Bib	FirstName	LastName	Sex	AG	Swimming	Swim Rank	T1	Bike	Bike Rank	T2	Running	Run Rank	Finish	Final Rank	MF Rank	Ag Rank
235	Graham	Crammond	m	Seniors M30	0:06:14,49	14	0:00:33,34	0:30:55,66	1	0:00:36,37	0:18:30,07	4	0:56:49.94	1	1	1
234	Andrew	Horn	m	Men	0:05:57,07	10	0:00:33,37	0:31:42,99	2	0:00:31,84	0:18:38,43	5	0:57:23.72	2	2	1
244	Stephen	Schofield	m	Seniors M40	0:05:21,47	3	0:00:34,66	0:32:33,61	3	0:00:41,03	0:18:28,32	3	0:57:39.11	3	3	1
241	Oli	Murphy	m	Men	0:05:15,60	2	0:00:32,41	0:33:48,53	9	0:00:37,15	0:17:31,85	1	0:57:45.57	4	4	2
233	Mark	Clair	m	Seniors M35	0:06:06,42	12	0:00:36,25	0:33:15,81	4	0:00:35,30	0:18:24,18	2	0:58:57.98	5	5	1
237	Kieran	Rowlands	m	Seniors M30	0:05:52,47	8	0:00:42,02	0:33:41,05	8	0:00:38,14	0:18:52,85	7	0:59:46.55	6	6	2
240	Duncan	Eley	m	Seniors M35	0:05:15,36	1	0:00:56,41	0:34:59,10	17	0:00:40,43	0:19:12,46	8	1:01:03.77	7	7	2
239	Simon	Corless	m	Seniors M40	0:05:46,00	7	0:00:31,05	0:33:40,84	7	0:00:36,78	0:20:56,21	25	1:01:30.90	8	8	2
243	Paul	Sanderson	m	Seniors M40	0:05:35,62	5	0:00:36,37	0:33:35,30	5	0:00:52,86	0:21:12,00	31	1:01:52.17	9	9	3
229	Dr Peter James	Gill	m	Men	0:06:58,43	34	0:00:38,73	0:34:00,05	11	0:00:47,88	0:19:38,60	11	1:02:03.70	10	10	3
217	Lee	Tait	m	Seniors M40	0:06:47,51	25	0:00:29,33	0:34:32,28	15	0:00:37,01	0:19:56,25	14	1:02:22.39	11	11	4
231	Joe	Moulton	m	Men	0:06:06,08	11	0:00:40,56	0:34:12,56	12	0:00:52,96	0:20:35,91	20	1:02:28.08	12	12	4
215	Dom	Robinson	m	Seniors M40	0:07:06,77	41	0:00:38,18	0:34:29,84	14	0:00:44,78	0:19:32,15	10	1:02:31.74	13	13	5
226	Oliver	Waters	m	Seniors M40	0:06:40,40	23	0:00:54,10	0:34:18,20	13	0:00:50,53	0:20:23,34	18	1:03:06.60	14	14	6
204	Paul	Troughton	m	Seniors M35	0:06:52,91	28	0:01:09,79	0:33:51,18	10	0:00:36,51	0:20:40,44	21	1:03:10.84	15	15	3
238	Paul	Smith	m	Seniors M40	0:05:33,60	4	0:00:54,42	0:36:05,86	22	0:00:52,23	0:20:04,66	16	1:03:30.79	16	16	7
242	Brett	Fletcher	m	Seniors M40	0:05:43,54	6	0:00:47,97	0:35:16,66	19	0:00:35,81	0:21:25,05	34	1:03:49.05	17	17	8
212	Richard	Hyder	m	Seniors M35	0:05:54,02	9	0:00:53,79	0:35:31,48	20	0:00:45,57	0:21:06,44	29	1:04:11.32	18	18	4
198	Andrew	Payne	m	Seniors M40	0:07:41,14	59	0:01:06,91	0:35:09,74	18	0:01:31,75	0:18:42,32	6	1:04:11.88	19	19	9
227	John	Waite	m	Seniors M35	0:06:17,77	16	0:00:59,29	0:36:19,65	23	0:00:46,75	0:20:15,12	17	1:04:38.60	20	20	5
196	Andy	Johnson	m	Seniors M30	0:07:42,68	61	0:00:35,60	0:35:52,57	21	0:01:00,23	0:19:46,66	12	1:04:57.75	21	21	3
220	Richard	O'Sullivan	m	Men	0:07:28,22	54	0:00:44,46	0:36:42,16	26	0:00:47,94	0:19:28,69	9	1:05:11.49	22	22	5
208	Paul	Greeson	m	Seniors M40	0:07:52,54	70	0:01:08,47	0:33:39,62	6	0:01:27,39	0:21:19,72	33	1:05:27.76	23	23	10
124	Chris	Freer	m	Seniors M40	0:07:53,86	72	0:01:19,05	0:34:40,15	16	0:00:43,94	0:21:07,73	30	1:05:44.75	24	24	11
197	Benjamin	Hodgson	m	Seniors M30	0:07:30,99	55	0:01:19,06	0:37:11,41	30	0:00:29,52	0:20:03,67	15	1:06:34.67	25	25	4
201	Justin	Dixon	m	Seniors M35	0:06:54,43	29	0:01:16,01	0:36:28,45	24	0:01:13,11	0:20:56,92	27	1:06:48.93	26	26	6
