

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
444	Clarke, Chris	M	f2k Health & Fitness	M30			0:06:09	17	0:45:04	1	0:23:39	2	1:14:52	1		0:03:36	3
393	thomson, adam	M	primera bournemouth	M30			0:06:02	12	0:47:03	4	0:24:12	4	1:17:17	2		0:03:46	8
350	Campbell, Andy	M	TriCentral	M30			0:04:57	2	0:47:59	7	0:27:08	18	1:20:04	3		0:04:19	40
362	edwards, vince	M	padarn tri	M30			0:05:47	8	0:48:50	9	0:25:37	7	1:20:14	4		0:03:49	10
382	Roxburgh, Simon	M	Caereddau Triathlon	M30			0:06:41	37	0:46:31	3	0:27:32	26	1:20:44	5		0:25:29	298
394	SOUTHALL, ANDREW	M	BLACK COUNTRY TFM40	M40			0:05:55	9	0:47:06	5	0:27:51	34	1:20:52	6		0:04:19	40
142	Ashton, Matthew	M	Caereddau Triathlon	M30			0:06:09	17	0:49:15	11	0:26:17	11	1:21:41	7		0:03:46	8
452	Houston, Ian	M	Wrecsam Tri	M40	Y		0:07:15	67	0:50:33	20	0:24:22	5	1:22:10	8		0:03:42	5
126	rainford, chris	M	GMC Fire service tri	M40			0:08:12	152	0:46:31	2	0:27:41	29	1:22:24	9		0:04:21	44
381	Roxburgh, Rhian	F	Caereddau Triathlon	F30			0:05:21	3	0:49:37	13	0:27:27	23	1:22:25	10		0:04:18	37
249	Jones, Gareth	M		M30	Y		0:08:28	168	0:47:25	6	0:26:35	16	1:22:28	11		0:04:10	26
374	brooke, phil	M		M30			0:06:29	25	0:48:46	8	0:28:04	36	1:23:19	12		0:04:09	25
346	winder, David	M	unnatached	M40			0:06:36	30	0:51:00	26	0:26:12	10	1:23:48	13		0:03:51	12
372	Williams, Dafyd	M	Energy Cycles	M40			0:06:02	12	0:51:28	28	0:26:19	13	1:23:49	14		0:03:55	15
421	Southall, Josh	M	Black Country Tri	MJ			0:05:34	5	0:50:10	16	0:28:08	37	1:23:52	15		0:04:18	38
183	Godwin, Russell	M	Caereddau Triathylon	M40			0:07:05	56	0:50:45	21	0:26:05	9	1:23:55	16		0:03:52	14
292	Guy, Robin	M	Newport and District FM30	M30			0:06:43	40	0:50:50	23	0:26:25	14	1:23:58	17		0:04:02	18
432	Bowyer, Andy	M	WrexhamTri	M40			0:05:57	11	0:50:31	19	0:27:39	28	1:24:07	18		0:04:22	46
441	Saycell, Jeff	M	Ystwyth CC	M30			0:06:59	49	0:49:08	10	0:28:41	48	1:24:48	19		0:04:17	34
167	Mason, Gary	M	Bourneville Harriers	M40			0:07:53	123	0:49:30	12	0:27:27	23	1:24:50	20		0:04:16	33
199	Roberts, Richard	M	Eryri Running Club (H	M30	Y		0:06:22	22	0:55:43	80	0:23:16	1	1:25:21	21		0:03:44	7
223	owen, stephen	M	malwyn harriers	M30			0:06:36	30	0:49:44	14	0:29:06	54	1:25:26	22		0:04:27	58
113	Leonard, Adrian	M	Caereddau Triathlon	M20			0:06:51	44	0:52:06	32	0:27:24	21	1:26:21	23		0:03:51	12
110	Lee, Richard	M	Caereddau Traithlon	M40			0:06:41	37	0:51:48	29	0:28:04	35	1:26:33	24		0:04:34	71
200	Morton, Iwan	M		M30	Y		0:07:53	122	0:53:55	50	0:25:00	6	1:26:48	25		0:03:37	4
404	Greenwood, Simon	M	Chester Tri	M40			0:07:43	106	0:50:55	24	0:28:27	42	1:27:05	26		0:04:22	46
356	gascoyne, paul	M	ten-point triathlon tear	M40			0:07:17	72	0:51:27	27	0:28:22	39	1:27:06	27		0:04:34	71
519	Shannahan, Lee	M		M30			0:06:10	19	0:53:19	43	0:27:48	32	1:27:17	28		0:04:17	34
212	Birks, Ben	M	Chester Triathlon Clut	M20			0:07:40	101	0:50:30	18	0:29:23	61	1:27:33	29		0:04:24	50
198	Bartlett, Anna	F	Shrewsbury A C	F30			0:06:49	42	0:53:24	45	0:27:27	23	1:27:40	30		0:04:04	20
231	Mitchelmore, Darren	M	Pontesbury Tri	M40			0:05:38	6	0:53:15	40	0:28:55	50	1:27:48	31		0:04:46	102
364	Farnell, Nick	M	Ludlow Triathlon	M50			0:07:53	123	0:50:45	21	0:29:21	60	1:27:59	32		0:04:38	81
211	Cartwright, Gary	M		M30			0:06:59	48	0:54:33	59	0:26:30	15	1:28:02	33		0:04:04	19
354	Allday, Charles	M		M30	Y	Y	0:08:06	143	0:50:09	15	0:29:55	68	1:28:10	34		0:04:27	58
351	Buckley, Derek	M	Fylde Tri	M50			0:08:04	137	0:53:01	39	0:27:14	20	1:28:19	35		0:04:25	52
219	Sheehan, Matthew	M	Tequila Slammers Tri	M40			0:06:26	24	0:53:19	42	0:28:38	45	1:28:23	36		0:04:24	50
