

Terrapin Sprint Triathlon 25th June 2006

Swim 750m, Bike 21K, Run 5K

Pos	Name	Cat	Club	Swim	Pos	Bike	Pos	Run	Pos	Pen	Overall	Cat pos
1	Daniel Plews	m20	TFN TotalFitness	0:11:17	2	0:34:28	1	0:17:33	3		1:03:18	1
2	James Lock	m20	Loughboro Stud.	0:11:08	1	0:38:24	24	0:18:47	8		1:08:19	2
3	Chris Talbot	m30	1485 Tri Club	0:12:25	4	0:37:57	15	0:18:07	4		1:08:29	1
4	Liam Brennan	m20	Sheffield Tri	0:13:25	9	0:37:53	13	0:18:13	5		1:09:31	3
=	Rob Metcalfe	m30	Leicester Tri	0:12:51	5	0:36:11	2	0:20:29	25		1:09:31	2
6	Carol Bridge	f20	Liber8R Ladies	0:12:18	3	0:38:50	31	0:19:14	9		1:10:22	1
7	Daniel Avondoglio	m30	Edge Athletic	0:13:59	15	0:36:53	5	0:19:56	14		1:10:48	3
8	Christian Hanney	mj		0:15:01	29	0:36:20	3	0:19:45	11		1:11:06	1
9	Chrissie Bailey	f20		0:13:39	11	0:37:50	12	0:19:51	12		1:11:20	2
10	Stuart McLeish	m20	Bedford Traktors	0:14:06	17	0:36:57	6	0:20:18	18		1:11:21	4
11	Robert Hipkin	m45		0:14:44	24	0:37:56	14	0:19:25	10		1:12:05	1
=	David Hamdorff	m40		0:12:59	7	0:38:19	20	0:20:47	27		1:12:05	1
13	Sam Osborne	m20	Thames Valley	0:12:52	6	0:38:33	28	0:21:24	36		1:12:49	5
14	James Turner	m20		0:14:24	20	0:36:58	7	0:21:41	41		1:13:03	6
15	Bruno Nikoloff	m40		0:14:58	28	0:39:47	45	0:18:20	6		1:13:05	2
16	Shaun Coulton	m40		0:15:37	33	0:37:13	8	0:20:19	20		1:13:09	3
17	Garry Davy	m40		0:15:32	32	0:39:11	36	0:18:29	7		1:13:12	4
18	John Bullock	m40	B.R.A.T.	0:15:48	37	0:37:18	9	0:20:14	17		1:13:20	5
19	Matthew Liggins	m45		0:14:23	19	0:37:25	10	0:21:45	44		1:13:33	2
=	Steven Clench	mj	Team Swim Bike R	0:13:20	8	0:39:19	38	0:20:54	31		1:13:33	2
21	Michael Hipkin	m40		0:14:38	21	0:38:10	16	0:21:33	39		1:14:21	6
22	Jim Dunn	m40	Bedford Traktors	0:14:54	26	0:38:46	30	0:21:21	35		1:15:01	7
23	James Benson	m30		0:16:26	47	0:38:28	26	0:20:18	18		1:15:12	4
24	Matthew Lyness	m30	Warwick Uni Tri	0:13:52	14	0:38:11	17	0:23:15	68		1:15:18	5
25	Matt Kirby	m45	Chiltern Tri	0:14:55	27	0:38:17	19	0:22:08	52		1:15:20	3
26	Peter Overtow	m40		0:16:03	42	0:36:42	4	0:22:43	61		1:15:28	8
27	Graham Plews	m50	Calderdale Tri	0:16:24	46	0:38:51	32	0:20:25	23		1:15:40	1
28	Ashley Smith	mj	Lincoln Tri	0:13:40	12	0:42:13	84	0:20:21	21		1:16:14	3
29	Simon Hornby	m20		0:13:50	13	0:42:07	82	0:20:22	22		1:16:19	7
30	Sam Cartwright	mj	Welbeck	0:17:44	69	0:38:29	27	0:20:10	15		1:16:23	4
31	Kevin Brock	m30	Team Cherwell	0:15:44	36	0:38:14	18	0:22:39	59		1:16:37	6
32	Paul Gascoyne	m40	Shires Triers	0:16:35	50	0:38:21	23	0:22:13	55		1:17:09	9
33	Verity Butler	f30	Liber8R Ladies	0:15:55	40	0:40:48	64	0:20:28	24		1:17:11	1
34	Karl Elwell	m30	White Rose Tri	0:16:59	55	0:40:41	59	0:19:54	13		1:17:34	7
35	Matt Hemsley	m30	Mansfield Tri	0:18:30	96	0:38:26	25	0:20:50	29		1:17:46	8
36	Mike Lawrence	m45	Kenilworth Tri	0:17:54	75	0:38:33	28	0:21:20	34		1:17:47	4
37	David Vernau	m20	TFN TotalFitness	0:17:00	56	0:39:04	35	0:21:44	43		1:17:48	8
38	Mark Stewart	m40	Rugby Tri	0:18:44	104	0:45:31	131	0:13:48	1		1:18:03	10
39	David Elwell	m20		0:15:52	39	0:41:36	74	0:20:43	26		1:18:11	9
40	John Elwell	m30		0:15:38	35	0:40:37	58	0:22:00	48		1:18:15	9
41	Jeff Johnson	m30	Wilbarston Wobb.	0:14:38	21	0:40:33	56	0:23:13	67		1:18:24	10
=	Mark Nixon	m40	Derby Tri	0:16:30	49	0:40:27	54	0:21:27	37		1:18:24	11
43	Grahame Flanagan	m30	Hinckley RC	0:18:52	107	0:38:20	21	0:21:17	33		1:18:29	11
44	Richard Billington	m40		0:18:32	97	0:38:58	34	0:21:31	38		1:19:01	12
45	Stuart Cordner	m30	Derby Tri	0:18:35	100	0:39:17	37	0:21:42	42		1:19:34	12
=	Ryan Smith	my	Lincoln Tri	0:14:53	25	0:44:28	115	0:20:13	16		1:19:34	1
47	David Smith	m50	Team Lutterworth	0:18:12	87	0:40:35	57	0:20:48	28		1:19:35	2

48	Steve Robinson	m50	1485 Tri Club	0:16:48	52	0:38:20	21	0:24:34	88	1:19:42	3
49	Lisa Stone	f30		0:14:39	23	0:42:10	83	0:23:34	75	1:20:23	2
50	Martin Lewis	m50	Burntwood Tri	0:18:00	81	0:40:45	61	0:21:40	40	1:20:25	4
51	Martin Grieve	m40		0:17:31	64	0:40:46	62	0:22:12	53	1:20:29	13
52	Darren Jones	m40		0:16:28	48	0:40:42	60	0:23:29	73	1:20:39	14
53	Steve Hayes	m45	1485 Tri Club	0:17:06	59	0:39:24	40	0:24:13	84	1:20:43	5
54	Sean Ward	m20		0:15:48	37	0:43:02	94	0:22:00	48	1:20:50	10
55	Jonathan Owen	m30		0:17:55	77	0:39:48	47	0:23:15	68	1:20:58	13
56	Charles Amies	m40	Wilbarston Wobb.	0:17:33	65	0:42:19	86	0:21:12	32	1:21:04	15
57	Bradley Woodward	mj	Welbeck	0:13:30	10	0:45:38	132	0:22:03	50	1:21:11	5
58	Gary Harrison	m30	Barrow Runners	0:17:54	75	0:39:40	42	0:23:40	76	1:21:14	14
=	Jon Hurley	m30	Wilbarston Wobb.	0:18:33	98	0:40:09	52	0:22:32	57	1:21:14	14
60	Martin Covey	m45		0:17:33	65	0:39:22	39	0:24:39	91	1:21:34	6
61	Ros Goatly	f30	PACTRAC	0:16:55	53	0:41:37	75	0:23:07	66	1:21:39	3
62	Diana Craig	f45		0:16:41	51	0:41:18	73	0:23:51	79	1:21:50	1
63	Andrew Plews	m20		0:13:59	15	0:38:52	33	0:29:06	151	1:21:57	11
64	Warren Simms	m40	Derby Tri	0:18:43	103	0:39:40	42	0:23:43	78	1:22:06	16
65	Darren Robinson	m30		0:18:40	102	0:41:00	67	0:22:33	58	1:22:13	16
66	Stephen Sidaway	m30		0:19:07	111	0:40:56	65	0:22:12	53	1:22:15	17
67	Jane Chilton	f40	Leicester Tri	0:17:04	58	0:42:16	85	0:22:56	63	1:22:16	1
68	Ben Price	m20		0:20:35	131	0:41:10	70	0:20:53	30	1:22:38	12
69	David Lawrie	m40		0:18:25	93	0:41:54	78	0:22:22	56	1:22:41	17
70	Alison Jones	f20	BRAT	0:16:00	41	0:44:42	120	0:22:05	51	1:22:47	3
71	Ric Hampson	m20	Warwick Tri	0:19:04	110	0:40:00	49	0:24:06	82	1:23:10	13
72	David Machin	m30		0:18:48	106	0:39:38	41	0:24:51	95	1:23:17	18
73	Amy Hibbert	f20	Birmingham R&Tri	0:15:37	33	0:45:18	127	0:22:41	60	1:23:36	4
74	Craig Robertson	m30	Leicester Tri	0:17:53	74	0:43:07	96	0:22:43	61	1:23:43	19
=	Julie Grewcock	f40		0:17:28	62	0:40:27	54	0:25:48	112	1:23:43	2
=	Paul Westwood	m50	Cobra Tri	0:20:42	134	0:39:40	42	0:23:21	71	1:23:43	5
77	Chris Richards	m30	BRAT	0:17:49	72	0:42:39	89	0:23:28	72	1:23:56	20
78	Nathan Hodge	m30		0:17:02	57	0:41:02	68	0:26:03	118	1:24:07	21
79	Kevin Humphreys	m45		0:19:11	112	0:40:07	51	0:24:59	99	1:24:17	7
80	Robert Bagley	m45		0:18:05	82	0:39:47	45	0:26:40	136	1:24:32	8
81	Sarah Jefferson	f20	Liber8R Ladies	0:17:10	60	0:44:06	107	0:23:17	70	1:24:33	5
82	Daniel Gibson	m40		0:17:45	70	0:44:51	122	0:21:59	47	1:24:35	18
83	Emma Kearsey	fj	Welbeck	0:15:17	31	0:44:28	115	0:24:59	99	1:24:44	1
84	Stephen Evans	m45		0:18:08	84	0:42:02	80	0:24:37	89	1:24:47	9
85	Aron Johnson	m20	Optima Racing	0:14:08	18	0:44:31	118	0:26:09	122	1:24:48	14
86	Neil Bailey	m45		0:21:19	141	0:41:41	76	0:21:55	46	1:24:55	10
87	Mike Hanhin	m30	Mansfield Tri	0:18:25	93	0:37:28	11	0:29:09	152	1:25:02	22
88	Steven Williams	m40	Sun City Tri	0:18:12	87	0:41:12	71	0:25:58	115	1:25:22	19
89	Russell Morris	m40		0:19:17	113	0:41:16	72	0:25:03	101	1:25:36	20
90	Derrick Hammond	m40		0:18:45	105	0:42:45	91	0:24:17	85	1:25:47	21
91	Rachel Bibby	f40	Team Cherwell	0:18:33	98	0:42:29	87	0:24:54	96	1:25:56	3
92	Timothy Slingsby	m20		0:17:52	73	0:45:10	124	0:22:57	64	1:25:59	15
93	Peter Bence	m55	Burntwood Tri	0:19:26	115	0:40:05	50	0:26:38	135	1:26:09	1
94	Tim Bedford	m40	Inotropes Racing	0:18:22	91	0:41:44	77	0:26:07	121	1:26:13	22
95	Olivia Roniak	f20		0:16:09	44	0:46:46	146	0:23:33	74	1:26:28	6
96	Jeremy Eddlestone	m40		0:19:50	123	0:40:57	66	0:26:03	118	1:26:50	23
97	David Williams	m40		0:19:27	116	0:42:44	90	0:24:49	94	1:27:00	24
98	Jonathan Stone	m30		0:19:46	122	0:43:20	98	0:23:58	81	1:27:04	23
99	Louise Oliver	f45	1485 Tri Club	0:17:48	71	0:43:02	94	0:26:17	125	1:27:07	2
100	Mark Williams	m40	Tri Anglia	0:16:14	45	0:41:08	69	0:29:49	155	1:27:11	25
101	Andrew Oxley	m30		0:17:56	78	0:45:30	130	0:24:06	82	1:27:32	24
102	Stuart Batchelor	m40	Tamworth	0:20:36	132	0:42:05	81	0:24:56	98	1:27:37	26

103	Rosalind Townsend-Hop	f50	Worcester Tri	0:18:24	92	0:43:43	102	0:25:33	108	1:27:40	1
104	Andrew Wakeman	m45		0:19:33	118	0:41:56	79	0:26:37	134	1:28:06	11
105	Jackie Wakeman	f40		0:20:09	127	0:44:30	117	0:23:42	77	1:28:21	4
106	Will Murphy	m30	BRAT	0:18:20	90	0:43:26	100	0:26:36	133	1:28:22	25
107	Tim Cooke	m40		0:18:10	85	0:44:17	112	0:26:01	117	1:28:28	27
108	Neal Clark	m20		0:19:56	126	0:42:34	88	0:25:59	116	1:28:29	16
109	Andy Bullock	m40		0:18:16	89	0:45:55	137	0:24:27	87	1:28:38	28
110	Dawn Hayman	f30	1485 Tri Club	0:17:26	61	0:45:22	129	0:26:21	127	1:29:09	4
111	Nick Turner	m45	Worcester Tri	0:18:10	85	0:43:58	105	0:27:15	139	1:29:23	12
112	Nigel Dimmock	m65	Coventry Tri	0:24:19	170	0:39:59	48	0:25:20	106	1:29:38	1
113	Ben Carthey	m20	Burntwood Tri	0:15:07	30	0:48:58	158	0:25:34	109	1:29:39	17
=	Terry Jefferson	m45	Kenilworth Tri	0:23:39	166	0:40:46	62	0:25:14	102	1:29:39	13
115	Marcus Greenhill	m30		0:17:28	62	0:45:52	135	0:26:21	127	1:29:41	26
116	Alexander Ward	mj	Welbeck	0:20:37	133	0:47:29	150	0:21:49	45	1:29:55	6
117	Peter Rushton	m30		0:18:57	108	0:45:38	132	0:25:26	107	1:30:01	27
118	Anna Wordsworth	f20	Warwick Uni Tri	0:17:58	79	0:43:59	106	0:28:19	145	1:30:16	7
119	David Conley	m40	Cobra Tri	0:20:58	137	0:44:49	121	0:24:38	90	1:30:25	29
120	Kirsty Dandy	f30		0:18:57	108	0:45:18	127	0:26:14	124	1:30:29	5
121	Mike Callaghan	m50	Wilbarston Wobb.	0:22:52	159	0:43:24	99	0:24:25	86	1:30:41	6
122	Charlotte Robinson	fj	Welbeck	0:16:07	43	0:47:26	149	0:27:12	138	1:30:45	2
123	Jeffrey Critchlow	m50		0:16:55	53	0:46:00	138	0:27:54	141	1:30:49	7
124	Neil Smith	m20	Team Lutterworth	0:21:05	138	0:45:02	123	0:24:43	92	1:30:50	18
125	John Talbot	m30		0:21:22	143	0:46:34	142	0:22:58	65	1:30:54	28
=	Paul Kilbourn	m40	Wilbarston Wobb.	0:19:50	123	0:45:10	124	0:25:54	114	1:30:54	30
127	David Quinn	m30		0:19:41	121	0:44:07	108	0:27:11	137	1:30:59	29
128	Chris Cameron-Doe	m40	Serpentine	0:21:45	148	0:44:26	113	0:24:55	97	1:31:06	31
129	Charles Becher	mj	Welbeck	0:18:36	101	0:43:01	93	0:29:30	153	1:31:07	7
130	Justin Lumb	m20		0:21:43	147	0:43:52	104	0:25:37	110	1:31:12	19
131	Stephanie Champion	f40	Lincoln Tri	0:23:19	164	0:44:14	111	0:23:52	80	1:31:25	5
=	Bryn Edwards	m30		0:17:58	79	0:43:36	101	0:29:51	156	1:31:25	30
133	Tim Walton	m30		0:19:37	120	0:44:27	114	0:27:56	143	1:32:00	31
134	Katie Benson	f30		0:21:08	140	0:45:52	135	0:25:42	111	1:32:42	6
135	Nikki Edwards	f30		0:20:13	128	0:47:13	147	0:25:19	104	1:32:45	7
136	Brian Bentley	m55	PACTRAC	0:21:25	144	0:43:50	103	0:27:47	140	1:33:02	2
137	Edward Baker	m30		0:23:10	162	0:44:11	109	0:26:31	130	1:33:52	32
138	Stephen Carroll	m30		0:22:27	154	0:46:15	141	0:25:16	103	1:33:58	33
139	Mark Ruhier	m30	Lincoln Tri	0:23:32	165	0:45:14	126	0:25:19	104	1:34:05	34
140	Jack Horlock	m45	Peterborough ET	0:22:04	149	0:45:39	134	0:26:28	129	1:34:11	14
141	Rebecca Mortel	f20		0:17:36	67	0:47:13	147	0:29:41	154	1:34:30	8
142	Chris Holden	m30	Wilbarston Wobb.	0:23:46	167	0:46:00	138	0:24:46	93	1:34:32	35
143	James Williams	m30		0:22:17	152	0:46:04	140	0:26:33	131	1:34:54	36
144	Nicola Dick	f40	High Peak Tri	0:19:36	119					1:35:00	6
145	Sarah Powell	f20	Mersey Tri	0:21:21	142	0:48:02	153	0:25:51	113	1:35:14	9
146	Jennie Sullivan	f20		0:20:53	136	0:49:21	160	0:26:03	118	1:36:17	10
147	Phoebus Van delenter	m30	Burntwood Tri	0:19:32	117	0:48:03	154	0:28:56	149	1:36:31	37
148	Palmer James	mj	Welbeck	0:22:20	153	0:48:03	154	0:26:33	131	1:36:56	8
=	Judith Bazeley	f30	Cobra Tri	0:18:05	82	0:50:21	162	0:28:30	147	1:36:56	8
150	Gillian Baines	f20		0:17:43	68	0:48:22	156	0:32:01	165	1:38:06	11
151	Melanie Lawrence	f45	Kenilworth Tri	0:21:37	145	0:46:36	143	0:30:01	157	1:38:14	3
152	Ken Milne	m30		0:22:34	155	0:44:41	119	0:31:56	163	1:39:11	38
153	Barry Martin	m45	Bedford Traktors	0:22:35	156	0:47:49	151	0:28:49	148	1:39:13	15
154	Peter Evans	m40		0:25:29	171	0:43:11	97	0:30:41	159	1:39:21	32
155	Rob Anderson	m50		0:22:57	160	0:47:58	152	0:28:29	146	1:39:24	8
156	Sarah Grandy	f50	Leicester Tri	0:22:38	157	0:50:50	165	0:26:09	122	1:39:37	2
157	Catherine Boereboom	f20		0:21:42	146	0:50:03	161	0:27:59	144	1:39:44	12

158	Samantha Lawrence	fj	Kenilworth Tri	0:18:29	95	0:51:08	167	0:30:46	160	1:40:23	3
159	Howard Watkinson	m50		0:24:06	168	0:50:30	163	0:26:18	126	1:40:54	9
160	Gavin Meadows	m30		0:27:27	172	0:46:39	145	0:27:54	141	1:42:00	39
161	Andrew Smith	m50	Coventry Tri	0:23:00	161	0:46:38	144	0:32:32	166	1:42:10	10
162	John Batchelor	m60	Cobra Tri	0:21:07	139	0:49:08	159	0:31:57	164	1:42:12	1
163	Joanne Mallinson	f20		0:22:14	151	0:48:24	157	0:31:54	162	1:42:32	13
164	Chris Stenton	m30		0:22:07	150	0:51:31	171	0:29:03	150	1:42:41	40
165	Anne Dawkins	f20		0:19:51	125	0:52:33	172	0:31:10	161	1:43:34	14
166	Jane Sinclair	f45	Team Cherwell	0:20:46	135	0:44:12	110	0:38:51	169	1:43:49	4
167	Helen Tooley	f30	Cheltenham	0:20:21	130	0:51:20	169	0:36:00	168	1:47:41	9
168	Karen Hiles	f40		0:20:17	129	0:50:53	166	0:39:36	170	1:50:46	7
169	Elizabeth Duggan	f55	P E S T	0:32:19	174	0:51:14	168	0:30:06	158	1:53:39	1
170	Rajesh Gupta	m30		0:29:30	173	0:51:25	170	0:34:07	167	1:55:02	41
D/Q	Lisa Oakes	f40	Coventry Tri	0:22:44	158	0:40:26	53	Ran short	2		8
dnf	Jon Crowley	m40	Wilbarston Wobb.	0:19:22	184	0:42:48	182				
dnf	James Dent	m30	BRAT	0:23:15	181	0:50:30	190				
dnf	John Easom	m20		0:24:07	186	0:57:47	189				

