

**EAST COAST TRIATHLON  
2011 RESULTS**

Pos	M/F Pos.	No	Name	Cat	Age Group	Club	Swim	Pos.	T1	Bike incl. T2	Pos.	Run	Pos.	Total
1	1	68	Ross Welton	Male	E M25-29	Team TriBull	00:04:10	11	00:00:58	00:28:34	3	00:09:41	2	00:43:23
2	2	77	Dave Copland	Male	I M45-49	Ipswich Triathlon Club	00:04:50	35	00:01:08	00:29:52	7	00:08:01	1	00:43:51
3	3	103	Benjamin Mickleburgh	Male	H M40-44	West Suffolk Wheelers & Tri	00:04:37	24	00:00:49	00:27:48	2	00:10:44	13	00:43:58
4	4	86	Chris Beck	Male	F M30-34	Tri-Anglia Tri Club	00:04:30	16	00:01:12	00:28:53	4	00:10:01	3	00:44:36
5	5	66	Iain Dawson	Male	TRI 7	Tri-Anglia Tri Club	00:04:40	26	00:01:08	00:27:29	1	00:11:20	27	00:44:37
6	6	59	Connor Delaney	Male	A M15-16	Cambridge Triathlon Club	00:03:28	1	00:00:40	00:31:28	13	00:10:07	4	00:45:43
7	7	65	Mark Drake	Male	H M40-44	Rock Estate	00:04:34	22	00:01:05	00:29:50	6	00:10:31	10	00:46:00
8	8	69	Lee Cook	Male	E M25-29	Rock Estate	00:04:40	25	00:01:05	00:30:17	8	00:10:28	8	00:46:30
9	9	83	Neil Catling	Male	F M30-34	Ipswich Triathlon Club	00:05:17	58	00:00:51	00:30:21	9	00:10:22	6	00:46:51
10	10	110	James Farren	Male	H M40-44		00:04:18	13	00:00:55	00:31:17	12	00:10:26	7	00:46:56
11	11	89	Andrew Goodchild	Male	I M45-49	Tri-Anglia Tri Club	00:05:21	61	00:00:47	00:29:38	5	00:11:11	24	00:46:57
12	12	62	Mark Southgate	Male	G M35-39	Essex Fire Triathlon Club	00:03:48	3	00:00:56	00:30:53	10	00:11:58	38	00:47:35
13	13	63	Iain Downie	Male	H M40-44	Ipswich Triathlon Club	00:03:38	2	00:01:01	00:32:16	17	00:11:16	26	00:48:11
14	14	74	Stephen de Boltz	Male	I M45-49	Ipswich Triathlon Club	00:04:33	18	00:00:49	00:31:14	11	00:12:24	52	00:49:00
15	15	71	Barry Whitcomb	Male	G M35-39		00:04:35	23	00:01:11	00:33:08	20	00:10:36	12	00:49:30
16	16	96	Derrick Smith	Male	K M55-59	Ipswich Triathlon Club	00:05:20	60	00:01:26	00:32:07	14	00:11:02	18	00:49:55
17	17	88	Darren Rutterford	Male	G M35-39		00:04:41	28	00:01:46	00:32:10	16	00:11:32	29	00:50:09
18	18	67	Matthew Thwaites	Male	H M40-44	Rock Estate	00:04:55	40	00:01:04	00:32:09	15	00:12:06	42	00:50:14
19	1	5	Claire Martin	Female	G F35-39		00:04:00	7	00:01:03	00:33:02	19	00:12:29	56	00:50:34
20	19	106	Ian Chatten	Male	I M45-49	Tri-Anglia Tri Club	00:05:49	81	00:01:04	00:32:30	18	00:11:33	30	00:50:56
21	20	80	Peter Barnes	Male	H M40-44		00:04:45	32	00:01:19	00:33:48	25	00:11:08	22	00:51:00
22	21	64	Dominic Lee	Male	B M17-19	Gt Yarmouth Cycling Club	00:03:48	4	00:01:08	00:34:24	29	00:11:54	36	00:51:14
23	22	113	Chris Wiseman	Male	I M45-49	West Suffolk Wheelers & Tri	00:04:51	38	00:01:33	00:33:57	26	00:11:06	21	00:51:27
