

## Provisional Result Sheet

For

Newmarket Duathlon

held on

Sunday 4th September 2011

| Pos | No  | Forename  | Surname      | Gender | Age Cat | Club                               | 1st Run Time | 1st Run Position | Cycle Time | Cycle Position | 2nd Run Time | 2nd Run Position | Total Time |
|-----|-----|-----------|--------------|--------|---------|------------------------------------|--------------|------------------|------------|----------------|--------------|------------------|------------|
| 1   | 131 | Phil      | Holland      | Male   | F       | Corley Cycles Blue                 | 13:59        | 1                | 38:11      | 2              | 15:04        | 1                | 1:07:14    |
| 2   | 128 | Carl      | Lane         | Male   | F       | Army Triathlon Association         | 14:44        | 3                | 37:56      | 1              | 16:01        | =6               | 1:08:41    |
| 3   | 109 | Charles   | Hammon       | Male   | H       | Optima Racing Team                 | 14:55        | 6                | 38:15      | 3              | 16:13        | 11               | 1:09:23    |
| 4   | 3   | Ian       | Turner       | Male   | F       | Riverside Runners                  | 15:00        | =7               | 38:50      | 6              | 16:05        | 9                | 1:09:55    |
| 5   | 66  | Vincent   | Coogan       | Male   | F       | Newmarket Cycling & Triathlon Club | 14:49        | 5                | 39:51      | 10             | 15:42        | 4                | 1:10:22    |
| 6   | 108 | Ben       | Caisey       | Male   | G       | Ipswich Tri Club                   | 15:46        | =12              | 38:37      | 5              | 16:11        | 10               | 1:10:34    |
| 7   | 52  | Ross      | Landon       | Male   | B       | Tri4u Coaching                     | 15:33        | 9                | 39:01      | 7              | 16:23        | 13               | 1:10:57    |
| 8   | 103 | Nick      | Grimer       | Male   | H       | Spalding Triathlon Club            | 14:48        | 4                | 40:49      | =13            | 15:22        | 2                | 1:10:59    |
| 9   | 117 | Shane     | Norval       | Male   | G       | Cambridge Cycling Club             | 15:46        | =12              | 38:25      | 4              | 17:08        | 20               | 1:11:19    |
| 10  | 14  | Nic       | Pillinger    | Male   | F       |                                    | 15:45        | 11               | 39:44      | 9              | 16:41        | 15               | 1:12:10    |
| 11  | 68  | Andrew    | Rooke        | Male   | D       | Ipswich Triathlon Club             | 14:16        | 2                | 42:00      | =19            | 16:01        | =6               | 1:12:17    |
| 12  | 86  | Jack      | Trow         | Male   | C       | Fenland Running Club               | 15:00        | =7               | 41:51      | 18             | 15:44        | 5                | 1:12:35    |
| 13  | 91  | Ben       | Green        | Male   | A       | Ipswich Triathlon Club             | 16:30        | =20              | 40:46      | 12             | 16:58        | 17               | 1:14:14    |
| 14  | 62  | John      | Oakes        | Male   | J       | Newmarket Cycling & Triathlon Club | 15:34        | 10               | 43:16      | 30             | 15:32        | 3                | 1:14:22    |
| 15  | 71  | Karl      | Hiner        | Male   | I       | Riverside Runners                  | 16:55        | 29               | 39:31      | 8              | 17:58        | 32               | 1:14:24    |
| 16  | 42  | Peter     | Kerry        | Male   | F       |                                    | 15:57        | =15              | 42:25      | 24             | 16:29        | 14               | 1:14:51    |
