

# A.W.Jenkinson Ullswater Traithlon 2013

| Bib | Name                   | Club                    | Cat  | Sex | Swim     | Pos | T1       | Pos | Bike     | Pos | T2       | Pos | RunLap1  | Pos | RunLap2  | Pos | RunLap3  | Pos | RunTotal | Pos | Finish   | Overall | Cat | Sex | Penalties                     |
|-----|------------------------|-------------------------|------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|---------|-----|-----|-------------------------------|
| 132 | James Douglas          | Arragons Tri Club       | M25  | M   | 00:25:47 | 4   | 00:00:46 | 18  | 01:13:32 | 9   | 00:00:47 | 5   | 00:12:30 | 3   | 00:11:56 | 1   | 00:12:27 | 1   | 00:36:54 | 1   | 02:19:45 | 1       | 1   | 1   | 2mins - Not rectifying number |
| 68  | Stuart Robinson        | Arragons Tri Club       | M50  | M   | 00:26:50 | 7   | 00:00:35 | 10  | 01:12:00 | 6   | 00:00:54 | 14  | 00:14:23 | 17  | 00:13:54 | 8   | 00:13:26 | 8   | 00:41:43 | 9   | 02:21:58 | 2       | 1   | 2   |                               |
| 44  | Niall McAlindon        | Westerlands Cross CC    | M30  | M   | 00:29:07 | 15  | 00:00:39 | 11  | 01:12:49 | 7   | 00:00:55 | 21  | 00:13:19 | 7   | 00:13:40 | 7   | 00:13:53 | 7   | 00:40:52 | 6   | 02:24:22 | 3       | 1   | 3   |                               |
| 181 | Daryl Oguona           | Tyne & Wear F & R TC    | M35  | M   | 00:31:28 | 42  | 00:00:46 | 20  | 01:09:31 | 3   | 00:00:53 | 13  | 00:14:26 | 19  | 00:13:59 | 10  | 00:13:48 | 10  | 00:42:12 | 13  | 02:24:51 | 4       | 1   | 4   |                               |
| 140 | Kie Jackson            | Unattached              | M30  | M   | 00:29:44 | 21  | 00:00:33 | 6   | 01:11:54 | 4   | 00:00:51 | 8   | 00:13:49 | 15  | 00:14:13 | 15  | 00:14:26 | 15  | 00:42:28 | 15  | 02:25:29 | 5       | 2   | 5   |                               |
| 136 | Dean McGarry           | Sunnyhurst Tri Club     | M45  | M   | 00:28:59 | 14  | 00:01:03 | 52  | 01:09:25 | 2   | 00:00:55 | 22  | 00:15:04 | 33  | 00:15:59 | 34  | 00:16:31 | 34  | 00:47:33 | 34  | 02:27:55 | 6       | 1   | 6   |                               |
| 94  | Craig Higgins          | The Endurance Store Tri | M40  | M   | 00:28:50 | 9   | 00:00:33 | 8   | 01:15:17 | 14  | 00:00:48 | 6   | 00:13:39 | 12  | 00:14:29 | 17  | 00:14:32 | 17  | 00:42:40 | 17  | 02:28:07 | 7       | 1   | 7   |                               |
| 101 | Paul Taylor            | Triclan                 | M40  | M   | 00:31:16 | 38  | 00:01:00 | 46  | 01:11:58 | 5   | 00:00:52 | 11  | 00:14:43 | 25  | 00:15:24 | 23  | 00:15:23 | 23  | 00:45:30 | 22  | 02:30:35 | 8       | 2   | 8   |                               |
| 171 | Mark Hopkins           | TriLakeland             | M45  | M   | 00:29:48 | 25  | 00:00:46 | 19  | 01:17:54 | 25  | 00:00:58 | 26  | 00:13:38 | 11  | 00:14:06 | 14  | 00:14:21 | 14  | 00:42:05 | 12  | 02:31:32 | 9       | 2   | 9   |                               |
| 47  | Mark Nicholson         | Arragons Tri Club       | M40  | M   | 00:29:43 | 20  | 00:00:52 | 29  | 01:16:51 | 20  | 00:00:54 | 17  | 00:14:41 | 23  | 00:14:46 | 18  | 00:14:46 | 18  | 00:44:12 | 18  | 02:32:33 | 10      | 3   | 10  |                               |
| 117 | Derek Edwards          | Tyne Triathlon          | M45  | M   | 00:25:28 | 2   | 00:01:12 | 73  | 01:23:09 | 52  | 00:01:12 | 59  | 00:13:29 | 9   | 00:13:57 | 9   | 00:14:07 | 9   | 00:41:33 | 8   | 02:32:34 | 11      | 3   | 11  |                               |
| 115 | Graeme Prescott        | Tockholes Tri Club      | M35  | M   | 00:29:46 | 24  | 00:01:00 | 47  | 01:13:41 | 10  | 00:01:00 | 31  | 00:15:15 | 37  | 00:15:57 | 32  | 00:15:59 | 32  | 00:47:11 | 33  | 02:32:38 | 12      | 2   | 12  |                               |
| 130 | Kev Pritchard          | TriLakeland             | M40  | M   | 00:34:50 | 89  | 00:00:34 | 9   | 01:14:44 | 13  | 00:00:52 | 12  | 00:13:41 | 13  | 00:14:04 | 13  | 00:14:28 | 13  | 00:42:12 | 14  | 02:33:12 | 13      | 4   | 13  |                               |
| 127 | Paul Tiffany           | Bingley Harriers        | M40  | M   | 00:28:56 | 13  | 00:00:52 | 27  | 01:21:41 | 44  | 00:01:02 | 33  | 00:12:59 | 5   | 00:14:28 | 16  | 00:15:06 | 16  | 00:42:33 | 16  | 02:35:03 | 14      | 5   | 14  |                               |
| 125 | Ben Johnson            | The Endurance Store     | M25  | M   | 00:35:45 | 100 | 00:00:51 | 26  | 01:19:08 | 28  | 00:01:05 | 45  | 00:12:48 | 4   | 00:13:32 | 5   | 00:13:20 | 5   | 00:39:40 | 4   | 02:35:50 | 15      | 2   | 15  |                               |
| 108 | Martin Oldfield        | Unattached              | M45  | M   | 00:33:46 | 69  | 00:01:19 | 83  | 01:15:38 | 16  | 00:01:09 | 49  | 00:14:44 | 26  | 00:15:28 | 25  | 00:15:20 | 25  | 00:45:32 | 23  | 02:37:24 | 16      | 4   | 16  |                               |
| 192 | Andrew Oglanby         | TriLakeland             | M35  | M   | 00:38:00 | 129 | 00:01:16 | 78  | 01:15:38 | 15  | 00:01:03 | 36  | 00:13:47 | 14  | 00:14:04 | 12  | 00:14:01 | 12  | 00:41:52 | 11  | 02:37:49 | 17      | 3   | 17  |                               |
