

Udo's Choice Allerthorpe Sprint Triathlon

Sunday 20th June 2010

Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
1	3	Tom	Room	M	Www.Tritom.Co.Uk	1	00:08:24	00:00:45	5	00:29:32	00:00:50	2	00:17:47	00:57:18
2	22	Rob	West	M40	One Life	16	00:09:47	00:00:59	8	00:29:46	00:00:49	1	00:17:12	00:58:33
3	15	Oliver	Dixon	M	Ceepto Tfn Rt	11	00:09:16	00:01:10	6	00:29:37	00:00:37	9	00:18:47	00:59:27
4	39	Andy	Martin	M	Army Triathlon Association	31	00:10:52	00:00:46	2	00:29:13	00:00:45	3	00:18:03	00:59:39
5	26	Chris	Brown	TEAM	Leeds & Bradford Tri Club	14	00:09:32	00:00:41	11	00:30:22	00:00:36	8	00:18:38	00:59:49
6	19	Daniel	McParland	M	City Of Lancaster Tri (Colt)	20	00:09:55	00:00:48	4	00:29:28	00:00:46	13	00:19:12	01:00:09
7	20	Tom	Williams	M	Leeds & Bradford Tri Club	23	00:10:02	00:01:15	7	00:29:41	00:01:02	16	00:19:21	01:01:21
8	36	Richard	Hamilton	M	Leeds & Bradford Tri Club	42	00:11:28	00:01:01	3	00:29:25	00:00:54	7	00:18:37	01:01:25
9	29	Richard	Bewell	M40	Wetherby Runners Ac	22	00:10:00	00:01:10	19	00:31:29	00:00:49	4	00:18:24	01:01:52
10	2	Paul	Noble	M	Barracuda Tri Club	4	00:08:36	00:01:01	13	00:31:05	00:00:44	43	00:20:34	01:02:00
11	30	Simon	Brooksbank	M	Leeds & Bradford Tri Club	27	00:10:13	00:01:08	14	00:31:09	00:01:03	5	00:18:28	01:02:01
12	37	Steve	Lloyd	M40	Absolute Tri Coaching	24	00:10:08	00:00:58	10	00:30:08	00:00:52	42	00:20:30	01:02:36
13	71	Steven	Wigglesworth	M40	Vegetarian C&Ac	67	00:12:03	00:01:01	1	00:29:07	00:00:48	26	00:19:48	01:02:47
14	191	Shaun	Lawson	M		18	00:09:53	00:00:58	21	00:31:42	00:00:55	21	00:19:38	01:03:06
15	197	John	Tate	TEAM	Ilkley Harriers	37	00:11:08	00:00:51	12	00:30:48	00:00:43	23	00:19:40	01:03:10
16	1	Adam	Scott	M		9	00:09:05	00:00:53	25	00:32:11	00:00:49	40	00:20:24	01:03:22
17	52	Christopher	Duck	M		62	00:11:54	00:01:11	16	00:31:15	00:00:46	12	00:18:57	01:04:03
18	4	Euan	Hockey	MY	Leeds & Bradford Tri Club	3	00:08:34	00:01:34	58	00:34:16	00:00:45	11	00:18:55	01:04:04
19	8	Elliot	Smales	MY	Sheffield Tri Club	2	00:08:32	00:01:18	46	00:33:41	00:00:53	27	00:19:50	01:04:14
20	58	Christian	Loney	M		48	00:11:39	00:01:14	18	00:31:26	00:01:01	17	00:19:27	01:04:47
21	35	Andy	Hardy	M40	Hartlepool Triathletes	46	00:11:36	00:00:53	24	00:32:01	00:00:53	29	00:19:59	01:05:22
22	234	Michael	Osei	M40	Cleveland Tri	36	00:11:07	00:01:20	32	00:32:32	00:01:06	15	00:19:19	01:05:24
23	43	Alistair	Lowe	M		5	00:08:46	00:01:51	43	00:33:28	00:00:47	47	00:20:42	01:05:34
