

# LAKESIDE TRIATHLON

Provisional Results 2010

	Cat Pos	Name	Surname	Race number	Age category	Swim	T1	Cycle	T2	Run	Finish
1	1	Chris	Panayiotou	46	M 25 - 29	00:09:47	00:00:37	00:30:15	00:00:27	00:18:44	00:59:53
2	1	Colin	Ward	104	M 30 - 34	00:11:52	00:00:54	00:29:39	00:00:34	00:19:11	01:02:13
3	1	Mark	Brooks	116	M 35 - 39	00:11:52	00:00:43	00:30:04	00:00:30	00:19:39	01:02:52
4	1	Matthew	Leeman	5	M UNDER 20	00:10:37	00:00:38	00:32:04	00:00:33	00:19:48	01:03:44
5	2	Taz	Porter	6	M UNDER 20	00:10:43	00:00:48	00:31:48	00:00:28	00:20:00	01:03:49
6	3	Joe	Giggins	2	M UNDER 20	00:10:47	00:00:44	00:31:50	00:00:43	00:19:53	01:04:00
7	1	Swim For Tri		275	TEAM	00:10:06	00:00:33	00:33:30	00:00:45	00:19:38	01:04:35
8	1	Martin	Darlisson	196	M 45 - 49	00:12:38	00:00:36	00:32:53	00:00:35	00:20:03	01:06:48
9	1	Alex	Mckibben	233	F UNDER 20	00:10:59	00:00:35	00:33:33	00:00:28	00:21:54	01:07:31
10	2	Mike	Hayes	274	M 30 - 34	00:14:11	00:01:00	00:32:02	00:00:36	00:20:07	01:07:59
11	2	Peter	Cottington	195	M 45 - 49	00:15:38	00:00:50	00:30:13	00:00:38	00:21:16	01:08:38
12	2	Mike	Page	45	M 25 - 29	00:15:10	00:01:12	00:31:48	00:01:27	00:19:09	01:08:49
13	2	Andrew	Armiger	110	M 35 - 39	00:15:10	00:00:49	00:30:47	00:00:38	00:22:02	01:09:29
14	2	Harriet	Brettie	230	F UNDER 20	00:10:27	00:00:42	00:35:16	00:00:31	00:23:26	01:10:24
15	1	Jason	Horne	174	M 40 - 44	00:12:39	00:01:05	00:33:52	00:00:52	00:22:00	01:10:30
16	3	Alexander	Sherry	155	M 35 - 39	00:13:28	00:01:10	00:34:05	00:00:39	00:21:29	01:10:53
17	3	Steven	Harris	34	M 25 - 29	00:13:36	00:01:06	00:32:08	00:00:41	00:23:26	01:10:58
18	3	Becky	Hewitt	231	F UNDER 20	00:11:19	00:00:56	00:36:40	00:00:32	00:22:21	01:11:51
19	4	Nathan	Smoothy	9	M UNDER 20	00:12:23	00:00:50	00:37:06	00:00:36	00:20:57	01:11:54
20	4	Daniel	Gearing	128	M 35 - 39	00:13:48	00:01:20	00:35:14	00:00:37	00:20:58	01:12:00
21	2	Sara	Jones	229	TEAM	00:16:26	00:00:41	00:25:43	00:00:43	00:28:31	01:12:07
22	5	Bradley	Taylor	157	M 35 - 39	00:14:38	00:01:10	00:33:09	00:00:45	00:22:24	01:12:08
23	1	Keith	Muggleton	216	M 50 - 54	00:12:42	00:00:51	00:34:17	00:00:36	00:24:12	01:12:41
24	2	Chris	Hollis	173	M 40 - 44	00:15:58	00:00:40	00:32:33	00:00:42	00:23:03	01:12:59
25	4	Daniel	Reynolds	49	M 25 - 29	00:14:23	00:00:56	00:36:07	00:00:41	00:21:25	01:13:34
26	3	Simon	Daniel	68	M 30 - 34	00:17:25	00:01:42	00:31:43	00:00:46	00:21:58	01:13:36
27	4	Michael	Blake	63	M 30 - 34	00:13:05	00:01:50	00:33:55	00:00:52	00:23:57	01:13:42
28	1	Jack	Denham	13	M 20 - 24	00:13:16	00:01:30	00:36:01	00:01:05	00:22:01	01:13:56
