

Tri Force HSV Triathlon  
September 2014

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
1	227	Richard	Thomas	M 40-44	1	M	1	Hoddesdon tri club	0:03:38.15	0:00:26.65	0:35:04.05	0:00:36.55	0:19:13.00	0:58:58.40
2	228	Ant	Collier	M 25-29	1	M	2	Hoddesdon Tri Club	0:03:35.40	0:00:31.40	0:33:50.75	0:00:24.50	0:20:46.25	0:59:08.30
3	211	John	Potter	M 35-39	1	M	3		0:04:15.25	0:00:34.55	0:34:34.20	0:00:31.35	0:19:51.65	0:59:47.00
4	212	Jonathan	Wadge	M 35-39	2	M	4	Tri force	0:04:23.75	0:00:38.65	0:35:43.55	0:00:32.75	0:18:33.15	0:59:51.85
5	214	Simon	Jackson	M 35-39	3	M	5	Freedom Tri	0:04:10.35	0:00:32.90	0:36:47.70	0:00:27.40	0:18:02.95	1:00:01.30
6	202	Ashley	Howes	M 40-44	2	M	6	Black Line London	0:04:45.05	0:00:36.40	0:36:33.75	0:00:40.65	0:18:27.05	1:01:02.90
7	175	Duncan	Austin	M 35-39	4	M	7		0:04:34.00	0:00:35.90	0:37:06.25	0:00:30.05	0:19:02.50	1:01:48.70
8	194	Freddie	Spearman	M 20-24	1	M	8	Tri-Force	0:04:39.40	0:00:34.65	0:37:46.30	0:00:00.00	0:19:18.00	1:02:18.35
9	103	Terry	Alcock	M 35-39	5	M	9	Herts police triathlon club	0:05:20.95	0:00:33.70	0:36:39.10	0:00:00.00	0:20:30.70	1:03:04.45
10	177	Ian	Brinkley	M 45-49	1	M	10	Hoddesdon Tri Club	0:05:03.70	0:00:41.05	0:36:26.10	0:00:39.60	0:20:40.20	1:03:30.65
11	205	Martin	Beare	M 50-54	1	M	11		0:04:46.65	0:00:48.00	0:37:47.40	0:00:40.35	0:19:40.25	1:03:42.65
12	151	Timothy	Phillips	M 45-49	2	M	12		0:05:28.95	0:00:40.50	0:35:55.05	0:00:39.95	0:21:14.00	1:03:58.45
13	190	Andrew	Mackay	M 25-29	2	M	13		0:04:46.20	0:00:33.85	0:37:25.40	0:00:42.15	0:20:52.65	1:04:20.25
14	196	Dave	Raymen	M 40-44	3	M	14	Hoddesdon Tri	0:04:39.75	0:01:06.20	0:36:59.40	0:00:49.10	0:22:03.35	1:05:37.80
15	215	Kris	Pringle	M 30-34	1	M	15	Hoddesdon Tri Club	0:04:02.00	0:00:51.85	0:37:51.55	0:00:44.45	0:22:17.90	1:05:47.75
16	224	Daniel	McDonald	M 25-29	3	M	16		0:03:46.45	0:00:36.00	0:40:45.95	0:00:36.15	0:20:13.10	1:05:57.65
17	161	David	Craddock	M 25-29	4	M	17	Hoddesdon Tri Club	0:05:15.80	0:01:16.55	0:41:37.45	0:00:45.80	0:17:12.15	1:06:07.75
18	201	Keith	Muggleton	M 55-59	1	M	18	East Essex Tri Club	0:04:23.70	0:00:42.15	0:38:36.05	0:00:35.55	0:21:57.50	1:06:14.95
19	134	Richard	Moreton	M 40-44	4	M	19	Harpenden Arrows	0:04:53.60	0:01:16.55	0:38:12.20	0:00:48.65	0:21:22.40	1:06:33.40
20	210	Jonathan	Ball	M 45-49	3	M	20	Trent Park	0:04:40.15	0:00:47.45	0:37:43.40	0:00:38.90	0:22:55.55	1:06:45.45
