

Position	Name	Swim Rnk	Swim	T1 Rnk	T1	Cycle Rnk	Cycle	T2 Rnk	T2	Run Rnk	Run	Chip Time	Penalty	Race No	Gender	Age Group	Team
1	Lee Ship	8	04:45	1	01:27	1	31:28:00	11	00:26	2	13:17	51:26:00		158	M	M35-39	
2	Darren Sharman	11	05:06	6	01:46	2	33:12:00	1	00:17	9	15:06	55:28:00		148	M	M40-44	West Suffolk Wheelers and Triathlon Club
3	Matthew Shaw	6	04:25	17	01:57	4	34:01:00	15	00:30	7	14:52	55:47:00		154	M	M35-39	Born 2 Tri
4	Mark Weston Weston	36	05:38	7	01:47	3	33:17:00	13	00:28	17	15:50	57:02:00		125	M	M45-49	SDCC
5	Matthew Lewis	3	04:19	9	01:52	8	35:34:00	43	00:38	6	14:46	57:11:00		159	M	M35-39	Diss Cycling Club
6	Keith Mccarthy	31	05:31	19	02:01	7	35:19:00	26	00:34	5	14:35	58:03:00		136	M	M40-44	Newmarket Cycling & Triathlon Club
7	Robert Fincham	28	05:27	13	01:55	6	35:18:00	36	00:36	12	15:32	58:52:00		135	M	M40-44	Cambridge Triathlon Club
8	Richard Webster	78	06:34	20	02:02	5	34:16:00	51	00:39	14	15:48	59:21:00		94	M	M50-54	
9	Elliot Wells	34	05:32	2	01:39	13	36:20:00	34	00:36	10	15:12	59:21:00		133	M	M35-39	Stowmarket Striders Running Club
10	Kevin Murphy	90	07:01	18	02:01	11	36:18:00	99	01:00	1	13:13	59:34:00		77	M	M40-44	West Suffolk Wheelers and Triathlon Club
11	Adrian Hine	22	05:20	23	02:04	10	35:59:00	30	00:35	16	15:50	59:50:00		132	M	M50-54	
12	Andrew Ellis									133	59:59:00	59:59:00		161	M	M30-34	
13	Nick Borret	1	03:22	5	01:46	47	40:07:00	22	00:34	4	14:16	01:00:06		183	M	M15-19	
14	Ian Duggan	38	05:40	28	02:08	17	37:14:00	69	00:45	8	14:59	01:00:47		127	M	M50-54	Felixstowe Road Runners
15	Luke Harrison	29	05:29	41	02:18	14	36:27:00	16	00:30	18	16:02	01:00:49		83	M	M30-34	
16	Eliot Bentley	17	05:11	4	01:45	16	37:10:00	47	00:38	19	16:08	01:00:54		137	M	M45-49	Newmarket Cycling & Triathlon Club
17	Tom Bruce	23	05:22	29	02:08	31	38:45:00	53	00:40	3	14:14	01:01:10		129	M	M35-39	Ipswich Triathlon Club
18	Tony Sparkes	60	06:08	11	01:54	19	37:26:00	14	00:30	33	16:54	01:02:54		105	M	M45-49	
19	Abigail Pawsey	12	05:07	36	02:16	28	38:24:00	42	00:38	25	16:28	01:02:55		141	F	F35-39	
20	Tom Gibson	19	05:12	3	01:43	33	38:51:00	80	00:50	23	16:18	01:02:55		144	M	M25-29	Blackwater Triathlon Club
21	Sam Godden	13	05:08	14	01:56	43	39:35:00	79	00:50	11	15:30	01:03:01		153	F	F30-34	
22	Nicola Ramsey	54	06:01	55	02:26	24	37:55:00	61	00:43	21	16:11	01:03:17		80	F	F35-39	Ipswich Triathlon Club
23	Steven Fosker	16	05:10	71	02:36	25	38:08:00	127	01:35	15	15:49	01:03:20		149	M	M40-44	
24	Tylisha Preston	27	05:27	10	01:54	32	38:48:00	31	00:35	34	16:58	01:03:44		123	F	F25-29	
25	Steve Thorndyke	5	04:24	15	01:56	18	37:23:00	81	00:51	74	19:26	01:04:02		145	M	M35-39	
26	Andrew Bigg	70	06:21	8	01:51	21	37:48:00	39	00:37	41	17:28	01:04:06		62	M	M20-24	TRI Sudbury
