

Pos	M/F Pos	No	Name		Cat		Club	Swim	Pos	Run	Pos	Total	Points
1	1	36	Mark	Nowell	M	Veteran	Tri-Anglia	00:06:45	2	00:12:56	7	00:19:41	1000
2	2	11	Mark	Drake	M	Veteran	Rock Estate	00:07:46	15	00:11:59	1	00:19:45	997
3	3	6	Anthony	Buckley	M	Youth		No Split		No Split		00:19:50	992
4	4	21	Liam	Gentry	M	Senior	Rock Estate	00:07:08	5	00:12:47	5	00:19:55	988
5	5	9	John	Crooks	M	Youth	City of Norwich SC	00:07:12	7	00:12:46	4	00:19:58	986
6	6	46	Matthew	Wileman	M	Youth	City of Norwich Tri Club	00:07:00	4	00:12:58	8	00:19:58	986
7	7	33	Iain	Milligan	M	Senior	West Suffolk Tri	00:07:19	8	00:12:50	6	00:20:09	977
8	8	45	Gareth	Walker	M	Senior	Tri-Anglia	00:06:43	1	00:13:40	14	00:20:23	966
9	9	43	Brian	Tate	M	Super Vet		00:07:20	9	00:13:08	10	00:20:28	962
10	10	38	Paul	Pester	M	Veteran		00:06:48	3	00:13:54	17	00:20:42	951
11	11	55	Paul	Westgate	M	Senior		00:07:24	10	00:13:30	13	00:20:54	942
12	12	14	Tim	Earl	M	Senior	Rock Estate	00:09:11	23	00:12:35	3	00:21:46	904
13	13	50	Tom	Ames	M	Senior		00:07:35	13	00:14:18	23	00:21:53	899
14	14	26	Simon	Heath	M	Veteran	Tri-Anglia	00:07:43	14	00:14:11	22	00:21:54	899
15	15	3	Rick	Berry	M	Senior	Ipswich Tri Club	00:08:32	18	00:13:27	12	00:21:59	895
16	16	53	Jonathan	Comyn	M	Senior		00:08:13	17	00:13:56	19	00:22:09	889
17	17	30	Paul	Kemp	M	Super Vet	Tri-Anglia	00:07:28	11	00:14:48	27	00:22:16	884
18	18	4	Lee	Bircham	M	Veteran	Rock Estate	00:08:34	19	00:13:52	16	00:22:26	877
19	19	54	Alex	Pennington	M	Senior		00:07:10	6	00:15:20	34	00:22:30	875
20	20	56	Rob	Lines	M	Senior	Tri-Anglia	00:08:10	16	00:14:26	26	00:22:36	871
21	21	52	Martin	Stacey	M	Super Vet		00:08:48	20	00:13:57	20	00:22:45	865
22	22	8	Neil	Catling	M	Senior	Ipswich Tri Club	00:10:15	32	00:12:33	2	00:22:48	863
23	23	22	Dale	Gowen	M	Veteran	Rock Estate	00:10:05	31	00:12:58	9	00:23:03	854
24	24	25	Ian	Hacon	M	Veteran	Tri-Anglia	00:09:30	27	00:13:54	18	00:23:24	841
25	25	27	James	Hudson	M	Senior	Tri-Anglia	00:07:33	12	00:16:00	38	00:23:33	836
26	1	40	Kim	Reader	F	Veteran		00:09:20	24	00:14:18	24	00:23:38	833
27	26	51	Steven	Barber	M	Senior		00:10:44	36	00:13:23	11	00:24:07	816
28	2	1	Karen	Archbold	F	Veteran		00:10:31	35	00:13:44	15	00:24:15	812
29	27	49	Ron	Ames	M	Super Vet		00:09:24	25	00:14:58	30	00:24:22	808
30	3	13	Lynsey	Dunne	F	Senior	Tri-Anglia	00:09:29	26	00:15:00	31	00:24:29	804
31	28	20	Charlie	Ford	M	Youth		00:09:35	28	00:15:08	32	00:24:43	796
32	29	18	Mark	Ford	M	Super Vet		00:09:57	29	00:14:52	28	00:24:49	793
33	30	42	Dave	Stephens	M	Super Vet		00:10:29	34	00:14:24	25	00:24:53	791
34	31	44	Brian	Truelove	M	Super Vet		00:08:50	21	00:16:24	40	00:25:14	780
35	32	12	James	Drake	M	Senior	Rock Estate	00:10:25	33	00:14:54	29	00:25:19	777
36	33	5	Bruce	Rayner	M	Super Vet	Bungay Black Dog	00:11:14	39	00:14:10	21	00:25:24	775
37	34	48	David	Wyllie	M	Veteran	Tri Anglia	00:08:59	22	00:16:29	41	00:25:28	773
38	35	39	Kevan	Pywell	M	Super Vet	Gt Yarmouth AC	00:11:18	41	00:15:10	33	00:26:28	744
39	36	34	John	Moody	M	Senior	Ipswich Tri Club	00:10:49	37	00:15:56	37	00:26:45	736
40	37	24	Chris	Groves	M	Super Vet	tri anglia	00:11:28	42	00:15:29	35	00:26:57	730
41	38	17	Mark	Farley	M	Veteran		00:11:16	40	00:15:52	36	00:27:08	725
42	39	47	Nicholas	Wileman	M	Youth	City of Norwich Tri Club	00:10:00	30	00:19:01	44	00:29:01	678
43	4	41	Philippa	Rudd	F	Veteran	Tri-Anglia	00:13:48	44	00:16:13	39	00:30:01	656
44	5	28	Karen	Waters	F	Veteran	Bungay Black Dog	00:11:43	43	00:18:22	43	00:30:05	654
45	40	15	Mark	Elftett	M	Veteran		00:14:15	45	00:17:26	42	00:31:41	621
46	6	35	Lucie	Morran	F	Veteran		00:11:09	38	00:20:59	45	00:32:08	613
47	41	19	Harry	Ford	M	Junior		00:00:00		00:00:00	19	DNF	

**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