

# Ipswich Duathlon 19 September 2010 Alton Water

## Women

Pos.	Name	No.	Club	Cat	Run 1		Bike		Run 2		Total
1	Juliet Vickery	31	Cambridge Triathlon Club	I	18:48	1	42:34	1	21:03	2	1:22:25
2	Sue Miles	33		F	18:48	1	45:07	4	20:55	1	1:24:50
3	Angela Joiner-Handy	17	Newmarket Cycling & Triat	H	20:18	3	44:38	3	22:15	3	1:27:11
4	Geraldine Howard	32	Tri Sports Epping	I	21:25	4	43:21	2	23:52	5	1:28:38
5	Jackie Wren	27		I	21:45	5	48:12	7	24:12	6	1:34:09
6	Janice Brown	22	East Essex Triathlon Club	I	22:31	7	49:16	9	23:31	4	1:35:18
7	Elizabeth Irvine	3	Wimbledon Windmilers	E	23:30	11	47:14	5	25:10	10	1:35:54
8	Verity Smith	10	Ipswich Jaffa	F	22:22	6	50:40	11	24:47	9	1:37:49
9	rachel duncombe	18		H	23:01	9	50:31	10	24:30	8	1:38:02
10	Renee Fox	13	Stowmarket Striders	G	24:13	12	48:07	6	26:10	11	1:38:30
11	Vicki Goddard	7		F	23:20	10	52:20	12	24:16	7	1:39:56
12	Jenny Nortje	5		E	25:40	16	48:54	8	31:04	16	1:45:38
13	Claire Burrows	9		F	22:41	8	58:25	19	26:44	12	1:47:50
14	Georgina Townsend	11		G	25:33	14	54:37	13	28:50	13	1:49:00
15	Suzanne Barber	23		I	25:39	15	57:48	18	29:54	14	1:53:21
16	Pamela Woodmore	15	Hadleigh Hares	G	25:32	13	58:48	20	30:25	15	1:54:45
17	Moira Pinkney	30	Ipswich Triathlon Club	L	27:46	19	56:23	15	31:29	17	1:55:38
18	Zoe Griffiths	2	Hadleigh Hares	B	28:00	20	56:18	14	34:17	22	1:58:35
19	Cheryl Ratcliffe	8		F	27:36	18	57:31	17	33:37	21	1:58:44
20	Karen Whadcoat	25	Hadleigh Hares	I	27:26	17	59:51	21	31:34	18	1:58:51
21	Vicki Robertson	4	Harwich Runners	E	30:44	22	56:32	16	32:20	19	1:59:36
22	Lisa Smith	14	Hadleigh Hares AC	G	28:54	21	1:02:55	22	32:52	20	2:04:41
23	Sarah Markham	150		H	32:38	23	1:08:24	23	39:19	23	2:20:21