| 17  | 98  | Jonathan  | Yeates       | Male   | D       | Durham University Triathlon Club   | 16:19        | 18               | 40:54      | 15             | 17:39        | 25               | 1:14:52    |
| 18  | 119 | Samuel    | O'Neill      | Male   | D       |                                    | 15:57        | =15              | 42:44      | 27             | 16:42        | 16               | 1:15:23    |
| 19  | 45  | Mark      | Ingram       | Male   | I       | Pactrac                            | 17:21        | =33              | 40:20      | 11             | 17:57        | 31               | 1:15:38    |
| 20  | 25  | Robert    | Watson       | Male   | J       | Newmarket Cycling & Triathlon Club | 16:44        | 24               | 41:28      | 16             | 17:46        | 27               | 1:15:58    |
| 21  | 120 | Dean      | Marshall     | Male   | I       | Terry Wrights Cycles               | 16:48        | =26              | 42:29      | 25             | 17:00        | =18              | 1:16:17    |
| 22  | 47  | Michael   | Jones        | Male   | H       | Stowmarket Striders                | 16:40        | 23               | 42:00      | =19            | 17:48        | 28               | 1:16:28    |
| 23  | 132 | Terry     | Lightfoot    | Male   | H       | York Triathlon Club                | 17:11        | 31               | 41:48      | 17             | 17:54        | 29               | 1:16:53    |
| 24  | 129 | Marcus    | Wale         | Male   | D       | NiceTri                            | 16:58        | 30               | 43:11      | 29             | 17:00        | =18              | 1:17:09    |
| 25  | 82  | Artur     | Bartyzel     | Male   | G       | Newmarket Cycling & Triathlon Club | 17:15        | 32               | 42:59      | 28             | 17:17        | 21               | 1:17:31    |
| 26  | 30  | Douglas   | Bates        | Male   | H       | Tri-Force                          | 16:30        | =20              | 43:40      | 31             | 17:25        | =22              | 1:17:35    |
| 27  | 75  | Nigel     | Arlidge      | Male   | I       | Coventry Harriers                  | 17:28        | 38               | 42:12      | 22             | 17:56        | 30               | 1:17:36    |
| 28  | 81  | Leslie    | Thomas       | Male   | G       | Riverside Runners                  | 15:47        | 14               | 44:45      | 36             | 17:25        | =22              | 1:17:57    |
| 29  | 101 | Sam       | Green        | Male   | C       | Bangor University Athletics        | 17:37        | =39              | 42:13      | 23             | 18:24        | 36               | 1:18:14    |
| 30  | 112 | Martin    | Dunne        | Male   | G       | Newmarket Cycling & Triathlon Club | 16:31        | 22               | 42:10      | 21             | 19:42        | 51               | 1:18:23    |
| 31  | 127 | Nick      | Burch        | Male   | D       | Cambridge Triathlon Club           | 16:00        | 17               | 47:03      | 52             | 16:02        | 8                | 1:19:05    |
| 32  | 63  | John      | Crisp        | Male   | H       | Ely Runners                        | 16:48        | =26              | 45:56      | 45             | 16:22        | 12               | 1:19:06    |
| 33  | 43  | Simon     | Moore        | Male   | G       |                                    |              | 119              |            |                | 17:45        | 26               | 1:20:04    |
| 34  | 135 | Dan       | Foster       | Male   | I       | Great Bentley                      | 16:48        | 28               | 45:19      | 41             | 18:10        | 34               | 1:20:17    |
| 35  | 124 | Jayne     | Williams     | Female | G       | Ipswich Triathlon Club             | 18:00        | 44               | 44:06      | 33             | 18:15        | 35               | 1:20:21    |