21	85	Steve	Lambert	M 50-54	2	M	21		0:05:57.95	0:00:37.90	0:38:11.90	0:00:54.40	0:21:06.25	1:06:48.40
22	100	Nick	Clarke	M 30-34	2	M	22	Metropolitan Triathlon Club	0:05:45.10	0:00:45.75	0:36:35.50	0:00:32.65	0:23:11.40	1:06:50.40
23	213	Christine	Pout	F 50-54	1	F	1		0:04:36.70	0:00:52.55	0:37:57.60	0:00:47.25	0:22:47.70	1:07:01.80
24	188	Finlay	Carson	M 20-24	2	M	23		0:05:11.20	0:01:21.85	0:38:12.15	0:00:00.00	0:22:40.95	1:07:26.15
25	217	Craig	Muckleston	M 40-44	5	M	24		0:04:00.60	0:00:35.15	0:40:51.10	0:00:34.50	0:21:30.10	1:07:31.45
26	225	Anthony	Rees	M 30-34	3	M	25		0:03:44.70	0:01:07.70	0:41:51.25	0:00:43.15	0:20:16.35	1:07:43.15
27	164	Marco	Paganuzzi	M 45-49	4	M	26	Tri Force	0:05:13.85	0:00:00.00	0:40:15.80	0:00:00.00	0:22:21.55	1:07:51.20
28	137	Andrew	Evangelou	M 30-34	4	M	27		0:05:13.95	0:00:45.50	0:40:21.80	0:00:41.30	0:21:10.85	1:08:13.40
29	148	Daniel	Langton	M 30-34	5	M	28	Met police tri club	0:05:19.55	0:01:45.90	0:40:16.45	0:01:19.75	0:19:37.90	1:08:19.55
30	223	Lee	Wakely	M 35-39	6	M	29	STOKE MANDEVILLE TRI CLUB	0:03:54.90	0:00:59.20	0:39:48.35	0:01:00.60	0:22:41.90	1:08:24.95
31	193	Martin	Driscoll	M 25-29	5	M	30		0:04:56.90	0:00:35.90	0:39:03.70	0:00:00.00	0:23:55.30	1:08:31.80
32	16	Andy	Paine	M 30-34	6	M	31		0:05:22.60	0:01:04.35	0:40:57.35	0:00:52.85	0:20:33.15	1:08:50.30
33	130	Michael	Wilce	M 25-29	6	M	32		0:04:59.20	0:00:48.80	0:41:51.95	0:00:46.80	0:20:31.90	1:08:58.65
34	5	Raymond	Pitti	M 35-39	7	M	33		0:05:34.50	0:02:48.35	0:39:49.15	0:00:58.20	0:20:24.85	1:09:35.05
35	216	Hannah	Hutchings	F 35-39	1	F	2		0:04:09.55	0:01:04.50	0:40:50.80	0:00:50.80	0:23:01.50	1:09:57.15
36	158	Anthony	Plewes	M 40-44	6	M	34	Trent Park	0:05:21.55	0:01:09.80	0:41:39.30	0:00:49.90	0:21:01.35	1:10:01.90
37	203	Adrian	Spender	M 35-39	8	M	35		0:04:24.00	0:00:43.65	0:40:41.70	0:00:37.55	0:23:43.60	1:10:10.50
38	181	Chris	Bond	M 50-54	3	M	36		0:04:55.85	0:01:52.60	0:39:01.85	0:01:00.75	0:23:24.10	1:10:15.15

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39	180	Paul	Durbin	M 45-49	5	M	37		0:04:47.35	0:01:39.35	0:43:35.50	0:00:00.00	0:20:37.60	1:10:39.80
40	170	Paul	Huckstep	M 35-39	9	M	38		0:05:13.65	0:00:54.80	0:38:28.90	0:00:46.65	0:25:19.30	1:10:43.30
41	81	Sarah	Phillips	F 40-44	1	F	3		0:06:10.25	0:00:58.25	0:41:51.35	0:00:00.00	0:21:50.20	1:10:50.05
42	189	Stuart	Renfrew	M 45-49	6	M	39		0:04:40.65	0:00:44.95	0:40:08.85	0:00:54.00	0:24:25.55	1:10:54.00
43	87	Graeme	Swan	M 40-44	7	M	40		0:06:07.85	0:01:40.70	0:39:44.90	0:00:42.50	0:22:43.40	1:10:59.35
