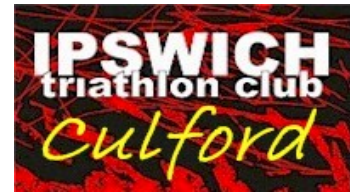


Culford Triathlon 25 July 2010



Youths

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total
1	Katie Cross	3	West Suffolk Tri	FA	7:44	1 1:02:42	1	1 1:35:35

Sprint

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total
1	Joe Giggins	200	East Essex Tri/Heron CSA	MC	3:30	1 33:57	4 13:31	1 50:58
2	Matt Shingleton	192	Born 2 Tri	MG	4:15	9 33:25	3 13:43	2 51:23
3	Roy Young	194	Born 2 Tri	MH	4:29	15 33:06	2 13:57	3 51:32
4	Benjamin Mickleburgh	171	West Suffolk Tri	MG	4:40	20 32:19	1 14:46	9 51:45
5	Steve Norris	196	Born 2 Tri	MF	3:56	2 34:02	5 14:02	4 52:00
6	Stuart Hope	193	Born 2 Tri	MH	4:10	7 34:40	7 15:02	14 53:52
7	Neil Catling	140	Ipswich Tri	MF	5:33	65 34:08	6 14:53	13 54:34
8	Barry Dalton	197	Blackwater Tri	MF	4:08	6 36:25	17 14:33	8 55:06
9	Jason Ridgeon	173		MH	4:45	23 36:37	18 14:23	6 55:45
10	Mark Southgate	199	Essex Fire Tc	MG	3:57	3 35:11	8 16:39	46 55:47
11	Julian Long	131	West Suffolk Tri	MG	5:24	56 35:44	14 14:48	12 55:56
12	Stuart Mills	172	Born 2 Tri	MG	4:33	17 37:21	23 14:13	5 56:07
13	Lee Sole	198	West Suffolk Tri	MG	4:11	8 35:41	12 16:17	36 56:09
14	Richard Hanley	154	Hadleigh Hares	MH	5:05	37 35:42	13 15:53	25 56:40
15	Neil Payne	144	Newmarket Tri	MG	5:07	42 35:38	11 16:50	50 57:35
16	James Heath	133	West Suffolk Tri	MJ	5:39	70 37:47	27 14:28	7 57:54
17	Doug Grimwade	175	Hadleigh Hares	MI	5:00	32 37:12	21 15:45	23 57:57
18	Daniel Hudson	142	Newmarket Tri	MF	5:06	41 37:10	20 15:46	24 58:02
19	Dennis Warner	158	Harwich Runners	MJ	4:59	31 35:24	9 17:42	71 58:05
20	Ed Page	2	53-12	MH	6:16	111 35:26	10 16:27	39 58:09
21	Jonathan Bellamy	153		MI	5:24	56 36:16	16 16:34	43 58:14
22	Elgan Hallett	183	Ely Tri Club	MF	4:18	10 38:14	33 15:56	27 58:28
23	Wendy Martin	165	Born 2 Tri	FG	4:46	24 37:49	28 15:55	26 58:30
24	Leighton Barker	164	Ely Tri Club	MF	4:55	28 37:37	25 16:07	33 58:39
25	Stuart Jarvis	87	West Suffolk Tri	MF	5:25	58 38:37	35 14:47	11 58:49
26	Chris Milne	134	East Essex Tri	MJ	6:06	102 36:48	19 15:59	29 58:53
27	Michael Lowther	143		MG	5:17	49 36:06	15 17:40	69 59:03
28	Joe Richer	127	Newmarket Tri	MG	5:52	82 38:14	33 15:11	16 59:17
29	Iain Milligan	181	West Suffolk Tri	MG	4:37	18 39:34	46 15:20	17 59:31
30	Simon Lockwood	136	Stowmarket CC	MH	5:26	60 37:16	22 17:03	57 59:45
31	Neil Crisp	99	Hadleigh Hares	MG	5:58	88 37:59	30 16:02	30 59:59
32	Angela Joiner-Handy	129	Newmarket Tri	FH	6:00	93 38:47	37 15:22	18 1:00:09
33	Ian Gowers	145	Springfield Striders	MG	4:44	22 39:05	40 16:26	38 1:00:15
