

Capenwray Clearwater Autumn Sprint

2nd October 2011

Bib	FirstName	LastName	Sex	Swim	T1	Bike	T2	Run	Overall	Overall	Sex	
70	Max	Robson	M	07:51.1	00:01:07.45	00:34:16.30	00:00:38.55	00:20:46.35	01:04:39.70	1	1	
44	Rob	King	M	09:45.1	00:01:25.60	00:33:12.95	00:00:40.50	00:21:01.15	01:06:05.30	2	2	
91	David	Simpson	M	08:46.9	00:01:09.80	00:33:14.40	00:00:39.32	00:23:32.15	01:06:43.20	3	3	
72	Nicola	Rowley	F	07:54.6	00:01:33.40	00:36:06.90	00:00:49.10	00:22:51.60	01:09:15.55	4	1	
66	Paul	Rickerby	M	07:56.3	00:01:29.85	00:37:06.60	00:00:53.50	00:22:20.70	01:09:46.95	5	4	
35	Samantha	Howard	F	09:29.8	00:01:59.55	00:36:19.70	00:00:53.40	00:21:48.60	01:10:31.05	6	2	
71	Simon	Rothwell	M	09:09.3	00:01:51.25	00:36:38.95	00:00:54.60	00:23:23.60	01:11:57.65	7	5	
200	Chris	Lumb	M	10:30.8	00:03:02.25	00:34:45.95	00:01:37.90	00:22:07.30	01:12:04.15	8	6	
83	Will	Ward	M	08:57.0	00:03:45.50	00:37:47.70	00:00:58.75	00:22:08.95	01:13:37.90	9	7	
84	Peter	Ward	M	09:44.6	00:03:26.45	00:37:16.30	00:00:51.55	00:22:59.10	01:14:18.00	10	8	
32	Tim	Hill	M	11:06.3	00:02:09.90	00:37:13.20	00:00:57.60	00:22:51.60	01:14:18.60	11	9	
56	Layne	Mercer	M	12:33.9	00:02:13.65	00:36:37.80	00:01:11.40	00:22:05.20	01:14:41.95	12	10	
27	Andrew	Greensmith	M	09:25.7	00:02:15.40	00:38:52.15	00:01:15.85	00:23:51.25	01:15:40.35	13	11	
39	Alex	James	M	11:45.3	00:03:00.25	00:36:36.30	00:01:54.00	00:22:33.75	01:15:49.60	14	12	
20	Amy	Edmondson	F	07:52.6	00:01:56.20	00:42:22.40	00:00:41.00	00:23:12.45	01:16:04.60	15	3	
54	Martin	McNulty	M	09:29.0	00:02:07.85	00:40:50.90	00:01:11.80	00:22:47.45	01:16:27.00	16	13	
62	Aaron	Noble	M	09:52.7	00:03:37.45	00:37:28.90	00:01:40.90	00:24:02.85	01:16:42.80	17	14	
50	Ceri	Lumb	F	08:13.7	00:02:03.80	00:39:58.85	00:01:31.60	00:25:23.00	01:17:10.95	18	4	
73	Annette	Ryan	F	11:33.4	00:02:25.90	00:37:10.50	00:01:03.10	00:25:31.00	01:17:43.95	19	5	
63	Stephen	Paine	M	11:49.9	00:04:33.25	00:31:43.90	00:02:29.10	00:27:42.60	01:18:18.75	20	15	
68	Karl	Rinder	M	13:22.6	00:02:33.80	00:37:49.95	00:01:00.20	00:23:46.85	01:18:33.35	21	16	
26	Jonathan	Gee	M	09:21.2	00:02:12.35	00:40:49.35	00:01:12.90	00:25:07.50	01:18:43.25	22	17	
30	Frank	Harrison	M	11:19.9	00:02:54.45	00:38:15.45	00:01:06.75	00:25:10.05	01:18:46.60	23	18	
92	Richard	Hinson	M	10:57.8	00:03:15.30	00:41:35.70	00:01:18.10	00:22:15.20	01:19:22.10	24	19	
48	Christopher	Long	M	09:18.5	00:03:14.15	00:41:28.80	00:01:00.45	00:24:29.20	01:19:31.05	25	20	
