

Culford Triathlon 28th July 2013

[PROVISIONAL]

Youths

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total			
1	Hannah Shean	1	East Essex Tri	FA	4:23	1	43:24	1	19:29	1	1:07:16
2	Catherine Blacklock	2	Discovery Tri Club	FA	4:33	2	43:45	2	20:14	2	1:08:32
	Megan Clark	3	East Essex Tri	FA	5:49	3			DNF		
3	Kirsten Lynch	4	East Essex Tri	FA	6:43	4	54:17	3	26:41	3	1:27:41

Sprint

Pos.	Name	No.	Club	Cat	Swim	Cycle	Run	Total			
1	Matt Shingleton	196	West Suffolk Tri	MG	4:26	10	43:20	84	5:09	1	52:55
2	David Bettinson	189	Cambridge Tri	MH	4:40	15	35:42	7	14:05	5	54:27
3	Ben Caisey	80	Ipswich Tri	MG	6:12	99	34:43	3	13:34	2	54:29
4	Philip Moore	191		MH	4:09	7	36:09	9	14:31	6	54:49
5	Richard Hanley	177	Hadleigh Hares	MI	4:46	19	34:57	4	15:19	12	55:02
6	Julian Long	144	West Suffolk Tri	MH	5:35	63	35:10	5	14:34	7	55:19
6	Elliot Davis	188	Hadleigh Hares	MG	4:32	14	35:31	6	15:16	11	55:19
8	Mark Southgate	200	Essex Fire Tri	MH	4:00	1	36:26	12	15:48	18	56:14
9	Chris Miles	184	Stowmarket CC	MF	4:41	16	36:27	13	15:33	15	56:41
10	Thomas Franklyn	122	East Essex Tri	MB	5:14	37	36:38	14	15:04	10	56:56
11	Steve Presland	133	Ely Runners	MK	5:34	61	35:56	8	15:39	17	57:09
12	Steven Driever	124		MF	5:29	53	37:28	17	14:52	9	57:49
13	Leon Hayward	128	Hadleigh Hares	MH	5:03	27	37:47	19	15:53	21	58:43
14	Stephen Martin	103		MG	6:44	124	36:25	11	15:56	23	59:05
15	Peter Thompson	134	Walden Tri	MK	5:58	87	39:11	32	14:01	3	59:10
16	Mike Pullen	111		MJ	6:07	97	31:08	1	21:56	139	59:11
17	Phil Clarke	182	West Suffolk Tri	MH	4:52	22	37:57	22	16:23	35	59:12
18	Robert Price	163	Shrewsbury Tri	MG	5:05	29	38:36	26	15:34	16	59:15
19	Roland Shaw	160	Tri-Anglia	MK	5:21	44	37:45	18	16:14	32	59:20
20	Damien Maltarp	170	7Oaks Tri	MG	4:52	22	38:58	30	15:49	19	59:39
20	Shaun Jones	181	Stowmarket Striders	MF	5:06	31	38:18	23	16:15	33	59:39
22	David Butler	85	East Essex Tri	MJ	6:46	125	36:16	10	16:45	40	59:47
23	Doug Grimwade	183	Hadleigh Hares	MI	5:08	32	38:30	25	16:13	30	59:51
24	Tom Ames	194	Stowmarket Striders	MF	4:03	4	41:21	66	14:37	8	1:00:01
25	Paul Gammon	173	East Essex Tri	MJ	5:09	34	37:23	16	17:30	54	1:00:02
26	Tim Root	83	Born 2 Tri	MI	6:02	90	38:41	27	15:21	13	1:00:04
27	Tom Gibson	179	Blackwater Tri	MD	4:50	21	39:33	41	15:59	24	1:00:22
28	Neil Packer	190	Hadleigh Hares	MI	4:31	13	38:53	29	17:20	48	1:00:44
29	Chris Hall	199		MF	4:01	2	40:25	52	16:33	37	1:00:59
30	David Spencer	82	GFDR	MI	7:16	134	37:54	20	15:52	20	1:01:02
31	Luke Metson	155	Hadleigh Hares	MG	5:19	42	37:55	21	17:59	67	1:01:13
