

A.W.Jenkinson Ullswater Standard Distance Triathlon 2016

Bib	Name	Club	Cat	M/F	Swim	T1	Bike	T2	Run Lap 1	Run Lap 2	Run Lap 3	Run Lap 4	Run in	Run Total	Finish	Overall	Cat	Sex	
230	Richard	Anderson	Redvenom.co.uk	M25	M	0:24:07	0:00:58	1:12:30	0:00:36	0:08:58	0:09:09	0:09:14	0:09:09	0:00:39	0:37:09	2:15:19	1	1	1
265	Michael	Hindmarch	Tyne Triathlon	M35	M	0:25:57	0:00:44	1:18:32	0:00:30	0:09:34	0:09:42	0:09:39	0:09:43	0:00:40	0:39:18	2:25:01	2	1	2
264	Paul	Tiffany	Craven Energy	M40	M	0:26:05	0:00:53	1:22:09	0:00:36	0:09:58	0:09:58	0:10:13	0:10:14	0:00:38	0:41:00	2:30:43	3	1	3
247	Stefan	Mcloughlin	NRG / TriScience RT	M25	M	0:27:07	0:00:47	1:19:13	0:00:45	0:10:53	0:11:00	0:11:05	0:10:14	0:00:39	0:43:50	2:31:41	4	2	4
223	Andrew	Kirkman	Arragons Cumbrian TC	M45	M	0:31:47	0:00:45	1:15:58	0:00:28	0:10:20	0:10:35	0:10:56	0:11:03	0:00:40	0:43:33	2:32:31	5	1	5
231	Matthew	Wilson	Tri Rivington	M30	M	0:26:44	0:01:06	1:23:12	0:00:35	0:10:25	0:10:22	0:10:45	0:10:25	0:00:40	0:42:38	2:34:14	6	1	6
198	Paul	Rodger	Ulverston tri Club	M40	M	0:29:08	0:01:51	1:20:37	0:00:56	0:10:45	0:10:25	0:10:18	0:10:17	0:00:40	0:42:25	2:34:57	7	2	7
229	Chris	Gray	Tri-Lakeland	M40	M	0:31:14	0:00:55	1:19:23	0:00:29	0:10:47	0:11:02	0:11:08	0:11:09	0:00:34	0:44:40	2:36:40	8	3	8
286	Kane	Tinnion	Tri-Lakeland	M25	M	0:32:43	0:00:47	1:22:35	0:00:41	0:09:32	0:09:58	0:10:03	0:09:50	0:00:35	0:39:58	2:36:44	9	3	9
134	Chris	Freer	Tri-Lakeland	M40	M	0:34:19	0:01:13	1:19:22	0:00:34	0:10:08	0:10:07	0:10:25	0:09:58	0:00:41	0:41:20	2:36:48	10	4	10
139	Sean	Corrigan		M30	M	0:29:48	0:01:26	1:21:38	0:00:35	0:10:25	0:10:40	0:11:20	0:10:46	0:00:43	0:43:54	2:37:21	11	2	11
251	Graham	Hunt	Durham Triathlon Club	M35	M	0:30:03	0:01:03	1:24:52	0:00:43	0:09:45	0:10:07	0:10:28	0:10:45	0:00:42	0:41:47	2:38:28	12	2	12
293	Scott	Jeffery	Kendal Tri Club	R	N	0:31:52	0:00:37	1:14:19	0:00:28	0:11:33	0:12:40	0:13:16	0:13:57	0:00:43	0:52:09	2:39:26	13	1	1
256	Paul	Heron		M30	M	0:32:41	0:01:27	1:21:40	0:01:10	0:10:17	0:10:25	0:10:31	0:10:35	0:00:42	0:42:29	2:39:27	14	1	2
240	Stuart	Turner	Stafford Triathlon Club	M50	M	0:30:51	0:00:47	1:20:53	0:00:53	0:11:13	0:11:25	0:11:47	0:11:36	0:00:48	0:46:49	2:40:14	15	1	13
244	Charlie	Stirrup	St Helens Tri	M45	M	0:30:04	0:01:25	1:21:00	0:01:06	0:10:52	0:10:42	0:11:00	0:13:24	0:00:50	0:46:47	2:40:22	16	2	14
