

Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
1	2	REECE	BARCLAY	M		1 20-24	1	HODDESDON TRI CLUB	0:04:56.30	0:00:35.05	0:34:06.50	0:01:58.30	0:18:22.70	0:59:58.85
2	7	RICHARD	THOMAS	M		2 45-49	1		0:05:43.35	0:00:24.75	0:33:57.25	0:00:31.60	0:19:28.35	1:00:05.30
3	14	PASKELL	BLACKWELL	M		3 35-39	1	HODDESDON TRI CLUB	0:06:41.40	0:00:35.55	0:34:37.80	0:00:31.95	0:18:02.15	1:00:28.85
4	13	NATHAN	SCOTT	M		4 35-39	2	TRANSITION TRI	0:06:17.40	0:00:34.80	0:35:15.30	0:00:31.40	0:19:15.40	1:01:54.30
5	18	ANDREW	MORRIS	M		5 30-34	1	HAMPSTEAD TRIATHLON CLUB	0:06:43.60	0:00:51.70	0:34:00.10	0:01:00.95	0:19:36.30	1:02:12.65
6	22	PAUL	LUCAS	M		6 35-39	3		0:06:40.10	0:00:32.70	0:36:37.20	0:00:32.30	0:18:12.80	1:02:35.10
7	23	IAN	STEIGER	M		7 35-39	4	HODDESDON TRI CLUB	0:06:57.00	0:00:28.85	0:34:59.85	0:00:19.15	0:19:51.10	1:02:35.95
8	8	PETER	SLATER	M		8 30-34	2		0:06:39.25	0:00:54.75	0:35:22.20	0:00:33.10	0:19:09.20	1:02:38.50
9	24	DAVID	RAYMEN	M		9 40-44	1	HODDESDON TRI CLUB	0:07:24.70	0:00:45.00	0:34:39.25	0:00:29.50	0:20:06.20	1:03:24.65
10	1	LUCY	CHARLES	F		1 20-24	1	HODDESDON TRI CLUB	0:04:59.85	0:00:36.30	0:38:23.40	0:00:34.00	0:18:55.30	1:03:28.85
11	4	MATT	PAPA	M		10 Junior	1	TRI-FORCE	0:05:42.35	0:01:04.35	0:38:26.45	0:00:45.00	0:18:31.65	1:04:29.80
12	62	MARK	GRIFFITH	M		11 30-34	3	HODDESDON TRI CLUB	0:07:30.80	0:01:02.50	0:37:33.15	0:01:02.15	0:17:34.20	1:04:42.80
13	57	TOM	SAGGERS	M		12 25-29	1		0:06:39.85	0:01:51.70	0:37:28.75	0:00:42.25	0:18:50.25	1:05:32.80
14	121	JAKE	AMOS	M		13 35-39	5	HITCHIN RUNNING CLUB	0:07:14.40	0:00:41.30	0:37:52.35	0:00:42.55	0:19:08.80	1:05:39.40
15	35	DAVID	CRAADDOCK	M		14 30-34	4	HODDESDON TRI CLUB	0:07:26.45	0:00:33.65	0:40:39.00	0:00:39.85	0:17:03.30	1:06:22.25
16	11	ANDREW	PAUL	M		15 25-29	2		0:05:36.60	0:01:53.40	0:39:29.75	0:00:29.80	0:18:55.35	1:06:24.90
17	42	MARK	HUNTER	M		16 40-44	2		0:06:21.80	0:00:51.80	0:38:33.35	0:00:52.30	0:20:47.60	1:07:26.85
18	89	TERRY	ALCOCK	M		17 35-39	6	HERTS POLICE TRIATHLON CLUB	0:08:10.80	0:00:31.70	0:37:11.35	0:00:31.40	0:21:08.05	1:07:33.30
19	60	TROY	FORREST	M		18 30-34	5		0:06:47.70	0:00:40.40	0:38:34.65	0:00:38.90	0:20:53.35	1:07:35.00
20	99	TIMOTHY	PHILLIPS	M		19 45-49	2		0:08:24.95	0:00:36.65	0:36:17.90	0:00:43.70	0:21:36.00	1:07:39.20
21	29	JONATHAN	BALL	M		20 45-49	3	TRENT PARK	0:06:43.85	0:00:37.65	0:37:42.65	0:00:38.95	0:22:14.60	1:07:57.70
22	39	SAM	BONNER	F		2 30-34	1	HAMPSTEAD TRIATHLON CLUB	0:06:46.40	0:00:54.90	0:38:55.25	0:00:54.50	0:20:31.45	1:08:02.50
23	3	JON	BRETT	M		21 45-49	4		0:05:54.80	0:00:53.35	0:37:30.05	0:01:04.35	0:22:43.05	1:08:05.60
