

East Coast Triathlon 2013

Pos	Race No.	Name	Age Cat	Club	Swim		Transition 1		Cycle		Transition 2		Run		Total Time
					Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	
1	86	James Farren	M40-44	Witham Running Club	4:22.9	4	0:43.8	7	27:29.7	3	0:33.6	16	9:44.7	1	42:54.9
2	66	Andy Atthowe	M25-29	Tigerfrog Tri	4:15.0	3	0:40.7	6	27:37.1	4	0:35.3	20	11:05.3	6	44:13.5
3	84	neil catling	M30-34	Ipswich Triathlon Club	5:18.2	35	0:30.0	1	27:19.8	2	0:43.8	38	10:26.0	2	44:18.0
4	83	Jamie Sparrow	M35-39	Kings Lynn Triathlon club	5:01.7	23	0:30.2	2	28:42.2	10	0:33.3	13	10:42.5	3	45:30.0
5	69	Matthew Hicks	M30-34	Strada-Sport	4:53.0	16	0:52.0	21	27:44.0	5	0:46.2	45	11:20.8	11	45:36.2
6	78	Joey Mezzetti	M35-39	Norfolk Police Tri Club	4:48.5	13	0:51.6	20	27:45.8	6	0:49.0	51	11:43.3	16	45:58.3
7	63	Phil Denby	M35-39	Paradise Triathlon	4:32.9	7	1:21.6	64	26:47.1	1	0:41.2	32	12:45.9	38	46:08.8
8	72	chris harris	M35-39	Norfolk Police Tri Club	4:33.0	8	0:36.8	4	28:15.1	8	0:35.0	19	12:18.1	22	46:18.1
9	65	Karl Read	M45-49	North Norfolk Vikings Tri Club	4:06.7	2	0:46.5	15	27:57.2	7	0:35.7	21	12:54.4	49	46:20.8
10	75	Ben Nicholson	M40-44		5:03.5	24	0:53.3	22	28:36.3	9	0:31.5	8	12:07.6	21	47:12.4
11	109	Danny Wood	M25-29		5:16.9	34	0:45.5	11	29:40.1	11	0:38.3	25	11:20.1	10	47:41.1
12	71	Lee Gladwell	M35-39	Ashford Tri Club	4:51.2	15	0:49.9	18	30:35.5	15	0:32.1	11	11:11.6	8	48:00.5
13	96	Lee Hall`	M35-39	Tri & Tri Again Triathlon Club	5:04.8	26	0:50.8	19	30:23.4	13	0:33.3	14	11:21.1	12	48:13.7
14	101	Ross Lenton	M30-34	Dynamic Running Club	5:38.1	51	1:10.8	48	30:04.8	12	1:10.3	113	11:26.3	14	49:30.5
15	76	Steve Bird	M45-49	Tri Anglia	5:12.8	30	0:45.8	13	31:06.2	18	1:19.3	122	12:22.0	25	50:46.3
16	100	Dan Hustwayte	M25-29		5:14.5	32	1:31.6	74	30:52.2	16	0:31.3	7	12:48.4	42	50:58.2
17	64	Peter Bates	< M16's		4:33.1	10	0:56.2	29	33:49.6	37	0:23.1	3	11:24.5	13	51:06.8
18	103	James Needham	M35-39		6:53.4	94	1:27.0	70	30:25.5	14	0:47.1	47	12:18.5	23	51:51.7
19	3	Catherine Lee	F17-19	Human Performance Unit	4:28.6	6	0:55.3	27	34:51.9	47	0:45.0	42	11:08.0	7	52:09.0
20	77	Michael Haines	M40-44		5:03.9	25	0:54.1	24	32:06.0	20	0:49.7	54	13:43.1	70	52:36.8
21	115	John Cowan	M35-39		6:01.3	63	1:02.3	34	32:18.4	21	0:32.7	12	12:43.4	36	52:38.3
22	106	John scott	M45-49		5:39.2	52	1:04.4	38	32:27.3	22	0:41.1	31	12:57.0	50	52:49.2
