

Terrapin Triathlon 2005

26th June 2005

750m swim, 21k bike, 5k run. For the results of the novice triathlon [click here](#).

Pos	Name	Cat	Club	Swim	Pos	Bike	Pos	Run	Pos	Pen	Overall	Cat pos
1	Ian Smith	M20	Quintana Roo/TFN	00:10:38	1	00:34:34	2	00:17:40	2		01:02:52	1
2	Mark Anderson	M20		00:12:14	13	00:35:19	4	00:18:31	6		01:06:04	2
3	Jon Worcester	M20	Loughboro Stud.	00:10:58	3	00:37:37	25	00:18:20	4		01:06:55	3
4	Dean Cross	M30	Mansfield Tri	00:15:05	52	00:35:02	3	00:17:36	1		01:07:43	1
5	Adam Thomson	M30	Black CountryTri	00:13:01	18	00:36:31	10	00:18:32	7		01:08:04	2
6	Stewart Ward	M20	Loughboro Stud.	00:13:16	21	00:35:56	8	00:19:43	18		01:08:55	4
7	Chris Mellor	M45	High Peak Tri	00:14:38	47	00:36:38	12	00:17:44	3		01:09:00	1
8	Bruno Nikoloff	M40		00:13:13	19	00:37:47	29	00:18:20	4		01:09:20	1
9	Elliot Smith	MJ	Birmingham Univ	00:11:51	8	00:36:35	11	00:21:31	45		01:09:57	1
10	Malcolm Hazle	M45	Brian Rourke Cyc	00:14:36	45	00:35:39	6	00:20:05	20		01:10:20	2
11	Chrissie Bailey	F20	Loughboro Stud.	00:12:15	14	00:38:37	34	00:19:40	16		01:10:32	1
12	Shaun Coulton	M40		00:13:00	17	00:37:32	21	00:20:21	24		01:10:53	2
13	Mike Canning	M30		00:15:06	53	00:37:16	17	00:18:33	8		01:10:55	3
14	David Hamdorff	M40		00:12:55	16	00:37:35	23	00:20:30	26		01:11:00	3
15	Robert Strachan	M45		00:14:30	39						01:11:10	3
16	James Peet	M20		00:14:25	38	00:35:48	7	00:21:22	41		01:11:35	5
17	Paul Edgar	M40	Adwick Tri	00:14:17	35	00:37:33	22	00:20:05	20		01:11:55	4
18	Joshua Cardwell	MY	Rugby & N'hants	00:13:14	20	00:39:03	41	00:19:57	19		01:12:14	1
19	Matthew Liggins	M45	TFN TotalFitness	00:13:34	25	00:37:48	30	00:20:56	29		01:12:18	4
=	Stephen Melhuish	M40	Mansfield Tri	00:14:21	37	00:36:49	14	00:21:08	33		01:12:18	5
21	Mark Bennett	M30	Chester Tri	00:13:22	22	00:38:52	37	00:20:10	23		01:12:24	4
22	Russell Atkinson	M30	Sheffield Tri	00:13:24	23	00:40:16	64	00:18:49	10		01:12:29	5
23	Rodney Leigh	M30	Team Lutterworth	00:15:44	63	00:37:43	28	00:19:07	12		01:12:34	6
24	Joanna Hinde	F20	Total Fitness	00:12:10	11	00:39:00	40	00:21:25	43		01:12:35	2

