

# ASHBOURNE DUATHLON 05

12K run - 40K bike - 4K run

Pos	CP	Name	Club / Team	Cat	Pos	Run 1	Pos	Bike	Pos	Run 2	Finish
1		William Clarke	MElite	Team Giant	1	0:42:44	4	1:09:19	1	0:12:47	2:04:50
2		Oliver Mott	M20-29		3	0:43:38	5	1:09:20	4	0:13:28	2:06:26
3		Richard Jones	MElite	ScienceinSport.com	7	0:44:55	3	1:09:11	3	0:13:28	2:07:34
4		Kairn Stone	MElite		2	0:42:45	9	1:12:00	2	0:13:03	2:07:48
5		Mark Redwood	MElite	Quintanna Roo TFN RT	17	0:47:17	1	1:07:20	8	0:13:54	2:08:31
6		John Dewey	M20-29	Tri UK	8	0:44:57	6	1:10:22	7	0:13:49	2:09:08
7		Simeon Lloyd	M30-39		5	0:44:32	12	1:12:46	10	0:13:58	2:11:16
8		Stuart Anderson	M30-39		23	0:47:42	7	1:11:10	25	0:14:35	2:13:27
9		Adrian Sowerby	M40-49	Andersons Racing/Cumbria Police	18	0:47:30	8	1:11:30	26	0:14:35	2:13:35
10		Jason Benniman	M30-39	Brighton Phoenix	11	0:45:53	21	1:13:49	11	0:14:00	2:13:42
11		Steve Paine	MElite	Quintanna Roo TFN RT	16	0:47:10	11	1:12:39	23	0:14:29	2:14:18
12		Gary Grounds	M30-39	Prison Service Tri Club	14	0:47:02	19	1:13:39	5	0:13:39	2:14:20
13		Eugene Grant	M30-39		22	0:47:39	14	1:12:57	35	0:14:55	2:15:31
14		Darren Hodgkinson	M40-49	Mansfield Tri Club	24	0:47:49	18	1:13:36	28	0:14:38	2:16:03
15		Jon Mansfield	M30-39	Tewkesbury AC	28	0:47:59	26	1:14:54	17	0:14:16	2:17:09
16		Tony Caulton	M40-49	Derbyshire Police	15	0:47:08	35	1:16:07	18	0:14:16	2:17:31
17		John Rawlins	M20-29	Full-On-Tri	12	0:46:39	42	1:17:11	9	0:13:56	2:17:46
18		John Field	M40-49		19	0:47:33	32	1:15:45	34	0:14:55	2:18:13
19		Ben Bigglestone	M30-39	Leeds and Bradford Tri	46	0:50:31	15	1:12:59	45	0:15:28	2:18:58
20		Antony Gray	M30-39	Derby Tri	31	0:48:53	34	1:16:03	19	0:14:17	2:19:13
21		Dave Charlesworth	M40-49	Derbyshire Police	34	0:49:12	25	1:14:49	44	0:15:28	2:19:29
22		Mark Skelton	M40-49	Derby Tri	21	0:47:38	45	1:17:47	22	0:14:24	2:19:49
23		James Davies	M30-39		51	0:50:52	17	1:13:35	43	0:15:25	2:19:52
24		Jon Sharp	M40-49	Tri UK	38	0:49:18	33	1:15:50	29	0:14:47	2:19:55
25		Joe Gavelle	MElite	Sheffield Tri	4	0:44:31	67	1:20:40	36	0:14:59	2:20:10
26		Nick Keeling	M40-49	Derby Tri	20	0:47:37	52	1:19:00	6	0:13:47	2:20:24
27		Steve Bacon	M30-39		27	0:47:57	50	1:18:52	14	0:14:06	2:20:55
28		Craig Maude	M40-49	NYP Tri	49	0:50:33	31	1:15:22	37	0:15:00	2:20:55
29		Chris Smith	M40-49	Sheffield Tri	30	0:48:36	38	1:16:46	52	0:15:37	2:20:59
30		David Alderson	M30-39	Optima Racing Team	26	0:47:54	49	1:18:48	20	0:14:17	2:20:59
