

punishing events

Welcome to the Punishing Events Triathlon and Duathlon events website, which is aimed at all levels, from beginner to seasoned athletes.

Home	Races	Enter online	Results	Links	Contact us
Results - Ashbourne Duathlon 2007 - provisional					
Ashbourne Duathlon	2007 2006 2005 2004 2002 2001		Derby Triathlon Swarkestone Triathlon	2006 2005 2004 2003 2002 2001 2000 1999	
Carsington Duathlon	2006 2005 2004 2003 2002				

Provisional

Pos	cat	Name	Cat	Team Name	Run1	pos	Cycle	pos	Run 2	pos	Finish
1	1	Tim Don	M Elite		00:42:00	2	01:07:03	4	00:12:43	1	02:01:48
2	2	Oliver Mott	M Elite	Tri UK - Gatorade	00:43:23	4	01:05:39	2	00:12:50	2	02:01:53
3	3	Wayne Smith	M Elite		00:43:27	6	01:06:28	3	00:13:40	14	02:03:37
4	4	Matt Moorhouse	M Elite	Tri Preston	00:43:01	3	01:07:52	7	00:12:56	3	02:03:51
5	5	Phil Wylie	M Elite	Diadora/Bicycleworks	00:41:39	1	01:10:16	13	00:13:09	4	02:05:06
6	6	Daniel Corner	M Elite	Arctic Shorter Rochford RT	00:46:40	36	01:05:31	1	00:14:04	27	02:06:17
7	7	Rob Watkinson	M Elite	Rotherham Harriers/Doncaster Wheelers	00:44:01	10	01:09:31	10	00:13:14	6	02:06:47
8	8	Toby Jameson	M Elite	Total Fitness Bath/Team Bath	00:45:13	15	01:08:14	8	00:13:53	21	02:07:22
9	1	Matt Cullen	M25 to 29	TheEnduranceCoach.com	00:43:34	7	01:10:56	17	00:13:28	11	02:08:00
10	2	Paul Mountford	M25 to 29	Parker-International.co.uk	00:46:57	39	01:07:47	5	00:14:03	26	02:08:50
11	3	Paul Holdaway	M25 to 29	team lifestyle	00:46:10	26	01:08:37	9	00:14:19	34	02:09:08
12	1	Vincent Kamp	M30 to 34	ful-on tri	00:45:47	22	01:10:09	12	00:13:15	7	02:09:13
13	9	Daniel McCarthy	M Elite	University of Surrey	00:43:47	9	01:13:16	37	00:13:14	5	02:10:19
14	1	Simeon Lloyd	M35 to 39	The Triathlon Coach	00:44:46	13	01:12:23	29	00:13:38	13	02:10:48
15	10	Oliver Stanley	M Elite	Loughborough Students	00:46:22	31	01:11:20	19	00:13:20	9	02:11:04
16	11	Lee Piercy	M Elite	Primera Bournemouth	00:45:29	18	01:12:08	27	00:13:41	16	02:11:20
17	2	Stuart Anderson	M30 to 34	Tri Living	00:46:54	38	01:10:22	15	00:14:10	30	02:11:28
18	1	Paul Rogers	M40 to 44	Black Country Triathletes	00:45:13	16	01:12:25	30	00:13:50	19	02:11:30
19	2	Chris Nicoll	M35 to 39	Derby Tri Club	00:46:17	30	01:11:22	20	00:13:54	22	02:11:36
20	3	Ian Coupland	M35 to 39	Mid Shropshire Wheelers Tri	00:45:41	21	01:12:06	26	00:13:50	20	02:11:39
21	12	Simon Richards	M Elite	The University of Birmingham Tri	00:46:37	35	01:10:25	16	00:14:37	44	02:11:41
22	1	Michael Martin	M20 to 24	University of Bath Tri Club	00:46:44	37	01:11:00	18	00:13:58	25	02:11:44
23	4	Marc Laithwaite	M35 to 39	TheEnduranceCoach.com	00:46:15	29	01:11:51	25	00:14:13	33	02:12:21
24	5	Michael Pluckrose	M35 to 39	TheEnduranceCoach.com	00:46:14	27	01:11:49	24	00:14:20	35	02:12:25
25	13	Nathaniel Williams	M Elite	Loughbrough Students	00:44:03	11	01:15:39	59	00:13:27	10	02:13:10
26	3	Simon Brooksbank	M30 to 34	TheTriathlonCoach.com	00:45:18	17	01:13:08	34	00:14:44	50	02:13:12
27	2	Dave Roper	M20 to 24	Tri Team Glos	00:45:31	19	01:12:16	28	00:15:34	87	02:13:23
28	4	David Vaughan	M25 to 29		00:44:56	14	01:15:30	57	00:13:40	15	02:14:07
29	14	Lawrence Fanous	M Elite	2XU TFN RT	00:46:22	32	01:14:43	54	00:13:15	8	02:14:22
30	1	Catriona Morrison	F Elite		00:47:11	42	01:13:13	36	00:14:05	28	02:14:30
31	5	Oliver Mytton	M25 to 29	TFN Tri Club	00:48:40	59	01:11:47	23	00:14:10	31	02:14:39
32	15	Mark White	M Elite	Team TRI UK	00:47:12	43	01:13:11	35	00:14:30	40	02:14:54
33	16	Matt Hammerton	M Elite	2XU TFN RT	00:46:01	24	01:14:00	43	00:15:02	64	02:15:04
34	7	James Stratton	M35 to 39	Thames Turbo	00:49:47	74	01:10:22	14	00:14:54	56	02:15:06
