

## Individual - Male Open 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	7	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	5	0:47:12	5	0:25:08	7	<b>1:18:02</b>	<b>3</b>		0:04:03	16
431	thomson, adam	M	black country tri	M30			0:06:49	45	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	57	0:45:25	1	0:27:37	30	<b>1:20:07</b>	<b>5</b>		0:04:26	53
412	Caswell, Paull	M	Harrogate Nove Cyclin	M30			0:06:32	21	0:46:29	2	0:27:15	23	<b>1:20:16</b>	<b>6</b>		0:03:45	6
442	Norman, Graeme	M	Ashurst Bike Club	M20			0:05:38	4	0:46:54	4	0:27:45	31	<b>1:20:17</b>	<b>7</b>		0:04:24	51
411	Mallison, Peter	M	Newcastle (Staffs) Tri	M30			0:06:37	26	0:48:07	11	0:25:48	12	<b>1:20:32</b>	<b>8</b>		0:04:06	22
394	Godwin, Russell	M	Carneddau Tri	M40			0:06:50	48	0:49:12	14	0:25:17	8	<b>1:21:19</b>	<b>9</b>		0:03:56	10
393	Roxburgh, Simon	M	Carneddau Triathlon	CM30			0:06:13	9	0:47:54	9	0:27:25	27	<b>1:21:32</b>	<b>10</b>		0:03:56	11
415	Derrane, Michael	M	Mersey Tri	M40			0:06:21	12	0:49:14	15	0:26:00	13	<b>1:21:35</b>	<b>11</b>		0:03:55	9
422	Owen, Stephen	M	Maldwyn Larriers	M30			0:06:43	34	0:48:21	12	0:26:41	16	<b>1:21:45</b>	<b>12</b>		0:04:06	22
445	Norman, Andy	M	Manchester Tri Club	M20	Y		0:06:36	24	0:50:38	30	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	6	0:47:50	8	0:28:07	38	<b>1:21:48</b>	<b>14</b>		0:04:10	29
383	Wilby, Rob	M	Manchester Tri Club/T	M30			0:07:07	61	0:50:18	28	0:25:27	9	<b>1:22:52</b>	<b>15</b>		0:04:05	20
404	Nelson, Felix	M		M40	Y		0:07:05	57	0:49:25	18	0:26:26	15	<b>1:22:56</b>	<b>16</b>		0:04:03	16
459	williams, paul	M	oswestry olympians	M30			0:06:50	48	0:49:26	19	0:27:11	22	<b>1:23:27</b>	<b>17</b>		0:04:09	26
271	JONES, PAUL	M		M40			0:08:00	115	0:50:09	27	0:26:20	14	<b>1:24:29</b>	<b>18</b>		0:04:12	31
429	morris, steven	M	pencoed tri	M30			0:06:34	22	0:49:39	20	0:28:19	45	<b>1:24:32</b>	<b>19</b>		0:04:15	38
410	Kerry, Martin	M	Tri Preston	M40			0:06:47	39	0:49:06	13	0:28:56	60	<b>1:24:49</b>	<b>20</b>		0:04:31	61
392	Ellis, Gareth	M		M40			0:06:42	33	0:51:27	36	0:26:44	18	<b>1:24:53</b>	<b>21</b>		0:04:09	26
284	Mawdsley, Richard	M	Mersey Tri	M30			0:07:18	76	0:53:11	56	0:24:59	5	<b>1:25:28</b>	<b>22</b>		0:04:03	18
205	NEAR, CHRISTOPHER	M	ERYRI	M30	Y		0:09:00	178	0:49:55	24	0:26:41	16	<b>1:25:36</b>	<b>23</b>		0:03:58	12
375	Edwards, Vincent	M	Padarn Tri	M30			0:06:41	31	0:53:24	63	0:25:32	11	<b>1:25:37</b>	<b>24</b>		0:03:44	5
427	southall, joshua	M	Black country tri	MJ			0:06:22	13	0:50:05	25	0:29:14	68	<b>1:25:41</b>	<b>25</b>		0:04:41	80
326	farnell, nicholas	M	ludloww cc	M40			0:07:44	104	0:49:53	22	0:28:12	41	<b>1:25:49</b>	<b>26</b>		0:04:19	43
388	Ellis, Garry	M		M40			0:07:21	83	0:50:06	26	0:28:26	46	<b>1:25:53</b>	<b>27</b>		0:04:35	64
300	Smith, Chris	M	Wrexham Tri Club	M30			0:07:26	87	0:53:19	61	0:25:28	10	<b>1:26:13</b>	<b>28</b>		0:03:52	7
365	Jones, Gerwyn	M	Rhyl CC	M30			0:07:13	69	0:49:54	23	0:29:26	69	<b>1:26:33</b>	<b>29</b>		0:04:36	69
250	Philipson, Paul	M		M40			0:07:57	112	0:51:08	32	0:27:36	29	<b>1:26:41</b>	<b>30</b>		0:04:12	32
385	Whittaker, James	M	Didsbury Tri Club	M30			0:07:19	78	0:50:20	29	0:29:08	66	<b>1:26:47</b>	<b>31</b>		0:04:20	44