24	178	David	Philipson	M	Barracuda Tri Club	7	00:08:51	00:01:27	37	00:32:52	00:00:55	69	00:21:36	01:05:41
25	51	John	Wilson	M50		43	00:11:33	00:01:19	20	00:31:31	00:01:09	38	00:20:18	01:05:50
26	69	Robin	Simpson	M	Leeds & Bradford Tri Club	84	00:12:28	00:01:27	15	00:31:10	00:01:04	28	00:19:57	01:06:06
27	16	David	Giles	M	4Life	10	00:09:12	00:01:05	34	00:32:35	00:00:47	97	00:22:30	01:06:09
28	53	Steven	Roe	M40	Sheffield Tri Club	58	00:11:49	00:01:39	9	00:29:52	00:00:49	84	00:22:06	01:06:15
29	80	Rachael	Mellor	F40	Holmfirth Harriers Tri	38	00:11:11	00:01:02	29	00:32:16	00:01:05	50	00:20:50	01:06:24
30	31	Martin	Shaw	M40	Nyp Tri	25	00:10:11	00:01:05	47	00:33:44	00:00:50	45	00:20:35	01:06:25
31	17	Emma	Pearson	F	Alnwick Tri Club	19	00:09:54	00:01:14	61	00:34:21	00:00:44	36	00:20:15	01:06:28
32	50	Ben	Garrard	M	Leeds & Bradford Tri Club	50	00:11:40	00:01:20	17	00:31:18	00:01:08	85	00:22:06	01:07:32
33	28	Andrew	Nash	M		17	00:09:50	00:01:45	52	00:34:01	00:01:21	46	00:20:37	01:07:34
34	242	Matthew	Wheeler	M	Wetherby Runners Ac	49	00:11:40	00:01:09	65	00:34:31	00:00:49	22	00:19:38	01:07:47
35	217	Garry	Davy	M40		35	00:11:06	00:01:35	75	00:34:43	00:01:09	20	00:19:32	01:08:05
36	85	Harry	Dowdell	M50	Nyp Tri	99	00:13:02	00:01:31	33	00:32:35	00:00:56	31	00:20:07	01:08:11
37	102	Richard	Brook	M		77	00:12:24	00:01:21	27	00:32:14	00:01:10	64	00:21:23	01:08:32
38	107	Andy	Good	M	Barracuda Tri Club	81	00:12:27	00:01:21	42	00:33:23	00:00:57	41	00:20:25	01:08:33
39	106	Mark	Harney	M		60	00:11:50	00:01:36	22	00:31:58	00:01:31	75	00:21:45	01:08:40
40	70	Terry	Lightfoot	M40	White Rose Tri	73	00:12:15	00:01:13	39	00:33:02	00:01:09	56	00:21:06	01:08:45
41	55	Nick	Mortimer	M		69	00:12:06	00:01:24	81	00:35:04	00:01:07	14	00:19:15	01:08:56
42	193	Heather	Tuffs	F		52	00:11:41	00:01:36	64	00:34:29	00:01:04	35	00:20:14	01:09:04
43	145	Wayne	Steel	M40		54	00:11:44	00:01:06	55	00:34:07	00:01:00	59	00:21:16	01:09:13
44	44	Connor	Swift	MY	Adwick Tri Club	105	00:13:15	00:01:43	26	00:32:12	00:00:43	65	00:21:27	01:09:20
45	47	Tony	Shepherd	M40	Holmfirth Harriers Tri	41	00:11:25	00:01:39	28	00:32:15	00:01:00	119	00:23:06	01:09:25
46	94	Ove	Indergaard	M	Leeds & Bradford Tri Club	113	00:13:20	00:01:24	35	00:32:39	00:01:12	51	00:20:51	01:09:26
47	87	Nick	Langan	MY		33	00:11:03	00:02:30	108	00:36:13	00:00:59	10	00:18:53	01:09:38
48	82	Kath	Farquhar	F40	Holmfirth Harriers Tri	146	00:14:05	00:01:13	59	00:34:18	00:00:48	18	00:19:29	01:09:53

