

### Culford Summer 2017 Results

Posn	M/F	pos	First name	Last Name	Swim	T1	Cycle	T2	Run	Overall	Age	Team Name
1	M	1	Lee	Shipp	4:41	1:28	31:27	0:27	13:46	0:51:51	M35-39	Team JXX / Diss Cycling Club
2	M	2	Patrick	Hannah	4:38	1:37	32:43	0:24	13:25	0:52:49	M25-29	
3	M	3	Simon	Smith	4:47	1:37	31:47	0:35	14:33	0:53:22	M40-44	Thetford AC
4	M	4	Scott	McLaren	5:15	1:29	32:54	0:26	14:22	0:54:29	M30-34	TRISudbury
5	M	5	Dave	Copland	5:11	1:42	32:23	0:43	14:31	0:54:32	M50-54	
6	M	6	Neil	Berry	4:44	1:31	33:52	0:21	14:21	0:54:52	M40-44	
7	M	7	Paul	Spowage	5:44	1:41	33:05	0:44	13:49	0:55:06	M50-54	Born2Tri
8	M	8	Julian	Long	5:41	1:54	32:13	1:00	14:34	0:55:25	M45-49	West Suffolk Wheelers
9	M	9	Myles	Taylor	4:04	1:39	35:29	0:28	14:41	0:56:23	M15-19	Sheffield Hallam University Triathlon Club
10	M	10	Mark	Weston	5:31	1:51	32:50	0:34	15:55	0:56:43	M45-49	SDCC TRI TEAM
11	M	11	Ian	Ledieu	5:15	1:47	35:21	0:36	14:31	0:57:32	M25-29	TRISudbury
12	M	12	Dave	Lumby	5:50	2:03	35:14	0:38	14:53	0:58:40	M55-59	Ipswich Triathlon Club
13	F	1	Charlotte	Smith	4:58	1:50	35:22	0:40	15:50	0:58:42	F40-44	Thetford AC
14	M	13	Andy	Robinson	4:54	1:54	35:23	0:35	15:56	0:58:45	M35-39	Born2Tri
15	M	14	William	Churchyard	4:31	1:40	36:05	0:28	16:10	0:58:56	M20-24	University of Warwick Triathlon Club
16	M	15	Paul	Berry	4:45	1:47	37:20	0:30	14:36	0:59:00	M35-39	
17	M	16	Ben	Crossman	5:12	1:47	34:42	0:40	16:47	0:59:10	M40-44	
18	F	2	Rhianna	Parkinson	5:22	1:50	35:23	0:34	17:08	1:00:19	F25-29	Salford Cycling Club
19	M	17	Adam	Johnson	6:15	1:38	36:57	0:38	15:08	1:00:38	M45-49	Hadleigh Hares A.C.
20	M	18	Stuart	Faust	6:34	2:03	36:43	0:31	14:58	1:00:50	M45-49	
21	M	19	Jacob	Howard	6:11	1:54	36:05	0:48	15:56	1:00:55	M25-29	Ipswich Triathlon Club
22	M	20	Andrew	Miller	5:35	2:14	36:15	0:59	16:11	1:01:16	M45-49	
23	M	21	Jacob	Jack	5:31	1:48	37:41	0:50	15:25	1:01:17	M15-19	
24	F	3	Jodie	Barber	4:14	1:43	37:34	0:31	17:20	1:01:24	F25-29	
25	M	22	Daniel	Humphries	5:21	1:52	37:22	0:52	15:59	1:01:28	M35-39	
26	M	23	Thomas	Buckle	3:55	2:02	39:40	0:35	15:33	1:01:48	M20-24	
27	M	24	Tim	Ostler	6:55	2:10	34:45	0:36	17:25	1:01:53	M55-59	Ipswich Triathlon Club
28	M	25	Gary	Malliband	5:23	2:31	36:17	0:48	17:00	1:02:00	M45-49	
29	M	26	Troy	Wingar	5:10	2:01	35:51	0:47	18:13	1:02:04	M15-19	Ipswich Triathlon Club
30	M	27	David	Dulake	5:27	2:09	35:21	0:42	18:33	1:02:15	M50-54	Hadleigh Hares A.C
31	M	28	Oliver	Crichton	4:47	2:12	37:22	0:44	17:16	1:02:22	M40-44	
32	M	29	John	Moody	5:53	1:54	36:59	0:45	16:52	1:02:26	M40-44	Ipswich Triathlon Club
33	M	30	Paul	Thomas	6:39	2:17	36:28	0:52	16:25	1:02:43	M40-44	