31		Pete Benyon	M20-29	Vegatrian C & AC	10	0:45:47	73	1:21:24	12	0:14:02	2:21:13
32		Robert Moore	M40-49	Exeter Tri	47	0:50:31	30	1:15:19	60	0:15:44	2:21:34
33		Jeremy Archer	M30-39	Met Police Tri Club	80	0:53:10	13	1:12:55	97	0:16:32	2:22:37
34		Kevin Hope	M20-29		39	0:49:19	57	1:19:11	16	0:14:10	2:22:40
35		Alastair Shed	M30-39		42	0:49:40	43	1:17:31	51	0:15:37	2:22:48
36		Steve Butler	M40-49	TFN Triathlon Club	63	0:51:42	29	1:15:10	85	0:16:19	2:23:11
37		Mike Nolan	M30-39		13	0:46:43	85	1:22:40	13	0:14:05	2:23:28
38		Tony Carroll	M40-49	South Yorkshire Police Tri Club	40	0:49:28	55	1:19:09	31	0:14:51	2:23:28
39		Loretta Sollars	F40-49	BRAT Club	35	0:49:15	53	1:19:00	39	0:15:13	2:23:28
40		Ben Eedy	M20-29		169	0:59:29	2	1:07:27	99	0:16:35	2:23:31

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41	Nick Yarworth	M40-49	Worcester Tri Club	98	0:54:06	16	1:13:18	81	0:16:08	2:23:32
42	Steve Geran	M40-49	Raw Energy Pursuits	87	0:53:25	22	1:13:53	118	0:17:01	2:24:19
43	Steve Braund	M50+	Barracuda	68	0:52:07	37	1:16:33	59	0:15:44	2:24:24
44	Anthony Burns	M40-49	Derby Tri	36	0:49:16	65	1:20:27	38	0:15:02	2:24:45
45	Brian Swindell	M40-49	Derby Tri	33	0:49:02	61	1:19:47	75	0:16:00	2:24:49
46	Brendan Johnston	M30-39	Strathclyde Police	44	0:50:16	64	1:20:21	21	0:14:22	2:24:59
47	Carl Tirrito	M20-29		50	0:50:41	56	1:19:09	61	0:15:45	2:25:35
48	Calum Morman	M40-49	Strathclyde Police	78	0:53:04	41	1:17:10	53	0:15:40	2:25:54
49	Hanno Nickau	M40-49	Oxford Tri	102	0:54:21	28	1:15:01	98	0:16:33	2:25:55
50	Jonathan Cochrane	M30-39	South Yorkshire Police Tri Club	52	0:51:00	59	1:19:42	41	0:15:21	2:26:03
51	Andrew Southall	M40-49	Black Country Tri	118	0:55:57	23	1:14:45	63	0:15:47	2:26:29
52	Mike Sandford	M50+	1485 Tri Club	6	0:44:44	124	1:25:43	77	0:16:03	2:26:30
53	Adam Henry	M40-49	West Yorkshire Police Tri Team	73	0:52:33	46	1:18:09	83	0:16:13	2:26:55
54	Mark Ingram	M40-49	Pactrac	92	0:53:49	40	1:16:59	88	0:16:21	2:27:09
55	Andy Grindley	M30-39	Manchester Tri Club	41	0:49:36	89	1:23:07	27	0:14:35	2:27:18
56	Paul Perry	M20-29	Team Squeeze	29	0:48:15	107	1:24:22	32	0:14:54	2:27:31
57	Mayur Ranchordas	M20-29	Sheffield Tri	56	0:51:08	72	1:21:12	55	0:15:40	2:28:00
58	Jeff Outhwaite	M40-49	Black Country Tri	97	0:54:05	47	1:18:19	71	0:15:57	2:28:21
59	Ben Garrard	M30-39		132	0:56:43	27	1:14:56	110	0:16:48	2:28:27
