

Ipswich Duathlon 18 September 2011 Alton Water

Women

Pos.	Name	No.	Club	Cat	Run 1	Bike	Run 2	Total
1	Angela Joiner-Handy	11	Newmarket Cycling & Triathlon Club	H	19:57 1	43:15 1	21:20 1	1:24:32
2	Aimee Canham	22		D	20:23 2	45:57 2	22:23 2	1:28:43
3	Verity Smith	16	Ipswich Tri Club	G	21:47 7	46:34 4	23:58 7	1:32:19
4	Sarah Lewis	20	Kazikstan Running Club	E	21:38 6	49:37 7	23:11 4	1:34:26
5	Carley Rose	23		D	21:29 4	50:06 8	23:16 5	1:34:51
6	Marie Bruneau	10		H	21:04 3	51:04 10	22:46 3	1:34:54
7	Karine Ferrin	13	Cambridge Triathlon Club	G	21:33 5	50:23 9	23:55 6	1:35:51
8	Rachel O'Connor	12	Witham Running Club	G	23:42 9	47:22 5	26:19 8	1:37:23
9	Carole Challis	19		F	24:05 10	46:04 3	29:04 14	1:39:13
10	Victoria Sharp	14	Stowmarket & District CC	G	24:59 12	49:31 6	28:08 11	1:42:38
11	Alison Moore	2		K	24:48 11	52:30 14	27:04 9	1:44:22
12	Chloe Brown	3	Walden Tri	J	26:44 16	51:51 11	29:51 17	1:48:26
13	Jacqueline Chubb	98	Ipswich Tri Club	I	27:46 19	52:04 13	28:49 13	1:48:39
14	Susie Thurlow	21		E	23:40 8	57:48 20	27:19 10	1:48:47
15	Susan Olver	17		F	26:25 14	53:43 18	29:37 15	1:49:45
16	Jackie Kirk	7	Hadleigh Hares AC	I	26:30 15	53:35 17	29:50 16	1:49:55
17	Lyn Foster	1	Great Bentley	K	26:51 18	52:39 15	31:55 18	1:51:25
18	Mary Knapp	15		G	25:04 13	59:56 21	28:12 12	1:53:12
19	Debbie Jarvis	6	Colchester Rovers CC	I	27:54 20	53:29 16	32:37 20	1:54:00
20	Sarah Grimsey	8	Hadleigh Hares AC	I	28:24 21	55:37 19	32:36 19	1:56:37
	Maria Payne	4		J	26:44 16	52:02 12		

