

Hertfordshire Summer Triathlon Standard

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Wave	Herts Champs	Swim	T1	Bike	T2	Run	FinishTime
1	167	MAT	CLARKSON	M	1	40-44	1		3	Y	0:24:39.90	0:00:40.85	1:08:42.35	0:00:32.80	0:38:05.65	2:12:41.55
2	122	JOEL	KNIGHT	M	2	20-24	1	HODDESDON TRI	2	Y	0:18:10.30	0:00:57.30	1:13:44.40	0:00:39.85	0:39:52.15	2:13:24.00
3	189	JON	KIRKBRIDE	M	3	25-29	1		3	N	0:23:44.15	0:01:03.80	1:11:37.15	0:00:33.85	0:38:43.65	2:15:42.60
4	159	ADRIAN	BERRY	M	4	35-39	1		3	N	0:26:45.65	0:00:54.60	1:10:55.95	0:00:39.65	0:37:12.75	2:16:28.60
5	132	CHRIS	PRICE	M	5	Junior	1	HODDESDON TRI	2	Y	0:22:22.60	0:00:56.85	1:16:30.15	0:00:34.75	0:37:18.75	2:17:43.10
6	144	RICHARD	THOMAS	M	6	45-49	1	HODDESDON TRI	2	Y	0:24:06.40	0:00:41.90	1:11:38.65	0:00:40.20	0:41:42.50	2:18:49.65
7	175	PHIL	DOEL	M	7	45-49	2	WALDEN TRI	3	N	0:25:59.85	0:01:04.25	1:13:41.35	0:00:38.60	0:37:52.45	2:19:16.50
8	195	JAMES	MCCANN	M	8	35-39	2		3	N	0:27:08.70	0:01:27.80	1:14:12.40	0:00:45.25	0:36:27.65	2:20:01.80
9	147	TIJL	UIJTENHAAK	M	9	30-34	1	S4F TRIATHLON	2	Y	0:27:44.40	0:01:57.55	1:06:43.80	0:00:56.30	0:42:49.75	2:20:11.80
10	107	EMMA	DEARY	F	1	25-29	1	STORTFORD TRI	2	Y	0:26:15.35	0:00:51.85	1:14:09.35	0:00:33.50	0:38:42.40	2:20:32.45
11	120	MIKE	JUBB	M	10	45-49	3	TRI-FORCE	2	Y	0:29:09.75	0:00:51.90	1:11:19.65	0:00:41.05	0:39:03.25	2:21:05.60
12	154	ANT	COLLIER	M	11	25-29	2	HODDESDON TRI	2	Y	0:24:07.05	0:00:53.55	1:09:07.50	0:00:30.35	0:47:17.60	2:21:56.05
13	148	JONATHAN	WADGE	M	12	35-39	3	TRI-FORCE	2	Y	0:27:09.85	0:01:03.90	1:13:29.20	0:00:52.85	0:39:58.70	2:22:34.50
14	105	ROBERT	CUNNANE	M	13	30-34	2	TEAM TRISPORTS	2	Y	0:23:41.35	0:00:58.60	1:17:17.10	0:00:34.70	0:40:24.45	2:22:56.20
15	212	ANTHONY	REES	M	14	30-34	3		3	N	0:22:24.35	0:01:51.95	1:18:05.50	0:00:46.10	0:40:21.40	2:23:29.30
16	178	GUY	GREEN	M	15	30-34	4	HILLINGDON TRIATHLETES	3	Y	0:28:50.85	0:01:04.00	1:16:43.85	0:00:40.25	0:38:27.90	2:25:46.85
17	188	PAT	KINCH	M	16	45-49	4	CHURNET VALLEY TRI	3	N	0:31:32.20	0:01:14.35	1:10:15.45	0:01:00.00	0:41:58.60	2:26:00.60
18	133	DAVID	RAYMEN	M	17	40-44	2	HODDESDON TRI	2	Y	0:30:30.85	0:01:02.20	1:11:46.25	0:00:33.15	0:43:09.25	2:27:01.70
19	150	RICHARD	WELTZ	M	18	35-39	4	TEAM TRISPORTS	2	Y	0:29:20.15	0:01:26.20	1:11:43.45	0:01:14.90	0:43:44.05	2:27:28.75
