

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Overall Time
1	Lee Shipp	21	4:43	1	1:20	2	30:50	11	0:25	1	13:32	50:52
2	Matt Shingleton	11	4:30	4	1:23	1	30:48	17	0:26	3	13:55	51:06
3	Gordon Irvine	24	4:55	2	1:20	6	33:18	26	0:28	2	13:34	53:37
4	Patrick Hannah	16	4:38	8	1:30	7	33:28	2	0:20	4	14:00	53:58
5	Simon Smith	49	5:28	25	1:43	3	32:29	58	0:34	14	15:08	55:25
6	Dave Copland	36	5:17	17	1:39	4	33:04	87	0:39	10	14:46	55:27
7	Alexander Harrison	1	3:34	7	1:28	23	35:29	1	0:19	15	15:08	56:00
8	Julian Holder	59	5:44	31	1:49	5	33:10	141	0:55	6	14:25	56:05
9	Charlie Holt	22	4:50	3	1:22	22	35:27	16	0:26	7	14:30	56:37
10	James Hayward	74	5:59	47	1:54	12	34:28	119	0:47	5	14:02	57:12
11	Scott Williams	98	6:21	23	1:42	9	33:40	52	0:33	16	15:08	57:27
12	Dan Clapton	7	4:24	49	1:57	15	34:47	108	0:44	21	15:36	57:30
13	Richard Webster	100	6:24	27	1:45	8	33:38	55	0:34	17	15:26	57:48
14	Mark Newnham	19	4:42	18	1:39	16	34:50	21	0:27	29	16:09	57:49
15	Simon Daniel	26	5:04	15	1:38	10	34:17	75	0:37	31	16:11	57:49
16	William Churchyard	18	4:40	14	1:37	27	35:43	12	0:25	25	15:51	58:18
17	Mark Hayward	63	5:48	60	2:01	19	35:16	83	0:38	13	14:59	58:44
18	Dave Lumby	67	5:49	74	2:14	17	35:13	34	0:29	12	14:58	58:45
19	Neil Berry	23	4:53	6	1:24	31	36:29	25	0:28	19	15:36	58:52
20	Adam Sheward	37	5:18	52	1:59	13	34:30	66	0:35	44	16:41	59:05
21	Scott McLaren	93	6:16	16	1:39	21	35:23	45	0:33	18	15:29	59:21
22	Iain Downie	5	4:22	131	2:45	25	35:39	71	0:36	28	16:00	59:22
23	Myles Taylor	4	4:18	11	1:35	38	36:56	65	0:35	30	16:11	59:37
24	Matthew Finch	107	6:30	21	1:41	18	35:14	62	0:35	23	15:47	59:49
25	Eliot Bentley	34	5:12	36	1:51	26	35:42	72	0:36	38	16:27	59:51
26	Dennis Warner	54	5:33	12	1:35	20	35:17	27	0:28	51	17:02	59:59
27	Austin Hall	17	4:38	20	1:41	61	38:30	18	0:27	9	14:43	1:00:01
28	Elliot Wells	55	5:36	9	1:33	30	36:17	14	0:26	39	16:28	1:00:21
29	Charlotte Smith	31	5:08	30	1:48	36	36:53	84	0:38	26	15:56	1:00:26
30	Adam Johnson	90	6:12	10	1:33	50	37:47	13	0:25	8	14:36	1:00:35
31	Maxine Lane	68	5:51	26	1:43	34	36:48	54	0:34	24	15:51	1:00:48
32	Gemma Irvine	66	5:49	19	1:39	29	36:01	47	0:33	49	16:52	1:00:56
33	Daniel Ward	53	5:32	58	2:01	32	36:40	36	0:30	43	16:41	1:01:26
34	Laura Brown	43	5:23	62	2:03	24	35:33	126	0:48	70	17:43	1:01:32
35	Neil Crisp	79	6:03	46	1:54	28	35:51	40	0:31	61	17:18	1:01:39
36	Tim Ostler	113	6:48	64	2:04	14	34:43	111	0:44	71	17:48	1:02:08
37	Stuart Faust	155	7:48	96	2:25	37	36:54	73	0:36	11	14:48	1:02:33
38	Mark Webb	57	5:39	51	1:58	11	34:24	88	0:39	118	19:53	1:02:35
39	Jackson Crisp	28	5:06	57	2:00	59	38:19	106	0:43	37	16:26	1:02:36
