

CARLISLE DUATHLON

Sunday March 15th 2015

No	Name		Cat	M/F	Club	Run Start Time	Run Finish Time	1st Run Time	Run Pos	Cycle Start Time	Cycle Finish Time	Cycle Time Includes T1	Cycle Pos	Run Start Time	Run Finish Time	Run Time Includes T2	Run Pos	Race Time	Pos	Cat Pos
842	Alex	Lawton	Senior	M	TORQ	10:00:00	10:13:30	00:13:30	1	10:13:30	10:52:50	00:39:20	3	10:52:50	11:06:52	00:14:02	1	01:06:52	1	1
867	Stephen	Lewis	Senior	M	Carlisle Tri Club	10:00:00	10:14:19	00:14:19	4	10:14:19	10:51:23	00:37:04	1	10:51:23	11:07:33	00:16:10	7	01:07:33	2	2
885	Harry	Walker	Over 40	M		10:00:00	10:15:02	00:15:02	11	10:15:02	10:53:50	00:38:48	2	10:53:50	11:10:11	00:16:21	9	01:10:11	3	1
854	David	Thompson	Senior	M		10:00:00	10:14:20	00:14:20	5	10:14:20	10:54:34	00:40:14	5	10:54:34	11:10:37	00:16:03	5	01:10:37	4	3
820	Dave	Connor	Over 40	M		10:00:00	10:15:22	00:15:22	13	10:15:22	10:55:38	00:40:16	6	10:55:38	11:12:00	00:16:22	10	01:12:00	5	2
857	Jon	Fletcher	Senior	M	Arragons Cumbrian Tri Club	10:00:00	10:13:40	00:13:40	2	10:13:40	10:57:10	00:43:30	12	10:57:10	11:12:06	00:14:56	2	01:12:06	6	4
887	Keith	Melvin	Senior	M		10:00:00	10:14:30	00:14:30	6	10:14:30	10:55:08	00:40:38	7	10:55:08	11:12:38	00:17:30	19	01:12:38	7	5
879	David	Sloan	Senior	M	Dumfries & Galloway Triathlon Club	10:00:00	10:14:13	00:14:13	3	10:14:13	10:57:21	00:43:08	11	10:57:21	11:12:49	00:15:28	3	01:12:49	8	6
876	Steve	Stoneman	Over 40	M	Bott Cycle Team	10:00:00	10:16:04	00:16:04	24	10:16:04	10:55:34	00:39:30	4	10:55:34	11:13:40	00:18:06	28	01:13:40	9	3
827	Laurence	Corbett	Over 40	M		10:00:00	10:14:58	00:14:58	10	10:14:58	10:58:38	00:43:40	15	10:58:38	11:14:50	00:16:12	8	01:14:50	10	4
831	Paul	Taylor	Over 40	M	TRI CLAN	10:00:00	10:15:50	00:15:50	20	10:15:50	10:57:20	00:41:30	8	10:57:20	11:15:12	00:17:52	25	01:15:12	11	5
875	Andy	Johnson	Senior	M		10:00:00	10:14:52	00:14:52	9	10:14:52	10:58:33	00:43:41	16	10:58:33	11:15:20	00:16:47	11	01:15:20	12	7
834	Brendon	Jackson	Over 40	M	One Life Racing - One Life Kids	10:00:00	10:15:13	00:15:13	12	10:15:13	10:59:19	00:44:06	20	10:59:19	11:15:24	00:16:05	6	01:15:24	13	6
837	Ian	Walton	Over 40	M	RedVenom.co.uk	10:00:00	10:15:25	00:15:25	14	10:15:25	10:57:49	00:42:24	10	10:57:49	11:15:30	00:17:41	23	01:15:30	14	7
824	Samantha	Howard	Senior	F	Mersey Tri	10:00:00	10:16:16	00:16:16	30	10:16:16	10:58:20	00:42:04	9	10:58:20	11:15:32	00:17:12	16	01:15:32	15	1
877	Mhairi	Duff	Senior	F	Dumfries & Galloway Triathlon Club	10:00:00	10:14:50	00:14:50	8	10:14:50	11:00:07	00:45:17	24	11:00:07	11:15:57	00:15:50	4	01:15:57	16	2
851	Alan	Spence	Senior	M	DNG Tri Club	10:00:00	10:15:38	00:15:38	16	10:15:38	10:59:12	00:43:34	13	10:59:12	11:17:05	00:17:53	26	01:17:05	17	8
869	Simon	Wright	Senior	M	2 SCOTS	10:00:00	10:16:05	00:16:05	25	10:16:05	10:59:49	00:43:44	17	10:59:49	11:17:28	00:17:39	22	01:17:28	18	9