44	176	Paul	Ayllott	M 40-44	8	M	41		0:04:48.10	0:01:07.60	0:41:19.95	0:00:58.60	0:23:03.10	1:11:17.35
45	197	Gemma	Bitaraf	F 30-34	1	F	4	Gade Valley Tri	0:04:34.50	0:01:05.30	0:43:08.25	0:01:03.95	0:21:30.00	1:11:22.00
46	131	Alastair	Cameron	M 35-39	10	M	42		0:05:09.45	0:01:05.10	0:41:04.05	0:00:57.25	0:23:17.70	1:11:33.55
47	208	Ian	Wilkinson	M 40-44	9	M	43	hoddlesdon tri club	0:04:27.80	0:00:45.45	0:39:36.40	0:00:41.10	0:26:10.75	1:11:41.50
48	124	John	Field	M 55-59	2	M	44	Triathlon England	0:05:27.35	0:01:13.30	0:40:15.30	0:01:00.50	0:23:52.60	1:11:49.05
49	136	Deborah	Lynch	F 40-44	2	F	5		0:04:50.60	0:01:02.30	0:42:54.25	0:00:00.00	0:23:05.65	1:11:52.80
50	198	Tracy	Aldridge-jones	F 35-39	2	F	6	Gade Valley Tri	0:05:00.10	0:01:01.30	0:42:51.75	0:00:46.95	0:22:13.45	1:11:53.55
51	145	Michael	Wise	M 60-64	1	M	45	Tri Force	0:04:21.00	0:01:01.20	0:42:09.95	0:00:00.00	0:24:22.45	1:11:54.60
52	119	Kamran	Ezel	M 30-34	7	M	46	Southgate Cycling Club	0:05:18.80	0:01:17.60	0:39:42.40	0:01:03.50	0:24:44.15	1:12:06.45
53	86	Paul	Collis	M 35-39	11	M	47		0:05:49.90	0:00:49.45	0:42:33.20	0:00:00.00	0:23:16.40	1:12:28.95
54	53	Graeme	Butler	M 25-29	7	M	48		0:05:54.25	0:01:15.45	0:42:42.45	0:01:12.35	0:21:25.10	1:12:29.60
55	72	James	Williams	M 40-44	10	M	49		0:05:51.65	0:01:05.40	0:41:25.80	0:00:00.00	0:24:12.90	1:12:35.75
56	121	Robert	Swaile	M 30-34	8	M	50		0:05:51.00	0:00:43.80	0:40:23.25	0:00:54.50	0:24:48.80	1:12:41.35
57	91	Robert	Wickings	M 45-49	7	M	51	watford joggers	0:06:11.15	0:01:17.30	0:40:48.80	0:01:06.25	0:23:37.90	1:13:01.40
58	169	Andy	Colville	M 45-49	8	M	52		0:05:01.00	0:00:47.10	0:40:20.30	0:00:39.30	0:26:16.90	1:13:04.60
59	123	Volkan	Gundogdu	M 30-34	9	M	53		0:06:29.45	0:01:14.55	0:41:57.65	0:00:00.00	0:23:25.90	1:13:07.55
60	147	David	Marlow	M 45-49	9	M	54		0:05:25.75	0:01:23.85	0:42:22.80	0:00:38.05	0:23:44.75	1:13:35.20
61	183	Liam	Taylor	M 25-29	8	M	55		0:04:19.85	0:01:06.50	0:42:56.55	0:00:48.55	0:24:24.50	1:13:35.95
62	146	Danny	Brooks	M 40-44	11	M	56		0:05:56.75	0:00:38.70	0:42:36.45	0:00:32.10	0:23:53.85	1:13:37.85
63	113	Andrew	bennett	M 45-49	10	M	57		0:05:58.55	0:01:08.85	0:42:25.35	0:00:00.00	0:24:27.80	1:14:00.55
64	55	Chris	Russ	M 25-29	9	M	58		0:05:55.35	0:00:46.85	0:41:23.75	0:00:54.95	0:25:06.10	1:14:07.00
65	125	Philip	Ball	M 45-49	11	M	59		0:05:18.05	0:01:12.15	0:43:36.40	0:00:59.75	0:23:06.35	1:14:12.70
