

### Provisional Summary State of Race after Stage 4

<i>Place Name</i>	<i>Total Time</i>	<i>Time behind previous team</i>	<i>Time behind leaders</i>
1 FVS Tri A	4:05:50	-	-
2 Thames Hare & Hounds A	4:06:45	0:00:55	0:00:55
3 Nene Valley Harriers A	4:09:30	0:02:45	0:03:40
4 Brown Stars	4:09:48	0:00:18	0:03:58
5 Hereward Hustlers	4:11:00	0:01:12	0:05:10
6 Ely Mens A	4:11:25	0:00:25	0:05:35
7 Munkey Nuts	4:13:18	0:01:53	0:07:28
8 Stowmarket Team 1	4:13:53	0:00:35	0:08:03
9 Ryston A	4:14:00	0:00:07	0:08:10
10 Cambridge Flyers	4:15:38	0:01:38	0:09:48
11 Bishops Stortford A Team	4:18:07	0:02:29	0:12:17
12 Ely Mens B	4:22:11	0:04:04	0:16:21
13 Saffron Spice	4:25:09	0:02:58	0:19:19
14 Fenland Runners 1	4:26:42	0:01:33	0:20:52
15 Hunts AC A Team	4:27:14	0:00:32	0:21:24
16 Cambridge Nearly Flyers	4:37:20	0:10:06	0:31:30
17 The Monster Club	4:38:29	0:01:09	0:32:39
18 Lost Soles	4:39:00	0:00:31	0:33:10
19 March A	4:39:30	0:00:30	0:33:40
20 Ryston B	4:39:40	0:00:10	0:33:50
21 Ryston Vets	4:41:43	0:02:03	0:35:53
22 Haverhill Running Club Youngsters	4:42:59	0:01:16	0:37:09
23 Ely Mens C	4:43:07	0:00:08	0:37:17
24 Saffron Sprint	4:43:34	0:00:27	0:37:44
25 Half Man	4:45:38	0:02:04	0:39:48
26 March B	4:47:38	0:02:00	0:41:48
27 Cogs & Nick	4:48:03	0:00:25	0:42:13
28 Cambridge Fast Girls	4:48:11	0:00:08	0:42:21
29 NNBR Vets + 1	4:48:27	0:00:16	0:42:37
30 Saffron Crocus	4:48:41	0:00:14	0:42:51
31 Coltishall E-Type Jags	4:48:47	0:00:06	0:42:57
32 FVS Tri Ladies A	4:49:15	0:00:28	0:43:25
33 FVS Tri B	4:51:33	0:02:18	0:45:43
34 Thames Hare & Hounds Vets	4:52:30	0:00:57	0:46:40
35 Cambridge Old Codgers	4:53:27	0:00:57	0:47:37
36 Rebels	4:53:42	0:00:15	0:47:52
37 West Norfolk Ladies	4:56:50	0:03:08	0:51:00
38 Riverside MPK2	4:57:45	0:00:55	0:51:55
39 Dereham A	4:58:14	0:00:29	0:52:24
40 FVS Tri C	4:59:13	0:00:59	0:53:23
41 Canta Lost	5:00:05	0:00:52	0:54:15
42 Ely Mens D	5:02:15	0:02:10	0:56:25
43 Munkeys Too	5:03:56	0:01:41	0:58:06
44 Lee, Derek, Emily & Dan	5:04:16	0:00:20	0:58:26
45 Footprints 1	5:04:18	0:00:02	0:58:28
46 March Ladies A	5:04:54	0:00:36	0:59:04
47 Bishops Stortford Super Vets	5:05:06	0:00:12	0:59:16
48 The Hot Rods	5:05:54	0:00:48	1:00:04
49 Thorney Flyers	5:06:14	0:00:20	1:00:24
50 Bishops Stortford Ladies A	5:06:40	0:00:26	1:00:50
51 Canta Levers	5:08:38	0:01:58	1:02:48
52 March C	5:09:04	0:00:26	1:03:14
53 The Rockets	5:09:08	0:00:04	1:03:18
54 Hunts AC 1st Team	5:10:54	0:01:46	1:05:04
55 NNBR Vets	5:11:10	0:00:16	1:05:20
56 Ryston Also Rans	5:11:59	0:00:49	1:06:09

