

Kendal sprint 1

Bib	FirstName	LastName	Club	Category	Sex	Swim	Bike	Run	Total (including adjustment for traffic lights)	Overall	Cat	Sex
82	Rich	Hunt	Kudu Bikes Triathlon Club	Open	M	00:11:26	00:35:15.50	00:18:13.00	01:02:06.35	1	1	1
76	Stuart	Robinson	Arragons Cumbrian Tri Club	V40	M	00:10:51	00:37:33.90	00:19:13.95	01:06:25.55	2	1	2
78	Kieran	Rowlands	Kudu Bikes Triathlon Club	Open	M	00:10:52	00:39:09.15	00:18:47.50	01:07:21.00	3	2	3
75	Rob	West		V40	M	00:12:11	00:38:13.40	00:17:50.95	01:08:05.30	4	2	4
91	Russell	Kober		Open	M	00:10:32	00:38:45.70	00:20:58.25	01:10:03.80	5	3	5
84	Paul	Sanderson	Tri Preston	Open	M	00:11:00	00:39:09.40	00:21:33.25	01:10:26.10	6	4	6
67	David	Winder	Unattached	V40	M	00:12:24	00:40:02.60	00:20:18.50	01:12:18.95	7	3	7
80	Paul	Hodgson		Junior	M	00:10:34	00:44:25.70	00:20:02.40	01:12:56.30	8	1	8
83	Martyn	Cooper	TRIPRESTON	V40	M	00:11:37	00:40:01.85	00:21:38.80	01:13:09.95	9	4	9
85	Martin	Boddie		Open	M	00:11:29	00:41:33.05	00:21:29.00	01:13:24.30	10	5	10
72	Luke	Osborn		Open	M	00:10:30	00:42:02.75	00:22:55.05	01:14:52.55	11	6	11
58	Paul	Tynan		V40	M	00:14:48	00:39:38.15	00:21:06.65	01:15:33.20	12	5	12
27	Louise	Kelly	Leicester Tri	FO	F	00:11:57	00:42:54.95	00:21:08.45	01:15:41.25	13	1	1
77	Philip	Richardson	JEB Taekwondo	V40	M	00:11:36	00:44:48.50	00:21:44.65	01:17:48.65	14	6	13
90	Dave	Haygarth		Open	M	00:12:49	00:42:32.05	00:23:10.70	01:18:12.15	15	7	14
53	Damien	Jones	NYP Tri	V40	M	00:14:35	00:42:18.40	00:22:25.85	01:18:41.95	16	7	15
61	Graeme	Higgins	Arragons	V40	M	00:12:22	00:43:33.60	00:23:56.55	01:19:39.80	17	8	16
57	Michael	O'doherty		V40	M	00:15:20	00:45:17.70	00:20:05.75	01:19:43.75	18	9	17
54	Josh	Waite		Open	M	00:13:26	00:44:28.85	00:22:55.90	01:20:38.95	19	8	18
7	Judith	Irving		FV40	F	00:14:38	00:43:37.40	00:23:22.85	01:21:02.85	20	1	2
23	Carrine	Green	NYP Tri	FO	F	00:10:48	00:47:18.80	00:24:57.80	01:21:45.65	21	2	3
79	Chris	Stilling	Westmorland Tri	Open	M	00:12:12	00:42:31.80	00:27:25.85	01:21:54.85	22	9	19
10	Paddy	Finn	Westmorland Tri	V50	M	00:14:26	00:44:42.95	00:24:08.85	01:22:50.10	23	1	20
74	Chris	Unsworth	Ashurst Bike Club	V50	M	00:13:45	00:45:36.00	00:25:16.00	01:23:06.75	24	2	21
55	Dave	Worthington	COLT	V50	M	00:14:49	00:45:52.10	00:23:47.35	01:23:19.85	25	3	22
59	Andy	Beavon		V40	M	00:14:45	00:44:15.35	00:25:05.55	01:24:03.05	26	10	23
86	Jamie	McGivern	The Wirral Avago Tri Squad	Open	M	00:11:20	00:50:02.75	00:24:57.55	01:24:16.40	27	10	24
39	Stephen	Taylor	ManTri	V40	M	00:17:22	00:45:07.60	00:23:27.80	01:25:26.15	28	11	25
60	Kris	Baldock	Unattached	Open	M	00:14:43	00:48:02.60	00:23:05.40	01:25:38.65	29	11	26
33	John	Boyle	CFR	Open	M	00:16:46	00:45:55.00	00:23:15.30	01:25:56.25	30	12	27
52	Simon	Clarke	Tri-Lakeland	Open	M	00:15:49	00:46:21.80	00:24:40.35	01:26:26.25	31	13	28
45	John	Livesey		Open	M	00:14:19	00:47:40.20	00:25:55.60	01:27:13.30	32	14	29
62	Simon	McCleery	Allithwaite Running Club	Open	M	00:14:40	00:48:05.70	00:25:09.55	01:27:13.60	33	15	30
43	Chris	Clinch	Broughton Wheelers	V40	M	00:16:05	00:47:05.25	00:26:28.35	01:28:08.85	34	12	31
71	Richard	Walsh	Kudu Bikes Triathlon Club	Open	M	00:10:56	00:48:15.85	00:29:03.55	01:28:13.75	35	16	32
15	Rosemary	Thomas		FO	F	00:14:38	00:49:14.45	00:25:10.40	01:28:22.55	36	3	4
66	Simon	Cockram	Unattached	V50	M	00:14:18	00:49:06.30	00:23:34.20	01:28:58.20	37	4	33
36	Tony	Doyle	Unattached	Open	M	00:17:07	00:46:54.20	00:26:06.90	01:29:18.10	38	17	34
48	Peter	Jagan	Bingley Harriers & AC	V60	M	00:17:04	00:48:01.50	00:24:33.20	01:29:28.60	39	1	35
18	Emily	Clarke	Unattached	FO	F	00:14:07	00:50:01.80	00:27:58.50	01:31:28.45	40	4	5

