



Sundowner Triathlon

Pos	Athlete Name	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	Total Time
201	Blue Ackworths	RELAY	7	Blue Ackworths	00:38:04	00:01:18	02:54:34	00:01:28	02:10:26	05:45:48
202	James Huntingdon	M 35-39	24		00:43:09	00:01:36	02:58:37	00:03:37	01:59:03	05:46:03
203	Isaline Kneale	F 50-54	2		00:51:18	00:02:00	02:54:34	00:02:46	01:55:43	05:46:21
204	Donna Cooper	F 40-44	11	Tri Rivington / Bolton Harriers	00:42:51	00:03:21	03:03:30	00:02:17	01:54:25	05:46:22
205	Gareth Davis	M 35-39	25	Kennys Legends	00:31:47	00:04:43	02:58:26	00:06:32	02:04:57	05:46:24
206	Zoe Dale	F 45-49	5	Barracuda Tri	00:39:40	00:02:29	03:07:55	00:01:53	01:55:20	05:47:17
207	Paul Sykes	M 40-44	40	Tri Rivington	00:36:43	00:02:33	03:04:49	00:03:00	02:00:15	05:47:19
208	Daniel Gray	M 30-34	25		00:34:47	00:05:35	03:08:45	00:05:22	01:52:54	05:47:22
209	Glen Stovold	M 40-44	41		00:36:25	00:04:31	03:06:07	00:05:30	01:55:37	05:48:10

210	Paul Norris	M 50-54	19		00:34:06	00:04:48	02:28:44	00:46:18	01:54:34	05:48:30
211	Rich Mcwatt	M 40-44	42	3X Tri	00:38:44	00:04:35	03:05:53	00:02:21	01:56:58	05:48:30
212	Keith's Whippets	RELAY	8	Keith's Whippets	00:40:37	00:01:03	03:27:01	00:01:19	01:38:32	05:48:31
213	Neil Coleman	M 35-39	26		00:55:44	00:03:06	02:55:44	00:01:48	01:52:22	05:48:44
214	Carolyn Aldinger	F 30-34	6	Leeds Bradford Tri Club	00:41:15	00:04:13	03:09:14	00:04:37	01:50:03	05:49:20
215	Steve Hardisty	M 35-39	27		00:40:25	00:03:33	03:08:39	00:04:56	01:53:04	05:50:36
216	Calum Clark	M 25-29	14		00:32:56	00:02:19	03:03:20	00:06:18	02:06:17	05:51:09
217	Michael Leslie	M 50-54	20	Barracuda Tri	00:33:23	00:03:18	03:06:07	00:02:50	02:05:46	05:51:22
218	Jane Graney	F 35-39	5	Swinton Running Club	00:35:15	00:03:01	03:15:06	00:01:39	01:56:22	05:51:22
219	Robin Williamson	M 45-49	38		00:45:42	00:02:34	03:14:50	00:03:45	01:44:44	05:51:35
220	Patrick Heptinstall	M 45-49	39	Wakefield Triathlon Club	00:36:37	00:07:18	03:06:56	00:03:30	01:57:19	05:51:40
221	Chris Whittaker	M 45-49	40	Astley And Tyldesley Road Runners	00:31:34	00:02:23	02:49:38	00:02:52	02:25:40	05:52:07

222	Jonathan Cosgrove	M 40-44	43	Lostock Ac	00:38:56	00:02:40	03:04:16	00:03:17	02:03:07	05:52:14
223	Steven Holden	M 45-49	41		00:46:09	00:02:39	03:03:42	00:03:07	01:56:55	05:52:30
224	Andrew Coulton	M 40-44	44		00:32:58	00:02:30	03:10:44	00:03:35	02:03:05	05:52:52
225	Chris Aulton	M 50-54	21	Balanced Performance	00:47:36	00:04:21	02:39:18	00:41:40	01:40:05	05:53:00
226	Neil Shelmerdine	M 50-54	22		00:45:06	00:05:30	02:56:34	00:05:30	02:00:21	05:53:01
227	Mike Smith	M 35-39	28		00:40:05	00:04:15	03:02:57	00:02:42	02:03:32	05:53:29
228	Reece Maltby	M 35-39	29		00:40:02	00:03:16	03:04:37	00:01:47	02:03:58	05:53:39
229	Mark Bates	M 45-49	42	Mersey Tri	00:40:04			03:18:04	01:55:35	05:53:42
230	Debbie Rookes	F 45-49	6	3X Tri	00:37:47	00:02:28	03:11:17	00:02:02	02:00:27	05:53:59
231	Alan Swales	M 40-44	45	Team Manvers	00:31:14	00:03:56	03:09:03	00:05:41	02:04:22	05:54:15
232	Simon Usher	M 40-44	46		00:40:12	00:02:21	03:00:10	00:03:36	02:08:31	05:54:51
233	Michelle Fairclough	F 40-44	12	Astley & Tyldesley Triathlon Club	00:37:04	00:04:53	03:03:05	00:04:26	02:05:42	05:55:09

