

Grays Sprint Triathlon - 18 July 2004

Place	Race Num	Name	Club	Cat	Swim			Bike				Run			Overall		
					Time	Swim Place	in Age Grp	Time	Bike Place	in age grp	After Bike Place	in Age Grp	Time	Run Place Overall	Run Place in Age Grp	Time	Place in Age
1	165	Jon Saunders	Tri Sport Epping	ME	00:05:46	9	1	00:31:06	1	1	1	1	00:18:34	8	2	00:55:26	1
2	166	Kevin Partridge	Tri Sport Epping	MI	00:05:30	6	1	00:32:26	4	1	2	1	00:18:33	7	1	00:56:29	1
3	159	Alisdair Bruce	Tri Sport Epping	MF	00:05:50	11	2	00:33:03	6	3	6	2	00:18:26	6	2	00:57:19	1
4	178	Gary Poulter	East Essex Tri	ME	00:06:23	22	3	00:33:21	8	3	8	3	00:17:43	3	1	00:57:27	2
5	107	Greg Deacon	Castle Point Joggers	MF	00:07:55	84	13	00:31:55	2	1	10	3	00:17:43	2	1	00:57:33	2
6	149	Phil Gall	B of E Tri	MF	00:06:27	25	3	00:32:19	3	2	5	1	00:19:01	11	3	00:57:47	3
7	45	Lee Wingate	Tri Sport Epping	ME	00:06:06	15	2	00:32:36	5	2	4	2	00:19:11	12	3	00:57:53	3
8	164	Luke Partridge	Tri Sport Epping	MD	00:05:37	7	1	00:33:03	7	1	3	1	00:19:36	17	1	00:58:16	1
9	162	Ray Lawrence	Tri Sport Epping	MG	00:05:59	13	2	00:34:28	21	7	14	3	00:18:16	5	1	00:58:43	1
10	170	Paul Smith	Tri Sport Epping	MY	00:05:09	2	2	00:34:22	18	2	7	1	00:19:29	16	4	00:59:00	1
11	163	Mark Matthews	Cambridge Tri	MY	00:05:47	10	4	00:34:06	13	1	11	2	00:19:18	14	3	00:59:11	2
12	176	Graham Hart	East Essex Tri	MG	00:06:15	20	7	00:34:22	19	5	15	4	00:18:37	9	2	00:59:14	2
13	152	Stuart Paul	Tri Sport Epping	MG	00:06:06	17	5	00:33:41	10	1	9	1	00:20:20	24	4	01:00:07	3
14	180	Graham Shaddock	East Essex Tri	MG	00:06:02	14	3	00:34:24	20	6	13	2	00:19:54	19	3	01:00:20	4
15	144	Dean Sparrow	Tri Sport Epping	MH	00:06:33	30	5	00:33:36	9	1	12	1	00:20:15	23	6	01:00:24	1
16	160	Geoff Jones	Cambridge Tri	MH	00:06:24	24	2	00:34:41	22	4	19	3	00:19:26	15	3	01:00:31	2
17	155	Nigel Burvill	Tri Sport Epping	MJ	00:06:50	39	1	00:33:58	12	1	18	1	00:20:01	20	1	01:00:49	1
18	167	David crichton	Team Viper	MY	00:05:29	5	3	00:38:46	59	6	39	4	00:17:19	1	1	01:01:34	3
19	135	Mark Walker	Tri Sport Epping	MH	00:06:31	29	4	00:34:09	15	2	16	2	00:21:28	36	10	01:02:08	3
20	146	Ken Hands		0 MG	00:06:50	38	10	00:34:20	17	4	20	6	00:21:15	30	6	01:02:25	5
21	179	Chris Leeman	East Essex Tri	MH	00:06:29	27	3	00:36:33	32	7	27	6	00:19:41	18	4	01:02:43	4
22	153	Liam Proudlock		0 MH	00:07:46	78	13	00:36:55	38	9	49	11	00:18:03	4	1	01:02:44	5
23	137	Jon King		0 MH	00:06:46	35	7	00:34:59	23	5	22	4	00:21:26	35	9	01:03:11	6
24	72	Chris Lee	Team Viper	MY	00:06:17	21	7	00:38:24	54	5	48	6	00:18:48	10	2	01:03:29	4
