



**SAUCONY 10K @ THE TRIATHLON SHOW - FINAL RESULTS**

POS.	NAME	SURNAME	RACE NO.	CAT	CLUB	5K SPLIT	FINISH
1	DAN	WATTS	251	M SENIOR		00:15:26	00:31:19
2	SHAUN	LUCAS	248	M SENIOR		00:15:39	00:31:43
3	NICK	SHASHA	100	M SENIOR		00:16:04	00:32:43
4	PETE	SWAINE	240	M SENIOR	SAUCONY		00:33:21
5	RICHARD	STANNARD	235	M SENIOR		00:16:28	00:33:35
6	CHARLIE	LANGLEY	81	M SENIOR		00:17:15	00:34:12
7	JONATHAN	HOTCHKISS	193	M SENIOR	VO2CYCLES/POWERBAR	00:16:36	00:34:22
8	MICHAEL	TREES	232	M VET		00:16:51	00:34:22
9	ADAM	TESZKE	105	M SENIOR		00:16:50	00:34:57
10	SHAUN	MILLS	197	M SENIOR	PSOF	00:17:26	00:35:09
11	GARY	LAYBOURNE	82	M SENIOR	SLH	00:17:44	00:36:06
12	LUKE	SHIPWAY	230	M SENIOR		00:18:05	00:36:27
13	KEN	HOYE	241	M SENIOR	SAUCONY		00:36:30
14	TROY	SQUIRES	103	M SENIOR	WIMBLEDON WINDMILERS	00:18:06	00:36:55
15	MATT	SMITH	102	M SENIOR		00:18:21	00:36:56
17	JOHAN	OLIVIER	200	M SENIOR	FUL-ON-TRI		00:36:57
16	RORY	SPICER	171	M SENIOR		00:18:06	00:36:57
18	TOMMY	TREES	233	M SENIOR		00:18:24	00:36:57
19	DAVID	HANNAFORD	72	M SENIOR		00:18:26	00:37:05
20	NEIL	LEWIS	138	M VET	VOTWO/USN	00:18:26	00:37:17
21	JULIA	HENDERSON	192	F SENIOR	HELENSBURGH AAC	00:18:26	00:37:24
22	SIMON	CARTWRIGHT	185	M VET		00:18:54	00:37:33
23	MARK	HARRISON	73	M SENIOR			00:37:43
24	NICHOLAS	RIGGS	96	M SENIOR	ONE TRIATHLON RDS	00:18:43	00:37:52
25	NICK	DIAS	64	M SENIOR		00:18:44	00:37:53
26	DAVID	ROWE	98	M SENIOR	PSOF	00:18:43	00:37:56
27	RACHEL	COE O'BRIEN	7	F SENIOR	SOUTH LONDON HARRIERS	00:18:37	00:38:29
28	JAMIE	WARDELL	109	M SENIOR	WIMBLEDON WINDMILERS	00:19:05	00:38:45
29	XAVIER	LANCIEN	137	M VET		00:19:02	00:39:04
30	JON	HEASMAN	243	M SENIOR	SAUCONY		00:39:12
32	ADAM	KENNEDY	214	M SENIOR	ELMBRIDGE ROAD RUNNERS	00:18:39	00:39:27
31	DAVID	WILSON	213	M SENIOR	WHITCHURCH WHIPPETS	00:19:31	00:39:27
33	BILLY	DYER	231	M VET		00:19:26	00:39:39
34	TERRY	LIGHTFOOT	140	M VET	YORK TRIATHLON CLUB	00:19:26	00:39:54
35	RHYS	HARRIES	206	M SENIOR		00:20:08	00:39:59
36	MARK	WADLEY	162	M VET	SERPENTINE RUNNING CLUB	00:19:34	00:40:04
37	STUART	TOWNSEND	246	M SENIOR		00:19:33	00:40:12
38	ANJA	HEIJNEN	189	F VET	WWW.VOTWO.CO.UK	00:19:50	00:40:19
39	ANDREW	HEPBURN	132	M VET	SOUTHVILLE RUNNING CLUB	00:19:49	00:40:22
40	MANN	RICHARD	198	M VET	CLC STRIDERS	00:20:03	00:40:36
41	MATT	JACKSON	199	M SENIOR		00:20:05	00:40:57
42	TOM	HELLIWELL	247	M SENIOR		00:20:17	00:41:11
43	RICHARD	JONES	134	M VET	ELMBRIDGE ROAD RUNNERS	00:20:14	00:41:16
44	ROBYN	CASSIDY	191	F SENIOR		00:20:22	00:41:18
45	DAVID	WELLS	163	M VET		00:21:01	00:41:29
46	JULIAN	MELDRUM	145	M VET	LONDON FRONTRUNNERS	00:20:31	00:41:43
47	ANDREW	TARBET	104	M SENIOR	SANDHURST JOGGERS	00:20:28	00:41:54
48	IAIN	WHEATLEY	164	M VET		00:20:41	00:41:59
49	PETER	THOMPSON	107	M SENIOR		00:20:54	00:42:01
50	ED	SIMPSON	157	M VET	GREENWICH TRITONS	00:21:01	00:42:17
51	MARK	OSIKOYA	215	M SENIOR		00:20:56	00:42:28
52	GIUSEPPE	LUCIGNANO	84	M SENIOR		00:20:33	00:42:33
53	DAVE	MARKS	85	M SENIOR		00:21:34	00:42:35
54	ADAM	JAMES	75	M SENIOR		00:20:54	00:42:46
55	CHRIS	IRLAM	236	M SENIOR		00:21:04	00:42:51
56	ALAN	CLARKE	119	M VET	WORTHING & DISTRICT HARRIERS	00:21:15	00:42:53



