

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
1	506	Ian	Smith	Leicestershire	30 - 34	Male	CEEPO TFN Race Team	00:04:50	2	00:34:11	5	00:17:18	2	00:56:19
2	501	Richard	Sumpter	South Yorkshire	25 - 29	Male		00:05:37	27	00:34:17	7	00:17:22	3	00:57:16
3	496	Andy	Fairley	Northamptonshire	30 - 34	Male	Wootton Tri Club	00:05:10	6	00:33:59	4	00:18:13	10	00:57:22
4	435	Iain	Hazell	Northamptonshire	30 - 34	Male	Wootton Tri Club	00:06:27	79	00:33:41	3	00:17:50	6	00:57:58
5	486	James	Elworthy	Bedfordshire	30 - 34	Male	Bedford Traktors	00:05:37	26	00:35:00	10	00:17:42	4	00:58:19
6	480	Mark	Sykes	Warwickshire	25 - 29	Male		00:05:40	32	00:34:19	8	00:18:29	13	00:58:28
7	502	Brian	Howarth	North Yorkshire	35 - 39	Male	NYP Tri	00:05:28	16	00:35:12	12	00:18:16	12	00:58:56
8	494	Henry	Sleight	Oxfordshire	20 - 24	Male	Team Cherwell / Loughborough Students	00:06:10	60	00:33:36	2	00:19:39	33	00:59:25
9	512	Team	Just Racing		Team	Team		00:05:37	25	00:31:50	1	00:22:08	133	00:59:35
10	500	Paul	Jennings	Northamptonshire	45 - 49	Male	Northants Tri	00:05:25	15	00:36:28	20	00:17:45	5	00:59:38
11	438	Jez	Smedley	Nottinghamshire	50 - 54	Male	TFN Tri Club	00:06:12	62	00:34:36	9	00:18:57	17	00:59:45
12	478	William	Kirk-Wilson	Warwickshire	35 - 39	Male	Warwick Uni Tri Club	00:06:08	54	00:35:46	16	00:18:13	9	01:00:07
13	451	Simon	Shepherd	Warwickshire	30 - 34	Male		00:06:07	53	00:37:04	29	00:17:11	1	01:00:22
14	463	Simon	Clasbu	Northamptonshire	30 - 34	Male		00:05:07	3	00:37:10	30	00:18:33	14	01:00:50
15	449	Mark	Edwards	Buckinghamshire	25 - 29	Male	Team MK	00:05:51	35	00:36:49	24	00:18:15	11	01:00:55
16	426	Keith	Edwards	Northamptonshire	45 - 49	Male	Rugby Tri Club	00:06:50	118	00:35:08	11	00:19:33	31	01:01:31
17	384	Steve	Giles	Northamptonshire	40 - 44	Male	Kettering Triathlon Club	00:07:35	191	00:36:33	22	00:17:54	7	01:02:02
18	473	Shaun	Colgan	Cheshire	45 - 49	Male		00:05:20	13	00:35:42	15	00:21:10	91	01:02:12
19	499	James	McLaughlin	Oxfordshire	40 - 44	Male	Team Cherwell	00:06:05	51	00:36:57	27	00:19:27	28	01:02:29
20	359	Jim	Stewart	Oxfordshire	35 - 39	Male	Team Cherwell	00:06:50	115	00:37:03	28	00:18:50	15	01:02:43
21	508	Tim	Lewington	Nottinghamshire	35 - 39	Male	CEEPO TFN Race Team	00:05:52	36	00:36:39	23	00:20:17	51	01:02:48
22	376	Chris	Garner	Leicestershire	30 - 34	Male	Zenith CC	00:06:10	56	00:36:18	19	00:20:25	55	01:02:53
23	490	Stacey	Penn	Northamptonshire	25 - 29	Female	Northants Tri	00:05:16	12	00:38:17	42	00:19:40	35	01:03:13
24	157	Gregory	Ashley	Northamptonshire	40 - 44	Male	Rugby Tri Club	00:09:25	331	00:34:12	6	00:19:40	34	01:03:17
25	281	Adrian	Tilley	Northamptonshire	30 - 34	Male	Kettering Triathlon Club	00:07:07	149	00:35:29	14	00:20:43	63	01:03:19
26	497	Daren	Haseldine	Buckinghamshire	40 - 44	Male	Team MK	00:05:07	4	00:36:16	18	00:21:58	126	01:03:21
27	487	Gavin	Parsons	Northamptonshire	30 - 34	Male	Driven 2 Tri	00:05:36	24	00:39:45	70	00:18:09	8	01:03:30
28	454	Rob	Berger	Northamptonshire	30 - 34	Male	Wootton Tri Club	00:05:30	19	00:35:27	13	00:22:53	176	01:03:50
29	402	Chris	Brennan	Northamptonshire	35 - 39	Male	Kettering Triathlon Club	00:07:05	145	00:37:13	31	00:19:32	29	01:03:50
30	377	Matt	Osborne	West Midlands	30 - 34	Male	Warwick Uni Tri Club (In process of joining!)	00:06:45	106	00:37:31	32	00:19:45	37	01:04:01
31	507	Kieran	Garlick	Northamptonshire	15 - 19	Male	Rugby & Northampton AC - Northampton SC	00:04:35	1	00:40:17	76	00:19:15	22	01:04:07
32	452	Jonathan	Walford	Oxfordshire	30 - 34	Male	Banbury star CC	00:06:15	66	00:36:55	26	00:21:00	76	01:04:10
33	467	Simon	Partridge	Northamptonshire	45 - 49	Male		00:05:58	40	00:39:16	59	00:19:04	20	01:04:18
34	448	Brad	White	Cambridgeshire	25 - 29	Male		00:06:50	120	00:35:49	17	00:21:43	114	01:04:22
35	465	Michael	Beale	Oxfordshire	35 - 39	Male	Team Cherwell	00:06:04	47	00:38:06	40	00:20:15	50	01:04:25
36	340	Dale	Norris	Leicestershire	40 - 44	Male	Leicester Tri Club	00:07:20	171	00:36:31	21	00:20:50	68	01:04:41
37	472	Mark	Pharaoh		45 - 49	Male	Warwick Uni Tri Club	00:06:05	49	00:37:50	37	00:20:46	66	01:04:41
38	458	Colin	Bradley	Buckinghamshire	40 - 44	Male	Shires Triers	00:06:17	68	00:36:51	25	00:21:34	103	01:04:42
39	461	Geoff	Cooper	Hertfordshire	45 - 49	Male		00:06:05	48	00:37:45	36	00:21:02	79	01:04:52
40	39	Andy	Sole	Cambridgeshire	35 - 39	Male		00:05:10	5	00:38:40	51	00:21:07	88	01:04:57
41	385	Duncan	Campbell	Leicestershire	45 - 49	Male		00:07:23	174	00:38:38	49	00:18:59	18	01:05:00
42	25	David	Hall	Buckinghamshire	40 - 44	Male	iPSL MAD Tri-Hall by Ordeal	00:06:40	97	00:38:38	50	00:19:50	39	01:05:08
43	122	Richard	Jones	Northamptonshire	15 - 19	Male	Numplumz/ Pitsford Cycles	00:08:14	244	00:37:34	34	00:19:32	30	01:05:20
44	459	David	Bourne	Dorset	45 - 49	Male		00:05:40	31	00:39:20	62	00:20:24	54	01:05:24
45	436	Antony	Brown	Northamptonshire	50 - 54	Male		00:06:10	58	00:39:25	65	00:20:00	46	01:05:35
46	457	Phil	Bell	Leicestershire	40 - 44	Male	Leicester tri	00:05:54	37	00:38:37	48	00:21:04	82	01:05:35
47	437	Neil	Flynn	Northamptonshire	45 - 49	Male		00:06:11	61	00:40:30	82	00:18:59	19	01:05:40
48	295	Tracey	Haseldine	Buckinghamshire	40 - 44	Female	Team MK	00:06:40	98	00:38:10	41	00:20:51	72	01:05:41
49	403	George	Butler	Northamptonshire	35 - 39	Male		00:06:45	108	00:39:36	68	00:19:35	32	01:05:56
50	415	Andy	Green	Northamptonshire	45 - 49	Male		00:06:59	133	00:38:51	54	00:20:11	49	01:06:01
51	416	Tim	Randell	Warwickshire	50 - 54	Male	Rugby Tri Club	00:06:55	128	00:40:07	74	00:19:19	24	01:06:21
52	406	Marc	Snelson	Northamptonshire	35 - 39	Male	Trek Bikes	00:07:05	146	00:38:35	47	00:20:43	64	01:06:23

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53	464	Tim	Payne	Buckinghamshire	30 - 34	Male	Park Club Tri	00:05:55	39	00:38:27	44	00:22:08	135	01:06:30
54	468	Chris	Jordan	Cambridgeshire	55 - 59	Male	PACTRAC	00:06:05	50	00:37:56	38	00:22:42	168	01:06:43
55	279	James	Cooper	Bedfordshire	35 - 39	Male		00:07:46	205	00:39:50	71	00:19:12	21	01:06:48
56	389	Debbie	Cooper	Warwickshire	40 - 44	Female	Team Coventry Cycle Centre	00:06:48	113	00:38:22	43	00:21:49	120	01:06:59
