

Capenwray Sprint Tri Results July 2017

Bib	FirstName	LastName	AgeGroup	Club	Swim	SRank	T1	Bike	BRank	T2	Run	RRank	Finish	TotalRank	AGRank	MFRank
89	Rodger	Wilkins	Male 40-44	Racepace	0:08:07,00	7.	00:51,0	0:29:27,0	3.	00:22,0	0:17:46,0	1	00:56:33	1.	1.	1.
33	Andrew	Horn	Male 25-29	COLT	0:08:06,00	6.	00:55,0	0:29:27,0	2.	00:30,0	0:18:44,0	5	00:57:42	2.	1.	2.
100	Kieren	Rowlands	Male 30-34	COLT	0:08:17,00	9.	00:48,0	0:32:01,0	14.	00:31,0	0:18:24,0	4	01:00:01	3.	1.	3.
31	Aidan	Holgate	Male 25-29	Ribble Valley Tri Club	0:10:32,00	32.	01:16,0	0:29:33,0	4.	00:30,0	0:18:22,0	3	01:00:13	4.	2.	4.
18	Brett	Fletcher	Male 40-44	COLT	0:07:20,00	1.	01:01,0	0:31:01,0	7.	00:31,0	0:20:52,0	14	01:00:44	5.	2.	5.
81	David	Thompson	Male 35-39	Rock 2 Roll CC	0:09:22,00	17.	00:57,0	0:31:50,0	12.	00:35,0	0:18:03,0	2	01:00:46	6.	1.	6.
78	Dr Jon Mark	Sturman	Male 45-49		0:09:41,00	21.	01:16,0	0:29:01,0	1.	00:48,0	0:20:19,0	9	01:01:04	7.	1.	7.
59	Andrew	Orton	Male 40-44	Tri Preston	0:09:58,00	26.	00:59,0	0:29:36,0	5.	00:34,0	0:20:20,0	10	01:01:27	8.	3.	8.
46	Warren	Mason	Male 50-54	VCAC	0:10:38,00	35.	02:02,0	0:30:44,0	6.	00:38,0	0:20:13,0	8	01:04:14	9.	1.	9.
67	Wesley	Roberts	Male 30-34		0:10:45,00	37.	01:39,0	0:31:14,0	8.	00:31,0	0:20:28,0	11	01:04:36	10.	1.	10.
49	Callum	McPartlin	Male 20-24	Army Triathlon Association	0:08:05,00	5.	01:03,0	0:33:01,0	17.	00:40,0	0:21:50,0	22	01:04:39	11.	1.	11.
13	Mike	Douglas	Male 35-39	Warrington Triathlon Club	0:09:04,00	15.	01:06,0	0:33:12,0	18.	00:44,0	0:20:37,0	12	01:04:43	12.	2.	12.
63	Chris	Perry	Male 40-44	Tri Preston	0:09:51,00	25.	01:38,0	0:31:46,0	11.	00:48,0	0:21:47,0	21	01:05:49	13.	4.	13.
11	Richard	Dewhurst	Male 35-39	Tri Preston	0:10:00,00	27.	01:22,0	0:31:43,0	10.	00:36,0	0:22:51,0	34	01:06:32	14.	3.	14.
28	Edward	Griffiths	Male 15-19		0:08:04,00	3.	00:57,0	0:36:43,0	51.	00:57,0	0:20:48,0	13	01:07:29	15.	1.	15.
45	Adam	Marshall	Male 35-39	COLT	0:11:06,00	47.	01:36,0	0:32:42,0	16.	00:53,0	0:21:23,0	16	01:07:40	16.	4.	16.
95	Adam	Worsley	Male 35-39		0:09:31,00	18.	01:22,0	0:36:12,0	46.	00:54,0	0:19:55,0	7	01:07:53	17.	5.	17.
27	Ian	Greenwood	Male 55-59	Rosendale Tri Club	0:10:26,00	29.	01:28,0	0:34:28,0	26.	00:41,0	0:20:58,0	15	01:08:00	18.	1.	18.
