

Milford Duathlon - 31st December 2004

Position	Name	Club	Cat	Run1	Bike	Run2	Time
1	KARL WEBSTER	MATLOCK AC	M	13:29	26:47	15:00	55:16
2	ROBERT LITTLE	CANNOCK & STAFF	M	13:29	31:37	13:20	58:26
3	DEL PITCHER	DERBYS POLICE	M	14:40	28:42	15:39	59:01
4	JONATHAN MARSHALL	BELPER	M	14:56	27:56	16:33	59:25
5	MICHAEL STANLEY	WALLASEY AC	M40	13:35	30:45	15:29	59:49
6	ELLIOTT HAYWOOD	LINCOLN WELL	M	14:19	30:23	15:16	59:58
7	CHRISTINE HOWARD	MATLCOK AC	F	14:53	29:42	15:33	60:08
8	SIMON NASH	REDHILL RR	M	15:06	29:24	15:42	60:12
9	MATT HEMSLEY	HUCKNALL	M	15:21	29:24	16:33	61:18
10	MARTIN LEA	MATLOCK AC	M40	15:42	29:52	16:36	62:10
11	RICHARD CORDIN	MATLOCK	M	16:13	27:23	19:40	63:16
12	ADAM HARRIES	DERBY AC	M	15:04	31:34	16:48	63:26
13	ALLISTER SHEFFIELD	BITTON RR	M	14:16	34:33	14:42	63:31
14	TIM HULLEY	SHEFFIELD TC	M	16:32	29:03	18:23	63:58
15	LAURIE PARMENTER	SHEFFIELD TC	M40	16:18	30:42	17:55	64:55
16	PAUL WARD	REDHILL RR	M	16:50	30:02	18:20	65:12
17	JOHN BIRCH	LONG EATON RC	M40	15:49	32:29	17:08	65:26
18	TIM NORMAN	BURTON AC	M40	16:16	32:25	16:59	65:40
19	PETER COLLINGE	MANSFIELD HAC	M50	17:15	31:20	17:26	66:01
20	ZOE TUCKER	BITTON RR	F	15:04	36:26	15:28	66:58
21	ALLAN SWEETE	BURTON ON TRENT	M40	16:53	31:06	19:11	67:10
22	BARRY/JOHN	SINFIN RC	X	16:57	33:54	17:04	67:55
23	AIKEN COLLINGE	MANSFIELD HAC	M	17:15	31:22	19:35	68:12
24	CHRIS/CAROLYN	SHELTON STRIDER	X	17:32	32:14	18:29	68:15
25	RUSSELL MASTERS	BELPER	M	17:55	28:51	21:32	68:18
26	STEPH PITCHER	DERBYS POLICE	F	17:57	32:08	19:29	69:34
27	ABBEY NORMAN	BURTON AC	F	16:46	34:27	18:31	69:44
28	RUTH JONES	WARRINGTON	F	17:22	34:38	18:19	70:19
29	BLUE HAYWOOD	LINCOLN WELL	F	15:35	38:18	16:57	70:50
30	LINCOLN WELL	LINCCOLN	M40	17:23	36:29	18:03	71:55
31	MATT LONG	HALLAMSHIRE H	M	16:17	38:32	17:22	72:11
32	JO BETTISON	MANSFIELD HAC	F	17:15	37:13	18:08	72:36
33	PHIL HARRIES	DERBY AC	M	19:00	34:04	20:05	73:09
34	SUSAN SMITH	ROTHERHAM	F	18:50	32:13	22:19	73:22
35	JOHN CHAPMAN	BELPER HARRIERS	M50	17:30	36:32	19:27	73:29
36	MADDY COLLINGE	MANSFIELD HAC	F50	18:12	39:04	18:08	75:24
37	MIKE HANKIN	REDHILL RR	M	21:29	31:07	23:06	75:42
38	ALI PARMENTER	SHEFFIELD TC	F	17:57	38:58	19:58	76:53
39	PHILL HICKLING	BELL HARP H	M40	20:32	35:22	22:01	77:55
40	ROBERT SHARRATT	ILKESTON RC	M40	17:06	42:05	19:45	78:56
41	FIONA HULLEY	SHEFFIELD TC	F	21:42	34:04	135:44	79:58
42	CAROL WATSON	EREWASH VALLEY	F40	20:23	37:10	137:40	80:07
43	CAROLE/ZOE/LOUISE	LERC	X	20:52	40:12	143:44	82:40
44	TRACEY HARDEN	CARSWELL RC	F	20:58	40:06	144:24	83:20
45	DAVID KEELING	OXFORD UPRC	M	20:58	40:06	144:24	83:20
DNF	JULIE SORRELL	STONE MM	F	20:28	45:25		