

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Swim	T1
1	111	Liam Gentry	00:49:36	30-39	1	Male	1	Rock estate	00:05:57	00:00:21
2	138	Alex Pennington	00:51:49	30-39	2	Male	2		00:05:09	00:00:28
3	101	Ben Nicholson	00:51:50	40-49	1	Male	3	Beccles Triathlon Club	00:06:52	00:00:27
4	119	Lee Shipp	00:52:13	30-39	3	Male	4	Diss Cycling Club	00:07:20	00:00:28
5	118	Dale Skoulding	00:52:31	30-39	4	Male	5	Bungay Black Dog Running Club	00:06:31	00:00:28
6	3	Mark Nowell	00:52:33	50-59	1	Male	6	Tri-Anglia	00:06:00	00:00:28
7	12	Marcus Sladden	00:52:33	20-29	1	Male	7	Bungay Black Dog Running Club	00:06:05	00:00:39
8	86	Stephen Wilson	00:52:42	20-29	2	Male	8	Tri-Anglia	00:05:55	00:00:31
9	102	Chris Guy	00:53:05	40-49	2	Male	9	Iceni Velo	00:06:37	00:00:32
10	130	Leigh Butcher	00:53:06	30-39	5	Male	10	Rock estate	00:06:52	00:00:35
11	45	Daniel Crowe	00:53:13	under 20	1	Male	11	Tri-Anglia	00:05:30	00:00:37
12	59	Tony Heather	00:55:18	30-39	6	Male	12	Tri-Anglia	00:07:05	00:00:38
13	19	James Maycock	00:55:26	20-29	3	Male	13	Bungay Black Dog Running Club	00:06:04	00:00:37
14	11	Marcus Nichols	00:56:09	30-39	7	Male	14	Bungay Black Dog Running Club	00:06:03	00:00:48
15	38	Rob Borrett	00:56:49	30-39	8	Male	15		00:08:09	00:00:52
16	121	Simon Lomax	00:57:29	40-49	3	Male	16	Tri-Anglia	00:07:57	00:00:55
17	137	Tom Collier	00:57:47	30-39	9	Male	17	Lowestoft Road Runners	00:06:59	00:00:58
18	126	Lewis Hardcastle	00:57:54	under 20	2	Male	18	Tri-Anglia	00:05:40	00:00:33
19	134	John Scott	00:58:01	50-59	2	Male	19	GYRR	00:07:48	00:00:59
20	129	Paul Hayward	00:58:05	30-39	10	Male	20	Rock estate	00:09:20	00:00:50
21	8	Dan Jones	00:58:11	30-39	11	Male	21		00:07:30	00:00:56
22	58	Phil Brockington	00:58:19	40-49	4	Male	22		00:07:33	00:00:45
23	133	Ian Hacon	00:58:21	40-49	5	Male	23	Tri-Anglia	00:07:58	00:01:00
24	135	Thomas Livermore	00:58:21	30-39	12	Male	24	Bungay Black Dog Running Club	00:07:46	00:00:29
25	24	Danny Beck	00:58:22	under 20	3	Male	25	Tri-Anglia	00:05:52	00:00:38
26	36	Ben Symington	00:58:38	30-39	13	Male	26		00:07:31	00:00:33
27	108	Nick Esser	00:59:02	40-49	6	Male	27	Rock estate	00:11:00	00:01:11
28	132	Karim Ouaddane	00:59:12	40-49	7	Male	28	Triathlon England	00:08:51	00:01:20
29	61	Simon Brighten	00:59:15	30-39	14	Male	29		00:06:10	00:01:00
30	96	Julian Davis	00:59:15	30-39	15	Male	30		00:07:40	00:01:14
31	55	Jonathan Meadows	00:59:20	30-39	16	Male	31	Lowestoft Road Runners	00:08:39	00:00:56
32	93	Callum Towler	00:59:27	20-29	4	Male	32		00:06:21	00:01:10
33	33	Tom Symington	00:59:31	30-39	17	Male	33		00:07:29	00:00:35
