

POSITION	NO.	NAME	SEX	NOVICE	CAT	CLUB OR ORG	MIL	START	Start Interval	Swim Split	Bike Split	Run Split	Total Time
1	260	OLIVER MILK	M		F	HUMAN PERFORMANCE UNIT		15:09:30	02:09:30	00:04:04	00:30:28	00:16:48	00:51:20
2	250	STUART EDWARDS	M		E		MIL	15:04:30	02:04:30	00:04:54	00:32:10	00:16:54	00:53:58
3	253	MARK NOWELL	M		I	TRI-ANGLIA		15:06:00	02:06:00	00:04:19	00:31:34	00:18:57	00:54:50
4	195	KEITH TILLEY	M		G			14:37:00	01:37:00	00:05:31	00:33:07	00:16:42	00:55:20
5	223	DAVE COPLAND	M		I	IPSWICH TRI		14:51:00	01:51:00	00:05:07	00:32:32	00:18:01	00:55:40
6	285,286,287	S MERRETT, S RUDLAND, J RUDLAND	MALE TEAM			TEAM RUDLAND		15:14:00	02:14:00	00:04:10	00:34:48	00:17:04	00:56:02
7	94	BEN UNSWORTH	M		E			13:46:30	00:46:30	00:04:15	00:32:38	00:19:20	00:56:13
8	184	MARK BOWDITCH	M		I	IPS TRI		14:31:30	01:31:30	00:04:48	00:33:41	00:18:18	00:56:47
9	217	MARK TAYLOR	M		G	ARMY TRI ASSOC (ARBORFIELD)	MIL	14:48:00	01:48:00	00:04:56	00:33:57	00:18:13	00:57:06
10	255	JOE WALKER	M		F	23 ENG REGT	MIL	15:07:00	02:07:00	00:04:24	00:33:39	00:19:16	00:57:19
11	279,280,281	S NORMAN, M WYKES, D WHITE	MALE TEAM			4AAC	MIL	15:13:00	02:13:00	00:04:27	00:36:03	00:17:23	00:57:53
12	220	CARL HUNT	M		F	23 ENG REGT	MIL	14:49:30	01:49:30	00:04:52	00:34:22	00:19:01	00:58:15
13	236	MARK BAILEY	M		G	BORN2TRI		14:57:30	01:57:30	00:04:39	00:34:45	00:18:56	00:58:20
14	256	JOHN RIZZO-NAUDI	M		D	HUMAN PERFORMANCE UNIT		15:07:30	02:07:30	00:04:35	00:33:53	00:19:57	00:58:25
15	244	STEVE DEBOTLZ	M		I	IPSWICH TRI		15:01:30	02:01:30	00:04:52	00:33:30	00:20:27	00:58:49
16	249	LEE SOLE	M		G	WSW TRI		15:04:00	02:04:00	00:04:14	00:34:04	00:20:31	00:58:49
17	243	JOHN WANKOWSKI	M		F	IPSWICH TRI		15:01:00	02:01:00	00:04:27	00:35:04	00:19:22	00:58:53
18	241	DAVID COLE	M		F			15:00:00	02:00:00	00:04:25	00:34:23	00:20:23	00:59:11
19	185	MARTIN WILSON	M	NOV	F	WEST SUFFOLK TRI		14:32:00	01:32:00	00:05:54	00:35:30	00:17:56	00:59:20
20	238	JASON RIDGEON	M		H			14:58:30	01:58:30	00:04:51	00:36:20	00:18:29	00:59:40
21	187	DARREN THOMAS	M		H			14:33:00	01:33:00	00:05:30	00:34:17	00:19:53	00:59:40
22	102	NICK ABLETT	M		G		MIL	13:50:30	00:50:30	00:05:24	00:35:27	00:18:53	00:59:44
23	259	MARK SOUTHGATE	M		G	ESSEX FIRE TRI		15:09:00	02:09:00	00:04:03	00:33:57	00:21:55	00:59:55
24	231	RICHARD PEERS	M	NOV	G			14:55:00	01:55:00	00:04:40	00:35:40	00:19:45	01:00:05
25	235	RICHARD KEEFE	M	NOV	D	ARMY TRI (ARBORFIELD)	MIL	14:57:00	01:57:00	00:04:30	00:37:51	00:18:06	01:00:27

26	131	JIM LEONARD	M		H	16 MED REGT	MIL	14:05:00	01:05:00	00:05:50	00:35:40	00:18:58	01:00:28
27	212	CHRIS MILES	M		F	STOWMARKET & DIST CC		14:45:30	01:45:30	00:05:01	00:35:59	00:19:32	01:00:32
