

Pos	First Name	Last Name	Race No	Finish Status	Time	Category	Categ Pos	Secondary Category	Secondary Category Code	Secondary Categ Pos	Gender	Gender Pos	Team	Swim	T1	Cycle	T2	Run
1	Sam	PONTY	13	Finished	00:10:30	Tristar	1	Tristar Start	8		1 Male	1		00:01:34	00:00:50	00:04:33	00:00:28	00:03:01
2	George	OFFORD	12	Finished	00:10:53	Tristar club	1	Tristar Start	8		2 Male	2	Discovery Tri	00:01:40	00:00:51	00:04:31	00:00:32	00:03:16
3	Ciara	NICHOLSON	4	Finished	00:11:00	Tristar club	1	Tristar Start	8		1 Female	1	Discovery Tri	00:01:32	00:00:51	00:04:51	00:00:32	00:03:10
4	John	BARBER	9	Finished	00:11:18	Tristar	2	Tristar Start	8		3 Male	3		00:01:56	00:01:45	00:03:56	00:00:37	00:03:01
5	Elena	GOUGH	5	Finished	00:11:38	Tristar club	2	Tristar Start	8		2 Female	2	Cambridge Triathlon Club	00:02:11	00:00:57	00:04:25	00:00:31	00:03:32
6	Jordan	BRADFORD	10	Finished	00:11:52	Tristar club	2	Tristar Start	8		4 Male	4	Cambridge Triathlon Club	00:01:48	00:00:59	00:04:57	00:00:31	00:03:34
7	Lucy	PIKE	6	Finished	00:12:04	Tristar	1	Tristar Start	8		3 Female	3		00:02:02	00:01:01	00:04:54	00:00:32	00:03:33
8	Alexander	WILLIAMSON	14	Finished	00:12:11	Tristar	3	Tristar Start	8		5 Male	5		00:02:18	00:00:52	00:05:17	00:00:33	00:03:09
9	Lucy	FITZMAURICE	2	Finished	00:13:04	Tristar	2	Tristar Start	8		4 Female	4		00:02:22	00:01:02	00:05:21	00:00:46	00:03:32
10	Eloise	WINSOR	1	Finished	00:13:09	Tristar	3	Tristar Start	8		5 Female	5		00:02:39	00:00:56	00:05:21	00:00:40	00:03:29
11	Joseph	MURPHY	8	Finished	00:13:38	Tristar	4	Tristar Start	8		6 Male	6		00:02:28	00:01:12	00:05:57	00:00:41	00:03:17
12	Zoe	BCOM	3	Finished	00:13:39	Tristar club	3	Tristar Start	8		6 Female	6	Stratus Tristars	00:02:40	00:01:08	00:05:18	00:00:38	00:03:53
13	Lauren	GOWERS	7	Finished	00:14:01	Tristar club	4	Tristar Start	8		7 Female	7	Discovery Tri	00:02:40	00:00:57	00:05:47	00:00:31	00:04:04
14	William	BANKS	11	Finished	00:14:14	Tristar	5	Tristar Start	8		7 Male	7		00:01:54	00:01:04	00:06:09	00:00:44	00:04:20
15	Sinead	CLARK	29	Finished	00:16:50	Tri 1 Club	1	Tristar 1	9-10		1 Female	8	East Essex Triathlon	00:03:09	00:00:45	00:06:59	00:00:26	00:05:29
16	Elliot	SWALLOW	50	Finished	00:16:52	Tri 1 Club	1	Tristar 1	9-10		1 Male	8	Discovery Tri	00:02:55	00:00:53	00:06:32	00:00:34	00:05:56
17	Daniel	PARKINS	53	Finished	00:17:54	Tri 1 Club	2	Tristar 1	9-10		2 Male	9	Stratus Triathlon Club	00:03:57	00:00:51	00:07:04	00:00:33	00:05:27
18	Sam	TOMKINSON	45	Finished	00:17:57	Tri 1	1	Tristar 1	9-10		3 Male	10		00:03:26	00:00:54	00:07:38	00:00:25	00:05:32
