

A.W.Jenkinson Ullswater Triathlon Results 2015

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos	
21	Richard	Anderson	RedVenom.co.uk	M20	M	00:22:54	3	00:00:54	27	01:07:31	3	00:00:41	56	00:39:01	4	02:11:00	1	1	1
18	Harry	Coates	Unattached	M20	M	00:23:54	6	00:00:32	2	01:11:02	11	00:00:23	1	00:37:23	1	02:13:15	2	2	2
17	Oli	Murphy	Optima Racing Team	M20	M	00:23:54	5	00:00:41	7	01:12:00	15	00:00:25	6	00:39:03	5	02:16:02	3	3	3
102	Daryl	Oguona	Tricademy	M30	M	00:28:39	30	00:00:45	10	01:08:40	6	00:00:29	9	00:39:01	3	02:17:33	4	1	4
228	Stuart	Robinson	Arragons Cumbrian Tri Club	M50	M	00:25:03	9	00:00:33	3	01:10:20	8	00:00:25	5	00:42:05	11	02:18:26	5	1	5
101	Chris	Green	St Helens Tri	M30	M	00:25:14	11	00:00:58	33	01:10:54	10	00:00:37	43	00:41:01	8	02:18:45	6	2	6
81	Stephen	Lewis	Carlisle Tri Club	M30	M	00:27:51	24	00:01:05	45	01:06:14	2	00:00:30	17	00:44:50	20	02:20:31	7	3	7
92	Michael	Hindmarch	Tyne Triathlon	M30	M	00:25:30	16	00:00:49	14	01:11:06	13	00:00:29	10	00:43:18	14	02:21:12	8	4	8
15	James	Grandfield	Endurance Sports Coaching	M20	M	00:22:11	1	00:00:37	5	01:10:44	9	00:00:23	2	00:47:34	46	02:21:30	9	4	9
26	James	Keir	Army Triathlon Association	M20	M	00:29:20	37	00:00:52	22	01:13:00	17	00:00:24	4	00:39:42	6	02:23:19	10	5	10
98	David	Thompson	UK Postal Express	M30	M	00:29:47	44	00:00:53	24	01:11:06	12	00:00:29	12	00:41:11	10	02:23:26	11	5	11
186	Brian	Payton	Tri-Lakeland	M40	M	00:32:16	73	00:01:11	48	01:07:51	4	00:00:28	7	00:43:11	12	02:24:57	12	1	12
163	Paul	Tiffany	Craven Energy	M40	M	00:24:52	8	00:00:56	31	01:18:31	35	00:00:28	8	00:40:48	7	02:25:35	13	2	13
189	Paul	Julien	FITT	M40	M	00:25:29	15	00:01:15	56	01:08:57	7	00:00:35	30	00:50:30	84	02:26:45	14	3	14
60	Niall	McAlinden	Unattached	M30	M	00:28:54	32	00:00:55	30	01:15:30	25	00:00:31	19	00:41:05	9	02:26:54	15	6	15
226	Paul	Tynan	Unattached	M50	M	00:29:33	41	00:00:51	19	01:13:42	19	00:00:30	14	00:43:46	17	02:28:22	16	2	16
7	Peter	Gill	Unattached	M20	M	00:30:59	57	00:00:50	17	01:11:28	14	00:00:40	53	00:45:07	24	02:29:04	17	6	17
230	Mark	Hopkins	Tri-Lakeland	M50	M	00:29:36	42	00:00:54	28	01:14:55	22	00:00:34	25	00:43:14	13	02:29:12	18	3	18
183	Ian	Cox	FITT	M40	M	00:28:28	27	00:00:52	21	01:08:19	5	00:00:37	44	00:51:30	98	02:29:46	19	4	19
143	Andrew	Kirkman	Arragons Cumbrian Tri Club	M40	M	00:30:03	48	00:00:46	12	01:13:11	18	00:00:29	13	00:45:58	32	02:30:28	20	5	20
100	Ernst	Landsberg	Unattached	M30	M	00:25:06	10	00:01:05	44	01:18:18	33	00:00:52	107	00:45:29	26	02:30:49	21	7	21
20	Stephen	Addison	Tyne Triathlon	M20	M	00:22:44	2	00:00:54	26	01:18:32	36	00:00:43	69	00:49:47	74	02:32:39	22	7	22
198	Paul	Alcock	Carlisle Tri Club	M50	M	00:27:01	20	00:00:50	16	01:19:43	45	00:00:24	3	00:45:03	21	02:33:02	23	4	23
132	Damian	Cole	Unattached	M40	M	00:33:32	89	00:01:23	74	01:18:33	37	00:00:41	55	00:38:56	2	02:33:05	24	6	24
117	Amanda	Ingram	Tri-Lakeland	F40	F	00:25:56	19	00:00:53	25	01:20:04	49	00:00:41	58	00:45:46	30	02:33:21	25	1	1
88	Darren	Horrocks	Preston Tri	M30	M	00:29:17	35	00:00:51	20	01:17:41	31	00:00:42	62	00:45:05	23	02:33:35	26	8	25
187	Simon	Peltenburg	Edinburgh RC	M40	M	00:28:45	31	00:01:28	84	01:15:46	26	00:00:55	115	00:47:51	49	02:34:46	27	7	26
73	Chris	Clarke	Unattached	M30	M	00:27:09	21	00:01:00	37	01:19:54	48	00:00:52	106	00:46:15	34	02:35:11	28	9	27
94	Chris	Gray	Tri-Lakeland	M30	M	00:32:09	71	00:00:48	13	01:14:52	21	00:00:29	11	00:47:20	44	02:35:38	29	10	28
