

## HELSTON TRIATHLON 2009 RESULTS BY CATEGORY

### FEMAL OPEN

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
238	Maria Hindle	North Devon Tri Club	FO	11:37:00	0:06:19	0:48:07	0:25:38	1:20:04	32
214	Samantha Lawley	Mounts Bay Harriers	FO	11:21:00	0:06:48	0:51:41	0:24:04	1:22:33	44
160	Kay Kershaw		FO	10:44:00	0:07:13	0:53:16	0:24:33	1:25:02	57
211	Kate Conway	Tri-Logic	FO	11:18:00	0:06:44	0:52:40	0:26:05	1:25:29	64
242	Charlotte Hurst	Mounts Bay Harriers	FO	11:39:00	0:05:58	0:53:42	0:25:50	1:25:30	65
217	Eloise Lee	Steyning AC	FO	11:22:00	0:07:17	0:55:27	0:24:10	1:26:54	76
193	Emily Trebilcock	Gyllyngvase SLSC	FO	11:07:00	0:06:49	0:57:31	0:22:40	1:27:00	77
152	Juliet Knowles	Cornwall AC	FO	10:38:00	0:08:18	0:56:06	0:22:53	1:27:17	78
184	Clare Hudson		FO	11:03:00	0:06:35	0:55:40	0:26:21	1:28:36	95
227	Helen Webb	Mounts Bay Harriers	FO	11:29:00	0:06:42	0:55:23	0:27:19	1:29:24	102
132	Nancy Sheppard		FO	10:23:00	0:08:10	0:57:06	0:24:56	1:30:12	113
216	Hanna Royle		FO	11:21:00	0:06:23	0:56:39	0:27:26	1:30:28	115
196	Kim Ingleby	Bad Tri	FO	11:10:00	0:06:37	0:58:11	0:26:11	1:30:59	117
138	Anna Harrold	Truro Running Club	FO	10:29:00	0:07:56	0:57:43	0:25:40	1:31:19	119
98	Katie Hoskins		FO	9:57:00	0:07:48	0:54:33	0:29:16	1:31:37	120
178	Steph Mackley	Mounts Bay Harriers	FO	10:55:00	0:07:52	0:57:55	0:26:23	1:32:10	124
137	Mhairi Saville	Mounts Bay Harriers	FO	10:26:00	0:06:52	1:01:26	0:27:07	1:35:25	141
203	Melanie Munialo	Perranporth SLSC	FO	11:12:00	0:07:27	1:00:40	0:27:54	1:36:01	147
63	Kayleigh Newstead	St Austell Running Club	FO	9:28:00	0:11:52	0:59:56	0:24:53	1:36:41	152
156	Claire Spearman	North Devon Tri Club	FO	10:39:00	0:08:22	1:00:02	0:29:57	1:38:21	161
4	Vicki Strugnell		FO	8:38:00	0:10:43	1:02:07	0:25:48	1:38:38	163
133	Tracey Bowden	Hayle Runners	FO	10:23:00	0:09:17	0:59:50	0:30:22	1:39:29	169
128	Helen Thomas	Tri-Logic	FO	10:21:00	0:07:46	1:05:16	0:27:30	1:40:32	172
59	Lisa Payne		FO	9:25:00	0:09:16	1:04:20	0:27:37	1:41:13	173
111	Melissa Reid	Gyllyngvase SLSC	FO	10:08:00	0:09:05	1:03:38	0:28:42	1:41:25	175
60	Emma Sargent		FO	9:28:00	0:09:42	1:00:19	0:31:51	1:41:52	178
127	Kathryn Wearne		FO	10:21:00	0:08:13	0:52:33	0:41:47	1:42:33	184
64	Meg Tregonning	Tri-Logic	FO	9:28:00	0:10:39	0:59:09	0:32:46	1:42:34	185
92	Soraya Hawke		FO	9:53:00	0:08:52	0:58:41	0:35:20	1:42:53	188
208	Grace Richards	Mounts Bay Harriers	FO	11:17:00	0:06:15	1:03:12	0:33:45	1:43:12	190
44	Kathryn Billing	Hayle Runners	FO	9:13:00	0:09:35	1:06:01	0:29:02	1:44:38	198
180	Kirsten Wake		FO	10:58:00	0:09:05	1:06:44	0:29:09	1:44:58	200
140	Tammy Rosewall	Mounts Bay Harriers	FO	10:29:00	0:08:34	1:06:59	0:31:15	1:46:48	204
159	Becky Reep		FO	10:42:00	0:07:56	1:10:04	0:29:37	1:47:37	208
96	Tammy Jenkin		FO	9:55:00	0:09:03	1:06:58	0:31:42	1:47:43	209
143	Beth Mitchell		FO	10:32:00	0:08:45	1:12:18	0:31:48	1:52:51	220
131	Madeline Strugnell		FO	10:23:00	0:09:06	1:11:15	0:35:36	1:55:57	224
3	Zoe Birch		FO	8:38:00	0:09:16	1:16:12	0:34:56	2:00:24	229
106	Carmen Guillen		FO	10:04:00	0:09:32	1:19:43	0:35:39	2:04:54	230
18	Sophie Mephram		FO	8:50:00	0:14:00	1:15:37	0:37:29	2:07:06	231

