

| Pos | Time | No | First Name | Surname | Club Name |
|------------|-------------|-----------|-------------------|----------------|--------------------------|
| 1 | 00:26:14 | 341 | David | Miller | Woodbridge Shufflers |
| 2 | 00:27:16 | 41 | Robert | Chenery | Ipswich JAFFA |
| 3 | 00:27:19 | 38 | Andrew | Ridley | West Suffolk A.C. |
| 4 | 00:27:43 | 280 | Roger | Aldis | Stowmarket Striders |
| 5 | 00:27:53 | 11 | Gavin | Davies | Ipswich JAFFA |
| 6 | 00:28:14 | 21 | Michael | Cripps | West Suffolk A.C. |
| 7 | 00:28:27 | 39 | Colin | Ridley | West Suffolk A.C. |
| 8 | 00:28:31 | 229 | Mark | Armitage | Halstead Road Runners |
| 9 | 00:28:36 | 205 | Peter | Golding | St Edmund Pacers |
| 10 | 00:28:38 | 270 | Alex | Dunbar | West Suffolk A.C. |
| 11 | 00:28:39 | 429 | Leon | Jones | Unattached |
| 12 | 00:28:41 | 113 | Joseph | Goddard | Ipswich Triathlon Club |
| 13 | 00:28:42 | 207 | Daniel | Moss | Unattached |
| 14 | 00:28:43 | 353 | Geoff | Weller | Cambridge & Coleridge AC |
| 15 | 00:28:46 | 271 | Joshua | Entwistle | Felixstowe Road Runners |
| 16 | 00:28:51 | 54 | Kevin | Sharman | Lowestoft Road Runners |
| 17 | 00:29:01 | 89 | Nick | Palmer | Stowmarket Striders |
| 18 | 00:29:13 | 245 | Ben | Caisey | Unattached |
| 19 | 00:29:16 | 424 | Neil | Nooby | Ipswich JAFFA |
| 20 | 00:29:18 | 351 | Asa | Burnett | West Suffolk A.C. |
| 21 | 00:29:24 | 120 | Bob | Watson | Haverhill Running Club |
| 22 | 00:29:28 | 333 | Ian | Day | Ely Runners |
| 23 | 00:29:29 | 102 | Gaz | Bryden | St Edmund Pacers |
| 24 | 00:29:31 | 251 | Tamara | Jordan | Stowmarket Striders |
| 27 | 00:29:34 | 348 | John | White | Bungay Black Dog RC |
| 25 | 00:29:46 | 250 | Chris | Flood | Cambridge & Coleridge AC |
| 26 | 00:29:48 | 159 | Jonny | Palmer | Ipswich Harriers |
| 28 | 00:30:04 | 66 | David | Salter | St Edmund Pacers |
| 29 | 00:30:08 | 405 | Nicholas | Stephens | Stowmarket Striders |
| 30 | 00:30:17 | 136 | Ian | Longland | Haverhill Running Club |
| 31 | 00:30:19 | 238 | Chris | Starmer | Stowmarket Striders |
| 32 | 00:30:37 | 241 | Stuart | Faust | Thetford AC |
| 33 | 00:30:41 | 149 | Darren | Judd | Sudbury Joggers |
| 34 | 00:30:53 | 320 | Thomas | Jarrett | Ipswich JAFFA |
| 35 | 00:30:55 | 172 | Simon | Harrison | Ipswich JAFFA |
| 36 | 00:31:04 | 82 | Roger | Stone | Felixstowe Road Runners |
| 37 | 00:31:05 | 15 | Lee | Rudland | Ipswich JAFFA |
| 38 | 00:31:11 | 99 | Michael | Cobbold | St Edmund Pacers |
| 39 | 00:31:15 | 379 | David | wright | Gt Bentley Running Club |
| 40 | 00:31:21 | 316 | Andy | Buck | Sudbury Joggers |
| 41 | 00:31:34 | 177 | Brad | Jones | Ipswich JAFFA |
| 42 | 00:31:41 | 180 | Raymond | Hill | Ipswich JAFFA |
| 43 | 00:31:44 | 226 | Alistair | Dick | Ipswich JAFFA |
| 45 | 00:31:46 | 165 | James | Beeton | Newmarket Joggers |
| 44 | 00:31:46 | 363 | David | Comish | Tiptree Road Runners |
| 47 | 00:31:47 | 46 | David | Hurley | Orpington Road Runners |
| 46 | 00:31:47 | 167 | Michael | White | Unattached |
| 48 | 00:31:55 | 154 | Dean | Jay | Halstead Road Runners |
| 49 | 00:31:58 | 112 | Tim | Hanman | Unattached |
| 50 | 00:32:02 | 198 | Ian | Foreman | Unattached |
| 51 | 00:32:11 | 170 | Simon | Bourne | St Edmund Pacers |
| 52 | 00:32:25 | 114 | Andy | Green | Stowmarket Striders |
| 53 | 00:32:29 | 389 | John | Weston | Ipswich JAFFA |
| 54 | 00:32:36 | 18 | Kevin | Short | Framlingham Flyers |