291	Anthony	Walker		R	N	0:26:18	0:00:44	1:24:28	0:00:40	0:11:19	0:12:00	0:12:12	0:12:14	0:00:44	0:48:30	2:40:40	17	2	3
253	Jo	Phillips	Hartree JETS Ecosse	F40	F	0:29:47	0:01:04	1:24:12	0:00:45	0:11:00	0:10:58	0:11:08	0:11:05	0:00:45	0:44:56	2:40:44	18	1	1
283	Ryan	Wood	Ulverston tri Club	M35	M	0:25:37	0:01:29	1:24:15	0:00:56	0:12:13	0:11:53	0:12:01	0:12:23	0:00:47	0:49:17	2:41:33	19	3	15
258	Jacob	Dyer		M45	M	0:29:52	0:01:12	1:27:41	0:01:33	0:10:11	0:10:28	0:10:33	0:10:35	0:00:42	0:42:29	2:42:47	20	3	16
135	Angus	Peden	Arragons Cumbrian TC	M40	M	0:33:10	0:01:57	1:21:57	0:00:51	0:10:49	0:11:02	0:11:15	0:11:29	0:00:44	0:45:18	2:43:14	21	5	17
142	Scott	Rose		M35	M	0:31:26	0:01:02	1:25:50	0:00:35	0:10:39	0:11:02	0:11:10	0:10:52	0:00:40	0:44:23	2:43:15	22	4	18
206	Darren	Little	Kendal Tri Club	M30	M	0:31:24	0:02:50	1:25:29	0:01:37	0:10:26	0:10:31	0:10:25	0:10:16	0:00:37	0:42:15	2:43:35	23	3	19
289	Adam	Hartley		R	N	0:31:08	0:00:49	1:27:40	0:00:40	0:10:17	0:10:36	0:10:45	0:11:01	0:00:43	0:43:23	2:43:40	24	3	4
221	Kerry	Oldfield	C.O.L.T	F40	F	0:25:56	0:03:21	1:25:15	0:01:25	0:11:31	0:11:42	0:11:56	0:11:53	0:00:46	0:47:48	2:43:45	25	2	2
179	Nick	Metcalf		M30	M	0:24:20	0:01:55	1:30:37	0:01:13	0:11:01	0:11:26	0:11:40	0:11:19	0:00:39	0:46:05	2:44:10	26	4	20
300	Paul	Brindale	Darwen Dashers	M40	M	0:33:09	0:01:18	1:27:57	0:00:47	0:10:20	0:10:30	0:10:22	0:10:21	0:00:36	0:42:10	2:45:21	27	6	21
268	Joe	Horsley		M35	M	0:31:15	0:01:46	1:25:19	0:01:27	0:10:52	0:11:18	0:11:45	0:11:42	0:00:47	0:46:23	2:46:10	28	5	22
276	Graeme	Cross		M45	M	0:33:15	0:02:22	1:26:38	0:01:12	0:10:22	0:10:38	0:10:42	0:10:52	0:00:46	0:43:20	2:46:47	29	4	23
182	Anthony	Rooney	Carlisle Tri Club	M45	M	0:31:27	0:01:48	1:28:18	0:01:14	0:10:50	0:10:52	0:10:59	0:11:03	0:00:44	0:44:28	2:47:15	30	5	24
238	Samantha	Sugden	Arragons Cumbrian TC	F35	F	0:28:19	0:00:38	1:26:36	0:00:43	0:11:57	0:12:25	0:12:58	0:13:05	0:00:51	0:51:15	2:47:32	31	1	3
151	Peter	Bugryniec		M25	M	0:31:56	0:01:35	1:27:43	0:01:06	0:11:15	0:10:52	0:11:39	0:11:16	0:00:43	0:45:46	2:48:05	32	4	25
216	Cat	Jessop	East Lancs Road Club	F30	F	0:31:19	0:03:19	1:28:43	0:01:43	0:10:48	0:10:53	0:11:04	0:11:11	0:00:46	0:44:41	2:49:45	33	1	4