33	Guy	Hinnigan	M	09:32.7	00:03:45.50	00:41:26.80	00:01:12.00	00:23:57.55	01:19:54.50	26	21	
94	Tom	Elyn Jones	M	12:33.6	00:02:17.60	00:38:34.65	00:00:59.45	00:25:34.80	01:20:00.05	27	22	
19	Bianca	Dyer	F	09:30.7	00:02:26.65	00:40:16.80	00:01:11.85	00:26:36.45	01:20:02.40	28	6	
6	Rachel	Blundell	F	09:55.7	00:02:43.35	00:40:57.75	00:01:07.15	00:25:40.35	01:20:24.30	29	7	
12	Miles	Coker	M	11:47.5	00:03:28.35	00:40:17.60	00:01:14.35	00:24:18.70	01:21:06.50	30	23	
23	Andrew	Fisher	M	12:43.1	00:02:55.70	00:39:43.50	00:01:20.35	00:24:53.90	01:21:36.50	31	24	
93	Chris	Herd	M	13:14.7	00:03:02.40	00:39:32.85	00:01:59.85	00:23:55.60	01:21:45.35	32	25	
57	Amanda	Morgan	F	12:41.5	00:02:46.65	00:38:07.45	00:01:48.75	00:26:32.10	01:21:56.45	33	8	
42	Richard	Kay	M	11:30.8	00:03:49.00	00:40:39.75	00:01:03.95	00:25:14.50	01:22:18.00	34	26	
89	Robert	Winder	M	11:40.4	00:02:28.45	00:43:31.10	00:01:48.80	00:23:44.15	01:23:12.90	35	27	
58	Allen	Muffett	M	13:50.6	00:05:29.80	00:37:16.80	00:01:10.75	00:25:37.70	01:23:25.60	36	28	
8	Caryn	Burke	F	11:36.5	00:03:24.35	00:41:11.35	00:00:53.00	00:26:55.75	01:24:00.95	37	9	

40	Marc	Johnston	M	12:43.8	00:02:30.30	00:40:56.80	00:01:14.25	00:26:52.75	01:24:17.95	38	29	
77	Gary	Singleton	M	13:01.2	00:04:16.90	00:38:35.40	00:01:25.10	00:27:08.35	01:24:26.90	39	30	
90	Stu	Bennett	M	10:58.3	00:03:00.20	00:41:49.60	00:01:32.25	00:27:19.40	01:24:39.70	40	31	
75	Jon	Saunders	M	12:46.3	00:03:33.05	00:37:02.70	00:01:10.20	00:30:41.60	01:25:13.85	41	32	
87	Rachel	Whibley	F	12:52.9	00:03:35.75	00:41:06.60	00:01:10.90	00:26:28.75	01:25:14.90	42	10	
4	Peter	Barnes	M	13:10.4	00:03:16.95	00:40:29.50	00:01:08.60	00:27:16.10	01:25:21.55	43	33	
60	Vikki	Murphy	F	13:17.0	00:03:42.10	00:38:10.40	00:01:40.55	00:28:34.75	01:25:24.85	44	11	
59	Neil	Mullinger	M	15:36.0	00:04:06.75	00:38:48.55	00:00:54.95	00:26:03.40	01:25:29.70	45	34	
9	David	Carter	M	10:40.1	00:03:02.50	00:44:36.55	00:01:54.05	00:26:50.30	01:27:03.45	46	35	
13	Lee	Collins	M	13:21.6	00:04:06.55	00:39:14.15	00:01:43.05	00:29:22.85	01:27:48.20	47	36	
3	Natalie	Attard	F	12:49.0	00:02:46.45	00:44:53.65	00:01:33.20	00:28:03.45	01:30:05.70	48	12	
38	Christine	Jackson	F	14:21.2	00:03:14.85	00:46:04.60	00:01:04.35	00:25:34.05	01:30:19.05	49	13	
17	Ruth	Dixon	F	12:47.9	00:03:01.45	00:46:06.70	00:00:53.40	00:27:37.10	01:30:26.55	50	14	
22	Andrew	Field	M	11:58.3	00:02:38.80	00:43:25.20	00:01:48.40	00:31:44.65	01:31:35.35	51	37	
