

**BENFLEET RUNNING CLUB**  
**2006 DUATHLON CHAMPIONSHIP**

| 3 m RUN |          |             | 15.2 m BIKE |          |             | 2 m RUN |          |             |
|---------|----------|-------------|-------------|----------|-------------|---------|----------|-------------|
| POS     | NAME     | TIME<br>m s | POS         | NAME     | TIME<br>m s | POS     | NAME     | TIME<br>m s |
| 1       | JEZ      | 17.42       | 1           | JEZ      | 43.11       | 1       | STEVE D  | 11.42       |
| 2       | STEVE D  | 17.46       | 2           | MATTHEW  | 48.24       | 2       | JEZ      | 11.58       |
| 3       | GRAEME   | 18.08       | 3           | LUCY M   | 49.24       | 3       | GRAEME   | 12.03       |
| 4       | MATTHEW  | 18.32       | 4           | MIKE J   | 49.47       | 4       | TONY W   | 12.42       |
| 5       | REECE    | 19.08       | 5           | GRAEME B | 50.43       | 5       | MATTHEW  | 12.54       |
| 6       | TONY W   | 19.22       | 6           | ROB P    | 51.00       | 6       | REECE    | 13.42       |
| 7       | LUCY M   | 20.00       | 7           | STEVE D  | 51.31       | 7       | LUCY     | 13.45       |
| 8       | ROB P    | 21.15       | 8           | SUE F    | 51.42       | 8       | PAULA C  | 14.18       |
| 9       | PAULA C  | 21.33       | 9           | REECE    | 52.35       | 9       | ZENA     | 14.26       |
| 10      | CHRIS G  | 21.47       | 10          | JULIE M  | 52.41       | 10      | MIKE J   | 14.49       |
| 11      | ZENA     | 22.02       | 11          | CAROLINE | 53.00       | 11      | CHRIS G  | 14.59       |
| 12      | KARL     | 22.12       | 12          | ZENA     | 53.48       | 12)     | ROB P    | 15.16       |
| 13      | MIKE J   | 22.21       | 13          | YVONNE   | 55.15       | 12)     | JULIE    | 15.16       |
| 14      | CAROLINE | 22.39       | 14          | JIM H    | 55.41       | 14      | CAROLINE | 16.00       |
| 15      | DOUG R   | 22.40       | 15)         | VIC      | 56.31       | 15      | GARY Jo  | 16.23       |
| 16      | JULIE M  | 22.41       | 15)         | IAN J    | 56.31       | 16      | VIC      | 16.39       |
| 17      | GARY Jo  | 22.41       | 17)         | MORGAN   | 56.34       | 17      | GEORGE   | 16.41       |
| 18      | VIC      | 23.09       | 17)         | JAMES    | 56.34       | 18      | YVONNE   | 16.44       |
| 19      | BARBARA  | 24.13       | 19          | GLEN     | 56.51       | 19      | KARL     | 16.50       |
| 20      | YVONNE   | 24.32       | 20          | DOUG     | 57.12       | 20      | DOUG R   | 17.23       |
| 21      | GEORGE   | 25.04       | 21          | PHIL N   | 60.02       | 21      | TONI B   | 19.17       |
| 22      | GLEN B   | 25.39       | 22          | KEN      | 63.45       | 22      | GLEN     | 19.51       |
| 23      | TONI B   | 25.44       | 23          | GARY Jo  | 65.41       | 23      | MORGAN   | 19.59       |
| 24      | MORGAN   | 26.21       | 24          | JACKIE B | 70.54       | 24      | MARIA    | 20.23       |
| 25      | MARIA    | 29.49       | 25          | KARL     | 71.39       | 25      | IAN J    | 24.02       |
| 26      | IAN J    | 34.12       | 26          | BRIAN    | DNF         | 26      |          |             |