

Sussex Triathlon  
Middle Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish	Lap1	Lap2	Lap3	LapFinish1
1	714	Dan	Cobby	25-29	1	M	1	Tuff Fitty Triathlon Club	0:30:27.50	0:00:00.00	2:23:07.35	0:01:06.60	1:14:27.15	4:09:08.60	0:17:34.35	0:18:16.15	0:18:28.80	0:20:07.85
2	720	Phil	Gall	40-44	1	M	2	South London Harriers				0:01:02.90	1:25:10.85	4:11:55.80	0:19:47.55	0:20:37.05	0:21:01.05	0:23:45.20
3	777	Andrew	Browning	16-24	1	M	3					0:01:00.45	1:23:13.35	4:16:19.45	0:19:39.55	0:20:25.00	0:20:15.50	0:22:53.30
4	710	Alejandro	Casado	30-34	1	M	4		0:34:46.35	0:00:00.00	2:35:41.75	0:01:19.15	1:28:01.05	4:39:48.30	0:20:33.05	0:20:30.25	0:22:08.70	0:24:49.05
5	724	Guy	Green	30-34	2	M	5		0:32:13.05	0:01:28.60	2:33:43.40	0:00:39.40	1:32:40.60	4:40:45.05	0:20:28.45	0:22:01.35	0:22:16.15	0:27:54.65
6	703	Michael	Bickers	35-39	1	M	6		0:32:20.20	0:02:38.05	2:39:16.00	0:00:51.70	1:31:08.85	4:46:14.80	0:21:47.55	0:21:54.05	0:22:44.55	0:24:42.70
7	707	Fran	Bungay	40-44	1	F	1	Tripurbeck	0:29:43.50	0:00:57.20	2:39:27.95	0:00:54.45	1:38:45.00	4:49:48.10	0:22:42.45	0:24:17.75	0:24:49.95	0:26:54.85
8	734	Matt	Johnson	25-29	2	M	7	2 Para	0:32:56.45	0:00:00.00	2:49:06.35	0:01:36.65	1:30:33.15	4:54:12.60	0:19:56.45	0:21:02.50	0:22:53.05	0:26:41.15
9	723	Nicholas	Goodfellow	30-34	3	M	8		0:32:13.40	0:01:30.15	2:36:05.00	0:01:15.35	1:43:25.45	4:54:29.35	0:23:36.35	0:24:39.30	0:25:50.70	0:29:19.10
10	757	Hugh	Scanlon	45-49	1	M	9	NLP Tri	0:31:36.90	0:03:17.00	2:37:57.30	0:01:36.40	1:40:45.15	4:55:12.75	0:23:02.40	0:23:56.30	0:24:57.55	0:28:48.90
11	717	Liam	Feetham	30-34	4	M	10		0:31:13.95	0:01:24.85	2:45:37.85	0:00:51.60	1:38:04.25	4:57:12.50	0:22:05.35	0:23:27.80	0:24:20.60	0:28:10.50
12	748	Mathew	Peacock	30-34	5	M	11		0:32:17.75	0:01:38.05	2:47:08.85	0:00:57.10	1:35:23.90	4:57:25.65	0:22:31.90	0:23:02.40	0:23:34.80	0:26:14.80
13	732	Stephen	Hosty	35-39	2	M	12		0:34:41.50	0:00:00.00	2:47:31.60	0:01:24.95	1:34:44.90	4:58:22.95	0:21:59.60	0:23:31.05	0:23:06.80	0:26:07.45
14	704	Lucy	Biddlestone	25-29	1	F	2		0:34:19.45	0:01:44.70	2:46:50.75	0:00:58.65	1:38:17.10	5:02:10.65	0:21:51.25	0:23:35.70	0:25:13.70	0:27:36.45
15	718	Micaela	Floyd	40-44	2	F	3	Tuff Fitty	0:32:26.20	0:00:00.00	2:54:07.00	0:00:58.55	1:38:05.60	5:05:37.35	0:22:53.40	0:23:34.75	0:24:25.05	0:27:12.40
16	773	Jane	Wiley	55-59	1	F	4	7Oaks Tri Club	0:34:24.30	0:00:00.00	2:47:12.65	0:01:12.00	1:43:25.60	5:06:14.55	0:25:03.70	0:25:09.90	0:25:24.35	0:27:47.65
17	763	Carlton	Spears	40-44	2	M	13	Farnham Triathlon Club	0:31:06.55	0:00:00.00	2:49:56.25	0:01:34.00	1:44:17.65	5:06:54.45	0:23:14.40	0:24:19.10	0:26:26.55	0:30:17.60
