

Bib	FirstName	LastName	Club Name	Category	Sex	Swim	T1	Bike	T2	Run	Finish	Overall	Cat
132	Jonathan	Metcalfe	Knutsford Triathlon Club	MS	M	00:09:11	00:00:30	00:41:44	00:00:40	00:34:17	01:26:22	1	1
123	Simon	Brierley	Rochdale Triathlon Club	MS	M	00:09:37	00:00:45	00:41:38	00:00:36	00:39:14	01:31:50	2	2
126	Paul	Julien	Unattached	MV45	M	00:09:55	00:00:50	00:38:48	00:00:40	00:42:19	01:32:32	3	1
131	Steve	Snape	Tri Preston	MS	M	00:10:33	00:00:49	00:43:01	00:00:35	00:36:39	01:33:37	4	3
107	John	Raho	Unattached	MS	M	00:13:03	00:01:29	00:42:38	00:00:35	00:36:04	01:33:48	5	4
105	Jason	Henson	Rochdale Triathlon	MV40	M	00:12:07	00:00:43	00:43:07	00:00:29	00:38:14	01:34:41	6	1
112	James	Scott- Farrington	Unattached	MS	M	00:09:31	00:00:35	00:45:05	00:00:57	00:38:56	01:34:54	7	5
79	Paul	Taylor	TRICLAN	MV45	M	00:12:04	00:00:51	00:42:06	00:01:31	00:37:20	01:35:52	8	2
127	Mark	Solomon	Unattached	MV40	M	00:09:58	00:00:34	00:44:01	00:00:45	00:39:36	01:36:54	9	2
9	Christine	Segnatelli	Unattached	Team	T	00:17:37	00:00:39	00:41:32	00:00:33	00:36:44	01:37:06	10	1
104	Dave	Nuttall	Clayton-le-moors Harriers	MV45	M	00:13:13	00:01:21	00:45:29	00:00:49	00:36:38	01:37:30	11	3
92	Paul	McGrath	Unattached	MS	M	00:12:20	00:02:31	00:45:21	00:01:19	00:36:52	01:38:23	12	6
133	Matthew	Wilson	Unattached	MS	M	00:10:10	00:00:42	00:46:16	00:01:09	00:41:18	01:39:35	13	7
119	Andy	Bray	Unattached	MV45	M	00:09:08	00:00:37	00:51:42	00:00:54	00:38:05	01:40:25	14	4
121	John	Instone	Unattached	MS	M	00:09:13	00:00:38	00:46:44	00:00:29	00:42:28	01:41:32	15	8
43	Matt	Dunn	Holcombe Harriers	MV40	M	00:13:53	00:00:45	00:48:34	00:01:02	00:37:39	01:41:53	16	3
130	Nick	Riding	Unattached	MS	M	00:10:50	00:00:55	00:40:47	00:00:57	00:46:46	01:42:15	17	9
124	Phil	Hayward	Unattached	MS	M	00:10:31	00:00:53	00:47:15	00:00:36	00:43:07	01:42:21	18	10
115	Bret	Fletcher	COLT	MS	M	00:09:20	00:00:55	00:49:12	00:00:43	00:43:28	01:43:14	19	11
11	Derry	Gilbody	Unattached	MS	M	00:13:27	00:00:34	00:47:44	00:00:54	00:40:48	01:43:27	20	12
117	Gary	Furness	Unattached	MS	M	00:12:42	00:00:56	00:48:04	00:00:31	00:40:32	01:43:38	21	13
109	Jonathan	Holden	Tri Preston	MS	M	00:11:17	00:00:55	00:48:31	00:00:37	00:43:14	01:44:35	22	14
86	Andy	Drugan	Unattached	MS	M	00:10:52	00:01:41	00:50:57	00:00:30	00:40:37	01:44:37	23	15
113	Barry	Richards	Unattached	MV50	M	00:10:52	00:00:48	00:49:48	00:00:57	00:42:32	01:44:57	24	1
76	Chris	Walsh	Rosendale	MV50	M	00:15:25	00:02:05	00:48:39	00:00:51	00:38:12	01:45:12	25	2
95	James	McNally	Unattached	MV40	M	00:12:26	00:01:03	00:46:49	00:00:52	00:44:51	01:46:01	26	4
80	Andrew	Wicks	Ogmore Valley	MS	M	00:13:51	00:01:17	00:47:05	00:01:31	00:42:32	01:46:17	27	16
90	Simon	Galloway	Todmorden Harriers	MV50	M	00:13:01	00:00:46	00:51:16	00:00:44	00:41:01	01:46:47	28	3
96	Kelvin	Sole	Unattached	MS	M	00:12:58	00:01:39	00:50:12	00:00:51	00:41:15	01:46:54	29	17
21	Claire	O'Rourke	Unattached	FS	F	00:13:46	00:01:39	00:56:52	00:00:32	00:34:11	01:47:01	30	1
59	David	Higgins	Unattached	MV40	M	00:15:09	00:01:24	00:48:08	00:00:39	00:39:42	01:47:02	31	5
71	Marty	Royal	Unattached	MV40	M	00:10:42	00:00:54	00:48:50	00:00:39	00:45:58	01:47:02	32	6

