

Sussex Triathlon  
Sprint Distance

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
1	116	Bernie	Spannagl	16-24	1	M	1		0:10:27.70	0:00:00.00	0:39:16.20	0:00:00.00	0:18:08.30	1:07:52.20
2	80	Toby	Lewis	16-24	2	M	2	Brighton Phoenix	0:12:38.85	0:00:47.20	0:41:31.00	0:00:33.00	0:19:54.70	1:15:24.75
3	117	Johanna	Spannagl	16-24	1	F	1		0:10:53.75	0:01:11.35	0:42:39.25	0:00:23.90	0:20:16.85	1:15:25.10
4	15	James	Box	30-34	1	M	3	Team Crosskeys	0:14:34.25	0:01:02.00	0:39:03.00	0:00:33.55	0:21:09.80	1:16:22.60
5	103	Till	Sanderson	45-49	1	M	4		0:11:37.65	0:01:00.45	0:41:21.60	0:00:45.05	0:21:57.55	1:16:42.30
6	41	Andrew	Eaton	50-54	1	M	5	SwimForTri	0:12:22.25	0:00:51.65	0:41:22.55	0:00:43.40	0:22:39.15	1:17:59.00
7	71	Paul	Kirkwood	40-44	1	M	6		0:13:25.95	0:01:34.40	0:40:55.25	0:01:11.10	0:21:37.30	1:18:44.00
8	24	Paul	Cherry	45-49	2	M	7	7oakstri Club	0:14:08.80	0:00:59.70	0:41:14.45	0:00:42.10	0:21:51.45	1:18:56.50
9	47	Libby	Free	35-39	1	F	2	Metropolitan police triathlon	0:13:21.10	0:00:37.05	0:42:17.85	0:00:34.30	0:23:07.60	1:19:57.90
10	66	Simon	Irwin	45-49	3	M	8	BRT	0:15:01.85	0:00:58.70	0:41:22.65	0:00:41.50	0:24:02.40	1:22:07.10
11	86	Jimmy	Mccormack	40-44	2	M	9	Dartford and White Oak	0:15:04.55	0:01:38.20	0:39:56.05	0:00:51.45	0:24:36.95	1:22:07.20
12	106	Ben	Sellar	40-44	3	M	10	Serpentines	0:16:33.05	0:01:15.85	0:42:07.85	0:00:39.25	0:21:31.95	1:22:07.95
13	65	James	Houlston	25-29	1	M	11	Brighton Tri Club	0:14:29.05	0:01:08.90	0:43:35.20	0:00:38.15	0:22:48.65	1:22:39.95
14	96	Matt	Puddefoot	30-34	2	M	12		0:14:21.35	0:01:26.95	0:43:21.15	0:00:50.15	0:23:52.80	1:23:52.40
15	4	Alastair	Badman	40-44	4	M	13		0:13:43.70	0:01:37.55	0:45:30.10	0:00:59.40	0:23:54.40	1:25:45.15
16	11	Ken	Beattie	45-49	4	M	14	BRT	0:15:53.15	0:01:33.55	0:44:08.10	0:00:41.65	0:23:53.45	1:26:09.90
17	128	Jacques	Turner	25-29	2	M	15		0:15:14.75	0:01:24.10	0:45:18.30	0:01:17.05	0:23:21.90	1:26:36.10
18	139	Simon	Williams	45-49	5	M	16		0:13:44.90	0:01:58.65	0:43:05.90	0:01:14.65	0:26:40.75	1:26:44.85
19	44	Simon	Firmin	25-29	3	M	17		0:16:14.90	0:02:00.25	0:43:37.00	0:00:52.35	0:24:14.50	1:26:59.00
20	137	Sebastian	Wilkinson	16-24	3	M	18		0:15:54.65	0:02:19.85	0:42:13.50	0:00:41.10	0:25:57.80	1:27:06.90
21	100	Chris	Roberts	45-49	6	M	19	Bodyworks XTC	0:15:27.50	0:01:18.05	0:45:07.80	0:00:50.80	0:24:24.75	1:27:08.90