25	John Dyer	M30	Coventry Tri	00:12:11	12	00:38:33	33	00:22:09	61	01:12:53	7
26	Mark Stewart	M40	Coventry Tri	00:17:10	95	00:37:05	15	00:18:43	9	01:12:58	6
=	Gemma Horne	F20	Loughboro Stud.	00:11:55	9	00:41:45	84	00:19:18	14	01:12:58	3
28	Anton Newell	M30	Mansfield Tri	00:14:59	51	00:36:46	13	00:21:20	39	01:13:05	8
29	Peter Overton	M40		00:15:44	63	00:35:35	5	00:22:10	62	01:13:29	7
30	Matt Kirby	M40	Chiltern Tri	00:14:16	34	00:37:35	23	00:21:39	51	01:13:30	8
31	Garry Davy	M30		00:15:21	58	00:39:34	52	00:18:51	11	01:13:46	9
32	Heather Williams	F30	Cambridge Tri	00:11:48	5	00:39:17	47	00:23:04	83	01:14:09	1
33	Dave Tedds	M40	1485 Tri Club	00:15:15	56	00:36:03	9	00:23:04	83	01:14:22	9
34	Steven Paley	M20	Lincoln	00:14:09	32	00:39:10	45	00:21:11	36	01:14:30	6
35	Mark Sykes	M20	Coventry Tri	00:13:48	29	00:39:06	43	00:21:38	49	01:14:32	7
36	Richard Powell	M30	Dorking & Mole	00:13:55	30	00:39:40	54	00:21:16	38	01:14:51	10
37	Verity Butler	F30	TFN TotalFitness	00:14:17	35	00:41:30	81	00:19:13	13	01:15:00	2
38	Gina Vaughan	F45	Beaumont RC	00:13:41	27	00:40:32	67	00:20:49	28	01:15:02	1
=	Ray Gray	M60	1485 Tri Club	00:14:34	43	00:38:14	32	00:22:14	64	01:15:02	1
40	Ian Ellis	M30	Rugby Tri	00:14:53	50	00:37:42	26	00:22:28	67	01:15:03	11
41	Steven Robinson	M45	1485 Tri Club	00:15:16	57	00:37:19	18	00:22:46	75	01:15:21	5
42	Matthew Lyness	M30	West Mids Fire	00:13:43	28	00:39:18	49	00:22:29	69	01:15:30	12
43	Nik Appleyard	M30	Adwick Tri	00:16:29	76	00:37:30	20	00:21:50	57	01:15:49	13
44	Katie Westwood	F20	Birmingham Univ	00:11:49	6	00:41:56	87	00:22:21	65	01:16:06	4
45	Mark Nixon	M40	Derby Tri	00:17:02	91	00:38:10	31	00:21:10	35	01:16:22	10
46	Warren Simms	M40	Derby Tri	00:17:18	99	00:37:27	19	00:21:48	56	01:16:33	11
47	Chris Bateman	M30	TFN TotalFitness	00:15:07	54	00:38:59	39	00:22:28	67	01:16:34	14
48	William Boffey	M40	1485 Tri Club	00:15:33	60	00:37:42	26	00:23:23	92	01:16:38	12
49	Karl Elwell	M30	White Rose Tri	00:15:40	62	00:41:29	80	00:19:31	15	01:16:40	15
50	Peter Myers	M40		00:16:07	71	00:39:52	56	00:20:46	27	01:16:45	13
51	John Elwell	M20		00:14:35	44	00:40:43	71	00:21:43	52	01:17:01	8
52	Mike Lawrence	M40	Kenilworth Tri	00:16:44	81	00:39:05	42	00:21:34	46	01:17:23	14
53	Malik Haleem	M30	Derby Tri	00:13:38	26	00:41:08	74	00:23:02	82	01:17:48	16
54	Bruce Biccard	M30		00:18:24	135	00:39:49	55	00:19:42	17	01:17:55	17
55	Paul O'Looney	M30	Experian Tri	00:24:06	194	00:32:48	1	00:21:02	30	01:17:56	18
56	Stephen Taylor	M40	Leicester Tri	00:17:35	108	00:37:12	16	00:23:12	87	01:17:59	15
=	Helen Kenny	F20	1485 Tri Club	00:13:33	24	00:42:36	99	00:21:50	57	01:17:59	5

