

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 CSA	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	2	14:11	3	51:27
2	Matt Shingleton	192	Born 2 Tri	MG	4:22	11	33:58	4	14:33	6	52:53
3	Steve Norris	190	Born 2 Tri	MF	4:12	7	34:13	5	14:37	8	53:02
4	Mark Nowell	193	Tri-Anglia	MI	4:15	9	33:37	3	15:19	11	53:11
5	Gabe Lowrie	198	Leeds Met Triathlon Club	MC	3:57	3	35:33	8	14:33	6	54:03
6	Keith Tilley	153		MG	5:23	53	35:21	7	13:41	1	54:25
7	Joe Giggins	199	East Essex Tri/Heron CSA	MB	3:38	2	36:37	14	14:40	9	54:55
8	Stuart Hope	189	Born 2 Tri	MH	4:26	12	35:41	9	15:23	12	55:30
9	Webber Forbes	196	Cambridge Tri	MD	4:28	13	37:19	20	14:06	2	55:53
10	Vincent Coogan	185	Newmarket Tri	ME	4:52	21	36:33	13	14:32	5	55:57
11	Mark Southgate	195	Essex Fire Tc	MG	4:07	4	35:41	9	16:51	34	56:39
12	Andrew Hovell	165	Peake Fitness	MH	4:52	21	31:42	1	20:26	121	57:00
13	Neil Catling	175	Ipswich Tri	MF	5:59	77	34:55	6	16:18	27	57:12
14	Dennis Warner	183	Harwich Runners	MJ	5:18	45	35:46	11	16:16	26	57:20
15	Mark Bailey	145	Born 2 Tri	MG	4:39	16	37:18	19	15:34	15	57:31
16	Alan Reade	181	Born 2 Tri	MH	5:10	37	38:10	28	14:15	4	57:35
17	Mark Davies	167		MI	5:11	39	36:43	15	15:49	18	57:43
18	Timothy Earl	141		ME	6:10	88	36:09	12	15:38	16	57:57
19	Stuart Mills	151	Born 2 Tri	MF	5:03	31	37:54	24	15:28	13	58:25
20	Tom Gibson	184	Blackwater Tri	MC	4:42	17	37:54	24	16:13	25	58:49
21	Julia Jepson	173	East Essex Tri	FH	4:45	18	38:12	29	15:56	20	58:53
22	Hugh Smith	200	East Essex Tri	MB	3:36	1	38:23	33	17:02	36	59:01
23	Wendy Martin	172	Born 2 Tri	FG	4:54	25	38:18	31	15:52	19	59:04
24	John Chisnall	166	Hadleigh Hares	MI	5:18	45	37:23	21	16:37	32	59:18
25	Paul Horsley	155	East Essex Tri	MI	5:17	44	37:57	26	16:05	23	59:19
26	Doug Grimwade	180	Hadleigh Hares	MH	5:03	31	38:34	37	15:48	17	59:25
27	Richard Hanley	179	Hadleigh Hares	MH	5:15	42	37:06	17	17:07	40	59:28
28	Damien Maltarp	164		MG	4:52	21	38:20	32	16:24	30	59:36
29	Martin Alabone	132	Hadleigh Hares	MH	5:12	40	38:00	27	16:31	31	59:43
30	James Heath	106	Stowmarket Tri	MI	6:16	93	38:29	35	15:08	10	59:53
31	Chris Milne	140	East Essex Tri	MJ	6:14	91	37:42	22	16:22	29	1:00:18
32	Ed Page	8	53-12	MH	6:35	118	37:42	22	16:03	22	1:00:20
33	Mike Cross	86	West Suffolk Wheelers	MH	5:40	66	38:27	34	16:21	28	1:00:28
34	Angus Western	197	Lost Tribe of Brundish	MG	4:12	7	37:13	18	19:04	85	1:00:29
35	Iain Milligan	176		MG	4:49	19	41:23	61	15:30	14	1:01:42