| 128 | Paul McKnespiey        | Carlisle Tri Club       | M40  | M   | 00:29:35 | 18  | 00:01:27 | 93  | 01:20:45 | 34  | 00:01:08 | 48  | 00:14:14 | 16  | 00:15:19 | 21  | 00:15:42 | 21  | 00:45:14 | 20  | 02:38:09 | 18      | 6   | 18  |                               |
| 167 | Sarah Kenny            | Manchester TC           | F35  | F   | 00:28:53 | 11  | 00:01:07 | 60  | 01:20:43 | 33  | 00:01:05 | 42  | 00:15:12 | 34  | 00:16:07 | 39  | 00:15:39 | 39  | 00:46:58 | 30  | 02:38:45 | 19      | 1   | 1   |                               |
| 12  | Matthew Stevens        | Unattached              | M35  | M   | 00:33:32 | 65  | 00:00:55 | 38  | 01:15:42 | 17  | 00:00:51 | 9   | 00:14:56 | 29  | 00:16:33 | 52  | 00:17:51 | 52  | 00:49:21 | 52  | 02:40:21 | 20      | 4   | 19  |                               |
| 62  | Paul Weall             | Wigan Phoenix           | Team | T   | 00:36:02 | 106 | 00:00:28 | 3   | 01:23:42 | 53  | 00:00:41 | 1   | 00:12:24 | 2   | 00:13:30 | 3   | 00:13:45 | 3   | 00:39:38 | 3   | 02:40:32 | 21      | 1   | 1   |                               |
| 195 | Paul Julien            | prosportsupplements     | M45  | M   | 00:28:52 | 10  | 00:01:26 | 92  | 01:13:03 | 8   | 00:01:36 | 121 | 00:17:02 | 84  | 00:19:33 | 101 | 00:19:01 | 101 | 00:55:37 | 92  | 02:40:34 | 22      | 5   | 20  |                               |
| 71  | Stephen Lewis          | Carlisle Tri Club       | M30  | M   | 00:32:46 | 53  | 00:01:38 | 115 | 01:17:29 | 24  | 00:01:03 | 37  | 00:14:57 | 30  | 00:16:00 | 35  | 00:16:42 | 35  | 00:47:39 | 36  | 02:40:35 | 23      | 3   | 21  |                               |
| 149 | Mark Wallis            | Unattached              | M40  | M   | 00:33:16 | 59  | 00:02:58 | 170 | 01:16:08 | 18  | 00:01:38 | 126 | 00:15:28 | 43  | 00:15:58 | 33  | 00:15:10 | 33  | 00:46:36 | 27  | 02:40:36 | 24      | 7   | 22  |                               |
| 17  | Gill Mead              | City of Chester TC      | F50  | F   | 00:34:31 | 85  | 00:01:21 | 86  | 01:21:47 | 45  | 00:01:16 | 69  | 00:13:38 | 10  | 00:14:00 | 11  | 00:14:08 | 11  | 00:41:46 | 10  | 02:40:41 | 25      | 1   | 2   |                               |
| 157 | Matt Johnson           | 2 PARA                  | M20  | M   | 00:35:01 | 91  | 00:00:33 | 7   | 01:24:00 | 56  | 00:00:50 | 7   | 00:13:11 | 6   | 00:13:31 | 4   | 00:13:35 | 4   | 00:40:18 | 5   | 02:40:42 | 26      | 1   | 23  |                               |
| 143 | Andy Turner            | GMC Fire Tri            | M35  | M   | 00:33:19 | 60  | 00:01:06 | 56  | 01:17:16 | 22  | 00:00:59 | 29  | 00:15:29 | 45  | 00:16:08 | 40  | 00:16:38 | 40  | 00:48:15 | 44  | 02:40:55 | 27      | 5   | 24  |                               |
| 22  | Paul Barnard           | Manchester TC           | M30  | M   | 00:24:07 | 1   | 00:00:56 | 41  | 01:22:56 | 51  | 00:00:58 | 27  | 00:16:23 | 67  | 00:18:01 | 76  | 00:18:31 | 76  | 00:52:55 | 77  | 02:41:53 | 28      | 4   | 25  |                               |
| 203 | Mark Fleming           | TriLakeland             | M40  | M   | 00:33:53 | 71  | 00:02:10 | 142 | 01:14:15 | 11  | 00:01:05 | 41  | 00:15:50 | 53  | 00:17:03 | 61  | 00:17:38 | 61  | 00:50:31 | 60  | 02:41:54 | 29      | 8   | 26  |                               |
| 166 | James Souter           | Arragons Tri Club       | M30  | M   | 00:35:28 | 97  | 00:00:54 | 33  | 01:19:32 | 29  | 00:00:54 | 15  | 00:14:37 | 21  | 00:15:17 | 20  | 00:15:50 | 20  | 00:45:44 | 25  | 02:42:31 | 30      | 5   | 27  |                               |
| 84  | Stephaine Bateman      | A.W.Jenkinson           | Team | T   | 00:32:46 | 54  | 00:00:22 | 1   | 01:21:18 | 40  | 00:00:44 | 2   | 00:14:39 | 22  | 00:16:12 | 46  | 00:16:44 | 46  | 00:47:36 | 35  | 02:42:45 | 31      | 2   | 2   |                               |
| 134 | Neil Wearden           | C.O.L.T.                | M40  | M   | 00:30:30 | 29  | 00:00:32 | 5   | 01:20:52 | 36  | 00:00:55 | 19  | 00:16:00 | 57  | 00:17:11 | 64  | 00:16:50 | 64  | 00:50:01 | 58  | 02:42:49 | 32      | 9   | 28  |                               |
| 9   | Josh Waite             | Carlisle Tri Club       | M30  | M   | 00:31:18 | 39  | 00:00:58 | 44  | 01:20:12 | 32  | 00:01:12 | 62  | 00:15:23 | 41  | 00:16:36 | 53  | 00:17:16 | 53  | 00:49:15 | 51  | 02:42:56 | 33      | 6   | 29  |                               |
| 109 | Jamie Hutchinson       | Leeds & Bradford TC     | M40  | M   | 00:35:19 | 94  | 00:01:16 | 77  | 01:18:07 | 26  | 00:01:17 | 73  | 00:15:00 | 31  | 00:16:04 | 38  | 00:16:04 | 38  | 00:47:08 | 32  | 02:43:06 | 34      | 10  | 30  |                               |
| 156 | Ben Johnson            | North Lancs RC          | M35  | M   | 00:28:55 | 12  | 00:01:08 | 64  | 01:21:52 | 46  | 00:01:20 | 81  | 00:15:20 | 39  | 00:16:45 | 57  | 00:17:48 | 57  | 00:49:52 | 53  | 02:43:08 | 35      | 6   | 31  |                               |
| 103 | Chris Wiseman          | West Suffolk Whs & TC   | M45  | M   | 00:35:24 | 95  | 00:00:45 | 16  | 01:17:26 | 23  | 00:00:57 | 24  | 00:15:47 | 50  | 00:16:19 | 47  | 00:17:03 | 47  | 00:49:08 | 50  | 02:43:40 | 36      | 6   | 32  |                               |
| 75  | Anthony Rooney         | Carlisle Tri Club       | M40  | M   | 00:31:49 | 44  | 00:01:30 | 98  | 01:21:06 | 37  | 00:01:34 | 115 | 00:14:56 | 28  | 00:15:54 | 31  | 00:16:55 | 31  | 00:47:45 | 37  | 02:43:44 | 37      | 11  | 33  |                               |
