

Worthing Triathlon 2010 (Sponsored by Cuff Miller - Ford) - Final Results

Bib	Firstname	Lastname	M/F	Category	Club	Swim Leg Time	T1 Leg Time	Cycle Leg Time	T2 Leg Time	Run Leg Time	Finish time	Overall	Cat Pos
1	Colin	Dixon	Male	40-44	Hayling Island	00:17:57	00:00:38	01:02:13	00:00:33	00:33:22	01:54:45	1	1
12	Tom	Sturdy	Male	20-24	Team Nemesis GB	00:18:12	00:00:38	01:01:55	00:00:38	00:34:57	01:56:23	2	1
64	Matt	Ellis	Male	30-34	Human Performance Unit	00:19:44	00:00:36	01:02:05	00:00:34	00:36:03	01:59:05	3	1
18	Richard	Pryer	Male	25-29	London Heathside	00:18:13	00:00:42	01:04:04	00:00:30	00:35:37	01:59:09	4	1
107	Timothy	Male	Male	35-39	Thames Turbo	00:20:43	00:00:53	01:00:49	00:00:49	00:36:29	01:59:46	5	1
44	Carl	Shaw	Male	30-34	Leicester TC	00:17:51	00:00:29	01:06:54	00:00:26	00:35:28	02:01:11	6	2
32	Robert	Brundish	Male	25-29	Tri London	00:20:58	00:00:55	01:06:41	00:00:27	00:33:32	02:02:36	7	2
256	Kevin	King	Male	45-49	Tri UK	00:21:48	00:00:57	01:02:39	00:00:33	00:37:12	02:03:12	8	1
22	Peter	Wilby	Male	25-29	Worcester Park	00:19:51	00:00:45	01:06:35	00:00:29	00:35:46	02:03:29	9	3
102	Paul	Ashley	Male	35-39	Team Feat	00:22:29	00:00:49	01:05:15	00:00:40	00:34:25	02:03:41	10	2
19	Peter	Cornbell	Male	25-29	Portsmouth Triathletes	00:18:16	00:00:51	01:08:04	00:00:36	00:36:30	02:04:20	11	4
105	Daniel	Corner	Male	35-39	Shorter Rochford Racing Team	00:21:20	00:00:44	01:02:48	00:00:31	00:39:09	02:04:35	12	3
40	Daniel	Mcparland	Male	25-29	TriCentral.co.uk	00:21:45	00:00:41	01:04:45	00:00:33	00:37:14	02:05:00	13	5
154	Dominic	Chapman	Male	35-39	Tuff Fitty Triathlon Club	00:23:08	00:00:48	01:05:01	00:00:32	00:36:03	02:05:34	14	4
208	Robert	Baker	Male	40-44	Greenwich Tritons	00:21:39	00:00:38	01:05:00	00:00:27	00:38:02	02:05:48	15	2
39	Ben	Unsworth	Male	25-29	Thames Turbo	00:23:11	00:01:04	01:04:40	00:00:30	00:36:25	02:05:53	16	6
31	Peter	Stewart	Male	25-29	Thames Turbo	00:20:33	00:00:50	01:06:22	00:00:52	00:37:27	02:06:06	17	7
201	Steve	Mckeown	Male	40-44	North Herts Road Runners	00:22:50	00:00:52	01:07:36	00:00:29	00:35:25	02:07:15	18	3
34	David	Risebrow	Male	25-29	Tuff Fitty Triathlon Club	00:21:54	00:00:54	01:07:49	00:00:32	00:36:52	02:08:04	19	8
222	Richard	Thomas	Male	40-44	Stubbington Green Runners & AC	00:22:14	00:00:49	01:06:38	00:00:42	00:37:39	02:08:04	20	4
221	Dean	Ratcliffe	Male	40-44		00:22:16	00:01:08	01:05:52	00:01:04	00:38:06	02:08:29	21	5
89	Ryan	Tomlinson	Male	30-34	Thames Turbo	00:23:04	00:00:44	01:04:25	00:00:34	00:39:45	02:08:35	22	3
33	Stephen	Thompson	Male	25-29	Tri London	00:21:01	00:05:35	01:06:19	00:00:37	00:35:07	02:08:41	23	9
209	Richard	Evans	Male	40-44	Metropolitan Police Triathlon Club						02:08:54	24	6
70	Alistair	Cooke	Male	30-34	Leeds & Bradford TC	00:21:46	00:00:43	01:06:08	00:00:32	00:39:55	02:09:07	25	4
37	Dan	Falconar	Male	25-29	Team Dillon	00:25:18	00:00:53	01:04:56	00:00:39	00:37:30	02:09:18	26	10
90	James	Ryan	Male	30-34	Bodyworks XTC	00:22:49	00:00:54	01:04:40	00:00:38	00:40:37	02:09:41	27	5
233	Dominic	Brooks	Male	45-49	Farnham Triathlon Club	00:21:53	00:01:00	01:05:58	00:00:37	00:40:17	02:09:48	28	2
41	Eoin	O'lynn	Male	25-29	Warwick University Triathlon Club	00:23:38	00:00:54	01:05:17	00:00:40	00:39:33	02:10:05	29	11
23	Ben	Warren	Male	25-29	Bodyworks XTC	00:21:27	00:00:40	01:15:34	00:00:32	00:32:06	02:10:22	30	12
109	Deon	Coetzee	Male	35-39	Tri UK	00:17:53	00:00:41	01:15:55	00:00:49	00:35:33	02:10:53	31	5
406	Nick	Ballard	Male	50-54	MAD Tri	00:24:18	00:00:48	01:07:27	00:00:42	00:37:39	02:10:56	32	1