27	Mark Webb	46	05:49	26	02:06	9	35:37:00	57	00:40	83	19:59	01:04:14		121	M	M45-49	
28	James Borrett	39	05:42	33	02:11	20	37:45:00	60	00:43	54	17:55	01:04:18		131	M	M45-49	SDCC
29	Robert Nunn	4	04:23	58	02:27	38	39:13:00	66	00:44	44	17:34	01:04:23		157	M	M35-39	
30	Nigel Vincent	76	06:32	42	02:19	27	38:15:00	54	00:40	29	16:38	01:04:25		92	M	M50-54	None
31	Robert Lander	43	05:44	37	02:16	12	36:19:00	84	00:52	73	19:23	01:04:36		106	M	M45-49	
32	David Southgate	18	05:11	22	02:04	26	38:08:00	63	00:43	62	18:37	01:04:45		150	M	M45-49	Blackwater Triathlon Club
33	Rick Emberson	51	05:58	12	01:54	40	39:26:00	21	00:33	35	16:59	01:04:52		120	M	M45-49	
34	Richard Brand	49	05:56	56	02:26	42	39:30:00	12	00:27	27	16:35	01:04:57		104	M	M45-49	TRI Sudbury
35	Anthony Nightingale	33	05:32	81	02:44	46	39:40:00	88	00:54	20	16:10	01:05:02		130	M	M35-39	Ipswich Triathlon Club
36	Tony Gillam	56	06:05	25	02:05	36	39:03:00	2	00:18	26	16:31	01:05:05	1	3	M	M30-34	
37	Emma Studd	2	04:09	32	02:11	65	41:40:00	18	00:32	30	16:40	01:05:14		155	F	F20-24	Bassetlaw Triathlon Club
38	Jonathan Taylor	37	05:39	94	03:02	23	37:54:00	104	01:06	48	17:39	01:05:23		95	M	M55-59	
39	Josephine Clarke	64	06:10	35	02:12	37	39:04:00	4	00:22	45	17:34	01:05:24		107	F	F50-54	
40	Jacob Howard	71	06:21	64	02:31	30	38:34:00	73	00:48	40	17:23	01:05:39		97	M	M25-29	Ipswich Triathlon Club
41	Anthony Rushbrook	24	05:22	21	02:02	59	40:58:00	8	00:25	32	16:50	01:05:39		119	M	M40-44	
42	Mike Pleasants	50	05:57	87	02:49	34	38:57:00	23	00:34	28	16:35	01:05:55	1	93	M	M45-49	
43	Paul Tulk	10	05:04	49	02:23	55	40:39:00	72	00:47	37	17:07	01:06:02		143	M	M45-49	Newmarket Cycling & Triathlon Club
44	Don Hutchinson	68	06:17	31	02:10	15	36:48:00	52	00:39	86	20:20	01:06:17		118	M	M70-74	Cambridge Triathlon Club
45	David Gibson	21	05:16	47	02:22	35	38:58:00	90	00:55	64	18:45	01:06:18		140	M	M55-59	Blackwater Triathlon Club
46	Leon Bishop	45	05:48	84	02:45	51	40:28:00	76	00:49	31	16:40	01:06:32		5	M	M25-29	
47	Tracy Russell	62	06:09	16	01:57	44	39:35:00	56	00:40	56	18:14	01:06:37		103	F	F40-44	Blackwater Triathlon Club

48	Jeff Higgon	55	06:04	50	02:23	39	39:18:00	89	00:54	55	18:01	01:06:43		117	M	M60-64	Harwich Runners
49	Gavin Ridgeon	26	05:26	52	02:25	53	40:36:00	44	00:38	51	17:41	01:06:47		146	M	M35-39	
50	Nicki Broad	77	06:33	43	02:19	56	40:42:00	33	00:36	42	17:29	01:07:40		90	F	F35-39	
51	Mark Newman	63	06:10	102	03:13	29	38:29:00	41	00:38	72	19:13	01:07:45		101	M	M35-39	
52	Rob Emberson	52	06:00	27	02:07	41	39:29:00	35	00:36	76	19:35	01:07:49		114	M	M40-44	
53	Andrew Hovell	14	05:08	85	02:48	22	37:52:00	121	01:16	98	20:53	01:07:59		151	M	M50-54	
