



ESENDEX LAST MINUTE TRI - FINAL RESULTS
EMAIL ENQUIRIES TO STEVE@ONESTEPBEYOND.ORG.UK

Pos	No.	First Name	Last Name	Cat	Club	Team Name	Swim	T1	Bike	T2	Run	Finish	Notes
1	597	ANDY	TARRY	M 40 - 44	TRI CAMP RACE TEAM		5:59	0:29	25:59	0:38	15:04	48:06	
2	369	TOM	CURTIS	M 25 - 29	TEAM BUFF		5:20	0:29	28:48	0:40	14:56	50:12	
3	600	CHRIS	JOYCE	M 25 - 29	HUUB TFN RT		5:55	0:25	27:42	0:43	16:11	50:54	
4	595	PETE	SHUTTLEWORTH	M 30 - 34	SHEFFIELD TRIATHLON CLUB		6:15	0:44	27:11	0:46	16:46	51:40	
5	599	TOM	MCGLASHAN	M 20 - 24			5:54	0:37	27:13	0:54	17:36	52:12	
6	588	NATHAN	VEALL	M 15 - 19	EPOC RACING		7:08	0:33	27:18	0:42	17:40	53:19	
7	576	NICK	GRIMER	M 40 - 44	SPALDING TRIATHLON CLUB		7:38	0:37	29:27	0:46	15:29	53:55	
8	509	TIM	TURNER	TEAM	ABSOLUTE TRIATHLON CLUB	TEAM TURNER	8:06	0:37	28:16	0:38	16:28	54:03	
9	568	RICHARD	BELLAMY	M 40 - 44			7:51	0:40	28:02	0:46	17:36	54:52	
10	583	BRUNO	NIKOLOFF	M 45 - 49	CHARNWOOD TRIATHLON CLUB		7:06	0:47	29:56	0:53	16:33	55:13	
11	598	JOHN	POPE	M 45 - 49	HUUB TFN RT		6:18	0:37	29:00	0:34	18:49	55:16	
12	579	STEVE	EMERTON	M 40 - 44	DERBY TRIATHLON CLUB		7:05	0:34	29:35	0:51	17:20	55:23	
13	594	JACK	HARRISON	M 15 - 19			6:51	0:53	28:24	0:53	18:58	55:57	
14	424	JAMES	CORLETT	M 25 - 29	TEAM SPEEDO		7:39	0:40	28:17	0:43	18:49	56:06	
15	574	XAVIER	LEUTHROT	M 40 - 44	SHEFFIELD TRIATHLON CLUB		7:27	0:39	29:26	0:45	18:04	56:20	
16	558	AARON	WARD	M 25 - 29	BURNTWOOD TRIATHLON CLUB		7:14	0:40	29:58	0:39	17:55	56:25	
17	551	WAYNE	MCANEANEY	M 35 - 39	TFN TRI CLUB		7:16	0:35	29:11	0:59	18:27	56:26	
18	587	GORDON	MONAGHAN	M 35 - 39	TFN TRI CLUB		6:33	0:48	28:51	0:49	19:52	56:51	
19	541	NEIL	DOWSETT	M 40 - 44	LINCOLN TRIATHLON CLUB		8:03	0:46	28:43	0:48	18:53	57:12	
20	577	DEREK	HAYDEN	M 30 - 34	TFN TRI CLUB		7:37	0:35	29:45	0:42	18:39	57:16	
21	573	PETER	BENTLEY	M 35 - 39	LEICESTER TRIATHLON CLUB		7:29	0:41	30:35	0:50	17:52	57:25	
22	536	FRASER	POOLE	M 35 - 39	ABSOLUTE TRIATHLON CLUB		6:14	1:02	30:18	0:56	19:23	57:50	
23	498	SEAN	POWERS	M 30 - 34	ROYAL AIR FORCE TRIATHLON		8:02	0:39	29:23	0:41	19:13	57:57	
24	1	RICHARD	SHELDRAKE	M 35 - 39	LINCOLN TRIATHLON CLUB		8:08	1:17	28:30	1:05	19:07	58:06	
25	527	JONATHAN	SHEEHAN	M 45 - 49	STAMFORD TRI CLUB		8:19	1:05	29:55	1:09	17:47	58:12	
26	567	ZAC	GOODSPEED	M 35 - 39	ABSOLUTE TRIATHLON CLUB		7:14	0:54	30:34	0:42	18:53	58:15	
27	582	MICK	OLIVER	M 40 - 44	LINCOLN TRIATHLON CLUB		6:55	0:37	30:03	0:53	20:03	58:29	
28	437	TOM	GOY	M 25 - 29			7:34	1:01	30:37	1:07	18:18	58:34	
29	578	JON	HENDERSON	M 30 - 34			7:16	0:51	31:53	0:41	18:09	58:48	
30	425	CHRIS	JOHNSON	M 35 - 39	TEAM SPEEDO		6:26	1:17	31:18	1:01	18:51	58:50	
31	521	BOHDAN	DAWYD	M 20 - 24	NO LIMITS TRIATHLON AND RUNNING CLUB		7:53	0:54	29:45	0:59	19:27	58:55	
32	362	ALAN	WHEELER	M 35 - 39	LINCOLN TRIATHLON CLUB		9:07	0:47	30:34	0:45	17:54	59:04	
33	590	JACK	COULSON	M 20 - 24			7:02	1:02	31:53	1:12	17:59	59:07	
34	313	EDDIE	KNIGHTS	M 45 - 49	BPL BASSETLAW TRI CLUB		9:19	0:29	29:58	0:42	18:50	59:15	
35	442	GLYNN	ATTIWELL	M 35 - 39	I2T		8:20	0:49	29:40	0:42	20:03	59:32	
36	571	STEPHEN	MELHUIHSH	M 45 - 49	MANSFIELD TRIATHLON CLUB		8:23	0:48	30:32	1:03	18:49	59:34	
37	559	STEVE	HOPE	M 50 - 54	PACTRAC		7:50	1:13	29:42	1:01	19:58	59:41	
38	580	CHRISTOPHER	FULLERTON	M 20 - 24			8:02	0:56	31:26	1:07	18:16	59:46	
39	432	JORDAN	BOAM	M 15 - 19	MANSFIELD TRI CLUB		7:48	0:51	33:28	0:35	17:28	1:00:08	
40	565	BOBO	HAYWOOD	F 15 - 19	LINCOLN TRIATHLON CLUB		7:06	0:52	32:09	0:43	19:25	1:00:13	
41	585	STUART	ROBINSON	M 30 - 34			6:59	0:56	32:23	0:57	19:02	1:00:15	
42	483	JEREMY	NICHOLSON	M 40 - 44	LINCOLN TRIATHLON CLUB		7:23	0:43	29:54	0:50	21:32	1:00:20	
43	511	GAVIN	DOWSETT	M 30 - 34	LINCOLN TRIATHLON CLUB		8:09	0:53	31:27	0:51	19:07	1:00:26	



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44	452	CHRIS	TRZCINSKI	M 50 - 54	CHARNWOOD TRIATHLON CLUB		8:46	0:55	30:04	0:58	19:55	1:00:36
45	518	PETER	JOHNSTON	M 35 - 39	WIRKSWORTH RUNNING CLUB		8:01	1:14	32:02	0:49	18:37	1:00:41
46	592	DOMINICK	SHAW	M 35 - 39			6:08	0:58	33:41	1:11	18:46	1:00:42
47	519	ELOISE	DU LUART	F 15 - 19	STRATFORD-UPON-AVON AC		7:47	1:18	33:02	1:24	17:16	1:00:46
48	569	CARL	JORDAN	M 40 - 44	MANSFIELD TRIATHLON CLUB		7:44	0:45	32:40	0:58	18:45	1:00:49
49	538	COLIN	CAMPBELL	M 40 - 44	ABSOLUTE COACHING RT		8:15	1:03	30:51	1:06	19:38	1:00:52
50	543	SAMUEL	SPENCER	M 40 - 44	LINCOLN TRIATHLON CLUB		8:10	0:34	31:54	0:39	19:38	1:00:54
51	367	GEORGE	HACKNEY	M 40 - 44	LINCOLN TRIATHLON CLUB		8:38	0:51	30:32	0:50	20:08	1:00:57
52	533	DAVID	MATTHEWMAN	M 25 - 29	CHARNWOOD TRIATHLON CLUB		7:44	1:07	32:05	0:58	19:17	1:01:08
53	426	DAVID	GATES	M 55 - 59	LINCOLN TRIATHLON CLUB		7:58	0:56	29:52	0:53	21:36	1:01:13
54	596	JONATHAN	TUFFREY	M 35 - 39	GI TRI		6:20	0:51	31:22	0:52	21:52	1:01:16
55	428	MARTIN	HARLOCK	M 40 - 44	LINCOLN TRIATHLON CLUB		9:31	0:51	30:05	0:47	20:05	1:01:16
56	297	RICHARD	ARTHURS	M 45 - 49			9:16	1:12	30:31	0:58	19:39	1:01:34
57	544	JONATHAN	VEITCH	M 30 - 34	ABSOLUTE TRIATHLON CLUB		8:26	0:53	31:54	0:43	19:46	1:01:41
58	503	JACK	CARTER	M 25 - 29			8:48	1:00	32:00	0:56	19:00	1:01:43