275	Mike	White	Male	50-54		00:23:58	00:00:53	01:07:43	00:00:38	00:37:45	02:10:59	33	2
138	Barry	Atkins	Male	35-39	Thames Turbo	00:21:52	00:01:27	01:09:30	00:00:48	00:37:22	02:11:03	34	6
97	Andrew	Jones	Male	35-39	7oaks Tri Club	00:22:54	00:01:03	01:08:22	00:00:48	00:38:05	02:11:14	35	7
299	Bob	Novis	Male	55-59	Brighton Phoenix Tri	00:20:36	00:01:11	01:10:53	00:00:43	00:38:11	02:11:37	36	1
260	Andy	Eaton	Male	45-49	Bodyworks XTC	00:22:07	00:01:15	01:09:40	00:00:44	00:37:58	02:11:47	37	3
65	Gary	Kurth	Male	30-34	Wight Tri	00:19:25	00:00:47	01:08:38	00:00:32	00:42:45	02:12:11	38	6
217	Fraser	Dawson	Male	40-44	Dorking & Mole Valley AC	00:24:35	00:01:15	01:09:42	00:00:37	00:36:36	02:12:49	39	7
86	Steffan	Ford	Male	30-34	Team Trisports	00:22:59	00:00:54	01:10:24	00:00:44	00:37:46	02:12:50	40	7
261	Malcolm	Hughes	Male	45-49	Brighton Phoenix Tri	00:22:54	00:00:47	01:09:15	00:00:34	00:39:25	02:12:57	41	4
345	Danielle	Stewart	Female	25-29	Coventry Cycle Centre	00:24:30	00:00:56	01:10:33	00:00:29	00:36:30	02:13:01	42	1
216	Jon	Meadows	Male	40-44	Amphibians 2 TC	00:23:00	00:01:15	01:08:15	00:00:42	00:39:56	02:13:11	43	8
115	John-paul	Brophy	Male	35-39	Team Lifestyle	00:23:48	00:00:44	01:07:00	00:00:45	00:40:53	02:13:12	44	8
210	Martin	Potter	Male	40-44	London Heathside	00:23:40	00:01:06	01:13:04	00:00:37	00:35:09	02:13:40	45	9
230	John	Marinko	Male	45-49	Brighton Phoenix Tri	00:25:37	00:00:43	01:08:24	00:00:35	00:39:19	02:14:41	46	5
62	Simon	Shepherd	Male	30-34	Kenilworth Wheelers	00:23:58	00:00:52	01:10:13	00:00:41	00:38:58	02:14:45	47	8
94	Troy	Leliard	Male	30-34							02:15:18	48	9
234	Haydn	Jones	Male	45-49	Farnham Triathlon Club	00:21:44	00:00:41	01:11:44	00:00:35	00:41:04	02:15:50	49	6
133	Paul	Standen Payne	Male	35-39	Bodyworks XTC	00:20:27	00:01:16	01:15:32	00:00:45	00:38:30	02:16:33	50	9

15	Robert	Rollings	Male	20-24	Brighton Phoenix Tri	00:25:52	00:01:03	01:07:32	00:00:38	00:41:55	02:17:02	51	2
74	Richard	Willis	Male	30-34		00:21:48	00:01:27	01:15:48	00:00:58	00:37:00	02:17:04	52	10
14	Oliver	Perez	Male	20-24	Evolution Triathlon Club	00:24:49	00:00:53	01:10:59	00:00:35	00:40:01	02:17:20	53	3
353	Manuela	Capazorio	Female	30-34	Farnham Gears and Tears	00:22:39	00:00:49	01:13:17	00:00:37	00:39:59	02:17:24	54	1
114	Shane	Bridgman	Male	35-39	Team Spamhead	00:21:58	00:01:31	01:11:41	00:00:53	00:41:26	02:17:33	55	10
339	Elisabeth	Brama	Female	25-29	Brighton Phoenix Tri	00:22:45	00:00:45	01:10:57	00:00:34	00:42:36	02:17:41	56	2
45	Marc	Townsend	Male	30-34	Team Lifestyle	00:23:50	00:01:02	01:11:44	00:00:37	00:40:50	02:18:07	57	11
123	Nick	De Meyer	Male	35-39	RG Active/ triandr	00:24:02	00:00:51	01:12:52	00:00:45	00:40:09	02:18:42	58	11
153	Paul	Martin	Male	35-39	Tri London	00:26:24	00:01:06	01:09:59	00:00:41	00:40:31	02:18:43	59	12
69	Michael	Deevy	Male	30-34	Thames Turbo	00:27:04	00:01:08	01:10:31	00:01:26	00:38:45	02:18:57	60	12
150	David	Lashbrook	Male	35-39	Mid Sussex Triathlon Club	00:24:11	00:00:59	01:10:30	00:00:40	00:43:01	02:19:24	61	13
88	Stefan	Stone	Male	30-34	Team VO2	00:25:18	00:00:54	01:13:57	00:00:37	00:38:37	02:19:27	62	13
239	Anthony	Towers	Male	45-49	Tuff Fitty Triathlon Club	00:22:45	00:01:08	01:13:37	00:00:35	00:41:29	02:19:35	63	7
252	Steve	Head	Male	45-49	Bodyworks XTC	00:25:13	00:01:35	01:08:57	00:01:10	00:42:51	02:19:48	64	8
158	Jayson	Searles	Male	35-39	Thames Turbo	00:24:41	00:01:09	01:10:30	00:00:40	00:43:04	02:20:07	65	14
30	Josh	Roberts	Male	25-29	RG Active Race Team						02:20:12	66	13