24	23	92	Chris Harris	Male	F M30-34	Norfolk Police Triathlon Club	00:04:34	20	00:01:46	00:33:34	21	00:12:03	41	00:51:57
25	24	148	Dale Mandell	Male	F M30-34		00:05:15	57	00:01:40	00:33:38	23	00:11:45	34	00:52:18
26	25	112	Mark Potter	Male	G M35-39	Rock Estate	00:05:41	77	00:01:13	00:34:41	32	00:11:01	16	00:52:36
27	26	127	Steve Bird	Male	I M45-49		00:05:14	55	00:01:04	00:35:17	36	00:11:03	19	00:52:38
28	27	118	Tom Robinson	Male	F M30-34		00:04:54	39	00:01:31	00:34:01	27	00:12:20	48	00:52:46
29	28	93	Mark Blake	Male	F M30-34		00:05:09	50	00:01:39	00:34:04	28	00:12:02	40	00:52:54
30	2	7	Maria Adey	Female	E F25-29	Rock Estate	00:04:10	10	00:01:19	00:35:54	41	00:12:18	46	00:53:41
31	3	14	Kelly Davis	Female	F F30-34		00:05:27	66	00:00:52	00:35:03	34	00:12:26	53	00:53:48
32	4	33	Jayne Williams	Female	G F35-39		00:05:42	79	00:01:26	00:35:14	35	00:11:29	28	00:53:51
33	5	20	Lisa l'Anson	Female	H F40-44	Tri-Anglia Tri Club	00:05:25	63	00:01:23	00:34:34	30	00:12:30	57	00:53:52
34	6	11	Rebecca Watson	Female	G F35-39	North Norfolk Tri Club	00:04:55	42	00:02:02	00:35:21	37	00:11:40	31	00:53:58
35	29	145	Mick Unsworth	Male	J M50-54	West Suffolk Wheelers & Tri	00:06:20	103	00:00:57	00:33:35	22	00:13:21	72	00:54:13
36	30	70	Daddy Kabuiku	Male	G M35-39		00:05:55	87	00:03:02	00:35:27	38	00:10:32	11	00:54:56
37	31	116	Joey Mezzetti	Male	G M35-39		00:04:40	27	00:01:27	00:36:34	49	00:10:18	5	00:54:59
38	32	78	Mathew Atkinson	Male	G M35-39		00:04:13	12	00:01:27	00:37:37	62	00:11:45	33	00:55:02
39	33	91	Nigel Sinclair	Male	G M35-39		00:06:20	106	00:01:16	00:36:39	51	00:10:51	15	00:55:06
40	34	105	Alan Pledger	Male	H M40-44		00:04:57	43	00:01:35	00:36:06	43	00:12:28	55	00:55:06
41	35	133	Simon Atherton	Male	I M45-49	Norfolk Police Triathlon Club	00:06:42	120	00:01:23	00:34:34	31	00:12:28	54	00:55:07
42	36	134	Peter King	Male	G M35-39	North Norfolk Tri Club	00:05:06	49	00:01:03	00:36:21	48	00:12:40	62	00:55:10
43	37	61	Keelan Pywell	Male	A M15-16	Gt Yarmouth Swim Club	00:04:08	9	00:01:29	00:39:08	81	00:10:29	9	00:55:14
44	7	2	Tanya Crofts	Female	G F35-39	Tri-Anglia Tri Club	00:05:27	65	00:00:55	00:37:49	66	00:11:05	20	00:55:16

Note (\*)

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45	38	138	Paul	Sturman	Male	I	M45-49	Norfolk Police Triathlon Club	00:05:50	83	00:01:33	00:34:58	33	00:12:55	65	00:55:16
46	39	131	Markos	Janes	Male	I	M45-49		00:05:45	80	00:01:52	00:33:46	24	00:14:02	91	00:55:25
47	40	98	Alan	Adams	Male	H	M40-44		00:05:28	67	00:02:00	00:36:01	42	00:12:13	44	00:55:42
48	41	128	John	Curtis	Male	J	M50-54	Salisbury Tri Club	00:06:03	93	00:01:41	00:36:11	45	00:12:23	50	00:56:18