849	Chris	Freer	Over 40	M	Tri-Lakeland	10:00:00	10:16:11	00:16:11	28	10:16:11	10:59:58	00:43:47	18	10:59:58	11:17:40	00:17:42	24	01:17:40	19	8
871	Chris	Davison	Over 50	M	Carlisle Tri Club	10:00:00	10:15:56	00:15:56	22	10:15:56	10:59:33	00:43:37	14	10:59:33	11:17:43	00:18:10	29	01:17:43	20	1
866	Andy	Coultas	Over 40	M		10:00:00	10:16:00	00:16:00	23	10:16:00	11:00:05	00:44:05	19	11:00:05	11:18:10	00:18:05	27	01:18:10	21	9
859	Carl	Tomlinson	Senior	M	Tri-Lakeland	10:00:00	10:15:41	00:15:41	19	10:15:41	11:02:29	00:46:48	28	11:02:29	11:19:28	00:16:59	13	01:19:28	22	10
865	Louise	Kelly	Senior	F	C.O.L.T.	10:00:00	10:15:39	00:15:39	18	10:15:39	11:02:37	00:46:58	29	11:02:37	11:19:40	00:17:03	14	01:19:40	23	3
895	Richie	Hinson	Senior	M	Carlisle Tri Club	10:00:00	10:14:39	00:14:39	7	10:14:39	11:03:05	00:48:26	37	11:03:05	11:20:01	00:16:56	12	01:20:01	24	11
893	Rory	Longmore	Over 50	M	ADAC	10:00:00	10:15:38	00:15:38	17	10:15:38	11:03:07	00:47:29	31	11:03:07	11:20:21	00:17:14	17	01:20:21	25	2
843	Mark	Colman	Senior	M	Carlisle Tri Club	10:00:00	10:16:28	00:16:28	32	10:16:28	11:02:56	00:46:28	27	11:02:56	11:21:23	00:18:27	30	01:21:23	26	12
896	Neil	McNicholas	Over 50	M	Tri-Lakeland	10:00:00	10:16:40	00:16:40	35	10:16:40	11:02:28	00:45:48	25	11:02:28	11:22:10	00:19:42	39	01:22:10	27	3
889	Andrew	Wilson	Senior	M		10:00:00	10:15:27	00:15:27	15	10:15:27	11:05:07	00:49:40	46	11:05:07	11:22:17	00:17:10	15	01:22:17	28	13
878	Raymond	Duff	Over 40	M	Dumfries & Galloway Triathlon Club	10:00:00	10:16:06	00:16:06	26	10:16:06	11:03:51	00:47:45	32	11:03:51	11:22:29	00:18:38	33	01:22:29	29	10
852	Karen	Bridge	Over 40	F	Arragons Cumbrian Tri Club	10:00:00	10:16:29	00:16:29	33	10:16:29	11:03:55	00:47:26	30	11:03:55	11:22:30	00:18:35	32	01:22:30	30	1
858	Scott	Johnston	Senior	M	Rock to Roll Cycles Ltd.	10:00:00	10:18:17	00:18:17	50	10:18:17	11:02:42	00:44:25	21	11:02:42	11:23:12	00:20:30	49	01:23:12	31	14
847	Stuart	Garner	Senior	M	Dumfries & Galloway Triathlon Club	10:00:00	10:18:08	00:18:08	47	10:18:08	11:03:08	00:45:00	22	11:03:08	11:23:14	00:20:06	44	01:23:14	32	15

882	Kane	Tinnion	Senior	M		10:00:00	10:16:10	00:16:10	27	10:16:10	11:05:50	00:49:40	47	11:05:50	11:23:22	00:17:32	20	01:23:22	33	16
864	Amanda	Ingram	Over 40	F	Tri-Lakeland	10:00:00	10:15:51	00:15:51	21	10:15:51	11:05:57	00:50:06	52	11:05:57	11:23:25	00:17:28	18	01:23:25	34	2
657	Kev	Mulvey	Senior	M	DH Runners	10:00:00	10:16:29	00:16:29	34	10:16:29	11:05:23	00:48:54	41	11:05:23	11:23:57	00:18:34	31	01:23:57	35	17
840	David	Dick	Senior	M		10:00:00	10:18:14	00:18:14	49	10:18:14	11:06:10	00:47:56	35	11:06:10	11:26:07	00:19:57	43	01:26:07	36	18
900	David	Postill	Over 40	M	Carlisle Tri Club	10:00:00	10:17:07	00:17:07	36	10:17:07	11:07:05	00:49:58	51	11:07:05	11:26:20	00:19:15	36	01:26:20	37	11
848	Simon	Clarke	Over 40	M	Tri-Lakeland	10:00:00	10:18:03	00:18:03	44	10:18:03	11:06:43	00:48:40	39	11:06:43	11:26:27	00:19:44	40	01:26:27	38	12
