

Individual - Overall 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
426	Mountford, Paul	M	Parker - International.	M20			0:05:58	12	0:58:17	2	0:24:42	1	1:28:57	1		0:03:48	5
411	norie, ashley	M	ROYLES	M30			0:05:39	7	0:57:54	1	0:26:46	17	1:30:19	2		0:04:06	18
414	Skipper, Paul	M	ROYLES	M20			0:05:56	10	1:01:22	5	0:25:15	2	1:32:33	3		0:03:48	5
406	goulbourne, mike	M		M30	Y		0:06:37	37	1:00:43	3	0:26:21	10	1:33:41	4		0:04:03	15
422	Jones, Rhys	M	Rhondda Triathlon Clu	M20			0:05:20	3	1:03:12	12	0:25:23	3	1:33:55	5		0:03:55	9
423	Langley, Tom	M	Thames Turbo	M20			0:05:11	2	1:03:01	10	0:26:12	8	1:34:24	6		0:04:17	38
430	Wilkins, Rodger	M	Tri Preston	M30			0:05:56	10	1:02:11	7	0:26:31	11	1:34:38	7		0:03:32	1
383	Battle, Gareth	M	Rhondda Tri	M30			0:07:03	67	1:02:31	8	0:25:44	5	1:35:18	8		0:03:54	8
415	White, Andy	M	Chester Tri	M40			0:06:24	25	1:01:14	4	0:27:55	36	1:35:33	9		0:04:37	75
305	Caswell, Paul	M	Harrogate Nova Cyclin	M30	Y		0:06:34	36	1:01:37	6	0:27:35	28	1:35:46	10		0:03:55	9
428	thomson, adam	M	blackcountry triathlon	M30			0:06:05	16	1:04:04	16	0:25:40	4	1:35:49	11		0:04:06	18
413	Pateman, Matt	M	thames turbo triathlon	M30			0:06:29	31	1:03:14	13	0:26:12	7	1:35:55	12		0:04:21	41
404	Derrane, Michael	M	Mersey Tri Club	M40			0:06:33	35	1:02:45	9	0:27:01	19	1:36:19	13		0:04:07	20
408	Johns, Tim	M	Manchester Triathlon	M30			0:06:16	21	1:03:25	14	0:26:58	18	1:36:39	14		0:04:09	23
402	Bunn, Thomas	M	Royal Air Force Tri As	M30			0:05:45	9	1:05:44	27	0:26:42	15	1:38:11	15		0:04:13	32
446	Bell, Robert	M	Royles	M30			0:06:05	16	1:05:56	29	0:26:19	9	1:38:20	16		0:04:10	26
287	Cambell, Andrew	M	Wrecsam Tri Club	M30			0:05:04	1	1:04:36	17	0:28:45	56	1:38:25	17		0:04:31	61
390	Kerry, Martin	M	Tri Preston	M40			0:06:56	58	1:03:08	11	0:28:32	51	1:38:36	18		0:04:29	53
378	ROXBURGH, SIMON	M	CARNEDDAU TRIATH	M30			0:07:30	100	1:03:41	15	0:27:45	33	1:38:56	19		0:04:01	14
403	Davies, Neil	M	Rhondda Triathlon Clu	M30			0:06:25	27	1:05:06	21	0:27:34	27	1:39:05	20		0:04:10	26
357	Hogg, Glenn	M	Thames Turbo Trithalc	M30			0:06:05	15	1:04:47	18	0:28:23	43	1:39:15	21		0:04:32	64
412	Owen, Stephen	M	Maldwyn Harriers	M30			0:07:07	71	1:04:54	19	0:27:25	25	1:39:26	22		0:04:16	36
362	Stannard, Phil	M	Manchester Tri Club	M20			0:06:59	65	1:06:34	34	0:26:06	6	1:39:39	23		0:04:20	40
416	williams, dafydd	M	Padarn Tri	M30			0:06:06	18	1:07:18	40	0:27:07	20	1:40:31	24		0:04:11	28
400	Benton, Mark	M	Didsbury Triathlon Clu	M30			0:07:06	68	1:05:55	28	0:27:42	30	1:40:43	25		0:04:07	20
353	Gascoyne, Paul	M	shires triers	M40			0:06:55	55	1:05:41	26	0:28:30	48	1:41:06	26		0:04:33	67
391	Knowles, Andrew	M	Tri Preston	M40			0:06:47	45	1:05:57	30	0:28:50	58	1:41:34	27		0:04:56	118
374	McFarlin, James	M		M30			0:06:52	51	1:08:10	44	0:26:32	12	1:41:34	27		0:03:59	13
309	Farnell, Nick	M	Ludlow Cycling	M40			0:07:51	130	1:05:22	23	0:28:31	49	1:41:44	29		0:04:34	68
370	Hughes, John	M	Rhondda Triathlon	M40			0:07:42	118	1:05:37	25	0:28:25	44	1:41:44	30		0:04:28	49
381	Wolff, Jonathan	M		M30	Y		0:07:15	85	1:06:39	35	0:27:51	34	1:41:45	31		0:04:28	49
373	KENYON, MATTHEW	M	TRI TEAM WIGAN	M30			0:07:37	107	1:06:00	32	0:28:09	38	1:41:46	32		0:03:55	9
418	DAVIES, RHIAN	F	CARNEDDAU TRIATH	F30			0:05:39	6	1:07:05	38	0:29:08	64	1:41:52	33		0:04:40	83
248	Jones, Gerwyn	M	Unattached	M20			0:07:00	66	1:04:59	20	0:29:55	81	1:41:54	34		0:04:56	116