22	104	Ben	Scammels	35-39	1	M	20	Brighton Tri	0:16:24.35	0:01:31.60	0:42:01.65	0:00:34.05	0:26:51.25	1:27:22.90
23	115	Richard	Smith	45-49	7	M	21	Hot Chilli Tri	0:13:13.90	0:01:01.90	0:46:43.20	0:00:45.05	0:26:22.55	1:28:06.60
24	97	Emma	Purcell	30-34	1	F	3		0:16:43.55	0:01:23.80	0:44:28.75	0:01:00.80	0:24:32.85	1:28:09.75
25	42	Matthew	Eaton	30-34	3	M	22	Weald tri club	0:15:07.15	0:01:32.65	0:45:15.25	0:00:57.00	0:25:33.25	1:28:25.30
26	138	Huw	Williams	30-34	4	M	23		0:15:16.00	0:01:30.60	0:45:08.85	0:00:57.65	0:25:43.70	1:28:36.80
27	130	Matt	Walter	30-34	5	M	24		0:13:45.40	0:01:27.95	0:48:21.90	0:00:47.60	0:25:10.90	1:29:33.75
28	79	Richard	Lewis	50-54	2	M	25		0:17:38.50	0:02:31.05	0:43:59.45	0:00:58.95	0:24:38.70	1:29:46.65
29	56	Katherine	Hall	35-39	2	F	4		0:14:45.25	0:02:01.95	0:48:08.75	0:00:37.50	0:24:18.45	1:29:51.90
30	33	J. OMAR	CORONA	35-39	2	M	26		0:22:08.45	0:01:55.70	0:40:53.00	0:00:53.25	0:24:36.05	1:30:26.45
31	60	James	Hennessy	45-49	8	M	27	Bodyworks XTC	0:17:09.80	0:01:23.35	0:46:31.15	0:00:38.05	0:24:50.05	1:30:32.40
32	52	Mark	Gilbert	40-44	5	M	28		0:16:22.55	0:01:31.85	0:46:04.10	0:01:08.65	0:25:52.75	1:30:59.90
33	18	Ash	Breeze	30-34	6	M	29		0:14:48.45	0:02:49.40	0:48:34.25	0:01:00.95	0:23:59.50	1:31:12.55
34	14	James	Bowden	35-39	3	M	30	Westcroft Triathlon Club	0:16:33.10	0:01:58.85	0:42:56.10	0:00:51.20	0:28:55.45	1:31:14.70
35	123	Charlotte	Taylor	30-34	2	F	5	Brighton Tri Club	0:16:00.45	0:01:57.35	0:46:44.20	0:00:42.40	0:25:59.85	1:31:24.25
36	85	Seamus	McAlister	35-39	4	M	31	Brighton Tri Club	0:16:18.95	0:01:25.50	0:45:52.95	0:00:41.05	0:27:25.95	1:31:44.40

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37	17	Elle	Breeds	30-34	3	F	6	Brighton Tri Club	0:15:16.65	0:01:31.65	0:47:18.80	0:00:52.20	0:26:55.70	1:31:55.00
38	6	Chris	Baker	30-34	7	M	32		0:13:03.05	0:01:17.80	0:50:42.60	0:00:55.00	0:26:37.35	1:32:35.80
39	16	Andrew	Bracegirdle	30-34	8	M	33		0:20:17.15	0:02:43.30	0:45:48.45	0:00:46.65	0:23:01.60	1:32:37.15
40	144	Aaron	York	35-39	5	M	34		0:17:17.75	0:02:52.95	0:49:05.30	0:00:32.75	0:22:58.70	1:32:47.45
41	122	Richard	Summers	50-54	3	M	35		0:16:58.90	0:02:00.20	0:47:23.45	0:00:57.10	0:25:56.75	1:33:16.40
42	125	Matthew	Thomas	40-44	6	M	36		0:15:33.70	0:02:36.50	0:45:38.35	0:01:22.15	0:28:18.55	1:33:29.25
43	124	Ellen	Taylor	25-29	1	F	7		0:12:42.80	0:01:23.10	0:54:41.25	0:00:31.30	0:24:20.55	1:33:39.00