223	Wayne	Edwards	Male	40-44	Thames Turbo	00:26:27	00:01:02	01:11:53	00:00:41	00:40:13	02:20:18	67	10
56	Andrew	Carter	Male	30-34		00:27:18	00:01:17	01:13:50	00:00:46	00:37:08	02:20:22	68	14
263	Simon	James	Male	45-49	Steyning AC	00:23:15	00:01:25	01:17:29	00:00:48	00:37:28	02:20:27	69	9
137	Jonathan	Mayne	Male	35-39		00:22:51	00:01:16	01:14:33	00:00:43	00:41:04	02:20:29	70	15
78	Stephen	Mitchell	Male	30-34		00:25:49	00:01:04	01:12:24	00:00:54	00:40:50	02:21:05	71	15
51	Petrus	De Jager	Male	30-34		00:22:01	00:01:39	01:17:01	00:00:39	00:39:48	02:21:09	72	16
400	Niki	Treacy	Female	45-49	Team REP	00:23:42	00:01:08	01:12:28	00:00:45	00:43:12	02:21:18	73	1
262	Mark	Chitty	Male	45-49	Eton Triathlon Club	00:23:45	00:01:04	01:12:02	00:00:39	00:43:46	02:21:19	74	10
91	James	Hatton	Male	30-34	Farnham Triathlon Club	00:27:06	00:01:24	01:12:11	00:00:46	00:40:15	02:21:44	75	17
269	Mike	Everington	Male	50-54	Kingfisher Triathletes	00:28:42	00:01:12	01:11:13	00:00:43	00:40:04	02:21:56	76	3
371	Helen	Smith	Female	35-39	Thames Turbo	00:23:00	00:00:45	01:17:01	00:00:43	00:40:27	02:21:59	77	1
151	Robbie	Macnab	Male	35-39	David Lloyd Portsolent	00:20:53	00:00:58	01:14:53	00:00:41	00:44:33	02:22:02	78	16
136	Owen	Marks	Male	35-39		00:25:00	00:01:03	01:13:18	00:01:30	00:41:23	02:22:16	79	17
96	Andrew	Ruffer	Male	30-34	Tuff Fitty Triathlon Club	00:27:05	00:01:08	01:15:30	00:00:42	00:38:19	02:22:46	80	18
215	Andrew	Coe	Male	40-44	Tuff Fitty Triathlon Club	00:27:05	00:01:56	01:10:58	00:00:56	00:41:51	02:22:48	81	11
187	James	Hodge	Male	40-44	Arundel Trinity Tri Club	00:24:49	00:01:00	01:11:29	00:00:49	00:44:49	02:22:59	82	12
253	Steven	Nash	Male	45-49	Haslemere Border AC	00:25:58	00:00:56	01:14:30	00:00:41	00:40:56	02:23:04	83	11
181	Gary	Roberts	Male	40-44		00:24:56	00:02:03	01:14:30	00:00:58	00:40:50	02:23:20	84	13
77	Richard	Hobbs	Male	30-34	Tuff Fitty Triathlon Club	00:26:50	00:01:10	01:15:32	00:00:44	00:39:14	02:23:34	85	19
231	Nick	Kay	Male	45-49	East Grinstead Tri Club	00:23:55	00:01:59	01:14:38	00:00:52	00:42:27	02:23:55	86	12
166	Fraser	Sim	Male	35-39		00:25:16	00:01:24	01:14:19	00:00:54	00:42:05	02:24:00	87	18
110	Andrew	Triggs	Male	35-39	Brighton Phoenix Tri	00:23:19	00:01:47	01:18:11	00:00:47	00:39:55	02:24:02	88	19
248	Brendan	Fahy	Male	45-49	RG Active/ triandr	00:28:28	00:01:07	01:12:31	00:00:40	00:41:23	02:24:11	89	13
280	David	Thomas	Male	50-54	Thames Turbo	00:27:40	00:01:26	01:13:27	00:00:47	00:41:15	02:24:39	90	4
72	Michael	Daly	Male	30-34	Metropolitan Police Triathlon Club	00:26:23	00:02:05	01:14:45	00:00:59	00:40:42	02:24:56	91	20
176	Andrew	Pownall	Male	40-44		00:24:00	00:01:23	01:16:45	00:00:42	00:42:04	02:24:57	92	14
93	Damian	Brewer	Male	30-34		00:24:53	00:00:59	01:15:40	00:00:38	00:42:49	02:25:01	93	21
57	Matt	Simmonds	Male	30-34		00:27:14	00:01:40	01:14:31	00:01:13	00:40:23	02:25:03	94	22
244	Graeme	Beeson	Male	45-49		00:26:12	00:01:49	01:13:20	00:01:04	00:42:39	02:25:06	95	14
99	Daniel	Bingham	Male	35-39	Hillingdon Triathletes	00:27:53	00:00:57	01:18:21	00:00:57	00:37:01	02:25:12	96	20
119	Robin	Underwood	Male	35-39	Dorking & Mole Valley AC	00:24:07	00:01:05	01:14:07	00:00:45	00:45:33	02:25:39	97	21
337	Becki	Toone	Female	25-29	www.driventotri.com	00:24:13	00:01:34	01:21:11	00:00:44	00:37:55	02:25:40	98	3
287	David	Thompson	Male	50-54	Portsmouth Triathletes	00:27:25	00:01:59	01:12:00	00:00:51	00:43:31	02:25:49	99	5
178	Warren	Hannington	Male	40-44	Portsmouth Triathletes	00:24:57	00:01:41	01:14:48	00:00:48	00:43:50	02:26:07	100	15