299	Tony	Murray	Arragons Cumbrian TC	R	N	0:32:17	0:00:45	1:37:06	0:00:34	0:09:12	0:09:48	0:09:54	0:10:06	0:00:38	0:39:39	2:50:20	34	4	5
181	Paul	Trainor	Bolton Triathlon Club	M30	M	0:32:37	0:02:02	1:26:43	0:01:10	0:11:30	0:12:45	0:12:23	0:12:22	0:00:38	0:49:39	2:52:10	35	5	26
266	Chris	Brand		M25	M	0:32:22	0:01:10	1:26:15	0:01:12	0:12:05	0:12:47	0:13:14	0:12:19	0:00:51	0:51:16	2:52:14	36	5	27
201	Michael	Hawgood	Leeds Triathlon Centre	M20	M	0:35:26	0:01:17	1:29:15	0:00:49	0:10:41	0:11:03	0:11:41	0:11:45	0:00:40	0:45:51	2:52:37	37	1	28
259	Bianca	Dyer	Kendal Tri Club	F40	F	0:29:53	0:01:12	1:29:08	0:01:05	0:12:49	0:12:52	0:12:43	0:12:20	0:00:38	0:51:22	2:52:39	38	3	5
234	Karen	Bridge		F45	F	0:34:45	0:01:26	1:30:45	0:00:50	0:10:52	0:11:12	0:11:18	0:10:53	0:00:42	0:44:57	2:52:43	39	1	6
156	Timothy	Criddle	Manchester Triathlon Club	M50	M	0:35:45	0:01:52	1:25:11	0:01:19	0:11:47	0:11:53	0:12:13	0:12:08	0:00:49	0:48:49	2:52:56	40	2	29
270	Annaliese	Nevins		F40	F	0:31:18	0:01:34	1:30:33	0:01:12	0:11:37	0:11:55	0:12:17	0:12:35	0:00:46	0:49:10	2:53:47	41	4	7
235	Andrew	McGregor	Sun City Tri	M35	M	0:35:22	0:01:00	1:31:06	0:00:41	0:11:14	0:11:25	0:11:36	0:11:27	0:00:45	0:46:27	2:54:36	42	6	30

185	Marcus	Cox		M40	M	0:31:45	0:02:13	1:30:58	0:01:17	0:11:58	0:11:57	0:12:05	0:11:46	0:00:43	0:48:30	2:54:43	43	7	31
202	Graham	Sumbler	Tri-Lakeland	M35	M	0:32:03	0:01:19	1:32:07	0:01:05	0:11:41	0:11:59	0:12:01	0:11:57	0:00:50	0:48:28	2:55:01	44	7	32
220	Stuart	Robertson	Dumfries & Galloway TC	M40	M	0:33:39	0:01:18	1:27:16	0:01:02	0:12:18	0:12:36	0:13:29	0:13:35	0:00:51	0:52:49	2:56:04	45	8	33
170	Michael	Treece-Birch		M35	M	0:33:22	0:01:32	1:33:11	0:00:42	0:11:33	0:11:41	0:11:55	0:11:37	0:00:43	0:47:29	2:56:15	46	8	34
145	Thomas	Betts		M30	M	0:29:24	0:01:16	1:35:24	0:00:51	0:12:15	0:12:16	0:12:20	0:11:51	0:00:43	0:49:25	2:56:21	47	6	35
200	Jeff	Heyes	Tri-Lakeland	M50	M	0:36:19	0:01:32	1:26:03	0:01:02	0:11:56	0:12:33	0:13:07	0:13:06	0:00:52	0:51:35	2:56:31	48	3	36
219	Ruth	Graham		F25	F	0:35:47	0:02:19	1:31:06	0:01:37	0:10:59	0:11:28	0:11:46	0:11:41	0:00:45	0:46:39	2:57:28	49	1	8
227	Louise	Hogg	St Helens Tri	F40	F	0:38:42	0:01:19	1:27:31	0:00:54	0:12:11	0:11:55	0:12:20	0:12:01	0:00:49	0:49:17	2:57:44	50	5	9
