

	Position	Bib #	Athlete Name	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Diff
Male Overall	1	241	Andy THORNDYKE		00:03:51	00:00:40	00:28:41	00:00:33	00:20:26	00:54:10	-
	2	240	Lee SHIPP	JKX	00:04:42	00:00:33	00:28:30	00:00:30	00:20:02	00:54:17	+00:00:07
	3	163	Ben CAISEY		00:05:44	00:01:01	00:29:03	00:00:43	00:19:12	00:55:42	+00:01:32
Male 15-16	31	210	William TERRY		00:05:57	00:01:20	00:35:14	00:01:29	00:22:49	01:06:48	+00:12:38
Male 16-19	4	242	Alex HARRISON	Stowmarket Cycle Club	00:03:37	00:00:38	00:31:12	00:00:40	00:21:37	00:57:43	+00:03:33
	69	227	Tim DAVIES	IPSWICH TRIATHLON CLUB	00:04:20	00:00:48	00:36:40	00:00:37	00:27:52	01:10:16	+00:16:06
	78	180	Iwan LLOYD		00:05:27	00:01:24	00:37:50	00:01:01	00:25:23	01:11:05	+00:16:55
	203	61	Jordan BYFORD		00:06:36	00:04:07	00:49:22	00:01:32	00:43:44	01:45:21	+00:51:11
Male 20-24	26	211	Geraint WHITE	Ipswich Jaffa	00:05:05	00:00:53	00:35:47	00:00:44	00:23:04	01:05:33	+00:11:23
Male 25-29	7	193	Scott Williams	Stowmarket Striders Running Club	00:06:35	00:00:41	00:31:51	00:00:31	00:21:40	01:01:18	+00:07:08
	20	233	Ed RICHARDS		00:04:54	00:00:45	00:35:31	00:00:41	00:22:22	01:04:12	+00:10:02
	41	175	Jacob HOWARD	IPSWICH TRIATHLON CLUB	00:06:28	00:00:58	00:34:10	00:00:50	00:25:32	01:07:57	+00:13:47
	51	236	Philip CHARLESWORTH		00:04:59	00:01:18	00:35:21	00:00:51	00:26:17	01:08:46	+00:14:36
	104	93	Robert WELHAM		00:08:53	00:01:21	00:35:20	00:00:41	00:28:21	01:14:35	+00:20:25
	114	2	Mark COOLE		00:07:20	00:01:04	00:39:28	00:00:27	00:28:10	01:16:29	+00:22:19
	137	66	Austin HEAD		00:09:02	00:01:04	00:40:56	00:00:51	00:27:04	01:18:57	+00:24:47
	153	36	Josh CLARKE-DAVIS		00:08:01	00:02:03	00:47:10	00:00:42	00:23:55	01:21:52	+00:27:42
	155	161	Daniel BORLEY		00:06:30	00:01:48	00:42:53	00:00:31	00:30:34	01:22:15	+00:28:05
	159	164	Bryan CHURCHARD		00:06:38	00:02:56	00:44:39	00:00:41	00:28:02	01:22:56	+00:28:46
163	28	Shaun THOMSON		00:07:41	00:01:35	00:40:53	00:00:25	00:33:17	01:23:51	+00:29:41	
Male 30-34	8	205	Dan CLAFLIN	Tri-Anglia Triathlon Club	00:05:24	00:00:53	00:31:48	00:00:42	00:22:32	01:01:19	+00:07:09
	13	234	Craig STUART	MALE NOVICE WINNER	00:04:42	00:01:10	00:33:50	00:00:26	00:22:07	01:02:14	+00:08:04
	14	153	Luke HARRISON		00:05:22	00:01:11	00:32:11	00:00:40	00:23:04	01:02:27	+00:08:17
	16	238	Ben SMITH	King Lynn Cycling Club	00:04:29	00:00:39	00:32:36	00:00:42	00:24:43	01:03:09	+00:08:59
	25	230	Alex GRAY		00:05:02	00:01:01	00:31:56	00:01:00	00:26:21	01:05:20	+00:11:10
