

# Club Championships 2018 ( October 2017 - September 2018)

Any Duathlon, swim or run can be substituted with another Triathlon

Totals and percentages are calculated automatically from entered times! ANY CTC Event or Cumbrian Championships has 5 extra points added

				Triathlon			Triathlon			Triathlon			Duathlon, Run, Swim or Triathlon			Duathlon, Run, Swim or Triathlon			Duathlon, Run, Swim or Triathlon									
Name	M/F	Total	Additional CTC 5 Points	Race Name	1st	own time	%	Race Name	1st	own time	%	Race Name	1st	own time	%	Race Name	1st	own time	%	Race Name	1st	own time	%					
Daisy May Barnes	F	587.98	15	Kendal Triathlon	1:07:08	1:14:56	89.59	Ullswater Sprint Triathlon	1:26:08	1:31:08	94.51	Lazonby Go Tri	0:36:03	0:36:03	100.00	Carlisle Duathlon	1:19:15	1:19:15	100.00	Carlisle Triathlon	1:06:40	1:12:35	91.85	Carlisle 10K	0:43:29	0:44:49	97.02	
Sarah Dent	F	562.80	5	Arkham Go Tri	0:31:57	0:33:13	96.19	Kendal Triathlon	1:07:08	1:17:21	86.79	Southport Standard Triathlon	2:15:57	02:33:25	88.61	Lomond Aquathon	0:41:07	0:42:49	96.03	Ullswater Sprint Triathlon	1:26:07	1:32:51	92.75	3 Village 10	1:11:28	1:13:21	97.43	
Lucy Lamb	F	462.04	5	Bass Sprint Triathlon	1:32:45	1:32:45	100.00	Capernwray Triathlon	1:05:23	1:14:01	88.34	Lakesman Half	4:51:33	5:39:40	85.83	Ullswater Sprint Triathlon	1:26:07	1:28:53	96.89	Cumbria League XC Cockermouth	0:34:51	0:40:32	85.98					
Angela Fisher	F	456.76	15	Capernwray Triathlon	1:05:23	1:20:08	81.59	Grafman Triathlon	4:47:51	6:20:46	75.60	Lakesman Full	11:20:35	13:32:32	83.76	Ullswater Standard Triathlon	0:47:53	01:21:35	58.69	Carlisle Duathlon	1:19:15	1:41:23	78.17	Carlisle Tri 10K	0:39:56	1:02:27	63.94	
Tracey Pape	F	339.94	15	Carlisle Triathlon	1:06:40	1:35:31	69.80	Ullswater Sprint Triathlon	1:26:07	2:17:30	62.63	Capernwray Triathlon	1:05:23	1:42:07	64.03	Carlisle Duathlon	1:19:15	1:59:47	66.16									
Viki Kent-carlile	F	334.92	15	Carlisle Triathlon	1:06:40	1:19:53	83.46	Ullswater Sprint Triathlon	1:26:07	1:45:11	81.87	Lakesman Half	4:51:33	6:32:59	74.19	Carlisle Duathlon	1:19:15	1:38:34	80.40									
Louisa Weeks	F	307.86	15	Carlisle Triathlon	1:06:40	1:29:51	74.20	Ullswater Sprint Triathlon	1:26:07	1:56:56	73.65	Lakesman Half	4:51:54	7:01:17	69.29	Carlisle Duathlon	1:19:15	1:44:39	75.73									
Kerry Braithwaite	F	178.24	5	Lakesman Full	11:20:35	12:53:58	87.93				0.00				0.00	Carlisle Duathlon	1:19:15	1:32:54	85.31									
Nicola Carruthers	F	176.86	10	Carlisle Triathlon	1:06:40	1:21:30	81.80				0.00				0.00	Carlisle Duathlon	1:19:15	1:33:10	85.06									
Jill Gardiner	F	164.84	10	Carlisle Triathlon	1:06:40	1:27:54	75.84				0.00				0.00	Carlisle Duathlon	1:19:15	1:40:19	79.00									
Judith Bradshaw	F	125.70					0.00	Lakesman Half	4:51:33	8:01:43	60.52	Ulverston Triathlon	1:20:03	2:02:49	65.18				0.00									
Audrey O'Kelly	F	121.77	5	Carlisle Triathlon	1:06:40	1:31:28	72.89				0.00				0.00	Coniston Swim	0:07:07	0:16:13	43.88									
Emily Arter	F	97.48	5	Ullswater Sprint Triathlon	1:26:07	1:33:07	92.48				0.00				0.00				0.00									
Louise Hodgson	F	85.58	5	Carlisle Triathlon	1:06:40	1:22:44	80.58				0.00				0.00				0.00									
