

# SPRING DUATHLON 2010

## SHORT COURSE

## RESULTS

ORGANISED BY THE PORTSMOUTH  
TRIATHLETES

18TH APRIL 2010 4KM / 24KM / 4KM

Race Posn	Cat		Name	Team	Run 1		Bike		Run 2		Total
	Type	Pos.			Time	Pos	Time	Pos	Time	Pos	
1	MV	1	Stuart Morgan	Farnham Road Club	0:15:23	(2)	0:34:39	(1)	0:16:05	(1)	1:06:07
2	M	1	Christian Ashmore	Team Dillon	0:15:33	(4)	0:36:58	(5)	0:16:18	(3)	1:08:49
3	MV	2	Jeremy Bushell	Team Tri UK	0:15:19	(1)	0:37:22	(9)	0:16:20	(4)	1:09:01
4	MV	3	Gary Roberts	Unattached	0:15:40	(5)	0:37:14	(7)	0:16:12	(2)	1:09:06
5	MV	4	Stephen Wood	Antelope RT	0:15:55	(8)	0:36:33	(3)	0:17:23	(9)	1:09:51
6	MV	5	Brian Kilbey	Unattached	0:15:56	(9)	0:37:17	(8)	0:16:42	(5)	1:09:55
7	M	2	Steve Knight	Unattached	0:15:53	(7)	0:36:34	(4)	0:17:30	(10)	1:09:57
8	MV	6	Martin Neagle	Celtic tri	0:16:12	(12)	0:37:06	(6)	0:17:44	(16)	1:11:02
9	MV	7	Andrew Langdown	Hampshire Road Club	0:17:24	(30)	0:36:03	(2)	0:18:34	(23)	1:12:01
10	M	3	Duncan Edwards	Unattached	0:16:05	(10)	0:38:55	(11)	0:17:32	(11)	1:12:32
11	MV	8	David Thompson	Portsmouth Triathletes	0:16:55	(19)	0:38:09	(10)	0:17:39	(14)	1:12:43
12	M	4	Stu Riley	Unattached	0:16:41	(14)	0:39:31	(12)	0:17:41	(15)	1:13:53
13	M	5	Richard Lewis	Chippenham Wheelers	0:17:12	(25)	0:39:42	(13)	0:17:19	(8)	1:14:13
14	MV	9	David Bourne	Results Triathlon	0:15:24	(3)	0:40:51	(20)	0:18:47	(28)	1:15:02
15	MV	10	Andrew Goldsmith	Unattached	0:16:51	(18)	0:41:21	(24)	0:17:52	(17)	1:16:04
16	MV	11	Simon Baxter	Portsmouth Triathletes	0:16:46	(16)	0:40:55	(21)	0:18:35	(24)	1:16:16
17	MV	12	Duncan Finch	Unattached	0:16:47	(17)	0:42:02	(27)	0:17:33	(13)	1:16:22
18	MV	13	Geoff Newman	Unattached	0:16:59	(21)	0:41:11	(22)	0:18:14	(21)	1:16:24
19	M	6	Andrew Coles	Unattached	0:16:09	(11)	0:43:08	(38)	0:17:10	(7)	1:16:27
20	M	7	Dave Morris	Unattached	0:16:45	(15)	0:41:44	(26)	0:18:04	(18)	1:16:33
21	MV	14	David Robbins	Liss Runners	0:18:11	(39)	0:39:44	(14)	0:18:42	(26)	1:16:37
22	MV	15	Mark Greenfield	Unattached	0:17:57	(37)	0:39:50	(15)	0:19:07	(32)	1:16:54
23	M	8	Rob Riley	Unattached	0:17:36	(32)	0:39:55	(16)	0:19:50	(39)	1:17:21
24	MV	16	Andy Hobson	Unattached	0:17:25	(31)	0:41:20	(23)	0:18:47	(27)	1:17:32
25	MV	17	Gary Moore	Christchurch Runners	0:17:19	(27)	0:42:53	(35)	0:17:33	(12)	1:17:45
26	M	9	Neil Ware	Unattached	0:16:36	(13)	0:44:20	(44)	0:16:55	(6)	1:17:51
27	FV	1	Jane King	Tuff Fitty	0:17:01	(22)	0:43:00	(37)	0:18:05	(19)	1:18:06
28	M	10	Ryan Gunner	Stubbington Green	0:15:49	(6)	0:42:52	(34)	0:19:36	(38)	1:18:17
29	MV	18	Rob Wallis	Unattached	0:17:09	(23)	0:42:57	(36)	0:18:27	(22)	1:18:33
30	FV	2	Cathy Allen	Portsmouth Triathletes	0:17:43	(33)	0:42:21	(30)	0:18:53	(30)	1:18:57
31	M	11	Jon Burbury	Unattached	0:17:51	(35)	0:42:06	(28)	0:19:11	(34)	1:19:08
32	MV	19	Nick Borbone	Unattached	0:18:34	(42)	0:40:05	(17)	0:20:31	(45)	1:19:10
33	M	12	Alastair Patrick	Unattached	0:16:56	(20)	0:43:13	(39)	0:19:34	(37)	1:19:43
34	MV	20	Steve Parsons	Unattached	0:17:15	(26)	0:44:17	(43)	0:18:14	(20)	1:19:46
35	MV	21	Malcolm Bunce	Unattached	0:17:21	(28)	0:44:03	(42)	0:18:48	(29)	1:20:12
36	MV	22	Kevin Orchard	Shenley Striders	0:18:44	(44)	0:41:30	(25)	0:20:07	(41)	1:20:21

