

## Culford Triathlon 27th July 2014

Pos.	Name	No.	Club	Cat	Swim	Bike	Run	Total
1	matt Shingleton	218	West Suffolk Wheelers and Triathlon Club	MH	4:27 7	33:38 2	13:52 5	51:57
2	Mark Eden	215	Born 2 Tri	MJ	4:31 10	33:43 3	13:44 3	51:58
3	Lee Shipp	189	Diss cycling club	MG	5:19 44	33:30 1	14:42 14	53:31
4	Julian Long	167	West Suffolk Wheelers and Triathlon Club	MH	5:42 73	34:51 4	13:52 5	54:25
5	Dominc Bruce	139	Born 2 Tri	MG	5:05 32	36:30 7	14:16 9	55:51
6	Darren Sharman	165	West Suffolk Wheelers and Triathlon Club	MG	5:16 41	35:22 5	15:49 33	56:27
6	Nick Hammond	187	Stowmarket Striders Running Club	MH	5:24 50	36:14 6	14:49 15	56:27
8	Patrick Hannah	126	Manchester Triathlon Club	MD	4:46 17	37:23 10	14:22 11	56:31
9	Leon Hayward	168	Hadleigh Hares A.C	MH	5:02 30	37:20 9	14:37 12	56:59
10	Adam Harley	2	East Essex Tri Club	MA	4:51 23	38:38 18	13:36 2	57:05
11	Steven Driever	184		MF	5:26 56	37:37 12	14:16 9	57:19
12	Joe Richer	186	Nkt	MH	5:22 49	36:40 8	15:55 36	57:57
13	Andrew Bell	132	Haverhill Running Club	MG	5:14 38	39:15 26	13:35 1	58:04
14	Thomas Franklyn	194	East Essex Tri Club	MB	5:19 44	37:31 11	15:24 24	58:14
15	William Marshall	162		MF	5:50 79	37:38 13	15:47 32	59:15
16	Daniel Harley	1	East Essex Tri Club	MA	4:39 13	39:50 40	14:52 16	59:21
17	Neil Packer	191	Hadleigh Hares A.C	MI	4:33 11	37:59 14	16:51 51	59:23
18	Gavin Price	197		MF	4:50 22	38:50 22	15:52 35	59:32
19	Gary Waters	78	Born 2 Tri	MG	5:37 67	39:01 24	14:58 17	59:36
20	Hayden Marsh	205	Newmarket Cycling & Triathlon Club	MF	4:49 21	39:28 30	15:20 20	59:37
21	Esther Colman	214	West Suffolk Wheelers and Triathlon Club	FC	4:02 4	38:42 19	16:56 55	59:40
22	Samuel Heard	220		ME	3:33 1	39:55 42	16:23 42	59:51
23	Nick Beales	156	Harwich Runners	MK	5:51 81	38:33 16	15:29 27	59:53
24	Tim Root	149	Born 2 Tri	MI	6:12 107	38:04 15	15:44 30	1:00:00
25	Peter Thompson	171	WaldenTRI	MK	5:48 77	40:12 47	14:06 7	1:00:06
26	Shaun Jones	199	Stowmarket Striders Running Club	MF	5:15 39	38:42 19	16:14 41	1:00:11
27	Janice Brown	173	East Essex Tri Club	FI	5:25 53	39:42 35	15:23 22	1:00:30
28	Adam Johnson	68	Hadleigh Hares A.C	MI	5:56 89	40:14 49	14:41 13	1:00:51
29	Nicky Roger	201	Kings Lynn Triathlon Club	FH	5:20 46	40:04 43	15:34 28	1:00:58
30	Phil Clarke	190	West Suffolk Wheelers and Triathlon Club	MH	5:03 31	39:21 27	16:43 47	1:01:07
31	Stuart Faust	178		MH	5:56 89	39:52 41	15:23 22	1:01:11
32	Martin Gale	219	West Suffolk Wheelers	MH	3:36 2	39:36 33	18:08 78	1:01:20
33	Malcolm Pidd	89	Woodbridge Shufflers	MJ	5:20 46	40:04 43	16:03 39	1:01:27
34	Richard Webster	151	Woodbridge Shufflers R C	MI	6:30 122	38:37 17	16:30 44	1:01:37
34	Ian Duggan	179		MI	5:20 46	40:53 58	15:24 24	1:01:37
36	Tamara Jordan	135	Stowmarket Striders Running Club	FG	5:29 57	42:05 74	14:10 8	1:01:44
36	Jasmine Hayward	174	Hadleigh Hares A.C	FB	4:52 24	40:47 55	16:05 40	1:01:44