## Men

Pos.	Name	No.	Club	Cat	Run 1		Bike		Run 2		Total
1	colin peck	114	Colchester Harriers	E	16:43	3	39:30	4	18:14	1	1:14:27
2	Gavin Davies	119	Ipswich Jaffa / Ipswich Bicy	F	16:42	2	39:29	3	18:50	2	1:15:01
3	Joe Skipper	146	Tri-Anglia	D	19:23	12	35:33	1	20:42	10	1:15:38
4	Ben Caisey	138	Ipswich Tri Club	G	17:47	5	39:08	2	19:32	5	1:16:27
5	Ross Fawcett	100		B	17:31	4	41:43	12	19:18	4	1:18:32
6	Andrew Rooke	101	Ipswich Harriers	D	16:24	1	42:52	21	20:19	8	1:19:35
7	Martin Wilson	117	West Suffolk Tri	F	18:20	6	41:15	10	20:38	9	1:20:13
8	peter kerry	121		F	18:21	7	43:24	25	19:09	3	1:20:54
9	Chris Clarke	130	Tri-Anglia	F	18:41	10	40:43	7	21:35	15	1:20:59
10	Ian George	56	East Essex Triathlon Club	H	18:38	8	42:31	18	20:18	7	1:21:27
11	graham collins	104	GCP racing	D	20:06	21	39:51	5	22:06	17	1:22:03
12	Dean Marshall	84	Nene Valley Harriers	I	19:37	13	41:25	11	21:18	13	1:22:20
13	Richard Hanley	64	Hadleigh Hares AC	H	20:09	22	40:44	8	22:31	21	1:23:24
14	darren thomas	63	dunmow tri	H	19:51	16	43:28	26	20:53	11	1:24:12
15	Gary Wootton	65	Tri Anglia	H	20:18	24	42:57	22	21:08	12	1:24:23
16	Rory Suckling	60		H	20:20	25	44:16	35	20:17	6	1:24:53
17	Doug Grimwade	70	Hadleigh Hares AC	I	21:09	36	41:54	13	22:29	20	1:25:32
18	Peter Osborne	61	Castle Point Joggers	H	19:10	11	45:15	42	21:34	14	1:25:59
19	Graham White	49	Ipswich Triathlon Club	K	20:29	27	42:41	20	22:59	28	1:26:09
20	Dave Lumby	87		J	19:57	18	43:53	34	22:32	22	1:26:22
21	Paul Gammon	85	East Essex Triathlon Club	I	21:44	42	42:01	15	22:48	25	1:26:33
21	Chris Milne	91	East Essex Tri	J	21:20	37	42:24	17	22:49	26	1:26:33
23	Graham Coulter	98	Tri Anglia	G	20:17	23	43:48	33	22:35	24	1:26:40
24	Stuart Bennett	59	Human Performance Unit	H	21:23	38	42:13	16	23:33	33	1:27:09
25	Thomas Livermore	126		F	21:35	40	43:31	27	22:08	18	1:27:14
26	Thomas Wood	111		E	20:49	28	43:33	28	23:02	30	1:27:24
27	Mark Davies	88		J	20:23	26	42:00	14	23:11	31	1:27:34
28	dan foster	66	great bentley	H	20:05	20	45:07	39	23:00	29	1:28:12
29	Tim Edmonds	137	Thorpe Woodlands Adventu	G	20:56	32	43:15	23	24:13	39	1:28:24
30	Nick Salway	99	Hadleigh Hares AC	I	22:17	51	41:13	9	25:16	46	1:28:46
31	Michael Greene	118		F	21:38	41	43:36	31	23:43	34	1:28:57
32	Trevor Fulcher	52		H	20:54	31	45:38	45	22:34	23	1:29:06