229	Roland	Harrington	Male	45-49	Brighton Phoenix Tri	00:25:46	00:01:37	01:14:22	00:00:59	00:43:27	02:26:13	101	15
218	Chris	Sherwood	Male	40-44	Leicester TC	00:25:35	00:01:18	01:18:10	00:00:52	00:40:16	02:26:14	102	16

199	Simon	Hazel	Male	40-44		00:25:25	00:01:30	01:18:35	00:00:40	00:40:14	02:26:27	103	17
17	Richard	Wild	Male	25-29	RG Active Race Team	00:25:11	00:00:49	01:15:44	00:00:36	00:44:10	02:26:32	104	14
27	Andy	Turner	Male	25-29	Team REP	00:26:43	00:00:40	01:09:17	00:00:31	00:49:24	02:26:37	105	15
124	John	Ennis	Male	35-39	Kingfisher Triathletes	00:25:08	00:01:18	01:17:11	00:01:03	00:41:59	02:26:41	106	22
52	Joshua	Knight	Male	30-34		00:23:30	00:02:03	01:18:08	00:00:53	00:42:07	02:26:43	107	23
4	James	Smith	Male	20-24	Glasgow Triathlon Club	00:22:30	00:01:01	01:19:36	00:00:54	00:42:42	02:26:44	108	4
281	Paul	Winter	Male	50-54	Esporta Brighton	00:26:33	00:01:37	01:14:04	00:00:51	00:43:49	02:26:56	109	6
53	Kieran	Ellerton	Male	30-34	RG Active/ triandr	00:26:39	00:00:48	01:17:29	00:00:32	00:41:31	02:27:01	110	24
273	Peter	Wallis	Male	50-54	Team REP	00:22:38	00:01:01	01:14:15	00:00:47	00:48:29	02:27:13	111	7
194	Dhiren	Patel	Male	40-44		00:29:26	00:01:21	01:14:00	00:00:45	00:41:56	02:27:31	112	18
38	Ramsey	Conyers	Male	25-29	RG Active/ triandr	00:28:32	00:01:03	01:13:58	00:00:41	00:43:17	02:27:33	113	16
200	Kevin	Hill	Male	40-44		00:29:03	00:02:26	01:11:21	00:01:02	00:43:46	02:27:41	114	19
113	Alex	Abbott	Male	35-39		00:24:47	00:01:14	01:16:00	00:00:39	00:45:01	02:27:43	115	23
211	Colin	Bradley	Male	40-44	Shiers Triers	00:25:41	00:01:14	01:14:31	00:00:58	00:45:25	02:27:52	116	20
274	Peter	Murphy	Male	50-54	Deal Tri	00:26:30	00:01:16	01:14:03	00:00:56	00:45:19	02:28:07	117	8
249	Graham	Quick	Male	45-49	Kingfisher Triathletes	00:28:50	00:02:14	01:17:01	00:01:01	00:38:59	02:28:08	118	16
180	Jan	Kriek	Male	40-44		00:23:38	00:02:35	01:17:26	00:01:03	00:43:36	02:28:21	119	21
251	Nigel	Clemens	Male	45-49	Thames Turbo	00:27:42	00:01:12	01:12:00	00:00:51	00:46:41	02:28:29	120	17
157	Nicholas	Kidd	Male	35-39	RG Active/ triandr	00:25:55	00:01:00	01:16:07	00:00:57	00:44:34	02:28:37	121	24
112	Nick	Poulter	Male	35-39		00:25:30	00:02:16	01:15:47	00:01:42	00:43:40	02:28:58	122	25
172	Juan	Delgado	Male	40-44		00:25:07	00:01:54	01:20:29	00:00:47	00:40:51	02:29:10	123	22
286	Steve	Feest	Male	50-54	Tuff Fitty Triathlon Club	00:27:27	00:01:37	01:15:41	00:00:51	00:43:42	02:29:20	124	9
59	Christian	Powell	Male	30-34	Tuff Fitty Triathlon Club	00:25:03	00:01:55	01:20:23	00:00:49	00:41:07	02:29:21	125	25
202	David	Spencer	Male	40-44	Thames Turbo	00:26:01	00:01:33	01:13:35	00:01:14	00:47:01	02:29:26	126	23
395	Joan	Lennon	Female	50-54	Steining AC	00:27:15	00:01:56	01:18:16	00:01:01	00:41:09	02:29:39	127	1
190	Titus	Fossgard-Moser	Male	40-44	"Osteraas, Oslo"	00:26:41	00:02:23	01:15:43	00:01:19	00:43:34	02:29:42	128	24
168	Guy	Scott	Male	35-39	Thames Turbo	00:26:01	00:01:56	01:16:41	00:01:00	00:44:03	02:29:43	129	26
254	Graham	Liddell	Male	45-49	Tuff Fitty Triathlon Club	00:26:58	00:01:17	01:15:01	00:00:46	00:45:41	02:29:45	130	18
384	Liz	Lumber	Female	40-44		00:30:19	00:01:47	01:14:22	00:00:50	00:42:36	02:29:57	131	1
171	Alan	Bennett	Male	40-44	Team Lifestyle	00:32:56	00:02:30	01:13:20	00:01:04	00:40:10	02:30:03	132	25
360	Josie	Perry	Female	30-34	Thames Turbo	00:27:14	00:00:58	01:15:36	00:00:38	00:45:38	02:30:06	133	2
173	Gordon	Griffin	Male	40-44		00:25:27	00:01:19	01:14:36	00:01:16	00:47:26	02:30:08	134	26
