

Hale Village Duathlon - 11th February 2023

	First Name	Last Name	M/F	AG	Run 1	T1	Bike	T2	Run 2	Total	Distance	Position
49	Alan	Swannock	Male	45-49						0:50:09	GO TRI	1
7	David	Weldon	Male	45-49						0:52:14	GO TRI	2
21	Tyana	Reid	Female	18-19						0:53:18	GO TRI	3
50	Dan	Cubbon	Male	20-24						0:53:39	GO TRI	4
52	Clíodhna	Cartin	Female	20-24						0:54:40	GO TRI	5
23	Thea	Stewart	Female	15-16						0:55:30	GO TRI	6
20	Andrew	Whitmore	Male	45-49						0:55:35	GO TRI	7
8	Izzy	Lynch	Female	20-24						0:55:40	GO TRI	8
1	Vish	Nosib	Male	35-39						0:56:26	GO TRI	9
48	Amy	Mullen	Female	20-24						0:56:42	GO TRI	10
22	David	Stewart	Male	50-54						0:56:51	GO TRI	11
24	Joseph	Tebay	Male	20-24						0:57:24	GO TRI	12
2	Stephen	Bateman	Male	50-54						0:57:30	GO TRI	13
47	Tim	Browning	Male	40-44						0:57:52	GO TRI	14
18	Rebecca	Taylor	Female	20-24						0:58:21	GO TRI	15
117	Ian	Lawton	Male	40-44	0:17:05	0:00:53	0:28:08	0:00:54	0:12:09	0:59:09	Sprint	1
30	Ant	James	Male	50-54						0:59:41	GO TRI	16
5	Aravindh	Balamurugan	Male	20-24						1:00:20	GO TRI	17
31	Luke	Senechal	Male	20-24						1:00:35	GO TRI	18
26	Andrew	Reilly	Male	35-39						1:01:17	GO TRI	19
35	Charlotte	Armstrong	Female	20-24						1:01:49	GO TRI	20
25	Joey	Johnson	Male	35-39						1:02:14	GO TRI	21
19	John	Gore	Male	50-54						1:02:22	GO TRI	22
137	Gregory	McVicker	Male	18-19	0:18:38	0:00:34	0:29:13	0:00:43	0:13:51	1:02:59	Sprint	2
37	neil	lockwood	Male	60-64						1:03:19	GO TRI	23
12	Maxwell	Hereward	Male	17	0:19:32	0:01:12			0:14:31	1:03:50	Sprint	3
19	Matthew	Skaife	Male	35-39	0:17:50	0:00:52	0:21:19	0:11:49	0:12:29	1:04:19	Sprint	4
149	Oliver	Chadwick	Male	20-24	0:17:53	0:00:59	0:31:20	0:00:52	0:13:18	1:04:22	Sprint	5
4	Samuel	Smyth	Male	17	0:18:49	0:00:16	0:31:55	0:00:35	0:13:10	1:04:45	Sprint	6
32	Giorgio	Hartley	Male	18-19						1:05:28	GO TRI	24
41	Thomas	Basson	Male	20-24						1:05:43	GO TRI	25
29	Lauren	Watchorn	Female	20-24						1:06:18	GO TRI	26
43	Helen	Moore	Female	55-59						1:07:15	GO TRI	27
6	Robert	Doyle	Male	30-34	0:20:59	0:00:58	0:29:39	0:01:14	0:15:23	1:08:13	Sprint	7
16	Ben	Horrobin	Male	20-24	0:21:49	0:01:06	0:30:14	0:00:52	0:15:14	1:09:15	Sprint	8
44	Sachin	Goenka	Male	18-19	0:20:10	0:01:00	0:31:39	0:00:55	0:15:42	1:09:26	Sprint	9
79	Llyr	ApGeraint-Roberts	Male	45-49	0:19:50	0:00:37	0:33:35	0:00:49	0:14:36	1:09:27	Sprint	10
36	Ellie	Biggin	Female	18-19						1:09:40	GO TRI	28
159	Chris	Pownell	Male	30-34	0:19:17	0:00:35	0:35:33	0:00:38	0:14:23	1:10:26	Sprint	11
