

| 61 | 61 | | | | | STAGE 4 | | Average= 08:25.1 | Miles= 6.0 | | |
|------|-------|-----|----|-----------|------------|-------------------|---------------------------------------|------------------|------------|------------|----------|
| Team | hmmss | Dup | > | Team Time | Stage Time | Runner's Name | Team Name | Tm Pos | Stg Pos | Tm +/- Pos | min/mile |
| 65 | 21923 | OK | | 2:19:23 | 0:39:38 | Glyn Thomas | Ipswich Harriers A | 1 | 6 | 0 | 06:36.3 |
| 57 | 22037 | OK | OK | 2:20:37 | 0:37:32 | Andy Rankin | Muddy Mucky Monkeys | 2 | 1 | 0 | 06:15.3 |
| 22 | 22339 | OK | OK | 2:23:39 | 0:39:06 | Maurizio Molina | Cambridge Triathlon Team Mutley | 3 | 3 | 0 | 06:31.0 |
| 44 | 22610 | OK | OK | 2:26:10 | 0:37:55 | Chris Cooke | St Edmunds Pacers A | 4 | 2 | 2 | 06:19.2 |
| 11 | 22704 | OK | OK | 2:27:04 | 0:39:25 | John Ferguson | C&C Fast Men | 5 | 5 | 0 | 06:34.2 |
| 54 | 22823 | OK | OK | 2:28:23 | 0:41:16 | Simon Fell | Stamford Striders Men 1 | 6 | 8 | -2 | 06:52.7 |
| 35 | 23821 | OK | OK | 2:38:21 | 0:40:16 | Ady Martin | Fenland 1 | 7 | 7 | 1 | 06:42.7 |
| 33 | 23833 | OK | OK | 2:38:33 | 0:39:14 | Michael Ball | Newmarket Flyers Men | 8 | 4 | 1 | 06:32.3 |
| 12 | 24140 | OK | OK | 2:41:40 | 0:45:25 | Alex Downie | C & C Old Codgers | 9 | 20 | -2 | 07:34.2 |
| 15 | 24515 | OK | OK | 2:45:15 | 0:44:27 | Michael Croucher | March A | 10 | 13 | 0 | 07:24.5 |
| 46 | 24652 | OK | OK | 2:46:52 | 0:44:57 | Mike Troup | St Edmunds Pacers C | 11 | 15 | 1 | 07:29.5 |
| 53 | 24726 | OK | OK | 2:47:26 | 0:43:45 | Matt Leatham | Fetcheveryone B | 12 | 11 | 4 | 07:17.5 |
| 25 | 24814 | OK | OK | 2:48:14 | 0:45:24 | David Blakey | Bishops Stortford Men | 13 | 19 | 1 | 07:34.0 |
| 19 | 24815 | OK | OK | 2:48:15 | 0:43:58 | Lisa Edwards | City Of Cambridge Rowing Club | 14 | 12 | 4 | 07:19.7 |
| 6 | 24845 | OK | OK | 2:48:45 | 0:44:59 | Phil Wilkinson | Mucky Duckers | 15 | 17 | 2 | 07:29.8 |
| 68 | 25151 | OK | OK | 2:51:51 | 0:46:15 | Anne Furbank | Riverside Vets | 16 | 23 | 3 | 07:42.5 |
| 24 | 25159 | OK | OK | 2:51:59 | 0:50:01 | Colin Gauld-Clark | Bishops Stortford Vets | 17 | 33 | -4 | 08:20.2 |
| 16 | 25257 | OK | OK | 2:52:57 | 0:47:16 | James Richmond | March B | 18 | 25 | 2 | 07:52.7 |
| 5 | 25344 | OK | OK | 2:53:44 | 0:41:53 | Peter Davison | Footprints | 19 | 9 | 11 | 06:58.8 |
| 10 | 25358 | OK | OK | 2:53:58 | 0:50:42 | Fiona Murphy | C&C Fast Girls | 20 | 35 | -5 | 08:27.0 |
| 66 | 25409 | OK | OK | 2:54:09 | 0:46:15 | Matt Gisby | Ipswich Harriers B | 21 | 22 | 1 | 07:42.5 |
| 37 | 25604 | OK | OK | 2:56:04 | 0:45:33 | Keith Wagg | Fenland 3 | 22 | 21 | 4 | 07:35.5 |
| 21 | 25623 | OK | OK | 2:56:23 | 0:47:18 | Julie Tapley | Cambridge Triathlon Ant Hill Mob | 23 | 26 | 1 | 07:53.0 |
| 20 | 25644 | OK | OK | 2:56:44 | 0:47:10 | Emily Grant | C&C Mixers | 24 | 24 | 1 | 07:51.7 |
| 23 | 25702 | OK | OK | 2:57:02 | 0:48:27 | Andy Simpson | Cambridge Triathlon Team Turbo Terrif | 25 | 29 | -2 | 08:04.5 |
| 56 | 30110 | OK | OK | 3:01:10 | 0:44:57 | Algie Audas | Stamford Striders 3 | 26 | 16 | 9 | 07:29.5 |
| 63 | 30158 | OK | OK | 3:01:58 | 1:00:12 | David Fox | Ramsey Road Runners | 27 | 54 | -16 | 10:02.0 |
| 45 | 30159 | OK | OK | 3:01:59 | 0:47:52 | Sarah Hinchliffe | St Edmunds Pacers B | 28 | 28 | 4 | 07:58.7 |
| 1 | 30333 | OK | OK | 3:03:33 | 0:52:15 | James Crawford | Fenland Flatfooters | 29 | 39 | 0 | 08:42.5 |
| 43 | 30522 | OK | OK | 3:05:22 | 0:47:21 | Simon Cook | Morgan Ashurst (The Ugly) | 30 | 27 | 8 | 07:53.5 |