28	158	MATT CORNISH	M		F	1GP RAF	MIL	14:18:30	01:18:30	00:05:16	00:38:07	00:17:15	01:00:38
29	247	LANGLEY SHARP	M	NOV	F		MIL	15:03:00	02:03:00	00:04:21	00:38:26	00:17:59	01:00:46
30	136	ANGUS WILKINSON	M	NOV	G			14:07:30	01:07:30	00:05:36	00:35:58	00:19:31	01:01:05
31	164	ROLAND SHAW	M		J	TRI-ANGLIA		14:21:30	01:21:30	00:05:38	00:35:13	00:20:16	01:01:07
32	240	ANDY CHAMBERS	M		H	DUNMOW TRI		14:59:30	01:59:30	00:04:50	00:35:34	00:20:48	01:01:12
33	166	RUSSELL MOWLE	M	NOV	H	HARWICH RUNNING CLUB		14:22:30	01:22:30	00:05:34	00:40:06	00:15:42	01:01:22
34	186	PAUL HORSLEY	M		I	WEST SUFFOLK TRI		14:32:30	01:32:30	00:05:29	00:35:37	00:20:23	01:01:29
35	264,265,266	M STAFFORD, R NEAL, M NEWTON	MALE TEAM			SPEEKINGS		15:10:30	02:10:30	????	????	00:15:49	01:01:29
36	258	MATT HINTON	M		G	WALDEN TRI		15:08:30	02:08:30	00:04:44	00:35:51	00:20:56	01:01:31
37	120	GRAHAM COULTER	M		G	TRI-ANGLIA		13:59:30	00:59:30	00:06:16	00:35:08	00:20:15	01:01:39
38	197	LEE SHELDRAKE	M	NOV	G			14:38:00	01:38:00	00:05:07	00:38:18	00:18:37	01:02:02
39	122	RAB WALLACE	M		H	16 MED REGT	MIL	14:00:30	01:00:30	00:05:44	00:36:06	00:20:14	01:02:04
40	203	PETER WANKOWSKI	M		F	RAF TRI	MIL	14:41:00	01:41:00	00:05:02	00:36:10	00:20:52	01:02:04
41	10	MIKE CROSS	M		I			13:04:30	00:04:30	00:05:43	????	????	01:02:15
42	174	JOE KAY	M	NOV	F	WATTISHAM STATION	MIL	14:26:30	01:26:30	00:04:50	00:39:13	00:18:16	01:02:19
43	216	MARK DAVIES	M		J			14:47:30	01:47:30	00:05:15	00:36:22	00:20:43	01:02:20
44	215	DENNIS WARNER	M		J	HARWICH RUNNING CLUB		14:47:00	01:47:00	00:05:05	00:34:11	00:23:11	01:02:27
45	110	WILLIAM NEWLAND	M		K	WEST SUFFOLK WHEELERS		13:54:30	00:54:30	00:06:09	00:35:48	00:20:44	01:02:41
46	183	LUCY BOWDITCH	F		I	IPS TRI		14:31:00	01:31:00	00:05:17	00:37:46	00:19:57	01:03:00
47	276,277,278	T OSBORNE, J ASKEW, C CLAY- DOVE	MIX TEAM			TEAM TOKEN- MAN		15:12:30	02:12:30	00:05:25	00:35:13	00:22:36	01:03:14
48	140	DAZ RODERICK	M		F		MIL	14:09:30	01:09:30	00:05:39	00:36:29	00:21:11	01:03:19
49	226	JULIA JEPSON	F		H	WEST SUFFOLK TRI		14:52:30	01:52:30	00:04:49	00:38:33	00:19:57	01:03:19
50	180	NEIL DINES	M		E	16 MED REGT	MIL	14:29:30	01:29:30	00:05:13	00:37:02	00:21:05	01:03:20
51	95	ADAM FRENCH	M		D	DUNMOW TRI		13:47:00	00:47:00	00:05:13	00:37:19	00:20:50	01:03:22

52	200	MATTHEW ROSE	M	NOV	E	STOWMARKET & DIST CC		14:39:30	01:39:30	00:05:36	00:36:35	00:21:36	01:03:47
53	25	TIM PENNEY	M	NOV	I	16 MED REGT	MIL	13:12:00	00:12:00	00:06:58	00:32:02	00:24:52	01:03:52
54	160	PAUL RIPPON	M	NOV	H	ATIL		14:19:30	01:19:30	00:05:39	00:36:39	00:21:39	01:03:57
55	156	LUCY BAKER	F		E	APHCS	MIL	14:17:30	01:17:30	00:05:44	00:37:38	00:20:35	01:03:57
56	93	NEIL EVANS	M		G			13:46:00	00:46:00	00:06:30	00:37:28	00:20:00	01:03:58
