POS	BIB	Cat	Forename	Surename	Club	Sex	Swim	Bike	Run	Total
1	3	30-39	Tony	Robinson	Tri-Anglia	Male	0:06:10	0:32:01	0:11:39	0:49:50
2	104	20-29	Lee	Cook	Rock Estate	Male	0:06:53	0:32:06	0:12:19	0:51:18
3	14	30-39	Gavin	Barron	Tri-Anglia	Male	0:06:48	0:32:50	0:12:34	0:52:12
4	115	15-19	George	Stannard	Rock Estate	Male	0:04:46	0:34:12	0:13:19	0:52:17
5	124	40-49	Chris	Guy	Iceni Velo	Male	0:07:01	0:31:35	0:14:20	0:52:56
6	132	20-29	David	Pennington	Pennington Optics	Male	0:05:02	0:34:54	0:13:05	0:53:01
7	12	30-39	Becky	Schofield	Tri-Anglia	Female	0:06:46	0:33:25	0:13:12	0:53:23
8	44	30-39	Adrian	Ball		Male	0:06:48	0:33:19	0:13:36	0:53:43
9	107	30-39	Phil	Denby	Tri-Anglia	Male	0:06:40	0:33:12	0:13:56	0:53:48
10	105	20-29	Jay	Lingwood		Male	0:05:28	0:35:05	0:13:15	0:53:48
11	131	30-39	Alexander	Pennington	Pennington Optics	Male	0:05:29	0:34:37	0:14:03	0:54:09
12	96	40-49	Raphael	Sanelli	Tri-Anglia	Male	0:06:17	0:34:48	0:13:43	0:54:48
13	125	40-49	Ben	Nicholson	Fuerte Bici	Male	0:07:39	0:32:30	0:15:02	0:55:11
14	85	30-39	Graham	Coulter	Diss AC	Male	0:07:42	0:33:30	0:14:00	0:55:12
15	4	50-59	Roland	Shaw	Tri-Anglia	Male	0:07:16	0:34:13	0:14:11	0:55:40
16	114	20-29	Andrew	Mulligan	Coltishall jaguars	Male	0:07:33	0:36:19	0:12:02	0:55:54
17	102	15-19	Matthew	Wileman	City of Norwich Triathlon Club	Male	0:05:31	0:37:28	0:13:09	0:56:08
18	69	20-29	Ben	Davies	Swansea University Tri Team	Male	0:05:26	0:36:29	0:14:26	0:56:21
19	51	30-39	Dale	Skoulding		Male	0:07:25	0:34:47	0:14:45	0:56:57
20	120	50-59	Paul	Horsley		Male	0:07:53	0:34:52	0:14:40	0:57:25
21	97	20-29	John	Battrick		Male	0:07:49	0:37:24	0:12:13	0:57:26
22	33	30-39	Richard	Gill		Male	0:06:40	0:36:32	0:14:25	0:57:37
23	18	20-29	Laura	Hicks		Female	0:07:03	0:36:21	0:14:24	0:57:48
24	74	30-39	Matthew	Hicks	Strada sport	Male	0:06:23	0:34:49	0:16:45	0:57:57
25	133	20-29	Sam	Barham		Male	0:06:36	0:36:54	0:14:35	0:58:05
26	72	30-39	Nolan	Tovell		Male	0:07:17	0:36:23	0:14:34	0:58:14
27	42	20-29	Callum	Towler		Male	0:06:17	0:36:16	0:15:49	0:58:22
28	29	20-29	James	Maycock		Male	0:06:11	0:37:33	0:14:41	0:58:25
29	7	40-49	Steve	Bird	Tri-Anglia	Male	0:07:43	0:36:40	0:14:08	0:58:31
30	119	40-49	Julia	Jepson	Human Performance Unit	Female	0:06:40	0:36:43	0:15:16	0:58:39
31	118	15-19	Sybren	Hoogland		Male	0:06:53	0:36:50	0:15:00	0:58:43
32	117	15-19	William	Moorhouse		Male	0:07:23	0:37:05	0:14:20	0:58:48
33	92	20-29	Jonathan	Priestley		Male	0:06:18	0:37:33	0:14:59	0:58:50
34	27	30-39	Nathan	Slater	Bungay Black Dog RC	Male	0:07:51	0:37:39	0:13:26	0:58:56
35	81	40-49	Michael	Hall		Male	0:07:37	0:37:21	0:14:11	0:59:09
36	70	30-39	Jon	Wetherell		Male	0:06:50	0:38:04	0:14:42	0:59:36
37	8	40-49	Stuart	Mann	Tri-Anglia	Male	0:07:45	0:36:19	0:15:41	0:59:45
38	9	50-59	Stephen	Church		Male	0:07:59	0:37:59	0:13:56	0:59:54
