

# PINEWOODS LEISURE TRIATHLON 2016



Pos.	Bibno.	Participant	Club/Sponsor	Category	CatPos.	Swim	T1	Bike	T2	Run	Finish Time
1	166	<u>Mark Newnham</u>	Anglia Velo	(M) 45-49	1	05:00	00:32	0:29:55	00:24	0:12:50	0:48:44
2	168	<u>Henry Woodley</u>		(M) 25-29	1	05:35	00:32	0:28:54	00:29	0:13:23	0:48:55
3	167	<u>Simon Baxter</u>		(M) 30-34	1	04:21	00:28	0:32:27	00:17	0:12:29	0:50:04
4	158	<u>John Morgan</u>	TriHarman	(M) 50-54	1	05:21	00:18	0:30:19	00:31	0:13:54	0:50:25
5	165	<u>Tony Witmond</u>	Tri-Harder	(M) 45-49	2	05:05	00:36	0:32:42	00:21	0:11:41	0:50:27
6	163	<u>David Husband</u>	Beccles Triathlon Club	(M) 40-44	1	05:01	00:30	0:30:23	00:23	0:14:26	0:50:45
7	148	<u>Philip Brockington</u>	Tri-Anglia Triathlon Club	(M) 40-44	2	05:23	00:19	0:31:58	00:25	0:12:38	0:50:45
8	136	<u>Paul Martin</u>	Norwich Road Runners	(M) 35-39	1	05:18	00:51	0:32:34	00:30	0:11:32	0:50:47
9	153	<u>Anthony Cude</u>		(M) 40-44	3	05:40	00:49	0:32:15	00:19	0:12:37	0:51:42
10	142	<u>Nigel Arnold</u>	TriHarman	(M) 55-59	1	06:11	00:32	0:32:43	00:36	0:11:46	0:51:50
11	150	<u>Duncan Samwell</u>	Tri-Anglia Triathlon Club	(M) 40-44	4	05:56	00:26	0:31:57	00:40	0:12:50	0:51:51
12	137	<u>John Scott</u>	Seals	(M) 50-54	2	06:01	00:49	0:30:50	00:31	0:13:42	0:51:54
13	152	<u>Joey Mezzetti</u>		(M) 40-44	5	05:38	00:29	0:32:11	00:21	0:13:25	0:52:07
14	154	<u>Ian Marcer</u>		(M) 35-39	2	05:07	00:26	0:33:22	00:23	0:13:20	0:52:39
15	151	<u>Richard Collyer</u>	TriHarman	(M) 45-49	3	06:33	00:44	0:31:26	00:46	0:13:21	0:52:52
16	169	<u>Mark Warden</u>	Mustard	(M) 25-29	2	04:34	01:13	0:34:04	00:40	0:12:42	0:53:15
17	149	<u>Jon Beverley</u>	TriHarman	(M) 35-39	3	06:22	00:31	0:33:16	00:19	0:13:14	0:53:43
1	72	<u>Nicole Beck</u>	Tri-Anglia Triathlon Club	(F) 20-24	1	06:25	00:31	0:33:19	00:26	0:13:18	0:54:01
18	155	<u>Martin Wall</u>	Triharman-Norfolk	(M) 55-59	2	05:40	00:54	0:32:45	00:37	0:14:04	0:54:02
19	127	<u>Michael Ford</u>	Tri-Anglia Triathlon Club	(M) 35-39	4	06:53	00:56	0:32:35	00:29	0:13:21	0:54:16
20	139	<u>Marcel Gray</u>		(M) 40-44	6	06:21	00:59	0:31:37	00:42	0:14:56	0:54:38
21	124	<u>Mat Eyre</u>		(M) 40-44	7	07:12	00:42	0:33:12	00:22	0:13:12	0:54:41
22	161	<u>Jack Bacon</u>	Aylsham Road club	(M) 20-24	1	05:45	01:53	0:31:35	00:31	0:15:10	0:54:57