199	Steve	Allison	m	Seniors M40	0:08:13,79	86	0:01:04,39	0:37:02,87	29	0:00:58,98	0:20:42,02	23	1:08:02.06	27	27	12
162	Team	Ulverston		Team	0:09:14,12	133	0:00:4,36	0:37:20,86	31	0:00:33,47	0:20:30,60	19	1:08:19.26	28	1	1
89	Samantha	Sugden	w	Seniors W35	0:06:34,04	19	0:00:41,87	0:38:11,93	37	0:00:41,26	0:22:20,39	48	1:08:29.53	29	1	1
224	Darren	Wildey	m	Seniors M40	0:07:17,80	45	0:00:51,34	0:38:43,89	45	0:01:00,93	0:20:40,59	22	1:08:34.57	30	28	13
223	Craig	Peart	m	Seniors M35	0:06:36,26	21	0:00:53,31	0:36:49,82	28	0:00:44,99	0:23:41,97	72	1:08:46.37	31	29	7
88	Amanda	Ingram	w	Seniors W40	0:06:16,90	15	0:01:04,28	0:39:34,07	53	0:01:09,85	0:20:47,92	24	1:08:53.04	32	2	1
92	Sophie	Noon	w	Women	0:06:13,38	13	0:01:08,76	0:38:32,19	40	0:00:46,40	0:22:32,25	52	1:09:13.00	33	3	1
180	Joe	Horsley	m	Seniors M30	0:06:48,77	27	0:01:18,26	0:37:49,16	35	0:01:29,68	0:21:49,93	40	1:09:15.82	34	30	5
213	Thomas	Jones	m	Seniors M30	0:06:55,40	31	0:01:04,16	0:39:01,03	49	0:00:54,46	0:21:26,55	35	1:09:21.62	35	31	6
194	Barry	Clarkson	m	Seniors M30	0:07:43,57	64	0:01:15,28	0:37:32,63	33	0:00:44,62	0:22:13,52	45	1:09:29.65	36	32	7
222	Euan	Mckinnon	m	Seniors M40	0:06:32,67	18	0:01:27,19	0:38:40,79	44	0:00:55,47	0:22:13,11	44	1:09:49.25	37	33	14
206	Martin	Souter	m	Seniors M35	0:07:01,03	36	0:01:04,89	0:41:00,77	70	0:00:55,20	0:19:55,51	13	1:09:57.42	38	34	8
148	Danny	Burns	m	Seniors M40	0:09:51,33	156	0:01:18,88	0:37:32,48	32	0:00:53,02	0:20:56,91	26	1:10:32.63	39	35	15
172	Paul	Cowing	m	Seniors M40	0:07:18,53	46	0:00:46,41	0:38:39,39	43	0:00:50,86	0:23:00,41	60	1:10:35.62	40	36	16
99	Warren	Smith	m	Seniors M50	0:07:19,10	47	0:01:08,07	0:38:45,77	46	0:00:44,73	0:23:06,21	63	1:11:03.89	41	37	1
149	Michael	Hutchings	m	Seniors M35	0:08:25,58	98	0:01:55,89	0:36:46,83	27	0:00:59,93	0:22:56,79	58	1:11:05.05	42	38	9
123	Phillip	Dickinson	m	Seniors M30	0:08:03,20	79	0:01:16,38	0:38:36,73	42	0:00:43,79	0:22:29,27	51	1:11:09.40	43	39	8
174	Adam	Carradus	m	Men	0:07:40,47	58	0:01:03,53	0:40:02,27	60	0:00:44,46	0:21:39,73	38	1:11:10.48	44	40	6
190	James	Henderson	m	Seniors M45	0:08:08,80	82	0:01:05,00	0:37:33,28	34	0:00:58,79	0:23:30,85	67	1:11:16.74	45	41	1
203	Neil	May	m	Seniors M55	0:07:19,29	48	0:00:57,47	0:39:22,53	52	0:01:01,53	0:23:44,28	73	1:12:25.11	46	42	1
221	Rob	Woodward	m	Seniors M40	0:07:02,54	37	0:01:24,71	0:38:15,28	38	0:00:54,66	0:25:06,46	96	1:12:43.68	47	43	17
161	Carl	Wilkowski	m	Seniors M35	0:08:27,72	101	0:01:45,39	0:38:34,42	41	0:01:05,30	0:22:51,66	56	1:12:44.50	48	44	10
245	Colin	Cavanagh	m	Seniors M50	0:08:14,30	87	0:01:19,37	0:40:47,59	66	0:00:55,04	0:21:33,50	36	1:12:49.81	49	45	2
145	Joe	Ames	m	Seniors M40	0:09:09,66	127	0:01:23,91	0:38:45,92	47	0:01:05,07	0:22:27,00	50	1:12:51.58	50	46	18
169	Daniel	Clarke	m	Men	0:09:43,22	149	0:00:30,81	0:39:47,91	56	0:01:03,78	0:21:48,28	39	1:12:54.02	51	47	7
193	Stuart	O'Connor	m	Seniors M45	0:06:48,32	26	0:01:18,31	0:40:57,20	69	0:01:03,31	0:22:59,75	59	1:13:06.90	52	48	2
130	Matt	Davies	m	Seniors M40	0:08:24,99	97	0:01:41,41	0:40:39,70	64	0:00:53,12	0:21:39,28	37	1:13:18.52	53	49	19