34	64	Simon Cowley	00:59:35	30-39	18	Male	34	Bungay Black Dog Running Club	00:09:56	00:00:45
35	112	Chris Squirrel	00:59:42	30-39	19	Male	35		00:07:11	00:01:02

Cycle	T2	Run	TOD
00:29:17	00:00:37	00:13:22	11:09:36
00:32:22	00:00:30	00:13:18	11:36:49
00:29:42	00:00:32	00:14:15	11:01:50
00:30:31	00:00:33	00:13:18	11:17:13
00:32:04	00:00:29	00:12:58	11:17:31
00:31:01	00:00:33	00:14:29	09:22:33
00:33:14	00:00:34	00:12:00	09:32:33
00:32:40	00:00:30	00:13:04	10:47:42
00:31:16	00:00:37	00:14:01	11:03:05
00:32:16	00:00:37	00:12:43	11:28:06
00:34:26	00:00:32	00:12:06	10:03:13
00:33:59	00:00:44	00:12:51	10:20:18
00:34:45	00:00:42	00:13:15	09:40:26
00:34:30	00:00:40	00:14:06	09:36:09
00:34:37	00:00:32	00:12:37	10:01:49
00:32:45	00:00:42	00:15:08	11:27:29
00:35:19	00:00:41	00:13:48	11:42:47
00:36:54	00:00:39	00:14:06	11:32:54
00:33:58	00:00:50	00:14:25	11:38:01
00:33:00	00:00:34	00:14:19	11:33:05
00:33:22	00:00:58	00:15:24	09:33:11
00:34:52	00:00:48	00:14:19	10:23:19
00:34:29	00:00:46	00:14:06	11:38:21
00:34:40	00:00:38	00:14:47	11:38:21
00:38:23	00:00:40	00:12:47	09:48:22
00:33:41	00:00:45	00:16:07	10:03:38
00:30:48	00:01:00	00:15:01	11:14:02
00:35:16	00:00:52	00:12:51	11:39:12
00:36:42	00:00:51	00:14:30	10:29:15
00:34:46	00:00:41	00:14:53	11:04:15
00:35:34	00:00:58	00:13:12	10:19:20
00:35:22	00:00:48	00:15:45	10:59:27
00:35:27	00:00:36	00:15:21	09:59:31
00:35:07	00:00:38	00:13:07	10:29:35
00:36:54	00:01:04	00:13:30	11:19:42

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Swim	T1
36	21	Paul Scibilia	00:59:43	40-49	8	Male	36	Tri-Anglia	00:07:44	00:00:59
37	105	Steven MacKinson	00:59:55	40-49	9	Male	37		00:07:23	00:01:04
38	47	Mark Dixon	01:00:06	40-49	10	Male	38	Tri-Anglia	00:07:28	00:00:37
39	70	Grant King	01:00:13	30-39	20	Male	39		00:07:43	00:00:42
40	92	David Francis	01:00:23	30-39	21	Male	40		00:07:14	00:01:07
41	128	Rose Skipper	01:00:27	20-29	1	Female	1		00:06:49	00:00:54
42	17	Simon Edye	01:00:40	60+	1	Male	41	Tri-Anglia	00:07:07	00:00:46
43	13	Tom Pullinger	01:01:18	40-49	11	Male	42	Bungay Black Dog Running Club	00:06:58	00:00:35
44	114	Jonathan Hesketh	01:01:23	30-39	22	Male	43		00:09:36	00:00:55
45	26	Chris Lynds	01:01:32	40-49	12	Male	44		00:07:04	00:00:51
46	82	Stephen Long	01:01:44	50-59	3	Male	45		00:08:49	00:01:17
47	7	Andrew Bailey	01:01:52	40-49	13	Male	46	Bungay Black Dog Running Club	00:08:27	00:00:31
48	46	Stuart Hunter	01:02:17	40-49	14	Male	47	stowmarket striders	00:08:25	00:00:56
49	57	Sophie Bell	01:02:28	under 20	1	Female	2	Bungay Black Dog Running Club	00:07:45	00:00:44
50	131	Laura Betts	01:02:32	30-39	1	Female	3	Bungay Black Dog Running Club	00:07:27	00:00:42
