



AMBLESIDE SPRINT TRIATHLON RESULTS 15/07/2017

Pos.	Race Number	Name	Time	Category	Gender	Gen Position	Club	TOD	Swin	T1	Cycle	T2	Run
1	180	Alex Foster	01:09:51	Senior	Male	1	VCUK/VeloChampion race team	08:59:51	00:12:03	00:00:33	00:45:56	00:00:27	00:10:51
2	15	Jonathan Milton	01:11:48	All Ages	Male	2	Manchester Triathlon Club	09:01:48	00:13:47	00:00:28	00:46:06	00:00:30	00:10:54
2	45	John Potter	01:11:48	Senior	Male	2	LEJOG Hardcore	09:01:48	00:14:05	00:00:50	00:44:40	00:00:28	00:11:43
4	50	Colin Robson	01:11:50	Veteran	Male	4	NE31 Tri Club	09:01:50	00:15:13	00:00:37	00:45:06	00:00:25	00:10:26
5	144	Robert Bee	01:11:55	All Ages	Male	5	Tri LAKELAND	09:01:55	00:15:31	00:00:50	00:44:23	00:00:37	00:10:32
6	58	John O Neill	01:12:32	Veteran	Male	6	Challenge Tri Camp TFN Race Team	09:02:32	00:13:01	00:00:59	00:46:25	00:00:27	00:11:38
7	37	Chris Morgan	01:12:45	Senior	Male	7		09:02:45	00:11:55	00:00:59	00:47:55	00:00:35	00:11:19
8	68	Will Sisson	01:14:23	Senior	Male	8	Triology North East	09:04:23	00:16:05	00:00:43	00:45:30	00:00:29	00:11:34
9	147	James Warburton	01:14:42	Senior	Male	9	harrogate tri	09:04:42	00:13:49	00:00:39	00:48:04	00:00:23	00:11:45
10	66	Graham Hunt	01:16:04	Senior	Male	10	Durham Triathlon Club	09:06:04	00:14:19	00:00:56	00:49:04	00:00:35	00:11:08
11	65	Niall Owens	01:18:22	Senior	Male	11	Lostock Tri	09:08:22	00:16:27	00:00:43	00:48:26	00:00:32	00:07:12
12	64	Wesley Roberts	01:18:58	Senior	Male	12		09:08:58	00:17:06	00:00:58	00:47:29	00:00:35	00:07:48
13	7	Graeme Fox	01:19:28	All Ages	Male	13		09:09:28	00:16:10	00:01:12	00:49:15	00:00:46	00:12:04
14	54	Andrew Taylor	01:19:52	Senior	Male	14		09:09:52	00:15:06	00:01:03	00:49:47	00:00:32	00:13:22
15	385	Simon Troop	01:19:56	Senior	Male	15	Ulverston Tri Club	09:09:56	00:14:55	00:01:04	00:50:04	00:00:28	00:13:23



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16	388	Peter Woodward	01:19:56	Senior	Male	15	team triguru	09:09:56	00:14:04	00:01:13	00:50:41	00:00:32	00:13:23
17	48	Mari Cole	01:21:37	All Ages	Female	1		09:11:37	00:14:57	00:00:55	00:52:03	00:00:43	00:12:57
18	375	Alex Roberts	01:21:41	Senior	Male	17	Tri LAKELAND	09:11:41	00:19:17	00:00:54	00:49:24	00:00:37	00:11:28
19	356	Daniel Jepchrott	01:23:15	All Ages	Male	18		09:13:15	00:18:03	00:01:26	00:51:11	00:00:40	00:11:53
20	376	Lucy Stobbart	01:23:19	All Ages	Female	2		09:13:19	00:18:38	00:01:03	00:50:58	00:00:38	00:12:01
21	63	Suzanne Toppin	01:23:42	Veteran	Female	3	Arragons Cumbria Tri Club	09:13:42	00:16:11	00:00:33	00:54:01	00:00:32	00:12:24
22	390	Konstations Georgialos	01:25:15	Senior	Male	19	Team Tri Guru	09:15:15	00:16:17	00:01:23	00:53:54	00:00:14	00:13:25
23	386	Lewis Watmough	01:26:33	All Ages	Male	20		09:16:33	00:18:33	00:01:31	00:53:28	00:00:30	00:12:28
24	146	Jordan Swift	01:27:24	Senior	Male	21	Chorley AC & Tri	09:17:24	00:16:30	00:01:29	00:55:31	00:00:36	00:08:16
25	384	Fiona Mashter	01:28:01	Senior	Female	4	Chorley Athletic and Triathlon Club	09:18:01	00:18:14	00:01:18	00:54:04	00:00:51	00:13:32
26	383	Richard Farron	01:28:29	Senior	Male	22		09:18:29	00:18:53	00:01:32	00:53:05	00:00:36	00:14:21
27	378	Mark Benson	01:29:01	Senior	Male	23		09:19:01	00:17:06	00:01:03	01:00:12	00:00:20	00:10:18
28	381	Michael Worthington	01:29:10	Senior	Male	24		09:19:10	00:17:35	00:01:41	00:54:52	00:00:58	00:14:02
29	32	Abigail Johnson	01:29:47	Senior	Female	5		09:19:47	00:17:53	00:02:01	00:56:14	00:00:51	00:12:46
30	449	Tom Hill	01:30:10	Vet 50	Male	25	Fusion Triathlon Club	09:20:10	00:21:12	00:02:22	00:52:06	00:01:14	00:13:14