238	Faye	Stirzaker	Total Tri Solutions	Relay	R	00:29:30	40	00:01:09	47	01:18:57	38	00:00:32	20	00:45:39	29	02:35:47	30	1	1
42	Kerry	Oldfield	Unattached	F30	F	00:25:14	12	00:01:59	144	01:21:14	62	00:00:58	123	00:46:41	38	02:36:07	31	1	2
135	Chris	Freer	Tri-Lakeland	M40	M	00:33:04	84	00:01:03	39	01:13:44	20	00:00:39	47	00:47:54	51	02:36:25	32	8	29
14	Anthony	Spruce	Unattached	M20	M	00:31:30	63	00:01:33	95	01:16:25	27	00:00:35	31	00:46:34	36	02:36:36	33	8	30
139	Peter	Martinovsky	Blackpool Aquatics ASC	M40	M	00:27:16	22	00:01:15	57	01:20:21	55	00:00:32	22	00:47:20	43	02:36:45	34	9	31
16	James	Grundy	Bolton Triathlon Club	M20	M	00:31:43	64	00:01:29	85	01:19:25	40	00:00:38	45	00:43:37	15	02:36:53	35	9	32
64	Sean	Davis	Unattached	M30	M	00:30:14	53	00:01:39	107	01:17:43	32	00:00:31	18	00:47:58	53	02:38:04	36	11	33

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242	Ryan	Watt	Unattached	M40	M	00:23:49	4	00:01:19	61	01:25:12	90	00:00:33	23	00:47:15	42	02:38:07	37	10	34
180	Jacob	Dyer	Kendal Tri Club	M40	M	00:30:00	47	00:01:31	90	01:20:59	60	00:01:00	130	00:45:03	22	02:38:33	38	11	35
157	Ben	Keen	Unattached	M40	M	00:35:31	115	00:01:16	59	01:12:56	16	00:00:42	63	00:48:27	57	02:38:52	39	12	36
231	Len	Raynor	West Cumbria Tri	M50	M	00:34:00	93	00:02:15	157	01:15:23	23	00:00:48	97	00:47:09	41	02:39:36	40	5	37
27	Benjamin	Jacques	West Cumbria Tri	M20	M	00:29:45	43	00:01:42	114	01:20:31	56	00:00:34	28	00:47:32	45	02:40:05	41	10	38
57	Tom	Betts	Unattached	M30	M	00:28:37	29	00:01:33	92	01:19:53	47	00:00:46	84	00:49:26	69	02:40:14	42	12	39
167	Anthony	Rooney	Carlisle Tri Club	M40	M	00:30:04	49	00:01:42	113	01:21:46	67	00:01:08	148	00:45:51	31	02:40:32	43	13	40
207	Des	Cannon	Kendal Tri Club	M50	M	00:28:16	25	00:01:42	111	01:19:52	46	00:01:02	134	00:49:58	77	02:40:50	44	6	41
112	Karen	Bridge	Arragons Cumbrian Tri Club	F40	F	00:31:20	61	00:01:38	103	01:21:11	61	00:00:47	91	00:46:33	35	02:41:30	45	2	3
184	Martyn	Willacy	SleekerSwim&Tri	M40	M	00:34:51	103	00:01:24	78	01:17:07	30	00:00:35	32	00:48:41	62	02:42:38	46	14	42
208	Greg	Hynes	Mersey Tri	M50	M	00:30:13	52	00:01:55	140	01:16:33	28	00:01:34	190	00:52:27	109	02:42:42	47	7	43
58	Paul	Gough	Unattached	M30	M	00:30:38	54	00:01:13	49	01:20:08	50	00:00:34	26	00:50:10	80	02:42:42	48	13	44
181	Nick	Roberts	City of Chester Triathlon Club	M40	M	00:31:16	59	00:01:37	102	01:19:25	41	00:00:58	126	00:49:49	76	02:43:06	49	15	45
55	James	Goodwin	Blackpool Aquatics	M30	M	00:29:19	36	00:01:20	64	01:21:21	63	00:00:36	38	00:50:33	85	02:43:08	50	14	46
136	Paul	Biddulph	Unattached	M40	M	00:35:43	118	00:01:22	68	01:20:17	53	00:00:46	87	00:45:26	25	02:43:34	51	16	47
72	Joe	Horsley	Unattached	M30	M	00:31:56	68	00:02:37	181	01:20:16	52	00:01:01	131	00:48:18	56	02:44:08	52	15	48
79	Mark	Colman	Carlisle Tri Club	M30	M	00:29:29	39	00:01:23	75	01:24:03	81	00:00:45	77	00:48:37	60	02:44:17	53	16	49
188	Euan	McKinnon	Ulverston Tri Club	M40	M	00:30:12	51	00:02:45	188	01:20:49	58	00:00:47	92	00:49:48	75	02:44:22	54	17	50
104	Alan	Young	Unattached	M30	M	00:24:46	7	00:02:21	163	01:26:29	102	00:00:44	72	00:50:08	79	02:44:28	55	17	51
8	Simon	Betts	Unattached	M20	M	00:25:49	18	00:02:12	154	01:22:18	72	00:00:35	33	00:53:45	122	02:44:39	56	11	52
179	Christopher	Hall	Unattached	M40	M	00:37:46	142	00:01:04	42	01:15:25	24	00:00:43	65	00:49:44	73	02:44:42	57	18	53
