

Individual - Overall Results

Num.	Full Name	Sex	Club	Category	Nov.	Loc.	SwimTime	Swim Posn	BikeTime	Bike Posn	RunTime	Run Posn	Total Time	Posn	Penalty	Hill Time	Posn
473	Paine, Steven	M	Quintana Roo TFN Ra	M20			0:04:59	2	1:03:11	1	0:25:24	7	1:33:34	1		0:03:57	14
471	Stokes, Gavin	M	Tri UK	MJ			0:05:13	4	1:05:00	3	0:25:24	6	1:35:37	2		0:04:00	15
468	Lees, Euan	M	Thames Turbo Triathl	M30			0:05:44	10	1:06:28	4	0:24:38	2	1:36:50	3		0:03:28	2
446	Skipper, Paul	M	Team SABAR	M20			0:06:20	27	1:04:30	2	0:27:29	21	1:38:19	4		0:04:15	30
459	Murphy, Bradley	M	didsbury tri club	M30			0:05:33	7	1:08:11	10	0:24:39	3	1:38:23	5		0:03:45	8
450	Powell, Ben	M	Team TRI UK	MJ			0:06:25	31	1:07:38	9	0:25:33	8	1:39:36	6		0:03:42	5
460	Devonald, Roger	M	Pembrokeshire Triathl	M30			0:05:53	13	1:06:59	6	0:27:34	23	1:40:26	7		0:04:03	18
360	Battle, Gareth	M	Rhondda Tri	M30			0:06:56	45	1:07:09	7	0:26:38	13	1:40:43	8		0:03:44	6
420	Rainford, Chris	M	G. M. C. Fire Service	M40			0:07:05	52	1:06:57	5	0:27:31	22	1:41:33	9		0:04:14	28
417	Stokes, Vincent	M	Gwent Tri	M40			0:06:36	34	1:09:45	16	0:25:38	9	1:41:59	10		0:03:53	12
346	kenyon, matthew	M	n/a	M20			0:07:20	69	1:07:23	8	0:27:54	27	1:42:37	11		0:03:52	11
451	Bell, Robert	M	Didsbury Tri	M30			0:06:02	17	1:10:32	23	0:26:41	14	1:43:15	12		0:04:02	16
462	Richardson, Chris	M		M30			0:05:31	5	1:09:32	14	0:28:24	34	1:43:27	13		0:04:25	45
415	Burns, Anthony	M	Derby Triathlon Club	M40			0:07:17	65	1:10:28	22	0:25:59	10	1:43:44	14		0:03:19	1
448	Martin, Daniel	M	Thames Turbo	M30			0:05:53	12	1:08:53	11	0:29:13	48	1:43:59	15		0:04:17	35
422	Kerry, Martin	M	Tri Preston	M40			0:06:48	39	1:09:02	12	0:28:19	33	1:44:09	16		0:04:26	48
295	Jones, Paul	M	n/a	M40			0:07:50	99	1:09:58	19	0:26:53	16	1:44:41	17		0:04:12	27
469	Phillips, Thom	M	Padarn Tri	MJ			0:05:06	3	1:13:02	38	0:26:55	18	1:45:03	18		0:04:24	43
458	Davies, Rhian	F		F30			0:05:41	8	1:09:49	17	0:29:39	56	1:45:09	19		0:04:35	68
340	Stannard, Phil	M	Didsbury Tri Club	M20			0:08:20	128	1:10:03	21	0:26:49	15	1:45:12	20		0:04:16	34
416	Jenkins, Pete	M	Cerist	M40			0:06:39	36	1:10:00	20	0:29:19	51	1:45:58	21		0:04:29	56
436	Davies, Neil	M	Rhondda Tri Club	M30			0:07:36	81	1:09:29	13	0:28:57	41	1:46:02	22		0:04:20	40
354	Pateman, Matt	M	Thames Turbo Triathl	M20			0:07:20	69	1:13:38	46	0:26:18	12	1:47:16	23		0:04:02	16
349	Rees, Paul	M	Multisport RC	M40			0:07:22	71	1:11:24	26	0:28:44	39	1:47:30	24		0:04:24	44
345	Hutcheon, David	M	Northern Area Tri	M30			0:07:52	101	1:11:41	28	0:28:04	31	1:47:37	25		0:04:26	48
472	Campbell, Andrew	M	www.bianchibikes.co.	M30	Y		0:04:57	1	1:13:44	48	0:28:58	42	1:47:39	26		0:04:31	63
414	Farrelly, Michael	M	Thames Turbo Triathl	M30			0:06:24	29	1:11:14	24	0:30:31	81	1:48:09	27		0:04:30	58
444	Hamilton, Kevin	M		M40			0:07:17	65	1:13:18	41	0:27:40	25	1:48:15	28		0:04:28	53
428	Winn, Chris	M	Wreccsam Tri	M30			0:06:13	23	1:13:19	42	0:28:45	40	1:48:17	29		0:04:11	24
336	Buckley, Derek	M		M40			0:08:13	121	1:12:55	35	0:27:12	19	1:48:20	30		0:04:27	50
364	Tunnadine Jeffs, Paula	F	Wreccsam Triathlon Cl	F40	Y		0:07:45	95	1:11:28	27	0:29:18	49	1:48:31	31		0:04:46	89
367	Hayes, Richard	M	Wrexham Tri Club	M30			0:09:03	171	1:13:32	44	0:26:09	11	1:48:44	32		0:03:35	3
