

**EAST COAST TRIATHLON
2010 RESULTS**

Pos	M/F Pos.	No	Name	Cat	Age Group	Club	Swim	Pos.	T1	Bike incl. T2	Pos.	Run	Pos.	Total		
1	1	99	Ben	Mickleburgh	M	G	Senior 4	West Suffolk Tri	00:04:30	17	00:00:43	00:25:40	1	00:12:32	39	00:43:25
2	2	58	Mark	Drake	M	H	Veteran 1	Rock Estate	00:04:31	18	00:01:10	00:29:32	7	00:10:52	3	00:46:05
3	3	71	Julian	Tomkinson	M	H	Veteran 1	Tri-Anglia	00:04:49	34	00:01:01	00:29:09	4	00:11:08	8	00:46:07
4	4	80	Neil	catling	M	F	Senior 3	Ipswich Triathlon Club	00:05:13	47	00:00:50	00:29:07	3	00:11:06	7	00:46:16
5	5	67	Toby	Morrell	M	E	Senior 2	Tri-Anglia	00:04:06	5	00:01:07	00:31:24	12	00:10:18	1	00:46:55
6	6	46	Connor	Delaney	M	A	Youth	Human Performance Unit	00:03:23	1	00:00:51	00:31:43	14	00:11:11	9	00:47:08
7	7	65	Andrew	Woodford	M	H	Veteran 1	Tri-Anglia	00:04:34	20	00:00:52	00:30:22	8	00:11:22	12	00:47:10
8	8	74	Timothy	Earl	M	E	Senior 2	Rock Estate	00:05:05	38	00:00:47	00:31:09	10	00:11:03	5	00:48:04
9	9	86	Andrew	Goodchild	M	H	Veteran 1	Tri-Anglia	00:05:26	57	00:00:51	00:29:30	6	00:12:20	33	00:48:07
10	10	76	Mike	Cross	M	I	Veteran 2	West Suffolk Tri	00:05:18	50	00:00:50	00:30:49	9	00:11:28	14	00:48:25
11	11	56	BOB	ARTHUR	M	H	Veteran 1	RAF Triathlon	00:04:46	30	00:01:02	00:31:39	13	00:11:50	17	00:49:17
12	12	54	Paul	King	M	F	Senior 3		00:04:18	12	00:01:09	00:33:19	26	00:11:04	6	00:49:50
13	13	147	chris	Gorse	M	E	Senior 2		00:05:11	44	00:01:26	00:32:26	17	00:10:53	4	00:49:56
14	14	75	kyo	bye	M	D	Senior 1		00:04:47	33	00:02:09	00:32:36	19	00:10:42	2	00:50:14
15	15	48	DOMINIC	LEE	M	A	Youth	GYCC	00:03:50	2	00:02:13	00:32:46	20	00:11:36	15	00:50:25
16	16	66	Iain	Milligan	M	G	Senior 4	West Suffolk Tri	00:04:25	15	00:01:10	00:33:28	30	00:11:27	13	00:50:30
17	17	63	chris	knights	M	F	Senior 3	rock estate	00:03:57	4	00:01:12	00:33:06	24	00:12:39	41	00:50:54
18	18	68	Richard	Rushton	M	F	Senior 3	North Norfolk Tri Club	00:04:38	23	00:01:41	00:32:47	21	00:12:07	25	00:51:13
19	19	105	Jamie	Sparrow	M	G	Senior 4		00:05:46	67	00:01:11	00:32:26	18	00:11:54	22	00:51:17
20	20	121	mark	field	M	G	Senior 4	Tri-Anglia	00:06:01	74	00:01:50	00:31:57	15	00:11:53	21	00:51:41
21	21	112	Richard	McLellan	M	D	Senior 1	UEA Triathlon	00:05:29	59	00:01:01	00:34:10	34	00:11:21	11	00:52:01
22	22	116	MICHAEL	BRIGGS	M	H	Veteran 1	Tri-Anglia	00:05:19	51	00:01:34	00:32:57	22	00:12:46	42	00:52:36
23	23	88	vince	butler	M	H	Veteran 1		00:05:22	54	00:01:35	00:33:30	32	00:12:20	32	00:52:47
24	24	108	Ian	Chatten	M	H	Veteran 1	Tri-Anglia	00:05:46	68	00:01:54	00:33:28	29	00:11:52	18	00:53:00
25	25	94	Peter	Aldred	M	G	Senior 4	Tri-Anglia	00:05:06	39	00:01:59	00:33:06	23	00:12:58	49	00:53:09