367	Harvey, John	M	Rhos on Sea Cycling	M40	Y		0:07:13	69	0:49:45	21	0:29:52	81	<b>1:26:50</b>	<b>32</b>		0:04:50	102
428	wagstaff, paul	M	n/a	M30			0:06:20	11	0:52:26	47	0:28:10	40	<b>1:26:56</b>	<b>33</b>		0:04:47	97
355	Lee, Richard	M	Carneddau	M40	Y		0:06:45	37	0:52:40	49	0:27:34	28	<b>1:26:59</b>	<b>34</b>		0:04:34	63
376	Tetlow, Roy	M		M40			0:06:55	53	0:51:51	39	0:28:28	49	<b>1:27:14</b>	<b>35</b>		0:04:23	50
358	Greenwood, Simon	M	Chester Tri	M40			0:07:51	109	0:51:23	35	0:28:04	36	<b>1:27:18</b>	<b>36</b>		0:04:14	36
333	Lloyd, Tim	M	eryri harriers	M40	Y		0:07:39	98	0:50:54	31	0:28:45	54	<b>1:27:18</b>	<b>36</b>		0:04:35	65
403	Mitchelmore, Darren	M	Pontesbury Tri	M40			0:06:25	16	0:52:20	42	0:28:34	52	<b>1:27:19</b>	<b>38</b>		0:04:40	77
179	hawtin, will	M	high peak tri club	M30			0:07:38	97	0:51:50	38	0:27:57	34	<b>1:27:25</b>	<b>39</b>		0:04:04	19
390	Sheehan, Matt	M	Tequila Slammers Tri	M40			0:06:40	29	0:52:43	50	0:28:14	43	<b>1:27:37</b>	<b>40</b>		0:04:18	41
342	Norwood, Simon	M	Ludlow runners	M30			0:07:11	65	0:53:14	59	0:27:16	24	<b>1:27:41</b>	<b>41</b>		0:04:07	25
348	Guy, Robin	M	Newport and District	RM30			0:07:24	86	0:52:21	43	0:28:00	35	<b>1:27:45</b>	<b>42</b>		0:04:00	14
380	Taylor, Brigg	M	UA	M30			0:06:40	28	0:52:09	40	0:29:06	63	<b>1:27:55</b>	<b>43</b>		0:04:36	69

352	Whittaker, Mark	M		M30			0:06:48	43	0:52:14	41	0:29:07	64	<b>1:28:09</b>	<b>44</b>	0:04:22	48
331	Buckley, Derek	M		M50			0:08:24	141	0:53:08	53	0:26:45	19	<b>1:28:17</b>	<b>45</b>	0:04:15	38
458	Spall, Stephen	M	Chester Tri	M40			0:06:48	41	0:52:33	48	0:29:06	62	<b>1:28:27</b>	<b>46</b>	0:04:54	112
435	Brown, Mark	M	manchester triathlon c	MJ	Y		0:06:12	8	0:51:39	37	0:30:40	102	<b>1:28:31</b>	<b>47</b>	0:04:54	111
337	Murray, Robert	M	Serpentine	M30			0:07:43	101	0:54:03	68	0:26:59	21	<b>1:28:45</b>	<b>48</b>	0:04:02	15
174	O'BRIEN, PETER	M		M30			0:09:01	179	0:52:25	45	0:27:22	26	<b>1:28:48</b>	<b>49</b>	0:04:05	20
168	Roberts, Richard	M	Burntwood	M40			0:06:35	23	0:58:15	128	0:24:07	2	<b>1:28:57</b>	<b>50</b>	0:03:54	8
260	PHILLIPS, SEBASTIAN	M		M30			0:08:27	146	0:51:22	34	0:29:10	67	<b>1:28:59</b>	<b>51</b>	0:04:26	54
400	Rieley, Hugh	M	Mersey Tri	M40	Y		0:06:40	29	0:53:54	67	0:28:26	46	<b>1:29:00</b>	<b>52</b>	0:04:40	77
169	McDonald, Robert	M		M40			0:09:57	212	0:49:24	17	0:29:42	76	<b>1:29:03</b>	<b>53</b>	0:04:21	46
409	KETTLE, RICHARD	M	Ashurst B.C	M20	Y		0:07:21	85	0:54:18	72	0:28:05	37	<b>1:29:44</b>	<b>54</b>	0:04:29	56
402	Herne, David	M		M40			0:06:42	32	0:54:16	70	0:28:48	56	<b>1:29:46</b>	<b>55</b>	0:04:24	51
118	Cartwright, Gary	M		M30			0:07:20	80	0:55:30	86	0:26:57	20	<b>1:29:47</b>	<b>56</b>	0:04:21	46
398	Spencer, Duncan	M		M30	Y		0:06:44	35	0:53:45	66	0:29:27	70	<b>1:29:56</b>	<b>57</b>	0:04:16	40
289	Garrad, Marcel	M		M30	Y		0:06:36	25	0:53:43	65	0:29:43	77	<b>1:30:02</b>	<b>58</b>	0:04:45	89
421	Rees - Hughes, Jayson	M		M30			0:08:21	136	0:49:22	16	0:32:30	132	<b>1:30:13</b>	<b>59</b>	0:05:09	137
379	Harth, Stuart	M	RAFTRI	M20	Y		0:07:40	99	0:54:33	76	0:28:08	39	<b>1:30:21</b>	<b>60</b>	0:04:06	22
439	Martin - Crisp, John	M		M40			0:06:28	19	0:47:55	10	0:36:01	192	<b>1:30:24</b>	<b>61</b>	0:05:37	179
227	Slavin, Simon	M	Wrecsam Tri Club	M30	Y		0:07:54	111	0:54:16	71	0:28:16	44	<b>1:30:26</b>	<b>62</b>	0:04:29	56