435	williams, paul	M	ootri	M30			0:07:08	72	1:06:14	33	0:28:35	53	1:41:57	35		0:04:26	45
427	Spurr, Daniel	M	Didsbury Tri	M20			0:05:27	5	1:07:13	39	0:29:22	66	1:42:02	36		0:04:39	80
258	thomson, andrew	M		M30			0:08:22	167	1:05:59	31	0:27:57	37	1:42:18	37		0:04:33	65
281	Jones, Rob	M	Chester Tri	M40			0:07:47	122	1:05:29	24	0:29:03	62	1:42:19	38		0:04:28	49
385	Bennett, Mark	M	Chester Tri	M30			0:06:26	30	1:07:58	43	0:28:32	51	1:42:56	39		0:04:24	44
311	Loftus, Carl	M	Warrington Tri	M30			0:06:21	23	1:09:10	58	0:27:40	29	1:43:11	40		0:04:11	28
304	Anderton, Simon	M	Rochdale Tri	M40			0:07:43	121	1:08:29	50	0:27:13	21	1:43:25	41		0:04:15	34
294	Greenwood, Simon	M	Chester Tri	M40			0:07:22	92	1:08:17	47	0:28:09	38	1:43:48	42		0:04:30	56
296	Jones, Paul	M		M40			0:07:52	131	1:08:48	54	0:27:24	24	1:44:04	43		0:04:29	55

320	Covell, Simon	M	RAF TRI	M30		0:07:41	115	1:10:00	70	0:26:37	13	1:44:18	44	0:04:09	23
202	Edwards, Vincent	M		M30	Y	0:06:57	60	1:10:20	73	0:27:18	22	1:44:35	45	0:04:03	15
405	Farrelly, Michael	M	Thames Turbo	M30		0:06:14	20	1:08:10	44	0:30:13	92	1:44:37	46	0:04:49	106
297	Mason, Gary	M	Bournville Harriers	M40		0:08:02	137	1:06:45	37	0:30:08	86	1:44:55	47	0:04:45	91
330	Shannon, Niall	M		M20	Y	0:06:57	61	1:09:42	66	0:28:19	41	1:44:58	48	0:04:04	17
310	Godwin, Russell	M	Carneddau Tri	M40		0:06:51	50	1:09:17	60	0:28:53	60	1:45:01	49	0:04:43	87
398	Townshend, Phil	M	Chester Triathlon Club	M30		0:07:06	68	1:09:48	69	0:28:17	40	1:45:11	50	0:04:21	41
388	Herne, David	M		M40		0:06:49	49	1:10:05	72	0:28:19	42	1:45:13	51	0:04:31	61
347	Webster, Richard	M	City of Chester Triathlon	M40		0:06:53	53	1:10:43	80	0:27:44	32	1:45:20	52	0:03:56	12
375	Neave, Bill	M	Chester Tri	M40		0:06:55	56	1:06:42	36	0:31:50	131	1:45:27	53	0:05:04	134
396	Scoular, Alex	M	Didsbury Triathlon Club	M20		0:07:06	70	1:08:28	49	0:30:05	85	1:45:39	54	0:04:36	72
241	Gilbert, Mathew	M		M20	Y	0:06:41	39	1:12:16	105	0:26:43	16	1:45:40	55	0:04:09	23
279	Ellis, Garry	M		M40		0:08:04	138	1:09:13	59	0:28:30	47	1:45:47	56	0:04:47	98
273	Warren, Andrew	M		M30		0:07:28	98	1:09:39	65	0:28:45	55	1:45:52	57	0:04:31	59
261	Beckett, Lesley	F	O O Tri	F30		0:08:08	146	1:08:46	53	0:29:06	63	1:46:00	58	0:04:36	72
348	Wright, Nic	M		M40	Y	0:07:15	87	1:07:55	42	0:30:50	106	1:46:00	59	0:05:00	125
382	Hayes, Richard	M	Wrecsam Tri Club	M30		0:08:49	182	1:09:20	63	0:27:53	35	1:46:02	60	0:03:43	3
397	Sheehan, Matt	M	Tequila Slammers	M40		0:06:40	38	1:10:26	74	0:29:01	61	1:46:07	61	0:04:33	65
303	Williams, John Barry	M	Wrecsam Triathlon Club	M50		0:08:28	172	1:07:54	41	0:29:46	77	1:46:08	62	0:04:54	112
265	Mawdsley, Richard	M		M30		0:07:35	106	1:12:06	101	0:26:39	14	1:46:20	63	0:04:23	43
302	Spencer, Duncan	M		M30	Y	0:06:49	48	1:09:28	64	0:30:11	89	1:46:28	64	0:04:14	33
443	Williams, Stephen	M	OO Tri	M40		0:07:13	81	1:05:12	22	0:34:22	175	1:46:47	65	0:04:37	75
343	SCOTT, DAVID	M	none	M30	Y	0:07:49	125	1:08:33	51	0:30:42	104	1:47:04	66	0:05:02	131
226	Phillips, Seb	M		M20	Y	0:08:37	179	1:08:56	56	0:29:38	73	1:47:11	67	0:04:43	87
218	Brooke, Andrew	M		M40	Y	0:08:52	187	1:08:52	55	0:29:41	74	1:47:25	68	0:04:49	103
338	Harding, Tim	M	Carneddau tri	M40		0:07:42	117	1:11:09	87	0:28:37	54	1:47:28	69	0:04:45	93
351	Bond, Ian	M		M40		0:07:10	76	1:10:49	83	0:29:33	71	1:47:32	70	0:04:53	111