| 199 | ??                     | Carlisle Tri Club       | M30  | M   | 00:33:27 | 63  | 00:01:37 | 112 | 01:16:40 | 19  | 00:01:31 | 107 | 00:16:50 | 79  | 00:17:29 | 68  | 00:16:59 | 68  | 00:51:19 | 66  | 02:44:33 | 38      | 7   | 34  |                               |
| 72  | Simon Granger          | Manchester TC           | M40  | M   | 00:34:58 | 90  | 00:01:03 | 54  | 01:18:21 | 27  | 00:01:26 | 99  | 00:16:02 | 58  | 00:16:11 | 45  | 00:16:50 | 45  | 00:49:03 | 47  | 02:44:51 | 39      | 12  | 35  |                               |
| 148 | Nicola Davis           | Arragons Tri Club       | F55  | F   | 00:30:15 | 28  | 00:00:43 | 15  | 01:22:53 | 50  | 00:01:05 | 44  | 00:16:08 | 62  | 00:16:51 | 59  | 00:17:01 | 59  | 00:49:59 | 57  | 02:44:55 | 40      | 1   | 3   |                               |
| 85  | James Pittam           | A.W.Jenkinson           | M40  | M   | 00:33:26 | 62  | 00:01:14 | 75  | 01:21:24 | 41  | 00:01:17 | 72  | 00:15:16 | 38  | 00:16:01 | 36  | 00:16:46 | 36  | 00:48:04 | 42  | 02:45:25 | 41      | 13  | 36  |                               |
| 138 | Rhiannon Silson        | Arragons Tri Club       | F25  | F   | 00:25:46 | 3   | 00:00:56 | 40  | 01:22:28 | 48  | 00:01:00 | 32  | 00:17:07 | 88  | 00:20:33 | 123 | 00:17:45 | 123 | 00:55:24 | 90  | 02:45:35 | 42      | 1   | 4   |                               |
| 189 | David Muncaster        | Preston Harriers        | M40  | M   | 00:36:56 | 116 | 00:00:53 | 30  | 01:19:42 | 30  | 00:01:17 | 74  | 00:16:06 | 61  | 00:15:29 | 26  | 00:15:15 | 26  | 00:46:50 | 29  | 02:45:37 | 43      | 14  | 37  |                               |
| 186 | Mark Ashton            | Unattached              | M35  | M   | 00:40:59 | 157 | 00:00:51 | 25  | 01:17:11 | 21  | 00:01:04 | 39  | 00:14:47 | 27  | 00:15:25 | 24  | 00:15:26 | 24  | 00:45:38 | 24  | 02:45:43 | 44      | 7   | 38  |                               |
| 20  | Leslie James McDerment | Ayrodynamic TC          | M40  | M   | 00:35:07 | 92  | 00:01:28 | 94  | 01:22:48 | 49  | 00:01:05 | 43  | 00:14:28 | 20  | 00:15:24 | 22  | 00:15:32 | 22  | 00:45:24 | 21  | 02:45:53 | 45      | 15  | 39  |                               |
| 87  | Brian Armstrong        | A.W.Jenkinson           | Team | T   | 00:37:03 | 120 | 00:01:33 | 105 | 01:26:34 | 78  | 00:00:55 | 23  | 0        |     |          |     |          |     |          |     |          |         |     |     |                               |

| Bib | Name             | Club                   | Cat  | Sex | Swim     | Pos | T1       | Pos | Bike     | Pos | T2       | Pos | RunLap1  | Pos | RunLap2  | Pos | RunLap3  | Pos | RunTotal | Pos | Finish   | Overall | Cat | Sex | Penalties |
|-----|------------------|------------------------|------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|---------|-----|-----|-----------|
| 13  | Mark Colman      | Carlisle Tri Club      | M35  | M   | 00:34:26 | 82  | 00:01:43 | 121 | 01:25:56 | 72  | 00:01:28 | 103 | 00:15:41 | 48  | 00:16:08 | 42  | 00:16:03 | 42  | 00:47:51 | 38  | 02:51:24 | 58      | 9   | 49  |           |
| 4   | Chris Davison    | Carlisle Tri Club      | M50  | M   | 00:35:10 | 93  | 00:01:07 | 61  | 01:23:48 | 55  | 00:01:18 | 75  | 00:16:22 | 66  | 00:17:09 | 63  | 00:17:39 | 63  | 00:51:10 | 65  | 02:52:32 | 59      | 3   | 50  |           |
| 73  | Rob Jude         | Trismart               | M30  | M   | 00:34:28 | 84  | 00:01:13 | 74  | 01:20:48 | 35  | 00:00:58 | 25  | 00:16:50 | 78  | 00:18:49 | 89  | 00:19:34 | 89  | 00:55:13 | 86  | 02:52:40 | 60      | 8   | 51  |           |
| 200 | Stuart Robertson | St Annes Beach Huts    | M35  | M   | 00:34:18 | 79  | 00:01:10 | 66  | 01:26:35 | 79  | 00:01:38 | 125 | 00:15:47 | 51  | 00:16:10 | 43  | 00:17:06 | 43  | 00:49:03 | 48  | 02:52:44 | 61      | 10  | 52  |           |
| 33  | Mark Simpson     | Manchester TC          | M25  | M   | 00:29:33 | 17  | 00:01:22 | 87  | 01:29:42 | 98  | 00:01:32 | 110 | 00:15:56 | 56  | 00:17:00 | 60  | 00:17:47 | 60  | 00:50:43 | 62  | 02:52:51 | 62      | 3   | 53  |           |
| 144 | Alan Harrison    | Unattached             | M40  | M   | 00:35:33 | 98  | 00:01:15 | 76  | 01:29:01 | 92  | 00:01:33 | 113 | 00:14:41 | 24  | 00:15:30 | 27  | 00:15:40 | 27  | 00:45:50 | 26  | 02:53:13 | 63      | 21  | 54  |           |
| 38  | Kevin Plimmer    | Unattached             | M30  | M   | 00:31:23 | 40  | 00:03:34 | 178 | 01:26:01 | 73  | 00:01:59 | 156 | 00:16:46 | 77  | 00:16:30 | 51  | 00:17:17 | 51  | 00:50:33 | 61  | 02:53:31 | 64      | 9   | 55  |           |
| 82  | Richard Prokas   | Arragons Tri Club      | M35  | M   | 00:34:27 | 83  | 00:00:53 | 32  | 01:26:06 | 75  | 00:00:54 | 18  | 00:15:53 | 55  | 00:17:33 | 70  | 00:18:11 | 70  | 00:51:37 | 68  | 02:53:57 | 65      | 11  | 56  |           |
| 150 | Anthony Spruce   | Unattached             | M25  | M   | 00:32:23 | 48  | 00:01:30 | 101 | 01:27:21 | 84  | 00:01:29 | 105 | 00:15:44 | 49  | 00:17:55 | 73  | 00:17:48 | 73  | 00:51:27 | 67  | 02:54:10 | 66      | 4   | 57  |           |
| 169 | Will Coulthard   | Unattached             | M40  | M   | 00:36:34 | 114 | 00:00:42 | 14  | 01:24:34 | 60  | 00:01:12 | 60  | 00:16:05 | 60  | 00:17:36 | 71  | 00:18:00 | 71  | 00:51:40 | 69  | 02:54:42 | 67      | 22  | 58  |           |
