

# Grantham Tri 2019

Pos	Gndr pos	Age grp	Age grp pos	Name	M/F	Race number	Club	Wave time	Overall time	Swim	T1	Bike	T2	Run	Lincs Tri Series
Triathlon															
1	1	MU40	1	Philip Williams	M	324	Lincoln Tri	10:48	0:54:16	0:07:09	0:41	0:28:31	0:43	0:17:10	Y
2	2	M40-49	1	Kevin Dawson	M	342	Racing Team Dawson	10:52	0:54:18	0:07:14	0:57	0:25:12	0:43	0:20:10	
3	3	M40-49	2	John Potter	M	341	LEJOG Hardcore	10:52	0:55:27	0:06:49	0:40	0:27:32	0:50	0:19:34	
4	4	MU40	2	Patrick Cutmore	M	329	Belvoir Tri Club	10:50	0:55:43	0:06:21	0:37	0:27:57	0:49	0:19:57	
5	5	M40-49	3	Jon-Paul Hemmings	M	352	Lincoln Tri	10:56	0:55:56	0:05:58	0:41	0:29:10	0:44	0:19:21	Y
6	6	M50-59	1	Spencer Thomas	M	343	Leicester Triathlon Club	10:54	0:58:19	0:07:00	0:45	0:28:58	0:45	0:20:49	
7	7	MU40	3	Ben Marsters	M	355	Boston Triathlon Club	10:56	0:58:32	0:05:28	0:36	0:31:51	0:33	0:20:03	
8	8	M40-49	4	Martyn Gammidge	M	314		10:46	0:59:48	0:07:47	0:43	0:29:21	0:43	0:21:13	Y
9	9	MU40	4	Aaron Francis	M	215		10:44	0:59:48	0:07:16	1:52	0:29:20	2:13	0:19:06	
10	10	MU40	5	Mike Lawlor	M	323	Louth Tri Club	10:48	1:00:13	0:06:52	0:50	0:30:56	1:02	0:20:30	Y
11	11	MU40	6	Chris Masters	M	331	Belvoir Tri Club	10:50	1:00:25	0:06:47	1:00	0:30:16	0:52	0:21:27	
12	12	MU40	7	Rhys Wilkinson	M	332	100% Tri	10:50	1:00:37	0:07:05	1:02	0:31:10	0:46	0:20:32	
13	13	MU40	8	Sam Cartwright	M	318	Brighton Tri Club	10:46	1:00:43	0:07:18	1:31	0:30:29	1:07	0:20:16	
14	14	M40-49	5	Spencer Creek	M	344	Lincolnshire Fire and Rescue	10:54	1:00:49	0:06:39	1:02	0:30:34	0:50	0:21:42	Y
15	15	MU40	9	Adam Williams	M	305		10:42	1:01:07	0:06:10	1:10	0:30:27	0:48	0:22:30	
16	16	M40-49	6	John Armstrong	M	301	Grimsby Tri Club	10:40	1:01:11	0:07:41	0:56	0:29:21	0:57	0:22:15	Y
17	17	M50-59	2	Neil Smith	M	302	Bingham Tri Club	10:40	1:01:17	0:07:49	1:39	0:31:05	1:09	0:19:32	
18	18	M60+	1	Ian Williamson	M	286	Belvoir Tri Club	10:35	1:01:28	0:08:12	1:05	0:29:58	0:47	0:21:24	Y
19	19	M50-59	3	Tim Crosby	M	263	Tri3 Sleaford	10:24	1:01:45	0:08:40	0:58	0:29:55	0:47	0:21:24	
20	20	MU40	10	Joe Moore	M	316	Grimsby Tri Club	10:46	1:02:27	0:07:19	1:28	0:29:35	1:00	0:23:03	Y
21	21	MU40	11	Andrew Carter	M	326	Royal Navy Triathlon	10:48	1:02:34	0:08:23	1:06	0:31:02	1:03	0:20:59	
22	22	MU40	12	Robert McAndrew	M	201	Nene Valley Harriers	09:52	1:02:39	0:09:18	1:15	0:29:54	1:13	0:20:56	
23	23	M40-49	7	Darren Joint	M	285	Belvoir Tri Club	10:35	1:02:43	0:08:10	1:12	0:30:49	0:57	0:21:32	
24	24	MU40	13	James Hargreaves	M	237		10:10	1:03:15	0:08:10	1:08	0:32:03	1:07	0:20:45	