361	Saycell, Martin	M	Cerist Triathlon Club	M30		0:06:49	47	1:10:40	79	0:30:11	91	1:47:40	71	0:04:41	84
205	Galloway, Simon	M	Todmorden Harriers	M40		0:08:26	170	1:11:55	99	0:27:21	23	1:47:42	72	0:05:25	176
447	seymour, jim	M		M30	Y	0:07:08	72	1:12:13	103	0:28:28	45	1:47:49	73	0:04:38	77
249	Latham, Jonathan	M		M30	Y	0:07:51	128	1:10:03	71	0:30:11	89	1:48:05	74	0:04:48	102
329	Saycell, Jeff	M	No Club	M30	Y	0:06:43	43	1:08:58	57	0:32:30	144	1:48:11	75	0:05:01	129
179	O'Brien, Peter	M		M30		0:09:51	229	1:09:46	68	0:28:48	57	1:48:25	76	0:04:12	30
410	Mitchelmore, Darren	M	Pontesbury Masters	M40		0:06:30	33	1:10:27	75	0:31:30	121	1:48:27	77	0:05:18	165
425	Miller, Dominique	M	City of Chester Triathlon	M30		0:06:21	22	1:11:36	91	0:30:30	95	1:48:27	77	0:04:55	114
365	Whiteley, Joshua	M	Harlech Wheelers	M30	Y	0:06:53	53	1:08:24	48	0:33:14	154	1:48:31	79	0:05:07	141
232	garrad, marcel	M		M30	Y	0:06:58	62	1:11:10	88	0:30:37	102	1:48:45	80	0:04:50	107
379	Saycell, Anita	F	Cerist Triathlon Club	F20		0:06:25	29	1:10:34	77	0:31:46	126	1:48:45	81	0:05:18	164
456	Tetlow, Roy	M		M40		0:07:14	83	1:10:43	80	0:31:00	111	1:48:57	82	0:04:59	123
346	Turner, Gareth	M		M20	Y	0:07:09	74	1:10:36	78	0:31:14	116	1:48:59	83	0:04:31	59
312	Morgan, Chris	M	Chester Tri	M50		0:07:37	109	1:12:03	100	0:29:23	67	1:49:03	84	0:04:27	48
222	Jones, Martin	M	Carneddau Tri	M40		0:08:55	190	1:11:38	92	0:28:31	49	1:49:04	85	0:04:31	61
395	schofield, claire	F	chester triathlon club	F30		0:06:24	25	1:13:50	122	0:28:51	59	1:49:05	86	0:04:28	49
246	Blount, Andrew	M	City of Chester	M40		0:09:00	195	1:08:41	52	0:31:47	128	1:49:28	87	0:04:52	109
244	Yeomans, Craig	M		M30		0:08:56	191	1:11:25	90	0:29:10	65	1:49:31	88	0:04:30	58
233	Taylor, Graham	M	Scarab Tri	M40	Y	0:09:12	202	1:12:37	111	0:27:43	31	1:49:32	89	0:04:20	39

266 Murray, Robert	M	Serpentine	M30	Y	0:10:25	248	1:11:43	94	0:27:31	26	1:49:39	90	0:04:15	34
409 Knowles, Vincent	M		M30		0:06:23	24	1:13:03	115	0:30:14	93	1:49:40	91	0:04:35	71
340 Litherland, Richard	M	Bangor University	M20	Y	0:08:04	139	1:12:25	108	0:29:24	68	1:49:53	92	0:04:58	121
236 Lynch, John	M	Thames Turbo	M40		0:08:34	176	1:09:19	62	0:32:02	133	1:49:55	93	0:04:26	45
268 Rawley, Andy	M	Warrington Tri	M30	Y	0:08:15	158	1:11:43	94	0:30:01	83	1:49:59	94	0:04:39	80
276 Butterworth, Keith	M	N/a	M40		0:08:14	157	1:11:15	89	0:30:42	104	1:50:11	95	0:04:58	121
192 Kaye, Allan	M		M30	Y	0:07:59	135	1:12:19	106	0:29:57	82	1:50:15	96	0:04:39	80
277 Cartwright, Gary	M		M30		0:07:17	88	1:14:37	132	0:28:29	46	1:50:23	97	0:03:47	4
288 Wrexham Member 4, Rac	M		M40		0:06:59	63	1:14:03	124	0:29:28	69	1:50:30	98	0:04:16	36
317 Tunnadine, Paula	F	Wrecsam Triathlon Cl	F40	Y	0:07:42	120	1:12:22	107	0:30:33	98	1:50:37	99	0:04:55	114
176 EVANS, NOEL	M	Tri Up and Running Cl	M40		0:07:12	80	1:11:48	98	0:31:42	123	1:50:42	100	0:04:44	89
282 Patrick, Nicholas	M	Sheffield	M40		0:09:13	203	1:10:47	82	0:30:54	109	1:50:54	101	0:04:47	98
331 Smith, Neil Andrew	M		M40	Y	0:07:15	86	1:14:17	127	0:29:29	70	1:51:01	102	0:04:29	53
255 Plumtree, Simon	M		M30	Y	0:08:24	169	1:10:57	86	0:31:43	124	1:51:04	103	0:04:49	103
342 Myles, Chris	M	Shrewsbury Masters	M40		0:06:59	64	1:13:42	120	0:30:32	97	1:51:13	104	0:04:38	79
363 Timson, Peter	M	Chestertri	M50		0:08:09	152	1:10:56	85	0:32:12	136	1:51:17	105	0:04:46	95