58	Steve Hollingswort	M30		00:17:31	107	00:38:55	38	00:21:38	49		01:18:04	19
59	Darren Jones	M30		00:14:32	41	00:40:37	68	00:22:57	81		01:18:06	20
60	Paul Hughes	M30	Mansfield Tri	00:15:52	65	00:39:25	50	00:22:52	78		01:18:09	21
61	Chris Gauntlett	M30	Sheffield Tri	00:17:38	112	00:38:41	35	00:21:58	60		01:18:17	22
62	Georgina Fanous	FY	TFN TotalFitness	00:11:50	7	00:44:00	126	00:22:30	70		01:18:20	1
63	James Benson	M30	Penny Lane Str	00:16:03	70	00:41:16	77	00:21:14	37		01:18:33	23
64	Andy Lines	M40	Coventry Tri	00:17:37	110	00:39:39	53	00:21:29	44		01:18:45	16
65	Peter Greensmith	M45	Kenilworth Tri	00:17:20	100	00:40:08	61	00:21:23	42		01:18:51	6
=	Steve Hayes	M45	1485 Tri Club	00:15:13	55	00:40:45	72	00:22:53	80		01:18:51	6
67	Glenn Allen	M30	Oxford Tri	00:16:49	83	00:40:03	59	00:22:11	63		01:19:03	24
68	Jessica Towl	FJ		00:10:49	2	00:48:29	172	00:20:05	20		01:19:23	1
69	Martin Lewis	M45	Black CountryTri	00:17:09	94	00:41:18	78	00:21:05	31		01:19:32	8
70	Abbey Norman	FJ	Derby Tri	00:14:33	42	00:43:16	113	00:21:44	53		01:19:33	2
71	Ryan Smith	MY	Lincoln	00:14:14	33	00:45:04	143	00:20:23	25		01:19:41	2
72	Lisa Stone	F30		00:12:40	15	00:44:32	139	00:22:30	70		01:19:42	3
73	Alan Bontoft	M30	Leicester Tri	00:17:27	104	00:39:07	44	00:21:09	34	02:00	01:19:43	25
74	Tom Spencer	M50	1485 Tri Club	00:17:00	90	00:40:09	62	00:22:35	74		01:19:44	1
75	Justiaan Swanevelder	M45		00:17:28	106	00:40:37	68	00:21:47	55		01:19:52	9
76	Jonathan Stone	M30		00:18:10	129						01:20:25	26
77	Tony Donaldson	M30	Formula One	00:18:48	147	00:41:45	84	00:21:20	39		01:21:53	27
78	David Elwell	M20		00:16:08	72	00:44:01	127	00:21:46	54		01:21:55	9
79	Jeff Johnson	M30	Wilbarston Wobb.	00:14:36	45	00:44:03	129	00:23:20	91		01:21:59	28
80	Rebecca Milnes	FY	Adwick Tri	00:12:01	10	00:43:29	119	00:26:36	153		01:22:06	2
81	Paul Bibby	M30	Team Cherwell	00:16:37	79	00:42:15	92	00:23:18	90		01:22:10	29
82	David Machin	M30		00:17:17	98	00:41:38	83	00:23:29	93		01:22:24	30
83	Robert Palin	M30	1485 Tri Club	00:18:32	142	00:40:26	66	00:23:34	96		01:22:32	31
=	Vicki McCarthy	F40	Trent Park RC	00:14:42	49	00:43:04	110	00:24:46	125		01:22:32	1
85	Richard Sheldrake	M30	Lincoln & Newark	00:18:40	145	00:40:37	68	00:23:17	89		01:22:34	32
86	Daniel Lynch	M30		00:16:32	78	00:42:25	95	00:23:45	101		01:22:42	33
87	Stephen Evans	M40	Tamworth	00:17:11	96	00:42:48	105	00:22:51	77		01:22:50	17
88	Neil Kear	M45		00:16:27	75	00:42:27	97	00:23:57	107		01:22:51	10
89	Anthony Ng	M30	ATA	00:19:18	153	00:41:11	76	00:22:31	72		01:23:00	34