35	6	Phillip Matthews	M25 to 29		00:44:28	12	01:16:50	67	00:13:55	23	02:15:15
36	2	Andy Collins	M40 to 44	SLH Tri Club	00:47:30	46	01:13:39	41	00:14:26	38	02:15:36
37	2	Michelle Lee	F Elite	Team MK	00:47:10	41	01:14:04	44	00:14:21	36	02:15:38
38	1	Mark Francis	RELAY	Owe Me Back	00:50:36	89	01:11:33	21	00:14:10	32	02:16:21
39	3	Mark Botteley	M40 to 44	millies interiors	00:51:10	100	01:09:50	11	00:15:26	81	02:16:28
40	4	Steve Mead	M40 to 44	Oxford Tri	00:48:02	50	01:13:35	40	00:14:56	58	02:16:35
41	4	Jason Benniman	M30 to 34	Brighton Phoenix Tri	00:46:00	23	01:16:47	66	00:13:49	18	02:16:38
42	7	Ian Roberts	M25 to 29	Ashurst Bike Club	00:47:27	45	01:14:30	50	00:14:58	59	02:16:57
43	8	Stephen Finnigan	M35 to 39	Ashurst Bike Club	00:48:14	53	01:14:07	45	00:14:34	43	02:16:57
44	1	Gawie Nienaber	M50 to 54	Farnham Tri	00:53:24	141	01:07:48	6	00:15:52	105	02:17:06
45	2	John Field	M50 to 54	Mansfield Tri Club	00:47:09	40	01:15:31	58	00:14:46	51	02:17:28
46	8	Justin Webb	M25 to 29	Next Gen Tri	00:47:35	47	01:15:42	60	00:14:22	37	02:17:41
47	9	Jimmy George	M25 to 29	In-Gear Quickvit RT	00:48:02	51	00:00:00	00:00:00		02:18:02	
48	5	Chris Taylor	M40 to 44	Berkshire Tri Squad	00:49:13	65	00:00:00	00:00:00		02:18:25	
49	10	David Chapman	M25 to 29	Team MK	00:49:15	66	01:13:34	39	00:15:44	99	02:18:35
50	9	David Biddulph	M35 to 39	Chorley Tri	00:49:48	75	01:13:57	42	00:15:00	62	02:18:47
51	1	Joe Skipper	MJunior	Tri-Anglia	00:50:11	80	01:13:00	32	00:15:45	100	02:18:58
52	17	Ian Smith	M Elite	2XU TFN RT	00:48:41	60	01:14:43	53	00:15:38	93	02:19:04
53	10	Noel Edwards	M35 to 39	Coventry Triathletes	00:46:14	28	01:18:24	80	00:14:32	42	02:19:12

54	11 Kev Hope	M25 to 29	TFN Tri Club	00:48:44	61 01:16:43	65 00:13:56	24 02:19:24
55	5 Matt Shillabeer	M30 to 34	Ashurst Bike Club	00:50:22	85 01:12:57	31 00:16:04	112 02:19:25
56	11 Ian Loades	M35 to 39	Oxford Tri	00:49:18	67 01:14:38	51 00:15:38	94 02:19:35
57	12 Mark Shaw	M35 to 39	Boneshakers RT	00:49:55	77 01:15:00	55 00:14:54	57 02:19:51
58	6 Karl Free	M30 to 34	Met Police Tri	00:49:58	78 01:14:20	47 00:15:37	92 02:19:57
59	1 Tony Caulton	M45 to 49	Derbyshire Police	00:48:06	52 01:17:09	68 00:14:49	53 02:20:06
60	7 Richard Hamilton	M30 to 34	Leeds & Bradford Tri Club	00:51:13	103 01:14:08	46 00:15:12	68 02:20:35
61	12 James Brown	M25 to 29	Met Police Tri	00:48:56	62 01:16:34	63 00:15:13	69 02:20:44
62	13 Andrzej Bojarski	M35 to 39	Hemel Hempsted CC	00:51:43	111 01:13:24	38 00:15:52	104 02:21:01
63	6 Gary Blesson	M40 to 44	Sigma Sport	00:48:15	54 01:17:46	71 00:15:07	66 02:21:11
64	13 Matthew Ford	M25 to 29	Ful-On-Tri	00:50:13	81 01:16:25	62 00:14:40	47 02:21:19
65	2 Dan White	M45 to 49	The Hogarth Club	00:47:54	48 01:19:04	91 00:14:30	41 02:21:31
66	7 Philip Makepeace	M40 to 44	Leicester Tri Club	00:43:46	8 01:24:16	135 00:13:42	17 02:21:46
67	3 Nick Keeling	M50 to 54	Derby Tri CLUB	00:48:22	56 01:19:14	93 00:14:07	29 02:21:46
68	8 Sean Beard	M40 to 44	Pactrac	00:47:17	44 01:19:08	92 00:15:22	77 02:21:48
69	8 Barry Carmichael	M30 to 34		00:50:51	93 01:15:58	61 00:15:14	70 02:22:05
70	3 Kevin King	M45 to 49	Southampton Tri Club	00:48:19	55 01:18:52	86 00:14:59	60 02:22:12
71	18 Phil Westmoreland	M Elite	2XU TFN RT	00:51:21	105 01:15:06	56 00:15:47	101 02:22:15
72	14 John Russell	M35 to 39	BAD Tri	00:54:23	157 01:11:40	22 00:16:36	141 02:22:42
73	14 Andrew Walpole	M25 to 29	Tri Anglia	00:49:22	68 01:18:57	88 00:14:26	39 02:22:46
74	9 Chris Rainford	M40 to 44	GMC fire service tri	00:53:27	142 01:13:01	33 00:16:18	124 02:22:48
75	10 Kev Willers	M40 to 44	Sportstest.co.uk	00:52:33	123 01:14:42	52 00:15:43	98 02:22:59