| 36  | 113 | Paul      | Ridley       | Male   | H       | Nicetri St Neots                   | 16:21        | 19               | 46:59      | 51             | 17:29        | 24               | 1:20:49    |
| 37  | 8   | Angela    | Joiner-Handy | Female | H       | Newmarket Cycling & Triathlon Club | 17:39        | 41               | 45:17      | 40             | 18:26        | 37               | 1:21:22    |
| 38  | 102 | David     | Varey        | Male   | F       |                                    | 17:22        | =35              | 46:12      | 47             | 18:06        | 33               | 1:21:40    |
| 39  | 121 | Chris     | Priestley    | Male   | K       | Team Trisports                     | 18:32        | =48              | 43:47      | 32             | 19:29        | 45               | 1:21:48    |
| 40  | 53  | Stuart    | Lemanski     | Male   | G       |                                    | 19:30        | =64              | 42:36      | 26             | 20:28        | 60               | 1:22:34    |
| 41  | 4   | John      | Morley       | Male   | F       | Cambridge & Coleridge AC           | 16:45        | 25               | 47:32      | 55             | 18:35        | 38               | 1:22:52    |
| 42  | 133 | Rachel    | Lightfoot    | Female | H       | York Triathlon Club                | 18:48        | 51               | 45:25      | 43             | 19:09        | 40               | 1:23:22    |
| 43  | 105 | Jackie    | Wren         | Female | I       | Tri BRJ                            | 18:30        | 47               | 46:02      | 46             | 19:12        | 41               | 1:23:44    |
| 44  | 48  | Adam      | King         | Male   | G       |                                    | 19:30        | =64              | 44:26      | 35             | 19:57        | 55               | 1:23:53    |
| 45  | 80  | Jonathan  | Mascall      | Male   | F       | AGC Triathlon                      | 17:55        | 43               | 47:21      | 53             | 19:21        | 43               | 1:24:37    |
| 46  | 5   | Graham    | Robins       | Male   | I       | Newmarket Cycling & Triathlon Club | 17:22        | =35              | 48:13      | 60             | 19:15        | 42               | 1:24:50    |
| 47  | 94  | Richard   | Dix          | Male   | I       | Fenland Running Club               | 18:29        | 46               | 46:52      | 50             | 19:34        | 46               | 1:24:55    |
| 48  | 134 | John      | Poulter      | Male   | A       |                                    | 17:21        | =33              | 47:56      | 58             | 19:43        | 52               | 1:25:00    |
| 49  | 83  | Martyn    | Taylor       | Male   | F       |                                    | 17:22        | =35              | 48:18      | 62             | 19:35        | 47               | 1:25:15    |
| 50  | 1   | Chris     | Royston      | Male   | G       | Newmarket Cycling & Triathlon Club | 19:04        | =56              | 45:22      | 42             | 20:56        | 68               | 1:25:22    |
| 51  | 18  | Bryan     | Rootes       | Male   | H       |                                    | 20:09        | 76               | 45:48      | 44             | 19:28        | 44               | 1:25:25    |
| 52  | 56  | Aimee     | Canham       | Female | D       |                                    | 17:51        | 42               | 49:02      | 68             | 18:49        | 39               | 1:25:42    |
| 53  | 2   | Stuart    | Compton      | Male   | H       | Newmarket Cycling & Triathlon Club | 18:09        | 45               | 47:31      | 54             | 20:32        | 63               | 1:26:12    |