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Sunday 20th June 2010

Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
50	91	Martin	Harman	M	York Triathlon	75	00:12:21	00:01:45	51	00:33:54	00:01:10	53	00:20:57	01:10:07
49	177	Andrew	Kerry	M40	Holmfirth Harriers Tri	162	00:14:37	00:00:58	36	00:32:48	00:00:49	52	00:20:55	01:10:07
51	23	Mike	Aylott	M		59	00:11:50	00:00:53	107	00:36:12	00:00:59	37	00:20:15	01:10:09
52	248	Chris	Statham	M	York Triathlon	80	00:12:26	00:01:12	40	00:33:05	00:00:50	103	00:22:39	01:10:12
53	62	Karl	Elwell	M	Silverbulletstri.Com	51	00:11:41	00:01:17	109	00:36:13	00:00:55	33	00:20:10	01:10:16
55	9	Nick	Woolley	M	Stokesley Swim	13	00:09:23	00:01:50	106	00:36:12	00:00:43	87	00:22:12	01:10:20
54	33	Kirsteen	Young	F	Leeds & Bradford Tri Club	65	00:11:58	00:01:51	121	00:36:52	00:01:02	6	00:18:37	01:10:20
56	64	Sean	McDermott	M50		117	00:13:26	00:01:21	69	00:34:35	00:01:16	30	00:20:01	01:10:39
57	226	Seonaid	Murray	F		29	00:10:15	00:01:42	141	00:37:40	00:01:27	25	00:19:46	01:10:50
58	132	James	Lee	M40	Nyp Tri	124	00:13:39	00:01:19	73	00:34:43	00:00:48	48	00:20:48	01:11:17
59	95	Rachel	Lightfoot	F	White Rose Tri	98	00:12:56	00:01:13	66	00:34:31	00:01:05	74	00:21:45	01:11:30
60	130	Helen	Cross	F	Pocklington Runners	142	00:14:02	00:01:47	83	00:35:08	00:01:02	19	00:19:31	01:11:30
61	255	Tim	Adams	M40	Nyp Tri	104	00:13:14	00:01:34	67	00:34:32	00:01:00	60	00:21:16	01:11:36
63	75	Gary	Sargeant	M40		45	00:11:35	00:01:50	89	00:35:18	00:00:56	80	00:22:00	01:11:39
62	165	Matt	Tupling	M	Leeds & Bradford Tri Club	137	00:13:52	00:01:37	45	00:33:36	00:01:25	58	00:21:09	01:11:39
64	67	Philip	Copley	M40		95	00:12:51	00:01:49	44	00:33:32	00:01:16	89	00:22:16	01:11:44
65	150	Andrew	Schofield	M		71	00:12:11	00:02:38	71	00:34:40	00:01:01	63	00:21:21	01:11:51
66	73	Robbie	Smith	M	Goole	122	00:13:35	00:01:29	54	00:34:06	00:00:56	77	00:21:48	01:11:54
67	129	Jason	Craven	M	Rossendale	129	00:13:46	00:02:13	23	00:31:58	00:01:37	95	00:22:21	01:11:55
68	93	Andrew	Pattinson	M40	Nyp Tri	76	00:12:23	00:00:53	70	00:34:37	00:00:49	124	00:23:17	01:11:59
69	48	Simon	Ingle	M		44	00:11:34	00:02:18	94	00:35:28	00:00:53	76	00:21:47	01:12:00
70	258	Howard	King	M	Leeds & Bradford Tri Club	82	00:12:27	00:01:58	50	00:33:53	00:01:11	101	00:22:37	01:12:06
71	7	Jonathan	Dudley	MY	Leeds & Bradford Tri Club	6	00:08:48	00:02:20	152	00:37:54	00:00:51	91	00:22:16	01:12:09
