

## 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
436	Gilbert, Matthew	M	wrexham triathlon	M20	Y		0:06:08	8	0:46:48	3	0:23:39	1	<b>1:16:35</b>	<b>1</b>		0:03:32	1
440	Wood, Chris	M	Colne Tri	M20			0:05:07	1	0:47:16	6	0:25:05	6	<b>1:17:28</b>	<b>2</b>		0:03:35	2
434	Harvey, Robert	M	Manchester Triathlon	M20			0:05:42	6	0:47:12	5	0:25:08	8	<b>1:18:02</b>	<b>3</b>		0:04:03	18
431	thomson, adam	M	black country tri	M30			0:06:49	52	0:47:23	7	0:24:25	3	<b>1:18:37</b>	<b>4</b>		0:03:40	3
356	rainford, chris	M	GMC fire service tri	M40			0:07:05	65	0:45:25	1	0:27:37	34	<b>1:20:07</b>	<b>5</b>		0:04:26	58
412	Caswell, Paull	M	Harrogate Nove Cyclin	M30			0:06:32	24	0:46:29	2	0:27:15	27	<b>1:20:16</b>	<b>6</b>		0:03:45	6
442	Norman, Graeme	M	Ashurst Bike Club	M20			0:05:38	5	0:46:54	4	0:27:45	35	<b>1:20:17</b>	<b>7</b>		0:04:24	56
411	Mallison, Peter	M	Newcastle (Staffs) Tri	M30			0:06:37	31	0:48:07	11	0:25:48	14	<b>1:20:32</b>	<b>8</b>		0:04:06	25
394	Godwin, Russell	M	Carneddau Tri	M40			0:06:50	56	0:49:12	14	0:25:17	9	<b>1:21:19</b>	<b>9</b>		0:03:56	12
393	Roxburgh, Simon	M	Carneddau Triathlon	CM30			0:06:13	10	0:47:54	9	0:27:25	31	<b>1:21:32</b>	<b>10</b>		0:03:56	13
415	Derrane, Michael	M	Mersey Tri	M40			0:06:21	13	0:49:14	15	0:26:00	15	<b>1:21:35</b>	<b>11</b>		0:03:55	11
422	Owen, Stephen	M	Maldwyn Larriers	M30			0:06:43	39	0:48:21	12	0:26:41	18	<b>1:21:45</b>	<b>12</b>		0:04:06	25
445	Norman, Andy	M	Manchester Tri Club	M20	Y		0:06:36	28	0:50:38	31	0:24:32	4	<b>1:21:46</b>	<b>13</b>		0:03:41	4
416	southall, andrew	M	Black Country Tri	M40			0:05:51	7	0:47:50	8	0:28:07	42	<b>1:21:48</b>	<b>14</b>		0:04:10	33
438	Roxburgh, Rhian	F	Carneddau Triathlon	CF30			0:05:35	2	0:49:36	20	0:26:56	22	<b>1:22:07</b>	<b>15</b>		0:04:07	28
383	Wilby, Rob	M	Manchester Tri Club/T	M30			0:07:07	69	0:50:18	29	0:25:27	10	<b>1:22:52</b>	<b>16</b>		0:04:05	23
404	Nelson, Felix	M		M40	Y		0:07:05	65	0:49:25	18	0:26:26	17	<b>1:22:56</b>	<b>17</b>		0:04:03	18
459	williams, paul	M	oswestry olympians	M30			0:06:50	56	0:49:26	19	0:27:11	25	<b>1:23:27</b>	<b>18</b>		0:04:09	30
271	JONES, PAUL	M		M40			0:08:00	134	0:50:09	28	0:26:20	16	<b>1:24:29</b>	<b>19</b>		0:04:12	35
429	morris, steven	M	pencoed tri	M30			0:06:34	25	0:49:39	21	0:28:19	50	<b>1:24:32</b>	<b>20</b>		0:04:15	42
410	Kerry, Martin	M	Tri Preston	M40			0:06:47	44	0:49:06	13	0:28:56	66	<b>1:24:49</b>	<b>21</b>		0:04:31	66
392	Ellis, Gareth	M		M40			0:06:42	38	0:51:27	37	0:26:44	20	<b>1:24:53</b>	<b>22</b>		0:04:09	30
284	Mawdsley, Richard	M	Mersey Tri	M30			0:07:18	85	0:53:11	57	0:24:59	5	<b>1:25:28</b>	<b>23</b>		0:04:03	21
205	NEAR, CHRISTOPHER	M	ERYRI	M30	Y		0:09:00	214	0:49:55	25	0:26:41	18	<b>1:25:36</b>	<b>24</b>		0:03:58	14
375	Edwards, Vincent	M	Padarn Tri	M30			0:06:41	36	0:53:24	64	0:25:32	13	<b>1:25:37</b>	<b>25</b>		0:03:44	5
427	southall, joshua	M	Black country tri	MJ			0:06:22	14	0:50:05	26	0:29:14	74	<b>1:25:41</b>	<b>26</b>		0:04:41	86
326	farnell, nicholas	M	ludloww cc	M40			0:07:44	120	0:49:53	23	0:28:12	45	<b>1:25:49</b>	<b>27</b>		0:04:19	47
388	Ellis, Garry	M		M40			0:07:21	92	0:50:06	27	0:28:26	51	<b>1:25:53</b>	<b>28</b>		0:04:35	70
300	Smith, Chris	M	Wrexham Tri Club	M30			0:07:26	97	0:53:19	62	0:25:28	11	<b>1:26:13</b>	<b>29</b>		0:03:52	8
365	Jones, Gerwyn	M	Rhyl CC	M30			0:07:13	77	0:49:54	24	0:29:26	75	<b>1:26:33</b>	<b>30</b>		0:04:36	75
250	Philipson, Paul	M		M40			0:07:57	131	0:51:08	33	0:27:36	33	<b>1:26:41</b>	<b>31</b>		0:04:12	36
385	Whittaker, James	M	Didsbury Tri Club	M30			0:07:19	87	0:50:20	30	0:29:08	72	<b>1:26:47</b>	<b>32</b>		0:04:20	48
367	Harvey, John	M	Rhos on Sea Cycling	M40	Y		0:07:13	77	0:49:45	22	0:29:52	87	<b>1:26:50</b>	<b>33</b>		0:04:50	110
428	wagstaff, paul	M	n/a	M30			0:06:20	12	0:52:26	48	0:28:10	44	<b>1:26:56</b>	<b>34</b>		0:04:47	105
355	Lee, Richard	M	Carneddau	M40	Y		0:06:45	42	0:52:40	50	0:27:34	32	<b>1:26:59</b>	<b>35</b>		0:04:34	69
376	Tetlow, Roy	M		M40			0:06:55	61	0:51:51	40	0:28:28	54	<b>1:27:14</b>	<b>36</b>		0:04:23	54
358	Greenwood, Simon	M	Chester Tri	M40			0:07:51	126	0:51:23	36	0:28:04	40	<b>1:27:18</b>	<b>37</b>		0:04:14	40