57	504	Matthew	Iceeton	Buckinghamshire	15 - 19	Male	Buckingham Triathlon Club	00:05:30	21	00:39:41	69	00:21:49	119	01:07:00
58	4	Team	Jen Nightingale			Team		00:07:06	147	00:38:51	53	00:21:07	87	01:07:04
59	513	Steve	Young	Bedfordshire	40 - 44	Male	Bedford Traktors	00:06:04	46	00:37:32	33	00:23:38	210	01:07:14
60	397	Eoin	O'Flynn	Warwickshire	25 - 29	Male	Warwick Uni Tri Club	00:07:21	173	00:39:23	64	00:20:32	57	01:07:16
61	398	Tom	Kirk	Northamptonshire	25 - 29	Male	Northants Tri	00:06:56	129	00:39:29	66	00:21:06	84	01:07:31
62	404	James	Williams	Essex	35 - 39	Male		00:06:20	69	00:39:21	63	00:22:24	147	01:08:05
63	260	Michael	Rogers	Northamptonshire	35 - 39	Male		00:08:19	252	00:38:43	52	00:21:08	90	01:08:10
64	447	Richard	Palmer	Oxfordshire	20 - 24	Male	Warwick Uni Tri Club	00:06:20	71	00:39:10	58	00:22:40	163	01:08:10
65	511	Tim	Dunn		40 - 44	Male		00:06:10	55	00:38:31	45	00:23:37	208	01:08:18
66	339	Javi	Gonzalez	Northamptonshire	20 - 24	Male		00:07:00	135	00:40:38	84	00:20:40	61	01:08:18
67	434	Ben	Roberts	Cambridgeshire	30 - 34	Male		00:07:10	157	00:39:06	56	00:22:03	130	01:08:19
68	491	Adele	Grassby	West Midlands	30 - 34	Female	BRAT club	00:05:15	10	00:41:15	99	00:21:50	121	01:08:20
69	456	Simon	Day	Oxfordshire	40 - 44	Male	Team Cherwell	00:06:14	64	00:40:01	73	00:22:10	139	01:08:25
70	460	Mark	Perry	Leicestershire	45 - 49	Male		00:06:30	85	00:41:05	94	00:20:59	75	01:08:34
71	5	Team	Lancaster Bombers			Team		00:07:15	164	00:37:35	35	00:23:53	228	01:08:43
72	7	Team	RPG			Team		00:06:07	52	00:43:14	155	00:19:23	26	01:08:44
73	493	Robert	Farrow	Northamptonshire	20 - 24	Male		00:05:32	22	00:40:57	91	00:22:27	148	01:08:56
74	495	Adam	Kiziak	Northamptonshire	25 - 29	Male		00:05:10	7	00:43:12	154	00:20:41	62	01:09:03
75	307	Mark	Slater	Northamptonshire	30 - 34	Male	Wootton Road Runners	00:07:40	197	00:41:01	92	00:20:23	53	01:09:04
76	365	Bryan	Tillyer	Northamptonshire	40 - 44	Male		00:07:12	160	00:41:17	101	00:20:45	65	01:09:14
77	93	Simon	Abeledo	Essex	40 - 44	Male		00:07:17	167	00:42:06	117	00:19:54	42	01:09:17
78	383	Neil	Davis	Buckinghamshire	35 - 39	Male		00:06:50	116	00:40:22	78	00:22:11	140	01:09:23
79	364	Adam	Foster	Northamptonshire	40 - 44	Male	Northants Tri	00:07:00	138	00:41:20	102	00:21:03	80	01:09:23
80	231	Peter	Windridge	Warwickshire	25 - 29	Male	Warwick Uni Tri Club	00:10:39	397	00:39:20	61	00:19:26	27	01:09:25
81	354	Ben	Bliss	Northamptonshire	25 - 29	Male	Northants Tri	00:06:43	103	00:41:09	97	00:21:43	115	01:09:35
82	258	Gyles	Horner	Oxfordshire	35 - 39	Male	Team Cherwell	00:08:27	260	00:38:32	46	00:22:42	167	01:09:41
83	298	Kim	Shaw	Oxfordshire	50 - 54	Female	Team Cherwell	00:07:42	202	00:39:18	60	00:22:42	166	01:09:42
84	453	Richard	Cullip	Northamptonshire	30 - 34	Male		00:06:47	112	00:40:55	90	00:22:01	127	01:09:43
85	427	Richard	Jones	Northamptonshire	45 - 49	Male	Northants Tri	00:06:40	99	00:41:44	112	00:21:22	98	01:09:46
86	503	Joe	Barlow	Northamptonshire	15 - 19	Male		00:05:29	18	00:42:54	147	00:21:32	102	01:09:55
87	425	Adam	Whitehead	Northamptonshire	25 - 29	Male	Team Cherwell	00:06:49	114	00:40:47	87	00:22:21	146	01:09:57
88	477	Scott	Chamberlain	Northamptonshire	30 - 34	Male		00:06:16	67	00:41:41	110	00:22:08	136	01:10:05
89	172	Lee	Hill	Cambridgeshire	40 - 44	Male		00:08:52	295	00:40:47	86	00:20:30	56	01:10:09
90	476	William	Gardner	Northamptonshire	15 - 19	Male		00:05:15	9	00:45:05	209	00:19:52	41	01:10:12
91	334	Nigel	Skinner	Buckinghamshire	45 - 49	Male	Bucks Fire & Rescue	00:07:58	222	00:42:21	124	00:19:55	43	01:10:14
92	380	Tony	Hale	Northamptonshire	55 - 59	Male	Wellingborough & District AC	00:07:31	185	00:40:24	81	00:22:19	144	01:10:14
93	305	Dean	Boyll	Northamptonshire	30 - 34	Male	Kettering Triathlon Club	00:07:37	192	00:41:15	100	00:21:24	100	01:10:16
94	310	Jim	Bickley	Warwickshire	35 - 39	Male	1485 Tri Club	00:07:18	168	00:39:33	67	00:23:26	197	01:10:17
95	341	Tim	Bunting	Northamptonshire	40 - 44	Male	Tri Force Lager Nutrition Race Team (UK)	00:07:01	141	00:42:13	120	00:21:03	81	01:10:17
96	229	John	Shaw	Oxfordshire	55 - 59	Male	Team Cherwell	00:08:30	265	00:39:10	57	00:22:40	161	01:10:20
97	514	Martin	Boyd	Northamptonshire	40 - 44	Male	Team Just Racing	00:06:03	45	00:40:46	85	00:23:33	204	01:10:22
98	361	Rob	Iden	Surrey	35 - 39	Male	Phoenix Tri	00:06:46	109	00:43:32	165	00:20:06	48	01:10:24
99	92	Derek	Birch	Northamptonshire	40 - 44	Male	Rugby Tri Club	00:10:34	393	00:39:01	55	00:20:49	67	01:10:24
100	285	Matt	Bowmer	Bedfordshire	40 - 44	Male	Bedford Traktors	00:08:30	266	00:40:18	77	00:21:38	109	01:10:26
101	328	George	Webb	Cambridgeshire	45 - 49	Male	Ely Cycling Club	00:07:00	134	00:39:55	72	00:23:31	203	01:10:26
102	381	Craig	Ekins	Northamptonshire	25 - 29	Male		00:06:22	73	00:43:35	168	00:20:37	59	01:10:34
103	324	Tony	Morgan	West Sussex	45 - 49	Male		00:07:57	221	00:40:50	88	00:21:48	117	01:10:35
104	363	Nye	Cranage	Leicestershire	40 - 44	Male	Charnwood athletics	00:07:40	199	00:41:37	108	00:21:18	95	01:10:35

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105	484	Dora	Hemson	Monmouthshire	25 - 29	Female	Warwick Uni Tri Club	00:05:30	20	00:42:37	138	00:22:30	153	01:10:37
106	352	Rachael	Campbell	Leicestershire	40 - 44	Female	Fleckney & Kibworth Running Club	00:07:20	172	00:42:30	131	00:20:50	71	01:10:40
107	375	Andy	Karran	West Midlands	25 - 29	Male	Warwick Uni Tri Club	00:07:48	208	00:40:22	80	00:22:34	159	01:10:44
108	443	Michelle	Noble	Dorset	35 - 39	Female		00:05:40	29	00:41:42	111	00:23:27	198	01:10:49
109	408	Jason	Ross	Northamptonshire	40 - 44	Male	Northants Tri	00:06:31	87	00:40:51	89	00:23:27	199	01:10:49
110	446	Shem	Ardron	Leicestershire	15 - 19	Male		00:05:40	30	00:42:47	145	00:22:29	151	01:10:56
111	332	Ian	Barrett	Northamptonshire	35 - 39	Male		00:07:00	136	00:42:22	126	00:21:36	106	01:10:58
112	89	Christopher	Baker	Greater London	30 - 34	Male		00:07:20	169	00:43:31	164	00:20:18	52	01:11:09
113	43	Paul	Tilleard	Buckinghamshire	50 - 54	Male	Oxford Tri	00:09:17	316	00:42:47	143	00:19:17	23	01:11:21
114	423	Ryan	Ward	Nottinghamshire	15 - 19	Male	Tri-Talk.co.uk	00:05:16	11	00:42:31	134	00:23:41	212	01:11:28
