

## Ipswich Triathlon Club

### Culford 2 Triathlon 31st May 2015

Pos.	Name	No.	Club	Cat	Novice	Swim	Bike	Run	Total
1	Joe Giggins	213		MD		3:32	1 31:38	1 13:17	2 48:27
2	Chris Miles	194	SDCC	MG		4:28	9 34:30	2 15:30	23 54:28
3	Darren Sharman	159	West Suffolk Wheelers and Triathlon Club	MH		4:55	25 35:28	3 14:53	14 55:16
4	Andrew Bell	140		MG		5:06	36 37:04	9 13:18	3 55:28
5	Andy Thorndyke	211	Oxford Tri	MG		3:50	3 37:57	14 14:11	5 55:58
6	Richard Hanley	190		MI		4:56	26 35:59	4 15:43	28 56:38
7	Julian Long	143	West Suffolk Wheelers and Triathlon Club	MH		5:25	55 36:49	6 14:27	8 56:41
8	Ian France	142		MH		5:35	68 36:51	8 14:46	12 57:12
9	Simon Daniel	146		MG		5:15	44 37:07	11 14:53	14 57:15
10	Elgan Hallett	208		MG		4:16	6 38:11	15 15:24	20 57:51
11	Dan Clapton	199	Ipswich Triathlon Club	MG		4:20	7 39:09	24 14:32	10 58:01
12	Stuart Evans	185	born2tri	MH		5:01	31 36:50	7 16:37	46 58:28
13	Gavin Price	197		MF		4:44	18 36:41	5 15:19	19 58:44
14	Richard Webster	109		MJ		6:39	123 37:16	13 15:03	17 58:58
15	Luke Metson	183	Hadleigh Hares A.C	MG		5:05	34 38:19	17 16:10	34 59:34
16	Shaun Jones	168	Stowmarket Striders Running Club	MG		5:28	58 38:50	21 15:29	22 59:47
16	Neil Berry	169		MG		4:50	21 39:31	27 15:26	21 59:47
18	Mark Gibbs	148	Newmarket Cycling & Triathlon Club	MI		5:22	51 40:12	37 14:21	7 59:55
19	Scott Williams	112	Stowmarket Striders Running Club	ME		5:51	80 39:38	29 14:29	9 59:58
20	Adam Haile	3		MF		5:01	31 37:06	10 18:20	95 1:00:27
20	Keith Mccarthy	184	Newmarket Cycling & Triathlon Club	MH		5:20	49 39:51	30 15:16	18 1:00:27
20	James Roberts	195	Ipswich Bicycle Club	MG	Y	4:39	11 38:18	16 15:30	23 1:00:27
23	William Marshall	139		MF		5:51	80 38:36	19 16:14	36 1:00:41
23	Neil Packer	177		MJ		4:43	15 38:25	18 17:33	76 1:00:41
25	Ian Duggan	165		MJ		5:32	64 40:28	40 14:51	13 1:00:51
26	Katie Keeble	205		FF	Y	4:54	24 41:24	52 14:40	11 1:00:58
27	Luke Harrison	153	Tri anglia	ME		5:11	42 40:11	36 15:39	27 1:01:01
28	Chris Brownhill	176	West Suffolk Wheelers and Triathlon Club	MH		4:58	29 39:58	34 16:23	41 1:01:19
29	Simon Rudland	192		MJ		5:09	41 39:30	26 16:43	50 1:01:22
30	Julia Horsley	189		FI		4:41	14 40:22	39 16:20	37 1:01:23
31	Anthony Nightingale	122	Ipswich Triathlon Club	MG		5:16	45 40:51	43 15:35	26 1:01:42
32	Glen Curtis	111		MG		6:29	111 39:12	25 16:05	33 1:01:46
33	Steve Bird	163	Tri-Anglia Triathlon Club	MI		5:16	45 40:36	42 15:56	32 1:01:48
33	Tim Lacey	171		MG		5:06	36 40:05	35 16:37	46 1:01:48
35	Adrian Waddy	128		MH		6:05	96 39:37	28 16:20	37 1:02:02
35	Adrian Hine	178	Felixstowe Road Runners	MJ		5:05	34 39:56	32 17:01	63 1:02:02
