

Overall East Coast Triathlon 2012 Male and Female Results

Place	Number	Name	M/F	Age Group	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Total Time
1	73	Benjamin Mickleburgh	M	M40-44	4:46.9	0:25.8	27:57.7	0:18.0	10:45.8	44:14.3
2	55	Lee Sole	M	M40-44	4:12.1	0:28.2	28:53.1	0:27.1	11:12.9	45:13.5
3	95	Ian Chatten	M	M45-49	5:30.0	0:35.2	29:28.6	0:27.1	11:07.6	47:08.6
4	57	barry whitcomb	M	M35-39	4:38.7	0:37.9	31:12.2	0:30.9	10:31.4	47:31.4
5	69	Jamie Sparrow	M	M35-39	5:07.3	0:29.8	30:11.3	0:24.2	11:33.8	47:46.6
6	70	joey mezzetti	M	M35-39	4:59.1	1:00.8	31:32.2	0:38.9	10:37.4	48:48.7
7	88	alex pentney-smith	M	M25-29	5:31.1	0:39.6	30:47.5	0:34.0	12:08.3	49:40.6
8	74	Tom Berry	M	M15-16	5:07.7	1:05.0	30:15.3	0:56.8	12:33.6	49:58.6
9	58	Wayne Blowers	M	M25-29	4:11.7	0:28.9	33:32.2	0:35.4	11:34.9	50:23.3
10	105	Lee Hall	M	M35-39	5:19.0	0:35.2	32:20.2	0:43.4	11:40.0	50:38.1
11	65	nicholas pitts	M	M30-34	4:27.1	0:42.6	35:02.1	0:33.1	11:04.3	51:49.3
12	127	Rob Thornton	M	M25-29	6:03.4	1:10.8	32:07.8	0:33.2	12:09.3	52:04.7
13	96	mark winfield	M	M45-49	5:33.3	0:40.2	33:36.5	0:36.6	11:42.2	52:09.0
14	66	Michael Haines	M	M40-44	5:06.1	0:47.3	32:31.2	0:39.5	13:20.0	52:24.3
15	100	Lewis Burton	M	M20-24	5:19.5	1:54.6	33:15.6	0:52.2	11:42.3	53:04.5
16	90	Alan Pledger	M	M40-44	5:11.7	1:01.2	35:23.0	0:40.0	11:01.0	53:17.0
17	114	John Cowan	M	M35-39	5:41.3	1:35.4	32:54.1	0:31.9	12:57.7	53:40.7
18	83	Kevin Frazer	M	M45-49	6:54.8	1:07.0	32:26.1	0:40.0	12:40.3	53:48.3
19	87	Ben Nicholson	M	M40-44	6:00.4	0:55.2	32:10.3	0:39.2	14:13.5	53:58.7
20	61	George Clark	M	M20-24	5:12.4	1:03.8	36:10.7	0:20.0	11:15.3	54:02.3
21	148	sam cole	M	M45-49	6:08.4	0:53.2	34:03.2	0:30.9	13:26.4	55:02.4
22	76	Mark Caddy	M	M20-24	5:21.7	1:29.8	35:41.2	0:53.3	11:49.9	55:16.0
23	82	Graham Dawdry	M	M35-39	7:32.2	1:50.3	33:30.8	0:24.8	12:11.5	55:29.7
24	10	Sally Logue	F	F30-34	5:19.0	0:43.6	35:39.6	0:24.7	13:25.3	55:32.5
25	106	Stanley Swanepoel	M	M45-49	6:08.8	2:05.6	34:09.4	0:44.3	12:29.6	55:37.9
26	134	Arron Easter	M	M30-34	6:38.3	1:44.1	34:08.4	0:50.2	12:26.4	55:47.6
27	75	Stephen Brook	M	M35-39	5:31.7	1:20.8	36:23.4	0:37.8	11:53.9	55:47.7
28	26	Suzanne Orr	F	F35-39	5:40.3	0:38.2	36:18.9	0:41.5	12:59.0	56:18.1
29	94	Michael Briggs	M	M40-44	6:02.9	1:21.7	34:45.9	0:21.1	13:49.6	56:21.3
