

## Hertfordshire Triathlon Summer Sprint

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
1	74	NICK	STURGE	M	1	30-34	1		0:11:00.90	0:00:43.45	0:37:18.20	0:00:37.65	0:16:11.60	1:05:51.80
2	64	PHILIP	PATERSON	M	2	30-34	2	RGACTIVE RACE TEAM	0:11:20.70	0:00:42.55	0:36:21.50	0:00:27.75	0:18:07.05	1:06:59.55
3	63	MATT	PAPA	M	3	Junior	1	TRI-FORCE	0:10:59.35	0:00:46.40	0:40:21.15	0:00:33.20	0:18:34.95	1:11:15.05
4	82	LISA	WEBB	F	1	30-34	1	TEAM MK	0:13:27.50	0:00:49.05	0:40:04.15	0:00:35.05	0:20:01.15	1:14:56.90
5	12	ALASDAIR	BRUCE	M	4	40-44	1	STORTFORD TRI	0:13:23.25	0:00:44.85	0:39:40.15	0:00:30.55	0:21:09.25	1:15:28.05
6	61	LUKE	PAGE	M	5	35-39	1		0:13:22.65	0:00:52.55	0:43:16.30	0:00:43.95	0:19:42.00	1:17:57.45
7	46	HAYLEY	HAWES	F	2	35-39	1	EAST ESSEX	0:12:14.20	0:00:57.95	0:43:45.75	0:00:39.75	0:20:44.45	1:18:22.10
8	6	SIMON	BOSTOCK	M	6	30-34	3	GARDEN CITY RUNNERS	0:14:45.90	0:01:49.25	0:41:20.60	0:00:47.80	0:19:47.00	1:18:30.55
9	84	DYLAN	WENDLEKEN	M	7	40-44	2	GADE VALLY HARRIERS TRI	0:12:43.55	0:01:16.80	0:45:04.15	0:01:02.80	0:19:28.95	1:19:36.25
10	33	GAVIN	FOWLER	M	8	30-34	4	TEAM TRISPORTS	0:14:37.65	0:01:17.05	0:42:15.70	0:00:42.65	0:20:46.85	1:19:39.90
11	31	MATT	FLOWERDAY	M	9	50-54	1		0:17:16.05	0:00:49.60	0:39:06.15	0:00:44.50	0:22:36.05	1:20:32.35
12	38	LEWIS	GRAY	M	10	25-29	1		0:13:56.20	0:01:23.45	0:42:46.25	0:01:14.95	0:22:32.85	1:21:53.70
13	73	PETER	SNWBALL	M	11	45-49	1		0:14:31.10	0:01:46.15	0:41:40.05	0:01:07.65	0:23:25.35	1:22:30.30
14	35	SAUL	GINDILL	M	12	25-29	2		0:15:04.35	0:01:32.90	0:44:37.10	0:00:44.05	0:20:41.40	1:22:39.80
15	51	AURORA	KELLAM-PEARSON	F	3	Junior	1	STORTFORD TRI	0:12:33.70	0:00:53.30	0:47:46.40	0:00:38.45	0:21:36.85	1:23:28.70
16	32	DANA	FOLEY	M	13	35-39	2		0:14:44.30	0:01:48.65	0:46:15.80	0:00:52.60	0:20:13.15	1:23:54.50
17	87	CATH	HARRIS	F	4	55-59	1		0:15:36.05	0:00:57.05	0:44:40.30	0:00:39.25	0:22:02.45	1:23:55.10
18	14	DAVID	BULLOCK	M	14	40-44	3		0:16:04.35	0:01:16.10	0:45:58.95	0:00:47.30	0:20:19.65	1:24:26.35
19	50	LUKE	JONES	M	15	30-34	5		0:16:54.75	0:01:32.00	0:45:01.70	0:00:53.10	0:20:39.35	1:25:00.90
20	56	STUART	MATTHEWS	M	16	45-49	2		0:18:08.00	0:01:44.05	0:43:46.20	0:00:48.60	0:20:42.95	1:25:09.80