209	Tim	Nutter	Unattached	M50	M	00:29:54	46	00:01:17	60	01:22:24	73	00:00:44	70	00:50:29	83	02:44:47	58	8	54
214	Michael	Dent	Arragons Cumbrian Tri Club	M50	M	00:25:20	14	00:00:56	32	01:19:35	43	00:00:40	49	00:58:25	154	02:44:56	59	9	55
76	Martin	Souter	Arragons Cumbrian Tri Club	M30	M	00:32:27	78	00:01:30	89	01:26:49	105	00:00:42	60	00:44:09	18	02:45:37	60	18	56
69	Graham	Sumbler	Tri-Lakeland	M30	M	00:30:53	56	00:01:14	52	01:24:11	83	00:00:46	81	00:48:36	59	02:45:39	61	19	57
33	Samantha	Sugden	Arragons Cumbrian Tri Club	F30	F	00:29:13	34	00:01:14	51	01:22:42	76	00:00:41	57	00:52:52	111	02:46:41	62	2	4
129	Rachel	Fagan	Border Triathletes	F40	F	00:31:26	62	00:00:58	34	01:24:34	85	00:00:45	78	00:49:35	70	02:47:18	63	3	5
84	Andrew	Storey	Unattached	M30	M	00:37:53	145	00:01:36	100	01:22:58	78	00:00:34	29	00:44:41	19	02:47:41	64	20	58
221	Paul	McKenny	Ulverston Tri Club	M50	M	00:32:07	70	00:01:22	70	01:21:27	65	00:00:42	61	00:52:10	105	02:47:48	65	10	59
185	Chris	Horner	Unattached	M40	M	00:39:17	157	00:01:43	117	01:20:35	57	00:00:44	73	00:45:33	27	02:47:52	66	19	60
148	Jason	Halliday	Unattached	M40	M	00:36:52	131	00:02:32	175	01:20:20	54	00:01:06	142	00:47:42	47	02:48:31	67	20	61
105	Ben	Belcher	Unattached	M30	M	00:36:44	127	00:00:51	18	01:26:52	106	00:00:55	116	00:43:39	16	02:49:01	68	21	62
19	Karl	Wakeman	Unattached	M20	M	00:32:34	81	00:01:40	109	01:24:36	86	00:00:39	48	00:49:40	71	02:49:09	69	12	63
217	Steven	Robinson	Unattached	M50	M	00:32:14	72	00:01:58	142	01:26:09	99	00:00:44	71	00:48:07	54	02:49:11	70	11	64
23	Kane	Tinnion	Unattached	M20	M	00:37:33	140	00:01:22	72	01:24:05	82	00:00:40	50	00:45:33	28	02:49:13	71	13	65
227	Neil	Sloan	Unattached	M50	M	00:33:08	85	00:01:20	65	01:21:59	69	00:00:53	111	00:51:55	102	02:49:16	72	12	66
103	Darren	Eccles	Ulverston Tri Club	M30	M	00:28:27	26	00:01:13	50	01:28:07	119	00:00:41	54	00:50:49	89	02:49:17	73	22	67
13	Michael	Hawgood	Leeds Triathlon Centre	M20	M	00:37:51	144	00:00:30	1	01:19:40	44	00:00:45	76	00:50:37	87	02:49:23	74	14	68
169	Charlie	Singleton	Unattached	M40	M	00:35:30	114	00:01:23	77	01:20:14	51	00:01:03	135	00:51:14	93	02:49:24	75	21	69
5	Alex	Fairer	Ulverston Triathlon Club	F20	F	00:25:35	17	00:01:30	87	01:27:06	110	00:00:50	99	00:54:45	132	02:49:45	76	1	6
97	Andrew	McGregor	Sun City Tri	M30	M	00:34:33	100	00:01:03	40	01:26:57	108	00:00:41	59	00:46:36	37	02:49:51	77	23	70
176	Will	Coulthard	Tri-Lakeland	M40	M	00:35:08	109	00:01:03	41	01:23:47	80	00:00:37	40	00:49:21	68	02:49:56	78	22	71
150	John	Beetham	Tri-Lakeland	M40	M	00:41:46	183	00:02:18	159	01:18:22	34	00:00:51	103	00:46:59	40	02:50:15	79	23	72

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90	Andrew	Graham	DH Runners	M30	M	00:38:58	151	00:01:46	125	01:19:13	39	00:01:02	133	00:49:44	72	02:50:43	80	24	73
71	John	Laird	Unattached	M30	M	00:33:43	90	00:02:30	174	01:22:30	75	00:00:46	82	00:51:20	97	02:50:49	81	25	74
245	Gary	Lindsay	Unattached	M30	M	00:31:49	66	00:01:25	79	01:20:58	59	00:00:59	129	00:55:47	138	02:50:59	82	26	75
93	Juan	Valenzuela	Unattached	M30	M	00:30:52	55	00:02:49	191	01:25:58	94	00:01:23	174	00:50:46	88	02:51:47	83	27	76
122	Bianca	Dyer	Kendal Tri Club	F40	F	00:29:24	38	00:01:04	43	01:26:01	96	00:00:36	35	00:54:53	133	02:51:58	84	4	7
44	Elsie	Roberts	Ulverston Tri Club	F30	F	00:34:38	101	00:02:25	169	01:27:37	112	00:00:46	80	00:46:43	39	02:52:08	85	3	8