## The Hereward Relay, Provisional Summary State of Race after Stage 4

57	Haverhill RC Over 40's	5:12:16	0:00:17	1:06:26
58	Hereward Heroes	5:12:59	0:00:43	1:07:09
59	Stowmarket Team 2	5:14:06	0:01:07	1:08:16
60	CUP Muddy Footprints	5:14:14	0:00:08	1:08:24
61	Johns Young Ones	5:14:20	0:00:06	1:08:30
62	Andys Glory	5:14:43	0:00:23	1:08:53
63	Are we nearly there yet?	5:15:15	0:00:32	1:09:25
64	MBMG	5:15:56	0:00:41	1:10:06
65	Norwich Road Runners Ladies	5:16:01	0:00:05	1:10:11
66	Ryston Ladies	5:16:49	0:00:48	1:10:59
67	Team NAMD	5:18:34	0:01:45	1:12:44
68	Thames Hare & Hounds Ladies	5:18:38	0:00:04	1:12:48
69	Nigels Fast Ones	5:20:16	0:01:38	1:14:26
70	Two Plus Two	5:20:47	0:00:31	1:14:57
71	Bishops Stortford B Team	5:21:18	0:00:31	1:15:28
72	Saffron Old Timers	5:21:50	0:00:32	1:16:00
73	Half Doughnut	5:21:55	0:00:05	1:16:05
74	Jeepers Creepers	5:22:52	0:00:57	1:17:02
75	Beer Club (We beat Molly)	5:23:52	0:01:00	1:18:02
76	Conackered	5:24:34	0:00:42	1:18:44
77	Eye Came	5:25:06	0:00:32	1:19:16
78	Ely Women A	5:25:07	0:00:01	1:19:17
79	Robins	5:25:16	0:00:09	1:19:26
80	FVS Tri Ladies B	5:25:44	0:00:28	1:19:54
81	Eye-Eye	5:26:32	0:00:48	1:20:42
82	Thorney B	5:27:05	0:00:33	1:21:15
83	Swinging Sixties	5:27:10	0:00:05	1:21:20
84	Alex & the 3 Musketeers	5:28:34	0:01:24	1:22:44
85	Course we can	5:29:05	0:00:31	1:23:15
86	Eye Conkered	5:29:12	0:00:07	1:23:22
87	Eye Saw	5:29:12	-	1:23:22
88	Wymondham Explorers	5:30:16	0:01:04	1:24:26
89	Fenland Runners 2	5:30:39	0:00:23	1:24:49
90	Bushy Bushy	5:30:55	0:00:16	1:25:05
91	The Gravy Train	5:31:42	0:00:47	1:25:52
92	Doubt It !	5:31:58	0:00:16	1:26:08
93	The Tough Guys	5:33:00	0:01:02	1:27:10
94	Haverhill RC Over 50's	5:33:16	0:00:16	1:27:26
95	BRJ Babes	5:33:55	0:00:39	1:28:05
96	Stowmarket Team 3 Ladies	5:34:04	0:00:09	1:28:14
97	Rutland Runners 1	5:34:05	0:00:01	1:28:15
98	Family & Friends	5:34:16	0:00:11	1:28:26
99	Bishops Stortford Ladies B	5:34:33	0:00:17	1:28:43
100	Riverside Rockets	5:35:19	0:00:46	1:29:29
101	Coltishall Vintage Jags	5:36:58	0:01:39	1:31:08
102	Bushy Bushy Bushy	5:37:02	0:00:04	1:31:12
103	Roz's Glory	5:37:37	0:00:35	1:31:47
104	Carmels Glory	5:39:22	0:01:45	1:33:32
105	Saffron Belles	5:39:30	0:00:08	1:33:40
106	Fenland Ladies 3	5:39:38	0:00:08	1:33:48
107	Team to Beat	5:40:28	0:00:50	1:34:38
108	Hunts AC Ladies	5:41:06	0:00:38	1:35:16
109	The Zombie Flesh Eaters	5:41:38	0:00:32	1:35:48
110	If you think you can	5:41:56	0:00:18	1:36:06
111	The Company of Wolves	5:44:43	0:02:47	1:38:53
112	Fen Mud Plodders	5:47:24	0:02:41	1:41:34
113	If Winter Come	5:48:31	0:01:07	1:42:41
114	Revellers	5:51:22	0:02:51	1:45:32
115	Bushy	5:52:11	0:00:49	1:46:21
116	Haverhill Running Club Girls	5:52:49	0:00:38	1:46:59
117	The Evil Dead	5:53:27	0:00:38	1:47:37
118	March Ladies B	5:55:36	0:02:09	1:49:46
119	Eric's Old Codgers	5:56:23	0:00:47	1:50:33
120	Ely Mixed A	5:56:32	0:00:09	1:50:42

**The Hereward Relay, Provisional Summary State of Race after Stage 4**

121	Girls Aloud	5:58:18	0:01:46	1:52:28
122	Canta Loops	6:00:55	0:02:37	1:55:05
123	Mandys Sixties	6:01:05	0:00:10	1:55:15
124	Fenland Runners 4	6:09:49	0:08:44	2:03:59
125	Still Running In	6:13:22	0:03:33	2:07:32
126	March Mixed	6:21:32	0:08:10	2:15:42
127	Blue John's Plasterers	6:21:49	0:00:17	2:15:59
128	Bishops Stortford C Team	6:21:56	0:00:07	2:16:06
129	The Snails	6:24:25	0:02:29	2:18:35
130	March D	6:29:33	0:05:08	2:23:43
131	Hereward Housing 1	6:37:56	0:08:23	2:32:06