448	Southall, Mark	M		M40			0:06:07	16	0:51:54	30	0:30:22	85	1:28:23	36		0:05:00	124
334	ellis, garry	M	padarn tri	M40			0:03:36	1	0:56:15	86	0:28:43	49	1:28:34	38		0:04:38	81
135	Spencer, Duncan	M	North Wales Fire and	M30	Y		0:06:38	35	0:52:56	38	0:29:03	52	1:28:37	39		0:04:23	48
236	Humphreys, Alun	M	Wtrecsam Tri	M40			0:08:07	145	0:52:18	34	0:28:18	38	1:28:43	40		0:04:18	38
397	Tetlow, roy	M	none	M40			0:07:07	60	0:52:06	32	0:29:33	66	1:28:46	41		0:04:43	94
245	Lowe, Richard	M	Cersit Tri Club	M30		Y	0:07:44	107	0:54:15	54	0:27:49	33	1:29:48	42		0:04:33	70
518	Diamond, Michael	M	Chester Tri Club	M20			0:07:25	83	0:56:27	92	0:25:57	8	1:29:49	43		0:03:49	11
423	Anthony, Dean	M		M20			0:06:03	14	0:55:16	74	0:28:39	46	1:29:58	44		0:04:21	44
340	Lewis, Dylan	M	Cerist	M20	Y		0:07:48	116	0:54:40	65	0:27:37	27	1:30:05	45		0:04:16	31
284	Taylor, Ian	M	Caereddau Tri Club	M40			0:07:03	55	0:52:51	37	0:30:15	81	1:30:09	46		0:04:39	85
115	Peek, Keith	M	Chester Tri	M50			0:07:03	54	0:51:56	31	0:31:31	114	1:30:30	47		0:04:36	77
171	Parsons, Iain	M	Chester Triathlon Clut	M50			0:06:51	44	0:54:21	56	0:29:23	61	1:30:35	48		0:04:20	43
208	Whiteley, Joshua	M		M30		Y	0:07:05	56	0:52:49	35	0:30:46	91	1:30:40	49		0:04:53	112
159	Plumtree, Simon	M		M40			0:08:05	139	0:53:19	43	0:29:24	63	1:30:48	50		0:04:35	74

257 Sibley, Ralph	M	SCARAB Tri Club	M40		0:07:09	61	0:53:26	46	0:30:25	87	1:31:00	51	0:05:01	128	
339 Davies, Dafydd	M	n/a	M20	Y	0:05:42	7	0:57:43	114	0:27:45	31	1:31:10	52	0:04:06	22	
134 Jones, Graham Paul	M	Carneddau Triathlon	M40		0:07:44	112	0:53:45	48	0:29:59	70	1:31:28	53	0:04:27	58	
294 Bennett, Mark	M	Chester Triathlon Clut	M40		0:06:29	25	0:54:45	69	0:30:27	88	1:31:41	54	0:04:35	74	
224 Roberts, Matthew	M	Eryri Harriers	M20	Y	Y	0:10:40	275	0:57:23	105	0:23:47	3	1:31:50	55	0:03:18	1
287 Shelton, Mark	M		M40		0:09:05	216	0:50:57	25	0:31:58	122	1:32:00	56	0:04:57	115	
337 Causey, Chris	M		M30	Y	0:07:50	119	0:54:01	52	0:30:14	80	1:32:05	57	0:04:42	92	
396 JONES, EUROS	M		M30		0:07:21	80	0:53:28	47	0:31:19	108	1:32:08	58	0:04:39	85	
270 Rigby, Mark	M		M40		0:07:44	107	0:54:04	53	0:30:21	84	1:32:09	59	0:04:51	106	
400 Thomas, David Gwyn	M	Rhyl Cycling Club	M40		0:08:30	170	0:53:18	41	0:30:24	86	1:32:12	60	0:05:07	142	
412 Hawtin, Matthew	M		M30		0:08:10	150	0:54:39	63	0:29:24	63	1:32:13	61	0:04:37	79	
451 Browne, Julian	M	Carneddau Triathlon	M40		0:07:01	51	0:53:57	51	0:31:16	104	1:32:14	62	0:04:51	106	
363 Postins, Gary	M	Newport and District	F M30		0:08:39	181	0:54:39	64	0:29:04	53	1:32:22	63	0:04:31	63	
366 Richards, Barry	M		M40		0:06:38	36	0:54:37	61	0:31:07	98	1:32:22	64	0:05:01	129	
196 Davies, Elwyn	M	Maldwyn Harriers	M40		0:09:05	216	0:56:21	90	0:27:00	17	1:32:26	65	0:04:05	21	
373 Butterworth, Keith	M		M50		0:07:50	119	0:54:38	62	0:30:01	72	1:32:29	66	0:04:39	85	
146 Jones, Craig	M	Eryri Harriers	M40	Y	0:09:52	258	0:56:21	89	0:26:17	11	1:32:30	67	0:03:57	17	
238 Hayes, Richard	M	Wrecsam Tri	M30		0:08:24	166	0:55:31	77	0:28:36	44	1:32:31	68	0:03:42	5	
392 Clewes, Matthew	M	Mercia Fell Runners	M50		0:07:02	52	0:58:21	126	0:27:10	19	1:32:33	69	0:03:57	16	
298 Bolton, Karl	M		M40		0:07:18	76	0:54:22	57	0:31:02	94	1:32:42	70	0:04:41	91	
319 Philipson, Paul	M		M40		0:08:09	147	0:54:41	66	0:30:04	75	1:32:54	71	0:04:27	58	
310 whittaker, william	M	None	M20		0:08:58	208	0:54:44	68	0:29:16	58	1:32:58	72	0:04:08	24	
105 Gallimore, David	M		M30		0:08:15	157	0:55:06	72	0:30:01	72	1:33:22	73	0:04:26	55	
378 Pringle, Bob	M	Sheffield Triathlon Clu	M50		0:07:41	104	0:57:33	110	0:28:22	39	1:33:36	74	0:04:27	56	
442 Mawdsley, Richard	M	Mersey Tri	M40		0:08:06	141	0:58:12	121	0:27:26	22	1:33:44	75	0:04:33	69	