128	Ed	Salt	Male	18-19	0:20:57	0:01:20	0:30:22	0:01:38	0:16:27	1:10:44	Sprint	12
162	Patrick	Breen	Male	35-39	0:21:15	0:01:01	0:32:42	0:00:53	0:15:01	1:10:52	Sprint	13
143	Caleb	Thornber	Male	18-19	0:20:19	0:00:53			0:14:51	1:11:11	Sprint	14
40	Neil	Oakes	Male	40-44	0:19:21	0:01:13	0:34:43	0:01:10	0:14:46	1:11:13	Sprint	15
153	Rob	OWENS	Male	40-44	0:19:24	0:00:55	0:35:04	0:01:06	0:14:46	1:11:15	Sprint	16
75	Mike	Wallbank	Male	30-34	0:20:38	0:00:55	0:34:30	0:00:56	0:14:40	1:11:39	Sprint	17
44	Cassidy	Singleton	Female	25-29						1:11:48	GO TRI	29
122	William	Jeffcott	Male	25-29	0:21:29	0:00:57			0:15:35	1:12:09	Sprint	18
15	Chris	Tsanos	Male	45-49						1:12:19	GO TRI	30
45	Kieran	Grierson	Male	25-29						1:12:24	GO TRI	31
42	CHRIS	HUBBALL	Male	45-49						1:12:35	GO TRI	32
33	Simon	Taylor	Male	35-39	0:19:09	0:01:02	0:35:11	0:01:25	0:15:55	1:12:42	Sprint	19
14	Anthony	Tomlinson	Male	50-54						1:13:00	GO TRI	33
11	Adele	Vanderkamp	Female	50-54						1:13:09	GO TRI	34
17	Lyndsey	Malone	Female	40-44						1:13:09	GO TRI	35
5	Joseph	Cadwallader	Male	45-49	0:23:28	0:01:00	0:29:58	0:00:57	0:18:02	1:13:25	Sprint	20
30	Simon	Wilkes	Male	50-54	0:21:12	0:01:12			0:16:42	1:13:50	Sprint	21
125	Jack	Roberts	Male	20-24	0:22:13	0:01:01	0:34:13	0:00:57	0:15:35	1:13:59	Sprint	22
17	Jamie	Twist	Male	25-29	0:23:15	0:01:10	0:30:47	0:00:57	0:17:57	1:14:06	Sprint	23

Hale Village Duathlon - 11th February 2023

	First Name	Last Name	M/F	AG	Run 1	T1	Bike	T2	Run 2	Total	Distance	Position
46	Nicola	Daley	Female	55-59						1:14:08	GO TRI	36
38	Gavin	Hunter	Male	40-44	0:19:55	0:01:20	0:35:13	0:01:49	0:16:02	1:14:19	Sprint	24
64	Ken	Montgomery	Male	40-44	0:21:08	0:01:29	0:34:53	0:01:44	0:15:31	1:14:45	Sprint	25
108	Alex	Wallis	Male	30-34	0:21:37	0:01:42	0:33:09	0:01:33	0:16:45	1:14:46	Sprint	26
83	Lois	Lee	Female	20-24	0:21:51	0:01:10	0:34:22	0:00:54	0:16:29	1:14:46	Sprint	27
119	Jonathan	Farrell	Male	30-34	0:22:57	0:01:11	0:34:19	0:01:07	0:16:34	1:16:08	Sprint	28
115	John	Haywood	Male	45-49	0:23:10	0:01:24	0:32:36	0:01:20	0:17:41	1:16:11	Sprint	29
132	Xander	Vinson	Male	20-24	0:23:37	0:01:00			0:18:03	1:16:45	Sprint	30
7	Thomas	Booth	Male	17	0:21:57	0:02:04	0:32:19	0:01:17	0:19:33	1:17:10	Sprint	31
123	Georgia	Armitage	Female	20-24	0:22:27	0:01:02			0:16:16	1:17:43	Sprint	32
37	josh	brown	Male	25-29	0:21:38	0:01:11	0:37:13	0:00	0:17:00	1:18:00	Sprint	33
110	Andrew	Williams	Male	40-44	0:21:31	0:01:28	0:36:59	0:01:29	0:16:34	1:18:01	Sprint	34
