Bib	Firstname	Lastname	Swim Time	Swim Rank	Bike Time	Bike Rank	Run Time	Run Rank	Overall Time	Overall Rank	Male Rank	Female Rank	AgeGroup	Sex	Club
230	Peter	Gaskell	00:04:49	1	00:31:45	1	00:18:46	4	00:56:56	1	1		Juniors U23	M	The Endurance Store
235	Andrew	Horn	00:05:37	10	Unavailable	Unavailable	00:18:27	3	00:57:39	2	2		Men	M	COLT
220	Grant	Ormerod	00:05:29	9	Unavailable	Unavailable	00:18:56	5	00:57:57	3	3		Seniors M30	M	Tri Preston
224	Mark	Clair	00:05:23	6	00:33:05	4	00:17:57	1	00:58:14	4	4		Seniors M35	M	Mersey Tri
216	Tom	Rigby	00:06:18	29	00:31:58	2	00:19:03	6	00:58:52	5	5		Men	M	Tri Preston
210	James	Souter	00:06:06	20	Unavailable	Unavailable	00:19:19	10	01:01:31	6	6		Seniors M30	M	Arragons Triathlon Club
147	Dean	Evans	00:05:06	3	00:34:52	10	00:19:38	12	01:01:32	7	7		Seniors M35	M	Manchester Tri Club
207	Mark	Young	00:06:27	34	00:33:58	6	00:19:36	11	01:01:36	8	8		Seniors M40	M	Team PCoachMe CureRett
188	Adrian	Sowerby	00:06:14	23	Unavailable	Unavailable	00:20:25	20	01:01:45	9	9		Seniors M50	M	Sport In Action Race Team
214	Ryan	Gavin	00:06:35	40	00:33:40	5	00:19:04	7	01:01:58	10	10		Seniors M30	M	Carlisle Tri Club
202	Dominic	Robinson	00:06:55	62	Unavailable	Unavailable	00:19:56	14	01:02:09	11	11		Seniors M40	M	
169	Mathew	Clarkson	00:06:56	67	Unavailable	Unavailable	00:19:16	9	01:02:23	12	12		Seniors M40	M	COLT
191	Paul	Greeson	00:07:00	70	00:32:07	3	00:20:50	24	01:02:27	13	13		Seniors M40	M	
228	Ryan	Wood	00:05:03	2	Unavailable	Unavailable	00:21:09	29	01:02:34	14	14		Seniors M35	M	Ulverston Tri Club
225	Brett	Fletcher	00:05:10	5	00:34:21	7	00:21:09	30	01:03:07	15	15		Seniors M40	M	COLT
168	Tom	Nicholls	00:06:46	52	00:34:42	9		Unavailable	01:04:20	16	16		Seniors M30	M	
165	Robert	Atkinson	00:07:34	93	00:36:14	18	00:18:24	2	01:05:04	17	17		Seniors M55	M	Ulverston Tri Club
83	Darren	Bell	00:06:37	43	00:36:03	13	00:20:20	19	01:05:08	18	18		Seniors M45	M	NRG Tri Club
172	Andy	Johnson	00:08:03	123	00:55:15	175	00:19:48	13	01:05:20	19	19		Seniors M30	M	
44	Lee	Spoor	00:06:35	41	00:36:09	16	00:20:38	22	01:05:20	20	20		Seniors M35	M	Tri Preston
218	Joseph	Moulton	00:05:58	17	00:36:19	19	00:20:37	21	01:05:46	21	21		Men	M	COLT
212	Chris	Wright	00:06:18	30	00:36:12	17	00:22:08	46	01:06:25	22	22		Seniors M40	M	Coalfields RT
187	Steve	Allison	00:07:50	113	00:36:03	12	00:20:12	18	01:06:30	23	23		Seniors M40	M	Ponteland Tri
201	Stephen	Nelson	00:06:45	51	00:38:07	33	00:19:58	15	01:06:39	24	24		Seniors M35	M	Tempest Triathlon
192	Matthew	Barnes	00:06:55	63	00:36:07	14	00:20:01	16	01:06:40	25	25		Seniors M45	M	COLT
130	David	Best	00:08:10	127	00:36:22	20	00:19:15	8	01:06:52	26	26		Seniors M35	M	Durham Tri
