

Great Dunmow Sprint Triathlon  
 Age Group Results  
 September 14, 2014  
 Results by ChipTimingUK

Female Open Winners

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Michelle Martin	35	60	1:20:35	39	Michelle	Martin	F	
2	Rozlyn Smith	18	77	1:27:20	232	Rozlyn	Smith	F	
3	Megan Evans	25	10	1:29:22	135	Megan	Evans	F	

F15-16

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Elesse Ward	0	129	1:55:08	65	Elesse	Ward	F	Teva
2	Valerie Andrews	0	161	1:56:51	62	Valerie	Andrews	F	Teva
3	Rebecca Paddy	0	179	1:58:32	63	Rebecca	Paddy	F	Teva
4	Emily Wilebore	0	187	3:31:00	70	Emily	Wilebore	F	Teva

F20-24

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Charlotte Monks	23	84	1:37:19	91	Charlotte	Monks	F	
2	Samantha Chambe	22	113	1:44:18	47	Samantha	Chambers	F	

F25-29

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Emma Payne	25	29	1:30:33	182	Emma	Payne	F	Clapham Chasers
2	Sarah Whincup	26	79	1:36:24	18	Sarah	Whincup	F	
3	Judith Harris	28	160	1:45:34	124	Judith	Harris	F	Walden Tri
4	Nadia Pau	26	149	1:46:52	43	Nadia	Pau	F	
5	Steph Helps	25	176	1:52:02	1	Steph	Helps	F	
6	Eleanor Green	26	180	2:05:46	37	Eleanor	Green	F	

F30-34

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Claire Duguid	34	115	1:30:53	159	Claire	Duguid	F	University of East London
2	Frances Bradshaw	32	125	1:34:00	188	Frances	Bradshaw	F	
3	Angela Wray	30	121	1:37:12	137	Angela	Wray	F	Need a club!
4	Audrey Morris	34	162	1:37:56	122	Audrey	Morris	F	Benfleet Running Club
5	Sara Newman	34	57	1:39:12	21	Sara	Newman	F	/
6	Jessica Lawrence-I	34	175	1:49:07	212	Jessica	Lawrence-Hares	F	

F35-39

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Marietta Zang	37	137	1:32:09	83	Marietta	Zang	F	Walden Tri
2	Julia Robson	35	92	1:36:56	24	Julia	Robson	F	WaldenTRI
3	Kelly Sharp	36	150	1:38:03	151	Kelly	Sharp	F	Born 2 Tri
4	Rachel Bodsworth	36	59	1:38:42	171	Rachel	Bodsworth	F	Hadleigh Hares A.C
5	Anna Williams	39	116	1:42:00	103	Anna	Williams	F	
6	helen gudgeon	38	169	1:57:13	49	helen	gudgeon	F	
7	julia bentley	39	181	2:07:34	34	julia	bentley	F	

8	Dawn Ashley	39	182	2:15:45	53	Dawn	Ashley	F
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F40-44

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Tricia Stacey	44	88	1:30:47	131	Tricia	Stacey	F	Great Bentley Running Club
2	Claire Powell	44	109	1:31:11	94	Claire	Powell	F	Walden Tri
3	Samantha Gurden	43	143	1:33:31	179	Samantha	Gurden	F	Born2Tri
4	Karen Mumby	43	114	1:35:57	130	Karen	Mumby	F	
5	Sarah Woolley	41	142	1:36:23	163	Sarah	Woolley	F	GFDR DSD
6	nikola coutts	41	119	1:37:52	55	nikola	coutts	F	
7	Michelle Sparks	40	136	1:39:35	144	Michelle	Sparks	F	East Essex Tri Club
8	Laura McGuinness	44	163	1:39:59	156	Laura	McGuinness	F	Serpentine Running Club
9	Sarah Kemp	40	82	1:42:59	153	Sarah	Kemp	F	East Essex Tri Club
10	Angela Thorpe	43	145	1:43:04	139	Angela	Thorpe	F	
11	Andrea Adams	41	165	1:44:00	20	Andrea	Adams	F	
12	Sarah Smith	42	174	1:44:14	100	Sarah	Smith	F	
13	Jennifer Tawiah	43	134	1:48:32	12	Jennifer	Tawiah	F	RG Active
14	Mandy Lovewell	40	159	1:50:27	27	Mandy	Lovewell	F	
15	Natalie Gillies	44	183	2:18:57	32	Natalie	Gillies	F	