49	42	108	Howard	Olby	Male	F	M30-34		00:04:34	21	00:02:05	00:37:23	59	00:12:18	47	00:56:20
50	43	109	Darryl	Robinson	Male	G	M35-39		00:04:50	37	00:01:36	00:38:06	68	00:11:58	39	00:56:30
51	44	87	Matthew	Greenwood	Male	E	M25-29		00:04:46	33	00:01:31	00:35:50	40	00:12:24	51	00:56:31
52	45	117	Wayne	Blowers	Male	E	M25-29		00:03:53	6	00:01:17	00:38:59	79	00:12:33	58	00:56:42
53	46	100	Raymond	O'Grady	Male	L	M60-64	CHESTER TRI CLUB	00:05:18	59	00:01:18	00:36:19	46	00:14:24	99	00:57:19
54	47	150	Matthew	Buckoke	Male	G	M35-39		00:06:47	121	00:02:02	00:37:21	58	00:11:11	23	00:57:21
55	48	102	Phil	Shaul	Male	I	M45-49		00:05:58	90	00:01:10	00:37:38	63	00:12:37	60	00:57:23
56	8	25	Elisabeth	Ross	Female	K	F55-59	tri sport epping	00:05:40	76	00:01:12	00:36:44	53	00:13:49	87	00:57:25
57	49	115	Colin	Dillon-Davies	Male	I	M45-49		00:05:51	84	00:01:46	00:37:37	61	00:12:11	43	00:57:25
58	9	15	Maria	Greaves	Female	F	F30-34	Norfolk Police Triathlon Club	00:05:26	64	00:01:50	00:38:26	75	00:11:43	32	00:57:25
59	50	58	Chris	Everard	Male	I	M45-49	North Norfolk Tri Club	00:05:54	86	00:01:24	00:37:42	65	00:12:34	59	00:57:34
60	10	3	Sarah	Greenwood	Female	D	F20-24	Tri-Anglia Tri Club	00:03:50	5	00:01:25	00:38:10	69	00:14:15	98	00:57:40
61	51	124	Mark	Peach	Male	G	M35-39	great yarmouth roadrunners	00:05:55	88	00:01:42	00:36:37	50	00:13:29	74	00:57:43
62	11	22	Suzanne	Orr	Female	G	F35-39		00:05:24	62	00:01:12	00:38:17	71	00:12:56	66	00:57:49
63	52	154	Edward	Brennan	Male	G	M35-39		00:06:42	119	00:01:02	00:39:09	82	00:11:12	25	00:58:05
64	53	119	Tim	Cheesman	Male	E	M25-29	Norfolk Police Triathlon Club	00:05:33	69	00:01:31	00:36:53	56	00:14:11	96	00:58:08
65	12	1	Giovanna	Bertoldi	Female	H	F40-44		00:04:05	8	00:01:25	00:36:59	57	00:15:48	118	00:58:17
66	54	82	Kevan	Pywell	Male	J	M50-54	Gt Yarmouth Athletic Club	00:05:40	75	00:01:55	00:38:33	78	00:12:13	45	00:58:21
67	13	32	Dawn	D'Amarco	Female	G	F35-39	West Suffolk Wheelers & Tri	00:06:13	98	00:01:12	00:36:48	54	00:14:13	97	00:58:26
68	55	146	Tim	Amphlett	Male	J	M50-54	Norfolk Police Triathlon Club	00:06:50	124	00:01:50	00:36:09	44	00:13:45	85	00:58:34
69	56	151	Simon	Caley	Male	F	M30-34		00:06:53	126	00:02:15	00:38:30	77	00:11:01	17	00:58:39
70	57	123	Steve	Barker	Male	I	M45-49	Norfolk Police Triathlon Club	00:09:13	146	00:01:37	00:35:48	39	00:12:20	49	00:58:58
71	58	121	John	Moody	Male	G	M35-39	Ipswich Triathlon Club	00:05:52	85	00:01:13	00:38:19	73	00:13:42	83	00:59:06
72	59	72	Gary	Gannon	Male	H	M40-44		00:04:33	19	00:01:54	00:40:03	90	00:12:37	61	00:59:07
73	60	94	Gary	Hazelden	Male	I	M45-49		00:05:10	53	00:01:34	00:39:18	84	00:13:07	68	00:59:09