200	Mark	Bales	m	Seniors M45	0:07:23,15	49	0:01:10,48	0:39:06,96	50	0:01:22,12	0:24:28,24	83	1:13:30.97	54	50	3
216	Sam	Gibson	m	Men	0:07:06,52	40	0:01:06,10	0:36:34,65	25	0:01:20,37	0:27:44,57	134	1:13:52.22	55	51	8
225	Simon	Collin	m	Seniors M45	0:06:39,17	22	0:01:09,78	0:41:45,99	76	0:00:51,93	0:23:40,78	69	1:14:07.67	56	52	4
86	Anna	Geary	w	Seniors W35	0:07:42,53	60	0:01:18,57	0:40:45,26	65	0:01:18,81	0:23:12,43	65	1:14:17.62	57	4	2
185	Ashley	Robinson	m	Men	0:07:59,82	77	0:01:41,07	0:41:41,68	75	0:00:46,85	0:22:14,59	47	1:14:24.04	58	53	9
210	Andy	Holme	m	Seniors M45	0:06:58,08	33	0:01:21,85	0:39:58,34	58	0:01:02,80	0:25:05,06	95	1:14:26.15	59	54	5
160	Tim	Whiteley	m	Seniors M45	0:10:24,00	171	0:02:30,43	0:38:23,52	39	0:00:58.1	0:22:10,22	42	1:14:26.27	60	55	6
155	Paul	Giles	m	Seniors M45	0:08:52,79	116	0:01:38,39	0:40:22,36	63	0:00:40,83	0:22:53,58	57	1:14:27.97	61	56	7
65	Suzanne	Toppin	w	Seniors W45	0:07:43.2	67	0:01:14.7	0:42:01.2	79	0:01:28.6	0:22:06.2	41	1:14:34.2	62	5	1
183	Ben	O'Sullivan	m	Men	0:07:10,94	42	0:01:50,96	0:39:46,19	55	0:01:19,69	0:24:31,16	84	1:14:38.96	63	57	10
205	John	Beck	m	Seniors M50	0:07:05,47	38	0:01:58,90	0:39:10,02	51	0:01:16,09	0:25:23,96	103	1:14:54.45	64	58	3
153	Ken	Lamb	m	Seniors M50	0:09:19,30	136	0:01:52,67	0:40:52,37	67	0:00:46,47	0:22:13,89	46	1:15:04.72	65	59	4
211	William	Hutchinson	m	Juniors U23	0:06:35,74	20	0:01:29,52	0:41:28,01	72	0:00:45,82	0:25:02,84	94	1:15:21.96	66	60	1
137	Anthony	Rutter	m	Seniors M55	0:08:22,28	93	0:01:32,02	0:39:53,44	57	0:00:58,59	0:24:41,15	88	1:15:27.48	67	61	2
150	Duncan	Scott	m	Seniors M55	0:08:30,22	105	0:01:28,98	0:41:32,29	74	0:00:58,42	0:23:03,47	62	1:15:33.39	68	62	3
195	John	Cleland	m	Men	0:07:58,91	76	0:00:51,37	0:39:43,36	54	0:00:50,96	0:26:20,87	117	1:15:45.48	69	63	11
163	Mark	Ellison	m	Seniors M40	0:09:59,70	159	0:01:58,52	0:37:59,13	36	0:01:04,19	0:24:50,00	91	1:15:51.56	70	64	20
181	Tom	McDonnell	m	Men	0:08:19,87	91	0:02:08,98	0:42:12,11	82	0:01:25,78	0:22:12,17	43	1:16:18.92	71	65	12
64	Fiona	Mashiter	w	Seniors W45	0:08:12,62	84	0:02:16,70	0:40:53,12	68	0:01:02,03	0:24:13,96	80	1:16:38.44	72	6	2
82	Kristina	Jackson	w	Seniors W30	0:06:41,39	24	0:01:23,80	0:43:56,07	101	0:01:01,23	0:23:41,25	71	1:16:43.75	73	7	1
214	Matt	Robertson	m	Juniors U23	0:08:42,16	114	0:01:16,55	0:40:21,56	62	0:00:59,61	0:25:32,48	105	1:16:52.39	74	66	2
152	Ryan	McDowell	m	Men	0:07:36,85	56	0:01:35,85	0:44:02,48	105	0:00:50,89	0:22:47,74	55	1:16:53.82	75	67	13
246	Joseph	Cave	m	Seniors M40	0:07:13,29	43	0:01:27,22	0:42:31,03	88	0:01:01,45	0:24:42,74	90	1:16:55.75	76	68	21
156	Tim	Johnson	m	Seniors M30	0:09:28,11	142	0:01:31,08	0:42:09,55	81	0:01:04,36	0:22:43,08	53	1:16:56.20	77	69	9
140	Paul	Stupples	m	Seniors M45	0:09:24,05	140	0:01:36,08	0:40:14,28	61	0:01:14,83	0:24:34,78	85	1:17:04.04	78	70	8
147	Brian	Lynch	m	Seniors M45	0:08:54,27	119	0:01:25,91	0:41:54,32	78	0:00:39,39	0:24:19,95	82	1:17:13.85	79	71	9
170	Ryan	Hughes	m	Seniors M30	0:08:18,08	90	0:02:24,12	0:42:32,74	89	0:01:13,64	0:22:47,42	54	1:17:16.02	80	72	10
