

Sussex Triathlon  
Standard Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish	Lap1	Lap2
1	394	Patrick	Hough	16-24	1	M	1							<b>2:10:47.00</b>		
2	382	Mark	Furth	35-39	1	M	2	Team T.H.E.	0:23:15.85	0:00:00.00	1:15:05.60	0:00:39.65	0:37:52.30	<b>2:16:53.40</b>	0:17:33.85	0:20:18.45
3	450	Thomas	Davis	16-24	2	M	3					0:00:51.90	0:37:14.85	<b>2:17:50.00</b>	0:17:17.00	0:19:57.85
4	431	James	Ralph	30-34	1	M	4	London Fields Triathlon Club	0:23:46.90	0:00:00.00	1:14:07.60	0:00:38.20	0:39:55.80	<b>2:18:28.50</b>	0:18:23.70	0:21:32.10
5	384	Mark	Gower	35-39	2	M	5	Southdowns Bikes	0:24:24.75	0:00:00.00	1:14:09.20	0:00:31.85	0:43:46.60	<b>2:22:52.40</b>	0:20:43.75	0:23:02.85
6	435	Gareth	Roberts	30-34	2	M	6					0:00:46.40	0:41:44.80	<b>2:24:11.35</b>	0:20:04.05	0:21:40.75
7	390	George	Higgs	45-49	1	M	7	Brighton Tri Club	0:22:57.50	0:00:00.00	1:14:54.55	0:00:46.55	0:46:43.10	<b>2:25:21.70</b>	0:21:51.55	0:24:51.55
8	383	Hugh	Gibbs	50-54	1	M	8		0:23:56.70	0:00:00.00	1:16:58.90	0:00:36.75	0:44:58.85	<b>2:26:31.20</b>	0:20:51.00	0:24:07.85
9	443	Mark	Stewart	50-54	2	M	9	Coventry Triathletes						<b>2:28:43.00</b>		
10	380	Adam	Featherstone	40-44	1	M	10		0:25:12.85	0:00:00.00	1:20:56.05	0:00:42.75	0:44:29.90	<b>2:31:21.55</b>	0:20:47.35	0:23:42.55
11	417	Robin	Monaghan	30-34	3	M	11	Brighton Tri Club	0:24:38.25	0:01:19.05	1:21:24.95	0:01:00.45	0:44:37.80	<b>2:33:00.50</b>	0:20:44.90	0:23:52.90
12	406	Paul	Lenaghan	40-44	2	M	12		0:29:17.50	0:00:00.00	1:24:01.85	0:00:36.65	0:40:09.00	<b>2:34:05.00</b>	0:19:18.25	0:20:50.75
13	421	Daryl	Nayler	35-39	3	M	13		0:28:52.35	0:00:00.00	1:20:48.75	0:01:02.55	0:43:34.70	<b>2:34:18.35</b>	0:21:07.90	0:22:26.80
14	416	Edward	Moffatt	30-34	4	M	14		0:25:02.00			0:00:46.80	0:47:41.85	<b>2:34:43.10</b>	0:22:00.40	0:25:41.45
15	370	Joris	Compiet	35-39	4	M	15		0:26:51.15	0:01:54.30	1:20:54.90	0:01:17.20	0:44:16.60	<b>2:35:14.15</b>	0:20:46.05	0:23:30.55
16	360	Timothy	Bentley	35-39	5	M	16					0:00:42.05	0:45:45.65	<b>2:35:20.00</b>	0:21:22.85	0:24:22.80
17	375	Joel	Dimmock	40-44	3	M	17		0:28:47.90	0:00:00.00	1:18:11.00	0:01:24.70	0:47:08.40	<b>2:35:32.00</b>	0:21:54.10	0:25:14.30
18	440	Piers	Shingleton	35-39	6	M	18	Serpentine RC	0:25:12.10	0:02:36.00	1:22:01.70	0:00:51.55	0:45:13.35	<b>2:35:54.70</b>	0:22:13.90	0:22:59.45
19	411	Becky	McNicholas	40-44	1	F	1	RG Active	0:25:44.70	0:00:00.00	1:27:43.20	0:00:49.70	0:42:02.00	<b>2:36:19.60</b>	0:19:57.50	0:22:04.50