333	Lloyd, Tim	M	eryri harriers	M40	Y		0:07:39	111	0:50:54	32	0:28:45	60	<b>1:27:18</b>	<b>37</b>		0:04:35	71
403	Mitchelmore, Darren	M	Pontesbury Tri	M40			0:06:25	18	0:52:20	43	0:28:34	57	<b>1:27:19</b>	<b>39</b>		0:04:40	83
179	hawtin, will	M	high peak tri club	M30			0:07:38	110	0:51:50	39	0:27:57	38	<b>1:27:25</b>	<b>40</b>		0:04:04	22
390	Sheehan, Matt	M	Tequila Slammers Tri	M40			0:06:40	34	0:52:43	51	0:28:14	47	<b>1:27:37</b>	<b>41</b>		0:04:18	45
342	Norwood, Simon	M	Ludlow runners	M30			0:07:11	73	0:53:14	60	0:27:16	28	<b>1:27:41</b>	<b>42</b>		0:04:07	29
348	Guy, Robin	M	Newport and District	RM30			0:07:24	95	0:52:21	44	0:28:00	39	<b>1:27:45</b>	<b>43</b>		0:04:00	16

380	Taylor, Brigg	M	UA	M30		0:06:40	33	0:52:09	41	0:29:06	69	<b>1:27:55</b>	<b>44</b>	0:04:36	75
352	Whittaker, Mark	M		M30		0:06:48	49	0:52:14	42	0:29:07	70	<b>1:28:09</b>	<b>45</b>	0:04:22	52
331	Buckley, Derek	M		M50		0:08:24	165	0:53:08	54	0:26:45	21	<b>1:28:17</b>	<b>46</b>	0:04:15	42
351	Bartlett, Anna	F	Shrewsbury Athletic	F30		0:06:29	22	0:54:36	80	0:27:14	26	<b>1:28:19</b>	<b>47</b>	0:04:03	18
458	Spall, Stephen	M	Chester Tri	M40		0:06:48	46	0:52:33	49	0:29:06	68	<b>1:28:27</b>	<b>48</b>	0:04:54	121
435	Brown, Mark	M	manchester triathlon c	MJ	Y	0:06:12	9	0:51:39	38	0:30:40	109	<b>1:28:31</b>	<b>49</b>	0:04:54	120
337	Murray, Robert	M	Serpentine	M30		0:07:43	117	0:54:03	70	0:26:59	24	<b>1:28:45</b>	<b>50</b>	0:04:02	17
174	O'BRIEN, PETER	M		M30		0:09:01	215	0:52:25	46	0:27:22	30	<b>1:28:48</b>	<b>51</b>	0:04:05	23
425	Crickmore, Kelly	F	Ckester Tri	F30		0:07:31	101	0:55:49	96	0:25:30	12	<b>1:28:50</b>	<b>52</b>	0:03:53	9
168	Roberts, Richard	M	Burntwood	M40		0:06:35	27	0:58:15	141	0:24:07	2	<b>1:28:57</b>	<b>53</b>	0:03:54	10
260	PHILLIPS, SEBASTIAN	M		M30		0:08:27	171	0:51:22	35	0:29:10	73	<b>1:28:59</b>	<b>54</b>	0:04:26	59
400	Rieley, Hugh	M	Mersey Tri	M40	Y	0:06:40	34	0:53:54	69	0:28:26	51	<b>1:29:00</b>	<b>55</b>	0:04:40	83
364	Frost, Anna	F	wrexham triathlon	F20		0:06:37	30	0:57:19	126	0:25:06	7	<b>1:29:02</b>	<b>56</b>	0:03:52	7
169	McDonald, Robert	M		M40		0:09:57	259	0:49:24	17	0:29:42	82	<b>1:29:03</b>	<b>57</b>	0:04:21	50
409	KETTLE, RICHARD	M	Ashurst B.C	M20	Y	0:07:21	94	0:54:18	74	0:28:05	41	<b>1:29:44</b>	<b>58</b>	0:04:29	61
402	Herne, David	M		M40		0:06:42	37	0:54:16	72	0:28:48	62	<b>1:29:46</b>	<b>59</b>	0:04:24	56
118	Cartwright, Gary	M		M30		0:07:20	89	0:55:30	91	0:26:57	23	<b>1:29:47</b>	<b>60</b>	0:04:21	50
398	Spencer, Duncan	M		M30	Y	0:06:44	40	0:53:45	68	0:29:27	76	<b>1:29:56</b>	<b>61</b>	0:04:16	44
396	Isaacs, Ruth	F		F40		0:06:48	46	0:54:50	84	0:28:18	49	<b>1:29:56</b>	<b>61</b>	0:04:23	54
289	Garrad, Marcel	M		M30	Y	0:06:36	29	0:53:43	67	0:29:43	83	<b>1:30:02</b>	<b>63</b>	0:04:45	97
421	Rees - Hughes, Jayson	M		M30		0:08:21	160	0:49:22	16	0:32:30	145	<b>1:30:13</b>	<b>64</b>	0:05:09	155
379	Harth, Stuart	M	RAFTRI	M20	Y	0:07:40	113	0:54:33	78	0:28:08	43	<b>1:30:21</b>	<b>65</b>	0:04:06	25
439	Martin - Crisp, John	M		M40		0:06:28	21	0:47:55	10	0:36:01	221	<b>1:30:24</b>	<b>66</b>	0:05:37	206
227	Slavin, Simon	M	Wrecsam Tri Club	M30	Y	0:07:54	128	0:54:16	73	0:28:16	48	<b>1:30:26</b>	<b>67</b>	0:04:29	61
357	Evans, Emyr	M	Carneddau Triathlon	M30		0:06:53	59	0:53:14	58	0:30:20	98	<b>1:30:27</b>	<b>68</b>	0:04:39	81
198	Andrews, Paul	M	Lune RCC	M40	Y	0:09:09	227	0:51:15	34	0:30:05	91	<b>1:30:29</b>	<b>69</b>	0:04:54	121
368	Parker, Carl	M	Manchester Tri Club	M30		0:07:16	82	0:52:23	45	0:30:57	116	<b>1:30:36</b>	<b>70</b>	0:04:46	103
310	Parsons, Darren	M	Tunstall Wheelers	M40		0:08:44	197	0:52:25	47	0:29:33	79	<b>1:30:42</b>	<b>71</b>	0:04:13	37
225	Maguinness, Neil	M	Unattached	M30		0:06:49	55	0:55:16	89	0:28:48	62	<b>1:30:53</b>	<b>72</b>	0:04:18	45
370	KIMBERLEY, SIMON	M	BLACK COUNTRY TFM	M40		0:07:20	89	0:53:16	61	0:30:20	98	<b>1:30:56</b>	<b>73</b>	0:04:49	109
262	Yeomans, Craig	M	Black Country Triathle	M30		0:08:33	181	0:53:14	58	0:29:29	78	<b>1:31:16</b>	<b>74</b>	0:04:35	71
361	Whiteley, Joshus	M		M30	Y	0:06:48	49	0:53:23	63	0:31:08	118	<b>1:31:19</b>	<b>75</b>	0:04:49	107