| 54  | 118 | John      | Etheridge    | Male   | I       | North Norfolk Wheelers             | 20:04        | =73              | 45:06      | 39             | 21:31        | 76               | 1:26:41    |
| 55  | 35  | Eleanor   | Carter       | Female | F       |                                    | 19:28        | =62              |            |                |              |                  | 1:26:42    |
| 56  | 58  | Adam      | Norton       | Male   | E       |                                    | 18:51        | 52               | 48:39      | 65             | 19:37        | =48              | 1:27:07    |
| 57  | 36  | Geoff     | Russell      | Male   | L       | Freedom Tri                        | 19:26        | 61               | 48:05      | 59             | 19:41        | 50               | 1:27:12    |
| 58  | 130 | Gary      | Wale         | Male   | J       | Nicetri                            | 21:07        | 88               | 44:18      | 34             | 21:50        | 79               | 1:27:15    |
| 59  | 26  | Steve     | Keogh        | Male   | G       | Team Cambridge                     | 20:41        | =82              | 44:54      | 37             | 22:08        | 84               | 1:27:43    |
| 60  | 31  | Robert    | Hill         | Male   | H       |                                    | 19:30        | =64              | 48:15      | 61             | 20:27        | 59               | 1:28:12    |
| 61  | 39  | Tom       | Jacobs       | Male   | G       |                                    | 18:32        | =48              | 49:21      | 72             | 20:31        | 62               | 1:28:24    |
| 62  | 123 | Lewis     | Knights      | Male   | F       |                                    | 19:30        | =64              | 48:20      | 63             | 20:38        | =65              | 1:28:28    |
| 63  | 99  | Katherine | Henderson    | Female | D       | Durham University Triathlon Club   | 20:38        | =80              | 44:57      | 38             | 23:12        | 89               | 1:28:47    |
| 64  | 22  | Oliver    | Green        | Male   | H       |                                    | 20:04        | =73              | 48:43      | 66             | 20:18        | 58               | 1:29:05    |
| 65  | 6   | Kevin     | Payne        | Male   | I       | Mid Essex Casuals                  | 20:38        | =80              | 47:32      | 56             | 20:57        | 69               | 1:29:07    |
| 66  | 13  | Mary      | Narey        | Female | H       | Stowmarket Striders                | 19:51        | =70              | 49:29      | 73             | 19:56        | 54               | 1:29:16    |
| 67  | 21  | Richard   | Hall         | Male   | D       |                                    | 17:37        | =39              | 51:15      | 82             | 20:38        | =65              | 1:29:30    |
| 68  | 20  | Chris     | Hurcomb      | Male   | H       |                                    | 21:02        | =86              |            |                |              |                  | 1:29:33    |
| 69  | 67  | Alan      | Adams        | Male   | H       |                                    |              | 120              |            |                | 21:33        | 77               | 1:29:39    |
| 70  | 38  | Steven    | Wright       | Male   | I       |                                    | 18:40        | 50               | 51:19      | 84             | 19:54        | 53               | 1:29:53    |
| 71  | 84  | Andrew    | Livingston   | Male   | F       | Triathletes Edge                   | 19:30        | =64              | 48:45      | 67             | 21:56        | 81               | 1:30:11    |
| 72  | 70  | Elliott   | Davies       | Male   | F       |                                    | 19:13        | 59               | 49:17      | 70             | 21:45        | 78               | 1:30:15    |
