



**5K RUN - 30K BIKE - 5K RUN
PROVISIONAL RESULTS**

P	CP		CAT	CLUB	P	RUN 5K	P	BIKE 30K	P	RUN 5K	FINISH
1	1	Joel Jameson	M Snr	2XU TFN RT	1	0:15:46	1	0:45:41	1	0:16:51	1:18:18
2	2	Jez Cox	M Snr	Team Bike and Run	3	0:16:22	3	0:47:24	3	0:17:44	1:21:30
3	1	Paul Rogers	M Vet	Blackcountry Triathlon Ltd	5	0:16:40	5	0:48:29	4	0:17:56	1:23:05
4	3	Mike Jubb	M Snr	Tri Force	4	0:16:22	7	0:49:05	6	0:18:03	1:23:30
5	2	Calv Hobday	M Vet	TriUK/Gatorade	10	0:17:10	4	0:48:11	9	0:18:27	1:23:48
6	4	Andrew Stuart	M Snr	Ashfield RC	41	0:18:50	2	0:46:31	13	0:19:22	1:24:43
7	5	Nick Dunne	M Snr	2XU TFN RT / Downhill RT	7	0:16:59	11	0:50:31	7	0:18:11	1:25:41
8	6	Jacob Manning	M Snr	Derby Tri Club	13	0:17:20	8	0:49:19	12	0:19:12	1:25:51
9	7	Steve Penney	M Snr	Racing TNT	9	0:17:06	10	0:50:29	8	0:18:24	1:25:59
10	8	William Speake	M Snr	Derby Tri Club	2	0:16:01	25	0:53:52	2	0:17:04	1:26:57
11	3	Steven Wigglesworth	M Vet	Vegetarian C&AC	30	0:18:16	6	0:48:54	22	0:19:54	1:27:04
12	4	Stephen Whelan	M Vet	Thurcroft C.C.	25	0:18:12	14	0:50:52	31	0:20:15	1:29:19
13	9	John Binham	M Snr	Army Cycling	16	0:17:42	17	0:52:05	18	0:19:37	1:29:24
14	10	Mat Ivings	M Snr	High Peak Tri Club	40	0:18:47	15	0:51:07	16	0:19:30	1:29:24
15	11	Andy Thornton	M Snr	Derby Tri Club	21	0:18:11	20	0:52:51	11	0:19:08	1:30:10
16	12	Jimmy McMahan	M Snr	2XU TFN RT	19	0:18:01	18	0:52:31	20	0:19:48	1:30:20
17	13	Matthew Hulley	M Snr	Dark Peak Fell Runners	34	0:18:24	16	0:51:39	34	0:20:21	1:30:24
18	14	Mike Richmond	M Snr	Wakefield Tri Club	59	0:19:20	13	0:50:48	33	0:20:21	1:30:29
19	15	Ian Murdey	M Snr	Beaumont RC	12	0:17:19	32	0:54:42	10	0:18:34	1:30:35
20	16	Michael Sprout	M Snr		11	0:17:18	38	0:55:24	5	0:17:59	1:30:41
21	17	Matthew Hemsley	M Snr	TFN Tri Club	38	0:18:28	19	0:52:48	15	0:19:26	1:30:42
22	18	Paul Wileman	M Snr	Park Club Tri	6	0:16:58	31	0:54:33	15	0:19:26	1:30:53
23	74	Tuhin Wahid	M Snr	St Helen's Sutton Harriers	8	0:17:00	30	0:54:32	14	0:19:25	1:30:57
24	19	Phil Malt	M Snr	VC LINCOLN	67	0:20:04	12	0:50:34	38	0:20:38	1:31:16
25	5	Paul Mason	M Vet	Ashurst Bike Club	22	0:18:11	21	0:52:53	30	0:20:13	1:31:17
26	20	Rob Marsh	M Snr	Ashurst Bike Club	14	0:17:36	26	0:54:16	29	0:20:12	1:32:04
27	21	Andrew Douglas	M Snr	Sheffield University CC	23	0:18:11	29	0:54:31	19	0:19:42	1:32:24
28	22	Steven Emerton	M Snr	Derby Tri Club	24	0:18:11	28	0:54:26	24	0:19:56	1:32:33