34	Martin Alabone	156	Hadleigh Hares	MH	5:05	37 37:52	29 17:26	61 1:00:23
35	Will Sutton	168		MD	4:24	13 41:14	69 14:46	9 1:00:24
36	Peter Stephenson-Wall	167	West Suffolk Tri	MD	5:01	34 38:01	31 17:43	72 1:00:45
37	Tom Gibson	182	Blackwater Tri	MD	4:55	28 39:23	42 16:34	43 1:00:52
38	Thomas Livermore	94		MF	6:25	120 38:57	38 15:35	20 1:00:57
39	Lee Dickinson	67	Newmarket Tri	MH	6:37	128 38:13	32 16:32	41 1:01:22
40	Nicky Brinkmann	179	West Suffolk Tri	FG	5:22	53 40:13	56 16:03	31 1:01:38
41	Rick Emberson	100		MH	5:52	82 39:33	45 16:17	36 1:01:42
42	Laura Hindle	191	53-12	FE	4:01	5 40:34	62 17:27	63 1:02:02
43	Andrew Goldsmith	141	Born 2 Tri	MF	5:08	43 37:42	26 19:21	109 1:02:11
44	Sharon Calton	93	West Suffolk Tri	FH	6:09	104 39:03	39 17:02	56 1:02:14
45	Maxine Burgess	110	Newmarket Tri	FG	5:59	89 39:59	49 16:29	40 1:02:27
46	Harvey Tomlin	102	53-12	MH	5:52	82 39:12	41 17:39	67 1:02:43
47	Rob Hasselder	189	West Suffolk Tri	MH	4:32	16 40:10	54 18:10	80 1:02:52
48	Michaela Bailey	126	Tri-Anglia	FI	5:32	64 40:32	60 16:57	52 1:03:01
49	Adrian Waddy	132	TG Tri	MG	5:35	67 41:20	71 16:07	33 1:03:02
50	Jotham Steed	24	Ely Tri Club	ME	5:34	66 40:02	50 17:36	65 1:03:12
51	Ian Coutts	176	Woodbridge Surfers	MI	4:48	25 40:02	50 18:27	89 1:03:17
52	Ian Longland	16	Haverhill RC	MG	6:34	125 41:04	66 15:41	22 1:03:19

53	Mark Webb	101		MH	5:51	81	39:24	43	18:15	84	1:03:30	
54	Neil Packer	177	Peake Fitness	MI	4:38	19	39:34	46	17:26	61	1:03:38	P
55	Steve Bowen	58	Hadleigh Hares	MK	5:59	89	40:03	52	17:40	69	1:03:42	
56	Dave Gibson	180	Blackwater Tri	MJ	4:58	30	40:54	65	17:57	76	1:03:49	
57	Arran Tilley	170		ME	5:02	35	43:16	89	15:33	19	1:03:51	
58	Simon Meecham	98	Ipswich Tri	MG	6:01	94	41:17	70	16:39	46	1:03:57	
59	Kate Tucker	162	Newmarket Tri	FE	5:05	37	40:03	52	18:53	99	1:04:01	
60	Curtis Caba	151		MI	5:28	61	40:12	55	18:22	87	1:04:02	
61	Mick Unsworth	29	West Suffolk Wheelers	MJ	6:47	134	38:45	36	18:34	91	1:04:06	
62	Ian Chatten	117	Tri-Anglia	MH	7:06	146	40:20	59	16:49	49	1:04:15	
62	Paul Stevens	149	Born 2 Tri	MI	4:43	21	41:55	78	17:37	66	1:04:15	
64	Andrew Dunn	90		MH	6:29	121	40:19	58	17:31	64	1:04:19	
65	Cara Huson	109		FG	5:00	32	41:41	76	17:39	67	1:04:20	
66	David Southgate	155	Blackwater Tri	MH	5:15	48	39:50	48	19:19	106	1:04:24	
67	Ian Chapman	125		MG	5:20	52	41:10	68	17:57	76	1:04:27	
68	Adam Poole	7	Cambridge and Coleridge AC	MG	7:07	148	41:23	72	16:03	31	1:04:33	
69	Paul Blackwell	57	Great Bentley RC	MH	7:52	167	41:46	77	15:09	15	1:04:47	
70	Rob Emberson	97		MG	5:52	82	41:06	67	17:55	75	1:04:53	
71	Jeff Higgon	152	Harwich Runners	MK	5:25	58	40:51	64	18:40	93	1:04:56	