66	173	Steve	Brown	M 45-49	12	M	60		0:04:51.55	0:01:17.80	0:42:52.20	0:00:00.00	0:25:16.70	1:14:18.25
67	185	Derek	Wood	M 35-39	12	M	61	Transition Tri	0:04:57.45	0:01:18.90	0:44:34.25	0:00:49.15	0:22:45.35	1:14:25.10
68	115	Natasha	Pack	F 35-39	3	F	7	Hoddlesdon Triathlon Club	0:05:58.85	0:01:07.40	0:42:10.10	0:00:53.90	0:24:15.25	1:14:25.50
69	141	Matthew	Collison	M 20-24	3	M	62		0:05:32.10	0:01:25.75	0:43:37.65	0:00:00.00	0:24:21.20	1:14:56.70
70	92	Clive	Trounson	M 50-54	4	M	63		0:05:50.20	0:01:41.70	0:41:09.45	0:01:01.70	0:25:14.70	1:14:57.75
71	59	Guy	Barwell	M 40-44	12	M	64		0:06:28.95	0:01:42.90	0:41:48.60	0:00:51.70	0:24:05.60	1:14:57.75
72	132	Dave	Bramall	M 40-44	13	M	65		0:05:14.05	0:00:50.15	0:41:04.70	0:01:13.65	0:27:13.90	1:15:36.45
73	84	Andrew	Dadswell	M 40-44	14	M	66		0:06:28.00	0:01:38.05	0:42:46.75	0:00:00.00	0:24:45.65	1:15:38.45
74	97	Daniel	Barron	M 35-39	13	M	67		0:05:37.70	0:01:09.40	0:45:31.75	0:01:16.75	0:22:07.60	1:15:43.20
75	109	Kieran	Bukowski	M 50-54	5	M	68		0:06:17.20	0:02:06.40	0:42:15.85	0:00:36.05	0:24:27.70	1:15:43.20
76	116	Mark	Potter	M 50-54	6	M	69		0:05:37.25	0:00:00.00	0:44:45.90	0:00:34.10	0:24:46.25	1:15:43.50

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Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
77	191	Rob	Evans	M 25-29	10	M	70		0:04:34.30	0:01:00.45	0:43:04.60	0:01:05.15	0:26:03.45	1:15:47.95
78	82	Stephen	Pidgeon	M 30-34	10	M	71		0:06:04.40	0:01:38.05	0:43:58.70	0:00:51.95	0:23:27.40	1:16:00.50
79	144	Mike	Suckling	M 50-54	7	M	72		0:05:04.45	0:00:52.90	0:43:17.70	0:01:11.40	0:25:41.90	1:16:08.35
80	39	Paul	Bostock	M 30-34	11	M	73		0:06:31.40	0:01:36.40	0:44:59.25	0:00:53.80	0:22:14.95	1:16:15.80
81	45	Michael	Wilkins	M 45-49	13	M	74	St Albans Striders	0:07:35.50	0:01:24.05	0:41:56.30	0:01:19.00	0:24:01.70	1:16:16.55
82	206	Elizabeth	Swaille	F 25-29	1	F	8		0:04:08.00	0:01:02.20	0:44:45.40	0:00:33.25	0:25:49.40	1:16:18.25
83	51	Mark	Cooper	M 20-24	4	M	75		0:05:48.10	0:01:39.45	0:43:59.75	0:01:25.65	0:23:35.05	1:16:28.00
84	209	Graham	Wallhead	M 40-44	15	M	76		0:04:01.40	0:01:00.15	0:42:47.60	0:01:00.55	0:27:38.75	1:16:28.45
85	155	Kathy	Forrest	F 50-54	2	F	9		0:04:54.55	0:01:16.15	0:42:58.05	0:00:51.50	0:26:28.45	1:16:28.70
86	49	Declan	McCabe	M 45-49	14	M	77	Freedom Tri	0:05:37.20	0:01:18.25	0:45:19.25	0:00:45.35	0:23:29.85	1:16:29.90
87	187	Samantha	May	F 20-24	1	F	10		0:05:40.05	0:01:00.90	0:43:00.75	0:00:54.35	0:25:58.65	1:16:34.70