23	95	Gary Fryer	M30-34	Tri Anglia	5:47.5	55	1:18.5	61	31:56.9	19	0:53.8	67	13:01.9	53	52:58.8
24	94	Simon Cuthell	M25-29		5:37.6	50	1:06.4	41	32:35.0	24	0:53.6	66	12:50.1	46	53:02.9
25	90	Alan Pledger	M45-49		4:57.1	17	1:09.3	45	32:36.5	25	0:48.9	50	13:37.8	68	53:09.7
26	117	Mark Peach	M40-44	GYRRC	6:12.5	68	1:15.5	57	32:41.3	28	0:40.9	29	12:48.8	43	53:39.2
27	79	Mark Caddy	M25-29		5:31.8	47	1:13.9	51	33:21.1	35	0:52.5	61	12:42.9	34	53:42.3
28	143	matt buckoke	M35-39	Norfolk Police Tri Club	7:18.2	103	1:08.2	43	32:41.2	27	0:54.2	69	11:44.0	18	53:46.0
29	92	Mark Austin	M30-34		5:01.6	22	1:11.2	49	34:10.9	45	0:40.8	28	12:47.8	40	53:52.4
30	111	David Fletcher	M35-39		5:22.9	40	0:33.5	3	34:52.5	48	0:41.0	30	12:23.3	26	53:53.4
31	139	gary archdale	M45-49		5:58.1	60	1:23.1	65	33:08.9	30	0:52.7	62	12:40.6	33	54:03.5
32	89	James Palmer	M35-39	Tri Anglia	5:59.5	62	1:26.1	68	33:19.3	33	0:46.6	46	12:34.7	30	54:06.4
33	82	simon rafferty	M40-44	Tri & Tri Again Triathlon Club	6:20.8	70	1:04.8	39	33:13.6	31	0:42.1	34	12:48.8	44	54:10.3
34	163	sam cole	M45-49	Rock Estate	5:46.4	54	0:48.8	17	33:18.2	32	0:51.8	60	13:26.7	64	54:12.1
35	11	Suzanne Orr	F45-49		5:31.1	46	0:46.4	14	33:55.3	39	0:53.0	64	13:17.0	57	54:23.0
36	91	Ray Reeves	M45-49	Rhubarb Racing	6:03.7	65	1:26.3	69	34:03.4	41	1:03.2	106	11:51.0	19	54:27.7
37	112	Steven Gresham	M25-29	Tri & Tri Again Triathlon Club	5:58.8	61	1:00.0	32	35:06.5	51	0:58.6	83	11:29.1	15	54:33.2
38	128	DARREN NOCKELS	M40-44		6:50.0	87	0:45.7	12	34:06.6	43	0:36.2	22	12:21.7	24	54:40.5

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					Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	
39	8	Steph Pain	F40-44		5:06.9	27	1:24.7	66	34:53.1	49	0:59.2	88	12:33.1	27	54:57.2
40	122	Stuart Burn	M50-54	Tri & Tri Again Triathlon Club	6:45.7	80	1:06.6	42	33:38.6	36	0:58.7	84	12:33.2	28	55:02.9
41	110	Andy Reeves	M50-54	Rhubarb Racing	5:49.6	57	0:55.9	28	33:20.4	34	0:57.9	80	13:59.4	74	55:03.4
42	141	David Bales	M40-44		6:54.7	95	0:44.9	10	33:51.8	38	1:03.0	104	12:34.6	29	55:09.3
43	114	Tim Bates	M40-44		6:36.6	73	2:26.3	113	32:32.4	23	0:58.8	86	12:43.2	35	55:17.5
44	68	Miles Marchment	M35-39		5:29.1	44	1:00.6	33	34:03.5	42	0:59.4	89	13:52.3	72	55:25.0
45	6	Diane Swanepoel	F45-49		4:44.0	12	1:03.8	36	34:01.1	40	0:55.6	71	14:46.3	83	55:30.9
46	120	Simon Goldsmith	M40-44		6:52.9	92	0:53.7	23	34:10.4	44	1:00.0	92	12:48.0	41	55:45.1
