

Positio	Race No.	First name	Last name	Gender	Age category	Team name	Finish time	Swim Split	Pos'n	T1 Split	Pos'n	Bike Split	Pos'n	T2 Split	Pos'n	Run Split	Pos'n
1	70	roy	young	Male	Veteran H-M	Born 2 Tri	02:01:13	00:21:48	10	00:00:41	3	01:02:02	4	00:00:39	14	00:36:00	3
2	112	Matt	Chandler	Male	Senior D-G	Cambridge Triathlon Club	02:01:23	00:19:50	2	00:00:46	5	01:00:03	1	00:00:37	5	00:40:04	16
3	110	matthew	ellis	Male	Senior D-G	Tri- Anglia	02:02:54	00:19:43	1	00:00:57	11	01:01:31	3	00:00:39	13	00:40:00	14
4	126	Luke	Partridge	Male	Senior D-G	London Fire Brigade/Tri-Sport-Epping	02:03:02	00:19:55	3	00:00:45	4	01:04:02	6	00:00:34	3	00:37:44	6
5	127	Robert	Brundish	Male	Senior D-G		02:03:53	00:21:29	9	00:01:43	74	01:04:41	8	00:00:54	58	00:35:03	1
6	124	Adam	Chadburn	Male	Senior D-G	Tri London	02:04:13	00:20:01	4	00:01:01	16	01:03:17	5	00:00:35	4	00:39:16	8
7	118	liam	gentry	Male	Senior D-G	Tri- Anglia	02:05:14	00:22:07	12	00:01:05	23	01:00:56	2	00:00:38	10	00:40:25	19
8	107	Daniel	Bingham	Male	Senior D-G	Hillingdon Triathletes	02:05:45	00:22:39	13	00:00:49	7	01:05:31	10	00:00:56	63	00:35:47	2
9	115	Karl	Purdy	Male	Senior D-G	Hadleigh Hares AC	02:05:55	00:22:42	14	00:00:37	1	01:04:21	7	00:00:31	1	00:37:42	5
10	101	Guy	Bellamy	Male	Senior D-G	TriCondor	02:08:04	00:22:51	16	00:01:12	36	01:05:44	12	00:00:47	31	00:37:28	4
11	91	Marcus	Dodd	Male	Senior D-G	Driven To Tri	02:10:16	00:22:42	15	00:00:51	9	01:05:35	11	00:00:52	47	00:40:13	18
12	104	Mitchell	Dann	Male	Senior D-G	Crystal Palace Tri	02:12:43	00:23:56	21	00:01:14	38	01:06:18	15	00:00:44	22	00:40:28	20
13	51	Les	Henderson	Male	Veteran H-M	Tri Sport Epping	02:13:42	00:24:25	25	00:01:02	18	01:08:25	21	00:00:31	2	00:39:17	9
14	93	Ace	Dann	Male	Senior D-G	Tri- Anglia	02:14:17	00:23:13	19	00:01:02	17	01:07:13	19	00:00:47	32	00:41:58	31
15	80	Stuart	Bennett	Male	Veteran H-M	53-12 Multisports	02:14:25	00:26:23	49	00:00:39	2	01:05:11	9	00:00:44	21	00:41:25	28
16	77	Graeme	Blair	Male	Veteran H-M	Serpentine Running Club	02:14:33	00:25:45	42	00:01:15	41	01:07:23	20	00:00:48	34	00:39:20	10
17	132	Alexander	Bamford	Male	Senior D-G	UEA Triathlon Club	02:16:23	00:28:42	74	00:01:08	27	01:06:44	18	00:00:39	15	00:39:08	7
18	102	Ben	Findlay	Male	Senior D-G		02:17:14	00:25:53	44	00:00:59	14	01:09:47	26	00:00:40	17	00:39:52	13
19	59	Neil	Stevenson	Male	Veteran H-M		02:17:49	00:25:40	38	00:00:57	12	01:10:15	32	00:00:52	50	00:40:02	15
20	134	Team	Dead Chicken	Male	Male Relay		02:17:59	00:21:15	7	00:01:04	20	01:10:13	30	00:00:50	38	00:44:33	54