228	Richard	Gamber	Male	40-44	RG Active/ triandr	00:24:22	00:01:35	01:17:22	00:00:35	00:46:16	02:30:14	135	27
145	Alex	Chapman	Male	35-39	Kingfisher Triathletes	00:27:01	00:01:38	01:18:38	00:00:50	00:42:15	02:30:25	136	27
268	Marcus	Richardson	Male	45-49		00:23:39	00:01:55	01:11:27	00:01:02	00:52:21	02:30:27	137	19
141	Sam	Jones	Male	35-39		00:27:27	00:01:01	01:15:11	00:00:45	00:46:05	02:30:32	138	28
272	Tony	Pearce	Male	50-54	Brighton Esporta	00:25:59	00:01:20	01:17:20	00:00:48	00:45:03	02:30:32	139	10
100	Simon	Holder	Male	35-39	Kingfisher Triathletes	00:27:14	00:02:11	01:14:02	00:01:28	00:45:36	02:30:33	140	29
366	Micaela	Floyd	Female	35-39	Tuff Fitty Triathlon Club	00:28:17	00:01:08	01:19:41	00:00:43	00:40:58	02:30:50	141	2
83	Kristopher	Fenwick	Male	30-34		00:29:28	00:02:25	01:15:53	00:00:51	00:42:20	02:30:59	142	26
305	Andrew	Field	Male	60-64	Brighton Phoenix Tri	00:28:05	00:02:23	01:16:59	00:01:19	00:42:21	02:31:09	143	1
134	Howard	Bayley	Male	35-39	Tuff Fitty Triathlon Club	00:31:08	00:01:50	01:11:47	00:00:52	00:45:37	02:31:17	144	30
292	Jeff	Grimes	Male	50-54	Thames Turbo	00:26:07	00:01:52	01:16:35	00:00:56	00:45:44	02:31:17	145	11
278	Adam	Burke	Male	50-54	Thames Turbo	00:26:10	00:02:11	01:19:27	00:01:01	00:42:31	02:31:23	146	12
195	Euan	Mcgrath	Male	40-44	Stubington Green Runners & AC	00:30:54	00:02:34	01:16:02	00:00:54	00:41:01	02:31:28	147	28
388	Ann	Pendred	Female	45-49		00:27:13	00:01:01	01:19:19	00:00:48	00:43:12	02:31:34	148	2
259	Stephen	Vigor	Male	45-49	Walden Triathletes	00:28:34	00:01:51	01:12:32	00:01:38	00:47:17	02:31:55	149	20
5	Thomas	Chia	Male	20-24	Durham University Triathlon Club	00:25:27	00:01:14	01:21:08	00:00:44	00:43:26	02:32:01	150	5
367	Rachel	Bibby	Female	35-39	Brighton Phoenix Tri	00:24:50					02:32:08	151	3
376	Nicole	Patterson	Female	35-39	Tuff Fitty Triathlon Club	00:22:16	00:01:24	01:20:34	00:00:47	00:47:08	02:32:12	152	4
204	Gavin	Clarke	Male	40-44		00:29:01	00:02:17	01:17:35	00:00:43	00:42:36	02:32:15	153	29
232	Robert	Shiels	Male	45-49	Evolution Triathlon Club	00:35:26	00:01:21	01:14:03	00:00:49	00:40:34	02:32:15	154	21

49	Sam	Bateman	Male	30-34	PwC Tri Club	00:26:38	00:02:03	01:17:54	00:01:33	00:44:09	02:32:19	155	27
212	Chris	Jones	Male	40-44		00:29:27	00:01:45	01:15:19	00:01:08	00:44:45	02:32:27	156	30
378	Elaine	Armour	Female	40-44	Eton Triathlon Club	00:29:39	00:01:13	01:18:09	00:00:44	00:42:41	02:32:28	157	2
156	Anthony	Lansdowne	Male	35-39		00:28:55	00:01:41	01:19:07	00:00:49	00:42:06	02:32:41	158	31
116	Henrique	Galvao	Male	35-39		00:23:07	00:01:18	01:22:53	00:00:38	00:44:47	02:32:46	159	32
382	Moyra	Amess	Female	40-44	Steyning AC	00:28:37	00:01:15	01:19:45	00:00:49	00:42:29	02:32:59	160	3
390	Tamar	Coleman	Female	50-54	Bodyworks XTC	00:26:14	00:01:08	01:18:55	00:00:48	00:45:58	02:33:05	161	2
270	Mark	Royden	Male	50-54		00:25:23	00:02:16	01:21:26	00:01:37	00:42:26	02:33:11	162	13
143	Robert	Iden	Male	35-39	Phoenix Triathlon Club	00:25:59	00:01:31	01:21:54	00:01:17	00:42:35	02:33:18	163	33
92	Richard	Bourne	Male	30-34		00:28:23	00:02:34	01:22:08	00:00:35	00:39:43	02:33:26	164	28
170	Paul Raymond	Williams	Male	40-44	Bodyworks XTC	00:27:27	00:01:38	01:18:39	00:01:13	00:44:35	02:33:36	165	31
185	Desmond	Sutton	Male	40-44		00:24:32	00:01:47	01:16:35	00:01:49	00:48:56	02:33:42	166	32
387	Jackie	Wastell	Female	45-49	London Heathside	00:31:21	00:02:09	01:16:26	00:01:24	00:42:22	02:33:44	167	3
