

Louth Triathlon 2019

Pos	Gn	Ag	Age	Name	M/F	Race	Club	Wa	Over	Swim	T1	Bike	T2	Run	Tea
Triathlon															
1	1	M40	1	Chris Carré	M	404	RAF Triathlon	10:0	1:05:	07:31	0:32	0:38:08	0:34	0:19:06	
2	2	M50	1	Chris Gibbs	M	430	Lincsquid	10:1	1:06:	06:55	0:45	0:37:37	0:27	0:20:34	
3	3	MU	1	Rhys	M	438		10:2	1:06:	07:33	1:03	0:37:17	0:49	0:20:09	
4	4	MU	2	Drew Smith	M	436	Grimsby Tri	10:2	1:07:	06:21	0:48	0:38:28	0:52	0:21:17	
5	5	MU	3	Sam	M	439		10:2	1:08:	06:55	0:38	0:38:33	0:35	0:21:30	
6	6	M40	2	John	M	407	Grimsby Tri	10:0	1:10:	07:55	0:38	0:38:06	0:39	0:22:51	
7	7	MU	4	Daniel Gray	M	426		10:1	1:11:	08:02	1:28	0:39:36	0:40	0:21:15	
8	8	MU	5	Adam	M	424	Belvoir Tri Club	10:1	1:11:	08:24	0:40	0:40:00	0:41	0:21:20	
9	9	M40	3	Martyn	M	416		10:1	1:11:	08:13	0:33	0:39:13	0:34	0:22:42	
10	10	MU	6	Mike Lawlor	M	422	Louth Tri Club	10:1	1:11:	06:58	0:35	0:40:18	0:48	0:22:51	
11	11	M40	4	Clint	M	340	Lincoln Tri	09:5	1:12:	08:34	0:47	0:38:57	0:46	0:23:11	
12	12	MU	7	jack worley	M	420	Royal Marines	10:1	1:12:	07:41	0:50	0:40:50	0:42	0:22:23	
13	13	MU	8	Alex Lee	M	434		10:2	1:12:	07:03	0:56	0:39:16	0:45	0:24:31	
14	14	MU	9	Nicholas	M	346	Bingham	10:0	1:12:	07:56	0:49	0:40:40	0:44	0:22:42	
15	15	MU	10	Thomas	M	432	Grimsby Tri	10:2	1:13:	06:44	0:52	0:41:11	1:02	0:23:10	
16	16	M40	5	Christopher	M	415		10:1	1:14:	07:46	0:52	0:40:08	0:44	0:24:28	
17	17	M40	6	Paul Logan	M	414		10:1	1:14:	07:45	0:47	0:40:20	0:36	0:24:40	
18	18	M40	7	David	M	428	Mersey Tri	10:1	1:14:	07:08	0:57	0:40:32	0:39	0:24:53	
19	19	MU	11	Lee St	M	431	Skegness Tri	10:1	1:14:	06:57	0:48	0:42:59	0:49	0:22:54	
20	1	FU4	1	Abigail	F	433	Skegness Tri	10:2	1:14:	06:52	1:05	0:41:49	0:44	0:24:10	
21	20	M50	2	Steve Hunt	M	348	Louth Tri Club	10:0	1:15:	08:17	0:42	0:40:33	0:43	0:24:46	
22	21	MU	12	Chris	M	405	Grimsby Tri	10:0	1:15:	07:40	1:09	0:40:30	0:46	0:24:58	
23	22	M40	8	Ian Evans	M	334	Lincoln Tri	09:5	1:15:	08:52	0:55	0:40:15	0:57	0:24:08	
24	23	M40	9	Mark	M	408	Animis /	10:1	1:15:	07:39	0:36	0:41:38	0:37	0:25:12	
25	24	M40	10	Spencer	M	440	Lincolnshire Fire	10:2	1:15:	07:04	0:50	0:42:07	0:39	0:25:08	
26	25	MU	13	David	M	347	Animis Racing	10:0	1:15:	07:14	0:52	0:43:26	1:16	0:23:04	
27	26	M40	11	Peter	M	302		09:4	1:16:	09:12	1:11	0:42:46	0:55	0:22:00	