402	Meenan, Niall	M	merseytri	M20			0:06:57	47	1:14:39	56	0:27:13	20	1:48:49	33		0:03:52	10
291	Thomson, Andrew	M		M30	Y		0:09:56	216	1:09:54	18	0:29:05	47	1:48:55	34		0:04:14	28
449	hall, gareth	M	uwic tri	M20			0:06:15	25	1:12:04	30	0:31:06	100	1:49:25	35		0:05:01	131
427	williams, dafydd	M	Padarn Tri	M30			0:06:09	21	1:15:19	58	0:27:57	28	1:49:25	36		0:04:19	38
393	anderton, simon	M	Surf-Lines.co.uk	M40			0:07:10	59	1:15:42	64	0:26:54	17	1:49:46	37		0:04:15	31
254	Benton, Mark	M	Didsbury Triathlon Clu	M30			0:07:37	83	1:13:01	37	0:29:18	49	1:49:56	38		0:04:04	21
429	Herne, David	M	chorley ac	M40			0:07:18	67	1:13:36	45	0:29:29	53	1:50:23	39		0:04:04	20
287	underwood, stuart	M	birmingham rowheath	M30	Y		0:08:46	154	1:16:44	72	0:24:54	4	1:50:24	40		0:03:44	6
366	Hunter, Julian	M	Wrexham Tri Club	M50			0:07:44	94	1:11:14	24	0:31:31	111	1:50:29	41		0:05:02	133
187	Roxburgh, Simon	M	Carneddau Triathlon C	M30	Y		0:10:13	224	1:09:43	15	0:30:47	89	1:50:43	42		0:04:25	45
326	Evans, Paul	M	Wreccsam Tri	M30			0:07:43	93	1:15:24	61	0:27:40	25	1:50:47	43		0:04:41	83
338	Arnold, Paul	M	Multisport Racing Clut	M30			0:07:13	61	1:12:45	33	0:30:51	93	1:50:49	44		0:04:41	80

324	Brown, Richard	M	Pembrokeshire Tri	M30		0:08:54	159	1:13:58	51	0:28:00	30	1:50:52	45	0:04:17	35
212	McFarlin, James	M	n/a	M30	Y	0:07:06	53	1:15:46	65	0:28:04	31	1:50:56	46	0:04:08	22
228	Parsons, Darren	M	Tequila Slammers	M30		0:08:53	158	1:12:01	29	0:30:08	69	1:51:02	47	0:04:25	45
132	jones, dylan	M	eryri harriers	M30	Y	0:11:43	260	1:15:08	57	0:24:13	1	1:51:04	48	0:03:42	4
350	Mason, Gary	M	Bournville Harriers	M30		0:08:01	107	1:12:37	32	0:30:39	83	1:51:17	49	0:04:35	68
430	Williams, Sian	F	Pembrokeshire Tri Clu	F30		0:07:03	50	1:14:13	52	0:30:09	70	1:51:25	50	0:04:38	74
410	percy, huw	M	padarn tri	M30		0:06:49	42	1:17:07	78	0:27:37	24	1:51:33	51	0:04:11	24
310	Hughes, Kevin	M		M30	Y	0:08:36	142	1:14:19	54	0:29:03	46	1:51:58	52	0:04:30	58
297	Cunnah, Dave	M	Didsbury Triathlon	M30	Y	0:07:57	104	1:13:53	50	0:30:13	72	1:52:03	53	0:04:46	87
266	Warren, Charles	M	Leeds Bradford Tri	M40		0:08:26	134	1:13:03	39	0:30:40	84	1:52:09	54	0:04:47	94
249	Latham, Jonathan	M	NA	M30	Y	0:08:14	123	1:12:56	36	0:31:16	107	1:52:26	55	0:04:52	115
343	osborne, peter	M	llanelli tri club	M40		0:08:40	146	1:18:37	102	0:25:11	5	1:52:28	56	0:03:53	12
380	Whiteley, Joshua	M		M30	Y	0:07:02	49	1:12:48	34	0:32:51	137	1:52:41	57	0:04:52	115
466	Spurr, Daniel	M		M20		0:05:31	5	1:17:08	80	0:30:19	76	1:52:58	58	0:04:33	64
392	Lewis, Graham John	M	Cerist	M30		0:07:42	90	1:14:23	55	0:30:54	95	1:52:59	59	0:04:30	58
309	Cleworth, Martin	M	Northern Area Tri	M30		0:07:28	77	1:13:42	47	0:31:52	118	1:53:02	60	0:04:50	109
394	Piesce, Giles	M	Northern Area TRI	M30		0:07:26	72	1:13:03	40	0:32:44	133	1:53:13	61	0:04:50	108
200	BROOKE, ANDREW	M		M40	Y	0:09:43	204	1:13:50	49	0:29:50	59	1:53:23	62	0:04:50	109
217	Phillips, Seb	M		M20	Y	0:09:12	177	1:12:23	31	0:31:57	120	1:53:32	63	0:04:56	122
368	Jones, Iorwerth	M	Wrexham Tri Club	M40		0:07:56	103	1:17:06	77	0:28:35	36	1:53:37	64	0:04:27	50
421	Jones, Gary	M	Shrewsbury Masters	M30		0:06:49	41	1:16:35	71	0:30:27	79	1:53:51	65	0:04:22	42