36	Tony Benjamin	104	Discovery Tri	MH	5:15	42	39:00	39	17:34	51	1:01:49
37	Adrian Hine	156	Felixstowe RR	MI	5:34	61	39:13	42	17:07	40	1:01:54
38	Mark Harman	134	Born 2 Tri	MI	5:25	56	39:38	45	17:17	44	1:02:20
39	Neil Crisp	99	Hadleigh Hares	MF	6:42	122	38:31	36	17:13	43	1:02:26
40	Adrian Grimwood	147	West Suffolk Wheelers	MH	5:39	63	37:01	16	19:52	103	1:02:32
41	David Fox	162	Felixstowe RR	MJ	5:19	47	39:30	43	17:48	55	1:02:37
42	Rick Berry	174	Ipswich Tri	MF	5:22	50	41:23	61	15:58	21	1:02:43
43	Andrew McFarland	177	Ipswich Tri	MG	4:38	15	40:42	56	17:27	48	1:02:47
44	David Southgate	146	Blackwater Tri	MH	5:20	48	39:32	44	18:00	61	1:02:52
45	Laura Hindle	186	53-12	FE	4:10	5	40:30	52	18:15	67	1:02:55
46	Angela Joiner-Handy	143	Newmarket Tri	FH	6:00	79	40:51	57	16:08	24	1:02:59
47	Neil Lynch	161	East Essex Tri	MH	5:06	35	39:06	40	18:48	78	1:03:00
48	Lee Dickinson	61	Newmarket Tri	MH	6:42	122	38:13	30	18:26	69	1:03:21
49	Dave Gibson	168	Blackwater Tri	MJ	4:52	21	40:58	58	17:36	52	1:03:26
50	Maxine Burgess	119	Newmarket Tri	FF	5:59	77	40:18	50	17:17	44	1:03:34
51	Steve Bowen	107	Hadleigh Hares	MJ	6:53	134	38:37	38	18:06	63	1:03:36

52	Peter Taylor	43		MF	5:22	50	41:33	64	16:56	35	1:03:51
53	Jeff Higgon	157	Harwich Runners	MK	5:26	58	40:35	53	18:06	63	1:04:07
54	Allan Peacock	44		MF	6:25	106	40:07	48	17:39	53	1:04:11
55	Sharon Perry	191		FG	4:10	5	42:40	82	17:29	50	1:04:19
56	Julian Colman	135	West Suffolk Wheelers	MI	6:16	93	40:21	51	17:56	58	1:04:33
57	Carin Minnie	92		FH	5:44	69	40:38	54	18:13	66	1:04:35
58	Harvey Tomlin	105	53-12	MH	6:04	82	40:08	49	18:36	74	1:04:48
58	Marianne Aitken	124	Hadleigh Hares	FG	6:03	81	40:03	47	18:42	76	1:04:48
60	Paul Stevens	154	Born 2 Tri	MH	5:03	31	42:12	77	17:55	57	1:05:10
61	John Waterston	137	Cambridge Tri	MJ	5:41	67	40:38	54	18:56	83	1:05:15
62	Abigail Paton	115	Stowmarket Striders	FF	5:51	72	42:09	74	17:26	47	1:05:26
63	James Robson	138	Newmarket Tri	MJ	5:23	53	41:36	66	18:41	75	1:05:40
64	Michaela Bailey	125		FH	5:56	75	42:13	78	17:44	54	1:05:53
65	Andre Potgieter	139	Tri-Anglia	MJ	5:02	30	42:22	80	18:49	79	1:06:13
66	Mark Taylor	16		MH	6:51	132	41:29	63	17:56	58	1:06:16
67	Nigel Barber	81	Newmarket Tri	MK	6:06	83	39:08	41	21:15	136	1:06:29
68	Steve Newman	31	West Suffolk Wheelers	MJ	7:02	142	39:50	46	19:40	98	1:06:32
69	Rob Ambridge	178	East Essex Tri	MH	5:00	28	43:42	95	18:09	65	1:06:51
70	Chris Malster	87		MI	6:27	109	41:06	60	19:20	90	1:06:53
