

Capernwray Evening Tri

8th August 2010

No	Names	Club	Race	Sex	Swim	Rank	T1	Bike	Rank	T2	Run	Rank	Overall	Overall	Sex
109	Peter Denness	COLT	Tri	M	00:07:25	1	00:01:10.35	00:29:31.65	4	00:00:37.20	00:19:31.70	3	00:58:15.80	1	1
116	Kie Jackson		Tri	M	00:09:29	14	00:01:25.05	00:28:16.30	1	00:00:45.30	00:18:50.75	2	00:58:46.70	2	2
158	Paul Troughton	Kendal Tri	Tri	M	00:09:01	9	00:01:11.50	00:28:54.20	2	00:00:46.95	00:20:26.60	7	01:00:20.55	3	3
150	Leon Harris		Tri	M	00:07:41	2	00:01:13.10	00:32:07.90	10	00:00:53.00	00:19:33.95	4	01:01:29.45	4	4
143	Neil Wearden	COLT	Tri	M	00:09:08	11	00:01:01.40	00:30:33.40	6	00:00:39.35	00:20:13.60	6	01:01:36.15	5	5
157	Martin Kerry		Tri	M	00:08:44	8	00:01:19.30	00:29:20.10	3	00:00:52.20	00:21:37.65	16	01:01:53.10	6	6
119	Tony Keigher		Tri	M	00:10:35	28	00:02:01.30	00:29:44.75	5	00:00:56.85	00:20:28.95	8	01:03:46.90	7	7
139	Elliott Robertson	COLT	Tri	M	00:08:26	5	00:01:11.55	00:32:36.40	14	00:00:52.65	00:21:34.50	14	01:04:40.90	8	8
145	Paul Rickerby	Kendal Tri	Tri	M	00:08:05	3	00:01:19.50	00:33:42.80	18	00:00:40.40	00:21:08.05	13	01:04:56.05	9	9
129	Stephen Nelson		Tri	M	00:09:16	12	00:02:09.85	00:32:16.75	13	00:00:51.10	00:20:29.65	9	01:05:03.70	10	10
122	Clive McMullen		Tri	M	00:09:40	16	00:01:37.80	00:32:13.95	12	00:01:07.10	00:21:05.55	12	01:05:44.10	11	11
144	Claire Wilson	Kendal Tri	Tri	F	00:08:09	4	00:01:22.15	00:34:02.45	20	00:00:46.50	00:21:46.65	17	01:06:06.50	12	1
141	Iain SmithWard		Tri	M	00:09:51	20	00:01:36.60	00:32:06.75	9	00:00:56.25	00:21:52.25	18	01:06:23.30	13	12
113	Ian Greenwood	Rosendale Tri Club	Tri	M	00:11:32	37	00:01:55.05	00:33:25.20	17	00:00:51.85	00:18:42.10	1	01:06:26.45	14	13
154	Nigel Bains		Tri	M	00:10:00	23	00:02:07.10	00:33:04.20	15	00:00:39.55	00:20:58.65	10	01:06:49.70	15	14
104	Graeme Atkinson	COLT	Tri	M	00:09:53	21	00:01:56.35	00:35:01.20	24	00:00:01.00	00:20:05.05	5	01:06:56.75	16	15
121	Scott MacDonald	Kendal Tri Club	Tri	M	00:09:08	10	00:01:30.95	00:31:20.70	8	00:00:45.80	00:25:34.95	35	01:08:20.30	17	16
165	Peter Jamson		Tri	M	00:09:53	22	00:01:36.10	00:32:10.55	11	00:00:46.30	00:24:02.10	29	01:08:28.30	18	17
118	Lucy Jones		Tri	F	00:09:17	13	00:01:43.15	00:33:54.10	19	00:01:02.20	00:23:00.40	22	01:08:56.90	19	2
102	Mike Arnold	Kendal Tri	Tri	M	00:11:59	40	00:02:12.15	00:30:58.75	7	00:01:08.80	00:23:08.50	23	01:09:27.20	20	18
127	Suzanne Monkhouse		Tri	F	00:11:05	30	00:01:39.95	00:34:35.50	22	00:00:41.20	00:21:37.10	15	01:09:39.10	21	3
138	Andrew Richardson	COLT	Tri	M	00:09:49	18	00:01:39.90	00:34:03.90	21	00:00:58.70	00:24:01.35	28	01:10:32.45	22	19
153	Emily Baldcok		Tri	F	00:09:51	19	00:01:13.05	00:35:13.65	26	00:00:47.20	00:23:47.70	26	01:10:53.00	23	4
156	Stephen Cooper		Tri	M	00:08:38	7	00:03:14.15	00:38:09.05	38	00:00:47.00	00:21:04.05	11	01:11:52.15	24	20
166	Melanie Parker		Tri	F	00:09:36	15	00:01:31.25	00:35:41.70	29	00:00:50.95	00:24:24.10	30	01:12:04.40	25	5