23	164	<u>Tom Riches</u>		(M) 15-19	1	05:02	00:41	0:34:31	00:46	0:13:56	0:54:58
2	67	<u>Emily Plumb</u>	TriHarman	(F) 25-29	1	05:28	00:41	0:33:47	00:23	0:14:42	0:55:03
24	145	<u>Louis Snowden</u>		(M) 30-34	2	06:25	00:39	0:32:41	00:37	0:15:01	0:55:24
25	170	<u>Mark Harman</u>	TriHarman	(M) 55-59	3	05:40	00:31	0:34:44	00:19	0:14:08	0:55:25
26	116	<u>Greg Saunders</u>		(M) 35-39	5	06:53	00:42	0:32:36	00:38	0:15:12	0:56:03
3	64	<u>Natasha Korovilas</u>	Lowestoft Road Runners	(F) 40-44	1	05:37	00:46	0:35:19	00:30	0:14:08	0:56:23
27	162	<u>Alan Bird</u>		(M) 45-49	4	06:13	01:24	0:31:34	00:56	0:16:29	0:56:39
28	160	<u>Stewart Life</u>	North Norfolk Vikings	(M) 45-49	5	05:40	00:43	0:34:16	00:43	0:15:55	0:57:18
4	61	<u>Maria Greaves</u>	Tri-Anglia Triathlon Club	(F) 35-39	1	06:32	00:36	0:34:48	00:31	0:14:50	0:57:20
5	48	<u>Sharn Ponsford</u>	Coltishall Jaguars	(F) 45-49	1	06:10	00:34	0:34:18	00:36	0:15:59	0:57:39
29	156	<u>Paul Stevens</u>	TriHarman	(M) 50-54	3	05:29	00:50	0:36:23	00:33	0:14:36	0:57:53
30	120	<u>Alan Dawson</u>		(M) 35-39	6	07:11	00:56	0:35:34	00:47	0:13:35	0:58:04
6	50	<u>Dawn Collyer</u>	Tri-Anglia Triathlon Club	(F) 35-39	2	06:37	00:39	0:33:57	00:45	0:16:07	0:58:07
31	109	<u>Phil Hurr</u>	Triharmen	(M) 60-64	1	09:13	00:46	0:34:33	00:37	0:13:05	0:58:15

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Pos.	Bibno.	Participant	Club/Sponsor	Category	CatPos.	Swim	T1	Bike	T2	Run	Finish Time
32	96	<u>Matt Howard</u>		(M) 30-34	3	07:58	01:02	0:36:06	00:16	0:13:19	0:58:43
33	133	<u>Adam Gibson</u>	Tri-Anglia Triathlon Club	(M) 45-49	6	06:35	00:57	0:34:26	01:11	0:15:57	0:59:09
34	144	<u>David Bales</u>		(M) 40-44	8	07:27	00:29	0:36:21	00:33	0:14:21	0:59:12
7	1	<u>Teresa Harman</u>	TriHarman	(F) 50-54	1	05:18	00:34	0:35:23	00:36	0:17:47	0:59:40
35	122	<u>Gordon Knott</u>	Tri Anglia	(M) 45-49	7	07:44	01:03	0:34:55	00:47	0:15:20	0:59:51
8	16	<u>Lisa Oakley</u>		(F) 40-44	2	06:52	01:16	0:37:57	00:21	0:13:26	0:59:53
36	119	<u>Nick Bowden</u>		(M) 60-64	2	07:28	01:00	0:37:27	00:17	0:13:47	1:00:01
37	159	<u>Mark Holroyd</u>		(M) 50-54	4	05:20	01:00	0:35:07	00:31	0:18:14	1:00:14 +2 mins
38	146	<u>Nicholas Dash</u>		(M) 30-34	4	05:42	00:53	0:38:17	00:32	0:14:51	1:00:18