32	Nick Beales	136	Harwich Runners	MK	5:51	80	39:26	38	15:59	24	1:01:16
33	Ewan Eaton	164	Leicester Tri Club	MH	5:26	50	39:48	46	16:10	27	1:01:24
34	Steve Bowen	107	Hadleigh Hares	MK	5:49	74	38:21	24	17:21	50	1:01:31
35	Lewis Burton	123	Tri-Anglia	MD	5:14	37	39:23	35	16:58	44	1:01:35
36	Zena Shean	137	East Essex Tri	FI	5:09	34	39:41	45	16:47	42	1:01:37
37	Alfie Seamons	187		MD	4:29	12	40:59	61	16:10	27	1:01:38
38	David Willer	153	Hadleigh Hares	MC	5:05	29	41:15	65	15:21	13	1:01:41
39	Dave Gibson	176		MK	4:53	24	39:19	33	17:35	55	1:01:47
40	William Marshall	125		MF	6:14	102	39:32	40	16:39	39	1:02:25
41	Elizabeth Davies	152	Born 2 Tri	FG	5:21	44	43:02	80	14:03	4	1:02:26
42	David Dulake	167	Hadleigh Hares	MI	5:09	34	39:33	41	17:47	59	1:02:29
43	Donald English	87	Halstead Road Runners	MK	6:04	94	40:25	52	16:11	29	1:02:40
44	Kate Baker	150	Hadleigh Hares	FB	6:03	92	40:48	59	16:06	26	1:02:57
45	Gary Waters	127	Born 2 Tri	MG	6:05	95	41:00	62	15:54	22	1:02:59
46	John Golding	146	Born 2 Tri	MJ	5:47	70	39:38	44	17:47	59	1:03:12
47	Ian Chapman	171		MH	5:02	26	40:26	54	17:50	63	1:03:18
48	Mark Webb	145		MI	5:37	64	38:49	28	18:55	84	1:03:21
49	Neil Crisp	143	Hadleigh Hares	MG	5:52	81	39:53	49	17:37	56	1:03:22
50	Mark Harman	105	Born 2 Tri	MJ	5:23	47	40:34	56	17:27	52	1:03:24
51	Rick Emberson	132		MI	5:45	68	40:51	60	16:50	43	1:03:26
52	Hanif Jetha	114	Born 2 Tri	ME	5:39	66	40:40	57	17:24	51	1:03:43
53	Stuart Compton	64	Cambridge Tri	MI	7:29	144	39:50	47	16:34	38	1:03:53
54	Andrew Stewart	86	Hadleigh Hares	MJ	6:48	126	39:10	31	17:57	65	1:03:55
55	Sharon Perry	198	West Suffolk Tri	FH	4:07	6	33:46	2	26:06	164	1:03:59
56	Jeff Higgon	162	Harwich Runners	ML	5:32	56	40:41	58	18:02	69	1:04:15

57	Chris Brownhill	115	West Suffolk Tri	MG	5:25	49	42:43	75	16:26	36	1:04:34
58	Thomas Livermore	126		MG	5:49	74	39:51	48	19:03	86	1:04:43
59	Graeme Biggins	166	Blackwater Tri	MG	4:48	20	41:14	64	18:45	79	1:04:47
60	Elliott Bird	76		ME	5:20	43	43:16	83	16:13	30	1:04:49
61	Don Hutchinson	139	Cambridge Tri	MM	5:52	81	39:33	41	19:28	94	1:04:53
62	Jonathan Bellamy	165		MJ	5:38	65	40:20	51	19:04	87	1:05:02
63	Lawrence Howes	192		ME	4:11	8	43:42	88	17:19	46	1:05:12
64	Dan Philpott	169	Born 2 Tri	MF	5:14	37	39:26	38	20:47	122	1:05:27
65	Angela Joiner-Handy	73	Newmarket Tri	FH	8:44	166	40:28	55	16:20	34	1:05:32
66	Paul Stevens	158	Born 2 Tri	MI	5:15	40	39:24	37	20:59	129	1:05:38
67	Rachel Holman	97		FG	5:34	61	42:30	71	17:38	58	1:05:42