76	4 Peter Wheddon	M50 to 54		00:51:40	109 01:14:23	48 00:16:58	157 02:23:02
77	11 Paul Scott	M40 to 44	NEWT	00:50:13	82 01:17:37	70 00:15:22	78 02:23:14
78	4 Simon Osborne	M45 to 49	Pencoed Tri	00:49:32	70 01:18:47	85 00:15:12	67 02:23:32
79	9 Andrew Mosley	M30 to 34	Chippenham Wheelers	00:47:57	49 01:21:02	111 00:14:47	52 02:23:48
80	5 Ian Howard	M50 to 54	Farnham Tri	00:50:49	92 01:17:53	73 00:15:35	90 02:24:19
81	10 Richard Howarth	M30 to 34	Leeds & Bradford Tri Club	00:49:39	72 01:19:25	94 00:15:20	74 02:24:26
82	11 Mitch Piddock	M30 to 34	The University of Bath	00:48:25	57 00:00:00	00:00:00	02:24:37
83	6 Brian Swindell	M50 to 54	Derby Tri CLUB	00:48:58	63 01:20:19	102 00:15:33	86 02:24:52
84	12 Patrick Gould	M30 to 34		00:50:57	95 00:00:00	00:00:00	02:25:01
85	12 Jonny Rawlings	M40 to 44	Tri Team Glos	00:51:03	96 01:17:33	69 00:16:23	133 02:25:01
86	3 Jacob Manning	M20 to 24	Derby Tri CLUB	00:51:10	101 01:18:19	79 00:15:40	96 02:25:11
87	13 Jim Thorn	M40 to 44	Oxford Tri	00:49:49	76 01:19:37	98 00:15:55	107 02:25:22
88	1 Robyn Golding	F30 to 34	BAD Tri	00:50:48	91 01:19:34	96 00:15:00	63 02:25:24
89	5 Hanno Nickau	M45 to 49	Oxford Tri	00:55:04	172 01:14:24	49 00:16:00	109 02:25:30
90	3 Rachel Jones	F Elite	Tri Preston	00:48:39	58 01:22:23	119 00:14:37	45 02:25:40
91	1 Steve Braund	M55 to 59	Barracuda Tri Club	00:53:23	140 01:16:38	64 00:16:01	110 02:26:04
92	6 Jez Smedley	M45 to 49	TFN Tri Club	00:52:41	126 01:18:05	74 00:15:23	80 02:26:10
93	13 Rob Harper	M30 to 34	Manchester Tri Club	00:51:04	97 01:19:36	97 00:15:34	88 02:26:15
94	15 Gareth Dixon	M25 to 29	BRAT	00:51:37	107 01:18:56	87 00:15:47	102 02:26:22
95	15 Mark Hanby	M35 to 39	Chippenham Wheelers	00:51:46	112 01:18:15	77 00:16:22	129 02:26:24
96	14 John Longmuir	M40 to 44	Tri Team Glos	00:52:44	127 01:18:28	82 00:15:16	73 02:26:29
97	2 Stuart McGowan	M55 to 59	Bike and Run	00:51:38	108 01:18:45	84 00:16:07	113 02:26:32
98	16 Thomas McKee	M25 to 29	Barracuda Tri Club	00:46:31	34 01:26:37	162 00:13:37	12 02:26:47
99	14 Andrew Leck	M30 to 34		00:52:05	117 01:18:09	75 00:16:32	139 02:26:48
100	1 Mick Anglim	M60 to 64	Hardley Tri	00:52:36	125 01:17:52	72 00:16:38	142 02:27:07
101	15 Pete Summers	M40 to 44	Hillingdon Triathletes	00:50:17	83 01:22:17	118 00:14:50	54 02:27:25
102	16 Mark Chapman	M40 to 44	Sheffield Tri	00:51:55	115 01:20:11	99 00:15:32	85 02:27:39
103	15 Nick Simmons	M30 to 34		00:00:00	00:00:00	00:00:00	02:27:42
104	4 Louisa Edmonston	F Elite	Edinburgh Road Club	00:52:17	119 01:20:15	101 00:15:15	71 02:27:48
105	7 Robert Moore	M45 to 49	Exeter Tri	00:52:46	129 01:18:17	78 00:17:30	171 02:28:35
106	16 Warren Evans	M30 to 34	Thames Turbo	00:53:16	135 01:19:00	90 00:16:22	130 02:28:40
107	17 Barry Mckenna	M40 to 44		00:51:11	102 01:22:25	121 00:15:16	72 02:28:53
108	16 Chris Booker	M35 to 39	Richardallenfitness.com	00:53:19	137 01:20:13	100 00:15:30	83 02:29:04
109	17 Grant McKinlay	M35 to 39	MVH Tri Club	00:51:05	98 01:23:27	125 00:14:41	49 02:29:15
110	17 Jean-Louis Benavides	M25 to 29	Serpentine	00:50:40	90 01:24:02	129 00:14:53	55 02:29:36
111	2 Esther Evans	F30 to 34	Thames Turbo Sigma Sport	00:50:03	79 01:24:54	140 00:14:41	48 02:29:40
112	7 Michael Barnsdale	M50 to 54	Spalding Tri Club	00:51:42	110 01:22:45	122 00:15:20	75 02:29:48
113	3 Howard Doe	M55 to 59	Hardly Tri Club	00:51:16	104 01:22:06	116 00:16:26	135 02:29:50
114	17 Matt Hemsley	M30 to 34	TFN Tri Club	00:52:21	121 01:22:00	115 00:15:34	89 02:29:56
115	18 Daniel Sweet	M30 to 34		00:54:40	165 01:18:09	76 00:17:07	161 02:29:57