351	Bennewith, Mark	M	3M Gorseinon Road R	M30		0:07:26	73	1:15:53	68	0:30:50	92	1:54:09	66	0:04:40	79
385	Jones, Dorian	M		M20	Y	0:06:28	32	1:18:08	92	0:29:53	60	1:54:29	67	0:04:34	66
245	Fry, Michael	M		M30		0:08:52	157	1:15:23	60	0:30:16	73	1:54:31	68	0:04:16	33
314	Coates, Simon	M		M20	Y	0:08:08	116	1:15:22	59	0:31:13	106	1:54:43	69	0:04:20	39
467	SHEPHERD, RACHEL	F	didsbury tri	F20	Y	0:06:06	20	1:18:44	109	0:29:58	65	1:54:48	70	0:04:46	89
424	Sheehan, Matt	M	Tequila Slammers	M40		0:06:43	38	1:17:29	84	0:30:49	90	1:55:01	71	0:04:47	94
463	Knott, Vikki	F	Scarab Tri	FJ		0:06:04	19	1:18:17	96	0:30:43	87	1:55:04	72	0:04:50	109
379	Barrett, Tim	M	Mersey Tri	M20		0:07:06	55	1:18:41	104	0:29:29	54	1:55:16	73	0:04:38	76
461	Goff, Martin	M		M30		0:05:43	9	1:17:11	82	0:32:42	131	1:55:36	74	0:04:36	72
375	Harding, Tim	M	Carneddau Tri	M40		0:07:48	98	1:18:13	93	0:29:39	56	1:55:40	75	0:04:35	68
447	Knowles, Vincent	M		M30		0:06:11	22	1:18:41	105	0:30:55	96	1:55:47	76	0:04:29	56
224	Jones, Mark	M	Llanelli tri	M40		0:08:55	160	1:16:34	70	0:30:21	77	1:55:50	77	0:04:41	80
437	Leamon, Howard	M	N/A	M20		0:06:42	37	1:17:51	89	0:31:19	108	1:55:52	78	0:04:47	94
352	Clement, Rebecca	F	multisport	F20		0:06:57	46	1:17:00	75	0:32:10	122	1:56:07	79	0:05:11	147
294	JAMES, HOLLY	F	THAMES TURBO	F20	Y	0:07:13	61	1:18:42	106	0:30:16	73	1:56:11	80	0:04:58	124
319	Yeomans, Craig	M		M30		0:08:59	163	1:17:08	79	0:30:06	68	1:56:13	81	0:04:30	61
412	brown, steven	M		M20		0:07:08	58	1:20:42	127	0:28:34	35	1:56:24	82	0:04:59	126
211	SANDLES, ROBERT	M	3M GORSEINON RO	M30		0:09:19	183	1:18:27	98	0:28:39	37	1:56:25	83	0:04:12	26
423	Hall, Rachael	F		F20	Y	0:06:02	18	1:17:45	87	0:32:42	132	1:56:29	84	0:04:39	77
273	phillips, robin	M	wreccsam tri	M50		0:08:17	127	1:14:14	53	0:32:10	123	1:56:41	85	0:04:40	78
276	Patrick, Nick	M	Sheffield Triathlon Clu	M40		0:08:35	140	1:17:24	83	0:30:51	93	1:56:50	86	0:04:28	52
278	Amison, Martin	M		M20	Y	0:07:30	78	1:18:13	94	0:31:11	103	1:56:54	87	0:04:28	53
308	Blount, Andrew	M	Chester Tri	M30		0:09:51	205	1:13:26	43	0:33:42	155	1:56:59	88	0:04:58	124
333	Cartwright, Gary	M		M30		0:08:24	133	1:20:43	128	0:27:59	29	1:57:06	89	0:04:28	53
387	Brown, Andy	M	Didsbury Tri Club	M20		0:07:38	86	1:19:12	113	0:30:25	78	1:57:15	90	0:04:59	126
372	Morris, Thomas	M		M30	Y	0:07:08	57	1:20:20	125	0:29:48	58	1:57:16	91	0:04:36	72
413	Isaacs, Ruth	F	West Kirby Wobblers	F40		0:06:52	43	1:21:46	143	0:28:39	38	1:57:17	92	0:04:18	37

207	EVANS, NOEL	M	Tri Up & Running Che	M40	Y	0:08:30	137	1:18:16	95	0:30:43	86	1:57:29	93	0:04:35	71
407	Griffiths, Mike	M	Team Deviant	M30		0:07:04	51	1:19:49	120	0:30:40	84	1:57:33	94	0:03:48	9
425	Lowther, Craig	M	Didsbury Triathlon Clu	M30		0:06:23	28	1:17:08	80	0:34:03	163	1:57:34	95	0:05:31	178
260	Jones, Martin	M	Carneddau Tri	M40		0:09:57	217	1:17:43	86	0:29:56	64	1:57:36	96	0:04:45	86
306	George, Michael	M		M50		0:08:22	131	1:16:17	69	0:33:00	141	1:57:39	97	0:05:25	171
328	Boxhall, Andrew	M	Brecon Multisport	M30		0:08:14	123	1:19:35	115	0:29:53	61	1:57:42	98	0:04:21	41
434	obrien, martin	M	didsbury tri club	M40		0:05:59	16	1:17:53	90	0:34:00	161	1:57:52	99	0:05:15	154
262	Maguinness, Neil	M	Wrecsam Tri Club	M30		0:07:14	63	1:20:58	131	0:29:55	63	1:58:07	100	0:04:38	74