72	200	Philip	Wilson	M		165	00:14:42	00:01:45	68	00:34:32	00:01:03	32	00:20:08	01:12:10
73	90	Tom	Langdon	M		103	00:13:13	00:01:42	105	00:36:02	00:00:41	44	00:20:34	01:12:12
74	185	Nicholas	Harvey	M40		92	00:12:44	00:02:18	90	00:35:18	00:01:06	49	00:20:49	01:12:15
75	131	Ryan	Voase	M		133	00:13:48	00:01:36	30	00:32:27	00:01:15	129	00:23:27	01:12:33
76	146	Damian	Kemp	M		55	00:11:46	00:01:36	76	00:34:51	00:01:06	126	00:23:19	01:12:38
77	100	Adam	Smart	M	Kirklees Triathlon Club	79	00:12:25	00:01:46	111	00:36:20	00:01:04	55	00:21:06	01:12:41
78	84	Peter	Galloway	M40	Leeds & Bradford Tri Club	53	00:11:43	00:00:59	85	00:35:12	00:00:59	140	00:23:52	01:12:45
79	115	Stephen	Holt	M		74	00:12:20	00:02:15	101	00:35:55	00:00:50	66	00:21:27	01:12:47
80	139	Chris	Spavin	M	Lincsquad	120	00:13:33	00:01:27	48	00:33:48	00:01:00	117	00:23:03	01:12:51
81	18	Emily	Legg	FY	Wetherby Runners Ac	12	00:09:18	00:01:28	171	00:38:33	00:00:53	105	00:22:45	01:12:57
82	116	Graham	Ward-Thompson	M50	Wakefield Tri Club	47	00:11:37	00:01:28	78	00:34:57	00:01:19	134	00:23:36	01:12:57
83	61	Mike	Jamieson	M	White Rose Tri	85	00:12:29	00:01:57	72	00:34:42	00:01:01	111	00:22:53	01:13:02
84	166	Derek	Owen	M40	Nyp Tri	101	00:13:12	00:01:27	49	00:33:50	00:01:17	125	00:23:19	01:13:05
85	174	David	Arnold	M	Craven Energy	171	00:14:54	00:01:43	41	00:33:22	00:00:57	86	00:22:10	01:13:06
87	201	Simon	Knopp	M	Barracuda Tri Club	123	00:13:38	00:01:55	57	00:34:13	00:01:04	93	00:22:17	01:13:07
86	290	Peter	Daykin	M		143	00:14:02	00:01:13	74	00:34:43	00:00:55	88	00:22:14	01:13:07
88	112	Matt	Rylatt	M40	York Acorn Running Club	132	00:13:47	00:01:49	86	00:35:12	00:01:10	61	00:21:21	01:13:19
89	126	Joy	Wilton	F		115	00:13:24	00:01:30	98	00:35:42	00:00:46	81	00:22:02	01:13:24
90	5	Christopher	Dalby	M		8	00:08:53	00:02:04	221	00:41:33	00:00:37	39	00:20:21	01:13:28
91	176	Paul	Ralph	M40	Lincsquad	96	00:12:54	00:02:04	63	00:34:28	00:01:11	118	00:23:03	01:13:40
92	257	Chris	Graham	M		107	00:13:16	00:01:35	82	00:35:06	00:00:53	116	00:22:59	01:13:49
93	12	Katie	Booth	F	Www.Puretri.Co.Uk	30	00:10:21	00:01:04	186	00:39:30	00:00:39	96	00:22:27	01:14:01
94	173	Tony	Andryszewski	M40	Wetherby Runners Ac	174	00:14:57	00:01:39	88	00:35:16	00:01:05	57	00:21:08	01:14:05
95	285	Alex	Kidner	M		111	00:13:19	00:01:35	95	00:35:33	00:00:59	104	00:22:40	01:14:06
96	24	Matt	Emmott	M		39	00:11:13	00:01:49	97	00:35:39	00:01:14	157	00:24:21	01:14:16