| 122 | Clyde Cossey     | Unattached             | M30  | M   | 00:35:59 | 104 | 00:02:59 | 171 | 01:28:13 | 88  | 00:01:31 | 108 | 00:15:28 | 44  | 00:15:39 | 28  | 00:15:30 | 28  | 00:46:37 | 28  | 02:55:18 | 68      | 10  | 59  |           |
| 95  | Craig Rollins    | Tri Preston            | M35  | M   | 00:36:28 | 112 | 00:01:01 | 50  | 01:26:56 | 81  | 00:01:15 | 68  | 00:15:50 | 54  | 00:15:50 | 30  | 00:18:33 | 30  | 00:50:14 | 59  | 02:55:53 | 69      | 12  | 60  |           |
| 60  | Jonathan Mann    | Chorley Athletic & Tri | M35  | M   | 00:32:28 | 50  | 00:01:23 | 88  | 01:24:33 | 59  | 00:01:18 | 78  | 00:16:39 | 73  | 00:20:15 | 114 | 00:19:29 | 114 | 00:56:23 | 98  | 02:56:05 | 70      | 13  | 61  |           |
| 170 | Gudrun Ravetz    | Arragons Tri Club      | F35  | F   | 00:32:05 | 47  | 00:00:47 | 21  | 01:33:11 | 117 | 00:01:09 | 52  | 00:16:13 | 64  | 00:16:49 | 58  | 00:16:01 | 58  | 00:49:04 | 49  | 02:56:15 | 71      | 2   | 6   |           |
| 175 | Thomas Rimmer    | Mersey Tri             | M25  | M   | 00:37:21 | 123 | 00:02:13 | 147 | 01:27:21 | 83  | 00:01:21 | 84  | 00:15:13 | 35  | 00:16:19 | 48  | 00:16:30 | 48  | 00:48:03 | 41  | 02:56:19 | 72      | 5   | 62  |           |
| 141 | Lucy Jones       | Unattached             | F25  | F   | 00:29:59 | 26  | 00:00:53 | 31  | 01:29:11 | 94  | 00:01:18 | 76  | 00:17:27 | 96  | 00:19:11 | 95  | 00:18:37 | 95  | 00:55:15 | 87  | 02:56:37 | 73      | 2   | 7   |           |
| 176 | Amanda Ingram    | TriLakeland            | F35  | F   | 00:31:03 | 34  | 00:00:56 | 43  | 01:32:18 | 109 | 00:01:22 | 86  | 00:16:26 | 69  | 00:17:16 | 66  | 00:17:19 | 66  | 00:51:01 | 64  | 02:56:40 | 74      | 3   | 8   |           |
| 45  | Richard Martin   | Unattached             | M30  | M   | 00:32:24 | 49  | 00:02:50 | 166 | 01:25:51 | 70  | 00:02:08 | 164 | 00:17:17 | 90  | 00:18:10 | 78  | 00:18:34 | 78  | 00:54:02 | 80  | 02:57:15 | 75      | 11  | 63  |           |
| 39  | Karoline Rose    | Arragons Tri Club      | F35  | F   | 00:28:01 | 8   | 00:01:34 | 107 | 01:28:09 | 86  | 00:01:37 | 123 | 00:17:57 | 110 | 00:20:01 | 111 | 00:20:22 | 111 | 00:58:20 | 110 | 02:57:41 | 76      | 4   | 9   |           |
| 147 | Ian Hewson       | Unattached             | M40  | M   | 00:33:08 | 57  | 00:03:36 | 179 | 01:32:26 | 111 | 00:55:00 | 181 | 00:15:35 | 46  | 00:16:03 | 37  | 00:16:16 | 37  | 00:47:54 | 39  | 02:57:46 | 77      | 23  | 64  |           |
| 145 | Matthew Nielsen  | Arragons Tri Club      | M40  | M   | 00:33:35 | 66  | 00:00:56 | 42  | 01:28:33 | 90  | 00:00:59 | 28  | 00:16:51 | 80  | 00:18:24 | 81  | 00:19:25 | 81  | 00:54:40 | 81  | 02:58:43 | 78      | 24  | 65  |           |
| 57  | Andy Hill        | Mersey Tri             | M45  | M   | 00:35:54 | 102 | 00:01:17 | 80  | 01:24:57 | 63  | 00:01:11 | 56  | 00:17:00 | 83  | 00:19:48 | 106 | 00:18:56 | 106 | 00:55:45 | 94  | 02:59:03 | 79      | 8   | 66  |           |
| 2   | Martin Graham    | Carlisle Tri Club      | M45  | M   | 00:34:49 | 88  | 00:01:08 | 63  | 01:25:41 | 69  | 00:01:07 | 46  | 00:18:20 | 119 | 00:19:14 | 97  | 00:19:06 | 97  | 00:56:39 | 99  | 02:59:25 | 80      | 9   | 67  |           |
| 135 | David Barnes     | Unattached             | M50  | M   | 00:36:36 | 115 | 00:01:53 | 131 | 01:26:49 | 80  | 00:01:41 | 131 | 00:16:21 | 65  | 00:17:41 | 72  | 00:18:38 | 72  | 00:52:40 | 73  | 02:59:39 | 81      | 4   | 68  |           |
| 25  | Rory Brennan     | Unattached             | M40  | M   | 00:31:07 | 36  | 00:01:08 | 65  | 01:24:11 | 57  | 00:01:58 | 153 | 00:19:25 | 137 | 00:21:48 | 134 | 00:20:19 | 134 | 01:01:32 | 128 | 02:59:56 | 82      | 25  | 69  |           |
| 46  | Faye Storzaker   | Unattached             | Team | T   | 00:31:07 | 35  | 00:00:31 | 4   | 01:19:56 | 31  | 00:01:10 | 55  | 00:20:05 | 147 | 00:24:03 | 155 | 00:23:41 | 155 | 01:07:49 | 152 | 03:00:33 | 83      | 5   | 5   |           |
| 54  | Jonathan Blades  | Stone Cross Flyers     | M35  | M   | 00:31:15 | 37  | 00:02:28 | 156 | 01:25:30 | 68  | 00:01:47 | 143 | 00:18:12 | 115 | 00:20:26 | 121 | 00:21:25 | 121 | 01:00:04 | 119 | 03:01:03 | 84      | 14  | 70  |           |
| 158 | Audrey Power     | Border Triathletes     | F40  | F   | 00:37:01 | 117 | 00:01:10 | 67  | 01:29:31 | 96  | 00:01:21 | 82  | 00:16:55 | 82  | 00:17:32 | 69  | 00:17:53 | 69  | 00:52:20 | 71  | 03:01:23 | 85      | 2   | 10  |           |
| 96  | Jasmin Smith     | Derby Triathlon Club   | F30  | F   | 00:30:50 | 32  | 00:01:29 | 96  | 01:29:55 | 100 | 00:01:35 | 118 | 00:17:39 | 100 | 00:19:14 | 98  | 00:21:24 | 98  | 00:58:17 | 109 | 03:02:06 | 86      | 1   | 11  |           |
| 86  | Kevin Mitchell   | A.W.Jenkinson          | M45  | M   | 00:37:33 | 126 | 00:02:11 | 143 | 01:29:14 | 95  | 00:02:03 | 158 | 00:17:06 | 85  | 00:17:08 | 62  | 00:17:43 | 62  | 00:51:56 | 70  | 03:02:58 | 87      | 10  | 71  |           |
| 182 | Philippe Jumeau  | C.O.L.T.               | M50  | M   | 00:29:45 | 23  | 00:01:20 | 84  | 01:32:46 | 112 | 00:01:44 | 136 | 00:18:26 | 121 | 00:19:42 | 104 | 00:19:20 | 104 | 00:57:29 | 104 | 03:03:03 | 88      | 5   | 72  |           |