115	445	Katrina	Kemp	Leicestershire	45 - 49	Female	Leicester Tri Club	00:06:38	96	00:43:46	175	00:21:06	85	01:11:30
116	327	Kim	Lowde	Northamptonshire	50 - 54	Male	Daventry Road Runners	00:08:25	256	00:41:05	95	00:22:05	131	01:11:35
117	193	Michael	Motteram	Hertfordshire	25 - 29	Male		00:10:37	395	00:41:07	96	00:19:51	40	01:11:35
118	306	Luke	Wordsworth	Cambridgeshire	30 - 34	Male		00:07:35	189	00:41:33	106	00:22:31	154	01:11:39
119	470	Jennifer	Moffat	Northamptonshire	30 - 34	Female	Northants Tri	00:06:41	101	00:41:14	98	00:23:45	216	01:11:40
120	228	Steve	Ardron	Leicestershire	45 - 49	Male		00:08:44	282	00:41:24	103	00:21:35	105	01:11:43
121	439	Martyn	Lever	Northamptonshire	50 - 54	Male	Northants Tri	00:06:27	80	00:41:55	115	00:23:29	201	01:11:51
122	374	Roz	Giles	Northamptonshire	25 - 29	Female	Kettering Triathlon Club	00:06:45	107	00:42:30	132	00:22:43	170	01:11:58
123	205	James	Harman	Bedfordshire	15 - 19	Male	Team MK	00:07:52	214	00:42:28	128	00:21:39	112	01:11:59
124	450	Stephen	Webb	Cambridgeshire	30 - 34	Male	Cambridge Triathlon Club	00:06:30	84	00:43:00	152	00:22:33	156	01:12:03
125	222	Martin	Hamilton	Northamptonshire	45 - 49	Male	W&DAC	00:10:05	370	00:40:22	79	00:21:38	108	01:12:05
126	320	Richard	Evans	Northamptonshire	40 - 44	Male		00:07:40	198	00:43:23	160	00:21:02	78	01:12:05
127	353	Paul	Kilby	Warwickshire	20 - 24	Male	University Of Warwick	00:07:39	194	00:44:31	193	00:19:56	44	01:12:06
128	220	John	Kearns	Leicestershire	45 - 49	Male	Leicester Tri Club	00:09:17	317	00:42:00	116	00:20:51	73	01:12:08
129	399	Mark	Hoad	Buckinghamshire	30 - 34	Male	Buckinghamshire	00:08:04	231	00:42:08	119	00:22:01	128	01:12:13
130	356	Dean	Keeber	Northamptonshire	30 - 34	Male		00:06:51	121	00:43:35	169	00:21:48	118	01:12:14
131	299	Andy	Bell	Leicestershire	20 - 24	Male	De Montford Uni	00:06:53	125	00:41:40	109	00:23:52	224	01:12:25
132	13	Team	iPSL Mad Enough To Tri It		Team	Team		00:10:24	385	00:42:22	125	00:19:43	36	01:12:29
133	218	Stephen	South	Northamptonshire	40 - 44	Male		00:09:20	321	00:40:08	75	00:23:08	189	01:12:36
134	411	James	Farmbrough	Bedfordshire	45 - 49	Male		00:06:26	77	00:44:55	206	00:21:22	99	01:12:43
135	401	Adam	Eakins	Northamptonshire	35 - 39	Male		00:06:35	88	00:43:17	158	00:22:51	173	01:12:43
136	214	Chris	Mullaney	Northamptonshire	40 - 44	Male	Daventry Road Runners	00:07:35	186	00:42:43	142	00:22:29	152	01:12:47
137	386	Ashley	Sutton	Buckinghamshire	50 - 54	Male		00:06:46	110	00:40:36	83	00:25:28	308	01:12:50
138	261	Paul	Holder	Northamptonshire	35 - 39	Male		00:07:57	220	00:41:34	107	00:23:24	196	01:12:55
139	469	Rhian	Evans	Vale of Glamorgan	20 - 24	Female	Warwick Uni Tri Club	00:06:30	86	00:42:28	129	00:24:00	235	01:12:58
140	492	Daniel	Goodwin	Leicestershire	20 - 24	Male	De Montford Uni	00:05:42	33	00:42:19	123	00:24:58	283	01:12:59
141	302	Antony	Lowde	Northamptonshire	25 - 29	Male	Daventry Road Runners	00:07:55	218	00:42:31	135	00:22:34	158	01:13:00
142	344	Graeme	Shaw	West Midlands	25 - 29	Male		00:06:47	111	00:41:26	104	00:24:47	272	01:13:00
143	128	Mike	Bell	Cambridgeshire	20 - 24	Male		00:06:57	130	00:42:56	149	00:23:21	193	01:13:14
144	393	Lois	Cresswell	Northamptonshire	25 - 29	Female		00:06:27	78	00:45:38	224	00:21:12	93	01:13:17
145	396	Ben	Casswell	Lincolnshire	25 - 29	Male	Ely Tri Club	00:07:10	156	00:44:16	186	00:21:52	123	01:13:18
146	345	Simon	Harper	West Midlands	40 - 44	Male		00:07:29	179	00:44:21	190	00:21:38	110	01:13:28
147	254	Richard	Marshall	Nottinghamshire	25 - 29	Male		00:07:50	211	00:44:09	181	00:21:32	101	01:13:31
148	440	Rachael	Barber	Northamptonshire	15 - 19	Female	Rugby & Northampton AC	00:06:30	83	00:42:43	141	00:24:20	243	01:13:33
149	178	Clive	Eve	Surrey	35 - 39	Male	TG Tri	00:08:12	239	00:41:54	114	00:23:33	205	01:13:39
150	444	Rachel	Perry		35 - 39	Female	Brighton Phoenix	00:06:54	127	00:42:58	150	00:23:52	225	01:13:44
151	335	Michael	Hirst	Oxfordshire	50 - 54	Male	Team Cherwell	00:08:41	280	00:42:07	118	00:22:58	182	01:13:46
152	280	Graham	Pigott	Northamptonshire	25 - 29	Male		00:07:35	187	00:42:35	137	00:23:37	209	01:13:47
153	520	Mark	Ryding	Northamptonshire	40 - 44	Male	Team Just Racing	00:08:05	232	00:43:42	173	00:22:09	137	01:13:56
154	309	Neil	Shorten	Cambridgeshire	30 - 34	Male	Riverside Runners	00:07:08	151	00:46:02	237	00:20:50	69	01:14:00
155	125	Allan	Harrison	Northamptonshire	50 - 54	Male	Wootton Tri Club	00:10:28	387	00:44:20	189	00:19:20	25	01:14:08
156	259	Mark	Jackson	Oxfordshire	35 - 39	Male	Team Cherwell	00:08:02	227	00:42:16	121	00:23:51	221	01:14:09

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
157	342	Brian	Weetman	Warwickshire	45 - 49	Male		00:07:00	137	00:44:48	202	00:22:21	145	01:14:09
158	262	Tom	Willcock	Warwickshire	35 - 39	Male	Rugby Tri Club	00:08:05	234	00:43:27	162	00:22:39	160	01:14:11
159	247	Helen	Howells	Gloucestershire	45 - 49	Female	Leamington C&AC	00:08:15	247	00:43:47	176	00:22:09	138	01:14:11
160	185	Lewis	Tillyer	Northamptonshire	15 - 19	Male		00:09:21	325	00:43:38	172	00:21:19	96	01:14:18
161	286	Gary	Lane	Buckinghamshire	45 - 49	Male	Team MK	00:07:41	200	00:42:19	122	00:24:22	246	01:14:22
162	154	John	Fraiel	Northamptonshire	35 - 39	Male		00:07:59	223	00:42:31	133	00:23:52	226	01:14:22
163	265	S	Meader	Essex	40 - 44	Male	Great Dunmow	00:08:55	300	00:42:33	136	00:22:54	179	01:14:22
164	407	Richard	Johnson	Northamptonshire	35 - 39	Male		00:06:20	70	00:45:46	227	00:22:16	143	01:14:22
165	233	Alison	Cooper	Hertfordshire	45 - 49	Female	Bedford Harriers	00:09:20	322	00:43:29	163	00:21:36	107	01:14:25
166	409	Chris	Knight	Northamptonshire	40 - 44	Male		00:10:40	399	00:41:04	93	00:22:43	169	01:14:27
167	287	Alistair	Brizell	Buckinghamshire	?	Male		00:07:12	158	00:45:34	223	00:21:56	125	01:14:42
168	360	Neil	Lemmon	Leicestershire	35 - 39	Male	Leicester Tri Club	00:07:01	142	00:43:24	161	00:24:20	245	01:14:45
169	392	Kirsty	Hillier	Leicestershire	25 - 29	Female	Leicester Tri Club	00:07:00	140	00:45:31	220	00:22:16	142	01:14:47
170	485	Joshua	Holman	Northamptonshire	15 - 19	Male		00:05:29	17	00:42:55	148	00:26:24	345	01:14:48
171	146	Ross	MacGregor	Leicestershire	25 - 29	Male	Barrow Runners	00:09:06	309	00:43:37	170	00:22:08	134	01:14:51
