

Pos	No	First Name	Last Name	Team name	Gender	GenPos	Cat	CatPos	Penalty Time	Swim Split Time	Cycle Split Time	Run Split Time	Finish time
1	60	Oliver	Milk	Tri-Anglia	Male	1	F			00:21:05	01:01:13	00:36:46	01:59:05
2	205	Roy	Young	Born 2 Tri	Male	2	H	1		00:23:32	01:01:04	00:36:25	02:01:02
3	91	David	Bettinson		Male	3	G	1		00:24:38	01:02:50	00:35:37	02:03:06
4	15	Will	Dorsett	Mammoth Tri	Male	4	D	1		00:25:21	01:02:03	00:37:28	02:04:52
5	67	Karl	Purdy	Hadleigh Hares	Male	5	F	1		00:24:42	01:03:36	00:37:52	02:06:11
6	54	Liam	Gentry	Tri-Anglia	Male	6	F	2		00:23:42	01:00:35	00:42:06	02:06:25
7	107	Thomas	Korff	Hillingdon Triathletes	Male	7	G	2		00:23:49	01:02:31	00:40:21	02:06:42
8	227	Dave	Copland	Ipswich Triathlon Club	Male	8	I	1		00:27:06	01:03:21	00:38:16	02:08:44
9	68	Iain	Robertson	Tri-Anglia	Male	9	F	3		00:25:15	01:07:46	00:36:38	02:09:40
10	66	Steve	Norris	Born2Tri	Male	10	F	4		00:23:33			02:09:50
11	236	Mark	Nowell	Tri-Anglia	Male	11	I	2		00:23:18	01:03:50	00:42:58	02:10:07
12	145	Mark	Bowditch	Ipswich Tri Club	Male	12	H	2		00:25:50	01:06:06	00:39:21	02:11:19
13	213	Juliet	Vickery	Cambridge Triathlon Club	Female	1	I	1		00:24:20	01:07:47	00:39:15	02:11:23
14	169	Les	Henderson	Tri Sport Epping	Male	13	H	3		00:26:30	01:07:25	00:38:25	02:12:20
15	171	Stuart	Hope	Born2Tri	Male	14	H	4		00:26:52	01:04:57	00:40:40	02:12:30
16	52	Mitchell	Dann	Greenwich Tritons	Male	15	F	5		00:26:02	01:05:02	00:41:46	02:12:51
17	12	John	Beardsworth	Army Triathlon Association	Male	16	D	2		00:23:26	01:08:57	00:40:36	02:12:59
18	123	Eric	Van caster		Male	17	G	3		00:26:56	01:06:53	00:39:40	02:13:29
19	238	Graham	Pigg	Tri-Anglia	Male	18	I	3		00:26:12	01:04:21	00:42:58	02:13:31
20	173	Phil	Jenkins	Norwich Canoe Club	Male	19	H	5		00:27:34	01:03:07	00:42:51	02:13:32
21	1	Thomas	Whitlam	Tri-Anglia	Male	20	B	1		00:25:54	01:07:19	00:41:01	02:14:15
22	58	Kenneth	Heney	London Heathside AC	Male	21	F	6		00:25:48	01:10:18	00:38:12	02:14:20
23	96	Ace	Dann	Tri-Anglia	Male	22	G	4		00:25:13	01:05:51	00:43:43	02:14:48
24	193	Kevin	Rooney	Tri-Anglia	Male	23	H	6		00:25:19	01:11:52	00:37:52	02:15:04
25	160	Mark	Drake	Rock Estate	Male	24	H	7		00:27:08	01:07:32	00:41:18	02:15:59
26	175	David	Kay	Ipswich Triathlon Club	Male	25	H	8		00:27:09	01:06:55	00:42:06	02:16:11
27	161	Matt	Dye	Ipswich Triathlon Club	Male	26	H	9		00:26:59	01:08:23	00:41:32	02:16:55
28	159	Iain	Downie	Ipswich Triathlon Club	Male	27	H	10		00:22:27	01:10:01	00:44:41	02:17:10
29	234	David	Maslen	Tri-Anglia	Male	28	I	4		00:28:56	01:06:28	00:41:55	02:17:20
30	192	Alan	Reade	Born2Tri	Male	29	H	11		00:27:02	01:11:11	00:39:21	02:17:34
31	241	Dean	Sparrow	Tri Sport Epping	Male	30	I	5		00:25:01	01:08:27	00:44:07	02:17:36
32	26	Andrew	Fillmore		Male	31	E	1		00:21:55	01:11:12	00:44:41	02:17:49
