



NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
461	1	Whiteley	Andrew	M	Jackpot.com Racing	00:18:59	01:28:47	01:04:18	02:52:04
404	2	Pritchard	Kevin	MV40	Tri-Lakeland	00:25:39	01:29:09	01:00:39	02:55:27
420	3	Simpson	Graham	M	Tweed Tri	00:20:32	01:36:36	01:03:17	03:00:25
334	4	Hume	Jonny	M	Keswick Bikes	00:26:40	01:34:25	01:00:37	03:01:42
421	5	Skipper	Paul	M		00:23:24	01:32:42	01:05:56	03:02:02
470	6	Young	Mark	MV40	performancecoaching.me	00:24:20	01:31:39	01:06:04	03:02:03
445	7	Tinnion	Calum	M	Tri-lakeland	00:26:05	01:32:59	01:03:25	03:02:29
308	8	Goulding	Justin	M		00:26:08	01:33:42	01:03:51	03:03:41
297	9	Francis	David	M	NRG/GODLEYS CYCLES	00:23:05	01:34:59	01:05:54	03:03:58
340	10	Jobling	Neill	M	Alnwick District Triathlon Club	00:23:31	01:33:09	01:07:23	03:04:03
240	11	Ansty	Adam	M		00:24:03	01:31:55	01:09:03	03:05:01
269	12	Corcoran	Brian	MV40		00:24:16	01:40:18	01:02:44	03:07:18
364	13	Manders	John	MV40	NRG/Godleys RT	00:26:43	01:33:15	01:09:27	03:09:25

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
351	14	Lane	Martin	M		00:23:53	01:41:53	01:04:41	03:10:27
425	15	Smithson	Alan	M	Merseytri	00:20:58	01:41:42	01:08:55	03:11:35
435	16	Still	Ben	MV40		00:28:55	01:36:14	01:06:59	03:12:08
285	17	Eley	Duncan	M	Ulverston Tri Club	00:20:15	01:40:38	01:11:31	03:12:24
265	18	Clarke	Chris	M	COLT	00:22:41	01:39:22	01:10:56	03:12:59
356	19	Lee	Richard	MV50		00:24:35	01:38:06	01:11:05	03:13:46
366	20	Martin	Paul	M	Mersey Tri	00:26:25	01:43:23	01:06:01	03:15:49
398	21	Paull	Edward	M		00:26:40	01:40:55	01:08:36	03:16:11
451	22	Vose	Katy	F		00:26:58	01:38:18	01:11:34	03:16:50
344	23	Jones	Matt	M		00:26:20	01:43:37	01:07:48	03:17:45
317	24	Harrison	Peter	MV40	Craven Energy	00:22:53	01:40:46	01:14:13	03:17:52
232	25	Acres	David	M	Harrogate Tri Club	00:25:50	01:43:40	01:08:57	03:18:27
448	26	Tyler	Robert	M		00:26:06	01:45:27	01:07:08	03:18:41
284	27	Edmunds	Dave	MV40	Fat Boys RC	00:31:15	01:32:16	01:15:24	03:18:55
339	28	Jex	Richard	M		00:25:26	01:40:52	01:13:01	03:19:19
306	29	Gill	Peter	M		00:30:20	01:34:53	01:14:31	03:19:44
434	30	Stewart	Alan	MV40	Tri-lakeland	00:27:40	01:37:49	01:15:15	03:20:44
452	31	Walpole	Stuart	MV40		00:24:42	01:46:52	01:10:45	03:22:19
432	32	Stephenson	Daniel	MV40	Sheffield Triathlon Club	00:30:00	01:39:47	01:13:05	03:22:52
318	33	Hartley	Andy	MV50	Fat Boys RC	00:28:48	01:40:06	01:14:14	03:23:08
313	34	Grundy	James	M		00:24:40	01:44:52	01:14:28	03:24:00
361	35	Lowe	Anthony	MV50	Rochdale Tri Club	00:30:52	01:43:38	01:09:53	03:24:23
303	36	Garner	William	MV40	Triclan	00:26:43	01:42:50	01:15:39	03:25:12
442	37	Terry	Jon	MV40	Sons of the Hop	00:29:50	01:41:07	01:14:32	03:25:29
346	38	Kay	Andy	MV50		00:26:50	01:45:26	01:13:26	03:25:42
371	39	Massey	Rob	M	Weekend Athletes & Cheshire	00:26:15	01:41:21	01:18:36	03:26:12
322	40	Haworth	Stewart	M		00:28:28	01:44:37	01:13:29	03:26:34
249	41	Begley	Kenneth	MV50	City of Chester Tri Club	00:28:16	01:47:54	01:12:05	03:28:15

