

Ipswich Duathlon at Alton Water 15th September 2013

Pos.	Name	No.	Club	Cat	Run 1		Bike		Run 2		Total
1	Ross Fawcett	102	Ipswich Triathlon Club	MD	17:01	2	36:01	1	19:06	2	1:12:08
2	David Brookes	95	Cambridge Triathlon Club	MG	17:01	2	38:02	4	19:14	5	1:14:17
3	Keith Tilley	89		MH	17:20	5	38:27	5	19:08	3	1:14:55
4	Joe Alexander	92	Ipswich Triathlon Club	MB	17:00	1	39:30	8	18:56	1	1:15:26
5	Peter Kerry	112	Ipswich Triathlon Club	MG	17:14	4	40:06	10	19:42	7	1:17:02
6	Mark Lloyd	68	Harwich Runners	MH	18:51	16	37:59	3	20:37	10	1:17:27
7	Chris Miles	118	Tri-Anglia Triathlon Club	MG	18:29	10	40:17	13	19:30	6	1:18:16
8	Chris Clarke	98		MG	18:35	13	37:54	2	22:02	22	1:18:31
9	Dan Foster	55		MI	19:03	17	38:42	6	20:56	12	1:18:41
10	Simon Oliver	121	City of Chester Triathlon Clut	MG	18:26	9	40:12	12	20:17	8	1:18:55
11	Rob Thornton	132	Tri-Anglia Triathlon Club	MF	18:30	11	41:24	17	20:36	9	1:20:30
12	Carl Prewer	82	Lowestoft road runners	MH	17:20	5	44:26	31	19:08	3	1:20:54
13	Colin Weller	134		MG	18:47	14	41:00	16	21:56	20	1:21:43
14	Simon Macer-Wright	71		MI	19:26	22	40:46	14	21:35	18	1:21:47
15	Graham Coulter	99	Diss And District Athletics Clu	MG	19:48	25	40:09	11	22:34	29	1:22:31
16	Andy Roberts	127		MG	20:56	33	39:18	7	22:28	28	1:22:42
17	Andy Garvie	57	VC Revolution	MI	19:38	24	40:58	15	22:08	23	1:22:44
18	Mark Crook	100	Cambridge & Coleridge	MF	18:50	15	42:58	20	21:28	16	1:23:16
19	Carl Beswick	94		ME	19:16	20	42:26	19	22:22	27	1:24:04
20	Mark Hayward	106	Stowmarket Striders Running	MF	18:34	12	44:45	32	20:54	11	1:24:13
21	Kevin Marshall	73	Grange Farm and Dunmow F	MI	19:28	23	43:44	25	21:08	14	1:24:20
22	Nigel Powley	81		MI	19:16	20	43:09	22	22:11	24	1:24:36
23	James Powley	125		MC	18:14	8	45:26	39	20:57	13	1:24:37
24	Matthew Pickett	124	East Essex Tri Club	MG	19:14	18	44:08	29	21:59	21	1:25:21
25	Paul Rooke	128	West Suffolk Wheelers and T	MF	20:59	34	39:45	9	26:24	68	1:27:08
26	Andy Chambers	48	Dunmow Triathlon Club	MH	20:53	32	43:04	21	23:13	33	1:27:10
27	Alfie Foster	103		MA	18:13	7	47:44	65	21:22	15	1:27:19
28	Adam Johnson	64	Hadleigh Hares A.C	MH	20:06	26	45:49	44	21:28	16	1:27:23
29	Lloyd Jellings	109		MF	19:15	19	44:45	32	23:40	38	1:27:40
30	Maxine Lane	18	Newmarket Cycling & Triathlk	FG	20:19	30	45:07	37	22:19	25	1:27:45
31	Marcus Catlin	97	Ipswich jaffa	MG	20:21	31	43:54	26	23:39	37	1:27:54
32	Joseph Peat	122	Ipswich JAFFA	ME	20:11	28	45:05	35	23:01	32	1:28:17
33	Bryan Rootes	85		MI	21:05	35	43:43	24	23:40	38	1:28:28
34	Richard Fuller	56	East Essex Tri Club	MJ	21:05	35	44:03	28	23:34	36	1:28:42
35	Erica Welsh	30		FG	20:17	29	46:37	52	22:19	25	1:29:13