33	142	Stuart	Bennett	53-12 Multisports	Male	32	H	12		00:29:23	01:05:47	00:42:47	02:17:58
34	293	Rix Fuels		Rix Fuels	Male	33	MaleTeam	1		00:29:31	01:03:18	00:45:18	02:18:08
35	219	Steve	Beck	Tri-Anglia	Male	34	I	6		00:26:25	01:08:29	00:43:17	02:18:12
36	276	Simon	Edye	Tri-Anglia	Male	35	K	1		00:26:16	01:06:27	00:45:48	02:18:32
37	162	Pete	Foody	Ely Runners	Male	36	H	13		00:28:33	01:11:27	00:38:32	02:18:33
38	32	Toby	Morrell	Tri-Anglia	Male	37	E	2		00:24:34	01:12:25	00:41:36	02:18:36
39	284	Fly Boys		Fly Boys	Male	38	MaleTeam	2		00:25:48	01:10:34	00:42:38	02:19:01
40	131	Melissa	Dowell	Born2Tri	Female	2	H	1		00:22:30	01:11:41	00:44:50	02:19:02
41	146	Tim	Bowman	Hadleigh Hares	Male	39	H	14		00:28:24	01:08:09	00:42:37	02:19:11
42	59	Damon	Lawrence		Male	40	F	7		00:30:41	01:06:38	00:42:05	02:19:25
43	270	Dennis	Warner	Harwich Runners	Male	41	J	1				00:45:26	02:19:27
44	242	Nick	Stonehouse	Ipswich Tri Club	Male	42	I	7		00:26:28	01:11:37	00:41:49	02:19:55
45	187	Stuart	Paul	Tri Sport Epping	Male	43	H	15		00:28:46	01:07:39	00:43:30	02:19:56
46	87	Mark	Bailey	Born2Tri	Male	44	G	5		00:26:33	01:08:52	00:44:35	02:20:02
47	151	Paul	Claxton		Male	45	H	16		00:24:01	01:08:19	00:47:48	02:20:09
48	244	Alexander	Telfer	Sleaford Striders	Male	46	I	8		00:26:33	01:10:30	00:43:09	02:20:14
49	158	Stephen	De boltz	Ipswich Triathlon Club	Male	47	H	17		00:26:45	01:05:06	00:48:43	02:20:34
50	217	Ian	Atkinson	Stafford Triathlon Club	Male	48	I	9		00:25:24	01:13:19	00:43:37	02:22:22
51	237	Paul	Pester	EAST	Male	49	I	10		00:23:10	01:14:26	00:44:47	02:22:24
52	231	Richard	Hanson	Tri-Anglia	Male	50	I	11		00:29:40	01:11:35	00:41:08	02:22:24
53	256	Paul	Davenport		Male	51	J	2		00:29:19	01:11:23	00:41:43	02:22:26
54	25	Timothy	Earl	Triathlon Essex	Male	52	E	3		00:33:07	01:07:01	00:42:49	02:22:58
55	215	Greg	Allen	Ipswich Triathlon Club	Male	53	I	12		00:27:51	01:12:21	00:42:48	02:23:01
56	235	Gary	Matthews	None	Male	54	I	13		00:29:54	01:07:04	00:46:12	02:23:11
57	111	Kevin	Murphy	Woodford Green with Essex Ladies	Male	55	G	6		00:34:21	01:11:03	00:37:53	02:23:17
58	28	John	Hudson		Male	56	E	4		00:28:45	01:11:57	00:42:40	02:23:23
59	224	John	Chisnall	Hadleigh Hares AC	Male	57	I	14		00:28:54	01:09:13	00:45:29	02:23:37
60	206	Lucy	Bowditch	Ipswich Tri Club	Female	3	I	2	+00:02:00	00:28:02	01:10:01	00:43:42	02:23:47
61	189	Chris	Playford	Tri-Anglia	Male	58	H	18		00:26:57	01:08:33	00:48:28	02:23:59
62	82	Wendy	Martin	Born to Tri	Female	4	G	1		00:26:22	01:13:31	00:44:16	02:24:11
63	258	Terry	Grant		Male	59	J	3		00:27:23	01:11:28	00:45:23	02:24:14
64	254	Peter	Chapman	Tri-Anglia	Male	60	J	4		00:31:03	01:08:48	00:44:26	02:24:17
65	61	Stuart	Mills	Born to Tri	Male	61	F	8		00:29:19	01:12:24	00:43:01	02:24:45
66	154	Mark	Clues	Tri-Anglia	Male	62	H	19		00:33:22	01:10:55	00:40:33	02:24:51