60	Richard Makin	M50+	Holmfirth Harriers	119	0:55:59	36	1:16:31	94	0:16:28	2:28:58
61	Helen Purdy	F30-39		37	0:49:17	119	1:25:13	24	0:14:30	2:29:00
62	Peter Hurst	M30-39		140	0:57:15	24	1:14:49	119	0:17:01	2:29:05
63	Chris Booker	M30-39	West Yorkshire Police Tri Team	81	0:53:10	71	1:21:12	30	0:14:50	2:29:12
64	Sam Allison	M40-49	Strathclyde Police	77	0:52:54	60	1:19:44	105	0:16:41	2:29:19
65	Neil Herbert	M30-39	Met Police Tri Club	103	0:54:27	48	1:18:22	100	0:16:36	2:29:25
66	Freya Bloor	F20-29		96	0:53:59	58	1:19:38	72	0:15:58	2:29:35
67	Victoria Freeman	F30-39	Tri Team Glos	71	0:52:29	80	1:21:50	74	0:15:59	2:30:18
68	Mark Stewart	M40-49	Coventry Triathletes	59	0:51:26	98	1:23:39	40	0:15:20	2:30:25
69	Sean James	M30-39	Sheffield Tri	58	0:51:13	99	1:23:44	47	0:15:29	2:30:26
70	Clint Proffitt	Relay	Derbyshire Police	95	0:53:57	77	1:21:41	33	0:14:54	2:30:32
71	Dave Egginton	M40-49	Black Country Tri	130	0:56:38	44	1:17:45	91	0:16:23	2:30:46
72	Jonathan Greenwell	M30-39	Triangle RT Bianchi	69	0:52:11	81	1:22:00	107	0:16:44	2:30:55
73	Tony Hall	M40-49	Sheffield Tri	60	0:51:30	82	1:22:33	114	0:16:57	2:31:00
74	Paul O'Looney	M30-39		84	0:53:17	69	1:21:08	101	0:16:36	2:31:01
75	Karl Webster	M30-39	Derbyshire Police	32	0:49:01	62	1:20:09	218	0:22:02	2:31:12
76	Neil Martin	M40-49	CC Giro	171	0:59:32	20	1:13:42	155	0:18:02	2:31:16
77	Philip Hobson	M30-39		57	0:51:11	114	1:24:56	57	0:15:43	2:31:50
78	Neil Woodhead	M30-39	Prison Service Tri Club	120	0:55:59	63	1:20:20	54	0:15:40	2:31:59
79	Mark Chapman	M40-49	Sheffield Tri	74	0:52:43	97	1:23:37	62	0:15:46	2:32:06
80	Stephanie Maclean	F30-39	Optima Racing Team	72	0:52:30	104	1:24:07	48	0:15:33	2:32:10
81	Ben Simnett	M20-29	Leeds and Bradford Tri	64	0:52:03	106	1:24:21	64	0:15:49	2:32:13

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82	John Levick	M40-49	West Yorkshire Police Tri Team	82	0:53:10	86	1:22:50	92	0:16:26	2:32:26
83	Jonathan Hendry	M30-39	Leeds & Bradford Tri	53	0:51:00	125	1:25:52	56	0:15:41	2:32:33
84	Verity Butler	F30-39	TFN Triathlon Club	67	0:52:06	111	1:24:42	76	0:16:00	2:32:48
85	Chris Talbot	M30-39	1485 Tri Club	43	0:49:45	144	1:29:00	15	0:14:06	2:32:51
86	Christopher Harrison	M30-39	In-Gear Racing Team	107	0:55:14	74	1:21:32	96	0:16:29	2:33:15
87	Richard Billington	M30-39	Experian Tri	61	0:51:38	126	1:26:15	78	0:16:05	2:33:58
88	Daniel Thompson	M30-39		48	0:50:33	140	1:28:26	42	0:15:23	2:34:22
