





Date - 13th September 2015 Race Director - Matt Dye

On behalf of the organisers - Thankyou to everyone involved in making this unique event a success for our community, despite the adverse weather we achieved the results below with no incidents or accidents.

Hopefully see you next year with no rain and some sun !!

Position	<u>Num</u>	Team Name	Category	<u>Award</u>	Swimmer Name	Biker Name	Runner Name	Swim Split	Bike Split R	Bike Split Run Split	
1	44	The Last Seconds	Male	1st	Neal Watson	Adrian Bolam	Mike Rowe	00:10:13	00:36:48	00:19:48	01:06:49
2	49	Woodbridge Winners	Male	2nd	Mark Sly	Richard Webster	Tim Brammar	00:10:55	00:36:20	00:19:44	01:06:59
3	2	AFC	Male	3rd	Stephen Cooney	David Henderson	Alan Cooney	00:12:35	00:37:30	00:17:39	01:07:44
4	39	Team Cavendish	Male		Keith Beacham	Richard Hyde	Russell Brown	00:11:56	00:38:10	00:18:49	01:08:55
5	40	Team Mini Brick	Male		Paul Deasy	Joe Alexander	Tom Wright	00:11:05	00:39:02	00:20:52	01:10:59
6	33	Not Yet Decided	Male		Simon Hattan	Jonathan Kendle	Barnaby Rufford			00:19:50	01:12:20
7	22	James' Jets	Mixed	1st Mixed	Ben Wheeler	Kala Bailey	James Wilson	00:12:57	00:41:36	00:18:45	01:13:18
8	38	TA Collection Team	Mixed	1st ABA	Caroline Janes	Finn Hawes	Andrew Heald	00:13:42	00:40:04	00:20:37	01:14:23
9	21	Jake's Jaguars	Mixed		Marian Walker	Tom Haslam	Jake Church	00:12:57	00:41:35	00:19:53	01:14:25
10	20	Healthy Gems	Male		Simon Rudland	Alex Monroe	Joe Rudland	00:10:41	00:43:48	00:20:33	01:15:02
11	19	Gressingham 2	Mixed		Rachael Walker	Andrew Hawes	Matt Bailey				01:15:56
12	11	Creasey Butchers	Male		Steven Sutton	Dan Wilson	Damien Royal				01:17:30
13	42	The "Doh" Nuts!	Mixed		Ian Thorpe	Andrew White	Ellena White	00:11:29	00:41:21	00:25:50	01:18:40
14	18	Gressingham 1	Mixed		Martin Virr	William Buchanan	Amanda Deacon				01:18:51
15	32	Newton Legends	Mixed		Katie "Sharon" Newton	Jim "Bradley" Menzies	Jonny "Farah" Newton				01:18:51
16	37	SSC Wayfarers	Mixed		Peter Samuels	Jackie Abbott	Heidi Zollinger-Reed				01:19:07
17	47	The Thornbirds	Mixed		Sue Edwards	Stuart Atkins	Paula Dye				01:20:54
18	50	Zim Birds	Female	1st Female	Luisa Scott	Charlene Gavazzi-Smith	Bee Sears	00:11:06	00:42:40	00:27:19	01:21:05
19	31	Munchy Maniacs 2	Mixed		David Clouston	Kelsey Trotter	Ed Callaghan	00:12:04	00:43:04	00:26:11	01:21:19
20	4	Amanda's Mugs	Female		Amanda Mallett	Fiona Wilson	Sally Owens	00:12:47	00:42:38	00:26:02	01:21:27
21	30	Munchy Maniacs 1	Mixed		Crispin Clay	Jamie Boast	Rachel Needle	00:13:36	00:42:59	00:25:33	01:22:08
22	13	East Green Energy B	Mixed		John Grave	Richard Kersey	Linda Grave	00:11:29	00:45:26	00:25:44	01:22:39
23	1	AC Ladies	Female		Sarah Tait	Nancy Mclachlan	Laura Collinson	00:11:20	00:46:46	00:25:37	01:23:43
24	16	Forlorn Hope	Male		Philip Everson	Mike Lewis	Michael Moore	00:13:28	00:47:47	00:22:29	01:23:44
25	29	MTB Till We Die	Male		John Callow	David Ling	Paul Clifford	00:13:42	00:43:20	00:26:44	01:23:46
26	48	Tri-Stars	Mixed		Mark West	Phil Davis	Mandy Holmes	00:13:52	00:44:10	00:26:26	01:24:28
27	46	The Saxons	Mixed		Gordon Merfield	Sarah Vick	Richard Clark	00:13:52	00:50:03	00:21:00	01:24:55
28	35	SSC Picos	Mixed		David Ashton	Paul Zollinger-Reed	Dawn Samuels				01:24:58
29	14	Essential Suffolk	Mixed	Family	Jacob Rawlinson	Adrain Rawlinson	Lesley Rawlinson	00:12:38	00:42:19	00:30:23	01:25:20
30	3	Aldeburgh Music	Mixed		Becky Marley	Karen Dickman	Dan Whitfield	00:13:52	00:47:02	00:24:32	01:25:26
31	34	Regatta	Male		Adam Jones	Rob Mabey	Sam Tecklenberg				01:25:35
32	43	The Bell Boys	Male		James Ellis	Luke White	Thomas Scrivens				01:25:45
33	7	Blackburn Bombers	Mixed		Mike Law	Andy Blackburn	Megan Clark	00:13:20	00:45:39	00:26:48	01:25:47
34	26	Light Reaction	Male		Peter Whitehead	James Sylvester	Duncan Fraser				01:26:05
35	28	MCT	Mixed		Tony Gallagher	Jane Taylor	Mick Taylor	00:11:18	00:53:04	00:23:52	01:28:14
36	41	Team SCC	Mixed		Nick Collinson	Elspeth Gibson	Tony Morley	00:10:58	00:54:33	00:23:09	01:28:40
37	17	Giving it a Tri	Mixed		Mark Fairweather	Samantha Wilding	Alan Godbold	00:17:30	00:47:39	00:23:48	01:28:57
38	12	East Green Energy A	Mixed		Minnie Gawthorp	Robbie Gawthorp	Claire Gawthorp	00:11:45	00:47:37	00:30:07	01:29:29
39	23	Lawsons Tri-Hards	Mixed		Tristan Revell	Damien Magruder	Anna Grimwood	00:16:52	00:48:11	00:25:19	01:30:22