| 73  | 34  | Mark      | McGiddy      | Male   | I       |                                    | 19:48        | 69               | 50:22      | 76             | 20:09        | 56               | 1:30:19    |
| 74  | 74  | Russell   | Cox          | Male   | I       | Wymondham Athletic Club            | 20:52        | 85               | 49:18      | 71             | 20:11        | 57               | 1:30:21    |
| 75  | 55  | Alan      | Brown        | Male   | F       |                                    | 19:28        | =62              | 50:42      | 79             | 20:30        | 61               | 1:30:40    |
| 76  | 57  | Alex      | Leeson       | Male   | E       |                                    | 19:51        | =70              | 50:19      | 75             | 21:09        | 72               | 1:31:19    |

|     |     |            |            |        |   |                                    |       |     |         |     |       |      |         |
|-----|-----|------------|------------|--------|---|------------------------------------|-------|-----|---------|-----|-------|------|---------|
| 77  | 61  | Charles    | Bingley    | Male   | I |                                    | 18:56 | 53  | 53:07   | 93  | 19:37 | =48  | 1:31:40 |
| 78  | 89  | David      | Munro      | Male   | F |                                    | 22:26 | 100 | 40:49   | =13 | 28:27 | 113  | 1:31:42 |
| 79  | 44  | Lisa       | Jermey     | Female | F | Fenland AC                         | 19:03 | 55  | 52:26   | 90  | 20:33 | 64   | 1:32:02 |
| 80  | 50  | Paul       | Brand      | Male   | F |                                    | 20:04 | =73 | 51:17   | 83  | 21:01 | 70   | 1:32:22 |
| 81  | 69  | Crayton    | MacDonald  | Male   | G | Newmarket Cycling & Triathlon Club | 20:25 | 79  | 49:57   | 74  | 22:05 | 83   | 1:32:27 |
| 82  | 60  | Garry      | Hill       | Male   | H | Cambridge & Coleridge AC           | 19:19 | 60  | 51:57   | 88  | 21:17 | 74   | 1:32:33 |
| 83  | 110 | Jonathan   | Varey      | Male   | F |                                    | 19:52 | 72  | 52:12   | 89  | 21:07 | 71   | 1:33:11 |
| 84  | 104 | Sean       | Sampson    | Male   | I |                                    | 20:50 | 84  | 51:49   | 87  | 21:55 | 80   | 1:34:34 |
| 85  | 90  | John       | Camp       | Male   | E |                                    | 19:04 | =56 | 54:58   | 100 | 20:48 | 67   | 1:34:50 |
| =86 | 116 | Danielle   | Pincus     | Female | F | Cambridge Cycling Club             | 21:16 | 89  | 50:26   | 77  | 23:09 | 88   | 1:34:51 |
| =86 | 59  | Cepkauskas | Robertas   | Male   | F |                                    | 19:10 | 58  | 46:20   | 49  | 29:21 | 115  | 1:34:51 |
| 88  | 17  | Nigel      | Wallace    | Male   | H | Mildenhall CC                      | 23:19 | 108 | 46:16   | 48  | 25:18 | 105  | 1:34:53 |
| 89  | 12  | Jim        | Moore      | Male   | I |                                    | 20:10 | 77  | 51:29   | 85  | 23:26 | 91   | 1:35:05 |
| 90  | 37  | Sarah      | Wells      | Female | G | Newmarket Cycling & Triathlon Club | 22:22 | 98  | 48:31   | 64  | 24:58 | =102 | 1:35:51 |
| 91  | 11  | William    | Burdett    | Male   | I |                                    | 22:31 | 101 | 51:31   | 86  | 22:34 | 86   | 1:36:36 |
| 92  | 64  | Tim        | Tanner     | Male   | B | Newmarket Cycling & Triathlon Club | 22:02 | 96  | 47:45   | 57  | 27:47 | 112  | 1:37:34 |
| 93  | 97  | Katie      | Ward       | Female | F |                                    | 20:41 | =82 | 54:27   | 96  | 22:30 | 85   | 1:37:38 |
| 94  | 93  | Sarah      | Hayward    | Female | F | Stowmarket Striders                | 21:52 | 93  | 52:34   | 91  | 23:30 | 92   | 1:37:56 |
