

Pos'n	First name	Last name	Race No.	Gender	Cat.	Club	Swim	T1	Cycle	T2	Run	Finish time
1	James	Orr	67	Male	H	Chiltern Harriers	00:06:30	00:00:53	00:23:02	00:00:40	00:10:45	00:41:52
2	Connor	Delaney	52	Male	A	Human Performance Unit	00:04:37	00:01:01	00:25:55	00:00:34	00:10:31	00:42:40
3	William	Adams	47	Male	B	Cambridge Triathlon Club	00:05:49	00:00:54	00:24:16	00:00:45	00:11:24	00:43:10
4	Jake	Butterworth	106	Male	D	North Norfolk Tri Club	00:06:01	00:01:08	00:24:30	00:00:41	00:10:49	00:43:13
5	Dale	Gowen	44	Male	H	University Of East Anglia	00:03:51	00:01:46	00:26:05	00:00:58	00:11:30	00:44:13
6	Antony	Birt	77	Male	G	Ipswich Triathlon Club	00:08:14	00:00:52	00:23:25	00:00:46	00:10:54	00:44:13
7	Dominic	Lee	108	Male	A	Great Yarmouth CC	00:05:37	00:01:07	00:25:22	00:00:54	00:11:47	00:44:50
8	Alex	Mckibben	32	Female	A	Human Performance Unit	00:05:24	00:00:44	00:26:21	00:00:32	00:11:59	00:45:02
9	Alice	Sharpe	33	Female	A	Cambridge Triathlon Club	00:05:35	00:00:43	00:26:09	00:00:33	00:12:43	00:45:46
10	Mark	Southgate	86	Male	G	Essex Fire Tc	00:07:02	00:01:16	00:25:40	00:00:44	00:12:23	00:47:07
11	Kyle	Money	45	Male	B	North Norfolk Tri Club	00:07:44	00:02:22	00:29:27	00:00:32	00:08:27	00:48:35
12	Matt	Kirby	54	Male	I	CHILTERN TRI	00:06:56	00:01:09	00:26:55	00:00:56	00:12:42	00:48:41
13	Lee	Bircham	63	Male	I	Rock Estate	00:07:42	00:01:22	00:26:45	00:00:44	00:12:28	00:49:05
14	Chris	Wiseman	56	Male	I	Nemarket Cycling & Tri Club	00:07:34	00:01:28	00:27:07	00:00:49	00:12:25	00:49:26
15	Lee	Hall	81	Male	G		00:08:03	00:01:29	00:26:36	00:00:59	00:12:45	00:49:55
16	Andrew	Mcfarland	72	Male	H	Ipswich Triathlon Club	00:06:44	00:01:01	00:28:22	00:00:47	00:13:01	00:49:57
17	Sebastian	Balcombe	97	Male	E	London Fields Tri	00:08:08	00:01:38	00:27:54	00:00:43	00:12:05	00:50:31
18	Rebecca	Horne	20	Female	G	Tri-Anglia	00:07:18	00:01:13	00:27:41	00:01:01	00:13:19	00:50:34
19	Stuart	Hodgson	104	Male	D	Cambridge Tri Club	00:10:50	00:01:12	00:27:35	00:01:01	00:11:10	00:51:51
20	Keelan	Pywell	53	Male	A		00:06:22	00:02:28	00:31:13	00:00:49	00:11:12	00:52:07
21	Jordan	Everett	50	Male	A		00:06:11	00:01:17	00:32:23	00:00:38	00:11:42	00:52:13
22	Mathew	Atkinson	82	Male	G		00:07:01	00:01:44	00:29:14	00:01:22	00:13:00	00:52:24
23	Steven	Abbott	105	Male	D		00:07:18	00:01:47	00:30:11	00:00:44	00:13:34	00:53:37
24	Simon	Atherton	57	Male	I	Tri-Anglia	00:10:10	00:01:39	00:27:10	00:00:43	00:14:11	00:53:58
25	Darren	Nockels	85	Male	G		00:08:48	00:01:21	00:29:43	00:00:48	00:13:38	00:54:21
26	Phil	Shaul	59	Male	I		00:08:06	00:01:34	00:30:32	00:00:56	00:13:22	00:54:32
27	Ben	Lowden	60	Male	I		00:10:00	00:03:02	00:26:17	00:01:29	00:13:41	00:54:32
28	Kevan	Pywell	41	Male	J	Gt Yarmouth AC	00:09:18	00:02:28	00:29:55	00:00:35	00:13:00	00:55:19