183	Mark	Dixon	00:06:55	64	Unavailable	Unavailable	00:22:15	48	01:07:05	27	27		Seniors M40	M	Team Ulfur
197	Scott	Rose	00:06:27	35	00:37:06	21	00:21:52	38	01:07:25	28	28		Seniors M35	M	
195	Paul	Hurden	00:06:37	44	Unavailable	Unavailable	00:20:51	26	01:07:32	29	29		Seniors M35	M	Tri Preston
223	Scott	Leadbetter	00:06:18	31	00:37:24	24	00:21:52	39	01:07:40	30	30		Men	M	BATS
203	Danny	Wilkinson	00:06:18	32	00:36:08	15	00:23:21	73	01:07:56	31	31		Seniors M35	M	Carlisle Tri Club
177	Craig	Mcleavy	00:07:15	82	00:37:27	25	00:20:50	25	01:08:03	32	32		Seniors M35	M	Tri Lakeland
222	Paul	Rickerby	00:05:23	7	00:38:43	42	00:22:01	43	01:08:33	33	33		Seniors M50	M	Kendal Tri Club
204	Andy	Holme	00:06:37	45	00:37:19	23	00:22:07	45	01:08:48	34	34		Seniors M45	M	
122	Thomas	McKee	00:07:20	86	00:37:17	22	00:21:06	28	01:08:50	35	35		Teenagers (male) U20	M	Blackburn Harriers
140	Ryan	Parkinson	00:07:45	108	00:35:31	11	00:22:20	50	01:08:51	36	36		Seniors M35	M	
226	Simon	Jones	00:05:45	13	Unavailable	Unavailable	00:22:34	55	01:08:55	37	37		Seniors M35	M	
196	Dave	Hollingworth	00:06:29	37	00:39:06	49	00:21:40	36	01:09:00	38	38		Seniors M45	M	KTC
221	Mike	Dent	00:05:27	8	00:38:36	39	00:23:27	75	01:09:04	39	39		Seniors M50	M	
67	Sophie	Noon	00:05:47	14	00:39:00	48	00:22:17	49	01:09:09	40		1	Women	F	West Cumbria Tri
200	Stephen	Heseltine	00:07:19	83	Unavailable	Unavailable	00:21:26	32	01:09:16	41	40		Seniors M40	M	
233	Johnathan	Holden	00:06:49	54	Unavailable	Unavailable	00:23:01	63	01:09:23	42	41		Seniors M35	M	Tri Preston
184	Justin	Dixon	00:06:35	42	00:37:45	27	00:22:09	47	01:09:24	43	42		Seniors M35	M	
11	***Colin***	***Cavanagh***	***00:07:26***	***90***	***00:38:05***	***30***	***00:20:58***	***27***	***01:09:48***	***44***	***43***		***Seniors M50***	***M***	***St Peters Sports Center Burnley***
117	Craig	Peart	00:06:34	38	00:38:07	32	00:23:15	69	01:09:52	45	44		Seniors M35	M	COLT
74	Emma	Robinson	00:06:13	21	00:41:00	85	00:21:16	31	01:10:21	46		2	Seniors W35	F	Performance Sports Consultants
149	Benjamin	Hodgson	00:07:35	94	00:39:49	60	00:23:46	83	01:10:34	47	45		Seniors M30	M	Kendal Tri Club
231	Samantha	Susden	00:06:02	19	00:40:31	79	00:24:08	91	01:10:48	48		3		F	
66	Karen	Robertson	00:06:52	58	00:40:13	70	00:21:38	35	01:10:59	49		4	Seniors W45	F	One Life Racing
205	David	Rickson	00:06:17	28	00:37:43	26	00:24:18	92	01:11:08	50	46		Seniors M35	M	Rossendale Triathlon Club
166	Matt	Miller	00:07:12	75	00:40:00	65	00:22:03	44	01:11:23	51	47		Seniors M35	M	
174	Robert	Woodward	00:06:48	53	00:38:06	31	00:23:40	80	01:11:35	52	48		Seniors M40	M	
6	Phil	Dickinson	00:07:50	112	Unavailable	Unavailable	10:22:02	Unavailable	01:11:42	53	49		Seniors M30	M	
232	Kerry	Oldfield	00:06:00	18	00:40:13	71	00:22:37	57	01:11:50	54		5	Seniors W35	F	COLT
