	15:45	17:00	18:15	20:33	22:47	00:44	03:05	04:43	05:37	06:53	07:53	09:24	09:24:09	17
05:30	Ely Runners B	08:03	10:01	10:56	12:36	14:24	15:22	16:48	17:55	20:11	23:00	00:30	03:17	04:56	05:51	07:17	08:05	09:30	09:30:17	18
05:30	Riverside Runners	07:48	09:29	10:30	12:00	14:04	15:10	16:27	17:37	20:06	22:36	00:46	03:54	05:36	06:38	08:17	09:03	10:15	10:15:03	41
05:30	Dereham Runners - Team B	08:24	10:26	11:11	12:51	14:31	15:45	16:56	17:59	20:26	22:55	00:41	03:41	05:35	06:35	08:07	08:53	10:39	10:39:32	48
05:30	Birkett's Runners AC	08:19	09:59	10:47	12:42	14:55	15:59	17:22	18:18	21:17	23:40	01:23	03:06	05:57	08:16	09:17	10:36	11:16	11:16:09	56
05:30	Bedford Harriers	08:14	10:31	11:41	13:21	15:00	16:14	17:34	18:35	20:57	23:14	01:09	04:31	06:30	07:36	09:05	10:00	11:28	11:28:37	57
05:30	Harwich Runners	08:38	10:26	11:10	12:20	14:07	15:12	16:27	17:32	20:26	23:56	01:55	05:00	07:16	08:07	09:56	10:46	12:35	12:35:10	58
06:00	Stowmarket Striders	08:37	10:24	11:19	12:42	14:33	15:40	16:56	18:03	20:01	22:35	00:04	02:38	04:22	05:22	06:34	07:23	08:57	08:57:18	7
06:00	North Norfolk Beach Runners B	08:32	10:24	11:10	12:48	14:37	15:44	16:54	17:51	20:02	22:25	00:10	02:53	04:50	05:53	07:14	07:54	09:30	09:30:59	19
06:00	Thetford AC	08:36	10:28	11:27	13:11	15:00	15:57	17:26	18:42	20:53	23:35	01:05	03:30	05:20	06:08	07:25	08:13	09:38	09:38:24	22
06:00	Tri-Anglia	08:22	10:24	11:14	12:39	14:33	15:41	17:04	17:59	20:09	23:05	00:41	03:18	04:52	05:53	07:04	07:45	09:44	09:44:29	26
06:00	Reepham Runners	07:49	10:16	11:14	13:00	14:56	16:11	17:28	18:36	20:50	23:19	00:50	03:27	05:10	06:12	07:33	08:22	09:47	09:47:31	28
06:00	Fenland Running Club - B	08:22	10:34	11:40	13:23	14:57	16:07	17:37	18:46	21:01	23:29	01:22	03:34	05:14	06:14	07:40	08:38	10:17	10:17:47	43
06:00	Felixstowe Road Runners	08:45	10:32	11:33	13:12	14:52	16:06	17:28	18:40	21:14	00:07	01:32	03:34	05:10	06:09	07:32	08:18	10:18	10:18:39	44
06:00	Biggleswade AC	08:52	11:39	12:38	14:24	16:15	17:16	18:33	19:50	21:56	00:04	01:42	04:11	06:04	07:06	08:32	09:24	10:48	10:48:38	52
06:00	Wellingborough & District AC.	08:33	10:30	11:30	13:20	15:00	16:15	17:11	18:21	20:23	22:57	01:14	04:00	05:48	06:42	08:10	09:04	10:55	10:55:31	53
06:00	Norfolk Gazelles Black	08:25	10:34	11:26	12:58	14:45	15:55	17:17	18:21	20:44	23:56	01:38	05:00	06:44	07:35	08:50	09:39	11:03	11:03:30	54
06:30	Framlingham Flyers	08:39	10:38	11:33	13:11	14:43	15:54	17:07	18:00	20:40	23:06	00:41	02:50	04:21	05:44	07:16	07:58	09:46	09:46:46	27
06:30	Reepham Runners Masters	09:00	10:53	11:45	13:11	14:55	15:58	17:06	18:12	20:41	22:49	00:34	03:18	05:19	06:22	07:45	08:27	09:53	09:53:27	29
06:30	Headington RoadRunners	09:06	11:10	11:56	13:23	14:51	15:55	17:11	18:14	20:30	23:23	00:50	03:35	05:18	06:26	07:41	08:40	10:12	10:12:12	39
06:30	Pink & Blacks	09:10	11:10	11:59	13:41	15:28	16:28	17:46	18:42	21:02	23:13	00:58	03:41	05:39	06:41	08:22	09:15	10:30	10:30:33	46
