

Pos	M/F Pos.	No	Name	Surname	Cat	Age Group	Club	Run 1 (incl. T1)	Pos.	Bike (incl. T2)	Pos.	Finish	Run 2	Pos.	Total
1	1	15	Ben	Findlay	Male	Senior		00:13:17	5	00:32:28	1	00:52:57	00:07:12	3	00:52:57
2	2	35	Carl	Prewer	Male	M40-44	Lowestoft Road Runners	00:12:03	1	00:34:41	4	00:53:10	00:06:26	1	00:53:10
3	3	9	Lee	Cook	Male	Senior	Rock Estate	00:13:05	4	00:33:12	2	00:53:27	00:07:10	2	00:53:27
4	4	16	Dan	Foster	Male	M45-49		00:13:28	6	00:33:57	3	00:54:38	00:07:13	4	00:54:38
5	5	27	Jay	Lingwood	Male	Senior	Rock Estate	00:13:51	7	00:35:33	6	00:56:44	00:07:20	5	00:56:44
6	6	34	Andrew	Pipe	Male	Senior	ROKtri	00:15:05	13	00:35:09	5	00:58:28	00:08:14	11	00:58:28
7	7	36	Allen	Bushell	Male	M40-44		00:14:40	10	00:35:47	7	00:58:49	00:08:22	14	00:58:49
8	8	48	Rob	Thornton	Male	Senior	Tri-Anglia	00:12:58	3	00:38:30	12	00:59:01	00:07:33	6	00:59:01
9	9	21	Mick	Glynn	Male	M45-49		00:14:22	8	00:36:55	9	00:59:17	00:08:00	8	00:59:17
10	10	1	Simon	Asher	Male	Senior	Bungay Black Dog	00:15:16	15	00:36:03	8	00:59:40	00:08:21	13	00:59:40
11	11	17	Alfie	Foster	Male	Junior		00:12:30	2	00:39:51	17	01:00:19	00:07:58	7	01:00:19
12	12	7	Tom	Collier	Male	Senior	Lowestoft Road Runners	00:15:34	17	00:37:28	11	01:01:07	00:08:05	9	01:01:07
13	13	19	Gary	Fryer	Male	Senior	Tri Anglia	00:15:35	18	00:37:07	10	01:01:35	00:08:53	17	01:01:35
14	14	3	Rick	Berry	Male	Senior	Human Performance Unit	00:14:51	11	00:38:49	13	01:02:20	00:08:40	15	01:02:20
15	15	51	Jon	Wetherell	Male	M40-44		00:15:13	14	00:39:16	15	01:02:49	00:08:20	12	01:02:49
16	16	39	Sean	Sampson	Male	M45-49		00:15:29	16	00:38:50	14	01:03:27	00:09:08	23	01:03:27
17	17	44	Matthew	Sutton	Male	Senior	great yarmouth road runners	00:14:32	9	00:41:05	19	01:03:47	00:08:10	10	01:03:47
18	1	40	Kate	Scotter	Female	Senior	Tri-Anglia	00:16:32	22	00:39:59	18	01:05:13	00:08:42	16	01:05:13
19	18	28	Kyle	Long	Male	Senior		00:15:02	12	00:42:10	23	01:06:13	00:09:01	20	01:06:13
20	19	46	Martyn	Taylor	Male	M45-49		00:16:27	21	00:41:14	21	01:06:37	00:08:56	18	01:06:37
21	20	14	Mark	Elflett	Male	M50-54	lowestoft road runners	00:16:45	24	00:41:08	20	01:06:59	00:09:06	22	01:06:59
22	21	26	Paul	Kemp	Male	M50-54		00:16:49	25	00:41:37	22	01:07:42	00:09:16	25	01:07:42
23	22	31	A J	Norman	Male	M50-54		00:19:04	35	00:39:28	16	01:08:50	00:10:18	32	01:08:50
24	23	8	Darren	Collison	Male	M40-44		00:16:24	19	00:44:17	25	01:09:54	00:09:13	24	01:09:54
25	24	10	Stephen	Dalton	Male	M45-49		00:18:39	32	00:43:03	24	01:12:07	00:10:25	35	01:12:07
26	2	25	Carly	Jermy	Female	Senior		00:17:06	26	00:46:55	26	01:13:04	00:09:03	21	01:13:04
27	25	24	Warren	Hytch	Male	M40-44	waveney valley AC	00:17:32	28	00:47:24	27	01:13:55	00:08:59	19	01:13:55

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28	26	32	Antony	Norris	Male	M40-44		00:16:26	20	00:49:40	29	01:16:24	00:10:18	34	01:16:24
29	27	2	Robert	Belcher	Male	M55-59		00:18:58	34	00:48:09	28	01:17:42	00:10:35	36	01:17:42
30	28	42	Martin	Stacey	Male	M55-59		00:18:26	31	00:50:04	30	01:18:41	00:10:11	31	01:18:41
31	29	50	Ian	Tooley	Male	M50-54	Yarmouth Road Runners	00:17:54	29	00:50:57	31	01:18:57	00:10:06	30	01:18:57
32	3	45	Victoria	Swanston	Female	Senior		00:17:22	27	00:52:46	33	01:19:49	00:09:41	27	01:19:49
33	4	29	Helen	Martin	Female	Senior		00:18:09	30	00:52:09	32	01:20:36	00:10:18	33	01:20:36
34	5	18	Anna	Frostwick	Female	Senior	Tri-anglia Triathlon Club	00:18:42	33	00:56:26	35	01:24:52	00:09:44	28	01:24:52
35	6	6	Debbie	Bowers	Female	Senior		00:20:28	38	00:55:40	34	01:27:56	00:11:48	38	01:27:56
36	7	49	Cathy	Tooley	Female		Yarmouth Road Runners	00:19:08	36	01:00:12	36	01:29:23	00:10:03	29	01:29:23
37	8	33	Kezia	Norris	Female	Junior		00:16:33	23	01:04:38	38	01:30:49	00:09:38	26	01:30:49
38	9	41	Sue	Smith	Female	F50-54	Tri-anglia	00:20:19	37	01:03:02	37	01:33:56	00:10:35	37	01:33:56