172	141	Sam	Bell	Northamptonshire	40 - 44	Female	Wootton Tri Club	00:08:17	250	00:44:45	201	00:21:51	122	01:14:53
173	49	Simon	Olding	Bedfordshire	40 - 44	Male		00:05:40	28	00:44:03	180	00:25:20	303	01:15:03
174	248	Kate	Armstrong	Northamptonshire	45 - 49	Female	PACTRAC	00:08:35	272	00:46:32	249	00:19:57	45	01:15:04
175	314	John	Upton	Greater London	35 - 39	Male		00:07:31	184	00:45:07	211	00:22:32	155	01:15:10
176	391	Barry	Wild	Cambridgeshire	25 - 29	Male	Hunts AC	00:06:10	57	00:50:12	328	00:18:54	16	01:15:16
177	266	Clive	Hawkins	Northamptonshire	45 - 49	Male		00:08:10	238	00:45:48	228	00:21:20	97	01:15:18
178	308	Mike	Sutliff	Buckinghamshire	30 - 34	Male		00:07:25	175	00:43:33	166	00:24:23	247	01:15:21
179	330	Elizabeth	Reid	Cambridgeshire	30 - 34	Female		00:07:20	170	00:43:20	159	00:24:41	264	01:15:21
180	269	Richard	Smalley	Lincolnshire	50 - 54	Male		00:08:25	255	00:42:23	127	00:24:34	257	01:15:22
181	316	Clive	Lemmon	Leicestershire	40 - 44	Male	Leicester Tri Club	00:08:00	226	00:41:30	105	00:25:52	325	01:15:22
182	267	Fabian	Blamires	Northamptonshire	45 - 49	Male		00:08:26	257	00:43:09	153	00:23:51	222	01:15:26
183	253	Matt	Roberts	Warwickshire	25 - 29	Male		00:07:30	180	00:46:52	261	00:21:05	83	01:15:27
184	192	Mike	Rose	Northamptonshire	45 - 49	Male		00:08:40	276	00:42:47	144	00:24:06	236	01:15:33
185	282	John	Hanger	Leicestershire	30 - 34	Male		00:07:52	215	00:43:33	167	00:24:09	237	01:15:34
186	418	Sean	Conway	Warwickshire	35 - 39	Male	Rugby Tri Club	00:06:52	124	00:45:49	229	00:22:54	178	01:15:35
187	76	Mark	Garlick	Northamptonshire	40 - 44	Male		00:08:17	249	00:44:15	184	00:23:04	187	01:15:36
188	410	Philip	Waring	Cambridgeshire	40 - 44	Male		00:07:50	213	00:42:49	146	00:24:57	279	01:15:36
189	27	Greg	Dryer	Greater London	40 - 44	Male		00:07:07	148	00:44:18	187	00:24:14	240	01:15:39
190	189	Paul	Marlow	Northamptonshire	40 - 44	Male	Kettering Town Harriers	00:09:35	340	00:44:38	195	00:21:38	111	01:15:51
191	518	Jason	Crosland	Cheshire	35 - 39	Male	Team Just Racing	00:06:26	76	00:42:39	139	00:26:47	354	01:15:52
192	224	Mike	Farrow	Northamptonshire	50 - 54	Male	Wellingborough & District AC	00:09:30	334	00:44:22	191	00:22:03	129	01:15:55
193	197	Adrian	Waddy	Surrey	35 - 39	Male	TG Tri	00:08:34	269	00:44:44	199	00:22:40	162	01:15:58
194	292	Alexandra	Baird	Oxfordshire	25 - 29	Female	Oxford Tri	00:07:05	144	00:46:50	258	00:22:07	132	01:16:02
195	237	Tara	Smith	Northamptonshire	15 - 19	Female	Rugby & Northampton AC	00:07:56	219	00:44:16	185	00:23:53	227	01:16:05
196	290	Ian	Wild	Northamptonshire	30 - 34	Male		00:07:30	181	00:47:56	281	00:20:39	60	01:16:05
197	429	Hugh	Clark	Bedfordshire	45 - 49	Male		00:06:35	91	00:46:37	251	00:22:55	180	01:16:07
198	2	Team	Blamodell		Team	Team		00:08:27	258	00:44:54	205	00:22:49	172	01:16:10
199	312	Billy	Ashley	Oxfordshire	35 - 39	Male		00:08:45	286	00:43:52	177	00:23:36	207	01:16:13
200	250	Pete	Gallagher	West Midlands	20 - 24	Male		00:08:27	259	00:46:00	234	00:21:46	116	01:16:13
201	420	Anna	Wordsworth		30 - 34	Female	Warwick Uni Tri Club	00:06:35	90	00:44:57	207	00:24:49	275	01:16:21
202	227	Lee	Mason	Bedfordshire	35 - 39	Male	Bedford Traktors	00:08:45	284	00:43:45	174	00:23:52	223	01:16:22
203	373	Ian	Rhodes	Northamptonshire	35 - 39	Male		00:09:30	335	00:41:52	113	00:25:02	290	01:16:24
204	166	Paul	Pearce	Leicestershire	45 - 49	Male		00:08:38	274	00:44:13	183	00:23:35	206	01:16:26
205	223	Peter	Oliver	Leicestershire	45 - 49	Male		00:08:35	271	00:44:51	204	00:23:01	183	01:16:27
206	102	Nick	Young	Bedfordshire	40 - 44	Male		00:11:54	436	00:44:01	179	00:20:34	58	01:16:29
207	322	Steve	Harris	Cambridgeshire	40 - 44	Male	Impington Swimming Club	00:08:05	236	00:46:45	255	00:21:42	113	01:16:32
208	379	John	Tunncliffe	Northamptonshire	50 - 54	Male		00:06:37	92	00:44:41	197	00:25:15	300	01:16:33

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
209	94	Jim	Haylett	South Yorkshire	45 - 49	Male		00:12:15	443	00:42:29	130	00:21:54	124	01:16:38
210	479	Gary	Halliday	Northamptonshire	40 - 44	Male		00:06:14	65	00:44:50	203	00:25:38	316	01:16:42
211	268	Steve	Mussett	Hertfordshire	50 - 54	Male	FVS TRI	00:08:27	261	00:43:17	157	00:25:01	286	01:16:45
212	20	Gavin	Hughes	Warwickshire	30 - 34	Male	iPSL MAD	00:08:55	298	00:46:45	256	00:21:06	86	01:16:46
213	274	Keith	Walmsley	Northamptonshire	25 - 29	Male		00:08:55	301	00:44:29	192	00:23:29	202	01:16:53
214	209	Matthew	Davis	Northamptonshire	30 - 34	Male	Northants Tri	00:08:16	248	00:43:17	156	00:25:21	304	01:16:54
215	519	Andrew	Priest	Northamptonshire	40 - 44	Male	Team Just Racing	00:06:42	102	00:45:14	213	00:25:03	291	01:16:59
216	3	Team	Bunting		Team	Team		00:06:54	126	00:45:03	208	00:25:02	288	01:16:59
217	351	Anita	Donaldson	Oxfordshire	40 - 44	Female	Oxford Tri	00:07:50	212	00:44:37	194	00:24:35	259	01:17:02
218	114	Andrew	Damerum	Northamptonshire	35 - 39	Male		00:10:11	372	00:44:12	182	00:22:44	171	01:17:07
219	483	Martine	Bailey	Northamptonshire	20 - 24	Female	Wellingborough & District AC	00:05:20	14	00:48:11	287	00:23:43	214	01:17:14
220	221	Ian	Studley	Northamptonshire	45 - 49	Male		00:08:05	233	00:45:17	214	00:23:54	230	01:17:16
221	40	Christian	Wilson	Leicestershire	35 - 39	Male	CATS	00:10:50	405	00:45:18	217	00:21:15	94	01:17:23
222	362	Mark	McGiddy	Essex	40 - 44	Male		00:07:35	190	00:47:04	266	00:22:57	181	01:17:36
223	390	Andy	Hallas	Leicestershire	30 - 34	Male	Splash & Dash	00:06:35	89	00:48:10	286	00:22:52	174	01:17:37
224	515	Ruth	Wildman	Northamptonshire	40 - 44	Female	Team Just Racing	00:07:40	196	00:44:41	198	00:25:25	307	01:17:46
225	124	Tony	Barnes	Oxfordshire	35 - 39	Male		00:09:20	319	00:45:53	231	00:22:41	165	01:17:54
226	349	Paulina	Matusiewicz	Buckinghamshire	25 - 29	Female		00:08:30	267	00:45:31	221	00:23:54	229	01:17:55
227	333	Robert	Austin	Northamptonshire	40 - 44	Male	TF Lager Nutrition Race Team (UK)	00:07:10	154	00:45:23	219	00:25:22	305	01:17:55
228	174	Keith	Gibbs	Buckinghamshire	40 - 44	Male	Team MK	00:11:30	428	00:43:55	178	00:22:41	164	01:18:06
229	326	Tim	Wright	Northamptonshire	45 - 49	Male		00:06:38	95	00:46:55	263	00:24:40	262	01:18:13