51	28	Simon Norton	01:02:33	50-59	4	Male	48	Bungay Black Dog Running Club	00:09:48	00:01:00
52	67	Vicki Grice	01:02:46	30-39	2	Female	4		00:06:14	00:00:41
53	110	Mark Fernley	01:02:52	30-39	23	Male	49		00:08:01	00:01:00
54	22	Dave Lines	01:02:53	40-49	15	Male	50	Tri-Anglia	00:06:45	00:01:16
55	37	James Smith	01:02:53	40-49	16	Male	51	Tri-Anglia	00:07:19	00:01:15
56	49	James Cooke	01:02:53	30-39	24	Male	52	Tri-Anglia	00:07:10	00:00:45
57	72	Adrian Gaskin	01:02:57	40-49	17	Male	53	Tri-Anglia	00:07:48	00:00:47
58	125	Tom Edwards	01:02:58	20-29	5	Male	54		00:08:32	00:00:56
59	77	Michael Frere	01:03:04	30-39	25	Male	55	team orca	00:08:33	00:00:51
60	68	Paul Mallett	01:03:16	30-39	26	Male	56	West Suffolk Wheelers	00:06:32	00:01:19
61	35	Stuart Knight	01:03:17	30-39	27	Male	57	Tri-Anglia	00:07:24	00:00:42
62	83	Darren Douglass	01:03:18	40-49	18	Male	58		00:07:47	00:00:56
63	40	Darrell Oldman	01:03:56	40-49	19	Male	59	Bungay Black Dog Running Club	00:09:04	00:01:07
64	117	Imogen Snelling	01:03:57	30-39	3	Female	5	Bungay Black Dog Running Club	00:08:16	00:00:43
65	74	Rick Page	01:04:00	50-59	5	Male	60		00:08:08	00:01:17
66	84	Jane Hannah	01:04:02	30-39	4	Female	6	Bungay Black Dog Running Club	00:09:49	00:00:47
67	109	Anna Moore	01:04:02	30-39	5	Female	7	Tri-Anglia	00:06:35	00:00:47
68	2	Paul Lewis	01:04:07	50-59	6	Male	61	Team VeloVelocity	00:09:49	00:01:12
69	89	David Eastaugh	01:04:07	50-59	7	Male	62		00:08:47	00:01:06
70	122	Roly Cook	01:04:08	50-59	8	Male	63	Tri-Anglia	00:08:09	00:00:45

Cycle	T2	Run	TOD
00:35:14	00:00:47	00:15:49	09:49:43
00:35:15	00:01:05	00:15:05	11:09:55
00:35:55	00:00:50	00:15:15	10:15:06
00:35:44	00:00:52	00:15:10	10:35:13
00:36:08	00:01:05	00:14:46	11:00:23
00:36:33	00:01:23	00:14:46	11:35:27
00:35:10	00:00:48	00:16:46	09:45:40
00:39:47	00:00:46	00:13:09	09:41:18
00:36:20	00:00:40	00:13:52	11:21:23
00:35:35	00:00:40	00:17:21	09:56:32
00:36:48	00:00:30	00:14:18	10:51:44
00:36:24	00:00:49	00:15:39	09:36:52
00:36:57	00:00:56	00:15:01	10:17:17
00:37:56	00:00:42	00:15:19	10:27:28
00:38:53	00:00:43	00:14:44	11:42:32
00:36:02	00:01:08	00:14:34	09:57:33
00:38:24	00:00:53	00:16:32	10:37:46
00:37:21	00:01:10	00:15:19	11:17:52
00:37:25	00:00:22	00:17:03	09:52:53
00:37:07	00:00:52	00:16:18	10:07:53
00:36:54	00:01:02	00:16:59	10:17:53
00:36:44	00:00:40	00:16:55	10:42:57
00:36:08	00:01:14	00:16:06	11:32:58
00:37:57	00:00:51	00:14:49	10:48:04
00:37:14	00:01:14	00:16:54	10:38:16
00:37:27	00:00:40	00:17:03	10:03:17
00:37:48	00:01:17	00:15:30	10:53:18
00:37:46	00:01:02	00:14:54	10:08:56
00:39:27	00:00:42	00:14:47	11:28:57