25	129	Jess Olson		0 FE	00:06:31	28	1	00:35:06	24	1	21	1	00:22:00	46	1	01:03:37	1
26	126	Tony Rhodes	Tri Sport Epping	MK	00:07:22	58	1	00:36:27	31	2	34	1	00:20:02	21	1	01:03:51	1
27	65	Richard Fuller	East Essex Tri	MH	00:07:38	70	12	00:37:02	39	10	47	10	00:19:13	13	2	01:03:53	7
28	127	Phil Jarvis	H3O	MH	00:07:32	63	10	00:34:16	16	3	23	5	00:22:15	54	15	01:04:03	8
29	168	Charmaine Wheeler	Team Viper	FD	00:05:18	3	1	00:36:54	36	1	24	1	00:22:09	53	1	01:04:21	1
30	173	Ed Page	53 - 12	MG	00:08:39	105	24	00:34:08	14	3	25	7	00:22:00	47	9	01:04:47	6
31	171	Billy Parker-Brown	Tri Sport Epping	MY	00:04:56	1	1	00:37:58	50	4	26	3	00:22:07	50	7	01:05:01	5
32	101	Rob Fulbrook	Tri Sport Epping	MI	00:07:40	75	2	00:36:06	30	3	31	2	00:21:23	34	3	01:05:09	2
33	98	Keith Walker	Tri Sport Epping	MK	00:08:39	103	2	00:35:37	25	1	40	2	00:20:59	29	2	01:05:15	2
34	132	Joe Butcher	Tri Sport Epping	MH	00:06:24	23	1	00:37:04	40	11	29	7	00:21:47	40	13	01:05:15	9
35	71	Stephen Watkins	53 - 12	MF	00:07:07	47	6	00:36:01	29	4	28	4	00:22:22	57	8	01:05:30	4
36	151	Simon Jolly	Tri Sport Epping	MG	00:06:57	42	12	00:33:44	11	2	17	5	00:24:57	100	22	01:05:38	7

Grays Sprint Triathlon - 18 July 2004

Place	Race Num	Name	Club	Cat	Swim			Bike				Run			Overall		
					Time	Swim Place	in Age Grp	Time	Bike Place	in age grp	After Bike Place	in Age Grp	Time	Run Place Overall	Run Place in Age Grp	Time	Place in Age
37	8	James Jackson	East Essex Tri	MY	00:07:39	71	8	00:36:44	34	3	43	5	00:21:30	37	5	01:05:53	6
38	131	Tony Summers	Tri Sport Epping	MH	00:07:23	59	9	00:36:55	37	8	41	8	00:21:40	39	12	01:05:58	10
39	125	David Hamill	Met Tri	MF	00:06:53	40	4	00:36:44	35	5	30	5	00:22:28	61	10	01:06:05	5
40	147	Greg Wisken	Castle Point Joggers	MG	00:06:44	34	9	00:38:41	58	15	53	14	00:20:45	28	5	01:06:10	8
41	141	Michael Rose	gearsandtears.com	MG	00:06:29	26	8	00:37:38	46	12	37	9	00:22:07	49	10	01:06:14	9
42	106	Terry Whalley	Tri Sport Epping	MJ	00:08:04	88	3	00:35:50	26	2	35	2	00:22:35	63	2	01:06:29	2
43	175	Nick Whalley	East Essex Tri	MG	00:06:55	41	11	00:37:18	43	10	38	10	00:22:16	55	12	01:06:29	10
44	87	Chris Hoddinott		0 MF	00:07:19	55	8	00:37:56	49	6	51	6	00:21:21	33	4	01:06:36	6
45	89	Rhys Davies		0 MI	00:08:08	90	5	00:38:06	52	4	58	4	00:20:35	26	2	01:06:49	3
46	136	Helen Eggar	Cambridge Tri	FG	00:07:11	52	2	00:36:35	33	1	32	1	00:23:17	83	2	01:07:03	1
47	118	John Lambert	Cambridge Tri	MG	00:07:34	65	15	00:37:14	42	9	50	13	00:22:22	58	13	01:07:10	11
