

Pos	First name	Last name	Race No.	Gender	Cat.	Club	Swim	T1	Cycle	T2	Run	Finish time
1	Oliver	Milk	157	Male	Senior 3	Human Performance Unit	00:20:12	00:00:51	01:01:51	00:00:37	00:36:31	02:00:04
2	David	Bettinson	135	Male	Senior 4	Cambridge Triathlon Club	00:23:06	00:00:55	01:02:20	00:00:32	00:35:52	02:02:48
3	Simon	Brierley	167	Male	Senior 3	Tri-Anglia	00:23:26	00:00:46	00:59:56	00:00:50	00:38:27	02:03:28
4	Roy	Young	87	Male	Vet 1	Born2Tri	00:22:07	00:00:58	01:02:32	00:00:42	00:37:16	02:03:37
5	Carl	James	119	Male	Senior 4	TriTalk.co.uk	00:24:37	00:01:21	01:02:47	00:00:46	00:38:17	02:07:50
6	Joe	Giggins	196	Male	Junor	East Essex Triathlon Club	00:20:09	00:01:07	01:07:40	00:00:45	00:38:18	02:08:02
7	Toby	Morrell	184	Male	Senior 2	Tri-Anglia	00:22:59	00:01:02	01:05:04	00:00:38	00:38:46	02:08:31
8	Matthew	Spillman	63	Male	vet 2	Tri-Anglia	00:21:15	00:00:56	01:03:02	00:01:00	00:42:48	02:09:04
9	We're better than you		202	Male	Team	Tri-Anglia	00:25:10	00:00:35	01:03:42	00:00:40	00:41:03	02:11:13
10	Philip	Curtis	174	Male	Senior 3	Cambridge Triathlon Club	00:20:22	00:01:09	01:08:37	00:00:54	00:40:12	02:11:17
11	Andy	Collier	189	Male	Senior 2	Cambridge University Tri Club	00:23:49	00:00:55	01:09:47	00:00:42	00:36:19	02:11:35
12	Les	Henderson	90	Male	Vet 1	TRI SPORT EPPING	00:24:29	00:01:10	01:07:15	00:00:41	00:38:45	02:12:23
13	Fram Earl Old Boys		200	Male	Team	Norfolk Gazelles	00:25:04	00:00:43	01:12:40	00:00:34	00:34:24	02:13:28
14	Neil	Reid	159	Male	Senior 3	Army Triathlon Association	00:26:08	00:01:18	01:04:55	00:01:14	00:40:15	02:13:54
15	Ian	O'Neill	106	Male	Vet 1	TRI SPORT EPPING	00:25:15	00:01:26	01:06:55	00:01:14	00:39:46	02:14:38
16	Guy	Holbrow	92	Male	Vet 1	London Fields Triathlon Club	00:23:01	00:00:54	01:11:55	00:00:44	00:39:02	02:15:38
17	Mark	Drake	98	Male	Vet 1	Rock Estate	00:25:33	00:01:18	01:08:38	00:00:42	00:40:29	02:16:43
18	Richard	Hanley	78	Male	Vet 1	Hadleigh Hares AC	00:24:34	00:01:22	01:05:41	00:00:55	00:44:31	02:17:06
19	James	Cooper	100	Male	Vet 1	TEAM MILTON KEYNES	00:28:18	00:01:23	01:08:17	00:00:45	00:38:29	02:17:15
20	David	Maslen	60	Male	vet 2	Tri-Anglia	00:26:35	00:02:44	01:05:55	00:01:16	00:41:26	02:17:59
21	Adrian	Barbrooke	126	Male	Senior 4	west suffolk wheelers and tri club	00:30:03	00:00:56	01:06:01	00:00:42	00:40:28	02:18:14
22	Danny	Wyer	165	Male	Senior 3		00:27:00	00:01:14	01:08:12	00:00:49	00:41:28	02:18:47
23	Harry	Gee	148	Male	Senior 3		00:23:54	00:01:20	01:13:30	00:01:26	00:38:48	02:19:01
