

| Place | Name | Team | Bib No | Age Group | Place | Gun Time |
|-------|-------------------|------------------------------|--------|------------|-------|----------|
| 1 | Owen Rees | Ipswich Phoenix Running Club | 869 | 1:Open | | 31:57 |
| 2 | Brandon Barber | Ipswich Harriers | 192 | 2:Open | | 32:37 |
| 3 | Max Fisher | Ipswich Harriers | 175 | 3:Open | | 33:01 |
| 4 | Stuart Haynes | Woodbridge Shufflers RC | 685 | 1:M 50-59 | | 33:50 |
| 5 | Ross McGill | Woodbridge Shufflers RC | 124 | 1:M 20-39 | | 34:05 |
| 6 | BEN WILLIAMS | Ashford AC | 58 | 2:M 20-39 | | 34:18 |
| 7 | Archie Bullingham | Framlingham Flyers | 520 | 1:M 0-19 | | 35:18 |
| 8 | Oliver Daykin | Newmarket Joggers AC | 557 | 3:M 20-39 | | 35:35 |
| 9 | James Parr | Ipswich Jaffa RC | 526 | 4:M 20-39 | | 35:52 |
| 10 | Chris Green | Felixstowe RRC | 776 | 5:M 20-39 | | 36:11 |
| 11 | Ricky O'Neill | Ipswich Jaffa RC | 372 | 1:M 40-49 | | 36:22 |
| 12 | Michael Shuster | | 236 | 6:M 20-39 | | 36:41 |
| 13 | Caspar Le Fanu | | 327 | 7:M 20-39 | | 36:43 |
| 14 | Archie Shaw | Ipswich Harriers | 35 | 2:M 0-19 | | 36:52 |
| 15 | Ethan Wade | Ipswich Jaffa RC | 453 | 3:M 0-19 | | 36:56 |
| 16 | Ben Williams | Woodbridge Shufflers RC | 508 | 8:M 20-39 | | 37:01 |
| 17 | connor Bennettt | | 586 | 9:M 20-39 | | 37:04 |
| 18 | Holly Fisher | Ipswich Harriers | 318 | 1:Open | | 37:06 |
| 19 | Leit Henry | | 364 | 10:M 20-39 | | 37:30 |
| 20 | Victoria Duncan | Newbury AC | 315 | 2:Open | | 37:33 |
| 21 | Stuart Ward | Felixstowe RRC | 415 | 11:M 20-39 | | 37:34 |
| 22 | Mark Allen | Ipswich Jaffa RC | 882 | 2:M 50-59 | | 37:59 |
| 23 | Kyle McGill | Billericay Striders | 369 | 12:M 20-39 | | 38:05 |
| 24 | Jimmy Ho | Ipswich Jaffa RC | 452 | 13:M 20-39 | | 38:07 |
| 25 | Colm O'Reilly | | 393 | 14:M 20-39 | | 38:10 |
| 26 | William Smith | | 261 | 2:M 40-49 | | 38:13 |
| 27 | Michael Galbraith | debenphysio | 707 | 3:M 50-59 | | 38:25 |
| 28 | Andrew Lee | | 335 | 3:M 40-49 | | 38:26 |
| 29 | Russell Brown | Orion Harriers | 603 | 4:M 50-59 | | 38:26 |
| 30 | Christopher Judge | | 14 | 15:M 20-39 | | 38:29 |
| 31 | Matthew Tricker | | 267 | 16:M 20-39 | | 38:32 |
| 32 | Steve Brooke | Felixstowe RRC | 370 | 5:M 50-59 | | 38:41 |

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|----|--------------------|--|-----|------------|-------|
| 33 | Ryan Waters | | 663 | 17:M 20-39 | 38:42 |
| 34 | Neal Hardwick | Kesgrave Cruisers | 297 | 4:M 40-49 | 38:43 |
| 35 | James Roberts | Rokker | 732 | 6:M 50-59 | 38:51 |
| 36 | Neil Turner | Shaftesbury Barnet Harriers | 435 | 7:M 50-59 | 38:59 |
| 37 | James Sarre | Rokker | 702 | 5:M 40-49 | 39:03 |
| 38 | Josh Brown | Wymondham AC | 224 | 18:M 20-39 | 39:05 |
| 39 | Alastair Read | Felixstowe RRC | 402 | 6:M 40-49 | 39:05 |
| 40 | Emily Nash | Ipswich Harriers | 894 | 3:Open | 39:06 |
| 41 | Jack Harwood | Framlingham Flyers | 270 | 19:M 20-39 | 39:08 |
| 42 | Neil Berry | | 470 | 7:M 40-49 | 39:09 |
| 43 | John Cooper | | 636 | 20:M 20-39 | 39:12 |
| 44 | Robert Marshall | | 599 | 21:M 20-39 | 39:20 |
| 45 | Bradley Ling | | 474 | 22:M 20-39 | 39:25 |
| 46 | Tom Stewart | Woodbridge Shufflers RC | 588 | 8:M 50-59 | 39:29 |
| 47 | Jan-Willem Verkaik | Woodbridge Shufflers RC | 597 | 9:M 50-59 | 39:34 |
| 48 | Kathy Wilson-Brown | Ipswich Harriers | 505 | 1:F 20-39 | 39:35 |
| 49 | Clara Simpson | Drain Doctor | 798 | 2:F 20-39 | 39:42 |
| 50 | Graham Lazenby | | 408 | 23:M 20-39 | 39:42 |
| 51 | Steve Cooper | Blackheath & Bromley Harriers AC | 778 | 10:M 50-59 | 39:43 |
| 52 | Neil Smith | Framlingham Flyers | 279 | 8:M 40-49 | 39:45 |
| 53 | Jon Mickelsen | | 380 | 9:M 40-49 | 39:50 |
| 54 | Tom Gadd | | 67 | 24:M 20-39 | 39:52 |
| 55 | Jonathan Cordle | Norwich Road Runners | 488 | 1:M 60-69 | 39:53 |
| 56 | Joshua Mills | | 106 | 25:M 20-39 | 39:56 |
| 57 | Max Sheldrake | Framlingham Flyers | 258 | 4:M 0-19 | 40:00 |
| 58 | Jack Green | | 319 | 26:M 20-39 | 40:14 |
| 59 | Lewis Smy | | 342 | 27:M 20-39 | 40:14 |
| 60 | Sam Canham | | 87 | 28:M 20-39 | 40:17 |
| 61 | Flynn Kelly | | 301 | 5:M 0-19 | 40:25 |
| 62 | matthew alexander | Woodbridge Shufflers RC | 622 | 29:M 20-39 | 40:26 |
| 63 | Freddie Parks | | 436 | 10:M 40-49 | 40:28 |
| 64 | Alfie Seamons | Saxmundham Sports Running & Fitness Club | 398 | 30:M 20-39 | 40:34 |
| 65 | Toby Downing | | 905 | 31:M 20-39 | 40:41 |

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|------------------------|--------------------------------|-----|------------|-------|
| 66 Billy lummis | | 68 | 32:M 20-39 | 40:43 |
| 67 Rob Gittoes | | 160 | 11:M 40-49 | 40:46 |
| 68 Anthony Whiteside | | 477 | 12:M 40-49 | 40:52 |
| 69 Simon Stafford | Kesgrave Cruisers | 125 | 11:M 50-59 | 40:59 |
| 70 Tim Ripman | Woodbridge Heating & Bathrooms | 788 | 13:M 40-49 | 41:09 |
| 71 William Dunster | | 554 | 33:M 20-39 | 41:11 |
| 72 Archie Coombes | | 5 | 34:M 20-39 | 41:13 |
| 73 Shaun Emmerson | | 7 | 14:M 40-49 | 41:16 |
| 74 Ben Corden | Adnams | 703 | 15:M 40-49 | 41:22 |
| 75 Steven Utteridge | | 95 | 16:M 40-49 | 41:24 |
| 76 Jack Garnham | Rokker | 718 | 35:M 20-39 | 41:26 |
| 77 Jim Mackenzie | Framlingham Flyers | 298 | 2:M 60-69 | 41:27 |
| 78 Chay Hathway | | 334 | 36:M 20-39 | 41:33 |
| 79 Jack Ward | | 86 | 37:M 20-39 | 41:34 |
| 80 James Walton | Gressingham | 849 | 17:M 40-49 | 41:35 |
| 81 Duane Howard | Kesgrave Cruisers | 50 | 3:M 60-69 | 41:37 |
| 82 Thomas Beecroft | Framlingham Flyers | 337 | 38:M 20-39 | 41:48 |
| 83 Mark Hayden | Framlingham Flyers | 628 | 12:M 50-59 | 41:50 |
| 84 Tim Hunter | | 103 | 18:M 40-49 | 41:52 |
| 85 Tim Hanman | Ipswich Jaffa RC | 299 | 13:M 50-59 | 41:53 |
| 86 Robert Trebilcock | Woodbridge Shufflers RC | 590 | 39:M 20-39 | 41:55 |
| 87 Ollie Johnson | | 264 | 19:M 40-49 | 41:57 |
| 88 Chris Leek | | 47 | 14:M 50-59 | 41:59 |
| 89 JOSH HANNATT | BRAFE | 774 | 40:M 20-39 | 42:03 |
| 90 Oliver Cooper | debenphysio | 751 | 20:M 40-49 | 42:04 |
| 91 Luke Whitwell | The Cherry Tree | 817 | 21:M 40-49 | 42:13 |
| 92 William Ridgard | | 511 | 41:M 20-39 | 42:19 |
| 93 Euan Childs | | 182 | 42:M 20-39 | 42:25 |
| 94 William Marriott | | 521 | 6:M 0-19 | 42:27 |
| 95 Nathan Gooch-postma | | 426 | 43:M 20-39 | 42:31 |
| 96 Ben Haste | | 90 | 44:M 20-39 | 42:31 |
| 97 Emily Webb | | 2 | 3:F 20-39 | 42:34 |
| 98 Andy Ellis | Felixstowe RRC | 273 | 22:M 40-49 | 42:40 |