67	230	Jonathan	Goodhand		Male	63	I	15		00:31:17	01:13:48	00:39:49	02:24:55
68	13	Joseph	Goddard	Ipswich Triathlon Club	Male	64	D	3		00:25:24	01:16:51	00:43:08	02:25:24
69	283	Team 3C		Team 3C	Male	65	MaleTeam	3		00:26:10	01:14:38	00:44:38	02:25:27
70	122	Garry	Torrance		Male	66	G	7		00:29:44	01:11:35	00:44:37	02:25:58
71	132	Jacalyn	Eyres	East Essex Triathlon Club	Female	5	H	2		00:25:16	01:12:34	00:48:16	02:26:07

Pos	No	First Name	Last Name	Team name	Gender	GenPos	Cat	CatPos	Penalty Time	Swim Split Time	Cycle Split Time	Run Split Time	Finish time
72	295	Team IXL		Team IXL	Male	67	MixTeam	1		00:25:16			02:26:07
73	35	Ben	Turner	Cambridge Triathlon Club	Male	68	E	5		00:25:09	01:17:31	00:43:30	02:26:11
74	291	The Tri-		The Tri-Umphants!	Male	69	MixTeam	2		00:33:50			02:26:22
75	177	Paul	Kerton	Tri-Anglia	Male	70	H	20		00:29:26	01:12:18	00:44:42	02:26:26
76	116	Anthony	Scarpa	Cambridge Triathlon Club	Male	71	G	8		00:28:12	01:12:57	00:45:25	02:26:34
77	120	Karl	Syson		Male	72	G	9		00:28:23	01:13:03	00:45:07	02:26:35
78	164	Joseph	Geitner		Male	73	H	21		00:29:11	01:15:04	00:42:34	02:26:51
79	109	Alan	Macpherson	St Edmund Pacers	Male	74	G	10		00:33:15	01:11:02	00:42:39	02:26:58
80	30	Dylan	Karger		Male	75	E	6		00:30:35	01:10:38	00:45:44	02:26:58
81	223	Bill	Charters	Born2Tri	Male	76	I	16		00:27:15	01:12:34	00:47:15	02:27:05
82	121	Richard	Tiller	Ipswich Triathlon Club	Male	77	G	11		00:27:15	01:10:12	00:49:49	02:27:17
83	208	Alison	Hamilton	Ipswich Triathlon Club	Female	6	I	3		00:27:06			02:27:21
84	285	Norwich		Norwich Rays	Male	78	MaleTeam	4		00:38:46	01:09:17	00:39:17	02:27:22
85	90	Nik	Bertholdt	Tri-Anglia	Male	79	G	12		00:35:34	01:10:29	00:41:25	02:27:29
86	289	Planning to		Planning to be Rubbish	Male	80	MixTeam	3		00:31:13	01:09:22	00:46:59	02:27:34
87	105	Robert	James	Bungay Black Dog Running Club	Male	81	G	13		00:32:57	01:13:46	00:41:42	02:28:26
88	210	Zena	Shean	East Essex Tri	Female	7	I	4		00:27:36	01:15:14	00:45:49	02:28:40
89	10	Rachel	Pearson	Tri-Anglia	Female	8	D	1		00:24:28	01:16:53	00:47:28	02:28:50
90	140	Warwick	Anderson	Pocklington Runners	Male	82	H	22		00:31:33	01:13:28	00:43:59	02:29:01
91	2	James	Maycock	Waveney Valley AC	Male	83	C	1		00:27:48	01:16:04	00:45:19	02:29:12
92	69	Tom	Sharpe	Tri-Anglia	Male	84	F	9		00:27:06	01:15:38	00:46:30	02:29:14
93	257	Rob	Fulbrook	Trisporttepping	Male	85	J	5		00:31:19	01:10:24	00:47:32	02:29:16
94	204	Mark	Winfield	Tri-Anglia	Male	86	H	23		00:31:25	01:13:40	00:44:12	02:29:18
95	127	Angus	Western	Lost Tribe of Brundish	Male	87	G	14		00:24:42	01:11:01	00:53:44	02:29:28
96	185	Tony	Money	North Norfolk Tri Club	Male	88	H	24		00:31:00	01:12:46	00:45:43	02:29:29
97	144	Lee	Bircham	Rock Estate	Male	89	H	25		00:33:19	01:12:05	00:44:13	02:29:39