48	Euan	Mckinnon	Male 45-49	Ulverston Tri Club	0:08:40,00	12.	01:49,0	0:34:02,0	22.	00:47,0	0:22:52,0	35	01:08:10	19.	2.	19.
107	Daniel	Cottle	Male 40-44		0:10:59,00	44.	02:02,0	0:34:46,0	29.	00:50,0	0:19:36,0	6	01:08:12	20.	5.	20.
73	Harry	Shaw	Male 15-19	COLT	0:07:49,00	2.	01:26,0	0:35:59,0	41.	00:40,0	0:22:24,0	29	01:08:17	21.	2.	21.
94	Rob	Woodward	Male 40-44		0:09:45,00	22.	01:43,0	0:32:35,0	15.	01:03,0	0:23:44,0	44	01:08:50	22.	6.	22.
61	Lee	Parsons	Male 35-39		0:08:14,00	8.	01:40,0	0:34:38,0	28.	01:02,0	0:23:21,0	39	01:08:55	23.	6.	23.
3	Darren	Botterill	Male 35-39	Ulverston Tri Club	0:09:04,00	14.	01:33,0	0:34:16,0	23.	00:43,0	0:23:24,0	40	01:09:00	24.	7.	24.
38	Gareth	Richardson	Male 40-44	COLT	0:10:57,00	43.	01:20,0	0:33:35,0	20.	00:39,0	0:22:35,0	30	01:09:06	25.	7.	25.
91	David	Wilkinson	Male 55-59	Borrowdale Fell Runners	0:10:49,00	40.	01:37,0	0:34:25,0	25.	00:57,0	0:21:35,0	18	01:09:22	26.	2.	26.
106	Tony	Bryne	Male 40-44	Tri Preston	0:10:55,00	41.	01:58,0	0:33:50,0	21.	00:48,0	0:21:53,0	23	01:09:23	27.	8.	27.
93	Emma	Wood	Female 25-29		0:11:36,00	7.	01:28,0	0:34:37,0	1.	00:38,0	0:21:07,0	1	01:09:25	28.	1.	1.
34	Keith	Hutton	Male 50-54	Ribble Valley Tri Club	0:09:35,00	19.	01:56,0	0:33:16,0	19.	01:12,0	0:23:41,0	43	01:09:40	29.	2.	28.
22	Konstantinos	Georgalos	Male 30-34		0:10:29,00	30.	01:40,0	0:35:33,0	39.	00:26,0	0:22:20,0	28	01:10:28	30.	2.	29.
26	Craig	Greenough	Male 45-49	Aqualung UK	0:12:26,00	60.	03:05,0	0:31:52,0	13.	01:33,0	0:21:38,0	19	01:10:34	31.	3.	30.
84	Stewart	van Ark	Male 25-29		0:09:46,00	23.	01:56,0	0:34:51,0	31.	00:59,0	0:23:17,0	38	01:10:48	32.	3.	31.
15	Mark	Egan	Male 40-44	Racepace	0:08:05,00	4.	01:14,0	0:36:19,0	47.	00:38,0	0:24:53,0	50	01:11:09	33.	9.	32.
56	Stuart	O'Connor	Male 50-54		0:09:04,00	16.	02:55,0	0:36:08,0	44.	00:39,0	0:22:45,0	32	01:11:31	34.	3.	33.
20	Simon	Galloway	Male 50-54	Todmorden Harriers	0:10:56,00	42.	01:49,0	0:36:06,0	42.	00:41,0	0:22:10,0	26	01:11:41	35.	4.	34.
29	Ben	Harper	Male 35-39	Carlisle Tri Club	0:10:32,00	31.	01:41,0	0:37:05,0	54.	00:30,0	0:21:55,0	24	01:11:42	36.	8.	35.
80	Mark	Taylor	Male 40-44	Bolton Tri Club	0:11:37,00	56.	02:05,0	0:35:20,0	37.	00:43,0	0:22:03,0	25	01:11:48	37.	10.	36.
75	Ben	Smith	Male 25-29	Dong Energy	0:08:39,00	11.	03:37,0	0:36:43,0	52.	00:50,0	0:22:11,0	27	01:11:59	38.	4.	37.
69	Simon	Ross	Male 45-49	Ribble Valley Tri Club	0:12:38,00	63.	01:43,0	0:35:18,0	36.	00:48,0	0:21:45,0	20	01:12:12	39.	4.	38.