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No	Names	Club	Race	Sex	Swim	Rank	T1	Bike	Rank	T2	Run	Rank	Overall	Overall	Sex
148	Nick Hinde		Tri	M	00:09:46	17	00:02:08.00	00:34:40.55	23	00:01:07.25	00:24:59.95	33	01:12:41.90	26	21
120	James Lindsay	TriClan	Tri	M	00:08:33	6	00:01:09.50	* timing chip issues					01:13:21.25	27	22
106	Stu Bennett		Tri	M	00:10:32	26	00:02:25.05	00:35:04.30	25	00:00:57.70	00:24:32.00	31	01:13:31.25	28	23
117	William Johnstone		Tri	M	00:11:26	35	00:02:03.25	00:37:25.80	33	00:00:57.60	00:22:09.55	20	01:14:02.65	29	24
110	Heather Dixon		Tri	F	00:10:14	24	00:01:47.45	00:36:47.45	31	00:01:18.05	00:23:58.50	27	01:14:05.50	30	6
111	Mark Fraser		Tri	M	00:11:11	31	00:01:48.05	00:35:27.75	27	00:00:43.15	00:25:15.55	34	01:14:25.70	31	25
132	Caroline Pearce		Tri	F	00:13:09	44	00:01:36.00	00:35:33.60	28	00:00:58.55	00:23:43.40	25	01:15:00.25	32	7
140	Danny Rogerson		Tri	M	00:11:27	36	00:01:16.80	00:33:19.65	16	00:00:54.80	00:28:29.05	41	01:15:27.35	33	26
114	Peter Harrison	Royal Marines Reserves	Tri	M	00:12:37	43	00:01:37.20	00:37:59.85	37	00:01:09.40	00:22:50.55	21	01:16:13.65	34	27
133	Elspeth Pennington		Tri	F	00:10:38	29	00:01:40.40	00:37:31.80	34	00:00:44.30	00:25:40.70	36	01:16:15.35	35	8
101	John Andrew		Tri	M	00:11:26	34	00:01:40.40	00:38:33.10	39	00:01:02.90	00:24:49.00	32	01:17:31.25	36	28
162	Ian Baily		Tri	M	00:12:21	42	00:02:19.65	00:38:36.45	40	00:00:52.75	00:23:28.55	24	01:17:38.10	37	29
149	Jon Osborne		Tri	M	00:11:41	39	00:01:45.85	00:37:38.75	35	00:00:58.80	00:25:55.05	37	01:17:59.10	38	30
112	Louise Godard	COLT	Tri	F	00:13:39	45	00:02:27.10	00:38:52.50	41	00:01:00.55	00:22:05.90	19	01:18:04.65	39	9
130	Stewart Newberry	Craven Energy	Tri	M	00:11:33	38	00:02:39.10	00:36:17.05	30	00:00:59.10	00:26:43.40	38	01:18:12.00	40	31
103	Matt Atkinson		Tri	M	00:10:19	25	00:02:48.25	00:37:02.40	32	00:01:56.65	00:28:10.05	40	01:20:16.80	41	32
164	Jonathan Wray		Tri	M	00:11:22	33	00:02:16.50	00:37:57.40	36	00:01:33.05	00:30:50.50	45	01:23:59.45	42	33
160	Gemma Chaters		Tri	F	00:10:33	27	00:02:36.00	00:46:39.20	45	00:00:35.25	00:27:27.90	39	01:27:51.65	43	10
136	Lisa Preston	COLT	Tri	F	00:15:29	47	00:02:27.05	00:40:09.00	43	00:01:16.70	00:28:42.45	42	01:28:04.65	44	11
146	Stephen Martland	COLT	Tri	M	00:16:41	48	00:02:56.25	00:39:26.20	42	00:00:43.45	00:28:44.40	43	01:28:31.00	45	34
163	Rachel Wray		Tri	F	00:11:22	32	00:02:19.60	00:46:07.75	44	00:00:45.70	00:32:24.50	46	01:32:59.40	46	12
151	Vicky Gale		Tri	F	00:12:01	41	00:02:05.65	00:47:19.55	46	00:01:08.60	00:33:21.20	47	01:35:56.00	47	13
147	Ian McMeekin		Tri	M	00:15:27	46	00:02:25.60	00:54:42.30	47	00:00:31.50	00:30:12.05	44	01:43:18.70	48	35