654	Gareth	Irving	Senior	M		10:00:00	10:17:55	00:17:55	42	10:17:55	11:06:42	00:48:47	40	11:06:42	11:26:36	00:19:54	41	01:26:36	39	19
844	Stuart	Robertson	Over 40	M	Dumfries & Galloway Triathlon Club	10:00:00	10:18:07	00:18:07	46	10:18:07	11:05:55	00:47:48	34	11:05:55	11:26:38	00:20:43	51	01:26:38	40	13
888	Richard	Tyson	Over 40	M	Rock to Roll Cycles	10:00:00	10:17:50	00:17:50	40	10:17:50	11:06:50	00:49:00	42	11:06:50	11:27:37	00:20:47	53	01:27:37	41	14
894	Gordon	Vivers	Over 50	M	ADAC	10:00:00	10:17:13	00:17:13	37	10:17:13	11:09:05	00:51:52	56	11:09:05	11:27:48	00:18:43	34	01:27:48	42	4
838	Bradley	Thornton	Senior	M	Bolton Triathlon Club	10:00:00	10:17:43	00:17:43	39	10:17:43	11:08:36	00:50:53	53	11:08:36	11:27:56	00:19:20	37	01:27:56	43	20
897	Scott	Nichol	Senior	M	Carlisle Tri Club	10:00:00	10:18:05	00:18:05	45	10:18:05	11:07:51	00:49:46	49	11:07:51	11:28:03	00:20:12	46	01:28:03	44	21
658	Malcolm	Hector	Over60	M	Stirling Triathlon Club	10:00:00	10:19:32	00:19:32	59	10:19:32	11:08:48	00:49:16	43	11:08:48	11:28:08	00:19:20	38	01:28:08	45	1
890	Lucy	Lamb	Over 40	F		10:00:00	10:17:50	00:17:50	41	10:17:50	11:09:10	00:51:20	54	11:09:10	11:28:15	00:19:05	35	01:28:15	46	3
883	Jon Daren	Osborn	Over 40	M		10:00:00	10:19:07	00:19:07	55	10:19:07	11:08:30	00:49:23	44	11:08:30	11:28:38	00:20:08	45	01:28:38	47	15
826	Peter	Stockdale	Over 40	M	Carlisle Tri Club	10:00:00	10:18:02	00:18:02	43	10:18:02	11:07:33	00:49:31	45	11:07:33	11:28:53	00:21:20	57	01:28:53	48	16
835	Ewan	Parish	Senior	M		10:00:00	10:19:29	00:19:29	58	10:19:29	11:05:56	00:46:27	26	11:05:56	11:29:01	00:23:05	65	01:29:01	49	22
656	Gill	McNeil	Over 40	F	Dumfries Cycling club	10:00:00	10:19:18	00:19:18	57	10:19:18	11:07:32	00:48:14	36	11:07:32	11:29:07	00:21:35	58	01:29:07	50	4
832	Jon	Tuson	Over 50	M	Chorley Harriers and Tri	10:00:00	10:20:03	00:20:03	65	10:20:03	11:08:35	00:48:32	38	11:08:35	11:31:26	00:22:51	63	01:31:26	51	5
874	Jack	Mazur	Senior	M	Carlisle Tri Club	10:00:00	10:18:56	00:18:56	53	10:18:56	11:08:39	00:49:43	48	11:08:39	11:31:36	00:22:57	64	01:31:36	52	23
833	Nicola	Carruthers	Senior	F	Carlisle Tri Club	10:00:00	10:18:21	00:18:21	51	10:18:21	11:11:59	00:53:38	62	11:11:59	11:31:55	00:19:56	42	01:31:55	53	4
860	Roger	Bamkin	Over 40	M		10:00:00	10:21:15	00:21:15	72	10:21:15	11:09:00	00:47:45	33	11:09:00	11:32:12	00:23:12	66	01:32:12	54	17
870	Pippa	Wright	Senior	F	R.A.F.	10:00:00	10:17:35	00:17:35	38	10:17:35	11:11:56	00:54:21	64	11:11:56	11:32:29	00:20:33	50	01:32:29	55	5
898	Julie	Simpson	Over 40	F		10:00:00	10:19:45	00:19:45	62	10:19:45	11:12:05	00:52:20	57	11:12:05	11:33:20	00:21:15	56	01:33:20	56	5
652	Heather	Eccles	Senior	F		10:00:00	10:20:00	00:20:00	64	10:20:00	11:12:32	00:52:32	58	11:12:32	11:33:23	00:20:51	54	01:33:23	57	6
891	Joanne	O'Doherty	Over 40	F		10:00:00	10:19:14	00:19:14	56	10:19:14	11:12:36	00:53:22	60	11:12:36	11:33:45	00:21:09	55	01:33:45	58	6
