

East Coast Triathlon 2013

Female Open Winners

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Catherine Lee	1	4:28.6	2	0:55.3	2	34:51.9	1	0:45.0	1	11:08.0	52:09.0
2	Suzanne Orr	3	5:31.1	1	0:46.4	1	33:55.3	2	0:53.0	3	13:17.0	54:23.0
3	Steph Pain	2	5:06.9	3	1:24.7	3	34:53.1	3	0:59.2	2	12:33.1	54:57.2

Female 16 and under

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Catriona Delaney	1	4:48.5	1	0:44.4	1	38:57.6	1	0:17.3	1	15:09.5	59:57.5

Female 25 to 29

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Jenny Adams	1	4:58.5	1	1:04.1	1	35:06.7	1	0:45.4	2	15:35.9	57:30.8
2	Franziska Brugger	3	7:44.8	4	3:03.5	2	40:27.5	4	1:02.4	1	13:31.3	1:05:49.8
3	Kerrie Gallagher	2	6:52.4	3	2:27.4	3	41:45.2	3	0:59.0	3	16:22.3	1:08:26.4
4	Zoe Cleaver	4	7:55.0	2	2:21.5	4	44:51.4	2	0:56.4	4	19:18.0	1:15:22.4
5	Louise James	5	9:39.8	5	3:22.3	5	50:08.3	5	1:23.8	5	23:42.7	1:28:17.1

Female 30 to 34

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Sara Ishmael	4	6:41.2	3	1:32.0	2	36:16.4	2	0:50.6	1	12:39.6	58:00.0
2	Maria Alborough	2	5:35.0	1	1:08.6	1	35:39.6	3	0:56.7	6	15:40.2	59:00.3
3	Victoria Swanston	7	7:18.3	5	1:48.5	4	38:22.6	1	0:40.3	2	13:15.4	1:01:25.2
4	Amy Harrison	1	5:19.5	2	1:15.4	3	36:29.0	4	1:00.0	8	17:43.3	1:01:47.4
5	Kitty Rosser	3	6:38.4	4	1:42.1	6	40:15.4	8	1:20.6	4	15:02.5	1:04:59.2
6	laura keenan	6	7:12.7	6	2:26.4	7	40:55.8	6	1:09.4	3	13:23.7	1:05:08.2
7	Helen Freeman	5	6:47.2	8	2:39.4	5	40:07.6	5	1:01.8	5	15:22.3	1:05:58.4
8	Candice Westaway	8	8:15.0	7	2:37.5	8	46:21.1	7	1:16.7	7	16:40.0	1:15:10.6

Female 35 to 39

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Lisa Dann	2	5:07.3	2	1:14.1	1	34:50.2	2	0:33.5	5	15:15.9	57:01.2
2	Suzy Jermyn	6	8:10.9	4	1:54.2	2	36:04.3	8	1:04.1	2	14:19.0	1:01:32.7
3	Elizabeth Bellinger	1	3:57.9	1	1:12.8	5	42:45.5	7	1:00.3	1	12:53.6	1:01:50.3
4	Michelle Hughes	8	9:29.6	3	1:48.2	4	42:40.5	1	0:24.6	4	14:32.5	1:08:55.6
5	Belinda Nichols	7	8:30.9	7	2:20.2	6	46:47.0	5	0:56.5	3	14:23.5	1:12:58.2
6	Julie Reynolds	4	7:09.9	9	4:20.0	3	42:36.1	6	0:58.0	7	18:45.5	1:13:49.6
7	Zoe Slater	3	6:44.7	5	1:55.5	7	46:58.3	4	0:52.7	8	19:34.1	1:16:05.5
8	Nicola Atter	9	9:34.8	6	2:04.7	8	57:10.1	3	0:42.1	6	17:11.7	1:26:43.6