74	61	99	Steffen	Morgan-Fisher	Male	E	M25-29		00:04:59	45	00:01:25	00:39:48	87	00:12:58	67	00:59:10
75	62	136	Chris	Murkin	Male	I	M45-49		00:06:16	99	00:02:35	00:36:40	52	00:13:45	86	00:59:16
76	64	84	Alistair	Reardon	Male	E	M25-29		00:04:57	44	00:01:56	00:38:26	74	00:14:03	93	00:59:22
77	63	97	Roly	Cook	Male	I	M45-49		00:05:34	70	00:01:29	00:38:16	70	00:14:03	92	00:59:22
78	65	129	Jamie	Nottage	Male	F	M30-34		00:06:00	91	00:02:05	00:37:29	60	00:13:52	89	00:59:26
79	14	19	Catherine	Brooks	Female	J	F50-54	Ipswich Triathlon Club	00:06:04	94	00:01:57	00:36:19	47	00:15:07	109	00:59:27
80	15	43	Holly	Notcutt	Female	F	F30-34		00:06:19	101	00:01:46	00:40:02	89	00:11:47	35	00:59:54
81	16	30	Laura	Gaffaney	Female	F	F30-34	Norfolk Police Triathlon Club	00:06:48	122	00:01:42	00:37:56	67	00:13:37	79	01:00:03
82	66	166	Tom	Green	Male	H	M40-44	north norfolk tri club	00:05:05	48	00:02:12	00:39:49	88	00:13:30	75	01:00:36
83	67	85	Harry	Cory Wright	Male	I	M45-49	North Norfolk Tri Club	00:05:10	52	00:01:56	00:39:08	80	00:14:36	101	01:00:50
84	68	139	Bob	Carter	Male	J	M50-54	VC Norwich	00:06:34	113	00:02:42	00:36:52	55	00:14:42	102	01:00:50
85	69	153	Andrew	Hannant	Male	G	M35-39		00:07:30	134	00:01:53	00:39:19	85	00:12:43	63	01:01:25
86	17	9	Maria	Alborough	Female	F	F30-34		00:05:15	56	00:01:45	00:41:44	103	00:12:55	64	01:01:39
87	18	42	Amy	Clarke	Female	D	F20-24		00:05:09	51	00:01:20	00:41:53	105	00:13:34	78	01:01:56
88	19	35	Lyn	Foster	Female	K	F55-59	Great Bentley	00:07:30	135	00:02:18	00:38:28	76	00:13:51	88	01:02:07
89	70	135	Lyndon	Houston	Male	H	M40-44		00:06:11	97	00:01:45	00:40:44	96	00:13:28	73	01:02:08

Note (\*)

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90	71	155	Richard	Farrar	Male	H	M40-44		00:06:20	107	00:02:09	00:40:06	91	00:13:41	81	01:02:16
91	72	107	Christian	Kelly-Morland	Male	E	M25-29		00:06:24	109	00:01:53	00:40:36	95	00:13:39	80	01:02:32
92	73	132	Jonathon	Fagge	Male	H	M40-44		00:05:42	78	00:01:54	00:40:56	98	00:14:05	94	01:02:37
93	20	13	Beverley	Arnell	Female	I	F45-49		00:04:44	31	00:01:21	00:41:33	101	00:15:03	108	01:02:41
94	74	95	Gareth	Jones	Male	H	M40-44		00:04:50	36	00:02:53	00:39:38	86	00:15:22	116	01:02:43
95	75	126	Lee	Mathews	Male	G	M35-39		00:06:35	114	00:02:30	00:38:18	72	00:15:22	115	01:02:45
96	76	143	Steve	Bull	Male	J	M50-54	West Suffolk Wheelers & Tri	00:06:52	125	00:01:39	00:39:11	83	00:15:14	111	01:02:56
97	21	4	Alisha	Green	Female	E	F25-29	Team TriBull	00:04:25	14	00:01:49	00:42:19	111	00:14:44	104	01:03:17
98	22	29	Victoria	Howell	Female	F	F30-34		00:06:16	100	00:01:23	00:42:03	108	00:13:42	82	01:03:24
