

Lezynie Arundel Castle Triathlon 2014

Race No	FirstName	LastName	Category	Gender	Club	Swim	T1	Cycle	T2	Run	Time	Pos
1	Colin	Dixon	45-49	Male		00:20:53	00:00:36	01:03:04	00:00:36	00:33:28	01:58:39	1
49	Karl	Free	35-39	Male	Met Police Tri Club	00:24:08	00:00:35	01:03:49	00:00:25	00:33:45	02:02:42	2
162	Robert	Fryer	25-29	Male	Portsdown Hill CC	00:21:00	00:00:43	01:08:42	00:00:30	00:34:39	02:05:36	3
165	David	Risebrow	30-34	Male	Tuff Fitty Triathlon Club	00:23:21	00:00:37	01:07:45	00:00:24	00:37:26	02:09:34	4
164	Keith	Brewster	35-39	Male	Crystal Palace Triathletes	00:27:31	00:00:47	01:06:09	00:00:33	00:36:10	02:11:12	5
23	Colin	Chambers	50-54	Male	Mid Sussex Tri Club	00:25:19	00:00:37	01:05:35	00:00:28	00:41:00	02:13:02	6
54	George	Gray	30-34	Male	Farnham Tri Club	00:24:34	00:00:49	01:09:38	00:00:39	00:37:32	02:13:14	7
35	Claire	Danson	25-29	Female	ONE Triathlon RDS	00:24:45	00:01:02	01:12:24	00:00:32	00:36:48	02:15:33	8
109	Joe	Pascoe	25-29	Male	Tuff Fitty Triathlon Club	00:24:01	00:00:40	01:13:37	00:00:29	00:36:47	02:15:36	9
129	Selwyn	Smith	35-39	Male	Crystal Palace Triathletes	00:24:15	00:00:44	01:11:55	00:00:34	00:38:46	02:16:16	10
18	Chris	Budd	25-29	Male	Horsham Amphibians Triathlon	00:25:03	00:01:22	01:12:35	00:00:48	00:36:44	02:16:35	11
124	Robert	Searle	40-44	Male		00:24:07	00:00:53	01:11:45	00:00:42	00:39:41	02:17:09	12
163	Ashley	Walton	40-44	Male	Basingstoke Tri Squad	00:24:04	00:00:58	01:11:50	00:00:34	00:39:49	02:17:16	13
155	Richard	Wilks	50-54	Male	Tri UK	00:24:40	00:00:39	01:11:24	00:00:48	00:40:06	02:17:38	14
59	Sarah	Harris	20-24	Female	Horsham Amphibians Triathlon	00:23:45	00:00:46	01:13:37	00:00:32	00:39:14	02:17:56	15
167	Stewart	Alden	45-49	Male		00:25:47	00:01:15	01:11:11	00:00:56	00:39:26	02:18:37	16
112	Kevin	Pearson	45-49	Male	Tuff Fitty Triathlon Club	00:23:14	00:00:38	01:15:53	00:00:29	00:38:40	02:18:56	17
146	Peter	Wallis	55-59	Male	Team REP	00:24:45	00:00:42	01:11:28	00:00:55	00:42:15	02:20:08	18
142	Nicky	Tume	35-39	Male		00:24:27	00:01:12	01:11:13	00:00:53	00:42:35	02:20:23	19
74	Richard	Johnson	35-39	Male		00:25:15	00:01:12	01:13:44	00:00:43	00:39:38	02:20:34	20
139	Jonathan	Thomson	30-34	Male		00:24:44					02:20:56	21
166	Rupert	Clifford-Brown	35-39	Male		00:23:57	00:01:00	01:13:24	00:00:36	00:42:34	02:21:34	22
63	Stephen	Hasler	45-49	Male	Chichester Westgate Triathlon Club	00:27:21	00:01:05	01:12:58	00:00:37	00:39:57	02:22:01	23
58	Will	Harding	45-49	Male		00:30:10	00:00:38	01:12:45	00:00:32	00:38:22	02:22:29	24
62	Michael	Hartland	20-24	Male		00:25:22	00:00:55	01:11:11	00:00:28	00:44:37	02:22:36	25
