

## Culford Triathlon 26 July 2009

### Youths

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total
1	Adam Edwards	4	Tri Sport Epping	MA	3:52	1	36:59	1 14:46 2 55:37
2	William Adams	5	Cambridge Tri	MA	4:24	5	37:37	2 16:19 3 58:20
3	Matthew Brown	2	East Essex Tri	MA	4:16	4	40:05	4 14:30 1 58:51
4	George Smith	3	East Essex Tri	MA	4:08	3	39:46	3 16:50 4 1:00:44
5	Rebecca Eggar	6	Cambridge Tri	FA	5:09	6	41:57	5 20:34 5 1:07:40
6	Abigail Malster	1		FA	4:04	2	49:16	7 21:54 6 1:15:14
	Tom Giggins	7	East Essex Tri/Heron CS	MA	5:11	7	42:39	6 DNF

### Sprint

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total
1	Glyn Williams	187	Born 2 Tri	MF	4:36	14	32:40	1 14:11 2 51:27
2	Matt Shingleton	192	Born 2 Tri	MG	4:22	11	33:58	3 14:33 5 52:53
3	Steve Norris	190	Born 2 Tri	MF	4:12	7	34:13	4 14:37 7 53:02
4	Mark Nowell	193	Tri-Anglia	MI	4:15	9	33:37	2 15:19 11 53:11
5	Gabe Lowrie	198	Leeds Met Triathlon Club	MC	3:57	3	35:33	7 14:33 5 54:03
6	Keith Tilley	153		MG	5:23	53	35:21	6 13:41 1 54:25
7	Joe Giggins	199	East Essex Tri/Heron CS	MB	3:38	2	36:37	13 14:40 8 54:55
8	Stuart Hope	189	Born 2 Tri	MH	4:26	12	35:41	8 15:23 12 55:30
9	Vincent Coogan	185	Newmarket Tri	ME	4:52	21	36:33	12 14:32 4 55:57
10	Mark Southgate	195	Essex Fire Tc	MG	4:07	4	35:41	8 16:51 34 56:39
11	Webber Forbes	196	Cambridge Tri	MD	4:28	13	37:19	19 15:06 9 56:53
12	Neil Catling	175	Ipswich Tri	MF	5:59	77	34:55	5 16:18 27 57:12
13	Dennis Warner	183	Harwich Runners	MJ	5:18	45	35:46	10 16:16 26 57:20
14	Mark Bailey	145	Born 2 Tri	MG	4:39	16	37:18	18 15:34 15 57:31
15	Alan Reade	181	Born 2 Tri	MH	5:10	37	38:10	27 14:15 3 57:35
16	Mark Davies	167		MI	5:11	39	36:43	14 15:49 18 57:43
17	Timothy Earl	141		ME	6:10	88	36:09	11 15:38 16 57:57
18	Stuart Mills	151	Born 2 Tri	MF	5:03	31	37:54	23 15:28 13 58:25
19	Tom Gibson	184	Blackwater Tri	MC	4:42	17	37:54	23 16:13 25 58:49
20	Julia Jepson	173	East Essex Tri	FH	4:45	18	38:12	28 15:56 20 58:53
21	Hugh Smith	200	East Essex Tri	MB	3:36	1	38:23	32 17:02 36 59:01
22	Wendy Martin	172	Born 2 Tri	FG	4:54	25	38:18	30 15:52 19 59:04
23	John Chisnall	166	Hadleigh Hares	MI	5:18	45	37:23	20 16:37 32 59:18