19	Sarah	BRUNTON	33	Finished	00:18:01	Tri 1 Club	2	Tristar 1	9-10		2 Female	9	Cambridge Triathlon Club	00:02:51	00:00:49	00:07:34	00:00:27	00:06:18
20	Samuel	BASLINGTON	49	Finished	00:18:03	Tri 1 Club	3	Tristar 1	9-10		4 Male	11	Discovery Tri	00:03:27	00:00:52	00:07:06	00:00:31	00:06:05
21	Issy	WICKENS	31	Finished	00:18:27	Tri 1 Club	1	Tristar 1	9-10		3 Female	10	Ipswich Triathlon Club	00:03:10	00:00:53	00:07:37	00:00:32	00:06:13
22	Holly	THOMPSON	22	Finished	00:18:36	Tri 1	1	Tristar 1	9-10		4 Female	11		00:02:57	00:00:49	00:07:31	00:00:27	00:06:49
23	Kerry	DELANEY	32	Finished	00:18:42	Tri 1 Club	4	Tristar 1	9-10		5 Female	12	Cambridge Triathlon Club	00:03:25	00:00:55	00:07:32	00:00:34	00:06:14
24	Toby	WRIGHT	199	Finished	00:19:14	Tri 1 Club	4	Tristar 1	9-10		5 Male	12	Tri Sport Epping	00:03:38	00:01:01	00:07:14	00:00:28	00:06:50
25	Megan	ADAMSON	26	Finished	00:19:19	Tri 1	2	Tristar 1	9-10		6 Female	13		00:03:10	00:00:52	00:08:04	00:00:32	00:06:38
26	Elizabeth	SKELLS	25	Finished	00:19:29	Tri 1	3	Tristar 1	9-10		7 Female	14		00:03:36	00:01:05	00:08:11	00:00:33	00:06:02
27	Jacob	CLARKE	43	Finished	00:19:29	Tri 1	2	Tristar 1	9-10		6 Male	13		00:03:57	00:00:50	00:07:46	00:00:31	00:06:22
28	Charlotte	GOWERS	35	Finished	00:19:53	Tri 1 Club	5	Tristar 1	9-10		8 Female	15	Discovery Tri	00:03:16	00:00:55	00:08:01	00:00:31	00:07:08
29	Aaron	STONE	42	Finished	00:19:53	Tri 1	3	Tristar 1	9-10		7 Male	14		00:04:37	00:00:57	00:08:00	00:00:39	00:05:37
30	Johan	HASSELLDER	47	Finished	00:20:18	Tri 1 Club	5	Tristar 1	9-10		8 Male	15	West Suffolk Tri Club	00:04:36	00:01:04	00:07:41	00:00:40	00:06:15
31	Georgia	OLLEY	20	Finished	00:20:19	Tri 1	4	Tristar 1	9-10		9 Female	16		00:03:18	00:00:53	00:09:06	00:00:32	00:06:27
32	Cameron	COWIE	46	Finished	00:20:51	Tri 1	4	Tristar 1	9-10		9 Male	16		00:05:47	00:00:55	00:06:50	00:00:34	00:06:43
33	Nicole	BRADFORD	34	Finished	00:20:54	Tri 1 Club	6	Tristar 1	9-10		10 Female	17	Cambridge Triathlon Club	00:04:04	00:00:59	00:08:06	00:00:28	00:07:15
34	Jonathan	MURPHY	36	Finished	00:20:54	Tri 1	5	Tristar 1	9-10		10 Male	17		00:04:02	00:01:02	00:09:14	00:00:33	00:06:00
35	Daniel	SKELLS	38	Finished	00:21:03	Tri 1	6	Tristar 1	9-10		11 Male	18		00:04:55	00:00:50	00:08:51	00:00:32	00:05:53
36	Lucy	HAGGER	23	Finished	00:21:28	Tri 1	5	Tristar 1	9-10		11 Female	18		00:03:26	00:00:54	00:09:48	00:00:37	00:06:40
37	Beth	PHILPOTT	18	Finished	00:21:36	Tri 1	6	Tristar 1	9-10		12 Female	19		00:04:43	00:00:50	00:08:23	00:00:31	00:07:07
38	Cameron	MECHAN	39	Finished	00:21:46	Tri 1	7	Tristar 1	9-10		12 Male	19		00:04:25	00:00:59	00:09:00	00:00:37	00:06:41