59	563	ANDY	GRANVILLE	M 25 - 29	TFN TRI CLUB		7:13	0:50	32:03	0:49	20:58	1:01:51
60	526	RICHARD	NIXON	M 45 - 49	PACTRAC		7:21	0:43	31:57	0:59	20:59	1:01:57
61	314	TAD	SKUBALA	M 20 - 24			8:18	0:56	32:20	0:42	19:49	1:02:02
62	566	KEIRAN	MULDOON	M 35 - 39			8:01	0:50	32:00	0:52	20:27	1:02:08
63	505	JANE	SCOTT	F 35 - 39	ABSOLUTE TRI COACHING		8:11	0:52	31:06	0:56	21:07	1:02:11
64	488	RIC	DURRANT	M 45 - 49	STAMFORD TRI CLUB		7:17	0:44	33:13	0:46	20:14	1:02:12
65	473	LEE	GASKIN	M 25 - 29			8:35	1:55	30:34	1:03	20:08	1:02:13
66	532	JAMES	WHELAN	M 25 - 29			7:03	1:26	33:56	0:53	19:03	1:02:19
67	508	LEE	BIRBECK	M 40 - 44			8:37	1:28	31:16	0:55	20:05	1:02:19
68	417	DARREN	OATES	M 45 - 49	RISING TIDE RESEARCH		9:53	0:43	29:58	0:55	21:05	1:02:33
69	386	FELIX	LANGLEY	M 30 - 34	SPA STRIDERS		8:57	1:14	32:59	1:19	18:08	1:02:34
70	377	DAVID	MCCARTNEY	M 45 - 49	LEICESTER TRIATHLON CLUB		9:52	0:57	31:36	0:51	19:24	1:02:38
71	584	NEIL	STEVENS	M 25 - 29			7:30	1:29	32:57	1:12	19:41	1:02:47
72	286	MARK	LAMBELL	M 30 - 34	WEST END RUNNERS		8:07	1:21	34:16	0:47	18:27	1:02:57
73	407	ADRIAN	BARRELL	M 45 - 49			8:23	1:03	32:36	1:02	19:58	1:03:00
74	564	ADAM	ROSE	M 30 - 34	NOTTM LEANDER		6:54	1:08	32:27	1:29	21:05	1:03:01
75	466	DAVID	EAGER	M 45 - 49			9:19	0:50	31:49	0:57	20:13	1:03:06
76	396	GETHIN	OWEN	M 35 - 39			8:35	1:39	32:26	1:43	18:46	1:03:08
77	537	DAVID	GREENWOOD	M 35 - 39			7:59	1:07	33:47	0:57	19:21	1:03:09
78	467	MICHAEL	STAINES	M 55 - 59	SPALDING TRIATHLON CLUB		8:25	0:51	31:36	1:04	21:18	1:03:12
79	486	RICHARD	NORTH	M 35 - 39			11:33	0:52	29:58	0:49	20:03	1:03:12
80	562	SAM	WOODWARD	M 15 - 19			11:38	0:39	33:21	0:39	16:58	1:03:13
81	444	CLAIRE	ARMSTRONG	F 35 - 39			7:48	1:14	32:38	0:57	20:38	1:03:13
82	575	CHRISTOPHER	BROWN	M 55 - 59			7:39	0:56	33:28	1:02	20:15	1:03:18
83	462	JON	DUFTY	M 35 - 39			9:01	1:22	31:56	1:12	19:50	1:03:19
84	453	ALEX	CHAMBERS	M 25 - 29			8:34	1:06	32:21	0:40	20:41	1:03:20
85	361	DONER KEBAB	BATEMAN	M 40 - 44	PSOF		8:55	0:52	32:00	1:29	20:07	1:03:20
86	311	MARK	WILSON	M 45 - 49	GRANTHAM TRI		9:25	1:20	31:24	0:48	20:29	1:03:24
87	278	PAUL	BREWSTER	M 45 - 49	STAMFORD TRI CLUB		10:33	1:06	30:28	1:00	20:42	1:03:47



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88	463	KEN	LIDDINGTON	M 40 - 44	BURNTWOOD TRIATHLON CLUB		8:21	1:06	32:25	1:03	21:02	1:03:54
89	589	JONATHAN	OVERMENT	M 40 - 44	TRIATHLONCOACHING.UK.COM		6:59	1:00	32:25	1:13	22:26	1:04:02
90	502	DAVE	MILLER	M 55 - 59	LINCOLN TRIATHLON CLUB		8:34	0:38	33:22	0:55	20:44	1:04:11
91	163	JAMES	CHISHOLM	M 60 +	WAKEFIELD TRIATHLON CLUB		10:03	1:05	32:24	0:54	19:52	1:04:16
92	379	SAM	GILES	M 15 - 19			9:03	1:56	32:54	1:07	19:20	1:04:18
93	141	ANDREW	BROADHEAD	M 35 - 39			7:05	0:43	36:04	0:46	19:42	1:04:19
94	347	NATHAN	BARRATT	M 35 - 39	ABSOLUTE TRIATHLON CLUB		8:39	1:06	31:00	1:12	22:25	1:04:19
95	591	JAMES	BROWN	M 25 - 29	SOUTHWELL SWIMMING CLUB		5:57	1:33	34:31	0:55	21:26	1:04:20
96	259	JOHN	WATTOM	M 45 - 49	ADWICK TRI		9:02	2:17	31:41	0:52	20:33	1:04:23
97	320	REBECCA	METIN	F 15 - 19			9:10	1:29	41:24	0:44	25:46	1:04:27
98	414	MATTHEW	HEMSLEY	M 35 - 39	TFN TRI CLUB		8:39	0:46	33:20	0:54	20:50	1:04:27
99	97	CHRIS	WORKMAN	M 25 - 29			10:32	1:03	30:29	1:15	21:12	1:04:28
100	433	STEPHEN	SWABY	M 35 - 39			9:08	0:48	33:24	0:54	20:19	1:04:31
101	454	ADAM	JOHNSTON	M 30 - 34			8:13	1:08	33:54	1:13	20:10	1:04:35
102	593	EDWARD	CRISP	M 40 - 44			6:28	0:54	34:25	1:01	21:50	1:04:36
103	304	ROB	GLASS	M 45 - 49	SOUTHWELL RUNNING CLUB		9:17	1:34	33:39	1:03	19:10	1:04:41
104	266	GERRY	HYDE	M 45 - 49	GRANTHAM AC		10:19	1:44	32:10	1:03	19:28	1:04:41
105	348	ANDREW	BENNETT	M 35 - 39	LINCOLN TRIATHLON CLUB		9:07	1:07	34:56	0:52	18:42	1:04:41
106	294	ANDREW	TILFORD	M 40 - 44			10:40	1:01	30:34	1:16	21:25	1:04:55
107	405	LAUREN	BRADSHAW	F 25 - 29	ABSOLUTE TRIATHLON CLUB		9:02	0:50	34:17	0:54	20:01	1:05:01
108	553	NIGEL	LEAKER	M 50 - 54			7:12	1:21	33:26	1:36	21:34	1:05:06
109	570	EMMA	BECKWITH	F 15 - 19	4LIFE TRI		6:58	0:54	36:00	0:49	20:27	1:05:06
110	353	PETER	MITCHELL	M 30 - 34			9:19	1:11	32:47	1:02	20:50	1:05:07
111	364	ANDREW	SCOTHERN	M 40 - 44			9:50	1:05	32:38	1:02	20:39	1:05:10
112	291	IAN	SCOTT	M 35 - 39			9:21	0:59	33:09	1:02	20:42	1:05:12
113	479	ROS	GOATLY	F 40 - 44	PACTRAC		8:18	0:50	34:16	1:10	20:46	1:05:17
114	458	ROBERT	DUDLEY	M 20 - 24			8:24	1:13	33:53	1:12	20:41	1:05:22
115	276	ROB	GILFOYLE	M 40 - 44	LINCOLN TRIATHLON CLUB		9:56	1:29	29:54	1:21	22:45	1:05:23
116	552	ADRIAN	CLARK	M 40 - 44	GI TRI		8:20	1:41	34:43	1:02	19:40	1:05:24
117	557	RUDY	MAWER BELLINGHAM	M 20 - 24	LEICESTER TRIATHLON CLUB		8:24	1:03	33:49	0:57	21:15	1:05:28
118	207	IAN	WHYMAN	M 40 - 44			10:31	1:46	33:10	1:26	18:38	1:05:29
119	242	JOHANN	POLAK	M 35 - 39			9:19	2:25	31:15	1:50	20:44	1:05:31
120	443	ROBERT	HOTCHIN	M 25 - 29			8:51	1:06	34:39	1:04	19:53	1:05:31
121	394	RICHARD	TOMLINSON	M 35 - 39			8:51	2:51	34:30	0:51	18:35	1:05:36
122	371	LUKE	HAMMOND	M 35 - 39	COLLINGHAM TRI		8:26	1:06	34:33	1:02	20:43	1:05:47
123	546	MARK	TIMMS	M 30 - 34			8:25	1:18	33:25	1:09	21:34	1:05:49
124	359	GARRY	SIDDON	M 40 - 44			9:11	0:43	32:51	2:18	20:50	1:05:50
