



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

Place	Race No	First	Last	Cat	Club	Team Name	Swim	T1	Bike	T2	Run	Finish	Notes
1	639	CARL	SHAW	M 30 - 34	HUUB TFN RT		00:05:45		26:48	0:33	15:32	48:37	
2	640	TOM	CURTIS	M 25 - 29	TFBATH							49:57	No Chip Worn
3	635	SIMON	GEORGE	M 30 - 34	LINCOLN TRI		00:06:40		27:22	0:38	16:08	50:47	
4	627	CHRIS	JOYCE	M 25 - 29	HUUB TFN RT					0:35	15:55	50:53	
5	612	RICHARD	TEARE	M 30 - 34	EQUUS		00:07:42		27:27	0:42	16:14	52:03	
6	630	MATT	DEWIS	M 20 - 24	LLOYDS CYCLE RACE TEAM		00:07:45		27:23	0:56	16:30	52:32	
7	544	STEVE	CANNING	M 30 - 34	SHEEFIELD TRI		6:25	1:01	28:44	0:53	16:28	53:30	
8	616	MATT	SANDERSON	M 35 - 39	WWW.TRIATHLONCOACHING.UK.COM							53:31	No Chip Worn
9	576	ANTONY	BELL-SCOTT	M 30 - 34	MANX TRI CLUB		00:08:10		27:53	0:38	17:02	53:42	
10	638	JOSHUA	JONES	M 15 - 19	LINCSQUAD		00:07:09		28:50	0:52	17:28	54:17	
11	528	SCOTT	WILSON	M 40 - 44			7:49	1:13	28:31	1:01	15:53	54:25	
12	548	PETER	BUCKLEY	M 40 - 44	TAMWORTH RMCC TRI		7:28	1:06	27:53	0:55	17:11	54:30	
13	592	SIMON	LLOYD	M 40 - 44	DERBY TRI		00:08:05		28:10	0:44	17:39	54:36	
14	588	MICHAEL	TAYLOR	M 30 - 34	LINCOLN TRI						16:19	54:41	
15	541	GARETH	CASTLEDINE	M 30 - 34	ABSOLUTE TRI		7:45	0:55	28:47	0:41	16:37	54:43	
16	589	LUKE	MATHEWS	M 25 - 29	LINCSQUAD		00:07:26		29:13	0:40	17:28	54:45	
17	557	GAVIN	HODGSON	M 30 - 34	LINCOLN TRI		7:17	0:59	29:23	0:35	16:40	54:51	
18	457	STEVEN	PENNEY	M 40 - 44	SHEEFIELD TRI		7:53	1:12	28:37	1:01	16:21	55:01	
19	628	PETER	GOODFELLOW	M 40 - 44	EQUUS		00:07:26		29:16	0:39	17:52	55:12	
20	621	LEE	EVANS	M 35 - 39			00:07:22		28:13	0:42	19:06	55:21	
21	571	HUWIE	DAVIES	M 40 - 44	GOOLE		00:08:19		28:06	0:40	18:20	55:24	
22	479	LUKE	HUBBARD	M 20 - 24			8:01	1:04	28:28	0:44	17:18	55:33	
23	461	ANDREW	MOSLEY	M 35 - 39	LINCOLN TRI		7:54	1:10	28:33	0:41	17:19	55:36	
24	506	EDWARD	JOHNSON	M 25 - 29			7:21	0:59	28:57	0:44	17:59	55:57	
25	613	JACK	CARPENTER	M 20 - 24	SPALDING TRI		00:07:42		30:06	0:33	17:40	55:59	
26	602	ANDREW	STOKES	M 30 - 34	RACING TNT		00:08:23		29:32	0:46	17:55	56:34	
27	591	AARON	WARD	M 25 - 29	BURNTWOOD TRI		00:08:08		29:36	0:40	18:18	56:40	
28	597	PATRICK	CUTMORE	M 15 - 19			00:07:47		28:54	0:49	19:20	56:49	
29	620	EMILIE	VERROKEN	F 30 - 34	EQUUS		00:07:18		30:11	0:55	18:35	56:58	
30	529	TIM	TURNER	M 40 - 44	ABSOLUTE TRI		7:32	1:04	28:53	0:46	19:09	57:21	
31	579	STEVEN	ROE	M 40 - 44	SHEEFIELD TRI		00:08:08		28:19	0:46	20:12	57:23	
32	558	STEVEN	THOMPSON	M 40 - 44	SPALDING TRI		7:12	0:49	29:07	0:42	19:39	57:26	
33	617	GORDON	MONAGHAN	M 35 - 39	TFN		00:07:19		29:39	0:40	19:49	57:26	
34	606	SCOTT	QUINCEY	M 30 - 34			00:07:45		30:19	0:48	18:40	57:30	
35	374	SIMON	COLE	M 35 - 39	CHARNWOOD TRI		8:03	0:57	29:52	0:45	18:03	57:38	
36	534	TOM	LAWTON	M 30 - 34	BUGGERED GERBILS		7:39	0:58	29:47	0:48	18:29	57:39	
37	569	CURTIS	WARNER	M 40 - 44	CHARNWOOD TRI		7:40	1:07	30:08	0:42	18:10	57:45	
38	542	IAN	BURDIS	M 40 - 44	MANSFIELD TRI		8:03	0:53	29:12	0:44	19:06	57:55	
39	594	SANDY	TELFER	M 45 - 49	SLEAFORD STRIDERS		00:08:42		30:33	0:41	18:01	57:56	
40	574	SIMON	SHARP	M 40 - 44			00:08:30		29:46	1:07	18:40	58:00	
41	488	SEAN	POWERS	M 30 - 34	ROYAL AIR FORCE TRI		7:43	0:50	29:21	0:34	19:35	58:01	
42	533	RICHARD	SAQLADI	M 35 - 39			8:04	1:03	29:44	0:58	18:17	58:03	
43	584	ZAC	GOODSPEED	M 35 - 39	ABSOLUTE TRI		00:07:58		30:09	0:38	19:21	58:04	
44	623	JOHN	DYER	M 35 - 39	TFN		00:07:05		30:56	0:44	19:23	58:07	



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

45	625	HANNAH	RIGHINI-BRAND	F 20 - 24	LEEDS BRADFORD TRI						18:53	58:09	
46	537	OLIVER	HATTON	M 20 - 24			7:39	1:12	30:48	0:40	17:52	58:10	
47	524	ANDY	TUCK	M 45 - 49			7:52	1:15	29:08	0:48	19:08	58:11	
48	636	MATT	STORR	M 20 - 24			00:06:32		30:51	0:43	20:11	58:15	
49	629	JOSH	GREAVES	M 15 - 19	4 LIFE TRI		00:07:28		32:34	0:46	17:49	58:36	
50	489	JOHN	BUDWORTH	M 45 - 49	ABSOLUTE TRI		8:05	1:08	29:05	0:50	19:34	58:40	
51	593	DAMION	GARDNER-MCTAGGART	M 15 - 19			00:08:12		31:29	0:59	18:13	58:51	
52	581	MATTHEW	COTTON	M 20 - 24			00:08:43		30:47	0:47	18:37	58:52	
53	493	DANIEL	TAYLOR	M 25 - 29			8:08	0:57	31:04	0:48	18:01	58:57	
54	552	XAVIER	LEUTHROT	M 40 - 44	SHEEFIELD TRI		7:39	1:04	30:34	0:42	19:00	58:57	
55	572	MELVYN	HEYWOOD	M 50 - 54	TFN		00:08:32		30:32	0:43	19:16	59:01	
56	453	RICHARD	MARSHALL	M 25 - 29			8:29	1:03	30:39	0:40	18:15	59:04	
57	411	STEPHEN	RIGGOTT	M 30 - 34			8:10	1:20	29:28	0:52	19:23	59:12	
58	466	SIMON	WOOD	M 40 - 44			7:43	1:05	31:04	0:55	18:30	59:15	
59	498	BOHDAN	DAWYD	M 20 - 24	NO LIMITS RUNNING AND TRI		8:00	1:11	29:25	0:53	19:51	59:18	
60	601	CHRIS	HOLMES	M 30 - 34	MANSFIELD TRI		00:06:39		32:02	0:42	19:58	59:19	
61	492	NEIL	DOWSETT	M 40 - 44	LINCOLN TRI		8:21		31:00		19:14	59:22	
62	206	ROBERT	ROPER	M 40 - 44	WORKSOP HARRIERS		9:32	0:56	30:08	1:05	17:53	59:32	
63	303	STEVE	PRESLAND	M 55 - 59	TRIANGLIA		8:30	1:34	29:10	1:04	19:19	59:35	
64	631	JONATHAN	TUFFREY	M 35 - 39			00:07:35		30:01	0:42	21:21	59:37	
65	561	ROBBIE	SMITH	M 40 - 44			7:07	0:53	31:26	0:39	19:38	59:42	
66	554	CHRIS	SHOOTER	M 30 - 34	MANSFIELD TRI		7:06	0:46	31:13	0:40	20:13	59:56	
67	512	STEPHEN	CHAMBERS	M 40 - 44	BASSETLAW TRI		7:45	1:21	31:17	0:47	18:49	59:58	
68	539	JAMES	BRAY	M 25 - 29	WE LOVE MOUNTAINS RT		8:39	1:05	31:04	0:50	18:37	1:00:12	
69	611	RICHARD	GARRETT	M 35 - 39			00:07:32		32:01	0:48	19:54	1:00:14	
70	549	MARK	JESZKE	M 35 - 39			8:42	0:57	31:03	0:38	18:57	1:00:15	
71	316	JONATHAN	MARSHALL	M 25 - 29	NOTTINGHAMSHIRE POLICE		8:45	1:25	29:36	1:04	19:31	1:00:19	
72	626	ALEX	CHAPMAN	M 15 - 19	TFN		00:07:26		31:29	1:01	20:25	1:00:20	
73	486	DAVE	GATES	M 55 - 59	LINCOLN TRI		7:22	0:58	29:14	0:50	22:10	1:00:31	
74	598	MARK	SPEED	M 40 - 44			00:07:50		33:02	0:45	19:08	1:00:43	
75	454	RICHARD	VIDGEN	M 55 - 59	BARRACUDA TRI		8:37	0:52	32:08	0:39	18:30	1:00:45	
76	633	CHRIS	JOHNSON	M 35 - 39			00:07:48		32:15	0:57	19:49	1:00:49	
77	393	JOHN	WATTAM	M 45 - 49	BLUE LAGOONERS TRI		7:27	0:46	31:53	0:39	20:07	1:00:51	
78	518	NIGEL	FARROW	M 55 - 59			8:01	1:14	31:11	1:05	19:27	1:00:55	
79	58	EDDIE	KNIGHTS	M 45 - 49	BPL BASSETLAW TRI		9:47	0:39	30:43	0:53	18:55	1:00:56	
80	595	SOPHIA	REES	F 35 - 39	CHESTER TRI		00:08:01		31:04	0:59	21:02	1:01:05	
81	464	STEPHEN	WALKER	M 50 - 54			8:47	1:20	30:26	0:42	20:04	1:01:17	
82	566	PAUL	MANINGTON	M 30 - 34	ABSOLUTE TRI		7:12	1:34	33:06	0:41	18:50	1:01:21	
83	573	STEVE	HENCHLEY	M 30 - 34	RACING TNT		00:08:31		32:40	1:01	19:20	1:01:29	
84	603	SEAN	CALLOW	M 30 - 34	TFN		00:06:45		32:53	0:53	21:00	1:01:30	
85	567	DARREN	HARDY	M 30 - 34	BALANCED PERFORMANCE		00:09:29		30:56	1:06	20:07	1:01:37	
86	447	PAUL	CLARKE	M 35 - 39			8:08	1:11	32:45	0:54	18:48	1:01:43	
87	158	MARK	EPTON	M 40 - 44	TFN		10:05	1:38	30:06	0:52	19:07	1:01:46	
88	607	STUART	ROBINSON	M 30 - 34			00:08:09		33:14	1:00	19:25	1:01:46	
89	477	TOM	DREW	M 45 - 49	SPALDING TRI		8:54	0:55	32:08	0:40	19:21	1:01:56	