39	25	40-49	Geoffrey	Reeves		Male	0:07:26	0:36:16	0:16:21	1:00:03
40	54	30-39	Clayton	Moore		Male	0:08:06	0:38:54	0:13:07	1:00:07
41	6	30-39	David	Jones	Tri-Anglia	Male	0:08:22	0:37:41	0:14:20	1:00:23
42	136	20-29	Martin	Reeve		Male	0:07:35	0:38:37	0:14:28	1:00:40
43	26	30-39	Marcus	Nichols	Bungay Black Dog RC	Male	0:05:55	0:38:03	0:16:47	1:00:45
44	135	40-49	Matt	Hardy	Wymondham AC	Male	0:08:17	0:38:10	0:14:22	1:00:49
45	88	30-39	Cassie	Medley		Female	0:07:06	0:38:54	0:15:07	1:01:07
46	46	40-49	Stanley	Swanepoel	Tri-Anglia	Male	0:08:13	0:39:01	0:13:54	1:01:08
47	5	40-49	Lisa	I'Anson	Tri-Anglia	Female	0:07:42	0:38:34	0:14:55	1:01:11
48	89	50-59	John	Grayston		Male	0:06:48	0:37:10	0:17:35	1:01:33
49	40	15-19	Catherine	Lee	City of Norwich Triathlon Club	Female	0:06:07	0:40:58	0:14:37	1:01:42
50	39	20-29	Thomas	Durrell		Male	0:08:51	0:38:30	0:14:27	1:01:48
51	76	30-39	Wayne	Tilbury-Larter	Framlingham Flyers	Male	0:07:10	0:39:49	0:15:22	1:02:21
52	128	30-39	Matthew	Buckoke	Norfolk Police Triathlon Club	Male	0:08:40	0:39:43	0:14:15	1:02:38
53	123	20-29	Stuart	Kinton		Male	0:08:58	0:39:14	0:14:28	1:02:40
54	41	30-39	Richard	Allerton		Male	0:07:06	0:37:57	0:17:38	1:02:41
55	108	40-49	John	Scott		Male	0:08:15	0:39:21	0:15:27	1:03:03
56	134	30-39	Ian	Power	Tri-Anglia	Male	0:08:15	0:38:38	0:16:29	1:03:22
57	109	20-29	Anna	Wighton		Female	0:06:30	0:39:42	0:17:15	1:03:27
58	86	40-49	Mark	Elflett	Lowestoft Road Runners	Male	0:09:37	0:39:00	0:15:08	1:03:45
59	99	20-29	Rob	Thornton		Male	0:08:11	0:41:05	0:14:35	1:03:51
60	82	30-39	James	Hudson		Male	0:05:48	0:43:43	0:14:37	1:04:08
61	75	15-19	Eric	Chapman	Tri-Anglia	Male	0:07:13	0:42:13	0:15:07	1:04:33
62	77	20-29	Kasia	Urbaniak		Female	0:08:16	0:40:37	0:15:50	1:04:43
63	10	40-49	Gary	Hazelden		Male	0:08:02	0:40:33	0:16:14	1:04:49
64	98	30-39	Grant	King		Male	0:07:37	0:40:11	0:17:07	1:04:55
65	122	20-29	Chris	Keating		Male	0:08:42	0:39:43	0:16:35	1:05:00
66	78	30-39	Lynsey	Dunne	Tri-Anglia	Female	0:06:42	0:41:24	0:17:00	1:05:06
67	49	30-39	Michael	Frere		Male	0:08:53	0:42:32	0:13:42	1:05:07
68	65	40-49	Ian	Lowe		Male	0:05:59	0:40:49	0:18:32	1:05:20
69	93	20-29	Neil	Wakefield		Male	0:08:45	0:38:36	0:18:15	1:05:36
70	52	20-29	David	Skinner		Male	0:08:42	0:41:26	0:15:40	1:05:48
71	30	50-59	Paul	Lewis	Team VeloVelocity	Male	0:11:30	0:38:45	0:15:33	1:05:48
72	87	40-49	Elayne	Hilton	Lowestoft Road Runners	Female	0:08:29	0:40:51	0:16:31	1:05:51
73	130	30-39	Kevin	Gribben		Male	0:08:48	0:41:42	0:15:24	1:05:54
74	43	20-29	Paul	Jackson		Male	0:07:09	0:42:13	0:16:49	1:06:11
75	45	40-49	Diane	Swanepoel	Tri-Anglia	Female	0:06:35	0:43:25	0:16:28	1:06:28
76	53	50-59	Simon	Palmer	Ipswich Triathlon Club	Male	0:08:28	0:39:02	0:19:17	1:06:47
77	1	40-49	Sue	Flute	Tri-Anglia	Female	0:07:19	0:42:11	0:17:19	1:06:49