18	731	Matthew	Hicks	30-34	6	M	14	Norfolk Viking Tri	0:38:58.95	0:00:00.00	2:39:31.25	0:01:16.50	1:48:52.55	5:08:39.25	0:26:13.05	0:25:56.95	0:26:26.65	0:30:15.90
19	705	Andrew	Brenen	45-49	2	M	15		0:36:07.25	0:00:00.00	2:47:17.75	0:00:56.85	1:46:44.10	5:11:05.95	0:23:53.75	0:24:51.25	0:26:05.20	0:31:53.90
20	736	Alex	Jordan	30-34	7	M	16		0:32:58.55	0:00:00.00	2:44:04.75	0:01:22.65	1:53:12.30	5:11:38.25	0:24:23.45	0:25:43.05	0:29:31.10	0:33:34.70
21	721	Hans	Geberbauer	40-44	3	M	17	Crystal Palace Triathletes	0:38:16.75	0:01:28.15	2:50:37.90	0:01:15.80	1:40:09.80	5:11:48.40	0:22:42.25	0:24:08.50	0:24:49.10	0:28:29.95
22	778	Chris	Hill	30-34	8	M	18		0:36:43.45	0:00:00.00	2:51:28.50	0:02:23.30	1:43:36.30	5:14:11.55	0:24:38.55	0:25:47.55	0:26:11.20	0:26:59.00
23	760	Andrew	Skea	35-39	3	M	19	BRJ Run and tri						5:14:55.00				
24	715	Christopher	Davis	45-49	3	M	20		0:30:50.85	0:01:41.15	2:53:41.75	0:00:59.55	1:48:46.25	5:15:59.55	0:24:31.85	0:26:24.50	0:27:35.05	0:30:14.85
25	701	Paul	Atkinson	45-49	4	M	21	Tuff Fitty Tri Club	0:31:34.05	0:02:14.60	2:55:59.40	0:02:14.45	1:44:24.00	5:16:26.50	0:25:23.45	0:24:59.00	0:25:27.90	0:28:33.65
26	768	Russell	Thorne-Jones	40-44	4	M	22		0:31:49.20	0:01:52.45	2:50:08.10	0:01:19.90	1:51:52.65	5:17:02.30	0:25:56.85	0:26:40.25	0:27:44.35	0:31:31.20
27	772	Nick	Whitfield	45-49	5	M	23	Tri Spirit Team	0:46:08.55	0:00:00.00	2:44:18.80	0:00:53.80	1:46:16.90	5:17:38.05	0:25:25.20	0:24:54.65	0:26:37.95	0:29:19.10
28	711	David	Chambers	45-49	6	M	24		0:35:34.90	0:00:00.00	3:00:26.10	0:01:35.25	1:43:11.85	5:20:48.10	0:25:11.75	0:25:46.95	0:25:50.80	0:26:22.35
29	746	Pawel	Nowak	35-39	4	M	25		0:24:20.00	0:00:00.00	3:11:34.70	0:01:27.10	1:44:05.15	5:21:26.95	0:25:56.95	0:24:35.60	0:25:31.90	0:28:00.70
30	758	Tiago	Silva	30-34	9	M	26		0:35:31.15	0:02:05.90	2:55:46.10	0:01:46.65	1:46:23.80	5:21:33.60	0:25:13.45	0:26:00.05	0:27:09.65	0:28:00.65
31	741	Barry	McElearney	45-49	7	M	27		0:30:40.10	0:00:00.00	2:55:58.50	0:01:12.35	1:54:00.60	5:21:51.55	0:00:56.20	0:24:15.30	0:26:43.10	1:02:06.00
32	733	Mark	Jenkinson	40-44	5	M	28	Bosh-Tri	0:34:51.15	0:00:00.00	2:57:32.20	0:02:55.95	1:48:12.00	5:23:31.30	0:25:48.65	0:25:59.05	0:26:32.05	0:29:52.25
33	719	Darran	Ford	35-39	5	M	29		0:35:13.30	0:00:00.00	3:19:46.85	0:02:23.50	1:27:45.75	5:25:09.40	0:20:29.20	0:21:04.80	0:21:38.30	0:24:33.45
34	737	Dominic	Kanga	35-39	6	M	30		0:35:12.75	0:02:20.40	2:52:58.40	0:00:59.05	1:54:10.15	5:25:40.75	0:24:44.95	0:27:44.00	0:30:47.05	0:30:54.15
