

Tallington Lakes 2019

Gn	Ag	Age	Name	Race	Club	Tot	Swim	T1	Bike	T2	Run	Fin		
Olympic Triathlon														
Start time=07:39:00														
1	1	MU4	1	Matthew	M	68	Whizzy Tri Club	2:20:	0:25:42	0:52	1:14:32	0:32	0:38:43	9:59:2
2	2	MU4	2	Bruce	M	80	TFN Tri Club	2:20:	0:27:05	1:09	1:17:43	0:36	0:34:16	9:59:5
3	3	MU4	3	Joshua	M	18	BRJ Run & Tri	2:24:	0:23:38	1:07	1:15:51	0:35	0:43:33	10:03:
4	4	MU4	4	Niles	M	9	(London)	2:28:	0:27:13	1:42	1:19:44	0:38	0:38:42	10:07:
5	5	M45	1	Clennell	M	22	(Cambridge)	2:34:	0:23:49	1:34	1:21:19	0:43	0:46:50	10:13:
6	6	MU4	5	Bohdan	M	27	Belvior Tri Club	2:35:	0:26:21	1:25	1:24:56	0:54	0:41:46	10:14:
7	7	M40	1	Jamie	M	94	King's Lynn	2:36:	0:26:11	0:40	1:22:55	0:40	0:45:59	10:15:
8	8	M40	2	Jim	M	30	Cambridge	2:36:	0:29:09	1:10	1:24:07	1:00	0:41:04	10:15:
9	9	M50	1	Tim Baggs	M	5	Les-Stables Tri	2:37:	0:30:13	2:01	1:22:09	0:40	0:42:35	10:16:
10	10	MU4	6	Paulus	M	66	BRJ Run & Tri	2:38:	0:24:24	1:03	1:23:42	0:53	0:48:07	10:17:
11	1		1	N.N. Name		278		2:38:	0:29:40	1:40	1:28:45	1:00	0:37:32	10:17:
12	11	M45	2	Shaun	M	116	Sweet spot	2:39:	0:30:20	1:27	1:20:22	0:51	0:46:43	10:18:
13	12	MU4	7	Rhys	M	106	100% Tri	2:44:	0:26:22	1:38	1:30:59	0:51	0:44:52	10:23:
14	13	MU4	8	Dan	M	105	(Droitwich)	2:46:	0:29:32	1:21	1:29:15	0:53	0:45:18	10:25:
15	14	M50	2	Chris Pugh	M	79	Belvior Tri Club	2:46:	0:29:15	1:07	1:23:57	0:52	0:51:18	10:25:
16	1	F40-	1	Shusanah	F	77	(St Albans)	2:46:	0:28:18	1:09	1:25:49	0:59	0:50:15	10:25:
17	15	M40	3	Chris	M	59	March Triathlon	2:47:	0:29:02	1:16	1:27:56	0:39	0:48:20	10:26:
18	16	M40	4	Matt	M	20	(Peterborough)	2:49:	0:31:18	1:38	1:27:06	0:55	0:48:16	10:28:
19	17	M40	5	Colin	M	118		2:49:	0:28:03	2:18	1:31:50	0:58	0:46:09	10:28:
20	18	M50	3	Chris	M	78	King's Lynn	2:49:	0:26:09	1:47	1:26:26	0:59	0:54:17	10:28:
21	19	MU4	9	Joao	M	32	Xumbo Team	2:49:	0:29:25	2:23	1:29:44	0:55	0:47:17	10:28:
22	20	M40	6	Steven	M	12	King's Lynn	2:49:	0:30:42	1:40	1:28:30	1:06	0:47:58	10:28:
23	21	MU4	10	Neil Gayton	M	41	King's Lynn	2:50:	0:30:32	1:28	1:32:43	0:51	0:45:03	10:29:
24	22	M40	7	James	M	13	Spalding Cycling	2:50:	0:33:41	2:21	1:22:14	1:18	0:51:10	10:29:
25	23	MU4	11	Laurence	M	57	(Surbiton)	2:50:	0:29:00	0:59	1:27:55	0:49	0:52:06	10:29:
