

HILLINGDON TRIATHLETES AUTUMN SPRINT DUATHLON

Hillingdon Cycle Circuit, Minet Park, Hayes

Sunday 9th November 2014 - 2 mile / 10 miles / 1 mile

(Results of Wave 1 (8 a.m. only - All Men))

Position	Race No.	Gender	Category	Name	Club	1st Run	Bike	2nd Run	Total
1	151	Male	Senior	David Knight	Hillingdon Triathletes	00:10:37	00:23:28	00:05:29	00:39:34
2	145	Male	Senior	Rob Baldock	Tri London	00:11:16	00:23:29	00:05:24	00:40:09
3	165	Male	Senior	David Freeman	Imperial College Triathlon Club	00:10:12	00:24:48	00:05:11	00:40:11
4	156	Male	Senior	James Ellis	Imperial College Triathlon Club	00:10:04	00:25:13	00:05:12	00:40:29
5	134	Male	Senior	Joe Kempton		00:10:42	00:25:06	00:05:13	00:41:01
6	143	Male	Senior	Andrew Snook		00:11:00	00:24:48	00:05:17	00:41:05
7	132	Male	Senior	Thomas Miller	Imperial College Triathlon Club	00:11:19	00:24:41	00:05:40	00:41:40
8	135	Male	Senior	Milan Misak	Imperial College Triathlon Club	00:11:05	00:25:33	00:05:07	00:41:45
9	137	Male	Senior	Samuel O'Neill	Imperial College Triathlon Club	00:10:32	00:26:12	00:05:07	00:41:51
10	170	Male	Senior	Stephen Burgess	Hillingdon Triathletes	00:10:52	00:25:52	00:05:26	00:42:10
11	161	Male	Senior	Tom Bartissol	Imperial College Triathlon Club	00:10:58	00:25:40	00:05:34	00:42:12
12	180	Male	Veteran	Darren Ford		00:10:58	00:25:46	00:05:31	00:42:15
13	142	Male	Senior	Guy Green	Hillingdon Triathletes	00:11:28	00:24:53	00:05:56	00:42:17
14	163	Male	Senior	William Jones	Imperial College Triathlon Club	00:11:22	00:25:16	00:06:07	00:42:45
15	183	Male	Veteran	Nicholas Hughes	Chiltern Harriers AC	00:10:16	00:27:42	00:05:11	00:43:09
16	190	Male	Super Veteran	Vince Ellerby	Gade Valley Tri	00:12:29	00:25:32	00:05:53	00:43:54
17	131	Male	Senior	John Foster	Brunel University Triathlon Club	00:13:10	00:24:06	00:06:44	00:44:00
18	191	Male	Super Veteran	Mark Scott	Hillingdon Triathletes	00:11:45	00:26:45	00:05:50	00:44:20
19	152	Male	Senior	Bastian Winkelhake	Imperial College Triathlon Club	00:11:57	00:26:59	00:05:46	00:44:42
20	133	Male	Senior	Jake Lovell	Brunel University Triathlon Club	00:11:13	00:26:45	00:06:56	00:44:54
21	168	Male	Senior	Matthias Knop	Imperial College Triathlon Club	00:11:50	00:27:18	00:05:58	00:45:06
22	139	Male	Senior	Simon Robinson		00:11:55	00:27:14	00:06:03	00:45:12
23	195	Male	Super Veteran	Dermot Smyth	Jetstream Tri Club	00:12:38	00:26:02	00:06:33	00:45:13
24	198	Male	Super Veteran	Michael Morris	Hillingdon Triathletes	00:13:15	00:25:48	00:06:28	00:45:31
25	129	Male	Senior	Matthew Sinclair	East Essex Tri Club	00:12:48	00:26:42	00:06:10	00:45:40
26	158	Male	Senior	Michael Kaye	Imperial College Triathlon Club	00:11:40	00:28:12	00:06:11	00:46:03
27	159	Male	Senior	Gustavo Proeglhoeft	Imperial College Triathlon Club	00:11:55	00:27:52	00:06:23	00:46:10
28	148	Male	Senior	Chris Aitken	Thames Valley Triathletes (TVT)	00:12:39	00:27:36	00:05:59	00:46:14
29	155	Male	Senior	Jan Figala	Imperial College Triathlon Club	00:12:22	00:32:03	00:02:21	00:46:46
30	157	Male	Senior	Jonathan Godfrey	Imperial College Triathlon Club	00:14:47	00:25:28	00:07:12	00:47:27
31	196	Male	Super Veteran	Keith Freegard	ESC D3 Ealing Triathletes	00:12:53	00:28:02	00:06:44	00:47:39
32	144	Male	Senior	Ben Peters		00:13:14	00:27:57	00:06:32	00:47:43
33	150	Male	Senior	Eric Sinko		00:13:34	00:28:12	00:06:38	00:48:24
34	172	Male	Relay	Rob Finnigan / Mark Roe	Hillingdon Triathletes	00:14:20	00:27:10	00:07:00	00:48:30
35	194	Male	Super Veteran	Jacob Gloor	Hillingdon Triathletes	00:15:04	00:26:36	00:07:30	00:49:10
36	154	Male	Senior	Sam Hewgill	Imperial College Triathlon Club	00:14:13	00:27:28	00:07:47	00:49:28
37	174	Male	Veteran	Neil Turner		00:12:56	00:30:04	00:06:49	00:49:49
38	200	Male	Super Veteran	Michael Holden	Comet Triathlon Club	00:13:39	00:30:53	00:06:22	00:50:54
39	186	Male	Veteran	Andrew Pickthorne	Hillingdon Triathletes	00:15:17	00:28:28	00:07:33	00:51:18
40	169	Male	Senior	Ed Jarrold	Imperial College Triathlon Club	00:15:25	00:28:41	00:07:22	00:51:28
41	146	Male	Senior	Daniel Smith		00:13:43	00:31:10	00:06:53	00:51:46
42	147	Male	Senior	Phil Monaghan		00:14:20	00:31:14	00:06:57	00:52:31
43	160	Male	Senior	James Walwyn	Imperial College Triathlon Club	00:14:36	00:30:39	00:07:23	00:52:38
44	2	Male	Senior	Steve Jacobs		00:11:10	00:36:18	00:05:36	00:53:04
45	167	Male	Senior	Qalif Razman	Imperial College Triathlon Club	00:13:34	00:34:00	00:06:48	00:54:22
46	173	Male	Veteran	Colin Lowen	Hillingdon Triathletes	00:15:25	00:31:22	00:08:22	00:55:09
47	187	Male	Veteran	Fritz Dittmann		00:19:13	00:26:07	00:10:00	00:55:20
48	175	Male	Veteran	Kirk Bradley		00:17:23	00:29:33	00:08:59	00:55:55
49	130	Male	Senior	Alexander Icton	Brunel University Triathlon Club	00:15:00	00:36:08	00:07:40	00:58:48
50	189	Male	Veteran	Keith Woodward		00:17:25	00:34:41	00:08:53	01:00:59
DNF	192	Male	Super Veteran	Jonathan Bramley		00:14:56			
DNF	178	Male	Veteran	Sebastien Pelissier		00:11:55			
DNF	149	Male	Senior	Clark Schofield	Hillingdon Triathletes	00:12:37			
DNF	128	Male	Senior	David Pearson	Whitgift School Triathlon	00:10:27			