28	27	M60	1	Ian	M	344	Belvoir Tri Club	10:0	1:16:	08:50	0:58	0:42:44	0:43	0:23:02	
29	28	M40	12	Richard	M	337	Grimsby Tri	09:5	1:16:	08:32	1:07	0:40:22	0:58	0:25:19	
30	29	M40	13	Robert	M	303	Velo Club	09:4	1:16:	09:56	1:27	0:39:03	1:23	0:24:49	
31	30	MU	14	Adrian	M	435	Woodhall Spa	10:2	1:16:	07:31	1:00	0:42:22	0:45	0:25:02	
32	31	M40	14	Richard	M	328	Louth Tri Club	09:5	1:17:	08:30	0:46	0:42:15	0:44	0:24:50	
33	32	MU	15	Callum	M	349	Three Counties	10:0	1:17:	07:37	0:59	0:40:32	0:56	0:27:16	
34	33	M50	3	Andy Pegg	M	211	Grimsby Tri	09:0	1:17:	11:31	1:42	0:42:39	1:10	0:20:35	
35	2	FU4	2	Sophie Pitt	F	418	University of	10:1	1:17:	07:55	1:13	0:43:50	0:53	0:23:50	
36	3	FU4	3	Joanna	F	441		10:2	1:18:	05:58	1:06	0:45:09	0:49	0:25:05	
37	34	MU	16	Neil	M	401	Grimsby Tri	10:0	1:18:	08:04	1:01	0:43:14	0:50	0:25:38	
38	35	M40	15	Andrew	M	410	Triyourtri	10:1	1:19:	07:25	0:54	0:39:12	1:08	0:30:59	
39	36	M40	16	Matt Naylor	M	322	Boston Triathlon	09:5	1:19:	10:10	1:24	0:43:54	0:51	0:23:23	
40	37	MU	17	Oliver	M	411	Animis Racing	10:1	1:20:	08:26	0:57	0:44:04	1:17	0:25:20	
41	38	M50	4	Mark	M	151	Tri-Anglia	08:4	1:20:	09:59	1:42	0:42:22	1:02	0:25:02	
42	39	MU	18	Sean	M	412	Belvoir Tri Club	10:1	1:20:	07:26	0:46	0:44:24	0:44	0:27:09	
43	40	M50	5	Peter	M	336	Boston Tri club /	09:5	1:20:	10:14	0:56	0:40:46	1:09	0:27:36	
44	41	M40	17	Alan Young	M	312	Cleethorpes Tri	09:4	1:20:	09:00	1:02	0:44:50	1:04	0:24:49	
45	42	M40	18	Jonathan	M	210	Lincoln	09:0	1:20:	11:49	1:07	0:40:13	0:53	0:26:48	
46	43	MU	19	Michael	M	44		08:3	1:20:	12:19	1:30	0:42:43	0:52	0:23:27	
47	44	M40	19	Dan Janes	M	305	Sheffield	09:4	1:21:	07:56	1:47	0:43:09	1:18	0:27:11	
48	45	M40	20	Gavin	M	220		09:0	1:21:	10:40	1:40	0:45:10	1:05	0:23:04	
49	46	M40	21	George	M	301		09:4	1:21:	09:02	0:48	0:45:58	0:45	0:25:05	
50	4	FU4	4	Rosie	F	429	Hyde Park	10:1	1:21:	07:15	0:39	0:46:36	0:50	0:26:25	
51	47	MU	20	Kevin	M	443		10:0	1:21:	08:17	1:01	0:46:04	1:33	0:24:58	
52	5	FU4	5	Claire	F	315		09:4	1:21:	07:52	0:44	0:46:54	0:52	0:25:34	
53	6	F40	1	Claire	F	425	Grimsby Tri	10:1	1:22:	06:51	0:56	0:44:24	0:50	0:28:58	
54	7	FU4	6	Rebecca	F	341	100% Tri	09:5	1:22:	09:27	0:46	0:45:01	0:41	0:26:07	
55	48	M50	6	Mark	M	321	Tri-Money.com	09:5	1:22:	09:04	1:07	0:46:02	1:03	0:24:50	
