

Capenwray Autumn Triathlon Standard

2nd October 2011

Bib	FirstName	LastName	Sex	Swim	T1	Bike	T2	Run	Overall	Overall	Sex
173	Kieran	Rowlands	M	24:10.0	00:01:12.65	01:15:09.30	00:00:47.55	00:38:30.55	02:20:00.90	1	1
112	Paul	Crisford	M	23:29.8	00:01:09.55	01:20:18.70	00:00:43.85	00:41:53.35	02:27:35.25	2	2
151	David	Pearson	M	25:45.4	00:01:55.70	01:24:04.90	00:00:58.90	00:42:01.85	02:34:46.75	3	3
164	Paul	Troughton	M	29:37.8	00:02:25.90	01:16:08.40	00:00:51.75	00:46:14.10	02:35:17.95	4	4
133	Phillip	Jenkins	M	23:31.2	00:02:19.50	01:20:03.60	00:02:05.25	00:48:47.65	02:36:47.20	5	5
176	Anthony	Hindles	M	32:27.0	00:02:04.35	01:18:49.55	00:00:53.55	00:43:56.40	02:38:10.85	6	6
156	Jason	Ruck	M	30:38.2	00:02:08.55	01:21:05.95	00:01:05.60	00:43:23.90	02:38:22.20	7	7
144	Paul	Mcmanus	M	34:27.5	00:02:57.10	01:08:39.55	00:01:35.20	00:50:54.95	02:38:34.30	8	8
134	Mark	Johnston	M	32:06.4	00:02:31.70	01:19:19.20	00:01:21.65	00:44:35.40	02:39:54.35	9	9
145	Stephen	Nelson	M	29:39.7	00:01:46.70	01:25:07.50	00:01:16.40	00:44:04.75	02:41:55.00	10	10
119	Richard	Edwards	M	25:47.8	00:02:56.10	01:26:04.55	00:01:20.20	00:47:08.05	02:43:16.70	11	11
152	Andrew	Pearson	M	29:22.7	00:02:16.00	01:26:34.30	00:01:37.00	00:43:34.95	02:43:24.95	12	12
162	Stuart	Tetlow	M	28:28.4	00:01:35.70	01:21:16.25	00:01:16.50	00:51:07.85	02:43:44.70	13	13
132	Stephen	Hinde	M	30:46.5	00:02:19.70	01:25:03.50	00:00:57.25	00:44:40.50	02:43:47.50	14	14
128	Mark	Harnden	M	30:20.5	00:02:24.10	01:22:00.40	00:00:59.20	00:48:03.95	02:43:48.10	15	15
139	Alexander	Lineton	M	33:10.5	00:01:43.10	01:21:26.15	00:01:42.35	00:46:02.05	02:44:04.15	16	16
107	David	Camm	M	31:46.7	00:03:39.05	01:20:49.45	00:01:19.75	00:46:37.70	02:44:12.60	17	17
115	Michael	Denton	M	26:34.1	00:02:57.00	01:25:20.50	00:01:25.00	00:48:12.90	02:44:29.45	18	18
135	Andy	Kay	M	32:17.0	00:02:19.70	01:25:06.80	00:01:25.30	00:44:53.60	02:46:02.40	19	19
104	John	Bennett	M	31:44.0	00:02:59.95	01:25:38.95	00:01:30.05	00:45:23.80	02:47:16.75	20	20
160	Alex	Stevens	M	29:12.1	00:03:38.60	01:29:24.25	00:01:29.85	00:44:56.50	02:48:41.30	21	21
123	Simon	Fox	M	30:28.3	00:04:28.85	01:27:02.55	00:03:48.75	00:43:16.00	02:49:04.45	22	22
155	Helen	Ridley	F	30:11.3	00:02:04.65	01:25:16.90	00:01:24.55	00:50:36.45	02:49:33.85	23	1
111	Andrew	Coldwell	M	34:57.9	00:03:19.45	01:24:13.75	00:01:19.75	00:46:06.15	02:49:57.00	24	23
137	Richard	Knight	M	30:29.9	00:02:05.25	01:25:36.55	00:02:01.00	00:51:55.50	02:52:08.20	25	24
122	John	Fenwick	M	33:30.3	00:02:58.70	01:24:16.60	00:01:24.45	00:51:51.70	02:54:01.70	26	25
103	Henry	Attard	M	31:40.3	00:02:24.70	01:22:49.40	00:01:57.65	00:55:15.55	02:54:07.60	27	26
109	Tim	Clark	M	30:14.7	00:02:34.20	01:30:47.70	00:01:26.20	00:50:25.60	02:55:28.40	28	27
124	John	Gee	M	28:42.7	00:01:57.25	01:28:48.30	00:01:20.70	00:54:43.10	02:55:32.05	29	28
154	Jill	Rawson	F	31:00.6	00:01:39.95	01:29:03.75	00:01:23.45	00:53:21.05	02:56:28.80	30	2
153	James	Porteous	M	38:24.6	00:02:28.35	01:25:35.60	00:02:12.80	00:48:40.20	02:57:21.55	31	29
101	Neil	Ainsworth	M	31:56.7	00:02:15.95	01:33:00.20	00:01:06.25	00:49:53.85	02:58:13.00	32	30
168	Tom	Westcott	M	32:19.3	00:02:23.30	01:32:55.95	00:01:05.70	00:51:10.80	02:59:55.05	33	31
149	Wayne	Owens	M	32:00.9	00:03:55.15	01:34:36.70	00:01:50.85	00:47:33.70	02:59:57.30	34	32
120	Richard	Ellis	M	30:12.7	00:02:26.80	01:31:13.65	00:01:31.75	00:54:39.15	03:00:04.05	35	33
159	Carole	Spence	F	32:02.4	00:03:15.85	01:32:10.95	00:01:34.05	00:51:09.15	03:00:12.40	36	3
105	Scott	Billing	M	38:56.0	00:02:21.65	01:32:18.85	00:01:01.15	00:45:55.80	03:00:33.45	37	34

