

Sussex Triathlon  
Middle Distance

RUN SPLITS CAN BE FOUND AT BOTTOM

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
1	434	Colin	Lewin	45-49	1	M	1		0:27:46.90	0:01:00.65	2:23:07.25	0:00:49.65	1:26:40.00	4:19:24.45
2	419	Chris	Floyd	30-34	1	M	2	Windrush Tri	0:30:30.40	0:01:11.45	2:34:36.25	0:00:45.00	1:32:12.45	4:39:15.55
3	457	Rory	Spicer	30-34	2	M	3		0:30:39.65	0:00:44.80	2:34:01.70	0:00:55.20	1:34:13.10	4:40:34.45
4	416	Rob	Demetriou	40-44	1	M	4	MedwayTri	0:32:21.25	0:01:12.55	2:36:23.55	0:01:11.00	1:29:36.80	4:40:45.15
5	441	David	Meller	50-54	1	M	5		0:31:56.15	0:02:00.05	2:32:17.85	0:01:24.55	1:34:14.75	4:41:53.35
6	462	Sam	Walsh	25-29	1	M	6	LFTC	0:27:22.45	0:00:51.85	2:45:32.50	0:00:40.30	1:34:31.65	4:48:58.75
7	453	Giles	Sacarello	25-29	2	M	7		0:28:56.75	0:02:17.95	2:41:05.25	0:01:16.10	1:42:36.20	4:56:12.25
8	466	Alan	Wray	45-49	2	M	8	Herne Hill Harriers	0:35:18.50	0:01:48.85	2:41:51.25	0:01:47.15	1:35:29.80	4:56:15.55
9	408	Nathan	Burton	20-24	1	M	9	RAF Triathlon	0:31:08.85	0:01:40.40	2:48:11.05	0:01:09.35	1:34:34.00	4:56:43.65
10	460	Thomas	Taylor	25-29	3	M	10	Windrush Triathlon	0:32:45.75	0:03:11.10	2:39:52.75	0:01:13.05	1:45:37.90	5:02:40.55
11	423	Ed	Harris	30-34	3	M	11		0:37:24.40	0:02:14.10	2:40:32.15	0:01:16.50	1:43:57.15	5:05:24.30
12	461	Michael	Thomson	45-49	3	M	12		0:38:26.20	0:01:55.50	2:38:45.95	0:01:22.60	1:45:16.15	5:05:46.40
13	452	Milen	Rachev	35-39	1	M	13	windrush	0:32:54.10	0:01:31.90	2:41:37.10	0:01:11.30	1:48:35.30	5:05:49.70
14	403	James	Barwick	25-29	4	M	14		0:30:38.25	0:01:43.00	2:44:53.25	0:01:23.75	1:51:38.50	5:10:16.75
15	417	Richard	Draper	25-29	5	M	15	Windrush	0:34:28.50	0:01:50.65	2:48:58.90	0:01:17.95	1:44:19.70	5:10:55.70
16	430	Rolando	Hutchinson	40-44	2	M	16		0:37:45.35	0:02:04.95	2:44:41.20	0:01:52.85	1:48:45.55	5:15:09.90
17	426	Matthew	Hill	35-39	2	M	17		0:35:30.25	0:01:57.45	2:44:04.40	0:01:26.60	1:53:02.40	5:16:01.10
18	425	Christopher	Hill	30-34	4	M	18		0:33:07.45	0:01:27.90	2:46:55.85	0:01:26.70	1:53:03.50	5:16:01.40
19	442	Megan	Melville	25-29	1	F	1		0:30:21.30	0:01:45.65	2:48:13.15	0:01:29.00	1:56:18.40	5:18:07.50
20	410	Daniel	Chappell	45-49	4	M	19	Herne Hill Harriers	0:30:08.70	0:02:06.70	2:53:37.35	0:02:36.55	1:50:15.80	5:18:45.10
21	464	Gavin	Watts	35-39	3	M	20	David Lloyd Southampton	0:30:07.25	0:02:11.35	2:52:25.85	0:01:15.35	1:56:57.70	5:22:57.50
22	407	David	Brook	45-49	5	M	21		0:36:14.30	0:01:43.90	2:52:29.85	0:01:28.85	1:51:37.75	5:23:34.65
23	454	Hugh	Scanlon	45-49	6	M	22	NLP Tri	0:33:12.20	0:03:20.35	2:51:40.05	0:01:44.20	1:56:58.60	5:26:55.40
24	409	Neil	Cann	50-54	2	M	23	Horsham Amphibians	0:35:35.25	0:02:39.45	3:06:18.95	0:01:43.30	1:42:46.90	5:29:03.85
25	404	Matthew	Blott	25-29	6	M	24		0:36:47.80	0:00:00.00	2:56:01.75	0:02:27.35	1:57:42.45	5:32:59.35
26	405	Steven	Boyle	30-34	5	M	25		0:27:50.25	0:02:59.05	2:44:10.50	0:01:19.50	2:20:43.45	5:37:02.75
27	440	Rory	McIntyre	45-49	7	M	26		0:35:31.60	0:01:58.85	2:56:36.00	0:01:21.10	2:01:58.40	5:37:25.95
28	418	Ellen	Dyverfeldt	25-29	2	F	2		0:33:14.50	0:02:11.40	3:02:43.50	0:01:02.30	1:59:28.50	5:38:40.20
29	468	Angus	Young	20-24	2	M	27	OUTriC	0:40:01.90	0:01:23.25	2:53:20.25	0:01:19.90	2:03:21.05	5:39:26.35
30	402	Jennifer	Ansell	25-29	3	F	3		0:38:26.25	0:01:44.20	3:13:50.85	0:01:30.20	1:44:01.30	5:39:32.80
31	449	Nicole	Patterson-Lett	45-49	1	F	4		0:27:36.20	0:01:32.35	3:05:55.35	0:01:31.20	2:05:55.35	5:42:30.45
32	446	Trevor	Nash	55-59	1	M	28	Horsham Amphibians	0:36:30.55	0:02:29.65	3:06:54.90	0:01:26.15	1:55:29.50	5:42:50.75
33	414	Christopher	Davis	45-49	8	M	29		0:34:44.30	0:01:57.10	3:16:05.60	0:01:06.35	1:51:47.25	5:45:40.60
34	432	Phoebe	Juggins	25-29	4	F	5	Windrush Triathlon	0:36:51.70	0:02:01.25	2:59:53.25	0:01:13.45	2:06:31.90	5:46:31.55
35	445	Ben	Murray	35-39	4	M	30		0:35:33.45	0:02:39.10	3:02:09.80	0:01:35.85	2:08:52.85	5:50:51.05
36	433	Charlotte	Kirk	20-24	1	F	6		0:37:33.90	0:02:26.90	3:21:04.90	0:01:03.25	1:49:58.75	5:52:07.70
37	448	Rachel	Orme	30-34	1	F	7	Windrush Triathlon Club	0:33:47.85	0:03:28.85	3:11:12.65	0:01:14.45	2:03:42.75	5:53:26.55
38	439	Darren	Mattis	45-49	9	M	31		0:39:59.35	0:06:33.85	3:00:58.15	0:04:07.40	2:01:51.65	5:53:30.40
39	451	Archie	Quinn	25-29	7	M	32		0:33:03.05	0:02:18.55	3:16:09.20	0:00:47.05	2:01:28.30	5:53:46.15