56	8	FU4	7	Rachael	F	327	Lincoln Tri	09:5	1:22:	08:18	0:58	0:47:31	0:44	0:24:51	
57	49	M40	22	Russell	M	306	Woodhall Spa	09:4	1:22:	08:59	1:22	0:45:02	1:04	0:26:03	
58	50	M50	7	Kim Barker	M	240		09:1	1:23:	10:34	1:44	0:44:36	0:49	0:25:49	

Louth Triathlon 2019

Pos	Gn	Ag	Age	Name	M/F	Race	Club	Wa	Over	Swim	T1	Bike	T2	Run	Tea
59	9	FU4	8	Emma	F	402		10:0	1:23:	07:53	1:05	0:47:36	0:53	0:26:12	
60	51	MU	21	Wayne	M	299		09:4	1:23:	10:04	1:13	0:45:08	0:49	0:26:43	
61	52	M60	2	Phillip	M	229	Louth Tri Club	09:0	1:24:	10:22	1:03	0:46:18	1:08	0:25:10	
62	53	M50	8	Mark Smith	M	345	Skegness Tri	10:0	1:24:	09:19	0:57	0:43:28	0:56	0:29:23	
63	54	MU	22	Mark	M	174	Revolution Tri	08:5	1:24:	10:57	1:41	0:46:23	1:21	0:23:42	
64	10	F40	2	Claire West	F	244	Lincsquad	09:1	1:24:	10:22	0:45	0:45:39	0:47	0:26:53	
65	55	M40	23	Des	M	217	Louth Dolphins	09:0	1:24:	08:34	2:27	0:45:51	1:06	0:26:38	
66	56	M50	9	Paul Hovell	M	257	Tri-Anglia	09:2	1:25:	09:08	1:06	0:42:56	1:50	0:30:02	
67	11	FU4	9	Katie Felton	F	320		09:5	1:25:	09:15	0:36	0:48:45	0:43	0:25:43	
68	57	MU	23	Jack Amey	M	288		09:3	1:25:	09:17	1:41	0:46:37	1:13	0:26:33	
69	58	M40	24	Tim	M	205		08:5	1:25:	12:16	1:28	0:44:47	1:43	0:25:24	
70	59	M40	25	Ian	M	403	Boston Triathlon	10:0	1:25:	08:19	1:29	0:44:44	1:07	0:30:11	
71	12	F40	3	Maria Steer	F	176	Wolds Veterans	08:5	1:25:	10:07	1:30	0:47:01	0:43	0:26:32	
72	60	M50	10	Rob Frisby	M	162	Sleaford	08:5	1:25:	10:04	2:10	0:41:25	1:25	0:30:53	
73	61	M50	11	Edward	M	145	Newark Striders	08:4	1:26:	12:37	1:16	0:46:19	0:31	0:25:18	
74	62	M50	12	Alan Howe	M	167		08:5	1:26:	11:56	1:34	0:45:37	1:05	0:25:54	
75	63	MU	24	Chris	M	266		09:2	1:26:	10:49	1:34	0:45:38	0:58	0:27:32	
76	64	M40	26	David	M	170	Grimsby Tri	08:5	1:26:	10:39	1:31	0:45:25	0:55	0:28:06	
77	65	M60	3	Mike	M	243	Velo Club	09:1	1:26:	10:27	1:16	0:46:19	1:36	0:27:02	
78	13	F40	4	Kendra Hall	F	201	3cTri	08:5	1:27:	10:32	1:23	0:46:11	1:24	0:27:38	
79	14	F40	5	Michyla	F	335	Skegness Tri	09:5	1:27:	09:09	0:50	0:48:08	0:50	0:28:14	
80	66	M50	13	Martin	M	269	Skegness Tri	09:2	1:27:	10:42	2:03	0:45:26	2:16	0:26:51	
81	15	F50	1	Paula Carre	F	294		09:3	1:27:	09:02	1:01	0:48:34	1:29	0:27:15	
82	67	M40	27	Clinton	M	316		09:4	1:27:	08:26	1:24	0:46:35	1:12	0:30:03	