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|-----|----------|-----|-------------|------------|------------------------------|
| 55 | 00:32:39 | 144 | Martin | Pearson | St Edmund Pacers |
| 56 | 00:32:40 | 28 | David | Ellis | Unattached |
| 57 | 00:32:46 | 49 | Sam | Mason | Capel Cheetahs |
| 58 | 00:32:51 | 335 | John | Greener | St Edmund Pacers |
| 59 | 00:32:53 | 69 | Michael | Cross | Unattached |
| 61 | 00:32:56 | 13 | Chris | Chorley | Bungay Black Dog RC |
| 60 | 00:32:56 | 400 | Robin | Mackenzie | Framlingham Flyers |
| 63 | 00:33:03 | 209 | Daniel | reagan | Ely Runners |
| 64 | 00:33:03 | 413 | Neville | Clarke | Newmarket Joggers |
| 62 | 00:33:03 | 398 | Amanda | Henry | Sudbury Joggers |
| 65 | 00:33:07 | 128 | Andrew | Smith | Grange Farm & Dunmow Runners |
| 66 | 00:33:11 | 103 | Jemma | Clarry | St Edmund Pacers |
| 67 | 00:33:13 | 40 | Duncan | Chenery | Ipswich JAFFA |
| 68 | 00:33:15 | 12 | Nick | Hammond | Stowmarket Striders |
| 69 | 00:33:18 | 107 | Frederick | Newton | Unattached |
| 70 | 00:33:21 | 98 | Ashley | Page | St Edmund Pacers |
| 73 | 00:33:24 | 421 | Jayne | Williams | Ipswich JAFFA |
| 72 | 00:33:24 | 197 | Jon | Lockwood | St Edmund Pacers |
| 71 | 00:33:24 | 305 | Ker | Macrosson | Stowmarket Striders |
| 74 | 00:33:28 | 426 | Mary | Tweedy | Unattached |
| 75 | 00:33:30 | 420 | Justin | Rabett | St Edmund Pacers |
| 76 | 00:33:30 | 328 | Sarah | Colson | West Suffolk A.C. |
| 77 | 00:33:38 | 369 | Abigail | Marriott | West Suffolk A.C. |
| 78 | 00:33:46 | 188 | Stuart | Ruegg | Stowmarket Striders |
| 79 | 00:33:48 | 77 | Alan | Jackson | Ipswich JAFFA |
| 81 | 00:33:49 | 402 | Mark | Gotts | City of Norwich AC |
| 80 | 00:33:49 | 422 | Rebecca | Adams | Colchester & Tendring AC |
| 83 | 00:33:50 | 176 | David | Marsh | Ipswich JAFFA |
| 82 | 00:33:50 | 233 | Stephen | Neaves | Stowmarket Striders |
| 84 | 00:33:56 | 265 | Nigel | Rogers | Unattached |
| 85 | 00:34:02 | 119 | Mike | Greener | St Edmund Pacers |
| 86 | 00:34:04 | 390 | Ian | Coxall | Ipswich JAFFA |
| 87 | 00:34:07 | 97 | Mary | Narey | Stowmarket Striders |
| 88 | 00:34:10 | 100 | Dave | Vaughan | St Edmund Pacers |
| 91 | 00:34:15 | 43 | Ian | Godderham | St Edmund Pacers |
| 89 | 00:34:15 | 307 | Peter | Lambillion | Unattached |
| 90 | 00:34:15 | 358 | Matthew | Baker | Unattached |
| 92 | 00:34:17 | 340 | Rob | French | Ipswich JAFFA |
| 93 | 00:34:19 | 395 | Mr | Ransome | St Edmund Pacers |
| 94 | 00:34:21 | 288 | Penny | Rooney | Woodbridge Shufflers |
| 95 | 00:34:30 | 20 | Andrew | Pearce | Unattached |
| 96 | 00:34:34 | 354 | Jason | Bloomfield | Stowmarket Striders |
| 97 | 00:34:34 | 386 | Zara | McLoone | West Suffolk A.C. |
| 98 | 00:34:47 | 105 | Christopher | Moulton | Sudbury Joggers |
| 99 | 00:34:49 | 65 | Robert | Clayton | Felixstowe Road Runners |
| 100 | 00:34:53 | 16 | Trevor | Rolph | Brandon Fern Hoppers |
| 101 | 00:34:54 | 404 | Stewart | Hamblins | Framlingham Flyers |
| 102 | 00:34:58 | 101 | Maureen | McCarthy | St Edmund Pacers |
| 103 | 00:35:02 | 155 | Rebecca | Jordan | Stowmarket Striders |
| 104 | 00:35:13 | 111 | Mark | Ross | Gt Bentley Running Club |
| 105 | 00:35:15 | 260 | Philip | Blower | Thetford AC |
| 106 | 00:35:16 | 259 | Sandra | Blower | Thetford AC |
| 107 | 00:35:20 | 370 | Kim | Swan | Unattached |