<u>Position</u>	Num	Team Name	Category	<u>Award</u>	Swimmer Name	Biker Name	Runner Name	Swim Split	Bike Split	Run Split	Team time
40	36	SSC Rs Fevas	Male		Max Hotopf	Thomas Zollinger-Reed	Will Webb	00:15:45	00:48:27	00:28:03	01:32:15
41	25	Light Ladies	Female		Sally Mason	Angie Ashby Hoare	Victoria Sylvester	00:16:26	00:51:53	00:24:06	01:32:25
42	24	Lifeboat Crew	Mixed		David Cook	Victoria Cozens	Steven Saint	00:12:25	00:55:46	00:24:39	01:32:50
43	27	Mabey Family	Male		Mike	George Clarke	George Mabey	00:18:56	00:48:24	00:27:48	01:35:08
44	10	Burnett Bruisers	Mixed		Harriet Burnett	Aaron McMullan	Fearghal Moran	00:13:42	00:54:12	00:29:57	01:37:51
45	9	Brudy Lion	Mixed		Matt Hellis	Emil Rusu	Pille Partel				01:40:16
46	5	BBC 3	Mixed		Shona Bracegirdle	lan Bowmer	Lana Challis	00:15:44	00:53:16	00:31:27	01:40:27
47	51	No Strings Attached	Mixed		Clive Slees	Jonathan Christie	Amanda James	00:15:16	01:03:05	00:23:11	01:41:32
48	8	BROS	Mixed		Jeroen Wuurman	Ali Gray	Stacey Wright	00:13:42	01:03:36	00:26:14	01:43:32
49	6	Best Estates Nifty Fifties	Mixed		Charlie Hill	Annette Mason-Gordon	Ann Lesley Granger	00:16:26	01:01:55	00:28:09	01:46:30
DNF	45	The Newbies	Mixed					n/a	DNF Puncture	DNS	DNF
DNS	15	Fleur	Mixed					DNS	DNS	DNS	DNS