	67	94	MARTIN GOODERHAM	Harling AC	00:06:49	00:01:08	00:36:22	00:00:55	00:24:53	01:10:06	+00:15:56
	85	123	Robert CHAMBERS		00:06:55	00:01:03	00:35:39	00:00:47	00:27:22	01:11:45	+00:17:35
	92	82	James COLE		00:07:21	00:01:33	00:36:19	00:01:10	00:26:14	01:12:36	+00:18:26
	97	136	David BIRKBY		00:06:21	00:01:04	00:39:32	00:00:33	00:26:03	01:13:32	+00:19:22
	117	83	Ricky FORSDYKE		00:07:51	00:01:33	00:39:20	00:01:10	00:26:49	01:16:43	+00:22:33
168	109	Andy HAYWARD	Stowmarket Striders Running Club	00:07:23	00:01:26	00:40:02	00:01:32	00:34:58	01:25:20	+00:31:10	

Male 35-39	22	201	Paul BERRY		00:05:24	00:01:02	00:34:36	00:00:58	00:22:34	01:04:33	+00:10:23
	28	77	Alastair WRIGHT		00:07:19	00:01:05	00:33:31	00:00:35	00:24:02	01:06:32	+00:12:22
	32	203	TOM BRUCE	IPSWICH TRIATHLON CLUB	00:05:58	00:01:01	00:36:14	00:00:51	00:22:50	01:06:53	+00:12:43
	37	173	Jonathan Gray		00:06:34	00:01:05	00:35:15	00:01:09	00:23:41	01:07:43	+00:13:33
	39	140	Derrick DOUGAN		00:05:08	00:01:14	00:35:21	00:00:55	00:25:14	01:07:51	+00:13:41
	44	195	Wayne GARDNER	Stowmarket Striders Running Club	00:05:26	00:00:50	00:35:44	00:00:37	00:25:36	01:08:13	+00:14:03
	49	229	Steve Thorndyke		00:04:20	00:00:55	00:32:58	00:00:46	00:29:42	01:08:40	+00:14:30
	52	200	Karl WRIGHT		00:05:39	00:01:21	00:36:28	00:00:42	00:24:40	01:08:50	+00:14:40
	55	185	Dave SCHINDLER	Tri Sudbury	00:06:19	00:00:54	00:32:34	00:00:57	00:28:22	01:09:05	+00:14:55
	59	194	Craig WRIGHT						01:09:18	01:09:18	+00:15:08
	60	70	David Marsh		00:07:07	00:01:01	00:36:32	00:00:48	00:24:01	01:09:28	+00:15:18
	63	52	Daniel WEBB		00:07:54	00:00:40	00:36:03	00:00:32	00:24:35	01:09:43	+00:15:33
	71	181	IAN MARKHAM		00:06:30	00:01:29	00:37:21	00:01:19	00:23:51	01:10:30	+00:16:20
	73	237	Adam FISH	Stowmarket Striders Running Club	00:04:43	00:00:46	00:36:54	00:00:45	00:27:40	01:10:47	+00:16:37
	75	108	Lee GARRETT		00:05:32	00:01:10	00:37:15	00:00:54	00:26:04	01:10:54	+00:16:44
	83	196	James STURMAN		00:05:59	00:01:07	00:36:43	00:01:01	00:26:49	01:11:38	+00:17:28
	94	47	Stewart WRIGHT		00:08:36	00:01:14	00:35:51	00:01:15	00:26:01	01:12:56	+00:18:46
	100	122	Barry ABBOTT		00:06:55	00:00:50	00:38:53	00:00:26	00:26:48	01:13:51	+00:19:41
	111	75	Ben STEARN		00:06:42	00:01:19	00:41:23	00:00:29	00:26:21	01:16:13	+00:22:03
	115	11	Wayne BRYAN		00:08:46	00:02:16	00:40:37	00:00:53	00:23:59	01:16:31	+00:22:21
190	17	Will MAYCOCK		00:09:11	00:02:24	00:48:00	00:00:55	00:31:01	01:31:30	+00:37:20	
193	10	DATTIE BARNARD		00:06:42	00:01:32	00:43:06	00:02:40	00:38:21	01:32:21	+00:38:11	