48	109	Peter Bleeze		0 MG	00:07:05	44	14	00:37:20	45	11	44	11	00:22:47	73	18	01:07:12	12
49	139	Paul Barton	Prison Service Tri	MG	00:06:58	43	13	00:37:39	48	13	46	12	00:22:36	64	15	01:07:13	13
50	88	Dave Hallam	Leaside Canoe Club	MH	00:07:33	64	11	00:39:29	70	16	66	13	00:20:14	22	5	01:07:16	11
51	128	Chris Bartholomeusz		0 MG	00:06:06	16	4	00:38:01	51	14	36	8	00:23:17	82	19	01:07:24	14
52	143	Graeme Biggins	Blackwater Tri	ME	00:06:50	37	4	00:38:30	56	5	52	5	00:22:18	56	5	01:07:38	4
53	70	Phil Olson	Tri Sport Epping	MH	00:08:27	97	14	00:35:55	28	6	42	9	00:23:18	84	18	01:07:40	12
54	150	John Williams		0 ME	00:07:10	50	5	00:37:19	44	4	45	4	00:23:22	85	7	01:07:51	5
55	93	Nick Rainbird	Tri Sport Epping	MG	00:08:20	93	21	00:37:10	41	8	54	15	00:22:42	69	17	01:08:12	15
56	133	Wendy Read	Tri Sport Epping	FJ	00:07:35	66	1	00:38:16	53	1	56	1	00:22:37	65	1	01:08:28	1
57	172	Daniel Bent	East Essex Tri	ME	00:08:39	104	7	00:39:25	69	7	74	7	00:20:29	25	4	01:08:33	6
58	145	Steve Watson		0 MG	00:07:58	86	19	00:39:36	71	16	71	18	00:21:17	32	7	01:08:51	16
59	108	Jackie Parr	Castle Point Joggers	FG	00:07:07	48	1	00:39:09	63	3	60	3	00:22:45	71	1	01:09:01	2
60	120	Stuart Putt	Blackwater Tri	MF	00:07:37	69	10	00:39:39	72	9	67	8	00:21:58	42	5	01:09:14	7
61	140	Simon Thomas		0 MH	00:06:35	31	6	00:39:15	65	15	55	12	00:23:28	88	20	01:09:18	13
62	174	Jan Burrows	East Essex Tri	FG	00:07:24	60	3	00:38:29	55	2	57	2	00:23:25	87	3	01:09:18	3
63	117	Steven Fall		ME	00:07:39	73	6	00:39:02	62	6	62	6	00:22:54	75	6	01:09:35	7
64	76	Alex Coleman	53-12	MH	00:09:16	128	22	00:38:51	61	14	75	15	00:21:30	38	11	01:09:37	14
65	48	Steve Lambert		0 MH	00:10:56	149	28	00:37:39	47	12	79	16	00:21:16	31	8	01:09:51	15
66	157	Jake Pettet	East Essex Tri	MY	00:05:57	12	5	00:41:19	85	7	68	7	00:22:38	66	8	01:09:54	7
67	119	James Williams		0 MF	00:07:06	46	5	00:40:26	75	10	69	9	00:22:24	59	9	01:09:56	8
68	130	Nick Rush	53 - 12	MH	00:09:01	116	18	00:40:24	74	17	84	17	00:20:43	27	7	01:10:08	16
69	9	Philip Jellett	East Essex Tri	MY	00:06:14	19	6	00:41:42	87	8	73	8	00:22:40	67	9	01:10:36	8
70	46	Tim Rumble	Castle Point Joggers	MH	00:08:57	113	16	00:38:50	60	13	72	14	00:23:00	77	16	01:10:47	17
71	84	Richard Bushell	Lingfield RC	MG	00:08:01	87	20	00:40:49	79	19	80	20	00:22:09	52	11	01:10:59	17
72	177	Dick Duane	East Essex Tri	MJ	00:07:11	53	2	00:39:13	64	3	61	3	00:25:01	103	5	01:11:25	3

Grays Sprint Triathlon - 18 July 2004

Place	Race Num	Name	Club	Cat	Swim			Bike				Run			Overall		