| 99  | Simon Clarke     | TriLakeland            | M35  | M   | 00:35:41 | 99  | 00:00:49 | 22  | 01:24:32 | 58  | 00:01:09 | 50  | 00:18:11 | 113 | 00:20:21 | 118 | 00:22:23 | 118 | 01:00:54 | 123 | 03:03:05 | 89      | 15  | 73  |           |
| 3   | Ronnie Kewley    | Unattached             | M40  | M   | 00:43:42 | 171 | 00:02:08 | 141 | 01:25:30 | 67  | 00:01:57 | 151 | 00:16:46 | 76  | 00:16:29 | 50  | 00:16:39 | 50  | 00:49:55 | 55  | 03:03:11 | 90      | 26  | 74  |           |
| 42  | Danny Wilkinson  | Carlisle Tri Club      | M30  | M   | 00:29:39 | 19  | 00:01:24 | 90  | 01:29:09 | 93  | 00:01:15 | 67  | 00:18:19 | 118 | 00:21:39 | 133 | 00:22:38 | 133 | 01:02:36 | 131 | 03:04:03 | 91      | 12  | 75  |           |
| 106 | Eddie Nelder     | Unattached             | M45  | M   | 00:36:17 | 111 | 00:01:16 | 79  | 01:26:32 | 76  | 00:01:13 | 63  | 00:18:15 | 116 | 00:19:52 | 110 | 00:20:43 | 110 | 00:58:50 | 111 | 03:04:09 | 92      | 11  | 76  |           |
| 14  | John Shannon     | C.O.L.T.               | M40  | M   | 00:31:46 | 43  | 00:04:36 | 183 | 01:33:42 | 119 | 00:01:50 | 145 | 00:17:45 | 102 | 00:18:08 | 77  | 00:16:50 | 77  | 00:52:43 | 74  | 03:04:37 | 93      | 27  | 77  |           |
| 188 | William Garner   | Tri Clan               | M45  | M   | 00:34:02 | 75  | 00:01:35 | 108 | 01:41:31 | 156 | 00:01:25 | 95  | 00:15:27 | 42  | 00:15:48 | 29  | 00:15:46 | 29  | 00:47:01 | 31  | 03:05:33 | 94      | 12  | 78  |           |
| 142 | Mark Eastwood    | TriLakeland            | M45  | M   | 00:38:21 | 134 | 00:01:05 | 55  | 01:29:31 | 97  | 00:01:12 | 61  | 00:17:26 | 95  | 00:19:06 | 92  | 00:19:22 | 92  | 00:55:54 | 95  | 03:06:03 | 95      | 13  | 79  |           |
| 21  | Sue Day          | Unattached             | F50  | F   | 00:30:48 | 31  | 00:01:38 | 114 | 01:35:41 | 130 | 00:01:35 | 119 | 00:18:12 | 114 | 00:19:09 | 94  | 00:19:19 | 94  | 00:56:40 | 100 | 03:06:22 | 96      | 2   | 12  |           |
| 79  | John Newsham     | Unattached             | M40  | M   | 00:39:42 | 141 | 00:02:04 | 140 | 01:25:19 | 65  | 00:01:39 | 127 | 00:17:09 | 89  | 00:20:18 | 116 | 00:20:21 | 116 | 00:57:48 | 105 | 03:06:32 | 97      | 28  | 80  |           |
| 178 | Andy Bailey      | TriLakeland            | M35  | M   | 00:38:01 | 130 | 00:00:54 | 37  | 01:31:25 | 106 | 00:01:21 | 85  | 00:17:06 | 87  | 00:18:53 | 90  | 00:19:04 | 90  | 00:55:04 | 84  | 03:06:46 | 98      | 16  | 81  |           |
| 151 | Vicky Higgins    | Unattached             | F40  | F   | 00:33:46 | 70  | 00:01:10 | 68  | 01:32:51 | 114 | 00:01:22 | 88  | 00:18:54 | 129 | 00:19:33 | 102 | 00:19:48 | 102 | 00:58:15 | 108 | 03:07:24 | 99      | 3   | 13  |           |
| 112 | Steve Stamper    | Unattached             | M30  | M   | 00:37:15 | 121 | 00:01:26 | 91  | 01:28:16 | 89  | 00:01:26 | 97  | 00:17:50 | 104 | 00:20:16 | 115 | 00:21:04 | 115 | 00:59:11 | 114 | 03:07:33 | 100     | 13  | 82  |           |
| 114 | Carys McKinnell  | Unattached             | F30  | F   | 00:33:25 | 61  | 00:01:17 | 81  | 01:37:41 | 141 | 00:01:24 | 94  | 00:17:06 | 86  | 00:18:14 | 79  | 00:18:28 | 79  | 00:53:49 | 79  | 03:07:38 | 101     | 2   | 14  |           |
| 137 | Fabien Binet     | Unattached             | M35  | M   | 00:40:15 | 150 | 00:04:32 | 182 | 01:30:51 | 103 | 00:01:55 | 150 | 00:15:22 | 40  | 00:17:14 | 65  | 00:18:09 | 65  | 00:50:45 | 63  | 03:08:18 | 102     | 17  | 83  |           |
| 191 | Mark King        | Unattached             | M35  | M   | 00:35:55 | 103 | 00:02:01 | 137 | 01:27:41 | 85  | 00:02:09 | 165 | 00:19:03 | 130 | 00:20:10 | 112 | 00:21:32 | 112 | 01:00:46 | 121 | 03:08:31 | 103     | 18  | 84  |           |
| 198 | Gary Dixon       | Carlisle Tri Club      | M35  | M   | 00:38:51 | 138 | 00:01:02 | 51  | 01:28:13 | 87  | 00:01:22 | 89  | 00:17:55 | 107 | 00:20:34 | 124 | 00:21:12 | 124 | 00:59:41 | 116 | 03:09:09 | 104     | 19  | 85  |           |
| 113 | Andrew Stamper   | Unattached             | M25  | M   | 00:32:39 | 52  | 00:02:17 | 150 | 01:37:08 | 138 | 00:01:43 | 133 | 00:17:53 | 106 | 00:19:32 | 100 | 00:18:56 | 100 | 00:56:21 | 96  | 03:10:08 | 105     | 6   | 86  |           |
| 165 | Mari Cole        | Kendal Tri Club        | F19  | F   | 00:32:56 | 55  | 00:01:10 | 69  | 01:40:23 | 153 | 00:01:10 | 53  | 00:16:53 | 81  | 00:18:38 | 82  | 00:19:10 | 82  | 00:54:41 | 82  | 03:10:19 | 106     | 1   | 15  |           |
| 196 | Doti Scillatchi  | Unattached             | F45  | F   | 00:31:50 | 45  | 00:01:47 | 127 | 01:33:45 | 120 | 00:01:14 | 65  | 00:18:38 | 126 | 00:21:57 | 137 | 00:21:17 | 137 | 01:01:52 | 129 | 03:10:28 | 107     | 1   | 16  |           |
| 159 | Phil Higgins     | Kendal Tri Club        | M45  | M   | 00:37:42 | 127 | 00:02:00 | 134 | 01:29:45 | 99  |          |     |          |     |          |     |          |     |          |     |          |         |     |     |           |

| Bib | Name                 | Club                   | Cat  | Sex | Swim     | Pos | T1       | Pos | Bike     | Pos | T2       | Pos | RunLap1  | Pos | RunLap2  | Pos | RunLap3  | Pos | RunTotal | Pos | Finish   | Overall | Cat | Sex | Penalties                     |