26	24	M55	1	Adrian	M	33	King's Lynn	2:50:	0:33:12	1:31	1:29:12	1:08	0:45:54	10:29:
27	25	M50	4	Steve	M	96	Belvior Tri Club	2:51:	0:27:05	1:40	1:30:24	1:03	0:50:58	10:30:
28	26	MU4	12	Henry	M	83	(Glaston)	2:51:	0:24:15	1:50	0:00:37	96:45	0:48:12	10:30:
29	2	F35-	1	Caroline	F	509	Yaxley Runners	2:51:	0:32:02	1:45	1:33:27	1:00	0:43:43	10:30:
30	27	MU4	13	Ed Foster	M	39	RAF/Absolute	2:53:	0:34:08	1:43	1:29:29	0:54	0:47:00	10:32:
31	28	M45	3	Trevor	M	40	Bassetlaw	2:53:	0:23:38	2:50	1:31:35	1:41	0:54:07	10:32:
32	29	M50	5	Gary	M	46	(Cropston)	2:54:	0:27:57	1:48	1:27:01	0:49	0:56:23	10:33:
33	30	M45	4	Philip	M	50	March Triathlon	2:54:	0:29:03	2:12	1:30:35	1:00	0:51:23	10:33:
34	31	M40	8	Chris Baird	M	6	(London)	2:55:	0:28:36	1:31	1:34:05	1:11	0:49:47	10:34:
35	3	FU3	1	Chloe	F	69	Cambridge	2:55:	0:32:05	1:38	1:37:15	0:44	0:43:47	10:34:
36	32	M40	9	Paul Cash	M	17	Ketton Panthers	2:57:	0:31:28	1:07	1:35:18	1:00	0:48:21	10:36:
37	33	M40	10	Chris	M	35	(Langtoft)	2:57:	0:32:04	1:25	1:39:22	1:02	0:43:33	10:36:
38	34	MU4	14	Michal	M	73	(London)	2:57:	0:33:56	2:09	1:34:29	2:36	0:44:32	10:36:
39	4	F45-	1	Jillian	F	60	(Grantham)	2:57:	0:33:23	2:00	1:31:33	1:24	0:49:37	10:36:
40	35	M40	11	Mark	M	89	(Downham	2:58:	0:31:04	2:21	1:33:35	1:21	0:50:20	10:37:
41	5	F45-	2	Anna	F	62	Belvior Tri Club	2:59:	0:26:46	0:55	1:33:12	0:50	0:57:19	10:38:
42	36	M55	2	Brian	M	45	March Triathlon	2:59:	0:32:22	1:58	1:33:56	0:57	0:50:33	10:38:
43	37	MU4	15	James	M	117	(Mansfield)	3:00:	0:25:06	2:09	1:33:48	0:59	0:58:29	10:39:
44	38	M45	5	Damien	M	23	(Burbage)	3:00:	0:26:15	2:09	1:37:23	1:10	0:53:42	10:39:
45	39	MU4	16	Harry	M	25	(London)	3:00:	0:30:00	2:23	1:37:41	1:07	0:49:29	10:39:
46	40	M40	12	Justin	M	7	Team Helpston	3:01:	0:29:49	2:04	1:35:58	1:04	0:52:20	10:40:
47	41	M40	13	Jason	M	97	Wakefield	3:02:	0:31:11	2:06	1:33:18	0:45	0:55:02	10:41:
48	42	MU4	17	Jonjo	M	2	(Nottingham)	3:02:	0:32:27	2:00	1:29:19	1:00	0:57:39	10:41:
49	43	M55	3	Chris	M	53	(Langham)	3:02:	0:29:03	1:34	1:32:24	0:40	0:58:51	10:41:
50	44	M70	1	Richard	M	36	Berkshire Tri	3:02:	0:33:30	1:41	1:30:07	1:17	0:56:08	10:41:

Tallington Lakes 2019

Gn	Ag	Age	Name	Race	Club	Tot	Swim	T1	Bike	T2	Run	Fin		