98	141	Paul	Barton	Hadleigh Hares	Male	90	H	26		00:31:50	01:11:40	00:46:19	02:29:51
99	190	Andrew	Pond	Norwich Road Runners	Male	91	H	27		00:30:20	01:15:47	00:43:46	02:29:54
100	56	Jamie	Greenaway		Male	92	F	10		00:29:55	01:15:46	00:44:31	02:30:13
101	294	Tri and Win		Tri and Win	Male	93	MixTeam	4		00:27:15	01:15:03	00:48:03	02:30:22
102	22	Rosie	Waterman	Tri-Anglia	Female	9	E	1		00:26:56	01:22:00	00:41:27	02:30:24
103	271	Graham	White	Ipswich Triathlon Club	Male	94	J	6		00:35:44	01:12:35	00:42:06	02:30:25
104	209	Geraldine	Howard	TSE	Female	10	I	5		00:27:39	01:15:30	00:47:16	02:30:26
105	152	Tim	Clayton		Male	95	H	28		00:29:04	01:17:39	00:43:43	02:30:27
106	273	Penny	Edwards	Tri-Anglia	Female	11	K	1		00:32:50	01:15:21	00:42:21	02:30:33
107	220	Colin	Browning	Tri-Anglia	Male	96	I	17	+00:02:00	00:31:08	01:11:44	00:45:44	02:30:36
108	118	Philip	Smith	Tri-Anglia	Male	97	G	15		00:29:21	01:17:38	00:43:59	02:30:59
109	106	Andrew	Keeble	Stradbroke Swimfit	Male	98	G	16		00:26:46	01:14:42	00:49:32	02:31:01
110	23	Ryan	Callaby	North Norfolk Beach Runners	Male	99	E	7		00:27:17	01:17:56	00:46:03	02:31:16
111	261	Mark	Hird		Male	100	J	7		00:26:00	01:15:20	00:49:59	02:31:20
112	186	Neil	Packer	Peake Fitness	Male	101	H	29		00:26:04	01:15:12	00:50:14	02:31:30
113	225	Phil	Collins	Cambridge Triathlon Club	Male	102	I	18		00:31:48	01:12:39	00:47:12	02:31:41
114	174	Simon	Jolly	Tri Sport Epping	Male	103	H	30		00:27:24	01:10:23	00:53:58	02:31:45
115	101	Martin	Hollywood	Thames Turbo Triathlon Club	Male	104	G	17		00:36:11	01:13:57	00:41:37	02:31:46
116	126	David	Washer	Tri-Anglia	Male	105	G	18		00:32:10	01:13:37	00:45:58	02:31:46
117	143	Tony	Bettis	Castle Boxing Club	Male	106	H	31		00:28:35	01:13:47	00:49:36	02:31:59
118	53	Paul	Dewey	n/a	Male	107	F	11		00:27:26	01:14:23	00:50:15	02:32:04
119	97	Richard	Fewster		Male	108	G	19		00:26:24	01:17:59	00:47:43	02:32:07
120	63	Nick	Morgan		Male	109	F	12		00:30:35	01:18:04	00:43:39	02:32:18
121	286	Team Tagg		Team Tagg	Male	110	MixTeam	5		00:31:23	01:14:36	00:46:33	02:32:33
122	199	Chris	Tye	Ipswich Tri Club	Male	111	H	32		00:32:59			02:32:46
123	98	Tim	Gins		Male	112	G	20		00:32:54	01:17:37	00:42:15	02:32:47
124	263	Tim	Morton	Tri-Anglia	Male	113	J	8		00:32:52	01:13:37	00:47:10	02:33:40
125	9	Sian	Loveless	UEA	Female	12	D	2		00:24:47	01:20:29	00:48:35	02:33:51
126	243	Paul	Stukas	Springfield Striders	Male	114	I	19		00:30:54	01:16:12	00:46:49	02:33:56
127	94	Julian	Church	Rock Estate Runners and Riders	Male	115	G	21		00:28:42			02:33:59
128	176	Martin	Kelleway		Male	116	H	33		00:32:05	01:15:16	00:46:53	02:34:15
129	197	Harvey	Tomlin	53:12 Multisports	Male	117	H	34		00:31:29	01:13:00	00:49:48	02:34:18
130	112	David	Prieto-merino		Male	118	G	22		00:33:12	01:14:46	00:46:21	02:34:20