26	26	55	Tom	Robinson	M	F	Senior 3		00:05:08	40	00:02:06	00:33:07	25	00:12:53	45	00:53:14
27	1	8	Claire	Martin	F	G	Senior 4		00:03:52	3	00:01:14	00:34:58	39	00:13:12	58	00:53:16
28	27	93	Peter	Barnes	M	G	Senior 4		00:04:44	28	00:01:43	00:34:52	38	00:12:07	26	00:53:26
29	28	69	Mark	Burns	M	H	Veteran 1	Independant	00:04:21	14	00:01:35	00:35:18	43	00:12:24	34	00:53:38
30	29	109	daniel	haskett	M	H	Veteran 1		00:04:44	29	00:01:51	00:33:28	28	00:13:46	66	00:53:49
31	2	3	Samantha	Patterson	F	E	Senior 2		00:04:12	7	00:01:05	00:35:17	42	00:13:34	63	00:54:08
32	30	129	Simon	Atherton	M	I	Veteran 2	Tri-Anglia	00:06:29	91	00:01:20	00:33:21	27	00:13:07	54	00:54:17
33	31	134	Gary	Funnell	M	I	Veteran 2	Cult Racing	00:06:32	93	00:02:22	00:31:23	11	00:14:05	72	00:54:22
34	32	51	Nicholas	pitts	M	F	Senior 3		00:04:13	8	00:01:06	00:36:58	63	00:12:09	27	00:54:26
35	33	49	Rory	White	M	E	Senior 2	Mammouth Tri	00:04:19	13	00:01:06	00:36:58	65	00:12:10	28	00:54:33
36	34	85	mathew	atkinson	M	G	Senior 4		00:04:10	6	00:01:25	00:36:11	55	00:12:55	46	00:54:41
37	3	10	SHARON	CALTON	F	H	Veteran 1	West Suffolk Tri	00:06:15	81	00:01:11	00:34:51	36	00:12:26	35	00:54:43
38	35	92	Phil	Shaul	M	I	Veteran 2	Unattached	00:05:34	62	00:01:39	00:35:16	41	00:12:31	38	00:55:00
39	4	7	Beverley	Arnell	F	H	Veteran 1		00:04:41	26	00:01:21	00:28:41	2	00:20:18	125	00:55:01
40	5	2	Sian	Loveless	F	D	Senior 1	UEA Triathlon	00:04:17	11	00:01:00	00:36:31	57	00:13:13	60	00:55:01
41	36	136	Clive	Sparkes	M	L	Veteran 5	Ipswich Jaffa / Ipswich BC	00:08:53	123	00:01:50	00:32:05	16	00:12:15	30	00:55:03
42	37	113	nick	robinson	M	F	Senior 3	Tri-Anglia	00:05:31	61	00:02:18	00:34:25	35	00:12:55	47	00:55:09
43	38	140	dan	foster	M	H	Veteran 1		00:06:39	95	00:01:55	00:34:52	37	00:11:44	16	00:55:10
44	39	89	Stuart	Kent	M	H	Veteran 1		00:04:26	16	00:01:31	00:35:26	44	00:13:51	67	00:55:14

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2010 RESULTS**

Pos	M/F Pos.	No	Name		Cat	Age Group		Club	Swim	Pos.	T1	Bike incl. T2	Pos.	Run	Pos.	Total
45	40	47	Keelan	Pywell	M	A	Youth	Gt Yarmouth Swim Club	00:04:17	10	00:01:27	00:38:16	71	00:11:19	10	00:55:19
46	41	77	Andrew	Harbit	M	E	Senior 2		00:04:38	22	00:01:57	00:35:58	50	00:13:08	55	00:55:41
47	42	123	vincent	cook	M	F	Senior 3	Tri-Anglia	00:06:07	78	00:01:26	00:35:00	40	00:13:09	56	00:55:42
48	6	13	Kelly	Davis	F	F	Senior 3		00:05:19	52	00:01:18	00:36:02	53	00:13:12	59	00:55:51
49	43	79	Mark	Blake	M	F	Senior 3		00:05:00	36	00:02:05	00:35:48	48	00:13:06	53	00:55:59
50	44	60	chris	blincoe	M	F	Senior 3		00:04:39	24	00:01:21	00:36:43	59	00:13:19	61	00:56:02