**SAUCONY 10K @ THE TRIATHLON SHOW - FINAL RESULTS**

57	STEWART	BARTLETT	220	M SENIOR			00:42:55
58	CHRIS	PHILLIPS	152	M VET		00:20:55	00:43:01
59	ROSS	WINDRIDGE	111	M SENIOR		00:21:13	00:43:06
60	JASON	MCDONALD	224	M SENIOR		00:21:24	00:43:09
61	RACHEL	LIGHTFOOT	42	F VET	YORK TRIATHLON CLUB	00:21:10	00:43:12
62	STEVE	LARNER	170	M VET		00:21:37	00:43:15
63	JASON	ROBERTSHAW	97	M SENIOR	KERVIN&BARNES	00:21:05	00:43:53
64	JOHN	PHILLIPS	153	M VET	DORKING AND MOLE VALLEY AC	00:21:39	00:44:04
65	ADRIAAN	ERASMUS	208	M SENIOR	ACE SOFTWARE CONSULTANCY	00:22:21	00:44:08
66	CHARLES	HOOREN	74	M SENIOR	TRIATHLON EUROPE	00:22:27	00:44:12
67	JIM	IRLAM	239	M VET		00:21:56	00:44:13
68	PAUL	KEE	76	M SENIOR	VICTORIA PARK HARRIERS	00:21:27	00:44:16
69	LIZE	SMIT	187	F SENIOR	FUL-ON TRI	00:22:36	00:44:20
70	SIMON	CONWAY	60	M SENIOR		00:22:05	00:44:22
72	KATE	MCNEILL	249	F SENIOR	TEAM CHERWELL	00:21:49	00:44:35
71	BRANDIN	KAVANAGH	135	M VET		00:22:35	00:44:35
73	MARTIN	LONGHURST	141	M VET		00:22:04	00:44:36
74	JEFF	CLEMINSON	120	M VET		00:21:49	00:44:46
75	AMANDA	RENCONTRE	46	F VET		00:22:08	00:44:53
76	RICHARD	MELLOR	218	M SENIOR		00:21:59	00:44:58
77	RYAN	SPENCER	244	M SENIOR	SAUCONY	00:22:13	00:45:00
78	MARC	RUST	99	M SENIOR		00:22:12	00:45:06
79	ROB	PHILLIPS	253	M VET		00:22:51	00:45:06
80	ALAN	WILLIAMSON	110	M SENIOR		00:22:58	00:45:08
81	PATRICK	O'BRIEN	148	M VET	SOUTH LONDON HARRIERS	00:22:02	00:45:14
82	ANDREW	TAPSON	159	M VET		00:22:29	00:45:19
83	PAUL	KING	79	M SENIOR	PREMIER TRI	00:22:11	00:45:29
84	RUTH	TUCKER	181	F SENIOR	SWINDON TRIATHLON CLUB	00:23:13	00:45:30
86	IAN	BROWN	115	M VET		00:22:37	00:45:34
85	NICHOLAS	THOMAS	106	M SENIOR	WAVERLEY HARRIERS	00:23:02	00:45:34
87	IAN	LLOYD	196	M SENIOR		00:22:55	00:45:35
88	DAVID	WATT	188	M SENIOR		00:22:37	00:45:37
90	PAUL	MARSHALL	142	M VET		00:22:33	00:45:39
89	PAUL	BROWN	116	M VET		00:22:37	00:45:39
91	MICHAEL	TUMILTY	108	M SENIOR	ELMBRIDGE ROAD RUNNERS	00:22:54	00:45:42
92	STEVEN	ALLEN	55	M SENIOR	ADWICK TRI CLUB	00:21:41	00:45:46
94	DARREN	NOCKELS	146	M VET		00:22:24	00:45:48
93	ATISH	NAZIR	88	M SENIOR		00:23:00	00:45:48
95	PERRY	VLACHOS	217	M SENIOR		00:22:30	00:45:53
96	PATRICK	NOLAN	147	M VET		00:23:27	00:46:05
97	SAM	EARDLEY	70	M SENIOR		00:23:13	00:46:28
98	BOHDAN	RAINCUK	155	M VET	ASHFORD TRI CLUB	00:23:16	00:46:40
99	MATT	HORSFIELD	183	M SENIOR		00:23:09	00:46:47
100	JUSTIN	DON	67	M SENIOR		00:22:32	00:46:49
101	JOHN	STEPHENS	158	M VET	OXFORD TRI	00:23:14	00:46:49
102	NEIL	AGNEW	52	M SENIOR		00:22:54	00:46:54
103	NICHOLAS	AIKIN	53	M SENIOR		00:23:53	00:47:09
104	JENNIE	ROBERTS	22	F SENIOR		00:23:41	00:47:13
105	BEN	KEMSLEY	77	M SENIOR		00:22:34	00:47:17
106	LINDSAY	VINTON	47	F VET		00:23:35	00:47:20
107	MICHELLE	BOLDEN	5	F SENIOR		00:23:44	00:47:23
108	SEAN	BROUGHTON	184	M SENIOR		00:23:10	00:47:25
109	KATE	WARREN BUTT	27	F SENIOR		00:23:43	00:47:36
110	STEVE	LIECHTI	139	M VET		00:23:13	00:48:07
111	DAVE	PAGE	179	M VET		00:23:37	00:48:10
112	JON	DURANT	127	M VET	OXFORD TRI	00:24:04	00:48:14
113	DAVID	AUGER	112	M VET	PETERSFIELD TRIATHLON CLUB	00:23:29	00:48:20