39	Jack	NEALE	52	Finished	00:22:18	Tri 1 Club	6	Tristar 1	9-10		13 Male	20	East Essex Tri	00:03:58	00:00:57	00:09:00	00:00:39	00:07:41
40	Laura	HAWES	27	Finished	00:22:40	Tri 1 Club	7	Tristar 1	9-10		13 Female	20	Stratus Triathlon Club	00:04:14	00:01:04	00:09:40	00:00:32	00:07:08
41	Eleanor	CLARKE	24	Finished	00:22:54	Tri 1	7	Tristar 1	9-10		14 Female	21		00:03:48	00:01:03	00:09:11	00:00:44	00:08:05
42	Jacob	BROOKS	51	Finished	00:22:56	Tri 1 Club	7	Tristar 1	9-10		14 Male	21	East Essex Tri	00:05:06	00:01:06	00:09:37	00:00:41	00:06:24
43	Mary	FITZMAURICE	19	Finished	00:22:57	Tri 1	8	Tristar 1	9-10		15 Female	22		00:04:18	00:01:04	00:09:39	00:00:39	00:07:13
44	Tom	DURKAN	44	Finished	00:22:58	Tri 1	8	Tristar 1	9-10		15 Male	22		00:05:37	00:01:20	00:09:28	00:00:29	00:06:01
45	Sophie	ALDEN	69	Finished	00:23:41	Tri 2 Club	1	Tristar 2	11-12		1 Female	23	City of Norwich Tri	00:03:03	00:00:57	00:11:21	00:00:29	00:07:48
46	Eleanor	WHITE	15	Finished	00:23:42	Tri 1	9	Tristar 1	9-10		16 Female	24		00:05:26	00:01:09	00:09:35	00:00:31	00:06:58
47	Charlie	BERESFORD	41	Finished	00:23:54	Tri 1	9	Tristar 1	9-10		16 Male	23		00:05:57	00:01:19	00:09:33	00:00:30	00:06:32
48	Jack	THACKER	37	Finished	00:24:04	Tri 1	10	Tristar 1	9-10		17 Male	24		00:05:39	00:00:56	00:09:50	00:00:35	00:07:01

49	Max	BERESFORD	40	Finished	00:24:05	Tri 1	11	Tristar 1	9-10		18	Male	25		00:05:58	00:01:02	00:09:54	00:00:46	00:06:23
50	Sophie	NORTON	21	Finished	00:24:14	Tri 1	10	Tristar 1	9-10		17	Female	25		00:04:12	00:01:12	00:10:23	00:00:35	00:07:49
51	George	COOK	90	Finished	00:24:53	Tri 2 Club	1	Tristar 2	11-12		1	Male	26	Tri Sport Epping	00:04:01	00:00:47	00:12:09	00:00:24	00:07:28
52	Millie	YAU	28	Finished	00:25:00	Tri 1 Club	8	Tristar 1	9-10		18	Female	26	Stratus Tristars	00:04:20	00:01:07	00:10:11	00:00:33	00:08:46
53	Lorna	ROBINSON	63	Finished	00:25:05	Tri 2 Club	2	Tristar 2	11-12		2	Female	27	Ipswich Triathlon Club	00:03:47	00:00:55	00:11:19	00:00:26	00:08:35
54	Ellie	BUSHELL	63	Finished	00:25:09	Tri 2 Club	3	Tristar 2	11-12		3	Female	28	North Norfolk Tri	00:03:32	00:00:53	00:11:45	00:00:25	00:08:52
55	Zak	COLEMAN	88	Finished	00:25:31	Tri 2 Club	2	Tristar 2	11-12		2	Male	27	Tri-Anglia	00:04:12	00:00:53	00:12:17	00:00:25	00:07:41
56	Elizabeth	MURPHY	16	Finished	00:25:57	Tri 1	11	Tristar 1	9-10		19	Female	29		00:05:27	00:00:59	00:11:33	00:00:43	00:07:13
57	Harrison	STAINES	89	Finished	00:26:00	Tri 2 Club	3	Tristar 2	11-12		3	Male	28	Discovery Tri	00:03:57	00:00:54	00:12:35	00:00:23	00:08:09
58	Cameron	CROZIER	82	Finished	00:26:04	Tri 2 Club	4	Tristar 2	11-12		4	Male	29	Discovery Tri	00:03:42	00:00:52	00:13:01	00:00:32	00:07:54
