

## Lancaster Duathlon Results 2016

Bib	Name	M/F	AG	Run1	Run 1 Rank	T1	Bike	Bike Rank	T2	Run 2	Run 2 Rank	Finish	Finishing Position	Age Rank	M/F Rank
32	Matthew Hallam	m	Men	0:18:49	2	0:00:32	0:41:21	2	0:00:35	0:19:41	1	1:21:00	1	1	1
22	Phil Ellison	m	Seniors M35	0:19:18	7	0:00:29	0:41:24	3	0:00:23	0:19:45	2	1:21:20	3	1	3
62	Will Sisson	m	Men	0:19:10	5	0:00:29	0:41:07	1	0:00:25	0:20:08	4	1:21:20	2	2	2
69	David Thompson	m	Seniors M35	0:18:56	4	0:00:32	0:41:46	4	0:00:27	0:20:28	5	1:22:10	4	2	4
52	Grant Ormerod	m	Seniors M30	0:19:10	6	0:00:20	0:42:52	6	0:00:25	0:20:36	6	1:23:26	5	1	5
81	Andrew Horn	m	Men	0:18:50	3	0:00:32	0:43:48	7	0:00:29	0:20:36	7	1:24:17	6	3	6
41	Andy Laycock	m	Men	0:19:39	8	0:00:25	0:44:18	8	0:00:32	0:19:52	3	1:24:47	7	4	7
10	Chris Booth	m	Men	0:20:22	9	0:00:40	0:42:34	5	0:00:36	0:22:02	10	1:26:17	8	5	8
70	Paul Troughton	m	Seniors M35	0:21:15	19	0:00:31	0:44:19	9	0:00:37	0:22:33	15	1:29:18	9	3	9
35	George Hutchinson	m	Seniors M40	0:20:45	15	0:00:59	0:44:56	10	0:00:34	0:22:21	14	1:29:37	10	1	10
5	Leon Barnes	m	Seniors M30	0:21:08	17	0:00:48	0:45:25	11	0:00:43	0:22:53	17	1:30:59	11	2	11
37	Andy Johnson	m	Seniors M30	0:20:24	11	0:00:19	0:47:33	16	0:00:27	0:22:16	13	1:31:02	12	3	12
68	Paul Taylor	m	Seniors M40	0:20:23	10	0:00:44	0:46:57	12	0:00:40	0:23:05	19	1:31:51	13	2	13
50	Martin Oldfield	m	Seniors M45	0:21:14	18	0:00:45	0:47:08	13	0:00:41	0:22:04	11	1:31:55	14	1	14
49	Ed Newbould	m	Men	0:20:53	16	0:00:33	0:48:27	18	0:00:31	0:21:53	9	1:32:20	15	6	15
19	James Dalgleish	m	Seniors M40	0:20:31	12	0:00:52	0:49:40	24	0:00:33	0:21:05	8	1:32:44	16	3	16
33	Benjamin Hodgson	m	Seniors M30	0:20:35	13	0:00:14	0:50:29	28	0:00:15	0:22:14	12	1:33:49	17	4	17
1	Craig Abbott	m	Seniors M35	0:22:13	23	0:00:43	0:47:22	15	0:00:59	0:23:07	20	1:34:26	18	4	18
85	Kevin Wilson	m	Seniors M45	0:20:36	14	0:00:59	0:50:07	27	0:01:14	0:23:12	21	1:36:10	19	2	19
73	John Waite	m	Seniors M35	0:21:49	21	0:01:14	0:50:05	26	0:01:08	0:22:58	18	1:37:16	20	5	20
27	Philip Garner	m	Men	0:22:12	22	0:01:24	0:49:19	20	0:00:59	0:23:37	22	1:37:33	21	7	21
65	Charlie Stirrup	m	Seniors M45	0:22:24	24	0:00:55	0:49:25	22	0:00:42	0:24:22	31	1:37:49	22	3	22
83	Carl Wakeman	m	Men	0:22:47	30	0:01:00	0:49:22	21	0:00:46	0:24:02	26	1:37:58	23	8	23
26	Tony Foster	m	Seniors M50	0:22:54	32	0:00:38	0:49:27	23	0:00:57	0:24:18	27	1:38:16	24	1	24
76	Tim Whiteley	m	Seniors M45	0:22:31	27	0:01:12	0:50:59	30	0:01:11	0:23:59	25	1:39:55	25	4	25
67	Craig Sykes	m	Seniors M40	0:22:29	26	0:00:59	0:51:24	33	0:00:54	0:24:19	28	1:40:07	26	4	26
