



**SOUTHWELL TRIATHLON 2013 - PROVISIONAL RESULTS PUBLISHED ON 05.04.13**  
**EMAIL ENQUIRIES TO STEVE@JAGUARTIMING.CO.UK**

Pos	Race No.	Name	Surname	Cat	Club	Team Name	Swim	T1	Bike	T2	Run	Finish	Notes
1	650	CARL	SHAW	M30-34	HUUB TFN RT		5:13	0:30	25:49	0:33	15:57	48:00	
2	649	JAMES	TEAGLE	M15-19	RACETIME/LEICESTER		5:34	0:29	26:27	0:38	16:22	49:28	
3	644	IAN	SMITH	M30-34	BLUE SEVENTY TFN RACE TEAM		5:56	0:38	27:03	0:35	16:09	50:19	
4	637	MATT	DEWIS	M20-24			6:15	0:37	27:18	0:32	15:47	50:26	
5	646	MATTHEW	NELSON	M20-24			5:34	0:39	26:46	0:40	17:01	50:38	
6	640	JAMES	RUSHTON	M35-39	TFN TRI CLUB		6:30	0:31	27:10	0:35	16:05	50:49	
7	648	CHARLIE	HOWICK	M15-19	4 LIFE TRI		5:40	0:30	28:20	0:32	16:06	51:06	
8	647	GREG	CHERRY	M25-29			5:28	0:34	27:38	0:37	17:09	51:24	
9	614	AARON	WARD	M25-29	BURNTWOOD TRIATHLON CLUB		6:47	0:43	26:36	0:41	16:46	51:31	
10	561	DANNY	WYER	M35-39			7:15	0:41	26:57	0:35	16:21	51:47	
11	468	JORDAN	SKELLY	M20-24	LINCSQUAD		6:10	0:44	27:59	0:45	17:17	52:54	
12	379	PATRICK	CUTMORE	M15-19			6:33	0:37	27:30	0:43	17:36	52:57	
13	639	IAN	HICKS	M35-39	LICHFIELD TRI TEAM		5:59	0:40	28:08	0:40	17:44	53:09	
14	638	ALEX	MEAD	M30-34	MVH TRIATHLON CLUB		6:35	0:38	28:26	0:41	16:52	53:11	
15	633	DAN	PHILPOTTS	M35-39			5:41	0:35	27:41	0:39	18:50	53:23	
16	525	ANDREW	BISHOP	M30-34			7:28	0:42	26:18	0:41	18:18	53:26	
17	598	DANIEL	SPEED	M25-29	TEAM BIKE SCIENCE - BOARDMAN ELITE		7:19	0:39	27:59	0:37	17:15	53:48	
18	574	DARREN	RIDOUT	M35-39	BOLSOVER AND DISTRICT CYCLING CLUB		7:20	0:56	28:42	0:43	16:36	54:15	
19	602	PETER	BENTLEY	M40-44	LEICESTER TRI CLUB		7:03	0:43	28:52	0:42	16:56	54:15	
20	618	DEREK	HAYDEN	M30-34	TRI CAMP RACE TEAM		6:39	0:30	29:04	0:41	17:23	54:15	
21	534	DEAN	WATSON	M20-24			7:19	0:44	29:19	0:38	16:28	54:25	
22	288	MATT	SANDERSON	M35-39			8:03	0:54	28:32	0:51	16:12	54:29	
23	626	CURTIS	WARNER	M40-44	CHARNWOOD TRI CLUB		6:58	0:47	28:10	0:42	18:23	54:58	
24	581	PHIL	BINCH	M45-49	LINCSQUAD		7:14	0:39	27:47	0:39	18:42	54:59	
25	576	AIDEN	BROWN	M20-24			7:33	1:14	28:51	0:53	16:33	55:02	
26	568	JAMES	ROBINSON	M35-39	CASSON COACHING		6:58	0:45	28:08	0:48	18:26	55:04	
27	417	JONATHAN	MARSHALL	M25-29	NOTTINGHAMSHIRE POLICE		7:58	0:38	27:15	0:44	18:33	55:07	
28	628	JOHN	DYER	M35-39	TFN TRI CLUB		6:17	0:36	28:43	0:37	19:02	55:14	
29	573	SANDY	TELFER	M50-54	SLEAFORD STRIDERS		7:32	0:54	28:40	0:53	17:19	55:16	
30	572	ALISTAIR	RUDD	M50-54	SPALDING TRI CLUB		7:30	1:07	27:37	0:51	18:22	55:25	
31	514	MARK	PALMER	M40-44	LICHFIELD TRI TEAM		7:00	0:45	29:58	0:44	17:12	55:36	
32	609	MARK	WILLIAMSON	M30-34			7:09	0:51	29:53	0:42	17:03	55:36	
33	582	ZAC	GOODSPEED	M35-39	ABSOLUTE TRI		6:58	1:18	28:23	0:50	18:10	55:37	
34	542	ROLAND	EVANS	M40-44			7:30	0:59	28:26	0:51	18:07	55:51	
35	589	JEZ	SMEDLEY	M50-54	TFN		7:32	0:39	28:38	0:46	18:26	55:59	
36	523	GARETH	CASTLEDINE	M30-34	ABSOLUTE TRI		7:57	0:45	29:43	0:37	17:00	56:01	
37	466	ANDREW	RICHARDSON	M45-49	VO2 MAXIMUM RT		8:13	0:40	29:27	0:53	16:55	56:06	
38	564	TIM	DOYLE	M40-44	TFN TRI CLUB		8:08	0:40	29:23	0:45	17:16	56:10	
39	613	JAMES	SHARP	M30-34			6:44	0:59	28:56	0:42	18:54	56:13	
40	601	PAUL	JOHNSON	M20-24	STAMFORD TRI CLUB		8:14	0:34	29:21	0:40	17:26	56:13	
41	2	STEVE	BUTLER	M50-54	TFN TRI CLUB		7:12	0:38	28:08	0:52	19:32	56:20	
42	536	JAMES	BRAY	M25-29	BARRACUDA		8:12	0:51	28:34	1:02	17:44	56:21	
43	423	ANTHONY	PHILBIN	M40-44	LINCSQUAD		8:41	0:48	27:43	0:43	18:28	56:21	
44	603	STEVE	EMERTON	M40-44	DERBY TRI CLUB		6:53	0:39	30:10	0:44	18:03	56:26	



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45	377	CHRIS	KILBURN	M25-29	ABSOLUTE TRI		8:39	0:38	29:20	0:34	17:30	56:39	
46	541	BOHDAN	DAWYD	M20-24	NO LIMITS TRIATHLON AND RUNNING CLUB		7:35	0:57	28:22	0:46	19:04	56:42	
47	645	JAMES	FEARN	M20-24			6:34	0:54	31:36	0:37	17:14	56:53	
48	641	MATT	STORR	M20-24	VICEROYS		5:57	0:39	30:43	0:40	18:59	56:57	
49	579	ROSS	MCGREGOR	M25-29	LOUTH TRIATHLON CLUB		7:18	0:39	30:09	0:41	18:16	57:01	
50	629	MARK	SPEED	M40-44			6:42	0:39	30:13	0:45	18:45	57:03	
51	5	DAVE	CROSSLEY	M30-34	ABSOLUTE TRI		6:49	1:05	30:12	0:50	18:09	57:03	
52	533	IAN	BURDIS	M40-44	MANSFIELD TRI		7:40	0:51	29:00	0:49	18:55	57:14	
53	438	STEPHEN	WALKER	M50-54			7:25	0:54	28:25	0:55	19:39	57:16	
54	499	JOHN	BUDWORTH	M45-49	ABSOLUTE TRI		8:38	0:43	28:35	0:39	18:43	57:16	
55	559	MATTHEW	SISSON	M35-39	DERBYSHIRE FIRE & RESCUE (R.A.M.S.)		7:20	0:41	30:17	0:34	18:27	57:18	
56	556	SPENCER	THOMAS	M40-44	LEICESTER TRI CLUB		8:40	0:45	29:04	0:58	18:05	57:30	
57	526	MARTYN	FRANKLIN	M35-39	TFN		9:00	1:24	29:04	0:42	17:33	57:42	
58	422	NATHAN	BARRATT	M35-39	ABSOLUTE TRI		7:41	0:45	29:21	0:44	19:25	57:54	
59	544	RICHARD	SAUNDERS	M35-39	YORK TRIATHLON		7:56	0:41	29:39	0:40	19:02	57:56	
60	434	RICHARD	MARSHALL	M30-34			8:12	0:56	29:38	0:52	18:21	57:56	
61	630	EMILIE	VERROKEN	F35-39	LANGSETT CYCLE RACING TEAM		6:40	0:44	29:56	0:53	19:51	58:01	
62	631	SEAN	CALLOW	M30-34			6:00	0:50	29:59	0:49	20:25	58:02	
63	477	CHRIS	WORKMAN	M25-29	KINGS LYNN TRIATHLON CLUB		8:08	0:49	28:36	0:52	19:39	58:02	
64	615	KELLY	WEALL	F35-39	BIKE SCIENCE - BOARDMAN ELITE		7:19	0:44	30:48	0:46	18:29	58:03	
65	504	CURTIS	MANSBRIDGE	M35-39			7:59	0:41	30:09	0:54	18:24	58:04	
66	632	CHRIS	HOLMES	M30-34	MANSFIELD TRI		5:57	0:41	30:07	0:50	20:33	58:06	
67	562	MARTIN	BALL	M35-39	LOUTH TRIATHLON CLUB		7:08	0:53	31:06	0:35	18:31	58:11	