21	60	Matt	Dye	Male	Veteran H-M	Ipswich Tri Club	02:18:45	00:25:20	33	00:01:37	69	01:09:54	27	00:00:52	49	00:41:00	23
22	44	david	maslen	Male	Veteran H-M	Tri- Anglia	02:18:52	00:26:16	46	00:02:00	85	01:06:41	17	00:01:18	102	00:42:33	36
23	90	Blair	MacDonald	Male	Senior D-G		02:19:21	00:23:20	20	00:01:11	32	01:11:16	37	00:00:45	26	00:42:47	39
24	72	Richard	Haines	Male	Veteran H-M	Colchester Rovers	02:19:31	00:26:47	53	00:01:22	50	01:06:36	16	00:00:38	11	00:44:05	50
25	4	melissa	Dowell	Female	Veteran H-M	Born 2 Tri	02:19:43	00:20:48	5	00:01:15	40	01:13:41	49	00:00:49	37	00:43:08	42
26	69	Tim	Bowman	Male	Veteran H-M	Hadleigh Hares AC	02:20:43	00:26:54	55	00:01:05	24	01:08:44	23	00:00:43	19	00:43:15	44
27	42	Steve	James	Male	Veteran H-M	Bedford Traktors	02:21:05	00:33:38	115	00:01:08	28	01:05:50	13	00:00:54	59	00:39:32	11
28	87	James	Cooper	Male	Senior D-G		02:21:16	00:28:55	76	00:01:09	30	01:10:41	35	00:00:37	6	00:39:52	12
29	35	Jim	Keeble	Male	Veteran H-M	Tri- Anglia	02:21:31	00:25:21	34	00:01:10	31	01:05:53	14	00:00:52	48	00:48:12	77
30	117	Matthew	Lewis	Male	Senior D-G		02:21:53	00:21:00	6	00:02:06	90	01:17:47	77	00:00:52	52	00:40:04	17
31	108	Mark	Wareing	Male	Senior D-G	RAF Triathlon	02:21:58	00:26:58	56	00:01:36	67	01:11:15	36	00:00:45	25	00:41:22	27
32	37	john	chisnall	Male	Veteran H-M	Hadleigh Hares AC	02:22:02	00:26:48	54	00:01:09	29	01:08:39	22	00:00:51	44	00:44:32	53
33	31	paul	kemp	Male	Veteran H-M	Tri- Anglia	02:22:09	00:22:58	17	00:01:17	44	01:10:40	34	00:00:52	51	00:46:18	65
34	133	John	Rizzo-Naudi	Male	Senior D-G	Triathlon Essex	02:22:50	00:24:14	24	00:01:56	79	01:09:57	29	00:02:00	126	00:44:41	55
35	140	Team	3xl	Male	Mixed Relay		02:22:58	00:21:16	8	00:01:16	42	01:18:41	82	00:00:53	54	00:40:50	22
36	86	John	Durrant	Male	Senior D-G	Runnymede RR	02:23:10	00:26:33	51	00:00:50	8	01:12:38	43	00:00:43	20	00:42:24	34
37	128	Timothy	Earl	Male	Senior D-G	Triathlon Essex	02:23:19	00:31:01	101	00:00:58	13	01:09:13	24	00:00:56	64	00:41:08	24
38	125	TOBY	MORRELL	Male	Senior D-G	Tri- Anglia	02:23:23	00:22:58	18	00:02:18	95	01:15:59	65	00:00:51	46	00:41:14	26
39	100	Karl	Syson	Male	Senior D-G		02:24:15	00:25:44	41	00:02:03	87	01:12:00	40	00:01:11	95	00:43:14	43
40	103	Stuart	Mills	Male	Senior D-G	Born 2 Tri	02:24:17	00:27:15	61	00:01:11	34	01:13:54	51	00:00:46	28	00:41:09	25
41	58	Mac	Mckenzie	Male	Veteran H-M		02:24:24	00:29:40	83	00:01:00	15	01:10:17	33	00:00:56	65	00:42:29	35
42	3	Sandra	Levet	Female	Veteran H-M	Chiltern Harriers AC/Chiltern Triathletes	02:24:40	00:25:09	30	00:01:17	45	01:13:44	50	00:00:46	27	00:43:41	46