24	43	IAN	BRIDGES	M		22 45-49	5	HAREFIELD PADDLERS	0:06:58.00	0:00:34.80	0:39:04.50	0:00:32.95	0:21:27.75	1:08:38.00
25	16	CRAIG	MUCKLESTON	M		23 40-44	3		0:06:02.45	0:00:37.60	0:40:54.15	0:00:32.05	0:20:41.25	1:08:47.50
26	131	BEN	THOMPSON	M		24 30-34	6		0:08:47.00	0:01:05.45	0:36:29.90	0:01:33.50	0:20:58.20	1:08:54.05
27	96	JASON W	SMITH	M		25 45-49	6	HARPENDEN ARROWS	0:07:06.95	0:01:11.80	0:38:43.95	0:00:51.45	0:21:01.40	1:08:55.55
28	65	ROBERT	EARTHY	M		26 45-49	7	HODDESDON TRI CLUB	0:06:43.65	0:01:32.05	0:38:34.20	0:00:51.65	0:21:24.75	1:09:06.30
29	71	GARY	HENDERSON-THYNNE	M		27 30-34	7	TEAM HENDO	0:07:19.25	0:00:00.00	0:41:34.50	0:00:39.80	0:20:36.00	1:10:09.55
30	75	DAVID	ARMSTRONG	M		28 30-34	8		0:07:53.35	0:00:00.00	0:39:43.00	0:01:06.10	0:21:28.00	1:10:10.45
31	76	STEVEN	PHILLIPS	M		29 35-39	7		0:08:29.25	0:00:35.20	0:39:51.55	0:00:39.75	0:20:47.35	1:10:23.10
32	37	KAMRAN	EZEL	M		30 30-34	9		0:07:46.45	0:01:24.70	0:39:19.30	0:00:41.40	0:21:12.30	1:10:24.15
33	190	ANDY	SANDS	M		31 50-54	1	HEMEL HEMPSTEAD CYCLING CLUB	0:08:42.05	0:00:35.70	0:38:14.45	0:00:38.60	0:22:13.45	1:10:24.25
34	31	MATTHEW	COOKE	M		32 20-24	2	TEAM TRISPORTS	0:06:37.95	0:00:41.15	0:41:48.15	0:00:30.50	0:21:03.05	1:10:40.80
35	48	CRAIG	HALSEY	M		33 35-39	8		0:06:45.45	0:00:36.75	0:43:50.25	0:00:32.70	0:19:03.35	1:10:48.50
36	27	STEVE	HUNT	M		34 45-49	8	HODDESDON TRI CLUB	0:06:46.05	0:00:39.55	0:41:06.30	0:00:42.20	0:21:38.05	1:10:52.15
37	38	ADRIAN	LABER	M		35 35-39	9	MET POLICE TRI CLUB	0:07:05.00	0:01:44.75	0:39:59.50	0:00:40.55	0:21:40.25	1:11:10.05
38	41	DAVID	HAMILL	M		36 40-44	4	MET POLICE TRI CLUB	0:06:44.65	0:00:57.30	0:39:44.30	0:00:52.35	0:23:06.10	1:11:24.70
39	144	THOMAS	SAUKA	M		37 40-44	5		0:09:08.75	0:00:50.95	0:39:17.10	0:00:39.55	0:21:35.75	1:11:32.10
40	112	MARK	HARRISON	M		38 30-34	10		0:08:13.75	0:00:59.55	0:38:44.75	0:01:01.55	0:22:35.25	1:11:34.85
41	110	JASON	HASTY	M		39 45-49	9	PHAT ALICE	0:08:01.95	0:00:53.75	0:42:01.20	0:00:37.00	0:20:06.60	1:11:40.50
42	12	IAIN	FROST	M		40 30-34	11		0:06:57.70	0:01:25.50	0:41:01.60	0:00:59.45	0:21:18.10	1:11:42.35
43	85	MICHAEL	WILCE	M		41 25-29	3	HODDESDON TRI CLUB	0:07:13.25	0:00:46.00	0:42:17.10	0:00:37.55	0:21:06.80	1:12:00.70
44	73	JAMES	COYLE	M		42 25-29	4		0:07:19.45	0:01:09.15	0:41:00.60	0:00:58.90	0:21:52.05	1:12:20.15
45	58	MARTIN	DRISCOLL	M		43 25-29	5		0:07:53.85	0:00:30.50	0:38:42.70	0:00:43.20	0:24:30.30	1:12:20.55

## Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
46	165	GRAEME	BUTLER	M	44	30-34	12		0:08:01.00	0:01:05.50	0:41:20.30	0:00:48.65	0:21:09.40	1:12:24.85
47	67	MARCO	PAGANUZZI	M	45	45-49	10	TRI-FORCE	0:07:48.65	0:02:17.65	0:39:53.95	0:01:29.30	0:20:58.65	1:12:28.20