189	Peter	Ward	m	Seniors M50	0:07:26,72	51	0:02:09,69	0:42:18,73	84	0:01:31,21	0:23:49,91	75	1:17:16.28	81	73	5
85	Bryony	Halcrow	w	Juniors U23	0:06:55,06	30	0:01:21,68	0:42:34,00	91	0:00:39,43	0:25:47,74	110	1:17:17.92	82	8	3
209	Simon	Vaukins	m	Seniors M30	0:07:43,72	65	0:01:02,44	0:42:22,61	86	0:01:06,18	0:25:06,63	97	1:17:21.62	83	74	11
166	Simon	Barnes	m	Men	0:08:52,99	117	0:01:16,14	0:38:59,77	48	0:01:01,72	0:27:40,19	133	1:17:50.82	84	75	14
121	Ian	Charnock	m	Seniors M35	0:08:39,68	112	0:01:28,99	0:42:18,05	83	0:01:16,52	0:24:39,87	87	1:18:23.14	85	76	11
81	Heather	Meek	w	Seniors W35	0:07:43,21	63	0:01:24,41	0:42:27,98	87	0:01:07,39	0:25:52,05	111	1:18:35.07	86	9	3
135	Edward	McCann	m	Seniors M45	0:10:04,58	164	0:01:50,38	0:43:16,75	94	0:02:12,99	0:21:16,71	32	1:18:41.44	87	77	10
84	Helen	Hyder	w	Seniors W35	0:07:05,91	39	0:01:52,39	0:45:08,71	114	0:00:49,23	0:23:45,62	74	1:18:41.89	88	10	4
207	Michael	Baldwin	m	Seniors M35	0:09:50,55	153	0:01:44,22	0:43:01,67	92	0:00:35,33	0:23:30,77	66	1:18:42.56	89	78	12
186	Daniel	Rogers	m	Seniors M40	0:08:32,85	109	0:02:00,24	0:42:08,46	80	0:01:24,07	0:24:41,42	89	1:18:47.06	90	79	22

Bib	FirstName	LastName	Sex	AG	Swimming	Swim Rank	T1	Bike	Bike Rank	T2	Running	Run Rank	Finish	Final Rank	MF Rank	Ag Rank
143	Willem	Van Rensburg	m	Juniors U23	0:09:12,90	131	0:01:42,06	0:43:12,84	93	0:01:04,11	0:23:41,07	70	1:18:52.99	91	80	4
151	Andy	Dickson	m	Seniors M50	0:09:04,13	121	0:03:00,12	0:41:29,21	73	0:01:18,69	0:24:38,21	86	1:19:30.38	92	81	6
111	Martin	Pyrah	m	Seniors M45	0:10:37,25	179	0:03:04,89	0:40:01,44	59	0:02:28,37	0:23:58,27	77	1:20:10.22	93	82	11
73	Alice	Story	w	Women	0:07:50,68	69	0:01:21,07	0:43:57,12	102	0:00:54,30	0:26:12,98	116	1:20:16.16	94	11	2
104	Joe	Guest	m	Men	0:08:06,09	80	0:01:52,17	0:45:08,57	113	0:01:29,89	0:24:02,59	78	1:20:39.32	95	83	15
167	Guy	Brooke	m	Seniors M45	0:08:23,49	95	0:01:48,12	0:43:29,93	97	0:01:37,85	0:25:41,94	108	1:21:01.35	96	84	12
192	Kit	Rickerby	m	Seniors M40	0:06:59,93	35	0:00:59,76	0:43:33,00	99	0:01:05,26	0:28:30,11	144	1:21:08.09	97	85	23
9	Andrew	Atkinson	m	Seniors M55	0:07:26,24	50	0:01:55,56	0:43:30,37	98	0:01:40,60	0:26:38,02	120	1:21:10.81	98	86	4
232	Patrick	Blain	m	Men	0:06:21,14	17	0:01:56,23	0:44:50,31	110	0:00:49,13	0:27:23,61	129	1:21:20.43	99	87	16
79	Fiona	Cole	w	Seniors W55	0:08:25,96	99	0:01:47,72	0:43:35,48	100	0:01:17,62	0:26:32,36	119	1:21:39.15	100	12	1
136	Richard	O'Flynn	m	Seniors M45	0:09:52,98	157	0:01:40,68	0:43:26,59	96	0:01:14,60	0:25:57,62	113	1:22:12.48	101	88	13
76	Claire	Bunce	w	Women	0:07:53,59	71	0:01:58,21	0:47:03,48	131	0:01:08,25	0:24:09,03	79	1:22:12.58	102	13	3
117	Michel	Johnson	m	Men				0:42:33,43	90	0:01:54,59	0:23:38,83	68	1:22:22.29	103	89	17
108	Joshua	Lamb	m	Men	0:09:12,45	130	0:03:01,87	0:44:44,08	109	0:01:49,11	0:23:50,91	76	1:22:38.45	104	90	18
182	Jono	Miles	m	Men	0:07:26,78	52	0:01:52,28	0:46:32,61	126	0:00:50,67	0:26:00,80	114	1:22:43.15	105	91	19
58	Joanne	Oakey	w	Seniors W40	0:08:20.1	92	0:01:45.3	0:43:22.0	95	0:01:24.9	0:27:59.4	139	1:22:51.9	106	14	2
