

FROSTBITE AQUATHLON 1ST MARCH 2009 400M SWIM AND 5K RUN

position	number	name	club	category	swim time	run time	total race
1	104	Sarah Wigmore	Amphibians 2	F	0:06:04	0:18:59	0:25:03
2	106	Matt Lambert	n/a	M	0:06:29	0:19:00	0:25:29
3	114	Christian Faires	Tuff Fitty Tri Club	M	0:07:34	0:18:08	0:25:42
4	102	Emily McLoughlin	Crawley Tri Club	FJ	0:05:45	0:20:04	0:25:49
5	101	Pavan Rooprai	Thames Turbo	MJ	0:05:39	0:20:29	0:26:08
6	111	Steve Wigmore	Amphibians 2	M	0:07:52	0:18:33	0:26:25
7	120	Duncan Stephenson-G	n/a	M	0:07:44	0:21:18	0:29:02
8	115	James Goring	n/a	M	0:07:37	0:21:35	0:29:12
9	112	Marc Butterworth	Crawley Tri Club	M	0:07:52	0:21:38	0:29:30
10	105	Lucinda Bowden	Crawley Tri Club	F	0:06:35	0:23:19	0:29:54
11	116	Katie Smith	n/a	F	0:07:52	0:22:15	0:30:07
12	108	Glenn Goodliffe	Amphibians 2	M	0:08:33	0:21:49	0:30:22
13	119	Matthew Ford	Tuff Fitty Tri Club	M	0:08:10	0:22:26	0:30:36
14	118	Tiffany Orton	Tuff Fitty Tri Club	F	0:08:00	0:22:37	0:30:37
15	113	Peter Tyrell	Amphibians 2	M	0:08:37	0:22:11	0:30:48
16	130	Simon Mason	n/a	M	0:09:23	0:22:17	0:31:40
17	139	Chris Bowden	n/a	M	0:10:44	0:21:00	0:31:44
18	117	Jim Moir	Tuff Fitty Tri Club	M	0:08:05	0:23:56	0:32:01
19	109	Martine Burke	Amphibians 2	F	0:07:14	0:24:58	0:32:12
20	121	Emma Norris	Crawley Tri Club	F	0:08:24	0:25:24	0:33:48
21	125	Hannah Moore	KCL Triathlon	F	0:08:02	0:26:17	0:34:19
22	138	Dave Aylott	Tuff Fitty Tri Club	M	0:09:23	0:24:59	0:34:22
23	136	Lucy Roberts	n/a	F	0:09:49	0:25:26	0:35:15
24	133	Flic Archer			0:11:57	0:23:23	0:35:20
25	107	Catherine Sprackling	Brighton College	F	0:07:52	0:27:39	0:35:31
26	134	Hilary Archer			0:11:46	0:24:00	0:35:46
27	128	Som Cunningham		M	0:11:30	0:24:46	0:36:16
28	132	Andrew Rooke	Gears & Tears.com	M	0:04:00	0:33:08	0:37:08
29	143	Pippa Moss	n/a	F	0:10:18	0:26:50	0:37:08
30	144	John Daffern		M	0:10:18	0:27:25	0:37:43
31	129	Tracey Hopkins	Tuff Fitty Tri Club	F	0:10:30	0:27:49	0:38:19
32	145	Alison O'Sullivan	n/a	F	0:12:45	0:25:52	0:38:37
33	124	Teresa James	Amphibians 2	F	0:09:28	0:29:34	0:39:02
34	142	Susie Clitheroe	n/a	F	0:12:33	0:27:14	0:39:47
35	127	Peter Fraher	Tuff Fitty Tri Club	M	0:12:24	0:28:48	0:41:12
36	126	Jan De Lanstsheer	Arunners	M	0:11:30	0:30:35	0:42:05
37	146	Helen Lindfield	Brighton Esporta	F	0:13:02	0:29:08	0:42:10
38	137	Paul Thomas	Brighton Phoenix	M	0:12:19	0:36:13	0:48:32
39	131	Ben Cross	Phoenix Guildford	M	DNS		
40	135	Grant Smalley	Tuff Fitty Tri Club	M	DNS		
41	140	Gary Edge	Tuff Fitty Tri Club	M	DNS		
42	141	Julie Godfrey		F	DNS		
43	103	Jonathan Woods	n/a	M	DNS		
44	110	Nichola Smith	n/a	F	DNS		
45	122	Richard Paisley	n/a	M	DNS		
46	123	Simon James	n/a	M	DNS		