54	Arianne Azmoodeh	92	07:07	69	02:35	57	40:48:00	9	00:25	46	17:35	01:08:32		89	F	F25-29	
55	Samantha Wilkinson	40	05:42	63	02:31	85	43:33:00	32	00:35	22	16:15	01:08:39		113	F	F40-44	Blackwater Triathlon Club
56	Karl Wright	44	05:48	120	03:40	50	40:27:00	107	01:07	50	17:41	01:08:44		100	M	M35-39	
57	Michael Hatcher	15	05:09	57	02:26	49	40:11:00	19	00:33	92	20:46	01:09:07		147	M	M35-39	West Suffolk Wheelers and Triathlon Club
58	Hazel Brammar	47	05:51	73	02:38	60	41:14:00	92	00:57	60	18:35	01:09:17		128	F	F50-54	
59	Kevin Carley	61	06:08	76	02:41	52	40:34:00	117	01:14	67	18:52	01:09:31		111	M	M65-69	Blackwater Triathlon Club
60	Matthew Perks	9	04:50	72	02:38	103	45:16:00	28	00:34	24	16:19	01:09:40		152	M	M30-34	Born 2 Tri
61	Jelly Weasel Team	7	04:32	67	02:34	109	46:23:00	29	00:35	13	15:48	01:09:53		110			
62	Paula Purtell	32	05:32	44	02:21	86	43:35:00	93	00:57	43	17:33	01:10:00		126	F	F45-49	
63	Robert Batley	118	08:08	70	02:36	48	40:11:00	17	00:32	61	18:36	01:10:05		51	M	M45-49	
64	Richard Jones	91	07:04	30	02:10	84	43:27:00	6	00:24	36	17:02	01:10:09		54	M	M50-54	
65	Matthew Goulding	95	07:10	68	02:34	74	42:51:00	3	00:21	49	17:40	01:10:39		76	M	M35-39	
66	Grant Oliver	83	06:55	86	02:49	62	41:25:00	86	00:54	63	18:38	01:10:42		7	M	M40-44	
67	Amanda Hutchison	20	05:16	46	02:22	95	44:33:00	70	00:45	52	17:51	01:10:48		134	F	F25-29	
68	Carla Shipp	87	07:00	61	02:31	47	39:50:00	122	01:19	87	20:21	01:11:03		75	F	F35-39	Diss Cycling Club
69	Richard Dean	42	05:44	83	02:45	79	43:03:00	95	00:58	69	18:56	01:11:28		85	M	M35-39	Ipswich Triathlon Club
70	Justin Smith	88	07:01	78	02:43	89	43:44:00	82	00:51	38	17:13	01:11:34		86	M	M35-39	
71	Gus Cutting	96	07:11	106	03:18	76	42:55:00	50	00:39	47	17:37	01:11:41		24	M	M50-54	
72	John Barron	58	06:06	113	03:29	80	43:04:00	25	00:34	59	18:28	01:11:43		78	M	M45-49	
73	Simon Kitching	48	05:56	24	02:05	81	43:06:00	74	00:48	79	19:51	01:11:47		122	M	M50-54	West Suffolk Wheelers and Triathlon Club
74	William Calton	69	06:19	75	02:41	65	41:40:00	7	00:24	94	20:47	01:11:54		48	M	M15-19	None
75	Chris Adams	41	05:43	77	02:42	73	42:48:00	97	01:00	78	19:39	01:11:54		63	M	M25-29	
76	Sarah JC Lewis	53	06:01	96	03:06	97	44:54:00	48	00:38	39	17:16	01:11:58		84	F	F30-34	Lynx Running Club
77	Gavin Egmore	84	06:58	48	02:22	84	43:17:00	38	00:37	70	19:03	01:12:20		49	M	M30-34	
78	Kerry Kemp	65	06:10	39	02:18	78	43:01:00	77	00:49	89	20:32	01:12:53		91	F	F40-44	
79	Graeme Silcock	35	05:33	89	02:53	77	42:56:00	37	00:37	100	21:03	01:13:03		98	M	M25-29	
80	Michael Power	110	07:43	54	02:25	71	42:22:00	108	01:08	77	19:36	01:13:16		42	M	M55-59	None