125	374	MICHAEL	TOWNEND	M 40 - 44	CHARNWOOD TRIATHLON CLUB		9:19	0:56	31:36	1:12	22:50	1:05:51
126	333	DERRY	O'NEILL	M 45 - 49			8:52	1:21	33:41	1:34	20:25	1:05:52
127	529	ADAM	MABBOTT	M 20 - 24			8:03	0:58	34:34	1:22	21:03	1:05:58
128	491	CHRIS	JONES	M 45 - 49	RUTLAND RUNNING CLUB		8:58	1:22	33:55	1:00	20:47	1:06:01
129	408	MARK	BULLIVANT	M 50 - 54	RACING TNT		8:57	0:53	33:35	1:02	21:39	1:06:03
130	513	JAMES	DEWIS	M 40 - 44	NUNEATON TRIATHLON CLUB		8:24	1:12	34:46	1:00	20:45	1:06:04
131	346	MATTHEW	CRAVEN	M 30 - 34			9:24	1:27	32:19	1:21	21:38	1:06:06



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132	169	JENNY	EVANS	F 15 - 19	NOTTS AC		9:47	0:57	34:33	0:46	20:04	1:06:06	
133	317	ALAN	BAIRD-SMITH	M 25 - 29			7:22	1:11	33:29	1:14	22:52	1:06:07	
134	354	CHRIS	HICKMAN	M 35 - 39			6:46	1:22	35:43	0:45	21:34	1:06:07	
135	368	CLINT	SAWYER	M 35 - 39	LINCOLN TRIATHLON CLUB		9:22	1:06	34:45	1:06	19:56	1:06:12	
136	296	PHIL	CARPENTER	M 40 - 44			9:47	1:20	33:48	1:19	20:01	1:06:13	
137	201	PHIL	BUTCHER	M 35 - 39			10:20	1:10	33:08	1:24	20:17	1:06:17	
138	548	JAMIE	BUCKLAND	M 35 - 39	GI TRI		8:15	1:15	34:48	1:30	20:37	1:06:23	
139	330	GEMMA	SCOUGAL	F 25 - 29	BASSETLAW TRIATHLON CLUB		9:47	1:19	33:43	1:04	20:35	1:06:25	
140	399	CARL	CLAYPOLE	M 40 - 44			7:46	0:49	35:17	1:01	21:35	1:06:25	
141	504	LIZ	FLEUTY	F 35 - 39	LINCOLN TRIATHLON CLUB		8:34	1:09	33:59	0:57	21:56	1:06:34	
142	269	JENNY	SPENCER	F 25 - 29			8:42	1:29	32:12	1:20	22:55	1:06:36	
143	307	ALEX	HUGHES	M 15 - 19			8:31	1:15	34:56	1:03	20:55	1:06:38	
144	271	ANDREW	SOUTHGATE	M 45 - 49			9:29	0:42	34:05	0:46	21:39	1:06:39	
145	343	MARK	ROWLEY	M 50 - 54			7:57	1:01	33:42	1:05	23:02	1:06:45	
146	524	JASON	WATKINS	M 40 - 44			9:24	0:43	34:18	1:11	21:12	1:06:47	
147	288	MARK	COX	M 35 - 39			9:46	1:27	33:18	1:53	20:27	1:06:50	
148	328	PHIL	WALKER	M 40 - 44			9:13	0:59	34:06	0:59	21:38	1:06:52	
149	308	ADAM	WALKER-JESSE	M 40 - 44			9:18	1:34	31:49	0:57	23:19	1:06:54	
150	427	MARK	CRAVEN	M 35 - 39			8:35	1:22	35:35	1:17	20:08	1:06:55	
151	283	CHRIS	FELLOWS	M 25 - 29			8:48	1:05	34:34	0:59	21:33	1:06:58	
152	540	NICOLA	DURHAM	F 30 - 34			7:57	1:11	35:41	1:02	21:09	1:06:58	
153	372	JAMES	BUTCHER	M 35 - 39	CHARNWOOD TRIATHLON CLUB		7:46	1:06	36:13	1:12	20:44	1:07:00	
154	262	SIMON	WILKINSON	M 45 - 49			10:51	1:30	32:15	1:14	21:17	1:07:05	
155	279	TOM	DALZIEL	M 50 - 54	4LIFE TRI		10:17	0:58	32:22	0:57	22:36	1:07:08	
156	373	IAIN	TAYLOR	M 35 - 39	ADWICK TRI		8:23	0:48	33:57	1:04	23:07	1:07:17	
157	215	KATE	ALLINSON	F 25 - 29			9:50	1:28	32:48	1:38	21:36	1:07:18	
158	316	ROB	CHURCHOUSE	M 25 - 29			8:59	1:42	36:18	0:46	19:40	1:07:23	
159	457	DAVE	NEALE	M 55 - 59			9:39	0:38	36:24	0:38	20:09	1:07:26	
160	182	JAMES	WHIPP	M 30 - 34			9:06	1:42	34:49	1:03	20:48	1:07:27	
161	263	PETER	PRYKE	M 45 - 49			9:17	1:13	34:37	1:19	21:05	1:07:29	
162	516	STEVE	BELL	M 40 - 44			7:39	1:10	33:42	1:14	23:50	1:07:32	
163	535	DIANE	PARPERIS	F 45 - 49	STAMFORD TRI CLUB		8:48	1:32	33:41	0:57	22:42	1:07:38	
164	436	SIMON	BINGHAM	M 40 - 44			8:56	1:02	34:10	0:59	22:36	1:07:41	
165	284	KEVIN	WHITING	M 30 - 34			9:23	1:14	35:24	1:04	20:59	1:08:02	
166	306	ANDY	WEBB	M 60 +			10:49	1:25	33:53	1:26	20:38	1:08:09	
167	312	MARK	RUHIER	M 40 - 44	LINCOLN TRIATHLON CLUB		9:42	1:10	35:20	1:19	20:42	1:08:11	
168	387	ANDREW	ASHWIN	M 30 - 34			10:30	1:10	34:26	0:53	21:26	1:08:23	
169	441	DAVID	JACKSON	M 30 - 34			8:19	1:36	37:51	0:55	19:48	1:08:28	
170	481	CHRIS	BAKER	M 35 - 39	JUST ME		7:35	1:20	34:04	1:29	24:08	1:08:34	
171	258	CRAIG	FLEMING	M 35 - 39			10:44	1:23	33:54	1:18	21:16	1:08:34	
172	323	PAT	LIDDELL	M 35 - 39			9:48	1:36	35:19	1:13	20:42	1:08:35	
173	137	DAN	ARNOLD	M 30 - 34			10:51	0:59	33:17	0:53	22:45	1:08:43	
174	499	ALISON	HOLLETT	F 45 - 49	SHEFFIELD TRIATHLON CLUB		8:56	1:09	33:54	0:59	23:53	1:08:49	
175	403	DAVID	FOSTER	M 40 - 44	TOONIE EXPRESS		9:00	1:09	36:41	1:20	20:43	1:08:50	



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176	412	CLIVE	HAYWARD	M 60 +	ABSOLUTE TRIATHLON CLUB		8:47	1:17	35:33	0:43	22:35	1:08:53
177	464	GARY	BUSH	M 45 - 49	BURNTWOOD TRIATHLON CLUB		8:54	1:32	32:00	1:19	25:11	1:08:53
178	389	JONATHAN	BILLINGHURST	M 30 - 34			8:56	1:12	35:40	1:18	21:53	1:08:57
179	485	JANE	BIRKETT	F 35 - 39			8:29	1:50	36:53	1:13	20:35	1:08:58
180	241	CRAIG	HASELL	M 25 - 29			9:53	1:32	35:28	1:03	21:04	1:08:58
181	493	NICHOLAS	DOYLE	M 45 - 49			7:51	1:15	35:47	1:12	23:09	1:09:12
182	252	DAVID	WHITAKER	M 45 - 49	SHEFFIELD TRIATHLON CLUB		10:27	1:45	35:46	1:09	20:10	1:09:14
183	478	PAUL	MCCANNAH	M 30 - 34			10:19	0:56	33:36	1:09	23:27	1:09:25
184	448	DAVID	PLUNKETT	M 50 - 54	GRIMSBY TRI CLUB		8:45	0:55	33:24	1:13	25:11	1:09:26
185	561	ASHER	SMITH	M 15 - 19			8:44	0:48	39:45	0:55	19:16	1:09:27
186	152	ANDREW	NEESHAM	M 40 - 44			10:53	2:15	34:48	1:40	19:55	1:09:30
187	384	ASHLEY	HILDRED	M 25 - 29	LINCOLNSHIRE FIRE & RESCUE		9:58	1:24	36:50	1:01	20:22	1:09:33
188	490	CLARE	DIEPPE	F 35 - 39	ABSOLUTE TRIATHLON CLUB		9:23	1:22	33:41	1:15	23:57	1:09:36
189	434	KATY	JOHNSON	F 25 - 29	STAMFORD TRI CLUB		8:35	0:55	37:35	1:03	21:33	1:09:39