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Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
97	215	Amy	Pressland	F		28	00:10:14	00:01:34	145	00:37:42	00:00:54	142	00:23:55	01:14:19
98	42	Chris	Elletson	M	Barracuda Tri Club	70	00:12:07	00:01:37	163	00:38:18	00:01:04	62	00:21:21	01:14:27
99	249	Adam	Varley	M		121	00:13:33	00:01:31	77	00:34:54	00:01:24	123	00:23:17	01:14:39
100	137	Gavin	Williams	M40	Nyp Tri	183	00:15:19	00:01:58	56	00:34:07	00:01:32	79	00:21:54	01:14:50
101	92	Jacques	Simon	M		89	00:12:41	00:02:12	104	00:36:01	00:01:00	115	00:22:59	01:14:53
102	98	Andrew	Acha	M40	Halesowen Tri	86	00:12:31	00:02:01	113	00:36:24	00:01:10	107	00:22:48	01:14:54
103	298	Jill	Dowson	F40	Pocklington Runners	139	00:13:55	00:02:09	53	00:34:03	00:01:08	136	00:23:40	01:14:55
104	162	Jamie	Thompson	M		66	00:12:00	00:01:22	159	00:38:09	00:01:10	94	00:22:20	01:15:01
105	34	Julian	Dudley	M40	Wetherby Runners Ac	21	00:09:56	00:01:37	100	00:35:49	00:01:06	195	00:26:34	01:15:02
106	40	Garry	Palin	M40		78	00:12:25	00:02:00	126	00:36:59	00:01:23	100	00:22:36	01:15:23
107	113	Matt	Ring	M		110	00:13:18	00:02:26	96	00:35:38	00:01:09	120	00:23:08	01:15:39
108	147	Brian	Martin	M50	Darlington Tri	172	00:14:54	00:03:06	31	00:32:29	00:01:17	145	00:24:01	01:15:47
109	260	Pedro	Acha	M		163	00:14:41	00:02:03	131	00:37:15	00:00:58	54	00:20:57	01:15:54
110	56	Lee	Smith	M		63	00:11:54	00:01:37	112	00:36:23	00:00:55	176	00:25:06	01:15:55
111	32	Michelle	Hepples	F	Leeds & Bradford Tri Club	32	00:11:02	00:02:04	182	00:39:10	00:00:49	112	00:22:54	01:15:59
112	199	Christopher	Williamson	M		116	00:13:25	00:02:40	84	00:35:09	00:01:34	130	00:23:28	01:16:16
113	293	James	Foxwell	M40		189	00:15:26	00:02:29	92	00:35:23	00:01:19	83	00:22:05	01:16:42
114	141	Terry	Kott	M50		191	00:15:32	00:03:17	38	00:33:01	00:02:13	106	00:22:45	01:16:48
115	99	Jonathan	Pycock	M50		136	00:13:51	00:02:02	80	00:35:00	00:01:36	158	00:24:22	01:16:51
116	121	Kevin	Goodwin	M	Sheffield Tri Club	173	00:14:56	00:01:45	119	00:36:47	00:00:53	98	00:22:34	01:16:55
117	46	Philip	Smales	M40	Sheffield Tri Club	91	00:12:43	00:02:28	150	00:37:53	00:01:04	108	00:22:49	01:16:57
118	66	Paul	Agutter	M		40	00:11:19	00:02:01	143	00:37:40	00:01:23	165	00:24:35	01:16:58
119	181	Paul	Peacock	M40		213	00:16:38	00:02:59	122	00:36:53	00:00:50	24	00:19:40	01:17:00
120	111	Iain	Taylor	M	Adwick Tri Club	68	00:12:04	00:01:36	118	00:36:38	00:01:06	185	00:25:40	01:17:04
121	259	Allan	Connolly	M		205	00:16:15	00:01:56	99	00:35:43	00:01:19	78	00:21:53	01:17:06
122	103	Alistair	Gordon	M40		88	00:12:39	00:01:22	174	00:38:41	00:01:26	121	00:23:08	01:17:16
123	119	Patrick	Craig	M		127	00:13:42	00:02:12	157	00:38:07	00:00:46	99	00:22:34	01:17:21
124	123	Hugo	Deed	M		135	00:13:51	00:01:51	181	00:39:07	00:00:58	68	00:21:35	01:17:22
126	120	John	Clarke	M60	Clifton Cycling Club	100	00:13:07	00:03:21	93	00:35:26	00:01:14	164	00:24:35	01:17:43
125	264	Tony	Sanderson	M40		193	00:15:48	00:03:13	103	00:35:58	00:01:00	73	00:21:44	01:17:43
127	114	Brian	Perkins	M40	Pocklington Runners	119	00:13:31	00:02:30	123	00:36:54	00:01:18	139	00:23:51	01:18:04
128	110	Sarah	Carpenter	F	Barracuda Tri Club	138	00:13:53	00:02:07	124	00:36:56	00:01:11	150	00:24:09	01:18:16
129	144	Ian	Turrell	M		164	00:14:42	00:03:00	154	00:37:59	00:00:53	72	00:21:43	01:18:17
130	118	Jon	Wilkinson	M40	Adwick Tri Club	176	00:15:04	00:01:38	91	00:35:19	00:01:17	177	00:25:07	01:18:25
131	295	Ben	Moorhouse	M		161	00:14:35	00:01:27	144	00:37:41	00:01:01	141	00:23:54	01:18:38
132	291	Rob	Gill	M		128	00:13:43	00:02:02	139	00:37:38	00:00:56	154	00:24:19	01:18:38
133	13	Max	Booth	MY	Warrington Tri	61	00:11:52	00:01:31	209	00:40:41	00:00:43	146	00:24:01	01:18:48
134	11	Andrew	Booth	M40	Warrington Tri	64	00:11:56	00:01:28	210	00:40:43	00:00:55	138	00:23:47	01:18:49
135	274	Robert	Webster	M40		197	00:15:59	00:02:10	127	00:37:00	00:01:25	92	00:22:16	01:18:50
136	251	Ian	Medlicott	M	Crossgates Harriers	232	00:17:49	00:02:22	102	00:35:55	00:01:05	70	00:21:40	01:18:51
137	108	Graeme	Summers	M	Leeds & Bradford Tri Club	97	00:12:54	00:01:19	178	00:39:04	00:00:58	167	00:24:40	01:18:55
138	10	Rebecca	Addy	FY	Holmfirth Harriers Tri	15	00:09:44	00:00:55	211	00:40:47	00:00:45	199	00:26:48	01:18:59
139	135	Simon	Tait	M40		159	00:14:29	00:02:15	117	00:36:31	00:01:30	152	00:24:18	01:19:03
140	134	Sinan	Osman	M40	Nyp Tri	154	00:14:18	00:01:21	207	00:40:40	00:00:50	82	00:22:04	01:19:13
141	207	Julian	Bainbridge	M		229	00:17:21	00:02:02	87	00:35:16	00:00:41	144	00:23:57	01:19:17
142	88	Philip	North	M40		108	00:13:16	00:01:59	175	00:38:42	00:00:54	163	00:24:34	01:19:25
143	180	Martin	Davies	M50		220	00:16:58	00:02:28	79	00:35:00	00:00:58	147	00:24:02	01:19:26
144	209	Kevin	Foulston	M40		187	00:15:24	00:02:42	125	00:36:58	00:01:15	122	00:23:11	01:19:30

