

INDIVIDUAL RESULTS WATTISHAM TRI 2009

POS	NUMBER	NAME	M/F	CAT	TEAM/CLUB	13:00:00	SWIM	BIKE	RUN	TOTAL
1	188	GLYN PAINTER	M	G	STOW TRI 7BN REME	01:34:00	00:04:37	00:30:13	00:17:19	00:52:09
2	196	OLIVER MILK	M	F	TRI-ANGLIA	01:38:00	00:03:51	00:31:22	00:17:15	00:52:28
3	1	LEE BARK	M	I	STOW & DIST CC	00:00:00	00:04:09	00:30:14	00:19:11	00:53:34
4	130	RAY ROBINSON	M	I	STOW & DIST CC (ARMY)	01:05:00	00:05:16	00:33:25	00:18:11	00:56:52
5	194	MARK NEWMAN	M	H	VELO CLUB BARACHI	01:37:00	00:04:20	00:34:36	00:17:57	00:56:53
6	170	BEN MICKLEBURGH	M	G		01:25:00	00:04:56	00:32:30	00:19:47	00:57:13
7	185	PHIL JARVIS	M	I	KWIBOO.COM TACE TEAM	01:32:30	00:04:40	00:33:16	00:20:15	00:58:11
8	198	BEN DAVIS	NM	YOU	TRI-ESSEX	01:39:00	00:03:20	00:37:59	00:17:15	00:58:34
9	132	DENNIS WARNER	M	J	HARWICH RUNNERS	01:06:00	00:05:10	00:34:27	00:20:02	00:59:39
10	109	ROSS BOWKER	NM	E	STOW TRI 7BN REME	00:54:30	00:05:08	00:37:11	00:17:39	00:59:58
11	195	LOUISE ELLIOT	F	F	ARMY TRI ASOC	01:37:30	00:04:02	00:36:47	00:19:12	01:00:01
12	110	NEIL REID	NM	F	STOW TRI 7BN REME	00:55:00	00:04:58	00:36:40	00:18:30	01:00:08
13	184	STEVE DE BOLTZ	M	H	IPSWICH TRI	01:32:00	00:04:54	00:34:46	00:20:45	01:00:25
14	182	JASON RIDGEON	M	H		01:31:00	00:05:07	00:37:05	00:18:31	01:00:43
15	134	DARREN THOMAS	M	H	WITHAM RC	01:07:00	00:05:11	00:36:31	00:19:07	01:00:49
16	141	ADRIAN PETTITT	NM	H	STOW & DIST CC	01:10:30	00:05:54	00:34:45	00:20:35	01:01:14
17	186	PAUL BREEZE	M	H	16 MED REGT ARMY	01:33:00	00:05:06	00:37:52	00:18:27	01:01:25
18	179	MATT DYE	M	H	IPSWICH TRI	01:29:30	00:05:05	00:34:17	00:22:07	01:01:29
19	158	TIM BOWMAN	M	H	HADLEIGH HARES	01:19:00	00:05:22	00:36:38	00:19:47	01:01:47
20	183	ROBERT HEAD	M	G	ARMY TRI ASOC	01:31:30	00:04:55	00:37:10	00:19:54	01:01:59
21	145	MARK DAVIES	NM	I		01:12:30	00:05:04	00:37:31	00:19:32	01:02:07
22	127	PAUL HORSLEY	M	I	EAST ESSEX TRI	01:03:30	00:05:31	00:37:36	00:19:37	01:02:44
23	174	JIM KEEBLE	M	I	TRI-ANGLIA	01:27:00	00:04:37	00:36:55	00:21:24	01:02:56
24	108	JAMES TEDHAM	NM	D		00:54:00	00:05:34	00:37:34	00:19:57	01:03:05
25	93	ASHLEY LAWS	M	F	RMAS ARMY	00:46:30	00:05:01	00:38:50	00:19:22	01:03:13
26	122	JASON BATTLE	M	G	IPSWICH TRI	01:01:00	00:05:48	00:37:02	00:20:33	01:03:23
27	193	JOHN RIZZO-NAUDI	M	D		01:36:30	00:04:32	00:39:03	00:19:48	01:03:23