20	427	Jonny	Pollard	35-39	7	M	19	LFTC	0:23:03.65	0:00:00.00	1:19:45.30	0:00:37.30	0:53:03.15	<b>2:36:29.40</b>	0:23:01.95	0:30:01.20
21	409	Iain	Martin	45-49	2	M	20		0:25:54.85	0:00:00.00	1:25:39.55	0:00:34.70	0:45:37.90	<b>2:37:47.00</b>	0:21:23.35	0:24:14.55
22	355	Jim	Ball	35-39	8	M	21		0:29:13.90	0:01:08.80	1:18:58.65	0:00:39.50	0:48:04.35	<b>2:38:05.20</b>	0:22:45.40	0:25:18.95
23	402	Joshua	Knight	30-34	5	M	22		0:24:36.90	0:00:00.00	1:25:21.55	0:01:27.40	0:46:42.85	<b>2:38:08.70</b>	0:21:25.45	0:25:17.40
24	438	Lisa	Schäfer	25-29	1	F	2		0:24:27.20	0:00:00.00	1:22:38.55	0:00:30.35	0:50:37.20	<b>2:38:13.30</b>	0:22:53.35	0:27:43.85
25	451	Robert	Slaughter	45-49	3	M	23					0:00:42.15	0:49:35.45	<b>2:39:35.75</b>	0:23:09.00	0:26:26.45
26	433	Emma	Richards	35-39	1	F	3	Bodyworks XTC	0:24:22.35	0:00:00.00	1:25:55.50	0:00:44.75	0:48:40.40	<b>2:39:43.00</b>	0:22:27.45	0:26:12.95
27	423	Andrew	Nnando	40-44	4	M	24		0:26:06.15	0:01:40.65	1:23:31.80	0:01:06.40	0:47:27.20	<b>2:39:52.20</b>	0:22:28.65	0:24:58.55
28	363	Tony	Browne	30-34	6	M	25		0:26:58.25	0:00:00.00	1:24:18.50	0:00:53.00	0:48:11.55	<b>2:40:21.30</b>	0:21:58.90	0:26:12.65
29	428	James	Porcas	25-29	1	M	26		0:29:05.65	0:00:00.00	1:24:10.85	0:00:48.80	0:46:18.00	<b>2:40:23.30</b>	0:21:29.10	0:24:48.90
30	365	ADRIAN	CAMPBELL	45-49	4	M	27		0:25:07.55	0:00:00.00	1:26:13.50	0:01:05.55	0:47:58.50	<b>2:40:25.10</b>	0:22:00.95	0:25:57.55
31	352	Ian	Adams	35-39	9	M	28		0:28:36.90	0:00:00.00	1:24:13.70	0:01:15.90	0:46:42.70	<b>2:40:49.20</b>	0:21:30.20	0:25:12.50
32	395	Edmund	Hulme	35-39	10	M	29		0:24:56.20	0:00:00.00	1:26:34.55	0:01:19.25	0:48:06.00	<b>2:40:56.00</b>	0:22:30.40	0:25:35.60
33	414	Lissa	Mitchell	30-34	1	F	4		0:26:22.25	0:00:00.00	1:27:59.20	0:00:45.80	0:45:56.30	<b>2:41:03.55</b>	0:21:15.95	0:24:40.35
34	396	Richard	jelfs	35-39	11	M	30	London Fields Triathlon				0:01:05.15	0:51:04.40	<b>2:41:41.85</b>	0:23:46.55	0:27:17.85
35	436	Keith	Rochfort	30-34	7	M	31	Brighton Tri Club	0:28:40.40	0:00:00.00	1:28:55.00	0:00:39.85	0:43:45.75	<b>2:42:01.00</b>	0:20:37.95	0:23:07.80
36	420	Rodger	Morley	30-34	8	M	32		0:26:48.10	0:02:10.00	1:24:55.40	0:01:12.40	0:47:02.85	<b>2:42:08.75</b>	0:21:57.65	0:25:05.20
37	391	George	Hillier	40-44	5	M	33		0:24:22.65	0:01:39.10	1:26:02.55	0:00:56.50	0:50:13.90	<b>2:43:14.70</b>	0:23:14.45	0:26:59.45
38	401	Mark	King	45-49	5	M	34		0:29:23.30	0:01:40.90	1:21:16.15	0:01:34.50	0:49:50.30	<b>2:43:45.15</b>	0:23:38.75	0:26:11.55
