

Helwith Bridge Duathlon

18 October 2015

Pos	No	Name	Club	Cat	Cat Pos	Run 1	T 1	Bike	T 2	Run 2	Total
1	229	Jonathan Ferguson	Rossendale Triathlon Club	M	1	23:16	0:43	1:07:44	0:34	24:05	1:56:24
2	85	Holly & Liam	R&Z Harriers	MXT	1	22:52	0:26	1:10:49	0:29	22:41	1:57:18
3	231	Mark Flannery		M45	1	24:46	0:43	1:04:46	0:38	26:48	1:57:43
4	130	Barry Cole		M	2	25:08	0:57	1:05:16	0:49	28:02	2:00:14
5	218	Robert Chesters	Saint Helens Tri	M	3	26:06	0:50	1:06:19	0:43	26:55	2:00:57
6	258	John Raho	Holcombe Harriers	M	4	23:56	0:44	1:09:26	0:39	26:44	2:01:32
7	280	Tom Adams		M	5	24:16	1:01	1:09:08	1:03	26:05	2:01:36
8	247	Colin Mckenna	Ulverston Tri Club	M45	2	26:48	1:21	1:04:16	1:06	29:08	2:02:42
9	260	Mark Sandamas	Barlick Fell Runners	M45	3	25:26	1:30	1:07:01	1:49	27:39	2:03:27
10	233	Adrian Fuller	Altrincham	M40	1	24:45	0:50	1:13:18	0:56	25:52	2:05:43
11	274	Kevin Wilson	Lancaster & Morecambe AC	M45	4	24:45	0:53	1:12:37	0:40	27:12	2:06:09
12	266	Matthew Taylor		M	6	25:52	0:49	1:11:50	0:52	27:39	2:07:05
13	104	Andrew Smallwood		M50	1	24:37	0:47	1:10:42	0:41	31:29	2:08:18
14	257	Andrew Raho	Holcombe Harriers	M	7	25:11	1:09	1:11:16	1:09	30:18	2:09:05
15	226	Donna Edmondson Booker	Crosstrax	F40	1	26:31	1:04	1:12:08	0:56	28:50	2:09:32
16	265	Paul Simpson	Leeds & Bradford Triathlon Club	M40	2	26:04	0:48	1:15:06	0:46	28:19	2:11:05
17	225	Matt Dunn	Holcombe Harriers	M40	3	25:21	0:51	1:16:23	0:56	27:34	2:11:06
18	237	Mike Hall	Red Rose Road Runners	M45	5	26:25	2:13	1:12:15	1:47	28:42	2:11:25
19	44	Team Stott	Team Stott	MXT	2	33:15	0:44	1:03:54	0:34	33:47	2:12:15
20	240	Martin Hartley		M	8	26:04	1:17	1:13:11	1:01	30:54	2:12:28
21	206	Mario Barbosa	Crosstrax	M	9	26:36	1:05	1:13:40	0:58	31:08	2:13:30
22	205	Rogan Ashton	Otley A C	M45	6	26:11	1:05	1:12:44	0:47	33:14	2:14:03
23	220	Peter Coates		M45	7	27:19	1:17	1:14:47	1:04	29:40	2:14:10
24	245	Graham Lake	Otley AC	M	10	25:39	1:13	1:19:41	1:22	27:44	2:15:41
25	208	Tim Boland	Holcombe Harriers	M40	4	26:54	1:04	1:18:09	1:00	29:47	2:16:56
26	267	Richard Thomas	Nucleus Wheelers Cycling	M55	1	28:39	1:23	1:14:02	1:31	31:58	2:17:35
27	273	Christopher Waters	Club	M45	8	29:14	2:57	1:08:25	2:05	35:11	2:17:55
28	219	Chris Clarke	COLT	M	11	28:56	1:01	1:15:31	0:54	32:37	2:19:03
29	283	Richard Ballantine	Craven Energy	M50	2	28:47	0:49	1:18:10	0:48	30:33	2:19:10
30	211	Tim Broomfield	NYP TRI	M60	1	29:35	0:55	1:16:25	0:57	31:16	2:19:10
31	275	Jon Wright	Red Rose Road Runners	M50	3	30:31	0:49	1:12:45	1:02	34:22	2:19:30
32	212	John Buddle	Baildon Runners	M50	4	30:00	1:30	1:15:10	1:04	31:54	2:19:40
33	213	David Burke	Swinton Road Runners	M60	2	29:17	1:18	1:17:09	1:19	30:43	2:19:48
34	264	Peter Shelley		M45	9	30:02	1:35	1:16:23	1:19	31:39	2:21:00
35	278	Jonathan Seeds		M45	10	30:00	0:53	1:15:14	1:02	33:50	2:21:00
36	1	Veloart	Veloart	MXT	3	36:24	0:57	1:05:19	0:37	37:45	2:21:04
37	268	Peter Thompson	Trawden AC	M55	2	29:43	2:09	1:17:22	1:22	31:11	2:21:49
38	270	Derek Walkden	Barlick Fell Runners	M45	11	28:11	1:24	1:20:54	1:19	30:03	2:21:54