Male 40-44	5	214	Simon SMITH	Thetford Athletic	00:05:04	00:00:38	00:30:17	00:00:37	00:21:28	00:58:04	+00:03:54
	9	231	nick hodges	Bridgtown Cona Testa Tri Team	00:04:53	00:00:55	00:32:11	00:00:34	00:23:08	01:01:41	+00:07:31
	21	160	Thomas BAILEY	Tri-Anglia Triathlon Club	00:05:54	00:01:56	00:32:50	00:00:52	00:22:47	01:04:19	+00:10:09
	23	190	Wayne TILBURY-LARTEF	Strac	00:05:28	00:00:43	00:34:58	00:00:57	00:23:04	01:05:09	+00:10:59
	27	100	Jason Allard		00:06:21	00:00:54	00:35:54	00:00:37	00:21:51	01:05:36	+00:11:26
	33	92	Martin Lau		00:05:33	00:01:57	00:34:59	00:01:02	00:23:24	01:06:55	+00:12:45
	34	179	Richard LEEDER	Stowmarket Striders Running Club	00:06:02	00:01:23	00:35:36	00:00:47	00:23:11	01:06:58	+00:12:48
	40	69	RICHARD LLOYD		00:06:59	00:01:09	00:33:23	00:01:11	00:25:11	01:07:53	+00:13:43
	57	143	Stephen MELTON		00:06:27	00:01:41	00:35:15	00:01:06	00:24:49	01:09:17	+00:15:07
	70	88	Ben CROSSMAN		00:06:07	00:01:06	00:35:23	00:00:24	00:27:31	01:10:30	+00:16:20
	87	131	Paul THOMAS		00:06:54	00:01:54	00:35:13	00:01:11	00:26:39	01:11:50	+00:17:40
	91	87	Alan COCHRAN	Born 2 Tri	00:06:57	00:01:47	00:37:14	00:00:40	00:25:53	01:12:31	+00:18:21
	98	206	Simon HOWARD		00:05:44	00:01:16	00:37:38	00:01:13	00:27:48	01:13:38	+00:19:28
	116	224	Jason BAILLIE		00:05:13	00:00:43	00:36:34	00:00:57	00:33:07	01:16:34	+00:22:24
	122	147	Lee TOWNSEND		00:05:53	00:01:05	00:36:26	00:00:48	00:32:56	01:17:08	+00:22:58
125	217	Gareth BRADLEY		00:05:11	00:01:15	00:42:31	00:00:26	00:27:54	01:17:16	+00:23:06	

127	98	Steve WOODS	Stowmarket Striders Running Club	00:06:57	00:01:40	00:38:40	00:01:02	00:29:10	01:17:28	+00:23:18
132	178	Hugh LANGLEY		00:05:57	00:01:25	00:39:03	00:00:45	00:30:57	01:18:07	+00:23:57
141	97	STUART WASHINGTON	IRONDADS	00:05:46	00:01:13	00:43:37	00:01:15	00:28:01	01:19:52	+00:25:42
160	204	Conrad BURGESS		00:04:59	00:00:59	00:42:06	00:00:53	00:34:35	01:23:31	+00:29:21
174	139	Roy DODSON		00:07:27	00:02:05	00:38:15	00:01:19	00:37:11	01:26:17	+00:32:07
192	172	Lee GOOLD		00:09:01	00:02:00	00:41:26	00:00:46	00:38:52	01:32:04	+00:37:54

Male 45-49

6	239	IAIN DOWNIE	Tri-Anglia Triathlon Club	00:04:16	00:00:53	00:32:14	00:00:38	00:22:54	01:00:54	+00:06:44
10	209	Gareth SOUTHGATE	Stowmarket Striders Running Club	00:05:47	00:00:51	00:32:46	00:00:33	00:21:56	01:01:52	+00:07:42
11	106	VINCE BUTLER	Tri-Anglia Triathlon Club	00:05:09	00:00:38	00:31:53	00:00:38	00:23:44	01:02:02	+00:07:52
15	138	Ian DAY	Newmarket Cycling & Triathlon Club	00:08:55	00:01:14	00:30:04	00:00:36	00:22:08	01:02:57	+00:08:47