190	523	WILLIAM	BEALBY	M 35 - 39	SHEFFIELD TRIATHLON CLUB		8:19	1:01	35:56	0:52	23:37	1:09:44
191	469	LARA	THORNHILL	F 25 - 29	GI TRI		8:52	1:17	32:57	0:56	25:47	1:09:46
192	507	PAUL	TEAGUE	M 30 - 34			8:45	1:51	35:51	1:08	22:14	1:09:47
193	487	ROB	CAVEN	M 45 - 49			10:18	1:28	36:46	0:53	20:27	1:09:51
194	446	KARL	BILTON	M 40 - 44			10:08	0:51	35:31	0:48	22:35	1:09:52
195	299	NORMAN	STARKS	M 50 - 54			10:01	2:18	34:38	1:33	21:27	1:09:56
196	431	GARY	LORY	M 45 - 49			8:59	1:09	36:05	1:06	22:39	1:09:56
197	482	ANNA	ARLIDGE	F 30 - 34			8:10	1:19	38:28	0:46	21:19	1:09:59
198	243	ADY	WEAVERS	M 40 - 44			10:42	1:51	35:15	1:06	21:11	1:10:02
199	358	DOUGLAS	POOLE	M 60 +			10:06	1:52	35:31	0:49	21:51	1:10:06
200	500	LINDA	HAYWOOD	F 45 - 49	WREAKE RUNNERS		8:30	0:56	35:23	1:03	24:37	1:10:27
201	517	JACK	WINTERTON	M 15 - 19			10:09	1:28	34:00	0:56	23:59	1:10:31
202	423	ASHLEY	COOPER	M 40 - 44	TEAM SPEEDO		9:52	1:37	35:26	1:06	22:32	1:10:31
203	440	LUCY	SAXELBY	F 35 - 39			8:26	1:17	36:00	1:18	23:36	1:10:36
204	212	MATTHEW	NUTT	M 40 - 44	FORMULA ONE CC		10:39	1:26	38:43	1:59	17:52	1:10:38
205	322	RICHARD	ADAMS	M 35 - 39			9:56	1:48	34:33	1:25	23:00	1:10:39
206	522	SCOTT	LANE	M 30 - 34	RETFORD		8:24	1:03	36:06	1:06	24:08	1:10:45
207	261	CHRIS	ELLIS	M 35 - 39	BOSTON YELLOVELO CYCLING CLUB		10:03	1:42	33:54	1:27	23:45	1:10:48
208	231	MARK	BATTISON	M 50 - 54			12:14	1:45	35:19	1:16	20:24	1:10:56
209	153	EDWARD	HOLLIDAY	M 40 - 44	LINCOLNSHIRE FIRE & RESCUE		9:31	2:03	34:20	1:19	23:48	1:10:58
210	199	CATY	DARBY	F 35 - 39			8:51	1:03	36:37	1:12	23:18	1:10:59
211	472	IAN	RAYNS	M 25 - 29			8:11	1:09	37:03	0:48	23:52	1:11:01
212	194	SALLY	HAYWOOD	F 50 - 54			10:39	0:57	35:03	1:21	23:03	1:11:02
213	378	CHARLIE	JORDAN	M 15 - 19			9:04	1:32	39:22	0:56	20:14	1:11:05
214	413	STEVE	COOPER	M 35 - 39			8:57	1:33	39:30	0:46	20:23	1:11:07
215	305	ALEXANDRA	RUSSELL-JONES	F 35 - 39			8:43	1:07	37:22	1:26	22:33	1:11:08
216	459	WAYNE	KILFORD	M 40 - 44			8:37	1:39	39:57	0:49	20:10	1:11:11
217	512	SARAH	WALLACE	F 40 - 44			9:40	1:25	37:11	1:17	21:42	1:11:13
218	292	DANIEL	WILSON	M 40 - 44	MANSFIELD TRIATHLON CLUB		10:20	0:54	36:24	1:09	22:31	1:11:16
219	161	RICHARD	BARNFATHER	M 35 - 39			8:08	1:35	38:15	0:42	22:39	1:11:16



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220	131	DANIEL	GRAY	M 35 - 39	4LIFE TRI		9:34	1:54	36:00	0:56	22:57	1:11:19	
221	418	DARREN	LIDDELL	M 35 - 39	ESENDEX		8:23	0:45	37:59	0:54	23:22	1:11:21	
222	398	EDDIE	MCADAM	M 40 - 44			8:32	2:18	37:24	1:08	22:03	1:11:23	
223	256	RICHARD	BAUGH	M 50 - 54			12:40	1:08	33:26	1:20	22:55	1:11:27	
224	555	KAREN	BLAKEMORE	F 45 - 49	CABSC		7:46	1:13	38:44	1:20	22:30	1:11:31	
225	471	CHRIS	ROSE	M 25 - 29	BLACK COUNTRY TRIATHLETES		8:53	1:44	36:13	1:38	23:06	1:11:33	
226	171	RICHARD	COX	M 20 - 24			9:59	1:27	36:20	1:11	22:39	1:11:34	
227	159	PENNY	KNIGHT	TEAM	ABSOLUTE TRIATHLON CLUB	TEAM ABSOLUTE MUMS	11:12	0:40	36:43	0:51	22:14	1:11:38	
228	334	PAUL	FLEMING	M 45 - 49			10:14	1:29	38:04	0:50	21:11	1:11:45	
229	257	ROBERT	HAWORTH	M 55 - 59	GRANTHAM TRI		11:54	1:10	34:01	1:33	23:12	1:11:47	
230	287	ANDREW	TODD	M 30 - 34			9:43	1:52	39:17	1:23	19:35	1:11:48	
231	401	GUY	PETHERAM	M 40 - 44			8:49	2:18	36:15	2:41	21:48	1:11:49	
232	400	JACQUI	GRAY	F 35 - 39	LINCOLN TRIATHLON CLUB		8:47	1:03	38:37	1:01	22:31	1:11:57	
233	264	TESSA	HARRISON	F 25 - 29			10:43	1:56	37:21	1:35	20:28	1:12:00	
234	475	JANET	TURLEY	F 45 - 49			8:34	1:35	38:16	0:51	22:51	1:12:05	
235	166	NIALL	RENNIE	M 15 - 19			10:08	2:33	36:48	0:49	21:50	1:12:06	
236	187	NEIL	MITCHELL	M 30 - 34			10:29	2:01	39:01	0:53	19:46	1:12:10	
237	351	TOBY	CRIPPS	M 40 - 44			9:23	2:15	36:45	1:21	22:27	1:12:10	
238	143	NIGEL	EASTAUGH	M 50 - 54			11:00	1:16	34:41	1:54	23:25	1:12:15	
239	515	CLAIRE	HEWITT	F 35 - 39			8:10	1:03	35:50	1:05	26:09	1:12:15	
240	155	ALISON	STAINES	F 40 - 44			9:51	1:34	37:05	1:25	22:24	1:12:16	
241	465	JANE	SPENCER	F 40 - 44	CHARNWOOD TRIATHLON CLUB		8:45	1:37	37:01	1:05	23:51	1:12:17	
242	248	MIKE	GREEN	M 45 - 49	LINCOLNSHIRE FIRE & RESCUE		9:52	1:40	35:32	1:40	23:37	1:12:18	
243	185	PETER	HUNT	M 45 - 49	LINCOLN TRI		9:41	1:01	37:22	1:01	23:16	1:12:19	
244	96	DAVID	MANN	M 20 - 24			11:33	1:45	35:26	0:44	22:56	1:12:21	
245	337	RUSSELL	BREEN	M 45 - 49	IND		9:42	1:54	36:13	1:37	23:01	1:12:25	
246	530	BEV	HENDLEY	F 50 - 54			8:22	1:46	37:57	1:18	23:07	1:12:28	
247	267	JONATHAN	BANHAM	M 45 - 49	ABSOLUTE TRIATHLON CLUB		9:13	1:55	36:29	1:41	23:13	1:12:29	
248	447	MIKE	MITCHELL	M 45 - 49			9:16	1:15	35:20	0:56	25:45	1:12:30	
249	397	ANDREW	CARR	M 35 - 39			9:25	1:16	36:12	1:27	24:17	1:12:35	
250	282	JAKE	MAYES	M 20 - 24			8:22	1:37	41:24	1:33	19:43	1:12:38	
251	246	DOUG	WING	M 40 - 44			10:14	1:19	35:52	1:32	23:43	1:12:38	
252	495	YVONNE	DUNMORE	F 40 - 44	WIGSTON PHOENIX RUNNING CLUB		8:34	1:50	36:59	1:03	24:18	1:12:42	
253	226	DAVID	RHINDS	M 45 - 49			13:04	0:59	34:53	1:48	22:01	1:12:43	
254	381	RICHARD	COLLINS	M 20 - 24			9:05	1:37	38:48	1:38	21:41	1:12:47	
255	27	SAM	GRIMLEY	M 25 - 29			11:41	1:51	37:21	0:51	21:12	1:12:53	
256	210	RACHEL	NEEDHAM	F 20 - 24	GI TRI		10:22	2:00	38:56	1:27	20:12	1:12:55	
