

Ipswich Duathlon at Alton Water 14th September 2014

Pos.	Name	No.	Club	Cat	Run 1		Bike		Run 2		Total
1	Andrew Rooke	115	Performancecoaching.me	MD	15:59	1	37:42	3	18:53	3	1:12:34
2	Keith Tilley	82		MH	17:28	3	38:02	6	19:32	4	1:15:02
3	Mark Lloyd	68	Harwich Runners	MH	18:04	6	37:34	2	19:32	4	1:15:10
4	Tim Topper	83	Tri-Anglia Triathlon Club	MH	17:37	4	39:15	8	18:51	2	1:15:43
5	Pip Moore	71	West Suffolk Wheelers & T	MH	18:27	9	37:49	4	20:18	7	1:16:34
6	John Bland	89		MD	16:55	2	41:32	15	18:45	1	1:17:12
7	Lee Shipp	118	Diss cycling club	MG	19:02	10	36:43	1	21:42	11	1:17:27
8	Mark Hayward	99	Stowmarket Striders Runnir	MF	18:22	8	42:09	19	20:33	8	1:21:04
9	John Scaife	123	Hadleigh Hares AC	MH	18:19	7	41:38	16	21:10	9	1:21:07
10	Nigel Powley	43		MJ	19:06	12	40:19	11	22:19	14	1:21:44
11	Dan Foster	56		MI	20:32	27	38:41	7	22:34	16	1:21:47
12	Neal Marrin	69		MH	20:28	25	39:42	10	23:23	28	1:23:33
13	Justin Hender	63	Felixstowe road runners	MH	19:04	11	41:55	17	22:49	19	1:23:48
14	Mark Armitage	49		MI	19:27	13	41:55	17	22:51	20	1:24:13
15	Steve Clark	91		MG	21:30	39	40:39	12	23:01	24	1:25:10
16	Adam Johnson	65	Hadleigh Hares A.C	MI	19:32	17	44:39	33	21:20	10	1:25:31
17	Simon Smith	80		MH	20:05	20	42:25	20	23:16	26	1:25:46
18	Nick Beales	22	Harwich Runners	MK	20:51	31	42:55	24	22:18	13	1:26:04
19	Paul Rooke	114	West Suffolk Wheelers and	MG	21:28	38	37:55	5	26:47	63	1:26:10
20	James Hayward	100	Stowmarket Striders Runnir	ME	19:36	18	44:08	32	22:46	18	1:26:30
21	Wayne Crabb	52		MI	20:29	26	43:55	27	22:21	15	1:26:45
22	Dave Lumby	37	Ipswich Triathlon Club	MJ	20:59	32	42:36	22	23:21	27	1:26:56
23	Matt Day	94		MA	19:29	15	42:27	21	25:31	50	1:27:27
24	Bryan Rootes	73		MI	20:34	28	43:56	28	23:01	24	1:27:31
25	Phil Jarvis	36	Trainsharp Neovite Triathlo	MJ	22:19	52	41:14	14	24:25	37	1:27:58
26	Philip Lambert	105		MF	18:03	5	50:11	73	19:49	6	1:28:03
27	Chris Milne	39	East Essex Tri Club	MK	21:55	43	42:55	24	23:52	33	1:28:42
28	Paul de Bree	55		MH	19:46	19	45:34	41	23:36	31	1:28:56
29	John Clarke	27	Springfield Striders	MJ	20:50	30	45:30	39	22:54	21	1:29:14