25	25	MU40	14	Lee St Quinton	M	336	Skegness Tri Club	10:52	1:03:20	0:07:02	1:05	0:32:22	0:59	0:21:50	Y
26	26	M50-59	4	Geoff Collier	M	282	Belvoir Tri Club	10:35	1:03:21	0:08:12	0:43	0:30:50	0:57	0:22:37	
27	27	M50-59	5	Chris Pugh	M	313	Belvoir Tri Club	10:46	1:03:25	0:07:45	0:46	0:30:39	0:49	0:23:25	
28	28	M50-59	6	David Foster	M	317	Belvoir Tri Club	10:46	1:03:33	0:07:23	0:51	0:31:08	0:56	0:23:13	
29	29	M40-49	8	Robert Keep	M	281	Louth Tri Club	10:30	1:03:34	0:08:35	1:08	0:30:48	1:05	0:21:57	
30	30	MU40	15	Steven Sheppard	M	328	Belvoir Tri Club	10:50	1:03:54	0:07:26	1:26	0:34:23	1:11	0:19:26	
31	31	MU40	16	William Davies	M	349		10:56	1:04:07	0:06:14	1:21	0:33:07	0:53	0:22:31	
32	32	MU40	17	Dave Burrows	M	287	Yorkshire Vikings	10:35	1:04:10	0:07:59	0:48	0:31:33	0:52	0:22:56	
33	33	MU40	18	Tom Spencer	M	293		10:38	1:04:11	0:08:49	0:42	0:31:21	0:57	0:22:19	
34	34	M50-59	7	Adam Shaw	M	264		10:24	1:04:22	0:08:01	1:03	0:31:28	1:00	0:22:48	
35	35	M40-49	9	Mark Salmon	M	311	Animis / Lincsquad	10:42	1:04:32	0:07:29	0:41	0:32:01	0:42	0:23:37	Y
36	36	MU40	19	Matthew Edwards	M	319	University of Bristol Tri Club	10:46	1:04:49	0:07:40	1:21	0:31:04	0:40	0:24:01	
37	37	M50-59	8	Wayne Searle	M	403	Belvoir Tri Club	10:18	1:05:05	0:09:04	1:11	0:31:21	0:59	0:22:28	
38	38	MU40	20	Francis Tickell	M	230	Coalville Triathlon Club	10:07	1:05:18	0:07:50	1:46	0:29:44	1:24	0:24:32	
39	39	MU40	21	Adam Doughty	M	166		09:28	1:05:20	0:09:34	1:10	0:31:55	1:04	0:21:35	
40	40	M50-59	9	Steve Squires	M	299	Belvoir Tri Club	10:40	1:05:20	0:07:44	1:13	0:32:58	0:54	0:22:28	
41	41	MU40	22	Jack Worley	M	320	Royal Marines Triathlon	10:48	1:05:27	0:07:48	1:08	0:35:33	0:57	0:20:00	Y
42	1	FU40	1	Caroline Woods	F	242		10:13	1:05:38	0:08:36	1:51	0:33:49	0:42	0:20:38	
43	42	MU40	23	Benjamin Ham	M	268	Louth Cycle Centre	10:27	1:05:55	0:08:20	1:30	0:29:49	1:13	0:25:01	Y
44	43	M40-49	10	Richard Talbot	M	252	Grimsby Tri Club	10:18	1:05:59	0:08:30	1:33	0:31:04	1:12	0:23:38	
45	2	FU40	2	Hayley Newman	F	351	Greenwich Tritons	10:56	1:06:13	0:06:41	0:45	0:35:30	0:52	0:22:22	
46	44	M40-49	11	David Johnson	M	334	Mersey Tri	10:50	1:06:17	0:06:50	1:32	0:32:19	1:15	0:24:20	Y
47	45	MU40	24	Mike Grogan	M	312	West Bridgford Tri	10:42	1:06:30	0:07:39	2:23	0:33:29	1:01	0:21:56	
48	46	M40-49	12	James Gibson	M	283	West Bridgford Tri	10:35	1:06:39	0:08:54	1:38	0:29:47	1:24	0:24:55	
49	47	M50-59	10	Richard Walker	M	308	West Bridgford Tri	10:42	1:06:49	0:07:46	2:10	0:32:21	1:37	0:22:53	
50	48	M40-49	13	Robert Kisby	M	234	Louth Tri Club	10:10	1:06:53	0:08:41	1:02	0:32:32	0:44	0:23:52	Y
