Runners who have run 5 or more stages:	No of stages	Stages they have run
David Whitlow	9	1,2,3,4,5,6,8,9,10
John Buck	9 (duplicates)	1,1,2,3,4,5,6,8, 10
Nick Duncan	8 (duplicates)	1,2,2,3,4,5,7,8,
Sharon Smith	8	1,2,3,4,5,6,8,10
Kirsty Pitts	6	1,2,3,4,5,6
Ben Chapman	6	2,3,5,6,8,9
Teresa Hazelwood	5	3,4,5,6,7
Elaine Chapman	5	1,3,5,8,9
Tracey Pitts	5	2,3,5,6,7
Richard Marshall	5 (duplicates)	7,7,8,10,10
Jo Wood	5 (duplicates)	2,3,9,10,10