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|-----|---------------------|------------------------------|-----|------------|-------|
| 99 | Richard Wold | Ipswich Phoenix Running Club | 466 | 4:M 60-69 | 42:40 |
| 100 | Alfie Bloomfield | | 697 | 45:M 20-39 | 42:41 |
| 101 | John Spurling | | 51 | 23:M 40-49 | 42:42 |
| 102 | Paul Connick | Framlingham Flyers | 504 | 46:M 20-39 | 42:42 |
| 103 | Damon Artiss | | 44 | 47:M 20-39 | 42:44 |
| 104 | Paul Cooke | Rushmere Community Runners | 282 | 15:M 50-59 | 42:45 |
| 105 | Kierran Haynes | | 492 | 48:M 20-39 | 42:45 |
| 106 | CHRISTOPHER THOMSON | Framlingham Flyers | 59 | 49:M 20-39 | 42:47 |
| 107 | Glenn Howard | Howard Construction | 850 | 16:M 50-59 | 42:57 |
| 108 | CHRIS PRITCHARD | BRAFE | 753 | 24:M 40-49 | 43:02 |
| 109 | Tristan McConnell | | 118 | 25:M 40-49 | 43:03 |
| 110 | Bailey Allard | | 116 | 50:M 20-39 | 43:05 |
| 111 | OWEN CAMERON | BRAFE | 749 | 51:M 20-39 | 43:10 |
| 112 | Scott Hard | | 37 | 17:M 50-59 | 43:13 |
| 113 | Benjamin Corke | | 374 | 52:M 20-39 | 43:18 |
| 114 | Christopher Cowie | | 133 | 26:M 40-49 | 43:20 |
| 115 | Finn Childs | | 165 | 53:M 20-39 | 43:21 |
| 116 | Andrew Crowe | | 32 | 54:M 20-39 | 43:22 |
| 117 | James Beaumont | | 189 | 55:M 20-39 | 43:28 |
| 118 | George Wright | Stowmarket Striders RC | 156 | 56:M 20-39 | 43:29 |
| 119 | William Wingfield | Woodbridge Shufflers RC | 449 | 57:M 20-39 | 43:30 |
| 120 | Rob Jones | | 656 | 27:M 40-49 | 43:32 |
| 121 | Adam Schwarz | | 94 | 18:M 50-59 | 43:33 |
| 122 | David McCosh | | 353 | 28:M 40-49 | 43:33 |
| 123 | alan Krailing | | 154 | 29:M 40-49 | 43:37 |
| 124 | Peter Squirrell | Ipswich Jaffa RC | 447 | 30:M 40-49 | 43:40 |
| 125 | Owen Woollard | | 870 | 58:M 20-39 | 43:42 |
| 126 | Robin Harper | Felixstowe RRC | 241 | 19:M 50-59 | 43:44 |
| 127 | Andrew Laws | Ipswich Jaffa RC | 506 | 5:M 60-69 | 43:46 |
| 128 | Oliver King | | 108 | 31:M 40-49 | 43:46 |
| 129 | Matthew Payne | | 176 | 32:M 40-49 | 43:48 |
| 130 | Mark Clinton | | 255 | 33:M 40-49 | 43:49 |
| 131 | elliott astbury | | 429 | 7:M 0-19 | 43:50 |

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|----------------------|--------------------------------|-----|------------|-------|
| 132 Luke Read | ANDERSON | 724 | 59:M 20-39 | 43:53 |
| 133 Declan Greaves | | 598 | 60:M 20-39 | 43:56 |
| 134 Lee Eastall | | 48 | 20:M 50-59 | 43:58 |
| 135 Alex Smith | Felixstowe RRC | 312 | 61:M 20-39 | 44:00 |
| 136 Thomas Kewell | | 232 | 62:M 20-39 | 44:03 |
| 137 Jed Lawrence | BRAFE | 900 | 8:M 0-19 | 44:03 |
| 138 Kitty Mithen | Woodbridge Shufflers RC | 543 | 4:F 20-39 | 44:04 |
| 139 Aaron Beal | | 392 | 34:M 40-49 | 44:05 |
| 140 James Lewis | | 461 | 35:M 40-49 | 44:09 |
| 141 Tom Taylor | | 555 | 6:M 60-69 | 44:13 |
| 142 Richard Knight | | 347 | 36:M 40-49 | 44:15 |
| 143 William Aldred | Framlingham Flyers | 680 | 21:M 50-59 | 44:15 |
| 144 Peter Hawkins | | 303 | 37:M 40-49 | 44:17 |
| 145 Jim Marshall | | 617 | 22:M 50-59 | 44:17 |
| 146 Oliver Essex | | 139 | 63:M 20-39 | 44:18 |
| 147 Tim Cook | Woodbridge Heating & Bathrooms | 790 | 38:M 40-49 | 44:20 |
| 148 Shane Flack | Kesgrave Kruisers | 158 | 64:M 20-39 | 44:24 |
| 149 Neil Alderton | Woodbridge Shufflers RC | 475 | 65:M 20-39 | 44:26 |
| 150 Ethan Murray | | 92 | 66:M 20-39 | 44:27 |
| 151 Colin Ellis | Kesgrave Kruisers | 638 | 7:M 60-69 | 44:32 |
| 152 Dale Fowler | | 78 | 39:M 40-49 | 44:33 |
| 153 kirstie Gladwell | Framlingham Flyers | 377 | 1:F 40-49 | 44:36 |
| 154 Dominic Bareham | | 745 | 40:M 40-49 | 44:46 |
| 155 Carl Stannard | | 88 | 41:M 40-49 | 44:46 |
| 156 Marcus Payne | | 171 | 67:M 20-39 | 44:49 |
| 157 Lucy Beales | Woodbridge Shufflers RC | 677 | 5:F 20-39 | 44:51 |
| 158 Chris Hodges | Kesgrave Kruisers | 413 | 68:M 20-39 | 44:51 |
| 159 Josh Bothe | | 349 | 69:M 20-39 | 45:00 |
| 160 Kerry Buckley | Felixstowe RRC | 149 | 23:M 50-59 | 45:03 |
| 161 Mark Gleen | Kesgrave Kruisers | 34 | 24:M 50-59 | 45:05 |
| 162 Darren Hotten | | 169 | 70:M 20-39 | 45:05 |
| 163 Lewis Fratel | | 21 | 71:M 20-39 | 45:12 |
| 164 Haydn Green | | 412 | 9:M 0-19 | 45:20 |

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| 165 Nellee-Kate Berry | | 512 | 6:F 20-39 | 45:21 |
| 166 Sandy Page | | 382 | 2:F 40-49 | 45:26 |
| 167 Sofia Frost | Woodbridge Shufflers RC | 584 | 3:F 40-49 | 45:29 |
| 168 Martyn Goldsmith | Melton Renewable Energy | 901 | 42:M 40-49 | 45:35 |
| 169 Stuart Rowsell | | 668 | 10:M 0-19 | 45:38 |
| 170 Tom Turner | Drain Doctor | 899 | 72:M 20-39 | 45:39 |
| 171 Mark Sadler | Felixstowe RRC | 82 | 43:M 40-49 | 45:42 |
| 172 Roger Stone | Amarinth | 835 | 25:M 50-59 | 45:44 |
| 173 Henry Palmer | | 657 | 44:M 40-49 | 45:47 |
| 174 Tom Aykroyd | Felixstowe RRC | 430 | 45:M 40-49 | 45:49 |
| 175 Carl Collins | | 91 | 73:M 20-39 | 45:50 |
| 176 Ben Gallington | Kesgrave Cruisers | 96 | 74:M 20-39 | 45:50 |
| 177 Chloe Neall | Woodbridge Shufflers RC | 27 | 7:F 20-39 | 45:52 |
| 178 Noah Huxley | | 229 | 11:M 0-19 | 45:55 |
| 179 Peter Garry | | 472 | 75:M 20-39 | 45:56 |
| 180 Ed Orchin | | 396 | 46:M 40-49 | 45:57 |
| 181 David Masters | | 571 | 47:M 40-49 | 46:00 |
| 182 Luke Garnham | debenphysio | 756 | 48:M 40-49 | 46:03 |
| 183 Zak Bates | | 112 | 76:M 20-39 | 46:04 |
| 184 Jess Excell | | 403 | 8:F 20-39 | 46:06 |
| 185 Martin Sterry | | 538 | 77:M 20-39 | 46:06 |
| 186 Ben Deacon | | 6 | 49:M 40-49 | 46:07 |
| 187 Jules Beaumont | | 522 | 26:M 50-59 | 46:07 |
| 188 Joe Turnbull | | 559 | 78:M 20-39 | 46:10 |
| 189 Joe Hackett | | 883 | 79:M 20-39 | 46:12 |
| 190 Ashley Sadler | Kesgrave Cruisers | 479 | 50:M 40-49 | 46:12 |
| 191 Danny Jackson | | 471 | 80:M 20-39 | 46:13 |
| 192 Kirsty Turner | | 49 | 9:F 20-39 | 46:14 |
| 193 James Bullard | | 31 | 81:M 20-39 | 46:19 |
| 194 Maddie Wheal | | 130 | 10:F 20-39 | 46:21 |
| 195 Libby Abbott | | 338 | 1:F 0-19 | 46:22 |
| 196 Tom Harrop | | 483 | 82:M 20-39 | 46:24 |
| 197 Emily Spence | Ipswich Triathlon Club | 260 | 11:F 20-39 | 46:25 |

