

Coniston Old Man Triathlon
7th June 2009

Bib	Competitor			Category	Sex	Times				Position			
	Name	Club				Swim + T1	Bike	T2	Run	Finish	Overall	Cat	Sex
163	Sarah	Warburton	Unattached	TEAM	T	00:33:05	02:48:50.35	00:00:30.30	01:40:28.00	05:02:53.60	1	1	1
152	Colin	moses	Bingley Harriers & AC	MV40	M	00:37:42	02:55:24.80	00:01:59.05	02:09:48.65	05:44:54.20	2	1	1
122	Philip	Addyman	Ryton Tri Club	MV40	M	00:48:29	02:43:48.50	00:01:22.35	02:12:37.70	05:46:17.45	4	2	3
121	Ben	Abrahams	Velo Ecosse	MO	M	00:34:25	02:43:50.00	00:01:16.60	02:33:09.55	05:52:41.45	6	2	5
140	Mark	Hopkins	Tri-Lakeland	MV40	M	00:34:28	02:59:02.10	00:00:54.20	02:24:38.55	05:59:02.70	7	4	6
154	Thomas	Phillips		MV40	M	00:42:23	02:54:12.00	00:01:14.15	02:23:21.70	06:01:10.45	8	5	7
164	Mathew	Wilson	TriLiving	MV40	M	00:33:47	03:00:41.00	00:02:33.15	02:30:08.00	06:07:09.65	9	6	8
128	Paul	Clavey	Unattached	MV40	M	00:34:26	03:12:50.30	00:01:29.80	02:20:45.50	06:09:32.05	10	7	9
166	Anthony	Gerundini	Lincon Tri	MV40	M	00:49:07	02:58:42.45	00:02:36.85	02:21:14.95	06:11:41.35	11	8	10
125	Mike	Brock	Bracknell Forest Runners	MO	M	00:33:34	03:07:25.20	00:01:26.20	02:34:15.60	06:16:41.20	12	3	11
165	Micheal	Zeidan	Ashurst bike	MO	M	00:48:18	03:11:19.30	00:01:45.15	02:23:41.10	06:25:03.35	14	4	13
157	Tom	Scanlan		MO	M	00:46:22	03:05:06.95	00:03:00.85	02:31:56.70	06:26:26.75	15	5	14
123	Kevin	Allerton	Stafford Triathlon Club	MO	M	00:41:10	03:17:02.60	00:01:33.45	02:29:18.80	06:29:04.85	16	6	15
159	Gary	Smith	Unattached	MO	M	00:36:04	03:15:23.25	00:02:53.40	02:35:22.25	06:29:42.95	17	7	16
135	Andy	Faint		MV40	M	00:41:55	03:13:47.20	00:02:55.00	02:38:55.95	06:37:32.75	18	10	17
146	Graham	Markham	Army Triathlon Association	MV40	M	00:32:03	03:10:32.55	00:02:10.30	02:55:13.30	06:39:59.65	19	11	18
126	Stephen	Brock	Keighley and Craven AC	MO	M	00:37:01	03:08:38.55	00:04:33.40	02:50:46.40	06:40:58.90	20	8	19
136	Julie	Finn	Ashurst bike	FO	F	00:41:37	03:25:46.55	00:02:39.25	02:36:35.65	06:46:38.55	21	1	1
158	Alistair	Shawcross	TNC	MO	M	00:43:40	03:39:00.70	00:02:14.40	03:02:15.65	07:27:10.55	22	9	20
151	Trevor	Milner	Unattached	MV50	M	00:45:12	03:51:59.00	00:02:08.40	02:53:18.45	07:32:37.45	23	1	21
133	Stephen	Elliott	Tonbridge Triathlon	MO	M	00:37:01	02:55:58.80	00:02:53.55	03:58:12.95	07:34:06.75	24	10	22
155	Simon	Proctor	tonbridge tri	MV40	M	00:32:40	03:22:05.60	00:01:57.25	03:37:23.65	07:34:07.00	25	12	23
137	Clive	Greatorex	Todmorden Harriers	MV40	M	00:43:54	03:38:01.05	00:03:21.70	03:14:41.05	07:39:58.05	26	13	24
149	paul	mckenny	Unattached	MV40	M	00:45:01	03:25:47.75	00:02:14.25	03:57:00.60	08:10:03.95	27	14	25
144	Tim	Jackson	Mid Argyll Tri	MV40	M	00:45:54	03:29:50.70	00:02:04.40	03:52:15.45	08:10:04.45	28	15	26
127	Simon	Cartledge	FRA / Fell Ponies	MV40	M	00:55:07	03:55:21.45	00:05:38.65	03:28:36.35	08:24:43.85	29	16	27
*142	Gareth	Huxley	Ryton Tri	MO	M	00:34:14	02:48:34.00	00:01:30.95	02:21:32.15	05:45:50.65	3	1	2
*153	Mat	Nuttall	trician	MV40	M	00:37:18	02:45:45.30	00:01:19.75	02:25:55.55	05:50:18.95	5	3	4
*138	Nigel	Gregory	Charnwood Triathlon Club	MV40	M	00:35:10	02:54:26.40	00:01:47.75	02:46:18.45	06:17:42.30	13	9	12
139	Rob	Harper	Manchester Triathlon Club	MO	M	00:41:33	03:12:34.65	00:03:59.70	03:58:07.50		DNF		
147	Richard	Mathews	Warrington Tri Club	MV50	M	01:00:21	04:12:14.55	00:04:53.35	05:17:28.90		DNF		
131	James	Cullen	Unattached	MO	M	00:49:32	00:55:09.20	01:44:41.05			DNF		
162	Richard	Walsh	Kudu Bikes Triathlon Club	MO	M	00:31:24	04:12:25.65	04:43:50.05			DNF		
134	John	Ellis	Prison Service Tri club	MV40	M	00:45:08	04:09:49.15	04:54:57.30			DNF		
161	Martin	Tonge	team has been	MO	M	00:32:07					DNF		
129	Martyn	Cooper	Trip Preston	MV40	M	00:39:08					DNF		

* Didn't make Checkpoint on Coniston Old Man