06:30	Thorney Running Club	09:29	11:17	12:08	13:46	15:16	16:36	18:05	19:19	21:28	00:06	01:52	04:49	06:26	07:20	08:30	09:19	10:39	10:39:52	49
07:00	Haverhill Running Club	09:23	11:14	12:05	13:26	14:41	15:41	16:52	17:43	20:00	22:18	23:50	02:18	03:53	04:42	06:23	06:58	08:26	08:26:19	1
07:00	Ryston Ladies	09:07	11:06	11:53	13:24	15:02	16:11	17:23	18:23	20:24	22:42	00:22	03:01	04:38	05:33	06:42	07:23	08:59	08:59:34	8
07:00	Stamford Striders	09:06	10:55	11:43	13:05	14:26	15:41	16:54	17:49	20:08	22:28	23:59	02:45	04:34	05:35	06:59	07:44	09:03	09:03:17	10
07:00	North Herts Road Runners	09:07	11:10	11:57	13:14	15:20	16:23	17:28	18:26	20:15	22:25	00:01	02:47	04:28	05:34	06:52	07:45	09:10	09:10:36	12
07:00	RAF Marham	09:07	10:48	11:37	13:10	14:36	15:41	16:53	17:45	19:55	22:20	23:50	03:17	05:21	06:10	07:35	08:11	09:56	09:56:50	32
07:00	Old Greshamians	09:11	10:54	11:46	13:16	15:02	16:04	17:30	18:24	20:30	22:54	00:52	03:39	05:28	06:17	07:41	08:32	10:02	10:02:30	34
07:00	Ramsey Road Runners	09:12	11:09	12:10	14:00	15:29	16:40	18:11	19:15	21:05	23:24	01:22	03:58	05:46	06:48	08:13	08:58	10:14	10:14:22	40
07:00	Ryston Runners C	09:25	11:19	12:05	13:32	14:58	16:02	17:17	18:20	20:19	22:58	00:33	03:44	05:23	06:20	07:33	08:26	10:15	10:15:22	42
07:00	West Norfolk AC	09:18	11:20	12:09	13:54	15:42	16:47	17:55	19:01	20:59	23:27	01:16	03:52	05:32	06:24	07:48	08:50	10:30	10:30:22	45
07:00	Norwich Road Runners Ladies Team	09:20	11:17	12:03	13:40	15:34	16:39	17:49	18:45	21:01	23:33	01:15	04:02	06:08	07:07	08:31	09:12	10:47	10:47:49	51
07:30	Cambridge & Coleridge Team B	09:56	11:41	12:33	13:48	15:32	16:50	18:03	18:56	20:58	23:16	00:59	03:38	05:17	06:09	07:19	08:00	09:17	09:17:48	14
07:30	Bishops Stortford Running Club	09:46	11:30	12:29	14:21	16:11	17:18	18:28	19:28	21:22	00:00	01:57	04:03	05:26	06:28	07:44	08:31	10:08	10:08:30	36
07:30	Great Yarmouth Road Runners	09:43	11:42	12:31	14:04	15:44	16:49	17:57	18:51	20:53	23:05	00:33	03:44	05:25	06:25	07:47	08:37	10:08	10:08:51	37
07:30	Norwich Road Runners D	09:55	11:55	13:18	14:55	16:35	17:34	18:39	19:41	21:44	00:17	02:13	04:58	06:44	07:34	09:02	09:42	11:07	11:07:43	55
08:00	Garden City Runners	10:08	12:01	12:50	14:15	15:42	16:50	17:55	18:57	20:48	23:07	00:54	03:09	05:05	06:05	07:25	08:13	09:32	09:32:01	20
08:00	Wymondham AC	10:07	11:56	12:47	14:29	15:53	16:50	18:00	18:50	20:36	23:15	00:41	03:15	05:17	06:13	07:43	08:24	09:40	09:40:36	25
08:30	Dereham Runners - A Team	11:01	12:58	13:43	14:59	16:26	17:10	18:14	19:06	21:15	23:33	01:02	03:14	04:50	05:43	07:06	07:37	08:56	08:56:32	6
08:30	Coltishall Jaguars	10:38	12:26	13:11	14:39	16:07	17:00	18:02	19:07	21:09	23:34	01:11	03:48	05:29	06:22	07:35	08:18	09:33	09:33:54	21
08:30	Saint Edmund Pacers	10:23	12:09	12:57	14:09	15:43	16:42	17:57	18:53	20:57	23:01	00:36	03:25	05:13	06:21	07:57	08:31	09:53	09:53:31	30