401	Hanilton, Kevin	M	Cerist Tri	M40		0:06:39	32	0:56:57	116	0:27:51	37	<b>1:31:27</b>	<b>76</b>	0:04:29	61
424	Nunn, James	M		M30	Y	0:06:48	46	0:57:38	132	0:27:18	29	<b>1:31:44</b>	<b>77</b>	0:04:09	30
323	Wolstencroft, Gary	M	Manchester Tri Club	M30	Y	0:07:30	100	0:54:23	75	0:30:12	94	<b>1:32:05</b>	<b>78</b>	0:05:11	160
413	Webb, Martin	M	Manchester Triathlon	M40		0:06:46	43	0:55:12	88	0:30:17	96	<b>1:32:15</b>	<b>79</b>	0:04:45	100
283	Kaye, Philip	M	Not Affiliated	M30	Y	0:08:17	150	0:55:31	92	0:28:28	54	<b>1:32:16</b>	<b>80</b>	0:04:20	49
319	Cowan, Charles	M		M50		0:07:49	123	0:52:59	53	0:31:32	126	<b>1:32:20</b>	<b>81</b>	0:05:06	143
338	Pilkington, Stephen	M		M40		0:07:36	105	0:55:39	93	0:29:07	71	<b>1:32:22</b>	<b>82</b>	0:04:42	91
147	budworth, karl	M		M30	Y	0:08:27	171	0:55:47	94	0:28:12	46	<b>1:32:26</b>	<b>83</b>	0:04:23	53
202	BARTHELEMY, Emmanu	M		M30	Y	0:07:47	122	0:56:58	117	0:27:50	36	<b>1:32:35</b>	<b>84</b>	0:04:13	37
293	Thomas, Gwyn	M	Rhyl Cycling Club	M30		0:08:48	204	0:53:10	55	0:30:40	109	<b>1:32:38</b>	<b>85</b>	0:04:43	92
277	Saycell, Anita	F	Cerist Tri	F20		0:06:24	17	0:55:21	90	0:31:14	120	<b>1:32:59</b>	<b>86</b>	0:05:07	144
432	McGivern, Jamie	M	Wirral Avago Tri Squa	M30		0:05:38	4	0:57:09	122	0:30:26	101	<b>1:33:13</b>	<b>87</b>	0:05:13	163
328	spreadborough, andrew	M	ludlow runners	M40		0:07:09	72	0:54:53	86	0:31:15	122	<b>1:33:17</b>	<b>88</b>	0:04:56	126
285	goode, scott	M	stafford triathlon club	M40	Y	0:07:12	75	0:56:49	114	0:29:27	76	<b>1:33:28</b>	<b>89</b>	0:04:35	71

417	Lord, Greg	M	Llanelli Tri	M30		0:06:23	16	0:56:33	106	0:30:32	106	<b>1:33:28</b>	<b>89</b>	0:04:55	125
220	Galloway, Simon	M	Todmorden Harriers	M40		0:08:29	173	0:56:34	107	0:28:27	53	<b>1:33:30</b>	<b>91</b>	0:04:26	59
330	Timson, Peter	M	Chester Tri	M50		0:08:04	137	0:54:31	76	0:31:04	117	<b>1:33:39</b>	<b>92</b>	0:04:38	79
389	Jones, Iorwerth	M	Wrexham Tri Club	M60		0:08:17	150	0:55:47	95	0:29:38	81	<b>1:33:42</b>	<b>93</b>	0:04:41	86
157	METCALFE, RUTH	F		F30		0:09:50	255	0:53:28	65	0:30:27	103	<b>1:33:45</b>	<b>94</b>	0:04:44	96
373	Smith, Neil Andrew	M	Shrewsbury Athletic	M40		0:07:14	81	0:54:09	71	0:32:26	144	<b>1:33:49</b>	<b>95</b>	0:04:44	94
239	williams, paul	M		M40		0:07:08	71	0:57:02	120	0:29:47	85	<b>1:33:57</b>	<b>96</b>	0:04:46	103
359	Myles, Chris	M	Shrewsbury Masters	M40		0:06:47	45	0:56:53	115	0:30:23	100	<b>1:34:03</b>	<b>97</b>	0:04:45	100
249	Godfrey, Keith	M		M40		0:08:42	193	0:54:47	83	0:30:38	107	<b>1:34:07</b>	<b>98</b>	0:04:33	67
272	Drummond, Neil	M	Unattached	M40		0:07:44	119	0:57:37	131	0:28:47	61	<b>1:34:08</b>	<b>99</b>	0:06:09	240
222	Wilcockson, David	M		M30	Y	0:07:29	99	0:54:51	85	0:31:59	134	<b>1:34:19</b>	<b>100</b>	0:04:42	89
291	Bolton, Karl	M		M40		0:07:05	65	0:56:01	99	0:31:15	121	<b>1:34:21</b>	<b>101</b>	0:04:42	89
228	Bell, Richard	M		M30		0:07:07	68	0:56:58	117	0:30:18	97	<b>1:34:23</b>	<b>102</b>	0:04:41	86
256	Jones, Martin	M	carneddau	M40		0:09:15	229	0:56:37	109	0:28:40	59	<b>1:34:32</b>	<b>103</b>	0:04:14	40
110	osmand, marc	M	none	M30	Y	0:07:36	105	0:58:09	139	0:28:56	66	<b>1:34:41</b>	<b>104</b>	0:04:35	71
347	Reed, Nick	M	Manchester Triathlon	M40		0:07:18	85	0:53:35	66	0:33:50	171	<b>1:34:43</b>	<b>105</b>	0:05:04	140
418	SIMMONS, SEAN	M	CHESTER TRI	M30		0:07:00	62	0:54:33	78	0:33:25	163	<b>1:34:58</b>	<b>106</b>	0:05:27	191
242	Gardner, Philip	M	Mid-Shropshire Wheel	M40		0:08:32	178	0:52:45	52	0:33:44	167	<b>1:35:01</b>	<b>107</b>	0:05:20	178
233	Evans, John	M	Cerist Tri	M60		0:08:47	202	0:56:31	105	0:29:50	86	<b>1:35:08</b>	<b>108</b>	0:05:00	130
451	Iloyd, gary	M		M20		0:09:13	228	0:56:21	104	0:29:35	80	<b>1:35:09</b>	<b>109</b>	0:03:58	14
378	Tetlow, Hans	M		M40		0:07:03	63	0:57:59	135	0:30:12	94	<b>1:35:14</b>	<b>110</b>	0:04:51	112
397	Wall, Brian	M		M50		0:06:52	58	0:57:30	129	0:30:56	115	<b>1:35:18</b>	<b>111</b>	0:04:51	112
312	Davies, Graham	M	Carneddau	M40		0:06:26	19	0:59:08	159	0:29:54	88	<b>1:35:28</b>	<b>112</b>	0:04:45	97
336	Lewis, David	M	Kinder Velo Cyling	M40		0:08:13	146	0:55:54	98	0:31:35	129	<b>1:35:42</b>	<b>113</b>	0:04:57	128
