

UNDER 13 GIRLS

Pos	Time	No	First Name	Surname	Club Name
1	00:13:27	298	Sophie	Tooley	West Suffolk A.C.
2	00:13:52	297	Nella	Walters	West Suffolk A.C.
3	00:14:01	284	Charlotte	Wickens	Ipswich Harriers
4	00:14:12	287	Olivia	Mair	Ipswich Harriers
5	00:14:40	293	Gemma	Grose	St Edmund Pacers
6	00:14:56	295	Emily	Moyes	Stowmarket Striders
7	00:14:59	283	Imogen	Holland-Howes	Framlingham Flyers
8	00:15:08	292	Gaia	Johnstone	St Edmund Pacers
9	00:15:48	285	Chloe	Godbolt	Ipswich Harriers
10	00:16:09	275	Kitty	Becher	Barnardiston Hall Pre. School
11	00:16:23	288	Lucy	Peake	Ipswich JAFFA
12	00:16:33	286	Ellissa	Morey	Ipswich Harriers
13	00:16:35	282	Rebecca	Cox	Felixstowe Road Runners
14	00:16:55	278	Scarlet	Simmons	Barnardiston Hall Pre. School
15	00:17:33	281	Hannah	Cox	Felixstowe Road Runners
16	00:22:15	296	Freya	Emerick	Stowmarket Striders
	dns/dnf	272	Ellie	Harrison	Barnardiston Hall Pre. School
	dns/dnf	273	Eve	Holder	Barnardiston Hall Pre. School
	dns/dnf	276	Lucy	Holder	Barnardiston Hall Pre. School
	dns/dnf	277	Olivia	Jones	Barnardiston Hall Pre. School
	dns/dnf	279	Madelaine	Baker	Brandeston High School
	dns/dnf	280	Ruby	Oldman	Bungay Black Dog
	dns/dnf	289	Eleanor	Jennings	Kingsfleet School
	dns/dnf	290	Hannah	Batten	Kingsfleet School
	dns/dnf	291	Bethan	Bradshaw	St Edmund Pacers
	dns/dnf	294	Chloe	Peck	Stowmarket Striders
	dns/dnf	299	Suleika	Horrocks	West Suffolk A.C.
			1st Team	Ipswich Harriers	16pts

UNDER 13 BOYS

Pos	Time	No	First Name	Surname	Club Name
1	00:12:07	193	Matthew	Le-Poidevin	St Edmund Pacers
2	00:12:49	196	Ben	Eames	West Suffolk AC
3	00:12:53	186	Theo	Passmore	Ipswich Harriers
4	00:13:02	175	James	Finch	City of Norwich AC
5	00:13:21	184	Henry	Mildown	Ipswich Harriers
6	00:13:29	192	Leuan	Aldis	St Edmund Pacers
7	00:13:39	165	Tim	Harrison	Barnardiston Hall Pre. School
8	00:13:42	179	Matthew	Hosket	Felixstowe Road Runners
9	00:13:44	170	Harry	Dorber	Brandeston High School
10	00:13:47	180	Adam	Merry	Framlingham Flyers
11	00:13:50	169	Ashley	Rooke	Brandeston High School
12	00:14:04	191	Christy	Williams	St Edmund Pacers
13	00:14:16	166	William	Dyer-Bartlett	Barnardiston Hall Pre. School
14	00:14:23	164	Jack	Krempel	Barnardiston Hall Pre. School
15	00:14:25	197	Jacob	Freeborough	West Suffolk AC
16	00:14:39	167	Alexander	Emsden	Brandeston High School
17	00:14:43	185	Richard	Ling	Ipswich Harriers
18	00:14:55	178	Callum	Stone	Felixstowe Road Runners

19	00:15:03	194	Tom	Ford	St Edmund Pacers
20	00:15:07	177	William	Page	East Bergholt H.S.
21	00:15:22	171	Joylon	Sumers	Brandeston High School
22	00:15:31	189	Peter	Elsdon-Dean	Newmarket Joggers
23	00:15:45	161	Edward	Jones	Barnardiston Hall Pre. School
24	00:16:16	172	Oscar	Ellis	Brandeston High School
25	00:16:21	162	Gregoru	Robinson	Barnardiston Hall Pre. School
26	00:16:35	174	Cambell	McMorran	Bungay Black Dog
27	00:16:39	187	Joshua	Smith	Kingsfleet School
28	00:16:51	176	Ben	Charles	Diss Athletic Club
29	00:17:17	163	Hamish	Beaton	Barnardiston Hall Pre. School
30	00:19:19	181	Ashley	Wright	Framlingham Flyers
31	00:17:20	173	Balley	Bendix-Hickman	Bungay Black Dog
32	00:17:37	182	Warren	Wright	Framlingham Flyers
33	00:21:36	190	Andrew	Davis	Orwell Panthers A.C.
	dns/dnf	160	David	Jimon	Barnardiston Hall Pre. School
	dns/dnf	168	Alexander	Lawrence	Brandeston High School
	dns/dnf	183	Christopher	Jones	Ipswich Harriers
	dns/dnf	188	Max	Harrold	Kingsfleet School
	dns/dnf	195	Tommy	Robinson	St Edmund Pacers