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Female 40 to 44

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Liz Millar	1	5:29.1	2	1:16.9	2	38:48.0	3	1:01.2	2	11:15.8	57:51.1
2	Dawn D'Amarco	3	6:45.8	1	1:09.8	4	39:28.3	5	1:14.1	1	10:44.0	59:22.2
3	Emma Mccoll	2	5:42.4	3	1:49.5	3	38:59.0	1	0:39.5	3	13:19.8	1:00:30.4
4	Belinda Dawson	4	7:39.1	4	2:09.1	1	38:26.0	4	1:08.5	4	16:18.6	1:05:41.6
5	Shani Hall	5	7:45.3	5	2:24.4	5	41:55.3	2	1:00.3	5	17:20.2	1:10:25.6
6	Bennett Glynis	6	8:02.3	6	2:53.7	6	45:08.0	6	1:22.1	6	21:58.9	1:19:25.1

Female 45 to 49

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Diane Swanepoel	1	4:44.0	1	1:03.8	1	34:01.1	4	0:55.6	2	14:46.3	55:30.9
2	Adele Postle	3	6:31.1	3	1:27.8	3	36:35.1	6	1:01.0	1	12:57.0	58:32.1
3	Tina Delaney	4	6:45.4	4	1:32.4	2	36:05.5	1	0:43.9	6	17:48.4	1:02:55.6
4	joanne flegg	5	6:59.4	2	1:16.0	4	38:01.1	3	0:54.1	4	15:52.5	1:03:03.2
5	Rachael Goldsmith	2	6:11.4	5	1:38.6	5	38:13.4	2	0:50.6	5	16:18.7	1:03:12.8
6	Jo to be confirmed	6	8:27.5	7	3:25.4	6	44:11.3	5	0:59.7	3	15:32.7	1:12:36.8
7	Michelle Rodwell	7	9:17.7	6	2:38.2	7	48:12.1	7	1:17.0	7	19:23.0	1:20:48.1

Female 50 to 54

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Jane Blackwell	1	5:01.0	1	0:59.1	1	32:58.1	1	1:07.1	1	16:11.8	56:17.3
2	Caroline Goldsworthy	2	7:23.6	2	1:52.7	2	36:40.9	4	2:01.0	2	17:48.2	1:05:46.6
3	Dee Miller	4	10:00.3	4	3:45.8	3	45:48.0	3	1:22.1	3	18:27.3	1:19:23.6
4	Corinne Barr	3	8:14.5	3	3:28.8	4	51:45.2	2	1:16.8	4	22:56.9	1:27:42.4

Female 55 to 59

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Lyn Foster	2	7:41.6	1	1:15.5	1	36:23.8	2	1:30.8	1	13:50.0	1:00:41.9
2	Jill Wilshaw	1	7:11.8	2	1:46.9	2	38:55.9	1	1:09.3	2	15:03.7	1:04:07.8

Female 60 to 64

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Mary Jermyn	1	12:20.1	1	2:06.5	1	49:11.1	1	0:49.3	1	24:29.2	1:28:56.5

Female 65 to 69

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	suzanne clarke	1	8:25.5	1	4:43.6	1	48:38.1	1	3:21.0	1	19:20.9	1:24:29.3

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Male Open Winners

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	James Farren	2	4:22.9	3	0:43.8	2	27:29.7	1	0:33.6	1	9:44.7	42:54.9
2	Andy Atthowe	1	4:15.0	2	0:40.7	3	27:37.1	2	0:35.3	3	11:05.3	44:13.5
3	neil catling	3	5:18.2	1	0:30.0	1	27:19.8	3	0:43.8	2	10:26.0	44:18.0

Male 16 and under

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Peter Bates	1	4:33.1	1	0:56.2	1	33:49.6	1	0:23.1	1	11:24.5	51:06.8

Male 17 to 19

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Matthew Murray-Downing	1	4:58.6	1	0:37.5	1	35:08.9	2	0:49.0	2	15:41.9	57:16.0
2	Robert Giles	2	7:32.3	2	2:40.7	2	38:15.1	1	0:36.5	1	15:21.5	1:04:26.3

