

# IPSWICH DUATHLON 2006 - ALTON WATERS

## Overall Result

Posn.	Race No	Name	Club	AgeGrp	Split1	Split2	Split3	Time
1	153	Kevin Sheppard	Army Triathlon	E	16:21(1)	38:02(9)	17:03(1)	1:11:26
2	124	Roy Young	Colchester H30 Triathlon	G	17:58(6)	36:10(2)	18:40(5)	1:12:48
3	145	Pete Wager	Swim Bike Run - Windsor	F	17:49(4)	36:32(4)	18:39(4)	1:13:00
4	143	Gary Poulter	East Essex Tri Club	F	18:14(8)	36:19(3)	18:37(3)	1:13:10
5	138	David Hutchinson	PACTRAC	F	17:30(2)	38:29(11)	18:53(6)	1:14:52
6	164	James Jackson	East Essex Tri Club	B	19:08(12)	35:03(1)	21:13(23)	1:15:24
7	56	Geoffrey Brewster	Unattached	I	18:40(9)	37:57(7)	19:22(8)	1:15:59
8	87	Nigel Powley	Ipswich Triathlon Club	H	17:48(3)	39:08(15)	19:21(7)	1:16:17
9	43	Andrew Girling	Invicta Tri	J	18:59(10)	37:29(6)	20:17(13)	1:16:45
10	148	Gavin Davies	Ipswich JAFFA	E	17:59(7)	41:00(24)	18:20(2)	1:17:19
11	166	Joe Skipper	Tri-Anglia	B	19:07(11)	38:09(10)	20:47(21)	1:18:03
12	95	Richard Marsden	Unattached	G	19:37(18)	39:00(13)	20:40(18)	1:19:17
13	97	Stuart Bennett	Colchester H30 Triathlon	G	19:50(22)	38:56(12)	20:42(19)	1:19:28
14	102	Paul De Bree	Unattached	G	19:50(23)	40:07(19)	19:39(9)	1:19:36
15	118	Jason Ridgeon	Unattached	G	19:37(19)	39:50(17)	20:29(16)	1:19:56
16	163	Tim Butt	East Essex Tri Club	B	20:12(28)	37:57(8)	22:01(36)	1:20:10
17	104	Matthew Capp	Felixstowe Road Runners	G	19:57(25)	39:00(14)	21:22(25)	1:20:19
18	106	Ian George	East Essex Tri Club	G	19:20(14)	41:24(28)	20:10(11)	1:20:54
19	45	Keith Murphy	Trent Park	J	19:28(16)	41:41(32)	19:55(10)	1:21:04
20	40	Graham White	Ipswich Triathlon Club	J	19:43(20)	41:13(25)	20:14(12)	1:21:10
21	80	Nick Folland	Unattached	H	19:12(13)	42:23(34)	20:24(14)	1:21:59
22	81	Doug Grimwade	Hadleigh Hares AC	H	19:50(21)	40:20(20)	21:58(34)	1:22:08
23	151	Peter Kerry	Ipswich Triathlon Club	E	17:56(5)	43:05(37)	21:23(26)	1:22:24
24	135	Daniel Barker	Unattached	E	19:30(17)	41:32(30)	21:51(32)	1:22:53
25	103	Iain Downie	Ipswich Triathlon Club	G	20:53(37)	40:31(22)	21:58(35)	1:23:22
26	76	John Chisnall	Hadleigh Hares AC	H	21:24(45)	39:09(16)	23:18(52)	1:23:51
27	46	William Newland	Ipswich Triathlon Club	J	20:51(36)	40:46(23)	22:23(42)	1:24:00
28	72	Paul Barton	Hadleigh Tri Club	H	21:02(40)	40:04(18)	22:55(48)	1:24:01
29	125	Patrick Gillespie	Unattached	G	20:53(38)	41:14(26)	22:11(38)	1:24:18
30	85	Andrew Mackenzie	The Bauder Team	H	20:28(32)	42:30(35)	21:31(28)	1:24:29