68	Steve Gray	110	Stowmarket Striders	MJ	6:19	106	41:04	63	19:22	93	1:06:45
69	Jason Baillie	185		MH	4:44	17	39:19	33	22:48	150	1:06:51
69	Adam Fish	193		MG	4:27	11	43:50	90	18:34	76	1:06:51
71	Michael Frere	101		MG	6:18	105	44:05	93	16:46	41	1:07:09
72	Rob Emberson	138		MH	5:39	66	42:01	69	19:41	98	1:07:21
73	Lyndon Houston	68		MH	6:23	110	43:13	82	17:58	66	1:07:34
73	Clare O'Neill	118	Hadleigh Hares	FG	5:33	59	43:00	79	19:01	85	1:07:34
75	Anthony Preece	44	Mildenhall CC	MI	7:43	152	41:54	68	18:00	68	1:07:37
76	Ian Walters	186		MI	5:22	46	44:10	96	18:10	70	1:07:42
77	Robert Lander	84		MI	6:19	106	39:23	35	22:08	142	1:07:50
78	Richard Dolman	65		MJ	8:06	158	42:45	76	17:00	45	1:07:51
79	John Harwood	131	Hadleigh Hares	MI	5:47	70	42:18	70	19:48	104	1:07:53
80	David Woods	77	Hadleigh Hares	MF	6:21	108	44:01	92	17:37	56	1:07:59
81	Mark Oxford	195	Ipswich Tri	MD	4:22	9	42:41	74	21:07	131	1:08:10
82	Joanne Metson	71	Hadleigh Hares	FF	5:32	56	45:19	111	17:27	52	1:08:18
83	Rachel Crisp	90	Hadleigh Hares	FG	6:12	99	43:28	85	18:50	81	1:08:30
84	Grayhame Fish	168	Tri-Anglia	ML	5:15	40	42:51	77	20:25	114	1:08:31
85	Samantha Gurden	109	Born 2 Tri	FH	5:48	73	41:52	67	20:56	127	1:08:36
86	David Leaver	88	West Suffolk Tri	ML	7:21	138	42:32	72	18:51	82	1:08:44
86	Bill Abbott	112		MK	6:35	118	43:43	89	18:26	75	1:08:44
88	Teresa Harman	99	Born 2 Tri	FJ	4:56	25	42:55	78	20:55	126	1:08:46
89	Wayne Read	63		MH	5:52	81	44:06	94	18:51	82	1:08:49
89	Steve Coe	197	Newmarket Tri	MJ	4:02	3	45:06	107	19:41	98	1:08:49
91	Julie Sheldrick	174		FF	4:45	18	44:59	103	19:07	88	1:08:51
92	Rob Adam	116	West Suffolk Tri	MH	5:33	59	44:47	102	18:48	80	1:09:08
93	Carla Holroyd	58	Harwich Runners	FK	7:16	134	43:12	81	18:41	77	1:09:09
94	Alex Hart	51	West Suffolk Tri	MF	7:00	132	42:36	73	19:37	96	1:09:13
95	Gavin Ridgeon	102		MG	5:26	50	44:46	101	19:30	95	1:09:42
96	Sophie Hope	95	Stowmarket Striders	FE	6:22	109	44:34	100	19:11	90	1:10:07
97	Stephen Suter	149		MH	5:47	70	44:19	98	20:03	108	1:10:09
98	John Stanton	156	Born 2 Tri	MG	5:08	32	45:08	108	20:19	111	1:10:35
99	Paul Harrington	43	Halstead Road Runners	MH	6:54	129	45:34	115	18:10	70	1:10:38
100	Michael Chaplin	52	Woodbridge Shufflers	MN	7:21	138	43:36	87	19:50	106	1:10:47
101	Carl Berriman	24		MH	8:08	159	44:59	103	17:49	61	1:10:56
102	Rachel Compton	119	Newmarket Tri	FH	6:02	90	45:22	113	19:49	105	1:11:13
103	Andrew Albins	79		MG	7:00	132	44:08	95	20:12	110	1:11:20
104	Sarah Vick	55	Saxons	FH	7:39	151	45:56	120	17:49	61	1:11:24
104	Owen Jary	94		MH	6:26	113	46:38	127	18:20	72	1:11:24