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|-----------------------------|--|-----|------------|-------|
| 198 Barry Hawtin | Felixstowe RRC | 250 | 51:M 40-49 | 46:26 |
| 199 Brad Goodchild | | 140 | 83:M 20-39 | 46:27 |
| 200 Isaac Chenery | | 725 | 84:M 20-39 | 46:30 |
| 201 Bradley warwick | | 129 | 85:M 20-39 | 46:31 |
| 202 Christopher Hendrickson | Framlingham Flyers | 516 | 52:M 40-49 | 46:37 |
| 203 Lewis Culf | Deben Inns | 815 | 86:M 20-39 | 46:42 |
| 204 Helen Jerrold | Kesgrave Cruisers | 277 | 4:F 40-49 | 46:44 |
| 205 Jamie Tott | | 137 | 27:M 50-59 | 46:46 |
| 206 Tom Jermyn | | 683 | 87:M 20-39 | 46:47 |
| 207 Ben Gilman | | 105 | 53:M 40-49 | 46:47 |
| 208 Helen Couch | ICS | 757 | 5:F 40-49 | 46:48 |
| 209 Peter Gray | | 416 | 28:M 50-59 | 46:49 |
| 210 Jonathan Lewis | | 228 | 54:M 40-49 | 46:49 |
| 211 Mark Andrews | Lonely Goat RC | 634 | 29:M 50-59 | 46:49 |
| 212 Peter Mayer | | 431 | 8:M 60-69 | 46:51 |
| 213 Stacey Harper | | 290 | 6:F 40-49 | 46:51 |
| 214 Kirsty Morgan | Ipswich Jaffa RC | 533 | 12:F 20-39 | 46:53 |
| 215 Luke McKeag | | 643 | 88:M 20-39 | 46:54 |
| 216 Lexi Scala | Woodbridge Shufflers RC | 661 | 13:F 20-39 | 46:54 |
| 217 Tim Chilvers | Woodbridge Heating & Bathrooms | 787 | 55:M 40-49 | 46:57 |
| 218 Rosie Compton | | 75 | 14:F 20-39 | 46:58 |
| 219 Sam Wainer | | 249 | 89:M 20-39 | 46:58 |
| 220 Stuart Yule | | 691 | 30:M 50-59 | 46:58 |
| 221 Ben Jackson | Felixstowe RRC | 295 | 90:M 20-39 | 47:01 |
| 222 Henry Tapp | ICS | 769 | 56:M 40-49 | 47:03 |
| 223 Lauren Whiting | | 131 | 15:F 20-39 | 47:04 |
| 224 Alex Greggor | | 208 | 91:M 20-39 | 47:04 |
| 225 Thomas Hunnisett | Saxmundham Sports Running & Fitness Club | 605 | 92:M 20-39 | 47:07 |
| 226 Nick Taylor | | 698 | 57:M 40-49 | 47:09 |
| 227 Mark Turner | | 419 | 31:M 50-59 | 47:10 |
| 228 Carmen Ortiz | | 39 | 16:F 20-39 | 47:10 |
| 229 Shannon Hopkins | Woodbridge Shufflers RC | 564 | 17:F 20-39 | 47:16 |
| 230 Tom Stephens | Felixstowe RRC | 646 | 32:M 50-59 | 47:16 |

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|---------------------|--|-----|-------------|-------|
| 231 Archie Read | | 283 | 93:M 20-39 | 47:18 |
| 232 Adrian Kendall | Amarinth | 834 | 33:M 50-59 | 47:19 |
| 233 Dave Howgego | Woodbridge Shufflers RC | 819 | 34:M 50-59 | 47:22 |
| 234 Craig Starling | ICS | 746 | 94:M 20-39 | 47:22 |
| 235 Simon Barber | | 465 | 58:M 40-49 | 47:26 |
| 236 Oliver Dixon | | 397 | 95:M 20-39 | 47:27 |
| 237 Matthew Davies | | 409 | 35:M 50-59 | 47:27 |
| 238 Rory Hunter | | 807 | 96:M 20-39 | 47:29 |
| 239 Thomas Sidhu | | 22 | 97:M 20-39 | 47:29 |
| 240 Sean Weber | | 679 | 98:M 20-39 | 47:30 |
| 241 Brad Culf | Deben Inns | 814 | 99:M 20-39 | 47:31 |
| 242 Inge Nijkamp | ANDERSON | 763 | 7:F 40-49 | 47:32 |
| 243 Ian Clover | | 631 | 59:M 40-49 | 47:33 |
| 244 Daniel Davies | Suffolk Orthodontics | 871 | 100:M 20-39 | 47:35 |
| 245 Kevin Linsell | Kesgrave Kruisers | 177 | 36:M 50-59 | 47:43 |
| 246 Gabriel Martins | Ipswich Jaffa RC | 529 | 37:M 50-59 | 47:49 |
| 247 Gary Lowe | Saxmundham Sports Running & Fitness Club | 234 | 9:M 60-69 | 47:49 |
| 248 Marcus Brown | | 193 | 38:M 50-59 | 47:52 |
| 249 Sam Lomas | Deben Inns | 818 | 101:M 20-39 | 47:55 |
| 250 Sophie Baines | | 85 | 18:F 20-39 | 47:55 |
| 251 Hack Fosker | | 278 | 39:M 50-59 | 47:55 |
| 252 Adam Gomm | Ipswich Jaffa RC | 457 | 60:M 40-49 | 47:56 |
| 253 Ross Cracknell | Agilis Search | 863 | 102:M 20-39 | 47:56 |
| 254 Ben Burrows | | 779 | 40:M 50-59 | 47:59 |
| 255 Noah Catling | | 42 | 103:M 20-39 | 47:59 |
| 256 Gianna Cesarano | | 8 | 1:F 50-59 | 48:00 |
| 257 Paul Barnard | | 375 | 61:M 40-49 | 48:00 |
| 258 Philip Turvey | | 379 | 62:M 40-49 | 48:00 |
| 259 David James | | 891 | 41:M 50-59 | 48:04 |
| 260 Anthony Clack | | 281 | 104:M 20-39 | 48:05 |
| 261 Martin Jarvis | | 547 | 42:M 50-59 | 48:06 |
| 262 Simon Goldsmith | | 777 | 43:M 50-59 | 48:07 |
| 263 James Ellul | Felixstowe RRC | 467 | 63:M 40-49 | 48:08 |

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|-----|--------------------|----------------------------|-----|-------------|-------|
| 264 | Andy Garvie | Woodbridge School | 802 | 44:M 50-59 | 48:10 |
| 265 | James Buckingham | The Cherry Tree | 813 | 64:M 40-49 | 48:12 |
| 266 | Michael Jennings | ANDERSON | 704 | 105:M 20-39 | 48:15 |
| 267 | Katie Scott | | 699 | 19:F 20-39 | 48:15 |
| 268 | Joey Hosking | | 181 | 106:M 20-39 | 48:15 |
| 269 | Toby Cameron | Amarinth | 906 | 107:M 20-39 | 48:17 |
| 270 | Robert Bryce | | 268 | 108:M 20-39 | 48:17 |
| 271 | Thomas Bradshaw | | 101 | 12:M 0-19 | 48:19 |
| 272 | Paul Stone | Felixstowe RRC | 572 | 45:M 50-59 | 48:20 |
| 273 | Ashton Turner | | 185 | 109:M 20-39 | 48:21 |
| 274 | Harry Fulcher | Deben Inns | 810 | 110:M 20-39 | 48:23 |
| 275 | Douglas Cubitt | | 117 | 111:M 20-39 | 48:24 |
| 276 | Sam Stone | Heritage Sash | 867 | 112:M 20-39 | 48:26 |
| 277 | Andrew Yorke | | 198 | 46:M 50-59 | 48:30 |
| 278 | Georgina Roadnight | | 581 | 20:F 20-39 | 48:32 |
| 279 | Marcus Adie | | 421 | 65:M 40-49 | 48:32 |
| 280 | Graham Bladen | | 401 | 66:M 40-49 | 48:34 |
| 281 | MARK Ray | | 495 | 113:M 20-39 | 48:35 |
| 282 | Andrew Jay | ANDERSON | 722 | 10:M 60-69 | 48:35 |
| 283 | Michelle Murphy | Felixstowe RRC | 548 | 2:F 50-59 | 48:35 |
| 284 | Rourke Porter | | 19 | 114:M 20-39 | 48:36 |
| 285 | Tom Shallish | | 23 | 115:M 20-39 | 48:37 |
| 286 | Laura Cormack | Heritage Sash | 868 | 8:F 40-49 | 48:39 |
| 287 | Daniel Slattery | | 383 | 116:M 20-39 | 48:40 |
| 288 | Adam Plummer | Rushmere Community Runners | 432 | 117:M 20-39 | 48:43 |
| 289 | Lewis Cherrington | | 231 | 118:M 20-39 | 48:43 |
| 290 | Daniel Smith | Woodbridge Shufflers RC | 207 | 119:M 20-39 | 48:45 |
| 291 | Tom Hitchman | | 644 | 67:M 40-49 | 48:45 |
| 292 | Paul Brand | | 594 | 68:M 40-49 | 48:48 |
| 293 | Iain Taylor | Woodbridge Shufflers RC | 489 | 47:M 50-59 | 48:50 |
| 294 | Stefan Gregson | Kesgrave Kreuzers | 523 | 48:M 50-59 | 48:51 |
| 295 | Russell Young | Pinfold & Co | 709 | 120:M 20-39 | 48:56 |
| 296 | Danni Nevin | | 138 | 21:F 20-39 | 48:58 |

