Club Championships 2019 (October 2018 - September 2019)

Any Duathlon, Aquathlon, Swim or Run can be substituted with another Triathlon

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

				Triat	hlon			Triatl				Triath	_			Duathlon or			Duathlon or	Triath	lon		Run, Swim o	r Triat	hlon	
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		Own Time	%	Race Name		Own Time	%
Family Auton	F	FC4.0C	15						01:07:31						00.57	Ullswater Sprint Triathlon						90.00				
Emily Arter	M	564.06 508.29	15 15	Castle and Derwent Triathlon Ullswater Sprint Triathlon	+	01:29:12		Carlisle Triathlon Carlisle Triathlon	00:59:55				02:17:19		90.57	Great North Swim/Run	01:28:23 01:35:23 01:22:40 01:47:47	76.70	Carlisle Duathlon Carlisle Duathlon		01:30:40 01:20:11	88.55	Carlisle Tri 10K Carlisle Tri 10K	00:40:47	1	
Baz Harper Joanne McKenzie	F	490.70	5	Kendal Tri	+	01:32:09		Carlisle Triathlon	01:07:31			Lancaster Tri	01:06:37	01:24:21	78.98	Ponteland Sprint Tri	01:18:30 01:30:33	86.69	Carlisle Duathlon	01:21:34		80.59	Carlisle City Urban Trail Run	00:41:07	1	
Samantha Sugden	F	479.14	10	Ullswater Sprint Triathlon	+	01:28:23		Carlisle Triathlon	01:07:31	01:07:31		Sandman Sprint Tri	01:00:37		86.55	Helvellyn Tri	04:30:28 04:56:00	91.37	Carriste Duatriion	01.21.34	01.41.13	0.00	Epic Swim Windemere 500m	00:07:58	00:08:44	
Robert Johstone	M	465.62	10	Ullswater Sprint Triathlon		01:41:24		Carlisle Triathlon	00:59:55				01:01:43		72.41	Stockport Duathlon	00:56:42 01:11:51	78.91	Carlisle Duathlon	01:11:00	01:27:26	81.20	Capernwray Sprint Tri	-		
Paul Alcock	M	435.55	10	Lakesman Half	+	05:01:14		Ullswater Standard Triathlon	02:17:52			Cleveland Steelman			86.66	Stockport Buddinon	00.30.42 01.11.31	0.00	Dalbeattie Hard Rock Challenge	02:17:21		88.97	Kirkbride Half	 		
Dave Boom Graham	M	403.71	5	Capernwray Sprint Tri	+	01:30:04		Capernwray Sprint Tri	01:01:43	01:33:21		Capernwray Sprint Tri		01:27:57	62.40	Stockport Duathlon	00:56:42 01:24:43		Carlisle Duathlon	01:11:00		66.43	Capernwray Sprint Tri	 		
Ben Hale	M	399.63	15	capey ope	02.02.23	02.50.01	0.00	Carlisle Triathlon	00:59:55			Bass Sprit Tri		01:27:12		ototiport Dutamon	00:30:12	0.00	Carlisle Duathlon			98.16	Netherall 10m	00:56:58		
Audrey O'Kelly	F	389.33	15	Southport Standard Tri	02:16:25	03:28:22		Carlisle Triathlon	01:07:31	01:28:25				00:51:37	79.66			0.00	Carlisle Duathlon	01:21:34	01:51:27	73.19	Carlisle City Urban Trail Run	00:41:07	1	
Ben Harper	М	346.41	10				0.00	Carlisle Triathlon	00:59:55	01:08:33					0.00	Carlisle Duathlon	01:11:00 01:25:54	82.65	Kendal Aquathlon	00:27:16	00:31:31	86.52	Autumn Breaker 10k Run	00:34:51	00:43:39	
Viki Kent-Carlile	F	340.46	15				0.00	Carlisle Triathlon	01:07:31						0.00		01:01:17 01:20:19	76.30	Carlisle Duathlon	01:21:34		82.18	Carlisle Tri 10K	00:40:47	00:50:18	
