

Ardingly STL Long-3km

Race Format: os3000m (4 laps)

Female Result Category

Rankings Gndr	Open	Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
1	3	Claire Lockwood	56		00:55:00	0.91		GC: H=1/4
2	5	Sarah Naish	50	Brighton Dolphins SC	00:58:08	0.86		GC: L=1/2-TR: 1/1
3	6	Clare Aquilina	59	Brighton Multisports	00:59:20	0.84		GC: M=1/1-TR: 1/1
4	7	Madeleine Smyth	62		00:59:39	0.84		GC: G=1/2
5	15	Jemma Jarman	65		01:09:22	0.72		GC: H=2/4
6	16	Nicky Holbrook	68	Mid Sussex Tri Club	01:09:23	0.72		GC: J=1/5-TR: 2/3
7	21	Susan Douglas	69	Tuff Fitty Tri Club	01:13:57	0.68		GC: L=2/2-TR: 2/2
8	22	Maria Krajukhina	70	Mid Sussex Tri Club	01:14:29	0.67		GC: J=2/5-TR: 3/3
9	23	Debbie Laing	55		01:15:30	0.66		GC: J=3/5
10	24	Jodi Barter	57		01:15:58	0.66		GC: K=1/2
11	27	Tessa O'Brien	63		01:17:49	0.64		GC: H=3/4
12	28	Fiona Donaghy	54		01:18:02	0.64		GC: J=4/5
13	29	Sheila Bailey	61		01:18:26	0.64		GC: K=2/2
14	30	Nicky Key	51		01:21:54	0.61		GC: J=5/5
15	31	Hayley Oates	53		01:22:41	0.60		GC: I=1/1
16	33	Natalie Andersen	64		01:24:24	0.59		GC: G=2/2
17	36	Gemma Shadbolt	66		01:28:44	0.56		GC: H=4/4

Male Result Category

Rankings Gndr	Open	Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
1	1	Oliver Marsh	99		00:46:04	1.09		GC: B=1/1
2	2	William Russell	95		00:47:48	1.05		GC: G=1/5
3	4	Simon Lockwood	97		00:56:26	0.89		GC: H=1/3
4	8	Glenn Parisi	96		01:01:46	0.81		GC: L=1/3
5	9	David Capsey	100		01:04:38	0.77		GC: F=1/2
6	10	Ray Powell	92	Horsham Amphibians Tri Cl	01:04:44	0.77		GC: M=1/3-TR: 1/2
7	11	Rob Southern	88	Mid Sussex Tri Club	01:05:20	0.77		GC: J=1/3-TR: 1/3
8	12	Guillaume van Eeckhout	98		01:06:37	0.75		GC: H=2/3
9	13	Michael Lockwood	81		01:08:29	0.73		GC: G=2/5
10	14	James Rann	78		01:08:53	0.73		GC: L=2/3
11	17	Clive Harvey	77		01:09:51	0.72		GC: M=2/3
12	18	Adam Stringer	76	Tuff Fitty Tri Club	01:10:38	0.71		GC: G=3/5-TR: 1/2
13	19	Peter Littleboy	89		01:11:13	0.70		GC: J=2/3
14	20	Mark Sole	90		01:11:38	0.70		GC: J=3/3
15	25	Sam Evans	84		01:16:28	0.65		GC: G=4/5
16	26	Peter Tyrrell	94	Horsham Amphibians Tri Cl	01:17:10	0.65		GC: M=3/3-TR: 2/2
17	32	Tristan Roberts	75		01:24:23	0.59		GC: H=3/3
18	34	Christopher White	80		01:27:20	0.57		GC: F=2/2
19	35	Richard Merritt	86		01:28:27	0.57		GC: L=3/3
20	37	Jamie Wilkinson	82		01:52:49	0.44		GC: G=5/5
		Richard Perry	79		00:34:32			Swim_DNF