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|------------------------|--------------------------------|-----|-------------|-------|
| 297 Sean Turner | | 201 | 121:M 20-39 | 48:58 |
| 298 George Algar | Deben Inns | 811 | 122:M 20-39 | 48:59 |
| 299 Joe Saunders | Rokker | 739 | 49:M 50-59 | 49:01 |
| 300 Max Harrold | | 29 | 123:M 20-39 | 49:05 |
| 301 Maddison Taylor | | 440 | 22:F 20-39 | 49:07 |
| 302 Sarah Clow | ANDERSON | 760 | 9:F 40-49 | 49:11 |
| 303 Joe Drury | | 184 | 69:M 40-49 | 49:13 |
| 304 Daniel Fawcett | | 38 | 124:M 20-39 | 49:14 |
| 305 Gabby Walker | Drain Doctor | 794 | 23:F 20-39 | 49:15 |
| 306 Sam wright | | 484 | 125:M 20-39 | 49:17 |
| 307 Lisa Perkins | | 546 | 3:F 50-59 | 49:18 |
| 308 Matthew Bailey | | 904 | 126:M 20-39 | 49:18 |
| 309 Harry Wiseman | | 248 | 13:M 0-19 | 49:19 |
| 310 Benjamin Davies | Suffolk Orthodontics | 878 | 127:M 20-39 | 49:20 |
| 311 Matthew Davies | Suffolk Orthodontics | 875 | 128:M 20-39 | 49:20 |
| 312 Matt Perks | Agilis Search | 864 | 70:M 40-49 | 49:22 |
| 313 Francois Botha | | 666 | 71:M 40-49 | 49:22 |
| 314 Jessica Durling | | 420 | 2:F 0-19 | 49:22 |
| 315 Suzi Saunders | | 399 | 10:F 40-49 | 49:23 |
| 316 George Brown | | 606 | 72:M 40-49 | 49:24 |
| 317 Daniel Wright | Adnams | 742 | 129:M 20-39 | 49:25 |
| 318 Christina Fricke | | 602 | 11:F 40-49 | 49:27 |
| 319 James Calver | | 468 | 130:M 20-39 | 49:28 |
| 320 Emily Stratford | | 308 | 24:F 20-39 | 49:31 |
| 321 adrian PEAKE | Ipswich Jaffa RC | 595 | 11:M 60-69 | 49:33 |
| 322 Thomas Goody | Woodbridge Heating & Bathrooms | 789 | 131:M 20-39 | 49:36 |
| 323 Bill Watson | Reading Roadrunners | 62 | 12:M 60-69 | 49:36 |
| 324 Harriet Celerier | | 422 | 25:F 20-39 | 49:37 |
| 325 Bethany Johnson | | 43 | 26:F 20-39 | 49:37 |
| 326 DAVID SOUTHGATE | | 348 | 132:M 20-39 | 49:38 |
| 327 Sebastien Marmagne | | 459 | 73:M 40-49 | 49:38 |
| 328 Georgia Harrold | Deben Inns | 809 | 27:F 20-39 | 49:39 |
| 329 Rachel Knight | Woodbridge Quay Church | 783 | 28:F 20-39 | 49:40 |

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| 330 | Becky Overy-Owen | | 510 | 4:F 50-59 | 49:41 |
| 331 | Lucy Heeney | | 16 | 29:F 20-39 | 49:43 |
| 332 | Gavin Damant | | 136 | 74:M 40-49 | 49:46 |
| 333 | Pacey Forsdike | | 865 | 133:M 20-39 | 49:47 |
| 334 | Toby Souter | | 213 | 134:M 20-39 | 49:48 |
| 335 | Natasha Todd | Notcutts | 820 | 30:F 20-39 | 49:49 |
| 336 | Beth Greenwood | Notcutts | 822 | 31:F 20-39 | 49:49 |
| 337 | Karl Holbrook | | 514 | 13:M 60-69 | 49:50 |
| 338 | Megan Smith | Framlingham Flyers | 696 | 32:F 20-39 | 49:51 |
| 339 | Callum Deacon | | 539 | 135:M 20-39 | 49:53 |
| 340 | Ian Robinson | | 40 | 75:M 40-49 | 49:53 |
| 341 | Angus Stone | | 692 | 136:M 20-39 | 49:53 |
| 342 | Ben Deacon | | 570 | 76:M 40-49 | 49:53 |
| 343 | Daniel Davis | | 684 | 77:M 40-49 | 49:54 |
| 344 | MARK DEAR | | 320 | 78:M 40-49 | 49:55 |
| 345 | Regan Woodard | Adnams | 721 | 137:M 20-39 | 49:56 |
| 346 | Stefan Bunn | | 578 | 50:M 50-59 | 49:57 |
| 347 | Kevin Pyle | | 262 | 79:M 40-49 | 49:57 |
| 348 | Francis Longhurst | | 216 | 138:M 20-39 | 50:02 |
| 349 | Aiden Jakubik | | 649 | 139:M 20-39 | 50:02 |
| 350 | David Malone | | 417 | 80:M 40-49 | 50:04 |
| 351 | Millie Howard | Howard Construction | 855 | 3:F 0-19 | 50:04 |
| 352 | Luke Heeney | | 226 | 51:M 50-59 | 50:06 |
| 353 | Nicola Robinson | Framlingham Flyers | 410 | 12:F 40-49 | 50:10 |
| 354 | Geraldine Clarke | Framlingham Flyers | 252 | 1:F 60-69 | 50:10 |
| 355 | Rachel Giles | | 609 | 5:F 50-59 | 50:11 |
| 356 | Rodney Davis | Chapel Properties | 765 | 81:M 40-49 | 50:13 |
| 357 | Katie Beckinsale | | 664 | 13:F 40-49 | 50:15 |
| 358 | Oz Southgate | | 344 | 33:F 20-39 | 50:15 |
| 359 | Richard Kober | | 542 | 14:M 60-69 | 50:16 |
| 360 | Darren Payne | WCHC | 827 | 52:M 50-59 | 50:18 |
| 361 | Ashley Evans | | 532 | 82:M 40-49 | 50:19 |
| 362 | Tom Cantello | Rokker | 719 | 140:M 20-39 | 50:20 |

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| 363 Jonathan Layton | | 127 | 83:M 40-49 | 50:20 |
| 364 Daniel Gavin | | 246 | 53:M 50-59 | 50:23 |
| 365 Chris Waters | | 4 | 84:M 40-49 | 50:27 |
| 366 Sam Dutfield | | 448 | 14:M 0-19 | 50:28 |
| 367 Lettie Barrett-Peck | | 12 | 34:F 20-39 | 50:30 |
| 368 Aaron Cross | Cornerstone | 859 | 141:M 20-39 | 50:35 |
| 369 Stuart Parkinson | | 630 | 142:M 20-39 | 50:36 |
| 370 Cris Viedma | Rokker | 755 | 143:M 20-39 | 50:38 |
| 371 Matthew Salisbury | | 269 | 85:M 40-49 | 50:38 |
| 372 Billy Dodwell | | 81 | 144:M 20-39 | 50:40 |
| 373 Arran Baker | | 463 | 86:M 40-49 | 50:40 |
| 374 Joe Smith | Amarinth | 833 | 145:M 20-39 | 50:49 |
| 375 Jef Titmarsh | | 210 | 146:M 20-39 | 50:50 |
| 376 Will Phillips | Gressingham | 845 | 54:M 50-59 | 50:53 |
| 377 David Parry | | 780 | 147:M 20-39 | 51:01 |
| 378 TIM GAMSTON | RYDER-DAVIES & PARTNERS | 840 | 148:M 20-39 | 51:04 |
| 379 James Jopling | | 79 | 149:M 20-39 | 51:04 |
| 380 Luca Mehmed | | 322 | 150:M 20-39 | 51:05 |
| 381 David Mason | WCHC | 829 | 55:M 50-59 | 51:06 |
| 382 Paul Berriman | | 445 | 56:M 50-59 | 51:08 |
| 383 Harry Mullan | Howard Construction | 854 | 151:M 20-39 | 51:11 |
| 384 Jo Evans | Drain Doctor | 791 | 6:F 50-59 | 51:12 |
| 385 Kim Cook | | 284 | 35:F 20-39 | 51:13 |
| 386 Scott Gower | | 157 | 152:M 20-39 | 51:13 |
| 387 Stephen Hatten | Saint Edmund Pacers | 653 | 15:M 60-69 | 51:17 |
| 388 Peter Deer | | 180 | 57:M 50-59 | 51:19 |
| 389 Anna Davis | Chapel Properties | 735 | 36:F 20-39 | 51:22 |
| 390 Jamie Smith | | 490 | 87:M 40-49 | 51:23 |
| 391 Kevin Hayward | Framlingham Flyers | 199 | 58:M 50-59 | 51:24 |
| 392 victoria orford | Framlingham Flyers | 328 | 7:F 50-59 | 51:26 |
| 393 Michael Brewer | | 627 | 16:M 60-69 | 51:27 |
| 394 Stephen SMITH | | 294 | 59:M 50-59 | 51:29 |
| 395 Matthew Smith | Woodbridge Quay Church | 782 | 15:M 0-19 | 51:29 |