21	30	DANNY	FLINT	M	17	45-49	3		0:17:04.50	0:01:09.25	0:45:08.40	0:00:49.25	0:21:06.65	1:25:18.05
22	55	BENJ	MARRIAGE	M	18	30-34	6		0:16:01.75	0:00:53.70	0:46:14.25	0:00:27.15	0:21:48.90	1:25:25.75
23	34	RICHARD	FRAZIER	M	19	25-29	3		0:20:09.80	0:01:26.75	0:42:02.20	0:01:05.00	0:20:48.40	1:25:32.15
24	36	DUNCAN	GODFREY	M	20	35-39	3	TRI-SPORTS	0:15:39.90	0:01:58.85	0:44:26.05	0:00:55.35	0:22:37.90	1:25:38.05
25	52	JACK	KEOGHAN	M	21	20-24	1		0:13:38.10	0:01:31.35	0:46:46.20	0:01:02.00	0:23:22.80	1:26:20.45
26	39	JAMES	HALLAM	M	22	40-44	4		0:15:15.30	0:02:02.35	0:46:08.00	0:00:57.35	0:22:27.75	1:26:50.75
27	66	STEVEN	PEARSON	M	23	45-49	4	STORTFORD TRI	0:16:33.65	0:00:48.30	0:46:02.20	0:00:40.65	0:23:13.00	1:27:17.80
28	81	BRIAN	WARNER	M	24	40-44	5	FARNHAM TRIATHLON CLUB	0:17:14.25	0:01:51.40	0:44:39.60	0:01:20.10	0:22:21.55	1:27:26.90
29	41	GAVIN	HARBOUR-COOPER	M	25	35-39	4		0:17:05.80	0:02:19.90	0:46:56.00	0:00:32.10	0:21:38.25	1:28:32.05
30	54	JO	LISTER	F	5	25-29	1	PHOENIX TRI	0:14:26.50	0:01:24.70	0:46:07.95	0:00:55.80	0:25:42.80	1:28:37.75
31	1	MARK	ALLEN	M	26	35-39	5		0:15:32.20	0:00:58.75	0:48:05.35	0:00:39.05	0:23:29.70	1:28:45.05
32	25	LYNSEY	DOUGLAS	F	6	30-34	2		0:14:50.65	0:01:32.75	0:47:20.65	0:01:17.05	0:23:47.80	1:28:48.90
33	65	IAN	PEARSON	M	27	50-54	2	TEAM MK	0:17:35.95	0:01:24.15	0:46:24.35	0:01:00.75	0:23:00.90	1:29:26.10
34	57	STEPHEN	MEARS	M	28	20-24	2		0:14:21.00	0:00:00.00	0	0	0	1:29:42.10
35	11	STUART	BROMWICH	M	29	35-39	6		0:16:00.80	0:02:14.05	0:48:10.65	0:00:52.55	0:22:24.80	1:29:42.85
36	70	DAVID	QUINN	M	30	35-39	7	NRTH SHIELDS POLY	0:18:09.70	0:01:30.45	0:48:12.95	0:00:40.25	0:21:25.00	1:29:58.35
37	78	MICHAEL	TAYLOR	M	31	25-29	4		0:17:17.50	0:01:52.15	0:47:17.55	0:00:48.85	0:23:19.45	1:30:35.50
38	37	JOSEPH	GORDON-LUSTY	M	32	30-34	7		0:15:53.40	0:01:54.30	0:47:52.60	0:01:12.40	0:24:04.25	1:30:56.95
39	83	ALEX	WELSH	M	33	30-34	8		0:17:28.40	0:01:39.25	0:49:41.95	0:00:52.40	0:21:57.95	1:31:39.95
40	2	DAVID	ASCOTT	M	34	55-59	1		0:17:29.40	0:02:15.35	0:47:48.25	0:00:37.15	0:23:59.55	1:32:09.70
41	4	ALISON	BERRY	F	7	40-44	1		0:18:20.75	0:01:54.10	0:46:14.70	0:00:40.00	0:25:05.65	1:32:15.20