51	49	M40-49	14	Stavros Carayannis	M	269	Northants Tri	10:27	1:07:20	0:08:54	1:14	0:32:14	1:13	0:23:43	
52	3	F40-49	1	Sophie Hunt	F	266	Belvoir Tri Club	10:24	1:07:41	0:08:34	1:24	0:34:06	1:00	0:22:36	

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Pos	Gndr pos	Age grp	Age grp pos	Name	M/F	Race number	Club	Wave time	Overall time	Swim	T1	Bike	T2	Run	Lincs Tri Series
53	50	MU40	25	Oliver Wood	M	272		10:27	1:07:54	0:08:28	1:21	0:33:26	1:28	0:23:10	
54	51	MU40	26	Adam Sellars	M	284	Boston Triathlon Club	10:35	1:08:09	0:07:42	1:21	0:32:14	0:43	0:26:07	
55	52	M40-49	15	Jason Cobb	M	259		10:21	1:08:31	0:07:29	1:46	0:31:49	2:32	0:24:53	
56	53	M50-59	11	James Chattaway	M	199	Welland Valley Tri club	09:52	1:08:48	0:10:19	1:48	0:31:31	1:11	0:23:57	
57	4	FU40	3	Keely McNiffe	F	337	100% TRI	10:52	1:09:04	0:07:02	1:19	0:33:19	1:04	0:26:19	
58	54	M60+	2	Phillip Jackson	M	169	Louth Tri Club	09:28	1:09:57	0:09:53	1:03	0:34:42	1:20	0:22:57	Y
59	55	M60+	3	Craig Mercer	M	297	Bassetlaw Triathlon Club	10:38	1:10:04	0:07:24	1:06	0:35:31	1:07	0:24:55	
60	5	FU40	4	Michelle Kent	F	258		10:21	1:10:04	0:08:11	1:00	0:36:27	1:19	0:23:06	
61	6	FU40	5	Rebecca Logan	F	273	100% Tri	10:27	1:10:13	0:08:42	1:05	0:35:03	0:52	0:24:29	Y
62	56	M50-59	12	Des Friel	M	189	Belvoir Tri Club	09:44	1:10:13	0:08:49	1:23	0:34:01	1:08	0:24:48	
63	57	M50-59	13	Mark Ruhier	M	254	Lynas Vokes Race Team	10:21	1:10:37	0:09:14	2:10	0:35:37	1:20	0:22:14	
64	7	F50-59	1	Ruth Wilson	F	279	Racing Team Dawson	10:30	1:10:44	0:08:05	1:21	0:34:17	1:19	0:25:41	
65	58	M50-59	14	Nige Dean	M	390		10:46	1:11:05	0:08:27	1:31	0:34:32	1:20	0:25:12	
66	59	MU40	27	Paul Cockram	M	245	Grimsby Tri Club	10:18	1:11:13	0:09:31	1:19	0:33:47	1:14	0:25:21	
67	60	M50-59	15	Andrew Hall	M	385		09:44	1:11:14	0:10:49	1:18	0:33:15	1:38	0:24:12	
68	61	MU40	28	Sean Hudson	M	277	Belvoir Tri Club	10:30	1:11:28	0:07:14	0:51	0:35:27	0:44	0:27:10	
69	62	MU40	29	Adrian Glenn	M	345	Woodhall Spa Steamers	10:54	1:11:30	0:07:53	1:02	0:34:52	1:21	0:26:21	Y
70	8	F40-49	2	Emma Klimowicz	F	346	Welland Valley Tri club	10:54	1:11:41	0:06:31	1:36	0:36:57	0:52	0:25:43	
71	9	FU40	6	Katie Felton	F	265		10:24	1:11:55	0:08:43	1:14	0:37:32	0:50	0:23:34	Y
72	63	M40-49	16	Ian Satchwell	M	291	Boston Triathlon Club	10:38	1:12:14	0:08:40	1:47	0:33:41	1:15	0:26:49	Y
73	10	FU40	7	Abi Cooper	F	274	Stamford Tri	10:27	1:12:29	0:08:35	1:19	0:37:03	1:34	0:23:56	
74	64	MU40	30	Ryan Amps	M	197		09:48	1:12:49	0:08:44	2:56	0:37:22	0:45	0:23:00	
75	11	FU40	8	Ellie Chattaway	F	233	WV TRI	10:10	1:13:05	0:08:43	1:47	0:35:59	0:48	0:25:46	