29	3	Matt	Harris	170	M 40 - 44	00:13:35	00:00:54	00:34:46	00:00:36	00:24:10	01:14:04
30	5	Paul	Thompson	101	M 30 - 34	00:13:51	00:01:30			00:21:27	01:14:07
31	2	Kenny	Gilbertson	14	M 20 - 24	00:14:45	00:01:41	00:32:48	00:00:51	00:24:09	01:14:17
32	6	Felipe	Almeida	59	M 30 - 34	00:15:27	00:01:40	00:32:42	00:00:57	00:21:41	01:14:30
33	7	Simon	Nathan	87	M 30 - 34	00:15:23	00:00:53	00:34:58	00:00:54	00:22:21	01:14:31
34	4	Lee	Richard	181	M 40 - 44	00:14:26	00:01:04	00:34:12	00:01:04	00:23:46	01:14:36
35	5	James	Herbert	172	M 40 - 44	00:14:00	00:01:30	00:34:18	00:00:56	00:23:51	01:14:38
36	5	Matt	Fasso	29	M 25 - 29	00:12:59	00:01:28	00:34:40	00:00:47	00:24:51	01:14:47
37	6	Mark	Butler	22	M 25 - 29	00:15:31	00:01:00	00:36:14	00:00:37	00:21:32	01:14:56
38	6	Jason	Mcdonald	145	M 35 - 39	00:14:14	00:01:27	00:34:48	00:00:52	00:23:38	01:15:01
39	8	Dean	Ovel	90	M 30 - 34	00:19:03	00:01:06	00:32:40	00:00:36	00:21:41	01:15:08
40	7	Paul	Douglas	126	M 35 - 39	00:14:18	00:01:42	00:34:31	00:01:22	00:23:16	01:15:12
41	7	Colin	King	41	M 25 - 29	00:14:27	00:01:07	00:34:36	00:00:53	00:24:10	01:15:15
42	8	Jason	Button	117	M 35 - 39	00:14:05	00:01:45	00:33:48	00:01:01	00:24:48	01:15:30
43	9	Richard	Dodds	124	M 35 - 39	00:13:47	00:00:47	00:34:46	00:00:48	00:25:24	01:15:34
44	10	Chris	Kerr	140	M 35 - 39	00:14:57	00:01:26	00:34:19	00:01:06	00:23:46	01:15:36
45	9	Andy	Dowie	70	M 30 - 34	00:14:51	00:01:12	00:37:29	00:00:33	00:21:30	01:15:38
46	2	Cliff	Martin	215	M 50 - 54	00:15:06	00:01:02	00:34:52	00:00:55	00:23:44	01:15:42
47	4	Sidnie	Sales	234	F UNDER 20	00:11:54	00:01:10	00:39:52	00:00:29	00:22:16	01:15:44
48	6	Andrew	Ridley	276	M 40 - 44	00:14:51	00:01:06	00:34:30	00:00:55	00:24:22	01:15:47
49	8	Charlie	Essenhigh	28	M 25 - 29	00:14:04	00:02:04	00:37:39	00:00:33	00:21:33	01:15:56
50	3	Nigel	Golland	198	M 45 - 49	00:16:10	00:01:32	00:36:21	00:00:48	00:21:10	01:16:04
51	11	Andrew	Rhodes	153	M 35 - 39	00:15:07	00:01:15	00:34:53	00:00:45	00:24:07	01:16:10
52	10	Jonathan	Giles	76	M 30 - 34	00:13:30	00:00:55	00:35:08	00:00:42	00:25:56	01:16:12
53	1	Ivan	Newman	226	M 55 +	00:14:02	00:01:18	00:34:30	00:00:52	00:25:34	01:16:17
54	3	Steve	Bunce	209	M 50 - 54	00:14:11	00:01:20	00:35:41	00:01:18	00:23:45	01:16:19
55	11	Herfried	Waha	102	M 30 - 34	00:16:44	00:02:31	00:33:34	00:00:54	00:22:41	01:16:28
56	12	Robert	Grant	129	M 35 - 39	00:13:37	00:02:05	00:34:58	00:01:15	00:24:43	01:16:41
57	12	Nathan	Saville	95	M 30 - 34	00:13:48	00:01:19	00:35:18	00:01:21	00:25:08	01:16:56
58	2	George	Berwick	222	M 55 +	00:14:28	00:01:46	00:34:29	00:01:42	00:24:47	01:17:15