385 Davies, Gethin	M		M20		0:06:25	23	0:56:29	94	0:31:10	99	1:34:04	76	0:05:06	141	
140 Godfrey, Keith	M		M40		0:08:36	176	0:56:16	88	0:29:15	56	1:34:07	77	0:04:11	29	
176 schofield, paul	M	Manchester Tri Club	M40		0:07:06	59	0:58:39	132	0:28:23	41	1:34:08	78	0:04:32	68	
324 Davies, Graham	M	Carneddau Triathlon	M40		0:07:26	86	0:58:08	120	0:28:41	47	1:34:15	79	0:04:27	56	
129 Westhead, Steven	M		M40		0:07:44	107	0:56:27	92	0:30:11	78	1:34:22	80	0:04:34	71	
316 OConnell, Nigel	M	chester tri	M40		0:07:17	72	0:57:01	100	0:30:08	76	1:34:26	81	0:04:10	26	
280 White, Gareth	M	Carneddau Triathlon	M30		0:07:40	100	0:56:42	96	0:30:08	76	1:34:30	82	0:04:51	106	
341 Amison, Martin	M		M30	Y	0:07:05	56	0:56:05	85	0:31:23	110	1:34:33	83	0:04:47	103	
455 Kingdon, Jennie	F		F40		0:07:35	93	0:58:26	128	0:28:35	43	1:34:36	84	0:04:40	89	
415 Cowan, Charles	M		M50		0:07:41	104	0:54:59	71	0:32:20	137	1:35:00	85	0:05:04	136	
233 Kaye, Philip	M		M30		0:08:17	160	0:55:52	83	0:31:03	95	1:35:12	86	0:04:31	65	
262 Rink, Andrew	M		M40		0:08:05	139	0:57:35	111	0:29:35	67	1:35:15	87	0:04:29	62	
213 TUNNADINE, PAULA	F	WRECSAM TRI CLUEF40		Y	0:07:25	83	0:55:43	81	0:32:13	131	1:35:21	88	0:05:15	164	
302 Clarkson, Michael	M	Sheffield Triathlon Clu	M60		0:08:37	177	0:53:53	49	0:32:55	149	1:35:25	89	0:05:00	124	
352 Parsons, Darren	M	Tequila Slammers	M40		0:09:35	239	0:54:42	67	0:31:24	111	1:35:41	90	0:04:36	77	
424 Saycell, Martyn	M	ystwyth cc	M30		0:06:41	39	0:55:18	76	0:33:42	166	1:35:41	91	0:05:22	181	
266 spreadborough, andrew	M	ludlow tri club	M50		0:07:11	64	0:57:25	107	0:31:12	100	1:35:48	92	0:05:08	144	
209 Myles, Chris	M	Shrewsbury Masters	M40		0:07:55	129	0:57:36	112	0:30:20	83	1:35:51	93	0:04:48	104	
252 Scarisbrick, Paul	M	NA	M30	Y	0:08:40	183	0:57:58	118	0:29:15	57	1:35:53	94	0:05:22	179	
387 Maguinness, Neil	M	Cerist Triathlon Club	M40		0:07:10	62	0:57:22	104	0:31:26	112	1:35:58	95	0:04:49	105	
247 Newby, Karen	F	Scarab	F30		0:07:22	81		#N/A		#N/A	1:36:08	96	0:05:25	188	
289 Williams, John Barry	M	Wrecsam Triathlon Clu	M50		0:08:31	172	0:54:36	60	0:33:17	153	1:36:24	97	0:05:29	198	
426 Smith, Alex	M		M20	Y	0:06:37	32	0:58:13	123	0:31:38	118	1:36:28	98	0:04:43	94	
240 Jones, Iorweth	M	Wrecsam Tri	M60		0:08:35	175	0:56:50	97	0:31:16	104	1:36:41	99	0:05:04	136	
370 ROBERTS, PAUL	M	Chester Tri	M30	Y	0:06:20	21	0:56:22	91	0:34:00	175	1:36:42	100	0:05:11	153	
434 McGovern, Andy	M		M30		0:05:33	4	0:58:52	141	0:32:21	138	1:36:46	101	0:05:38	209	
127 Collins, Richard	M		M30	Y	0:07:13	65	0:55:16	75	0:34:20	183	1:36:49	102	0:04:59	120	
250 JONES, BARRY	M	Birkenhead North End	M40	Y	0:09:43	247	0:50:24	17	0:36:44	224	1:36:51	103	0:05:21	177	
398 Tetlow, hans	M		M40		0:07:18	74	0:58:20	125	0:31:21	109	1:36:59	104	0:05:10	147	

225	Wall, Judith	F	manchester triathlon cF30			0:07:13	65	0:58:40	135	0:31:06	96	1:36:59	104	0:05:13	159	
297	Cole, Simon	M	Fylde Tri	M40		0:10:27	70	0:57:47	115	0:32:10	130	1:37:13	106	0:05:11	153	
202	Goodall, Lawrence	M		M20	Y	0:07:16	273	0:55:15	73	0:31:33	116	1:37:15	107	0:04:25	52	
375	Yeomans, Craig	M		M40		0:09:20	230	0:57:24	106	0:30:47	92	1:37:31	108	0:04:26	54	
268	Harrison, Philip	M		M20	Y	0:08:50	197	0:57:27	108	0:31:14	103	1:37:31	108	0:04:51	106	
160	Stibbards, James	M		M30	Y	0:06:50	43	0:57:52	117	0:33:02	151	1:37:44	110	0:05:30	202	
121	clayton, john	M		M50		0:07:35	93	0:54:32	58	0:35:38	206	1:37:45	111	0:05:43	217	
216	HIGUERUELO COLOMO	M		M30	Y	Y	0:06:29	27	0:58:57	143	0:32:24	140	1:37:50	112	0:04:16	31
305	hindle, anthony	M	none	M40	Y	0:08:37	180	0:58:32	130	0:30:45	90	1:37:54	113	0:04:39	85	