1st Team	St Edmund Pacers	19pts
2nd Team	Ipswich Harriers	25pts
3rd Team	Barnardiston Hall Pre. School	34pts
4th Team	Brandeston High School	36pts
5th Team	Framlingham Flyers	72pts

UNDER 15 GIRLS

Pos	Time	No	First Name	Surname	Club Name
1	00:17:12	332	Alice	Cheverton	City of Norwich AC
2	00:18:02	336	Susannah	Reid	Ipswich Harriers
3	00:18:35	343	Emma	Watts	St Edmund Pacers
4	00:18:35	339	Alice	Maguire	St Edmund Pacers
5	00:18:55	334	Katie	Peake	Ipswich Harriers
6	00:18:59	341	Emily	Gooderham	St Edmund Pacers
7	00:19:04	347	India	George	West Suffolk A.C.
8	00:19:25	335	Lauren	Ramsey	Ipswich Harriers
9	00:19:41	342	Emily	Strickland	St Edmund Pacers
10	00:22:00	337	Charlotte	Jones	Newmarket Joggers
11	00:22:32	348	Lauren	James	West Suffolk A.C.
12	00:26:21	340	Chloe	Jermyn	St Edmund Pacers
13	00:29:36	338	Nicole	Foulger	Orwell Panthers A.C.
	dns/dnf	333	Cara	Edwards	Royal Hospital School
	dns/dnf	344	Jessica	Gooderham	St Edmund Pacers
	dns/dnf	345	Kerry	Knott	St Edmund Pacers
	dns/dnf	346	Beth	Tooley	West Suffolk A.C.
	dns/dnf	349	Samantha	Carson	West Suffolk A.C.

1st Team	St Edmund Pacers	13pts
2nd Team	Ipswich Harriers	15pts

UNDER 15 BOYS

Pos	Time	No	First Name	Surname	Club Name
1	00:14:23	472	Bradley	Wattleworth	Ipswich Harriers
2	00:15:19	468	Kerian	McMorran	Bungay Black Dog
3	00:15:26	474	Ross	Tennant	Ipswich Harriers
4	00:15:32	471	Dominic	Oliver	Gt Yarmouth RRC
5	00:15:37	480	Cameron	McKie	West Suffolk A.C.
6	00:15:43	482	Sebastian	Anthony	West Suffolk A.C.
7	00:15:47	481	Michael	Bartram	West Suffolk A.C.
8	00:16:16	475	Tobas	Rankin	Ipswich Harriers
9	00:16:18	478	Jake	McCarthy	St Edmund Pacers
10	00:17:22	470	Ted	Oldman	Bungay Black Dog
11	00:17:30	479	Matthew	Nichols	St Edmund Pacers
12	00:20:18	469	Robin	Bendix-Hickman	Bungay Black Dog
	dns/dnf	473	James	Bemrose	Ipswich Harriers
	dns/dnf	476	Toby	Upton	Ipswich Harriers
	dns/dnf	477	Adam	Seymour	St Edmund Pacers
		1st Team	Ipswich Harriers		12pts
		2nd Team	West Suffolk A.C.		18pts
		3rd Team	Bungay Black Dog		24pts

UNDER 17 WOMEN

Pos	Time	No	Surname	First Name	Club Name
1	00:25:18	488	Pettersson	Hannah	Ipswich Harriers
2	00:25:47	495	Archer	Holly	West Suffolk A.C.
3	00:26:36	487	Caiger	Claire	Ipswich Harriers
4	00:28:41	489	Barnes	Lucy	Ipswich Harriers
5	00:30:59	494	Ward	Amy	The Saxons
6	00:34:24	486	Desborough	Tamsin	Gt Yarmouth RRC
	dns/dnf	490	Galbraith	Mary	Ipswich Harriers
	dns/dnf	491	Butler	Susannah	Ipswich Triathlon Club
	dns/dnf	492	Beeton	Chloe	Newmarket Joggers
	dns/dnf	493	Robinson	Lucy	St Edmund Pacers
	dns/dnf	496	Anthony	Justine	West Suffolk A.C.
		1st Team	Ipswich Harriers		8pts