51	7	16	Lisa	l'Anson	F	H	Veteran 1		00:05:41	66	00:01:34	00:35:36	45	00:13:31	62	00:56:22
52	45	95	DARREN	NOCKELS	M	G	Senior 4		00:06:03	75	00:01:30	00:36:00	51	00:12:52	44	00:56:25
53	46	120	john	royston	M	L	Veteran 5	Tri-Anglia	00:06:39	96	00:02:00	00:36:00	52	00:11:52	19	00:56:31
54	47	127	Mark	Farley	M	H	Veteran 1		00:05:10	43	00:01:47	00:37:05	66	00:12:30	37	00:56:32
55	48	72	Harry	Cory Wright	M	I	Veteran 2	North Norfolk Tri Club	00:04:47	32	00:01:48	00:35:41	47	00:14:19	75	00:56:35
56	49	128	Markos	Janes	M	I	Veteran 2		00:06:12	79	00:02:05	00:33:30	31	00:14:57	88	00:56:44
57	50	82	Chris	Harris	M	F	Senior 3		00:04:41	25	00:01:41	00:36:36	58	00:13:56	68	00:56:54
58	51	122	David	Thornton	M	D	Senior 1	Tri-Anglia	00:05:49	71	00:01:27	00:33:56	33	00:15:51	106	00:57:03
59	52	98	john	moody	M	G	Senior 4	Ipswich Triathlon Club	00:05:49	70	00:01:32	00:36:09	54	00:13:46	65	00:57:16
60	8	22	Suzanne	Orr	F	G	Senior 4		00:05:48	69	00:01:08	00:37:25	67	00:13:11	57	00:57:32
61	53	57	Kevan	Pywell	M	J	Veteran 3	Gt Yarmouth Athletic Club	00:05:58	73	00:02:27	00:36:58	64	00:12:16	31	00:57:39
62	54	132	Simon	Caley	M	F	Senior 3		00:06:47	106	00:02:06	00:37:28	68	00:11:52	20	00:58:13
63	9	6	kate	blincoe	F	F	Senior 3		00:04:42	27	00:01:35	00:39:01	78	00:12:58	50	00:58:16
64	10	17	Kim	Reader	F	H	Veteran 1		00:05:30	60	00:01:58	00:39:00	77	00:12:05	24	00:58:33
65	55	101	Mike	Southern	M	H	Veteran 1		00:06:48	107	00:02:03	00:35:40	46	00:14:14	73	00:58:45
66	56	78	Danny	Wood	M	E	Senior 2		00:06:58	110	00:01:24	00:38:19	72	00:12:11	29	00:58:52
67	57	91	Kevin	Sheath	M	I	Veteran 2	Tri Surfers	00:05:11	45	00:01:45	00:36:54	61	00:15:12	93	00:59:02
68	11	21	Rebecca	Watson	F	F	Senior 3	North Norfolk Tri Club	00:05:17	49	00:02:12	00:36:54	60	00:15:13	94	00:59:36
69	58	124	James	Tully	M	G	Senior 4	Tri-Anglia	00:06:46	102	00:02:13	00:36:16	56	00:14:42	82	00:59:57
70	59	52	James	Adcock	M	H	Veteran 1		00:04:16	9	00:01:40	00:39:42	83	00:14:25	76	01:00:03
71	60	148	john	griffin	M	I	Veteran 2	North Norfolk Tri Club	00:06:54	109	00:03:00	00:37:45	70	00:13:03	51	01:00:42
72	61	106	michael	haines	M	G	Senior 4		00:07:07	112	00:03:12	00:35:48	49	00:14:40	79	01:00:47
73	62	143	Tim	Amphlett	M	J	Veteran 3		00:06:46	103	00:01:49	00:37:34	69	00:14:54	86	01:01:03
74	12	14	Kathryn	Mares	F	G	Senior 4	Tri-Anglia	00:05:22	55	00:01:29	00:39:04	79	00:15:18	97	01:01:13
75	63	81	Phil	Reynolds	M	F	Senior 3		00:05:35	63	00:02:32	00:39:04	80	00:14:18	74	01:01:29
76	13	12	Kymerly	Blackstock	F	E	Senior 2	Team GY	00:06:05	77	00:01:18	00:36:56	62	00:17:10	114	01:01:29
77	64	50	robert	reilly	M	G	Senior 4		00:04:37	21	00:01:59	00:41:06	96	00:13:56	69	01:01:38
