

# A.W.Jenkinson Ulswater Sprint Distance Triathlon

## Results 2017

No	Name	Club	Cat	Sex	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run L1	Run L2	Run in	Run Total	Pos	Finish	Overall	Cat	Sex	
270	Jordan	Hull	Yonda Racing	20-29	M	10:01.9	1	00:31.9	3	44:59.2	2	00:28.1	4	18:35.7	00:53.3	19:29.0	5	1:15:30	1	1	1	
58	James	Douglas	Arragons Cumbrian TC	30-39	M	11:51.5	6	00:46.3	15	47:53.6	7	00:38.9	24	08:20.2	07:51.0	00:37.9	16:49.0	1	1:17:59	2	1	2
14	Mark	Benson	Tri Lakeland	30-39	M	16:21.5	44	00:41.9	12	44:06.1	1	00:38.5	21	08:17.3	0.0058391	00:40.5	17:22.4	2	1:19:10	3	2	3
56	John	O'Neill	Challenge Tri Camp TFN RT	40-49	M	11:44.4	4	00:40.1	9	47:16.8	5	00:33.7	9	09:50.1	09:41.6	00:43.1	20:14.9	6	1:20:30	4	1	4
82	Jonathan	Milton	Manchester Triathlon Club	20-29	M	12:34.3	9			47:20.5	6	00:28.1	5	09:36.3	0.0069201	00:45.0	20:19.3	8	1:20:42	5	2	5
63	Stefan	McLoughlin	NRG / TriScience RT	20-29	M	12:38.3	11	00:32.1	4	46:57.8	4	00:36.9	16	09:45.2	09:48.4	00:42.9	20:16.4	7	1:21:01	6	3	6
92	Paul	Brindle	Blackburn Harriers	40-49	M	13:45.8	17	00:59.8	26	49:54.9	10	00:34.5	12	09:20.2	0.0064578	00:36.4	19:14.5	3	1:24:29	7	2	7
99	Colin	Semple	Tri-Lakeland	50-59	M	12:56.9	13	00:38.5	7	48:42.1	8	00:36.0	14	10:32.5	10:22.5	00:46.0	21:41.0	16	1:24:34	8	1	8
15	William	Dixon	Ryton Tri Club	Junior	M	11:56.7	7	00:38.6	8	51:18.0	13	00:28.9	6	09:53.4	0.0067957	00:41.7	20:22.3	10	1:24:44	9	1	9
34	Chris	Freer	Tri-Lakeland	40-49	M	15:03.2	23	00:56.2	23	48:42.2	9	00:34.2	11	09:43.5	09:52.7	00:43.4	20:19.5	9	1:25:35	10	3	10
269	Kevin	Hull	Unattached	50-59	M	14:06.9	20	00:56.7	24	51:41.2	15	00:41.3	28	19:24.4			19:24.4	4	1:26:50	11	2	11
43	Samantha	Sugden	Arragons Cumbrian TC	30-39	F	12:36.8	10	00:41.7	11	51:29.2	14	00:26.8	2	10:45.8	10:58.7	00:50.2	22:34.7	22	1:27:49	12	1	1
109	Dean	Field	Unattached	30-39	M	20:44.7	94	00:58.2	25	46:24.0	3	00:37.7	19	20:18.5		00:54.4	21:12.8	14	1:29:57	13	3	12
274	Josh	Waite	Carlisle Tri Club	30-39	M	13:03.9	14	00:54.5	18	53:15.7	20	00:38.9	25	10:59.6	10:22.0	00:46.2	22:07.8	18	1:30:01	14	4	13
80	Kevin	McLoughlin	Cleveland Triathlon Club	50-59	M	15:25.9	27	00:55.6	20	52:06.7	16	00:42.0	29	10:19.8	0.0068524	00:43.2	20:55.0	13	1:30:05	15	3	14
35	Andrew	Oglandby	Tri-Lakeland	30-39	M	15:59.4	34	00:55.9	21	50:32.2	12	00:34.0	10	10:23.2	12:05.8	00:52.8	23:21.9	29	1:31:23	16	5	15
50	Tom	Whelan	Sun City Tri	Junior	M	10:33.0	2	00:25.1	1	59:12.0	50	00:52.2	46	09:26.9	0.0071933	00:43.3	20:31.7	11	1:31:34	17	2	16
95	Jamie	Crossan	West Cumbria Tri	30-39	M	16:23.9	45	01:05.4	31	49:56.0	11	00:38.6	22	11:32.6	11:47.5	00:49.7	24:09.9	38	1:32:14	18	6	17