47	80	Mark Collins	M35-39	Kings Lynn Triathlon club	5:22.6	39	1:43.0	84	36:28.7	69	0:30.1	6	11:59.6	20	56:04.1
48	7	Jane Blackwell	F50-54	Tri Anglia	5:01.0	21	0:59.1	30	32:58.1	29	1:07.1	108	16:11.8	105	56:17.3
49	85	James Oxbury	M35-39		4:58.8	20	1:30.7	73	32:41.1	26	0:57.6	78	16:17.3	107	56:25.6
50	23	Lisa Dann	F35-39	Tri Anglia	5:07.3	28	1:14.1	52	34:50.2	46	0:33.5	15	15:15.9	90	57:01.2
51	125	Andrew Hannant	M35-39		6:02.1	64	1:28.0	72	35:26.6	56	0:43.8	39	13:27.4	65	57:08.0
52	74	Matthew Murray-Downing	M17-19	Tri & Tri Again Triathlon Club	4:58.6	19	0:37.5	5	35:08.9	53	0:49.0	52	15:41.9	99	57:16.0
53	9	Jenny Adams	F25-29		4:58.5	18	1:04.1	37	35:06.7	52	0:45.4	44	15:35.9	97	57:30.8
54	98	Rob Head	M30-34		5:52.8	58	0:54.5	26	35:23.0	54	0:50.6	58	14:33.4	81	57:34.4
55	113	Steven Abbott	M30-34		5:16.9	33	0:54.1	25	37:33.9	80	0:54.9	70	13:05.3	54	57:45.3
56	27	Liz Millar	F40-44	Tri Anglia	5:29.1	45	1:16.9	60	38:48.0	98	1:01.2	100	11:15.8	9	57:51.1
57	21	Sara Ishmael	F30-34	Tri Anglia	6:41.2	77	1:32.0	76	36:16.4	66	0:50.6	59	12:39.6	32	58:00.0
58	29	Adele Postle	F45-49	GYCC	6:31.1	71	1:27.8	71	36:35.1	71	1:01.0	99	12:57.0	51	58:32.1
59	123	Daniel Coughlan	M30-34		5:13.9	31	1:54.5	95	37:13.4	77	1:10.2	112	13:06.9	55	58:39.0
60	119	Mike Mathews	M30-34	Rhubarb Racing	6:39.9	76	1:52.8	93	36:59.6	75	0:34.1	18	12:51.3	47	58:57.9
61	159	David Giles	M50-54		6:48.8	85	2:37.6	118	34:57.1	50	1:17.0	120	13:18.5	58	58:59.2
62	10	Maria Alborough	F30-34		5:35.0	49	1:08.6	44	35:39.6	57	0:56.7	75	15:40.2	98	59:00.3
63	116	Oscar Doyle	M25-29		5:27.1	43	1:15.3	53	35:43.8	59	1:12.5	114	15:29.2	94	59:08.0
64	146	colin moss	M40-44		5:21.1	38	2:05.0	102	38:08.2	88	0:45.1	43	12:49.8	45	59:09.3
65	144	daniel davies	M25-29		6:46.1	82	0:47.0	16	36:11.6	65	0:41.5	33	14:51.9	84	59:18.3
66	102	David Main-reade	M45-49		5:34.4	48	1:41.1	81	38:02.9	86	1:19.0	121	12:43.9	37	59:21.4
67	22	Dawn D'Amarco	F40-44	West Suffolk Wheelers and Tri	6:45.8	81	1:09.8	46	39:28.3	104	1:14.1	115	10:44.0	4	59:22.2
68	138	andy ampleford	M50-54	Tri & Tri Again Triathlon Club	7:01.6	99	1:34.3	78	38:32.2	95	1:25.9	130	10:56.9	5	59:31.0
69	88	Steve J Miller	M45-49		5:20.5	37	1:16.1	59	37:52.4	81	1:26.8	131	13:39.7	69	59:35.6
70	168	matt hunn	M40-44		6:39.8	75	2:03.1	99	37:32.8	79	0:33.7	17	12:47.2	39	59:36.7