297	Rachael	Fairclough	St Helens Tri	R	N	0:32:14	0:00:58	1:41:31	0:00:33	0:10:05	0:10:33	0:10:42	0:10:48	0:00:44	0:42:51	2:58:07	51	5	6
148	Alan	Stewart	Tri-Lakeland	M45	M	0:34:48	0:01:50	1:29:13	0:00:40	0:12:02	0:12:19	0:12:55	0:13:44	0:00:55	0:51:54	2:58:25	52	6	37
252	Mark	Donnelly		M25	M	0:33:23	0:03:29	1:35:55	0:01:30	0:10:13	0:10:46	0:11:14	0:11:24	0:00:45	0:44:22	2:58:39	53	6	38
236	Alexandra	Fairer	Ulverston tri Club	F25	F	0:26:07	0:01:57	1:35:27	0:01:07	0:12:45	0:13:07	0:13:39	0:13:44	0:00:53	0:54:07	2:58:45	54	2	10
211	Thomas	Rimmer	Mersey Tri	M30	M	0:33:37	0:01:40	1:34:46	0:00:51	0:11:36	0:11:59	0:11:57	0:11:55	0:00:42	0:48:10	2:59:04	55	7	39
172	Craig	Stitt	Dumfries & Galloway TC	M35	M	0:32:11	0:02:32	1:34:46	0:01:09	0:11:44	0:11:45	0:12:33	0:11:47	0:00:40	0:48:29	2:59:07	56	10	40
217	Craig	McLeavy	Tri-Lakeland	M35	M	0:34:58	0:01:47	1:32:32	0:00:46	0:11:22	0:11:50	0:12:24	0:12:44	0:00:51	0:49:10	2:59:14	57	11	41
146	Paul	Swinburne	Durham Triathlon Club	M40	M	0:39:51	0:03:04	1:28:49	0:01:18	0:11:31	0:10:55	0:11:27	0:11:39	0:00:46	0:46:17	2:59:19	58	9	42
284	Charlie	Singleton		M40	M	0:37:52	0:01:56	1:28:13	0:01:36	0:12:26	0:12:01	0:12:15	0:12:18	0:00:48	0:49:48	2:59:25	59	10	43
171	Samuel	Ewan		M30	M	0:35:22	0:01:43	1:32:11	0:01:01	0:12:47	0:12:45	0:12:08	0:12:08	0:00:46	0:50:34	3:00:50	60	8	44
237	Mark	Gallagher	Team True Spirit	M50	M	0:33:31	0:01:59	1:31:55	0:01:00	0:12:39	0:13:03	0:13:17	0:13:03	0:00:50	0:52:52	3:01:18	61	4	45
279	Gordon	Brown	Dumfries & Galloway TC	M30	M	0:39:22	0:01:32	1:28:02	0:00:42	0:11:34	0:13:14	0:13:14	0:13:04	0:00:54	0:52:01	3:01:38	62	9	46
133	Myka	Heard	St Helens Tri	F50	F	0:32:09	0:01:07	1:35:36	0:01:02	0:12:23	0:12:43	0:12:50	0:13:07	0:00:51	0:51:54	3:01:48	63	1	11
169	Matt	Davies	Ulverston tri Club	M45	M	0:38:40	0:02:26	1:33:48	0:00:38	0:11:02	0:11:30	0:11:48	0:11:21	0:00:45	0:46:25	3:01:57	64	7	47
186	Paul	Rose		M40	M	0:38:55	0:03:11	1:30:39	0:01:26	0:11:42	0:11:51	0:12:00	0:11:44	0:00:45	0:48:02	3:02:13	65	11	48
157	Philip	Young	JBR & Tri Club	M50	M	0:39:02	0:04:27	1:27:20	0:01:43	0:11:56	0:12:31	0:12:35	0:12:48	0:00:44	0:50:33	3:03:05	66	5	49
280	Claire	Murphy	St Helens Tri	F40	F	0:35:35	0:01:46	1:38:32	0:01:16	0:11:14	0:11:12	0:11:25	0:11:25	0:00:43	0:45:59	3:03:07	67	6	12
