

Winlatter Duathlon

10 November 2013

Name	Team	Cat	1 – Run 1	2 – Transition	3 - Bike	4 – Transition	5 - Run 2	Overall
Andrew Douglas	The Bike Tree, Sheffield	M	31:41 (4th)	0:54 (5th)	1:00:52 (1st)	1:09 (12th=)	27:41 (4th)	2:02:17 (1st)
Chris Steele	Keswick Bikes/X-Bionic	M	29:19 (1st)	0:58 (7th=)	1:06:39 (8th)	1:03 (7th=)	27:33 (3rd)	2:05:32 (2nd)
Paul Davies	Powerbar / Mountain Hardwear	M	32:28 (10th)	1:01 (9th=)	1:02:20 (2nd)	1:09 (12th=)	29:12 (6th)	2:06:10 (3rd)
Mark Ryan	Carlisle Tri Club	M	31:23 (3rd)	0:53 (3rd=)	1:05:39 (7th)	1:19 (19th)	29:52 (8th)	2:09:06 (4th)
Adam Nolan	Keswick Bikes	M	33:43 (17th)	1:20 (37th)	1:03:28 (3rd)	1:49 (77th)	29:43 (7th)	2:10:03 (5th)
Zunbeltz Bardeci	Team Mindundi	M	33:46 (19th)	1:23 (42nd)	1:03:43 (4th)	1:24 (26th=)	30:01 (11th)	2:10:17 (6th)
Michael Pluckrose	Carlisle Tri Club	M	33:38 (15th)	0:53 (3rd=)	1:05:36 (6th)	0:59 (3rd=)	29:54 (9th)	2:11:00 (7th)
Chris Hope	Keswick Bikes	M	32:12 (6th)	1:01 (9th=)	1:07:04 (11th)	1:00 (5th)	30:13 (12th)	2:11:30 (8th)
Matthew Heywood		M	33:48 (20th)	1:17 (32nd)	1:05:34 (5th)	1:01 (6th)	30:37 (16th)	2:12:17 (9th)
Alex Mirley		M	30:36 (2nd)	1:10 (19th=)	1:09:57 (16th)	1:45 (68th=)	30:19 (13th)	2:13:47 (10th)
Thomas Jefferson	Cairngorm Runners	M	32:21 (8th)	1:10 (19th=)	1:08:28 (13th)	1:09 (12th=)	32:03 (23rd)	2:15:11 (11th)
Chris Stirling	Team Trec Nutrition UK	M	32:14 (7th)	1:18 (33rd)	1:11:24 (20th)	1:09 (12th=)	30:25 (15th)	2:16:30 (12th)
Alistair Robinson	Keswick Bikes	M	32:44 (11th)	1:24 (43rd=)	1:09:43 (15th)	1:44 (66th=)	32:10 (24th)	2:17:45 (13th)
David Gordon	Thundergun Express	M	33:11 (12th)	1:07 (16th=)	1:10:13 (19th)	1:27 (30th=)	32:01 (22nd)	2:17:59 (14th)
Will Manners	Stirling Triathlon Club	M	33:44 (18th)	1:13 (24th=)	1:13:53 (28th)	1:38 (55th=)	28:27 (5th)	2:18:55 (15th)
Michael Coward	MTB Guisborough/Bike Scene	M	35:14 (26th)	1:19 (34th=)	1:07:03 (10th)	1:34 (45th=)	34:22 (43rd=)	2:19:32 (16th)
Mike Dewsbury	High peak cycles	M	36:05 (34th)	1:06 (14th=)	1:08:24 (12th)	1:30 (36th=)	33:04 (32nd)	2:20:09 (17th)
Greg McNally	high peak cycles	M	33:56 (21st)	1:13 (24th=)	1:11:56 (22nd)	1:43 (62nd=)	32:26 (26th)	2:21:14 (18th)
Stuart Sirey	Carlisle Tri Club	M	35:52 (33rd)	1:33 (56th=)	1:10:10 (18th)	1:32 (40th=)	32:46 (29th)	2:21:53 (19th)
Scott Rose	WVCC	M	37:41 (52nd=)	1:36 (65th=)	1:06:46 (9th)	1:48 (73rd=)	34:21 (42nd)	2:22:12 (20th)
David McCabe	trawden ac	M	33:16 (13th)	1:03 (12th=)	1:15:07 (34th)	0:58 (1st=)	32:51 (30th)	2:23:15 (21st)
James Donoghue		M	36:29 (40th)	1:39 (72nd=)	1:08:55 (14th)	1:33 (42nd=)	35:04 (49th)	2:23:40 (22nd)
Matt Coleby		M	34:27 (22nd)	1:36 (65th=)	1:15:26 (35th)	1:34 (45th=)	31:16 (19th)	2:24:19 (23rd)
Gaz Dixon	TriEasy	M	41:12 (108th)	1:34 (59th=)	1:12:16 (23rd)	2:50 (153rd)	26:29 (2nd)	2:24:21 (24th)
David Ryder	high peak cycles	M	35:42 (31st)	2:02 (113th)	1:16:28 (40th)	1:21 (23rd)	31:00 (17th)	2:26:33 (25th)
