

# SPRING DUATHLON 2011 LONG COURSE RESULTS

## ORGANISED BY THE PORTSMOUTH TRIATHLETES

### 10TH APRIL 2011 4KM / 40KM / 8KM

Race Posn	Cat		Name	Team	Run 1		Bike		Run 2		Total
	Type	Pos.			Time	Pos	Time	Pos	Time	Pos	
1	MV	1	Matt Molloy	Bike and Run	0:13:40	(2)	0:55:14	(1)	0:28:59	(2)	1:37:53
2	M	1	Paul Ashley	TeamFeat	0:13:29	(1)	0:57:32	(4)	0:28:30	(1)	1:39:31
3	MV	2	Owen Harries	Southampton AC	0:15:03	(11)	0:58:10	(7)	0:29:58	(3)	1:43:11
4	M	2	Gordon Croucher	Beyond Mountain Bikes/Specialized RT	0:14:32	(4)	0:57:17	(3)	0:31:59	(8)	1:43:48
5	MV	3	Malcolm Hughes	Brighton Phoenix Tri	0:14:42	(6)	0:57:52	(5)	0:31:59	(8)	1:44:33
6	MV	4	Andrew Waddington	PNECC	0:15:13	(14)	0:58:06	(6)	0:31:30	(5)	1:44:49
7	M	3	Mark Darcy	Team Feat	0:15:20	(16)	0:56:52	(2)	0:33:03	(14)	1:45:15
8	MV	5	Nigel Herron	Brighton Phoenix Tri	0:14:46	(8)	1:00:18	(9)	0:31:07	(4)	1:46:11
9	M	4	Jonathan Thomas	Tri-Motion	0:14:36	(5)	1:02:06	(15)	0:32:51	(13)	1:49:33
10	MV	6	Richard Vaudin	Redmon CC	0:15:20	(16)	1:00:28	(11)	0:34:14	(23)	1:50:02
11	M	5	Andrew Garner	VO2 Maximum RT	0:15:12	(13)	1:02:12	(16)	0:32:41	(12)	1:50:05
12	M	6	Steven DeQuincey	Tri-Motion	0:15:28	(18)	1:01:38	(14)	0:33:14	(15)	1:50:20
13	F	1	Kate Robson	Unattached	0:14:51	(9)	1:04:05	(18)	0:32:00	(10)	1:50:56
14	MV	7	Kevin Bailey	Unattached	0:14:42	(6)	1:04:46	(22)	0:31:57	(7)	1:51:25
15	MV	8	James Hodge	Balanced Performance	0:16:24	(23)	0:59:28	(8)	0:35:49	(27)	1:51:41
16	M	7	Mike Collins	David Lloyd Port Solent	0:17:02	(33)	1:00:59	(13)	0:34:15	(24)	1:52:16
17	MV	9	Adam Denton	Unattached	0:15:05	(12)	1:04:25	(19)	0:33:16	(16)	1:52:46
18	M	8	Julian Middlewick	David Lloyd Port Solent	0:15:19	(15)	1:04:31	(21)	0:33:38	(20)	1:53:28
19	M	9	Andrew Ruffer	Tuff Fitty	0:15:01	(10)	1:06:20	(28)	0:32:17	(11)	1:53:38
20	MV	10	Mark Tyler	Steyning Athletics Club	0:16:13	(22)	1:03:37	(17)	0:34:03	(22)	1:53:53
21	M	10	Steven Ede	Team Ede	0:14:19	(3)	1:09:14	(38)	0:31:52	(6)	1:55:25
22	MV	11	Stephen Hasler	Chichester Westgate Tri Club	0:16:02	(20)	1:06:57	(29)	0:33:57	(21)	1:56:56
23	MV	12	Paul Carter	Portsmouth Triathletes	0:15:54	(19)	1:07:52	(37)	0:33:30	(18)	1:57:16
24	M	11	Yuzo Saito	Hercules Wimbledon	0:16:30	(24)	1:05:32	(25)	0:35:31	(25)	1:57:33
25	MV	13	Michael Hawdon	David Lloyd	0:17:01	(32)	1:04:51	(23)	0:35:48	(26)	1:57:40
26	MV	14	Sean Elliott	Unattached	0:16:48	(30)	1:04:51	(23)	0:36:11	(28)	1:57:50
27	F	2	Rachel Baker	Mid Sussex Triathlon Club	0:17:18	(36)	1:04:28	(20)	0:36:27	(29)	1:58:13
28	FV	1	Moyra Amess	Steyning Athletic Club	0:16:36	(26)	1:05:33	(26)	0:36:37	(30)	1:58:46
29	MV	15	Simon Baxter	Portsmouth Triathletes	0:16:39	(27)	1:06:11	(27)	0:36:52	(31)	1:59:42
30	MV	16	Simon Williams	Unattached	0:16:46	(29)	1:07:18	(32)	0:36:57	(32)	2:01:01
31	F	3	Erica Martin	Brighton Phoenix Tri	0:16:02	(20)	1:11:55	(46)	0:33:36	(19)	2:01:33
32	MV	17	Jason Court	Portsmouth Triathletes	0:17:38	(40)	1:06:57	(30)	0:38:31	(35)	2:03:06
33	M	12	James Fuller	Unattached	0:16:44	(28)	1:07:47	(36)	0:38:52	(37)	2:03:23
34	MV	18	John Helyer	David Lloyd Port Solent Tri Club	0:17:29	(39)	1:07:41	(35)	0:38:23	(34)	2:03:33
35	FV	2	Jo Hesketh	Steyning Athletic Club	0:17:09	(35)	1:13:05	(50)	0:33:28	(17)	2:03:42
36	M	13	Tim Jenkins	DLPS Tri	0:18:01	(44)	1:00:34	(12)	0:45:21	(55)	2:03:56
37	MV	19	John Bullard	Chichester Westgate Tri Club	0:19:08	(47)	1:00:22	(10)	0:44:50	(52)	2:04:20