230	337	Nick	Dennish	Warwickshire	45 - 49	Male	Team Cherwell	00:07:13	162	00:45:17	215	00:25:45	320	01:18:15
231	321	Gabriel	Christmann		25 - 29	Male		00:06:41	100	00:47:20	270	00:24:15	241	01:18:16
232	244	Claire	Bustin	Northamptonshire	35 - 39	Female		00:07:43	204	00:46:21	245	00:24:20	244	01:18:24
233	323	Tim	Ellwood	Northamptonshire	40 - 44	Male	Wellingborough & District AC	00:07:48	207	00:46:01	235	00:24:37	261	01:18:26
234	475	Madeleine	Patston	Somerset	20 - 24	Female	Warwick Uni Tri Club	00:06:01	44	00:49:06	307	00:23:23	195	01:18:30
235	372	Keith	Lewis	Northamptonshire	50 - 54	Male		00:06:25	75	00:46:55	262	00:25:10	296	01:18:30
236	190	Tim	Hughes	Leicestershire	40 - 44	Male		00:09:23	329	00:44:44	200	00:24:25	249	01:18:32
237	187	Simon	Thomson	Northamptonshire	35 - 39	Male	Team geek	00:10:20	381	00:47:07	268	00:21:12	92	01:18:39
238	263	Alan	Hurst	Nottinghamshire	40 - 44	Male	Tri-Talk.co.uk	00:09:20	323	00:42:59	151	00:26:20	343	01:18:39
239	278	Louise	Lane	Buckinghamshire	40 - 44	Female	Team MK	00:07:47	206	00:45:56	232	00:24:57	278	01:18:40
240	246	Claire	Todd	Northamptonshire	45 - 49	Female	Silson Joggers	00:08:13	243	00:47:35	275	00:22:53	177	01:18:41
241	186	Giles	Kaal	Northamptonshire	30 - 34	Male		00:09:10	311	00:46:30	248	00:23:03	186	01:18:43
242	370	Ian	Payne	Warwickshire	45 - 49	Male	Rugby Tri Club	00:08:27	262	00:45:18	216	00:25:02	289	01:18:47
243	417	Pedro	Polson	Cambridgeshire	50 - 54	Male		00:06:21	72	00:45:23	218	00:27:05	361	01:18:49
244	424	Sam	Turnell	Northamptonshire	15 - 19	Male		00:05:48	34	00:52:01	357	00:21:08	89	01:18:57
245	215	Ian	lceton	Buckinghamshire	40 - 44	Male	Buckingham Triathlon Club	00:09:42	351	00:46:06	239	00:23:20	191	01:19:08
246	297	Shayne	Ardron	Leicestershire	40 - 44	Female	Leicester Tri Club	00:07:04	143	00:48:21	294	00:23:43	215	01:19:08
247	79	Duncan	Vincent	Leicestershire	40 - 44	Male		00:09:14	315	00:47:35	276	00:22:28	150	01:19:17
248	206	Ben	Chuilon	Oxfordshire	25 - 29	Male	Eynsham Road Runners	00:08:08	237	00:46:45	257	00:24:26	250	01:19:19
249	230	Emily	Whitmore	West Midlands	20 - 24	Female		00:07:54	217	00:47:46	279	00:23:42	213	01:19:22
250	188	John	Austin	Warwickshire	40 - 44	Male	Rugby Tri Club	00:10:15	378	00:44:18	188	00:24:55	277	01:19:28
251	336	Ian	Corby	Bedfordshire	55 - 59	Male		00:07:14	163	00:48:36	295	00:23:39	211	01:19:29
252	271	Martin	Keeling	Northamptonshire	55 - 59	Male		00:08:40	278	00:46:58	264	00:23:56	232	01:19:34
253	48	Keith	Moreman	Northamptonshire	60 +	Male	Daventry Road Runners	00:12:05	440	00:46:50	259	00:20:50	70	01:19:45
254	257	Nathan	Adams	Northamptonshire	35 - 39	Male	PACTRAC	00:09:28	332	00:44:40	196	00:25:38	317	01:19:46
255	489	Joanne	Lee	Northamptonshire	25 - 29	Female	Northants Police	00:06:37	93	00:46:42	253	00:26:31	349	01:19:50
256	97	Mike	Kendall	Northamptonshire	50 - 54	Male	Wootton Tri Club	00:11:20	419	00:45:14	212	00:23:20	192	01:19:54
257	431	Jodie	Jelley	Northamptonshire	25 - 29	Female	Wellingborough & District AC	00:06:29	82	00:48:59	305	00:24:27	251	01:19:55
258	11	Team	iPSL Mad Cm/Ch		Team	Team		00:08:59	305	00:45:59	233	00:25:02	287	01:20:00
259	37	Morgan	Gaylard	Leicestershire	20 - 24	Male		00:07:49	209	00:46:11	241	00:26:00	330	01:20:00
260	517	Jamie	Bishop	Northamptonshire	35 - 39	Male	Team Just Racing	00:05:13	8	00:45:39	225	00:29:08	401	01:20:00

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
261	481	Dom	Coleman	Northamptonshire	15 - 19	Male	Wellingborough & District AC	00:05:54	38	00:50:00	324	00:24:13	239	01:20:07
262	110	Heidi	Shaw	Oxfordshire	25 - 29	Female	Team Cherwell	00:08:25	254	00:45:05	210	00:26:37	352	01:20:07
263	388	Annemarie	Lodder	Northamptonshire	25 - 29	Female	Wellingborough & District AC	00:06:44	105	00:48:53	303	00:24:44	267	01:20:21
264	421	Anna	Plowman	Northamptonshire	35 - 39	Female	Wootton Tri Club	00:06:50	119	00:47:12	269	00:26:25	346	01:20:27
265	169	John	Wilderspin	Cambridgeshire	50 - 54	Male	Cambridge Triathlon Club	00:07:54	216	00:47:04	265	00:25:30	310	01:20:28
266	275	Daniel	Giugno	Northamptonshire	45 - 49	Male		00:07:35	188	00:48:10	283	00:24:44	266	01:20:29
267	213	Neil	Gajjaard	Cambridgeshire	40 - 44	Male		00:09:10	312	00:45:41	226	00:25:38	315	01:20:29
268	158	Grant	Byworth	Northamptonshire	40 - 44	Male	Northants Tri	00:08:32	268	00:45:53	230	00:26:05	335	01:20:30
269	118	Steve	Meredith	Oxfordshire	45 - 49	Male		00:08:53	296	00:48:39	296	00:23:02	184	01:20:34
270	211	Stuart	Humphrey	Northamptonshire	40 - 44	Male	Wellingborough & District AC	00:09:54	359	00:46:08	240	00:24:49	274	01:20:51
271	255	Sam	Coates	Northamptonshire	25 - 29	Male	Splash & Dash	00:07:31	183	00:51:07	343	00:22:13	141	01:20:51
272	1	Team	Andy Jackson		Team	Team		00:08:30	264	00:46:30	247	00:26:05	336	01:21:05
273	225	Ian	Chapman	Suffolk	35 - 39	Male	TG Tri	00:08:45	285	00:48:44	297	00:23:49	219	01:21:18
274	129	Andy	Betts	Northamptonshire	35 - 39	Male		00:09:37	344	00:48:50	299	00:22:52	175	01:21:19
275	84	Heather	Miller	Oxfordshire	40 - 44	Female		00:10:12	374	00:47:41	278	00:23:28	200	01:21:21
276	270	Richard	Taylor	Warwickshire	55 - 59	Male		00:08:40	277	00:47:04	267	00:25:41	318	01:21:25
277	433	Rachael	Rathbone	Leicestershire	35 - 39	Female		00:06:10	59	00:48:20	292	00:26:56	358	01:21:26
278	256	Matt	Hayes	Greater London	30 - 34	Male		00:07:09	153	00:51:13	344	00:23:09	190	01:21:31
279	68	Daniel	Knight	Northamptonshire	35 - 39	Male		00:12:45	450	00:43:37	171	00:25:09	295	01:21:31
280	162	Steven	Turner	Bedfordshire	45 - 49	Male	Serpentine	00:07:49	210	00:45:33	222	00:28:09	385	01:21:31
281	346	Bruno	Soares		30 - 34	Male		00:06:52	123	00:47:38	277	00:27:03	360	01:21:33
282	165	Mike	Chapman	Northamptonshire	45 - 49	Male		00:09:40	347	00:48:51	301	00:23:05	188	01:21:36
283	203	Vivienne	Parish	Cambridgeshire	45 - 49	Female	St. Ives CC	00:09:34	337	00:46:27	246	00:25:37	314	01:21:38
284	78	Richard	Cressey	Northamptonshire	30 - 34	Male		00:11:10	415	00:51:03	342	00:19:46	38	01:21:59
285	167	Philip	Bond	Hertfordshire	45 - 49	Male		00:08:40	275	00:46:40	252	00:26:41	353	01:22:01