35	744	Alison	Mowbray	40-44	3	F	5		0:32:31.75	0:03:26.10	3:03:43.60	0:02:06.00	1:44:02.20	5:25:49.65	0:25:01.40	0:25:13.60	0:25:39.15	0:28:08.05
36	712	Michael	Chaplin	25-29	3	M	31		0:34:08.40	0:00:00.00	3:03:18.80	0:01:45.50	1:46:41.50	5:25:54.20	0:24:11.20	0:25:09.85	0:26:37.60	0:30:42.85
37	740	Scott	Mayes	35-39	7	M	32	triforce	0:40:02.00	0:02:37.45	2:59:01.10	0:01:01.40	1:44:21.95	5:27:03.90	0:24:48.60	0:25:58.35	0:25:50.85	0:27:44.15
38	759	Richard	Singer	35-39	8	M	33		0:37:27.15	0:00:00.00	2:58:32.60	0:01:18.30	1:53:32.40	5:30:50.45	0:26:31.25	0:26:26.35	0:27:56.50	0:32:38.30
39	764	Chris	Stevens	25-29	4	M	34		0:25:54.20	0:00:00.00	3:08:31.80	0:01:42.55	1:55:56.30	5:32:04.85	0:24:54.45	0:26:43.35	0:29:23.15	0:34:55.35
40	742	Robbie	McIntosh	50-54	1	M	35					0:01:51.45	1:51:16.95	5:32:36.35	0:26:00.55	0:27:24.45	0:28:30.55	0:29:21.40
41	709	Chris	Carter	35-39	9	M	36		0:34:10.95	0:00:00.00	2:52:04.00	0:02:22.45	2:04:59.10	5:33:36.50	0:29:12.75	0:30:05.90	0:30:17.10	0:35:23.35
42	728	Darren	Hall	40-44	6	M	37	1066 triathletes	0:32:31.20	0:00:00.00	3:00:59.00	0:03:01.95	1:57:22.55	5:33:54.70	0:26:05.00	0:30:03.75	0:29:54.50	0:31:19.30
43	722	Andrew	Goldsmith	45-49	8	M	38					0:01:36.35	2:02:05.80	5:35:33.95	0:27:45.80	0:30:11.65	0:30:54.15	0:33:14.20
44	754	Andre	Sacramento	35-39	10	M	39		0:34:53.90	0:00:00.00	3:06:37.20	0:01:03.60	1:53:51.10	5:36:25.80	0:28:16.75	0:33:17.20	0:24:48.75	0:27:28.40
45	726	Jan	Grzebielucha	30-34	10	M	40		0:37:45.35	0:00:00.00	2:46:44.10	0:01:41.30	2:10:34.00	5:36:44.75	0:28:19.45	0:33:20.50	0:34:01.75	0:34:52.30
46	702	Thomas	baylis	30-34	11	M	41		0:33:53.65	0:00:00.00	2:53:48.20	0:01:19.95	2:09:08.05	5:38:09.85	0:25:30.55	0:29:15.00	0:35:02.20	0:39:20.30
47	766	Keith	Sullivan	40-44	7	M	42		0:34:34.20	0:00:00.00	2:59:47.95	0:02:47.85	2:02:39.45	5:39:49.45	0:29:31.85	0:28:41.40	0:30:02.25	0:34:23.95
48	752	Shawn	Renwick	35-39	11	M	43	Thames Turbo	0:36:42.85	0:01:54.40	3:06:16.50	0:02:13.60	1:54:59.65	5:42:07.00	0:30:05.35	0:31:33.70	0:20:57.85	0:32:22.75

Sussex Triathlon  
Middle Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish	Lap1	Lap2	Lap3	LapFinish1
49	747	Carl	Paddon	30-34	12	M	44	Portsmouth Triathletes	0:40:58.20	0:03:05.40	3:13:22.25	0:02:20.95	1:42:37.70	5:42:24.50	0:23:21.80	0:25:08.80	0:26:12.25	0:27:54.85
50	729	Tod	Harrison	40-44	8	M	45		0:34:30.45	0:03:13.10	3:05:48.15	0:01:44.30	1:57:19.40	5:42:35.40	0:27:15.75	0:28:22.55	0:28:49.60	0:32:51.50
51	767	Steven	Tapp	35-39	12	M	46		0:34:25.15	0:00:00.00	2:43:21.85	0:01:16.60	2:23:46.00	5:42:49.60	0:26:31.95	0:31:20.40	0:39:44.95	0:46:08.70