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

90	502	NICK	BESTWICK	M 35 - 39	ABSOLUTE TRI		7:12	1:07	33:18	0:46	19:35	1:01:56	
91	624	MATTHEW	CARR	M 15 - 19	WELBECK COLLEGE		00:07:24		34:37	0:40	19:22	1:02:01	
92	33	MATTHEW	HARTLEY	M 45 - 49			7:39	1:02	30:34	1:13	21:37	1:02:03	
93	434	SHAUN	ROBINSON	M 35 - 39	GRIMSBY TRI		8:22	1:15	30:30	0:56	21:05	1:02:06	
94	299	DONER-KEBAB	BATEMAN	M 40 - 44	PSOF		9:08	1:17	30:51	0:39	20:16	1:02:08	
95	483	ROBERT	HARPER	M 25 - 29	TFN		7:34	1:37	31:27	0:53	20:38	1:02:08	
96	451	MICHAEL	STAINES	M 55 - 59	SPALDING TRI		8:47	1:11	30:49	1:01	20:23	1:02:10	
97	485	AIMEE	STOCKER	F 30 - 34	SPALDING TRI		8:44	1:24	30:41	1:01	20:29	1:02:17	
98	446	CHRIS	TRZCINSKI	M 50 - 54	CHARNWOOD TRI		9:07	1:10	30:56	1:02	20:07	1:02:21	
99	458	JEREMY	NICHOLSON	M 40 - 44			7:42	1:15	31:28	0:47	21:11	1:02:22	
100	418	PAUL	JOHNSON	M 20 - 24			8:50	1:28	32:25	1:07	18:37	1:02:25	
101	583	ANDY	GRANVILLE	M 25 - 29	TFN		00:08:32		33:33	0:43	19:39	1:02:25	
102	294	ANDY	NEWHAM	M 40 - 44	LINCOLN TRI		9:54	1:08	30:24	0:49	20:12	1:02:25	
103	491	GAVIN	DOWSETT	M 30 - 34	LINCOLN TRI		7:51	1:05	32:05	1:09	20:18	1:02:26	
104	358	BRENDON	BIRCH	M 35 - 39	ABSOLUTE TRI		8:18	1:09	31:33	0:51	20:36	1:02:26	
105	298	ROSS	TAYLOR	M 40 - 44	LINCOLN TRI		9:27	1:05	31:43	1:08	19:08	1:02:29	
106	578	CHRIS	DUSSEK	TEAM	4 LIFE TRI	TEAM DUSSEK	00:08:11		32:33	0:42	21:04	1:02:29	
107	532	TOM	FINDLAY	M 25 - 29	LINCOLN TRI		8:30	0:58	32:05	0:46	20:13	1:02:31	
108	564	CAMPBELL	STEEL	M 25 - 29			7:21	1:14	32:27	0:52	20:40	1:02:32	
109	217	SAM	GILES	M 15 - 19			8:55	1:39	32:06	0:57	18:58	1:02:33	
110	503	PAMELA	DUTTON	F 50 - 54	ABSOLUTE TRI		7:57	1:06	34:21	0:42	18:32	1:02:36	
111	536	TIM	SLINGSBY	M 35 - 39	LEICESTER TRI		8:05	1:13	33:01	0:52	19:33	1:02:43	
112	254	ROB	PEARSON	M 55 - 59	SHEEFIELD TRI		9:16	0:54	32:10	1:12	19:28	1:02:58	
113	513	ALAN	COOK	M 45 - 49	GRIMSBY TRI		7:52	1:07	31:46	0:58	21:18	1:03:00	
114	546	NIGEL	LEAKER	M 50 - 54			7:06	1:28	32:11	1:07	21:11	1:03:01	
115	372	MATT	WATERFIELD	M 30 - 34	ABSOLUTE TRI		8:35	1:20	34:44	1:11	17:15	1:03:03	
116	308	ADRIAN	WOOLLAS	M 30 - 34	LINCOLN TRI		8:35	0:53	32:35	0:41	20:25	1:03:07	
117	516	ADRIAN	BLACK	M 45 - 49			6:44		34:26		20:53	1:03:10	
118	481	CHRIS	JONES	M 45 - 49	RUTLAND RUNNING CLUB		8:10	1:12	32:23	0:48	20:41	1:03:12	
119	543	RUSSELL	MAIN	M 40 - 44	MORAY FIRTH TRI		7:19	1:09	31:03	0:51	20:52	1:03:13	PEN - 2 min added (Inconsiderate Cycling)
120	448	JAMES	BOTTERILL	M 35 - 39			8:27	1:08	32:15	0:49	20:42	1:03:20	
121	360	CLAIRE	MACKINDER	F 25 - 29			8:01	1:03	33:28	0:51	20:02	1:03:22	
122	422	PAUL	AUBREY	M 40 - 44	LINCOLN TRI		10:07	0:58	29:48	0:55	21:37	1:03:23	
123	478	JAMES	GREGORY	M 30 - 34			6:49	1:05	35:08	0:37	19:53	1:03:30	
124	413	KEVIN	SIBLEY	M 40 - 44			8:49	1:32	33:32	1:02	18:39	1:03:32	
125	433	FRASER	POOLE	M 35 - 39	ABSOLUTE TRI		7:44	1:08	33:52	0:54	20:05	1:03:41	
126	570	EDITH	WILMSHURST	F 40 - 44			7:22	1:26	34:22	0:58	19:37	1:03:43	
127	582	JAMES	GRAHAM	M 40 - 44	SPALDING TRI		00:08:26		33:02	1:02	21:14	1:03:43	
128	580	MAGGI	TEBRAKE	F 45 - 49	TFN		00:08:51		32:47	1:02	21:16	1:03:54	
129	407	CHRISTOPHER	NAVARRO	M 30 - 34			8:33	1:24	33:10	0:57	20:01	1:04:03	
130	248	TONY	VOUT	M 50 - 54	GI TRI		10:41	1:08	32:34	1:04	18:40	1:04:04	
131	431	CHRIS	GEESON	M 45 - 49	TFN		8:48	1:04	33:08	0:52	20:15	1:04:05	
132	527	CHRIS	WILE	M 40 - 44			7:45	1:31	33:03	0:47	21:10	1:04:13	
133	243	MARCUS	PLUME	M 35 - 39			9:09	1:09	31:43	0:58	21:20	1:04:16	
134	344	DAVID	REED	M 40 - 44	GRIMSBY TRI		9:07	1:28	32:10	0:50	20:48	1:04:21	



