



Name	O/F	AG	Race	No	Run 1	T1	Bike	T2	Run 2	Result	
Paul Tabern*	O	45-49	Sprint	73	00:20:23	00:00:57	00:28:53	00:01:01	00:10:51	01:02:05	*
Andrew Ross-Wallace*	F	60-64	Sprint	2	00:24:01	00:01:48	00:24:39	00:01:05	00:14:11	01:05:44	*
Jake Higham	O	25-29	Sprint	16	00:19:10	00:00:39	00:38:34	00:00:37	00:09:49	01:08:49	1
Richard Smart*	O	40-44	Sprint	19	00:19:08	00:00:51	00:39:00	00:00:28	00:09:57	01:09:24	*
Matthew Fuller	O	35-39	Sprint	49	00:19:41	00:01:22	00:38:11	00:00:49	00:10:20	01:10:23	2
Rik Heap	O	50-54	Sprint	20	00:19:09	00:00:40	00:39:55	00:00:44	00:10:00	01:10:28	3
Peter Ledson	O	20-24	Sprint	55	00:20:33	00:00:59	00:40:07	00:01:02	00:10:38	01:13:19	4
Ian Williams	O	30-34	Sprint	7	00:21:11	00:01:33	00:39:02	00:01:34	00:11:15	01:14:35	5
Tony Haigh	O	45-49	Sprint	45	00:21:14	00:01:10	00:39:43	00:01:19	00:12:20	01:15:46	6
Alex Barley	O	40-44	Sprint	75	00:20:19	00:01:59	00:43:08	00:01:18	00:10:21	01:17:05	7
John Peterson	O	35-39	Sprint	9	00:22:32	00:01:19	00:40:58	00:00:58	00:11:26	01:17:13	8
Elizabeth Smith	F	30-34	Sprint	50	00:21:25	00:01:23	00:42:24	00:00:46	00:11:48	01:17:46	9
kellie branagan	F	25-29	Sprint	28	00:22:00	00:00:58	00:42:08	00:00:53	00:11:57	01:17:56	10
David Bowmaker	O	45-49	Sprint	53	00:21:34	00:00:40	00:44:28	00:00:29	00:11:10	01:18:21	11
Dave Flitcroft	O	60-64	Sprint	52	00:21:50	00:01:14	00:42:11	00:01:45	00:11:24	01:18:24	12
Damian Mason	O	50-54	Sprint	43	00:21:38	00:01:30	00:42:32	00:01:10	00:11:49	01:18:39	13
Steve Hampton	O	30-34	Sprint	62	00:22:05	00:01:27	00:42:55	00:01:41	00:11:58	01:20:06	14
Jason Dymond	O	45-49	Sprint	21	00:22:05	00:01:23	00:42:45	00:01:56	00:12:21	01:20:30	15
Pamela Thurtle	F	45-49	Sprint	36	00:22:32	00:01:41	00:44:09	00:01:41	00:11:37	01:21:40	16
David Gibbs	O	60-64	Sprint	76	00:22:19	00:01:30	00:45:15	00:00:50	00:11:51	01:21:45	17
James Abbotson	O	30-34	Sprint	58	00:25:54	00:01:25	00:40:08	00:01:17	00:13:18	01:22:02	18
Tom Taylor	O	35-39	Sprint	11	00:23:05	00:01:46	00:44:14	00:01:29	00:12:04	01:22:38	19
Hayley Proudfoot	F	40-44	Sprint	44	00:23:06	00:01:14	00:45:00	00:01:08	00:12:26	01:22:54	20
Liz Mclellan	F	50-54	Sprint	100	00:23:06	00:01:36	00:45:25	00:01:17	00:11:45	01:23:09	21
Sam Rukin	O	30-34	Sprint	8	00:20:38	00:01:41	00:49:23	00:01:11	00:10:23	01:23:16	22
Victoria Moody-Smith	F	45-49	Sprint	9	00:26:07	00:01:50	00:39:41	00:01:26	00:14:18	01:23:22	23
Charlie Dykes	O	20-24	Sprint	33	00:21:11	00:01:48	00:48:15	00:01:32	00:11:17	01:24:03	24
Keith Bowness	O	35-39	Sprint	18	00:24:18	00:02:09	00:43:06	00:01:56	00:12:40	01:24:09	25
Jamie Konh	O	30-34	Sprint	56	00:22:42	00:01:20	00:46:03	00:01:21	00:12:49	01:24:15	26
Ross Allen	O	40-44	Sprint	37	00:24:08	00:01:00	00:44:52	00:00:53	00:13:24	01:24:17	27
Kieran Paxton	O	25-29	Sprint	70	00:24:40	00:02:03	00:43:48	00:02:08	00:13:27	01:26:06	28
Daniel Race	O	20-24	Sprint	38	00:22:00	00:01:25	00:48:28	00:01:40	00:12:50	01:26:23	29
John Bowes	O	40-44	Sprint	51	00:22:45	00:01:30	00:49:17	00:01:48	00:11:34	01:26:54	30
Adam Heath	O	30-34	Sprint	13	00:21:57	00:00:41	00:51:14	00:00:50	00:12:23	01:27:05	31
Paul Atherton	O	55-59	Sprint	71	00:24:16	00:01:04	00:48:33	00:00:52	00:12:51	01:27:36	32
Stuart Diggie	O	30-34	Sprint	61	00:26:27	00:01:07	00:45:45	00:01:28	00:12:55	01:27:42	33
Mollie Hadfield	F	20-24	Sprint	48	00:30:42	00:01:05	00:38:47	00:02:59	00:19:13	01:32:46	34
Ben Goodacre	O	25-29	Sprint	31	00:27:35	00:01:18	00:47:54	00:01:19	00:15:33	01:33:39	35
Martyn Nixon	O	50-54	Sprint	35	00:24:27	00:02:25	00:54:22	00:02:05	00:13:35	01:36:54	36
Joana Santos	F	35-39	Sprint	33	00:38:07	00:01:33	00:38:59	00:00:55	00:21:49	01:41:23	37
James Edgell	O	35-39	Sprint	74	00:23:35	00:01:28	01:02:16	00:01:16	00:13:27	01:42:02	38
Jez Sheppard	O	35-39	Sprint	72	00:23:47	00:01:17	01:01:40	00:01:51	00:13:27	01:42:02	39