43	106	Piers	Gatenby	Male	Senior D-G		02:25:17	00:25:36	36	00:02:39	107	01:14:23	55	00:01:04	81	00:41:32	30
44	45	Richard	Hanson	Male	Veteran H-M	Tri- Anglia	02:25:54	00:26:27	50	00:01:28	58	01:14:00	52	00:01:20	104	00:42:37	38
45	67	richard	hanley	Male	Veteran H-M	Hadleigh Hares AC	02:26:08	00:25:05	27	00:01:30	61	01:10:13	31	00:00:50	39	00:48:27	80
46	33	joe	butcher	Male	Veteran H-M	Tri Sport Epping	02:26:36	00:25:08	29	00:01:37	68	01:13:05	45	00:01:06	84	00:45:37	59
47	111	Team	Disco Boys	Male	Male Relay	Ipswich Tri Club	02:26:58	00:26:45	52	00:01:06	25	01:13:19	46	00:00:47	33	00:44:58	56
48	23	Roland	Shaw	Male	Veteran H-M	Tri- Anglia	02:27:14	00:28:06	72	00:01:04	22	01:11:51	39	00:00:38	12	00:45:32	58
49	52	Terry	Foreman	Male	Veteran H-M	Ashford tri club	02:27:14	00:27:16	62	00:02:07	91	01:12:28	42	00:00:58	69	00:44:23	52
50	63	mark	winfield	Male	Veteran H-M	Tri- Anglia	02:28:09	00:28:59	77	00:01:11	35	01:14:32	57	00:00:48	35	00:42:37	37
51	40	Peter	Burns	Male	Veteran H-M	Walden Triathletes	02:28:38	00:29:42	84	00:01:54	78	01:09:56	28	00:00:49	36	00:46:13	64
52	71	Benjamin	Bailey	Male	Veteran H-M		02:28:44	00:27:56	70	00:02:00	86	01:16:19	67	00:00:53	53	00:41:32	29
53	57	james	russell	Male	Veteran H-M	TriTalk.co.uk	02:28:52	00:25:42	40	00:03:00	115	01:09:27	25	00:01:41	119	00:48:59	84
54	78	Sigve	Solheim	Male	Veteran H-M	T.I.T.S.	02:29:09	00:25:37	37	00:01:39	71	01:12:57	44	00:01:28	109	00:47:25	71
55	56	paul	barton	Male	Veteran H-M	Hadleigh Hares AC	02:29:24	00:29:14	80	00:01:19	47	01:12:26	41	00:01:00	73	00:45:24	57
56	48	Doug	Grimwade	Male	Veteran H-M	Hadleigh Hares AC	02:29:49	00:25:41	39	00:01:11	33	01:19:03	87	00:01:02	78	00:42:50	40
57	81	Paul	Kerton	Male	Veteran H-M	Tri- Anglia	02:29:58	00:27:34	65	00:01:31	64	01:14:20	54	00:00:46	29	00:45:44	60
58	142	Wendy	Staines	Female	Veteran H-M	Discovery Tri	02:30:07	00:27:03	57	00:01:03	19	01:13:28	47	00:00:50	40	00:47:39	73
59	7	Lynn	Emmett	Female	Veteran H-M	Tri- Anglia	02:30:13	00:29:16	81	00:01:28	59	01:16:10	66	00:00:59	70	00:42:17	32
60	143	Hugh	Crossley	Male	Senior D-G	Somerleyton Hall	02:30:22	00:25:27	35	00:01:59	83	01:18:13	80	00:00:37	8	00:44:04	49
61	9	Wendy	Martin	Female	Senior D-G	Born 2 Tri	02:30:27	00:25:05	28	00:00:54	10	01:14:57	62	00:00:44	23	00:48:45	83
62	123	Ryan	Callaby	Male	Senior D-G	North Norfolk Beach Runners	02:30:56	00:25:13	32	00:01:58	82	01:18:56	83	00:00:53	55	00:43:53	47
63	114	Greig	Avery	Male	Senior D-G	East Essex Tri	02:31:33	00:27:11	60	00:01:41	72	01:15:44	64	00:00:44	24	00:46:10	62