286	471	Vicky	Holliday	Cambridgeshire	30 - 34	Female	Impington Swimming Club	00:06:00	43	00:46:19	244	00:29:45	412	01:22:04
287	319	Jake	Hales	Buckinghamshire	40 - 44	Male		00:07:12	159	00:49:18	310	00:25:34	313	01:22:04
288	350	Philippa	Evans	Surrey	30 - 34	Female	Phoenix Tri	00:06:58	132	00:51:14	346	00:23:56	233	01:22:08
289	64	Gary	Pell	Northamptonshire	35 - 39	Male		00:09:12	313	00:50:29	333	00:22:33	157	01:22:14
290	289	Mark	Hudson	Buckinghamshire	45 - 49	Male		00:07:42	203	00:47:27	273	00:27:06	364	01:22:15
291	294	Terri	Mason	Northamptonshire	35 - 39	Female	Wootton Tri Club	00:08:00	225	00:50:27	332	00:23:50	220	01:22:17
292	175	Alistair	Frier	Northamptonshire	55 - 59	Male		00:09:21	324	00:47:50	280	00:25:19	302	01:22:30
293	60	Kyle	Collins	Nottinghamshire	20 - 24	Male	David Lloyd West Bridgford	00:09:38	345	00:50:25	330	00:22:27	149	01:22:30
294	304	Bob	Lenton	Buckinghamshire	30 - 34	Male		00:08:05	235	00:49:53	321	00:24:35	260	01:22:33
295	455	Bill	Toyer	Leicestershire	35 - 39	Male		00:06:57	131	00:49:28	312	00:26:11	338	01:22:36
296	226	Brian	Murphy	Buckinghamshire	40 - 44	Male		00:08:43	281	00:49:43	317	00:24:10	238	01:22:36
297	432	Lara	Hayward	Cambridgeshire	25 - 29	Female		00:06:28	81	00:51:24	349	00:24:46	270	01:22:38
298	163	Ian	Moore	Northamptonshire	45 - 49	Male	BTA	00:10:42	401	00:48:10	285	00:23:47	218	01:22:39
299	240	Gillian	Brooks	Buckinghamshire	30 - 34	Female		00:08:48	290	00:48:52	302	00:25:00	285	01:22:40
300	108	Simon	Strong	Bedfordshire	35 - 39	Male	Bedfordshire Road CC	00:14:20	457	00:42:42	140	00:25:45	321	01:22:47
301	201	Catherine	Riley	Northamptonshire	40 - 44	Female	Wootton Road Runners	00:08:28	263	00:47:27	272	00:27:01	359	01:22:56
302	196	Stephen	Kennedy	Northamptonshire	50 - 54	Male	Northants Tri	00:08:59	306	00:46:17	243	00:27:46	378	01:23:02
303	28	Andrew	Raymond	Leicestershire	40 - 44	Male		00:11:22	421	00:46:35	250	00:25:08	293	01:23:05
304	194	Elaine	Mander	West Midlands	30 - 34	Female		00:08:03	229	00:49:50	320	00:25:12	298	01:23:05
305	430	Alison	Hayward	Derbyshire	20 - 24	Female	De Montford Uni	00:06:24	74	00:49:34	316	00:27:17	368	01:23:15
306	57	Steve	Bridgwood	Leicestershire	45 - 49	Male		00:10:30	391	00:49:30	313	00:23:21	194	01:23:21
307	210	Richard	Barber	West Midlands	35 - 39	Male		00:08:34	270	00:46:50	260	00:28:02	384	01:23:26
308	115	Dave	Lobban		35 - 39	Male		00:10:50	406	00:47:28	274	00:25:11	297	01:23:29
309	152	Tim	Williams	Northamptonshire	25 - 29	Male		00:13:47	454	00:48:17	291	00:21:34	104	01:23:38
310	33	Victoria	Moorhouse	Greater London	30 - 34	Female		00:09:22	327	00:50:50	338	00:23:45	217	01:23:57
311	42	Amy	Grove	West Midlands	25 - 29	Female		00:10:11	371	00:49:07	308	00:24:47	273	01:24:05
312	99	Jo	Love	Northamptonshire	35 - 39	Female	Rugby & Northampton AC	00:11:18	416	00:48:59	304	00:23:58	234	01:24:15

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
313	133	Lynn	Allen	Hertfordshire	40 - 44	Female	FVS TRI	00:10:58	409	00:48:14	289	00:25:08	294	01:24:20
314	317	Dietmar	Morley	Northamptonshire	40 - 44	Male		00:09:05	308	00:46:14	242	00:29:07	399	01:24:26
315	16	Team	iPSL Mad JH/SH		Team	Team		00:07:40	195	00:48:12	288	00:28:34	390	01:24:26
316	72	Marie	Rout	Oxfordshire	30 - 34	Female		00:11:34	429	00:46:43	254	00:26:12	340	01:24:29
317	357	Stuart	Dancey	Warwickshire	30 - 34	Male		00:07:00	139	00:48:47	298	00:28:44	393	01:24:31
318	29	Phil	Mackie	Northamptonshire	45 - 49	Male		00:11:35	430	00:47:24	271	00:25:46	322	01:24:45
319	252	Sam	Smith	Northamptonshire	20 - 24	Male	De Montford Uni	00:07:59	224	00:48:03	282	00:28:43	392	01:24:45
320	55	John	Butler	Leicestershire	40 - 44	Male		00:08:45	283	00:51:14	345	00:24:46	271	01:24:45
321	45	Neil	Taylor	Northamptonshire	35 - 39	Male		00:12:12	442	00:48:10	284	00:24:33	256	01:24:55
322	14	Team	iPSL Mad Finance		Team	Team		00:11:50	435	00:48:20	293	00:24:59	284	01:25:09
323	58	Paul	McNally	Leicestershire	50 - 54	Male		00:08:56	303	00:50:25	331	00:25:52	326	01:25:13
324	106	Samantha	Bowers	Oxfordshire	40 - 44	Female	Team Cherwell	00:11:07	412	00:53:15	370	00:21:01	77	01:25:23
325	219	Mike	Chart	Worcestershire	45 - 49	Male		00:08:14	245	00:50:41	336	00:26:32	350	01:25:27
326	80	Mark	Staples	Leicestershire	50 - 54	Male		00:09:13	314	00:50:23	329	00:26:02	332	01:25:38
327	17	Team	iPSL Mad KH/RA		Team	Team		00:06:38	94	00:51:52	354	00:27:12	366	01:25:42
328	117	John	Austin	Northamptonshire	45 - 49	Male	Tri Force Lager Nutrition Race Team (UK)	00:10:32	392	00:49:03	306	00:26:11	339	01:25:46
329	91	Paul	Kellett	Hertfordshire	35 - 39	Male		00:13:02	451	00:51:57	356	00:20:55	74	01:25:54
330	81	Hannah	Jones	Northamptonshire	30 - 34	Female	Northants Tri	00:11:29	424	00:46:06	238	00:28:19	388	01:25:54
331	136	Evelyn	Clawson	Northamptonshire	40 - 44	Female	Kettering Town Harriers	00:09:20	320	00:51:23	348	00:25:14	299	01:25:57
332	95	Andy	Russell	Warwickshire	45 - 49	Male		00:08:41	279	00:50:10	327	00:27:11	365	01:26:02
333	88	Ben	Thorpe	Northamptonshire	30 - 34	Male	Northants Tri	00:09:24	330	00:50:56	341	00:25:53	327	01:26:13
334	338	Charlotte	Tipton-Hughes	Oxfordshire	35 - 39	Female	Team Cherwell	00:07:28	178	00:49:48	318	00:29:06	398	01:26:22
335	329	Andrew	Darby	Northamptonshire	35 - 39	Male		00:07:15	165	00:49:59	323	00:29:12	402	01:26:26
336	171	Fred	Ingate	Northamptonshire	55 - 59	Male	Northampton Rowing Club	00:09:36	342	00:49:33	315	00:27:18	369	01:26:27
337	116	Andrew	Duffin	Northamptonshire	45 - 49	Male	Tri Force Lager Nutrition Race Team (UK)	00:10:22	382	00:50:05	325	00:26:01	331	01:26:28
338	61	Nathan	Hill-Haimes	Nottinghamshire	30 - 34	Male		00:08:55	299	00:52:49	366	00:24:44	268	01:26:28
339	405	Kevin	Chalmers	Cambridgeshire	35 - 39	Male	Ely Tri Club	00:06:12	63	00:51:29	350	00:28:48	396	01:26:29
340	71	Philip	Saxby	Northamptonshire	40 - 44	Male		00:07:09	152	00:54:10	382	00:25:32	311	01:26:51
341	159	John	Vincent	Northamptonshire	40 - 44	Male		00:10:05	369	00:50:46	337	00:26:08	337	01:26:59
342	217	Paul	Raynor	Warwickshire	40 - 44	Male		00:09:58	364	00:49:22	311	00:27:52	380	01:27:12
343	90	Kevin	York	Northamptonshire	35 - 39	Male		00:10:45	403	00:52:05	358	00:24:34	258	01:27:24