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| 396 | Chris Connolly | | 221 | 88:M 40-49 | 51:35 |
| 397 | Luke Stafford | Kesgrave Cruisers | 167 | 16:M 0-19 | 51:43 |
| 398 | Stephen Hicks | Ipswich Harriers | 601 | 17:M 60-69 | 51:46 |
| 399 | Nicole Sales | Capel Cheetahs | 350 | 37:F 20-39 | 51:46 |
| 400 | Jon Curtis | | 573 | 60:M 50-59 | 51:46 |
| 401 | grahame beales | | 341 | 61:M 50-59 | 51:48 |
| 402 | Joshua ALLUM | Framlingham Flyers | 321 | 17:M 0-19 | 51:48 |
| 403 | Luis Falconer | | 126 | 153:M 20-39 | 51:51 |
| 404 | Gemma Porch | | 84 | 14:F 40-49 | 51:56 |
| 405 | Marcus Kwan | Kesgrave Cruisers | 326 | 62:M 50-59 | 51:57 |
| 406 | Andrew Nowosad | | 502 | 89:M 40-49 | 52:01 |
| 407 | Doug Betts | | 15 | 90:M 40-49 | 52:05 |
| 408 | Adam Thorpe | | 141 | 154:M 20-39 | 52:08 |
| 409 | Kieron Knights | | 83 | 155:M 20-39 | 52:09 |
| 410 | Aiden Power | Amarinth | 831 | 156:M 20-39 | 52:12 |
| 411 | Erica Attwell | | 173 | 15:F 40-49 | 52:12 |
| 412 | Mark Duckett | | 464 | 63:M 50-59 | 52:12 |
| 413 | Christopher Childs | | 146 | 64:M 50-59 | 52:14 |
| 414 | Andy Bartlett | | 162 | 91:M 40-49 | 52:16 |
| 415 | Caroline Howard | Howard Construction | 879 | 38:F 20-39 | 52:18 |
| 416 | Sally Burtle | | 395 | 39:F 20-39 | 52:19 |
| 417 | Kieron Perry | Ipswich Jaffa RC | 860 | 65:M 50-59 | 52:21 |
| 418 | Kate Sudell | Felixstowe RRC | 235 | 16:F 40-49 | 52:23 |
| 419 | Aidan Priday | Fenn Wright | 754 | 157:M 20-39 | 52:24 |
| 420 | Jacky Butcher | | 202 | 158:M 20-39 | 52:25 |
| 421 | Chelsea Mayhew | | 451 | 40:F 20-39 | 52:32 |
| 422 | Rob Freeman | | 615 | 92:M 40-49 | 52:34 |
| 423 | Thomas Clements | Framlingham Flyers | 360 | 18:M 60-69 | 52:36 |
| 424 | Lisa Hagen | | 307 | 17:F 40-49 | 52:36 |
| 425 | Darren Orves | Diss and District AC | 621 | 66:M 50-59 | 52:39 |
| 426 | Kit Evans-Lombe | Woodbridge School | 799 | 159:M 20-39 | 52:42 |
| 427 | Victoria Martin | | 187 | 18:F 40-49 | 52:43 |
| 428 | Chris Martin | | 361 | 67:M 50-59 | 52:43 |

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| 429 Ross Stone | Heritage Sash | 866 | 68:M 50-59 | 52:47 |
| 430 Joe Rowland | Pinfold & Co | 714 | 18:M 0-19 | 52:50 |
| 431 Annabel Attwell | Barker Gotelee | 715 | 41:F 20-39 | 52:51 |
| 432 Aaron Read | | 324 | 160:M 20-39 | 52:54 |
| 433 Nicole Crown | | 13 | 42:F 20-39 | 52:54 |
| 434 Drew Hunting | | 152 | 19:M 0-19 | 52:55 |
| 435 Anu Heese | | 669 | 43:F 20-39 | 52:56 |
| 436 Vicky McTaggart | Gressingham | 844 | 19:F 40-49 | 53:02 |
| 437 David Waring | | 30 | 69:M 50-59 | 53:04 |
| 438 Amy Culf | Deben Inns | 812 | 44:F 20-39 | 53:06 |
| 439 David Crane | Kesgrave Kruisers | 331 | 70:M 50-59 | 53:06 |
| 440 Wendy Kellett | | 585 | 8:F 50-59 | 53:08 |
| 441 Isabel Leming | | 230 | 45:F 20-39 | 53:09 |
| 442 Andy Reid | Chapel Properties | 750 | 93:M 40-49 | 53:15 |
| 443 MARTIN SHAVE | | 18 | 94:M 40-49 | 53:17 |
| 444 Trevor Fagg | | 71 | 19:M 60-69 | 53:22 |
| 445 Archie Farrow | Cornerstone | 898 | 20:M 0-19 | 53:23 |
| 446 Ryan Scopes | | 367 | 161:M 20-39 | 53:23 |
| 447 Andrew Wright | | 566 | 20:M 60-69 | 53:24 |
| 448 Laura Middlemiss | Chapel Properties | 720 | 20:F 40-49 | 53:25 |
| 449 Emma Morling | | 558 | 46:F 20-39 | 53:25 |
| 450 Mark Crisp | Chapel Properties | 712 | 71:M 50-59 | 53:26 |
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| 454 Thomas Feveyear | | 178 | 162:M 20-39 | 53:35 |
| 455 Chris Bond | | 527 | 163:M 20-39 | 53:36 |
| 456 Chris Perry | | 611 | 73:M 50-59 | 53:38 |
| 457 Beth Daley | | 145 | 48:F 20-39 | 53:41 |
| 458 Aaron Sharp | Chapel Properties | 768 | 164:M 20-39 | 53:42 |
| 459 Jamie Lawton | Melton Renewable Energy | 764 | 96:M 40-49 | 53:44 |
| 460 Rebecca Jones | | 351 | 49:F 20-39 | 53:47 |
| 461 Paul Schwer | Felixstowe RRC | 387 | 21:M 60-69 | 53:50 |

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| 462 | Mark Forsdike | | 407 | 74:M 50-59 | 53:54 |
| 463 | Gary Grainger | | 196 | 22:M 60-69 | 53:59 |
| 464 | Pani Monk | | 525 | 75:M 50-59 | 54:00 |
| 465 | CHARLIE GORDON | BRAFE | 708 | 165:M 20-39 | 54:01 |
| 466 | Seb Goodhand | | 257 | 166:M 20-39 | 54:01 |
| 467 | Christopher Bing | Ipswich Jaffa RC | 204 | 97:M 40-49 | 54:02 |
| 468 | Rosie Williams | | 99 | 50:F 20-39 | 54:03 |
| 469 | Eve Grigsby-Smith | Woodbridge School | 800 | 21:F 40-49 | 54:04 |
| 470 | Lea Grave | | 66 | 51:F 20-39 | 54:04 |
| 471 | Ben Grave | | 316 | 167:M 20-39 | 54:05 |
| 472 | Pat Morgan | Ipswich Triathlon Club | 693 | 1:M 70-99 | 54:08 |
| 473 | Paul Seaman | | 682 | 23:M 60-69 | 54:08 |
| 474 | Alan Jackson | | 119 | 98:M 40-49 | 54:10 |
| 475 | William Todd | | 647 | 99:M 40-49 | 54:11 |
| 476 | Nick Farrow | Woodbridge Quay Church | 786 | 24:M 60-69 | 54:11 |
| 477 | Richard Owen | | 551 | 2:M 70-99 | 54:12 |
| 478 | James Kelly | | 469 | 76:M 50-59 | 54:15 |
| 479 | Natalija Zurnikovica | Melton Renewable Energy | 758 | 22:F 40-49 | 54:19 |
| 480 | Laura Stables | | 632 | 9:F 50-59 | 54:20 |
| 481 | Rosalyn Seabright | | 400 | 52:F 20-39 | 54:20 |
| 482 | Tom Levett | | 9 | 168:M 20-39 | 54:22 |
| 483 | Nick Khan | | 163 | 77:M 50-59 | 54:22 |
| 484 | Chris Souter | | 293 | 78:M 50-59 | 54:25 |
| 485 | Dean Catling | Felixstowe RRC | 462 | 25:M 60-69 | 54:26 |
| 486 | Louise Lee | | 518 | 10:F 50-59 | 54:29 |
| 487 | Louis Kamfer | | 406 | 100:M 40-49 | 54:32 |
| 488 | Steve Kirk | Framlingham Flyers | 168 | 101:M 40-49 | 54:34 |
| 489 | Natalie Whitney | | 676 | 53:F 20-39 | 54:34 |
| 490 | Sean Banks | | 222 | 169:M 20-39 | 54:34 |
| 491 | Adam Dunnage | | 884 | 170:M 20-39 | 54:34 |
| 492 | Raven Rains | | 245 | 54:F 20-39 | 54:35 |
| 493 | Gavin Middleton | | 209 | 26:M 60-69 | 54:36 |
| 494 | Kelly Keen | | 556 | 55:F 20-39 | 54:40 |