285	Shinton, Graham	M	Black Country Triathlon	M50		0:07:40	99	0:55:42	79	0:34:36	189	1:37:58	114	0:05:54	232	
418	Morris, Alan	M		M40	Y	0:07:25	85	0:55:59	84	0:34:34	188	1:37:58	114	0:03:19	2	
232	Williams, Nefyn	M		M40		0:08:00	136	0:57:48	116	0:32:14	134	1:38:02	116	0:04:53	110	
234	mcguire, stuart	M		M30		0:06:45	41	0:55:32	78	0:35:49	212	1:38:06	117	0:05:19	173	
439	Lewis, Glyn	M	Cerist Tri	M50	Y	0:10:45	276	0:58:30	129	0:29:00	51	1:38:15	118	0:04:31	65	
203	Fowler, Anthony	M	Mersey Tri	M40		0:08:22	162	0:58:37	131	0:31:26	113	1:38:25	119	0:05:06	140	
309	Shaw, Joe	M	Fylde Tri Club	M40	Y	0:11:27	284	0:55:46	82	0:31:13	102	1:38:26	120	0:04:57	115	
388	Morris, David	M	Cerist	M40		0:09:26	234	0:54:20	55	0:34:44	191	1:38:30	121	0:05:25	188	
204	dilworth, mike	M	Padarn Tri	M50		0:06:37	33	1:00:04	158	0:32:00	124	1:38:41	122	0:04:59	120	
227	Owen, Noel Rhys	M		M40	Y	0:08:10	149	1:00:16	163	0:30:16	82	1:38:42	123	0:04:24	49	
410	Pierce, Rhian	F	Rhyl Cycling Club	F20	Y	0:08:15	159	0:59:04	144	0:31:36	117	1:38:55	124	0:05:04	134	
149	HARE, PHIL	M		M40	Y	0:10:45	277	0:58:43	137	0:29:27	65	1:38:55	124	0:04:46	101	
355	Jones, Richard	M		M20	Y	Y	0:07:38	96	1:01:19	181	0:30:02	74	1:38:59	126	0:04:11	30
184	Ronald, Vicky	F	Carneddau Triathlon	F40		0:08:14	156	0:58:12	121	0:32:39	143	1:39:05	127	0:05:03	133	
111	Smith, Nigel	M		M40		0:06:53	47	0:59:45	152	0:32:27	141	1:39:05	127	0:05:22	179	
295	Parry - Jones, Glenn	M		M40	Y	0:05:57	10	0:59:56	156	0:33:37	164	1:39:30	129	0:05:13	159	
214	williams, annie	F	eryri	F40		0:09:20	231	1:00:19	164	0:29:56	69	1:39:35	130	0:04:46	100	
419	Sinclair, Ian	M	City of Chester Triathl	M40		0:06:37	33	1:00:13	162	0:32:48	147	1:39:38	131	0:05:37	207	
124	Birchall, David	M		M40		0:07:41	102	0:59:50	154	0:32:13	131	1:39:44	132	0:05:11	153	
331	mckendry, leigh	M		M30		0:09:45	249	0:56:38	95	0:33:21	157	1:39:44	133	0:05:04	136	
501	Turner, Stephen	M	none	M40		0:07:21	79	0:58:39	132	0:33:44	167	1:39:44	133	0:05:18	172	
130	Press, David	M	Chester Tri	M50		0:08:44	187	0:58:48	140	0:32:13	133	1:39:45	135	0:05:14	163	
311	Roberts, Andy	M		M30	Y	0:09:50	254	0:58:16	124	0:31:44	119	1:39:50	136	0:04:43	94	
243	Kaye, Allan	M		M30		0:08:04	138	0:59:31	147	0:32:23	139	1:39:58	137	0:05:11	157	
417	Tetlow, Karl	M		M40		0:07:15	68	0:56:15	86	0:36:54	228	1:40:24	138	0:06:02	248	
239	Hunter, Julian	M	Wrecsam Tri	M50		0:07:52	121	0:57:21	103	0:35:12	197	1:40:25	139	0:06:09	258	
318	Murray, Fergus	M	Wrecsam Tri	M40		0:07:37	95	0:54:51	70	0:37:57	249	1:40:25	139	0:06:14	264	
353	woodall, Mark	M	Cobra run & Tri	M30		0:07:58	131	1:01:35	184	0:30:53	93	1:40:26	141	0:05:02	131	
273	Jeffer, Joe	M		M20	Y	Y	0:07:39	98	1:00:42	169	0:32:09	129	1:40:30	142	0:04:32	67
349	Morley, Lisa	F	Wrecsam Tri	F30		0:09:37	241	1:00:47	170	0:30:13	79	1:40:37	143	0:04:38	81	
244	Wilcockson, David	M		M30	Y	0:07:29	89	0:58:23	127	0:34:48	192	1:40:40	144	0:05:32	203	
308	Loney, Chris	M	Chester Tri	M50		0:07:02	52	1:03:40	217	0:30:00	71	1:40:42	145	0:04:44	97	
446	Ganderton, Ian	M		M30	Y	0:08:31	172		#N/A			1:40:44	146	0:05:10	147	
293	O Sullivan, Seamus	M		M30	Y	0:09:23	233	1:00:07	159	0:31:16	104	1:40:46	147	0:05:04	134	
241	Simmons, Sean	M	Chester Tri	M30		0:06:13	20	0:56:51	98	0:37:42	247	1:40:46	147	0:05:59	243	
156	Pepper, Mike	M	Padarn	M60		0:06:31	29	1:00:01	157	0:34:16	180	1:40:48	149	0:05:54	232	
143	Jones, Berwyn	M	Padarn Tri	M50		0:07:48	118	0:58:47	139	0:34:15	179	1:40:50	150	0:05:47	223	
151	Jones, Steffan	M		M40		0:10:03	264	0:59:35	148	0:31:16	104	1:40:54	151	0:05:05	139	
