

Ludlow Sprint Triathlon 2016

RESULTS

Overall Position	Race No	Athlete Name	Gender	Overall Gender Position	Club	Swim	Overall Swim Position	T1	Cycle	Overall Cycle Position	T2	Run	Overall Run Position	Finish Time	Time Difference
1	380	Gregory NICHOLAS	M	1	Windrush Triathlon Club	00:06:04	14	00:00:40	00:43:46	7	00:00:28	00:22:24	1	01:14:01	+00:00:45
2	327	Paul Rogers	M	2	Black Country Triathletes	00:07:42	95	00:00:41	00:43:11	5	00:00:38	00:22:25	2	01:15:19	+00:02:03
3	394	STEVE KING	M	3	HEREFORD TRIATHLON CLUB	00:05:52	7	00:00:38	00:42:28	2	00:00:34	00:25:12	17	01:15:26	+00:02:10
4	398	THOMAS GARBETT	M	4	Total Tri Training	00:05:30	2	00:00:38	00:44:35	9	00:00:43	00:23:50	9	01:15:50	+00:02:34
5	366	ANDREW MOORE	M	5	Mammoth Lifestyle RT	00:07:25	72	00:00:55	00:41:02	1	00:00:46	00:24:59	14	01:15:50	+00:02:34
6	379	Chris Wood	M	6	Team MaccaX / Black Country Tri	00:06:24	19	00:00:32	00:42:47	3	00:00:39	00:25:02	15	01:16:04	+00:02:48
7	384	Dan ELLIOT	M	7	SY Tri (Shrewsbury Triathlon)	00:05:41	5	00:00:38	00:45:42	14	00:00:35	00:23:41	6	01:17:04	+00:03:48
8	358	Rob KERR	M	8	SY Tri (Shrewsbury Triathlon)	00:07:34	80	00:00:46	00:44:51	10	00:00:39	00:23:11	5	01:17:48	+00:04:32
9	400	Hayden Beebee	M	9	Wrekin College Triathlon Club	00:04:53	1	00:00:37	00:48:25	42	00:00:32	00:23:02	4	01:18:07	+00:04:51
10	374	Adam Smith	M	10		00:06:43	24	00:00:38	00:45:49	15	00:00:31	00:24:07	10	01:18:31	+00:05:15
11	378	Mike PFEIFFER	M	11	Brecon Triathlon Club	00:08:05	118	00:00:56	00:45:39	13	00:00:58	00:23:01	3	01:19:16	+00:06:00
12	321	Ian LAVERIE	M	12	Nova Raiders Cycling Club	00:07:28	74	00:00:49	00:44:55	11	00:00:44	00:24:52	12	01:19:29	+00:06:13
13	338	Gary Walters	M	13	Ludlow Brewery RT	00:07:40	92	00:00:54	00:43:06	4	00:00:51	00:26:49	32	01:20:02	+00:06:46
14	337	Kevin Lane	M	14	TRIKS	00:05:35	3	00:00:47	00:47:00	26	00:01:00	00:25:09	16	01:20:21	+00:07:05
15	387	David Lace	M	15		00:06:12	16	00:00:47	00:47:45	29	00:00:37	00:24:48	11	01:20:49	+00:07:33
16	336	James WATSON	M	16		00:07:15	50	00:00:54	00:46:09	17	00:00:40	00:25:20	19	01:21:05	+00:07:49
17	357	Simon ROMEI	M	17	SY Tri (Shrewsbury Triathlon)	00:07:11	44	00:00:38	00:46:55	23	00:00:40	00:23:42	7	01:21:46	+00:08:30
18	369	Gary Cartwright	M	18		00:06:50	26	00:00:56	00:47:58	32	00:00:41	00:24:58	13	01:22:01	+00:08:45
19	351	Tim Lake	M	19	Black Country Triathletes	00:07:08	39	00:00:38	00:46:56	24	00:00:39	00:26:16	29	01:22:21	+00:09:05
20	238	Ewen MCDONALD	M	20		00:07:18	63	00:01:49	00:43:42	6	00:00:48	00:28:05	52	01:22:31	+00:09:15
21	333	SIMON NORWOOD	M	21	HEREFORD TRIATHLON CLUB	00:06:24	20	00:01:33	00:44:03	8	00:00:56	00:28:44	68	01:22:40	+00:09:24
22	234	Rebecca Layland	F	1	NICETRI CLUB - ST NEOTS	00:06:13	17	00:00:58	00:48:23	41	00:00:44	00:26:04	23	01:23:06	+00:09:50
23	391	Matthew Woods	M	22		00:06:11	15	00:01:06	00:46:30	21	00:00:50	00:27:37	41	01:23:06	+00:09:50
