

Mersea Sprint

Result List AG

Place	Bib	Name	YoB	Gender	Club	Swim	T1	Bike	T2	Run	Finish
Contest 1											
Female 20-39											
1.	93	Hannah Ewens	1990	f	Crystal Palace Triathletes	10:32	00:43	32:57	00:27	22:07	1:06:46
2.	5	rowena de belligny	1980	f	Blackwater Triathlon Club	11:39	01:01	36:09	00:40	23:30	1:12:58
3.	88	Elizabeth Bellinger	1978	f		10:08	00:58	38:31	00:30	24:02	1:14:09
4.	28	Ella Harvey	1981	f		12:54	01:12	37:20	00:40	26:13	1:18:19
5.	66	Rebecca Cooke	1992	f	Colchester Harriers	14:31	01:35	38:46	01:16	23:25	1:19:33
6.	50	Julia Gardiner	1978	f		13:18	01:36	39:37	00:42	24:29	1:19:42
7.	10	Ella Neale	1992	f	Colchester Harriers	13:21	01:45	39:30	01:05	24:12	1:19:53
8.	57	Santel Widdowson	1979	f		12:47	01:22	39:39	00:52	28:57	1:23:36
9.	26	Louise Coppin	1988	f	Tri-Spoke	12:27	01:11	41:41	01:00	29:32	1:25:51
10.	27	Frederike Zeltner	1984	f	London City Athletics Club	13:07	02:35	41:38	00:56	29:06	1:27:22
11.	6	Lauren Brady	1987	f		15:47	01:58	41:45	01:17	29:39	1:30:26
12.	67	Claire Alp	1979	f		14:17	02:12	44:10	00:34	29:14	1:30:26
13.	52	Eleanor Carmichael	1980	f	Leigh on Sea Striders	15:44	01:45	43:50	01:19	29:28	1:32:05
14.	95	Caroline Benn	1988	f		17:01	03:19	44:20	01:12	30:02	1:35:53
15.	33	sarah woolsmith	1980	f		16:56	02:12	44:27	01:01	31:31	1:36:07
16.	32	Yolande jones	1984	f	Results FM	14:49	03:11	45:08	01:56	38:06	1:43:10
17.	87	Rebecca Edwards	1989	f	Tri sudbury	16:03	01:28	43:10	01:02	42:35	1:44:17
18.	45	Jo Restall	1992	f	East Essex Tri Club	15:57	03:27	46:49	02:08	38:46	1:47:07
Vet Female 40-99											
1.	79	Helen Wing	1967	f		12:55	01:02	37:05	00:35	27:21	1:18:58
2.	86	Janice Page	1962	f	Harlow Tri Club	15:18	01:47	43:21	00:40	28:47	1:29:53
3.	96	Kerry Mavis	1971	f	Harlow Tri Club	15:16	02:30	44:39	00:44	27:13	1:30:21
4.	22	Charlotte Body	1974	f		11:41	01:36	42:50	01:02	34:31	1:31:40
5.	62	Jackie Morley	1965	f		15:53	02:42	42:21	01:36	33:22	1:35:54
6.	53	Ellen Hollingworth	1965	f	Stowmarket Striders	16:51	02:15	47:37	00:40	30:50	1:38:13
7.	34	Theresa Rossi	1969	f		17:45	01:57	45:43	01:07	33:48	1:40:20
8.	61	stevie harrison	1972	f	Stowmarket Striders Running Club	17:17	01:56	45:53	00:47	35:43	1:41:35
9.	43	Claire Tabor	1973	f		18:13	03:30	1:01:47	01:14	38:57	2:03:41

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Junior Male 15-19											
1.	35	Leon Wheeler	2002	m	East Essex Tri Club	09:04	00:38	35:16	00:25	19:46	1:05:09
2.	89	Charlie Marshall	1999	m		10:01	00:50	32:54	00:28	24:15	1:08:27
3.	64	Archie Cotterill	2001	m		11:21	01:15	35:12	01:21	24:44	1:13:52
4.	97	Cameron Dix	2000	m		12:16	01:00	35:38	00:32	24:34	1:14:00
5.	100	Joe Paramor	2000	m		12:58	01:32	40:38	00:54	32:20	1:28:21
Male 20-39											
1.	81	Dan Woodcock	1982	m		10:15	00:50	32:33	00:33	22:30	1:06:41
2.	24	Alistair Lawrence	1993	m		11:13	01:26	33:20	00:51	20:35	1:07:25
3.	70	Jack Gover	1992	m		12:08	01:11	34:19	00:43	21:00	1:09:20
4.	30	Benjamin Spashett	1985	m		10:46	00:38	35:17	00:33	23:19	1:10:33
5.	69	George Smith	1994	m		10:28	01:24	34:39	00:52	24:09	1:11:31
6.	11	Paul Miles	1978	m	Springfield Striders	11:59	01:49	35:22	01:07	21:17	1:11:34
7.	12	Sergio Lorenzo Azon Belarre	1990	m		11:02	01:18	35:49	00:38	23:42	1:12:29
8.	3	William Marshall	1983	m		12:41	01:11	35:05	00:36	23:02	1:12:34
9.	16	Ben Chivers	1985	m	Airofin Athletic	12:37	01:12	35:34	00:48	22:31	1:12:42
10.	73	Freddy Keefe	1996	m	Havering Tri	11:33	01:21	37:36	01:06	21:18	1:12:53
11.	58	Huw Myatt	1990	m		12:14	01:16	35:11	00:56	24:23	1:13:59
12.	74	Ruairi Kay	1982	m		11:12	00:59	35:34	00:43	25:46	1:14:14
13.	98	Paul Bennett	1982	m		12:07	01:27	35:34	00:46	24:43	1:14:37
14.	80	Ben Blackburn	1978	m		50:53		36:08			1:15:12
15.	92	Oliver Grogan	1988	m		11:35	01:48	36:37	00:59	24:24	1:15:23
16.	84	Christopher King	1980	m		11:01	01:23	37:17	01:35	25:17	1:16:32
17.	78	Andy Lonergan	1984	m		13:02	01:24	36:22	00:46	25:40	1:17:14
18.	25	Ben Griggs	1979	m		12:27	01:26	35:45	00:49	26:49	1:17:16
19.	31	Thomas Dodd	1985	m		13:21	01:06	36:45	00:38	25:27	1:17:17
20.	68	Tom Duckham	1981	m		11:36	02:30	36:54	01:21	25:00	1:17:20
21.	49	Adam Rowe	1983	m		12:48	02:39	38:18	01:01	22:57	1:17:43
22.	55	Oliver Greenall	1989	m		11:55	01:10	38:48	00:46	26:38	1:19:16
23.	76	Johnny White	1992	m		12:57	02:09	41:51	00:59	23:00	1:20:56
24.	20	Matthew Bedding	1988	m		14:05	01:46	38:50	01:11	26:29	1:22:21