HILLINGDON TRIATHLETES AUTUMN SPRINT DUATHLON

Hillingdon Cycle Circuit, Minet Park, Hayes

Sunday 9th November 2014 - 2 mile / 10 miles / 1 mile

(Results of Wave 2 (9 a.m. only - All Ladies))

Position	Race No.	Gender	Category	Name	Club	1st Run	Bike	2nd Run	Total
1	173	Female	Senior	Imogen Simmonds	Imperial College Triathlon Club	00:11:48	00:25:12	00:05:46	00:42:46
2	151	Female	Senior	Jessica Wenlock	T2 Triathlon	00:12:25	00:28:15	00:06:41	00:47:21
3	170	Female	Senior	Clare Cunningham	Cambridge Triathlon Club	00:12:47	00:29:09	00:06:27	00:48:23
4	191	Female	Super Veteran	Christine Meek	ESC D3 Ealing Triathletes	00:13:38	00:28:57	00:06:56	00:49:31
5	174	Female	Senior	Emily Bannister		00:12:30	00:31:16	00:06:13	00:49:59
6	185	Female	Veteran	Claudia Manera	Ealing Southall & Middlesex AC	00:14:40	00:30:56	00:04:40	00:50:16
7	163	Female	Senior	Kasia Gilewicz	Hillingdon Triathletes	00:13:50	00:29:41	00:07:41	00:51:12
8	171	Female	Senior	Alice Pistolesi	Imperial College Triathlon Club	00:14:30	00:30:03	00:07:15	00:51:48
9	168	Female	Senior	Vicky Rice	Sandhurst joggers	00:14:23	00:30:07	00:07:33	00:52:03
10	154	Female	Senior	Rachel Titheradge	Brunel University Triathlon Club	00:12:35	00:33:21	00:06:15	00:52:11
11	164	Female	Senior	Suzanne Allen	Ful-on-Tri	00:13:32	00:32:38	00:06:20	00:52:30
12	183	Female	Veteran	Tessa Minnis	Thames Valley Triathletes (TVT)	00:14:40	00:30:56	00:04:40	00:50:16
13	167	Female	Senior	Faye Semon	Chiltern Triathletes	00:14:10	00:31:42	00:07:30	00:53:22
14	157	Female	Senior	Clarissa Coveney		00:14:23	00:32:49	00:07:14	00:54:26
15	166	Female	Senior	Zoe Carr		00:14:48	00:32:42	00:07:18	00:54:48
16	180	Female	Veteran	Claudia Tristancho		00:14:48	00:32:33	00:07:47	00:55:08
17	181	Female	Veteran	Jacqui Burke	Hillingdon Triathletes	00:15:15	00:32:38	00:07:57	00:55:50
18	160	Female	Senior	Amy Claridge	Hillingdon Triathletes	00:14:48	00:33:44	00:07:28	00:56:00
19	169	Female	Senior	Katie Conibere	Hillingdon Triathletes	00:15:13	00:33:34	00:07:45	00:56:32
20	161	Female	Senior	Kate Castanho	ESC D3 Ealing Triathletes	00:14:27	00:36:41	00:07:27	00:58:35
21	178	Female	Veteran	Jemima Lee	Hillingdon Triathletes	00:17:27	00:33:24	00:08:12	00:59:03
22	158	Female	Senior	Jessica Baldwin	Hillingdon Triathletes	00:17:44	00:33:49	00:09:07	01:00:40
23	182	Female	Veteran	Ruth Clarke		00:17:50	00:34:30	00:11:05	01:03:25
	155	Female	Senior	Melody Kane	White Oak Triathlon Club	00:12:56			