



North Norfolk Junior Triathlon 2011 Results

Position	Race No	Forename	Surname	Club	Age Group	Start Time	Transition 1	Swim Time	Transition 2	Cycle Time	Finish	Run Time	Total Time
Tristar Start Female													
1	3	Sophie	Mabbs	Tri Force Herts	Tri Star Start	0:20:00	0:20:55	55s	0:25:45	4m 50s	0:29:18	3m 33s	9m 18s
2	2	Beth	Dennis		Tri Star Start	0:20:00	0:21:01	1m 1s	0:25:51	4m 50s	0:29:39	3m 48s	9m 39s
3	4	Zelia	Holmes	North Norfolk Tri Club	Tri Star Start	0:20:00	0:21:06	1m 6s	0:27:11	6m 5s	0:31:18	4m 7s	11m 18s
4	1	Neve	Wilson	North Norfolk Tri Club	Tri Star Start	0:20:00	0:21:14	1m 14s	0:27:56	6m 42s	0:32:10	4m 14s	12m 10s
Tristar Start Male													
1	7	Archie	Case		Tri Star Start	0:23:00	0:24:16	1m 16s	0:28:38	4m 22s	0:32:09	3m 31s	9m 9s
2	6	Adam	Tomkinson		Tri Star Start	0:23:00	0:21:15	0:01:45	0:29:01	7m 46s	0:32:33	3m 32s	9m 33s
3	5	George	Beeson	North Norfolk Tri Club	Tri Star Start	0:23:00	0:24:03	1m 3s	0:29:14	5m 11s	0:32:37	3m 23s	9m 37s
4	10	Ben	Granville		Tri Star Start	0:23:00	0:21:14	0:01:46	0:29:05	7m 51s	0:32:38	3m 33s	9m 38s
5	8	Adam	Cottrell	City Of Norwich	Tri Star Start	0:23:00	0:24:41	1m 41s	0:30:32	5m 51s	0:33:41	3m 9s	10m 41s
6	9	Rupert	Fox		Tri Star Start	0:23:00	0:24:41	1m 41s	0:31:09	6m 28s	0:35:20	4m 11s	12m 20s
Tristar 1 Female													
1	17	Alannah	Mabbs	Tri Force Herts	Tristar 1	0:31:30	0:34:10	2m 40s	0:42:10	8m	0:48:17	6m 7s	16m 47s
2	80	Ciara	Nicholson		Tristar 1	0:31:30	0:34:30	3m	0:42:43	8m 13s	0:49	6m 26s	17m 39s
3	16	Molly	Cross		Tristar 1	0:31:30	0:34:15	2m 45s	0:43:30	9m 15s	0:50:30	7m	19m
4	19	Ellie	Horne	Cambridge Tri Club	Tristar 1	0:31:30	0:35:28	3m 58s	0:44:44	9m 16s	0:51:55	7m 11s	20m 25s
5	15	Anna	Granville		Tristar 1	0:26:30	0:29:58	3m 28s	0:40:25	10m 27s	0:46:58	6m 33s	20m 28s
6	12	Lily	Everard	North Norfolk Tri Club	Tristar 1	0:26:30	0:29:30	3m	0:39:26	9m 56s	0:47:02	7m 36s	20m 32s
7	13	Katie	Ragett		Tristar 1	0:26:30	0:30:31	4m 1s	0:40:34	10m 3s	0:48:16	7m 42s	21m 46s
8	14	Megan	Cottrell	City Of Norwich	Tristar1	0:26:30	0:30:31	4m 1s	0:40:35	10m 4s	0:48:54	8m 19s	22m 24s
9	18	Jessica	Fitzgerald		Tristar 1	0:31:30	0:36:26	4m 56s	0:47:56	11m 30s	1:04:07	16m 11s	32m 37s
10	11	Elena	Gough	Cambridge Tri Club	Tristar 1	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
Tristar 1 Male													
1	28	Sam	Tomkinson		Tristar 1	0:45:20	0:47:51	2m 31s	0:54:33	6m 42s	1:01:03	6m 30s	15m 43s
2	30	Johan	Hasselder	West Suffolk Wheelers	Tristar 1	0:45:20	0:48:46	3m 26s	0:55:32	6m 46s	1:01:42	6m 10s	16m 22s
3	20	Rowan	Baker	City Of Norwich	Tristar 1	0:39:30	0:42:59	3m 29s	0:49:55	6m 56s	0:57:25	7m 30s	17m 55s
4	31	Sam	Bray		Tristar 1	0:45:20	0:48:58	3m 38s	0:57:18	8m 20s	1:04:03	6m 45s	18m 43s
5	22	Oliver	Nolan	City Of Norwich	Tristar 1	0:39:30	0:43:08	3m 38s	0:51:56	8m 48s	0:58:36	6m 40s	19m 6s