213	Chris	Hewson	00:05:41	12	00:39:37	54	00:23:46	84	01:11:53	55	50		Men	M	
146	Phill	Beard	00:08:31	139	00:38:39	40	00:22:25	52	01:11:55	56	51		Seniors M40	M	
176	Matthew	Morley	00:08:17	135	00:37:55	29	00:22:45	60	01:12:09	57	52		Men	M	
182	Lewis	Jamieson	00:06:27	36	00:39:53	61	00:23:09	66	01:12:14	58	53		Teenagers (male) U18	M	
181	Tom	Smith	00:07:10	72	Unavailable	Unavailable	00:20:07	17	01:12:23	59	54		Juniors U23	M	
167	Mark	Howlett	00:06:59	69	00:39:40	56	00:23:28	76	01:12:38	60	55		Seniors M40	M	Tru Systems
186	Ashley	Robinson	00:07:53	116	00:39:57	63	00:21:53	40	01:12:42	61	56		Men	M	
194	John	Beck	00:06:49	55	00:38:28	38	00:24:08	90	01:12:46	62	57		Seniors M50	M	Tri Lakeland
178	Paul	Mckenny	00:07:37	95	00:38:15	34	00:24:37	99	01:12:52	63	58		Seniors M50	M	Ulverston Tri Club
116	Danny	Burns	00:10:19	195	00:38:57	45	00:20:48	23	01:12:58	64	59		Seniors M40	M	Ulverston Tri Club
133	Alex	Tighe	00:08:02	121	00:38:25	37	00:21:55	41	01:13:02	65	60		Seniors M30	M	
123	Dave	Horn	00:09:20	178	00:37:49	28	00:22:27	53	01:13:18	66	61		Seniors M50	M	COLT
121	Paul	Ainsworth	00:07:23	87	00:38:42	41	00:24:39	100	01:13:38	67	62		Seniors M35	M	
150	Stuart	O'Connor	00:06:50	56	00:41:17	89	00:22:21	51	01:13:44	68	63		Seniors M45	M	
143	Ken	Lamb	00:08:13	129	00:40:17	75	00:28:19	152	01:13:50	69	64		Seniors M50	M	Ulverston Tri Club
190	Joshua	Bailey	00:07:27	91	Unavailable	Unavailable	00:22:42	59	01:14:02	70	65		Men	M	Ulverston Tri Club
119	Jon	Osborn	00:08:11	128	00:39:11	51	00:23:11	67	01:14:07	71	66		Seniors M40	M	
68	Claire	Fearns	00:07:38	99	00:41:34	93	00:22:35	56	01:14:10	72		6	Seniors W30	F	
36	Louise	Roberts	00:08:52	156	00:40:21	76	00:21:37	34	01:14:27	73		7	Seniors W40	F	
142	Gavin	McAdam	00:07:10	73	00:41:58	98	00:21:27	33	01:14:29	74	67		Seniors M40	M	
163	Nick	dootson	00:06:50	57	00:40:05	68	#VALUE!	Unavailable	01:14:42	75	68		Seniors M30	M	
98	David	Benson	00:08:45	152	00:40:37	82	00:22:37	58	01:14:42	76	69		Seniors M35	M	
171	John	Clarke	00:08:06	124	00:41:00	86	00:23:05	64	01:14:45	77	70		Seniors M30	M	COLT
189	David	Skinner	00:06:56	66	Unavailable	Unavailable	00:23:41	81	01:14:49	78	71		Seniors M50	M	BATS
209	Andrew	Wilkin	00:06:20	33	Unavailable	Unavailable	00:33:01	194	01:14:50	79	72		Men	M	
164	David	Joyce	00:07:49	111	00:39:09	50	00:24:32	96	01:14:52	80	73		Seniors M45	M	
193	Richard	Kitt	00:07:12	76	00:40:36	81	00:23:46	85	01:14:52	81	74		Seniors M45	M	Harry Middleton Cycling Club
118	Lee	Jackson	00:07:44	107	00:38:55	44	00:25:10	110	01:14:59	82	75		Seniors M40	M	COLT
208	Damian	Sanderson	00:06:40	48	00:41:39	94	00:24:05	88	01:15:00	83	76		Seniors M40	M	Tri Preston