UNDER 20 WOMEN

Pos	Time	No	First Name	Surname	Club Name
1	00:23:54	248	Kirsty	Addy	The Saxons
2	00:27:57	249	Emily	Baker	West Suffolk AC
3	00:33:25	247	Rebecca	Guy	St Edmund Pacers
	dns/dnf	246	Charlotte	Christensen	Ipswich Harriers

SENIOR WOMEN

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:24:47	155	Ellie	Sprake	University of East Anglia	Female Senior
2	00:25:08	151	Louise	Hampshire	Sudbury Joggers AC	Female Senior
3	00:25:48	152	Marie	Shirley	Sudbury Joggers AC	Female Senior
4	00:26:00	150	Amanda	Henry	Sudbury Joggers AC	Female Senior
5	00:26:04	116	Val	Jennings	Ipswich JAFFA	Female Master 40

6	00:27:27	126	Chrisite	Anthony	St Edmund Pacers "A"	Female Master 40
7	00:27:29	131	Tricia	Dennison	St Edmund Pacers "A"	Female Master 40
8	00:28:46	114	Gail	Pryke	Ipswich JAFFA	Female Master 50
9	00:28:50	119	Claudine	Butler	Newmarket Joggers 'A'	Female Senior
10	00:29:07	137	Haley	Suttle	Stowmarket Striders A	Female Master 40
11	00:29:18	153	Sarah	Vick	The Saxons	Female Master 40
12	00:29:27	135	Charmaine	Geraghty	Stowmarket Striders A	Female Senior
13	00:29:38	110	Anita	Buxton	Cambridge Tri Club	Female Master 40
14	00:30:32	117	Mary	Sketcher	Ipswich Triathlon Club	Female Master 40
15	00:30:42	128	Julia	Heath	St Edmund Pacers "A"	Female Master 40
16	00:30:45	112	Marion	Walker	Framlingham Flyers	Female Master 50
17	00:30:52	145	Sue	Garrod	Stowmarket Striders B	Female Master 40
18	00:31:02	120	Julia	Midleton	Newmarket Joggers 'A'	Female Master 60+
19	00:31:16	134	Carol	Fowles	Stowmarket Striders A	Female Master 40
20	00:31:46	125	Chloe	Junnings	St Edmund Pacers	Female Senior
21	00:32:08	115	Julie	Haselwood	Ipswich JAFFA	Female Master 50
22	00:32:13	127	Eloise	Calver	St Edmund Pacers "A"	Female Master 40
23	00:32:36	139	Jo	Stephenson	Stowmarket Striders B	Female Master 40
24	00:32:37	149	Tracy	Morris	Stowmarket Striders B	Female Master 40
25	00:33:36	130	Rita	Rue	St Edmund Pacers	Female Master 50
26	00:33:55	118	Carolynn	Anderson	Newmarket Joggers 'A'	Female Senior
27	00:34:05	144	Sandra	Mayhew	Stowmarket Striders B	Female Master 40
28	00:34:11	123	Sue	Stoken	Newmarket Joggers 'A'	Female Senior
29	00:34:18	143	Rachel	Toogood	Stowmarket Striders A	Female Master 40
30	00:34:29	141	Katy	Nash	Stowmarket Striders "C"	Female Master 40
31	00:36:14	136	Denise	White	Stowmarket Striders "C"	Female Master 40
32	00:38:00	140	Kate	Beer	Stowmarket Striders "C"	Female Master 40
	dns/dnf	111	Dawn	Pretty	Framlingham Flyers	Female Master 40
	dns/dnf	113	Dawn	Davies	Ipswich JAFFA	Female Senior
	dns/dnf	121	Julie	Sheldrick	Newmarket Joggers	Female Senior
	dns/dnf	124	Ursula	White	Newmarket Joggers	Female Senior
	dns/dnf	129	Pat	Partridge	St Edmund Pacers	Female Master 50
	dns/dnf	132	Andrea	Friend	St Edmund Pacers	Female Master 40
	dns/dnf	133	Anne	Fish	Stowmarket Striders	Female Master 60+
	dns/dnf	138	Jan	Starmer	Stowmarket Striders	Female Master 40
	dns/dnf	142	Penny	Waggott	Stowmarket Striders	Female Master 40
	dns/dnf	146	Susan	Bloomfield	Stowmarket Striders	Female Master 40
	dns/dnf	147	Tamara	Jordan	Stowmarket Striders	Female Senior
	dns/dnf	148	Tina	Monaghan	Stowmarket Striders	Female Senior
	dns/dnf	154	Wendy	Merfield	The Saxons	Female Master 60+
	dns/dnf	156	Nicky	Brinkmann	West Suffolk Wheelers & Tri C.	Female Senior