31	114	Andrew Garvie	Army Triathlon	G	21:17(44)	41:21(27)	21:56(33)	1:24:34
32	133	Steve Clark	Unattached	F	22:05(55)	40:27(21)	22:30(43)	1:25:02
33	101	Darryl Davis	Tri-anglia	G	19:57(24)	44:34(47)	20:59(22)	1:25:30
34	57	Keith Taylor	Witham RC	I	21:26(46)	44:02(41)	20:38(17)	1:26:06
35	131	Antony Birt	Ipswich Triathlon Club	F	22:05(54)	41:29(29)	22:42(46)	1:26:16
36	107	Andy Green	Stowmarket Striders	G	20:12(27)	44:35(48)	21:49(30)	1:26:36
37	31	Chris Fairbrass	Invicta Tri	K	20:13(29)	44:27(46)	22:02(37)	1:26:42
38	49	Russell Clarke	Tri-Anglia	I	20:04(26)	45:58(64)	20:45(20)	1:26:47
39	15	Jackie Wren	Cambridge Triathlon Club	H (L)	20:58(39)	44:41(52)	21:31(27)	1:27:10
40	89	Simon Rudland	Unattached	H	21:32(47)	42:17(33)	23:21(53)	1:27:10
41	2	Marion Lambert	Trent Park	I (L)	21:06(42)	44:36(49)	22:22(41)	1:28:04
42	111	Gary Langridge Brown	East Essex Tri Club	G	22:08(57)	43:16(38)	22:42(45)	1:28:06
43	54	Michael Rees	Unattached	I	20:27(31)	45:55(62)	21:47(29)	1:28:09
44	145	Sam Wolton	Halstead Road Runners	F	20:29(33)	46:35(70)	21:15(24)	1:28:19
45	96	Nick Askew	City of Norwich AC	G	19:25(15)	47:12(74)	21:50(31)	1:28:27
46	117	Jason Regan	Unattached	G	20:32(34)	45:13(56)	22:45(47)	1:28:30
47	52	Mark Hird	Ipswich Triathlon Club	I	21:57(52)	43:30(39)	23:16(50)	1:28:43
48	141	Neil Parkin	Unattached	F	20:21(30)	46:27(69)	22:17(39)	1:29:05
49	50	Anthony Evans	Unattached	I	22:01(53)	42:38(36)	24:46(64)	1:29:25
50	136	John Edwards	Crystal Palace Tri	F	21:44(50)	44:37(50)	23:17(51)	1:29:38

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51	134	Kraig Cole	Tri-Anglia	F	22:47(60)	41:39(31)	25:32(75)	1:29:58
52	120	Darren Thomas	Witham RC	G	21:40(49)	46:02(66)	22:35(44)	1:30:17
53	160	Alan Pilgrim	Witham Running Club	D	20:39(35)	49:28(94)	20:27(15)	1:30:34
54	99	Andy Chambers	Tri-Sport Epping	G	23:20(69)	44:43(53)	23:47(57)	1:31:50
55	22	Michelle Van Looy	53-12 Multisports	G (L)	22:53(63)	45:30(58)	23:41(54)	1:32:04
56	33	Christine Robertson	Tri Anglia	E (L)	21:49(51)	48:21(82)	23:06(49)	1:33:16
57	44	John Markham	Halstead Road Runners	J	23:44(72)	45:41(59)	23:54(58)	1:33:19
58	115	Brian McGeeney	Ipswich Triathlon Club	G	22:49(61)	44:25(45)	26:05(84)	1:33:19
59	5	David Gibson	Blackwater Tri Club	I	22:53(62)	45:24(57)	25:11(71)	1:33:28
60	48	Nik Bestow	Ipswich Triathlon Club	I	23:16(67)	46:39(72)	23:43(55)	1:33:38
61	17	Joanna Bidston	East Essex Tri Club	G (L)	21:14(43)	50:05(99)	22:21(40)	1:33:40
62	162	Thomas Gibson	Blackwater Tri Club	A	21:38(48)	44:37(51)	27:36(101)	1:33:51