160	Paul	Stennett	00:07:38	98	Unavailable	Unavailable	00:23:31	77	01:15:01	84	77		Seniors M50	M	SWAC
114	Earnshaw	Ken	00:09:34	182	00:38:20	35	00:23:50	86	01:15:05	85	78		Seniors M50	M	COLT
65	Harriet	Gilson	00:06:58	68	00:40:14	73	00:25:30	118	01:15:20	86		8	Women	F	
71	Bianca	Dyer	00:06:16	27	00:41:21	91	00:25:22	116	01:15:29	87		9	Seniors W40	F	Kendal Tri Club
96	Joe	Horsley	00:08:14	131	00:39:20	53	00:22:59	62	01:15:36	88	79		Seniors M30	M	
115	Matt	Davies	00:08:24	138	00:41:15	88	00:23:17	70	01:15:40	89	80		Seniors M40	M	
179	Richard	Pugh	00:07:23	88	00:40:02	66	00:25:37	120	01:15:40	90	81		Seniors M40	M	Tri Preston
185	Stuart	Bowdler	00:06:39	46	00:40:30	77	00:25:57	124	01:15:40	91	82		Seniors M40	M	
180	Dave	Thompson	00:07:11	74	00:39:48	59	00:26:27	132	01:15:45	92	83		Seniors M55	M	
39	Hazel	Robinson	00:09:18	177	Unavailable	Unavailable	00:23:13	68	01:15:48	93		10	Seniors W40	F	
141	Kev	Iveson	00:08:55	160	00:39:37	55	00:24:05	89	01:15:55	94	84		Seniors M35	M	Carlisle Tri Club
126	Matthew	Price	00:09:00	166	00:39:47	58	00:22:51	61	01:16:00	95	85		Seniors M30	M	
175	John	Kilgour	00:06:53	60	00:39:56	62	00:23:25	74	01:16:00	96	86		Seniors M50	M	
111	Brian	Lynch	00:08:36	141	00:40:06	69	00:24:27	94	01:16:11	97	87		Seniors M45	M	
87	Nick	Higham	00:10:54	210	00:38:55	43	00:22:33	54	01:16:13	98	88		Seniors M45	M	
170	Peter	Stockdale	00:07:23	89	00:40:13	72	00:25:10	109	01:16:20	99	89		Seniors M40	M	
104	Steven	waterhouse	00:07:13	77	00:39:15	52	00:25:59	125	01:16:30	100	90		Seniors M35	M	tri-harder (on facebook)
236	***Alison***	***Walker***	***00:07:19***	***84***	***00:38:59***	***46***	***00:21:46***	***37***	***01:16:54***	***101***		***11***	***Seniors W40***	***F***	***Tri Preston***
46	Suzanne	Toppin	00:08:57	161	00:41:53	97	00:21:58	42	01:17:05	102		12	Seniors W45	F	
151	Tony	Preston	00:08:02	122	00:55:18	176	00:26:45	135	01:17:21	103	91		Seniors M50	M	
113	James	Henderson	00:07:50	114	00:40:30	78	00:25:19	114	01:17:27	104	92		Seniors M45	M	BATS
215	***Matt***	***Jones***	***00:07:55***	***118***	***Unavailable***	***Unavailable***	***Unavailable***	***Unavailable***	***01:17:33***	***105***	***93***		***Seniors M40***	***M***	
135	Anthony	Lawrenson	00:09:10	172	00:40:46	83	00:23:45	82	01:17:34	106	94		Seniors M40	M	KTC
56	Jo	Sutton	00:06:53	61	00:44:11	118	00:23:09	65	01:17:37	107		13	Women	F	
219	Simon	Collin	00:05:56	16	Unavailable	Unavailable	00:25:28	117	01:17:44	108	95		Seniors M45	M	Kendal Tri Club
198	Matt	Robertson	00:08:14	132	00:41:33	92	00:26:48	136	01:17:49	109	96		Juniors U23	M	Tri Preston
70	Katy	Douglas	00:06:14	24	00:41:19	90	00:27:05	139	01:18:09	110		14	Women	F	COLT
85	Patrick	Moore	00:10:07	191	00:38:20	36	10:38:21	Unavailable	01:18:21	111	97		Seniors M45	M	