38	MV	20	Scott Weaver	Eton Triathlete Club	0:17:39	(41)	1:07:00	(31)	0:42:12	(43)	2:06:51
39	MV	21	Karl Charvatt	VO2 Max RT	0:18:18	(46)	1:10:16	(41)	0:38:33	(36)	2:07:07
40	F	4	Donna Tew	Unattached	0:17:25	(38)	1:12:46	(48)	0:37:00	(33)	2:07:11
41	MV	22	Adrian Brown	Steyning Athletic Club	0:16:34	(25)	1:07:40	(34)	0:43:26	(48)	2:07:40
42	MV	23	Graham Turnbull	Unattached	0:17:41	(42)	1:07:28	(33)	0:42:40	(45)	2:07:49
43	M	14	James Kent	Unattached	0:16:53	(31)	1:10:19	(42)	0:40:58	(42)	2:08:10
44	MV	24	Kevin Royle	Southampton Tri Club	0:17:21	(37)	1:11:25	(44)	0:40:25	(41)	2:09:11
45	M	15	Mike Noad	Portsmouth Triathletes	0:19:19	(49)	1:11:27	(45)	0:38:58	(38)	2:09:44
46	FV	3	Alison Ford	Four4th.co.uk	0:19:14	(48)	1:09:43	(39)	0:42:13	(44)	2:11:10
47	FV	4	Linsay Bamford	Farnham Tri	0:17:56	(43)	1:14:29	(57)	0:39:06	(39)	2:11:31
48	FV	5	Cathy Allen	Portsmouth Triathletes	0:18:12	(45)	1:14:00	(56)	0:39:29	(40)	2:11:41
49	M	16	Simon Anderton	Unattached	0:19:37	(51)	1:11:09	(43)	0:43:21	(46)	2:14:07
50	F	5	Demelza Farrer	David Lloyd	0:19:51	(52)	1:09:51	(40)	0:46:28	(57)	2:16:10
51	MV	25	Laurence Howick	Unattached	0:20:12	(57)	1:13:54	(54)	0:43:23	(47)	2:17:29
52	F	6	Debbie Lammiman	David Lloyd Port Solent	0:20:11	(56)	1:13:01	(49)	0:44:32	(50)	2:17:44
52	MV	26	Steve Fitzjohn	RNTA	0:20:09	(55)	1:13:20	(52)	0:44:15	(49)	2:17:44
54	FV	6	Helen Kennedy	Farnham Tri	0:19:26	(50)	1:15:24	(58)	0:44:39	(51)	2:19:29
55	MV	27	David Wright	Portsmouth Triathletes	0:21:20	(58)	1:13:24	(53)	0:47:38	(59)	2:22:22
56	MV	28	Neil Thornton	Unattached	0:21:44	(59)	1:13:55	(55)	0:46:47	(58)	2:22:26
57	F	7	Heather Engley	Hampshire Police	0:20:02	(53)	1:19:00	(61)	0:44:57	(53)	2:23:59
58	MV	29	Peter Divers	Unattached	0:23:17	(62)	1:12:20	(47)	0:48:49	(60)	2:24:26
59	MV	30	Neil Attwater	Unattached	0:22:25	(60)	1:13:16	(51)	0:48:51	(61)	2:24:32
60	MV	31	Michael Bevis	Unattached	0:22:28	(61)	1:17:39	(60)	0:46:26	(56)	2:26:33
61	F	8	Charlie Gray	Farnham Tri	0:20:08	(54)	1:21:31	(63)	0:45:13	(54)	2:26:52
62	FV	7	Sue O'dowd	Tri-Motion	0:23:27	(63)	1:15:25	(59)	0:53:55	(62)	2:32:47
63	MV	32	Paul Thomas	Brighton Phoenix Tri	0:28:38	(64)	1:19:01	(62)	1:09:09	(63)	2:56:48
DNF	FV		Elaine Armour	Eton Triathlete Club	0:17:04	(34)	DNF		DNF		0:00:00