### FEMALE 40

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
169	Anne Maskell	Cycle Logic	FO40	10:49:00	0:07:25	0:51:17	0:22:35	1:21:17	39
213	Becky George	Torbay Tri	FO40	10:18:00	0:06:47	0:56:05	0:25:48	1:28:40	96
118	Sharon Daw	East Cornwall Harriers	FO40	10:13:00	0:08:05	0:58:16	0:23:40	1:30:01	110
84	Lyn Coffman	Tamar Trotters	FO40	9:47:00	0:09:47	0:56:58	0:25:13	1:31:58	123
58	Nancy Hill	Mounts Bay Harriers	FO40	9:25:00	0:09:49	1:00:07	0:23:30	1:33:26	129
170	Lisa Crawford		FO40	10:49:00	0:08:27	0:57:30	0:28:07	1:34:04	133
120	Karen Harrison	Carn Runners	FO40	10:13:00	0:09:06	0:59:52	0:25:09	1:34:07	134
105	Linda Garbett	Tri-Logic	FO40	10:04:00	0:07:51	0:59:29	0:27:46	1:35:06	139
172	Kate Richardson		FO40	10:52:00	0:07:19	1:00:14	0:30:25	1:37:58	158
191	Jill Lomax		FO40	11:05:00	0:07:32	1:02:09	0:32:46	1:42:27	181
171	Cathy McGuinness		FO40	10:52:00	0:08:48	1:04:45	0:29:20	1:42:53	187
104	Michelle Williams		FO40	10:01:00	0:08:59	1:03:52	0:30:18	1:43:09	189
123	Nikki Kennard	Teignbridge Trotters	FO40	10:14:00	0:09:13	1:05:14	0:28:49	1:43:16	191
117	Carol Mitchell		FO40	10:12:00	0:08:17	1:01:29	0:33:47	1:43:33	192
57	Karen Knuckey	Tri-Logic	FO40	9:22:00	0:09:58	1:02:55	0:32:02	1:44:55	199
15	Tracy Hooper		FO40	8:48:00	0:12:25	1:06:04	0:30:48	1:49:17	213
82	Gill Hazel	Falmouth Road Runners	FO40	9:45:00	0:09:09	1:11:21	0:29:29	1:49:59	215
41	Hilary Meridew		FO40	9:11:00	0:09:38	1:09:44	0:30:42	1:50:04	216
86	Hilary Priest		FO40	9:48:00	0:09:08	1:14:41	0:28:56	1:52:45	219
16	Joe Barnett	Tri-Logic	FO40	8:50:00	0:10:38	1:03:37	0:40:02	1:54:17	222
39	Diane Phillips	Carn Runners	FO40	9:09:00	0:10:19	1:13:19	0:31:40	1:55:18	223
48	Lindsay Taylor	Tri-Logic	FO40	9:15:00	0:10:19	1:12:03	0:37:24	1:59:46	228