David Harrison	Dark Peak Fell Runners	M	36:39 (42nd)	1:46 (87th)	1:14:51 (30th=)	1:53 (79th=)	31:30 (20th)	2:26:39 (26th)
Kevin Hoban	Honister 92	M	34:50 (24th)	1:19 (34th=)	1:16:15 (38th)	1:23 (25th)	32:58 (31st)	2:26:45 (27th)
Ben Poole		M	32:25 (9th)	1:38 (71st)	1:21:12 (65th)	1:27 (30th=)	30:22 (14th)	2:27:04 (28th)
James Haworth	galloway harriers	M	33:34 (14th)	2:08 (121st)	1:18:04 (48th=)	2:38 (143rd)	31:14 (18th)	2:27:38 (29th)
Michael Leighton		M	34:41 (23rd)	1:27 (48th=)	1:14:51 (30th=)	1:57 (87th=)	35:14 (50th)	2:28:10 (30th)
Paul Alcock	Carlisle Tri Club	MV50	36:23 (38th)	1:37 (69th=)	1:17:21 (43rd)	1:20 (20th=)	32:11 (25th)	2:28:52 (31st)
David Wells	Radcliffe AC	M	38:26 (65th)	1:45 (83rd=)	1:10:08 (17th)	2:04 (96th=)	36:54 (75th)	2:29:17 (32nd)
Richard Jex		M	39:44 (80th=)	1:52 (96th=)	1:14:37 (29th)	1:35 (47th=)	33:15 (34th)	2:31:03 (33rd)
Tom Mirley	Transform Fitness	M	35:11 (25th)	2:04 (115th)	1:17:44 (46th)	1:56 (85th=)	34:12 (40th)	2:31:07 (34th)
Ben Ward		M	38:20 (64th)	2:00 (109th=)	1:11:55 (21st)	2:06 (100th=)	36:47 (74th)	2:31:08 (35th)
Josh Hartley	Hartley	M	40:33 (98th=)	1:43 (79th=)	1:13:05 (25th)	1:38 (55th=)	34:29 (46th)	2:31:28 (36th)
Andrew Kirkby	St Bees Triers	M	39:15 (74th=)	1:16 (30th=)	1:14:54 (32nd)	1:28 (33rd)	34:48 (48th)	2:31:41 (37th)
Mark Hopkins	Tri Lakeland	M	35:18 (28th)	1:02 (11th)	1:23:11 (76th)	0:58 (1st=)	31:43 (21st)	2:32:12 (38th)
Lee Benson	Manchester Triathlon	MV50	37:48 (56th)	1:44 (81st=)	1:17:37 (44th)	1:29 (34th=)	33:36 (36th)	2:32:14 (39th)

Andrew Dodds		M	38:45 (68th)	2:44 (158th)	1:12:23 (24th)	2:47 (152nd)	35:52 (61st)	2:32:31 (40th)
Craig Letton		M	41:01 (104th)	0:44 (1st)	1:13:43 (27th)	1:20 (20th=)	36:29 (69th)	2:33:17 (41st)
Daniel Stephenson		M	37:15 (47th)	1:13 (24th=)	1:17:46 (47th)	1:43 (62nd=)	35:22 (51st)	2:33:19 (42nd)
Andrew Oglanby	Tri Lakeland	M	37:41 (52nd=)	1:34 (59th=)	1:19:55 (56th)	1:10 (16th=)	33:12 (33rd)	2:33:32 (43rd)
Martin Oldfield	team tuesday	M	35:16 (27th)	1:35 (62nd=)	1:22:42 (75th)	1:33 (42nd=)	32:35 (27th=)	2:33:41 (44th)
Martin Kitchin	R.I.P RACING	M	36:50 (44th)	1:45 (83rd=)	1:18:04 (48th=)	1:30 (36th=)	35:37 (58th)	2:33:46 (45th)
Craig Dring	Arragons Cumbria Tri	MV50	40:11 (89th=)	0:51 (2nd)	1:15:55 (37th)	1:03 (7th=)	36:31 (71st)	2:34:31 (46th)
Ben Butler		M	35:47 (32nd)	1:09 (18th)	1:21:23 (67th)	1:24 (26th=)	35:29 (54th)	2:35:12 (47th)
Ross Mallett		M	37:21 (48th)	1:19 (34th=)	1:20:14 (59th)	1:20 (20th=)	35:30 (55th=)	2:35:44 (48th)
David Davies		M	38:05 (60th)	2:32 (148th)	1:16:32 (41st)	2:16 (116th=)	36:21 (67th)	2:35:46 (49th)
Ben Binner	Wetherby runners	M	36:31 (41st)	1:35 (62nd=)	1:19:00 (52nd)	1:25 (28th=)	37:39 (81st)	2:36:10 (50th)
Tyrone Hayton		M	35:31 (30th)	1:30 (51st=)	1:20:51 (60th)	2:00 (92nd=)	36:30 (70th)	2:36:22 (51st)