1st Team	Sudbury Joggers AC	9pts
2nd Team	St Edmund Pacers "A"	28pts
3rd Team	Ipswich JAFFA	34pts
4th Team	Stowmarket Striders "A"	41pts
5th Team	Newmarket Joggers	53pts
6th Team	Stowmarket Striders "B"	64pts
7th Team	Stowmarket Striders "C"	93pts

UNDER 20 MEN

Pos	Time	No	First Name	Surname	Club Name
1	00:27:59	440	Jordan	Ali	City of Norwich AC

2	00:28:03	445	Dominic	Thackeray	West Suffolk A.C.
3	00:28:26	442	Ross	Fawcett	Ipswich Harriers
4	00:34:13	441	James	Mackenzie	Framlingham Flyers
5	00:40:03	443	Oliver	Minns	Orwell Panthers A.C.
	dns/dnf	444	Alexander	Dunbar	West Suffolk A.C.

SENIOR MEN

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:41:47	17	Elliot	Palmer	Ipswich Harriers	Senior Man
2	00:42:37	15	Andrew	Rooke	Ipswich Harriers	Senior Man
3	00:43:37	2	Joshua	Entwistle	Felixstowe Road Runners	Senior Man
4	00:44:16	101	Matthew	Barnes-Smith	Woodford Green with Essex L.	Senior Man
5	00:44:36	52	Paul	Holly	Newmarket Joggers 'A'	Male Master 40
6	00:44:49	25	Gavin	Davies	Ipswich Jaffa 'A'	Senior Man
7	00:45:11	35	Robert	Chenery	Ipswich Jaffa 'A'	Senior Man
8	00:45:36	97	Colin	Ridley	West Suffolk A.C.	Male Master 40
9	00:45:54	67	Peter	Golding	St Edmund Pacers "A"	Male Master 50
10	00:46:01	38	Steve	Frazer-Lim	Ipswich Jaffa 'A'	Senior Man
11	00:46:17	40	Ben	Casey	Ipswich Triathlon Club	Senior Man
12	00:46:40	73	Tom	Kingsnorth	St Edmund Pacers "A"	Senior Man
13	00:46:51	28	Jonathan	Ling	Ipswich Jaffa 'A'	Senior Man
14	00:47:22	83	Nick	Palmer	Stowmarket Striders A	Senior Man
15	00:47:35	3	Roger	Stone	Felixstowe Road Runners	Male Master 40
16	00:48:04	30	Mark	Clements	Ipswich Jaffa 'A'	Senior Man
17	00:48:18	61	Jon	Lockwood	St Edmund Pacers "A"	Male Master 40
18	00:48:24	56	Chris	Cooke	St Edmund Pacers "A"	Male Master 40
19	00:48:58	22	Carl	Thompson	Ipswich Jaffa 'A'	Senior Man
20	00:49:13	76	Chris	Starmer	Stowmarket Striders A	Male Master 50
21	00:49:20	62	Julian	Long	St Edmund Pacers "A"	Senior Man
22	00:50:36	19	Jonathan	Palmer	Ipswich Harriers	Senior Man
23	00:50:51	31	Mark	Furnace	Ipswich Jaffa 'B'	Senior Man
24	00:51:27	42	John	Wankowski	Ipswich Triathlon Club	Senior Man
25	00:51:40	48	Greg	Davis	Newmarket Joggers 'A'	Male Master 40
26	00:51:47	29	Ker	Macrosson	Ipswich Jaffa 'B'	Male Master 50
27	00:51:55	98	Michael	Cripps	West Suffolk A.C.	Senior Man
28	00:52:12	84	Nick	Stephens	Stowmarket Striders A	Male Master 40
29	00:52:17	75	Chris	Seymour	Stowmarket Striders B	Male Master 40
30	00:52:54	70	Stephen	Hatten	St Edmund Pacers "B"	Male Master 40
31	00:53:13	82	Nick	Hammond	Stowmarket Striders B	Senior Man
32	00:53:39	6	Paul	Brown	Framlingham Flyers	Male Master 40
33	00:53:40	8	Robin	Mackenzie	Framlingham Flyers	Male Master 40
34	00:53:45	88	Stuart	Green	Stowmarket Striders A	Male Master 50
35	00:53:49	90	Andrew	Buck	Sudbury Joggers AC	Male Master 40
36	00:53:51	87	Steven	Neaves	Stowmarket Striders A	Male Master 50
37	00:53:52	102	Roger	Ackerley	Woodbridge Shufflers	Male Master 50
38	00:53:58	59	Glen	Douglas	St Edmund Pacers "B"	Senior Man
39	00:54:05	46	Brian	Munns	Newmarket Joggers 'A'	Male Master 40
40	00:54:10	41	Christopher	Tye	Ipswich Triathlon Club	Male Master 40
41	00:54:11	21	Brian	Rogers	Ipswich Jaffa 'B'	Male Master 50
42	00:54:16	64	Mike	Troope	St Edmund Pacers "B"	Male Master 50
43	00:54:28	53	Steve	Edwards	Newmarket Joggers 'A'	Male Master 40
44	00:54:38	39	Antony	Birt	Ipswich Triathlon Club	Senior Man
45	00:55:13	99	Adfrian	Barbrooke	West Suffolk Wheelers & Tri C.	Senior Man