116	18 David Constance	M40 to 44	Stafford Tri Club	00:52:11	118 01:21:28	113 00:16:32	140 02:30:13
117	19 Paul Alcock	M40 to 44	Andersons Racing	00:54:06	149 01:20:49	107 00:15:30	84 02:30:27
118	20 Graham Tomkins	M40 to 44	Thames Turbo	00:53:27	143 01:21:23	112 00:15:39	95 02:30:31
119	19 Jonathan Russell	M30 to 34	Richardallenfitness.com	00:52:53	132 01:22:24	120 00:15:22	79 02:30:41
120	18 Paul Rogers	M25 to 29		00:55:18	175 01:18:28	83 00:16:57	155 02:30:45
121	8 Anthony Turner	M45 to 49	Andersons Racing	00:54:08	151 01:20:56	110 00:15:52	106 02:30:57
122	9 John Ludvigsen	M45 to 49	Wakefield Tri Club	00:55:54	181 01:19:30	95 00:16:18	125 02:31:44
123	1 Angela Jones	F40 to 44		00:50:17	84 01:26:34	161 00:14:59	61 02:31:51

124	20 Gary Bailey	M30 to 34		00:50:52	94 01:24:55	141 00:16:19	126 02:32:08
125	18 Harvey Bennett	M35 to 39		00:55:06	173 01:20:54	109 00:16:16	120 02:32:18
126	21 Steven Garner	M30 to 34		00:49:25	69 01:28:19	180 00:14:39	46 02:32:24
127	10 Paul Timmons	M45 to 49	Ripley Running Club	00:51:28	106 01:26:18	155 00:15:04	65 02:32:51
128	22 David Knight	M30 to 34	Hillingdon Triathletes	00:54:32	159 01:20:47	106 00:17:36	179 02:32:57
129	5 Jacqui Slack	F Elite	Subsixty	00:54:39	164 01:20:52	108 00:17:30	173 02:33:03
130	19 Chris Gauntlett	M35 to 39	Sheffield Tri	00:55:03	171 01:20:33	105 00:17:31	174 02:33:09
131	3 Susan Blackett	F30 to 34	Berkshire Tri Squad	00:52:33	124 01:24:20	136 00:16:16	119 02:33:11
132	4 Rob Alger	M55 to 59	Derby Tri Club	00:52:44	128 01:22:57	123 00:17:29	170 02:33:12
133	20 Darren Robinson	M35 to 39	Belper CC	00:53:55	145 01:21:35	114 00:17:58	197 02:33:30
134	11 Patrick Berkhold	M45 to 49	Leeds & Bradford Tri Club	00:56:45	197 01:18:58	89 00:18:05	202 02:33:50
135	21 Ian Wylie	M40 to 44	Tunbridge Wells Harriers TC	00:51:48	113 01:27:15	171 00:15:28	82 02:34:32
136	4 Ros Viner	F30 to 34		00:51:50	114 01:27:06	168 00:15:40	97 02:34:38
137	5 Christopher Pedley	M55 to 59	Black Country Triathletes	00:56:43	196 01:20:26	103 00:17:36	182 02:34:46
138	1 Nicky Bushell	F35 to 39	BAD Tri	00:54:54	167 01:23:42	127 00:16:19	127 02:34:58
139	23 Ross Calder	M30 to 34		00:56:32	192 01:20:30	104 00:17:57	196 02:35:01
140	24 Nick Corker	M30 to 34		00:49:38	71 01:29:17	195 00:16:18	123 02:35:15
141	21 Steven Emerton	M35 to 39		00:53:19	138 01:25:46	145 00:16:22	131 02:35:28
142	25 Paul Annetts	M30 to 34	Leeds & Bradford Tri Club	00:59:09	227 01:18:25	81 00:18:00	200 02:35:36
143	2 Caroline Toshack	F35 to 39		00:53:12	134 01:26:08	154 00:16:42	146 02:36:04
144	22 Stephen Lloyd	M40 to 44	Worcester Tri	00:56:23	191 01:22:13	117 00:17:27	169 02:36:06
145	23 Nigel Herron	M40 to 44	Brighton Phoenix Tri	00:54:17	156 01:25:52	148 00:15:59	108 02:36:10
146	22 Chris Levy	M35 to 39	Ashurst Bike Club	00:53:18	136 01:25:25	143 00:17:32	176 02:36:16
147	23 Ben Starbuck	M35 to 39	MVH Tri Club	00:53:57	146 01:26:27	159 00:16:12	114 02:36:38
148	12 Ian Lloyd	M45 to 49	Sheffield Tri	00:56:00	183 01:24:42	138 00:16:01	111 02:36:45
149	13 Matt Sheehan	M45 to 49		00:56:09	187 01:23:24	124 00:17:19	164 02:36:54
150	19 Patrick O'keeffe	M25 to 29		00:54:04	148 01:26:44	164 00:16:14	117 02:37:04
151	8 Robin Harris	M50 to 54	Barracuda Tri Club	00:55:28	177 01:24:44	139 00:16:53	151 02:37:07
152	5 Rachel Hobbs	F30 to 34		00:56:37	194 01:24:05	131 00:16:25	134 02:37:09
153	24 Jez Statham	M35 to 39	GEARSANDTEARS.COM	00:54:10	152 01:25:58	150 00:17:01	160 02:37:10
154	2 Richard Melvern	M60 to 64		00:52:49	130 01:27:40	173 00:16:41	144 02:37:12
155	24 Anthony Burns	M40 to 44	Derby Tri Club	00:56:56	200 01:24:00	128 00:16:22	132 02:37:19