357	Evans, Emyr	M	Carneddau Triathlon	M30			0:06:53	51	0:53:14	57	0:30:20	92	<b>1:30:27</b>	<b>63</b>	0:04:39	75
198	Andrews, Paul	M	Lune RCC	M40	Y		0:09:09	187	0:51:15	33	0:30:05	85	<b>1:30:29</b>	<b>64</b>	0:04:54	112
368	Parker, Carl	M	Manchester Tri Club	M30			0:07:16	73	0:52:23	44	0:30:57	107	<b>1:30:36</b>	<b>65</b>	0:04:46	95
310	Parsons, Darren	M	Tunstall Wheelers	M40			0:08:44	165	0:52:25	46	0:29:33	73	<b>1:30:42</b>	<b>66</b>	0:04:13	33
225	Maguinness, Neil	M	Unattached	M30			0:06:49	47	0:55:16	85	0:28:48	56	<b>1:30:53</b>	<b>67</b>	0:04:18	41
370	KIMBERLEY, SIMON	M	BLACK COUNTRY TFM	M40			0:07:20	80	0:53:16	60	0:30:20	92	<b>1:30:56</b>	<b>68</b>	0:04:49	101
262	Yeomans, Craig	M	Black Country Triathle	M30			0:08:33	154	0:53:14	57	0:29:29	72	<b>1:31:16</b>	<b>69</b>	0:04:35	65
361	Whiteley, Joshus	M		M30	Y		0:06:48	43	0:53:23	62	0:31:08	109	<b>1:31:19</b>	<b>70</b>	0:04:49	99
401	Hanilton, Kevin	M	Cerist Tri	M40			0:06:39	27	0:56:57	109	0:27:51	33	<b>1:31:27</b>	<b>71</b>	0:04:29	56
424	Nunn, James	M		M30	Y		0:06:48	41	0:57:38	121	0:27:18	25	<b>1:31:44</b>	<b>72</b>	0:04:09	26
323	Wolstencroft, Gary	M	Manchester Tri Club	M30	Y		0:07:30	90	0:54:23	73	0:30:12	88	<b>1:32:05</b>	<b>73</b>	0:05:11	142
413	Webb, Martin	M	Manchester Triathlon	M40			0:06:46	38	0:55:12	84	0:30:17	90	<b>1:32:15</b>	<b>74</b>	0:04:45	92
283	Kaye, Philip	M	Not Affiliated	M30	Y		0:08:17	128	0:55:31	87	0:28:28	49	<b>1:32:16</b>	<b>75</b>	0:04:20	45
319	Cowan, Charles	M		M50			0:07:49	106	0:52:59	52	0:31:32	115	<b>1:32:20</b>	<b>76</b>	0:05:06	131
338	Pilkington, Stephen	M		M40			0:07:36	93	0:55:39	88	0:29:07	65	<b>1:32:22</b>	<b>77</b>	0:04:42	85
147	budworth, karl	M		M30	Y		0:08:27	146	0:55:47	89	0:28:12	42	<b>1:32:26</b>	<b>78</b>	0:04:23	49
202	BARTHELEMY, Emmanu	M		M30	Y		0:07:47	105	0:56:58	110	0:27:50	32	<b>1:32:35</b>	<b>79</b>	0:04:13	33
293	Thomas, Gwyn	M	Rhyl Cycling Club	M30			0:08:48	170	0:53:10	54	0:30:40	102	<b>1:32:38</b>	<b>80</b>	0:04:43	86
432	McGivern, Jamie	M	Wirral Avago Tri Squa	M30			0:05:38	3	0:57:09	115	0:30:26	95	<b>1:33:13</b>	<b>81</b>	0:05:13	145
328	spreadborough, andrew	M	ludlow runners	M40			0:07:09	64	0:54:53	82	0:31:15	112	<b>1:33:17</b>	<b>82</b>	0:04:56	117
417	Lord, Greg	M	Llanelli Tri	M30			0:06:23	15	0:56:33	100	0:30:32	99	<b>1:33:28</b>	<b>83</b>	0:04:55	116
285	goode, scott	M	stafford triathlon club	M40	Y		0:07:12	67	0:56:49	107	0:29:27	70	<b>1:33:28</b>	<b>83</b>	0:04:35	65
220	Galloway, Simon	M	Todmorden Harriers	M40			0:08:29	148	0:56:34	101	0:28:27	48	<b>1:33:30</b>	<b>85</b>	0:04:26	54
330	Timson, Peter	M	Chester Tri	M50			0:08:04	118	0:54:31	74	0:31:04	108	<b>1:33:39</b>	<b>86</b>	0:04:38	73
389	Jones, Iorwerth	M	Wrexham Tri Club	M60			0:08:17	128	0:55:47	90	0:29:38	75	<b>1:33:42</b>	<b>87</b>	0:04:41	80
373	Smith, Neil Andrew	M	Shrewsbury Athletic	M40			0:07:14	72	0:54:09	69	0:32:26	131	<b>1:33:49</b>	<b>88</b>	0:04:44	87
239	williams, paul	M		M40			0:07:08	63	0:57:02	113	0:29:47	79	<b>1:33:57</b>	<b>89</b>	0:04:46	95

359	Myles, Chris	M	Shrewsbury Masters	M40		0:06:47	40	0:56:53	108	0:30:23	94	<b>1:34:03</b>	<b>90</b>	0:04:45	92
249	Godfrey, Keith	M		M40		0:08:42	163	0:54:47	80	0:30:38	100	<b>1:34:07</b>	<b>91</b>	0:04:33	62
