

# East leake Triathlon (29th March 2009)

## Age-Group results

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
1	261	Female	15-16	Grace	Hobbs		4 Life Tri Club	03:15	03:22:37	00:07:37	04:05:25	00:42:48	04:26:09	00:20:44	01:11:09
2	245	Female	15-16	Korin	Clarke		Coalville Swimming Club / Wheelers / Herm Har	03:03	03:11:28	00:08:28	03:55:49	00:44:21	04:19:50	00:24:01	01:16:50
3	225	Female	15-16	Ellen	Sleight		Team Cherwell	02:48	02:56:29	00:08:29	03:42:12	00:45:43	04:05:11	00:22:59	01:17:11
4	117	Female	15-16	Charlotte	Hughes		Meynell Valley Hunters Triathlon Clut	01:27	01:36:35	00:09:35	02:23:49	00:47:14	02:50:11	00:26:22	01:23:11
1	263	Female	20-29	jacqui	slack			03:15	03:21:52	00:06:52	03:57:48	00:35:56	04:15:54	00:18:06	01:00:54
2	252	Female	20-29	Jessica	Roberts		Loughborough Students	03:06	03:13:25	00:07:25	03:49:13	00:35:48	04:09:28	00:20:15	01:03:28
3	231	Female	20-29	Lizzie	Wraith		One Life Racing	02:51	03:00:05	00:09:05	03:39:30	00:39:25	03:59:16	00:19:46	01:08:16
4	268	Female	20-29	Julie	Hunt		Loughborough Students	03:18	03:25:07	00:07:07	04:07:02	00:41:55	04:27:10	00:20:08	01:09:10
5	212	Female	20-29	Kirsty	Hillier			02:36	02:45:38	00:09:38	03:28:05	00:42:27	03:48:45	00:20:40	01:12:45
6	4	Female	20-29	Emma	Constable		Derby Triathlon Club	00:00	00:09:40	00:09:40	00:55:49	00:46:09	01:16:35	00:20:46	01:16:35
7	208	Female	20-29	Rebecca	Hodgman			02:33	02:42:49	00:09:49	03:31:54	00:49:05	03:49:52	00:17:58	01:16:52
8	119	Female	20-29	Rachel	Craft		Meynell Valley Hunters Triathlon Clut	01:27	01:38:08	00:11:08	02:22:40	00:44:32	02:44:47	00:22:07	01:17:47
9	154	Female	20-29	Annabel	Webb			01:54	02:04:51	00:10:51	02:50:42	00:45:51	03:13:51	00:23:09	01:19:51
10	209	Female	20-29	Elisabeth	Whelband			02:36	02:47:32	00:11:32	03:36:01	00:48:29	03:58:29	00:22:28	01:22:29
11	75	Female	20-29	Laura	Harvey			00:54	01:07:20	00:13:20	01:58:45	00:51:25	02:24:37	00:25:52	01:30:37
12	193	Female	20-29	Claire	Hurst			02:24	02:34:40	00:10:40	03:28:52	00:54:12	03:55:55	00:27:03	01:31:55
13	108	Female	20-29	Lucy	Hughes			01:18	01:30:20	00:12:20	02:24:26	00:54:06	02:50:22	00:25:56	01:32:22
14	12	Female	20-29	Jessica	Sharpe			00:06	00:19:46	00:13:46	01:18:32	00:58:46	01:41:45	00:23:13	01:35:45
15	20	Female	20-29	Kelly	Walker			00:12		#####		00:00:00	dns	#VALUE!	#VALUE!
16	215	Female	20-29	Emma	Hill		1485 Tri Club	02:39		#####		00:00:00	dns	#VALUE!	#VALUE!
1	253	Female	30-39	Lucy	Chatfield		TFN Tri Club	03:09	03:16:29	00:07:29	03:56:52	00:40:23	04:19:00	00:22:08	01:10:00
2	195	Female	30-39	Findlay	Caroline		Alnwick District Triathlon Club	02:24	02:33:42	00:09:42	03:12:51	00:39:09	03:34:34	00:21:43	01:10:34
3	235	Female	30-39	julia	blewitt-jenkins			02:54	03:02:14	00:08:14	03:44:01	00:41:47	04:05:17	00:21:16	01:11:17
4	93	Female	30-39	Louise	Bennett			01:09	01:19:22	00:10:22	02:00:02	00:40:40	02:20:22	00:20:20	01:11:22
5	229	Female	30-39	Liz	Collingham		Leicester Tri Club	02:51	03:00:25	00:09:25	03:42:40	00:42:15	04:02:54	00:20:14	01:11:54
6	180	Female	30-39	Joanne	Locker			02:12	02:22:25	00:10:25	03:07:39	00:45:14	03:27:45	00:20:06	01:15:45
7	139	Female	30-39	Alice	Carruthers			01:42	01:52:04	00:10:04	02:36:29	00:44:25	02:58:24	00:21:55	01:16:24
8	127	Female	30-39	Rachael	Rathbone			01:33	01:43:35	00:10:35	02:28:12	00:44:37	02:52:28	00:24:16	01:19:28
9	183	Female	30-39	Samantha	Rankin			02:15	02:25:47	00:10:47	03:10:22	00:44:35	03:34:54	00:24:32	01:19:54
10	179	Female	30-39	Gillian	Ford			02:12	02:22:35	00:10:35	03:08:02	00:45:27	03:32:56	00:24:54	01:20:56
11	90	Female	30-39	JOANNA	COX		1485 Tri Club	01:06	01:18:09	00:12:09	02:05:07	00:46:58	02:28:13	00:23:06	01:22:13
12	142	Female	30-39	Alex	Large			01:45	01:56:23	00:11:23	02:43:25	00:47:02	03:08:52	00:25:27	01:23:52
13	236	Female	30-39	Rhian	Richardson		4 Life Tri Club	02:54	03:03:28	00:09:28	03:54:19	00:50:51	04:18:51	00:24:32	01:24:51
14	177	Female	30-39	Claire	Pendery		Wakefield Triathlon Club	02:12	02:22:52	00:10:52	03:10:53	00:48:01	03:37:24	00:26:31	01:25:24
15	52	Female	30-39	Flavia	Lujan		Meynell Valley Hunters Triathlon Clut	00:36	00:48:40	00:12:40	01:38:25	00:49:45	02:03:10	00:24:45	01:27:10
