

## Ipswich Duathlon 16 September 2012 Alton Water

Pos.	Name	No.	Club	Cat	Run 1	Bike	Run 2	Total
1	Ross Fawcett	98	Ipswich Triathlon Club	MD	16:54 2	37:43 3	18:46 2	1:13:23
2	Tony Robinson	117	Tri-Anglia Triathlon Club	MF	17:23 3	37:25 2	18:51 3	1:13:39
3	Simon Hance	58	Team TriBull Triathlon Club	MH	19:10 11	36:24 1	20:27 7	1:16:01
4	Ben Green	101	Ipswich Triathlon Club	MC	18:35 7	38:28 6	20:31 8	1:17:34
5	Ian George	54	East Essex Tri Club	MH	18:21 6	39:30 10	20:05 5	1:17:56
6	John Oakes	35	Newmarket Cycling & Triathlon Club	MK	18:00 4	41:15 22	19:05 4	1:18:20
7	Robert Reason	115	Harwich Runners	MF	16:46 1	44:11 42	17:47 1	1:18:44
8	Richard Hanley	60		MI	19:12 12	38:31 7	21:19 11	1:19:02
9	Chris Clarke	89	Tri-Anglia Triathlon Club	MG	18:38 8	38:59 8	22:02 23	1:19:39
10	Michael Rolfe	78	East London velo	MJ	20:00 26	38:10 5	22:04 25	1:20:14
11	Michael Jones	68	Stowmarket Striders	MH	19:05 10	40:17 16	20:57 10	1:20:19
12	Dan Foster	50	Great Bentley Running Club	MI	19:25 14	39:43 11	21:25 12	1:20:33
13	Neal Marrin	72		MH	19:35 19	39:07 9	21:56 21	1:20:38
14	Matt Blackman	41	Ipswich Triathlon Club	MH	19:04 9	39:43 11	22:02 23	1:20:49
15	Andy Garvie	53	VC Revolution	MH	19:26 16	39:48 13	22:09 28	1:21:23
16	Iain Dawson	93	Tri-Anglia Triathlon Club	MG	20:37 34	37:52 4	23:07 38	1:21:36
17	Paul Waller	84		MI	19:49 21	40:04 14	21:46 18	1:21:39
18	Robyn Jones	104		MF	18:09 5	43:34 34	20:33 9	1:22:16
19	Doug Grimwade	56	Hadleigh Hares A.C	MI	19:28 18	41:19 23	21:39 15	1:22:26
20	Thomas Lazenby	107	Human Performance Unit	MC	19:25 14	41:29 24	21:41 16	1:22:35
21	Graham Chapman	31	Ely Tri Club	MK	19:42 20	41:03 20	21:52 19	1:22:37
22	Kevin Marshall	73	Grange Farm & Dunmow Runners	MI	19:51 22	42:42 28	20:17 6	1:22:50
23	Becky Schofield	20	Tri-Anglia Triathlon Club	FF	20:09 27	40:48 19	21:55 20	1:22:52
24	Dave Lumby	70	Ipswich Triathlon Club	MJ	20:09 27	40:06 15	22:47 33	1:23:02
25	Cliff Bailey	39	THETFORD ATHLETICS CLUB	MJ	20:11 30	41:09 21	22:16 30	1:23:36
26	Nick Cook	91		MG	20:44 37	42:05 26	22:09 28	1:24:58
27	Chris Miles	113	Tri-Anglia Triathlon Club	MG	19:56 24	43:51 38	21:33 13	1:25:20
28	Sze-Ming Cheung	88	Coltishall Jaguars	MG	19:59 25	43:18 33	22:07 26	1:25:24
29	Angela Joiner-Handy	12	Newmarket Cycling & Triathlon Club	FH	20:24 32	42:56 30	22:16 30	1:25:36
30	Richard Hewitt	62	Ipswich Triathlon Club	MH	20:12 31	43:35 36	22:07 26	1:25:54
31	Paul Rooke	118	West Suffolk Wheelers and Triathlon C	MF	21:13 45	40:32 17	24:17 45	1:26:02
32	Christopher Arnold	30	Tri-Anglia Triathlon Club	MK	20:25 33	42:59 31	22:40 32	1:26:04