208	Turner, Craig	M	Adwick Tri	M30		0:07:47	97	1:17:47	88	0:32:33	126	1:58:07	101	0:04:50	109
258	Brown, Estelle	F	Sheffield Triathlon Clu	F40		0:09:18	182	1:17:04	76	0:31:48	117	1:58:10	102	0:04:47	94
381	Bolton, Karl	M	Preston Tri	M40	Y	0:06:48	40	1:19:37	116	0:31:45	116	1:58:10	103	0:04:48	103
198	Webster, Richard	M	Multisport Racing Clut	M50		0:10:30	234	1:18:52	111	0:28:58	42	1:58:20	104	0:04:33	64
371	McAdie, Gair	M	Team Deviant	M20		0:08:06	113	1:19:07	112	0:31:12	104	1:58:25	105	0:04:47	94
453	Owen, gwion meilir	M	padarn tri	MJ		0:05:58	15	1:19:55	121	0:32:44	134	1:58:37	106	0:05:16	155
378	myles, chris	M	Shrewsbury Masters	M40		0:07:16	64	1:19:40	118	0:31:53	119	1:58:49	107	0:04:46	87
337	Arnold, Jayne	F	Multisport Racing Clut	F30		0:07:31	80	1:18:32	100	0:32:48	136	1:58:51	108	0:05:20	165
105	Lynch, John	M	Non-affiliated	M30		0:08:41	150	1:15:47	66	0:34:26	169	1:58:54	109	0:04:56	121
205	Pennington, Andy	M	u/a	M30		0:09:34	195	1:19:17	114	0:30:03	66	1:58:54	110	0:04:15	31
356	Williams, Ken	M		M40	Y Y	0:08:28	136	1:15:39	63	0:35:16	179	1:59:23	111	0:05:14	150
168	godfrey, chris	M		M30	Y	0:10:56	245	1:15:33	62	0:32:56	139	1:59:25	112	0:05:06	138
110	Lightowler, Simon James	M		M30	Y	0:10:42	238	1:18:49	110	0:29:54	62	1:59:25	113	0:04:46	89
374	travers, ian	M		M30		0:07:45	96	1:18:31	99	0:33:11	145	1:59:27	114	0:04:54	117
318	Cowan, Charles	M		M50		0:08:01	107	1:16:50	74	0:34:49	173	1:59:40	115	0:05:32	180
445	EVANS, DEBORAH	F		F20		0:06:14	24	1:19:38	117	0:33:54	158	1:59:46	116	0:05:19	162
206	Roberts, Trevor	M	Thornbury Running Cl	M60		0:08:48	155	1:16:46	73	0:34:13	167	1:59:47	117	0:05:34	182
176	Owen, Noel Rhys	M		M30	Y	0:08:15	126	1:19:57	122	0:31:43	115	1:59:55	118	0:04:48	99
399	Sanders, Chris	M		M30	Y	0:08:02	110	1:22:31	148	0:29:31	55	2:00:04	119	0:04:11	23
388	Chaggar-Brown, Jonathar	M		M40	Y	0:07:42	92	1:15:51	67	0:37:11	203	2:00:44	120	0:05:41	191
376	Allon, Marcus	M	Thames Turbo	M30		0:08:11	120	1:18:43	107	0:33:50	157	2:00:44	121	0:05:19	162
285	Morris, Ben	M		M30		0:07:10	60	1:21:32	140	0:32:04	121	2:00:46	122	0:05:23	167
238	CAMERON, BRUCE	M	POOLE TRI CLUB	M60		0:10:37	237	1:17:40	85	0:32:35	129	2:00:52	123	0:04:59	126
426	SANDERS, Rob	M		M30	Y	0:07:57	104	1:18:25	97	0:34:32	170	2:00:54	124	0:05:04	136
316	Jordan, robert	M		M30	Y	0:08:20	128	1:19:59	123	0:32:41	130	2:01:00	125	0:05:10	145
409	Dilworth, Mike	M	Padarn Tri	M50		0:06:24	29	1:22:55	151	0:31:42	114	2:01:01	126	0:05:14	150
382	GRAY, IAN	M	MERSEY-TRI	M20	Y	0:08:34	139	1:21:49	144	0:30:45	88	2:01:08	127	0:04:42	84
230	lloyd', gary	M	Total Bike Swindon	M20		0:09:13	179	1:20:53	129	0:31:11	102	2:01:17	128	0:04:03	18
474	Jones, Ruth	F	Warrington Tri	F20		0:07:00	48	1:21:28	139	0:32:55	138	2:01:23	129	0:05:10	145
457	McGivern, Jamie	M	The Wirral Avago Tri	M30		0:05:57	14	1:24:37	166	0:30:56	97	2:01:30	130	0:05:12	148
373	Brewster, Matt	M	Thames Turbos	M20	Y	0:07:06	53	1:18:35	101	0:35:49	188	2:01:30	130	0:05:59	212
299	Michell, Nick	M		M30	Y	0:09:02	168	1:20:22	126	0:32:15	124	2:01:39	132	0:04:57	123
279	Harrison, Luke	M		M20		0:08:40	146	1:22:30	147	0:31:01	99	2:02:11	133	0:04:30	61