53	Phillip	Dickinson	Unattached	MS	M	00:13:52	00:01:48	00:50:26	00:00:43	00:40:38	01:47:27	33	18
91	Sean	Procter	Unattached	MV40	M	00:12:01	00:01:22	00:48:45	00:01:06	00:44:15	01:47:29	34	7
125	Craig	Quirk	Unattached	MS	M	00:12:45	00:01:04	00:45:20	00:01:06	00:47:22	01:47:38	35	19
20	Emily	Carden	Unattached	FS	F	00:12:47	00:01:30	00:57:16	00:01:29	00:34:56	01:47:58	36	2
100	David	Bowler	Unattached	MS	M	00:11:39	00:01:07	00:49:28	00:00:53	00:44:52	01:47:59	37	20
93	Chris	Stuttard	Unattached	MS	M	00:12:28	00:01:37	00:48:45	00:02:00	00:43:35	01:48:05	38	21
35	Tony	Chan	Unattached	MS	M	00:14:46	00:01:37	00:47:26	00:01:10	00:43:43	01:48:42	39	22
82	Nicholas	Wharf	Unattached	MV40	M	00:11:52	00:01:15	00:48:17	00:00:44	00:45:06	01:49:13	40	8
89	Stu	Riley	Tri Preston	MS	M	00:13:00	00:01:04	00:49:11	00:00:44	00:45:27	01:49:28	41	23
75	Michael	Orouke	Unattached	MV55	M	00:15:50	00:01:26	00:47:51	00:01:15	00:43:07	01:49:29	42	1
73	Simon	Bytheway	Unattached	MV45	M	00:12:50	00:01:39	00:49:34	00:01:18	00:44:15	01:49:35	43	5
108	Mark	Filtcroft	Unattached	MS	M	00:16:35	00:01:29	00:45:06	00:01:27	00:45:26	01:50:04	44	24
25	Ruth	Johnson	Unattached	Team	T	00:10:11	00:00:26	00:59:01	00:00:29	00:38:22	01:50:29	45	3
26	Zoe	Hayward	Unattached	FS	F	00:12:36	00:01:02	00:51:27	00:00:45	00:43:22	01:51:12	46	4
102	Gareth	Davies	Unattached	MS	M	00:11:37	00:01:07	00:48:46	00:01:02	00:46:44	01:51:15	47	25
88	Andrew	Hargreaves	Unattached	MV40	M	00:12:42	00:00:57	00:51:45	00:01:00	00:45:15	01:51:40	48	9
60	David	Mangan	Unattached	MV40	M	00:14:07	00:01:46	00:49:36	00:00:43	00:46:07	01:52:19	49	10
22	Elizabeth	Wilson	Unattached	FS	F	00:12:11	00:01:03	00:59:34	00:00:59	00:38:32	01:52:20	50	5
1	Samantha	Leliuga	Unattached	FS	F	00:14:17	00:02:51	00:53:39	00:02:05	00:39:55	01:52:48	51	6
50	Nigel	Barnes	Unattached	MV50	M	00:16:15	00:01:01	00:52:12	00:00:52	00:40:36	01:52:56	52	4
111	Damian	Sanderson	Tri Preston	MV40	M	00:11:40	00:01:06	00:52:53	00:01:00	00:46:21	01:53:00	53	11
28	Louise	Rowe	COLT	FV45	F	00:12:22	00:00:58	00:53:27	00:00:58	00:45:24	01:53:10	54	1
66	Daniel	Gear	Unattached	MS	M	00:13:55	00:01:33	00:50:11	00:00:51	00:46:41	01:53:11	55	26
67	Fred	Lynch	red rose road runners	MV55	M	00:16:24	00:01:20	00:52:25	00:01:16	00:42:02	01:53:27	56	2
23	Sian	Lambert	Unattached	FS	F	00:13:13	00:00:49	00:54:15	00:00:40	00:44:45	01:53:41	57	7
56	Jonny	Bromilow	Unattached	MS	M	00:15:55	00:00:37	00:51:01	00:01:29	00:43:00	01:54:02	58	27
31	Jonathan	Smith	Unattached	MS	M	00:11:02	00:00:28	00:42:23	00:00:27	01:00:34	01:54:54	59	28
54	Tim	Johnson	Unattached	MS	M	00:15:19	00:02:06	00:54:22	00:00:41	00:42:36	01:55:03	60	29
110	Chris	Lowe	Unattached	MS	M	00:10:17	00:00:55	00:53:44	00:00:53	00:51:05	01:56:55	61	30
48	Colin	Freeman	Unattached	MS	M	00:17:06	00:01:41	00:51:42	00:00:49	00:45:45	01:57:04	62	31
49	Craig	Charnock	Unattached	MS	M	00:13:26	00:02:30	00:52:23	00:01:57	00:46:56	01:57:12	63	32
74	Nigel	McGuffie	Unattached	MV45	M	00:14:01	00:01:11	00:49:53	00:01:29	00:50:56	01:57:30	64	6
58	Andy	Oates	Unattached	MS	M	00:16:15	00:01:36	00:54:04	00:23:42	00:23:42	01:59:20	65	33