24	355	DAVID GETHIN	M	23	INTRtri	00:06:49	25	00:01:01	00:47:01	27	00:00:39	00:27:10	36	01:23:25	+00:10:09
25	342	DAVID VIRDEN	M	24	SY Tri (Shrewsbury Triathlon)	00:07:12	46	00:02:46	23:57:54	339	00:01:30	01:15:27	340	01:23:26	+00:10:10
26	364	James WOZENCROFT	M	25		00:07:03	37	00:01:12	00:47:46	30	00:00:43	00:26:06	24	01:23:32	+00:10:16
27	381	David Beattie	M	26		00:06:56	33	00:00:37	00:45:13	12	00:00:43	00:29:20	91	01:23:37	+00:10:21
28	322	Christie Jones	F	2	Hereford TC	00:05:56	9	00:00:43	00:47:13	28	00:00:40	00:28:22	57	01:23:38	+00:10:22
29	361	MARK POWELL	M	27		00:06:51	28	00:00:46	00:46:10	18	00:01:30	00:27:50	47	01:23:52	+00:10:36
30	343	Steve Hatch	M	28	TRIKS	00:07:28	75	00:00:33	00:46:23	20	00:00:41	00:28:05	53	01:23:53	+00:10:37
31	277	Greg WOOD	M	29	HEREFORD TRIATHLON CLUB	00:07:16	55	00:00:54	00:50:33	67	00:00:50	00:23:43	8	01:23:57	+00:10:41
32	382	Dan PHILLIPS	M	30		00:06:52	29	00:00:46	00:49:22	52	00:00:49	00:25:29	21	01:24:03	+00:10:47
33	360	James Parker	M	31		00:07:10	41	00:01:24	00:47:47	31	00:00:53	00:26:11	27	01:24:11	+00:10:55
34	395	Gaia MAZZA	F	3	HEREFORD TRIATHLON CLUB	00:05:36	4	00:00:50	00:48:19	38	00:00:51	00:27:51	48	01:24:12	+00:10:56
35	345	Neale WILLETTS	M	32		00:07:22	68	00:00:43	00:46:36	22	00:00:36	00:28:13	56	01:24:20	+00:11:04
36	187	Scott Palmer	M	33	Black Country Triathletes	00:09:35	223	00:00:46	00:46:59	25	00:00:35	00:26:14	28	01:24:50	+00:11:34
37	315	Keith Bate	M	34	Black Country Triathletes	00:07:45	98	00:00:46	00:48:19	39	00:00:44	00:26:52	33	01:25:09	+00:11:53
38	334	Phil Thomas	M	35	HEREFORD TRIATHLON CLUB	00:07:28	76	00:01:16	00:49:39	55	00:01:10	00:26:06	25	01:26:22	+00:13:06
39	251	Chris Mahon	M	36		00:09:17	207	00:01:07	00:48:32	45	00:01:30	00:25:49	22	01:27:06	+00:13:50
40	223	Daniel Wyatt	M	37	HEREFORD TRIATHLON CLUB	00:08:04	116	00:00:56	00:45:51	16	00:01:30	00:30:06	110	01:27:11	+00:13:55
41	314	Nick Smith	M	38	SY Tri (Shrewsbury Triathlon)	00:07:39	90	00:00:54	00:49:35	54	00:00:42	00:27:32	40	01:27:12	+00:13:56
42	302	Leigh Denton	M	39		00:08:05	119	00:00:53	00:50:15	61	00:00:54	00:26:28	30	01:27:21	+00:14:05
43	274	Lea Wood	M	40	HEREFORD TRIATHLON CLUB	00:07:11	45	00:01:00	00:52:30	102	00:00:46	00:25:28	20	01:27:37	+00:14:21
44	318	JAMES SMITH	M	41		00:08:05	120	00:00:56	00:48:30	44	00:00:53	00:28:41	67	01:27:47	+00:14:31
45	390	Neil DAVIES	M	42		00:06:30	21	00:01:09	00:48:06	35	00:00:50	00:30:25	123	01:27:51	+00:14:35
46	332	Nicholas Farnell	M	43	LUDLOW CYCLING CLUB	00:08:35	161	00:00:59	00:48:54	46	00:00:48	00:28:03	51	01:27:58	+00:14:42
47	225	Andrew Griffiths	M	44	NFTO	00:08:42	169	00:01:29	00:48:00	33	00:00:46	00:28:30	62	01:28:17	+00:15:01
48	190	ANDREW BOWLES	M	45	Teme valley tri	00:06:59	35	00:01:07	00:49:22	53	00:00:58	00:29:09	85	01:28:20	+00:15:04