320	Rosser, James	M		M40		0:09:02	168	1:24:01	160	0:29:23	52	2:02:26	134	0:04:46	89
344	Hague, Gary	M		M40	Y	0:08:14	123	1:25:11	168	0:29:01	45	2:02:26	134	0:04:50	109
418	Cole, Simon	M	Tri Preston	M30		0:07:26	74	1:21:32	140	0:33:44	156	2:02:42	136	0:05:05	137
231	Hardy, Debbie	F	Pudsey and Bramley	F30	Y	0:08:46	153	1:23:42	156	0:30:17	75	2:02:45	137	0:04:49	106
362	platt, paul	M	merseytri	M30		0:07:37	85	1:21:00	133	0:34:08	164	2:02:45	137	0:05:06	138
408	Smith, Nigel	M		M30		0:06:53	44	1:19:41	119	0:36:42	200	2:03:16	139	0:05:52	199
452	ANTHONY, DEAN	M		M20		0:05:46	11	1:24:14	163	0:33:20	148	2:03:20	140	0:04:48	99

226	Norman, Peter	M	Wreccsam Tri	M60		0:09:52	209	1:21:09	135	0:32:34	128	2:03:35	141	0:04:49	104
270	biddulph, colin	M	na	M40	Y	0:09:42	202	1:18:44	108	0:35:30	184	2:03:56	142	0:04:56	120
272	Pearce, Ian	M	Wreccsam Tri	M30		0:08:39	144	1:23:00	154	0:32:47	135	2:04:26	143	0:05:18	158
341	Jones, Gethin	M	Team Deviant	M30		0:07:37	83	1:23:34	155	0:33:29	151	2:04:40	144	0:05:03	135
267	Robinson, Darrin	M		M30		0:09:12	177	1:21:17	136	0:34:21	168	2:04:50	145	0:05:19	160
239	Wells, Jenny	F		F20		0:09:15	180	1:25:23	170	0:30:29	80	2:05:07	146	0:04:50	109
312	Spreadborough, Andrew	M	Ludlow Runners	M40	Y	0:07:19	68	1:26:24	177	0:31:41	113	2:05:24	147	0:04:54	117
289	RILEY, DUNCAN	M	SCARAB	M30	Y	0:07:39	87	1:24:07	162	0:33:40	154	2:05:26	148	0:05:08	142
342	roberts, gareth	M	Padarn	M40		0:07:42	90	1:22:57	153	0:34:52	174	2:05:31	149	0:05:20	165
335	Roach, Justin	M		M20		0:08:27	135	1:23:56	158	0:33:10	144	2:05:33	150	0:04:54	117
192	Brown, Val	F	Pembrokeshire Tri	F30		0:10:42	239	1:22:13	146	0:33:02	142	2:05:57	151	0:04:59	126
404	Jones, Emlyn	M		M30		0:08:01	107	1:24:32	165	0:33:31	153	2:06:04	152	0:05:30	175
400	Smith, Steve	M	Wreccsam Tri	M50		0:07:55	102	1:22:52	150	0:35:21	182	2:06:08	153	0:05:33	181
115	Boardman, Jez	M		M40	Y	0:08:49	156	1:21:37	142	0:35:57	189	2:06:23	154	0:05:02	133
209	Galloway, Simon	M	Todmorden Harriers	M40	Y	0:08:56	161	1:28:46	190	0:29:00	44	2:06:42	155	0:04:48	99
236	WILLIAMS, DEULYN	M		M30		0:09:17	181	1:24:07	161	0:33:58	160	2:07:22	156	0:06:05	220
167	Matthews, Anthony	M		M50		0:10:10	222	1:22:09	145	0:35:20	180	2:07:39	157	0:05:35	183
435	Murphy, Liam	M		M20		0:06:16	26	1:23:45	157	0:37:40	206	2:07:41	158	0:05:26	174
301	Robinson, David	M		M30	Y	0:10:45	240	1:24:28	164	0:32:33	126	2:07:46	159	0:05:16	155
454	McLean, Hannah	F	Didsbury Tri Club	F20		0:06:37	35	1:25:51	174	0:35:34	185	2:08:02	160	0:05:57	209
159	mckendry, leigh	M	n/a	M30	Y	0:09:33	194	1:20:59	132	0:37:43	207	2:08:15	161	0:06:01	216
221	White, Gary	M		M30		0:11:07	249	1:18:40	103	0:38:33	219	2:08:20	162	0:06:01	215
271	Newing, Robert	M		M40	Y	0:08:35	140	1:28:56	191	0:30:49	90	2:08:20	163	0:04:49	106
264	Buckley, Shaun	M	N/A	M20	Y	0:10:09	220	1:18:02	91	0:40:10	233	2:08:21	164	0:05:50	197
263	Morris, David	M		M40	Y	0:09:27	191	1:21:08	134	0:37:46	209	2:08:21	165	0:05:53	200
204	Pomford, Mark	M	cheshire fire tri	M20	Y	0:08:31	138	1:28:22	188	0:31:30	110	2:08:23	166	0:04:48	99
138	Povey, Mark	M		M30	Y	0:10:36	236	1:20:54	130	0:36:55	202	2:08:25	167	0:05:55	204
196	Barnard, Vincent	M		M30	Y	0:09:24	187	1:26:42	179	0:32:21	125	2:08:27	168	0:05:19	162