257	331	ADAM	BAILEY	M 40 - 44			10:02	1:15	35:49	1:11	24:42	1:12:56	
258	366	RICHARD	CAWDRON	M 45 - 49			9:02	1:06	36:31	1:25	24:59	1:13:01	
259	339	TONY	MORAN	M 50 - 54			8:57	1:53	39:52	1:17	21:16	1:13:13	
260	136	ROBERT	BROWNE	M 20 - 24			10:03	1:46	38:13	0:48	22:25	1:13:14	
261	48	TOM	GELDER	M 25 - 29			11:06	2:13	36:46	2:08	21:07	1:13:17	
262	77	DEAN	LILEY	M 45 - 49			11:54	1:25	34:43	1:41	23:40	1:13:21	
263	93	HARRY	BUCHAN	M 15 - 19			9:39	2:18	39:59	1:06	20:24	1:13:23	



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264	260	TESSA	LANGLEY	F 25 - 29	VC BREAD & BITTER		11:29	1:09	33:55	1:23	25:34	1:13:27	
265	83	STEVE	CROSS	M 40 - 44	LINCOLNSHIRE FIRE & RESCUE		12:04	2:20	34:47	1:18	23:09	1:13:35	
266	82	STEPHEN	HOGG	M 40 - 44	LINCOLNSHIRE FIRE & RESCUE		11:40	2:02	36:53	1:22	21:41	1:13:36	
267	3	THOMAS	SHAW	M 25 - 29			10:49	2:27	33:31	2:01	24:52	1:13:37	
268	301	PADDY	TIGHE	M 50 - 54			10:21	2:05	36:17	1:39	23:20	1:13:40	
269	460	ALISON	WRIGHT	F 50 - 54			9:57	1:25	37:09	1:29	23:48	1:13:45	
270	321	GEOFF	WALLACE	M 30 - 34			9:04	2:02	38:00	1:40	23:02	1:13:46	
271	480	MARGARET	MOORHEAD	F 15 - 19	SHEFFIELD TRIATHLON CLUB		8:19	1:18	39:26	0:52	23:58	1:13:50	
272	303	SEAN	CRAVEN	M 40 - 44			10:01	1:56	37:17	1:07	23:32	1:13:52	
273	336	RICHARD	HALL	M 45 - 49			10:34	2:18	35:51	1:03	24:21	1:14:05	
274	277	JIM	PRYKE	M 45 - 49	DERBY TRIATHLON CLUB		10:14	1:09	37:05	1:15	24:26	1:14:06	
275	356	TIM	VAUGHAN	M 50 - 54	WOODLANDS		10:39	1:56	35:52	1:36	24:13	1:14:13	
276	112	ROBERT	SHAW	M 40 - 44	FERNWOOD RUNNING CLUB		10:27	1:54	38:04	1:12	22:43	1:14:17	
277	66	DAVID	CONIBEAR	M 40 - 44			12:51	2:51	35:45	1:07	21:46	1:14:19	
278	151	STEVE	ROBINSON	M 50 - 54			9:55	1:17	37:27	1:06	24:46	1:14:28	
279	217	TIM	BROWN	M 40 - 44	WAKEFIELD TRIATHLON CLUB		12:26	1:51	35:35	1:17	23:41	1:14:48	
280	281	BEN	BORRILL	M 15 - 19			8:23	2:21	38:32	0:56	24:47	1:14:56	
281	470	JUSTINE	JENKINS	F 40 - 44			7:31	1:24	38:54	0:52	26:17	1:14:58	
282	309	NICK	DUDLEY	M 55 - 59			10:06	1:02	38:20	1:06	24:29	1:15:01	
283	404	ANDREW	BLACKBURN	M 45 - 49	LINCOLNSHIRE FIRE & RESCUE		8:40	1:52	36:45	1:06	26:39	1:15:01	
284	223	ANTHONY	BUTTERS	M 45 - 49			10:17	2:24	37:04	1:52	23:39	1:15:15	
285	410	JULIE	KITCHEN	F 40 - 44	LINCOLN TRIATHLON CLUB		9:26	1:12	39:03	0:51	24:49	1:15:19	
286	416	SAM	WESSEL	M 30 - 34	ESENDEX		10:59	1:24	37:55	0:50	24:14	1:15:20	
287	237	THOMAS	ROBINSON	M 25 - 29	LINCOLN TRIATHLON CLUB		9:44	1:05	39:32	1:25	23:37	1:15:23	
288	62	CHRIS	MORTON	M 25 - 29			12:20	3:12	38:01	1:19	20:35	1:15:26	
289	145	JOANNA	JAMIESON	F 35 - 39			11:03	2:23	37:59	1:19	22:47	1:15:29	
290	268	MARK	GOSS	M 40 - 44			9:28	1:37	40:22	0:51	23:14	1:15:31	
291	385	LAURIE	COHEN	F 50 - 54			10:00	1:37	39:37	1:16	23:03	1:15:32	
292	409	ALASTAIR	HADFIELD	M 50 - 54			8:08	1:41	39:07	1:12	25:25	1:15:32	
293	395	GABRIELLE	DEAGLE	F 35 - 39			8:55	1:34	37:44	1:06	26:20	1:15:36	
294	402	JOHN	CROWDER	M 40 - 44	LINCS FIRE & RESCUE - USAR		8:39	1:57	36:45	1:03	27:17	1:15:39	
295	560	ANNA	LITTLECOTT	F 35 - 39			7:39	1:12	41:38	0:49	24:23	1:15:39	
296	156	ADRIAN	RISDALL	M 45 - 49			12:29	2:16	35:53	1:48	23:16	1:15:40	
297	132	MIKE	BELL	M 35 - 39			11:29	1:25	37:26	1:12	24:13	1:15:43	
298	230	EMMA	SMITH	F 35 - 39	VEGETARIAN CYCLING & ATHETIC CLUB		10:44	1:29	37:06	1:14	25:11	1:15:43	
299	140	LOUISE	HYDE	F 45 - 49	GRANTHAM RUNNING CLUB		10:47	1:44	37:23	1:04	24:47	1:15:44	
300	116	WADE	ROWLETT	M 40 - 44			10:15	2:09	37:15	1:43	24:29	1:15:49	
301	218	MARTIN	LUKE	M 40 - 44	BELTON EXTREME CLUB		9:39	2:08	37:09	1:13	25:44	1:15:50	
302	174	SHARON	BARTON	F 35 - 39	MANSFIELD TRIATHLON CLUB		11:22	2:19	36:08	1:32	24:37	1:15:57	
303	325	JO	PADLEY	F 20 - 24			9:42	1:03	38:43	1:13	25:21	1:16:00	
304	492	KIERON	SEEKINGS	M 35 - 39			8:16	1:48	42:27	0:50	22:45	1:16:04	
305	370	SAMANTHA	O'CONNER	F 40 - 44	ABSOLUTE TRIATHLON CLUB		9:46	2:04	37:39	1:40	25:00	1:16:07	
306	525	GINA	ADDIS	F 30 - 34			7:25	1:19	41:57	0:59	24:30	1:16:08	
307	298	NICK	BORRILL	M 50 - 54	LINCOLNSHIRE FIRE & RESCUE		11:10	2:12	37:54	1:04	23:50	1:16:09	



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308	56	STEVEN	SKEATES	M 35 - 39			13:02	1:37	37:55	1:11	22:29	1:16:12
309	175	ANNA	HILEY	F 35 - 39			10:13	2:14	39:43	1:08	23:01	1:16:17
310	341	NEIL	FROST	M 50 - 54			10:45	2:21	37:02	1:45	24:29	1:16:19
311	355	ANDREA	HULETT	F 40 - 44	WIGSTON PHOENIX RUNNING CLUB		6:54	1:51	38:37	1:20	27:44	1:16:23
312	127	LAWRENCE	COLLINS	M 35 - 39			12:32	2:38	38:33	1:15	21:36	1:16:33
313	18	JULIAN	MCGLASHAN	M 50 - 54			13:50	2:32	36:23	1:47	22:04	1:16:35
314	324	WAYNE	HARVEY	M 35 - 39			8:05	2:13	40:22	1:00	25:01	1:16:39
315	108	DEREK	KING	M 35 - 39			11:33	1:42	39:24	1:16	22:54	1:16:47
316	85	VICTORIA	WALLACE	F 35 - 39			12:12	1:23	38:46	1:36	23:01	1:16:55
317	11	JOSH	BARRATT	M 20 - 24			13:36	2:09	35:16	1:16	24:42	1:16:57
318	168	MATT	ROWLEY	M 20 - 24			10:58	2:11	40:11	1:12	22:28	1:16:59
319	178	KEVIN	BULLEN	M 30 - 34			9:55	2:53	41:56	1:07	21:13	1:17:02
320	293	DANIEL	REDDINGS	M 40 - 44			9:58	2:38	39:21	1:05	24:05	1:17:05