00:38:13	00:00:36	00:15:44	10:44:00
00:38:04	00:00:36	00:14:44	10:54:02
00:40:18	00:00:48	00:15:32	11:19:02
00:36:44	00:00:52	00:15:28	09:34:07
00:37:22	00:00:34	00:16:16	10:59:07
00:38:14	00:00:39	00:16:19	11:34:08

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Swim	T1
71	78	Mark Eiflett	01:04:23	50-59	9	Male	64	Lowestoft Road Runners	00:09:36	00:01:08
72	43	Jodie Pike	01:04:57	30-39	6	Female	8		00:06:11	00:01:20
73	91	Gavin Cole	01:05:01	30-39	28	Male	65		00:09:45	00:01:00
74	51	Robert Chalk	01:05:03	40-49	20	Male	66		00:08:33	00:01:03
75	124	Bob Carter	01:05:17	50-59	10	Male	67		00:09:18	00:01:06
76	69	Sabina Spence	01:05:18	40-49	1	Female	9		00:07:55	00:00:59
77	10	Carl Fisher	01:05:29	40-49	21	Male	68		00:08:24	00:00:54
78	41	David Thomas	01:05:35	30-39	29	Male	69	Bungay Black Dog Running Club & Beccles Triathlon Club	00:07:53	00:00:55
79	42	Alexandra Dix	01:05:46	20-29	2	Female	10	Tri-Anglia	00:07:17	00:00:48
80	107	Roger Bacon	01:05:58	50-59	11	Male	70		00:10:10	00:01:23
81	16	Joanne Ford	01:06:00	30-39	7	Female	11	Tri-Anglia	00:07:00	00:01:00
82	79	Elayne Hilton	01:06:09	40-49	2	Female	12	Lowestoft Road Runners	00:07:20	00:01:05
83	104	Matthew Plummer	01:06:21	30-39	30	Male	71		00:11:16	00:00:58
84	39	Michael Clarke	01:06:30	40-49	22	Male	72		00:08:02	00:01:29
85	32	Martin Taylor	01:06:46	30-39	31	Male	73		00:09:09	00:01:10
86	103	Mark Weldon	01:06:49	50-59	12	Male	74	Wymondham AC	00:08:10	00:01:34
87	18	Stephanie Hoyle	01:06:56	40-49	3	Female	13	Diss Cycling Club	00:09:23	00:01:13
88	25	Jennifer Bettinson	01:06:57	30-39	8	Female	14	Tri-Anglia	00:07:28	00:00:50
89	66	Karle Howard	01:06:58	40-49	23	Male	75		00:12:37	00:01:00
90	113	Jonny Lee	01:07:15	20-29	6	Male	76		00:07:33	00:01:47
91	4	William Appleby	01:07:31	30-39	32	Male	77		00:05:59	00:01:18
92	6	Kirsty Ferris	01:07:34	40-49	4	Female	15	Tri-Anglia	00:07:53	00:00:48
93	136	Chris Eaton	01:07:42	40-49	24	Male	78	Beccles Triathlon Club	00:08:22	00:01:04
94	30	Bridget Shaw	01:08:09	20-29	3	Female	16	Bungay Black Dog Running Club	00:08:05	00:00:43
95	85	Jamie Mordecai	01:08:39	30-39	33	Male	79		00:11:30	00:01:34
96	88	Harmer Parr	01:09:02	60+	2	Male	80		00:09:42	00:02:36
97	100	Lloyd Perkin	01:09:09	50-59	13	Male	81		00:08:00	00:01:58
98	120	Rob Batley	01:09:09	40-49	25	Male	82		00:11:17	00:00:52
99	65	Giles Elliott	01:09:23	30-39	34	Male	83		00:08:24	00:01:35
100	31	Anne Fish	01:09:27	60+	1	Female	17	Tri-Anglia	00:09:03	00:00:52
101	62	Claire Stammers	01:09:36	40-49	5	Female	18		00:10:03	00:01:06
102	115	Nick Douglas	01:09:37	40-49	26	Male	84		00:08:34	00:01:41