44	89	Andrew	Murphy	40-44	7	M	37							1:33:49.00
45	19	Darren	Broderick	45-49	9	M	38		0:16:20.95	0:01:43.15	0:48:15.55	0:00:57.05	0:26:34.30	1:33:51.00
46	12	James	Belbin	16-24	4	M	39	Thames Turbo	0:15:06.90	0:02:15.05	0:47:51.15	0:01:23.50	0:27:26.95	1:34:03.55
47	31	James	Cornford	30-34	9	M	40		0:18:20.45	0:01:46.45	0:44:54.40	0:00:45.60	0:29:08.75	1:34:55.65
48	43	Ben	Evet	40-44	8	M	41	BRT	0:18:41.75	0:01:32.35	0:49:21.95	0:00:54.35	0:24:41.50	1:35:11.90
49	131	Hugo	Wastnage	40-44	9	M	42		0:15:58.60	0:01:32.20	0:48:18.30	0:01:08.25	0:28:22.25	1:35:19.60
50	27	Adrian	Collins	50-54	4	M	43	BRT	0:17:11.55	0:01:40.40	0:47:42.45	0:00:55.40	0:27:52.05	1:35:21.85
51	112	Mark	Smith	40-44	10	M	44	N/A	0:16:09.10	0:01:53.25	0:43:00.50	0:00:44.60	0:33:42.25	1:35:29.70
52	132	Giles	Welch	25-29	4	M	45		0:14:02.30	0:01:51.75	0:52:51.90	0:01:23.30	0:25:23.40	1:35:32.65
53	77	Phoebe	Lebrecht	16-24	2	F	8	Brighton Tri Club	0:15:49.70	0:01:30.70	0:52:34.90	0:00:43.90	0:26:04.15	1:36:43.35
54	48	Leanne	Gammon	30-34	4	F	9		0:14:50.30	0:00:52.05	0:53:05.65	0:00:44.65	0:27:21.35	1:36:54.00
55	76	Kirk	Latham	30-34	10	M	46	Hot Chilli Tri Club	0:12:41.25	0:00:54.55	0:59:32.00	0:00:46.45	0:23:19.95	1:37:14.20
56	9	James	Barnett	35-39	6	M	47		0:16:29.65	0:01:55.00	0:52:45.25	0:00:38.30	0:25:43.10	1:37:31.30
57	62	Alexander	Hodgkinson	16-24	5	M	48	Brighton Phoenix	0:16:12.00	0:01:42.90	0:51:11.90	0:00:38.95	0:28:17.95	1:38:03.70
58	142	Neil	Witz	40-44	11	M	49		0:20:29.05	0:02:48.95	0:48:13.75	0:00:42.85	0:25:49.95	1:38:04.55
59	93	Rob	Phelps	35-39	7	M	50		0:15:06.30	0:02:22.00	0:50:53.55	0:00:56.15	0:29:18.05	1:38:36.05
60	134	Dan	White	25-29	5	M	51		0:19:41.60	0:01:53.55	0:49:40.85	0:01:13.30	0:27:16.70	1:39:46.00
61	73	Cathy	Kwan	35-39	3	F	10	Brighton Tri Club	0:15:50.40	0:01:38.95	0:50:55.20	0:01:03.40	0:30:30.25	1:39:58.20
62	58	Jon	Harris	35-39	8	M	52		0:15:52.00	0:01:39.90	0:52:03.30	0:00:49.10	0:29:34.00	1:39:58.30
63	7	Chris	Baker	40-44	12	M	53		0:17:40.55	0:02:36.10	0:53:21.90	0:00:45.55	0:25:35.65	1:39:59.75
64	29	David	Cooper	50-54	5	M	54		0:15:44.30	0:01:51.75	0:53:19.50	0:00:47.30	0:29:31.65	1:41:14.50
65	119	Gregory	Stonard	25-29	6	M	55		0:16:41.80	0:02:39.55	0:53:00.70	0:00:33.80	0:28:32.70	1:41:28.55
66	133	Jasper	Welch	25-29	7	M	56		0:14:45.10	0:02:20.00	0:54:56.50	0:01:09.05	0:28:36.25	1:41:46.90