90	Mark Francis	M20		00:14:03	31	00:43:31	120	00:25:51	138	01:23:25	10
91	Marie Dawson	F30	Lincoln	00:16:20	74	00:42:59	109	00:24:14	114	01:23:33	4
92	Andrew Bullock	M30		00:17:20	100	00:42:00	89	00:24:16	116	01:23:36	35
=	Bob Walker	M30		00:18:14	132	00:40:18	65	00:25:04	128	01:23:36	35
94	Ros Goatly	F30	PACTRAC	00:16:41	80	00:44:27	135	00:22:31	72	01:23:39	5
95	Robert Orgill	M30	Newark Tri	00:17:59	125	00:44:10	132	00:21:36	48	01:23:45	37
96	Tim Harper	M45	Derby Tri	00:20:16	162	00:39:17	47	00:24:14	114	01:23:47	11
97	Alan Bilzon	M30	Mansfield Tri	00:18:28	141	00:41:30	81	00:23:54	105	01:23:52	38
98	Linda Whitelegg	F40	Hinckley RC	00:16:46	82	00:43:39	122	00:23:29	93	01:23:54	2
99	Gaynor Evan	F40	Black CountryTri	00:18:12	131	00:42:54	108	00:22:52	78	01:23:58	3
100	Peter Beasley	M45	Coventry Tri	00:18:24	135	00:42:22	94	00:23:14	88	01:24:00	12
101	Erica Burlace	F20		00:16:58	87	00:43:14	112	00:23:53	104	01:24:05	6
102	Gary Lawrence	M30		00:16:01	68	00:42:38	101	00:25:28	132	01:24:07	39
103	Stephanie Strachan	F30	Team Cherwell	00:16:59	89	00:42:48	105	00:24:23	119	01:24:10	6
104	Susanna Cootes	F20		00:17:59	125	00:42:41	102	00:23:37	98	01:24:17	7
105	Keith Burdett	M40	Coventry Tri	00:15:55	66	00:42:28	98	00:25:56	141	01:24:19	18
106	Tim Bedford	M40	Inotropes Racing	00:17:48	117	00:40:54	73	00:25:51	138	01:24:33	19
107	Jon Crowley	M40		00:17:26	103	00:40:04	60	00:27:05	160	01:24:35	20
108	David Lawrie	M40		00:18:26	139	00:42:46	103	00:23:32	95	01:24:44	21
=	Christophe Geeson	M40		00:17:44	115	00:42:49	107	00:24:11	112	01:24:44	21
110	Andreas Wicht	M30		00:18:50	148	00:43:13	111	00:22:47	76	01:24:50	40
111	Sarah Grandy	F45		00:18:14	132	00:42:36	99	00:24:08	111	01:24:58	2
112	David Paddon	M20	BAD Tri	00:24:38	196	00:39:29	51	00:21:05	31	01:25:12	11
113	Angela Spatz	F20		00:15:21	58	00:45:24	148	00:24:29	121	01:25:14	8
114	Ros Townsend	F50	Worcester Tri	00:17:12	97	00:43:25	117	00:24:38	122	01:25:15	1
115	Martin Covey	M45		00:20:55	171	00:40:00	58	00:24:22	118	01:25:17	13
116	Peter Hawcroft	M55	BRAT	00:21:07	173	00:42:21	93	00:21:53	59	01:25:21	1
117	Duncan Dawson	M30	Lincoln	00:16:50	84	00:42:04	90	00:26:30	151	01:25:24	41
118	Annie Christie	F30	Derby Tri	00:16:58	87	00:44:01	127	00:24:43	124	01:25:42	7
119	Bob Pace	M55		00:17:58	123	00:39:56	57	00:27:53	164	01:25:47	2
120	Garry Haynes	M30	Rugby Tri	00:24:17	195	00:39:12	46	00:22:21	65	01:25:50	42
121	Richard Afford	M45		00:16:02	69	00:45:34	150	00:24:20	117	01:25:56	14
122	John Jones	M45		00:17:25	102	00:44:40	141	00:23:56	106	01:26:01	15