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
264	42	Clarke	David	MV40		00:21:40	01:41:28	01:26:40	03:29:48
335	43	Hunting	Mike	M		00:24:51	01:44:40	01:20:32	03:30:03
446	44	Towndrow	Oliver	M		00:27:30	01:46:11	01:16:28	03:30:09
362	45	Lowrey	Phil	M	St Bees Triers	00:27:10	01:49:17	01:13:43	03:30:10
378	46	McAllister	Simon	MV50	Chester Triathlon Club	00:28:32	01:43:17	01:18:28	03:30:17
381	47	McGlen	Ryan	M		00:29:00	01:46:38	01:15:12	03:30:50
345	48	Katory	Mark	MV40		00:28:10	01:48:34	01:14:22	03:31:06
273	49	Crisp	John	MV40		00:32:05	01:51:30	01:07:40	03:31:15
246	50	Baron	David	MV40		00:32:12	01:45:27	01:13:38	03:31:17
468	51	Wright	Chris	MV40	Coalfields RT	00:27:38	01:42:51	01:21:10	03:31:39
459	52	White	Steven	M	Bolton Tri	00:29:18	01:42:18	01:20:30	03:32:06
439	53	Sutton	Gareth	MV40		00:29:30	01:49:10	01:13:29	03:32:09
399	54	Peel	Alan	MV50	FAT BOYS	00:29:56	01:43:12	01:19:14	03:32:22
239	55	Anderson	John	MV50	Mid-Argyll Tri & Cycle	00:24:36	01:49:50	01:18:03	03:32:29
315	56	Hancock	Jon	MV40		00:30:10	01:42:40	01:20:03	03:32:53
469	57	Wright	Rob	MV40	Coalfields RT	00:26:50	01:44:50	01:21:56	03:33:36
417	58	Sewell	Jonathan	M		00:24:53	01:42:30	01:26:56	03:34:19
261	59	Bytheway	Simon	MV40		00:28:19	01:47:17	01:18:45	03:34:21
450	60	Vanstone	Neale	MV40	Fat boys	00:26:11	01:47:29	01:20:50	03:34:30
292	61	Fenwick	Iain	MV40	Tri Northumberland	00:28:11	01:44:53	01:21:39	03:34:43
352	62	Larkin	Andrew	MV40		00:27:05	01:49:32	01:18:07	03:34:44
282	63	Dyer	Bianca	FV40	Kendal Tri Club	00:24:30	01:48:12	01:22:11	03:34:53
255	64	Brennan	Renell	FV40		00:29:57	01:44:22	01:21:01	03:35:20
471	65	Young	Andy	M		00:30:01	01:52:55	01:12:48	03:35:44
296	66	Foulston	Kevin	MV50	Grimsby Tri Club	00:29:15	01:42:54	01:23:47	03:35:56
473	67	Martin	Danny	M		00:25:13	01:49:42	01:21:04	03:35:59
256	68	Brown	Matthew	MV40		00:26:29	01:49:21	01:20:17	03:36:07
384	69	McKenny	Paul	MV50	ULVERSTON TRI CLUB	00:28:51	01:45:04	01:22:33	03:36:28