51	Steve	Fung	40-44	Male		00:28:21	00:01:52	01:11:58	00:01:18	00:39:23	02:22:54	26
2	Tim	Allen	35-39	Male		00:26:13	00:00:43	01:12:28	00:00:49	00:43:08	02:23:22	27
116	Ray	Powell	55-59	Male	Horsham Amphibians Triathlon	00:24:51	00:01:29	01:13:36	00:00:51	00:42:35	02:23:24	28
111	Alex	Paxton	30-34	Male		00:25:34	00:01:17	01:14:19	00:00:52	00:41:25	02:23:29	29
132	Ian	Stewart	50-54	Male	Basingstoke Tri Squad	00:21:40	00:01:22	01:13:58	00:00:41	00:46:10	02:23:53	30
137	Roger	Taylor	40-44	Male	East Grinstead Tri Club	00:29:28	00:01:06	01:12:05	00:00:40	00:40:34	02:23:55	31
48	Micaela	Floyd	40-44	Female	Tuff Fitty Triathlon Club	00:27:58	00:01:05	01:15:03	00:00:37	00:39:32	02:24:17	32
81	Niels	Langhout	35-39	Male		00:23:59	00:01:43	01:07:57	00:00:58	00:49:43	02:24:22	33
148	Andrew	Ward	45-49	Male	Tuff Fitty Triathlon Club	00:27:22	00:01:13	01:13:29	00:00:58	00:41:37	02:24:41	34
171	Bruce	Salter	35-39	Male		00:32:03	00:00:38	01:11:19	00:00:25	00:40:14	02:24:41	35
60	Amy	Harris	20-24	Female	Horsham Amphibians Triathlon	00:24:22	00:01:11	01:24:12	00:00:34	00:34:31	02:24:52	36
144	Andrew	Gomm	40-44	Male	Tuff Fitty Triathlon Club	00:27:00	00:02:13	01:12:53	00:00:47	00:42:25	02:25:20	37
147	Sean	Ward	45-49	Male	Horsham Amphibians Triathlon	00:28:41	00:01:03	01:14:11	00:00:55	00:40:50	02:25:42	38
115	Mike	Porteous	55-59	Male	Brighton Tri Club	00:25:06	00:00:45	01:16:53	00:00:44	00:42:31	02:26:00	39
96	Dan	Middleton	35-39	Male	Athelite	00:25:41	00:01:17	01:20:50	00:00:56	00:37:31	02:26:17	40
66	Nigel	Herron	50-54	Male	Brighton Phoenix	00:30:08	00:00:48	01:17:42	00:00:28	00:37:20	02:26:28	41
121	Paul	Rubens	45-49	Male		00:29:21	00:01:03	01:11:27	00:00:47	00:43:51	02:26:32	42
85	Mark	Lewis	35-39	Male	Brighton Tri Club	00:29:26	00:01:04	01:15:11	00:00:43	00:40:08	02:26:34	43
101	Ben	Murrells	35-39	Male		00:28:36	00:01:19	01:13:39	00:00:48	00:42:14	02:26:39	44
170	Adrian	Willard	35-39	Male	Tuff Fitty Triathlon Club	00:29:37	00:00:51	01:12:45	00:00:27	00:43:06	02:26:47	45
36	Christopher	Davis	45-49	Male		00:26:39	00:00:57	01:18:54	00:00:37	00:40:02	02:27:11	46
33	Alec	Coughtrey	45-49	Male		00:28:44	00:01:08	01:13:57	00:00:36	00:42:47	02:27:14	47
68	Graham	Hill	50-54	Male	Horsham Amphibians Triathlon	00:29:31	00:01:14	01:11:40	00:00:47	00:44:10	02:27:23	48
153	Matt	Whittaker	40-44	Male	Tuff Fitty Triathlon Club	00:30:26	00:01:18	01:14:41	00:00:53	00:40:17	02:27:38	49
100	Keith	Moss	35-39	Male		00:30:12	00:01:14	01:14:10	00:00:44	00:42:15	02:28:37	50
25	Olaf	Christiansen	40-44	Male	Horsham Amphibians Triathlon	00:28:31	00:01:06	01:14:42	00:00:29	00:43:55	02:28:46	51
