

Tri Force Sprint Triathlon  
8th September 2013

Pos	Bib	Firstname	Lastname	Cat		Gender		Club	Swim	T1	Bike	T2	Run	Finish
				Cat	Pos	Gender	Pos							
1	243	George	Park	M 35-39	1	M	1	Tri-Force	0:06:09.35	0:00:32.20	0:35:39.85	0:00:45.10	0:18:27.15	1:01:33.65
2	247	Anthony	Collier	M 25-29	1	M	2	Hoddesdon Tri	0:05:18.10	0:00:29.00	0:35:44.25	0:00:30.60	0:19:32.75	1:01:34.70
3	234	Jonathan	Wadge	M 35-39	2	M	3	Tri Force	0:06:44.85	0:00:54.35	0:35:34.60	0:00:43.05	0:18:01.80	1:01:58.65
4	242	Kevin	Dean	M 50-54	1	M	4	Tri-Force Herts	0:06:18.35	0:00:44.40	0:35:49.30	0:00:43.90	0:20:23.85	1:03:59.80
5	235	Paul	Lucas	M 30-34	1	M	5		0:06:50.85	0:00:46.60	0:36:38.70	0:00:41.90	0:19:10.10	1:04:08.15
6	229	Adam	Cross	M 20-24	1	M	6	Tri-Force	0:06:30.85	0:00:47.85	0:35:17.00	0:00:40.10	0:20:55.60	1:04:11.40
7	224	John	Potter	M 35-39	3	M	7		0:06:47.90	0:00:30.35	0:35:30.95	0:00:39.00	0:20:51.95	1:04:20.15
8	219	Nigel	Wilson	M 35-39	4	M	8		0:06:50.00	0:00:59.75	0:36:34.80	0:01:00.25	0:19:10.40	1:04:35.20
9	227	Adrian	James	M 45-49	1	M	9	Harpenden Arrows	0:06:39.20	0:00:33.95	0:37:05.90	0:00:38.85	0:19:54.60	1:04:52.50
10	194	Howard	Sladen	M 20-24	2	M	10	Hoddesdon	0:06:31.70	0:00:45.90	0:36:30.65	0:00:59.00	0:20:19.95	1:05:07.20
11	210	Phil	Anderson	M 45-49	2	M	11		0:06:43.15	0:00:35.30	0:37:31.15	0:00:42.70	0:20:15.00	1:05:47.30
12	175	Iain	Whiteley	M 45-49	3	M	12	Lager Lodge	0:07:33.45	0:01:42.50	0:36:22.85	0:00:36.50	0:20:13.45	1:06:28.75
13	237	Christine	Pout	F 50-54	1	F	1		0:06:27.05	0:00:53.50	0:37:12.30	0:00:51.50	0:21:55.40	1:07:19.75
14	246	Daniel	McDonald	M 25-29	2	M	13		0:05:50.30	0:00:37.55	0:40:45.45	0:00:26.05	0:20:19.95	1:07:59.30
15	249	Jon	Brett	M 45-49	4	M	14		0:05:54.00	0:00:52.90	0:38:08.30	0:01:04.10	0:22:21.00	1:08:20.30
16	244	Andrew	O'Sullivan	M 25-29	3	M	15	Hoddesdon Tri	0:05:45.70	0:01:10.75	0:38:22.30	0:00:50.50	0:22:26.45	1:08:35.70
17	251	Paul	Sands	M 17-19	1	M	16		0:06:06.85	0:00:45.90	0:39:46.40	0:00:41.05	0:21:21.10	1:08:41.30
18	165	Timothy	Phillips	M 45-49	5	M	17		0:08:41.55	0:00:55.60	0:36:54.75	0:00:43.85	0:21:44.00	1:08:59.75
19	198	Steven	Phillips	M 35-39	5	M	18		0:08:10.65	0:00:31.75	0:39:16.70	0:00:34.25	0:20:40.95	1:09:14.30
20	66	Terry	Alcock	M 35-39	6	M	19	Herts Police Triathlon Club	0:09:04.10	0:00:39.85	0:38:17.95	0:00:39.05	0:21:09.25	1:09:50.20
21	180	Marcus	Maxwell	M 40-44	1	M	20		0:08:21.25	0:01:28.30	0:40:34.70	0:01:09.70	0:18:20.90	1:09:54.85
22	239	Craig	Muckleston	M 40-44	2	M	21		0:06:02.65	0:00:56.80	0:40:42.70	0:00:37.05	0:21:57.60	1:10:16.80
23	213	David	Steven	M 30-34	2	M	22		0:07:48.55	0:01:45.50	0:39:20.60	0:01:39.65	0:19:49.20	1:10:23.50
24	203	Steve	Hunt	M 40-44	3	M	23	Hoddesdon	0:06:57.50	0:00:39.65	0:41:22.25	0:00:38.20	0:21:24.00	1:11:01.60