24	Paul Horsley	155	East Essex Tri	MI	5:17	44	37:57	25 16:05 23 59:19
25	Doug Grimwade	180	Hadleigh Hares	MH	5:03	31	38:34	36 15:48 17 59:25
26	Richard Hanley	179	Hadleigh Hares	MH	5:15	42	37:06	16 17:07 40 59:28
27	Damien Maltarp	164		MG	4:52	21	38:20	31 16:24 30 59:36
28	Martin Alabone	132	Hadleigh Hares	MH	5:12	40	38:00	26 16:31 31 59:43
29	James Heath	106	Stowmarket Tri	MI	6:16	93	38:29	34 15:08 10 59:53
30	Chris Milne	140	East Essex Tri	MJ	6:14	91	37:42	21 16:22 29 1:00:18
31	Ed Page	8	53-12	MH	6:35	118	37:42	21 16:03 22 1:00:20
32	Mike Cross	86	West Suffolk Wheelers	MH	5:40	66	38:27	33 16:21 28 1:00:28
33	Angus Western	197	Lost Tribe of Brundish	MG	4:12	7	37:13	17 19:04 85 1:00:29
34	Iain Milligan	176		MG	4:49	19	41:23	60 15:30 14 1:01:42
35	Tony Benjamin	104	Discovery Tri	MH	5:15	42	39:00	38 17:34 51 1:01:49
36	Adrian Hine	156	Felixstowe RR	MI	5:34	61	39:13	41 17:07 40 1:01:54
37	Mark Harman	134	Born 2 Tri	MI	5:25	56	39:38	44 17:17 44 1:02:20
38	Neil Crisp	99	Hadleigh Hares	MF	6:42	122	38:31	35 17:13 43 1:02:26
39	Adrian Grimwood	147	West Suffolk Wheelers	MH	5:39	63	37:01	15 19:52 103 1:02:32
40	David Fox	162	Felixstowe RR	MJ	5:19	47	39:30	42 17:48 55 1:02:37
41	Rick Berry	174	Ipswich Tri	MF	5:22	50	41:23	60 15:58 21 1:02:43
42	Andrew McFarland	177	Ipswich Tri	MG	4:38	15	40:42	55 17:27 48 1:02:47
43	David Southgate	146	Blackwater Tri	MH	5:20	48	39:32	43 18:00 61 1:02:52
44	Laura Hindle	186	53-12	FE	4:10	5	40:30	51 18:15 67 1:02:55
45	Angela Joiner-Handy	143	Newmarket Tri	FH	6:00	79	40:51	56 16:08 24 1:02:59
46	Neil Lynch	161	East Essex Tri	MH	5:06	35	39:06	39 18:48 78 1:03:00
47	Lee Dickinson	61	Newmarket Tri	MH	6:42	122	38:13	29 18:26 69 1:03:21
48	Dave Gibson	168	Blackwater Tri	MJ	4:52	21	40:58	57 17:36 52 1:03:26
49	Maxine Burgess	119	Newmarket Tri	FF	5:59	77	40:18	49 17:17 44 1:03:34
50	Steve Bowen	107	Hadleigh Hares	MJ	6:53	134	38:37	37 18:06 63 1:03:36
51	Peter Taylor	43		MF	5:22	50	41:33	63 16:56 35 1:03:51
52	Jeff Higgon	157	Harwich Runners	MK	5:26	58	40:35	52 18:06 63 1:04:07
53	Allan Peacock	44		MF	6:25	106	40:07	47 17:39 53 1:04:11