653	Wendy	Matier	Over 40	F	Arragons Cumbrian Tri Club	10:00:00	10:19:59	00:19:59	63	10:19:59	11:13:27	00:53:28	61	11:13:27	11:33:48	00:20:21	48	01:33:48	59	7
828	Steven	Archibald	Over 40	M		10:00:00	10:18:31	00:18:31	52	10:18:31	11:13:43	00:55:12	65	11:13:43	11:34:29	00:20:46	52	01:34:29	60	18
868	Alison	Walker	Senior	F	Arragons Cumbrian Tri Club	10:00:00	10:20:52	00:20:52	69	10:20:52	11:12:30	00:51:38	55	11:12:30	11:34:49	00:22:19	62	01:34:49	61	7
884	Steven	Bragg	Senior	M	Carlisle Tri Club	10:00:00	10:18:58	00:18:58	54	10:18:58	11:14:39	00:55:41	68	11:14:39	11:34:58	00:20:19	47	01:34:58	62	24
825	Dave Boom	Graham	Over 40	M	Carlisle Tri Club	10:00:00	10:21:51	00:21:51	73	10:21:51	11:11:45	00:49:54	50	11:11:45	11:35:09	00:23:24	67	01:35:09	63	19
861	Richard	Smith	Over 40	M	ADAC	10:00:00	10:21:00	00:21:00	70	10:21:00	11:14:41	00:53:41	63	11:14:41	11:36:46	00:22:05	61	01:36:46	64	20
659	Julia	Hector	Over60	F	Stirling Triathlon Club	10:00:00	10:20:41	00:20:41	68	10:20:41	11:16:46	00:56:05	71	11:16:46	11:38:37	00:21:51	59	01:38:37	65	1
850	Robert	Hunter	Senior	M		10:00:00	10:18:12	00:18:12	48	10:18:12	11:16:55	00:58:43	72	11:16:55	11:38:53	00:21:58	60	01:38:53	66	25
839	Steven	Claringbold	Senior	M		10:00:00	10:19:41	00:19:41	60	10:19:41	11:15:22	00:55:41	67	11:15:22	11:38:57	00:23:35	68	01:38:57	67	26
846	Rob	Bone	Senior	M		10:00:00	10:19:41	00:19:41	61	10:19:41	11:15:15	00:55:34	66	11:15:15	11:39:25	00:24:10	71	01:39:25	68	27

862	Philippa	Wakefield	Senior	F		10:00:00	10:16:12	00:16:12	29	10:16:12	11:22:05	01:05:53	76	11:22:05	11:39:40	00:17:35	21	01:39:40	69	8
655	Sara	Stewart	Over 40	F	One Life Racing - One Life Kids	10:00:00	10:20:35	00:20:35	66	10:20:35	11:16:27	00:55:52	70	11:16:27	11:40:11	00:23:44	70	01:40:11	70	8
881	Craig	Thomson	Over 50	M		10:00:00	10:20:36	00:20:36	67	10:20:36	11:16:28	00:55:52	69	11:16:28	11:40:12	00:23:44	69	01:40:12	71	6
853	Rob	Chalmers	Senior	M	St Helens Tri	10:00:00	10:23:12	00:23:12	76	10:23:12	11:16:07	00:52:55	59	11:16:07	11:40:42	00:24:35	72	01:40:42	72	28
880	Darren	Ryan	Over 40	M	Carlisle Tri Club	10:00:00	10:21:08	00:21:08	71	10:21:08	11:21:34	01:00:26	73	11:21:34	11:47:16	00:25:42	73	01:47:16	73	21
899	Neil	Scott	Over 40	M		10:00:00	10:22:01	00:22:01	74	10:22:01	11:25:08	01:03:07	75	11:25:08	11:52:02	00:26:54	74	01:52:02	74	22
892	Maria	Renucci	Over 40	F	Carlisle Tri Club	10:00:00	10:23:10	00:23:10	75	10:23:10	11:26:10	01:03:00	74	11:26:10	11:53:13	00:27:03	75	01:53:13	75	9
823	Andrea	Boyd	Senior	F		10:00:00	10:26:06	00:26:06	77	10:26:06	11:37:00	01:10:54	78	11:37:00	12:09:30	00:32:30	76	02:09:30	76	9
822	Heather	Waugh	Senior	F		10:00:00	10:30:16	00:30:16	78	10:30:16	11:40:13	01:09:57	77	11:40:13	12:15:43	00:35:30	77	02:15:43	77	10
872	Sean	Wells	Over 50	M	Rochdale Triathlon Club	10:00:00	10:16:27	00:16:27	31	10:16:27	11:01:40	00:45:13	23	11:01:40		#####		DNF		