25	170	Alice	Campbell	F 25-29	1	F	2	Trent Park Triathlon Club	0:06:54.35	0:01:19.45	0:41:34.10	0:01:05.35	0:20:13.50	1:11:06.75
26	57	Ricky	Gray	M 25-29	4	M	24	Ha Tri	0:09:28.85	0:01:00.70	0:37:45.85	0:01:00.25	0:21:51.30	1:11:06.95
27	222	Andy	Colville	M 45-49	6	M	25		0:07:36.30	0:00:50.00	0:39:21.25	0:00:40.70	0:22:46.95	1:11:15.20
28	211	Andrew	Mayers	M 50-54	2	M	26	Leicester Triathlon Club	0:07:17.60	0:01:17.30	0:38:45.75	0:01:03.90	0:23:28.40	1:11:52.95
29	236	Joe	Clune	M 40-44	4	M	27		0:06:32.50	0:01:38.10	0:39:54.80	0:01:14.55	0:22:56.90	1:12:16.85
30	169	Nick	Short	M 45-49	7	M	28	Army Triathlon	0:07:26.40	0:01:08.25	0:40:35.20	0:00:47.50	0:22:20.05	1:12:17.40
31	114	Steve	Lambert	M 45-49	8	M	29		0:09:13.35	0:00:35.90	0:40:15.75	0:00:47.05	0:21:35.70	1:12:27.75
32	205	James	Dalrymple-Smith	M 35-39	7	M	30		0:07:16.15	0:01:14.30	0:41:29.65	0:00:47.20	0:21:50.05	1:12:37.35
33	152	Ian	Brinkley	M 45-49	9	M	31		0:08:42.20	0:00:46.80	0:40:21.95	0:00:46.85	0:21:59.95	1:12:37.75
34	223	Christian	Mathieson	M 30-34	3	M	32		0:07:14.95	0:01:04.10	0:40:36.75	0:00:58.00	0:22:57.65	1:12:51.45
35	231	Adrian	Spender	M 35-39	8	M	33		0:06:55.80	0:00:46.95	0:40:49.40	0:00:37.45	0:23:45.65	1:12:55.25
36	197	Robert	Hill	M 40-44	5	M	34		0:07:57.65	0:01:09.00	0:40:32.20	0:00:51.75	0:22:26.20	1:12:56.80
37	241	Hannah	Hutchings	F 30-34	1	F	3		0:06:03.60	0:01:05.15	0:41:44.65	0:00:55.30	0:23:10.20	1:12:58.90
38	200	Dave	Collins	M 40-44	6	M	35		0:06:42.45	0:01:08.60	0:43:04.55	0:00:28.95	0:22:10.85	1:13:35.40

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Pos	Bib	Firstname	Lastname	Cat		Gender		Club	Swim	T1	Bike	T2	Run	Finish
				Cat	Pos	Gender	Pos							
39	206	Paul	Huckstep	M 35-39	9	M	36		0:08:01.90	0:00:50.00	0:39:04.80	0:00:44.40	0:24:56.65	1:13:37.75
40	179	Simon	Osman	M 35-39	10	M	37		0:07:59.10	0:01:12.90	0:41:21.25	0:00:36.65	0:22:31.90	1:13:41.80
41	196	Ruth	Grint	F 45-49	1	F	4		0:07:40.55	0:00:56.55	0:42:24.40	0:00:51.65	0:21:54.10	1:13:47.25
42	119	Nick	Clarke	M 25-29	5	M	38	Metropolitan Triathlon Club	0:08:12.75	0:01:20.40	0:38:45.75	0:00:52.55	0:24:37.95	1:13:49.40
43	230	Stuart	Renfrew	M 45-49	10	M	39		0:07:13.10	0:01:01.60	0:40:41.25	0:00:55.10	0:24:09.30	1:14:00.35
44	164	Jamie	Keenan	M 45-49	11	M	40	-	0:08:17.75	0:01:32.85	0:41:42.20	0:00:41.55	0:21:55.20	1:14:09.55
45	209	Andy	Thomas	M 20-24	3	M	41		0:07:43.10	0:00:51.55	0:38:56.90	0:00:41.85	0:25:59.85	1:14:13.25
46	214	Joe	Plunkett	M 20-24	4	M	42		0:07:18.85	0:02:26.25	0:40:17.40	0:01:16.45	0:22:55.05	1:14:14.00
47	145	Marc	Bolton	M 30-34	4	M	43	Met Police Tri Club	0:08:49.40	0:00:49.45	0:42:35.60	0:00:38.20	0:21:28.90	1:14:21.55