20	106	KEVIN	DEAN	M	19	50-54	1	TRI-FORCE	2	Y	0:26:26.55	0:01:01.00	1:14:52.20	0:00:45.55	0:44:36.40	2:27:41.70
21	118	DARREN	HODGES	M	20	40-44	3	HODDESDON TRI	2	Y	0:29:05.00	0:01:31.90	1:13:04.70	0:00:47.05	0:43:45.60	2:28:14.25
22	221	JONATHAN	TURNBULL	M	21	40-44	4	ENSOFT	3	Y	0:28:47.45	0:01:20.95	1:17:12.75	0:01:13.10	0:39:59.20	2:28:33.45
23	162	IAN	BRYSON	M	22	40-44	5		3	Y	0:34:25.80	0:01:24.55	1:13:31.10	0:00:59.30	0:38:59.35	2:29:20.10
24	160	ANDREW	BETTON	M	23	40-44	6	TRI LONDON	3	N	0:31:02.80	0:03:57.55	1:13:06.55	0:00:55.25	0:40:43.90	2:29:46.05
25	205	DOUG	O'GORMAN	M	24	40-44	7		3	N	0:26:01.65	0:01:19.75	1:15:46.75	0:01:00.15	0:45:42.45	2:29:50.75
26	187	ROBERT	JOHNSTON	M	25	45-49	5		3	N	0:29:24.00	0:01:11.35	1:14:33.30	0:00:59.90	0:44:39.85	2:30:48.40
27	179	RICARDO	GUERRERO	M	26	30-34	5		3	N	0:27:17.15	0:02:14.70	1:19:42.20	0:01:05.45	0:40:55.25	2:31:14.75
28	180	SIMON	HATTAN	M	27	50-54	2	TEAM TRIATHLON EUROPE	3	N	0:28:08.45	0:01:32.30	1:15:34.90	0:00:45.95	0:45:21.55	2:31:23.15
29	92	CHRIS	BELCHER	M	28	40-44	8	FREEDOM TRI	2	Y	0:27:57.85	0:00:57.35	1:14:30.55	0:00:48.10	0:47:32.50	2:31:46.35
30	222	ANDY	VARNISH	M	29	30-34	6		3	Y	0:30:26.60	0:01:34.10	1:17:08.05	0:00:57.55	0:42:22.45	2:32:28.75
31	209	JOSEPH	PRICE	M	30	30-34	7		3	Y	0:28:14.65	0:01:20.10	1:22:11.00	0:00:31.65	0:40:28.45	2:32:45.85
32	219	JONATHAN	THOMSON	M	31	35-39	5	WILLESDEN TRIATHLON	3	N	0:27:05.20	0:00:54.05	1:23:30.15	0:00:43.10	0:41:11.55	2:33:24.05
33	111	ROBERT	EARTHY	M	32	45-49	6	HODDESDON TRI	2	Y	0:29:22.50	0:01:28.40	1:16:54.35	0:01:43.65	0:44:08.65	2:33:37.55
34	197	STUART	MCGOWAN	M	33	65-69	1	BIKE AND RUN	3	N	0:28:48.90	0:01:09.25	1:16:56.70	0:00:43.60	0:46:56.50	2:34:34.95
35	130	TOM	OLIVER	M	34	35-39	6	TRI-FORCE	2	Y	0:26:34.85	0:01:23.55	1:21:19.10	0:01:01.95	0:44:23.10	2:34:42.55
36	161	DAN	BRADBURY	M	35	35-39	7		3	Y	0:30:27.45	0:01:09.90	1:17:27.50	0:00:50.75	0:45:44.35	2:35:39.95
37	166	THOMAS	CLARKE	M	36	30-34	8		3	Y	0:28:55.90	0:02:09.55	1:21:51.90	0:01:15.00	0:41:34.95	2:35:47.30
38	186	STEVEN	JACOBS	M	37	25-29	3		3	N	0:30:02.15	0:02:12.80	1:22:24.60	0:00:32.15	0:40:35.75	2:35:47.45
39	226	KEITH	WILSON	M	38	45-49	7		3	Y	0:26:48.35	0:01:40.00	1:18:24.55	0:00:51.60	0:48:03.65	2:35:48.15