321	439	JOANNA	MURRAY	F 25 - 29			9:21	1:33	39:51	1:27	24:57	1:17:08
322	125	LUCY	HOLMES	F 30 - 34	RIPLEY RC		13:37	3:06	41:07	0:54	18:29	1:17:12
323	445	SALLY	POON	F 35 - 39	ESENDEX		11:00	1:22	36:41	1:08	27:05	1:17:14
324	52	GARETH	ELLIOTT	M 25 - 29			13:02	3:31	35:58	2:09	22:36	1:17:15
325	191	SIMON	THAKE	M 30 - 34			8:42	2:08	44:06	0:55	21:31	1:17:20
326	338	MICHAEL	DOVE	M 45 - 49	BASSETLAW TRIATHLON CLUB		12:01	1:41	38:22	1:47	23:34	1:17:24
327	489	JO	WATTS	F 35 - 39	ABSOLUTE TRIATHLON CLUB		9:22	1:05	41:45	1:14	24:02	1:17:26
328	253	NICK	BROADBENT	M 50 - 54	DAVID LLOYD BURTON WATERS		10:22	1:37	41:02	1:13	23:21	1:17:33
329	21	SCOTT	WRIGLEY	M 30 - 34	RAF REGIMENT		12:41	1:31	40:06	1:43	21:35	1:17:34
330	71	MARK	WALKER	M 40 - 44	MANSFIELD TRIATHLON CLUB		14:17	1:28	35:51	1:22	24:39	1:17:35
331	144	CLAIRE	CLOUGH	TEAM		BOOTS CE TEAM	10:00	1:10	42:11	1:10	23:11	1:17:40
332	211	CHRIS	JONES	M 40 - 44			12:00	1:51	37:23	1:37	24:57	1:17:46
333	234	MAISIE	BORRILL	TEAM		MAISIE	9:10	0:53	41:03	1:04	25:41	1:17:49
334	390	CATHERINE	PARK	F 30 - 34			8:49	2:10	41:48	0:43	24:25	1:17:54
335	86	LEE	HODGSON	M 40 - 44			11:22	1:41	39:58	1:18	23:37	1:17:54
336	216	JOHN	PULLAN	M 40 - 44			11:44	2:06	38:52	1:12	24:05	1:17:57
337	270	LAURA	WRIGHT	F 30 - 34			9:33	1:10	40:59	1:29	24:49	1:17:59
338	349	LAURIE	APPLETON	M 35 - 39			9:29	2:14	38:31	1:16	26:32	1:17:59
339	129	NATALIE	EASTAUGH	F 40 - 44			11:07	1:25	37:23	2:04	26:04	1:18:02
340	421	DEIVI	DIDONE	M 30 - 34	TEAM SPEEDO		13:01	2:19	38:56	0:54	23:00	1:18:08
341	170	KATE	SIMONS	F 35 - 39			10:57	0:54	39:55	1:13	25:12	1:18:10
342	236	DANIEL	THOMPSON	M 35 - 39			10:30	2:10	37:48	1:40	26:05	1:18:12
343	484	HANNAH	VAUGHAN	F 20 - 24	TRIATHLONCOACHING.UK.COM		8:31	2:20	43:29	1:16	22:40	1:18:15
344	6	DAVID	WILLOUGHBY	M 30 - 34			12:22	2:59	38:41	1:09	23:05	1:18:15
345	255	SAMANTHA	ILIFFE	F 25 - 29			11:17	2:41	43:26	1:14	20:00	1:18:35
346	556	DAVID	HAMMOND	M 50 - 54	WISBECH SWIMMING CLUB		7:19	2:34	39:22	1:07	28:23	1:18:43
347	430	LAURA	HUMPHREYS	F 20 - 24			8:47	1:24	43:18	1:04	24:14	1:18:46
348	220	BRITTE	CAIRNS	F 35 - 39			9:10	1:37	41:49	1:00	25:16	1:18:50
349	142	SIMON	KENT	M 40 - 44			10:53	2:08	39:16	1:22	25:17	1:18:53
350	192	IAN	CAREY	M 35 - 39			11:15	2:31	41:26	1:27	22:19	1:18:55
351	302	ALEX	ELLIOTT	M 25 - 29			13:22	1:12	38:51	1:21	24:16	1:18:59



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352	101	LEIGH	MACDONALD	M 25 - 29	LAKESIDE LINCOLN RUNNING CLUB		13:53	2:49	38:23	0:49	23:16	1:19:08	
353	528	LIAM	MABBOTT	M 15 - 19			8:08	1:50	42:28	0:53	25:52	1:19:09	
354	476	JAMIE	SMITH	M 30 - 34			8:21	2:11	41:22	0:54	26:26	1:19:13	
355	411	MICHAEL	CONNELLY	M 55 - 59			9:04	1:28	40:17	1:12	27:16	1:19:15	
356	162	PETER	HUNT	M 55 - 59	SOUTHWELL RUNNING CLUB		14:58	2:40	38:07	1:34	21:58	1:19:15	
357	239	JO	SUMMERS	F 30 - 34	BPL BASSETLAW TRI CLUB		10:17	2:02	41:21	0:49	24:52	1:19:19	
358	415	PHILIPPA	MOORHEAD	F 45 - 49	SHEFFIELD TRIATHLON CLUB		9:41	1:49	40:21	1:18	26:17	1:19:24	
359	245	MADELEINE	BRYANT	F 20 - 24			8:27	3:09	39:46	1:09	27:00	1:19:28	
360	455	MARK	THOMSON	M 45 - 49			14:02	1:47	39:26	1:30	22:45	1:19:29	
361	274	FIONA	BRIDGES	F 30 - 34			9:33	1:59	41:24	1:22	25:14	1:19:30	
362	51	JAMIE	COBB	M 25 - 29			10:44	2:21	39:13	1:32	25:43	1:19:31	
363	74	MICHELLE	COOK	F 35 - 39			9:32	0:53	42:08	0:58	26:02	1:19:31	
364	254	HAYLEY	TOWNSEND	F 25 - 29			12:01	1:51	38:25	1:15	26:17	1:19:46	
365	420	JOHN	ARMSTRONG-PRIOR	M 40 - 44	ESENDEX		11:42	2:17	38:45	2:12	24:56	1:19:50	
366	208	ANDY	MCROBBIE	M 40 - 44			9:57	2:17	42:42	1:31	23:27	1:19:52	
367	235	HEIDI	FIELDER	F 40 - 44			8:53	1:30	39:56	1:01	28:42	1:20:00	
368	95	PAM	CHALLEN	F 35 - 39			12:24	2:10	38:36	1:24	25:31	1:20:03	
369	213	DAVID	HURST	M 40 - 44			11:51	1:52	38:30	2:07	25:47	1:20:05	
370	146	JOHN	BIDE	M 50 - 54			12:56	2:47	40:10	1:16	23:16	1:20:24	
371	295	BEV	BARNES	F 45 - 49			10:28	1:30	44:57	1:52	21:45	1:20:29	
372	111	STEVEN	FLETCHER	M 35 - 39			11:47	2:51	40:10	1:34	24:21	1:20:40	
373	180	LOUISE	RIGHTON	F 40 - 44			9:34	2:09	40:01	2:08	27:03	1:20:53	
374	160	JENNY	GAMMON	F 25 - 29			11:52	2:42	39:49	1:00	25:51	1:21:11	
375	193	ASHLEY	COCKERILL	M 35 - 39			10:07	2:17	40:16	2:11	26:26	1:21:15	
376	128	PETER	WHITLAM	M 40 - 44			11:52	2:28	39:15	1:43	26:01	1:21:17	
377	382	SHAUN	FISHER	M 20 - 24			9:15	2:10	45:38	0:48	23:29	1:21:18	
378	203	PAUL	COLEMAN	M 40 - 44	SPALDING TRIATHLON CLUB		10:39	1:57	41:35	2:02	25:11	1:21:22	
379	352	TONY	YARDLEY	M 40 - 44			12:48	2:27	40:25	1:07	24:41	1:21:26	
380	57	SIMON	MARCH	M 40 - 44			10:21	2:27	39:04	1:45	28:08	1:21:43	
381	272	THOMAS	WRIGHT	M 15 - 19			10:13	1:43	39:42	0:57	29:12	1:21:44	
382	273	HAMISH	MCCONCHIE	M 45 - 49			12:34	1:20	37:45	0:56	29:12	1:21:44	
383	75	ANNETTE	EASOM	F 50 - 54	BASSETLAW TRIATHLON CLUB		12:47	2:36	40:12	1:29	24:45	1:21:47	
384	327	WILLIAM	HILL	M 40 - 44			9:39	2:06	43:34	1:02	25:42	1:22:01	
385	280	ELLIE	ROBINSON	F 35 - 39			11:22	1:13	41:49	1:42	26:23	1:22:27	
386	172	KIEREN	MISTRY	M 25 - 29			11:04	3:23	40:28	2:28	25:06	1:22:28	
387	375	AMBER	RICHARDSON	F 45 - 49			11:52	1:56	41:15	2:05	25:29	1:22:35	