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
40	447	Martin	O'gorman	45-49	10	M	33		0:43:52.80	0:05:07.05	3:05:38.25	0:04:42.10	2:07:21.40	6:06:41.60
41	455	Katie	Smith	20-24	2	F	8		0:35:41.80	0:02:39.45	3:35:41.55	0:00:48.20	1:54:42.30	6:09:33.30
42	421	Darren	Hall	40-44	3	M	34	1066 triathletes	0:33:49.30	0:01:30.85	3:12:13.90	0:01:56.40	2:21:08.80	6:10:39.25
43	469	Stefan	Kiryazov	30-34	6	M	35		0:48:38.60	0:04:36.55	3:25:34.90	0:04:01.05	1:51:23.85	6:14:14.95
44	438	Gary	Mattingly	55-59	2	M	36	David Lloyd Southampton	0:42:22.45	0:06:54.30	3:14:10.50	0:06:02.20	2:08:10.55	6:17:40.00
45	422	George	Harper	25-29	8	M	37		0:37:48.05	0:03:28.35	3:27:30.70	0:02:18.45	2:08:09.05	6:19:14.60
46	465	Rachelle	Williams	40-44	1	F	9	Tuff Fitty	0:43:51.80	0:04:31.95	3:22:11.75	0:02:38.45	2:06:45.40	6:19:59.35
47	415	Rebecca	Day	35-39	1	F	10	Tuff Fitty Tri Club	0:39:53.90	0:02:17.30	3:39:26.20	0:01:14.90	2:11:38.80	6:34:31.10
48	428	Suzy	Howick	50-54	1	F	11	David Lloyd Southampton	0:41:03.30	0:11:44.90	3:34:32.85	0:05:48.75	2:20:14.60	6:53:24.40
49	459	Robert	Swinerd	50-54	3	M	38	Ashford Tri club	0:42:06.80	0:02:55.15	3:27:20.30	0:02:33.35	2:40:59.20	6:55:54.80
50	437	Ed	Massey	25-29	9	M	39		0:43:55.25	0:05:01.50	4:20:25.05	0:02:44.30	2:01:53.90	7:14:00.00
51	436	Cliff	Mansley	55-59	3	M	40	David Lloyd southampton	0:48:05.95	0:04:10.50	3:44:45.45	0:04:50.95	3:34:44.25	8:16:37.10
DNF	420	Peter	Gahan	50-54	DNF	M	DNF		0:47:34.20	0:02:46.70	3:02:14.35	0:01:57.60	0	0
DNF	467	Peter	Wright	30-34	DNF	M	DNF		0:34:20.20	0:03:00.85	3:29:38.10	0:04:06.60	0	0
DNF	424	Thomas	Hibbard	25-29	DNF	M	DNF		0:42:13.50	0:02:46.50	0	0:00:00.00	0	0
DNF	401	Martin	Abbott	35-39	DNF	M	DNF	Ashford Tri Club	0:42:02.10	0:03:52.70	3:24:57.90	0:03:27.60	0	0