08:30	Serpentine RC	10:35	12:11	13:08	14:56	16:39	17:40	18:53	19:48	22:13	00:47	02:22	04:33	06:07	07:05	08:06	08:59	10:45	10:45:23	50
09:00	Fenland Running Club	10:53	12:43	13:28	15:03	16:28	17:30	18:41	19:37	21:34	23:40	01:06	03:27	04:54	05:55	07:14	07:58	09:38	09:38:27	23

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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
09:30	March AC	11:29	13:12	13:55	15:19	16:47	17:44	18:49	19:40	21:34	23:47	01:11	03:20	04:57	05:44	06:58	07:39	09:09	09:09:36	11
09:30	Norfolk Gazelles Red	11:37	13:21	14:08	15:31	17:08	17:56	18:56	19:57	21:36	23:34	00:57	03:14	05:11	05:58	07:13	08:00	09:16	09:16:58	13
09:30	Norwich Road Runners	11:37	13:22	14:05	15:23	16:57	17:59	18:52	19:48	22:28	00:51	02:13	04:22	05:58	06:54	08:12	08:49	10:05	10:05:57	35
10:00	Paddock Wood AC	12:16	14:09	14:49	16:13	17:38	18:31	19:31	20:22	22:16	00:10	01:29	03:58	05:36	06:25	07:39	08:18	09:40	09:40:30	24
10:00	Riverside Runners A	11:57	13:37	14:22	15:49	17:19	18:21	19:35	20:26	22:15	00:13	01:35	04:05	05:46	06:35	07:58	08:32	09:54	09:54:13	31
10:00	London Frontrunners	12:02	13:46	14:34	16:10	17:29	18:23	19:29	20:25	22:16	00:39	02:03	04:49	06:24	07:27	08:38	09:14	10:34	10:34:14	47
10:30	North Norfolk Beach Runners A-Team	12:25	13:59	14:41	15:56	17:25	18:19	19:18	20:03	21:48	23:55	01:17	03:45	05:19	06:08	07:11	07:52	09:19	09:19:47	15
10:30	Bure Valley Harriers	12:25	14:02	14:55	16:34	17:47	18:49	19:52	20:48	22:59	01:09	02:30	04:19	05:51	06:46	07:54	08:41	09:57	09:57:39	33
10:30	Norwich Road Runners B	12:25	14:10	14:53	16:16	17:36	18:28	19:27	20:16	22:19	00:30	01:52	04:35	06:05	06:55	08:05	08:40	10:09	10:09:46	38
11:00	Ryston Runners A	12:45	14:17	14:55	16:14	17:25	18:18	19:13	20:02	21:52	23:55	01:13	03:11	04:41	05:25	06:46	07:21	08:29	08:29:45	3
11:00	City of Norwich AC A	13:03	14:42	15:29	16:40	18:02	18:47	19:44	20:34	22:19	00:06	01:28	03:30	04:46	05:33	06:42	07:23	08:39	08:39:53	4
11:00	Ely Runners A	12:57	14:26	15:03	16:18	17:40	18:26	19:26	20:16	21:55	23:53	01:20	03:42	05:06	05:55	07:06	07:41	08:52	08:52:56	5
11:00	Bedford Harriers B	12:49	14:18	14:58	16:17	17:37	18:27	19:27	20:18	22:03	00:05	01:28	03:35	05:04	05:51	07:00	07:41	09:00	09:00:53	9
12:00	Cambridge & Coleridge AC - A	13:56	15:22	16:03	17:30	18:47	19:30	20:26	21:18	22:55	00:55	02:08	04:10	05:34	06:19	07:25	07:57	09:19	09:19:55	16
<b>First team arrives</b>		<b>07:48</b>	<b>09:29</b>	<b>10:30</b>	<b>12:00</b>	<b>14:04</b>	<b>15:10</b>	<b>16:27</b>	<b>17:32</b>	<b>19:55</b>	<b>22:18</b>	<b>23:50</b>	<b>02:18</b>	<b>03:53</b>	<b>04:42</b>	<b>06:23</b>	<b>06:58</b>	<b>08:26</b>	<b>08:26</b>	
<b>Last Team departs</b>		<b>13:56</b>	<b>15:22</b>	<b>16:03</b>	<b>17:30</b>	<b>18:47</b>	<b>19:30</b>	<b>20:26</b>	<b>21:18</b>	<b>22:59</b>	<b>01:09</b>	<b>02:30</b>	<b>05:00</b>	<b>06:44</b>	<b>07:36</b>	<b>09:05</b>	<b>10:00</b>	<b>11:28</b>	<b>12:35</b>	