

Place	Name	Bib No	Gender	Place	Gender	Category	Place	Category	Swim Rank	Swim Time	Run To T1 Rank	Run To T1	T1 Rank	T1 Time	Bike Rank	Bike Time	T2 Rank	T2 Time	Run Lap 1 Rank	Run Lap 1 Time	Run Lap 2 Rank	Run Lap 2 Time	Run Rank	Run Time	Finish Time	Club
1	Lee Shipp	66	1	M	1	M35-39	12	M35-39	12	2:30.9	4	0:23.4	2	0:27.4	1	25:55.2	29	0:34.1	2	5:58.6	1	M:SS.0	2	M:SS.0	41:49.3	Diss Cycling Club
2	Benjamin Mickleburgh	105	2	M	1	M40-44	18	M40-44	18	2:44.0	2	0:21.9	5	0:28.8	4	27:58.4	2	0:20.8	8	6:39.9	7	M:SS.0	7	M:SS.0	45:13.9	Team Velo Velocity
3	Mark Nowell	63	3	M	1	M20-24	5	M20-24	5	2:18.8	17	0:26.6	1	0:25.5	3	27:32.1	32	0:35.4	18	7:08.7	15	M:SS.0	17	M:SS.0	45:27.2	Tri-Anglia
4	Marcus Sladden	61	4	M	1	M20-24	1	M20-24	1	2:13.9	5	0:23.7	10	0:33.3	10	30:00.5	14	0:28.6	1	5:51.9	2	M:SS.0	1	M:SS.0	45:32.8	Bungay Black Dog Running
5	Matthew Hicks	65	5	M	1	M30-34	8	M30-34	8	2:25.3	8	0:24.8	7	0:30.0	5	28:00.1	28	0:33.9	13	6:55.1	16	M:SS.0	15	M:SS.0	45:51.4	Black Bikes Sheringham
6	Craig Smith	92	6	M	2	M30-34	58	M30-34	58	3:20.7	98	0:34.5	23	0:49.8	6	28:33.7	13	0:28.5	4	6:17.3	4	M:SS.0	4	M:SS.0	46:25.5	Strac
7	Paul Seaman	67	7	M	2	M50-54	3	M50-54	3	2:17.0	14	0:26.3	18	0:46.9	7	29:15.9	50	0:40.9	6	6:36.0	6	M:SS.0	5	M:SS.0	46:40.4	
8	Nick Esser	96	8	M	2	M40-44	33	M40-44	33	2:59.5	58	0:30.7	8	0:32.6	2	27:24.3	30	0:34.5	22	7:24.4	20	M:SS.0	20	M:SS.0	46:49.2	Rock Estate
9	Graham Coulter	62	9	M	3	M40-44	27	M40-44	27	2:52.6	9	0:24.9	3	0:28.4	8	29:21.6	20	0:30.0	15	6:57.2	13	M:SS.0	14	M:SS.0	47:30.6	Strac
10	Oliver Cooper	74	10	M	2	M35-39	22	M35-39	22	2:47.7	16	0:26.4	64	1:14.8	11	30:46.6	105	1:04.9	12	6:52.8	9	M:SS.0	11	M:SS.0	49:55.6	Ipswich Triathlon Club
11	Luke Harrison	111	11	M	1	M25-29	14	M25-29	14	2:39.8	64	0:31.1	47	1:05.6	14	31:26.2	74	0:49.1	11	6:50.3	5	M:SS.0	8	M:SS.0	49:58.5	Trianglia
12	Wayne Tilbury-Larter	85	12	M	4	M40-44	15	M40-44	15	2:39.8	28	0:28.1	39	0:57.0	16	31:47.4	66	0:48.1	10	6:50.1	12	M:SS.0	12	M:SS.0	50:15.8	Strac
13	Will Law	70	13	M	2	M25-29	39	M25-29	39	3:03.6	7	0:24.6	13	0:39.3	29	33:44.2	3	0:22.5	3	6:14.1	3	M:SS.0	3	M:SS.0	50:48.2	
14	Andrew Stewart	73	14	M	1	M55-59	47	M55-59	47	3:11.8	36	0:28.7	14	0:41.3	13	30:49.9	59	0:42.6	25	7:28.8	29	M:SS.0	26	M:SS.0	51:05.6	Hadleigh Hares
15	Sam Melton	123	15	M	5	M40-44	26	M40-44	26	2:51.6	20	0:27.2	66	1:18.2	17	31:56.9	37	0:36.0	14	6:56.1	17	M:SS.0	16	M:SS.0	51:13.0	
16	Adam Watson	88	16	M	3	M35-39	24	M35-39	24	2:49.9	46	0:29.6	36	0:54.7	15	31:44.2	84	0:54.2	30	7:36.3	24	M:SS.0	24	M:SS.0	52:03.5	