19	151	Mark TURNER		00:06:24	00:01:04	00:32:56	00:00:48	00:22:48	01:04:00	+00:09:50
30	219	ELIOT BENTLEY	Newmarket Cycling & Triathlon Club	00:05:14	00:00:45	00:37:38	00:00:27	00:22:37	01:06:39	+00:12:29
38	198	Wayne READ		00:05:39	00:00:57	00:35:15	00:00:41	00:25:14	01:07:45	+00:13:35
42	89	Mark FAIRWEATHER		00:07:07	00:01:02	00:34:49	00:00:42	00:24:22	01:08:01	+00:13:51
43	171	Scott EVANS		00:05:31	00:01:10	00:35:47	00:00:25	00:25:15	01:08:07	+00:13:57
45	212	James BORRETT		00:05:39	00:00:49	00:34:57	00:00:40	00:26:14	01:08:19	+00:14:09
47	208	Mike Pleasants		00:05:41	00:01:27	00:35:49	00:00:33	00:25:04	01:08:34	+00:14:24
48	134	ADRIAN WADDY	TG Tri	00:06:57	00:00:49	00:34:38	00:00:48	00:25:25	01:08:36	+00:14:26
53	169	RICK EMBERSON		00:06:05	00:00:48	00:35:17	00:00:37	00:26:14	01:08:59	+00:14:49
54	188	Tony SPARKES		00:06:13	00:00:54	00:35:37	00:00:41	00:25:37	01:09:02	+00:14:52
72	130	Jason Walne		00:06:23	00:01:33	00:38:00	00:00:35	00:24:02	01:10:33	+00:16:23
74	26	Guy MORRIS		00:09:01	00:01:59	00:36:39	00:00:33	00:22:38	01:10:50	+00:16:40
77	157	Gordon CLARK		00:06:31	00:01:46	00:36:21	00:00:36	00:25:51	01:11:04	+00:16:54
84	137	IAN CHAPMAN		00:05:35	00:01:10	00:35:52	00:01:09	00:27:55	01:11:40	+00:17:30
89	213	Tony FITCH		00:05:13	00:00:52	00:36:46	00:01:00	00:28:24	01:12:14	+00:18:04
99	187	Mark SMART	trianglia	00:05:41	00:01:54	00:33:25	00:01:23	00:31:22	01:13:44	+00:19:34
101	85	Robert BATLEY		00:07:26	00:00:57	00:37:08	00:00:44	00:27:41	01:13:55	+00:19:45
124	40	Richard GRANT	Snitch Tri Club		00:08:36	00:38:24	00:00:54	00:29:19	01:17:13	+00:23:03
130	35	Stephen BRENNAN		00:06:40	00:01:44	00:37:11	00:00:54	00:31:09	01:17:36	+00:23:26
146	105	Gary BUICK		00:06:44	00:01:42	00:43:24	00:00:34	00:28:02	01:20:27	+00:26:17
161	59	Daren BONE		00:06:47	00:02:28	00:40:52	00:01:32	00:32:04	01:23:42	+00:29:32
171	68	Chris LANDER		00:08:26	00:01:03	00:40:22	00:01:05	00:34:41	01:25:37	+00:31:27
182	126	Mark JONES		00:06:44	00:01:32	00:43:06	00:00:55	00:36:45	01:29:01	+00:34:51
184	116	Tony STENNING		00:08:10	00:02:34	00:42:31	00:00:40	00:35:36	01:29:31	+00:35:21
189	15	Timothy MCKINLEY		00:07:45	00:03:10	00:47:29	00:00:56	00:31:49	01:31:08	+00:36:58

Male 50-54

12	159	STANLEY SWANEPOEL	Tri-Anglia Triathlon Club	00:06:01	00:00:50	00:32:23	00:00:49	00:22:05	01:02:07	+00:07:57
17	197	Martin ARCHER	Stowmarket Striders Running Club	00:05:58	00:01:08	00:32:12	00:00:47	00:23:14	01:03:18	+00:09:08

	36	216	Philip BEER	Stowmarket Striders Running Club	00:05:30	00:00:48	00:35:03	00:00:49	00:25:11	01:07:22	+00:13:12