| 108 | 00:35:21 | 311 | Mark | Hayward | Unattached |
| 109 | 00:35:22 | 91 | John | Gabriel | Vegetarian Cycling & AC |

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|-----|----------|-----|----------|--------------|------------------------------|
| 110 | 00:35:24 | 34 | Stuart | Mann | Hadleigh Hares A.C. |
| 111 | 00:35:29 | 171 | Jonny | Levett | Stowmarket Striders |
| 112 | 00:35:29 | 162 | Stephen | Curran | Woodbridge Shufflers |
| 113 | 00:35:34 | 6 | Julia | Jepson | St Edmund Pacers |
| 114 | 00:35:49 | 70 | Joseph | Cross | Unattached |
| 115 | 00:35:49 | 331 | Oliver | Porter | Unattached |
| 116 | 00:35:51 | 284 | Michelle | Gordon | Felixstowe Road Runners |
| 117 | 00:35:54 | 380 | Stuart | Curtis | Unattached |
| 118 | 00:35:55 | 274 | Alan | Valentine | Unattached |
| 119 | 00:35:56 | 115 | Sarah | Vick | The Saxons |
| 120 | 00:35:57 | 268 | Haley | Suttle | Stowmarket Striders |
| 121 | 00:36:01 | 269 | Michael | Ryall | Colchester & Tendring AC |
| 122 | 00:36:06 | 382 | Paul | Wigens | Woodbridge Shufflers |
| 123 | 00:36:07 | 194 | Peter | Baguley | Ipswich JAFFA |
| 124 | 00:36:07 | 349 | Stuart | Abbott | Woodbridge Shufflers |
| 125 | 00:36:08 | 419 | Adele | Stach-Kevitz | Newham & Essex Beagles AC |
| 126 | 00:36:09 | 384 | Mark | Cane | Ipswich JAFFA |
| 127 | 00:36:09 | 352 | Emily | Newman | West Suffolk A.C. |
| 128 | 00:36:13 | 204 | Sarah | Golding | St Edmund Pacers |
| 129 | 00:36:17 | 252 | Stephen | Williams | St Edmund Pacers |
| 130 | 00:36:26 | 148 | Louise | Staunton | Ipswich JAFFA |
| 131 | 00:36:28 | 396 | Carl | Higgins | Thetford AC |
| 132 | 00:36:29 | 427 | Glyn | Peck | Harwich Runners |
| 133 | 00:36:29 | 313 | Debbie | Jordan | Unattached |
| 134 | 00:36:32 | 134 | Matt | Davey | Unattached |
| 135 | 00:36:37 | 61 | Caroline | Tuck | Dagenham '88 Runners |
| 136 | 00:36:39 | 90 | Diane | Wooller | Colchester & Tendring AC |
| 137 | 00:36:39 | 381 | Alistair | Goodier | Ipswich JAFFA |
| 138 | 00:36:40 | 255 | Pat | Partridge | St Edmund Pacers |
| 139 | 00:36:40 | 428 | Robert | Peck | Unattached |
| 140 | 00:36:42 | 261 | Brian | Wright | Thetford AC |
| 141 | 00:36:49 | 393 | Aimee | Canham | The Saxons |
| 142 | 00:36:50 | 243 | Gary | Halestrap | Stowmarket Striders |
| 143 | 00:36:51 | 223 | Claire | Dann | Unattached |
| 144 | 00:36:53 | 377 | David | Edwards | Haverhill Running Club |
| 145 | 00:36:58 | 95 | David | Martin | Unattached |
| 147 | 00:36:59 | 359 | David | Evens | Haverhill Running Club |
| 146 | 00:36:59 | 403 | Stephen | Wade | Unattached |
| 149 | 00:37:01 | 131 | Trevor | Carack | Unattached |
| 148 | 00:37:01 | 199 | Eric | Heampstead | Unattached |
| 150 | 00:37:02 | 246 | Chris | Gladwell | Stowmarket Striders |
| 151 | 00:37:06 | 258 | David | Daniels | Stowmarket Striders |
| 152 | 00:37:06 | 355 | David | Dulaks | Unattached |
| 153 | 00:37:08 | 83 | John | Cashen | Unattached |
| 154 | 00:37:11 | 129 | Jane | Smith | Grange Farm & Dunmow Runners |
| 155 | 00:37:12 | 295 | Edward | Bury | Unattached |
| 156 | 00:37:15 | 236 | Heidi | Bingham | Stowmarket Striders |
| 157 | 00:37:16 | 282 | Steve | Le-Poidevin | St Edmund Pacers |
| 158 | 00:37:17 | 68 | Simon | Meecham | Ipswich JAFFA |
| 159 | 00:37:20 | 5 | Kevin | Bullock | Unattached |
| 160 | 00:37:23 | 415 | Philip | Marsden | Unattached |
| 161 | 00:37:30 | 217 | Joaquim | Monteiro | Haverhill Running Club |