40	113	GERRY	FREWIN	M	39	40-44	9	S4F TRIATHLON	2	Y	0:31:40.85	0:01:41.75	1:21:23.70	0:00:47.75	0:41:04.45	2:36:38.50
41	185	DARYL	JACOBS	M	40	25-29	4		3	N	0:30:00.35	0:02:03.45	1:22:33.85	0:00:28.50	0:41:51.65	2:36:57.80
42	169	LUCY	COLLINS	F	2	40-44	1	VICEROYS TRIATHLON CLUB	3	N	0:30:22.85	0:00:58.60	1:22:24.05	0:00:53.85	0:42:24.30	2:37:03.65
43	104	MARK	CROWNE	M	41	50-54	3	S4F TRIATHLON	2	Y	0:30:21.30	0:01:24.70	1:22:13.35	0:02:01.10	0:42:01.40	2:38:01.85
44	99	DAVE	COARD	M	42	50-54	4	BOXFIT	3	N	0:33:16.50	0:01:03.25	1:20:56.90	0:01:19.95	0:42:13.00	2:38:49.60
45	123	DARREN	LEDNR	M	43	40-44	10	TRI-FORCE	2	Y	0:27:15.55	0:01:17.50	1:23:09.25	0:00:39.90	0:46:53.85	2:39:16.05
46	157	JAMES	BATESON	T	1	TEAM	1		3	N	0:33:00.50	0:00:38.55	1:18:10.80	0:00:29.45	0:46:58.50	2:39:17.80
47	98	CHRISTOPHER	CLARK	M	44	30-34	9	FREEDOM TRI	2	Y	0:31:28.65	0:01:41.10	1:20:21.45	0:01:19.55	0:45:01.40	2:39:52.15
48	200	TERRY	MILLIGAN-ALCOCK	M	45	35-39	8	HERTS POLICE TRIATHLON CLUB	3	Y	0:37:26.00	0:01:12.70	1:17:08.85	0:00:59.50	0:43:06.40	2:39:53.45
49	100	MATTHEW	COOKE	M	46	20-24	2	TEAM TRISPORTS	2	Y	0:28:28.00	0:01:15.10	1:24:23.05	0:00:43.70	0:46:29.40	2:41:19.25
50	193	ALEXANDER	MARR	M	47	25-29	5		3	N	0:33:22.00	0:02:26.95	1:21:06.40	0:00:47.65	0:43:51.45	2:41:34.45
51	110	FRANCESCA	DURBIN	F	3	Junior	1	TRI-FORCE	2	Y	0:25:21.60	0:00:51.55	1:30:59.30	0:00:33.25	0:43:59.55	2:41:45.25
52	196	KEITH	MCCARTHY	M	48	40-44	11	NEWMARKET CYCLING AND TRIATHLON CLUB	3	N	0:34:38.10	0:01:38.20	1:20:04.20	0:01:03.45	0:44:32.30	2:41:56.25
53	90	ALLIE	PARK	F	4	35-39	1	S4F TRIATHLON	2	Y	0:31:10.95	0:00:57.80	1:20:29.10	0:01:04.00	0:48:23.40	2:42:05.25
54	225	JAMES	WILSON	M	49	45-49	8	MAIDSTONE HARRIERS TRI	3	N	0:31:55.05	0:02:56.25	1:19:50.85	0:00:56.15	0:46:35.15	2:42:13.45

Hertfordshire Summer Triathlon Standard

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Wave	Herts Champs	Swim	T1	Bike	T2	Run	FinishTime
55	172	PHIL	CROUCH	M	50	60-64	1		3	N	0:30:42.80	0:00:59.45	1:16:51.70	0:00:43.40	0:52:59.10	2:42:16.45
56	140	IAN	SEWELL	M	51	35-39	9	HODDESODN TRI	2	Y	0:28:56.40	0:00:59.45	1:23:06.35	0:01:16.40	0:49:41.15	2:43:59.75
57	194	MASAHIRO	MATSUURA	M	52	45-49	9		3	N	0:31:21.25	0:02:15.10	1:26:55.10	0:01:30.40	0:42:10.55	2:44:12.40
