

Overall		Bib					Swim		Run To T1		T1		Bike		T2		Run			
Place	Name	Number	Gen'd Place	Gender	AG Place	Age Group Desc	Rank	Time	Rank	Time	Rank	Time	Rank	Time	Rank	Time	Rank	Time	Time	Club
1	James Drake	65	1	M	1	M 35-39	5	4:10.9	8	0:25.5	5	0:33.6	5	29:37.5	28	0:31.6	1	10:10.9	45:30.3	Rock Estate
2	Ian Chatten	85	2	M	1	M 45-49	26	4:52.5	57	0:29.7	13	0:42.5	3	28:34.5	17	0:26.9	3	10:26.9	45:33.2	Tri-Anglia
3	Matthew Hicks	76	3	M	1	M 30-34	7	4:13.3	40	0:28.3	4	0:31.2	2	28:24.3	18	0:27.6	18	11:32.0	45:36.9	Black Bikes Sheringham
4	Dale Skoulding	66	4	M	2	M 35-39	6	4:13.0	6	0:25.0	2	0:30.1	6	29:49.6	23	0:29.8	7	10:48.8	46:16.6	Bungay Black Dog Rc
5	Phillip Langer	63	5	M	1	M 20-24	4	4:07.3	1	0:21.6	56	1:11.4	4	29:37.1	39	0:33.8	9	11:06.1	46:57.5	Kerstin Langer Physiother
6	Karl Read	67	6	M	2	M 45-49	1	3:47.0	36	0:28.2	6	0:37.0	1	28:23.6	47	0:37.8	71	13:44.6	47:38.4	Vikings Tri Club
7	Tony Heather	79	7	M	3	M 35-39	13	4:33.2	5	0:24.4	9	0:39.7	14	31:28.2	35	0:32.9	2	10:20.5	47:59.2	Tri-Anglia
8	Richard Hill	91	8	M	1	M 40-44	14	4:34.6	26	0:27.3	26	0:50.5	7	30:37.9	55	0:40.6	30	12:11.0	49:22.1	Rock Estate
9	James Oxbury	82	9	M	4	M 35-39	8	4:15.1	86	0:31.6	18	0:46.1	11	30:57.6	54	0:40.4	41	12:35.8	49:46.8	Triang Tt
10	Lee Gladwell	69	10	M	5	M 35-39	25	4:47.5	30	0:27.8	30	0:52.9	15	31:48.0	36	0:33.2	14	11:17.4	49:46.9	Ashford Tri Club
11	John Scott	101	11	M	1	M 50-54	34	5:16.7	24	0:27.1	7	0:38.1	9	30:43.2	45	0:36.7	27	12:05.1	49:47.0	Gyrr
12	Philip Mordecai	109	12	M	2	M 40-44	17	4:37.7	11	0:25.8	27	0:50.7	19	32:16.4	48	0:38.6	11	11:10.6	50:00.0	
13	Richard Collyer	81	13	M	3	M 45-49	62	5:51.7	20	0:26.9	8	0:38.4	13	31:06.5	46	0:37.7	16	11:22.8	50:04.3	Tri-Anglia Triathlon Club
14	James Needham	100	14	M	6	M 35-39	50	5:39.8	15	0:26.4	15	0:42.9	10	30:47.5	67	0:44.3	23	11:52.3	50:13.2	
15	Myles Duffield	86	15	M	3	M 40-44	23	4:44.3	22	0:27.0	22	0:49.3	26	33:09.3	33	0:32.5	4	10:37.8	50:20.3	
16	Matthew Buckoke	106	16	M	4	M 40-44	45	5:31.0	32	0:27.8	16	0:43.2	16	31:54.3	78	0:49.0	8	10:57.3	50:22.8	Gyrr
17	Kevin Frazer	88	17	M	2	M 50-54	64	5:58.9	97	0:32.9	82	1:31.4	12	31:04.9	75	0:47.3	6	10:38.9	50:34.6	
18	Adrian Jay	92	18	M	4	M 45-49	43	5:30.5	17	0:26.5	77	1:26.1	17	31:55.0	57	0:41.1	5	10:38.5	50:37.8	Bvh
19	Steve Pledger	93	19	M	1	M 55 ++	15	4:37.1	48	0:29.1	20	0:46.7	25	33:04.1	49	0:31.9	19	11:40.2	51:09.3	St Neots Riverside Runner
20	Chris Lynds	70	20	M	5	M 45-49	10	4:27.7	28	0:27.6	48	1:06.4	22	32:27.0	42	0:35.0	28	12:06.0	51:09.9	
21	Matt Plummer	98	21	M	2	M 30-34	54	5:44.2	4	0:23.8	10	0:40.8	18	32:09.0	43	0:35.6	25	12:01.1	51:34.9	Beccles Triathlon Club