344	103	Tracy	Childs	Northamptonshire	35 - 39	Female	Kettering Town Harriers	00:08:48	288	00:51:33	351	00:27:06	363	01:27:27
345	87	Simon	Skelton	Northamptonshire	25 - 29	Male		00:10:15	377	00:52:49	367	00:24:24	248	01:27:28
346	120	Karen	Birch	Warwickshire	35 - 39	Female		00:11:05	411	00:50:36	335	00:25:50	324	01:27:31
347	67	Ben	Goss	Oxfordshire	40 - 44	Male		00:13:49	455	00:49:33	314	00:24:41	265	01:28:03
348	113	Janet	Frost	Northamptonshire	50 - 54	Female		00:10:19	380	00:51:20	347	00:26:34	351	01:28:13
349	442	Kara	Luck	Northamptonshire	20 - 24	Female		00:06:00	42	00:53:32	376	00:28:47	395	01:28:19
350	239	Deborah	Smith	Buckinghamshire	25 - 29	Female	Team MK	00:08:14	246	00:55:44	389	00:24:30	254	01:28:28
351	238	Deb	Newman	Buckinghamshire	45 - 49	Female	Team MK	00:08:13	241	00:55:49	391	00:24:27	252	01:28:29
352	123	Ben	Malia	Northamptonshire	30 - 34	Male	Northampton Road Runners	00:08:51	291	00:59:37	415	00:20:06	47	01:28:34
353	54	Juliette	Falkner	Northamptonshire	45 - 49	Female		00:10:47	404	00:50:08	326	00:27:43	377	01:28:38
354	173	Amanda	Lee	Leicestershire	45 - 49	Female	Leicester Tri Club	00:10:29	390	00:50:53	340	00:27:17	367	01:28:39
355	264	Andrew	Rooney	Buckinghamshire	40 - 44	Male		00:08:59	307	00:48:17	290	00:31:34	429	01:28:50
356	394	Sarah	Witts		30 - 34	Female		00:06:51	122	00:52:35	364	00:29:30	409	01:28:56
357	44	Jason	Mansfield	Northamptonshire	25 - 29	Male		00:10:40	398	00:55:34	387	00:23:02	185	01:29:16
358	21	Catherine	Kingswood	Northamptonshire	45 - 49	Female		00:09:36	341	00:53:42	378	00:26:04	334	01:29:22
359	62	Adam	Frost	Lancashire	35 - 39	Male		00:15:18	458	00:49:12	309	00:24:58	281	01:29:28
360	300	Shaun	McBrearty	Buckinghamshire	20 - 24	Male		00:07:25	176	00:55:48	390	00:26:19	342	01:29:32
361	208	David	Wyn Watson	Berkshire	30 - 34	Male		00:08:18	251	00:53:39	377	00:27:37	374	01:29:34
362	119	Ian	Tew	Northamptonshire	45 - 49	Male		00:09:56	361	00:52:48	365	00:26:53	356	01:29:37
363	142	Susan	Robinson	Leicestershire	40 - 44	Female		00:08:48	289	00:53:19	372	00:27:41	376	01:29:48
364	242	Vicky	Johashen	Northamptonshire	35 - 39	Female	Olney Runners	00:08:13	242	00:57:13	399	00:24:31	255	01:29:57

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
365	182	Amanda	Marlow	Northamptonshire	40 - 44	Female	Kettering Town Harriers	00:09:30	333	00:54:06	381	00:26:23	344	01:29:59
366	121	Marise	Taylor	Leicestershire	45 - 49	Female		00:11:45	434	00:50:29	334	00:27:53	381	01:30:07
367	179	Gabriela	Nemcekova	Northamptonshire	30 - 34	Female		00:08:51	292	00:56:05	394	00:25:18	301	01:30:14
368	143	Anna	Woodward	Northamptonshire	35 - 39	Female	Wootton Tri Club	00:09:40	348	00:54:53	384	00:26:03	333	01:30:36
369	131	Sarah	Wordsworth	Cambridgeshire	30 - 34	Female		00:10:00	366	00:49:54	322	00:30:45	422	01:30:39
370	23	Nick	Shakels	Northamptonshire	35 - 39	Male	iPSL MAD	00:12:35	448	00:51:35	352	00:26:29	348	01:30:39
371	8	Team	The Girls		Team	Team		00:06:44	104	00:52:58	368	00:31:09	426	01:30:51
372	10	Team	iPSL Mad 4 lt		Team	Team		00:10:58	408	00:52:33	363	00:27:24	370	01:30:55
373	145	Cam	Taylor	Cambridgeshire	20 - 24	Male		00:11:29	426	00:54:31	383	00:24:58	282	01:30:58
374	291	Esther	Shaylor	West Midlands	20 - 24	Female	Warwick Uni Tri Club	00:08:47	287	00:49:48	319	00:32:38	437	01:31:13
375	148	Chris	Johnson	Northamptonshire	25 - 29	Male		00:10:01	367	00:52:32	361	00:29:08	400	01:31:41
376	134	Jenni	Westcott	Buckinghamshire	40 - 44	Female		00:11:08	413	00:55:05	385	00:25:28	309	01:31:41
377	313	Jamie	Blackall	Surrey	35 - 39	Male		00:07:30	182	00:53:18	371	00:30:57	425	01:31:45
378	177	Aaron	Moses	Northamptonshire	25 - 29	Male		00:10:51	407	00:56:44	395	00:24:17	242	01:31:52
379	161	Steve	Bond	Northamptonshire	40 - 44	Male		00:09:23	328	00:46:02	236	00:37:07	448	01:32:32
380	204	Rob	Horn	Northamptonshire	50 - 54	Male		00:09:46	353	00:53:21	374	00:29:28	405	01:32:35
381	202	Jill	Tierney	Northamptonshire	40 - 44	Female	Kettering Town Harriers	00:10:17	379	00:56:48	397	00:25:32	312	01:32:37
382	191	Liam	Cahill	Northamptonshire	45 - 49	Male		00:09:42	350	00:55:52	393	00:27:05	362	01:32:39
383	318	Ian	Wilson	Northamptonshire	40 - 44	Male	Northants Tri	00:07:41	201	00:48:50	300	00:36:18	445	01:32:49
384	63	Brian	Hamilton	Buckinghamshire	35 - 39	Male		00:09:22	326	00:59:03	410	00:24:28	253	01:32:53
385	164	Mark	Shurety	Northamptonshire	45 - 49	Male		00:10:41	400	00:50:51	339	00:31:33	428	01:33:05
386	140	Naomi	Belcher	Buckinghamshire	40 - 44	Female		00:08:38	273	00:55:21	386	00:29:18	403	01:33:17
387	241	Nicki	Haggan	Leicestershire	30 - 34	Female		00:08:12	240	00:53:46	379	00:31:26	427	01:33:24
388	85	Ruth	Fitch	Northamptonshire	40 - 44	Female		00:11:58	439	00:51:42	353	00:29:46	413	01:33:26
389	126	Bill	Goadsby	Northamptonshire	55 - 59	Male	Daventry Road Runners	00:10:23	384	00:56:51	398	00:26:12	341	01:33:26
390	168	Dave	Ahquist	Leicestershire	50 - 54	Male		00:09:47	354	00:55:49	392	00:27:56	382	01:33:32
391	296	Marnie	Fedorowycz	Northamptonshire	40 - 44	Female	Kettering Town Harriers	00:09:36	343	00:59:04	411	00:25:25	306	01:34:05
392	75	Tony	Whitfield	Northamptonshire	35 - 39	Male		00:12:28	447	00:53:25	375	00:28:13	386	01:34:06
393	130	Rebecca	Wills	Nottinghamshire	25 - 29	Female		00:09:55	360	00:58:23	405	00:26:00	329	01:34:18
394	170	Douglas	French	Northamptonshire	55 - 59	Male		00:11:20	420	00:52:13	359	00:30:54	423	01:34:27
395	200	Bethan	Courtman	Northamptonshire	40 - 44	Female	Olney Runners	00:09:19	318	00:58:11	404	00:27:29	372	01:34:59
396	347	Gemma	Hawkins	Northamptonshire	15 - 19	Female		00:06:00	41	01:00:55	418	00:28:14	387	01:35:09
397	199	Laura	Burton	Northamptonshire	25 - 29	Female	Wellingborough & District AC	00:08:03	230	01:01:13	420	00:25:57	328	01:35:13
398	207	Matt	Amey	Leicestershire	25 - 29	Male	De Montford Uni	00:10:04	368	00:52:33	362	00:32:37	436	01:35:14
399	111	Emma	St George	Buckinghamshire	40 - 44	Female		00:11:29	425	00:53:20	373	00:30:38	421	01:35:27
400	47	Owen	Grover	Buckinghamshire	40 - 44	Male		00:13:28	452	00:51:56	355	00:30:09	419	01:35:33
401	83	Josie	Steedman	Northamptonshire	35 - 39	Female	Wootton Road Runners	00:12:40	449	00:53:57	380	00:29:29	406	01:36:06