64	136	Team	Gordon's Angels	Female	Female Relay	The Saxons	02:32:04	00:23:56	22	00:00:46	6	01:19:01	85	00:00:40	18	00:47:37	72
65	43	Mike	hill	Male	Veteran H-M		02:33:08	00:29:46	85	00:01:51	77	01:17:04	75	00:01:28	110	00:42:55	41
66	135	Team	JOK	Male	Male Relay		02:33:33	00:22:06	11	00:01:29	60	01:22:50	104	00:01:02	79	00:46:03	61
67	29	Tim	Morton	Male	Veteran H-M	Tri- Anglia	02:34:16	00:30:58	98	00:01:26	54	01:14:35	58	00:00:56	66	00:46:19	66
68	96	Steven	Bartlett	Male	Senior D-G	Born 2 Tri	02:34:20	00:27:43	67	00:01:57	81	01:14:27	56	00:00:54	60	00:49:17	88
69	49	neil	packer	Male	Veteran H-M	peake fitness	02:34:53	00:25:11	31	00:01:28	57	01:16:44	71	00:01:01	75	00:50:26	95
70	88	chris	lehrbach	Male	Senior D-G	Tri- Anglia	02:35:04	00:27:19	63	00:01:31	63	01:21:50	98	00:00:59	71	00:43:22	45
71	30	Mark	Hird	Male	Veteran H-M	Ipswich Tri Club	02:35:52	00:24:38	26	00:02:21	97	01:18:08	79	00:01:39	116	00:49:04	85
72	121	Gabriel	Christmann	Male	Senior D-G		02:36:03	00:29:53	87	00:02:42	108	01:14:52	60	00:01:10	93	00:47:23	69
73	75	Martin	Alabone	Male	Veteran H-M	Hadleigh Hares AC	02:36:44	00:30:15	90	00:01:37	70	01:14:54	61	00:01:11	96	00:48:44	82
74	73	Simon	Fenner	Male	Veteran H-M		02:37:02	00:32:13	106	00:02:29	106	01:14:49	59	00:01:06	85	00:46:22	67
75	92	Mark	Dixon	Male	Senior D-G		02:37:14	00:28:02	71	00:01:22	51	01:16:46	72	00:01:01	76	00:50:01	93
76	79	Tony	Money	Male	Veteran H-M	North Norfolk Tri Club	02:37:35	00:29:07	78	00:02:28	103	01:16:58	74	00:01:12	97	00:47:48	76
77	27	Martin	Stacey	Male	Veteran H-M		02:37:54	00:27:49	68	00:01:33	66	01:20:44	94	00:01:09	91	00:46:36	68
78	119	Bruno	Soares	Male	Senior D-G		02:38:37	00:27:03	58	00:01:04	21	01:16:44	70	00:00:57	67	00:52:45	106
79	28	Graham	Thomas	Male	Veteran H-M	Cherwell Runners & Joggers	02:38:53	00:28:50	75	00:02:07	92	01:16:23	68	00:00:37	7	00:50:53	99
80	54	David	Clark	Male	Veteran H-M	Tri- Anglia	02:38:53	00:26:21	47	00:01:27	55	01:21:20	95	00:01:05	83	00:48:37	81
81	39	nick	rush	Male	Veteran H-M	Hadleigh Hares AC	02:38:56	00:33:04	110	00:01:27	56	01:14:14	53	00:00:50	41	00:49:18	89
82	137	Team	Tri and Finish	Female	Female Relay		02:39:09	00:33:13	111	00:01:12	37	01:21:27	97	00:00:54	61	00:42:20	33
83	53	Drew	Goodchild	Male	Veteran H-M		02:39:36	00:32:32	107	00:01:30	62	01:15:26	63	00:00:51	45	00:49:15	87
84	64	Alex	Williams	Male	Veteran H-M	Team Pie	02:39:59	00:36:15	123	00:04:15	126	01:17:07	76	00:01:32	111	00:40:47	21
85	83	Richard	Tiller	Male	Senior D-G	Ipswich Tri Club	02:40:12	00:26:22	48	00:01:20	48	01:19:49	90	00:00:57	68	00:51:41	105