Jamie Allen	O	30-34	Sprint	15	00:27:15	00:01:33	00:57:19	00:01:30	00:14:38	01:42:15	40
Estelle Davis	F	50-54	Sprint	42	00:30:08	00:01:37	00:55:32	00:01:02	00:15:35	01:43:54	41
Richard Wallace	O	30-34	Sprint	3	00:26:44	00:01:21	00:58:37	00:01:08	00:16:17	01:44:07	42
Christopher Davis	O	55-59	Sprint	54	00:30:08	00:01:34	00:55:51	00:00:46	00:17:31	01:45:50	43
Julie Cullen	F	60-64	Sprint	17	00:30:15	00:02:25	00:57:17	00:01:23	00:16:57	01:48:17	44
Caroline Hadfield	F	45-49	Sprint	46	00:28:24	00:02:03	00:59:36	00:02:30	00:15:50	01:48:23	45
Julia Moore	F	55-59	Sprint	47	00:28:24	00:03:47	00:57:54	00:02:28	00:15:50	01:48:23	46
Barnaby Nichol	O	25-29	Sprint	34	00:26:16	00:01:31	01:05:27	00:00:51	00:15:53	01:49:58	47
Ruth Potts	F	45-49	Sprint	5	00:30:49	00:01:22	01:00:14	00:01:09	00:17:58	01:51:32	48
Jacob Williams	O	30-34	Sprint	63	00:30:09	00:01:15	01:04:20	00:01:00	00:16:06	01:52:50	49
Michelle Kenny	F	40-44	Sprint	68	00:29:10	00:01:03	01:12:11	00:01:46	00:12:13	01:56:23	50
Angela Shurie-Mackenzie	F	40-44	Sprint	67	00:29:10	00:01:03	01:12:41	00:01:16	00:12:29	01:56:39	51
Matthew Sutton	O	25-29	Sprint	66	00:21:31	00:01:02					



Name	O/F	AG	Race	No	Run 1	T1	Bike	T2	Run 2	Result	
Michael Fairhurst	O	50-54	Super Sprint	24	00:10:27	00:00:56	00:23:49	00:00:41	00:10:41	00:46:34	1
Michael Smith	O	55-59	Super Sprint	13	00:11:11	00:01:19	00:27:57	00:01:37	00:11:53	00:53:57	2
Darren Baines	O	35-39	Super Sprint	21	00:10:39	00:00:59	00:29:32	00:00:45	00:12:14	00:54:09	3
Andy Whitmore	O	45-49	Super Sprint	10	00:11:35	00:01:55	00:28:01	00:01:29	00:12:05	00:55:05	4
Dave Tomlinson	O	45-49	Super Sprint	22	00:11:51	00:01:01	00:28:56	00:01:11	00:12:16	00:55:15	5
Kev Hallinan	O	60-64	Super Sprint	99	00:13:06	00:01:18	00:26:35	00:01:22	00:13:40	00:56:01	6
neil lockwood	O	60-64	Super Sprint	23	00:14:02	00:01:48	00:28:49	00:01:15	00:13:29	00:59:23	7
Mark Wilkinson	O	25-29	Super Sprint	32	00:12:22	00:01:08	00:34:54	00:01:00	00:14:38	01:04:02	8
Kate Topping	F	40-44	Super Sprint	18	00:15:10	00:01:10	00:34:13	00:00:50	00:15:48	01:07:11	9
Colin Hughes	O	50-54	Super Sprint	2	00:14:09	00:01:41	00:39:52	00:01:15	00:14:18	01:11:15	10
Susan Hughes	F	50-54	Super Sprint	3	00:15:10	00:01:09	00:39:43	00:00:55	00:15:55	01:12:52	11
Caroline Wilkinson	F	60-64	Super Sprint	31	00:15:31	00:01:28	00:39:26	00:00:32	00:16:01	01:12:58	12
lauren Bond	F	35-39	Super Sprint	5	00:16:44	00:01:39	00:37:18	00:00:59	00:18:02	01:14:42	13