

Pos	Name	RaceNo	GenCateg	Club	Time	GenderPos	CategPos	Swim	T1	Cycle	T2	Run
1	Iain Robertson	141	M30-39	Tri Harder	0:46:06		1	1 0:05:35	0:00:52	0:27:58	0:00:49	0:10:49
2	Piers Arnold	142	M20-29	Tri-Anglia	0:47:49		2	1 0:05:46	0:00:30	0:30:07	0:00:31	0:10:53
3	Sam Proctor	24	M20-29	TriHarder	0:48:26		3	2 0:05:26	0:00:19	0:30:38	0:00:34	0:11:26
4	Iain Dawson	98	M30-39	Tri-Anglia	0:48:57		4	2 0:06:22	0:00:41	0:28:05	0:00:37	0:13:10
5	Tony Robinson	123	M30-39	Tri-Anglia	0:50:34		5	3 0:05:58	0:00:28	0:31:32	0:00:43	0:11:51
6	Simon Brierey	144	M30-39	Tri-Anglia	0:51:02		6	4 0:05:54	0:00:50	0:29:40	0:00:34	0:14:01
7	Mark Nowell	89	M50-59	Tri-Anglia	0:52:22		7	1 0:05:54	0:00:27	0:31:02	0:00:42	0:14:15
8	Philip Denby	128	M30-39		0:52:27		8	5 0:06:16	0:00:58	0:31:02	0:00:39	0:13:29
9	James Maycock	9	M20-29	bungay black dog running club	0:54:19		9	3 0:06:19	0:00:25	0:34:29	0:00:44	0:12:19
10	Becky Schofield	122	F30-39	Tri-Anglia	0:54:33		1	1 0:07:16	0:00:20	0:33:10	0:00:30	0:13:13
11	Rob Lines	17	M40-49	Tri-Anglia	0:54:48		10	1 0:05:58	0:00:49	0:33:17	0:00:35	0:14:07
12	Craig Charnley	111	M30-39	Tri-Anglia	0:55:10		11	6 0:06:58	0:00:50	0:31:26	0:00:46	0:15:07
13	Richard Gill	46	M30-39	Tri-Anglia	0:55:18		12	7 0:06:14	0:00:40	0:33:55	0:00:50	0:13:37
14	Mark Philo	143	M40-49	Tri-Anglia	0:55:46		13	2 0:07:41	0:00:46	0:33:04	0:00:39	0:13:33
15	Leigh Butcher	135	M30-39	Lowestoft Road Runners	0:55:57		14	8 0:07:03	0:00:51	0:33:52	0:00:59	0:13:09
16	Dale Skoulding	100	M30-39		0:56:08		15	9 0:07:17	0:00:33	0:33:26	0:00:35	0:14:12
17	Adam Knights	115	M40-49	Tri-Anglia	0:56:10		16	3 0:05:41	0:01:06	0:34:42	0:00:56	0:13:42
18	Raphael Sanelli	125	M40-49	Tri-Anglia	0:56:28		17	4 0:06:42	0:00:57	0:34:51	0:00:46	0:13:09
19	Matt Wileman	107	M16-19	Tri-Anglia	0:56:49		18	1 0:05:40	0:00:38	0:36:48	0:00:25	0:13:16
20	Steve Konrad	1	M40-49		0:57:02		19	5 0:08:28	0:00:53	0:31:33	0:00:51	0:15:13
21	Rob Borrett	80	M20-29		0:57:17		20	4 0:08:05	0:00:38	0:35:16	0:00:32	0:12:43
22	Marcus Sladden	11	M16-19	bungay black dog running club	0:57:46		21	2 0:06:33	0:00:45	0:37:40	0:00:41	0:12:04
23	Chris Hall	55	M30-39	bungay black dog running club	0:57:59		22	10 0:05:37	0:00:44	0:37:06	0:00:51	0:13:38
24	Mark Caddy	121	M20-29	RAF Triathlon	0:58:11		23	5 0:07:13	0:01:09	0:34:48	0:00:50	0:14:07
25	John Scott	126	M40-49		0:58:18		24	6 0:07:47	0:00:52	0:34:10	0:00:47	0:14:39