34	Neil	jameson	Unattached	MV40	M	00:16:58	00:02:40	00:52:37	00:00:47	00:46:44	01:59:46	66	12
40	Neil	Osgood	Unattached	MV40	M	00:16:54	00:02:36	00:57:58	00:00:56	00:41:25	01:59:49	67	13
129	Paul	Trainor	Unattached	MS	M	00:14:30	00:03:12	00:55:13	00:01:09	00:46:33	02:00:37	68	34
33	Phil	Sloane	Phil Sloane	MS	M	00:19:20	00:02:01	00:50:55	00:01:27	00:46:57	02:00:39	69	35
10	Peter	Welsh	Unattached	MS	M	00:10:51	00:01:53	00:55:08	00:01:17	00:52:04	02:01:14	70	36
99	Stuart	Bowdler	Tri-Preston	MV40	M	00:12:23	00:01:41	00:54:09	00:01:19	00:52:15	02:01:46	71	14
106	Chris	Douba	rochdale triathlon	MV50	M	00:17:05	00:01:41	00:50:02	00:01:15	00:52:05	02:02:08	72	5
14	Julia	Mangan	Unattached	FV45	F	00:14:03	00:01:24	00:57:01	00:01:06	00:48:47	02:02:20	73	2
51	Stuart	Cann	Red Rose Road Runners	MV50	M	00:18:56	00:02:18	00:56:28	00:01:35	00:44:17	02:03:34	74	6
78	Sam	Parkinson	Unattached	MS	M	00:15:03	00:01:51	00:56:21	00:00:58	00:50:50	02:05:02	75	37
57	Martin	Ellis	Unattached	MV50	M	00:14:55	00:01:49	00:55:53	00:01:27	00:51:35	02:05:38	76	7
122	Paul	Wyton	Rochdale Tri	MV50	M	00:11:44	00:01:37	00:54:30	00:01:28	00:57:01	02:06:20	77	8
47	Keith	Slack	Unattached	MV60	M	00:19:51	00:01:35	00:47:49	00:01:57	00:53:27	02:06:38	78	1
52	Keith	Watson	Unattached	MV55	M	00:14:56	00:01:20	00:58:01	00:01:14	00:51:38	02:07:10	79	3
41	Alice	Capstick	Unattached	FJ	F	00:11:27	00:00:58	00:56:35	00:01:02	00:57:21	02:07:23	80	8
72	Trevor	Mccoy	Unattached	MS	M	00:16:05	00:01:51	01:01:26	00:01:08	00:47:05	02:07:34	81	38
8	Michelle	Pedder	Unattached	FS	F	00:14:23	00:00:40	01:02:01	00:00:30	00:50:40	02:08:13	82	9
84	Richard	Smith	Unattached	Team	T	00:23:34	00:59:54	00:30:48	00:00:26	00:42:51	02:08:27	83	2
68	Anthony	York	Unattached	MS	M	00:13:53	00:01:18	00:55:31	00:01:18	00:56:40	02:08:40	84	39
2	Janine	Fallon	Darwen Dashers	FS	F	00:16:48	00:02:11	01:06:21	00:00:37	00:43:36	02:09:34	85	10
29	Tracey	Yates	Darwen Masters SC	FV40	F	00:13:01	00:01:39	00:56:32	00:01:12	00:55:35	02:10:01	86	1
27	Sinead	Murphy	Unattached	FS	F	00:12:35	00:01:29	00:59:45	00:01:34	00:54:48	02:10:11	87	11
83	Mark	Burrows	Pendle Triathlon Club	MS	M	00:14:45	00:01:05	00:58:07	00:01:26	00:56:22	02:11:46	88	40
69	Neil	Adams	Unattached	MV40	M	00:16:39	00:03:30	00:57:16	00:01:56	00:52:44	02:12:05	89	15
18	Jackie	Connel	Unattached	FS	F	00:12:14	00:00:34	00:59:31	00:00:28	01:00:17	02:13:03	90	12
17	Vanessa	Hamlet	Rosendale TC	FV45	F	00:17:06	00:01:14	01:04:34	00:00:43	00:48:46	02:14:23	91	3
13	Richard	Chandler	Unattached	MS	M	00:15:11	00:02:36	01:04:51	00:00:55	00:51:27	02:15:01	92	41
134	Neil	Richardson	Unattached	MS	M	00:18:14	00:02:06	00:52:09	00:01:17	01:01:27	02:15:13	93	42
5	Nerina	Gill	Darwen Dashers	FV45	F	00:17:18	00:02:05	01:04:07	00:00:57	00:52:15	02:16:42	94	4
63	Martin	O'Rourke	Clayton le Moors	MV50	M	00:15:38	00:01:24	01:03:17	00:01:28	00:54:57	02:16:44	95	9
46	Scott	Harrison	Unattached	MS	M	00:19:29	00:02:33	00:55:26	00:01:26	00:58:30	02:17:25	96	43
4	Gemma	McCauley	Unattached	FS	F	00:14:04	00:00:33	01:07:23	00:00:22	00:55:11	02:17:32	97	13
81	Peter	Haworth	Unattached	MV50	M	00:14:43	00:01:35	00:59:53	00:00:57	00:59:03	02:18:11	98	10