**SAUCONY 10K @ THE TRIATHLON SHOW - FINAL RESULTS**

114	NICHOLAS	PEGLER	93	M SENIOR		00:24:38	00:48:29
115	DANIEL	LIMA	83	M SENIOR	GINGERSPORTS	00:24:28	00:48:31
116	OSCAR	ANCLIFF	234	M SENIOR		00:23:27	00:48:36
117	ASA	BURTON	56	M SENIOR		00:23:37	00:48:42
118	PAUL	CLARKE	58	M SENIOR		00:24:42	00:48:46
119	BEV	HAYES	223	F SENIOR	BEDFORD HARRIERS	00:24:28	00:48:50
120	MARK	DOW	68	M SENIOR		00:23:39	00:48:54
121	TOM	DEIGNAN	63	M SENIOR		00:23:49	00:48:59
122	ANDREW	DURHAM	69	M SENIOR		00:23:14	00:49:01
123	EMMA	HAWKINS	180	F VET		00:24:11	00:49:04
124	JANETTE	STOLS	252	F SENIOR		00:23:55	00:49:07
125	MARIE	STOKES	226	F SENIOR		00:23:43	00:49:15
126	GARY	CRAIG	122	M VET		00:23:52	00:49:19
127	ANNA	LADD	216	F SENIOR		00:24:14	00:49:20
128	LEE	JONES	169	M SENIOR		00:24:25	00:50:10
129	MALCOLM	DENNIS	124	M VET	SERPENTINE RC	00:24:45	00:50:18
130	DOUGLAS	HAMILTON	131	M VET	SHROPSHIRE SHUFFLERS	00:24:02	00:50:21
131	NEIL	BAGLEY	113	M VET		00:25:01	00:50:31
132	RORY	CREFFIELD	219	M SENIOR		00:25:36	00:50:53
133	HELGA	BLID MARTINSSON	4	F SENIOR		00:25:28	00:50:54
134	BOB	DOWNIE	126	M VET		00:24:27	00:51:00
135	DAVID	GEORGE	130	M VET	HOUNSLOW AND DISTRICT WHEELERS	00:24:44	00:51:01
136	MARTIN	OHALLORAN	149	M VET		00:25:33	00:51:03
138	MATTHEW	ROSE	254	M VET		00:24:03	00:51:05
137	PHILIP	OXLEY	150	M VET		00:24:16	00:51:05
139	GILL	VARNEY	238	F VET		00:25:00	00:51:11
140	ANDREW	PIRIE	94	M SENIOR		00:25:08	00:51:13
141	SEAN	BROWN	117	M VET	HEADINGTON ROAD RUNNERS	00:25:20	00:51:29
142	GEORGE	PARRY	90	M SENIOR		00:24:08	00:51:41
143	DAVID	LOVELL	204	M VET	REDHILL + DISTRICT RUNNERS	00:25:26	00:51:50
144	TIM	AIKIN	54	M SENIOR		00:26:28	00:52:27
145	ERIN	HOLLAND	168	F SENIOR		00:26:12	00:52:58
146	RUSSELL	CHRISTOPHER	57	M SENIOR		00:26:08	00:53:02
147	KEVIN	DARGUE	123	M VET		00:26:11	00:53:04
148	RICHARD	PITCAIRN	154	M VET	FREEDOM TRI	00:26:51	00:53:18
149	TONY	BRADMAN	114	M VET		00:26:02	00:53:26
150	BLAIR	MORGAN	250	M VET		00:25:21	00:53:35
151	ALEXIS	SHIRTLIFF	101	M SENIOR		00:25:58	00:53:38