68	634	DAVID	STEED	M35-39	BOLSOVER AND DISTRICT CYCLING CLUB		6:13	1:00	29:38	0:48	20:37	58:14	
69	447	JOSEPH	KEMISH	M40-44			8:05	1:00	31:16	0:55	17:05	58:19	
70	577	MATTHEW	COTTON	M20-24			7:28	0:40	30:10	0:42	19:25	58:23	
71	343	EDDIE	KNIGHTS	M50-54	BPL BASSETLAW TRI CLUB		8:53	0:33	29:42	0:35	18:42	58:23	
72	496	SEAN	POWERS	M35-39	RAF TRI		7:50	0:37	29:39	0:37	19:50	58:31	
73	553	STEPHEN	CHAMBERS	M45-49	BPL BASSETLAW TRI CLUB		7:26	0:46	31:18	0:40	18:23	58:31	
74	567	DARREN	HARDY	M30-34	BALANCED PERFORMANCE		8:00	0:57	29:25	0:58	19:19	58:36	
75	594	GARETH	DAVID	M25-29			6:48	0:53	31:39	0:53	18:28	58:38	
76	426	DAVID	ELLIS	M40-44	LEICESTER TRI CLUB		7:36	0:53	29:48	0:46	19:39	58:38	
77	532	LEE	GASKIN	M30-34			7:51	1:14	28:13	1:02	20:23	58:43	
78	406	KARL	HUNT	M35-39			9:39	0:44	27:59	0:47	19:41	58:48	
79	592	COLIN	WARDEN	M30-34	DERBY TRI CLUB		7:22	0:51	30:11	0:48	19:43	58:54	
80	549	MIKE	WHITEHEAD	M35-39			7:30	0:47	31:25	0:51	18:33	59:04	
81	518	AARON	RIGBY	M45-49	4 LIFE TRI		7:33	1:12	30:10	0:48	19:25	59:05	
82	378	ALEXANDER	KUPFER	M30-34			7:02	0:55	31:06	0:53	19:23	59:17	
83	425	JENNY	BOSMAN	F35-39			7:26	1:15	32:20	1:17	17:19	59:34	
84	623	JONATHAN	OVERMENT	M40-44	TRIATHLONCOACHING.UK.COM		6:42	1:06	30:42	1:10	20:00	59:39	
85	484	ALEX	CHAMBERS	M25-29			8:00	0:41	30:18	0:38	20:05	59:40	
86	441	DAVID	COX	M40-44			7:50	0:48	30:50	0:44	19:35	59:45	
87	593	XAVIER	LEUTHROT	M40-44	SHEFFIELD TRI CLUB		7:57	0:47	31:35	0:41	18:51	59:48	
88	467	PAUL	SCOTTING	M50-54	TFN		8:41	0:48	30:55	0:46	18:42	59:50	
89	464	MARK	JESZKE	M35-39			7:32	0:42	31:21	0:45	19:33	59:50	



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90	588	CHARLES	MUGGLESTONE	M15-19	BRAT			7:05	1:06	31:48	0:55	19:03	59:55	
91	331	JACK	MAKEPEACE	M20-24				7:44	1:03	33:02	0:53	17:18	59:59	
92	414	KEVIN	FOULSTON	M50-54	GRIMSBY TRI			9:01	0:42	30:06	0:47	19:28	1:00:02	
93	416	FELIX	LANGLEY	M30-34	SPA STRIDERS			8:48	0:53	31:52	0:56	17:35	1:00:03	
94	607	CHRIS	PITHEY	M25-29				6:26	1:12	30:38	1:01	20:51	1:00:05	
95	617	SIMON	WARD	M35-39				6:32	0:48	32:32	0:51	19:32	1:00:12	
96	297	KARL	BILTON	M40-44				7:18	1:18	29:17	0:57	21:32	1:00:20	
97	585	JULIE	LAMBOURNE	F50-54	TFN TRI CLUB			8:42	1:02	29:26	0:58	20:16	1:00:22	
98	403	ADAM	BAKER	M15-19	LINCOLN WELLINGTON ATHLETICS CLUB			7:12	1:00	33:51	0:52	17:30	1:00:24	
99	367	JAMES	GREGORY	M30-34				7:47	1:07	31:46	0:59	18:49	1:00:25	
100	462	CHRIS	DAVIES	M15-19	LINCOLN TRI			7:52	0:48	34:38	0:45	16:25	1:00:27	
101	369	JULIAN	HACKETT	M45-49	LEICESTER TRI CLUB			7:50	1:32	29:57	1:22	19:52	1:00:31	
102	381	PAUL	MASON-SMITH	M25-29				8:37	0:51	29:53	1:07	20:06	1:00:33	
103	358	MARK	EPTON	M40-44	TFN			9:41	1:11	29:17	1:06	19:26	1:00:39	
104	446	ALEX	HUGHES	M15-19	SOUTHWELL RUNNING CLUB			8:31	0:42	33:07	0:49	17:33	1:00:41	
105	421	ALEX	SISSONS	M35-39	NOTTINGHAMSHIRE POLICE			8:26	0:41	30:11	1:02	20:27	1:00:45	
106	566	JORDAN	BOAM	M15-19	MANSFIELD TRI			7:51	0:59	33:40	0:36	17:43	1:00:47	
107	624	NEIL	STEVENS	M25-29				7:06	0:55	32:08	1:02	19:45	1:00:54	
108	474	MATTHEW	REED	M40-44	SHEFFIELD TRI CLUB			8:25	0:44	32:33	0:51	18:25	1:00:57	
109	409	PAUL	AUBREY	M45-49	LINCOLN TRI			9:17	0:53	28:44	0:51	21:15	1:00:58	
110	281	MATT	COOPER	M30-34				10:27	0:59	30:05	1:04	18:32	1:01:05	
111	431	CHRIS	TRZCINSKI	M50-54	CHARNWOOD TRI CLUB			8:44	1:04	30:22	1:02	20:00	1:01:10	
112	512	KEIRAN	MULDOON	M35-39				7:48	0:53	32:07	0:49	19:35	1:01:11	
113	583	JAMES	MERRITT	M35-39				7:38	1:02	30:53	0:57	20:53	1:01:20	
114	606	JAMES	GRAHAM	M45-49	SPALDING TRI CLUB			6:59	0:55	31:15	1:08	21:05	1:01:21	
115	287	JAMES	MURRAY	M30-34				8:31	0:57	32:27	0:58	18:32	1:01:23	
116	489	ADAM	JOHNSTON	M30-34				7:53	1:00	32:54	0:49	18:52	1:01:27	
117	509	SIMON	MEADE	M50-54				8:02	0:46	32:25	0:46	19:33	1:01:31	
118	597	PAUL	MANINGTON	M30-34	ABSOLUTE TRI			7:47	1:08	33:09	0:43	18:47	1:01:31	
119	619	OLLIE	LORD	M35-39	RETFORD AC			7:02	0:47	31:39	0:42	21:24	1:01:31	
120	527	DAVID	GREENWOOD	M35-39				8:11	1:09	33:21	0:55	18:01	1:01:34	
121	473	ANDREW	KINSLEY	M25-29	RETFORD AC			7:44	1:33	32:35	1:22	18:33	1:01:46	
122	503	MARK	HOLLINGWORTH	M45-49				7:20	0:43	31:58	1:05	20:43	1:01:49	
123	636	MATT	WAKEFIELD	M35-39				6:18	0:52	34:18	0:50	19:38	1:01:53	
124	481	PAUL	FEATHERSTONE	M40-44				7:13	1:08	32:42	1:09	19:44	1:01:54	
125	517	RICHARD	PARRY	M40-44	TEAM MANVERS			8:44	0:51	31:20	0:48	20:14	1:01:55	
126	237	IAN	DENNANT	M25-29	LINCOLN TRI			7:11	0:57	34:11	0:56	18:44	1:01:57	
127	521	SHAUN	WOOD	M20-24				8:08	0:56	32:53	0:47	19:18	1:02:01	
128	584	SIMON	SHARP	M40-44				7:12	1:11	31:35	1:16	20:52	1:02:03	
129	384	ROB	PEARSON	M55-59	SHEFFIELD TRI CLUB			9:13	0:47	31:38	1:00	19:28	1:02:04	
130	548	MATT	WATERFIELD	M30-34	ABSOLUTE TRI			8:03	0:54	33:53	1:10	18:08	1:02:05	
131	428	DAVE	GATES	M55-59	LINCOLN TRI			7:52	0:50	29:45	1:04	22:38	1:02:07	
132	596	IAN	LLOYD	M50-54	SHEFFIELD TRI CLUB			7:23	1:06	32:11	0:51	20:42	1:02:12	
133	483	MARK	KEARNEY	M45-49				8:18	0:55	30:22	0:49	21:54	1:02:16	
134	333	GARRY	SIDDON	M40-44				9:10	0:46	30:49	0:48	20:47	1:02:17	



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135	500	AIMEE	STOCKER	F30-34	SPALDING TRI CLUB		9:08	0:52	31:06	0:49	20:26	1:02:19	
136	475	CLAIRE	MACKINDER	F25-29			8:06	0:45	32:33	0:42	20:19	1:02:24	
137	605	LYDIA	ADELIN	F30-34			7:37	0:51	31:38	0:47	21:34	1:02:25	
138	494	BEN	RICHARDS	M35-39	SPALDING TRI CLUB		8:39	1:55	31:17	1:13	19:23	1:02:25	