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

135	137	MARTIN	HARKUS	M 35 - 39			10:54	0:50	31:04	0:58	20:38	1:04:22	
136	637	MATT	COULSON	M 35 - 39			00:07:34		36:24	0:47	19:42	1:04:24	
137	596	TIM	DUNN	TEAM			00:08:24		32:59	0:36	22:42	1:04:40	
138	517	GLYNN	DIGNUM	M 35 - 39			7:22	1:54	35:22	0:55	19:10	1:04:41	
139	460	JUSTINE	HEAD	F 40 - 44			8:06	1:14	34:06	1:01	20:17	1:04:42	
140	438	SAMUEL	MULLENGER	M 25 - 29	LINCOLN TRI		8:31	1:02	33:50	0:42	20:39	1:04:42	
141	563	STEVE	MUNDAY	M 35 - 39			6:28	1:27	33:29	1:19	22:01	1:04:43	
142	336	RICHARD	TARRAN	M 50 - 54			10:09	1:34	33:07	0:59	19:03	1:04:50	
143	302	CLINT	SAWYER	M 35 - 39	LWAC		8:36	1:16	34:10	0:58	19:52	1:04:51	
144	379	STEVE	WHITTLE	M 40 - 44	VIRGIN ACITVE		8:27	1:07	33:13	0:58	21:10	1:04:54	
145	314	STUART	WEIGHTMAN	M 40 - 44	ABSOLUTE TRI		7:19	1:05	34:54	0:53	20:46	1:04:55	
146	171	JOHN	CARRON	M 15 - 19			11:20	1:16	30:22	1:01	20:57	1:04:55	
147	367	MICK	DAVENPORT	M 50 - 54			9:04	1:37	32:10	1:06	21:06	1:05:00	
148	482	SIMON	JOHNSTON	M 35 - 39	TFN		8:32	1:21	33:31	0:56	20:49	1:05:07	
149	424	ANDREW	GRAFF	M 15 - 19			8:11	1:16	32:07	1:03	22:34	1:05:09	
150	301	DARREN	CROOKES	M 40 - 44			8:42	0:57	33:07	0:51	21:40	1:05:16	
151	609	KATIE	COOK	F 25 - 29			00:07:54		34:41	1:01	21:46	1:05:20	
152	304	TOBY	BRITTON	M 40 - 44			7:40	1:23	36:00	0:55	19:30	1:05:26	
153	368	GAVIN	RIGG	M 40 - 44	BCTTT		7:44	1:07	31:59	0:59	21:40	1:05:27	PEN - 2 min added (Inconsiderate Cycling)
154	474	KEVIN	BEDFORD	M 40 - 44			8:33	1:16	32:51	0:47	22:03	1:05:28	
155	585	MELANIE	BERRY	F 40 - 44	TFN		00:07:21		33:46	0:52	23:32	1:05:29	
156	234	SIMON	WILKINSON	M 45 - 49			10:01	1:41	32:27	1:12	20:14	1:05:33	
157	384	TIM	ROBINSON	M 35 - 39			9:10	1:14	34:54	0:38	19:40	1:05:34	
158	568	DEAN	BETTS	M 40 - 44	RAF TRIATHLON		7:38	1:17	33:40	0:59	22:18	1:05:50	
159	307	JOHN	CATLEY	M 40 - 44	HALF RICE HALF CHIPS		8:22	1:33	32:12	1:06	22:45	1:05:55	
160	604	RICHARD	MCLULLICM	M 30 - 34			00:09:11		37:39	0:49	18:18	1:05:56	
161	398	ADRIAN	BARRELL	M 45 - 49			8:30	1:49	33:53	1:09	20:41	1:06:00	
162	515	HELEN	DUSSEK	F 40 - 44	4 LIFE TRI		7:58	1:09	34:06	0:59	21:51	1:06:02	
163	500	JANE	SCOTT	F 35 - 39			8:13	1:39	32:40	1:08	22:27	1:06:05	
164	348	RYAN	MILLS	M 30 - 34	RACING TNT		8:52	0:56	32:22	0:45	23:12	1:06:05	
165	332	JOHN	PATCHING	M 40 - 44			9:43	1:22	34:00	1:01	20:10	1:06:13	
166	435	BRIDGET	BOOTH	F 30 - 34	TEAM MANVERS		8:58	1:23	33:44	1:12	21:02	1:06:18	
167	538	SIMON	MARR	M 15 - 19			9:14	1:11	35:08	1:05	19:43	1:06:19	
168	531	JON-PAUL	HEMMINGS	M 30 - 34			7:04	1:21	35:05	1:05	21:49	1:06:22	
169	600	SALLY	HOPKINS	F 30 - 34			00:09:10		38:18	0:34	18:27	1:06:28	
170	520	VICTORIA	MOORHEAD	F 40 - 44	SHEEFIELD TRI		7:28	1:27	35:34	1:05	20:56	1:06:28	
171	586	CHRIS	HICKMAN	M 35 - 39			00:08:12		35:59	0:56	21:27	1:06:32	
172	173	JAMES	CONN	M 15 - 19			9:23	1:05	32:45	0:57	22:25	1:06:34	
173	614	EMMA	BECKWITH	F 15 - 19	4 LIFE TRI		00:08:08		37:28	0:46	20:16	1:06:35	
174	352	JAMES	STEER	M 40 - 44	SHEEFIELD TRI		9:20	1:49	33:06	1:01	21:21	1:06:35	
175	507	SCOTT	SLORACH	M 45 - 49			7:49	1:11	33:50	1:00	22:49	1:06:36	
176	505	RHIANNA	PARKER-SIMPSON	F 25 - 29			8:06	1:41	37:10	1:17	18:27	1:06:39	
177	349	JONATHAN	FOWLER	M 50 - 54			11:55	1:30	33:16	0:47	19:13	1:06:40	
178	599	CAROLINE	KAY	F 30 - 34			00:08:51		37:13	0:48	19:53	1:06:43	
179	575	HELEN	CROSSLEY	F 40 - 44	BPL BASSETLAW TRI		00:08:07		34:39	1:11	22:47	1:06:43	



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

180	322	JACK	CARTER	M 25 - 29			9:00	1:32	35:42	1:03	19:31	1:06:45
181	494	DAVID	MCGILL	M 45 - 49	SPALDING TRI		8:19	1:13	35:51	0:52	20:37	1:06:49
182	334	RICHARD	SMITH	M 30 - 34			9:14	1:47	35:03	0:58	19:51	1:06:51
183	514	NICK	DEW	M 25 - 29			8:38	1:16	34:22	1:04	21:40	1:07:00
184	296	NATHAN	BARRATT	M 35 - 39			8:40	1:40	31:43	1:09	23:50	1:07:00
185	346	MARK	ROWLEY	M 50 - 54			8:45	1:13	33:46	1:14	22:09	1:07:04
186	363	PAUL	MCCANNAH	M 30 - 34			8:24	2:18	34:05	0:54	21:26	1:07:05
187	319	JOE	ASTON	M 20 - 24			7:53	0:37	37:54	1:15	19:28	1:07:06
188	141	MARTIN	WOOD	M 55 - 59	LINCOLN TRI		10:58	1:02	32:53	0:52	21:22	1:07:06
189	268	MICHAEL	DUNCALF	M 25 - 29	LINDSEY ROADS CYCLING CLUB		9:47	1:19	32:18	1:00	22:44	1:07:06
190	391	SEAN	POULTER	M 45 - 49	ADWICK TRI		9:10	0:56	34:26	0:48	21:52	1:07:09
191	229	ALEXANDER	KUPFER	M 30 - 34			8:32	2:09	34:31	1:36	20:26	1:07:11
192	551	STEVE	HULME	M 40 - 44			8:31	1:17	34:36	1:19	21:30	1:07:12
193	465	NATHALIE	HEATHCOTE	F 30 - 34			7:51	1:57	35:22	0:52	21:15	1:07:14
194	605	KIRSTY	HILLIER	F 25 - 29	CHARNWOOD TRI		00:08:30		36:29	0:59	21:18	1:07:15
195	333	MATT	REDGATE	M 35 - 39			8:21	1:25	35:05	1:13	21:15	1:07:17
196	347	ANDREW	BOOKER	M 45 - 49			9:25	1:31	32:37	1:07	22:38	1:07:17
197	496	STEVE	BELL	M 40 - 44			7:34	1:26	34:17	1:02	23:00	1:07:17
198	364	OLIVER	PRITCHARD	M 40 - 44			8:54	1:50	33:18	1:40	21:42	1:07:23
199	429	ADAM	COX	M 25 - 29			9:37	1:51	32:47	1:10	22:00	1:07:23
200	414	STEPHEN	SWABY	M 35 - 39			9:35	1:12	35:29	0:49	20:22	1:07:25
201	142	ROB	INGLE	M 55 - 59	SHEEFIELD TRI		11:23	0:50	32:43	0:48	21:45	1:07:28
202	343	SIMON	GOULDING	M 40 - 44	4 LIFE TRI		10:05	1:26	35:08	1:13	19:40	1:07:31
203	350	KATY	JOHNSON	F 25 - 29	STAMFORD TRI		8:26	1:15	36:42	0:58	20:14	1:07:32
204	622	COLIN	FRANCE	M 35 - 39	LEICESTER TRI		00:07:28		35:53	0:45	23:27	1:07:32
205	590	SUE	DAY	F 45 - 49	MANSFIELD TRI		00:09:01		36:21	1:04	21:08	1:07:33
206	550	RACHEL	SMITH	F 45 - 49	DERBY TRI		8:01	1:19	35:03	0:58	22:14	1:07:34
207	369	DARREN	LIDDELL	M 35 - 39			8:17	1:09	35:06	0:54	22:12	1:07:35
208	207	IAN	SCOTT	M 35 - 39	HPRC		11:00	1:07	33:16	1:05	21:11	1:07:37
209	501	JASON	WATKINS	M 40 - 44			8:41	0:57	33:44	1:15	23:07	1:07:42
210	187	JACK	MCNEIL	M 30 - 34			10:01	1:29	33:52	1:13	21:09	1:07:43
211	317	ANDREW	KITCHEN	M 40 - 44	SHEEFIELD TRI		9:14	1:14	35:10	0:44	21:24	1:07:44
212	297	STEVE	BRANDRETH	M 40 - 44			9:36	1:18	34:28	0:57	21:28	1:07:44
213	184	DAVID	BENNETT	M 40 - 44			8:39	0:54	34:58	0:59	22:17	1:07:46
214	269	CHRISTOPHER	WOOD	M 30 - 34			7:43	1:13	38:40	1:02	19:10	1:07:47
215	318	ANDREW	MORRIS	M 50 - 54	SHEPSHED RUNNING CLUB		9:16	1:24	34:57	1:04	21:08	1:07:47
216	436	DAVID	EAGER	M 45 - 49			8:48	0:55	37:19	0:49	20:03	1:07:52
217	264	KEVIN	SMITH	M 40 - 44			8:29		35:40		22:37	1:07:53
218	427	ANDY	FORD	M 40 - 44	BREASTON MASSIVE		9:18	1:19	33:13	1:14	22:51	1:07:53
219	331	NICK	PARR	M 30 - 34			8:45	2:03	35:23	1:25	20:26	1:08:00
220	504	JORDAN	BOAM	M 15 - 19	MANSFIELD TRI		7:33	1:03	34:53	0:56	23:37	1:08:00
221	403	ROBERT	KILSBY	M 40 - 44			8:05	1:28	33:40	1:03	23:49	1:08:04
222	634	SAM	BROOMHEAD	M 15 - 19			00:08:48		37:04	0:51	21:27	1:08:08
223	232	ALAN	TAYLOR	M 45 - 49			9:22	1:27	37:06	0:39	19:37	1:08:09
224	182	RUPERT	HOLDEN	M 45 - 49			10:25	1:34	33:22	1:10	21:42	1:08:12