131	29	Kevin	Ireland	Tri-Anglia	Male	119	E	8		00:30:38	01:18:43	00:45:03	02:34:25
132	115	Lindsey	Saunders		Male	120	G	23		00:26:58	01:16:37	00:51:05	02:34:42
133	50	Kraig	Cole	Tri-Anglia	Male	121	F	13		00:33:52	01:11:29	00:49:26	02:34:48
134	228	Gilles	Corby	PACTRAC	Male	122	I	20		00:29:38	01:18:28	00:46:42	02:34:49
135	165	Andrew	Goodchild	n/a	Male	123	H	35		00:33:46	01:11:45	00:49:19	02:34:50
136	181	Richard	Lee	Tri Sport Epping	Male	124	H	36		00:30:19	01:16:23	00:48:18	02:35:02
137	114	Martin	Rendle	Flexible Offices Direct.co	Male	125	G	24		00:27:44	01:20:43	00:46:41	02:35:09
138	287	Team 146		Team 146	Male	126	MixTeam	6		00:27:18	01:10:44	00:57:30	02:35:33
139	88	Steven	Bartlett	Born 2 Tri	Male	127	G	25		00:27:53	01:22:26	00:45:28	02:35:49
140	156	Andy	Dawbarn	East Essex Triathlon Club	Male	128	H	37		00:33:51	01:13:27	00:48:39	02:35:58
141	279	Barbara	Leverett	Cambridge Triathlon Club	Female	13	L	1		00:30:36	01:15:20	00:50:13	02:36:10
142	260	Paul	Haxell	Born2Tri	Male	129	J	9		00:40:06	01:11:05	00:45:00	02:36:12
143	65	Simon	Nathan		Male	130	F	14		00:30:22	01:19:06	00:47:09	02:36:38
144	179	Nigel	Kinsella	Tri-Anglia	Male	131	H	38		00:27:59	01:16:42	00:51:59	02:36:41
145	5	Aimee	Canham		Female	14	D	3		00:28:01	01:19:59	00:48:47	02:36:47
146	191	Clive	Quantrill	Ipswich Triathlon Club	Male	132	H	39		00:33:55	01:14:31	00:48:21	02:36:48

Pos	No	First Name	Last Name	Team name	Gender	GenPos	Cat	CatPos	Penalty Time	Swim Split Time	Cycle Split Time	Run Split Time	Finish time
147	80	Julia	Green	Ipswich Triathlon Club	Female	15	G	2		00:25:12	01:15:50	00:55:46	02:36:49
148	264	Thomas	Palmer		Male	133	J	10		00:29:13	01:16:53	00:50:47	02:36:55
149	124	Steve	Vaughan	None	Male	134	G	26		00:31:10	01:15:44	00:50:05	02:37:00
150	216	Kevin	Altria		Male	135	I	21		00:37:12	01:23:58	00:35:54	02:37:05
151	195	Karl	Sharman		Male	136	H	40		00:23:20	01:20:27	00:53:27	02:37:15
152	166	Kevin	Graves		Male	137	H	41		00:32:31	01:12:45	00:52:15	02:37:32
153	275	Graham	Bainger	Tri-Anglia	Male	138	K	2		00:30:37	01:19:29	00:47:31	02:37:38
154	103	David	Hudson	Tri-Anglia	Male	139	G	27		00:34:39	01:19:09	00:43:50	02:37:40
155	232	Paul	Hurry	Castle Boxing Club	Male	140	I	22		00:31:13	01:18:32	00:47:58	02:37:43
156	85	Sasha	Scarpa	Cambridge Triathlon Club	Female	16	G	3		00:28:29	01:19:51	00:49:25	02:37:46
157	27	James	Hayward	Tri-Anglia	Male	141	E	9		00:30:27	01:19:40	00:47:46	02:37:54
158	47	David	Browning	Essex Police Tri	Male	142	F	15		00:30:33	01:18:07	00:49:16	02:37:57
159	81	Rebecca	Horne	Tri-Anglia	Female	17	G	4		00:30:16	01:18:36	00:49:10	02:38:02
160	170	Craig	Higgins		Male	143	H	42	+00:02:00	00:38:25	01:14:24	00:43:27	02:38:17
161	288	Bugg's		Bugg's Bunnies	Male	144	MixTeam	7		00:31:25	01:09:49	00:57:16	02:38:30