139	479	TOM	DREW	M45-49	SPALDING TRI CLUB		9:12	0:42	32:27	0:50	19:20	1:02:29	
140	531	RUDY	MAWER BELLINGHAM	M20-24	LEICESTER TRI CLUB		7:51	1:00	32:49	0:57	20:03	1:02:38	
141	373	KENNY	HUNTER	M40-44			8:43	1:13	34:21	0:41	17:44	1:02:40	
142	610	CATRIONA	WYNNE	F40-44	ABSOLUTE TRI		7:44	0:58	32:35	0:53	20:34	1:02:42	
143	469	RIC	DURRANT	M45-49	STAMFORD TRI CLUB		8:22	0:54	32:10	0:49	20:29	1:02:43	
144	470	KATY	JOHNSON	F25-29	STAMFORD TRI CLUB		8:05	0:40	33:43	0:46	19:33	1:02:46	
145	575	ELSIE	ROBERTS	F35-39	TFN TRI CLUB		8:27	0:59	33:11	1:15	18:58	1:02:48	
146	382	DOUGLAS	MCGRAGHAN	M35-39			9:11	1:03	32:59	1:00	18:42	1:02:53	
147	488	IAN	WILLIAMSON	M55-59			9:05	1:39	31:54	1:01	19:18	1:02:54	
148	569	ADAM	ROSE	M30-34	TEAM CANNING		6:51	1:10	31:50	1:19	21:48	1:02:56	
149	491	SAM	BROOMHEAD	M15-19			6:40	0:50	35:08	0:49	19:33	1:02:57	
150	591	JONATHAN	VEITCH	M30-34	TFN		7:28	1:02	32:58	0:44	20:57	1:03:07	
151	392	PADDY	TIGHE	M50-54			8:31	1:20	32:12	1:05	20:02	1:03:08	
152	292	PETER	WALKER	M50-54			9:55	0:53	28:29	1:35	22:18	1:03:08	
153	371	JAMES	HOPKINSON	M35-39			8:34	1:11	32:01	0:59	20:26	1:03:08	
154	599	CARL	HARRIS	M30-34	SUN CITY TRI		7:04	1:14	33:47	0:54	20:14	1:03:10	
155	329	MARK	BERRIDGE	M30-34	GI TRI		8:17	1:20	33:27	0:56	19:14	1:03:12	
156	478	CYMON	BUCKINGER	M40-44			9:26	1:19	30:09	1:18	21:04	1:03:13	
157	393	MICHAEL	TOWNEND	M45-49	CHARNWOOD TRI CLUB		8:52	0:58	29:59	1:07	22:23	1:03:16	
158	212	ANDREW	BROADHEAD	M35-39			8:41	1:00	36:59	0:35	16:03	1:03:17	
159	312	ROB	GILFOYLE	M40-44	LINCOLN TRI		9:44	1:01	29:13	1:12	22:10	1:03:18	
160	450	BRIDGET	BOOTH	F30-34	TEAM MANVERS		8:39	1:07	32:52	0:55	19:54	1:03:24	
161	547	MALCOLM	SULLIVAN	M45-49	TFN		7:53	1:13	32:18	0:54	21:11	1:03:27	
162	401	RICK	WOLVERSON	M30-34	TFN		8:01	1:22	33:58	1:18	18:59	1:03:36	
163	374	RICHARD	ISBISTER	M25-29	RAF TRI		9:26	1:32	33:06	0:59	18:40	1:03:41	
164	461	MICK	DAVENPORT	M50-54			8:12	1:26	32:06	1:15	20:44	1:03:41	
165	236	JAMES	BRITTEN	M40-44	BELVOIR TRIATHLON CLUB		10:05	1:03	31:53	0:53	19:50	1:03:42	
166	443	STUART	FAULKNER	M35-39	ABSOLUTE TRI		8:37	0:59	33:50	0:42	19:45	1:03:51	
167	356	ROB	DIXON	M45-49	SHEFFIELD TRI CLUB		10:01	1:07	31:08	1:02	20:37	1:03:52	
168	418	JIM	NYE	M40-44			8:15	0:45	32:38	0:52	21:24	1:03:52	
169	284	ALEX	SLEVIN	M30-34	GI TRI		8:55	1:33	32:54	0:51	19:43	1:03:53	
170	635	CHLOE	SCOTCHBROOK	F15-19	LEICESTER TRI CLUB		6:16	0:53	35:13	0:42	20:56	1:03:58	
171	177	JASON	MARSH	M40-44	GI TRI		8:14	1:01	31:50	1:33	21:25	1:04:00	
172	456	STEPHEN	SWABY	M35-39			8:49	0:51	33:06	0:51	20:26	1:04:02	
173	359	PHIL	EVANS	M25-29	BALANCED PERFORMANCE		8:25	1:03	31:24	1:17	21:54	1:04:02	
174	476	MICHAEL	STAINES	M55-59	SPALDING TRI CLUB		9:16	0:56	31:27	1:09	21:17	1:04:03	
175	269	CRAIG	TAYLOR	M30-34			10:14	1:06	33:28	0:53	18:30	1:04:09	
176	314	DEAN	MELBOURNE	M25-29			9:57	0:57	32:29	2:53	18:00	1:04:16	
177	513	DERRY	O'NEILL	M45-49	LINCOLN TRI		8:19	1:01	33:12	1:16	20:33	1:04:18	
178	413	CHRIS	BOTT	M40-44			9:14	1:44	31:05	1:05	21:13	1:04:18	
179	558	ALLAN	EDMONDSON	M35-39			7:10	0:51	34:43	0:51	20:51	1:04:24	



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180	590	JANE	SCOTT	F35-39			8:04	1:00	31:50	1:02	22:33	1:04:27	
181	342	SEAN	HUTCHINGS	M40-44	LOUTH TRIATHLON CLUB		9:20	1:22	32:31	0:56	20:23	1:04:30	
182	334	ANDREW	KITCHEN	M40-44	SHEFFIELD TRI CLUB		8:30	0:55	33:32	0:42	20:55	1:04:32	
183	620	EMMA	BECKWITH	F15-19	4 LIFE TRI		6:51	1:07	35:48	0:54	20:01	1:04:39	
184	539	STUART	WEIGHTMAN	M40-44	ABSOLUTE TRI		7:18	0:53	34:13	0:45	21:34	1:04:42	
185	465	GEMMA	IRVINE	F30-34			9:08	0:54	32:57	0:57	20:49	1:04:43	
186	304	JAMES	MCINTOSH	M35-39			8:35	1:25	32:09	1:06	21:32	1:04:44	
187	621	DANIEL	MOORE	M30-34	THE MASSIVE		7:19	1:21	30:46	0:56	24:28	1:04:48	
188	448	MARTIN	KING-SHEARD	M35-39	CARNEDDAU TRIATHLON CLUB		8:45	0:49	32:50	0:44	21:44	1:04:51	
189	92	ALFONSO	JIMENEZ	M35-39	PEDAL POWER-LOUGHBOROUGH		10:18	1:15	32:26	0:53	20:05	1:04:54	
190	299	CHRIS	FELLOWS	M25-29			8:50	1:09	33:18	0:55	20:44	1:04:55	
191	407	INNES	BOYD	M35-39	ARMY TRI		8:19	0:52	33:20	1:07	21:28	1:05:03	
192	46	ADAM	POOLE	M40-44	CAMBRIDGE AND COLERIDGE		9:01	2:07	33:27	1:27	19:04	1:05:05	
193	432	PAUL	BEATTIE	M50-54	GI TRI		8:57	1:09	31:58	1:26	21:39	1:05:07	
194	322	STEVE	SWALLOW	M45-49			9:32	0:56	31:17	1:04	22:22	1:05:08	
195	307	RICHARD	SMITH	M30-34			9:32	1:18	33:38	0:57	19:46	1:05:08	
196	317	ADAM	BRADLEY	M45-49			9:50	1:04	33:12	0:53	20:11	1:05:08	
197	451	PAUL	MCCANNAH	M30-34			8:14	1:06	34:02	0:48	21:00	1:05:10	
198	486	GARY	MARTIN	M40-44	GRIMSBY TRI		8:59	0:58	32:43	0:54	21:39	1:05:11	
199	308	PHIL	WALKER	M40-44	LINCOLN TRI		8:53	1:01	33:35	0:58	20:51	1:05:16	
200	449	DARREN	LIDDELL	M35-39			8:57	0:52	32:45	0:42	22:02	1:05:16	
201	253	ROSS	CLARKE	M30-34			9:08	1:18	33:46	1:11	19:57	1:05:18	
202	408	IAN	WINGFIELD	M40-44			8:09	1:01	32:51	1:18	22:08	1:05:25	
203	415	MICHELLE	YATES	F40-44	T.F.N		8:26	1:21	33:21	1:10	21:12	1:05:29	
204	498	SIMON	WHITMAN	M40-44	ABSOLUTE TRI		9:08	1:12	32:05	1:08	21:59	1:05:30	
205	472	SIMON	GILBY	M35-39			8:58	1:53	33:11	1:06	20:25	1:05:32	
206	557	RICHARD	BROOKS	M30-34			7:37	1:22	34:18	1:23	20:59	1:05:38	
207	372	MARK	HORNSEY	M35-39			9:38	1:08	34:08	0:47	19:59	1:05:38	
208	164	MARTIN	DONE	M50-54			8:23	1:49	33:28	1:31	20:30	1:05:39	
209	471	IAN	RAYNS	M25-29			8:08	0:59	32:54	0:45	22:57	1:05:42	2 Min Drafting Penalty Added