257	Mark	Glaister	Male	45-49	Thames Turbo	00:32:04	00:02:00	01:19:53	00:00:42	00:39:25	02:34:07	168	22
73	Edward	Cadwallader	Male	30-34	Oxford Tri	00:26:53	00:01:18	01:17:00	00:01:04	00:47:51	02:34:08	169	29
188	Stuart	Woodruff	Male	40-44	Shiers Triers	00:27:12	00:01:03	01:15:13	00:00:47	00:49:54	02:34:11	170	33
68	James	Lanigan	Male	30-34		00:28:40	00:02:18	01:21:00	00:00:38	00:41:34	02:34:13	171	30
121	Craig	Wells	Male	35-39	Metropolitan Police Triathlon Club	00:25:14	00:01:47	01:20:58	00:00:44	00:46:01	02:34:47	172	34
179	Ian	Grogan	Male	40-44	RAF Triathlon	00:29:04	00:01:00	01:20:04	00:00:42	00:44:03	02:34:56	173	34
335	Zoe	Spain	Female	25-29	Evolution Triathlon Club	00:30:27	00:01:16	01:17:53	00:00:55	00:44:37	02:35:11	174	4
169	Jeremy	Howard	Male	35-39	TriTalk.co.uk	00:26:03	00:02:40	01:19:51	00:00:55	00:45:40	02:35:11	175	35
159	Dominic	Amey	Male	35-39	Tuff Fitty Triathlon Club	00:28:42	00:01:20	01:18:25	00:00:54	00:45:56	02:35:20	176	36
66	Andrew	Carmichael	Male	30-34		00:26:13	00:02:06	01:21:21	00:00:36	00:45:11	02:35:30	177	31
302	Peter	Mahoney	Male	55-59	Portsmouth Triathletes	00:28:03	00:01:46	01:17:33	00:00:46	00:47:27	02:35:39	178	2
128	Andrew	Barke	Male	35-39		00:28:55	00:01:11	01:20:17	00:00:46	00:44:52	02:36:04	179	37
310	Bill	Shackcloth	Male	65-69	Hogweed Trotters	00:29:17	00:01:41	01:16:39	00:01:09	00:47:28	02:36:15	180	1
213	Stephen	Charles	Male	40-44		00:29:41	00:03:29	01:18:22	00:01:27	00:43:24	02:36:25	181	35
331	Katie	Silke	Female	20-24	Warwick Uni Tri Club / Celtic Tri	00:22:39	00:00:52	01:18:51	00:00:48	00:53:16	02:36:29	182	1
296	Colin	Simpson	Male	55-59	Brighton Phoenix Tri	00:27:55	00:01:32	01:22:39	00:00:42	00:43:40	02:36:30	183	3
394	Rachel	Ward	Female	50-54	Worcester Triathlon Club	00:28:00	00:00:59	01:20:13	00:00:45	00:46:41	02:36:40	184	3
380	Lynne	Wright	Female	40-44	Thames Turbo	00:23:49	00:01:19	01:24:48	00:00:54	00:46:00	02:36:54	185	4
288	Trevor	Harvey	Male	50-54	Tuff Fitty Triathlon Club	00:25:27	00:01:59	01:20:08	00:00:57	00:48:24	02:36:57	186	14
289	Clive	Harvey	Male	50-54	Tuff Fitty Triathlon Club	00:25:11	00:01:12	01:18:55	00:00:53	00:50:43	02:36:58	187	15
13	Arran	Tilley	Male	20-24	RAF Triathlon	00:25:45	00:02:08	01:24:01	00:02:05	00:43:04	02:37:06	188	6
26	Daniel	Watts	Male	25-29		00:24:38	00:03:26	01:21:22	00:02:09	00:45:32	02:37:09	189	17
183	Mark	Anderson	Male	40-44	Tuff Fitty Triathlon Club	00:25:37	00:01:39	01:15:02	00:01:16	00:53:47	02:37:24	190	36
148	Mark	Tikerpae	Male	35-39		00:25:01	00:01:40	01:24:40	00:00:47	00:45:16	02:37:26	191	38
192	Rowen	Grandison	Male	40-44		00:30:29	00:01:09	01:21:43	00:01:09	00:43:03	02:37:36	192	37
196	Mitchell	Beckinsale	Male	40-44	Tuff Fitty Triathlon Club	00:32:52	00:01:35	01:17:44	00:01:12	00:44:50	02:38:15	193	38
283	Martin	Hopwood	Male	50-54		00:27:56	00:01:02	01:21:38	00:01:03	00:47:06	02:38:48	194	16
396	Kim	Shaw	Female	50-54	Team Cherwell	00:27:33	00:01:11	01:17:14	00:00:56	00:52:02	02:38:59	195	4
348	Margitta	Haacke	Female	25-29		00:27:46	00:01:31	01:22:33	00:01:34	00:45:46	02:39:13	196	5
104	Mark	Kelly	Male	35-39	Serpentine RC	00:27:39	00:02:17	01:18:31	00:01:31	00:49:13	02:39:13	197	39
291	Michael	Abousselam	Male	50-54	Orpington Road Runners	00:27:24	00:02:45	01:22:30	00:01:20	00:45:38	02:39:39	198	17
347	Charmaine	Sainsbury	Female	25-29	Thames Turbo	00:27:31	00:01:38	01:24:55	00:00:53	00:45:03	02:40:03	199	6
125	Richard	Carresi	Male	35-39		00:25:45	00:01:29	01:19:21	00:01:40	00:51:50	02:40:07	200	40
342	Rebecca	Tunstall	Female	25-29	Thames Turbo	00:23:47	00:01:23	01:23:00	00:01:15	00:51:00	02:40:27	201	7
