

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

Name	M/F	Total	Additional CTC 5 Points	Triathlon				Triathlon				Triathlon				Duathlon or Triathlon				Duathlon or Triathlon				Run, Swim or Triathlon					
				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	%	Race Name	1st	Own Time	%		
Emily Arter	F	564.06	15	Castle and Derwent Triathlon	01:26:04	01:29:12	96.49	Carlisle Triathlon	01:07:31	01:13:59	91.26	Kendal Castle Sprint Tri	01:11:35	01:19:02	90.57	Ullswater Sprint Triathlon	01:28:23	01:35:23	92.66	Carlisle Duathlon	01:21:34	01:30:40	89.96	Carlisle Tri 10K	00:40:47	00:46:17	88.12		
Baz Harper	M	508.29	15	Ullswater Sprint Triathlon	01:14:06	01:32:09	80.41	Carlisle Triathlon	00:59:55	01:07:01	89.41	Bass Standard Tri	02:17:19	02:46:23	82.53	Great North Swim/Run	01:22:40	01:47:47	76.70	Carlisle Duathlon	01:11:00	01:20:11	88.55	Carlisle Tri 10K	00:33:45	00:44:35	75.70		
Joanne McKenzie	F	490.70	5	Kendal Tri	01:09:40	01:29:00	78.28	Carlisle Triathlon	01:07:31	01:22:53	81.46	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	01:41:13	80.59	Carlisle City Urban Trail Run	00:41:07	00:51:35	79.71		
Samantha Sugden	F	479.14	10	Ullswater Sprint Triathlon	01:28:23	01:28:23	100.00	Carlisle Triathlon	01:07:31	01:07:31	100.00	Sandman Sprint Tri	01:11:18	01:22:23	86.55	Helvellyn Tri	04:30:28	04:56:00	91.37				0.00	Epic Swim Windemere 500m	00:07:58	00:08:44	91.22		
Robert Johnstone	M	465.62	10	Ullswater Sprint Triathlon	01:15:42	01:41:24	74.65	Carlisle Triathlon	00:59:55	01:23:04	72.13	Capernwray Sprint Tri	01:01:43	01:25:14	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	01:01:17	01:20:19	76.30		
Paul Alcock	M	435.55		Lakesman Half	04:10:21	05:01:14	83.11	Ullswater Standard Triathlon	02:17:52	02:30:02	91.89	Cleveland Steelman	04:15:53	04:55:17	86.66				0.00	Dalbeattie Hard Rock Challenge	02:17:21	02:34:23	88.97	Kirkbride Half	01:16:38	01:30:14	84.93		
Dave Boom Graham	M	403.71	5	Capernwray Sprint Tri	01:01:25	01:30:04	68.19	Capernwray Sprint Tri	01:01:43	01:33:21	66.11	Capernwray Sprint Tri	00:54:53	01:27:57	62.40	Stockport Duathlon	00:56:42	01:24:43	66.93	Carlisle Duathlon	01:11:00	01:46:53	66.43	Capernwray Sprint Tri	01:01:17	01:29:16	68.65		
Ben Hale	M	399.63	15				0.00	Carlisle Triathlon	00:59:55	01:02:06	96.48	Bass Sprit Tri	01:22:22	01:27:12	94.46				0.00	Carlisle Duathlon	01:11:00	01:12:20	98.16	Netherall 10m	00:56:58	00:59:38	95.53		
Audrey O'Kelly	F	389.33	15	Southport Standard Tri	02:16:25	03:28:22	65.47	Carlisle Triathlon	01:07:31	01:28:25	76.36		00:41:07	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	00:51:37	79.66		
Ben Harper	M	346.41	10				0.00	Carlisle Triathlon	00:59:55	01:08:33	87.41				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	79.84		
Viki Kent-Carlile	F	340.46	15				0.00	Carlisle Triathlon	01:07:31	01:18:36	85.90				0.00	Carlisle Duathlon	01:01:17	01:20:19	76.30	Carlisle Duathlon	01:21:34	01:39:15	82.18	Carlisle Tri 10K	00:40:47	00:50:18	81.08		
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	M	220.33	15				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	0:03:82639	61.25		
James Hamilton	M	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	M	180.64	10				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				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				0.00		
Kyle Laurie	M	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	M	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	M	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				0.00		
Ian Wingfield	M	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	M	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 Lewis	M	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	M	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	M	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				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			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				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	87.10				0.00		
Colin Fell	M	88.53	5				0.00	Carlisle Triathlon	00:59:55	01:11:44	83.53				0.00				0.00						0.00			0.00	
Nicola Carruthers	F	88.46	5				0.00				0.00				0.00				0.00						0.00	Carlisle Tri 10K	00:40:47	00:48:52	83.46
Nicola Lee	F	87.56	5				0.00				0.00				0.00				0.00						0.00	Carlisle Tri 10K	00:40:47	00:49:24	82.56
Liz Postill	F	87.45	5				0.00				0.00				0.00				0.00						0.00	Carlisle Tri 10K	00:40:47	00:49:28	82.45
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					0.00				0.00				0.00				0.00						0.00	Kirkbride Half	01:30:56	01:47:04	84.93
Tasha PT Beattie	F	83.60	5				0.00	Carlisle Triathlon	01:07:31	01:25:54	78.60				0.00				0.00						0.00			0.00	
Michelle Kingston	F	82.83	5				0.00	Carlisle Triathlon	01:07:31	01:26:45	77.83				0.00				0.00						0.00			0.00	
Sebastian Buszko	M	81.80	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:32:27	76.80				0.00		
Jonathan Brewer		81.21																											