|-----|----------------------|------------------------|------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|---------|-----|-----|-------------------------------|
| 16  | Amanda Singleton     | Arragons Tri Club      | F40  | F   | 00:35:49 | 101 | 00:01:06 | 58  | 01:35:41 | 129 | 00:01:12 | 57  | 00:17:51 | 105 | 00:20:41 | 125 | 00:22:41 | 125 | 01:01:13 | 124 | 03:15:01 | 118     | 4   | 20  |                               |
| 105 | Richard Wallace      | Manchester TC          | M50  | M   | 00:38:19 | 133 | 00:01:30 | 100 | 01:34:27 | 123 | 00:02:09 | 166 | 00:18:07 | 111 | 00:19:49 | 108 | 00:20:58 | 108 | 00:58:54 | 112 | 03:15:20 | 119     | 7   | 94  |                               |
| 100 | Darryl Dixon         | Unattached             | M40  | M   | 00:30:12 | 27  | 00:01:46 | 126 | 01:34:47 | 124 | 00:02:07 | 162 | 00:20:00 | 145 | 00:22:53 | 143 | 00:23:56 | 143 | 01:06:49 | 144 | 03:15:41 | 120     | 30  | 95  |                               |
| 31  | Barbara Davis        | Edinburgh Triathletes  | F60  | F   | 00:36:12 | 110 | 00:00:45 | 117 | 01:36:15 | 133 | 00:01:32 | 112 | 00:20:05 | 148 | 00:21:15 | 130 | 00:21:06 | 130 | 01:02:27 | 130 | 03:17:11 | 121     | 1   | 21  |                               |
| 152 | Andrew Glover        | TriLakeland            | M35  | M   | 00:45:08 | 177 | 00:01:38 | 116 | 01:30:24 | 101 | 00:01:16 | 71  | 00:18:31 | 124 | 00:20:32 | 122 | 00:21:20 | 122 | 01:00:24 | 120 | 03:18:50 | 122     | 21  | 96  |                               |
| 179 | Fiona Hilton         | Tri Team Wigan         | F40  | F   | 00:42:22 | 162 | 00:01:36 | 111 | 01:38:17 | 145 | 00:01:34 | 114 | 00:17:19 | 91  | 00:19:35 | 103 | 00:18:40 | 103 | 00:55:33 | 91  | 03:19:22 | 123     | 5   | 22  |                               |
| 7   | Alison Read          | Unattached             | F35  | F   | 00:36:06 | 107 | 00:03:01 | 174 | 01:39:20 | 150 | 00:03:34 | 180 | 00:18:47 | 128 | 00:19:07 | 93  | 00:19:57 | 93  | 00:57:51 | 106 | 03:19:53 | 124     | 6   | 23  |                               |
| 177 | Peter Adams          | Unattached             | M35  | M   | 00:37:29 | 124 | 00:01:07 | 59  | 01:32:51 | 113 | 00:02:08 | 163 | 00:23:20 | 167 | 00:22:57 | 147 | 00:20:42 | 147 | 01:06:59 | 146 | 03:20:33 | 125     | 22  | 97  |                               |
| 183 | Steve Moorhouse      | Unattached             | M45  | M   | 00:39:55 | 145 | 00:01:08 | 62  | 01:42:22 | 159 | 00:01:54 | 149 | 00:18:18 | 117 | 00:18:57 | 91  | 00:18:00 | 91  | 00:55:15 | 88  | 03:20:34 | 126     | 15  | 98  |                               |
| 63  | Alison Nitsch        | One Life Racing        | F40  | F   | 00:26:45 | 6   | 00:01:06 | 57  | 01:44:47 | 164 | 00:01:21 | 83  | 00:21:57 | 158 | 00:22:51 | 142 | 00:22:04 | 142 | 01:06:53 | 145 | 03:20:52 | 127     | 6   | 24  |                               |
| 40  | Marina Powell-Currie | Arragons Tri Club      | F35  | F   | 00:34:24 | 80  | 00:00:54 | 34  | 01:36:08 | 132 | 00:01:32 | 111 | 00:21:57 | 157 | 00:24:05 | 157 | 00:22:48 | 157 | 01:08:50 | 154 | 03:21:48 | 128     | 7   | 25  |                               |
| 187 | Ste Ashton           | Unattached             | M35  | M   | 00:43:06 | 166 | 00:01:17 | 82  | 01:34:03 | 121 | 00:01:41 | 130 | 00:19:11 | 132 | 00:21:22 | 131 | 00:22:10 | 131 | 01:02:44 | 132 | 03:22:51 | 129     | 23  | 99  |                               |
| 155 | Ian Abernethy        | Unattached             | M45  | M   | 00:37:02 | 118 | 00:02:04 | 139 | 01:39:33 | 151 | 00:01:45 | 141 | 00:19:47 | 143 | 00:21:12 | 129 | 00:21:59 | 129 | 01:02:58 | 134 | 03:23:21 | 130     | 16  | 100 |                               |
| 202 | Alice Capstick       | Triclan                | F17  | F   | 00:36:00 | 105 | 00:01:45 | 125 | 01:36:43 | 136 | 00:01:49 | 144 | 00:21:05 | 154 | 00:23:18 | 152 | 00:22:49 | 152 | 01:07:12 | 147 | 03:23:29 | 131     | 1   | 26  |                               |
| 61  | Neil Metcalf         | Unattached             | M35  | M   | 00:40:31 | 152 | 00:01:44 | 123 | 01:35:47 | 131 | 00:01:23 | 90  | 00:19:42 | 141 | 00:22:21 | 140 | 00:22:30 | 140 | 01:04:33 | 140 | 03:23:58 | 132     | 24  | 101 |                               |
| 28  | Laura Bicker         | Arragons Tri Club      | F35  | F   | 00:36:11 | 109 | 00:01:34 | 106 | 01:43:33 | 160 | 00:01:31 | 109 | 00:19:54 | 144 | 00:20:23 | 120 | 00:21:13 | 120 | 01:01:30 | 126 | 03:24:20 | 133     | 8   | 27  |                               |
| 83  | Jack Kinghorn        | Unattached             | M20  | M   | 00:31:58 | 46  | 00:01:21 | 85  | 01:46:23 | 166 | 00:01:30 | 106 | 00:18:28 | 122 | 00:21:50 | 135 | 00:23:17 | 135 | 01:03:35 | 136 | 03:24:47 | 134     | 3   | 102 |                               |
| 58  | Stuart McKenzie      | Unattached             | M55  | M   | 00:39:52 | 143 | 00:02:53 | 167 | 01:32:55 | 116 | 00:01:41 | 129 | 00:20:51 | 152 | 00:23:16 | 150 | 00:23:31 | 150 | 01:07:38 | 149 | 03:24:59 | 135     | 2   | 103 |                               |
| 93  | David Jamieson       | Carlisle Tri Club      | M40  | M   | 00:40:24 | 151 | 00:02:12 | 145 | 01:37:29 | 139 | 00:01:44 | 137 | 00:18:32 | 125 | 00:22:00 | 138 | 00:22:44 | 138 | 01:03:17 | 135 | 03:25:05 | 136     | 31  | 104 |                               |