16	65	Female	30-39	Emma	Merry			00:48	01:01:11	00:13:11	01:46:34	00:45:23	02:16:52	00:30:18	01:28:52
17	77	Female	30-39	Vanessa	Lloyd			00:57	01:11:06	00:14:06	02:02:44	00:51:38	02:25:55	00:23:11	01:28:55
18	162	Female	30-39	Jessica	Apps			02:00	02:10:22	00:10:22	03:01:36	00:51:14	03:29:00	00:27:24	01:29:00
19	69	Female	30-39	Gillian	Tait			00:51	01:05:02	00:14:02	01:56:10	00:51:08	02:22:35	00:26:25	01:31:35
20	48	Female	30-39	Nicki	Haggan			00:33	00:44:06	00:11:06		#####	02:04:45	02:04:45	01:31:45
21	27	Female	30-39	Kate	Cobb			00:18	00:31:52	00:13:52	01:26:59	00:55:07	01:50:25	00:23:26	01:32:25
22	88	Female	30-39	SAMANTHA	HAWKSWORTH			01:03	01:16:15	00:13:15	02:08:44	00:52:29	02:36:48	00:28:04	01:33:48
23	26	Female	30-39	ALISON	HERCOCK			00:18	00:36:34	00:18:34	01:28:29	00:51:55	01:54:05	00:25:36	01:36:05
24	11	Female	30-39	Karen	Crane			00:06	00:26:07	00:20:07	01:29:42	01:03:35	02:00:42	00:31:00	01:54:42
1	205	Female	40-49	Julie	Lambourne			02:33	02:42:19	00:09:19	03:20:27	00:38:08	03:40:57	00:20:30	01:07:57
2	170	Female	40-49	LINDA	WHITELEGG			02:06	02:15:48	00:09:48	02:55:31	00:39:43	03:17:39	00:22:08	01:11:39

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
3	94	Female	40-49	Vreni	Verhoeven		TFN	01:09	01:20:03	00:11:03	02:01:40	00:41:37	02:23:48	00:22:08	01:14:48
4	220	Female	40-49	Samantha	Johns		Meynell Valley Hunters Triathlon Club	02:42	02:52:25	00:10:25	03:35:13	00:42:48	03:56:49	00:21:36	01:14:49
5	141	Female	40-49	Carolyn	Osborne		Charnwood Tri	01:45	01:55:20	00:10:20	02:36:45	00:41:25	03:00:04	00:23:19	01:15:04
6	105	Female	40-49	Lynda	Rowe		Charnwood Triathlon Club	01:18	01:28:24	00:10:24	02:11:11	00:42:47	02:33:46	00:22:35	01:15:46
7	189	Female	40-49	Jane	Taylor		Coventry Triathletes	02:21	02:31:33	00:10:33	03:13:29	00:41:56	03:37:11	00:23:42	01:16:11
8	192	Female	40-49	Helen	Voce			02:21	02:31:47	00:10:47	03:13:24	00:41:37	03:37:58	00:24:34	01:16:58
9	167	Female	40-49	nicola	dick		High Peak Triathlon Club	02:03	02:13:31	00:10:31	02:59:32	00:46:01	03:20:35	00:21:03	01:17:35
10	111	Female	40-49	emma	hemmingway			01:21	01:31:59	00:10:59	02:16:37	00:44:38	02:39:55	00:23:18	01:18:55
11	99	Female	40-49	Anne	Howick		4 Life Tri Club	01:12	01:23:09	00:11:09	02:08:08	00:44:59	02:31:14	00:23:06	01:19:14
12	138	Female	40-49	Kath	Sergeant			01:42	01:52:12	00:10:12	02:36:44	00:44:32	03:01:25	00:24:41	01:19:25
13	41	Female	40-49	Bettina	Wolf		4Life Triclub	00:30	00:43:18	00:13:18	01:27:15	00:43:57	01:49:39	00:22:24	01:19:39
14	89	Female	40-49	Catherine	McGinnity			01:06	01:17:21	00:11:21	02:04:29	00:47:08	02:26:15	00:21:46	01:20:15
15	173	Female	40-49	Rebecca	Machin		www.tri-latania.com	02:09	02:20:49	00:11:49	03:07:39	00:46:50	03:30:07	00:22:28	01:21:07
16	146	Female	40-49	Gail	Taylor			01:48	01:57:30	00:09:30	02:48:57	00:51:27	03:10:01	00:21:04	01:22:01
17	106	Female	40-49	LYNN	SWANEVELDER			01:18	01:28:43	00:10:43	02:21:11	00:52:28	02:45:26	00:24:15	01:27:26
18	38	Female	40-49	Claire	Adam		4 Life Tri Club	00:27	00:40:14	00:13:14	01:31:01	00:50:47	01:54:28	00:23:27	01:27:28
19	53	Female	40-49	lynn	nesbitt			00:39	00:50:28	00:11:28	01:41:06	00:50:38	02:07:03	00:25:57	01:28:03
20	161	Female	40-49	Helen	Briggs		Roko tri club	02:00	02:10:43	00:10:43	03:00:41	00:49:58	03:29:06	00:28:25	01:29:06
21	72	Female	40-49	Tanya	McCLean		4 Life Tri Club	00:51	01:05:54	00:14:54	01:57:36	00:51:42	02:21:26	00:23:50	01:30:26
22	102	Female	40-49	Jennifer	Manning-Ohren		4 Life Tri-Club	01:15	01:29:02	00:14:02	02:17:59	00:48:57	02:47:29	00:29:30	01:32:29
23	109	Female	40-49	cerys	gingell		4 Life Tri Club	01:21	01:33:38	00:12:38	02:27:58	00:54:20	02:55:40	00:27:42	01:34:40
24	31	Female	40-49	Clare	Maden			00:21	00:35:28	00:14:28	01:37:20	01:01:52	02:04:15	00:26:55	01:43:15
25	9	Female	40-49	RACHAEL	OWEN			00:06	00:25:22	00:19:22	01:28:15	01:02:53	01:56:14	00:27:59	01:50:14
26	64	Female	40-49	Nicola	Bennett		4 Life Tri Club	00:45	01:01:37	00:16:37	02:01:56	01:00:19	02:42:18	00:40:22	01:57:18
27	84	Female	40-49	Nicky	JOHNSON			01:00		#####		00:00:00	dns	#VALUE!	#VALUE!