334 Coathup, John	M	Plain Belly Sneetches	M40		0:07:24	94	1:09:18	61	0:34:48	187	1:51:30	106	0:05:25	176
306 COWERN, SIMON	M	STAFFORD TRI CLUB	M30		0:08:16	160	1:09:43	67	0:33:46	166	1:51:45	107	0:05:05	135
178 Metcalfe, Ruth	F		F30		0:10:00	236	1:11:42	93	0:30:04	84	1:51:46	108	0:04:34	70
323 Jones, Euros	M		M30	Y	0:07:34	105	1:10:52	84	0:33:24	157	1:51:50	109	0:05:29	186
441 Bolton, Daniel	M	Phoenix Tang Soo Do	M30	Y	0:06:30	33	1:10:32	76	0:34:50	188	1:51:52	110	0:05:16	158
267 Owen, Noel Rhys	M		M40	Y	0:07:47	122	1:13:31	118	0:30:34	100	1:51:52	111	0:04:38	77
295 Howes, Emily	F	Thames Turbo Triathlc	F20		0:07:14	83	1:14:58	138	0:29:42	75	1:51:54	112	0:04:47	98
289 ABDALE, PAUL	M		M30		0:07:48	124	1:13:20	117	0:30:54	107	1:52:02	113	0:04:42	86
335 Evans, Emyr	M	Carneddau	M30		0:07:37	112	1:12:58	113	0:31:48	130	1:52:23	114	0:05:05	136
187 Bolton, Karl	M	Tri Preston	M40		0:07:10	78	1:14:29	129	0:30:54	108	1:52:33	115	0:04:45	93
438 Maguinness, Neil	M	Unattached	M30		0:07:26	97	1:13:58	123	0:31:21	118	1:52:45	116	0:05:10	150
321 Davies, Graham	M	Carneddau Tri Club	M40		0:07:55	132	1:14:57	136	0:29:54	80	1:52:46	117	0:04:57	120
206 Gardner, Philip	M		M30	Y	0:09:03	197	1:08:15	46	0:35:36	200	1:52:54	118	0:05:41	204
283 RHODES, DAVID	M		M40	Y	0:08:32	175	1:14:31	130	0:30:10	88	1:53:13	119	0:04:36	72
339 LAND, MARTIN	M	PADARN TRI	M30	Y	0:07:49	125	1:12:08	102	0:33:22	156	1:53:19	120	0:05:00	125
307 Crews, Jon	M	Thames Turbo	M30		0:07:37	109	1:15:24	141	0:30:19	94	1:53:20	121	0:05:03	133
431 Thomas, D. Gwyn	M		M30	Y	0:09:18	207	1:12:47	112	0:31:19	117	1:53:24	122	0:04:49	103
341 McGuire, Stuart Lloyd	M		M30		0:07:23	93	1:12:32	109	0:33:30	159	1:53:25	123	0:05:13	154
359 Near, Pilar	F		F30	Y	0:07:25	95	1:11:47	97	0:34:13	172	1:53:25	124	0:05:36	197
149 Cameron, Bruce	M	Zoom Tri Club	M60		0:06:01	14	1:15:21	140	0:32:08	134	1:53:30	125	0:05:16	160
223 Lueth, Katherine	F	Thames Turbo Triathlc	F20		0:06:47	45	1:16:14	152	0:30:31	96	1:53:32	126	0:04:46	95
399 Wall, Brian	M	RAFTA	M50		0:06:43	41	1:13:42	120	0:33:18	155	1:53:43	127	0:05:01	129
372 Jones, Berwyn	M	Padarn Tri	M50		0:07:28	98	1:13:02	114	0:33:37	161	1:54:07	128	0:05:40	203
128 Lightowler, Simon	M		M40		0:09:20	208	1:14:34	131	0:30:36	101	1:54:30	129	0:04:56	117
235 Loney, Chris	M	Chester Tri	M40		0:08:12	155	1:15:19	139	0:31:08	112	1:54:39	130	0:05:08	147
327 Riley, Duncan	M	SCARAB	M30		0:06:46	44	1:13:35	119	0:34:34	182	1:54:55	131	0:04:08	22
263 HARRISON, Luke	M		M20		0:08:08	146	1:15:38	144	0:31:11	115	1:54:57	132	0:04:13	31
345 Sutcliffe, Alan	M		M30	Y	0:07:41	115	1:16:23	153	0:31:23	119	1:55:27	133	0:04:44	90
286 Stibbards, James	M		M30	Y	0:07:10	78	1:15:32	143	0:32:47	150	1:55:29	134	0:05:17	161
299 robbins, keith	M	chester tri	M30		0:08:09	148	1:16:28	156	0:30:58	110	1:55:35	135	0:05:06	140

349	Amison, Martin	M		M20	Y	Y	0:06:57	59	1:16:25	154	0:32:14	137	1:55:36	136	0:04:47	97
204	Farr, Michael	M	Chester Tri Club	M40			0:08:07	144	1:14:48	135	0:32:43	147	1:55:38	137	0:04:45	91
407	Hume, Jill	F	Chester Tri	F30			0:06:43	41	1:14:42	133	0:34:13	172	1:55:38	138	0:05:12	153
458	Tetlow, Hans	M		M40			0:07:10	76	1:16:47	158	0:32:02	132	1:55:59	139	0:05:38	199
221	Johnson, Ian	M	Carneddau Tri	M40			0:08:28	172	1:15:55	146	0:31:37	122	1:56:00	140	0:05:18	165
191	Jones, Steffan	M	Eryri Harriers	M30	Y		0:09:43	224	1:16:13	151	0:30:09	87	1:56:05	141	0:04:41	85
