

	TROPHY WINNERS		
OVERALL POSITIONS	NAME	TIME	CLUB
1ST MALE	OLIVER MILK	51:20:00	HUMAN PERFORMANCE UNIT
1ST FEMALE	LUCY BOWDITCH	01:03:00	IPSWICH TRI CLUB
2ND MALE	STUART EDWARDS	53:58:00	7BN REME
2ND FEMALE	JULIA JEPSON	01:03:19	WEST SUFFOLK TRI CLUB
3RD MALE	MARK NOWELL	54:50:00	TRI-ANGLIA
3RD FEMALE	LUCY BAKER	01:03:57	APHCS
1ST YOUTH MALE			
1ST YOUTH FEMALE	CLAIRE McKENNA	01:15:49	
1ST NOVICE MALE	MARTIN WILSON	59:20:00	WEST SUFFOLK TRI
1ST NOVICE FEMALE	HEATHER SHARP	01:07:15	MIL
1ST MILITARY MALE	MARK TAYLOR	57:06:00	ARMY TRI
1ST MILITARY FEMALE	LIZZIE EARL	01:07	
1ST RELAY TEAM MILITARY	4AAC	57:53:00	
1ST RELAY TEAM MALE	TEAM RUDLAND	56:02:00	
1ST RELAY TEAM FEMALE	TRI-HYDROVELOPED	01:14:02	
1ST RELAY TEAM MIXED	TEAM TOKEN MAN	01:03:14	
1ST TEAM MALE MILITARY	MARK TAYLOR, RICHARD KEEFE, IAN SCRIVEN	03:03:01	ARBORFIELD
1ST TEAM CIVILIAN	DAVE COPLAND, MARK BOWDITCH, STEVE DE BOLTZ	02:51:16	IPSWICH TRI CLUB
AGE GROUPS			
FEMALE			
D	CLAIRE WESTERMAN	01:07:40	
E	RUTH WATERSON	01:09:28	
F	AMANDA GOPAUL	01:09:18	RAF TRI
G	SHARON PERRY	01:06:51	
H	CARIN MINNIE	01:08:06	
I	JULIE HEATH	01:19:47	BURY ST EDMUNDS PACERS
J	JO HIGGON	01:15:22	HARWICH RUNNING CLUB
L	ANNE FISH	01:14:11	TRI-ANGLIA
MALES			
D	JOHM RIZZO-NAUDI	58:25:00	HUMAN PERFORMANCE UNIT
E	BEN UNSWORTH	56:13:00	
F	JO WALKER	57:19:00	23 ENG REGT
G	KEITH TILLEY	55:20:00	
H	JASON RIDGEON	59:40:00	
I	DAVE COPLAND	59:40:00	IPSWICH TRI CLUB
J	ROLLAND SHAW	01:01:07	TRI-ANGLIA
K	WILLIAM NEWLAND	01:02:41	TRI-ANGLIA