76	65	M40-49	17	Russell Bright	M	243	Woodhall Spa Steamers	10:13	1:13:05	0:08:42	1:53	0:36:22	0:52	0:25:15	Y
77	66	MU40	31	John Tokley	M	251		10:18	1:13:17	0:08:48	2:18	0:35:46	1:50	0:24:34	
78	67	M40-49	18	Mark Carpenter	M	381		09:32	1:13:29	0:10:50	1:50	0:35:07	1:34	0:24:07	
79	12	F40-49	3	Claire West	F	186	Lincsquad	09:44	1:13:43	0:10:28	1:55	0:36:18	0:50	0:24:10	Y
80	68	MU40	32	Hayden Ball	M	402		10:55	1:13:48	0:07:05	2:17	0:40:39	0:37	0:23:08	
81	69	MU40	33	Daniel Uttley	M	185		09:40	1:13:57	0:07:45	2:30	0:36:33	2:10	0:24:58	
82	13	FU40	9	Jazz Stening	F	218		10:04	1:14:00	0:08:42	1:28	0:38:09	0:57	0:24:42	
83	70	M40-49	19	James Hall	M	205		09:56	1:14:06	0:09:56	2:00	0:35:53	1:22	0:24:53	
84	14	FU40	10	Nicola Bordacs	F	139		09:12	1:14:21	0:10:35	2:01	0:36:15	1:31	0:23:56	
85	15	FU40	11	Emily Frikha	F	221		10:04	1:14:27	0:08:49	1:21	0:36:56	1:07	0:26:12	
86	71	M40-49	20	Simon Goss	M	162		09:24	1:14:39	0:10:08	2:10	0:35:58	1:38	0:24:43	
87	72	MU40	34	Stephen Waters	M	387		10:13	1:14:43	0:09:13	2:01	0:36:16	2:00	0:25:11	
88	16	FU40	12	Helen Howarth	F	348		10:54	1:15:05	0:08:17	1:08	0:38:33	1:20	0:25:45	
89	17	FU40	13	Louisa Taylor	F	290		10:38	1:15:11	0:07:25	2:10	0:38:30	1:10	0:25:54	
90	73	M60+	4	Mike Muscott	M	159	Velo Club Flintham	09:24	1:15:15	0:10:44	2:16	0:35:01	1:39	0:25:34	
91	18	FU40	14	Ellen Smith	F	289	Boston Triathlon Club	10:35	1:15:26	0:07:58	1:31	0:37:16	1:13	0:27:25	Y
92	74	M40-49	21	Stuart McPherson	M	240		10:13	1:15:29	0:09:31	3:45	0:35:31	2:05	0:24:34	
93	75	MU40	35	Matthew Billingham	M	253		10:21	1:15:59	0:08:31	2:43	0:36:35	1:14	0:26:55	
94	19	F40-49	4	Michyla Clark	F	270	Skegness Tri Club	10:27	1:16:10	0:08:38	1:23	0:38:26	1:30	0:26:10	Y
95	20	FU40	15	Kat Wisniewski	F	181	Bassetlaw Triathlon Club	09:40	1:16:37	0:10:18	2:05	0:40:09	0:52	0:23:11	
96	21	FU40	16	Charlotte Smith	F	315		10:46	1:16:39	0:07:13	1:46	0:40:49	1:36	0:25:12	
97	22	F50-59	2	Julie Stewart	F	278		09:32	1:16:44	0:08:50	1:55	0:39:16	1:30	0:25:12	
98	76	M40-49	22	David Blastland	M	150	Grimsby Tri Club	09:16	1:16:45	0:11:22	2:07	0:36:58	1:20	0:24:56	Y
99	77	M40-49	23	Steven Dean	M	235		10:10	1:16:45	0:08:14	2:19	0:37:14	0:54	0:28:02	Y
100	78	M40-49	24	Clinton Todd	M	262		10:24	1:16:56	0:08:46	1:35	0:36:20	1:51	0:28:21	Y
101	23	FU40	17	Emma Whysall	F	295	Belper TenTwenty	10:38	1:17:05	0:07:41	1:41	0:38:22	1:43	0:27:35	
102	79	M50-59	16	Charles Roberts	M	206	Tri 3 Sleaford/ Boston Tri	09:56	1:17:36	0:08:51	1:40	0:34:27	1:08	0:31:28	
103	24	F40-49	5	Kendra Hall	F	157	3cTri	09:20	1:17:44	0:11:00	1:21	0:37:19	1:21	0:26:41	Y