29	23	Steven Chamberlain	M Snr	Sheffield Tri Club	43	0:18:58	23	0:53:11	41	0:20:41	1:32:50
30	24	Chris Keegan	M Snr	Derby Tri Club	35	0:18:24	35	0:55:08	17	0:19:35	1:33:07
31	25	Michael Collins	M Snr		47	0:19:05	27	0:54:16	26	0:19:58	1:33:19
32	26	Mark Niemz	M Snr		39	0:18:37	33	0:54:45	32	0:20:16	1:33:38
33	27	Tim Doyle	M Snr	TFN Tri Club	20	0:18:05	34	0:55:05	36	0:20:29	1:33:39
34	28	Tony Stevenson	M Snr	NE GRP	36	0:18:24	24	0:53:17	69	0:22:19	1:34:00
35	29	Nigel Critchlow	M Snr	Buxton AC	37	0:18:24	40	0:55:43	25	0:19:58	1:34:05
36	6	Nigel Arlidge	M Vet	WBC	68	0:20:05	22	0:53:00	51	0:21:23	1:34:28
37	1	Christine Howard	F Snr	Derbyshire Police	46	0:19:02	36	0:55:08	35	0:20:25	1:34:35
38	1	Stewart Lebelinski	M S Vet		33	0:18:19	43	0:56:05	40	0:20:40	1:35:04
39	30	Danny Evans	M Snr	Derby Tri Club	44	0:18:58	37	0:55:17	53	0:21:31	1:35:46
40	31	Lee Perkins	M Snr	Heanor Running Club	15	0:17:40	63	0:58:22	21	0:19:53	1:35:55
41	7	Nick Pickard	M Vet	Mansfield Tri	26	0:18:12	53	0:57:17	39	0:20:39	1:36:08
42	8	Mike Liddall	M Vet	Twickenham Cycle Club	29	0:18:15	50	0:56:48	49	0:21:18	1:36:21
43	9	Mark Morgan	M Vet	Coalville Wheelers	57	0:19:12	47	0:56:18	43	0:20:52	1:36:22
44	1	Jill McGee	F Vet	Tri Preston	58	0:19:12	49	0:56:47	37	0:20:30	1:36:29
45	32	Jon Bland	M Snr		48	0:19:05	44	0:56:07	52	0:21:29	1:36:41
46	33	Richard Proctor	M Snr	Orpington Road Runners	54	0:19:06	41	0:55:58	56	0:21:43	1:36:47
47	2	Stephen Roberts	M S Vet	00 Tri	42	0:18:57	46	0:56:13	58	0:21:45	1:36:55
48	11	Ian Imeson	M Vet		18	0:18:00	60	0:58:08	46	0:21:03	1:37:11
49	12	Mark Johnston	M Vet		61	0:19:42	48	0:56:36	54	0:21:31	1:37:49
50	13	John Green	M Vet	Leek Cyclists Club	85	0:20:55	39	0:55:25	62	0:21:52	1:38:12
51	14	James Sheard	M Vet		60	0:19:25	61	0:58:11	47	0:21:11	1:38:47
52	15	Andrew Hilton	M Vet		32	0:18:18	65	0:58:28	64	0:22:02	1:38:48
53	16	Phil Linscott	M Vet	Freedom Tri Crowborough	27	0:18:13	81	1:00:35	27	0:20:03	1:38:51
54	2	Jayne Dickens	F Snr	Stafford Tri	31	0:18:17	83	1:00:42	28	0:20:06	1:39:05
55	34	Martin Rogers	M Snr		17	0:17:54	90	1:01:21	23	0:19:54	1:39:09
56	17	Philip Purdy	M Vet		72	0:20:19	55	0:57:38	50	0:21:23	1:39:20
57	35	Paul Marval	M Snr		45	0:18:58	67	0:58:53	55	0:21:32	1:39:23
58	36	Jonathan Shales	M Snr		49	0:19:05	64	0:58:22	65	0:22:02	1:39:29
59	18	Jim Londesborough	M Vet	Hatton Darts	56	0:19:10	74	0:59:16	48	0:21:12	1:39:38