34	M	31	Karl	Wright	5:18	1:54	39:24	0:33	15:33	1:02:45	M35-39	Thetford AC
35	M	32	John	Jousiffe	5:32	2:16	39:09	0:24	15:33	1:02:56	M25-29	
36	F	4	Louise	White	7:12	1:58	37:34	1:04	15:11	1:03:01	F40-44	Thetford Athletics Club
37	F	5	Sharon	Perry	4:24	1:47	40:18	0:33	16:18	1:03:21	F45-49	
38	M	33	Tony	Sparkes	6:22	1:44	37:44	0:32	16:58	1:03:22	M45-49	
39	M	34	Thomas	Jarrett	6:44	2:32	36:51	1:25	15:52	1:03:25	M40-44	Ipswich Triathlon Club
40	F	6	Elizabeth	Jeeves	6:24	2:26	36:19	0:43	17:34	1:03:28	F45-49	Hadleigh Hares A.C
41	M	35	Lukasz	Ryzinski	4:41	1:54	39:46	0:24	16:48	1:03:35	M30-34	Thetford Athletics Club
42	M	36	Chris	Milne	6:44	2:19	36:43	0:51	17:02	1:03:41	M55-59	East Essex Tri Club
43	M	37	Ker	Macrosson	7:16	2:18	37:15	0:35	16:50	1:04:16	M60-64	Stowmarket Striders Running Club
44	M	38	Rick	Emberson	5:47	1:57	38:14	0:27	17:51	1:04:18	M50-54	
45	M	39	Stephen	Melton	6:23	2:26	38:05	0:34	17:07	1:04:37	M40-44	
46	F	7	Marion	Mccall	6:38	2:07	39:14	0:23	16:18	1:04:42	F45-49	Thetford Athletics Club
47	M	40	Paul	Brown	5:49	2:10	38:26	0:41	17:38	1:04:47	M60-64	
48	M	41	Mark	Newman	5:43	2:02	37:17	0:48	19:01	1:04:53	M35-39	
49	F	8	Caroline	Humphries	5:36	1:55	38:40	0:30	18:11	1:04:55	F35-39	
50	M	42	Steve	Bowen	6:25	1:55	36:59	0:31	19:04	1:04:56	M60-64	Hadleigh Hares A.C
51	M	43	Matthew	Jack	6:01	2:03	39:30	0:49	17:03	1:05:28	M45-49	
52	M	44	Rob	Emberson	5:57	1:59	38:10	0:51	18:47	1:05:47	M45-49	
53	M	45	Jeff	Higgon	6:10	2:14	38:30	0:28	18:29	1:05:53	M65-69	Harwich Runners
54	F	9	Elaine	Turner	5:42	2:39	39:12	0:57	17:30	1:06:02	F30-34	Hadleigh Hares A.C
55	F	10	Emma	Thistleton	6:29	2:08	39:15	0:53	17:23	1:06:10	F30-34	Tri Sudbury
56	M	46	Bob	Swaishland	5:06	2:48	39:00	0:24	18:50	1:06:10	M45-49	Ipswich Triathlon Club
57	M	47	Ian	Brown	6:38	2:57	38:25	0:43	17:39	1:06:23	M50-54	
58	F	11	Jennifer	Bettinson	5:37	2:15	39:55	0:43	17:51	1:06:23	F40-44	Tri-Anglia Triathlon Club
59	M	48	Ben	Trowell	4:01	3:11	39:00	0:52	19:25	1:06:31	M15-19	
60	M	49	Chris	Servant	7:02	1:48	40:37	0:41	16:37	1:06:47	M50-54	
61	F	12	Anna	Sinclair	6:42	1:36	39:58	0:44	17:51	1:06:52	F45-49	Ipswich Triathlon Club
62	F	13	Nicki	Broad	6:05	2:12	38:17	0:43	19:54	1:07:14	F35-39	West Suffolk Wheelers
63	F	14	Rebecca	Cooke	7:14	2:15	40:50	0:56	15:56	1:07:14	F25-29	Colchester harriers
64	M	50	Paul	Foot	6:18	2:36	39:17	1:09	17:55	1:07:17	M45-49	
65	M	51	Pete	Hender	7:51	2:35	36:34	0:30	19:50	1:07:22	M40-44	TRISudbury
66	M	52	Robert	Roche	6:42	2:29	36:49	1:01	20:27	1:07:30	M50-54	Ipswich Triathlon Club

67	F	15	Amy	Brammar	4:22	2:01	44:07	0:24	16:41	1:07:36	F20-24	University of Birmingham Triathlon Team