39	106	<u>Adrian Penn</u>		(M) 55-59	4	08:12	00:49	0:35:30	00:54	0:15:02	1:00:28
40	103	<u>Terry Garrity</u>	Beccles Triathlon Club	(M) 60-64	3	08:01	01:06	0:36:03	00:45	0:14:43	1:00:41
41	84	<u>Ben Freeman</u>		(M) 35-39	7	07:40	00:58	0:38:00	00:27	0:13:43	1:00:50
42	111	<u>Nick Gurney</u>		(M) 25-29	3	05:52	01:48	0:39:45	00:33	0:13:36	1:01:36
9	59	<u>Tabitha Keeble</u>		(F) 30-34	1	06:44	01:05	0:37:51	00:42	0:15:56	1:02:19
43	141	<u>Kevin Rowe</u>	Tri-Anglia Triathlon Club	(M) 60-64	4	06:31	01:37	0:36:11	01:13	0:16:47	1:02:21
10	49	<u>Stephanie Jones</u>		(F) 30-34	2	06:43	01:06	0:38:16	00:52	0:15:26	1:02:24
11	66	<u>Louise Henderson</u>		(F) 35-39	3	05:33	01:10	0:39:44	00:37	0:16:19	1:03:25
44	125	<u>Jim Hosier</u>		(M) 45-49	8	06:50	01:06	0:38:43	00:42	0:16:19	1:03:42
45	113	<u>Andrew Boyle</u>		(M) 40-44	9	07:11	01:04	0:38:57	00:48	0:15:49	1:03:51
12	52	<u>Sally Middleton</u>		(F) 45-49	2	05:22	00:49	0:41:41	00:34	0:15:38	1:04:06
13	58	<u>Marion Arnold</u>	TriHarman	(F) 55-59	1	06:32	00:56	0:38:52	00:49	0:16:58	1:04:09
14	19	<u>Laura Bolton</u>		(F) 25-29	2	07:44	01:25	0:38:22	00:19	0:16:20	1:04:13
46	126	<u>Matthew Coe</u>		(M) 50-54	5	06:32	00:55	0:39:16	00:35	0:17:16	1:04:35
47	138	<u>Jay Formosa</u>	Seals	(M) 40-44	10	06:00	01:02	0:36:53	00:50	0:19:49	1:04:37
15	73	<u>Grace Bird</u>		(F) 20-24	2	04:59	00:52	0:44:17	00:22	0:14:34	1:05:06
16	41	<u>Tessa Morgan</u>	TriHarman	(F) 50-54	2	07:23	00:42	0:38:42	00:36	0:17:49	1:05:13
17	53	<u>Emma Cattermull</u>	TriHarman-Norfolk	(F) 30-34	3	07:04	00:42	0:39:22	00:34	0:17:46	1:05:30
48	88	<u>John Hirst</u>		(M) 50-54	6	08:27	01:17	0:39:07	01:20	0:15:32	1:05:46
49	97	<u>Seb Moore</u>		(M) 65-69	1	08:36	01:55	0:38:14	00:58	0:16:01	1:05:47
50	102	<u>Sam Crosby</u>		(M) 25-29	4	07:37	01:01	0:40:20	00:32	0:16:29	1:06:02
18	36	<u>Amanda Marshall</u>		(F) 45-49	3	07:30	01:12	0:39:44	00:27	0:17:12	1:06:07
51	91	<u>Glyn Manton</u>		(M) 45-49	9	09:58	01:01	0:39:11	00:42	0:15:22	1:06:16
19	38	<u>Georgina Sutton</u>	Tri Harder	(F) 35-39	4	07:51	01:22	0:38:04	01:04	0:17:59	1:06:23
52	101	<u>Jamie Mordecai</u>	Great Yarmouth cycle club	(M) 35-39	8	09:57	01:50	0:37:28	01:33	0:15:35	1:06:26