60	19	Andrew Brown	M Vet		73	0:20:33	51	0:56:56	67	0:22:14	1:39:43
61	20	Gary Newitt	M Vet		78	0:20:50	45	0:56:10	89	0:23:03	1:40:03
62	3	Louise Hogg	F Snr	Ashurst Bike Club	83	0:20:54	42	0:55:58	93	0:23:22	1:40:14



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63	21	Guido	Geutjens	M Vet			82	0:20:53	52	0:57:02	72	0:22:29	1:40:24
64	37	Richard	Powell	M Snr	Sheffield Tri Club		64	0:19:59	9	0:49:54	165	0:30:35	1:40:28
65	22	Richard	Spencer	M Vet			62	0:19:44	68	0:58:54	83	0:22:43	1:41:21
66	4	Caroline	Sutton	F Snr	Derby Tri Club		102	0:21:38	59	0:57:57	61	0:21:50	1:41:25
67	3	Jerry	Moore	M S Vet			81	0:20:52		bike/run2		1:20:52	1:41:44
68	4	Jack	Kershaw	M S Vet	Rochdale Tri Club		103	0:21:39	56	0:57:41	84	0:22:49	1:42:09
69	38	Tony	Mcarthur	M Snr	Black Country Triathletes		50	0:19:05	80	1:00:26	82	0:22:43	1:42:14
70	39	Adam	Harries	M Snr	Derby Tri Club		51	0:19:05	91	1:01:27	60	0:21:48	1:42:20
71	2	Helen	Cawthorne	F Vet			104	0:21:39	73	0:59:12	66	0:22:10	1:43:01
72	5	Colin	Mee	M S Vet	Derby Tri Club		28	0:18:14	111	1:03:51	45	0:21:03	1:43:08
73	40	Richard	Knott	M Snr	Mercia HBM CC		75	0:20:40	54	0:57:20	127	0:25:17	1:43:17
74	23	Darren	Riley	M Vet			88	0:21:00	62	0:58:17	105	0:24:02	1:43:19
75	5	Karen	Hallas	F Snr	Coventry Triathletes		55	0:19:07	108	1:03:33	44	0:21:01	1:43:41
76	41	Paul	Bates	M Snr	Derby AC		90	0:21:10	76	0:59:51	80	0:22:42	1:43:43
77	42	Jon	Whitton	M Snr			111	0:21:54	58	0:57:53	106	0:24:04	1:43:51
78	43	Stuart	Gold	M Snr			108	0:21:48	75	0:59:24	81	0:22:43	1:43:55
79	44	Paul	Marsden	M Snr			99	0:21:23	78	1:00:04	75	0:22:33	1:44:00
80	24	Frank	Herold	M Vet	BRAT		52	0:19:05	98	1:02:22	76	0:22:33	1:44:00
81	6	Christopher	Yeomans	M S Vet	Barracuda Tri		101	0:21:37	71	0:59:00	98	0:23:38	1:44:15
82	45	Ian	Hewitt	M Snr			63	0:19:46	103	1:02:55	57	0:21:44	1:44:25
83	46	Stuart	Ryder	M Snr	Darwen Dashers Running Club		76	0:20:40	89	1:01:19	77	0:22:36	1:44:35
84	25	Andrew	Rowland	M Vet	sheffield tri club		91	0:21:13	87	1:01:14	71	0:22:27	1:44:54
85	26	David	Brayer	M Vet			80	0:20:51		bike/run2		1:24:04	1:44:55
86	3	Maggie	Watkins	F Vet			94	0:21:16	85	1:00:54	85	0:22:50	1:45:00
87	47	Kevin	Goodwin	M Snr	Sheffield Tri Club		77	0:20:40	96	1:02:11	68	0:22:14	1:45:05
88	27	Alistair	Fuller	M Vet	Time RC		120	0:22:13	69	0:58:56	114	0:24:28	1:45:37