104	80	M50-59	17	Jonathan Bowman-Perks	M	193	Inspiring Leadership Trust - Charity	09:48	1:17:45	0:10:02	1:50	0:38:20	1:46	0:25:45	
105	81	MU40	36	Luke Turner	M	148	Belvoir Tri Club	09:16	1:17:46	0:11:15	2:29	0:34:51	1:58	0:27:12	
106	82	M40-49	25	Marc Tremain	M	228	Belvoir Tri Club	10:07	1:17:56	0:10:10	1:48	0:37:33	1:05	0:27:17	

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107	83	M40-49	26	Barry Moss	M	241	Belper 10:20	10:13	1:18:35	0:08:49	2:08	0:38:22	1:39	0:27:35	
108	84	MU40	37	Kevin Towle	M	261		10:30	1:18:40	0:08:56	2:51	0:39:10	1:56	0:25:46	Y
109	85	M50-59	18	Alan Heathershaw	M	167	Belvoir Tri Club	09:28	1:19:17	0:11:06	1:31	0:36:31	1:09	0:28:59	
110	86	M40-49	27	Karl Frith	M	325		09:32	1:19:20	0:10:24	1:53	0:36:17	1:35	0:29:08	
111	87	M40-49	28	Darren Brooks	M	188		09:44	1:19:20	0:10:01	1:48	0:37:14	1:45	0:28:30	
112	25	FU40	18	Hannah Walpole	F	304		10:40	1:19:29	0:07:12	1:52	0:41:29	0:53	0:28:01	
113	88	MU40	38	Daniel Jones	M	151		09:20	1:19:36	0:10:32	1:45	0:39:11	1:14	0:26:53	Y
114	89	M40-49	29	David Rimmer	M	125		08:55	1:19:44	0:10:43	3:02	0:36:29	2:28	0:27:01	
115	26	FU40	19	Rebecca Waters	F	223		10:07	1:19:57	0:10:04	1:42	0:39:26	1:14	0:27:30	Y
116	90	M50-59	19	Michael Berry	M	225	WDAC	10:07	1:20:09	0:13:48	4:22	0:33:56	1:50	0:26:12	
117	27	F40-49	6	Rachael Satchwell	F	200	Boston Triathlon Club	09:52	1:20:13	0:09:37	2:06	0:39:49	1:12	0:27:27	Y
118	91	M50-59	20	Martin Simms	M	154	Belper TenTwenty	09:12	1:20:22	0:12:08	2:44	0:36:28	1:56	0:27:05	
119	92	M40-49	30	Des McLaughlin	M	174	Louth Dolphins	09:20	1:20:23	0:11:51	1:48	0:39:29	1:10	0:26:03	Y
120	28	FU40	20	Zoe Ward	F	156	Boston Triathlon Club	09:20	1:20:33	0:11:01	2:36	0:39:30	1:40	0:25:43	
121	93	MU40	39	Stephen Ely	M	226		10:07	1:20:38	0:09:38	3:59	0:38:56	2:06	0:25:57	Y
122	94	M50-59	21	Gary Harper	M	194		09:48	1:21:06	0:11:12	1:32	0:37:36	1:49	0:28:54	Y
123	29	F40-49	7	Catherine Else	F	184	Belper 10:20	09:40	1:21:08	0:10:22	2:36	0:37:37	1:39	0:28:52	
124	30	F40-49	8	Angela Thorpe	F	190	Born2tri	09:44	1:21:10	0:11:02	1:41	0:39:08	1:07	0:28:10	
125	31	F50-59	3	Nicola McPhun	F	182	Hornsea Harriers	09:40	1:21:11	0:09:54	1:51	0:38:57	1:08	0:29:19	
126	95	MU40	40	John Michael	M	255		10:21	1:21:20	0:07:57	2:02	0:42:45	0:51	0:27:43	
127	96	MU40	41	Joe Emmott	M	173		09:20	1:21:25	0:08:40	1:32	0:41:41	0:50	0:28:39	
128	32	F40-49	9	Zoe Kirton	F	401	Born2Tri	09:44	1:21:34	0:09:41	2:30	0:39:14	1:27	0:28:40	
129	33	F40-49	10	Suzanne Britz	F	180	Belvoir Tri Club	09:40	1:21:47	0:11:26	2:17	0:39:20	1:44	0:26:59	