48	193	Jonathan	Ball	M 45-49	12	M	44	Trent Park	0:07:25.00	0:00:40.85	0:40:59.05	0:00:37.35	0:25:13.75	1:14:56.00
49	174	Richard	Moreton	M 40-44	7	M	45	Harpندن Arrows	0:07:37.55	0:02:07.00	0:41:26.00	0:00:57.95	0:22:59.45	1:15:07.95
50	130	Jason	Hasty	M 40-44	8	M	46		0:08:10.80	0:01:26.20	0:43:37.55	0:00:44.25	0:21:20.60	1:15:19.40
51	225	Gareth	Evans	M 45-49	13	M	47		0:06:38.90	0:00:58.95	0:43:41.90	0:00:59.15	0:23:21.75	1:15:40.65
52	162	Jonathan	Dearman	M 40-44	9	M	48		0:08:26.50	0:01:35.50	0:42:13.65	0:00:51.55	0:22:37.75	1:15:44.95
53	118	Andrew	Mckillop	M 40-44	10	M	49	St Albans Striders	0:09:48.45	0:01:54.10	0:42:18.95	0:00:41.45	0:21:19.75	1:16:02.70
54	178	Lorne	Mccalla	M 50-54	3	M	50		0:07:48.35	0:01:09.00	0:41:34.65	0:01:38.75	0:23:58.85	1:16:09.60
55	172	David	Saunders	M 45-49	14	M	51		0:07:21.30	0:01:28.65	0:40:48.30	0:01:29.25	0:25:09.40	1:16:16.90
56	129	Andy	Sands	M 50-54	4	M	52		0:09:20.75	0:01:33.30	0:41:50.10	0:00:55.60	0:23:02.90	1:16:42.65
57	123	Lee	Mcivor	M 35-39	11	M	53	Tri Force	0:10:21.65	0:01:25.35	0:43:11.60	0:01:21.80	0:20:22.55	1:16:42.95
58	46	Owen	Turner	M 40-44	11	M	54		0:09:18.70	0:01:55.25	0:40:40.35	0:01:26.45	0:23:22.35	1:16:43.10
59	221	Chris	Bond	M 50-54	5	M	55		0:07:28.45	0:01:56.20	0:41:51.75	0:01:17.80	0:24:19.80	1:16:54.00
60	157	David	Wright	M 45-49	15	M	56	Biggleswade Bootcamp	0:08:59.25	0:01:24.70	0:40:55.65	0:00:57.65	0:24:44.50	1:17:01.75
61	148	Paul	Barnes	M 45-49	16	M	58		0:08:54.30	0:01:26.35	0:40:47.15	0:01:09.85	0:24:59.85	1:17:17.50
62	144	Daniel	Barron	M 35-39	12	M	57		0:08:11.05	0:00:51.20	0:45:26.10	0:00:49.55	0:21:59.60	1:17:17.50
63	158	Andrew	Bennett	M 45-49	17	M	59		0:08:40.45	0:01:10.85	0:43:21.05	0:00:34.30	0:23:36.05	1:17:22.70
64	77	Michael	Wilkins	M 45-49	18	M	60	St Albans Striders	0:09:56.80	0:01:18.00	0:42:38.60	0:01:16.05	0:22:16.15	1:17:25.60
65	173	Rob	Atkin	M 45-49	19	M	61		0:07:44.05	0:01:08.05	0:44:10.90	0:01:00.85	0:23:22.25	1:17:26.10
66	136	Chris	Kitchener	M 45-49	20	M	62	Hillingdon Triathletes	0:09:48.15	0:01:37.05	0:43:16.50	0:01:16.65	0:21:30.35	1:17:28.70
67	149	Paul	Collis	M 35-39	13	M	63		0:09:35.55	0:00:50.90	0:42:32.25	0:00:53.85	0:23:40.35	1:17:32.90
68	105	Ryan	Downer	M 20-24	5	M	64		0:07:54.25	0:02:19.90	0:42:47.35	0:01:15.40	0:23:17.85	1:17:34.75
69	185	Natalie	Wickings	F 17-19	1	F	5	Stevenage And North Herts Ac	0:08:46.15	0:01:17.40	0:44:50.00	0:00:27.75	0:22:16.05	1:17:37.35
70	106	Paul	Martin	M 40-44	12	M	65	None	0:08:43.40	0:01:41.15	0:44:09.35	0:00:35.35	0:22:30.25	1:17:39.50
71	154	Danny	Brooks	M 35-39	14	M	66		0:09:18.00	0:00:40.10	0:43:16.00	0:00:42.75	0:23:44.25	1:17:41.10
72	58	Glen	Crosland	M 30-34	5	M	67	Elite Training Centre Leighton Buzzard	0:09:35.25	0:01:23.75	0:43:39.40	0:00:44.65	0:22:24.50	1:17:47.55