83	68	M40	28	Mark	M	36		08:2	1:27:	11:40	2:10	0:45:39	1:22	0:26:50	
84	16	FU4	10	Ellen Smith	F	350	Boston Triathlon	10:0	1:27:	08:24	1:03	0:46:02	0:55	0:31:19	
85	69	M50	14	Martin	M	281	Boston Triathlon	09:3	1:27:	09:26	1:38	0:48:18	0:54	0:27:39	
86	17	F40	6	Melanie	F	287	Boston Triathlon	09:3	1:28:	09:58	0:39	0:48:40	0:41	0:28:16	
87	70	M50	15	Ian Gaunt	M	224		09:0	1:28:	10:41	1:32	0:45:00	1:17	0:29:51	
88	71	MU	25	Craig	M	29		08:2	1:28:	10:44	0:55	0:49:39	0:33	0:26:34	
89	18	F50	2	Diane Pegg	F	254	Grimsby Tri	09:2	1:28:	10:41	1:35	0:47:33	0:59	0:27:40	
90	19	F50	3	Julie	F	279		09:2	1:28:	08:51	1:20	0:50:01	1:09	0:27:27	
91	72	M40	29	Stephen	M	273		09:2	1:29:	11:31	2:07	0:47:07	0:48	0:27:26	
92	20	FU4	11	Alice Lacey	F	338		09:5	1:29:	08:41	1:34	0:48:35	1:03	0:29:10	
93	73	MU	26	Alex West	M	261		09:2	1:29:	08:10	2:26	0:49:53	1:13	0:27:28	
94	21	F40	7	Rachael	F	259	Boston Triathlon	09:2	1:29:	09:55	1:04	0:49:29	1:06	0:27:46	
95	74	M50	16	Philip	M	212	Boston Tri Club	09:0	1:29:	11:10	1:24	0:44:45	0:53	0:31:29	
96	75	M40	30	Karl Frith	M	248		09:1	1:29:	09:47	1:18	0:46:28	1:10	0:31:07	
97	76	MU	27	Rob	M	175	Revolution Tri	08:5	1:29:	11:11	1:46	0:47:30	1:26	0:28:02	
98	77	M40	31	Andy	M	196		08:5	1:29:	11:48	1:56	0:46:32	1:26	0:28:14	
99	22	FU4	12	Clare Sach	F	283	Kingfisher	09:3	1:29:	09:18	1:54	0:48:24	1:20	0:29:00	
100	23	F40	8	Donna	F	300		09:4	1:30:	10:44	1:38	0:51:22	0:41	0:25:33	
101	78	M50	17	Kenny Doig	M	34	Boston	08:2	1:30:	12:39	2:33	0:42:54	1:50	0:30:02	
102	79	MU	28	Chris Daley	M	142		08:4	1:30:	12:15	1:54	0:49:59	0:45	0:25:09	
103	80	M60	4	Geoffrey	M	161		08:5	1:30:	13:02	1:12	0:46:26	0:46	0:28:44	
104	81	M40	32	Simon	M	309	Tri3 Sleaford	09:4	1:30:	09:11	1:42	0:45:47	1:46	0:31:44	
105	82	M40	33	Paul	M	249	Doddington CC	08:4	1:30:	13:19	2:34	0:44:23	1:32	0:28:40	
106	83	MU	29	Jack Parr	M	286	Grimsby Tri	09:3	1:30:	09:04	1:47	0:48:25	1:22	0:29:59	
107	24	FU4	13	Charlene	F	263		09:2	1:30:	09:22	1:36	0:48:28	1:30	0:29:49	
108	25	FU4	14	Zoe Ward	F	209	Boston Triathlon	09:0	1:31:	11:01	1:17	0:49:08	1:36	0:28:07	
109	84	M40	34	Stu	M	41	HMPS	08:3	1:31:	10:01	1:39	0:46:55	1:14	0:31:25	
110	85	MU	30	Greg Steele	M	285		09:3	1:31:	08:06	1:38	0:50:51	1:19	0:29:24	