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

225	480	MICHELLE	YATES	F 40 - 44	TFN		8:39	1:20	34:50	1:23	22:07	1:08:16
226	277	PETER	MITCHELL	M 30 - 34			9:30	1:29	33:19	1:14	22:47	1:08:18
227	441	CHRIS	EARL	M 35 - 39	SHEEFIELD TRI		8:05	0:55	36:27	0:51	22:08	1:08:23
228	169	JENNI	WISHER	F 40 - 44	4 LIFE TRI		9:56	1:14	35:50	0:59	20:27	1:08:24
229	366	CRIS	VALLANCE	M 30 - 34			9:30	1:00	36:34	0:36	20:50	1:08:28
230	359	SHAUN	WILKINSON	M 35 - 39	GI TRI		8:50	1:26	35:17	0:58	22:00	1:08:29
231	386	ROY	JACKSON	M 45 - 49	LINCOLN TRI		8:19	1:23	34:10	1:02	23:37	1:08:29
232	227	SIMON	HAMMONDS	M 35 - 39	CHARNWOOD TRI		9:43	1:18	35:45	0:57	20:51	1:08:32
233	197	MAT	STUBBS	M 35 - 39			8:48	1:23	35:58	1:00	21:25	1:08:32
234	610	ISOBEL	RAWLINSON	F 15 - 19			00:07:16		36:51	0:47	23:39	1:08:32
235	329	DERRY	O'NEILL	M 45 - 49			9:50	1:24	35:08	1:18	20:57	1:08:35
236	608	BEN	FISHER	M 25 - 29			00:08:27		37:14	0:57	22:04	1:08:40
237	186	CALVERT	HYDE-BARKER	M 15 - 19			10:51	1:09	34:02	1:11	21:32	1:08:43
238	371	SIMON	ATKIN	M 40 - 44			9:44	0:46	33:44	0:47	23:48	1:08:47
239	353	RICHARD	HEPWORTH	M 35 - 39			10:21	1:29	33:34	1:42	21:44	1:08:48
240	442	SIMON	BINGHAM	M 40 - 44			8:58	1:22	34:40	0:59	22:55	1:08:51
241	357	DAMIAN	MITCHELL	M 50 - 54			10:21	2:06	34:49	1:34	20:10	1:08:57
242	396	KEVIN	TOWNING	M 35 - 39			10:36	1:36	35:10	0:54	20:46	1:09:00
243	106	RICHARD	PARRY	M 40 - 44			9:14	1:29	33:10	1:12	23:57	1:09:00
244	342	JOHN	WILLIAMSON	M 55 - 59	LINCOLN TRI		9:16	1:12	34:55	0:58	22:43	1:09:01
245	356	BRETT	CLARKE	M 50 - 54	ABSOLUTE TRI		8:20	1:29	34:58	1:17	23:06	1:09:07
246	388	DOMINIC	BYRNE	M 35 - 39			8:06	1:06	37:12	1:22	21:27	1:09:10
247	394	MARK	PRICE	M 40 - 44	MANSFIELD TRI		9:00	1:07	35:52	0:44	22:30	1:09:11
248	228	MARTIN	DAVIES	M 40 - 44	MANSFIELD TRI		9:29	1:36	34:39	1:15	22:20	1:09:17
249	472	MARK	HOLLINGWORTH	M 45 - 49			7:55	1:18	37:05	0:35	22:29	1:09:20
250	42	TIM	LEICESTER	M 35 - 39			12:14	0:57	32:19	1:05	22:46	1:09:20
251	444	MIKE	MITCHELL	TEAM		THE SPARTANS	8:58	0:56	37:26	0:38	21:27	1:09:23
252	419	ANDY	WEBB	M 60 +			11:02	1:46	34:22	1:06	21:10	1:09:24
253	559	JAMES	MERRITT	M 35 - 39			7:36	1:13	39:06	1:14	20:17	1:09:25
254	321	JONATHAN	BILLINGHURST	M 30 - 34			9:03	1:59	36:07	1:14	21:07	1:09:29
255	439	GRAEME	COUTTS	M 40 - 44	MORAY FIRTH TRI		8:39	1:22	36:03	1:04	22:24	1:09:31
256	471	NICHOLAS	DOYLE	M 45 - 49			7:36	1:27	36:08	1:21	23:05	1:09:34
257	521	IAN	RAYNS	M 25 - 29			7:58	1:20	36:37	0:52	22:52	1:09:37
258	132	MIKE	WELLS	M 35 - 39			10:47	1:46	35:33	2:04	19:29	1:09:38
259	339	NORMAN	STARKS	M 50 - 54			9:34	1:53	35:08	1:15	21:58	1:09:47
260	102	ANDREW	BROADHEAD	M 35 - 39			9:22	1:02	38:45	0:46	19:57	1:09:50
261	273	JOHN	LEESON	M 35 - 39	CHARNWOOD TRI		8:27	1:39	36:58	1:10	21:42	1:09:53
262	511	JOHN	GLADMAN	M 50 - 54	TFN		7:55	1:10	36:37	1:37	22:38	1:09:55
263	219	ALEX	HUGHES	M 15 - 19			8:42	1:30	36:04	1:14	22:28	1:09:56
264	499	SCOTT	LANE	M 30 - 34	RETFORD		7:58	1:26	35:56	1:03	23:38	1:09:58
265	320	CLAIR	HUTCHINGS	F 40 - 44			9:02	1:01	35:52	0:44	23:21	1:09:59
266	400	JOSIE	SMITH	F 25 - 29	SHEEFIELD TRI		9:41	1:09	34:53	0:47	23:32	1:10:00
267	389	WILLIAM	YANDELL	M 45 - 49			8:55	1:25	35:28	1:28	22:50	1:10:03
268	553	MARK	NEEDHAM	M 45 - 49			8:23	1:03	36:09	0:42	23:52	1:10:06
269	128	PHILLIP	WATSON	M 20 - 24			9:10	0:58	36:34	1:05	22:22	1:10:07



