

GO TRI Poynton Duathlon 1 – Sunday 12 April 2015

Position	Race No.	First Name	Surname	Gender	Cat	Club	Run 1	T1	Bike	T2	Run 2	Finish
1	276	ROBERT	WILSON	M	45-49	KNUTSFORD TRIATHLON CLUB	18:55	01:05	00:31:09	00:36	20:14	01:11:59
2	278	KARL	WOOLFENDEN	M	45-49	KNUTSFORD TRIATHLON CLUB	19:00	00:54	00:32:28	00:32	20:11	01:13:05
3	254	THOMAS	POWELL	M	20-24	UNIVERSITY OF BIRMINGHAM	17:45	00:55	00:35:43	00:36	18:21	01:13:20
4	224	JONATHAN	GEE	M	25-29	U/A	19:55	00:40	00:32:32	00:29	21:20	01:14:56
5	256	CLIFF	PUTTOCK	M	50-54	U/A	19:20	00:53	00:35:03	00:30	21:32	01:17:18
6	272	MIKE	VOGLER	M	35-39	U/A	20:14	00:42	00:34:39	00:21	21:28	01:17:24
7	249	DANIEL	MARTELL	M	25-29	ALTRINCHAM & DISTRICT AC	19:52	00:57	00:34:47	00:36	21:42	01:17:54
8	268	ANDY	TAYLOR	M	30-34	MANCHESTER TRIATHLON CLUB	19:53	00:55	00:34:36	00:39	22:15	01:18:18
9	251	ANTHONY	NAULTY	M	55-59	U/A	20:32	01:07	00:35:46	00:40	21:54	01:19:59
10	235	WAYNE	HOLLAND	M	40-44	STOCKPORT TRI CLUB	21:00	00:56	00:35:31	00:32	22:05	01:20:04
11	202	MICHAEL	ARMER	M	35-39	VICEROYS TC	21:19	01:12	00:34:19	00:32	24:30	01:21:52
12	247	ROB	MACFARLANE	M	40-44	STOCKPORT TRI CLUB	19:41	01:00	00:37:42	00:37	23:22	01:22:22
13	207	KATHRINE	BANCROFT	F	35-39	U/A	22:01	01:03	00:35:11	00:43	23:52	01:22:50
14	269	MAX	THICKETT	M	45-49	STOCKPORT HARRIERS & AC	20:48	01:22	00:35:45	01:28	23:55	01:23:18
15	230	ANDREW	HANKIN	M	30-34	U/A	20:50	01:22	00:36:59	00:49	23:19	01:23:19
16	215	BENJAMIN	BRINDLEY	M	30-34	TIDESWELL RUNNING CLUB	20:49	01:11	00:38:37	00:45	21:58	01:23:20
17	285	DAVID	TOWNLEY	M	35-39	STOCKPORT HARRIERS & AC	20:05	01:05	00:40:24	00:42	21:11	01:23:27
18	261	MIKE	SHAW	M	50-54	STOCKPORT HARRIERS & AC	20:18	02:01	00:35:39	01:27	24:28	01:23:53
19	239	MARTYN	JONES	M	35-39	U/A	19:54	01:26	00:40:27	00:53	21:30	01:24:10
20	248	SIMON	MANN	M	40-44	U/A	21:43	02:03	00:37:06	00:41	22:57	01:24:30
21	229	LEE	GRINT	M	45-49	U/A	22:15	01:25	00:36:39	00:39	23:35	01:24:33
22	228	PAUL	GRAVENY	M	40-44	STOCKPORT TRI CLUB	22:29	01:13	00:37:08	01:11	23:13	01:25:14
23	241	PAUL	KENNY	M	55-59	TRI GURU	22:16	01:56	00:37:30	02:29	22:21	01:26:32
24	213	OWEN	BENSON	M	U20	U/A	22:05	01:02	00:36:25	00:38	26:35	01:26:45