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47	Emlyn	Simpson	Unattached	Open	M	00:15:08	00:53:58.25	00:24:07.70	01:31:28.75	41	18	36
73	Andrew	Eland	Tri-Lakeland	Open	M	00:14:50	00:50:39.55	00:27:36.70	01:32:03.50	42	19	37
22	Jill	Rawson	NYP Tri	FO	F	00:12:33	00:49:45.30	00:30:20.40	01:32:05.95	43	5	6
20	Tracey	Binks	Broughton Wheelers	FO	F	00:12:58	00:51:12.65	00:30:41.45	01:32:20.20	44	6	7
50	David	Henderson		V40	M	00:15:57	00:49:17.55	00:28:31.10	01:33:27.30	45	13	38
56	Thomas	Winter		Junior	M	00:14:37	00:52:27.70	00:27:39.00	01:33:38.15	46	2	39
41	Barry	Frame	Ful on Tri	Open	M	00:14:02	00:51:02.20	00:29:17.50	01:33:43.60	47	20	40
14	Freya	Jagan		FO	F	00:14:28	00:53:13.75	00:26:30.60	01:34:12.85	48	7	8
37	Simon	Lewis		V40	M	00:16:59	00:49:54.10	00:27:37.95	01:34:18.90	49	14	41
46	Martin	Ramsay		V40	M	00:17:10	00:49:18.80	00:25:50.95	01:34:20.05	50	15	42
49	Gareth	Brownson	none	Open	M	00:15:59	00:53:08.65	00:25:50.30	01:34:31.30	51	21	43
68	Darren	Hopton		V40	M	00:20:18	00:52:02.40	00:24:44.05	01:35:18.50	52	16	44
8	Margaret	Jagan		FV50	F	00:16:21	00:54:31.90	00:24:46.20	01:35:39.35	53	1	9
13	Lisa	Waistell	penrith	FV40	F	00:15:46	00:51:49.30	00:28:15.75	01:35:42.45	54	2	10
32	Andrew	Mcintyre	Unattached	V40	M	00:15:45	00:54:03.55	00:26:45.15	01:36:26.00	55	17	45
5	Helen	Young	carlisle tri	FO	F	00:15:04	00:54:20.35	00:28:01.00	01:36:45.45	56	8	11
35	Neil	Carlton	KendalASC	V40	M	00:14:12	00:52:42.55	00:31:33.25	01:38:03.55	57	18	46
12	Sharron	Lewis		FV40	F	00:16:00	00:57:35.15	00:25:38.60	01:38:47.75	58	3	12
11	Kath	Finn	Westmorland Tri	FV40	F	00:19:03	00:53:23.40	00:26:54.05	01:39:12.05	59	4	13
65	Sean	Greenwood		Junior	M	00:18:51	00:55:23.40	00:26:18.80	01:39:24.35	60	3	47
17	Claire	Winter		FV40	F	00:15:01	00:56:43.55	00:28:17.35	01:39:30.85	61	5	14
4	Gillian	Ramsay		FV40	F	00:19:08	00:53:40.70	00:28:31.15	01:41:06.15	62	6	15
51	Ian	Mckenna		Open	M	00:15:50	01:00:54.35	00:25:56.15	01:41:15.15	63	22	48
42	Raymond	Rogers	Billinge Judo	V50	M	00:19:02	00:52:08.35	00:30:25.00	01:41:18.20	64	5	49
9	Sophie	Lawson		FO	F	00:15:58	00:57:40.35	00:27:54.85	01:41:33.35	65	9	16
38	Keith	Stewart		Open	M	00:18:53	00:55:21.45	00:28:05.15	01:41:40.25	66	23	50
6	Victoria	Higgins	Arragons	FO	F	00:14:35	00:56:27.15	00:31:44.35	01:42:46.20	67	10	17
44	Robin	Frost		V40	M	00:17:41	00:57:33.50	00:30:35.30	01:43:43.05	68	19	51
64	Andrew	Greenwood		Open	M	00:18:33	01:01:11.25	00:24:51.80	01:44:04.15	69	24	52
1	Melanie	Brooks		FO	F	00:18:20	01:00:47.10	00:26:11.05	01:44:16.50	70	11	18
28	Vivienne	Forster		FO	F	00:15:17	00:57:33.85	00:32:54.80	01:44:25.85	71	12	19
34	Davy	Simpson	Unattached	Open	M	00:17:26	00:56:55.95	00:30:41.80	01:44:38.75	72	25	53
31	Shayne	Holliday	Unattached	V40	M	00:25:00	00:55:07.15	00:27:03.65	01:46:02.85	73	20	54
2	Sandie	Donald	Dumfries Running Club	FO	F	00:18:54	01:06:39.75	00:28:49.05	01:53:20.90	74	13	20
21	Lisa	Smith	none	FV40	F	00:13:04	01:08:21.90	00:35:49.60	01:57:04.10	75	7	21
30	Steven	Langrish		V40	M	00:27:04	01:05:51.90	00:30:11.65	02:02:01.95	76	21	55
19	Michelle	Porter		FO	F	00:41:09	00:54:46.85	00:28:23.60	02:03:39.45	77	14	22
3	Mel	Fryer		FO	F	01:18:06	00:32:12.50	DNF				
63	Terry	Mcmahon	Unattached	V40	M	00:13:02	00:52:13.90	DNF				

Competitors 66 & 46 times include a 2 minute penalty