156	1 Lucinda Insall-Jones	F25 to 29		00:52:49	131 01:28:03	177 00:16:26	136 02:37:19
157	2 Louise Kelly	F25 to 29	Leicester Tri Club	00:54:32	160 01:27:13	170 00:15:36	91 02:37:23
158	6 Kirsty Hewitson	F30 to 34	Oxford Uni Tri	00:55:55	182 01:25:13	142 00:16:20	128 02:37:29
159	7 Donna Edmondson	F30 to 34	Leeds & Bradford Tri Club	00:55:27	176 01:25:53	149 00:16:12	115 02:37:34
160	3 Jane Wibley	F35 to 39	Thames Valley Triathletes	00:54:54	168 01:26:24	158 00:16:44	147 02:38:04
161	25 Chris MacDonald	M35 to 39		00:56:55	199 01:24:07	132 00:17:11	163 02:38:15
162	14 Dave Coard	M45 to 49	Boxfit	00:51:58	116 01:31:00	216 00:15:20	76 02:38:19
163	25 Neil Whitehouse	M40 to 44	University Tri - Duathlon Club	00:52:22	122 01:29:13	194 00:16:56	154 02:38:32
164	26 Conor Mcentee	M30 to 34	Ashurst Bike Club	00:54:12	154 01:28:26	181 00:16:17	122 02:38:57
165	6 Victoria Rusius	F Elite	BRAT	00:54:32	161 01:27:50	174 00:16:46	148 02:39:10
166	26 Simon Wood	M35 to 39	Sheffield Tri	00:56:07	186 01:27:16	172 00:16:14	118 02:39:39
167	1 Helen Trees	F45 to 49		00:56:32	193 01:26:20	157 00:16:50	149 02:39:44
168	15 Ian Imeson	M45 to 49		00:54:52	166 01:26:32	160 00:18:36	224 02:40:01
169	3 Cathy Russell	F25 to 29	Richardallenfitness.com	00:55:32	178 01:28:01	176 00:16:31	138 02:40:06
170	3 Keith Walker	M60 to 64	Tri Sport Epping	00:57:27	204 01:26:01	152 00:16:38	143 02:40:08
171	16 Mark Lines	M45 to 49	Wrekinsport	00:54:12	155 01:29:12	193 00:16:55	153 02:40:20
172	27 David Griffiths	M30 to 34	TFN Tri Club	00:59:21	230 01:23:42	126 00:17:19	165 02:40:24
173	9 Philip Shakeshaft	M50 to 54	Wakefield Tri Club	00:57:31	206 01:25:32	144 00:17:21	166 02:40:27
174	28 Nigel Elson	M30 to 34	Meynell Valley Hunters	00:54:00	147 01:30:47	212 00:15:50	103 02:40:38
175	20 Adam Bradley	M25 to 29	Wolverhampton Uni Tri	00:54:34	162 01:28:13	179 00:17:51	189 02:40:40
176	7 Heather Jackson	F Elite	Loughborough Students	00:52:17	120 01:32:14	230 00:16:13	116 02:40:47
177	17 Mark Gordon	M45 to 49	Thames Turbo	00:54:29	158 01:28:51	186 00:17:41	185 02:41:03
178	4 Sarah Russell	F35 to 39	Tunbridge Wells Harriers TC	00:56:04	184 01:28:55	187 00:16:16	121 02:41:16
179	27 Jon Bland	M35 to 39		00:58:09	214 01:26:39	163 00:16:41	145 02:41:31
180	29 Lee Goodman	M30 to 34	Team MK	00:58:30	223 01:24:16	133 00:18:54	235 02:41:42
181	18 Steven Regan-watts	M45 to 49		00:55:53	180 01:28:27	182 00:17:22	167 02:41:43
182	8 Nikki Porter	F30 to 34	Army Triathlon Association	00:58:15	217 01:25:48	146 00:17:40	183 02:41:44
183	30 John Swinney	M30 to 34	Chester Tri	01:00:16	239 01:24:03	130 00:17:32	177 02:41:52
184	4 Richard File	M60 to 64	Berkshire Tri Squad	00:58:12	215 01:26:00	151 00:17:54	194 02:42:07
185	26 Jonathan Lee	M40 to 44	Tri Team Glos	00:57:31	207 01:27:03	167 00:17:46	187 02:42:21
186	9 Charlotte Arnold	F30 to 34	Hillingdon Triathletes	00:58:14	216 01:27:11	169 00:16:54	152 02:42:21
187	28 Martin Penny	M35 to 39	Ripley Running Club	00:56:13	188 01:28:41	184 00:17:36	181 02:42:31
188	19 Mark Clayton	M45 to 49		00:55:00	170 01:30:09	207 00:17:36	180 02:42:47
189	21 Gareth Smith	M25 to 29		00:54:11	153 01:30:09	206 00:18:27	216 02:42:49
190	29 Phil Walker	M35 to 39		00:54:37	163 01:30:39	211 00:17:30	172 02:42:49

191	27 David Hayward	M40 to 44		00:58:17	219 01:26:07	153 00:18:26	214 02:42:52
192	30 Tim Doyle	M35 to 39	TFN Tri Club	00:52:56	133 01:32:08	229 00:17:54	192 02:43:01
193	10 Melissa Arkinstall	F30 to 34	Hillingdon Triathletes	00:58:07	212 01:28:42	185 00:16:51	150 02:43:41
194	28 Mike Liddall	M40 to 44	Zak's Dad	00:59:15	229 01:24:16	134 00:20:15	260 02:43:47