205	Allan	Little	Sheffield Triathlon Club	M35	M	0:36:14	0:01:59	1:35:36	0:00:52	0:11:42	0:12:16	0:12:34	0:13:02	0:00:56	0:50:30	3:05:11	68	12	50
254	Will	Green		M20	M	0:34:55	0:01:53	1:34:40	0:01:10	0:12:04	0:13:23	0:13:18	0:13:34	0:00:51	0:53:09	3:05:48	69	2	51
189	Lee	Cooper		M40	M	0:38:55	0:01:51	1:33:23	0:01:08	0:11:43	0:12:14	0:12:40	0:13:08	0:00:46	0:50:31	3:05:49	70	12	52
184	Dominic	McDermott		M40	M	0:37:46	0:03:29	1:33:19	0:01:44	0:11:51	0:11:57	0:12:54	0:12:06	0:00:46	0:49:33	3:05:51	71	13	53
197	Sue	Toppin	Arragons Cumbrian TC	F45	F	0:38:53	0:01:50	1:33:49	0:00:41	0:11:54	0:12:10	0:12:55	0:13:07	0:00:49	0:50:56	3:06:09	72	2	13
176	Ian	Cross	Peebles Triathlon Club	M40	M	0:29:20	0:01:26	1:38:41	0:01:12	0:13:28	0:13:37	0:14:20	0:13:40	0:00:55	0:56:00	3:06:39	73	14	54
257	Simon	Falconer	Force 10	M35	M	0:32:58	0:02:10	1:31:37	0:01:29	0:16:27	0:13:16	0:14:09	0:14:00	0:00:58	0:58:48	3:07:03	74	13	55
203	Viv	Winter	Tri-Lakeland	F50	F	0:37:49	0:02:34	1:42:48	0:00:50	0:10:37	0:10:42	0:10:49	0:10:53	0:00:44	0:43:45	3:07:46	75	2	14
228	Ian	Clark	Dumfries & Galloway TC	M50	M	0:36:15	0:02:02	1:39:27	0:01:37	0:12:06	0:12:16	0:12:16	0:11:27	0:00:43	0:48:48	3:08:10	76	6	56
161	Chris	Tiffen		M30	M	0:39:49	0:02:23	1:39:02	0:01:05	0:11:09	0:11:23	0:11:43	0:11:06	0:00:42	0:46:03	3:08:21	77	10	57
143	Dave	Postil	Carlisle Tri Club	M45	M	0:39:43	0:01:23	1:39:05	0:01:36	0:11:26	0:11:33	0:11:38	0:11:33	0:00:48	0:46:58	3:08:45	78	8	58
295	Daniel	Ward		R	N	0:37:51	0:00:36	1:35:07	0:01:55	0:12:09	0:14:21	0:13:36	0:13:07	0:00:51	0:54:05	3:09:33	79	6	7
292	Carla	Ousey		R	N	0:44:36	0:01:00	1:34:46	0:00:41	0:12:02	0:12:03	0:12:27	0:12:34	0:00:44	0:49:50	3:10:54	80	7	8
255	Stephen	Barlow		M50	M	0:38:16	0:02:47	1:37:36	0:01:58	0:11:41	0:12:40	0:12:55	0:12:35	0:00:49	0:50:40	3:11:18	81	7	59
278	Steven	Bragg	Carlisle Tri Club	M35	M	0:38:36	0:02:01	1:40:45	0:01:03	0:11:52	0:12:13	0:12:36	0:12:31	0:00:43	0:49:56	3:12:20	82	14	60
194	Emma	Westmancott	Dumfries & Galloway TC	F35	F	0:34:37	0:01:44	1:34:26	0:01:12	0:14:22	0:14:59	0:15:17	0:14:53	0:00:56	1:00:27	3:12:27	83	2	15
180	Hannah	Nisbet		F25	F	0:34:46	0:02:08	1:40:07	0:01:39	0:12:31	0:13:18	0:13:36	0:13:43	0:00:50	0:53:58	3:12:37	84	3	16
274	Paul	Giblin		M45	M	0:39:48	0:01:47	1:41:06	0:01:22	0:11:24	0:12:28	0:13:06	0:12:43	0:00:50	0:50:31	3:14:34	85	9	61
