

Pos	FirstName	LastName	Race No	Finish Status	Time	Net Time	Category	Categ Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run
1	Connor	Delaney	38	Finished	00:42:27	00:42:27	A	1	Male	1	Cambridge Triathlon Club	00:05:20	00:00:37	00:25:17	00:00:27	00:10:43
2	Neil	catling	51	Finished	00:45:04	00:45:04	F	1	Male	2	Ipswich Triathlon Club	00:08:30	00:00:59	00:23:31	00:00:42	00:11:20
3	Lee	cook	49	Finished	00:46:03	00:46:03	E	1	Male	3	Rock Estate	00:07:36	00:01:39	00:24:43	00:00:39	00:11:24
4	Dennis	Chung	44	Finished	00:47:29	00:47:29	D	1	Male	4	UEA Triathlon Club	00:07:19	00:01:14	00:26:55	00:00:29	00:11:29
5	Jacob	Marshall-Grint	40	Finished	00:47:40	00:47:40	A	2	Male	5	City of Norwich Tri Club	00:05:45	00:01:05	00:28:00	00:00:39	00:12:09
6	MATT	KIRBY	90	Finished	00:48:14	00:48:14	J	1	Male	6	Chiltern Tri	00:07:15	00:01:08	00:26:24	00:00:44	00:12:41
7	Keelan	Pywell	39	Finished	00:49:20	00:49:20	A	3	Male	7	GY Athletic Club	00:06:49	00:01:46	00:28:48	00:00:53	00:11:02
8	Wayne	Blowers	45	Finished	00:49:24	00:49:24	E	2	Male	8		00:06:17	00:01:36	00:28:49	00:00:33	00:12:08
9	Dale	Gowen	77	Finished	00:50:19	00:50:19	H	1	Male	9	Rock Estate	00:09:03	00:01:17	00:27:22	00:00:49	00:11:46
10	Bex	Stubbings	1	Finished	00:50:34	00:50:34	D	1	Female	1	Chiltern Tri	00:06:59	00:01:24	00:27:20	00:00:52	00:13:57
11	Paul	Gibbs	65	Finished	00:50:47	00:50:47	G	1	Male	10		00:08:18	00:01:51	00:27:34	00:00:52	00:12:10
12	Lee	Bircham	88	Finished	00:50:51	00:50:51	I	1	Male	11	Rock Estate	00:07:57	00:01:40	00:27:27	00:00:52	00:12:53
13	Rebecca	Horne	27	Finished	00:51:07	00:51:07	H	1	Female	2	Tri-Anglia	00:07:35	00:01:18	00:27:53	00:01:05	00:13:14
14	Brian	Henderson	76	Finished	00:51:09	00:51:09	H	2	Male	12	VC Barrachi	00:09:59	00:01:33	00:25:35	00:00:54	00:13:06
15	Victoria	Pottinger	5	Finished	00:51:14	00:51:14	E	1	Female	3	Triathlon Inverness	00:07:33	00:01:41	00:28:01	00:01:00	00:12:56
16	Andrew	Gill	54	Finished	00:51:36	00:51:36	F	2	Male	13		00:07:10	00:01:56	00:28:51	00:00:44	00:12:52
17	Paul	Sanford	61	Finished	00:51:42	00:51:42	F	3	Male	14		00:08:40	00:02:39	00:29:39	00:00:28	00:10:14
18	Darryl	Robinson	67	Finished	00:51:51	00:51:51	G	2	Male	15		00:07:11	00:01:28	00:29:24	00:00:31	00:13:14
19	Bradley	Tubby	41	Finished	00:52:01	00:52:01	A	4	Male	16	Rock Estate	00:09:12	00:01:19	00:27:54	00:00:56	00:12:39
20	Halde	Pottinger	47	Finished	00:52:01	00:52:01	E	3	Male	17	Triathlon Inverness	00:08:34	00:01:24	00:27:57	00:00:49	00:13:14
21	Chris	Drake	75	Finished	00:52:02	00:52:02	H	3	Male	18	Rock Estate	00:09:18	00:01:32	00:26:51	00:01:06	00:13:12
22	Matthew	Greenwood	46	Finished	00:52:33	00:52:33	E	4	Male	19	Tri-Anglia	00:07:36	00:01:45	00:28:11	00:01:44	00:13:16
