

Kendal Sprint Triathlon 2010

25th April 2010

| Bib | First Name | Last Name | Club | Cat | Sex | Swim | Swim Pos | T1 | Cycle | Bike Pos | T2 | Run | Run Pos | Finish | Position | | |
|-----|------------|-------------|----------------------------|-----|-----|---------|----------|-------------|-------------|----------|-------------|-------------|---------|-------------|----------|-----|-----|
| | | | | | | | | | | | | | | | Overall | Cat | Sex |
| 89 | Beau | Smith | COLT | J | M | 06:32.4 | 1 | 00:00:30.85 | 00:32:15.25 | 1 | 00:00:35.65 | 00:18:26.25 | 3 | 00:58:20.40 | 1 | 1 | 1 |
| 86 | Kieran | Rowlands | Kudu Bikes Triathlon Club | S | M | 07:05.8 | 6 | 00:00:30.10 | 00:32:30.10 | 2 | 00:00:29.70 | 00:18:09.80 | 2 | 00:58:45.50 | 2 | 1 | 2 |
| 90 | Jon | Fletcher | Arragons Cumbrian Tri Club | S | M | 06:41.0 | 3 | 00:00:43.90 | 00:34:33.65 | 4 | 00:00:33.80 | 00:16:46.15 | 1 | 00:59:18.45 | 3 | 2 | 3 |
| 4 | Mark | Walsh | Kudu Bikes Triathlon Club | S | M | 07:06.1 | 7 | 00:00:27.70 | 00:32:50.70 | 3 | 00:00:30.55 | 00:19:37.50 | 5 | 01:00:32.55 | 4 | 3 | 4 |
| 88 | Luke | Osborn | Unattached | S | M | 06:55.6 | 5 | 00:00:34.50 | 00:34:45.90 | 5 | 00:00:41.70 | 00:20:19.80 | 6 | 01:03:17.50 | 5 | 4 | 5 |
| 84 | Liam | Mcguinness | COLT | Y | M | 07:22.1 | 8 | 00:00:37.85 | 00:35:11.60 | 6 | 00:00:43.00 | 00:20:21.00 | 7 | 01:04:15.55 | 6 | 1 | 6 |
| 91 | Maddy | Winzer | Kudu Bikes Triathlon Club | FY | F | 06:51.7 | 4 | 00:00:27.65 | 00:36:39.65 | 11 | 00:00:33.10 | 00:21:02.70 | 12 | 01:05:34.80 | 7 | 1 | 1 |
| 75 | David | Winder | Unattached | V | M | 08:10.6 | 16 | 00:00:42.35 | 00:36:37.90 | 10 | 00:00:46.10 | 00:19:32.80 | 4 | 01:05:49.75 | 8 | 1 | 7 |
| 82 | Paul | Mason | Ashurst Bike Club | V | M | 08:09.7 | 14 | 00:00:35.25 | 00:35:33.70 | 8 | 00:00:38.70 | 00:21:00.35 | 10 | 01:05:57.65 | 9 | 2 | 8 |
| 78 | Graeme | Higgins | Arragons Cumbrian Tri Club | V | M | 08:07.3 | 12 | 00:00:38.20 | 00:36:36.70 | 9 | 00:00:41.75 | 00:20:56.85 | 9 | 01:07:00.75 | 10 | 3 | 9 |
| 22 | Louise | Kelly | COLT | FS | F | 08:24.2 | 18 | 00:00:32.55 | 00:36:43.75 | 12 | 00:00:42.15 | 00:20:45.60 | 8 | 01:07:08.20 | 11 | 1 | 2 |
| 23 | Rhiannon | Silson | Arragons Cumbrian Tri Club | FS | F | 07:42.1 | 10 | 00:00:31.75 | 00:38:14.35 | 15 | 00:00:35.10 | 00:21:05.90 | 14 | 01:08:09.25 | 12 | 2 | 3 |
| 81 | Thomas | Shaw-dunn | Tyne Triathlon | S | M | 08:10.5 | 15 | 00:00:41.00 | 00:37:42.85 | 13 | 00:00:44.80 | 00:22:28.00 | 18 | 01:09:47.20 | 13 | 5 | 10 |
| 76 | John | Livesey | Unattached | V | M | 08:39.8 | 23 | 00:00:38.85 | 00:38:53.60 | 18 | 00:00:41.35 | 00:23:13.25 | 28 | 01:12:06.80 | 14 | 4 | 11 |