272	Drummond, Neil	M	Unattached	M40		0:07:44	103	0:57:37	120	0:28:47	55	<b>1:34:08</b>	<b>92</b>	0:06:09	202
222	Wilcockson, David	M		M30	Y	0:07:29	89	0:54:51	81	0:31:59	122	<b>1:34:19</b>	<b>93</b>	0:04:42	83
291	Bolton, Karl	M		M40		0:07:05	57	0:56:01	93	0:31:15	111	<b>1:34:21</b>	<b>94</b>	0:04:42	83
228	Bell, Richard	M		M30		0:07:07	60	0:56:58	110	0:30:18	91	<b>1:34:23</b>	<b>95</b>	0:04:41	80
256	Jones, Martin	M	carneddau	M40		0:09:15	189	0:56:37	103	0:28:40	53	<b>1:34:32</b>	<b>96</b>	0:04:14	36
110	osmand, marc	M	none	M30	Y	0:07:36	93	0:58:09	127	0:28:56	60	<b>1:34:41</b>	<b>97</b>	0:04:35	65
347	Reed, Nick	M	Manchester Triathlon	M40		0:07:18	76	0:53:35	64	0:33:50	153	<b>1:34:43</b>	<b>98</b>	0:05:04	128
418	SIMMONS, SEAN	M	CHESTER TRI	M30		0:07:00	54	0:54:33	76	0:33:25	146	<b>1:34:58</b>	<b>99</b>	0:05:27	170
242	Gardner, Philip	M	Mid-Shropshire Wheel	M40		0:08:32	153	0:52:45	51	0:33:44	149	<b>1:35:01</b>	<b>100</b>	0:05:20	160
233	Evans, John	M	Cerist Tri	M60		0:08:47	169	0:56:31	99	0:29:50	80	<b>1:35:08</b>	<b>101</b>	0:05:00	121
451	lloyd, gary	M		M20		0:09:13	188	0:56:21	98	0:29:35	74	<b>1:35:09</b>	<b>102</b>	0:03:58	12
378	Tetlow, Hans	M		M40		0:07:03	55	0:57:59	124	0:30:12	88	<b>1:35:14</b>	<b>103</b>	0:04:51	104
397	Wall, Brian	M		M50		0:06:52	50	0:57:30	119	0:30:56	106	<b>1:35:18</b>	<b>104</b>	0:04:51	104
312	Davies, Graham	M	Carneddau	M40		0:06:26	17	0:59:08	144	0:29:54	82	<b>1:35:28</b>	<b>105</b>	0:04:45	89
336	Lewis, David	M	Kinder Velo Cycling	M40		0:08:13	125	0:55:54	92	0:31:35	117	<b>1:35:42</b>	<b>106</b>	0:04:57	119
437	Miller, Dominique	M	City of Chester Triathk	M30		0:06:22	13	0:56:41	105	0:32:54	135	<b>1:35:57</b>	<b>107</b>	0:05:15	150
406	Lord, Alex	M		M20		0:06:27	18	0:59:09	145	0:30:29	98	<b>1:36:05</b>	<b>108</b>	0:04:49	99
321	Postins, Gary	M	Newport and District RM	M30		0:08:04	120	0:56:09	95	0:32:02	124	<b>1:36:15</b>	<b>109</b>	0:05:03	125
213	jones, steffan	M	Pwllheli	M40		0:09:24	193	0:57:08	114	0:29:47	78	<b>1:36:19</b>	<b>110</b>	0:04:39	75
278	Plumtree, Simon	M		M40		0:08:13	125	0:56:19	97	0:32:10	127	<b>1:36:42</b>	<b>111</b>	0:04:59	120
344	Bennett, Nick	M	Ashurst Bike Club	M30		0:07:07	61	0:56:35	102	0:33:01	138	<b>1:36:43</b>	<b>112</b>	0:04:55	114
224	McKendry, Leigh	M		M30		0:09:26	197	0:54:37	78	0:32:49	134	<b>1:36:52</b>	<b>113</b>	0:05:08	135
264	Hague, Gary	M		M40		0:08:31	150	0:59:36	154	0:28:50	58	<b>1:36:57</b>	<b>114</b>	0:04:48	98
164	Whittaker, William	M	None	M20		0:08:41	162	0:57:40	122	0:30:39	101	<b>1:37:00</b>	<b>115</b>	0:04:30	59
307	Owen, Noel Rhys	M		M40	Y	0:08:19	132	0:58:40	134	0:30:05	85	<b>1:37:04</b>	<b>116</b>	0:04:30	59
113	Shelton, Mark	M	Stafford Tri	M40		0:08:46	168	0:54:32	75	0:33:49	152	<b>1:37:07</b>	<b>117</b>	0:05:16	152
259	Postins, Kevin	M	Sneyd Stmders	M40		0:08:21	138	0:58:26	130	0:30:26	96	<b>1:37:13</b>	<b>118</b>	0:04:55	114
208	lewis, cenydd	M		M40		0:08:55	176	0:57:09	115	0:31:44	118	<b>1:37:48</b>	<b>119</b>	0:04:45	92
430	Dilworth, Mike	M	Padarn Tri	M50		0:06:18	10	0:59:45	156	0:31:51	121	<b>1:37:54</b>	<b>120</b>	0:05:14	147
200	Pennell, Stephen	M		M30	Y	0:08:55	175	0:56:40	104	0:32:24	130	<b>1:37:59</b>	<b>121</b>	0:04:53	109