89	28	John	Ramsdale	M Vet	Barracuda Tri		123	0:22:27	82	1:00:40	90	0:23:09	1:46:16
90	48	Iain	Storey	M Snr			69	0:20:17	107	1:03:31	73	0:22:29	1:46:17
91	49	Simon	Neumann	M Snr			70	0:20:19	105	1:03:22	79	0:22:36	1:46:17
92	50	Jason	Andrew	M Snr	Sheffield Tri Club		89	0:21:01	84	1:00:46	121	0:24:58	1:46:45
93	51	Steve	Toone	M Snr			53	0:19:05	128	1:07:00	42	0:20:44	1:46:49
94	6	Jenny	Allen	F Snr			132	0:22:48	77	1:00:00	110	0:24:20	1:47:08
95	29	Chris	Whawell	M Vet			121	0:22:19	88	1:01:16	95	0:23:34	1:47:09
96	52	Simon	Baker	M Snr			118	0:22:05	86	1:00:56	107	0:24:09	1:47:10
97	30	Matthew	Dugas	M Vet	Meynell Valley Hunters Tri Club		147	0:23:36	66	0:58:41	119	0:24:53	1:47:10
98	4	Rachel	Ward	F Vet	Worcester Tri Club		105	0:21:39	95	1:02:01	99	0:23:40	1:47:20
99	53	Clive	Slater	M Snr			86	0:20:59	104	1:02:56	94	0:23:27	1:47:22
100	54	Donald	Robb	M Snr			138	0:22:57	72	0:59:02	130	0:25:24	1:47:23
101	55	Matthew	Hanson	M Snr			65	0:19:59	122	1:06:13	59	0:21:47	1:47:59
102	56	Gerrie	Fourie	M Snr			71	0:20:19	115	1:05:13	78	0:22:36	1:48:08
103	57	Richard	Marshall-Clarke	M Snr			100	0:21:31	113	1:04:12	74	0:22:30	1:48:13
104	31	Glyn	Jones	M Vet			74	0:20:37	109	1:03:33	115	0:24:30	1:48:40
105	32	Scott	Barnard	M Vet	Burntwood Triathlon		92	0:21:15	100	1:02:35	118	0:24:50	1:48:40
106	7	Ruth	Goreham	F Snr	Leek Cyclists Club		131	0:22:47	92	1:01:43	109	0:24:19	1:48:49
107	1	Team	Mitchell	Relay	Team Mitchell		112	0:21:54	102	1:02:48	108	0:24:18	1:49:00
108	33	Andy	Prichard	M Vet	Sheffield Tri Club		115	0:21:57	94	1:01:48	128	0:25:18	1:49:03
109	58	Patrick	Connaghan	M Snr			113	0:21:54	110	1:03:37	102	0:23:57	1:49:28
110	5	Karen	Jarvis	F Vet	Ashurst Bike Club		96	0:21:18	116	1:05:31	97	0:23:37	1:50:26
111	59	Craig	Foster	M Snr			156	0:24:50	57	0:57:50	150	0:27:46	1:50:26
112	34	Daron	Windle	M Vet	Telford Harriers		129	0:22:40	101	1:02:37	129	0:25:18	1:50:35
113	8	Sarah	Goodwin	F Snr	Derby Tri Club		106	0:21:39	121	1:05:59	87	0:23:01	1:50:39
114	9	Katharine	Patrick	F Snr			110	0:21:52	117	1:05:37	96	0:23:36	1:51:05
115	1	Jan	Forrester	F S Vet			135	0:22:51	93	1:01:48	140	0:26:33	1:51:12
116	60	Dave	Micklethwaite	M Snr			157	0:24:50	70	0:58:57	151	0:27:50	1:51:37
117	61	Andrew	Tingle	M Snr			93	0:21:15	127	1:06:42	103	0:23:58	1:51:55
118	62	Chris	West	M Snr			133	0:22:49	97	1:02:22	142	0:26:44	1:51:55