205	Luke	Smallman	Male	40-44		00:26:52	00:01:32	01:22:14	00:01:22	00:48:30	02:40:32	202	39
370	Louise	Crocker	Female	35-39		00:27:32	00:02:06	01:23:20	00:01:24	00:46:15	02:40:40	203	5
297	John	Shaw	Male	55-59	Team Cherwell	00:31:16	00:01:29	01:17:34	00:01:40	00:48:42	02:40:44	204	4
162	Richard	Bayliss	Male	35-39		00:25:15	00:01:53	01:27:16	00:00:51	00:45:45	02:41:02	205	41
307	David	Abrams	Male	60-64	Stubbington Green Runners & AC	00:28:39	00:01:42	01:23:43	00:01:23	00:45:59	02:41:28	206	2

132	Ky	Nichol	Male	35-39		00:34:23	00:02:24	01:20:51	00:01:12	00:42:37	02:41:30	207	42
276	Christopher	Lee	Male	50-54	Steyning AC	00:30:27	00:01:03	01:21:20	00:01:00	00:48:01	02:41:54	208	18
167	Brian	Hagan	Male	35-39	RAF Triathlon	00:28:11	00:01:36	01:26:53	00:00:41	00:44:56	02:42:20	209	43
309	Vernon	Thomas	Male	65-69	Greenwich Tritons	00:35:43	00:01:41	01:14:11	00:01:29	00:49:13	02:42:20	210	2
267	James	Peters	Male	45-49	Bromley Vets Athletics Club	00:25:58	00:01:34	01:27:31	00:01:06	00:46:21	02:42:34	211	23
266	Phil	Bristow	Male	45-49		00:26:40	00:03:59	01:24:56	00:00:38	00:46:23	02:42:38	212	24
206	Ollie	Johnson	Male	40-44	Tuff Fitty Triathlon Club	00:27:43	00:02:54	01:20:38	00:01:07	00:50:16	02:42:41	213	40
361	Philippa	Evans	Female	30-34	Phoenix Triathlon Club	00:27:06	00:02:59	01:24:35	00:00:41	00:47:27	02:42:51	214	3
271	Neil	Mitchell	Male	50-54	Thames Turbo	00:34:32	00:03:13	01:19:32	00:01:22	00:44:28	02:43:09	215	19
2	Neil	Harris	Male	40-44	ARG Ashtead Running Group	00:25:40	00:03:30	01:22:54	00:01:31	00:49:59	02:43:37	216	41
258	Mitch	Phillips	Male	45-49	Thames Turbo	00:29:46	00:02:45	01:23:54	00:01:09	00:46:12	02:43:50	217	25
20	Richard	Ashton	Male	25-29		00:28:48	00:02:16	01:23:42	00:00:34	00:49:05	02:44:28	218	18
379	Camilla	Barclay	Female	40-44	BAD Tri	00:31:27	00:04:05	01:24:08	00:01:34	00:43:46	02:45:03	219	5
225	David	Sabine	Male	40-44	BRAT Club	00:28:12	00:01:43	01:24:43	00:01:17	00:49:06	02:45:03	220	42
174	Tim	Hart	Male	40-44	PwC Tri Club	00:36:00	00:01:53	01:20:08	00:01:15	00:45:57	02:45:16	221	43
333	Liz	Dickinson	Female	20-24	Chiltern Triathletes	00:27:52	00:01:20	01:26:20	00:01:27	00:48:59	02:46:01	222	2
160	Michael	Jarvis	Male	35-39		00:28:28	00:02:12	01:28:52	00:01:23	00:45:07	02:46:04	223	44
142	Mark	May	Male	35-39		00:25:36	00:02:21	01:28:28	00:01:06	00:48:32	02:46:06	224	45
386	Joan	Wingfield	Female	45-49	East Grinstead Tri Club	00:33:53	00:02:57	01:24:48	00:01:17	00:43:29	02:46:26	225	4
351	Laura	Ramsay	Female	30-34	Hove Hunnies	00:29:10	00:03:08	01:28:15	00:01:26	00:44:41	02:46:43	226	4
127	Allan	Struthers	Male	35-39		00:27:12	00:03:00	01:26:23	00:01:33	00:48:34	02:46:44	227	46
279	Meredydd	Harries	Male	50-54		00:35:57	00:01:39	01:19:28	00:00:55	00:48:45	02:46:48	228	20
350	Claire	Holden	Female	30-34	Team Lifestyle	00:29:56	00:01:57	01:26:27	00:01:06	00:47:26	02:46:54	229	5
369	Suzanne	Ford-Dunn	Female	35-39	Steyning AC	00:27:40	00:01:50	01:26:46	00:00:54	00:49:46	02:46:58	230	6
11	Will	Smart	Male	20-24		00:29:41	00:01:53	01:28:35	00:01:54	00:45:12	02:47:18	231	7
385	Nicky	Carsons	Female	45-49		00:24:17	00:01:24	01:24:46	00:01:22	00:55:42	02:47:34	232	5
294	Colin	Moon	Male	55-59		00:26:39	00:03:14	01:22:25	00:01:39	00:53:45	02:47:44	233	5
363	Rachel	Adams	Female	35-39		00:28:06	00:02:14	01:21:42	00:01:14	00:54:33	02:47:51	234	7
130	Richard	Livings	Male	35-39		00:28:58	00:01:29	01:23:54	00:01:16	00:52:18	02:47:57	235	47