72	Tim Lacey	104		MF	5:43	74	41:32	74	18:15	84	1:05:30	
73	Steve Whittaker	55		MI	7:22	157	41:59	80	16:10	35	1:05:31	
74	Paula Purtell	166	Blackwater Tri	FH	5:18	50	43:39	96	16:36	45	1:05:33	
75	Jonas Grist	116	Hadleigh Hares	MG	5:46	79	42:56	85	16:58	53	1:05:40	
75	Paul Brown	157	West Suffolk Tri	MJ	5:18	50	42:29	82	17:53	73	1:05:40	
77	Andrew Pearce	147		MH	5:05	37	43:57	100	16:54	51	1:05:56	
78	Louise Barker	184	Ely Tri Club	FF	4:24	13	41:30	73	20:03	127	1:05:57	
79	Hayley Brewis	130	Newmarket Tri	FI	5:37	68	41:38	75	19:09	103	1:06:24	
80	Stephen Cottis	56	Blackwater Tri	MH	7:42	164	40:33	61	18:12	82	1:06:27	
80	Gertrud Hendriks	105		FH	5:08	43	43:26	90	17:53	73	1:06:27	
82	Steve Robinson	135	Stowmarket Striders	MK	6:05	101	43:51	98	16:32	41	1:06:28	
83	John Woodhouse	50	Tri-Anglia	MI	6:59	140	40:50	63	18:52	98	1:06:41	
84	Nigel Barber	72	Newmarket Tri	MK	6:17	113	39:26	44	21:11	144	1:06:54	
85	John Moody	115	Ipswich Tri	MG	6:04	100	43:33	94	18:00	78	1:07:37	
86	Steve Newman	52	West Suffolk Tri	MJ	6:51	137	40:14	57	20:39	138	1:07:44	
87	Adrian Grimwood	150	West Suffolk Tri	MI	5:29	63	37:32	24	24:53	173	1:07:54	
88	Della Brown	92	Tri-Anglia	FH	6:18	116	43:28	92	18:10	80	1:07:56	
89	Paul Tovell	68	53-12	MI	5:57	86	43:05	87	18:56	101	1:07:58	
90	William Higham	86		ME	6:22	118	45:39	122	15:58	28	1:07:59	
91	Stephen Suter	128		MH	5:40	72	42:42	83	19:42	119	1:08:04	
92	Suzy Stennett	108		FF	6:17	113	44:25	109	17:23	60	1:08:05	
93	Carin Minnie	103		FH	5:28	61	44:42	113	18:30	90	1:08:40	
94	Justine Valentine	160		FD	5:02	35	44:38	112	19:20	108	1:09:00	
95	Michael Mann	69	Woodbridge swimming club	MJ	5:09	45	44:33	111	19:19	106	1:09:01	
96	Bill Grimwood	27	West Suffolk Tri	MH	6:56	139	43:51	98	18:22	87	1:09:09	
97	Emily Tavernor	161		FD	4:52	27	42:47	84	21:44	151	1:09:23	
98	Mandy Bunn	76	West Suffolk Tri	FH	6:11	106	43:59	101	19:29	111	1:09:39	
98	Julie Peacock	112	Blackwater Tri	FJ	6:15	109	43:26	90	19:58	122	1:09:39	
100	Leslie Basham	91	Stowmarket Striders	ML	7:05	145	42:21	81	20:34	137	1:10:00	
100	Adam Fish	190		MF	4:21	11	44:04	104	19:35	115	1:10:00	P
102	Robert Adam	66		MH	6:22	118	44:03	103	19:36	116	1:10:01	
102	Anne Fish	106	Tri-Anglia	FL	6:17	113	44:19	107	19:25	110	1:10:01	
102	Philip Fouche	188	Born 2 Tri	MH	4:22	12	45:19	120	20:20	136	1:10:01	
105	Steve Cresswell	59		MG	7:03	144	45:45	123	17:14	58	1:10:02	
106	Neil Gillingham	113	Ipswich Harriers	ME	6:12	108	48:14	143	15:39	21	1:10:05	
106	Simon Kitching	119		MI	5:42	73	44:22	108	20:01	125	1:10:05	