Men

Pos.	Name	No.	Club	Cat	Run 1	Bike	Run 2	Total
1	Karl Free	76	Metropolitan Police Triathlon Club	F	17:27 4	36:24 1	18:43 1	1:12:34
2	Ben Caisey	69	Ipswich Tri Club	G	17:40 5	37:39 4	18:57 2	1:14:16
3	Ross Fawcett	94	Ipswich Harriers	C	16:52 1	37:33 3	21:17 15	1:15:42
4	Keith Tilley	59		H	17:25 3	39:04 8	19:19 3	1:15:48
5	Lloyd Chapman	93	Team Viper	D	18:59 11	36:56 2	20:27 9	1:16:22
6	Graham Collins	91	ipswich bicycle club / GCP racing	E	18:07 8	38:07 6	20:13 8	1:16:27
7	Chris Clarke	73	Tri-Anglia	G	18:02 7	38:13 7	20:30 10	1:16:45
8	Gary Poulter	70	East Essex Tri	G	19:04 13	39:04 8	19:48 5	1:17:56
9	Sam Gooding-matthews	92	Harwich Runners	D	17:18 2	41:26 15	19:33 4	1:18:17
10	Kevin Mcgrane	77		F	18:43 10	39:10 10	20:42 12	1:18:35
11	Darren Thomas	51		H	20:43 28	37:56 5	21:05 14	1:19:44
12	Robert Reason	81	Harwich Runners	F	17:48 6	43:17 26	20:38 11	1:21:43
13	Michael Jones	58	stowmarket striders	H	19:24 16	40:52 13	21:32 18	1:21:48
14	Lee Morgan	60		H	18:38 9	43:43 27	20:01 6	1:22:22
15	Kevin Marshall	43		I	19:00 12	43:16 25	20:07 7	1:22:23
16	Matthew Pellow	63	Army Triathlon Association	G	19:28 17	42:05 16	20:54 13	1:22:27
17	Justin Burls	40		I	19:58 25	40:33 12	22:07 24	1:22:38
18	Cliff Bailey	27	slimesurfers	J	19:47 22	41:24 14	21:37 20	1:22:48
19	Doug Grimwade	39	Hadleigh Hares AC	I	19:35 19	42:05 16	21:29 17	1:23:09
20	Dan Foster	44	Great Bentley	I	19:20 15	42:24 20	22:04 23	1:23:48
21	Thomas Jarrett	65	ipswich triathlon club	G	20:00 27	42:42 22	21:44 21	1:24:26
22	Andy Garvie	53	VC Revolution	H	19:44 21	42:35 21	22:09 25	1:24:28
23	Dave Lumby	28		J	19:56 24	43:08 23	22:52 28	1:25:56
24	Paul Gammon	32	East Essex Triathlon Club	J	21:37 35	42:21 19	23:05 29	1:27:03
25	Nick Salway	42	Hadleigh Hares	I	22:39 45	40:03 11	24:54 36	1:27:36
26	Tim Edmonds	68	Thorpe Woodlands Adventure Team	G	21:04 30	42:20 18	25:13 39	1:28:37
27	Ian Beckett	85		E	19:54 23	47:49 43	21:32 18	1:29:15
28	Glen Curtis	79		F	21:15 32	44:27 30	23:55 32	1:29:37
29	Tim Hanman	57	not affiliated	H	19:42 20	49:08 48	21:19 16	1:30:09
30	Andrew Smith	83		F	21:51 37	44:49 33	23:43 31	1:30:23
31	Lewis Knights	80		F	21:26 34	45:43 36	23:31 30	1:30:40
32	Nick Richardson	87		E	19:58 25	48:16 46	22:49 27	1:31:03
33	Tony Wallen	56	Witham RC	H	20:58 29	48:12 44	22:18 26	1:31:28
34	Andrew Minns	74		F	22:16 40	43:10 24	26:27 47	1:31:53
35	Stuart Compton	52	Newmarket Cycling & Triathlon Cl	H	21:10 31	45:39 35	25:08 37	1:31:57
36	Steve Cox	35	Hadleigh Hares AC	I	22:13 39	45:24 34	24:23 33	1:32:00
37	Guy Wightman	31	Tri Anything	J	22:47 46	43:43 27	26:16 46	1:32:46
38	James Wilson	29	Ilford AC	J	19:28 17	52:13 51	21:53 22	1:33:34
39	Carl Pearse	61	Beckenham Running Club	G	22:28 43	44:38 31	26:46 48	1:33:52

40	Trevor Brockwell	37		I	21:21	33	48:12	44	24:25	34	1:33:58
41	Mark Leek	88		E	22:02	38	47:26	42	24:49	35	1:34:17
42	Steve Bowen	95	Hadleigh Hares	K	23:38	50	44:47	32	26:00	43	1:34:25
43	Christopher Heathcote	34		I	22:30	44	45:47	37	26:15	45	1:34:32
44	Kris Mulley	84		E	22:19	41	47:01	41	25:19	41	1:34:39
45	Lorenzo Lachetta	89		E	22:52	47	46:51	40	25:09	38	1:34:52
46	Tony Fitch	50		H	22:52	47	46:47	39	25:19	41	1:34:58
47	Andrew Simpson	67		G	22:20	42	46:42	38	26:04	44	1:35:06
48	Simon Gowing	66		G	25:14	55	44:04	29	30:12	55	1:39:30
49	Gavin Milnthorpe	82		F	21:50	36	53:00	56	25:17	40	1:40:07
50	Richard Deswarte	38		I	24:03	51	48:46	47	28:12	52	1:41:01
51	Peter Fraser-Hopewell	25	Harwich Runners	K	24:08	52	52:31	52	27:00	49	1:43:39
52	Tim Cheesman	86	Norfolk Police Triathlon Club	E	25:28	56	49:50	50	30:38	56	1:45:56
53	Jonathan Heathcote	30		J	25:09	53	53:08	57	27:52	51	1:46:09
54	Simon Kitching	36	West Suffolk Wheelers / Tri	I	25:09	53	52:32	53	29:04	54	1:46:45
55	Ashley Carden	64		G	23:35	49	56:34	59	27:09	50	1:47:18
56	James Norden	96		I	26:17	57	49:18	49	32:43	58	1:48:18
57	Steve Gower	41		I	26:51	58	52:33	54	31:27	57	1:50:51
58	Jody Gibbons	97		E	32:25	60	52:44	55	28:29	53	1:53:38
59	Colin Goudie	33		I	28:00	59	55:05	58	35:43	59	1:58:48
	Harry Fowler	71		G							
	Ben Turnbull	72		G	19:12	14					