210	274	ANDREW	CLARK	M40-44	LINCOLN TRI		9:10	0:39	32:41	0:40	22:35	1:05:43	
211	349	MICHAEL	BEAMAN	M40-44			10:41	1:15	33:01	1:03	19:47	1:05:44	
212	182	DANNY	ROSE	M45-49			10:29	1:55	29:47	1:06	22:34	1:05:50	
213	319	ANDREW	SOUTHGATE	M45-49			9:03	0:43	34:07	0:52	21:09	1:05:51	
214	550	ROS	GOATLY	F40-44	PACTRAC		8:12	0:59	33:38	1:09	21:56	1:05:52	
215	315	BEX	WAGER	F30-34	MANSFIELD TRI		9:54	1:16	32:50	1:13	20:45	1:05:57	
216	266	MATT	NASH	M25-29			8:58	1:05	35:01	0:50	20:11	1:06:04	
217	439	STEPHEN	CHESTERFIELD	M50-54			8:43	1:05	31:49	0:54	23:37	1:06:06	
218	625	HELEN	CROSSLEY	F40-44	BPL BASSETLAW TRI CLUB		6:46	1:00	34:21	1:00	23:02	1:06:07	
219	278	ANDY	WEBB	M60+			10:18	1:00	33:33	1:09	20:15	1:06:13	
220	298	STEVEN	BLOCKLEY	M30-34			10:23	1:09	34:33	1:04	19:07	1:06:14	
221	424	PAUL	RICHARDSON	M30-34	BARROW RUNNERS		8:29	1:05	35:11	1:07	20:25	1:06:15	
222	410	CHARLOTTE	WILLIAMSON	F40-44	LINCOLN TRI		9:05	0:58	33:16	0:53	22:08	1:06:19	
223	354	CALLUM	DICKINSON	M40-44			8:37	1:15	33:52	0:38	22:06	1:06:26	
224	309	ADRIAN	WHEATLEY	M40-44	BALANCED PERFORMANCE		9:53	0:59	33:06	1:03	21:29	1:06:27	



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225	209	DUNCAN	WORRELL	M40-44			10:41	1:54	34:00	0:48	19:12	1:06:32	
226	326	JOHN	WILLIAMSON	M55-59	TEAM TIMMY/LINCOLN TRI		9:16	1:12	32:36	0:51	22:43	1:06:36	
227	223	RICHARD	CONWAY	M45-49	LOUTH TRIATHLON CLUB		9:38	1:19	34:47	0:57	20:00	1:06:40	
228	166	SIMON	DRURY	M30-34			9:07	1:41	33:33	1:12	21:15	1:06:46	
229	254	NEIL	EMERY	M45-49			9:35	1:13	35:32	0:56	19:32	1:06:48	
230	204	MARTIN	WOOD	M55-59	LINCOLN TRI / LINCOLNSHIRE POLICE		11:14	0:45	33:31	0:56	20:25	1:06:49	
231	7	MARK	RUHIER	M45-49	LOUTH TRIATHLON CLUB		9:25	1:14	34:37	1:18	20:18	1:06:50	
232	519	GREGORY	SLANN	M20-24			8:16	1:37	33:40	0:59	22:22	1:06:51	
233	207	NIGEL	EASTAUGH	M50-54			9:13	1:03	33:20	1:20	22:09	1:07:02	
234	302	SIMON	HORNSBY	M35-39			8:39	0:45	34:22	0:58	22:20	1:07:02	
235	507	DAVID	MATTHEWMAN	M30-34	CHARNWOOD TRI CLUB		7:48	0:51	33:10	0:49	24:28	1:07:04	
236	524	CHRIS	EARL	M35-39	SHEFFIELD TRI CLUB		8:05	0:45	34:44	0:46	22:53	1:07:11	
237	289	JOHN	HELLIWELL	M60+	ADWICK TRI		10:13	0:54	33:47	1:14	21:09	1:07:15	
238	203	STEVEN	WHITE	M25-29			8:47	1:17	33:54	1:15	22:06	1:07:17	
239	361	CARL	FENTON	M40-44	ADWICK TRI		9:59	1:39	33:04	1:19	21:19	1:07:18	
240	545	LIZ	FLEUTY	F40-44	LINCOLN TRI		8:30	0:58	34:30	1:00	22:21	1:07:18	
241	540	PAMELA	DUTTON	F55-59	ABSOLUTE TRI		8:31	0:59	34:14	1:08	22:33	1:07:23	
242	490	LUCIE	WAINWRIGHT	F35-39	RACING TNT		7:59	1:14	34:54	1:06	22:14	1:07:25	
243	387	PAUL	ROSILLO	M45-49			8:58	1:45	34:33	0:39	21:32	1:07:25	
244	183	MATT	ROWLANDS	M30-34			9:34	1:13	35:21	0:52	20:30	1:07:28	
245	368	BEN	GULVIN	M25-29			8:43	1:48	34:36	1:01	21:25	1:07:30	
246	480	LUCY	SAXELBY	F35-39	TFN		9:03	1:18	34:04	1:10	21:59	1:07:33	
247	412	SIMON	BINGHAM	M40-44			8:53	1:10	33:42	0:55	22:57	1:07:35	
248	294	SIMON	ATKIN	M40-44			9:10	0:41	33:17	0:58	23:36	1:07:40	
249	336	ANDREW	SCOTHERN	M40-44			9:33	0:40	35:03	0:53	21:36	1:07:43	
250	324	DAVID	JACKSON	M35-39			9:19	1:50	36:14	1:02	19:24	1:07:47	
251	220	LOUISE	KELLY	F25-29			9:25	2:12	34:33	1:13	20:30	1:07:50	
252	492	ALAN	BAIRD-SMITH	M25-29			7:21	1:04	34:44	1:00	23:44	1:07:52	
253	234	RUSSELL	CLARKE	M45-49	FORMULA ONE		9:51	1:32	32:52	1:30	22:11	1:07:53	
254	339	ANDREW	BLACKBURN	M45-49	LINCOLNSHIRE FIRE & RESCUE		8:34	0:56	35:07	1:10	22:12	1:07:56	
255	276	JULIAN	BEAVIS	M45-49	SPALDING TRI CLUB		10:35	0:52	32:31	0:53	23:11	1:08:01	
256	332	OLIVER	PRITCHARD	M45-49			9:10	1:18	34:32	1:07	21:59	1:08:03	
257	529	SCOTT	LANE	M35-39	RETFORD		7:48	1:04	35:33	0:54	22:47	1:08:05	
258	341	DEAN	LILEY	M45-49			9:38	1:25	34:19	1:08	21:37	1:08:05	
259	273	ANDREW	BOOKER	M45-49			9:26	1:20	33:01	1:05	23:18	1:08:07	
260	352	CHRISTOPHER	CLARKE	M40-44	SPIRIT SPORT KARATE KICKBOXING		8:53	1:27	34:39	1:08	22:01	1:08:07	
261	316	LEE	SIMMONITE	M40-44			9:01	1:19	33:57	0:55	22:57	1:08:08	
262	435	JO	WATTS	F35-39	ABSOLUTE TRI		8:35	0:56	34:55	1:04	22:41	1:08:08	
263	8	WILL	FENNING	M35-39			9:07	1:37	33:36	1:51	22:01	1:08:10	
264	228	IAN	SCOTT	M40-44			9:24	1:12	31:42	1:01	24:54	1:08:10	
265	313	PAUL	LOGAN	M35-39			9:52	1:12	32:52	0:58	23:21	1:08:12	
266	454	JOHN	STEVENSON	M30-34			8:54	1:16	34:53	1:23	21:48	1:08:12	
267	259	RYON	ISHFAQ	TEAM		TEAM ISHFAQ	13:25	0:56	31:47	1:25	20:43	1:08:14	
268	143	ROBERT	KALISIAK	M30-34			9:27	2:17	35:10	1:22	20:01	1:08:15	
269	510	DIANE	PARPERIS	F45-49	STAMFORD TRI CLUB		9:23	1:12	33:10	0:53	23:42	1:08:19	



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270	321	DANIEL	WILSON	M40-44	MANSFIELD TRI		10:09	0:54	35:12	1:04	21:04	1:08:20
271	429	ARNOUT	ANDREWS	M45-49	ABSOLUTE TRI		8:35	1:40	31:57	1:11	25:02	1:08:23
272	344	JULIO	REBOLLAR	M30-34			7:48	1:34	37:21	2:04	19:45	1:08:30
273	396	ANDY	WALKER	M35-39			7:48	2:10	37:27	0:52	20:19	1:08:34
274	528	ANTONY	JOHNSON	M30-34			7:46	1:21	34:11	1:21	23:59	1:08:35
275	555	EMMA	ROWLINSON	F25-29	CHARNWOOD TRI CLUB		8:10	1:18	37:46	1:26	19:57	1:08:36
276	208	RICHARD	BARNFATHER	M40-44			7:58	1:21	36:14	0:40	22:25	1:08:37
277	460	CLAIRE	HEWITT	F40-44			7:59	1:11	34:28	0:58	24:07	1:08:41
278	270	CLAIRE	ETCHES	F40-44			9:30	1:53	34:09	1:11	22:06	1:08:46
279	458	SIMON	VICKERY	M20-24			7:30	1:29	36:12	0:49	22:50	1:08:48
280	508	ANDY	MCKIBBIN	M25-29			8:06	1:41	37:12	1:34	20:21	1:08:51