| 95  | 87  | Pasquale   | Ruggiero   | Male   | I | Fenland Running Club               | 22:18 | 97  | 52:50   | 92  | 23:16 | 90   | 1:38:24 |
| 96  | 96  | Austin     | Patterson  | Male   | H | March AC                           | 23:54 | 111 | 50:49   | 80  | 23:58 | 97   | 1:38:41 |
| 97  | 65  | Zoe        | Luscombe   | Female | G | Biggleswade AC                     | 21:02 | =86 | 56:16   | 106 | 21:26 | 75   | 1:38:44 |
| 98  | 100 | Peter      | Cotton     | Male   | M | Newmarket Cycling & Triathlon Club | 20:20 | 78  | 55:48   | 103 | 22:39 | 87   | 1:38:47 |
| 99  | 106 | Melanie    | Ryding     | Female | H |                                    | 24:03 | 112 | 49:12   | 69  | 25:48 | 108  | 1:39:03 |
| 100 | 78  | Sarah      | Nash       | Female | G | Cambridge Cycling Club             | 23:49 | 110 | 51:11   | 81  | 24:06 | 98   | 1:39:06 |
| 101 | 95  | Tim        | Boyd       | Male   | I | March AC                           | 21:22 | 90  | 54:50   | 99  | 23:48 | 95   | 1:40:00 |
| 102 | 73  | Juliet     | Cox        | Female | G | Wymondham Athletic Club            | 22:25 | 99  | 55:45   | 101 | 21:58 | 82   | 1:40:08 |
| 103 | 92  | Darren     | Laffan     | Male   | G | Dubai Exiles                       | 21:54 | =94 | 54:29   | 97  | 23:55 | 96   | 1:40:18 |
| 104 | 122 | Anna       | Priestley  | Female | K | Team TriSports                     | 22:44 | 104 | 54:12   | 95  | 23:35 | 93   | 1:40:31 |
| 105 | 51  | Gianpiero  | Farris     | Male   | L | Newmarket Cycling & Triathlon Club | 23:38 | 109 | 50:38   | 78  | 26:25 | 110  | 1:40:41 |
| 106 | 76  | Guy        | Mitchell   | Male   | H |                                    | 21:38 | 91  | 55:46   | 102 | 24:15 | 99   | 1:41:39 |
| 107 | 72  | Elizabeth  | Hiner      | Female | G | Riverside Runners                  | 23:03 | 105 | 54:07   | 94  | 24:35 | 100  | 1:41:45 |
| 108 | 114 | Michaela   | Ridley     | Female | H | Nicetri St Neots                   | 22:35 | 102 | 56:01   | 104 | 23:46 | 94   | 1:42:22 |
| 109 | 77  | Flip       | Toley      | Female | G |                                    | 23:08 | 106 | 54:45   | 98  | 25:17 | 104  | 1:43:10 |
| 110 | 19  | Nicola     | Rossell    | Female | D | Newmarket Cycling & Triathlon Club | 21:54 | =94 | 58:13   | 109 | 26:06 | 109  | 1:46:13 |
| 111 | 107 | Lucy       | Boothby    | Female | I | Riverside Runners                  | 21:48 | 92  | 1:00:49 | 111 | 24:44 | 101  | 1:47:21 |
| 112 | 115 | Kevin      | Gribben    | Male   | F |                                    | 18:57 | 54  | 1:07:15 | 114 | 21:15 | 73   | 1:47:27 |
| 113 | 111 | James      | Nicholls   | Male   | D |                                    | 22:42 | 103 | 1:01:04 | 112 | 25:44 | 106  | 1:49:30 |
| 114 | 41  | Jacqueline | Chubb      | Female | I | Ipswich Triathlon Club             | 27:22 | 117 | 57:17   | 107 | 24:58 | =102 | 1:49:37 |
| 115 | 126 | Rebecca    | Elmy       | Female | E |                                    | 23:09 | 107 | 1:01:52 | 113 | 25:47 | 107  | 1:50:48 |
| 116 | 125 | Raymond    | Hoogendijk | Male   | F |                                    | 24:57 | 114 | 56:10   | 105 | 31:45 | 116  | 1:52:52 |
| 117 | 16  | David      | Missen     | Male   | H | Cambridge Triathlon Club           | 26:56 | 116 | 57:50   | 108 | 29:10 | 114  | 1:53:56 |
| 118 | 85  | Gillian    | Holmes     | Female | K |                                    | 26:48 | 115 | 1:00:42 | 110 | 26:54 | 111  | 1:54:24 |
| 119 | 46  | Carol      | McIntosh   | Female | K |                                    | 30:06 | 118 | 1:10:14 | 115 | 35:41 | 117  | 2:16:01 |
| DNF | 27  | Danielle   | Flynn      | Female | E |                                    |       |     |         |     |       |      | DNF     |
| DNF | 88  | Peter      | Lennard    | Male   | K |                                    | 24:23 | 113 |         |     |       |      | DNF     |