	56	124	Steve Dickens	Tri-Anglia Triathlon Club	00:06:44	00:01:09	00:32:19	00:00:47	00:28:12	01:09:09	+00:14:59
	64	148	Hugh WHITE	Hadleigh Hares	00:06:14	00:01:13	00:36:07	00:00:31	00:25:40	01:09:46	+00:15:36
	65	167	David EDWARDS		00:06:26	00:01:06	00:35:43	00:01:41	00:25:07	01:10:02	+00:15:52
	66	127	Darren LEE		00:06:38	00:01:07	00:36:50	00:00:40	00:24:50	01:10:04	+00:15:54
	79	154	Nigel VINCENT		00:06:55	00:01:27	00:36:27	00:01:00	00:25:18	01:11:07	+00:16:57
	80	65	Trevor GRAHAM		00:07:12	00:01:58	00:34:32	00:00:52	00:26:50	01:11:23	+00:17:13
	93	223	Carlton BLAXILL		00:05:10	00:01:03	00:35:53	00:00:51	00:29:42	01:12:37	+00:18:27
	112	121	Paul WALLACE	Stowmarket Striders Running Club	00:07:31	00:01:17	00:38:05	00:01:18	00:28:17	01:16:28	+00:22:18
	126	34	Mark BAKER		00:08:45	00:01:34	00:37:48	00:00:55	00:28:16	01:17:18	+00:23:08
	128	13	Mike HASLAM		00:07:38	00:02:10	00:40:30	00:00:39	00:26:38	01:17:33	+00:23:23
	131	218	Gino DE VITA	BRJ Run and Tri	00:05:01	00:02:26	00:36:56	00:01:07	00:32:31	01:18:00	+00:23:50
	134	73	Paul RYAN		00:06:56	00:01:41	00:38:41	00:01:38	00:29:41	01:18:37	+00:24:27
	181	6	Joe Naughton	Stowmarket Striders Running Club	00:09:32	00:01:41	00:44:13	00:00:42	00:32:45	01:28:51	+00:34:41
	196	63	Paul COPPIN		00:06:06	00:03:38	00:45:09	00:01:45	00:36:43	01:33:20	+00:39:10
	205	60	Barry BYFORD		00:07:14	00:03:55	00:49:24	00:01:35	00:43:44	01:45:51	+00:51:41
Male 55-59	58	226	Kevin BYRNE		00:05:35	00:01:05	00:36:11	00:00:42	00:25:45	01:09:17	+00:15:07
	81	144	Tim OSTLER	IPSWICH TRIATHLON CLUB	00:07:47	00:00:57	00:33:34	00:00:53	00:28:19	01:11:28	+00:17:18
	105	125	Steve GRAY	Stowmarket Striders Running Club	00:06:57	00:00:41	00:37:41	00:00:55	00:28:37	01:14:50	+00:20:40
	106	145	Paul ROSHER		00:06:12	00:02:31	00:39:04	00:00:58	00:26:10	01:14:55	+00:20:45
	120	38	Nicholas EDWARDS		00:07:10	00:01:30	00:38:54	00:00:26	00:28:53	01:16:52	+00:22:42
	138	132	David FIELD		00:06:30	00:01:55	00:37:04	00:01:03	00:32:31	01:19:02	+00:24:52
	140	150	Anthony ROSE	Tri-Anglia Triathlon Club	00:07:21	00:01:13	00:37:23	00:01:14	00:32:31	01:19:41	+00:25:31
	154	76	Edward WEBSTER		00:08:00	00:02:28	00:37:22	00:02:15	00:31:51	01:21:54	+00:27:44
	178	8	Nick WESTWOOD		00:12:22	00:02:46	00:41:55	00:00:52	00:30:38	01:28:32	+00:34:22
	191	114	Pete RYLES		00:07:17	00:01:31	00:44:05	00:01:47	00:37:04	01:31:44	+00:37:34
Male 60-64	29	142	Ker Macrosson	Stowmarket Striders Running Club	00:06:36	00:01:29	00:34:11	00:00:32	00:23:53	01:06:39	+00:12:29