37	Elliot Wells	167		MG		5:18	47 39:51	30 16:57	58 1:02:06
38	Paul Berry	156		MF	Y	4:53	23 41:30	55 15:46	29 1:02:09
39	Angela Joiner-Handy	188	West Suffolk Wheelers and Triathlon Club	FI		6:43	128 39:56	32 15:31	25 1:02:10
40	Ben Symington	155	Tri Anglia	MF		5:19	48 38:36	19 18:22	97 1:02:17
41	Eliot Bentley	173	Newmarket Cycling & Triathlon Club	MH		5:08	40 40:17	38 16:59	60 1:02:24
42	Martin Gale	212	West Suffolk Wheelers	MI		3:34	2 39:03	22 17:52	85 1:02:29
43	Chris Dive	157	West Suffolk Wheelers and Triathlon Club	MF		5:24	53 42:30	65 14:59	16 1:02:53
44	Gary Langridge brown	191		MI		4:46	19 40:51	43 17:18	67 1:02:55
45	Annie Drugan	201	West Suffolk Wheelers and Triathlon Club	FI		4:39	11 41:39	56 16:53	54 1:03:11
46	Mark Webb	147		MI		5:31	61 39:05	23 18:36	102 1:03:12
47	Rosalind Martin	118	Cambridge Triathlon Club	FD	Y	5:38	70 41:00	46 16:42	49 1:03:20
48	Stuart Faust	187		MH		5:20	49		1:03:38
49	Malcolm Pidd	193	Woodbridge Shufflers	MJ		5:28	58 41:22	51 16:56	57 1:03:46
50	Paul Horsley	110		MJ		6:01	91 40:56	45 16:55	56 1:03:52
51	Rick Emberson	136		MI		5:44	73 41:13	49 17:00	61 1:03:57
52	Gary Waters	152	Born 2 Tri	MH		5:48	75 42:04	63 16:10	34 1:04:02
53	Tom Symington	154		MF		5:13	43 41:45	57 17:23	70 1:04:21
54	Jake Clover	196		MD		4:46	19 37:10	12 22:38	160 1:04:34
55	Luke Roberts	7		MD	Y	5:51	80 42:57	70 15:49	30 1:04:37
56	James Potter	124		MG	Y	5:24	53 42:52	69 16:24	42 1:04:40
57	Paul Goodhand	162		MI		5:51	80 40:31	41 18:25	99 1:04:47
58	Ian Chapman	127		MH		5:29	60 41:53	62 17:40	79 1:05:02
59	Nigel Vincent	116		MJ		6:03	92 41:28	54 17:32	75 1:05:03
60	Lyndon Houston	108	West Suffolk Wheelers and Triathlon Club	MH		5:48	75 41:09	48 18:13	92 1:05:10
61	Rob Emberson	144		MH		5:46	74 41:16	50 18:13	92 1:05:15
62	Michael Frere	114		MG		5:54	88 42:51	68 16:48	53 1:05:33
63	Abigail Pawsey	198		FG		5:07	39 42:57	70 17:41	80 1:05:45

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### Culford 2 Triathlon 31st May 2015

Pos.	Name	No.	Club	Cat	Novice	Swim	Bike	Run	Total
64	Russell Davies	22		MG	Y	7:45 160	44:57 96	13:08 1	1:05:50
65	Robert Nunn	207		MG	Y	4:14 5	43:14 72	18:23 98	1:05:51
66	Jeff Higgon	150	Harwich Runners	ML		5:52 86	41:25 53	18:38 103	1:05:55
67	Steven Tatum	135	Harwich Runners	MI		5:35 68	42:05 64	18:26 100	1:06:06
68	Tony Sparkes	92		MI	Y	6:33 115	41:45 57	17:51 84	1:06:09
69	Daniel Humphries	73		MG		6:32 113	43:45 76	16:20 37	1:06:37
70	Alex Hart	71		MF		7:23 151	41:02 47	18:17 94	1:06:42
71	Ewan Evans	50		MB	Y	4:57 27	45:53 108	15:53 31	1:06:43
72	Dan Philpott	158	Born 2 Tri	MG		5:01 31	42:36 66	19:28 117	1:07:05