Male 25 to 29

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Danny Wood	3	5:16.9	2	0:45.5	1	29:40.1	2	0:38.3	1	11:20.1	47:41.1
2	Dan Hustwayte	2	5:14.5	9	1:31.6	2	30:52.2	1	0:31.3	4	12:48.4	50:58.2
3	Simon Cuthell	7	5:37.6	6	1:06.4	3	32:35.0	8	0:53.6	5	12:50.1	53:02.9
4	Mark Caddy	6	5:31.8	7	1:13.9	4	33:21.1	7	0:52.5	3	12:42.9	53:42.3
5	Steven Gresham	9	5:58.8	4	1:00.0	5	35:06.5	11	0:58.6	2	11:29.1	54:33.2
6	Oscar Doyle	5	5:27.1	8	1:15.3	6	35:43.8	12	1:12.5	10	15:29.2	59:08.0
7	daniel davies	10	6:46.1	3	0:47.0	8	36:11.6	3	0:41.5	7	14:51.9	59:18.3
8	Daniel Rayner	4	5:26.7	1	0:44.6	11	38:46.5	9	0:56.2	6	14:05.9	1:00:00.1
9	Paul Jackson	1	5:09.1	5	1:03.1	10	38:42.1	6	0:48.2	9	15:17.3	1:00:59.9
10	Nathaniel Blackman	8	5:48.6	10	1:55.4	9	37:52.9	10	0:57.0	8	14:54.7	1:01:28.8
11	Ricardo H Ramirez Gonzalez	11	6:53.0	12	2:48.0	7	35:44.4	4	0:43.7	11	15:52.1	1:02:01.4
12	JOHN BRADLEY	12	7:58.6	11	2:13.4	12	40:19.8	5	0:44.1	12	18:04.3	1:09:20.3

Male 30 to 34

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Matthew Hicks	2	4:53.0	1	0:52.0	1	27:44.0	3	0:46.2	1	11:20.8	45:36.2
2	Ross Lenton	6	5:38.1	5	1:10.8	2	30:04.8	11	1:10.3	2	11:26.3	49:30.5
3	Gary Fryer	7	5:47.5	7	1:18.5	3	31:56.9	5	0:53.8	5	13:01.9	52:58.8
4	Mark Austin	3	5:01.6	6	1:11.2	4	34:10.9	2	0:40.8	3	12:47.8	53:52.4
5	Rob Head	8	5:52.8	3	0:54.5	5	35:23.0	4	0:50.6	10	14:33.4	57:34.4
6	Steven Abbott	5	5:16.9	2	0:54.1	9	37:33.9	6	0:54.9	6	13:05.3	57:45.3

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7	Daniel Coughlan	4	5:13.9	9	1:54.5	7	37:13.4	10	1:10.2	7	13:06.9	58:39.0
8	Mike Mathews	10	6:39.9	8	1:52.8	6	36:59.6	1	0:34.1	4	12:51.3	58:57.9
9	Philip Reynolds	9	6:14.9	10	2:38.3	8	37:25.1	9	1:00.1	9	13:26.5	1:00:45.1
10	Anthony Bellinger	1	4:43.3	4	0:59.2	10	38:11.5	8	0:58.8	11	16:12.7	1:01:05.6
11	paul rees	11	7:00.2	11	2:47.3	11	41:14.4	7	0:56.8	8	13:19.6	1:05:18.6