Terrapin Novice Triathlon 2006

Swim 500m, Bike 21K, Run 3K

Pos	Name	Cat	Club	Swim	Pos	Bike	Pos	Run	Pos	Pen	Overall	Cat pos
1	David Page	m30	Black CountryTri	0:08:46	1	0:39:55	3	0:13:20	1		1:02:01	1
2	David Douglas	m30		0:10:59	16	0:38:07	1	0:15:12	6		1:04:18	2
3	Jon Burrage	m20	www.votwo.co.uk	0:10:47	11	0:38:28	2	0:15:41	8		1:04:56	1
4	John Hutchinson	m40		0:09:48	3	0:40:36	5	0:16:38	13		1:07:02	1
5	Robert Reeds	my		0:11:23	17	0:41:40	6	0:15:05	5		1:08:08	1
6	Gary Balcombe	m30		0:10:57	12	0:42:17	8	0:15:03	4		1:08:17	3
7	Colin Mee	m45	Derby Tri	0:10:16	10	0:44:24	13	0:13:38	2		1:08:18	1
8	Simon Chamberlain	m30		0:09:37	2	0:43:59	12	0:15:33	7		1:09:09	4
=	Joseph Brooks	m30		0:10:08	7	0:42:54	9	0:16:07	10		1:09:09	4
10	Katie Brighton	f20		0:10:14	8	0:43:07	11	0:16:46	14		1:10:07	1
11	Maurice Zeegers	m30		0:11:33	21	0:43:02	10	0:16:07	10		1:10:42	6
12	Heather Riddell	f40	Lincoln Tri	0:11:32	20	0:41:41	7	0:18:15	19		1:11:28	1
13	Sarah Davies	f30		0:10:06	6	0:44:46	14	0:17:53	17		1:12:45	1
14	Ross Burgess	m30		0:10:02	5	0:48:34	21	0:15:02	3		1:13:38	7
15	Rachel Perry	f30		0:10:58	14	0:45:43	16	0:18:41	20		1:15:22	2
16	Raoul Reulen	m20		0:14:00	26	0:40:31	4	0:21:11	25		1:15:42	2
17	Tim Parker	m30		0:12:15	24	0:47:30	20	0:16:25	12		1:16:10	8
18	Shelly Dowie	f30		0:10:58	14	0:46:16	17	0:19:35	22		1:16:49	3
19	Dave Worthington	m40		0:11:31	19	0:45:33	15	0:20:59	24		1:18:03	2
20	Jason Long	m30		0:13:30	25	0:47:11	19	0:17:26	16		1:18:07	9
21	Simon Dawe	m30		0:12:13	23	0:51:30	25	0:16:02	9		1:19:45	10
22	Rachel Vaughan	f30		0:11:30	18	0:51:01	24	0:17:15	15		1:19:46	4
23	Christine Broughan	f40		0:10:57	12	0:49:50	23	0:19:48	23		1:20:35	2
24	Ian Payne	m40	Rugby Tri	0:10:15	9	0:46:22	18	0:24:11	28		1:20:48	3
25	Suzanne Brown	f30		0:11:34	22	0:48:52	22	0:21:43	26		1:22:09	5
26	Helen Parker	f20		0:09:52	4	0:53:50	26	0:19:24	21		1:23:06	2
27	Tina King	f40		0:16:55	28	0:56:43	28	0:18:13	18		1:31:51	3
28	Judith MacKay	f65	z	0:15:50	27	1:00:55	29	0:22:23	27		1:39:08	1
29	Carol Ford	f30		0:17:30	29	0:55:57	27	0:26:20	29		1:39:47	6

Terrapin Disability Triathlon 2006

Swim 500m, Bike 21K, Run 3K

Pos	Name	Cat	Club	Swim	Pos	Bike	Pos	Run	Pos	Pen	Overall	Cat pos
1	Don Conway	m40		0:12:05	1	0:55:00	2	0:16:57	1		1:24:02	1
2	Alistair Hutchinson	m55		0:12:50	2	0:57:53	3	0:31:43	4		1:42:26	1
3	Rachel Potter	f30		0:15:35	3	1:10:09	4	0:20:29	2		1:46:13	1
4	Maggie Bowes	f55		0:28:19	4	0:51:24	1	0:28:08	3		1:47:51	1