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| 495 Michael Foster | | 442 | 102:M 40-49 | 54:42 |
| 496 Calvin Farthing | | 55 | 171:M 20-39 | 54:45 |
| 497 Michael Sheldrake | | 272 | 103:M 40-49 | 54:49 |
| 498 Tom Good | Fenn Wright | 701 | 172:M 20-39 | 54:50 |
| 499 Dayna Jacobs | | 373 | 56:F 20-39 | 54:51 |
| 500 Holly White | | 458 | 57:F 20-39 | 54:54 |
| 501 Sophie Bell | Ipswich Phoenix Running Club | 20 | 58:F 20-39 | 55:03 |
| 502 Gemma Walton | Chapel Properties | 903 | 59:F 20-39 | 55:06 |
| 503 aradia crockett | | 77 | 23:F 40-49 | 55:07 |
| 504 Martin Garrod | Ipswich Phoenix Running Club | 577 | 27:M 60-69 | 55:07 |
| 505 Julian Gant | | 357 | 79:M 50-59 | 55:08 |
| 506 phil davies | Ipswich Jaffa RC | 456 | 28:M 60-69 | 55:09 |
| 507 Rebecca Siles | | 365 | 24:F 40-49 | 55:10 |
| 508 Karl Hayward-Bradley | | 535 | 104:M 40-49 | 55:11 |
| 509 Rebecca Murland | | 80 | 25:F 40-49 | 55:12 |
| 510 Hayden Ellsmore | | 496 | 173:M 20-39 | 55:14 |
| 511 Louise Waterhouse-Taylor | Barker Gotelee | 723 | 11:F 50-59 | 55:16 |
| 512 Aidan Norris | Notcutts | 823 | 105:M 40-49 | 55:17 |
| 513 Fiona Smith | Ipswich Phoenix Running Club | 576 | 12:F 50-59 | 55:23 |
| 514 jeroen wuurman | | 667 | 80:M 50-59 | 55:25 |
| 515 Tim Fulcher | | 655 | 81:M 50-59 | 55:26 |
| 516 Becky Howgego | The Cherry Tree | 568 | 60:F 20-39 | 55:27 |
| 517 Jack Harrison | | 493 | 174:M 20-39 | 55:30 |
| 518 Gerry McCarthy | Ipswich Phoenix Running Club | 623 | 3:M 70-99 | 55:33 |
| 519 Al Bloomfield | | 694 | 106:M 40-49 | 55:37 |
| 520 Dan Parish | Barker Gotelee | 902 | 175:M 20-39 | 55:37 |
| 521 Tom Orford | Gressingham | 843 | 82:M 50-59 | 55:40 |
| 522 Richard Farres | Gressingham | 847 | 83:M 50-59 | 55:41 |
| 523 Deb Hart | | 227 | 13:F 50-59 | 55:43 |
| 524 Lisa Sheldrake | Suffolk Orthodontics | 872 | 14:F 50-59 | 55:44 |
| 525 Abi Shaw | | 102 | 26:F 40-49 | 55:44 |
| 526 Barney Newman | | 76 | 107:M 40-49 | 55:48 |
| 527 Amy huson | | 64 | 27:F 40-49 | 55:48 |

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| 528 Mon Lee | Ipswich Jaffa RC | 881 | 29:M 60-69 | 55:51 |
| 529 Kirsty Schartau | | 309 | 15:F 50-59 | 55:53 |
| 530 Jed Cinnamon | | 330 | 176:M 20-39 | 55:53 |
| 531 Jen Cross | Cornerstone | 857 | 61:F 20-39 | 55:57 |
| 532 Adam fenn | | 394 | 108:M 40-49 | 55:59 |
| 533 Keiron Donovan | | 211 | 109:M 40-49 | 56:01 |
| 534 Paul Sheldrake | Agilis Search | 862 | 84:M 50-59 | 56:01 |
| 535 Darren Pratt | | 310 | 85:M 50-59 | 56:03 |
| 536 Hayley Clarke | | 57 | 28:F 40-49 | 56:03 |
| 537 Lewis Wykes | | 507 | 110:M 40-49 | 56:04 |
| 538 KLAIR SYMONDS | BRAFE | 767 | 29:F 40-49 | 56:06 |
| 539 MARCUS MOSCROP | BRAFE | 730 | 86:M 50-59 | 56:07 |
| 540 Etty O'Reilly | | 648 | 62:F 20-39 | 56:07 |
| 541 James Ransome | | 93 | 177:M 20-39 | 56:09 |
| 542 Peter Osborne | | 362 | 111:M 40-49 | 56:11 |
| 543 Hamish Stone | Fenn Wright | 741 | 178:M 20-39 | 56:14 |
| 544 Martin Andrews | | 582 | 112:M 40-49 | 56:15 |
| 545 Edward McArdle | Woodbridge Shufflers RC | 569 | 113:M 40-49 | 56:17 |
| 546 Jordan Harrison | | 89 | 63:F 20-39 | 56:17 |
| 547 Helen Galbraith | debenphysio | 731 | 16:F 50-59 | 56:18 |
| 548 Steve Reay | | 69 | 87:M 50-59 | 56:20 |
| 549 Elisabeth Fenn | | 386 | 30:F 40-49 | 56:20 |
| 550 Amy Madden | | 313 | 64:F 20-39 | 56:25 |
| 551 Eric Brown | Saxmundham Sports Running & Fitness Club | 642 | 30:M 60-69 | 56:26 |
| 552 Peter Plummer | Woodbridge Shufflers RCMaths with Andre | 805 | 31:M 60-69 | 56:27 |
| 553 Sarah Frost | Woodbridge Shufflers RC | 662 | 17:F 50-59 | 56:28 |
| 554 michael mckinnell | | 681 | 4:M 70-99 | 56:31 |
| 555 Patrick Cook | | 72 | 114:M 40-49 | 56:32 |
| 556 Maiki Abbiss | Woodbridge Quay Church | 785 | 31:F 40-49 | 56:32 |
| 557 Dan Norris | | 552 | 179:M 20-39 | 56:35 |
| 558 Alan Hillyard | | 414 | 32:M 60-69 | 56:36 |
| 559 Thomas Rolph-Wills | Notcutts | 824 | 180:M 20-39 | 56:41 |
| 560 Emma Calver | | 346 | 18:F 50-59 | 56:43 |

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| 561 Rachael Hobbs | | 215 | 32:F 40-49 | 56:52 |
| 562 Emily Harwood | Fenn Wright | 748 | 65:F 20-39 | 56:53 |
| 563 Jon Dodman | | 314 | 88:M 50-59 | 56:55 |
| 564 Stuart Richardson | | 893 | 89:M 50-59 | 56:57 |
| 565 Natasha Patten | | 513 | 66:F 20-39 | 57:05 |
| 566 Alex Gray | | 619 | 115:M 40-49 | 57:07 |
| 567 Sally Knight | | 191 | 2:F 60-69 | 57:08 |
| 568 Andrew Marshall-Tierney | | 592 | 33:M 60-69 | 57:09 |
| 569 Paul Cherry | Woodbridge Shufflers RC | 806 | 90:M 50-59 | 57:11 |
| 570 Sarah Lewis | Woodbridge Shufflers RCMaths with Andre | 803 | 33:F 40-49 | 57:12 |
| 571 Trevor Dixon | | 574 | 91:M 50-59 | 57:12 |
| 572 Naomi Kewell | | 33 | 67:F 20-39 | 57:15 |
| 573 Harriet Nicholson | | 385 | 68:F 20-39 | 57:28 |
| 574 Daniel Macaulay | | 203 | 92:M 50-59 | 57:28 |
| 575 James Howard | | 639 | 116:M 40-49 | 57:29 |
| 576 Jake Moore | Deben Inns | 816 | 181:M 20-39 | 57:30 |
| 577 Emily Thompson | The Cherry Tree | 808 | 69:F 20-39 | 57:32 |
| 578 Jane Hutchinson | Woodbridge School | 801 | 19:F 50-59 | 57:33 |
| 579 Michael Pearce | | 654 | 182:M 20-39 | 57:35 |
| 580 Jodie Phillips | | 404 | 34:F 40-49 | 57:37 |
| 581 Micheal Gaffney | | 485 | 93:M 50-59 | 57:37 |
| 582 matt brown | | 497 | 94:M 50-59 | 57:39 |
| 583 Emma Blaylock | Rokker | 744 | 20:F 50-59 | 57:40 |
| 584 Amanda Benson-skailes | | 895 | 21:F 50-59 | 57:41 |
| 585 Melissa Coe | | 132 | 70:F 20-39 | 57:43 |
| 586 Peter Benson-skailes | | 896 | 95:M 50-59 | 57:45 |
| 587 Katie Summer | | 271 | 71:F 20-39 | 57:48 |
| 588 Amanda Smith | Woodbridge Shufflers RC | 391 | 35:F 40-49 | 57:49 |
| 589 Mark Davey | Ipswich Phoenix Running Club | 434 | 96:M 50-59 | 57:49 |
| 590 Gabriela Brown | | 390 | 72:F 20-39 | 57:50 |
| 591 Andrew Bradshaw | | 100 | 97:M 50-59 | 57:53 |
| 592 Sam Hall | | 480 | 183:M 20-39 | 57:58 |
| 593 John Clare | | 481 | 98:M 50-59 | 58:09 |

