

Pos	No	Name		Cat		Club	Swim	Pos	Run	Pos	Total	Points
1	26	Mark	Nowell	M	Veteran	Tri-Anglia	00:06:47	3	00:09:15	1	00:16:02	1000
2	14	Simon	Brierley	M	Senior	Tri-Anglia	00:06:42	2	00:10:03	8	00:16:45	957
3	28	Paul	Pester	M	Veteran		00:06:36	1	00:10:27	9	00:17:03	940
4	8	Alex	McKibben	F	Youth	Team Tri A Sport	00:07:06	4	00:10:02	6	00:17:08	936
5	24	Iain	Milligan	M	Senior		00:07:37	7	00:09:36	3	00:17:13	931
6	17	Mark	Drake	M	Veteran	Rock Estate	00:08:05	11	00:10:03	7	00:18:08	884
7	6	Claire	Knott	F	Senior		00:07:46	8	00:10:29	10	00:18:15	879
8	12	Rick	Berry	M	Senior	Ipswich Tri Club	00:08:19	13	00:10:01	5	00:18:20	875
9	33	Robert	James	M			00:09:12	16	00:09:18	2	00:18:30	867
10	18	Timothy	Earl	M	Senior	Triathlon Essex	00:08:54	15	00:09:54	4	00:18:48	853
11	21	Paul	Heselwood	M	Senior	MET Police Tri	00:07:56	9	00:11:11	13	00:19:07	839
12	4	Julia	Green	F	Senior	Ipswich Triathlon Club	00:07:19	5	00:11:59	19	00:19:18	831
13	11	Mary	Skelcher	F	Veteran	Ipswich Triathlon Club	00:08:01	10	00:11:42	17	00:19:43	813
14	13	Lee	Bircham	M	Veteran	Rock Estate	00:09:15	17	00:10:29	11	00:19:44	813
15	10	Samantha	Musgrave	F	Senior		00:07:33	6	00:12:24	22	00:19:57	804
16	30	Martin	Stacey	M	Veteran		00:09:20	19	00:11:13	14	00:20:33	780
17	25	Tim	Morton	M	Veteran	Tri Anglia	00:09:33	20	00:11:19	15	00:20:52	768
18	16	Simon	Bunting	M	Veteran	lowestoft r r	00:08:32	14	00:12:35	23	00:21:07	759
19	20	Aaron	Gentry	M	Senior		00:09:18	18	00:11:56	18	00:21:14	755
20	15	Michael	Briggs	M	Senior	Tri-Anglia	00:09:41	22	00:12:00	20	00:21:41	739
21	27	Dillon	Parnell	M	Senior		00:10:44	23	00:11:32	16	00:22:16	720
22	1	Karen	Archbold	F	Veteran	lowestoft rr	00:11:45	26	00:10:39	12	00:22:24	716
23	7	Jenny	Mayne	F	Veteran	Tri-Anglia	00:08:08	12	00:14:44	26	00:22:52	701
24	9	Alison	Morton	F	Veteran	Tri Anglia	00:11:41	25	00:12:05	21	00:23:46	675
25	2	Beth	Coley	F	Senior	Tri-Anglia	00:09:40	21	00:14:47	27	00:24:27	656
26	34	David	Burrows	M	Senior	Tri-Anglia	00:11:56	27	00:13:28	24	00:25:24	631
27	3	Lynsey	Dunne	F	Senior		00:12:11	28	00:13:34	25	00:25:45	623
28	32	Katrina	Williams	F	Senior		00:11:33	24	00:15:37	28	00:27:10	590
29	22	Martin	Kelleway	M	Veteran						DNS	0
30	31	Chris	Tye	M	Veteran	Ipswich Tri Club					DNS	0
31	5	Sarah	Greenwood	F	Senior	Tri-Anglia					DNS	0
32	19	Liam	Gentry	M	Senior						DNS	0
33	23	Paul	Loft	M	Veteran						DNS	0
34	29	Karl	Read	M	Veteran	Mammoth Tri					DNS	0

Race Points

A thousand points is awarded to the race winner. Points for other finishers are allocated according to their finish time in relation to the winners time
 i.e. $(\text{Winners Time} / \text{Your Time}) \times 1000$ This means the faster you go the more points you get