71	Paul	Howie	35-39	Male	Tuff Fitty Triathlon Club	00:25:02	00:01:02	01:16:50	00:00:42	00:45:31	02:29:10	52
56	Danny	Halpin	40-44	Male		00:27:46	00:01:13	01:16:05	00:00:30	00:43:41	02:29:17	53
125	Gavin	Sewell	35-39	Male		00:27:26	00:02:04	01:17:32	00:01:30	00:41:01	02:29:35	54
141	Matthew	Trebble	40-44	Male	Horsham Amphibians Triathlon	00:30:11	00:02:07	01:18:30	00:01:13	00:37:40	02:29:43	55
44	Nick	Dunnett	25-29	Male		00:25:30	00:01:13	01:20:52	00:00:51	00:41:17	02:29:45	56
103	Sophie	Needham	25-29	Female	David Lloyd Port Solent	00:27:30	00:01:09	01:15:27	00:01:01	00:44:50	02:29:58	57
10	David	Bolger	35-39	Male		00:31:27	00:01:22	01:13:27	00:00:36	00:43:31	02:30:25	58
126	Russell	Shellard	50-54	Male	Haslemere Borders AC	00:30:33	00:01:33	01:12:57	00:00:46	00:44:44	02:30:34	59
98	David	Mills	50-54	Male	Trinity	00:29:24	00:01:55	01:15:51	00:00:53	00:42:37	02:30:42	60
78	Christopher	Keeler	30-34	Male	Team THE	00:25:40	00:00:34	01:19:32	00:00:30	00:44:33	02:30:51	61
4	Ben	Andrews	30-34	Male		00:29:16	00:01:03	01:16:04	00:00:39	00:44:10	02:31:14	62
37	Alex	Dawe	35-39	Male		00:27:34	00:01:19	01:15:57	00:01:10	00:45:12	02:31:14	63

118	Gabriela	Rendekova	30-34	Female		00:31:12	00:01:14	01:17:03	00:00:36	00:41:24	02:31:32	64
114	John	Phillips	45-49	Male	Dorking & Mole Valley AC	00:27:59	00:01:17	01:15:45	00:00:51	00:45:47	02:31:40	65
21	Andrew	Carmichael	35-39	Male		00:27:35	00:01:22	01:16:35	00:00:47	00:45:26	02:31:46	66
65	Greg	Heald	40-44	Male		00:30:52	00:01:03	01:14:26	00:00:43	00:44:42	02:31:49	67
39	Alan	Day	40-44	Male		00:31:58	00:00:50	01:12:38	00:00:47	00:45:39	02:31:54	68
158	Craig	Wood	30-34	Male	Horsham Amphibians Triathlon	00:25:03	00:01:45	01:17:21	00:01:11	00:46:37	02:31:59	69
80	Charlie	Langhorne	45-49	Male	Mid Sussex Tri Club	00:28:50	00:01:29	01:13:22	00:00:57	00:47:42	02:32:21	70
113	Chris	Phillips	40-44	Male	Dorking & Mole Valley AC	00:27:32	00:01:29	01:21:45	00:00:39	00:41:17	02:32:45	71
108	Kathryn	Parkin	30-34	Female	East Grinstead Tri Club	00:26:45	00:01:34	01:22:02	00:00:38	00:41:45	02:32:47	72
83	Chris	Lee	35-39	Male	Haslemere Borders AC	00:26:40	00:01:33	01:22:54	00:00:46	00:40:55	02:32:50	73
106	Matthew	Pachent	40-44	Male		00:28:47	00:01:21	01:21:44	00:00:50	00:40:21	02:33:04	74
161	Sam	Woodward	30-34	Male		00:31:57	00:01:33	01:14:44	00:01:08	00:43:43	02:33:07	75
84	Simon	Lenton	30-34	Male	Brighton Tri Club	00:29:49	00:01:00	01:16:18	00:00:28	00:46:25	02:34:02	76
7	Jacquette	Barnett	30-34	Female		00:23:20	00:01:19	01:23:55	00:00:36	00:44:58	02:34:08	77