26	Marcus Nichols	8	M30-39	bungay black dog running club	0:58:21		25	11 0:06:03	0:00:40	0:36:03	0:00:44	0:14:49
27	Tim Dafforn	117	M30-39		0:58:25		26	12 0:07:24	0:01:04	0:33:40	0:00:51	0:15:23
28	Carrie Farris	2	F40-49		0:58:28		2	1 0:05:16	0:01:10	0:37:16	0:00:47	0:13:55
29	Joshua White	56	M20-29		0:58:28		27	6 0:05:45	0:00:51	0:36:00	0:00:49	0:15:01
30	Paul Hayward	134	M30-39	Rock Estate / GYCC	0:58:29		28	13 0:09:30	0:00:40	0:32:42	0:00:37	0:14:57
31	David Husband	7	M30-39	Bungay Black Dog	0:58:36		29	14 0:06:30	0:00:57	0:36:40	0:00:41	0:13:45
32	Andrew Pond	139	M40-49	Tri-Anglia	0:58:54		30	7 0:07:16	0:01:26	0:35:48	0:01:08	0:13:14
33	Richard Allerton	51	M30-39		0:58:55		31	15 0:07:11	0:00:34	0:36:25	0:00:25	0:14:17
34	Ben Symington	79	M30-39	Tri-Anglia	0:58:58		32	16 0:07:51	0:00:42	0:33:55	0:00:51	0:15:36
35	Darren Moore	86	M30-39		0:59:03		33	17 0:07:10	0:00:49	0:36:31	0:00:50	0:13:41
36	Danny Beck	15	M16-19		0:59:46		34	3 0:06:25	0:00:46	0:38:12	0:00:42	0:13:38
37	Paul Scibilia	16	M40-49	Tri-Anglia	1:00:23		35	8 0:06:33	0:01:01	0:36:16	0:00:43	0:15:47
38	Mark Austin	47	M30-39		1:00:30		36	18 0:07:14	0:00:49	0:36:49	0:00:35	0:15:00
39	David Francis	91	M30-39		1:00:37		37	19 0:07:30	0:01:23	0:35:59	0:01:11	0:14:31
40	Graham Dawdry	82	M30-39		1:00:42		38	20 0:09:13	0:00:59	0:35:34	0:00:53	0:13:59
41	Andy Tomlin	19	M20-29	VC Norwich	1:00:57		39	7 0:08:42	0:00:39	0:34:55	0:00:49	0:15:50
42	Matthew Buckoke	127	M30-39	Norfolk Police Triathlon Club	1:00:59		40	21 0:08:38	0:01:07	0:36:24	0:00:51	0:13:57
43	Nicole Beck	14	F20-29	Tri-Anglia	1:01:00		3	1 0:06:48	0:00:40	0:37:45	0:00:54	0:14:49
44	James Oxbury	50	M30-39		1:01:09		41	22 0:06:57	0:00:59	0:35:19	0:00:48	0:17:04
45	Mark Tunnicliffe	75	M20-29		1:01:28		42	8 0:07:57	0:00:50	0:36:05	0:00:54	0:15:41
46	Simon Proctor	25	M50-59	tri Harder	1:01:36		43	2 0:06:10	0:00:51	0:37:03	0:00:52	0:16:37
47	Tom Collier	136	M30-39	Lowestoft Road Runners	1:01:40		44	23 0:08:14	0:01:14	0:37:47	0:00:25	0:13:56
48	Lee Hall	106	M30-39		1:01:41		45	24 0:07:06	0:00:50	0:34:59	0:00:40	0:18:03
49	Graeme Biggins	71	M30-39	Blackwater Tri	1:01:59		46	25 0:07:03	0:01:13	0:36:45	0:01:08	0:15:47
50	Dave Lines	18	M40-49	Tri-Anglia	1:02:03		47	9 0:06:30	0:01:59	0:37:14	0:00:25	0:15:52
51	Lewis Ablett	70	M20-29	Tri-Anglia	1:02:11		48	9 0:08:29	0:01:03	0:38:14	0:00:54	0:13:28
52	James Ivory	85	M40-49		1:02:23		49	10 0:09:10	0:01:12	0:35:36	0:01:04	0:15:18