59	1	Anna	Meggitt	237	F 20 - 24	00:11:22	00:01:35	00:38:46	00:00:31	00:25:18	01:17:35
60	13	Jeremy	Brooks	115	M 35 - 39	00:15:26	00:02:08	00:35:37	00:01:11	00:23:12	01:17:36

# LAKESIDE TRIATHLON

Provisional Results 2010

61	7	Wes	Absolom	162	M 40 - 44	00:17:08	00:01:05	00:35:10	00:00:42	00:23:35	01:17:43
62	4	Peter	Gibson	211	M 50 - 54	00:16:48	00:01:08	00:35:12	00:00:58	00:23:37	01:17:45
63	9	Peter	Donald	27	M 25 - 29	00:16:26	00:01:28	00:36:19	00:00:51	00:23:00	01:18:07
64	13	Kevin	Page	91	M 30 - 34	00:16:47	00:01:08	00:35:57	00:00:59	00:23:21	01:18:14
65	14	Colin	Bland	64	M 30 - 34	00:17:32	00:01:36	00:35:34	00:01:08	00:22:21	01:18:15
66	8	Steve	Hunt	175	M 40 - 44	00:14:46	00:01:15	00:38:03	00:00:42	00:22:32	01:18:21
67	10	Andrew	Tokley	55	M 25 - 29	00:15:33	00:01:52	00:35:32	00:01:33	00:23:58	01:18:30
68	14	Mark	Tikerpae	158	M 35 - 39	00:13:58	00:01:36	00:38:52	00:00:50	00:23:20	01:18:39
69	11	Sebastian	Balcombe	19	M 25 - 29	00:16:02	00:01:22	00:37:37	00:00:45	00:22:53	01:18:43
70	15	Leon	Chandler	118	M 35 - 39	00:13:37	00:01:19	00:34:56	00:01:11	00:27:57	01:19:03
71	12	Iain	Thompson	54	M 25 - 29	00:20:35	00:01:54	00:35:17	00:00:55	00:20:33	01:19:16
72	9	Gary	Ward	190	M 40 - 44	00:15:24	00:01:11	00:36:37	00:00:40	00:25:24	01:19:19
73	16	Rob	Kleider	141	M 35 - 39	00:14:26	00:01:20	00:35:03	00:01:08	00:27:23	01:19:23
74	17	Andy	Collings	121	M 35 - 39	00:13:56	00:01:07	00:38:03	00:01:13	00:25:06	01:19:28
75	15	Chris	Manby	83	M 30 - 34	00:15:37	00:01:16	00:37:21	00:00:52	00:24:22	01:19:31
76	13	Ben	Keenan	39	M 25 - 29	00:13:33	00:01:07	00:36:35	00:01:02	00:27:17	01:19:37
77	10	Steven	Nadin	179	M 40 - 44	00:15:28	00:01:44	00:37:07	00:00:35	00:24:41	01:19:37
78	18	Steven	Martindale	143	M 35 - 39	00:17:30	00:01:51	00:34:55	00:01:01	00:24:23	01:19:43
79	11	Dave	Anthony	163	M 40 - 44	00:15:02	00:01:08	00:38:17	00:01:02	00:24:24	01:19:56
80	14	Andrew	Goldsmith	32	M 25 - 29	00:14:36	00:01:20	00:37:34	00:00:54	00:25:30	01:19:57
81	19	Lee	Matthews	144	M 35 - 39	00:16:32	00:01:27	00:35:11	00:00:54	00:25:51	01:19:57
82	20	Justin	Phillipps	151	M 35 - 39	00:19:51	00:01:32	00:38:38	00:01:16	00:18:47	01:20:07
83	16	Hayden	Smith	98	M 30 - 34	00:15:03	00:01:32	00:37:27	00:01:04	00:25:12	01:20:20
84	12	Robert	Thomson	188	M 40 - 44	00:16:47	00:01:23	00:36:41	00:00:39	00:24:50	01:20:22
85	21	Paul	Gibbon	133	M 35 - 39	00:16:54	00:01:28	00:36:17	00:00:52	00:25:14	01:20:48
86	3	Paul	Smith	17	M 20 - 24	00:15:24	00:01:32	00:39:40	00:01:03	00:23:29	01:21:11
87	17	Stephen	French	73	M 30 - 34	00:17:23	00:02:15	00:36:51	00:01:00	00:23:45	01:21:17