106	Emma Tanner	36	Born 2 Tri	FH	6:58	131	45:20	112	19:09	89	1:11:27
107	Graham Downing	46		MJ	9:18	170	44:14	97	18:25	74	1:11:57
108	Helen Samuel	147		FG	5:24	48	45:15	109	21:22	134	1:12:01
109	Clyde Goodwin	15		MJ	8:28	163	46:18	124	17:20	48	1:12:06
110	Debbie Jordan	35		FH	7:33	147	46:48	131	17:55	64	1:12:16
111	Anne Fish	93	Tri-Anglia	FM	6:29	114	45:04	105	20:56	127	1:12:29
112	Steve Bull	106	West Suffolk Tri	MJ	6:25	112	43:58	91	22:07	141	1:12:30
113	Jennifer Devaney	70	Stowmarket Striders	FF	7:20	137	45:56	120	19:15	91	1:12:31
114	Wendy Carter	32	Halstead Road Runners	FI	7:26	142	45:51	119	19:18	92	1:12:35
115	Sarah Hunt	8	Hadleigh Hares	FI	7:31	145	45:04	105	20:02	107	1:12:37
116	Yvonne Freiherr	113		FG	5:49	74	47:07	134	19:42	101	1:12:38
117	Stephanie Hoyle	37		FI	7:24	141	45:38	116	19:39	97	1:12:41
118	Jo Higgon	98	Harwich Runners	FJ	6:32	117	43:28	85	22:48	150	1:12:48
119	Michael Mann	16		MK	5:53	84	46:30	125	20:29	116	1:12:52
119	Dianne Hughes	38	Stowmarket Striders	FJ	7:49	154	46:41	128	18:22	73	1:12:52
121	Jennifer Bettinson	141	Tri-Anglia	FG	5:31	55	46:32	126	21:10	132	1:13:13
122	Michael Power	47		MK	7:36	148	45:58	122	19:41	98	1:13:15
123	Kelly Sharp	53	Born 2 Tri	FG	7:22	140	44:30	99	21:24	135	1:13:16
124	Tracey Buckle	108		FH	6:50	127	46:46	130	19:43	102	1:13:19
125	Sandra Mayhew	56	Stowmarket Striders	FI	7:31	145	45:17	110	20:39	118	1:13:27
126	Jacqueline Riley Chubb	121	Ipswich Tri	FI	6:00	89	46:41	128	20:51	123	1:13:32

127	David Culley	14		MG	8:23	162	47:51	140	17:19	46	1:13:33
128	Claire Goodwin	151		FE	5:04	28	49:11	153	19:46	103	1:14:01
129	Emma Ratcliffe	91	Hadleigh Hares	FG	5:57	86	45:49	118	22:17	144	1:14:03
130	Jackie Kirk	74	Hadleigh Hares	FI	5:50	77	48:36	148	20:11	109	1:14:37
131	Frank Moggan	18	Stowmarket Striders	ML	8:33	164	45:42	117	20:24	113	1:14:39
132	Mark Marsh	100		MF	6:36	119	47:40	137	20:42	119	1:14:58
133	Chris Slemmings	135		MM	6:03	92	47:49	139	21:12	133	1:15:04
134	Justin Cain	34		MI	6:31	115	48:05	144	20:51	123	1:15:27
135	Lyn Foster	40	Ipswich Tri	FK	7:55	156	47:01	133	20:44	120	1:15:40
136	Paul jeremy Sawyer	25	West Suffolk Tri	MJ	8:20	160	48:43	150	18:44	78	1:15:47
137	Tim Scutter	104		MH	5:59	88	47:16	135	22:39	147	1:15:54
138	Sue King	57	Born 2 Tri	FJ	7:58	157	47:53	142	20:33	117	1:16:24
139	Cathy Thomson	178	Newmarket Tri	FD	4:04	5	46:15	123	26:26	166	1:16:45
140	Patricia Atwood	59	Hadleigh Hares	FL	6:39	120	47:55	143	22:28	145	1:17:02
141	Chris Eaton	17		MH	6:40	121	47:38	136	23:10	154	1:17:28
142	Jill Wilshaw	75	West Suffolk Tri	FK	6:52	128	49:16	154	21:37	136	1:17:45
143	Colin Love	26	Newmarket Tri	MJ	9:47	173	45:25	114	22:50	152	1:18:02
144	John McVelia	69	Tiptree Road Runners	MI	6:42	122	49:34	156	21:47	137	1:18:03
145	Alan Jordan	27		MK	9:52	175	47:51	140	20:21	112	1:18:04
146	Sheila Smith	148	Ipswich Tri	FK	5:28	52	48:32	146	24:06	157	1:18:06
147	Elliot Wells	154	West Suffolk Tri	MF	5:30	54	40:13	50	32:49	176	1:18:32
148	John Pearson	61		MF	7:37	149	48:32	146	22:34	146	1:18:43
149	Kerry Kemp	96		FG	6:23	110	49:57	159	22:59	153	1:19:19
150	Deborah Stewart	39	Hadleigh Hares	FJ	7:48	153	49:05	151	22:41	148	1:19:34
151	Anne Florence	13	Tri-Anglia	FL	9:48	174	49:22	155	20:25	114	1:19:35
152	Sheila Shead	41	Newmarket Tri	FL	8:21	161	49:55	158	22:11	143	1:20:27
153	Clare Parker	21		FH	7:17	136	50:47	163	22:47	149	1:20:51
154	Ian Potter	81	Blackwater Tri	MH	5:53	84	48:40	149	26:36	168	1:21:09
155	Peter Ryles	48		MK	7:37	149	49:48	157	23:46	156	1:21:11
156	Alex Mabbott	11		MH	9:18	170	50:01	160	22:00	140	1:21:19
157	Peter Ottaway	45		MJ	7:49	154	47:47	138	26:16	165	1:21:52
158	Sally Watts	50		FI	6:13	101	55:28	170	21:05	130	1:22:46
159	Hayley Birt	5	Team TriBull	FG	8:53	167	48:25	145	25:39	161	1:22:57
160	Peter Watson	29	West Suffolk Tri	ML	8:41	165	50:45	162	25:22	160	1:24:48
161	Karen Hall	120		FH	5:50	77	58:14	174	20:46	121	1:24:50
162	Nancy Cushing	92		FG	6:16	104	52:49	166	25:52	163	1:24:57
163	Sara Williams	140	5 Star Boot Camps	FG	5:50	77	55:22	169	24:19	158	1:25:31
164	Keith Borrett	10	Stowmarket Striders	ML	13:48	178	50:53	164	20:53	125	1:25:34
165	Danny Blacklock	62	Mersea Island RFC	MH	6:31	115	49:05	151	30:00	172	1:25:36
166	Sharon Johnson	20		FG	8:53	167	52:53	167	24:33	159	1:26:19
167	Lindsey Husband	19		FG	9:07	169	51:09	165	26:33	167	1:26:49
168	Gordon Merfield	67	Saxons	MO	6:42	122	50:25	161	30:00	172	1:27:07
169	Laura Brown	12		FE	6:56	130	58:30	175	21:52	138	1:27:18
170	Ellie Petch	54		FH	7:28	143	56:59	173	23:20	155	1:27:47
171	Fiona Donaldson	72		FG	6:07	97	56:04	171	25:46	162	1:27:57
172	Wayne Crucii	9		MH	11:25	177	54:03	168	28:19	170	1:33:47
173	Holly Gibson	7		FH	9:42	172	58:43	176	27:45	169	1:36:10
174	Andrea Cronin	142		FI	6:15	103	1:00:12	177	30:26	175	1:36:53
175	Frances Wilson	31		FH	6:05	95	1:02:14	178	29:11	171	1:37:30
176	Ian Peacock	6		MK	11:22	176	56:45	172	30:15	174	1:38:22
	Adam Sheward	60		MF	5:32	56	46:57	132			
	Nick Salway	130	Hadleigh Hares	MI	5:46	69	36:39	15			