### FEMALE 45

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
166	Sue Scott	Exeter Tri Club	FO45	10:47:00	0:08:00	0:54:25	0:26:57	1:29:22	101
149	Liz Lusty	St Austell Running Club	FO45	10:35:00	0:09:13	0:54:19	0:26:23	1:29:55	108
147	Denise Cardew	Tri-Logic	FO45	10:35:00	0:09:23	0:57:39	0:27:10	1:34:12	135
61	Yvonne Turner	Mounts Bay Harriers	FO45	9:28:00	0:07:36	0:58:11	0:31:29	1:37:16	153
114	Natalie Bulley		FO45	10:09:00	0:07:13	1:02:39	0:27:38	1:37:30	155
116	Alison Galloway	Tri-Logic	FO45	10:11:00	0:10:44	1:00:00	0:31:43	1:42:27	182
22	Joy Fursman	Clevedon Middle Ringers	FO45	8:52:00	0:11:14	1:02:48	0:28:49	1:42:51	186
55	Nicky Pascoe		FO45	9:22:00	0:11:08	1:02:09	0:30:49	1:44:06	195
56	Lynda Filmer		FO45	9:22:00	0:10:14	1:02:29	0:31:47	1:44:30	197
115	Lisa Wotton	St Austell Running Club	FO45	10:09:00	0:08:29	1:11:15	0:27:15	1:46:59	205
71	Julie Johns	Truro Running Club	FO45	9:37:00	0:08:33	1:07:53	0:31:36	1:48:02	210
13	Anne Davidson		FO45	8:48:00	0:08:44	1:12:37	0:30:10	1:51:31	218
28	Sue Matthews	Mounts Bay Harriers	FO45	8:58:00	0:10:46	1:14:39	0:34:14	1:59:39	226
1	Jeanette Francey		FO45	8:38:00	DNF				

### FEMALE 50

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
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5	Lesley Dunford	Exeter Tri Club	FO50	8:38:00	0:08:25	0:56:08	0:30:17	1:34:50	137
164	Carol Penberthy	Tri-Logic	FO50	10:45:00	0:07:48	0:58:47	0:28:53	1:35:28	142
110	Liz Prady	Mounts Bay Harriers	FO50	10:06:00	0:06:02	0:59:43	0:29:48	1:35:33	143
54	Alison Joslin	Truro Running Club	FO50	9:20:00	0:11:01	1:01:18	0:29:25	1:41:44	176
67	Caroline Hemsworth	Falmouth Road Runners	FO50	9:33:00	0:10:26	1:05:39	0:25:47	1:41:52	177
52	Lynn Pascoe		FO50	9:17:00	0:11:03	1:03:24	0:31:50	1:46:17	203
163	Juliet Gould		FO50	10:45:00	0:07:26	1:13:05	0:29:22	1:49:53	214
35	Annie Huxley		FO50	9:02:00	0:11:40	1:22:31	0:35:34	2:09:45	234
6	Tessa Rabett		FO50	8:38:00	0:12:40	1:30:29	0:33:18	2:16:27	235

### FEMALE 60

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
107	Peggy Crome	North Devon Tri Club	FO60	10:04:00	0:09:08	1:03:27	0:32:35	1:45:10	202
49	Marilyn Mitchell	St Austell Running Club	FO60	9:15:00	0:12:09	1:13:36	0:32:33	1:58:18	225
24	Mary Anstey		FO60	9:00:00	0:13:16	1:23:36	0:31:38	2:08:30	233