72	Viv	Sherry	w	Seniors W30	0:07:58,85	75	0:01:35,07	0:44:33,15	107	0:01:32,82	0:27:23,30	128	1:23:03.21	107	15	2
34	Siobhan	Brewer	w	Seniors W40	0:11:43.9	193	0:02:02.9	0:42:20.4	85	0:01:55.8	0:25:00.9	93	1:23:04.1	108	16	3
30	Angela	Thompson	w	Seniors W35	0:09:05.4	122	0:02:23.6	0:44:22.5	106	0:01:11.5	0:26:05.4	115	1:23:08.6	109	17	5
131	Sam	Halpin	m	Seniors M35				0:45:03,09	112	0:01:16,91	0:25:16,55	101	1:23:33.28	110	92	13
52	Susan	Dowker-Thompson	w	Seniors W40	0:08:31,38	107	0:01:34,32	0:47:31,38	134	0:00:55,75	0:25:28,13	104	1:24:00.99	111	18	4
87	Emma	Baird	w	Seniors W35	0:07:58,57	74	0:01:09,78	0:45:00,90	111	0:01:11,79	0:29:11,54	155	1:24:32.60	112	19	6
125	Carl	Groome	m	Seniors M45	0:13:02,31	199	0:02:25,66	0:41:05,58	71	0:01:11,09	0:26:50,23	121	1:24:34.90	113	93	14
133	Phillip	Hibbs	m	Seniors M45	0:09:17,10	135	0:03:53,85	0:43:58,22	103	0:01:58,36	0:25:42,25	109	1:24:49.80	114	94	15
157	Liam	Kind	m	Seniors M40	0:09:20,93	138	0:02:10,53	0:45:31,26	116	0:01:01,93	0:27:01,43	125	1:25:06.11	115	95	24
139	Kostas	Selviaridis	m	Seniors M35	0:09:36,04	145	0:02:45,25	0:49:05,83	152	0:00:35,86	0:23:03,32	61	1:25:06.32	116	96	14
159	Mark	Shepherd	m	Seniors M45	0:09:09,93	128	0:01:29,71	0:41:52,12	77	0:01:26,53	0:31:13,30	181	1:25:11.62	117	97	16
63	Nicola	Wood	w	Seniors W35	0:09:37.6	146	0:03:03.9	0:45:12.9	115	0:02:05.7	0:25:12.0	99	1:25:12.3	118	20	7
154	Dave	Chapman	m	Seniors M35	0:10:01,42	161	0:00:54,98	0:46:03,24	120	0:01:17,17	0:27:06,87	126	1:25:23.70	119	98	15
66	Nicola	Benson	w	Juniors U23	0:07:42.7	62	0:02:15.9	0:46:09.8	123	0:01:51.1	0:27:58.7	138	1:25:58.4	120	21	5
171	Colin	Hodgson	m	Seniors M50	0:08:02,66	78	0:01:00,75	0:45:52,46	119	0:01:09,77	0:29:57,60	163	1:26:03.26	121	99	7
33	Vicky	Atkinson	w	Seniors W40	0:10:49.3	184	0:02:13.4	0:45:33.6	117	0:00:41.5	0:26:54.1	122	1:26:12.2	122	22	5
74	Angie	Trippitt	w	Seniors W45	0:08:13,33	85	0:01:47,36	0:46:27,51	125	0:01:04,08	0:28:53,61	149	1:26:25.90	123	23	3
70	Victoria	Mcmurtha	w	Women	0:07:15.0	44	0:02:29.0	0:44:41.7	108	0:01:20.4	0:30:46.0	173	1:26:32.3	124	24	4
184	Keith	Pearson	m	Seniors M35	0:08:47,57	115	0:01:04,34	0:43:58,59	104	0:01:16,77	0:31:33,36	185	1:26:40.65	125	100	16
80	Lucy	May	w	Women	0:07:43,77	66	0:01:11,59	0:47:05,55	132	0:01:11,38	0:29:29,32	158	1:26:41.62	126	25	5
51	Abbie	Clegg	w	Women	0:08:53.9	118	0:02:01.4	0:47:38.3	135	0:01:11.1	0:27:06.3	127	1:26:51.2	127	26	6
175	Liam	Connor	m	Seniors M40	0:08:28,10	102	0:02:12,96	0:46:08,64	122	0:01:25,41	0:28:49,26	148	1:27:04.38	128	101	25
93	John	Mealey	m	Seniors M30	0:11:19,85	187	0:02:32,64	0:48:30,62	146	0:01:41,25	0:23:06,57	64	1:27:10.95	129	102	12
129	James	Clarke	m	Men	0:08:29,84	103	0:01:54,68	0:49:48,74	159	0:00:55,71	0:26:30,15	118	1:27:39.15	130	103	20
112	Ged	Turner	m	Seniors M55	0:13:59,92	203	0:01:33,39	0:46:11,41	124	0:00:42,20	0:25:23,12	102	1:27:50.06	131	104	5
122	Peter	Cross	m	Seniors M30	0:07:54,07	73	0:02:27,81	0:45:40,72	118	0:01:58,41	0:29:50,35	162	1:27:51.38	132	105	13