195	31 Nigel Worthington	M30 to 34		00:53:19	139 01:31:46	223 00:18:46	231 02:43:53
196	2 Tonya Antonis	F40 to 44	scientificcoaching.com	00:55:52	179 01:31:07	219 00:16:58	158 02:43:59
197	20 Mike James	M45 to 49	BAD Tri	01:00:03	237 01:26:47	165 00:17:26	168 02:44:18
198	6 Nigel Burvill	M55 to 59	Tri Sport Epping	00:59:39	234 01:27:51	175 00:16:59	159 02:44:30
199	10 John Taylor	M50 to 54	Thames Turbo	00:57:16	202 01:29:01	189 00:18:24	211 02:44:43
200	21 Clint Proffitt	M45 to 49	Derbyshire Police	00:56:18	189 01:32:05	228 00:16:27	137 02:44:52
201	5 Christopher Hills	M60 to 64		00:59:56	236 01:26:19	156 00:18:36	225 02:44:53
202	11 Charlotte East	F30 to 34	Wimbledon Windmilers	01:02:26	266 01:24:38	137 00:17:53	191 02:44:59
203	7 Simon Bowen	M55 to 59		00:57:42	209 01:28:56	188 00:18:35	222 02:45:14
204	22 Jon Wootten	M45 to 49		01:01:15	250 01:25:49	147 00:18:10	205 02:45:15
205	1 Claire Weldon	F20 to 24	trybike.co.uk	00:58:28	222 01:29:36	198 00:17:10	162 02:45:15
206	29 Nick Riley	M40 to 44	Ashurst Bike Club	00:58:18	220 01:29:06	192 00:17:58	199 02:45:23
207	31 Danny Evans	M35 to 39	Derby Tri CLUB	00:56:54	198 01:30:51	213 00:17:54	193 02:45:41
208	30 Andy Clapham	M40 to 44	H+H Harriers	00:54:07	150 01:32:36	233 00:19:24	246 02:46:09
209	6 John Shirley	M60 to 64	Gears & Tears	00:57:55	210 01:29:47	201 00:18:43	230 02:46:27
210	12 Libby Cameron	F30 to 34	Met Police Tri	00:57:09	201 01:30:59	215 00:18:39	228 02:46:50
211	11 Steve Elliott	M50 to 54	Derby Tri CLUB	01:00:53	245 01:28:34	183 00:17:40	184 02:47:09
212	12 Stewart Lebelinski	M50 to 54	LVRC	00:58:25	221 01:31:07	218 00:17:41	186 02:47:15
213	31 Stephen Watkins	M40 to 44		01:01:16	252 01:28:08	178 00:18:07	203 02:47:33
214	32 Greg Shelley	M30 to 34		00:00:00	00:00:00	00:00:00	02:47:38
215	1 John Clarke	M65 to 69	Sheffield Tri	01:00:16	238 00:00:00	00:00:00	02:47:41
216	7 Vernon Thomas	M60 to 64	Greenwich Tritons	01:02:14	262 01:26:56	166 00:18:33	221 02:47:44
217	33 Simon Priest	M30 to 34		00:59:22	231 01:29:39	199 00:18:51	233 02:47:54
218	32 Philip Hobson	M40 to 44		00:55:14	174 01:33:11	237 00:19:32	248 02:47:59
219	13 Rebecca Francis	F30 to 34	Sportstest.co.uk	00:58:08	213 01:33:47	240 00:16:57	156 02:48:53
220	5 Sarah Anne McLeod	F35 to 39	Thames Turbo Sigma Sport	01:00:36	240 01:30:05	204 00:18:15	207 02:48:57
221	14 Cathlyn Orchard	F30 to 34	BRAT	01:01:12	247 01:30:21	208 00:18:22	210 02:49:57
222	13 Mike Yeomans	M50 to 54		00:59:43	235 01:31:41	221 00:18:32	220 02:49:58
223	8 John Helliwell	M60 to 64	Adwick Tri Club	00:58:16	218 01:33:34	239 00:18:25	213 02:50:17
224	9 Malcolm Leatherdale	M60 to 64	Andover Triathlon Club	00:59:31	233 01:31:51	225 00:19:08	239 02:50:31
225	10 Ken Treadwell	M60 to 64	Sevenoaks Tri Club	01:02:27	269 01:29:52	202 00:18:31	219 02:50:52
226	33 Bill Livingstone	M40 to 44	GETC	01:00:49	244 01:30:33	210 00:19:37	251 02:51:01
227	23 Andrew Davison	M45 to 49		01:01:15	251 01:31:46	222 00:18:16	208 02:51:19
228	34 Jon Bennett	M30 to 34	Derby Tri CLUB	01:02:39	270 01:29:45	200 00:18:58	237 02:51:24
229	34 Mark Taylor	M40 to 44	trybike.co.uk	01:02:44	273 01:30:07	205 00:18:35	223 02:51:27
230	22 Jonathan Garton	M25 to 29		00:56:37	195 01:36:29	253 00:18:42	229 02:51:51
231	32 David Ohren	M35 to 39	4 Life Tri Club	01:01:13	248 01:31:47	224 00:18:55	236 02:51:56
232	35 David Miles	M40 to 44	Team pen-island	01:01:24	253 01:29:04	191 00:21:42	276 02:52:12
233	24 Brian Martin	M45 to 49	Army Triathlon Association	00:56:06	185 01:38:25	263 00:17:50	188 02:52:23