71	Anthony Mayston	136	Woodbridge Surfers	MI	5:30	60	44:22	101	17:03	37	1:06:55
72	Dawn Pretty	182	Tri-Anglia	FI	5:06	35	42:17	79	19:36	97	1:06:59
73	Grayhame Fish	163	Tri-Anglia	ML	5:05	34	42:07	71	19:52	103	1:07:04
74	Maggie Williams	96		FH	6:38	120	41:36	66	19:57	87	1:07:21
75	Michael Pullen	144	Tri-Anglia	MI	6:16	93	41:42	68	19:27	93	1:07:25
76	Will Sutton	128	Loughborough Students	MD	5:10	37	44:59	108	17:18	46	1:07:27
77	Mark Webb	114		MH	6:18	97	41:44	69	19:29	95	1:07:31
78	Julie Halpin	38	Born 2 Tri	FH	6:59	138	41:05	59	19:51	102	1:07:55
79	Curtis Caba	159		MI	5:43	68	42:11	75	20:09	113	1:08:03
80	Adam Fish	188		MF	4:19	10	43:31	93	20:20	117	1:08:10
81	Julie Heath	57		FH	7:15	149	44:34	102	16:37	32	1:08:26
82	Rob Emberson	101		MG	6:21	102	42:08	73	20:01	111	1:08:30
83	Jon Millburn	46	Stowmarket Tri	MH	6:33	116	42:43	83	19:16	89	1:08:32
84	Niky Brinkman	68	Stowmarket Tri	FF	6:29	111	44:58	106	17:06	39	1:08:33
85	Kate Tucker	170		FE	5:12	40	41:35	65	19:48	101	1:08:35
86	Anne Fish	116	Tri-Anglia	FL	6:13	90	43:04	86	19:21	91	1:08:38
87	Jonas Grist	131	Hadleigh Hares	MG	5:39	63	45:50	115	17:10	42	1:08:39
88	Helen Ashton	95	Born 2 Tri	FE	4:49	19	42:32	81	21:23	137	1:08:44
89	Brian Telford	78	Great Bentley RC	MH	6:35	118	43:37	94	18:34	73	1:08:46
90	Paul Blackwell	84	Great Bentley RC	MH	6:26	107	44:54	105	17:28	49	1:08:48
91	Suzy Stennett	118		FF	6:14	91	44:44	103	18:02	62	1:09:00
92	Della Brown	85	Tri-Anglia	FH	6:40	121	43:48	96	18:53	82	1:09:21
93	Leslie Basham	82	Stowmarket Striders	ML	7:01	141	42:06	70	20:37	126	1:09:44
94	Gary Luxton	59		ME	5:55	74	42:07	71	21:47	142	1:09:49
95	John Woodhouse	65		MI	7:31	155	42:11	75	20:19	116	1:10:01
96	Francois Smit	51	Tri-Anglia	MI	5:39	63	43:18	91	21:23	137	1:10:20
97	Lee Scott	21	Born 2 Tri	MH	7:24	154	43:06	87	19:55	106	1:10:25
98	Bill Grimwood	49	West Suffolk Wheelers	MH	6:50	130	43:11	88	20:27	123	1:10:28
99	Lyndon Houston	28		MG	7:44	159	43:51	99	18:57	84	1:10:32
99	Rachel Toms	171		FF	4:57	27	43:21	92	22:14	147	1:10:32
101	Olwyn Clayden	127	Stowmarket Striders	FJ	6:21	102	45:58	119	18:31	71	1:10:50
102	Daniel Thompson	112		ME	6:20	99	43:49	97	20:49	128	1:10:58
103	Janice Brown	149	East Essex Tri	FH	6:01	80	45:54	116	19:04	85	1:10:59
104	Catherine Lambert	70	St Edmund Pacers	FH	7:11	146	45:27	112	18:28	70	1:11:06
105	John Moody	100	Ipswich Tri	MF	6:20	99	45:05	109	19:42	99	1:11:07