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

270	266	STEVEN	TAYLOR	M 35 - 39			9:59	1:46	35:31	1:08	21:47	1:10:08	
271	426	JOSHUA	ROYLE	M 15 - 19			7:51	1:16	38:34	0:39	21:50	1:10:08	
272	445	CLAIRE	HEWITT	F 35 - 39			7:47	0:57	35:39	0:51	24:57	1:10:08	
273	484	ANDY	BUSH	M 45 - 49			8:28		39:48		20:46	1:10:13	
274	324	PHIL	CLARKE	M 35 - 39			8:58	1:19	36:15	1:26	22:17	1:10:13	
275	354	JOHN	JOYCE	M 55 - 59			10:17	1:44	33:56	1:21	22:56	1:10:13	
276	274	GLYNN	RHODES	M 35 - 39	SHEEFIELD TRI		14:08	0:55	33:40	0:56	20:38	1:10:16	
277	293	STEVE	SWALLOW	M 45 - 49			9:26	2:38	34:54	0:57	22:27	1:10:19	
278	378	DARREN	HESTER	M 40 - 44	ABSOLUTE TRI		8:14	1:00	35:21	1:22	24:24	1:10:19	
279	417	ROBERT	TOMKINSON	M 25 - 29			10:29	2:41	35:42	1:02	20:28	1:10:21	
280	289	ANDREW	SCOTHERN	M 40 - 44			9:30	1:36	35:57	1:19	22:04	1:10:25	
281	395	JAN	JOHNSON	F 55 +	EQUUS		9:26	0:52	35:18	0:46	24:07	1:10:27	
282	440	SALLY	LADLOW	F 40 - 44			8:54	1:36	36:40	1:15	22:10	1:10:33	
283	56	DONALD	HISLOP	M 45 - 49			11:03	1:21	35:48	1:26	20:59	1:10:34	
284	263	SIMON	MOSS	M 45 - 49			10:57	1:23	34:44	1:07	22:31	1:10:41	
285	18	JAMES	BROMLEY	M 40 - 44			8:51	1:59	35:26	1:33	22:57	1:10:45	
286	147	THOMAS	ATHERTON	M 25 - 29			10:37	1:40	36:27	1:40	20:27	1:10:49	
287	519	EDDIE	MCADAM	M 40 - 44			7:56	1:55	38:29	0:42	21:48	1:10:49	
288	420	RACHAEL	BUDD	F 25 - 29	CHARNWOOD TRI		8:50	1:17	37:33	1:09	22:06	1:10:53	
289	530	ANGELA	MCGILL	F 40 - 44	SPALDING TRI		8:31	1:01	37:28	0:41	23:20	1:10:59	
290	77	ROYSTON	PLUMLEY	M 40 - 44			11:18	1:04	35:25	1:23	21:54	1:11:01	
291	450	KAREN	HAMES	F 55 +	GRIMSBY TRI		8:07	1:27	36:28	1:12	23:49	1:11:02	
292	326	ELLIS	GRANT	M 15 - 19			10:38	1:19	37:03	0:54	21:16	1:11:08	
293	258	SEAN	ATTON	M 35 - 39			10:16	1:51	34:01	1:39	23:23	1:11:08	
294	205	LOUISE	OREILLY	F 40 - 44			10:04	1:41	35:52	1:31	22:04	1:11:10	
295	510	MICHELLE	BUTLER	F 40 - 44			7:11	1:45	38:17	1:29	22:29	1:11:10	
296	113	ALEX	SLEVIN	M 25 - 29			8:32	1:31	40:34	0:48	19:51	1:11:15	
297	167	RICHARD	BAUGH	M 50 - 54			12:22	1:22	33:39	1:17	22:40	1:11:18	
298	52	ANDY	TOWERS	M 45 - 49			12:57	1:29	33:38	1:29	21:50	1:11:22	
299	437	CLIVE	HAYWARD	M 60 +	ABSOLUTE TRI		8:48	2:04	37:25	0:38	22:31	1:11:24	
300	387	BRUCE	LEE-NAYLOR	M 55 - 59	SAS SWIMMING CLUB		8:20	1:02	34:35	1:07	26:22	1:11:24	
301	41	THOMAS	HART	M 35 - 39			10:08	1:59	34:25	1:48	23:06	1:11:25	
302	547	JAMES	ROARK	M 20 - 24			6:47	1:27	39:14	0:55	23:05	1:11:27	
303	222	ANDY	CHAMBERLAIN	M 45 - 49	SPALDING TRI		10:50	1:05	36:18	0:57	22:22	1:11:31	
304	370	LARA	THORNHILL	F 25 - 29			8:49	1:14	33:22	1:01	25:08	1:11:32	PEN - 2 min added (Riding in Transition)
305	361	MATTHEW	SCHOFIELD	M 40 - 44			10:34	1:26	37:39	1:15	20:42	1:11:34	
306	415	ANGIE	CLARK	F 45 - 49			9:18	1:14	37:13	0:59	22:53	1:11:36	
307	209	STEVE	HUNT	M 50 - 54	LOUTH AC		11:10	3:16	37:10	0:58	19:12	1:11:45	
308	246	JOSHUA	MORRIS	M 15 - 19			10:15	1:11	35:41	0:50	23:52	1:11:47	
309	180	ANDREA	HALMAN	F 35 - 39	SHEEFIELD TRI		9:38	2:23	34:51	1:49	23:18	1:11:58	
310	383	CHRIS	GIBSON	M 40 - 44			10:07	1:18	35:20	1:04	24:12	1:11:59	
311	149	BECKI	WAGER	F 30 - 34	MANSFIELD TRI		10:59	1:17	37:16	1:17	21:20	1:12:08	
312	468	MATT	LIGHTFOOT	M 35 - 39			9:03	2:03	35:53	1:09	24:02	1:12:09	
313	373	IAIN	TAYLOR	M 35 - 39	ADWICK TRI		8:15	1:08	36:31	1:07	25:10	1:12:10	
314	615	HANNAH	WRIGHT	F 15 - 19			00:08:24		41:05	0:43	22:01	1:12:11	



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

315	300	LISA	TILFORD	F 40 - 44			10:02	1:17	36:49	1:15	22:51	1:12:12
316	251	NICHOLAS	SCOTT	M 30 - 34	NEWARK AC		10:39	1:09	36:19	0:47	23:21	1:12:13
317	313	HOWARD	WADE	M 50 - 54			10:46	2:18	34:11	1:20	23:41	1:12:14
318	218	CARL	HUGHES	M 45 - 49			10:32	1:50	35:43	1:28	22:46	1:12:16
319	163	ALEX	COBB	M 35 - 39			8:52	2:09	35:18	1:39	24:19	1:12:16
320	469	STEVE	COOPER	M 35 - 39			8:35	1:49	40:07	0:39	21:12	1:12:21
321	526	GEOFF	WALLACE	M 30 - 34			8:23	1:55	38:16	1:12	22:37	1:12:21
322	282	RICHARD	HILL	M 30 - 34			8:50	1:22	38:29	1:16	22:29	1:12:24
323	112	STEVE	ROBINSON	M 50 - 54			10:06	1:07	34:48	1:01	25:25	1:12:25
324	285	EMMA	MARSHALL-TELFER	F 40 - 44	PSOF		10:18	2:02	35:26	1:17	23:26	1:12:26
325	525	HELENA	STRAW	F 40 - 44			8:25	1:35	36:50	1:10	24:28	1:12:26
326	556	ADAM	SELLARS	M 20 - 24	SPALDING TRI		8:15	1:02	35:17	0:35	27:23	1:12:28
327	259	SHANE	KENT	M 35 - 39			9:32	2:49	38:10	1:31	20:31	1:12:30
328	309	STEVE	ARMSTRONG	M 60 +			10:15	1:42	34:58	1:03	24:41	1:12:37
329	323	FRASER	CLARKE	M 25 - 29			9:17	1:28	36:19	1:08	24:28	1:12:38
330	230	GUDRUN	MEISL	F 45 - 49	TFN		9:35	1:09	36:17	1:01	24:41	1:12:42
331	157	MIKE	MCCARTAN	M 25 - 29	SHEEFIELD TRI		10:43	1:51	36:56	1:32	21:43	1:12:43
332	281	PETER	HAYNES	M 35 - 39			10:50	1:17	37:02	0:44	22:53	1:12:44
333	123	SIMON	JONES	M 40 - 44			11:10	2:16	36:26	0:57	22:01	1:12:49
334	425	JANE	BIRKETT	F 35 - 39			8:12	1:58	39:35	1:26	21:41	1:12:50
335	291	PAUL	WHITNEY	M 35 - 39			9:49	1:54	36:10	1:16	23:46	1:12:53
336	495	KIRSTY	FARROW	F 30 - 34			9:55	1:13	38:29	1:02	22:19	1:12:57
337	43	ADRIAN	WRIGHT	M 40 - 44			10:11	1:42	38:07	1:52	21:10	1:13:00
338	261	STEWART	MACKENZIE	M 55 - 59			8:28	2:41	34:18	1:30	26:04	1:13:00
339	292	JOHN	OXLEY	M 45 - 49							23:02	1:13:02
340	328	TONY	MORAN	M 50 - 54			8:49	2:03	40:01	1:17	20:56	1:13:04
341	340	ISOBEL	MYERS	F 15 - 19			8:38	2:20	39:28	2:08	20:33	1:13:05
342	121	NEIL	DODSWORTH	M 45 - 49			11:04	2:24	38:05	0:53	20:47	1:13:12
343	452	MARTIN	JESSOP	M 40 - 44			9:35	1:40	37:35	0:47	23:40	1:13:14
344	84	ALYSON	WILE	F 35 - 39	NOTTS AC		12:58	1:49	36:40	1:22	20:37	1:13:24
345	335	JANE	GALLAGHER	F 30 - 34	SPALDING TRI		9:35	1:27	37:59	0:54	23:33	1:13:26
346	223	MARTIN	MCSHANE	M 55 - 59			10:55	1:40	35:45	1:15	23:57	1:13:28
347	194	GARY	RYAN	M 25 - 29			10:50	1:48	39:04	1:02	20:48	1:13:30
348	68	DAN	ARNOLD	M 30 - 34			10:53	2:17	36:22	1:20	22:44	1:13:35
349	545	BEV	HENDLEY	F 50 - 54			8:19	1:30	38:11	1:15	24:21	1:13:35
350	490	KELLY	SHIELDS	F 35 - 39	SPALDING TRI		9:38	1:21	39:07	1:01	22:38	1:13:42
351	265	JO	PADLEY	F 20 - 24			8:48	1:04	38:14	1:02	24:36	1:13:42
352	562	DARREN	OATES	M 45 - 49	RISING TIDE RESEARCH							1:13:43
353	351	TOBY	CRIPPS	M 40 - 44			10:08	2:22	38:24	1:14	21:38	1:13:44
354	30	SHEMANE	MORRIS	F 30 - 34			10:29	2:16	40:39	1:06	19:17	1:13:45
355	377	NEIL	EATHERINGTON	M 30 - 34			9:16	1:21	38:27	1:17	23:25	1:13:45
356	476	EDWARD	STRANGE	M 45 - 49	LINCOLN TRI		8:16	1:49	37:55	1:14	24:47	1:13:59
357	365	SARAH	POLLARD	F 30 - 34			10:17	2:06	39:09	1:20	21:10	1:14:00
358	256	DANIEL	WILSON	M 40 - 44	MANSFIELD TRI		10:47	1:33	37:46	1:01	22:58	1:14:03
359	127	MARTIN	SCOTT	M 40 - 44			12:07	0:59	38:12	1:09	21:39	1:14:05