141	Jones, Gavin Wyn	M		M20	Y	0:09:56	213	1:23:58	159	0:35:36	186	2:09:30	169	0:06:15	229
281	CLAPHAM, SIMON	M	SCARAB TRI	M40		0:08:39	144	1:22:32	149	0:38:21	215	2:09:32	170	0:05:38	186
125	Shakespeare, Stephen	M		M30	Y	0:10:16	227	1:25:23	169	0:33:58	159	2:09:37	171	0:05:08	143
322	Thelwall-Jones, Simon	M	Oswestry Olympians	M30	Y	0:08:42	151	1:29:23	194	0:31:33	112	2:09:38	172	0:05:14	150
182	Alston, Andrew	M	Climb on Bikes, Heref	M40	Y	0:10:15	226	1:20:18	124	0:39:09	225	2:09:42	173	0:06:16	232
173	Batterham, Andy	M	NA	M30	Y	0:10:53	243	1:25:33	172	0:33:17	147	2:09:43	174	0:05:01	130
194	Evans, John Gwynn	M	Cerist	M50		0:10:30	233	1:28:08	186	0:31:10	101	2:09:48	175	0:05:01	131
241	Vaughan Jones, Sian	F	City of Chester Triathl	F40		0:08:07	115	1:27:47	182	0:34:00	161	2:09:54	176	0:05:07	140
170	Murfin, Gary	M		M40	Y	0:12:42	266	1:21:23	137	0:36:17	191	2:10:22	177	0:05:42	193
122	Russell, David	M		M20	Y	0:08:57	162	1:30:56	206	0:30:57	98	2:10:50	178	0:04:41	82
240	Williams, Annie	F	eryri	F40		0:09:51	205	1:30:07	201	0:31:29	109	2:11:27	179	0:05:09	144
370	Anthony, Michael	M	Scarab Tri	M50		0:07:27	75	1:24:37	167	0:39:27	226	2:11:31	180	0:06:01	216
290	French, Dawn	F	Multisport	F40		0:08:08	117	1:29:16	192	0:34:09	165	2:11:33	181	0:05:23	167
143	Jones, Steffan	M		M30	Y	0:11:46	262	1:27:16	180	0:30:37	82	2:11:39	182	0:04:49	105
244	whittaker, simon	M	none	M40	Y	0:09:54	211	1:21:28	138	0:40:17	234	2:11:39	182	0:06:31	242
315	woolhouse, sally	F		F30	Y	0:06:30	33	1:31:36	210	0:34:40	171	2:12:46	184	0:05:19	160
127	Jenkins, Guy	M	Hereford Triathlon Clu	M40	Y	0:11:08	251	1:22:56	152	0:38:51	222	2:12:55	185	0:05:59	212
237	Longley, Gerald	M	Wreccsam Tri	M40	Y	0:10:30	232	1:26:04	175	0:36:23	193	2:12:57	186	0:05:25	171
323	Horrocks, Robert	M	Rochdale Triathlon	M50		0:09:03	171	1:31:05	207	0:33:04	143	2:13:12	187	0:05:07	140
311	PROUT, MARIA	F	PENCOED TRI	F40		0:07:31	79	1:32:31	218	0:33:22	149	2:13:24	188	0:05:40	190

150 Williams, Martin Garth	M	Eryri Harriers	M50	Y	0:09:51	205	1:27:17	181	0:36:17	191	2:13:25	189	0:05:15	153
321 Dickenson, Shane	M		M40		0:09:22	185	1:26:08	176	0:37:59	212	2:13:29	190	0:06:15	230
283 brown, siobhan	F		F20		0:08:44	152	1:32:02	216	0:33:23	150	2:14:09	191	0:05:31	178
355 Wilson, Paula	F	Didsbury Tri Club	F30		0:07:41	89	1:27:48	184	0:38:51	222	2:14:20	192	0:05:59	214
222 haworth, nicholas	M		M40	Y	0:08:02	110	1:33:29	222	0:32:59	140	2:14:30	193	0:05:31	177
161 Globe, Stuart	M		M30	Y	0:09:56	213	1:27:53	185	0:36:47	201	2:14:36	194	0:05:58	210
307 Longfield, Paul	M	Didsbury Triathlon	M20	Y	0:07:40	88	1:33:27	221	0:33:29	151	2:14:36	194	0:04:34	67
334 KIRK, MAGGIE	F	Poole Tri Club and Ne	F50		0:08:04	112	1:31:43	213	0:34:56	175	2:14:43	196	0:05:36	184
431 Clark, Jenny	M	Team Deviant	M20		0:07:27	75	1:30:03	199	0:37:44	208	2:15:14	197	0:05:50	198
101 Davies, Mike	M		M30	Y	0:09:43	203	1:27:47	183	0:37:51	210	2:15:21	198	0:05:47	195
118 Jones, Rhodri	M		M30	Y	0:09:40	201	1:35:55	231	0:30:10	71	2:15:45	199	0:04:47	93
282 SHARPE, FAY	F	MULTISPORT	F40		0:09:00	166	1:30:12	202	0:36:37	197	2:15:49	200	0:05:55	204
202 Edwards, Owain	M		M30	Y	0:09:20	184	1:30:05	200	0:36:35	196	2:16:00	201	0:05:17	157