28	123	Female	40-49	Stefanie	Sullivan			01:30	01:41:58	00:11:58		#####	dnf	#VALUE!	#VALUE!
29	174	Female	40-49	LISA	GORDON			02:09		#####		00:00:00	dns	#VALUE!	#VALUE!
1	226	Female	50-59	Mary	Hardwick		Rutland Running Club	02:48	02:56:45	00:08:45	03:36:23	00:39:38	03:59:22	00:22:59	01:11:22
2	169	Female	50-59	Trish	McPherson		Charnwood	02:06	02:15:57	00:09:57	02:57:54	00:41:57	03:20:59	00:23:05	01:14:59
3	100	Female	50-59	Carolyn	Hodgkins		Staffordtri	01:12	01:23:25	00:11:25	02:08:38	00:45:13	02:31:27	00:22:49	01:19:27
4	43	Female	50-59	elizabeth	Lamb			00:30	00:44:23	00:14:23	01:28:05	00:43:42	01:50:09	00:22:04	01:20:09
5	15	Female	50-59	SHEILA	CARRUTHERS		SHEPSHED RUNNING CLUB	00:09	00:25:42	00:16:42	01:16:28	00:50:46	01:39:42	00:23:14	01:30:42

Pos	Race no	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
1	274	Male	15-16	Sam	Parker		4 Life Tri Club	03:23	03:29:24	00:06:24	04:07:26	00:38:02	04:26:00	00:18:34	01:03:00
2	241	Male	15-16	Matt	Chapman		4 Life Tri Club	03:00	03:07:40	00:07:40	03:47:07	00:39:27	04:06:41	00:19:34	01:06:41
3	251	Male	15-16	Charlie	Howick		4 Life Tri Club	03:06	03:12:59	00:06:59	03:50:50	00:37:51	04:13:14	00:22:24	01:07:14
4	240	Male	15-16	George	Howick		4 Life Tri Club	02:57	03:05:16	00:08:16	03:44:55	00:39:39	04:04:54	00:19:59	01:07:54
5	246	Male	15-16	James	Cox			03:03	03:12:55	00:09:55	03:55:19	00:42:24	04:19:36	00:24:17	01:16:36
1	271	Male	17-19	Matthew	Everest		Bath University	03:21	03:27:26	00:06:26	04:01:01	00:33:35	04:17:51	00:16:50	00:56:51
2	272	Male	17-19	chris	dale		Mansfield Triathlon Club	03:21	03:27:41	00:06:41	04:02:06	00:34:25	04:18:40	00:16:34	00:57:40
3	259	Male	17-19	Alex	Chapman		4 Life Tri Club	03:12	03:19:30	00:07:30	03:56:13	00:36:43	04:14:10	00:17:57	01:02:10
4	201	Male	17-19	Samuel	Hatfield		Durham University Triathlon Club	02:30	02:38:15	00:08:15	03:16:12	00:37:57	03:35:36	00:19:24	01:05:36
5	30	Male	17-19	Aiden	Brown			00:21	00:32:07	00:11:07	01:15:19	00:43:12	01:34:17	00:18:58	01:13:17
6	273	Male	17-19	Ryan	Morris		Newcastle (Staffs) Tri club	03:24		#####		00:00:00	dns	#VALUE!	#VALUE!
1	276	Male	20-29	Tom	Curtis		TFBath	03:23	03:29:06	00:06:06	04:02:04	00:32:58	04:17:19	00:15:15	00:54:19
2	275	Male	20-29	Chris	Joyce		Loughborough Students	03:23	03:28:58	00:05:58		#####	04:18:18	04:18:18	00:55:18
3	265	Male	20-29	Chris	Scott		Loughborough Students	03:18	03:24:48	00:06:48	03:59:01	00:34:13	04:16:01	00:17:00	00:58:01
4	186	Male	20-29	Andrew	Stuart		TFN	02:18	02:26:54	00:08:54	02:58:57	00:32:03	03:16:16	00:17:19	00:58:16
5	258	Male	20-29	Henry	Sleight		Team Cherwell / Loughborough Students	03:12	03:19:10	00:07:10	03:51:58	00:32:48	04:10:46	00:18:48	00:58:46
6	242	Male	20-29	Jacob	Manning		Derby Tri Club	03:00	03:07:32	00:07:32	03:42:23	00:34:51	03:59:34	00:17:11	00:59:34
7	257	Male	20-29	William	Eastwood		York City Rowing Club	03:12	03:19:50	00:07:50	03:56:05	00:36:15	04:14:18	00:18:13	01:02:18

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
8	114	Male	20-29	Dan	Hargrave			01:24	01:33:34	00:09:34	02:06:43	00:33:09	02:26:30	00:19:47	01:02:30
9	194	Male	20-29	Marc	Smith			02:24	02:32:33	00:08:33	03:09:31	00:36:58	03:27:28	00:17:57	01:03:28
10	5	Male	20-29	Gareth	Whittall		Beauvale CC	00:03	00:13:25	00:10:25	00:49:44	00:36:19	01:07:40	00:17:56	01:04:40
11	214	Male	20-29	Matthew	Bazire			02:39	02:48:49	00:09:49	03:26:50	00:38:01	03:45:20	00:18:30	01:06:20
12	255	Male	20-29	Matt	Brentley			03:09	03:16:22	00:07:22	03:55:48	00:39:26	04:15:46	00:19:58	01:06:46
13	70	Male	20-29	alex	pentney-smith			00:51	01:00:40	00:09:40	01:38:37	00:37:57	01:59:26	00:20:49	01:08:26
14	203	Male	20-29	Derek	Hayden			02:30	02:39:42	00:09:42	03:17:27	00:37:45	03:39:18	00:21:51	01:09:18
15	211	Male	20-29	Alex	Mead			02:36	02:45:11	00:09:11	03:24:13	00:39:02	03:45:44	00:21:31	01:09:44
16	132	Male	20-29	Robert	Osborn			01:36	01:46:26	00:10:26	02:26:04	00:39:38	02:45:48	00:19:44	01:09:48
17	25	Male	20-29	Gareth	Hicks			00:18	00:29:06	00:11:06	01:09:43	00:40:37	01:29:49	00:20:06	01:11:49