Chadd Alder		M	37:51 (58th)	1:16 (30th=)	1:22:15 (73rd)	1:04 (9th)	34:04 (39th)	2:36:30 (52nd)
Robert Gibb	Gibbs World Domination Team	M	37:28 (51st)	1:51 (93rd=)	1:19:30 (54th)	2:12 (108th)	35:40 (59th)	2:36:41 (53rd)
John Allan	Todmorden Harriers	M	38:10 (62nd)	2:12 (124th)	1:20:12 (58th)	1:54 (81st=)	34:34 (47th)	2:37:02 (54th)
Mathew Aston	MATTS MARAUDERS	M	36:09 (35th=)	3:45 (193rd)	1:25:44 (85th)	1:55 (83rd=)	29:59 (10th)	2:37:32 (55th)
Martyn Scott		M	38:49 (70th)	1:37 (69th=)	1:16:19 (39th)	1:59 (91st)	38:58 (95th)	2:37:42 (56th)
Ed Townshend	Tri Preston	M	39:05 (73rd)	2:06 (117th=)	1:21:06 (63rd=)	1:55 (83rd=)	33:40 (37th)	2:37:52 (57th)
Sean Rafter		M	41:16 (110th)	2:01 (112th)	1:38:11 (133rd)	1:32 (40th=)	15:03 (1st)	2:38:03 (58th)
Mike Lamb		M	36:19 (37th)	2:24 (140th=)	1:17:42 (45th)	2:39 (144th)	39:08 (98th=)	2:38:12 (59th)
Julie Fewster	Gibbs World Domination Team	F	40:09 (88th)	1:48 (88th)	1:18:31 (51st)	1:22 (24th)	36:37 (72nd)	2:38:27 (60th)
Andrew Crawshaw	TriEasy	M	38:48 (69th)	1:42 (75th=)	1:22:12 (72nd)	1:35 (47th=)	34:18 (41st)	2:38:35 (61st)
Phil Barton	Mincecore Limp Freeride Collective	M	40:07 (86th=)	3:32 (187th=)	1:14:55 (33rd)	3:18 (164th)	37:15 (79th)	2:39:07 (62nd)
Ross Bibby	Valley Striders AC	M	36:09 (35th=)	1:14 (27th=)	1:28:19 (99th)	0:59 (3rd=)	32:35 (27th=)	2:39:16 (63rd)
Graham Kitchin		M	37:46 (55th)	1:44 (81st=)	1:18:27 (50th)	2:22 (123rd=)	39:07 (97th)	2:39:26 (64th)
Darren Francis		M	38:15 (63rd)	1:21 (38th=)	1:23:29 (78th)	1:30 (36th=)	35:25 (52nd=)	2:40:00 (65th)
John Armstrong		M	39:15 (74th=)	2:35 (149th)	1:16:43 (42nd)	2:56 (155th=)	39:00 (96th)	2:40:29 (66th)
John Hampson	triclant	MV50	38:39 (67th)	2:15 (130th=)	1:22:00 (71st)	1:57 (87th=)	35:54 (62nd=)	2:40:45 (67th)
Ruth Marsden	Womens Cycling Sheffield	F	41:52 (117th)	1:03 (12th=)	1:20:02 (57th)	1:10 (16th=)	36:44 (73rd)	2:40:51 (68th)
Duncan Orme	Lancaster Cycling Club	M	41:33 (116th)	1:50 (90th=)	1:15:35 (36th)	2:35 (141st=)	40:35 (107th)	2:42:08 (69th)
Anthony Turner	Carlisle Tri club	MV50	40:30 (97th)	2:42 (156th)	1:21:06 (63rd=)	2:00 (92nd=)	35:58 (64th)	2:42:16 (70th)
Richard Horton		M	38:08 (61st)	1:36 (65th=)	1:19:18 (53rd)	1:41 (59th=)	42:06 (119th)	2:42:49 (71st)
Mike Postle		M	41:07 (106th)	1:42 (75th=)	1:22:22 (74th)	1:13 (18th)	36:27 (68th)	2:42:51 (72nd)
Jonathan Birkett	Getgr8results - Herbalife	M	38:51 (71st)	1:14 (27th=)	1:24:27 (83rd)	1:38 (55th=)	38:38 (89th)	2:44:48 (73rd)
Alan Kennedy		M	35:28 (29th)	1:39 (72nd=)	1:33:07 (114th)	1:46 (70th)	33:16 (35th)	2:45:16 (74th)
Andrew Myers		M	39:55 (84th)	1:45 (83rd=)	1:23:27 (77th)	1:25 (28th=)	38:54 (94th)	2:45:26 (75th)
John Holden		M	36:56 (45th)	2:38 (151st=)	1:28:07 (95th)	2:25 (127th=)	36:17 (66th)	2:46:23 (76th)
Derek Walkden	Barlick Fell Runners	M	37:54 (59th)	1:24 (43rd=)	1:30:30 (104th)	1:47 (71st=)	35:30 (55th=)	2:47:05 (77th)
