

## Lancaster Standard Triathlon

29th July 2012

No.	Name	Club	Cat	Sex	Swim	Rnk	T1	Bike	Rnk	T2	Run	Rnk	Finish	Overall	Cat	Sex
28	Jon Fletcher	Arragons Tri Club	MS	M	20:02.8	2	00:00:45.55	01:14:53.60	1	00:00:23.00	00:34:18.75	1	02:10:23.75	1	1	1
71	Beau Smith	Colt	MJ	M	18:18.3	1	00:00:28.00	01:14:53.60	1	00:00:32.15	00:43:13.20	15	02:17:25.20	2	1	2
69	Alex Whittam	Calder Valley Fell Runners	MV	M	25:51.5	11	00:01:25.05	01:16:04.15	4	00:00:40.05	00:38:26.45	2	02:22:27.15	3	1	3
22	Peter Denness	Colt	MS	M	22:21.6	3	00:01:18.95	01:17:48.70	7	00:00:31.35	00:40:30.70	5	02:22:31.30	4	2	4
7	Matthew Barnes	Colt	MV	M	23:53.4	6	00:01:06.15	01:17:29.55	6	00:00:34.30	00:40:46.30	7	02:23:49.65	5	2	5
9	Damian Bennett	Knutsford Triclub	MV	M	25:45.6	9	00:01:05.45	01:16:32.20	5	00:00:29.15	00:40:55.35	9	02:24:47.75	6	3	6
52	Kevin Pritchard	Tri Lakeland	MS	M	30:06.8	33	00:01:00.45	01:14:56.20	3	00:00:52.15	00:39:33.55	4	02:26:29.15	7	3	7
18	Ian Chilvers		MV	M	25:54.5	12	00:01:54.20	01:23:02.35	18	00:00:37.50	00:40:42.85	6	02:32:11.40	8	4	8
67	Paul Tynan	Colt	MV	M	29:00.7	26	00:00:59.35	01:18:56.30	10	00:00:30.30	00:43:44.70	17	02:33:11.40	9	5	9
24	Harry Dowdell	Nyptri	MV	M	28:39.6	24	00:01:03.00	01:22:31.55	16	00:00:30.15	00:40:52.45	8	02:33:36.70	10	6	10
5	Tom Bangay		MS	M	27:22.5	18	00:01:02.35	01:25:48.60	20	00:00:28.10	00:39:17.65	3	02:33:59.20	11	4	11
68	Neil Wearden	Colt	MV	M	26:34.5	16	00:00:48.60	01:23:28.40	19	00:00:26.60	00:42:49.95	12	02:34:08.05	12	7	12
11	Lee Benson	Manchester Triathlon Club	MV	M	30:08.1	35	00:01:12.20	01:19:15.15	11	00:00:34.20	00:43:02.60	14	02:34:12.25	13	8	13
10	Tim Bennett	Colt	MV	M	29:26.7	27	00:02:31.40	01:18:18.70	9	00:01:00.80	00:44:22.00	18	02:35:39.65	14	9	14
38	Anton Krige		MV	M	29:34.0	28	00:01:59.65	01:22:52.00	17	00:00:28.00	00:42:08.45	10	02:37:02.05	15	10	15
59	Neil Robinson	Kendal Tri	MS	M	27:47.2	21	00:01:02.90	01:22:11.40	15	00:00:21.00	00:46:21.60	21	02:37:44.10	16	5	16
26	Paul Emmott	Rosendale Tri Club	MV	M	26:13.3	15	00:01:21.70	01:20:27.50	12	00:00:35.55	00:50:41.00	39	02:39:19.00	17	11	17
55	Paul Rickerby	Kendal Tri Club	MS	M	22:51.3	4	00:01:30.80	01:29:23.00	30	00:00:27.65	00:45:26.15	20	02:39:38.95	18	6	18
31	Tim Grayston		MS	M	29:39.4	30	00:02:17.25	01:27:28.75	26	00:00:36.00	00:43:01.60	13	02:43:03.05	19	7	19
8	Tim Bellwood	Leeds Bradford Tri	MS	M	26:02.6	13	00:02:07.85	01:27:23.80	25	00:01:01.10	00:46:38.90	23	02:43:14.25	20	8	20
49	Tom Oldham	Colt	MV	M	36:46.1	52	00:01:32.25	01:21:28.90	13	00:00:52.20	00:43:31.20	16	02:44:10.65	21	12	21
36	Lucy Jones		FS	F	25:47.3	10	00:01:20.25	01:27:12.50	23	00:00:43.80	00:50:58.50	41	02:46:02.35	22	1	1
48	Stuart O'Connor	Colt	MV	M	26:05.4	14	00:02:15.20	01:31:08.00	35	00:00:45.30	00:46:26.65	22	02:46:40.60	23	13	22
4	Nigel Baines		MS	M	32:43.6	43	00:02:30.40	01:28:45.00	28	00:00:37.55	00:44:47.80	19	02:49:24.40	24	9	23
65	Rob Smith		MS	M	27:12.9	17	00:01:32.85	01:29:51.05	32	00:00:46.00	00:50:24.85	36	02:49:47.70	25	10	24
61	Ben Rogerson	Colt	MS	M	30:06.8	34	00:01:01.65	01:27:23.00	24	00:00:22.20	00:51:04.75	42	02:49:58.40	26	11	25
76	Richard Knight		MS	M	29:50.8	32	00:01:41.45	01:28:01.60	27	00:01:07.35	00:50:22.00	34	02:51:03.15	27	12	26
25	Thoams Ely		MS	M	29:39.9	31	00:02:10.50	01:30:46.90	34	00:00:59.85	00:48:40.05	27	02:52:17.25	28	13	27
13	Wayne Booth	Team Pie	MS	M	32:13.3	42	00:01:59.45	01:26:39.65	22	00:00:55.35	00:50:36.20	38	02:52:23.95	29	14	28
47	Annaliese Nevins	Triangle Rt	FS	F	27:58.4	23	00:01:26.20	01:33:34.95	41	00:01:00.15	00:48:47.35	28	02:52:47.10	30	2	2
21	Bridge Craig		MV	M	27:26.3	19	00:01:38.60	01:31:33.90	37	00:00:38.95	00:52:06.00	44	02:53:23.80	31	14	29
39	Chridtian Lewis	Leeds Bradford Tr	MS	M	31:10.6	37	00:02:53.80	01:29:55.00	33	00:00:52.25	00:50:24.45	35	02:55:16.15	32	15	30
73	David Cottle		MS	M	31:29.3	38	00:02:40.00	01:32:48.90	39	00:00:31.50	00:48:07.35	25	02:55:37.10	33	16	31
1	Mike Arnold	Kendal Tri Club	MV	M	38:50.3	57	00:03:33.50	01:21:29.35	14	00:01:00.65	00:50:52.20	40	02:55:46.00	34	15	32

## Lancaster Standard Triathlon

29th July 2012

No.	Name	Club	Cat	Sex	Swim	Rnk	T1	Bike	Rnk	T2	Run	Rnk	Finish	Overall	Cat	Sex
72	Gavin Winder	Colt	MS	M	28:52.7	25	00:03:02.00	01:29:32.15	31	00:01:30.75	00:53:53.35	47	02:56:50.95	35	17	33
58	Ian Jon Robertson		MS	M	31:59.8	39	00:02:25.20	01:35:00.00	43	00:00:52.80	00:49:41.15	30	02:59:59.00	36	18	34
44	Robin Maxwell	Knutsford Tri Club	MS	M	34:51.2	47	00:03:55.90	01:29:15.75	29	00:01:04.90	00:52:24.20	45	03:01:31.95	37	19	35
62	Chris Ruston	Kendal Tri Club	MV	M	32:01.0	40	00:02:31.90	01:36:01.60	49	00:01:10.05	00:50:17.10	33	03:02:01.70	38	16	36
2	Mark Ashton		MS	M	38:01.8	55	00:01:56.90	01:32:42.90	38	00:00:47.75	00:48:39.30	26	03:02:08.60	39	20	37
16	David Carter		MV	M	29:36.8	29	00:01:26.70	01:35:09.35	44	00:01:11.15	00:55:12.85	49	03:02:36.90	40	17	38
51	Thomas Owen	Kendal Tri Club	MV	M	37:08.6	53	00:02:21.50	01:36:15.10	50	00:00:42.15	00:47:51.30	24	03:04:18.65	41	18	39
20	Steve Crahan		MS	M	36:35.0	51	00:02:51.55	01:33:55.45	42	00:01:02.15	00:50:14.70	32	03:04:38.85	42	21	40
43	William Mason	Colt	MS	M	32:59.3	44	00:02:26.60	01:31:11.25	36	00:00:50.35	00:57:53.20	53	03:05:20.70	43	22	41
60	Danny Rogerson	Colt	MV	M	33:07.9	46	00:01:07.70	01:26:24.60	21	00:00:37.80	01:06:06.95	57	03:07:24.90	44	19	42
41	Brian Lynch	Colt	MV	M	34:51.5	48	00:02:11.70	01:38:56.85	51	00:00:35.20	00:52:29.90	46	03:09:05.15	45	20	43
57	Keith Rimmer		MV	M	27:49.6	22	00:02:53.55	01:35:26.95	48	00:01:10.75	01:01:47.40	55	03:09:08.25	46	21	44
27	John Finnigan		MS	M	38:21.0	56	00:02:03.20	01:39:49.35	53	00:00:20.60	00:50:12.65	31	03:10:46.80	47	23	45
35	William Johnstone	Preston Harriers	MV	M	35:34.8	50	00:02:26.05	01:43:22.75	54	00:00:50.20	00:49:38.45	29	03:11:52.30	48	22	46
29	Sally Ford		FS	F	38:54.4	58	00:02:44.85	01:39:43.75	52	00:00:23.40	00:51:05.90	43	03:12:52.35	49	3	3
63	Stephen Shields		MS	M	39:33.7	60	00:02:47.85	01:35:20.50	47	00:01:10.05	00:54:48.65	48	03:13:40.70	50	24	47
46	Amanda Morgan	Colt	T	T	37:12.1	54	00:00:41.80	01:32:59.85	40	00:00:22.05	01:04:42.45	56	03:15:58.30	51	1	1
70	Corinne Woodbridge	Colt	FV	F	33:05.5	45	00:03:18.70	01:43:55.20	55	00:01:09.65	00:57:01.05	51	03:18:30.05	52	1	4
74	Jenifer Helm		FS	F	32:06.2	41	00:02:45.00	01:48:10.90	56	00:01:07.70	00:56:16.15	50	03:20:25.95	53	4	5
45	Dean Metcalfe		MS	M	34:58.4	49	00:02:42.85	01:48:37.50	57	00:01:16.65	00:57:40.60	52	03:25:16.00	54	25	48
19	Stef Cornish	Team Pie	MS	M	39:26.7	59	00:03:01.90	01:35:09.45	45	00:01:23.75	01:09:01.15	58	03:28:02.90	55	26	49
32	Mark Holden	Team Pie	MS	M	41:34.6	61	00:04:24.35	01:57:57.30	59	00:01:19.65	00:50:35.20	37	03:35:51.10	56	27	50
50	John Oldroyd	Colt	MV	M	44:11.7	62	00:04:16.90	01:49:49.00	58	00:01:21.80	00:59:24.95	54	03:39:04.30	57	23	51
14	John Carr	Colt	MS	M	25:21.4	8	00:01:01.30				00:42:28.45	11		DNF		
53	Hillard Remmers		MS	M	23:29.8	5	00:01:08.15	01:18:15.40	8	00:00:43.10	01:43:36.40	59		DNF		
34	John Heaney		MS	M	30:43.0	36	00:01:39.65	01:35:10.15	46					DNF		
3	Eliot Bailey	Mersey Tri	MS	M	25:01.1	7	00:01:49.05							DNF		
66	Steve Snape	Tri Preston	MS	M	27:35.1	20	00:01:25.75							DNF		