53	Ben Cranfield	81	M30-39		1:02:58		50	26 0:08:03	0:00:37	0:37:12	0:01:21	0:15:41
54	Scott Williams	40	M20-29	Stowmarket Striders RC	1:03:03		51	10 0:10:23	0:00:48	0:37:42	0:00:55	0:13:13
55	Tom Symington	78	M20-29		1:03:13		52	11 0:07:44	0:00:54	0:38:50	0:00:43	0:14:59
56	Thomas Livermore	87	M30-39	bungay black dog running club	1:03:16		53	27 0:07:46	0:00:47	0:36:41	0:00:59	0:16:59
57	Vince Cox	133	M40-49	Tri-Anglia	1:03:18		54	11 0:08:38	0:00:36	0:36:40	0:00:56	0:16:25
58	Martin Gooderham	138	M20-29	Tri-Anglia	1:03:21		55	12 0:07:39	0:00:57	0:38:38	0:00:49	0:15:15
59	Wayne Read	93	M40-49		1:03:23		56	12 0:08:03	0:00:57	0:37:33	0:00:54	0:15:52
60	Darrell Oldman	116	M40-49	Bungay Black Dog	1:03:26		57	13 0:08:57	0:01:30	0:37:03	0:01:07	0:14:46
61	Alex Saywood	137	M20-29		1:03:38		58	13 0:10:33	0:01:14	0:38:16	0:00:29	0:13:03
62	Rachel Holman	124	F30-39		1:03:54		4	2 0:08:02	0:00:55	0:38:19	0:00:56	0:15:39
63	Mark Elflett	108	M50-59	Lowestoft Road Runners	1:04:05		59	3 0:09:07	0:01:09	0:38:01	0:00:37	0:15:07
64	Chris Blincoe	104	M30-39		1:04:07		60	28 0:06:51	0:00:49	0:39:22	0:00:27	0:16:34
65	Victoria Grice	38	F30-39		1:04:15		5	3 0:06:19	0:00:46	0:39:05	0:01:14	0:16:47
66	Jonathan Tyrrell	59	M40-49	Tri-Anglia	1:04:17		61	14 0:07:10	0:01:07	0:40:45	0:01:20	0:13:54
67	Carl Fisher	34	M40-49	Eagles	1:04:28		62	15 0:08:00	0:01:11	0:38:59	0:00:47	0:15:28
68	Andrew Bailey	23	M40-49	Bbdrclubungay	1:04:32		63	16 0:08:12	0:00:52	0:39:35	0:00:36	0:15:14
69	Paul Lewis	22	M50-59	Team VeloVelocity	1:04:34		64	4 0:10:41	0:01:03	0:36:49	0:01:10	0:14:49
70	Darren Douglass	105	M40-49		1:04:40		65	17 0:08:05	0:00:54	0:37:25	0:01:15	0:16:58
71	Michael Frere	63	M30-39		1:04:48		66	29 0:08:45	0:00:47	0:40:03	0:00:38	0:14:31
72	Robert Chalk	33	M40-49		1:05:03		67	18 0:08:56	0:01:31	0:36:24	0:01:06	0:17:03
73	Stuart Knight	76	M30-39	Tri-Anglia	1:05:18		68	30 0:07:42	0:00:38	0:38:57	0:00:43	0:17:15
74	Stephen Long	114	M50-59		1:05:37		69	5 0:09:01	0:02:34	0:37:49	0:00:37	0:15:34
75	Adam Read	94	M30-39		1:05:50		70	31 0:08:27	0:01:24	0:39:20	0:00:34	0:16:02
76	Sam Cole	57	M40-49	Rock Estate	1:05:57		71	19 0:07:45	0:01:00	0:38:50	0:01:04	0:17:15
77	Gavin Cole	90	M30-39		1:05:58		72	32 0:08:28	0:01:01	0:37:29	0:00:56	0:18:02
78	Anna Frostwick	84	F20-29	Tri-Anglia	1:06:07		6	2 0:06:52	0:00:59	0:41:02	0:00:45	0:16:26