24	Neil	Edwards	59	Male	vet 2	Chiltern Harriers	00:24:37	00:01:38	01:09:02	00:01:23	00:42:24	02:19:06
25	Richard	Peers	133	Male	Senior 4	Ipswich Triathlon Club	00:24:27	00:01:40	01:07:56	00:00:47	00:44:14	02:19:07
26	Juliet	Vickery	8	Female	vet 2	Cambridge Triathlon Club	00:24:41	00:01:33	01:11:05	00:01:15	00:40:36	02:19:12
27	Alan	Macpherson	137	Male	Senior 4	west suffolk wheelers and tri club	00:30:21	00:01:21	01:06:37	00:00:49	00:40:38	02:19:49
28	Christian	Trotter	140	Male	Senior 4	Tri-Anglia	00:24:35	00:01:28	01:10:08	00:01:14	00:42:25	02:19:52
29	Andrew	Smith	122	Male	Senior 4		00:29:48	00:01:25	01:07:38	00:00:46	00:40:23	02:20:03
30	Matt	Dye	77	Male	Vet 1	Ipswich Triathlon Club	00:25:22	00:01:52	01:10:05	00:01:04	00:42:04	02:20:30
31	Martin	Wilson	175	Male	Senior 3	west suffolk wheelers and tri club	00:28:58	00:01:47	01:09:16	00:01:07	00:39:28	02:20:39
32	Ben	Findlay	121	Male	Senior 4		00:25:17	00:01:07	01:13:59	00:00:42	00:40:08	02:21:15
33	Karl	Syson	132	Male	Senior 4		00:26:43	00:02:04	01:08:24	00:01:21	00:42:48	02:21:22
34	Simon	Gilbert	195	Male	Senior 1	Cambridge University Tri Club	00:29:25	00:01:52	01:06:39	00:01:15	00:42:16	02:21:30

35	Timothy	Smith	162	Male	Senior 3	London Fields Triathlon Club	00:25:55	00:01:53	01:13:03	00:00:53	00:40:25	02:22:11
36	Andy	Chambers	95	Male	Vet 1	Dunmow Tri	00:25:52	00:01:17	01:10:20	00:01:02	00:43:48	02:22:21
37	Mac	Mckenzie	104	Male	Vet 1		00:30:17	00:01:01	01:07:55	00:00:51	00:42:22	02:22:28
38	Bradley	Taylor	118	Male	Senior 4	East Essex Triathlon Club	00:27:25	00:01:24	01:07:22	00:01:15	00:45:11	02:22:40
39	Darren	Cook	128	Male	Senior 4	Team Pink	00:27:08	00:01:48	01:09:04	00:01:10	00:43:37	02:22:49
40	Louise	Rolfe	21	Female	Senior 3	Walden Triathletes	00:24:27	00:01:23	01:12:47	00:01:09	00:43:07	02:22:56
41	David	Cole	152	Male	Senior 3		00:23:36	00:01:48	01:08:43	00:01:03	00:47:44	02:22:57
42	Tim	Bowman	85	Male	Vet 1	Hadleigh Hares AC	00:27:40	00:00:58	01:09:45	00:01:17	00:43:18	02:23:00
43	Andrew	Goodchild	71	Male	Vet 1		00:30:24	00:01:08	01:05:30	00:00:48	00:45:46	02:23:38
44	Roland	Shaw	31	Male	Vet 3	Tri-Anglia	00:27:54	00:01:22	01:09:14	00:00:47	00:44:19	02:23:40
45	B-ware		201	Male	Team	B-ware	00:25:40	00:00:42	01:12:06	00:00:41	00:45:38	02:24:49
46	Robert	Wallace	102	Male	Vet 1	Ipswich Triathlon Club	00:29:20	00:01:37	01:09:44	00:00:56	00:43:15	02:24:54
47	James	Williams	105	Male	Vet 1		00:27:42	00:01:31	01:09:56	00:00:43	00:45:30	02:25:25