57	219	ADRIAN HINE	M		I	FELIXSTOWE ROAD RUNNERS		14:49:00	01:49:00	00:05:17	00:37:30	00:21:23	01:04:10
58	199	MARTIN ARCHER	M	NOV	I	ATIL		14:39:00	01:39:00	00:06:04	00:37:42	00:20:27	01:04:13
59	234	STUART RUEGG	M	NOV	E			14:56:30	01:56:30	00:04:50	00:39:26	00:19:59	01:04:15
60	273,274,275	L HAYWOOD, M TABBERER, H WHITE	MALE TEAM			HML TEAM		15:12:00	02:12:00	00:06:24	00:39:06	00:18:50	01:04:20
61	242	JOHN HIGGINSON	M		F	DEFENCE ACADEMY	MIL	15:00:30	02:00:30	00:04:45	00:39:13	00:20:32	01:04:30
62	182	PAUL KERTON	M		H	BIF/TRI ANGLIA (ART15B)	MIL	14:30:30	01:30:30	00:05:28	00:37:50	00:21:24	01:04:42
63	132	NEIL CRISP	M		G	HADLEIGH HARES		14:05:30	01:05:30	00:06:05	00:36:24	00:22:21	01:04:50
64	142	DAVID DULAKE	M		H	HADLEIGH HARES		14:10:30	01:10:30	00:05:19	00:37:39	00:22:03	01:05:01
65	127	TOM PULLINGER	M	NOV	G	BUNGAY BLACK DOG RUNNING C		14:03:00	01:03:00	00:05:54	00:38:09	00:21:18	01:05:21
66	188	IAN SCRIVEN	M		G	ARMY TRI (ARBORFIELD)	MIL	14:33:30	01:33:30	00:05:06	00:38:27	00:21:55	01:05:28
67	173	AIDIAN KAY	M		E			14:26:00	01:26:00	00:05:30	00:39:26	00:20:35	01:05:31
68	22	MARTIN LAU	M		F			13:10:30	00:10:30	00:04:46	00:40:29	00:20:24	01:05:39
69	177	VINCE BUTLER	M	NOV	H			14:28:00	01:28:00	00:05:54	00:37:37	00:22:08	01:05:39
70	205	SIMON NADIN	M	NOV	H	16 MED REGT	MIL	14:42:00	01:42:00	00:05:06	00:40:52	00:19:42	01:05:40
71	113	SIMON GREEN	M		J	IPSWICH TRI		13:56:00	00:56:00	00:06:43	00:37:17	00:21:48	01:05:48
72	72	DAVID SPENCER	M		I	GRANGE FARM & DUNMOW RUN		13:35:30	00:35:30	00:07:49	00:37:53	00:20:08	01:05:50
73	218	CARL PROCTOR	M	NOV	E		MIL	14:48:30	01:48:30	00:04:27	00:41:16	00:20:09	01:05:52
74	134	DUNCAN DE BOLTZ	M		I			14:06:30	01:06:30	00:05:00	00:40:30	00:20:40	01:06:10
75	248	CHRIS GRIMWOOD	M		E	PEAK FITNESS		15:03:30	02:03:30	00:04:50	00:40:56	00:20:29	01:06:15
76	107	STEPHEN MELTON	M		G			13:53:00	00:53:00	00:06:30	00:39:38	00:20:09	01:06:17
77	60	SIMON MACER- WRIGHT	M	NOV	H			13:29:30	00:29:30	00:07:06	00:39:08	00:20:06	01:06:20

78	159	NICK RUSH	M		I	HADLEIGH HARES		14:19:00	01:19:00	00:06:05	00:38:56	00:21:21	01:06:22
79	106	SHARON CARLTON	F	NOV	H	WEST SUFFOLK TRI		13:52:30	00:52:30	00:06:29	00:38:41	00:21:13	01:06:23
80	112	DAVE WHITTAKER	M	NOV	E	16 MED REGT	MIL	13:55:30	00:55:30	00:06:19	????	????	01:06:38
81	9	DANIEL WATERSON	M		E		MIL	13:04:00	00:04:00	00:05:21	00:40:40	00:20:40	01:06:41
82	229	NEIL PACKER	M		G	PEAKE FITNESS		14:54:00	01:54:00	00:04:39	00:39:08	00:22:57	01:06:44
83	26	PHIL CURRAN	M		H	DUNMOW TRI		13:12:30	00:12:30	00:05:35	00:36:53	00:24:20	01:06:48
84	152	JULIAN COLMAN	M		J	WEST SUFFOLK WHEELERS		14:15:30	01:15:30	00:06:10	00:38:10	00:22:31	01:06:51
85	254	SHARON PERRY	F		G			15:06:30	02:06:30	00:04:12	00:40:59	00:21:40	01:06:51