305 Swailes, Janet	F	Didsbury	F30		0:08:13	121	1:29:21	193	0:38:26	218	2:16:00	201	0:06:15	230
215 Walker - Jesse, Adam	M		M30	Y	0:09:02	168	1:30:26	205	0:36:33	194	2:16:01	203	0:05:30	176
172 Burnett, Andy	M		M30	Y	0:11:20	256	1:28:08	186	0:36:40	198	2:16:08	204	0:05:37	185
296 Judd, Marcus	M		M30	Y	0:10:08	219	1:29:36	196	0:36:34	195	2:16:18	205	0:05:54	202
302 Donnelly, Allison	F	Eryri Harriers / Arfon n	F30	Y	0:08:38	143	1:31:43	212	0:36:16	190	2:16:37	206	0:06:09	223
232 Moore, Clive	M		M40	Y	0:09:36	197	1:31:44	214	0:35:25	183	2:16:45	207	0:05:41	191
213 Owens, Brendan	M	Didsbury Triathlon Clu	M40		0:09:25	188	1:29:33	195	0:37:53	211	2:16:51	208	0:05:47	195
225 Middleton, Richard	M		M30	Y	0:08:11	119	1:29:56	198	0:39:49	230	2:17:56	209	0:05:39	189
174 Louden, Peter	M	Warrington Triathlon	M40		0:11:21	257	1:32:32	219	0:34:09	165	2:18:02	210	0:05:25	171
233 Rogers, Raymond	M		M50		0:09:39	200	1:30:19	204	0:38:13	213	2:18:11	211	0:06:48	251
401 Edwards, Stefanie	F		F20		0:07:36	81	1:31:36	210	0:39:05	224	2:18:17	212	0:05:39	188
203 Hallworth, Martin	M		M40	Y	0:09:05	175	1:36:10	233	0:33:12	146	2:18:27	213	0:05:18	159
191 Robertson, Drew	M		M40	Y	0:09:53	210	1:30:15	203	0:38:25	217	2:18:33	214	0:05:55	204
235 Humphreys, Paul	M		M40	Y	0:10:25	229	1:31:35	209	0:36:40	198	2:18:40	215	0:05:38	186
219 Evans, Nigel	M		M40	Y	0:09:25	188	1:26:32	178	0:42:58	251	2:18:55	216	0:06:41	246
269 Lamprey, colin	M		M40		0:08:10	118	1:29:41	197	0:41:10	242	2:19:01	217	0:06:23	236
331 McGregor, Jane	F	3M Gorseinon R R	F40		0:08:00	106	1:31:32	208	0:39:48	229	2:19:20	218	0:06:27	239
214 Walton, Eric	M		M40		0:10:09	221	1:34:01	224	0:35:20	180	2:19:30	219	0:05:53	200
255 ARTHAN, LINDA	F	OO tri - Oswestry Trai	F50		0:08:07	114	1:32:28	217	0:39:32	227	2:20:07	220	0:06:31	243
139 Farrell, Peter	M		M40	Y	0:12:23	265	1:25:30	171	0:40:30	239	2:20:23	221	0:02:00	234
327 Williams, Gwyn	M		M40	Y	0:10:13	223	1:32:53	220	0:38:21	215	2:21:27	222	0:05:44	194
163 Lindley, Austin	M		M20	Y	0:11:07	250	1:35:32	229	0:35:02	176	2:21:41	223	0:05:13	149
250 Miskell, Louise	F	3M Gorseinon Road R	F30	Y	0:09:24	186	1:37:17	235	0:35:07	178	2:21:48	224	0:06:09	223
223 Diamond, Tim	M		M40		0:09:08	176	1:34:01	225	0:38:40	220	2:21:49	225	0:06:14	227
218 downing, susan	F		F30	Y	0:11:15	253	1:28:32	189	0:42:29	249	2:22:16	226	0:06:25	238
369 Wakeley, Jonathan	M		M30	Y	0:08:20	128	1:33:54	223	0:40:07	232	2:22:21	227	0:06:30	241
142 Corcoran, John	M		M40	Y	0:11:25	259	1:25:35	173	0:45:45	259	2:22:45	228	0:06:56	254
197 Canevarolo, Evelyne	F		F30	Y	0:09:37	199	1:34:21	226	0:40:35	240	2:24:33	229	0:05:55	204
280 Mapother, John	M		M30	Y	0:07:50	99	1:36:23	234	0:40:23	236	2:24:36	230	0:06:13	226
199 Marshall, Dennis	M		M50	Y	0:09:27	191	1:39:38	240	0:35:44	187	2:24:49	231	0:05:58	210
229 morgan, janet	F	Chester Triathlon Clut	F50		0:08:59	163	1:35:46	230	0:40:46	241	2:25:31	232	0:06:15	228
317 James, Alex	M		M20	Y	0:08:23	132	1:42:51	245	0:35:06	177	2:26:20	233	0:05:24	170
152 Kilkenny, Jane	F		F30	Y	0:09:56	213	1:34:29	227	0:42:12	247	2:26:37	234	0:06:34	245
181 Waugh, Andrew	M		M30	Y	0:10:06	218	1:31:54	215	0:44:47	256	2:26:47	235	0:06:57	255
137 Randles, Phil	M	n/a	M30	Y	0:10:57	246	1:35:17	228	0:41:56	245	2:28:10	236	0:06:29	240