46	00:55:21	10	Brian	Adams	Hadleigh Hares A.C.	Male Master 40
47	00:55:27	103	Stephen	Curran	Woodbridge Shufflers	Male Master 40
48	00:55:40	72	Steve	Le-Poidevin	St Edmund Pacers "B"	Male Master 40
49	00:55:44	58	Dave	Vaughan	St Edmund Pacers "B"	Male Master 50
50	00:55:59	36	Robin	Belsom	Ipswich Jaffa 'B'	Male Master 50
51	00:56:12	57	Chris	Perry	St Edmund Pacers "A"	Senior Man
52	00:56:52	74	Andrew	Green	Stowmarket Striders B	Male Master 40
53	00:57:01	49	Jim	Withers	Newmarket Joggers 'A'	Male Master 50
54	00:57:30	85	Ron	Ames	Stowmarket Striders A	Male Master 60+
55	00:57:51	24	Duncan	Chenery	Ipswich Jaffa 'B'	Male Master 50
56	00:58:10	95	David	Foprtham	The Saxons	Male Master 60+
57	00:58:23	44	Russell	Breyer	Ipswich Triathlon Club	Male Master 40
58	00:58:31	60	Ian	Gooderham	St Edmund Pacers "C"	Male Master 40
59	00:58:49	14	Steve	Hunt	Hadleigh Hares A.C.	Male Master 50
60	01:00:36	86	Steve	Gray	Stowmarket Striders B	Male Master 50
61	01:01:27	5	Graeme	Cleave	Framlingham Flyers	Senior Man
62	01:01:52	71	Stephen	Williams	St Edmund Pacers "C"	Male Master 50
63	01:02:00	20	Neil	Gillingham	Ipswich Harriers	Senior Man
64	01:02:13	66	Peter	Bird	St Edmund Pacers "C"	Senior Man
65	01:02:33	4	Angus	Weston	Framlingham Flyers	Senior Man
66	01:03:48	89	William	Burdett	Stowmarket Striders B	Male Master 40
67	01:04:07	45	Alen	Goodenough	Newmarket Joggers	Male Master 50
68	01:04:39	77	Frank	Moggan	Stowmarket Striders B	Male Master 60+
69	01:08:00	18	Jeremy	Smith	Ipswich Harriers	Senior Man
70	01:09:46	69	Ryan	Edwards	St Edmund Pacers "B"	Senior Man
71	01:11:24	33	Mon	Lee	Ipswich Jaffa 'B'	Male Master 50
72	01:13:52	81	Mike	Munson	Stowmarket Striders	Male Master 50
73	01:14:40	47	Dominic	Doe	Newmarket Joggers	Male Master 40
	dns/dnf	1	Ian	Day	Ely Runners	Male Master 40
	dns/dnf	7	Ricky	Peacher	Framlingham Flyers	Senior Man
	dns/dnf	9	Wayne	Tilbury-Larter	Framlingham Flyers	Senior Man
	dns/dnf	11	David	Ingleby	Hadleigh Hares A.C.	Male Master 50
	dns/dnf	12	John	Scaife	Hadleigh Hares A.C.	Senior Man
	dns/dnf	13	Mat	Brlacoe	Hadleigh Hares A.C.	Male Master 40
	dns/dnf	16	Christopher	Rooke	Ipswich Harriers	Senior Man
	dns/dnf	23	David	Lang	Ipswich JAFFA	Senior Man
	dns/dnf	26	James	Valentine	Ipswich JAFFA	Senior Man
	dns/dnf	27	John	Weston	Ipswich JAFFA	Male Master 50
	dns/dnf	32	Mick	Gilbert	Ipswich JAFFA	Male Master 60+
	dns/dnf	34	Richard	Weston	Ipswich JAFFA	Senior Man
	dns/dnf	37	Simon	Meecheam	Ipswich JAFFA	Senior Man
	dns/dnf	43	Neil	Catling	Ipswich Triathlon Club	Senior Man
	dns/dnf	50	Michael	Ball	Newmarket Joggers	Male Master 40
	dns/dnf	51	Neville	Clarke	Newmarket Joggers 'A'	Male Master 50
	dns/dnf	54	Alan	Dawson	St Edmund Pacers	Male Master 50
	dns/dnf	55	Andy	Taylor	St Edmund Pacers	Senior Man
	dns/dnf	63	Kim	Swan	St Edmund Pacers	Male Master 50
	dns/dnf	65	Peter	Barker	St Edmund Pacers	Male Master 40
	dns/dnf	68	Roger	Brand	St Edmund Pacers	Male Master 60+
	dns/dnf	78	Ian	Keeble	Stowmarket Striders	Senior Man
	dns/dnf	79	John	Squirrel	Stowmarket Striders	Male Master 50
	dns/dnf	80	Michael	Jones	Stowmarket Striders	Senior Man
	dns/dnf	91	Darren	Judd	Sudbury Joggers AC	Male Master 40
	dns/dnf	92	Jonathan	Price	Sudbury Joggers AC	Male Master 50