399	Bolton, Daniel	M	www.PhoenixTangSoc	M30		0:07:18	75	0:54:40	79	0:36:01	191	<b>1:37:59</b>	<b>121</b>	0:05:28	171
197	Pennington, Andy	M	u/a	M40		0:09:28	200	0:58:33	133	0:30:06	87	<b>1:38:07</b>	<b>123</b>	0:04:11	30
362	Lowe, Andy	M	U/A	M40		0:06:54	52	0:56:05	94	0:35:09	182	<b>1:38:08</b>	<b>124</b>	0:05:19	159
349	NEAR, PILAR	M	ERYRI	M30	Y	0:07:12	67	0:56:58	112	0:34:07	160	<b>1:38:17</b>	<b>125</b>	0:05:17	153
193	Fry, Michael	M		M30		0:08:49	171	0:58:29	131	0:31:12	110	<b>1:38:30</b>	<b>126</b>	0:04:45	89
453	Law, Kenneth	M		M30	Y	0:08:01	116	0:56:48	106	0:33:45	150	<b>1:38:34</b>	<b>127</b>	0:05:12	144
203	Andrew, Paul	M		M30		0:09:25	195	0:59:12	147	0:30:03	84	<b>1:38:40</b>	<b>128</b>	0:04:38	74
369	PRICE, J.ARWEL	M	CERIST TRI	M40		0:07:36	93	0:59:04	143	0:32:00	123	<b>1:38:40</b>	<b>129</b>	0:05:18	157
407	Murphy, Liam	M	n/a	M30		0:07:04	56	0:57:24	118	0:34:23	169	<b>1:38:51</b>	<b>130</b>	0:05:20	160
253	jones, stephen paul	M	carneddau	M40		0:09:02	180	0:54:56	83	0:35:02	178	<b>1:39:00</b>	<b>131</b>	0:05:52	193
241	Stieler, Mark	M		M40		0:08:40	160	0:59:38	155	0:30:46	104	<b>1:39:04</b>	<b>132</b>	0:04:53	108
261	Johnson, Ian	M	Carneddau Tri	M40		0:07:57	114	0:59:25	149	0:32:21	129	<b>1:39:43</b>	<b>133</b>	0:05:20	160
444	Harris, Tim	M		M30		0:07:11	66	0:59:35	153	0:33:09	144	<b>1:39:55</b>	<b>134</b>	0:05:20	160
173	Preston, Andrew	M		M30		0:09:42	205	0:55:53	91	0:34:23	169	<b>1:39:58</b>	<b>135</b>	0:05:04	127

350	Price, Anthony	M	West Midlands Police	M40			0:07:50	107	1:03:19	187	0:28:52	59	<b>1:40:01</b>	<b>136</b>	0:04:13	33
217	franks, paul	M	Telford Harriers	M40	Y		0:08:23	140	1:01:39	171	0:30:02	83	<b>1:40:04</b>	<b>137</b>	0:04:50	102
386	Dobson, Guy	M	Manchester Triathlon	M30			0:07:13	69	0:58:43	137	0:34:31	172	<b>1:40:27</b>	<b>138</b>	0:05:12	143
346	stibbards, james	M		M30	Y		0:07:20	80	0:59:47	157	0:33:21	145	<b>1:40:28</b>	<b>139</b>	0:05:22	165
245	Garratt, Wynne	M	RAF Triathlon	M40	Y		0:08:31	150	0:58:54	141	0:33:05	140	<b>1:40:30</b>	<b>140</b>	0:05:14	149
433	McGivern, Andy	M	The Wirral Avago Tri	M20			0:05:36	2	0:58:29	131	0:36:40	198	<b>1:40:45</b>	<b>141</b>	0:06:16	210
195	Gallimore, David	M		M30	Y		0:08:43	164	1:00:49	164	0:31:15	112	<b>1:40:47</b>	<b>142</b>	0:04:40	77
299	Hunter, Julian	M	Wrexham Tri Club	M50			0:07:50	108	0:57:21	117	0:35:48	189	<b>1:40:59</b>	<b>143</b>	0:06:03	199
446	Nelson, Phil	M		M30	Y		0:08:03	117	0:59:13	148	0:33:44	148	<b>1:41:00</b>	<b>144</b>	0:05:23	166
226	cork, bill	M		M40	Y		0:08:30	149	0:58:40	135	0:33:50	154	<b>1:41:00</b>	<b>145</b>	0:05:07	132
236	Alston, Andrew	M	Climb on Bikes	M40			0:08:46	166	0:56:15	96	0:36:06	194	<b>1:41:07</b>	<b>146</b>	0:06:03	200
235	Couling, Michael	M	Carneddau Triathlon	M30	Y		0:09:07	185	1:00:41	162	0:31:47	119	<b>1:41:35</b>	<b>147</b>	0:05:18	155
334	Amison, Martin	M		M20	Y	Y	0:06:49	45	1:00:08	158	0:34:41	173	<b>1:41:38</b>	<b>148</b>	0:05:04	128
354	DAVIES, MARK	M		M40			0:07:27	88	1:00:11	159	0:34:00	157	<b>1:41:38</b>	<b>149</b>	0:05:42	185
456	walters, paul	M		M30	Y		0:08:37	158	1:04:36	191	0:28:32	51	<b>1:41:45</b>	<b>150</b>	0:04:37	71
254	Simon, Cole	M	n/a	M40			0:07:35	92	0:59:03	142	0:35:09	181	<b>1:41:47</b>	<b>151</b>	0:05:19	158