| 85 | Paddy | Finn | Westmorland Triathletes | V | M | 08:17.8 | 17 | 00:01:14.95 | 00:39:13.75 | 20 | 00:01:06.40 | 00:22:14.15 | 16 | 01:12:07.05 | 15 | 5 | 12 |
| 73 | Mark | Procter | COLT | S | M | 08:34.7 | 22 | 00:01:17.60 | 00:38:56.70 | 19 | 00:00:46.70 | 00:22:57.25 | 24 | 01:12:32.90 | 16 | 6 | 13 |
| 87 | James | Bale | COLT | J | M | 06:37.6 | 2 | 00:00:29.35 | 00:41:09.05 | 35 | 00:00:30.50 | 00:23:52.90 | 36 | 01:12:39.35 | 17 | 2 | 14 |
| 14 | Judith | Irving | Unattached | FV | F | 10:07.0 | 39 | 00:01:09.20 | 00:37:56.75 | 14 | 00:00:54.00 | 00:22:49.90 | 22 | 01:12:56.85 | 18 | 1 | 4 |
| 68 | Kawai | Chung | Mornington Chasers | S | M | 10:38.9 | 53 | 00:01:26.30 | 00:38:47.10 | 17 | 00:01:04.85 | 00:21:02.70 | 13 | 01:12:59.90 | 19 | 7 | 15 |
| 79 | Jacob | Dyer | Unattached | S | M | 09:03.2 | 25 | 00:01:41.20 | 00:39:57.35 | 27 | 00:01:02.70 | 00:22:21.15 | 17 | 01:14:05.55 | 20 | 8 | 16 |
| 19 | Chloe | Rodham | Unattached | FS | F | 09:35.2 | 30 | 00:01:04.60 | 00:41:20.20 | 37 | 00:01:05.70 | 00:21:02.55 | 11 | 01:14:08.20 | 21 | 3 | 5 |
| 80 | Darren | Eccles | Unattached | S | M | 07:37.0 | 9 | 00:01:05.45 | 00:42:26.45 | 43 | 00:00:42.00 | 00:22:38.60 | 20 | 01:14:29.45 | 22 | 9 | 17 |
| 66 | Colin | Barber | Unattached | S | M | 10:00.4 | 36 | 00:01:40.20 | 00:39:58.50 | 28 | 00:01:15.05 | 00:21:51.40 | 15 | 01:14:45.55 | 23 | 10 | 18 |
| 20 | Deirdre | Mccarthy | Manchester Triathlon Club | FS | F | 09:46.1 | 32 | 00:00:45.15 | 00:40:54.55 | 33 | 00:00:58.80 | 00:23:01.70 | 25 | 01:15:26.25 | 24 | 4 | 6 |
| 64 | Dave | Worthington | COLT | V | M | 09:47.5 | 34 | 00:01:32.30 | 00:39:49.45 | 24 | 00:01:02.05 | 00:23:15.20 | 29 | 01:15:26.50 | 25 | 6 | 19 |
| 62 | Neil | Wearden | Unattached | S | M | 10:05.6 | 38 | 00:01:10.10 | 00:39:54.85 | 26 | 00:00:48.85 | 00:23:27.30 | 33 | 01:15:26.70 | 26 | 11 | 20 |
| 83 | Chris | Stilling | Kudu Bikes Triathlon Club | S | M | 08:25.1 | 19 | 00:01:12.10 | 00:38:15.75 | 16 | 00:01:08.35 | 00:26:34.05 | 55 | 01:15:35.30 | 27 | 12 | 21 |
| 39 | Darren | Hopton | Westmorland Triathletes | V | M | 08:57.5 | 24 | 00:02:24.90 | 00:39:36.65 | 23 | 00:01:18.95 | 00:23:27.45 | 34 | 01:15:45.40 | 28 | 7 | 22 |
| 69 | Tom | Findlay | Lincsqad | S | M | 10:08.0 | 40 | 00:01:02.25 | 00:40:25.70 | 31 | 00:00:58.90 | 00:23:27.00 | 32 | 01:16:01.85 | 29 | 13 | 23 |
| 41 | Mark | Elliot | Unattached | V | M | 08:30.2 | 20 | 00:02:11.15 | 00:40:08.95 | 29 | 00:01:02.05 | 00:24:24.10 | 40 | 01:16:16.45 | 30 | 8 | 24 |
| 48 | James | Metcalfe | Unattached | S | M | 10:25.0 | 48 | 00:02:00.00 | 00:39:53.80 | 25 | 00:01:31.30 | 00:22:46.00 | 21 | 01:16:36.15 | 31 | 14 | 25 |
| 95 | Peter | Galloway | Leeds Bradford tri club | V | M | 09:49.8 | 35 | 00:00:41.65 | 00:40:59.70 | 34 | 00:00:57.85 | 00:25:14.80 | 45 | 01:17:43.85 | 32 | 9 | 26 |