F45-49

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	toni saunders	46	101	1:30:01	169	toni	saunders	F	essex spartans
2	Emma Burrows	45	120	1:39:32	17	Emma	Burrows	F	
3	helen farrell	48	124	1:40:36	45	helen	farrell	F	Dunmow Triathlon Club
4	Anne Marie Aviet	45	130	1:41:43	42	Anne Marie	Aviet	F	
5	Helene Miller	47	83	1:45:16	116	Helene	Miller	F	Metropolitan Police Triathlon Club
6	Annelise Furnace	46	168	1:46:29	16	Annelise	Furnace	F	
7	Laura Scarlett	48	144	1:48:06	99	Laura	Scarlett	F	
8	Nicki Brown	47	152	1:52:26	7	Nicki	Brown	F	
9	Catherine Golder	48	156	1:57:21	11	Catherine	Golder	F	

F50-54

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	FORREST Kathy	50	127	1:30:16	190	FORREST	Kathy	F	
2	Wendy Aldridge	51	87	1:40:12	87	Wendy	Aldridge	F	Dengie Hundred Runners
3	Rachel Brittle	51	128	1:45:39	51	Rachel	Brittle	F	Eton Manor AC
4	Jacqueline Haywood	51	135	1:46:38	22	Jacqueline	Haywood	F	
5	rachel richardson-w	53	170	1:47:15	104	rachel	richardson-wright	F	Colchester Harriers
6	Vicky Lockie	50	158	1:56:30	52	Vicky	Lockie	F	

F55-59

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Tina Asu	57	147	1:38:51	148	Tina	Asu	F	

Male Open Winners

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Mark Sanford	36	1	1:07:18	240	Mark	Sanford	M	Dunmow Triathlon Club
2	matthew rees	34	7	1:07:32	249	matthew	rees	M	city police
3	mark bailey	40	12	1:08:21	230	mark	bailey	M	Born2Tri

## M15-16

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	John-Paul Bednarek	0	9	1:15:08	56	John-Paul	Bednarek	M	Teva
2	Andrew Meskell	0	26	1:21:48	59	Andrew	Meskell	M	Teva
3	Richard Daniell	0	62	1:26:41	58	Richard	Daniell	M	Teva
4	Gary Cockcroft	0	131	1:33:03	60	Gary	Cockcroft	M	Teva
5	Jon Kerr	0	117	1:37:40	64	Jon	Kerr	M	Teva
6	Richard Skinner	0	178	2:02:40	68	Richard	Skinner	M	Teva

## M17-19

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	tom Franklyn	18	33	1:14:43	195	tom	Franklyn	M	East Essex Tri Club
2	Joshua Aldridge	19	55	1:19:17	204	Joshua	Aldridge	M	Maldon and District Cycling Club

## M20-24

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Rory Donovan	21	52	1:19:49	243	Rory	Donovan	M	Team Aero Win
2	James Marigold	20	35	1:22:13	211	James	Marigold	M	
3	Nick Bryant	22	118	1:26:06	223	Nick	Bryant	M	
4	Elliott Carter	23	91	1:31:15	85	Elliott	Carter	M	
5	Dan Hannah	24	155	1:38:30	41	Dan	Hannah	M	
6	Oliver Grayston	24	154	1:40:22	172	Oliver	Grayston	M	Harlow CC
7	Guy Harris	23	186	1:51:36	119	Guy	Harris	M	Harwich rugby club

## M25-29

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Steven Harris	27	14	1:11:56	234	Steven	Harris	M	Walden Tri
2	Michael Briggs	28	5	1:12:36	215	Michael	Briggs	M	Benfleet Running Club
3	Liam O'MAHONEY	25	3	1:12:46	229	Liam	O'MAHONEY	M	
4	Denis Gorman	27	21	1:15:14	81	Denis	Gorman	M	
5	Alex Shanahan	27	19	1:15:46	241	Alex	Shanahan	M	Born 2 Tri
6	Paul Bocking	28	34	1:25:42	88	Paul	Bocking	M	
7	Gareth Blyth	29	68	1:33:14	5	Gareth	Blyth	M	
8	Paul Parker	25	39	1:34:35	26	Paul	Parker	M	
9	Christian Hartmann	29	104	1:36:39	8	Christian	Hartmann	M	
10	Jonathan Abblitt	26	102	1:40:30	75	Jonathan	Abblitt	M	
11	james bodsworth	29	140	1:45:39	4	james	bodsworth	M	