28	162	GLYN ROBERTS	NM	F	RAF HONNINGTON	01:21:00	00:04:53	00:37:52	00:21:19	01:04:04

29	124	ADAM WHITEHEAD	NM	E		01:02:00	00:04:59	00:39:00	00:20:25	01:04:24
30	169	JULIA JEPSON	F	H	EAST ESSEX TRI	01:24:30	00:05:00	39:22	20:14	01:04:36
31	54	JAMES THOMPSON	NM	E	16 MED REGT ARMY	00:26:30	00:05:10	00:40:28	00:19:01	01:04:39
32	133	CLIVE QUANTRILL	M	H	IPSWICH TRI	01:06:30	00:05:52	00:37:26	00:21:25	01:04:43
33	173	SIMON RUDLAND	M	I		01:26:30	00:04:59	00:37:17	00:22:36	01:04:52
34	95	NEIL DINES	M	E	16 MED REGT ARMY	00:47:30	00:05:14	00:39:44	00:19:58	01:04:56
35	175	RICHARD TILLER	M	G	IPSWICH TRI	01:27:30	00:04:48	00:37:18	00:23:04	01:05:10
36	189	BARRY WHITCOMB	M	F		01:34:30	00:04:40	00:41:02	00:19:45	01:05:27
37	150	RICHARD HANLEY	NM	H	HADLEIGH HARES	01:15:00	00:05:20	00:39:00	00:21:12	01:05:32
38	172	RICK BERRY	M	F	IPSWICH TRI	01:26:00	00:05:16	00:40:16	00:20:05	01:05:37
39	143	NEIL LASHBROOK	NM	F	RAF HONNINGTON	01:11:30	00:05:50	00:40:01	00:19:47	01:05:38
40	100	WILL DOWNING	NM	F		00:50:00	00:05:48	00:40:26	00:19:33	01:05:47
41	55	JAMES LYON	NM	E	16 MED REGT ARMY	00:27:00	00:06:03	00:39:38	00:20:10	01:05:51
42	113	ROLAND SHAW	M	J	TRI-ANGLIA	00:56:30	00:05:49	00:38:27	00:21:37	01:05:53
43	140	MARYCLAIRE TWEEDY	F	G		01:10:00	00:04:52	00:40:45	00:20:23	01:06:00
44	126	CHRIS MILES	NM	E		01:03:00	00:05:05	00:41:01	00:20:19	01:06:25
45	163	STEVE NORMAN	M	F	WATTISHAM STATION	01:21:30	00:04:09	00:39:51	00:22:31	01:06:31
46	155	TOBY LAMBERT	M	F	7BN REME	01:17:30	00:05:38	00:40:32	00:20:30	01:06:40
47	106	SCOTT WADHAM	NM	F	7BN REME	00:53:00	00:05:48	00:40:39	00:20:15	01:06:42
48	85	TERRY SMITH	NM	H	LOTTO OLYMPIA INTERBIKE	00:42:00	00:07:35	00:38:53	00:20:20	01:06:48
49	36	NEIL CRISP	M	E	HADLEIGH HARES	00:17:30	00:06:32	00:39:32	00:21:35	01:07:39
50	75	ROB GITTOES	NM	E	ARMY	00:37:00	00:06:02	00:42:09	00:19:33	01:07:44
51	96	BRIAN McGEENY	M	G	IPSWICH TRI	00:48:00	00:05:13	00:41:01	00:21:43	01:07:57
52	164	STUART RUEGG	NM	E		01:22:00	00:05:03	00:43:33	00:19:24	01:08:00
53	138	PHIL CURRAN	M	H	DUNMOW TRI	01:09:00	00:05:29	00:38:03	00:24:39	01:08:11
54	159	NEIL PACKER	M	H		01:19:30	00:04:40	00:41:45	00:22:06	01:08:31
55	9	PAUL MARRIAGE	NM	G		00:04:00	00:05:34	00:43:26	00:19:36	01:08:36