| 61 | Jason | Ellis | Unattached | S | M | 10:29.0 | 50 | 00:01:18.40 | 00:40:41.25 | 32 | 00:01:15.30 | 00:24:23.70 | 39 | 01:18:07.65 | 33 | 15 | 27 |
| 77 | Ian | Ainsworth | Unattached | V | M | 09:12.7 | 27 | 00:01:48.00 | 00:40:13.05 | 30 | 00:01:04.20 | 00:26:25.25 | 54 | 01:18:43.20 | 34 | 10 | 28 |
| 55 | Nick | Keen | Unattached | S | M | 10:46.9 | 54 | 00:01:13.00 | 00:43:09.10 | 48 | 00:01:03.55 | 00:22:56.05 | 23 | 01:19:08.60 | 35 | 16 | 29 |
| 56 | Kev | Mcguinness | COLT | V | M | 13:43.1 | 75 | 00:02:05.55 | 00:39:35.35 | 22 | 00:01:00.10 | 00:23:09.40 | 27 | 01:19:33.55 | 36 | 11 | 30 |
| 92 | David | Ogden | Unattached | V | M | 10:01.1 | 37 | 00:01:29.60 | 00:39:29.05 | 21 | 00:00:54.50 | 00:28:05.70 | 60 | 01:19:59.90 | 37 | 12 | 31 |
| 65 | Steve | Yarnold | Cheltenham Triathlon Club | V | M | 10:26.4 | 49 | 00:01:18.45 | 00:43:34.10 | 51 | 00:01:10.65 | 00:24:01.25 | 37 | 01:20:30.85 | 38 | 13 | 32 |
| 52 | Chris | Lawson | COLT | S | M | 12:40.3 | 69 | 00:02:58.40 | 00:41:43.90 | 39 | 00:01:10.50 | 00:22:33.35 | 19 | 01:21:06.50 | 39 | 17 | 33 |
| 67 | Joe | Husband | Unattached | S | M | 10:56.0 | 57 | 00:01:48.45 | 00:41:28.65 | 38 | 00:01:22.05 | 00:25:32.75 | 48 | 01:21:07.90 | 40 | 18 | 34 |

Kendal Sprint Triathlon 2010

25th April 2010

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|------------------------------|------------|------------|----------------------------|-----|-----|---------|----------|-------------|-------------|----------|-------------|-------------|---------|-------------|----------|-----|-----|
| 25th April 2010 | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | Position | | |
| Bib | First Name | Last Name | Club | Cat | Sex | Swim | Swim Pos | T1 | Cycle | Bike Pos | T2 | Run | Run Pos | Finish | Overall | Cat | Sex |
| 71 | Bill | Hitchcock | Unattached | V | M | 09:43.4 | 31 | 00:00:53.60 | 00:41:45.45 | 40 | 00:00:47.65 | 00:28:11.60 | 62 | 01:21:21.65 | 41 | 14 | 35 |
| 50 | Ian | Mckenna | Unattached | S | M | 10:19.1 | 45 | 00:01:50.85 | 00:43:23.65 | 49 | 00:01:16.90 | 00:24:37.75 | 42 | 01:21:28.25 | 42 | 19 | 36 |
| 38 | Mark | Gillard | Unattached | R | M | 08:07.6 | 13 | 00:00:34.05 | 00:49:11.15 | 71 | 00:00:30.80 | 00:23:06.85 | 26 | 01:21:30.40 | 43 | 1 | 37 |
| 28 | Tom | Paget | Unattached | S | M | 11:51.8 | 66 | 00:03:02.60 | 00:41:57.80 | 41 | 00:01:12.80 | 00:23:37.15 | 35 | 01:21:42.20 | 44 | 20 | 38 |
| 34 | Luke | Bywaters | Unattached | S | M | 11:12.1 | 60 | 00:02:52.10 | 00:42:44.95 | 44 | 00:02:01.30 | 00:23:17.35 | 31 | 01:22:07.75 | 45 | 21 | 39 |