88	15	Peter	Hawtree	36	M 25 - 29	00:15:33	00:01:45	00:37:35	00:01:20	00:25:05	01:21:21
89	18	Matthew	Macdonald	82	M 30 - 34	00:14:19	00:02:11	00:38:26	00:00:54	00:25:31	01:21:25
90	22	Les	Hartt	135	M 35 - 39	00:15:54	00:01:41	00:37:49	00:01:22	00:24:37	01:21:27
91	13	Chris	Carrott	167	M 40 - 44	00:16:03	00:01:26	00:34:36	00:01:24	00:27:59	01:21:32
92	14	Alex	Thomson	187	M 40 - 44	00:16:24	00:01:14	00:38:16	00:00:55	00:24:44	01:21:35
93	4	Martin	Longhurst	203	M 45 - 49	00:15:12	00:01:37	00:38:33	00:00:39	00:25:33	01:21:36
94	16	Steven	Butler	23	M 25 - 29	00:19:53	00:00:43	00:37:30	00:00:31	00:22:57	01:21:37
95	23	Paul	Holroyd	136	M 35 - 39	00:14:06	00:02:20	00:41:31	00:00:51	00:22:54	01:21:44
96	5	Mark	Harbige	199	M 45 - 49	00:16:37	00:01:57	00:38:32	00:00:45	00:24:03	01:21:57
97	15	David	Hamilton	169	M 40 - 44	00:18:13	00:01:55	00:36:53	00:01:05	00:24:04	01:22:13
98	24	Stephen	Liddicoat	142	M 35 - 39	00:15:15	00:01:52	00:39:32	00:00:33	00:25:02	01:22:17
99	19	Niall	Murphy	86	M 30 - 34	00:18:30	00:01:57	00:37:19	00:00:30	00:24:01	01:22:21
100	20	Steve	Mendes	85	M 30 - 34	00:17:09	00:01:47	00:39:35	00:00:31	00:23:22	01:22:25
101	5	Robert	Goodwin	212	M 50 - 54	00:17:39	00:01:53	00:37:26	00:01:01	00:24:23	01:22:26
102	16	Barry	Armstrong	164	M 40 - 44	00:17:28	00:01:15	00:37:07	00:00:46	00:25:54	01:22:33
103	25	Paul	Ayres	112	M 35 - 39	00:17:08	00:01:05	00:37:38	00:00:39	00:26:09	01:22:42
104	4	Christopher	Alves-greenland	10	M 20 - 24	00:17:27	00:01:45	00:36:59	00:00:47	00:25:53	01:22:55
105	26	Spencer	Barrow	114	M 35 - 39	00:17:45	00:01:34	00:36:32	00:01:00	00:26:11	01:23:05
106	21	Darren	Clark	67	M 30 - 34	00:18:28	00:00:56	00:37:11	00:00:51	00:25:37	01:23:06
107	22	Ronan	O'sullivan	89	M 30 - 34	00:15:42	00:01:02	00:37:44	00:00:45	00:28:01	01:23:16
108	17	Martin	Orford	180	M 40 - 44	00:18:14	00:02:10	00:35:46	00:01:13	00:25:53	01:23:19
109	17	Dan	Cliffe	24	M 25 - 29	00:15:59	00:02:42	00:40:01	00:01:37	00:22:58	01:23:20
110	27	Carl	Shawcross	154	M 35 - 39	00:16:56	00:02:51	00:37:06	00:01:21	00:25:18	01:23:35
111	1	Linda	Turner	265	F 40 - 44	00:16:21	00:01:54	00:38:37	00:01:04	00:25:40	01:23:39
112	6	Eduardo	Cruz	210	M 50 - 54	00:18:02	00:01:11	00:35:15	00:00:46	00:28:31	01:23:47
113	1	Louise	Mason	248	F 30 - 34	00:18:08	00:01:52	00:36:33	00:00:58	00:26:19	01:23:52
114	23	Ben	Weidlich	106	M 30 - 34	00:15:34	00:02:11	00:40:41	00:00:57	00:24:29	01:23:54
115	18	Nick	Haslam	35	M 25 - 29	00:16:36	00:01:29	00:38:23	00:01:03	00:26:26	01:23:59
116	24	John	Hogan	78	M 30 - 34	00:18:30	00:02:41	00:39:50	00:00:48	00:22:11	01:24:03