332	Cook, Sharon	F	Thames Turbo Triathl	F30			0:12:16	264	1:35:56	232	0:40:23	236	2:28:35	237		0:06:32	244
189	Cochlin, Daniel	M	Mersey Tri	M30			0:09:35	196	1:38:50	238	0:40:24	238	2:28:49	238		0:06:08	222
107	HULLLAND, GAYNOR	F	3M GORSEINON RO	F40	Y		0:11:46	262	1:39:39	241	0:38:15	214	2:29:40	239		0:06:22	235
111	Best, Andrew	M	Adwick Tri	M40			0:10:14	225	1:43:20	247	0:39:42	228	2:33:16	240		0:06:01	216
406	WALTON, REBECCA	F	Didsbury	F20			0:07:06	56	1:38:00	237	0:48:22	265	2:33:28	241		0:08:25	266
165	Hatton, Dave	M		M40	Y		0:10:25	229	1:39:39	241	0:43:43	252	2:33:47	242		0:06:23	236
183	Burns, Emma	M		M20	Y		0:09:04	173	1:42:40	243	0:42:30	250	2:34:14	243		0:06:42	247
130	Williams, Humphrey	M		M50	Y	Y	0:10:29	231	1:37:45	236	0:46:21	261	2:34:35	244		0:07:33	260
155	Rapson, Sally	F	Royal Sutton Coldfield	F40			0:11:06	248	1:49:31	253	0:34:42	172	2:35:19	245		0:05:23	167
144	jeffs, Joe	M		MJ	Y	Y	0:09:51	205	1:45:19	250	0:41:28	244	2:36:38	246		0:06:04	219
304	Houghton, stuart	M		M30	Y		0:09:55	212	1:49:48	254	0:37:14	204	2:36:57	247		0:05:55	204
243	Mills, Steve	M		M40	Y		0:09:26	190	1:42:52	246	0:45:33	258	2:37:51	248		0:07:49	262
169	Louden, Gerard	M	Warrington	M30			0:10:46	241	1:42:47	244	0:44:29	254	2:38:02	249		0:07:08	257
403	Davies, Julie	F		F50			0:09:05	174	1:43:40	248	0:47:58	264	2:40:43	250		0:08:07	263
242	Wakeley, Martin	M		M30	Y		0:09:30	193	1:51:14	258	0:40:01	231	2:40:45	251		0:06:12	225
151	Mobbbs, Graham	M		M40	Y		0:10:49	242	1:38:50	238	0:52:34	268	2:42:13	252		0:08:08	264
252	Lindgren, Karin	F		F20	Y		0:11:44	261	1:50:23	255	0:40:17	235	2:42:24	253		0:06:17	233
162	Arends, Lindsey	F		F30	Y		0:11:18	254	1:49:06	251	0:42:06	246	2:42:30	254		0:06:46	250
153	Grant, Edmund	M		M40	Y		0:11:22	258	2:00:47	267	0:31:12	104	2:43:21	255		0:04:44	85
140	Brown, Aled	M		M30	Y	Y	0:10:32	235	1:49:06	251	0:44:04	253	2:43:42	256		0:06:49	253
156	whelan, laura	F		F20	Y		0:09:36	197	1:56:30	264	0:38:48	221	2:44:54	257		0:05:54	202
184	Fensom, Marian	F		F30	Y		0:10:18	228	1:50:34	256	0:44:33	255	2:45:25	258		0:06:49	252
185	McGrath, Clare	F		F40	Y		0:13:03	267	1:52:32	261	0:41:27	243	2:47:02	259		0:06:45	249
216	Woodall, I. W. J.	M		M20			0:15:56	270	1:51:06	257	0:46:08	260	2:53:10	260		0:07:08	258
147	JONES, NIA	F	PADARN TRI	F20	Y		0:11:20	255	1:55:50	263	0:46:27	262	2:53:37	261		0:06:43	248
166	Judd, Hayley	F		F20	Y		0:11:00	247	2:00:33	266	0:42:21	248	2:53:54	262		0:06:05	220
313	Mason, Lizzie	F		F20	Y		0:11:10	252	1:56:38	265	0:47:01	263	2:54:49	263		0:07:35	261
126	Phillips, Andy	M		M40	Y		0:14:11	268	1:53:18	262	0:48:45	266	2:56:14	264		0:07:16	259
114	Dickenson, Josephine	F		F40	Y		0:15:12	269	1:52:28	260	0:51:01	267	2:58:41	265		0:08:14	265
148	Houghton, Carolyn	F		F30	Y		0:10:56	244	2:10:58	268	0:44:59	257	3:06:53	266		0:07:01	256
348	leach, ailsa	F	Cerist	F40			0:09:00	166	5:34:38	269	0:37:27	205	DNF		5:00:00	5:06:05	267
248	Gisby, Martin	M		M20	Y		0:08:41	148	6:03:00	270	0:30:04	67	DNF		5:00:00		#N/A
261	Davies, Melanie	F	Thames Turbo	F30	Y		0:08:41	148	1:51:20	259	19:12:56	269	DNF				#N/A
227	Griffiths, Anita	F	multisport	F40			0:08:59	163	1:44:34	249	19:35:00	270	DNF				#N/A