

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
553	Davies, Eldrydd	F	bath amphibians	FO			0:06:14	3	1:08:23	2	0:29:50	3	1:44:27	1		0:04:50	5
374	Knott, Vikki	F	Scarab Tri Club	FJ	Y		0:05:41	2	1:12:02	3	0:31:40	10	1:49:23	2		0:04:39	2
511	Roberts, Louise	F	EDINBURGH	FO			0:05:10	1	1:19:26	11	0:27:50	1	1:52:26	3		0:04:51	6
116	Brown, Estelle	F	Sheffield	FO			0:09:01	30	1:13:20	4	0:30:24	6	1:52:45	4		0:04:47	4
225	Williams, Sian	F	Pembrokeshire Tri	FO			0:07:02	7	1:17:08	7	0:28:43	2	1:52:53	5		0:04:30	1
132	Arnold, Jayne	F	Multi Sport RC	FO			0:07:45	12	1:14:54	5	0:31:12	7	1:53:51	6		0:05:09	11
158	Metcalfe, Ruth	F	Eryri Harriers / Rhod	FO			0:10:16	38	1:16:20	6	0:30:01	5	1:56:37	7		0:04:45	3
122	Clement, Rebecca	F	3ms road runners	FO			0:06:52	5	1:19:23	10	0:31:42	11	1:57:57	8		0:05:05	9
458	Andrews, Sasha	F	Total Fitness Nottingh	FO	Y		0:07:10	8	1:20:13	12	0:31:39	9	1:59:02	9		0:05:00	8
215	French, Dawn	F	Multisport	F40			0:08:27	20	1:20:55	15	0:31:34	8	2:00:56	10		0:05:08	10
410	James, Helen	F		FO			0:06:48	4	1:20:36	14	0:35:19	21	2:02:43	11		0:05:57	26
446	Vaughan Jones, Sian	F	City of Chester Triathl	FO	Y		0:09:46	35	1:20:15	13	0:34:18	16	2:04:19	12		0:05:26	14
123	Clement, Rachel	F	3ms running club	FO	Y		0:07:50	13	1:22:40	16	0:33:56	15	2:04:26	13		0:05:32	16
290	Scott, Chrissy	F		FO	Y		0:07:34	11	1:24:17	19	0:33:01	14	2:04:52	14		0:05:23	13
334	Williams, Annie	F		F40	Y		0:08:35	21	1:27:03	25	0:29:59	4	2:05:37	15		0:04:51	6
109	Pickard, Iona	F		FO			0:09:34	34	1:18:51	9	0:38:14	31	2:06:39	16		0:05:51	24
427	Llwyd, Gwenllian	F	Cardiff Triathlon Caer	FO			0:08:03	14	1:22:50	17	0:36:00	27	2:06:53	17		0:06:24	32
173	McPartlane, Angela	F	Holmes Place Didsbu	FO			0:07:00	6	1:25:08	21	0:35:05	19	2:07:13	18		0:05:39	19
549	ARTHAN, LINDA	F	ELLESMERE SWIM A	F40			0:08:21	18		#N/A		#N/A	2:07:43	19		0:05:43	22
193	Rowlands, Anna	F	Holmes Place Didsbu	FO	Y		0:08:49	24	1:24:35	20	0:34:26	17	2:07:50	20		0:05:42	20
170	Bouter, Jackie	F		FO			0:08:47	23	1:18:29	8	0:40:43	36	2:07:59	21		0:07:44	43
552	Bainbridge, Natalie	F		F40			0:09:01	30		#N/A		#N/A	2:08:46	22		0:05:42	20
206	Cotterill, Cathryn	F		FO			0:09:57	36	1:23:34	18	0:35:30	24	2:09:01	23		0:05:38	18
425	Cope, Rachel	F	Tequila Slammers	FO			0:07:23	10	1:26:26	24	0:35:16	20	2:09:05	24		0:06:23	31
557	Corran, Lorna	F		FO			0:08:51	25	1:25:29	22	0:35:58	26	2:10:18	25		0:05:54	25
497	Baldwin, Rebecca	F	"Holmes Place, Didsb	FO				#N/A		#N/A	0:37:19	29	2:10:27	26		0:06:44	39
240	Leach, Alisa	F		F40			0:08:59	28	1:27:42	26	0:35:26	22	2:12:07	27		0:06:15	29
447	brown, siobhan	F		FO			0:08:55	27	1:31:13	31	0:32:32	12	2:12:40	28		0:05:29	15
289	Stansfield, Cheryl	F	Multisport	F40			0:08:53	26	1:28:06	27	0:35:55	25	2:12:54	29		0:05:34	17
138	Salmon, Joanne	F		FO				#N/A		#N/A	0:39:14	34	2:13:49	30		0:06:24	32
404	Pulling, Julie	F	Multi sport	F40			0:10:08	37	1:26:24	23	0:37:36	30	2:14:08	31		0:05:57	26
200	stanton, Heather	F		F40	Y		0:09:32	33	1:30:17	29	0:34:32	18	2:14:21	32		0:05:48	23
373	Donnelly, Allison	F		FO	Y		0:07:14	9	1:32:17	34	0:35:29	23	2:15:00	33		0:06:21	30
187	Plaster, Karen	F		FO	Y		0:08:44	22	1:29:56	28	0:36:34	28	2:15:14	34		0:06:25	34
567	Morgan, Janet	F	City of Chester Triathl	F50		Y	0:09:19	32	1:30:18	30	0:38:33	32	2:18:10	35		0:06:11	28
302	beer, catherine	F	3ms running club	FO	Y		0:08:20	16	1:31:33	32	0:38:36	33	2:18:29	36		0:06:39	36
394	GRIFFITHS, ANITA	F	3ms running club	F40			0:08:20	17	1:31:49	33	0:40:28	35	2:20:37	37		0:07:30	42
337	Booth, Becky	F	Team Deviant	FO			0:08:09	15	0:32:53	1	1:41:46	44	2:22:48	38		0:10:54	47
533	rapson, sally	F		F40			0:11:13	40	1:50:03	39	0:32:40	13	2:33:56	39		0:05:09	11
350	Davies, Julie	F	3M's Gorseinon Road	F50	Y		0:09:00	29	1:38:19	35	0:47:04	42	2:34:23	40		0:08:34	46
330	Brammer, Alison	F		F40			0:14:26	45	1:39:20	36	0:41:12	38	2:34:58	41		0:06:44	39
232	Arends, Lindsey	F		FO	Y		0:11:52	43		#N/A		#N/A	2:38:45	42		0:06:41	38
283	COOPE, LARA	F		FO	Y		0:08:22	19	1:41:54	37	0:48:32	43	2:38:48	43		0:07:55	45

128	Dickenson, Josephine	F	Cytek	FO	Y		0:14:16	44	1:43:20	38	0:45:24	41	2:43:00	44		0:07:52	44
191	Lindgren, Karin	F		FO	Y		0:10:52	39	1:51:31	40	0:41:51	39	2:44:14	45		0:06:39	36
227	Houghton, Carolyn	F		FO	Y		0:11:27	41	1:56:34	42	0:41:03	37	2:49:04	46		0:07:00	41
298	walton, samantha	F		FO	Y		0:11:47	42	1:55:41	41	0:42:39	40	2:50:07	47		0:06:33	35