18	222	Male	20-29	Will	Gamble		4 Life Tri Club	02:45	02:54:01	00:09:01	03:35:50	00:41:49	03:56:59	00:21:09	01:11:59
19	156	Male	20-29	Sam	Collins			01:54	02:08:20	00:14:20	02:49:35	00:41:15	03:06:25	00:16:50	01:12:25
20	233	Male	20-29	Ross	Headley			02:54	03:04:30	00:10:30	03:46:36	00:42:06	04:06:34	00:19:58	01:12:34
21	24	Male	20-29	Simon	Hills			00:15	00:27:03	00:12:03	01:07:16	00:40:13	01:27:43	00:20:27	01:12:43
22	172	Male	20-29	Edward	Atkins		University Of Bath	02:06	02:15:48	00:09:48	02:58:37	00:42:49	03:19:05	00:20:28	01:13:05
23	39	Male	20-29	Ross	MacGregor		Barrow Runners	00:27	00:39:13	00:12:13	01:21:15	00:42:02	01:42:20	00:21:05	01:15:20
24	57	Male	20-29	Matthew	Flint		N/A	00:42	00:52:08	00:10:08	01:38:43	00:46:35	01:57:47	00:19:04	01:15:47
25	10	Male	20-29	Chris	Lewis			00:06	00:20:13	00:14:13	01:07:28	00:47:15	01:23:55	00:16:27	01:17:55
26	160	Male	20-29	Andrew	Mckibbin		4 Life Tri Club	01:57	02:08:21	00:11:21	02:54:52	00:46:31	03:16:51	00:21:59	01:19:51
27	86	Male	20-29	Imran	Ahmad			01:03	01:15:22	00:12:22	02:01:44	00:46:22	02:25:50	00:24:06	01:22:50
28	248	Male	20-29	Meinard	Tiessen		Nottingham University Triathlon Squad (NUTS)	03:03	03:12:45	00:09:45	04:06:49	00:54:04	04:28:52	00:22:03	01:25:52
29	14	Male	20-29	Peter	Scott			00:09	00:20:40	00:11:40	01:13:22	00:52:42	01:38:13	00:24:51	01:29:13
30	95	Male	20-29	David	Wallace			01:09	01:19:13	00:10:13	02:25:15	01:06:02	02:48:26	00:23:11	01:39:26
31	63	Male	20-29	richard	sandham		RAF Triathlon	00:45		#####		00:00:00	dns	#VALUE!	#VALUE!
32	68	Male	20-29	Guy	Cummins		Leicester Tri	00:48		#####		00:00:00	dns	#VALUE!	#VALUE!
33	157	Male	20-29	Simon	Holliday			01:57		#####		00:00:00	dns	#VALUE!	#VALUE!
1	270	Male	30-39	Mark	Redwood		TFN	03:21	03:27:26	00:06:26	03:58:27	00:31:01	04:15:36	00:17:09	00:54:36
2	243	Male	30-39	richard	Jeggo		Leicester Triathlon Club	03:00	03:07:56	00:07:56	03:42:24	00:34:28	04:00:06	00:17:42	01:00:06
3	227	Male	30-39	Andrew	Halliday			02:48	02:56:49	00:08:49	03:31:28	00:34:39	03:48:40	00:17:12	01:00:40
4	206	Male	30-39	Mark	Atkin			02:33	02:41:16	00:08:16	03:15:54	00:34:38	03:34:26	00:18:32	01:01:26
5	267	Male	30-39	Adam	Clarke		Coalville Swimming Club / Wheelers / Herm Har	03:18	03:25:14	00:07:14	04:00:40	00:35:26	04:20:18	00:19:38	01:02:18
6	266	Male	30-39	Simon	Gray		Leeds & Bradford	03:18	03:25:30	00:07:30	04:00:39	00:35:09	04:20:29	00:19:50	01:02:29
7	238	Male	30-39	Darren	Robinson			02:57	03:05:17	00:08:17	03:41:49	00:36:32	03:59:30	00:17:41	01:02:30
8	202	Male	30-39	james	knight		barrow runners	02:30	02:38:56	00:08:56	03:15:10	00:36:14	03:33:05	00:17:55	01:03:05
9	247	Male	30-39	Dave	Kinshott			03:03	03:11:33	00:08:33	03:48:03	00:36:30	04:06:21	00:18:18	01:03:21
10	221	Male	30-39	Edward	Garton		Worcester Triathlon Club	02:45	02:53:34	00:08:34	03:29:17	00:35:43	03:48:51	00:19:34	01:03:51
11	182	Male	30-39	Matthew	Hemsley		TFN Tri Club	02:15	02:24:28	00:09:28	03:00:21	00:35:53	03:19:21	00:19:00	01:04:21
12	213	Male	30-39	Tariq	Ahmad		Army	02:39	02:46:58	00:07:58	03:23:52	00:36:54	03:43:22	00:19:30	01:04:22
13	256	Male	30-39	Mark	Thorpe			03:09	03:16:56	00:07:56	02:55:50	#####	04:13:32	01:17:42	01:04:32
14	92	Male	30-39	Robert	Howden		Beauvale CC	01:06	01:17:20	00:11:20	01:51:55	00:34:35	02:10:50	00:18:55	01:04:50
15	234	Male	30-39	Tim	Clarke		TFN Tri	02:54	03:01:46	00:07:46	03:39:49	00:38:03	03:59:40	00:19:51	01:05:40
16	232	Male	30-39	John	Munro			02:51	03:00:13	00:09:13	03:38:44	00:38:31	03:57:33	00:18:49	01:06:33
17	131	Male	30-39	Jeremy	Dack		Deal Tri	01:36	01:46:55	00:10:55	02:24:38	00:37:43	02:42:47	00:18:09	01:06:47
18	217	Male	30-39	Andrew	Sclater			02:42	02:51:31	00:09:31	03:31:21	00:39:50	03:49:40	00:18:19	01:07:40
19	96	Male	30-39	Roger	Spencer			01:09	01:19:09	00:10:09	01:58:07	00:38:58	02:16:46	00:18:39	01:07:46
20	135	Male	30-39	Paul	Marsden			01:39	01:49:10	00:10:10	02:27:38	00:38:28	02:46:51	00:19:13	01:07:51
21	210	Male	30-39	Glenn	Tinsley		N/A	02:36	02:44:50	00:08:50	03:22:22	00:37:32	03:44:03	00:21:41	01:08:03
22	128	Male	30-39	Marvin	Ryan			01:33	01:44:04	00:11:04	02:24:47	00:40:43	02:41:27	00:16:40	01:08:27