111	26	F40	9	Sarah	F	232	Boston Triathlon	09:0	1:31:	10:35	1:13	0:49:41	1:08	0:29:00	
112	86	M50	18	Paul Kirk	M	208	Lincoln Tri	08:5	1:31:	09:57	2:13	0:48:18	1:22	0:30:00	
113	87	M40	35	Steven	M	297		09:4	1:31:	08:34	2:27	0:48:58	0:42	0:31:13	
114	88	MU	31	Tim Newton	M	298	Lincoln Tri	09:4	1:31:	08:53	1:47	0:49:16	1:22	0:30:40	
115	89	M50	19	Gary	M	247		09:1	1:32:	09:19	1:42	0:50:47	1:13	0:29:10	
116	27	F40	10	Jennifer	F	85		09:4	1:32:	10:19	2:34	0:52:12	1:07	0:26:00	
117	90	M40	36	Darren	M	268		09:2	1:32:	09:54	2:03	0:46:27	1:37	0:32:13	
118	28	FU4	15	Catherine	F	282		09:3	1:32:	08:57	1:35	0:51:40	0:52	0:29:52	
119	29	FU4	16	Grace	F	223		09:0	1:33:	11:13	1:48	0:48:00	0:50	0:31:12	

Louth Triathlon 2019

Pos	Gn	Ag	Age	Name	M/F	Race	Club	Wa	Over	Swim	T1	Bike	T2	Run	Tea
120	91	M40	37	Matt Clark	M	256		09:2	1:33:	09:59	1:40	0:49:19	1:17	0:30:51	
121	92	M40	38	John	M	291	Racehub	09:3	1:33:	10:11	1:28	0:49:32	1:43	0:30:37	
122	93	M40	39	James	M	51		08:3	1:33:	10:42	2:26	0:47:51	1:52	0:30:42	
123	94	MU	32	Daniel	M	171		08:5	1:33:	11:09	1:21	0:48:52	1:25	0:30:49	
124	95	MU	33	George	M	221		09:0	1:33:	11:30	2:24	0:50:32	0:55	0:28:34	
125	96	MU	34	Jack Tutass	M	242	Grimsby Tri	09:1	1:34:	09:58	1:55	0:52:17	0:41	0:29:16	
126	30	F40	11	Sarah	F	260		09:2	1:34:	10:23	1:26	0:51:40	1:18	0:29:22	
127	97	M60	5	David	M	330	Skegness Tri	09:5	1:34:	08:42	1:07	0:50:41	1:24	0:32:19	
128	31	F40	12	Helen	F	166		08:5	1:34:	12:32	1:17	0:46:59	1:25	0:32:14	
129	98	M50	20	Charles	M	265	Tri 3 Sleaford/	09:2	1:35:	10:24	1:54	0:45:06	1:15	0:36:38	
130	99	MU	35	James	M	117	Skegness Tri	08:4	1:35:	12:52	1:08	0:48:00	1:02	0:32:19	
131	32	F40	13	Kerry Fogg	F	308	Lincoln Tri	09:4	1:35:	09:03	1:05	0:55:33	0:39	0:29:06	
132	33	F40	14	jakki Knight	F	101	GY TRI	08:3	1:35:	11:38	1:34	0:50:38	1:03	0:30:39	
133	100	MU	36	Daniel	M	39		08:2	1:35:	11:46	2:04	0:54:37	0:43	0:26:28	
134	34	F50	4	Winnie	F	236		09:1	1:35:	10:18	2:04	0:50:35	1:27	0:31:18	
135	35	F40	15	Michelle	F	252	Louth Tri Club	09:2	1:35:	10:17	1:24	0:50:11	1:27	0:32:25	
136	101	M40	40	Stuart	M	14	Worksop	08:1	1:36:	15:31	1:48	0:51:52	0:40	0:26:11	
137	102	M50	21	Paul	M	326		09:5	1:36:	07:51	1:33	0:51:31	1:25	0:33:48	
138	36	F60	1	Joyce	F	278	Lincoln Tri	09:2	1:36:	10:01	1:09	0:52:43	1:16	0:31:23	