106	Frank Gardiner	63	Great Bentley RC	MK	6:59	138	46:26	123	17:58	60	1:11:23
107	Jo Higgon	97	Harwich Runners	FJ	6:26	107	42:56	85	22:03	146	1:11:25
108	Jacques Theron	91		MG	5:00	28	43:50	98	22:38	151	1:11:28
109	Stewart Bell	77		MH	6:54	135	44:06	100	20:54	131	1:11:54
110	Mandy Smith	90	East Essex Tri	FI	6:27	109	46:00	121	19:28	94	1:11:55
111	Ceris Jones	89		FH	6:22	104	45:43	113	19:54	105	1:11:59
112	Vincent Cook	20	Tri-Anglia	MF	8:05	163	44:47	104	19:08	88	1:12:00
113	Jake Robbertse	29		MI	8:15	168	42:55	84	20:51	129	1:12:01
114	Kate Sparsi	111		FI	5:25	56	44:58	106	21:45	141	1:12:08
115	Robert Adam	60		MH	6:48	127	45:54	116	19:44	100	1:12:26
115	Claire Goodwin	169		FD	4:56	26	46:52	126	20:38	127	1:12:26
117	Anna Borghesani	148		FF	5:22	50	45:59	120	21:07	135	1:12:28
118	Martinus Robbertse	50		MI	6:09	87	43:17	89	23:12	157	1:12:38
119	Karen Smith	13		FG	8:15	168	45:18	111	19:22	92	1:12:55
120	Peter Turner	75	Fetcheveryone RC	MG	6:34	117	48:04	136	18:18	68	1:12:56

120	Simon Price	152		MG	5:48	70	46:56	127	20:12	115	1:12:56	
122	Alex Embiricos	58	Hadleigh Hares	FH	6:30	112	43:17	89	23:21	158	1:13:08	
123	Tina Belsom	71	Stowmarket Striders	FI	6:31	113	46:59	128	19:56	107	1:13:26	
124	Emily Carter	122	Ipswich Tri	FF	6:51	132	46:42	125	19:56	107	1:13:29	
125	Chloe Brown	98	Cambridge Tri	FJ	7:18	150	45:48	114	20:53	130	1:13:59	
126	Kathleen Postlethwaite	120		FF	6:22	104	47:28	131	20:11	114	1:14:01	
127	Sarah Vick	27		FH	8:05	163	48:04	136	17:54	56	1:14:03	
128	Clyde Goodwin	23		MJ	8:33	171	46:13	122	19:29	95	1:14:15	
129	Sonja Harrison	41		FJ	6:43	125	47:07	130	20:26	121	1:14:16	
130	Gertrud Hendriks	109		FH	5:29	59	50:03	146	18:52	81	1:14:24	
131	Andrew Bond	64	Stowmarket Striders	ML	6:42	122	47:40	132	20:20	117	1:14:42	
132	Melvin Hopkins	25		ML	8:12	167	45:57	118	20:36	125	1:14:45	
133	Debbie Ghant	39	Stowmarket Striders	FH	7:56	162	47:02	129	20:05	112	1:15:03	
134	Paul Postlethwaite	130		MG	6:18	97	50:32	148	18:46	77	1:15:36	
135	Kelly Sharp	35	Born 2 Tri	FF	6:32	115	46:34	124	22:31	150	1:15:37	
136	Michael Power	34		MJ	7:20	151	49:14	143	19:56	107	1:16:30	
137	Ian Potter	76	Blackwater Tri	MG	5:52	73	47:45	133	23:07	156	1:16:44	
138	Nigel Harrison	80		MI	6:31	113	48:43	140	21:43	139	1:16:57	
139	Paul jeremy Sawyer	22	26.2 Road Runners Club	MI	11:19	175	45:12	110	20:29	124	1:17:00	
140	Carolynn Anderson	37	Newmarket Tri	FG	6:17	96	49:15	144	21:53	145	1:17:25	