23	Steve	Barber	71	Finished	00:52:42	00:52:42	G	3	Male	20	Rock Estate	00:08:40	00:01:39	00:27:38	00:00:49	00:13:54
24	john	moody	69	Finished	00:52:57	00:52:57	G	4	Male	21	Ipswich Triathlon Club	00:09:19	00:01:14	00:27:52	00:00:45	00:13:44
25	Louise	Wells	14	Finished	00:53:07	00:53:07	G	1	Female	4	Crystal Palace Triathletes	00:08:38	00:01:30	00:28:07	00:01:08	00:13:42
26	Sarah	Greenwood	2	Finished	00:53:33	00:53:33	D	2	Female	5	Tri-Anglia	00:06:07	00:01:15	00:30:12	00:00:46	00:15:11
27	simon	bunting	84	Finished	00:53:41	00:53:41	I	2	Male	22		00:07:20	00:01:35	00:29:12	00:01:20	00:14:12
28	Marc	Rouillion	79	Finished	00:54:03	00:54:03	H	4	Male	23		00:08:56	00:01:59	00:29:10	00:01:10	00:12:46
29	DARREN	NOCKELS	73	Finished	00:54:04	00:54:04	H	5	Male	24		00:09:56	00:01:20	00:29:03	00:00:42	00:12:59
30	colin	simpson	92	Finished	00:54:08	00:54:08	K	1	Male	25	Brighton Phoenix Tri	00:08:22	00:01:46	00:29:59	00:00:52	00:13:07
31	Andrew Mark	Spiers	62	Finished	00:54:34	00:54:34	G	5	Male	26		00:09:29	00:01:28	00:30:34	00:00:28	00:12:32
32	Lisa	Hayward	17	Finished	00:54:43	00:54:43	H	2	Female	6	born2tri	00:07:48	00:02:08	00:30:14	00:00:47	00:13:44
33	Jason	Coombes	58	Finished	00:55:02	00:55:02	F	4	Male	27		00:07:57	00:02:23	00:29:25	00:00:53	00:14:22
34	philip	denby	64	Finished	00:55:11	00:55:11	G	6	Male	28		00:07:26	00:01:47	00:29:32	00:01:05	00:15:19
35	Simon	Lewis	80	Finished	00:55:41	00:55:41	H	6	Male	29	Rock Estate	00:09:01	00:02:27	00:29:59	00:00:48	00:13:23
36	Peter	Andrews	72	Finished	00:55:57	00:55:57	H	7	Male	30		00:10:04	00:01:16	00:29:27	00:00:29	00:14:38
37	ron	ames	93	Finished	00:56:15	00:56:15	L	1	Male	31	stowmarket striders	00:09:54	00:01:41	00:29:39	00:01:15	00:13:44
38	Andrew	Potter	70	Finished	00:56:30	00:56:30	G	7	Male	32		00:08:44	00:03:18	00:30:36	00:00:41	00:13:10

39	Jamie	Thurlow	43	Finished	00:57:20	00:57:20	D	2	Male	33		00:07:39	00:02:08	00:33:34	00:00:45	00:13:10
40	Jack	Moscrop	82	Finished	00:57:22	00:57:22	H	8	Male	34		00:10:55	00:02:21	00:29:35	00:01:23	00:13:07
41	Caren	Elvin	10	Finished	00:57:34	00:57:34	G	2	Female	7	Solebay Ladies Netball Team	00:10:33	00:01:38	00:29:28	00:00:35	00:15:18
42	Steve	Avery	74	Finished	00:57:49	00:57:49	H	9	Male	35		00:10:09	00:01:54	00:30:01	00:01:16	00:14:27
43	Marie	House	13	Finished	00:57:52	00:57:52	G	3	Female	8	Great Yarmouth Cycling Club	00:09:08	00:02:02	00:31:32	00:01:20	00:13:48
44	Bruce	Rayner	91	Finished	00:57:55	00:57:55	J	2	Male	36	Bungay Black Dog	00:09:31	00:02:13	00:31:38	00:00:37	00:13:55
45	miles	marchment	68	Finished	00:59:17	00:59:17	G	8	Male	37		00:08:53	00:02:17	00:30:49	00:00:41	00:16:35