48	Neil	Catling	155	Male	Senior 3	Ipswich Triathlon Club	00:34:10	00:01:23	01:06:04	00:00:49	00:43:02	02:25:30
49	Paul	Haxell	37	Male	Vet 3	Born2Tri	00:31:53	00:01:12	01:06:53	00:01:26	00:44:12	02:25:38
50	Benjamin	Bailey	83	Male	Vet 1	Tri-Anglia	00:28:35	00:01:53	01:11:53	00:01:07	00:42:14	02:25:45
51	Adam	Whittle	52	Male	vet 2	BAD Tri	00:25:34	00:03:13	01:11:29	00:01:12	00:44:42	02:26:11
52	Fred	Wickham	51	Male	vet 2		00:25:00	00:01:46	01:15:28	00:00:56	00:43:15	02:26:28
53	Simon	Rudland	64	Male	vet 2		00:24:32	00:02:24	01:10:01	00:00:51	00:48:40	02:26:31
54	Pete	Ganderton	147	Male	Senior 3		00:29:29	00:01:34	01:06:48	00:01:00	00:47:40	02:26:34
55	Darren	Evans	96	Male	Vet 1	Les Gringos	00:26:14	00:02:10	01:11:12	00:01:25	00:45:39	02:26:43
56	Alex	Ruffle	192	Male	Senior 2	Colchester Swimming Club	00:22:54	00:01:33	01:18:49	00:00:49	00:42:39	02:26:47
57	Chris	Guy	109	Male	Senior 4							02:27:00
58	James	Leonard	101	Male	Vet 1	Ipswich Triathlon Club	00:30:33	00:00:58	01:10:52	00:00:59	00:43:59	02:27:24
59	Chris	Milne	32	Male	Vet 3	East Essex Triathlon Club	00:29:41	00:01:45	01:10:11	00:01:11	00:44:43	02:27:33
60	Peter	Burns	62	Male	vet 2	Walden Triathletes	00:28:34	00:01:42	01:10:53	00:00:47	00:45:34	02:27:33
61	Stephen	Thurkettle	93	Male	Vet 1	Chiltern Harriers	00:22:49	00:01:37	01:15:58	00:00:57	00:46:26	02:27:50
62	Gary	Grinham	103	Male	Vet 1	Team Trisports	00:35:14	00:03:29	01:07:11	00:00:56	00:40:58	02:27:51
63	Paul	Kemp	40	Male	Vet 3	Tri-Anglia	00:23:50	00:02:07	01:11:15	00:01:02	00:49:35	02:27:52
64	Lynn	Emmett	13	Female	Vet 1	Tri-Anglia	00:28:44	00:01:28	01:14:32	00:00:50	00:42:19	02:27:55
65	Joe	Butcher	35	Male	Vet 3	TRI SPORT EPPING	00:26:44	00:01:59	01:12:40	00:01:05	00:45:29	02:27:59
66	Lee	Cook	149	Male	Senior 3	Tri-Anglia	00:32:05	00:01:17	01:12:58	00:01:13	00:40:25	02:28:01
67	Christopher	Scott	143	Male	Senior 4	bedford road cc	00:33:09	00:01:50	01:09:32	00:00:55	00:42:34	02:28:03
68	Guy	Dayman	138	Male	Senior 4	1485 Tri Club	00:26:55	00:01:31	01:14:09	00:00:53	00:44:37	02:28:08
69	Bill	Charters	57	Male	vet 2	Born2Tri	00:27:06	00:01:49	01:14:13	00:01:04	00:44:00	02:28:15

70	Graham	Chapman	34	Male	Vet 3	Ely Runners	00:31:06	00:02:01	01:11:19	00:01:37	00:42:51	02:28:57
71	Matthew	Pickett	169	Male	Senior 3	East Essex Triathlon Club	00:29:37	00:03:03	01:11:55	00:01:10	00:43:16	02:29:04
72	Team jot		199	Male	Team		00:27:35	00:00:45	01:15:56	00:00:43	00:44:02	02:29:04