Dave Farr	85	00:22:23	Swim_DNF
Daniel Holmes	87	00:17:16	Swim_DNF

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

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	3	Tracy Marsh	110		00:25:08	1.00		GC: I=1/5
2	8	Louise Lawrence	142		00:28:23	0.88		GC: J=1/5
3	10	Katie McGregor	118	Mid Sussex Tri Club	00:30:39	0.82		GC: G=1/3-TR: 1/2
4	12	Andria Allan	148		00:31:21	0.80		GC: K=1/6
5	20	Olivia Meechan	132		00:33:57	0.74		GC: D=1/3
6	21	Samantha Marshall	133		00:33:58	0.74		GC: K=2/6
7	23	Sandie Stevens	143	Horsham Amphibians Tri Cl	00:34:20	0.73		GC: K=3/6-TR: 1/1
8	24	Maddie Gray	149		00:34:20	0.73		GC: E=1/1
9	25	Adel Heenan	138		00:34:25	0.73		GC: I=2/5
10	26	Sharon Burchett	137		00:34:29	0.72		GC: K=4/6
11	28	Caroline Holme	112		00:34:41	0.72		GC: J=2/5
12	29	Lucy Monday	128		00:34:48	0.72		GC: H=1/5
13	30	Rachael Grimes	109		00:35:14	0.71		GC: F=1/3
14	31	Deborah Woods	115	Brighton Multisports	00:35:37	0.70		GC: L=1/3-TR: 1/1
15	32	Anne Buglass	123		00:35:38	0.70		GC: I=3/5
16	34	Arwen Sinden	126		00:37:15	0.67		GC: D=2/3
17	38	Emily Bratt	129		00:39:18	0.64		GC: G=2/3
18	39	Samantha Bell	117		00:39:42	0.63		GC: H=2/5
19	40	Annastazia-Jo Maynard	113		00:39:43	0.63		GC: K=5/6
20	42	Klara Saville	125		00:40:22	0.62		GC: H=3/5
21	43	Catherine Buglass	122		00:40:26	0.62		GC: I=4/5
22	44	Lisa Moore	139		00:40:35	0.62		GC: K=6/6
23	46	Jasmine Mamoany	146	Mid Sussex Tri Club	00:41:21	0.60		GC: D=3/3-TR: 2/2
24	47	Josephine Smith	147		00:41:24	0.60		GC: J=3/5
25	48	Natalie Gillbanks	135		00:41:58	0.60		GC: F=2/3
26	49	Tammy Woodhouse	127		00:42:08	0.59		GC: J=4/5
27	50	Emily McLean-Inglis	140		00:43:23	0.58		GC: H=4/5
28	51	Rachel Edwards	108		00:45:33	0.55		GC: H=5/5
29	52	Elaine Watkins	116		00:46:32	0.54		GC: L=2/3
30	53	Claudia Shand	144		00:47:48	0.52		GC: N=1/2
31	54	Elizabeth Griffin	105		00:49:56	0.50		GC: L=3/3
32	55	Kate Evans	119		00:50:25	0.50		GC: I=5/5
33	56	Ginette Read	141		00:50:33	0.49		GC: J=5/5
34	57	Pauline Gillbanks	136		00:50:53	0.49		GC: G=3/3
35	58	Jane Faulkner	134		00:50:54	0.49		GC: N=2/2
36	61	Abi Itkin	120		00:53:52	0.46		GC: F=3/3
		Claire Denton	131		00:25:20			Swim_DNF
		Rowan Souray	121		00:28:23			Swim_DNF