123	Katie Benson	F30	Penny Lane Str	00:18:25	138	00:44:09	131	00:23:35	97		01:26:09	8
124	Derrick Hammond	M30		00:17:57	122	00:43:23	114	00:25:04	128		01:26:24	43
125	Brian Bentley	M55	PACTRAC	00:18:56	150	00:41:48	86	00:25:52	140		01:26:36	3
126	Mike Hankin	M30	Mansfield Tri	00:17:54	120	00:38:48	36	00:28:03	166	02:00	01:26:45	44
127	Jack Horlock	M45	Peterbourough ET	00:20:12	161	00:42:25	95	00:24:11	112		01:26:48	16
128	Robert Bagley	M40		00:18:24	135	00:41:57	88	00:26:39	155		01:27:00	23
129	Christophe Whitlock	M40		00:16:57	86	00:43:49	125	00:26:18	148		01:27:04	24
=	Fraser Keys	M40		00:17:39	113	00:43:24	115	00:26:01	143		01:27:04	24
131	Peter Rushton	M30		00:18:08	128	00:45:22	147	00:23:49	102		01:27:19	45
132	Moira Burgham	F50	Cambridge Tri	00:17:36	109	00:43:42	123	00:26:02	144		01:27:20	2
133	Nigel Dimmock	M65	Coventry Tri	00:21:15	176	00:42:14	91	00:24:01	109		01:27:30	1
134	David Highton	M40	1485 Tri Club	00:17:46	116	00:44:40	141	00:25:07	130		01:27:33	26
135	David Golden	M20		00:17:06	93	00:44:30	138	00:26:12	146		01:27:48	12
136	Graham Wood	M45		00:20:24	164	00:43:33	121	00:23:58	108		01:27:55	17
137	Edward Milbourn	M20	Coventry Tri	00:26:36	199	00:40:14	63	00:21:34	46		01:28:24	13
=	Gail Flanagan	F50	Worcester Tri	00:17:54	120	00:44:28	136	00:26:02	144		01:28:24	3
139	Michael Ward	M55	Hinckley RC	00:21:34	179	00:43:45	124	00:23:08	86		01:28:27	4
140	Grayhame Fish	M55	Ipswich Tri Club	00:15:59	67	00:45:45	152	00:26:58	159		01:28:42	5
141	David Marshall	M50		00:21:18	177	00:43:28	118	00:24:03	110		01:28:49	2
142	Louise Oliver	F45	1485 Tri Club	00:16:55	85	00:44:12	133	00:27:51	163		01:28:58	3
143	Jane Sinclair	F45	Team Cherwell	00:17:51	118	00:45:49	153	00:25:34	134		01:29:14	4
144	Carl Baldwin	M50	Team MiltnKeynes	00:20:47	168	00:44:13	134	00:24:26	120		01:29:26	3
=	Craig Weeks	M30		00:16:19	73	00:46:29	158	00:26:38	154		01:29:26	46
146	David McCormick	M30	RAFTA	00:18:44	146	00:42:46	103	00:28:04	167		01:29:34	47
147	Andrew Carling	M30	Leicester Tri	00:17:04	92	00:44:03	129	00:28:37	176		01:29:44	48
148	Derek Mosby	M55	Leeds&Bradfd Tri	00:18:35	144	00:46:09	156	00:25:29	133		01:30:13	6
149	Anna Wordsworth	F20	Warwick Uni Tri	00:15:33	60	00:46:42	159	00:28:04	167		01:30:19	9
150	Howard Watkinson	M45		00:20:03	160	00:45:39	151	00:24:57	126		01:30:39	18
151	Michael Callaghan	M45		00:21:38	180	00:43:24	115	00:25:41	136		01:30:43	19