| 162 | 00:37:31 | 366 | Rob | Hawley | Unattached |
| 163 | 00:37:35 | 275 | David | Telling | Capel Cheetahs |
| 164 | 00:37:42 | 62 | Quentin | Cass | Unattached |

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|-----|----------|-----|-----------|---------------|--------------------------|
| 165 | 00:37:43 | 22 | Peter | Finegan | Felixstowe Road Runners |
| 166 | 00:37:44 | 425 | Kate | Thomas | Harwich Runners |
| 167 | 00:37:45 | 298 | Sue | Garrod | Stowmarket Striders |
| 169 | 00:37:47 | 219 | Tony | Adams | Gt Bentley Running Club |
| 168 | 00:37:47 | 303 | Miles | Garrod | Stowmarket Striders |
| 170 | 00:37:52 | 108 | Stephen | Bayliss | Unattached |
| 171 | 00:37:54 | 254 | Mark | Weston | Unattached |
| 173 | 00:37:55 | 387 | Brian | Telford | Gt Bentley Running Club |
| 172 | 00:37:55 | 346 | Mark | Hird | Ipswich Triathlon Club |
| 174 | 00:37:58 | 378 | Anders | Fagher | Unattached |
| 176 | 00:38:02 | 25 | Paul | Brookes | Ipswich JAFFA |
| 175 | 00:38:02 | 56 | Mark | Andrews | Unattached |
| 177 | 00:38:03 | 357 | Rob | Naylor | Unattached |
| 180 | 00:38:07 | 249 | Rebecca | Flood | Cambridge & Coleridge AC |
| 179 | 00:38:07 | 51 | Cherie | Hipkins | Gt Bentley Running Club |
| 178 | 00:38:07 | 414 | Christine | Marsh | Woodbridge Shufflers |
| 181 | 00:38:09 | 146 | Michael | Roper | St Edmund Pacers |
| 183 | 00:38:10 | 394 | Paul | Salmon | BRJ Huntingdon RRC |
| 182 | 00:38:10 | 50 | Lorraine | Mills | Stowmarket Striders |
| 184 | 00:38:10 | 189 | John | Rednail | Stowmarket Striders |
| 186 | 00:38:12 | 342 | Geof | Everitt | Ipswich JAFFA |
| 185 | 00:38:12 | 347 | Robbie | Beecroft | St Edmund Pacers |
| 187 | 00:38:13 | 202 | Diana | Braverman | Cambridge & Coleridge AC |
| 188 | 00:38:16 | 273 | Richard | Fellingham | Stowmarket Striders |
| 189 | 00:38:18 | 388 | Paul | Blackwell | Gt Bentley Running Club |
| 190 | 00:38:21 | 397 | Gordon | Campbeii-Barr | Ipswich JAFFA |
| 191 | 00:38:22 | 334 | Sarah | Whyand | St Edmund Pacers |
| 192 | 00:38:25 | 30 | Robert | Bartley | Unattached |
| 193 | 00:38:26 | 60 | Joe | Noughton | Stowmarket Striders |
| 194 | 00:38:27 | 184 | Richard | talbot | Felixstowe Road Runners |
| 195 | 00:38:28 | 29 | Julie | Hocken | Unattached |
| 196 | 00:38:30 | 164 | Jo | Stephenson | Stowmarket Striders |
| 197 | 00:38:37 | 299 | Naomi | Potter | Unattached |
| 198 | 00:38:38 | 329 | David | Wood | Stowmarket Striders |
| 199 | 00:38:38 | 106 | Russell | Hill | Unattached |
| 200 | 00:38:38 | 372 | William | Meader | Unattached |
| 201 | 00:38:40 | 96 | Simon | Whitnall | Unattached |
| 202 | 00:38:42 | 169 | Charnaine | Gearghty | Stowmarket Striders |
| 203 | 00:38:47 | 221 | Emily | Baker | West Suffolk A.C. |
| 204 | 00:38:49 | 73 | John | Penny | Unattached |
| 205 | 00:38:53 | 3 | Tim | Finegan | Felixstowe Road Runners |
| 206 | 00:38:54 | 286 | Derek | Hood | Unattached |
| 207 | 00:38:55 | 84 | Adrian | Rendall | Unattached |
| 208 | 00:38:56 | 8 | Kelly | Kemp | Stowmarket Striders |
| 210 | 00:38:59 | 200 | David | Levans | Felixstowe Road Runners |
| 209 | 00:38:59 | 431 | Kay | Murry | Halstead Road Runners |
| 211 | 00:39:00 | 57 | Nick | Power | Unattached |
| 212 | 00:39:02 | 289 | Neil | Martin | Stowmarket Striders |
| 213 | 00:39:02 | 157 | Paul | Kerridge | Woodbridge Shufflers |