48	143	ED	KENTISH BARNES	M	46	35-39	10		0:08:49.35	0:01:32.70	0:40:31.50	0:00:51.80	0:21:23.40	1:13:08.75
49	59	NEIL	WALLER	M	47	25-29	6		0:06:25.75	0:01:36.20	0:44:04.85	0:01:19.15	0:20:01.65	1:13:27.60
50	46	PAUL	DURBIN	M	48	50-54	2		0:06:57.30	0:01:14.95	0:43:02.15	0:00:53.20	0:21:23.95	1:13:31.55
51	21	CINDY	BERRY	F	3	20-24	2	UEA TRIATHLON	0:06:43.40	0:00:47.90	0:41:31.85	0:00:57.60	0:23:53.00	1:13:53.75
52	102	JOHN	DAVIS	M	49	50-54	3	TRI-FORCE	0:08:33.05	0:01:32.80	0:39:51.65	0:00:50.05	0:23:07.65	1:13:55.20
53	25	GRAHAM	WALLHEAD	M	50	40-44	6		0:05:40.20	0:01:01.70	0:39:50.55	0:01:02.10	0:26:32.40	1:14:06.95
54	109	VINCENT	HANCOCK	M	51	45-49	11		0:07:32.55	0:01:11.55	0:38:36.80	0:01:15.55	0:25:36.40	1:14:12.85
55	51	PAUL	HUCKSTEP	M	52	35-39	11		0:07:45.50	0:00:48.50	0:39:33.45	0:00:50.50	0:25:47.20	1:14:45.15
56	54	ROB	ATKIN	M	53	50-54	4	CHILTERN TRI	0:06:57.65	0:01:03.80	0:42:52.45	0:01:01.70	0:23:11.90	1:15:07.50
57	152	SARAH	PHILLIPS	F	4	40-44	1		0:09:51.95	0:01:11.90	0:41:09.80	0:00:52.40	0:22:05.30	1:15:11.35
58	155	SIMON	WALSH	M	54	45-49	12		0:09:10.40	0:01:19.55	0:41:20.25	0:00:00.00	0:23:53.45	1:15:43.65
59	26	TIM	BOYALL	M	55	40-44	7	MET POLICE TRI CLUB	0:08:13.95	0:00:49.35	0:42:09.85	0:01:11.50	0:23:26.45	1:15:51.10
60	33	ANDY	DUCKWORTH	M	56	35-39	12		0:06:51.60	0:00:54.30	0:40:33.80	0:00:57.85	0:26:37.30	1:15:54.85
61	130	JOHN	FIELD	M	57	55-59	1	TRIATHLON ENGLAND	0:08:36.45	0:01:33.00	0:40:06.00	0:01:08.95	0:24:38.95	1:16:03.35
62	64	DAN	SEAR	M	58	40-44	8		0:07:08.25	0:00:00.00	0:44:13.05	0:00:56.15	0:23:51.00	1:16:08.45
63	9	ROSS	CLEWLOW	M	59	25-29	7		0:05:30.75	0:01:16.20	0:42:28.50	0:00:47.40	0:26:18.15	1:16:21.00
64	117	JOHN-PAUL	COSGROVE	M	60	25-29	8		0:08:00.25	0:02:07.75	0:41:27.05	0:01:25.00	0:23:21.35	1:16:21.40
65	128	MIKE	TROTMAN	M	61	45-49	13		0:07:57.95	0:00:00.00	0:42:52.70	0:00:26.85	0:25:15.80	1:16:33.30
66	72	DAVE	HOPKIN	M	62	50-54	5		0:07:49.75	0:00:44.85	0:42:54.65	0:00:52.15	0:24:41.75	1:17:03.15
67	145	PAUL	COLLIS	M	63	40-44	9		0:08:56.70	0:00:55.20	0:42:09.70	0:00:48.50	0:24:25.45	1:17:15.55
68	125	JONATHAN	DEARMAN	M	64	40-44	10		0:08:09.55	0:01:09.25	0:44:13.10	0:01:06.35	0:22:51.90	1:17:30.15
69	220	TERENCE	RITCHIE	M	65	35-39	13		0:09:50.05	0:01:36.65	0:41:58.40	0:01:14.90	0:22:55.15	1:17:35.15
70	19	WILLIAM	RINGER	M	66	35-39	14		0:08:07.45	0:02:22.50	0:42:32.50	0:01:15.90	0:23:24.10	1:17:42.45
71	70	STEPHEN	LIVINGSTONE	M	67	55-59	2		0:07:26.50	0:01:04.55	0:44:48.85	0:01:00.25	0:23:23.30	1:17:43.45
72	180	DAVID	GUDJONSSON	M	68	35-39	15		0:10:39.85	0:01:28.70	0:42:51.10	0:00:55.10	0:21:51.40	1:17:46.15