89	Mark Tempest	M40-49		104	0:54:31	90	1:23:11	111	0:16:49	2:34:31
90	Mark Herd	M40-49	Oxford Tri	126	0:56:16	75	1:21:33	113	0:16:51	2:34:40
91	Kevin Fearn	M30-39	TFN Triathlon Club	139	0:57:14	78	1:21:45	73	0:15:59	2:34:58
92	Graham Perks	M30-39	Essex Police Tri	94	0:53:56	108	1:24:26	109	0:16:47	2:35:09
93	Chrissie Howard	F30-39	Derbyshire Police	54	0:51:00	142	1:28:40	49	0:15:33	2:35:13
94	Ian Wood	M30-39	Stainland Lions	124	0:56:08	87	1:22:52	87	0:16:20	2:35:20
95	Nick Simmons	M20-29	Leeds and Bradford Tri	150	0:57:54	66	1:20:30	120	0:17:02	2:35:26
96	Kate Balchin	F20-29	Met Police Tri Club	115	0:55:51	94	1:23:29	79	0:16:06	2:35:26
97	Paul Hughes	M30-39	Black Country Tri	153	0:58:06	70	1:21:09	86	0:16:20	2:35:35
98	Kelvin Hepburn	M30-39	Experian Tri	99	0:54:16	95	1:23:29	149	0:17:54	2:35:39
99	Jonny Rowan	M30-39	Ranelagh Harriers	125	0:56:11	83	1:22:34	124	0:17:05	2:35:50
100	Simon Lawson	M30-39		66	0:52:06	127	1:26:31	139	0:17:23	2:36:00
101	Colm McCoy	M40-49		90	0:53:38	129	1:26:40	66	0:15:50	2:36:08
102	Collin Franklin	M40-49	TFN Triathlon Club	111	0:55:45	103	1:24:06	93	0:16:27	2:36:18
103	John Pike	M30-39	Nene Valley Harriers	9	0:45:40	179	1:35:07	50	0:15:33	2:36:20
104	Max Garrard	M20-29	Triangle RT Bianchi	112	0:55:45	93	1:23:24	132	0:17:16	2:36:25
105	Gareth Kinch	M30-39	Met Police Tri Club	109	0:55:28	102	1:24:04	115	0:16:57	2:36:29
106	Stuart Cordner	M30-39		83	0:53:15	130	1:27:02	90	0:16:22	2:36:39
107	Richard Howarth	M30-39		142	0:57:19	88	1:22:58	102	0:16:36	2:36:53
108	Mike Nisbet	M30-39		110	0:55:44	101	1:24:01	134	0:17:17	2:37:02
109	Carl Baker	M30-39		89	0:53:36	121	1:25:34	156	0:18:12	2:37:22
110	Steve Allen	M40-49		164	0:59:02	68	1:20:53	142	0:17:40	2:37:35
111	Jill McGee	F40-49		93	0:53:50	139	1:28:22	46	0:15:29	2:37:41
112	David Gardner	M50+		148	0:57:44	91	1:23:16	106	0:16:43	2:37:43
113	James Chisholm	M50+	Barnsley A.C.	62	0:51:41	154	1:30:10	80	0:16:06	2:37:57
114	Louise Kelly	F20-29		75	0:52:44	149	1:29:52	69	0:15:54	2:38:30
115	Andrew Bailey	M30-39		133	0:56:44	105	1:24:11	143	0:17:40	2:38:35
116	John Young	M40-49	Edinburgh RC - Bicycle Works	218	1:05:14	39	1:16:55	95	0:16:29	2:38:38
117	Jeff Mowbray	M40-49	Cleveland Police	141	0:57:16	109	1:24:31	128	0:17:09	2:38:56
118	Toby Underwood	M30-39	Stainland Lions	55	0:51:00	166	1:32:09	65	0:15:50	2:38:59
119	Elaine Taylor	Relay	Derbyshire Police	105	0:54:36	116	1:24:59	188	0:19:35	2:39:10
