

## Culford Triathlon 29 July 2007

### Youths

Pos.	Name	No.	Club	Cat	Swim		Cycle		Run		Total
1	Joe Giggins	2	East Essex Tri	MA	3:37	1	35:52	1	14:01	1	53:30
2	William Meadows	1	Team TRI UK	MA	3:47	2	38:15	3	15:44	3	57:46
3	Nathan Colman	6	West Suffolk Wheelers	MA	4:17	4	37:56	2	17:31	5	59:44
4	Venita Dabhi	3	Tri Sport Epping	FA	4:15	3	40:30	6	15:28	2	1:00:13
5	Matthew Baker	7	Tri-Anglia	MA	4:44	5	39:17	4	19:16	8	1:03:17
6	Gage Lloyd	9	Newmarket Tri Club	MA	6:45	8	40:03	5	17:59	6	1:04:47
7	Samantha Eggar	8	Cambridge Tri	FA	5:20	7	43:46	7	17:17	4	1:06:23
8	Christopher Warner	5	Harwich Swimming Club	MA	4:44	5	44:52	8	19:08	7	1:08:44

### Sprint

Pos.	Name	No.	Club	Cat	Swim		Cycle		Run		Total
1	Oliver Milk	196	Tri-Anglia	ME	4:04	5	33:22	1	13:40	4	51:06
2	David Bettinson	186	Cambridge Tri	MF	4:42	14	34:16	2	13:36	1	52:34
3	Graham Perks	182	Essex Police Tri	MG	4:24	11	35:14	5	13:55	7	53:33
4	Harry Smith	200	East Essex Tri	MB	3:39	1	36:22	8	13:36	1	53:37
5	Phil Jarvis	187	Triathlon Essex	MH	4:54	19	34:26	4	14:59	13	54:19
6	Richard Woodward	194	Ipswich Tri	MF	3:47	2	34:25	3	16:15	32	54:27
7	Gabe Lowrie	198	Cambridge Tri	MB	3:59	3	36:52	12	13:41	5	54:32
8	Mark Nowell	191	Tri-Anglia	MH	4:20	10	36:11	7	15:36	19	56:07
9	Jason Ridgeon	122		MH	5:10	36	36:55	13	14:20	8	56:25
10	Keith Tilley	117		MG	5:34	53					56:34
11	Neil Payne	179	Newmarket Tri Club	MG	5:07	31	36:24	9	15:17	15	56:48
12	Dennis Warner	183	Harwich Runners	MI	5:08	33	35:38	6	16:08	28	56:54
13	Richard Marsden	138		MI	5:45	66	37:17	15	14:47	11	57:49
14	Jonathan Bellamy	150		MH	5:38	58	36:27	10	15:52	23	57:57
15	Paul James Barton	121	Hadleigh Hares	MH	5:19	39	37:17	15	15:38	20	58:14
16	Doug Grimwade	171	Hadleigh Hares	MH	5:09	35	37:43	19	15:30	18	58:22
17	Merv Milburn	172		MH	4:57	20	37:41	18	16:07	27	58:45
18	Damien Maltarp	157		MF	4:58	21	39:18	29	14:51	12	59:07
19	Jonathan Tyrrell	114	Tri-Anglia	MG	5:22	41	38:08	22	16:08	28	59:38
20	John Chisnall	174	Hadleigh Hares	MI	5:34	53	37:36	17	16:34	39	59:44
21	Mark Brown	139	East Essex Tri	MH	5:36	55	37:47	20	16:30	37	59:53
22	Mark Schofield	163	Essex Police Tri	MI	5:20	40	38:21	23	16:17	33	59:58
23	Julian Long	115	St Edmund Pacers	MG	6:09	88	40:19	41	13:52	6	1:00:20
24	Simon Lockwood	83	Ipswich Tri	MG	5:56	76	37:48	21	16:46	44	1:00:30
25	Julian Lipscombe	149	Count Dantes Tri	MG	5:42	62	40:11	37	14:40	9	1:00:33
26	Timothy Earl	68	Triathlon Essex	ME	7:39	143	37:04	14	15:56	24	1:00:39
26	James Browning	178	Triathlon Essex	ME	5:06	29	38:39	26	16:54	49	1:00:39
28	Daniel Clifford	88	Ipswich Tri	MH	5:01	25	38:38	25	17:04	55	1:00:43
29	Annabel Gates	140	BRAT	FE	4:47	17	38:46	27	17:22	61	1:00:55
30	Peter Lever	145	Cambridge Tri	MF	5:54	73	40:18	39	15:08	14	1:01:20
31	Janet Burrows	154	East Essex Tri	FH	5:24	45	38:33	24	17:28	65	1:01:25
32	Harvey Tomlin	119	53-12	MH	5:57	77	38:49	28	16:47	45	1:01:33
33	David Husband	111	Ipswich Tri	MF	4:38	12	40:28	44	16:34	39	1:01:40
33	Chris Oliver	133	Andover Tri	MG	5:05	27	39:45	30	16:50	47	1:01:40
35	Ian Maynard	165	EETC	MI	5:31	52	41:46	65	14:42	10	1:01:59
36	Dave Gibson	155	Blackwater Tri	MJ	5:07	31	39:50	32	17:06	56	1:02:03
37	Edward Bastow	148	St Edmund Pacers	MG	5:37	57	39:49	31	16:42	42	1:02:08
38	Adrian Grimwood	74	West Suffolk Wheelers	MH	6:31	107	36:51	11	18:49	102	1:02:11
39	Andrew Owen	112	Great Bentley RC	MF	5:59	80	39:52	33	16:24	35	1:02:15
39	Tom Gibson	137	Blackwater Tri	MB	5:11	37	40:08	35	16:56	50	1:02:15
41	Mark Southgate	195		MF	4:16	8	40:46	51	17:20	60	1:02:22
42	Robert Dalessandro	30	Count Dantes Tri	MH	5:28	48	41:16	58	15:40	21	1:02:24
42	Matthew Lewis	188		ME	4:04	5	41:43	63	16:37	41	1:02:24
44	Angus Western	189	Lost Tribe of Brundish	MG	4:11	7	40:15	38	18:11	83	1:02:37
45	Graeme Biggins	158	Blackwater Tri	MF	4:43	15	40:18	39	17:58	76	1:02:59
46	Julia Jepson	143	St Edmund Pacers	FG	5:00	24	41:38	62	16:23	34	1:03:01