49	377	Christopher Tremayne	M	46	HEREFORD TRIATHLON CLUB	00:05:57	13	00:00:56	00:50:41	72	00:00:36	00:29:34	94	01:28:28	+00:15:12
50	388	Heulwen Gilbert	F	4	Teme Leisure	00:05:57	10	00:00:51	00:50:37	68	00:00:39	00:29:43	97	01:28:29	+00:15:13
51	256	Andrew Speke	M	47	BASC TRI	00:08:23	144	00:00:41	00:50:23	63	00:01:17	00:27:03	34	01:28:32	+00:15:16

52	323 Lucy	COMMANDER	F	5	EXETER TRIATHLON CLUB	00:07:16	54	00:01:02	00:53:18	114	00:01:10	00:25:18	18	01:28:41 +00:15:25
53	300 STEPHEN	DOSTER	M	48		00:08:04	117	00:00:57	00:49:19	51	00:00:37	00:29:09	84	01:28:51 +00:15:35
54	226 Mike	DOYLE	M	49	SY Tri (Shrewsbury Triathlon)	00:08:29	152	00:00:47	00:48:22	40	00:00:37	00:29:46	100	01:28:52 +00:15:36
55	252 Ben	Lye	M	50	TRIKS	00:07:48	100	00:01:24	00:48:16	37	00:01:29	00:29:11	87	01:28:53 +00:15:37
56	310 Alistair	MITCHELL	M	51		00:08:40	167	00:00:51	00:50:16	62	00:00:26	00:27:59	49	01:28:58 +00:15:42
57	281 Andrew	Burns	M	52	Oldbury Swimming & Triathlon Cl	00:07:15	51	00:01:06	00:50:37	69	00:01:00	00:28:11	55	01:29:01 +00:15:45
58	328 Simon	Crowther	M	53	Brecon Triathlon Club	00:06:21	18	00:00:48	00:52:22	98	00:01:06	00:27:48	45	01:29:05 +00:15:49
59	341 James	Chapman	M	54	TRIKS	00:06:33	22	00:00:50	00:51:24	78	00:00:35	00:28:58	79	01:29:09 +00:15:53
60	275 SEB	WILES	M	55	HEREFORD TRIATHLON CLUB	00:07:58	111	00:00:45	00:51:12	77	00:00:46	00:27:42	42	01:29:11 +00:15:55
61	93 Paul	LEWIS	M	56		00:11:24	305	00:01:06	00:48:03	34	00:00:54	00:27:15	38	01:29:33 +00:16:17
62	330 Paul	MAMMATT	M	57	HEREFORD TRIATHLON CLUB	00:07:40	93	00:00:37	00:51:48	86	00:00:39	00:28:05	54	01:29:33 +00:16:17
63	297 Lauren	Evans	F	6	Black Country Triathletes	00:05:57	11	00:00:32	00:53:12	112	00:00:29	00:28:44	69	01:29:34 +00:16:18
64	313 Stephen	Peck	M	58	SY Tri (Shrewsbury Triathlon)	00:08:08	123	00:00:39	00:51:48	87	00:00:45	00:27:44	44	01:29:49 +00:16:33
65	296 Jamie	SMALLEY	M	59		00:06:35	23	00:01:30	00:50:38	70	00:01:03	00:30:12	116	01:29:57 +00:16:41
66	312 Nick	Holman	M	60	Altrincham Triathlon Club	00:07:37	87	00:00:56	00:50:27	64	00:00:59	00:29:12	88	01:30:02 +00:16:46
67	239 Dean	JONES	M	61	NFTO	00:09:11	202	00:01:37	00:48:59	49	00:01:00	00:28:39	64	01:30:11 +00:16:55
68	317 MARK	GOLDING	M	62	Nova Raiders Cycling Club	00:08:19	141	00:01:14	00:49:45	56	00:00:53	00:29:35	95	01:30:39 +00:17:23
69	229 Gary	Chamberlain	M	63	Teme valley tri	00:07:56	107	00:01:19	00:49:02	50	00:01:23	00:30:23	121	01:30:47 +00:17:31
70	264 PHIL	PERRY	M	64	SY Tri (Shrewsbury Triathlon)	00:07:59	113	00:00:51	00:54:36	135	00:00:42	00:26:07	26	01:30:51 +00:17:35
71	220 Simon	Wright	M	65	DROITWICH AC	00:09:16	204	00:00:59	00:48:58	48	00:00:43	00:30:02	107	01:30:56 +00:17:40
72	306 Kevin	HARRIS	M	66	Radnor tri club	00:07:24	71	00:00:57	00:53:53	124	00:00:34	00:27:43	43	01:31:13 +00:17:57
73	122 DAI	GITTINS	M	67	PLAYTIME PRODUCTIONS	00:06:50	27	00:01:08	00:52:30	101	00:00:59	00:29:00	80	01:31:13 +00:17:57
