

## Spring Duathlon

### Gender/AG Results

Pos	Bib	AG	Name	Club	Run1	T1 + Bike	T2	Run2	Finish
Contest 1									
Female									
1.	89	1.Senior Female	Lauren Kirchel	Chelmer CC	0:21:42	0:36:59	0:00:40	0:14:52	<b>1:14:15</b>
2.	36	2.Senior Female	Denise Morley	Colchester Harriers AC	0:20:52	0:43:16	0:00:38	0:14:10	<b>1:18:56</b>
3.	68	3.Senior Female	Elizabeth Bellinger	TE	0:21:22	0:44:44	0:00:28	0:14:48	<b>1:21:23</b>
4.	72	4.Senior Female	Sharon Frost	Born2Tri	0:24:52	0:45:41	0:00:24	0:16:07	<b>1:27:06</b>
5.	53	5.Senior Female	Anna Robey	Harlow Tri Club	0:26:15	0:45:09	0:00:49	0:16:34	<b>1:28:49</b>
6.	45	6.Senior Female	Ruth Bean		0:25:12	0:48:04	0:00:50	0:16:19	<b>1:30:26</b>
7.	88	7.Senior Female	Anna Dallisson		0:26:14	0:49:09	0:01:26	0:17:53	<b>1:34:44</b>
8.	92	8.Senior Female	Ann Cook		0:24:43	0:52:14	0:01:10	0:16:56	<b>1:35:04</b>
9.	56	9.Senior Female	Debbie Barry	Harlow Triathlon Club	0:26:16	0:50:21	0:01:09	0:17:48	<b>1:35:36</b>
10.	62	10.Senior Female	Joanna Wharton		0:27:16	0:49:43	0:00:55	0:18:05	<b>1:36:00</b>
11.	85	11.Senior Female	Christine Taylor	Haverhill Running Club	0:28:37	0:50:14	0:01:06	0:18:52	<b>1:38:51</b>
12.	32	12.Senior Female	Laura Sharpe		0:27:45	0:54:01	0:00:47	0:17:58	<b>1:40:32</b>
13.	59	13.Senior Female	Julia Finch		0:29:23	0:52:29	0:01:22	0:18:41	<b>1:41:57</b>
14.	60	14.Senior Female	Hayley Rook		0:32:33	0:47:01	0:01:06	0:21:59	<b>1:42:40</b>
15.	95	15.Senior Female	Pearson Jane	Tri Sudbury	0:30:58	0:50:52	0:01:02	0:21:09	<b>1:44:03</b>
16.	48	16.Senior Female	Diana Easton	Phoenix Striders	0:29:21	0:55:40	0:00:59	0:20:35	<b>1:46:36</b>
17.	31	17.Senior Female	Katy Charlton		0:30:51	0:53:48	0:01:12	0:21:03	<b>1:46:55</b>
18.	39	18.Senior Female	Sandra Hill		0:30:38	0:54:30	0:01:25	0:21:41	<b>1:48:15</b>
19.	90	19.Senior Female	Rebecca Edwards	Tri Sudbury	0:33:42	0:53:37	0:00:35	0:25:17	<b>1:53:12</b>
20.	57	20.Senior Female	Sarah Lucas		0:34:20	0:58:55	0:01:29	0:27:00	<b>2:01:46</b>
21.	58	21.Senior Female	Kirsty Lucas		0:34:20	0:58:41	0:01:40	0:27:06	<b>2:01:50</b>
Male									
1.	46	1.Senior Male	Dan Woodcock	Loughborough Students Triathlon.	0:18:20	0:35:53	0:00:22	0:12:05	<b>1:06:41</b>
2.	79	2.Senior Male	Preece Daniel	Hadleigh Hares A.C	0:18:57	0:35:12	0:00:28	0:13:01	<b>1:07:40</b>
3.	81	3.Senior Male	Peter Simpson		0:19:17	0:38:50	0:00:31	0:12:51	<b>1:11:30</b>
4.	55	4.Senior Male	Laurence Willmott		0:20:23	0:38:08	0:00:19	0:13:05	<b>1:11:56</b>
5.	76	5.Senior Male	Lawrence Andrew	East Essex Tri	0:20:39	0:38:06	0:00:40	0:14:21	<b>1:13:48</b>
6.	84	6.Senior Male	Trevor Johnson		0:20:39	0:38:15	0:00:55	0:14:06	<b>1:13:57</b>