| 215 | 00:39:03 | 64 | Chris | Burke | Hadleigh Hares A.C. |
| 214 | 00:39:03 | 178 | Samantha | Wing | Thetford AC |
| 216 | 00:39:03 | 409 | Stephen | Griffiths | Unattached |
| 217 | 00:39:04 | 306 | Joanna | Curry | Unattached |
| 218 | 00:39:11 | 122 | Katie | Bedford | St Edmund Pacers |
| 219 | 00:39:12 | 430 | Caroline | Hunt | Unattached |

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|-----|----------|-----|----------|------------|---------------------------|
| 220 | 00:39:18 | 276 | Ron | Ames | Stowmarket Striders |
| 221 | 00:39:19 | 360 | Roger | Duffield | Tiptree Road Runners |
| 222 | 00:39:23 | 150 | Iain | Turner | Unattached |
| 223 | 00:39:25 | 206 | Veronica | Manly | Diss Athletic Club |
| 224 | 00:39:27 | 121 | Nigel | Gossett | St Edmund Pacers |
| 225 | 00:39:38 | 410 | Paul | Mallett | Unattached |
| 226 | 00:39:41 | 48 | Tina | Belsom | Stowmarket Striders |
| 227 | 00:39:44 | 147 | Annebel | Bennett | Felixstowe Road Runners |
| 228 | 00:39:47 | 211 | Nicholas | Chapman | Unattached |
| 229 | 00:39:50 | 292 | Darren | Coombs | Unattached |
| 230 | 00:39:51 | 319 | Keith | Parker | Unattached |
| 231 | 00:39:52 | 152 | Susanna | Munday | Stowmarket Striders |
| 232 | 00:39:54 | 218 | Chris | Hayes | Gt Bentley Running Club |
| 233 | 00:39:54 | 186 | Adam | Ladd | Unattached |
| 234 | 00:39:56 | 67 | Harry | Smith | Stowmarket Striders |
| 235 | 00:39:58 | 266 | Chrispin | Dunn | Unattached |
| 236 | 00:39:59 | 362 | John | Webb | Unattached |
| 237 | 00:40:04 | 408 | Derek | Johnson | Unattached |
| 238 | 00:40:05 | 161 | Martyn | Brophy | St Edmund Pacers |
| 239 | 00:40:09 | 374 | Stephen | Bright | British Athletics AC |
| 242 | 00:40:10 | 87 | Eloise | Calver | St Edmund Pacers |
| 240 | 00:40:10 | 10 | Frank | Moggan | Stowmarket Striders |
| 241 | 00:40:10 | 117 | Leslie | Basham | Stowmarket Striders |
| 243 | 00:40:13 | 126 | Colin | Forrester | Stowmarket Striders |
| 244 | 00:40:15 | 257 | Robin | Smith | St Edmund Pacers |
| 245 | 00:40:18 | 32 | Dave | Songhurst | Felixstowe Road Runners |
| 246 | 00:40:19 | 52 | Tony | Weaver | Unattached |
| 247 | 00:40:22 | 283 | Gavin | Ridgeon | Unattached |
| 248 | 00:40:25 | 406 | Carrie | Hook | 53-12 Multisports |
| 249 | 00:40:29 | 263 | Brian | Airlie | Hadleigh Hares A.C. |
| 250 | 00:40:40 | 190 | Carla | Holroyd | Harwich Runners |
| 251 | 00:40:41 | 407 | Peter | Fellingham | West Suffolk A.C. |
| 252 | 00:40:45 | 80 | Robert | Rowland | Unattached |
| 253 | 00:40:47 | 31 | John | Lambert | Ipswich JAFFA |
| 254 | 00:40:48 | 1 | Sherlin | Rigby | St Edmund Pacers |
| 256 | 00:40:48 | 338 | Carolyn | Bownes | Tiptree Road Runners |
| 255 | 00:40:48 | 399 | Jeff | Horner | Unattached |
| 257 | 00:40:49 | 337 | Barry | Dobson | Tiptree Road Runners |
| 258 | 00:40:52 | 383 | Rebecca | Staunton | Ipswich JAFFA |
| 259 | 00:40:52 | 215 | Philip | Southgate | St Edmund Pacers |
| 260 | 00:40:55 | 375 | Peter | Spink | Unattached |
| 262 | 00:41:02 | 125 | Juliet | Konrath | Unattached |
| 261 | 00:41:02 | 411 | Chris | Ridgeon | Unattached |
| 263 | 00:41:10 | 294 | Mark | Avery | Ipswich JAFFA |
| 264 | 00:41:10 | 321 | Neil | Parker | Unattached |
| 265 | 00:41:11 | 138 | Alison | Hammond | Unattached |
| 266 | 00:41:12 | 234 | Mark | Baker | Colchester Harriers AC |
| 267 | 00:41:20 | 314 | Alan | Jordan | Unattached |