36	Steve Cox	51	Hadleigh Hares AC	MJ	21:16	39	45:49	44	23:28	35	1:30:33
37	Andrew Renshaw	84	Boxford Bike Club	MI	21:24	41	45:48	43	23:25	34	1:30:37
38	Will McLennan	116		ME	21:15	38	45:14	38	24:13	44	1:30:42
39	Andy Keeble	65	Tri-Anglia Triathlon Club	MH	22:29	59	43:32	23	24:53	51	1:30:54
40	Carla Brown	3	Cambridge & Coleridge	FE	20:10	27	49:29	79	21:52	19	1:31:31
40	Phil Marler	72		MH	22:08	53	44:50	34	24:33	48	1:31:31
42	John Clarke	49	Springfield Striders	MJ	21:45	44	46:14	48	23:48	41	1:31:47
43	Andy Smith	129		MF	21:33	43	46:37	52	23:46	40	1:31:56
44	Janice Brown	4	East Essex Tri Club	FI	21:50	47	47:49	67	22:42	30	1:32:21
45	James Hayward	105	Stowmarket Striders Running	ME	21:18	40	46:29	50	24:51	50	1:32:38
46	Tim Ostler	78		MJ	23:42	79	43:58	27	26:17	64	1:33:57
47	Steve Foster	33		MK	23:25	72	44:25	30	26:09	61	1:33:59
48	Chris Lawson	114		ME	21:14	37	49:58	81	22:59	31	1:34:11
49	Ben Andrews	93		MF	22:25	56	46:57	56	24:53	51	1:34:15
49	Neil Howes	107		MF	22:00	49	46:23	49	25:52	58	1:34:15
51	Steven Rue	41	St Edmunds Pacers	ML	23:18	69	46:59	57	24:00	43	1:34:17
52	Tom Mills	76	West Suffolk Wheelers and T	MJ	22:03	52	42:14	18	30:02	97	1:34:19
53	Andrew Stewart	87	Hadleigh Hares A.C	MJ	23:03	64	45:06	36	26:26	69	1:34:35
54	Nigel Harrison	59		MH	23:01	62	47:40	61	24:16	46	1:34:57
55	Clare O'Neill	22	Hadleigh Hares A.C	FG	22:25	56	46:30	51	26:15	63	1:35:10
56	David Leon	66		MI	21:46	46	47:41	62	25:50	57	1:35:17
57	Graham Brookman	46		MJ	23:49	81	45:54	47	26:08	60	1:35:51
58	Jason Ashford	44		MH	23:04	65	47:26	59	25:36	56	1:36:06
59	Sean Sampson	86	Chapeau!	MI	22:57	61	45:28	40	27:51	81	1:36:16
60	Michelle Constable	7	Ipswich Triathlon Club	FI	23:09	66	47:43	64	25:25	55	1:36:17
61	Michael McKinnell	36	Two Rivers Running	ML	23:27	74	45:35	41	27:16	77	1:36:18
62	Melvyn Thorley	88		MJ	23:53	82	45:38	42	26:54	75	1:36:25

63	Daniel Kennington	111		ME	21:45	44	48:25	71	26:19	65	1:36:29
64	Joseph Dilworth	54	Grange Farm	MJ	23:18	69	48:37	73	24:40	49	1:36:35
65	Ben Pickett	123	East Essex Tri Club	MF	22:01	50	47:58	68	26:47	74	1:36:46
66	Rob Warner	90		MI	22:16	54	48:36	72	26:23	67	1:37:15
67	Barry Armstrong	43	Blackwater Triathlon Club	MI	23:44	80	47:01	58	26:38	72	1:37:23
68	Stu Levene	67	Whitewebbs CC	MH	23:40	77	46:53	54	26:54	75	1:37:27
69	Paul Mitchell	120	Thurrock Nomads	MG	22:16	54	51:08	87	24:24	47	1:37:48
70	Chris Milne	38	East Essex Tri Club	MK	21:57	48	51:37	89	24:15	45	1:37:49
71	Tania Wicklow	31	Cambridge Triathlon Club	FI	23:41	78	47:41	62	26:32	70	1:37:54
72	Gavin Milnthorpe	119		MF	21:30	42	50:48	84	26:19	65	1:38:37
73	Sean McTernan	37		MK	23:36	76	49:05	77	26:11	62	1:38:52
