

## Individual - Female Open Results

Num.	Full Name	Sex	Club	Category	Nov.	Loc.	SwimTime	Swim Posn	BikeTime	Bike Posn	RunTime	Run Posn	Total Time	Posn	Penalty	Hill Time	Posn
313	Newby, Karen	F	Scarab	F40			0:07:17	4	1:03:08	1	0:33:23	1	<b>1:43:48</b>	<b>1</b>		0:05:00	2
389	Williams, Annie	F	Eryri harriers	F50			0:11:11	35	1:10:47	2	0:36:16	5	<b>1:58:14</b>	<b>2</b>		0:05:40	7
446	Antrobus, Claire	F		F30	Y		0:08:26	12	1:14:54	5	0:34:58	3	<b>1:58:18</b>	<b>3</b>		0:05:27	4
450	pitt, helen	F		F30	Y		0:08:09	10	1:14:54	5	0:35:20	4	<b>1:58:23</b>	<b>4</b>		0:04:59	1
384	Armstrong, Arlene	F		F30	Y		0:10:10	31	1:13:47	3	0:37:09	8	<b>2:01:06</b>	<b>5</b>		0:05:38	5
396	O'Sullivan, Kate	F	Aber AC	F40			0:09:46	28	1:14:36	4	0:37:30	9	<b>2:01:52</b>	<b>6</b>		0:05:38	6
224	Wale, Heather	F	TEAM DEVIANT	F30	Y		0:09:00	14	1:20:08	8	0:36:50	7	<b>2:05:58</b>	<b>7</b>		0:05:46	9
352	Edwards, Val	F		F60			0:10:45	34	1:17:56	7	0:38:01	10	<b>2:06:42</b>	<b>8</b>		0:05:40	8
424	Beck, Sian	F	Prestatyn Running Clt	F30	Y		0:08:55	13	1:24:31	13	0:34:52	2	<b>2:08:18</b>	<b>9</b>		0:05:15	3
250	Frost, Alison	F	Ilkley Harriers	F40	Y		0:09:33	21	1:21:06	9	0:38:29	11	<b>2:09:08</b>	<b>10</b>		0:05:55	12
298	Hart, Grace	F	Chester Tri	F40	Y		0:09:38	24	1:26:37	15	0:36:24	6	<b>2:12:39</b>	<b>11</b>		0:05:46	9
381	James, Bridget	F		F20	Y		0:09:46	27	1:25:46	14	0:38:34	12	<b>2:14:06</b>	<b>12</b>		0:05:52	11
151	Edwards, Sharon	F	Padarn Tri	F40			0:11:40	37	1:23:03	11	0:41:18	14	<b>2:16:01</b>	<b>13</b>		0:06:43	19
143	Kirk, Maggie	F	New Forest Runners	F60			0:09:07	16	1:24:26	12	0:43:00	16	<b>2:16:33</b>	<b>14</b>		0:06:38	16
302	BARLEY, MARIE	F		F40			0:09:47	29	1:22:53	10	0:45:18	20	<b>2:17:58</b>	<b>15</b>		0:06:42	18
146	Hooper, Mladenka	F	prestatyn running club	F30	Y		0:07:12	3		#N/A		#N/A	<b>2:18:52</b>	<b>16</b>		0:06:19	13
436	Griffiths, Gillian Lloyd	F		F30	Y		0:09:23	18	1:28:14	17	0:43:58	17	<b>2:21:35</b>	<b>17</b>		0:06:38	16
194	Owen, Michaela	F	Cybi Striders	F20	Y		0:10:05	30	1:29:08	19	0:42:25	15	<b>2:21:38</b>	<b>18</b>		0:06:47	20
276	Court, Sian	F		F30	Y		0:12:32	38	1:28:57	18	0:45:00	19	<b>2:26:29</b>	<b>19</b>		0:07:01	21
326	BERAN, Natascha	F		F30	Y		0:09:33	21	1:37:49	22	0:39:25	13	<b>2:26:47</b>	<b>20</b>		0:06:22	14
168	Garvey, Leanne	F	SYTri	F30	Y		0:09:37	23	1:31:52	21	0:46:39	22	<b>2:28:08</b>	<b>21</b>		0:06:24	15
237	Hazeldine, Dinah	F		F40			0:09:05	15	1:27:54	16	0:51:11	26	<b>2:28:10</b>	<b>22</b>		0:07:43	25
108	Wills, Katherine	F	None	F40			0:10:11	32	1:29:57	20	0:48:20	23	<b>2:28:28</b>	<b>23</b>		0:07:20	24
322	Geritz, Stephanie	F		F40	Y		0:13:50	39	1:42:52	24	0:44:34	18	<b>2:41:16</b>	<b>24</b>		0:08:03	27
202	Kahan, Gwenno	F		F50			0:11:36	36	1:41:45	23	0:49:40	24	<b>2:43:01</b>	<b>25</b>		0:07:52	26
248	Hemms, Kerry	F		F30	Y		0:09:32	20	1:44:05	26	0:50:16	25	<b>2:43:53</b>	<b>26</b>		0:07:07	22
219	DAWSON, TRACEY	F		F40	Y	Y	0:16:03	40	1:43:53	25	0:45:39	21	<b>2:45:35</b>	<b>27</b>		0:07:12	23
361	stanley, lucie	F		F30	Y		0:10:29	33		#N/A		#N/A	<b>2:50:10</b>	<b>28</b>		0:08:41	28
414	Rowlands, Vicky	F		F30	Y		0:06:45	1		#N/A		#N/A	<b>DNF</b>				#N/A
244	Griffiths, Lynne	F	Calderdale Tri	F50			0:07:27	6		#N/A		#N/A	<b>DNF</b>				#N/A
403	Williams, Kate	F		F20	Y		0:07:30	7		#N/A		#N/A	<b>DNF</b>				#N/A
241	Davis, Karen	F	IntrTri	F30			0:08:18	11		#N/A		#N/A	<b>DNF</b>				#N/A
164	Smith, Alison	F	Chester Tri Club	F30			0:09:44	26		#N/A		#N/A	<b>DNF</b>				#N/A
246	Ashton, Ellen	F	Oswestry Olympians	F40			0:07:22	5		#N/A		#N/A	<b>DNF</b>				#N/A
147	TAYLOR, DAWN	F	STAFFORD TRI CLUB	F50			0:07:02	2		#N/A		#N/A	<b>DNF</b>				#N/A
301	Prout, Maria	F	RAF Triathlon	F40			0:07:47	8		#N/A		#N/A	<b>DNF</b>				#N/A
279	Donnelly, Allison	F	padarn tri	F40			0:07:58	9		#N/A		#N/A	<b>DNF</b>				#N/A
362	Murray, Helen	F	Knutsford tri club	F20			0:09:27	19		#N/A		#N/A	<b>DNF</b>				#N/A
365	elliman, sonia	F		F30			0:09:38	24		#N/A		#N/A	<b>DNF</b>				#N/A
295	Williams, Caren	F	Clwb Rasio Mona	F30			0:09:15	17		#N/A		#N/A	<b>DNF</b>				#N/A