

# Lancaster Duathlon

## TRIATHLON

Bib	Name	M/F	AG	Club	Run1	T1	Bike	T2	Run 2	Finish	Finishing Pos	Age Rank	M/F Rank
36	Alex Foster	m	Seniors M30	ChampionSyst	18:35,46	00:30,30	41:39,84	00:25,66	19:10,32	1:20:21.5	1	1	1
50	Andrew Horn	m	Men	COLT	18:47,81	00:24,10	42:50,25	00:22,93	19:34,17	1:21:59.2	2	1	2
59	Ian Lawton	m	Seniors M30		18:36,18	00:32,58	43:26,30	00:30,94	19:30,33	1:22:36.3	3	2	3
92	William Sisson	m	Men	Kendal AAC	19:14,54	00:36,91	42:05,54	00:24,62	20:32,78	1:22:54.4	4	2	4
15	Mark Clair	m	Seniors M35	Mersey Tri	19:32,26	00:28,07	46:57,02	00:30,76	20:47,20	1:28:15.3	5	1	5
46	Michael Hodgkinson	m	Seniors M30	St. Helens Tri	20:05,76	00:40,80	47:02,59	00:26,50	20:59,19	1:29:14.8	6	3	6
78	Grant Ormerod	m	Seniors M30	TriPreston	19:47,46	00:19,66	47:43,55	00:24,02	21:23,93	1:29:38.6	7	4	7
109	Andrew Woodward	m	Men		19:22,49	00:22,79	49:36,32	00:31,06	20:18,95	1:30:11.6	8	3	8
53	Andy Johnson	m	Seniors M30		20:06,10	00:41,01	46:52,84	00:36,35	22:03,44	1:30:19.7	9	5	9
97	Paul Taylor	m	Seniors M45	TRICLAN	21:23,62	00:52,67	45:30,54	00:37,32	22:54,44	1:31:18.6	10	1	10
100	Paul tynan	m	Seniors M55	COLT	21:36,82	00:44,10	46:05,59	00:38,05	22:34,31	1:31:38.8	11	1	11
66	Ged McGrath	m	Seniors M40	Wills Wheels	21:33,14	00:54,97	46:37,42	00:38,12	22:06,22	1:31:49.8	12	1	12
93	Paul Smith	m	Seniors M40	COLT	20:57,30	00:36,98	48:18,73	00:34,97	21:47,04	1:32:15.0	13	2	13
43	Eleanor Haresign	w	Seniors W35	Leeds and	21:28,60	00:33,10	47:30,31	01:01,40	22:34,21	1:33:07.6	14	1	1
35	Steven Forrest	m	Seniors M40		21:24,73	01:13,55	48:18,07	00:37,07	22:21,48	1:33:54.9	15	3	14
51	Chris Horner	m	Seniors M40	Colt	21:31,04	00:56,07	49:00,59	00:34,32	22:10,39	1:34:12.4	16	4	15
107	David Winterbottom	m	Seniors M35		22:26,66	00:42,42	48:22,97	00:45,31	22:49,19	1:35:06.5	17	2	16
75	Tom Nicholls	m	Seniors M30	BTP TRI	21:31,37	00:42,30	49:31,09	00:33,06	23:59,16	1:36:17.0	18	6	17
47	Mary Hodgson	w	Junior U20	COLT	20:51,55	00:41,40	52:58,75	00:38,01	21:26,57	1:36:36.3	19	1	2
24	James Dalgleish	m	Seniors M40		20:48,82	00:57,31	52:28,80	00:45,53	21:40,68	1:36:41.1	20	5	18
77	Tom Oldham	m	Seniors M50	COLT	22:37,94	00:42,78	49:36,59	00:45,19	23:03,00	1:36:45.5	21	1	19
62	Harvey Lord	m		electro	19:17,44	00:32,32	55:46,21	00:29,32	20:58,43	1:37:03.7	22	1	20
60	Garry Lindsay	m	Seniors M35		23:23,53	00:42,63	47:27,68	00:51,92	25:52,23	1:38:18.0	23	3	21
71	James Muscart	m	Men	Mersey Tri	20:32,28	01:05,79	53:30,19	00:53,34	22:31,61	1:38:33.2	24	4	22
34	Brett Fletcher	m	Seniors M40	COLT	23:19,42	00:40,97	50:19,75	00:39,32	23:38,05	1:38:37.5	25	6	23
31	Jonathan Fairhurst	m	Seniors M40	MerseyTri	22:27,14	01:03,68	51:47,07	00:35,51	22:56,91	1:38:50.3	26	7	24
52	Melanie Hyder	w	Juniors U23	Helm Hill	20:36,00	01:04,11	55:27,69	01:05,48	20:47,74	1:39:01.0	27	1	3
6	Tim Barrett	m	Seniors M35	Creation PT	21:15,78	00:51,42	54:02,45	01:03,34	22:48,01	1:40:01.0	28	4	25
73	Will Nelson	m	Seniors M30	COLT	21:14,34	01:05,84	53:43,24	00:37,19	24:02,38	1:40:43.0	29	7	26
99	Foster Tony	m	Seniors M50	Astleytydesley	23:11,67	00:43,40	51:18,76	01:09,67	25:15,61	1:41:39.1	30	2	27
26	Chris Davison	m	Seniors M50	Carlisle Tri	22:34,69	01:21,62	53:14,19	01:08,84	24:01,41	1:42:20.7	31	3	28
54	Billy Johnson	m	Seniors M50		23:07,46	01:18,32	51:40,12	01:49,97	24:28,06	1:42:23.9	32	4	29
38	Paul Gillard	m	Seniors M30		23:52,23	00:36,97	52:28,11	00:52,73	25:09,06	1:42:59.1	33	8	30