243	Darren	Noble	Tyne Triathlon	M40	M	00:32:21	75	00:01:34	97	01:24:19	84	00:00:40	51	00:53:15	115	02:52:09	86	24	77
175	Paul	Senior	Unattached	M40	M	00:32:25	76	00:03:17	208	01:22:13	71	00:01:21	168	00:53:59	126	02:53:15	87	25	78
22	Anthony	Lewis	Unattached	M20	M	00:37:59	146	02:08:04	226	00:01:16	?	00:02:44	219	00:03:15	?	02:53:17	88	15	79
213	Eddie	Nelder	Unattached	M50	M	00:33:26	87	00:01:06	46	01:21:37	66	00:00:53	110	00:56:41	145	02:53:43	89	13	80
140	Darryl	Dixon	Unattached	M40	M	00:29:00	33	00:02:09	150	01:22:25	74	00:01:22	171	00:58:47	157	02:53:44	90	26	81
125	Renell	Brennan	Ulverston Tri Club	F40	F	00:34:10	95	00:02:26	170	01:25:29	92	00:01:05	141	00:51:16	95	02:54:26	91	5	9
110	Wendy	Matier	Arragons Cumbrian Tri Club	F40	F	00:34:11	96	00:01:15	55	01:24:58	89	00:00:37	41	00:53:39	120	02:54:39	92	6	10
99	Steve	Stamper	Unattached	M30	M	00:36:19	121	00:01:22	69	01:22:57	77	00:01:06	144	00:53:18	117	02:55:03	93	28	82
96	Christopher	Enwright	Mersey Tri	M30	M	00:37:20	136	00:00:58	35	01:27:02	109	00:00:53	112	00:48:59	64	02:55:13	94	29	83
120	Viv	Winter	Tri-Lakeland	F40	F	00:37:42	141	00:02:18	161	01:29:15	126	00:00:46	83	00:46:00	33	02:56:02	95	7	11
160	Ian	Wilkins	Unattached	M40	M	00:36:58	134	00:02:59	194	01:26:56	107	00:01:19	167	00:48:13	55	02:56:24	96	27	84
138	Philip	Atwell	York Triathlon	M40	M	00:33:22	86	00:02:24	166	01:29:31	128	00:00:51	105	00:50:54	90	02:57:02	97	28	85
124	Suzanne	Toppin	Unattached	F40	F	00:40:17	163	00:01:38	105	01:26:06	98	00:01:19	166	00:47:46	48	02:57:06	98	8	12
159	Chris	Clinch	Ulverston Tri Club	M40	M	00:41:22	177	00:01:21	66	01:21:52	68	00:00:48	94	00:51:44	101	02:57:07	99	29	86
115	Claire	Murphy	St Helens Tri	F40	F	00:34:58	106	00:01:26	80	01:32:25	150	00:01:02	132	00:47:57	52	02:57:47	100	9	13
89	Kev	Mulvey	DH Runners	M30	M	00:36:43	126	00:01:21	67	01:28:16	122	00:00:36	37	00:51:33	99	02:58:30	101	30	87
220	Hugh	Lea-Wilson	Unattached	M50	M	00:40:13	162	00:03:22	212	01:22:08	70	00:01:56	211	00:51:12	92	02:58:51	102	14	88
29	Sarah	Cole	Unattached	F30	F	00:32:56	83	00:01:43	116	01:33:12	161	00:00:58	121	00:50:11	81	02:59:00	103	4	14
240	Caroline	McLaughlan	Thornton Cleveleys RC	Relay	R	00:38:07	147	00:00:41	8	01:30:58	137	00:00:30	15	00:49:01	65	02:59:18	104	2	2
10	Craig	Hetherington	Stirling Triathlon Club	M20	M	00:37:30	139	00:01:33	96	01:26:43	104	00:00:47	90	00:53:45	121	03:00:18	105	16	89
3	Frances	Varian	Unattached	F20	F	00:35:23	111	00:01:33	93	01:28:02	117	00:00:42	64	00:54:43	131	03:00:23	106	2	15
195	Kath	Finn	Kendal Tri Club	F50	F	00:33:31	88	00:01:58	141	01:28:10	121	00:00:47	89	00:56:30	140	03:00:55	107	1	16
200	Stephen	Barlow	Unattached	M50	M	00:35:57	120	00:02:27	171	01:31:37	143	00:01:43	201	00:49:18	66	03:01:02	108	15	90
182	Lee	Braddock	Unattached	M40	M	00:31:14	58	00:01:48	131	01:23:40	79	00:01:44	202	01:02:57	184	03:01:23	109	30	91
1	Nicola	Benson	Unattached	F20	F	00:32:03	69	00:01:45	121	01:36:27	178	00:00:58	122	00:51:15	94	03:02:28	110	3	17
109	Lesley	Gray	Thornton-Cleveleys R.C.	F40	F	00:31:19	60	00:01:26	82	01:31:15	140	00:00:58	124	00:57:30	150	03:02:29	111	10	18
212	Allan	MacLean	VC Glasgow South	M50	M	00:35:22	110	00:01:58	143	01:19:34	42	00:01:19	165	01:04:27	191	03:02:41	112	16	92
232	Jim	Crosbie	Carlisle Tri Club	M60	M	00:29:50	45	00:02:00	145	01:36:17	176	00:00:58	118	00:53:48	123	03:02:53	113	1	93
192	Fiona	Cole	Kendal Tri Club	F50	F	00:36:46	128	00:01:19	62	01:28:56	124	00:00:46	86	00:55:06	135	03:02:53	114	2	19