119	63	Paul	Andrews	M Snr			84	0:20:54	140	1:09:23	63	0:21:58	1:52:15
120	7	Mike	Folland	M S Vet	Newark		136	0:22:52	120	1:05:55	104	0:23:59	1:52:46
121	64	Jon	Bennett Jnr	M Snr	76% RT		150	0:23:46	112	1:04:09	123	0:25:02	1:52:57
122	65	Marco	Giovannelli	M Snr			116	0:22:01	114	1:05:11	135	0:26:12	1:53:24
122	65	Nigel	Pick	M Snr			125	0:22:35		bike/run		1:30:49	1:53:24
123	66	Tim	Hopton	M Snr			124	0:22:30	118	1:05:40	131	0:25:27	1:53:37
124	10	Lauren	Bradshaw	F Snr			98	0:21:22	139	1:09:20	91	0:23:16	1:53:58
125	67	Jason	Hill	M Snr			139	0:22:57	99	1:02:34	157	0:28:49	1:54:20



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126	68	Tony Taylor	M Snr	Derby Tri Club	161	0:25:10	79	1:00:24	156	0:28:46	1:54:20
127	69	Phil Sower	M Snr		109	0:21:48	131	1:08:09	111	0:24:23	1:54:20
128	70	Rob Green	M Snr		153	0:24:12	106	1:03:29	144	0:26:57	1:54:38
129	35	Carl Davey	M Vet	Redhill Road Runners	95	0:21:17	145	1:10:10	92	0:23:17	1:54:44
130	8	Graham Eley	M S Vet		145	0:23:13	125	1:06:23	126	0:25:15	1:54:51
131	36	Mike Hitchins	M Vet		142	0:23:06	138	1:09:15	88	0:23:01	1:55:22
132	71	Tim Doody	M Snr		79	0:20:51	144	1:09:55	117	0:24:43	1:55:29
133	37	Andrew Brown	M Vet		141	0:23:05	126	1:06:24	134	0:26:04	1:55:33
134	38	Dave Acklam	M Vet	Team 3 D	159	0:24:56	123	1:06:14	116	0:24:41	1:55:51
135	9	Bob Haworth	M S Vet	Grantham Tri	149	0:23:45	119	1:05:43	145	0:27:05	1:56:33
136	11	Elizabeth Kooper	F Snr	Racing TNT/South Yorkshire Police	128	0:22:39	133	1:08:37	132	0:25:41	1:56:57
137	72	Steven Callear	M Snr		126	0:22:38	124	1:06:23	152	0:27:57	1:56:58
138	2	Eleanor Robinson	F S Vet	Ripley Running Club	140	0:23:04	142	1:09:34	112	0:24:26	1:57:04
139	6	Alison Whawell	F Vet		137	0:22:53	141	1:09:27	122	0:25:00	1:57:20
140	12	Alexandra Hetherington	F Snr	Sleaford Town Runners	97	0:21:19	152	1:12:17	100	0:23:44	1:57:20
141	13	Rachel Maclellan	F Snr		119	0:22:13	147	1:11:16	101	0:23:56	1:57:25
142	7	Jean Turner	F Vet	Telford Harriers	107	0:21:39	155	1:13:31	70	0:22:26	1:57:36
143	73	Paul Higton	M Snr		127	0:22:38	137	1:09:14	136	0:26:14	1:58:06
144	74	Tuhin Wahid	M Snr	St Helen's Sutton Harriers	8	0:17:00	30	0:54:32	14	0:19:25	1:30:57
145	39	John Simpson	M Vet		130	0:22:46	149	1:11:38	113	0:24:27	1:58:51
146	75	Stuart Wells	M Snr	school of hard Knox dude!	125	0:22:34	135	1:09:06	153	0:28:02	1:59:42