47	Christopher Cooke	134	St Edmund Pacers	MI	6:32	110	42:55	73	13:37	3	1:03:04	
48	Brian McGeeney	160	Ipswich Tri	MG	5:29	50	40:51	52	16:47	45	1:03:07	
49	Sam Wolton	87	Halstead Road Runners	MF	5:42	62	41:43	63	15:43	22	1:03:08	
50	Martin Alabone	113	Hadleigh Hares	MG	6:00	83	40:08	35	17:26	63	1:03:34	
51	Neil Lynch	116	East Essex Tri	MG	5:16	38	41:16	58	17:32	68	1:04:04	
52	Paul Frindle	76	Halstead Road Runners	MJ	6:22	98	40:45	50	17:00	51	1:04:07	
53	Neil Coleman	162	Tri-Anglia	MH	5:23	43	41:05	56	18:02	78	1:04:30	
54	Zena Shean	156	East Essex Tri	FH	5:26	46	43:08	78	15:58	25	1:04:32	
55	Steve Fisher	82	East Essex Tri	MI	6:42	118	41:34	60	16:24	35	1:04:40	
56	David Southgate	128	Blackwater Tri	MG	5:27	47	41:11	57	18:04	79	1:04:42	
57	Clive Dodd	42	Peterborough Tri	MH	5:08	33	42:54	72	16:42	42	1:04:44	
58	Steve Bowen	91	Hadleigh Hares	MJ	6:13	90	41:34	60	17:00	51	1:04:47	
59	Paul Goodhand	71		MG	6:20	95	40:32	45	18:01	77	1:04:53	
59	Richard Sandison	170	East Essex Tri	MH	4:38	12	40:52	53	19:23	115	1:04:53	
61	Steve Le Poidevin	81		MH	6:47	122	40:36	46	17:34	70	1:04:57	
62	Tim Lacey	77		MF	6:10	89	41:48	67	17:02	53	1:05:00	
63	Colin Byford	89	Haverhill Wheelers	MH	6:01	84	40:36	46	18:26	91	1:05:03	
64	Alex Looman	118		MH	6:01	84	41:55	68	17:14	58	1:05:10	
65	Colin Beckwith	96		MJ	6:42	118	40:22	43	18:08	81	1:05:12	
66	David Beale	47	Leicester Tri	MG	5:50	71	40:42	49	18:45	100	1:05:17	
67	David Lowrie	175	Newmarket Tri Club	MK	5:59	80	43:23	79	16:10	30	1:05:32	
68	Mark Bidston	151	East Essex Tri	MH	5:55	74	43:05	77	16:33	38	1:05:33	
69	Darren Payne	58	Woodbridge Surfers	MH	7:08	132	40:39	48	18:12	85	1:05:59	
70	Lee Dickinson	70	Newmarket Tri Club	MG	7:20	137	40:52	53	17:51	73	1:06:03	
71	David Sales	192	Cambridge Tri	MH	4:58	21	43:42	85	17:32	68	1:06:12	
72	David Clark	161	Tri-Anglia	MH	5:22	41	43:24	80	17:27	64	1:06:13	
73	Don English	66	Halstead Road Runners	MI	6:36	115	43:30	82	16:13	31	1:06:19	
74	Nigel Barber	92	Newmarket Tri Club	MK	6:40	117	39:54	34	19:59	123	1:06:33	
75	Rebecca Sore	97	Leicester Tri	FF	5:55	74	41:47	66	19:03	107	1:06:45	
76	Steve Pitman	159		MF	5:39	61	40:21	42	21:12	136	1:07:12	
77	Stephen Baker	120	Tri-Anglia	MH	6:21	96	42:40	70	18:19	88	1:07:20	
78	Rory White	168		MD	5:04	26	46:27	108	16:03	26	1:07:34	
79	Julian Colman	126	West Suffolk Wheelers	MI	6:31	107	40:57	55	18:18	87	1:07:46	P