162	150	David	Clark	Tri-Anglia	Male	145	H	43		00:28:32	01:19:18	00:51:24	02:39:15
163	55	Robert	Gibbons	Tri-Anglia	Male	146	F	16		00:31:10	01:15:32	00:52:53	02:39:37
164	92	Michael	Briggs	Tri-Anglia	Male	147	G	28		00:31:59	01:15:51	00:51:55	02:39:46
165	51	James	Cotton		Male	148	F	17		00:29:15	01:17:46	00:52:50	02:39:52
166	139	Julia	Yelloly	Ipswich Triathlon Club	Female	18	H	3		00:30:28	01:18:30	00:50:54	02:39:54
167	239	Nick	Rush	Hadleigh Hares	Male	149	I	23		00:35:37	01:15:01	00:49:16	02:39:55
168	44	Tom	Bell		Male	150	F	18		00:27:29	01:21:38	00:50:58	02:40:06
169	99	Bonamy	Grimes	Tri-Anglia	Male	151	G	29		00:27:38	01:17:05	00:55:29	02:40:13
170	74	Alexandra	Bridges		Female	19	G	5		00:30:10	01:24:35	00:45:33	02:40:19
171	163	Simon	Ford	East Essex Triathlon Club	Male	152	H	44	+00:02:00	00:28:05	01:16:51	00:53:28	02:40:25
172	265	Andre	Potgieter	Tri-Anglia	Male	153	J	11		00:29:26	01:20:05	00:50:54	02:40:26
173	45	Rick	Berry	Ipswich Tri Club	Male	154	F	19		00:30:40	01:19:16	00:50:39	02:40:35
174	4	Samme	Brough		Female	20	D	4		00:25:52	01:24:43	00:50:03	02:40:39
175	259	Simon	Green	Ipswich Triathlon Club	Male	155	J	12		00:32:46	01:18:27	00:49:30	02:40:44
176	292	Tri-hards		'Tri-hards'	Male	156	MixTeam	8		00:32:46	01:17:23	00:50:41	02:40:50
177	24	Paul	Casson	BAD Tri	Male	157	E	10		00:31:36	01:18:52	00:50:40	02:41:08
178	138	Carin	Swanevelde-minnie		Female	21	H	4		00:31:29	01:17:18	00:52:52	02:41:39
179	280	Grayhame	Fish	Tri-Anglia	Male	158	L	1		00:28:53	01:18:35	00:54:38	02:42:06
180	136	Mary	Skelcher	Ipswich Triathlon Club	Female	22	H	5		00:28:40	01:21:16	00:52:11	02:42:08
181	71	Ben	Walker	Tri-Anglia	Male	159	F	20		00:31:08	01:18:33	00:52:29	02:42:11
182	188	Tony	Pick	Tri-Anglia	Male	160	H	45		00:32:47	01:20:24	00:49:01	02:42:13
183	245	Paul	Tovell	53:12 Multisports	Male	161	I	24		00:32:38	01:18:53	00:50:49	02:42:20
184	113	Nick	Propper		Male	162	G	30		00:33:29	01:18:07	00:51:01	02:42:38
185	17	Juliette	Chartier		Female	23	E	2		00:30:17	01:22:15	00:50:34	02:43:08
186	218	Stephen	Baker	Tri-Anglia	Male	163	I	25		00:32:57	01:17:13	00:53:05	02:43:16
187	77	Desiree	Clarke noble	East London Triathletes	Female	24	G	6		00:31:28	01:23:16	00:48:34	02:43:18
188	211	Kate	Stannett	Ipswich Triathlon Club	Female	25	I	6		00:28:47	01:21:05	00:53:35	02:43:27
189	226	Nigel	Cooper	East Essex Triathlon Club	Male	164	I	26		00:31:34	01:20:24	00:51:36	02:43:35
190	125	Roland	Von glasow	Tri-Anglia	Male	165	G	31		00:27:47	01:18:49	00:57:19	02:43:57
191	84	Sarah	Nash		Female	26	G	7		00:28:19	01:21:23	00:54:35	02:44:18
192	282	Senoritas		Senoritas	Female	27	FemTeam	1		00:31:05	01:20:21	00:52:52	02:44:20
193	39	Frances	Hardman	Tri-Anglia	Female	28	F	1		00:29:10	01:22:09	00:53:11	02:44:31
194	278	Anne	Fish	Tri-Anglia	Female	29	L	2		00:31:44	01:19:51	00:53:20	02:44:55