73	55	ASHLEIGH	TAYLOR	F	6	25-29	1		0:07:46.40	0:01:07.20	0:43:46.80	0:00:33.65	0:24:46.30	1:18:00.35
74	101	JAMIE	KEENAN	M	69	45-49	14		0:08:21.10	0:01:22.35	0:43:49.60	0:00:45.25	0:23:44.75	1:18:03.05
75	30	STUART	RENFREW	M	70	45-49	15		0:07:12.75	0:00:50.05	0:42:25.45	0:00:54.15	0:26:46.40	1:18:08.80
76	34	HAYLEY	OATES	F	7	25-29	2		0:07:20.00	0:01:09.70	0:43:41.15	0:00:36.35	0:25:21.65	1:18:08.85
77	104	MIKE	SUCKLING	M	71	50-54	6		0:08:25.45	0:01:00.85	0:42:11.40	0:01:11.05	0:25:32.00	1:18:20.75
78	53	STEVE	BROWN	M	72	45-49	16		0:07:04.90	0:01:20.90	0:42:54.35	0:01:17.20	0:25:45.75	1:18:23.10
79	120	NATASHA	PACK	F	8	35-39	1	HODDESDON TRI CLUB	0:08:25.45	0:00:55.25	0:44:04.85	0:01:01.60	0:24:03.80	1:18:30.95
80	235	JONATHAN	HARVEY	M	73	35-39	16		0:07:38.15	0:00:53.95	0:44:38.55	0:00:53.75	0:24:41.35	1:18:45.75
81	49	SARAH	DUKE	F	9	25-29	3		0:07:22.45	0:00:52.45	0:44:54.00	0:01:27.65	0:24:11.25	1:18:47.80
82	66	MICHAEL	DIXON	M	74	45-49	17		0:07:46.85	0:01:17.30	0:43:39.65	0:01:13.50	0:24:51.70	1:18:49.00
83	118	GREG	CURTIS	M	75	30-34	13		0:08:27.90	0:02:35.10	0:45:29.65	0:00:52.35	0:21:33.65	1:18:58.65
84	56	BEN	THORN	M	76	25-29	9		0:07:12.75	0:00:56.40	0:45:19.50	0:00:48.65	0:24:55.85	1:19:13.15
85	151	STUART	BALDWIN	M	77	40-44	11		0:09:33.20	0:01:08.55	0:44:08.00	0:01:05.10	0:23:21.85	1:19:16.70
86	10	NICK	BUTTENSRAW	M	78	25-29	10		0:06:06.65	0:01:58.25	0:47:45.65	0:00:36.65	0:22:49.95	1:19:17.15
87	92	WENDY	PEARSON	F	10	40-44	2		0:08:04.20	0:01:35.30	0:46:50.10	0:00:57.80	0:21:50.25	1:19:17.65
88	158	MARK	POTTER	M	79	50-54	7		0:08:29.00	0:01:46.10	0:44:10.25	0:00:34.60	0:24:17.70	1:19:17.65
89	164	PETER	HARRISON	M	80	55-59	3		0:08:31.45	0:01:50.45	0:42:28.15	0:01:29.40	0:25:01.30	1:19:20.75
90	192	DAVID	ASCOTT	M	81	55-59	4		0:09:15.90	0:02:07.25	0:43:30.35	0:00:47.15	0:24:02.10	1:19:42.75

## Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
91	79	TOM	GOSLING	M	82	45-49	18		0:08:11.10	0:02:21.90	0:43:50.10	0:01:14.05	0:24:42.10	1:20:19.25
92	69	IAN	HARRIS	M	83	50-54	8		0:07:58.75	0:02:07.60	0:41:39.15	0:01:07.85	0:27:27.30	1:20:20.65
93	169	JOHN	CURTIS	M	84	35-39	17		0:10:17.40	0:01:47.65	0:44:18.90	0:00:40.70	0:23:38.70	1:20:43.35
94	207	MATTHEW	GREGORY	M	85	45-49	19		0:08:40.10	0:01:58.55	0:44:33.50	0:01:20.65	0:24:12.65	1:20:45.45
95	205	ANNA	JERMAIN	F	11	40-44	3		0:10:13.05	0:00:58.90	0:45:50.80	0:00:48.00	0:22:56.90	1:20:47.65
96	81	GEORGIE	LETHBRIDGE	F	12	20-24	3		0:08:29.30	0:01:48.00	0:52:13.90	0:00:27.70	0:17:53.85	1:20:52.75
97	211	ANDREW	CLARKE	M	86	25-29	11		0:09:15.85	0:01:53.90	0:46:07.85	0:01:28.35	0:22:14.90	1:21:00.85
98	200	MATTHEW	JARVIS	M	87	30-34	14		0:10:42.40	0:01:54.45	0:45:19.10	0:00:39.60	0:22:30.15	1:21:05.70