17	Paul Lyons	100	17	M	3	M50-54	88	M50-54	88	3:54.4	79	0:32.4	28	0:52.4	12	30:47.0	108	1:12.3	24	7:27.7	26	M:SS.0	22	M:SS.0	52:22.6	Beccles Triathlon Club
18	Colin Shadboit	78	18	M	4	M35-39	48	M35-39	48	3:13.3	47	0:29.7	34	0:54.3	36	34:24.3	45	0:39.2	9	6:46.0	11	M:SS.0	10	M:SS.0	53:11.1	
19	Hugh White	89	19	M	4	M50-54	41	M50-54	41	3:06.3	6	0:24.4	54	1:10.9	25	33:10.6	4	0:22.7	27	7:32.4	21	M:SS.0	21	M:SS.0	53:12.9	Hadleigh Hares
20	Simon Frost	134	20	M	6	M40-44	119	M40-44	119	5:06.7	25	0:27.6	69	1:20.1	9	29:37.8	48	0:40.1	46	8:03.8	50	M:SS.0	48	M:SS.0	53:37.7	Strac
21	Ian Steward	69	21	M	5	M35-39	49	M35-39	49	3:13.8	57	0:30.6	38	0:55.8	18	32:06.1	110	1:13.5	39	7:51.0	34	M:SS.0	39	M:SS.0	53:46.8	
22	David Eastaugh	91	22	M	5	M50-54	44	M50-54	44	3:08.8	92	0:34.1	67	1:18.2	30	33:51.7	26	0:33.2	20	7:15.8	18	M:SS.0	18	M:SS.0	53:50.8	
23	Sadie Burton	32	1	F	1	F40-44	60	F40-44	60	3:22.6	34	0:28.5	12	0:37.4	51	35:20.9	6	0:24.4	16	7:01.5	8	M:SS.0	13	M:SS.0	53:57.1	
24	Andrew Larter	145	23	M	6	M35-39	46	M35-39	46	3:09.8	3	0:23.1	56	1:11.5	19	32:24.3	112	1:13.7	33	7:45.6	38	M:SS.0	37	M:SS.0	54:08.1	Strac
25	Robert Batley	98	24	M	7	M40-44	74	M40-44	74	3:35.2	48	0:29.8	22	0:49.6	26	33:20.2	31	0:34.7	38	7:49.0	25	M:SS.0	31	M:SS.0	54:13.5	
26	Richard Lloyd	104	25	M	8	M40-44	79	M40-44	79	3:45.8	80	0:32.5	55	1:11.2	21	32:28.0	99	1:02.7	37	7:47.7	22	M:SS.0	27	M:SS.0	54:16.2	
27	Sarah Maidment	24	2	F	1	F35-39	78	F35-39	78	3:44.8	27	0:27.7	41	0:57.8	24	33:07.2	77	0:50.6	26	7:30.5	28	M:SS.0	25	M:SS.0	54:19.1	Bungay Black Dog
28	Terry Garrity	139	26	M	1	M60 ++	81	M60 ++	81	3:46.9	13	0:26.0	21	0:48.4	27	33:21.8	71	0:47.8	41	7:53.7	30	M:SS.0	34	M:SS.0	54:48.0	Beccles Tri Club
29	Christopher Lynam	131	27	M	7	M35-39	80	M35-39	80	3:46.6	63	0:30.9	83	1:33.6	22	32:43.3	25	0:32.9	40	7:52.1	32	M:SS.0	35	M:SS.0	54:49.5	
30	Jim Morris	77	28	M	6	M50-54	19	M50-54	19	2:44.2	96	0:34.4	50	1:08.7	28	33:25.0	87	0:54.8	44	8:02.7	40	M:SS.0	41	M:SS.0	54:50.5	
31	Simon Sparkes	119	29	M	9	M40-44	71	M40-44	71	3:33.3	37	0:28.9	51	1:09.3	43	34:49.0	16	0:29.1	19	7:13.9	19	M:SS.0	19	M:SS.0	54:55.4	Bungay Black Dog Rc
32	Fergus Anderson	109	30	M	2	M55-59	100	M55-59	100	4:09.7	60	0:30.8	27	0:51.9	38	34:26.3	1	0:19.6	29	7:35.9	23	M:SS.0	23	M:SS.0	55:24.1	Tri-Anglia
33	William White	60	31	M	1	MYouth	2	MYouth	2	2:16.4	1	0:21.5	17	0:46.0	54	35:44.1	62	0:42.9	28	7:35.0	49	M:SS.0	38	M:SS.0	55:37.6	
34	Robert Whiting	90	32	M	3	M30-34	25	M30-34	25	2:51.2	29	0:28.1	87	1:37.2	41	34:29.8	80	0:51.2	23	7:27.0	35	M:SS.0	32	M:SS.0	55:41.8	