| 116 | Matthew Hardcastle   | A.W.Jenkinson          | Team | T   | 00:40:11 | 149 | 00:00:23 | 2   | 01:48:24 | 169 | 00:00:55 | 20  | 00:17:30 | 97  | 00:18:46 | 85  | 00:19:04 | 85  | 00:55:20 | 89  | 03:25:12 | 137     | 6   | 6   |                               |
| 36  | Mike Swift           | Mersey Tri             | M40  | M   | 00:38:25 | 133 | 00:02:01 | 136 | 01:35:04 | 125 | 00:02:03 | 159 | 00:20:27 | 150 | 00:24:43 | 159 | 00:22:35 | 159 | 01:07:45 | 151 | 03:25:19 | 138     | 32  | 105 |                               |
| 55  | Robert Blades        | Stone Cross Flyers     | M35  | M   | 00:42:30 | 165 | 00:02:59 | 172 | 01:38:38 | 146 | 00:02:06 | 160 | 00:18:09 | 112 | 00:20:19 | 117 | 00:21:05 | 117 | 00:59:33 | 115 | 03:25:46 | 139     | 25  | 106 |                               |
| 107 | Mike Cooper          | BLDSC                  | M40  | M   | 00:39:44 | 142 | 00:01:41 | 118 | 01:39:02 | 149 | 00:01:58 | 152 | 00:19:14 | 134 | 00:22:55 | 146 | 00:22:16 | 146 | 01:04:24 | 138 | 03:26:49 | 140     | 33  | 107 |                               |
| 118 | Iain Armstrong       | Unattached             | M40  | M   | 00:43:25 | 167 | 00:03:45 | 180 | 01:43:51 | 161 | 00:02:17 | 168 | 00:17:24 | 94  | 00:18:41 | 83  | 00:17:34 | 83  | 00:53:39 | 78  | 03:26:57 | 141     | 34  | 108 |                               |
| 29  | Andy Hodgson         | Unattached             | M45  | M   | 00:33:57 | 72  | 00:02:16 | 149 | 01:36:37 | 135 | 00:02:18 | 169 | 00:19:31 | 139 | 00:28:00 | 173 | 00:24:23 | 173 | 01:11:53 | 160 | 03:27:02 | 142     | 17  | 109 |                               |
| 133 | Edward Williams      | Unattached             | M30  | M   | 00:39:28 | 140 | 00:02:27 | 155 | 01:38:49 | 147 | 00:01:54 | 148 | 00:20:34 | 151 | 00:21:54 | 136 | 00:22:02 | 136 | 01:04:29 | 139 | 03:27:07 | 143     | 15  | 110 |                               |
| 8   | Andrea Fox           | Carlisle Tri Club      | F40  | F   | 00:44:23 | 175 | 00:01:10 | 70  | 01:44:39 | 163 | 00:01:20 | 79  | 00:17:44 | 101 | 00:18:46 | 87  | 00:19:07 | 87  | 00:55:37 | 93  | 03:27:09 | 144     | 7   | 28  |                               |
| 104 | Ed Lister            | Unattached             | M30  | M   | 00:41:45 | 159 | 00:02:00 | 135 | 01:40:41 | 155 | 00:01:22 | 87  | 00:19:15 | 135 | 00:20:42 | 126 | 00:21:35 | 126 | 01:01:32 | 127 | 03:27:21 | 145     | 16  | 111 |                               |
| 180 | Andrew Dickson       | Unattached             | M45  | M   | 00:41:04 | 158 | 00:02:15 | 148 | 01:36:28 | 134 | 00:01:25 | 96  | 00:18:31 | 123 | 00:23:48 | 153 | 00:23:55 | 153 | 01:06:14 | 142 | 03:27:26 | 146     | 18  | 112 |                               |
| 124 | Kathleen Taylor      | Arragons Tri Club      | F45  | F   | 00:34:06 | 77  | 00:01:49 | 129 | 01:35:07 | 126 | 00:01:24 | 93  | 00:23:16 | 166 | 00:25:55 | 167 | 00:26:03 | 167 | 01:15:14 | 167 | 03:27:40 | 147     | 2   | 29  |                               |
| 129 | Tom Brewer           | Unattached             | M35  | M   | 00:43:28 | 168 | 00:01:12 | 72  | 01:32:24 | 110 | 00:02:07 | 161 | 00:19:25 | 136 | 00:24:44 | 160 | 00:24:48 | 160 | 01:08:57 | 156 | 03:28:07 | 148     | 26  | 113 |                               |
| 123 | Nicolette Cossey     | Unattached             | F25  | F   | 00:36:33 | 113 | 00:02:34 | 158 | 01:50:25 | 171 | 00:01:44 | 138 | 00:18:42 | 127 | 00:19:16 | 99  | 00:19:02 | 99  | 00:57:00 | 101 | 03:28:17 | 149     | 4   | 30  |                               |
| 49  | Charlie Satterly     | C.O.L.T.               | M45  | M   | 00:44:14 | 173 | 00:02:17 | 151 | 01:41:53 | 157 | 00:01:20 | 80  | 00:17:57 | 109 | 00:19:48 | 105 | 00:21:26 | 105 | 00:59:10 | 113 | 03:28:55 | 150     | 19  | 114 |                               |
| 78  | Alan Grant           | Unattached             | M40  | M   | 00:37:52 | 128 | 00:01:01 | 49  | 01:37:30 | 140 | 00:01:58 | 154 | 00:21:57 | 156 | 00:24:26 | 158 | 00:24:19 | 158 | 01:10:42 | 158 | 03:29:03 | 151     | 35  | 115 |                               |
| 174 | Mark Chappellow      | Unattached             | M30  | M   | 00:38:45 | 137 | 00:02:56 | 168 | 01:39:43 | 152 | 00:01:27 | 100 | 00:21:02 | 153 | 00:22:27 | 141 | 00:23:53 | 141 | 01:07:22 | 148 | 03:30:14 | 152     | 17  | 116 |                               |
| 18  | Jason Collinson      | Unattached             | M30  | M   | 00:37:03 | 119 | 00:01:11 | 71  | 01:44:24 | 162 | 00:01:36 | 120 | 00:20:03 | 146 | 00:22:53 | 144 | 00:23:27 | 144 | 01:06:23 | 143 | 03:30:36 | 153     | 18  | 117 |                               |
| 32  | Angela Watson        | Arragons Tri Club      | F35  | F   | 00:32:58 | 56  | 00:01:36 | 110 | 01:42:02 | 158 | 00:01:37 | 122 | 00:23:00 | 164 | 00:25:48 | 166 | 00:25:29 | 166 | 01:14:17 | 163 | 03:32:29 | 154     | 9   | 31  |                               |
| 50  | Rowen Ratcliffe      | Unattached             | F20  | F   | 00:39:53 | 144 | 00:01:43 | 120 | 01:49:24 | 170 | 00:01:18 | 77  | 00:19:03 | 131 | 00:21:00 | 128 | 00:21:21 | 128 | 01:01:24 | 125 | 03:33:42 | 155     | 1   | 32  |                               |
| 74  | Louis Antoine        | Arragons Tri Club      | M45  | M   | 00:40:06 | 148 | 00:03:16 | 177 | 01:34:21 | 122 | 00:03:18 | 179 | 00:22:32 | 163 | 00:25:06 | 163 | 00:25:30 | 163 | 01:13:08 | 161 | 03:34:09 | 156     | 20  | 118 |                               |