dns/dnf	93	Paul	Preston	Sudbury Joggers AC	Senior Man
dns/dnf	94	Tom	Cresswell	Sudbury Joggers AC	Senior Man
dns/dnf	96	Andrew	Ridley	West Suffolk A.C.	Senior Man
dns/dnf	100	James	Heath	West Suffolk Wheelers & Tri C.	Male Master 50

1st Team	Ipswich JAFFA "A"	36pts
2nd Team	St Edmund Pacers "A"	56pts
3rd Team	Ipswich Harriers	88pts
4th Team	Stowmarket Striders "A"	96pts
5th Team	Newmarket Joggers	112pts
6th Team	Ipswich Tri Club	119pts
7th Team	Ipswich JAFFA "B"	140pts
8th Team	St Edmund Pacers "B"	158pts
9th Team	Stowmarket Striders "B"	172pts
10th Team	Framlingham Flyers	191pts

UNDER 17 MEN

Pos	Time	No	First Name	Surname	Club Name
1	00:19:01	384	Kieran	Clements	Ipswich Harriers
2	00:20:27	397	Simon	Dawson	West Suffolk A.C.
3	00:20:45	396	Macauley	Delo	West Suffolk A.C.
4	00:20:55	383	James	Powley	Ipswich Harriers
5	00:22:06	381	Andrew	Revell	Ipswich Harriers
6	00:22:13	386	Patrick	Gravett-Curl	Ipswich Harriers
7	00:22:44	394	Adam	Cripps	West Suffolk A.C.
8	00:23:09	385	Oliver	Jones	Ipswich Harriers
9	00:24:19	391	Sam	Harrison	St Edmund Pacers
10	00:24:29	390	Robert	Smailes	St Edmund Pacers
11	00:24:34	389	Liam	Brophy	St Edmund Pacers
12	00:24:48	379	Marcus	Sladden	Bungay Black Dog
13	00:25:53	393	Samuel	Burdett	Stowmarket Striders
14	00:26:45	380	Nathan	Watson	Framlingham Flyers
15	00:29:03	392	Jake	Hammond	Stowmarket Striders
16	00:30:55	387	Robert	Green	Newmarket College
17	00:53:42	388	Matthew	Foulger	Orwell Panthers A.C.
	dns/dnf	382	Jack	Garvin	Ipswich Harriers
	dns/dnf	395	Jack	Anthony	West Suffolk A.C.

1st Team	Ipswich Harriers	10pts
2nd Team	West Suffolk A.C.	12pts
3rd Team	St Edmund Pacers	30pts