42	8	RACHEL	BRADBURY	F	8	35-39	2		0:17:09.45	0:01:39.80	0:47:46.35	0:01:10.45	0:25:10.65	1:32:56.70
43	79	GARETH	THOMPSON	M	35	35-39	8	LEAF AND LAWN	0:15:54.35	0:03:30.30	0:46:26.30	0:01:44.25	0:26:19.05	1:33:54.25
44	22	JON-WILLIAM	DAULTON	M	36	25-29	5		0:17:43.30	0:01:18.75	0:50:23.75	0:00:39.55	0:24:09.35	1:34:14.70
45	20	IAN	COOPER	M	37	55-59	2	KINEO FITNESS	0:18:19.85	0:01:19.15	0:48:29.15	0:01:29.95	0:24:41.80	1:34:19.90
46	48	SAMUEL	HUGGILL	M	38	30-34	9		0:17:20.10	0:01:44.45	0:50:54.40	0:00:54.25	0:23:30.55	1:34:23.75

## Hertfordshire Triathlon Summer Sprint

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Swim	T1	Bike	T2	Run	FinishTime
47	5	DES	BEZUIDENHOUT	F	9	40-44	2		0:17:16.70	0:02:57.20	0:49:15.15	0:01:18.70	0:24:57.45	1:35:45.20
48	27	ROB	EDWARDS	M	39	25-29	6		0:19:58.00	0:02:00.05	0:49:55.50	0:01:27.30	0:22:51.45	1:36:12.30
49	72	CHRIS	SKELTON	M	40	40-44	6		0:18:11.20	0:02:17.25	0:49:56.75	0:00:41.10	0:25:35.15	1:36:41.45
50	19	ANDY	COOPER	M	41	50-54	3	NHRR	0:19:15.35	0:03:17.35	0:51:03.15	0:00:42.35	0:23:07.05	1:37:25.25
51	29	LAURENCE	EVERITT	M	42	45-49	5		0:17:39.20	0:02:10.05	0:51:05.15	0:01:38.60	0:24:53.15	1:37:26.15
52	58	DENNY	MOODY	F	10	60-64	1	STOKE MANDEVILLE TRI CLUB	0:19:00.85	0:01:31.75	0:50:26.45	0:00:55.95	0:25:32.90	1:37:27.90
53	85	MICHAEL	WILKINS	M	43	45-49	6	ST ALBANS STRIDERS	0:21:52.25	0:02:07.00	0:48:45.30	0:01:43.35	0:24:46.60	1:39:14.50
54	62	NICK	PAGE	M	44	40-44	7		0:17:42.80	0:02:17.05	0:51:32.90	0:02:13.70	0:25:47.35	1:39:33.80
55	28	NICK	EVANS	M	45	50-54	4	DAVID LLOYD HATFIELD	0:14:29.95	0:02:34.30	0:52:44.05	0:01:25.35	0:28:20.45	1:39:34.10
56	49	GRAHAM	JONES	M	46	45-49	7		0:19:45.30	0:02:58.05	0:49:09.05	0:01:11.25	0:27:19.40	1:40:23.05
57	77	MARK	TANT	M	47	50-54	5		0:20:52.35	0:02:31.35	0:50:40.30	0:01:07.35	0:25:18.30	1:40:29.65
58	42	GRAHAM	HARPER	M	48	55-59	3	HARPENDEN ARROWS	0:20:35.80	0:01:51.75	0:52:02.60	0:00:52.25	0:25:27.45	1:40:49.85
59	23	HELEN	DENTON	F	11	35-39	3		0:18:46.75	0:01:31.90	0:54:38.20	0:00:51.40	0:25:11.35	1:40:59.60
60	9	JOE	BRENNAN	M	49	50-54	6		0:18:22.80	0:02:55.25	0:53:28.50	0:00:44.30	0:25:44.30	1:41:15.15
61	69	RICHARD	POWELL	M	50	35-39	9		0:20:47.15	0:02:44.15	0:52:31.55	0:00:47.85	0:24:52.15	1:41:42.85