81	Michael Lieberherr	59	06:07	130	04:49	75	42:52:00	123	01:21	58	18:26	01:13:37		11	M	M25-29	
82	David Smeaton-Small	103	07:24	108	03:20	64	41:37:00	105	01:07	84	20:08	01:13:37		38	M	M45-49	
83	Carissa Wyatt	94	07:08	90	02:55	72	42:22:00	65	00:44	88	20:31	01:13:43		33	F	F40-44	None
84	Jo Higgon	102	07:24	60	02:30	55	40:38:00	100	01:01	116	22:35	01:14:09		79	F	F55-59	Harwich Runners
85	Graham Brookman	113	07:57	40	02:18	59	40:48:00	71	00:47	111	22:18	01:14:10		41	M	M50-54	
86	Alistair Gale	57	06:06	109	03:22	82	43:09:00	102	01:03	91	20:39	01:14:20		71	M	M45-49	
87	Chris Slemmings	79	06:34	95	03:02	70	42:15:00	124	01:24	102	21:06	01:14:24		112	M	M65-69	Ipswich Triathlon Club
88	Benjamin Hughes	98	07:14	79	02:43	98	44:55:00	62	00:43	71	19:05	01:14:43		58	M	M35-39	Born 2 Tri
89	Karen Fairweather	117	08:04	51	02:24	88	43:39:00	115	01:12	82	19:57	01:15:17		40	F	F50-54	
90	Kiana Azmoodeh	112	07:54	82	02:44	102	45:14:00	67	00:44	66	18:50	01:15:29		29	F	F20-24	
91	Brian Wright	106	07:35	107	03:18	105	45:41:00	101	01:01	53	17:53	01:15:31		45	M	M60-64	
92	Rosie Davies	86	07:00	118	03:33	67	41:55:00	126	01:29	105	21:37	01:15:35		19	F	F25-29	
93	Chris Servant	107	07:41	38	02:17	114	46:56:00	46	00:38	57	18:17	01:15:51		55	M	M50-54	
94	Sarah Healy	109	07:43	101	03:12	100	44:57:00	40	00:38	75	19:34	01:16:06		162	F	F40-44	
95	Stewart Ingram	126	08:47	98	03:10	69	42:08:00	106	01:07	101	21:04	01:16:17		46	M	M65-69	Tri anglia
96	Jack Emberson	72	06:23	53	02:25	96	44:44:00	20	00:33	117	22:36	01:16:43		61	M	M15-19	
97	Jill Wilshaw	93	07:07	59	02:29	103	45:15:00	75	00:48	103	21:17	01:16:59		73	F	F60-64	West Suffolk Wheelers and Triathlon Club

98	Nicole Gregory	127	08:54	62	02:31	92	44:15:00	24	00:34	95	20:49	01:17:04		20	F	F40-44	West Suffolk Wheelers and Triathlon Club
99	Jonathan Summers	115	08:01	122	03:54	91	44:11:00	112	01:10	81	19:53	01:17:12		2	M	M35-39	
100	Katie Parsons	85	06:59	131	04:55	63	41:29:00	129	01:37	114	22:27	01:17:28		36	F	F45-49	None
101	Christopher Lucas	100	07:21	112	03:28	93	44:18:00	132	02:21	85	20:09	01:17:40		16	M	M50-54	
102	Julie Peacock	75	06:31	88	02:53	107	45:49:00	103	01:05	104	21:33	01:17:54		72	F	F55-59	Blackwater Triathlon Club
103	Pearl Fay	97	07:13	74	02:39	94	44:19:00	98	01:00	119	23:18	01:18:31		59	F	F55-59	Newmarket Cycling & Triathlon Club
104	Keith Nicholls	73	06:28	110	03:25	68	42:08:00	58	00:41	126	25:54:00	01:18:37		43	M	M55-59	
105	Hannah Linger	30	05:29	45	02:21	117	47:20:00	45	00:38	118	22:59	01:18:50		82	F	F20-24	Ipswich Triathlon Club
106	Mark Marsh	66	06:13	34	02:12	116	47:14:00	85	00:53	115	22:28	01:19:02		99	M	M35-39	
107	Sue Garbett	99	07:16	103	03:13	113	46:44:00	116	01:13	93	20:46	01:19:14		60	F	F60-64	