Udo's Choice Allerthorpe Sprint Triathlon

Sunday 20th June 2010

Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
145	49	Richard	Burke	M40		125	00:13:41	00:02:32	158	00:38:08	00:01:28	137	00:23:42	01:19:31
146	267	nick	bull	M40		209	00:16:32	00:02:46	116	00:36:30	00:01:28	90	00:22:16	01:19:32
147	128	Mark	Brackwell	M40		179	00:15:07	00:02:49	62	00:34:24	00:02:21	170	00:24:53	01:19:34
148	186	Steve	Raby	M50	Horsforth Harriers	218	00:16:53	00:04:28	135	00:37:22	00:00:41	34	00:20:12	01:19:36
149	101	Carl	Fitzpatrick	M40		93	00:12:45	00:02:24	147	00:37:44	00:01:13	186	00:25:40	01:19:46
150	272	Nigel	Tapp	M40		166	00:14:42	00:01:37	169	00:38:27	00:01:04	148	00:24:02	01:19:52
151	228	Rebecca	Hughes	F	Nyp Tri	57	00:11:47	00:00:59	115	00:36:29	00:00:58	227	00:29:40	01:19:53
152	210	Zoe	Coates	F40	Wolds Way To Health	182	00:15:16	00:01:54	200	00:40:21	00:00:49	71	00:21:40	01:20:00
153	289	David	Edmunds	M		148	00:14:10	00:02:28	148	00:37:44	00:01:11	166	00:24:39	01:20:12
154	142	Mark	Eggleston	M40	3 Xtri	202	00:16:07	00:02:25	134	00:37:18	00:00:52	131	00:23:31	01:20:13
155	250	Melissa	Gee	TEAM		130	00:13:46	00:00:44	120	00:36:48	00:00:54	214	00:28:07	01:20:19
156	136	Howden	Adrian	M50	Wakefield Tri Club	219	00:16:57	00:01:25	114	00:36:25	00:01:22	151	00:24:15	01:20:24
157	60	Paul	Shields	M40		186	00:15:22	00:03:21	149	00:37:50	00:01:07	109	00:22:52	01:20:32
158	188	Lee	Flinders	M		206	00:16:17	00:01:46	161	00:38:11	00:00:57	128	00:23:21	01:20:32
159	151	Gary	Simpson	M40	Leeds & Bradford Tri Club	168	00:14:44	00:02:40	60	00:34:19	00:01:29	207	00:27:23	01:20:35
160	167	Peter	Jagan	M60	Bingley Harriers	200	00:16:05	00:02:14	146	00:37:42	00:01:21	133	00:23:34	01:20:56
161	279	Allister	Williams	M		160	00:14:31	00:03:09	128	00:37:04	00:01:12	174	00:25:02	01:20:58
162	232	Cath	Worth	F50	Nyp Tri	204	00:16:14	00:02:03	155	00:38:02	00:01:22	127	00:23:19	01:21:00
163	262	Kerry	Robinson	F	Leeds & Bradford Tri Club	153	00:14:15	00:01:38	179	00:39:04	00:00:55	179	00:25:15	01:21:07
164	245	Freya	Jagan	F		155	00:14:20	00:01:57	188	00:39:42	00:00:57	155	00:24:19	01:21:15
165	97	Patrick	McConnell	M40	Barracuda Tri Club	140	00:13:56	00:03:19	137	00:37:24	00:01:29	181	00:25:18	01:21:26
166	292	Robert	Beckett	M		194	00:15:53	00:01:03	132	00:37:15	00:00:51	194	00:26:29	01:21:31
167	148	David	Walsh	M40		114	00:13:23	00:03:16	205	00:40:38	00:01:41	102	00:22:38	01:21:36
168	266	James	Iveson	M40	Wolds Way To Health	145	00:14:03	00:03:08	176	00:38:47	00:00:56	169	00:24:44	01:21:38
170	143	Gaenor	Coy	F	Leeds & Bradford Tri Club	157	00:14:23	00:01:57	170	00:38:29	00:01:20	183	00:25:34	01:21:43
169	189	Christopher	Rhodes	M	Horsforth Harriers	188	00:15:24	00:03:50	129	00:37:08	00:01:01	156	00:24:20	01:21:43
171	59	Ben	Gray	M		56	00:11:46	00:02:25	197	00:40:15	00:00:49	196	00:26:35	01:21:50
172	104	Matthew	Benson	M		34	00:11:06	00:02:16	142	00:37:40	00:01:02	229	00:29:47	01:21:51
173	218	Roger	Smelt	M		147	00:14:08	00:03:08	194	00:40:04	00:00:51	143	00:23:56	01:22:07
174	109	Carl	Baker	M	Rug Munchers	207	00:16:18	00:02:39	133	00:37:16	00:01:01	172	00:24:56	01:22:10
175	192	Lee	Johnson	M		167	00:14:43	00:02:26	177	00:38:50	00:01:09	175	00:25:04	01:22:12
177	149	Mark	Goodman Milne	M40		150	00:14:12	00:02:36	180	00:39:07	00:01:24	171	00:24:54	01:22:13
176	229	Jane	Hamp	F50		203	00:16:10	00:02:47	165	00:38:26	00:01:14	135	00:23:36	01:22:13
178	254	Margaret	Jagan	F60		156	00:14:22	00:03:58	199	00:40:19	00:00:51	113	00:22:57	01:22:27
179	138	Denis	Barrett	M40		158	00:14:25	00:03:15	201	00:40:23	00:00:54	132	00:23:33	01:22:30
180	117	Christian	Bouet	M		90	00:12:42	00:03:23	140	00:37:39	00:02:20	197	00:26:41	01:22:45
181	273	Lee	Stephens	M		216	00:16:49	00:02:36	110	00:36:17	00:01:44	182	00:25:29	01:22:55
182	244	Mark	Trumper	M40		102	00:13:12	00:01:25	160	00:38:09	00:01:49	217	00:28:34	01:23:09
183	247	Garry	Trillo	M50		126	00:13:41	00:01:44	168	00:38:27	00:01:34	213	00:27:51	01:23:17
184	196	Debbie	Matthews	F40		169	00:14:52	00:04:08	151	00:37:53	00:00:50	188	00:25:56	01:23:39
186	163	Andy	Leeman	M		94	00:12:50	00:02:31	189	00:39:46	00:01:30	205	00:27:03	01:23:40
185	170	Noemie	Deed	F		180	00:15:11	00:02:18	153	00:37:54	00:01:16	204	00:27:01	01:23:40
187	233	Fran	Sanderson	FY	White Rose Tri	106	00:13:15	00:01:54	220	00:41:31	00:00:48	191	00:26:13	01:23:41
188	205	Brian	Chippendale	M40		223	00:17:07	00:02:48	164	00:38:20	00:01:04	159	00:24:23	01:23:42
189	270	Esther	Glew	F	Nyp Tri	196	00:15:57	00:02:34	193	00:39:59	00:01:04	168	00:24:43	01:24:17
190	179	Mike	Ullathorne	M40		214	00:16:44	00:02:55	166	00:38:26	00:01:36	178	00:25:08	01:24:49
191	214	Stuart	Selby-Jerrold	M		226	00:17:13	00:03:00	191	00:39:47	00:00:46	149	00:24:04	01:24:50
192	206	Nick	Skinner	M40		225	00:17:11	00:03:57	183	00:39:13	00:01:37	114	00:22:58	01:24:56