47	Amy	Schulz	Unattached	F30	F	00:36:54	132	00:01:53	135	01:30:45	136	00:01:22	172	00:52:04	104	03:02:59	115	5	20
241	Julie	Simpson	Team JLS	Relay	R	00:42:19	190	00:01:22	71	01:26:12	100	00:00:48	96	00:52:21	106	03:03:02	116	3	3
205	Stuart	Carter	Bolton Triathlon Club	M50	M	00:32:28	79	00:01:39	106	01:31:35	141	00:00:57	117	00:56:36	142	03:03:13	117	17	94
83	Andrew	Reynolds	Unattached	M30	M	00:42:36	192	00:01:39	108	01:24:36	87	00:00:38	46	00:53:48	124	03:03:18	118	31	95
106	Lee	Brumpton	Unattached	M30	M	00:33:44	91	00:03:13	204	no chip						03:03:30	119	32	96
172	Sunny	Gohil	Tri Preston	M40	M	00:36:55	133	00:02:47	190	01:32:05	146	00:00:48	93	00:50:55	91	03:03:30	120	31	97
123	Myca	Heard	St Helens Tri	F40	F	00:32:20	74	00:01:54	139	01:34:05	166	00:00:59	128	00:54:18	128	03:03:36	121	11	21
65	David	Chapman	Unattached	M30	M	00:35:05	107	00:00:45	11	01:33:08	158	00:00:52	108	00:54:08	127	03:03:58	122	33	98

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54	Peter	Carson	Ryton Tri Club	M30	M	00:36:42	125	00:01:44	119	01:30:10	131	00:00:53	109	00:55:11	136	03:04:39	123	34	99
128	Sarah	Gohil	Tri Preston	F40	F	00:41:27	179	00:01:46	128	01:30:09	130	00:00:48	95	00:50:37	86	03:04:48	124	12	22
178	Dave	Simpson	Unattached	M40	M	00:42:53	194	00:02:11	153	01:26:01	95	00:00:32	21	00:53:15	114	03:04:52	125	32	100
164	David	Postill	Carlisle Tri Club	M40	M	00:41:06	174	00:01:29	86	01:31:36	142	00:01:04	139	00:50:06	78	03:05:22	126	33	101
53	Phil	Jackson	Unattached	M30	M	00:36:51	130	00:01:42	112	01:26:26	101	00:01:04	138	00:59:32	163	03:05:34	127	35	102
173	Gary	Irving	Carlisle Tri Club	M40	M	00:43:07	196	00:01:54	137	01:24:45	88	00:01:40	198	00:54:22	129	03:05:47	128	34	103
121	Sinead	Boyd	Kendal Tri Club	F40	F	00:41:47	184	00:02:13	155	01:26:02	97	00:01:35	192	00:54:29	130	03:06:05	129	13	23
61	Sidney	Emerson	Unattached	M30	M	00:35:56	119	00:02:54	192	01:37:46	185	00:02:03	214	00:47:53	50	03:06:32	130	36	104
161	Justin	Lloyd	Tri Preston	M40	M	00:44:38	200	00:02:24	168	01:25:24	91	00:01:04	137	00:53:03	112	03:06:33	131	35	105
216	Brian	Rycroft	Unattached	M50	M	00:42:08	188	00:03:12	203	01:28:08	120	00:01:17	161	00:52:24	108	03:07:09	132	18	106
74	Alvaro	Aldeguer	Edinburgh Triathletes	M30	M	00:34:19	99	00:03:34	214	01:30:03	129	00:01:29	186	00:58:32	155	03:07:58	133	37	107
155	Richard	Kitt	Harry Middleton Cycling Club	M40	M	00:35:33	116	00:01:33	91	01:39:27	190	00:01:09	149	00:50:16	82	03:07:58	134	36	108
63	Colin	Freeman	Unattached	M30	M	00:42:02	185	00:01:46	126	01:32:27	152	00:00:44	74	00:51:18	96	03:08:18	135	38	109
59	Alastair	Willis	Leeds & Bradford TC	M30	M	00:30:08	50	00:01:50	132	01:42:12	199	00:01:12	155	00:53:33	119	03:08:54	136	39	110
127	Fiona	Lovatt	Teesdale Triathlon Club	F40	F	00:34:15	98	00:02:44	187	01:30:12	132	00:01:07	146	01:00:37	172	03:08:55	137	14	24
174	Nick	Higham	Unattached	M40	M	00:48:08	215	00:02:43	186	01:27:58	116	00:00:50	102	00:49:19	67	03:08:58	138	37	111
28	Richard	Turner	Unattached	M20	M	00:42:59	195	00:03:15	207	01:32:26	151	00:01:46	205	00:48:38	61	03:09:04	139	17	112
30	Hollie	Stephen	Arragons Cumbrian Tri Club	F30	F	00:28:29	28	00:01:23	76	01:34:21	167	00:01:11	153	01:03:46	189	03:09:10	140	6	25
2	Gemma	Sampson	Mersey Tri	F20	F	00:34:13	97	00:01:35	98	01:33:06	157	00:00:43	68	01:00:02	167	03:09:39	141	4	26