277	Frank	Todd	Male	50-54	Steyning AC	00:29:23	00:01:42	01:20:58	00:01:04	00:55:02	02:48:12	236	21
147	Luke	Holland	Male	35-39		00:27:59	00:01:32	01:25:50	00:01:04	00:51:48	02:48:15	237	48
364	Danielle	Rogers	Female	35-39	Phoenix Triathlon Club	00:28:50	00:01:53	01:26:14	00:01:17	00:50:05	02:48:23	238	8
284	Alan	Fackerell	Male	50-54	Thames Turbo	00:37:57	00:02:15	01:24:40	00:01:11	00:42:58	02:49:05	239	22
101	Colin	O'connor	Male	35-39		00:29:00	00:02:30	01:27:29	00:01:10	00:49:23	02:49:35	240	49
377	Jennie	Male	Female	40-44	Thames Turbo	00:31:06	00:02:32	01:25:36	00:02:14	00:48:41	02:50:12	241	6
16	Phil	Payne	Male	25-29	Haywards Heath Harriers	00:33:35	00:02:37	01:27:54	00:00:48	00:45:39	02:50:37	242	19
300	Richard	Bowes	Male	55-59	Run Ottawa	00:38:09	00:02:37	01:19:57	00:01:53	00:48:05	02:50:43	243	6
358	Sally	Kirk	Female	30-34	Defence Academy	00:29:22	00:01:59	01:30:58	00:01:00	00:47:50	02:51:12	244	6
242	Neil	Melville-Rae	Male	45-49		00:35:30					02:51:35	245	26
122	Richard	Woodward	Male	35-39		00:28:52	00:03:06	01:29:08	00:01:59	00:48:28	02:51:36	246	50
240	Howard	Carter	Male	45-49		00:28:36	00:03:43	01:21:52	00:01:46	00:55:36	02:51:36	247	27
398	Lesley	Kernaghan	Female	55-59	Eton Triathlon Club	00:28:29	00:01:10	01:30:52	00:01:12	00:49:57	02:51:41	248	1
135	Marcus	Anselm	Male	35-39		00:28:41	00:02:28	01:30:25	00:01:35	00:48:30	02:51:41	249	51
241	David	Clark	Male	45-49		00:29:11	00:01:41	01:22:14	00:01:42	00:57:14	02:52:05	250	28
81	Stuart	Ratcliffe	Male	30-34		00:29:10	00:01:56	01:25:32	00:00:58	00:54:53	02:52:32	251	32
29	Daniel	Middleton	Male	25-29		00:32:08	00:01:36	01:28:35	00:00:46	00:49:27	02:52:35	252	20
220	George	Chapman	Male	40-44	Phoenix Triathlon Club	00:32:30	00:02:13	01:22:32	00:02:20	00:55:11	02:54:48	253	44
306	Pete	Dillow	Male	60-64	David Lloyd Woking	00:32:55	00:03:56	01:28:40	00:00:52	00:48:51	02:55:16	254	3
35	David	Eley	Male	25-29	Phoenix Triathlon Club	00:28:25	00:01:49	01:38:25	00:01:10	00:45:38	02:55:29	255	21
365	Leanne	Norman	Female	35-39		00:30:29	00:02:11	01:29:30	00:00:59	00:53:57	02:57:08	256	9
46	Lee	Jolley	Male	30-34		00:30:02	00:03:47	01:34:16	00:01:14	00:48:11	02:57:34	257	33
131	Shaun	Marklew	Male	35-39		00:33:16	00:03:17	01:29:53	00:01:20	00:50:19	02:58:07	258	52

79	Adrian	Phipps	Male	30-34	Phoenix Triathlon Club						DNS	363
308	Richard	Pitcairn	Male	65-69	Freedom Tri						DNS	364
304	Bruce	Pope	Male	60-64	Kingfisher Triathletes						DNS	365
290	Brian	Powell	Male	50-54	Born 2 Tri						DNS	366
341	Catherine	Pratt	Female	25-29							DNS	367
344	Lisa	Pritchard	Female	25-29							DNS	368
330	Nicole	Raymond	Female	Youth							DNS	369
161	Patrick	Razavet	Male	35-39							DNS	370
84	Jonty	Robinson	Male	30-34							DNS	371
356	Emma	Ross	Female	30-34							DNS	372
265	Kim	Rowe	Male	45-49	Thames Turbo						DNS	373
152	Ashley	Rutland	Male	35-39	Hailsham Harriers						DNS	374
82	Sean	Scott	Male	30-34							DNS	375
63	James	Shepherd	Male	30-34							DNS	376
301	Peter	Sollis	Male	55-59	"DC Tri - Washington, DC"						DNS	377
177	Neil	Summerside	Male	40-44							DNS	378
285	John	Taylor	Male	50-54	Thames Turbo						DNS	379
226	Christopher	Thomas	Male	40-44							DNS	380
332	Toni	Thomas	Female	20-24	Bodyworks XTC						DNS	381
247	Marcus	Thompson	Male	45-49							DNS	382
224	Jon	Train	Male	40-44	Thames Turbo						DNS	383
352	Marine	Veron	Female	30-34							DNS	384
61	Greig	Walker	Male	30-34	Crystal Palace Triathletes						DNS	385
219	Stephen	Wilkinson	Male	40-44	Metropolitan Police Triathlon Club						DNS	386