139	37	F50	5	Sandra	F	204	Skegness Tri	08:5	1:36:	11:58	1:40	0:50:24	0:50	0:31:48	
140	38	F40	16	Amber	F	331	Skegness Tri	09:5	1:37:	08:02	1:21	0:51:30	1:10	0:34:59	
141	39	F50	6	Lynn	F	250	Stamford	09:2	1:37:	10:48	1:12	0:51:13	1:12	0:32:46	
142	40	FU4	17	Denise	F	30	Holme	08:2	1:37:	11:12	1:51	0:54:28	1:44	0:28:06	
143	41	F50	7	Karen	F	311	Louth Tri Club	09:4	1:37:	09:27	1:21	0:54:00	1:19	0:31:20	
144	42	F50	8	Kerry	F	450	Louth Tri Club	09:1	1:37:	10:42	1:09	0:52:05	0:58	0:32:57	
145	43	FU4	18	Sophie	F	310	Grimsby Tri	09:4	1:37:	08:53	1:37	0:52:10	0:54	0:34:21	
146	103	M50	22	Neil Walker	M	160	Formula One	08:5	1:38:	12:59	3:45	0:53:06	3:09	0:25:22	
147	44	FU4	19	Samantha	F	253		09:2	1:38:	10:32	1:51	0:50:18	0:57	0:35:02	
148	104	M40	41	Mark	M	40	Grantham	08:3	1:39:	13:09	1:48	0:51:31	3:10	0:29:21	
149	45	FU4	20	Claire Giles	F	169	Belvoir Tri Club	08:5	1:39:	11:29	1:53	0:52:29	0:52	0:32:29	
150	46	F60	2	Ros	F	230	Louth Tri Club	09:0	1:39:	11:22	0:59	0:52:08	1:12	0:33:31	
151	105	MU	37	Cameron	M	43		08:3	1:39:	11:32	0:49	0:53:49	1:37	0:31:27	
152	47	F40	17	Carol Finch	F	314	Lea Valley	09:4	1:39:	10:02	1:49	0:49:35	1:32	0:36:26	
153	106	MU	38	James	M	319	Tri3 Sleaford	09:5	1:39:	09:05	1:56	0:53:49	1:11	0:33:24	
154	48	F50	9	Michelle	F	270	Newark	09:2	1:39:	09:59	1:14	0:49:38	1:24	0:37:34	
155	49	FU4	21	Rachel	F	446		09:1	1:39:	11:13	2:22	0:53:39	1:38	0:31:02	
156	107	M40	42	Michal	M	18	Sleaford Town	08:1	1:40:	19:37	3:48	0:48:58	2:39	0:25:19	
157	108	M40	43	Paul Cutts	M	203		08:5	1:40:	10:11	3:05	0:54:36	2:12	0:30:49	
158	50	F50	10	Gail	F	264	Louth Tri Club	09:2	1:40:	09:48	0:55	0:53:09	0:59	0:36:05	
159	51	F50	11	Jackie	F	225		09:0	1:41:	10:48	1:41	0:52:52	1:26	0:34:25	
160	52	FU4	22	Steph	F	329	Grimsby Tri	09:5	1:41:	09:40	0:58	0:53:53	0:50	0:36:02	
161	53	FU4	23	Isobel	F	52		09:3	1:41:	09:51	2:10	0:55:29	0:51	0:33:19	
162	109	M50	23	David	M	19		08:2	1:41:	13:43	3:38	0:47:56	2:26	0:34:02	
163	54	F40	18	Kate Siviter	F	152	Hurricane	09:2	1:41:	10:22	2:25	0:50:54	1:41	0:36:26	
164	110	M60	6	Richard	M	370		08:2	1:41:	12:23	2:21	0:49:44	1:59	0:35:20	
165	55	FU4	24	Tia	F	168		08:5	1:42:	11:47	1:03	0:56:59	1:07	0:31:17	
166	111	M60	7	Mark Baxter	M	150		08:4	1:42:	14:08	2:16	0:53:04	1:41	0:31:14	