281	543	KARL	DONAGHEY	M40-44			9:20	1:12	35:35	0:53	21:55	1:08:52
282	552	MARK	NEEDHAM	M50-54			7:48	1:14	34:54	0:52	24:07	1:08:53
283	235	KAREN	NIX	F30-34			9:34	1:01	35:51	1:14	21:17	1:08:56
284	436	BRUCE LEE	NAYLOR	M55-59	SAS SWIMMING CLUB EPWORTH		8:16	1:05	33:00	1:08	25:31	1:08:57
285	570	TRACY	MARTIN	F50-54	NUFFILED HEALTH		8:12	1:02	36:02	0:56	22:51	1:09:00
286	202	TIM	TANNER	M45-49			9:01	1:43	35:07	1:33	21:48	1:09:08
287	31	MARTIN	BOTTOMLEY	M45-49			11:11	1:30	33:10	1:23	21:58	1:09:11
288	351	WILL	BELL	M20-24	NU TRI		10:47	1:12	34:05	1:06	22:03	1:09:11
289	551	NICK	WARD LOWERY	M45-49			7:21	1:26	35:31	1:16	23:48	1:09:19
290	106	VINCENT	HARLIN	M45-49	BELPER TEN TWENTY TRI CLUB		11:30	2:36	34:29	1:29	19:17	1:09:19
291	430	JANE	BIRKETT	F35-39			8:33	1:49	36:27	1:10	21:28	1:09:24
292	127	PAUL	TURNILL	M25-29			9:40	2:07	34:27	1:36	21:41	1:09:29
293	128	DAVID	WATT	M50-54	NOTFAST		9:54	1:19	36:07	1:12	21:01	1:09:30
294	150	MARTHA	LAXTON-KANE	F40-44	MILLTOWN MILERS		10:33	1:16	36:54	0:44	20:11	1:09:35
295	399	PAUL	WHITNEY	M35-39			9:31	1:32	34:29	1:29	22:35	1:09:35
296	91	PHIL	HUTCHINSON	M40-44	LEEDS & BRADFORD TRI		12:01	0:53	33:58	1:31	21:19	1:09:41
297	241	DAMON	HEDGES	M40-44			9:25	1:21	35:41	1:13	22:04	1:09:42
298	246	PETER	BARR	M25-29	RETFORD AC		9:01	2:10	37:21	2:38	18:34	1:09:42
299	391	IAN	SMITH	M40-44	WAKEFIELD TRI CLUB		9:58	1:35	36:30	1:20	20:24	1:09:45
300	217	TIM	LUPTON	M35-39			9:43	1:53	34:10	1:06	22:57	1:09:46
301	530	MICHELLE	BUTLER	F40-44			8:22	1:12	36:32	1:32	22:13	1:09:49
302	389	RICHARD	SHEARD	M40-44			9:13	1:25	34:42	1:01	23:37	1:09:55
303	337	JOE	FREEMAN	M30-34			9:27	1:41	37:13	1:17	20:20	1:09:56
304	419	CLIVE	HAYWARD	M60+	ABSOLUTE TRI		8:36	0:57	37:45	1:04	21:37	1:09:57
305	522	CRAIG	BARROWCLIFFE	M30-34			8:01	0:56	33:35	0:49	26:46	1:10:05
306	445	SARAH	ALTON	F45-49	SHEFFIELD TRI CLUB		8:44	1:14	36:17	1:23	22:31	1:10:07
307	303	JOHN	JOYCE	M55-59			10:29	1:20	34:18	1:16	22:47	1:10:08
308	193	THOMAS	ATHERTON	M25-29			10:44	1:26	37:24	1:06	19:33	1:10:11
309	440	JANE	OWEN	F50-54			8:40	1:03	36:23	1:02	23:06	1:10:12
310	42	JONATHAN	MILNE	M30-34			9:08	1:29	35:31	0:56	23:15	1:10:16
311	433	RICK	CASELL	M35-39			8:22	1:45	37:22	0:43	22:16	1:10:25
312	152	SIMON	JONES	M40-44	BALANCED PERFORMANCE		10:52	1:19	36:17	0:40	21:20	1:10:26
313	232	SIMON	MOSS	M45-49			11:10	1:21	33:51	1:15	22:54	1:10:29
314	380	KATHERINE	GILBERT	F30-34			8:59	0:58	37:04	1:11	22:25	1:10:35



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315	376	KEVIN	JACKSON	M35-39			8:28	1:50	36:50	0:43	22:53	1:10:41	
316	493	ANDY	BROOKE	M30-34	DERBY TRI CLUB		9:12	2:01	37:18	1:06	21:06	1:10:41	
317	257	TONY	FOREMAN	M50-54	MANSFIELD TRI		12:54	1:23	34:08	1:23	21:01	1:10:47	
318	353	FRASER	CLARKE	M25-29			9:26	1:12	36:18	1:06	22:50	1:10:50	
319	138	JOHN	ASHBY	M35-39	BARROW RUNNERS		10:24	2:06	37:43	1:16	19:27	1:10:54	
320	229	STEVE	ROBINSON	M50-54	LINCOLN TRI		9:33	0:53	35:24	0:49	24:21	1:10:58	
321	180	ALYSON	WILE	F35-39	ABSOLUTE TRI		11:37	1:18	36:41	1:07	20:37	1:11:19	
322	388	SIMON	SHARP	M40-44	LOUTH TRIATHLON CLUB		8:53	0:51	35:50	1:09	24:41	1:11:21	
323	455	RACHAEL	BUDD	F25-29	CHARNWOOD TRI CLUB		8:44	1:09	36:50	0:51	23:49	1:11:21	
324	277	DAVID	LEE	M50-54			9:17					1:11:25	
325	383	SIMON	PARSONS	M45-49	4 LIFE TRI		8:36	1:21	38:10	0:58	22:23	1:11:26	
326	18	ROBERT	PEARSON	M25-29			12:55	1:53	36:14	0:38	19:49	1:11:26	
327	77	MARTYN	JENKINS	M40-44	LINCOLN TRI		9:56	1:52	36:15	0:52	22:38	1:11:30	
328	131	SIMON	BADLEY	M45-49			9:37	1:53	38:10	0:59	20:54	1:11:31	
329	366	HOWARD	GOULBOURNE	M40-44	LINCOLN VELO		11:36	1:04	33:23	1:01	24:35	1:11:37	
330	190	TESSA	LANGLEY	F25-29	VC BREAD & BITTER		10:26	1:02	34:56	0:58	24:22	1:11:42	
331	25	ALISON	JENKINS	F35-39	LINCOLN TRI		12:59	1:06	35:49	0:43	21:11	1:11:47	
332	84	RACHEL	NEEDHAM	F20-24	GI TRI		9:27	1:31	39:20	0:59	20:35	1:11:50	
333	227	CARL	HUGHES	M45-49			10:44	1:35	35:37	1:17	22:40	1:11:52	
334	565	BEV	HENDLEY	F50-54			8:17	1:04	37:30	1:11	23:58	1:11:57	
335	275	JOANNE	HOWETT	F40-44	BELPER TEN TWENTY TRI CLUB		9:51	1:57	38:34	1:00	20:39	1:11:59	
336	251	JAMES	BRAVANT	M35-39	TEAM CANNING		9:24	3:18	34:42	1:35	23:05	1:12:02	
337	137	MARK	DOUGHTY	M35-39			11:07	1:28	35:02	1:12	23:17	1:12:04	
338	272	MARTIN	BARRACLOUGH	M25-29			9:35	1:03	35:33	1:38	24:18	1:12:06	
339	608	KIERAN	EASON	M30-34	BURNTWOOD TRIATHLON CLUB		7:49	1:36	37:33	0:53	24:20	1:12:09	
340	535	ANGELA	MCGILL	F40-44	SPALDING TRI CLUB		8:20	1:03	36:36	1:55	24:19	1:12:11	
341	231	KENETH	HOLMES	M25-29			9:36	1:33	38:22	1:06	21:40	1:12:15	
342	411	JOHN	MAHER	M45-49	BPL BASSETLAW TRI CLUB		9:14	0:57	36:35	1:13	24:21	1:12:18	
343	360	REBECCA	BROOKS	F30-34			9:24	1:25	37:10	1:21	23:03	1:12:21	
344	161	CHRIS	CHADWICK	M40-44			10:08	1:12	36:24	1:16	23:26	1:12:23	
345	239	RICHARD	STUART	M40-44	LOUTH TRIATHLON CLUB		11:13	0:57	36:42	1:00	22:33	1:12:24	
346	506	ROB	MARRIOTT	M40-44			10:12	1:29	39:08	1:16	20:26	1:12:28	
347	268	DALE	SWAIN	M45-49	MANSFIELD TRI		10:36	1:06	35:20	1:16	24:16	1:12:32	
348	247	SHAUN	BELLAMY	M40-44			10:21	2:09	37:39	0:55	21:35	1:12:38	
349	169	DAMON	HAMMOND	M40-44			10:34	1:59	37:30	0:54	21:45	1:12:40	
350	238	HAMISH	MCCONCHIE	M45-49			10:53	1:23	37:09	0:43	22:34	1:12:41	
351	398	SAMUEL	WARD	M35-39			7:20	1:12	38:21	1:09	24:42	1:12:42	
352	427	JULIAN	EVANS	M35-39			8:56	1:39	36:09	1:26	24:39	1:12:47	