Male 35 to 39

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Jamie Sparrow	7	5:01.7	1	0:30.2	4	28:42.2	5	0:33.3	1	10:42.5	45:30.0
2	Joey Mezzetti	4	4:48.5	6	0:51.6	2	27:45.8	14	0:49.0	4	11:43.3	45:58.3
3	Phil Denby	2	4:32.9	10	1:21.6	1	26:47.1	9	0:41.2	13	12:45.9	46:08.8
4	chris harris	3	4:33.0	3	0:36.8	3	28:15.1	7	0:35.0	7	12:18.1	46:18.1
5	Lee Gladwell	5	4:51.2	4	0:49.9	7	30:35.5	3	0:32.1	2	11:11.6	48:00.5
6	Lee Hall`	8	5:04.8	5	0:50.8	5	30:23.4	6	0:33.3	3	11:21.1	48:13.7
7	James Needham	17	6:53.4	12	1:27.0	6	30:25.5	12	0:47.1	8	12:18.5	51:51.7
8	John Cowan	13	6:01.3	8	1:02.3	9	32:18.4	4	0:32.7	12	12:43.4	52:38.3
9	matt buckoke	18	7:18.2	9	1:08.2	11	32:41.2	15	0:54.2	5	11:44.0	53:46.0
10	David Fletcher	10	5:22.9	2	0:33.5	14	34:52.5	8	0:41.0	9	12:23.3	53:53.4
11	James Palmer	12	5:59.5	11	1:26.1	12	33:19.3	11	0:46.6	10	12:34.7	54:06.4
12	Miles Marchment	11	5:29.1	7	1:00.6	13	34:03.5	18	0:59.4	15	13:52.3	55:25.0
13	Mark Collins	9	5:22.6	17	1:43.0	16	36:28.7	1	0:30.1	6	11:59.6	56:04.1
14	James Oxbury	6	4:58.8	14	1:30.7	10	32:41.1	16	0:57.6	19	16:17.3	56:25.6
15	Andrew Hannant	14	6:02.1	13	1:28.0	15	35:26.6	10	0:43.8	14	13:27.4	57:08.0
16	Stuart Lark	1	4:25.7	15	1:40.9	17	36:59.4	17	0:57.8	18	15:47.0	59:50.9
17	Jon Holt	21	8:11.5	18	2:04.2	18	37:05.8	2	0:31.6	11	12:39.3	1:00:32.6
18	Dave Sephton	15	6:35.2	21	3:24.6	8	30:56.1	19	1:01.7	21	20:38.4	1:02:36.2
19	Paul Stroud	16	6:50.3	20	3:00.9	19	38:03.1	13	0:48.4	17	15:43.2	1:04:26.2
20	scott wallace	20	7:45.7	16	1:41.7	20	43:05.3	20	1:28.8	16	14:25.0	1:08:26.6
21	David Thornhill	19	7:35.7	19	2:54.4	21	46:07.0	21	1:40.2	20	17:41.3	1:15:58.8

Male 40 to 44

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Ben Nicholson	1	5:03.5	3	0:53.3	1	28:36.3	2	0:31.5	1	12:07.6	47:12.4
2	Michael Haines	2	5:03.9	5	0:54.1	2	32:06.0	10	0:49.7	11	13:43.1	52:36.8
3	Mark Peach	7	6:12.5	7	1:15.5	4	32:41.3	6	0:40.9	7	12:48.8	53:39.2
4	simon rafferty	8	6:20.8	6	1:04.8	5	33:13.6	7	0:42.1	8	12:48.8	54:10.3
5	DARREN NOCKELS	12	6:50.0	2	0:45.7	7	34:06.6	4	0:36.2	2	12:21.7	54:40.5
6	David Bales	15	6:54.7	1	0:44.9	6	33:51.8	16	1:03.0	3	12:34.6	55:09.3
7	Tim Bates	9	6:36.6	16	2:26.3	3	32:32.4	13	0:58.8	4	12:43.2	55:17.5
8	Simon Goldsmith	14	6:52.9	4	0:53.7	8	34:10.4	14	1:00.0	6	12:48.0	55:45.1

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9	colin moss	3	5:21.1	14	2:05.0	14	38:08.2	9	0:45.1	9	12:49.8	59:09.3
10	matt hunn	10	6:39.8	13	2:03.1	12	37:32.8	3	0:33.7	5	12:47.2	59:36.7
11	Nicholas Hansen	11	6:48.6	12	1:51.3	11	36:22.8	5	0:36.4	13	14:21.4	1:00:00.7
12	Lee Mathews	13	6:52.4	8	1:19.6	9	35:49.4	17	1:03.1	14	15:03.5	1:00:08.2
13	Andrew Hornby	4	5:52.8	15	2:09.0	10	35:57.4	15	1:00.2	15	15:42.7	1:00:42.3
14	Darren Pardon	17	9:05.1	11	1:48.3	13	38:01.2	12	0:58.2	10	13:19.9	1:03:12.8
15	Simon Drane	6	6:09.9	9	1:20.0	18	45:57.7	1	0:21.9	12	13:57.5	1:07:47.1
16	Kevin Lake	20	11:28.1	19	3:11.9	17	43:42.4	8	0:43.0	16	16:18.5	1:15:24.0
17	Martin Thornhill	16	8:59.1	18	3:11.8	16	43:08.7	18	1:20.5	17	18:48.9	1:15:29.1
18	NICK POPAY	19	10:13.7	17	3:06.2	15	40:40.9	11	0:53.0	18	21:42.8	1:16:36.9