11	Simon	Diggins	Male	45-49	0:24:44	0:01:20	0:31:30	0:01:19	0:19:13	1:18:06	Sprint	35
12	Helen	Hindle	Female	65-69						1:18:23	GO TRI	37
121	Tom	Blackburn	Male	20-24	0:18:37	0:00:54	0:44:53	0:01:09	0:13:18	1:18:51	Sprint	36
21	Arame	Tall	Female	25-29	0:22:16	0:02:30	0:36:25	0:00:58	0:16:51	1:19:00	Sprint	37
136	Clarissa	Burwood	Female	20-24	0:24:18	0:00:42			0:18:28	1:19:02	Sprint	38
80	Lorna	Dodd	Female	30-34	0:22:49	0:01:05	0:37:18	0:00:53	0:17:26	1:19:31	Sprint	39
102	Sara	Owczarczak-Garstecka	Female	35-39	0:23:45	0:01:27	0:34:49	0:01:28	0:18:22	1:19:51	Sprint	40
43	Mike	Webster	Male	40-44	0:23:35	0:01:44	0:37:27		0:18:03	1:19:52	Sprint	41
6	Lee	Chapman	Male	35-39						1:19:54	GO TRI	38
127	Imogen	Edwarss	Female	20-24	0:25:25	0:00:51	0:34:43	0:00:55	0:18:15	1:20:09	Sprint	42
25	Lisa	Ho	Female	35-39	0:23:48	0:03:21	0:34:29	0:01:04	0:17:54	1:20:36	Sprint	43
109	Grant	Davidson	Male	50-54	0:24:18	0:01:13	0:35:23	0:01:01	0:19:07	1:21:02	Sprint	44
9	Davey	Allanson	Male	13-14	0:24:39	0:01:38	0:32:49	0:02:42	0:19:18	1:21:06	Sprint	45
10	Laura	Tring	Female	35-39	0:24:00	0:03	0:34:39	0:01:58	0:17:40	1:21:17	Sprint	46
72	Killian	Gavaghan	Male	30-34	0:22:23	0:01:40	0:39:54	0:01:24	0:15:59	1:21:20	Sprint	47
35	Philip	Procter	Male	55-59	0:23:50	0:01:16	0:36:06	0:01:04	0:19:21	1:21:37	Sprint	48
133	Patrick	Benz	Male	18-19	0:22:17	0:01:21	0:39:54	0:01:10	0:17:00	1:21:42	Sprint	49
69	Anthony	Metcalfe	Male		0:23:32	0:01	0:38:35	0:01:17	0:17:09	1:22:01	Sprint	50
105	Alexander	Popovic	Male	20-24	0:24:49	0:01:02	0:35:35	0:01:01	0:19:35	1:22:02	Sprint	51
60	Peter	Kelly	Male	8	0:23:36	0:01:59	0:36:52	0:01:02	0:18:51	1:22:20	Sprint	52
135	Sophie	Whinney	Female	20-24	0:23:44	0:01:02	0:38:47	0:00:52	0:18:03	1:22:28	Sprint	53
54	Simon	Rutter	Male	40-44	0:24:02	0:01:25	0:36:56	0:01:16	0:19:03	1:22:42	Sprint	54
29	David	Flitcroft	Male	55-59	0:23:31	0:01:24	0:37:10	0:01:17	0:19:30	1:22:52	Sprint	55
66	Emily	Hutchinson	Female	25-29	0:24:50	0:01:17	0:37:31	0:01:30	0:17:51	1:22:59	Sprint	56
49	Terri	Mason	Female	45-49	0:23:52	0:01:31	0:38:15	0:01:31	0:18:24	1:23:33	Sprint	57
73	Deaghan	O'Hagan	Male	35-39	0:23:14	0:01:42	0:39:51	0:01:18	0:17:54	1:23:59	Sprint	58
81	Harry	Beaumont	Male	15-16	0:24:42	0:01:20	0:38:53	0:01:07	0:18:00	1:24:02	Sprint	59
150	Scott	Cain	Male	35-39	0:26:07	0:01:42	0:35:56	0:00:31	0:19:59	1:24:15	Sprint	60
22	James	Brooker	Male	35-39	0:24:14	0:01:26	0:37:46	0:01:08	0:19:46	1:24:20	Sprint	61