40	Andrew Bigg	97	6:18	13	1:36	40	36:59	31	0:29	57	17:13	1:02:36
41	Tom Codling	41	5:22	5	1:24	60	38:21	10	0:24	59	17:16	1:02:49
42	Alfie Seamons	15	4:38	34	1:50	56	38:05	90	0:39	20	15:36	1:02:50
43	Paul Berry	50	5:29	41	1:53	62	38:40	53	0:34	35	16:21	1:02:58
44	Tom Buckle	2	3:49	53	1:59	97	40:28	15	0:26	32	16:13	1:02:58
45	Ker Macrosson	106	6:30	71	2:11	44	37:13	37	0:30	41	16:36	1:03:02
46	John Moody	94	6:16	24	1:42	35	36:52	79	0:37	76	17:57	1:03:26
47	Helen Samuel	47	5:26	37	1:52	52	37:53	70	0:36	68	17:41	1:03:29
48	Malcolm Pidd	48	5:27	82	2:18	49	37:45	3	0:21	42	16:38	1:03:30
49	Tony Sparkes	91	6:13	42	1:53	41	37:03	48	0:33	60	17:16	1:04:01
50	Wayne Read	27	5:05	35	1:50	66	39:05	101	0:41	64	17:34	1:04:18

51	Jack Chevin	3	4:07	61	2:03	109	41:07	6	0:23	46	16:43	1:04:25
52	Alastair Wright	148	7:35	92	2:22	39	36:58	99	0:41	48	16:48	1:04:26
53	Jeff Higgon	86	6:09	69	2:09	42	37:09	95	0:40	90	18:29	1:04:38
54	Andrew Stewart	110	6:41	65	2:05	57	38:09	142	0:56	47	16:45	1:04:38
55	Craig Wright	84	6:08	75	2:14	55	38:05	102	0:42	66	17:38	1:04:49
56	Steve Bowen	83	6:06	48	1:55	46	37:20	96	0:40	96	18:46	1:04:50
57	Ross McKenzie	56	5:38	33	1:50	33	36:44	78	0:37	120	19:59	1:04:50
58	Darren Lee	123	6:58	63	2:03	80	39:36	69	0:35	27	15:58	1:05:13
59	Richard Brand	73	5:59	28	1:46	89	40:09	5	0:22	58	17:13	1:05:31
60	Rhianna Parkinson	51	5:31	84	2:18	65	39:00	82	0:38	80	18:04	1:05:32
61	Tim Davies	8	4:26	32	1:49	101	40:41	67	0:35	82	18:14	1:05:48
62	Elizabeth Stewart	13	4:33	40	1:53	90	40:11	24	0:28	99	18:50	1:05:56
63	David Woods	85	6:09	137	2:49	78	39:34	107	0:43	45	16:42	1:05:58
64	Karl Wright	60	5:45	161	3:16	64	38:56	97	0:41	62	17:24	1:06:03
65	Paul Thomas	109	6:33	107	2:30	53	37:53	130	0:50	86	18:25	1:06:13
66	Robert Lander	65	5:49	88	2:20	43	37:13	129	0:50	123	20:04	1:06:17
67	Helen Taylor	44	5:24	115	2:33	68	39:12	56	0:34	92	18:35	1:06:20
68	Justin Smith	99	6:22	101	2:28	100	40:34	124	0:47	34	16:20	1:06:33
69	Holly Evans	14	4:36	39	1:52	108	41:00	81	0:37	87	18:26	1:06:34
70	Chris Burgess	72	5:57	121	2:36	75	39:31	91	0:39	74	17:54	1:06:39
71	Dave Casey	88	6:11	180	3:58	72	39:24	49	0:33	40	16:35	1:06:43
72	Ian Storey	92	6:15	98	2:26	47	37:23	109	0:44	119	19:53	1:06:43
73	William Terry	52	5:32	141	2:50	95	40:23	188	1:40	36	16:21	1:06:49
74	Elliot Phillips	29	5:08	79	2:15	96	40:28	110	0:44	91	18:34	1:07:11
75	Richard Dolman	126	7:01	77	2:14	81	39:42	159	1:06	53	17:08	1:07:14
76	Jacqui Stone	128	7:02	43	1:54	58	38:13	115	0:45	105	19:19	1:07:15