Ian Dick		M	40:50 (103rd)	1:31 (53rd=)	1:24:24 (82nd)	1:33 (42nd=)	39:08 (98th=)	2:47:26 (78th)
Mark Mcginty		M	40:26 (95th)	2:00 (109th=)	1:23:37 (80th)	2:04 (96th=)	39:35 (101st)	2:47:42 (79th)
Anthony Lowe	Rochdale Triathlon Club	MV50	38:30 (66th)	3:55 (197th)	1:28:08 (96th=)	3:24 (168th)	34:26 (45th)	2:48:23 (80th)
Duncan Potts		M	39:30 (76th=)	1:21 (38th=)	1:29:01 (102nd)	1:37 (53rd=)	37:12 (78th)	2:48:41 (81st)
Christian Burdess		M	44:59 (152nd)	1:39 (72nd=)	1:21:35 (69th)	1:54 (81st=)	38:40 (90th=)	2:48:47 (82nd)
Justin Bibby		M	40:37 (100th=)	1:51 (93rd=)	1:27:15 (91st)	1:27 (30th=)	38:20 (87th)	2:49:30 (83rd)
Andrew Trafford		M	40:20 (93rd)	3:19 (182nd)	1:21:53 (70th)	3:33 (171st)	40:28 (106th)	2:49:33 (84th)

James Fuller	CGCC	M	37:25 (49th)	1:58 (105th=)	1:21:16 (66th)	4:09 (182nd)	45:00 (143rd)	2:49:48 (85th)
John Alexander	CGCC	M	37:27 (50th)	1:55 (100th=)	1:23:32 (79th)	2:03 (95th)	44:53 (141st)	2:49:50 (86th)
Ruth Higginson		F	46:18 (165th)	4:24 (205th)	1:13:13 (26th)	3:19 (165th)	42:49 (125th)	2:50:03 (87th)
Greg Francis		M	43:52 (135th=)	2:49 (165th)	1:21:34 (68th)	2:31 (136th=)	39:56 (103rd)	2:50:42 (88th)
Ben Slaven	Racepace.co.uk	M	41:10 (107th)	1:35 (62nd=)	1:27:39 (93rd)	1:38 (55th=)	38:43 (92nd)	2:50:45 (89th)
Molly Heitz		F	40:18 (92nd)	1:26 (47th)	1:31:13 (107th)	2:13 (109th=)	35:45 (60th)	2:50:55 (90th)
Darren Mattinson	Settle World Wide Wheelers	M	43:16 (129th)	2:22 (138th=)	1:20:57 (61st=)	1:58 (90th)	42:38 (124th)	2:51:11 (91st)
Peter Smith		M	42:27 (123rd)	1:42 (75th=)	1:26:09 (86th)	1:57 (87th=)	40:18 (105th)	2:52:33 (92nd)
Neville Boler		MV60	39:39 (79th)	1:33 (56th=)	1:34:18 (122nd)	1:35 (47th=)	36:01 (65th)	2:53:06 (93rd)
Alison Rushton		F	43:45 (133rd)	2:15 (130th=)	1:19:51 (55th)	2:05 (98th=)	46:08 (158th=)	2:54:04 (94th)
Sven Richards		M	40:23 (94th)	1:43 (79th=)	1:26:22 (87th)	1:47 (71st=)	44:30 (137th=)	2:54:45 (95th)
Sean Poulter	Adwick Tri club	M	39:37 (78th)	2:55 (169th=)	1:33:39 (117th)	3:20 (166th=)	35:25 (52nd=)	2:54:56 (96th)
Alistair Wallace	Leeds & Bradford Triathlon	M	36:48 (43rd)	2:06 (117th=)	1:39:06 (134th)	2:40 (145th=)	34:22 (43rd=)	2:55:02 (97th)
Rebecca Bright	Shevélo	F	41:14 (109th)	2:37 (150th)	1:32:11 (110th)	1:45 (68th=)	37:19 (80th)	2:55:06 (98th)
James Leonard		M	40:49 (102nd)	1:21 (38th=)	1:26:57 (88th)	1:43 (62nd=)	44:30 (137th=)	2:55:20 (99th)
Jeremy Moss	Withys	M	41:26 (113th)	1:06 (14th=)	1:27:45 (94th)	1:29 (34th=)	43:36 (130th)	2:55:22 (100th)
Gary Legg		M	42:02 (120th)	3:20 (183rd)	1:28:08 (96th=)	3:49 (177th)	38:06 (84th)	2:55:25 (101st)
Dave White		M	43:37 (131st)	2:39 (153rd)	1:27:03 (89th)	2:44 (150th=)	39:34 (100th)	2:55:37 (102nd)
Dean Brown	Dean brown	M	37:49 (57th)	1:33 (56th=)	1:34:25 (124th=)	2:28 (130th=)	39:39 (102nd)	2:55:54 (103rd)
Russ Hilton		M	42:49 (126th)	2:13 (125th=)	1:33:43 (118th)	2:18 (121st=)	35:54 (62nd=)	2:56:57 (104th)