6	21	Jamie	Brown	City Of Norwich	Tristar 1	0:39:30	0:43:02	3m 32s	0:51:35	8m 33s	0:58:55	7m 20s	19m 25s
7	29	Joshua	Murad		Tristar 1	0:45:20	0:48:30	3m 10s	0:56:18	7m 48s	1:05:36	9m 18s	20m 16s
8	26	Benjamin	Hall	Cambridge Tri Club	Tristar 1	0:45:20	0:49:07	3m 47s	0:57:19	8m 12s	1:06:05	8m 46s	20m 45s
9	25	Hugh	Fox		Tristar 1	0:39:30	0:44:12	4m 42s	0:53	9m 12s	1:00:49	7m 25s	21m 19s
10	27	Jacob	Latter	North Norfolk Tri Club	Tristar 1	0:45:20	0:49:47	4m 27s	0:58:30	8m 43s	1:08:19	9m 49s	22m 59s
11	23	Jordan	Bradford	Cambridge Tri Club	Tristar 1	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
12	24	James	Mabbs	Tri Force Herts	Tristar 1	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
Tristar 2 Female													
1	39	Ellie	Bushell	North Norfolk Tri Club	Tristar 2	0:57:30	1:00:17	2m 47s	1:11:20	11m 3s	1:20:18	8m 58s	22m 48s
2	40	Sarah	Brunton	Cambridge Tri Club	Tristar 2	0:57:30	1:00:34	3m 4s	1:12:23	11m 49s	1:21:22	8m 59s	23m 52s
3	42	Isla	Rush	Tri-Anglia	Tristar 2	0:57:30	1:00:19	2m 49s	1:12:00	11m 41s	1:22:22	10m 22s	24m 52s
4	38	Issy	Wickens	Ipswich	Tristar 2	0:57:30	1:00:43	3m 13s	1:14:11	13m 28s	1:23:58	9m 47s	26m 28s
5	32	Emily	Everard	North Norfolk Tri Club	Tristar 2	0:51:35	0:55:26	3m 51s	1:10:36	15m 10s	1:22:13	11m 37s	30m 38s
6	37	Alice	Dennis		Tristar 2	0:51:35	0:54:40	3m 5s	1:11:16	16m 36s	1:23:01	11m 45s	31m 26s
7	35	Abbie	Whitaker	North Norfolk Tri Club	Tristar 2	0:51:35	0:56:29	4m 54s	1:15:06	18m 37s	1:29:19	14m 13s	37m 44s
8	34	Emilia	Latter	North Norfolk Tri Club	Tristar 2	0:51:35	0:56:05	4m 30s	1:17:14	21m 9s	1:32:26	15m 12s	40m 51s
9	33	Laura	Askew	Gresham Village School	Tristar 2	0:51:35	0:55:58	4m 23s	1:16:25	20m 27s	DNF	DNF	DNF
10	43	Abi	Horne	Cambridge Tri Club	Tristar 2	0:57:30	DNF	DNF	DNF	DNF	DNF	DNF	DNF
11	36	Nicole	Bradford	Cambridge Tri Club	Tristar 2	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
12	41	Kiera	Tipett	East Essex Tri Club	Tristar 2	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
Tristar 2 Boys													
1	54	Zak	Coleman	Tri-Anglia	Tristar 2	1:17:15	1:20:38	3m 23s	1:31:39	11m 1s	1:40:22	8m 43s	23m 7s
2	47	Peter	Cooke	Cambridge Tri Club	Tristar 2	1:03:35	1:07:26	3m 51s	1:20:23	12m 57s	1:29:01	8m 38s	25m 26s
3	55	Matthew	Baker	City of Norwich	Tristar 2	1:17:15	1:21:02	3m 47s	1:32:57	11m 55s	1:43:12	10m 15s	25m 57s
4	51	Joseph	Drake		Tristar 2	1:11:07	1:14:37	3m 30s	1:27:20	12m 43s	1:37:04	9m 44s	25m 57s
5	45	Thomas	Keeble	Tri-Anglia	Tristar 2	1:03:35	1:07:22	3m 47s	1:21:50	14m 28s	1:32:10	10m 20s	28m 35s
6	56	Sam	Brown	City of Norwich	Tristar 2	1:17:15	1:21:19	4m 4s	1:35:31	14m 12s	1:45:59	10m 28s	28m 44s
7	50	Nicholas	Hall	Cambridge Tri Club	Tristar 2	1:11:07	1:15:08	4m 1s	1:29:42	14m 34s	1:40:46	11m 4s	29m 39s
8	49	Joshua	Bray		Tristar 2	1:10:07	1:15:06	3m 59s	1:30:10	15m 4s	1:41:17	11m 7s	30m 10s