35	Lynsey Allison	3	3	F	1	F25-29	83	F25-29	83	3:50.8	41	0:29.3	16	0:45.4	23	33:00.0	51	0:40.9	56	8:24.4	58	M:SS.0	56	M:SS.0	55:44.9	Strac
36	Grant Randall	94	33	M	1	M45-49	72	M45-49	72	3:33.6	72	0:31.6	57	1:11.8	34	34:22.3	76	0:50.1	32	7:40.6	33	M:SS.0	33	M:SS.0	56:00.8	
37	Stuart Hunter	102	34	M	2	M45-49	42	M45-49	42	3:06.3	69	0:31.4	29	0:53.2	52	35:27.1	68	0:46.8	36	7:47.2	27	M:SS.0	30	M:SS.0	56:08.7	Stowmarket Striders
38	Jake Hussey	113	36	M	4	M45-49	86	M45-49	86	3:54.0	77	0:32.0	123	2:58.2	44	34:49.0	52	0:40.9	5	6:29.3	14	M:SS.0	9	M:SS.0	56:23.0	Plumstead Runners
39	Adrian Gaskin	86	37	M	5	M45-49	40	M45-49	40	3:03.6	33	0:28.5	26	0:51.5	35	34:22.4	34	0:35.6	62	8:35.0	62	M:SS.0	64	M:SS.0	56:40.4	
40	Sally Bryson	16	4	F	2	F40-44	56	F40-44	56	3:19.4	32	0:28.4	20	0:47.9	47	35:12.9	67	0:46.7	48	8:06.1	42	M:SS.0	43	M:SS.0	56:45.6	
41	Carolyn Eaton	9	5	F	1	F45-49	30	F45-49	30	2:56.4	18	0:27.0	43	0:59.7	37	34:25.8	100	1:03.4	58	8:28.0	61	M:SS.0	60	M:SS.0	57:00.7	
42	Sarah Evans	13	6	F	2	F45-49	35	F45-49	35	3:01.4	67	0:31.3	24	0:51.2	45	34:51.2	92	0:56.9	52	8:14.7	59	M:SS.0	55	M:SS.0	57:03.6	
43	Julia Green	5	7	F	3	F40-44	9	F40-44	9	2:27.0	59	0:30.8	4	0:28.6	40	34:29.0	18	0:29.4	85	9:24.4	76	M:SS.0	79	M:SS.0	57:05.6	Tri-Anglia
44	John Sharpe	132	38	M	10	M40-44	114	M40-44	114	4:46.4	61	0:30.8	25	0:51.4	31	33:52.5	75	0:50.0	63	8:35.6	45	M:SS.0	53	M:SS.0	57:34.8	
45	Samuel Mooney	138	39	M	7	M50-54	109	M50-54	109	4:31.1	44	0:29.5	119	2:39.7	20	32:25.8	94	0:57.2	55	8:23.8	48	M:SS.0	50	M:SS.0	57:37.5	None
46	Robert Stephenson	95	40	M	8	M35-39	51	M35-39	51	3:14.8	87	0:33.5	52	1:09.5	49	35:14.9	88	0:55.3	54	8:20.6	53	M:SS.0	54	M:SS.0	57:53.7	
47	Bernard Dyer	72	41	M	8	M50-54	29	M50-54	29	2:53.3	73	0:31.8	59	1:12.2	32	34:10.4	104	1:04.5	75	9:00.1	72	M:SS.0	73	M:SS.0	57:58.9	
48	Elizabeth Stewart	1	8	F	1	FYouth	6	FYouth	6	2:18.8	12	0:25.8	35	0:54.5	69	37:12.7	27	0:33.3	35	7:46.8	66	M:SS.0	51	M:SS.0	58:00.7	Hadleigh Hares
49	Chris Gutteridge	137	42	M	9	M35-39	95	M35-39	95	3:59.2	21	0:27.2	19	0:47.5	48	35:13.0	7	0:24.9	69	8:44.1	56	M:SS.0	63	M:SS.0	58:07.8	
50	David Smeaton-Small	124	43	M	6	M45-49	76	M45-49	76	3:38.5	91	0:33.8	85	1:36.6	39	34:28.3	103	1:03.7	65	8:40.2	54	M:SS.0	58	M:SS.0	58:26.3	
51	Stuart Lawn	103	44	M	4	M30-34	77	M30-34	77	3:38.8	10	0:25.0	37	0:55.6	73	37:40.1	11	0:27.9	21	7:19.5	39	M:SS.0	28	M:SS.0	58:27.2	
52	Carla Shipp	27	9	F	2	F35-39	73	F35-39	73	3:34.6	40	0:29.3	77	1:31.0	42	34:39.8	96	0:59.2	57	8:26.7	64	M:SS.0	62	M:SS.0	58:28.0	Diss Cycling Club
53	Peter Rogers	127	45	M	10	M35-39	67	M35-39	67	3:29.4	24	0:27.6	63	1:14.1	86	39:18.4	60	0:								