

## MSM: The Uckfield Autumn Triathlon. Sunday - 6 Sep 2015

Version v0a - 07:00 07/09/2015

Race	Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
Uckfield Autumn Triathlon - SPRINT									
	1	39	Lawrence Wintergold (m-J)	Mid Sussex Tri Club	00:09:07	00:27:52	00:14:21	00:51:20	
	2	46	Simon Vieweg (m-H)	Bodyworks XTC	00:08:24	00:29:18	00:14:34	00:52:16	
	3	41	Sally Baldwin (f-G)	Brighton Multisports Club	00:08:55	00:30:55	00:14:14	00:54:04	
	4	45	Russell Farley (m-F)		00:08:49	00:30:43	00:15:41	00:55:13	
	5	44	Chris Heywood (m-G)	Mid Sussex Tri Club	00:08:50	00:32:07	00:15:08	00:56:05	
	6	43	Simon Howden (m-I)	Tunbridge Wells Tri Club	00:08:03	00:35:27	00:13:49	00:57:19	
	7	42	Steven Ingham (m-J)	East Grinstead Tri Club	00:09:25	00:32:11	00:15:52	00:57:28	
	8	78	Kenneth MacSporran (m-H)		00:09:47	00:33:23	00:14:42	00:57:52	
	9	38	David Groom (m-G)	Team Lamb Shank	00:09:10	00:33:55	00:15:01	00:58:06	
	10	18	Neal Marrin (m-I)	Delucci Retreat	00:11:57	00:30:49	00:15:28	00:58:14	
	11	35	Nigel Herron (m-J)	Brighton Phoenix Tri Club	00:10:05	00:34:47	00:14:19	00:59:11	
	12	20	Rob Gardiner (m-F)		00:09:50	00:35:13	00:16:23	01:01:26	
	13	25	Claire Howard (f-G)	Tunbridge Wells Tri Club	00:10:19	00:34:54	00:16:32	01:01:45	
	14	29	Phil Long (m-I)		00:11:25	00:34:46	00:16:35	01:02:46	
	15	31	Alex Twigg (m-E)		00:11:11	00:36:55	00:14:43	01:02:49	
	16	47	Laura James (f-E)	Wimbledon Windmilers	00:08:24	00:38:10	00:17:04	01:03:38	
	17	30	Gareth Ledbetter (m-I)		00:11:47	00:35:41	00:16:11	01:03:39	
	18	36	Craig Shingfield (m-H)	Eastbourne Rovers AC	00:11:55	00:35:53	00:16:45	01:04:33	
	19	19	Steven Primrose (m-J)		00:11:36	00:36:24	00:17:10	01:05:10	
	20	8	Mark Pattinson (m-K)		00:12:17	00:38:43	00:15:20	01:06:20	
	21	16	Andy Packham (m-J)		00:11:54	00:35:33	00:18:56	01:06:23	
	22	32	Ben Barnett (m-E)	Team HCC	00:13:34	00:38:43	00:15:13	01:07:30	
	23	34	Sally Norris (f-G)		00:11:10	00:40:50	00:15:38	01:07:38	
	24	28	Guy Davies (m-L)	Freedom Tri (Crowborough)	00:10:51	00:37:38	00:20:33	01:09:02	
	25	26	Beck Howard (f-G)	Horsham Amphibians Triathlon Club	00:09:10	00:43:01	00:17:10	01:09:21	
	26	4	Kirsty Main (f-E)		00:10:37	00:40:22	00:18:28	01:09:27	
	27	17	Mike Baronti (m-J)		00:11:33	00:38:54	00:19:41	01:10:08	
	28	79	Richard Pearson (m-G)		00:12:10	00:39:31	00:18:45	01:10:26	