73	Adam Ramsey	179	Ipswich Triathlon Club	MG		4:40 13	44:00 81	18:28 101	1:07:08
74	Anthony Rushbrook	125		MH		5:32 64	43:48 77	17:49 83	1:07:09
75	Debbie Morgan	18		FD	Y	6:03 92	44:29 85	16:41 48	1:07:13
76	Caroline Humphries	123		FG		5:22 51	44:39 89	17:35 77	1:07:36
77	Andrew Hovell	174		MI		4:58 29	41:46 59	21:07 145	1:07:51
78	Matt Jack	79		MI		6:27 108	44:01 82	17:28 74	1:07:56
79	David Cordner	77		MI		6:35 118	41:49 61	19:36 122	1:08:00
80	Zoe Strong	138	Springfield Striders	FF		5:26 57	42:42 67	17:53 86	1:08:01 P
81	Anna Mills	145		FF		5:50 78	45:15 100	17:12 65	1:08:17
82	Julian Colman	132	West Suffolk Wheelers and Triathlon Club	MK		7:05 142	43:31 74	17:42 81	1:08:18
83	Matthew Goulding	102		MG		6:37 121	44:49 93	16:54 55	1:08:20
84	Steven Rue	26	St Edmund Pacers	ML	Y	9:13 180	41:48 60	17:25 72	1:08:26
84	Ken Williamson	83	Saint Edmund Pacers	MJ		6:34 116	44:30 86	17:22 69	1:08:26
84	Mark Oxford	202	Ipswich Triathlon Club	MD		4:20 7	44:39 89	19:27 116	1:08:26
87	Martin Holden-White	4		MD	Y	5:06 36	47:14 124	14:14 6	1:08:34 P
88	James Gray	74		MH	Y	6:41 126	44:41 91	17:13 66	1:08:35
89	Jerry Headley	91		MG		6:36 120	48:12 130	13:52 4	1:08:40
90	Andy Bonser	99	West Suffolk Wheelers and Triathlon Club	MF		6:03 92	44:48 92	17:55 87	1:08:46
91	Geoff Buchanan	30		MI	Y	6:10 100	45:58 110	16:44 51	1:08:52
92	Nicki Broad	107		FG		6:31 112	43:37 75	19:01 111	1:09:09
93	Katy Roberts	96		FE		4:37 10	45:49 107	18:48 108	1:09:14
94	Vanessa Smith	134		FH		5:51 80	45:12 98	18:20 95	1:09:23
95	Richard Jones	41		MI	Y	7:11 145	45:41 106	16:44 51	1:09:36
96	Tegan Foster	117		FD	Y	5:43 71	43:56 80	20:06 129	1:09:45
97	Hugh Langley	46		MH	Y	5:48 75	44:37 87	19:33 120	1:09:58
98	Jenny Knight	69		FH		6:48 133	46:10 112	17:07 64	1:10:05
99	Michael Hatcher	172	West Suffolk Wheelers and Triathlon Club	MG		4:51 22	45:12 98	20:04 128	1:10:07
100	David Leaver	62	West Suffolk Wheelers and Triathlon Club	ML		6:59 137	44:15 84	19:07 112	1:10:21
101	Stephen Dixon	10		MJ	Y	8:36 175	45:19 102	16:32 43	1:10:27
102	Grant Randall	67		MI		6:55 135	44:51 94	18:42 104	1:10:28
102	Kirstie Kett	161		FH		4:57 27	44:56 95	20:35 136	1:10:28
104	John Craddock	133	Stowmarket Striders Running Club	MG		6:07 98	43:54 79	20:29 134	1:10:30
105	Michelle Constable	60	Ipswich Triathlon Club	FI		7:52 166	45:25 104	17:18 67	1:10:35
106	Paul Copsey	93		MI	Y	6:21 106	44:37 87	19:45 124	1:10:43
107	Justin Smith	54		MG		6:15 101	47:11 123	17:23 70	1:10:49
108	Jack Hill	119		ME	Y	5:34 66	47:42 126	17:35 77	1:10:51
108	Michael Forster	131		MJ		5:53 87	44:02 83	20:56 141	1:10:51
110	Carl Berriman	25		MI		8:41 176	45:16 101	17:00 61	1:10:57