78	16	40-49	Sarah	Vick	The Saxons	Female	0:10:05	0:41:33	0:15:20	1:06:58
79	59	40-49	Della	Brown	Tri-Anglia	Female	0:08:22	0:42:38	0:16:08	1:07:08
80	13	30-39	Laura	Gaffaney	Tri-Anglia/Norfolk Police Triathlon Club	Female	0:09:27	0:41:04	0:16:42	1:07:13
81	36	15-19	Danny	Beck		Male	0:06:39	0:43:35	0:17:09	1:07:23
82	38	30-39	Jennifer	Bettinson	Tri-Anglia	Female	0:07:23	0:42:49	0:17:27	1:07:39
83	24	40-49	Carl	Fisher		Male	0:08:36	0:43:06	0:16:09	1:07:51
84	84	30-39	Ben	Andrews		Male	0:06:20	0:45:01	0:16:42	1:08:03
85	90	20-29	Andrew	Lillycrop		Male	0:08:10	0:43:51	0:16:17	1:08:18
86	129	20-29	Rebecca	Elmy		Female	0:08:57	0:41:49	0:18:19	1:09:05
87	11	30-39	Gillian	Bidle	Tri-Anglia	Female	0:07:20	0:43:31	0:18:31	1:09:22
88	73	40-49	Michael	Pullen		Male	0:08:37	0:42:11	0:18:40	1:09:28
89	28	50-59	Carol	Maycock	Bungay Black Dog RC	Female	0:08:13	0:43:24	0:17:57	1:09:34
90	66	50-59	Sue	Smith	Tri-Anglia	Female	0:06:53	0:45:45	0:17:18	1:09:56
91	61	40-49	Marie	Frary		Female	0:07:39	0:44:47	0:17:38	1:10:04
92	67	30-39	Antonio	Villena- Lincoln		Male	0:06:58	0:45:03	0:18:06	1:10:07
93	100	40-49	Tim	Baillie		Male	0:09:09	0:43:21	0:17:47	1:10:17
94	101	60+	Iain	White	Tri-Anglia	Male	0:08:26	0:43:57	0:18:07	1:10:30
95	56	40-49	Susan	Wright	Bungay Black Dog RC	Female	0:07:48	0:44:01	0:18:50	1:10:39
96	23	30-39	Rachael	Pryce		Female	0:07:22	0:43:27	0:20:03	1:10:52
97	126	20-29	Amanda	Mason		Female	0:08:32	0:43:55	0:18:28	1:10:55
98	71	30-39	Sarah	Cassels		Female	0:07:30	0:45:37	0:17:51	1:10:58
99	116	30-39	Chris	Davies		Male	0:08:40	0:46:45	0:15:33	1:10:58
100	91	60+	Dennis	Freeman		Male	0:10:34	0:43:06	0:17:49	1:11:29
101	112	40-49	Ruth	Lutz	Diss CC	Female	0:09:32	0:42:43	0:19:15	1:11:30
102	63	40-49	David	Eastaugh		Male	0:09:17	0:46:22	0:15:52	1:11:31
103	83	50-59	Jane	Blackwell	Tri-Anglia	Female	0:06:40	0:42:51	0:22:23	1:11:54
104	80	20-29	Lauren	Harris		Female	0:06:21	0:47:48	0:17:51	1:12:00
105	47	50-59	Matthew	Stearn		Male	0:08:54	0:45:54	0:17:17	1:12:05
106	62	30-39	Adrian	Green		Male	0:08:05	0:42:31	0:21:56	1:12:32
107	60	40-49	Heidi	Palmer	Tri-Anglia	Female	0:08:45	0:45:38	0:18:11	1:12:34
108	35	40-49	Joanne	Flegg	Tri-Anglia	Female	0:08:50	0:44:05	0:19:42	1:12:37
109	57	60+	Keith	Broxton		Male	0:10:04	0:46:00	0:16:54	1:12:58
110	68	40-49	Christine	Frazer		Female	0:10:23	0:42:33	0:20:03	1:12:59
111	55	30-39	Melanie	Chaplin	Tri-Anglia	Female	0:11:27	0:42:01	0:19:31	1:12:59
112	95	20-29	Christine	Bakker		Female	0:08:16	0:47:21	0:18:39	1:14:16
113	2	20-29	Emily	Blakesley	Tri-Anglia	Female	0:09:08	0:46:06	0:19:24	1:14:38
114	113	30-39	Gemma	Francis		Female	0:12:37	0:45:04	0:17:24	1:15:05
115	48	30-39	Charlene	Gavazzi		Female	0:06:16	0:51:17	0:18:56	1:16:29
116	106	15-19	Eleanor	Morton	Bungay Black Dog RC	Female	0:10:10	0:48:14	0:18:56	1:17:20