108	Laura Smith	89	07:01	114	03:29	108	46:18:00	49	00:38	108	22:01	01:19:30		87	F	F35-39	
109	Jo Symington	25	05:23	65	02:32	99	44:56:00	27	00:34	127	26:15:00	01:19:42		156	F	F25-29	
110	Neil Gerry	111	07:44	92	03:01	111	46:35:00	55	00:40	106	21:47	01:19:49		27	M	M50-54	
111	Sylvie Brookman	125	08:45	91	02:56	101	45:05:00	110	01:09	109	22:04	01:20:00		37	F	F45-49	
112	Lyn Foster	114	07:58	93	03:02	106	45:42:00	120	01:16	113	22:26	01:20:26		44	F	F60-64	Ipswich Triathlon Club
113	Marianne Armstrong	119	08:15	129	04:40	90	44:04:00	114	01:12	110	22:16	01:20:29		32	F	F35-39	Tri anglia
114	Craig Hurren									135	01:20:59	01:20:59		67	M	M40-44	Ipswich Triathlon Club
115	Kate Parkington	121	08:25	66	02:32	122	50:28:00	83	00:52	65	18:46	01:21:06		13	F	F35-39	
116	Tracy Canham	80	06:42	119	03:36	118	47:49:00	125	01:28	112	22:21	01:21:59		64	F	F35-39	
117	Jason Martin	81	06:48	104	03:16	121	50:13:00	91	00:56	96	20:52	01:22:06		35	M	M45-49	
118	Justine Peakman	82	06:48	99	03:11	115	47:10:00	109	01:08	122	24:09:00	01:22:28		25	F	F45-49	
119	Daniel Borley	74	06:31	111	03:28	124	51:28:00	5	00:23	99	21:00	01:22:52		30	M	M25-29	
120	Moira Pinkney	131	09:23	125	04:01	119	48:30:00	64	00:44	90	20:36	01:23:14		9	F	F65-69	Ipswich Triathlon Club
121	Hilary Magnall	129	09:08	115	03:30	125	51:44:00	113	01:12	80	19:52	01:25:27		17	F	F50-54	
122	Scott Summers	130	09:21	117	03:31	83	43:11:00	130	01:52	130	27:47:00	01:25:43		34	M	M40-44	
123	Lorraine Stevenson	132	09:24	126	04:06	123	50:52:00	119	01:15	97	20:52	01:26:31		23	F	F50-54	
124	Ben Sparrow	104	07:26	105	03:17	131	56:29:00	78	00:49	68	18:53	01:26:57		10	M	M25-29	
125	Cee Symons	122	08:38							134	01:19:20	01:27:59		15	F	F50-54	
126	Clair Fiddaman	105	07:34	97	03:07	130	52:58:00	10	00:26	121	24:03:00	01:28:10		74	F	F35-39	
127	Nicki Brown	108	07:42	116	03:30	126	51:46:00	131	01:56	120	23:31	01:28:27		26	F	F45-49	
128	Sime Louise	120	08:22	80	02:43	112	46:43:00	118	01:15	131	30:09:00	01:29:15		50	F	F35-39	
129	Andy Parsons	133	10:08	132	04:55	109	46:19:00	128	01:37	128	26:27:00	01:29:28		8	M	M45-49	None
130	John Thackray	123	08:40	123	03:58	129	52:46:00	94	00:58	123	24:29:00	01:30:51		28	M	M60-64	
131	Helen Ashwell	128	09:02	124	03:59	128	52:41:00	68	00:44	124	25:08:00	01:31:36		22	F	F50-54	
132	Gordon Merfield	116	08:03	121	03:42	120	49:19:00	87	00:54	132	30:15:00	01:32:15		57	M	M75-79	The Saxons
133	Bill Matthews	124	08:44	128	04:28	127	51:57:00	96	00:59	129	27:04:00	01:33:14		47	M	M75-79	Cambridge Tri
134	Gemma Sparrow	101	07:23	127	04:18	132	58:24:00	59	00:41	125	25:34:00	01:36:22		12	F	F25-29	
135	Sam Sims									136	01:43:24	01:43:24		21	F	F45-49	