68	M	53	Guy	Morris	8:51	2:30	39:38	0:36	16:04	1:07:40	M50-54	
69	M	54	Andrew	Chatfield	5:57	2:26	39:49	0:45	18:47	1:07:46	M35-39	Ipswich Triathlon Club
70	M	55	Martin	Smith	5:31	2:42	38:53	1:06	19:34	1:07:49	M40-44	
71	M	56	Cameron	Tait	6:00	2:11	41:02	0:42	18:15	1:08:12	M20-24	
72	M	57	Mark	Oxford	4:30	2:20	39:45	1:20	20:53	1:08:50	M25-29	
73	M	58	Joe	Bowen	6:48	2:22	41:39	0:40	17:31	1:09:01	M25-29	
74	M	59	David	Woods	6:39	2:36	41:00	1:20	17:25	1:09:02	M35-39	
75	M	60	Fraser	Welsh	8:17	2:53	42:22	0:35	14:55	1:09:03	M40-44	
76	M	61	Tony	Read	5:49	2:31	38:49	1:24	20:33	1:09:08	M40-44	
77	M	62	Jerry	Headley	6:54	3:17	38:13	0:33	19:11	1:09:10	M40-44	
78	M	63	Mark	Cox	7:58	2:29	40:06	0:37	18:01	1:09:12	M40-44	
79	F	16	Chloe	Cross	6:12	2:14	41:21	0:44	18:40	1:09:12	F25-29	Bungay Black Dog Running Club
80	M	64	Conrad	Burgess	4:46	2:22	40:59	0:52	20:13	1:09:14	M40-44	West Suffolk Wheelers
81	M	65	Mark	Germany	7:09	2:25	38:56	0:44	20:09	1:09:23	M40-44	
82	F	17	Hazel	Brammar	5:51	2:33	40:46	0:50	19:40	1:09:41	F50-54	
83	F	18	Lara	Symonds	5:33	2:11	42:13	0:30	19:26	1:09:55	F40-44	Team JKX
84	M	66	Hugh	Langley	5:47	2:21	40:19	0:55	20:31	1:09:56	M40-44	
85	M	67	Stephen	Didcott	7:30	2:49	39:51	0:28	18:33	1:10:13	M50-54	
86	F	19	Charlotte	Berry	5:42	2:09	44:05	0:48	17:31	1:10:17	F35-39	none
87	M	68	Robert	Batley	7:46	2:05	41:15	0:27	18:47	1:10:22	M45-49	JKX
88	M	69	Sean	Judge	6:04	2:07	41:48	0:43	20:07	1:10:51	M30-34	Ipswich Triathlon Club
89	M	70	Ivan	Baker	5:41	2:37	40:25	0:53	21:24	1:11:02	M55-59	
90	F	20	Helena	West	6:00	2:31	41:25	0:57	20:14	1:11:09	F45-49	
91	M	71	Josh	Congdon	6:17	2:38	42:27	1:05	18:59	1:11:29	M30-34	
92	F	21	Lindsay	Hobden	7:45	2:25	37:25	0:55	23:00	1:11:32	F45-49	TRISudbury
93	M	72	Robert	Frost	7:09	3:16	44:26	0:44	16:35	1:12:12	M35-39	
94	F	22	Ruth	Baker	7:42	2:10	41:48	0:34	19:59	1:12:14	F40-44	
95	M	73	David	Coley	7:29	2:33	41:19	1:09	19:53	1:12:24	M65-69	Ipswich Triathlon Club
96	F	23	Karen	Fairweather	8:01	2:09	41:50	0:38	19:52	1:12:31	F50-54	
97	M	74	Tim	Wilson	7:17	2:25	44:49	0:42	17:19	1:12:33	M45-49	Newmarket Cycling & Triathlon Club
98	F	24	Carissa	Wyatt	7:15	2:58	41:10	0:34	20:56	1:12:54	F40-44	
99	F	25	Tegan	Foster	6:18	2:07	43:09	0:59	20:45	1:13:19	F20-24	
100	F	26	Claire	Goodwin	5:08	2:09	45:35	0:44	19:55	1:13:34	F30-34	
101	F	27	Carla	Shipp	6:51	2:43	40:52	1:16	21:52	1:13:36	F35-39	Team JKX / Diss Cycling Club
102	M	75	Lee	Goold	6:53	2:39	40:16	1:08	22:41	1:13:39	M40-44	
103	M	76	Andy	Grove	7:19	2:43	42:11	0:38	20:56	1:13:48	M50-54	