62	15	LIAM	CASSIDY	M	51	Junior	2		0:17:08.30	0:03:07.55	0:52:19.60	0:01:53.40	0:27:35.45	1:42:04.30
63	76	CHARLOTTE	TANT	F	12	20-24	1		0:20:52.85	0:02:43.55	0:50:28.85	0:01:06.85	0:27:03.25	1:42:15.35
64	156	DANI	WELTER	F	13	30-34	3	STORTFORD TRI	0:15:41.75	0:01:30.80	0:56:35.30	0:01:29.90	0:27:06.25	1:42:24.00
65	26	PAUL	DRINKWATER	M	52	40-44	8		0:18:34.80	0:02:33.10	0:49:20.60	0:01:07.40	0:31:49.25	1:43:25.15
66	145	ARISTOS	TOFALLIS	M	53	30-34	10	TRI-FORCE	0:23:04.95	0:04:34.05	0:50:50.00	0:00:59.00	0:24:16.75	1:43:44.75
67	67	ROS	POVEY	F	14	45-49	1	FREEDOM TRI	0:20:37.50	0:01:58.70	0:53:22.50	0:01:08.35	0:26:57.70	1:44:04.75
68	13	GRAHAM	BRUNT	M	54	45-49	8		0:21:04.60	0:01:51.20	0:53:13.45	0:00:46.00	0:27:22.15	1:44:17.40
69	75	MARY	SWINDLES	F	15	60-64	2	HILLINGDON TRIATHLETES	0:19:48.25	0:03:37.20	0:52:28.25	0:01:05.65	0:27:43.95	1:44:43.30
70	17	MARK	COLEMAN	M	55	50-54	7		0:19:29.80	0:03:08.85	0:50:53.60	0:01:15.35	0:30:23.25	1:45:10.85
71	47	PAT	HIGGINS	M	56	55-59	4	ST ALBANS STRIDERS	0:17:37.15	0:01:14.30	1:04:41.10	0:00:46.20	0:23:14.30	1:47:33.05
72	80	CHRISTINA	TRUEBLOOD	F	16	40-44	3		0:19:09.70	0:03:06.85	0:55:20.40	0:00:42.05	0:30:03.00	1:48:22.00
73	43	ALISON	HARROW	F	17	45-49	2	LONDON HEATHSIDE	0:17:12.60	0:04:38.05	1:01:54.55	0:01:17.55	0:25:25.75	1:50:28.50
74	44	HANNAH	HARVEY	F	18	25-29	2		0:19:38.45	0:03:21.55	1:02:10.80	0:00:50.85	0:28:36.90	1:54:38.55
75	86	CLAIRE	WOOLFREY	F	19	35-39	4	HILLINGDON TRIATHLETES	0:17:22.00	0:01:33.30	1:00:09.95	0:01:40.55	0:33:55.75	1:54:41.55
76	24	PAUL	DEVERRICK	M	57	50-54	8		0:24:30.05	0:04:02.10	0:52:14.65	0:01:05.35	0:33:19.40	1:55:11.55
77	40	FREDDIE	HANCOCK	M	58	25-29	7		0:20:44.90	0:03:20.15	0:59:14.20	0:01:50.90	0:31:56.00	1:57:06.15
78	7	BRENDA	BOZWOOD DAVIES	F	20	65-69	1	TEAM TRISPORTS	0:22:29.25	0:02:44.45	0:56:34.75	0:01:48.40	0:35:24.15	1:59:01.00
79	68	CARA	POWELL	F	21	35-39	5		0:24:50.35	0:03:45.35	1:08:09.35	0:01:56.55	0:37:23.15	2:16:04.75
80	18	ROBERT	COLLIS	M	59	65-69	1		0:20:39.05	0:07:10.20	1:04:11.00	0:03:48.10	0:45:58.20	2:21:46.55
DQ	53	DAVID	KIRBY	M	DQ	50-54	DQ		0:12:26.25	0:01:05.90	0:41:15.45	0:00:42.05	0:23:27.70	1:18:57.35