84	Rachael	Vatter	Tri-Lakeland	20-29	F	11:47.7	5	00:29.9	2	56:44.7	41	00:48.5	38	10:36.3	0.0077338	00:49.6	22:34.1	21	1:32:25	19	1	2
55	Jordan	Graham	Unattached	20-29	M	15:48.8	32	01:23.8	46	52:09.9	17	00:59.9	58	21:39.3	01:11.7	00:35.6	23:26.6	31	1:33:49	20	4	18
271	Holly	Elliott	Ryton Tri Club	Junior	F	10:53.0	3	00:33.3	5	55:13.3	5	00:27.3	3	25:50.9		00:59.5	26:50.3	62	1:33:57	21	1	3
1	Peter	Soward	Unattached	40-49	M	15:21.6	26	01:08.3	34	54:59.0	29	01:01.9	61	10:32.7	10:59.8	00:45.9	22:18.4	19	1:34:49	22	4	19
276	Alan	Cornthwaite	West Cumbria Tri	40-49	M	18:23.7	74	00:42.7	13	52:23.7	18	00:32.8	8	11:07.9	0.007599	00:47.7	22:52.1	25	1:34:55	23	5	20
23	Sam	Syers	Unattached	40-49	M	14:15.2	22	01:28.3	53	55:32.3	33	01:07.4	71	10:59.4	11:03.3	00:41.5	22:44.2	23	1:35:07	24	6	21
66	Richard	Wallace	Manchester Triathlon Club	50-59	M	16:54.8	54	01:11.4	35	55:25.2	32	00:52.6	48	09:50.8	0.0070619	00:45.2	20:46.1	12	1:35:10	25	4	22
36	Michael	Christie	Unattached	50-59	M	13:28.4	16	00:56.2	22	57:10.5	43	01:20.2	84	10:43.8	11:04.4	00:44.3	22:32.5	20	1:35:28	26	5	23
108	Kevin	Mulvey	DH Runners	40-49	M	17:55.0	66	00:40.7	10	54:54.7	28	00:37.4	18	10:23.5	0.0071273	00:43.6	21:22.8	15	1:35:31	27	7	24
74	Cian	Nutt	Ulverston Tri Club	30-39	M	17:11.0	56	01:23.8	47	52:53.2	19	01:10.4	74	11:04.3	11:35.2	00:44.0	23:23.4	30	1:36:02	28	7	25
21	Karoline	Rose	Arragons Cumbrian TC	30-39	F	12:44.8	12	01:18.0	39	56:38.2	40	00:56.4	53	11:46.4	0.0082529	00:46.7	24:26.1	40	1:36:03	29	2	4
110	Wendy	Matier	Arragons Cumbrian TC	40-49	F	16:06.3	39	01:19.2	41	54:25.9	24	00:38.2	20	11:22.6	11:31.6	00:49.9	23:44.1	34	1:36:14	30	1	5
102	Michael	O'Rourke	Unattached	50-59	M	16:57.5	55	01:19.8	43	53:26.1	22	00:59.0	57	11:21.0	0.0080498	00:55.4	23:51.9	36	1:36:34	31	6	26
52	David	Postill	Carlisle Tri Club	40-49	M	16:11.7	41	01:15.0	38	55:54.0	34	00:51.9	45	10:45.6	11:15.1	00:50.5	22:51.2	24	1:37:04	32	8	27
42	Mark	Bowen	Tri-Lakeland	50-59	M	15:45.0	30	01:12.6	36	54:59.7	30	01:00.7	60	11:31.8	0.0081649	00:50.2	24:07.5	37	1:37:06	33	7	28
59	Amanda	Singleton	Arragons Cumbrian TC	40-49	F	16:06.7	40	01:02.5	28	54:50.6	27	00:37.0	17	11:38.4	12:10.4	00:55.2	24:44.0	46	1:37:21	34	2	6
53	Alan	Brooks	Unattached	20-29	M	16:38.0	50	02:01.2	76	56:35.5	39	00:55.6	50	10:21.3	0.0074178	00:51.5	21:53.7	17	1:38:04	35	5	29
97	Michelle	Harrison	Unattached	30-39	F	12:27.8	8	01:25.2	51	00:04.3	60	00:38.6	23	11:03.0	11:43.6	00:51.2	23:37.9	32	1:38:14	36	3	7
72	Scott	Nichol	Carlisle Tri Club	30-39	M	18:33.8	75	00:52.6	16	54:29.9	25	00:47.5	35	11:43.2	0.0083646	00:45.7	24:31.6	43	1:39:15	37	8	30
78	Fiona	Mashiter	Ulverston Tri Club	40-49	F	16:32.1	48	01:12.9	37	56:12.6	38	00:41.3	27	11:48.9	12:01.7	00:51.4	24:42.1	45	1:39:21	38	3	8