117	28	Lee	Jenkins	138	M 35 - 39	00:17:25	00:02:45	00:38:39	00:01:05	00:24:21	01:24:18
118	2	Toni	Saunders	263	F 40 - 44	00:13:43	00:01:49	00:39:15	00:01:06	00:28:26	01:24:22
119	25	Scott	Bradbury	66	M 30 - 34	00:18:23	00:02:02	00:39:08	00:00:44	00:24:03	01:24:23
120	18	Stuart	Atkinson	165	M 40 - 44	00:15:01	00:01:34	00:38:07	00:01:30	00:28:11	01:24:26
121	5	Steven	Attfield	11	M 20 - 24	00:16:41	00:01:34	00:41:46	00:00:33	00:24:04	01:24:40

# LAKESIDE TRIATHLON

Provisional Results 2010

122	26	Alex	Bacardit	61	M 30 - 34	00:13:45	00:03:06	00:41:54	00:00:51	00:25:02	01:24:40
123	29	Douglas	Gray	130	M 35 - 39	00:18:22	00:01:48	00:40:23	00:00:56	00:23:18	01:24:50
124	19	Bill	Shephard	52	M 25 - 29	00:20:26	00:02:43	00:38:02	00:01:29	00:22:14	01:24:57
125	20	Chris	Horn	37	M 25 - 29	00:12:49	00:04:50	00:40:09	00:01:39	00:25:37	01:25:06
126	21	Andrew	Brazier	21	M 25 - 29	00:14:29	00:01:52	00:41:03	00:00:48	00:26:56	01:25:11
127	1	Angela	Clough	266	F 45 +	00:20:03	00:01:39	00:38:14	00:00:43	00:24:36	01:25:18
128	27	John	Hull	79	M 30 - 34	00:18:50	00:02:32	00:37:07	00:01:00	00:25:53	01:25:25
129	19	James	Thompson	185	M 40 - 44	00:20:27	00:01:14	00:36:22	00:00:50	00:26:32	01:25:27
130	6	Mark	Cornell	194	M 45 - 49	00:15:03	00:02:23	00:39:05	00:01:38	00:25:17	01:25:29
131	7	Julian	Holder	200	M 45 - 49	00:15:59	00:02:50	00:43:13	00:00:39	00:22:49	01:25:33
132	6	Liam	Clayton	12	M 20 - 24	00:18:21	00:01:40	00:39:39	00:00:57	00:24:54	01:25:35
133	7	Stephen	Sampson	220	M 50 - 54	00:15:38	00:03:27	00:39:18	00:01:05	00:26:10	01:25:41
134	1	Juliet	Baker	349	F 25 - 29	00:14:52	00:01:31	00:40:03	00:01:13	00:27:59	01:25:41
135	22	Grant	Day	26	M 25 - 29	00:16:36	00:02:32	00:41:13	00:01:20	00:24:01	01:25:43
136	23	Jonathan	Willis	57	M 25 - 29	00:15:36	00:02:17	00:40:52	00:00:29	00:26:35	01:25:52
137	20	Graeme	Savill	273	M 40 - 44	00:19:43	00:01:56	00:36:45	00:01:07	00:26:30	01:26:04
138	8	Steve	Lambert	202	M 45 - 49	00:16:43	00:02:34	00:40:26	00:01:01	00:25:23	01:26:10
139	8	Trevor	Peacock	217	M 50 - 54	00:19:18	00:02:54	00:37:20	00:01:43	00:25:04	01:26:21
140	24	Ben	Roads	50	M 25 - 29	00:19:43	00:01:47	00:39:37	00:00:46	00:24:30	01:26:27
141	3	Amanda	Heslegrave	261	F 40 - 44	00:17:57	00:01:43	00:40:12	00:01:06	00:25:32	01:26:33
142	28	Terry	Ganning	75	M 30 - 34	00:16:05	00:02:01	00:41:28	00:01:19	00:26:02	01:26:58
143	9	Eddie	Bowers	208	M 50 - 54	00:16:52	00:02:17	00:37:57	00:02:18	00:27:30	01:26:58
144	21	Jason	Jennings	176	M 40 - 44	00:16:15	00:02:54	00:38:47	00:01:30	00:27:30	01:26:59
145	30	David	Wiles	161	M 35 - 39	00:22:11	00:01:39	00:35:42	00:01:13	00:26:15	01:27:03