23	130	Male	30-39	Mark	Salmon		LINCSQUAD (Lincolnshire Quadrathlon Club)	01:36	01:46:06	00:10:06	02:24:37	00:38:31	02:44:33	00:19:56	01:08:33
24	185	Male	30-39	Martin	Rendle		Charnwood Triathlon Club	02:18	02:28:26	00:10:26	03:05:34	00:37:08	03:26:44	00:21:10	01:08:44
25	151	Male	30-39	Guy	Dayman		None	01:51	02:00:51	00:09:51	02:41:38	00:40:47	03:01:42	00:20:04	01:10:42
26	178	Male	30-39	Graham	Postles			02:12	02:21:25	00:09:25	03:04:11	00:42:46	03:24:19	00:20:08	01:12:19
27	171	Male	30-39	Phil	Joyce		Leicester Rowing Club	02:06	02:17:00	00:11:00	02:56:53	00:39:53	03:18:31	00:21:38	01:12:31

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
28	59	Male	30-39	Darren	Pyefinch			00:42	00:54:09	00:12:09	01:34:20	00:40:11	01:54:52	00:20:32	01:12:52
29	145	Male	30-39	John	Pavey		n/a	01:48	01:58:00	00:10:00	02:36:44	00:38:44	03:01:04	00:24:20	01:13:04
30	168	Male	30-39	Kyle	Rowe			02:03	02:12:50	00:09:50	02:55:06	00:42:16	03:16:14	00:21:08	01:13:14
31	124	Male	30-39	Eddie	Curry			01:30	01:40:50	00:10:50	02:22:59	00:42:09	02:43:49	00:20:50	01:13:49
32	176	Male	30-39	craig	wheatley			02:09	02:18:37	00:09:37	02:59:23	00:40:46	03:22:53	00:23:30	01:13:53
33	158	Male	30-39	Dean	Tonks			01:57	02:06:44	00:09:44	02:45:52	00:39:08	03:11:15	00:25:23	01:14:15
34	104	Male	30-39	Andy	Thomas		Leicester Tri	01:15	01:26:05	00:11:05	02:09:03	00:42:58	02:29:23	00:20:20	01:14:23
35	153	Male	30-39	jamie	mills			01:54	02:03:51	00:09:51	02:45:19	00:41:28	03:09:10	00:23:51	01:15:10
36	112	Male	30-39	NATHAN	WOOD			01:21	01:31:06	00:10:06	02:12:22	00:41:16	02:36:29	00:24:07	01:15:29
37	200	Male	30-39	Graham	Allwood		4Life Tri	02:27	02:36:49	00:09:49	03:21:29	00:44:40	03:42:44	00:21:15	01:15:44
38	83	Male	30-39	Matthew	Kirby			01:00	01:13:05	00:13:05	01:54:23	00:41:18	02:16:01	00:21:38	01:16:01
39	140	Male	30-39	Jonathan	Cann			01:42	01:53:00	00:11:00		#####	02:58:14	02:58:14	01:16:14
40	237	Male	30-39	Andrew	Mckenzie		N/A	02:57	03:06:06	00:09:06	03:51:01	00:44:55	04:13:54	00:22:53	01:16:54
41	175	Male	30-39	Richard	Astle			02:09	02:19:53	00:10:53	03:02:48	00:42:55	03:26:06	00:23:18	01:17:06
42	187	Male	30-39	Andy	Freestone			02:18	02:29:25	00:11:25	03:13:26	00:44:01	03:35:10	00:21:44	01:17:10
43	34	Male	30-39	richard	bentley		TFN Nottingham	00:24	00:37:41	00:13:41	01:20:09	00:42:28	01:41:31	00:21:22	01:17:31
44	129	Male	30-39	Paul	Wilson			01:36	01:45:25	00:09:25	02:31:42	00:46:17	02:53:36	00:21:54	01:17:36
45	47	Male	30-39	Justin	Saunders		Derby Triathlon Club	00:33	00:44:40	00:11:40	01:27:35	00:42:55	01:51:24	00:23:49	01:18:24
46	60	Male	30-39	Andrew	Case		N/A	00:42	00:52:37	00:10:37	01:37:21	00:44:44	02:00:51	00:23:30	01:18:51
47	159	Male	30-39	Timothy	Hetherington			01:57	02:09:33	00:12:33	02:53:57	00:44:24	03:15:58	00:22:01	01:18:58
48	116	Male	30-39	ken	brown			01:24	01:36:50	00:12:50		#####	02:43:44	02:43:44	01:19:44
49	150	Male	30-39	Colin	Matthews			01:51	02:00:50	00:09:50	02:46:06	00:45:16	03:12:20	00:26:14	01:21:20
50	42	Male	30-39	Daniel	Jones			00:30	00:44:41	00:14:41	01:29:48	00:45:07	01:51:48	00:22:00	01:21:48
51	16	Male	30-39	claudio	cino			00:09	00:22:26	00:13:26	01:08:39	00:46:13	01:31:32	00:22:53	01:22:32
52	74	Male	30-39	Philip	Wood			00:54	01:09:04	00:15:04	01:54:49	00:45:45	02:17:44	00:22:55	01:23:44
53	134	Male	30-39	Chris	Sanderson			01:39	01:49:30	00:10:30	02:39:05	00:49:35	03:02:58	00:23:53	01:23:58
54	54	Male	30-39	jamie	griffiths			00:39	00:52:01	00:13:01	01:36:31	00:44:30	02:03:12	00:26:41	01:24:12
55	22	Male	30-39	Kevin	Barker			00:15	00:29:05	00:14:05	01:20:42	00:51:37	01:41:22	00:20:40	01:26:22
56	2	Male	30-39	Peter	O'SMOTHERLY			00:00	00:16:12	00:16:12	01:03:55	00:47:43	01:26:48	00:22:53	01:26:48
57	73	Male	30-39	Neil	Tucker			00:54	01:07:38	00:13:38	01:59:49	00:52:11	02:21:48	00:21:59	01:27:48
58	33	Male	30-39	James	Ross			00:24	00:38:07	00:14:07	01:26:05	00:47:58	01:54:19	00:28:14	01:30:19
59	3	Male	30-39	Christopher	Davenport		Charnwood Triathlon Club	00:00		00:00:00		00:00:00	dns	#VALUE!	#VALUE!