| 53  | Andy Forrest         | C.O.L.T.               | M45  | M   | 00:37:16 | 122 | 00:02:36 | 159 | 01:31:50 | 107 | 00:02:34 | 176 | 00:24:40 | 173 | 00:27:25 | 171 | 00:28:10 | 171 | 01:20:15 | 171 | 03:34:31 | 157     | 21  | 119 |                               |
| 90  | Alex Stamper         | A.W.Jenkinson          | F20  | F   | 00:33:13 | 58  | 00:02:43 | 164 | 01:47:05 | 167 | 00:01:12 | 58  | 00:23:43 | 171 | 00:24:05 | 156 | 00:23:08 | 156 | 01:10:56 | 159 | 03:35:10 | 158     | 2   | 33  |                               |
| 193 | Barry Johnson        | TriLakeland            | M70  | M   | 00:39:11 | 139 | 00:01:45 | 124 | 01:37:55 | 143 | 00:01:35 | 116 | 00:23:09 | 165 | 00:26:09 | 169 | 00:25:58 | 169 | 01:15:17 | 168 | 03:35:42 | 159     | 1   | 120 |                               |
| 67  | Andy King            | Unattached             | M45  | M   | 00:35:26 | 96  | 00:02:39 | 162 | 01:46:18 | 165 | 00:02:24 | 173 | 00:22:06 | 161 | 00:23:05 | 149 | 00:23:40 | 149 | 01:08:51 | 155 | 03:37:37 | 160     | 22  | 121 | 2mins - Not rectifying number |
| 91  | Teddy Stamper        | A.W.Jenkinson          | M25  | M   | 00:34:03 | 76  | 00:02:12 | 146 | 01:58:06 | 181 | 00:01:07 | 47  | 00:19:28 | 138 | 00:23:00 | 148 | 00:23:30 | 148 | 01:05:58 | 141 | 03:41:25 | 161     | 8   | 122 |                               |
| 52  | Paul Nash            | Stratford Upon Avon AC | M55  | M   | 00:38:31 | 136 | 00:02:02 | 138 | 01:38:00 | 144 | 00:01:38 | 124 | 00:25:18 | 174 | 00:27:59 | 172 | 00:28:01 | 172 | 01:21:18 | 172 | 03:41:29 | 162     | 3   | 123 |                               |
| 194 | Kath Smith           | Carlisle Tri Club      | F55  | F   | 00:59:22 | 181 | 00:01:58 | 133 | 01:40:33 | 154 | 00:01:43 | 135 | 00:19:13 | 133 | 00:20:22 | 119 | 00:20:13 | 119 | 00:59:48 | 117 | 03:43:25 | 163     | 2   | 34  |                               |
| 89  | Joe Stamper          | A.W.Jenkinson          | M20  | M   | 00:38:09 | 132 | 00:02:23 | 152 | 02:00:18 | 182 | 00:00:51 | 10  | 00:20:07 | 149 | 00:22:01 | 139 | 00:22:01 | 139 | 01:04:09 | 137 | 03:45:50 | 164     | 4   | 124 |                               |
| 43  | Claire Larravide     | Westerlands Cross CC   | F30  | F   | 00:42:46 | 164 | 00:03:05 | 175 | 01:52:54 | 176 | 00:02:19 | 172 | 00:22:01 | 159 | 00:24:59 | 162 | 00:21:44 | 162 | 01:08:44 | 153 | 03:49:49 | 165     | 3   | 35  |                               |
| 110 | Simon Wilkinson      | Unattached             | M35  | M   | 00:40:53 | 155 | 00:04:52 | 184 | 01:52:59 | 177 | 00:01:41 | 132 | 00:22:18 | 162 | 00:22:55 | 145 | 00:24:26 | 145 | 01:09:38 | 157 | 03:50:03 | 166     | 27  | 125 |                               |
| 41  | Linda McGinley       | Eden Runners           | F55  | F   | 00:43:32 | 169 |          |     |          |     |          |     |          |     |          |     |          |     |          |     |          |         |     |     |                               |

| Bib | Name           | Club                     | Cat | Sex | Swim     | Pos | T1       | Pos | Bike     | Pos | T2       | Pos | RunLap1  | Pos | RunLap2 | Pos | RunLap3 | Pos | RunTotal | Pos | Finish | Overall | Cat | Sex | Penalties |  |
|-----|----------------|--------------------------|-----|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|---------|-----|---------|-----|----------|-----|--------|---------|-----|-----|-----------|--|
| 162 | Martin Bluck   | One Life Racing          | M50 | M   | 00:29:32 | 16  | 00:00:54 | 36  | 01:21:26 | 42  | 00:01:04 | 38  | 00:17:19 | 92  |         |     |         |     |          |     |        |         |     |     |           |  |
| 92  | Brian Yates    | Butterfly Events         | M30 | M   | 00:33:29 | 64  | 00:01:03 | 53  | 01:14:21 | 12  | 00:01:10 | 54  |          |     |         |     |         |     |          |     |        |         |     |     |           |  |
| 163 | Des Sterland   | Prison Service Triathlon | M35 | M   | 00:37:31 | 125 | 00:02:57 | 169 | 01:32:53 | 115 | 00:01:41 | 128 |          |     |         |     |         |     |          |     |        |         |     |     |           |  |
| 66  | Douglas Feasey | DB Max Triathlon Club    | M40 | M   | 00:36:07 | 108 | 00:01:31 | 103 | 01:25:51 | 71  | 00:02:19 | 171 |          |     |         |     |         |     |          |     |        |         |     |     |           |  |
| 15  | Dave Butler    | Arragons Tri Club        | M40 | M   | 01:11:45 | 183 | 00:02:43 | 163 | 01:31:19 | 105 |          |     |          |     |         |     |         |     |          |     |        |         |     |     |           |  |
| 81  | Ali Wilson     | Carlisle Tri Club        | F35 | F   | 00:41:55 | 160 | 00:01:30 | 97  | 01:33:20 | 118 |          |     |          |     |         |     |         |     |          |     |        |         |     |     |           |  |
| 69  | Martin Burton  | Carlisle Tri Club        | M30 | M   | 00:40:35 | 153 | 00:02:49 | 165 | 02:20:00 | 184 |          |     |          |     |         |     |         |     |          |     |        |         |     |     |           |  |