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31	70	David Webborn	01:30:28	Senior	Male	26		09:20:28	00:17:27	00:02:03	00:55:06	00:01:24	00:14:26
32	18	Sally Blackmore	01:31:12	Vet 50	Female	6	Arragons Cumbrian Tri Club	09:21:12	00:17:33	00:01:00	00:55:34	00:00:42	00:16:22
33	382	Julie Simpson	01:32:29	All Ages	Female	7		09:22:29	00:19:25	00:01:30	00:56:43	00:01:00	00:13:48
34	13	Jonathan Bevan	01:34:50	All Ages	Male	27		09:24:50	00:19:04	00:01:55	00:59:30	00:01:06	00:13:13
35	52	Kevin Conway	01:35:11	Vet 50	Male	28	Mersey Tri	09:25:11	00:19:40	00:02:06	00:57:30	00:01:27	00:14:25
36	139	Tracey Binks	01:35:17	All Ages	Female	8		09:25:17	00:15:07	00:01:36	01:00:12	00:00:52	00:17:29
37	61	Margaret Hicks	01:35:45	Vet 60	Female	9		09:25:45	00:18:00	00:01:48	00:57:44	00:01:28	00:16:43
38	53	Chris Cox	01:39:01	All Ages	Male	29		09:29:01	00:20:48	00:03:13	00:58:46	00:00:41	00:15:31
39	47	Alastair Sumner	01:40:31	Senior	Male	30		09:30:31	00:17:06	00:02:30	01:05:33	00:01:10	00:14:09
40	57	Paul Burns	01:40:41	Senior	Male	31		09:30:41	00:18:06	00:02:05	01:04:53	00:01:47	00:13:49
41	21	Mark Cowley	01:40:47	Senior	Male	32		09:30:47	00:24:56	00:02:31	00:58:09	00:01:06	00:14:02
42	34	Georgina Scott Dempster	01:40:49	Senior	Female	10		09:30:49	00:20:19	00:01:51	01:03:36	00:00:36	00:14:25
43	35	Bernard Redman	01:41:21	Senior	Male	33		09:31:21	00:19:44	00:03:58	00:59:35	00:03:37	00:14:25
44	29	Caroline Cunningham	01:41:35	Veteran	Female	11	WALLSEND HARRIERS / CHAINLINE CYCLE CLUB	09:31:35	00:25:50	00:02:34	00:57:14	00:00:58	00:14:57
45	62	Nathan Cloudsdale	01:42:25	Senior	Male	34		09:32:25	00:21:25	00:03:24	01:00:37	00:00:40	00:16:17



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Pos.	Race Number	Name	Time	Category	Gender	Gen Position	Club	TOD	Swim	T1	Cycle	T2	Run
46	42	Kerry Braithwaite	01:42:58	Veteran	Female	12	Carlisle Tri	09:32:58	00:20:26	00:04:38	01:02:20	00:01:39	00:13:52
47	4	Megan Smith	01:43:19	Senior	Female	13		09:33:19	00:19:19	00:01:27	01:06:18	00:00:59	00:15:15
48	46	Nikki Hamerton	01:45:26	Vet 50	Female	14	Lostock AC	09:35:26	00:25:00	00:01:47	01:03:10	00:00:35	00:14:52
49	55	Viki Kent Carlile	01:46:59	Senior	Female	15	Carlisle Tri	09:36:59	00:20:41	00:02:46	01:06:07	00:01:40	00:15:43
50	44	Michelle Peters	01:47:17	Senior	Female	16	COLT	09:37:17	00:18:48	00:01:57	01:08:52	00:01:36	00:16:02
51	14	Emily Wingfield	01:49:20	All Ages	Female	17		09:39:20	00:20:56	00:02:15	01:07:10	00:01:40	00:17:17
52	36	Jonjo Gallagher	01:50:51	Senior	Male	35		09:40:51	00:19:36	00:02:52	01:03:44	00:00:54	00:23:43
53	43	Thomas Scrase	01:57:09	Senior	Male	36		09:47:09	00:21:19	00:04:58	01:14:36	00:01:06	00:15:07
54	41	Jess Sturgeon	01:57:09	Senior	Female	18		09:47:09	00:21:19	00:04:57	01:14:39	00:01:04	00:15:08
55	69	Louise Maguire	01:58:29	Veteran	Female	19	Carlisle Tri Club	09:48:29	00:19:34	00:02:43	01:12:35	00:01:27	00:22:07
56	59	Jessica Jackson	01:58:49	Senior	Female	20	Tri Life Warriors	09:48:49	00:19:04	00:02:26	01:19:29	00:00:35	00:17:13
57	38	Scott Cairns	02:09:19	Vet 50	Male	37	Fatboy to Ironman	09:59:19	00:29:08	00:01:46	01:14:23	00:00:55	00:23:05
58	20	Vicky Green	02:20:50	Veteran	Female	21		10:10:50	00:29:05	00:03:20	01:26:47	00:00:52	00:20:44
999999	11	Jackie Harraghy	DNF	All Ages	Female	999999			00:09:00	00:01:33	00:42:17	99:99:99	99:99:99
999999	49	Adam Hignett	DNF	Senior	Male	999999			00:19:49	00:01:49	00:31:13	99:99:99	99:99:99
999999	51	Ken Brown	Started	Vet 50	Male	999999	NE31 Tri Club		00:14:08	00:01:00	00:49:17	00:00:46	99:99:99