2	Andrew Acklam	m	Seniors M45	0:22:40	28	0:01:19	0:51:21	31	0:01:17	0:23:44	24	1:40:22	27	5	27
60	Jonathan Seeds	m	Seniors M45	0:24:00	40	0:00:39	0:49:44	25	0:00:36	0:25:31	38	1:40:32	28	6	28
14	Daniel Clarke	m	Men	0:22:26	25	0:00:53	0:53:24	40	0:00:40	0:23:42	23	1:41:08	29	9	29
36	Andrew Jennings	m	Seniors M40	0:23:27	34	0:01:06	0:48:16	17	0:01:30	0:26:55	48	1:41:16	30	5	30
24	Gary Fawcett	m	Seniors M30	0:24:28	45	0:01:50	0:48:46	19	0:01:30	0:24:55	35	1:41:31	31	5	31
29	Paul Gillard	m	Seniors M30	0:23:23	33	0:00:38	0:52:08	34	0:00:59	0:24:51	34	1:42:01	32	6	32
6	William Belcher	m	Seniors M55	0:25:23	53	0:01:30	0:47:21	14	0:01:08	0:26:49	46	1:42:13	33	1	33
58	Stephen Roberts	m	Seniors M40	0:22:41	29	0:00:40	0:54:09	41	0:01:08	0:24:38	32	1:43:18	34	6	34
54	Kevin Preston	m	Seniors M45	0:25:23	54	0:00:37	0:50:48	29	0:00:33	0:26:23	42	1:43:48	35	7	35
66	John S G Sword	m	Seniors M55	0:21:23	20	0:00:37	0:58:03	53	0:01:04	0:22:50	16	1:43:59	36	2	36
28	Anna Geary	w	Seniors W35	0:23:30	35	0:00:37	0:53:21	39	0:00:35	0:26:00	40	1:44:04	37	1	1
4	Mike Barky	m	Seniors M30	0:24:42	47	0:00:44	0:51:22	32	0:01:12	0:26:38	43	1:44:40	38	7	37
84	Christophe Gill	m	Seniors M35	0:24:12	43	0:00:33	0:52:36	36	0:00:46	0:27:01	49	1:45:11	39	6	38
53	Ian Palfrey	m	Seniors M35	0:23:51	38	0:00:49	0:55:21	42	0:00:56	0:24:21	30	1:45:21	40	7	39
39	Ken Lamb	m	Seniors M50	0:24:09	42	0:00:33	0:56:22	46	0:00:26	0:24:19	29	1:45:51	41	2	40
82	Victoria Kolland	w	Seniors W45	0:25:42	56	0:00:32	0:52:12	35	0:01:06	0:26:44	44	1:46:17	42	1	2
34	Jonathan Holden	m	Seniors M35	0:24:04	41	0:00:59	0:53:10	38	0:00:45	0:27:33	53	1:46:33	43	8	41
13	Nigel Carey	m	Seniors M40	0:25:13	50	0:02:28	0:52:51	37	0:01:13	0:25:27	37	1:47:14	44	7	42
40	Bob Lauder	m	Seniors M50	0:24:51	49	0:00:39	0:56:22	47	0:00:49	0:25:11	36	1:47:54	45	3	43
48	Ben Mousley	m	Men	0:22:51	31	0:01:03	0:59:39	60	0:01:10	0:24:43	33	1:49:28	46	10	44
43	Richard MacSymons	m	Seniors M30	0:24:45	48	0:00:58	0:56:11	44	0:00:58	0:27:08	50	1:50:03	47	8	45
59	Louise Rowe	w	Seniors W50	0:25:39	55	0:00:47	0:57:10	49	0:00:54	0:25:52	39	1:50:24	48	1	3
64	Stephen Spamer	m	Seniors M40	0:23:54	39	0:01:21	0:56:16	45	0:01:18	0:27:46	55	1:50:37	49	8	46
71	Willem Van Rensburg	m	Juniors U23	0:23:32	36	0:00:54	0:59:47	61	0:00:32	0:26:46	45	1:51:32	50	1	47
38	Stuart Kilmartin	m	Seniors M45	0:23:44	37	0:01:20	0:59:12	56	0:00:58	0:26:20	41	1:51:37	51	8	48
46	Ian McArthur	m	Seniors M50	0:24:25	44	0:01:27	0:59:12	57	0:01:05	0:26:54	47	1:53:05	52	4	49
79	Heather Meek	w	Seniors W35	0:26:05	58	0:00:59	0:56:31	48	0:01:03	0:28:54	58	1:53:35	53	2	4