	50	156	Mike STOLLERY	Tri-Anglia Triathlon Club	00:06:46	00:01:06	00:34:00	00:00:39	00:26:13	01:08:42	+00:14:32
	176	46	David PAYNE		00:08:29	00:01:17	00:44:06	00:01:38	00:32:17	01:27:46	+00:33:36
	185	53	Charlie STANNETT	IPSWICH TRIATHLON CLUB	00:07:39	00:03:42	00:40:07	00:01:36	00:37:29	01:30:31	+00:36:21
	136	58	Frank MOGGAN	Stowmarket Striders Running Club	00:08:40	00:01:22	00:40:06	00:00:23	00:28:25	01:18:55	+00:24:45
Male 70-74	151	80	Michael CHAPLIN		00:07:56	00:01:26	00:40:21	00:00:32	00:30:59	01:21:13	+00:27:03

Female Overall	18	228	Charlotte SMITH	Thetford Athletic	00:05:07	00:00:46	00:33:25	00:00:40	00:23:41	01:03:38	+00:09:28
	24	199	Maxine LANE	Newmarket Cycling & Triathlon Club	00:05:44	00:00:47	00:34:54	00:00:34	00:23:16	01:05:14	+00:11:04
	35	221	Helen WING	Stowmarket Striders Running Club	00:05:05	00:00:34	00:34:43	00:00:28	00:26:10	01:06:59	+00:12:49
Female 15-16	164	192	Abigail WILLETT	Tri-Anglia Triathlon Club	00:05:53	00:01:06	00:44:15	00:01:00	00:32:38	01:24:50	+00:30:40
Female 16-19	202	62	Maddison BYFORD		00:06:49	00:03:23	00:49:25	00:01:32	00:43:44	01:44:51	+00:50:41
	206	3	Lucy DUNMORE		00:07:53	00:02:15	00:51:29	00:01:09	00:43:31	01:46:16	+00:52:06
Female 20-24	95	152	Francesca TURNER	Great Yarmouth Road Runners	00:05:49	00:00:56	00:39:30	00:00:40	00:26:31	01:13:25	+00:19:15
Female 25-29	88	110	Rachel KEELEY		00:04:41	00:01:18	00:39:00	00:00:25	00:26:42	01:12:05	+00:17:55
	102	189	Amanda HUTCHISON		00:05:32	00:00:56	00:39:03	00:00:54	00:27:52	01:14:16	+00:20:06
	142	55	Rose BOWERS		00:08:27	00:01:46	00:39:27	00:00:28	00:29:47	01:19:56	+00:25:46
	180	67	Viktorija HOBBS	Stowmarket Striders Running Club	00:08:16	00:01:25	00:45:20	00:00:45	00:32:58	01:28:43	+00:34:33
Female 30-34	82	158	Lynsey ALLISON	Strac	00:06:52	00:00:53	00:35:01	00:00:48	00:28:03	01:11:36	+00:17:26
	86	146	Laura TAYLOR		00:05:49	00:00:50	00:39:17	00:00:40	00:25:10	01:11:46	+00:17:36
	90	182	Anna Martin		00:06:31	00:01:14	00:39:57	00:00:32	00:24:06	01:12:20	+00:18:10
	109	96	Emma THISTLETON		00:06:40	00:02:12	00:39:53	00:01:02	00:26:26	01:16:11	+00:22:01
	113	174	Lucy HOLLOWAY		00:05:41	00:01:10	00:39:15	00:00:41	00:29:41	01:16:28	+00:22:18
	121	117	Kate TAYLOR		00:07:41	00:01:01	00:37:19	00:01:01	00:29:54	01:16:55	+00:22:45
	148	71	Charlie MARTIN		00:07:26	00:00:48	00:41:03	00:00:42	00:30:59	01:20:58	+00:26:48
	149	162	Heather BRYAN		00:05:39	00:01:12	00:42:30	00:00:33	00:31:07	01:21:00	+00:26:50