146	Adrian	Bond	Unattached	M40	M	00:52:41	219	00:02:36	179	01:21:21	64	00:00:58	125	00:52:02	103	03:09:39	142	38	113
168	Charles	Roper	Unattached	M40	M	00:37:24	137	00:02:18	160	01:29:15	125	00:00:50	100	01:00:01	166	03:09:48	143	39	114
119	Lynn	Manir-Jolley	The Endurance Store	F40	F	00:35:06	108	00:02:36	180	01:41:11	196	00:02:14	217	00:48:42	63	03:09:49	144	15	27
196	Nania	Mason	City of Chester Triathlon Club	F50	F	00:36:32	122	00:01:53	134	01:30:38	135	00:01:27	182	00:59:25	161	03:09:55	145	3	28
154	Mark	Ellison	Unattached	M40	M	00:39:25	160	00:01:44	120	01:25:46	93	00:01:45	204	01:01:26	177	03:10:06	146	40	115
131	David	Graham	Carlisle Tri Club	M40	M	00:39:22	159	00:01:30	88	01:27:26	111	00:00:50	101	01:01:04	175	03:10:13	147	41	116
43	Annette	Ryan	Unattached	F30	F	00:39:09	153	00:01:33	94	01:28:36	123	00:00:54	114	01:00:06	168	03:10:19	148	7	29
153	Chris	Wilson	Unattached	M40	M	00:36:39	124	00:02:05	147	01:27:45	113	00:00:44	75	01:03:11	186	03:10:24	149	42	117
38	Renate	Kofoed	Unattached	F30	F	00:40:29	165	00:02:19	162	01:34:49	169	00:00:33	24	00:52:24	107	03:10:33	150	8	30
215	Andrew	Atkinson	Carlisle Tri Club	M50	M	00:32:36	82	00:01:54	136	01:33:03	156	00:01:16	160	01:01:48	178	03:10:37	151	19	118
75	Tom	Westgate	Carlisle Tri Club	M30	M	00:36:34	123	00:01:45	122	01:32:35	153	00:00:43	66	00:59:29	162	03:11:05	152	40	119
24	Mark	Donnelly	Unattached	M20	M	00:33:45	92	00:03:10	202	01:35:14	173	00:02:01	213	00:57:24	149	03:11:34	153	18	120
166	John	Crawford	Unattached	M40	M	00:34:07	94	00:00:53	23	01:26:37	103	00:00:46	85	01:09:16	207	03:11:40	154	43	121
234	Glyn	Smith	Unattached	M70	M	00:42:51	193	00:01:54	138	01:32:11	147	00:01:04	140	00:53:55	125	03:11:56	155	1	122
86	Jonathan	Laverick	Unattached	M30	M	00:35:29	113	00:03:00	195	01:30:31	134	00:01:52	208	01:01:05	176	03:11:57	156	41	123
77	Paul	Rust	Mersey Tri	M30	M	00:37:47	143	00:01:45	123	01:32:16	149	00:01:27	184	00:59:05	159	03:12:21	157	42	124
4	Rebecca	Delbridge	Unattached	F20	F	00:43:45	197	00:01:40	110	01:27:46	114	00:00:58	119	00:58:13	153	03:12:22	158	5	31
156	Karl	Rinder	Unattached	M40	M	00:44:22	198	00:02:05	146	01:29:26	127	00:01:27	183	00:55:03	134	03:12:23	159	44	125
87	Chris	Brookes	Unattached	M30	M	00:40:57	171	00:01:23	73	01:33:15	163	00:01:03	136	00:55:55	139	03:12:32	160	43	126
41	Fionnuala	McLaoughlin	Unattached	F30	F	00:39:14	156	00:03:07	201	01:37:56	186	00:00:36	36	00:53:15	116	03:14:08	161	9	32
147	Adrian	Brown	Unattached	M40	M	00:42:20	191	00:03:03	198	01:31:46	145	00:01:35	193	00:55:36	137	03:14:19	162	45	127
236	Michael	Johnson	Unattached	Relay	R	00:46:12	205	00:00:35	4	01:38:51	188	00:00:30	16	00:48:28	58	03:14:37	163	4	4
237	Kathryn	Osborne	Unattached	Relay	R	00:37:29	138	00:00:49	15	01:44:06	203	00:00:34	27	00:51:40	100	03:14:38	164	5	5
11	Paul	Henderson	Unattached	M20	M	00:31:50	67	00:03:13	205	01:34:56	170	00:01:15	158	01:03:37	188	03:14:51	165	19	128

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70	Jason	Gradie	Unattached	M30	M	00:40:48	169	00:01:46	124	01:34:57	171	00:00:49	98	00:56:38	143	03:14:58	166	44	129
67	Nick	Waights	Unattached	M30	M	00:36:50	129	00:03:05	200	01:30:12	133	00:01:25	178	01:03:28	187	03:15:01	167	45	130
12	Peter	Brown	Unattached	M20	M	00:34:57	105	00:03:01	197	01:31:04	139	00:01:10	152	01:05:09	197	03:15:21	168	20	131
95	Simon	Henley	Unattached	M30	M	00:41:11	175	00:01:46	127	01:31:40	144	00:01:36	195	00:59:24	160	03:15:37	169	46	132