60	6	Male	30-39	Scott	Cooper		none	00:03		#####		00:00:00	dns	#VALUE!	#VALUE!
61	66	Male	30-39	CHRIS	BOWES		N/A	00:48		#####		00:00:00	dns	#VALUE!	#VALUE!
62	76	Male	30-39	Simon	Bell			00:54		#####		00:00:00	dns	#VALUE!	#VALUE!
63	107	Male	30-39	Malcolm	Cook		Charnwood	01:18		#####		00:00:00	dns	#VALUE!	#VALUE!
64	120	Male	30-39	Mark	Leahy			01:27		#####		00:00:00	dns	#VALUE!	#VALUE!
65	125	Male	30-39	darren	paice			01:33	01:46:30	00:13:30	02:36:44	00:50:14	No time	#VALUE!	#VALUE!
66	216	Male	30-39	Ben	Eckard			02:39		#####		00:00:00	dns	#VALUE!	#VALUE!
67	254	Male	30-39	mat	clarkson			03:09		#####		00:00:00	dns	#VALUE!	#VALUE!
1	269	Male	40-49	john	pope		CEEPO TFN	03:21	03:27:57	00:06:57	04:02:05	00:34:08	04:19:43	00:17:38	00:58:43
2	228	Male	40-49	Les	Frost		Coventry Triathletes	02:48	02:57:30	00:09:30		#####	03:48:40	03:48:40	01:00:40
3	87	Male	40-49	jon	hartley			01:03	01:11:28	00:08:28	01:50:17	00:38:49	02:07:42	00:17:25	01:04:42
4	223	Male	40-49	Stuart	turner		staffordtri	02:45	02:53:31	00:08:31	03:31:10	00:37:39	03:50:46	00:19:36	01:05:46
5	264	Male	40-49	Dean	Perry			03:15	03:22:42	00:07:42	04:02:08	00:39:26	04:22:48	00:20:40	01:07:48
6	51	Male	40-49	Paul	Mettam			00:36	00:47:10	00:11:10	01:23:54	00:36:44	01:44:21	00:20:27	01:08:21
7	204	Male	40-49	Nigel	Leaker		TFN Tri Club	02:30	02:39:36	00:09:36	03:17:14	00:37:38	03:38:29	00:21:15	01:08:29
8	166	Male	40-49	Stephen	Taylor		1485 Tri Club	02:03	02:12:22	00:09:22	02:51:11	00:38:49	03:11:37	00:20:26	01:08:37
9	126	Male	40-49	Aaron	Rigby			01:33	01:43:15	00:10:15	02:21:30	00:38:15	02:42:00	00:20:30	01:09:00
10	199	Male	40-49	Stephen	Jackson		TFN	02:27	02:36:30	00:09:30	03:16:43	00:40:13	03:36:30	00:19:47	01:09:30
11	58	Male	40-49	Phil	Helm			00:42	00:53:48	00:11:48	01:31:07	00:37:19	01:52:01	00:20:54	01:10:01
12	164	Male	40-49	Tony	Peters			02:00	02:10:07	00:10:07	02:49:59	00:39:52	03:10:08	00:20:09	01:10:08
13	1	Male	40-49	Malcolm	Sullivan			00:00	00:09:50	00:09:50	00:49:50	00:40:00	01:10:22	00:20:32	01:10:22

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
14	230	Male	40-49	David	Manning	Ohren	4 Life Tri Club	02:51	03:00:36	00:09:36	03:40:02	00:39:26	04:02:13	00:22:11	01:11:13
15	81	Male	40-49	John	Kearns		Leicester Tri	01:00	01:09:50	00:09:50	01:52:16	00:42:26	02:12:53	00:20:37	01:12:53
16	219	Male	40-49	Nigel	Briggs		Roko Tri Club	02:42	02:50:52	00:08:52	03:31:41	00:40:49	03:55:05	00:23:24	01:13:05
17	62	Male	40-49	Duncan	Perkins			00:45	00:56:35	00:11:35	01:38:33	00:41:58	01:58:27	00:19:54	01:13:27
18	148	Male	40-49	David	Black		North Norfolk Tri Club	01:48	01:59:10	00:11:10	02:41:02	00:41:52	03:01:54	00:20:52	01:13:54
19	85	Male	40-49	Karol	Mamos			01:03	01:14:13	00:11:13	01:57:15	00:43:02	02:17:07	00:19:52	01:14:07
20	97	Male	40-49	Richard	Brentnall			01:12	01:24:10	00:12:10		#####	02:26:42	02:26:42	01:14:42
21	190	Male	40-49	paul	bibby		Team Cherwell	02:21	02:31:19	00:10:19	03:12:38	00:41:19	03:36:02	00:23:24	01:15:02
22	118	Male	40-49	John	Kavanagh		N/A	01:27	01:39:15	00:12:15	02:21:15	00:42:00	02:42:56	00:21:41	01:15:56
23	133	Male	40-49	John	Owen			01:39	01:50:58	00:11:58	02:32:25	00:41:27	02:55:06	00:22:41	01:16:06
24	37	Male	40-49	Alan	Whitelock			00:27	00:35:55	00:08:55	01:19:53	00:43:58	01:43:10	00:23:17	01:16:10