39	389	Les	Harvey	40-44	6	M	35	White Wabbit	0:26:47.70	0:02:07.60	1:22:53.15	0:01:01.95	0:52:01.75	<b>2:44:52.15</b>	0:24:39.25	0:27:22.50
40	377	Matt	East	35-39	12	M	36		0:27:12.20	0:00:00.00	1:25:30.05	0:01:01.00	0:52:43.15	<b>2:46:26.40</b>	0:23:56.85	0:28:46.30
41	374	Simon	DeVile	45-49	6	M	37		0:23:21.10	0:00:00.00	1:32:11.45	0:01:16.00	0:49:38.00	<b>2:46:26.55</b>	0:23:17.05	0:26:20.95
42	441	Tim Peter	Smith	30-34	9	M	38	London fields triathlon club				0:00:58.45	0:48:49.30	<b>2:46:40.10</b>	0:22:47.60	0:26:01.70
43	434	Jack	Ritchie	30-34	10	M	39	London Fields Triathlon Club	0:23:26.55	0:00:00.00	1:33:46.35	0:01:00.30	0:48:54.15	<b>2:47:07.35</b>	0:22:05.85	0:26:48.30
44	425	Andrew	Pinker	35-39	13	M	40	Brighton Triathlon Club	0:28:16.90	0:00:00.00	1:25:53.75	0:01:23.80	0:51:47.65	<b>2:47:22.10</b>	0:24:09.10	0:27:38.55
45	442	COLIN	STEELE	35-39	14	M	41	London Fields Triathlon Club	0:27:49.65	0:00:00.00	1:24:54.60	0:01:31.90	0:53:11.80	<b>2:47:27.95</b>	0:24:41.55	0:28:30.25

Sussex Triathlon  
Standard Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish	Lap1	Lap2
46	398	Neil	Kempshall	50-54	3	M	42	Unaffiliated	0:28:44.35	0:02:26.00	1:27:46.30	0:02:58.05	0:45:35.80	<b>2:47:30.50</b>	0:21:54.55	0:23:41.25
47	448	Luca	Trebino	45-49	7	M	43	Tunbridge Wells Harriers	0:27:08.60	0:01:48.80	1:26:26.55	0:00:58.35	0:51:30.25	<b>2:47:52.55</b>	0:23:55.85	0:27:34.40
48	362	Matthew	Bond	25-29	2	M	44		0:26:12.60	0:00:00.00	1:26:09.50	0:01:25.40	0:54:29.85	<b>2:48:17.35</b>	0:24:20.70	0:30:09.15
49	426	Robert	Plummer	30-34	11	M	45	Bodyworks XTC	0:31:51.25	0:01:41.40	1:29:35.15	0:01:07.65	0:44:03.45	<b>2:48:18.90</b>	0:20:55.30	0:23:08.15
50	424	Rachael	Ogorzalek	30-34	2	F	5	Farnham Triathlon Club	0:24:15.15	0:01:25.20	1:26:39.05	0:00:51.90	0:55:14.25	<b>2:48:25.55</b>	0:25:25.30	0:29:48.95
51	358	Michael	Beaumont	45-49	8	M	46	Icklesham Casuals FC	0:26:14.95	0:00:00.00	1:35:58.70	0:00:49.75	0:45:56.40	<b>2:48:59.80</b>	0:21:33.60	0:24:22.80
52	430	Bryan	Puszkas	25-29	3	M	47	portsmouth triathletes	0:29:51.70	0:00:00.00	1:28:38.60	0:01:08.40	0:50:55.40	<b>2:50:34.10</b>	0:24:17.85	0:26:37.55
53	376	Matt	Dowling	25-29	4	M	48		0:19:47.00	0:00:00.00	1:35:53.35	0:01:11.90	0:54:45.65	<b>2:51:37.90</b>	0:26:43.45	0:28:02.20
54	356	Red	Barker	25-29	5	M	49		0:30:57.05	0:00:00.00	1:28:17.45	0:01:30.85	0:50:58.20	<b>2:51:43.55</b>	0:24:01.50	0:26:56.70
55	364	Glenn	Campbell	45-49	9	M	50	VO2 Maximum	0:36:31.65	0:00:00.00	1:20:51.35	0:00:42.80	0:54:39.60	<b>2:52:45.40</b>	0:25:18.15	0:29:21.45