162	Jason	Price	Unattached	M40	M	01:03:23	226	00:02:55	193	00:56:47	1?	00:01:39	196	01:10:53	212	03:15:37	170	46	133
223	Andy	Edgar	Kendal Tri Club	M50	M	00:40:36	168	00:02:14	156	01:33:15	162	00:01:34	191	00:58:05	152	03:15:43	171	20	134
142	David	Mackay	Stirling Triathlon Club	M40	M	00:31:45	65	00:02:35	177	01:33:09	159	00:01:44	203	01:06:31	200	03:15:44	172	47	135
45	Jo	Roberts	Unattached	F30	F	00:41:15	176	00:03:21	211	01:36:45	180	00:01:52	207	00:52:40	110	03:15:52	173	10	33
68	Tom	Waights	Unattached	M30	M	00:39:11	155	00:01:16	58	01:37:59	187	00:00:59	127	00:56:31	141	03:15:57	174	47	136
133	Craig	McCafferty	West Lothian Triathlon	M40	M	00:37:11	135	00:01:14	53	01:32:14	148	00:00:51	104	01:05:03	194	03:16:33	175	48	137
191	Bridget	Slater	Unattached	F50	F	00:39:10	154	00:01:48	129	01:35:14	174	00:01:13	156	01:00:33	171	03:17:59	176	4	34
6	Lois	Myers	Tri Preston	F20	F	00:42:13	189	00:02:10	151	01:32:55	154	00:01:42	200	00:59:32	164	03:18:33	177	6	35
35	Laura	Baird	Unattached	F30	F	00:38:19	149	00:03:19	209	01:34:48	168	00:02:04	215	01:00:22	170	03:18:52	178	11	36
50	Mark	Robinson	Unattached	M30	M	00:35:24	112	00:03:01	196	01:42:29	201	00:00:54	113	00:57:08	148	03:18:55	179	48	138
25	Ally	Shacklady	Unattached	M20	M	00:44:49	201	00:02:42	184	01:30:59	138	00:01:32	188	00:59:55	165	03:19:57	180	21	139
126	Caroline	Hatchell	Unattached	F40	F	00:45:12	203	00:02:10	152	01:33:31	164	00:01:17	162	00:58:04	151	03:20:13	181	16	37
78	Berian	Reed	Unattached	M30	M	00:41:26	178	00:02:27	173	01:33:12	160	00:01:09	151	01:03:01	185	03:21:15	182	49	140
190	Kathleen	Taylor	Arragons Cumbrian Tri Club	F50	F	00:32:32	80	00:01:36	101	01:32:56	155	00:01:09	150	01:14:23	214	03:22:36	183	5	38
85	Ian	Tindle	Unattached	M30	M	00:44:58	202	00:02:24	167	01:37:21	184	00:01:11	154	00:56:47	146	03:22:42	184	50	141
206	Kenneth	White	Unattached	M50	M	00:46:37	207	00:03:24	213	01:36:23	177	00:01:15	159	00:56:38	144	03:24:17	185	21	142
108	Helen	McCafferty	West Lothian Triathlon	F40	F	00:39:19	158	00:01:26	81	01:42:13	200	00:00:47	88	01:00:52	174	03:24:37	186	17	39
141	Mark	Champion	Unattached	M40	M	00:47:30	214	00:02:27	172	01:28:04	118	00:01:47	206	01:04:52	193	03:24:41	187	49	143
111	Caroline	Murray	Ryton Tri Club	F40	F	00:44:25	199	00:01:38	104	01:41:20	197	00:00:43	67	00:56:48	147	03:24:53	188	18	40
114	Penny	Oliver	Arragons Cumbrian Tri Club	F40	F	00:40:52	170	00:01:43	115	01:36:38	179	00:00:58	120	01:05:07	196	03:25:17	189	19	41
118	Eleonora	Muir	Cleveland Triathlon Club	F40	F	00:46:50	210	00:04:23	219	01:39:38	191	00:01:35	194	00:53:08	113	03:25:34	190	20	42
224	David	Robinson	Carlisle Tri Club	M50	M	00:38:44	150	00:05:57	223	01:35:07	172	00:01:25	177	01:05:07	195	03:26:20	191	22	144
40	Lisa	Lindsay	Unattached	F30	F	00:38:19	148	00:01:27	83	01:42:46	202	00:01:06	145	01:02:48	182	03:26:26	192	12	43
39	Emily	Foy	Unattached	F30	F	00:46:20	206	00:02:07	148	01:36:58	181	00:01:29	185	01:00:08	169	03:27:01	193	13	44
151	Peter	McNulty	Bolton Triathlon Club	M40	M	00:34:56	104	00:02:41	182	01:39:39	192	00:01:53	209	01:07:55	202	03:27:04	194	50	145
210	Paul	Hawgood	Unattached	M50	M	00:47:11	213	00:02:35	178	01:39:53	194	00:00:37	42	00:58:39	156	03:28:55	195	23	146
244	Niels	Christiansen	Kendal Tri Club	M60	M	00:46:04	204	00:04:02	217	01:37:20	182	00:01:32	189	01:00:42	173	03:29:41	196	2	147