260	Allon, Marcus	M		M30			0:08:34	177	1:15:31	142	0:32:10	135	1:56:15	142	0:05:08	147
436	Bennett, Nick	M	Sutton Harries	M30	Y		0:07:19	89	1:16:49	159	0:32:17	140	1:56:25	143	0:03:41	2
424	McGivern, Jamie	M	The Wirral Avago Tri Club	M30			0:05:41	8	1:18:27	180	0:32:22	143	1:56:30	144	0:05:21	170
237	norton, adam	M		M30	Y		0:07:58	134	1:17:53	175	0:30:40	103	1:56:31	145	0:05:08	144
448	Ashley, Jean	F	Cheaster Triathlon Club	F40			0:07:25	95	1:16:59	163	0:32:16	139	1:56:40	146	0:05:20	167
318	Williams, Ken	M		M40		Y	0:08:16	160	1:13:11	116	0:35:31	199	1:56:58	147	0:05:30	187
257	robinson, david	M		M30	Y		0:09:55	233	1:15:57	147	0:31:08	112	1:57:00	148	0:05:02	131
162	buckley, shaun	M		M30	Y		0:09:21	209	1:11:44	96	0:35:59	206	1:57:04	149	0:05:13	156
231	Brown, Estelle	F	Sheffield	F40			0:09:38	221	1:14:42	133	0:32:47	149	1:57:07	150	0:05:09	149
336	fitchett, claire	F	OO Tri	F30			0:07:30	100	1:17:08	168	0:32:41	146	1:57:19	151	0:05:20	167
124	Wilcockson, David	M		M30	Y		0:08:12	154	1:16:26	155	0:33:09	153	1:57:47	152	0:04:51	108
367	Dilworth, Mike	M	padam tri	M50			0:06:13	19	1:17:28	169	0:34:10	170	1:57:51	153	0:05:55	221
377	Reece, Oliver	M	Scarab Tri	M20	Y		0:05:58	12	1:17:01	165	0:34:55	190	1:57:54	154	0:05:34	195
332	Spreadborough, Andrew	M	Ludlow Runners	M40			0:08:13	156	1:17:31	170	0:32:14	138	1:57:58	155	0:05:20	167
285	rosser, jim	M		M40			0:08:28	172	1:19:42	189	0:29:51	79	1:58:01	156	0:04:47	98
252	MORGAN, PHIL	M		M40	Y		0:08:05	140	1:17:36	171	0:32:40	145	1:58:21	157	0:05:06	137
380	Smith, Nigel	M		M30			0:07:56	133	1:16:00	148	0:34:32	180	1:58:28	158	0:05:26	178
207	Hague, Gary	M		M40			0:08:06	143	1:20:51	196	0:29:33	71	1:58:30	159	0:04:57	119
242	Sibley, Ralph	M	Scarab Tri Club	M40			0:08:01	136	1:16:51	160	0:33:40	163	1:58:32	160	0:05:11	152
146	Povey, Mark	M		M30	Y		0:09:43	224	1:14:05	125	0:34:44	186	1:58:32	161	0:05:50	211
173	Andrew, Paul	M	none	M30			0:09:34	217	1:18:29	181	0:30:34	99	1:58:37	162	0:04:30	56
243	Hunter, Julian	M	Wrecsam Tri Club	M50			0:07:37	107	1:14:18	128	0:36:54	217	1:58:49	163	0:06:21	241
324	Murray, Fergus	M	Wrecsam Tri	M30	Y		0:07:09	74	1:15:50	145	0:35:57	205	1:58:56	164	0:05:50	211
199	Williams, Martin	M	Carneddau Triathlon Club	M50			0:08:51	186	1:18:15	177	0:32:21	142	1:59:27	165	0:05:00	125
256	Rawlins, Adam	M		M30			0:08:16	160	1:18:33	183	0:32:46	148	1:59:35	166	0:05:29	183
457	Tetlow, Karl	M		M40			0:07:13	81	1:14:57	136	0:37:33	227	1:59:43	167	0:06:17	237
437	Morris, David	M		M40			0:10:00	236	1:12:14	104	0:37:48	232	2:00:02	168	0:06:06	230
140	GLOBE, STUART	M		M30			0:09:27	213	1:16:01	149	0:34:38	184	2:00:06	169	0:05:51	215
319	Chaggar-Brown, Jonathar	M		M40	Y		0:07:49	127	1:12:35	110	0:39:51	251	2:00:15	170	0:06:15	234
352	clayton, john	M	Carneddau Tri Club	M40			0:07:20	90	1:18:15	177	0:34:43	185	2:00:18	171	0:06:19	239
168	Matthews, Anthony	M		M50			0:09:51	230	1:16:05	150	0:34:27	177	2:00:23	172	0:05:29	183
262	Griffiths, Brian	M	Warrington Tri Club	M40			0:08:09	151	1:17:08	167	0:35:24	198	2:00:41	173	0:05:53	218
209	Ingham, Philip	M		M40	Y		0:09:13	205	1:14:07	126	0:37:31	225	2:00:51	174	0:05:50	211
292	Cole, Simon	M		M30			0:07:37	109	1:17:38	172	0:35:39	202	2:00:54	175	0:05:17	161
135	Welch, Ian	M	Manchester Tri	M40	Y		0:13:02	276	1:16:53	161	0:31:10	114	2:01:05	176	0:05:07	143