402	153	Adam	Pike	Northamptonshire	35 - 39	Male		00:09:33	336	00:57:59	403	00:28:38	391	01:36:10
403	150	Paul	Watts	Northamptonshire	25 - 29	Male		00:08:54	297	01:02:33	423	00:25:03	292	01:36:30
404	176	Tina	Porter		30 - 34	Female		00:11:00	410	00:56:45	396	00:28:50	397	01:36:35
405	100	Julia	Oliver	Northamptonshire	35 - 39	Female		00:09:42	349	00:58:56	409	00:28:25	389	01:37:03
406	112	Jannine	Lee	West Midlands	40 - 44	Female		00:10:29	389	00:58:55	408	00:27:47	379	01:37:11
407	348	Ashleigh	Ahquist	Leicestershire	20 - 24	Female		00:07:10	155	01:01:12	419	00:29:30	408	01:37:52
408	36	Alistair	James	Derbyshire	20 - 24	Male		00:12:25	445	00:59:11	413	00:26:28	347	01:38:04
409	303	Jonathon	Key	Hertfordshire	25 - 29	Male		00:09:09	310	01:04:17	430	00:24:40	263	01:38:06
410	107	Mike	Kingswood	Northamptonshire	55 - 59	Male		00:10:27	386	01:00:28	417	00:27:26	371	01:38:21
411	59	Lian	Allen	Northamptonshire	50 - 54	Female	Northampton Rowing Club	00:11:25	423	00:57:19	400	00:29:54	415	01:38:38
412	24	Rob	Bing	Northamptonshire	35 - 39	Male	iPSL MAD	00:09:35	339	00:53:06	369	00:36:15	444	01:38:56
413	276	Colin	Bycroft	Northamptonshire	50 - 54	Male		00:08:51	294	00:57:52	402	00:32:15	434	01:38:58
414	38	Jonathan	Lee	Berkshire	30 - 34	Male		00:09:35	338	01:00:05	416	00:29:30	407	01:39:10
415	198	Kellie	Rickell	Leicestershire	15 - 19	Female	De Montford Uni	00:10:11	373	00:55:42	388	00:33:20	439	01:39:13
416	251	Ronnie	Smyth	Manchester	20 - 24	Male	De Montford Uni	00:08:51	293	00:58:30	406	00:32:18	435	01:39:39

Duston Triathlon 2009; Results

Final Position	Race Number	First Name	Surname	County	Age Group (as of 31/12/09)	Sex	Club	Swim Split	Swim Pos	Bike Split	Bike Pos	Run Split	Run Pos	Final Time
417	6	Team	Mersey Movers		Team	Team		00:11:55	437	00:52:19	360	00:35:28	443	01:39:42
418	77	Laura	Porter	Cambridgeshire	40 - 44	Female	Bushfield Joggers	00:10:44	402	00:59:05	412	00:30:05	418	01:39:54
419	104	Sue	Whittaker	Northamptonshire	45 - 49	Female		00:13:37	453	01:01:43	422	00:24:45	269	01:40:05
420	15	Team	iPSL Mad For Projects		Team	Team		00:07:13	161	01:08:15	442	00:24:50	276	01:40:18
421	183	Su	Stanbridge	Leicestershire	40 - 44	Female	Leicester Tri Club	00:09:53	358	01:02:37	424	00:28:01	383	01:40:31
422	195	Louisa	Stones	Northamptonshire	30 - 34	Female	Esporta	00:09:52	356	01:06:55	434	00:23:55	231	01:40:42
423	18	Team	iPSL Mad Ladies		Team	Team		00:11:30	427	00:57:50	401	00:32:01	432	01:41:21
424	301	Darren	Kerr	Bedfordshire	25 - 29	Male	Royal Navy Triathlon	00:07:27	177	01:06:49	433	00:27:36	373	01:41:52
425	160	Mike	Simpson	Middlesex	40 - 44	Male		00:10:36	394	00:59:17	414	00:32:05	433	01:41:58
426	51	Jody	Ward	Leicestershire	30 - 34	Female	Fleckney & Kibworth Running Club	00:09:59	365	01:02:53	427	00:29:23	404	01:42:15
427	19	Team	iPSL Mad Shipley		Team	Team		00:17:56	460	00:58:43	407	00:25:49	323	01:42:28
428	34	Kajsa	Lundberg	Berkshire	35 - 39	Female		00:09:45	352	01:02:40	425	00:30:11	420	01:42:36
429	272	Mike	Wild	Gloucestershire	55 - 59	Male	Bourneville Harriers	00:08:56	304	01:08:10	440	00:25:42	319	01:42:48
430	12	Team	iPSL Mad Engineers		Team	Team		00:10:13	376	01:07:47	439	00:24:57	280	01:42:57
431	101	Kathy	Rees	Cambridgeshire	50 - 54	Female		00:12:20	444	01:04:00	429	00:26:52	355	01:43:12
432	35	Alison	Postlethwaite	Warwickshire	50 - 54	Female	Rugby Tri Club	00:08:55	302	01:02:47	426	00:32:50	438	01:44:32
433	127	Yvonne	Williams	West Midlands	35 - 39	Female		00:11:35	431	01:03:45	428	00:29:35	411	01:44:55
434	139	Louise	Lynch	Buckinghamshire	40 - 44	Female		00:09:53	357	01:01:24	421	00:34:58	442	01:46:15
435	53	Kerry	Milestone	Cambridgeshire	30 - 34	Male		00:11:40	433	01:04:19	431	00:30:57	424	01:46:56
436	132	Michelle	Cantwell	Cambridgeshire	35 - 39	Female		00:11:19	417	01:07:13	437	00:28:46	394	01:47:18
437	41	Paul	McManus	Northamptonshire	40 - 44	Male		00:13:56	456	01:07:06	436	00:26:56	357	01:47:58
438	69	Hazel	Watson	Northamptonshire	35 - 39	Female	david lloyd	00:10:29	388	01:08:11	441	00:29:31	410	01:48:11
439	9	Team	iPSL Mad 2 Change It		Team	Team		00:16:00	459	01:05:33	432	00:27:37	375	01:49:10
440	184	Caroline	Skerry	Northamptonshire	45 - 49	Female		00:10:22	383	01:07:05	435	00:31:58	431	01:49:25
441	86	Sandra	Whiteside	Northamptonshire	40 - 44	Female		00:12:09	441	01:09:59	444	00:29:58	416	01:52:06
442	70	Jon	Haber		40 - 44	Male	Supa	00:11:24	422	01:11:44	446	00:29:53	414	01:53:01
443	73	Sarah	Sitton	Buckinghamshire	35 - 39	Female		00:09:57	362	01:13:27	448	00:30:01	417	01:53:25
444	82	Laura	Wild	Northamptonshire	30 - 34	Female		00:11:38	432	01:07:34	438	00:34:50	441	01:54:02
445	235	Claire	Magorrian	Northamptonshire	20 - 24	Female		00:09:57	363	01:09:29	443	00:36:50	447	01:56:16
446	137	Helen	Coulborn	Staffordshire	40 - 44	Female		00:09:40	346	01:16:45	449	00:31:49	430	01:58:14
447	96	Mario	Tonna	Northamptonshire	45 - 49	Male		00:10:12	375	01:12:24	447	00:36:33	446	01:59:09
448	236	Helene	Ioannides	Berkshire	20 - 24	Female		00:12:26	446	01:17:42	451	00:34:10	440	02:04:18
449	65	Paul	Hudson	Bedfordshire	40 - 44	Male	Bedford Harriers	00:11:55	438	01:11:11	445	00:41:59	449	02:05:05
450	52	Laura	Wilkinson	Cambridgeshire	30 - 34	Female		00:11:09	414	01:17:41	450	00:42:18	450	02:11:08
451	50	Haylay	Martin	Cambridgeshire	30 - 34	Female		00:11:20	418	01:20:29	452	00:43:27	451	02:15:16
DNF	419	Barnaby	Durrant	Buckinghamshire	35 - 39	Male		00:07:15	166	00:38:01	39			
DNF	474	Steve	Johnson	Cambridgeshire	50 - 54	Male	Impington Swimming Club	00:05:36	23					
DNF	395	Carolyn	Day	Oxfordshire	40 - 44	Female	Team Cherwell	00:06:50	117					
DNF	366	Chris	Parsons	Warwickshire	40 - 44	Male		00:07:07	150					
DNF	387	Stella	Diamant	Warwickshire	20 - 24	Female	Warwick Uni Tri Club	00:07:38	193					
DNF	277	Lianne	Edwards	Leicestershire	35 - 39	Female		00:08:02	228					
DNF	155	Nicholas	Huntley	Northamptonshire	35 - 39	Male		00:08:23	253					
DNF	147	Andrew	Pennington	Northamptonshire	25 - 29	Male	Northampton Rowing Club	00:09:49	355					
DNF	31	Vicki	Coleman	Kent	20 - 24	Female	De Montford Uni	00:10:39	396					