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

360	423	GRAEME	SMITH	M 45 - 49	BPL BASSETLAW TRI		9:36	1:44	38:51	1:20	22:48	1:14:17
361	116	ADRIAN	RISDALL	M 45 - 49			12:21	1:42	35:17	1:31	23:31	1:14:21
362	118	IAN	FILBY	M 50 - 54			13:02	1:12	36:32	1:36	22:03	1:14:23
363	204	IAN	WINROTH	M 40 - 44			10:20	1:58	36:47	1:30	23:52	1:14:26
364	421	RICHARD	CAWDRON	M 45 - 49			8:59	1:28	37:48	1:24	24:50	1:14:27
365	462	NICHOLAS	O' MALLEY	M 35 - 39			10:22	1:24	40:37	1:15	20:58	1:14:34
366	306	STEPHEN	STEAD	M 60 +	DAVID LLOYD		10:22	1:44	34:54	1:30	26:15	1:14:44
367	390	ALISON	WRIGHT	F 50 - 54			10:02	1:58	37:10	1:32	24:05	1:14:46
368	95	MARTHA	LAXTON	F 40 - 44	MILLTOWN MILERS		11:45	2:12	38:17	1:43	21:09	1:15:05
369	286	WAYNE	KILFORD	M 40 - 44			8:33	2:17	40:38	0:51	22:49	1:15:06
370	401	JULIAN	EVANS	M 35 - 39			9:20	1:29	35:54	1:18	27:08	1:15:07
371	181	SIMON	HARRIS	M 30 - 34			12:18	1:28	40:39	1:14	19:31	1:15:08
372	540	LYN	CONRAD	F 45 - 49			7:56	1:33	38:44	1:18	25:39	1:15:08
373	257	RAY	BLACK	M 40 - 44			8:37	1:41	36:45	1:07	27:00	1:15:09
374	262	HAMISH	MCCONCHIE	M 45 - 49			11:54	1:47	38:39	0:51	22:10	1:15:20
375	115	EMMA	SMITH	F 35 - 39	VEGETARIAN CYCLING & AC		10:42	1:19	37:34	1:28	24:18	1:15:20
376	338	ALLYSON	WEIGHTMAN	TEAM	ABSOLUTE TRI	TEAM WEIGHTMAN	9:42	0:56	42:27	0:41	21:38	1:15:22
377	36	NOEL	ADKINS	M 30 - 34			11:49	1:57	37:51	1:16	22:34	1:15:25
378	330	HELEN	TANSLEY	F 40 - 44			10:26	1:33	37:49	1:18	24:27	1:15:31
379	183	PAUL	HOLMES	M 30 - 34			11:27	1:27	38:21	1:17	23:01	1:15:32
380	375	JANET	TURLEY	F 45 - 49			8:43	1:53	40:53	0:49	23:16	1:15:32
381	392	MARTIN	LUKE	M 40 - 44	BELTON EXTREME CLUB		11:25	1:06	36:04	1:11	25:48	1:15:32
382	145	CHARLOTTE	WILLIAMSON	F 40 - 44	LINCOLN TRI		10:53	1:36	37:40	1:36	23:52	1:15:35
383	210	ALEXANDRA	RUSSELL-JONES	F 35 - 39			10:20	1:27	38:28	1:36	23:48	1:15:37
384	239	DAVID	LEE	M 45 - 49			9:04	2:11	37:56	1:23	25:05	1:15:37
385	122	DAMON	HAMMOND	M 40 - 44			11:12	2:07	38:16	0:57	23:07	1:15:38
386	276	STEVE	ROBERTS	M 30 - 34	SPALDING TRI		9:19	1:23	38:09	1:08	25:42	1:15:39
387	509	DARREN	GARTON	M 40 - 44			8:02	1:56	41:51	0:47	23:06	1:15:41
388	126	BEN	PARKER	M 50 - 54			10:52	3:02	41:46	0:59	19:10	1:15:47
389	98	BRUCE	WILSON	M 25 - 29	MORTONS MEDIA GROUP		12:31	1:19	36:11	1:20	24:27	1:15:47
390	231	CRAIG	LORD	M 45 - 49			9:38	1:53	38:35	1:12	24:34	1:15:49
391	100	GAIL	PHILLIPS	F 40 - 44	SHEEFIELD TRI		9:58	1:32	36:21	1:26	26:36	1:15:52
392	432	GREGORY	SLANN	M 20 - 24			9:44	1:40	38:16	0:58	25:17	1:15:53
393	11	STEVE	MONAGHAN	M 50 - 54	NORTH DERBYSHIRE RUNNING CLUB		10:42	1:34	39:55	1:30	22:14	1:15:55
394	272	SIMON	HILL	M 30 - 34			9:58	3:01	39:22	0:41	23:02	1:16:02
395	345	MARGARET	MOORHEAD	F 15 - 19	SHEEFIELD TRI		8:29	1:59	40:52	0:41	24:05	1:16:04
396	408	CHRIS	O' BRIEN	M 30 - 34			9:14	2:20	37:43	1:35	25:29	1:16:19
397	178	SAM	GEESON	M 30 - 34			9:52	2:16	39:12	1:18	23:48	1:16:25
398	109	PETRA	DUGUID	F 40 - 44	LINCOLN TRI		10:30	1:50	39:48	1:39	22:45	1:16:30
399	160	KAY	WALKER	F 30 - 34			11:27	1:15	38:20	1:13	24:18	1:16:32
400	46	MARK	ALLCOCK	M 40 - 44			10:57	3:11	37:01	2:20	23:07	1:16:35
401	179	ROGER	HARDY	M 45 - 49			11:32	1:38	39:46	1:15	22:29	1:16:37
402	325	RUTH	WILLOTT	F 35 - 39			9:01	1:39	36:47	1:41	27:31	1:16:38
403	385	SARAH	WILLIAMS	F 30 - 34			9:41	2:28	40:03	0:49	23:47	1:16:46
404	57	JODY	LEGGATE	M 35 - 39			13:05	1:43	39:56	1:03	21:09	1:16:54