Paul Rostron		M	43:20 (130th)	2:45 (159th=)	1:20:57 (61st=)	4:13 (183rd=)	45:59 (156th)	2:57:14 (105th)
Nick Coverdale		M	40:37 (100th=)	1:36 (65th=)	1:34:25 (124th=)	1:48 (73rd=)	38:52 (93rd)	2:57:18 (106th)
Catrona Sutherland		F	44:15 (140th=)	1:50 (90th=)	1:32:06 (109th)	2:05 (98th=)	37:55 (82nd)	2:58:11 (107th)
Jenny Allen		F	44:48 (148th)	1:58 (105th=)	1:28:46 (100th)	2:02 (94th)	40:48 (110th=)	2:58:22 (108th)
Krzysztof Bolwach		M	45:13 (157th)	2:48 (163rd=)	1:27:13 (90th)	3:07 (160th)	40:48 (110th=)	2:59:09 (109th)
Cat Hirst		F	41:59 (119th)	2:11 (123rd)	1:34:08 (121st)	2:14 (111th=)	38:40 (90th=)	2:59:12 (110th)
Owen Henriksen	Norton Wheelers	MV50	42:21 (122nd)	1:53 (99th)	1:25:22 (84th)	2:53 (154th)	47:10 (166th=)	2:59:39 (111th)
Allan Paterson		M	46:10 (163rd)	2:16 (133rd)	1:28:17 (98th)	2:22 (123rd=)	40:40 (108th)	2:59:45 (112th)
Neil Griffiths		M	41:05 (105th)	3:09 (177th)	1:32:12 (111th)	2:42 (148th)	41:13 (113th)	3:00:21 (113th)
Jim Downie	Keswick AC	MV60	40:07 (86th=)	1:27 (48th=)	1:32:27 (112th)	1:37 (53rd=)	45:14 (146th=)	3:00:52 (114th)
Tom Davies		M	41:20 (112th)	2:05 (116th)	1:30:32 (105th)	2:07 (103rd=)	45:14 (146th=)	3:01:18 (115th)
Peter Kell	Peter Kell	M	40:17 (91st)	2:46 (161st=)	1:33:49 (119th)	4:22 (187th=)	40:10 (104th)	3:01:24 (116th)
Tim Rees		M	44:15 (140th=)	3:41 (191st=)	1:32:48 (113th)	2:44 (150th=)	38:11 (85th)	3:01:39 (117th)
Martin Smithurst		M	41:28 (114th)	1:52 (96th=)	1:39:09 (134th)	2:34 (140th)	37:00 (76th)	3:02:03 (118th)
Michael Mills		M	40:33 (98th=)	2:13 (125th=)	1:39:20 (136th)	2:56 (155th=)	37:04 (77th)	3:02:06 (119th)
Jonathan Bowl		M	38:53 (72nd)	1:49 (89th)	1:34:23 (123rd)	2:23 (125th=)	44:40 (139th)	3:02:08 (120th)
Anna Lowe		F	44:07 (138th)	3:26 (186th)	1:30:58 (106th)	2:18 (121st=)	43:12 (128th)	3:04:01 (121st)
Ruth Harrison		F	41:30 (115th)	2:21 (137th)	1:40:34 (140th)	2:06 (100th=)	38:29 (88th)	3:05:00 (122nd)
Adam Young		M	47:12 (173rd)	4:05 (203rd)	1:24:18 (81st)	3:54 (180th)	46:08 (158th=)	3:05:37 (123rd)
Paul Bowker	Criterion Cycles	M	46:55 (172nd)	2:22 (138th=)	1:33:08 (115th)	2:14 (111th=)	41:00 (112th)	3:05:39 (124th)
David Vickers		M	43:10 (127th)	2:10 (122nd)	1:37:40 (132nd)	1:48 (73rd=)	41:44 (115th)	3:06:32 (125th)
Peter Harper		M	39:46 (82nd)	2:38 (151st=)	1:37:09 (131st)	3:52 (178th=)	43:44 (131st=)	3:07:09 (126th)
Guy Graham	annan 2010	M	43:15 (128th)	2:41 (154th=)	1:29:24 (103rd)	2:35 (141st=)	49:51 (173rd)	3:07:46 (127th)
Lee Rugg	Team-ELMS.co.uk	M	43:49 (134th)	2:41 (154th=)	1:27:34 (92nd)	2:25 (127th=)	51:25 (180th)	3:07:54 (128th)
Janice Higginson		F	41:17 (111th)	3:05 (175th)	1:46:06 (158th)	2:43 (149th)	35:33 (57th)	3:08:44 (129th)

Victoria Howard		F	44:35 (145th)	1:56 (103rd=)	1:39:39 (137th)	2:23 (125th=)	40:47 (109th)	3:09:20 (130th)
Vicky Ware		F	44:52 (150th)	1:07 (16th=)	1:40:07 (138th)	1:08 (11th)	42:52 (126th)	3:10:06 (131st)