73	Tom	Sharpe	178	Male	Senior 3	Tri-Anglia	00:26:01	00:01:05	01:14:01	00:01:01	00:47:01	02:29:13
74	Darren	Cassidy	180	Male	Senior 2	East Essex Triathlon Club	00:26:36	00:01:26	01:13:32	00:00:51	00:46:54	02:29:21
75	Laurie	Abel	49	Male	vet 2	Tri-Anglia	00:31:13	00:01:29	01:12:56	00:00:49	00:42:53	02:29:22
76	Stu	Wright	131	Male	Senior 4		00:22:58	00:02:01	01:14:30	00:00:59	00:49:22	02:29:53
77	Paul	Pester	48	Male	vet 2		00:22:36	00:01:40	01:19:04	00:01:08	00:45:24	02:29:54
78	Chris	Playford	86	Male	Vet 1	Tri-Anglia	00:25:46	00:02:53	01:12:13	00:01:31	00:47:32	02:29:59
79	Anita	Buxton	16	Female	Vet 1	Cambridge Triathlon Club	00:28:14	00:01:45	01:13:47	00:00:51	00:45:27	02:30:06
80	Sarah	Allen	20	Female	Senior 3	London Fields Triathlon Club	00:31:27	00:02:09	01:13:59	00:01:18	00:41:39	02:30:35
81	Mark	Harman	55	Male	vet 2	Born2Tri	00:27:08	00:01:27	01:15:01	00:00:59	00:46:05	02:30:42
82	Phil	Paterson	191	Male	Senior 2		00:26:23	00:01:01	01:17:20	00:01:10	00:44:51	02:30:48
83	Gary	Matthews	45	Male	vet 2	Ipswich Triathlon Club	00:29:19	00:01:44	01:15:00	00:01:08	00:43:43	02:30:57
84	Michael	Briggs	74	Male	Vet 1	Tri-Anglia	00:28:16	00:01:47	01:11:44	00:01:05	00:48:24	02:31:19
85	William	Miller	179	Male	Senior 2		00:27:04	00:01:57	01:15:45	00:00:49	00:45:59	02:31:36
86	Chris	Arnold	28	Male	vet 4	Tri-Anglia	00:28:42	00:01:08	01:12:12	00:00:40	00:48:57	02:31:42
87	Dermot	Robinson	134	Male	Senior 4	East Essex Triathlon Club	00:26:01	00:01:15	01:14:29	00:01:04	00:49:11	02:32:02
88	Martin	Alabone	80	Male	Vet 1	Hadleigh Hares AC	00:30:37	00:01:25	01:11:47	00:01:02	00:47:16	02:32:10
89	Sandra	Levet	5	Female	vet 2	Chiltern Harriers	00:25:41	00:02:19	01:17:17	00:00:57	00:45:59	02:32:16
90	Michael	Hill	69	Male	vet 2	Tri-Anglia	00:31:21	00:02:11	01:17:48	00:01:13	00:39:58	02:32:33
91	Alexander	Pennington	188	Male	Senior 2		00:24:40	00:01:40	01:16:50	00:00:50	00:48:31	02:32:33
92	The dregs		204	Male	Team	Chiltern Harriers	00:26:13	00:00:42	01:20:48	00:00:54	00:43:56	02:32:36
93	Alan	Lightfoot	82	Male	Vet 1		00:30:30	00:03:06	01:18:40	00:01:17	00:39:11	02:32:47
94	Neil	Packer	56	Male	vet 2	PEAKE FITNESS	00:24:35	00:01:33	01:16:23	00:00:57	00:49:29	02:32:58
95	Rebecca	Horne	19	Female	Senior 4	Tri-Anglia	00:27:09	00:01:23	01:14:39	00:01:12	00:48:36	02:33:03
96	Penny	Wylie	11	Female	vet 2	Freedom Tri	00:26:29	00:02:31	01:14:08	00:00:54	00:49:23	02:33:28
97	Matthew	Lewis	160	Male	Senior 3		00:21:52	00:02:17	01:28:49	00:00:52	00:39:37	02:33:29