437	Miller, Dominique	M	City of Chester Triathlk	M30		0:06:22	14	0:56:41	111	0:32:54	150	<b>1:35:57</b>	<b>114</b>	0:05:15	168
324	TUNNADINE, PAULA	F		F40	Y	0:07:55	130	0:57:13	124	0:30:54	114	<b>1:36:02</b>	<b>115</b>	0:05:02	133
406	Lord, Alex	M		M20		0:06:27	20	0:59:09	160	0:30:29	105	<b>1:36:05</b>	<b>116</b>	0:04:49	107
321	Postins, Gary	M	Newport and District	RM30		0:08:04	139	0:56:09	101	0:32:02	136	<b>1:36:15</b>	<b>117</b>	0:05:03	136
213	jones, steffan	M	Pwllheli	M40		0:09:24	233	0:57:08	121	0:29:47	84	<b>1:36:19</b>	<b>118</b>	0:04:39	81
278	Plumtree, Simon	M		M40		0:08:13	146	0:56:19	103	0:32:10	140	<b>1:36:42</b>	<b>119</b>	0:04:59	129
344	Bennett, Nick	M	Ashurst Bike Club	M30		0:07:07	69	0:56:35	108	0:33:01	153	<b>1:36:43</b>	<b>120</b>	0:04:55	123
224	McKendry, Leigh	M		M30		0:09:26	237	0:54:37	81	0:32:49	149	<b>1:36:52</b>	<b>121</b>	0:05:08	150
264	Hague, Gary	M		M40		0:08:31	175	0:59:36	172	0:28:50	64	<b>1:36:57</b>	<b>122</b>	0:04:48	106
164	Whittaker, William	M	None	M20		0:08:41	192	0:57:40	133	0:30:39	108	<b>1:37:00</b>	<b>123</b>	0:04:30	64
307	Owen, Noel Rhys	M		M40	Y	0:08:19	156	0:58:40	148	0:30:05	91	<b>1:37:04</b>	<b>124</b>	0:04:30	64
113	Shelton, Mark	M	Stafford Tri	M40		0:08:46	201	0:54:32	77	0:33:49	170	<b>1:37:07</b>	<b>125</b>	0:05:16	170
345	Greaves, Sarah	F	OOTri	F50		0:07:14	80	0:57:13	125	0:32:40	146	<b>1:37:07</b>	<b>126</b>	0:05:03	137
259	Postins, Kevin	M	Sneyd Stmders	M40		0:08:21	162	0:58:26	144	0:30:26	102	<b>1:37:13</b>	<b>127</b>	0:04:55	123
208	lewis, cencydd	M		M40		0:08:55	211	0:57:09	122	0:31:44	130	<b>1:37:48</b>	<b>128</b>	0:04:45	100
430	Dilworth, Mike	M	Padarn Tri	M50		0:06:18	11	0:59:45	177	0:31:51	133	<b>1:37:54</b>	<b>129</b>	0:05:14	165
200	Pennell, Stephen	M		M30	Y	0:08:55	210	0:56:40	110	0:32:24	143	<b>1:37:59</b>	<b>130</b>	0:04:53	117
399	Bolton, Daniel	M	www.PhoenixTangSoc	M30		0:07:18	84	0:54:40	82	0:36:01	220	<b>1:37:59</b>	<b>130</b>	0:05:28	192
221	Ronald, Vicky	F	Carnaddau Tri	F40		0:09:06	223	0:56:46	112	0:32:09	139	<b>1:38:01</b>	<b>132</b>	0:05:07	144
197	Pennington, Andy	M	u/a	M40		0:09:28	240	0:58:33	147	0:30:06	93	<b>1:38:07</b>	<b>133</b>	0:04:11	34
362	Lowe, Andy	M	U/A	M40		0:06:54	60	0:56:05	100	0:35:09	205	<b>1:38:08</b>	<b>134</b>	0:05:19	177
349	NEAR, PILAR	M	ERYRI	M30	Y	0:07:12	75	0:56:58	119	0:34:07	179	<b>1:38:17</b>	<b>135</b>	0:05:17	171

317	Wall, Judith	F	manchester triathlon c	F30	Y	0:07:34	103	0:59:20	164	0:31:25	124	<b>1:38:19</b>	<b>136</b>	0:05:20	178
193	Fry, Michael	M		M30		0:08:49	206	0:58:29	145	0:31:12	119	<b>1:38:30</b>	<b>137</b>	0:04:45	97
453	Law, Kenneth	M		M30	Y	0:08:01	135	0:56:48	113	0:33:45	168	<b>1:38:34</b>	<b>138</b>	0:05:12	162
203	Andrew, Paul	M		M30		0:09:25	235	0:59:12	162	0:30:03	90	<b>1:38:40</b>	<b>139</b>	0:04:38	80
369	PRICE, J.ARWEL	M	CERIST TRI	M40		0:07:36	105	0:59:04	158	0:32:00	135	<b>1:38:40</b>	<b>140</b>	0:05:18	175
407	Murphy, Liam	M	n/a	M30		0:07:04	64	0:57:24	128	0:34:23	189	<b>1:38:51</b>	<b>141</b>	0:05:20	178
187	McDonald, Suzanne	F		F30		0:08:38	187	0:59:35	170	0:30:41	111	<b>1:38:54</b>	<b>142</b>	0:04:33	68
253	jones, stephen paul	M	carneddau	M40		0:09:02	217	0:54:56	87	0:35:02	201	<b>1:39:00</b>	<b>143</b>	0:05:52	224
241	Stieler, Mark	M		M40		0:08:40	189	0:59:38	173	0:30:46	112	<b>1:39:04</b>	<b>144</b>	0:04:53	116
276	Riddick, Charlotte	F	Chester Tri	F20		0:07:24	96	0:58:17	142	0:33:39	165	<b>1:39:20</b>	<b>145</b>	0:05:08	150
261	Johnson, Ian	M	Carneddau Tri	M40		0:07:57	133	0:59:25	165	0:32:21	142	<b>1:39:43</b>	<b>146</b>	0:05:20	178
257	Newby, Karen	F	SCARAB Tri	F30		0:08:24	167	0:57:34	130	0:33:56	174	<b>1:39:54</b>	<b>147</b>	0:05:31	198
444	Harris, Tim	M		M30		0:07:11	74	0:59:35	171	0:33:09	161	<b>1:39:55</b>	<b>148</b>	0:05:20	178
173	Preston, Andrew	M		M30		0:09:42	249	0:55:53	97	0:34:23	189	<b>1:39:58</b>	<b>149</b>	0:05:04	139
350	Price, Anthony	M	West Midlands Police	M40		0:07:50	124	1:03:19	212	0:28:52	65	<b>1:40:01</b>	<b>150</b>	0:04:13	37
217	franks, paul	M	Telford Harriers	M40	Y	0:08:23	164	1:01:39	194	0:30:02	89	<b>1:40:04</b>	<b>151</b>	0:04:50	110
386	Dobson, Guy	M	Manchester Triathlon	M30		0:07:13	77	0:58:43	152	0:34:31	192	<b>1:40:27</b>	<b>152</b>	0:05:12	161