130	34	F40-49	11	Elizabeth Daniels	F	164		09:28	1:22:27	0:10:55	1:39	0:43:28	0:51	0:25:31	
131	35	F40-49	12	Sarah Magee	F	163	Boston Triathlon Club	09:24	1:22:27	0:11:36	1:51	0:40:18	1:46	0:26:55	Y
132	36	F50-59	4	Georgina Chattaway	F	213	Welland Valley Tri club	10:00	1:22:27	0:10:57	2:14	0:39:35	1:02	0:28:37	
133	97	M50-59	22	Alistair Knott	M	271	Belvoir Tri Club	10:27	1:22:35	0:08:40	1:34	0:38:09	2:02	0:32:09	
134	37	FU40	21	Kersti Fourcin	F	195		09:48	1:22:48	0:09:52	2:09	0:42:54	1:43	0:26:08	
135	98	MU40	42	Paul Carrington	M	113		08:50	1:22:57	0:11:09	1:47	0:37:26	1:04	0:31:29	
136	38	F40-49	13	Michelle Cook	F	140		09:12	1:23:14	0:10:21	2:07	0:38:26	1:05	0:31:13	
137	99	MU40	43	Inderjit Dhani	M	129		09:04	1:23:15	0:15:49	1:50	0:36:43	0:46	0:28:04	
138	39	F40-49	14	Katie Watson	F	165		09:28	1:23:25	0:10:20	2:11	0:44:47	1:10	0:24:54	
139	100	M40-49	31	Luke Woods	M	260		10:04	1:23:33	0:08:54	1:33	0:34:41	1:34	0:36:49	
140	40	F50-59	5	Karen Moulding	F	244	Louth Tri Club	10:16	1:23:41	0:09:00	1:34	0:42:52	1:15	0:28:58	Y
141	101	M50-59	23	Paul Norris	M	294		10:38	1:23:43	0:07:53	2:06	0:41:36	1:26	0:30:40	
142	102	MU40	44	Russell Croll	M	179		09:40	1:24:01	0:13:11	2:57	0:37:19	1:38	0:28:53	
143	41	FU40	22	Anna Bezance	F	192		09:44	1:24:16	0:09:54	2:41	0:44:18	1:12	0:26:10	
144	103	M40-49	32	Wyn Thomas	M	176	Newark Tri Club	09:36	1:24:20	0:11:31	4:32	0:38:35	2:57	0:26:44	
145	104	MU40	45	Tom Dean	M	248	Belvoir Tri Club	10:18	1:24:33	0:08:46	1:31	0:39:46	2:42	0:31:46	
146	105	M50-59	24	Steven Belfield	M	203		09:52	1:24:37	0:09:31	2:14	0:38:31	1:45	0:32:34	
147	42	F50-59	6	Tracey Carstairs	F	239	Wellingborough & District AC	10:13	1:24:51	0:10:14	3:15	0:42:33	0:52	0:27:55	
148	106	MU40	46	Brian Temprell	M	152		09:56	1:24:56	0:08:17	2:16	0:46:55	1:05	0:26:23	
149	107	M40-49	33	Richard Rodriguez	M	222	PACTRAC	10:04	1:25:13	0:10:27	1:50	0:38:48	1:50	0:32:16	
150	43	F40-49	15	Sarah Rastall	F	250		09:52	1:25:17	0:10:20	2:05	0:42:20	2:07	0:28:23	Y
151	108	M50-59	25	David Farnsworth	M	177		09:36	1:25:17	0:11:28	2:39	0:41:29	1:54	0:27:45	
152	44	F50-59	7	Louise Perry	F	227	Belvoir Tri Club	10:07	1:25:42	0:09:05	1:25	0:40:25	1:24	0:33:22	
153	109	MU40	47	Wilson Rycroft	M	219		10:04	1:25:54	0:10:31	3:03	0:44:17	1:00	0:27:01	
154	45	FU40	23	Katie Green	F	333	Heanor Running Club	10:32	1:25:57	0:07:46	1:43	0:42:35	1:07	0:32:43	Y
155	46	FU40	24	Elysia Doughty	F	160		09:24	1:26:34	0:10:35	1:26	0:43:32	1:36	0:29:23	
156	110	M40-49	34	Mark Edwards	M	134		09:04	1:26:35	0:12:34	3:14	0:41:55	1:44	0:27:06	