46	Nicola	Watson	18	Finished	00:59:46	00:59:46	H	3	Female	9		00:10:19	00:01:43	00:29:47	00:01:18	00:16:37
47	Tim	Boucher	56	Finished	01:01:09	01:01:09	F	5	Male	38		00:07:22	00:02:32	00:33:19	00:00:44	00:17:10
48	Karen	Waters	26	Finished	01:01:33	01:01:33	H	4	Female	10	Bungay Black Dog	00:10:00	00:01:37	00:32:37	00:00:42	00:16:34
49	Richard	Smithson	60	Finished	01:01:53	01:01:53	F	6	Male	39		00:11:03	00:03:02	00:32:23	00:00:59	00:14:24
50	Sonja	Heidorn	6	Finished	01:02:08	01:02:08	F	1	Female	11		00:09:08	00:02:27	00:33:09	00:01:15	00:16:07
51	Rebecca	Holt	8	Finished	01:02:18	01:02:18	F	2	Female	12		00:12:59	00:02:46	00:29:50	00:00:42	00:15:58
52	zoe	weisselberg	15	Finished	01:02:42	01:02:42	G	4	Female	13		00:09:11	00:02:15	00:34:52	00:00:40	00:15:42
53	Louisa	Marcq	16	Finished	01:02:49	01:02:49	G	5	Female	14		00:09:43	00:03:04	00:33:52	00:00:39	00:15:29
54	samuel	Harris	55	Finished	01:03:22	01:03:22	F	7	Male	40		00:11:19	00:02:21	00:29:08	00:00:53	00:19:39
55	Liam	Miller	48	Finished	01:03:27	01:03:27	E	5	Male	41		00:08:22	00:01:42	00:34:42	00:00:57	00:17:42
56	Mark	Sutton	66	Finished	01:03:32	01:03:32	G	9	Male	42		00:12:34	00:02:16	00:32:54	00:01:20	00:14:27
57	Louise	Penn	35	Finished	01:04:02	01:04:02	J	1	Female	15		00:11:54	00:01:53	00:32:28	00:01:03	00:16:42
58	JANE	BLACKWELL	34	Finished	01:04:08	01:04:08	J	2	Female	16	Tri-Anglia	00:07:35	00:01:47	00:31:46	00:01:32	00:21:27
59	june	penn	33	Finished	01:04:12	01:04:12	I	1	Female	17		00:08:38	00:01:38	00:36:09	00:00:43	00:17:02
60	Shaun	Sampson	81	Finished	01:05:17	01:05:17	H	10	Male	43		00:12:16	00:02:07	00:34:16	00:01:15	00:15:22
61	James	Rowan	59	Finished	01:05:44	01:05:44	F	8	Male	44		00:12:26	00:01:58	00:34:16	00:00:51	00:16:11
62	robert	gawthrop	87	Finished	01:05:48	01:05:48	I	3	Male	45		00:13:30	00:02:04	00:31:27	00:01:31	00:17:14
63	kelly	French	7	Finished	01:07:23	01:07:23	F	3	Female	18		00:13:00	00:02:27	00:34:15	00:01:15	00:16:24
64	Sue	George	36	Finished	01:07:35	01:07:35	J	3	Female	19	fenland rc	00:09:04	00:01:42	00:36:37	00:01:19	00:18:50
65	Susan	Lock	28	Finished	01:08:00	01:08:00	I	2	Female	20	Solebay Ladies Netball Team	00:12:05	00:01:53	00:35:16	00:00:00	00:18:44
66	Penny	Trayler	12	Finished	01:08:03	01:08:03	G	6	Female	21	Solebay Ladies Netball Team	00:13:42	00:02:59	00:31:46	00:01:07	00:18:27
67	Clare	Barber	11	Finished	01:08:04	01:08:04	G	7	Female	22	Solebay Ladies Netball Team	00:13:37	00:01:08	00:33:33	00:01:14	00:18:29
68	John	Niumata	78	Finished	01:09:58	01:09:58	H	11	Male	46		00:12:20	00:03:32	00:33:34	00:02:19	00:18:11
69	Annabel	Gibbon	29	Finished	01:10:56	01:10:56	I	3	Female	23		00:12:09	00:02:25	00:37:30	00:00:51	00:17:59