124	Steven	Maxwell	00:09:09	171	00:40:57	84	00:25:18	113	01:18:22	112	98		Seniors M40	M	
61	Alice	Story	00:07:37	96	00:43:17	111	00:25:17	112	01:18:38	113		15	Women	F	
157	David	Jamieson	00:08:14	133	00:41:44	95	00:25:19	115	01:18:43	114	99		Seniors M40	M	Carlisle Tri Club
99	Lenton	Lenton	00:08:36	142	00:43:08	108	00:23:39	79	01:18:52	115	100		Seniors M30	M	
134	Dan	Scarffe	00:07:47	110	00:42:56	105	00:24:26	93	01:19:04	116	101		Men	M	
77	Rebecca	Mckenny	00:08:45	153	00:40:36	80	00:27:58	150	01:19:06	117					Ulverston Tri Club
37	Rebecca	Delbridge	00:08:54	159	Unavailable	Unavailable	00:24:42	103	01:19:07	118		16	Women	F	
95	Chris	Gill	00:10:31	203	00:39:45	57	00:24:34	97	01:19:14	119	102		Seniors M35	M	Wigton road runners
211	Shaun	Anderson	00:06:42	49	00:43:57	116	00:27:45	148	01:19:21	120	103		Men	M	North East Jiujitsu

Bib	Firstname	Lastname	Swim Time	Swim Rank	Bike Time	Bike Rank	Run Time	Run Rank	Overall Time	Overall Rank	Male Rank	Female Rank	AgeGroup	Sex	Club
57	Emma	Lawrenson	00:07:40	102	00:56:55	184	00:25:47	122	01:19:42	121		17	Seniors W40	F	
137	Oliver	Parry	00:07:06	71	00:42:56	106	00:26:18	129	01:19:56	122	104		Seniors M30	M	
173	Nat	Pawlowski	00:07:30	92	00:39:57	64	00:34:32	197	01:20:06	123	105		Seniors M40	M	
139	Grant	Stevenson	00:08:57	162	00:41:12	87	00:25:46	121	01:20:06	124	106		Seniors M45	M	
148	Steven	Bragg	00:07:50	115	00:44:30	123	00:24:27	95	01:20:17	125	107		Seniors M35	M	Carlisle Tri Club
58	Fiona	Cole	00:07:40	105	00:43:05	107	00:26:20	130	01:20:18	126		18	Seniors W55	F	Kendal Tri Club
75	Rosie	Halcrow	00:05:38	11	00:41:48	96	00:30:02	172	01:20:24	127		19	Women	F	
72	Ruth	Dodwell	00:06:34	39	00:46:11	132	00:23:51	87	01:20:51	128		20	Seniors W30	F	
59	Angie	Trippitt	00:07:37	97	00:44:12	119	10:21:15	Unavailable	01:21:05	129		21	Seniors W45	F	
199	Kit	Rickerby	00:06:43	50	00:44:31	124	00:27:25	143	01:21:05	130	108		Seniors M40	M	
82	Scott	Reeves	00:07:46	109	00:46:30	136	00:23:34	78	01:21:08	131	109		Seniors M45	M	
155	Bob	Muirhead	00:07:40	103	Unavailable	Unavailable	00:24:46	104	01:21:13	132	110		Seniors M35	M	Team Penguin
234	Sheona	Southern	00:07:14	81	00:43:39	113	00:26:58	138	01:21:18	133		22	Seniors W50	F	Kendal Tri Club
156	David	Walker	00:08:57	163	00:43:10	109	00:25:15	111	01:21:28	134	111		Seniors M55	M	
161	Donald	Wilkinson	00:07:19	85	Unavailable	Unavailable	00:24:50	106	01:21:29	135	112		Seniors M50	M	
64	***Katherine***	***Pugh***	***00:07:13***	***78***	***Unavailable***	***Unavailable***	***00:31:28***	***186***	***01:21:59***	***136***		***23***	***Seniors W35***	***F***	
101	Dave	Chapman	00:08:20	137	00:42:50	103	00:25:04	108	01:22:28	137	113		Seniors M35	M	