445	Wright, Leanne	F	Gwent	F20			0:06:55	56	1:18:38	184	0:35:38	201	2:01:11	177	0:06:22	242
350	Armit, Tim	M		M40			0:08:08	145	1:21:44	202	0:31:46	126	2:01:38	178	0:05:01	128
213	Pennington, Andy	M		M30			0:10:16	243	1:19:13	186	0:32:20	141	2:01:49	179	0:04:34	68
198	stieler, mark	M		M40	Y		0:09:29	216	1:19:20	187	0:33:09	152	2:01:58	180	0:05:16	158
239	ROBINSON, DARRIN	M		M40			0:09:44	226	1:18:31	182	0:34:07	169	2:02:22	181	0:05:22	173

182	Ronald, Vicky	F	Caernaddau Tri Club	F40			0:09:38	220	1:19:11	185	0:33:36	160	2:02:25	182	0:05:32	190
174	Anthony, Mike	M	Scarab tri	M50			0:07:33	104	1:17:56	176	0:37:05	220	2:02:34	183	0:05:46	207
245	ARTHAN, LINDA	F	OO Tri	F50			0:08:09	148	1:17:47	173	0:37:07	221	2:03:03	184	0:05:57	222
107	Noden, Robert	M		M30	Y		0:10:22	246	1:21:00	197	0:31:43	125	2:03:05	185	0:04:54	112
291	Clapham, Simon	M	Scarab Tri	M40			0:08:17	164	1:16:45	157	0:38:16	237	2:03:18	186	0:05:50	211
250	Mapother, John	M		M30	Y		0:07:39	113	1:21:15	200	0:34:31	179	2:03:25	187	0:05:39	201
225	MOORE, CLIVE	M	N/A	M50	Y		0:09:22	210	1:20:20	192	0:33:45	165	2:03:27	188	0:05:06	137
200	Alston, Andrew	M	Climb on Bikes Herefo	M40			0:09:13	203	1:17:47	173	0:37:14	222	2:04:14	189	0:05:52	216
355	Griffiths, Sally	F	Didsbury Triathlon Clu	F30			0:06:53	52	1:24:00	215	0:33:25	158	2:04:18	190	0:05:21	170
196	Mills, Stephen	M	None	M40			0:10:03	239	1:16:58	162	0:37:17	223	2:04:18	191	0:05:48	210
224	lyons, martin	M		M40	Y		0:08:57	193	1:20:38	193	0:35:15	196	2:04:50	192	0:05:32	190
160	whittaker, simon	M		M40			0:09:27	213	1:17:06	166	0:38:34	241	2:05:07	193	0:06:22	244
157	Preston, Andrew	M	Unattached	M30			0:10:07	242	1:19:27	188	0:35:43	204	2:05:17	194	0:05:24	175
177	Gartry, Laura	F	OO Tri	F30			0:09:56	234	1:18:21	179	0:37:02	219	2:05:19	195	0:06:22	242
253	Newing, Robert	M		M40	Y		0:08:26	170	1:25:29	229	0:31:28	120	2:05:23	196	0:04:59	123
152	DAVIES, MARK	M		M40	Y		0:07:31	102	1:23:24	214	0:34:37	183	2:05:32	197	0:05:54	219
211	Mageean, Andrea	F	Chester Triathlon	F40	Y		0:09:24	212	1:22:14	204	0:33:57	167	2:05:35	198	0:05:08	144
217	Barnard, vincent	M		M40	Y	Y	0:09:27	213	1:24:21	217	0:31:48	129	2:05:36	199	0:05:08	144
394	Robinson, Jason	M	Tri Preston	M30			0:06:29	32	1:21:02	198	0:38:45	243	2:06:16	200	0:07:41	274
300	Roberts, Guto Japheth	M		MJ	Y		0:07:31	103	1:29:11	240	0:29:47	78	2:06:29	201	0:04:26	47
161	Arthan, Liz	F		F40			0:08:49	182	1:21:07	199	0:36:34	215	2:06:30	202	0:05:59	226
138	Davies, Paul	M	fontygary	M50			0:07:51	129	1:20:51	195	0:37:51	233	2:06:33	203	0:06:23	245
270	Thomas, Simon	M		M30	Y		0:08:17	163	1:22:50	211	0:35:10	194	2:06:37	204	0:05:17	161
264	Kirk, Maggie	F	Zoom Tri Club	F50			0:08:05	140	1:22:53	207	0:35:41	203	2:06:39	205	0:05:53	217
194	LOUDEN, GERARD	M		M30			0:08:56	192	1:22:09	203	0:36:24	212	2:07:29	206	0:06:01	229
142	hurst, andy	M	cheshire fire tri	M20	Y		0:09:01	196	1:25:28	228	0:33:00	151	2:07:29	206	0:04:52	110
459	Waterworth, Bryan	M		M40			0:07:42	118	1:19:58	191	0:39:59	252	2:07:39	208	0:05:14	157
337	Greaves, Sarah	F		F50			0:07:40	114	1:22:17	205	0:37:44	231	2:07:41	209	0:06:27	247
159	Smith, Jon	M	The Scousers	M30			0:13:28	278	1:16:59	164	0:37:31	225	2:07:58	210	0:05:58	224
278	Clamp, Guy	M		M40			0:08:58	194	1:21:21	201	0:37:42	230	2:08:01	211	0:06:13	233
131	Poole, Brendan	M		M30	Y		0:11:17	264	1:23:19	213	0:33:37	161	2:08:13	212	0:05:27	180