99	196	GARETH	BEAVIS	M	88	30-34	15		0:09:24.50	0:02:41.65	0:47:03.30	0:01:30.90	0:20:35.30	1:21:15.65
100	20	JAMIE	SKELTON	M	89	30-34	16		0:08:11.85	0:01:57.85	0:45:26.35	0:01:22.15	0:24:33.65	1:21:31.85
101	119	LEWIS	GREEN	M	90	30-34	17	FREEDOM TRI	0:09:13.90	0:02:00.55	0:46:30.15	0:00:59.40	0:22:48.70	1:21:32.70
102	193	IAN	COOPER	M	91	55-59	5	KINEO FITNESS	0:09:17.20	0:01:29.15	0:44:36.75	0:01:16.10	0:24:59.95	1:21:39.15
103	122	KATE	LIDDIARD	F	13	40-44	4	HODDESDON TRI CLUB	0:08:15.65	0:01:13.65	0:45:33.20	0:00:52.95	0:25:48.90	1:21:44.35
104	199	ROB	CORDINGLEY	M	92	40-44	12		0:08:20.40	0:02:24.60	0:45:08.90	0:01:50.25	0:24:02.00	1:21:46.15
105	222	THEMBA	MOYO	M	93	40-44	13		0:11:10.20	0:01:54.85	0:45:50.00	0:02:20.20	0:23:33.45	1:21:48.70
106	159	MARTIN	DAVIES	M	94	45-49	20		0:10:16.70	0:01:38.75	0:42:43.50	0:01:11.50	0:26:01.75	1:21:52.20
107	246	JANE	KEYWOOD	F	14	40-44	5		0:07:53.95	0:01:22.70	0:45:12.30	0:01:20.45	0:26:06.20	1:21:55.60
108	82	MATTHEW	COLLISON	M	95	20-24	3		0:09:23.15	0:01:19.10	0:44:20.80	0:01:18.65	0:25:35.40	1:21:57.10
109	103	KATHY	FORREST	F	15	50-54	1		0:07:49.15	0:01:23.30	0:44:38.55	0:01:18.50	0:26:55.25	1:22:04.75
110	140	EDWARD	SALTER	M	96	30-34	18		0:09:23.40	0:01:30.45	0:47:08.55	0:01:24.35	0:22:54.20	1:22:20.95
111	148	RICHARD	BELSEY	M	97	40-44	14	DACORUM & TRING AC	0:08:58.15	0:02:33.25	0:45:23.05	0:01:07.85	0:24:19.35	1:22:21.65
112	186	MARK	MORGAN	M	98	45-49	21		0:11:21.40	0:02:47.60	0:45:25.70	0:01:08.35	0:21:40.15	1:22:23.20
113	77	CHRISTOPHER	LEIGH	M	99	50-54	9		0:08:03.90	0:01:36.75	0:44:30.70	0:01:02.75	0:27:09.55	1:22:23.65
114	150	JIM	JEFFREY	M	100	40-44	15		0:09:26.70	0:02:00.95	0:45:03.50	0:01:36.40	0:24:27.45	1:22:35.00
115	36	AMY	CHALCRAFT	F	16	30-34	2		0:06:37.25	0:01:30.15	0:47:18.30	0:00:42.20	0:26:47.85	1:22:55.75
116	32	ALEXANDRA	MILES	F	17	35-39	2		0:06:22.40	0:02:06.85	0:48:27.70	0:00:55.55	0:25:19.60	1:23:12.10
117	139	NINA	ATHERTON	F	18	25-29	4		0:07:31.90	0:02:59.05	0:49:42.70	0:00:38.90	0:22:45.45	1:23:38.00
118	210	MICHAEL	WILKINS	M	101	45-49	22	ST ALBANS STRIDERS	0:11:56.20	0:01:20.15	0:43:32.40	0:01:11.70	0:25:43.10	1:23:43.55
119	201	SARAH	MCDERMOTT	F	19	30-34	3		0:09:28.55	0:01:47.75	0:48:20.95	0:00:00.00	0:24:24.65	1:24:01.90
120	216	SAMBHAV	DAVE	M	102	30-34	19		0:09:11.30	0:00:44.30	0:46:48.20	0:01:26.30	0:25:53.75	1:24:03.85
121	231	SHANE	TAGGART	M	103	40-44	16		0:13:58.25	0:01:13.45	0:46:01.65	0:00:33.05	0:22:36.00	1:24:22.40
122	87	KATHRYN	WARNE	F	20	25-29	5		0:07:47.10	0:00:52.00	0:47:45.65	0:00:41.80	0:27:17.20	1:24:23.75
123	95	DAVE	BRAMALL	M	104	40-44	17		0:08:47.15	0:00:48.80	0:45:11.35	0:01:06.75	0:28:36.10	1:24:30.15