59	Finn	BARNES	78	Finished	00:26:42	Tri 2 Club	5	Tristar 2	11-12		5	Male	30	Cambridge Triathlon Club	00:04:40	00:00:59	00:12:34	00:00:45	00:07:42
60	Kiera	TIPPETT	66	Finished	00:26:52	Tri 2 Club	4	Tristar 2	11-12		4	Female	30	East Essex Tri	00:03:30	00:00:49	00:13:28	00:00:22	00:08:41
61	Jemima	WALKER	65	Finished	00:27:07	Tri 2 Club	5	Tristar 2	11-12		5	Female	31	Tri Sport Epping	00:03:33	00:00:51	00:13:28	00:00:26	00:08:47
62	Patrick	ROURKE	92	Finished	00:27:47	Tri 2 Club	6	Tristar 2	11-12		6	Male	31	Tri Sport Epping	00:03:18	00:01:20	00:13:19	00:00:36	00:09:10
63	James	NEALE	86	Finished	00:27:57	Tri 2 Club	7	Tristar 2	11-12		7	Male	32	East Essex Tri	00:04:00	00:00:55	00:14:45	00:00:29	00:07:44
64	Christopher	PARKINS	76	Finished	00:28:02	Tri 2	1	Tristar 2	11-12		8	Male	33		00:04:49	00:00:55	00:12:40	00:00:29	00:09:06
65	Nicola	JACKSON	17	Finished	00:28:12	Tri 1	12	Tristar 1	9-10		20	Female	32		00:05:02	00:01:10	00:12:38	00:00:40	00:08:39
66	Adam	TAPLEY	120	Finished	00:29:00	Youths Club	1	Youths	A		1	Male	34	Cambridge Triathlon Club	00:04:11	00:00:51	00:14:08	00:00:34	00:09:15
67	Samuel	MILEHAM	84	Finished	00:29:01	Tri 2 Club	8	Tristar 2	11-12		9	Male	35	Tri Sport Epping	00:04:03	00:01:04	00:13:55	00:00:33	00:09:23
68	James	KIDD	109	Finished	00:29:27	T3 Club	1	Tristar 3	13-14		1	Male	36	Human Performance	00:04:04	00:00:54	00:14:46	00:00:24	00:09:16
69	Max	BAILES	71	Finished	00:30:03	Tri 2	2	Tristar 2	11-12		10	Male	37		00:05:25	00:00:56	00:14:12	00:00:28	00:08:58
70	Luke	BARBER	119	Finished	00:30:45	Youths Club	2	Youths	A		2	Male	38	TriForce Herts	00:04:10	00:00:57	00:15:35	00:00:22	00:09:39
71	Hannah	BINNING	58	Finished	00:31:00	Tri 2	1	Tristar 2	11-12		6	Female	33		00:03:31	00:01:01	00:15:50	00:00:25	00:10:10
72	Iona	BRADBURY	56	Finished	00:31:01	Tri 2	2	Tristar 2	11-12		7	Female	34		00:04:11	00:01:06	00:16:15	00:00:28	00:08:58
73	Luke	BECALICK	79	Finished	00:31:05	Tri 2 Club	9	Tristar 2	11-12		11	Male	39	Stratus Triathlon Club	00:04:59	00:01:03	00:15:28	00:00:36	00:08:56
74	Liam	NICHOLSON	91	Finished	00:31:16	Tri 2 Club	10	Tristar 2	11-12		12	Male	40	Discovery Tri	00:03:43	00:00:59	00:16:57	00:00:28	00:09:07
75	Matthew	CLARKE	74	Finished	00:31:17	Tri 2	3	Tristar 2	11-12		13	Male	41		00:04:48	00:00:57	00:15:34	00:00:34	00:09:21
76	Chloe	TYLER	61	Finished	00:31:19	Tri 2	3	Tristar 2	11-12		8	Female	35		00:04:25	00:00:59	00:15:51	00:00:31	00:09:31
77	Rory	TAYLOR	72	Finished	00:31:38	Tri 2	4	Tristar 2	11-12		14	Male	42		00:05:27	00:01:02	00:15:22	00:00:30	00:09:15