78	65	131	Alex	Leeson	M	E	Senior 2		00:06:34	94	00:02:16	00:40:20	88	00:12:49	43	01:01:59
79	14	9	Beth	Coley	F	F	Senior 3	Tri-Anglia	00:05:01	37	00:01:45	00:40:45	92	00:14:53	85	01:02:24
80	66	87	Gary	Hazelden	M	H	Veteran 1		00:05:12	46	00:03:44	00:38:35	73	00:14:59	89	01:02:30
81	15	24	Erica	Howe	F	E	Senior 2	Tri-Anglia	00:06:24	88	00:01:59	00:38:43	74	00:15:28	100	01:02:34
82	16	20	Alanna	Forrester	F	E	Senior 2	Tri-Anglia	00:05:38	64	00:01:41	00:39:52	85	00:15:24	98	01:02:35
83	67	145	edward	brennan	M	G	Senior 4		00:06:39	97	00:01:53	00:41:40	98	00:12:26	36	01:02:38
84	17	33	Gina	Gus	F	G	Senior 4		00:05:16	48	00:02:10	00:39:44	84	00:15:30	102	01:02:40
85	68	146	Andrew	Hill	M	G	Senior 4		00:05:56	72	00:02:28	00:38:59	76	00:15:31	103	01:02:54
86	69	103	Robert	Gregory	M	E	Senior 2	Team GY	00:06:17	82	00:01:40	00:40:31	89	00:14:33	78	01:03:01
87	70	135	John Henry	Caley	M	J	Veteran 3		00:06:47	105	00:02:45	00:38:51	75	00:15:30	101	01:03:53
88	71	139	matt	buckoke	M	G	Senior 4		00:09:40	126	00:01:55	00:39:35	82	00:13:06	52	01:04:16

EAST COAST TRIATHLON 2010 RESULTS

Pos	M/F Pos.	No	Name	Cat	Age Group	Club	Swim	Pos.	T1	Bike incl. T2	Pos.	Run	Pos.	Total		
89	18	27	Victoria	Howell	F	E	Senior 2		00:06:14	80	00:01:29	00:42:09	100	00:14:40	80	01:04:32
90	19	32	holly	notcutt	F	E	Senior 2	Team GY	00:06:41	100	00:01:41	00:41:12	97	00:15:06	92	01:04:40
91	72	142	Paul	Sturman	M	I	Veteran 2		00:06:52	108	00:02:34	00:39:59	86	00:15:25	99	01:04:50
92	20	23	Tiffany	Crocker	F	E	Senior 2		00:06:19	87	00:01:29	00:40:51	93	00:16:16	109	01:04:55
93	21	28	Jacki	Kent	F	H	Veteran 1		00:07:04	111	00:02:00	00:40:32	90	00:15:59	107	01:05:35
94	73	144	Michael	Papageorgiou	M	E	Senior 2	Greek Cypriot Elite Squad	00:07:11	115	00:02:22	00:42:44	104	00:13:45	64	01:06:02
95	22	37	Laura	Gaffaney	F	E	Senior 2		00:07:28	117	00:03:12	00:40:11	87	00:15:14	95	01:06:05
96	74	151	Ricki	Townsend	M	E	Senior 1		00:06:39	98	00:03:32	00:40:53	94	00:15:05	91	01:06:09
97	75	137	Tim	Cheesman	M	E	Senior 2		00:06:24	89	00:03:50	00:41:44	99	00:14:44	83	01:06:42
98	23	36	Anneliese	Merrikin	F	E	Senior 2	Greek Cypriot Elite Squad	00:06:17	84	00:01:53	00:44:48	111	00:14:03	71	01:07:01
99	76	73	Alastair	Macewan	M	H	Veteran 1	North Norfolk Tri Club	00:05:20	53	00:02:03	00:44:22	110	00:15:17	96	01:07:02
100	77	149	Steve	Bull	M	J	Veteran 3	West Suffolk Wheelers	00:09:30	124	00:01:57	00:39:14	81	00:16:50	111	01:07:31
101	24	25	Melisande	Parsons	F	H	Veteran 1		00:06:40	99	00:02:17	00:43:49	108	00:14:46	84	01:07:32
102	25	19	Amy	Barton	F	D	Senior 1	Tri-Anglia	00:05:10	42	00:02:12	00:42:45	105	00:17:35	116	01:07:42