353	179	MAURICE	NEEDOFF	M55-59	ABSOLUTE TRI		11:52	1:18	36:47	1:03	21:48	1:12:47	
354	147	DAVE	HARRIS	M50-54			12:00	1:03	35:49	1:11	22:48	1:12:50	
355	306	TONY	MORAN	M50-54			9:14	1:50	39:07	1:35	21:07	1:12:50	
356	27	MATTHEW	BAILEY	M30-34			10:58	1:27	31:13	1:25	27:51	1:12:51	
357	242	PHIL	TETLEY	M35-39			9:57	1:19	35:13	1:15	25:11	1:12:52	
358	325	CLAIRE	DUFFIN	F40-44	RIPLEY RUNNING CLUB		9:26	1:25	37:08	1:03	23:53	1:12:52	
359	68	IAN	SMITH	M45-49	LOUTH TRIATHLON CLUB		11:30	1:28	37:14	0:54	21:53	1:12:57	





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360	141	ROBERT	DAVIES	M45-49			10:06	2:14	34:05	1:50	24:49	1:13:02	
361	88	SIMON	HURT	M50-54			11:14	1:42	35:18	1:09	23:43	1:13:04	
362	338	JAMIE	PARR	M40-44			8:34	2:05	34:47	1:23	26:21	1:13:09	
363	121	ANDREW	SMITH	M30-34			10:17	2:06	38:55	1:02	20:57	1:13:15	
364	181	ROBERT	PECK	M30-34			11:02	2:09	38:21	0:50	20:55	1:13:16	
365	155	SHARON	BARTON	F35-39	MANSFIELD TRI		11:14	1:32	36:08	1:10	23:17	1:13:19	
366	129	SARAH	WHEARITY	F30-34			10:23	1:54	36:53	1:23	22:52	1:13:23	
367	100	LOIS	MCCARTAN	F30-34	RACING TNT		10:58	2:10	39:51	0:47	19:43	1:13:26	
368	210	LOUISE	GEORGE	F45-49	ABSOLUTE TRI		10:36	1:37	34:24	1:01	25:51	1:13:27	
369	252	ANDREW	CARR	M40-44			9:46	1:02	36:41	1:20	24:49	1:13:34	
370	206	MATT	GREEN	M15-19			8:36	1:40	39:52	0:47	22:57	1:13:50	
371	199	IAN	SACKREE	M40-44			11:25	1:45	36:39	1:31	22:37	1:13:57	
372	187	DENIS	SHERWOOD	M35-39			12:11	1:42	36:19	1:53	22:01	1:14:04	
373	404	MIKE	BELL	M35-39			10:53	1:00	36:48	1:17	24:08	1:14:04	
374	148	CHRISTOPHER	GARNHAM	M30-34			10:42	1:47	37:25	1:52	22:20	1:14:05	
375	171	RORRY	HEAD	M15-19			9:26	1:23	37:32	1:00	24:53	1:14:13	
376	53	ANDREW	BRADLEY	M40-44	REDHILL ROAD RUNNERS		8:58	2:37	35:05	1:25	26:12	1:14:14	
377	587	ROB	MUGGLESTONE	M45-49	BIRMINGHAM RUNNING ATHLETICS AND TRIATHLON CLUB		8:19	1:06	37:22	1:05	26:26	1:14:17	
378	459	NICOLA	COX	F25-29			9:03	1:34	38:33	1:07	24:02	1:14:17	
379	397	PETER	WALLIS	M30-34			10:02	2:06	40:25	1:07	20:40	1:14:18	
380	185	EMMA	SMITH	F40-44	VEGETARIAN CYCLING & ATHETIC CLUB		10:34	1:20	37:14	1:06	24:12	1:14:24	
381	346	DAVID	LEACH	M35-39			10:32	2:01	36:43	1:19	23:56	1:14:28	
382	32	ANTONY	CANTRILL	M40-44			10:53	1:54	37:55	1:34	22:22	1:14:38	
383	215	ANDREA	HULETT	TEAM	WIGSTON PHOENIX RUNNING CLUB		8:46	1:29	38:51	0:45	24:51	1:14:40	
384	267	ADAM	ROWLAND	M45-49			12:47	1:54	37:40	1:08	21:18	1:14:45	
385	580	KATE	HOPKINSON	F35-39	CABSC		7:33	1:24	38:24	1:23	26:05	1:14:47	
386	340	CAROL	O'CONNOR	F45-49	WAKEFIELD TRI CLUB		10:16	1:08	36:57	1:25	25:07	1:14:51	
387	285	EMMA	ALLDREAD	F35-39			7:39	0:58	40:39	0:50	24:47	1:14:51	
388	189	ROBERT	STRINGER	M35-39			12:58	1:41	36:07	1:18	22:50	1:14:52	
389	365	ALISON	WRIGHT	F50-54			10:02	1:27	38:01	1:01	24:25	1:14:54	
390	172	SIMON	HITCHCOX	M25-29			11:32	1:35	38:07	0:54	22:52	1:14:58	
391	66	STUART	ASHMORE	M35-39			12:09	1:05	37:43	1:39	22:32	1:15:05	
392	198	GLENN	RAVEN	M55-59			12:07	2:14	36:34	1:30	22:50	1:15:13	
393	162	KYLE	CLOUGH	M40-44			9:15	1:25	40:00	0:47	23:51	1:15:15	
394	262	SCOTT	MARSHALL	M40-44	ABSOLUTE TRI		10:01	1:32	37:42	1:21	24:46	1:15:20	
395	310	KAJSA	TYLEN	F35-39			9:37	1:26	39:57	1:04	23:20	1:15:22	
396	323	KEITH	DUNKINSON	M45-49			8:40	2:03	37:21	1:15	26:05	1:15:22	
397	515	EMMA	OWEN	F35-39			9:32	1:24	39:47	1:22	23:20	1:15:24	
398	505	JULIA	HAYES	F40-44	ABSOLUTE TRI		9:21	1:29	38:59	0:58	24:41	1:15:25	
399	186	MARK	RYAN	M30-34	MANSFIELD TRI		10:46	1:13	38:46	1:17	23:33	1:15:32	
400	120	HEATHER	SUTTON	F25-29			9:44	2:17	39:48	0:58	22:57	1:15:41	
401	280	ALEX	MACKENZIE	F25-29			9:21	1:45	39:44	1:05	23:54	1:15:48	
402	82	SCOTT	ARMSTRONG	M35-39			12:08	1:59	38:34	1:31	21:39	1:15:49	
403	320	SARAH	WILLIAMS	F30-34			9:33	1:51	40:24	0:44	23:22	1:15:53	
404	61	CRAIG	SMITH	M25-29			13:05	1:55	35:50	0:53	24:13	1:15:53	



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405	335	SUSAN	BEDFORD	F40-44			9:35	1:19	37:13	1:10	26:40	1:15:55	
406	537	NICK	BRODIE	M40-44			8:42	1:52	42:38	0:55	21:50	1:15:55	
407	191	LAURENCE	SUGARMAN	M45-49	BALANCED PERFORMANCE		9:43	2:33	38:52	1:26	23:29	1:16:00	
408	224	JAMIE	SHORTLAND	M20-24			10:36	2:11	37:12	1:07	24:56	1:16:00	
409	197	CHRIS	PAGE	M25-29			8:41	1:44	41:05	1:12	23:28	1:16:07	
410	405	HEIDI	FIELDER	F40-44			9:00	0:44	38:13	0:49	27:25	1:16:09	
411	444	MARK	HERD	M45-49	MANSFIELD TRI		8:40	1:45	38:21	1:57	25:32	1:16:13	
412	243	CHRIS	ARCHER	M25-29			10:03	2:07				1:16:21	
413	158	MICHAEL	BUTTERICK	M40-44			9:56	2:09	39:23	1:07	23:54	1:16:28	
414	347	MATTHEW	STURT	M40-44	ABSOLUTE TRI		10:51	1:23	38:34	1:29	24:14	1:16:29	
415	300	TRACEY	LACK	F45-49	TFN		9:32	2:30	41:58	1:29	21:06	1:16:33	
416	216	DAMIAN	EDDYSHAW	M35-39			11:28	1:40	37:45	1:03	24:41	1:16:35	
417	362	JOHN	FLAHERTY	M30-34			9:49	1:36	36:30	1:24	27:19	1:16:36	
418	36	EDWARD	DRING	M35-39			10:09	1:24	39:29	1:10	24:27	1:16:37	
419	370	OLIVIA	CULL	F35-39			9:26	1:06	40:56	1:01	24:09	1:16:37	
420	330	LOUISE	RIGHTON	F40-44			10:23	1:27	37:43	1:35	25:31	1:16:37	
421	244	ADAM	BAILEY	M40-44			10:15	1:11	37:31	1:32	26:12	1:16:38	
422	130	CLAIRE	CLOUGH	F35-39			11:20	1:18	39:43	1:34	22:51	1:16:45	
423	305	GAIL	PHILLIPS	F40-44			9:56	1:22	33:07	1:06	31:20	1:16:48	
424	560	ROSALIND	COOPER	F15-19			7:23	1:40	42:22	0:38	24:50	1:16:50	
425	250	BARBARA	RUSLING	F50-54	SHEFFIELD TRI CLUB		11:34	1:40	40:38	1:25	21:36	1:16:53	