29	Andrew	Spiers	75	Male	G		00:08:53	00:02:24	00:31:33	00:00:37	00:12:41	00:56:11
30	Shaun	Woodley	62	Male	I	Dunmow Tri	00:07:10	00:02:40	00:29:51	00:00:51	00:15:37	00:56:12
31	Bob	O'connor	64	Male	I	RG Active	00:08:41	00:01:54	00:29:16	00:01:24	00:15:14	00:56:32
32	Steve	Coe	61	Male	I		00:06:02	00:03:01	00:31:23	00:00:50	00:15:33	00:56:50
33	Jack	Grove	98	Male	E		00:07:29	00:02:43	00:32:13	00:01:01	00:13:38	00:57:06
34	Katie	Rellis	31	Female	C		00:08:02	00:01:49	00:33:01	00:00:45	00:13:29	00:57:09
35	Katie	Bailey	27	Female	E		00:06:36	00:01:52	00:32:09	00:00:41	00:15:53	00:57:13
36	Charlie	Ford	51	Male	A		00:09:16	00:03:20	00:30:39	00:00:49	00:13:11	00:57:17
37	Darryl	Robinson	84	Male	G		00:06:53	00:02:19	00:34:15	00:00:48	00:13:34	00:57:52
38	Chris	Groves	36	Male	K	Tri-Anglia	00:09:20	00:02:57	00:29:28	00:01:28	00:14:38	00:57:54
39	Alan	Mann	80	Male	G		00:08:38	00:02:05	00:32:07	00:00:48	00:14:23	00:58:03
40	Andrew	Hill	78	Male	G		00:10:56	00:02:10	00:30:06	00:00:50	00:15:17	00:59:22
41	Sarah	Vick	14	Female	H	The Saxons	00:11:26	00:01:37	00:31:42	00:00:50	00:13:48	00:59:25
42	Harry	Ford	48	Male	B		00:08:56	00:01:42	00:32:36	00:00:37	00:15:32	00:59:26
43	David	Godsmark	37	Male	K	NORCS	00:12:10	00:03:47	00:30:07	00:00:50	00:12:45	00:59:42
44	Edward	Brennan	76	Male	G		00:12:13	00:01:18	00:31:56	00:01:08	00:13:11	00:59:48
45	Alan	Clark	94	Male	F		00:11:19	00:02:10	00:31:05	00:01:03	00:14:34	01:00:13
46	Roly	Cook	55	Male	I		00:11:37	00:01:47	00:30:31	00:01:48	00:14:51	01:00:36
47	Mark	Wadforth	73	Male	H		00:09:12	00:02:35	00:29:58	00:01:22	00:17:53	01:01:02
48	David	Coldham	90	Male	F		00:09:55	00:02:11	00:30:55	00:01:38	00:16:26	01:01:08
49	Robert	Healy	66	Male	H		00:08:31	00:02:27	00:32:03	00:01:33	00:16:51	01:01:27
50	Sarah	O'connor	17	Female	H	RG Active	00:09:26	00:01:58	00:31:00	00:01:31	00:17:54	01:01:51
51	Tim	Cheesman	99	Male	E		00:08:41	00:03:25	00:31:27	00:02:02	00:16:27	01:02:06
52	Jacki	Kent	9	Female	H		00:09:17	00:02:18	00:32:24	00:00:54	00:17:22	01:02:17
53	Paul	Pugh	83	Male	G	Tri-Anglia	00:09:11	00:02:22	00:33:28	00:01:54	00:15:25	01:02:22
54	Jake	Wharton	49	Male	A		00:09:23	00:02:01	00:32:50	00:00:33	00:17:37	01:02:27
55	Michael	Pedersen	43	Male	J		00:07:46	00:03:02	00:32:33	00:01:18	00:17:55	01:02:37
56	Andrew	Inglis	101	Male	D		00:08:19	00:01:57	00:45:49	00:00:53	00:06:25	01:03:26
57	Elizabeth	Cahir	18	Female	G		00:09:36	00:03:23	00:31:49	00:00:56	00:17:55	01:03:42
58	Terri	Gead	21	Female	G	Thetford MTB	00:10:31	00:02:19	00:32:46	00:00:59	00:17:08	01:03:45
59	Matthew	Gates	68	Male	H		00:09:38	00:02:01	00:33:22	00:01:22	00:17:36	01:04:02
60	Peter	Andrews	102	Male	D		00:10:02	00:02:14	00:33:54	00:00:36	00:17:14	01:04:03
61	Bryan	Baxter	39	Male	J		00:09:06	00:03:18	00:33:30	00:00:48	00:17:21	01:04:06