167	56	F50	12	Sharon	F	272		09:2	1:42:	10:02	1:46	0:56:15	1:01	0:33:27	
168	112	MU	39	Ashley	M	103		08:4	1:43:	13:27	2:03	0:53:36	1:13	0:32:44	
169	57	F50	13	Michelle	F	193		08:5	1:43:	10:52	1:56	0:58:43	1:06	0:30:33	
170	113	M40	44	Jamie	M	258	Boston Triathlon	09:2	1:43:	09:58	2:21	0:55:49	1:42	0:33:27	
171	114	M50	24	Adrian	M	135	Sleaford Tri	08:4	1:43:	12:32	2:54	0:48:08	1:54	0:37:51	
172	58	FU4	25	Caroline	F	123	Eye Community	08:4	1:43:	12:05	1:39	0:56:32	1:28	0:31:45	
173	59	F40	19	Claire	F	198		08:5	1:43:	10:09	1:42	0:56:23	0:57	0:34:30	
174	60	F60	3	Jo Wiggins	F	157		08:4	1:44:	12:45	2:15	0:51:18	1:50	0:36:19	
175	61	F40	20	Gill	F	222	Lincoln Tri	09:0	1:45:	10:45	1:57	0:54:10	0:47	0:37:29	
176	62	FU4	26	Leah	F	42		08:3	1:45:	10:32	2:31	0:58:11	1:07	0:32:49	
177	115	M40	45	Byron	M	362		09:2	1:45:	11:52	2:35	0:51:25	2:39	0:36:47	
178	116	MU	40	Chris Wells	M	267		09:2	1:45:	12:10	1:20	0:55:08	1:56	0:34:58	
179	63	F40	21	Amy Willis	F	241	Lincoln Tri	09:1	1:45:	10:58	1:59	0:54:42	1:33	0:36:32	
180	64	F40	22	Lisa	F	146	Louth Tri Club	08:4	1:45:	13:46	1:11	0:57:17	0:48	0:32:53	

Louth Triathlon 2019

Pos	Gn	Ag	Age	Name	M/F	Race	Club	Wa	Over	Swim	T1	Bike	T2	Run	Tea
181	117	M40	46	Tom Duce	M	79		08:3	1:46:	11:39	1:49	0:51:27	2:35	0:38:50	
182	65	F40	23	Amanda	F	239	Humber	09:1	1:46:	11:56	1:51	0:55:26	1:40	0:35:39	
183	66	F50	14	Linda	F	227		09:0	1:46:	11:40	2:04	0:55:08	1:29	0:36:23	
184	67	F50	15	jacqui	F	173	Animis Racing	08:5	1:47:	13:21	2:26	0:54:50	2:56	0:33:43	
185	68	F50	16	Sarah	F	231	Whizzy Tri Club	09:0	1:47:	12:15	2:22	0:56:43	1:59	0:33:57	
186	69	F40	24	Marie	F	149	Lincoln Tri	08:4	1:47:	11:54	1:54	1:04:52	1:16	0:27:35	
187	118	MU	41	Charlie	M	214		09:0	1:47:	10:05	3:14	1:01:56	0:51	0:31:40	
188	70	F50	17	Jayne	F	20		08:2	1:47:	15:54	2:11	0:51:39	1:19	0:36:53	
189	71	F50	18	Louise	F	293	Belvoir Tri Club	09:3	1:48:	09:26	1:04	0:57:50	1:52	0:38:12	
190	72	FU4	27	Katherine	F	339	Tri 3 sleaford	09:5	1:48:	09:49	2:21	1:04:36	3:18	0:28:46	
191	119	M40	47	Mark Ellis	M	4	Tri4Vi	08:1	1:48:	19:36	4:27	0:53:44	0:59	0:30:09	
192	73	FU4	28	Hannah	F	213		09:0	1:50:	11:07	2:39	0:59:20	1:00	0:36:04	
193	74	F50	19	Jackie	F	49	Skegness Tri	08:3	1:50:	14:32	2:17	0:56:49	0:49	0:35:54	