22	Mark Turner	117	22	M	6	M 45-49	51	5:40.4	27	0:27.3	75	1:24.1	23	32:49.0	49	0:38.8	10	11:08.3	52:08.2	Werrington Joggers
23	Dave Sephton	77	23	M	5	M 40-44	33	5:09.4	98	0:32.9	60	1:12.8	8	30:38.5	100	1:02.7	72	13:49.8	52:26.2	Hadleigh Hares
24	Jon Beverley	103	24	M	7	M 35-39	65	6:02.3	80	0:31.3	36	0:57.1	28	33:11.3	53	0:40.4	17	11:23.2	52:45.8	Reepham Runners
25	Philip Brockington	80	25	M	6	M 40-44	24	4:47.4	18	0:26.9	12	0:42.2	24	33:01.8	102	1:05.3	46	12:50.3	52:54.1	Tri Anglia
26	Michael Ford	135	26	M	8	M 35-39	77	6:20.3	7	0:25.3	104	1:50.6	20	32:18.3	96	0:59.4	15	11:18.8	53:12.8	
27	Shaun Marrison	115	27	M	9	M 35-39	59	5:47.8	31	0:27.8	69	1:19.7	33	34:06.0	2	0:18.8	12	11:14.4	53:14.8	Right-Wear.co.uk/running
28	Oscar Doyle	74	28	M	1	M 25-29	11	4:27.9	9	0:25.5	3	0:30.8	34	34:12.2	27	0:31.6	54	13:08.7	53:17.0	
29	Simon Edye	87	29	M	2	M 55 ++	31	5:07.2	108	0:34.4	58	1:12.7	21	32:19.6	70	0:45.1	68	13:40.9	53:40.0	Tri-Anglia
30	Stuart Brown	64	30	M	10	M 35-39	27	4:57.7	29	0:27.7	61	1:13.1	31	33:44.5	107	1:07.4	36	12:19.5	53:50.1	
31	Sam Cole	111	31	M	3	M 50-54	28	5:01.9	51	0:29.5	19	0:46.5	29	33:29.7	85	0:53.7	58	13:19.8	54:01.3	Rock Estate
32	Vicki Grice	2	1	F	1	F 30-34	16	4:37.3	16	0:26.5	23	0:49.5	38	34:51.4	52	0:40.0	47	12:55.7	54:20.6	
33	Paul Lewis	114	32	M	4	M 50-54	85	6:41.4	110	0:34.6	71	1:20.5	27	33:10.6	59	0:41.4	26	12:04.6	54:33.3	Team Velo Velocity
34	Andrew Hannant	96	33	M	7	M 40-44	47	5:36.3	94	0:32.4	42	1:01.0	32	33:59.6	71	0:45.1	48	12:56.7	54:51.3	
35	Jason Hurst	107	34	M	8	M 40-44	68	6:06.7	3	0:22.5	1	0:20.6	46	35:41.9	79	0:49.2	21	11:43.2	55:04.3	
36	George Frazer	75	35	M	1	M Junior	19	4:41.1	21	0:26.9	59	1:12.7	48	35:49.9	91	0:55.8	24	11:59.1	55:05.8	
37	David Thomas	71	36	M	11	M 35-39	32	5:08.3	92	0:31.8	39	0:57.8	40	35:12.9	81	0:50.5	42	12:35.8	55:17.4	Beccles Triathlon Club
38	Ian Marcer	97	37	M	12	M 35-39	21	4:43.1	62	0:30.2	47	1:04.5	56	36:25.8	5	0:20.2	37	12:19.5	55:23.5	
39	Ian Tooley	118	38	M	5	M 50-54	71	6:08.9	34	0:27.9	93	1:41.4	35	34:13.6	98	1:01.2	40	12:35.3	56:08.6	
40	Mark Mountain	136	39	M	9	M 40-44	90	6:45.1	2	0:22.3	79	1:29.0	43	35:29.1	89	0:55.6	13	11:16.1	56:17.5	
41	Dawn Collyer	18	2	F	1	F 35-39	58	5:46.5	67	0:30.4	24	0:49.6	36	34:34.6	97	0:59.8	67	13:39.2	56:20.2	Tri-Anglia Triathlon Club
42	Kerstin Langer	21	3	F	1	F 45-49	46	5:33.8	53	0:29.5	63	1:15.0	45	35:35.2	84	0:53.3	59	13:21.6	57:08.7	Kerstin Langer Physiother
43	Rob Head	90	40	M	13	M 35-39	41	5:26.9	35	0:28.0	44	1:03.2	37	34:46.7	109	1:10.9	83	14:24.2	57:20.2	Tri-Ing Tt