234	3 Debbie Manners	F40 to 44	Serpentine	00:58:31	224 01:35:29	250 00:18:28	217 02:52:30
235	33 Paul Frampton	M35 to 39	Pactrac	01:01:03	246 01:32:00	227 00:19:28	247 02:52:32
236	14 Andrew Bradley	M50 to 54	Wolverhampton Uni Tri	00:53:42	144 01:40:54	272 00:18:17	209 02:52:55
237	2 Alfred Pollard	M65 to 69	Deal Tri	01:02:18	264 01:32:00	226 00:18:38	227 02:52:58
238	23 Tim Wells	M25 to 29		00:58:51	225 01:34:21	245 00:20:15	259 02:53:29
239	36 Simon Broomhead	M40 to 44		01:01:36	256 01:34:11	242 00:17:54	195 02:53:43
240	15 Louise Worthington	F30 to 34		01:01:58	260 01:34:20	244 00:17:35	178 02:53:56
241	25 Gavin Biggs	M45 to 49	Chorley Tri	01:02:26	267 01:34:03	241 00:17:31	175 02:54:02
242	16 Rebecca Weston	F30 to 34	Tri-Lakeland	01:04:46	283 01:31:06	217 00:18:12	206 02:54:05
243	17 Louise Bennett	F30 to 34		01:01:14	249 01:34:50	247 00:18:08	204 02:54:13
244	4 Sara Riley	F40 to 44	Leeds & Bradford Tri Club	01:05:46	291 01:30:32	209 00:18:04	201 02:54:24
245	5 Susan Turner	F40 to 44	Oxford Tri	01:01:45	257 01:34:14	243 00:18:30	218 02:54:31
246	11 Philip Robinson	M60 to 64	Otley Athletic Club	00:59:30	232 01:37:32	257 00:17:53	190 02:54:57
247	34 Paul Sinclair	M35 to 39	Leeds & Bradford Tri Club	01:05:33	290 01:31:25	220 00:18:24	212 02:55:24
248	37 David Child	M40 to 44		00:57:40	208 01:39:14	265 00:19:00	238 02:55:56
249	3 Bob Luck	M65 to 69	East Grinstead TC	01:05:51	293 01:30:55	214 00:19:22	245 02:56:10
250	6 Inna Atkinson	F35 to 39	Derby Tri CLUB	01:03:57	279 01:33:06	235 00:19:11	241 02:56:16
251	35 Daren Roscoe	M30 to 34	Hillingdon Triathletes	00:56:18	190 01:35:17	249 00:24:49	292 02:56:26
252	1 Les Bailey	M70 to 74	Worcester Tri	01:04:50	285 01:29:03	190 00:22:33	280 02:56:28
253	1 Elspeth Knott	F55 to 59	Harwich Runners	01:05:08	287 01:32:25	231 00:19:10	240 02:56:44
254	6 Jan Rogers	F40 to 44	Chester Tri	01:05:12	288 01:32:30	232 00:19:16	243 02:56:59
255	12 William Hammerton	M60 to 64		01:07:01	298 01:29:35	197 00:20:32	265 02:57:09
256	38 Anthony Spencer	M40 to 44		01:00:37	241 01:37:51	258 00:18:52	234 02:57:22
257	39 Mark Walsh	M40 to 44	Barracuda/Humberside Fire	00:54:55	169 01:44:29	280 00:17:58	198 02:57:24

258	8 Graham Reynolds	M55 to 59	Coventry Triathletes	01:05:04	286 01:32:41	234 00:20:14	258 02:58:01
259	7 Justine Williams	F35 to 39	BAD Tri	01:01:51	259 01:38:03	259 00:18:46	232 02:58:42
260	24 Chris Bunker	M25 to 29		01:01:59	261 01:37:08	256 00:19:35	250 02:58:44
261	36 Gareth Blackbird	M30 to 34		01:03:56	278 01:35:06	248 00:21:07	271 03:00:12
262	26 Shaun Willox	M45 to 49	Barracuda Tri Club	01:02:14	263 01:39:19	266 00:19:15	242 03:00:49
263	35 Steve Casey	M35 to 39		00:59:07	226 01:40:31	271 00:21:10	272 03:00:50
264	27 Barry Hallam	M45 to 49		01:03:39	276 01:38:08	260 00:19:56	253 03:01:46
265	2 Peter Norman	M70 to 74	Wrecsam Tri Club	01:07:39	301 01:33:09	236 00:21:02	268 03:01:52
266	1 Hilary Walker	F50 to 54	Serpentine	01:09:03	305 01:33:17	238 00:20:17	262 03:02:39
267	40 Lloyd Alexander	M40 to 44		01:01:26	254 01:41:31	274 00:20:01	254 03:03:00
268	15 Billy Straughan	M50 to 54		01:01:48	258 01:40:31	270 00:20:56	267 03:03:16
269	2 Christine Hamilton	F45 to 49	Sportstest.co.uk	01:06:05	294 01:36:53	255 00:20:25	263 03:03:25
270	16 Chris Upton	M50 to 54		01:06:38	297 01:36:43	254 00:20:11	257 03:03:33
271	7 Tracey Hall	F40 to 44	Worcester Tri	01:03:51	277 01:39:38	267 00:20:08	256 03:03:38
272	4 Brian Grierson	M65 to 69	Southampton Tri Club	01:07:41	302 01:35:59	252 00:20:25	264 03:04:06
273	18 Angela Leck	F30 to 34		01:00:37	242 01:45:10	282 00:18:26	215 03:04:14