54	Sharon Perry	191		FG	4:10	5	42:40	81	17:29	50	1:04:19
55	Julian Colman	135	West Suffolk Wheelers	MI	6:16	93	40:21	50	17:56	58	1:04:33
56	Carin Minnie	92		FH	5:44	69	40:38	53	18:13	66	1:04:35
57	Harvey Tomlin	105	53-12	MH	6:04	82	40:08	48	18:36	74	1:04:48
57	Marianne Aitken	124	Hadleigh Hares	FG	6:03	81	40:03	46	18:42	76	1:04:48
59	Paul Stevens	154	Born 2 Tri	MH	5:03	31	42:12	76	17:55	57	1:05:10
60	John Waterston	137	Cambridge Tri	MJ	5:41	67	40:38	53	18:56	83	1:05:15
61	Abigail Paton	115	Stowmarket Striders	FF	5:51	72	42:09	73	17:26	47	1:05:26
62	James Robson	138	Newmarket Tri	MJ	5:23	53	41:36	65	18:41	75	1:05:40
63	Michaela Bailey	125		FH	5:56	75	42:13	77	17:44	54	1:05:53
64	Andre Potgieter	139	Tri-Anglia	MJ	5:02	30	42:22	79	18:49	79	1:06:13
65	Mark Taylor	16		MH	6:51	132	41:29	62	17:56	58	1:06:16
66	Nigel Barber	81	Newmarket Tri	MK	6:06	83	39:08	40	21:15	135	1:06:29
67	Steve Newman	31	West Suffolk Wheelers	MJ	7:02	142	39:50	45	19:40	98	1:06:32
68	Rob Ambridge	178	East Essex Tri	MH	5:00	28	43:42	94	18:09	65	1:06:51
69	Chris Malster	87		MI	6:27	109	41:06	59	19:20	90	1:06:53
70	Anthony Mayston	136	Woodbridge Surfers	MI	5:30	60	44:22	100	17:03	37	1:06:55
71	Dawn Pretty	182	Tri-Anglia	FI	5:06	35	42:17	78	19:36	97	1:06:59
72	Grayhame Fish	163	Tri-Anglia	ML	5:05	34	42:07	70	19:52	103	1:07:04
73	Maggie Williams	96		FH	6:38	120	41:36	65	19:07	87	1:07:21
74	Michael Pullen	144	Tri-Anglia	MI	6:16	93	41:42	67	19:27	93	1:07:25
75	Will Sutton	128	Loughborough Students	MD	5:10	37	44:59	107	17:18	46	1:07:27
76	Mark Webb	114		MH	6:18	97	41:44	68	19:29	95	1:07:31
77	Julie Halpin	38	Born 2 Tri	FH	6:59	138	41:05	58	19:51	102	1:07:55
78	Curtis Caba	159		MI	5:43	68	42:11	74	20:09	113	1:08:03
79	Adam Fish	188		MF	4:19	10	43:31	92	20:20	117	1:08:10
80	Julie Heath	57		FH	7:15	149	44:34	101	16:37	32	1:08:26
81	Rob Emberson	101		MG	6:21	102	42:08	72	20:01	111	1:08:30
82	Jon Millburn	46	Stowmarket Tri	MH	6:33	116	42:43	82	19:16	89	1:08:32
83	Niky Brinkman	68	Stowmarket Tri	FF	6:29	111	44:58	105	17:06	39	1:08:33
84	Kate Tucker	170		FE	5:12	40	41:35	64	19:48	101	1:08:35
85	Anne Fish	116	Tri-Anglia	FL	6:13	90	43:04	85	19:21	91	1:08:38
86	Jonas Grist	131	Hadleigh Hares	MG	5:39	63	45:50	114	17:10	42	1:08:39
87	Helen Ashton	95	Born 2 Tri	FE	4:49	19	42:32	80	21:23	136	1:08:44
88	Brian Telford	78	Great Bentley RC	MH	6:35	118	43:37	93	18:34	73	1:08:46