38	Steven Hughes	87	Stowmarket Striders Running Club	MJ	6:51 136	39:35 32	15:24 24	1:01:50
39	Peter Harley	103	East Essex Tri Club	MK	6:09 105	40:06 45	15:46 31	1:02:01
40	Neil Crisp	141		MG	5:39 68	39:25 29	17:02 57	1:02:06
41	Tom Livermore	133	Bungay Black Dog RC	MG	5:51 81	39:40 34	16:46 48	1:02:17
42	Hanif Jetha	175	Born 2 Tri	ME	5:25 53	39:11 25	18:00 75	1:02:36
43	Steve Thorndyke	216		MF	4:08 5	39:46 36	18:43 98	1:02:37
44	Scott Williams	72	Stowmarket Striders Running Club	ME	7:25 153	40:11 46	15:22 21	1:02:58
44	mark webb	170	none	MI	5:31 59	38:46 21	18:41 97	1:02:58
46	Adam Sheward	127	N/A	MF	5:24 50	40:18 51	17:27 61	1:03:09
47	Jackson Crisp	3		MA	5:15 39	42:05 74	15:50 34	1:03:10
48	Stuart Compton	84	Cambridge Triathlon Club	MI	7:37 163	39:34 31	16:01 38	1:03:12
49	Ker Macrosson	117	Stowmarket Striders Running Club	ML	6:08 104	40:42 54	16:24 43	1:03:14
50	Jeff Higgon	157	Harwich Runners	ML	5:45 76	39:46 36	17:44 71	1:03:15
51	John Golding	182	Born2tri	MK	5:39 68	39:48 39	17:51 72	1:03:18
52	Philip Beer	150	Stowmarket Striders Running Club	MI	5:12 35	41:08 61	16:59 56	1:03:19
53	Andrew Stewart	99	Hadleigh Hares A.C	MJ	6:18 112	39:21 27	17:42 70	1:03:21
54	Malcolm Macfarlane	208	West Suffolk Wheelers and Triathlon Club	MJ	4:42 14	40:15 50	18:31 89	1:03:28
55	Harry Hay	193	East Essex Tri club	MB	4:59 27	43:27 88	15:18 19	1:03:44
56	Nigel Vincent	100		MI	6:04 100	40:50 57	16:52 54	1:03:46
56	Don Hutchinson	158	Cambridge Triathlon Club	MM	5:51 81	38:56 23	18:59 103	1:03:46
58	Jenny Harley	101	East Essex Tri Club	FJ	6:23 115	40:13 48	17:25 60	1:04:01
59	Steve Bowen	114	Hadleigh Hares A.C	MK	5:55 86	40:30 53	17:41 69	1:04:06
60	Rob Emberson	166		MH	5:44 75	40:48 56	17:35 64	1:04:07
60	Lawrence Howes	176		ME	5:00 29	41:52 70	17:15 59	1:04:07
62	Darren Lee	43		MI	7:05 145	41:11 62	15:59 37	1:04:15
63	Adam Fish	209		MG	4:30 8	41:27 64	18:32 91	1:04:29

64	Rebecca Jordan	136	Stowmarket Striders	FG	5:33	61	43:22	86	15:42	29	1:04:37
65	Rick Emberson	169		MI	6:05	102	41:45	66	16:51	51	1:04:41
66	Jason Baillie	206		MH	4:43	15	39:47	38	20:31	136	1:05:01
67	Annie Drugan	207	West Suffolk Wheelers and Triathlon Club	FH	4:44	16	42:12	76	18:09	81	1:05:05
68	Paula Purtell	107	Blackwater Triathlon Club	FI	5:12	35	42:49	80	17:28	62	1:05:29
68	Rebecca Ridge	198		FF	4:59	27	41:37	65	18:53	102	1:05:29
70	Julian Colman	160	West Suffolk Wheelers and Triathlon Club	MJ	6:23	115	42:00	72	17:07	58	1:05:30
71	Michael Frere	120		MG	6:02	96	42:59	83	16:39	46	1:05:40
72	Daniel Philpott	163	Born 2 Tri	MG	5:09	33	41:23	63	19:09	106	1:05:41
73	Steve Gray	116	Stowmarket Striders Running Club	MK	6:42	128	41:04	60	17:58	73	1:05:44
74	Hayley Brewis	181	Newmarket Cycling and Triathlon Club	FJ	5:41	71	41:50	68	18:14	83	1:05:45
75	Chris Miles	212	Tri-Anglia Triathlon Club	MG	4:47	20	47:09	137	13:51	4	1:05:47
76	Robert Lander	122		MI	5:39	68	40:26	52	20:01	123	1:06:06