30	124	Simon Dyble	M	M30-34	6:10.4	1:24.5	28:45.0	5:13.8	14:53.1	56:27.0
31	99	Chris Burgess	M	M35-39	6:22.6	1:12.8	34:37.1	0:29.1	13:51.2	56:33.0
32	140	Neil Wakefield	M	M25-29	6:23.6	1:33.4	33:29.8	0:36.2	14:34.7	56:37.9

33	84	Glen Jones	M	M25-29	6:39.8	1:16.0	35:09.4	0:44.7	12:48.1	56:38.3
34	8	Lydia Lawrence	F	F30-34	5:11.1	0:33.4	36:24.2	0:32.0	14:02.0	56:43.0
35	97	peter wilson	M	M35-39	6:12.9	1:21.1	35:27.5	0:36.7	13:55.6	57:33.9
36	85	Ross Lenton	M	M30-34	5:34.3	1:18.5	39:33.4	0:18.3	10:52.1	57:36.8
37	2	Olivia Smith	F	F20-24	5:02.3	1:29.7	38:42.5	0:59.4	11:56.7	58:10.7
38	9	Maria Alborough	F	F30-34	5:25.1	1:05.5	38:38.7	0:36.4	12:38.6	58:24.6
39	111	colin dillon-davies	M	M50-54	7:04.8	1:09.7	34:53.6	1:16.9	14:11.3	58:36.7
40	24	Sara Ishmael	F	F30-34	6:24.1	1:58.5	36:47.0	0:46.1	12:45.3	58:41.2
41	132	Fergus Anderson	M	M55-59	7:34.1	1:00.4	36:49.3	0:38.5	12:42.7	58:45.2
42	143	Andy Baxter	M	M40-44	7:33.7	1:51.0	34:23.1	0:38.0	14:30.4	58:56.4
43	110	Steve Bull	M	M50-54	6:38.8	0:51.8	35:31.1	0:34.0	15:26.2	59:02.0
44	101	Matt Downing	M	M17-19	5:19.5	1:27.5	36:42.8	0:45.3	14:52.2	59:07.6
45	78	Tim Cheesman	M	M30-34	6:10.2	1:22.0	35:41.6	0:45.7	15:08.3	59:08.0
46	118	Andrew Hannant	M	M35-39	7:08.5	1:34.2	37:01.2	0:35.6	13:09.8	59:29.4
47	63	Kevin Gribben	M	M30-34	7:42.6	0:52.2	38:07.8	0:30.8	12:20.9	59:34.6
48	44	alexandra newman	F	F25-29	6:39.5	1:34.9	37:35.0	0:32.4	13:14.7	59:36.7
49	12	Jenny Adams	F	F25-29	5:33.4	1:38.1	37:04.4	0:42.0	14:47.3	59:45.3
50	81	Nicola Crooke	F	F30-34	7:10.0	1:50.0	37:26.0	0:30.0	13:03.6	59:59.6
51	29	Sarah Knights	F	F35-39	6:14.6	1:00.7	36:18.4	0:50.4	15:54.5	1:00:18.8
52	27	Adele Postle	F	F45-49	6:55.8	1:07.2	37:35.8	0:47.8	13:54.8	1:00:21.6
53	130	andy reeves	M	M50-54	6:14.9	1:52.6	38:49.4	0:47.7	12:50.4	1:00:35.1
54	42	Liz Millar	F	F40-44	5:54.7	2:21.2	37:40.8	1:09.0	13:32.9	1:00:38.7
55	68	Kevin Sheath	M	M50-54	5:33.0	1:08.3	37:47.6	0:36.3	15:37.8	1:00:43.2
56	59	Mark Austin	M	M30-34	5:35.1	1:39.8	40:13.0	0:44.7	12:40.5	1:00:53.3
57	80	Mark Collins	M	M30-34	5:50.2	2:26.6	38:29.5	0:46.1	13:23.9	1:00:56.5
58	7	Jenny Julian	F	F25-29	5:20.0	1:36.0	36:20.0	0:52.0	16:52.0	1:01:00.0
59	30	Theresa McKee	F	F40-44	5:27.6	1:13.1	35:20.8	0:25.3	18:38.4	1:01:05.3
60	23	Victoria Howell	F	F30-34	6:43.5	0:53.5	38:39.4	0:37.6	14:12.0	1:01:06.3