| 2 | 30541 | OK | OK | 3:05:41 | 0:48:45 | Andy Clough | Optilan All-Star Runners | 31 | 31 | 5 | 08:07.5 |
| 58 | 30603 | OK | OK | 3:06:03 | 0:50:46 | Stuart Reed | Eric And The Argonauts | 32 | 36 | 2 | 08:27.7 |
| 9 | 30625 | OK | OK | 3:06:25 | 0:54:06 | Sally Hewitt | Soggy Campers | 33 | 41 | -2 | 09:01.0 |
| 28 | 30708 | OK | OK | 3:07:08 | 0:56:11 | Tom Salkield | St James Hemingford Grey | 34 | 45 | -6 | 09:21.8 |
| 64 | 30859 | OK | OK | 3:08:59 | 0:42:37 | Nick Mahoney | Saffron Striders | 35 | 10 | 17 | 07:06.2 |
| 52 | 31056 | OK | OK | 3:10:56 | 0:45:23 | Richard Marley | Alexander Chasers | 36 | 18 | 14 | 07:33.8 |

| | | | | | | | | | | | |
|----|-------|----|----|---------|---------|------------------------|-----------------------------------|----|----|-----|---------|
| 4 | 31103 | OK | OK | 3:11:03 | 1:04:40 | Haley Stephen | Christ'S College Beagles | 37 | 60 | -16 | 10:46.7 |
| 40 | 31104 | OK | OK | 3:11:04 | 0:50:18 | Suzy Cornish | Sweatshop Cambridge Running Group | 38 | 34 | 4 | 08:23.0 |
| 32 | 31141 | OK | OK | 3:11:41 | 0:48:41 | Cathryn Starling | Newmarket Flyers | 39 | 30 | 7 | 08:06.8 |
| 36 | 31204 | OK | OK | 3:12:04 | 0:54:30 | Claudia Milburn | Fenland 2 | 40 | 42 | -3 | 09:05.0 |
| 14 | 31440 | OK | OK | 3:14:40 | 0:49:02 | Alistair Gurney | Deloitte A | 41 | 32 | 10 | 08:10.3 |
| 31 | 31443 | OK | OK | 3:14:43 | 0:53:03 | Nigel Harrison | Alvington House Dental Practice | 42 | 40 | 3 | 08:50.5 |
| 27 | 31509 | OK | OK | 3:15:09 | 1:04:18 | Sriram Govindan | Sriram'S Snails | 43 | 59 | -16 | 10:43.0 |
| 29 | 31521 | OK | OK | 3:15:21 | 0:55:00 | Robyn Doyle | Friends United | 44 | 43 | -3 | 09:10.0 |
| 13 | 31548 | OK | OK | 3:15:48 | 0:55:50 | Iona Graham-Hagg | Morley Marauders | 45 | 44 | -5 | 09:18.3 |
| 30 | 31602 | OK | OK | 3:16:02 | 0:56:53 | Christina Dahm | Epic | 46 | 47 | -7 | 09:28.8 |
| 59 | 31652 | OK | OK | 3:16:52 | 0:51:30 | Cathy Lambert | Fetcheveryone A | 47 | 37 | 2 | 08:35.0 |
| 55 | 32124 | OK | OK | 3:21:24 | 1:00:27 | Vanessa Brown | Stamford Striders Ladies | 48 | 55 | -4 | 10:04.5 |
| 49 | 32137 | OK | OK | 3:21:37 | 0:57:40 | Andrea Green | Athletico Amgen | 49 | 49 | -2 | 09:36.7 |
| 67 | 32138 | OK | OK | 3:21:38 | 0:57:41 | Jane Frank | Real Amgen | 50 | 50 | -2 | 09:36.8 |
| 50 | 32226 | OK | OK | 3:22:26 | 0:52:09 | Maria Calleia | Marshall Milton Keynes Ac Vets | 51 | 38 | 5 | 08:41.5 |
| 26 | 32331 | OK | OK | 3:23:31 | 0:56:30 | Andy O Hanlon | Arts On Foot | 52 | 46 | 2 | 09:25.0 |
| 60 | 32420 | OK | OK | 3:24:20 | 1:03:33 | Alice Piggott | Redr Runners | 53 | 57 | -10 | 10:35.5 |
| 62 | 32611 | OK | OK | 3:26:11 | 0:59:16 | Sian Barker | The Haverhill Hens | 54 | 52 | -1 | 09:52.7 |
| 38 | 32640 | OK | OK | 3:26:40 | 0:58:59 | Rhiannon Harris | Fenland 4 | 55 | 51 | 0 | 09:49.8 |
| 51 | 32843 | OK | OK | 3:28:43 | 1:13:32 | Tatania Galeva-Ivanova | Cms Running | 56 | 61 | -23 | 12:15.3 |
| 42 | 33025 | OK | OK | 3:30:25 | 0:44:53 | Arron Easter | Morgan Ashurst (The Bad) | 57 | 14 | 4 | 07:28.8 |
| 41 | 33425 | OK | OK | 3:34:25 | 1:03:07 | Ben Whittingham | Morgan Ashurst (The Good) | 58 | 56 | -1 | 10:31.2 |
| 48 | 33514 | OK | OK | 3:35:14 | 0:59:30 | Shane Harry | Deloitte B | 59 | 53 | -1 | 09:55.0 |
| 39 | 34202 | OK | OK | 3:42:02 | 0:57:30 | Yvonne Mann | Thunderpants | 60 | 48 | 0 | 09:35.0 |
| 17 | 34314 | OK | OK | 3:43:14 | 1:03:52 | Tony Whibley | March C | 61 | 58 | -2 | 10:38.7 |