### Run Splits

Pos	Bib	Firstname	Lastname	Run Split1	Run Split2	Run Split3	Run Split4
1	434	Colin	Lewin	0:20:36.35	0:20:45.05	0:21:19.80	0:23:58.80
2	419	Chris	Floyd	0:21:13.90	0:22:09.90	0:23:00.95	0:25:47.70
3	457	Rory	Spicer	0:23:26.20	0:19:56.00	0:25:43.65	0:25:07.25
4	416	Rob	Demetriou	0:21:55.05	0:22:10.60	0:21:58.55	0:23:32.60
5	441	David	Meller	0:22:42.00	0:23:18.50	0:23:26.20	0:24:48.05
6	462	Sam	Walsh	0:22:10.80	0:22:50.75	0:24:03.00	0:25:27.10
7	453	Giles	Sacarello	0:24:19.75	0:24:57.45	0:25:23.45	0:27:55.55
8	466	Alan	Wray	0:23:41.80	0:23:11.00	0:23:17.75	0:25:19.25
9	408	Nathan	Burton	0:21:15.25	0:22:31.20	0:23:43.80	0:27:03.75
10	460	Thomas	Taylor	0:24:12.25	0:25:21.40	0:28:24.80	0:27:39.45
11	423	Ed	Harris	0:23:50.60	0:25:34.65	0:27:35.85	0:26:56.05
12	461	Michael	Thomson	0:24:12.35	0:25:13.90	0:26:31.65	0:29:18.25
13	452	Milen	Rachev	0:25:31.15	0:26:07.25	0:27:24.70	0:29:32.20
14	403	James	Barwick	0:25:35.30	0:26:41.65	0:27:48.80	0:31:32.75
15	417	Richard	Draper	0:24:01.60	0:25:09.45	0:26:18.25	0:28:50.40
16	430	Rolando	Hutchinson	0:24:41.80	0:26:18.05	0:27:29.85	0:30:15.85
17	426	Matthew	Hill	0:25:04.60	0:28:34.55	0:29:16.95	0:30:06.30
18	425	Christopher	Hill	0:25:04.85	0:28:34.85	0:29:16.95	0:30:06.85
19	442	Megan	Melville	0:27:28.80	0:28:50.30	0:29:16.90	0:30:42.40