74	Simon Merrick	117		MG	22:28	58	48:41	74	27:58	83	1:39:07
75	Phil Davies	53	Ipswich Triathlon Club	MI	23:19	71	49:19	78	26:35	71	1:39:13
76	Nick Mayer	115		MG	24:22	86	45:52	46	29:10	94	1:39:24
77	Stuart Brown	96		MF	23:09	66	49:00	76	27:34	78	1:39:43
78	Peter Woods	136		MF	23:02	63	48:55	75	28:32	84	1:40:29
79	Paul McLean	75		MH	23:35	75	53:09	97	23:59	42	1:40:43
80	Vanessa Smith	27		FH	23:57	83	50:57	86	25:58	59	1:40:52
81	Rob Temlett	130		MG	24:10	85	48:16	69	28:49	89	1:41:15
82	David Hilson	60		MJ	23:16	68	53:06	95	25:12	54	1:41:34
83	David Piper	80		MJ	24:24	88	48:16	69	29:01	91	1:41:41
84	Nik Bestow	45	Ipswich Triathlon Club	MJ	25:43	96	46:54	55	29:08	92	1:41:45
85	Kev Greenwood	35		MK	23:26	73	52:49	93	26:42	73	1:42:57
86	Shaw-Marriott TEAM	91		MT	22:01	50	56:53	107	24:59	53	1:43:53
87	Tom Prazsky	126		MF	22:56	60	52:59	94	28:36	86	1:44:31
88	Will Pryke	83		MI	25:19	91	50:41	83	28:36	86	1:44:36
89	Terry Rudd	40		MK	25:27	92	51:39	90	27:36	80	1:44:42
90	Peter Fraser-Hopewell	34	Harwich Runners	ML	25:39	94	51:39	90	27:34	78	1:44:52
91	Janet Burrows	5	East Essex Tri Club	FI	26:49	104	47:45	66	30:58	102	1:45:32
92	Ashley Carden	47		MH	23:59	84	53:07	96	28:36	86	1:45:42
93	Bill Abbott	32		MK	25:58	99	50:52	85	29:09	93	1:45:59
94	Sue Fuller	13	East Essex Tri Club	FJ	26:09	101	49:56	80	30:02	97	1:46:07
95	Victoria Sharp	25		FG	25:41	95	50:13	82	30:14	99	1:46:08
96	Pamela Leon	19		FI	25:06	90	53:17	98	27:52	82	1:46:15
97	Francesca Rust	24	Newmarket Cycling & Triathl	FE	27:06	105	47:29	60	33:30	110	1:48:05
98	Alexander Das	52		MI	26:04	100	52:16	92	30:28	100	1:48:48
99	Sylvie Brookman	2		FH	25:38	93	54:47	102	28:51	90	1:49:16
100	Christopher Sawyer	42		ML					32:05	108	1:49:18
101	Alex Dagnall	8		FG	27:06	105	51:28	88	31:10	103	1:49:44
102	Lyn Foster	11	Ipswich Triathlon Club	FK	25:57	98	54:23	101	29:49	95	1:50:09
103	Ian Thomson	131		MG	24:22	86	56:12	104	29:59	96	1:50:33
104	Anne Florence	10		FL	26:13	102	53:52	100	30:30	101	1:50:35
105	Deborah Stewart	28	Hadleigh Hares A.C	FJ	27:53	108	53:48	99	31:53	107	1:53:34
106	Tamsin Passmore	23		FI	25:55	97	1:00:01	112	28:32	84	1:54:28
107	Emma Galloway	14	Cambridge Triathlon Club	FD	26:17	103	57:03	109	31:13	104	1:54:33
108	Ben Turnbull	133		MG	24:40	89	58:45	111	31:14	105	1:54:39
109	Paula Mccann	20	Two rivers running	FM	27:06	105	56:39	105	31:36	106	1:55:21
110	Wendy Sheppard	26		FH	29:12	110	55:52	103	32:53	109	1:57:57
111	Natalie Hall	15	East Essex Tri Club	FE	28:40	109	56:59	108	34:02	112	1:59:41
112	Sarah Webb	29		FG	29:12	110	58:26	110	33:57	111	2:01:35
113	Kevin Robinson	39	Cambridge Camaro	MP	30:15	112	56:39	105	38:08	113	2:05:02