426	102	SIMON	WOOD	M45-49			11:44	2:46	38:08	0:50	23:39	1:17:05	
427	101	ANTHONY	WOOD	M40-44			12:45	1:24	36:32	1:19	25:06	1:17:05	
428	145	GEORGINA	BESTWICK	F35-39			10:00	2:04	39:25	1:18	24:23	1:17:06	
429	261	RAY	BLACK	M45-49			9:08	1:26	36:30	1:39	28:26	1:17:07	
430	301	WILLIAM	HILL	M40-44			9:17	2:07	39:38	1:08	25:03	1:17:11	
431	109	BETHAN	HARGRAVE	F40-44			11:13	1:27	39:11	1:12	24:12	1:17:12	
432	37	DREW	FENN	M30-34			12:00	2:00	37:13	0:54	25:07	1:17:12	
433	110	SHARON	KITCHEN	F45-49			10:33	1:28	39:37	0:48	24:51	1:17:15	
434	400	RUTH	WILLOTT	F35-39	ABSOLUTE TRI		9:17	1:33	36:01	1:46	28:43	1:17:19	
435	214	GLEN	SWAIN	M45-49	LOUTH TRIATHLON CLUB		11:07	1:53	41:59	0:46	21:38	1:17:20	
436	157	LEE	BUCHANAN	M35-39			10:10	2:26	39:42	1:36	23:32	1:17:24	
437	78	ANDY	LEES	M40-44	BALANCED PERFORMANCE		10:32	1:56	41:07	1:21	22:38	1:17:32	
438	327	SIMON	DOWN	M35-39			10:51	2:29	37:00	1:27	25:53	1:17:37	
439	240	TREENA	PHILPOTTS	F40-44			10:15	1:14	40:18	0:50	25:04	1:17:39	
440	44	LEONA	SCURR	F35-39			11:11	3:18	39:26	1:09	22:41	1:17:43	
441	113	ANTHONY	RILEY	M40-44			11:38	0:40	40:16	0:41	24:29	1:17:43	
442	437	MIKE	THOMAS	M30-34	LINCOLN TRI		9:25	1:06	42:10	0:59	24:05	1:17:44	
443	482	CHRIS	JOHNSON	M35-39	BPL BASSETLAW TRI CLUB		7:59	1:28	44:17	0:58	23:06	1:17:46	
444	225	PENNY	KNIGHT	F40-44	ABSOLUTE TRI		9:38	1:18	42:22	0:51	23:40	1:17:47	
445	233	THOMAS	ROBINSON	M25-29	LINCOLN TRI		9:25	1:33	41:40	1:03	24:19	1:17:58	
446	16	TOM	JELPKE	M15-19			11:46	2:39	40:04	1:02	22:47	1:18:15	
447	420	HEATHER	MORRIS	TEAM		BELPER BELLES	9:06	0:51	39:16	0:44	28:26	1:18:22	
448	94	SUSIE	PETERS	F45-49			9:24	2:05	43:48	0:58	22:13	1:18:27	
449	184	SIMON	THAKE	M35-39			8:32	1:36	45:45	0:49	21:49	1:18:29	



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450	364	PETER	GILLESPIE	M50-54	REDHILL ROAD RUNNERS		15:13	3:02	39:16	0:51	20:12	1:18:32	
451	67	PAUL	WARD	M40-44			11:11	1:12	40:50	0:55	24:26	1:18:32	
452	248	JOSEPH	BENDER	M15-19			9:47	1:54	43:01	1:32	22:20	1:18:33	
453	90	ALLYSON	WEIGHTMAN	F40-44	ABSOLUTE TRI		12:39	1:14	40:21	0:48	23:37	1:18:36	
454	107	JOHN	ARMSTRONG-PRIOR	M40-44	ESENDEX		10:57	2:41	38:21	1:34	25:05	1:18:36	
455	71	RYAN	SMITH	M25-29			12:15	1:42	39:13	1:04	24:34	1:18:45	
456	99	ZOE	YEOMANS	F30-34	STOURBRIDGE RC		11:36	1:37	41:58	1:00	22:40	1:18:48	
457	345	LINDSEY	STUART	F40-44	LOUTH TRIATHLON CLUB		10:42	0:58	39:48	1:04	26:21	1:18:51	
458	93	ANDREW	LANGDALE	M45-49			12:28	1:44	38:39	2:00	24:05	1:18:54	
459	263	COLIN	MATTHEWMAN	M55-59			9:35	2:29	38:59	1:48	26:26	1:19:16	
460	255	VICTORIA	SAMPLE	F35-39			9:45	1:42	41:12	2:18	24:24	1:19:20	
461	108	MICHAEL	DUNMORE	M40-44			9:17	1:50	40:23	1:30	26:29	1:19:27	
462	41	DAVID	WEBB	M20-24			9:39	1:26	42:24	1:23	24:40	1:19:29	
463	146	IAN	CAREY	M35-39			12:17	2:12	41:10	1:12	22:42	1:19:31	
464	595	KATE	O'CONNOR	F25-29	ABSOLUTE TRI		8:01	1:42	41:41	1:31	26:39	1:19:32	
465	122	SIMON	THACKERAY	M40-44	RACING TNT		10:50	1:49	38:51	1:25	26:43	1:19:35	
466	194	PAUL	DUNCAN	M60+	LINCOLN TRI/DUNSTON DUCKS		11:46	1:44	37:59	1:29	26:51	1:19:46	
467	283	WAYNE	HARVEY	M35-39			9:13	1:29	41:26	1:02	26:41	1:19:49	
468	140	SIOBHAN	HUGHES	F40-44	GI TRI AND TRAC		11:01	2:03	38:22	1:33	26:57	1:19:54	
469	83	BRIAN	WALDER	M55-59			10:37	2:27	41:10	1:42	24:03	1:19:56	
470	311	ASHLEY	BARWICK	M40-44			9:41	1:47	41:44	0:51	26:22	1:20:23	
471	118	MICHEAL	LANCASTER	M45-49			9:38	2:57	41:41	1:07	25:08	1:20:28	
472	132	DAN	WILKINSON	M35-39	RACING TNT TRIATHLON TEAM		10:08	1:41	38:23	1:28	28:51	1:20:30	
473	363	JAMES	FRANCO	M35-39	BELPER TEN TWENTY TRI CLUB		8:14	2:18	38:33	1:53	29:35	1:20:31	
474	1	PETER	BODDY	M45-49			18:42	2:08	35:55	1:19	22:30	1:20:33	
475	222	MICHAEL	CLARK	M60+			11:35	1:40	39:03	0:49	27:39	1:20:44	
476	144	LEANNE	MCHUGH	F35-39			10:01	2:13	40:57	1:28	26:12	1:20:49	
477	350	STEPHANIE	BARLOW	F25-29			12:45	1:29	42:38	0:45	23:14	1:20:50	
478	160	MICHYLA	CLARK	F40-44			10:34	1:18	41:56	0:55	26:09	1:20:50	
479	70	VICTORIA	WALLACE	F35-39	MANSFIELD TRI		12:25	1:43	40:36	1:27	24:44	1:20:53	
480	96	JAMES	PICKERING	M30-34			10:34	3:28	38:27	1:33	26:58	1:20:58	
481	114	MARGRET	HUTCHINGS	F45-49			10:38	1:46	39:56	1:34	27:15	1:21:07	
482	173	MIKE	HOLTON	M35-39			10:13	2:08	40:09	1:52	26:52	1:21:11	
483	205	LAURIE	COHEN	F50-54			9:36	2:10	43:09	1:28	24:59	1:21:20	
484	80	KATE	CONWAY	F40-44	LOUTH TRIATHLON CLUB		11:08	1:27	41:09	1:09	26:31	1:21:22	
485	35	ISOBEL	DISNEY	F45-49			11:29	2:01	43:06	0:54	23:54	1:21:22	
486	38	GREG	IACOBINI	M25-29			11:34	1:43	43:29	1:04	23:39	1:21:28	
487	192	ALAN	WOOLLEY	M45-49			10:34	1:50	39:33	1:02	28:32	1:21:29	
488	105	PAM	CHALLEN	F40-44	LINCOLN TRI		14:00	1:28	37:28	1:14	27:26	1:21:35	
489	126	CARL	TOWNER	M45-49			11:06	2:21	41:18	1:06	25:46	1:21:35	
490	271	MARTIN	TURNER	M45-49			13:07	3:10	38:06	2:58	24:23	1:21:42	
491	219	NIGEL	COLMAN	M40-44			11:20	2:06	41:03	1:01	26:23	1:21:51	
492	23	CHRISTOPHER	WOOD	M45-49			11:11	2:45	41:44	1:41	24:35	1:21:54	
493	62	STUART	FIELDER	M55-59			12:01	1:50	38:10	1:39	28:17	1:21:55	
494	87	JASON	FRETWELL	M35-39			11:39	3:01	40:43	1:16	25:22	1:21:58	



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495	97	PHILIP	ROSILLO	M55-59			10:28	2:46	45:07	0:51	22:54	1:22:05	
496	135	LOU	HENDERSON	F35-39			11:39	1:33	41:52	0:40	26:23	1:22:05	
497	385	KIRSTEN	HOWELLS	F35-39	WOODLANDS		12:20	2:04	38:43	2:17	26:50	1:22:12	