86	82	MICHAEL	BRIGGS	Male	Senior D-G		02:40:30	00:29:49	86	00:01:50	76	01:16:32	69	00:01:19	103	00:50:58	100
87	62	David	Dulake	Male	Veteran H-M	Hadleigh Hares AC	02:41:10	00:27:39	66	00:02:20	96	01:18:56	84	00:01:09	90	00:51:03	102
88	21	Steve	Bowen	Male	Veteran H-M	Hadleigh Hares AC	02:41:25	00:31:38	104	00:01:42	73	01:11:35	38	00:01:09	88	00:55:19	116
89	41	peter	greaves	Male	Veteran H-M	Thames Turbo Triathlon Club	02:41:43	00:34:37	118	00:02:24	100	01:19:01	86	00:01:27	108	00:44:10	51
90	46	simon	bunting	Male	Veteran H-M		02:42:48	00:26:01	45	00:02:16	94	01:17:50	78	00:01:09	89	00:55:28	117
91	122	tristan	stubbs	Male	Senior D-G	none	02:42:48	00:27:55	69	00:01:16	43	01:19:21	88	00:00:39	16	00:53:34	112
92	20	Terry	Garrity	Male	Veteran H-M	Tri- Anglia	02:43:19	00:34:08	117	00:01:59	84	01:18:20	81	00:01:05	82	00:47:44	74
93	84	Brian	McGeeney	Male	Senior D-G	Ipswich Tri Club	02:44:34	00:30:48	94	00:01:23	52	01:20:32	92	00:00:50	42	00:50:59	101
94	38	Paul	Alderton	Male	Veteran H-M	West Suffolk Wheelers	02:44:51	00:39:05	126	00:02:53	112	01:13:28	48	00:01:36	114	00:47:47	75
95	94	mark	johnson	Male	Senior D-G		02:45:17	00:28:29	73	00:02:03	88	01:24:23	112	00:01:09	92	00:49:11	86
96	17	Philippa	Sprake	Female	Senior D-G		02:47:12	00:25:49	43	00:01:18	46	01:24:22	110	00:00:37	9	00:55:03	115
97	36	Andrew	Thompson	Male	Veteran H-M		02:47:43	00:31:04	102	00:03:03	117	01:22:16	100	00:01:56	124	00:49:20	91
98	65	Colin	Skoyles	Male	Veteran H-M		02:47:53	00:31:35	103	00:02:21	98	01:16:54	73	00:01:17	101	00:55:42	118
99	32	Anthony	Mayston	Male	Veteran H-M	Woodbridge Surfers	02:47:57	00:29:54	88	00:02:56	114	01:26:29	117	00:01:12	98	00:47:24	70
100	116	darren	abbs	Male	Senior D-G		02:48:03	00:29:10	79	00:02:04	89	01:22:46	103	00:01:08	87	00:52:52	107
101	131	Will	Morley	Male	Senior D-G		02:48:12	00:29:32	82	00:01:26	53	01:26:09	116	00:01:44	120	00:49:18	90
102	105	Mark	Sherwood	Male	Senior D-G	Basingstoke Tri Squad	02:48:47	00:30:49	96	00:05:24	127	01:19:40	89	00:02:45	127	00:50:07	94
103	34	Bruno	Delacave	Male	Veteran H-M	Tri- Anglia	02:49:10	00:27:20	64	00:03:27	122	01:24:20	108	00:00:50	43	00:53:11	109
104	2	Alison	Morton	Female	Veteran H-M	Tri- Anglia	02:49:38	00:32:59	109	00:02:28	105	01:22:28	101	00:01:01	77	00:50:39	98
105	139	Team	The Three	Male	Mixed Relay		02:49:40	00:33:43	116	00:01:43	75	01:29:23	121	00:00:54	62	00:43:55	48
106	6	karen	archbold	Female	Veteran H-M		02:50:20	00:35:30	119	00:02:25	101	01:24:58	114	00:01:13	99	00:46:10	63