195	36	Ian	Williams		Male	166	E	11		00:30:40	01:24:14	00:50:26	02:45:21
196	233	Paul	Martin	Ely Triathlon	Male	167	I	27		00:29:50	01:28:26	00:47:28	02:45:45
197	8	Sarah	Greenwood	Tri-Anglia	Female	30	D	5		00:23:21	01:24:27	00:58:05	02:45:55
198	246	Andrew	Verney	Tri-Anglia	Male	168	I	28		00:28:14	01:23:31	00:54:11	02:45:56
199	168	Mark	Hardiman	Tri-Anglia	Male	169	H	46		00:30:16	01:21:24	00:54:31	02:46:11
200	38	Rachel	Fiddy	Tri-Anglia	Female	31	F	2		00:28:35	01:27:13	00:50:41	02:46:30
201	64	Stuart	Morton	53-12	Male	170	F	21		00:36:25	01:15:26	00:55:01	02:46:53
202	196	James	Stanbrook		Male	171	H	47		00:29:40	01:26:42	00:51:31	02:47:55
203	183	George	Lloyd-williams	Tri-Anglia	Male	172	H	48		00:38:29	01:18:53	00:50:47	02:48:10
204	14	Matthew	Groves		Male	173	D	4		00:29:20	01:27:54	00:51:02	02:48:17
205	135	Liz	Macdonald	Tri-Anglia	Female	32	H	6		00:28:03	01:26:07	00:54:32	02:48:44
206	20	Gemma	Riddell	Hillingdon Triathletes	Female	33	E	3		00:29:24	01:25:24	00:54:18	02:49:06
207	184	John	Loaker		Male	174	H	49	+00:02:00	00:25:20	01:18:19	01:03:44	02:49:24
208	221	Curtis	Caba	Peake Fitness	Male	175	I	29		00:31:32	01:22:13	00:55:52	02:49:38
209	37	Anna	Borghesani		Female	34	F	3		00:30:28	01:23:12	00:56:42	02:50:22
210	93	Guy	Chiswick		Male	176	G	32		00:33:03	01:23:55	00:54:56	02:51:55
211	31	Daniel	Mapleson		Male	177	E	12		00:32:33	01:26:09	00:53:15	02:51:59
212	255	Peter	Clark		Male	178	J	13		00:32:49	01:26:36	00:53:31	02:52:57
213	129	Elaine	Banville	Tri Sport Epping	Female	35	H	7		00:36:18	01:25:36	00:51:15	02:53:10
214	207	Sue	Fuller	East Essex Tri	Female	36	I	7		00:30:56	01:23:17	00:59:06	02:53:20
215	202	John	Wilson	Tri-Anglia	Male	179	H	50		00:34:26	01:20:55	00:58:19	02:53:41
216	267	Tim	Reed	Odds	Male	180	J	14		00:35:07	01:25:03	00:54:28	02:54:39
217	222	Chris	Cambridge	East Essex Tri	Male	181	I	30		00:36:15	01:29:06	00:49:25	02:54:47
218	296	Cotswold		Cotswold Outdoor	Male	182	MixTeam	9		00:36:49	01:24:07	00:53:55	02:54:52
219	46	Mark	Blake		Male	183	F	22		00:34:36	01:24:20	00:56:07	02:55:04
220	182	Steve	Linford	Tri-Anglia	Male	184	H	51		00:36:43	01:23:48	00:54:43	02:55:15

Pos	No	First Name	Last Name	Team name	Gender	GenPos	Cat	CatPos	Penalty Time	Swim Split Time	Cycle Split Time	Run Split Time	Finish time
221	21	Rebecca	Sankey	Tri-Anglia	Female	37	E	4		00:37:19	01:22:14	00:55:49	02:55:23
222	147	Lawrence	Brackstone	Spalding Triathlon Club	Male	185	H	52		00:29:22	01:31:04	00:55:08	02:55:35
223	43	Darren	Abbs		Male	186	F	23		00:30:12	01:29:37	00:55:48	02:55:38
224	250	Carol	Maycock	Bungay Black Dog Running Club	Female	38	J	1		00:31:38	01:28:08	00:56:02	02:55:49
225	178	Dom	Kilburn	Tri-Anglia	Male	187	H	53		00:35:35	01:31:32	00:48:46	02:55:54
226	133	Julie	Halpin	Born2Tri	Female	39	H	8		00:38:54			02:57:44