Race	Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
Uckfield Autumn Triathlon - SPRINT									
	29	7	Nicky Noble (m-G)		00:11:37	00:38:18	00:21:05	01:11:00	
	30	15	Royce Goldsmith (m-K)		00:12:05	00:38:47	00:21:10	01:12:02	
	31	23	Claire Lawrence (f-J)	Tunbridge Wells Tri Club	00:10:47	00:41:00	00:20:20	01:12:07	
	32	27	Jazz Shiret (f-D)	Team HCC	00:09:48	00:42:49	00:19:46	01:12:23	
	33	3	Klara Boarder (f-G)	Haywards Heath Harriers	00:12:36	00:41:59	00:18:03	01:12:38	
	34	33	Mandy Baronti (f-I)	Orpington O'Jays SC	00:10:14	00:41:25	00:21:03	01:12:42	
	35	6	Stephen Marshall (m-J)		00:11:39	00:43:34	00:18:17	01:13:30	
	36	22	Tanya Edmondson (f-L)	Rebel Tri	00:12:25	00:41:36	00:19:33	01:13:34	
	37	5	Patrick Mechen (m-M)		00:13:12	00:40:31	00:20:26	01:14:09	
	38	24	Jo Barker (f-I)		00:10:28	00:44:22	00:20:01	01:14:51	
	39	48	Grace Hancock (f-D)	Brighton Tri Club	00:11:18	00:43:11	00:21:56	01:16:25	
	40	21	Helen Waite (f-G)		00:15:12	00:45:26	00:17:08	01:17:46	
	41	10	Iain Day (m-G)		00:13:03	00:41:45	00:23:21	01:18:09	
	42	11	Helen Porter (f-F)		00:13:00	00:44:25	00:22:13	01:19:38	
	43	14	Anna Downing (f-H)		00:11:56	00:47:20	00:20:37	01:19:53	
	44	12	Valerie Barnes (f-K)	Brighton Multisports Club	00:11:47	00:44:43	00:25:29	01:21:59	
	45	13	Isabelle Doyle (f-I)	Brighton Tri Race Series	00:12:30	00:49:00	00:29:47	01:31:17	

Race	Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
Uckfield Autumn Triathlon - Novice									
	Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
	1	54	Simon Head (m-E)		00:04:08	00:21:36	00:07:51	00:33:35	
	2	69	Huw Oliphant (m-F)	Eastbourne Rovers AC	00:03:44	00:23:20	00:07:20	00:34:24	
	3	58	Badrinath Mohandas (m-G)		00:04:45	00:24:27	00:07:41	00:36:53	
	4	77	Peter Watson (m-G)		00:04:59	00:25:43	00:07:28	00:38:10	
	5	64	Anthony Delaney (m-G)		00:04:56	00:26:38	00:07:26	00:39:00	
	6	52	Mary Ross (f-F)		00:05:29	00:26:17	00:08:46	00:40:32	
	7	68	Louise Renforth (f-F)	Eastbourne Rovers AC	00:03:30	00:29:19	00:07:47	00:40:36	
	8	56	Carol Tsang (f-H)	Tunbridge Wells Tri Club	00:05:35	00:26:55	00:08:36	00:41:06	
	9	63	Gerard McHugh (m-H)		00:04:00	00:29:27	00:08:09	00:41:36	
	10	60	Catherine Head (f-E)		00:04:05	00:27:24	00:10:41	00:42:10	
	11	57	Stephen Austin (m-K)	Tunbridge Wells Harriers	00:07:07	00:27:41	00:07:38	00:42:26	
	12	74	Philippa Jones (f-I)	Thames Valley Triathletes	00:06:57	00:26:05	00:09:40	00:42:42	
	13	71	Nigel Loxton-Read (m-J)		00:03:47	00:27:44	00:11:34	00:43:05	
	14	73	Stella Richardson (f-K)	Tunbridge Wells Harriers	00:05:42	00:28:51	00:09:10	00:43:43	
	15	75	Caroline Butler (f-H)		00:04:30	00:30:11	00:09:57	00:44:38	
	16	67	Elizabeth Shackelford (f-F)		00:05:42	00:31:07	00:08:38	00:45:27	
	17	65	Keely Smith (f-H)	Brighton Tri Club	00:04:31	00:32:40	00:09:49	00:47:00	
	18	72	Daniel McIntyre (m-F)		00:05:36	00:31:24	00:10:34	00:47:34	
	19	76	Annabelle Masham (f-B)		00:04:39	00:33:19	00:09:40	00:47:38	
	20	70	Deborah McIntyre (f-G)		00:04:34	00:32:50	00:10:48	00:48:12	
	21	49	Sarah Cooper (f-L)		00:05:27	00:31:37	00:12:12	00:49:16	
	22	66	Rebecca Langley (f-G)		00:04:19	00:35:52	00:10:30	00:50:41	
	23	61	David Wren (m-K)		00:04:52	00:34:03	00:13:25	00:52:20	
	24	59	Lynda Wren (f-L)		00:05:32	00:33:23	00:13:58	00:52:53	
	25	55	Becky Taylor (f-H)		00:05:23	00:36:58	00:12:07	00:54:28	
	26	62	Matthew Masham (m-I)		00:05:18	00:41:38	00:09:40	00:56:36	
	27	50	Sarah Green (f-J)		00:06:41	00:39:14	00:13:11	00:59:06	