



Norwich Triathlon 2009
Sprint Triathlon Final Results 5/7/09 (10/7/09)



Pos	#	First Name	Last Name	Team name	Gender	Gpos	Cat	Cpos	Penalty Time	Swim	Cycle	Run	Finish time
1	303	Alfred	Chapman	Tri-Anglia	Male	1	B	1		00:10:42	00:32:21	00:25:39	01:08:43
2	388	Julian	Tomkinson	Tri-Anglia	Male	2	H	1		00:15:25	00:31:38	00:26:29	01:13:34
3	362	Richard	Smith	Rock Estate	Male	3	G	1		00:14:25	00:32:41	00:26:35	01:13:42
4	402	Andy	Williams	EAST COAST SURF	Male	4	I	1		00:12:15	00:35:35	00:26:29	01:14:20
5	346	Kevin	Watkinson	Tri-Anglia	Male	5	F	1		00:13:06	00:34:55	00:26:25	01:14:27
6	318	Chris	Beck	Tri-Anglia	Male	6	E	1		00:15:06	00:33:42	00:25:53	01:14:41
7	301	Jack	Wootton	Tri-Anglia	Male	7	D	1		00:13:38	00:32:20	00:28:44	01:14:43
8	387	Karl	Read	Mammoth Tri	Male	8	H	2		00:11:38	00:33:21	00:31:15	01:16:15
9	406	Graham	Chapman	Ely Runners	Male	9	J	1		00:15:07	00:35:40	00:25:40	01:16:28
10	355	Neil	Bradfield		Male	10	G	2		00:11:27	00:36:28	00:28:50	01:16:45
11	401	Simon	Moore		Male	11	I	2		00:13:38	00:35:43	00:28:01	01:17:24
12	399	James	Heath	Stowmarket Tri Club	Male	12	I	3		00:16:15	00:36:40	00:24:37	01:17:33
13	382	Scott	Gregory	Tri-Anglia	Male	13	H	3		00:12:58	00:37:03	00:27:51	01:17:53
14	340	Iain	Dawson	Tri-Anglia	Male	14	F	2		00:17:37	00:32:31	00:27:50	01:17:59
15	302	Matthew	Baker	Tri-Anglia	Male	15	B	2		00:11:17	00:34:42	00:32:20	01:18:19
16	339	Lee	Cook	Tri-Anglia	Male	16	F	3		00:17:53	00:35:33	00:25:59	01:19:26
17	361	Andrew	Mcfarland	Ipswich Triathlon Club	Male	17	G	3		00:13:28	00:37:25	00:28:37	01:19:32
18	395	John	Alston		Male	18	I	4		00:14:28	00:37:10	00:28:05	01:19:44
19	327	Rory	White		Male	19	E	2		00:13:42	00:38:41	00:28:01	01:20:25
20	350	Claire	Martin		Female	1	G	1		00:12:49	00:36:39	00:31:03	01:20:31
21	400	Neil	Holland	Tri-Anglia	Male	20	I	5		00:15:06	00:39:01	00:27:03	01:21:10
22	356	Mark	Dixon	Tri-Anglia	Male	21	G	4		00:14:52	00:36:50	00:30:27	01:22:10
23	324	Chris	Jenkins	Tri-Anglia	Male	22	E	3		00:12:58	00:38:45	00:30:32	01:22:16
24	314	Ruth	Pogonowski	Tri Sport Epping	Female	2	E	1		00:15:22	00:37:26	00:29:29	01:22:18
25	359	Paul	Harrowing		Male	23	G	5		00:17:23	00:35:33	00:29:22	01:22:20
26	352	Suzanne	Orr		Female	3	G	2		00:15:05	00:38:26	00:29:28	01:23:00
27	364	Luke	Wright		Male	24	G	6		00:16:11	00:35:32	00:31:22	01:23:06
28	319	Ian	Bromley		Male	25	E	4		00:13:59	00:39:36	00:30:16	01:23:51
29	338	John	Bromley		Male	26	F	4		00:14:30	00:39:27	00:30:19	01:24:17