250	Stuart	Carter	Bolton Tri Club	M55	M	0:33:12	0:02:10	1:44:45	0:01:14	0:13:41	0:13:38	0:13:49	0:13:09	0:00:53	0:55:10	3:16:30	86	1	62
207	Chris	Wray	Bolton Triathlon Club	M40	M	0:39:00	0:02:57	1:38:57	0:01:57	0:12:43	0:13:16	0:13:39	0:13:34	0:00:52	0:54:04	3:16:55	87	15	63
226	Chris	Moran		M30	M	0:35:36	0:02:55	1:42:10	0:01:10	0:11:47	0:13:16	0:14:10	0:15:03	0:01:04	0:55:19	3:17:10	88	11	64
296	Joe	Greene		R	N	0:44:13	0:00:27	1:46:09	0:00:46	0:11:07	0:11:31	0:11:32	0:12:04	0:00:48	0:47:02	3:18:36	89	8	
301	Claire	Graham	Kingswood Tri	F55	F	0:41:25	0:03:35	1:37:34	0:01:27	0:13:26	0:13:34	0:13:42	0:13:38	0:00:53	0:55:12	3:19:13	90	1	17

294	Justin	Bates	Ulverston tri Club	R	N	0:34:18	0:00:51	1:34:38	0:00:44	0:15:24	0:16:04	0:18:34	0:18:25	0:01:03	1:09:29	3:20:00	91	9	9
149	David	Swinburne		M25	M	0:49:52	0:03:39	1:36:56	0:02:23	0:11:59	0:11:46	0:11:47	0:11:34	0:00:46	0:47:52	3:20:42	92	7	65
239	Andrew	McShane		M50	M	0:39:40	0:02:44	1:41:31	0:01:24	0:12:41	0:14:19	0:13:58	0:14:13	0:00:59	0:56:10	3:21:29	93	8	66
242	Jonathan	Laverick		M35	M	0:37:08	0:02:42	1:40:17	0:01:47	0:14:01	0:14:38	0:15:08	0:15:03	0:00:56	0:59:45	3:21:40	94	15	67
158	Loiuse	Young	JBR & Tri Club	F45	F	0:42:31	0:04:22	1:39:44	0:02:34	0:12:46	0:13:04	0:13:03	0:12:58	0:00:53	0:52:44	3:21:54	95	3	18
208	Luke	Oldridge		M25	M	0:38:03	0:03:14	1:48:33	0:00:59	0:12:00	0:12:44	0:12:56	0:13:05	0:00:44	0:51:28	3:22:18	96	8	68
269	Fiona	Cole	Kendal Tri Club	F55	F	0:42:27	0:02:18	1:42:58	0:01:30	0:12:45	0:13:04	0:13:17	0:13:10	0:00:52	0:53:09	3:22:22	97	2	19
288	Emma	Cooke		R	N	0:47:37	0:00:52	1:44:01	0:01:14	0:11:23	0:11:53	0:12:13	0:12:24	0:00:47	0:48:41	3:22:25	98	10	10
273	Tom	Mitchdell	Bolton Triathlon Club	M55	M	0:42:30	0:04:12	1:39:33	0:01:29	0:13:19	0:13:21	0:14:20	0:14:08	0:00:53	0:56:01	3:23:45	99	2	69
218	Dave	Carroll	Knutsford Tri Club	M40	M	0:39:28	0:02:57	1:39:16	0:01:42	0:14:26	0:14:32	0:15:43	0:15:06	0:00:53	1:00:40	3:24:04	100	16	70
187	Angie	Trippitt	Kendal Tri Club	F45	F	0:38:26	0:01:46	1:43:45	0:01:08	0:13:49	0:14:28	0:15:04	0:15:04	0:00:57	0:59:21	3:24:27	101	4	20
282	Martin	Jenkinson	Tri-Lakeland	M50	M	0:40:00	0:01:48	1:36:25	0:01:01	0:15:08	0:16:00	0:16:55	0:17:27	0:01:11	1:06:41	3:25:55	102	9	71