Rachel Young		F	45:01 (153rd)	4:00 (198th)	1:36:50 (130th)	2:29 (132nd=)	41:48 (116th)	3:10:08 (132nd)
Jesus Angel De La Hoz	Team Mindundi	M	36:57 (46th)	1:22 (41st)	1:56:35 (181st)	1:44 (66th=)	34:02 (38th)	3:10:40 (133rd)
Grant Harris		M	46:13 (164th)	2:13 (125th=)	1:35:17 (126th)	2:15 (113th=)	44:57 (142nd)	3:10:55 (134th)
Simon Froggatt	Team Froggatt	M	39:58 (85th)	2:55 (169th=)	1:42:16 (146th)	3:46 (176th)	43:03 (127th)	3:11:58 (135th)
Fiona Cole	Kendal Tri Club	FV50	45:04 (154th)	1:31 (53rd=)	1:41:36 (144th)	1:50 (78th)	42:02 (118th)	3:12:03 (136th)
Jane Senior	Kendal Tri Club	FV50	45:46 (159th)	2:03 (114th)	1:40:58 (142nd)	2:06 (100th=)	41:54 (117th)	3:12:47 (137th)
Chris Davies		M	48:40 (185th)	4:02 (199th=)	1:33:19 (116th)	3:45 (174th=)	43:49 (133rd)	3:13:35 (138th)
David Purvis	Sun City Tri Club	M	44:24 (143rd)	4:50 (209th)	1:35:18 (127th)	3:08 (161st=)	46:05 (157th)	3:13:45 (139th)
Michael Brown	MBPT	M	39:44 (80th=)	2:25 (142nd=)	1:36:19 (129th)	5:36 (195th)	49:54 (174th)	3:13:58 (140th)
Neil Braybrook		MV50	48:17 (184th)	4:02 (199th=)	1:28:54 (101st)	2:08 (106th)	50:48 (177th)	3:14:09 (141st)
Ray Scott		M	40:11 (89th=)	1:31 (53rd=)	1:49:32 (168th)	1:35 (47th=)	41:35 (114th)	3:14:24 (142nd)
Don Mellor	Criterion Cycles	MV60	44:14 (139th)	2:45 (159th=)	1:41:57 (145th)	4:22 (187th=)	42:08 (120th)	3:15:26 (143rd)
Daniel Lloyd		M	46:21 (166th=)	2:51 (166th)	1:31:51 (108th)	2:59 (159th)	51:59 (184th)	3:16:01 (144th)
James O'Brien	West Cumbria Tri	M	44:55 (151st)	1:25 (46th)	1:44:06 (150th)	2:10 (107th)	43:44 (131st=)	3:16:20 (145th)
Darren Foote		M	43:52 (135th=)	3:02 (172nd)	1:44:11 (151st)	2:17 (118th=)	46:10 (160th)	3:19:32 (146th)
Becky Robertson	Total racing international	F	40:27 (96th)	1:30 (51st=)	1:57:52 (183rd)	1:41 (59th=)	38:17 (86th)	3:19:47 (147th)
Steve Bowen		M	42:11 (121st)	2:43 (157th)	1:47:44 (161st)	1:56 (85th=)	45:24 (151st)	3:19:58 (148th)
Alistair Wilson		M	50:06 (188th)	2:30 (147th)	1:34:00 (120th)	2:15 (113th=)	51:10 (179th)	3:20:01 (149th)
Andrew Wallace		MV50	46:02 (162nd)	3:18 (181st)	1:40:28 (139th)	3:44 (173rd)	46:33 (162nd)	3:20:05 (150th)
Nik Cawton		M	44:20 (142nd)	4:30 (207th)	1:41:20 (143rd)	4:20 (186th)	45:50 (155th)	3:20:20 (151st)
Noemie Perret		F	45:49 (160th)	3:15 (180th)	1:45:10 (154th)	2:13 (109th=)	43:56 (134th)	3:20:23 (152nd)
David Dick	Gibbs World Domination Team	M	46:25 (168th)	1:14 (27th=)	1:45:54 (157th)	2:25 (127th=)	45:37 (153rd)	3:21:35 (153rd)
Andrew Nichols	Diabetes UK	M	45:33 (158th)	1:51 (93rd=)	1:45:28 (156th)	1:35 (47th=)	47:28 (168th)	3:21:55 (154th)
Richard Down		M	50:42 (190th)	1:56 (103rd=)	1:43:53 (149th)	2:56 (155th=)	42:31 (123rd)	3:21:58 (155th)
Alison Auld		F	47:34 (177th)	3:01 (171st)	1:43:43 (148th)	2:17 (118th=)	45:35 (152nd)	3:22:10 (156th)
Glenn Wilkinson		M	45:54 (161st)	1:11 (23rd)	1:40:49 (141st)	1:43 (62nd=)	52:42 (186th)	3:22:19 (157th)