| 268 | 00:41:21 | 36 | Charlie | Stannett | Ipswich Triathlon Club |
| 269 | 00:41:30 | 364 | Simon | Page | Unattached |
| 270 | 00:41:40 | 193 | David | Scotford | Stowmarket Striders |
| 271 | 00:41:41 | 14 | Bobbie | Sauerzapf | Bungay Black Dog RC |
| 272 | 00:41:45 | 418 | Colin | Jenkins | Newham & Essex Beagles AC |
| 273 | 00:41:47 | 151 | Ian | Chapman | St Edmund Pacers |
| 274 | 00:41:50 | 210 | Ian | Freeman | St Edmund Pacers |

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|-----|----------|-----|----------|-----------|-------------------------|
| 275 | 00:41:52 | 37 | Kate | Stannett | Ipswich Triathlon Club |
| 276 | 00:41:56 | 240 | Simon | Foster | Unattached |
| 277 | 00:42:01 | 361 | Peter | Turner | Unattached |
| 278 | 00:42:10 | 140 | Helen | Snazell | St Edmund Pacers |
| 279 | 00:42:15 | 272 | Adian | Peake | Ipswich JAFFA |
| 280 | 00:42:17 | 365 | Brendon | Grufferty | Unattached |
| 281 | 00:42:20 | 156 | Maureen | Wright | Ipswich JAFFA |
| 282 | 00:42:24 | 350 | Jim | King | Stowmarket Striders |
| 283 | 00:42:25 | 203 | Rebecca | Guy | St Edmund Pacers |
| 284 | 00:42:26 | 118 | Karen | Hatton | St Edmund Pacers |
| 285 | 00:42:28 | 208 | George | Wreathall | Unattached |
| 286 | 00:42:34 | 279 | Brian | Peck | St Edmund Pacers |
| 287 | 00:42:36 | 327 | Katy | Todrayner | Unattached |
| 288 | 00:42:37 | 373 | Adam | Raveley | Unattached |
| 289 | 00:42:40 | 315 | Adrian | Hie | Felixstowe Road Runners |
| 290 | 00:42:47 | 123 | Malcome | Hogarth | Stowmarket Striders |
| 291 | 00:42:49 | 385 | Joanne | Palmer | Diss Athletic Club |
| 294 | 00:42:52 | 130 | Hayley | Brewis | St Edmund Pacers |
| 292 | 00:42:52 | 228 | Alexis | Chapman | Unattached |
| 293 | 00:42:52 | 231 | Petra | Jewby | Unattached |
| 295 | 00:42:59 | 179 | Keith | Thorogood | Halstead Road Runners |
| 297 | 00:43:02 | 124 | Amanda | Martin | St Edmund Pacers |
| 298 | 00:43:02 | 225 | Karen | Austin | Stowmarket Striders |
| 296 | 00:43:02 | 173 | Dick | Partridge | Unattached |
| 299 | 00:43:10 | 326 | Keith | Borrett | Stowmarket Striders |
| 300 | 00:43:12 | 242 | Shaye | Melton | Unattached |
| 301 | 00:43:12 | 392 | Paul | Jennings | Unattached |
| 302 | 00:43:14 | 343 | Les | King | Stowmarket Striders |
| 303 | 00:43:14 | 127 | Mick | Mulley | Unattached |
| 304 | 00:43:16 | 17 | Evette | Price | Framlingham Flyers |
| 305 | 00:43:16 | 81 | Julia | Stone | Unattached |
| 306 | 00:43:17 | 371 | Warren | Radley | St Edmund Pacers |
| 307 | 00:43:17 | 317 | Annalise | Roper | Stowmarket Striders |
| 308 | 00:43:17 | 262 | Hannah | Brown | Unattached |
| 309 | 00:43:18 | 23 | John | George | Unattached |
| 310 | 00:43:21 | 356 | Jeremy | Scopes | Unattached |
| 311 | 00:43:28 | 132 | Jade | Turner | Unattached |
| 312 | 00:43:29 | 47 | Sarah | Spink | Unattached |
| 313 | 00:43:30 | 264 | Debbie | Ghant | Stowmarket Striders |
| 314 | 00:43:34 | 72 | Julie | Thurlow | Ipswich JAFFA |
| 315 | 00:43:41 | 79 | John | Cullum | Unattached |
| 316 | 00:43:48 | 281 | Ross | Corbyn | Ipswich Triathlon Club |
| 317 | 00:43:56 | 324 | John | Clarke | Unattached |
| 318 | 00:43:59 | 290 | Paul | Jones | Unattached |
| 319 | 00:44:02 | 291 | Sophie | Jones | Unattached |
| 320 | 00:44:08 | 42 | Steven | Reynolds | Unattached |
| 321 | 00:44:13 | 196 | Scott | Sherman | Unattached |
| 322 | 00:44:18 | 376 | Barry | Palmer | Diss Athletic Club |