63	92	Ian Suttle	53-12 Multisports	H	24:17(83)	43:30(40)	26:11(85)	1:33:58
64	121	Barry Tipple	Unattached	G	23:51(75)	45:57(63)	24:32(61)	1:34:20
65	79	Steve Fisher	East Essex Tri Club	H	22:08(56)	47:22(75)	24:57(68)	1:34:27
66	6	Janet Burrows	East Essex Tri Club	H (L)	23:45(73)	44:09(43)	24:49(65)	1:34:43
67	109	Steven Hatch	Unattached	G	23:13(66)	45:44(61)	25:46(79)	1:34:43
68	1	Elsbeth Knott	Harwich Runners	K (L)	24:23(85)	44:45(54)	25:36(76)	1:34:44
69	18	Lorna Garrod	Benfleet Running Club	G (L)	22:19(58)	48:27(84)	24:11(60)	1:34:57
70	51	Paul Gammon	Unattached	I	22:43(59)	46:01(65)	26:29(87)	1:35:13
71	93	Harvey Tomlin	53-12 Multisports	H	25:04(95)	44:06(42)	26:32(89)	1:35:42
72	34	Jan Farmer	Serpentine RR	K (L)	25:08(98)	45:01(55)	25:43(78)	1:35:52
73	25	Lindsay Hellier	Unattached	F (L)	23:05(64)	47:57(80)	24:55(66)	1:35:57
74	140	Stuart Mills	Witham Running Club	F	23:55(78)	48:36(86)	23:43(56)	1:36:14
75	159	Kevin Payne	Unattached	D	23:55(79)	47:53(78)	24:32(62)	1:36:20
76	158	Adam French	Unattached	D	23:12(65)	46:23(68)	26:58(94)	1:36:33
77	74	Curtis Caba	Hadleigh Hares AC	H	23:39(71)	46:21(67)	26:57(93)	1:36:57
78	165	Scott Lewiston	Unattached	B	23:55(80)	48:54(89)	24:09(59)	1:36:58
79	39	Steve Bowen	Hadleigh Hares AC	J	23:55(77)	48:03(81)	25:10(70)	1:37:08
80	12	Amanda Mallett	Ipswich Triathlon Club	H (L)	24:43(91)	45:43(60)	27:15(99)	1:37:41
81	16	Julia Yelloly	Ipswich Triathlon Club	H (L)	25:05(96)	46:39(71)	25:57(82)	1:37:41
82	116	Chris Quantrill	Unattached	G	24:08(82)	48:25(83)	25:38(77)	1:38:11
83	157	Tom Wilmot	Ipswich Triathlon Club	E	24:42(89)	47:51(77)	26:04(83)	1:38:37
84	113	Neil Lynch	East Essex Tri Club	G	24:37(88)	48:35(85)	25:31(74)	1:38:43
85	36	Victor McCloud	Benfleet Running Club	M	24:05(81)	50:04(98)	24:39(63)	1:38:48
86	122	Mark Walsh	Unattached	G	24:22(84)	48:57(91)	26:49(92)	1:40:08
87	126	Patrick Farley	Unattached	G	25:32(101)	47:46(76)	27:06(96)	1:40:24
88	8	Michelle Constable	Ipswich Triathlon Club	H (L)	23:54(76)	51:30(104)	25:16(73)	1:40:40
89	47	Charlie Stannett	Ipswich Triathlon Club	J	26:05(107)	47:56(79)	26:42(91)	1:40:43
90	10	Helen Farrow	Ipswich Triathlon Club	H (L)	24:43(90)	49:51(96)	26:32(88)	1:41:06
91	32	Penny Fairbrass	Invicta Tri	I (L)	25:38(102)	49:05(93)	26:28(86)	1:41:11
92	4	Alexis Chapman	Unattached	H (L)	23:50(74)	51:14(100)	26:41(90)	1:41:45
93	41	Mike Brettle	Cambridge Triathlon Club	J	24:31(87)	51:27(103)	25:52(80)	1:41:50