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25.	99	Steven Hayes	1986	m		13:07	02:31	37:33	01:12	28:26	1:22:49
26.	17	Will Morgan	1984	m	David Lloyd Tri Club	14:45	02:41	36:39	01:34	27:20	1:22:59
27.	41	Andrew Cooper	1987	m		15:26	01:47	39:46	01:18	25:21	1:23:38
28.	7	Stuart Forgione	1982	m		13:02	02:59	38:26	01:49	28:12	1:24:28
29.	94	Richard Mansell	1986	m		12:45	01:29	36:54	01:05	32:38	1:24:50
30.	71	Oliver Sherman	1980	m		13:40	01:06	42:18	00:51	27:14	1:25:08
31.	23	Josh Congdon	1986	m		14:02	01:48	40:26	01:12	28:38	1:26:06
32.	46	Joe Flexman	1991	m		17:09	02:18	35:58	01:24	33:00	1:29:49
33.	19	Charles McAteer	1990	m		15:02	02:48	43:28	00:27	32:13	1:33:58
34.	54	Simon Shaw	1989	m		14:41	02:27	41:33	01:19	37:50	1:37:49
35.	56	Bruce Teatheredge	1989	m		14:39	04:09	47:39	01:09	30:32	1:38:07

Vet Male 40-99

1.	14	Andrew Lawrence	1975	m	East Essex Tri	10:47	01:30	33:45	00:50	23:38	1:10:30
2.	90	David Milligan	1972	m		11:41	01:48	33:42	01:08	22:17	1:10:35
3.	91	Craig Mitchell	1974	m	Craig's layer boot camp	13:43	01:16	33:52	00:42	22:56	1:12:28
4.	21	Jonathan Patterson	1977	m	Tornado Endurance	13:03	01:47	34:08	00:57	23:29	1:13:24
5.	36	James Struth	1973	m		12:27	01:08	33:37	00:52	25:30	1:13:34
6.	82	Matt Wright	1972	m	Male	13:55	01:12	36:30	00:42	22:59	1:15:18
7.	65	Colin Lanham	1975	m	East Essex Triathlon Club	13:40	01:15	37:04	00:40	23:21	1:15:59
8.	60	Graham Taylor	1973	m		12:51	01:31	36:05	01:03	27:35	1:19:04
9.	85	John Moody	1975	m	Male	15:00	00:53	37:54	00:50	24:32	1:19:09
10.	1	John Clark	1977	m	BRJ Run & Tri	13:31	01:31	38:36	00:45	25:46	1:20:09
11.	29	Mick Hayes	1972	m		13:53	02:05	36:59	00:56	26:43	1:20:36
12.	40	perry tidbury	1974	m		12:55	01:26	01:11	37:04	28:12	1:20:48
13.	42	Chris Watts	1963	m		11:41	01:48	40:32	00:33	27:34	1:22:08
14.	72	Mark Cornell	1962	m		12:48	01:19	40:33	01:53	25:49	1:22:21
15.	63	Michael Cotterill	1962	m		14:11	01:51	38:34	01:04	26:51	1:22:30
16.	59	PAUL HALSEY	1958	m		14:21	02:28	40:40	00:28	25:44	1:23:41
17.	83	Craig Groom	1975	m	Havering Tri	15:20	01:39	38:07	01:00	27:43	1:23:48
18.	77	Martin Shaw	1972	m		13:21	03:45	41:07	01:57	27:12	1:27:21
19.	2	Andrew Barnes	1975	m		12:50	03:02	41:36	01:48	29:23	1:28:39
20.	51	Ian Molineaux	1967	m		15:50	01:35	41:33	00:58	33:01	1:32:56

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21.	75	Paul Jackson	1971	m	Tornadoes Endurance	13:28	03:23	45:35	01:32	30:08	1:34:05
22.	44	Eric Mayes	1970	m		13:34	05:02	43:42	01:47	31:05	1:35:10
23.	37	Paul Coppin	1965	m		14:22	03:22	50:20	02:09	41:27	1:51:40
24.	4	Martin Blackwell	1970	m		12:37	01:13	33:58	00:47		

Number of records: 91