79	Nicholas Brooker	35	M50-59		1:06:14		73	6 0:08:45	0:00:59	0:38:36	0:01:04	0:16:46
80	John Grice	39	M60+	Tri-Anglia	1:06:49		74	1 0:08:13	0:00:58	0:38:24	0:01:01	0:18:10
81	Sue Flute	10	F40-49	Tri-Anglia	1:07:24		7	2 0:07:12	0:01:07	0:41:01	0:00:39	0:17:22
82	Jennifer Bettinson	37	F30-39	Tri-Anglia	1:07:57		8	4 0:07:41	0:00:55	0:41:09	0:00:56	0:17:12
83	Jennifer Townsend	53	F30-39		1:07:59		9	5 0:06:53	0:00:51	0:41:15	0:01:02	0:17:56
84	Elayne Hilton	109	F40-49	Lowestoft Road Runners	1:08:10		10	3 0:08:19	0:01:01	0:41:36	0:00:39	0:16:33
85	Carol Maycock	3	F50-59	bungay black dog running club	1:08:26		11	1 0:08:16	0:01:23	0:40:43	0:00:38	0:17:23
86	Bob Carter	95	M50-59	VC Norwich	1:08:30		75	7 0:09:17	0:01:12	0:38:07	0:01:36	0:18:15
87	Imogen Snelling	101	F30-39		1:08:36		12	6 0:08:34	0:00:58	0:40:03	0:01:25	0:17:33
88	Giles Elliott	61	M30-39		1:08:57		76	33 0:09:16	0:01:48	0:38:50	0:01:31	0:17:30
89	Gary Hazelden	6	M40-49		1:08:59		77	20 0:08:25	0:01:13	0:41:42	0:01:33	0:16:02
90	Tom Edwards	130	M20-29		1:09:27		78	14 0:08:24	0:02:18	0:40:15	0:00:44	0:17:42
91	Nick Aitken	132	M40-49		1:09:28		79	21 0:07:53	0:00:53	0:43:38	0:00:32	0:16:29
92	William Appleby	44	M30-39		1:09:36		80	34 0:06:03	0:00:54	0:42:27	0:00:59	0:19:10
93	Simon Gatenby	67	M30-39		1:09:37		81	35 0:09:52	0:01:26	0:38:56	0:01:19	0:18:01
94	Rob Head	49	M30-39	RAF Honington Band	1:09:42		82	36 0:08:24	0:00:42	0:40:09	0:00:39	0:19:44
95	Oliver Edwards	131	M20-29		1:09:44		83	15 0:09:26	0:			

Waveney Triathlon Records						
Spring Waveney						
Swim	Bike	Run	Total			
00:05:05	00:27:05	00:11:15	00:44:30	2013	Joe Skipper	Tri-Anglia
0:05:45	0:30:30	0:12:46	0:50:00	2012	Andrew Atthowe	Tri-Anglia
0:05:17	0:28:53	0:11:58	0:46:08	2011	Joe Skipper	Tri-Anglia
0:05:15	0:30:32	0:11:59	0:47:46	2010	Jack Peasgood	Walden Triathletes
0:06:05	0:31:29	0:11:32	0:49:06	2009	Will Dorsett	Mammoth Tri
0:05:29	0:32:25	0:12:20	0:50:14	2008	Matthew Ellis	Tri-Anglia
0:04:47	0:30:29	0:10:58	0:46:14	2007	Billy Parker-Brown	Tri and Run
0:05:15	0:29:18	0:13:01	0:47:34	2006	Lee Bark	IPSWICH TRI CLUB
0:05:19	0:29:02	0:11:54	0:46:15	2005	Ed Headford	Raf Tri
0:05:44	0:31:19	0:11:37	0:48:40	2004	Young Roy	H3O
0:05:09	0:32:25	0:11:52	0:49:26	2003	Rick Collard	RAF Tri
0:05:39	0:31:28	0:13:11	0:50:17	1996	Craig Green	Bristol Uni Tri
Autumn Waveney						
Swim	Bike	Run	Total			
0:05:35	0:27:58	0:10:49	0:46:06	2013	Iain Robertson	Tri Harder