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
237	70	Allen	Phil	M		00:29:51	01:50:45	01:16:41	03:37:17
393	71	Nielsen	Matthew	MV40	Arragons Tri Club	00:24:48	01:52:08	01:20:25	03:37:21
418	72	Shaw	Oliver	M		00:34:40	01:42:24	01:20:26	03:37:30
411	73	Rogers	Jan	FV40	Chester Triathlon Club	00:27:52	01:54:01	01:15:41	03:37:34
341	74	Johnson	Tim	M		00:30:59	01:52:15	01:15:55	03:39:09
462	75	Wilkinson	Gareth	MV40		00:26:46	01:53:05	01:19:53	03:39:44
305	76	Gerrish	Sarah	F		00:27:28	01:56:06	01:16:25	03:39:59
355	77	Leather	Peter	MV50	OLD BOLTONIANS	00:27:20	01:44:12	01:28:47	03:40:19
379	78	McCormack	Scott	MV40	West Lothian Triathlon	00:28:22	01:43:11	01:28:53	03:40:26
403	79	Preston	Anthony	MV40		00:28:35	01:48:05	01:24:05	03:40:45
324	80	Hill	Colin	MV40	Sons of the Hop	00:26:51	01:54:28	01:19:27	03:40:46
394	81	Ostrovskis	John	MV50		00:28:26	01:55:06	01:17:15	03:40:47
304	82	Geary	Anna	F	City of Lancaster Triathlon	00:29:56	01:49:10	01:21:42	03:40:48
266	83	Clinch	Chris	MV40	Ulverston Tri Club	00:35:30	01:45:00	01:21:10	03:41:40
275	84	Davidson	Ernie	MV40	Tri-lakelend	00:31:04	01:49:46	01:21:36	03:42:26
427	85	Sole	Kelvin	M	Blackburn Road Runners	00:29:36	01:52:37	01:21:11	03:43:24
262	86	Carmichael	Andrew	M		00:25:15	01:47:34	01:30:57	03:43:46
430	87	Steels	Robin	M		00:31:32	01:50:29	01:22:57	03:44:58
230	88	Abbott	Craig	M	Ashurst Bike Club	00:28:24	01:51:35	01:25:09	03:45:08
391	89	Morley	Darren	MV40	Driffield Tri-less club.	00:26:00	01:54:57	01:24:23	03:45:20
310	90	Young	Carol	FV50	Craven Energy Tri Club	00:26:44	01:50:51	01:27:57	03:45:32
476	91	O'Rauke	Michael	MV50		00:33:11	01:45:42	01:26:42	03:45:35
415	92	Rundle	Jamie	M		00:35:48	01:49:57	01:19:52	03:45:37
354	93	Le Bek	Ann	FV40	Tri3Sleaford	00:31:18	01:56:52	01:17:28	03:45:38
287	94	Evans	Richard	MV40		00:28:36	01:54:57	01:22:37	03:46:10
309	95	Grace	Tim	MV40	Mersey Tri	00:25:18	01:53:13	01:27:43	03:46:14
358	96	Logan	Bethan	F		00:33:45	01:54:18	01:18:14	03:46:17
268	97	Cooper	Jeff	MV50		00:32:15	01:52:48	01:21:21	03:46:24

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
236	98	Allen	Denis	MV40		00:33:30	01:51:29	01:21:50	03:46:49
241	99	Arnold	Kate	FV50	Arragons Cumbria Tri Club	00:30:25	01:53:25	01:23:03	03:46:53
325	100	Holden	Jonathan	M	Tri Preston	00:25:58	01:51:03	01:29:58	03:46:59
312	101	Grogan	Roger	M		00:29:46	01:55:45	01:21:37	03:47:08
247	102	Batchelor	Andy	MV40	Evesham Vale Triathletes	00:33:18	01:52:32	01:21:45	03:47:35
407	103	Roberts	Elsie	F	TFN Nottingham	00:27:55	02:04:18	01:15:47	03:48:00
263	104	Carter	Stuart	MV50	Bolton Triathlon Club	00:28:26	01:54:50	01:25:22	03:48:38
251	105	Blake	Richard	M	Altrincham Tri Club	00:30:15	01:58:37	01:19:57	03:48:49
449	106	Tyler	Andrew	M		00:23:26	01:52:04	01:33:41	03:49:11
441	107	Taylor	Nick	M	Burnden Roadrunners	00:26:10	01:55:50	01:27:20	03:49:20
472	108	Boothman	Michael	M		00:27:21	01:55:42	01:26:36	03:49:39
409	109	Robson	Benjamin	MV50	Dark Peak	00:29:11	01:53:53	01:26:45	03:49:49
274	110	Davidson	Mark	MV40		00:31:40	01:48:25	01:30:16	03:50:21
357	111	Lind	James	MV40		00:30:45	01:54:52	01:24:59	03:50:36
474	112	Martin	Lee	MV40	YamApRacing	00:29:47	01:55:08	01:26:24	03:51:19
279	113	Dixon	Gareth	MV40	Total fitness Nottingham	00:28:15	02:00:40	01:24:17	03:53:12
438	114	Sutherland	Benjmain	M		00:25:51	02:02:10	01:25:14	03:53:15
386	115	McLeod	Christiaan	MV40		00:30:45	01:51:35	01:31:13	03:53:33
234	116	Alexander	Helen	F		00:32:40	02:05:10	01:16:11	03:54:01
257	117	Brown	Thomas	M	Sun City Tri	00:23:16	01:57:24	01:33:30	03:54:10
316	118	Hargreaves	John	M		00:29:35	02:02:49	01:21:51	03:54:15
245	119	Barker	Paul	M		00:29:33	02:02:57	01:21:50	03:54:20
330	120	Houlston	Bridget	F		00:29:30	02:03:30	01:22:02	03:55:02
277	121	Davison	Jonathan	M		00:32:35	01:52:11	01:30:37	03:55:23
440	122	Taylor	Tim	MV50	Burnden Roadrunners	00:29:19	02:02:44	01:23:38	03:55:41
323	123	Heffernan	Paul	MV40		00:29:37	01:58:34	01:27:48	03:55:59
272	124	Cowan	John	M	Leeds Bradford Triathlon Club	00:26:59	02:00:12	01:29:02	03:56:13
348	125	Keegan	Phil	MV40	Total Racing Newcastle	00:29:57	01:59:51	01:27:11	03:56:59