19	Carmen	Chan	Unattached	FS	F	00:15:32	00:01:42	01:01:45	00:01:03	00:58:51	02:18:53	99	14
61	David	Newell	Unattached	MV55	M	00:16:24	00:01:26	01:00:09	00:01:24	01:00:56	02:20:20	100	4
64	Roger	Johnson	Unattached	MV55	M	00:15:28	00:02:13	01:00:15	00:01:39	01:03:46	02:23:21	101	5
15	Yvonne	Johnson	Unattached	FV55	F	00:15:43	00:01:57	01:06:47	00:01:46	00:58:19	02:24:31	102	1
12	Amy	Isherwood	Unattached	FS	F	00:14:20	00:00:35	01:08:33	00:00:31	01:00:55	02:24:54	103	15
37	Phil	Martin	Unattached	MV70	M	00:22:47	00:02:14	01:04:42	00:01:09	00:59:19	02:30:12	104	1
44	John	Plowman	Red Rose Road Runners	MV50	M	00:20:14	00:03:24	00:58:52	00:02:24	01:10:31	02:35:25	105	11
36	Colin	Johnson	Unattached	MV45	M	00:20:01	00:03:20	01:08:18	00:02:39	01:04:54	02:39:13	106	7
7	Gary	Cookson	Unattached	MS	M	00:56:43	00:02:45	00:52:16	00:00:32	00:47:37	02:39:52	107	44
62	John	Morgan	Unattached	MV65	M	00:15:07	00:05:17	01:05:54	00:02:03	01:13:37	02:41:58	108	1
24	Helen	McKenzie	Unattached	FS	F	00:14:37	00:03:15	01:30:38	00:03:12	01:21:38	03:13:20	109	16
6	Tina	Maitland	Unattached	FV40	F	00:18:29	00:03:01	01:46:06	00:03:21	01:21:37	03:32:35	110	2
94	Peter	Coates	Unattached	MS	M	00:13:41	00:01:40	00:48:25	00:02:00		DNF		
85	Ben	Fox	Unattached	MS	M	00:12:48	00:01:42	00:50:33	00:00:26		DNF		
116	Jack	Houlker	Unattached	MS	M	00:13:57	00:00:56	00:51:07	00:01:14		DNF		
118	Conrad	McKee	Darwen Running Group	MV40	M	00:10:19	00:00:56				DNF		
39	Wayne	Millard	Tri Preston	MV40	M	00:17:33	00:02:06	01:24:49	00:01:57		DNF		

Sex	Penalties
1	
2	
3	
4	2 min pen
5	
6	
7	
8	2 min pen
9	2 min pen
1	
10	
11	
12	
13	
14	2 min pen
15	
16	2 min pen
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
1	
29	2 min pen
30	

31	
32	
33	
2	
34	
35	
36	
37	2 min pen
38	
39	
40	
41	
3	2 min pen
4	2 min pen
42	2 min pen
43	
44	
5	
6	
45	2 min pen
46	
7	
47	
48	
8	
49	2 min pen
50	
51	
52	
53	
54	
55	
56	

57	
58	
59	
60	
61	
62	
63	
9	
64	
65	
66	
67	
68	2 min pen
69	
10	
70	
11	
2	
71	
12	
13	2 min pen
14	
72	
73	
15	
16	2 min pen
74	
75	
17	
76	
77	
18	
78	2 min pen

19	
79	
80	
20	
21	
81	
82	
83	
84	
85	
22	
23	