108	Tim Robinson	26		MF	7:02	143	46:19	128	16:48	48	1:10:09	
109	Jane Segust	95	Newmarket Tri	FF	5:59	89	41:55	78	22:16	158	1:10:10	
110	Frank Gardiner	53	Great Bentley RC	MK	7:11	150	44:52	115	18:14	83	1:10:17	
111	Dan Thompson	85		ME	6:19	117	43:32	93	20:48	139	1:10:39	
112	Dawn D'Amarco	75	West Suffolk Tri	FG	6:32	124	43:59	101	20:18	134	1:10:49	
112	Paul Cappleman	174	West Suffolk Tri	MH	5:43	74	46:31	130	18:35	92	1:10:49	
114	Andre Potgieter	71	Tri-Anglia	MJ	5:22	53	46:58	133	18:45	95	1:11:05	
115	Claire Goodwin	137		FD	4:48	25	46:45	131	19:34	114	1:11:07	
116	Lyndon Houston	49		MG	6:50	136	45:01	117	19:17	105	1:11:08	
117	Kelli Lawrence	79		FF	6:07	103	45:04	118	20:06	129	1:11:17	
118	Quentin Crowe	40	Ipswich Jaffa	MI	7:12	152	47:11	136	17:00	54	1:11:23	
119	Michael Pullen	121		MI	6:02	95	44:07	105	21:16	145	1:11:25	
120	Anna Borghesani	138		FG	5:23	55	46:03	125	20:05	128	1:11:31	
121	Paul Smith	114	Ipswich Tri	ME	6:34	125	43:00	86	22:04	156	1:11:38	
121	Chris Shutt	169		ME	5:10	47	44:51	114	21:37	148	1:11:38	

123	Francois Smit	51		MI	6:40	130	44:07	105	21:05	142	1:11:52	
124	Jo Higgon	83	Harwich Runners	FJ	6:11	106	43:48	97	22:19	159	1:12:18	
125	Jako Robbertse	43		MI	8:10	169	43:12	88	20:57	141	1:12:19	
126	Simon Price	146	Great Bentley RC	MH	5:39	70	47:05	135	19:36	116	1:12:20	
127	Roy Huson	30		MG	7:27	160	46:53	132	18:05	79	1:12:25	
128	Brian Telford	65	Great Bentley RC	MH	6:30	122	47:53	140	18:20	86	1:12:43	
129	Ian Evans	139		MD	5:09	45	46:12	127	19:32	112	1:12:53	P
130	Vanessa Smith	60		FG	6:02	95	46:04	126	18:59	102	1:13:05	P
131	Anders Fagher	42		MG	7:00	141	47:31	139	18:46	96	1:13:17	
132	Jacqueline Chubb	107	Ipswich Tri	FI	5:57	86	47:23	138	19:58	122	1:13:18	
133	Catherine Johnson	61	Colchester Boot Camps	FH	7:49	165	48:48	147	17:01	55	1:13:38	
134	Clyde Goodwin	17		MJ	9:01	174	45:14	119	19:40	118	1:13:55	
135	Marthinus Robbertse	123		MJ	6:31	123	44:26	110	23:30	166	1:14:27	
136	Debbie Ghant	35	Stowmarket Striders	FI	8:10	169	45:26	121	20:53	140	1:14:29	
136	Sonja Harrison	64		FJ	6:36	127	47:55	141	19:58	122	1:14:29	
138	Caine Folkes-Miller	88		MG	6:15	109	49:55	152	18:54	100	1:15:04	
139	Debbie Jordan	32		FG	7:40	163	50:37	156	17:14	58	1:15:31	
140	Stuart Knight	15		ME	8:06	168	47:16	137	20:12	133	1:15:34	
141	James Moorman	9		MF	7:01	142	48:46	146	20:07	131	1:15:54	
142	Ian Roach	118		MH	6:41	132	50:39	157	18:41	94	1:16:01	
143	Chris Slemmings	124	Ipswich Tri	ML	6:03	99	48:18	145	21:43	150	1:16:04	
144	David Coley	54	Ipswich Tri	ML	7:20	155	49:57	153	18:50	97	1:16:07	