120	Wendy Barnes	F30-39	Derbyshire Police	85	0:53:19	153	1:29:59	70	0:15:57	2:39:15

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121	Niki Treacy	F40-49	Raw Energy Pursuits	145	0:57:41	110	1:24:35	136	0:17:18	2:39:34
122	Robert Wilkins	M50+	Cleveland Police	162	0:58:50	96	1:23:32	137	0:17:20	2:39:42
123	David Rowley	M50+		70	0:52:28	163	1:31:44	67	0:15:51	2:40:03
124	David Griffiths	M30-39	TFN Triathlon Club	149	0:57:46	117	1:25:04	133	0:17:16	2:40:06
125	Russell Ellis	M40-49		116	0:55:52	133	1:27:21	126	0:17:07	2:40:20
126	Nick Aggelopoulos	M30-39	Oxford University Tri Club	86	0:53:20	162	1:31:40	58	0:15:43	2:40:43
127	Martin Lugg	M40-49	Derby Tri	182	1:00:27	92	1:23:18	127	0:17:08	2:40:53
128	Jon Bennett	M30-39	Derby Tri	134	0:56:46	134	1:27:26	129	0:17:11	2:41:23
129	Tobias Langanke	M30-39		158	0:58:30	115	1:24:57	154	0:18:01	2:41:28
130	Andy Hirst	M30-39	West Yorkshire Police Tri Team	135	0:57:03	135	1:27:39	121	0:17:02	2:41:44
131	Dean Taylor	M40-49	Derby Tri	167	0:59:16	112	1:24:56	140	0:17:32	2:41:44
132	Jonty Cowan	M20-29		170	0:59:29	122	1:25:36	104	0:16:41	2:41:46
133	Diane Hamilton	Relay	Derbyshire Police	108	0:55:19	155	1:30:30	82	0:16:10	2:41:59
134	Alan Spelling	M50+	Metropolitan Police	117	0:55:55	138	1:28:18	148	0:17:52	2:42:05
135	Gordon Thomson	M40-49	Strathclyde Police	113	0:55:45	143	1:28:53	144	0:17:40	2:42:18
136	Jen Milsom	F30-39	Cleveland Police	146	0:57:43	132	1:27:15	141	0:17:32	2:42:30
137	David Tissington	M30-39	TFN Triathlon Club	173	0:59:36	120	1:25:17	147	0:17:44	2:42:37
138	James Beckinsale	M30-39	Optima Racing Team	45	0:50:28	54	1:19:01	232	0:33:56	2:43:25
139	Justin Costley	M30-39	London Tri	156	0:58:21	145	1:29:09	84	0:16:14	2:43:44
140	Mark Brindley	M30-39		183	1:00:27	100	1:24:01	185	0:19:28	2:43:56
141	Paul Lyons	M30-39	Triangle RT Bianchi	138	0:57:13	151	1:29:57	123	0:17:05	2:44:15
142	John Clarke	M50+	Sheffield Tri	172	0:59:35	128	1:26:33	159	0:18:20	2:44:28
143	Robert Alger	M50+	Derby Tri	129	0:56:29	159	1:31:15	112	0:16:50	2:44:34
144	Andy Clapperton	M40-49	Strathclyde Police	163	0:58:51	136	1:28:04	145	0:17:41	2:44:36
145	Steven Nunns	M30-39		176	0:59:47	113	1:24:56	193	0:19:55	2:44:38
146	John Helliwell	M50+		151	0:57:59	148	1:29:45	125	0:17:05	2:44:49
147	Marcus/Matthew Caton/Round	Relay	Norfolk & Chance	199	1:01:58		1:42:58		JOINT	2:44:56