58	141	DARREN	SMITH	M	53	50-54	5	HODDESODN TRI	2	Y	0:30:34.65	0:01:17.20	1:23:39.70	0:01:00.40	0:47:43.00	2:44:14.95
59	146	ALI	TRAVERS	F	5	25-29	2	S4F TRIATHLON	2	Y	0:27:59.65	0:01:33.50	1:28:58.55	0:00:56.55	0:44:51.40	2:44:19.65
60	203	RACHEL	NEWSTEAD	F	6	25-29	3		3	Y	0:31:33.75	0:01:36.80	1:28:55.35	0:01:18.60	0:41:09.85	2:44:34.35
61	218	PAUL	SOWTER	M	54	35-39	10	ST ALBANS STRIDERS	3	Y	0:34:28.00	0:02:41.45	1:26:00.30	0:01:14.10	0:40:59.70	2:45:23.55
62	137	THOMAS	SAUKA	M	55	40-44	12	FREEDOM TRI	2	Y	0:41:01.05	0:01:08.55	1:18:08.10	0:00:47.75	0:44:55.35	2:46:00.80
63	127	GRAEME	MCTAIT	M	56	40-44	13	TRI-FORCE	2	Y	0:36:06.05	0:02:24.10	1:18:39.85	0:01:11.35	0:47:49.75	2:46:11.10
64	204	MARK	NRRIS	M	57	40-44	14		3	N	0:32:10.05	0:02:26.25	1:21:22.80	0:00:48.35	0:49:32.60	2:46:20.05
65	135	RICHARD	RUFFELL	M	58	50-54	6	SHIRES TRIERS	3	N	0:35:00.35	0:01:48.30	1:23:51.40	0:00:58.00	0:44:51.60	2:46:29.65
66	117	HEATHER	HOBBS	F	7	45-49	1	TRI-FORCE	2	Y	0:31:32.45	0:01:48.65	1:24:50.30	0:01:02.75	0:48:50.05	2:48:04.20
67	213	JAMIE	ROBERTSON	M	59	30-34	10		3	Y	0:32:05.15	0:01:20.95	1:24:17.20	0:00:47.20	0:50:38.10	2:49:08.60
68	121	JAMES	KNIGHT	M	60	50-54	7	FREEDOM TRI	2	Y	0:29:30.35	0:01:41.60	1:24:47.75	0:01:12.15	0:52:43.20	2:49:55.05
69	149	BEN	WARD	M	61	25-29	6	HODDESODN TRI	2	N	0:30:40.40	0:02:35.80	1:27:53.65	0:01:17.10	0:47:38.00	2:50:04.95
70	94	PETER	BINKS	M	62	40-44	15	STORTFORD TRI	2	N	0:32:59.45	0:01:11.65	1:21:59.45	0:01:01.60	0:53:57.45	2:51:09.60
71	191	PAULINA	MALAGA	F	8	20-24	1	HAMPSTEAD TRIATHLON CLUB	3	Y	0:31:18.45	0:01:50.75	1:28:19.95	0:01:05.25	0:48:50.30	2:51:24.70
72	158	ANDY	MANNING	T	2	TEAM	2	TEAM GO SLOW	3	N	0:36:42.55	0:00:56.20	1:15:58.20	0:00:32.60	0:57:26.80	2:51:36.35
73	91	GARETH	BATES	M	63	30-34	11	FREEDOM TRI	2	Y	0:33:02.55	0:01:13.00	1:31:26.80	0:00:47.55	0:45:50.25	2:52:20.15
74	93	CINDY	BERRY	F	9	20-24	2	HODDESODN TRI	2	Y	0:29:54.70	0:01:07.50	1:27:39.50	0:00:37.85	0:53:14.90	2:52:34.45
75	215	NATALIE	RUFFELL	F	10	25-29	4		3	N	0:33:21.40	0:01:31.90	1:33:49.15	0:00:51.50	0:43:09.00	2:52:42.95
76	227	MARK	WRIGHTSON	M	64	25-29	7	VOLTNET	3	N	0:36:23.35	0:02:48.55	1:21:51.70	0:01:08.20	0:50:40.65	2:52:52.45
77	190	CRAIG	LOEBER	M	65	25-29	8		3	N	0:30:06.75	0:03:12.70	1:32:01.55	0:02:36.95	0:46:40.25	2:54:38.20