332	Kaye, Allan	M		M30	Y		0:07:33	91	1:01:18	167	0:33:08	143	<b>1:41:59</b>	<b>152</b>	0:05:22	164
384	Smith, Nigel	M		M40			0:06:44	35	1:01:14	166	0:34:05	158	<b>1:42:03</b>	<b>153</b>	0:05:32	176
279	Williams, Ken	M		M40		Y	0:08:49	171	0:58:21	129	0:35:18	184	<b>1:42:28</b>	<b>154</b>	0:05:13	145
167	Williams, Nefyn	M		M40			0:08:18	130	1:02:07	175	0:32:04	125	<b>1:42:29</b>	<b>155</b>	0:05:17	153
218	MOORE, CLIVE	M	N/A	M50			0:09:04	182	1:01:24	168	0:32:07	126	<b>1:42:35</b>	<b>156</b>	0:05:31	175
212	BRICE, Ashley	M		M30	Y		0:08:40	160	1:00:18	161	0:33:51	155	<b>1:42:49</b>	<b>157</b>	0:05:15	150
191	Matthews, Anthony	M		M50			0:10:06	214	0:58:03	126	0:34:44	174	<b>1:42:53</b>	<b>158</b>	0:05:37	181
377	Tetlow, Karl	M		M40			0:07:19	78	0:57:59	124	0:35:42	188	<b>1:43:00</b>	<b>159</b>	0:05:48	190
263	Newing, Robert	M		M40		Y	0:08:18	130	1:04:24	190	0:30:27	97	<b>1:43:09</b>	<b>160</b>	0:04:44	87
304	Hoare, Paul	M		M40			0:08:39	159	0:58:43	136	0:35:55	190	<b>1:43:17</b>	<b>161</b>	0:05:59	198
172	Kaye, Malcolm	M		M50	Y		0:10:06	214	1:01:53	173	0:31:32	116	<b>1:43:31</b>	<b>162</b>	0:04:57	118
232	Counsell, Gary	M	Pink & Blue Elly	M30			0:09:40	204	0:59:33	152	0:34:18	166	<b>1:43:31</b>	<b>162</b>	0:05:00	121
180	Collins, Richard	M	Oswestry Olympians	M30	Y		0:09:03	181	0:59:29	150	0:35:04	180	<b>1:43:36</b>	<b>164</b>	0:05:41	184
138	JAGGARD, GARETH	M	NORTH WALES POLI	M20	Y		0:08:35	155	1:00:13	160	0:35:03	179	<b>1:43:51</b>	<b>165</b>	0:05:30	174
243	biddulph, colin	M		M40			0:08:10	122	0:59:10	146	0:36:31	197	<b>1:43:51</b>	<b>166</b>	0:05:56	197
194	Hunt, Paul	M		M30	Y		0:08:59	177	1:02:03	174	0:33:02	139	<b>1:44:04</b>	<b>167</b>	0:04:52	106
281	osborne, paul	M		M30			0:08:21	136	1:01:47	172	0:34:12	162	<b>1:44:20</b>	<b>168</b>	0:05:01	123
211	Williams, Martin G	M	Careddau tri	M60			0:09:32	202	1:00:46	163	0:34:07	161	<b>1:44:25</b>	<b>169</b>	0:05:09	137
325	Astbury, Steven	M		M30	Y		0:07:21	83	1:02:50	180	0:34:22	168	<b>1:44:33</b>	<b>170</b>	0:05:32	176
192	westhead, steven	M		M40	Y		0:08:26	145	1:04:38	192	0:31:31	114	<b>1:44:35</b>	<b>171</b>	0:04:52	106
269	Robinson, David	M		M30			0:10:18	222	1:01:35	169	0:32:55	136	<b>1:44:48</b>	<b>172</b>	0:05:09	136
315	Clapham, Simon	M	Scarab Tri	M40			0:08:12	124	0:58:49	139	0:37:50	209	<b>1:44:51</b>	<b>173</b>	0:05:44	188
450	close, conor	M		M30	Y		0:07:57	112	1:03:13	185	0:33:47	151	<b>1:44:57</b>	<b>174</b>	0:05:14	147
302	Briffa, Chris	M		M50			0:08:24	141	1:01:04	165	0:35:32	185	<b>1:45:00</b>	<b>175</b>	0:05:34	178
266	Thomas, Simon	M		M30	Y		0:08:15	127	1:02:42	177	0:34:06	159	<b>1:45:03</b>	<b>176</b>	0:05:08	133
335	McLoughlin, Paul	M	Chester Tri	M40	Y		0:07:37	96	1:02:40	176	0:34:55	176	<b>1:45:12</b>	<b>177</b>	0:05:09	137
154	Waterhouse, David	M	Manchester Triathlon	M40			0:08:36	156	1:02:43	178	0:34:14	163	<b>1:45:33</b>	<b>178</b>	0:05:02	124
142	Mills, Steve	M		M40			0:09:51	209	0:58:51	140	0:37:04	200	<b>1:45:46</b>	<b>179</b>	0:05:44	186
165	Robertson, Drew	M		M40			0:10:17	220	0:58:46	138	0:37:12	202	<b>1:46:15</b>	<b>180</b>	0:05:52	194
248	Loewenstein, Nathan	M		M20	Y		0:08:11	123	1:05:26	199	0:32:47	133	<b>1:46:24</b>	<b>181</b>	0:04:53	110