					Time	Swim Place	in Age Grp	Time	Bike Place	in age grp	After Bike Place	in Age Grp	Time	Run Place Overall	Run Place in Age Grp	Time	Place in Age
73	113	Michelle Smart	Tri Sport Epping	FE	00:07:36	68	4	00:40:55	82	2	78	2	00:22:55	76	2	01:11:26	2
74	47	John Crews		0 MG	00:07:49	80	17	00:41:13	84	22	81	21	00:22:40	68	16	01:11:42	18
75	21	Nick Watson		0 MF	00:09:04	120	18	00:39:23	67	8	77	10	00:23:17	81	12	01:11:44	9
76	68	Damien Bhanji		0 MG	00:08:35	100	22	00:40:55	81	21	85	22	00:22:25	60	14	01:11:55	19
77	91	Ron Naman	Tri Sport Epping	ML	00:08:24	96	1	00:38:32	57	1	63	1	00:25:00	101	1	01:11:56	1
78	90	Andrew Ridley	Blackwater Tri	MG	00:07:36	67	16	00:40:44	77	18	76	19	00:23:37	90	20	01:11:57	20
79	104	Matt Ramus		0 MF	00:07:31	62	9	00:42:40	101	14	88	12	00:22:00	45	6	01:12:11	10
80	116	Steve Sweeney	Tri Sport Epping	MI	00:07:55	85	4	00:35:53	27	2	33	3	00:28:24	144	8	01:12:12	4
81	161	Andrew Short	East London Tri	MG	00:06:09	18	6	00:40:52	80	20	65	17	00:25:18	110	24	01:12:19	21
82	50	Jonathon Osborne	Essex Police Tri	MY	00:07:53	82	10	00:42:31	98	9	92	9	00:21:59	43	6	01:12:23	9
83	61	Bill Conner	Tri Sport Epping	MJ	00:09:53	137	6	00:39:25	68	4	82	4	00:23:16	79	3	01:12:34	4
84	102	Patricia Green	Tri Sport Epping	FI	00:07:20	56	2	00:40:14	73	1	70	1	00:25:09	106	2	01:12:43	1
85	103	Graeme Garthwaite		0 MF	00:07:39	72	11	00:39:19	66	7	64	7	00:25:55	121	16	01:12:53	11
86	74	Martin Long		0 MI	00:08:46	107	8	00:42:21	95	6	105	8	00:22:07	48	4	01:13:14	5
87	52	Micaela Floyd		0 FF	00:08:24	95	2	00:41:54	91	1	89	1	00:23:01	78	1	01:13:19	1
88	100	Graham Dickson		0 MF	00:07:40	74	12	00:43:10	107	15	100	15	00:22:31	62	11	01:13:21	12
89	55	Steve Hoggart		0 MH	00:09:25	132	23	00:41:06	83	19	95	19	00:24:04	95	24	01:14:35	18
90	105	Barry Hockley		0 MG	00:09:03	119	25	00:43:45	119	25	120	25	00:21:59	44	8	01:14:47	22
91	4	Chas Baynes	East Essex Tri	MI	00:08:41	106	7	00:41:47	88	5	94	5	00:24:24	96	5	01:14:52	6
92	36	Tony Garner	Cambridge Fire & Rescue	MF	00:08:33	99	15	00:44:13	121	16	117	17	00:22:08	51	7	01:14:54	13
93	62	Paul Rawlinsong	Tri Sport Epping	MK	00:09:22	130	3	00:42:42	103	3	111	3	00:22:51	74	3	01:14:55	3
94	156	Paul Dossetter		0 MG	00:05:44	8	1	00:40:30	76	17	59	16	00:28:42	147	26	01:14:56	23
95	115	Sarah Squirrell	Ipswich Tri	FE	00:07:40	76	5	00:43:25	115	5	104	5	00:23:54	93	3	01:14:59	3
96	83	Chris Simpson	Crystal Palace Tri	MG	00:08:36	101	23	00:41:48	90	23	93	23	00:24:43	97	21	01:15:07	24