25	264	COLIN	SHORE	M	40-44	U/A	22:17	01:53	00:37:27	01:15	24:04	01:26:56
26	216	DAVID	COLLEY	M	55-59	STOCKPORT TRI CLUB	23:10	01:26	00:38:35	01:01	23:29	01:27:41
27	281	IAN	HOWARTH	M	50-54	TRI GURU	23:26	00:49	00:38:12	00:39	25:01	01:28:07

28	287	DENNIS	THOMAS	M	40-44	EAST CHESHIRE HARRIERS	22:08	01:27	00:39:38	01:31	23:46	01:28:30
29	223	SIMON	FROGGATT	M	40-44	U/A	22:56	01:20	00:37:59	00:54	25:33	01:28:42
30	201	PAUL	ADKINS	M	60-64	STOCKPORT TRI CLUB	22:02	02:05	00:41:28	01:30	22:15	01:29:20
31	238	ALISTAIR	HUNTER	M	40-44	SCARAB TRI CLUB	23:03	01:32	00:35:33	01:20	28:47	01:30:15
32	206	DANIEL	BAMBER	M	35-39	U/A	22:07	01:59	00:42:33	01:17	22:45	01:30:41
33	205	HOWARD	BAMBER	M	60-64	U/A	24:03	01:34	00:38:14	01:11	26:52	01:31:54
34	209	PAUL	BAYLEY	M	50-54	U/A	23:59	01:01	00:39:15	02:01	26:07	01:32:23
35	267	WILLIAM	STANIARD	M	50-54	U/A	24:46	02:19	00:38:24	01:30	25:57	01:32:56
36	286	SARAH	HARRISON	F	30-34	STOCKPORT TRI CLUB	24:47	01:18	00:40:03	01:45	25:12	01:33:05
37	208	AMY	BARTER	F	35-39	STOCKPORT HARRIERS & AC	24:27	01:02	00:41:51	00:58	25:38	01:33:56
38	258	ANDREW	RUDDER	M	45-49	U/A	24:16	01:33	00:39:21	01:46	27:36	01:34:32
39	257	NICHOLAS	ROBERTS	M	45-49	STOCKPORT TRI CLUB	24:33	01:36	00:37:40	01:22	29:26	01:34:37
40	266	ANDREW	SNOWDON	M	50-54	U/A	23:01	01:19	00:43:04	00:39	27:53	01:35:56
41	283	SARAH	HARKNESS	F	40-44	U/A	24:28	01:31	00:42:52	00:57	26:20	01:36:08
42	226	MICHAEL	GIBBONS	M	55-59	STOCKPORT TRI CLUB	24:59	02:02	00:40:43	01:28	27:29	01:36:41
43	237	CAROLYN	HUME	F	45-49	STOCKPORT TRI CLUB	25:55	01:45	00:40:06	01:19	29:07	01:38:12
44	273	STEPHEN	WADDINGTON	M	40-44	U/A	26:36	03:18	00:42:49	02:22	24:09	01:39:14
45	210	DON	BENNETT	M	60-64	STOCKPORT TRI CLUB	25:37	02:32	00:41:38	01:36	28:08	01:39:31
46	227	ANDY	GOULD	M	45-49	U/A	25:06	01:45	00:44:20	00:54	27:28	01:39:33
47	243	SARAH	LEAH	F	40-44	STOCKPORT TRI CLUB	27:19	00:57	00:43:34	00:47	28:42	01:41:19
48	270	RUTH	TRAVIS	F	40-44	MANCHESTER FRONTRUNNERS	24:26	01:24	00:47:53	00:56	27:16	01:41:55
49	274	SUE	WARING	F	50-54	STOCKPORT HARRIERS & AC	26:15	01:17	00:46:22	00:46	28:24	01:43:04
50	212	JUSTIN	BENSON	M	45-49	U/A	27:18	01:41	00:45:59	00:40	29:23	01:45:01