124	209	TRACY	MAKIN	F	21	45-49	1	OXFORD TRI	0:12:18.95	0:01:39.95	0:44:24.05	0:01:19.55	0:25:04.65	1:24:47.15
125	214	LAUREN	TAYLOR	F	22	25-29	6		0:11:10.80	0:01:57.80	0:47:16.60	0:01:17.65	0:23:04.50	1:24:47.35
126	126	PATRICK	MCGRATH	M	105	40-44	18		0:09:00.20	0:03:19.25	0:44:20.15	0:02:32.15	0:26:23.55	1:25:35.30
127	183	LUKE	WARREN	M	106	40-44	19		0:07:37.95	0:04:02.00	0:49:08.65	0:01:10.15	0:23:56.45	1:25:55.20
128	80	CLARE	BROWNE	F	23	45-49	2	HODDESDON TRI CLUB	0:08:45.45	0:01:52.05	0:51:06.55	0:00:47.00	0:23:31.10	1:26:02.15
129	78	MARTIN	BOOTH	M	107	40-44	20		0:08:37.85	0:01:51.00	0:46:13.40	0:02:08.50	0:27:13.25	1:26:04.00
130	197	JOHN	TURNER	M	108	55-59	6		0:10:26.70	0:01:56.50	0:41:01.70	0:01:38.95	0:31:05.65	1:26:09.50
131	228	JAMIE	BATES	M	109	50-54	10	HODDESDON TRI CLUB	0:10:34.90	0:00:43.55	0:47:21.20	0:01:14.20	0:26:16.15	1:26:10.00
132	123	FRANCESCA	PEPPER	F	24	40-44	6		0:08:50.00	0:01:40.45	0:45:21.60	0:02:33.05	0:27:48.30	1:26:13.40
133	230	EMILY	MORREALE	F	25	30-34	4	HODDESDON TRI CLUB	0:09:30.70	0:02:30.70	0:47:57.25	0:01:38.90	0:24:49.00	1:26:26.55
134	206	COLIN	SMITH	M	110	40-44	21		0:11:46.25	0:00:50.65	0:47:32.55	0:00:59.65	0:25:24.35	1:26:33.45
135	166	DANI	PRUETT	F	26	35-39	3		0:10:34.30	0:01:15.10	0:47:55.15	0:00:28.90	0:26:39.20	1:26:52.65

## Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
136	163	STEPHEN	PIDGEOON	M	111	30-34	20		0:08:02.70	0:01:55.10	0:48:28.50	0:01:18.25	0:27:09.55	1:26:54.10
137	202	THOMAS	ROGERS	M	112	50-54	11		0:09:10.60	0:02:08.65	0:48:33.35	0:01:11.90	0:25:52.25	1:26:56.75
138	91	DIPS	MAISURIA	M	113	40-44	22	JETSTREAM TRI CLUB	0:09:06.00	0:00:00.00	0:50:24.25	0:00:56.60	0:26:35.05	1:27:01.90
139	111	COSTAS	PANAYIODOU	M	114	30-34	21		0:10:03.35	0:01:27.70	0:45:45.50	0:01:59.70	0:27:49.80	1:27:06.05
140	175	EMMA	NASH	F	27	30-34	5	GADE VALLEY TRI	0:10:22.55	0:02:09.20	0:47:34.75	0:01:16.15	0:25:58.40	1:27:21.05
141	63	JULIAN	BUNTING	M	115	35-39	18		0:09:05.95	0:02:03.40	0:44:50.10	0:01:28.25	0:30:01.45	1:27:29.15
142	178	TANYA	WALLMAN	F	28	35-39	4	ST ALBANS STRIDERS	0:08:47.70	0:01:48.50	0:50:23.15	0:00:49.75	0:26:11.80	1:28:00.90
143	179	DANIEL	TURNER	M	116	35-39	19		0:09:30.95	0:02:16.25	0:49:16.60	0:01:07.35	0:25:54.50	1:28:05.65
144	124	ANDREW	GROSE	M	117	40-44	23		0:08:06.05	0:01:28.90	0:45:48.15	0:01:29.35	0:31:23.55	1:28:16.00
145	47	DAVID	MORTON	M	118	50-54	12		0:06:46.00	0:01:28.15	0:45:40.20	0:01:04.70	0:33:40.40	1:28:39.45
146	204	STUART	CHALCRAFT	M	119	40-44	24		0:10:02.85	0:01:38.00	0:49:26.90	0:00:48.45	0:26:56.40	1:28:52.60
147	129	ANDREW	ELSOM	M	120	45-49	23		0:08:46.95	0:03:31.30	0:45:13.50	0:01:48.60	0:29:41.90	1:29:02.25