30	310	Peter	Tyson		Male	27	D	2		00:15:34	00:41:42	00:27:02	01:24:18
31	390	Pryke	William	Ipswich Tri Club	Male	28	H	4		00:14:34	00:39:52	00:30:11	01:24:38
32	323	Aaron	Gentry		Male	29	E	5		00:14:03	00:35:07	00:35:44	01:24:56
33	343	Stuart	Middleton-jones		Male	30	F	5		00:16:39	00:39:53	00:28:28	01:25:01
34	307	Alexandra	Nichol	Tri-Anglia	Female	4	D	1		00:14:41	00:38:23	00:32:17	01:25:22
35	392	Dawn	Pretty	Tri-Anglia	Female	5	I	1		00:13:49	00:38:31	00:33:09	01:25:30
36	384	James	Hooper		Male	31	H	5		00:17:20	00:38:33	00:29:39	01:25:33
37	316	Sophie	Thomson		Female	6	E	2		00:15:28	00:41:13	00:29:18	01:26:00
38	383	Simon	Heath	Tri-Anglia	Male	32	H	6		00:12:39	00:43:12	00:30:15	01:26:06
39	372	Jackie	Richards	Tri-Anglia	Female	7	H	1		00:14:22	00:39:08	00:33:07	01:26:37
40	328	Sarah	Baldry		Female	8	F	1		00:14:09	00:38:26	00:34:25	01:27:01
41	365	Julia	Buckingham		Female	9	H	2		00:14:32	00:40:27	00:32:58	01:27:58
42	354	Robert	Blackham		Male	33	G	7		00:17:23	00:40:39	00:30:01	01:28:04
43	386	Kellett	Neil		Male	34	H	7		00:16:41	00:41:54	00:29:46	01:28:22
44	344	Adam	Ramsey	Ipswich Triathlon Club	Male	35	F	6		00:15:56	00:40:30	00:32:26	01:28:54
45	369	Julie	Heath	Stowmarket Tri Club	Female	10	H	3		00:18:35	00:41:49	00:28:41	01:29:06
46	326	Phil	Reynolds		Male	36	E	6		00:17:48	00:41:35	00:31:02	01:30:26
47	376	Simon	Barnard	Tri-Anglia	Male	37	H	8		00:16:15	00:39:59	00:34:28	01:30:43
48	357	Dave	Dysart	Tri-Anglia	Male	38	G	8		00:18:45	00:40:56	00:31:06	01:30:48
49	405	Stephen	Brown	n/a	Male	39	J	2		00:07:06	00:47:29	00:36:32	01:31:08
50	312	Sharmini	Kurup		Female	11	E	3		00:13:42	00:42:28	00:35:02	01:31:13
51	375	Simon	Atherton	Peelers CC	Male	40	H	9		00:21:53	00:37:54	00:31:43	01:31:31
52	332	Anna	Panton		Female	12	F	2		00:15:07	00:42:37	00:33:48	01:31:32
53	329	Kelly	Davis		Female	13	F	3		00:19:02	00:39:23	00:33:29	01:31:54

Pos	#	First Name	Last Name	Team name	Gender	Gpos	Cat	Cpos	Penalty Time	Swim	Cycle	Run	Finish time
54	336	James	Allison		Male	41	F	7		00:15:34	00:41:08	00:35:28	01:32:11
55	377	Simon	Bottomley	Ely Runners	Male	42	H	10		00:15:37	00:38:28	00:38:11	01:32:16
56	403	Ronnie	Woods		Male	43	I	6		00:19:35	00:40:11	00:32:44	01:32:30
57	349	Kathryn	Mares	Tri-Anglia	Female	14	G	3		00:15:02	00:42:35	00:35:14	01:32:52
58	309	David	Thornton	Tri-Anglia	Male	44	D	3		00:17:19	00:38:45	00:37:06	01:33:11
59	331	Victoria	Langley		Female	15	F	4		00:17:10			01:33:15