234	Michael Hemsworth	M 30-34	26	Wakefield Triathlon Club	00:44:07	00:02:40	03:01:13	00:05:21	02:01:51	05:55:10
235	Andrew Kitchen	M 40-44	47	Sheffield Tri Club	00:39:44	00:02:43	03:06:56	00:02:56	02:02:59	05:55:19
236	Bob Lauder	M 50-54	23		00:48:24	00:03:25	02:31:55	00:45:35	01:46:44	05:56:03
237	Mark Pollitt	M 35-39	30	Rochdale Tri Club	00:37:32	00:02:42	02:57:45	00:02:51	02:15:29	05:56:18
238	Paul Plested	M 50-54	24	Chester Triathlon Club	00:38:42	00:03:55	03:12:08	00:02:43	01:59:04	05:56:31
239	Sharon Jackson	F 40-44	13		00:44:36	00:05:06	03:04:30	00:04:45	01:57:36	05:56:33
240	Ann Griffiths	F 55-59	1		00:37:02	00:03:39	03:18:07	00:02:26	01:56:01	05:57:14
241	Ruth Rollin	F 50-54	3		00:48:49	00:04:40	03:05:15	00:03:45	01:54:51	05:57:18
242	Alex Hebdon	M 50-54	25		00:34:41	00:01:47	02:49:08	00:02:39	02:29:04	05:57:19
243	Kathryn Thomason	F 25-29	2	Humber Triathletes	00:33:39	00:02:39	03:02:40	00:02:52	02:16:20	05:58:09
244	Kenny Hunter	M 45-49	43	Team Manvers	00:34:25	00:02:33	02:47:07	00:01:20	02:34:14	05:59:39
245	Gary Allton	M 45-49	44	Chorley Cycling Club	00:40:55	00:04:33	02:57:59	00:04:42	02:11:54	06:00:02

246	Chris Smith	M 35-39	31	Kennys Legends	00:36:54	00:04:16	02:59:50	00:03:37	02:16:01	06:00:38
247	Paul Charles	M 50-54	26	Blue Lagooners	00:36:57	00:03:29	03:04:13	00:02:27	02:13:38	06:00:43
248	Mark Fraser	M 45-49	45	Wakefield Triathlon Club	00:33:35	00:03:00	03:07:09	00:04:48	02:12:28	06:00:59
249	Sarah Harris	F 25-29	3	Manchester Tri Club	01:08:57	00:01:38	02:56:27	00:01:15	01:53:06	06:01:22
250	Garry Keenan	M 50-54	27	Wetherby Rats	00:45:16	00:06:20	03:06:32	00:03:10	02:00:40	06:01:58
251	Nikola Sprigg	F 40-44	14	Absolute	00:38:02	00:02:39	03:00:20	00:02:32	02:18:30	06:02:02
252	Graham Trueman	M 35-39	32	Wakefield Triathlon Club	00:44:10	00:02:22	03:01:57	00:01:23	02:13:11	06:03:02
253	Helen Bloomer	F 50-54	4	Birchfield Harriers 43	00:40:40	00:07:45	03:25:53	00:04:45	01:45:14	06:04:16
254	David Webb	M 50-54	28		00:41:10	00:04:45	04:02:13	23:23:36	01:52:47	06:04:32
255	Keep Up With The Jones's	RELAY	8	Keep Up With The Jones's	00:38:08	00:01:09	03:26:09	00:00:59	01:58:24	06:04:47
256	Suzy Coates	F 35-39	6	Wakefield Triathlon Club	00:32:59	00:02:40	03:04:30	00:02:15	02:22:40	06:05:02
257	Andrew Johnson	M 55-59	8		00:43:10	00:05:00	03:15:17	00:04:32	01:57:43	06:05:41

258	Richard Horsfield	M 50-54	29		00:43:25	00:04:54	03:51:17	23:23:03	02:03:28	06:06:06
259	Matt Simpson	F 35-39	7		00:37:05	00:03:32	03:30:07	00:04:50	01:50:45	06:06:17
260	Zoe Mackay	F 40-44	15	Darlington Tri Club	00:34:18	00:02:32	03:07:17	00:02:09	02:20:39	06:06:54
261	Anthony Shipley	M 60-64	1	Wolds Way To Health	00:42:49	00:02:44	03:10:45	00:02:39	02:08:13	06:07:09
262	Shaun Bellamy	M 45-49	46	Kennys Legends	00:36:56	00:04:17	02:59:59	00:03:27	02:22:36	06:07:14
263	Steve Cooper	M 55-59	9	3X Tri	00:36:05	00:05:05	03:06:21	00:02:31	02:17:30	06:07:30
264	Craig Priestnall	M 30-34	27		00:37:55	00:02:44	03:16:21	00:02:51	02:08:05	06:07:55
265	Stuart Fowler	M 40-44	48		00:34:27	00:04:43	03:08:32	00:02:52	02:17:23	06:07:56
266	Philip Asher	M 40-44	49		00:41:24	00:04:49	03:19:16	00:04:33	01:58:20	06:08:21
267	Nikky Christie	F 50-54	5		00:33:20	00:03:11	03:15:24	00:02:12	02:14:23	06:08:30
268	Nicola Philp	F 35-39	8	Glenrothes Triathlon Club	00:39:03	00:03:39	03:21:38	00:03:43	02:01:56	06:09:58
269	David Singleton	M 50-54	30		00:39:51	00:05:29	03:15:42	00:02:41	02:06:18	06:10:01

270	Ian Berridge	M 45-49	47	Lincsquad	00:36:51	00:04:06	03:03:00	00:02:47	02:23:36	06:10:19
271	Gareth Allen	M 40-44	50	Wakefield Triathlon Club	01:13:18	00:03:12	03:01:37	00:03:20	01:50:05	06:11:31
272	Steve Firth	M 50-54	31	Wakefield Triathlon Club	00:43:25	00:03:56	03:32:18	00:02:43	01:50:00	06:12:23
273	Gareth Barker	M 45-49	48		00:42:30	00:02:07	03:04:17	00:03:00	02:20:46	06:12:39
274	Sue Stockley	F 45-49	7		00:37:47	00:03:53	03:13:37	00:02:03	02:15:30	06:12:50
275	Stu Sklinar	M 30-34	28	Alba Rosa Cc	00:44:48	00:04:22	03:07:29	00:02:25	02:14:01	06:13:04
276	Dennis Millington	M 55-59	10		00:39:12	00:04:15	03:18:43	00:04:55	02:06:14	06:13:17
277	Nicholas Forrester	M 40-44	51		00:39:39	00:03:36	03:04:42	00:01:54	02:23:34	06:13:23
278	Catherine O'Shaughnessy	F 40-44	16	Team Bear	00:46:10	00:08:12	03:11:07	00:02:54	02:05:21	06:13:44
279	Kathy Frankland	F 45-49	8	Chester Triathlon Club	00:47:03	00:08:27	03:06:17	00:08:58	02:03:24	06:14:08
280	Charlotte Hartley	F 35-39	9	Rossendale	00:34:41	00:05:40	03:31:30	00:02:47	02:00:04	06:14:41
281	David Barlow	M 60-64	2	Colts (City Of Lancaster Triathlon)	00:41:42	00:04:08	03:20:11	00:03:42	02:06:12	06:15:54

282	Raymond Smith	M 55-59	11		00:40:02	00:04:54	03:21:50	00:06:09	02:03:01	06:15:55
283	Maxine Mussell	F 40-44	17		00:41:46	00:04:06	03:20:00	00:02:32	02:07:35	06:15:58
284	Mike Bowie	M 40-44	52	Chester Triathlon Club	00:43:37	00:06:27	03:08:34	00:03:56	02:14:41	06:17:14
285	Sarah Marsden	F 20-24	1	Team Bear	00:46:01	00:02:17	03:19:36	00:04:24	02:05:19	06:17:36
286	Danny Tarbuck	M 30-34	29	The Endurance Store	00:40:35	00:01:51	03:06:19	00:02:50	02:26:29	06:18:02
287	Adrienne Fisher	F 40-44	18	Bolton United Harriers	00:40:20	00:05:22	03:23:44	00:05:10	02:04:38	06:19:13
288	Shafique Ahmad	M 45-49	49		00:45:21	00:05:50	03:13:57	00:03:09	02:11:17	06:19:34
289	Lesley Hattersley	F 45-49	9	Tri4Girلز	00:39:42	00:04:25	03:15:41	00:03:17	02:17:25	06:20:30
290	Wendi Duncan	F 45-49	10		00:44:00	00:03:33	03:11:19	00:01:59	02:19:39	06:20:32
291	Damien Parkinson	M 30-34	30	West Lancs Triathlon Club	00:35:23	00:02:25	03:19:39	00:01:38	02:22:06	06:21:10
292	Ray Mcgloin	M 55-59	12	Tri Rivington Uk	00:41:46	00:06:48	02:58:48	00:07:02	02:26:58	06:21:21
293	Lee Thoday	M 40-44	53	Team Manvers	00:40:22	00:02:28	03:13:21	00:03:39	02:22:37	06:22:27

294	Peter Gossop	M 50-54	32	Lincsquad	00:33:50	00:02:44	02:58:51	00:02:14	02:44:51	06:22:28
295	Mark Crellin	M 50-54	33	Grimsby Tri Club	00:48:49	00:03:36	03:21:34	00:04:34	02:04:43	06:23:15
296	James Howat	M 30-34	31	Racing Tnt	00:42:02	00:04:16	03:04:32	00:05:41	02:27:07	06:23:36
297	John Simpson	M 65-69	1	Wetherby	00:41:28	00:05:31	03:31:00	00:02:59	02:02:59	06:23:57
298	Andrew Falkingbridge	M 45-49	50	Team Bear Tri	00:40:37	00:08:09	03:06:42	00:06:49	02:22:49	06:25:05
299	Sarah Halford	F 40-44	19	Balanced Performance	00:35:30	00:04:14	03:30:04	00:02:30	02:13:21	06:25:39
300	Harrison Miller	M 25-29	15		01:01:31	00:04:04	03:12:08	00:03:02	02:04:57	06:25:42