152	Adrian Stevens	M40	Formula One	00:21:57	184	00:45:17	145	00:23:39	99	01:30:53	27
153	Paul Kilbourn	M40	Wilbarston Wobb.	00:19:46	156	00:45:33	149	00:25:43	137	01:31:02	28
154	Clive Pearce	M30		00:23:05	192	00:44:28	136	00:23:40	100	01:31:13	49
155	Anne Fish	F55	Ipswich Tri Club	00:19:04	151	00:45:50	154	00:26:27	150	01:31:21	1
156	Charles Amies	M40		00:20:54	170	00:47:26	163	00:23:05	85	01:31:25	29
157	Paul Williams	M30		00:18:34	143	00:45:11	144	00:27:59	165	01:31:44	50
158	Susan Appleby	F30	Rugby Tri	00:14:38	47	00:48:08	169	00:29:09	178	01:31:55	9
159	Daniel Gibson	M30		00:19:10	152	00:49:17	179	00:23:51	103	01:32:18	51
160	Alison Richards	F30		00:17:27	104	00:48:18	171	00:26:34	152	01:32:19	10
161	Sally Edwards	F20		00:14:30	39	00:47:29	164	00:30:28	182	01:32:27	10
162	Philip Emery	M30		00:18:21	134	00:47:17	161	00:26:57	158	01:32:35	52
163	Kevin Lucas	M40		00:20:19	163	00:46:12	157	00:26:22	149	01:32:53	30
164	Malcolm Robinson	M45		00:20:51	169	00:47:33	165	00:24:39	123	01:33:03	20
165	Karen Smith	F30	Coventry Tri	00:16:31	77	00:48:52	175	00:28:33	174	01:33:56	11
166	Michael Croasdale	M40	1485 Tri Club	00:19:53	158	00:49:03	177	00:25:22	131	01:34:18	31
167	Gabriel Donaldson	M30		00:21:11	175	00:44:34	140	00:28:35	175	01:34:20	53
168	Adrian Parker	M40		00:21:59	186	00:46:52	160	00:25:35	135	01:34:26	32
169	Sarah Powell	F20	Penny Lane Str	00:18:10	129	00:50:45	183	00:26:00	142	01:34:55	11
170	Michael Slevin	M55		00:21:29	178	00:45:21	146	00:28:13	170	01:35:03	7
171	Ian Birchnall	M40		00:20:24	164	00:47:41	166	00:27:13	161	01:35:18	33
172	Melanie Lawrence	F40	Kenilworth Tri	00:20:59	172	00:45:55	155	00:28:29	172	01:35:23	4
173	Sergio Mur	M30		00:17:52	119	00:49:21	180	00:28:44	177	01:35:57	54
174	Lee Rollaston	M30		00:18:26	139	00:52:41	189	00:25:02	127	01:36:09	55
175	Kirsty Dandy	F30		00:20:35	166	00:48:35	173	00:27:38	162	01:36:48	12
176	Kevin Lawrence	M30		00:29:28	202	00:41:10	75	00:26:17	147	01:36:55	56
177	James Saunders	M45		00:19:25	154	00:48:06	168	00:31:51	189	01:39:22	21
178	Rebecca Mortell	F20		00:17:58	123	00:52:09	187	00:30:22	181	01:40:29	12
179	David Neal	M50		00:22:55	191	00:49:42	181	00:28:31	173	01:41:08	4
180	Andrew Smith	M50	Coventry Tri	00:21:57	184	00:47:52	167	00:31:32	187	01:41:21	5
181	Chris Holden	M30	Wilbarston Wobb.	00:19:27	155					01:41:37	57
182	Chris Jackson	M20		00:20:00	159	00:54:19	193	00:28:04	167	01:42:23	14
183	Anne Dawkins	F20		00:18:54	149	00:52:43	190	00:30:58	186	01:42:35	13