45	Carol	Spoor	00:08:36	143	00:43:15	110	10:09:02	Unavailable	01:22:42	138		24	Seniors W40	F	Tri Preston
128	Mike	Wilkinson	00:08:15	134	00:40:14	74	00:29:34	166	01:22:53	139	114		Seniors M30	M	
131	Gavin	Lee	00:10:04	189	00:42:32	102	00:26:38	134	01:23:02	140	115		Seniors M35	M	
106	Michael	Winstanley	00:10:23	197	00:43:49	115	00:24:40	101	01:23:24	141	116		Seniors M30	M	
27	Helen	Wilson	00:10:09	193	00:42:11	100	00:26:02	126	01:23:40	142		25	Seniors W45	F	
103	Cory	Tubman	00:08:08	125	00:45:05	127	00:25:50	123	01:23:40	143	117		Men	M	
24	Vivienne	Sherry	00:08:39	145	00:44:38	125	00:26:55	137	01:23:50	144		26	Seniors W30	F	
33	Becky	Boocock	00:10:06	190	00:42:52	104	00:25:33	119	01:23:54	145		27	Seniors W45	F	
100	Ged	Turner	00:11:05	212	00:45:05	126	00:24:50	105	01:24:02	146	118		Seniors M55	M	Edgworth
102	Martin	Shipway	00:07:42	106	00:43:40	114	00:33:30	196	01:24:08	147	119		Seniors M35	M	Fleetwood Triathlon Club
120	R	O'Flynn	00:09:34	183	00:44:00	117	00:27:23	142	01:24:33	148	120		Seniors M45	M	Aim 4 Fitness
154	Andy	Forrest	00:07:56	119	00:41:59	99	00:30:37	175	01:25:02	149	121		Seniors M45	M	COLT
62	Morag	Thompson	00:07:57	120	00:46:42	141	00:27:26	144	01:25:08	150		28	Seniors W50	F	
35	Helen	Greenep	00:09:04	168	00:46:32	137	00:25:03	107	01:25:11	151		29	Seniors W50	F	
162	Colin	Hodgson	00:07:39	100	00:45:46	131	00:29:30	165	01:25:35	152	122		Seniors M50	M	
105	David	Mainwaring	00:10:28	202	00:42:29	101	00:26:05	127	01:25:56	153	123		Seniors M50	M	
54	Deborah	Armstrong	00:06:14	25	00:48:37	149	00:24:42	102	01:26:03	154		30	Seniors W35	F	
217	Martyn	Jeal	00:05:55	15	Unavailable	Unavailable	00:30:42	176	01:26:14	155	124		Seniors M45	M	
153	Charles	Satterly	00:08:08	126	00:49:08	152	00:26:13	128	01:26:44	156	125		Seniors M45	M	COLT
206	Andy	Birkett	00:06:39	47	00:46:24	135	00:29:34	167	01:26:59	157	126		Seniors M60	M	Kendal Tri Club
108	Jonathan	Geddes	00:09:14	174	00:44:18	121	00:29:37	168	01:27:30	158	127		Seniors M40	M	
22	Catherine	Bowman	00:08:42	146	00:45:25	130	00:28:56	157	01:27:36	159		31	Seniors W40	F	Donkey Tri Club
144	Phil	Ross	00:08:20	136	00:44:20	122	00:31:27	185	01:27:37	160	128		Seniors M50	M	
86	Tony	McNaughton	00:11:16	214	00:46:32	138	10:48:03	Unavailable	01:27:53	161	129		Seniors M55	M	
29	Lesley	Wallace	00:08:52	157	00:47:30	144	00:27:10	141	01:28:03	162		32	Seniors W45	F	Kendal Tri Club
76	Geoff	Monkman	00:09:20	179	00:46:35	139	00:28:42	153	01:28:06	163	130		Seniors M50	M	Kendal Tri Club
78	Edward	Jardine	00:07:13	79	00:55:35	178	00:23:21	72	01:28:13	164					Jardine Spencer
43	Victoria	Sharrock	00:07:13	80	00:45:14	128	00:29:01	160	01:28:16	165		33	Seniors W40	F	
28	Emma	Baird	00:08:58	165	00:46:54	143	00:29:23	164	01:28:27	166		34	Seniors W35	F	