104	M	77	Frank	Moggan	8:40	2:26	42:15	0:34	19:53	1:13:49	M65-69	Stowmarket Striders Running Club
105	F	28	Tina	Gore	7:37	2:27	43:41	0:44	19:32	1:14:02	F40-44	Tri Sudbury
106	M	78	Michael	Chaplin	8:03	2:33	41:48	0:27	21:12	1:14:05	M70-74	BNTT
107	F	29	Jo	Higgon	6:41	2:33	40:17	1:11	23:22	1:14:06	F55-59	Harwich Runners
108	F	30	Suzi	Whymark	6:02	3:34	46:37	0:39	17:29	1:14:23	F40-44	
109	F	31	Alicia	Higuero	6:30	2:55	43:55	0:25	21:39	1:15:25	F40-44	
110	F	32	Melissa	Mak	8:52	2:44	43:25	0:35	19:49	1:15:27	F40-44	St Edmunds Pacers
111	F	33	Sarah	Edwards	7:00	2:41	43:34	0:26	22:04	1:15:47	F45-49	Framlingham Flyers
112	M	79	Clyde	Goodwin	9:09	2:21	45:17	0:31	18:35	1:15:54	M55-59	
113	M	80	Stephen	Mitchell	5:33	3:54	42:17	1:30	22:39	1:15:55	M55-59	
114	M	81	Chris	Slemmings	7:02	3:03	42:54	1:34	21:46	1:16:21	M70-74	Ipswich Triathlon Club
115	F	34	Suzanne	Dunning	5:38	3:08	45:41	0:29	21:28	1:16:26	F25-29	Tri Spoke
116	M	82	Martin	Symonds	9:44	3:24	41:42	0:36	21:09	1:16:37	M55-59	Team JKX
117	M	83	Mark	Coleby	7:48	3:41	43:09	1:11	20:46	1:16:38	M50-54	
118	M	84	Duncan	Turner	5:56	2:58	44:23	0:48	22:46	1:16:54	M30-34	
119	F	35	Michelle	Seward	7:33	2:41	47:02	1:03	18:34	1:16:55	F45-49	March AC
120	F	36	Maureen	Wilson	10:05	1:32	44:05	1:30	19:50	1:17:04	F50-54	
121	F	37	Gemma	Cannon	4:21	2:28	49:04	0:27	20:48	1:17:10	F25-29	
122	F	38	Tracy	Canham	6:51	3:05	45:38	0:50	20:48	1:17:14	F35-39	
123	M	85	Stephen	Suter	6:10	2:39	47:10	0:56	20:28	1:17:24	M45-49	
124	F	39	Sophie	Galasinski	6:05	3:20	47:18	1:03	19:38	1:17:26	F30-34	
125	F	40	Alison	French	8:08	3:12	44:03	0:31	21:45	1:17:40	F45-49	Frr
126	F	41	Sam	Gardner	5:23	2:55	44:40	0:40	24:06	1:17:48	F40-44	
127	F	42	Sara	Trowell	6:28	3:11	45:52	1:10	21:40	1:18:23	F45-49	
128	F	43	Lisa	Andrews	6:49	2:38	44:04	0:41	25:05	1:19:19	F40-44	West Suffolk Wheelers
129	F	44	Cassie	Delaney-Brown	6:12	3:26	46:44	1:03	21:55	1:19:23	F60-64	
130	F	45	Hayley	Roche	8:23	1:53	45:11	0:58	23:08	1:19:34	F45-49	Ipswich Triathlon Club
131	F	46	Catherine	Walsh	6:47	2:25	50:34	0:28	19:25	1:19:41	F50-54	Ipswich Triathlon Club
132	M	86	Julian	Holder						1:19:47	M50-54	Born2Tri
133	F	47	Zoe	Webb	8:12	3:11	45:39	0:49	22:07	1:20:01	F50-54	
135	M	88	Chris	Frost	5:31	4:02	44:41	0:58	25:39	1:20:53	M25-29	
136	F	48	Clair	Fiddaman	6:26	3:09	45:12	0:54	25:11	1:20:55	F40-44	

137	F	49	Sarah	Peacock	7:07	3:40	46:16	1:08	23:01	1:21:14	F35-39				
138	F	50	Rachel	Greenfield	7:31	3:25	44:07	1:10	25:00	1:21:15	F40-44				
139	M	89	Pete	Ryles	7:05	2:30	46:23	1:06	24:17	1:21:24	M60-64				
140	F	51	Selcan	Rowles	8:53	2:49	47:19	0:35	22:19	1:21:56	F30-34				