109	Thomas	Marvan	m	Seniors M35	0:10:27,69	172	0:02:08,07	0:47:54,52	138	0:01:53,00	0:25:37,47	106	1:28:00.76	133	106	17
178	Dan	Edmondson	m	Seniors M35	0:10:08,76	166	0:03:09,17	0:47:54,31	137	0:02:09,41	0:25:09,28	98	1:28:30.95	134	107	18
48	Freda	Summerfield	w	Seniors W45	0:10:00.0	160	0:03:55.2	0:51:12.2	173	0:01:01.8	0:22:25.0	49	1:28:34.4	135	27	4
83	Tamsin	Kind	w	Seniors W35	0:07:39,73	57	0:02:43,15	0:51:23,20	176	0:01:08,56	0:25:41,80	107	1:28:36.45	136	28	8
77	Jenny	Ward	w	Seniors W35	0:07:45,77	68	0:01:30,28	0:49:35,28	157	0:01:00,28	0:28:54,39	150	1:28:46.02	137	29	9
95	John	Feeney	m	Seniors M40	0:09:20,32	137	0:03:00,67	0:46:55,20	128	0:01:00,71	0:28:33,63	145	1:28:50.54	138	108	26
18	Sadie	Mckeand	w	Seniors W40	0:10:33.4	175	0:03:13.2	0:48:41.5	148	0:02:18.1	0:24:18.2	81	1:29:04.6	139	30	6
106	Stephen	Williams	m	Seniors M35	0:06:57,82	32	0:02:33,64	0:48:38,91	147	0:01:28,20	0:29:32,58	159	1:29:11.16	140	109	19
42	Katharine	Shrine	w	Seniors W40	0:10:09.4	167	0:01:11.7	0:46:58.3	129	0:01:05.8	0:30:00.1	164	1:29:25.5	141	31	7
119	Carl	Phillips	m	Men	0:10:43,55	182	0:03:48,72	0:48:00,11	140	0:02:03.35	0:24:55,53	92	1:29:31.28	142	110	21
168	Joseph	Causer	m	Men	0:08:39,93	113	0:01:34,23	0:48:28,30	145	0:01:11,24	0:29:45,62	161	1:29:39.33	143	111	22
103	Matt	Goffin	m	Seniors M30	0:08:37,20	111	0:02:27,16	0:46:04,92	121	0:00:46,29	0:31:54,85	187	1:29:50.45	144	112	14
55	Beverley	Gigli	w	Seniors W50	0:09:27.0	141	0:02:10.4	0:46:32.2	127	0:01:24.9	0:30:26.5	168	1:30:01.2	145	32	1
3	Rachael	Robinson	w	Seniors W40	0:10:30.5	174	0:02:21.9	0:49:15.8	156	0:01:08.2	0:26:57.4	123	1:30:14.1	146	33	8
114	Ryan	Beardsworth	m	Seniors M55	0:11:26,10	189	0:03:47,56	0:48:27,33	144	0:01:19,62	0:25:13,59	100	1:30:14.22	147	113	6
113	David	Atherton	m	Seniors M55	0:09:45,83	151	0:03:04,02	0:48:12,09	141	0:01:38,70	0:27:38,07	132	1:30:18.73	148	114	7
141	Anthony	Thornton	m	Seniors M40	0:08:32,67	108	0:01:01,30	0:48:53,41	150	0:01:21,01	0:30:30,60	169	1:30:19.00	149	115	27
14	Lesley	Wallace	w	Seniors W45	0:09:39.9	147	0:02:37.3	0:48:20.4	142	0:02:45.3	0:27:23.9	130	1:30:47.0	150	34	5
19	Tracey	Apperley	w	Seniors W45	0:09:40.6	148	0:01:47.2	0:50:39.5	170	0:01:02.6	0:27:51.9	136	1:31:02.0	151	35	6
5	Issabelle	Park	w	Seniors W40	0:09:30.6	143	0:03:40.0	0:50:56.5	172	0:01:03.1	0:25:55.5	112	1:31:05.8	152	36	9
45	Angela	White	w	Seniors W55	0:10:48.9	183	0:04:09.0	0:47:52.6	136	0:01:26.3	0:27:00.8	124	1:31:17.8	153	37	2
61	Kalyani	Nutt	w	Seniors W30	0:09:21.5	139	0:02:27.3	0:50:22.6	167	0:00:55.0	0:28:57.3	151	1:32:03.9	154	38	3
37	Nicola	Farrell	w	Seniors W45	0:10:01.4	162	0:02:16.5	0:49:12.2	154	0:01:24.8	0:29:14.2	156	1:32:09.4	155	39	7
25	Lisa	Hewson	w	Seniors W40	0:09:52.4	158	0:01:59.1	0:49:57.1	164	0:01:45.7	0:28:45.5	147	1:32:20.0	156	40	10
43	Viki	Sutton	w	Seniors W50	0:10:02.3	163	0:02:45.6	0:49:49.2	160	0:02:09.4	0:28:01.2	141	1:32:47.8	157	41	2
115	Richard	Brook	m	Seniors M35	0:11:14,12	186	0:02:51,84	0:49:15,91	155	0:01:27,11	0:28:27,78	143	1:33:16.78	158	116	20
59	Sarah	Todd	w	Women	0:08:06.4	81	0:02:34.2	0:54:01.2	183	0:00:54.1	0:27:46.8	135	1:33:22.8	159	42	7