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Pos	Bib	AG	Name	Club	Run1	T1 + Bike	T2	Run2	Finish
7.	35	7.Senior Male	David Milligan		0:20:26	0:39:21	0:00:59	0:13:26	1:14:13
8.	51	8.Senior Male	Simon Haines	Team FitMix	0:20:53	0:38:50	0:00:58	0:13:54	1:14:37
9.	69	1.Juniors	Cameron Dix		0:20:20	0:39:56	0:00:34	0:14:30	1:15:22
10.	100	9.Senior Male	Patrick Ellerback		0:22:49	0:37:33	0:00:32	0:14:36	1:15:32
11.	78	10.Senior Male	Cook Wayne	Colchester harriers AC	0:19:27	0:42:27	0:01:00	0:12:43	1:15:39
12.	74	11.Senior Male	Bennett Paul		0:21:21	0:39:39	0:00:37	0:14:45	1:16:24
13.	97	12.Senior Male	Hunt Ian		0:21:11	0:39:53	0:00:47	0:14:54	1:16:47
14.	75	13.Senior Male	Frost Adrian	Colchester harriers	0:21:08	0:41:33	0:00:33	0:14:13	1:17:29
15.	52	14.Senior Male	Ben Hall		0:21:07	0:42:18	0:00:48	0:14:24	1:18:39
16.	87	15.Senior Male	Neil Anderson		0:21:48	0:41:31	0:00:32	0:15:11	1:19:04
17.	50	16.Senior Male	Paul Self		0:20:34	0:43:55	0:00:48	0:14:39	1:19:57
18.	82	17.Senior Male	Gary Richardson		0:21:48	0:43:58	0:00:45	0:14:12	1:20:45
19.	98	18.Senior Male	Grogan Oli		0:22:40	0:42:57	0:00:34	0:15:02	1:21:15
20.	91	19.Senior Male	Richard Kirchel		0:21:17	0:43:58	0:00:48	0:15:47	1:21:51
21.	99	20.Senior Male	John Jeff		0:22:18	0:46:23	0:00:26	0:13:21	1:22:30
22.	96	2.Juniors	Purdie Joe		0:22:02	0:43:45	0:00:21	0:16:29	1:22:39
23.	33	21.Senior Male	Gary Lane		0:21:55	0:44:23	0:01:45	0:15:11	1:23:16
24.	64	22.Senior Male	Andrew Griffin	March athletics club	0:23:04	0:43:28	0:00:30	0:17:22	1:24:25
25.	63	23.Senior Male	Paul Mcardell		0:21:48	0:45:45	0:00:44	0:16:50	1:25:09
26.	47	24.Senior Male	Carl Easton	Phoenix Striders	0:22:35	0:46:43	0:00:58	0:15:20	1:25:38
27.	38	25.Senior Male	Paul Kinzett		0:25:11	0:42:59	0:00:37	0:17:54	1:26:42
28.	83	26.Senior Male	Jon Melson		0:23:41	0:47:14	0:00:53	0:15:03	1:26:53
29.	37	27.Senior Male	Oliver Saunders		0:24:44	0:45:37	0:01:22	0:16:28	1:28:12
30.	49	28.Senior Male	Tom Noble		0:22:13	0:48:59	0:01:26	0:15:57	1:28:36
31.	43	29.Senior Male	James Fackerell		0:22:11	0:51:04	0:00:34	0:15:40	1:29:31
32.	94	3.Juniors	Mercer Rob		0:24:03	0:46:53	0:00:39	0:19:53	1:31:29
33.	34	30.Senior Male	James Parks	Farlingaye cycle club	0:24:59	0:48:20	0:00:49	0:17:49	1:31:58
34.	42	31.Senior Male	Sam Sines		0:24:27	0:51:24	0:01:33	0:15:57	1:33:23
35.	54	32.Senior Male	Michael Robey		0:26:20	0:46:46	0:01:07	0:19:45	1:33:59
36.	93	33.Senior Male	Michael Cook		0:26:51	0:50:42	0:01:21	0:17:14	1:36:09
37.	73	34.Senior Male	Brier Luke		0:22:47	1:00:10	0:00:43	0:16:35	1:40:17
38.	70	4.Juniors	Max Davonport		0:33:17	0:53:22	0:00:46	0:24:12	1:51:38

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### **Gender/AG Results**

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<b>Pos</b>	<b>Bib</b>	<b>AG</b>	<b>Name</b>	<b>Club</b>	<b>Run1</b>	<b>T1 + Bike</b>	<b>T2</b>	<b>Run2</b>	<b>Finish</b>
39.	86	35.Senior Male	Andrew Taylor		0:33:17	0:52:28	0:01:09	0:24:43	<b>1:51:39</b>

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Number of records: 60