

Culford Triathlon 26th July 2015

Pos.	Name	No.	Club	Cat	Novice	Swim	Bike	Run	Total
1	Matt Shingleton	205	West Suffolk Wheelers and	MH		4:19 4	32:58 1	13:51 1	51:08
2	Lee Shipp	195	Diss Cycling Club	MG		4:39 15	33:03 2	13:51 1	51:33
3	Dave Copland	193	Ipswich Triathlon Club	MJ		5:09 35	34:55 5	14:14 5	54:18
4	Patrick Hannah	202	East Essex Tri Club	ME		4:22 6	36:18 8	13:59 4	54:39
5	Simon Myers	192	Bolton Triathlon Club	MH		4:32 10	36:28 9	13:54 3	54:54
5	Antony Birt	203	Team tribul	MH		5:34 57	34:06 3	15:14 17	54:54
7	Jake Hayward	184	Hadleigh Hares A.C	MD		4:33 12	35:51 6	15:31 24	55:55
8	Mark Hayward	124	Stowmarket Striders Runnir	MF		5:28 51	36:31 11	14:31 8	56:30
9	Robert Davies	167		MI		5:39 66	34:50 4	16:13 38	56:42
10	Mark Brown	168	East Essex Tri Club	MJ		5:04 29	36:08 7	16:08 35	57:20
11	Dave Lumby	151	Ipswich Triathlon Club	MK		5:44 68	37:23 14	14:42 9	57:49
12	Richard Webster	114		MJ		6:29 100	36:36 12	15:05 12	58:10
13	Elgan Hallett	204		MG		4:20 5	38:14 20	15:44 28	58:18
14	Adam Harley	3	East Essex Tri Club	MA		4:48 18	39:34 34	14:29 7	58:51
15	James Hayward	121	Stowmarket Striders Runnir	ME		5:52 74	38:08 19	14:55 10	58:55
16	David Cole	188		MG		4:31 9	37:30 15	16:56 56	58:57
17	Sinead Clark	2	East Essex Tri Club	FA		4:07 3	39:53 38	15:04 11	59:04
18	Joe Richer	172	Newmarket Cycling & Triatl	MH		5:24 48	37:36 16	16:18 41	59:18
19	Stephen de Boltz	198	Ipswich Triathlon Club	MJ		5:06 32	36:28 9	17:46 71	59:20
20	Matthew Allsop	191		MH		5:30 52	38:56 25	15:06 13	59:32
21	Doug Grimwade	178	Hadleigh Hares A.C	MJ		5:18 44	39:05 28	15:32 25	59:55
22	Dean Stonestreet	82	Born 2 Tri	MF		5:39 66	37:19 13	16:58 57	59:56
23	Jasmine Hayward	158	Hadleigh Hares A.C	FB		4:38 14	39:33 31	15:52 29	1:00:03
24	Eliot Bentley	175	Newmarket Cycling & Triatl	MH		5:15 39	38:23 21	16:26 47	1:00:04
25	Alan Foster	141		MJ		5:32 55	37:55 18	16:45 53	1:00:12
26	Malcolm Macfarlane	199	West Suffolk Wheelers and	MJ		4:45 17	37:54 17	17:38 68	1:00:17
27	Adam Sheward	68	Tri Anglia	MF		5:05 31	38:34 23	16:48 55	1:00:27
28	Angela Joiner-Handy	137	West Suffolk Wheelers and	FI		6:43 117	38:41 24	15:20 18	1:00:44
29	Michael Norton	174	Born 2 Tri	MJ		5:07 33	39:03 27	16:37 51	1:00:47
30	Matthew Pickett	125	East Essex Tri Club	MG		5:35 59	40:07 42	15:08 14	1:00:50
31	Chris brownhill	182	West Suffolk Wheelers and	MH		4:57 24	40:31 49	15:27 20	1:00:55
32	Janice Brown	157	East Essex Tri Club	FJ		5:27 50	40:35 51	15:12 16	1:01:14