77	Marianne Williams	w	Seniors W45	0:26:15	59	0:01:31	0:57:26	52	0:01:13	0:28:21	57	1:54:48	54	2	5
11	Andy Brown	m	Seniors M40	0:26:33	60	0:01:47	0:58:13	54	0:01:13	0:29:40	61	1:57:28	55	9	50
72	Vicky Van den Biggelaar	w	Seniors W40	0:28:40	73	0:01:20	0:59:07	55	0:01:19	0:27:27	52	1:57:54	56	1	6
42	Mark Loates	m	Seniors M45	0:25:19	51	0:02:24	1:01:32	65	0:01:04	0:27:39	54	1:58:00	57	9	51
30	Ann Griffiths	w	Seniors W50	0:27:14	63	0:01:05	1:01:02	64	0:01:08	0:28:06	56	1:58:35	58	2	7
47	Alec Mousley	m	Seniors M55	0:27:59	66	0:00:58	0:59:58	62	0:00:53	0:30:06	65	1:59:56	59	3	52
55	Norman Purnell	m	Seniors M65	0:28:30	72	0:01:10	0:59:13	58	0:01:07	0:29:57	63	1:59:59	60	1	53
20	Darryl Dixon	m	Seniors M45	0:28:25	71	0:02:08	0:56:00	43	0:01:41	0:32:50	70	2:01:07	61	10	54
56	Andrew Quinn	m	Seniors M30	0:24:29	46	0:01:38	1:05:37	69	0:02:11	0:27:15	51	2:01:12	62	9	55
23	Barry Fairgrieve	m	Seniors M30	0:26:57	61	0:01:27	0:57:12	50	0:01:44	0:34:29	73	2:01:51	63	10	56
16	Nicolle Croft	w	Women	0:28:09	68	0:00:59	1:00:12	63	0:01:00	0:31:31	66	2:01:54	64	1	8
80	Trevor Parr	m	Seniors M55	0:28:19	70	0:02:18	0:57:19	51	0:01:21	0:33:32	72	2:02:51	65	4	57
75	Andy Ward	m	Seniors M40	0:28:00	67	0:01:38	0:59:21	59	0:02:12	0:31:55	68	2:03:08	66	10	58
8	Nicola Benson	w	Juniors U23	0:28:09	69	0:01:40	1:05:12	68	0:01:22	0:29:40	62	2:06:05	67	2	9
74	Mark Walker	m	Seniors M40	0:27:20	64	0:01:51	1:04:15	66	0:01:12	0:32:05	69	2:06:45	68	11	59
21	Catherine Elliott	w	Seniors W35	0:27:28	65	0:01:47	1:08:12	72	0:01:22	0:30:01	64	2:08:53	69	3	10
86	Rachel Kipling	w	Women	0:27:08	62	0:01:46	1:08:30	73	0:01:36	0:31:37	67	2:10:39	70	2	11
51	John Oldroyd	m	Seniors M65	0:30:36	75	0:01:56	1:05:01	67	0:01:51	0:34:43	74	2:14:09	71	2	60
61	Katharine Shrine	w	Seniors W40	0:31:14	79	0:00:47	1:06:27	70	0:00:43	0:35:44	77	2:14:56	72	2	12
18	Michael Cummins	m	Seniors M45	0:25:50	57	0:03:05	1:13:17	77	0:04:02	0:29:16	59	2:15:32	74	12	62
17	David Cummins	m	Seniors M45	0:25:21	52	0:03:33	1:13:12	76	0:04:08	0:29:17	60	2:15:32	73	11	61
3	Christine Acklam	w	Seniors W40	0:30:52	76	0:01:13	1:10:45	74	0:00:30	0:32:56	71	2:16:19	75	3	13
63	John Slater	m	Seniors M50	0:31:03	77	0:01:32	1:07:57	71	0:00:57	0:35:31	75	2:17:03	76	5	63
15	Maria Connolly	w	Seniors W45	0:31:30	80	0:01:11	1:12:27	75	0:01:00	0:37:50	78	2:24:01	77	3	14
9	Catherine Betley	w	Seniors W35	0:31:04	78	0:01:36	1:29:43	79	0:03:11	0:35:35	76	2:41:10	78	4	15
57	Jennie Roach	w	Seniors W30	0:29:21	74	0:00:59	1:29:23	78				DNF			
25	Alex Foster	m	Seniors M30	0:18:47	1	0:00:20						DNF			