70	Andrew	Catchpole	52	Finished	01:11:08	01:11:08	F	9	Male	47		00:15:01	00:01:39	00:35:13	00:00:54	00:18:20
71	Debbie	Newstead	25	Finished	01:11:37	01:11:37	H	5	Female	24		00:11:51	00:01:48	00:41:21	00:00:37	00:15:57
72	Steve	Millward	85	Finished	01:12:10	01:12:10	I	4	Male	48		00:14:25	00:03:43	00:36:00	00:00:56	00:17:03
73	David	Johnston	89	Finished	01:12:10	01:12:10	J	3	Male	49		00:14:24	00:03:44	00:35:59	00:00:57	00:17:04
74	Richard	Frost	57	Finished	01:12:12	01:12:12	F	10	Male	50		00:12:17	00:03:38	00:37:53	00:00:44	00:17:39
75	Lucy	Doy	3	Finished	01:13:15	01:13:15	E	2	Female	25	Solebay Ladies Netball Team	00:12:36	00:03:21	00:36:07	00:01:50	00:19:19
76	Lizzie	Hirst	4	Finished	01:13:15	01:13:15	E	3	Female	26		00:13:11	00:02:44	00:36:08	00:01:50	00:19:19
77	Philippa	Havard-Davies	9	Finished	01:13:44	01:13:44	F	4	Female	27		00:10:17	00:01:48	00:38:43	00:01:12	00:21:41

78	Claire	Drake	100	Finished	01:13:59	01:13:59	H	6	Female	28		00:11:58	00:03:38	00:38:02	00:00:54	00:19:25
79	Belinda	Sears	94	Finished	01:16:23	01:16:23	K	1	Female	29		00:11:29	00:04:26	00:40:34	00:02:04	00:17:48
80	Tony	Blaxell	83	Finished	01:18:36	01:18:36	H	12	Male	51		00:16:13	00:05:54	00:36:26	00:02:26	00:17:35
81	Hayden	Yates	42	Finished	01:19:08	01:19:08	B	1	Male	52		00:14:32	00:02:32	00:41:35	00:01:30	00:18:56
82	claire	Gawthrop	30	Finished	01:19:53	01:19:53	I	4	Female	30		00:14:18	00:03:37	00:42:31	00:01:42	00:17:42
83	LOUISE	DOWELL	31	Finished	01:21:37	01:21:37	I	5	Female	31		00:12:10	00:04:40	00:39:23	00:01:10	00:24:12
84	Shaun	Harvey	86	Finished	01:21:37	01:21:37	I	5	Male	53		00:13:01	00:05:51	00:37:19	00:01:12	00:24:12
85	Nancy	Gray-Davies	32	Finished	01:28:24	01:28:24	I	6	Female	32		00:15:49	00:04:32	00:47:15	00:00:56	00:19:50
86	Christina	Stohr	19	Finished	01:31:42	01:31:42	H	7	Female	33	Solebay Ladies Netball Team	00:15:04	00:07:04	00:45:58	00:01:13	00:22:21
87	Sarah	Vaughan	21	Finished	01:31:42	01:31:42	H	8	Female	34	Solebay Ladies Netball Team	00:18:11	00:03:59	00:45:52	00:01:17	00:22:22
88	Catherine	Millward	22	Finished	01:31:42	01:31:42	H	9	Female	35	Solebay Ladies Netball Team	00:15:04	00:07:05	00:45:56	00:01:15	00:22:21
89	Emma	Warnes	20	Finished	01:31:43	01:31:43	H	10	Female	36	Solebay Ladies Netball Team	00:18:10	00:03:59	00:45:49	00:01:20	00:22:22
	Marga	Niemeijer	24	Pre-race withdrawal			H		Female		Solebay Ladies Netball Team					
	Carol	Fowler	37	Pre-race withdrawal			K		Female							
	Craig	Gorst-allman	53	Pre-race withdrawal			F		Male							
	Ben	Melton	50	Pre-race withdrawal			E		Male							
	RICHARD	HAYES	63	Pre-race withdrawal			G		Male							