Lynn Connolly	F	85.18	5	Carlisle Triathlon	1:06:40	1:23:09	80.18				0.00				0.00				0.00									
Nicola Lee	F	81.77	5				0.00				0.00				0.00	Carlisle Duathlon	1:19:15	1:43:14	76.77									
Heather Rowe	F	79.78	5	Ullswater Sprint Triathlon	1:26:07	1:55:10	74.78				0.00				0.00				0.00									
Sharon Spriggs	F	71.11		Lakesman Half	4:51:33	6:50:01	71.11				0.00				0.00				0.00									
Davina Collins	F	70.56	5	Carlisle Triathlon	1:06:40	1:41:41	65.56				0.00				0.00				0.00									
Helen Cupac	F	70.17	5	Carlisle Triathlon	1:06:40	1:42:18	65.17				0.00				0.00				0.00									
Baz Harper	M	549.21	15	Carlisle Triathlon	0:59:32	1:07:27	88.26	Arkham Go Tri	0:26:26	0:28:32	92.64	Ullswater Sprint Triathlon	1:15:42	1:27:39	86.37	Southport Standard Tri	1:58:38	02:23:05	82.91	Carlisle Duathlon	1:08:15	1:19:20	86.03	Carlisle 10K	0:40:01	0:40:50	98.00	
David 'the loser' Postill	M	490.35		Southport Standard Triathlon	1:58:38	2:26:40	80.89	Stockton Duathlon	1:47:51	2:20:34	76.73	Lakesman Half	4:24:54	5:33:31	79.43	Arkham Tri	0:26:26	0:31:28	84.00	Bass Tri	1:21:06	1:31:38	88.50	SIA 10K	0:32:29	0:40:12	80.80	
Mark Ryan	M	465.72	5	Southport Standard Triathlon	1:47:51	2:09:30	83.28	Leeds Triathlon	1:44:53	2:00:45	86.86				0.00	Dalbeattie Hardrock Challenge MTB Duathlon	2:22:39	2:22:48	99.89	Carlisle Duathlon	1:08:15	1:12:54	93.62	Dalemain 10K	0:39:08	0:40:19	97.06	
John Waite	M	448.84	10	Carlisle Triathlon	0:59:32	1:08:35	86.80	Kendal Triathlon	0:58:26	1:10:22	83.04	Southport Sprint Triathlon	1:02:14	01:10:07	88.76	Carlisle Duathlon	1:08:15	1:22:41	82.54	Carlisle Resolution 5K	0:19:47	0:20:15	97.70					
Mark Colman	M	410.57	5	Bass Standard Triathlon	2:14:32	2:32:50	88.03	Capernwray Triathlon	0:55:11	1:07:11	82.14	Lakesman Half	4:24:54	5:23:06	81.99	Ullswater Standard Triathlon	1:54:59	02:16:47	84.06	Derwentwater 1 mile Swim	0:18:22	0:26:29	69.35					
Steven Bragg	M	394.23	10	Carlisle Triathlon	1:06:40	1:15:15	79.11	Kendal Triathlon	0:58:26	1:15:42	77.19	Lakesman Half	4:24:54	5:51:30	75.36	Ullswater Standard Triathlon	1:54:59	2:38:01	72.77	Carlisle Resolution 5K	0:19:41	0:24:40	79.80					
Danny Wilkinson	M	380.39	5	Carlisle Triathlon	0:59:32	1:12:50	81.74	Kendal Triathlon	0:58:26	1:16:10	76.72	KMF Long Triathlon	2:20:47	3:30:52	66.76	Bass Standard Triathlon	2:14:33	02:49:46	79.26	Ullswater Swim	0:46:41	1:05:50	70.91					
David Robinson	M	373.75	15	Carlisle Triathlon	0:59:32	1:21:33	73.00	KMF Sprint Triathlon	0:58:14	1:18:27	74.23	Bass Sprint Triathlon	1:21:05	1:48:05	75.02	Ullswater Sprint Triathlon	1:15:42	01:46:54	70.81	Carlisle Duathlon	1:08:15	1:43:54	65.69					
Ryan Gavin	M	370.44	5	Lakesman Half	4:24:54	5:06:14	86.50				0.00				86.50	Carlisle Duathlon	1:08:15	1:12:12	94.53	West Coast Half	1:17:46	1:19:26	97.90					
Ben Harper	M	352.50	10	Carlisle Triathlon	0:59:32	1:09:09	86.09	Ullswater Sprint Triathlon	1:15:42	1:27:42	86.32	Lakesman Half	4:24:54	5:51:48	75.30	Carlisle 10K	0:40:01	0:42:13	94.79									