111	John-Henry Love	1		MA	Y	4:43 15	49:57 149	16:36 45	1:11:16
112	David Birkby	98		MF		6:19 102	48:39 138	16:22 40	1:11:20
113	Andrew Milsom	9		MG	Y	6:24 107	46:54 119	18:12 91	1:11:30
114	Katie Holmes	204	Harwich Runners	FF		4:03 4	47:54 128	19:43 123	1:11:40
115	Matt Fryatt	31		MH	Y	6:47 131	46:05 111	19:11 113	1:12:03
116	Kerry Kemp	115		FH		5:59 89	46:42 116	19:23 114	1:12:04
117	Chris Burgess	63		MG	Y	6:07 98	47:53 127	18:06 89	1:12:06
118	Laura Brown	137	West Suffolk Wheelers and Triathlon Club	FE		5:25 55	46:10 112	18:43 105	1:12:18 P
119	Hazel Brammar	149		FJ		5:31 61	47:58 129	19:26 115	1:12:55
120	Ian Storey	166	Newmarket Cycling & Triathlon Club	MJ		5:51 80	45:02 97	22:08 154	1:13:01
121	Simon Palmer	95	Ipswich Triathlon Club	ML		6:32 113	43:17 73	23:14 168	1:13:03
122	Dawn D'Amarco	76		FH		6:34 116	45:56 109	20:35 136	1:13:05
123	Harmer Parr	45		MM		7:21 147	47:05 122	18:43 105	1:13:09
124	Kirsten Jamie	34		FG	Y	5:50 78	50:47 155	16:35 44	1:13:12
125	David Coley	86	Ipswich Triathlon Club	MM		7:05 142	45:23 103	18:49 109	1:13:17 P
126	Matt Hymus	100		MG		6:28 109	49:13 144	17:46 82	1:13:27

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### Culford 2 Triathlon 31st May 2015

Pos.	Name	No.	Club	Cat	Novice	Swim	Bike	Run	Total
127	Nancy Mclachlan	200		FH	Y	4:43 15	48:31 136	20:14 131	1:13:28
128	Jo Higgon	94	Harwich Runners	FK		6:55 135	43:50 78	22:44 161	1:13:29
129	Jen Devaney	90		FG		7:30 154	46:15 114	20:13 130	1:13:58
130	Ollie Scognamiglio	37		MH		6:35 118	46:58 120	20:57 142	1:14:30
131	Andrew Albins	65		MH		7:12 146	46:27 115	20:52 140	1:14:31
132	Sarah Vick	39		FI		7:45 160	48:54 140	18:05 88	1:14:44
133	Michael Pullen	47		MJ		6:05 96	45:36 105	23:09 165	1:14:50
134	Manjit Virdee	57		MH		7:21 147	48:59 142	18:47 107	1:15:07
135	Jill Wilshaw	84	West Suffolk Wheelers and Triathlon Club	FL		6:37 121	48:17 132	20:28 133	1:15:22
136	Dan Heaney	20		ME		7:34 156	48:29 134	19:32 118	1:15:35
137	Mark Marsh	113		MF		6:19 102	47:34 125	21:43 149	1:15:36
138	Dianna Firbank	97		FE	Y	6:03 92	48:42 139	21:01 144	1:15:46
139	Michael Power	43		MK		7:29 153	48:54 140	19:48 125	1:16:11
140	Patricia Atwood	68	Hadleigh Hares A.C	FM		7:01 140	46:53 118	22:26 158	1:16:20
141	Tony Stenning	129		MI	Y	7:31 155	47:02 121	21:51 150	1:16:24
142	Richard Landers	23		MH		7:57 168	48:59 142	19:32 118	1:16:28
143	Lyn Foster	44	Ipswich Triathlon Club	FL		7:44 159	48:30 135	20:15 132	1:16:29
144	Tania Hotene-Goodall	78		FI		6:41 126	49:49 148	20:00 126	1:16:30
145	Debbie Jordan	28		FH		7:54 167	50:36 153	18:10 90	1:16:40
146	Neil Walmsley	59		MI	Y	6:45 129	52:33 164	17:27 73	1:16:45