78	124	RACHEL	LYNES	F	11	40-44	2	FREEDOM TRI	2	Y	0:29:23.95	0:01:56.10	1:31:46.35	0:01:21.15	0:50:36.70	2:55:04.25
79	165	SCOTT	CLARKE	M	66	45-49	10	CHILTERN HARRIERS	3	Y	0:34:26.30	0:02:40.40	1:30:41.55	0:02:04.80	0:46:20.20	2:56:13.25
80	164	JAMIE	CASSIDY	M	67	25-29	9		3	N	0:39:42.00	0:04:15.00	1:27:07.55	0:02:00.80	0:44:38.85	2:57:44.20
81	182	JENNY	HEPTON	F	12	25-29	5		3	Y	0:33:23.90	0:01:46.95	1:26:57.45	0:00:48.20	0:55:13.55	2:58:10.05
82	128	PIPPA	MORTIMER	F	13	40-44	3	S4F TRIATHLON	2	Y	0:30:05.65	0:01:19.05	1:37:43.00	0:01:08.00	0:49:37.80	2:59:53.50
83	97	CLARE	BROWNE	F	14	45-49	2	HODDESODN TRI	2	Y	0:31:13.85	0:02:25.30	1:35:34.80	0:01:21.90	0:49:26.40	3:00:02.25
84	152	IAN	WILLIAMS	M	68	40-44	16	HODDESODN TRI	2	Y	0:32:28.00	0:01:38.35	1:30:02.40	0:01:10.45	0:55:07.80	3:00:27.00
85	223	ANDREW	WARD	M	69	25-29	10		3	N	0:32:15.15	0:03:03.55	1:32:38.75	0:00:35.95	0:53:01.45	3:01:34.85
86	108	DARRIN	DEXTER	M	70	45-49	11	TRI-FORCE	2	Y	0:32:33.00	0:01:08.20	1:31:51.75	0:01:03.20	0:55:57.70	3:02:33.85
87	125	KIMBERLEY	MANGELSHOT	F	15	45-49	3	HODDESODN TRI	2	Y	0:35:51.65	0:01:54.10	1:25:29.90	0:01:24.70	0:59:02.50	3:03:42.85
88	173	TOM	CULLIMORE	M	71	20-24	3		3	N	0:39:01.75	0:02:39.30	1:30:57.20	0:00:40.30	0:50:39.60	3:03:58.15
89	114	MICHAEL	GALLUCCI	M	72	45-49	12	S4F TRIATHLON	2	Y	0:37:12.25	0:02:04.50	1:31:14.95	0:01:22.85	0:54:56.70	3:06:51.25
90	174	ANDREW	DENCH	M	73	45-49	13	TRENT PARK RUNNING CLUB	3	Y	0:36:32.80	0:02:53.95	1:32:36.05	0:01:51.35	0:53:29.20	3:07:23.35
91	217	EDWARD	SNOK	M	74	30-34	12	WOOTTON TRI	3	Y	0:35:30.00	0:01:31.45	1:25:00.15	0:01:04.55	1:04:24.50	3:07:30.65
92	214	SIMON	ROBINSON	M	75	55-59	1		3	Y	0:33:37.95	0:02:24.05	1:35:54.05	0:02:37.85	0:55:01.00	3:09:34.90
93	155	NATASHA	PACK	F	16	35-39	2	HODDESODN TRI	2	Y	0:35:43.75	0:02:23.60	1:34:11.95	0:01:03.50	0:56:30.55	3:09:53.35
94	115	LUCY	GUEST	F	17	40-44	4	S4F TRIATHLON	2	Y	0:34:05.25	0:01:31.60	1:38:56.50	0:00:59.75	0:54:53.65	3:10:26.75
95	198	NATALIE	MCINTOSH	F	18	30-34	1	HASLEMERE BORDER ATHLETIC CLUB	3	N	0:29:54.35	0:01:30.50	1:46:27.00	0:00:48.45	0:53:25.45	3:12:05.75
96	199	ERIK	MIELKE	M	76	40-44	17		3	Y	0:46:34.20	0:02:49.50	1:31:57.25	0:01:15.45	0:51:18.00	3:13:54.40