Tracey Pape	F	261.76	10	Lakesman Half	04:56:07	07:44:17	63.78	Ullswater Standard Triathlon	02:19:11	04:06:09	56.54				0.00			0.00	Carlisle Duathlon	01:21:34	01:57:09	69.63	Carlisle Tri 10K	00:40:47	01:05:59	61.81
Colin Browne	М	220.33	15			İ	0.00	Carlisle Triathlon	00:59:55	01:23:09	72.06				0.00			0.00	Carlisle Duathlon	01:11:00	01:38:35	72.02	Carlisle Tri 10K	00:33:45	0.0382639	61.25
James Hamilton	М	183.35	10				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:22:08	86.44	Carlisle Tri 10K	00:33:45	00:38:50	86.91
David Postill	М	180.64	10			İ	0.00	Carlisle Triathlon	00:59:55	01:08:31	87.45				0.00			0.00				0.00	Carlisle Tri 10K	00:33:45	00:40:34	83.20
Sally Little	F	180.25	10			İ	0.00	Carlisle Triathlon	01:07:31	01:18:27	86.06				0.00			0.00	Carlisle Duathlon	01:21:34	01:36:53	84.19		i	1	0.00
Kyle Laurie	М	179.49	10				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:29:55	78.96	Carlisle Tri 10K	00:33:45	00:37:17	90.52
Jill Gardiner	F	177.18	10				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:21:34	01:40:14	81.38	Carlisle Tri 10K	00:40:47	00:47:32	85.80
Darren Wildey	М	173.98	10				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:28:09	80.54	Carlisle Tri 10K	00:33:45	00:40:27	83.44
Mark Colman	М	173.83	5	Deva	03:56:44	04:53:05	80.77				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:20:38	88.05		1		0.00
lan Wingfield	М	172.06	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:20:04	88.68		00:40:47	00:52:02	78.38
Angie Fisher	F	168.14	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:21:34	01:37:33	83.62	Carlisle Resolution 10K	00:40:20	00:50:43	79.53
Carmel Bones	F	166.99	10				0.00	Carlisle Triathlon	01:07:31	01:31:41	73.64				0.00			0.00				0.00	Carlisle Tri 10K	00:40:47	00:48:56	83.34
Josh Waile	М	166.39	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:30:41	78.29	Carlisle Resolution 10K	00:32:07	00:38:39	83.10
Lee Lowis	М	159.51	10				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:35:28	74.37	Carlisle Tri 10K	00:33:45	00:44:55	75.14
Steven Bragg	М	155.58	5				0.00	Carlisle Triathlon	00:59:55	01:13:22	81.67				0.00			0.00				0.00	Sport in Action 10k	00:34:46	00:50:27	68.91
Jennifer Moody	F	154.76	10				0.00	Carlisle Triathlon	01:07:31	01:43:13	65.41				0.00			0.00				0.00	Carlisle Tri 10K	00:40:47	00:51:24	79.35
Brian Young	M	154.12	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:21:19	87.31		00:40:47	01:05:59	61.81
David Moon	М	147.54	10				0.00	Carlisle Triathlon	00:59:55	01:21:49	73.23				0.00			0.00				0.00	Carlisle Tri 10K	00:33:45	00:52:29	64.31
Nicola Edwards	F	145.74	10				0.00	Carlisle Triathlon	01:07:31	01:40:06	67.45				0.00			0.00	Carlisle Duathlon	01:21:34	01:59:26	68.29			<u> </u>	0.00
Chris Cook	M	144.27	5	Outlaw Half	03:51:44	06:19:01	61.14				0.00				0.00			0.00				0.00	Carlisle Tri 10K	00:33:45	00:43:12	78.13