146	31	Andrew	Nix	149	M 35 - 39	00:18:47	00:02:50	00:39:49	00:01:14	00:24:24	01:27:07
147	5	Oliver	Salmons	7	M UNDER 20	00:15:17	00:02:11	00:39:36	00:00:50	00:29:11	01:27:08
148	32	Craig	Donnelly	125	M 35 - 39	00:17:11	00:01:07	00:38:47	00:00:46	00:29:28	01:27:21
149	25	Jp	Smit	53	M 25 - 29	00:16:43	00:02:18	00:36:37	00:01:10	00:30:32	01:27:24
150	29	Mark	Denham	69	M 30 - 34	00:15:07	00:01:41	00:40:11	00:01:20	00:29:02	01:27:24
151	33	Gary	Cole	120	M 35 - 39	00:16:59	00:01:33	00:37:45	00:00:36	00:30:28	01:27:25
152	34	Ryan	Neal	148	M 35 - 39	00:13:57	00:01:18	00:42:39	00:01:00	00:28:34	01:27:31
153	35	Lee	Grayland	131	M 35 - 39	00:18:36	00:03:02	00:39:46	00:00:48	00:25:20	01:27:34
154	36	James	Clarke	119	M 35 - 39	00:15:56	00:01:41	00:41:14	00:01:16	00:27:46	01:27:56
155	30	Terry	Teale	100	M 30 - 34	00:15:21	00:01:46	00:37:30	00:00:52	00:32:30	01:28:02
156	9	Ken	Payne	205	M 45 - 49	00:19:24	00:42:07				01:28:03
157	10	John	Hughes	214	M 50 - 54	00:18:42	00:02:38	00:37:42	00:02:29	00:26:30	01:28:03
158	11	Colin	Howard	213	M 50 - 54	00:15:34	00:45:15				01:28:27
159	3	Patrick	Creedon	223	M 55 +	00:18:12	00:03:15	00:40:59	00:01:04	00:25:34	01:29:06
160	4	Kevin	Baker	221	M 55 +	00:19:21	00:01:53	00:38:04	00:01:06	00:26:49	01:29:16
161	26	Nigel	Fearon	30	M 25 - 29	00:18:24	00:02:47	00:39:58	00:00:47	00:27:24	01:29:23
162	5	Steve	Macdonald	225	M 55 +	00:15:31	00:02:12	00:39:43	00:01:18	00:30:45	01:29:33
163	10	Graeme	Salmons	206	M 45 - 49	00:17:01	00:02:06	00:38:06	00:01:13	00:31:11	01:29:41
164	11	Stewart	Cleverly	193	M 45 - 49	00:16:30	00:02:36	00:39:10	00:01:03	00:30:24	01:29:46
165	22	Nick	Heasman	171	M 40 - 44	00:19:26	00:01:52	00:39:16	00:01:30	00:27:52	01:29:58
166	37	Brian	Powlett	152	M 35 - 39	00:17:48	00:02:55	00:41:10	00:01:23	00:27:05	01:30:23
167	12	Chris	Philpott	218	M 50 - 54	00:16:58	00:02:13	00:40:19	00:01:32	00:29:25	01:30:30
168	2	Anna	Hull	246	F 30 - 34	00:18:41	00:02:17	00:39:41	00:00:53	00:28:55	01:30:30
169	12	Philip	Cavanagh	192	M 45 - 49	00:18:32	00:03:32	00:40:43	00:01:25	00:26:18	01:30:33
170	38	Paul	Evans	127	M 35 - 39	00:17:06	00:01:57	00:42:30	00:01:59	00:27:02	01:30:37
171	23	Scott	Potter	1	M 40 - 44	00:23:23	00:01:20	00:37:37	00:00:54	00:27:43	01:31:00
172	3	Jennifer	Akroyd	245	F 30 - 34	00:16:49	00:01:57	00:45:00	00:00:55	00:26:27	01:31:11
173	13	Leon	Poltawski	219	M 50 - 54	00:18:47	00:02:38	00:41:29	00:00:38	00:28:07	01:31:42
174	13	Ray	Monaghan	204	M 45 - 49	00:16:45	00:02:51	00:40:01	00:01:56	00:30:13	01:31:49
175	39	Stuart	Warren	160	M 35 - 39	00:19:19	00:02:48	00:41:15	00:01:59	00:26:44	01:32:07
