

# SPRING DUATHLON 2011

## SHORT COURSE

## RESULTS

ORGANISED BY THE PORTSMOUTH  
TRIATHLETES

10TH APRIL 2011 4KM / 24KM / 4KM

Race Posn	Cat		Name	Team	Run 1		Bike		Run 2		Total Time
	Type	Pos.			Time	Pos	Time	Pos	Time	Pos	
1	M	1	Gary Brind	Steyning AC	0:15:02	(3)	0:34:00	(1)	0:15:53	(3)	1:04:55
2	MV	1	Nigel Gates	Bodyworks XTC	0:14:37	(1)	0:36:58	(4)	0:14:31	(1)	1:06:06
3	MV	2	Brian Kilbey	Unattached	0:14:58	(2)	0:35:39	(3)	0:16:04	(4)	1:06:41
4	MV	3	Stuart Morgan	Farnham Road Club	0:15:44	(7)	0:34:49	(2)	0:16:20	(6)	1:06:53
5	MV	4	Paul Morris	Unattached	0:15:24	(4)	0:37:25	(9)	0:15:51	(2)	1:08:40
6	MV	5	Martin Nobbs	Portsmouth Triathletes	0:15:50	(8)	0:37:08	(6)	0:16:58	(8)	1:09:56
7	M	2	Steve Knight	Denmead Striders	0:15:43	(6)	0:37:04	(5)	0:17:11	(12)	1:09:58
8	MV	6	Chris Kennard	Portsmouth Triathletes	0:16:20	(11)	0:37:20	(7)	0:16:40	(7)	1:10:20
9	M	3	Stu Riley	Tri Preston	0:16:16	(10)	0:39:06	(18)	0:17:00	(9)	1:12:22
10	MV	7	Mark Greenfield	Unattached	0:16:49	(18)	0:37:49	(10)	0:17:59	(17)	1:12:37
11	M	4	Paul Davies	Portsmouth Triathletes	0:16:44	(16)	0:39:03	(16)	0:17:11	(11)	1:12:58
12	M	5	Scott Heys- Limonard	Unattached	0:15:24	(4)	0:41:25	(30)	0:16:19	(5)	1:13:08
13	MV	8	Stuart Wilson	Chichester Westgate Tri Club	0:17:05	(23)	0:38:14	(11)	0:18:06	(18)	1:13:25
14	MV	9	Peter Lane	Steyning AC	0:16:52	(20)	0:38:29	(12)	0:19:16	(33)	1:14:37
15	MV	10	Mark Capocci	Unattached	0:17:56	(38)	0:37:24	(8)	0:19:37	(38)	1:14:57
16	M	6	Duncan Edwards	Unattached	0:17:03	(22)	0:38:54	(15)	0:19:05	(29)	1:15:02
17	M	7	Thomas Robins	Unattached	0:16:42	(14)	0:39:05	(17)	0:19:25	(36)	1:15:12
18	MV	11	Martin Booty	Brighton Mitre	0:17:53	(36)	0:38:44	(13)	0:18:40	(27)	1:15:17
19	M	8	Michael Hamann	Unattached	0:16:38	(13)	0:40:34	(26)	0:18:08	(20)	1:15:20
20	MV	12	Christopher Lee	Steyning AC	0:17:02	(21)	0:40:21	(25)	0:18:14	(22)	1:15:37
21	M	9	Rob Wylie	Unattached	0:17:06	(24)	0:39:24	(20)	0:19:11	(31)	1:15:41
22	MV	13	David Thompson	Portsmouth Triathletes	0:17:46	(33)	0:38:49	(14)	0:19:20	(34)	1:15:55
23	FV	1	Jane King	Tuff Fitty	0:17:10	(26)	0:40:41	(27)	0:18:13	(21)	1:16:04
24	M	10	Alastair Patrick	Unattached	0:17:31	(29)	0:39:49	(23)	0:19:30	(37)	1:16:50
25	M	11	Simon Carson- Jones	Stubbington Green Runners	0:17:46	(33)	0:40:52	(29)	0:18:14	(23)	1:16:52
26	F	1	Gayle Vickers	Unattached	0:16:43	(15)	0:43:00	(37)	0:17:18	(13)	1:17:01
27	M	12	Rob Riley	Unattached	0:17:38	(31)	0:39:32	(21)	0:20:04	(43)	1:17:14
28	MV	14	Mark Smith	Portsmouth Triathletes	0:18:00	(39)	0:39:53	(24)	0:19:46	(40)	1:17:39
29	FV	2	Debbie Hallett	Portsmouth Triathletes	0:18:57	(57)	0:39:12	(19)	0:20:01	(41)	1:18:10
30	M	13	Danny Watts	Unattached	0:16:50	(19)	0:43:06	(39)	0:18:20	(24)	1:18:16
31	M	14	Aidan Kay	Bristol and district tri club	0:16:04	(9)	0:45:06	(58)	0:17:29	(15)	1:18:39
32	M	15	Neil Ware	Unattached	0:16:27	(12)	0:45:08	(60)	0:17:09	(10)	1:18:44
33	MV	15	Martin Wilson	Berkshire Orienteers	0:17:43	(32)	0:43:22	(41)	0:17:52	(16)	1:18:57

34	F	2	Laura Allen	Denmead Striders	0:16:47	(17)	0:44:47	(52)	0:17:27	(14)	1:19:01
35	MV	16	Lee James	Unattached	0:18:17	(44)	0:40:48	(28)	0:20:14	(45)	1:19:19
36	M	16	Mark Fox	Unattached	0:17:18	(28)	0:43:31	(42)	0:18:35	(26)	1:19:24
37	MV	17	Vince Golding	East Grinstead TC	0:17:54	(37)	0:43:34	(43)	0:18:34	(25)	1:20:02
38	FV	3	Poppy Holmes	Southampton Tri Club	0:19:17	(60)	0:39:37	(22)	0:21:10	(56)	1:20:04
39	MV	18	Chris Purcell	Portsmouth Triathletes	0:17:34	(30)	0:43:39	(44)	0:19:07	(30)	1:20:20
40	M	17	Patrick Hughes	Unattached	0:18:11	(42)	0:43:06	(39)	0:20:11	(44)	1:21:28
41	MV	19	Christopher Tucker	Unattached	0:17:12	(27)	0:46:16	(66)	0:18:06	(19)	1:21:34
42	F	3	Sophie Ruffer	Tuff Fitty	0:18:43	(49)	0:42:17	(34)	0:20:37	(52)	1:21:37
43	F	4	Hannah Scott	Unattached	0:18:06	(41)	0:45:00	(57)	0:18:43	(28)	1:21:49
44	M	18	Rupert Clifford-Brown	Unattached	0:18:45	(51)	0:42:40	(36)	0:20:28	(50)	1:21:53
45	MV	20	Lee Neale	Petersfield Tri Club	0:18:31	(46)	0:42:39	(35)	0:21:15	(58)	1:22:25
46	FV	4	Kim Lowe	Dmvac	0:18:28	(45)	0:44:22	(48)	0:19:40	(39)	1:22:30
47	MV	21	Bob Thomas	Tuff Fitty	0:20:02	(66)	0:41:46	(31)	0:21:23	(61)	1:23:11
48	M	19	Matthew Hayward	Unattached	0:17:49	(35)	0:46:03	(65)	0:19:21	(35)	1:23:13
49	MV	22	Colin Bushby	Esporta Brighton	0:19:23	(61)	0:43:39	(44)	0:20:25	(49)	1:23:27
50	FV	5	Nicola Stallard	Unattached	0:18:46	(52)	0:44:39	(51)	0:20:15	(46)	1:23:40
51	M	20	Charlie Fuller	Pink Stink	0:19:01	(59)	0:44:07	(47)	0:20:41	(54)	1:23:49
52	M	21	Mark Beels	Unattached	0:18:02	(40)	0:45:31	(61)	0:20:24	(48)	1:23:57
53	MV	23	Ray Austin	Unattached	0:18:38	(47)	0:44:36	(50)	0:21:27	(62)	1:24:41
54	MV	24	Dominic Dawson	Portsmouth Triathletes	0:17:08	(25)	0:47:23	(75)	0:20:17	(47)	1:24:48
55	MV	25	Dave Cotton	Unattached	0:18:39	(48)	0:47:09	(71)	0:19:13	(32)	1:25:01
56	M	22	Toby Bigwood	Unattached	0:18:43	(49)	0:45:07	(59)	0:21:18	(59)	1:25:08
57	M	23	Andrew Halpin	Unattached	0:20:23	(70)	0:41:49	(32)	0:23:00	(71)	1:25:12
58	F	5	Mags Panter	DLPS Tri	0:20:18	(68)	0:43:05	(38)	0:22:33	(70)	1:25:56
59	MV	26	Kevin Ballard-Neale	Unattached	0:20:31	(71)	0:41:53	(33)	0:23:36	(76)	1:26:00
60	MV	27	Gavin Seale	Portsmouth Triathletes	0:20:38	(72)	0:44:33	(49)	0:21:46	(65)	1:26:57
61	MV	28	Wayne Morgan	Unattached	0:18:53	(55)	0:46:22	(67)	0:21:52	(67)	1:27:07
62	FV	6	Debbie Hewitt	Portsmouth Triathletes	0:18:49	(53)	0:47:09	(71)	0:21:12	(57)	1:27:10
63	FV	7	Viv Geary	Denmead Striders	0:18:50	(54)	0:47:21	(74)	0:21:30	(63)	1:27:41
64	MV	29	Frank Todd	Steyning AC	0:19:41	(62)	0:46:45	(68)	0:21:58	(68)	1:28:24
65	F	6	Natalie-Louise Ridout	David Lloyd Port Solent	0:19:54	(64)	0:48:25	(77)	0:20:32	(51)	1:28:51
66	MV	30	Andrew Cole	Unattached	0:19:44	(63)	0:48:03	(76)	0:21:18	(59)	1:29:05
67	F	7	Fels Hopkinson	DLPS Tri	0:20:18	(68)	0:46:53	(70)	0:22:23	(69)	1:29:34
68	M	24	Grant Kuiler	Team Dunky	0:20:48	(74)	0:45:37	(62)	0:23:12	(72)	1:29:37
69	MV	31	Nick Bailey	Portsmouth Triathletes	0:22:00	(81)	0:44:48	(53)	0:23:17	(73)	1:30:05
70	M	25	Andrew Carratt	Unattached	0:19:00	(58)	0:49:24	(78)	0:21:44	(64)	1:30:08
71	MV	32	Andy Young	Steyning Athletic Club	0:21:20	(76)	0:44:55	(55)	0:23:57	(78)	1:30:12
72	MV	33	Chris Avery	David Lloyd Tri Club	0:22:11	(82)	0:44:02	(46)	0:24:27	(81)	1:30:40
73	F	8	Emma Sutton	BAD TRI	0:21:17	(75)	0:45:55	(64)	0:23:46	(77)	1:30:58
73	M	26	David Sumner	Unattached	0:18:13	(43)	0:52:06	(83)	0:20:39	(53)	1:30:58
75	M	27	Ralph Bonfield	Unattached	0:21:35	(77)	0:49:38	(79)	0:20:03	(42)	1:31:16
76	MV	34	Clifford Thomas	Tuff Fitty Littlehampton	0:23:35	(86)	0:44:51	(54)	0:23:19	(74)	1:31:45
77	F	9	Alexandra Fuller	Unattached	0:22:30	(83)	0:44:58	(56)	0:24:23	(80)	1:31:51
78	MV	35	Steve Cooke	Southampton Tri Club	0:21:49	(80)	0:45:39	(63)	0:25:27	(84)	1:32:55
79	FV	8	Georgina Browne	Brighton Phoenix Tri	0:21:45	(78)	0:47:11	(73)	0:25:05	(82)	1:34:01
80	FV	9	Janice Goble	Southampton	0:23:06	(84)	0:46:47	(69)	0:25:06	(83)	1:34:59
81	FV	10	Lorraine Avery	David Lloyd Tri Club	0:21:48	(79)	0:50:46	(81)	0:23:23	(75)	1:35:57
82	MV	36	Steve Edwards	Unattached	0:20:43	(73)	0:51:22	(82)	0:24:16	(79)	1:36:21
83	M	28	Michael Gray	Unattached	0:20:11	(67)	0:56:25	(86)	0:21:49	(66)	1:38:25
84	FV	11	Sian Robinson	Petersfield Triathlon Club	0:19:59	(65)	1:02:40	(88)	0:21:05	(55)	1:43:44
85	M	29	Max Holland	Tuff Fitty	0:25:00	(88)	0:50:14	(80)	0:30:14	(89)	1:45:28
86	FV	12	Tania Almond	Unattached	0:23:54	(87)	0:52:16	(84)	0:30:09	(88)	1:46:19

87	M	30	Tomasz Bortnik	Unattached	0:23:20	(85)	1:01:59	(87)	0:25:53	(85)	1:51:12
88	FV	13	Carol James	Epsom Allsorts	0:27:22	(89)	0:55:49	(85)	0:28:58	(87)	1:52:09
89	M	31	Trevor Francis	Unattached	0:18:54	(56)	1:11:47	(90)	0:27:02	(86)	1:57:43
90	FV	14	Noreen Thomson	Unattached	0:30:21	(90)	1:09:25	(89)	0:35:27	(90)	2:15:13