### MALE OPEN

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
255	Matthew Pullen	Cycle Logic	MO	11:47:00	0:05:44	0:41:12	0:18:07	1:05:03	1
256	Richard Oram	Exeter Tri Club	MO	11:47:00	0:05:46	0:41:11	0:18:48	1:05:45	2
260	Nathan Jolly	Cycle Logic	MO	11:50:00	0:05:02	0:42:35	0:19:54	1:07:31	3
258	David Bartlett	Gyllyngvase SLSC	MO	11:50:00	0:04:52	0:45:43	0:20:22	1:10:57	5
229	Sam Hill	Mounts Bay Harriers	MO	11:29:00	0:07:40	0:45:29	0:19:39	1:12:48	7
246	Alan Booth		MO	11:42:00	0:06:36	0:47:11	0:19:38	1:13:25	8
245	Sean Dunstan	Royal Navy	MO	11:42:00	0:06:25	0:46:46	0:20:32	1:13:43	9
201	Jason Walker	Mounts Bay Harriers	MO	11:12:00	0:06:49	0:45:57	0:21:22	1:14:08	11
239	Steve Price	Exeter Tri Club	MO	11:37:00	0:06:25	0:46:53	0:21:44	1:15:02	12
259	Jason Pascoe	Cycle Logic	MO	11:50:00	0:07:22	0:46:51	0:21:19	1:15:32	15
241	Mat Kelly	Exeter Tri Club	MO	11:38:00	0:05:54	0:49:41	0:20:02	1:15:37	16
250	Allan Reid	Gyllyngvase SLSC	MO	11:45:00	0:06:22	0:47:59	0:21:26	1:15:47	19
190	Michael Birchmore	One and All Cycling Club	MO	11:04:00	0:04:49	0:48:27	0:22:37	1:15:53	20
144	Michael Robinson	Mounts Bay Harriers	MO	10:32:00	0:06:52	0:50:52	0:19:12	1:16:56	21
204	Benjamin Crowle	Must Tri-Harder	MO	11:14:00	0:07:30	0:48:15	0:22:09	1:17:54	24
231	Matthew Stone	Gyllyngvase SLSC	MO	11:31:00	0:07:25	0:50:09	0:21:03	1:18:37	26
240	Andy Hindle	North Devon Tri Club	MO	11:37:00	0:06:49	0:48:00	0:23:58	1:18:47	27
186	Charlie Jamieson		MO	11:03:00	0:06:59	0:48:25	0:23:53	1:19:17	28
207	Miles Johansen		MO	11:16:00	0:07:00	0:50:05	0:22:57	1:20:02	31
234	Richard Maunder	Plymouth Tri	MO	11:33:00	0:06:33	0:51:18	0:22:52	1:20:43	34
252	Andrew Brixton	Portreath SLSC	MO	11:45:00	0:05:30	0:50:05	0:25:16	1:20:51	36
206	Alex Wade		MO	11:15:00	0:07:25	0:51:18	0:22:12	1:20:55	37
244	Nicolas Rannou		MO	11:42:00	0:06:19	0:51:50	0:22:55	1:21:04	38
189	Lee Hoskin		MO	11:04:00	0:08:42	0:49:40	0:23:37	1:21:59	43
142	Ed McGuffie		MO	10:30:00	0:07:15	0:52:55	0:22:41	1:22:51	46

129	Darren Stanley		MO	10:23:00	0:07:57	0:50:05	0:25:28	1:23:30	47
182	Matthew Perry		MO	10:58:00	0:07:03	0:53:23	0:24:11	1:24:37	52
179	Calvin Leach		MO	10:56:00	0:08:16	0:53:45	0:22:38	1:24:39	53
187	Leo Scrimshaw		MO	11:03:00	0:07:35	0:54:58	0:22:29	1:25:02	56
91	Lee Grunwell		MO	9:53:00	0:07:30	0:51:23	0:26:29	1:25:22	62
257	Jason Quitero		MO	11:50:00	0:05:23	0:54:49	0:25:13	1:25:25	63
141	Karl Priest		MO	10:30:00	0:09:15	0:50:18	0:26:11	1:25:44	67
226	Justin Hunt		MO	11:28:00	0:06:55	0:54:22	0:24:31	1:25:48	68
225	Stuart George		MO	11:28:00	0:06:54	0:53:14	0:25:47	1:25:55	69
89	Mark Crowle	St Austell Running Club	MO	9:51:00	0:09:10	0:53:51	0:23:12	1:26:13	72
43	Dean Winwood	Tri-Logic	MO	9:13:00	0:09:39	0:52:35	0:25:08	1:27:22	79
177	Ian Anderson	Truro Running Club	MO	10:54:00	0:06:58	0:57:03	0:23:21	1:27:22	80
99	Sam Hughes	Tri-Logic	MO	9:58:00	0:09:02	0:50:13	0:28:13	1:27:28	82
145	Anthony Davies		MO	10:35:00	0:08:19	0:53:44	0:25:35	1:27:38	84
205	Joe Stuteley		MO	11:14:00	0:07:23	0:56:49	0:23:26	1:27:38	85
215	Mike Clancy	Must Tri-Harder	MO	11:21:00	0:07:10	0:55:54	0:25:25	1:28:29	89
155	James Farquhar	St Austell Running Club	MO	10:38:00	0:07:54	0:56:27	0:24:13	1:28:34	90
70	Craig Powell		MO	9:35:00	0:07:46	0:54:10	0:26:40	1:28:36	92
135	Jeremy Page		MO	10:24:00	0:09:03	0:53:44	0:25:49	1:28:36	94
94	Ian Brannighan		MO	9:54:00	0:08:06	0:55:03	0:26:04	1:29:13	99
224	Alistair Foster		MO	11:28:00	0:06:56	0:55:27	0:27:10	1:29:33	105
174	Craig Tomkin	Tri-Logic	MO	10:54:00	0:08:50	0:55:57	0:24:48	1:29:35	106
233	Robin Watson		MO	11:33:00	0:07:01	0:55:35	0:27:20	1:29:56	109
95	Paul Hollyoake		MO	9:54:00	0:08:29	0:56:07	0:27:11	1:31:47	121
218	Antony Mottershead		MO	11:22:00	0:07:52	0:58:09	0:25:53	1:31:54	122
31	Shane Nidds	Tri-Logic	MO	9:00:00	0:09:47	0:57:25	0:25:30	1:32:42	125
19	Andrew Currie	One & All Cycling Club	MO	8:50:00	0:08:37	0:55:40	0:29:30	1:33:47	131
188	Philip McNevin	Mounts Bay Harriers	MO	11:03:00	0:07:15	1:00:12	0:27:25	1:34:52	138
90	Robert McGuffie		MO	9:51:00	0:07:46	0:59:13	0:28:25	1:35:24	140
36	Ian Raggett	Mounts Bay Harriers	MO	9:04:00	0:09:06	0:57:20	0:29:11	1:35:37	144
176	Richard Jones		MO	10:54:00	0:07:30	1:00:41	0:27:59	1:36:10	149
130	Alistair Hellyar		MO	10:23:00	0:10:02	1:00:17	0:27:04	1:37:23	154
300	James Dickinson		MO	11:01:00	0:05:58	1:03:05	0:29:02	1:38:05	159
136	Michael Gibbs		MO	10:26:00	0:06:50	1:03:41	0:28:07	1:38:38	164
62	Asa Richardson		MO	9:28:00	0:11:56	0:56:55	0:30:07	1:38:58	166
32	Jordan Hickson		MO	9:02:00	0:09:38	1:07:01	0:28:24	1:45:03	201
88	Stuart Wheeler		MO	9:49:00	0:11:16	1:20:57	0:35:35	2:07:48	232