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
20	410	Daniel	Chappell	0:24:05.00	0:25:30.50	0:28:37.70	0:32:02.60							
21	464	Gavin	Watts	0:25:03.40	0:27:39.00	0:31:00.25	0:33:15.05							
22	407	David	Brook	0:26:21.85	0:27:20.15	0:27:46.90	0:30:08.85							
23	454	Hugh	Scanlon	0:26:13.80	0:27:46.45	0:29:06.15	0:33:52.20							
24	409	Neil	Cann	0:29:11.00	0:31:53.90	0:37:42.25	0:03:59.75							
25	404	Matthew	Blott	0:27:13.15	0:29:47.10	0:30:03.10	0:30:39.10							
26	405	Steven	Boyle	0:30:36.25	0:33:17.90	0:36:32.15	0:40:17.15							
27	440	Rory	McIntyre	0:28:09.40	0:29:21.60	0:28:56.70	0:35:30.70							
28	418	Ellen	Dyverfeldt	0:27:44.95	0:29:12.50	0:30:02.60	0:32:28.45							
29	468	Angus	Young	0:27:20.40	0:30:26.75	0:30:54.95	0:34:38.95							
30	402	Jennifer	Ansell	0:24:44.75	0:25:46.45	0:25:29.60	0:28:00.50							
31	449	Nicole	Patterson-Lett	0:29:28.10	0:30:26.70	0:31:14.75	0:34:45.80							
32	446	Trevor	Nash	0:27:58.50	0:28:29.30	0:28:50.95	0:30:10.75							
33	414	Christopher	Davis	0:27:29.45	0:27:07.90	0:26:53.20	0:30:16.70							
34	432	Phoebe	Juggins	0:29:51.15	0:31:50.35	0:30:53.40	0:33:57.00							
35	445	Ben	Murray	0:30:27.85	0:33:38.95	0:31:44.15	0:33:01.90							
36	433	Charlotte	Kirk	0:24:33.90	0:26:18.70	0:27:56.65	0:31:09.50							
37	448	Rachel	Orme	0:27:35.25	0:30:32.80	0:31:52.85	0:33:41.85							
38	439	Darren	Mattis	0:28:50.00	0:30:03.85	0:30:38.30	0:32:19.50							
39	451	Archie	Quinn	0:28:38.65	0:27:59.25	0:30:34.20	0:34:16.20							
40	447	Martin	O'gorman	0:26:53.20	0:30:52.45	0:33:47.20	0:35:48.55							
41	455	Katie	Smith	0:26:54.00	0:27:33.40	0:29:05.85	0:31:09.05							
42	421	Darren	Hall	0:27:56.05	0:32:06.50	0:40:44.00	0:40:22.25							
43	469	Stefan	Kiryazov	0:27:11.85	0:27:15.25	0:28:02.00	0:28:54.75							
44	438	Gary	Mattingly	0:29:57.40	0:31:20.85	0:31:14.90	0:35:37.40							
45	422	George	Harper	0:27:47.50	0:30:02.35	0:32:19.55	0:37:59.65							
46	465	Rachelle	Williams	0:30:06.10	0:31:36.85	0:31:40.90	0:33:21.55							
47	415	Rebecca	Day	0:28:33.30	0:29:16.85	0:34:11.80	0:39:36.85							
48	428	Suzy	Howick	0:31:54.70	0:34:04.95	0:36:50.05	0:37:24.90							
49	459	Robert	Swinerd	0:37:04.95	0:37:59.00	0:40:09.05	0:45:46.20							
50	437	Ed	Massey	0:28:07.60	0:28:30.25	0:32:19.45	0:32:56.60							
51	436	Cliff	Mansley	0:49:32.15	0:56:52.45	0:49:05.15	0:59:14.50							