77	Sam Wolton	38	Halstead Road Runners	MG	6:04	100	43:47	95	16:34	45	1:06:25
78	Lyndon Houston	97	West Suffolk Wheelers and Triathlon Club	MH	6:25	119	41:50	68	18:20	86	1:06:35
79	Matthew Eveleigh	130	Stowmarket Striders Running Club	MF	5:36	63	42:54	82	18:14	83	1:06:44
80	James Mellish	76	N/a	MG	5:29	57	46:02	120	15:14	18	1:06:45
80	Gary Halestrap	108	Stowmarket Striders	MI	6:31	124	43:26	87	16:48	49	1:06:45
82	David Fox	155	Felixstowe Road Runners	MK	5:17	43	42:35	78	19:16	107	1:07:08
83	Malcolm daines-Smith	113	newmarket tri club	MK	5:36	63	41:49	67	19:54	121	1:07:19
84	Alex Hart	128	NA	MF	6:54	137	42:04	73	18:27	88	1:07:25
85	Grayhame Fish	185	Tri-Anglia Triathlon Club	MM	5:24	50	41:56	71	20:14	131	1:07:34
86	Hannah Shean	5	East Essex Tri Club	FA	4:34	12	42:36	79	20:37	141	1:07:47
87	Yvonne Freiherr-Fenton	161		FG	5:41	71	44:01	98	18:08	78	1:07:50
88	Joshua Coleby	217		MB	3:40	3	46:18	126	18:10	82	1:08:08
89	Andrew Hovell	203		MI	5:10	34	41:00	59	22:04	163	1:08:14
90	Leslie Basham	94	Stowmarket Striders Running Club	MM	6:32	125	42:14	77	19:36	116	1:08:22
91	Nicola Broad	119		FG	6:02	96	43:32	90	18:50	100	1:08:24
92	Rob Hasselder	213	West Suffolk Wheelers and Triathlon Club	MI	4:30	8	44:34	100	19:22	110	1:08:26
93	Joanne metson	177	Hadleigh Hares A.C	FF	5:31	59	46:08	123	16:48	49	1:08:27
94	Simon Kitching	159	West Suffolk Wheelers and Triathlon Club	MJ	5:42	73	43:55	97	19:07	105	1:08:44
95	Chris Hinitt	53		MH	6:56	140	43:16	85	18:38	94	1:08:50
96	Jerry Headley	56		MG	6:26	120	43:34	91	19:23	111	1:09:23
97	Michael Forster	153		MJ	5:48	77	44:04	99	19:33	113	1:09:25
98	Darren Mc Master	65		MI	7:02	143	42:49	80	17:40	66	1:09:31
99	Matthew Goulding	106		MG	6:42	128	44:52	106	18:08	78	1:09:42
100	Jo Phelps	145	East Essex Tri Club	FH	5:33	61	43:43	94	20:33	138	1:09:49
100	Jennifer Bettinson	164	Tri-Anglia Triathlon Club	FG	5:25	53	45:19	113	19:05	104	1:09:49
102	Sandra Mayhew	85	Stowmarket Striders Running Club	FJ	7:02	143	44:34	100	18:15	85	1:09:51
103	Cathy Thomson	188	Newmarket Cycling & Triathlon Club	FD	4:24	6	44:35	102	21:09	148	1:10:08
104	Katy Roberts	196		FE	4:46	17	47:02	135	18:34	92	1:10:22
105	Dianne Hughes	52	Stowmarket Striders Running Club	FJ	7:31	156	45:41	114	17:40	66	1:10:52
106	Steve Miller	111	Haverhill Running Club	MJ	6:30	122	45:06	110	19:19	108	1:10:55
107	David Leaver	92	West Suffolk Wheelers and Triathlon Club	ML	7:42	167	43:11	84	20:06	126	1:10:59
108	Andy Bonser	75	West Suffolk Wheelers and Triathlon Club	MF	7:23	152	44:47	103	18:51	101	1:11:01
109	Tracey Apperley	83	Newmarket Cycling & Triathlon Club	FI	6:47	134	45:44	115	18:43	98	1:11:14
110	Wendy Carter	63	Halstead Road Runners	FI	6:48	135					1:11:26
110	Samantha Gurden	147	Born 2 Tri	FH	5:55	86	43:27	88	22:04	163	1:11:26
112	Michael Chaplin	54	Woodbridge Shufflers	MN	7:33	158	43:38	92	20:18	132	1:11:29
113	Jo Higgon	112	Harwich Runners	FK	6:43	131	43:39	93	21:20	150	1:11:42
