

A.W.Jentinson Ullswater Sprint Triathlon 2016

Bib	Name		Club	Cat	M/F	Swim	T1	Bike	T2	Run Lap1	Run Lap2	Run in	Run Total	Finish	Overall	Cat	Sex
113	Matthew	Phillips	Sun City Tri	M16	M	0:12:49	0:00:44	0:50:29	0:00:26	0:10:08	0:10:22	0:00:40	0:21:09	01:25:38.00	1	1	1
120	Andrew	Sleight	NRG / TriScience RT	M40	M	0:15:40	0:00:51	0:47:39	0:00:57	0:10:13	0:10:00	0:00:42	0:20:56	01:26:03.60	2	1	2
78	Josh	Waite	Carlisle Tri Club	M30	M	0:15:08	0:00:51	0:50:12	0:00:33	0:10:09	0:10:00	0:00:40	0:20:48	01:27:33.05	3	1	3
111	Ian	Walton	Redvenom.co.uk	M45	M	0:15:36	0:00:53	0:49:42	0:00:34	0:10:10	0:10:46	0:00:42	0:21:37	01:28:23.35	4	1	4
127	Jeff	Thorpe	Tri-Lakeland	M40	M	0:13:57	0:00:56	0:51:20	0:00:29	0:10:39	0:10:51	0:00:40	0:22:11	01:28:53.35	5	2	5
97	Mark	Benson	Tri-Lakeland	M35	M	0:21:17	0:01:19	0:47:15	0:00:41	0:08:58	0:09:06	0:00:40	0:18:45	01:29:17.50	6	1	6
96	Peter	Fairclough	St Helens Tri	M25	M	0:15:18	0:01:12	0:52:26	0:00:59	0:10:02	0:10:08	0:00:41	0:20:51	01:30:45.35	7	1	7
77	Mal	Balmer	St Helens Tri	M50	M	0:15:42	0:01:04	0:54:28	0:00:45	0:11:08	0:10:46	0:00:45	0:22:39	01:34:37.35	8	1	8
129	Richard	Green		M30	M	0:15:52	0:01:15	0:54:59	0:00:40	0:10:52	0:11:56	0:00:47	0:23:35	01:36:20.10	9	2	9
116	Andrew	Kenny		M35	M	0:18:01	0:01:54	0:54:38	0:01:30	0:10:01	0:10:15	0:00:42	0:20:58	01:37:00.45	10	2	10
126	Adam	Tyson	Tri-Lakeland	M20	M	0:18:36	0:01:24	0:55:03	0:00:46	0:11:12	0:10:51	0:00:42	0:22:45	01:38:35.00	11	1	11
118	Andrew	Doran	Mersey Tri	M40	M	0:17:07	0:01:29	0:56:42	0:01:02	0:11:12	0:11:01	0:00:42	0:22:55	01:39:14.65	12	3	12
90	Colin	Walton		M35	M	0:17:18	0:01:22	1:00:18	0:00:42	0:11:07	0:11:24	0:00:39	0:23:10	01:42:50.35	13	3	13
117	Nick	Shelly	Arragons Cumbrian TC	M40	M	0:18:13	0:02:36	0:55:49	0:01:23	0:12:06	0:12:28	0:00:46	0:25:20	01:43:21.15	14	4	14
101	Amanda	Singleton	Arragons Cumbrian TC	F45	F	0:20:00	0:01:05	0:57:46	0:00:40	0:11:54	0:12:05	0:00:49	0:24:48	01:44:18.60	15	1	1
115	Paul	Stephens		M40	M	0:19:46	0:01:41	0:56:58	0:00:54	0:12:07	0:12:18	0:00:47	0:25:13	01:44:31.30	16	5	15
102	Peter	Johnson	St Helens Tri	M45	M	0:18:13	0:01:01	0:57:18	0:01:00	0:14:05	0:12:49	0:00:46	0:27:40	01:45:12.65	17	2	16
