

## Ipswich Duathlon at Alton Water 13th September 2015

Pos.	Name	No.	Club	Cat	Run 1		Bike		Run 2		Total
1	Steven Barnes	59		MG	16:59	2	36:08	2	19:03	1	1:12:10
2	Mark Lloyd	85	Harwich Runners	MH	18:04	5	36:34	3	19:30	3	1:14:08
3	Chris Clarke	66		MG	17:54	4	37:01	5	19:56	4	1:14:51
4	Ross Fawcett	72	PerformanceCoaching.me	MD	18:05	6	35:06	1	22:04	13	1:15:15
5	James Kershaw	81	Beccles Triathlon Club	MC	18:15	8	36:42	4	20:55	7	1:15:52
6	Johnnie Bland	61	Leeds Triathlon centre	MD	16:54	1	39:36	12	19:26	2	1:15:56
7	Harrison Jeffries	79	University of Birmingham Triathlon Team	MD	17:43	3	40:40	14	19:57	5	1:18:20
8	Angus Wilkinson	109	Diss Cycling Club	MH	18:56	10	38:35	9	20:59	8	1:18:30
9	Mark Hayward	77	Stowmarket Striders Running Club	MF	18:48	9	39:05	11	20:43	6	1:18:36
10	Craig Smith	103	STRAC	MF	19:20	13	38:20	8	21:08	9	1:18:48
11	Simon Smith	102	Thetford AC	MH	19:50	16	37:50	7	21:51	12	1:19:31
12	Lee Ford	73	Cycle Club Sudbury	MG	20:41	24	37:17	6	22:18	16	1:20:16
13	Nigel Powley	48		MJ	19:02	12	40:08	13	22:27	19	1:21:37
14	Daniel Loftus	86	Loughborough Triathlon RC	MC	18:14	7	41:24	16	22:07	14	1:21:45
15	Scott Williams	110	Stowmarket Striders Running Club	ME	19:58	18	40:51	15	22:19	17	1:23:08
16	Marcus Catlin	65		MH	19:47	15	42:12	24	21:43	10	1:23:42
17	Dave Lumby	47	Ipswich Triathlon Club	MK	19:54	17	41:36	20	22:19	17	1:23:49
18	Mark Armitage	20		MJ	20:03	19	41:52	23	22:46	23	1:24:41
19	Grahamgra Coulter	68	STRAC	MH	20:03	19	42:12	24	22:35	20	1:24:50
20	Shaun Jones	80	Stowmarket Striders Running Club	MG	20:39	23	41:32	18	23:14	27	1:25:25
21	Richard Candler	62		MH	21:38	38	41:33	19	22:49	24	1:26:00
22	Cliff Bailey	21		MK	21:04	29	42:28	27	22:55	25	1:26:27
23	Paul Rooke	100	West Suffolk Wheelers and Triathlon Club	MG	20:50	26	38:55	10	26:48	59	1:26:33
24	Brian Carter	64		MH	21:32	36	42:15	26	23:17	28	1:27:04
25	Kevin Gench	35	Belvoir Tri Club	MI	21:10	31	41:44	21	24:32	39	1:27:26
26	Tim Hanman	38		MI	19:01	11	46:51	51	21:46	11	1:27:38
27	Tom Walton	108		MG	21:26	33	44:04	35	22:40	22	1:28:10
28	Paul de Bree	69		MH	20:41	24	43:48	33	23:47	35	1:28:16
29	Robert James	41		MI	20:57	27	45:15	40	22:17	15	1:28:29

30	Andrew Renshaw	49		MJ	21:15	32	43:39	30	23:38	33	1:28:32
31	Will Clarke	67		MF	21:46	40	41:27	17	26:39	58	1:29:52
32	Ben Jackson	78		MG	19:40	14	47:02	53	23:28	30	1:30:10
33	Andrew Keeble	43	STRAC	MI	22:56	55	41:45	22	25:47	49	1:30:28
34	David Marsh	87		MG	20:27	21	46:36	50	23:35	31	1:30:38
35	Wayne Tilbury-Larter	106	STRAC	MH	22:03	46	45:08	39	23:49	36	1:31:00
36	Rob Thacker	55	Born2Tri	MI	21:44	39	45:24	42	24:22	37	1:31:30
37	Ashley Carden	63		MH	21:30	35	46:26	49	23:37	32	1:31:33
38	Steven Rue	50	Saint Edmund Pacers	ML	22:56	55	43:46	31	25:22	44	1:32:04
39	Jihanna Allard	2		FC	20:33	22	49:27	68	22:35	20	1:32:35
40	John Clarke	28	Triathlon England	MK	23:22	59	43:49	34	26:22	54	1:33:33
41	Sarah JC Lewis	12	Lynx Running Club	FF	21:34	37	48:22	59	23:46	34	1:33:42
41	Jamie Bennett	60		MG	21:49	42	45:17	41	26:36	57	1:33:42
43	Eddie Bryant	24		MJ	22:49	52	45:33	43	25:41	46	1:34:03
44	Mat Nicholson	91		MH	22:30	47	45:51	45	25:49	50	1:34:10
45	Chris Bullock	25		MJ	24:47	69	43:46	31	25:46	48	1:34:19
46	Jess Farthing	71		MH	21:09	30	47:34	55	26:17	53	1:35:00
47	Carl Pearse	95		MH	22:53	53	45:44	44	27:07	62	1:35:44
48	Andrew Stewart	54	Hadleigh Hares A.C	MK	23:46	61	44:25	36	27:40	65	1:35:51
49	James Lewis	84	Super Noodle	MG	21:49	42	43:18	28	30:46	78	1:35:53
50	John Vaughan	56		MJ	22:43	51	46:55	52	26:26	56	1:36:04
51	Robert Phillips	96		MG	24:30	68	43:30	29	28:15	70	1:36:15
52	Sean Sampson	52		MJ	22:34	48	44:58	37	28:51	74	1:36:23
53	Paul Self	101		ME	23:10	58	47:47	56	25:43	47	1:36:40
54	Geraldine Clarke	5		FI	21:29	34	52:18	78	22:59	26	1:36:46
55	Stewart Hambling	37		MI	22:37	49	49:07	64	25:18	42	1:37:02
56	Tom Farrell	70		MG	21:48	41	50:32	72	24:48	40	1:37:08
57	Ian Kennedy	44		MJ	22:54	54	49:25	67	25:19	43	1:37:38
58	Guy Hayward	76		MH	21:53	44	52:04	77	24:28	38	1:38:25
59	Paola Peroni	13	Tri-Spoke	FI	23:49	62	48:53	61	25:52	51	1:38:34
60	Mark Hird	40		MK	24:53	71	46:15	48	27:29	63	1:38:37
61	Sue Clarke	6	Triathlon England	FL	22:56	55	50:47	73	25:01	41	1:38:44
62	Anthony Tovey	107		MG	25:18	76	47:24	54	26:10	52	1:38:52