67	84	James	Mason	30-34	11	M	57		0:19:15.20	0:02:21.65	0:50:47.35	0:01:01.20	0:28:23.15	1:41:48.55
68	109	Hayden	Smith	25-29	8	M	58		0:20:07.65	0:01:58.70	0:51:11.00	0:01:39.95	0:27:13.45	1:42:10.75
69	53	Colin	Gleeson	40-44	13	M	59	Serpentine	0:19:26.35	0:01:45.40	0:50:26.90	0:01:12.20	0:29:59.15	1:42:50.00
70	121	Anna	Stevens	30-34	5	F	11		0:21:21.00	0:01:49.25	0:50:25.15	0:00:49.85	0:28:34.30	1:42:59.55
71	72	Alexandra	Knight	30-34	6	F	12		0:16:45.00	0:02:52.30	0:54:34.35	0:01:43.75	0:27:13.25	1:43:08.65
72	1	Cordelia	Adams	35-39	4	F	13		0:19:49.45	0:01:49.80	0:50:26.60	0:01:04.00	0:30:04.95	1:43:14.80

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Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
73	59	Aimee	Hart	30-34	7	F	14		0:14:51.40	0:02:49.30	0:58:13.95	0:00:42.00	0:26:58.20	1:43:34.85
74	39	Kay	Drury	45-49	1	F	15	White Wabbit	0:19:40.05	0:02:43.05	0:51:01.90	0:01:34.60	0:28:50.60	1:43:50.20
75	64	Julie	Honess	35-39	5	F	16		0:16:27.55	0:02:21.65	0:55:47.70	0:01:47.90	0:27:59.65	1:44:24.45
76	28	Mat	Commons	40-44	14	M	60	Brighton Tri Club	0:18:41.35	0:01:46.80	0:51:35.90	0:01:01.10	0:31:24.45	1:44:29.60
77	22	CIAN	BURKE	45-49	10	M	61							1:44:34.00
78	54	Mark	Glubb	45-49	11	M	62	Weald Tri Club	0:18:18.35	0:02:15.10	0:57:01.20	0:00:39.05	0:26:39.20	1:44:52.90
79	26	Russel	COLE	35-39	9	M	63		0:17:35.90	0:01:46.95	0:54:14.55	0:01:16.10	0:30:12.85	1:45:06.35
80	61	Noah	Hitchcox	25-29	9	M	64		0:21:23.70	0:01:59.95	0:56:19.80	0:00:42.95	0:25:38.45	1:46:04.85
81	99	Kim	Richmond	30-34	12	M	65		0:17:23.40	0:02:08.00	0:54:01.50	0:01:16.00	0:31:24.90	1:46:13.80
82	129	Alistair	Wadsworth	50-54	6	M	66		0:17:31.05	0:02:28.40	0:55:52.75	0:00:43.70	0:29:41.55	1:46:17.45
83	40	Laura	Durn	35-39	6	F	17	Brighton Phoenix	0:20:38.50	0:02:49.15	0:55:31.65	0:00:54.35	0:26:39.60	1:46:33.25
84	113	Matt	Smith	35-39	10	M	67		0:21:07.20	0:01:41.35	0:54:22.00	0:01:13.45	0:28:10.90	1:46:34.90
85	5	Team	Badman	Team	1	T	1		0:17:20.45	0:01:55.70	0:56:45.10	0:00:36.15	0:30:05.95	1:46:43.35
86	13	Sam	Binney	25-29	10	M	68		0:21:45.65	0:04:14.70	0:53:11.60	0:00:52.10	0:26:54.15	1:46:58.20
87	90	Lizzy	Norman	16-24	3	F	18		0:21:56.10	0:01:49.45	0:53:51.00	0:00:39.00	0:29:19.80	1:47:35.35
88	108	Graham	Smith	40-44	15	M	69	Brighton Triathlon Club	0:16:59.65	0:03:22.40	0:53:12.20	0:01:07.85	0:33:27.50	1:48:09.60