103	78	96	richard	loveland	M	F	Senior 3		00:04:33	19	00:02:25	00:42:28	103	00:18:17	121	01:07:43
104	79	97	Paul	Hawkins	M	F	Senior 3		00:04:57	35	00:04:44	00:42:09	101	00:16:07	108	01:07:57
105	26	41	Moiria	Pinkney	F	L	Veteran 5	Ipswich Triathlon Club	00:08:17	121	00:02:30	00:42:19	102	00:15:04	90	01:08:10
106	27	11	Maria	Alborough	F	E	Senior 2		00:05:10	41	00:02:04	00:48:01	117	00:12:56	48	01:08:11
107	28	39	Joanne	Flegg	F	H	Veteran 1		00:06:46	104	00:03:55	00:40:57	95	00:16:55	112	01:08:33
108	80	111	Keith	Nicholls	M	L	Veteran 5		00:06:17	83	00:03:18	00:40:39	91	00:18:41	123	01:08:55
109	81	133	Jamie	Nottage	M	F	Senior 3		00:06:18	85	00:02:37	00:46:20	114	00:13:59	70	01:09:14
110	82	90	Tim	Marston	M	H	Veteran 1		00:05:26	58	00:02:00	00:46:04	113	00:15:50	105	01:09:20
111	83	119	John	Thackray	M	K	Veteran 4	Tri-Anglia	00:07:10	114	00:02:03	00:43:57	109	00:16:17	110	01:09:27
112	29	18	Heather	Storey	F	D	Senior 1	UEA Triathlon	00:04:47	31	00:01:44	00:51:02	122	00:12:32	40	01:10:05
113	30	30	KATRINA	POLACK	F	F	Senior 3		00:08:03	118	00:02:32	00:45:13	112	00:14:31	77	01:10:19
114	84	114	Tim	Scutter	M	G	Senior 4	Tri-Anglia	00:06:05	76	00:03:35	00:43:27	107	00:17:34	115	01:10:41
115	85	118	Damian	Weare	M	J	Veteran 3		00:06:31	92	00:03:58	00:42:53	106	00:17:36	117	01:10:58
116	31	35	Terri	Geard	F	G	Senior 4	Thetford MTB Racing	00:06:29	90	00:02:37	00:47:23	116	00:15:48	104	01:12:17
117	32	5	Laura	Albon	F	E	Senior 2	GY	00:06:19	86	00:02:12	00:46:23	115	00:17:59	119	01:12:53
118	86	150	CHRISTOPH	KNOCK	M	E	Senior 1		00:07:08	113	00:03:31	00:48:48	119	00:14:40	81	01:14:07
119	87	138	Robert	caley	M	K	Veteran 4		00:08:29	122	00:03:07	00:48:04	118	00:17:03	113	01:16:43
120	88	141	Tim	MacWilliam	M	I	Veteran 2		00:08:06	119	00:02:58	00:51:39	123	00:14:55	87	01:17:38
121	33	40	lucie	Morran	F	H	Veteran 1		00:06:44	101	00:02:39	00:50:29	121	00:18:03	120	01:17:55
122	34	42	victoria	cook	F	F	Senior 3	Tri-Anglia	00:09:31	125	00:02:11	00:50:12	120	00:18:26	122	01:20:20
123	89	130	Bob	Arnell	M	M	Veteran 6	GT Yarmouth Road Runners	00:08:16	120	00:02:24	00:58:56	125	00:17:51	118	01:27:27
124	35	31	Corinne	Barr	F	I	Veteran 2	Tri Surfers	00:07:28	116	00:03:13	00:58:42	124	00:20:21	126	01:29:44
125	36	26	sarah	phillips	F	D	Senior 1		00:05:38	65	00:02:11	01:02:41	126	00:20:00	124	01:30:30
126	37	44	beverley	page	F	H	Veteran 1		00:11:00	127	00:02:02	01:03:26	127	00:21:07	127	01:37:35
127	45	34	Jayne	Williams	F	G	Senior 4	IPSWICH JAFFA	00:05:23	56	00:01:44	00:29:16	5	00:12:02	23	00:48:25

DQ (1)

Note 1: DQ due to taking wrong bike course