61	1	Catherine Lee	F	F17-19	4:41.0	0:56.3	42:50.2	0:24.1	12:18.9	1:01:10.6
62	98	Lee Mathews	M	M35-39	6:44.3	1:19.6	36:35.2	0:47.8	15:47.7	1:01:14.7
63	60	Anthony Bellinger	M	M25-29	4:32.7	0:56.9	41:09.9	0:37.9	13:59.0	1:01:16.7
64	117	Andy Ampleford	M	M45-49	7:17.9	2:02.0	36:16.2	0:46.4	14:54.8	1:01:17.4
65	128	Mark Freitag	M	M30-34	7:27.7	2:43.1	36:36.0	0:41.2	13:49.5	1:01:17.7
66	131	Stephen Alger	M	M30-34	7:16.2	1:49.8	37:37.9	0:39.3	13:56.1	1:01:19.4
67	77	Matthew Carter	M	M30-34	7:32.4	2:20.5	35:40.7	1:02.4	14:53.1	1:01:29.3
68	135	Andrew Hansler	M	M45-49	7:56.2	2:19.0	36:29.7	0:39.8	14:13.8	1:01:38.7

69	19	Jane Anderson	F	F45-49	6:12.3	1:11.8	39:30.2	0:26.1	14:19.0	1:01:39.5
70	113	Daniel Coughlan	M	M25-29	5:57.9	3:20.5	40:01.5	0:45.9	11:58.4	1:02:04.4
71	15	kathryn Mares	F	F40-44	6:05.8	1:12.7	38:35.2	0:48.0	15:23.0	1:02:04.8
72	91	Daniel Rayner	M	M25-29	6:12.0	1:04.5	41:06.4	0:34.6	13:13.6	1:02:11.3
73	104	Robert Gregory	M	M30-34	6:04.9	1:20.4	40:20.9	0:34.4	13:55.3	1:02:16.0
74	38	Suzanne Jermyn	F	F35-39	7:57.5	1:58.6	37:02.2	1:18.7	14:05.4	1:02:22.5
75	18	Jacqueline Abbott	F	F45-49	6:55.6	2:14.6	38:55.3	0:42.3	13:35.6	1:02:23.5
76	72	Mark Kinlan	M	M25-29	4:54.0	3:24.2	40:52.2	1:36.2	11:50.3	1:02:37.0
77	116	Steve Pledger	M	M55-59	9:27.3	2:08.5	38:58.2	0:42.0	11:33.8	1:02:49.8
78	86	Liam Miller	M	M25-29	5:14.9	1:08.8	39:48.9	1:18.4	15:19.6	1:02:50.8
79	6	Amy Harrison	F	F30-34	5:08.7	1:11.4	40:20.3	0:42.4	15:42.4	1:03:05.4
80	123	daniel davies	M	M25-29	6:56.5	1:33.0	39:16.3	0:46.6	14:52.3	1:03:24.9
81	93	John Scott	M	M45-49	6:28.2	1:52.4	40:58.5	0:47.7	13:27.9	1:03:34.9
82	47	Sarah Lloyd	F	F30-34	6:43.9	2:21.1	39:09.4	0:41.4	14:47.5	1:03:43.5
83	107	Ellis Tom	M	M25-29	5:40.6	1:16.6	42:32.1	0:28.5	13:48.3	1:03:46.3
84	22	Christine Frazer	F	F45-49	7:45.0	1:34.9	38:02.7	0:38.7	15:54.4	1:03:55.9
85	43	Nikki Wilkins	F	F40-44	7:29.6	1:13.7	38:21.3	0:43.3	16:11.9	1:03:59.9
86	28	Marie Frary	F	F40-44	5:47.0	1:24.6	41:14.3	0:48.0	14:48.8	1:04:02.8
87	13	Lisa Dann	F	F30-34	5:33.0	1:45.9	39:29.0	1:01.3	16:18.3	1:04:07.7
88	53	Mhairi Claxton	F	F40-44	9:42.0	2:25.0	28:01.0	1:47.0	22:14.1	1:04:09.1
89	71	Ian Murgatroyd	M	M45-49	4:42.0	1:42.9	40:11.0	0:47.0	17:42.8	1:05:05.8
90	133	Bob Boothroyd	M	M70-74	7:38.6	3:29.2	37:06.0	1:21.7	15:31.1	1:05:06.8