56	180	DUCAN DE BOLTZ	M	I		01:30:00	00:04:54	00:42:23	00:21:27	01:08:44
57	34	JIM LEONARD	NM	H	16 MED REGT ARMY	00:16:30	00:06:17	00:43:19	00:19:16	01:08:52
58	123	ANDREW GOODCHILD	NM	H	667 SQN AAC TA ARMY	01:01:30	00:05:53	00:40:47	00:22:15	01:08:55
59	144	TIM WARNER	NM	I	HARWICH RUNNERS	01:12:00	00:06:00	00:40:32	00:22:39	01:09:11

60	120	ABIGAIL PATON	NF	F	STOW STRIDERS	01:00:00	00:06:11	00:42:09	00:20:53	01:09:13
61	154	STEVE ROBINSON	M	K	STOW STRIDERS	01:17:00	00:05:59	00:41:37	00:21:37	01:09:13
62	115	MICHAEL PULLEN	M	I	TRI-ANGLIA	00:57:30	00:05:59	00:40:08	00:23:08	01:09:15
63	79	DAN HOWSON	M	G		00:39:00	00:06:46	00:42:51	00:19:43	01:09:20
64	2	LIAM CONDRON	NM	F	7BN REME	00:00:30	00:05:45	00:40:46	00:23:04	01:09:35
65	151	JEFF HIGGON	M	K	HARWICH SWIM CLUB	01:15:30	00:05:30	00:41:25	00:23:01	01:09:56
66	149	TOM BLOOMFIELD	M	F	TRI-ESSEX	01:14:30	00:04:39	00:43:23	00:21:56	01:09:58
67	77	SCOTT BURROWS	NM	F	ETON TRI CLUB	00:38:00	00:05:59	00:41:12	00:23:07	01:10:18
68	135	TIM TWEEDY	M	H		01:07:30	00:05:36	00:43:29	00:21:32	01:10:37
69	4	ROBERT BUTLER	NM	F		00:01:30	00:06:08	00:44:32	00:20:08	01:10:48
70	176	JONATHAN STACEY	M	G	SUFFOLK FIRE SERVICE	01:28:00	00:05:43	00:40:11	00:24:59	01:10:53
71	90	IAN HOPGOOD	M	H	WOODBIDGE SURFERS	00:45:00	00:05:52	00:44:10	00:20:53	01:10:55
72	129	MATT THOMPSON	NM	E	RAF (SAR) MIL	01:04:30	00:05:13	00:44:14	00:21:29	01:10:56
73	57	ALAN SPEERS	NM	G	16 MED REGT ARMY	00:28:00	00:05:52	00:44:58	00:20:08	01:10:58
74	51	JOOLZ HALPIN	F	H	BORN2TRI	00:25:00	00:07:02	00:41:03	00:23:00	01:11:05
75	67	PAUL RIPPON	NM	H		00:33:00	00:06:12	00:40:38	00:24:36	01:11:26
76	23	JEZ HAIR	NM	H	16 MED REGT ARMY	00:11:00	00:06:56	00:43:21	00:21:25	01:11:42
77	156	GRAYHAME FISH	M	L	TRI-ANGLIA	01:18:00	00:05:13	00:41:34	00:25:07	01:11:54
78	17	MARK PLAYER	NM	F	ARMY	00:08:00	00:06:20	00:42:43	00:22:53	01:11:56
79	20	PAUL LEVER	NM	F		00:09:30	00:05:40	00:45:57	00:20:21	01:11:58
80	191	JOE RUDLAND	NM	YOU		01:35:30	00:04:56	00:44:52	00:22:13	01:12:01
81	63	MICK JORDAN	NM	I	ARMY	00:31:00	00:07:16	00:44:20	00:20:45	01:12:21
82	24	CHRIS KEMP	NM	H	16 MED REGT ARMY	00:11:30	00:06:55	00:44:20	00:21:10	01:12:25
83	166	JAMES MORREL	NM	F	ARMY	01:23:00	00:05:07	00:44:23	00:22:56	01:12:26
