

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