88	219	Tim	Price	M 25-29	11	M	78		0:04:12.15	0:01:23.20	0:46:41.70	0:00:56.85	0:23:32.70	1:16:46.60
89	165	John	Littlechild	M 35-39	14	M	79		0:05:06.60	0:02:01.20	0:46:08.05	0:00:50.95	0:22:51.75	1:16:58.55
90	162	Peter	Foscoe	M 50-54	8	M	80	Odyssey TriClub	0:05:21.30	0:00:45.75	0:42:02.30	0:00:00.00	0:29:10.40	1:17:19.75
91	133	Paul	Appleton	M 40-44	16	M	81		0:05:27.85	0:01:14.70	0:43:10.30	0:00:00.00	0:27:30.45	1:17:23.30
92	110	Kimberley	Mangelshot	F 40-44	3	F	11	Hoddesdon Tri Club	0:06:29.00	0:01:15.10	0:44:32.90	0:00:00.00	0:25:11.20	1:17:28.20
93	75	Daniel	Murphy	M 40-44	17	M	82		0:05:42.70	0:01:26.15	0:44:25.90	0:00:56.10	0:25:01.50	1:17:32.35
94	64	Jon	Bradford	M 45-49	15	M	83		0:06:09.15	0:01:43.70	0:42:17.45	0:01:22.20	0:26:03.55	1:17:36.05
95	126	Pat	Higgins	M 55-59	3	M	84	St. Albans striders	0:05:56.40	0:01:04.00	0:44:29.85	0:01:02.25	0:25:15.20	1:17:47.70
96	44	Andrew	Adeane	M 45-49	16	M	85		0:07:42.35	0:01:41.55	0:41:28.25	0:01:08.55	0:25:53.20	1:17:53.90
97	108	Ceri	Foscoe	F 50-54	3	F	12		0:05:51.15	0:01:36.00	0:44:39.45	0:01:27.35	0:24:25.20	1:17:59.15
98	154	Charlotte	Chapman	F 25-29	2	F	13	Garden City Runners	0:05:15.20	0:01:10.10	0:45:53.90	0:00:00.00	0:25:45.00	1:18:04.20
99	112	Stuart	Mangan	M 40-44	18	M	86		0:05:44.85	0:02:08.70	0:47:30.45	0:01:13.65	0:21:57.40	1:18:35.05
100	186	Adrian	Ferdinands	M 40-44	19	M	87		0:04:50.70	0:01:48.85	0:45:24.95	0:01:39.95	0:25:08.05	1:18:52.50
101	98	Ansar	Iqbal	M 45-49	17	M	88		0:06:29.25	0:01:12.80	0:46:08.55	0:00:50.85	0:24:37.80	1:19:19.25
102	88	Simon	Walsh	M 45-49	18	M	89		0:05:59.85	0:01:11.25	0:45:34.85	0:01:02.85	0:25:52.35	1:19:41.15
103	71	Andrew	Jermain	M 40-44	20	M	90		0:05:24.15	0:01:31.35	0:46:11.55	0:01:09.50	0:25:24.65	1:19:41.20
104	128	Kate	Dixon	F 35-39	4	F	14		0:05:18.85	0:01:34.95	0:48:33.85	0:00:35.10	0:23:47.70	1:19:50.45
105	63	Themba	Moyo	M 35-39	15	M	91		0:07:35.65	0:01:33.65	0:45:29.60	0:00:00.00	0:25:13.25	1:19:52.15
106	222	Francesca	Durbin	F 15-19	1	F	15	Tri-Force Juniors	0:04:20.20	0:00:00.00	0:49:22.45	0:00:39.85	0:25:29.65	1:19:52.15
107	31	Josh	Mansfield	M 25-29	12	M	92	Transition Tri	0:07:14.00	0:01:37.50	0:45:42.15	0:01:02.95	0:24:18.50	1:19:55.10
108	104	Paul	Cecil	M 45-49	19	M	93		0:05:59.05	0:02:14.05	0:47:49.70	0:01:02.85	0:23:28.20	1:20:33.85
109	10	Rachel	Arden-Davis	F 40-44	4	F	16		0:06:16.75	0:01:36.05	0:48:18.90	0:00:50.20	0:23:32.45	1:20:34.35
110	192	Amy	Chalcraft	F 30-34	2	F	17		0:04:32.95	0:00:00.00	0:48:58.65	0:00:53.15	0:26:21.15	1:20:45.90
111	178	Ben	Thorn	M 25-29	13	M	94		0:04:44.70	0:00:47.60	0:48:12.15	0:00:52.20	0:26:26.05	1:21:02.70
112	94	David	Edwards	M 45-49	20	M	95		0:05:32.40	0:01:56.80	0:44:52.45	0:01:31.90	0:27:23.10	1:21:16.65
113	218	Daniel	Amos	M 25-29	14	M	96		0:04:39.30	0:00:52.85	0:45:05.35	0:01:05.40	0:29:43.70	1:21:26.60
114	114	Emma	Raymen	F 35-39	5	F	18	Hoddesdon Tri	0:05:48.05	0:01:19.90	0:46:57.70	0:01:16.70	0:26:21.55	1:21:43.90

Tri Force HSV Triathlon  
September 2014

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
115	105	Victor	Garcia	M 35-39	16	M	97		0:06:48.65	0:02:16.55	0:47:38.20	0:01:27.55	0:23:45.50	1:21:56.45
116	153	Julie	Rowe	F 45-49	1	F	19		0:06:23.75	0:01:36.10	0:46:00.25	0:01:23.60	0:26:57.55	1:22:21.25
117	43	Thomas	Rogers	M 45-49	21	M	98		0:06:15.75	0:01:10.70	0:48:04.65	0:01:14.50	0:25:58.45	1:22:44.05
118	54	Vincent	Phelan	M 55-59	4	M	99		0:06:28.25	0:02:15.70	0:46:13.50	0:01:21.90	0:26:28.55	1:22:47.90
119	135	Michael	Gornall Sr	M 50-54	9	M	100	RGactive Race Team Essex	0:04:50.60	0:01:16.40	0:47:23.40	0:01:36.45	0:28:02.90	1:23:09.75
120	73	John	Turner	M 55-59	5	M	101		0:07:02.30	0:02:15.30	0:41:14.55	0:01:55.75	0:30:47.65	1:23:15.55
121	179	Amanda	Whorwood	F 40-44	5	F	20		0:04:26.05	0:01:43.30	0:48:51.90	0:01:15.00	0:27:02.00	1:23:18.25
122	182	Peter	Markantonatos	M 45-49	22	M	102		0:05:22.85	0:02:12.45	0:45:34.30	0:01:13.45	0:28:56.50	1:23:19.55
123	167	Andrew	Dean	M 15-19	1	M	103	Stevenage Swimming Club	0:05:19.00	0:03:46.05	0:47:02.60	0:01:48.30	0:26:01.15	1:23:57.10
124	159	Anna	Ashwell	F 45-49	2	F	21		0:05:22.95	0:01:44.95	0:48:21.70	0:00:56.40	0:27:33.15	1:23:59.15
125	48	Alick	Lawrence	M 40-44	21	M	104		0:07:04.05	0:01:29.90	0:46:48.70	0:00:52.60	0:27:50.55	1:24:05.80
126	149	Felicity	Lass	F 35-39	6	F	22		0:06:18.70	0:01:20.75	0:50:56.30	0:00:37.45	0:24:53.40	1:24:06.60
127	42	Neil	Blewitt	M 40-44	22	M	105		0:06:43.85	0:01:55.60	0:46:07.60	0:00:00.00	0:29:27.75	1:24:14.80
128	156	Christopher	Leigh	M 50-54	10	M	106	Transact TS	0:04:57.70	0:01:01.55	0:48:31.55	0:00:00.00	0:29:44.05	1:24:14.85
129	30	Ralph	Haynes	M 45-49	23	M	107		0:08:07.60	0:01:58.15	0:44:34.80	0:01:28.85	0:28:15.85	1:24:25.25
130	78	Denise	Kellett	F 40-44	6	F	23	Metropolitan Police	0:06:45.10	0:01:53.45	0:49:36.55	0:01:10.10	0:25:01.10	1:24:26.30
131	22	Alan	Hope	M 50-54	11	M	108		0:08:53.30	0:02:09.95	0:44:41.25	0:01:47.70	0:27:13.25	1:24:45.45
132	152	Laurence	Thirkettle	M 45-49	24	M	109	Jetstream Tri	0:06:13.35	0:01:36.20	0:45:40.35	0:01:33.60	0:29:49.85	1:24:53.35
133	4	Bode	Oyewusi	M 35-39	17	M	110		0:07:07.75	0:03:43.00	0:44:57.80	0:01:14.60	0:27:51.20	1:24:54.35
134	140	Jamie	Russ	M 35-39	18	M	111		0:05:32.45	0:02:02.00	0:48:39.95	0:00:00.00	0:28:55.45	1:25:09.85
135	90	Louise	Burns	F 45-49	3	F	24		0:07:03.55	0:01:50.10	0:49:52.50	0:01:19.10	0:25:35.90	1:25:41.15
136	33	Stuart	Chalcraft	M 35-39	19	M	112		0:06:58.30	0:02:14.35	0:48:35.30	0:00:57.30	0:27:02.15	1:25:47.40
137	118	Robert	Zuccolini	M 50-54	12	M	113		0:04:55.70	0:01:44.60	0:48:12.15	0:00:00.00	0:30:56.15	1:25:48.60
138	99	Sheila	Driscoll	F 50-54	4	F	25		0:05:53.75	0:01:11.65	0:49:38.80	0:00:42.35	0:28:47.35	1:26:13.90
139	77	Lauren	Richardson	F 20-24	2	F	26		0:05:30.00	0:01:59.75	0:46:56.25	0:00:53.40	0:31:19.90	1:26:39.30
140	95	Michael	Gallucci	M 45-49	25	M	114		0:06:26.70	0:01:45.30	0:50:40.15	0:01:19.40	0:26:31.30	1:26:42.85
141	127	Karen	Robins	F 50-54	5	F	27		0:05:21.45	0:01:50.20	0:52:22.15	0:00:00.00	0:27:19.90	1:26:53.70
142	38	Samuel	Huggill	M 30-34	12	M	115		0:07:12.90	0:03:04.70	0:48:41.75	0:01:12.15	0:27:01.40	1:27:12.90
143	14	Philip	Adams	M 25-29	15	M	116		0:05:30.55	0:02:16.50	0:47:56.65	0:01:46.05	0:29:48.80	1:27:18.55
144	89	Lindsay	Omar	F 45-49	4	F	28		0:05:53.15	0:02:40.35	0:51:14.95	0:00:00.00	0:27:53.85	1:27:42.30
145	62	Andy	Duckworth	M 35-39	20	M	117		0:05:18.90	0:02:04.00	0:49:29.40	0:00:46.15	0:30:15.55	1:27:54.00
146	36	Kevin	Lynch	M 50-54	13	M	118		0:07:42.80	0:02:04.30	0:49:36.75	0:02:01.60	0:27:16.45	1:28:41.90
147	117	Julie	Zuccolini	F 50-54	6	F	29		0:05:08.05	0:01:33.00	0:54:25.30	0:00:53.70	0:26:58.80	1:28:58.85
148	46	Mani	Sihra	M 25-29	16	M	119		0:07:16.55	0:02:21.40	0:53:26.75	0:01:08.80	0:25:13.55	1:29:27.05
149	93	Michael	Gornall Jr	M 20-24	5	M	120		0:05:33.80	0:01:32.70	0:57:26.20	0:00:45.15	0:24:48.90	1:30:06.75
150	76	Emma	Leahy	F 40-44	7	F	30		0:06:25.75	0:02:22.75	0:54:45.70	0:01:48.60	0:24:49.10	1:30:11.90
151	29	Lyle	Gornall	M 20-24	6	M	121	Rg active race team	0:06:23.95	0:02:58.10	0:50:29.65	0:01:51.80	0:28:28.80	1:30:12.30
152	80	Nikki	Kempen	F 30-34	3	F	31		0:06:38.60	0:01:25.60	0:53:05.25	0:00:00.00	0:30:05.85	1:31:15.30

Tri Force HSV Triathlon  
September 2014

Pos	Bib	Firstname	Lastname	Cat	Cat Pos	Gender	Gender Pos	Club	Swim	T1	Bike	T2	Run	Finish
153	142	Colin	Teagle	M 30-34	13	M	122		0:06:35.15	0:04:15.35	0:51:03.70	0:01:02.35	0:29:01.40	1:31:57.95
154	96	James	Dyason	M 30-34	14	M	123		0:05:19.25	0:01:48.80	0:46:04.70	0:01:26.35	0:37:19.50	1:31:58.60
155	2	Melissa	Berry	F 30-34	4	F	32		0:07:02.95	0:02:56.30	0:54:34.00	0:01:24.80	0:28:52.45	1:34:50.50
156	56	Dawn	Collins	F 35-39	7	F	33	Hoddesdon Tri Club	0:06:05.75	0:01:28.70	0:50:27.65	0:00:57.35	0:35:58.30	1:34:57.75
157	102	Isobel	Turner	F 20-24	3	F	34		0:06:00.35	0:02:37.75	0:54:19.40	0:00:59.80	0:31:47.35	1:35:44.65
158	1	Sarah	Ellis	F 30-34	5	F	35		0:07:29.05	0:03:00.40	0:58:34.95	0:00:42.40	0:26:30.90	1:36:17.70
159	26	Meena	Patel	F 25-29	3	F	36		0:08:04.90	0:02:21.55	0:55:49.35	0:01:04.55	0:29:18.10	1:36:38.45
160	7	Jo	Gilbert	F 35-39	8	F	37		0:07:16.95	0:01:41.40	0:56:34.70	0:00:53.50	0:31:09.45	1:37:36.00
161	41	Tricia	Gormley	F 50-54	7	F	38		0:07:35.85	0:03:56.40	0:55:52.65	0:01:47.25	0:30:29.90	1:39:42.05
162	24	Kate	Collis	F 35-39	9	F	39	Herts police triathlon club	0:09:36.75	0:01:15.15	0:53:24.05	0:01:44.20	0:34:08.30	1:40:08.45
163	12	Charmaine	Wakelin	F 40-44	8	F	40		0:05:43.70	0:01:56.65	0:58:35.35	0:00:42.75	0:33:40.10	1:40:38.55
164	18	Rhianna	Ward	F 20-24	4	F	41		0:08:47.80	0:03:35.25	0:55:46.85	0:01:53.45	0:30:50.30	1:40:53.65
165	65	Deby	Pepe	F 40-44	9	F	42		0:06:30.50	0:01:51.45	0:56:08.50	0:00:48.40	0:35:47.40	1:41:06.25
166	32	Catherine	Leahy	F 40-44	10	F	43		0:09:37.75	0:02:50.25	0:52:18.05	0:01:40.60	0:35:31.70	1:41:58.35
167	61	Sandra	Lynch	F 45-49	5	F	44		0:06:10.50	0:02:22.85	0:56:53.05	0:03:31.90	0:33:17.35	1:42:15.65
168	25	Aimee	Bostock	F 25-29	4	F	45		0:06:44.95	0:01:42.65	0:57:22.85	0:00:44.00	0:42:13.70	1:48:48.15
169	9	Hazel	Bancroft	F 50-54	8	F	46		0:09:45.00	0:02:45.55	1:00:44.70	0:02:30.50	0:36:42.40	1:52:28.15
170	19	Andrew	Richardson	M 40-44	23	M	124		0:07:49.90	0:03:07.65	1:12:33.10	0:01:12.25	0:30:47.80	1:55:30.70
171	15	Lewis	Gornall	M 20-24	7	M	125		0:09:19.95	0:03:11.70	1:03:12.10	0:02:07.75	0:38:15.25	1:56:06.75
DNF	199	Gareth	Evans	M 45-49		M		Crusties	0:04:29.05	0:01:01.50	0:43:10.10	0:01:47.00		
DNF	74	Sara	Alleyne	F 25-29		F		Hoddesdon Tri Club	0:06:10.75	0:00:00.00				
DNF	184	Hayley	Pullen	F 25-29		F			0:06:43.25	0:01:58.25	0:53:35.90	0:01:48.35		
DNF	50	Rob	Burns	M 40-44		M			0:07:03.25	0:01:36.20	1:01:29.20	0:00:00.00		
DNF	111	Jean	Booth	F 50-54		F			0:06:11.65	0:02:43.90	0:51:49.70			