73	135	Vincent	Hancock	M 40-44	13	M	68		0:08:57.00	0:01:27.95	0:39:11.65	0:01:28.20	0:26:52.45	1:17:57.25
74	65	Daniel	Amos	M 25-29	6	M	69	Herts Police	0:08:13.85	0:00:47.20	0:41:00.45	0:00:58.65	0:27:01.65	1:18:01.80
75	139	Peter	Raynor	M 40-44	14	M	70	Jetstream	0:08:46.15	0:01:16.50	0:42:09.80	0:01:12.15	0:24:43.45	1:18:08.05
76	76	Julian	Jones	M 40-44	15	M	71		0:09:57.00	0:02:12.50	0:44:15.55	0:00:45.10	0:21:04.15	1:18:14.30

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Pos	Bib	Firstname	Lastname	Cat		Gender		Club	Swim	T1	Bike	T2	Run	Finish
				Cat	Pos	Gender	Pos							
77	160	Christopher	Gray	M 35-39	15	M	72		0:08:49.40	0:01:12.50	0:44:40.00	0:01:23.50	0:22:11.30	1:18:16.70
78	60	Andrew	Dadswell	M 35-39	16	M	73		0:09:47.25	0:01:25.15	0:41:52.95	0:00:34.35	0:24:39.80	1:18:19.50
79	195	Alastair	Cameron	M 35-39	17	M	74		0:08:33.85	0:02:03.20	0:41:48.55	0:01:00.20	0:25:05.50	1:18:31.30
80	111	Noel	Anderson	M 35-39	18	M	75		0:09:10.60	0:01:44.75	0:44:42.70	0:01:13.50	0:21:47.90	1:18:39.45
81	151	Abigail	Fisher	F 30-34	2	F	6	Met Police Tri Club	0:08:49.15	0:00:58.85	0:43:06.30	0:01:02.35	0:25:01.35	1:18:58.00
82	204	Jim	Francis	M 40-44	17	M	77		0:06:47.60	0:01:18.35	0:45:53.80	0:01:07.40	0:23:55.70	1:19:02.85
83	4	Damian	Riley	M 40-44	16	M	76		0:08:41.20	0:01:48.95	0:44:14.55	0:01:14.80	0:23:03.35	1:19:02.85
84	85	Michael	Wilce	M 25-29	7	M	78		0:08:56.25	0:01:07.05	0:45:00.20	0:00:56.05	0:23:10.75	1:19:10.30
85	183	Erica	Crawshaw	F 30-34	3	F	7		0:07:50.80	0:02:51.85	0:44:29.05	0:00:46.95	0:23:29.50	1:19:28.15
86	201	Steve	Brown	M 45-49	21	M	79		0:07:21.95	0:01:39.95	0:42:46.55	0:01:15.40	0:26:26.75	1:19:30.60
87	143	Tom	Gosling	M 40-44	18	M	80		0:07:50.05	0:02:34.90	0:43:22.50	0:01:33.95	0:24:15.60	1:19:37.00
88	103	Robert	Wickings	M 45-49	22	M	81	Watford Joggers	0:09:51.75	0:01:48.15	0:43:30.55	0:01:15.75	0:23:31.40	1:19:57.60
89	120	Marcus	Purser	M 40-44	19	M	82		0:10:21.00	0:01:35.65	0:43:41.70	0:00:52.15	0:23:29.30	1:19:59.80
90	150	Pat	Higgins	M 55-59	1	M	83	St Albans Striders	0:08:06.25	0:01:00.85	0:46:11.50	0:00:50.35	0:23:51.45	1:20:00.40
91	168	Robert	Swaille	M 30-34	6	M	84		0:09:43.45	0:01:22.45	0:43:14.45	0:00:46.75	0:25:09.20	1:20:16.30
92	220	John	Clark	M 45-49	23	M	85		0:07:46.95	0:01:00.70	0:44:35.80	0:01:03.60	0:25:51.55	1:20:18.60
93	61	Ansar	Iqbal	M 45-49	24	M	86		0:09:34.45	0:01:26.45	0:45:55.20	0:01:08.70	0:22:20.95	1:20:25.75
94	159	Gavin	Clark	M 30-34	7	M	87		0:09:20.10	0:01:42.65	0:47:17.60	0:01:12.30	0:21:23.50	1:20:56.15
95	171	Guy	Saward	M 45-49	25	M	88		0:07:42.85	0:01:43.00	0:44:05.00	0:00:45.65	0:26:47.40	1:21:03.90
96	188	Craig	Basham	M 35-39	19	M	89		0:09:08.05	0:01:28.30	0:45:45.00	0:00:55.45	0:23:51.55	1:21:08.35