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77	Simon	Stickley	Male 35-39		0:09:40,00	20.	02:53,0	0:37:49,0	57.	00:56,0	0:21:32,0	17	01:12:49	40.	9.	39.
41	Robin	Lowery	Male 25-29		0:11:12,00	50.	02:09,0	0:34:20,0	24.	01:21,0	0:24:43,0	47	01:13:45	41.	5.	40.
30	Andy	Helm	Male 45-49		0:08:54,00	13.	02:15,0	0:37:04,0	53.	01:19,0	0:24:29,0	46	01:14:01	42.	5.	41.
55	Joanne	Oakey	Female 45-49		0:09:45,00	2.	01:38,0	0:35:41,0	2.	00:55,0	0:26:19,0	8	01:14:17	43.	1.	2.
103	Justin	Lloyd	Male 40-44		0:13:46,00	66.	02:05,0	0:34:48,0	30.	01:07,0	0:22:47,0	33	01:14:32	44.	11.	42.
25	Paul	Gray	Male 45-49		0:11:34,00	54.	02:06,0	0:36:12,0	45.	01:09,0	0:23:38,0	42	01:14:39	45.	6.	43.
88	Maggie	Wild	Female 35-39		0:12:04,00	9.	01:41,0	0:36:08,0	3.	00:19,0	0:24:51,0	5	01:15:03	47.	1.	3.
40	Stephen	Leadbetter	Male 35-39	Ulverston Tri Club	0:10:49,00	39.	03:03,0	0:35:10,0	34.	01:06,0	0:24:55,0	51	01:15:03	46.	10.	44.
1	Paul	Astin	Male 40-44		0:11:01,00	45.	02:07,0	0:35:04,0	32.	01:08,0	0:25:53,0	54	01:15:13	48.	12.	45.
101	Mark	Bales	Male 45-49		0:10:06,00	28.	02:04,0	0:35:48,0	40.	01:09,0	0:26:18,0	57	01:15:25	49.	3.	46.
6	Keith	Conway	Male 45-49	Ulverston Tri Club	0:11:12,00	49.	02:38,0	0:38:06,0	60.	01:06,0	0:22:37,0	31	01:15:39	50.	7.	47.
109	Lee	Jackon	Male 45-49		0:11:09,00	48.	01:38,0	0:36:31,0	49.	01:17,0	0:25:06,0	52	01:15:41	51.	8.	48.
86	Nicola	Wallbank	Female 30-34	Tri Preston	0:12:12,00	11.	01:17,0	0:36:24,0	4.	00:47,0	0:25:44,0	7	01:16:24	52.	1.	4.
90	Craig	Wilkinson	Male 45-49	Blackburn Road Runners	0:11:31,00	53.	03:58,0	0:36:22,0	48.	01:26,0	0:23:08,0	36	01:16:25	53.	9.	49.