Udo's Choice Allerthorpe Sprint Triathlon

Sunday 20th June 2010

Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
193	86	Julie	Rookes	F	White Rose Tri	112	00:13:19	00:01:42	172	00:38:33	00:01:05	231	00:30:18	01:24:57
194	182	Anna	Ring	F		192	00:15:36	00:03:51	187	00:39:40	00:01:38	160	00:24:25	01:25:10
195	21	Clare	Mack	FY	Leeds & Bradford Tri Club	26	00:10:12	00:01:24	241	00:48:06	00:00:41	173	00:24:58	01:25:21
196	280	Eve	Hare	TEAM		185	00:15:21	00:00:49	223	00:41:51	00:00:45	203	00:26:59	01:25:45
197	219	Rob	Atkin	M		231	00:17:39	00:03:03	156	00:38:05	00:00:46	189	00:26:13	01:25:46
198	216	Sam	Havler	M	Wolds Way To Health	190	00:15:29	00:03:21	212	00:40:55	00:01:31	162	00:24:32	01:25:48
199	172	Andrew	Hardy	M	LUUBC Ex Members Triathlon Club	144	00:14:02	00:03:12	138	00:37:34	00:01:40	226	00:29:24	01:25:52
200	236	Lindsay	Heathfield	F	Lincsquad	152	00:14:12	00:02:11	136	00:37:24	00:01:29	234	00:30:52	01:26:08
201	175	Katy	Sawyer	F		211	00:16:35	00:02:01	202	00:40:29	00:01:23	187	00:25:53	01:26:21
202	125	Andrew	Lockwood	M50		177	00:15:05	00:02:32	162	00:38:17	00:01:56	218	00:28:36	01:26:26
203	281	Julie	Dimaline	F40	Barracuda Tri Club	118	00:13:30	00:02:07	167	00:38:27	00:01:39	233	00:30:47	01:26:30
204	122	Katrina	Adam	F		151	00:14:12	00:02:18	190	00:39:47	00:01:15	221	00:29:01	01:26:33
205	223	Craig	Smith	M		184	00:15:20	00:02:25	198	00:40:17	00:01:42	200	00:26:53	01:26:37
206	25	Peter	Middlemiss	M40	Leeds & Bradford Tri Club	181	00:15:14	00:02:31	195	00:40:06	00:01:25	208	00:27:28	01:26:44
207	38	Johanna	Addyman	F		83	00:12:27	00:01:26	203	00:40:34	00:01:35	232	00:30:44	01:26:46
208	225	Philip	Grace	M40		198	00:15:59	00:03:00	185	00:39:23	00:01:39	202	00:26:59	01:27:00
209	231	Harry	Deed	M		224	00:17:09	00:02:54	192	00:39:56	00:00:54	190	00:26:13	01:27:06
210	261	Dave	Wells	M		87	00:12:35	00:02:32	236	00:44:49	00:01:01	192	00:26:16	01:27:13
211	284	Jenny, Claudia And Stacey	Dodsworth, Mcdade, Maughan	TEAM		210	00:16:33	00:00:54	216	00:41:21	00:00:42	212	00:27:45	01:27:15
212	160	Pauline	Hogg	F	Leeds & Bradford Tri Club	195	00:15:56	00:02:45	196	00:40:09	00:01:36	206	00:27:20	01:27:46
213	243	Vincent	Dunlop	M		240	00:19:17	00:03:39	224	00:41:59	00:01:30	67	00:21:32	01:27:57
214	211	John	Swallow	M40		239	00:19:08	00:03:17	173	00:38:37	00:01:27	184	00:25:38	01:28:07
215	171	Melanie	Padgham	F40		208	00:16:27	00:03:19	227	00:42:42	00:01:43	161	00:24:28	01:28:39
216	202	Mark	Bagshaw	M	Wakefield Tri Club	72	00:12:13	00:04:17	225	00:42:08	00:00:55	224	00:29:14	01:28:47
217	235	Mark	Bailey	M		109	00:13:16	00:02:30	230	00:42:54	00:01:25	219	00:28:48	01:28:53
218	230	Danny	Hart	M		233	00:17:50	00:03:40	130	00:37:11	00:01:22	223	00:29:09	01:29:12