124	jake	berry	Male	20-24	0:23:47	0:01:23	0:39:27	0:01:00	0:18:49	1:24:26	Sprint	62
106	Sean	Harris	Male	30-34	0:26:24	0:01:37	0:34:47	0:01:23	0:20:20	1:24:31	Sprint	63
51	Jason	Lamonby-parker	Male	30-34	0:23:45	0:00:55	0:41:57	0:01:03	0:18:14	1:25:54	Sprint	64
114	James	Cassidy	Male	30-34	0:24:49	0:01:03	0:38:09	0:01:22	0:20:39	1:26:02	Sprint	65
2	Nicola	Cadwallader	Female	45-49	0:27:26	0:02:03	0:35:28	0:01	0:20:25	1:26:25	Sprint	66
3	Joseph	Allanson	Male	15-16	0:25:24	0:01:39	0:36:26	0:01:49	0:21:07	1:26:25	Sprint	67
46	David	Juggins	Male	70-74	0:23:52	0:00:43	0:42:50	0:01:45	0:17:29	1:26:39	Sprint	68
76	Adam	Fenton	Male	30-34	0:24:40	0:01:17	0:41:16	0:01:15	0:18:31	1:26:59	Sprint	69
24	Michael	Aiken	Male	75-79	0:24:20	0:01:18	0:39:07	0:01:31	0:21:13	1:27:29	Sprint	70
23	Richard	Kinrade	Male	25-29	0:21:02	0:01:18	0:46:09	0:01:38	0:17:34	1:27:41	Sprint	71
160	Peter	Woodthorpe	Male	35-39	0:27:01	0:01:06			0:18:39	1:27:47	Sprint	72
107	Florence	Wilson	Female	25-29	0:26:25	0:01:31	0:37:59	0:01:20	0:20:36	1:27:51	Sprint	73
82	Matthew	Doran	Male	30-34	0:25:13	0:02:06	0:39:20	0:01:38	0:19:53	1:28:10	Sprint	74
104	Nicholas	Roberts	Male	55-59	0:27:38	0:02:08	0:35:44	0:01:49	0:21:39	1:28:58	Sprint	75
13	Ben	Cornwall	Male	35-39	0:24:41	0:01:42	0:42:13	0:02:28	0:18:09	1:29:13	Sprint	76
55	Richard	Caldwell	Male	45-49	0:25:03	0:01:52	0:41:25	0:01:31	0:20:33	1:30:24	Sprint	77
42	Donna	Adlard	Female	45-49	0:26:53	0:02:21	0:38:59	0:01:44	0:20:41	1:30:38	Sprint	78

Hale Village Duathlon - 11th February 2023

	First Name	Last Name	M/F	AG	Run 1	T1	Bike	T2	Run 2	Total	Distance	Position
41	Jonathan	Fairhurst	Male	50-54	0:26:52	0:02:14	0:39:13	0:01:34	0:20:46	1:30:39	Sprint	79
126	Daniel	Konstantynowicz	Male	20-24	0:28:45	0:01:25	0:38:14	0:01:19	0:21:07	1:30:50	Sprint	80
155	Jenny	Worthington	Female	45-49	0:25:51	0:01:21	0:44:32	0:01:05	0:18:28	1:31:17	Sprint	81
61	Daniel	Causley	Male	40-44	0:24:27	0:01:16	0:45:23	0:01:18	0:19:01	1:31:25	Sprint	82
111	Robert	Tyson	Male	40-44	0:21:11	0:01:18	0:50:53	0:01:41	0:16:55	1:31:58	Sprint	83
58	Sean	Degg	Male	45-49	0:27:20	0:01:22	0:40:36	0:01:36	0:22:43	1:33:37	Sprint	84
68	Joanne	Lunt	Female	30-34	0:26:52	0:01:17	0:43:34	0:01:18	0:20:48	1:33:49	Sprint	85
101	Katie	owens	Female	45-49	0:28:24	0:02:26			0:22:07	1:34:21	Sprint	86
120	Evelyn	McLaughlin	Female	20-24	0:27:14	0:00:57	0:45:29	0:01:51	0:19:45	1:35:16	Sprint	87
89	Megan	Atkins	Female	20-24	0:27:26	0:01:36	0:43:28	0:01:57	0:20:52	1:35:19	Sprint	88