346	stibbards, james	M		M30	Y	0:07:20	89	0:59:47	178	0:33:21	162	<b>1:40:28</b>	<b>153</b>	0:05:22	186
245	Garratt, Wynne	M	RAF Triathlon	M40	Y	0:08:31	175	0:58:54	156	0:33:05	156	<b>1:40:30</b>	<b>154</b>	0:05:14	167
433	McGivern, Andy	M	The Wirral Avago Tri	M20		0:05:36	3	0:58:29	145	0:36:40	231	<b>1:40:45</b>	<b>155</b>	0:06:16	250
195	Gallimore, David	M		M30	Y	0:08:43	195	1:00:49	186	0:31:15	122	<b>1:40:47</b>	<b>156</b>	0:04:40	83
339	Houliston, Elspeth	F		F30		0:07:36	105	0:58:04	138	0:35:14	207	<b>1:40:54</b>	<b>157</b>	0:05:36	205
299	Hunter, Julian	M	Wrexham Tri Club	M50		0:07:50	125	0:57:21	127	0:35:48	217	<b>1:40:59</b>	<b>158</b>	0:06:03	234
446	Nelson, Phil	M		M30	Y	0:08:03	136	0:59:13	163	0:33:44	166	<b>1:41:00</b>	<b>159</b>	0:05:23	187
226	cork, bill	M		M40	Y	0:08:30	174	0:58:40	149	0:33:50	172	<b>1:41:00</b>	<b>160</b>	0:05:07	146
236	Alston, Andrew	M	Climb on Bikes	M40		0:08:46	198	0:56:15	102	0:36:06	223	<b>1:41:07</b>	<b>161</b>	0:06:03	235
235	Couling, Michael	M	Carneddau Triathlon	M30	Y	0:09:07	224	1:00:41	184	0:31:47	131	<b>1:41:35</b>	<b>162</b>	0:05:18	173
334	Amison, Martin	M		M20	Y	0:06:49	52	1:00:08	180	0:34:41	195	<b>1:41:38</b>	<b>163</b>	0:05:04	140
354	DAVIES, MARK	M		M40		0:07:27	98	1:00:11	181	0:34:00	176	<b>1:41:38</b>	<b>164</b>	0:05:42	214
170	Edwards, Sharon	F	Padarn Tri	F30	Y	0:08:10	142	1:04:56	227	0:28:35	58	<b>1:41:41</b>	<b>165</b>	0:04:43	92
456	walters, paul	M		M30	Y	0:08:37	186	1:04:36	220	0:28:32	56	<b>1:41:45</b>	<b>166</b>	0:04:37	77
254	Simon, Cole	M	n/a	M40		0:07:35	104	0:59:03	157	0:35:09	204	<b>1:41:47</b>	<b>167</b>	0:05:19	176
332	Kaye, Allan	M		M30	Y	0:07:33	102	1:01:18	190	0:33:08	159	<b>1:41:59</b>	<b>168</b>	0:05:22	183
308	Mageean, Andrea	F	City of Chester Triathlon	F40		0:09:34	244	0:59:44	176	0:32:44	147	<b>1:42:02</b>	<b>169</b>	0:04:53	118
384	Smith, Nigel	M		M40		0:06:44	40	1:01:14	189	0:34:05	177	<b>1:42:03</b>	<b>170</b>	0:05:32	201
419	Waters, Raasay	F	Preston Triathlon	F20		0:06:34	25	1:02:22	200	0:33:08	159	<b>1:42:04</b>	<b>171</b>	0:05:31	198
353	Harrison, Lynwen	F	none	F30	Y	0:06:48	49	1:00:08	179	0:35:12	206	<b>1:42:08</b>	<b>172</b>	0:05:54	228
279	Williams, Ken	M		M40	Y	0:08:49	206	0:58:21	143	0:35:18	209	<b>1:42:28</b>	<b>173</b>	0:05:13	163
167	Williams, Nefyn	M		M40		0:08:18	154	1:02:07	199	0:32:04	137	<b>1:42:29</b>	<b>174</b>	0:05:17	171
218	MOORE, CLIVE	M	N/A	M50		0:09:04	220	1:01:24	191	0:32:07	138	<b>1:42:35</b>	<b>175</b>	0:05:31	198
460	Peart, Sian	F	Chester Tri Club	F40		0:08:40	189	0:59:41	174	0:34:20	186	<b>1:42:41</b>	<b>176</b>	0:05:02	133
316	Harris, Sonia	F	manchester triathlon c	F30	Y	0:08:11	144	0:58:40	149	0:35:54	218	<b>1:42:45</b>	<b>177</b>	0:05:40	211
212	BRICE, Ashley	M		M30	Y	0:08:40	189	1:00:18	183	0:33:51	173	<b>1:42:49</b>	<b>178</b>	0:05:15	168
343	McCourt, Roisin	F	Manchester Triathlon	F20	Y	0:07:54	128	0:59:25	166	0:35:31	211	<b>1:42:50</b>	<b>179</b>	0:05:09	153
191	Matthews, Anthony	M		M50		0:10:06	265	0:58:03	137	0:34:44	197	<b>1:42:53</b>	<b>180</b>	0:05:37	208
377	Tetlow, Karl	M		M40		0:07:19	87	0:57:59	135	0:35:42	216	<b>1:43:00</b>	<b>181</b>	0:02:00	220

263	Newing, Robert	M		M40		Y	0:08:18	154	1:04:24	218	0:30:27	103	<b>1:43:09</b>	<b>182</b>	0:04:44	94
181	Arthan, Liz	F	OO Tri	F40			0:09:01	215	0:59:43	175	0:34:32	193	<b>1:43:16</b>	<b>183</b>	0:05:30	196
304	Hoare, Paul	M		M40			0:08:39	188	0:58:43	151	0:35:55	219	<b>1:43:17</b>	<b>184</b>	0:05:59	231
232	Counsell, Gary	M	Pink & Blue Elly	M30			0:09:40	247	0:59:33	169	0:34:18	185	<b>1:43:31</b>	<b>185</b>	0:05:00	130
172	Kaye, Malcolm	M		M50		Y	0:10:06	265	1:01:53	196	0:31:32	127	<b>1:43:31</b>	<b>185</b>	0:04:57	127
255	Sadler-Andrews, Ella	F	Sports City Velo	FJ		Y	0:08:17	150	0:58:12	140	0:37:04	235	<b>1:43:33</b>	<b>187</b>	0:05:08	150
180	Collins, Richard	M	Oswestry Olympians	TM30		Y	0:09:03	218	0:59:29	167	0:35:04	203	<b>1:43:36</b>	<b>188</b>	0:05:41	212
138	JAGGARD, GARETH	M	NORTH WALES POLI	M20		Y	0:08:35	182	1:00:13	182	0:35:03	202	<b>1:43:51</b>	<b>189</b>	0:05:30	196