89	Paul Blackwell	84	Great Bentley RC	MH	6:26	107	44:54	104	17:28	49	1:08:48
90	Suzy Stennett	118		FF	6:14	91	44:44	102	18:02	62	1:09:00
91	Della Brown	85	Tri-Anglia	FH	6:40	121	43:48	95	18:53	82	1:09:21
92	Leslie Basham	82	Stowmarket Striders	ML	7:01	141	42:06	69	20:37	125	1:09:44
93	Gary Luxton	59		ME	5:55	74	42:07	70	21:47	141	1:09:49
94	John Woodhouse	65		MI	7:31	155	42:11	74	20:19	116	1:10:01
95	Francois Smit	51	Tri-Anglia	MI	5:39	63	43:18	90	21:23	136	1:10:20
96	Lee Scott	21	Born 2 Tri	MH	7:24	154	43:06	86	19:55	106	1:10:25
97	Bill Grimwood	49	West Suffolk Wheelers	MH	6:50	130	43:11	87	20:27	122	1:10:28
98	Lyndon Houston	28		MG	7:44	159	43:51	98	18:57	84	1:10:32
98	Rachel Toms	171		FF	4:57	27	43:21	91	22:14	146	1:10:32
100	Olwyn Clayden	127	Stowmarket Striders	FJ	6:21	102	45:58	118	18:31	71	1:10:50
101	Daniel Thompson	112		ME	6:20	99	43:49	96	20:49	127	1:10:58
102	Janice Brown	149	East Essex Tri	FH	6:01	80	45:54	115	19:04	85	1:10:59
103	Catherine Lambert	70	St Edmund Pacers	FH	7:11	146	45:27	111	18:28	70	1:11:06
104	John Moody	100	Ipswich Tri	MF	6:20	99	45:05	108	19:42	99	1:11:07
105	Frank Gardiner	63	Great Bentley RC	MK	6:59	138	46:26	122	17:58	60	1:11:23
106	Jo Higgon	97	Harwich Runners	FJ	6:26	107	42:56	84	22:03	145	1:11:25
107	Jacques Theron	91		MG	5:00	28	43:50	97	22:38	150	1:11:28
108	Stewart Bell	77		MH	6:54	135	44:06	99	20:54	130	1:11:54
109	Mandy Smith	90	East Essex Tri	FI	6:27	109	46:00	120	19:28	94	1:11:55
110	Ceris Jones	89		FH	6:22	104	45:43	112	19:54	105	1:11:59
111	Vincent Cook	20	Tri-Anglia	MF	8:05	163	44:47	103	19:08	88	1:12:00
112	Jake Robbertse	29		MI	8:15	168	42:55	83	20:51	128	1:12:01
113	Kate Sparsi	111		FI	5:25	56	44:58	105	21:45	140	1:12:08
114	Robert Adam	60		MH	6:48	127	45:54	115	19:44	100	1:12:26
114	Claire Goodwin	169		FD	4:56	26	46:52	125	20:38	126	1:12:26
116	Anna Borghesani	148		FF	5:22	50	45:59	119	21:07	134	1:12:28
117	Martinus Robbertse	50		MI	6:09	87	43:17	88	23:12	156	1:12:38
118	Karen Smith	13		FG	8:15	168	45:18	110	19:22	92	1:12:55
119	Peter Turner	75	Fetcheveryone RC	MG	6:34	117	48:04	135	18:18	68	1:12:56
119	Simon Price	152		MG	5:48	70	46:56	126	20:12	115	1:12:56
121	Alex Embiricos	58	Hadleigh Hares	FH	6:30	112	43:17	88	23:21	157	1:13:08
122	Tina Belsom	71	Stowmarket Striders	FI	6:31	113	46:59	127	19:56	107	1:13:26
123	Emily Carter	122	Ipswich Tri	FF	6:51	132	46:42	124	19:56	107	1:13:29