26	Melanie	Holden	Female	30-34	0:26:51	0:01:34	0:44:15	0:01:26	0:21:28	1:35:34	Sprint	89
156	Neil	Crowden	Male	50-54	0:27:51	0:01:44	0:42:41	0:02:12	0:21:13	1:35:41	Sprint	90
154	Eddie	Kohler	Male	50-54	0:30:01	0:02:08	0:39:09	0:02:03	0:23:26	1:36:47	Sprint	91
67	Flora	Jayne-Coupe	Female	25-29	0:27:59	0:01:39	0:42:40	0:02:34	0:22:06	1:36:58	Sprint	92
86	John	Wood	Male	50-54	0:30:58	0:02:52	0:38:06	0:02:11	0:23:38	1:37:45	Sprint	93
36	VICTORIA	MOODY-SMITH	Female	45-49	0:29:33	0:02:59	0:41:05	0:03:01	0:21:56	1:38:34	Sprint	94
39	James	Manson	Male	8	0:29:05	0:02:21	0:24:41	0:18:40	0:23:55	1:38:42	Sprint	95
130	Melissa	Middleton	Female		0:29:39	0:01:10	0:41	0:01:09	0:26:57	1:40:06	Sprint	96
152	Carl	Burge	Male		0:28:13	0:01:43	0:44:59	0:02:00	0:23:26	1:40:21	Sprint	97
151	Nathan	Lochrie	Male	35-39	0:29:32	0:01:39	0:45:54	0:01:53	0:21:34	1:40:32	Sprint	98
52	Daniel	Shannon	Male	30-34	0:26:37	0:01:27	0:50:01	0:01:04	0:23:42	1:42:51	Sprint	99
74	Serkan	Yaman	Male	50-54	0:30:26	0:01:20	0:46:26	0:01:17	0:23:28	1:42:57	Sprint	100
161	John	Szubert	Male	30-34	0:33:00	0:01:52	0:39:34	0:01:47	0:26:51	1:43:04	Sprint	101
20	Dareen	Minto	Male	40-44	0:31:29	0:01:41	0:43:02	0:01:33	0:27:55	1:45:40	Sprint	102
59	Victoria	Gilhespy	Female	50-54	0:31:17	0:01:29	0:49:59	0:01:01	0:23:25	1:47:11	Sprint	103
63	Sarah	Becker	Female	25-29	0:32:04	0:01:34	0:48:35	0:00:57	0:24:38	1:47:48	Sprint	104
70	Lucinda	Lui	Female	30-34	0:30:06	0:02:13	0:50:22	0:01:19	0:25:00	1:49:00	Sprint	105
71	Jade	Chan	Female	30-34	0:30:06	0:02:09	0:50:34	0:01:10	0:25:01	1:49:00	Sprint	106
48	Ollie	Holliday	Male	35-39	0:37:03	0:02:51	0:46:14	0:02:00	0:23:27	1:51:35	Sprint	107
85	Ben	Grundy	Male	65-69	0:35:42	0:01:54	0:45:40	0:01:56	0:27:55	1:53:07	Sprint	108
14	Jenny	Bringloe	Female	50-54	0:35:19	0:02:50	0:47:52	0:02:16	0:25:14	1:53:31	Sprint	109
163	Daniel	Suku	Male	45-49	0:25:02	0:01:49	1:00:57	0:02:01	0:23:59	1:53:48	Sprint	110
84	Lynne	Grundy	Female	60-64	0:40:40	0:01:33	0:49:02	0:01:53	0:31:22	2:04:30	Sprint	111
45	Don	Holmes	Male	65-69	0:42:09	0:02:28	0:45:28	0:03:15	0:31:45	2:05:05	Sprint	112
56	Danielle	Simons	Female	45-49	0:35:33	0:01:45	0:57:09		13:37:05	2:05:05	Sprint	113
57	Jon	Simons	Male	55-59	0:35:33	0:01:44	0:57:09		13:37:17	2:05:17	Sprint	114
47	Kyra	Holliday	Female	20-24	0:37:04	0:02:47	0:57:57		13:41:45	2:09:45	Sprint	115
28	Simon	Anders	Male	45-49	0:40:56	0:03:47	0:52:43	0:03:13	0:31:41	2:12:20	Sprint	116
112	David	Owens	Male	45-49	0:23:37	0:01:25	0:32:39				Sprint	