148	242	RUTH	RITCHIE	F	29	35-39	5		0:09:46.15	0:02:29.20	0:51:05.30	0:01:33.90	0:24:14.85	1:29:09.40
149	194	VINCENT	PHELAN	M	121	60-64	1	JETSTREAM TRI CLUB	0:09:51.00	0:01:23.05	0:50:04.60	0:01:32.50	0:26:27.70	1:29:18.85
150	86	VICTORIA	ADAMS	F	30	25-29	7		0:08:07.10	0:02:30.25	0:50:36.45	0:01:39.90	0:26:44.90	1:29:38.60
151	174	SOPHIA	PIDGEOON	F	31	30-34	6	HERTFORDSHIRE CONSTABULARY	0:10:46.20	0:02:02.25	0:48:23.50	0:01:16.90	0:27:10.05	1:29:38.90
152	168	CATHY	TOMINEY	F	32	55-59	1		0:08:53.45	0:02:24.20	0:51:06.40	0:00:45.05	0:26:40.55	1:29:49.65
153	134	SHEILA	DRISCOLL	F	33	50-54	2		0:08:42.80	0:01:21.40	0:51:01.30	0:00:41.00	0:28:25.45	1:30:11.95
154	177	GAIL	LITTERICK	F	34	35-39	6		0:09:43.05	0:02:27.85	0:51:35.20	0:00:44.95	0:26:06.40	1:30:37.45
155	212	ANITA	BRINKLEY	F	35	45-49	3	HODDESDON TRI CLUB	0:11:09.90	0:01:12.60	0:47:57.00	0:01:05.60	0:29:13.10	1:30:38.20
156	173	MATTHEW	MOULTON	M	122	30-34	22		0:09:39.70	0:01:39.60	0:51:40.35	0:00:38.60	0:27:16.25	1:30:54.50
157	171	SAMUEL	HUGGILL	M	123	30-34	23		0:11:20.50	0:01:50.05	0:47:22.45	0:01:01.05	0:29:45.75	1:31:19.80
158	213	JULIANNE	NIGHTINGALE	F	36	45-49	4		0:08:50.55	0:01:58.95	0:55:22.25	0:00:48.40	0:25:17.80	1:32:17.95
159	241	ALAN	HOPE	M	124	50-54	13		0:12:31.25	0:01:35.30	0:48:28.10	0:01:52.70	0:28:02.30	1:32:29.65
160	225	SHANTI	JOHNSON	F	37	45-49	5	ST ALBANS STRIDERS	0:10:13.25	0:02:06.40	0:54:30.80	0:01:01.55	0:24:43.95	1:32:35.95
161	45	ANDREW	DIXON	M	125	45-49	24		0:07:40.95	0:02:32.35	0:53:00.90	0:01:50.35	0:27:41.30	1:32:45.85
162	135	REGGIE	LEIGH	M	126	50-54	14		0:08:33.75	0:01:57.85	0:53:50.25	0:00:58.50	0:27:59.05	1:33:19.40
163	100	JAMES	BOOTH	M	127	45-49	25		0:08:43.10	0:02:33.35	0:50:16.10	0:02:10.15	0:29:46.65	1:33:29.35
164	221	MARTIN	ASKEW	M	128	40-44	25		0:11:44.05	0:02:32.30	0:45:34.90	0:01:09.90	0:32:29.00	1:33:30.15
165	167	JUDITH	BEARD	F	38	45-49	6		0:09:09.15	0:02:31.25	0:55:31.75	0:00:45.95	0:25:47.05	1:33:45.15
166	161	ANDREW	TOMINEY	M	129	55-59	7		0:10:30.30	0:03:16.25	0:48:21.65	0:00:46.60	0:31:24.65	1:34:19.45
167	115	ISOBEL	TURNER	F	39	25-29	8		0:08:22.85	0:02:17.25	0:52:09.15	0:00:50.85	0:30:43.75	1:34:23.85
168	237	PETER	HANNA	M	130	40-44	26		0:11:15.95	0:02:02.25	0:54:17.25	0:00:35.90	0:26:22.85	1:34:34.20
169	245	BODE	OYEWUSI	M	131	35-39	20		0:10:33.10	0:04:42.25	0:48:08.05	0:01:10.95	0:30:14.20	1:34:48.55
170	189	GORDON	WILKINSON	M	132	50-54	15		0:09:51.55	0:02:05.00	0:51:16.75	0:01:23.10	0:30:22.55	1:34:58.95
171	232	PAUL	CURTIS	M	133	60-64	2		0:13:56.30	0:02:57.05	0:50:15.30	0:00:46.85	0:27:06.35	1:35:01.85