399	Clarkson, Robert	M	Calderdale tri Club	M30		0:08:53	200	1:00:09	161	0:31:59	123	1:41:01	152		#N/A	
379	Cameron, Bruce	M	Poole Runners	M60		0:10:19	271	0:58:02	119	0:32:45	144	1:41:06	153	0:05:23	184	
300	Price, Anthony	M		M40		0:07:54	126	1:04:03	223	0:29:16	58	1:41:13	154	0:04:17	34	
217	Conroy, Paul	M		M40	Y	Y	0:09:05	220	0:58:45	138	0:33:24	159	1:41:14	155	0:05:28	197
431	Healey, Royden	M	Carneddau Triathlon	M40		0:07:58	131	0:57:29	109	0:36:01	215	1:41:28	156	0:05:21	178	
152	Williams, Martin Garth	M	Carneddau Tri	M60		0:08:23	165	0:59:52	155	0:33:14	152	1:41:29	157	0:04:57	115	
369	White, Kevin	M		M30		0:08:52	198	0:57:00	99	0:35:41	208	1:41:33	158	0:05:17	167	

226 Harris, Sonia	F	manchester triathlon cF30			0:06:52	46	1:01:56	190	0:32:46	146	1:41:34	159	0:05:10	147
425 Sanderson, George	M	M20	Y	Y		#N/A		#N/A	0:31:46	120	1:41:44	160	0:05:27	193
137 Fry, Michael	M	M40			0:08:55	204	1:01:04	175	0:31:49	121	1:41:48	161	0:04:35	74
520 Smith, David	M	M20	Y		0:06:30	28	1:00:49	171	0:34:36	189	1:41:55	162	0:05:09	145
206 Oldfield, Jonathan	M	M30	Y		0:08:55	203	0:59:44	151	0:33:24	159	1:42:03	163	0:05:12	158
323 lord, chris	M	carneddau tri	M40		0:07:30	90	0:57:19	102	0:37:31	242	1:42:20	164	0:04:58	119
428 baccarini, luigi	M	M30	Y		0:08:53	200	0:52:49	35	0:38:54	262	1:42:36	165	0:05:29	198
122 Fairlamb, Martyn	M	Denbigh Harriers	M40		0:09:30	236	0:59:47	153	0:33:19	154	1:42:36	165	0:04:59	122
343 Armit, Tim	M	Fylde Triathlon Club	M40		0:08:45	189	1:01:56	189	0:32:05	126	1:42:46	167	0:04:57	115
263 Crowther, Simon	M	None	M30		0:07:20	77	1:01:18	180	0:34:22	184	1:43:00	168	0:05:19	175
181 Stieler, Elizabeth	F	Cerist	F30		0:08:22	162	1:02:34	199	0:32:05	126	1:43:01	169	0:04:19	40
427 Davies, Kevin	M	M30			0:08:37	178	1:02:23	197	0:32:14	135	1:43:14	170	0:04:44	97
286 EDWARDS, ANDREW	M	N/a	M20	Y	0:08:47	192	1:01:12	178	0:33:19	154	1:43:18	171	0:04:53	111
259 Noden, Robert	M	M30			0:09:17	228	1:01:46	186	0:32:15	136	1:43:18	172	0:04:59	123
368 Preston, Andrew	M	M30			0:09:12	223	0:58:53	142	0:35:24	203	1:43:29	173	0:05:17	167
190 Newing, Robert Andrew	M	M40		Y	0:08:06	143	1:04:45	229	0:30:42	89	1:43:33	174	0:04:42	92
256 Wilde, Amanda	F	merionydd running clu	F40	Y	0:09:05	219	1:00:37	168	0:34:06	177	1:43:48	175	0:05:19	174
165 Jones, Glyn	M	Maldwyn Harriers	M40		0:10:54	278	0:58:41	136	0:34:32	187	1:44:07	176	0:05:29	198
246 Evans, John Gwynn	M	Cerist	M60		0:08:46	191	1:01:35	185	0:33:54	172	1:44:15	177	0:05:43	217
169 Norman, Peter	M	Wrecsam Tri	M60		0:10:57	279	0:57:36	113	0:35:56	213	1:44:29	178	0:05:23	183
188 Jones, Gary	M	M40			0:07:44	111	1:01:32	183	0:35:16	201	1:44:32	179	0:05:45	221
267 Alcock, Steven	M	Man Tri	M20		0:08:53	199	1:02:49	203	0:32:55	149	1:44:37	180	0:04:56	114
172 Roberts, Richard	M	Chester Triathlon Clut	M40		0:08:08	146	0:59:41	150	0:36:51	227	1:44:40	181	0:05:26	190
168 Denniss, Stella	F	Bournville Harriers	F30	Y	0:07:53	123	1:04:43	228	0:32:07	128	1:44:43	182	0:04:41	90
161 sanders, paul	M	Scarab Tri	M20	Y	0:09:02	213	1:02:01	191	0:33:56	174	1:44:59	183	0:05:13	159
325 Roberts, Andrew	M	M40	Y	Y	0:08:43	186	1:00:28	166	0:36:11	216	1:45:22	184	0:05:02	131
147 Moore, Clive	M	n/a	M50		0:09:03	214	1:01:49	187	0:34:32	186	1:45:24	185	0:05:15	164
210 Cook, Ceri	F	F40			0:08:47	193	1:02:53	205	0:33:44	167	1:45:24	186	0:05:27	194
312 Clamp, Guy	M	M50			0:08:57	207	1:00:55	174	0:35:33	205	1:45:25	187	0:05:55	236
193 Williams, John	M	Cerist	M50		0:10:12	269	1:01:09	177	0:34:11	178	1:45:32	188	0:05:01	129
440 Owens, David	M	The Wirral Avago Tri	M20	Y	0:06:04	15	1:03:16	212	0:36:13	217	1:45:33	189	0:05:24	185