51	6	F40-	2	Sophie	F	48	Belvior Tri Club	3:02:	0:31:49	1:15	1:36:50	0:50	0:52:09	10:41:
52	45	M50	6	Peter	M	19	Cambridge	3:03:	0:28:51	2:26	1:35:42	1:14	0:55:02	10:42:
53	46	M45	6	Dan Perrin	M	75	Harborough AC	3:04:	0:40:15	2:59	1:34:12	1:12	0:46:03	10:43:
54	47	M50	7	Steve	M	107	(Peterborough)	3:05:	0:34:56	2:05	1:39:12	1:02	0:48:29	10:44:
55	48	M40	14	James	M	31	(Misterton)	3:06:	0:33:27	3:19	1:34:32	1:20	0:53:27	10:45:
56	49	M40	15	Andrew	M	29	(Peterborough)	3:07:	0:32:40	1:27	1:29:03	1:09	1:02:54	10:46:
57	50	M50	8	Jeremy	M	71	Ryston Runners	3:07:	0:30:41	2:01	1:34:41	2:16	0:57:48	10:46:
58	7	FU3	2	Jennifer	F	93	(Church Lench)	3:08:	0:30:58	2:09	1:45:23	0:51	0:49:20	10:47:
59	51	M45	7	Nick Reed	M	84	Vegan Runners	3:10:	0:42:29	2:27	1:32:21	1:06	0:51:35	10:49:
60	52	M40	16	Steven	M	15	(Peterborough)	3:10:	0:31:53	2:03	1:38:29	1:12	0:56:37	10:49:
61	53	M40	17	Neil Reid	M	85	Stamford Tri	3:11:	0:29:17	3:49	1:43:51	2:02	0:52:02	10:50:
62	54	MU4	18	Matt Lewis	M	61	(Huntingdon)	3:11:	0:36:23	3:30	1:38:36	1:12	0:51:39	10:50:
63	55	M55	4	John	M	1	(Mansfield)	3:11:	0:36:55	2:50	1:38:35	1:14	0:51:56	10:50:
64	56	M55	5	Paul Bello	M	10	Cambridge	3:12:	0:29:15	2:17	1:35:19	1:23	1:03:50	10:51:
65	8	FU3	3	Roz	F	44	Belvior Tri Club	3:12:	0:30:07	2:28	1:38:28	1:34	1:00:15	10:51:
66	9	F35-	2	Rona Cole	F	21	(St Neots)	3:14:	0:32:31	3:27	1:41:00	1:22	0:56:37	10:53:
67	57	M45	8	David	M	47	King's Lynn	3:15:	0:31:48	2:13	1:37:39	1:04	1:02:34	10:54:
68	58	M45	9	Alastair	M	74	(Peterborough)	3:15:	0:36:21	2:01	1:33:18	0:58	1:02:40	10:54:
69	59	MU4	19	Harry Mann	M	65	(London)	3:17:	0:29:48	2:07	1:34:58	1:18	1:08:55	10:56:
70	10	F40-	3	Helen	F	3	Helpston	3:17:	0:32:02	2:13	1:44:11	1:24	0:57:41	10:56:
71	11	FU3	4	Annabel	F	24	(London)	3:18:	0:31:54	1:37	1:45:31	0:42	0:58:30	10:57:
72	60	MU4	20	Stephen	M	1001		3:18:	0:32:03	2:22	1:46:07	3:09	0:54:35	10:57:
73	12	F45-	3	Jemma	F	82	King's Lynn	3:18:	0:35:43	1:30	1:33:00	1:23	1:06:52	10:57:
74	61	MU4	21	Adam	M	72	(Peterborough)	3:18:	0:37:26	6:14	1:40:16	2:17	0:52:44	10:57:
75	13	F40-	4	Jane White	F	104	(Cropston)	3:20:	0:35:48	2:47	1:42:29	1:12	0:57:53	10:59:
76	62	M45	10	John Walls	M	101	Team Helpston	3:20:	0:29:45	3:03	1:38:19	1:14	1:07:49	10:59:
77	63	MU4	22	Cyriac	M	43	(Norwich)	3:20:	0:32:58	2:53	1:41:02	1:12	1:02:18	10:59:
78	64	M55	6	Tim	M	103	Lincoln Tri	3:20:	0:24:20	2:03	2:01:34	1:25	0:51:05	10:59:
79	65	M50	9	Martin	M	51	Boston Triathlon	3:20:	0:33:45	3:24	1:39:21	1:49	1:02:38	10:59:
80	66	MU4	23	Jonathan	M	102	(Banff)	3:21:	0:39:46	2:11	1:47:48	0:41	0:50:58	11:00:
81	67	M40	18	Neil Wilson	M	108	(Ashton)	3:22:	0:36:46	2:48	1:36:14	1:33	1:05:02	11:01:
82	68	M50	10	Martin	M	95	Bingham Tri	3:24:	0:36:56	3:03	1:38:59	1:21	1:04:01	11:03:
83	69	M40	19	Tim Rist	M	87	(Peterborough)	3:26:	0:38:40	3:53	1:38:47	1:52	1:02:56	11:05:
84	70	M45	11	Andy	M	70	Cambridge	3:26:	0:32:18	2:26	1:38:30	1:37	1:11:47	11:05:
85	71	MU4	24	George	M	67	(London)	3:26:	0:31:39	1:40	1:47:11	1:26	1:04:44	11:05:
86	14	F40-	5	Jenna	F	42	King's Lynn	3:28:	0:36:46	2:48	1:43:48	1:33	1:03:11	11:07:
87	15	F40-	6	Caroline	F	112	Cambridge	3:29:	0:33:22	1:33	1:51:53	1:40	1:01:15	11:08:
88	72	MU4	25	Joseph	M	81	(London)	3:30:	0:40:26	2:39	1:51:04	1:13	0:55:15	11:09:
89	16	FU3	5	Phoebe	F	56	(Market	3:31:	0:36:57	2:39	1:47:19	1:15	1:03:24	11:10:
90	73	MU4	26	Nicholas	M	14	(Derby)	3:31:	0:35:00	2:35	1:45:00	1:31	1:07:44	11:10:
91	74	MU4	27	Oliver Ison	M	49	(King's Lynn)	3:32:	0:29:08	3:14	1:51:47	1:22	1:07:05	11:11:
92	17	F35-	3	Lucy Roy	F	90	Belvior Tri Club	3:33:	0:41:52	3:13	1:51:11	2:45	0:54:09	11:12:
93	75	MU4	28	Graham	M	11	Cambridge	3:35:	0:39:26	2:33	1:52:18	2:03	0:59:09	11:14:
94	18	F35-	4	Monica	F	64	(St Ives)	3:35:	0:33:39	1:57	1:55:07	1:22	1:03:48	11:14:
95	19	F40-	7	Lynsey	F	8	Boston Triathlon	3:36:	0:40:03	1:24	1:43:01	1:05	1:10:36	11:15:
96	76	M55	7	Alistair	M	58	Belvior Tri Club	3:37:	0:32:00	3:17	1:46:13	2:20	1:13:37	11:16:
97	77	M55	8	Karim Khan	M	55	(Market	3:39:	0:36:03	4:09	1:42:53	2:55	1:13:40	11:18:
98	78	M50	11	Ian	M	88	Team Helpston	3:43:	0:49:16	3:04	1:49:11	1:33	1:00:35	11:22:
99	79	M50	12	Kevin	M	52	(Nottingham)	3:56:	0:43:26	3:48	1:57:45	2:04	1:09:46	11:35:
10	20	F35-	5	Hayley	F	86	(Harpden)	4:02:	0:36:22	4:40	2:10:19	1:28	1:09:38	11:41:
10	21	F55-	1	Louise	F	76	Belvior Tri Club	4:09:	0:33:38	2:11	2:02:32	2:08	1:29:24	11:48: