| Team | Team Name | Cat | STAGE 1 (5.6) miles | | | STAGE 2 (6.1) miles | | | STAGE 3 (5.7) miles | | | STAGE 4 (6) miles | | | STAGE 5 (4.5) miles | | | STAGE 6 (7.6) miles | | |
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| 1 | Ryston Runners A | Clu | Chris Balmer | 27 | M | Ian Hogarth | 30 | M | Simon Levy | 28 | M | Andrew Simmonds | 27 | M | Martin Ive | 42 | M | Robert Simmonds | 23 | M |
| 2 | Ryston Runners B | Wom | Sue Smith | 44 | F | Charlotte Hunt | 21 | F | Jess Robinson | 19 | F | Liz Simmonds | 28 | F | Serena Smith | 16 | F | Gina Handoll | 46 | F |
| 3 | The Extended Family | Org | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 | Alexander Chasers | Mix | Steve Mahon | 40 | M | David Wright | 46 | M | Sue Saalau Bethell | 44 | F | Lesley Wright | 43 | F | Sally Mcgowan | 43 | F | Richard Marley | 45 | M |
| 5 | Deloitte A | Org | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6 | Friends United | Org | Angie Leslie | 32 | F | Sue Westgarth | 50 | F | Sue Holmes | 54 | F | Robyn Doyle | 48 | F | Alan Morris | 32 | M | Claire Parry | 46 | F |
| 7 | Gerg White & the 6 dwarves | Org | Phil Allen | 31 | M | Garry Peacock | 45 | M | Ollie Beatty | 34 | M | Matt Yorke | 37 | M | Jim Kelly | 46 | M | Peter Blissett | 47 | M |
| 8 | Optilan All Star Runners | Org | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9 | Christ's College Beagles 1 | Org | William Winter | 29 | M | Paolo Natali | 28 | M | Chris Austin | 41 | M | Jakob Foerster | 23 | F | Charlie Ferguson | 21 | M | Helen Mort | 23 | F |
| 10 | Christ's College Beagles 2 | Org | Alan Winter | 59 | M | Brenda Bradley | 36 | F | Martin Goodhand | 25 | M | Jakob Foerster | 23 | M | Richard Clarke | 30 | M | Matthew Burke | 21 | M |
| 11 | Fetcheveryone 1 | Org | Stuart Faust | 37 | M | Mark Tufts | 41 | M | Brian Judkins | 53 | M | Allison Cook | 39 | F | Louise Pryor | 48 | F | Cathy Lambert | 42 | F |
| 12 | Cambridge Triathlon Alpha Males | Clu | Stuart Holmes | 44 | M | Ian Tivey | 27 | M | James Third | 25 | M | John Bowstead | 36 | M | Rhod Pashley | 31 | M | David Bettinson | 35 | M |
| 13 | Cambridge Triathlon All Sorts | Mix | Henry Knott | 23 | M | Pete Lever | 32 | M | Dania Bachmann | 31 | F | Julie Tapley | 43 | F | Juliet Vickery | 45 | F | Phil Curtis | 31 | M |
| 14 | Cambridge Triathlon Turonauts | Clu | John Waterston | 50 | M | Don Hutchinson | 63 | M | Phil Collins | 46 | M | Gordon Campbell | 41 | M | Chloe Brown | 49 | F | Alan Slade | 40 | M |
| 15 | hop's Stortford Running Club Ladies Te | Wom | Ann Gauld-Clark | 61 | F | Birgit Schalow | 42 | F | Debbie Binks | 38 | F | Pauline Stroud | 47 | F | Seonaid Brooks | 60 | F | Joanne Hewitt | 24 | F |
| 16 | Bishop's Stortford running club A | Clu | Ben Dean | 32 | M | Darren Risley | 34 | M | Jack Harrison | 0 | M | Alan Findlay | 43 | M | Malcolm Hooker | 51 | M | Sandra Daniels | 44 | F |
| 17 | Fitz Fen Runners | Org | Matthew Wingate | 39 | M | Rachel Camina | 39 | F | James Adams | 25 | M | Chasz Coulsting | 21 | M | Jonathan Newton | 28 | M | Kiran Singh | 23 | F |
| 18 | March Ladies | Wom | Gena Jackman | 71 | F | Pauline Boyd | 41 | F | Chiara Cook | 15 | F | Lavinia Seward | 67 | F | Jo Lawrence | 25 | F | Karen Patterson | 38 | F |
| 19 | Morgan Ashurst Movers | Org | Caroline Craven | 29 | F | Keith Robin | 43 | M | Ben Whittingham | 27 | M | Adrian Morris | 25 | M | Peter Whitmore | 38 | M | Tom Sperling | 22 | M |
| 20 | Morgan Ashurst Shakers | Org | Sean Hays | 46 | M | Rob Warne | 26 | M | Ian Leadbetter | 33 | M | Alex Friend | 22 | M | Andrew Richman | 46 | M | Dave Jones | 26 | M |
| 21 | Morley Marauders | Org | Ian Cray | 0 | F | Nigel Dalton | 0 | M | Phil Garrett | 0 | M | Simon Lewis | 0 | M | Iona Graham-Hag | 0 | F | Peter Smith | 0 | M |
| 22 | Muddy Mucky Munkeys | Clu | Michael Flowerdew | 35 | M | Andy Rankin | 33 | M | Jack Lawlor | 21 | M | Huw Griffiths | 33 | M | Teal Riley | 39 | M | Alex Tate | 33 | M |
| 23 | CMS Running 1 | Org | Peter Haynes | 50 | M | Mette Iversen | 23 | F | Matthew Clarke | 25 | M | Fiachra Knox | 22 | M | Dankrad Feist | 22 | M | Nathan Bowler | 35 | M |
| 24 | CMS Running 2 | Org | Martin Hyland | 60 | M | Jordan Tirrell | 23 | M | Allison Miller | 22 | F | Jeanine Van Order | 25 | F | Marjorie Batchelor | 56 | F | Barinder Banwait | 23 | M |
| 25 | Double Bass (MorganAshurst) | Org | Tom Warnes | 30 | M | Patrick Colby | 29 | M | Bob Ensch | 35 | M | Arron Easter | 28 | M | Catherine Hunter | 31 | F | Scott Savory | 35 | F |
| 26 | Abbey Ancients | Mix | Ali Driver | 33 | F | Damion Clark | 33 | M | Mike Mckinnell | 55 | M | Paula Mccann | 61 | F | Aja Webster | 29 | F | Matt Gaunt | 31 | M |
| 27 | Haverhill Ladies Running Club | Wom | Jill Bunch | 36 | F | Alison Austin | 43 | F | Jayne Nunn | 42 | F | Wendy Aldhouse | 43 | F | Kim Gregory | 47 | F | Mandy Bunn | 40 | F |
| 28 | Thunderpants | Org | Liz Robinson | 33 | F | Norman Robinson | 34 | F | Chris Gooch | 32 | F | Brenda Mace | 38 | F | Yvonne Mann | 60 | F | Adam Basham | 29 | M |
| 29 | Cambridge and Coleridge AC - A | Wom | Fiona Downie | 44 | F | Emma Kreetzer | 23 | F | Karin Jordansen | 40 | F | Helen Zenner | 26 | F | Kim Masson | 45 | F | Jalanie D'Alessandro | 43 | F |
| 30 | Cambridge and Coleridge AC - B | Clu | Dave Pell | 30 | M | Alessandro Coianiz | 43 | M | Miguel Branco | 28 | M | Ben Baldelli | 40 | M | Giulio Cinque | 49 | M | Adam Poole | 36 | M |
| 31 | Cambridge and Coleridge AC - C | Clu | Tom Johnson | 26 | M | Joad Raymond | 42 | M | Peter Shenton | 52 | M | David Mall | 54 | M | John Kazer | 35 | M | Joseph Tucker | 49 | M |
| 32 | Cambridge & Coleridge AC - D | Vet | Alex Downie | 60 | M | Martin Kreetzer | 53 | M | Glyn Smith | 63 | M | Paul Dewison | 55 | M | Simon Bowen | 57 | M | Leon Stone | 51 | M |
| 33 | ishop's Stortford Running Club B Tear | Vet | Greg Hart | 51 | M | Colin Gauld-Clark | 61 | M | Alan Wilson | 62 | M | Paul Stockwell | 58 | M | Ian Mcclymont | 63 | M | Les Thurston | 59 | M |
| 34 | Ramsey Road Runners A | Clu | Isaac Brindley | 16 | M | Eddie Barrett | 40 | M | Robert Tillott | 48 | M | Steve Ankers | 49 | M | Mark Noble | 31 | M | Colin Radford | 49 | M |
| 35 | Cambridge University Press Footprints | Clu | Peter Cunningham | 48 | M | Peter Silver | 54 | M | John Normansell | 51 | M | Peter Davison | 48 | M | Noel Kavanagh | 57 | M | Chris Miller | 30 | M |
| 36 | March Men | Clu | Wayne Stimson | 36 | M | James Fulcher | 26 | M | David Brammer | 46 | M | Andrew Larham | 51 | M | Andrew Fulcher | 36 | M | Jamie Mcgarvie | 32 | M |
| 37 | Ramsey Road Runners B | Clu | John Mcdonagh | 62 | M | Tony Lack | 68 | M | Les Rennie | 55 | M | Katherine Rennie | 40 | F | Martin Kirk | 38 | M | Jim Chandler | 59 | M |
| 38 | JEB Joggers | Org | Peter Fellingham | 23 | M | Robert Peek | 30 | M | John Talbot | 38 | M | Darren Coombs | 38 | M | Vicki Coombs | 30 | M | Stuart Faust | 37 | M |
| 39 | Fenland One | Clu | Andre Pittock | 43 | M | Sarah Gauvin | 38 | F | Richard Dix | 45 | M | Robin Parker | 40 | M | Paul Wiegand | 49 | M | Becky Cousins | 20 | F |
| 40 | Fenland Two | Clu | Clive Harrod | 50 | M | Trudy Sayell | 29 | F | Phil England | 50 | M | Ian Milburn | 64 | M | Colin Simpson | 55 | M | Keith White | 62 | M |
| 41 | Fenland Three | Clu | Maire Irlam | 43 | F | Ozzie Deneri | 49 | M | Dave Harris | 52 | M | Sue George | 48 | F | Stuart Sewell | 38 | M | Pasky Ruggiero | 45 | M |
| 42 | St Edmunds Pacers A | Vet | Rod Allard | 66 | M | Robert Price | 66 | M | Steve Williams | 54 | M | Paul Goldman | 52 | M | Ray Short | 65 | M | Chris Cook | 60 | M |
| 43 | St Edmunds Pacers B | Wom | Tricia Dennison | 48 | F | Julie Carney | 38 | F | Jemma Clary | 18 | F | Sarah Hinchliffe | 33 | F | Cathy Lambert | 42 | F | Angie Alstrachen | 43 | F |
| 44 | St Edmunds Pacers C | Clu | Tim Fox | 42 | M | Peter Golding | 53 | M | Alan Dawson | 52 | M | David Reed | 47 | M | Iain Milligan | 36 | M | Kevin Murphy | 34 | M |
| 45 | St Edmunds Pacers D | Wom | Chloe Jennings | 18 | F | Amanda Martin | 42 | F | Becky Jennings | 43 | F | Karen Page | 37 | F | June Vane | 45 | F | Tracey Vane | 45 | F |
| 46 | St Edmunds Pacers E | Clu | Frank Tydlesley | 47 | M | Sarah Golding | 44 | F | Paul White | 45 | M | David Overman | 48 | M | Karen Hatton | 49 | F | Justin Rabett | 44 | M |
| 47 | The Snails (Comets RRC) | Clu | Colin Morton | 57 | M | Simon Keeling | 36 | M | Steven Lau | 33 | M | Keith Luck | 48 | M | Sarah Jane Tennant | 31 | F | No Runner | 0 | 0 |
| 48 | Sweatshop Social Running Group | Org | Shelley Lopez | 0 | F | Andrea Martinelli | 0 | F | Maria Brightwell | 0 | F | Jim Fallon | 0 | M | Harriet Prior | 0 | F | Jamsheed Khaz | 0 | M |
| 49 | Six Percenters | Clu | Sharron Toms | 39 | F | Tim Stone | 52 | M | Stuart Reed | 62 | M | Sean Murphy | 38 | M | Desmond Owens | 45 | M | Simon Perkins | 40 | M |
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