71	87	Stuart Lark	M35-39		4:25.7	5	1:40.9	80	36:59.4	74	0:57.8	79	15:47.0	102	59:50.9
72	1	Catriona Delaney	> F16's		4:48.5	14	0:44.4	8	38:57.6	100	0:17.3	1	15:09.5	89	59:57.5
73	105	Daniel Rayner	M25-29		5:26.7	42	0:44.6	9	38:46.5	97	0:56.2	72	14:05.9	75	1:00:00.1
74	97	Nicholas Hansen	M40-44		6:48.6	84	1:51.3	90	36:22.8	67	0:36.4	23	14:21.4	77	1:00:00.7
75	127	Lee Mathews	M40-44		6:52.4	90	1:19.6	62	35:49.4	61	1:03.1	105	15:03.5	87	1:00:08.2
76	107	Kevin Sheath	M50-54	Tri Surfers	5:26.2	41	1:05.8	40	35:43.0	58	1:16.4	116	16:38.8	112	1:00:10.5

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Pos	Race No.	Name	Age Cat	Club	Swim		Transition 1		Cycle		Transition 2		Run		Total Time
					Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	
77	16	Emma Mccoll	F40-44		5:42.4	53	1:49.5	89	38:59.0	101	0:39.5	26	13:19.8	60	1:00:30.4
78	152	Jon Holt	M35-39		8:11.5	119	2:04.2	100	37:05.8	76	0:31.6	9	12:39.3	31	1:00:32.6
79	81	IAN MURGATROYD	M45-49	RAF Honington station band	4:33.1	9	1:09.9	47	35:24.7	55	1:00.7	98	18:26.4	123	1:00:35.0
80	25	Lyn Foster	F55-59		7:41.6	110	1:15.5	56	36:23.8	68	1:30.8	133	13:50.0	71	1:00:41.9
81	99	Andrew Hornby	M40-44		5:52.8	59	2:09.0	104	35:57.4	62	1:00.2	94	15:42.7	100	1:00:42.3
82	118	Philip Reynolds	M30-34		6:14.9	69	2:38.3	120	37:25.1	78	1:00.1	93	13:26.5	63	1:00:45.1
83	126	Paul Jackson	M25-29		5:09.1	29	1:03.1	35	38:42.1	96	0:48.2	48	15:17.3	91	1:00:59.9
84	121	keith broxton	M60-64	Feilxstowe Road Runners	7:30.9	106	1:15.4	54	38:17.8	92	1:00.6	97	12:57.1	52	1:01:01.9
85	67	Anthony Bellinger	M30-34		4:43.3	11	0:59.2	31	38:11.5	89	0:58.8	85	16:12.7	106	1:01:05.6
86	19	Victoria Swanston	F30-34		7:18.3	104	1:48.5	88	38:22.6	93	0:40.3	27	13:15.4	56	1:01:25.2
87	93	Nathaniel Blackman	M25-29		5:48.6	56	1:55.4	97	37:52.9	82	0:57.0	77	14:54.7	85	1:01:28.8
88	36	Suzy Jermyn	F35-39		8:10.9	118	1:54.2	94	36:04.3	63	1:04.1	107	14:19.0	76	1:01:32.7
89	12	Amy Harrison	F30-34	Tri Anglia	5:19.5	36	1:15.4	55	36:29.0	70	1:00.0	91	17:43.3	119	1:01:47.4
90	2	Elizabeth Bellinger	F35-39		3:57.9	1	1:12.8	50	42:45.5	118	1:00.3	96	12:53.6	48	1:01:50.3
91	131	Ricardo H Ramirez Gonzalez	M25-29		6:53.0	93	2:48.0	124	35:44.4	60	0:43.7	37	15:52.1	103	1:02:01.4
92	148	Steve Pledger	M55-59	St. Neots Riverside Runners	9:03.6	128	1:31.7	75	39:23.4	103	0:29.2	5	11:43.4	17	1:02:11.5