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Bib	Name	M/F	AG	Club	Run1	T1	Bike	T2	Run 2	Finish	Finishing Pos	Age Rank	M/F Rank
58	Chris Lawson	m	Seniors M40	Colt	24:03,03	01:10,75	53:12,96	00:47,09	24:35,41	1:43:49.2	34	8	31
103	Dave Wilkinson	m	Seniors M40	COLT	23:21,22	01:02,66	51:57,06	01:12,93	26:28,18	1:44:02.0	35	9	32
82	Kevin Preston	m	Seniors M45	Kent Valley	25:13,86	00:38,71	51:20,67	00:28,53	26:41,94	1:44:23.7	36	2	33
20	Sean Cook	m	Seniors M30	Kirkstall	25:11,81	01:14,16	65:38,11	00:52,79	11:47,20	1:44:44.0	37	9	34
5	David Barker	m	Seniors M45	Riversway	24:19,89	01:51,63	50:33,44	02:32,34	25:35,17	1:44:52.4	38	3	35
9	Graham Brownsmith	m	Seniors M40		22:47,11	00:53,62	56:54,38	01:08,45	23:54,44	1:45:38.0	39	10	36
45	Dominic Hodgin	m	Seniors M40		23:32,78	01:08,16	53:43,89	01:01,86	26:15,45	1:45:42.1	40	11	37
25	Michael Davies	m	Seniors M50		24:37,20	02:02,19	53:21,51	01:02,04	24:50,73	1:45:53.6	41	5	38
3	Tom Alexander	m	Seniors M45		24:58,64	00:59,35	53:56,43	00:50,90	25:15,40	1:46:00.7	42	4	39
13	Sing Chan	m	Seniors M50		24:35,66	01:09,41	52:53,42	01:04,37	26:33,89	1:46:16.7	43	6	40
12	Carmen Chan	w	Women		32:40,96	01:01,10	70:30,93	00:00,87	02:16,87	1:46:30.7	44	1	4
105	Simon Wilson	m	Seniors M45		24:48,18	02:05,68	53:05,46	01:34,85	25:50,92	1:47:25.1	45	5	41
88	Yvonne Ryan	w	Seniors W35	Mersey Tri	23:43,88	01:13,63	56:46,29	01:18,11	24:56,03	1:47:57.9	46	2	5
108	Richard Woodford	m	Seniors M45	Altrincham tri	26:42,69	00:47,93	52:25,63	00:59,48	27:16,48	1:48:12.2	47	6	42
90	Jonathan Seeds	m	Seniors M45		23:09,67	00:53,94	58:12,17	00:42,87	25:35,43	1:48:34.1	48	7	43
40	Louise Goddard	w	Seniors W55	COLT	24:01,77	01:00,01	57:28,34	00:39,35	25:52,28	1:49:01.7	49	1	6
56	Bob Lauder	m	Seniors M50		25:01,58	00:51,41	57:38,56	00:42,13	24:50,84	1:49:04.5	50	7	44
7	Phill Beard	m	Seniors M40		23:09,15	01:57,73	59:05,14	01:20,96	23:37,96	1:49:10.9	51	12	45
79	Andrew Otway	m	Seniors M55	Team Electro	24:59,51	01:29,40	55:35,42	01:11,55	27:10,33	1:50:26.2	52	2	46
68	Alastair McPhail	m	Seniors M30	Electro	24:59,58	01:39,60	54:55,06	01:10,64	27:41,36	1:50:26.2	53	10	47
64	Adam Marshall	m	Seniors M35		25:05,75	01:13,61	54:43,18	01:22,90	28:22,18	1:50:47.6	54	5	48
86	Louise Rowe	w	Seniors W50	COLT	25:54,07	00:55,30	57:16,94	00:43,97	26:14,21	1:51:04.5	55	1	7
28	Richard Edwards	m	Seniors M40		25:06,72	01:01,95	58:05,09	00:45,07	26:47,90	1:51:46.7	56	13	49
27	Gareth Driver	m	Men		25:42,05	00:53,11	56:49,91	00:45,61	28:33,46	1:52:44.1	57	5	50
63	Lee Manford	m	Seniors M35		27:09,81	01:11,75	53:24,09	01:04,83	29:58,07	1:52:48.5	58	6	51
85	Paul Rickervy	m	Seniors M50	Kendal Tri	24:28,56	00:53,83	59:34,14	00:34,70	27:33,96	1:53:05.2	59	8	52
4	Ian Bailey	m	Seniors M50	COLT	25:46,14	01:13,93	58:45,05	00:57,50	26:46,48	1:53:29.1	60	9	53
14	Daren Chandisingh	m	Seniors M45	COLT	28:06,54	02:28,28	50:23,73	01:52,40	30:50,64	1:53:41.6	61	8	54
80	James Parker	m	Seniors M30		26:14,80	00:36,63	57:12,29	00:23,52	29:18,87	1:53:46.1	62	11	55
94	Paul Stennett	m	Seniors M50	SWAC	25:00,54	01:22,62	59:14,52	01:35,23	26:33,75	1:53:46.6	63	10	56
29	Andrew Elliott	m	Seniors M35		26:53,16	01:15,94	56:10,33	01:27,39	28:08,88	1:53:55.7	64	7	57
110	Gareth Woodward	m	Seniors M35		23:29,43	00:52,69	61:56,03	00:37,87	27:15,46	1:54:11.4	65	8	58
23	Stuart Cuggy	m	Seniors M35		25:55,49	00:29,29	59:10,95	00:20,23	29:09,02	1:55:05.0	66	9	59