## M30-34

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Richard Wilkes	32	17	1:13:57	236	Richard	Wilkes	M	East Essex Tri Club
2	Phil Grewcock	30	15	1:15:24	170	Phil	Grewcock	M	East Essex Tri Club
3	PAUL HAWKRIDGE	33	37	1:16:12	247	PAUL	HAWKRIDGE	M	n/a
4	Mark Wilson	30	32	1:16:32	206	Mark	Wilson	M	
5	Paul Weller	33	56	1:17:24	250	Paul	Weller	M	
6	Carl Suckling	30	23	1:17:46	227	Carl	Suckling	M	East Essex Tri Club
7	Andrew Notley	32	42	1:18:49	207	Andrew	Notley	M	Witham Running Club
8	Scott Darney	33	58	1:23:19	112	Scott	Darney	M	
9	Graham Wilson	31	111	1:29:07	231	Graham	Wilson	M	West Suffolk Wheelers and Triathlon Club
10	Peter Farrell	32	112	1:32:18	97	Peter	Farrell	M	
11	pepe omahoney	30	139	1:34:28	218	pepe	omahoney	M	

12	Carl Moxley	34	132	1:35:47	157	Carl	Moxley	M	
13	Laurie Fitzsimmons	32	141	1:39:38	96	Laurie	Fitzsimmons	M	
14	dean splarn	30	173	1:43:55	120	dean	splarn	M	Harwich rugby club
15	Foisal Alam	30	107	1:49:26	102	Foisal	Alam	M	

#### M35-39

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Ross Ings	36	2	1:15:46	147	Ross	Ings	M	
2	Craig Coulson	36	41	1:16:39	233	Craig	Coulson	M	Holmfirth Cycling Club
3	Robert Fincham	36	40	1:16:42	216	Robert	Fincham	M	Cambridge Triathlon Club
4	David Wilkin	36	50	1:18:19	213	David	Wilkin	M	Born 2 Tri
5	mark sawtell	37	28	1:20:10	155	mark	sawtell	M	
6	simon ager	36	24	1:22:06	176	simon	ager	M	
7	Barry Neal	36	51	1:25:08	36	Barry	Neal	M	
8	Matthew Dawson	37	106	1:28:29	180	Matthew	Dawson	M	
9	Conor Farrell	39	53	1:28:45	107	Conor	Farrell	M	
10	Rob Green	39	94	1:29:40	128	Rob	Green	M	Rickling Runners
11	Gary Burroughs	37	69	1:33:09	92	Gary	Burroughs	M	
12	Ken Massey	39	110	1:37:13	84	Ken	Massey	M	
13	Ian Bodsworth	35	164	1:41:11	72	Ian	Bodsworth	M	Hadleigh Hares A.C
14	christian jenkins	39	171	1:44:42	46	christian	jenkins	M	

#### M40-44

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Neil Middleton	43	30	1:09:50	235	Neil	Middleton	M	
2	Alistair Brown	42	8	1:10:18	242	Alistair	Brown	M	Dunmow runners
3	Simon Page	41	13	1:11:43	154	Simon	Page	M	WaldenTRI
4	Phillip Gibsone	42	22	1:15:09	219	Phillip	Gibsone	M	Stortford tri
5	Matthew Finch	43	27	1:16:35	167	Matthew	Finch	M	Born 2 Tri
6	mark coutts	41	44	1:17:08	237	mark	coutts	M	Walden Tri
7	Phil Blerkom	40	25	1:17:25	214	Phil	Blerkom	M	East Essex Tri Club
8	lee mitchell	40	49	1:19:06	33	lee	mitchell	M	
9	Edward Boyling	42	38	1:19:07	35	Edward	Boyling	M	Dartford White Oak Tri Club
10	Lee Pembroke	41	46	1:20:45	201	Lee	Pembroke	M	Born 2 Tri
11	Dan Starr	41	108	1:26:39	168	Dan	Starr	M	
12	John Dalling	43	75	1:26:44	40	John	Dalling	M	
13	Steve Lee	41	81	1:27:13	165	Steve	Lee	M	
14	Pete Addington	40	89	1:27:26	220	Pete	Addington	M	
15	Steve Bacon	43	73	1:28:35	141	Steve	Bacon	M	GFDR DSD
16	Mathew Cowell	40	66	1:29:11	166	Mathew	Cowell	M	
17	Nick Perry	43	85	1:29:28	142	Nick	Perry	M	GFDR DSD
18	Stephen bennett	44	71	1:32:49	29	Stephen	bennett	M	
19	Lee Harron	40	96	1:36:17	109	Lee	Harron	M	n/a
20	Andrew Woods	41	167	1:36:50	224	Andrew	Woods	M	
21	Philip Luce	41	157	1:43:47	149	Philip	Luce	M	GFDR DSD
22	Justin Bass	43	172	1:51:19	10	Justin	Bass	M	
23	John Hammond	43	184	1:55:07	74	John	Hammond	M	Walden Tri
24	Fred Chate	43	185	1:57:36	129	Fred	Chate	M	

#### M45-49

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Rupert Simms	45	11	1:15:35	194	Rupert	Simms	M	leicester tri club
2	Tim Tomlins	46	16	1:16:36	203	Tim	Tomlins	M	Benfleet Running Club

3	STEVEN READ	47	6	1:18:03	189	STEVEN	READ	M	Grange Farm and Dunmow Runners
4	Ian Cummins	46	20	1:20:14	187	Ian	Cummins	M	Dagenham 88 Runners
5	Jason Hasty	45	18	1:20:22	161	Jason	Hasty	M	Phat Alice
6	Steve Powell	46	100	1:22:30	225	Steve	Powell	M	Born 2 Tri
7	Simon Woolley	45	80	1:23:43	199	Simon	Woolley	M	GFDR DSD
8	Paul Tremelling	46	48	1:24:33	118	Paul	Tremelling	M	
9	Paul Cakebread	49	67	1:25:56	181	Paul	Cakebread	M	
10	Mike Burgoine	47	64	1:26:47	117	Mike	Burgoine	M	Dog and Duck
11	Chris Dyke	46	47	1:26:47	48	Chris	Dyke	M	
12	Steve J Miller	49	93	1:27:39	191	Steve J	Miller	M	
13	Malcolm Pearce	49	86	1:27:43	98	Malcolm	Pearce	M	
14	Mark Williams	48	99	1:27:52	146	Mark	Williams	M	East Essex Tri Club
15	Marcel Borlin	47	90	1:28:22	121	Marcel	Borlin	M	
16	Mark McGiddy	48	54	1:28:39	192	Mark	McGiddy	M	
17	Paul Dixon	49	78	1:30:00	127	Paul	Dixon	M	Harlow Running Club
18	Nick Carey	46	95	1:34:21	19	Nick	Carey	M	Born2Tri
19	Shaun Godfrey	48	126	1:35:02	54	Shaun	Godfrey	M	
20	Timothy Haywood	47	148	1:35:17	95	Timothy	Haywood	M	
21	David Marks	47	133	1:41:52	6	David	Marks	M	Reepham Runners

#### M50-54

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	paul spowage	51	4	1:12:14	198	paul	spowage	M	Born 2 Tri
2	David Watkinson	51	65	1:16:58	228	David	Watkinson	M	UEL
3	Michael Norton	52	36	1:17:53	221	Michael	Norton	M	B2T
4	Howard Williams	52	43	1:18:13	208	Howard	Williams	M	Walden Tri
5	Steve Lambert	50	31	1:18:15	134	Steve	Lambert	M	
6	Terry Stroud	51	97	1:23:52	209	Terry	Stroud	M	Born2Tri
7	Mike Cotterill	52	63	1:24:03	158	Mike	Cotterill	M	Born 2 Tri
8	Angelo Crolla	54	72	1:24:56	160	Angelo	Crolla	M	
9	mark chinery	52	74	1:26:23	178	mark	chinery	M	
10	Robert Marigold	54	138	1:27:10	210	Robert	Marigold	M	
11	David Ashworth	50	70	1:27:39	113	David	Ashworth	M	Manuden Tri
12	Andy Stevenson	52	123	1:30:27	200	Andy	Stevenson	M	GFDR DSD
13	Phil Eddershaw	50	105	1:33:27	115	Phil	Eddershaw	M	Dog and Duck
14	Philip Ellis	53	103	1:35:19	133	Philip	Ellis	M	
15	Lee Prowse	52	98	1:39:25	79	Lee	Prowse	M	Grange Farm & Dunmow Runners
16	Alan Hope	52	122	1:41:09	25	Alan	Hope	M	
17	Grant Davison	52	151	1:41:12	82	Grant	Davison	M	
18	Michael saunders	50	177	1:50:54	30	Michael	saunders	M	

#### M55-59

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Ollie Caulfield	58	76	1:21:33	175	Ollie	Caulfield	M	B2T
2	Graham Duguid	59	45	1:21:41	126	Graham	Duguid	M	
3	Richard Storr	59	61	1:29:40	108	Richard	Storr	M	Istead & Ifield Harriers
4	Brian Owen	55	153	1:39:12	73	Brian	Owen	M	
5	ROBIN WILSON	57	166	1:46:37	15	ROBIN	WILSON	M	

#### M60-64

Place	Name	Age	Overall	Total Time	Bib Number	First Name	Last Name	Gender	Team Name
1	Steven Easom	62	146	1:31:29	164	Steven	Easom	M	GFDR DSD