194	120	M40	48	Mark Ford	M	27		08:2	1:50:	14:08	1:50	1:00:07	1:17	0:33:08	
195	121	M40	49	Steve	M	449		08:3	1:51:	13:28	1:47	0:59:00	1:50	0:35:01	
196	122	M40	50	Konrad	M	207	Darnok Nairam	08:5	1:51:	11:22	2:17	0:59:34	2:00	0:36:17	
197	123	M60	8	Michael Pell	M	12	Skegness Tri	08:1	1:52:	14:28	3:13	0:47:46	2:20	0:44:36	
198	124	M40	51	Neil Savage	M	104	Mansfield	08:3	1:53:	13:23	1:45	1:01:16	2:03	0:34:51	
199	75	F40	25	Tracy	F	131	Eye Community	08:4	1:53:	15:36	2:01	0:59:06	1:16	0:35:57	
200	125	M50	25	Richard	M	21		08:2	1:54:	14:07	1:02	1:00:22	1:28	0:37:02	
201	76	F40	26	Louise	F	159		08:5	1:54:	13:56	2:40	0:55:05	1:29	0:41:25	
202	126	M40	52	Carl Fender	M	144		08:4	1:57:	11:18	2:06	1:02:38	1:10	0:39:47	
203	77	F50	20	Sally	F	57		08:3	1:57:	12:29	2:02	1:00:20	1:08	0:41:58	
204	127	M50	26	Steve Allam	M	275		09:2	1:58:	11:42	1:39	0:57:23	1:18	0:46:15	
205	78	F50	21	Sue Keen	F	23	Cleethorpes Tri	08:2	1:58:	14:24	3:27	1:00:21	2:17	0:38:01	
206	79	FU4	29	Lisette	F	147	Lincoln Tri	08:4	1:58:	13:12	2:18	1:00:10	2:12	0:40:57	
207	128	M40	53	Richard	M	15		08:1	1:59:	14:42	3:28	1:07:10	2:03	0:32:07	
208	80	FU4	30	Sophie	F	447		09:1	2:00:	12:38	3:00	1:01:56	2:19	0:40:35	
209	81	FU4	31	Belinda	F	37		08:4	2:02:	11:45	2:11	1:08:33	1:20	0:38:19	
210	82	F40	27	Clare	F	25		08:2	2:02:	14:43	3:15	1:03:35	2:58	0:37:45	
211	129	MU	42	Toby Lloyd	M	235		09:1	2:02:	17:42	2:49	1:05:44	0:59	0:35:11	
212	83	F40	28	Tessa	F	280	Absolute Tri	09:2	2:02:	10:01	1:40	1:02:00	1:24	0:47:26	
213	84	F40	29	Joanne Van	F	32		08:2	2:05:	13:57	4:05	1:03:32	2:33	0:40:55	
214	85	F60	4	susan	F	155	Arfon Swimming	08:4	2:05:	15:30	2:38	1:01:50	2:04	0:43:03	
215	130	M40	54	Paul	M	153		08:3	2:09:	14:14	3:23	1:08:19	1:16	0:42:32	
216	86	F40	30	Andrea	F	50		08:3	2:09:	14:14	3:22	1:08:24	1:11	0:42:37	
217	87	F50	22	Carolanne	F	88	Louth Tri Club	08:3	2:12:	13:20	1:45	1:08:11	1:20	0:47:33	
218	88	F40	31	Cheryl	F	24		08:2	2:18:	15:35	3:22	1:14:10	1:22	0:44:23	
219	131	MU	43	Craig Julier	M	245		09:1	DNF	10:24	1:24	0:47:22	0:46	0:15:19	
220	89	FU4	32	Sophie	F	233	Cleethorpes Tri	09:1	DNF	11:06	1:27	0:52:52	0:51	0:18:07	
221	90	F40	32	Lorraine	F	292	Triyourtri	09:3	DNF	08:41	1:01	0:58:11	3:25	0:26:27	
222	132	M40	55	Matthew	M	323		09:5	DNF	09:38	3:45	1:05:16	1:09	0:19:01	