

Pos	M/F Pos	No	Name		Cat	Club	Swim	Pos	Run	Pos	Total	Points	
1	1	17	Matt	Ellis	M	Senior	Human Perf Unit	00:07:12	1	00:08:57	1	00:16:09	1000
2	2	34	Mark	Nowell	M	Veteran	Tri-Anglia	00:07:18	3	00:09:46	6	00:17:04	946
3	3	37	Keelan	Pywell	M	Youth		00:08:18	8	00:09:07	2	00:17:25	927
4	4	39	Gareth	Walker	M	Senior	Tri-Anglia	00:07:15	2	00:10:12	8	00:17:27	926
5	5	16	Mark	Drake	M	Veteran	Rock Estate	00:08:15	7	00:09:22	3	00:17:37	917
6	6	21	Liam	Gentry	M	Senior	Rock Estate	00:07:40	4	00:10:11	7	00:17:51	905
7	7	33	Iain	Milligan	M	Senior	West Suffolk Tri	No Split		No Split		00:18:17	883
8	8	47	Paul	Pester	M	Veteran		00:07:48	5	00:10:46	15	00:18:34	870
9	9	18	Jordan	Everett	M	Youth		00:08:20	9	00:10:50	17	00:19:10	843
10	1	9	Kelly	Pywell	F	Youth		00:08:52	14	00:10:22	10	00:19:14	840
11	10	46	Mark	Burns	M	Veteran		00:09:10	16	00:10:25	11	00:19:35	825
12	11	30	Matt	Kirby	M	Veteran	Chiltern Tri	00:08:49	13	00:10:48	16	00:19:37	823
13	12	35	Alexander	Pennington	M	Senior		00:08:23	10	00:11:19	22	00:19:42	820
14	13	29	Paul	Kemp	M	Super Vet	Tri-Anglia	No Split		No Split		00:19:46	817
15	2	42	Julia	Green	F	Senior	Tri-Anglia	00:07:55	6	00:11:58	27	00:19:53	812
16	14	24	Ian	Hacon	M	Veteran	Tri-Anglia	00:09:49	20	00:10:13	9	00:20:02	806
17	15	13	Rick	Berry	M	Senior	Ipswich Tri Club	No Split		No Split		00:20:10	801
18	3	5	Claire	Martin	F	Senior		00:08:28	11	00:11:44	25	00:20:12	800
19	16	32	Gary	Matthews	M	Veteran	Ipswich Tri Club	00:09:33	17	00:10:46	14	00:20:19	795
20	17	45	Lee	Bircham	M	Veteran	Rock Estate	00:09:53	21	00:10:31	12	00:20:24	792
21	18	25	Simon	Heath	M	Veteran	Norwich Triathlon Club	00:08:44	12	00:11:44	26	00:20:28	789
22	19	27	Robert	James	M	Veteran	Bungay Black Dog	00:10:55	23	00:09:40	4	00:20:35	785
23	20	12	Chris	Arnold	M	Super Vet	Tri-Anglia	00:09:40	18	00:11:06	20	00:20:46	778
24	4	3	Lynsey	Dunne	F	Senior	Tri-Anglia	00:09:42	19	00:11:23	24	00:21:05	766
25	21	43	Martin	Stacey	M	Super Vet		00:10:12	22	00:10:59	18	00:21:11	762
26	22	22	Dale	Gowen	M	Veteran	Rock Estate	00:11:39	27	00:09:42	5	00:21:21	756
27	23	26	James	Hudson	M	Senior		No Split		No Split		00:22:06	731
28	24	28	Martin	Kelleway	M	Veteran	Saxmundham Saxons	00:11:09	24	00:11:02	19	00:22:11	728
29	5	10	Kim	Reader	F	Veteran	Wymondham AC	00:11:10	25	00:11:07	21	00:22:17	725
30	6	1	Karen	Archbold	F	Veteran		00:11:44	28	00:10:35	13	00:22:19	724
31	25	15	Simon	Bunting	M	Veteran		00:09:05	15	00:13:22	30	00:22:27	719
32	7	7	Suzanne	Orr	F	Senior		No Split		No Split		00:22:28	719
33	26	38	Kevan	Pywell	M	Super Vet	Gt Yarmouth AC	00:12:23	31	00:11:22	23	00:23:45	680
34	27	20	Mark	Ford	M	Super Vet		00:12:09	29	00:12:07	28	00:24:16	666
35	28	23	Chris	Groves	M	Super Vet	Tri-Anglia	00:13:12	33	00:12:38	29	00:25:50	625
36	8	44	Lindsey	Black	F	Senior		00:11:37	26	00:14:48	32	00:26:25	611
37	29	19	Harry	Ford	M	Junior		00:12:30	32	00:16:27	33	00:28:57	558
38	9	8	Kata	Pinter	F	Senior		00:16:38	34	00:14:00	31	00:30:38	527
39	10	2	Catherine	Brooks	F	Super Vet	Ipswich Tri Club	00:12:10	30	00:18:52	34	00:31:02	520

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. (Winners Time / Your Time) x 1000