148	Ulrik Sandstrom	M30-39	4 Life	188	1:00:49	118	1:25:09	182	0:19:22	2:45:20
149	Terry Wootton	M40-49	Just Racing	157	0:58:29	147	1:29:33	138	0:17:22	2:45:24
150	Chris Jenkins	M30-39		181	1:00:12	131	1:27:03	160	0:18:20	2:45:35
151	Rachel Nolan	F20-29		195	1:01:37	141	1:28:37	103	0:16:38	2:46:52
152	Roger Day	M50+		179	1:00:00	152	1:29:58	131	0:17:15	2:47:13
153	John Kelley	M30-39		121	0:56:00	164	1:31:49	187	0:19:30	2:47:19
154	Neil Wilson	M30-39	Strathclyde Police	197	1:01:41	123	1:25:40	194	0:19:59	2:47:20
155	Andrew Unwin	M40-49		91	0:53:44	189	1:36:37	117	0:17:01	2:47:22
156	Ben Blackwall	M30-39	Derby Tri	127	0:56:19	171	1:33:11	158	0:18:16	2:47:46
157	Grant McKinlay	M30-39	Derby Tri	100	0:54:18	191	1:36:47	108	0:16:46	2:47:51
158	Richard Botting	M40-49		122	0:56:00	169	1:32:59	173	0:18:59	2:47:58
159	John Shirley	M50+	Gears And Tears	154	0:58:19	146	1:29:25	207	0:20:44	2:48:28
160	John Wilson	M40-49		101	0:54:19	185	1:36:30	146	0:17:42	2:48:31

**ASHBOURNE DUATHLON 05**

12K run - 40K bike - 4K run

161	Chris Blount	M40-49	Derby Tri	191	1:01:00	137	1:28:13	183	0:19:22	2:48:35
162	Robert Keyte	M30-39		65	0:52:04	190	1:36:47	192	0:19:51	2:48:42
163	Sarah Clark	F30-39	Full-On-Tri	128	0:56:28	177	1:34:37	162	0:18:22	2:49:27
164	Andy Prichard	M40-49		166	0:59:14	168	1:32:35	153	0:18:01	2:49:50
165	David Pearson	M20-29		106	0:55:04	201	1:38:16	116	0:17:00	2:50:20
166	Adam Langley	M20-29	Spectrum Striders	180	1:00:09	161	1:31:20	174	0:19:00	2:50:29
167	Christine Buckley	F40-49	White Rose	159	0:58:33	172	1:33:16	167	0:18:45	2:50:34
168	Mike Wisner	M30-39		137	0:57:12	184	1:36:16	151	0:17:58	2:51:26
169	Chris Jones	M40-49		143	0:57:19	175	1:33:48	204	0:20:33	2:51:40
170	Richard Marshall	M30-39		174	0:59:41	158	1:31:14	209	0:20:54	2:51:49
171	Lesley Cliff	F50+	Vegatrian C & AC	177	0:59:48	178	1:34:49	130	0:17:14	2:51:51
172	Ian Imeson	M40-49		114	0:55:48	202	1:38:22	152	0:18:00	2:52:10
173	Mike Ellis	M30-39	Leeds and Bradford Tri	165	0:59:07	170	1:33:01	198	0:20:10	2:52:18
174	Bob Luck	M50+	East Grinstead	212	1:04:15	150	1:29:55	157	0:18:12	2:52:22
175	John Heaney	M50+	Bolton Metro Tri Club	206	1:03:11	156	1:30:33	168	0:18:51	2:52:35
176	Andy Pennington	M30-39		190	1:00:59	181	1:35:10	122	0:17:02	2:53:11
177	Stuart Dawson	M30-39		168	0:59:23	182	1:35:14	170	0:18:54	2:53:31
178	Helen Kenny	F20-29	1485 Tri Club	155	0:58:19	195	1:37:23	150	0:17:55	2:53:37