44	Adam Gibson	124	41	M	10	M 40-44	60	5:50.7	12	0:25.8	73	1:22.7	42	35:27.4	93	0:57.9	56	13:19.2	57:23.9	
45	Sophie McLellan	4	4	F	1	F 25-29	12	4:31.0	41	0:28.4	33	0:53.3	65	37:42.7	21	0:28.9	60	13:26.7	57:31.2	
46	Russell Board	72	42	M	14	M 35-39	9	4:23.0	59	0:29.7	117	2:17.6	55	36:23.3	129	2:04.9	33	12:16.8	57:55.5	
47	Ben Darcy	73	43	M	2	M 25-29	2	3:58.3	72	0:30.9	86	1:32.5	87	39:15.2	12	0:25.7	32	12:14.0	57:56.7	Potters
48	Andreas Brodbeck	105	44	M	3	M 55 ++	66	6:03.7	13	0:26.2	67	1:18.3	53	36:17.9	83	0:52.7	49	12:57.7	57:56.7	Andreas Brodbeck
49	Karle Howard	138	45	M	7	M 45-49	123	8:46.8	39	0:28.3	37	0:57.4	30	33:31.6	66	0:44.1	64	13:30.9	57:59.3	
50	Maria Alborough	7	5	F	2	F 30-34	29	5:02.0	44	0:28.8	46	1:03.7	62	38:53.0	7	0:22.1	39	12:29.8	58:19.7	
51	Jennifer Bettinson	11	6	F	2	F 35-39	35	5:17.2	101	0:33.3	38	0:57.4	80	37:23.7	86	0:54.2	57	13:19.7	58:25.6	Tri-Anglia
52	Jane Blackwell	3	7	F	1	F 55 ++	22	4:44.2	103	0:33.6	17	0:45.0	39	35:12.0	88	0:55.6	115	16:44.1	58:54.7	Tri-Anglia
53	Jeremy Boreham	104	46	M	11	M 40-44	36	5:18.3	82	0:31.4	57	1:12.0	78	38:32.6	62	0:42.5	43	12:43.4	59:00.5	North Norfolk Beach Runne
54	David Main-Reade	102	47	M	8	M 45-49	44	5:30.6	56	0:29.6	76	1:25.6	63	37:38.6	115	1:15.9	44	12:46.4	59:07.0	Tri Ing Team
55	Kirsty Sinclair	19	8	F	3	F 35-39	70	6:08.9	85	0:31.5	90	1:36.9	44	35:31.6	94	0:58.7	86	14:34.9	59:22.6	Rock Estate
56	Fergus Anderson	78	48	M	4	M 55 ++	116	8:02.5	60	0:29.8	65	1:16.7	51	36:17.5	3	0:19.2	52	13:02.2	59:28.0	Tri-Anglia
57	Dawn D'Amarco	35	9	F	1	F 40-44	74	6:14.7	89	0:31.8	35	0:54.6	50	36:13.2	90	0:55.7	89	14:46.3	59:36.5	West Suffolk Wheelers Tri
58	Lisa Brand	8	10	F	2	F 45-49	30	5:03.8	43	0:28.7	32	0:53.2	79	38:41.5	10	0:24.5	75	14:07.4	59:39.4	
59	Jon Holt	122	49	M	12	M 40-44	99	7:04.9	95	0:32.7	68	1:19.4	73	38:12.1	6	0:21.9	34	12:17.4	59:48.6	
60	Jamie Mordecai	142	50	M	15	M 35-39	112	7:44.9	52	0:29.5	52	1:09.0	67	37:56.0	1	0:18.2	31	12:12.4	59:50.3	
61	Patrick Larke	125	51	M	5	M 55 ++	64	6:57.7	66	0:30.4	51	1:08.5	64	37:41.4	114	1:15.7	35	12:18.7	59:52.6	Tri-Anglia
62	Darren Chalcraft	127	52	M	9	M 45-49	78	6:27.1	47	0:28.9	14	0:42.7	69	38:06.5	14	0:26.3	73	13:51.4	1:00:03.2	
63	Neil Foster	128	53	M	6	M 50-54	91	6:48.3	88	0:31.6	29	0:52.8	54	36:18.8	37	0:33.2	94	15:13.6	1:00:18.6	
64	Ian Murgatroyd	68	54	M	7	M 50-54	3	4:02.9	87	0:31.6	41	0:59.6	58	36:49.4	73	0:46.3	121	17:26.8	1:00:36.8	Tri Ing Tri Team
65	Jane Anderson	1	11	F	1	F 50-54	63	5:54.7	61	0:30.1	92	1:37.7	78	38:06.6	13	0:26.2	76	14:09.8	1:00:45.3	Tri-Anglia
66	John Sharpe	140	55	M	13	M 40-44	129	9:54.9												