	156	4	Phillipa MURFITT		00:06:38	00:01:48	00:42:40	00:00:36	00:30:39	01:22:21	+00:28:11
	169	5	Laura MCEWEN-SMITH		00:07:42	00:01:34	00:45:13	00:00:36	00:30:21	01:25:25	+00:31:15
	179	183	Laura MILES		00:06:28	00:01:26	00:43:36	00:01:06	00:35:58	01:28:35	+00:34:25
	201	225	Sarah BOXALL		00:06:03	00:01:42	00:52:15	00:00:31	00:40:44	01:41:16	+00:47:06
Female 35-39	103	149	Nicki BROAD		00:06:29	00:00:56	00:37:50	00:00:35	00:28:37	01:14:27	+00:20:17
	107	128	Carla SHIPP	Diss Cycling Club	00:07:00	00:01:07	00:37:01	00:01:01	00:29:06	01:15:16	+00:21:06
	108	184	Angela ROBERTS		00:05:49	00:01:06	00:37:51	00:00:42	00:29:49	01:15:17	+00:21:07
	147	33	Caroline ALDOUS-GOODGE		00:07:12	00:01:04	00:40:39	00:00:57	00:31:04	01:20:56	+00:26:46
	183	29	Nichola WHYMARK		00:09:10	00:02:24	00:45:15	00:01:07	00:31:20	01:29:15	+00:35:05
	195	1	Jenni HOYE		00:07:47	00:01:13	00:51:29	00:00:31	00:31:47	01:32:47	+00:38:37
	198	16	Viv HUNT	West Suffolk Wheelers and Triathlon Club	00:09:18	00:01:43	00:43:42	00:02:02	00:38:31	01:35:15	+00:41:05
204	44	Frances HOUNSLOW		00:09:24	00:01:25	00:48:48	00:00:47	00:45:13	01:45:37	+00:51:27	
Female 40-44	46	133	Sally BRYSON		00:06:04	00:00:53	00:35:41	00:00:27	00:25:26	01:08:31	+00:14:21

118	155	Emily SMITH	Tri-Anglia Triathlon Club	00:06:52	00:01:02	00:39:52	00:00:36	00:28:23	01:16:45	+00:22:35	
129	37	Claire DUNN	West Suffolk Wheelers and Triathlon Club	00:09:30	00:01:10	00:39:23	00:00:44	00:26:48	01:17:34	+00:23:24	
133	74	Jennifer SMART	Tri-Anglia Triathlon Club	00:07:31	00:02:11	00:33:24	00:01:07	00:33:56	01:18:09	+00:23:59	
135	135	CLARE BAILIE	Stowmarket Striders Running Club	00:06:41	00:00:58	00:41:45	00:01:07	00:28:10	01:18:40	+00:24:30	
143	72	Amy Mattock		00:07:41	00:00:55	00:39:10	00:00:53	00:31:32	01:20:11	+00:26:01	
144	50	Nicole GREGORY	West Suffolk Wheelers and Triathlon Club	00:07:43	00:00:54	00:39:08	00:00:39	00:31:50	01:20:13	+00:26:03	
150	95	Rachael MURRELL	West Suffolk Wheelers and Triathlon Club	00:07:02	00:02:23	00:39:23	00:01:35	00:30:48	01:21:10	+00:27:00	
158	103	Alison BLACKWELL	West Suffolk Wheelers and Triathlon Club	00:06:56	00:01:09	00:43:13	00:00:46	00:30:25	01:22:28	+00:28:18	
165	31	Fiona GOLDSMITH		00:08:21	00:01:22	00:45:26	00:00:52	00:28:55	01:24:55	+00:30:45	
167	120	Laura WEBB		00:07:19	00:01:03	00:40:18	00:01:05	00:35:32	01:25:16	+00:31:06	
175	81	Stevie HARRISON	Stowmarket Striders Running Club	00:09:38	00:00:53	00:43:18	00:00:42	00:32:56	01:27:25	+00:33:15	
177	112	Faye MACNAUGHT		00:07:16	00:01:35	00:43:20	00:01:51	00:34:30	01:28:31	+00:34:21	