374	Donnelly, Adrian M	M	Pontesbury Masters	M40	Y	0:08:25	144	1:03:14	186	0:34:52	175	<b>1:46:31</b>	<b>182</b>	0:05:18	155
156	Lewis, Ian	M		M40	Y	0:08:25	143	1:04:49	195	0:33:25	146	<b>1:46:39</b>	<b>183</b>	#N/A	
144	White, Gary	M		M30		0:10:32	225	0:57:46	123	0:38:36	214	<b>1:46:54</b>	<b>184</b>	0:06:15	208
268	Tipping, Jon	M		M30	Y	0:08:54	174	1:03:09	184	0:35:14	183	<b>1:47:17</b>	<b>185</b>	0:05:38	183
298	Litherland, Mark	M		M50	Y	0:06:31	20	0:59:30	151	0:41:17	226	<b>1:47:18</b>	<b>186</b>	0:06:45	226
175	Davies, Ryan	M	Carneddau Tri Club	M20	Y	0:10:17	221	1:04:52	196	0:32:56	137	<b>1:48:05</b>	<b>187</b>	0:05:09	137
121	Noden, Robert	M		M30		0:09:46	206	1:05:12	197	0:33:07	142	<b>1:48:05</b>	<b>187</b>	0:05:37	181
382	davies, paul	M	cardiff tri	M50		0:07:43	101	1:03:04	182	0:38:17	212	<b>1:49:04</b>	<b>189</b>	0:06:28	216
145	SHAKESPEARE, STEPHIM	M		M30	Y	0:10:15	218	1:03:38	188	0:36:03	193	<b>1:49:56</b>	<b>190</b>	0:05:47	189
314	Selley, Pete	M	N/A	M40	Y	0:07:41	100	1:03:01	181	0:39:28	218	<b>1:50:10</b>	<b>191</b>	0:06:12	207
162	Robinson, Darrin	M		M40		0:10:01	213	1:02:46	179	0:37:46	206	<b>1:50:33</b>	<b>192</b>	0:05:44	186
214	Jones, Gary	M	Cobra Running & Triat	M40	Y	0:08:31	150	1:08:01	206	0:34:15	165	<b>1:50:47</b>	<b>193</b>	0:05:28	171
146	Diamond, Tim	M		M40		0:09:27	199	1:03:39	189	0:37:57	210	<b>1:51:03</b>	<b>194</b>	0:06:22	214
274	Hogan, Tony	M		M40		0:09:24	193	1:09:00	209	0:33:07	141	<b>1:51:31</b>	<b>195</b>	0:05:50	192
244	Learoyd, Paul	M		M30		0:09:26	197	1:04:48	194	0:37:22	203	<b>1:51:36</b>	<b>196</b>	0:05:54	196
101	Justice, Howard	M		M20	Y	0:09:51	209	1:08:11	207	0:34:15	164	<b>1:52:17</b>	<b>197</b>	0:05:23	166
311	Reynolds, David	M		M60		0:08:04	118	1:03:08	183	0:41:26	227	<b>1:52:38</b>	<b>198</b>	0:06:21	213
461	Wilkinson, Mark	M	subsixty	M40	Y	0:12:34	237	1:09:24	211	0:30:50	105	<b>1:52:48</b>	<b>199</b>	0:05:05	130
141	Hodgkins, daniel	M		M30	Y	0:09:48	208	1:06:14	202	0:37:07	201	<b>1:53:09</b>	<b>200</b>	0:06:20	211
230	Hough, Rob	M		M40	Y	0:08:54	173	1:04:41	193	0:40:07	221	<b>1:53:42</b>	<b>201</b>	0:06:20	211
297	Cartwright, Gary	M		M30		0:10:09	217	1:09:23	210	0:34:22	167	<b>1:53:54</b>	<b>202</b>	0:05:26	168
309	Alcock, Steve	M	Manchester Tri Club	M20	Y	0:09:25	195	1:09:28	212	0:35:33	186	<b>1:54:26</b>	<b>203</b>	0:06:08	201
125	Dexter, Lee	M		M20	Y	0:10:25	224	1:12:07	221	0:32:15	128	<b>1:54:47</b>	<b>204</b>	0:05:08	134
131	Clarkson, Robert	M		M30	Y	0:09:22	192	1:11:28	218	0:33:58	156	<b>1:54:48</b>	<b>205</b>	0:05:10	141
136	Cashmore, Jason	M		M30	Y	0:11:50	231	1:05:43	200	0:37:30	204	<b>1:55:03</b>	<b>206</b>	0:06:34	222
207	O'Sullivan, Seamus	M		M30	Y	0:09:28	201	1:10:24	216	0:35:35	187	<b>1:55:27</b>	<b>207</b>	0:05:26	169
185	Wright, Chris	M		M20	Y	0:09:05	183	1:11:26	217	0:34:57	177	<b>1:55:28</b>	<b>208</b>	0:05:37	179
231	Cochlin, Daniel	M	Mersey Tri	M30		0:07:53	110	1:11:40	219	0:36:25	196	<b>1:55:58</b>	<b>209</b>	0:05:29	173
130	Johnson, Mike	M		M30	Y	0:10:44	226	1:05:22	198	0:40:26	222	<b>1:56:32</b>	<b>210</b>	0:06:16	209
176	Williams, Iwan	M		M20	Y	0:08:46	166	1:08:52	208	0:39:22	217	<b>1:57:00</b>	<b>211</b>	0:06:11	204
137	Hodgkins, Nathan	M		M30	Y	0:10:24	223	1:09:39	213	0:37:30	204	<b>1:57:33</b>	<b>212</b>	0:06:12	205