388	450	ANITA	LOVE	F 40 - 44	ESENDEX		10:12	1:33	44:13	1:02	25:38	1:22:36	
389	123	KELVIN	SMITH	M 50 - 54			14:44	3:20	37:09	1:38	25:57	1:22:45	
390	34	ANDREA	GALPIN	F 40 - 44			12:40	2:17	40:52	1:45	25:15	1:22:47	
391	250	SARAH	HADFIELD	F 20 - 24			7:20	2:01	44:43	1:53	26:55	1:22:50	
392	37	LEE	BUCHANAN	M 30 - 34			11:19	3:08	42:58	1:53	23:43	1:23:01	
393	67	JAGJIT	RAI	M 45 - 49			13:11	2:10	44:17	1:28	21:57	1:23:01	
394	388	ANDREW	BAINS	M 30 - 34			12:16	2:18	42:36	0:54	25:01	1:23:02	
395	15	ISOBEL	DISNEY	F 45 - 49			12:52	2:45	43:27	0:57	23:23	1:23:24	



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396	221	ALEX	HOLE	M 45 - 49			12:15	2:22	39:14	1:52	27:45	1:23:26	
397	229	ALISON	BARBER	F 50 - 54			11:02	2:47	40:09	1:42	27:50	1:23:28	
398	31	MICHAEL	BIRD	M 55 - 59	MANSFIELD TRIATHLON CLUB		14:49	2:21	39:00	1:49	25:35	1:23:32	
399	190	JULIE	WILSON	F 45 - 49	GRANTHAM RC		10:28	1:36	43:29	1:20	26:43	1:23:34	
400	249	HANNAH	MYERS	F 20 - 24			10:49	2:06	40:26	1:42	28:36	1:23:37	
401	154	REBECCA	FREEMAN	F 30 - 34			11:27	1:53	43:07	1:13	26:01	1:23:39	
402	300	SYLVIA	YATES	F 60 +	SHEFFIELD TRIATHLON CLUB		11:22	1:48	41:14	2:10	27:07	1:23:39	
403	99	JULIA	MINTY	F 45 - 49	NUNEATON TRIATHLON CLUB		13:00	1:27	43:54	1:07	24:26	1:23:53	
404	38	SCOTT	MARSHALL	M 40 - 44			12:32	3:35	40:33	2:43	24:33	1:23:54	
405	222	ALISON	MACKINTOSH	F 40 - 44	SRC		7:59	2:54	47:04	1:24	24:41	1:24:00	
406	53	PETER	BELTON	M 30 - 34			14:15	2:52	38:50	2:29	25:46	1:24:09	
407	139	JULIE	BONSER	F 25 - 29			12:52	2:51	42:16	1:00	25:17	1:24:14	
408	23	JAMES	MILNES	M 40 - 44	LINCOLN TRIATHLON CLUB		13:42	1:24	38:52	1:46	28:38	1:24:20	
409	61	KEVIN	SMITH	M 50 - 54			13:02	2:37	40:01	1:36	27:09	1:24:23	
410	195	SIOBHAN	HUGHES	F 40 - 44	GI TRI AND TRAC		11:25	1:59	42:11	1:23	27:34	1:24:30	
411	363	ROBERT	CAWDRON	M 45 - 49	SOUTHWELL RUNNING CLUB/TFN TRI CLUB		9:46	1:39	40:07	1:28	31:40	1:24:37	
412	46	PAUL	CARTWRIGHT	M 55 - 59	LINCOLN TRIATHLON CLUB		16:10	3:10	39:31	1:37	24:16	1:24:42	
413	227	MARK	TREACY	M 50 - 54			10:09	3:11	40:08	1:32	29:47	1:24:45	
414	148	CHARLES	PATRICK	M 35 - 39			10:06	2:51	44:53	1:54	25:09	1:24:51	
415	118	GRAHAM	SWIFT	M 45 - 49			11:25	2:48	41:50	1:50	27:06	1:24:57	
416	73	NEILL	MISON	M 45 - 49	FERNWOOD RUNNING CLUB		13:53	4:35	39:43	2:25	24:24	1:24:59	
417	206	ED	DICKINSON	M 40 - 44			11:33	2:11	40:37	1:57	28:45	1:25:03	
418	183	ANDREW	GWYNNE	M 30 - 34			12:27	2:02	44:11	1:23	25:02	1:25:04	
419	224	KATY	WILSON	F 40 - 44	MANSFIELD TRIATHLON CLUB		11:12	1:51	41:14	0:59	29:59	1:25:13	
420	81	NEIL	WOODMANSEY	M 50 - 54	LINCOLNSHIRE FIRE & RESCUE		12:04	2:12	44:22	1:05	25:35	1:25:17	
421	121	PAUL	TARN	M 45 - 49			10:48	3:02	43:14	2:18	26:04	1:25:23	
422	181	PETER	OTTAWAY	M 30 - 34			12:26	2:30	46:47	0:58	22:44	1:25:23	
423	2	GARY	BENSON	M 45 - 49			12:46	1:48	42:31	2:12	26:10	1:25:25	
424	43	ANDREW	ANSELL	M 50 - 54			16:41	3:10	39:35	2:49	23:19	1:25:33	
425	26	ADRIAN	SNOW	M 20 - 24			19:50	2:50	36:45	2:12	24:00	1:25:35	
426	117	SIMON	WOOD	M 45 - 49			11:58	2:26	46:17	1:18	23:41	1:25:37	
427	87	DARREN	THROWER	M 40 - 44			12:16	2:57	39:52	2:00	28:36	1:25:39	
428	50	SALLYANN	SMITH	F 55 - 59	SHEFFIELD TRIATHLON CLUB		14:42	2:05	40:53	1:29	26:39	1:25:46	
429	214	ANTONIA	NICHOLSON	F 35 - 39	GI TRI		11:10	1:14	42:43	1:20	29:30	1:25:56	
430	350	MELANIE	HABERFIELD	F 35 - 39			9:38	1:23	46:07	1:18	27:37	1:26:02	
431	157	ANDREW	FOGARTY	M 45 - 49			11:44	3:32	41:44	3:02	26:39	1:26:40	
432	94	HEATHER	COLEMAN	F 35 - 39			11:00	2:10	45:19	1:16	27:03	1:26:46	
433	209	ZAC	TODD	TEAM		TEAM TODD	10:44	2:09	36:40	1:01	36:17	1:26:49	
434	365	LOUISE	LOVERIDGE	F 40 - 44			9:22	2:00	44:53	1:39	29:03	1:26:55	
435	138	PAUL	HUNT	M 35 - 39			11:14	1:46	44:15	1:09	28:34	1:26:56	
436	510	JENNIFER	BROWNE	F 20 - 24			8:43	2:41	49:18	1:11	25:05	1:26:56	
437	329	ASHLEY	BARWICK	M 40 - 44			9:47	1:44	46:45	1:04	27:54	1:27:12	
438	41	GLEN	CULMER	M 40 - 44			12:40	2:36	44:04	2:51	25:14	1:27:22	
439	36	LUKE	JACKSON	M 25 - 29			17:43	1:39	40:16	2:20	25:35	1:27:30	



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440	113	DARREN	WILSON	M 40 - 44			13:37	3:00	43:11	1:36	26:10	1:27:32	
441	54	TERESA JANE	FLANNIGAN	F 60 +	EAST ESSEX TRI		13:23	2:54	45:04	1:23	25:03	1:27:45	
442	76	ALUN	ROBERTS	M 40 - 44	LINCOLNSHIRE FIRE & RESCUE		12:51	2:17	42:46	1:27	28:32	1:27:51	
443	45	JILL	DAVIS	F 60 +			12:11	1:42	44:19	1:09	28:35	1:27:54	
444	17	JIM	PARKER	M 40 - 44	LINCOLN TRIATHLON CLUB		12:50	1:59	42:54	2:01	28:15	1:27:56	
445	275	HANNAH	HALL	F 30 - 34			10:52	2:27	46:02	0:57	27:46	1:28:03	
446	59	LOU	HENDERSON	F 30 - 34			10:48	2:18	45:28	2:21	27:24	1:28:17	
447	332	STEVE	MCSHANE	M 45 - 49			8:43	2:49	44:00	3:34	29:29	1:28:33	
448	64	JANINE	SHEEHAN	F 45 - 49	STAMFORD TRI CLUB		15:51	3:25	39:29	2:39	27:38	1:29:00	
449	63	DAVE	ASHBY	M 30 - 34			13:44	1:46	43:17	1:44	28:30	1:29:01	
450	158	BRIAN	TODD	M 60 +			12:23	2:05	40:50	2:22	31:39	1:29:17	
451	102	DAN	NORTH	M 30 - 34			12:35	1:19	45:24	1:51	28:13	1:29:20	
452	47	STEVE	NEEDHAM	M 60 +	GI TRI		22:42	1:16	37:22	1:09	26:54	1:29:21	