107	14	Samantha	Goddard	Female	Senior D-G	UEA Triathlon Club	02:50:49	00:33:23	113	00:03:08	119	01:22:29	102	00:01:56	125	00:49:50	92
108	99	Jonas	Grist	Male	Senior D-G	Hadleigh Hares AC	02:51:37	00:30:52	97	00:01:32	65	01:29:45	122	00:00:59	72	00:48:25	79
109	74	Stephen	Suter	Male	Veteran H-M	Stowmarket Tri Club	02:52:04	00:30:40	92	00:02:28	104	01:23:14	106	00:01:53	123	00:53:46	113
110	24	Martin	Stubbings	Male	Veteran H-M	Chiltern Tri	02:53:07	00:30:48	95	00:03:06	118	01:27:10	119	00:01:33	113	00:50:27	96
111	10	marianne	aitken	Female	Senior D-G	Hadleigh Hares AC	02:53:15	00:30:40	93	00:01:21	49	01:21:52	99	00:01:10	94	00:58:09	121
112	130	Robert	Castell	Male	Senior D-G		02:53:27	00:31:00	100	00:03:28	123	01:26:46	118	00:01:02	80	00:51:09	103
113	141	Team	Fritton Lake	Male	Mixed Relay		02:53:56	00:24:11	23	00:01:08	26	01:33:02	124	00:00:53	57	00:54:39	114
114	113	mark	newman	Male	Senior D-G	Ipswich Tri Club	02:53:58	00:30:58	99	00:02:13	93	01:20:36	93	00:01:15	100	00:58:53	122
115	61	paul	kerrison	Male	Veteran H-M	Harwich Runners	02:54:18	00:27:06	59	00:03:12	120	01:21:22	96	00:01:36	115	01:00:59	123
116	98	amit	abhyankar	Male	Senior D-G	East London Triathletes	02:54:32	00:32:57	108	00:02:48	110	01:23:37	107	00:01:48	121	00:53:19	110
117	89	Justin	Kibble	Male	Senior D-G		02:55:06	00:30:19	91	00:01:56	80	01:20:09	91	00:01:00	74	01:01:39	124
118	5	susan	short	Female	Veteran H-M		02:56:24	00:36:03	120	00:02:52	111	01:24:32	113	00:01:33	112	00:51:22	104
119	16	Alison	Hainsworth	Female	Senior D-G		02:57:08	00:33:13	112	00:03:19	121	01:29:11	120	00:00:46	30	00:50:35	97
120	11	tay	abhyankar	Female	Senior D-G	East London Triathletes	02:59:06	00:36:03	121	00:02:26	102	01:25:41	115	00:01:20	105	00:53:33	111
121	85	Ian	Purton	Male	Senior D-G	The Purton Marauders	02:59:17	00:33:25	114	00:03:50	125	01:32:07	123	00:01:39	117	00:48:12	78
122	1	Val	Thomas	Female	Veteran H-M		03:01:05	00:36:12	122	00:03:33	124	01:23:07	105	00:00:53	56	00:57:17	119
123	50	Jonathon	Saul	Male	Veteran H-M		03:04:53	00:38:44	125	00:02:21	99	01:24:22	111	00:01:51	122	00:57:32	120
124	68	Ian	Hopgood	Male	Veteran H-M	Woodbridge Surfers	03:06:51	00:32:12	105	00:02:46	109	01:24:21	109	00:01:22	107	01:06:08	126
125	120	Barry	Sherwood	Male	Senior D-G	Manchester Triathlon Club	03:17:13	00:29:56	89	00:03:02	116	01:38:16	126	00:01:40	118	01:04:17	125
126	19	Norman	Harvey	Male	Veteran H-M	Sheffield Triathlon Club	03:21:28	00:37:50	124	00:02:54	113	01:33:09	125	00:01:20	106	01:06:12	127
127	138	Team	The Three	Male	Mixed Relay		03:27:08	00:41:01	127	00:01:14	39	01:50:41	127	00:01:06	86	00:53:03	108