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
327	126	Holt	Andrew	M		00:28:40	01:54:54	01:34:11	03:57:45
332	127	Hughes	Angela	F		00:29:41	01:58:11	01:30:53	03:58:45
389	128	Metz	Stephen	MV50	Sheffield Tri Club	00:32:50	01:49:58	01:36:13	03:59:01
258	129	Bryant	Peter	MV40		00:33:57	02:01:50	01:23:25	03:59:12
250	130	Benson	Catherine	F		00:29:20	01:58:42	01:31:46	03:59:48
436	131	Sumbler	Graham	M		00:26:17	02:19:07	01:16:09	04:01:33
460	132	White	Paul	M		00:34:09	01:55:22	01:32:23	04:01:54
314	133	Gunning	Colin	M		00:31:20	01:54:50	01:36:04	04:02:14
359	134	Lorigan	Paul	MV50		00:35:14	02:02:06	01:26:23	04:03:43
437	135	Sutherland	Alistair	MV40		00:28:48	02:05:31	01:29:47	04:04:06
276	136	Davies	Paul	MV40		00:38:02	01:57:28	01:29:43	04:05:13
295	137	Foster	Graham	MV40	Sons of the Hop	00:33:50	01:58:41	01:33:21	04:05:52
242	138	Arnold	Simon	M		00:29:25	01:58:43	01:39:19	04:07:27
377	139	Mawson	Jim	MV40		00:28:52	02:10:09	01:28:42	04:07:43
380	140	McCormack	Paul	MV40		00:33:04	02:04:54	01:29:55	04:07:53
248	141	Baxter	Chris	MV40		00:36:04	02:12:11	01:19:39	04:07:54
429	142	Spedding	Ian	MV40	NE31 Tri Club	00:29:45	02:02:05	01:38:39	04:10:29
453	143	Ward	Steve	MV40		00:39:40	02:07:12	01:25:18	04:12:10
343	144	Jones	Robert	M		00:28:06	02:09:51	01:34:23	04:12:20
447	145	Trickett	Paul	MV40		00:33:10	02:05:05	01:34:47	04:13:02
401	146	Perls	Mike	MV40	Manchester Triathlon Club	00:33:15	02:04:55	01:34:52	04:13:02
375	147	Matheson	James	MV40		00:35:13	02:00:19	01:38:55	04:14:27
376	148	Mathias	Gavin	M		00:32:26	02:09:03	01:33:18	04:14:47
342	149	Johnson	Michael	M		00:43:28	02:00:42	01:30:39	04:14:49
301	150	Galley	Chris	MV40	NYP Tri	00:29:40	01:59:52	01:45:29	04:15:01
321	151	Haworth	Robert	MV50	LINCOLN TRI CLUB	00:35:35	02:07:40	01:32:16	04:15:31
454	152	Ward	Louise	FV40		00:39:40	02:10:40	01:28:38	04:18:58
233	153	Adamson	John	MV40		00:35:23	02:03:20	01:40:25	04:19:08

