

MSM: The Uckfield SPRING Triathlon. Sunday - 23 April 2017 - Final

Uckfield Spring Triathlon - SPRINT

Race	Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
	1	415	Graham Little (m-I)		00:07:30	00:27:39	00:14:21	00:49:30	
	2	432	Mark Yeoman (m-H)	Sigma Sport/Viceroy	00:05:34	00:31:09	00:13:34	00:50:17	
	3	427	Richard Allen (m-E)	Weald Tri Club	00:06:12	00:30:18	00:14:12	00:50:42	
	4	429	Matt Britton (m-F)	Weald Tri Club	00:06:09	00:32:28	00:12:33	00:51:10	
	5	422	Russell Farley (m-G)		00:06:47	00:30:28	00:14:17	00:51:32	
	6	430	Thomas White (m-D)	Weald Tri Club	00:05:52	00:32:26	00:14:11	00:52:29	
	7	406	Roger Moore (m-J)	Freedom Tri (Crowborough)	00:07:32	00:31:19	00:13:59	00:52:50	
	8	416	Chris Heywood (m-G)	Fire Service	00:07:16	00:31:27	00:14:29	00:53:12	
	9	391	Ian Allen (m-I)	Team THB	00:06:54	00:31:29	00:15:18	00:53:41	
	10	428	Jon Binney (m-H)	Tri-Tempo (Eastbourne)	00:05:53	00:33:12	00:14:45	00:53:50	
	11	393	Stephen Hoare (m-I)	Active Life Tri Club	00:08:28	00:31:09	00:14:31	00:54:08	
	12	433	Michael Whiddett-Adams (m-F)	Tri-Tempo (Eastbourne)	00:06:50	00:32:40	00:15:17	00:54:47	
	13	431	Dougal Douglass (m-H)		00:06:21	00:33:26	00:15:07	00:54:54	
	14	395	Daniel Sims (m-G)		00:07:24	00:34:15	00:13:44	00:55:23	
	15	404	Lee Dunstall (m-G)	Tri-Tempo (Eastbourne)	00:07:27	00:32:46	00:15:19	00:55:32	
	16	412	Richard Bushell (m-J)	VO2 Maximum Racing Team	00:07:35	00:33:01	00:15:18	00:55:54	
	17	405	Michael King (m-F)		00:08:03	00:32:27	00:15:25	00:55:55	
	18	425	Neil Pysden (m-G)		00:07:16	00:33:21	00:15:28	00:56:05	
	19	419	James Cox (m-I)		00:07:22	00:36:37	00:13:12	00:57:11	
	20	420	Russell Levell (m-I)	Tri-Tempo (Eastbourne)	00:07:20	00:35:04	00:15:05	00:57:29	
	21	385	Nick Noble (m-G)	Cyco Rehab	00:09:35	00:32:20	00:16:00	00:57:55	
	22	402	Jo Fleming (m-I)	Mid Sussex Tri Club	00:08:10	00:35:21	00:14:27	00:57:58	
	23	390	Philip Long (m-J)	Tri-Tempo (Eastbourne)	00:08:35	00:32:26	00:17:04	00:58:05	
	24	401	Matt Daly (m-I)		00:08:50	00:34:34	00:14:58	00:58:22	
	25	367	Dominic Russell (m-G)		00:08:14	00:35:31	00:14:40	00:58:25	
	26	421	Gareth Williams (m-H)	Weald Tri Club	00:06:54	00:36:37	00:14:58	00:58:29	
	27	411	Nicholas Parrish (m-J)	Brighton Multisports	00:07:14	00:36:05	00:15:11	00:58:30	
	28	410	Kate Slee (f-H)	Active Life Tri Club	00:07:28	00:35:37	00:15:58	00:59:03	
	29	380	Francesca Gardner (f-G)	Weald Tri Club	00:07:17	00:36:42	00:15:29	00:59:28	
	30	398	Nicola Stenning (f-H)	Weald Tri Club	00:08:39	00:34:59	00:16:42	01:00:20	
	31	397	Rory Baptiste (m-E)	Weald Tri Club	00:09:05	00:35:00	00:16:36	01:00:41	
	32	384	Matthew Newbury (m-H)		00:08:21	00:36:14	00:16:21	01:00:56	
	33	407	Richard Barker (m-H)	Brighton & Hove TC	00:08:14	00:35:51	00:16:57	01:01:02	
	34	418	Sean Hambrook (m-I)	Brighton Multisports	00:06:54	00:37:58	00:16:43	01:01:35	
	35	417	Joanne Long (f-H)	Brighton Multisports	00:07:17	00:36:24	00:18:00	01:01:41	
	36	399	Simon Button (m-K)		00:08:21	00:36:10	00:17:14	01:01:45	