78	Sara	Fisher	w	Seniors W40	0:08:11,49	83	0:02:24,69	0:48:21,31	143	0:02:11,74	0:32:17,12	190	1:33:26.36	160	43	11
26	Margaret	Hicks	w	Seniors W55	0:08:36.7	110	0:02:51.7	0:50:18.6	165	0:01:17.8	0:31:09.3	180	1:34:14.3	161	44	3
39	Kate	Lund	w	Seniors W40	0:08:22.6	94	0:01:50.7	0:54:26.5	186	0:00:56.5	0:28:42.6	146	1:34:19.1	162	45	12
57	Emily	Morrow	w	Women	0:08:23.5	96	0:03:11.9	0:49:55.8	161	0:02:03.8	0:30:50.9	174	1:34:26.1	163	46	8
68	Mary	French	w	Seniors W45	0:08:14,76	88	0:02:54,00	0:49:56,12	162	0:01:27,94	0:31:54,54	186	1:34:27.39	164	47	8
97	Lee	McNeill	m	Seniors M30	0:12:27,98	197	0:05:29,63	0:47:03,43	130	0:01:51,28	0:27:35,55	131	1:34:27.89	165	117	15
6	Nadine	Field	w	Juniors U23	0:10:28.5	173	0:03:20.5	0:47:59.2	139	0:02:09.7	0:30:32.1	170	1:34:30.2	166	48	6
36	Dianne	Draper	w	Seniors W40	0:09:09.2	129	0:02:50.4	0:48:57.4	151	0:01:41.6	0:32:02.6	189	1:34:41.5	167	49	13
116	Phil	Holden	m	Seniors M50	0:10:41,10	181	0:03:32,23	0:47:13,24	133	0:02:31,27	0:30:46,77	172	1:34:44.62	168	118	8
187	Andrew	Rose	m	Seniors M40	0:09:51,12	155	0:03:06,38	0:49:56,71	163	0:01:39,94	0:31:15,30	182	1:35:49.47	169	119	28
44	Samantha	Tinsley	w	Women	0:09:12.1	132	0:02:30.6	0:52:55.2	178	0:01:09.3	0:30:21.6	167	1:36:09.0	170	50	9
50	Judith	Bradshaw	w	Seniors W45	0:09:08.6	126	0:02:33.0	0:50:25.4	169	0:01:26.9	0:32:35.2	192	1:36:09.3	171	51	9
110	James	Plant	m	Seniors M60	0:11:11,51	185	0:03:29,16	0:50:54,10	171	0:01:28,07	0:29:06,99	154	1:36:09.85	172	120	1
49	Amanda	McKenna	w	Seniors W50	0:09:05.6	123	0:02:04.7	0:54:13.6	185	0:02:53.3	0:27:55.2	137	1:36:12.6	173	52	3
134	Robert	Hudson	m	Seniors M45	0:09:16,91	134	0:02:15,71	0:48:42,60	149	0:01:54,52	0:34:10,82	198	1:36:20.58	174	121	17
27	Joanne	Holgate	w	Seniors W40	0:08:30.1	106	0:02:30.9	0:49:44.8	158	0:01:53.7	0:34:10.4	199	1:36:50.1	175	53	14
1	Nia	Bell	w	Seniors W55	0:12:20.0	195	0:01:53.4	0:51:18.1	175	0:01:09.3	0:30:11.4	165	1:36:52.3	176	54	4
179	Ian	Grey	m	Seniors M60	0:09:51,02	154	0:02:33,34	0:49:12,04	153	0:01:07,83	0:34:27,09	200	1:37:11.34	177	122	2
177	Liam	Donelly	m	Men	0:09:07,01	125	0:02:24,67	0:56:07,00	192	0:01:31,07	0:28:22,15	142	1:37:31.92	178	123	23
62	Rachael	Baxter	w	Women	0:08:29.6	104	0:02:32.8	0:54:28.9	187	0:01:02.9	0:31:01.8	175	1:37:36.2	179	55	10
41	Tammy	Hutchinson	w	Seniors W35	0:10:15.6	168	0:03:04.9	0:50:23.4	168	0:01:40.3	0:32:24.6	191	1:37:49.0	180	56	10

Bib	FirstName	LastName	Sex	AG	Swimming	Swim Rank	T1	Bike	Bike Rank	T2	Running	Run Rank	Finish	Final Rank	MF Rank	Ag Rank
20	Anne-Marie	Dixon	w	Seniors W45	0:10:34.2	177	0:02:53.9	0:53:18.2	180	0:02:15.8	0:29:03.0	152	1:38:05.3	181	57	10
32	Tracy Louise	Antonsen-Stubbs	w	Seniors W45	0:11:21.8	188	0:02:51.0	0:53:21.2	181	0:02:15.6	0:29:03.2	153	1:38:53.1	182	58	11
54	Helen	Farthing	w	Seniors W55	0:09:46.8	152	0:02:55.8	0:55:01.1	189	0:02:04.4	0:29:26.3	157	1:39:14.6	183	59	5
100	James	Sandwell	m	Seniors M40	0:11:27,75	190	0:03:09,93	0:53:14,25	179	0:01:57,66	0:31:07,29	178	1:40:56.90	184	124	29