157	111	MU40	48	Michael Treharne	M	187		09:40	1:26:50	0:10:56	3:26	0:37:00	1:56	0:33:30	
158	47	FU40	25	Kimberley Neville	F	204		09:52	1:27:14	0:10:22	2:17	0:43:48	1:48	0:28:56	
159	48	FU40	26	Emilie Timlin	F	183		09:40	1:28:58	0:13:01	4:36	0:44:12	2:26	0:24:42	
160	112	MU40	49	Adam Walmsley	M	101	Bearbrooke RC	08:45	1:29:00	0:16:23	2:43	0:43:01	1:30	0:25:20	

# Grantham Tri 2019

Pos	Gndr pos	Age grp	Age grp pos	Name	M/F	Race number	Club	Wave time	Overall time	Swim	T1	Bike	T2	Run	Lincs Tri Series
161	49	F40-49	16	Rachel Deane	F	340	TFN Tri Club	10:52	1:29:06	0:09:23	2:42	0:43:33	1:27	0:32:00	
162	50	F40-49	17	Lisa Pickard	F	138	Louth Tri Club	09:12	1:29:16	0:14:32	1:18	0:43:25	0:45	0:29:13	Y
163	51	F40-49	18	Laura Carr	F	128	Worksop Harriers	09:01	1:30:42	0:10:33	2:42	0:47:14	1:25	0:28:45	
164	52	F40-49	19	Claudia Kuster	F	120		09:01	1:30:48	0:16:40	2:43	0:43:46	1:54	0:25:43	
165	53	F60+	1	Alison Sowery	F	198		09:48	1:31:05	0:10:55	2:58	0:42:47	1:54	0:32:30	
166	54	FU40	27	Caroline Walpole	F	303		10:40	1:31:14	0:06:59	1:45	0:53:22	0:43	0:28:22	
167	113	M40-49	35	Scott Temprell	M	210	Belvoir Tri Club	10:00	1:31:40	0:09:46	1:57	0:46:22	1:27	0:32:06	
168	55	FU40	28	Lucy Woods	F	275	West Suffolk Wheelers	08:45	1:31:41	0:12:04	2:51	0:45:43	2:31	0:28:31	
169	114	MU40	50	Dan Bland	M	149	Belvoir Tri Club	09:16	1:32:24	0:11:17	1:17	0:50:54	1:26	0:27:28	
170	56	F40-49	20	Claire Tunnard	F	158		09:20	1:32:40	0:08:42	2:22	0:47:02	1:31	0:33:01	Y
171	57	F40-49	21	Vicky Romilly	F	132		09:04	1:32:44	0:11:39	4:20	0:45:22	2:12	0:29:10	
172	58	F40-49	22	Jane O'Connell	F	130		09:04	1:32:45	0:11:38	4:22	0:44:54	2:39	0:29:09	
173	115	M60+	5	Richard Angrave	M	191	Wymeswold Running Club	09:44	1:32:58	0:13:24	1:49	0:44:55	0:56	0:31:53	
174	59	FU40	29	Leonie Race	F	153		09:20	1:33:28	0:11:41	2:43	0:43:26	1:05	0:34:31	
175	60	FU40	30	Sarah Hoof	F	216	Lincoln Tri	10:04	1:33:29	0:08:13	4:05	0:55:08	2:39	0:23:21	
176	116	M40-49	36	Mark Ellis	M	392	TRI4VI	08:45	1:33:43	0:20:03	3:55	0:41:06	1:13	0:27:25	
177	61	F40-49	23	Clare Tector	F	171	Speedhub Triathlon	09:36	1:34:57	0:11:44	1:57	0:42:50	1:23	0:37:02	
178	62	FU40	31	Caroline Geddes	F	133	Eye Community Runners	09:04	1:35:40	0:13:50	1:57	0:48:17	1:50	0:29:44	
179	117	MU40	51	Darren Bott	M	224		10:07	1:36:01	0:11:16	3:01	0:50:31	1:27	0:29:45	
180	118	M40-49	37	Carl Fender	M	143		09:16	1:36:15	0:11:15	2:38	0:48:08	1:00	0:33:13	Y
181	63	FU40	32	Jenna Brightwell	F	232	Belper 10:20	10:10	1:36:27	0:10:38	2:40	0:45:37	2:29	0:35:01	