20	Liam	Nichols	Team XIII	30-39	M	18:17.1	70	01:23.5	45	54:30.7	26	00:40.5	26	12:02.3	0.0083605	00:52.7	24:57.4	47	1:39:49	39	9	31
67	Brian	Atkinson	Unattached	50-59	M	16:04.6	37	01:51.1	64	57:35.3	45	00:43.4	30	11:19.0	11:37.8	00:52.9	23:49.7	35	1:40:04	40	8	32
176	Andy	Hildreth	Unattached	40-49	M	20:04.6	88	01:33.0	56	53:18.6	21	01:04.8	64	12:03.2	0.0080845	00:44.7	24:26.4	41	1:40:27	41	9	33
86	James	Ramshaw	Sun City Tri	30-39	M	15:58.6	33	00:55.3	19	57:01.4	42	00:45.0	31	11:56.8	12:52.9	01:02.4	25:52.0	52	1:40:32	42	10	34
16	Emma	Dixon	Ryton Tri Club	Junior	F	14:10.4	21	00:33.4	6	59:56.0	56	00:36.8	15	12:32.1	0.0092049	00:56.5	26:43.9	61	1:42:01	43	2	9
11	Wayne	Owens	Durham Triathlon Club	50-59	M	17:34.5	62	01:47.2	61	58:48.8	49	01:05.1	66	10:59.1	11:20.4	00:49.6	23:09.0	27	1:42:25	44	9	35
85	Craig	Wrightson	Sun City Tri	30-39	M	16:53.4	53	01:08.1	33	59:36.6	53	00:57.0	55	12:11.2	0.0079855	00:49.2	24:30.4	42	1:43:06	45	11	36
98	Nicola	Nichol	Carlisle Tri Club	30-39	F	13:25.1	15	00:52.7	17	01:06.5	63	00:34.8	13	13:25.0	13:14.0	00:50.2	27:29.2	70	1:43:28	46	4	10
87	Paul	Hanson	Unattached	30-39	M	16:34.1	49	01:21.5	44	57:54.0	47	01:33.8	98	12:35.7	0.0087546	00:56.4	26:08.5	54	1:43:32	47	12	37
68	Keith	Conway	Ulverston Tri Club	40-49	M	16:46.1	52	02:00.2	75	00:03.7	59	01:16.5	82	11:17.3	11:31.7	00:49.0	23:38.1	33	1:43:45	48	10	38
200	Peter	Johnson	St Helens Tri	40-49	M	17:25.1	59	02:37.8	96	56:10.2	37	01:18.7	83	13:22.3	0.0085023	00:47.0	26:23.9	58	1:43:56	49	11	39
69	Simon	Higgs	Unattached	40-49	M	18:15.5	69	02:07.7	80	56:00.6	35	01:51.1	107	12:18.9	12:32.1	00:50.4	25:41.4	50	1:43:56	50	12	40
73	Lee	Blackburn	Unattached	30-39	M	16:01.0	35	02:14.1	85	57:32.2	44	01:22.6	89	12:48.2	0.0092043	01:00.8	27:04.3	67	1:44:14	51	13	41



228	Stacey	Ferris		30-39	F	34:29.5	112	03:02.5	103	17:48.6	108	01:45.1	104	14:07.9	0.0102442	01:06.0	29:59.0	95	2:27:05	109	10	36
101	Karen	Frith	Arragons Cumbrian TC	50-59	F	19:40.1	85	03:02.2	102	21:23.9	110	01:43.8	103	21:23.7	20:48.8	01:31.3	43:43.7	111	2:29:34	110	4	37
5	Sonya	Carnell	Sun City Tri	40-49	F	23:05.2	106	04:12.1	110	27:41.1	111	01:00.6	59	19:36.1	0.0128507	01:14.7	39:21.1	110	2:35:20	111	14	38
106	Lydia	Hawthorn	Unattached	20-29	F	27:05.0	109	04:54.5	111	44:20.5	112	02:26.6	111	20:31.4	22:09.3	01:25.8	44:06.4	112	3:02:53	112	5	39
38	Anna	Spence	Unattached	30-39	F	19:35.6		01:34.9														DNF
13	Matthew	Phillips	Sun City Tri	Junior	M	10:53.5		00:33.6														DNF
111	Heather	Rowe	Carlisle Tri Club	Relay	R	24:57.4		00:39.7		09:24.2		01:12.8		14:23.9	0.0097703	01:01.1	29:29.3					DNF