229	Morris, David	M	N/A	M40		0:12:21	235	1:01:36	170	0:44:32	235	<b>1:58:29</b>	<b>213</b>	0:06:50	227
128	BRIDGE, ALAN	M		M50	Y	0:12:46	239	1:07:03	204	0:39:54	220	<b>1:59:43</b>	<b>214</b>	0:06:30	217
184	Evans, Nigel	M	Army	M50		0:09:46	207	1:06:01	201	0:44:16	234	<b>2:00:03</b>	<b>215</b>	0:07:00	233
363	Cuthbertson, James	M		M20	Y	0:08:09	121	1:14:10	225	0:38:03	211	<b>2:00:22</b>	<b>216</b>	0:06:32	219
105	Burford, Daniel	M	n/a	M30	Y	0:09:38	203	1:19:26	237	0:31:47	120	<b>2:00:51</b>	<b>217</b>	0:04:37	71
387	Semple, Paul	M		M40	Y	0:08:19	132	1:09:53	214	0:42:51	231	<b>2:01:03</b>	<b>218</b>	0:07:18	235
286	DURKIN, CHRIS	M		M30	Y	0:07:16	73	1:12:00	220	0:42:02	228	<b>2:01:18</b>	<b>219</b>	0:06:53	230
360	Fell, Stephan	M		M50		0:08:22	139	1:09:57	215	0:43:01	232	<b>2:01:20</b>	<b>220</b>	0:06:57	232
186	Hallworth, Martin	M		M50	Y	0:09:16	190	1:19:21	236	0:34:26	171	<b>2:03:03</b>	<b>221</b>	0:05:04	126
206	coley, edward	M		M40		0:11:20	230	1:15:24	227	0:37:46	207	<b>2:04:30</b>	<b>222</b>	0:06:10	203
223	Randles, Phil	M		M30		0:12:06	233	1:07:40	205	0:44:45	236	<b>2:04:31</b>	<b>223</b>	0:06:51	228
414	Spillane, Chris	M	Pipe, Slippers & Wooll	M40	Y	0:09:56	211	1:12:11	222	0:42:29	230	<b>2:04:36</b>	<b>224</b>	0:06:32	219
267	Angus, Mark	M	The 3mustgetbeers	M30		0:08:36	157	1:15:01	226	0:40:59	224	<b>2:04:36</b>	<b>224</b>	0:06:53	231
452	Morgan, Richard	M		M40	Y	0:09:06	184	1:17:24	233	0:38:30	213	<b>2:05:00</b>	<b>226</b>	0:06:27	215
109	Roberts, Iorwerth	M	Carneddau	M60		0:16:07	243	1:12:34	223	0:36:59	199	<b>2:05:40</b>	<b>227</b>	0:05:48	191

171 Gulliver, Vic	M	Prestatyn R C	M60		0:11:55	232	1:15:52	228	0:39:11	215	<b>2:06:58</b>	<b>228</b>	0:06:52	229
120 Hughes, Jane	M	SCARAB	M40		0:10:16	219	1:17:31	234	0:39:13	216	<b>2:07:00</b>	<b>229</b>	0:06:33	221
108 ROWE, PAUL	M		M30	Y	0:13:08	240	1:16:52	230	0:37:50	208	<b>2:07:50</b>	<b>230</b>	0:06:12	205
134 Morris, Wyn	M	Rhyl CC	M40		0:10:58	228	1:06:44	203	0:51:48	239	<b>2:09:30</b>	<b>231</b>	0:07:54	237
104 Speakman, Steve	M		M40		0:11:04	229	1:18:54	235	0:41:01	225	<b>2:10:59</b>	<b>232</b>	0:06:41	224
102 Tamplin, Scott	M	NA	M30	Y	0:15:07	242	1:17:16	232	0:39:31	219	<b>2:11:54</b>	<b>233</b>	0:06:44	225
143 Best, Nigel	M		M40		0:10:55	227	1:20:32	239	0:40:38	223	<b>2:12:05</b>	<b>234</b>	0:08:00	238
126 Brown, Aled	M		M30	Y	0:12:08	234	1:17:11	231	0:43:39	233	<b>2:12:58</b>	<b>235</b>	0:06:38	223
103 WILLEY, PAUL	M		M50	Y	0:09:18	191	1:22:12	241	0:42:21	229	<b>2:13:51</b>	<b>236</b>	0:06:30	218
122 Grant, Edmund	M		M40		0:14:06	241	1:24:01	242	0:36:07	195	<b>2:14:14</b>	<b>237</b>	0:05:53	195
182 Beeching, Adrian	M		M40	Y	0:08:20	134	1:13:36	224	0:52:32	240	<b>2:14:28</b>	<b>238</b>	0:08:34	240
133 Major, Kenneth	M	Prestatyn Running Cl	M60		0:12:26	236	1:16:42	229	0:46:01	237	<b>2:15:09</b>	<b>239</b>	0:07:32	236
112 Hughes, Colin	M	SCARAB	M50		0:12:42	238	1:20:31	238	0:48:09	238	<b>2:21:22</b>	<b>240</b>	0:07:17	234
183 Woodcock, Neil	M		M50		0:10:06	214	1:21:15	240	0:54:05	241	<b>2:25:26</b>	<b>241</b>	0:08:09	239
447 Robson, Keith	M	Manchester Tri	M60		0:09:08	186		#N/A		#N/A	<b>DNF</b>		#N/A	
275 Williams, Barry	M	Wrecsam Tri	M50		0:08:20	134	0:53:11	55	19:37:29	242	<b>DNF</b>		#N/A	