103	14	Larissa Smith	01:09:56	30-39	9	Female	19	Bungay Black Dog Running Club	00:08:30	00:00:48
104	76	Mark Marsh	01:10:00	30-39	35	Male	85		00:08:39	00:01:00
105	97	Anna Sharp	01:10:02	30-39	10	Female	20	Beccles Triathlon Club	00:06:52	00:00:51

Cycle	T2	Run	TOD
00:36:51	00:00:31	00:16:14	10:49:23
00:39:56	00:01:21	00:16:07	10:14:57
00:35:15	00:00:51	00:18:07	11:05:01
00:36:40	00:01:22	00:17:22	10:25:03
00:35:55	00:01:18	00:17:39	11:35:17
00:40:37	00:00:37	00:15:08	10:40:18
00:39:41	00:01:02	00:15:26	09:40:29
00:38:40	00:01:32	00:16:32	10:15:35
00:40:35	00:00:55	00:16:09	10:15:46
00:36:08	00:00:56	00:17:18	11:20:58
00:41:10	00:00:30	00:16:20	09:51:00
00:40:09	00:01:00	00:16:33	10:51:09
00:36:03	00:00:42	00:17:19	11:16:21
00:39:09	00:00:48	00:17:00	10:11:30
00:39:18	00:01:03	00:16:03	10:06:46
00:39:28	00:01:09	00:16:27	11:16:49
00:38:00	00:01:05	00:17:13	09:51:56
00:40:41	00:01:00	00:16:56	09:56:57
00:35:22	00:00:48	00:17:10	10:41:58
00:45:06	00:00:38	00:12:08	11:27:15
00:42:29	00:01:15	00:16:28	09:37:31
00:39:20	00:01:03	00:18:27	09:42:34
00:37:57	00:00:53	00:19:23	11:52:42
00:41:32	00:00:47	00:17:01	10:03:09
00:39:05	00:00:42	00:15:47	10:58:39
00:38:38	00:01:40	00:16:25	11:04:02
00:40:20	00:00:58	00:17:51	11:14:09
00:39:24	00:00:42	00:16:50	11:34:09
00:39:25	00:01:29	00:18:29	10:39:23
00:40:22	00:01:09	00:17:57	10:09:27
00:41:34	00:00:39	00:16:12	10:39:36
00:39:48	00:01:10	00:18:21	11:29:37
00:41:14	00:00:44	00:18:39	09:49:56
00:41:48	00:00:35	00:17:56	10:55:00
00:39:42	00:01:15	00:21:21	11:15:02

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Swim	T1
106	60	John Allen	01:10:03	30-39	36	Male	86		00:07:17	00:01:25
107	27	Carol Maycock	01:10:07	50-59	1	Female	21	Bungay Black Dog Running Club	00:08:13	00:01:27
108	34	Charlie Wyndham	01:10:09	30-39	37	Male	87		00:07:48	00:01:27
109	54	Sue Smith	01:10:36	50-59	2	Female	22	Tri-Anglia	00:06:57	00:01:01
110	20	Barry Wolstenholme	01:10:45	40-49	27	Male	88		00:10:01	00:01:07
111	53	Jason Taylor	01:11:23	40-49	28	Male	89	Tri-Anglia	00:07:42	00:01:26
112	90	Adrian Norman	01:11:25	50-59	14	Male	90		00:10:22	00:01:45
113	1	Chris Parnham	01:11:39	50-59	15	Male	91		00:12:07	00:01:43
114	5	Michael Lake	01:11:54	20-29	7	Male	92		00:07:35	00:01:01
115	56	Jackie Bell	01:12:46	50-59	3	Female	23	Bungay Black Dog Running Club	00:09:18	00:00:56
116	95	Tom Hunter	01:13:15	under 20	4	Male	93		00:09:36	00:02:52
117	98	Lizzie Jolley	01:13:19	30-39	11	Female	24		00:08:18	00:00:48
118	99	Jennifer Perkin	01:13:38	40-49	6	Female	25		00:09:00	00:02:26
119	87	Sharon Brandon	01:13:41	50-59	4	Female	26		00:09:47	00:02:26