453	360	LUCY	BERRY	F 40 - 44			9:57	1:42	50:51	1:49	25:18	1:29:35	
454	126	PAUL	COATHUP	M 55 - 59	DUNSTON DUCKS		12:00	3:08	42:32	1:27	30:40	1:29:46	
455	285	KAREN	PETERS	F 35 - 39			13:42	1:45	46:31	1:35	26:16	1:29:48	
456	65	LYNN	JOWETT	F 35 - 39	SOUTHWELL RUNNING CLUB		13:08	0:57	48:04	0:55	26:49	1:29:51	
457	196	PETER	SMALLEY	M 35 - 39			10:59	3:05	50:19	1:15	24:32	1:30:08	
458	122	GUY	TAYLOR	M 45 - 49			15:33	1:41	39:42	2:06	31:15	1:30:15	
459	42	GRAHAM	STRINGER	M 45 - 49			12:01	3:17	44:56	1:28	28:46	1:30:26	
460	461	ELIZABETH	SWAIN	F 25 - 29			9:47	2:27	48:21	0:57	29:01	1:30:31	
461	72	KARL	BROWN	M 25 - 29			14:33	2:34	49:28	1:09	23:05	1:30:47	
462	456	LESLEY	RECHERT	F 45 - 49			9:38	2:43	47:46	1:14	29:45	1:31:04	
463	25	PHILIPPA	CLARKE	F 40 - 44			9:17	1:54	46:47	7:27	25:49	1:31:13	
464	531	RYAN	FORDE	M 20 - 24			9:10	1:47	46:23	1:09	32:58	1:31:26	
465	380	AMANDA	WALLIS	F 50 - 54			8:57	3:13	49:27	1:16	28:37	1:31:27	
466	58	STEVE	D'ARCY	M 40 - 44	ABSOLUTE TRIATHLON CLUB		14:22	3:47	42:01	3:37	28:03	1:31:49	
467	545	SARAH	WHITTEN	F 25 - 29			8:29	2:02	53:40	1:14	26:31	1:31:54	
468	150	TANYA	ROSTRON	F 45 - 49			11:40	2:00	47:23	1:32	29:24	1:31:58	
469	383	BEN	LOYNES	M 25 - 29			9:05	2:01	47:54	1:17	31:52	1:32:06	
470	88	TONY	JOHNCOCK	M 35 - 39			10:36	3:31	43:12	2:27	32:33	1:32:16	
471	84	FIONA	GASH	F 35 - 39			13:38	2:04	47:53	1:15	27:36	1:32:23	
472	69	SUE	FROST	F 45 - 49			14:35	3:15	41:02	1:36	32:29	1:32:55	
473	289	DUNCAN	POWERS	M 35 - 39			12:24	3:34	43:03	2:04	31:54	1:32:57	
474	104	JEAN	INGLIS	F 45 - 49	HOLME PIERREPONT RUNNING CLUB		14:45	2:54	49:50	1:50	23:49	1:33:06	
475	120	KIRA	GREEN	F 45 - 49	GI TRI		12:58	2:37	46:00	2:03	29:41	1:33:17	
476	28	ANDY	WARD	M 45 - 49			18:12	5:01	40:48	3:02	26:58	1:33:59	
477	78	TOM	BRIGGS	M 25 - 29	ABSOLUTE TRIATHLON CLUB		15:54	5:02	42:02	2:24	28:48	1:34:09	
478	184	OONAGH	MONKHOUSE	F 45 - 49			14:23	1:35	48:55	1:40	28:11	1:34:42	
479	115	HAZEL	COATHUP	F 25 - 29	DUNSTON DUCKS		11:18	2:32	49:50	1:00	30:06	1:34:44	
480	110	TONI	HARRINGTON	F 40 - 44			12:41	2:44	49:40	1:19	28:30	1:34:52	
481	164	ALEX	GLENN	F 30 - 34	ABSOLUTE TRIATHLON CLUB		11:51	2:48	50:01	2:08	28:17	1:35:04	
482	32	OWEN	NEALE	M 15 - 19	SRC		11:17	2:33	46:41	4:40	30:15	1:35:23	
483	107	DARREN	CROXFORD	M 30 - 34			16:46	1:59	44:08	1:11	31:23	1:35:26	



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484	24	PAMELA	TARN	F 45 - 49			11:59	2:30	49:25	1:38	30:02	1:35:31	
485	109	JULIE	ROSBOROUGH	F 40 - 44			12:42	3:11	52:33	1:28	27:14	1:37:06	
486	68	MARK	SHAW	M 45 - 49			19:21	3:13	47:05	2:08	26:06	1:37:51	
487	29	JANE	FOSTER	F 60 +	PENISTONE FOOTPATH RUNNERS		14:35	2:48	48:24	1:32	30:42	1:37:59	
488	225	PAULA	ROTHERAM	F 45 - 49			10:42	1:57	51:46	1:33	32:41	1:38:36	
489	105	LINDSEY	HOUGH	F 35 - 39	BOOTS UK		11:44	3:57	51:06	1:23	31:14	1:39:21	
490	173	MATTHEW	CROWTHER	M 25 - 29			15:06	3:33	50:18	1:20	30:31	1:40:46	
491	9	VICTORIA	WHITSON	F 25 - 29	THE ONLY WAY IS WATFORD		14:42	2:10	52:29	2:31	29:11	1:41:02	
492	205	ANNE	MORGAN	F 45 - 49			15:06	1:25	52:30	1:27	31:08	1:41:34	
493	124	HEATHER	WOODS	F 40 - 44			12:30	2:55	53:02	1:44	32:05	1:42:15	
494	200	DOREEN	FOODY-BOYD	F 40 - 44			12:36	1:43	56:35	1:56	29:43	1:42:31	
495	147	HOWARD	KING	M 60 +			13:43	3:16	54:53	1:40	29:18	1:42:48	
496	135	ELIZABETH	JACKSON	F 25 - 29			11:17	3:35	51:57	1:34	35:34	1:43:55	
497	40	ROWAN	LUCK	F 35 - 39			17:48	1:50	50:55	2:25	31:45	1:44:41	
498	4	LAURA	MARTIN	F 25 - 29	THE ONLY WAY IS WATFORD		14:51	3:04	57:32	1:53	27:32	1:44:49	
499	10	REBECCA	GRIGG	F 30 - 34			14:00	2:15	53:11	1:59	35:00	1:46:24	
500	20	DAWN	MCGLASHAN	F 50 - 54			16:11	3:54	51:44	2:02	33:02	1:46:50	
501	13	DAVID	LINDLEY	M 25 - 29			19:44	4:53	52:18	3:37	30:55	1:51:25	
502	55	SIAN	SWIFT	F 20 - 24			18:30	3:26	50:07	4:41	35:44	1:52:25	
503	35	SUSAN	NEEDHAM	F 50 - 54	GI TRI		13:27	4:03	55:09	2:00	38:25	1:53:02	
504	265	KATHERINE	ANDREWS	F 25 - 29	DUNSTON DUCKS		11:12	2:28	1:00:50	1:25	44:18	2:00:11	
505	8	IAN	THOMPSON	M 55 - 59			13:15	3:56	1:04:34	1:39	40:12	2:03:34	
	219	TRACEY	ANDREWS	F 25 - 29	DUNSTON DUCKS		10:46	2:08				D.N.F	
	586	PATRICK	CUTMORE	M 15 - 19			6:39	0:37	27:43	1:47		D.N.F	
	98	RYAN	SMITH	M 25 - 29			12:44	2:39				D.N.F	
	438	STEVE	JOINER	M 25 - 29			9:57	1:20	36:19	1:37	5:10:49	DQ'd	Drafting
	477	DEAN	GILLEN	M 30 - 34	ABSOLUTE TRIATHLON CLUB		9:51	1:14	33:26	0:55	5:14:36	DQ'd	Drafting
	133	MICHAEL	GILDER	M 35 - 39			11:04	1:17	37:32	1:30		D.N.F	
	393	JULIAN	EVANS	M 35 - 39			9:08	1:48	36:52	1:17	5:10:57	DQ'd	Dangerous Riding
	92	JAMES	SNAITH	M 35 - 39			9:58	4:22	37:25	1:43	5:06:35	DQ'd	Drafting
	91	MARK	DOUGHTY	M 35 - 39	DOUGHTY CAKES		12:24	2:00	37:21	1:44	5:06:33	DQ'd	Drafting
	391	ALLAN	CONNOLLY	M 35 - 39	COLLINGHAM TRI		9:18	0:35	31:53	0:47	5:17:30	DQ'd	Outside Assistance
	326	KARL	DONAGHEY	M 35 - 39	INDEPENDENT		11:09	1:29	37:33	1:08	5:08:43	DQ'd	Drafting
	581	STEVE	COLLINS	M 40 - 44	TFN TRI CLUB		7:28	1:32	37:08	2:08		D.N.F	
	342	MARTIN	SHARPLES	M 45 - 49			10:21	1:59				D.N.F	
	406	WILLIAM	HOYLAND	M 45 - 49			7:34	1:16	47:43			D.N.F	
	542	ALAN	COOK	M 45 - 49	GRIMSBY TRI CLUB		7:47	0:51	52:40			D.N.F	