182	119	MU40	52	Steven Miller	M	136		09:00	1:36:51	0:11:04	3:43	0:48:16	1:09	0:32:38	
183	120	M50-59	26	Steve Allam	M	212		10:00	1:37:08	0:10:12	2:53	0:43:54	1:59	0:38:10	Y
184	64	F50-59	8	Ann Dawkins	F	146		09:16	1:37:11	0:13:51	2:17	0:51:44	1:26	0:27:51	
185	121	MU40	53	Matthew Wright	M	207		10:00	1:37:22	0:18:47	3:02	0:44:21	1:11	0:29:59	
186	65	FU40	33	Claire Whittingham	F	131		09:04	1:37:56	0:09:25	4:27	0:46:58	1:57	0:35:07	
187	122	M40-49	38	Neil Savage	M	122	Mansfield Triathlon Club	09:00	1:38:05	0:13:00	2:21	0:49:28	2:07	0:31:07	
188	66	FU40	34	Katherine Andrews	F	267	Tri 3 Sleaford	10:27	1:38:31	0:09:26	2:53	0:52:06	2:24	0:31:40	
189	123	MU40	54	Andrew Price	M	141		09:02	1:39:09	0:17:30	3:09	0:42:19	2:22	0:33:46	
190	67	F50-59	9	Jackie Newham	F	119	TFN Tri Club	08:55	1:39:20	0:09:44	3:58	0:47:18	1:29	0:36:49	
191	68	FU40	35	Denise Hooley	F	121	Holme Pierrepont Running Club	09:00	1:40:06	0:15:18	4:24	0:51:56	1:33	0:26:53	Y
192	69	FU40	36	Tia Smith-Shaw	F	116		08:45	1:40:34	0:16:16	1:37	0:51:39	0:52	0:30:07	
193	124	MU40	55	Kristian Smith	M	238		10:13	1:41:09	0:10:01	4:39	0:49:45	1:02	0:35:40	
194	125	M40-49	39	Sachin Bajpai	M	106		08:45	1:41:35	0:14:14	3:08	0:54:34	1:03	0:28:34	
195	70	FU40	37	Sara Roberts	F	229	Belper 10:20	10:07	1:42:20	0:10:39	2:08	0:53:35	2:18	0:33:38	
196	71	F50-59	10	Karen Drake	F	118	Leicester Triathlon Club	08:45	1:46:08	0:15:26	3:50	0:50:07	1:16	0:35:26	Y
197	126	M50-59	27	Peter O'Connor	M	126		09:00	1:47:39	0:13:46	2:30	0:49:22	2:50	0:39:08	
198	127	M50-59	28	Richard Marshall	M	109		08:50	1:48:30	0:17:07	2:50	0:49:46	1:29	0:37:16	Y
199	72	FU40	38	Edith Cole	F	102		08:45	1:52:29	0:14:04	3:54	1:04:46	0:56	0:28:48	
200	73	F40-49	24	Clare Longstaff	F	112		08:50	1:57:46	0:16:37	5:35	0:51:46	3:48	0:39:59	Y
201	74	F40-49	25	Cheryl Snowden	F	111		08:50	1:57:47	0:16:38	5:32	0:51:47	3:50	0:39:59	Y
202	75	FU40	39	Lisa Walker	F	172		09:36	2:11:47	0:15:34	3:44	1:02:20	1:37	0:48:29	
203	76	FU40	40	Joanna Fakayode	F	107	WEIR Runners	08:50	2:39:26	0:17:28	2:42	1:27:04	1:30	0:50:39	
204	77	FU40	41	Gemma Vaughan	F	110		08:50	2:49:05	0:13:56	3:11	1:30:10	1:14	1:00:32	
205	78	F60+	2	Karen Hames	F	298	Lynas Vokes Race Team	10:40	DNF	0:07:19	1:37	0:35:58	1:42	0:16:23	
-1	-1	M50-59	-1	Richard Armitage	M	108		08:50	DNF	0:17:00	3:01	0:49:47	4:31		Y
-1	-1	MU40	-1	Adam Madge	M	330	Belvoir Tri Club	10:50	DNF	0:07:51	0:46				Y
-1	-1	M40-49	-1	Stuart Gutteridge	M	292	100% Tri,Tri3 Sleaford	10:38	DNF	0:08:08	1:39				
-1	-1	M40-49	-1	Richard Sharpe	M	256	Louth Tri Club	10:21	DNF	0:08:09	0:48	0:32:13			Y