

| Pos | Time | No | First Name | Surname | Club Name | Category |
|-----|----------|-----|------------|--------------|-------------------------|---------------|
| 1 | 00:12:55 | 311 | L | Summers | Brandeston Hall | Under 13 Girl |
| 2 | 00:12:58 | 342 | Nella | Walters | West Suffolk A.C. | Under 13 Girl |
| 3 | 00:13:04 | 338 | Megan | Newton | West Suffolk A.C. | Under 13 Girl |
| 4 | 00:13:25 | 325 | Isabella | Wickens | Ipswich Harriers | Under 13 Girl |
| 5 | 00:14:13 | 340 | Mikayela | Sealby | West Suffolk A.C. | Under 13 Girl |
| 6 | 00:14:20 | 304 | Polly | Peate | Barnardiston Hall | Under 13 Girl |
| 7 | 00:14:31 | 341 | Claudia | Spencer-Hall | West Suffolk A.C. | Under 13 Girl |
| 8 | 00:14:34 | 337 | Lucinda | Lennie | West Suffolk A.C. | Under 13 Girl |
| 9 | 00:14:49 | 324 | Annabel | Whitehead | Ipswich Harriers | Under 13 Girl |
| 10 | 00:14:53 | 314 | Jessica | Sparkes | Bungay Black Dog | Under 13 Girl |
| 11 | 00:14:54 | 322 | Madeleine | Craig | Ipswich Harriers | Under 13 Girl |
| 12 | 00:15:25 | 336 | Emma | Jobbins | West Suffolk A.C. | Under 13 Girl |
| 13 | 00:15:42 | 308 | I | Lawson | Brandeston Hall | Under 13 Girl |
| 14 | 00:15:43 | 306 | I | Ball | Brandeston Hall | Under 13 Girl |
| 15 | 00:15:44 | 339 | Elena | Saiu-Bell | West Suffolk A.C. | Under 13 Girl |
| 16 | 00:15:46 | 307 | M | Lawerence | Brandeston Hall | Under 13 Girl |
| 17 | 00:16:11 | 343 | Alana | Wilson | West Suffolk A.C. | Under 13 Girl |
| 18 | 00:16:12 | 332 | Annabel | Jackson | St Edmund Pacers | Under 13 Girl |
| 19 | 00:16:44 | 313 | R | Winter | Brandeston Hall | Under 13 Girl |
| 20 | 00:16:50 | 316 | Niamh | Norris | City of Norwich AC | Under 13 Girl |
| 21 | 00:16:56 | 309 | D | Maile | Brandeston Hall | Under 13 Girl |
| 22 | 00:17:04 | 301 | Saska | Baldrey | Barnardiston Hall | Under 13 Girl |
| 23 | 00:17:35 | 300 | Juliette | Agazarian | Barnardiston Hall | Under 13 Girl |
| 24 | 00:17:37 | 329 | Olivia | Crook | St Edmund Pacers | Under 13 Girl |
| 25 | 00:17:39 | 331 | Martha | Gurney | St Edmund Pacers | Under 13 Girl |
| 26 | 00:17:53 | 312 | E | Sunderland | Brandeston Hall | Under 13 Girl |
| 27 | 00:19:36 | 321 | Brooke | Flower | Felixstowe Road Runners | Under 13 Girl |
| 28 | 00:19:44 | 319 | Georgia | Addison | Felixstowe Road Runners | Under 13 Girl |
| 29 | 00:19:56 | 317 | Dasie | Charles | Diss Athletic Club | Under 13 Girl |
| 30 | 00:20:08 | 305 | Fern | Wilkes | Barnardiston Hall | Under 13 Girl |
| 31 | 00:20:10 | 303 | Tatiana | Page-Turner | Barnardiston Hall | Under 13 Girl |
| 32 | 00:20:23 | 330 | Chelsea | Doyle | St Edmund Pacers | Under 13 Girl |

| | | |
|----------|-------------------|-------|
| 1st Team | West Suffolk A.C. | 10pts |
| 2nd Team | Ipswich Harriers | 24pts |
| 3rd Team | Brandeston Hall | 28pts |
| 4th Team | Barnardiston Hall | 51pts |

| Pos | Time | No | First Name | Surname | Club Name | Category |
|-----|----------|-----|------------|-----------|---------------------|---------------|
| 1 | 00:15:28 | 186 | Sophie | Tooley | West Suffolk A.C. | Under 15 Girl |
| 2 | 00:16:00 | 176 | Charlotte | Wickens | Ipswich Harriers | Under 15 Girl |
| 3 | 00:16:35 | 170 | Lauren | Howe | Bungay Black Dog | Under 15 Girl |
| 4 | 00:17:13 | 180 | Emily | Moyes | Stowmarket Striders | Under 15 Girl |
| 5 | 00:17:52 | 178 | Gemma | Grose | St Edmund Pacers | Under 15 Girl |
| 6 | 00:18:01 | 174 | Olivia | Mair | Ipswich Harriers | Under 15 Girl |
| 7 | 00:19:32 | 184 | Bronwyn | Jacobs | West Suffolk A.C. | Under 15 Girl |
| 8 | 00:19:38 | 173 | Chloe | Godbold | Ipswich Harriers | Under 15 Girl |
| 9 | 00:19:47 | 171 | Hannah | Barnes | Bungay Black Dog | Under 15 Girl |
| 10 | 00:19:48 | 179 | Ciara | O'Donnell | St Edmund Pacers | Under 15 Girl |
| 11 | 00:21:10 | 172 | Katey | Oven | Bungay Black Dog | Under 15 Girl |
| 12 | 00:21:14 | 185 | Elisha | Smith | West Suffolk A.C. | Under 15 Girl |

| | | |
|----------|-------------------|-------|
| 1st Team | Ipswich Harriers | 16pts |
| 2nd Team | West Suffolk A.C. | 20pts |
| 3rd Team | Bungay Black Dog | 23pts |

| Pos | Time | No | First Name | Surname | Club Name | Category |
|-----|----------|-----|------------|------------|---------------------|----------------|
| 1 | 00:23:21 | 425 | Susannah | Reid | Ipswich Harriers | Under 17 Woman |
| 2 | 00:24:13 | 432 | Emma | Watts | St Edmund Pacers | Under 17 Woman |
| 3 | 00:25:19 | 422 | Alice | Cheverton | City of Norwich AC | Under 17 Woman |
| 4 | 00:25:36 | 431 | Emily | Strickland | St Edmund Pacers | Under 17 Woman |
| 5 | 00:25:38 | 427 | Emily | Gooderham | St Edmund Pacers | Under 17 Woman |
| 6 | 00:25:48 | 434 | India | George | West Suffolk A.C. | Under 17 Woman |
| 7 | 00:25:50 | 430 | Molly | O'Donnell | St Edmund Pacers | Under 17 Woman |
| 8 | 00:26:12 | 429 | Alice | Maguire | St Edmund Pacers | Under 17 Woman |
| 9 | 00:26:35 | 421 | Megan | Soames | City of Norwich AC | Under 17 Woman |
| 10 | 00:27:24 | 428 | Kerry | Knott | St Edmund Pacers | Under 17 Woman |
| 11 | 00:29:43 | 423 | Hannah | Bewick | Framlingham Flyers | Under 17 Woman |
| 12 | 00:29:57 | 433 | Aminat | Bashorun | Stowmarket Striders | Under 17 Woman |
| 13 | 00:30:36 | 435 | Megan | Taylor | West Suffolk A.C. | Under 17 Woman |
| | | | | 1st Team | St Edmund Pacers | 11pts |

| Pos | Time | No | First Name | Surname | Club Name | Category |
|-----|----------|-----|------------|------------|-------------------|----------------|
| 1 | 00:28:11 | 192 | Hannah | Petterson | Ipswich Harriers | Under 20 Woman |
| 2 | 00:29:58 | 193 | Katie | Duncan | West Suffolk A.C. | Under 20 Woman |
| 3 | 00:33:14 | 190 | Tamsin | Desborough | Gt Yarmouth RRC | Under 20 Woman |
| 4 | 00:25:07 | 191 | Madeleine | Harris | Ipswich Harriers | Under 20 Woman |

No team

| Pos | Time | No | First Name | Surname | Club Name | Category |
|-----|----------|-----|------------|--------------|------------------------------|------------------|
| 1 | 00:30:42 | 277 | Sarah | Bird | Woodford Green with Essex L. | Female Senior |
| 2 | 00:31:42 | 250 | Jo | Coates | St Edmund Pacers "A" | Female Senior |
| 3 | 00:32:48 | 273 | Holly | Archer | West Suffolk A | Female Senior |
| 4 | 00:33:04 | 276 | Lara | Thomas | West Suffolk A | Female Senior |
| 5 | 00:33:16 | 272 | Justine | Anthony | West Suffolk A | Female Senior |
| 6 | 00:33:40 | 235 | Jayne | Williams | Ipswich Jaffa 'B' | Female Master 40 |
| 7 | 00:34:14 | 275 | Maureen | McCathy | West Suffolk b | Female Master 50 |
| 8 | 00:34:45 | 242 | Joanna | Gapp | Newmarket Joggers | Female Senior |
| 9 | 00:35:17 | 244 | Ursula | Ransom | Newmarket Joggers 'A' | Female Senior |
| 10 | 00:35:19 | 271 | Christine | Anthony | West Suffolk b | Female Master 40 |
| 11 | 00:35:35 | 249 | Anna | Clayton | St Edmund Pacers "A" | Female Senior |
| 12 | 00:35:58 | 230 | Val | Jennings | Ipswich Jaffa 'B' | Female Master 40 |
| 13 | 00:36:24 | 255 | Angela | Joiner-Hardy | St Edmund Pacers "A" | Female Master 40 |
| 14 | 00:37:12 | 228 | Dawn | Davies | Ipswich Jaffa 'B' | Female Senior |
| 15 | 00:37:24 | 202 | Geraldine | Clarke | Framlingham Flyers | Female Master 40 |
| 16 | 00:37:58 | 274 | Celia | Duncan | West Suffolk b | Female Master 50 |
| 17 | 00:38:04 | 253 | Claire | Hoblyn | St Edmund Pacers "B" | Female Master 40 |
| 18 | 00:38:32 | 254 | Chloe | Jennings | St Edmund Pacers "A" | Female Senior |
| 19 | 00:38:34 | 252 | Sally | Eastall | St Edmund Pacers "B" | Female Master 50 |
| 20 | 00:38:39 | 262 | Laura | Hicks | Stowmarket Striders A | Female Senior |
| 21 | 00:38:41 | 259 | Heidi | Bingham | Stowmarket Striders A | Female Senior |
| 22 | 00:39:18 | 234 | Verity | Smith | Ipswich Jaffa 'B' | Female Senior |
| 23 | 00:39:24 | 226 | Laura | Thomas | Ipswich Harriers | Female Senior |
| 24 | 00:39:32 | 248 | Melissa | Clarke | St Edmund Pacers "B" | Female Senior |
| 25 | 00:39:55 | 270 | Sarah | Vick | The Saxons | Female Master 40 |
| 26 | 00:40:01 | 212 | Penny | Grayson | Hadleigh Hares A | Female Master 40 |
| 27 | 00:40:24 | 232 | Michaela | Kadanikova | Ipswich Jaffa 'A' | Female Senior |
| 28 | 00:40:26 | 241 | Nicky | Chapman | Newmarket Joggers 'A' | Female Senior |
| 29 | 00:40:37 | 267 | Hayley | Suttle | Stowmarket Striders | Female Master 40 |
| 30 | 00:40:42 | 223 | Natasha | Scott | Haverhill Running Club | Female Senior |
| 31 | 00:40:44 | 269 | Penny | Waggott | Stowmarket Striders | Female Master 40 |
| 32 | 00:40:47 | 245 | Lisa | Redman | Newmarket Joggers 'A' | Female Master 40 |
| 33 | 00:40:50 | 243 | Jenny | Lee | Newmarket Joggers 'B' | Female Senior |
| 34 | 00:41:00 | 209 | Trudy | Avis | Hadleigh Hares A | Female Master 40 |
| 35 | 00:41:06 | 201 | Clare | Barstow | Framlingham Flyers | Female Senior |
| 36 | 00:41:18 | 236 | Hannah | Wood | Ipswich Jaffa 'A' | Female Senior |
| 37 | 00:41:32 | 217 | Kate | Thomas | Hadleigh Hares A | Female Master 40 |
| 38 | 00:41:44 | 264 | Dianne | Hughes | Stowmarket Striders B | Female Master 50 |
| 39 | 00:41:49 | 231 | Louise | Johnson | Ipswich Jaffa 'A' | Female Senior |
| 40 | 00:42:34 | 208 | Marion | Walker | Framlingham Flyers | Female Master 50 |
| 41 | 00:42:37 | 266 | Alex | Smith | Stowmarket Striders A | Female Senior |
| 42 | 00:42:53 | 261 | Sue | Garrod | Stowmarket Striders | Female Master 40 |
| 43 | 00:42:53 | 246 | Belinda | Schofield | Newmarket Joggers 'B' | Female Master 50 |
| 44 | 00:43:12 | 238 | Tracey | Apperley | Newmarket Joggers 'A' | Female Master 40 |
| 45 | 00:43:19 | 215 | Clare | O'Neill | Hadleigh Hares A | Female Senior |
| 46 | 00:43:21 | 205 | Jo | Parden | Framlingham Flyers | Female Master 40 |
| 47 | 00:43:32 | 227 | Kayleigh | Chenery | Ipswich Jaffa 'A' | Female Senior |
| 48 | 00:44:06 | 219 | Jill | Bunch | Haverhill Running Club | Female Master 40 |
| 49 | 00:45:23 | 211 | Rachel | Bodsworth | Hadleigh Hares B | Female Senior |
| 50 | 00:45:46 | 200 | Shona | Bendix | Bungay Black Dog | Female Master 40 |
| 51 | 00:45:57 | 260 | Angela | Brinkley | Stowmarket Striders B | Female Master 50 |
| 52 | 00:46:05 | 263 | Sophie | Hope | Stowmarket Striders A | Female Senior |
| 53 | 00:46:06 | 218 | Nikki | Vince | Hadleigh Hares B | Female Senior |

| | | | | | | |
|----|----------|-----|----------|------------|------------------------|------------------|
| 54 | 00:46:12 | 216 | Katrina | Rigby | Hadleigh Hares B | Female Senior |
| 55 | 00:46:24 | 221 | Shirley | Fowler | Haverhill Running Club | Female Master 40 |
| 56 | 00:46:38 | 265 | Sandra | Mayhew | Stowmarket Striders B | Female Master 40 |
| 57 | 00:46:51 | 257 | Rita | Rue | St Edmund Pacers | Female Master 50 |
| 58 | 00:46:56 | 229 | Julie | Haselwood | Ipswich JAFFA | Female Master 60 |
| 59 | 00:47:30 | 213 | Jackie | Kirk | Hadleigh Hares B | Female Master 40 |
| 60 | 00:47:55 | 247 | Eloise | Bird | St Edmund Pacers "B" | Female Master 40 |
| 61 | 00:48:01 | 206 | Vivienne | Taylor | Framlingham Flyers | Female Master 50 |
| 62 | 00:48:20 | 222 | Natalie | Lewis | Haverhill Running Club | Female Master 40 |
| 63 | 00:49:05 | 233 | Kelly | Pritchard | Ipswich JAFFA | Female Senior |
| 64 | 00:49:47 | 214 | Helen | Norman | Hadleigh Hares A.C. | Female Master 40 |
| 65 | 00:50:29 | 240 | Gina | Brose | Newmarket Joggers 'B' | Female Master 40 |
| 66 | 00:50:39 | 239 | Michelle | Barnes | Newmarket Joggers 'B' | Female Senior |
| 67 | 00:51:03 | 203 | Mary | Graham | Framlingham Flyers | Female Master 40 |
| 68 | 00:53:46 | 210 | Becky | Bayliss | Hadleigh Hares A.C. | Female Senior |
| 69 | 00:54:32 | 220 | Mandy | Munn | Haverhill Running Club | Female Master 40 |
| 70 | 00:56:14 | 204 | Chloe | Hutchinson | Framlingham Flyers | Female Master 40 |

| | | |
|-----------|------------------------|--------|
| 1st Team | West Suffolk A | 12pts |
| 2nd Team | St Edmund Pacers "A" | 26pts |
| 3rd Team | Ipswich Jaffa 'B' | 32pts |
| 4th Team | West Suffolk b | 33pts |
| 5th Team | St Edmund Pacers "B" | 60pts |
| 6th Team | Newmarket Joggers 'A' | 69pts |
| 7th Team | Stowmarket Striders A | 82pts |
| 8th Team | Framlingham Flyers | 90pts |
| 9th Team | Hadleigh Hares A | 97pts |
| 10th Team | Ipswich Jaffa 'A' | 102pts |
| 11th Team | Stowmarket Striders | 102pts |
| 12th Team | Haverhill Running Club | 133pts |
| 13th Team | Newmarket Joggers 'B' | 141pts |
| 14th Team | Stowmarket Striders B | 145pts |
| 15th Team | Hadleigh Hares B | 156pts |