Dave Boom Graham	M	288.80		Grafman Triathlon	4:20:28	7:11:35	60.35	Capernwray Triathlon	0:55:11	1:25:21	64.66				0.00	Derwentwater 3.8 Swim	0:47:32	01:47:19	44.29	Capernwray Triathlon	0:55:11	1:25:21	64.66	Spooky Delaware 10K	0:43:03	1:18:30	54.84	
David Moon	M	283.30	10	Carlisle Triathlon	0:59:32	1:30:41	65.65	Kendal Triathlon	0:58:26	1:30:11	64.79				0.00	Carlisle Duathlon	1:08:15	1:39:52	68.34	Carlisle Resolution 5K	0:19:47	0:26:33	74.51					
Ben Hale	M	194.19	5	Carlisle Triathlon	0:59:32	1:03:38	93.56	Kendal Triathlon	0:58:26	1:01:06	95.64				0.00				0.00									
Paul Cowing	M	175.83	10	Ullswater Sprint Triathlon	1:15:42	1:30:18	83.83				0.00				0.00	Carlisle Duathlon	1:08:15	1:23:14	82.00									
Darren Wildey	M	165.00	5	Lakesman Half	4:24:54	5:27:11	80.96	Ullswater Standard Triathlon	1:54:59	02:25:29	79.04				0.00				0.00									
Mathew Ireland	M	162.56	10	Carlisle Triathlon	0:59:32	1:16:46	77.55				0.00				0.00	Carlisle Duathlon	1:08:15	1:30:59	75.01									
David Scattergood	M	161.43	5	Lakesman Half	4:24:54	5:52:20	75.18				0.00				0.00	Carlisle Duathlon	1:08:15	1:24:00	81.25									
Sebastien Buzsko	M	159.77	10	Carlisle Triathlon	0:59:32	1:15:03	79.32	Ullswater Standard Triathlon	1:54:59	2:43:13	70.45				0.00				0.00									
Glenn Patterson	M	153.78	10	Carlisle Triathlon	0:59:32	1:23:08	71.61				0.00				0.00	Carlisle Duathlon	1:08:15	1:34:34	72.17									
Steve Stamper	M	152.01		Ullswater Standard Triathlon	1:54:59	2:33:25	74.95				0.00	Lakesman Full	9:15:50	12:01:16	77.06				0.00									
Graham Harmse	M	140.92	5	Ullswater Standard Triathlon	1:54:59	2:53:16	66.36				0.00	Lakesman Half	4:24:54	6:20:51	69.55				0.00									
Andrew Atkinson	M	134.72	5	Lakesman Full	9:15:50	15:51:47	58.40				0.00				0.00	Carlisle Duathlon	1:08:15	1:35:42	71.32									
Roy Weisser	M	120.20	10	Carlisle Triathlon	0:59:32	1:45:30	56.43	Ullswater Sprint Triathlon	1:15:42	2:20:47	53.77				0.00				0.00									
Ian Wingfield	M	94.41	5	Ullswater Sprint Triathlon	1:15:42	1:24:40	89.41				0.00				0.00				0.00									
Luke Russell	M	91.21	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:19:10	86.21									
Paul Alcock	M	90.28	5	Ullswater Standard Triathlon	1:54:59	2:14:50	85.28				0.00				0.00				0.00									
Steven Ratcliffe	M	89.56	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:20:43	84.56									
Mike Brown	M	89.21	5	Ullswater Standard Triathlon	1:54:59	2:16:33	84.21				0.00				0.00				0.00									
Jonathan Brown	M	87.84		Lakesman Full	9:15:50	10:32:45	87.84				0.00				0.00				0.00									
Chris Davison	M	87.48	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:22:45	82.48									
Ian Hodgson	M	86.57	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:23:40	81.57									
Mark Hetherington	M	84.57	5	Carlisle Triathlon	0:59:32	1:14:49	79.57				0.00				0.00				0.00									
Keve Iveson	M	84.53	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:25:49	79.53									
Anthony Rooney	M	83.47	5	Ullswater Standard Triathlon	1:54:59	2:26:32	78.47				0.00				0.00				0.00									
David Connor	M	81.80	5				0.00				0.00				0.00	Carlisle Duathlon	1:08:15	1:28:52	76.80									
Nathan Postill	M	81.67	5																									