Graeme Davies	Littleborough JFC	M	42:38 (124th)	1:55 (100th=)	1:50:15 (170th)	3:45 (174th=)	45:02 (144th)	3:23:35 (158th)
Paul Heaton		M	47:14 (174th)	4:15 (204th)	1:47:46 (162nd)	4:24 (189th=)	42:10 (121st)	3:25:49 (159th)
Danielle Burrows	Garstang Running Club	F	47:57 (180th)	3:34 (189th)	1:47:47 (163rd)	4:18 (185th)	42:28 (122nd)	3:26:04 (160th)
Marc Mcloughlin	Racepace	M	46:21 (166th=)	0:57 (6th)	1:53:27 (177th)	1:05 (10th)	44:25 (136th)	3:26:15 (161st)
Paul Hammond		M	41:58 (118th)	2:18 (134th=)	1:54:38 (178th)	1:42 (61st)	45:45 (154th)	3:26:21 (162nd)
Mark Hardacre		M	50:58 (193rd)	3:23 (185th)	1:44:17 (152nd)	2:40 (145th=)	45:23 (150th)	3:26:41 (163rd)
Andrew Stickland	Stafford Tri	M	43:42 (132nd)	3:10 (178th)	1:42:47 (147th)	9:32 (199th)	48:06 (170th)	3:27:17 (164th)
Paul Yates	East London Triathletes	M	46:54 (171st)	4:04 (202nd)	1:50:32 (171st)	2:57 (158th)	43:32 (129th)	3:27:59 (165th)
Jane Hilton		F	44:44 (147th)	2:07 (120th)	2:01:07 (189th)	2:07 (103rd=)	37:58 (83rd)	3:28:03 (166th)
Roger Gardner		M	47:51 (179th)	2:00 (109th=)	1:36:12 (128th)	2:32 (138th=)	01:42 (201st)	3:30:17 (167th)
Adam Tuff		M	49:06 (186th)	2:53 (167th=)	1:47:36 (160th)	2:29 (132nd=)	48:31 (171st)	3:30:35 (168th)
Peter Tinsley		M	45:09 (155th=)	4:28 (206th)	1:51:49 (173rd)	4:38 (193rd)	45:13 (145th)	3:31:17 (169th)
Darren Rigby		M	45:09 (155th=)	4:02 (199th=)	1:52:11 (175th)	4:43 (194th)	45:14 (146th=)	3:31:19 (170th)
Mrs Kidd		F	46:45 (170th)	4:32 (208th)	1:48:58 (165th)	3:29 (169th=)	47:55 (169th)	3:31:39 (171st)
Claire Rowell	Sun City Tri	F	51:12 (194th)	3:14 (179th)	1:49:06 (166th)	4:13 (183rd=)	43:58 (135th)	3:31:43 (172nd)
Chris Burrell	Halifax Harriers	MV50	47:48 (178th)	1:59 (107th=)	1:51:47 (172nd)	2:07 (103rd=)	48:32 (172nd)	3:32:13 (173rd)
Oliver Barlow		M	49:28 (187th)	5:57 (213th)	1:49:41 (169th)	2:28 (130th=)	44:52 (140th)	3:32:26 (174th)

Chris Russell	Rusty	M	42:48 (125th)	2:53 (167th=)	1:56:58 (182nd)	4:35 (192nd)	45:16 (149th)	3:32:30 (175th)
Penny Clay	Eden Runners	F	51:52 (199th)	1:34 (59th=)	1:51:59 (174th)	1:36 (52nd)	46:48 (163rd)	3:33:49 (176th)
Andrea Rodgers	Sheffield Triathlon Club	F	50:43 (191st)	3:07 (176th)	1:48:13 (164th)			3:37:38 (177th)
Scott Thomson		M	43:57 (137th)	3:22 (184th)	1:58:26 (184th)	2:15 (113th=)	50:20 (176th)	3:38:20 (178th)
Lucy Sibbald		F	52:07 (201st)	3:04 (173rd=)	1:46:56 (159th)	2:17 (118th=)	54:25 (190th)	3:38:49 (179th)
Graham Stobbs	Tri Northumberland	M	51:54 (200th)	2:46 (161st=)	1:49:24 (167th)	3:12 (163rd)	53:34 (187th)	3:40:50 (180th)
Craig Calvert	Whitehaven Rugby League	M	44:30 (144th)	5:13 (212th)	1:59:27 (186th)	1:48 (73rd=)	51:27 (181st)	3:42:25 (181st)
Wayne Qualter	MATTS MARAUDERS	M	52:10 (202nd)	3:54 (196th)	1:44:57 (153rd)	1:20 (200th)	51:53 (182nd=)	3:44:14 (182nd)