243	biddulph, colin	M		M40			0:08:10	141	0:59:10	161	0:36:31	228	<b>1:43:51</b>	<b>190</b>	0:05:56	230
194	Hunt, Paul	M		M30		Y	0:08:59	213	1:02:03	198	0:33:02	154	<b>1:44:04</b>	<b>191</b>	0:04:52	114
305	Garratt, Rebecca	F	RAF Triathlon	F30			0:07:41	114	1:01:03	187	0:35:32	213	<b>1:44:16</b>	<b>192</b>	0:05:29	194
281	osborne, paul	M		M30			0:08:21	160	1:01:47	195	0:34:12	181	<b>1:44:20</b>	<b>193</b>	0:05:01	132
211	Williams, Martin G	M	Careddau tri	M60			0:09:32	243	1:00:46	185	0:34:07	180	<b>1:44:25</b>	<b>194</b>	0:05:09	155
325	Astbury, Steven	M		M30		Y	0:07:21	92	1:02:50	205	0:34:22	188	<b>1:44:33</b>	<b>195</b>	0:05:32	201
192	westhead, steven	M		M40		Y	0:08:26	170	1:04:38	221	0:31:31	125	<b>1:44:35</b>	<b>196</b>	0:04:52	114
269	Robinson, David	M		M30			0:10:18	274	1:01:35	192	0:32:55	151	<b>1:44:48</b>	<b>197</b>	0:05:09	154
315	Clapham, Simon	M	Scarab Tri	M40			0:08:12	145	0:58:49	154	0:37:50	246	<b>1:44:51</b>	<b>198</b>	0:05:44	217
450	close, conor	M		M30		Y	0:07:57	131	1:03:13	210	0:33:47	169	<b>1:44:57</b>	<b>199</b>	0:05:14	165
302	Briffa, Chris	M		M50			0:08:24	165	1:01:04	188	0:35:32	212	<b>1:45:00</b>	<b>200</b>	0:05:34	203
266	Thomas, Simon	M		M30		Y	0:08:15	148	1:02:42	202	0:34:06	178	<b>1:45:03</b>	<b>201</b>	0:05:08	147
335	McLoughlin, Paul	M	Chester Tri	M40		Y	0:07:37	109	1:02:40	201	0:34:55	199	<b>1:45:12</b>	<b>202</b>	0:05:09	155
154	Waterhouse, David	M	Manchester Triathlon	M40			0:08:36	184	1:02:43	203	0:34:14	182	<b>1:45:33</b>	<b>203</b>	0:05:02	133
142	Mills, Steve	M		M40			0:09:51	256	0:58:51	155	0:37:04	235	<b>1:45:46</b>	<b>204</b>	0:05:44	215
165	Robertson, Drew	M		M40			0:10:17	272	0:58:46	153	0:37:12	239	<b>1:46:15</b>	<b>205</b>	0:05:52	225
248	Loewenstein, Nathan	M		M20		Y	0:08:11	143	1:05:26	231	0:32:47	148	<b>1:46:24</b>	<b>206</b>	0:04:53	118
374	Donnelly, Adrian M	M	Pontesbury Masters	M40		Y	0:08:25	169	1:03:14	211	0:34:52	198	<b>1:46:31</b>	<b>207</b>	0:05:18	173
156	Lewis, Ian	M		M40		Y	0:08:25	168	1:04:49	224	0:33:25	163	<b>1:46:39</b>	<b>208</b>		#N/A
144	White, Gary	M		M30			0:10:32	278	0:57:46	134	0:38:36	253	<b>1:46:54</b>	<b>209</b>	0:06:15	247
268	Tipping, Jon	M		M30		Y	0:08:54	209	1:03:09	209	0:35:14	207	<b>1:47:17</b>	<b>210</b>	0:05:38	210
298	Litherland, Mark	M		M50		Y	0:06:31	23	0:59:30	168	0:41:17	272	<b>1:47:18</b>	<b>211</b>	0:06:45	274
123	MacArthur, Helen	F	Colwyn Bay Athletics	F30		Y	0:12:17	291	1:04:10	216	0:31:34	128	<b>1:48:01</b>	<b>212</b>	0:05:08	148
121	Noden, Robert	M		M30			0:09:46	252	1:05:12	229	0:33:07	158	<b>1:48:05</b>	<b>213</b>	0:05:37	208
175	Davies, Ryan	M	Carneddau Tri Club	M20		Y	0:10:17	273	1:04:52	225	0:32:56	152	<b>1:48:05</b>	<b>213</b>	0:05:09	155
238	McClelland, Margaret	F	Swinton Running	F40			0:09:08	225	1:03:43	215	0:35:30	210	<b>1:48:21</b>	<b>215</b>	0:05:51	223
382	davies, paul	M	cardiff tri	M50			0:07:43	117	1:03:04	207	0:38:17	249	<b>1:49:04</b>	<b>216</b>	0:06:28	262
282	Arthan, Linda	F	oo tro	F50			0:08:32	178	1:02:02	197	0:38:34	251	<b>1:49:08</b>	<b>217</b>	0:06:03	235
287	Perrault, Katy	F	Manchester	F20		Y	0:07:46	121	1:04:55	226	0:36:46	232	<b>1:49:27</b>	<b>218</b>	0:05:42	213
237	Evans, Anna	F	Carneddau Tri	F20		Y		#N/A	#N/A	0:38:57	255	<b>1:49:39</b>	<b>219</b>	0:06:28	259	
145	SHAKESPEARE, STEPHIM	M		M30		Y	0:10:15	270	1:03:38	213	0:36:03	222	<b>1:49:56</b>	<b>220</b>	0:05:47	219
314	Selley, Pete	M	N/A	M40		Y	0:07:41	114	1:03:01	206	0:39:28	260	<b>1:50:10</b>	<b>221</b>	0:06:12	246
162	Robinson, Darrin	M		M40			0:10:01	264	1:02:46	204	0:37:46	243	<b>1:50:33</b>	<b>222</b>	0:05:44	215
190	Thomas, Melissa	F	OO Tri	F30		Y	0:09:28	241	1:04:17	217	0:37:00	234	<b>1:50:45</b>	<b>223</b>	0:05:53	227
214	Jones, Gary	M	Cobra Running & Triat	M40		Y	0:08:31	175	1:08:01	248	0:34:15	184	<b>1:50:47</b>	<b>224</b>	0:05:28	192
161	Brown, Sarah	F	Ivanhoe Runners Ashk	F20		Y	0:09:03	219	1:07:18	242	0:34:41	195	<b>1:51:02</b>	<b>225</b>	0:05:22	185
146	Diamond, Tim	M		M40			0:09:27	239	1:03:39	214	0:37:57	247	<b>1:51:03</b>	<b>226</b>	0:06:22	255
371	Prady, Nicola	F		F30			0:07:39	111	1:08:51	250	0:34:34	194	<b>1:51:04</b>	<b>227</b>	0:05:22	183