147	40	Paul Nightingale	M Vet		154	0:24:30	132	1:08:25	143	0:26:56	1:59:51
148	41	Andrew Thompson	M Vet	Wakefield Tri Club	144	0:23:12	148	1:11:34	124	0:25:05	1:59:51
149	42	Pete Bush	M Vet		152	0:24:07	134	1:08:58	149	0:27:33	2:00:38
150	14	Alison Coldwell	F Snr	Racing TNT	168	0:25:47	129	1:07:54	146	0:27:05	2:00:46
151	76	Dave Ward	M Snr	Team 3 D	146	0:23:17	154	1:13:29	125	0:25:09	2:01:55
152	43	Simon Pickering	M Vet		134	0:22:49	157	1:13:47	133	0:25:44	2:02:20
153	44	Jim Hutchinson	M Vet		155	0:24:44	136	1:09:06	159	0:29:07	2:02:57
154	15	Annalee Linscott	F Snr	Freedom Tri Crowborough	148	0:23:41	156	1:13:38	141	0:26:35	2:03:54
155	45	Ken Astley	M Vet		172	0:26:27	130	1:08:04	162	0:29:38	2:04:09
156	8	Susanne Tietze	F Vet	Racing TNT	170	0:25:52	150	1:11:57	139	0:26:32	2:04:21
157	16	Lucy Passarelli	F Snr		171	0:25:53	151	1:12:10	138	0:26:30	2:04:33
158	3	Kimbra Molyneux	F S Vet		151	0:23:50	158	1:15:57	120	0:24:57	2:04:44
159	77	Mark Willett	M Snr	the best a man can get wowsa!	117	0:22:01	159	1:17:41	137	0:26:23	2:06:05
160	17	Gill Hilton	F Snr		164	0:25:14	153	1:12:26	160	0:29:23	2:07:03
161	10	Roberto Panter	M S Vet	Grantham Tri	158	0:24:55		bike/run2		1:43:10	2:08:05
162	78	Thomas Curtis	M Snr		176	0:36:21	143	1:09:43	86	0:22:54	2:08:58
163	46	Alan Collyer	M Vet		169	0:25:51	146	1:11:01	167	0:33:21	2:10:13
164	1	Nick Hewick	M U 20	Barracuda Tri	165	0:25:15	165	1:20:58	147	0:27:07	2:13:20
165	47	Michael Hewick	M Vet	Barracuda Tri	166	0:25:16	164	1:20:56	148	0:27:09	2:13:21
166	79	Kevin Shakesheff	M Snr		162	0:25:12	162	1:18:57	161	0:29:23	2:13:32
167	4	Sally Smith	F S Vet	Racing TNT	174	0:26:46	160	1:17:58	158	0:28:55	2:13:39
168	80	Lee Dunn	M Snr		167	0:25:42	163	1:19:25	166	0:31:07	2:16:14
169	18	Susan Castely	F Snr		163	0:25:13	166	1:23:01	154	0:28:11	2:16:25
170	2	Jordan Callear	M U 20		137	0:22:54		bike/run2		1:55:41	2:18:35
171	19	Helen Oscroft	F Snr		175	0:27:45	167	1:25:00	164	0:29:57	2:22:42
172	81	Yusha Ali	M Snr		177	0:41:38	161	1:18:05	163	0:29:56	2:29:39
173	82	Dene Gagliardi	M Snr		143	0:23:10	168	1:41:02	155	0:28:42	2:32:54
		Spencer Wilson	M Snr		66	0:19:59		DNF		DNF	DNF
		Nick Eley	M Snr		87	0:20:59		DNF		DNF	DNF
		Mark Chell	M Snr		114	0:21:55		DNF		DNF	DNF
		David Shaw	M Vet		122	0:22:26		DNF		DNF	DNF
		Dave Harris	M Vet	Team 3 D	160	0:24:56		DNF		DNF	DNF
		Phil Bennett	M Vet		173	0:26:35		DNF		DNF	DNF