114	Sarah Vick	58	The Saxons	FI	7:32	157	46:08	123	18:03	76	1:11:43
115	Lorraine Garnham	90	Halstead Road Runners	FJ	7:05	145	45:16	111	19:30	112	1:11:51
116	David kay	115	born2tri	MH	6:06	103	43:53	96	21:57	160	1:11:56
117	Elliot Phillips	69	West Suffolk Wheelers and Triathlon Club	MB	5:16	41	46:21	127	20:25	133	1:12:02
117	Anne Fish	105	Tri-Anglia Triathlon Club	FM	6:37	127	45:16	111	20:09	128	1:12:02
119	Sarah Eden	152		FJ	5:50	79	46:39	131	19:37	117	1:12:06
120	Alan Hillyard	47		MJ	7:13	150	45:04	109	19:57	122	1:12:14
121	Mark Coleby	61		MI	7:05	145	45:02	107	20:09	128	1:12:16
122	Frank Moggan	33	Stowmarket Striders Running Club	MM	8:18	179	46:00	119	17:59	74	1:12:17
122	Matt Hymus	55		MG	6:43	131	48:00	144	17:34	63	1:12:17
124	Laura Brown	73		FE	5:53	85	46:46	132	19:42	118	1:12:21
125	Phil Eedes	79		MH	5:56	89	46:02	120	18:31	89	1:12:29
126	Simon Catton	129		MF	6:16	109	45:03	108	21:17	149	1:12:36
127	Debbie Jordan	40		FH	7:46	168	47:19	140	17:38	65	1:12:43
128	Paul Jeremy Sawyer	28	West Suffolk Wheelers and Triathlon Club	MJ	7:51	170	46:16	125	18:40	96	1:12:47
129	Jason Martin	9		MH	8:18	179	46:51	133	18:03	76	1:13:12
130	Julie Peacock	104	Blackwater Triathlon Club	FK	6:19	113	46:32	129	20:28	135	1:13:19

130	Suzi Whymark	142		FH	6:16	109	50:12	161	16:51	51	1:13:19	
132	Mark Marsh	118		MF	6:27	121	46:21	127	20:46	144	1:13:34	
133	Kerry Kemp	121		FH	6:02	96	46:51	133	20:58	146	1:13:51	
134	Bill Voyce	51		MM	7:40	165	45:44	115	20:31	136	1:13:55	
135	Arianne Azmoodeh	71		FE	6:23	115	49:05	155	18:34	92	1:14:02	
136	Carina Sewell	11	Woodbridge Shufflers	FJ	8:09	175	47:15	138	18:39	95	1:14:03	
136	Tim Scutter	144		MH	5:36	63	45:54	118	22:33	167	1:14:03	
138	Alan Jordan	31		MK	9:30	188	44:47	103	20:11	130	1:14:28	
139	Sheila Smith	183	Ipswich Triathlon Club	FK	5:12	35	47:45	143	21:40	154	1:14:37	
140	Laurel Burton	39		FH	5:55	86	47:08	136	21:47	156	1:14:50	
141	Elisabeth Peck	200		FG	4:56	25	49:31	160	20:35	139	1:15:02	
142	Sarah Fraser	210		FE	4:57	26	48:39	151	21:27	151	1:15:03	
143	Jill Wilshaw	91	West Suffolk Wheelers and Triathlon Club	FL	6:46	133	47:23	141	21:02	147	1:15:11	
144	Michael Power	49		MK	7:39	164	48:16	147	19:21	109	1:15:16	
145	Sara Stafford	138		FG	6:33	126	49:21	158	19:33	113	1:15:27	
146	Daniel Sadler	82		MI	6:15	108	47:41	142	21:39	153	1:15:35	
147	Stephen Bull	110	West Suffolk Wheelers and Triathlon Club	MJ	6:42	128	46:03	122	23:12	168	1:15:57	
148	Richard Franklin	21		MJ	9:51	190	45:47	117	20:35	139	1:16:13	
149	Mike Pullen	124		MJ	6:16	109	46:37	130	23:31	172	1:16:24	
150	Sue King	44	Born 2 Tri	FJ	7:57	172	48:41	152	20:01	123	1:16:39	
151	David Cordner	41		MH	8:43	183	44:50	105	23:15	169	1:16:48	
152	Jen Devaney	98	Stowmarket Striders Running Club	FG	7:48	169	48:26	150	20:43	142	1:16:57	
153	Emma Garnham	131		FG	5:52	84	52:51	173	18:20	86	1:17:03	
154	Paul Heeks	27	Stowmarket Striders Running Club	MI	8:48	184	51:00	165	17:40	66	1:17:28	