98	Chris	Grimwood	186	Male	Senior 2	PEAKE FITNESS	00:25:32	00:02:08	01:19:31	00:00:49	00:45:54	02:33:57
99	Tim	Morton	41	Male	Vet 3	Tri-Anglia	00:32:00	00:02:08	01:12:30	00:01:10	00:46:39	02:34:29
100	Mark	Butler	185	Male	Senior 2	TEAM DILLON	00:29:40	00:01:02	01:16:32	00:00:48	00:46:24	02:34:30
101	Steve	Bowen	29	Male	vet 4	Hadleigh Hares AC	00:31:44	00:02:02	01:10:46	00:01:41	00:48:37	02:34:52
102	David	Washer	142	Male	Senior 4	Tri-Anglia	00:30:20	00:02:05	01:13:51	00:01:06	00:47:40	02:35:05
103	John	Wilmot	125	Male	Senior 4		00:29:48	00:02:29	01:16:24	00:01:39	00:44:46	02:35:09
104	Ian	Hacon	108	Male	Vet 1	Tri-Anglia	00:31:22	00:02:11	01:14:39	00:01:00	00:45:59	02:35:13

105	Team		197	Female	Team	Tri-Anglia	00:28:50	00:00:36	01:20:58	00:00:33	00:44:16	02:35:16
106	Martin	Stacey	43	Male	Vet 3		00:27:39	00:01:52	01:17:27	00:01:20	00:47:04	02:35:25
107	Robert	Jones	58	Male	vet 2		00:25:24	00:02:42	01:16:34	00:01:47	00:49:28	02:35:56
108	Jason	Button	117	Male	Senior 4	Born2Tri	00:27:56	00:02:13	01:12:35	00:01:29	00:51:41	02:35:57
109	Ben	Walker	176	Male	Senior 3	Tri-Anglia	00:29:02	00:02:55	01:17:35	00:01:50	00:44:35	02:35:59
110	Matthew	Shaw	163	Male	Senior 3		00:29:35	00:02:25	01:14:37	00:00:58	00:48:49	02:36:27
111	Vince	Butler	81	Male	Vet 1		00:31:28	00:02:26	01:13:46	00:01:07	00:48:35	02:37:24
112	Phil	Whiting	124	Male	Senior 4		00:27:45	00:03:18	01:19:49	00:00:50	00:45:39	02:37:24
113	Stewart	Rawnsley	111	Male	Senior 4		00:30:16	00:01:22	01:13:22	00:00:42	00:51:55	02:37:40
114	Neil	Crisp	144	Male	Senior 4	Hadleigh Hares AC	00:32:17	00:01:34	01:12:46	00:00:47	00:50:24	02:37:50
115	Kevin	Bradley	54	Male	vet 2	Stowmarket Striders	00:27:38	00:02:47	01:16:51	00:01:00	00:49:32	02:37:51
116	Richard	Daley	88	Male	Vet 1		00:30:48	00:01:36	01:16:16	00:01:00	00:48:14	02:37:56
117	America	Villar	18	Female	Senior 4	Chiltern Harriers	00:30:03	00:01:42	01:15:16	00:00:55	00:50:09	02:38:07
118	Mark	Dixon	114	Male	Senior 4	Tri-Anglia	00:28:44	00:01:21	01:16:12	00:01:05	00:50:43	02:38:08
119	Perry	Mann	187	Male	Senior 2		00:33:54	00:02:57	01:16:34	00:01:18	00:43:36	02:38:21
120	Richard	Tiller	89	Male	Vet 1	Ipswich Triathlon Club	00:25:41	00:01:22	01:18:45	00:01:21	00:51:14	02:38:26
121	Doug	Grimwade	47	Male	vet 2	Hadleigh Hares AC	00:25:39	00:01:29	01:26:30	00:01:24	00:43:29	02:38:33
122	Paul	Taylor	181	Male	Senior 2	East Essex Triathlon Club	00:29:11	00:02:10	01:14:23	00:02:23	00:50:32	02:38:42