188	54	Amanda WALKER		00:07:17	00:02:35	00:44:46	00:01:03	00:34:58	01:30:40	+00:36:30	
197	39	Nicola GEMMELL		00:08:27	00:01:31	00:42:37	00:01:35	00:40:09	01:34:18	+00:40:08	
Female 45-49	62	235	DIANE SWANEPOEL	Tri-Anglia Triathlon Club	00:05:01	00:00:49	00:36:50	00:00:46	00:26:09	01:09:35	+00:15:25
	96	129	Anna SINCLAIR		00:06:41	00:01:36	00:38:00	00:00:27	00:26:49	01:13:32	+00:19:22
	110	78	Sharon FROST	Tri Sudbury	00:07:08	00:00:37	00:38:53	00:00:41	00:28:53	01:16:12	+00:22:02
	119	215	Maria SMITH		00:05:23	00:01:36	00:40:04	00:00:57	00:28:52	01:16:51	+00:22:41
	123	170	SARAH EVANS		00:06:07	00:00:48	00:39:01	00:00:58	00:30:18	01:17:11	+00:23:01
	139	84	Kathryn SUMNER		00:07:39	00:01:28	00:39:38	00:00:27	00:30:19	01:19:30	+00:25:20
	145	191	Helena WEST		00:06:20	00:01:47	00:38:38	00:01:08	00:32:21	01:20:13	+00:26:03
	166	118	Sara TROWELL		00:06:55	00:01:35	00:42:13	00:00:47	00:33:36	01:25:06	+00:30:56
	173	23	Sarah EDWARDS		00:07:48	00:01:16	00:42:43	00:01:02	00:33:07	01:25:55	+00:31:45
	186	56	Kate MEASURES		00:07:47	00:02:01	00:45:10	00:01:29	00:34:08	01:30:34	+00:36:24
	187	24	Karen HAMILTON		00:08:39	00:01:19	00:49:33	00:00:32	00:30:37	01:30:40	+00:36:30
	194	91	Linda NOBBS	Bungay Black Dog Running Club	00:07:33	00:01:34	00:45:17	00:01:05	00:37:07	01:32:37	+00:38:27
	199	32	Sam SIMS		00:09:59	00:02:13	00:45:19	00:01:06	00:37:42	01:36:19	+00:42:09
	207	12	Anna COPPIN		00:10:06	00:03:06	00:54:27	00:01:55	00:37:16	01:46:49	+00:52:39
Female 50-54	61	165	JOSEPHINE CLARKE		00:06:12	00:00:56	00:35:06	00:00:23	00:26:53	01:09:29	+00:15:19
	68	102	Christine ANTHONY	West Suffolk AC - FEMALE NOVICE WINNER	00:07:36	00:01:32	00:37:09	00:00:28	00:23:23	01:10:07	+00:15:57
	76	220	MARY SKELCHER	Tri-Anglia Triathlon Club	00:05:42	00:00:56	00:36:31	00:00:38	00:27:11	01:10:58	+00:16:48
	152	22	Sara TAYLOR-BALLS	Hadleigh Hares	00:08:10	00:01:41	00:40:49	00:00:39	00:29:59	01:21:18	+00:27:08
	157	49	Sharon BRANDON		00:07:58	00:01:55	00:42:50	00:00:31	00:29:14	01:22:26	+00:28:16
	172	51	Ellen HOLLINGWORTH	Stowmarket Striders Running Club	00:08:19	00:01:26	00:45:11	00:00:56	00:30:03	01:25:54	+00:31:44
Female 60-64	162	20	Christine MARSH		00:08:44	00:01:09	00:44:19	00:00:34	00:29:05	01:23:51	+00:29:41
	170	90	Denise FORD		00:08:09	00:01:47	00:39:13	00:01:01	00:35:23	01:25:32	+00:31:22

200 14 Jill WRIGHT

00:08:56 00:02:01 00:46:02 00:00:52 00:42:31 01:40:21 +00:46:11

Copyright StuWeb Race Timing - <http://www.stuweb.co.uk>
Not for re-publication online without prior written permission.