141	F	52	Lyn	Foster	8:01	3:13	46:09	0:34	24:13	1:22:11	F60-64				
142	F	53	Sarah	Beech	8:12	3:11	50:00	0:28	21:31	1:23:23	F35-39	Newmarket Cycling & Triathlon Club			
143	F	54	Michelle	Cross	7:16	3:49	48:20	1:04	23:38	1:24:08	F35-39				
144	F	55	Sue	Tetley	8:21	3:03	49:00	0:33	23:37	1:24:36	F40-44	Tri Sudbury			
145	F	56	Amanda	Stephenson-W	8:01	2:09	46:09	0:47	27:33	1:24:40	F55-59	West Suffolk Wheelers			
146	F	57	Kayla	Puckett	6:45	3:46	53:25	0:35	20:15	1:24:48	F25-29				
147	F	58	Lucy	Drage	8:19	3:06	48:59	0:34	24:39	1:25:38	F40-44				
148	F	59	Suzanne	Hill	13:45	2:39	45:53	0:55	23:12	1:26:25	F45-49	Tri Anglia			
149	F	60	Jill	Wright	8:07	3:08	45:58	0:40	28:34	1:26:28	F60-64				
150	M	90	Tim	Scutter	5:59	3:36	47:32	0:52	28:32	1:26:34	M40-44				
151	M	91	Marcus	Lane	9:49	2:02	48:15	1:29	25:15	1:26:51	M45-49				
152	F	61	Jodie	Mouncer	6:45	2:53	51:44	0:43	24:53	1:26:59	F40-44				
153	F	62	Angie	McDonald	7:33	3:00	47:33	0:53	28:11	1:27:13	F45-49	Born2Tri			
154	F	63	Michelle	Biggins	7:53	3:12	48:34	0:27	27:11	1:27:20	F40-44				
155	F	64	Pippa	Lane	7:24	3:02	48:07	1:00	27:48	1:27:24	F35-39				
156	F	65	Jacquie	Webb	9:17	2:44	51:12	0:57	24:54	1:29:07	F50-54	Tri Sudbury			
157	F	66	Louisa	Quegan	8:07	2:43	54:34	0:46	23:30	1:29:41	F35-39				
158	F	67	Ann	Granger	8:14	3:14	58:23	0:42	19:59	1:30:34	F55-59	Saxmundham Running and Fitness Club			
159	F	68	Madeleine	Jefferies	7:30	3:08	50:25	0:45	29:38	1:31:28	F35-39				
160	F	69	Kerry	Blaber	9:06	2:49	50:51	0:36	28:13	1:31:36	F35-39				
161	F	70	Sarah	Bradley	7:18	2:49	48:00	0:43	32:47	1:31:38	F50-54				
162	F	71	Louise	Wright	9:09	1:58	52:22	0:30	27:40	1:31:40	F35-39	Felixstowe Road Runners			
163	F	72	Nina	Woods	10:36	2:57	55:34	0:48	21:49	1:31:45	F35-39				
164	F	73	Julie	Davis	9:09	3:02	51:26	0:34	28:49	1:33:01	F50-54				
165	M	92	Gordon	Merfield	8:29	3:12	47:57	0:41	32:48	1:33:08	M75-79	The Saxons			
166	M	93	Jasper	Baker	10:50	5:27	51:12	0:47	26:23	1:34:40	M15-19				
167	F	74	Darci	Boamah	9:11	3:07	58:12	0:31	23:48	1:34:50	F20-24				
168	F	75	Moira	Pinkney	37:42	2:08	38:06	0:42	16:31	1:35:11	F65-69	Ipswich Triathlon Club			
169	F	76	Shilpa	Pangam	10:00	3:31	55:01	0:31	26:25	1:35:29	F45-49				
170	F	77	Rachel	Bottomley	8:49	4:09	1:00:07	0:48	25:17	1:39:11	F40-44				
171	F	78	Aditi	Modi	10:39	3:01	1:03:19	0:47	28:24	1:46:11	F40-44				
172	M	94	Bill	Matthews	10:25	3:59	1:00:30	4:37	33:47	1:53:20	M75-79	Cambridge Triathlon Club			
	M		Matt	Wright	5:44	2:42	26:07	0:53	16:11	DQ	M45-49	Time had been 0:51:39			
	M		Simon	Daniel	5:00	1:31	34:29	0:38	15:47	DQ	M35-39	TRISudbury - had been 0:57:27			