97	3	Chris Beard	East Essex Tri	MF	00:07:11	51	7	00:42:20	94	12	86	11	00:25:44	117	14	01:15:15	14
98	138	Sasha Ashkenazy	Tri Sport Epping	FE	00:07:20	57	3	00:42:01	92	3	83	3	00:26:02	125	4	01:15:23	4
99	6	Mark Hogan	East Essex Tri	MH	00:08:53	109	15	00:43:19	113	22	112	21	00:23:17	80	17	01:15:29	19
100	5	Zena Shean	East Essex Tri	FH	00:07:55	83	2	00:44:52	128	3	119	3	00:22:43	70	1	01:15:30	1
101	44	James Mihill	Essex Police Tri	MF	00:08:55	112	17	00:41:41	86	11	96	13	00:25:10	107	13	01:15:46	15
102	77	Craig Edwards		0 MY	00:07:44	77	9	00:43:13	109	10	102	10	00:25:21	111	10	01:16:18	10
103	122	Colin Shorland		0 MH	00:07:05	45	8	00:43:43	118	24	99	20	00:25:30	114	26	01:16:18	20
104	158	Kristina Marshall	Team Viper	FY	00:06:38	32	1	00:44:40	126	1	106	1	00:25:01	102	1	01:16:19	1
105	99	Dave Phatak		0 MF	00:08:06	89	14	00:42:36	100	13	97	14	00:25:53	120	15	01:16:35	16
106	97	Kate Stannett	Ipswich Tri	FH	00:08:16	91	3	00:42:06	93	1	91	1	00:26:17	127	4	01:16:39	2
107	69	Mike Meade	Blackwater Tri	MJ	00:09:43	135	5	00:41:48	89	5	108	5	00:25:11	108	6	01:16:42	5
108	40	Mike Hayward	Castle Point Joggers	MH	00:09:34	133	24	00:43:50	120	25	122	23	00:23:24	86	19	01:16:48	21

Grays Sprint Triathlon - 18 July 2004

Place	Race Num	Name	Club	Cat	Swim			Bike				Run			Overall		
					Time	Swim Place	in Age Grp	Time	Bike Place	in age grp	After Bike Place	in Age Grp	Time	Run Place Overall	Run Place in Age Grp	Time	Place in Age
109	7	Trevor Hand	East Essex Tri	MI	00:07:49	79	3	00:43:16	111	10	103	7	00:25:47	118	6	01:16:52	7
110	80	Jan Swallow	Tri Sport Epping	FJ	00:09:20	129	3	00:42:53	106	2	113	2	00:24:45	98	2	01:16:58	2
111	154	Jane Williams	Tri Sport Epping	FI	00:06:48	36	1	00:43:11	108	3	87	2	00:27:11	136	4	01:17:10	2
112	14	Nik Bestow	Ipswich Tri	MH	00:11:15	152	31	00:42:24	96	20	126	24	00:23:34	89	21	01:17:13	22
113	82	Julie Peacock	Blackwater Tri	FI	00:09:02	118	3	00:42:52	105	2	109	3	00:25:23	112	3	01:17:17	3
114	78	Simon Edwards	Tri Anglia	MH	00:08:57	114	17	00:43:25	114	23	115	22	00:25:33	115	27	01:17:55	23
115	37	Sandra Sparrow	Tri Sport Epping	FH	00:08:48	108	4	00:43:16	112	2	110	2	00:26:02	124	3	01:18:06	3
116	79	Alan Cootes	Tri Sport Epping	MJ	00:08:39	102	4	00:45:40	133	6	129	6	00:23:50	92	4	01:18:09	6
117	75	Ann Tooke-Kirby	Tri Sport Epping	FJ	00:09:01	115	2	00:44:19	122	3	121	3	00:25:15	109	3	01:18:35	3
118	59	Esther Hamill	Met Tri	FE	00:08:21	94	6	00:42:36	99	4	101	4	00:27:43	139	5	01:18:40	5