145	Michael Power	41		MJ	7:26	158	49:04	149	19:42	119	1:16:12	
145	Charlotte Thurston	77		FE	6:37	128	49:29	150	20:06	129	1:16:12	
147	Karen Payne	81	Newmarket Tri	FH	6:02	95	48:01	142	22:19	159	1:16:22	
148	Alan Jordan	19		MJ	9:42	178	47:03	134	19:48	121	1:16:33	
149	Steve Bull	20	West Suffolk Tri	MJ	8:28	171	45:52	124	22:36	162	1:16:56	
150	Sarah Lake	78		FF	5:44	76	51:06	160	20:07	131	1:16:57	
151	Karen Gallagher	62		FI	6:02	95	48:17	144	23:25	165	1:17:44	
152	Terri Geard	22	Thetford MTB	FG	6:40	130	49:38	151	21:29	146	1:17:47	
153	Jenny Buck	186		FH	5:38	69	50:08	154	22:32	161	1:18:18	
154	Paul Jeremy Sawyer	28		MI	11:35	181	44:55	116	20:01	125	1:18:31	P
155	Zoe Griffiths	159	Hadleigh Hares	FB	5:44	76	51:07	161	21:57	154	1:18:48	
156	Jayne Nunn	46	Haverhill RC	FH	7:08	149	52:31	167	19:14	104	1:18:53	
157	Robert Alston	18		MJ	7:26	158	46:30	129	25:37	177	1:19:33	
158	Katie Higgon	1	Harwich Runners	FE	4:00	4	50:40	158	25:00	174	1:19:40	
159	Anthony Mills	6		MG	7:12	152	48:48	147	23:56	169	1:19:56	
160	Dale Theron	74		FG	5:46	79	50:32	155	23:58	170	1:20:16	
161	Lynda Debono	37	Saxons	FK	6:51	137	51:58	165	21:33	147	1:20:22	
162	Sally Watts	82		FI	5:45	78	54:44	174	21:08	143	1:21:37	
163	Pam Woodmore	21	Hadleigh Hares	FG	8:34	172	51:10	162	21:56	153	1:21:40	
164	David Sawyer	10	Great Bentley RC	MI	7:49	165	55:13	176	19:33	113	1:22:35	
165	Deborah Lilwall	33		FH	6:16	111	54:31	173	21:57	154	1:22:44	
166	Michael Batt	73		ML	9:24	176	50:44	159	22:42	163	1:22:50	
167	Elizabeth Stones	63		FI	7:35	162	53:18	169	22:04	156	1:22:57	
167	Melanie Folkes-Miller	80		FG	7:12	152	53:58	171	21:47	152	1:22:57	
169	Brenda Clayton	84		FL	6:44	133	54:03	172	23:46	168	1:24:33	
170	Teresa Cross	36	West Suffolk Tri	FI	7:28	161	52:24	166	22:54	164	1:24:46	P
171	Carol Nokes	14	Hadleigh Hares	FJ	9:03	175	55:47	177	20:19	135	1:25:09	
172	Alex Green	39		MI	8:39	173	51:13	163	25:43	178	1:25:35	
173	Elsbeth Gibson	13		FJ	7:06	146	51:39	164	25:25	176	1:26:10	P
174	Jessamy Korotoga	5		FG	9:45	179	53:37	170	23:34	167	1:26:56	
175	Sara Clarke	12		FG	9:24	176	53:04	168	24:38	172	1:27:06	
176	Tim Scutter	89	Tri-Anglia	MG	6:10	105	57:37	178	25:12	175	1:28:59	
177	Hayley Birt	11	Ipswich Tri	FF	10:28	180	55:12	175	25:55	179	1:31:35	
178	Henry Brewis	44		MI	7:20	155	1:01:04	179	24:21	171	1:32:45	
179	Cathy Constable	45		FH	6:49	135	1:10:34	180	21:40	149	1:39:03	
180	Sarah Phillips	31		FD	5:59	89	1:15:59	181	26:04	180	1:48:02	
	Paul Rosher	70		MJ	7:11	150	43:37	95		DNF		

Penalties: Competitors 13, 28, 36, 60, 139, 177, 190: helmet violation (2 minutes)