86	154	LIZZIE EARL	F	NOV	E		MIL	14:16:30	01:16:30	00:04:16	00:40:10	00:22:48	01:07:14
87	146	HEATHER SHARP	F	NOV	F		MIL	14:12:30	01:12:30	00:05:19	00:41:56	00:20:00	01:07:15
88	33	DEAN HORTON	M	NOV	E	16 MED REGT	MIL	13:16:00	00:16:00	00:06:03	00:39:47	00:21:35	01:07:25
89	170	SCOTT ROBERTS	M	NOV	F			14:24:30	01:24:30	00:04:51	00:41:24	00:21:15	01:07:30
90	207	TIM RUDKIN	M	NOV	E	3 AAC	MIL	14:43:00	01:43:00	00:04:59	00:42:21	00:20:10	01:07:30
91	211	BRIAN McGEENY	M		H	IPSWICH TRI		14:45:00	01:45:00	00:05:29	00:39:42	00:22:28	01:07:39
92	189	CLAIRE WESTERMAN	F		D	ARMY TRI ASSOC	MIL	14:34:00	01:34:00	00:04:44	00:43:21	00:19:35	01:07:40
93	109	TREVOR FULCHER	M	NOV	H			13:54:00	00:54:00	00:06:40	00:40:11	00:20:50	01:07:41
94	67	BEN LASMAR	M	NOV	F			13:33:00	00:33:00	00:06:48	00:40:23	00:20:33	01:07:44
95	62	STUART MAHER	M	NOV	I	ATIL		13:30:30	00:30:30	00:07:28	????	????	01:07:46
96	96	ASHLEY ELFORD	M		E		MIL	13:47:30	00:47:30	00:06:22	00:37:14	00:24:10	01:07:46
97	97	BRIAN HAGAN	M	NOV	G	RAF HONNINGTON TRI CLUB	MIL	13:48:00	00:48:00	00:06:50	00:41:35	00:19:27	01:07:52
98	130	CARIN MINNIE	F		H			14:04:30	01:04:30	00:05:43	00:39:58	00:22:25	01:08:06
99	115	BAZ CUTHBERT	M	NOV	H	16 MED REGT	MIL	13:57:00	00:57:00	00:05:36	00:41:54	00:20:38	01:08:08
100	80	NICKY HAMMOND	M	NOV	G	STOW STRIDERS		13:39:30	00:39:30	00:06:40	00:40:26	00:21:16	01:08:22
101	194	JEFF HIGGON	M		K	HARWICH RUNNING CLUB		14:36:30	01:36:30	00:05:28	00:39:21	00:23:37	01:08:26
102	171	SCOTT TATUM	M	NOV	F			14:25:00	01:25:00	00:06:14	00:43:06	00:19:10	01:08:30
103	151	JONATHAN STACEY	M		H	SUFFOLK FIRE & RESCUE SERV		14:15:00	01:15:00	00:05:59	00:39:23	00:23:11	01:08:33
104	8	JULIA GREEN	F		G			13:03:30	00:03:30	00:04:38	00:38:24	00:25:49	01:08:51
105	178	WILL ANDERSON	M	NOV	G			14:28:30	01:28:30	00:05:14	00:41:58	00:21:47	01:08:59
106	157	MARK JOHNSON	M		G			14:18:00	01:18:00	00:05:13	00:41:14	00:22:37	01:09:04

107	61	STEW RIDDLE	M	NOV	F	16 MED REGT	MIL	13:30:00	00:30:00	00:08:17	00:40:54	00:19:54	01:09:05
108	126	STEPHEN ROWLAND	M		G			14:02:30	01:02:30	00:04:37	00:42:20	00:22:09	01:09:06
109	119	GAVIN BARRON	M		E	RNRMR TRI	MIL	13:59:00	00:59:00	00:05:28	00:43:10	00:20:28	01:09:06
110	64	MICK UNSWORTH	M		J			13:31:30	00:31:30	00:06:39	00:37:52	00:24:43	01:09:14
111	128	AMANDA GOPAUL	F		F	RAF TRI	MIL	14:03:30	01:03:30	00:05:29	00:39:49	00:24:00	01:09:18
112	103	PHILILIP ALLEN	M	NOV	F	RAF TRI	MIL	13:51:00	00:51:00	00:05:27	00:42:24	00:21:29	01:09:20
113	193	JAMES NEGUS	M	NOV	E			14:36:00	01:36:00	00:05:09	00:41:36	00:22:39	01:09:24
114	32	DANIEL HOWSON	M		G			13:15:30	00:15:30	00:06:37	00:41:54	00:20:53	01:09:24