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	37	403	Brett Green (m-I)	Tri-Tempo (Eastbourne)	00:08:33	00:37:41	00:16:02	01:02:16	
	38	424	Dominik Short (m-I)		00:09:03	00:36:41	00:16:38	01:02:22	
	39	462	Badrinath Mohandas (m-H)		00:09:22	00:37:40	00:15:22	01:02:24	
	40	344	Kevin Burton (m-L)	Tri-Tempo (Eastbourne)	00:10:55	00:34:10	00:17:33	01:02:38	
	41	383	Derek Hamilton (m-I)		00:08:06	00:36:29	00:19:13	01:03:48	
	42	450	Simon Gould (m-L)	Team THB	00:07:03	00:37:56	00:19:16	01:04:15	
	43	409	Zoe Douglass (f-H)		00:08:20	00:37:47	00:18:12	01:04:19	
	44	396	Julian Pope (m-F)		00:08:38	00:40:04	00:15:41	01:04:23	
	45	368	Christopher West (m-G)		00:08:44	00:39:55	00:16:09	01:04:48	
	46	408	Mike Steven (m-H)		00:07:43	00:40:41	00:16:26	01:04:50	
	47	374	Peter Barnes (m-K)	Brighton Multisports	00:10:33	00:36:18	00:18:00	01:04:51	
	48	400	Stephen Marshall (m-J)		00:08:03	00:40:06	00:17:14	01:05:23	
	49	299	Andrew Stolton (m-J)	Uckfield Runners	00:11:03	00:37:41	00:16:40	01:05:24	
	50	392	Conrad Levy (m-I)	TriPals	00:08:05	00:36:07	00:21:15	01:05:27	
	51	297	Richard Page (m-L)		00:10:39	00:38:23	00:17:08	01:06:10	
	52	355	Derek Johnson (m-J)		00:09:01	00:38:28	00:18:49	01:06:18	
	53	386	Matt Coyne (m-G)	TriPals	00:07:49	00:39:54	00:18:45	01:06:28	
	54	458	Catherine Harker (f-H)		00:08:00	00:40:29	00:18:04	01:06:33	
	55	387	Jane Pendered (f-K)	Weald Tri Club	00:08:10	00:37:53	00:20:36	01:06:39	
	56	388	Leanne Sizer (f-G)	Team Endurance	00:08:44	00:40:13	00:18:08	01:07:05	
	57	377	Will Dando (m-K)	Tri-Tempo (Eastbourne)	00:10:49	00:37:15	00:19:11	01:07:15	
	58	423	Michael Gosling (m-F)	Tri-Tempo (Eastbourne)	00:07:12	00:41:42	00:18:23	01:07:17	
	59	339	Katie Wride (f-J)		00:10:14	00:38:33	00:18:47	01:07:34	
	60	375	Paul Edworthy (m-H)		00:09:33	00:39:23	00:18:39	01:07:35	
	61	376	David Offen (m-K)		00:09:18	00:41:38	00:18:02	01:08:58	
	62	389	Heather Langford-Smith (f-D)	Weald Tri Club	00:08:18	00:40:51	00:19:53	01:09:02	
	63	338	Liam Thorley (m-E)		00:11:27	00:39:57	00:17:41	01:09:05	
	64	370	Gail Creed (f-I)		00:09:58	00:40:31	00:18:46	01:09:15	
	65	413	Henry Alexander (m-J)		00:07:23	00:43:41	00:18:55	01:09:59	
	66	373	Christy Niven (f-E)		00:09:05	00:41:42	00:20:45	01:11:32	
	67	309	Hannah Norden (f-I)		00:10:49	00:40:29	00:20:53	01:12:11	
	68	371	Sarah Hambrook (f-I)	Brighton Multisports	00:10:27	00:47:10	00:17:44	01:15:21	
	69	106	Richard Cave (m-M)		00:13:58	00:41:29	00:20:16	01:15:43	
	70	426	Karen Ticehurst (f-G)		00:10:27	00:47:33	00:18:46	01:16:46	
	71	292	Graham Barham (m-H)		00:10:48	00:42:07	00:23:54	01:16:49	
	72	372	Sam Drake (f-I)	Mid Sussex Tri Club	00:10:35	00:46:48	00:21:20	01:18:43	