102	Steve	Nash	45-49	Male	East Grinstead Tri Club	00:28:50	00:00:55	01:17:48	00:00:43	00:46:07	02:34:24	78
42	David	Dixon	50-54	Male	1066 Triathletes	00:30:38	00:01:10	01:13:35	00:00:55	00:48:12	02:34:32	79
86	Peter	Littleboy	35-39	Male	Tuff Fitty Triathlon Club	00:30:40	00:00:50	01:18:28	00:00:42	00:44:08	02:34:50	80
14	Damian	BrettKelly	40-44	Male	Swim 1st Tri Club	00:31:07	00:01:51	01:18:41	00:01:04	00:42:41	02:35:26	81
136	Adrian	Tavener	35-39	Male	Bayside Tri	00:28:35	00:01:19	01:18:12	00:00:30	00:47:10	02:35:47	82
154	Karen	Wigmore	55-59	Female	Horsham Amphibians Triathlon	00:26:37	00:00:48	01:19:36	00:00:37	00:48:10	02:35:50	83
82	Geoff	Larkin	40-44	Male	East Grinstead Tri Club	00:31:10	00:00:50	01:18:45	00:00:36	00:45:02	02:36:25	84
107	Simon	Palmer	45-49	Male	Tuff Fitty Triathlon Club	00:30:39	00:01:25	01:19:41	00:00:58	00:43:47	02:36:32	85
93	Andy	Mcmahon	50-54	Male		00:29:56	00:01:09	01:18:47	00:00:32	00:46:09	02:36:35	86
50	Tom	Frith	40-44	Male		00:32:38	00:03:20	01:13:58	00:02:21	00:44:20	02:36:38	87
13	Ash	Breeze	30-34	Male	Folkestone Tri	00:27:58	00:02:10	01:22:07	00:01:12	00:43:14	02:36:42	88
143	James	Turley	25-29	Male		00:25:39	00:02:26	01:18:49	00:01:07	00:48:44	02:36:47	89
5	Phil	Baker	40-44	Male	Tuff Fitty Triathlon Club	00:30:39	00:01:04	01:18:46	00:00:53	00:45:50	02:37:14	90
20	Neil	Cann	50-54	Male	Horsham Amphibians Triathlon	00:30:22	00:01:29	01:23:05	00:01:17	00:41:22	02:37:37	91
8	Roy	Beeley	65-69	Male	1066 Triathletes	00:28:15	00:01:04	01:18:58	00:00:49	00:48:39	02:37:48	92
117	Russell	Reardon	45-49	Male	Tuff Fitty Triathlon Club	00:33:26	00:01:03	01:19:46	00:00:40	00:42:57	02:37:54	93
26	Glenn	Church	35-39	Male	Phoenix	00:34:43	00:01:13	01:20:58	00:00:53	00:40:07	02:37:56	94
9	Christian	Bergara	30-34	Male	Clapham Chasers	00:30:21	00:00:57	01:20:51	00:00:40	00:45:15	02:38:06	95
99	Neil	Mitchell	55-59	Male	Thames Turbo	00:33:09	00:01:55	01:16:10	00:01:17	00:46:08	02:38:40	96
134	Mike	Sutton	45-49	Male	East Grinstead Tri Club	00:29:47	00:01:22	01:19:17	00:00:44	00:47:49	02:39:01	97
28	Paul	Clarke	30-34	Male		00:31:14	00:00:52	01:23:12	00:00:33	00:43:12	02:39:05	98
79	Rob	Kinnison	50-54	Male	Horsham Amphibians Triathlon	00:29:29	00:01:39	01:19:45	00:00:43	00:48:29	02:40:08	99
15	Richard	Brewer	45-49	Male		00:31:02	00:01:04	01:22:04	00:00:53	00:45:34	02:40:40	100
145	Andy	Vincent	45-49	Male	Tuff Fitty Triathlon Club	00:29:30	00:01:40	01:20:05	00:01:05	00:48:44	02:41:06	101
92	Dave	Mcmahon	50-54	Male	Tuff Fitty Triathlon Club	00:33:14	00:01:11	01:21:43	00:00:43	00:46:04	02:42:56	102
