

Jenny Mitchell	F	74.63	5				0.00				0.00					0.00	Carlisle Duathlon	1:21:34	1:57:09	69.63				0.00
Graham Harmse	M	73.62	5				0.00				0.00					0.00				0.00	Carlisle Tri 10K	0:33:45	0:49:11	68.62
Lucy Charnock	F	70.53	5				0.00				0.00					0.00				0.00	Carlisle Tri 10K	0:40:47	1:02:14	65.53
Scott Nichol	M	69.55	5				0.00				0.00					0.00				0.00	Carlisle Tri 10K	0:33:45	0:52:17	64.55
Angus Grant	M	67.27	5				0.00				0.00					0.00				0.00	Carlisle Tri 10K	0:33:45	0:54:12	62.27
Daniel Wilkinson	M	66.63		Outlaw Half	3:51:44	5:47:47	66.63				0.00					0.00				0.00				0.00
Steven Archibald	M	66.47	5				0.00				0.00					0.00	Carlisle Duathlon	1:11:00	1:55:30	61.47				0.00
Louise Maguire	F	63.80	5				0.00	Carlisle Triathlon	1:07:31	1:54:50	58.80					0.00				0.00				0.00
		0.00					0.00				0.00					0.00				0.00				0.00
		0.00					0.00				0.00					0.00				0.00				0.00

Vet 50 Plus Club Championships 2019 (October 2018 - September 2019)

Paul Alcock	M	499.89		Lakesman Half	5:01:14	5:01:14	100.00	Ullswater Standard Triathlon	2:29:52	2:30:02	99.89	Cleveland Steelman	4:55:17	4:55:17	100.00			0.00	Dalbeattie Hard Rock Challenge	2:34:23	2:34:23	100.00	Kirkbride Half	1:30:14	1:30:14	100.00	
Robert Johnstone	M	496.94	10	Southport Standard Tri	2:07:24	3:00:23	70.63	Carlisle Triathlon	1:06:07	1:23:04	79.59	Lakesman Half	5:03:57	6:37:24	76.48	Stockport Duathlon	1:02:22	1:11:51	86.80	Carlisle Duathlon	1:18:38	1:27:26	89.94	Ullswater Sprint Triathlon	1:24:40	1:41:24	83.50
Audrey O'Kelly	F	327.90	10	Southport Standard Tri	2:17:58	3:28:22	66.21	Carlisle Triathlon	1:08:35	1:28:25	77.57				0.00			0.00	Carlisle Duathlon	1:32:15	1:51:27	82.77	Carlisle City Urban Trail Run	0:47:09	0:51:37	91.35	
Joanne McKenzie	F	275.29	10				0.00	Carlisle Triathlon	1:08:35	1:22:53	82.75				0.00			0.00	Carlisle Duathlon	1:32:15	1:41:13	91.14	Carlisle City Urban Trail Run	0:47:09	0:51:35	91.41	
Sally Little	F	192.64	10				0.00	Carlisle Triathlon	1:08:35	1:18:27	87.42				0.00			0.00	Carlisle Duathlon	1:32:15	1:36:53	95.22				0.00	
David Moon	M	172.27	10				0.00	Carlisle Triathlon	1:06:07	1:21:49	80.81				0.00			0.00				0.00	Carlisle Tri 10K	0:42:45	0:52:29	81.45	
Ian Wingfield	M	103.21	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	1:18:38	1:20:04	98.21				0.00	
Brian Young	M	101.70	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	1:18:38	1:21:19	96.70				0.00	
Colin Fell	M	97.17	5				0.00	Carlisle Triathlon	1:06:07	1:11:44	92.17				0.00			0.00				0.00				0.00	
Graham Harmse	M	91.92	5				0.00				0.00				0.00			0.00				0.00	Carlisle Tri 10K	0:42:45	0:49:11	86.92	
		0.00					0.00				0.00				0.00			0.00				0.00				0.00	
		0.00					0.00				0.00				0.00			0.00				0.00				0.00	
		0.00					0.00				0.00				0.00			0.00				0.00				0.00	
		0.00					0.00				0.00				0.00			0.00				0.00				0.00	
		0.00					0.00				0.00				0.00			0.00				0.00				0.00	