77	Thomas Dyson	81	6:03	72	2:12	87	40:03	156	1:05	73	17:52	1:07:16
78	Jelly Weasel Team	6	4:24	103	2:28	146	44:10	61	0:35	22	15:38	1:07:17
79	Dean Hearn	101	6:26	117	2:35	51	37:52	153	1:02	111	19:28	1:07:24
80	Sally Brown	134	7:11	132	2:45	77	39:34	117	0:45	56	17:11	1:07:28
81	Rebecca Jordan	71	5:57	59	2:01	121	42:14	23	0:28	50	16:54	1:07:35
82	Phil Davies	139	7:16	45	1:54	79	39:35	140	0:55	79	18:00	1:07:42
83	Anthony Chevin	153	7:45	134	2:47	54	38:02	113	0:44	84	18:22	1:07:42
84	Lorna Sharp	95	6:17	100	2:27	63	38:54	137	0:54	108	19:22	1:07:57
85	Neil Packer	30	5:08	66	2:06	48	37:43	125	0:47	154	22:14	1:08:01
86	Richard Jones	133	7:09	44	1:54	115	41:25	7	0:23	54	17:08	1:08:02
87	Julian Colman	131	7:07	29	1:47	91	40:14	98	0:41	83	18:20	1:08:10
88	Rick Emberson	70	5:53	55	2:00	84	39:54	86	0:39	114	19:44	1:08:12
89	Paul Sawyer	114	6:49	97	2:25	94	40:20	94	0:40	78	17:59	1:08:15
90	Catherine Blacklock	12	4:32	56	2:00	113	41:19	50	0:33	117	19:49	1:08:15
91	Nicki Broad	111	6:41	86	2:19	69	39:18	63	0:35	112	19:38	1:08:33
92	Andrew Hovell	38	5:19	127	2:41	45	37:15	161	1:08	151	22:11	1:08:36
93	Jennifer Bettinson	58	5:42	94	2:24	111	41:15	122	0:47	88	18:26	1:08:37
94	Gavin Ridgeon	42	5:22	122	2:37	112	41:17	74	0:36	94	18:44	1:08:38
95	Ben Brown	35	5:13	38	1:52	88	40:09	4	0:22	138	21:07	1:08:45
96	Mark Oxford	9	4:27	78	2:15	102	40:44	183	1:35	122	20:03	1:09:05
97	Andre Potgieter	69	5:52	143	2:51	76	39:31	172	1:17	113	19:41	1:09:15
98	Tegan Foster	76	6:01	50	1:58	93	40:18	57	0:34	128	20:22	1:09:15
99	Samantha Spencer	158	7:53	106	2:30	106	40:59	133	0:51	55	17:11	1:09:26
100	Michael Clarke	87	6:09	85	2:18	71	39:21	173	1:18	126	20:19	1:09:28
101	Hugh Langley	75	5:59	116	2:34	110	41:09	132	0:51	100	18:55	1:09:30
102	Amanda Hutchison	46	5:25	67	2:06	125	42:31	29	0:29	101	19:01	1:09:33
103	Alan Hillyard	151	7:44	151	3:00	74	39:31	163	1:09	89	18:27	1:09:53
104	Carl Witham	33	5:10	99	2:27	136	43:20	114	0:45	81	18:09	1:09:53
105	Anna Sinclair	112	6:42	110	2:31	114	41:24	43	0:32	93	18:43	1:09:54
106	Guy Morris	183	9:07	145	2:55	105	40:55	128	0:49	33	16:17	1:10:05

107	Chris Servant	120	6:56	22	1:41	138	43:27	42	0:32	63	17:27	1:10:06
108	Ian Brown	119	6:56	146	2:56	104	40:53	92	0:40	98	18:48	1:10:15
109	Carla Shipp	124	7:00	83	2:18	70	39:19	181	1:32	124	20:09	1:10:20
110	David Leaver	118	6:54	105	2:29	103	40:46	145	0:57	103	19:15	1:10:23
111	Grayhame Fish	32	5:09	104	2:29	99	40:31	135	0:53	141	21:31	1:10:35
112	Stephen Didcott	161	7:56	156	3:07	85	39:56	20	0:27	109	19:23	1:10:51
113	Ian Hunter	77	6:02	175	3:44	122	42:21	116	0:45	85	18:23	1:11:16