78	Oliver	SWALLOW	111	Finished	00:31:38	T3 Club	2	Tristar 3	13-14		2	Male	43	Discovery Tri	00:04:34	00:00:58	00:15:49	00:00:23	00:09:52
79	Jacob	MARSHALL-GRINT	106	Finished	00:31:49	T3 Club	3	Tristar 3	13-14		3	Male	44	City of Norwich Tri	00:04:25	00:01:08	00:15:50	00:00:31	00:09:53
80	Chloe	O'HARE	122	Finished	00:32:09	Tri 2	4	Tristar 2	11-12		9	Female	36		00:04:50	00:01:15	00:16:30	00:00:25	00:09:06
81	Bethany	HARRINGTON	55	Finished	00:32:15	Tri 2	5	Tristar 2	11-12		10	Female	37		00:03:58	00:00:59	00:16:15	00:00:30	00:10:30
82	Elliott	BENNETT	110	Finished	00:32:17	T3 Club	4	Tristar 3	13-14		4	Male	45	Discovery Tri	00:04:55	00:00:57	00:16:08	00:00:28	00:09:47
83	Matthew	GREENLAND	75	Finished	00:32:29	Tri 2	5	Tristar 2	11-12		15	Male	46		00:06:50	00:00:52	00:13:12	00:00:34	00:10:58
84	Ryan cha	MBERLAIN-COX	121	Finished	00:33:06	Youths Club	3	Youths	A		3	Male	47	Cambridge Triathlon Club	00:05:42	00:01:01	00:16:00	00:00:23	00:09:58
85	James	TAPLEY	107	Finished	00:33:20	T3 Club	5	Tristar 3	13-14		5	Male	48	Cambridge Triathlon Club	00:04:52	00:00:54	00:16:05	00:00:34	00:10:53
86	Molly	MCKENZIE	104	Finished	00:33:39	T3 Club	1	Tristar 3	13-14		1	Female	38	Human Performance	00:04:40	00:00:58	00:17:23	00:00:31	00:10:05
87	Charlotte	HARRISON	116	Finished	00:34:06	Youths	1	Youths	A		1	Female	39	City of Peterborough SC					
88	Arran	RAE	112	Finished	00:34:17	T3 Club	6	Tristar 3	13-14		6	Male	49	Discovery Tri	00:04:35	00:01:05	00:16:37	00:00:31	00:11:27
89	Glen	BOOM	83	Finished	00:34:29	Tri 2 Club	11	Tristar 2	11-12		16	Male	50	Stratus Tristars	00:05:27	00:01:29	00:15:55	00:00:42	00:10:53
90	Catriona	DELANEY	101	Finished	00:35:01	T3 Club	2	Tristar 3	13-14		2	Female	40	Cambridge Triathlon Club	00:04:54	00:01:04	00:16:48	00:00:34	00:11:39
91	Ellie	PIKE	59	Finished	00:35:09	Tri 2	6	Tristar 2	11-12		11	Female	41		00:04:06	00:01:01	00:18:58	00:00:33	00:10:27
92	Robert	DOWELL	108	Finished	00:35:25	T3 Club	7	Tristar 3	13-14		7	Male	51	Discovery Tri	00:05:21	00:00:59	00:17:21	00:00:26	00:11:14
93	Adam	GOLUGH	114	Finished	00:35:46	T3 Club	8	Tristar 3	13-14		8	Male	52	Cambridge Triathlon Club	00:06:05	00:00:59	00:16:57	00:00:24	00:11:18
94	Lucy	GREENWOOD	54	Finished	00:35:51	Tri 2	7	Tristar 2	11-12		12	Female	42		00:04:38	00:00:58	00:19:01	00:00:33	00:10:57
95	Samantha	RACUS	100	Finished	00:36:08	T3 Club	3	Tristar 3	13-14		3	Female	43	Discovery Tri	00:04:53	00:00:53	00:18:33	00:00:22	00:11:24

96	Charlotte	WICKENS	97	Finished	00:36:18	T3 Club	4	Tristar 3	13-14		4	Female	44	Ipswich Triathlon Club	00:05:24	00:01:00	00:18:29	00:00:33	00:10:50
97	Matthias	BOHR	73	Finished	00:37:10	Tri 2	6	Tristar 2	11-12		17	Male	53		00:04:39	00:01:00	00:18:22	00:00:34	00:12:31