141	Quentin Crowe	67		MH	7:37	158	47:47	134	22:40	152	1:18:04	
142	Liz McGoldrick	72		FJ	7:12	147	48:35	138	22:21	148	1:18:08	
143	Lynette Filby	160		FE	5:23	53	51:11	150	21:44	140	1:18:18	
144	Alex Brown	74		ME	6:56	137	48:37	139	20:54	131	1:18:27	P
145	Debbie Jordan	36		FG	8:09	166	51:48	153	18:32	72	1:18:29	
146	Tim Scutter	45	Tri-Anglia	MG	6:46	126	49:38	145	22:55	153	1:19:19	
146	Corrina Smith	54	Thetford AC	FH	7:23	153	53:07	160	18:49	79	1:19:19	
148	Amy Barton	142	Tri-Anglia	FD	5:37	62	49:01	142	25:00	163	1:19:38	
149	Gordon Berfield	83		MN	6:50	130	47:50	135	25:16	164	1:19:56	
150	Alison Bills	56		FF	7:35	156	52:26	157	20:25	120	1:20:26	
151	Bill Hawkins	108		MK	6:48	127	53:40	162	20:00	110	1:20:28	
152	Stephen Griffiths	62		MI	7:35	156	52:09	154	21:05	133	1:20:49	
153	Jacqueline Riley Chubb	150	Ipswich Tri	FI	6:08	85	53:37	161	21:05	133	1:20:50	
154	Sally Watts	126		FI	6:08	85	53:02	159	21:48	144	1:20:58	
155	Nancy Cushing	53		FF	6:55	136	50:15	147	24:05	160	1:21:15	
156	Lesley Linden	94		FJ	7:44	159	50:36	149	22:59	154	1:21:19	
157	Melanie Folkes-Miller	123	53-12	FG	6:06	83	52:12	155	23:04	155	1:21:22	
158	John Thackray	33	Tri-Anglia	MJ	7:54	161	51:47	152	22:24	149	1:22:05	
159	Sara Millburn	17	Stowmarket Tri	FG	7:06	144	48:58	141	24:12	161	1:22:16	P
160	Anthony Mills	12		MG	7:14	148	52:16	156	24:43	162	1:24:13	
161	Jason Luff	48		MH	7:09	145	51:16	151	26:00	166	1:24:25	
162	Julia Smith	121		FF	5:20	48	53:43	163	25:52	165	1:24:55	
163	Jeremy Smith	15	Stowmarket Tri	MG	7:20	151	1:01:01	172	17:03	37	1:25:24	
164	Lynette Rayner	110		FF	6:20	99	57:31	170	21:47	142	1:25:38	
165	Alan Jordan	24		MJ	10:04	172	55:27	166	20:22	119	1:25:53	
166	Cathy Constable	40		FH	6:48	127	57:22	169	23:33	159	1:27:43	
167	Andrea Cronin	113		FH	6:10	88	55:15	164	30:08	174	1:31:33	
168	Fred Day	32		MI	7:00	140	57:01	168	28:12	169	1:32:13	
169	John Tavner	26		ML	10:12	173	55:20	165	28:41	173	1:34:13	
170	Gillian Hannon	18	Cambridge Tri	FH	10:40	174	52:55	158	31:20	175	1:34:55	
171	Elaine Crowe	42		FJ	8:06	165	59:50	171	27:12	167	1:35:08	
172	Jennifer Warbey	14		FF	12:30	176	55:59	167	28:12	169	1:36:41	
173	Sarah Shepherd	69		FH	7:04	143	1:04:58	174	27:30	168	1:39:32	
174	Elizabeth Petch	66		FG	8:16	170	1:04:53	173	28:32	172	1:41:41	
175	Sarah Phillips	194		FD	5:56	75	1:09:01	175	28:29	171	1:43:26	
	Tim Lacey	129		MF	5:50	71	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)