### MALE 40

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
254	Jeff Houghton	Cycle Logic	MO40	11:45:00	0:05:39	0:42:59	0:21:39	1:10:17	4
53	Gus Gusterson	Mounts Bay Harriers	MO40	9:20:00	0:06:09	0:44:43	0:21:31	1:12:23	6

249	David Pell	Cornwall AC	MO40	11:45:00	0:05:55	0:46:05	0:22:02	1:14:02	10
223	Ian Matthews	Mounts Bay Harriers	MO40	11:26:00	0:06:43	0:45:53	0:22:38	1:15:14	13
232	Mark Smith	Camel Valley Cycle & Tri Club	MO40	11:33:00	0:06:46	0:46:32	0:22:26	1:15:44	18
212	Mark Worledge	Mounts Bay Harriers	MO40	11:21:00	0:06:37	0:47:23	0:23:53	1:17:53	23
253	Phil Bristow	Tri-Logic	MO40	11:45:00	0:07:12	0:49:33	0:22:58	1:19:43	29
150	Darrin Porter	Tri-Logic	MO40	10:35:00	0:08:46	0:51:15	0:20:47	1:20:48	35
183	Jeremy Marston	Mounts Bay Harriers	MO40	11:01:00	0:08:02	0:51:14	0:23:32	1:22:48	45
125	Darren James	MPS Triathlon Club	MO40	10:18:00	0:08:09	0:53:22	0:22:50	1:24:21	51
126	Richard Mayes	Hayle Runners	MO40	10:18:00	0:08:58	0:52:32	0:23:13	1:24:43	54
151	Phil Climer	Hayle Runners	MO40	10:35:00	0:07:25	0:51:43	0:26:09	1:25:17	59
199	Neil Harvey		MO40	11:12:00	0:07:28	0:52:34	0:25:19	1:25:21	61
26	Dayle Whitehead		MO40	8:56:00	0:11:27	0:50:15	0:24:23	1:26:05	70
119	Ian Tolchard	Devon & Cornwall Police	MO40	10:13:00	0:09:39	0:50:14	0:26:43	1:26:36	74
42	Dave Cracknell	Tri-Logic	MO40	9:11:00	0:09:28	0:50:52	0:27:19	1:27:39	86
103	Richard Flage		MO40	10:01:00	0:10:17	0:52:48	0:25:16	1:28:21	88
175	Gavin Priest	Royal Navy	MO40	10:54:00	0:08:18	0:55:04	0:27:18	1:30:40	116
40	Kevin Gilbert		MO40	9:09:00	0:09:56	0:54:50	0:26:32	1:31:18	118
29	Jason Beever	Tri-Logic	MO40	8:58:00	0:09:57	0:55:33	0:27:16	1:32:46	126
121	Ian Johnson		MO40	10:13:00	0:07:43	0:54:32	0:31:26	1:33:41	130
80	Jim Brittain-Long		MO40	9:43:00	0:08:48	0:57:16	0:28:40	1:34:44	136
85	Richard Wearne		MO40	9:47:00	0:08:36	0:58:41	0:28:22	1:35:39	145
122	Adam Warden		MO40	10:14:00	0:07:52	1:01:34	0:27:01	1:36:27	151
124	Andy Figgins		MO40	10:18:00	0:09:37	1:00:39	0:27:41	1:37:57	157
83	Scott Wheeler		MO40	9:47:00	0:11:21	0:58:58	0:28:17	1:38:36	162
81	Mark Blackman		MO40	9:45:00	0:07:39	0:59:46	0:32:19	1:39:44	170
173	Davis Hutchinson		MO40	10:54:00	0:12:09	1:00:41	0:29:24	1:42:14	179
14	Paul Chinn		MO40	8:48:00	0:10:15	0:57:30	0:34:44	1:42:29	183
25	Michael Ringwood	Penzance Squash Club	MO40	8:54:00	0:10:29	1:05:37	0:28:13	1:44:19	196
66	Robert Churchill		MO40	9:32:00	0:09:49	1:05:38	0:32:07	1:47:34	207
30	James Garland	Tri-Logic	MO40	9:00:00	0:11:29	1:08:13	0:31:11	1:50:53	217