Ryan Gavin	M	105.00	5				0.00	Carlisle Triathlon	00:59:55	00:59:55	100.00				0.00			0.00				0.00			<u> </u>	0.00
Georgie Lowry	F	96.75	5				0.00				0.00				0.00			0.00				0.00	Carlisle Tri 10K	00:40:47	00:44:27	91.75
Suzanne McArdle	F	95.36	5				0.00				0.00				0.00			0.00				0.00	Carlisle Tri 10K	00:40:47	00:45:08	90.36
Mark Hetherington	M	93.59	5				0.00	Carlisle Triathlon	00:59:55	01:07:38	88.59				0.00			0.00				0.00				0.00
Craig Holliday	M	93.09	5		<u> </u>		0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:20:36	88.09				0.00
Kerry Braithwaite	F	92.10	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:21:34	01:33:39					0.00
Colin Fell	M	88.53	5				0.00	Carlisle Triathlon	00:59:55	01:11:44					0.00			0.00				0.00				0.00
Nicola Carruthers	F	88.46	5			-	0.00				0.00				0.00			0.00				0.00		 	1	
Nicola Lee	F	87.56	5				0.00				0.00				0.00			0.00				0.00	Carlisle Tri 10K	 		
Liz Postill	F	87.45	5				0.00	-			0.00				0.00		 	0.00			21.55	0.00	Carlisle Tri 10K	00:40:47	00:49:28	
Jack Mazur	M	84.97	5				0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:28:47	79.97				0.00
Lucy Lamb	F	84.93			-	<u> </u>	0.00				0.00				0.00			0.00				0.00	Kirkbride Half	U1:30:56	01:47:04	
Tasha PT Beattie	F	83.60	5		-	<u> </u>	0.00	Carlisle Triathlon		01:25:54					0.00			0.00			_	0.00				0.00
Michelle Kingston	F	82.83	5				0.00	Carlisle Triathlon	01:07:31	01:26:45					0.00		 	0.00	Contrate Provided	01.44.00	01.22.55	0.00				0.00
Sebastian Buszko	IVI	81.80	5			-	0.00				0.00				0.00			0.00	Carlisle Duathlon	01:11:00	01:32:27	76.80	Carlisla Tol 40V	00:22:45	00:44:47	0.00
Jonathan Brewer		81.21	5		-		0.00				0.00				0.00		 	0.00				0.00	Carlisle Tri 10K	 	1	
Alex Palmer	M	80.93	5			-	0.00				0.00				0.00			0.00				0.00	Carlisle Tri 10K	00:33:45	00:44:27	
David Connor	M	80.36	5		+	 	0.00				0.00				0.00		 	0.00	Cordinla Durath I	01.11.00	01:25:07	0.00	Carlisle Tri 10K	00:33:45	00:44:47	
lain Nellis	IVI	79.65	5		+		0.00			-	0.00				0.00		 	0.00	Carlisle Duathlon			74.65				0.00
Christopher Cook	M	79.23	5		-		0.00				0.00				0.00		 	0.00	Carlisle Duathlon		01:35:39					0.00
Carmel Bones	F	77.32	5			-	0.00				0.00				0.00			0.00	Carlisle Duathlon		01:52:47					0.00
Louisa Weeks		77.07	5			-	0.00	Carlisle Triathlon	00:59:55	01:24:10					0.00		+ + -	0.00	Carlisle Duathlon	v1.21:34	01:53:11	72.07		,		0.00
Will Barnes	IVI	76.19	5		-	-												0.00				0.00				
Mark Moody	M	75.53	5				0.00	Carlisle Triathlon	00:59:55	01:24:57	70.53				0.00			0.00				0.00				0.00

Jenny Mitchell	F	74.63	5				0.00				0.00	0.00			0.00	Carlisle Duathlon	01:21:34	01:57:09 69.	63		0.00
Graham Harmse	М	73.62	5				0.00				0.00	0.00			0.00			0.0	O Carlisle Tri 10K	00:33:45 00:49:12	68.6
Lucy Charnock	F	70.53	5				0.00				0.00	0.00			0.00			0.0	Carlisle Tri 10K	00:40:47 01:02:14	65.5