152	JACKIE	BURNETT	30	F VET		00:26:39	00:53:50
153	DUNCAN	DE WATTEVILLE	62	M SENIOR		00:26:37	00:53:59
154	DAVID	WENTZELL	205	M VET	REDHILL DISTRICT	00:27:07	00:54:37
155	CAROLINA	FRUGOLI	37	F VET		00:26:24	00:55:14
156	ALBERTO	COLVARA	121	M VET		00:26:22	00:55:15
157	MEL	JENSEN	16	F SENIOR		00:26:44	00:55:19
158	SARAH	HOLMES	15	F SENIOR		00:26:17	00:55:32
159	FIONA	HAMILTON	13	F SENIOR	RAF TRIATHLON	00:27:58	00:55:38
160	ANDREW	SMITH	186	M VET		00:26:12	00:55:39
161	LUCIE	SMALLWOOD	194	F SENIOR		00:27:50	00:56:54
162	RICHARD	PAYNE	92	M SENIOR		00:28:29	00:57:05
163	MANDY	DOWNIE	34	F VET			00:57:08
164	KELLY	FINCH	9	F SENIOR		00:28:28	00:57:09
165	SHARON	ROWE	24	F SENIOR	RANELAGH HARRIERS	00:28:39	00:57:14
166	MARZIA	COLTELLI	32	F VET		00:29:20	00:57:20
167	RICHARD	GEE	129	M VET		00:29:01	00:57:25
168	EVA	DURHAM	8	F SENIOR		00:28:18	00:58:21
169	PHIL	QUINN	221	M SENIOR		00:30:39	00:59:34
170	LINDA	WILSON	51	F VET		00:30:02	00:59:35



**SAUCONY 10K @ THE TRIATHLON SHOW - FINAL RESULTS**

171	GREVILLE	DAWSON	207	M VET		00:29:29	00:59:51
172	JILL	PEGLER	45	F VET		00:29:32	00:59:51
173	JENNIFER	WHEATLEY	49	F VET		00:30:23	00:59:52
174	JAN	HANNAFORD	39	F VET		00:29:33	00:59:56
175	ROB	VENTI	161	M VET		00:28:37	01:00:14
176	CLAIRE	ADAMS	1	F SENIOR		00:29:32	01:00:20
177	JANA	GEE	11	F SENIOR		00:30:24	01:00:45
178	PIP	FLITTON	10	F SENIOR		00:30:33	01:00:55
179	GENNIE	DE ROHAN WILLNER	174	F SENIOR		00:30:39	01:01:05
180	STEPHEN	GREEN	172	M VET	KINGFISHER	00:30:40	01:01:05
181	NATHALIE	BLACKWELL	29	F VET		00:30:43	01:02:01
182	JAN	KEMP	41	F VET		00:31:36	01:03:21
183	LINDA	MARSHALL	43	F VET		00:30:44	01:03:55
184	RACHEL	PRESTON	21	F SENIOR		00:30:26	01:04:20
185	CECILIA	WHITFIELD	50	F VET		00:31:16	01:05:06
186	LAURA	CRABTREE	33	F VET		00:31:49	01:05:10
187	KAREN	CHILVERS	31	F VET		00:32:16	01:05:55
188	KAREN	GLADMAN	38	F VET	CHINEHAM PARK RUNNING CLUB	00:33:00	01:07:15
189	KEITH	DEMPSTER	176	M VET		00:33:18	01:09:15
190	SONIA	DEMPSTER	177	F VET		00:33:20	01:09:15