123	Ian	Bartram	42	Male	Vet 3	East Essex Triathlon Club	00:36:17	00:02:49	01:11:56	00:01:27	00:46:20	02:38:52
124	Nick	Rush	46	Male	vet 2	Hadleigh Tri Club	00:31:48	00:01:25	01:16:37	00:00:52	00:48:35	02:39:20
125	Andrew	Hovell	84	Male	Vet 1		00:25:40	00:02:23	01:13:13	00:02:32	00:55:39	02:39:29
126	Mark	Johnson	120	Male	Senior 4		00:27:15	00:02:50	01:19:44	00:01:05	00:48:42	02:39:39
127	Marianne	Aitken	17	Female	Senior 4	Hadleigh Hares AC	00:28:27	00:01:42	01:16:55	00:01:18	00:51:16	02:39:41
128	Daniel	Howson	115	Male	Senior 4		00:32:27	00:01:46	01:19:21	00:00:53	00:45:21	02:39:50
129	Martin	Kelleway	72	Male	Vet 1	Saxmundham Saxons	00:32:50	00:01:51	01:17:47	00:01:28	00:45:57	02:39:56
130	Michaela	Bailey	4	Female	vet 2	Tri-Anglia	00:29:27	00:03:31	01:18:20	00:01:07	00:47:33	02:40:00
131	Lee	Phillips	110	Male	Senior 4		00:29:27	00:03:34	01:18:17	00:01:06	00:47:34	02:40:00
132	Joolz	Halpin	15	Female	Vet 1	Born2Tri	00:35:16	00:01:06	01:13:07	00:00:51	00:49:41	02:40:03
133	Hazel	Brammar	7	Female	vet 2		00:25:50	00:02:28	01:18:54	00:01:17	00:51:41	02:40:13
134	Green	Simon	39	Male	Vet 3	Ipswich Triathlon Club	00:31:10	00:02:25	01:16:08	00:01:06	00:49:58	02:40:48
135	The bell elite		205	Male	Team		00:33:29	00:00:41	01:21:19	00:00:43	00:45:29	02:41:44
136	Mark	Sherwood	136	Male	Senior 4	Basingstoke Tri Squad	00:30:46	00:04:52	01:18:51	00:02:19	00:45:36	02:42:27
137	John	Coleman	94	Male	Vet 1		00:26:26	00:04:37	01:19:55	00:01:40	00:49:59	02:42:40
138	Martin	Stubbings	36	Male	Vet 3	Chiltern Harriers	00:28:18	00:03:36	01:21:32	00:01:24	00:47:51	02:42:45
139	Melvyn	Wilkie	27	Male	Vet 5	Tri-Anglia	00:30:45	00:03:19	01:15:56	00:01:26	00:51:33	02:43:01

140	Danny	Zelezinski	173	Male	Senior 3		00:29:28	00:03:27	01:21:16	00:01:35	00:47:50	02:43:38
141	Paul	Weinreich	172	Male	Senior 3	Tri London	00:29:52	00:01:42	01:23:34	00:00:48	00:47:53	02:43:52
142	Karl	Jermyn	146	Male	Senior 4		00:34:35	00:02:26	01:13:32	00:01:21	00:51:56	02:43:53
143	Kate	Stannett	9	Female	vet 2	Ipswich Triathlon Club	00:26:52	00:02:18	01:19:40	00:01:24	00:53:45	02:44:01
144	Jonas	Grist	116	Male	Senior 4	Hadleigh Hares AC	00:30:35	00:02:30	01:22:23	00:01:13	00:47:29	02:44:13
145	Daniel	Gould	127	Male	Senior 4	Team Pink	00:30:21	00:01:41	01:16:03	00:00:40	00:55:27	02:44:14
146	Leighton	Edwards	130	Male	Senior 4		00:30:14	00:01:48	01:18:08	00:00:51	00:53:22	02:44:26
147	Marion	Walker	1	Female	vet 4	The Saxons	00:29:36	00:03:24	01:20:27	00:01:36	00:49:22	02:44:28