52	713	Mike	Chivers	35-39	13	M	47		0:33:56.65	0:00:00.00	3:03:45.35	0:01:31.50	2:05:18.20	5:44:31.70	0:27:39.80	0:31:11.75	0:31:07.10	0:35:19.55
53	706	Alistair	Bromhead	45-49	9	M	48		0:43:56.65	0:00:00.00	3:10:32.65	0:02:26.60	1:50:06.70	5:47:02.60	0:24:28.05	0:26:59.80	0:28:02.50	0:30:36.35
54	738	Emily	Locks	25-29	2	F	6		0:34:31.70	0:00:00.00	3:10:30.00	0:02:31.05	2:00:08.15	5:47:40.90	0:27:24.10	0:28:26.70	0:30:20.45	0:33:56.90
55	749	Gareth	Peate	35-39	14	M	49		0:41:16.65	0:00:00.00	3:16:44.20	0:02:59.05	1:46:47.35	5:47:47.25	0:24:09.80	0:25:39.35	0:27:20.70	0:29:37.50
56	774	Scott	Wilkinson	35-39	15	M	50		0:35:30.15	0:00:00.00	3:15:48.70	0:02:12.95	2:00:10.30	5:53:42.10	0:27:28.85	0:29:09.00	0:30:15.20	0:33:17.25
57	769	David	Truman	50-54	2	M	51	7Oaks Tri	0:39:20.35	0:00:00.00	3:16:00.40	0:01:47.70	1:57:02.25	5:54:10.70	0:28:38.60	0:29:11.40	0:28:51.70	0:30:20.55
58	750	ALAN	PENFOLD	30-34	13	M	52	Tunbridge Wells Triathlon Club	0:33:47.35	0:03:47.90	3:07:09.35	0:03:18.90	2:06:36.65	5:54:40.15	0:28:41.90	0:31:06.85	0:32:52.40	0:33:55.50
59	708	Neil	Cann	50-54	3	M	53	Horsham Amphibians Tri	0:35:51.90	0:02:49.00	3:15:26.15	0:02:11.50	1:58:39.10	5:54:57.65	0:25:55.00	0:30:21.00	0:30:50.35	0:31:32.75
60	751	Jenny	Rawlings	25-29	3	F	7					0:02:43.30	1:58:55.80	5:55:20.65	0:27:07.80	0:29:26.35	0:30:06.75	0:32:14.90
61	739	Douglas	Mac Taggart	45-49	10	M	54					0:05:15.50	2:21:50.60	6:00:01.75	0:31:49.80	0:32:02.30	0:39:18.25	0:38:40.25
62	753	Catherine	Ruffle	35-39	1	F	8					0:02:18.75	1:59:35.20	6:03:20.75	0:27:59.55	0:29:13.60	0:29:46.55	0:32:35.50
63	716	Nick	Dennes	40-44	4	F	9	Farnham Triathlon	0:32:28.25	0:00:00.00	3:24:44.90	0:02:23.35	2:04:52.00	6:04:28.50	0:29:36.30	0:29:29.35	0:31:23.25	0:34:23.10
64	735	Sarah	Jones	30-34	1	F	10	7Oaks Tri Club	0:39:02.25	0:00:00.00	3:24:36.90	0:05:12.70	2:06:22.80	6:15:14.65	0:28:11.10	0:30:15.90	0:32:49.95	0:35:05.85
65	727	Beth	Hall	35-39	2	F	11	Bodyworks XTC	0:30:42.05	0:02:36.75	3:33:45.60	0:03:18.70	2:11:41.20	6:22:04.30	0:31:16.10	0:31:47.50	0:32:57.05	0:35:40.55
66	725	David	Green	45-49	11	M	55					0:04:24.45	2:13:36.45	6:26:32.60	0:32:54.70	0:33:21.15	0:33:08.05	0:34:12.55
67	730	Charlotte	Healy	25-29	4	F	12	Clapham Chasers	0:40:18.70	0:03:40.95	3:11:37.60	0:01:05.55	2:29:59.00	6:26:41.80				
DNF	743	James	Milne	30-34		M			0:35:57.25	0:03:44.30				DNF				
DNF	755	Bruce	Salter	35-39		M			0:39:10.35	0:00:00.00	2:54:41.60	0:01:02.90		DNF	0:25:25.35	0:28:48.85	0:02:34.65	
DNF	765	Allan	Struthers	40-44		M			0:35:32.75	0:00:00.00	3:33:43.20			DNF				