84	21	NEIL EVANS	NM	F	COLCHESTER ROVERS CC	00:10:00	00:06:41	00:42:11	00:23:37	01:12:29
85	47	MARTIN ARCHER	NM	I		00:23:00	00:06:27	00:43:59	00:22:07	01:12:33
86	139	ANDY MELTON	NM	G		01:09:30	00:05:32	00:43:30	00:23:40	01:12:42
87	86	IAN SCRIVEN	NM	F	STOW TRI CLUB ARMY	00:42:30	00:05:45	00:44:33	00:22:31	01:12:49
88	28	NICK TOMLIN	NM	H	16 MED REGT ARMY	00:13:30	00:07:08	00:45:35	00:20:22	01:13:05
89	44	NICOLAS GYDE	NM	I		00:21:30	00:05:53	00:42:59	00:24:20	01:13:12
90	88	SARAH MILLER	F	J	IPSWICH TRI	00:44:00	00:07:10	00:43:17	00:22:51	01:13:18

91	142	MATTHEW ROSE	NM	G		01:11:00	00:05:53	00:44:22	00:23:11	01:13:26
92	152	GILLIAN POWELL	NF	I		01:16:00	00:05:06	00:46:17	00:22:03	01:13:26
93	119	MAGGIE WILLIAMS	NF	H	STOW STRIDERS	00:59:30	00:06:45	00:43:04	00:23:46	01:13:35
94	97	JON BRYANT	NM	H	3AAC ARMY	00:48:30	00:05:11	00:42:35	00:25:56	01:13:42
95	148	JASON BAILLIE	M	G	IPSWICH TRI	01:14:00	00:05:14	00:42:10	00:26:29	01:13:53
96	98	CRAIG DONNELLY	M	G	7BN REME	00:49:00	00:05:32	00:19:48	00:48:37	01:13:57
97	82	JASON ETHERINGTON	NM	G	ARMY	00:40:30	00:06:24	00:45:22	00:22:24	01:14:10
98	14	JOHN ZIOLKOWSKI	NM	F	7BN REME	00:06:30	00:08:29	00:43:01	00:22:47	01:14:17
99	187	ADAM FISH	M	F		01:33:30	00:04:31	00:44:21	00:25:26	01:14:18
100	84	WILL WATCHORN	NM	G	4AAC WKSP	00:41:30	00:06:22	00:46:57	00:21:02	01:14:21
101	171	DANNY OVERTON	M	G		01:25:30	00:04:55	00:44:45	00:24:45	01:14:25
102	167	JAMES LEEMING	M	J		01:23:30	00:05:18	00:43:02	00:26:11	01:14:31
103	117	ANNE FISH	F	L	TRI-ANGLIA	00:58:30	00:06:25	00:44:11	00:23:59	01:14:35
104	192	SIMON CARTMELL	NM	J		01:36:00	00:05:24	00:47:04	00:22:10	01:14:38
105	99	MICHAELA BAILEY	NF	H		00:49:30	00:06:07	00:45:55	00:22:43	01:14:45
106	71	STEPHEN MELTON	NM	F		00:35:00	00:07:06	00:46:14	00:21:27	01:14:47
107	13	MICHEAL HAWKINS	NM	D	4AAC WKSP	00:06:00	00:06:27	00:46:21	00:22:22	01:15:10
108	197	KARL SHARMAN	NM	H		01:38:30	00:04:01	00:46:58	00:24:14	01:15:13
109	66	JULIE HEATH	NF	H	STOW TRI CLUB	00:32:30	00:07:30	00:47:15	00:20:32	01:15:17
110	39	MICK UNSWORTH	NM	J		00:19:00	00:06:54	00:42:51	00:25:37	01:15:22
111	50	KEVIN BLAKEY	NM	H		00:24:30	00:07:26	00:45:47	00:22:11	01:15:24
112	107	OLWYN CLAYDEN	NF	J	STOW STRIDERS	00:53:30	00:06:24	00:46:11	00:22:59	01:15:34