93	150	Tim MacWilliam	M50-54		7:58.8	116	1:25.9	67	38:59.1	102	0:31.6	10	13:32.7	67	1:02:28.4
94	137	Dave Sephton	M35-39		6:35.2	72	3:24.6	133	30:56.1	17	1:01.7	101	20:38.4	131	1:02:36.2
95	24	Tina Delaney	F45-49		6:45.4	79	1:32.4	77	36:05.5	64	0:43.9	40	17:48.4	121	1:02:55.6
96	34	joanne flegg	F45-49	Tri Anglia	6:59.4	97	1:16.0	58	38:01.1	84	0:54.1	68	15:52.5	104	1:03:03.2
97	15	Rachael Goldsmith	F45-49		6:11.4	67	1:38.6	79	38:13.4	90	0:50.6	57	16:18.7	110	1:03:12.8
98	161	Darren Pardon	M40-44		9:05.1	129	1:48.3	87	38:01.2	85	0:58.2	82	13:19.9	61	1:03:12.8
99	30	Jill Wilshaw	F55-59	West Suffolk Wheelers and Tri	7:11.8	101	1:46.9	85	38:55.9	99	1:09.3	110	15:03.7	88	1:04:07.8
100	157	Paul Stroud	M35-39		6:50.3	88	3:00.9	127	38:03.1	87	0:48.4	49	15:43.2	101	1:04:26.2
101	145	Robert Giles	M17-19		7:32.3	107	2:40.7	122	38:15.1	91	0:36.5	24	15:21.5	92	1:04:26.3
102	136	Clive Snowden	M50-54	Oasis Langkawi	6:49.3	86	1:54.5	96	36:49.1	73	2:12.3	137	16:41.8	114	1:04:27.1
103	35	Kitty Rosser	F30-34	Tri Anglia	6:38.4	74	1:42.1	83	40:15.4	106	1:20.6	125	15:02.5	86	1:04:59.2
104	37	laura keenan	F30-34		7:12.7	102	2:26.4	114	40:55.8	111	1:09.4	111	13:23.7	62	1:05:08.2
105	162	paul rees	M30-34		7:00.2	98	2:47.3	123	41:14.4	112	0:56.8	76	13:19.6	59	1:05:18.6
106	108	Damian Weare	M50-54		6:51.0	89	2:20.8	110	40:52.3	110	0:49.9	55	14:43.0	82	1:05:37.1
107	50	Belinda Dawson	F40-44	Ipswich Triathlon Club	7:39.1	109	2:09.1	105	38:26.0	94	1:08.5	109	16:18.6	109	1:05:41.6
108	31	Caroline Goldsworthy	F50-54	Ipswich Triathlon Club	7:23.6	105	1:52.7	92	36:40.9	72	2:01.0	136	17:48.2	120	1:05:46.6
109	55	Franziska Brugger	F25-29	Dynamic Fitness	7:44.8	111	3:03.5	128	40:27.5	108	1:02.4	103	13:31.3	66	1:05:49.8
110	51	Helen Freeman	F30-34		6:47.2	83	2:39.4	121	40:07.6	105	1:01.8	102	15:22.3	93	1:05:58.4
111	151	Dennis Freeman	M65-69		9:45.6	134	2:15.6	108	37:54.4	83	1:20.3	123	15:33.9	96	1:06:49.9
112	167	Simon Drane	M40-44		6:09.9	66	1:20.0	63	45:57.7	126	0:21.9	2	13:57.5	73	1:07:47.1
113	52	Kerrie Gallagher	F25-29		6:52.4	91	2:27.4	115	41:45.2	113	0:59.0	87	16:22.3	111	1:08:26.4
114	166	scott wallace	M35-39		7:45.7	113	1:41.7	82	43:05.3	119	1:28.8	132	14:25.0	79	1:08:26.6

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115	57	Michelle Hughes	F35-39	Tri & Tri Again Triathlon Club	9:29.6	131	1:48.2	86	42:40.5	117	0:24.6	4	14:32.5	80	1:08:55.6