136	Wilcockson, Ian	M		M40	Y		0:09:48	228	1:23:11	212	0:35:18	197	2:08:17	213	0:05:57	223
117	Jenkins, Guy	M	Hereford Triathlon Clu	M40			0:10:33	253	1:19:51	190	0:37:58	234	2:08:22	214	0:05:45	206
180	PARRY, RICHARD	M		M30	Y		0:09:08	199	1:23:01	208	0:36:34	214	2:08:43	215	0:05:59	225
197	Stevens, James	M		M30	Y		0:10:04	240	1:25:16	226	0:33:41	164	2:09:01	216	0:05:07	141
212	Nicolay, Damien	M		M30	Y		0:08:23	168	1:24:24	218	0:36:15	209	2:09:02	217	0:05:23	174
290	Burgess, Paul	M		M20	Y		0:09:09	200	1:24:58	223	0:35:09	193	2:09:16	218	0:05:13	154
230	biddulph, colin	M		M40			0:09:39	223	1:20:48	194	0:39:07	245	2:09:34	219	0:06:36	252
259	Wells, Heather	F	Preston Tri	F40			0:08:19	165	1:25:06	224	0:36:10	208	2:09:35	220	0:05:33	193
358	Millar, Craig	M		M30	Y		0:09:45	227	1:25:19	227	0:34:52	189	2:09:56	221	0:05:54	219
164	Edwards, Owain	M		M30	Y		0:09:11	201	1:24:41	220	0:36:22	211	2:10:14	222	0:06:42	256
240	Shalloe, Julie	F	Chester Triathlon Clut	F40			0:08:52	187	1:24:15	216	0:37:38	228	2:10:45	223	0:05:31	189
171	Williams, Barbara	F	Wreccsam Triathlon Clu	F50			0:09:59	235	1:23:08	210	0:37:41	229	2:10:48	224	0:07:22	269
274	Whitehead, Andrew	M		M20	Y		0:08:20	166	1:24:43	221	0:38:09	236	2:11:12	225	0:07:00	266
147	Seller, Susan	F		F50			0:09:24	211	1:24:55	222	0:36:56	218	2:11:15	226	0:05:43	205
195	LOUDEN, PETER	M		M40			0:11:46	266	1:25:16	225	0:34:21	174	2:11:23	227	0:05:40	202

439	Swift, Darren	M		M30	Y	0:10:30	251	1:24:37	219	0:36:41	216	2:11:48	228	0:06:41	255	
148	Shakespeare, Stephen	M		M30	Y	Y	0:10:20	244	1:25:53	230	0:36:00	207	2:12:13	229	0:05:32	190
238	Roberts, Leigh	M	Llwb Tri Padarn	M40	Y		0:08:05	140	1:26:40	232	0:38:05	235	2:12:50	230	0:06:06	230
139	Farrell, Peter	M	N/A	M40			0:10:38	255	1:22:35	206	0:39:40	247	2:12:53	231	0:06:20	240
326	Prady, Nicola	F		F30			0:07:22	91	1:33:08	250	0:34:10	170	2:14:40	232	0:05:30	187
280	graham, naomi	M	merseytri	M30			0:08:50	185	1:30:00	244	0:36:21	210	2:15:11	233	0:06:00	228
153	Evans, Nigel	M	Army	M40			0:09:04	198	1:23:04	209	0:43:12	263	2:15:20	234	0:07:05	267
220	Hough, Rob	M	n/a	M40	Y		0:08:11	153	1:27:54	235	0:39:34	246	2:15:39	235	0:05:59	226
150	Cochlin, Daniel	M	Mersey Tri	M30			0:08:09	148	1:29:03	238	0:38:30	240	2:15:42	236	0:05:27	179
155	matthias, dave	M	cheshire fire tri	M30	Y		0:12:09	269	1:29:25	241	0:34:30	178	2:16:04	237	0:05:28	181
315	TAYLOR, DAWN	F	STAFFORD TRI CLUB	F40			0:06:41	40	1:29:10	239	0:40:17	254	2:16:08	238	0:06:12	232
156	Napthen, Sally	F	Chester Tri	F40			0:10:40	256	1:27:10	233	0:38:37	242	2:16:27	239	0:05:33	193
141	hickson, darren	M	cheshire fire tri	M40	Y		0:12:38	271	1:29:25	241	0:34:32	181	2:16:35	240	0:05:29	183
127	coley, edward	M		M40			0:11:39	265	1:26:32	231	0:38:26	239	2:16:37	241	0:06:27	246
308	Donnelly, Allison	F	Eryri Harriers / Arfon	M30			0:08:15	158	1:28:59	237	0:40:26	255	2:17:40	242	0:06:52	261
208	Hardy, Amicia	F		F30	Y		0:09:35	219	1:28:52	236	0:40:01	253	2:18:28	243	0:06:16	235
433	Grant, Edmund	M		M40			0:12:37	270	1:31:58	246	0:34:22	175	2:18:57	244	0:05:38	200
454	Hodgkins, Nathan	M		M30	Y		0:09:53	232	1:33:59	251	0:35:11	195	2:19:03	245	0:05:10	150
190	Humphreys, Paul	M	Cardenddau Tri	M40		Y	0:10:46	258	1:27:46	234	0:41:38	259	2:20:10	246	0:06:32	249
344	SMITH, JULIA	F	CHESTER TRI	F30	Y		0:08:35	178	1:32:18	248	0:39:42	248	2:20:35	247	0:06:41	254