155	Julie Finch	42		FI	7:33	158	50:13	162	19:46	119	1:17:32	
156	Robert Woodhouse	30		MJ	6:55	138	48:24	149	20:26	134	1:17:45	P
156	Clare Parker	57		FH	7:35	162	48:21	148	21:49	158	1:17:45	
158	Alyn Rourke	19		MF	6:24	118	49:26	159	22:08	165	1:17:58	
159	Anthony Preece	59		MI	8:00	174	48:14	146	21:46	155	1:18:00	
160	Ellen Broughton	62	Stowmarket Striders Running Club	FI	7:34	161	50:47	164	19:52	120	1:18:13	
161	Jan Starmer	102	Stowmarket Striders Running Club	FJ	6:21	114	48:50	154	23:18	171	1:18:29	
162	Deborah Stewart	32	Hadleigh Hares A.C	FK	8:13	178	48:43	153	21:35	152	1:18:31	
163	Pete Ryles	48		MK	7:25	153	48:08	145	23:16	170	1:18:49	
164	Melanie Roberts	13		FK	9:30	188	49:15	157	20:07	127	1:18:52	
165	Kirsty Smith	6		FE	6:00	94	51:09	167	21:54	159	1:19:03	
166	Keith Borrett	25	Stowmarket Striders Running Club	ML	11:50	193	47:17	139	19:34	115	1:20:41	P
167	Tania Hotene-Goodall	81		FH	6:58	141	52:58	174	20:54	145	1:20:50	
168	Karen Hall	80		FH	5:56	89	54:14	178	20:44	143	1:20:54	
169	Sheila Shead	50	Newmarket Cycling and Triathlon Club	FL	8:24	181	51:00	165	22:03	162	1:21:27	
170	Iesley Watt	123	Stowmarket Striders Running Club	FK	5:58	93	52:10	169	23:47	174	1:21:55	
171	Jo Sandford	15		FH	8:40	182	49:06	156	22:21	166	1:22:07	P
172	Rachel Phelps	125	East Essex Tri Club	FB	6:00	94	52:27	170	24:24	175	1:22:51	
173	Zoe Webb	45		FJ	7:51	170	51:29	168	23:39	173	1:22:59	
174	Brenda Clayton	95	Walden Tri	FM	7:21	151	53:56	177	21:48	157	1:23:05	
175	David Coley	93	Ipswich Triathlon Club	MM	6:59	142	56:42	183	20:02	125	1:23:43	
176	Louise Wadley	12		FG	8:11	177	52:30	171	24:24	175	1:25:05	
177	Katharine Moore	137		FG	7:10	148	52:32	172	27:09	185	1:26:51	
178	Abigail Bygrave	74		FF	6:55	138	58:06	188	21:58	161	1:26:59	
179	Katie Green	17		FH	7:41	166	55:15	180	24:42	180	1:27:38	
180	Gordon Merfield	96	The Saxons	MO	7:33	158	50:32	163	30:02	189	1:28:07	
181	Claire Johnson	18		FF	8:56	185	54:50	179	24:28	178	1:28:14	
182	Colleen Greenwood	46	West Suffolk Wheelers	FJ	7:59	173	53:24	175	27:32	186	1:28:55	
183	Dinelli de Silva	23		FJ	9:54	191	53:54	176	25:35	183	1:29:23	
184	Helen Ashwell	24		FJ	8:56	185	55:51	181	24:38	179	1:29:25	
185	Melanie Folkes-Miller	16		FH	8:09	175	57:01	184	25:05	182	1:30:15	
186	Rebecca Skeats	14		FH	9:03	187	57:08	185	25:04	181	1:31:15	
187	Sue Wray	37	5 star bootcamps	FG	7:27	155	59:23	189	24:26	177	1:31:16	
188	Sara Williams	172	Five Star Bootcamps	FG	6:02	96	58:00	187	27:37	187	1:31:39	
189	Michelle Biggins	67		FG	7:11	149	57:32	186	28:43	188	1:33:26	
190	Ian Peacock	8		ML	11:20	192	56:34	182	32:54	190	1:40:48	
191	Janette Stevens	10		FI	12:30	194	1:03:45	190	26:26	184	1:42:41	
	Megan Clark	4	East Essex Tri Club	FA	5:36	63	DNF		DNF			
	peter Ottaway	29		MJ	6:09	105	DQ		DQ			

P - two minute time penalty: T2 helmet violation (bibs 15, 25, 30, 79); no number worn on bike (65).