33	Joseph Dule	102		D	18:39	9	46:49	51	23:50	35	1:29:18	
34	James Birch	62	CCB/WAC	H	20:58	33	45:09	40	23:12	32	1:29:19	
35	thomas jarrett	141		G	19:43	14	46:10	47	21:39	16	1:29:32	P
36	simon le page	113		E	19:45	15	46:14	49	23:53	36	1:29:52	
37	Paul Rooke	120	West Suffolk Wheelers Tri	F	22:28	54	40:33	6	27:16	64	1:30:17	
38	Simon Edye	94	Tri-Anglia	K	23:13	62	42:34	19	24:38	41	1:30:25	
39	Carl Pearse	142	Beckenham Running Club	G	22:11	48	43:19	24	25:18	47	1:30:48	
40	Michael Eustace	115		E	22:25	52	44:50	38	24:01	37	1:31:16	
41	Craig Neal	145		G	20:04	19	48:59	63	22:18	19	1:31:21	
42	Andrew Minns	127	None	F	22:03	44	43:33	28	26:12	56	1:31:48	
43	Russel Breyer	83	Ipswich Triathlon Club	I	22:11	48	45:22	43	24:47	43	1:32:20	
44	Jason Walne	50		H	20:52	30	44:49	37	22:58	27	1:32:39	P
45	Lewis Knights	123	Quad Squad	F	22:05	45	46:13	48	24:26	40	1:32:44	
46	Adam Owen	103		D	19:51	16	47:07	52	25:59	55	1:32:57	
47	Mark Schofield	80	Essex Police Tri	I	23:12	61	45:10	41	25:12	45	1:33:34	
48	Tomi Antila	132		G	22:38	57	45:25	44	25:37	51	1:33:40	
48	John Wilmot	133	Cambridge Triathlon Club	G	21:46	43	47:16	54	24:38	41	1:33:40	
50	John Sanderson	148	VC Revoluion	E	23:34	65	43:46	32	26:29	59	1:33:49	
51	Roy Fulcher	143		G	20:50	29	47:19	55	25:52	54	1:34:01	
52	Guy Wightman	86		I	23:08	60	43:34	30	27:29	65	1:34:11	
53	Matt Capp	53	Felixstowe Roadrunners	H	22:15	50	45:49	46	26:20	57	1:34:24	
54	Andrew Keeble	51	Tri-Anglia	H	23:05	59	46:15	50	25:41	52	1:35:01	
55	Barry Armstrong	69		H	22:10	47	48:15	62	25:04	44	1:35:29	
56	Victor Henderson	128		F	21:08	35	47:43	59	26:43	61	1:35:34	
57	Trevor Wilkins	77		I	23:34	65	47:19	55	26:20	57	1:37:13	
58	Daniel Gould	134	Team Pink	G	24:25	74	44:32	36	28:28	69	1:37:25	
59	Trevor Brockwell	75		I	22:26	53	49:43	64	25:26	49	1:37:35	
60	Stephen Hackett	73	stowmarket and district CC	I	22:35	55	50:55	66	25:23	48	1:38:53	
61	Chris Els	58		H	22:08	46	51:29	70	25:35	50	1:39:12	
62	mark Hird	90	Ipswich Tri Club	J	24:00	70	48:06	61	27:14	63	1:39:20	
63	James Lynch	74		I	23:20	63	50:55	66	25:44	53	1:39:59	
64	Stuart Knight	110		E	23:55	68	50:17	65	26:39	60	1:40:51	
65	David Marsh	122		F	21:25	39	55:43	79	24:06	38	1:41:14	
66	Scott Slater	131		G	24:06	71	47:11	53	30:00	77	1:41:17	
67	Paul Eustace	89		J	25:53	81	47:31	58	28:36	70	1:42:00	
68	Jon Millburn	68	stowmarket striders	H	24:42	75	47:57	60	29:42	76	1:42:21	
69	Peter Fraser-Hopewell	93	Harwich Runners	K	24:16	72	52:01	72	26:56	62	1:43:13	
70	Kevin Payne	106	Witham RC	E	22:36	56	52:07	74	28:42	71	1:43:25	
71	paul smith	116	Ipswich Tri Club	E	25:06	80	47:27	57	31:00	79	1:43:33	
72	Matthew Waylen	105	GCP racing	D	22:47	58	52:57	75	27:59	67	1:43:43	
73	paul jeremy sawyer	79		I	24:47	79	51:37	71	27:46	66	1:44:10	
74	Richard Evans	107		E	23:56	69	51:12	68	29:10	73	1:44:18	
75	simon kitching	78		I	24:45	76	51:19	69	28:16	68	1:44:20	
76	Brian Powlett	135		G	23:21	64	52:06	73	29:12	74	1:44:39	
77	Fraser Marshall	55		H	23:39	67	53:31	76	32:28	81	1:49:38	
78	Chris Bilton	82		I	26:08	82	54:08	78	30:54	78	1:51:10	
79	Clayton Fosker	108		E	24:46	78	57:52	81	29:21	75	1:51:59	
80	roy french	95		L	26:20	83	57:44	80	28:59	72	1:53:03	
81	Adrian Coombs	67	Essex Police Tri	H	24:45	76	57:53	82	31:35	80	1:54:13	
82	Glen Curtis	124	Quad Squad	F	29:06	84	53:31	76	33:53	82	1:56:30	
	Peter Chaplin	92	Pitsea Running Club	K	24:19	73	DNF					
	Simon Redhead	125	Stowmarket Cycle Club	F	21:01	34	DNF					