

## Stanford Hall Duathlon (28th September 2008)

### Adult Age-Group Results

Pos	Race no.	M/F	Age Cat	First Name	Last Name	Club (if applicable)	Start	Run 1 F.	Run. Split	Bike F.	B. Split	Run 2 F.	R. split	Total
1	34	Female	30-39	Nicola	Hodson		00:00:00	00:23:50	00:23:50	01:16:23	00:52:33	01:43:04	00:26:41	01:43:04
1	23	Female	40-49	Rose	Metalli	Newbury AC	00:00:00	00:23:50	00:23:50	01:11:24	00:47:34	01:37:27	00:26:03	01:37:27
2	4	Female	40-49	Sheona	Revill	Stamford Striders	00:00:00	00:24:45	00:24:45	01:13:22	00:48:37	01:39:54	00:26:32	01:39:54
1	27	Female	50-59	sarah	grandy	barrow runners	00:00:00	00:24:05	00:24:05	01:13:06	00:49:01	01:38:34	00:25:28	01:38:34
	29	Female	50-59	betty	mcghee	barrow runners	00:00:00	dns	#VALUE!	dns	#VALUE!	dns	#VALUE!	#VALUE!
1	15	Male	20-29	Johnny	Nicol	Tribuys/Leicester Tri	00:00:00	00:20:35	00:20:35	00:59:13	00:38:38	01:20:40	00:21:27	01:20:40
2	33	Male	20-29	Jonathon	Riall	Charnwood Tri	00:00:00	00:20:25	00:20:25	00:59:42	00:39:17	01:22:33	00:22:51	01:22:33
3	35	Male	20-29	Ant	Duncan		00:00:00	00:21:45	00:21:45	01:07:51	00:46:06	01:31:44	00:23:53	01:31:44
4	9	Male	20-29	Richard	Sandham		00:00:00	00:22:40	00:22:40	01:10:59	00:48:19	01:35:59	00:25:00	01:35:59
1	13	Male	30-39	jez	cox	team Bike and Run/Alpha	00:00:00	00:17:55	00:17:55	00:54:44	00:36:49	01:13:43	00:18:59	01:13:43
2	1	Male	30-39	Andy	DAY	West Midlands Police Triathlon Club	00:00:00	00:18:45	00:18:45	00:55:39	00:36:54	01:15:26	00:19:47	01:15:26
3	12	Male	30-39	Peter	Nicholls		00:00:00	00:19:45	00:19:45	00:59:58	00:40:13	01:20:27	00:20:29	01:20:27
4	16	Male	30-39	John	Hartley	Leicester Tri	00:00:00	00:20:25	00:20:25	01:01:57	00:41:32	01:23:53	00:21:56	01:23:53
5	21	Male	30-39	Mike	Whittaker	None	00:00:00	00:22:20	00:22:20	01:03:54	00:41:34	01:27:40	00:23:46	01:27:40
6	28	Male	30-39	John	Machin	4 Life Tri Club	00:00:00	00:21:00	00:21:00	01:07:59	00:46:59	01:30:57	00:22:58	01:30:57
7	31	Male	30-39	Phil	Helm	VCLE	00:00:00	00:23:55	00:23:55	01:06:10	00:42:15	01:31:15	00:25:05	01:31:15
8	7	Male	30-39	craig	bradley		00:00:00	00:24:45	00:24:45	01:13:38	00:48:53	01:41:19	00:27:41	01:41:19
9	25	Male	30-39	Richard	Astle		00:00:00	00:24:55	00:24:55	01:13:29	00:48:34	01:41:45	00:28:16	01:41:45
10	26	Male	30-39	Jason	Walsh		00:00:00	00:24:55	00:24:55	01:13:28	00:48:33	01:41:45	00:28:17	01:41:45
	24	Male	30-39	jonathan	shepstone		00:00:00	dns	#VALUE!	dns	#VALUE!	dns	#VALUE!	#VALUE!
1	2	Male	40-49	Paul	Thompson	Grimsby Triathlon Club	00:00:00	00:20:35	00:20:35	00:59:48	00:39:13	01:21:05	00:21:17	01:21:05
2	3	Male	40-49	JOHN	LONGMUIR	TRI TEAM GLOS	00:00:00	00:20:15	00:20:15	01:00:19	00:40:04	01:21:18	00:20:59	01:21:18
3	18	Male	40-49	PAUL	METTAM		00:00:00	00:21:30	00:21:30	01:01:09	00:39:39	01:23:38	00:22:29	01:23:38
4	5	Male	40-49	Mick	Revill	Stamford Striders	00:00:00	00:20:20	00:20:20	01:03:39	00:43:19	01:26:18	00:22:39	01:26:18
5	8	Male	40-49	David	Swingler	Gosportsspex RT	00:00:00	00:22:15	00:22:15	01:01:46	00:39:31	01:27:00	00:25:14	01:27:00
6	14	Male	40-49	Mark	Morgan	Coalville Wheelers	00:00:00	00:21:25	00:21:25	01:02:45	00:41:20	01:27:04	00:24:19	01:27:04
7	11	Male	40-49	Richard	Spencer		00:00:00	00:20:35	00:20:35	01:05:08	00:44:33	01:27:34	00:22:26	01:27:34

8	22	Male	40-49	mark	bailey		00:00:00	00:21:25	00:21:25	01:06:41	00:45:16	01:29:22	00:22:41	01:29:22
9	10	Male	40-49	Ross	Minton		00:00:00	00:24:05	00:24:05	01:04:29	00:40:24	01:29:44	00:25:15	01:29:44
10	20	Male	40-49	David	Manning-Ohrer	4Life Tri	00:00:00	00:22:30	00:22:30	01:06:40	00:44:10	01:31:54	00:25:14	01:31:54
11	32	Male	40-49	Kris	Walkuski	Charnwood Tri	00:00:00	00:22:00	00:22:00	01:06:42	00:44:42	01:33:03	00:26:21	01:33:03
12	19	Male	40-49	Tim	Barker		00:00:00	00:23:40	00:23:40	01:13:07	00:49:27	01:39:21	00:26:14	01:39:21
13	17	Male	40-49	Rod	Zala		00:00:00	00:26:20	00:26:20	01:15:58	00:49:38	01:44:27	00:28:29	01:44:27
14	30	Male	40-49	Hugh	Barnett	Mansfield Triathlon Club	00:00:00	00:38:00	00:38:00	01:39:25	01:01:25	02:20:27	00:41:02	02:20:27
	6	Male	40-49	Gary	Tudbury	4 Life Tri Club	00:00:00		00:00:00		00:00:00		00:00:00	00:00:00
1	36	Male	50-59	Tim	Puffer	1485 Tri Club	00:00:00	00:22:25	00:22:25	01:02:38	00:40:13	01:26:15	00:23:37	01:26:15