53	128	<u>Mike Wray</u>		(M) 55-59	5	06:51	01:14	0:39:41	00:35	0:18:25	1:06:49
54	87	<u>Adam Tucker</u>		(M) 30-34	5	07:05	02:58	0:40:45	01:00	0:15:24	1:07:14
55	147	<u>Andy Iodge</u>	Vikings Triathlon Club	(M) 45-49	10	06:27	02:00	0:37:57	00:57	0:19:53	1:07:15

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Pos.	Bibno.	Participant	Club/Sponsor	Category	CatPos.	Swim	T1	Bike	T2	Run	Finish Time
56	135	<u>Steve Utting</u>		(M) 45-49	11	10:00	01:52	0:38:19	01:15	0:15:59	1:07:27
57	93	<u>Tony O'Leary</u>		(M) 50-54	7	10:08	01:47	0:41:34	00:20	0:13:48	1:07:38
58	92	<u>Denver Slowther</u>	TriHarman	(M) 40-44	11	09:22	01:26	0:41:25	00:51	0:14:34	1:07:40
59	129	<u>Simon Tofrik</u>		(M) 30-34	6	06:41	01:12	0:41:43	00:32	0:17:38	1:07:48
60	117	<u>Edward Collyer</u>		(M) 20-24	2	06:41	01:12	0:43:09	00:51	0:16:01	1:07:56
20	37	<u>Sarah King</u>		(F) 25-29	3	07:56	01:22	0:41:42	00:58	0:16:07	1:08:07
61	94	<u>Phil King</u>		(M) 60-64	5	07:55	01:34	0:42:20	00:22	0:16:08	1:08:20
62	77	<u>Steven Wickham</u>		(M) 45-49	12	08:31	02:28	0:39:22	01:09	0:16:59	1:08:31
21	24	<u>Libby Woodhouse</u>		(F) 50-54	3	08:29	01:14	0:41:58	00:24	0:16:30	1:08:37
63	83	<u>Martin Blackburn</u>		(M) 55-59	6	11:54	01:52	0:37:50	00:48	0:16:11	1:08:37
64	79	<u>Paul Griffin</u>		(M) 50-54	8	09:47	00:42	0:42:09	00:32	0:15:34	1:08:46
22	57	<u>Catherine Cole</u>		(F) 35-39	5	06:02	00:58	0:45:30	00:28	0:16:06	1:09:06
23	42	<u>Jane Hunt</u>	Beccles Triathlon Club	(F) 50-54	4	07:36	00:58	0:42:00	00:24	0:18:08	1:09:07
24	65	<u>Dawn Crafer</u>	Vikings Swimming and Triathlon	(F) 50-54	5	06:09	01:05	0:40:36	01:03	0:20:41	1:09:36
65	115	<u>Tom Dye</u>		(M) 35-39	9	07:52	02:21	0:42:38	01:02	0:15:47	1:09:44
66	112	<u>Ben Ramsden</u>		(M) 35-39	10	07:00	02:25	0:43:07	01:30	0:15:47	1:09:51
25	23	<u>Louise Penn</u>		(F) 55-59	2	08:38	01:07	0:39:40	01:02	0:19:27	1:09:56
26	14	<u>Roberta Kay</u>		(F) 50-54	6	07:19	01:09	0:43:37	00:32	0:17:17	1:09:56
27	4	<u>Jay Gilbert</u>		(F) 35-39	6	10:30	01:30	0:42:41	00:29	0:14:51	1:10:03
28	62	<u>Rachel Miller</u>		(F) 40-44	3	05:12	01:17	0:41:27	00:36	0:21:39	1:10:14
67	143	<u>Daniel Broch</u>		(M) 45-49	13	07:01	03:15	0:42:11	01:01	0:16:50	1:10:19
68	140	<u>Peter Mitchell</u>		(M) 50-54	9	06:56	02:15	0:40:40	00:46	0:19:53	1:10:31