89	Cliff	Marshall	40-44	Male		00:30:43	00:01:14	01:22:38	00:01:19	00:47:28	02:43:23	103
138	Zoe	Tetlow	45-49	Female	Horsham Amphibians Triathlon	00:29:01	00:01:08	01:23:12	00:00:49	00:49:48	02:44:00	104
94	Simon	Meecham	40-44	Male	Tuff Fitty Triathlon Club	00:31:09	00:01:16	01:26:41	00:00:41	00:44:15	02:44:06	105
110	Ian	Passmore	45-49	Male	Horsham Tri Club	00:34:05	00:01:18	01:18:51	00:00:36	00:49:16	02:44:08	106
135	Frank	Swaishland	40-44	Male		00:32:11	00:01:25	01:21:41	00:00:55	00:48:41	02:44:55	107
24	Andy	Chapman	40-44	Male	Brighton Phoenix	00:37:22	00:01:15	01:21:14	00:00:47	00:44:19	02:44:58	108
77	Lydia	Jordan	25-29	Female	Steyning AC	00:24:06	00:01:05	01:25:55	00:00:40	00:53:11	02:44:58	109
52	Sean	Gibbs	45-49	Male	Arunners	00:33:21	00:01:37	01:22:30	00:01:04	00:46:37	02:45:11	110
150	Helen	Webb	40-44	Female	Horsham Amphibians Triathlon	00:28:30	00:02:08	01:22:14	00:01:01	00:51:23	02:45:18	111
29	Nigel	Clemens	50-54	Male		00:31:48	00:01:12	01:21:26	00:01:29	00:50:36	02:46:32	112
61	Roger	Harris	35-39	Male		00:29:53	00:02:10	01:26:27	00:01:02	00:48:01	02:47:34	113
169	Claire	Bunton	45-49	Female		00:34:09	00:02:11	01:24:23	00:01:11	00:45:49	02:47:45	114
47	Sarah	Fiddaman	35-39	Female	Horsham Amphibians Triathlon	00:32:57	00:01:24	01:25:51	00:00:41	00:46:52	02:47:47	115
34	Charlotte	Craig	50-54	Female	Dorking & Mole Valley AC	00:29:48	00:01:27	01:27:03	00:00:50	00:49:03	02:48:13	116
159	Christopher	Woodward	50-54	Male		00:31:17	00:01:21	01:20:16	00:01:01	00:54:36	02:48:32	117
27	Alexandra	Clarke	30-34	Female		00:30:28	00:01:08	01:27:57	00:01:08	00:48:47	02:49:29	118
128	Amy	Smith	30-34	Female	Haslemere Borders AC	00:32:35	00:01:28	01:32:03	00:00:31	00:43:09	02:49:47	119
31	Linda	Cooper	40-44	Female	Tuff Fitty Triathlon Club	00:30:51	00:01:30	01:26:24	00:00:38	00:50:25	02:49:51	120
41	Melanie	De Lacy	45-49	Female		00:31:29	00:01:13	01:30:08	00:01:17	00:45:45	02:49:53	121
160	Janice	Worsfold	40-44	Female	Haslemere Borders AC	00:29:20	00:01:08	01:25:03	00:00:37	00:54:06	02:50:16	122
76	Andrew	Jones	45-49	Male		00:31:56	00:02:05	01:26:30	00:00:53	00:48:59	02:50:26	123
3	Dominic	Amey	40-44	Male	Tuff Fitty Triathlon Club	00:31:51	00:01:12	01:26:41	00:01:10	00:50:04	02:50:59	124
67	Graham	Higgins	50-54	Male		00:33:21	00:02:14	01:28:35	00:00:53	00:47:56	02:53:01	125
87	Jamie	Livingstone	25-29	Male		00:30:36	00:01:00	01:30:05	00:00:44	00:51:48	02:54:16	126
30	Val	Coombs	40-44	Female		00:35:35	00:01:40	01:29:35	00:00:51	00:46:38	02:54:22	127
104	Kaye	Nippard	45-49	Female		00:32:05	00:01:49	01:30:37	00:01:19	00:48:40	02:54:34	128