219	203	Nathalie	Bramley	F40	Leeds & Bradford Tri Club	227	00:17:18	00:02:06	184	00:39:21	00:01:42	220	00:29:00	01:29:27
220	127	Paula	Barcroft	F40		141	00:13:57	00:03:54	232	00:43:32	00:01:29	198	00:26:44	01:29:36
221	224	Matthew	Sharples	M		215	00:16:49	00:04:20	237	00:44:53	00:00:49	110	00:22:53	01:29:44
222	288	Giovanna	Fitzgerald	F40	Vocalink Running Club	212	00:16:35	00:02:28	214	00:41:16	00:01:49	210	00:27:37	01:29:45
223	184	Paul	Micallef	M		241	00:19:28	00:02:08	206	00:40:38	00:00:52	201	00:26:55	01:30:01
224	187	Sarah	Culkin	F	Abbey Runners	236	00:18:23	00:02:52	228	00:42:52	00:02:00	153	00:24:18	01:30:25
225	124	Vicki	Howe	F40	Cleveland Tri	243	00:19:39	00:02:32	218	00:41:26	00:01:47	180	00:25:16	01:30:40
226	265	Jody	Morris	M		217	00:16:51	00:03:42	217	00:41:24	00:01:09	211	00:27:38	01:30:44
227	296	Philippe	Evans	M40	Leeds & Bradford Tri Club	134	00:13:50	00:03:08	219	00:41:30	00:01:19	236	00:31:32	01:31:19
228	221	Joanne	Bradford	F	Nyp Tri	230	00:17:28	00:03:31	222	00:41:50	00:01:18	209	00:27:30	01:31:37
229	195	Allan	Jacobs	M50		170	00:14:53	00:04:48	215	00:41:18	00:01:08	235	00:30:52	01:32:59
230	140	Bill	Cookson	M40		237	00:19:03	00:04:44	213	00:41:00	00:01:46	193	00:26:28	01:33:01
231	286	Dominic	Monkman	M	White Rose Tri	228	00:17:18	00:03:43	226	00:42:23	00:01:41	216	00:28:32	01:33:37
232	276	Geoff	Render	M		222	00:17:04	00:03:22	229	00:42:53	00:01:17	222	00:29:02	01:33:38
233	105	Tony	Williams	M60		149	00:14:10	00:05:50	204	00:40:37	00:03:41	225	00:29:22	01:33:40
234	133	Jill	Quill	F40		175	00:15:02	00:03:43	231	00:43:17	00:01:55	230	00:29:48	01:33:45
235	96	James	Nash	M		178	00:15:05	00:03:32	233	00:43:54	00:02:06	228	00:29:43	01:34:20
236	277	Phil	Burton	M50	White Rose Tri	238	00:19:05	00:05:09	208	00:40:40	00:01:35	215	00:28:21	01:34:50
237	27	Lorraine	Cooper	F40		131	00:13:46	00:02:39	234	00:44:37	00:01:31	241	00:34:00	01:36:33
238	241	Emma	Rowbotham	F		199	00:16:03	00:03:29	242	00:49:07	00:01:03	237	00:32:02	01:41:44
239	246	Ivan	Green	M70	Leeds & Bradford Tri Club	234	00:18:08	00:03:06	235	00:44:39	00:02:51	240	00:33:34	01:42:18
240	256	Hannah	Smith	F		201	00:16:06	00:03:04	243	00:49:08	00:01:47	238	00:32:59	01:43:04

Udo's Choice Allerthorpe Sprint Triathlon

Sunday 20th June 2010

Pos	RaceNo	First Name	Surname	Cat	Club	Pos	Swim	T1	Pos	Bike	T2	Pos	Run	Total
241	275	Nicky	Robinson	F	Lincsquad	242	00:19:30	00:02:24	239	00:46:02	00:01:44	242	00:35:12	01:44:52
242	212	Lee	Clayton	M		245	00:24:38	00:02:56	238	00:44:54	00:01:36	239	00:33:26	01:47:30
243	204	Helen	Harvey	F40		221	00:17:00	00:04:27	244	00:49:20	00:03:13	243	00:35:48	01:49:48
244	213	Cat	Dawson	F		235	00:18:18	00:04:56	245	00:50:00	00:00:59	244	00:35:48	01:50:01
245	220	John	Campbell	M		244	00:24:23	00:04:56	240	00:47:04	00:01:34	245	00:36:14	01:54:11