115	251	RUTH WATERSTON	F	NOV	E			15:05:00	02:05:00	00:04:15	00:44:09	00:21:04	01:09:28
116	228	MATTHEW WHALE	M		E			14:53:30	01:53:30	00:05:19	00:41:17	00:22:55	01:09:31
117	196	KEVIN GRANT	M	NOV	H			14:37:30	01:37:30	00:05:08	00:43:42	00:20:47	01:09:37
118	98	CHRIS BULLOCK	M		I			13:48:30	00:48:30	00:06:29	00:40:50	00:22:21	01:09:40
119	208	JAMES LEEMING	M		J			14:43:30	01:43:30	00:05:00	00:40:03	00:24:42	01:09:45
120	245	NICK ROBBINS	M	NOV	I			15:02:00	02:02:00	00:04:47	00:42:45	00:22:32	01:10:04
121	222	CHARLES COLDREY	M	NOV	K	WEST SUFFOLK WHEELERS		14:50:30	01:50:30	00:05:18	00:42:25	00:22:30	01:10:13
122	137	ANTHONY MAYSTON	M		J	WOODBIDGE SURFERS		14:08:00	01:08:00	00:05:28	00:44:42	00:20:50	01:11:00
123	145	FRANZ SPITZENBERGER	M	NOV	G		MIL	14:12:00	01:12:00	00:06:23	00:43:05	00:21:34	01:11:02
124	144	EMILY ACKROYD-COOPER	F	NOV	G			14:11:30	01:11:30	00:05:33	00:44:19	00:21:11	01:11:03
125	53	CARA HUSON	F	NOV	G			13:26:00	00:26:00	00:05:24	00:43:29	00:22:12	01:11:05
126	84	ROBERT SCOTNEY	M	NOV	E			13:41:30	00:41:30	00:05:10	00:42:38	00:23:36	01:11:24
127	88	KEVIN BLAKEY	M	NOV	H			13:43:30	00:43:30	00:07:24	00:42:06	00:21:58	01:11:28
128	172	SIMON CARTMELL	M	NOV	J			14:25:30	01:25:30	00:05:19	00:44:15	00:22:00	01:11:34
129	209	STEVEN ABBOTT	M	NOV	D		MIL	14:44:00	01:44:00	00:05:10	00:42:31	00:23:58	01:11:39
130	46	RICHARD JORDAN	M	NOV	H	EASTERLEY ROAD CLUB		13:22:30	00:22:30	00:05:28	00:41:54	00:24:22	01:11:44
131	50	STEVEN DYER	M	NOV	H			13:24:30	00:24:30	00:06:20	00:44:02	00:21:27	01:11:49
132	181	SIMON LOCKWOOD	M		H	SDCC		14:30:00	01:30:00	00:05:50	00:43:41	00:22:18	01:11:49
133	232	RON AMES	M		L	STOWMARKET STRIDERS		14:55:30	01:55:30	00:05:29	00:43:50	00:22:32	01:11:51
134	246	ADAM FISH	M		F	TEAM FISH		15:02:30	02:02:30	00:04:27	00:43:03	00:24:32	01:12:02
135	104	ROGER CLARK	M		J			13:51:30	00:51:30	00:06:47	00:41:33	00:23:50	01:12:10

136	129	TOM BECKETT	M	NOV	G	16 MED REGT	MIL	14:04:00	01:04:00	00:05:37	00:42:49	00:23:44	01:12:10
137	201	PAUL KERRISON	M		H	HARWICH RUNNING CLUB		14:40:00	01:40:00	00:05:13	????	????	01:12:11
138	11	RACHEL DUNCOMBE	F		H			13:05:00	00:05:00	00:05:23	00:44:09	00:22:44	01:12:16
139	89	CRAIG NEAL	M	NOV	G			13:44:00	00:44:00	00:07:10	00:44:26	00:20:47	01:12:23
140	24	RUSSELL BREYER	M	NOV	I			13:11:30	00:11:30	00:05:42	00:43:49	00:22:54	01:12:25
141	111	CHRIS KEMP	M		F	16 MED REGT	MIL	13:55:00	00:55:00	00:06:54	00:43:57	00:21:44	01:12:35
142	204	RYAN CORBYN	M		E	VELO CLUB RUTLAND		14:41:30	01:41:30	00:05:52	00:38:50	00:28:00	01:12:42
143	108	STEVE WHITTAKER	M	NOV	I			13:53:30	00:53:30	00:07:54	00:43:01	00:21:51	01:12:46
144	2	DANIEL PIPER	M	NOV	F			13:00:30	00:00:30	00:06:08	00:42:58	00:23:52	01:12:58
145	192	JAMES ACKROYD-COOPER	M	NOV	G			14:35:30	01:35:30	00:04:55	00:47:45	00:20:34	01:13:14
146	123	RUSSELL PARKER	M		F			14:01:00	01:01:00	00:04:49	00:42:03	00:26:31	01:13:23
147	161	PETER HAYNES	M	NOV	I	WALDEN TRI		14:20:00	01:20:00	00:06:44	00:42:25	00:24:20	01:13:29
148	87	LYNDON HOUSTON	M	NOV	G			13:43:00	00:43:00	00:07:18	00:42:24	00:23:55	01:13:37
149	27	DAVID SAWYER	M	NOV	I	GREAT BENTLEY RUNNING CLUB		13:13:00	00:13:00	00:08:15	00:40:43	00:24:45	01:13:43
150	224	DAVID RICHARDSON	M	NOV	F			14:51:30	01:51:30	00:06:29	00:44:06	00:23:21	01:13:56
151	282,283,284	J NEWSTEAD, A GODDARD, K BAILEY	FEMALE TEAM			TRI HYPROVELOPED		15:13:30	02:13:30	00:04:44	00:39:37	00:29:41	01:14:02
152	135	ANDREW WHITEFIELD	M	NOV	F	STOWMARKET VOLLEYBALL C		14:07:00	01:07:00	00:05:39	00:43:33	00:24:56	01:14:08
153	153	JUSTINE WILLIAMS	F	NOV	G		MIL	14:16:00	01:16:00	00:06:22	00:44:59	00:22:50	01:14:11
154	133	ANNE FISH	F		L	TRI-ANGLIA TEAM FISH		14:06:00	01:06:00	00:06:32	00:42:29	00:25:10	01:14:11
155	70	CRAIG WALSH	M		H		MIL	13:34:30	00:34:30	00:08:16	00:42:10	00:23:54	01:14:20
156	28	PAUL THOMPSON	M	NOV	I	ATIL		13:13:30	00:13:30	00:07:37	00:43:58	00:23:02	01:14:37
157	267,268,269	G BAGLEY, B DRAKE, K MATHIESON	MIX TEAM			BAGGERS BANDITS	MIL	15:11:00	02:11:00	00:06:30	00:47:22	00:20:53	01:14:45
158	86	TONY FITCH	M	NOV	H			13:42:30	00:42:30	00:07:44	00:45:05	00:22:09	01:14:58
159	78	LEE HARROP	M		G	16 MED REGT	MIL	13:38:30	00:38:30	00:06:20	00:43:53	00:24:45	01:14:58
160	91	DAVID BENTLEY	M	NOV	H	ATIL		13:45:00	00:45:00	00:06:05	00:44:08	00:24:56	01:15:09
161	105	ROSS CORBYN	M	NOV	F			13:52:00	00:52:00	00:06:14	00:40:32	00:28:24	01:15:10
162	148	JAMES WARD	M	NOV	E			14:13:30	01:13:30	00:05:01	00:45:03	00:25:10	01:15:14

163	124	ROB EMBERSON	M		G			14:01:30	01:01:30	00:06:14	00:43:00	00:26:05	01:15:19
164	12	STUART WASHINGTON	M		G			13:05:30	00:05:30	00:06:06	00:46:10	00:23:05	01:15:21
165	121	JO HIGGON	F		J	HARWICH RUNNING CLUB		14:00:00	01:00:00	00:06:16	00:40:59	00:28:07	01:15:22
166	202	PETE McCARTHY	M	NOV	H	ARMY TRI ASSOC	MIL	14:40:30	01:40:30	00:05:20	00:45:56	00:24:23	01:15:39
167	213	CLARE McKENNA	F		YOUTH			14:46:00	01:46:00	00:04:37	00:41:55	00:29:17	01:15:49
168	79	NEIL PRESCOTT	M	NOV	G		MIL	13:39:00	00:39:00	00:07:24	00:45:04	00:23:38	01:16:06
169	150	JOHN BARRON	M	NOV	H			14:14:30	01:14:30	00:05:52	00:46:48	00:23:30	01:16:10
170	74	DEAN BURDEN	M	NOV	F		MIL	13:36:30	00:36:30	00:07:41	00:46:02	00:22:35	01:16:18
171	191	DONNA WHELAN SMITH	F		H			14:35:00	01:35:00	00:05:51	00:45:03	00:25:25	01:16:19
172	198	MALCOM HAWKEN	M	NOV	I			14:38:30	01:38:30	00:05:18	00:45:13	00:25:55	01:16:26
173	100	JUSTINE VALETINE	F	NOV	D			13:49:30	00:49:30	00:05:09	00:46:38	00:24:50	01:16:37