| 35 | Ali | Combes | Unattached | S | M | 10:59.6 | 59 | 00:03:12.15 | 00:42:45.35 | 45 | 00:02:02.80 | 00:23:16.65 | 30 | 01:22:16.50 | 46 | 22 | 40 |
| 43 | Stuart | O'connor | Unattached | V | M | 08:33.0 | 21 | 00:04:00.45 | 00:44:40.45 | 55 | 00:00:55.40 | 00:24:58.05 | 43 | 01:23:07.35 | 47 | 15 | 41 |
| 54 | Steve | Hawes | Unattached | S | M | 11:16.5 | 61 | 00:01:37.05 | 00:44:13.50 | 53 | 00:01:02.25 | 00:25:18.00 | 46 | 01:23:27.30 | 48 | 23 | 42 |
| 53 | Graeme | Flitcroft | Unattached | S | M | 10:21.8 | 46 | 00:02:28.15 | 00:44:30.60 | 54 | 00:01:18.45 | 00:25:09.65 | 44 | 01:23:48.60 | 49 | 24 | 43 |
| 36 | James | Dean | Unattached | S | M | 10:58.2 | 58 | 00:03:08.25 | 00:44:51.75 | 57 | 00:00:46.20 | 00:24:07.65 | 38 | 01:23:52.05 | 50 | 25 | 44 |
| 12 | Teresa | Douglas | Arragons Cumbrian Tri Club | FV | F | 10:37.8 | 52 | 00:01:16.70 | 00:46:24.65 | 62 | 00:00:34.85 | 00:25:35.60 | 50 | 01:24:29.55 | 51 | 2 | 7 |
| 5 | Sally | Gregg | Unattached | FV | F | 09:22.2 | 28 | 00:01:37.05 | 00:45:27.45 | 60 | 00:00:34.80 | 00:27:28.10 | 57 | 01:24:29.55 | 52 | 3 | 8 |
| 57 | Matt | Savidge | Unattached | S | M | 11:27.4 | 64 | 00:02:42.05 | 00:43:26.05 | 50 | 00:01:28.40 | 00:26:11.25 | 53 | 01:25:15.15 | 53 | 26 | 45 |
| 32 | William | Odell | Unattached | S | M | 10:14.9 | 41 | 00:03:01.50 | 00:42:56.50 | 46 | 00:01:24.00 | 00:28:33.80 | 67 | 01:26:10.70 | 54 | 27 | 46 |
| 18 | Vicky | Higgins | Arragons Cumbrian Tri Club | FS | F | 09:12.4 | 26 | 00:01:33.60 | 00:47:15.10 | 66 | 00:00:58.45 | 00:27:12.90 | 56 | 01:26:12.40 | 55 | 5 | 9 |
| 42 | Brian | Lynch | Unattached | V | M | 11:18.9 | 62 | 00:02:40.15 | 00:45:41.85 | 61 | 00:00:40.75 | 00:26:00.15 | 52 | 01:26:21.80 | 56 | 16 | 47 |
| 27 | Dave | Chapman | Unattached | S | M | 13:14.9 | 72 | 00:03:04.20 | 00:44:48.55 | 56 | 00:00:53.50 | 00:24:26.65 | 41 | 01:26:27.80 | 57 | 28 | 48 |
| 26 | Stephen | Thompson | Unattached | S | M | 15:52.3 | 80 | 00:03:05.75 | 00:35:14.85 | 7 | 00:00:54.60 | 00:31:20.85 | 73 | 01:26:28.40 | 58 | 29 | 49 |
| 10 | Katherine | Poole | Unattached | FV | F | 11:26.3 | 63 | 00:01:35.30 | 00:43:48.20 | 52 | 00:01:16.75 | 00:28:25.25 | 66 | 01:26:31.80 | 59 | 4 | 10 |
| 49 | Allan | Pugh | SYtri | S | M | 11:37.1 | 65 | 00:01:30.80 | 00:41:16.25 | 36 | 00:00:48.40 | 00:31:32.50 | 74 | 01:26:45.00 | 60 | 30 | 50 |
| 31 | Paul | Charnley | Unattached | S | M | 12:47.8 | 70 | 00:03:25.70 | 00:42:26.15 | 42 | 00:01:33.20 | 00:27:33.30 | 58 | 01:27:46.15 | 61 | 31 | 51 |
| 29 | Craig | Hall | Unattached | S | M | 13:51.7 | 76 | 00:02:08.00 | 00:42:59.40 | 47 | 00:00:36.10 | 00:28:13.00 | 63 | 01:27:48.25 | 62 | 32 | 52 |
| 9 | Sarah | Morley | Unattached | FS | F | 12:05.8 | 67 | 00:02:25.25 | 00:47:18.60 | 67 | 00:01:13.45 | 00:25:18.90 | 47 | 01:28:21.95 | 63 | 6 | 11 |