148	Leon	Chandler	112	Male	Senior 4		00:27:56	00:01:51	01:16:33	00:01:52	00:56:19	02:44:34
149	Neil	Bower	129	Male	Senior 4		00:29:52	00:02:28	01:18:01	00:01:02	00:53:30	02:44:55
150	Bad badger		206	Unisex	Team		00:33:53	00:01:31	01:19:42	00:00:43	00:49:47	02:45:39
151	Charlotte	Whorton	24	Female	Junor	Kidderminster and Stourport AC	00:30:49	00:01:31	01:22:28	00:00:53	00:50:40	02:46:25
152	Mark	Newman	161	Male	Senior 3	Ipswich Triathlon Club	00:29:10	00:02:07	01:15:20	00:01:01	00:59:08	02:46:49
153	Matthew	Fitzgerald	73	Male	Vet 1		00:25:53	00:03:22	01:24:23	00:00:55	00:53:56	02:48:31
154	Stephen	Suter	79	Male	Vet 1	Stowmarket Tri Club	00:30:11	00:01:53	01:22:31	00:01:46	00:52:45	02:49:09
155	Alison	Morton	10	Female	vet 2	Tri-Anglia	00:31:42	00:01:34	01:22:32	00:01:15	00:52:11	02:49:17
156	David	Worsdall	67	Male	vet 2		00:33:55	00:02:16	01:16:15	00:01:08	00:55:41	02:49:17
157	James	Walsgrove	177	Male	Senior 3	Tri-Anglia	00:34:50	00:03:12	01:12:59	00:02:39	00:56:03	02:49:46
158	Charles	Trippett	190	Male	Senior 2		00:25:11	00:02:33	01:33:13	00:01:12	00:48:13	02:50:25
159	Chris	Hendry	166	Male	Senior 3		00:25:59	00:02:10	01:26:41	00:01:48	00:54:24	02:51:03
160	Simon	Bunting	53	Male	vet 2		00:26:58	00:03:06	01:20:29	00:01:51	00:58:38	02:51:05
161	Jane	Olday	12	Female	Vet 1	BAD Tri	00:27:34	00:03:30	01:24:33	00:01:20	00:54:44	02:51:43
162	Matthew	Dreisin	107	Male	Vet 1		00:35:03	00:02:26	01:21:46	00:00:58	00:52:24	02:52:40
163	Tree fellas a		208	Male	Team		00:27:03	00:00:37	01:21:11	00:00:43	01:03:43	02:53:20
164	Tony	Dennis	141	Male	Senior 4	East Essex Triathlon Club	00:32:22	00:03:15	01:21:39	00:02:17	00:54:24	02:53:59
165	Kevin	Carley	26	Male	Vet 5	Blackwater Triathlon Club	00:28:10	00:03:07	01:26:35	00:01:49	00:55:28	02:55:11
166	Stephen	Laverty	145	Male	Senior 4	Serpentine Running Club	00:35:29	00:05:33	01:21:02	00:01:40	00:51:40	02:55:27
167	John	Wilson	50	Male	vet 2	Tri-Anglia	00:32:02	00:02:16	01:23:32	00:01:13	00:57:57	02:57:03
168	Patricia	Ames	14	Female	Vet 1		00:31:51	00:02:49	01:29:53	00:01:22	00:51:41	02:57:39
169	Simon	Barnard	99	Male	Vet 1	Anglia Tri	00:30:22	00:02:01	01:26:53	00:01:22	00:57:34	02:58:14
170	Stuart	Blake	66	Male	vet 2	Farrow Triathlon Club	00:30:22	00:04:05	01:26:18	00:01:04	00:56:37	02:58:29
171	Bruno	Delacave	65	Male	vet 2	Tri-Anglia	00:30:33	00:03:16	01:26:41	00:00:57	00:57:17	02:58:46
172	David	Kellaway	61	Male	vet 2	Tri-Anglia	00:38:50	00:04:53	01:25:05	00:02:49	00:47:33	02:59:12