274	19 Sara Duncan	F30 to 34	TFN Tri Club	01:02:39	271 01:43:23	275 00:18:37	226 03:04:40
275	5 Nigel Dimmock	M65 to 69	Coventry Triathletes	01:04:27	282 01:40:56	273 00:19:19	244 03:04:43
276	2 Jan Farmer	F55 to 59	Serpentine	01:05:48	292 01:38:22	262 00:21:12	273 03:05:22
277	28 Grant Dudley-Toole	M45 to 49	Black Country Triathletes	01:06:25	296 01:38:43	264 00:20:17	261 03:05:27
278	41 Nick Brookes	M40 to 44		01:02:26	268 01:40:16	269 00:23:44	287 03:06:28
279	9 Dave Smith	M55 to 59		01:03:19	274 01:43:50	277 00:19:33	249 03:06:43
280	2 Russ Carter	RELAY	DFL	01:16:15	315 01:29:52	203 00:21:06	270 03:07:15
281	3 Colin Hewick	RELAY	Team Steady	01:01:31	255 01:44:05	278 00:22:13	279 03:07:51
282	29 Tim Bedford	M45 to 49	Intropes Racing Team	01:11:04	309 01:34:41	246 00:23:02	283 03:08:48
283	42 Paul Nightingale	M40 to 44		01:10:58	308 01:39:41	268 00:20:06	255 03:10:47
284	20 Chantelle Swart	F30 to 34	Pactrac	01:06:14	295 01:43:34	276 00:21:05	269 03:10:54
285	43 Alan Keeling	M40 to 44		01:04:49	284 01:44:19	279 00:21:58	277 03:11:07
286	36 Tony Taylor	M35 to 39	Derby Tri CLUB	01:11:05	310 01:38:14	261 00:23:09	284 03:12:29
287	44 Graham Parker	M40 to 44		01:02:22	265 01:47:25	284 00:22:44	281 03:12:33
288	8 Kimberly Kabatoff	F35 to 39	Serpentine	01:08:37	303 01:44:36	281 00:21:36	275 03:14:50
289	30 Mark Saxton	M45 to 49		01:03:21	275 01:51:54	286 00:19:40	252 03:14:56
290	31 Steve Tatem	M45 to 49	Derby Tri CLUB	01:05:18	289 01:45:32	283 00:24:08	290 03:14:59
291	3 Eric Barber	M70 to 74	Torbay Tri Club	01:04:01	280 01:50:19	285 00:23:54	288 03:18:15
292	4 Katie Blackbird	F25 to 29		01:07:13	299 01:52:16	288 00:20:43	266 03:20:13
293	3 Alison Johnston	F45 to 49	Derby Tri CLUB	01:09:00	304 01:55:12	291 00:21:32	274 03:25:46
294	4 Nicky Godridge	F45 to 49	Derby Tri CLUB	01:10:01	306 01:54:07	290 00:22:09	278 03:26:19
295	6 Michael Curran	M65 to 69		01:04:05	281 01:58:29	293 00:23:57	289 03:26:33
296	8 Carolyn Waywell	F40 to 44		01:12:33	312 01:56:59	292 00:22:56	282 03:32:30
297	5 Catherine Grum	F25 to 29		01:11:32	311 02:01:43	294 00:23:28	285 03:36:46
298	37 John Miller	M35 to 39		01:07:13	300 02:07:11	296 00:23:42	286 03:38:07
299	45 Paul Homan	M40 to 44		01:22:50	316 01:52:54	289 00:24:15	291 03:40:00
300	6 Katie Dimon	F25 to 29		01:12:34	313 02:02:30	295 00:26:55	295 03:42:01
301	25 Mark Newman	M25 to 29		01:24:27	317 01:52:06	287 00:26:07	294 03:42:41
302	46 Mahendra Patel	M40 to 44		01:15:41	314 02:14:37	297 00:25:23	293 03:55:43
	Claire Loades	F30 to 34		01:10:02	307 01:35:30	251 DNF	DNF
	Andy Lines	M40 to 44	Coventry Triathletes	00:57:57	211 01:29:19	196 DNF	DNF
	James Attard	M25 to 29	Australia	00:43:23	5 DNF	DNF	DNF
	Nick Dunn	M25 to 29	2XU TFN RT	00:45:37	20 DNF	DNF	DNF
	Peter Holmes	M20 to 24	Team Mildred	00:46:02	25 DNF	DNF	DNF
	Dave Brown	M25 to 29	Team Milton Keynes/Phil Corley Cycles	00:46:29	33 DNF	DNF	DNF
	Richard O'Connor	M30 to 34		00:49:07	64 DNF	DNF	DNF
	James Endicott	M25 to 29	2XU TFN RT	00:49:44	73 DNF	DNF	DNF
	David Hutchinson	M35 to 39	Pactrac	00:50:27	86 DNF	DNF	DNF
	Pete Wager	M30 to 34	Swim Bike Run	00:50:30	87 DNF	DNF	DNF
	Steve Paine	M30 to 34	2XU TFN RT	00:50:34	88 DNF	DNF	DNF
	Marc Scriven	M45 to 49	trybike.co.uk	00:51:07	99 DNF	DNF	DNF
	Kate Foster	F25 to 29	Thames Turbo Sigma Sport	00:57:22	203 DNF	DNF	DNF
	Eric Wintersgill	M55 to 59	Lincoln Tri	00:57:28	205 DNF	DNF	DNF
	Dave Rose	M60 to 64	Team pen-island	00:59:09	228 DNF	DNF	DNF
	Amanda Kerr	F25 to 29	Cardiff Triathlon Club	01:00:39	243 DNF	DNF	DNF
	Anthony Swift	M25 to 29		01:02:43	272 DNF	DNF	DNF

Mike Hall

M75 to 79 Durham Tri Club

01:32:46 **318** DNF

DNF

DNF