174	221	CAROLYN HAYNES	F	NOV	H	WALDEN TRI		14:50:00	01:50:00	00:05:59	00:45:43	00:25:17	01:16:59
175	117	DANNY OVERTON	M		G			13:58:00	00:58:00	00:05:15	00:45:45	00:26:02	01:17:02
176	30	ANDY PINKUS	M	NOV	G			13:14:30	00:14:30	00:06:13	00:48:25	00:22:28	01:17:06
177	114	ANDREW STEVENSON	M	NOV	I			13:56:30	00:56:30	00:06:27	00:46:25	00:24:22	01:17:14
178	225	PETER FRASER-HOPEWELL	M		K			14:52:00	01:52:00	00:06:59	00:46:31	00:23:45	01:17:15
179	143	DOUG CLARK	M	NOV	F			14:11:00	01:11:00	00:06:46	00:44:06	00:26:48	01:17:40
180	69	CHRISTOPHER SHUTT	M	NOV	E			13:34:00	00:34:00	00:05:41	00:47:20	00:24:43	01:17:44
181	155	LOUISE MAIDMENT	F	NOV	F			14:17:00	01:17:00	00:06:07	00:45:23	00:26:20	01:17:50
182	214	SUSAN WRIGHT	F	NOV	H	STRADBROKE SWIMFIT		14:46:30	01:46:30	00:05:41	00:46:16	00:25:53	01:17:50
183	147	IAN HOPGOOD	M		H	WOODBIDGE SURFERS		14:13:00	01:13:00	00:05:57	00:42:42	00:29:35	01:18:14
184	54	CRAIG MARTIN	M	NOV	F	3AAC	MIL	13:26:30	00:26:30	00:07:14	00:48:50	00:22:13	01:18:17
185	73	DAWN D'AMARCO	F	NOV	G	WEST SUFFOLK TRI		13:36:00	00:36:00	00:06:52	00:44:26	00:27:03	01:18:21
186	252	EMMA WRIGHT	F	NOV	E			15:05:30	02:05:30	00:04:11	00:49:46	00:25:02	01:18:59
187	210	GRAHAM FISH	M		L	TRI-ANGLIA TEAM FISH		14:44:30	01:44:30	00:05:19	00:40:36	00:33:10	01:19:05
188	116	CATHY LAMBERT	F		H	NEWMARKET CYCLING & TRI		13:57:30	00:57:30	00:07:00	00:46:22	00:26:02	01:19:24
189	31	CHRIS BURKE	M	NOV	J	HADLEIGH		13:15:00	00:15:00	00:07:11	00:48:19	00:23:58	01:19:28

						HARES							
190	99	JULIE HEATH	F		I	ST EDMUNDS PACERS		13:49:00	00:49:00	00:06:49	00:49:56	00:23:02	01:19:47
191	35	ANIKA HAMILTON LANG	F	NOV	F			13:17:00	00:17:00	00:06:41	00:49:19	00:23:49	01:19:49
192	1	JEAN-MARC DAVID	M	NOV	E		MIL	13:00:00	00:00:00	00:07:15	00:48:36	00:23:59	01:19:50
193	125	MATTHEW ROSE	M	NOV	G			14:02:00	01:02:00	00:08:27	00:47:00	00:24:26	01:19:53
194	57	SAMANTHA SALISBURY	F	NOV	H			13:28:00	00:28:00	00:05:33	00:48:07	00:26:19	01:19:59
195	52	DAVID COLEY	M	NOV	L	IPSWICH TRI		13:25:30	00:25:30	00:07:52	00:48:24	00:23:51	01:20:07
196	15	STEPHEN LEABITTER	M	NOV	H			13:07:00	00:07:00	00:08:34	00:50:53	00:21:09	01:20:36
197	261,262,263	J MADDAMS, C BLACK, V HUFFEY	MIX TEAM			CYBERPAC		15:10:00	02:10:00	00:07:49	00:48:28	00:26:02	01:22:19
198	76	HELEN STURGEON	F		I	WEST SUFFOLK WHEELERS		13:37:30	00:37:30	00:07:45	00:47:17	00:27:21	01:22:23
199	118	GARY COLE	M	NOV	G		MIL	13:58:30	00:58:30	00:07:03	00:46:45	00:28:41	01:22:29
200	101	MELANIE CREASEY	F		G			13:50:00	00:50:00	00:05:26	00:51:10	00:26:03	01:22:39
201	23	MIKE HUGHES	M	NOV	I			13:11:00	00:11:00	00:07:55	00:45:05	00:29:48	01:22:48
202	37	GREG McCARTHY	M	NOV	H			13:18:00	00:18:00	00:09:15	00:51:41	00:22:06	01:23:02