80	Leslie Basham	50	Stowmarket Striders	MK	6:21	96	42:57	75	18:37	97	1:07:55	
81	Ian Wilcockson	72		MH	7:11	134	43:28	81	17:19	59	1:07:58	
82	Amanda Mallett	135	Ipswich Tri	FH	5:57	77	42:55	73	19:13	111	1:08:05	
83	Laura Hicks	52	Ipswich Tri	FE	4:43	15	45:08	94	18:19	88	1:08:10	
84	Guy Metcalf	193	North Norfolk Tri	ME	4:01	4	44:55	93	19:15	112	1:08:11	
85	Kim Chatting	25	Great Bentley RC	FG	8:03	150	43:33	83	17:03	54	1:08:39	
85	Sarah Miller	95	Ipswich Tri	FI	6:45	120	43:04	76	18:50	103	1:08:39	
87	Simon Green	63		MJ	6:26	100	43:59	87	18:23	90	1:08:48	
88	Sue Fuller	136	East Essex Tri	FI	5:48	68	43:51	86	19:29	116	1:09:08	
89	Jason Baillie	131	Ipswich Tri	MF	5:58	79	42:18	69	21:03	133	1:09:19	
90	Paul Tovell	75	53-12	MI	6:06	87	44:34	88	18:42	99	1:09:22	
91	Helen Bastow	44		FH	5:28	48	46:27	108	17:31	67	1:09:26	
92	Stephen Thompson	101		MH	6:48	123	42:52	71	19:52	118	1:09:32	
93	Christine Pflugler	129	Andover Tri	FG	5:44	64	46:42	111	17:09	57	1:09:35	
94	Vanessa Elmes	176	Cambridge Tri	FE	5:05	27	45:40	100	18:56	104	1:09:41	
95	Ian Carver	46		MF	6:30	106	44:44	91	18:28	92	1:09:42	
96	Ross Gabriel	21	Loughborough Students	MD	7:27	138	46:58	114	15:24	17	1:09:49	
97	Jacqueline Chubb	130	Ipswich Tri	FH	5:53	72	46:03	104	17:56	75	1:09:52	
98	Jo Bidston	106	East Essex Tri	FG	6:14	92	46:50	112	16:51	48	1:09:55	
99	Hayden Foster	80		MG	6:33	112	43:40	84	17:43	72	1:09:56	P
100	Anne Flanagan	103	Tri-Anglia	FF	5:49	70	49:05	128	15:17	15	1:10:11	
101	Louise Sime	54	Cambridge Tri	FF	6:03	86	45:14	95	18:58	106	1:10:15	
101	Mike Chaplin	64	Woodbridge Shufflers	ML	7:30	140	45:23	97	17:22	61	1:10:15	
103	Clyde Goodwin	31		MI	7:39	143	44:48	92	18:08	81	1:10:35	
104	David Tozer	39	53-12	MG	5:36	55	44:38	89	20:24	127	1:10:38	
105	Karen Howes	166	Cambridge Tri	FG	5:23	43	46:26	107	19:07	108	1:10:56	
106	David Sykes	32		MI	7:02	129	45:34	99	18:34	95	1:11:10	
107	Debbie Ghant	60	Stowmarket Striders	FH	7:35	142	45:31	98	18:11	83	1:11:17	
108	Julia Hunter	67		FG	6:29	105	45:53	102	18:57	105	1:11:19	
109	Janice Brown	108	East Essex Tri	FH	5:59	80	46:52	113	18:29	93	1:11:20	
110	Carla Self	180		FE	4:51	18	44:38	89	22:34	141	1:12:03	
111	Sarah Jennings	105	Woodbridge Shufflers	FG	6:34	113	46:09	105	17:53	74	1:12:36	P
112	Yvonne French	86	East Essex Tri	FI	6:36	115	46:35	110	19:39	117	1:12:50	