69	134	<u>Roly Cook</u>		(M) 50-54	10	06:47	00:43	0:35:43	00:39	0:26:52	1:10:45
70	86	<u>David Walthew</u>		(M) 40-44	12	08:17	02:05	0:40:25	01:19	0:19:17	1:11:25
29	20	<u>Harriet Large</u>		(F) 25-29	4	08:44	01:28	0:40:38	01:08	0:19:28	1:11:27
30	15	<u>Becky Cooper</u>	Tri Harman	(F) 45-49	4	07:56	00:45	0:40:33	00:47	0:21:27	1:11:30
31	35	<u>Kerry Davis</u>	Tri-Anglia Triathlon Club	(F) 45-49	5	07:44	00:53	0:42:28	00:21	0:20:57	1:12:25
32	6	<u>Denise Griffin</u>		(F) 50-54	7	09:41	01:42	0:42:53	01:11	0:17:53	1:13:22
33	31	<u>Marselle Fisher</u>		(F) 35-39	7	08:31	01:45	0:44:49	00:30	0:17:51	1:13:29
71	104	<u>Stuart Swanson</u>		(M) 45-49	14	08:34	02:33	0:43:55	00:27	0:18:04	1:13:35
34	11	<u>Hazel Garrity</u>		(F) 60-64	1	09:50	01:28	0:45:58	00:36	0:15:57	1:13:52
72	130	<u>Steve Banner</u>		(M) 50-54	11	06:27	02:35	0:45:45	00:37	0:18:31	1:13:56
35	17	<u>Alix Howard</u>		(F) 25-29	5	08:53	02:23	0:45:10	00:23	0:17:28	1:14:18
36	45	<u>Henrietta Green</u>		(F) 35-39	8	08:00	02:06	0:44:48	00:54	0:18:33	1:14:23
37	71	<u>Sophie Joyce</u>		(F) 25-29	6	05:30	00:59	0:45:48	00:54	0:21:10	1:14:24
38	32	<u>Emma Harrison</u>		(F) 40-44	4	08:12	02:04	0:43:41	00:44	0:19:41	1:14:24
73	85	<u>Joshua Middleton</u>		(M) 25-29	5	10:44	02:36	0:42:26	00:51	0:18:05	1:14:43

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Pos.	Bibno.	Participant	Club/Sponsor	Category	CatPos.	Swim	T1	Bike	T2	Run	Finish Time
39	56	<u>Sue Robinson</u>		(F) 50-54	8	05:39	01:18	0:44:35	01:08	0:22:21	1:15:02
40	55	<u>Carol Hart</u>		(F) 45-49	6	06:11	01:46	0:48:51	00:35	0:18:04	1:15:30
41	70	<u>Pollyanna Walthew</u>		(F) 40-44	5	06:00	02:30	0:43:46	00:40	0:22:35	1:15:33
74	100	<u>Ross Haddow</u>		(M) 60-64	6	09:25	01:47	0:41:38	01:40	0:21:38	1:16:09
42	27	<u>Sharon Johnson</u>		(F) 40-44	6	09:14	01:22	0:44:38	00:57	0:20:01	1:16:14
43	30	<u>Izzi Monk</u>		(F) 25-29	7	09:30	02:39	0:45:12	01:05	0:17:48	1:16:16
44	12	<u>Sharon Bird</u>		(F) 45-49	7	10:24	02:15	0:44:02	00:25	0:19:23	1:16:32
45	25	<u>Julia McLean</u>		(F) 40-44	7	08:26	01:05	0:48:18	00:39	0:18:07	1:16:37
46	54	<u>Natasha McGlinchey</u>		(F) 30-34	4	06:22	01:16	0:51:42	00:27	0:16:55	1:16:44
47	26	<u>Jane Ashby</u>		(F) 65-69	1	10:23	02:18	0:47:24	00:35	0:16:31	1:17:13