128	David	Shuttleworth	m	Seniors M50	0:11:31,12	191	0:05:03,09	0:50:21,46	166	0:01:24,58	0:33:03,61	194	1:41:23.88	185	125	9
107	Jeff	Blair	m	Seniors M60	0:10:39,34	180	0:03:43,03	0:51:18,11	174	0:02:35,88	0:33:54,50	197	1:42:10.88	186	126	3
17	Rachel	Ashton	w	Seniors W55	0:10:36.8	178	0:03:08.1	0:54:06.2	184	0:02:47.2	0:31:32.3	184	1:42:10.9	187	60	6
11	Louise	Bentley	w	Seniors W45	0:10:18.4	170	0:02:17.7	0:59:04.1	199	0:01:01.2	0:30:41.6	171	1:43:23.2	188	61	12
28	Zoe	Macdonald	w	Seniors W40	0:10:17.9	169	0:02:35.8	0:54:39.3	188	0:01:52.1	0:34:40.1	201	1:44:05.5	189	62	15
98	Gerard Mcneill	McNeill	m	Seniors M50	0:13:48,75	202	0:04:00,13	0:56:59,50	193	0:01:35,00	0:28:00,52	140	1:44:23.92	190	127	10
75	Nancy	Williams	w	Seniors W30	0:09:44,87	150	0:03:38,73	0:58:48,30	197	0:00:58,30	0:31:16,58	183	1:44:26.79	191	63	4
24	Lindsey	Entwistle	w	Women	0:08:17.3	89	0:06:39.7	0:59:39.7	201	0:00:37.8	0:29:41.9	160	1:44:56.6	192	64	11
35	Elinor	Doherty	w	Seniors W30	0:09:06.1	124	0:04:41.8	0:58:40.7	196	0:02:10.4	0:31:02.9	176	1:45:42.1	193	65	5
40	Kate	McLoughin	w	Seniors W35	0:10:06.6	165	0:03:28.7	0:59:45.6	202	0:01:36.5	0:31:03.4	177	1:46:01.0	194	66	11
101	Alastair	Clark	m	Seniors M30	0:08:27,20	100	0:05:49,51	0:51:49,18	177	0:01:52,26	0:38:31,00	210	1:46:29.17	195	128	16
173	Chris	Brown	m	Men	0:14:12.1	205	0:01:45,80	0:58:12,13	195	0:01:37,79	0:31:09,69	179	1:46:56.4	196	129	24
56	Kim	Lacey	w	Seniors W30	0:09:31,26	144	0:02:36,39	0:55:49,08	190	0:01:54,55	0:37:09,70	207	1:47:01.00	197	67	6
8	Rebecca	Lyon	w	Women	0:12:22.3	196	0:02:29.3	0:58:49.3	198	0:01:01.8	0:33:27.6	195	1:48:10.4	198	68	12
2	Caroline	McCann	w	Seniors W35	0:12:09.8	194	0:03:01.6	0:59:21.8	200	0:01:56.2	0:32:02.4	188	1:48:32.0	199	69	12
38	Deena	Gillan	w	Seniors W30	0:08:56.8	120	0:03:02.5	0:59:50.3	203	0:01:10.8	0:35:35.0	205	1:48:35.6	200	70	7
102	David	Fairless	m	Seniors M55	0:10:34,21	176	0:03:35,19	0:57:26,16	194	0:02:20,78	0:35:23,39	204	1:49:19.74	201	130	8
13	Lynda	Morris	w	Seniors W45	0:14:40.5	206	0:03:29.7	1:00:58.6	204	0:01:07.7	0:33:36.6	196	1:53:53.2	202	71	13
105	Paul	Kirkham	m	Seniors M50	0:11:40,93	192	0:08:11,71	0:53:54,79	182	0:04:43,87	0:36:15,85	206	1:54:47.18	203	131	11
4	Wyn	Clayton	w	Seniors W65	0:13:20.5	200	0:06:23.0	0:55:59.7	191	0:02:33.3	0:37:43.6	208	1:56:00.3	204	72	1
16	Annabel	Rigby	w	Juniors U23	0:14:02.8	204	0:03:36.3	1:05:56.3	205	0:01:42.6	0:32:37.1	193	1:57:55.3	205	73	7
7	Christine	Bracken	w	Women	0:13:24.7	201	0:02:47.5	1:06:49.8	207	0:01:30.3	0:34:40.2	202	1:59:12.9	206	74	13
15	Carole	Wood	w	Seniors W55	0:12:27.1	198	0:03:39.8	1:06:25.2	206	0:02:24.0	0:34:50.0	203	1:59:46.3	207	75	7
12	Rachel	Fisher	w	Seniors W45	0:14:40.8	207	0:03:16.4	1:07:24.2	209	0:01:25.1	0:45:07.3	211	2:11:54.0	208	76	14
94	Frank	Chalmers	m	Seniors M60	0:22:39,27	209	0:03:00,00	1:07:20,00	208	0:04:50,43	0:37:54,43	209	2:15:44.13	209	132	4
90	Stacey	Kay	w	Seniors W30	0:16:10,51	208				0:02:03,19	0:30:13,61	166	2:16:46.37	210	77	8
202	Mark	Dixon	m	Seniors M40	0:07:26,97	53	0:01:08,59			0:00:57,24	0:21:00,32	28				