62	Miles	Marchment	92	Male	F		00:08:11	00:03:20	00:33:17	00:01:08	00:18:12	01:04:11
63	Louise	Mayer	13	Female	H		00:08:36	00:03:10	00:32:24	00:00:52	00:19:11	01:04:16
64	Philippa	Rudd	8	Female	I	Tri-Anglia	00:11:06	00:02:52	00:34:56	00:00:50	00:14:53	01:04:39
65	Amy	Barton	30	Female	D	Tri Anglia	00:09:00	00:02:44	00:33:47	00:01:26	00:17:43	01:04:43
66	Louise	Duxbury	24	Female	F		00:09:36	00:02:49	00:34:06	00:00:58	00:17:34	01:05:04
67	Stephen	Denman	103	Male	D		00:09:31	00:02:46	00:31:38	00:00:56	00:20:34	01:05:28
68	Jonathan	Davies	58	Male	I	Born2Tri	00:08:57	00:01:42	00:33:32	00:01:39	00:19:55	01:05:47
69	Karen	Wyllie	16	Female	H	Tri-Anglia	00:08:29	00:02:10	00:34:23	00:00:54	00:20:21	01:06:20
70	Carlene	Chambers	26	Female	E		00:08:13	00:03:02	00:34:43	00:00:58	00:19:43	01:06:41
71	Paula	Lawn	10	Female	H		00:10:32	00:02:24	00:32:38	00:02:40	00:18:29	01:06:45

72	Oliver	James	79	Male	G		00:10:45	00:02:25	00:37:58	00:01:08	00:15:52	01:08:11
73	Ben	Watts	96	Male	E		00:10:32	00:05:01	00:35:30	00:01:16	00:16:04	01:08:26
74	Lesley	Linden	42	Male	J		00:10:31	00:02:38	00:37:40	00:00:56	00:17:14	01:09:02
75	Jocelyn	Wallace	107	Female	D		00:13:46	00:01:56	00:35:21	00:01:13	00:17:00	01:09:19
76	Debbie	Newstead	11	Female	H		00:11:56	00:02:26	00:38:30	00:00:43	00:16:06	01:09:44
77	Vicky	Donlon	29	Female	E		00:13:10	00:02:35	00:37:52	00:01:41	00:15:19	01:10:41
78	Belinda	Sears	4	Female	K		00:11:04	00:03:29	00:37:57	00:01:21	00:17:03	01:10:57
79	Sarah	Gaches	23	Female	F		00:12:18	00:02:19	00:36:36	00:01:02	00:19:07	01:11:25
80	Seonaid	Brooks	2	Female	L		00:12:04	00:03:12	00:34:11	00:02:23	00:19:53	01:11:45
81	Samuel	Harris	93	Male	F		00:11:25	00:03:41	00:33:43	00:03:29	00:22:31	01:14:51
82	Elsbeth	Gibson	5	Female	J		00:12:27	00:04:31	00:37:46	00:01:24	00:19:40	01:15:51
83	Caren	Elvin	19	Female	G		00:13:40	00:02:40	00:42:44	00:00:46	00:18:15	01:18:07
84	Damian	Weare	40	Male	J		00:13:48	00:02:27	00:33:18	00:02:22	00:26:44	01:18:42
85	Wendy	Kelf	6	Female	J		00:11:41	00:03:38	00:38:52	00:01:57	00:23:09	01:19:20
86	Nicola	Watson	12	Female	H		00:13:15	00:03:35	00:40:37	00:01:13	00:21:06	01:19:48
87	Sarah	King	15	Female	H		00:10:06	00:02:56	00:46:39	00:01:31	00:20:18	01:21:33
88	Christine	Duxbury	3	Female	K		00:10:26	00:04:03	00:42:22	00:01:25	00:23:15	01:21:34
89	Sam	Watson	100	Male	D		00:12:08	00:03:42	00:46:31	00:01:18	00:19:20	01:23:02
90	Victoria	Cook	22	Female	F	Tri-Anglia	00:19:08	00:02:21	00:42:39	00:00:58	00:21:06	01:26:14
91	Bromley	Christine	1	Female	L		00:11:30	00:05:51	00:44:18	00:01:29	00:24:23	01:27:32
92	Bromley	Peter	34	Male	L		00:11:33	00:08:07	00:42:04	00:02:49	00:27:15	01:31:51
	Graeme	Bell	91	Male	F		00:07:57	00:02:32				DNF
	Keith	Nicholls	35	Male	L		00:11:50	00:04:59	00:31:38			DNF