60	391	Jenny	Mayne	Tri Anglia	Female	16	I	2		00:12:42	00:41:36	00:39:27	01:33:45
61	321	Jason	Coombes		Male	45	E	7		00:17:44	00:41:30	00:35:03	01:34:18
62	313	Natalie	Novak		Female	17	E	4		00:14:59	00:45:06	00:34:33	01:34:39
63	317	Gareth	Allison		Male	46	E	8		00:18:13	00:38:26	00:38:29	01:35:09
64	379	Vince	Butler		Male	47	H	11		00:20:10	00:37:18	00:37:45	01:35:15
65	330	Marta	Gibbons	Tri-Anglia	Female	18	F	5		00:17:13	00:43:53	00:34:09	01:35:16
66	374	Donna	Whelan-smith		Female	19	H	4		00:13:57	00:43:42	00:38:12	01:35:52
67	368	Vicky	Haywood	Born2Tri	Female	20	H	5		00:17:11	00:41:49	00:37:37	01:36:37
68	398	Willey	Eldred		Male	48	I	7		00:20:25	00:44:17	00:32:23	01:37:05
69	358	Ian	Hamer	Tri-Anglia	Male	49	G	9		00:17:24	00:42:38	00:37:14	01:37:17
70	347	Kirsty	Ferris	Tri-Anglia	Female	21	G	4		00:19:05	00:42:47	00:36:41	01:38:35
71	353	Katrina	Williams	Tri-Anglia	Female	22	G	5		00:14:08	00:44:16	00:40:24	01:38:49
72	348	Helen	Jones		Female	23	G	6		00:14:19	00:43:38	00:40:52	01:38:49
73	367	Clare	Elkins		Female	24	H	6		00:21:19	00:45:58	00:32:05	01:39:23
74	363	James	Tully	Tri-Anglia	Male	50	G	10		00:24:43	00:38:42	00:35:58	01:39:23
75	380	Richard	Cook		Male	51	H	12		00:23:47	00:42:37	00:33:01	01:39:25
76	311	Beth	Coley	Tri-Anglia	Female	25	E	5		00:15:53	00:44:30	00:39:35	01:39:58
77	305	Sian	Allison		Female	26	D	2		00:17:06	00:47:29	00:36:32	01:41:08
78	366	Tanya	Crawford	Tri-Anglia	Female	27	H	7		00:17:15	00:43:59	00:40:34	01:41:48
79	373	Sati	Sembhi		Female	28	H	8		00:17:12	00:49:17	00:35:46	01:42:16
80	334	Hannah	Wallace-goodall	Tri-Anglia	Female	29	F	6		00:15:07	00:48:03	00:40:36	01:43:47
81	378	Nigel	Broom		Male	52	H	13		00:22:21	00:03:20	01:19:02	01:44:43
82	351	Clair	Nicholls		Female	30	G	7		00:21:25	00:50:26	00:36:33	01:48:26
83	337	Jon	Bendall	Tri-Anglia	Male	53	F	8		00:18:32	00:49:38	00:40:22	01:48:33
84	371	Jan	Perkins	Tri-Anglia	Female	31	H	9		00:25:03	00:44:48	00:39:25	01:49:16
85	396	Rob	Butler		Male	54	I	8		00:20:08	00:51:27	00:37:42	01:49:18
86	389	Tony	Ward	Tri-Anglia	Male	55	H	14		00:25:39	00:45:09	00:39:55	01:50:43
87	397	Jonathan	Davies	Born2Tri	Male	56	I	9		00:17:28	00:44:37	00:50:41	01:52:47
88	410	Sue	Atkinson	Tri-Anglia	Female	32	L	1		00:20:09	00:51:03	00:42:06	01:53:19
89	370	Cheryl	Jenkins	Norwich Canoe Club	Female	33	H	10		00:21:43	00:49:01	00:43:35	01:54:19

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