9	44	Lewis	Nolan	City of Norwich	Tristar 2	1:03:35	1:08:23	4m 48s	1:23:54	15m 31s	1:34:40	10m 46s	31m 5s
10	52	Jack	Neale	East Essex Tri Club	Tristar 2	1:11:07	1:15:04	3m 57s	1:32:30	17m 26s	1:45:26	12m 56s	34m 19s
11	46	Joshua	Whitaker	North Norfolk Tri Club	Tristar 2	1:03:35	1:08:41	5m 6s	1:25:58	17m 17s	1:38:04	12m 6s	34m 29s
12	53	Ben	Fitzgerald		Tristar 2	1:17:15	1:22:25	5m 10s	1:40:29	18m 4s	1:51:57	11m 28s	34m 42s
13	48	Rahul	Verma		Tristar 2	1:03:35	1:08:37	5m 2s	1:27:48	19m 11s	1:39	11m 38s	35m 51s
Tristar 3 Girls													
1	57	Sophie	Alden	City of Norwich	Tristar 3	1:24:30	1:28:15	3m 45s	1:43:43	15m 28s	1:54:24	10m 41s	29m 54s
2	60	Charlotte	Wickens	Ipswich Tri Club	Tristar 3	1:24:30	1:29:02	4m 32s	1:45:55	16m 53s	1:57:10	11m 15s	32m 40s
3	58	Clover	Murray	Discovery Tri	Tristar 3	1:24:30	1:29:12	4m 42s	1:48:20	19m 8s	2:00:59	12m 39s	36m 29s
4	59	Megan	Clarke	East Essex Tri Club	Tristar 3	1:24:30	1:30:48	6m 18s	1:52:19	21m 31s	2:05:51	13m 32s	41m 21s
5	79	Esme	Rorella		Tristar 3	1:24:30	DNF	DNF	DNF	DNF	DNF	DNF	DNF
Tristar 3 Boys													
1	62	Finn	Barnes	Cambridge Tri Club	Tristar 3	1:33:30	1:38:18	4m 48s	1:53:05	14m 47s	2:03:09	10m 4s	29m 39s
2	65	James	Neale	East Essex Tri Club	Tristar 3	1:33:30	1:37:49	4m 19s	1:52:55	15m 6s	2:03:13	10m 18s	29m 43s
3	71	James	Tapley	Cambridge Tri Club	Tristar 3	1:41:30	1:46:07	4m 37s	2:00:24	14m 17s	2:12:03	11m 39s	30m 33s
4	61	George	Cooke	Trisport Epping	Tristar 3	1:33:30	1:38:05	4m 35s	1:53:12	15m 7s	2:04:08	10m 56s	30m 38s
5	68	Tom	Brown	City of Norwich	Tristar 3	1:41:30	1:46:09	4m 39s	2:02:43	16m 34s	2:13:48	11m 5s	32m 18s
6	69	Joe	Cooper		Tristar 3	1:41:30	1:45:33	4m 3s	2:04:03	18m 30s	2:15:33	11m 30s	34m 3s
7	63	Daniel	Crowe		Tristar 3	1:33:30	1:38:29	4m 59s	1:55:58	17m 29s	2:07:37	11m 39s	34m 7s
8	70	Lewis	Hardcatle	City of Norwich	Tristar 3	1:41:30	1:47:12	5m 42s	2:04:30	17m 18s	2:18:48	14m 18s	37m 18s
9	66	Thomas	Hamilyn	Stamford Tri	Tristar 3	1:33:30	1:39:49	6m 19s	2:00:18	20m 29s	2:14:31	14m 13s	41m 1s
10	78	Henry	Rorella		Tristar 3	1:41:30	1:48:08	6m 38s	2:10:03	21m 55s	2:25:15	15m 12s	43m 45s
11	67	Adam	Gough	Cambridge Tri Club	Tristar 3	1:41:30	DNF	DNF	DNF	DNF	DNF	DNF	DNF
12	64	Robert	Brunton	Cambridge Tri Club	Tristar 3	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
Youth Girls													
1	72	Alice	Maguire	West Suffolk Wheelers	Youth	1:49:00	1:54:09	5m 9s	2:10:33	16m 24s	2:21:59	11m 26s	32m 59s
2	75	catherine	lee	City of Norwich	Youth	1:49:00	1:53:28	4m 28s	2:11:27	17m 59s	2:22:18	10m 51s	33m 18s
3	73	Rebecca	Lemon	City of Norwich	Youth	1:49:00	1:54:10	5m 10s	2:13:42	19m 32s	2:29:11	15m 29s	40m 11s
4	74	Sarah	Eames	Trisport Herts	Youth	1:49:00	1:55:47	6m 47s	2:16:40	20m 53s	2:32:41	16m 1s	43m 41s
Youth Boys													
1	76	Tom	Stead	Nice Tri	Youth	1:41:30	1:46:38	5					