176	40	David	Andrews	109	M 35 - 39	00:19:49	00:02:27	00:39:44	00:01:07	00:29:02	01:32:12
177	41	Mark	Smith	156	M 35 - 39	00:18:25	00:02:57	00:42:52	00:01:29	00:26:34	01:32:19
178	2	Vicky	Lockie	270	F 45 +	00:20:08	00:01:40	00:41:04	00:01:03	00:28:32	01:32:28
179	27	Nick	Read	48	M 25 - 29	00:17:29	00:02:57	00:42:49	00:01:43	00:27:28	01:32:29
180	24	Neil	Thorpe	189	M 40 - 44	00:14:55	00:02:06	00:42:06	00:01:39	00:31:44	01:32:33
181	25	Simon	Dear	168	M 40 - 44	00:17:34	00:02:23	00:41:24	00:01:40	00:28:06	01:33:10
182	26	James	Murphy	178	M 40 - 44	00:18:37	00:02:58	00:42:09	00:01:11	00:28:14	01:33:13

# LAKESIDE TRIATHLON

Provisional Results 2010

183	2	Josephine	Hough	236	F 20 - 24	00:16:33	00:01:56	00:41:20	00:00:59	00:32:40	01:33:30
184	42	Yuri	Miroshnichenko	146	M 35 - 39	00:18:35	00:03:25	00:42:27	00:01:33	00:27:35	01:33:36
185	28	Stephen	Fordham	31	M 25 - 29	00:18:58	00:04:41	00:42:39	00:01:30	00:25:47	01:33:37
186	43	Gareth	Barrow	113	M 35 - 39	00:21:07	00:02:05	00:41:10	00:01:27	00:27:51	01:33:43
187	4	Vicki	Johnson	247	F 30 - 34	00:20:40	00:03:07	00:44:54	00:00:53	00:24:23	01:34:00
188	31	Daniel	Gamblin	74	M 30 - 34	00:17:41	00:03:18	00:45:33	00:01:10	00:26:39	01:34:25
189	5	Lucie	Smallwood	253	F 30 - 34	00:17:31	00:01:37	00:43:45	00:01:03	00:31:03	01:35:02
190	14	Fraser	Young	207	M 45 - 49	00:21:43	00:03:04	00:40:12	00:01:42	00:28:57	01:35:41
191	44	Nicholas	Jones	139	M 35 - 39	00:19:56	00:03:59	00:40:37	00:01:51	00:29:40	01:36:06
192	29	Robert	Curtis	25	M 25 - 29	00:20:34	00:02:19	00:44:16	00:01:13	00:28:22	01:36:46
193	3	Rachel	Cook	235	F 20 - 24	00:16:58	00:02:14	00:45:42	00:01:14	00:30:48	01:37:00
194	4	Karen	Cleverly	260	F 40 - 44	00:18:38	00:02:33	00:43:55	00:00:36	00:31:25	01:37:10
195	6	Abby	Powlett	251	F 30 - 34	00:19:00	00:03:32	00:42:56	00:00:50	00:30:58	01:37:19
196	30	Tommy	Powell	47	M 25 - 29	00:20:59	00:03:54	00:41:05	00:01:08	00:30:19	01:37:27
197	2	Catherine	Robinson	242	F 25 - 29	00:15:19	00:01:45	00:43:24	00:00:55	00:36:14	01:37:39
198	32	Ian	Adams	58	M 30 - 34	00:25:26	00:01:54	00:45:38	00:00:59	00:23:41	01:37:40
199	3	Jane	Young	272	F 45 +	00:20:15	00:02:53	00:41:56	00:01:13	00:31:36	01:37:55
200	27	Stephen	Thompson	186	M 40 - 44	00:20:14	00:01:23	00:44:43	00:01:12	00:31:07	01:38:41
201	3	Wendy	Hough	241	F 25 - 29	00:16:14	00:02:21	00:41:15	00:01:13	00:37:40	01:38:46
202	33	Luke	Babinet	60	M 30 - 34	00:21:52	00:02:58	00:46:08	00:00:38	00:27:35	01:39:14
203	34	Jamie	Ward	105	M 30 - 34	00:18:13	00:03:39	00:45:49	00:01:50	00:30:21	01:39:55