39	90	Andrew & Lutz	Germshire	MXT	4	26:13	0:41	1:27:14	0:33	27:43	2:22:26
40	87	Mark Williams	Radcliffe AC	MXT	1	26:13	0:41	1:27:14	0:33	27:43	2:22:26
41	277	Mick Dobson	Trawden AC	M45	12	26:51	1:15	1:25:18	1:37	27:38	2:22:41
42	281	Kali Exley	Craven Energy	F40	2	30:23	1:00	1:16:31	1:09	33:39	2:22:44
43	227	Adi Fairhurst	Chorley Cycling Club	M45	13	29:21	1:13	1:17:22	1:07	33:52	2:22:58
44	248	Paul Mckenny	Ulverston Tri Club	M50	5	30:41	0:47	1:17:29	0:45	33:41	2:23:26
45	279	Anthony Morton	Craven Energy	M40	5	30:11	1:01	1:15:53	1:01	35:34	2:23:42
46	251	Frank Nightingale	Red Rose Road Runners	M50	6	30:25	0:57	1:17:12	0:55	36:21	2:25:52
47	217	Nick Cannon Jones	Ulverston Tri Club	M	12	29:49	1:19	1:20:27	0:59	34:46	2:27:22
48	86	Brown Howgillers	Brown Howgillers	MXT	5	32:04	0:40	1:21:33	0:39	33:03	2:28:01
49	230	Jim Fisher	Howgill Harriers	M55	3	32:26	1:30	1:17:56	1:52	34:35	2:28:23
50	137	David Barnes		M55	4	31:02	1:31	1:20:52	1:20	33:43	2:28:30
51	241	Andy Hopkins		M40	6	30:03	1:04	1:22:21	0:53	35:20	2:29:43
52	262	Peter Saunders	The Northern Collective	M40	7	30:46	1:20	1:18:35	1:13	38:04	2:30:01
53	224	Ben Donoghue	Red Rose Road Runners	M	13	24:46	0:46	1:32:36	1:28	32:11	2:31:50
54	143	Andy Phillip		M50	7	32:46	1:25	1:21:02	1:16	37:01	2:33:31
55	263	Jan Scotchford		F45	1	34:28	2:05	1:18:16	1:30	38:44	2:35:06
56	239	Tony Hart	Oldham & Royton Harriers	M45	14	29:06	1:30	1:25:17	2:16	37:27	2:35:39
57	272	Matthew Waters		M	14	34:24	2:19	1:16:00	1:33	41:34	2:35:51
58	246	Michael Mansfield	Roundhay Runners	M50	8	32:08	1:55	1:24:29	1:54	35:28	2:35:57
59	221	Paul Davies	Roundhay Runners	M	15	29:04	2:27	1:26:52	2:02	36:34	2:37:02
60	235	Joanne Graham		F50	1	32:48	2:22	1:25:09	1:55	34:59	2:37:14
61	255	Caroline Pollard	NYP TRI	F55	1	31:33	1:21	1:30:16	1:19	33:55	2:38:26
62	223	Emma Dodd	Wharfedale Harriers	F	1	31:03	1:27	1:26:46	1:38	37:48	2:38:43
63	216	Stuart Cann	Red Rose Road Runners	M50	9	27:15	1:13	1:36:18	1:03	33:28	2:39:19
64	249	Jonathon Miller		M45	15	29:56	1:00	1:35:23	1:06	35:32	2:42:59
65	84	UTC Ladies	UTC Ladies	FEM	1	32:24	0:41	1:35:23	0:39	34:25	2:43:34
66	238	Mary Hancock	Holcombe Harriers	F	2	32:42	1:26	1:31:16	0:57	37:13	2:43:35
67	250	Louise Mort		F35	1	32:35	1:41	1:32:26	1:32	35:21	2:43:37
68	135	Paul Rennison		M60	3	35:13	2:39	1:27:46	2:39	35:27	2:43:46
69	253	Paula Plowman	Red Rose Road Runners	F50	2	33:02	1:16	1:33:01	0:51	36:06	2:44:18
70	131	Jennie Routley		F35	2	35:37	2:16	1:27:53	2:31	39:37	2:47:55
71	210	Michelle Brooks	Trawden AC	F35	3	31:29	1:33	1:38:38	1:52	34:43	2:48:18
72	269	Steve Tindall	Baildon Runners	M50	11	35:10	2:03	1:32:06	0:57	40:27	2:50:46
73	256	Dave Prout		M	16	30:00	1:05	1:38:02	2:06	40:21	2:51:37
74	236	Thomas Graham		M50	12	33:13	2:20	1:35:22	1:45	39:01	2:51:43
75	214	Danielle Burrows	Garstang Running Club/ COLT	F	3	35:04	2:15	1:35:56	2:26	36:44	2:52:27
76	203	Chris Airey	Tri Preston	M	17	35:05	2:02	1:36:16	2:17	36:44	2:52:27
77	254	John Plowman	Red Rose Road Runners	M50	13	35:13	1:52	1:33:35	1:55	45:52	2:58:29
78	271	Catherine Waters		F	4	38:47	2:04	1:27:50	1:50	49:56	3:00:28
79	207	Paul Blakemore		M	18	30:44	1:21	1:56:46	1:41	37:52	3:08:25
80	201	Chloe Ainsworth		F	5	34:48	2:02	1:51:49	1:52	38:52	3:09:25
81	202	Lee Ainsworth	Sale Harriers	M65	1	34:49	5:55	1:50:17	2:34	39:44	3:13:21
82	261	Alison Saunders	The Northern Collective	F35	4	34:51	1:59	1:51:47	3:10	48:04	3:19:53

dnf	83	Thornton - Cleveleys	Thornton - Cleveleys	MXT	48:55	0:47	1:50:39	0:26
dnf	105	Paul Blannon	Clayton le Moors Harriers	M55	25:43	1:17	1:16:05	1:00
dnf	242	Daniel Hosker	Fab fitness	M	36:23	1:31	1:43:04	1:00
dnf	282	Trevor Barton	Craven Energy	M45	29:02	1:24	1:27:00	2:30