

## Swim the Lake (2)

Event Date: 2023-07-19

Ardingly STL Long-3km

Race Format: os3000m (4 laps)

## Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	2	Tracy Marsh	61	Team Bodyworks XTC	00:47:07	1.06		GC: I=1/4-TR: 1/1
2	3	Lorna White	25	Tri-Tempo (Eastbourne)	00:50:19	0.99	6.79	GC: G=1/4-TR: 1/2
3	4	Claire Lockwood	24		00:50:26	0.99	7.04	GC: G=2/4
4	6	Claire White	35	Dartford & White Oak Tri Cl	00:51:37	0.97	9.55	GC: I=2/4-TR: 1/6
5	11	Steph Clark	37		00:54:56	0.91	16.59	GC: H=1/4
5	11	Gemma Freeman	38	Brighton Tri Club	00:54:56	0.91	16.59	GC: G=3/4-TR: 1/1
7	13	Shemane Neal	29		00:55:21	0.90	17.48	GC: H=2/4
8	14	Kyra Merchant	40	Davic Lloyd	00:55:37	0.90	18.04	GC: H=3/4-TR: 1/1
9	18	Christine Brooks	31		00:57:51	0.86	22.77	GC: N=1/1
10	20	Rosie Horsfall-Turner	30		00:58:46	0.85	24.72	GC: F=1/1
11	21	Alice Wright	42		01:00:17	0.83	27.94	GC: G=4/4
12	25	Julie Honess	32	Tri-Tempo (Eastbourne)	01:03:15	0.79	34.25	GC: I=3/4-TR: 2/2
13	27	Alison Gwynn	34		01:05:29	0.76	38.99	GC: P=1/1
14	28	Claire Carter	41		01:07:56	0.74	44.18	GC: H=4/4
15	32	Emma Langridge	43		01:13:18	0.68	55.57	GC: J=1/2
16	33	Theodora Stewart	28	Crowborough Tri Club	01:13:46	0.68	56.57	GC: J=2/2-TR: 3/3
17	34	Tamara Lee	27	Dartford & White Oak Tri Cl	01:18:20	0.64	66.25	GC: I=4/4-TR: 4/6
18	35	Janet Cobby	26	Dartford & White Oak Tri Cl	01:27:10	0.57	85.01	GC: L=1/1-TR: 5/6
		<i>Sheron Boddy</i>	36					<i>Swim-DNF 2/4</i>

## Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Charles Pennington	10	Royal Navy Tri Club	00:45:38	1.10		GC: I=1/2-TR: 1/1
2	5	Matthew Fox	17		00:51:08	0.98	12.06	GC: G=1/4
3	7	Brian Tilley	4	Crawley Tri Club	00:53:31	0.93	17.27	GC: J=1/4-TR: 1/1
4	8	Rob Farrell	18		00:54:10	0.92	18.69	GC: L=1/1
5	9	Graeme Acheson	90		00:54:44	0.91	19.95	GC: G=2/4
6	10	James Hodge	2	Tuff Fitty Tri Club	00:54:49	0.91	20.12	GC: J=2/4-TR: 1/1
7	15	Ross Ginn	12	Dartford & White Oak Tri Cl	00:55:59	0.89	22.68	GC: F=1/1-TR: 2/6
8	16	Gareth Handley	22	Mid Sussex Tri Club	00:56:33	0.88	23.92	GC: I=2/2-TR: 1/1
9	17	Robert Rayward	6	Eastbourne Sea Swimmers	00:56:40	0.88	24.18	GC: K=1/2-TR: 1/1
10	19	Craig Ginn	16	Dartford & White Oak Tri Cl	00:57:54	0.86	26.89	GC: J=3/4-TR: 3/6
11	22	Vincent Freeman	20		01:00:32	0.83	32.64	GC: H=1/3
12	23	Edward Humphreys	19	Sexy Walrus Triathlon & Ad	01:01:05	0.82	33.85	GC: G=3/4-TR: 1/1
13	24	Rufus Jordan	8		01:02:07	0.80	36.13	GC: J=4/4
14	26	Ivan Horsfall-Turner	5		01:03:50	0.78	39.88	GC: K=2/2
15	29	Alan Lawlor	13		01:08:09	0.73	49.34	GC: H=2/3
16	30	Wesleigh Mulder	15	Crowborough Tri Club	01:11:04	0.70	55.74	GC: H=3/3-TR: 1/3
17	31	Matt Botterman	23	Crowborough Tri Club	01:11:53	0.70	57.53	GC: G=4/4-TR: 2/3
18	36	Tony Edwards	3	Dartford & White Oak Tri Cl	01:30:14	0.55	97.75	GC: N=1/1-TR: 6/6

\*Rems: 'GC' = Gender (age) Category - RANK; 'TR' = RANK within Team inclusively

# Swim the Lake (2)

Event Date: 2023-07-19

Ardingly STL Medium-1.5km

Race Format: os1500m (2 laps)

