	Stage	Salthouse to				10.09	Miles		Time Sort			
	5	Cromer				Road		2005			Min age	17
		Introduced 1997										
							Age grade	PACE		Tm		Cat
Pos	Club	Name	Age	Cat	Time	Team Time	perform %	(min/mile)	Notes	No.	Record	Pos
1	NGZ(A)	Rob Joy	28	MS	0:54:22	6:44:38	83.11	05:23.3		19		1
2	CON(A)	Guy Amos	42	MM	0:56:03	5:58:43	83.97	05:33.3		32	yes	1
3	HAC	Peter Sarkies	19	MJ	1:02:27	7:16:26	72.92	06:11.4		8		1
4	HED(A)	Crispin Hetherington	44	MM	1:02:50	6:15:25	76.01	06:13.6		12		2
5	NOR(A)	David Minister	37	MS	1:03:08	6:21:23	71.96	06:15.4		14		2
6	CON(B)	James Preston	17	MJ	1:04:37	6:52:39	71.50	06:24.2		33		2
7	ELY	John Crisp	34	MS	1:06:00	6:44:00	68.35	06:32.5		7		3
8	MAN	Brian Harris	57	MM	1:08:13	6:18:10	77.76	06:45.6		38		3
9	STR	Jim Emmines	35	MS	1:08:31	6:45:48	65.84	06:47.4		17		4
10	RIV(O)	Martyn Blackwell	42	MM	1:09:05	6:29:06	68.13	06:50.8		23		4
11	RYS	Andrew Simmonds	24	MS	1:09:45	6:43:47	65.01	06:54.8		11		5
12	MAR	James Amps	27	MS	1:10:19	6:55:46	64.32	06:58.1		21		6
13	NNB	Alex Whitaker	31	MS	1:11:25	7:10:12	63.16	07:04.7		9		7
14	MET	John Camprubi	51	MM	1:12:26	7:31:58	69.59	07:10.7		25		5
15	PAD	Michael Walter	27	MS	1:12:31	6:33:49	62.37	07:11.2		22		8
16	RAM	Simon Collins	46	MM	1:13:40	7:02:03	65.81	07:18.1		37		6
17	NGZ(B)	Graham Hardingham	44	MM	1:14:47	7:49:42	63.86	07:24.7		20		7
18	YAR	Karen Manning	35	LM	1:14:49	7:10:21	66.65	07:24.9		35		1
19	STO	Jim Weatherburn	44	MM	1:14:55	7:25:15	63.75	07:25.5		13		8
20	HED(B)	Bob Green	56	MM	1:15:56	7:00:39	69.23	07:31.5		27		9
21	WYM	Jenny Christian	51	LM	1:16:49	7:08:03	74.15	07:36.8		18		2
22	SER(A)	Katie Crowe	29	LS	1:17:05	8:03:44	64.75	07:38.4		1		1
23	NOR(W)	Polly Wake	32	LS	1:17:48	7:41:58	64.10	07:42.6		16		2
24	SAM	Fliss Pell	25	LS	1:20:14	7:10:23	62.40	07:57.1		40		3
25	RIV(W)	Tracey Patmore	38	LM	1:20:28	7:33:59	63.32	07:58.5		24		3
26	CON (C}	David Lubbock	40	MM	1:20:51	8:03:02	57.38	08:00.8		34		10
27	LIN	Pat Penistan	42	LM	1:20:52	7:52:09	65.09	08:00.9		36		4
28	STM	Richard Nash	33	MS	1:21:04	7:52:50	55.64	08:02.1		31		9
29	BIG	Natalie Darlow	29	LS	1:21:25	7:18:54	61.30	08:04.1		30		4
30	FEN	Geoff Floyd	52	MM	1:21:38	7:10:24	62.26	08:05.4		5		11
31	MKN	Diane Baldwin	48	LM	1:23:14	7:41:51	66.59	08:14.9		4		5
32	HAR	Elspeth Knott	55	LM	1:24:49	7:19:29	69.77	08:24.4		29		6
33	YAD	David Drewitt	55	MM	1:25:34	7:53:05	60.90	08:28.8		39		12
34	NOR(B)	Maria Clark	32	LS	1:25:49	7:24:04	58.11	08:30.3		15		5
35	REP	Chris Johnson	44	MM	1:31:28	8:55:55	52.21	09:03.9		3		13
36	GRE	Bridgette Clark	40	LM	1:42:27	8:30:45	50.54	10:09.2		26		7
37	GCR	Mick Smith	57	MM	1:43:08	7:55:58	51.43	10:13.3		10		14
		Means for Stage =	**39**		**1:15:41**		**65.76**	**07:30.1**				
ct t	Time sort			MS	0:52:59							
ct n	Tm No sort			MM	0:56:50							
ct p	Tm Positn			MJ	0:56:40							
ct w	Ladies sort			LS	0:59:43							
				LM	1:14:44							
				LJ	1:05:18							