| 323 | 00:44:20 | 195 | Annabell | Sherman | Stowmarket Striders |
| 325 | 00:44:33 | 86 | Andrew | Buttress | Unattached |
| 324 | 00:44:33 | 423 | Charles | McClure | Unattached |
| 327 | 00:44:36 | 26 | Jenny | Jarrett | Felixstowe Road Runners |
| 326 | 00:44:36 | 139 | Jo | Dickinson | Felixstowe Road Runners |
| 328 | 00:44:38 | 227 | Bob | Darnell | Unattached |
| 329 | 00:44:41 | 214 | Neil | Campbell | Unattached |

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|-----|----------|-----|-------------|--------------|-------------------------|
| 330 | 00:44:43 | 76 | Rebecca | Whittingdale | Unattached |
| 331 | 00:44:48 | 201 | Rebecca | chaplin | Stowmarket Striders |
| 332 | 00:44:54 | 297 | Mon | Lee | Unattached |
| 333 | 00:44:58 | 391 | John | Talbot | Unattached |
| 334 | 00:45:01 | 53 | Rachel | Springthorpe | Unattached |
| 335 | 00:45:06 | 412 | Pamela | Ridgeon | Unattached |
| 336 | 00:45:08 | 267 | Susan | Dunn | Unattached |
| 337 | 00:45:13 | 304 | Willa | McDonald | Unattached |
| 338 | 00:45:16 | 182 | Robert | Tillyard | St Edmund Pacers |
| 339 | 00:45:30 | 253 | Wendy | Hughes | Stowmarket Striders |
| 340 | 00:45:37 | 160 | Sue | Hargadon | Ipswich Triathlon Club |
| 341 | 00:45:41 | 345 | Pat | Brown | March Athletic Club |
| 342 | 00:45:55 | 183 | Brian | Smith | Unattached |
| 343 | 00:46:07 | 336 | Carl | Vella | Haverhill Running Club |
| 344 | 00:46:16 | 4 | Helen | Finegan | Felixstowe Road Runners |
| 345 | 00:46:19 | 93 | Chloe | Jennings | St Edmund Pacers |
| 346 | 00:46:22 | 309 | Sonny | Aung | Unattached |
| 347 | 00:46:29 | 287 | Susan | Bloomfield | Stowmarket Striders |
| 348 | 00:46:45 | 153 | Neil | Hunting | Unattached |
| 349 | 00:46:52 | 33 | Sandra | Mayhew | Stowmarket Striders |
| 350 | 00:46:59 | 92 | Rebecca | Jennings | St Edmund Pacers |
| 351 | 00:47:07 | 7 | Michael | Kemp | Unattached |
| 352 | 00:47:09 | 166 | Angela | Beeton | Newmarket Joggers |
| 353 | 00:47:15 | 158 | Roger | Spinks | Ipswich JAFFA |
| 354 | 00:47:20 | 27 | Matthew | Myer | Unattached |
| 356 | 00:47:30 | 344 | Alan | Nells | Stowmarket Striders |
| 355 | 00:47:30 | 339 | Barry | Atkin | Unattached |
| 357 | 00:47:48 | 237 | Jan | Starmer | Stowmarket Striders |
| 358 | 00:47:49 | 104 | Peter | White | Unattached |
| 359 | 00:48:04 | 312 | Christopher | Adams | Unattached |
| 360 | 00:48:11 | 224 | Robert | Dann | Unattached |
| 361 | 00:48:26 | 135 | Paul | Trevelyan | Unattached |
| 362 | 00:48:34 | 85 | Diana | Farrar | Unattached |
| 363 | 00:48:35 | 301 | Andrea | O'Coner | Stowmarket Striders |
| 364 | 00:48:40 | 300 | Sarah | John | Stowmarket Striders |
| 365 | 00:48:51 | 285 | Diane | Cox | Stowmarket Striders |
| 366 | 00:49:08 | 278 | Andy | Malco;m | Unattached |
| 367 | 00:49:12 | 310 | Terry | Braverman | Haverhill Running Club |
| 368 | 00:49:52 | 163 | Katy | Nash | Stowmarket Striders |
| 369 | 00:50:34 | 71 | Teresa | Cross | Unattached |
| 370 | 00:50:34 | 308 | Angie | Delaney | Unattached |
| 371 | 00:50:39 | 55 | David | Watt | Stowmarket Striders |
| 372 | 00:51:31 | 141 | John | Riley | Unattached |
| 373 | 00:51:55 | 325 | Melvyn | Bluett | Unattached |
| 375 | 00:52:23 | 367 | David | Collins | Unattached |
| 374 | 00:52:23 | 368 | Angela | Collins | Unattached |
| 377 | 00:53:16 | 416 | Emma | Darbyshire | Unattached |
| 376 | 00:53:16 | 417 | Jonathan | Darbyshire | Unattached |