179	Colin Allen	M40-49	Cleveland Police	184	1:00:30	173	1:33:45	190	0:19:37	2:53:52
180	Team Hewick	Relay	Team Hewick	242	1:16:38	76	1:21:35	68	0:15:52	2:54:05
181	Billy Straughan	M40-49	Barracuda	144	0:57:21	196	1:37:27	184	0:19:24	2:54:12
182	Julia Sandford	F40-49	1485 Tri Club	208	1:03:13	157	1:31:10	200	0:20:14	2:54:37
183	John Nellist	M30-39	West Yorkshire Police Tri Team	175	0:59:45	165	1:32:03	227	0:23:10	2:54:58
184	Richard File	M50+		205	1:03:00	167	1:32:29	201	0:20:23	2:55:52
185	Nick Brookes	M40-49		185	1:00:37	186	1:36:33	175	0:19:05	2:56:15
186	Mark Brain	M30-39		202	1:02:25	180	1:35:07	169	0:18:52	2:56:24
187	Andrew Jackson	M30-39		238	1:12:06	79	1:21:50	223	0:22:28	2:56:24
188	Brian Reynolds	M30-39		192	1:01:09	199	1:38:03	135	0:17:18	2:56:30
189	Alan Joyce	M30-39	Strathclyde Police	152	0:58:00	214	1:42:38	89	0:16:21	2:56:59
190	Philip Helliwell	M50+		193	1:01:14	187	1:36:33	186	0:19:29	2:57:16
191	Sara McDowell	F40-49	Leicester Tri Club	198	1:01:48	176	1:34:23	215	0:21:23	2:57:34
192	Ian Travers	M30-39		201	1:02:23	183	1:36:07	176	0:19:07	2:57:37
193	Colin Bradley	M30-39		187	1:00:39	198	1:37:51	179	0:19:14	2:57:44
194	Louise Bennett	F30-39		161	0:58:49	207	1:39:52	180	0:19:20	2:58:01
195	Barry Hallam	M40-49		186	1:00:38	203	1:38:47	164	0:18:38	2:58:03
196	Peter Sadler	M30-39		194	1:01:23	197	1:37:49	171	0:18:54	2:58:06
197	Jeff Chambers	M30-39		200	1:02:10	192	1:36:56	191	0:19:40	2:58:46
198	Josephine Spiller	F20-29	Team Squeeze	213	1:04:19	188	1:36:33	166	0:18:44	2:59:36
199	Mike Folland	M50+		217	1:05:11	194	1:37:00	163	0:18:25	3:00:36
200	Reg Bestwick	M40-49		147	0:57:43	218	1:44:24	205	0:20:40	3:02:47

# ASHBOURNE DUATHLON 05

12K run - 40K bike - 4K run

201	Paul Cunniff	M40-49		235	1:09:24	160	1:31:16	220	0:22:14	3:02:54
202	Blaine Quigley	M30-39		219	1:05:29	193	1:36:59	202	0:20:31	3:02:59
203	Karly McKay	F30-39	Optima Racing Team	211	1:03:39	209	1:40:43	197	0:20:07	3:04:29
204	Claire Williams	F30-39	Oswestry Olympian Tri Club	215	1:04:42	210	1:40:43	178	0:19:14	3:04:39
205	Sarah Procter	F20-29	Optima Racing Team	207	1:03:12	216	1:42:55	196	0:20:04	3:06:11
206	Marianne Day	F20-29	Loughborough Students	220	1:05:29	215	1:42:46	165	0:18:41	3:06:56
207	Jan Forrester	F50+	FVS Tri	226	1:07:46	200	1:38:13	212	0:21:17	3:07:16
208	Louise Clowes	F30-39	Lyme Racing Club	223	1:07:24	208	1:40:12	195	0:20:03	3:07:39