274	Hogan, Tony	M		M40		0:09:24	233	1:09:00	252	0:33:07	157	<b>1:51:31</b>	<b>228</b>	0:05:50	222
244	Learoyd, Paul	M		M30		0:09:26	237	1:04:48	223	0:37:22	240	<b>1:51:36</b>	<b>229</b>	0:05:54	229
132	Peter, Libby	F		F40	Y	0:08:33	180	1:10:34	262	0:33:02	154	<b>1:52:09</b>	<b>230</b>	0:05:35	204
101	Justice, Howard	M		M20	Y	0:09:51	256	1:08:11	249	0:34:15	183	<b>1:52:17</b>	<b>231</b>	0:05:23	187
311	Reynolds, David	M		M60		0:08:04	137	1:03:08	208	0:41:26	273	<b>1:52:38</b>	<b>232</b>	0:06:21	254
461	Wilkinson, Mark	M	subsixty	M40	Y	0:12:34	295	1:09:24	254	0:30:50	113	<b>1:52:48</b>	<b>233</b>	0:05:05	142
448	graham, naomi	F	merseytri	F30		0:08:42	193	1:08:00	247	0:36:08	225	<b>1:52:50</b>	<b>234</b>	0:05:46	218
160	Wilson, Suzie	F		F30	Y	0:10:14	269	1:06:13	236	0:36:31	227	<b>1:52:58</b>	<b>235</b>	0:06:08	237
240	Andrews, Claire	F		F30	Y	0:06:49	54	1:06:04	235	0:40:05	264	<b>1:52:58</b>	<b>235</b>	0:06:23	257
141	Hodgkins, daniel	M		M30	Y	0:09:48	254	1:06:14	237	0:37:07	237	<b>1:53:09</b>	<b>237</b>	0:06:20	252
215	Bullen, Karen	F		F40		0:08:47	202	1:07:27	244	0:37:07	238	<b>1:53:21</b>	<b>238</b>	0:06:08	237
372	Symonds, Liz	F		F30	Y	0:07:41	116	1:05:57	233	0:39:48	262	<b>1:53:26</b>	<b>239</b>	0:06:53	281
230	Hough, Rob	M		M40	Y	0:08:54	208	1:04:41	222	0:40:07	265	<b>1:53:42</b>	<b>240</b>	0:06:20	252
297	Cartwright, Gary	M		M30		0:10:09	268	1:09:23	253	0:34:22	187	<b>1:53:54</b>	<b>241</b>	0:05:26	189
309	Alcock, Steve	M	Manchester Tri Club	M20	Y	0:09:25	235	1:09:28	255	0:35:33	214	<b>1:54:26</b>	<b>242</b>	0:06:08	237
125	Dexter, Lee	M		M20	Y	0:10:25	276	1:12:07	267	0:32:15	141	<b>1:54:47</b>	<b>243</b>	0:05:08	148
131	Clarkson, Robert	M		M30	Y	0:09:22	232	1:11:28	264	0:33:58	175	<b>1:54:48</b>	<b>244</b>	0:05:10	159
136	Cashmore, Jason	M		M30	Y	0:11:50	286	1:05:43	232	0:37:30	241	<b>1:55:03</b>	<b>245</b>	0:06:34	268
140	Williams, Barbara	F	Wreccsam Tri	F50		0:10:00	262	1:06:40	238	0:38:35	252	<b>1:55:15</b>	<b>246</b>	0:06:22	255
207	O'Sullivan, Seamus	M		M30	Y	0:09:28	241	1:10:24	261	0:35:35	215	<b>1:55:27</b>	<b>247</b>	0:05:26	190
185	Wright, Chris	M		M20	Y	0:09:05	221	1:11:26	263	0:34:57	200	<b>1:55:28</b>	<b>248</b>	0:05:37	206
231	Cochlin, Daniel	M	Mersey Tri	M30		0:07:53	127	1:11:40	265	0:36:25	226	<b>1:55:58</b>	<b>249</b>	0:05:29	194
290	rowley, debbie	F	mersey tri	F30		0:08:18	153	1:04:57	228	0:43:00	283	<b>1:56:15</b>	<b>250</b>	0:06:52	278
130	Johnson, Mike	M		M30	Y	0:10:44	279	1:05:22	230	0:40:26	266	<b>1:56:32</b>	<b>251</b>	0:06:16	249
313	Leach, Ailsa	F	Cardiff Tri Club	F40		0:08:36	183	1:04:35	219	0:43:44	287	<b>1:56:55</b>	<b>252</b>	0:07:40	295
176	Williams, Iwan	M		M20	Y	0:08:46	198	1:08:52	251	0:39:22	258	<b>1:57:00</b>	<b>253</b>	0:06:11	243
137	Hodgkins, Nathan	M		M30	Y	0:10:24	275	1:09:39	256	0:37:30	241	<b>1:57:33</b>	<b>254</b>	0:06:12	244
166	gwyer, lesley	F		F30	Y	0:09:40	247	1:07:30	245	0:40:27	267	<b>1:57:37</b>	<b>255</b>	0:06:17	251
247	Pilkington, catherine	F		F40	Y	0:08:43	195	1:07:21	243	0:42:16	279	<b>1:58:20</b>	<b>256</b>	0:06:44	272
229	Morris, David	M	N/A	M40		0:12:21	292	1:01:36	193	0:44:32	291	<b>1:58:29</b>	<b>257</b>	0:06:50	276
128	BRIDGE, ALAN	M		M50	Y	0:12:46	297	1:07:03	241	0:39:54	263	<b>1:59:43</b>	<b>258</b>	0:06:30	263
184	Evans, Nigel	M	Army	M50		0:09:46	253	1:06:01	234	0:44:16	289	<b>2:00:03</b>	<b>259</b>	0:07:00	286
363	Cuthbertson, James	M		M20	Y	0:08:09	140	1:14:10	276	0:38:03	248	<b>2:00:22</b>	<b>260</b>	0:06:32	265
105	Burford, Daniel	M	n/a	M30	Y	0:09:38	245	1:19:26	291	0:31:47	132	<b>2:00:51</b>	<b>261</b>	0:04:37	77
234	Owen, Rhian	F	Carneddau Triathlon C	F30	Y	0:09:57	259	1:06:58	240	0:44:00	288	<b>2:00:55</b>	<b>262</b>	0:06:56	284
387	Sample, Paul	M		M40	Y	0:08:19	156	1:09:53	257	0:42:51	282	<b>2:01:03</b>	<b>263</b>	0:07:18	289
286	DURKIN, CHRIS	M		M30	Y	0:07:16	82	1:12:00	266	0:42:02	277	<b>2:01:18</b>	<b>264</b>	0:06:53	280
360	Fell, Stephan	M		M50		0:08:22	163	1:09:57	258	0:43:01	284	<b>2:01:20</b>	<b>265</b>	0:06:57	285
159	Brown, Naomi	F		F20	Y	0:08:56	212	1:16:31	282	0:36:34	229	<b>2:02:01</b>	<b>266</b>	0:06:02	233
454	Astbury, Claire	F		F40	Y	0:13:23	299	1:10:19	259	0:38:51	254	<b>2:02:33</b>	<b>267</b>	0:06:01	232