33	Neil Packer	181		MJ		4:48 18	38:58 26	17:46 71	1:01:32
34	Stuart Compton	105	Cambridge Triathlon Club	MI		6:48 120	39:33 31	15:22 19	1:01:43
35	Ross Mckenzie	119	West Suffolk Wheelers and	MB	Y	5:23 47	39:08 29	17:15 62	1:01:46
36	Ewan Evans	51		MB		4:39 15	41:18 62	15:54 31	1:01:51
37	Martin Koenigsberger	92		MI		6:40 112	40:04 41	15:08 14	1:01:52
38	Nigel Vincent	116		MJ		6:02 86	39:45 36	16:24 46	1:02:11
39	Austin Hall	197		MB		4:35 13	41:13 59	14:24 6	1:02:12
40	Helen Wing	176	Stowmarket Strider	FI		5:03 27	39:43 35	17:28 64	1:02:14
41	Charlotte Smith	179	Thetford AC	FG		4:53 22	41:28 65	16:01 33	1:02:22
42	Adam Fish	200	Stowmarket Striders Runnir	MG		4:26 8	41:31 68	16:47 54	1:02:44
43	Sarah Mulhall	54		FG		6:49 121	40:20 44	15:36 26	1:02:45
44	Marc Verzijl	206	West Suffolk Wheelers and	MH		3:55 2	41:18 62	17:47 73	1:03:00
45	Rick Emberson	149		MI		5:33 56	41:10 58	16:21 45	1:03:04
46	Francesca Hall	207		FD		5:46 69	41:29 67	15:52 29	1:03:07
47	Myles Taylor	201	West Suffolk Wheelers and	MB		4:25 7	42:16 71	16:28 49	1:03:09
48	Ker Macrosson	112	Stowmarket Striders Runnir	ML		6:30 102	40:30 48	16:11 36	1:03:11
49	Peter Harley	109	East Essex Tri Club	MK		5:55 80	41:03 57	16:16 40	1:03:14
50	Graeme Biggins	189	blackwater ttiathalon club	MH		5:00 25	41:15 61	17:13 60	1:03:28
51	Jordan Black	4	Newmarket Cycling & Triatl	MB	Y	6:42 115	38:28 22	18:32 95	1:03:42
52	Dan Jolly	161		MF		5:08 34	42:20 74	16:19 43	1:03:47
53	Mark Webb	154		MI		5:38 64	39:13 30	19:09 111	1:04:00
54	Jenny Harley	94	East Essex Tri Club	FK		6:40 112	40:21 47	17:14 61	1:04:15
55	Quentin Crowe	97		MJ		7:12 136	39:33 31	17:34 67	1:04:19
56	Steve Bowen	111	Hadleigh Hares A.C	ML		5:52 74	39:46 37	18:44 98	1:04:22
57	Rob Emberson	152		MH		5:47 70	40:20 44	18:16 88	1:04:23
58	Tony Sparkes	104		MI		6:17 94	40:35 51	17:33 66	1:04:25
59	Nick Mayer	143	Ipswich Triathlon Club	MH		5:30 52	40:38 53	18:26 91	1:04:34
60	Paul Brown	196		MK		5:26 49	41:22 64	17:49 74	1:04:37
61	Helen Samuel	170	West Suffolk Wheelers and	FH		5:17 41	41:28 65	17:58 81	1:04:43
62	Rebecca Jordan	144		FG		5:48 71	43:31 92	15:27 20	1:04:46

P

63	Samantha Godden	194		FF		5:03	27	42:16	71	15:29	22	1:04:48	P
64	Jeff Higgon	145	Harwich Runners	ML		5:55	80	41:02	56	17:54	78	1:04:51	
65	Darren Lee	93		MJ		7:02	130	42:25	75	15:30	23	1:04:57	
65	Andy Bonser	99	West Suffolk Wheelers and	MF		6:00	84	42:17	73	16:40	52	1:04:57	
65	Curtis Caba	173		MJ		5:37	62	40:02	40	19:18	113	1:04:57	
68	Alex Hart	75		MF		6:58	128	40:15	43	17:57	80	1:05:10	