99	23	21	Jenny	Adams	Female	D	F20-24		00:05:05	47	00:01:27	00:40:32	94	00:16:27	123	01:03:31
100	77	120	Robert	Sawyer	Male	H	M40-44		00:04:42	29	00:02:19	00:43:00	115	00:13:42	84	01:03:43
101	24	52	Adele	Postle	Female	I	F45-49	Gt Yarmouth Cycling Club	00:07:10	130	00:02:05	00:41:14	100	00:13:31	76	01:04:00
102	78	164	Andrew	Gosling	Male	I	M45-49		00:08:50	145	00:01:27	00:40:31	93	00:13:20	71	01:04:08
103	79	79	James	Adcock	Male	H	M40-44		00:04:43	30	00:02:09	00:42:32	113	00:14:44	105	01:04:08
104	25	50	Karen	Winstanley	Female	G	F35-39		00:07:15	132	00:02:32	00:40:58	99	00:13:30	77	01:04:15
105	26	10	Amy	Harrison	Female	E	F25-29	Tri-Anglia Tri Club	00:04:49	34	00:02:04	00:41:36	102	00:15:53	119	01:04:22
106	80	141	David	Newman	Male	E	M25-29		00:05:10	54	00:01:40	00:42:29	112	00:15:09	110	01:04:28
107	81	144	Danny	Wood	Male	E	M25-29		00:05:55	89	00:01:15	00:46:47	131	00:10:48	14	01:04:45
108	82	159	Simon	Storey	Male	F	M30-34	rugby triathlon club	00:09:35	147	00:02:35	00:37:41	64	00:15:20	114	01:05:11
109	83	152	Robert	Gregory	Male	F	M30-34	Team GY	00:06:10	96	00:01:45	00:42:39	114	00:14:42	103	01:05:16
110	27	34	Julie	Bringloe	Female	G	F35-39	Norwich roadrunners	00:05:35	72	00:02:43	00:45:11	125	00:11:56	37	01:05:25
111	28	55	Allison	Ragosa	Female	G	F35-39	Tri-Anglia Tri Club	00:05:49	82	00:02:19	00:42:02	107	00:15:17	113	01:05:27
112	29	36	Sarah	Vick	Female	H	F40-44	The Saxons	00:07:15	133	00:01:38	00:40:54	97	00:16:14	121	01:06:01
113	84	137	Chris	Burgess	Male	G	M35-39		00:06:04	95	00:01:46	00:43:51	117	00:14:34	100	01:06:15
114	85	81	Jake	Wharton	Male	A	M15-16		00:05:40	74	00:01:44	00:41:57	106	00:17:35	129	01:06:56
115	30	38	Melisande	Parsons	Female	H	F40-44	Tri-Anglia Tri Club	00:07:04	128	00:01:29	00:43:43	116	00:14:48	106	01:07:04
116	86	162	Richard	Wallis	Male	F	M30-34		00:06:40	116	00:01:15	00:46:20	128	00:13:18	70	01:07:33
117	31	40	Rachel	Carr	Female	F	F30-34		00:06:49	123	00:02:33	00:41:47	104	00:16:29	124	01:07:38
118	32	41	Sarah	Wood	Female	F	F30-34		00:06:30	110	00:02:00	00:44:13	120	00:14:57	107	01:07:40
119	33	18	Suzie	Nevard	Female	J	F50-54		00:05:38	73	00:02:13	00:40:10	92	00:19:46	139	01:07:47
120	34	37	Vivienne	Worrall	Female	J	F50-54	Salisbury Tri Club	00:06:31	111	00:02:09	00:45:12	126	00:14:01	90	01:07:53
121	35	39	Debra	Porter	Female	H	F40-44		00:06:40	117	00:03:18	00:44:24	121	00:14:06	95	01:08:28
122	87	147	Matt	Read	Male	F	M30-34		00:06:20	104	00:02:00	00:44:34	122	00:16:51	127	01:09:45
123	88	165	Robert	Caley	Male	K	M55-59		00:08:21	139	00:02:25	00:42:18	110	00:16:45	125	01:09:49
124	36	47	Frances	Barton	Female	J	F50-54		00:08:04	138	00:02:29	00:44:04	119	00:15:16	112	01:09:53