76	Clair	Sharples	F	11:10.0	00:02:50.35	00:49:52.60	00:01:02.55	00:27:01.15	01:31:56.65	52	15	
53	John	Madden	M	10:54.7	00:04:47.65	00:50:14.65	00:00:46.50	00:26:08.85	01:32:52.35	53	38	
78	Claire	Slater	F	10:14.0	00:03:43.00	00:45:18.35	00:02:18.60	00:31:53.80	01:33:27.75	54	16	
80	David	Summerlin	M	12:54.0	00:04:00.50	00:46:12.60	00:01:43.20	00:28:39.95	01:33:30.25	55	39	
36	Derek	Howe	M	14:25.3	00:02:45.70	00:46:05.65	00:01:40.05	00:29:55.00	01:34:51.70	56	40	
88	Joanne	Wilkinson	F	11:32.3	00:02:38.35	00:49:04.80	00:01:41.20	00:29:55.25	01:34:51.85	57	17	
97	Helen	Minshall	F	11:06.7	00:02:44.60	00:46:56.20	00:01:03.30	00:33:40.95	01:35:31.80	58	18	
1	Pat	Annable	F	13:27.0	00:05:20.90	00:44:41.40	00:01:44.55	00:30:50.80	01:36:04.65	59	19	
16	Jacqueline	Dixon	F	12:17.9	00:03:44.65	00:48:07.85	00:01:24.55	00:31:02.50	01:36:37.45	60	20	
67	Stuart	Rimmer	M	14:04.6	00:03:20.70	00:49:30.80	00:01:06.45	00:28:37.35	01:36:39.95	61	41	
86	Dawn	Wells	F	13:19.8	00:04:49.35	00:48:46.20	00:01:01.95	00:28:52.25	01:36:49.55	62	21	
2	Serena	Armstrong	F	11:16.9	00:04:14.95	00:50:11.05	00:01:16.90	00:30:13.25	01:37:13.05	63	22	
43	Michaela	Kerr	F	12:40.8	00:04:20.40	00:49:07.25	00:01:03.40	00:30:45.20	01:37:57.05	64	23	
31	Karen	Herd	F	12:48.4	00:02:38.60	00:45:32.65	00:02:02.50	00:35:47.85	01:38:50.00	65	24	
15	Maribeth	Davies	F	13:37.7	00:03:25.10	00:51:54.80	00:01:09.80	00:29:20.40	01:39:27.75	66	25	
34	Karen	Hollinghurst	F	15:34.8	00:03:52.95	00:49:56.10	00:01:09.80	00:30:28.00	01:41:01.65	67	26	
74	Lynne	Sample	F	15:01.0	00:03:54.65	00:47:57.55	00:01:06.10	00:33:21.40	01:41:20.65	68	27	
47	Claire	Livesey	F	12:42.6	00:03:29.40	00:51:01.55	00:01:04.30	00:33:57.65	01:42:15.50	69	28	
14	Andrew	Crighton	M	12:36.0	00:03:28.20	00:49:04.40	00:02:16.00	00:36:02.60	01:43:27.15	70	42	
37	Diane	Howells	F	13:20.5	00:03:58.65	00:49:35.70	00:01:01.40	00:35:55.75	01:43:52.00	71	29	
61	Ruth	Needham	F	14:42.2	00:03:39.80	00:48:35.35	00:02:32.80	00:34:23.25	01:43:53.40	72	30	
25	Heather	Foxall	F	14:00.6	00:04:18.00	00:51:07.10	00:01:05.70	00:35:08.50	01:45:39.85	73	31	
96			F	19:42.7	00:02:21.25	01:03:40.25	00:01:13.10	00:29:36.85	01:56:34.20	74	32	
5	Sue	Barnes	F	12:33.4	00:03:28.25	00:58:50.40	00:01:38.60	00:40:13.35	01:56:44.00	75	33	
64	Heather	Regan-Addis	F	18:52.8	00:06:00.75	01:05:14.10	00:01:51.25	00:49:01.30	02:21:00.20	76	34	
81	Lynsey	Taylor	F	12:22.0	00:02:07.00					DNF		