172	250	CLAIRE	BARRATT	F	40	30-34	7		0:10:11.80	0:03:28.05	0:55:20.70	0:01:34.55	0:24:55.75	1:35:30.85
173	240	LESLIE	LEIGH	M	134	45-49	26		0:12:47.60	0:02:54.25	0:51:20.70	0:00:43.25	0:28:14.60	1:36:00.40
174	234	MARK	BYRNE	M	135	35-39	21		0:11:21.15	0:03:10.55	0:54:31.95	0:01:38.00	0:25:39.95	1:36:21.60
175	137	NATHAN	ELLIS	M	136	20-24	4		0:12:56.85	0:03:24.85	0:51:47.30	0:01:35.05	0:26:52.05	1:36:36.10
176	136	COLIN	TEAGLE	M	137	35-39	22	AKS WARD	0:10:23.45	0:03:55.50	0:52:04.95	0:00:59.60	0:29:19.30	1:36:42.80
177	238	JAMES	KELSON	M	138	40-44	27		0:10:15.00	0:05:31.80	0:54:25.55	0:01:45.85	0:25:15.00	1:37:13.20
178	224	ANDREW	RICHARDSON	M	139	45-49	27		0:10:03.35	0:02:27.05	0:53:26.90	0:01:27.40	0:30:04.85	1:37:29.55
179	142	DAWN	COLLINS	F	41	35-39	7	HODDESDON TRI CLUB	0:09:05.75	0:02:04.75	0:52:31.30	0:00:56.45	0:33:33.65	1:38:11.90
180	156	ALISON	THOMAS	F	42	45-49	7		0:10:26.25	0:02:14.35	0:52:53.20	0:01:05.10	0:31:55.50	1:38:34.40

Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
181	219	CLARE	RAMIREZ	F	43	30-34	8	HODDESDON TRI CLUB	0:10:42.25	0:01:53.15	0:50:55.75	0:01:23.25	0:33:57.00	1:38:51.40
182	229	JANE	MCDUGALL	F	44	50-54	3	HODDESDON TRI CLUB	0:11:24.95	0:02:10.95	0:55:09.15	0:02:41.60	0:27:27.05	1:38:53.70
183	215	SARAH	CHRISTIE	F	45	25-29	9		0:08:59.85	0:01:51.70	0:56:09.85	0:01:16.20	0:31:01.50	1:39:19.10
184	236	VINCENT	WRIGHT	M	140	40-44	28		0:13:36.90	0:02:06.95	0:56:24.40	0:00:48.80	0:26:27.45	1:39:24.50
185	170	CHARLEIGH	EDWARDS	F	46	20-24	4		0:07:37.20	0:02:07.20	0:56:58.25	0:00:54.60	0:31:48.05	1:39:25.30
186	114	EMMA	COLLIER	F	47	25-29	10	HODDESDON TRI CLUB	0:07:22.30	0:02:17.95	0:55:17.10	0:01:17.50	0:33:14.35	1:39:29.20
187	93	BEVERLY	GLEESON	F	48	40-44	7		0:09:09.70	0:01:48.65	0:56:23.10	0:01:13.70	0:31:07.00	1:39:42.15
188	83	CATE	BROWN	F	49	40-44	8		0:09:14.75	0:03:23.60	0:54:40.95	0:01:30.00	0:32:42.80	1:41:32.10
189	187	CATHRYN	JONES	F	50	45-49	8		0:09:42.45	0:03:13.75	0:55:12.25	0:01:37.75	0:33:45.10	1:43:31.30
190	195	BRENDA	BOZWOOD DAVIES	F	51	65-69	1	TEAM TRISPORTS	0:11:53.10	0:02:21.05	0:53:41.20	0:01:28.85	0:35:04.05	1:44:28.25
191	141	EMMA	ARMSTRONG	F	52	35-39	8		0:07:27.80	0:01:27.65	1:05:35.50	0:01:01.25	0:32:53.45	1:48:25.65
192	146	SAMANTHA	NASH	F	53	40-44	9		0:07:30.90	0:02:22.65	1:05:57.85	0:00:56.35	0:32:52.85	1:49:40.60
193	226	CLAIRE	TATE	F	54	45-49	9		0:12:09.90	0:04:37.20	1:02:23.95	0:01:25.55	0:31:53.65	1:52:30.25
194	248	LUCIA	DELL'AQUILA	F	55	45-49	10		0:17:09.40	0:02:46.70	1:02:29.40	0:01:23.80	0:29:06.80	1:52:56.10
999	5	DANIEL	MCDONALD	M	999	25-29	999		0:05:42.20	0:00:29.35	0	0:00:00.00	0	0

Tri Force Triathlon

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime