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## Woodhall Spa Sprint Triathlon

Sunday, 5th June 2005

# Final Results

#	Position	Name	Club	Cat	Swim	Swim Pos	Bike	Bike Pos	Run	Run pos	Time
214	1	Andy Tarry	Redhill RR	MS	05:10	2	0:39:31	1	15:28	1	01:00:09
183	2	Dean Cross	Mansfield Tri	MS	07:18	38	0:40:33	4	16:36	3	01:04:27
191	3	Tom Day	Barracuda Tri	MS	07:24	41	0:39:51	3	17:55	7	01:05:10
215	4	Nicholas Harris	NUTS	MS	04:38	1	0:43:31	12	17:17	4	01:05:26
192	5	Steven Wigglesworth	Vegatarian AC	MV40	07:10	31	0:39:39	2	18:53	16	01:05:42
188	6	Chris Mellor	High Peak	MV40	07:17	36	0:42:35	9	16:24	2	01:06:16
199	7	John Rayner	None	MS	06:22	9	0:42:16	7	18:51	15	01:07:29
203	8	Eddie Rayner	None	MS	07:16	35	0:42:46	10	18:06	8	01:08:08
181	9	Mark Preston	VC Lincoln	MS	07:17	36	0:42:32	8	19:22	26	01:09:11
190	10	Anton Newell	Mansfield Tri	MS	06:48	21	0:42:14	6	20:18	41	01:09:20
198	11	Andrew Fraser	RAFTA	MS	06:43	18	0:44:59	23	17:40	6	01:09:22
210	12	Steve Paley	LincolnTri	MS	06:35	16	0:43:01	11	20:37	47	01:10:13
148	13	Craig Lamb	None	MS	09:10	112	0:41:11	5	20:00	35	01:10:21
206	14	Louise Prole	Team MK	FS	06:46	19	0:44:40	18	18:55	17	01:10:21
182	15	Douglas Eke	Spalding Tri	MV40	07:03	27	0:44:50	20	18:32	11	01:10:25
128	16	Brian van den Berg	Workshop College	MS	07:15	34	0:44:34	17	18:40	12	01:10:29
205	17	Ian Waller	None	MS	06:22	10	0:43:48	14	20:24	44	01:10:34
202	18	Stephen Melhuish	Mansfield Tri	MV40	06:49	22	0:43:42	13	20:05	37	01:10:36
213	19	Ashley Smith	LincolnTri	MJ18	05:44	4	0:46:53	40	18:47	14	01:11:24
212	20	Andrew Johnson	LincolnTri	MS	05:24	3	0:45:32	26	20:43	51	01:11:39
113	21	Matt Hemsley	Mansfield Tri	MS	08:48	97	0:44:49	19	18:29	10	01:12:06
209	22	Julian Lewis	Team Lewis Kit	MS	06:39	17	0:44:52	21	20:57	55	01:12:28
161	23	Graham Jackson	Leeds & Bradford	MV40	07:26	42	0:44:29	16	20:45	53	01:12:40
122	24	Tony Raynor	None	MS	08:11	71	0:45:18	25	19:16	22	01:12:45
174	25	David Preston	LincolnTri	MS	07:20	40	0:45:51	28	19:44	30	01:12:55
184	26	Alistair Rudd	Spalding Tri	MV40	06:59	25	0:45:10	24	20:55	54	01:13:04
201	27	Gary Beezer	None	MS	06:53	24	0:46:02	29	20:26	46	01:13:21

141	28	Patrick Thorpe	Mansfield Tri	MV40	08:04	68	0:46:02	30	19:17	23	01:13:23
167	29	Paul Hutchinson	None	MS	07:43	57	0:46:22	34	19:21	25	01:13:26
200	30	Nigel French	Pactrac	MS	06:33	15	0:47:25	44	19:52	34	01:13:50
1	31	Iain Hamilton	None	MS	05:59	5	0:48:50	55	19:07	18	01:13:56
187	32	Melvyn Heywood	TFN	MV40	07:07	30	0:48:33	50	18:26	9	01:14:06
169	33	Chris Brown	Boston AC	MV40	07:51	61	0:46:38	35	19:51	33	01:14:20
146	34	David Smith	Hinckley CRC	MV50	08:38	89	0:46:38	35	19:17	23	01:14:33
118	35	Wayne Kew	Alford Wheelers	MV40	09:00	106	0:46:16	31	19:28	28	01:14:44
208	36	Ken Matthews	Tri Anglia	MV50	07:14	33	0:46:20	33	21:22	64	01:14:56
166	37	Andy McPartlin	Spalding Tri	MS	07:29	46	0:46:49	38	20:42	50	01:15:00
171	38	James Wells	None	MS	08:48	96	0:45:37	27	20:59	56	01:15:24
126	39	Richard Sheldrake	LincolnTri	MS	07:28	44	0:47:48	45	20:19	42	01:15:35
129	40	Colin Payne	VC Lincoln	MV40	09:03	108	0:44:54	22	21:38	73	01:15:35
157	41	James Benson	Penny Lane Striders	MS	07:18	39	0:48:44	52	19:45	31	01:15:47
193	42	Stuart Cox	None	MV40	07:33	48	0:46:50	39	21:41	75	01:16:04
115	43	Barry Carey	LWAC	MV50	08:53	100	0:48:19	47	19:13	21	01:16:25
100	44	Simon Nash	Mansfield Tri	MV40	11:04	161	0:47:11	43	18:44	13	01:16:59
177	45	Steve Poole	None	MV40	07:55	63	0:49:04	58	20:00	35	01:16:59
150	46	Mark Rowley	None	MV40	08:19	76	0:47:11	42	21:30	68	01:17:00
139	47	Alan Evans	LincolnTri	MS	08:48	98	0:49:05	59	19:11	19	01:17:04
111	48	Paul Ward	Redhill RR	MS	09:27	120	0:46:38	35	21:18	63	01:17:23
173	49	Paul Hughes	Mansfield Tri	MS	06:50	23	0:48:52	56	21:49	78	01:17:31
170	50	Neil May	None	MV40	07:50	60	0:48:09	46	21:34	70	01:17:33
84	51	Colin Richardson	None	MV40	07:41	54	0:49:18	61	20:37	47	01:17:36
144	52	Andrew Grimwood	Lincoln Canoe Club	MS	07:03	28	0:48:46	53	22:01	81	01:17:50
207	53	Jay Hairsine	None	FS	06:03	7	0:52:08	96	19:42	29	01:17:53
165	54	Colin McNeill	None	MS	08:20	79	0:50:03	72	19:49	32	01:18:12
7	55	Ryan Smith	LincolnTri	MJ16	06:24	12	0:51:11	87	20:37	47	01:18:12
101	56	Pat Liddell	None	MS	08:17	74	0:48:37	51	21:32	69	01:18:26
145	57	Lawrence Brackstone	Spalding Tri	MS	08:11	72	0:49:28	62	21:09	57	01:18:48
149	58	Paul Parrish	Tri-Force Herts	MV40	07:40	53	0:51:46	93	19:22	26	01:18:48
162	59	Emma Dadlani	Kingfisher Tri	FV40	07:39	50	0:50:30	75	20:44	52	01:18:53
154	60	Keith Iley	LincolnTri	MS	07:41	55	0:48:52	56	22:34	95	01:19:07
163	61	James Sockell	RAF Digby	MV40	07:40	52	0:49:30	63	21:58	79	01:19:08
216	62	Jack O'Hern	LincolnTri	MS	07:28	45	0:50:01	71	21:40	74	01:19:09
127	63	Peter Bretan	None	MV40	09:09	111	0:49:49	66	20:16	39	01:19:14
110	64	Ged Forster	None	MV40	08:59	105	0:49:54	68	20:21	43	01:19:14
168	65	Doug Stewart	LincolnTri	MV40	08:17	75	0:46:19	32	24:57	140	01:19:33
189	66	John Large	TFN	MV40	07:05	29	0:51:22	88	21:12	60	01:19:39
175	67	Duncan Dawson	LincolnTri	MS	07:30	47	0:48:27	49	23:47	117	01:19:44
197	68	Lisa Tarry	Redhill RR	FS	06:23	11	0:51:01	85	22:22	91	01:19:46

91	69	Martin Halifax	Spalding Tri	MV40	07:35	49	0:49:55	69	22:22	92	01:19:52
104	70	Luke Hensman	Worksop College	MS	08:03	67	0:54:43	123	17:33	5	01:20:19
93	71	Andrew Mason	None	MS	08:33	86	0:49:13	60	22:40	99	01:20:26
155	72	Neil Smith	Hinckley CRC	MS	08:39	90	0:48:46	53	23:07	109	01:20:32
13	73	Luke Johnson	LincolnTri	MJ16	06:07	8	0:52:09	97	22:23	94	01:20:39
132	74	Mike Hankin	Mansfield Tri	MS	08:44	94	0:46:59	41	25:02	143	01:20:45
97	75	Peter Thompson	LincolnTri	MV40	08:44	93	0:50:54	81	21:12	59	01:20:50
164	76	David Rice	None	MS	07:55	64	0:51:35	90	21:23	65	01:20:53
52	77	Steve Champion	LWAC	MV40	09:50	130	0:51:59	95	19:11	19	01:21:00
136	78	Edward Strange	None	MV40	07:45	58	0:51:00	83	22:16	89	01:21:01
54	79	Clayton Maltby	VC Lincoln	MS	12:10	177	0:44:24	15	24:30	130	01:21:04
135	80	Katie Benson	Penny Lane Striders	FS	08:21	80	0:52:32	99	20:24	44	01:21:17
185	81	Cameron Davis	TFN	MV40	07:43	56	0:49:36	64	24:12	124	01:21:31
143	82	Kevin Humphreys	TFN	MV40	08:40	91	0:49:36	65	23:15	111	01:21:31
152	83	Marcus Pell	Spalding Tri	MV40	08:08	70	0:50:21	73	23:02	107	01:21:31
90	84	Mark Ruhier	LincolnTri	MS	09:48	129	0:50:53	79	21:43	76	01:22:24
133	85	Christopher Harrison	None	MV60	08:26	85	0:50:59	82	23:00	105	01:22:25
98	86	Robert Covell	LincolnTri	MV40	09:03	107	0:51:07	86	22:35	97	01:22:45
194	87	Victoria Burrows	None	FS	06:33	14	0:53:36	109	22:41	100	01:22:50
195	88	Elizabeth Burrows	None	FS	06:31	13	0:53:41	113	22:38	98	01:22:50
153	89	Ian King	P'boro Endurance	MV40	08:35	88	0:49:50	67	24:29	129	01:22:54
186	90	Martin Attrup	None	MV40	06:47	20	0:53:45	115	22:23	93	01:22:55
81	91	Michael Hanson	None	MS	11:00	157	0:51:58	94	20:10	38	01:23:08
20	92	Jack Draper	None	MJ18	08:12	73	0:52:35	100	22:34	96	01:23:21
11	93	Stephen Mowbray	None	MV40	09:56	133	0:51:45	92	21:45	77	01:23:26
59	94	Matthew O'Neill	Horncastle Unfit	MV40	08:46	95	0:51:28	89	23:25	113	01:23:39
108	95	Alexandra Hetherington	Sleaford Striders	FS	08:19	77	0:54:05	118	21:36	72	01:24:00
62	96	Steve Walker-Smith	Horncastle Unfit	MV40	12:52	186	0:48:24	48	22:47	102	01:24:03
51	97	Brian Fox	LWAC	MV40	11:36	168	0:52:45	101	20:17	40	01:24:38
43	98	Terry Vine	LincolnTri	MS	10:44	147	0:50:31	76	23:32	115	01:24:47
151	99	Ben Blackburn	None	MV40	08:06	69	0:52:52	103	23:50	119	01:24:48
130	100	Anne Pierce	None	FV40	08:21	80	0:54:33	122	22:05	86	01:24:59
60	101	James Dalton	Horncastle Unfit	MV40	07:27	43	0:55:42	134	22:02	83	01:25:11
116	102	Terence Wright	P'boro Endurance	MV40	10:31	143	0:49:58	70	24:48	136	01:25:17
204	103	Ray Carthy	Spalding Tri	MS	07:13	32	0:50:30	74	27:40	175	01:25:23
23	104	Simon Cocker	None	MV40	11:04	162	0:51:01	84	23:43	116	01:25:48
57	105	David Holmes	Horncastle Unfit	MV40	09:42	127	0:53:12	107	22:59	104	01:25:53
159	106	Stephanie Lewis	Team Lewis Kit	FS	07:39	50	0:50:54	80	27:27	174	01:26:00

82	107	Khawar Syed	None	MV40	09:12	113	0:53:44	114	23:17	112	01:26:13
138	108	Thomas Sheehan	Lakeside Runners	MV40	07:53	62	0:56:47	139	21:35	71	01:26:15
196	109	Carolyn Riley	None	FV40	06:03	6	0:54:52	125	25:21	146	01:26:16
102	110	Abe Jackson	None	MS	07:56	65	0:56:27	138	22:01	81	01:26:24
172	111	Elizabeth Green-Davis	TFN	FV40	08:26	84	0:53:06	106	24:53	138	01:26:25
38	112	Mike Hartley	None	MV50	09:36	125	0:55:05	126	22:02	84	01:26:43
46	113	Julia Jordan	None	FV40	11:40	169	0:53:48	117	21:25	66	01:26:53
147	114	Howard Goulbourne	None	MS	11:04	163	0:50:34	77	25:20	145	01:26:58
120	115	Alan Ellis	None	MS	08:55	101	0:54:10	120	24:03	120	01:27:08
12	116	Tim Greig	None	MS	10:23	140	0:54:47	124	22:00	80	01:27:10
117	117	Paul Pocklington	Sleaford Striders	MS	12:50	185	0:51:35	90	22:46	101	01:27:11
49	118	James Wadsworth	None	MS	09:41	126	0:52:55	104	24:47	135	01:27:23
85	119	Andy Merrison	Barracuda Tri	MV40	10:13	138	0:50:38	78	26:41	164	01:27:32
58	120	Colin Adams	Horncastle Unfit	MV40	08:57	104	0:52:24	98	26:30	162	01:27:51
121	121	Richard Hammond	TFN	MV40	11:07	164	0:55:34	129	21:11	58	01:27:52
61	122	Kevin Waddingham	Horncastle Unfit	MS	09:19	118	0:56:24	137	22:54	103	01:28:37
107	123	Michael Evans	None	MV40	09:19	117	0:55:37	130	24:07	122	01:29:03
42	124	Owen Harcombe	None	MV40	12:09	176	0:53:46	116	23:11	110	01:29:06
106	125	Nick Watts	None	MV40	09:03	109	0:55:56	135	24:17	127	01:29:16
105	126	Amanda English	Redhill RR	FV40	08:42	92	0:57:09	144	23:31	114	01:29:22
99	127	Alan Walker	None	MS	10:46	148	0:53:40	112	24:59	142	01:29:25
45	128	Graham Ogden	None	MS	11:46	171	0:53:34	108	24:10	123	01:29:30
63	129	Euan Adamson	Horncastle Unfit	MS	14:40	195	0:53:37	110	21:16	62	01:29:33
160	130	Prem Sispal	None	MV40	07:01	26	0:57:08	143	25:29	149	01:29:38
75	131	Christopher Westcott	None	MV40	09:45	128	0:54:07	119	25:46	153	01:29:38
142	132	Angelina Ryan	None	FV40	08:22	83	0:55:38	131	26:08	156	01:30:08
78	133	David Rouse	None	MS	09:14	115	0:59:00	154	22:08	87	01:30:22
18	134	Steven Thacker	None	MV40	10:52	152	0:58:13	151	21:25	67	01:30:30
37	135	Adrian Parker	None	MV40	10:40	145	0:57:07	142	23:01	106	01:30:48
87	136	Marcia Oldale	LincolnTri	FS	10:50	150	0:54:12	121	26:13	158	01:31:15
17	137	Philip Kimber	None	MV40	10:08	137	0:57:25	146	23:47	118	01:31:20
73	138	Steve Batt	None	MV40	11:00	158	0:56:03	136	24:58	141	01:32:01
34	139	Graham Potter	Sleaford Striders	MV40	12:05	173	0:58:03	149	22:17	90	01:32:25
89	140	Richard Craig	LincolnTri	MV40	10:15	139	0:56:58	140	25:25	148	01:32:38
76	141	David Buckland	Saxilby RR	MV50	10:52	153	0:57:38	147	24:17	127	01:32:47
123	142	Tracy Carnall	LincolnTri	FS	08:51	99	0:55:39	132	28:18	181	01:32:48
119	143	Sarah Buckley	None	FS	09:24	119	0:58:13	152	25:21	146	01:32:58
88	144	Peter Boxall	Worksop College	MV40	09:52	131	0:58:30	153	24:43	133	01:33:05

21	145	Ian Draper	None	MV40	11:30	167	0:55:13	127	26:25	161	01:33:08
96	146	Pete Evans	None	MV40	08:56	102	1:02:14	164	22:08	88	01:33:18
53	147	Heather Riddell	LincolnTri	FS	11:44	170	0:52:49	102	28:55	182	01:33:28
44	148	Duncan McCoy	LincolnTri	MJ16	14:16	194	0:57:57	148	21:15	61	01:33:28
68	149	Brenda Watson	Retford AC	FV50	10:42	146	0:56:59	141	25:51	154	01:33:32
94	150	Joanna Lee	Team Lewis Kit	FS	09:07	110	0:58:08	150	26:22	160	01:33:37
5	151	Ann-Marie Hadley	Yello Vello	FS	11:02	159	0:55:41	133	27:07	169	01:33:50
39	152	Harry Williams	Worksop College	MJ18	07:46	59	1:01:28	161	25:19	144	01:34:33
134	153	Simon Clark	None	MV40	08:35	87	1:00:47	160	26:11	157	01:35:33
179	154	Nick Shirley	None	MS	08:57	103	0:52:58	105	33:40	195	01:35:35
124	155	Laura Garner	None	FS	08:22	82	0:59:52	157	27:22	172	01:35:36
74	156	Andrew McRae	None	MV50	12:15	178	1:01:41	162	22:03	85	01:35:59
50	157	Belinda Hughes	None	FS	09:32	123	1:02:42	169	24:17	126	01:36:31
77	158	Ruth Evans	None	FS	10:47	149	0:59:22	155	27:18	170	01:37:27
41	159	Richard Cripps	None	MV50	12:18	179	0:55:29	128	30:11	186	01:37:58
6	160	Peter Nadin	Sleaford Striders	MV50	13:07	189	1:00:23	158	24:39	132	01:38:09
69	161	Stephen Roberts	None	MV40	09:31	122	1:02:59	170	26:03	155	01:38:33
22	162	Jim Diamond	LWAC	MV50	16:47	196	0:57:18	145	24:35	131	01:38:40
40	163	Gudrun Meisl	None	FS	09:57	134	1:03:51	173	24:55	139	01:38:43
131	164	Lisa Cuthbert	None	FS	08:20	78	1:02:29	166	28:03	179	01:38:52
56	165	Rufus Pilgrim	Horncastle Unfit	MS	12:29	180	0:59:22	156	27:18	171	01:39:09