114	Helena West	96	6:17	138	2:49	92	40:17	175	1:21	136	20:54	1:11:40
115	Mark Cox	182	9:04	190	4:48	82	39:46	168	1:12	52	17:04	1:11:55
116	Michael Chaplin	172	8:14	112	2:32	86	39:59	30	0:29	133	20:41	1:11:57
117	Robert Roche	127	7:02	102	2:28	73	39:25	158	1:06	149	21:56	1:11:59
118	Stewart Wright	176	8:26	183	4:07	67	39:11	176	1:22	69	17:42	1:12:51
119	Christina Plumley	156	7:48	111	2:31	131	43:04	33	0:29	104	19:19	1:13:14
120	Harmer Parr	157	7:49	182	3:59	123	42:22	180	1:28	75	17:56	1:13:37
121	Stephen Cook	82	6:05	54	2:00	107	41:00	169	1:13	167	23:33	1:13:51
122	Sarah Vick	162	8:00	68	2:09	142	43:46	46	0:33	110	19:24	1:13:53
123	Samantha Gurden	108	6:31	109	2:30	83	39:49	174	1:19	170	23:45	1:13:56
124	Frank Moggan	181	9:04	108	2:30	124	42:29	160	1:08	95	18:44	1:13:57
125	Kathy Bishop	61	5:46	93	2:23	160	45:33	136	0:53	106	19:20	1:13:57
126	Patricia Atwood	137	7:16	73	2:13	120	42:12	131	0:50	142	21:38	1:14:11
127	Claire Goodwin	39	5:20	76	2:14	165	46:05	93	0:40	121	20:00	1:14:20
128	Conrad Burgess	25	5:04	70	2:11	135	43:17	127	0:49	160	23:00	1:14:22
129	Brian Wright	140	7:18	135	2:48	162	45:41	112	0:44	77	17:57	1:14:30
130	Karen Chambers	103	6:26	139	2:49	145	43:56	148	0:59	127	20:19	1:14:32
131	Anne Fish	122	6:58	129	2:43	118	42:06	154	1:03	145	21:44	1:14:36
132	steven Goodfellow	163	8:00	176	3:44	151	44:52	59	0:34	65	17:37	1:14:50
133	Mark Coleby	147	7:30	171	3:28	128	42:41	177	1:24	116	19:47	1:14:53
134	Chris Goodfellow-Lec	146	7:30	157	3:09	155	45:05	77	0:37	97	18:48	1:15:11
135	Dawn Buckland	141	7:19	95	2:24	147	44:23	8	0:24	132	20:39	1:15:11
136	Sarah Heatley	165	8:02	155	3:06	129	42:55	68	0:35	130	20:32	1:15:12
137	Jo Higgon	135	7:13	89	2:20	98	40:31	157	1:05	175	24:03	1:15:14
138	Paul Wright	189	10:45	170	3:28	117	42:01	182	1:34	67	17:38	1:15:28
139	David Kenny	62	5:47	81	2:17	149	44:29	19	0:27	156	22:35	1:15:37
140	Sheila Smith	40	5:20	125	2:39	143	43:50	32	0:29	163	23:19	1:15:39
141	Karen Fairweather	175	8:24	90	2:21	137	43:21	155	1:04	131	20:37	1:15:48
142	Nicolw Gregory	169	8:08	87	2:19	132	43:08	60	0:34	143	21:40	1:15:52
143	Jane Blackwell	45	5:24	118	2:35	127	42:35	104	0:42	178	24:38	1:15:55
144	Ollie Scognamiglio	115	6:51	165	3:19	133	43:09	165	1:09	144	21:42	1:16:13
145	Gemma Cannon	10	4:28	126	2:41	168	46:21	28	0:29	157	22:38	1:16:37
146	Austen Gilbert	102	6:26	160	3:14	116	41:34	190	1:41	173	23:59	1:16:57
147	Yvonne Doe	143	7:25	144	2:54	158	45:20	105	0:42	134	20:43	1:17:06
148	Natalie McLaren	20	4:42	80	2:17	163	45:43	9	0:24	174	24:02	1:17:10
149	Michelle Seward	154	7:47	123	2:38	173	46:54	39	0:31	107	19:20	1:17:11
150	Ivan Baker	78	6:02	120	2:36	148	44:28	167	1:10	161	23:12	1:17:30
151	Pearl Fay	145	7:29	114	2:33	134	43:17	139	0:54	164	23:19	1:17:34
152	Maureen Wilson	187	9:55	174	3:36	119	42:09	179	1:28	129	20:26	1:17:36
153	Gary Buick	125	7:00	147	2:56	174	47:05	22	0:27	125	20:17	1:17:48
154	Deborah Stewart	173	8:15	91	2:21	152	44:55	152	1:01	140	21:18	1:17:52
155	Ricky Forsdyke	150	7:42	177	3:45	164	45:52	121	0:47	115	19:45	1:17:53
156	Laura Smith	121	6:58	154	3:05	159	45:20	80	0:37	148	21:54	1:17:56
157	Neil Gerry	159	7:54	124	2:39	161	45:37	85	0:38	139	21:15	1:18:05
158	Tony Stenning	171	8:12	162	3:17	144	43:52	38	0:31	155	22:22	1:18:16
159	Jill Wilshaw	136	7:14	130	2:44	154	45:04	146	0:58	152	22:14	1:18:16
160	Steve Wells	144	7:29	153	3:03	126	42:32	171	1:15	172	23:57	1:18:19
161	Lyn Foster	164	8:01	133	2:47	157	45:16	162	1:09	147	21:48	1:19:03
162	Andy Hayward	132	7:09	163	3:19	141	43:42	178	1:27	168	23:37	1:19:15

163	David Humphreys	80	6:03	189	4:38	169	46:24	100	0:41	146	21:45	1:19:32
164	Steve Bull	116	6:51	150	3:00	130	42:58	123	0:47	184	26:11	1:19:49
165	Katie Smith	174	8:22	149	2:58	150	44:44	44	0:33	165	23:26	1:20:04
166	Jane Swift	160	7:56	119	2:36	172	46:53	64	0:35	150	22:03	1:20:05
167	Sarah Lee	167	8:07	128	2:42	156	45:10	89	0:39	169	23:40	1:20:21
168	Hayley Roche	166	8:03	158	3:09	166	46:05	151	1:01	166	23:26	1:21:46
169	Matt Trainer	129	7:03	159	3:11	139	43:28	186	1:39	185	26:28	1:21:51
170	Stephen Griffiths	184	9:15	179	3:56	140	43:32	191	2:13	159	22:56	1:21:54
171	Zoe Webb	168	8:08	186	4:25	167	46:07	118	0:46	158	22:48	1:22:15
172	Hannah Dolman	104	6:27	166	3:23	184	51:04	51	0:33	135	20:54	1:22:22
173	Elaine Turner	89	6:11	140	2:50	190	54:24	164	1:09	72	17:50	1:22:26
174	Peter Ryles	130	7:07	148	2:57	170	46:40	189	1:40	180	25:07	1:23:34
175	Sheila Shead	177	8:30	113	2:33	176	48:19	144	0:57	171	23:56	1:24:18
176	Ariana Gooderham	185	9:18	136	2:48	177	48:26	103	0:42	162	23:17	1:24:33
177	Georgie Brigden	142	7:24	187	4:32	182	50:25	184	1:35	137	21:05	1:25:03
178	Emma Burgess	170	8:10	142	2:51	175	47:24	166	1:09	181	25:30	1:25:07
179	Justine Peakman	117	6:53	173	3:36	171	46:43	187	1:39	186	27:49	1:26:42
180	Graham Burford	64	5:49	169	3:26	187	51:59	76	0:37	179	24:50	1:26:42
181	Danny Blacklock	105	6:30	172	3:29	153	45:00	185	1:37	188	31:07	1:27:45
182	Nicki Brown	152	7:45	164	3:19	181	49:50	170	1:13	183	25:58	1:28:08
183	John Thackery	180	8:48	168	3:24	180	49:16	149	1:00	182	25:42	1:28:12
184	Nichola Whymark	186	9:35	188	4:34	189	53:07	41	0:32	153	22:14	1:30:04
185	Angie McDonald	149	7:40	152	3:03	178	48:46	150	1:00	187	30:02	1:30:32
186	Shilpa Pangam	191	11:28	185	4:20	185	51:50	143	0:56	177	24:29	1:33:06
187	Yogesh Pangam	190	11:15	191	4:50	186	51:58	147	0:58	176	24:19	1:33:22
188	Gordon Merfield	179	8:43	181	3:59	179	49:09	134	0:53	191	32:26	1:35:12
189	Tina Fairness	178	8:32	178	3:47	183	50:52	138	0:54	189	31:31	1:35:37
190	Jenny Parker	188	10:42	184	4:14	188	52:48	120	0:47	190	32:13	1:40:46
191	Matt Fryatt	138	7:16	167	3:24	191	1:14:06	35	0:30	102	19:09	1:44:27

Penalty	Race No	Gender	Team	Age Grp
	214	M	Diss Cycling Club	M35-39
	219	M	West Suffolk Wheelers and Triathlon	M40-44
	208	M	Newmarket Cycling & Triathlon Club	M35-39
	215	M		M25-29
	187	M		M40-44
	206	M	Ipswich Triathlon Club	M50-54
	2	M	Stowmarket and district cycle club	M17-18
	57	M	Born 2 Tri	M50-54
	7	M		M17-18
	143	M	Stowmarket Striders Running Club	M30-34
	142	M	Stowmarket Striders Running Club	M25-29
	210	M		M40-44
	160	M		M50-54
	216	M	Anglia Velo	M45-49
	189	M	Tri Sudbury	M35-39
	211	M	University Of Warwick Triathlon Club	M20-24
	145	M	Stowmarket Striders Running Club	M35-39
	182	M	Ipswich Triathlon Club	M55-59
	203	M		M35-39
	185	M	Tri-Anglia Triathlon Club	M30-34
	92	M	TRISudbury	M30-34
	217	M	Tri-Anglia Triathlon Club	M45-49
	5	M	West Suffolk Wheelers and Triathlon	M 17-18
	136	M	Born 2 Tri	M45-49
	199	M	Newmarket Cycling & Triathlon Club	M45-49
	190	M	Harwich Runners	M55-59
	6	M		M19
	192	M	Stowmarket Striders Running Club	M35-39
	201	F		F 35-39
	156	M	Hadleigh Hares A.C.	M45-49
	151	F	Newmarket Cycling & Triathlon Club	F 40-44
	176	F	Newmarket Cycling & Triathlon Club	F 30-34
	179	M	Methwold Tri	M25-29
	193	F	West Suffolk Wheelers and Triathlon	F 30-34
	148	M	Hadleigh Hares	M40-44
	109	M	Ipswich Triathlon Club	M55-59
	164	M		M45-49
	175	M		M45-49
	10	M	Hadleigh Hares	M 17-18
	89	M	Tri Sudbury	M20-24
	13	M	TRISudbury	M 17-18
2:00	213	M		M25-29
	202	M		M35-39
	1	M		M19
	137	M	Stowmarket Striders Running Club	M60-64
	150	M	Ipswich Triathlon Club	M40-44
	194	F	West Suffolk Wheelers and Triathlon	F 40-44
1:00	191	M		M55-59
1:00	152	M		M45-49
	170	M		M45-49

3	M		M15-16
52	M		M35-39
166	M	Harwich Runners	M60-64
108	M	Hadleigh Hares	M55-59
147	M		M35-39
134	M	Hadleigh Hares A.C	M60-64
12	M	West Suffolk Wheelers and Triathlon	M19
116	M		M50-54
157	M	Tri Sudbury	M45-49
180	F		F 25-29
11	M	Ipswich Triathlon Club	M17-18
8	F	Hadleigh Hares	F 15-16
112	M		M35-39
173	M		M35-39
36	M		M40-44
165	M		M45-49
186	F		F 40-44
126	M		M35-39
200	F		F 25-29
113	M		M35-39