79	James	Scholey	00:10:02	188	00:44:15	120	00:29:16	162	01:28:32	167	131		Seniors M35	M	
20	Sadie	Mckeand	00:10:24	200	00:49:22	153	00:24:34	98	01:29:04	168		35	Seniors W40	F	Lancaster Women's Running Group
158	Scott	Lingard	00:08:37	144	00:45:15	129	00:30:30	173	01:29:04	169	132		Seniors M30	M	KTC
60	Judith	Clarkin	00:08:48	155	00:47:31	145	00:29:17	163	01:29:08	170		36	Seniors W35	F	
129	Nick	Balcombe	00:08:53	158	00:46:35	140	00:30:30	174	01:29:10	171	133		Seniors M45	M	Arragons Triathlon Club
34	Victoria	Atkinson	00:10:10	194	00:48:44	150	00:27:09	140	01:29:24	172		38	Seniors W40	F	Kendal Ladies Hockey Club
9	***Katharine***	***Shrine***	***00:10:09***	***192***	***00:46:53***	***142***	***00:29:00***	***159***	***01:29:24***	173		***37***	***Seniors W40***	***F***	
8	Nicola	Joyce	00:11:12	213	00:43:28	112		Unavailable	01:29:31	174		39	Seniors W45	F	
55	Tracy	Antonsen-Stubbs	00:06:52	59	00:49:50	157	00:28:06	151	01:29:58	175		40	Seniors W45	F	
69	Sarka-jo	Cole	00:06:16	26	00:50:36	161	00:28:50	155	01:30:03	176		41	Seniors W40	F	
91	David	Atherton	00:09:06	170	00:48:08	147	00:26:26	131	01:30:11	177	134		Seniors M55	M	
107	Mark	Burns	00:09:17	176	00:49:44	156	00:27:52	149	01:30:23	178	135		Seniors M55	M	
152	John	Barstow	00:07:40	104	00:50:32	160	00:27:37	147	01:30:24	179	136		Seniors M60	M	Ulverston Tri Club
17	Janette	Bailey- Woods	00:09:44	185	00:46:23	134	00:31:19	184	01:30:45	180		42	Seniors W40	F	
52	Petrina	Sidebottom	00:08:33	140	00:49:29	154	00:29:12	161	01:30:53	181		43	Seniors W30	F	
19	Kate	Sowden	00:10:01	187	00:48:52	151	00:28:55	156	01:30:57	182		44	Seniors W35	F	Donkey Tri Club
47	Sarah	Collin	00:07:55	117	00:51:05	164	00:28:45	154	01:31:45	183		45	Seniors W40	F	
1	Freda	Summerfield	00:09:35	184	00:54:33	173	00:23:20	71	01:32:18	184		46	Seniors W45	F	
73	Taylor	Carrie	00:06:13	22	00:54:06	171	00:09:30	Unavailable	01:32:54	185		47	Teenagers (female) U 18	F	
94	Simon	Wilkinson	00:10:32	205	00:48:14	148	10:53:46	Unavailable	01:33:46	186	137		Seniors M35	M	
109	Ian	Oldham	00:10:41	207	00:51:01	162	00:26:36	133	01:33:58	187	138		Seniors M55	M	
40	Kate	Robinson	00:08:47	154	00:50:20	159	00:31:44	188	01:35:20	188		48	Women	F	
80	Peter	Milner	00:09:13	173	00:52:55	168	00:30:01	171	01:35:40	189	139		Seniors M40	M	
16	Wendy	Birkett	00:09:57	186	00:53:12	170	00:27:36	146	01:35:50	190		49	Seniors W55	F	
97	Scott	Iarkin	00:11:53	218	00:46:19	133	00:30:43	177	01:36:05	191	140		Seniors M40	M	
30	Emma	Chadwick	00:10:32	206	00:54:06	172	00:27:27	145	01:36:12	192		50	Seniors W30	F	
48	Tania	Conway	00:08:43	149	00:53:04	169	00:29:58	169	01:36:35	193		51	Seniors W45	F	Alnwick Tri