98	Inesh	SUMITHRAN	77	Finished	00:37:11	Tri 2	7	Tristar 2	11-12		18	Male	54		00:07:57	00:01:16	00:18:35	00:00:28	00:08:53
99	Clover	MURRAY	98	Finished	00:37:27	T3 Club	5	Tristar 3	13-14		5	Female	45	Discovery Tri	00:05:29	00:01:04	00:18:16	00:00:29	00:12:06
100	Amy	THACKER	57	Finished	00:38:07	Tri 2	8	Tristar 2	11-12		13	Female	46		00:04:31	00:01:02	00:20:32	00:00:35	00:11:25
101	Joshua	SUGARS	115	Finished	00:38:16	Tri 3	1	Tristar 3	13-14		9	Male	55		00:05:56	00:01:07	00:20:02	00:00:31	00:10:37
102	Megan	STAINES	99	Finished	00:38:19	T3 Club	6	Tristar 3	13-14		6	Female	47	Discovery Tri	00:05:38	00:01:05	00:18:57	00:00:27	00:12:09
103	Hannah	KANE	95	Finished	00:38:25	T3 Club	7	Tristar 3	13-14		7	Female	48	East Essex Triathlon	00:06:04	00:01:03	00:18:34	00:00:30	00:12:10
104	Katie	HAWES	64	Finished	00:39:18	Tri 2 Club	6	Tristar 2	11-12		14	Female	49	Stratus Triathlon Club	00:06:22	00:01:02	00:19:35	00:00:53	00:11:23
105	Sarah	EAMES	117	Finished	00:40:30	Youths Club	1	Youths	A		2	Female	50	TRI FORCE HERTS	00:06:25	00:01:25	00:19:00	00:00:32	00:13:05
106	Abishai	THARMARAJ	70	Finished	00:41:43	Tri 2	8	Tristar 2	11-12		19	Male	56		00:06:49	00:01:17	00:21:48	00:00:28	00:11:19
107	Holly	BAKER	102	Finished	00:42:15	T3 Club	8	Tristar 3	13-14		8	Female	51	Discovery Tri	00:05:41	00:01:12	00:21:05	00:00:27	00:13:47
108	Lauren	HARRINGTON	93	Finished	00:42:56	Tri 3	1	Tristar 3	13-14		9	Female	52						
109	Natasha	BOHR	118	Finished	00:45:07	Youths	2	Youths	A		3	Female	53		00:06:02	00:01:20	00:21:55	00:00:26	00:15:22
110	Amy	CLARK	96	Finished	00:55:45	T3 Club	9	Tristar 3	13-14		10	Female	54	Stratus Tristars	00:09:07	00:01:14	00:27:02	00:00:34	00:17:45
	Augustus	VEASEY	105		00:35:07	Tri 3		Tristar 3	13-14			Male			00:04:22	00:01:09	00:17:39	00:00:28	00:11:26
	Ross	DAVY	113		00:37:18	Tri 3		Tristar 3	13-14			Male		none	00:05:34	00:01:10	00:16:41	00:00:25	00:13:26
	Robert	BRUNTON	85		00:24:09	Tri 2 Club		Tristar 2	11-12			Male		Cambridge Triathlon Club	00:03:20	00:01:00	00:09:46	00:00:27	00:09:33
	Ruairi	MORRISSEY	80			Tri 2 Club		Tristar 2	11-12			Male		Stratus Triathlon Club	00:05:16	00:01:04	00:18:24	00:00:44	
	Edward	LINDSAY	81		00:25:33	Tri 2 Club		Tristar 2	11-12			Male		Tri Sport Epping	00:03:48	00:00:53	00:12:42	00:00:26	00:07:42
	Alexandra	RAE	67			Tri 2 Club		Tristar 2	11-12			Female		Discovery Tri	00:03:34	00:01:12	00:14:22	00:00:28	
	Lucy	PHILPOTT	60			Tri 2		Tristar 2	11-12			Female			00:05:25	00:00:54	00:15:40	00:00:26	
	Lucie	OFFORD	30			Tri 1 Club		Tristar 1	9-10			Female		Discovery Tri	00:03:20	00:01:01			