125	89	114	Richard	Loveland	Male	F	M30-34		00:04:31	17	00:02:18	00:45:08	124	00:18:00	130	01:09:57
126	37	6	Kate	Grange	Female	G	F35-39		00:05:02	46	00:01:55	00:46:25	129	00:16:48	126	01:10:10
127	38	23	Amy	Barton	Female	E	F25-29		00:05:30	68	00:01:45	00:46:35	130	00:18:13	131	01:12:03
128	90	161	Joe	Dray	Male	K	M55-59		00:06:22	108	00:02:50	00:47:37	133	00:15:39	117	01:12:28
129	39	17	Meadows	Cate	Female	I	F45-49		00:06:01	92	00:02:14	00:43:52	118	00:20:31	142	01:12:38
130	40	31	Marie	Unsworth	Female	J	F50-54	West Suffolk Wheelers & Tri	00:06:19	102	00:01:57	00:42:09	109	00:22:31	145	01:12:56
131	91	160	Martin	Storey	Male	G	M35-39	rugby triathlon club	00:08:39	142	00:03:28	00:47:36	132	00:15:57	120	01:15:40
132	41	26	Carla	Potter	Female	E	F25-29		00:06:38	115	00:02:15	00:48:46	135	00:18:41	135	01:16:20
133	92	122	Gordon	Merfield	Male	N	M70-73	The Saxons	00:06:31	112	00:01:47	00:44:46	123	00:23:16	146	01:16:20
134	42	49	Jude	Ditton	Female	G	F35-39		00:07:06	129	00:02:29	00:47:51	134	00:19:11	136	01:16:37

**EAST COAST TRIATHLON  
2011 RESULTS**

135	93	158	Bob	Arnell	Male	M	M65-70	GYRRC	00:08:45	143	00:02:37	00:49:31	137	00:16:20	122	01:17:13
136	43	51	Kim	Cullum	Female	J	F50-54		00:07:33	136	00:02:44	00:45:55	127	00:21:45	144	01:17:57
137	94	73	Ian	Murgatroyd	Male	I	M45-49		00:04:26	15	00:02:41	00:52:39	142	00:19:27	137	01:19:13
138	95	130	Jeremy	Smith	Male	H	M40-44		00:06:41	118	00:04:13	00:57:02	146	00:13:08	69	01:21:04
139	44	53	Angela	O'Grady	Female	L	F60-64		00:09:45	148	00:02:12	00:49:39	138	00:20:44	143	01:22:20
140	45	54	Janet	Dray	Female	J	F50-54		00:08:26	140	00:03:13	00:51:11	139	00:19:33	138	01:22:23
141	96	167	Daniel	Witheridge	Male	D	M20-24		00:07:50	137	00:06:27	00:51:24	141	00:18:37	133	01:24:18
142	46	27	Jo	Chorley	Female	H	F40-44		00:06:20	105	00:05:20	00:49:13	136	00:23:33	147	01:24:26
143	47	24	Sarah	Phillips	Female	E	F25-29		00:05:35	71	00:02:33	00:57:58	147	00:18:29	132	01:24:35
144	48	44	Corinne	Barr	Female	I	F45-49	Tri Surfers	00:07:11	131	00:03:11	00:55:15	143	00:19:57	140	01:25:34
145	97	163	Robert	Grange	Male	L	M60-64		00:10:05	149	00:02:39	00:55:35	144	00:17:28	128	01:25:47
146	49	57	Ruth	Evans	Female	D	F20-24		00:08:48	144	00:05:02	00:51:20	140	00:18:40	134	01:25:50
147	50	45	Pat	Brightman	Female	K	F55-59	GYDAC	00:08:33	141	00:02:49	00:56:07	145	00:20:20	141	01:27:49
148	98	140	James	Donnelly	Male	H	M40-44		00:06:53	127	00:01:43	DNF		DNF		DNF
149	99	111	Alastair	Young	Male	I	M45-49	Dulwich Runners AC	00:04:55	41	00:01:27	DNF		DNF		DNF

Note (\*)

Note (\*) 2min penalty for helmet violation