## Female Result Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	Isabel Guirdham	88		00:22:55	1.09		GC: B=1/1
2	2	Liz Price	63	Team Bodyworks XTC	00:22:59	1.09	0.29	GC: I=1/2-TR: 1/2
3	7	Rebecca Holdaway	66	Team Bodyworks XTC	00:27:19	0.92	19.20	GC: H=1/4-TR: 2/2
4	8	Caroline Fox	73		00:29:46	0.84	29.89	GC: G=1/3
5	12	Claire Guy	87		00:31:23	0.80	36.95	GC: H=2/4
6	14	Sandie Stevens	68	Horsham Amphibians Tri Cl	00:31:28	0.79	37.31	GC: K=1/3-TR: 1/4
7	18	Maria Krajukhina	91		00:33:37	0.74	46.69	GC: J=1/4
8	20	Rosie Harris	89	Crowborough Tri Club	00:34:07	0.73	48.88	GC: I=2/2-TR: 1/3
9	21	Eleanor Pinkerton	69	Dartford & White Oak Tri Cl	00:34:35	0.72	50.90	GC: H=3/4-TR: 1/1
10	22	Melissa Birch	70	Swim-1st Tri Club	00:34:45	0.72	51.63	GC: J=2/4-TR: 1/1
11	23	Kate Short	67	Horsham Amphibians Tri Cl	00:34:54	0.72	52.30	GC: G=2/3-TR: 2/4
12	24	Justine Ridgway	62		00:35:11	0.71	53.52	GC: J=3/4
13	25	Tamsin Turnbull	60		00:36:30	0.68	59.26	GC: K=2/3
14	26	Hayley Oates	76		00:38:13	0.65	66.75	GC: H=4/4
15	27	Alison O'Neill	65	Horsham Amphibians Tri Cl	00:43:53	0.57	91.50	GC: M=1/1-TR: 3/4
16	28	Elizabeth Griffin	64	Horsham Amphibians Tri Cl	00:44:21	0.56	93.54	GC: K=3/3-TR: 4/4
17	30	Heather Stevens	74	Crowborough Tri Club	00:45:06	0.55	96.81	GC: G=3/3-TR: 2/3
18	31	Josephine Smith	75	Crowborough Tri Club	00:45:10	0.55	97.08	GC: J=4/4-TR: 3/3
19	32	Jane Chadwick	71	Tunbridge Wells Tri Club	00:46:44	0.53	103.92	GC: L=1/1-TR: 1/1
		<i>Geraldine Lines</i>	72	<i>Dartford &amp; White Oak Tri Cl</i>				<i>Swim-DNF</i>

## Open Category

Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	3	Scott MacKenzie	46	South London Harriers Tri C	00:24:35	1.02		GC: G=1/2-TR: 1/1
2	4	Joshua Lahiri	51	Petersfield Tri Club	00:24:43	1.01	0.54	GC: F=1/1-TR: 1/1
3	5	Andrew Eaton	47	Swim for Tri	00:25:47	0.97	4.88	GC: L=1/2-TR: 1/1
4	6	Jack Hayward	57	Brighton Phoenix Tri Club	00:27:08	0.92	10.38	GC: E=1/1-TR: 1/2
5	9	Ben Abbott	45	Tuff Fitty Tri Club	00:30:00	0.83	22.04	GC: H=1/2-TR: 1/1
6	10	Mark Walker	53	Brighton Phoenix Tri Club	00:30:24	0.82	23.66	GC: K=1/4-TR: 2/2
7	11	Matthew Sargent	48	East Grinstead Tri Club	00:30:48	0.81	25.28	GC: I=1/1-TR: 1/1
8	12	Darren Johnson	49		00:31:23	0.80	27.67	GC: K=2/4
9	15	Neil Kempshall	58		00:31:38	0.79	28.68	GC: L=2/2
10	16	Nathan Brown	56	Mid Sussex Tri Club	00:31:50	0.79	29.48	GC: J=1/1-TR: 1/1
11	17	Jonathan Howgill	52		00:33:35	0.74	36.61	GC: H=2/2
12	18	Aleskey Krajukhina	92		00:33:37	0.74	36.74	GC: G=2/2
13	29	Henry Speight	50		00:44:51	0.56	82.45	GC: K=3/4
14	33	Russ Bryan	54		00:52:04	0.48	111.77	GC: K=4/4

\*Rems: 'GC' = Gender (age) Category - RANK; 'TR' = RANK within Team inclusively

# Swim the Lake (2)

Event Date: 2023-07-19

Ardingly STL Short-750m

Race Format: os750m (1 lap)

## Female Result Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems	
Gndr	Open							
1	1	Zelah Senior	78	00:19:14	0.65		GC: J=1/1	
2	2	Jennifer Lynch	84	00:19:51	0.63	3.21	GC: I=1/3	
3	3	Katarina Watson	80	00:20:25	0.61	6.16	GC: I=2/3	
4	4	Stella Knight	85	00:21:16	0.59	10.57	GC: H=1/2	
5	5	Sally McCluskey	82	00:22:03	0.57	14.64	GC: H=2/2	
6	6	Ruth Cattell	86	00:22:07	0.57	15.00	GC: G=1/1	
7	7	Valerie Barnes	81	Brighton Multisports	00:22:18	0.56	15.94	GC: L=1/1-TR: 1/2
8	8	Kate Keene	83		00:24:52	0.50	29.28	GC: I=3/3

## Open Category

Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems	
Gndr	Open							
1	9	Andrew McCluskey	77	00:25:04	0.50		GC: I=1/1	
2	10	Peter Barnes	55	Brighton Multisports	00:32:05	0.39	27.99	GC: M=1/1-TR: 2/2

\*Rems: 'GC' = Gender (age) Category - RANK; 'TR' = RANK within Team inclusively