69	Andrew Hovell	177		MI		5:00	25	39:56	39	20:15	128	1:05:11	
70	Simone Collins	136	East Essex Triathlon Club	FI		6:09	90	41:01	55	18:02	84	1:05:12	
71	Jerry Headley	102		MG		6:35	106	40:54	54	17:52	76	1:05:21	
72	Tim lacey	162		MG		5:19	45	41:13	59	17:12	59	1:05:44	P
73	Hayley Brewis	155	West Suffolk Wheelers and	FJ		5:30	52	42:14	70	18:01	82	1:05:45	
74	Helen Taylor	171		FH	Y	5:17	41	43:04	83	17:41	69	1:06:02	
75	Jason Baillie	180		MH		4:54	23	40:20	44	20:53	137	1:06:07	
76	Joanne Metson	165	Hadleigh Hares A.C	FG		5:11	36	44:42	108	16:20	44	1:06:13	
77	David Woods	83		MG		5:58	83	43:17	86	17:02	58	1:06:17	
78	Steve Gray	115	Stowmarket Striders Runnir	MK		6:29	100	42:06	69	18:01	82	1:06:36	
79	Steven Fosker	166		MH	Y	5:12	37	43:11	84	16:15	39	1:06:38	P
80	Steve Cox	87	Hadleigh Hares AC	MJ		7:25	145	43:19	87	15:59	32	1:06:43	
81	David Birkby	101		MF		5:55	80	44:38	106	16:18	41	1:06:51	
82	Laura Brown	147		FE		5:17	41	44:06	101	17:42	70	1:07:05	
83	Jo Phelps	133	East Essex Tri Club	FH		5:34	57	43:00	81	18:35	96	1:07:09	
84	Sharon Hurren	56	Tri-Anglia Triathlon Club	FH		6:51	122	44:59	115	15:42	27	1:07:32	
85	Leslie Basham	89	Stowmarket Striders Runnir	MM		6:38	109	42:27	76	18:30	93	1:07:35	
86	Stephen Dixon	27		MJ		8:15	162	43:25	89	16:12	37	1:07:52	
87	Robert Lander	135		MI		5:38	64	40:31	49	19:48	119	1:07:57	P
88	Nicki Broad	113		FG		6:13	92	43:26	91	18:23	90	1:08:02	
89	Yvonne Freiherr-Fenton	148		FG		5:36	61	43:43	95	18:46	100	1:08:05	
90	Nicholas Borrett	1		MA	Y	3:50	1	45:28	120	19:01	107	1:08:19	
90	Sally-Ann Brown	96	Born to Tri	FI		6:39	111	45:04	116	16:36	50	1:08:19	
92	Robert Batley	55		MH		7:11	135	42:51	79	18:20	89	1:08:22	
92	Anthony Rushbrook	132		MH		5:37	62	43:55	98	18:50	101	1:08:22	
94	Richard Jones	77		MI		7:15	139	44:42	108	16:26	47	1:08:23	
95	David Leaver	70	West Suffolk Wheelers and	ML		6:55	124	42:39	78	18:53	105	1:08:27	
96	Paul Sawyer	85	West Suffolk Wheelers and	MJ		7:14	138	43:34	93	17:52	76	1:08:40	
97	Andrew Carter	19		MK	Y	8:09	161	43:22	88	17:22	63	1:08:53	
98	Darren Mc Master	58		MI		6:41	114	44:35	105	18:15	86	1:09:31	
99	Simon Bailey	24		MF		7:17	141	44:04	100	18:27	92	1:09:48	
100	Carla Holroyd	63		FK		7:18	142	43:53	97	18:38	97	1:09:49	
101	Chloe Brown	66	Walden Tri	FK		6:55	124	44:17	102	18:52	103	1:10:04	
101	Darren Pipe	126		MG	Y	5:21	46	44:42	108	20:01	123	1:10:04	
101	Simon Kitching	156	West Suffolk Wheelers and	MJ		6:01	85	44:28	103	19:35	115	1:10:04	