209	Simon Reavill	M40-49	NRSC	225	1:07:41	204	1:39:08	214	0:21:19	3:08:08
210	Michael Wakeman	M50+		227	1:08:08	205	1:39:28	210	0:21:04	3:08:40
211	Thomas Palenicek	M50+		231	1:09:08	206	1:39:48	199	0:20:10	3:09:06
212	Peter Bryan	M40-49	Essex Police Tri	228	1:08:12	212	1:40:53	224	0:22:34	3:11:39
213	David Highton	M40-49	1485 Tri Club	216	1:04:44	211	1:40:44	230	0:26:34	3:12:02
214	John Archer	M30-39		234	1:09:11	213	1:41:08	219	0:22:07	3:12:26
215	Dave Garrard	M50+	North Bucks RC	203	1:02:36	223	1:49:41	206	0:20:40	3:12:57
216	Alex Mentagwani	M30-39		222	1:05:46	219	1:45:14	221	0:22:20	3:13:20
217	Andy Anson	M40-49		123	0:56:00	230	1:56:41	208	0:20:49	3:13:30
218	Edwina Brocklesby	F50+	Serpentine Tri	229	1:08:46	217	1:43:44	211	0:21:07	3:13:37
219	Ian Grose	M20-29	TFN Triathlon Club	160	0:58:43	233	1:57:50	161	0:18:21	3:14:54
220	William Harvey	M40-49		221	1:05:32	225	1:51:04	181	0:19:22	3:15:58
221	Karen Wells	F30-39	Optima Racing Team	237	1:09:50	222	1:46:53	189	0:19:36	3:16:19
222	Jack Horlock	M40-49	P'boro Endurance Sports Team	230	1:09:00	221	1:46:02	222	0:22:20	3:17:22
223	Shaun Willox	M40-49		214	1:04:41	227	1:52:33	203	0:20:31	3:17:45
224	Karen Bestwick	F40-49		209	1:03:21	228	1:55:30	172	0:18:57	3:17:48
225	Alison Johnston	F40-49	Derby Tri	232	1:09:08	224	1:49:42	177	0:19:08	3:17:58
226	Mark Saxton	M40-49		204	1:02:45	229	1:55:57	213	0:21:18	3:20:00
227	Nicky Godridge	F40-49	Derby Tri	233	1:09:08	226	1:51:15	225	0:22:42	3:23:05
228	Simon Lamport	M30-39		241	1:14:15	220	1:45:32	229	0:24:59	3:24:46
229	James Barry	M40-49	Cambridge Camaro Triathlon	236	1:09:43	231	1:56:47	216	0:21:24	3:27:54
230	Mike Hall	M50+	Durham Tri Club	239	1:12:11	232	1:57:30	226	0:23:09	3:32:50
231	Robert Collis	M50+		244	1:21:05	234	2:06:21	217	0:21:59	3:49:25
232	Claire Pendery	F30-39		243	1:19:57	235	2:14:23	231	0:26:44	4:01:04
233	Alan Barley	M50+	Essex Police Tri	245	1:25:58	236	2:28:49	228	0:24:31	4:19:18
234	Gawie Nienaber	M40-49	Gears And Tears	240	1:12:50	10	1:12:37		DNF	DNF
235	Bruce Dawson	M30-39	High Peak Tri	136	0:57:10	51	1:18:57		DNF	DNF
236	Anthony Poyser	M30-39		131	0:56:41	84	1:22:34		DNF	DNF
237	Les Bailey	M50+	Worcester Tri Club	189	1:00:50	174	1:33:47		DNF	DNF
238	Ruth Barton	F40-49	Derby Tri	224	1:07:26	237	2:40:48		DNF	DNF
239	Paul Larkins	M40-49	Peterborough AC	25	0:47:51		DNF		DNF	DNF
240	Mark Hutcheson	M40-49	Leeds and Bradford Tri	76	0:52:45		DNF		DNF	DNF