MSTC_Swim the Lake Festival

Event Date: 2026-07-01

1	1	Toby Lancaster	175	City of Brighton & Hove Swi	00:24:03	1.04	GC: A=1/1-TR: 1/1
2	2	Oliver Crossley	180		00:24:13	1.03	GC: F=1/2
3	4	Eddie Lancaster	162		00:26:21	0.95	GC: I=1/4
4	5	Francesco Da Re	167		00:26:39	0.94	GC: J=1/5
5	6	Andy Eaton	158		00:27:11	0.92	GC: L=1/4
6	7	Adrian Elliott	159		00:27:29	0.91	GC: I=2/4
7	9	Will Thomas	161		00:28:39	0.87	GC: J=2/5
8	11	Patrick Romano	163		00:30:40	0.82	GC: J=3/5
9	13	Bryn Williams	186		00:31:46	0.79	GC: L=2/4
10	14	Jamie Phillips	179		00:32:28	0.77	GC: D=1/1
11	15	Chris Turner	172		00:32:58	0.76	GC: H=1/5
12	16	David Crawford	174		00:33:09	0.75	GC: H=2/5
13	17	Matthew Sargent	173	East Grinstead Tri Club	00:33:25	0.75	GC: J=4/5-TR: 1/1
14	18	Ben Woodhouse	176		00:33:46	0.74	GC: K=1/1
15	19	Neil Kempshall	164		00:33:53	0.74	GC: L=3/4
16	22	Dave Flynn	177		00:34:19	0.73	GC: L=4/4
17	27	Michael Courtier	182		00:34:30	0.72	GC: I=3/4
18	33	Colin O'Donnell	183		00:36:24	0.69	GC: I=4/4
19	35	David Travers	181	Tri-Tempo (Eastbourne)	00:38:02	0.66	GC: G=1/2-TR: 1/2
20	36	Matthew Smith	185		00:38:29	0.65	GC: H=3/5
21	37	Dany Perocheau	160		00:39:13	0.64	GC: J=5/5
22	41	Andy Russell	184		00:40:13	0.62	GC: F=2/2
23	45	Simon Grimes	178	Tri-Tempo (Eastbourne)	00:40:42	0.61	GC: G=2/2-TR: 2/2
24	59	Peter Reeves	170		00:51:12	0.49	GC: H=4/5
25	60	Chris Reeves	171		00:51:14	0.49	GC: H=5/5

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

Female Result Category							
Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	3	Brooke Carey	200	00:14:57	0.84		GC: I=1/4
2	5	Alice Brooke	193	00:16:33	0.76		GC: G=1/2
3	9	Koren Livesey	192	00:21:50	0.57		GC: E=1/1
4	10	Sue Zanin	194	00:21:55	0.57		GC: L=1/1
5	11	Malin Andersson	197	00:22:06	0.57		GC: I=2/4
6	13	Alison O'Neill	196	Horsham Amphibians Tri Cl	00:22:35	0.55	GC: N=1/1-TR: 1/1
7	14	Catherine McPhillips	191	00:22:57	0.54		GC: G=2/2
8	15	Kirsty Mauritz	198	00:24:08	0.52		GC: I=3/4
9	16	Jenny Ballueder	201	00:24:18	0.51		GC: I=4/4
10	17	Elaine Rousseau	195	00:24:28	0.51		GC: J=1/1
11	19	Valerie Barnes	190	00:26:57	0.46		GC: M=1/1

Male Result Category							
Rankings		Name	BIB	Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open						
1	1	Jez Garratt	211	Lewes SC	00:13:38	0.92	GC: L=1/3-TR: 1/1
2	2	Laurie Hughes	26		00:14:37	0.86	GC: H=1/1
3	4	Jackson Rudy	212		00:16:17	0.77	GC: A=1/1
4	6	Andrew Felton	203		00:17:00	0.74	GC: G=1/2
5	7	John Maxted	206		00:18:06	0.69	GC: K=1/2
6	8	Deon Van Zyl	205		00:21:17	0.59	GC: L=2/3
7	12	Paul Zanin	209		00:22:07	0.57	GC: L=3/3
8	18	Dominic Gilbert	207		00:26:55	0.46	GC: G=2/2
9	20	Simon Itkin	204		00:29:15	0.43	GC: M=1/1
10	21	Martin Sutherland	210		00:31:14	0.40	GC: K=2/2

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