0:06:10	0:32:01	0:11:39	0:49:50	2012	Tony Robinson	Tri-Anglia
0:05:36	0:30:38	0:13:11	0:49:25	2011	Andrew Atthowe	Tri-Anglia
0:05:28	0:29:05	0:11:30	0:46:03	2010	Oliver Milk	Human Performance Unit
0:05:41	0:29:57	0:13:43	0:49:21	2009	Mark Nowell	Tri-Anglia
0:04:36	0:29:14	0:11:43	0:45:33	2008	Billy Parker-Brown	Tri And Run
0:05:20	0:30:17	0:13:21	0:48:58	2007	Oliver Milk	Tri-Anglia
OVERALL BEST INDIVIDUAL DISCIPLINE (Wav 1 & Wav 2)						
Swim	0:04:36			Wav2 2008	Billy Parker-Brown	Tri And Run
Bike	00:27:05			Wav1 2013	Joe Skipper	Tri-Anglia
Run	0:10:49			Wav2 2013	Iain Robertson	Tri Harder
COURSE RECORD						
Swim	Bike	Run	Total			
00:05:05	00:27:05	00:11:15	00:44:30	2013	Joe Skipper	Tri-Anglia

Waveney Triathlon Records						
Spring Waveney						
Swim	Bike	Run	Total			
0:06:26	0:32:10	0:12:55	0:52:25	2013	Becky Schofield	Tri-Anglia
0:05:58	0:34:48	0:14:58	0:56:36	2012	Claire Martin	Tri-Anglia
0:05:24	0:33:25	0:12:36	0:51:25	2011	Alex McKibben	Human Performance Unit
0:05:26	0:37:39	0:13:31	0:56:36	2010	Alex McKibben	Human Performance Unit
0:06:35	0:37:27	0:13:56	0:57:58	2009	Julia Jepson	East Essex Tri
0:06:57	0:37:14	0:13:34	0:57:45	2008	Nicola Mclvor	UEA Triathlon Club
0:06:14	0:34:01	0:12:51	0:53:06	2007	Vickery, Juliet	cambridge tri
0:06:12	0:35:13	0:14:07	0:55:32	2006	Vickery, Juliet	cambridge tri
0:07:03	0:35:47	0:13:47	0:56:37	2005	Eggar Helen	cambridge tri
0:07:16	0:35:52	0:14:58	0:58:06	2004	Eggar Helen	cambridge tri
0:04:54	0:35:10	0:19:20	0:54:30	2003	Thorrington, Abbie	5312
0:08:25	0:37:53	0:15:37	1:01:55	1996	Lisa Reeve	unattached
Autumn Waveney						
Swim	Bike	Run	Total			
0:07:16	0:33:10	0:13:13	0:54:33	2013	Becky Schofield	Tri-Anglia
0:06:46	0:33:25	0:13:12	0:53:23	2012	Becky Schofield	Tri-Anglia
0:06:54	0:35:03	0:13:17	0:55:14	2011	Becky Schofield	Tri-Anglia
0:06:54	0:34:33	0:15:59	0:57:26	2010	Laura Hicks	unattached
0:07:52	0:35:30	0:15:09	0:58:31	2009	Paula Robinson	Chiltern Tri
0:05:25	0:37:59	0:14:14	0:57:38	2008	Chelsea McKenzie	Cambridge Triathlon Club
0:06:14	0:37:36	0:15:21	0:59:11	2007	Sian Loveless	Stafford Triathlon Club
OVERALL BEST INDIVIDUAL DISCIPLINE (Wav 1 & Wav 2)						
Swim	0:04:58			Wav 1 2011	Julia Green	Tri-Anglia
Bike	00:32:10			Wav 1 2013	Becky Schofield	Tri-Anglia
Run	0:12:31			Wav 1 2007	Zena Shean	East Essex Tri
COURSE RECORD						
0:05:24	0:33:25	0:12:36	0:51:25	2011	Alex McKibben	Human Performance Unit