30	Adrian Kudela	104		MF	19:28	14	46:30	47	23:23	28	1:29:21
31	Peter Harley	33	East Essex Tri Club	MK	21:50	40	44:47	35	22:57	22	1:29:34
32	Douglas Hobson	101	Woodbridge Shufflers	ME	20:08	22	47:49	52	21:55	12	1:29:52
33	Steven Rue	45	Saint Edmunds Pacer	ML	22:07	51	43:01	26	25:06	42	1:30:14
34	Georgina Pymer	15		FD	21:56	44	44:01	29	24:26	38	1:30:23
35	Janice Brown	3	East Essex Tri Club	FI	21:50	40	45:45	44	22:59	23	1:30:34
36	Chris Sheehan	117		MF	21:16	35	45:10	36	24:13	34	1:30:39
37	Steve Cox	29	Hadleigh Hares A.C	MJ	21:15	34	46:15	46	23:37	32	1:31:07
38	Peter Woods	122	Stowmarket Striders Runnir	MF	21:21	36	44:45	34	25:17	45	1:31:23
39	Ian Clews	93		MF	20:27	24	45:35	42	25:22	48	1:31:24
40	Nick Partridge	111		MG	24:05	75	39:37	9	28:15	76	1:31:57
41	Daniel Loftus	107		MB	19:29	15	50:07	72	22:35	17	1:32:11
42	Chris Brownhill	50	West Suffolk Wheelers and	MH	20:26	23	47:05	50	24:46	40	1:32:17
43	Andrew Renshaw	44	Boxford Bike Club	MJ	21:52	42	45:35	42	24:53	41	1:32:20
44	Tim Ostler	41	Ipswich Triathlon Club	MJ	23:22	63	42:50	23	26:20	58	1:32:32
45	Sean Sampson	74	Chapeau	MI	22:01	45	44:02	30	26:47	63	1:32:50
46	Jenny Harley	8	East Essex Tri Club	FJ	23:54	68	44:06	31	25:10	43	1:33:10
47	Daniel Gould	58	Felixstowe Road Runners	MH	24:26	79	41:03	13	28:02	74	1:33:31
48	Aaron Hart	98		ME	20:07	21	49:05	63	24:22	36	1:33:34
49	Paul McLean	70		MH	22:01	45					1:34:13
50	David Hilson	35		MJ	21:03	33	49:45	70	23:34	30	1:34:22
50	Carl Pearse	72		MH	22:42	56	45:31	40	26:09	56	1:34:22
52	Ross Laycock	106	Nottingham University Triatl	MC	22:01	45	48:05	55	24:21	35	1:34:27
53	Eddie Bryant	24	Ipswich Bicycle Club	MJ	23:03	58	45:13	38	26:14	57	1:34:30
54	Ashley Carden	51		MH	22:05	50	48:01	53	25:17	45	1:35:23
55	Gavin Milnthorpe	109		MF	20:46	29	49:26	66	25:13	44	1:35:25
55	Andy Smith	120		MF	22:41	55	47:00	48	25:44	54	1:35:25
57	Michael McKinnell	38	Two Rivers Running	ML	23:22	63	45:45	44	26:46	62	1:35:53
58	David Leon	66		MI	22:02	48	48:11	56	26:39	61	1:36:52
59	Stu Levene	67	Whitewebbs CC	MI	24:04	74	45:10	36	27:45	72	1:36:59
60	David Marsh	108		MG	21:27	37	50:25	76	25:18	47	1:37:10
61	Lucy Sheehan	17	Felixstowe Road Runners	FF	23:15	61	48:47	60	25:39	52	1:37:41
62	David Piper	42		MJ	22:28	53	48:02	54	27:35	70	1:38:05