116	153	JOHN BRADLEY	M25-29		7:58.6	115	2:13.4	107	40:19.8	107	0:44.1	41	18:04.3	122	1:09:20.3
117	56	Shani Hall	F40-44	Tri & Tri Again Triathlon Club	7:45.3	112	2:24.4	112	41:55.3	114	1:00.3	95	17:20.2	117	1:10:25.6
118	62	Jo to be confirmed	F45-49	Tri & Tri Again Triathlon Club	8:27.5	124	3:25.4	134	44:11.3	122	0:59.7	90	15:32.7	95	1:12:36.8
119	43	Belinda Nichols	F35-39		8:30.9	125	2:20.2	109	46:47.0	129	0:56.5	74	14:23.5	78	1:12:58.2
120	20	Julie Reynolds	F35-39		7:09.9	100	4:20.0	137	42:36.1	115	0:58.0	81	18:45.5	125	1:13:49.6
121	18	Candice Westaway	F30-34		8:15.0	121	2:37.5	117	46:21.1	128	1:16.7	117	16:40.0	113	1:15:10.6
122	40	Zoe Cleaver	F25-29	Tri & Tri Again Triathlon Club	7:55.0	114	2:21.5	111	44:51.4	123	0:56.4	73	19:18.0	127	1:15:22.4
123	165	Kevin Lake	M40-44		11:28.1	137	3:11.9	131	43:42.4	121	0:43.0	36	16:18.5	108	1:15:24.0
124	171	Martin Thornhill	M40-44		8:59.1	127	3:11.8	130	43:08.7	120	1:20.5	124	18:48.9	126	1:15:29.1
125	170	David Thornhill	M35-39		7:35.7	108	2:54.4	126	46:07.0	127	1:40.2	134	17:41.3	118	1:15:58.8
126	17	Zoe Slater	F35-39		6:44.7	78	1:55.5	98	46:58.3	130	0:52.7	63	19:34.1	130	1:16:05.5
127	140	Bob Arnell	M65-69	GYRRC	8:50.4	126	1:51.8	91	48:05.1	132	0:50.3	56	16:43.8	115	1:16:21.6
128	149	NICK POPAY	M40-44	GYCC	10:13.7	136	3:06.2	129	40:40.9	109	0:53.0	65	21:42.8	132	1:16:36.9
129	135	Stuart Hamilton	M45-49	Hamiltons Fitness	8:24.0	122	2:34.4	116	42:37.2	116	1:44.1	135	23:29.2	135	1:18:49.2
130	61	Dee Miller	F50-54	Tri & Tri Again Triathlon Club	10:00.3	135	3:45.8	136	45:48.0	125	1:22.1	127	18:27.3	124	1:19:23.6
131	42	Bennett Glynis	F40-44		8:02.3	117	2:53.7	125	45:08.0	124	1:22.1	126	21:58.9	133	1:19:25.1
132	60	Michelle Rodwell	F45-49		9:17.7	130	2:38.2	119	48:12.1	133	1:17.0	119	19:23.0	129	1:20:48.1
133	134	Steve Halliley	M45-49		6:56.0	96	2:12.8	106	47:10.7	131	1:25.7	129	23:31.5	136	1:21:16.9
134	32	suzanne clarke	F65-60		8:25.5	123	4:43.6	138	48:38.1	134	3:21.0	138	19:20.9	128	1:24:29.3
135	48	Nicola Atter	F35-39		9:34.8	132	2:04.7	101	57:10.1	138	0:42.1	35	17:11.7	116	1:26:43.6
136	49	Corinne Barr	F50-54	1 Tri a Year	8:14.5	120	3:28.8	135	51:45.2	137	1:16.8	118	22:56.9	134	1:27:42.4
137	54	Louise James	F25-29		9:39.8	133	3:22.3	132	50:08.3	136	1:23.8	128	23:42.7	137	1:28:17.1
138	58	Mary Jermyn	F60-64		12:20.1	138	2:06.5	103	49:11.1	135	0:49.3	53	24:29.2	138	1:28:56.5