455	Hodgkins, Danny	M		M30	Y		0:09:34	217	1:35:41	258	0:37:26	224	2:22:41	248	0:06:16	235
188	Gulliver, Vic	M	Preststatyn Running Club	M60			0:10:40	257	1:34:26	252	0:38:23	238	2:23:29	249	0:05:06	137
118	Johnson, Mike	M		M30	Y		0:10:22	246	1:30:53	245	0:43:49	266	2:25:04	250	0:06:35	251
130	Lynn, David	M		M40	Y		0:11:02	261	1:32:44	249	0:41:49	260	2:25:35	251	0:06:32	250
114	Hughes, Jane	F	SCARAB	F40			0:10:27	249	1:35:26	256	0:39:45	250	2:25:38	252	0:06:31	248
109	Roberts, Iorowerth	M	Carneddau	M60			0:15:31	282	1:36:58	261	0:33:59	168	2:26:28	253	0:05:35	196
133	Shelton, Sarah	F	stafford tri	F40	Y		0:10:21	245	1:34:44	253	0:43:06	262	2:28:11	254	0:06:43	257
313	morgan, janet	F	Chester Triathlon Club	F50			0:09:38	221	1:35:31	257	0:43:40	265	2:28:49	255	0:06:50	260
432	dallimore, rebecca	F		FJ	Y	Y	0:11:50	267	1:36:00	260	0:41:06	258	2:28:56	256	0:06:40	253
229	Wright, Chris	M	-	M20	Y		0:09:15	206	1:40:09	264	0:39:44	249	2:29:08	257	0:05:47	208
111	Thomas, elfed	M		M40	Y		0:12:41	273	1:34:55	254	0:42:24	261	2:30:00	258	0:06:44	258
169	O Sullivan, Neil	M		M20			0:10:01	238	1:45:15	272	0:35:00	191	2:30:16	259	0:05:37	198
120	Morris, Wyn	M		M40	Y		0:11:04	262	1:29:30	243	0:52:02	277	2:32:36	260	0:07:32	273
166	Langton, Sharon	F	Picton Running Club	F40			0:10:06	241	1:41:55	269	0:41:01	257	2:33:02	261	0:06:55	263
154	Johnson, Emily	F		F20	Y		0:08:43	180	1:38:18	262	0:46:39	271	2:33:40	262	0:07:29	272
251	MORGAN, KATIE	F		F30	Y		0:09:52	231	1:39:05	263	0:45:21	269	2:34:18	263	0:06:54	262
112	williams, humphrey	M	clwb ceffyl haearn	M60		Y	0:11:07	263	1:35:25	255	0:48:05	274	2:34:37	264	0:07:48	275
101	Brown, Aled	M		M30	Y	Y	0:10:47	259	1:40:26	265	0:44:11	267	2:35:24	265	0:07:19	268
144	Mobbs, Graham	M		M40			0:10:51	260	1:32:04	247	0:53:05	279	2:36:00	266	0:09:22	281
170	rapson, sally	F		F40			0:10:35	254	1:49:54	276	0:36:32	213	2:37:01	267	0:05:47	208
193	lindgren, karin	F		F20	Y		0:10:31	252	1:43:06	270	0:44:14	268	2:37:51	268	0:06:49	259
134	Walker, Amy	F		F20	Y		0:08:54	189	1:51:28	280	0:38:54	244	2:39:16	269	0:05:28	181
122	Sutcliffe, Helen	F		F30	Y	Y	0:13:10	277	1:41:03	267	0:46:47	272	2:41:00	270	0:08:04	277
183	Vann, John	M		M30			0:08:49	181	1:46:23	273	0:46:09	270	2:41:21	271	0:08:01	276
143	Mobbs, Carolyn	F		F30			0:10:29	250	1:50:17	278	0:40:52	256	2:41:38	272	0:06:57	265
151	Critchley, Mark	M	Mace	M20	Y		0:08:49	182	1:49:59	277	0:43:22	264	2:42:10	273	0:06:18	238

121	Oldfield, Tony	M		M50	Y	0:12:47	274	1:35:41	258	0:54:10	281	2:42:38	274	0:08:17	279	
106	Jones, Delme	M		M30	Y	0:18:14	283	1:50:21	279	0:35:05	192	2:43:40	275	0:05:21	170	
216	* Batman, Mike Griffiths	M	Team Deviant	M30		0:12:54	275	1:41:18	268	0:50:25	276	2:44:37	276	0:03:49	7	
116	James-Owens, Rachel	F		F30	Y	0:13:58	280	1:44:28	271	0:46:50	273	2:45:16	277	0:07:27	271	
215	* And Robin, Nathan Thor	M	Team Deviant	MJ	Y	0:13:44	279	1:41:00	266	0:53:53	280	2:48:37	278	0:06:56	264	
104	Hughes, Colin David	M	SCARAB	M40		0:12:39	272	1:48:44	274	0:48:39	275	2:50:02	279	0:07:22	269	
119	Jones, Trevor Wyn	M	Padarn Tri Club	M60		0:12:05	268	1:49:16	275	0:54:15	282	2:55:36	280	0:09:06	280	
102	Ellis-Brown, Nia	F		F30	Y	Y	0:14:48	281	1:54:55	281	0:52:23	278	3:02:06	281	0:08:11	278
364	Train, Jon	M	Thames Turbo Triathlc	M40		0:06:25	27	10:13:25	282	0:29:45	76	DNF		10:04:44	282	