### MALE 45

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
236	Robin Rickard	Royal Navy	MO45	11:34:00	0:06:41	0:46:02	0:22:48	1:15:31	14
202	Nigel Sims	Mounts Bay Harriers	MO45	11:12:00	0:07:17	0:47:03	0:21:20	1:15:40	17
222	Mark King	Tri-Logic	MO45	11:26:00	0:07:04	0:47:18	0:22:38	1:17:00	22
198	Mark Sykes	Camel Valley Cycle & Tri Club	MO45	11:10:00	0:08:18	0:48:08	0:23:34	1:20:00	30
230	Tim Baker	Slippery Eels	MO45	11:31:00	0:07:29	0:49:22	0:23:19	1:20:10	33
195	Phil Knuckey	Tri-Logic	MO45	11:08:00	0:06:59	0:50:06	0:24:18	1:21:23	41
78	Andrew Hickson	Mounts Bay Harriers	MO45	9:41:00	0:09:13	0:52:00	0:22:21	1:23:34	48
73	Phil Adams		MO45	9:39:00	0:08:05	0:50:54	0:25:07	1:24:06	49
47	Baz Towers	Guinness + GV	MO45	9:13:00	0:07:45	0:52:55	0:24:29	1:25:09	58

237	Bernard Ewin	Exeter Tri Club	MO45	11:37:00	0:06:20	0:55:46	0:23:12	1:25:18	60
72	Rob Beckett		MO45	9:37:00	0:09:03	0:53:56	0:23:12	1:26:11	71
248	Olly Grant	POGS	MO45	11:43:00	0:06:15	0:54:33	0:25:28	1:26:16	73
74	Jonathan Katz		MO45	9:40:00	0:10:22	0:53:37	0:22:39	1:26:38	75
79	Viv Bray	Tri-Logic	MO45	9:43:00	0:09:30	0:52:25	0:25:31	1:27:26	81
168	Michael Beacham		MO45	10:49:00	0:07:21	0:54:09	0:26:45	1:28:15	87
221	Gly Stanley		MO45	11:24:00	0:06:35	0:55:39	0:26:20	1:28:34	91
33	Steven Lee	Hayle Runners	MO45	9:02:00	0:09:42	0:54:25	0:24:45	1:28:52	97
148	Mark Vince		MO45	10:35:00	0:08:55	0:53:47	0:26:34	1:29:16	100
192	Steve Cuddy		MO45	11:06:00	0:07:18	0:56:24	0:25:44	1:29:26	103
165	Mark Burch		MO45	10:45:00	0:08:12	0:55:21	0:25:56	1:29:29	104
75	Rod Williams		MO45	9:40:00	0:06:44	0:56:12	0:27:05	1:30:01	111
158	Tony Rowell	Tri-Logic	MO45	10:40:00	0:08:34	0:53:59	0:27:51	1:30:24	114
243	Richard Cooper		MO45	11:39:00	0:06:40	0:56:14	0:30:02	1:32:56	127
77	Keith George		MO45	9:41:00	0:10:45	0:57:04	0:26:00	1:33:49	132
11	Ewan McClymont		MO45	8:45:00	0:10:06	1:01:26	0:24:18	1:35:50	146
167	Leigh Gale		MO45	10:47:00	0:06:55	1:02:40	0:29:32	1:39:07	167
100	Nick Wills		MO45	9:58:00	0:10:27	0:57:19	0:31:22	1:39:08	168
37	Chris Trehwella	Mounts Bay Harriers	MO45	9:05:00	0:11:01	1:01:11	0:30:14	1:42:26	180
38	Melvin Edwards	Tri-Logic	MO45	9:05:00	0:11:36	1:01:05	0:31:14	1:43:55	194
21	Chris Wootton	Clevedon Middle Ringers	MO45	8:52:00	0:09:58	1:03:36	0:33:31	1:47:05	206
12	Paul Ringwood		MO45	8:45:00	0:11:34	1:04:42	0:32:43	1:48:59	212