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| 594 Michael Leach | | 604 | 5:M 70-99 | 58:10 |
| 595 Alex Knight | Barker Gotelee | 727 | 184:M 20-39 | 58:12 |
| 596 Pippa Davies | Barker Gotelee | 713 | 73:F 20-39 | 58:12 |
| 597 Hannah Khan | Framlingham Flyers | 355 | 36:F 40-49 | 58:15 |
| 598 Becky Ellul | Felixstowe RRC | 593 | 37:F 40-49 | 58:23 |
| 599 Mark Sargeantson | Fenn Wright | 740 | 6:M 70-99 | 58:26 |
| 600 Natalie Biss | | 336 | 74:F 20-39 | 58:29 |
| 601 Nick Woodley | | 45 | 117:M 40-49 | 58:30 |
| 602 Liam Reynolds | Drain Doctor | 795 | 185:M 20-39 | 58:31 |
| 603 Henry Leeson | | 583 | 34:M 60-69 | 58:32 |
| 604 Joe Bowen | | 675 | 186:M 20-39 | 58:35 |
| 605 Nicola Freeman | | 121 | 38:F 40-49 | 58:35 |
| 606 Peter Shaw | | 1 | 187:M 20-39 | 58:36 |
| 607 Eleanor Edwards | | 596 | 75:F 20-39 | 58:36 |
| 608 Alex Brigginsshaw | Amarinth | 837 | 99:M 50-59 | 58:42 |
| 609 David Taylor | Framlingham Flyers | 620 | 7:M 70-99 | 58:43 |
| 610 Mark Coaster | | 665 | 118:M 40-49 | 58:44 |
| 611 Kirsty Abbott | | 183 | 76:F 20-39 | 58:45 |
| 612 Helen Berry | Ipswich Jaffa RC | 637 | 39:F 40-49 | 58:47 |
| 613 EMMA LANGFIELD | RYDER-DAVIES & PARTNERS | 841 | 77:F 20-39 | 58:47 |
| 614 Calvin Meek | Notcutts | 825 | 119:M 40-49 | 58:47 |
| 615 Kaye Extance | Felixstowe RRC | 650 | 40:F 40-49 | 58:55 |
| 616 Lee Crisp | | 389 | 100:M 50-59 | 59:02 |
| 617 Daniel Jones | | 384 | 188:M 20-39 | 59:02 |
| 618 Amanda Prior | Barker Gotelee | 737 | 22:F 50-59 | 59:06 |
| 619 Ben Royall | | 491 | 120:M 40-49 | 59:07 |
| 620 Ian Davies | | 381 | 189:M 20-39 | 59:08 |
| 621 John Clarke | | 641 | 35:M 60-69 | 59:14 |
| 622 Jack Farley | Chapel Properties | 736 | 190:M 20-39 | 59:17 |
| 623 William Buchanan | Gressingham | 842 | 101:M 50-59 | 59:31 |
| 624 Juliet Reading | Drain Doctor | 796 | 23:F 50-59 | 59:35 |
| 625 Samantha Simpson | Drain Doctor | 797 | 24:F 50-59 | 59:35 |
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| 627 | Cerys Fagg | | 237 | 78:F 20-39 | 59:37 |
| 628 | Gordon Pethybridge | | 161 | 36:M 60-69 | 59:37 |
| 629 | Joanna Breakell | | 186 | 42:F 40-49 | 59:44 |
| 630 | Michael Howard | Howard Construction | 853 | 102:M 50-59 | 59:45 |
| 631 | Hollie Gibbon | | 24 | 79:F 20-39 | 59:47 |
| 632 | Laura Melville | | 41 | 43:F 40-49 | 59:47 |
| 633 | Jessica Frost | | 3 | 80:F 20-39 | 59:48 |
| 634 | Victoria Black | | 254 | 81:F 20-39 | 59:49 |
| 635 | Terry Whomes | | 378 | 121:M 40-49 | 59:49 |
| 636 | Sean Davidson | | 446 | 103:M 50-59 | 59:51 |
| 637 | Piers Skilton | | 460 | 191:M 20-39 | 59:51 |
| 638 | Kris Green | | 443 | 192:M 20-39 | 59:53 |
| 639 | Aimée Spaul | Framlingham Flyers | 274 | 82:F 20-39 | 59:54 |
| 640 | Louise szombara | | 541 | 44:F 40-49 | 59:55 |
| 641 | Faye Hubbard | | 366 | 45:F 40-49 | 59:55 |
| 642 | Rosalind Ralph | | 276 | 46:F 40-49 | 59:56 |
| 643 | Josh Line | | 428 | 193:M 20-39 | 59:56 |
| 644 | Ben Brumby | debenphysio | 775 | 104:M 50-59 | 59:57 |
| 645 | Alex Williamson | | 11 | 194:M 20-39 | 59:59 |
| 646 | Tim Goulding | ICS | 726 | 105:M 50-59 | 1:00:03 |
| 647 | Nick Shirley | | 285 | 122:M 40-49 | 1:00:03 |
| 648 | Adam Kearney | | 115 | 195:M 20-39 | 1:00:14 |
| 649 | Gemma Walker | | 197 | 83:F 20-39 | 1:00:16 |
| 650 | Emma Frost | Pinfold & Co | 706 | 47:F 40-49 | 1:00:22 |
| 651 | Ian Knights | Kesgrave Cruisers | 600 | 106:M 50-59 | 1:00:26 |
| 652 | ANA RODRIGUES | RYDER-DAVIES & PARTNERS | 838 | 84:F 20-39 | 1:00:28 |
| 653 | Megan Anderson | | 296 | 85:F 20-39 | 1:00:29 |
| 654 | Elena Fomenko | | 200 | 48:F 40-49 | 1:00:29 |
| 655 | Simon Morris | | 500 | 123:M 40-49 | 1:00:31 |
| 656 | Andrew Filby | | 174 | 107:M 50-59 | 1:00:32 |
| 657 | Lindsay Welton | Capel Cheetahs | 450 | 49:F 40-49 | 1:00:35 |
| 658 | Gareth Roberts | | 626 | 37:M 60-69 | 1:00:37 |
| 659 | GUY MIDDLETON | | 473 | 108:M 50-59 | 1:00:37 |

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| 660 Hayley Hannatt | | 292 | 25:F 50-59 | 1:00:42 |
| 661 PAUL HANNATT | BRAFE | 710 | 109:M 50-59 | 1:00:42 |
| 662 Louise Curtis | Vegan Runners UK | 478 | 26:F 50-59 | 1:00:42 |
| 663 Emma Dutfield | | 486 | 27:F 50-59 | 1:00:44 |
| 664 Florence Richmond | Melton Renewable Energy | 711 | 86:F 20-39 | 1:00:53 |
| 665 Cameron Davey | | 286 | 196:M 20-39 | 1:00:56 |
| 666 Sarah Fowler | Woodbridge Quay Church | 781 | 87:F 20-39 | 1:00:57 |
| 667 Meinir Childs | | 607 | 28:F 50-59 | 1:01:03 |
| 668 Karen Moodie | Notcutts | 821 | 29:F 50-59 | 1:01:05 |
| 669 Oliver Smith | Howard Construction | 851 | 197:M 20-39 | 1:01:06 |
| 670 Louise Roberts | Suffolk Orthodontics | 873 | 88:F 20-39 | 1:01:09 |
| 671 Danielle Scopes | | 170 | 89:F 20-39 | 1:01:20 |
| 672 will church | Woodbridge Removals | 887 | 124:M 40-49 | 1:01:24 |
| 673 David Rice | Melton Renewable Energy | 759 | 125:M 40-49 | 1:01:24 |
| 674 Walter Lockhart | | 534 | 38:M 60-69 | 1:01:40 |
| 675 Stephen Eley | Adnams | 747 | 110:M 50-59 | 1:01:46 |
| 676 Alison French | | 340 | 30:F 50-59 | 1:01:46 |
| 677 Matthew Deal | | 625 | 126:M 40-49 | 1:01:49 |
| 678 Teodor Cristurean | | 265 | 198:M 20-39 | 1:01:50 |
| 679 Georgiana Cristurean | | 135 | 90:F 20-39 | 1:01:51 |
| 680 Debbie Wiseman | | 287 | 31:F 50-59 | 1:01:54 |
| 681 Frances Freeman | | 239 | 50:F 40-49 | 1:01:54 |
| 682 ASHLEE BRAME | RYDER-DAVIES & PARTNERS | 839 | 91:F 20-39 | 1:02:06 |
| 683 Tracy Ratcliffe | | 427 | 32:F 50-59 | 1:02:07 |
| 684 Anika Balfe | | 113 | 51:F 40-49 | 1:02:07 |
| 685 Lynne Butler | | 223 | 1:F 70-99 | 1:02:08 |
| 686 Vittoria Howard | | 65 | 92:F 20-39 | 1:02:08 |
| 687 Laura Lawrence | Felixstowe RRC | 423 | 52:F 40-49 | 1:02:10 |
| 688 David Grimmer | | 109 | 111:M 50-59 | 1:02:12 |
| 689 Joanna Whiting | | 247 | 33:F 50-59 | 1:02:15 |
| 690 Michelle Berriman | | 433 | 34:F 50-59 | 1:02:15 |
| 691 Ayse Singh | | 242 | 53:F 40-49 | 1:02:19 |
| 692 TRISTRAM SINGH | | 280 | 199:M 20-39 | 1:02:26 |