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	73	357	Dean Franklin (m-J)	Weald Tri Club	00:10:15	00:50:47	00:17:53	01:18:55	
	74	293	Anastasiya Khomutova (f-F)	Tri-Tempo (Eastbourne)	00:11:07	00:46:51	00:21:21	01:19:19	
	75	341	Debbie McDermott (f-J)	Tri-Tempo (Eastbourne)	00:11:11	00:46:01	00:22:09	01:19:21	
	76	369	Valerie Barnes (f-K)	Brighton Multisports	00:10:04	00:46:45	00:26:16	01:23:05	
	77	382	Charlotte Barham (f-G)		00:08:28	00:51:25	00:23:13	01:23:06	
	--	394	Jon Collett (m-I)		00:09:36	00:27:15	00:14:14	00:51:05	DNF Bike

Uckfield Spring Triathlon - Novice

Rank	RaceNo	Name	Team	Swim	Bike	Run	FINISH	Rems
1	449	Martin Hughes (m-I)	Bodyworks XTC	00:03:59	00:20:57	00:07:59	00:32:55	
2	451	Harry Hughes (m-A)	Bodyworks XTC	00:03:50	00:21:27	00:08:13	00:33:30	
3	447	Graham Lee (m-H)	Multisport-Management	00:03:40	00:23:02	00:07:59	00:34:41	
4	446	David Exall (m-H)		00:04:17	00:26:15	00:09:12	00:39:44	
5	452	Stephen Verth (m-I)	Tri-Tempo (Eastbourne)	00:03:41	00:28:00	00:09:08	00:40:49	
6	448	Jacqui Lane (f-H)	Tri-Tempo (Eastbourne)	00:04:51	00:27:03	00:08:57	00:40:51	
7	442	Neal Cass (m-H)		00:05:04	00:30:31	00:08:32	00:44:07	
8	439	Christine Tait (f-K)	Uckfield Runners	00:05:42	00:29:09	00:09:52	00:44:43	
9	440	Helen Dear (f-J)		00:05:33	00:29:40	00:10:48	00:46:01	
10	379	Donna Scott (f-H)		00:04:46	00:32:07	00:09:35	00:46:28	
11	453	Harriet Freestone (f-D)		00:03:10	00:32:51	00:10:32	00:46:33	
12	461	Charlotte Hughes (f-F)		00:03:45	00:33:02	00:10:33	00:47:20	
13	445	Pete Wilkes (m-N)	Uckfield Runners	00:06:49	00:31:54	00:10:05	00:48:48	
14	434	Caley Pearce (f-J)		00:06:48	00:32:03	00:10:26	00:49:17	
15	435	Hilary Magnall (f-J)		00:05:42	00:33:19	00:10:20	00:49:21	
16	437	Rowena O'Brien (f-I)		00:06:17	00:32:08	00:10:58	00:49:23	
17	454	Caroline Butler (f-I)		00:04:50	00:33:59	00:10:39	00:49:28	
18	455	Megan Montgomery (f-H)		00:04:55	00:33:29	00:11:35	00:49:59	
19	436	Sarah Cooper (f-L)	Uckfield Runners	00:05:30	00:33:08	00:13:14	00:51:52	
20	444	Rosalyn Edworthy (f-H)		00:04:23	00:35:15	00:12:59	00:52:37	
21	459	Judith Pyett (f-L)	Uckfield Runners	00:06:23	00:40:20	00:11:40	00:58:23	
22	441	Emma Gearing (f-G)		00:05:47	00:36:36	00:17:06	00:59:29	
23	460	Steven Ward (m-K)	Uckfield Runners	00:07:34	00:40:21	00:12:47	01:00:42	