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

405	80	LOUISE	BULL	F 40 - 44			11:47	1:36	38:11	1:46	23:39	1:16:58
406	275	DEBORAH	KERRY	F 30 - 34			9:36	1:16	40:42	0:55	24:30	1:16:58
407	53	ANTHONY	WOOD	M 40 - 44			14:26	2:04	35:44	1:43	23:06	1:17:01
408	165	CLAIRE	TOMLINSON	F 25 - 29	LONDON FIELDS TRI		9:52	1:58	39:16	0:58	25:06	1:17:08
409	7	SAM	GRIMLEY	M 25 - 29			11:35	2:24	39:06	1:11	23:05	1:17:20
410	587	MARK	HIGGINS	M 30 - 34			00:09:18		39:53	1:01	27:13	1:17:24
411	22	SCOTT	WRIGLEY	M 30 - 34			12:26	1:28	39:45	1:18	22:33	1:17:28
412	152	IAN	POWIS	M 40 - 44			9:27	2:30	36:59	1:59	26:39	1:17:33
413	159	SUZANNE	JENKINS	F 40 - 44			12:20	1:30	39:14	0:58	23:37	1:17:37
414	83	JONATHAN	BANHAM	M 45 - 49	ABSOLUTE TRI		11:03	2:16	39:24	1:33	23:31	1:17:44
415	78	NIALL	RENNIE	M 15 - 19			10:14	2:37	41:31	0:54	22:31	1:17:46
416	337	ZAC	TODD	M 30 - 34			10:28	1:41	37:40	1:25	26:34	1:17:46
417	241	JOHN	BERNARD-CLARKE	M 60 +	SHEEFIELD TRI		10:48	1:27	37:43	1:49	26:08	1:17:53
418	86	SIMON	WOOD	M 45 - 49			12:41	2:32	39:52	1:02	21:54	1:17:59
419	199	STEVEN	TOMLINSON	M 40 - 44			11:17	1:54	39:57	1:36	23:36	1:18:18
420	154	LAURIE	COHEN	F 50 - 54			9:49	2:14	41:48	1:20	23:11	1:18:20
421	31	MURRAY	HOWITT	M 55 - 59			9:46	1:09	34:52	1:35	31:04	1:18:24
422	310	PHILIPPA	MOORHEAD	F 45 - 49	SHEEFIELD TRI		9:13	1:33	38:01	1:28	28:24	1:18:36
423	120	HEIDI	FIELDER	F 40 - 44			9:45	0:54	39:19	1:13	27:29	1:18:39
424	397	MARC	MOLE	M 30 - 34			7:21	2:09	42:21	1:01	25:50	1:18:40
425	88	TIM	OBHI	M 20 - 24			10:18	1:39	41:12	1:22	24:13	1:18:43
426	237	PHILIP	JELLEY	M 35 - 39			11:11	1:42	40:17	1:37	24:01	1:18:46
427	295	JULIA	HAYES	F 40 - 44	ABSOLUTE TRI		9:35	1:54	40:51	1:28	25:18	1:19:04
428	270	WENDY	LANE	F 40 - 44	SPALDING TRI		10:34	1:37	39:21	1:25	26:23	1:19:18
429	311	ANDREW	DIXON	M 45 - 49			10:08	1:32	37:16	1:16	29:10	1:19:19
430	267	RORY	UNDERWOOD	M 45 - 49			10:03	1:40	39:42	1:16	26:47	1:19:27
431	133	DANIEL	GRAY	M 35 - 39	4 LIFE TRI		16:35	1:17	37:16	1:18	23:04	1:19:28
432	189	JON	RAE	M 40 - 44			10:04	2:22	37:14	2:08	27:41	1:19:28
433	21	STEVE	NEEDHAM	M 60 +	NOTFAST RC		15:16	1:30	36:07	1:02	25:35	1:19:29
434	238	JEREMY	HEATH	TEAM		TEAM HEATH	9:30	1:53	39:30	0:51	27:53	1:19:35
435	27	DARREN	CLARKE	M 35 - 39	FATBOY RACING		9:42	1:33	41:20	1:35	25:32	1:19:42
436	215	MAGGIE	SANDERSON	F 35 - 39			9:48	2:14	42:47	0:59	24:00	1:19:47
437	470	JO	WATTS	F 35 - 39			8:39	1:39	42:37	1:26	25:44	1:20:02
438	82	JUSTIN	HACKNEY	M 40 - 44			12:25	2:54	39:29	1:42	23:38	1:20:07
439	409	EMMA	OWEN	F 35 - 39			9:32	2:36	41:28	0:55	25:47	1:20:15
440	402	WAYNE	HARVEY	M 35 - 39			8:43	2:08	43:24	0:57	25:18	1:20:29
441	195	JUDE	MCLAUGHLIN	F 35 - 39			10:51	1:29	37:19	1:11	27:41	1:20:29
442	208	ROSEMARY	GEORGE	TEAM		TRI-STARS	11:30	0:30	38:46	0:54	28:51	1:20:30
443	240	NINA	SLINGSBY	F 35 - 39			9:21		43:27		26:37	1:20:31
444	305	CATHERINE	PARK	F 30 - 34			8:57	3:23	43:06	0:46	24:37	1:20:47
445	148	MARTIN	BARRACLOUGH	M 25 - 29			10:27	1:19	41:29	2:31	25:04	1:20:48
446	290	JACQUI	GRAY	F 35 - 39	LINCOLN TRI		9:04	1:36	42:20	1:36	26:20	1:20:55
447	151	IAN	BULLASS	M 40 - 44			11:02	2:01	40:02	0:57	27:01	1:21:01
448	198	BRIAN	TODD	M 60 +			13:07	1:43	38:21	1:51	26:14	1:21:03
449	138	ADAM	BAILEY	M 40 - 44			9:03	1:25	43:13	2:08	25:23	1:21:09



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

450	101	MIKE	BELL	M 35 - 39			12:44	2:07	39:54	0:53	25:32	1:21:09
451	380	HELEN	WALKER	F 40 - 44			8:35	1:13	44:25	0:58	26:12	1:21:20
452	327	JOHN	MAHER	M 45 - 49			9:43	1:35	41:31	1:11	27:24	1:21:21
453	63	BRIAN	WALDER	M 55 - 59			11:49	2:13	41:43	1:54	23:51	1:21:29
454	104	JULIE	WILSON	F 45 - 49			10:48	2:16	41:45	1:09	25:43	1:21:38
455	170	HANNAH	MYERS	F 20 - 24			10:35	1:36	40:07	1:19	28:07	1:21:42
456	185	JENNA	HILL	F 40 - 44			10:44	2:00	42:56	1:13	24:53	1:21:43
457	150	BRITTE	CAIRNS	F 35 - 39			9:20	1:43	43:57	1:01	25:59	1:21:59
458	65	NATALIE	EASTAUGH	F 40 - 44			11:56	1:53	38:54	1:58	27:20	1:21:59
459	124	ELAINE	ATKINSON	F 40 - 44			11:18	2:05	41:31	1:33	25:35	1:22:00
460	67	MATTHEW	MACDONALD	M 30 - 34			13:00	2:14	40:39	1:33	24:39	1:22:04
461	260	MICHELLE	HARDY	F 40 - 44			9:14	2:20	45:46	0:52	23:57	1:22:07
462	26	RICHARD	IRWIN	M 40 - 44			13:45	3:02	44:45	3:58	16:47	1:22:16
463	399	LUKE	BAUMBER	M 35 - 39			10:50	1:56	45:26	0:37	23:29	1:22:17
464	146	PAUL	DUNCAN	M 60 +	DUNSTON DUCKS		12:07	2:10	39:28	1:46	26:47	1:22:17
465	245	LAURA	KERLEY	F 30 - 34			9:58		45:03		25:32	1:22:39
466	140	JOANNA	QUELCH	F 35 - 39			10:15	1:17	39:26	2:49	29:07	1:22:52
467	473	STEVEN	ROBERTS	M 45 - 49			9:22	2:18	46:04	0:48	24:24	1:22:53
468	73	DAVID	HURST	M 40 - 44			12:12	3:15	39:03	2:02	26:39	1:23:10
469	45	GEMMA	CALLADINE	F 30 - 34			10:53	3:02	44:46	1:42	22:50	1:23:11
470	410	ZOE	MARCINIAK	F 35 - 39			9:50	1:21	44:46	0:49	26:27	1:23:11
471	76	ANDREW	JENKINS	M 50 - 54			17:09	1:27	39:58	1:06	24:00	1:23:39
472	220	PAULA	WHEATLEY	F 40 - 44	TFN		10:28	1:18	44:39	1:10	26:06	1:23:40
473	177	STEVEN	DUDEY	M 30 - 34			15:02	1:13	39:08	1:08	27:15	1:23:45
474	226	CHRIS	GEORGE	M 50 - 54			8:45	3:12	39:37	2:07	30:13	1:23:52
475	312	PAUL	HARDY	M 45 - 49			9:34	2:20	44:17	1:22	26:31	1:24:02
476	81	DENIS	SHERWOOD	M 35 - 39			14:04	1:00	45:21	1:01	22:43	1:24:08
477	522	THOMAS	RIDGEWAY	M 25 - 29			9:23	2:04	40:19	1:34	30:51	1:24:08
478	1	DAVE	MILLER	M 50 - 54			9:15	1:26	45:28	1:24	26:41	1:24:14
479	4	HANNAH	MILLER	F 20 - 24			8:41	1:52	45:47	1:15	26:41	1:24:15
480	144	LINDSEY	STUART	F 40 - 44			10:52	0:56	44:26	1:11	27:01	1:24:24
481	405	ELIZABETH	SWAIN	F 25 - 29			9:12	1:58	45:05	1:01	27:13	1:24:28
482	216	DUNCAN	POWERS	M 35 - 39			11:01	2:27	39:13	1:57	29:57	1:24:34
483	467	JASON	CHAUHAN	M 35 - 39	LEICESTER TRI		10:12	3:03	44:28	1:12	25:41	1:24:35
484	202	MIKE	WALLS	M 55 - 59			11:28	2:51	43:18	1:10	26:18	1:25:03
485	172	DANIEL	COLE	M 30 - 34			10:12		44:22		29:13	1:25:07
486	111	JULIAN	KNIGHT	M 40 - 44			13:02	0:51	39:41	1:27	30:09	1:25:08
487	13	DANIEL	HODGKINSON	M 20 - 24			9:46	2:00	47:46	0:41	24:58	1:25:10
488	96	ANTHONY	RILEY	M 55 - 59	SUTTON-IN-ASHFIELD HARRIERS		12:28	0:57	46:17	0:59	24:37	1:25:17
489	12	HARVEY	HARRISON	M 40 - 44			11:11	2:05	43:29	2:21	26:13	1:25:17
490	99	SIOBHAN	HUGHES	F 40 - 44	GI TRI		10:40	1:36	44:44	1:12	27:16	1:25:26
491	156	NEILL	MISON	M 45 - 49	FERNWOOD RUNNING CLUB		15:01	4:19	40:08	1:50	24:21	1:25:37
492	362	ROBERT	CAWDRON	M 45 - 49	TFN TRI CLUB		9:53	1:47	40:03	2:00	31:59	1:25:40
493	406	ROB	KOCZAN	M 45 - 49			10:47	1:51	46:33	1:54	24:57	1:26:00
494	105	SUE	WALKER	F 30 - 34	GRIMSBY TRI		10:14	2:24	44:19	0:52	28:20	1:26:08