## MALE 50

No.	Name	Club	Cat	Start	Swim	Bike	Run	Total	Position
219	Jonathan Ford-Dunn	Steyning AC	MO50	11:24:00	0:07:09	0:47:01	0:23:51	1:18:01	25
209	Chris Knapman	Oddicombe Swimming Club	MO50	11:18:00	0:07:11	0:51:08	0:23:03	1:21:22	40
247	Nick Brooks	Mounts Bay Harriers	MO50	11:43:00	0:05:15	0:51:41	0:24:47	1:21:43	42
162	Paul Hooper	Mounts Bay Harriers	MO50	10:45:00	0:07:49	0:52:13	0:24:06	1:24:08	50
194	Christopher Lee	Steyning AC	MO50	11:08:00	0:07:37	0:52:39	0:24:30	1:24:46	55
161	James Parker		MO50	10:44:00	0:08:02	0:52:20	0:25:13	1:25:35	66
235	Dane Vanstone	Plymouth Tri	MO50	11:34:00	0:06:21	0:54:14	0:26:57	1:27:32	83
102	Alan Watson		MO50	10:01:00	0:07:07	0:52:19	0:29:10	1:28:36	93
8	Barrie Cardew	Tri-Logic	MO50	8:38:00	0:11:29	0:54:23	0:23:01	1:28:53	98
113	Steve Ditchburn	North Devon Tri Club	MO50	10:08:00	0:08:23	0:55:26	0:25:52	1:29:41	107
220	Richard Duane	Tri-Talk.co.uk	MO50	11:24:00	0:06:54	0:54:15	0:29:03	1:30:12	112
2	Mark Colton-Taylor		MO50	8:38:00	0:11:47	0:55:38	0:28:43	1:36:08	148
101	Stuart Thompson		MO50	9:59:00	0:07:53	0:59:31	0:29:01	1:36:25	150
51	Robert Burrows	Mounts Bay Harriers	MO50	9:17:00	0:10:14	1:00:48	0:27:15	1:38:17	160
69	Alex Findlay	Tri-Logic	MO50	9:35:00	0:09:45	0:57:22	0:31:44	1:38:51	165
65	Barry Symons		MO50	9:29:00	0:10:19	1:02:00	0:28:00	1:40:19	171
23	Tim Davies	Clevedon Middle Ringers	MO50	8:52:00	0:09:02	1:04:32	0:27:49	1:41:23	174

68	Alan Moss	Tamar Trotters	MO50	9:33:00	0:08:50	1:04:13	0:30:38	1:43:41	193
108	James Ellis		MO50	10:04:00	0:07:52	1:03:27	0:37:29	1:48:48	211
9	Tim Smithies		MO50	8:38:00	0:10:33	1:06:30	0:36:14	1:53:17	221
109	Barry Jackson		MO50	10:05:00	0:07:06	1:01:40	0:50:58	1:59:44	227
7	Derek Cardy		MO50	8:38:00	0:14:13	1:30:00	0:36:50	2:21:03	236

**MALE 60**

<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Start</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	<b>Position</b>
157	Christopher Harrison		MO60	10:40:00	0:08:28	0:57:25	0:27:27	1:33:20	128
50	Barry Drew	Carn Runners	MO60	9:15:00	0:11:13	0:58:23	0:28:10	1:37:46	156