113	89	STEPHEN SUTER	M	H	STOW TRI CLUB	00:44:30	00:06:02	00:45:18	00:24:29	01:15:49
114	168	CHARLOTTE SMITH	NF	D		01:24:00	00:05:00	00:46:56	00:23:54	01:15:50
115	121	SUZY STENNETT	F	F	CROWE LIVE STOCK	01:00:30	00:06:28	00:47:13	00:22:13	01:15:54
116	181	NEIL TREVOR	NM	H		01:30:30	00:05:52	00:47:00	00:23:04	01:15:56
117	160	MARK NEWMAN	M	F	IPSWICH TRI	01:20:00	00:05:31	00:44:15	00:26:11	01:15:57
118	42	GORDAN SMITH	NM	H	7BN REME	00:20:30	00:07:26	00:44:51	00:23:49	01:16:06
119	137	RACHEL DUNCOMBE	NF	H		01:08:30	00:05:23	00:48:06	00:22:37	01:16:06
120	65	CATHY LAMBERT	F	H	ST EDMUNDS PACERS	00:32:00	00:07:30	00:45:52	00:23:06	01:16:28
121	5	DANIELLE PHAN	NF	D		00:02:00	00:05:30	00:47:55	00:23:08	01:16:33

122	68	MARION WALKER	F	K	FRAMLINGHAM FLYERS	00:33:30	00:06:44	00:44:53	00:25:08	01:16:45
123	104	RICHARD GIBB	NM	G	4AAC WKSP	00:52:00	00:05:00	00:49:25	00:22:41	01:17:06
124	56	MICHAEL WARREN	NM	F	ARMY	00:27:30	00:07:40	00:46:04	00:23:25	01:17:09
125	8	STEPHEN LUCAS	NM	I		00:03:30	00:06:27	00:47:57	00:23:09	01:17:33
126	83	CATHERINE BROOKS	NF	J	IPSWICH TRI	00:41:00	00:06:43	00:44:11	00:27:03	01:17:57
127	53	JON MILLBURN	NM	H	STOW TRI CLUB	00:26:00	00:07:22	00:46:40	00:24:17	01:18:19
128	118	WENDY QUANTRILL	F	G	IPSWICH TRI	00:59:00	00:06:25	00:47:59	00:24:38	01:19:02
129	153	ANNA BORGHEANI	F	F		01:16:30	00:05:49	00:48:03	00:25:15	01:19:07
130	26	DAVID SANDFORD	NM	G	SUDBURY JOGGERS	00:12:30	00:07:34	00:48:33	00:23:07	01:19:14
131	78	MICHAEL MANN	NM	J	JAFFA	00:38:30	00:05:48	00:49:20	00:24:27	01:19:35
132	31	JAMES ACKROYD-COOPER	NM	G		00:15:00	00:04:56	00:53:00	00:21:53	01:19:49
133	64	SAM HUNT	NM	L		00:31:30	00:07:23	00:48:17	00:24:10	01:19:50
134	37	CHRIS BULLOCK	NM	I		00:18:00	00:08:06	00:46:19	00:25:36	01:20:01
135	45	JOHN BAKER	NM	H	HADLEIGH HARES	00:22:00	00:07:40	00:43:31	00:29:01	01:20:12
136	69	ALEX EMBRIRICOS	F	H	HADLEIGH HARES	00:34:00	00:06:10	00:45:09	00:29:05	01:20:24
137	59	EMMA FRENCH	NF	E	16 MED REGT ARMY	00:29:00	00:06:30	00:50:55	00:23:05	01:20:30
138	92	JO HIGGON	F	J	HARWICH SWIM CLUB	00:46:00	00:06:40	00:45:24	00:28:29	01:20:33
139	33	PAUL THOMPSON	NM	H		00:16:00	00:08:28	00:49:51	00:22:59	01:21:18
140	146	CLARE McKENNA	NF	YOU	HARWICH RUNNERS	01:13:00	00:04:53	00:46:51	00:29:36	01:21:20
141	43	GRAHAM LANCASTER	NM	J		00:21:00	00:07:16	00:51:18	00:22:58	01:21:32