179 Rogers, Andrew	M	M40	Y		0:07:41	102	1:01:12	178	0:36:46	225	1:45:39	190	0:06:17	265
344 russell, brian	M	cardigan running club	M50	Y	0:09:42	246	1:05:08	233	0:31:07	97	1:45:57	191	0:05:07	143
405 McConkey, Ian	M	M40	Y		0:09:41	244	1:03:33	215	0:32:45	144	1:45:59	192	0:05:38	209
132 Somers, Peter	M	M40	Y		0:09:15	226	0:59:31	146	0:37:20	238	1:46:06	193	0:06:34	272
386 Fychan, Bedwyr	M	Cerist	M30	Y	0:08:39	182	1:04:10	225	0:33:29	162	1:46:18	194	0:05:13	159
138 Matthews, Anthony	M	None	M50		0:10:08	267	0:59:39	149	0:36:32	221	1:46:19	195	0:05:36	206
326 Deane, Claire	F	Manchester Triathlon	F40		0:07:26	86	1:06:56	244	0:32:27	141	1:46:49	196	0:05:00	124
185 Thomas, Simon	M	M30	Y		0:08:13	155	1:03:51	218	0:34:54	194	1:46:58	197	0:05:00	124
162 Batty, Duff	M	TVT	M30		0:07:47	115	1:00:50	172	0:38:23	254	1:47:00	198	0:05:53	230
166 Clapham, simon	M	Scarab Tri	M50		0:08:22	164	1:00:21	165	0:38:17	252	1:47:00	199	0:05:54	232
345 moxon, andrew	M	fylde tri	M30		0:09:15	225	1:00:07	160	0:37:46	248	1:47:08	200	0:05:58	241
274 Tams, Leslie	M	Stafford Triathlon Clut	M40	Y	0:09:20	231	1:04:21	226	0:33:41	165	1:47:22	201	0:05:47	223
359 White, Gary	M	M30			0:11:14	282	0:59:25	145	0:36:50	226	1:47:29	202	0:05:40	213
222 Birtwistle, Nick	M	M30	Y		0:08:40	183	1:05:29	236	0:33:21	157	1:47:30	203	0:04:45	99
296 Kilpatrick, Victoria	F	Fylde Tri Club	F20		0:07:33	92	1:02:50	204	0:37:11	234	1:47:34	204	0:06:23	267
114 Edwards, Valerie anne	F	F50			0:09:27	235	1:03:13	210	0:34:56	195	1:47:36	205	0:05:18	170
307 savage, roger	M	none	M40		0:08:45	189	1:01:51	188	0:37:00	232	1:47:36	205	0:05:41	214
321 Seller, Susan	F	F50			0:09:40	242	1:00:29	167	0:37:30	241	1:47:39	207	0:05:39	211
277 Davies, Mark	M	N/A	M40		0:07:54	126	1:03:14	211	0:36:32	222	1:47:40	208	0:06:01	247
288 Lake, Catherine	F	None	F20	Y	0:07:28	88	1:03:06	206	0:37:09	233	1:47:43	209	0:05:49	227
218 DONNELLY, ALLISON	F	F40			0:08:10	148	1:03:20	214	0:36:17	218	1:47:47	210	0:06:01	246
435 Ingram, Richard	M	M20	Y		0:08:54	202	1:09:48	257	0:29:11	55	1:47:53	211	0:04:31	64
380 Kirk, Maggie	F	New Forest Runners	F60		0:08:27	167	1:03:33	215	0:35:58	214	1:47:58	212	0:06:08	257

237 Biffa, Chris	M	Wreccsam Tri	M50		0:08:12	152	1:02:20	196	0:37:32	244	1:48:04	213	0:06:07	255
413 McCormack, Neil	M		M30		0:08:12	151	1:02:40	201	0:37:13	235	1:48:05	214	0:05:54	232
173 Brook, Peter	M	Chester Tri	M20	Y	0:07:18	74	1:13:12	276	0:27:44	30	1:48:14	215	0:04:07	23
347 Staney, Steven	M	Fylde Triathlon Club	M30		0:07:54	126	1:02:48	202	0:37:39	245	1:48:21	216	0:06:12	260
449 Ballamy, Claire	F	Wreccsam Tri Club	F40		0:07:48	116	1:03:07	207	0:37:28	240	1:48:23	217	0:05:26	192
191 McClelland, Margaret	F		F50		0:09:16	227	1:02:17	194	0:36:55	229	1:48:28	218	0:06:05	254
433 Howells, Justin	M		M30	Y	0:10:08	268	1:04:57	230	0:33:26	161	1:48:31	219	0:04:56	113
195 Kaye, Malcolm	M		M60	Y	0:09:50	255	1:04:24	227	0:34:19	182	1:48:33	220	0:05:39	211
109 Thomas, Iestyn	M	Team Deviant	M20	Y	0:07:59	135	1:07:50	249	0:32:49	148	1:48:38	221	0:04:39	84
454 nicolay, damien	M		M30		0:08:06	141	1:03:11	208	0:37:22	239	1:48:39	222	0:06:07	255
153 Bullen, Karen	F	BAD TRI	F40		0:08:55	204	1:04:05	224	0:35:47	211	1:48:47	223	0:05:56	237
154 Watkin, Elen	F		F20	Y	0:09:31	237	1:02:18	195	0:36:59	231	1:48:48	224	0:05:19	175
186 Smith, Alison	F	Chester Tri	F30		0:07:38	96	1:09:58	259	0:31:13	101	1:48:49	225	0:04:38	80
301 Murray, Russell	M		M40		0:12:44	295	1:00:51	173	0:35:14	200	1:48:49	226	0:05:17	167
261 Evans, Nigel	M		M50	Y	0:09:50	255	0:58:40	134	0:40:29	270	1:48:59	227	0:06:12	260
303 Hough, Rob	M		M40		0:08:50	196	1:03:54	220	0:36:28	220	1:49:12	228	0:05:47	223
358 Shakespeare, Stephen	M		M30	Y	0:10:32	274	1:02:24	198	0:36:17	219	1:49:13	229		#N/A
242 Hinton, chris	M		M40	Y	0:09:05	216	1:06:08	240	0:34:06	176	1:49:19	230	0:06:04	252
139 Brampton, Neil	M		M40		0:08:12	152	1:05:57	239	0:35:19	202	1:49:28	231	0:05:26	190
106 Bridge, Alan	M		M50		0:09:42	245	1:01:28	182	0:38:21	253	1:49:31	232	0:05:52	229
255 Dickinson, Tony	M	Man Tri	M30		0:07:16	70	1:01:08	176	0:41:07	273	1:49:31	232	0:05:59	243
253 Maire, Susan	F	Mersey Tri	F40		0:07:58	131	1:08:08	250	0:33:34	163	1:49:40	234	0:05:23	182
453 Timpson, James	M	Must tri harder	M30	Y	0:07:45	113	1:10:17	262	0:32:03	125	1:50:05	235	0:05:24	185
145 Fletcher, Alexandra	F	Eryri Harriers	F20	Y	0:09:03	214	1:03:51	219	0:37:31	243	1:50:25	236	0:05:56	240
265 Jones, Phil	M	Rhos on Sea Cycling	M60	Y	0:12:45	296	1:02:12	193	0:35:44	209	1:50:41	237	0:05:18	170
420 coyle, david	M		M40	Y	0:08:59	210	1:02:39	200	0:39:11	265	1:50:49	238	0:05:24	185
335 Williams, Iwan	M		M20		0:07:20	77	1:06:20	241	0:37:17	237	1:50:57	239	0:06:20	266
128 Calland, Ian	M		M40		0:09:46	250	1:05:38	238	0:35:39	207	1:51:03	240	0:05:50	228
194 Devine, Alys	F		F30	Y	0:08:58	208	1:08:13	251	0:33:54	172	1:51:05	241	0:05:10	147
221 Cook, Andrew	M		M30	Y	0:11:29	286	1:06:35	242	0:33:20	156	1:51:24	242	0:05:10	147
320 Mc aleese, paul	M	none	M40		0:08:30	171	1:07:47	248	0:35:12	199	1:51:29	243	0:05:53	231
299 Williams, Mark	M		M40	Y	0:11:21	283	1:03:12	209	0:37:15	236	1:51:48	244	0:06:12	260
103 Raybone, David	M		M40	Y	0:13:09	297	1:03:17	213	0:35:24	204	1:51:50	245	0:05:46	222
117 Burford, Daniel	M	N/A	M30		0:09:34	238	1:08:41	252	0:33:46	170	1:52:01	246	0:05:09	145
361 edwards, sharon	F	padarn tri	F30		0:09:57	261	1:07:41	247	0:34:53	193	1:52:31	247	0:05:42	215
443 Graham, Naomi	F	Mersey Tri	F40		0:09:07	221	1:08:52	253	0:35:12	197	1:53:11	248	0:05:45	220
401 rowley, debbie	F	mersey tri	F30		0:09:11	222	1:05:26	235	0:38:41	257	1:53:18	249	0:05:56	237
314 Jones, Gary	M	Chester tri	M30	Y	0:08:59	210	1:06:52	243	0:37:41	246	1:53:32	250	0:05:32	203
258 HUGHES, DAVID	M	arfon masters swimmi	M40	Y	0:07:24	82	1:11:02	265	0:35:06	196	1:53:32	250	0:05:59	245
450 Lewis, Huw	M		M50	Y	0:09:43	247	1:04:03	222	0:39:51	268	1:53:37	252	0:06:12	260
383 Law, Rebecca-Jane	F		F20	Y	0:08:19	161	1:11:58	271	0:33:48	171	1:54:05	253	0:04:10	28
215 Arthan, Linda	F	oo tri (Oswestry Olym	F50		0:08:37	178	1:05:35	237	0:39:57	269	1:54:09	254	0:06:30	269
430 griffiths, ed	M		M30	Y	0:10:24	272	1:02:05	192	0:41:54	276	1:54:23	255	0:06:03	249
178 Walton, George (Jud)	M	judwltm@yahoo.co.uk	M40	Y	0:08:48	194	1:07:22	245	0:38:17	251	1:54:27	256	0:05:28	196
333 Anthony, Michael	M	Scarab Tri	M50		0:07:58	134	1:05:02	231	0:42:06	278	1:55:06	257	0:06:34	273
445 Roberts, Aled	M	Padarn Tri	M50		0:11:28	285	1:09:44	256	0:34:23	185	1:55:35	258	0:05:10	147
390 O'Sullivan, Kate	F	Aberystwyth AC	F40	Y	0:11:10	281	1:10:08	260	0:34:17	181	1:55:35	258	0:05:16	166
163 Dawson, Simon	M		M40	Y	0:09:14	224	1:10:39	264	0:35:45	210	1:55:38	260	0:05:29	198
336 Brown, Naomi	F		F20		0:08:15	157	1:13:51	278	0:33:45	169	1:55:51	261	0:05:27	194
436 Satchwell, Anthony	M	Flyde Tri	M20	Y	0:09:00	212	1:07:37	246	0:39:31	267	1:56:08	262	0:06:03	249
329 Johnson, Mike	M		M30	Y	0:09:49	252	1:05:24	234	0:41:31	274	1:56:44	263	0:06:36	275
414 Quirke, Patricia	F	Manchester Triathlon	F30	Y	0:07:44	107	1:05:03	232	0:44:14	286	1:57:01	264	0:07:03	283
409 Hughes, Mac	M		M50	Y	0:09:53	259	1:09:53	258	0:38:03	250	1:57:49	265	0:05:56	237
201 Williams, Caren	F		F30	Y	0:10:02	263	1:09:20	255	0:39:04	263	1:58:26	266	0:05:42	215