147	Emily Knight	89		FG	Y	6:59 137	49:47 147	20:03 127	1:16:49
148	Abi Bygrave	88		FF		6:46 130	49:23 145	20:49 139	1:16:58
149	Richard Dean	87		MG	Y	5:43 71	46:49 117	24:32 171	1:17:04
150	Mark Scot	101		MG	Y	8:33 174	51:37 161	16:57 58	1:17:07
151	Anthony Mills	38		MH		6:40 124	48:36 137	22:00 151	1:17:16
152	Stuart Knight	151	Tri-Anglia Triathlon Club	MF		5:31 61	51:25 157	20:41 138	1:17:37
153	Anthony Preece	40		MI		8:30 173	49:58 150	19:35 121	1:18:03
154	Richard Gash	80	Newmarket Cycling & Triathlon Club	MI	Y	7:39 157	48:15 131	22:12 156	1:18:06
155	Rich Oake	53		MF	Y	6:28 109	51:14 156	20:32 135	1:18:14
156	Robyne Ingle	51		FF		7:22 149	50:35 152	21:30 148	1:19:27
157	Wayne Caton	6		MJ	Y	8:13 171	52:37 165	19:00 110	1:19:50
158	Mel Mills	160		FH	Y	5:34 66	53:38 167	21:10 146	1:20:22
159	Colin Love	12		MJ		9:01 178	48:20 133	23:02 164	1:20:23
160	Laura Smith	56		FG	Y	6:49 134	50:40 154	23:11 166	1:20:40
161	Sarah Taylor	55	Freedom Tri	FG		5:59 89	51:59 162	23:13 167	1:21:11
162	Pearl Fay	42	Newmarket Cycling & Triathlon Club	FK		7:22 149	51:29 158	22:48 162	1:21:39
163	Clark Skates	29		MJ	Y	7:03 141	52:53 166	22:32 159	1:22:28
164	Hilary Depper	105	Skegness triathlon Club	FL		6:20 105	54:31 170	22:01 152	1:22:52
165	Kenny Bathgate	33		MF	Y	7:45 160	49:25 146	25:59 179	1:23:09
166	Matt Trainer	8		MF		6:19 102	51:35 160	26:15 181	1:24:09
167	Claire Thorby	48	Cambridge Triathlon Club	FJ	Y	7:23 151	54:13 168	22:51 163	1:24:27
168	Esther Carter	19		FD	Y	6:59 137	50:30 151	27:10 182	1:24:39
169	Roy Phillips	17		MK	Y	7:46 163	54:53 172	22:09 155	1:24:48
170	Alan Jordan	13		MK		10:10 184	52:17 163	22:25 157	1:24:52
171	Keith Borrett	14		ML		12:53 185	51:33 159	20:58 143	1:25:24
172	Anne Smith	58	West Suffolk Wheelers and Triathlon Club	FH		6:40 124	54:38 171	25:35 177	1:26:53
173	Helen Worrall	72		FG	Y	7:10 144	55:17 174	24:30 170	1:26:57
174	Diana Oake	52		FF	Y	6:47 131	58:37 181	22:01 152	1:27:25
175	Claire Johnson	21		FF		9:07 179	55:45 175	23:18 169	1:28:10
176	Amy Smith	32		FF		9:13 180	58:30 179	21:22 147	1:29:05
177	James Buchanan	2		MA	Y	7:49 164	56:25 176	25:11 175	1:29:25
178	Sara Clarke	24		FH		9:00 177	55:11 173	25:46 178	1:29:57
179	Dinelli de Silva	11		FJ		9:42 183	56:30 177	24:40 172	1:30:52
180	Helen Ashwell	16		FJ		8:23 172	58:00 178	24:46 174	1:31:09
181	Zoe Davidson	75		FH	Y	7:58 169	58:37 181	24:40 172	1:31:15
182	Gordon Merfield	49		MO		7:40 158	54:25 169	30:05 184	1:32:10
183	Bill Matthews	64	Cambridge Tri	MO		8:08 170	58:31 180	26:04 180	1:32:43
184	Emma Burgess	27		FG	Y	7:51 165	1:00:34 183	27:51 183	1:36:16
185	Lisa Tipper	15		FH	Y	9:22 182	1:01:40 184	25:18 176	1:36:20