97	211	VYRNWY	RAINBIRD	F	19	20-24	3	ROYAL NAVY TRIATHLON	3	N	0:34:28.80	0:01:49.10	1:37:44.25	0:00:36.55	1:00:21.35	3:15:00.05
98	101	MATT	COTTER	M	77	40-44	18	FREEDOM TRI	2	Y	0:32:09.00	0:01:43.95	1:42:36.80	0:01:35.30	0:57:17.80	3:15:22.85
99	208	WILLIAM	PRESS	M	78	30-34	13		3	N	0:40:00.00	0:02:54.00	1:36:28.35	0:01:33.40	0:54:42.95	3:15:38.70
100	183	PAUL	HODGSON	M	79	40-44	19		3	N	0:40:17.90	0:01:58.25	1:31:10.40	0:01:25.60	1:01:02.30	3:15:54.45
101	143	VICTORIA	SWAIN	F	20	45-49	4	TRI-FORCE	2	Y	0:33:38.65	0:04:17.50	1:41:42.15	0:02:23.65	0:55:58.40	3:18:00.35
102	184	SOL	IBRAHIM	M	80	40-44	20		3	N	0:42:39.55	0:02:01.40	1:50:09.30	0:01:22.05	0:42:27.75	3:18:40.05
103	151	TOM	WIGGINS	M	81	30-34	14	TRI-FORCE	2	Y	0:37:57.15	0:02:51.45	1:36:53.75	0:01:58.85	1:00:54.30	3:20:35.50
104	134	CAROL	REID	F	21	50-54	1	TRI-FORCE	2	Y	0:42:36.10	0:02:47.35	1:44:59.85	0:00:37.65	0:49:50.55	3:20:51.50
105	206	RODERICK	PATON	M	82	70-74	1		3	N	0:37:25.00	0:01:45.15	1:37:29.90	0:01:35.90	1:06:43.25	3:24:59.20
106	181	JOSEPH	HAWES	M	83	35-39	11	SPRINGFIELD STRIDERS	3	N	0:42:18.85	0:02:53.95	1:43:34.15	0:01:19.90	0:55:21.55	3:25:28.40
107	192	JENNIFER	MALLINSON	F	22	35-39	3		3	N	0:39:22.55	0:02:55.95	1:41:48.30	0:01:07.00	1:01:12.90	3:26:26.70
108	138	ROBERT	SCOTT	M	84	45-49	14	HODDESODN TRI	2	Y	0:40:33.05	0:02:39.30	1:40:37.30	0:01:53.10	1:02:13.10	3:27:55.85

Hertfordshire Summer Triathlon Standard

Pos	Bib	Firstname	Lastname	Gender	Gender Pos	Cat	Cat Pos	Club	Wave	Herts Champs	Swim	T1	Bike	T2	Run	FinishTime
109	170	HARRIET	COPLAND	F	23	45-49	5	HILLINGDON TRIATHLETES	3	N	0:33:08.15	0:02:51.70	1:42:54.40	0:01:00.60	1:09:26.00	3:29:20.85
110	207	ALEXANDRA	PEREZ	F	24	25-29	6	TRI-LONDON	3	N	0:31:47.55	0:04:08.15	1:49:55.90	0:02:20.10	1:06:12.65	3:34:24.35
111	129	JOHN	NUGENT	M	85	70-74	2	HODDESDON TRI	2	Y	0:44:00.75	0:02:15.85	1:52:54.45	0:00:55.30	1:08:24.00	3:48:30.35
DNF	142	MIKE	SUCKLING	M	DNF	50-54	DNF	FREEDOM TRI	2	Y	0:34:11.60	0:02:04.20	1:27:55.05	0	0	0
DQ	136	MICHAEL	RUSSELL	M	DQ	55-59	DQ	TEAM TRISPORTS	2	Y	0:32:30.80	0:01:14.75	1:19:09.90	0:01:01.30	0:43:48.05	2:37:44.80
DNF	109	EUGENE	DOHERTY	M	DNF	40-44	DNF	S4F TRIATHLON	2	Y	0:38:19.75	0	0:00:00.00	0:00:00.00	0	0
DNF	163	MELISSA	BURRELL	F	DNF	35-39	DNF	BEDFORD HARRIERS	3	N	0:30:45.90	0:01:12.10	1:21:12.55	0:00:52.90	0	0