181	M	Ipswich Triathlon Club	M45-49
183	M	Newmarket Cycling & Triathlon Club	M55-59
9	M		M 15-16
141	M		M20-24
76	M		M50-54
105	F	Born2Tri	F 45-49
138	M		M40-44
162	M		M40-44
139	M	Stowmarket Striders Running Club	M45-49
106	F	Born to tri	F 50-54
168	F		F 35-39
40	M	Ipswich Triathlon Club	M50-54
86	M		M45-49
120	F		F 40-44
197	M		M50-54
78	M		M50-54
133	M	West Suffolk Wheelers and Triathlon	M55-59
153	M		M45-49
68	M	West Suffolk Wheelers and Triathlon	M50-54
4	F	TriSpoke	F 19
135	F		F 35-39
205	M		M50-54
172	F	Tri-Anglia Triathlon Club	F 35-39
207	M		M35-39
198	M		M20-24
209	M	Ipswich Triathlon Club	M25-29
60	M		M55-59
140	F		F 20-24
31	F		F 30-34
127	M		M40-44
123	M		M40-44
188	F		F 25-29
79	M		M55-59
124	M		M20-24
74	F		F 45-49
43	M		M45-49

77	M		M50-54
111	M		M50-54
119	F	Diss Cycling Club	F 35-39
117	M	West Suffolk Wheelers and Triathlon	M60-64
171	M	Tri-Anglia Triathlon Club	M65-69
131	M		M50-54
159	M		M45-49
158	F		F 45-49
45	M		M40-44
82	M		M70-74
59	M	Ipswich Triathlon Club	M50-54
2:00 16	M		M35-39
101	F		F 45-49
163	M		M65-69
174	M		M40-44
72	F	The Saxons	F 45-49
154	F	Born2Tri	F 45-49
48	M	Stowmarket Striders Running Club	M65-69
155	F		F 45-49
80	F	Hadleigh Hares A.C	F 65-69
167	F		F 30-34
149	M		M40-44
65	M		M60-64
121	F	Tri Sudbury	F 40-44
122	F	Tri-Anglia Triathlon Club	F 65-69
56	M	none	M45-49
70	M		M50-54
104	F	none	F 45-49
97	F	Tri Sudbury	F 35-39
100	F		F 40-44
118	F	Harwich Runners	F 55-59
21	M		M30-34
115	M		M50-54
184	F		F 60-64
58	F		F 50-54
37	F	West Suffolk Wheelers and Triathlon	F 40-44
212	F	Tri-Anglia Triathlon Club	F 55-59
130	M		M40-44
218	F		F 20-24
99	M		M40-44
53	F	Stowmarket Striders Running Club	F 40-44
220	F	Tri Sudbury	F 30-34
55	F		F 45-49
161	M		M55-59
87	F	Newmarket Cycling & Triathlon Club	F 55-59
17	F	Born2Tri	F 50-54
102	M		M45-49
44	F	Hadleigh Hares	F 55-59
71	M		M30-34
125	F		F 35-39
69	M		M50-54
103	M		M45-49
110	F	West Suffolk Wheelers and Triathlon	F 60-64
33	M		M60-64
61	F	Ipswich Triathlon Club	F 60-64
84	M	Stowmarket Striders Running Club	M30-34

94	M		M35-39
132	M	West Suffolk Wheelers and Triathlon	M55-59
25	F		F 30-34
26	F		F 35-39
46	F		F 40-44
39	F	Ipswich Triathlon Club	F 45-49
34	M		M35-39
18	M		M55-59
62	F		F 50-54
88	F		F 20-24
85	F	Hadleigh Hares	F 30-34
107	M		M55-59
63	F	Newmarket Cycling & Triathlon Club	F 65-69
50	F		F 25-29
49	F		F 25-29
64	F		F 35-39
114	F		F 45-49
146	M		M35-39
73	M		M45-49
75	F		F 45-49
41	M		M60-64
15	F		F 35-39
66	F	Born 2 Tri	F 45-49
27	F		F 45-49
28	M		M45-49
83	M	The Saxons	M75-79
32	F		F 50-54
19	F		F 60-64
67	M		M45-49