48	39	<u>Clare Marcer</u>		(F) 40-44	8	07:25	01:32	0:44:52	01:29	0:23:00	1:18:21
75	90	<u>Brian Moore</u>	Norwich Road Runners	(M) 65-69	2	09:59	03:03	0:44:56	02:00	0:18:42	1:18:41
49	10	<u>Lucy Coleman</u>		(F) 35-39	9	11:13	01:53	0:47:54	00:39	0:17:03	1:18:44
76	95	<u>Piotr Klaczynski</u>		(M) 35-39	11	13:54	02:07	0:46:40	00:36	0:15:52	1:19:11
50	3	<u>Trine Middleton</u>	TriHarman	(F) 55-59	3	09:40	01:41	0:45:42	01:03	0:21:41	1:19:50
51	9	<u>Helen Hayes</u>		(F) 40-44	9	08:30	02:18	0:46:35	00:48	0:22:14	1:20:26
52	7	<u>Joanna Linford</u>		(F) 35-39	10	08:14	01:27	0:49:07	00:22	0:21:17	1:20:29
77	81	<u>Ian Pummell</u>		(M) 55-59	7	09:40	04:06	0:48:40	00:37	0:17:40	1:20:46
53	47	<u>Claire Dye</u>		(F) 35-39	11	06:33	01:16	0:55:20	01:18	0:16:27	1:20:56
54	44	<u>Rachel Fijalkowska</u>		(F) 40-44	10	07:02	01:11	0:50:46	00:22	0:21:53	1:21:16
55	33	<u>Lynda Moore</u>	Norwich Road Runners	(F) 60-64	2	09:53	03:51	0:46:04	00:40	0:21:06	1:21:35
78	76	<u>James Southwell</u>		(M) 35-39	12	08:43	02:23	0:47:59	01:24	0:21:23	1:21:54
56	69	<u>Emma Sharp</u>		(F) 35-39	12	07:54	01:17	0:52:51	00:27	0:22:15	1:24:45
79	78	<u>Nigel Middleton</u>		(M) 60-64	7	15:38	03:28	0:42:30	01:26	0:22:16	1:25:21
57	68	<u>Georgina Cleere</u>		(F) 40-44	11	06:19	03:07	0:47:17	01:52	0:26:59	1:25:37
58	8	<u>Suzanne Hill</u>		(F) 45-49	8	15:20	02:46	0:42:41	01:48	0:23:20	1:25:57
80	80	<u>Keith Morris</u>	Ryston Runners	(M) 55-59	8	15:12	02:59	0:51:52	00:31	0:16:26	1:27:02
59	46	<u>Gill Bewick</u>	TriHarman	(F) 55-59	4	07:31	01:24	0:51:49	00:35	0:26:11	1:27:33
81	105	<u>Tom Ferguson</u>		(M) 25-29	6	08:31	03:51	0:54:34	01:15	0:20:25	1:28:38
60	2	<u>Thalia Bayne</u>		(F) 50-54	9	11:11	02:30	0:50:08	00:51	0:24:16	1:28:57
61	21	<u>Katja Galea</u>		(F) 30-34	5	09:04	02:06	0:53:36	01:10	0:23:11	1:29:09
62	13	<u>Louise Carter</u>		(F) 55-59	5	11:08	03:07	0:54:39	00:50	0:23:19	1:33:04
63	29	<u>Marie-Helene</u>		(F) 45-49	9	09:03	03:57	1:01:23	02:46	0:23:44	1:40:54
82	82	<u>Stan Smithee</u>		(M) 50-54	12	14:39	03:02	0:58:54	00:45	0:24:51	1:42:13
83	89	<u>Paul Smith</u>		(M) 50-54	13	19:41	04:43	0:54:36	01:59	0:22:47	1:43:49
64	43	<u>Ashlyn Meumann</u>		(F) 30-34	6	07:23	01:29				0:08:53