104	Carla Shipp	36	Diss Cycling Club	FG		6:46	119	43:38	94	19:41	116	1:10:05	
105	Arianne Azmoodeh	95		FE		6:11	91	44:38	106	17:51	75	1:10:40	P
105	David Kay	127	Born 2 Tri	MH		5:53	77	43:03	82	21:44	149	1:10:40	
107	David Coley	71	Ipswich Triathlon Club	MM		6:55	124	44:56	114	18:52	103	1:10:43	
108	Michael Chaplin	67		MN		7:27	146	43:25	89	19:52	121	1:10:44	
109	Ian Hawks	187	Newmarket Cycling & Triatl	MG	Y	4:48	18	44:47	112	21:10	140	1:10:45	
110	Kieran Dibley	120		MB	Y	4:32	10	44:43	111	19:45	118	1:11:00	P
111	Anthony Preece	41		MI		7:38	154	43:11	84	18:15	86	1:11:04	P
112	Janet Burrows	139	East Essex Tri Club	FJ		5:52	74	42:51	79	22:28	156	1:11:11	
113	Ian Brown	86		MJ	Y	6:52	123	45:32	121	19:13	112	1:11:37	
114	Julian Holder	44	Born 2 Tri	MJ		5:54	78	47:00	128	18:44	98	1:11:38	
114	Rob Hall	140	East Essex Tri Club	MJ		6:38	109	44:33	104	20:27	130	1:11:38	
116	Claire Goodwin	160		FE		5:04	29	47:41	139	19:03	108	1:11:48	
117	Alan Hillyard	61		MJ		7:20	143	44:48	113	19:44	117	1:11:52	
118	Zoe McIntyre	11		FF	Y	8:52	166	45:08	117	18:14	85	1:12:14	
118	Wendy Carter	59		FJ		7:37	153	45:47	122	18:50	101	1:12:14	
120	Sharon Brandon	45		FJ	Y	7:31	149	47:00	128	17:54	78	1:12:25	
121	Chris Patten	80		ME	Y	6:24	97	47:12	133	18:54	106	1:12:30	
122	Marc Saunders	129	East Essex Tri Club	MH		5:48	71	42:28	77	24:46	167	1:13:02	
123	Stephen Didcott	73		MJ	Y	7:36	152	44:00	99	19:33	114	1:13:09	P
124	Clyde Goodwin	18		MK		9:06	168	47:05	131	17:29	65	1:13:40	
124	Sara Stafford	103		FH		6:56	127	46:14	125	18:30	93	1:13:40	P
126	Chris Slemmings	118	Ipswich Triathlon Club	MM		6:08	89	46:46	126	20:47	135	1:13:41	
127	Robyne Ingle	53		FF		6:59	129	46:06	123	20:51	136	1:13:56	

127	Jo Higgon	98		FK		6:26	98	43:52	96	23:38	162	1:13:56
129	Christina Plumley	15		FH	Y	7:44	156	47:38	138	19:04	109	1:14:26
130	Steve Bull	110	West Suffolk Wheelers and	MK		6:16	93	45:13	119	23:03	159	1:14:32
131	Ellen Broughton	42		FJ		7:42	155	47:52	140	20:01	123	1:15:35
131	Tim Scutter	128		MH		5:35	59	47:18	135	22:42	158	1:15:35
133	Sheila Smith	169	Ipswich Triathlon Club	FK		5:14	38	47:00	128	23:22	160	1:15:36
134	Patricia Atwood	74	Hadleigh Hares A.C	FM		6:42	115	47:16	134	21:45	150	1:15:43
135	Louise Wadley	30		FH		7:05	133	48:49	147	19:51	120	1:15:45
136	Dianna Firbank	117		FE		6:05	88	47:21	137	20:20	129	1:15:46
137	Alison French	8		FI	Y	7:54	160	46:58	127	20:57	138	1:15:49
138	Graham Sadler	16		MJ	Y	9:30	174	45:11	118	21:26	144	1:16:07
139	Rachel Phelps	78	East Essex Tri Club	FB		6:22	95	49:23	153	20:37	134	1:16:22