25	244	Male	40-49	Simon	RIGG		None	03:00	03:09:20	00:09:20	03:52:32	00:43:12	04:16:33	00:24:01	01:16:33
26	46	Male	40-49	Jon	Power			00:33	00:45:31	00:12:31	01:28:10	00:42:39	01:49:54	00:21:44	01:16:54
27	143	Male	40-49	Chris	Tye			01:45	01:59:23	00:14:23	02:42:40	00:43:17	03:02:51	00:20:11	01:17:51
28	115	Male	40-49	Mike	Towndrow		Nottingham Rowing Club	01:24	01:37:42	00:13:42	02:20:17	00:42:35	02:41:53	00:21:36	01:17:53
29	121	Male	40-49	stuart	batchelor		Meynell Valley Hunters Triathlon Clut	01:30	01:41:15	00:11:15	02:24:45	00:43:30	02:48:07	00:23:22	01:18:07
30	78	Male	40-49	Scott	Lockyer			00:57	01:09:12	00:12:12	01:56:28	00:47:16	02:16:03	00:19:35	01:19:03
31	45	Male	40-49	Jonathan	Morgan			00:33	00:46:43	00:13:43	01:29:06	00:42:23	01:52:28	00:23:22	01:19:28
32	101	Male	40-49	David	Cockshott		Ilkley Harriers	01:15	01:29:09	00:14:09	02:11:05	00:41:56	02:34:48	00:23:43	01:19:48
33	79	Male	40-49	Chris	Dussek		4 Life Tri Club	00:57	01:10:09	00:13:09	01:55:28	00:45:19	02:17:00	00:21:32	01:20:00
34	113	Male	40-49	simon	birtles			01:24	01:35:05	00:11:05	02:18:55	00:43:50	02:44:05	00:25:10	01:20:05
35	40	Male	40-49	Tim	Hughes			00:27	00:39:53	00:12:53	01:24:03	00:44:10	01:47:10	00:23:07	01:20:10
36	137	Male	40-49	Gavin	English			01:42	01:52:43	00:10:43	02:36:44	00:44:01	03:02:32	00:25:48	01:20:32
37	17	Male	40-49	Mick	Anderson			00:12	00:25:30	00:13:30	01:00:12	00:34:42	01:33:13	00:33:01	01:21:13
38	50	Male	40-49	Dean	Brewin			00:36	00:47:45	00:11:45	01:34:00	00:46:15	01:57:35	00:23:35	01:21:35
39	250	Male	40-49	David	Rudin		DL WB Gail's Tri Club	03:06	03:15:14	00:09:14	04:05:05	00:49:51	04:27:42	00:22:37	01:21:42
40	165	Male	40-49	Kieran	Clark		4 Life Tri Club	02:03	02:13:35	00:10:35	03:02:00	00:48:25	03:25:46	00:23:46	01:22:46
41	149	Male	40-49	Harry	Cory-Wright		North Norfolk Tri Club	01:51	02:02:58	00:11:58	02:49:29	00:46:31	03:14:38	00:25:09	01:23:38
42	56	Male	40-49	Michael	Anderson			00:39	00:52:07	00:13:07	01:41:05	00:48:58	02:02:49	00:21:44	01:23:49
43	44	Male	40-49	DAVID	MCCONNON			00:30	00:42:37	00:12:37	01:30:12	00:47:35	01:53:59	00:23:47	01:23:59
44	18	Male	40-49	Dominic	Butt			00:12	00:24:50	00:12:50	01:12:25	00:47:35	01:36:29	00:24:04	01:24:29
45	19	Male	40-49	Jim	Pryke			00:12	00:28:17	00:16:17	01:14:05	00:45:48	01:38:04	00:23:59	01:26:04
46	32	Male	40-49	Gordon	Thompson			00:21	00:34:48	00:13:48	01:20:49	00:46:01	01:47:08	00:26:19	01:26:08
47	71	Male	40-49	Gordon	Wilkinson			00:51	01:07:27	00:16:27	01:54:07	00:46:40	02:22:00	00:27:53	01:31:00
48	21	Male	40-49	Neil	Stubbs			00:15	00:30:34	00:15:34	01:22:25	00:51:51	01:46:11	00:23:46	01:31:11
49	13	Male	40-49	Simon	Wills		None	00:09	00:26:00	00:17:00	01:14:35	00:48:35	01:42:50	00:28:15	01:33:50
50	36	Male	40-49	Richard	Jennings			00:24	00:39:36	00:15:36	01:27:57	00:48:21	01:58:10	00:30:13	01:34:10
51	23	Male	40-49	Steve	Barratt			00:15	00:32:33	00:17:33	01:22:54	00:50:21	01:49:14	00:26:20	01:34:14
52	55	Male	40-49	George	Crowson			00:39	00:54:28	00:15:28	01:57:43	01:03:15	02:22:45	00:25:02	01:43:45
53	80	Male	40-49	steve	fudge			00:57		#####		00:00:00	dnf	#VALUE!	#VALUE!
54	103	Male	40-49	Gordon	Thompson			01:15		#####		00:00:00	dns	#VALUE!	#VALUE!