91	125	Rob Porter	M	M35-39	5:43.3	1:35.6	42:19.0	0:51.0	14:53.7	1:05:22.7
92	121	Tim MacWilliam	M	M50-54	8:08.5	1:58.8	39:11.5	1:13.2	14:58.9	1:05:31.1
93	144	Richard Hinton	M	M25-29	7:16.8	2:04.6	42:04.5	0:53.6	13:57.1	1:06:16.7
94	4	Jane Blackwell	F	F50-54	5:23.2	1:06.4	38:24.4	1:03.6	20:31.4	1:06:29.2
95	103	Caley John	M	M25-29	7:19.6	1:48.9	39:39.4	2:15.6	15:31.1	1:06:34.8
96	145	Keith Nicholls	M	M65-69	7:15.9	2:48.3	37:31.7	0:58.4	18:18.9	1:06:53.4
97	112	Tim Scutter	M	M35-39	6:11.3	1:36.6	42:32.0	1:00.0	15:51.4	1:07:11.4
98	122	Daljeet Cheema	M	M30-34	8:02.6	2:49.0	41:54.2	0:56.2	13:51.4	1:07:33.7
99	136	Peter Jackson	M	M50-54	9:12.5	2:36.3	40:57.0	1:03.6	13:46.6	1:07:36.2
100	46	Celia Clarke	F	F60-64	7:22.3	1:42.7	42:35.7	0:31.4	15:37.2	1:07:49.5
101	129	robert caley	M	M55-59	8:59.5	2:09.2	38:18.2	1:04.0	17:20.8	1:07:51.8
102	31	Leah Shepherd	F	F20-24	5:02.8	1:22.6	43:32.5	1:08.3	16:46.6	1:07:52.9
103	51	Emily Blakesley	F	F25-29	7:51.6	2:17.8	41:22.6	0:50.3	15:32.8	1:07:55.1
104	126	Nigel Rowland	M	M45-49	8:02.3	1:58.8	40:06.8	1:08.8	18:20.2	1:09:37.0

105	50	Christine Bakker	F	F30-34	7:22.7	1:54.9	43:44.2	1:04.7	15:56.4	1:10:03.1
106	35	Danielle Finch	F	F25-29	7:15.4	1:25.4	45:42.4	0:38.6	15:06.2	1:10:08.0
107	32	Shani Hall	F	F40-44	7:19.9	2:17.5	42:35.4	0:52.0	17:58.0	1:11:03.0
108	37	Rachael Vickers	F	F25-29	6:57.6	2:08.9	42:43.2	0:32.9	18:57.5	1:11:20.3
109	16	Laura Sercombe	F	F30-34	6:14.3	1:16.7	48:08.6	0:44.0	14:59.3	1:11:23.1
110	11	Suzanne Clarke	F	F35-39	7:30.9	2:19.9	43:50.4	0:49.2	17:22.7	1:11:53.3
111	52	Belinda Dawson	F	F35-39	9:23.7	2:09.6	41:08.6	1:49.0	17:33.0	1:12:04.0
112	142	Daniel Reeve	M	M25-29	8:11.6	2:19.4	42:21.9	0:46.6	18:26.3	1:12:05.9
113	33	Caroline Goldsworthy	F	F45-49	8:44.3	2:05.4	40:43.1	2:02.8	18:46.9	1:12:22.7
114	17	Niamh Sully	F	F17-19	6:39.9	2:04.3	44:36.7	0:49.7	18:29.8	1:12:40.4
115	141	Christopher Williams	M	M35-39	8:00.1	2:19.0	42:56.8	0:54.5	19:42.4	1:13:52.9
116	115	Stuart Hamilton	M	M45-49	8:28.6	2:49.8	42:47.5	0:49.7	20:45.9	1:15:41.7
117	36	niamh kennedy	F	F25-29	7:36.1	2:49.1	46:17.1	0:30.7	18:31.4	1:15:44.5
118	21	Rachel Carr	F	F30-34	6:40.7	1:20.4	52:56.7	0:49.3	15:15.0	1:17:02.3
119	20	Corinne Barr	F	F50-54	7:55.2	2:08.2	48:20.1	0:38.7	20:41.7	1:19:44.1
120	41	Pat Jackson	F	F50-54	8:45.4	2:44.9	56:25.7	0:30.6	17:32.7	1:25:59.5