455	Astbury, Ruth	F		F40		0:09:58	261	1:13:29	272	0:39:25	259	<b>2:02:52</b>	<b>268</b>	0:06:28	259
186	Hallworth, Martin	M		M50	Y	0:09:16	230	1:19:21	290	0:34:26	191	<b>2:03:03</b>	<b>269</b>	0:05:04	138
296	Hardy, Amicia	F		F30	Y	0:09:43	250	1:12:33	269	0:40:54	269	<b>2:03:10</b>	<b>270</b>	0:06:15	248
216	Macartney, Sarah	F		F30	Y	0:08:46	198	1:10:19	259	0:44:46	293	<b>2:03:51</b>	<b>271</b>	0:06:34	268
206	coley, edward	M		M40		0:11:20	284	1:15:24	280	0:37:46	244	<b>2:04:30</b>	<b>272</b>	0:06:10	241
223	Randles, Phil	M		M30		0:12:06	289	1:07:40	246	0:44:45	292	<b>2:04:31</b>	<b>273</b>	0:06:51	277

414	Spillane, Chris	M	Pipe, Slippers & Wooll	M40	Y		0:09:56	258	1:12:11	268	0:42:29	281	<b>2:04:36</b>	<b>274</b>	0:06:32	265
267	Angus, Mark	M	The 3mustgetbeers	M30			0:08:36	185	1:15:01	279	0:40:59	270	<b>2:04:36</b>	<b>274</b>	0:06:53	281
452	Morgan, Richard	M		M40	Y		0:09:06	222	1:17:24	287	0:38:30	250	<b>2:05:00</b>	<b>276</b>	0:06:27	258
177	roberts, sue	F	cerist	F50			0:09:45	251	1:13:35	273	0:41:46	274	<b>2:05:06</b>	<b>277</b>	0:06:46	275
158	Kewley, Hannah	F		F30	Y		0:08:48	205	1:14:58	278	0:41:51	275	<b>2:05:37</b>	<b>278</b>	0:07:32	291
109	Roberts, Iorwerth	M	Carneddau	M60			0:16:07	304	1:12:34	270	0:36:59	233	<b>2:05:40</b>	<b>279</b>	0:05:48	221
171	Gulliver, Vic	M	Prestatyn R C	M60			0:11:55	287	1:15:52	281	0:39:11	256	<b>2:06:58</b>	<b>280</b>	0:06:52	278
120	Hughes, Jane	M	SCARAB	M40			0:10:16	271	1:17:31	288	0:39:13	257	<b>2:07:00</b>	<b>281</b>	0:06:33	267
119	Davies, Hayley	F	N/a	F40	Y		0:10:00	262	1:13:26	271	0:44:21	290	<b>2:07:47</b>	<b>282</b>	0:07:37	293
108	ROWE, PAUL	M		M30	Y		0:13:08	298	1:16:52	284	0:37:50	245	<b>2:07:50</b>	<b>283</b>	0:06:12	244
114	Corner, Chrissy	F		F40	Y		0:11:56	288	1:14:53	277	0:42:10	278	<b>2:08:59</b>	<b>284</b>	0:06:55	283
134	Morris, Wyn	M	Rhyl CC	M40			0:10:58	281	1:06:44	239	0:51:48	300	<b>2:09:30</b>	<b>285</b>	0:07:54	297
329	Lang, Lisa	F	Mersey Tri	F30			0:08:15	148	1:19:36	292	0:41:56	276	<b>2:09:47</b>	<b>286</b>	0:06:28	259
104	Speakman, Steve	M		M40			0:11:04	282	1:18:54	289	0:41:01	271	<b>2:10:59</b>	<b>287</b>	0:06:41	271
117	Clayton, Jane	F	0161 445 4732	F50			0:09:39	246	1:13:59	275	0:48:13	297	<b>2:11:51</b>	<b>288</b>	0:08:08	299
102	Tamplin, Scott	M	NA	M30	Y		0:15:07	303	1:17:16	286	0:39:31	261	<b>2:11:54</b>	<b>289</b>	0:06:44	273
143	Best, Nigel	M		M40			0:10:55	280	1:20:32	294	0:40:38	268	<b>2:12:05</b>	<b>290</b>	0:08:00	298
126	Brown, Aled	M		M30	Y	Y	0:12:08	290	1:17:11	285	0:43:39	286	<b>2:12:58</b>	<b>291</b>	0:06:38	270
103	WILLEY, PAUL	M		M50	Y		0:09:18	231	1:22:12	297	0:42:21	280	<b>2:13:51</b>	<b>292</b>	0:06:30	264
122	Grant, Edmund	M		M40			0:14:06	302	1:24:01	300	0:36:07	224	<b>2:14:14</b>	<b>293</b>	0:05:53	226
116	Noden, Tina	F		F20	Y		0:10:25	276	1:20:42	295	0:43:17	285	<b>2:14:24</b>	<b>294</b>	0:07:39	294
182	Beeching, Adrian	M		M40	Y		0:08:20	158	1:13:36	274	0:52:32	301	<b>2:14:28</b>	<b>295</b>	0:08:34	301
133	Major, Kenneth	M	Prestatyn Running Clu	M60			0:12:26	294	1:16:42	283	0:46:01	295	<b>2:15:09</b>	<b>296</b>	0:07:32	292
135	Rapson, Sally	F		F40			0:11:29	285	1:27:36	303	0:36:37	230	<b>2:15:42</b>	<b>297</b>	0:06:10	242
112	Hughes, Colin	M	SCARAB	M50			0:12:42	296	1:20:31	293	0:48:09	296	<b>2:21:22</b>	<b>298</b>	0:07:17	287
124	James-Owens, Rachel	F		F30	Y		0:13:53	301	1:22:21	298	0:45:18	294	<b>2:21:32</b>	<b>299</b>	0:07:17	287
183	Woodcock, Neil	M		M50			0:10:06	265	1:21:15	296	0:54:05	303	<b>2:25:26</b>	<b>300</b>	0:08:09	300
107	Jones, Alison	F	Cerist	F50	Y		0:13:46	300	1:24:28	301	0:48:26	298	<b>2:26:40</b>	<b>301</b>	0:07:29	290
115	Nightingale, Pamela	F		F50			0:11:11	283	1:23:11	299	0:53:00	302	<b>2:27:22</b>	<b>302</b>	0:08:54	302
127	Brown, Nia	F		F30	Y	Y	0:12:21	293	1:25:42	302	0:51:32	299	<b>2:29:35</b>	<b>303</b>	0:07:49	296
106	Fuller, Anne	F	Harlech Triathlon Club	F40				#N/A		#N/A		#N/A	<b>DNF</b>		#N/A	
447	Robson, Keith	M	Manchester Tri	M60			0:09:08	225		#N/A		#N/A	<b>DNF</b>		#N/A	
275	Williams, Barry	M	Wrecsam Tri	M50			0:08:20	158	0:53:11	56	19:37:29	304	<b>DNF</b>		#N/A	