113	Paul Blackwell	13	Great Bentley RC	MH	6:26	100	48:50	124	18:05	80	1:13:21
114	Bill Grimwood	10	West Suffolk Wheelers	MG	8:13	152	46:00	103	19:12	109	1:13:25
115	Carolynn Anderson	34	Newmarket Joggers	FF	7:28	139	48:29	122	17:30	66	1:13:27
116	Charmaine Gearghy	94	Stowmarket Striders	FF	6:32	110	48:22	119	18:35	96	1:13:29
117	Michelle Constable	43	Ipswich Tri	FH	6:46	121	49:12	129	17:37	71	1:13:35
118	Mark Newman	93		ME	6:22	98	45:18	96	22:15	140	1:13:55
119	Stewart Ingram	49	Tri-Anglia	MK	7:01	128	47:55	118	19:12	109	1:14:08
120	Juliet Konrath	99	St Edmund Pacers	FH	6:26	100	48:25	120	19:21	114	1:14:12
121	Stephen Griffiths	15		MI	7:30	140	48:28	121	18:38	98	1:14:36
122	Gordon Ellis	29		MH	8:27	155	46:15	106	19:58	121	1:14:40
123	Samantha Salisbury	104		FG	5:44	64	49:02	127	19:57	120	1:14:43
124	Helena West	24		FG	6:15	93	49:27	131	19:18	113	1:15:00
125	Claire Goodwin	167		FD	4:59	23	49:39	132	20:48	130	1:15:26
126	Tricia Stacey	98	Colchester Harriers	FG	6:13	90	50:48	138	18:29	93	1:15:30
127	Elizabeth McGoldrick	62	Ipswich Tri	FJ	7:03	130	47:47	116	20:59	132	1:15:49
128	Michael Power	18		MJ	7:55	147	49:52	134	18:14	86	1:16:01
129	Francois Smit	79		FI	6:57	127	48:50	124	20:31	128	1:16:18
130	Ian Hopgood	69	Woodbridge Surfers	MG	6:34	113	45:49	101	23:57	146	1:16:20
131	Jerome Walls	90		MI	6:26	100	48:56	126	21:22	137	1:16:44
132	Andrew Harrigan	23		MD	7:59	149	50:35	137	18:48	101	1:17:22
133	Emily Carter	51	Ipswich Tri	FE	5:38	58	50:24	135	21:37	138	1:17:39
134	Jacques Theron	110		MF	5:06	29	48:32	123	24:04	147	1:17:42
135	Lesley Brooke	22		FG	8:22	154	49:43	133	20:02	124	1:18:07
136	Alison Ross	56		FG	6:26	100	52:11	146	19:55	119	1:18:32
137	Sarah Andrews	27		FH	7:44	145	51:28	142	19:58	121	1:19:10
138	Chris Malster	37		MI	7:48	146	50:49	139	20:37	129	1:19:14
139	Stephen Suter	57		MG	6:52	124	47:53	117	24:35	148	1:19:20
140	Kelly Taylor	78		FF	7:07	131	49:16	130	23:19	143	1:19:42
141	Karen Gallagher	109		FH	6:15	93	51:37	144	21:55	139	1:19:47
142	John Thackray	59	Tri-Anglia	MJ	7:58	148	51:38	145	21:08	134	1:20:44
143	Tony Wilson	17		MG	8:17	153	47:40	115	24:48	149	1:20:45
144	Jo Montagu	65		FG	6:56	126	50:29	136	23:24	144	1:20:49
145	Sandy Norman	33		MJ	8:08	151	52:45	147	20:03	125	1:20:56
146	Karen Payne	84	Newmarket Tri Club	FG	6:31	107	51:24	141	23:28	145	1:21:23
147	Michelle Biggins	53	Blackwater Tri	FF	5:46	67	51:14	140	24:51	150	1:21:51
148	Valerie Dadge	85	Felixstowe RR	FH	6:55	125	54:58	150	20:58	131	1:22:51
149	Lorna Mackie	107		FG	7:09	133	55:54	152	20:11	126	1:23:14
150	Patricia Watson-Miller	100	Cambridge Tri	FH	7:12	135	51:32	143	26:31	153	1:25:15
151	Anita Malster	61		FH	7:13	136	55:06	151	23:06	142	1:25:25
152	John Tavner	16		MK	9:54	157	53:55	148	25:12	151	1:29:01
153	Yvonne Cooke	35	St Edmund Pacers	FG	9:13	156	1:00:57	155	21:11	135	1:31:21
154	Jill Merriam	45		FI	5:38	58	59:59	154	25:46	152	1:31:23
155	Caroline Goldsworthy	14		FH	10:47	159	56:57	153	26:57	154	1:34:41
156	Joanna Crowe	20		FJ	10:19	158	1:06:28	156	30:18	155	1:47:05
DNF	Chris Slemmings	127	Ipswich Tri	ML	5:48	68					
DNF	Alison Scahill	144		FH	5:30	51					
DNF	Cathy Thomson	197	East Essex Tri	FB	4:17	9	54:32	149			