125	Wayne	Owens	Durham Triathlon Club	M55	M	0:20:17	0:01:33	0:59:37	0:00:46	0:11:16	0:11:09	0:00:43	0:23:08	01:45:20.95	18	1	17
122	Ryan	McDowell	Tri-Lakeland	M20	M	0:16:45	0:01:01	1:02:47	0:00:58	0:11:51	0:11:45	0:00:44	0:24:20	01:45:51.55	19	2	18
123	Ryan	Hughes		M30	M	0:20:19	0:01:56	0:59:49	0:00:54	0:11:23	0:11:15	0:00:50	0:23:28	01:46:25.00	20	3	19
128	Angus	Roger		M20	M	0:17:52	0:03:24	1:04:40	0:01:34	0:10:46	0:10:35	0:00:45	0:22:06	01:49:34.95	21	3	20
109	Ross	Collison		M35	M	0:21:19	0:02:32	0:58:54	0:00:54	0:12:41	0:12:45	0:00:44	0:26:10	01:49:49.00	22	4	21
83	Bob	Keeble		M25	M	0:16:31	0:02:07	1:04:29	0:00:47	0:12:58	0:12:25	0:00:40	0:26:03	01:49:57.35	23	2	22
99	Gary	Worthington		M30	M	0:22:30	0:01:41	0:59:47	0:01:18	0:12:02	0:12:16	0:00:44	0:25:03	01:50:19.60	24	4	23
114	Dawn	Elliott	Sun City Tri	F55	F	0:23:42	0:02:19	0:59:41	0:01:02	0:11:29	0:11:27	0:00:47	0:23:42	01:50:25.90	25	1	2
119	Maria	Sleight		F40	F	0:20:29	0:01:12	1:04:07	0:01:19	0:11:14	0:11:38	0:00:45	0:23:38	01:50:45.85	26	1	3
108	Alan	Harrison		M45	M	0:20:08	0:02:34	1:02:20	0:01:43	0:11:45	0:11:33	0:00:45	0:24:03	01:50:48.80	27	3	24
82	Jonathan	Glover		M45	M	0:19:45	0:01:50	1:03:27	0:00:55	0:12:32	0:12:09	0:00:47	0:25:29	01:51:25.25	28	4	25
86	Jenny	Hewitson		F25	F	0:19:19	0:02:53	1:00:38	0:01:48	0:13:10	0:12:57	0:00:48	0:26:55	01:51:33.60	29	1	4
85	Benjamin	Jacques	West Cumbria Tri Club	M25	M	0:19:20	0:02:52	1:00:37	0:01:49	0:13:10	0:12:56	0:00:50	0:26:56	01:51:34.15	30	3	26
124	Dave	Simpson		M45	M	0:28:15	0:01:44	0:56:19	0:00:50	0:11:55	0:11:52	0:00:43	0:24:30	01:51:39.00	31	5	27
94	David	Robinson	Carlisle Tri Club	M50	M	0:19:47	0:02:40	1:00:55	0:01:30	0:13:54	0:14:08	0:00:51	0:28:52	01:53:44.55	32	2	28
79	Matt	Stevenson		M25	M	0:17:43	0:01:11	1:08:04	0:00:40	0:12:21	0:13:41	0:00:51	0:26:52	01:54:30.35	33	4	29
98	William	Metcalfe		M16	M	0:19:53	0:02:27	1:08:32	0:01:19	0:10:57	0:11:10	0:00:34	0:22:41	01:54:51.85	34	2	30
95	Ben	Clark		M30	M	0:19:19	0:01:45	1:05:15	0:01:08	0:13:41	0:14:05	0:00:57	0:28:43	01:56:10.30	35	5	31
88	Sally	Coulthard		F45	F	0:20:02	0:02:52	1:04:03	0:00:36	0:13:56	0:14:01	0:00:55	0:28:52	01:56:24.65	36	2	5
104	Natalia	Garcia		F25	F	0:21:35	0:02:51	1:07:07	0:01:37	0:12:01	0:12:06	0:00:48	0:24:55	01:58:05.45	37	2	6