94	58	Paul Tovell	53-12 Multisports	I	26:15(108)	48:47(88)	27:02(95)	1:42:04
95	88	Bernard Ransome	The Bauder Team	H	24:26(86)	52:01(107)	25:53(81)	1:42:20
96	42	Frank Gardiner	GBRC	J	26:02(106)	48:57(90)	27:40(102)	1:42:39
97	3	Kate Stannett	Ipswich Triathlon Club	I (L)	26:37(111)	48:46(87)	27:18(100)	1:42:41
98	119	Richard Sandison	East Essex Tri Club	G	27:35(115)	44:11(44)	30:55(112)	1:42:41
99	23	Charmaine Geraghty	Stowmarket Striders	F (L)	24:51(92)	52:48(108)	25:04(69)	1:42:43
100	7	Jacqueline Chubb	Ipswich Triathlon Club	H (L)	25:49(104)	51:51(106)	25:15(72)	1:42:55

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Posn.	Race No	Name	Club	AgeGrp	Split1	Split2	Split3	Time
101	77	Karl Chubb	Ipswich Triathlon Club	H	25:02(94)	53:06(109)	24:55(67)	1:43:03
102	53	Mike Jones	The Bauder Team	I	25:14(99)	49:30(95)	28:57(106)	1:43:41
103	70	Steve de Boltz	Ipswich Triathlon Club	H	23:17(68)	51:23(102)	29:29(109)	1:44:09
104	147	Oliver Calver	Ipswich Triathlon Club	E	25:53(105)	49:58(97)	28:41(105)	1:44:32
105	28	Wendy Quantrill	Ipswich Triathlon Club	F (L)	26:18(109)	51:23(101)	27:10(98)	1:44:51
106	78	Neil Coleman	Tri Anglia	H	24:58(93)	49:03(92)	32:09(115)	1:46:10
107	150	Duncan Godfrey	Unattached	E	25:42(103)	51:38(105)	29:21(108)	1:46:41
108	142	Steve Pitman	Unattached	F	27:16(112)	46:40(73)	33:14(116)	1:47:10
109	13	Teresa Rush	Hadleigh Hares AC	H (L)	26:21(110)	55:56(111)	28:25(104)	1:50:42
110	14	Helen Salmon	Wymondham Athletic Club	H (L)	28:40(119)	55:29(110)	27:58(103)	1:52:07
111	112	Jamie Longshaw	Unattached	G	25:07(97)	58:21(115)	30:21(110)	1:53:49
112	19	Tracy Holt	The Bauder Team	G (L)	27:40(116)	57:45(113)	29:04(107)	1:54:29
113	29	Lisa Symonds	Fitness Training Network	F (L)	27:40(117)	1:00:44(117)	27:08(97)	1:55:32
114	100	Hayden Davies	The Bauder Team	G	27:21(113)	57:06(112)	31:54(114)	1:56:21
115	167	Philip Chaimbault	Unattached	F	28:12(118)	57:50(114)	30:28(111)	1:56:30
116	84	Richard Kulakowski	The Bauder Team	H	27:24(114)	1:02:01(118)	31:33(113)	2:00:58
117	155	Wai Ngai	Unattached	E	30:38(121)	no split(0)	no split(0)	2:04:10
118	37	Peter Allnutt	The Bauder Team	L	33:48(124)	1:00:11(116)	35:41(118)	2:09:40
119	11	Irene Lewiston	Unattached	H (L)	30:40(123)	1:07:28(119)	33:50(117)	2:11:58
120	149	Steven Frost	The Bauder Team	E	30:34(120)	1:09:15(121)	39:23(119)	2:19:12
121	156	Kieran Townes	The Bauder Team	E	30:38(122)	1:09:11(120)	39:23(120)	2:19:12