105	Megan	Lowery	Female 20-24		0:08:06,00	1.	02:04,0	0:40:59,0	8.	01:07,0	0:24:21,0	3	01:16:37	54.	1.	5.
2	Gavin	Beach	Male 50-54		0:11:25,00	52.	02:59,0	0:35:18,0	35.	01:15,0	0:26:25,0	58	01:17:21	55.	5.	50.
35	Philip	Keane	Male 35-39	COLT	0:12:07,00	59.	02:17,0	0:34:29,0	27.	01:00,0	0:27:42,0	61	01:17:35	56.	11.	51.
42	Ian	Lyne	Male 50-54		0:15:29,00	69.	01:39,0	0:36:08,0	43.	01:01,0	0:23:56,0	45	01:18:13	57.	6.	52.
53	Ian	Murphy	Male 55-59	Tri Preston	0:12:01,00	58.	01:38,0	0:35:08,0	33.	00:57,0	0:28:36,0	65	01:18:20	58.	3.	53.
102	Matt	Lynn	Male 45-49	COLT	0:09:49,00	24.	02:24,0	0:36:37,0	50.	00:47,0	0:29:27,0	67	01:19:04	59.	10.	54.
16	Stuart	Evans	Male 30-34		0:11:37,00	55.	01:54,0	0:39:27,0	64.	00:46,0	0:26:02,0	55	01:19:46	60.	4.	55.
57	Micheal	O'Donnell	Male 35-39		0:12:38,00	62.	01:44,0	0:37:50,0	58.	00:54,0	0:26:41,0	59	01:19:47	61.	12.	56.
24	Conor	Grant	Male 30-34	COLT	0:08:33,00	10.	01:25,0	0:37:27,0	56.	01:04,0	0:31:30,0	71	01:19:58	62.	5.	57.
52	Mark	Moore	Male 25-29		0:11:45,00	57.	02:28,0	0:41:27,0	69.	01:03,0	0:23:25,0	41	01:20:08	63.	6.	58.
32	Vanessa	Holme	Female 45-49	Tri Preston	0:10:19,00	3.	02:11,0	0:37:24,0	5.	01:09,0	0:29:08,0	12	01:20:10	64.	2.	6.
54	Lucy	Noy	Female 25-29		0:12:10,00	10.	03:08,0	0:38:58,0	6.	01:19,0	0:24:46,0	4	01:20:21	65.	2.	7.
82	Scott	Thompson	Male 35-39		0:11:20,00	51.	02:28,0	0:38:33,0	61.	01:07,0	0:27:19,0	60	01:20:47	66.	13.	59.
108	Jen	Helm	Female 35-39		0:11:21,00	5.	02:52,0	0:39:14,0	7.	01:56,0	0:25:29,0	6	01:20:52	67.	2.	8.
23	Zac	Giles	Male 25-29		0:13:12,00	64.	03:13,0	0:38:35,0	62.	01:18,0	0:24:51,0	49	01:21:09	68.	7.	60.
68	Danny	Rogerson	Male 65-69	COLT	0:11:04,00	46.	01:16,0	0:35:31,0	38.	00:43,0	0:32:41,0	72	01:21:14	69.	1.	61.
65	Joshua	Phifer	Male 25-29		0:15:36,00	70.	03:22,0	0:37:12,0	55.	00:30,0	0:25:25,0	53	01:22:05	70.	8.	62.
51	Andrew	Mitchell	Male 45-49		0:13:23,00	65.	04:02,0	0:40:15,0	65.	02:12,0	0:23:17,0	37	01:23:08	71.	11.	63.
66	Phillip	Rigg	Male 30-34		0:16:05,00	71.	02:14,0	0:39:24,0	63.	01:33,0	0:24:48,0	48	01:24:03	72.	6.	64.
37	Tamsin	Kind	Female 40-44	COLT	0:10:31,00	4.	02:43,0	0:43:05,0	10.	01:06,0	0:27:07,0	9	01:24:32	73.	1.	9.
47	Stuart	Mckay	Male 40-44	COLT	0:10:36,00	34.	01:46,0	0:40:35,0	67.	01:03,0	0:31:04,0	70	01:25:04	74.	13.	65.
36	Steve	Keating	Male 55-59		0:10:40,00	36.	03:29,0	0:42:09,0	71.	01:18,0	0:27:52,0	62	01:25:28	75.	4.	66.
9	Christopher	Cox	Male 45-49		0:14:12,00	67.	05:09,0	0:37:56,0	59.	00:55,0	0:28:31,0	64	01:26:43	76.	12.	67.
83	Joscelin	Tracey	Female 40-44	Ulverston Tri Club	0:14:48,00	16.	02:35,0	0:46:45,0	13.	00:51,0	0:22:33,0	2	01:27:31	77.	2.	10.