56	361	Larry	Blunden	35-39	15	M	51							<b>2:53:15.00</b>		
57	407	Dave	Liddle	45-49	10	M	52	Brighton Tri Club	0:34:20.70	0:00:00.00	1:22:50.05	0:00:41.60	0:56:25.05	<b>2:54:17.40</b>	0:27:08.95	0:29:16.10
58	422	Louise	Moore	40-44	2	F	6		0:26:52.50	0:00:00.00	1:37:03.10	0:01:16.70	0:49:32.15	<b>2:54:44.45</b>	0:23:16.20	0:26:15.95
59	357	Peter	Barnaby	40-44	7	M	53					0:01:22.45	0:53:08.05	<b>2:56:18.20</b>	0:24:48.80	0:28:19.25
60	351	A man of Kent &	Kentish Men	Team	1	T	1		0:28:24.05	0:00:00.00	1:34:22.65	0:00:53.90	0:52:53.50	<b>2:56:34.10</b>	0:24:44.05	0:28:09.45
61	439	Jack	Shearing	40-44	8	M	54		0:31:10.35	0:00:00.00	1:28:02.60	0:01:08.00	0:56:36.35	<b>2:56:57.30</b>	0:26:43.55	0:29:52.80
62	367	Jason	Chase	40-44	9	M	55	Brighton Tri Club	0:30:04.20	0:01:03.45	1:34:40.10	0:01:32.60	0:49:38.45	<b>2:56:58.80</b>	0:23:37.90	0:26:00.55
63	397	Tom	Kelly	45-49	11	M	56		0:31:36.70	0:00:00.00	1:27:33.05	0:01:38.90	0:56:36.95	<b>2:57:25.60</b>	0:27:01.50	0:29:35.45
64	432	Mike	Reed	40-44	10	M	57		0:32:02.10	0:00:00.00	1:28:04.60	0:01:10.30	0:56:22.10	<b>2:57:39.10</b>	0:25:05.70	0:31:16.40
65	392	George	Holdt	35-39	16	M	58		0:27:45.75	0:00:00.00	1:34:38.55	0:01:34.75	0:54:02.15	<b>2:58:01.20</b>	0:24:49.95	0:29:12.20
66	447	Claire	Townsend	30-34	3	F	7	Brighton Tri Club	0:31:13.35	0:00:00.00	1:32:46.00	0:01:10.75	0:53:48.85	<b>2:58:58.95</b>	0:24:46.90	0:29:01.95
67	381	David	Fee	40-44	11	M	59		0:28:27.30	0:02:28.70	1:32:47.10	0:01:05.30	0:54:56.80	<b>2:59:45.20</b>	0:25:20.30	0:29:36.50
68	403	Celia	Le Fanu	25-29	2	F	8		0:30:39.40	0:00:00.00	1:40:47.20	0:01:39.95	0:46:54.00	<b>3:00:00.55</b>	0:21:56.50	0:24:57.50
69	386	Chris	Greenaway	40-44	12	M	60		0:30:54.95	0:00:00.00	1:39:06.25	0:00:55.00	0:49:07.50	<b>3:00:03.70</b>	0:23:10.10	0:25:57.40
70	400	Tom	Kimber	25-29	6	M	61		0:33:08.05	0:00:00.00	1:30:13.45	0:01:16.95	0:56:48.45	<b>3:01:26.90</b>	0:28:13.15	0:28:35.30
71	419	Greg	Morley	25-29	7	M	62		0:29:31.20	0:02:54.65	1:31:40.00	0:00:45.20	0:56:58.55	<b>3:01:49.60</b>	0:26:06.20	0:30:52.35
72	379	Matt	Everett	30-34	12	M	63		0:28:44.95	0:02:16.20	1:30:21.85	0:01:43.90	0:59:19.10	<b>3:02:26.00</b>	0:26:57.30	0:32:21.80
73	387	Helen	Hardware	30-34	4	F	9		0:28:09.35	0:00:00.00	1:36:31.65	0:01:07.80	0:58:46.95	<b>3:04:35.75</b>	0:28:32.25	0:30:14.70
74	372	Lee	Davies	40-44	13	M	64		0:31:28.55	0:00:00.00	1:32:34.20	0:01:34.50	0:58:59.90	<b>3:04:37.15</b>	0:27:46.60	0:31:13.30