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Bib	Name	M/F	AG	Club	Run1	T1	Bike	T2	Run 2	Finish	Finishing Pos	Age Rank	M/F Rank
8	David Benson	m	Seniors M35		24:58,97	01:58,39	58:31,69	01:04,02	29:24,46	1:55:57.5	67	10	60
30	Jenny Evan	w	Seniors W30	COLT	26:10,52	00:40,07	57:59,74	00:57,12	30:21,93	1:56:09.4	68	1	8
81	Tony Pilling	m	Seniors M50	Ribble Valley	27:03,09	03:17,77	56:26,07	02:04,85	29:21,92	1:58:13.7	69	11	61
42	Ann Griffiths	w	Seniors W50		26:51,38	01:20,71	61:56,46	01:07,43	27:15,72	1:58:31.7	70	2	9
89	Rachel Scott	w	Seniors W40		28:27,93	01:39,44	57:13,56	01:09,66	30:18,99	1:58:49.5	71	1	10
87	Michael Roy	m	Men	Lancaster and	25:46,10	00:26,89	65:23,09	00:21,67	26:56,40	1:58:54.1	72	6	62
55	Philip Keane	m	Seniors M30		28:26,70	01:10,35	56:57,98	01:17,35	31:05,46	1:58:57.8	73	12	63
21	Steve Crahan	m	Seniors M40		25:39,45	01:12,30	62:09,44	01:47,96	28:24,01	1:59:13.1	74	14	64
57	Emma Lawrenson	w	Seniors W40		28:21,84	01:24,79	61:52,77	01:20,71	27:20,62	2:00:20.7	75	2	11
17	Carl Clancy	m	Seniors M50		26:42,81	01:17,44	62:41,76	01:08,35	29:22,20	2:01:12.5	76	12	65
91	Vivienne Sherry	w	Seniors W30		27:45,11	00:48,52	62:13,57	00:42,13	30:04,18	2:01:33.5	77	2	12
106	Geo Wilson	m	Seniors M50		26:24,16	01:39,35	62:34,08	00:54,40	32:43,78	2:04:15.7	78	13	66
104	Donald Wilkinson	m	Seniors M50	SWAC	27:05,56	01:12,65	67:09,99	01:10,75	30:00,36	2:06:39.3	79	14	67
33	Simon Fletcher	m	Seniors M35	Electro	27:51,00	02:27,88	65:25,78	01:41,93	30:31,58	2:07:58.1	80	11	68
84	Ric Rickerby	m	Seniors M40	Kendal Tri	26:56,81	01:26,29	68:34,52	00:26,32	31:18,30	2:08:42.2	81	15	69
95	Deborah Stevenson	w	Seniors W35		28:17,02	02:11,82	69:28,30	01:39,59	29:18,58	2:10:55.3	82	3	13
111	Jude Swan	w	Seniors W35	Kendal Tri	32:43,09	01:03,58	64:17,18	01:13,28	35:34,50	2:14:51.6	83	4	14
11	Nicola Carter	w	Seniors W35	Team Electro	28:33,52	02:21,78	70:51,28	01:11,21	32:54,23	2:15:52.0	84	5	15
70	Geoff Monkman	m	Seniors M45	Kendal Tri	30:48,49	01:30,76	69:12,43	00:56,43	34:35,80	2:17:03.9	85	9	70
22	Felicity Cross	w	Seniors W55	Preston	29:50,55	02:05,90	69:53,56	01:47,91	33:35,46	2:17:13.4	86	2	16
102	Rolf Westrum	m	Seniors M60	Mersey tri	32:43,94	01:26,25	64:02,14	01:44,82	38:57,86	2:18:55.0	87	1	71
1	Christine Acklam	w	Seniors W40	Women on the	32:07,04	01:37,76	76:59,10	02:00,22	35:18,21	2:28:02.3	88	3	17
49	Lucy Hope	w	Seniors W35	Team Electro	32:24,02	01:38,41	98:11,32	00:34,04	37:37,68	2:50:25.4	89	6	18

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