119	56	Michael Rudman		0 MH	00:09:02	117	19	00:45:57	136	29	131	26	00:24:03	94	23	01:19:02	24
120	66	David Fox	Tri Sport Epping	MI	00:08:17	92	6	00:42:27	97	7	98	6	00:28:44	148	10	01:19:28	8
121	28	Steven Adams		0 MH	00:10:59	150	29	00:46:36	139	30	143	32	00:21:54	41	14	01:19:29	25
122	42	Kevin Dowdall	Tri Sport Epping	MH	00:11:08	151	30	00:42:41	102	21	128	25	00:25:57	122	30	01:19:46	26
123	39	Charlie Stannett	Ipswich Tri	MI	00:10:22	140	10	00:43:15	110	9	125	10	00:26:26	129	7	01:20:03	9
124	58	Russell Webster		0 MH	00:09:34	134	25	00:40:45	78	18	90	18	00:29:55	152	34	01:20:14	27
125	23	James Denham		0 ME	00:09:09	122	8	00:44:27	124	8	124	8	00:25:06	132	9	01:20:17	8
126	169	Keith Bridge		0 MF	00:05:22	4	1	00:46:55	140	17	114	16	00:28:07	142	20	01:20:24	17
127	38	Sarah Strivens	Ipswich Tri	FI	00:09:46	136	5	00:45:37	132	5	134	5	00:25:05	104	1	01:20:28	4
128	54	Joe Rood	Castle Point Joggers	MI	00:10:01	139	9	00:42:43	104	8	116	9	00:28:26	145	9	01:21:10	10
129	29	Terry Kelly		0 FG	00:09:13	125	5	00:44:20	123	5	123	4	00:28:24	143	5	01:21:57	4
130	22	Nigel Cooper		0 MH	00:10:34	144	26	00:46:59	142	31	142	31	00:24:49	99	25	01:22:22	28
131	20	Dean Timpson		0 ME	00:10:32	143	9	00:45:36	131	9	138	9	00:26:23	128	8	01:22:31	9
132	49	Stuart How	Tri Sport Epping	MH	00:12:26	159	34	00:44:34	125	26	141	30	00:25:36	116	28	01:22:36	29
133	17	Phil Collins		0 MH	00:09:06	121	20	00:47:42	145	33	140	29	00:25:51	119	29	01:22:39	30
134	96	Claire Smith-Allen		0 FF	00:06:42	33	1	00:46:04	137	2	118	2	00:29:55	153	2	01:22:41	2
135	30	John Lowery		0 MH	00:11:47	156	33	00:47:15	144	32	146	33	00:23:42	91	22	01:22:44	31
136	60	John Tarrington	Walden Tri	ML	00:10:22	141	2	00:45:04	129	2	135	2	00:27:39	138	3	01:23:05	2
137	67	Valance Hughes		0 MG	00:09:59	138	27	00:47:59	146	26	145	26	00:25:08	105	23	01:23:06	25
138	25	James Stephens		0 MK	00:09:24	131	4	00:46:56	141	4	139	4	00:26:58	135	4	01:23:18	4
139	73	Carole Jackson	Crystal Palace Tri	FI	00:09:12	124	4	00:45:10	130	4	130	4	00:29:06	149	5	01:23:28	5
140	10	Claire Page	53 - 12	FG	00:08:29	98	4	00:47:08	143	6	136	5	00:27:53	140	4	01:23:30	5
141	2	John Ing	East Essex Tri	MH	00:09:16	126	21	00:45:55	135	28	132	27	00:28:32	146	32	01:23:43	32
142	19	Floyd Minot		0 MG	00:07:52	81	18	00:43:33	116	24	107	24	00:32:25	161	28	01:23:50	26
143	134	Sarah Mackintosh	Tri Sport Epping	FE	00:07:08	49	2	00:46:31	138	6	127	6	00:30:48	155	6	01:24:27	6
144	124	Pauline Tester	Ilford AC	FH	00:07:25	61	1	00:54:30	159	4	154	4	00:22:46	72	2	01:24:41	4