33	Richard Haines	57		MI	21:41 49	41:32 25	23:09 39	1:26:22
34	Kat Parnell	17	Human Performance Unit	FD	21:02 41	44:16 45	21:56 21	1:27:14
35	Richard Flutter	49	Harwich Runners	MI	20:51 39	43:35 36	22:58 36	1:27:24
36	Adam Johnson	67	Hadleigh Hares A.C	MH	19:23 13	46:41 55	21:37 14	1:27:41
37	Richard Whyte	125		MG	20:52 40	44:15 44	22:51 34	1:27:58
38	Jason Walne	85		MH	21:13 45	43:07 32	23:39 42	1:27:59
39	Matthew Julier	105		MF	20:42 36	45:37 48	21:41 16	1:28:00
40	Mark Leek	108	Ipswich Triathlon Club	ME	20:50 38	43:58 41	23:15 40	1:28:03
41	Paul Henderson	61	East Essex Tri Club	MI	20:10 29	43:55 39	24:25 46	1:28:30
42	Luke Whitwell	124	Team Pink	ME	22:05 50	40:36 18	26:09 59	1:28:50
43	Kyle Cunningham	92		ME	19:54 23	46:21 53	22:56 35	1:29:11
44	Lloyd Jellings	103		ME	19:26 16	45:44 49	24:04 44	1:29:14
45	Stuart Compton	44	Newmarket Cycling & Triathlon Club	MH	21:11 42	43:56 40	24:41 48	1:29:48
46	Andrew Holdcroft	64		MH	22:32 54	42:37 27	26:05 58	1:31:14
47	Steve Bowen	128	Hadleigh Hares A.C	MK	23:43 67	42:42 28	24:55 51	1:31:20
48	Vicky Presland	19	Great Bentley Running Club	FG	21:12 43	46:44 56	23:28 41	1:31:24
49	Tania Wicklow	28	Cambridge Tri	FI	22:38 57	44:40 46	24:50 50	1:32:08
50	Trudy Avis	1	Hadleigh Hares A.C	FH	23:19 64	43:34 34	25:39 56	1:32:32
51	Richard Laycock	106		MG	22:32 54	46:08 51	25:14 53	1:33:54
52	Tom Elmer	97		MD	21:25 47	48:32 60	24:42 49	1:34:39
53	Sean Sampson	80		MI	22:29 53	46:06 50	26:51 62	1:35:26
54	John Adams	86	Ipswich jaffa rc	MG	21:34 48	50:16 69	23:43 43	1:35:33
55	Sean McTernan	34		MK	22:33 56	49:09 63	24:35 47	1:36:17
56	Joshua Aiken	87		MC	21:12 43	49:35 66	25:35 55	1:36:22
57	Carl Pearse	76	Beckenham running club	MH	23:12 61	45:00 47	28:15 74	1:36:27
58	Andrew Stewart	82	Hadleigh Hares A.C	MJ	23:45 68	46:08 51	27:00 63	1:36:53
59	Carole Challis	4	Ipswich Triathlon Club	FF	23:42 66	46:31 54	27:22 67	1:37:35
60	Neil Gillingham	100	Ipswich Harriers AC	ME	20:40 35	53:58 88	23:00 37	1:37:38
61	Rachel Crisp	6	Hadleigh Hares A.C	FG	24:28 75	46:55 57	27:14 66	1:38:37
62	Jon Wilson	126	Newmarket Cycling & Triathlon Club	ME	24:52 79	44:11 42	30:02 83	1:39:05
63	James Lewis	110	Super Noodle	MF	23:16 62	50:26 71	25:25 54	1:39:07
64	David Marsh	111		MF	22:19 52	51:55 77	24:57 52	1:39:11
65	Trevor Fulcher	52		MH	23:16 62	50:19 70	25:50 57	1:39:25
66	Lydia Cunningham	7		FH	23:36 65	48:24 59	27:38 72	1:39:38
67	Mark Russell	119		ME	23:48 69	49:18 64	27:02 64	1:40:08
68	Peter Benson-skailes	40		MH	22:56 59	51:11 74	26:19 60	1:40:26
69	Phil Cawston	43	Natural born joggers	MI	24:24 73	48:36 61	27:34 70	1:40:34

70	Tim Hutton	66	Natural Born Joggers	MI	24:02	71	49:54	68	27:27	68	1:41:23
71	Matthew Rushton	79	RNRM Tri	MI	22:47	58	52:12	79	27:09	65	1:42:08
72	Phil Davies	46	Ipswich jaffa	MI	24:26	74	50:39	72	27:27	68	1:42:32
73	Victoria Sharp	21	SDCC	FG	24:34	77	49:35	66	28:38	76	1:42:47
74	Neil Cook	90	Ely and District cycling club	MG	24:41	78	48:23	58	30:06	84	1:43:10
75	Bill Abbott	29	Ipswich Triathlon Club	MK	26:21	89	48:39	62	28:41	77	1:43:41
76	Sharon White	26	Grange Farm	FH	24:58	81	52:12	79	27:34	70	1:44:44
77	Richard Soer	36	St Edmund Pacers	MK	22:08	51	54:25	89	29:23	81	1:45:56
78	Joseph Dilworth	47	Grange Farm	MJ	26:11	87	50:50	73	29:02	78	1:46:03
79	Tony Riddle	116		MG	25:04	82	49:25	65	32:58	92	1:47:27
80	Dan Dobson	95		MF	23:56	70	53:26	84	30:11	85	1:47:33
81	Ben Turnbull	121		MG	24:53	80	54:48	91	29:09	79	1:48:50
82	Matthew Naughton	114		MC	24:23	72	51:36	76	33:20	96	1:49:19
83	Peter Fraser-Hopewell	33	Harwich Runners	MK	26:26	90	53:56	87	29:10	80	1:49:32
84	Amanda Benson-skailes	2		FG	26:10	86	55:32	93	28:16	75	1:49:58
85	Laura Brooks	3		FD	22:58	60	1:00:32	100	26:38	61	1:50:08
86	Matthew Leek	109		ME	24:33	76	53:14	83	32:34	90	1:50:21
87	Sam Dowers	96		ME	25:07	83	55:38	94	29:53	82	1:50:38
88	Nicolas McElroy	74		MI	26:37	91	52:01	78	33:05	95	1:51:43
89	Lyn Foster	9	Ipswich Triathlon Club	FK	27:31	94	53:35	86	31:19	87	1:52:25
90	Louisa Mcknight	15		FI	27:55	98	51:35	75	33:04	93	1:52:34
91	Robert Ansell	38		MI	27:44	95	52:52	81	32:51	91	1:53:27
92	Sara Taylor-Balls	25	Hadleigh Hares A.C	FI	27:45	96	52:56	82	33:04	93	1:53:45
93	Peter Woods	127		ME	26:12	88	54:26	90	34:06	97	1:54:44
94	Nicholas Mayer	112		MG	28:01	99	55:05	92	34:08	98	1:57:14
95	Joe Naughton	75	Stowmarket Striders	MJ	27:48	97	59:09	99	30:46	86	1:57:43
96	Deborah Stewart	24	Hadleigh Hares A.C	FJ	28:45	100	56:52	98	32:17	89	1:57:54
97	Rupert Hutton	65	Natural Born Joggers	MH	29:00	101	56:24	96	35:58	99	2:01:22
98	Tamsin Passmore	18		FI	25:33	84	1:08:53	103	27:51	73	2:02:17
99	Rachel Dally	8	Metropolitan Police	FH	30:02	102	53:27	85	39:12	103	2:02:41
100	Claire Gould	10		FF	30:22	103	56:30	97	38:44	101	2:05:36
101	Paul French	51		MJ	31:18	104	56:02	95	39:09	102	2:06:29
102	Daisy Martin	13		FE	27:19	93	1:17:27	104	31:59	88	2:16:45
103	Gillian Holmes	11	Thorney Running Club	FK	35:03	106	1:04:11	102	38:32	100	2:17:46
104	Malcolm Walker	83		MJ	33:57	105	1:00:46	101	43:36	104	2:18:19
	Angela Whiting	27	Stowmarket Striders	FJ	25:54	85	DNF				
	David Coley	32		ML	27:18	92	DNF				