Neil Loftus	MATTS MARAUDERS	M	52:11 (203rd)	3:50 (195th)	1:53:14 (176th)	3:08 (161st=)	51:53 (182nd=)	3:44:16 (183rd)
Michael Berry		M	47:25 (176th)	2:48 (163rd=)	1:56:29 (180th)	3:34 (172nd)	57:10 (193rd)	3:47:26 (184th)
Andrew Field		M	52:29 (204th)	2:28 (144th=)	1:59:07 (185th)	2:29 (132nd=)	50:55 (178th)	3:47:28 (185th)
Christopher Rush		M	39:30 (76th=)	3:37 (190th)	2:18:32 (205th)	7:39 (198th)	46:17 (161st)	3:55:35 (186th)
Scott McAvoy	Whitehaven Rugby League	M	47:21 (175th)	2:28 (144th=)	2:13:39 (196th)	2:40 (145th=)	50:02 (175th)	3:56:10 (187th)
Steve Hodgkinson		M	52:31 (205th)	1:50 (90th=)	2:01:54 (190th)	2:16 (116th=)	00:03 (199th)	3:58:34 (188th)
Jonathan Reid		M	58:16 (212th)	2:06 (117th=)	1:56:27 (179th)	2:32 (138th=)	59:14 (196th)	3:58:35 (189th)
Gavin Clifford		M	56:21 (210th)	1:24 (43rd=)	2:03:03 (191st)	1:53 (79th=)	58:26 (194th)	4:01:07 (190th)
Trevor Bryant	Team Idol	MV60	50:49 (192nd)	2:18 (134th=)	2:05:58 (192nd)	3:52 (178th=)	58:38 (195th)	4:01:35 (191st)
Grant Orsborn	IRC	MV50	48:03 (181st)	4:55 (211th)	2:15:43 (197th)	6:34 (197th)	46:55 (165th)	4:02:10 (192nd)
Aaron Orsborn		M	48:08 (182nd)	4:52 (210th)	2:15:46 (198th)	6:33 (196th)	46:53 (164th)	4:02:12 (193rd)
Dominic Gibbon		M	48:15 (183rd)	3:32 (187th=)	2:07:46 (193rd)	3:20 (166th=)	00:16 (200th)	4:03:09 (194th)
Robert Beaton		MV60	51:20 (195th)	2:14 (129th)	2:16:03 (199th)	4:06 (181st)	54:29 (191st)	4:08:12 (195th)
Ayshea Redford	Team Chip + Bean	F	51:31 (197th)	2:20 (136th)	2:17:40 (201st)	2:30 (135th)	54:15 (188th)	4:08:16 (196th)
Justin Rowntree	Team Chip + Bean	M	51:28 (196th)	2:25 (142nd=)	2:17:35 (200th)	2:31 (136th=)	54:19 (189th)	4:08:18 (197th)
Mrs McCaffrey		F	54:34 (209th)	2:13 (125th=)	2:00:09 (187th)	2:08 (202nd)	59:39 (198th)	4:08:43 (198th)
Marc Brwon		M	54:32 (208th)	2:28 (144th=)	2:00:23 (188th)	1:54 (201st)	59:27 (197th)	4:08:44 (199th)
Carl Mccready		M	52:51 (206th)	3:04 (173rd=)	2:13:23 (195th)	4:29 (191st)	55:12 (192nd)	4:08:59 (200th)
Wanda Stratford		F	51:42 (198th)	3:41 (191st=)	2:17:46 (202nd)	3:29 (169th=)	52:25 (185th)	4:09:03 (201st)
Sarah Waldron	Sale Harriers	F	50:13 (189th)	2:15 (130th=)	2:27:58 (207th)	1:30 (36th=)	47:10 (166th=)	4:09:06 (202nd)
Jonathan Sunter		M	58:18 (213th)	2:24 (140th=)	2:08:58 (194th)	4:24 (189th=)	05:58 (202nd)	4:20:02 (203rd)
Mari Cole	Kendal Tri Club	F	44:42 (146th)	1:42 (75th=)				
Tarren Wolstencroft	EvOLv	M	46:27 (169th)	1:52 (96th=)	2:26:14 (206th)			
Tom Stono	Wrubel Consulting	M	58:13 (211th)	3:46 (194th)	2:18:25 (204th)			
Al Steele		M	37:44 (54th)	1:10 (19th=)				
Martyn Willacy	SleekerSwim Racing Team	M	36:26 (39th)	1:45 (83rd=)				
Paul Farr		M	53:29 (207th)	1:59 (107th=)	2:17:50 (203rd)			
Ben Mitchell		M	44:50 (149th)	1:55 (100th=)	1:45:11 (155th)			
Paul Boler		M	33:41 (16th)	0:58 (7th=)				
Tim Webster		M	39:54 (83rd)	1:10 (19th=)				
Paul Tierney	Ambleside	M	31:44 (5th)	1:27 (48th=)				