97	113	James	Warrillow	M 35-39	20	M	90		0:10:11.35	0:02:12.75	0:42:49.55	0:01:48.15	0:24:18.20	1:21:20.00
98	187	Ross	Basham	M 30-34	8	M	91		0:08:52.35	0:01:55.30	0:47:38.15	0:00:44.95	0:22:21.85	1:21:32.60
99	72	Alasdair	Bleakley	M 40-44	20	M	92		0:09:33.05	0:01:39.10	0:46:45.60	0:00:27.70	0:23:18.90	1:21:44.35
100	27	David	Ascott	M 50-54	6	M	93	Herts police triathlon club	0:09:54.20	0:03:01.55	0:44:09.20	0:01:04.20	0:23:45.35	1:21:54.50
101	67	Paul	Bostock	M 30-34	9	M	94		0:10:05.55	0:01:45.20	0:46:00.40	0:01:22.20	0:22:42.30	1:21:55.65
102	92	Alan	Baker	M 50-54	7	M	95		0:10:22.10	0:01:18.40	0:44:24.35	0:01:01.65	0:24:56.85	1:22:03.35
103	217	Stephanie	Plunkett	F 20-24	1	F	8		0:06:29.15	0:01:32.10	0:46:14.60	0:01:00.90	0:26:50.65	1:22:07.40
104	73	Rob	Jenkinson	M 45-49	26	M	96		0:09:46.95	0:02:05.05	0:42:02.95	0:01:30.60	0:26:57.95	1:22:23.50
105	216	Sophie	Plunkett	F 25-29	2	F	9		0:06:38.85	0:01:27.15	0:46:07.05	0:01:12.65	0:26:59.30	1:22:25.00
106	86	Simon	Walsh	M 40-44	21	M	97		0:09:35.80	0:03:03.70	0:42:44.85	0:01:57.00	0:25:19.20	1:22:40.55
107	75	Martyn	Brooks	M 40-44	22	M	98		0:07:59.80	0:02:32.25	0:44:32.90	0:02:04.75	0:25:41.75	1:22:51.45
108	70	Phillip	Moss	M 40-44	23	M	99		0:08:21.75	0:01:04.55	0:48:03.75	0:00:46.50	0:25:12.90	1:23:29.45
109	146	Stuart	Mangan	M 40-44	24	M	100		0:08:55.40	0:02:12.30	0:47:09.20	0:01:37.35	0:23:39.65	1:23:33.90
110	208	Derek	Wood	M 35-39	21	M	101	Transition Tri	0:07:00.25	0:01:15.15	0:48:37.80	0:01:17.15	0:25:29.45	1:23:39.80
111	228	Elizabeth	Swaille	F 25-29	3	F	10		0:06:20.15	0:01:44.10	0:46:38.05	0:00:48.20	0:28:13.65	1:23:44.15
112	142	Denise	Kellett	F 40-44	1	F	11	Metropolitan Police	0:10:11.70	0:01:31.30	0:46:28.75	0:01:10.05	0:24:39.30	1:24:01.10
113	212	Sarah	Moore	F 45-49	2	F	12		0:07:10.80	0:01:07.95	0:48:00.70	0:01:01.65	0:26:57.00	1:24:18.10
114	126	John	Ryan	M 50-54	8	M	102	Stopsley Striders	0:10:31.35	0:02:10.45	0:47:10.90	0:01:18.45	0:23:07.95	1:24:19.10

Tri Force Sprint Triathlon  
8th September 2013

Pos	Bib	Firstname	Lastname	Cat		Gender		Club	Swim	T1	Bike	T2	Run	Finish
				Cat	Pos	Gender	Pos							
115	215	Tim	Massey	M 20-24	6	M	103		0:06:46.95	0:02:49.15	0:44:01.80	0:01:04.65	0:29:37.55	1:24:20.10
116	19	Themba	Moyo	M 35-39	22	M	104		0:12:02.20	0:01:16.65	0:46:01.60	0:01:25.35	0:23:44.15	1:24:29.95
117	161	Peter	Markantonatos	M 40-44	25	M	105		0:07:51.75	0:01:16.25	0:46:59.65	0:00:40.60	0:27:47.00	1:24:35.25
118	121	Andrew	Anastasiou	M 50-54	9	M	106	Tri-Force	0:11:04.85	0:00:00.00	0:47:05.00	0:01:08.45	0:25:46.85	1:25:05.15
119	74	Darrell	Butler	M 45-49	27	M	107		0:09:12.40	0:01:44.95	0:49:13.15	0:00:44.50	0:24:24.85	1:25:19.85
120	30	Simon	Lukas	M 35-39	23	M	108		0:09:31.90	0:02:26.90	0:48:27.95	0:01:03.50	0:24:20.75	1:25:51.00
121	163	Stroomer	Natalie	F 35-39	1	F	13		0:08:24.75	0:02:07.80	0:47:51.55	0:00:39.35	0:27:05.55	1:26:09.00
122	55	Andrew	Adeane	M 45-49	28	M	109		0:12:02.75	0:01:57.70	0:46:06.65	0:01:04.55	0:25:10.85	1:26:22.50
123	191	James	Mccormick	M 35-39	24	M	110		0:10:43.00	0:02:47.45	0:45:46.20	0:00:51.10	0:26:57.30	1:27:05.05
124	166	Ben	Thorn	M 25-29	8	M	111		0:07:40.95	0:01:11.15	0:48:41.95	0:00:45.50	0:28:48.65	1:27:08.20
125	184	John	Stanley	M 45-49	29	M	112		0:09:47.50	0:03:23.80	0:48:06.30	0:01:13.35	0:24:47.60	1:27:18.55
126	10	Graeme	Butler	M 25-29	9	M	113		0:09:48.50	0:02:39.25	0:51:11.95	0:01:17.15	0:22:32.85	1:27:29.70
127	14	Ryan	Bolton	M 35-39	25	M	114		0:10:46.85	0:01:45.80	0:47:09.80	0:01:52.10	0:25:55.75	1:27:30.30
128	176	Andrew	Dixon	M 45-49	30	M	115		0:07:23.05	0:01:41.35	0:50:25.45	0:01:33.55	0:26:28.90	1:27:32.30
129	90	Marc	Tuffrey	M 40-44	26	M	116	Met Police Tri Club	0:09:49.45	0:01:46.30	0:47:11.40	0:01:19.30	0:27:41.45	1:27:47.90
130	88	Kieron	Bukowski	M 50-54	10	M	117	Pub Monster Tri	0:08:55.05	0:01:40.85	0:47:07.40	0:00:43.70	0:29:47.10	1:28:14.10
131	91	Michael	Gornall Jnr	M 17-19	2	M	118		0:08:35.75	0:02:38.95	0:49:10.95	0:01:38.85	0:26:40.40	1:28:44.90
132	68	John	Turner	M 55-59	2	M	119		0:09:41.05	0:02:44.55	0:41:54.75	0:01:46.05	0:32:45.65	1:28:52.05
133	97	David	Lister	M 50-54	11	M	120	None	0:08:52.05	0:02:46.35	0:50:07.85	0:01:18.55	0:26:01.50	1:29:06.30
134	80	Kate	Dixon	F 35-39	2	F	14		0:08:48.65	0:02:09.20	0:51:34.30	0:00:46.15	0:25:48.75	1:29:07.05
135	54	Carol	Reid	F 50-54	2	F	15	Tri-Force	0:11:00.75	0:02:26.30	0:50:29.00	0:00:54.30	0:24:21.15	1:29:11.50
136	81	Andrew	Francis	M 50-54	12	M	121		0:09:53.25	0:02:31.65	0:49:16.45	0:01:18.25	0:26:20.65	1:29:20.25
137	155	Colin	Smith	M 40-44	27	M	122		0:11:25.10	0:01:33.00	0:49:35.15	0:00:37.45	0:26:09.75	1:29:20.45
138	218	Julie	Plunkett	F 50-54	3	F	16		0:07:10.25	0:01:56.25	0:48:20.75	0:00:52.05	0:31:08.95	1:29:28.25
139	108	Nick	Shah	M 45-49	31	M	123		0:09:23.30	0:03:05.75	0:50:27.90	0:01:25.45	0:25:09.05	1:29:31.45
140	110	Volkan	Gundogdu	M 30-34	10	M	124		0:10:27.05	0:01:52.20	0:53:04.60	0:01:23.45	0:22:45.20	1:29:32.50
141	79	Matthew	Astle	M 40-44	28	M	125		0:11:02.10	0:02:22.40	0:47:03.10	0:01:53.00	0:27:17.50	1:29:38.10
142	181	Angela	Little	F 25-29	4	F	17	Ware Joggers	0:08:52.15	0:02:30.55	0:49:00.80	0:01:35.50	0:27:39.90	1:29:38.90
143	192	Barry	White	M 40-44	29	M	126		0:10:18.50	0:00:00.00	0:55:32.75	0:00:28.15	0:23:24.80	1:29:44.20
144	104	Darren	Spanswick	M 40-44	30	M	127		0:10:13.20	0:02:44.70	0:47:38.50	0:01:21.70	0:28:04.20	1:30:02.30
145	137	Laurence	Thirkettle	M 40-44	31	M	128	Jetstream	0:11:16.55	0:01:52.05	0:45:53.25	0:00:55.75	0:30:41.65	1:30:39.25
146	53	Judith	Hill	F 55-59	1	F	18		0:10:15.50	0:02:15.55	0:48:26.25	0:01:51.50	0:27:59.00	1:30:47.80
147	9	Thomas	Rogers	M 45-49	32	M	129		0:11:17.40	0:03:20.15	0:49:15.40	0:01:08.90	0:25:55.95	1:30:57.80
148	71	Martin	Leonard	M 45-49	33	M	130		0:11:38.60	0:01:56.50	0:48:51.30	0:00:42.45	0:27:54.55	1:31:03.40
149	112	Reggie	Leigh	M 45-49	34	M	131		0:09:00.40	0:01:50.20	0:51:35.05	0:01:09.90	0:27:29.40	1:31:04.95
150	59	Helena	Ward	F 40-44	2	F	19		0:11:15.85	0:01:18.30	0:49:39.20	0:01:36.25	0:27:22.55	1:31:12.15
151	28	Dan	Harris	M 35-39	26	M	132		0:13:10.80	0:02:22.10	0:47:18.90	0:01:09.75	0:27:13.00	1:31:14.55
152	101	Dave	Bramall	M 40-44	32	M	133		0:09:15.85	0:02:20.90	0:50:01.10	0:00:55.15	0:28:59.35	1:31:32.35

Tri Force Sprint Triathlon  
8th September 2013

Pos	Bib	Firstname	Lastname	Cat		Gender		Club	Swim	T1	Bike	T2	Run	Finish
				Cat	Pos	Gender	Pos							
153	56	Phil	Roethenbaugh	M 50-54	13	M		134	0:12:12.65	0:01:36.50	0:48:59.75	0:00:36.65	0:28:13.15	1:31:38.70
154	3	Richard	Metcalfe	M 45-49	35	M		135	0:11:05.00	0:01:22.55	0:43:38.60	0:02:57.40	0:33:19.15	1:32:22.70
155	117	Peter	Russell	M 50-54	14	M		136	0:10:15.15	0:02:10.95	0:48:50.65	0:00:50.10	0:30:19.30	1:32:26.15
156	96	Michael	Gornall Snr	M 50-54	15	M		137	0:08:40.45	0:03:16.15	0:47:16.95	0:01:38.90	0:31:41.50	1:32:33.95
157	47	Tony	Power	M 40-44	33	M		138	0:09:00.85	0:02:48.90	0:45:09.95	0:02:00.10	0:33:37.40	1:32:37.20
158	186	Christopher	Leigh	M 50-54	16	M		139	0:08:22.85	0:01:26.20	0:50:20.75	0:01:11.25	0:31:21.80	1:32:42.85
159	48	Richard	Brown	M 40-44	34	M		140	0:14:36.35	0:02:28.75	0:48:04.70	0:01:19.65	0:26:21.95	1:32:51.40
160	43	Alan	Edwards	M 45-49	36	M		141	0:10:20.05	0:02:07.00	0:50:44.80	0:00:47.25	0:28:53.10	1:32:52.20
161	100	Emma	Leahy	F 40-44	3	F		20	0:09:59.05	0:02:49.80	0:52:44.40	0:00:45.90	0:26:56.05	1:33:15.20
162	109	Snehal	Patel	M 45-49	37	M		142 Jetstream	0:13:42.10	0:01:57.15	0:48:20.35	0:01:25.15	0:27:58.90	1:33:23.65
163	13	Megan	Bowe	F 25-29	5	F		21 Tri-Anglia	0:10:04.80	0:02:50.75	0:52:30.85	0:02:04.10	0:25:57.75	1:33:28.25
164	177	Michelle	Riley	F 40-44	4	F		22 Triforce	0:08:31.90	0:01:24.30	0:52:57.35	0:01:07.20	0:29:51.80	1:33:52.55
165	141	Natalie	Moore	F 25-29	6	F		23	0:09:08.25	0:01:18.95	0:50:30.70	0:01:36.20	0:31:40.75	1:34:14.85
166	18	Mrs	Mitchell	F 40-44	5	F		24	0:08:54.40	0:02:04.90	0:53:41.75	0:01:00.50	0:29:41.15	1:35:22.70
167	41	Susie	Powell	F 35-39	3	F		25	0:09:14.85	0:02:56.20	0:51:54.30	0:01:02.60	0:30:27.95	1:35:35.90
168	93	Alison	Clifton	F 30-34	4	F		26	0:07:42.35	0:01:50.60	0:53:45.40	0:00:52.20	0:31:29.35	1:35:39.90
169	102	Karen	Robins	F 50-54	4	F		27	0:08:27.40	0:02:45.45	0:55:06.85	0:01:05.25	0:29:13.80	1:36:38.75
170	45	Tracey	Newson	F 35-39	4	F		28	0:08:40.40	0:01:02.30	0:54:42.80	0:00:40.70	0:31:35.15	1:36:41.35
171	32	Claire	Collins	F 35-39	5	F		29 N/A	0:11:53.70	0:02:16.05	0:49:59.00	0:01:16.50	0:31:17.60	1:36:42.85
172	24	Emma	Nash	F 30-34	5	F		30 Gade Valley Harriers	0:10:54.55	0:02:19.50	0:55:59.65	0:00:54.10	0:26:43.60	1:36:51.40
173	39	Rachel	Jones	F 40-44	6	F		31	0:10:51.70	0:02:51.75	0:53:38.85	0:00:58.05	0:29:07.40	1:37:27.75
174	167	Julie	Andrews	M 40-44	35	M		143 Triforce	0:09:15.45	0:02:42.95	0:51:58.65	0:01:39.85	0:33:12.80	1:38:49.70
175	1	David	Pickering	M 40-44	36	M		144	0:11:05.05	0:02:04.20	0:49:36.10	0:01:39.70	0:34:26.50	1:38:51.55
176	34	Michele	Archer	F 35-39	6	F		32	0:10:55.95	0:04:44.80	0:52:55.00	0:01:04.85	0:31:22.20	1:41:02.80
177	51	Vivek	Rao	M 35-39	27	M		145 Jetstream	0:14:39.65	0:02:28.50	0:53:31.90	0:01:34.05	0:29:39.20	1:41:53.30
178	29	Kate	Collis	F 35-39	7	F		33	0:15:04.15	0:01:52.50	0:53:27.35	0:00:34.85	0:31:00.35	1:41:59.20
179	63	Philippa	Burch	F 55-59	2	F		34	0:10:47.95	0:02:47.45	0:54:09.95	0:02:15.85	0:32:36.55	1:42:37.75
180	122	Dawn	Andrews	F 40-44	7	F		35	0:09:23.60	0:02:28.55	0:56:39.60	0:01:21.40	0:32:45.65	1:42:38.80
181	82	Declan	Reilly	M 45-49	38	M		146	0:12:32.25	0:05:30.70	0:56:03.40	0:01:46.70	0:27:39.45	1:43:32.50
182	44	Catherine	Leahy	F 40-44	8	F		36 Triforce	0:13:48.30	0:02:55.05	0:54:51.25	0:00:51.95	0:31:41.75	1:44:08.30
183	31	Debbie	Mayers	F 50-54	5	F		37	0:11:55.75	0:03:12.60	0:58:07.20	0:01:04.20	0:30:46.05	1:45:05.80
184	62	Dawn	Collins	F 35-39	8	F		38 Ha Tri	0:10:27.35	0:02:25.20	0:54:08.50	0:01:03.25	0:37:20.15	1:45:24.45
185	6	Chris	Redmond	M 65-69	1	M		147 Barnsley Harriers	0:16:59.75	0:05:07.75	0:53:10.15	0:01:08.45	0:31:26.85	1:47:52.95
186	15	Amy	Whitby	F 35-39	9	F		39 Challenge Central	0:15:39.70	0:03:24.80	0:55:32.15	0:02:08.40	0:31:46.25	1:48:31.30
187	94	Simon	Martyn	M 30-34	11	M		148	0:10:36.45	0:02:40.05	0:59:10.95	0:01:34.45	0:36:32.10	1:50:34.00
188	38	Sarah-Jane	Quinn	F 25-29	7	F		40	0:13:13.05	0:01:20.90	1:11:59.20	0:00:52.55	0:28:22.20	1:55:47.90
DNF	232	Mark	Miller	M 40-44	DNF	M		DNF	0:06:50.40	0:00:39.85	0	0:00:00.00	0	0
DNF	83	Rick	Kerr	M 45-49	DNF	M		DNF	0:12:17.95	0:05:31.05	0:56:03.40	0:02:15.25	0	0

Tri Force Sprint Triathlon  
8th September 2013

<b>Pos</b>	<b>Bib</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Cat</b>	<b>Cat</b>	<b>Gender</b>	<b>Gender</b>	<b>Pos</b>	<b>Club</b>	<b>Swim</b>	<b>T1</b>	<b>Bike</b>	<b>T2</b>	<b>Run</b>	<b>Finish</b>
DNF	125	Giles	Fordham	M 45-49	DNF	M	DNF			0:08:56.35	0:01:32.05	0:47:51.15	0:02:30.05	0	0
DNF	207	Deborah	Cross	F 50-54	DNF	F	DNF			0:07:33.90	0:01:07.35	0:11:28.70	0:01:12.70	0:34:07.65	0:55:30.30