142	81	ISLA SHARP	F	YOU	TRI ESSEX	00:40:00	00:06:41	00:49:16	00:26:16	01:22:13
143	35	MATT C.ROSE	NM	G		00:17:00	00:07:55	00:49:16	00:25:10	01:22:21
144	94	DONNA WHELAN-SMITH	F	H		00:47:00	00:06:20	00:49:25	00:27:42	01:23:27
145	131	VICKY ETHERINGTON	NF	F		01:05:30	00:06:39	00:51:13	00:26:12	01:24:04
146	177	MELIANIE CREASEY	F	F		01:28:30	00:05:48	00:54:07	00:24:28	01:24:23
147	147	WILLA McDONALD	NF	H	STOW STRIDERS	01:13:30	00:05:52	00:55:15	00:23:31	01:24:38
148	46	SALLY SHARP	F	I	TRI ESSEX	00:22:30	00:07:52	00:48:20	00:29:04	01:25:16
149	128	ELLIOT WELLS	NM	E		01:04:00	00:05:47	00:50:13	00:29:43	01:25:43
150	12	ANIKA HAMILTON-LANG	NF	F		00:05:30	00:06:41	00:51:56	00:27:47	01:26:24
151	7	MICHEAL CARR	NM	E		00:03:00	00:07:12	00:52:31	00:26:53	01:26:36
152	22	NEIL PRESCOTT	NM	G	ARMY	00:10:30	00:07:45	00:53:40	00:25:14	01:26:39

153	3	HOLLY FERNEYHOUGH	NF	D	3AAC ARMY	00:01:00	00:05:35	00:52:15	00:28:51	01:26:41
154	38	JAN STARMER	NF	I	STOW STRIDERS	00:18:30	00:06:10	00:55:58	00:27:42	01:29:50
155	49	CATHERINE FARMER				00:24:00	00:08:42	00:55:42	00:27:31	01:31:55
156	111	MARK FERNLEY	NM	D		00:55:30	00:05:49	01:03:03	00:23:06	01:31:58
157	30	DANIEL ROSE				00:14:30	00:07:12	00:53:06	00:32:14	01:32:32
158	18	MARK ROBINSON	M	K	LANGPORT RUNNERS	00:08:30	00:10:30	00:58:43	00:25:05	01:34:18
159	6	REBECCA MACK	NF	E		00:02:30	00:06:18	00:55:46	00:32:56	01:35:00
160	15	ROB WHITE	NM	D	ARMY	00:07:00	00:06:28	01:03:42	00:25:35	01:35:45
161	62	NANCY CUSHING	F	F		00:30:30	00:06:44	00:52:08	00:37:38	01:36:30
162	52	SUE BUGG	NF	K	CROWE LIVE STOCK	00:25:30	00:08:32	01:02:13	00:26:58	01:37:43
163	11	ROHIT UPASANI	NM	F		00:05:00	00:11:44	00:58:46	00:29:42	01:40:12
164	19	ALISON ALDOUS	NF	G		00:09:00	00:07:45	01:04:57	00:31:51	01:44:33
165	16	JOHN ADAMS	NM	K		00:07:30	00:09:22	01:18:35	00:27:58	01:55:55
166	73	JOHN HIGGINSON	NM	F		00:36:00	00:04:40	DNF	00:19:03	DNF
167	74	ANDY BOND	NM	L	STOW STRIDERS	00:36:30	00:07:18	00:49:50	DNF	DNF
168	72	JAMES HEATH	M	I	STOW TRI CLUB	00:35:30	00:07:38	00:40:56	DNF	DNF
169	48	RHYS PRESCOT	NM	YOU		00:23:30	N/S	N/S	DNF	DNF
170	32	EMILY ACKROYD-COOPER	NF	G	1 lap of bike route only	00:15:30	00:05:52	00:32:36	00:23:14	01:01:42

32 COMPETITORS DID NOT START THE RACE