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124	Chloe Brown	98	Cambridge Tri	FJ	7:18	150	45:48	113	20:53	129	1:13:59	
125	Kathleen Postlethwaite	120		FF	6:22	104	47:28	130	20:11	114	1:14:01	
126	Sarah Vick	27		FH	8:05	163	48:04	135	17:54	56	1:14:03	
127	Clyde Goodwin	23		MJ	8:33	171	46:13	121	19:29	95	1:14:15	
128	Sonja Harrison	41		FJ	6:43	125	47:07	129	20:26	121	1:14:16	
129	Gertrud Hendriks	109		FH	5:29	59	50:03	145	18:52	81	1:14:24	
130	Andrew Bond	64	Stowmarket Striders	ML	6:42	122	47:40	131	20:20	117	1:14:42	
131	Melvin Hopkins	25		ML	8:12	167	45:57	117	20:36	124	1:14:45	
132	Debbie Ghant	39	Stowmarket Striders	FH	7:56	162	47:02	128	20:05	112	1:15:03	
133	Paul Postlethwaite	130		MG	6:18	97	50:32	147	18:46	77	1:15:36	
134	Kelly Sharp	35	Born 2 Tri	FF	6:32	115	46:34	123	22:31	149	1:15:37	
135	Michael Power	34		MJ	7:20	151	49:14	142	19:56	107	1:16:30	
136	Ian Potter	76	Blackwater Tri	MG	5:52	73	47:45	132	23:07	155	1:16:44	
137	Nigel Harrison	80		MI	6:31	113	48:43	139	21:43	138	1:16:57	
138	Paul Jeremy Sawyer	22	26.2 Road Runners Club	MI	11:19	175	45:12	109	20:29	123	1:17:00	
139	Carolynn Anderson	37	Newmarket Tri	FG	6:17	96	49:15	143	21:53	144	1:17:25	
140	Quentin Crowe	67		MH	7:37	158	47:47	133	22:40	151	1:18:04	
141	Liz McGoldrick	72		FJ	7:12	147	48:35	137	22:21	147	1:18:08	
142	Lynette Filby	160		FE	5:23	53	51:11	149	21:44	139	1:18:18	
143	Alex Brown	74		ME	6:56	137	48:37	138	20:54	130	1:18:27	P
144	Debbie Jordan	36		FG	8:09	166	51:48	152	18:32	72	1:18:29	
145	Tim Scutter	45	Tri-Anglia	MG	6:46	126	49:38	144	22:55	152	1:19:19	
145	Corrina Smith	54	Thetford AC	FH	7:23	153	53:07	159	18:49	79	1:19:19	
147	Amy Barton	142	Tri-Anglia	FD	5:37	62	49:01	141	25:00	162	1:19:38	
148	Gordon Merfield	83		MN	6:50	130	47:50	134	25:16	163	1:19:56	
149	Alison Bills	56		FF	7:35	156	52:26	156	20:25	120	1:20:26	
150	Bill Hawkins	108		MK	6:48	127	53:40	161	20:00	110	1:20:28	
151	Stephen Griffiths	62		MI	7:35	156	52:09	153	21:05	132	1:20:49	
152	Jacqueline Riley Chubb	150	Ipswich Tri	FI	6:08	85	53:37	160	21:05	132	1:20:50	
153	Sally Watts	126		FI	6:08	85	53:02	158	21:48	143	1:20:58	
154	Nancy Cushing	53		FF	6:55	136	50:15	146	24:05	159	1:21:15	
155	Lesley Linden	94		FJ	7:44	159	50:36	148	22:59	153	1:21:19	
156	Melanie Folkes-Miller	123	53-12	FG	6:06	83	52:12	154	23:04	154	1:21:22	
157	John Thackray	33	Tri-Anglia	MJ	7:54	161	51:47	151	22:24	148	1:22:05	
158	Sara Millburn	17	Stowmarket Tri	FG	7:06	144	48:58	140	24:12	160	1:22:16	P
159	Anthony Mills	12		MG	7:14	148	52:16	155	24:43	161	1:24:13	
160	Jason Luff	48		MH	7:09	145	51:16	150	26:00	165	1:24:25	
161	Julia Smith	121		FF	5:20	48	53:43	162	25:52	164	1:24:55	
162	Jeremy Smith	15	Stowmarket Tri	MG	7:20	151	1:01:01	171	17:03	37	1:25:24	
163	Lynette Rayner	110		FF	6:20	99	57:31	169	21:47	141	1:25:38	
164	Alan Jordan	24		MJ	10:04	172	55:27	165	20:22	119	1:25:53	
165	Cathy Constable	40		FH	6:48	127	57:22	168	23:33	158	1:27:43	
166	Andrea Cronin	113		FH	6:10	88	55:15	163	30:08	173	1:31:33	
167	Fred Day	32		MI	7:00	140	57:01	167	28:12	168	1:32:13	
168	John Tavner	26		ML	10:12	173	55:20	164	28:41	172	1:34:13	
169	Gillian Hannon	18	Cambridge Tri	FH	10:40	174	52:55	157	31:20	174	1:34:55	
170	Elaine Crowe	42		FJ	8:06	165	59:50	170	27:12	166	1:35:08	
171	Jennifer Warbey	14		FF	12:30	176	55:59	166	28:12	168	1:36:41	
172	Sarah Shepherd	69		FH	7:04	143	1:04:58	173	27:30	167	1:39:32	
173	Elizabeth Petch	66		FG	8:16	170	1:04:53	172	28:32	171	1:41:41	
174	Sarah Phillips	194		FD	5:56	75	1:09:01	174	28:29	170	1:43:26	
	Tim Lacey	129		MF	5:50	71	DNF		DNF			
	Andrew Hovell	165	Peake Fitness	MH	4:52	21	DNF		DNF			

Penalties:

- 74 Helmet violation - bike out (2 min)
- 17 Helmet violation - bike in (2 min)
- 170 Failure to stop at dismount line (2 min)

Competitor 165 only completed 2 laps on the bike