498	167	SIMON	EDDYSHAW	M35-39			11:22	1:36	42:52	0:53	25:33	1:22:13	
499	188	GUILLERMO	SIERRA	M35-39			10:25	2:15	39:24	1:15	29:22	1:22:39	
500	3	STEVEN	POLE	M30-34			11:21	2:26	43:45	0:57	24:14	1:22:40	
501	265	RACHEL	COETZEE	F20-24			9:12	2:50	40:43	2:34	27:24	1:22:41	
502	390	ANNA	MARSDEN	F40-44	ABSOLUTE TRI		10:08	1:25	42:40	0:49	27:48	1:22:47	
503	86	KENNY	BROWN	M50-54			10:43	2:50	40:39	0:54	28:00	1:23:04	
504	213	DAN	COLE	M30-34			10:56	1:25	43:58	0:57	25:50	1:23:04	
505	249	SAMUEL	BENDER	M15-19			9:37	2:04	41:44	1:22	28:34	1:23:19	
506	45	MADDY	BELL	F30-34	HAYDN HUFFERS		11:18	1:17	44:08	1:10	25:57	1:23:48	
507	395	KAREN	PETERS	F35-39			10:18	2:10	43:25	1:00	27:14	1:24:06	
508	282	DAVID	ALDRIDGE	M40-44			11:57	2:09	41:52	1:47	26:24	1:24:06	
509	139	KATE	SIMONS	F35-39			11:22	0:59	43:06	0:53	27:55	1:24:14	
510	124	HEATHER	TASKER	F40-44			11:52	2:35	43:37	2:01	24:17	1:24:20	
511	52	TREVOR	BAILEY	M45-49			11:09	1:53	43:20	1:04	27:09	1:24:34	
512	245	SARAH	POLLARD	F30-34			11:42	2:07	43:55	1:18	25:36	1:24:36	
513	156	NICK	BROOKS	M55-59			10:32	1:53	43:33	1:06	27:47	1:24:48	
514	119	MICHELLE	SQUIRE	F35-39			9:57	1:58	48:06	1:19	23:35	1:24:53	
515	175	HANNAH	MYERS	F20-24			11:14	2:22	41:20	2:08	28:10	1:25:12	
516	538	PHIL	SARGISON	M40-44			10:10	1:33	45:23	1:17	26:57	1:25:18	
517	63	JAMIE	GORDON	M45-49			12:35	1:56	40:02	1:45	29:15	1:25:31	
518	29	JANE	LEWIS	F40-44			13:08	4:07	45:16	2:09	21:06	1:25:43	
519	133	EUAN	WRIGHT	M45-49			12:57	2:08	41:47	2:12	26:43	1:25:45	
520	286	MARK	MOTLEY	M50-54	BPL BASSETLAW TRI CLUB		8:28	1:49	43:58	1:16	30:24	1:25:52	
521	453	DAVID	PLUNKETT	M50-54	GRIMSBY TRI		8:41	1:11	47:54	1:07	27:02	1:25:53	
522	89	SYLVIA	YATES	F60+	SHEFFIELD TRI CLUB		12:21	1:56	43:30	1:17	26:57	1:26:00	
523	196	IAN	WARD	M50-54			15:12	1:25	43:27	1:06	24:54	1:26:02	
524	56	ANDREW	GODFREY	M30-34			11:01	2:00	41:52	1:05	30:18	1:26:13	
525	256	ANDREW	FOGARTY	M45-49			11:05	2:49	42:27	1:55	28:01	1:26:14	
526	17	STEVE	NEEDHAM	M60+	GI TRI		18:31	1:12	37:33	1:06	27:59	1:26:19	
527	65	LORNA	LANCASTER	F45-49			11:12	2:50	47:54	1:50	22:56	1:26:40	
528	11	DAMIEN	THACKERAY	M25-29			17:49	3:02	39:48	1:04	25:09	1:26:50	
529	463	DARREN	GARTON	M40-44			8:32	1:44	47:55	0:56	27:45	1:26:51	
530	375	HELEN	FOSTER	F40-44			11:27	2:34	43:46	1:22	27:47	1:26:55	
531	230	BECKI	MAUD	F30-34	LEEDS & BRADFORD TRI		9:19	1:45	43:01	1:17	31:41	1:27:01	
532	43	DAN	NORTH	M30-34			11:27	1:20	45:05	1:33	27:41	1:27:04	
533	19	JANE	COCKERTON	F50-54	PENISTONE FOOTPATH RUNNERS		13:36	2:34	45:22	1:21	24:18	1:27:08	
534	149	FRANCES	HOOPER	F50-54	TEAM MANVERS TRI		13:06	2:46	44:45	1:12	25:29	1:27:15	
535	55	DEBORAH	PARKER	F45-49			11:48	2:31	43:45	0:48	28:26	1:27:16	
536	178	GRAHAM	MUNKS	M35-39	ABSOLUTE TRI		10:52	1:45	45:00	1:19	28:38	1:27:32	
537	174	IAN	HOPWELL	M45-49			11:43	1:58	40:20	1:09	32:42	1:27:51	
538	290	ALISON	ALLSOPP	F35-39			9:24	2:22	46:06	0:59	29:20	1:28:09	
539	142	HARISH	PATHY	M45-49			11:29	2:48	43:16	1:59	29:14	1:28:44	



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540	59	LISA	CASHMORE	F40-44			10:42	2:30	45:33	1:12	28:56	1:28:51	
541	226	MARTIN	STEYNOR	M30-34			11:02	1:44	50:12	1:48	24:11	1:28:54	
542	33	GARY	CASTERTON	M40-44			11:25	3:00	48:05	1:12	25:21	1:29:01	
543	218	DUNCAN	POWERS	M35-39			11:06	1:38	42:25	2:37	31:37	1:29:21	
544	195	JANET	BOUTTELL	F45-49			13:21	1:24	47:10	1:26	26:06	1:29:24	
545	117	MYLES	DOWLING	M40-44			12:44	2:00	49:48	1:25	23:30	1:29:25	
546	600	JASMINE	BURGESS	F20-24			9:00	1:35	49:14	0:47	28:54	1:29:29	
547	10	KARA	STURDY	F40-44			13:03	2:16	44:27	1:36	28:12	1:29:32	
548	112	JAMES	STAPLETON	M40-44			10:59	1:41	49:36	0:49	26:42	1:29:45	
549	69	IEVA	SAULE	F30-34			15:16	4:12	42:22	1:14	27:43	1:30:45	
550	79	TANYA	ROSTRON	F50-54			11:11	1:45	47:23	0:59	29:42	1:30:57	
551	40	JILL	DAVIS	F60+			12:29	1:34	48:13	1:10	27:56	1:31:21	
552	457	GERRIE	VAN DER WALT	M40-44			8:44	1:16	53:26	1:05	27:27	1:31:56	
553	170	KIRA	GREEN	F45-49	PSOF/GI TRI		12:10	2:24	44:59	1:34	32:19	1:33:23	
554	54	LINDSEY	HOUGH	F40-44	BOOTS UK		11:26	3:12	47:54	1:30	29:32	1:33:31	
555	115	EMMA	NEELY	F30-34			13:52	2:35	48:08	1:21	27:40	1:33:34	
556	72	ADAM	TATTERSALL	M35-39			15:11	1:51	47:47	2:52	26:13	1:33:51	
557	111	MARK	JOHNSON	M40-44			13:50	2:06	50:50	1:04	26:59	1:34:48	
558	85	TANYA	WILLS	F40-44			11:58	2:26	45:38	1:02	35:15	1:36:16	
559	57	ANDY	LAKE	M45-49			16:56	1:46	49:46	0:47	27:58	1:37:11	
560	73	ALI	ZAKI	M30-34	ABSOLUTE TRI		14:39	3:43	51:05	2:49	25:25	1:37:39	
561	74	JO	WILSON	F25-29			11:58	2:02	56:32	1:25	26:47	1:38:43	
562	136	TOM	BRIGGS	M25-29	ABSOLUTE TRI		16:08	3:24	51:45	0:58	27:23	1:39:36	
563	26	ADRIAN	COLLIS	M35-39			13:54	2:42	51:38	1:05	31:30	1:40:46	
564	28	DAVID	CLARKE	M45-49			13:26	3:46	52:08	1:43	29:46	1:40:48	
565	60	CATHERINE	DOYLE	F40-44			15:15	1:54	53:09	2:23	28:25	1:41:04	
566	211	ANDREW	RICHARDSON	M30-34	ABSOLUTE TRI		10:00	1:10	1:02:20	1:00	26:38	1:41:07	
567	49	AMANDA	EVANS	F35-39			13:48	0:56	57:21	1:06	29:35	1:42:44	
568	200	HOLLY	CLARKE	F15-19			11:09	2:40	1:04:25	0:57	31:25	1:50:35	
569	39	SARAH	VINECOMBE	F35-39			13:14	1:32	1:07:48	1:05	29:59	1:53:36	
570	9	SUSAN	NEEDHAM	F55-59	GI TRI		14:44	3:00	55:56	1:32	39:08	1:54:18	
571	134	PENELOPE	MOORE	F60+	DAVID LLOYD						31:22	2:00:49	
578	616	GREG	CLARKE									DQ'd	Dangerous Cycling
579	643	PETE	SHUTTLEWORTH									DQ'd	Dangerous Cycling