70	166	Paul Bunn	Saxilby RR	MV40	12:37	183	1:02:37	167	24:12	124	01:39:26
67	167	Alison Keegan	None	FV40	10:56	155	1:00:47	159	27:45	176	01:39:28
33	168	Anne Gilroy	LWAC	FV50	12:30	181	1:03:56	174	23:05	108	01:39:31
114	169	Veronica Bawden	Adwick Tri	FV40	09:13	114	1:03:20	171	27:00	168	01:39:33
83	170	Nicci Hotson	None	FS	10:24	141	1:06:36	182	24:05	121	01:41:05
35	171	Freda Lowe	Saxilby RR	FV50	12:05	173	1:03:40	172	25:37	151	01:41:22
16	172	Nikki Snowden	None	FV40	10:53	154	1:05:38	181	25:36	150	01:42:07
140	173	Richard Yates	None	MS	09:19	116	1:07:37	186	25:43	152	01:42:39
55	174	Neil Lancaster	Horncastle Unfit	MV40	09:30	121	1:02:06	163	31:11	191	01:42:47
64	175	Shirley Devlin	LWAC	FV40	10:38	144	1:05:22	180	26:54	167	01:42:54
80	176	Melanie Cowell	None	FS	10:01	135	1:02:40	168	30:29	187	01:43:10
30	177	Philip Hopewell	Redhill RR	MV40	12:31	182	1:04:32	176	26:15	159	01:43:18
92	178	John Bardwell	None	MV50	10:08	136	1:05:18	179	27:57	178	01:43:23
14	179	Simon Bryson	None	MV40	13:36	191	1:05:08	178	24:47	134	01:43:31
15	180	Tracy Mullenger	None	FV40	12:05	172	1:04:16	175	28:07	180	01:44:28
29	181	Margaret Ann Charlton	Saxilby RR	FV50	11:20	165	1:07:01	184	26:50	165	01:45:11
79	182	Dave Skeates	None	MV50	12:07	175	1:06:50	183	27:51	177	01:46:48
28	183	Mark Murphy	None	MS	13:14	190	1:07:54	187	26:33	163	01:47:41
86	184	David Clarke	None	MV40	12:46	184	1:02:15	165	33:32	193	01:48:33
47	185	Simon Cowell	None	MS	27:49	197	0:53:39	111	27:25	173	01:48:53

27	186	Alan Lowe	Saxilby RR	MV50	13:47	192	1:04:41	177	30:37	190	01:49:05
66	187	Nathalie Czechowski	None	FS	08:02	66	1:08:45	188	32:20	192	01:49:07
103	188	Rebecca Smith	None	FS	09:35	124	1:07:10	185	33:33	194	01:50:18
65	189	Maureen Johnson	Saxilby RR	FV40	10:27	142	1:10:16	190	29:49	183	01:50:32
24	190	Helen Metcalf	Redhill RR	FS	09:56	132	1:10:27	192	30:31	188	01:50:54
10	191	Nicola Townend	None	FS	10:59	156	1:10:23	191	30:37	189	01:51:59
9	192	Caroline Maguire	None	FS	11:20	166	1:10:02	189	34:09	196	01:55:31
8	193	Jane Ramsden	LWAC	FV40	12:59	187	1:19:14	195	24:50	137	01:57:03
2	194	Patrick McNally	None	MV50	13:48	193	1:15:13	193	29:49	184	01:58:50
3	195	Clare McNally	Kimberley and Dist Striders	FS	10:50	151	1:18:11	194	29:49	184	01:58:50
26	196	Alison Dale	LWAC	FV40	11:02	160	1:46:32	196	26:50	166	02:24:24
95		Pete Saunders	None	MV40	13:07	188	DNF		DNF		DNF

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