184	Paul Hills	M20		00:26:21	197	00:50:00	182	00:26:52	157	01:43:13	15
185	Anne Whitlock	F40		00:20:38	167	00:52:17	188	00:30:42	185	01:43:37	5
186	John Harris	M30	Team Pals	00:22:06	187	00:51:40	185	00:30:14	180	01:44:00	58
187	Paul Mines	M40	Tri Sport Epping	00:21:07	173	00:51:17	184	00:31:37	188	01:44:01	34
188	Tracy Carnall	F20	Lincoln	00:23:08	193	00:48:52	175	00:32:44	190	01:44:44	14
189	John Hill	M45	Wilbarston Wobb.	00:22:46	190	00:53:11	191	00:29:36	179	01:45:33	22
190	Donise Winter	F30		00:28:32	201	00:48:45	174	00:28:25	171	01:45:42	13
191	Gillian Baines	F20		00:18:02	127	00:55:28	194	00:32:48	191	01:46:18	15
192	Betty McGhee	F50		00:21:48	182	00:58:30	197	00:26:42	156	01:47:00	4
193	Anthony Wright	M40		00:26:43	200	00:49:10	178	00:33:08	194	01:49:01	35
194	Tony Greenhalgh	M40		00:21:56	183	00:54:08	192	00:32:58	193	01:49:02	36
195	Wreford Cox	M30		00:17:41	114	01:05:37	198	00:30:33	183	01:53:51	59
196	Sue Shaw	F45		00:26:32	198	00:55:56	196	00:32:50	192	01:55:18	5
197	Rajesh Gupta	M30		00:30:46	203	00:55:32	195	00:34:23	195	02:00:41	60
D/Q	Douglas Crowe	M45		00:21:45	181	00:48:16	170	00:30:33	183	01:40:34	23
dnf	Christine Mines	F40	Tri Sport Epping	00:22:34	204	00:51:42	205				
dnf	Sophie Crowley	F30	Wilbarston Wobb.	00:22:35	207	00:47:22	206				
dnf	Andy Smith	M50	Stratford Sharks	00:19:52	205	00:41:23	204				
dnf	Kelvin Hepburn	M30	Experian Tri	00:17:37	4						
dnf	Adam Clarke	M30	Leicester Tri	00:11:47	275						

Novice triathlon

500m swim, 21k bike, 3k run.

Pos	Name	Cat	Club	Swim	Pos	Bike	Pos	Run	Pos	Pen	Overall	Cat pos
1	Christian Hanney	MJ		00:10:43	3	00:40:49	3	00:13:58	2		01:05:30	1
2	Kyle Poppy	MJ		00:09:40	1	00:41:54	6	00:14:21	4		01:05:55	2
3	Ian Gregson	M40	TFN TotalFitness	00:11:24	5	00:39:24	1	00:15:22	5		01:06:10	1
4	Adam Gibson	M30	Derby Tri	00:10:40	2	00:40:24	2	00:15:26	6		01:06:30	1
5	Andy Haggerwood	M30		00:12:33	9	00:41:32	4	00:18:10	12		01:12:15	2
6	Andrew Wakeman	M45		00:11:54	8	00:44:41	7	00:16:31	8		01:13:06	1

=	Jan Elfring	M45		00:14:21	13	00:41:35	5	00:17:10	9	01:13:06	1
8	Michael Amson	M20	Loughboro Stud.	00:13:36	10	00:52:02	16	00:07:32	1	01:13:10	1
9	Kathryn Mulholland	F20		00:11:52	7	00:48:28	10	00:17:52	11	01:18:12	1
10	Derek James	M40		00:15:15	17	00:45:33	8	00:18:13	13	01:19:01	2
11	Jenny Baldwin	F30		00:14:16	12	00:48:59	12	00:15:59	7	01:19:14	1
12	Patrick Fahy	M40		00:14:46	15	00:48:19	9	00:17:35	10	01:20:40	3
13	Rebecca Enion	F20		00:11:06	4	00:55:30	18	00:14:19	3	01:20:55	2
14	Kirstie Yardley	F30		00:11:27	6	00:50:28	15	00:20:49	18	01:22:44	2
15	David Scotchbrook	M30	Leicester Tri	00:14:34	14	00:48:31	11	00:20:21	17	01:23:26	3
16	Marcia Oldale	F30	Lincoln	00:15:00	16	00:49:07	13	00:19:45	16	01:23:52	3
17	Richard Hartshorne	M40		00:13:42	11	00:49:34	14	00:21:40	19	01:24:56	4
18	Hilary Fox	F40	Rutland RC	00:17:04	18	00:52:17	17	00:18:23	15	01:27:44	1
19	Meg Jones	F30	Penny Lane Str	00:18:21	19	01:04:05	19	00:18:18	14	01:40:44	4

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Last updated on Sunday, June 26