63	Roger Clark	26		MK	23:56	69	47:02	49	27:23	68	1:38:21
64	David Chapman	25	Sudbury Joggers	MJ	24:00	70	48:50	61	25:34	51	1:38:24
65	Mat Nicholson	110		MG	23:23	65	48:25	58	27:12	67	1:39:00
66	Nathan French	95		ME	22:02	48	51:51	80	25:26	49	1:39:19
67	Phil Davies	53	Ipswich Triathlon Club	MI	24:02	72	48:27	59	27:10	66	1:39:39
68	Nigel Morgans	40	Tri Sport Epping	MJ	24:02	72	48:51	62	27:07	65	1:40:00
69	Kim Hickie	9		FG	23:43	67	49:55	71	26:31	59	1:40:09
69	Guy Hayward	61		MH	23:14	60	52:29	83	24:26	38	1:40:09
71	Will Clarke	92		ME	22:52	57	50:23	75	28:07	75	1:41:22
72	Sue Clarke	4	Springfield Striders	FK	23:10	59	52:47	85	25:41	53	1:41:38
73	Sharon White	20	Sudbury Joggers	FH	24:01	71	52:13	81	25:46	55	1:42:00
74	Peter Fraser-Hopewell	31	HARWICH RUNNERS	ML	24:09	77	50:18	74	28:28	77	1:42:55
75	Paul Smalley	78		MH	25:29	81	49:43	68	28:29	78	1:43:41
76	Peter Rogers	113	none	MG	23:33	66	52:59	86	27:37	71	1:44:09
77	Jo Phelps	14	East Essex Tri Club	FH	25:55	85	48:18	57	30:03	83	1:44:16
78	Ben Turnbull	121		MG	24:06	76	51:41	78	29:05	79	1:44:52
79	Rob Harrow	97	Sudbury Joggers	MG	23:19	62	55:09	91	26:33	60	1:45:01
80	Jamie Bennett	88		MG	25:46	83	49:41	67	29:57	82	1:45:24
81	Nick Falconer	30	falcon flyers	MJ	25:32	82	49:08	64	31:36	89	1:46:16
82	Pamela Leon	11		FI	24:21	78	54:04	88	27:52	73	1:46:17
83	Andrew Sandford	75		MI	25:27	80	51:46	79	29:32	80	1:46:45
84	Steve Bartholomew	87		MF	22:34	54	57:16	93	27:29	69	1:47:19
85	Alan Hillyard	34		MJ	26:11	86	50:38	77	30:44	85	1:47:33
86	Sara Taylor-Balls	18	Hadleigh Hares A.C	FJ	26:42	88	49:09	65	31:46	90	1:47:37
87	Paul Ryan	46		MJ	25:54	84	49:44	69	32:35	91	1:48:13
88	Sue Paradine	13		FG	27:17	91	52:30	84	29:51	81	1:49:38
89	David Coley	28		MM	27:12	89	54:16	89	31:28	88	1:52:56
90	Natalie Hall	7	East Essex Tri Club	FE	27:37	93	52:15	82	33:05	92	1:52:57
91	Paula McCann	12	Two Rivers Running	FM	27:13	90	54:42	90	31:22	87	1:53:17
92	Sylvie Brookman	2		FH	26:25	87	56:02	92	31:05	86	1:53:32
93	Marc Saunders	116	East Essex Tri Club	MG	32:31	97	47:19	51	34:11	94	1:54:01
94	Helene Cooper	5		FI	27:27	92	1:01:09	96	30:35	84	1:59:11
95	Thomas Johnson	103		MD	29:08	96	53:37	87	36:59	95	1:59:44

96	Helen Reeve	16		FF	27:59	94	57:47	94	34:05	93	1:59:51
97	Warren Short	76		MH	28:55	95	58:03	95	37:37	96	2:04:35
98	Michael Sommerlad	48	Great Bentley	MQ	38:19	98	1:02:10	97	46:29	97	2:26:58
		0	0								
	Lyn Foster	1		FK							
	Gaby Fisher	6		FH							
	Belinda Jennings	10		FG							
	Erica Welsh	19		FG							
	Cliff Bailey	21	THETFORD AC	MJ							
	Graham Brookman	23		MJ							
	Stephen Hackett	32	Team Forever Living	MJ							
	Mark Schofield	47		MJ							
	Gavin Day	54		MI							
	Michael Goodchild	57		MI							
	Steve Gower	59	Splutter Wobble Stagger	MI							
	Gareth Hand	60		MH							
	Martin Hender	62		MI							
	Brian Herrington	64		MI							
	David Skevington	77		MI							
	Jason Sully	81		MI							
	Rob Warner	84	Harwich Runners	MI							
	Anthony Watkins	85		MH							
	Richard Adams	86		MG							
	Mathew Chapple	90		MG							
	Bradley Gladden	96	Team Forever Living	MB							
	Matthew Hunt	102	Ipswich Jaffa	MG							
	Chris Platt	112		ME							
	Mark Smeeth	119		MG							

