

Provisional Summary State of Race after Stage four

| <i>Place</i> | <i>Name</i> | <i>Total Time</i> | <i>Time behind previous team</i> | <i>Time behind leaders</i> |
|--------------|--|-------------------|----------------------------------|----------------------------|
| 1 | St Edmunds Pacers A | 3:47:23 | - | - |
| 2 | Cambridge Tri Daves Band of Merry Men | 3:54:00 | 0:06:37 | 0:06:37 |
| 3 | Saffron Striders Only Fools and Striders | 3:55:38 | 0:01:38 | 0:08:15 |
| 4 | Ryston Leverets | 3:59:32 | 0:03:54 | 0:12:09 |
| 5 | Ely Cheetahs | 4:02:22 | 0:02:50 | 0:14:59 |
| 6 | Stowmarket Striders A | 4:07:33 | 0:05:11 | 0:20:10 |
| 7 | Ely Tigers | 4:11:34 | 0:04:01 | 0:24:11 |
| 8 | Cambridge Tri Happy Go Lucky | 4:11:35 | 0:00:01 | 0:24:12 |
| 9 | Cambridge & Coleridge The Italians | 4:15:43 | 0:04:08 | 0:28:20 |
| 10 | Sleaford Lost Soles | 4:17:39 | 0:01:56 | 0:30:16 |
| 11 | Ely Leopards | 4:24:53 | 0:07:14 | 0:37:30 |
| 12 | Sleaford Town Runners A | 4:25:22 | 0:00:29 | 0:37:59 |
| 13 | March A | 4:25:30 | 0:00:08 | 0:38:07 |
| 14 | Fenland Frontmen | 4:26:25 | 0:00:55 | 0:39:02 |
| 15 | Stamford Striders A | 4:26:35 | 0:00:10 | 0:39:12 |
| 16 | Ryston Hares | 4:27:26 | 0:00:51 | 0:40:03 |
| 17 | Ramsey 1 | 4:28:27 | 0:01:01 | 0:41:04 |
| 18 | Saffron Saga | 4:29:36 | 0:01:09 | 0:42:13 |
| 19 | Gt Yarmouth Vets | 4:30:30 | 0:00:54 | 0:43:07 |
| 20 | West Norfolk A | 4:31:46 | 0:01:16 | 0:44:23 |
| 21 | Bishop Stortford A | 4:32:45 | 0:00:59 | 0:45:22 |
| 22 | St Edmunds Mens B | 4:32:55 | 0:00:10 | 0:45:32 |
| 23 | Cambridge Crushers Tri | 4:35:00 | 0:02:05 | 0:47:37 |
| 24 | BRJ Elite & Me | 4:35:48 | 0:00:48 | 0:48:25 |
| 25 | Fenland Freedom Fighters | 4:36:34 | 0:00:46 | 0:49:11 |
| 26 | Ryston Grey Hares | 4:37:15 | 0:00:41 | 0:49:52 |
| 27 | Saffron Striders Speedos | 4:37:36 | 0:00:21 | 0:50:13 |
| 28 | Ryston Men | 4:38:11 | 0:00:35 | 0:50:48 |
| 29 | Fenland Firestarters | 4:43:09 | 0:04:58 | 0:55:46 |
| 30 | Ryston White Hares | 4:44:06 | 0:00:57 | 0:56:43 |
| 31 | Ely Panthers | 4:44:23 | 0:00:17 | 0:57:00 |
| 32 | Stamford Striders B | 4:45:10 | 0:00:47 | 0:57:47 |
| 33 | Stowmarket Striders B | 4:45:51 | 0:00:41 | 0:58:28 |
| 34 | Thorney Curly Locks | 4:45:55 | 0:00:04 | 0:58:32 |
| 35 | Hunts A Team | 4:45:59 | 0:00:04 | 0:58:36 |
| 36 | Ramsey 2 | 4:46:44 | 0:00:45 | 0:59:21 |
| 37 | Saffron Striders Strictly Come Striding | 4:46:58 | 0:00:14 | 0:59:35 |
| 38 | Haverhill The Old Timers | 4:47:08 | 0:00:10 | 0:59:45 |
| 39 | Cambridge & Coleridge | 4:47:15 | 0:00:07 | 0:59:52 |
| 40 | West Norfolk B | 4:48:40 | 0:01:25 | 1:01:17 |
| 41 | Ely Lions | 4:49:10 | 0:00:30 | 1:01:47 |
| 42 | Hunts First Team | 4:49:23 | 0:00:13 | 1:02:00 |
| 43 | Hunts Top Team | 4:49:32 | 0:00:09 | 1:02:09 |
| 44 | Fenland Fall Guys | 4:52:22 | 0:02:50 | 1:04:59 |
| 45 | March D | 4:52:26 | 0:00:04 | 1:05:03 |
| 46 | West Norfolk Ladies | 4:54:06 | 0:01:40 | 1:06:43 |
| 47 | West Norfolk C | 4:54:41 | 0:00:35 | 1:07:18 |
| 48 | Thorney Swim Kings | 4:57:29 | 0:02:48 | 1:10:06 |
| 49 | Ryston Does | 4:59:17 | 0:01:48 | 1:11:54 |
| 50 | BRJ Team Guinness | 4:59:30 | 0:00:13 | 1:12:07 |
| 51 | Bushfield Legends | 4:59:46 | 0:00:16 | 1:12:23 |
| 52 | Fenland Flyers Ladies | 4:59:56 | 0:00:10 | 1:12:33 |
| 53 | Yaxley Timbo and The Jets | 5:01:00 | 0:01:04 | 1:13:37 |
| 54 | March E | 5:03:27 | 0:02:27 | 1:16:04 |
| 55 | Yaxley A | 5:03:52 | 0:00:25 | 1:16:29 |
| 56 | Unattached Just 4 Fun | 5:04:05 | 0:00:13 | 1:16:42 |

NOTE Change of date for March Spud Run is 4th July 2010