51	244	NICOLA	LOMAS	F	35-39	U/A	27:11	01:34	00:45:00	01:17	30:09	01:45:11
52	253	DOUG	PEPPER	M	45-49	U/A	26:38	01:41	00:48:02	01:20	29:09	01:46:50
53	284	JENN	LAMB	F	25-29	U/A	27:59	01:30	00:46:43	01:00	29:52	01:47:04
54	255	CHRISTINE	PROCTOR	F	30-34	U/A	25:39	01:13	00:49:17	00:47	30:25	01:47:21
55	211	RACHAEL	BENSON	F	45-49	BRAMHALL RUNNERS	29:04	01:17	00:43:26	00:50	32:56	01:47:33
56	246	JULIE	LUCKMAN	F	45-49	OLDHAM & ROYTON HARRIERS	28:20	02:09	00:45:14	02:04	30:21	01:48:08
57	240	SALLY	JONES	F	45-49	U/A	29:03	01:58	00:46:16	01:14	31:53	01:50:24

58	234	AMANDA	HAWTHORNE	F	40-44	STOCKPORT TRI CLUB	27:20	03:37	00:46:24	01:43	31:38	01:50:42
59	260	ELIZABETH	SARGENT	F	35-39	STOCKPORT TRI CLUB	25:46	01:10	00:52:43	00:46	30:23	01:50:48
60	271	ANDY	TURNER	M	45-49	STOCKPORT TRI CLUB	28:25	02:23	00:47:46	01:40	31:49	01:52:03
61	288	JESSICA	HOBSON-TAYLOR	F	30-34	STOCKPORT TRI CLUB	27:37	01:17	00:50:01	00:49	32:21	01:52:05
62	265	NICOLA	SHORT	F	40-44	U/A	28:54	01:48	00:47:54	01:00	33:10	01:52:46
63	250	EMMA	MINSHULL	F	35-39	STOCKPORT TRI CLUB	29:39	02:21	00:48:08	01:57	31:48	01:53:53
64	204	SIMON	ASHTON	M	55-59	MARPLE SWIMMING CLUB	29:59	01:41	00:45:55	01:34	34:54	01:54:03
65	236	ANDREA	HUGHES	F	40-44	U/A	28:34	01:28	00:50:49	00:51	32:32	01:54:14
66	231	HAZEL	HARRINGTON	F	50-54	BRAMHALL RUNNERS	29:38	01:12	00:51:01	00:42	33:05	01:55:38
67	217	KATHLEEN	COOPER	F	35-39	U/A	30:23	01:43	00:50:17	01:45	32:29	01:56:37
68	214	JANET	BOOKER	F	60-64	STOCKPORT TRI CLUB	29:58	01:47	00:55:23	00:32	31:53	01:59:33
69	280	NICOLA	ACTON	F	25-29	U/A	30:24	01:47	00:50:14	01:47	36:29	02:00:41
70	225	CHRISTINE	GIBBONS	F	55-59	STOCKPORT TRI CLUB	29:54	01:45	00:56:03	01:31	32:39	02:01:52
71	222	MARIE	FAIRCLOUGH	F	50-54	BRAMHALL RUNNERS	28:00	02:10	01:00:53	01:06	30:36	02:02:45
72	262	ALISON	SHEEDY	F	45-49	STOCKPORT TRI CLUB	29:45	02:07	00:59:24	00:51	32:06	02:04:13
73	282	ANNA	JONES	F	30-34	U/A	34:11	00:48	01:04:45	00:16	38:16	02:18:16
74	232	ANGIE	HART	F	40-44	OLDHAM & ROYTON HARRIERS	29:23	02:05	01:10:28	05:55	33:03	02:20:54
75	242	ANGELA	KERSLAKE	F	45-49	STOCKPORT HARRIERS & AC	29:25	02:05	01:15:40	00:42	33:09	02:21:01