204	1	Lorraine	Greasley	258	F 35 - 39	00:19:08	00:02:16	00:46:15	00:00:33	00:31:56	01:40:10
205	7	Charles	Gillett	15	M 20 - 24	00:19:04	00:03:42	00:52:20	00:00:47	00:24:28	01:40:23
206	8	Stuart	Russell	16	M 20 - 24	00:21:44	00:03:03	00:48:14	00:01:12	00:26:27	01:40:42
207	4	Joanne	Fleming	240	F 25 - 29	00:17:56	00:02:09	00:47:33	00:00:45	00:32:37	01:41:03
208	35	Ashley	Sargeant	94	M 30 - 34	00:19:41	00:03:29	00:46:58	00:01:27	00:29:30	01:41:07
209	45	Danny	Green	132	M 35 - 39	00:22:15	00:03:55	00:41:32	00:01:34	00:32:15	01:41:33
210	36	Colin	Downton	71	M 30 - 34	00:18:48	00:01:35	00:45:30	00:01:06	00:35:02	01:42:03
211	4	Heather	Guttery	268	F 45 +	00:20:00	00:02:13	00:45:14	00:01:05	00:33:58	01:42:32
212	3	Paul	Dodman	227	TEAM	00:18:08	00:01:13	00:45:57	00:00:39	00:36:34	01:42:33
213	4	Harriet	Richards	238	F 20 - 24	00:19:56	00:02:19	00:50:00	00:00:36	00:29:58	01:42:52
214	5	Marie	Smith	243	F 25 - 29	00:17:10	00:01:54	00:46:44	00:00:40	00:36:22	01:42:53
215	5	Maggie	Hart	269	F 45 +	00:18:50	00:03:04	00:49:03	00:00:52	00:31:05	01:42:56
216	7	Colette	Smith	254	F 30 - 34	00:18:43	00:02:28	00:47:09	00:00:47	00:34:12	01:43:22
217	15	Jonathan	Davies	197	M 45 - 49	00:18:11	00:01:48	00:45:26	00:01:29	00:36:39	01:43:36
218	37	Rory	Wooster	107	M 30 - 34	00:19:06	00:03:50	00:43:11	00:03:18	00:34:57	01:44:24
219	46	Stuart	Aspinall	111	M 35 - 39	00:21:16	00:02:52	00:49:19	00:00:44	00:30:55	01:45:09
220	38	Daniel	Boyle	65	M 30 - 34	00:27:41	00:02:25	00:44:07	00:00:49	00:30:14	01:45:18
221	2	Nikola	Cullum	255	F 35 - 39	00:22:10	00:03:13	00:46:20	00:01:23	00:34:23	01:47:32
222	3	Claire	Evenden	257	F 35 - 39	00:20:42	00:02:41	00:44:55	00:00:59	00:38:19	01:47:38
223	4	Claire	Eaglesfield	256	F 35 - 39	00:22:45	00:02:42	00:46:15	00:01:23	00:34:40	01:47:47
224	16	Ian	Jordan	201	M 45 - 49	00:24:37	00:01:59	00:42:21	00:01:42	00:38:01	01:48:43
225	5	Lisa	Whittington	259	F 35 - 39	00:27:23	00:02:10	00:46:01	00:01:32	00:31:57	01:49:05
226	39	Paul	Johnson	80	M 30 - 34	00:25:37	00:03:42	00:49:34	00:00:55	00:29:30	01:49:21
227	31	Chris	Hadjihari	33	M 25 - 29	00:28:35	00:03:00	00:43:57	00:00:48	00:34:09	01:50:31
228	40	Tyronne	Waldron	103	M 30 - 34	00:26:26	00:03:48	00:49:07	00:01:16	00:32:08	01:52:47
229	6	Alistar	Kendrick	224	M 55 +	00:22:53	00:02:46	00:56:22	00:00:52	00:29:53	01:52:47
230	6	Daniel	Skinner	8	M UNDER 20	00:25:35	00:01:48	00:55:37	00:01:02	00:30:23	01:54:28
231	8	Kerry	O'sullivan	250	F 30 - 34	00:19:35	00:04:38	01:00:42	00:00:53	00:35:46	02:01:36
232	32	Ross	Wilks	56	M 25 - 29	00:24:16	00:02:19	01:05:00	00:01:07	00:29:03	02:01:48