8	Paul	Cottam	Male 45-49		0:16:45,00	72.	03:31,0	0:41:21,0	68.	01:03,0	0:26:08,0	56	01:28:48	78.	13.	68.

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12	Francesca	Done	Female 25-29		0:13:15,00	14.	03:04,0	0:44:13,0	11.	00:46,0	0:28:39,0	10	01:29:56	79.	3.	11.
64	Michelle	Peters	Female 25-29		0:11:35,00	6.	02:57,0	0:45:49,0	12.	01:15,0	0:28:59,0	11	01:30:34	80.	4.	12.
104	David	Narris	Male 40-44		0:14:25,00	68.	02:47,0	0:42:01,0	70.	01:25,0	0:30:16,0	68	01:30:54	81.	14.	69.
43	Nicky	Lynn	Female 50-54		0:15:32,00	18.	02:45,0	0:42:53,0	9.	01:13,0	0:29:44,0	13	01:32:07	82.	1.	13.
14	Leigh	Doyle	Male 40-44	Dong Energy	0:12:36,00	61.	02:46,0	0:47:50,0	73.	00:40,0	0:28:39,0	66	01:32:30	83.	15.	70.
5	James	Clarke	Male 30-34		0:10:33,00	33.	02:25,0	0:52:07,0	74.	01:02,0	0:27:54,0	63	01:34:01	84.	7.	71.
74	Julie	Sherwood	Female 50-54		0:11:48,00	8.	02:51,0	0:48:28,0	16.	00:35,0	0:30:27,0	14	01:34:08	85.	2.	14.
72	Leona	Sharp	Female 20-24		0:12:32,00	12.	02:10,0	0:47:08,0	14.	00:37,0	0:32:06,0	15	01:34:32	86.	2.	15.
39	John	Kirkham	Male 65-69		0:18:10,00	74.	02:40,0	0:42:14,0	72.	01:14,0	0:30:36,0	69	01:34:53	87.	2.	72.
76	Ian	Starley	Male 55-59		0:17:42,00	73.	02:25,0	0:40:26,0	66.	01:19,0	0:34:22,0	73	01:36:13	88.	5.	73.
99	David	Newell	Male 60-64		0:14:13,00	15.	02:58,0	0:47:27,0	15.	01:13,0	0:33:24,0	16	01:39:15	89.	1.	16.
96	Andrea	Taylforth	Female 50-54		0:13:09,00	13.	03:14,0	0:49:20,0	17.	01:40,0	0:41:37,0	18	01:48:59	90.	3.	17.
4	Siobhan	Caine	Female 40-44	Ulverston Tri Club	0:15:15,00	17.	03:13,0	0:58:31,0	18.	01:58,0	0:39:06,0	17	01:58:03	91.	3.	18.
97	Rice	Tim	Male 35-39		0:10:45,00	38.	01:40,0	0:31:17,0	9.					DNF	DNF	DNF
92	Angus	William Grant	Male 35-39											DNS	DNS	DNS
85	Paul B	Walduck	Male 35-39	Ulverston Tri Club										DNS	DNS	DNS
71	Michelle	Ryan	Female 40-44											DNS	DNS	DNS
70	Adrian	Rushworth	Male 55-59	leeds bradford tri club										DNS	DNS	DNS
62	John D	Peatfield	Male 65-69											DNS	DNS	DNS
60	Angela	Osman	Female 40-44											DNS	DNS	DNS
58	Tom	Oldham	Male 50-54	Colt										DNS	DNS	DNS
50	Graeme	Menzies	Male 40-44											DNS	DNS	DNS
44	Jonathon	Mann	Male 40-44	Chorley Athletic & Tri										DNS	DNS	DNS
21	Anne	Geary	Female 40-44	Colt										DNS	DNS	DNS
19	Richard	Fogarty	Male 35-39											DNS	DNS	DNS
17	Mark	Filip Walker	Male 40-44											DNS	DNS	DNS
10	Paul	David McConnell	Male 30-34											DNS	DNS	DNS