144	Daniel	Green		M40	M	0:43:51	0:04:39	1:49:17	0:01:31	0:10:58	0:11:48	0:11:46	0:12:20	0:00:48	0:47:40	3:26:58	103	17	72
290	Helen	Davis		R	N	0:48:21	0:00:46	1:35:08	0:00:52	0:15:10	0:15:34	0:15:50	0:15:52	0:01:01	1:03:27	3:28:34	104	11	11
213	Rob W	Hill		M25	M	0:43:32	0:02:11	1:46:36	0:02:23	0:13:17	0:12:40	0:13:46	0:13:41	0:00:47	0:54:11	3:28:54	105	9	73
163	Nicholas	Burman		M60	M	0:38:59	0:05:22	1:45:25	0:03:16	0:12:35	0:13:40	0:14:25	0:14:28	0:00:59	0:56:07	3:29:09	106	1	74
225	Karen	Nicholson		F35	F	0:32:50	0:03:34	1:48:45	0:01:15	0:14:25	0:15:13	0:15:51	0:16:16	0:01:04	1:02:49	3:29:13	107	3	21
233	Becky	Boocock		F45	F	0:52:40	0:03:31	1:36:08	0:02:21	0:13:12	0:13:16	0:13:48	0:13:32	0:00:54	0:54:41	3:29:21	108	5	22
287	Andrea	Fox	Carlisle Tri Club	F45	F	0:49:24	0:02:33	1:46:53	0:00:45	0:11:39	0:12:19	0:12:40	0:12:38	0:00:52	0:50:07	3:29:42	109	6	23
209	Will	Butterill		M25	M	0:50:01	0:02:30	1:43:07	0:00:43	0:12:20	0:13:17	0:13:47	0:13:42	0:00:52	0:53:58	3:30:18	110	10	75
150	Emma	Baird		F35	F	0:43:36	0:01:37	1:44:19	0:01:04	0:14:38	0:15:08	0:15:29	0:15:20	0:01:00	1:01:36	3:32:11	111	4	24
298	Jill	Colbert	Manchester Tri	F45	F	0:45:46	0:02:30	1:46:33	0:03:12	0:13:42	0:12:49	0:13:15	0:13:38	0:00:47	0:54:12	3:32:14	112	7	25
155	Helen	Broderick	St Helens Tri	F45	F	0:40:17	0:02:07	1:42:12	0:01:39	0:15:39	0:16:23	0:16:42	0:16:17	0:01:05	1:06:07	3:32:22	113	8	26
215	Avril	Jones		F50	F	0:38:32	0:02:21	1:52:08	0:01:31	0:13:31	0:13:54	0:14:31	0:15:04	0:00:59	0:57:59	3:32:30	114	3	27
204	Paul	Hawgood		M50	M	0:49:59	0:05:23	1:43:33	0:00:45	0:12:58	0:12:56	0:13:28	0:13:09	0:00:49	0:53:20	3:33:00	115	9	76
147	Sarah	Dent		F25	F	0:59:52	0:02:22	1:40:36	0:01:02	0:11:42	0:12:01	0:12:42	0:12:51	0:00:49	0:50:06	3:33:58	116	4	28
191	Darren	Martin	A.W.Jenkinson	M40	M	0:39:42	0:03:39	1:44:03	0:03:02	0:14:46	0:16:01	0:16:19	0:16:00	0:01:01	1:04:08	3:34:34	117	18	77
248	Marc	Needham		M20	M	0:44:05	0:01:59	1:43:02	0:01:30	0:14:00	0:15:49	0:16:37	0:16:47	0:00:54	1:04:07	3:34:42	118	3	78
173	Robert	Blades	Stone Cross Flyers	M35	M	0:44:43	0:04:00	1:45:53	0:02:13	0:14:21	0:13:57	0:14:35	0:14:36	0:00:54	0:58:23	3:35:12	119	16	79
165	Josh	Rugen		M20	M	0:33:27	0:02:51	1:51:27	0:01:21	0:13:47	0:16:25	0:18:23	0:18:12	0:01:12	1:07:58	3:37:05	120	4	80
212	Caroline	Murray	F4L Triathlon Coaching	F45	F	0:48:04	0:01:37	1:51:23	0:01:15	0:13:20	0:13:36	0:13:33	0:13:33	0:00:54	0:54:56	3:37:15	121	9	29
281	Pauline	Green		F55	F	0:39:55	0:04:00	1:50:49	0:02:37	0:14:23	0:14:38	0:15:03	0:14:57	0:00:58	0:59:58	3:37:20	122	3	30
243	Ian	Tindle		M35	M	0:48:43	0:01:56	1:52:15	0:01:08	0:12:38	0:13:32	0:14:27	0:13:22	0:00:45	0:54:45	3:38:48	123	17	81
214	Sherrie Lea	Norman		F25	F	0:39:58	0:02:32	1:46:28	0:01:46	0:15:59	0:16:56	0:17:18	0:16:58	0:01:04	1:08:15	3:39:00	124	5	31
249	Justin	Hemming	Elm Tree Boozers	M35	M	0:42:03	0:03:55	1:53:17	0:01:26	0:12:55	0:14:34	0:15:22	0:14:46	0:00:59	0:58:36	3:39:17	125	18	82
159	Joe	Calleya		M25	M	0:59:36	0:04:41	1:46:42	0:01:11	0:12:14	0:12:39	0:12:38	0:12:39	0:00:43	0:50:53	3:43:02	126	11	83
260	Chris	Stewart		M45	M	0:50:18	0:03:41	1:44:58	0:02:06	0:15:29	0:15:30	0:15:44	0:15:53	0:00:58	1:03:34	3:44:38	127	10	84
188	Victoria	McGarry	Kendal Tri Club	F45	F	0:37:23	0:04:08	2:01:09	0:02:31	0:14:37	0:14:54	0:14:39	0:14:36	0:00:55	0:59:41	3:44:52	128	10	32
267	Steve	Claringbold	DH Runners	M35	M	0:57:55	0:04:21	1:49:06	0:01:49	0:12:09	0:12:39	0:12:58	0:13:37	0:00:53	0:52:16	3:45:26	129	19	85
164	David	Middleton		M20	M	0:44:57	0:04:27	1:51:03	0:03:14	0:15:39	0:18:23	0:18:12	0:16:00	0:00:50	1:09:04	3:52:43	130	5	86
245	Katie	Lawton		F35	F	0:53:26	0:02:01	1:54:35	0:01:07	0:14:40	0:15:35	0:15:44	0:14:46	0:00:54	1:01:39	3:52:48	131	5	33
285	Samantha	Cox		F30	F	0:43:58	0:03:45	1:57:26	0:02:04	0:16:03	0:16:12	0:17:03	0:15:57	0:00:59	1:06:14	3:53:27	132	2	34
246	Helen	Brown	Elm Tree Boozers	F35	F	0:46:01	0:02:53	1:57:57	0:01:18	0:17:27	0:15:47	0:15:44	0:15:49	0:01:07	1:05:54	3:54:03	133	6	35
175	Danielle	Whitehead		F25	F	0:43:05	0:03:32	2:00:23	0:01:48	0:16:27	0:16:25	0:17:21	0:18:12	0:01:09	1:09:34	3:58:22	134	6	36
183	Anthony	Doyle	St Helens Tri	M55	M	0:46:16	0:04:26	2:00:01	0:02:43	0:15:20	0:16:12	0:17:52	0:17:29	0:01:02	1:07:55	4:01:20	135	3	87
222	Emma	Kelly		F35	F	0:45:58	0:04:10	2:06:06	0:01:58	0:16:01	0:17:23	0:18:04	0:18:13	0:01:09	1:10:50	4:09:02	136	7	37
152	Liesl	Millar		F35	F	1:15:21	2:35:28	0:01:34	0:18:33	0:16:46	0:16:45	0:16:59	0:18:04	0:01:05	0:51:35	5:02:31	137	8	38
178	Philip	Williams	Manchester Triathlon Club	M35	M	0:47:40	0:03:31	1:49:15	0:02:26	0:19:14	0:21:27	0:22:26	0:01:50				DNF		