Scott Nichol	М	69.55	5				0.00				0.00	0.00			0.00			0.0	Carlisle Tri 10K	00:33:45 00:52:17	64.5
Angus Grant	М	67.27	5				0.00				0.00	0.00			0.00			0.0	Carlisle Tri 10K	00:33:45 00:54:12	62.2
Daniel Wilkinson	M	66.63		Outlaw Half 03:5	1:44 05	47:47	66.63				0.00	0.00			0.00			0.0	00		0.0
Steven Archibald	М	66.47	5				0.00				0.00	0.00			0.00	Carlisle Duathlon	01:11:00	01:55:30 61.	47		0.0
Louise Maguire	F	63.80	5				0.00	Carlisle Triathlon	01:07:31	01:54:50	58.80	0.00			0.00			0.0	00		0.0
		0.00					0.00				0.00	0.00			0.00			0.0	00		0.0
		0.00					0.00				0.00	0.00			0.00			0.0	00		0.00
	Vet 50 Plus Club Championships 2019 (October 2018 - September 2019)																				

Joanne McKenzie	-	550.41	10	Kendal Tri	01-10-54	01:29:00	70.00	Carlisle Triathlon	01.00.25	01:22:53	02.75	Lancaster Tri	01.24.21	01:24:2	100.00	Ponteland Sprint Tri	01:26:26	01:30:33	05.45	Carlisle Duathlon	01.22.15	01:41:13	01 14	Carlisle City Urban Trail Run	00:47:00	00:51:35	01.41
Joanne McKenzie	F	550.41	10	Kendai Iri	01:10:54	01:29:00	79.66	Carilsie Triatnion	01:08:35	01:22:53	82.75	Lancaster I ri	01:24:21	01:24:2	100.00	Ponteland Sprint Iri	01:26:26	01:30:33	95.45	Carlisie Duathion	01:32:15	01:41:13	91.14	Cariisie City Orban Traii Kun	00:47:09	00:51:35	91.41
Paul Alcock	M	499.89		Lakesman Half	05:01:14	05:01:14	100.00	Ullswater Standard Triathlon	02:29:52	02:30:02	99.89	Cleveland Steelman	04:55:17	7 04:55:1	100.00				0.00	Dalbeattie Hard Rock Challenge	02:34:23	02:34:23	100.00	Kirkbride Half	01:30:14	1 01:30:14	100.00
Robert Johnstone	М	496.94	10	Southport Standard Tri	02:07:24	03:00:23	70.63	Carlisle Triathlon	01:06:07	01:23:04	79.59	Lakesman Half	05:03:57	7 06:37:2	76.48	Stockport Duathlon	01:02:22	01:11:51	86.80	Carlisle Duathlon	01:18:38	01:27:26	89.94	Ullswater Sprint Triathlon	01:24:40	01:41:24	83.50
Audrey O'kelly	F	327.90	10	Southport Standard Tri	02:17:58	03:28:22	66.21	Carlisle Triathlon	01:08:35	01:28:25	77.57				0.00				0.00	Carlisle Duathlon	01:32:15	01:51:27	82.77	Carlisle City Urban Trail Run	00:47:09	00:51:37	91.35
Sally Little	F	192.64	10				0.00	Carlisle Triathlon	01:08:35	01:18:27	87.42				0.00				0.00	Carlisle Duathlon	01:32:15	01:36:53	95.22				0.00
David Moon	М	172.27	10				0.00	Carlisle Triathlon	01:06:07	01:21:49	80.81				0.00				0.00				0.00	Carlisle Tri 10K	00:42:45	00:52:29	81.45
Ian Wingfield	М	103.21	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:18:38	01:20:04	98.21				0.00
Brian Young	М	101.70	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:18:38	01:21:19	96.70				0.00
Colin Fell	М	97.17	5				0.00	Carlisle Triathlon	01:06:07	01:11:44	92.17				0.00				0.00				0.00				0.00
Graham Harmse	М	91.92	5				0.00				0.00				0.00				0.00				0.00	Carlisle Tri 10K	00:42:45	00:49:11	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