37	FV	3	Poppy Holmes	Southampton Tri	0:19:23	(49)	0:40:18	(19)	0:20:44	(47)	1:20:25
38	MV	23	Wayne Morgan	Unattached	0:17:49	(34)	0:44:00	(40)	0:19:00	(31)	1:20:49
39	MV	24	Colin Bushby	Esporta Brighton	0:18:55	(45)	0:42:16	(29)	0:19:50	(39)	1:21:01
40	M	13	Shaun Gillam	Unattached	0:17:55	(36)	0:44:54	(48)	0:18:38	(25)	1:21:27
41	MV	25	Carl Sexton	Unattached	0:18:30	(41)	0:42:29	(32)	0:20:40	(46)	1:21:39
42	M	14	Rob Martin-Cramp	Unattached	0:18:39	(43)	0:44:02	(41)	0:19:30	(36)	1:22:11
43	M	15	Joshua Solomon	Unattached	0:19:29	(50)	0:40:06	(18)	0:22:38	(56)	1:22:13
44	M	16	Kevin Batt	Chichester Runners	0:17:10	(24)	0:46:22	(55)	0:19:07	(32)	1:22:39
45	M	17	Jake Winsor	Unattached	0:17:23	(29)	0:44:36	(45)	0:21:16	(51)	1:23:15
46	MV	26	David Hall	Unattached	0:20:02	(52)	0:42:23	(31)	0:21:12	(50)	1:23:37
47	MV	27	Martin Wilson	BKO	0:18:09	(38)	0:46:11	(53)	0:19:26	(35)	1:23:46
48	MV	28	Andrew Wagstaff	Unattached	0:19:03	(47)	0:44:36	(45)	0:20:22	(44)	1:24:01
49	M	18	James Armstrong	Unattached	0:20:08	(54)	0:42:50	(33)	0:21:24	(52)	1:24:22
50	F	1	Rosie Thompson	Unattached	0:18:18	(40)	0:46:15	(54)	0:20:15	(43)	1:24:48
51	M	19	Adam Kaoullas	Unattached	0:19:57	(51)	0:46:47	(57)	0:21:00	(49)	1:27:44
52	F	2	Charlie Gray	Unattached	0:19:00	(46)	0:48:09	(61)	0:20:54	(48)	1:28:03
53	MV	29	Shaun Dowling	Unattached	0:20:40	(56)	0:46:51	(59)	0:21:34	(53)	1:29:05
54	MV	30	Philip Poyner	Chichester	0:20:50	(58)	0:46:50	(58)	0:21:44	(54)	1:29:24
55	FV	4	Diana Littler	Chichester Westgate triathlon club	0:21:15	(59)	0:45:26	(50)	0:23:08	(59)	1:29:49
56	M	20	Steve Cooke	Unattached	0:20:42	(57)	0:45:35	(51)	0:23:47	(60)	1:30:04
57	F	3	Joanne Smith	Unattached	0:20:04	(53)	0:48:18	(62)	0:21:50	(55)	1:30:12
58	F	4	Julia Hammond	Unattached	0:22:47	(65)	0:44:43	(47)	0:25:41	(66)	1:33:11
59	M	21	Mike Minnis	Unattached	0:20:12	(55)	0:50:43	(66)	0:22:47	(58)	1:33:42
60	MV	31	Alex Mackenzie	Unattached	0:22:07	(60)	0:47:33	(60)	0:24:18	(62)	1:33:58
61	F	5	Rachel Bartlett	Unattached	0:23:43	(67)	0:46:26	(56)	0:24:01	(61)	1:34:10
62	F	6	Helen Harper	Unattached	0:19:10	(48)	0:55:42	(69)	0:20:10	(42)	1:35:02
63	FV	5	Lorraine Emmett	Unattached	0:22:27	(62)	0:45:10	(49)	0:27:54	(68)	1:35:31
64	F	7	Lisa Sheppard	Unattached	0:23:52	(68)	0:49:04	(64)	0:22:40	(57)	1:35:36
65	FV	6	Janice Goble	Southampton Tri	0:22:42	(64)	0:48:37	(63)	0:24:27	(65)	1:35:46
66	FV	7	Diana Trafford	Dr Love and the disciples	0:23:32	(66)	0:46:04	(52)	0:26:32	(67)	1:36:08
67	MV	32	John Omeara	Unattached	0:22:32	(63)	0:49:21	(65)	0:24:26	(64)	1:36:19
68	M	22	Ian McShane	Unattached	0:22:19	(61)	0:51:28	(68)	0:24:19	(63)	1:38:06
69	F	8	Katie Wingfield	Unattached	0:24:05	(69)	0:51:14	(67)	0:28:03	(69)	1:43:22
70	FV	8	Linda Robbins	Liss Runners	0:26:06	(71)	0:59:33	(71)	0:28:25	(70)	1:54:04
71	F	9	Andrea Lofthouse	Unattached	0:24:22	(70)	1:05:49	(73)	0:29:31	(71)	1:59:42
72	FV	9	Carol James	Epsom Allsorts	0:29:18	(73)	0:59:21	(70)	0:31:43	(73)	2:00:22
73	FV	10	Rusty Taphouse	Unattached	0:26:22	(72)	1:04:00	(72)	0:31:17	(72)	2:01:39