129	John	Heaney	M	31:53.7	00:02:46.90	01:28:34.80	00:01:10.25	00:57:09.60	03:01:35.25	38	35
174	Danny	Rogeson	M	32:23.9	00:01:57.10	01:23:44.70	00:01:26.95	01:02:53.00	03:02:25.65	39	36
172	Paul	Wright	M	32:00.0	00:02:45.55	01:27:15.95	00:01:23.95	00:59:35.45	03:03:00.90	40	37
147	Liam	Mitchell	M	32:26.1	00:02:42.45	01:39:08.20	00:01:56.10	00:47:09.55	03:03:22.35	41	38
136	Simon	Kirkby	M	34:30.5	00:03:02.40	01:28:53.15	00:02:12.85	00:55:29.15	03:04:08.10	42	39
142	John	Marsden	M	32:22.1	00:04:08.25	01:34:33.05	00:02:15.15	00:53:15.70	03:06:34.25	43	40
125	Robbie	George	M	38:10.8	00:02:39.60	01:30:35.90	00:01:23.60	00:54:44.50	03:07:34.45	44	41
150	Simon	Partridge	M	32:27.9	00:02:56.45	01:38:20.45	00:01:07.95	00:53:20.40	03:08:13.15	45	42
170	Kim	Wilson	F	33:10.8	00:04:51.85	01:37:30.90	00:02:03.55	00:52:10.65	03:09:47.75	46	4
117	Mark	Dow	M	33:45.4	00:03:16.55	01:34:27.30	00:01:43.70	00:58:15.90	03:11:28.85	47	43
121	Michael	Ernill	M	35:28.4	00:04:49.30	01:40:28.45	00:01:28.70	00:49:20.25	03:11:35.10	48	44
130	John	Heaton	M	29:21.8	00:02:51.40	01:38:02.95	00:01:56.40	01:00:23.25	03:14:35.80	49	45
175	Charles	Redfearn	M	39:20.7	00:01:52.45	01:36:02.25	00:02:19.05	00:55:25.10	03:14:59.55	50	46
169	David	White	M	32:06.3	00:04:13.25	01:46:13.45	00:02:45.75	00:56:52.20	03:22:10.95	51	47
113	Ian	Curwen	M	45:49.0	00:05:58.15	01:35:58.80	00:02:16.05	00:53:54.80	03:23:56.80	52	48
118	Luke	Downes	M	32:33.2	00:03:47.80	01:46:13.75	00:02:43.95	00:56:52.45	03:24:11.15	53	49
166	Caroline	Waterhouse	F	38:46.2	00:02:49.30	01:51:03.60	00:01:15.85	00:52:58.85	03:26:53.80	54	5
127	Scott	Grady	M	37:35.6	00:05:45.50	01:43:37.25	00:03:24.65	01:02:40.10	03:33:03.15	55	50
146	Jayne	Mitchell	F	31:59.0	00:03:39.95	01:52:01.15	00:01:27.60	01:04:53.40	03:34:01.15	56	6
143	Ian	Mckean	M	42:18.5	00:03:53.60	01:44:23.85	00:02:29.25	01:02:41.20	03:35:46.35	57	51
157	Andrew	Selby	M	42:01.3	00:04:40.45	01:59:54.15	00:01:09.65	01:06:05.30	03:53:50.80	58	52
158	Andrew	Smith	M	37:40.5	00:06:24.90	02:00:26.70	00:01:25.35	01:16:38.30	04:02:35.75	59	53
106	Richard	Cairns	M	35:01.0	00:02:04.60			00:44:39.65			
140	Paul	Lonsdale	M			01:33:53.40	00:01:10.35	00:47:34.65			