203	68	DONNA DAVID	F	NOV	E			13:33:30	00:33:30	00:06:21	00:53:54	00:23:52	01:24:07
204	17	JAMES NORDEN	M	NOV	H			13:08:00	00:08:00	00:07:07	00:51:17	00:27:23	01:25:47
205	20	PAMELA WOODMORE	F	NOV	G			13:09:30	00:09:30	00:08:47	00:49:51	00:27:55	01:26:33
206	36	FIONA MACLEOD	F	NOV	G	WALDEN TRI		13:17:30	00:17:30	00:06:21	00:50:22	00:30:01	01:26:44
207	175	STEVEN CLARKE	M	NOV	G	STOW RUGBY CLUB		14:27:00	01:27:00	00:06:29	00:59:53	00:20:38	01:27:00
208	90	DANIEL ROSE	M		G			13:44:30	00:44:30	00:07:10	00:49:23	00:30:37	01:27:10
209	48	SHANI HINTON	F	NOV	G	WALDEN TRI		13:23:30	00:23:30	00:07:05	00:48:28	00:31:55	01:27:28
210	165	ROSALIND WYATT	F	NOV	D	ARMY TRI ASSOC	MIL	14:22:00	01:22:00	00:07:36	00:52:08	00:27:56	01:27:40
211	13	STUART WILLETT	M	NOV	G		MIL	13:06:00	00:06:00	00:08:53	00:53:57	00:24:53	01:27:43
212	7	JOCELYN WALLACE	F	NOV	E	16 Med Regt	MIL	13:03:00	00:03:00	00:08:04	00:50:03	00:29:42	01:27:49
213	18	MATT JEWERS	M	NOV	G			13:08:30	00:08:30	00:06:14	00:54:13	00:27:57	01:28:24
214	66	JEREMY SMITH	M		G			13:32:30	00:32:30	00:07:38	????	????	01:29:32
215	5	EMMA STAMPER	F	NOV	H			13:02:00	00:02:00	00:07:00	00:55:30	00:27:16	01:29:46
216	139	BILLY ALLEN	M	NOV	H			14:09:00	01:09:00	00:08:32	00:54:16	00:28:41	01:31:29

217	179	CHRIS TEATES	M	NOV	F	16 MED REGT	MIL	14:29:00	01:29:00	00:07:14	00:48:41	00:35:40	01:31:35
218	77	JAN STARMER	F	NOV	I	STOWMARKET STRIDERS		13:38:00	00:38:00	00:06:59	00:57:17	00:27:46	01:32:02
219	270,271,272	T MAHARAJ,P HACKETT, M SMITH	MIX TEAM			MARGES MARAUDERS	MIL	15:11:30	02:11:30	00:06:28	00:57:12	00:28:33	01:32:13
220	16	MARTIN LEMON	M	NOV	H			13:07:30	00:07:30	00:09:28	01:01:03	00:24:08	01:34:39
221	34	DEBBIE TURNER	F	NOV	H			13:16:30	00:16:30	00:08:06	01:02:45	00:25:59	01:36:50
222	58	PAUL COPPIN	M	NOV	I			13:28:30	00:28:30	00:05:53	00:56:18	00:34:46	01:36:57
223	45	MICHAEL WEBB	M		E			13:22:00	00:22:00	00:10:57	00:53:53	00:32:50	01:37:40
224	92	MICHAEL FRASER VERONICA LANNIGAN	M	NOV	H	ATIL		13:45:30	00:45:30	00:07:45	00:58:23	00:31:43	01:37:51
225	51	LOUISE BUZER	F	NOV	G			13:25:00	00:25:00	00:08:43	00:58:31	00:32:02	01:39:16
226	41	SONIA JEWERS	F	NOV	G			13:09:00	00:09:00	00:06:12	01:03:20	00:31:03	01:40:35
227	19	JENNIFER CHAPMAN	F	NOV	F			13:10:00	00:10:00	00:07:56	01:01:00	00:34:44	01:43:40
228	21	MATT OSBORNE	M	NOV	G		MIL	13:21:30	00:21:30	00:07:38	01:09:28	00:38:49	01:55:55
229	44	ALEXIS LOVELL	F	NOV	H			13:14:00	00:14:00	00:09:39	01:34:46	00:45:27	02:29:52
230	237	MAL RIVERS						14:58:00	02:08:00	????	????	????	????
231						HUMAN PERFORMANCE UNIT							
232	190	CRAIG WARRINER	M		E			14:34:30	01:34:30	00:05:17	DNF	DNF	DNF
233	141	CRAIG DONNELLY	M		G	ATA	MIL	14:10:00	01:10:00	00:05:30	DNF	DNF	DNF