117	111	40-49	Geraldine	Jordan		Female	0:09:37	0:50:21	0:17:25	1:17:23
118	94	20-29	Jenny	Julian	Tri-Anglia	Female	0:06:47	0:49:09	0:21:47	1:17:43
119	17	60+	Mike	Hill		Male	0:08:36	0:49:34	0:19:48	1:17:58
120	127	30-39	Kate	Leeson		Female	0:10:19	0:51:37	0:16:33	1:18:29
121	20	60+	Frank	Ellis	Tri-Anglia	Male	0:09:08	0:49:31	0:20:01	1:18:40
122	50	30-39	Mark	Marsh		Male	0:08:51	0:50:38	0:19:43	1:19:12
123	58	40-49	Maxine	Reed	Tri-Anglia	Female	0:10:38	0:48:13	0:21:05	1:19:56
124	110	40-49	Annabel	Harris		Female	0:09:56	0:51:43	0:19:13	1:20:52
125	31	60+	Gordon	Merfield	The Saxons	Male	0:09:22	0:45:27	0:26:04	1:20:53
126	37	20-29	Emma	Gray		Female	0:09:51	0:51:48	0:21:33	1:23:12
127	32	30-39	Alison	Johnson	Tri-Anglia	Female	0:12:45	0:47:44	0:23:08	1:23:37
128	121	50-59	Paul	Corder		Male	0:09:54	0:51:34	0:22:21	1:23:49
129	64	40-49	Paul	Kroon		Male	0:12:31	0:48:35	0:23:28	1:24:34
130	79	30-39	Emily	Barclay	Tri-Anglia	Female	0:10:36	0:51:35	0:24:14	1:26:25
131	103	50-59	Penny	Powell	Tri-Anglia	Female	0:12:18	0:55:23	0:24:04	1:31:45
132	21	60+	Jane	Ellis		Female	0:09:17	0:59:05	0:24:29	1:32:51
133	34	20-29	Rebecca	DeMott		Female	0:07:38	1:07:51	0:20:31	1:36:00
134	15	60+	Wendy	Merfield	The Saxons	Female	0:20:31	0:59:03	0:26:09	1:45:43
135	22	40-49	Adebayo	Osobe	Greenwich Tritons	Male	0:10:45	1:17:49	0:19:46	1:48:20
136	19	60+	Peter	Bromley		Male	0:14:23	1:02:52	0:33:09	1:50:24

POS	BIB	Cat	Forename	Surename	Club	Sex	Swim	Bike	Run	Total
1	3	30-39	Tony	Robinson	Tri-Anglia	Male	0:06:10	0:32:01	0:11:39	0:49:50
2	104	20-29	Lee	Cook	Rock Estate	Male	0:06:53	0:32:06	0:12:19	0:51:18
3	14	30-39	Gavin	Barron	Tri-Anglia	Male	0:06:48	0:32:50	0:12:34	0:52:12
1	12	30-39	Becky	Schofield	Tri-Anglia	Female	0:06:46	0:33:25	0:13:12	0:53:23
2	18	20-29	Laura	Hicks		Female	0:07:03	0:36:21	0:14:24	0:57:48
3	119	40-49	Julia	Jepson	Human Performance Unit	Female	0:06:40	0:36:43	0:15:16	0:58:39
	115	15-19	George	Stannard	Rock Estate	Male	0:04:46	0:34:12	0:13:19	0:52:17
	132	20-29	David	Pennington	Pennington Optics	Male	0:05:02	0:34:54	0:13:05	0:53:01
	44	30-39	Adrian	Ball		Male	0:06:48	0:33:19	0:13:36	0:53:43
	124	40-49	Chris	Guy	Iceni Velo	Male	0:07:01	0:31:35	0:14:20	0:52:56
	4	50-59	Roland	Shaw	Tri-Anglia	Male	0:07:16	0:34:13	0:14:11	0:55:40
	101	60+	Iain	White	Tri-Anglia	Male	0:08:26	0:43:57	0:18:07	1:10:30
	40	15-19	Catherine	Lee	City of Norwich Triathlon Club	Female	0:06:07	0:40:58	0:14:37	1:01:42
	109	20-29	Anna	Wighton		Female	0:06:30	0:39:42	0:17:15	1:03:27
	88	30-39	Cassie	Medley		Female	0:07:06	0:38:54	0:15:07	1:01:07
	5	40-49	Lisa	I'Anson	Tri-Anglia	Female	0:07:42	0:38:34	0:14:55	1:01:11
	28	50-59	Carol	Maycock	Bungay Black Dog RC	Female	0:08:13	0:43:24	0:17:57	1:09:34
	21	60+	Jane	Ellis		Female	0:09:17	0:59:05	0:24:29	1:32:51