140	Lyn Foster	46	Ipswich Triathlon Club	FL		7:35	151	48:12	141	20:36	132	1:16:23
141	Jason Martin	25		MH		7:53	159	47:11	132	21:23	143	1:16:27
142	Suzi Whymark	130		FH		6:33	105	49:48	156	16:07	34	1:16:28
143	Jacqueline Riley Chubb	108	Ipswich Triathlon Club	FJ		6:32	104	49:29	154	20:36	132	1:16:37
144	Julie Finch	57	Born 2 Tri	FI		7:24	144	49:13	150	20:05	125	1:16:42
145	Pearl Fay	65	Newmarket Cycling and Tri:	FK		7:13	137	48:16	143	21:54	151	1:17:23
146	James Norris	35		MG		8:55	167	47:18	135	21:19	142	1:17:32
147	Allen Scholes	29		MK		7:28	147	49:22	151	20:58	139	1:17:48
147	Hilary Depper	88	Skegness	FL		6:23	96	49:50	157	21:35	145	1:17:48
147	Karen Hall	131		FH		5:54	78	51:27	162	20:27	130	1:17:48
150	Maureen Wilson	17	Born 2 Tri	FJ		9:33	175	48:12	141	20:05	125	1:17:50
151	Peter Champion	138	East Essex Tri Club	MI		6:35	106	46:10	124	25:38	168	1:18:23
152	Louise Baker	31	Stortford Tri	FJ		7:30	148	48:40	146	22:19	154	1:18:29
153	Mark Coleby	33		MI		7:52	157	48:31	144	20:12	127	1:18:35
154	Matt Trainer	81		MF		5:49	73	49:07	148	24:12	163	1:19:08
155	Moira Pinkney	10	Ipswich Triathlon Club	FM		9:18	171	50:07	158	19:52	121	1:19:17
156	Pete Ryles	64		MK		7:16	140	49:22	151	22:40	157	1:19:18
157	Caroline Moore	62		FJ		8:32	164	48:38	145	22:16	153	1:19:26
158	Rachael Clarke	26		FI	Y	9:18	171	51:16	161	19:07	110	1:19:41
159	Mike Williams	9		MK		8:21	163	49:45	155	21:39	146	1:19:45
160	Paul Dorset	40		MH		7:05	133	50:40	159	22:10	152	1:19:55
161	Ewen Wilson	39		MH	Y	6:26	98	52:48	165	21:41	147	1:20:55
162	Sheila Shead	47		FL		8:34	165	52:38	164	22:19	154	1:23:31
163	Charlotte Hastings	52		FF		7:03	131	52:17	163	24:41	165	1:24:01
164	Jane Swift	12		FG	Y	9:11	170	53:41	168	21:12	141	1:24:04
165	Chris Homewood	6		MH	Y	10:25	176	49:09	149	24:40	164	1:24:14
166	Kirsty Smith	79		FE		6:02	86	57:12	173	21:42	148	1:24:56
167	Deborah Blumfield	28		FK	Y	9:07	169	54:12	169	23:34	161	1:26:53
168	Colleen Greenwood	43	West Suffolk Wheelers and	FJ		7:52	157	53:39	167	25:52	169	1:27:23
169	Katie Green	49		FH		6:45	118	56:37	171	24:42	166	1:28:04
170	Gordon Merfield	50		MO		7:34	150	51:12	160	30:59	173	1:29:45
171	George Carter	23		MJ		7:03	131	54:44	170	28:06	171	1:29:53
172	Hayley Carter	22		FI	Y	9:18	171	53:01	166	28:04	170	1:30:23
173	Adriaan Barnard	5		MG		6:30	102	57:02	172	30:15	172	1:33:47
	Alyn Rourke	13		MG		6:37	108	DQ		DQ		
	Amanda Hutchison	123		FE		4:48	18					
	Dan Philpott	164	Born 2 Tri	MG		5:16	40	DQ		DQ		