75	399	Philip	Kent	30-34	13	M	65		0:28:43.80	0:00:00.00	1:35:59.40	0:01:42.55	0:58:49.15	<b>3:05:14.90</b>	0:26:47.30	0:32:01.85
76	359	Jack	Bedford	16-24	3	M	66		0:25:44.60	0:00:00.00	1:37:54.30	0:01:11.50	1:00:42.50	<b>3:05:32.90</b>	0:33:48.55	0:26:53.95
77	404	Team	Fat Fingers of Funk	Team	2	T	2		0:26:21.20	0:00:00.00	1:39:30.75	0:01:04.25	0:59:50.50	<b>3:06:46.70</b>	0:27:00.75	0:32:49.75
78	449	Martin	Tytherleigh	50-54	4	M	67	Icklesham Casuals	0:32:25.35	0:00:00.00	1:36:34.30	0:01:25.05	0:56:34.20	<b>3:06:58.90</b>	0:26:14.05	0:30:20.15
79	418	Roger	Nicholson	40-44	14	M	68		0:27:37.85	0:00:00.00	1:36:31.90	0:01:55.65	1:07:04.05	<b>3:13:09.45</b>	0:30:57.05	0:36:07.00
80	429	Christophe	Potel	40-44	15	M	69		0:28:43.65	0:01:07.10	1:38:29.50	0:00:54.20	1:04:09.30	<b>3:13:23.75</b>	0:28:34.30	0:35:35.00
81	415	Billy	Moakes	35-39	17	M	70		0:32:30.85	0:00:00.00	1:36:18.40	0:01:24.60	1:03:35.30	<b>3:13:49.15</b>	0:28:32.20	0:35:03.10
82	446	Jacob	Thomas	35-39	18	M	71		0:36:27.45	0:00:00.00	1:38:32.35	0:01:00.65	0:57:59.00	<b>3:13:59.45</b>	0:25:37.15	0:32:21.85
83	368	Sonal	Chaudhary	35-39	2	F	10		0:30:48.50	0:00:00.00	1:50:01.25	0:01:36.30	0:54:38.60	<b>3:17:04.65</b>	0:25:46.00	0:28:52.60
84	371	Arthur	D'Autume	25-29	8	M	72		0:28:01.85	0:00:00.00	1:42:18.70	0:01:27.90	1:05:58.45	<b>3:17:46.90</b>	0:28:36.60	0:37:21.85
85	354	Clare	Appleby	30-34	5	F	11		0:28:33.95	0:00:00.00	1:46:27.25	0:01:01.35	1:03:50.75	<b>3:19:53.30</b>	0:28:33.40	0:35:17.35
86	366	Simon	Carroll	30-34	14	M	73					0:02:29.10	1:00:31.55	<b>3:28:46.35</b>	0:27:38.20	0:32:53.35
87	405	Meghan	Leaver	30-34	6	F	12		0:29:05.25	0:00:00.00	1:53:15.10	0:01:30.60	1:07:39.20	<b>3:31:30.15</b>	0:30:36.15	0:37:03.05
88	408	Wayne	Lister	35-39	19	M	74		0:44:54.45	0:00:00.00	1:43:04.65	0:03:08.80	1:01:13.50	<b>3:32:21.40</b>	0:28:40.50	0:32:33.00
89	388	Grant	Harrison	45-49	12	M	75		0:30:08.25	0:04:22.30	1:43:29.55	0:01:39.95	1:15:49.35	<b>3:35:29.40</b>	0:31:50.85	0:43:58.50
90	385	Robert	Grantham	16-24	4	M	76		0:30:09.10	0:02:12.35	1:46:22.00	0:01:03.30	1:24:16.00	<b>3:44:02.75</b>	0:43:21.50	0:40:54.50

Sussex Triathlon  
Standard Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish	Lap1	Lap2
91	452	Cliff	Wilson	45-49	13	M	77		0:47:50.55	0:03:57.60	1:41:01.85	0:02:55.50	1:08:39.55	3:44:25.05	0:31:48.10	0:36:51.45
92	353	Khusro	Ali Khan	35-39	20	M	78		0:45:06.50	0:00:00.00	1:51:44.50	0:01:21.70	1:08:45.70	3:46:58.40	0:31:35.10	0:37:10.60
93	444	Caleb	Storkey	35-39	21	M	79							4:07:43.00		