Male 45 to 49

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Karl Read	1	4:06.7	2	0:46.5	1	27:57.2	1	0:35.7	5	12:54.4	46:20.8
2	Steve Bird	4	5:12.8	1	0:45.8	2	31:06.2	9	1:19.3	2	12:22.0	50:46.3
3	John scott	7	5:39.2	4	1:04.4	3	32:27.3	2	0:41.1	6	12:57.0	52:49.2
4	Alan Pledger	3	4:57.1	5	1:09.3	4	32:36.5	3	0:48.9	8	13:37.8	53:09.7
5	gary archdale	9	5:58.1	8	1:23.1	5	33:08.9	5	0:52.7	3	12:40.6	54:03.5
6	sam cole	8	5:46.4	3	0:48.8	6	33:18.2	4	0:51.8	7	13:26.7	54:12.1
7	Ray Reeves	10	6:03.7	9	1:26.3	7	34:03.4	7	1:03.2	1	11:51.0	54:27.7
8	David Main-reade	6	5:34.4	10	1:41.1	10	38:02.9	8	1:19.0	4	12:43.9	59:21.4
9	Steve J Miller	5	5:20.5	7	1:16.1	9	37:52.4	11	1:26.8	9	13:39.7	59:35.6
10	IAN MURGATROYD	2	4:33.1	6	1:09.9	8	35:24.7	6	1:00.7	10	18:26.4	1:00:35.0
11	Stuart Hamilton	12	8:24.0	12	2:34.4	11	42:37.2	12	1:44.1	11	23:29.2	1:18:49.2
12	Steve Halliley	11	6:56.0	11	2:12.8	12	47:10.7	10	1:25.7	12	23:31.5	1:21:16.9

Male 50 to 54

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Stuart Burn	3	6:45.7	3	1:06.6	2	33:38.6	4	0:58.7	2	12:33.2	55:02.9
2	Andy Reeves	2	5:49.6	1	0:55.9	1	33:20.4	3	0:57.9	5	13:59.4	55:03.4
3	David Giles	4	6:48.8	8	2:37.6	3	34:57.1	6	1:17.0	3	13:18.5	58:59.2
4	andy ampleford	7	7:01.6	5	1:34.3	6	38:32.2	7	1:25.9	1	10:56.9	59:31.0
5	Kevin Sheath	1	5:26.2	2	1:05.8	4	35:43.0	5	1:16.4	7	16:38.8	1:00:10.5
6	Tim MacWilliam	8	7:58.8	4	1:25.9	7	38:59.1	1	0:31.6	4	13:32.7	1:02:28.4
7	Clive Snowden	5	6:49.3	6	1:54.5	5	36:49.1	8	2:12.3	8	16:41.8	1:04:27.1
8	Damian Weare	6	6:51.0	7	2:20.8	8	40:52.3	2	0:49.9	6	14:43.0	1:05:37.1

Male 55 to 59

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Steve Pledger	1	9:03.6	1	1:31.7	1	39:23.4	1	0:29.2	1	11:43.4	1:02:11.5

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Male 60 to 64

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	keith broxton	1	7:30.9	1	1:15.4	1	38:17.8	1	1:00.6	1	12:57.1	1:01:01.9

Male 65 to 69

Place	Name	Swim Rnk	Swim Time	T1 Rnk	T1 Time	Cycle Rnk	Cycle Time	T2 Rnk	T2 Time	Run Rnk	Run Time	Chip Time
1	Dennis Freeman	2	9:45.6	2	2:15.6	1	37:54.4	2	1:20.3	1	15:33.9	1:06:49.9
2	Bob Arnell	1	8:50.4	1	1:51.8	2	48:05.1	1	0:50.3	2	16:43.8	1:16:21.6