407 Beeching, Adrian	M		M40		0:08:31	172	1:03:59	221	0:46:10	289	1:58:40	267	0:07:00	281
275 TAYLOR, DAWN	F	Stafford Triathlon Clut	F40		0:07:00	50	1:11:28	269	0:40:35	271	1:59:03	268	0:06:12	259
197 Slater, Christine	F	Arfon Masters	F50	Y	0:08:56	206	1:14:07	279	0:36:59	230	2:00:02	269	0:05:43	217
502 Wellington, Stephen	M	Carneddau Tri	M40		0:11:39	289	1:10:15	261	0:38:46	258	2:00:40	270	0:06:33	270
357 privett, helen	F	ten-point triathlon tear	F40	Y	0:12:21	293	1:12:17	273	0:36:36	223	2:01:14	271	0:05:33	205
330 Johnson, Emily	F		F30	Y	0:08:49	195	1:11:20	268	0:42:13	279	2:02:22	272	0:07:11	285
416 Hardy Swim time near M	F		F40		0:09:49	252	1:11:08	266	0:41:35	275	2:02:32	273	0:06:35	274
120 Hughes, jane	F	Scarab	F40		0:09:59	262	1:15:20	281	0:38:51	260	2:04:10	274		#N/A
189 Richards, Huw	M		M40	Y	0:07:46	114	1:12:12	272	0:44:26	287	2:04:24	275	0:06:51	279
205 jones, louise	F	none	F50		0:07:55	129	1:12:42	274	0:43:58	283	2:04:35	276	0:06:41	277
104 Glyndwr, Owain	M	Team Deviant (Mike	CM30		0:14:44	300	1:11:19	267	0:38:35	256	2:04:38	277	0:05:11	153
317 jones, steven	M	chester tri	M30	Y	0:09:19	229	1:13:39	277	0:42:02	277	2:05:00	278	0:06:27	268
281 Slinger, Philip	M	Mersey Tri	M30		0:08:29	169	1:09:18	254	0:47:21	291	2:05:08	279	0:06:04	253
406 James-Owens, Rachel	F	Carneddau Triathlon	CF30		0:09:50	255	1:16:13	282	0:39:06	264	2:05:09	280	0:05:58	241
279 Hickman, Paula	F		F30	Y	0:07:10	62	1:19:12	287	0:38:53	261	2:05:15	281	0:05:48	226
290 Williams, Barbara	F	Wrecsam Triathlon Clu	F50		0:10:06	265	1:11:28	269	0:43:58	283	2:05:32	282	0:07:03	282
332 Baker, Hilary	F	Carneddau	F50		0:07:30	90	1:18:22	285	0:43:07	281	2:08:59	283	0:07:05	284
377 Vrabcova, Maria	F		F30	Y	0:09:48	251	1:14:55	280	0:44:26	287	2:09:09	284	0:06:40	276
150 OLDFIELD, TONY	M		M50	Y	0:11:37	288	1:10:21	263	0:47:16	290	2:09:14	285	0:07:16	286
136 Woodall, Ian	M		M40	Y	0:12:31	294	1:18:03	283	0:38:50	259	2:09:24	286	0:06:03	251
108 Morris, Wyn	M	Carneddau	M40		0:10:13	270	1:12:55	275	0:52:25	300	2:15:33	287	0:08:04	295
348 Slaney, Jane	M	Fylde Triathlon Club	M30		0:09:56	260	1:18:08	284	0:47:34	292	2:15:38	288	0:07:49	293
220 Hale, Lucy	F		F20	Y	0:07:15	68	1:18:30	286	0:50:42	297	2:16:27	289	0:07:44	290
133 Gulliver, Vic	M	Prestatyn Running Clu	M60		0:11:54	291	1:21:35	291	0:43:33	282	2:17:02	290	0:07:17	287
123 Hughes, Colin	M		M50		0:13:27	299	1:23:37	293	0:42:18	280	2:19:22	291	0:06:53	280
157 Abbott, Julie	F	Scarab Tri	F40	Y	0:09:40	242	1:21:29	290	0:48:27	294	2:19:36	292	0:07:35	289
291 Roberts, Iorwerth	M	Carneddau Tri	M60		0:16:45	301	1:19:43	288	0:44:02	285	2:20:30	293	0:06:49	278
207 Oldfield-Jones, Gayle	F		F40	Y	0:13:20	298	1:28:43	298	0:40:55	272	2:22:58	294	0:06:33	270
376 kilpatrick, bryony	F	Fylde Triathlon Club	F20		0:11:06	280	1:21:09	289	0:51:37	299	2:23:52	295	0:08:08	296
278 Lang, Lisa	F	Mersey tri	F30		0:08:43	185	1:27:27	296	0:47:57	293	2:24:07	296	0:07:32	288
328 Woodcock, Neil	M		M50		0:10:07	266	1:24:48	294	0:50:45	298	2:25:40	297	0:07:49	292
144 Ashton, Jaime	F	Carneddau Triathlon	CF20		0:09:35	240	1:22:46	292	0:55:32	301	2:27:53	298	0:08:10	297
429 Hughes, Sarah	F		F30	Y	0:12:19	292	1:26:01	295	0:50:04	296	2:28:24	299	0:07:52	294
367 Jones, Alison	F	Cerist Triathlon Club	F50		0:11:32	287	1:27:58	297	0:49:45	295	2:29:15	300	0:07:48	291
271 Thomas, Matt	M		M30	Y	0:08:45	188	4:27:13	300	0:38:28	255	5:14:26	301	4:05:13	299
272 Hewitt, Si	M		M30		0:11:40	290	4:24:18	299	0:39:20	266	5:15:18	302	4:06:05	300
408 McGivern, Jamie	M	The Wirral Avago Tri	CM30		3:59:37	303	0:57:16	101	0:31:33	115	5:28:26	303	0:05:37	207