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| 693 Will Austin | | 206 | 200:M 20-39 | 1:02:27 |
| 694 Karl Savill | Vegan Runners UK | 217 | 112:M 50-59 | 1:02:34 |
| 695 Lindsey Deal | | 114 | 54:F 40-49 | 1:02:44 |
| 696 Jake Richardson | | 253 | 201:M 20-39 | 1:02:45 |
| 697 Garry Venn | | 608 | 39:M 60-69 | 1:02:51 |
| 698 Emily Cottam | | 266 | 55:F 40-49 | 1:02:54 |
| 699 Emma Hibbert | | 388 | 35:F 50-59 | 1:02:57 |
| 700 Lara Robinson | | 104 | 93:F 20-39 | 1:03:09 |
| 701 Giulia Canolla | | 194 | 94:F 20-39 | 1:03:11 |
| 702 Melissa Deal | | 624 | 56:F 40-49 | 1:03:12 |
| 703 Gill Briggingshaw | Amarinth | 836 | 36:F 50-59 | 1:03:18 |
| 704 Georgie Wells | | 861 | 95:F 20-39 | 1:03:20 |
| 705 Alice Bullock | | 368 | 96:F 20-39 | 1:03:20 |
| 706 Rhys Miller | | 300 | 202:M 20-39 | 1:03:22 |
| 707 Andrew Walker | Kesgrave Kruisers | 517 | 113:M 50-59 | 1:03:38 |
| 708 Andrew Francis | | 190 | 114:M 50-59 | 1:03:44 |
| 709 Stephen Arnold | | 618 | 40:M 60-69 | 1:03:46 |
| 710 William Davies-Edwards | ICS | 728 | 203:M 20-39 | 1:03:47 |
| 711 Kim Varden | | 549 | 57:F 40-49 | 1:03:48 |
| 712 Jennifer Meredith | | 289 | 97:F 20-39 | 1:03:51 |
| 713 Hannah Wattam | | 503 | 58:F 40-49 | 1:04:01 |
| 714 Poppy Strover | | 651 | 4:F 0-19 | 1:04:01 |
| 715 Violet Reed | | 259 | 5:F 0-19 | 1:04:01 |
| 716 Lisa Fermor | Melton Renewable Energy | 743 | 59:F 40-49 | 1:04:06 |
| 717 Adam Cable | | 10 | 127:M 40-49 | 1:04:19 |
| 718 Emma Benyon | | 73 | 98:F 20-39 | 1:04:19 |
| 719 Cath Orrin | | 205 | 60:F 40-49 | 1:04:20 |
| 720 Lucy Lummis | | 123 | 99:F 20-39 | 1:04:21 |
| 721 Peter Bultz | | 333 | 41:M 60-69 | 1:04:25 |
| 722 Jason Mann | | 142 | 115:M 50-59 | 1:04:40 |
| 723 Kristen Bitter | Woodbridge Shufflers RC | 674 | 100:F 20-39 | 1:04:45 |
| 724 Rebecca Holland | Melton Renewable Energy | 716 | 101:F 20-39 | 1:04:46 |
| 725 David Gunson | Kesgrave Kruisers | 567 | 8:M 70-99 | 1:04:47 |

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| 726 Emma Knight | | 172 | 61:F 40-49 | 1:04:53 |
| 727 Katherine Aykroyd | Felixstowe RRC | 56 | 62:F 40-49 | 1:05:22 |
| 728 Sophie O'Brien | | 111 | 102:F 20-39 | 1:05:31 |
| 729 Gary Pilkington | | 53 | 116:M 50-59 | 1:05:31 |
| 730 James Buchanan | Gressingham | 846 | 204:M 20-39 | 1:05:42 |
| 731 Ruth OSullivan | | 240 | 63:F 40-49 | 1:05:49 |
| 732 Nigel Watson | | 553 | 117:M 50-59 | 1:06:11 |
| 733 James Andrews | | 579 | 128:M 40-49 | 1:06:11 |
| 734 Carly Ward | | 454 | 64:F 40-49 | 1:06:16 |
| 735 Helen Offord | | 612 | 3:F 60-69 | 1:06:17 |
| 736 Paul McGregor | | 575 | 42:M 60-69 | 1:06:18 |
| 737 Veronica Manly | Harleston Running Club | 645 | 2:F 70-99 | 1:06:30 |
| 738 George French | | 560 | 205:M 20-39 | 1:06:30 |
| 739 Max Cutting | | 188 | 206:M 20-39 | 1:06:32 |
| 740 Hannah Collins | | 323 | 65:F 40-49 | 1:06:37 |
| 741 Vivienne Taylor | Framlingham Flyers | 652 | 3:F 70-99 | 1:06:40 |
| 742 Anna Tomaszczuk | | 686 | 37:F 50-59 | 1:06:52 |
| 743 Catriona Pearson | Woodbridge Shufflers RCMaths with Andre | 804 | 103:F 20-39 | 1:06:57 |
| 744 Annabel Atkinson-Steward | Kesgrave Cruisers | 531 | 104:F 20-39 | 1:06:58 |
| 745 Paddy Hammond | | 61 | 207:M 20-39 | 1:07:04 |
| 746 Jon Harvey | | 545 | 129:M 40-49 | 1:07:13 |
| 747 Rebecca Wood | | 897 | 38:F 50-59 | 1:07:17 |
| 748 Nichola Adams | | 46 | 66:F 40-49 | 1:07:18 |
| 749 Arif Abdurrahman | | 678 | 208:M 20-39 | 1:07:26 |
| 750 Chloe Mallett | Melton Renewable Energy | 729 | 67:F 40-49 | 1:07:30 |
| 751 James Gunther | Fenn Wright | 734 | 130:M 40-49 | 1:07:31 |
| 752 ben childs | Woodbridge Removals | 886 | 118:M 50-59 | 1:07:37 |
| 753 Tracey Childs | | 487 | 68:F 40-49 | 1:07:37 |
| 754 Hetty Thompson | | 120 | 6:F 0-19 | 1:07:40 |
| 755 Mark Scopes | | 519 | 43:M 60-69 | 1:07:49 |
| 756 Emma Grant | Woodbridge Quay Church | 784 | 105:F 20-39 | 1:07:52 |
| 757 Jemma Hall | | 892 | 106:F 20-39 | 1:08:09 |
| 758 Julianne Bennett | | 150 | 107:F 20-39 | 1:08:16 |

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| 759 Callum Anderson | Fenn Wright | 717 | 209:M 20-39 | 1:08:25 |
| 760 Hannah Hughes | | 159 | 108:F 20-39 | 1:08:31 |
| 761 Malcolm Tarrant | | 660 | 44:M 60-69 | 1:08:39 |
| 762 Liam Gibbs | Amarinth | 830 | 210:M 20-39 | 1:09:00 |
| 763 Ronnie Hattingh | Woodbridge Removals | 890 | 211:M 20-39 | 1:09:09 |
| 764 Alice Wilmer | ANDERSON | 752 | 109:F 20-39 | 1:09:10 |
| 765 Anne-Marie Perkins | | 144 | 39:F 50-59 | 1:09:14 |
| 766 Sasha Lysenko | | 580 | 110:F 20-39 | 1:09:18 |
| 767 Ian Stockley | | 214 | 45:M 60-69 | 1:09:27 |
| 768 Sharon Taylor | | 425 | 40:F 50-59 | 1:09:33 |
| 769 simon ashton | Woodbridge Removals | 888 | 119:M 50-59 | 1:09:34 |
| 770 Glenn Rayfield | | 263 | 120:M 50-59 | 1:09:35 |
| 771 Paul Madden | | 528 | 131:M 40-49 | 1:09:35 |
| 772 Michael Hill | | 437 | 121:M 50-59 | 1:09:50 |
| 773 Laura Ward | | 128 | 111:F 20-39 | 1:09:57 |
| 774 Lauren Garfield | | 233 | 41:F 50-59 | 1:10:36 |
| 775 Bryony Cooney | | 98 | 69:F 40-49 | 1:10:36 |
| 776 Jacqui Pollitt | ANDERSON | 770 | 42:F 50-59 | 1:10:44 |
| 777 Rebecca Heuer | | 219 | 70:F 40-49 | 1:10:48 |
| 778 Charlotte Hasnip | | 122 | 112:F 20-39 | 1:10:59 |
| 779 Gavin Hasnip | | 26 | 132:M 40-49 | 1:11:00 |
| 780 Caroline Curtis | | 561 | 43:F 50-59 | 1:11:06 |
| 781 Parm Singh | Suffolk Orthodontics | 877 | 122:M 50-59 | 1:11:10 |
| 782 sam Weeding | Suffolk Orthodontics | 874 | 113:F 20-39 | 1:11:11 |
| 783 Ian Davies | Suffolk Orthodontics | 876 | 46:M 60-69 | 1:11:27 |
| 784 Jack Davey | Ipswich Phoenix Running Club | 305 | 212:M 20-39 | 1:11:37 |
| 785 Charles Wiseman | Fenn Wright | 761 | 213:M 20-39 | 1:12:06 |
| 786 Katie West | | 610 | 114:F 20-39 | 1:12:16 |
| 787 Sally Coaster | | 670 | 71:F 40-49 | 1:12:17 |
| 788 Deborah Baker | | 659 | 72:F 40-49 | 1:12:17 |
| 789 Dean Ager | | 147 | 123:M 50-59 | 1:12:18 |
| 790 Lorraine Ager | | 148 | 44:F 50-59 | 1:12:19 |
| 791 Melissa Holmes | | 212 | 115:F 20-39 | 1:12:33 |

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| 792 Bridgette Bigmore | | 343 | 45:F 50-59 | 1:12:36 |
| 793 Seb Winskill | | 54 | 214:M 20-39 | 1:12:50 |
| 794 Sarah Mclean | | 325 | 73:F 40-49 | 1:14:21 |
| 795 Suzanne Peake | | 304 | 4:F 60-69 | 1:14:53 |
| 796 Becky Hopkins | | 354 | 46:F 50-59 | 1:15:04 |
| 797 Jessica Collison | | 97 | 116:F 20-39 | 1:15:13 |
| 798 Joanna Clegg | | 110 | 74:F 40-49 | 1:15:24 |
| 799 Trudie Beckwith | | 695 | 47:F 50-59 | 1:16:22 |
| 800 braeden green | Woodbridge Removals | 889 | 215:M 20-39 | 1:17:33 |
| 801 simon walkey | Woodbridge Removals | 885 | 124:M 50-59 | 1:17:34 |
| 802 Mark Garfield | | 424 | 125:M 50-59 | 1:19:52 |
| 803 John Manders | | 251 | 47:M 60-69 | 1:21:08 |
| 804 Karen Keeble | | 633 | 48:F 50-59 | 1:21:31 |
| 805 Rachel Bescoby | WCHC | 828 | 49:F 50-59 | 1:22:38 |
| 806 Briony Jones | | 482 | 117:F 20-39 | 1:23:56 |