159	Gareth	Darwen	00:08:13	130	00:49:59	158	00:32:57	191	01:36:37	194	141		Seniors M35	M	COLT
23	Hannah	Sherriff	00:08:44	151	00:56:22	180	00:28:57	158	01:36:37	195		52	Seniors W30	F	
31	Zoe	Lynch	00:10:23	198	00:49:32	155	00:32:56	190	01:36:45	196		53	Teenagers (female) U 20	F	
112	Craig	McMullen	00:08:42	147	00:47:43	146	00:35:25	199	01:37:09	197	142		Seniors M45	M	
127	Jacob	Bloye	00:09:30	181	00:51:03	163	00:30:44	178	01:37:18	198	143		Teenagers (male) U20	M	
42	Lisa	Shaw	00:07:39	101	00:56:59	185	10:24:36	Unavailable	01:38:16	199		54	Seniors W40	F	
145	Jason	Pusey	00:09:03	167	00:51:07	165	00:32:59	193	01:38:30	200	144		Seniors M45	M	Ribble Valley Tri
110	Chris	Collett	00:11:03	211	00:55:47	179	11:19:09	Unavailable	01:38:59	201	145		Seniors M50	M	
93	Christopher	Atherton	00:06:55	65	00:40:03	67	10:59:47	Unavailable	01:39:27	202	146		Seniors M30	M	
26	Rachel	Ashton	00:10:32	204	00:51:20	166	00:33:05	195	01:39:35	203		55	Seniors W55	F	Ulverston Tri Club
2	Nia	Bell	00:12:41	219	00:52:48	167	00:31:00	180	01:39:40	204		56	Seniors W55	F	
41	Louise	Bentley	00:09:15	175	00:57:42	190	00:31:10	182	01:42:45	205		57	Seniors W45	F	
32	Dawn	Foster	00:10:21	196	00:56:28	181	00:30:50	179	01:43:10	206		58	Seniors W30	F	
49	Emma	Stevenson	00:08:43	150	00:54:41	174	00:31:10	183	01:43:38	207		59	Juniors U23	F	
38	Zoe	Macdonald	00:09:25	180	00:57:22	188	00:31:53	189	01:43:50	208		60	Seniors W40	F	COLT
3	Jenny	Dawson	00:08:42	148	00:56:54	183	00:32:59	192	01:44:15	209		61	Seniors W40	F	
50	Debra	Bunting	00:09:04	169	00:57:23	189	00:31:02	181	01:46:22	210		62	Seniors W50	F	
21	Fiona	MacDougall	00:10:49	208	00:56:44	182	00:42:53	203	01:47:13	211		63	Seniors W50	F	
15	Susan	Partington	00:11:36	217	01:00:56	192	00:29:58	170	01:48:10	212		64	Seniors W55	F	Donkey Tri Club
81	Mathew	Taylor	00:10:52	209	00:59:28	191	00:31:41	187	01:48:21	213	147		Seniors M35	M	
14	Mary	Hastie	00:10:25	201	00:55:18	177	00:44:57	204	01:54:27	214		65	Seniors W40	F	Kendal Tri Club
10	Sandra	Lawton	00:11:16	215	00:57:19	187		Unavailable	01:54:41	215		66	Seniors W50	F	
4	Peggy	Plancke	00:11:21	216	00:57:19	186	00:38:14	201	01:54:46	216		67	Seniors W40	F	
84	Frank	Chalmers	00:16:26	222	00:34:31	8	00:34:32	198	01:55:40	217	148		Seniors M60	M	
7	***Jane***	***Price***	***00:10:23***	***199***	***01:02:17***	***193***	***00:39:14***	***202***	***01:57:00***	***218***		***68***	***Seniors W30***	***F***	
12	Danielle	Richardson	00:08:57	164	01:13:04	196	01:09:05	206	02:05:00	219		69	Seniors W35	F	
13	Mary	Bloye	00:12:44	220	01:06:02	194	00:37:30	200	02:05:20	220		70	Seniors W50	F	
5	Emma	Smith	00:13:05	221	01:06:27	195	00:47:04	205	02:09:44	221		71	Seniors W35	F	
227	Tom	Glover	00:05:09	4	00:38:59	47	00:00:00	DNF		DNF			Men	M	Tri Preston