80	Christopher	Beaves	Unattached	M30	M	00:41:00	172	00:01:44	118	01:36:00	175	00:01:23	173	01:10:38	211	03:30:45	197	51	148
177	Mick	Johnston	Unattached	M40	M	00:41:29	180	00:04:26	221	01:39:24	189	00:01:40	199	01:05:45	198	03:32:44	198	51	149
239	Emma	Hennessy	Unattached	Relay	R	00:48:28	216	00:00:44	9	01:52:21	212	00:00:36	34	00:53:20	118	03:35:29	199	6	6
56	Ed	Lister	Unattached	M30	M	00:42:05	186	00:02:08	149	01:39:52	193	00:01:40	197	01:09:57	210	03:35:41	200	52	150
193	Carol	Boyd	Unattached	F50	F	00:34:43	102	00:01:00	36	01:54:08	214	00:02:05	216	01:03:49	190	03:35:45	201	6	45
152	Charles	Slatterly	Unattached	M40	M	00:42:05	187	00:02:41	183	01:47:17	207	00:01:06	143	01:02:37	181	03:35:46	202	52	151
219	John	Mutch	Tweed Triathlon Club	M50	M	00:53:44	222	00:04:16	218	01:37:20	183	00:01:58	212	01:02:55	183	03:40:13	203	24	152
149	Gary	Halliday	Unattached	M40	M	00:46:48	209	00:02:46	189	01:42:03	198	00:01:19	164	01:08:02	203	03:40:58	204	53	153
222	Nick	Draper	Tuff Fitty Triathlon Club	M50	M	00:39:52	161	00:01:35	99	01:50:01	210	00:01:22	170	01:08:48	206	03:41:38	205	25	154
235	Sarah	Hamilton	Unattached	Relay	R	00:40:32	166	00:00:39	6	01:53:28	213	00:00:46	79	01:06:54	201	03:42:19	206	7	7
116	Amanda	Gilyead	Unattached	F40	F	00:39:03	152	00:03:19	210	01:51:07	211	00:01:55	210	01:08:41	205	03:44:05	207	21	46
113	Carol	Barnett	Glasgow Triathlon Club	F40	F	00:46:39	208	00:03:13	206	01:55:00	215	00:01:24	176	00:58:48	158	03:45:04	208	22	47

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46	Rachael	Sleight	Unattached	F30	F	00:47:01	211	00:03:36	215	01:47:32	208	00:01:26	181	01:06:18	199	03:45:54	209	14	48
229	Ian	Lewis	Carlisle Tri Club	M50	M	00:53:07	220	00:03:56	216	01:46:37	206	00:01:23	175	01:04:40	192	03:49:44	210	26	155
144	Geoff	Kenyon	Unattached	M40	M	00:41:35	181	00:02:23	164	02:06:34	220	00:01:22	169	01:02:26	179	03:54:20	211	54	156
171	Kieran	Moore	Unattached	M40	M	00:53:17	221	00:07:43	225	01:40:41	195	00:03:22	220	01:09:55	209	03:54:58	212	55	157
32	Nicki	Rodgers	Arragons Cumbrian Tri Club	F30	F	00:47:01	212	00:02:35	176	01:49:49	209	00:01:30	187	01:22:25	215	04:03:20	213	15	49
37	Carol	Duffin	Unattached	F30	F	00:56:36	223	00:04:25	220	01:59:05	217	00:01:14	157	01:02:32	180	04:03:52	214	16	50
158	Anthony	McMinn	Unattached	M40	M	01:02:55	225	00:02:43	185	01:45:05	204	00:01:26	180	01:12:54	213	04:05:03	215	56	158
66	Martin	Burton	Unattached	M30	M	00:40:22	164	00:02:23	165	01:57:25	216	00:01:17	163	01:26:33	216	04:08:01	216	53	159
233	Bill	Bygroves	Unattached	M60	M	00:52:10	218	00:05:58	224	02:07:14	221	00:00:40	52	01:08:38	204	04:14:40	217	3	160
36	Claire	Larravide	Unattached	F30	F	01:01:24	224	00:03:05	199	02:01:14	218	00:01:26	179	01:09:22	208	04:16:30	218	17	51
165	Ian	McWhirter	Unattached	M40	M	00:25:19	13	00:00:55	29	01:27:57	115	00:00:37	39			DNF			
91	Josh	Waite	Carlisle Tri Club	M30	M	00:27:24	23	00:01:14	54	01:16:49	29	00:01:07	147			DNF			
145	Paul	Morris	Unattached	M40	M	00:41:02	173	00:02:16	158	02:04:52	219	00:02:21	218			DNF			
194	Joan	Hansen	Unattached	F50	F	00:50:01	217	00:05:24	222	01:33:38	165					DNF			
130	Janet	Swailles	Unattached	F40	F	00:35:41	117	00:01:20	63	01:46:20	205					DNF			
82	Brian	Yates	Unattached	M30	M	00:32:25	77	00:01:00	38							DNF			
51	James	Mercer	Unattached	M30	M	00:41:36	182	00:01:48	130							DNF			
107	Richard	Storey	Unattached	M30	M	00:40:33	167	00:01:50	133							DNF			