93	Paul	Dixon	Ryton Tri Club	M45	M	0:22:37	0:01:42	1:04:24	0:01:33	0:13:17	0:13:54	0:00:54	0:28:06	01:58:22.05	38	6	32
91	Shirley	Fox	St Helens Tri	F50	F	0:26:04	0:01:28	1:02:25	0:01:08	0:13:25	0:13:16	0:00:52	0:27:33	01:58:37.30	39	1	7
130	Lucy	Lamb	DH Runners	F40	F	0:24:08	0:03:03	1:05:58	0:01:01	0:12:08	0:12:19	0:00:46	0:25:13	01:59:23.50	40	2	8
59	Rebecca	Hanson	Penrith	F35	F	0:20:36	0:02:03	1:06:33	0:01:15	0:14:15	0:14:22	0:00:52	0:29:29	01:59:56.35	41	1	9
110	Dominic	Longhurst		M45	M	0:19:35	0:02:32	1:04:45	0:01:44	0:15:23	0:15:08	0:00:58	0:31:29	02:00:04.25	42	7	33
84	Andrew	Howarth		M35	M	0:22:31	0:02:51	1:04:41	0:01:38	0:13:46	0:14:07	0:00:52	0:28:45	02:00:27.90	43	5	34

107	Sally	Blackmore		F50	F	0:23:42	0:02:59	1:02:43	0:01:25	0:14:32	0:14:54	0:00:59	0:30:25	02:01:14.65	44	2	10
112	Barry	Johnson	Tri-Lakeland	M75	M	0:20:32	0:02:09	1:02:28	0:01:03	0:16:33	0:17:35	0:01:15	0:35:23	02:01:35.35	45	1	35
76	Alaric	Pether		M45	M	0:26:12	0:04:44	1:01:04	0:01:35	0:14:28	0:14:33	0:01:01	0:30:02	02:03:36.65	46	8	36
105	Azzam	Taktak	St Helens Tri	M50	M	0:28:26	0:02:20	1:04:27	0:01:47	0:13:48	0:14:33	0:00:54	0:29:15	02:06:15.35	47	3	37
132	Heather	Rowe	Carlisle Tri Club	R	F	0:37:17	0:00:47	1:05:39	0:00:48	0:11:00	0:11:04	0:00:40	0:22:44	02:07:14.40	48	1	11
100	Kim	Moffat		F30	F	0:24:28	0:02:06	1:11:12	0:01:20	0:13:42	0:13:38	0:00:50	0:28:10	02:07:16.55	49	1	12
92	Jen	Dixon		F45	F	0:26:57	0:01:29	1:07:55	0:01:26	0:14:22	0:14:38	0:00:53	0:29:53	02:07:40.15	50	3	13
121	Malcolm	Sowerby		M50	M	0:25:13	0:02:54	1:12:21	0:01:38	0:13:57	0:13:11	0:00:51	0:27:59	02:10:04.85	51	4	38
136	Karen	Firth	Arragons Cumbrian TC	F50	F	0:17:02	0:03:19	1:14:18	0:01:52	0:18:37	0:20:32	0:01:13	0:40:22	02:16:52.65	52	3	14
106	Diane	Taktak	St Helens Tri	F45	F	0:30:57	0:03:10	1:11:22	0:01:25	0:15:03	0:15:18	0:01:01	0:31:22	02:18:16.00	53	4	15
131	Nichi	Green		R	F	0:18:44	0:01:14	1:33:56	0:01:41	0:15:16	0:15:38	0:01:01	0:31:55	02:27:31.35	54	2	16
80	Mandy	Cook		F40	F	0:41:27	0:07:01	1:27:37	0:02:40	0:16:30	0:17:05	0:01:06	0:34:42	02:53:27.15	55	3	17
38	Riannan	Silson	Arragons Cumbrian TC	F25	F	0:13:35	0:00:59	0:25:31	0:40:04					DNF			