120	23	Alice Hall	01:14:05	20-29	4	Female	27		00:09:20	00:01:27
121	48	Emma Black	01:14:21	40-49	7	Female	28	Tri-Anglia	00:10:04	00:01:30
122	15	Lucy Johnston	01:14:30	30-39	12	Female	29	Beccles Triathlon Club	00:10:02	00:01:06
123	73	Georgina Sutton	01:14:36	30-39	13	Female	30		00:09:53	00:01:06
124	127	Jenny Julian	01:14:49	30-39	14	Female	31	Tri-Anglia	00:06:24	00:02:04
125	71	Pete Ryles	01:14:50	50-59	16	Male	94		00:10:05	00:01:29
126	63	Emma Cowley	01:15:31	30-39	15	Female	32	Bungay Black Dog Running Club	00:10:10	00:01:32
127	94	Alex Hunter	01:16:54	40-49	8	Female	33		00:11:33	00:01:23
128	81	Alison Johnson	01:16:57	40-49	9	Female	34	Tri-Anglia	00:09:53	00:01:44
129	106	Sarah Doyle	01:18:34	40-49	10	Female	35		00:08:42	00:01:27
130	9	Janine Daynes	01:18:53	40-49	11	Female	36		00:07:20	00:00:56
131	80	Emily Barclay	01:19:27	30-39	16	Female	37	Tri-Anglia	00:09:15	00:00:52
132	44	Paula McGrath	01:19:31	40-49	12	Female	38		00:10:17	00:02:01
133	50	Bethany Cashell	01:22:40	30-39	17	Female	39		00:09:59	00:01:53
134	116	Ruth Buxton	01:22:43	30-39	18	Female	40		00:08:45	00:02:14
135	75	Sarah-Jane Gray	01:26:30	30-39	19	Female	41		00:10:12	00:01:31
136	52	Bryony Stibbons	01:28:02	30-39	20	Female	42		00:10:31	00:02:52
999999	29	Sabrina Norton	DNF	30-39	999999	Female	999999	Bungay Black Dog Running Club	00:10:48	00:00:45
999999	123	Charles Auger	DNF	60+	999999	Male	999999		00:10:25	00:01:28

Cycle	T2	Run	TOD
00:41:33	00:00:55	00:18:51	10:35:03
00:41:23	00:00:39	00:18:22	10:05:07
00:43:12	00:00:35	00:17:05	10:10:09
00:45:11	00:01:14	00:16:10	10:30:36
00:41:14	00:01:18	00:17:02	09:55:45
00:42:26	00:01:31	00:18:15	10:31:23
00:40:16	00:00:44	00:18:16	11:06:25
00:38:12	00:01:21	00:18:13	09:41:39
00:42:52	00:00:37	00:19:47	09:41:54
00:43:06	00:01:14	00:18:10	10:37:46
00:41:54	00:01:30	00:17:21	11:13:15
00:45:41	00:00:36	00:17:54	11:18:19
00:42:25	00:01:13	00:18:32	11:18:38
00:43:26	00:01:05	00:16:56	11:08:41
00:43:15	00:00:54	00:19:08	10:04:05
00:43:29	00:01:23	00:17:54	10:29:21
00:42:19	00:01:38	00:19:23	09:54:30
00:42:34	00:01:11	00:19:50	10:54:36
00:44:24	00:00:45	00:21:11	11:49:49
00:42:10	00:01:29	00:19:35	10:54:50
00:44:26	00:00:58	00:18:23	10:45:31
00:41:52	00:01:28	00:20:37	11:16:54
00:42:30	00:01:28	00:21:21	11:06:57
00:48:17	00:00:47	00:19:19	11:33:34
00:46:44	00:01:02	00:22:49	09:53:53
00:44:17	00:01:23	00:23:38	11:04:27
00:46:22	00:01:06	00:19:43	10:29:31
00:46:45	00:00:54	00:23:07	10:37:40
00:47:15	00:01:09	00:23:17	11:47:43
00:51:24	00:00:52	00:22:28	11:06:30
00:47:43	00:00:52	00:26:02	10:48:02
99:99:99	99:99:99	02:46:37	08:55:00
99:99:99	99:99:99	99:99:99	10:30:00