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

495	166	SHAFIQUE	AHMAD	M 40 - 44		12:13	1:19	45:21	1:25	25:54	1:26:11
496	60	RACHEL	BRANDRETH	F 40 - 44		13:42	1:32	41:57	0:56	28:50	1:26:54
497	225	MELANIE	HABERFIELD	F 35 - 39		10:31	1:48	46:12	1:36	27:03	1:27:06
498	85	JENNI	PLUME	F 35 - 39	LINCSQUAD	12:09	1:32	43:26	1:56	28:33	1:27:34
499	315	ANNA	SMITH-CLARE	F 25 - 29		9:21	1:48	47:21	1:25	27:41	1:27:35
500	54	CAROLYN	ANDERSON	F 40 - 44		13:23	1:43	43:40	1:05	27:46	1:27:35
501	430	TERESA	DIXON	F 35 - 39		9:12	2:35	47:38	1:23	26:59	1:27:45
502	283	ANDREW	KEEN	M 40 - 44		13:51	2:34	44:32	1:01	26:06	1:28:03
503	279	NIGEL	COLMAN	M 35 - 39		10:05	2:04	47:01	1:23	27:34	1:28:06
504	236	PAUL	SHREEVES	M 60 +	CHARNWOOD TRI	10:55	1:48	40:01	1:44	33:50	1:28:17
505	244	ANDREW	CARR	M 35 - 39		10:31	1:51	49:31	1:20	25:31	1:28:43
506	70	DEBORAH	PARKER	F 45 - 49		12:41	2:15	44:55	1:06	28:00	1:28:55
507	37	CHRIS	BROCKLEY	M 35 - 39		16:36	2:07	43:21	1:17	25:38	1:28:59
508	130	JO	FLINT	F 40 - 44		11:11	1:49	46:17	1:05	29:05	1:29:26
509	224	SIMON	GODSON	M 40 - 44		11:04	2:17	48:14	2:33	25:23	1:29:29
510	125	GISELE	BIGOT	F 45 - 49		11:28	2:32	50:42	1:08	23:43	1:29:32
511	24	ADELE	BUTTRESS	F 35 - 39		11:39	4:03	46:03	2:14	25:33	1:29:32
512	25	JILL	DAVIS	F 55 +		12:38	1:59	45:26	1:22	28:12	1:29:36
513	75	MOIRA	HEPWORTH	F 45 - 49		12:33	2:36	44:45	1:18	28:26	1:29:37
514	20	BELINDA	LEICESTER	F 35 - 39		12:25	4:27	38:49	2:27	31:39	1:29:45
515	39	FRAN	HOOPER	F 50 - 54		13:21	3:19	47:27	1:45	23:56	1:29:46
516	212	JAMIE	SIMS	M 35 - 39		12:06	3:24	49:07	0:55	24:20	1:29:50
517	235	ZOE	JONES	F 45 - 49	MANSFIELD TRI	10:18	2:00	45:13	1:10	31:14	1:29:52
518	28	MICHAEL	BIRD	M 55 - 59	MANSFIELD TRI	14:35	1:44	45:25	1:06	27:12	1:30:00
519	135	TANYA	ROSTRON	F 45 - 49		11:20	1:39	46:38	1:08	29:51	1:30:34
520	50	VICTORIA	WALLACE	F 35 - 39		14:30	2:28	45:44	2:02	26:17	1:30:59
521	47	GLEN	DOUGLAS	M 40 - 44		13:09	3:19	37:55	2:08	34:39	1:31:07
522	59	HEATHER	BOND	F 50 - 54		12:33	1:50	47:26	1:02	28:38	1:31:27
523	211	HARISH	PATHY	M 45 - 49		11:02	2:28	46:03	1:58	30:18	1:31:46
524	61	ADAM	BARNES	M 25 - 29		11:55	2:30	50:42	1:34	25:18	1:31:58
525	153	LEE	BUCHANAN	M 30 - 34		16:04	3:02	44:43	1:20	26:51	1:31:59
526	139	KIRSTEN	HOWELLS	F 35 - 39	WOODLANDS	14:19	2:30	45:28	1:24	28:50	1:32:30
527	34	SUE	HOARE	F 55 +		13:47	2:32	41:23	1:41	33:09	1:32:31
528	455	VICTORIA	BARRETT	F 30 - 34		8:48	2:04	50:49	1:11	29:54	1:32:45
529	174	CHERYL	BELL	F 45 - 49		10:14	3:05	50:06	2:07	27:23	1:32:55
530	62	STEPHEN	REES	M 50 - 54		12:47	3:20	45:34	1:43	29:42	1:33:04
531	74	LUCY	SITTON-KENT	F 40 - 44		12:19	3:23	45:25	2:35	30:01	1:33:41
532	565	RHIAN	RIDGEWAY	F 25 - 29		8:08	2:42	46:04	1:52	35:15	1:33:59
533	19	GAIL	LARKING	F 40 - 44		12:33	4:11	47:03	2:16	28:29	1:34:30
534	23	TONY	JOHNCOCK	M 35 - 39		11:02	4:33	45:52	2:43	30:39	1:34:48
535	89	SYLVIA	YATES	F 55 +	SHEEFIELD TRI	12:02	1:56	48:37	2:39	30:38	1:35:50
536	64	KATRINA	EARL	F 35 - 39		13:03	2:12	50:30	1:17	28:57	1:35:57
537	32	NEIL	HENDERSON	M 45 - 49		12:42	4:42	40:21	3:41	35:09	1:36:34
538	5	HELEN	BEECROFT	F 35 - 39		12:18	2:15	47:51	1:18	34:24	1:38:05
539	79	JOANNA	BELL	F 45 - 49		12:27	4:24	52:53	2:46	25:48	1:38:16



## SOUTHWELL TRIATHLON - PROVISIONAL RESULTS

EMAIL ENQUIRIES - [STEVE@ONESTEPBEYOND.ORG.UK](mailto:STEVE@ONESTEPBEYOND.ORG.UK)

540	255	JANE	CARRINGTON	F 40 - 44	NO LIMITS RUNNING AND TRI		9:49	1:52	50:43	2:10	34:31	1:39:03	
541	129	TRACY	DAWN	F 35 - 39			14:55	2:08	51:09	1:07	30:15	1:39:32	
542	44	NICOLA	MCMANUS	F 35 - 39			13:29	1:18	56:41	1:37	28:51	1:41:55	
543	40	KIRA	GREEN	F 45 - 49	GI TRI		12:28	4:28	47:05	2:42	35:14	1:41:55	
544	35	LAURA	BOSWELL	F 25 - 29			12:06	4:01	55:14	1:54	30:23	1:43:36	
545	55	HEATHER	WOODS	F 40 - 44			12:15	2:50	54:48	1:46	32:24	1:44:00	
546	15	JANE	FOSTER	F 55 +	PENISTONE FOOTPATH RUNNERS		14:51	3:56	52:33	1:48	31:00	1:44:07	
547	69	KATHY	HYDE-BARKER	F 45 - 49			16:28	1:05	53:55	1:05	29:40	1:44:11	PEN - 2 min added (Outside Help)
548	155	PAULA	ROTHERAM	F 45 - 49			10:12	2:32	57:28	1:23	34:05	1:45:39	
549	49	JESSICA	TICKELL	F 30 - 34			12:43	2:04	1:02:28	1:35	27:37	1:46:24	
550	14	REBECCA	BLACKMAN	F 50 - 54			15:43	4:27	53:33	2:20	32:02	1:48:03	
551	29	NIKKI	KNAPPETT	F 40 - 44			11:20	3:47	55:38	5:22	33:40	1:49:45	
552	284	MARY	BROWN	F 30 - 34			12:55	3:19	1:02:58	1:36	31:54	1:52:39	
553	250	KATHERINE	ANDREWS	F 25 - 29	DUNSTON DUCKS		10:36	2:23	54:23	0:56	44:26	1:52:42	
554	9	JACKY	CLIFF	F 45 - 49			13:01	3:57	1:05:46	2:24	37:17	2:02:25	
	288	PHILLIP	MARSHALL	M 25 - 29			7:56	1:18	33:40	1:13	10:58	55:03	1 Lap Run
	196	PETER	SEARLE	M 50 - 54			10:14	1:06	33:08	1:18	10:49	56:33	1 Lap Run
	143	PHIL	MCDERMOTT	M 35 - 39	ABSOLUTE TRI		11:24	1:30	34:55	1:01	10:06	58:54	1 Lap Run
	168	GERRY	BURT	M 45 - 49			9:15	1:10	38:46	1:17	10:42	1:01:09	1 Lap Run
	188	JAMIE	PARR	M 40 - 44			10:14	2:33	34:35	1:54	12:15	1:01:30	1 Lap Run
	221	THOMAS	ROBINSON	M 25 - 29	LINCOLN TRI		10:05	1:49	39:19	0:55	10:57	1:03:03	1 Lap Run
	175	TINA	GEE	F 50 - 54			11:50	1:22	45:07	1:43	12:23	1:12:22	1 Lap Run
	560	KIRSTY	YOUNG	F 25 - 29			8:37	2:08	48:34	0:53	13:02	1:13:12	1 Lap Run
	200	KAREN	NIX	F 30 - 34			14:50	3:49	40:54	3:24	12:49	1:15:44	1 Lap Run
	17	MATTHEW	SCOTT	M 25 - 29			11:23	3:28	1:04:34	2:18	10:59	1:32:41	1 Lap Run
	193	MARK	ROBSON	M 45 - 49			11:20	1:02	36:27	1:32	20:51	1:11:10	DQ'd (Drafting x 2)
	192	DAVID	RHINDS	M 45 - 49			12:13	1:07	34:26	1:57	22:20	1:12:02	DQ'd (Drafting x 2)