227	240	Mark	Scharff	Tri-Anglia	Male	188	I	31		00:42:25	01:20:34	00:54:50	02:57:50
228	272	John	Young		Male	189	J	15		00:33:00	01:27:29	00:57:21	02:57:51
229	108	Jaan	Larner	None	Male	190	G	33		00:33:33	01:30:21	00:56:01	02:59:56
230	42	Julie	Scott	n/a	Female	40	F	4		00:35:36	01:29:29	00:54:54	02:59:59
231	41	Valerie	Mccormack		Female	41	F	5		00:31:55	01:31:20	00:56:48	03:00:04
232	249	Trish	Kelly	East London Triathletes	Female	42	J	2		00:34:53	01:31:05	00:55:14	03:01:14
233	134	Cathy	Lambert	St. Edmund Pacers	Female	43	H	9		00:40:50	01:27:07	00:53:24	03:01:21
234	95	Danny	Clandfield		Male	191	G	34		00:51:44	01:20:21	00:49:25	03:01:31
235	268	Charlie	Stannett	Ipswich Triathlon Club	Male	192	J	16		00:37:21	01:26:44	00:57:59	03:02:06
236	290	Tri-plods		Tri-plods	Male	193	MixTeam	10		00:42:25			03:02:29
237	200	Andrew	Walker	Born2Tri	Male	194	H	54		00:34:25	01:21:50	01:06:54	03:03:09
238	247	Brendan	Wren		Male	195	I	32		00:51:46			03:03:19
239	203	Russell	Wilson	Tri-Anglia	Male	196	H	55		00:31:32	01:25:29	01:06:22	03:03:24
240	157	Jon	Dawson	Woodbridge Shufflers	Male	197	H	56	+00:02:00	00:35:32	01:26:00	01:00:26	03:03:58
241	62	John	Moody	Ipswich Triathlon Club	Male	198	F	24		00:37:08	01:32:34	00:54:17	03:04:00
242	155	Harvey	Davis		Male	199	H	57		00:43:01	01:22:07	00:59:19	03:04:28
243	57	Robert	Heeley		Male	200	F	25		00:29:27	01:37:14	00:58:06	03:04:47
244	251	Susan	Potter	Tri-Anglia	Female	44	J	3		00:31:11	01:29:33	01:04:30	03:05:15
245	33	Philip	Roberts		Male	201	E	13		00:36:14	01:34:37	00:55:23	03:06:16
246	153	Daniel	Clifford	Ipswich Tri Club	Male	202	H	58		00:23:54	01:58:11	00:44:45	03:06:51
247	19	Meaghan	Kall		Female	45	E	5		00:32:52	01:31:01	01:04:10	03:08:04
248	86	Marcus	Anselm	None	Male	203	G	35		00:32:48	01:46:24	00:50:40	03:09:54
249	277	Terry	Garrity	Tri-Anglia	Male	204	K	3					03:10:55
250	274	John	Adam	Tri-Anglia	Male	205	K	4		00:49:58			03:11:11
251	6	Alanna	Forrester	Tri-Anglia	Female	46	D	6		00:31:39	01:35:17	01:04:24	03:11:21
252	40	Sophie	Hawkesworth		Female	47	F	6		00:36:05			03:12:10
253	7	Catherine	Gaynor		Female	48	D	7		00:37:51	01:37:25	00:57:06	03:12:22
254	79	Rachel	Fijalkowska	Tri-Anglia	Female	49	G	8		00:33:21	01:45:40	01:05:34	03:24:36
255	73	Debbie	Binks	bsrc tri	Female	50	G	9		00:40:18	01:42:51	01:03:57	03:27:07
256	49	Jaco	Coetzee	Odds	Male	206	F	26		00:43:16	01:31:17	01:13:48	03:28:22
257	11	Natassia	Young		Female	51	D	8				00:57:20	03:28:51
258	75	Samantha	Britcher	Tri-Anglia	Female	52	G	10		00:50:30	01:40:10	01:02:55	03:33:36
259	137	Susannah	Stanbrook		Female	53	H	10		00:34:36			03:35:57
260	172	Andrew	Hovell	Peake Fitness	Male	207	H	59		00:41:55	01:46:57	01:07:23	03:36:16
261	260	John	Thompson	Tri-Anglia	Male	208	I	17		00:48:35	01:41:57	01:09:05	03:38:38