89	21	Ryan	Buckingham	25-29	11	M	70		0:17:25.70	0:02:02.20	0:58:38.85	0:01:44.55	0:28:46.70	1:48:38.00
90	50	Zoe	Gaule	35-39	7	F	19		0:18:07.25	0:01:49.05	0:58:13.50	0:00:31.65	0:30:22.60	1:49:04.05
91	23	Miguel	Cespedes	30-34	13	M	71		0:17:15.40	0:02:19.00	1:02:24.70	0:00:45.85	0:26:33.50	1:49:18.45
92	30	Drew	Cordell	30-34	14	M	72		0:19:33.95	0:04:28.10	1:00:38.50	0:00:36.20	0:24:37.80	1:49:54.55
93	68	Tom	Jennings	55-59	1	M	73		0:19:12.10	0:04:00.35	0:57:58.90	0:01:29.85	0:27:48.95	1:50:30.15
94	63	Lisa	Hodgson	35-39	8	F	20		0:19:18.80	0:02:46.70	0:55:53.95	0:00:38.80	0:32:02.10	1:50:40.35
95	45	Peter	Folland	25-29	12	M	74		0:21:36.25	0:02:30.50	1:00:41.05	0:00:49.60	0:25:08.35	1:50:45.75
96	70	Amber	King	45-49	2	F	21	Tri Spirit Team	0:21:03.50	0:02:21.45	0:53:44.90	0:01:24.40	0:32:43.30	1:51:17.55
97	25	Darren	Clark	35-39	11	M	75	Tri Spirit	0:17:01.10	0:02:02.25	0:54:13.00	0:01:10.05	0:37:04.20	1:51:30.60
98	49	Olaf	Garvey	25-29	13	M	76		0:27:42.50	0:02:14.70	0:53:23.65	0:00:47.60	0:29:15.95	1:53:24.40
99	74	Annabelle	Lancaster	16-24	4	F	22		0:24:00.85	0:03:15.30	0:59:05.95	0:00:56.10	0:26:30.45	1:53:48.65
100	88	Scott	Morrison	35-39	12	M	77		0:23:02.60	0:02:55.15	0:55:00.70	0:01:12.35	0:31:46.95	1:53:57.75
101	3	Ashley	Armstrong	25-29	2	F	23		0:18:33.80	0:03:57.95	1:02:11.25	0:02:23.80	0:27:33.40	1:54:40.20
102	95	Ruth	Pratt	30-34	8	F	24		0:16:09.55	0:02:03.70	1:01:39.25	0:00:55.30	0:34:38.95	1:55:26.75
103	105	Tom	Scrimgeour	25-29	14	M	78		0:21:25.25	0:04:18.70	1:00:09.60	0:01:17.55	0:28:23.85	1:55:34.95
104	135	Freya	Whitehead	25-29	3	F	25		0:20:34.20	0:00:00.00	1:01:21.05	0:01:02.45	0:33:15.50	1:56:13.20
105	51	GARETH	GERRARD	35-39	13	M	79		0:20:29.55	0:06:25.15	0:59:06.55	0:00:59.10	0:30:29.55	1:57:29.90
106	140	Matthew	Wilson	30-34	15	M	80	Rye runners	0:23:26.55	0:02:07.70	0:59:56.80	0:00:47.25	0:31:31.65	1:57:49.95
107	55	John	Griffin	30-34	16	M	81		0:19:54.65	0:06:28.75	0:59:57.75	0:01:27.90	0:30:06.05	1:57:55.10
108	94	Dominic	Port	30-34	17	M	82		0:20:40.65	0:05:44.00	0:59:55.30	0:01:29.60	0:30:05.80	1:57:55.35

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109	35	David	Critchley	40-44	16	M	83		0:24:12.65	0:01:16.55	0:57:24.50	0:01:19.45	0:33:42.85	1:57:56.00
110	127	Olivia	Tsang	30-34	9	F	26		0:20:40.25	0:05:49.85	0:56:57.05	0:02:17.00	0:33:07.60	1:58:51.75
111	67	Jane	Jeater	40-44	1	F	27		0:20:28.60	0:02:09.05	0:59:15.10	0:00:46.00	0:36:50.50	1:59:29.25
112	91	Jo	Pappenheim	45-49	3	F	28		0:18:36.45	0:02:36.50	1:07:18.10	0:01:09.60	0:30:16.80	1:59:57.45
113	38	Michelle	Dobson	45-49	4	F	29							2:00:23.00
114	111	Leanne	Smith	40-44	2	F	30		0:17:58.10	0:01:42.85	1:04:18.00	0:00:51.25	0:38:42.55	2:03:32.75
115	2	Jennah	Akehurst	25-29	4	F	31		0:23:58.45	0:01:55.20	1:03:07.20	0:00:47.05	0:34:01.75	2:03:49.65
116	102	Emma	Sampson	16-24	5	F	32		0:21:15.35	0:02:54.10	1:06:10.75	0:01:03.40	0:33:34.95	2:04:58.55
117	120	Melanie	Stonard	25-29	5	F	33		0:23:03.25	0:02:42.45	1:04:33.45	0:00:44.10	0:34:20.85	2:05:24.10
118	20	Claire	Browse	55-59	1	F	34	Serpentine	0:18:10.00	0:02:54.45	1:03:40.95	0:02:14.35	0:40:01.80	2:07:01.55
119	46	Emily	Ford	25-29	6	F	35		0:21:46.95	0:01:29.95	1:09:07.55	0:00:41.95	0:34:22.50	2:07:28.90
120	32	Robert	Cornford	35-39	14	M	84	1066Triathletes	0:21:22.85	0:03:23.90	1:11:27.50	0:00:54.70	0:31:31.50	2:08:40.45
121	143	Michael	Young	35-39	15	M	85		0:27:01.75	0:02:15.10	1:01:01.45	0:01:12.65	0:37:33.50	2:09:04.45
122	36	Peter	Cross	60-64	1	M	86	Rye Runners	0:23:26.65	0:03:14.25	1:00:04.05	0:01:43.10	0:42:12.35	2:10:40.40
123	57	Diane	Hammond	50-54	1	F	36		0:21:40.50	0:02:33.60	1:06:16.75	0:00:58.35	0:39:17.80	2:10:47.00
124	8	Valerie	Barnes	55-59	2	F	37		0:21:02.70	0:02:51.55	1:01:41.80	0:01:28.25	0:45:42.95	2:12:47.25
125	34	LORNA	COTTER	45-49	5	F	38		0:20:37.05	0:03:05.70	1:06:13.15	0:00:53.90	0:43:34.15	2:14:23.95
126	101	Maria	Rudzki	55-59	3	F	39		0:23:14.85	0:02:53.35	1:05:55.05	0:01:42.00	0:41:26.30	2:15:11.55
127	78	Helen	Lee	45-49	6	F	40		0:20:01.30	0:02:33.35	1:09:47.00	0:01:03.70	0:42:17.75	2:15:43.10
128	98	John	Rawlings	50-54	7	M	87	Tunbridge Wells Triathlon ckub	0:23:14.75	0:03:13.35	1:20:40.95	0:03:12.35	0:32:27.05	2:22:48.45
129	83	James	Mac taggart	16-24	6	M	88		0:22:23.35	0:03:42.30	1:11:11.75	0:02:38.25	0:49:01.20	2:28:56.85
130	126	Emma	Tricker	35-39	9	F	41		0:27:10.85	0:04:35.10	1:17:52.70	0:01:00.70	0:41:38.90	2:32:18.25
131	81	Ramona	Liberoff	40-44	3	F	42	London Fields Triathlon Club	0:27:00.45	0:02:55.30	1:18:41.65	0:03:21.90	0:48:18.60	2:40:17.90
132	136	Cecilia	Whitfield	50-54	2	F	43		0:32:32.65	0:03:05.00	1:18:44.75	0:02:49.30	0:53:00.35	2:50:12.05
DNF	141	Rob	Wilson	25-29		M			0:22:42.00	0:02:55.65				DNF