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
244	154	Baldwin	Kate	F	Knutsford tri club	00:27:53	02:11:09	01:40:51	04:19:53
464	155	Williamson	Christopher	M		00:31:29	02:12:01	01:36:40	04:20:10
347	156	Keefe	Peter	M	Newport and East Wales Triath	00:32:48	01:59:24	01:48:27	04:20:39
479	157	Whitaker	Ben	M		00:31:25	02:15:19	01:39:01	04:25:45
360	158	Lovatt	Fiona	FV40	Teesdale Tri	00:29:41	02:15:42	01:44:13	04:29:36
349	159	Kitchen	Julie	FV40	Lincoln Tri	00:29:36	02:14:23	01:45:48	04:29:47
457	160	Weston	Andrew	M		00:38:11	02:11:32	01:40:48	04:30:31
423	161	Smith	James	M		00:33:11	02:15:49	01:41:39	04:30:39
458	162	Whitby	Chris	MV40		00:39:20	02:10:21	01:42:25	04:32:06
231	163	Abernethy	Ian	MV40		00:31:10	02:24:59	01:35:59	04:32:08
433	164	Stevens	Jo	F	Holcombe Harriers	00:30:16	02:19:29	01:42:49	04:32:34
467	165	Wong	Gavin	MV40		00:33:19	02:04:57	01:55:19	04:33:35
254	166	Brandreth	Steven	MV40	Porter Valley Plodders	00:30:25	02:15:32	01:48:00	04:33:57
385	167	McLaverty	Ian	M	Kingsmead Fat Lads	00:31:54	02:14:52	01:47:27	04:34:13
410	168	Roche	Ian	MV50	Mersey Tri	00:35:59	02:41:46	01:16:33	04:34:18
290	169	Feeseey	Emma	FV40		00:32:10	02:22:11	01:42:25	04:36:46
291	170	Feeseey	Colin	MV40		00:32:08	02:20:51	01:43:47	04:36:46
365	171	Martin	Emily	F		00:28:30	02:27:20	01:44:21	04:40:11
307	172	Glossop	Matt	MV50	Fat Boys Running Club	00:33:07	02:17:05	01:52:38	04:42:50
397	173	Parry	Richard	M		00:42:52	02:16:08	01:44:26	04:43:26
408	174	Robson	Joseph	M	Tri Northumberland	00:37:49	02:12:00	01:55:32	04:45:21
338	175	Jeans	Thomas	M		00:32:28	02:15:31	01:59:22	04:47:21
382	176	Mcguire	Cat	F		00:25:21	02:29:39	01:52:43	04:47:43
405	177	Rangel	Jane	F		00:34:00	02:31:07	01:44:56	04:50:03
259	178	Burrows	Ronnie	MV50		00:36:34	02:39:05	01:35:04	04:50:43
402	179	Powell	Simon	M		00:29:45	02:40:26	01:40:38	04:50:49
372	180	Mather	Andrew	M		00:42:51	02:29:29	01:38:33	04:50:53
326	181	Holland	Paul	MV50		00:38:00	02:36:28	01:43:15	04:57:43

NO.	PSTN	NAME		CAT	CLUB	SWIM+T1	CYCLE	RUN+T2	OVERALL
353	182	Laughton	Guy	MV50		00:34:38	02:18:58	02:04:34	04:58:10
387	183	McRae	Andrew	MV60	Lincoln Tr	00:44:47	02:23:28	01:50:07	04:58:22
419	184	Shaw	Peter	MV60	LDWA	00:45:12	02:27:03	01:46:15	04:58:30
465	185	Wilmot	Rose	F	MerseyTri	00:31:44	02:42:36	01:47:12	05:01:32
396	186	Parker	Jim	MV40	Lincoln Triathlon Club	00:34:59	02:30:17	01:57:53	05:03:09
302	187	Garner	Karen	FV40		00:40:58	02:38:21	01:46:02	05:05:21
280	188	Doggett	Peter	MV50		00:37:23	02:36:11	01:56:17	05:09:51

475		Lees	Andy	MV40		00:31:21			
331		Hudson	Andrew	M	NE31	00:37:21			
456		Wardle	Ali	M		00:23:32			
444		Thwaites	Stephen	M	BAD Tri	00:30:50			
475		Mendelsohn	Paul	M		00:34:16			
328		Hopgood	Gareth	M		00:33:20			
267		Connell	Mark	M	BRAT	00:27:54			
466		Wilson	Daisy	F	BRAT	00:22:20			
346		Kay	Andy	MV50		00:29:52			
416		Russell	Steve	MV50		00:35:20			
464		Williamson	Christopher	M		00:33:30			



HIGH TERRAIN EVENTS