| 378 | 00:53:22 | 24 | Sue | George | Unattached |
| 379 | 00:53:31 | 78 | Lorna | Freeman | Unattached |
| 380 | 00:53:32 | 35 | Breige | Convey | Unattached |
| 381 | 00:53:33 | 187 | Alison | Nice | Unattached |
| 382 | 00:54:06 | 185 | Simon | Ladd | Unattached |
| 383 | 00:54:10 | 323 | Helen | Meredith | Unattached |
| 384 | 00:55:43 | 293 | Victoria | Coombs | Unattached |

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|-----|----------|-----|-------------|-------------|-------------------------|
| 385 | 00:56:33 | 322 | Elizabeth | Row | Unattached |
| 386 | 00:56:45 | 59 | Martina | Tierney | Unattached |
| 387 | 00:56:50 | 137 | Rebecca | Smart | Unattached |
| 388 | 00:56:53 | 109 | Jean | Bayliss | Unattached |
| 389 | 00:57:52 | 110 | Gillian | Cox | Unattached |
| 390 | 00:59:05 | 401 | Mervyn | Wake | Ipswich Triathlon Club |
| 391 | 01:01:18 | 45 | Glenda | Taylor | Stowmarket Striders |
| 392 | 01:11:10 | 222 | Donna | Sheen | Unattached |
| 393 | 01:11:16 | 220 | Lisa | Allatson | Unattached |
| | dns/dnf | 2 | John | Shatford | Unattached |
| | dns/dnf | 9 | David | Loades | Stowmarket Striders |
| | dns/dnf | 19 | Carl | Higgins | Thetford AC |
| | dns/dnf | 44 | Garth | Peterson | Brandon Fern Hoppers |
| | dns/dnf | 58 | Sarron | Harrison | Unattached |
| | dns/dnf | 63 | Dani | Hurley | Orpington Road Runners |
| | dns/dnf | 74 | Michael | Grainger | Unattached |
| | dns/dnf | 75 | Yvonne | Freiherr | Unattached |
| | dns/dnf | 88 | Michael | Jobbins | Unattached |
| | dns/dnf | 94 | Lou | Jennings | Unattached |
| | dns/dnf | 116 | Neil | Cross | Thetford AC |
| | dns/dnf | 133 | Ricky | Preacher | Framlingham Flyers |
| | dns/dnf | 142 | Richard | Whent | Unattached |
| | dns/dnf | 143 | Steven | Lowe | Unattached |
| | dns/dnf | 145 | Roger | Causton | Felixstowe Road Runners |
| | dns/dnf | 168 | Ian | Lightfoot | Woodbridge Shufflers |
| | dns/dnf | 174 | Carol | Mcintosh | St Edmund Pacers |
| | dns/dnf | 175 | David | Fox | Felixstowe Road Runners |
| | dns/dnf | 181 | Chris | Perry | St Edmund Pacers |
| | dns/dnf | 191 | Jayne | Shears | Unattached |
| | dns/dnf | 192 | Roger | Shears | Unattached |
| | dns/dnf | 212 | Sam | Hunt | Unattached |
| | dns/dnf | 213 | Sarah | Hunt | Unattached |
| | dns/dnf | 216 | Bee | Chapman | Unattached |
| | dns/dnf | 230 | Paul | Theobald | St Edmund Pacers |
| | dns/dnf | 232 | Paul | Clarke | St Edmund Pacers |
| | dns/dnf | 235 | Sean | Kilbourn | Capel Cheetahs |
| | dns/dnf | 239 | Rachel | Toogood | Stowmarket Striders |
| | dns/dnf | 244 | Luvuyo | Mfazwe | Unattached |
| | dns/dnf | 247 | Blake | Bambridge | Unattached |
| | dns/dnf | 248 | Chris | Harbord | Gt Yarmouth RRC |
| | dns/dnf | 256 | Danny | Thorrington | Ipswich Triathlon Club |
| | dns/dnf | 277 | Lee | Phillips | The Saxons |
| | dns/dnf | 296 | Sue | Lewis | Stowmarket Striders |
| | dns/dnf | 302 | Gordon | Storrie | Newmarket Joggers |
| | dns/dnf | 318 | Dawn | Mason | West Suffolk A.C. |
| | dns/dnf | 330 | Christopher | Hill | Halstead Road Runners |
| | dns/dnf | 332 | Zachary | Jordon | Unattached |

Category

- Male Senior
- Male Senior
- Male Junior
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- Male Vet 45
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- Male Junior
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