| 13 | Susan | Kenworthy | Unattached | FS | F | 09:46.4 | 33 | 00:01:58.80 | 00:48:07.95 | 70 | 00:00:40.15 | 00:28:20.30 | 65 | 01:28:53.60 | 64 | 7 | 12 |
| 11 | Jane | Senior | Unattached | FV | F | 10:30.5 | 51 | 00:02:41.20 | 00:45:23.60 | 59 | 00:01:26.60 | 00:29:11.10 | 70 | 01:29:12.95 | 65 | 5 | 13 |
| 93 | Derek | Johnstone | CarlisleTri Club | V | M | 12:55.7 | 71 | 00:02:41.35 | 00:44:56.70 | 58 | 00:01:27.55 | 00:28:05.05 | 59 | 01:30:06.30 | 66 | 17 | 53 |
| 17 | Helen | Taylor | Arragons Cumbrian Tri Club | FS | F | 10:23.4 | 47 | 00:01:32.60 | 00:46:43.50 | 64 | 00:00:33.30 | 00:31:34.30 | 75 | 01:30:47.05 | 67 | 8 | 14 |
| 2 | Kate | Linsley | Unattached | FS | F | 15:27.0 | 78 | < inc. T1 | 00:46:25.95 | 63 | 00:00:54.40 | 00:28:18.86 | 64 | 01:31:06.20 | 68 | 9 | 15 |
| 60 | Ben | Clementson | Arragons Cumbrian Tri Club | S | M | 10:54.3 | 55 | 00:02:44.45 | 00:47:24.25 | 68 | 00:00:32.30 | 00:30:12.95 | 71 | 01:31:48.20 | 69 | 33 | 54 |
| 1 | Tracy | Antonsen | Unattached | FV | F | 10:18.4 | 43 | 00:02:30.00 | 00:50:40.55 | 74 | 00:00:45.30 | 00:28:10.40 | 61 | 01:32:24.65 | 70 | 6 | 16 |
| 3 | Mary | French | Unattached | FV | F | 10:15.9 | 42 | 00:01:18.40 | 00:51:18.15 | 76 | 00:00:33.05 | 00:29:04.00 | 68 | 01:32:29.55 | 71 | 7 | 17 |
| 45 | David | Sandford | Unattached | V | M | 13:32.0 | 74 | 00:02:37.90 | 00:51:03.85 | 75 | 00:00:31.70 | 00:25:34.25 | 49 | 01:33:19.70 | 72 | 18 | 55 |
| 21 | Bianca | Dyer | Unattached | FS | F | 09:27.8 | 29 | 00:02:19.25 | 00:51:42.65 | 77 | 00:00:44.30 | 00:30:14.30 | 72 | 01:34:28.30 | 73 | 10 | 18 |
| 51 | Chris | Moore | Unattached | V | M | 10:18.9 | 44 | 00:02:47.25 | 00:47:39.30 | 69 | 00:01:33.80 | 00:32:21.55 | 77 | 01:34:40.80 | 74 | 19 | 56 |
| 7 | Cath | Gallimore | Unattached | FV | F | 14:32.9 | 77 | 00:02:19.60 | 00:46:47.40 | 65 | 00:01:01.30 | 00:32:30.30 | 78 | 01:37:11.55 | 75 | 8 | 19 |
| 37 | Robin | Ferguson | Unattached | S | M | 15:28.1 | 79 | 00:02:37.55 | 00:50:30.85 | 73 | 00:00:34.80 | 00:29:08.85 | 69 | 01:38:20.15 | 76 | 34 | 57 |
| 6 | Lisa | Stilling | Unattached | FV | F | 13:28.8 | 73 | 00:02:33.00 | 00:49:55.35 | 72 | 00:02:01.85 | 00:37:35.70 | 79 | 01:45:34.75 | 77 | 9 | 20 |
| 59 | John | Welch | Unattached | S | M | 10:55.4 | 56 | 00:02:06.05 | 01:10:38.60 | 78 | 00:00:31.95 | 00:25:55.85 | 51 | 01:50:07.80 | 78 | 35 | 58 |
| 47 | Robert | Martindale | Dalam Club | S | M | 12:27.7 | 68 | 00:05:26.95 | 01:11:44.40 | 79 | 00:01:31.85 | 00:32:10.10 | 76 | 02:03:21.00 | 79 | 36 | 59 |
| 94 | Tristan | Handley | Unattached | S | M | 08:05.6 | 11 | 00:00:52.50 | "Punctured" | DNF | | | | | | | |