55	181	Male	40-49	Nick	Robb			02:15		#####		00:00:00	dns	#VALUE!	#VALUE!
56	197	Male	40-49	Steve	Hamilton			02:27		#####		00:00:00	dns	#VALUE!	#VALUE!
57	262	Male	40-49	smith	ian		none	03:15		#####		00:00:00	dns	#VALUE!	#VALUE!
1	224	Male	50-59	Tim	Puffer		1485 Tri Club	02:45	02:54:44	00:09:44	03:29:59	00:35:15	03:50:14	00:20:15	01:05:14
2	191	Male	50-59	Andrew	Sleight		Team Cherwell	02:21	02:31:09	00:10:09	03:08:00	00:36:51	03:28:10	00:20:10	01:07:10
3	198	Male	50-59	Chris	Arnold		waveney trimasters	02:27	02:36:22	00:09:22	03:15:00	00:38:38	03:36:09	00:21:09	01:09:09
4	67	Male	50-59	ross	minton		tfn	00:48	00:59:05	00:11:05	01:36:35	00:37:30	01:57:28	00:20:53	01:09:28
5	147	Male	50-59	Steve	robinson		1485 Tri Club	01:48		#####	02:34:23	02:34:23	02:57:47	00:23:24	01:09:47
6	188	Male	50-59	Neil	Clifton		DLWB Gails Tri Club	02:18	02:29:10	00:11:10	03:11:55	00:42:45	03:34:21	00:22:26	01:16:21
7	29	Male	50-59	barry	parsons		Coventry Triathletes	00:21	00:35:13	00:14:13	01:16:36	00:41:23	01:39:45	00:23:09	01:18:45
8	184	Male	50-59	Chris	Fletcher		DL - WB Gails tri club	02:15	02:25:57	00:10:57	03:08:26	00:42:29	03:36:16	00:27:50	01:21:16
9	35	Male	50-59	paul	shreeves		charmwood triathlon club	00:24	00:37:34	00:13:34	01:23:11	00:45:37	01:48:24	00:25:13	01:24:24

Pos	No	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
10	207	Male	50-59	John	Gladman		TFN Tri Club	02:33	02:42:24	00:09:24	03:26:41	00:44:17	03:59:17	00:32:36	01:26:17
11	7	Male	50-59	Kevin	Richardson			00:03	00:20:48	00:17:48	01:09:35	00:48:47	01:30:29	00:20:54	01:27:29
12	91	Male	50-59	Colin	Williams		N/A	01:06	01:19:20	00:13:20	02:10:08	00:50:48	02:35:36	00:25:28	01:29:36
13	8	Male	50-59	stephen	willison			00:03	00:26:08	00:23:08	01:19:05	00:52:57	01:47:13	00:28:08	01:44:13
14	61	Male	50-59	Tom	Dalziel		4 Life Tri	00:45		#####		00:00:00	dns	#VALUE!	#VALUE!
1	122	Male	60-69	Christopher	Harrison			01:30	01:42:09	00:12:09	02:27:09	00:45:00	02:50:49	00:23:40	01:20:49
2	28	Male	60-69	Ivan	green		Leeds Bradford Tri Club	00:18		#####		00:00:00	dns	#VALUE!	#VALUE!

Pos	Race no	M/F	Age Cat	First Name	Last Name	Team Name	Club (if applicable)	Start	Swim F.	Sw. Split	Bike F.	B. Split	Run F.	R. split	Total
1	152	Team	Team	Bridget	Plimmer	BTD		01:51	01:59:50	00:08:50	02:39:49	00:39:59	02:59:08	00:19:19	01:08:08
2	260	Team	Team	Rachel	Ingham			03:12	03:19:07	00:07:07		#####	04:22:59	04:22:59	01:10:59
3	136	Team	Team	Gary	Tudbury		4 Life Tri Club	01:39	01:47:44	00:08:44	02:28:01	00:40:17	02:51:03	00:23:02	01:12:03
4	144	Team	Team	Jan	Fox			01:45	01:55:21	00:10:21	02:38:59	00:43:38	02:57:48	00:18:49	01:12:48
5	196	Team	Team	Helen	Dussek	4Life Girls	4 Life Tri Club	02:24	02:33:19	00:09:19	03:17:36	00:44:17	03:38:36	00:21:00	01:14:36
6	239	Team	Team	Amy	Watkins	The Triathlon Trio		02:57	03:04:54	00:07:54	03:53:22	00:48:28	04:12:34	00:19:12	01:15:34
7	110	Team	Team	DAVID	CHADWICK	Chadwick Chargers		01:21	01:30:53	00:09:53	02:12:34	00:41:41	02:36:43	00:24:09	01:15:43
8	249	Team	Team	Ellen	Hobbs	4Life Girlies	4 Life Tri Club	03:06	03:13:05	00:07:05	04:02:03	00:48:58	04:25:49	00:23:46	01:19:49
9	98	Team	Team	Christine	Viggers	Willowbrook Wannabees	4 Life Tri Club	01:12	01:22:30	00:10:30	02:14:04	00:51:34	02:35:46	00:21:42	01:23:46
10	163	Team	Team	Pat	Cooke-Rogers	2 Cookes and a Rogers	4 Life Tri Club	02:00	02:14:22	00:14:22	03:01:09	00:46:47	03:23:58	00:22:49	01:23:58
11	218	Team	Team	Louise	Hobbs	4Life Forties	4 Life Tri Club	02:42	02:50:11	00:08:11	03:37:06	00:46:55	04:06:02	00:28:56	01:24:02
12	49	Team	Team	Ian	Sergeant			00:36	00:46:58	00:10:58	01:36:10	00:49:12	02:05:38	00:29:28	01:29:38
13	82	Team	Team	Katie	Ohren	4Life kids		01:00		#####	02:16:46	02:16:46	02:42:56	00:26:10	01:42:56
*	155	Team	Team	Neil	Ledward	The Tri-Bods		01:54		#####		00:00:00	02:31:43	02:31:43	00:37:43