173	Barry	Sherwood	168	Male	Senior 3	Manchester Triathlon Club	00:29:23	00:03:25	01:28:20	00:02:09	00:56:05	02:59:25
174	John	Cahir	76	Male	Vet 1		00:35:34	00:02:36	01:27:46	00:01:43	00:51:52	02:59:32

175	Michael	Moore	91	Male	Vet 1		00:34:48	00:02:23	01:22:19	00:00:58	00:59:54	03:00:26
176	Adam	Bergenfield	183	Male	Senior 2		00:32:01	00:02:57	01:26:59	00:02:28	00:56:02	03:00:30
177	Team hi ho		207	Unisex	Team	Team Hi Ho	00:28:43	00:04:52	01:23:08	00:00:47	01:04:31	03:02:04
178	Charlie	Stannett	30	Male	vet 4	Ipswich Triathlon Club	00:36:42	00:04:24	01:20:24	00:02:35	01:00:11	03:04:19
179	Colin	Close	97	Male	Vet 1	Anglia Tri	00:36:07	00:03:24	01:20:46	00:01:33	01:04:48	03:06:41
180	Team		203	Male	Team		00:34:48	00:00:42	01:34:46	00:01:02	00:59:35	03:10:55
181	Paul	Zimnisky	158	Male	Senior 3		00:37:25	00:04:58	01:33:24	00:02:01	00:55:05	03:12:56
182	Kathy	Annan	6	Female	vet 2		00:31:21	00:04:23	01:39:43	00:03:07	00:57:23	03:16:00
183	Susan	Potter	3	Female	Vet 3	Tri-Anglia	00:32:00	00:04:24	01:35:29	00:02:31	01:04:48	03:19:15
184	Roderick	Paton	25	Male	vet 6	Chiltern Harriers	00:32:16	00:02:40	01:26:33	00:02:10	01:17:04	03:20:45
185	Gillian	Ralphs	2	Female	Vet 3	Chiltern Harriers	00:30:36	00:03:30	01:50:18	00:03:15	01:21:14	03:48:55
	Rose	Waterman	22	Female	Senior 2	Tri-Anglia						
	Kate	West	23	Female	Senior 1	UEA Triathlon						
	Bjorn	Alsos	33	Male	Vet 3	Walden Triathletes						
	Peter	Bird	38	Male	Vet 3	Ampthill & Flitwick Flyers						
	Andy	Drinkell	44	Male	vet 2	Bungay Black Dog Running Club						
	Paul	Alderton	68	Male	vet 2	west suffolk wheelers and tri club	00:39:29	00:04:15	01:23:26			
	Andoni	Toms	70	Male	Vet 1							
	James	Samkin	75	Male	Vet 1							
	Christopher	Britton	113	Male	Senior 4							
	John	Moody	123	Male	Senior 4	Ipswich Triathlon Club	00:39:06	00:12:56	00:14:16			
	Stuart	Ballard	139	Male	Senior 4							
	Nathan	Saville	150	Male	Senior 3							
	Mark	Thornton	151	Male	Senior 3	Birchanger Tri						
	Richard	Smithson	153	Male	Senior 3							
	Nathan	O'Neill	154	Male	Senior 3							
	Greig	Avery	156	Male	Senior 3	East Essex Triathlon Club						
	Andrew	Greenwood	164	Male	Senior 3	Serpentine	00:28:24	00:02:39	00:50:38			
	Peter	Taylor	170	Male	Senior 3							
	Corin	Leadbitter	171	Male	Senior 3							
	Luke	Partridge	182	Male	Senior 2	Tri-Sport Epping						
	James	Wilson	193	Male	Senior 1							
	Jack	Lewis	194	Male	Senior 1	UEA Triathlon						
	Cb22 's		198	Female	Team	cb22's						