74	352 Peter	Davis	M	68	OO TRI	00:07:25	73	00:00:55	00:51:27	79	00:00:49	00:29:45	98	01:31:13 +00:17:57
75	84 Jack	LINES	M	69		00:07:00	36	00:01:13	00:52:51	106	00:00:49	00:28:49	73	01:31:34 +00:18:18
76	319 David	Newport	M	70		00:08:11	129	00:01:10	00:53:37	118	00:00:45	00:27:07	35	01:31:38 +00:18:22
77	335 Matt	CLARK	M	71	HEREFORD TRIATHLON CLUB	00:07:31	77	00:01:16	00:52:33	103	00:01:12	00:28:24	60	01:31:41 +00:18:25
78	139 Thomas	BROWN	M	72		00:07:50	104	00:01:41	00:52:27	100	00:01:29	00:27:28	39	01:31:49 +00:18:33
79	276 Simon	BAKER	M	73	HEREFORD TRIATHLON CLUB	00:07:31	78	00:01:04	00:53:39	120	00:00:55	00:28:02	50	01:32:01 +00:18:45
80	253 Deane	Hart	M	74		00:08:34	160	00:01:00	00:48:11	36	00:00:55	00:32:26	169	01:32:03 +00:18:47
81	365 Kyle	FOWLER	M	75		00:07:15	52	00:01:00	00:53:21	117	00:00:32	00:29:02	81	01:32:05 +00:18:49
82	307 Martin	DAVIES	M	76		00:08:12	132	00:01:23	00:52:18	96	00:00:42	00:28:55	76	01:32:16 +00:19:00
83	189 Roxy	WOODFIELD	F	7	HEREFORD TRIATHLON CLUB	00:07:11	43	00:01:48	00:50:33	66	00:01:57	00:30:20	120	01:32:34 +00:19:18
84	287 Michael	RILEY	M	77		00:08:06	121	00:01:06	00:53:01	109	00:00:44	00:28:55	77	01:32:37 +00:19:21
85	303 Mike	Hurley	M	78		00:07:41	94	00:01:08	00:52:08	93	00:00:37	00:30:13	117	01:32:41 +00:19:25
86	353 Chris	LINGARD	M	79	HEREFORD TRIATHLON CLUB	00:07:19	64	00:00:44	00:51:12	76	00:00:39	00:32:11	157	01:32:54 +00:19:38
87	228 SAM	JONES	M	80	SY Tri (Shrewsbury Triathlon)	00:08:46	174	00:01:11	00:52:22	99	00:01:30	00:28:24	59	01:33:00 +00:19:44
88	271 Nicola	Turvey	F	8	HEREFORD TRIATHLON CLUB	00:08:15	133	00:01:03	00:51:42	82	00:00:49	00:30:31	125	01:33:05 +00:19:49
89	396 MARK	MURRAY	M	81	none	00:05:54	8	00:01:10	00:54:59	143	00:01:30	00:28:57	78	01:33:19 +00:20:03
90	217 Fraser	Lamont	M	82	SY Tri (Shrewsbury Triathlon)	00:08:08	124	00:01:11	00:54:32	133	00:00:53	00:27:49	46	01:33:25 +00:20:09
91	231 Mark	Evans	M	83		00:08:36	163	00:02:03	00:49:55	57	00:01:23	00:30:35	126	01:33:26 +00:20:10
92	261 Luke	OREHAWA	M	84		00:08:16	136	00:00:54	00:51:42	83	00:00:44	00:31:04	133	01:33:32 +00:20:16
93	362 Joe	PHILLIPS	M	85		00:07:10	42	00:01:19	00:50:12	60	00:01:15	00:32:52	178	01:33:43 +00:20:27
94	331 Simon	Dye	M	86	HEREFORD TRIATHLON CLUB	00:08:08	125	00:01:04	00:50:41	73	00:00:45	00:32:18	162	01:33:44 +00:20:28
95	308 Jonathan	SIMS	M	87		00:08:25	146	00:01:05	00:54:38	137	00:00:34	00:28:25	61	01:33:50 +00:20:34
96	201 Dave	Ambler	M	88	Teme valley tri	00:07:20	66	00:01:05	00:51:52	88	00:01:30	00:31:14	136	01:33:53 +00:20:37
97	363 Antony	STEVENS	M	89		00:07:16	56	00:00:56	00:48:56	47	00:01:16	00:34:22	212	01:34:03 +00:20:47
98	235 Dale	OWEN	M	90		00:08:27	150	00:01:32	00:53:48	122	00:00:48	00:28:40	65	01:34:06 +00:20:50
99	95 Dan	Kibby	M	91		00:10:04	250	00:02:51	00:49:58	58	00:01:08	00:29:18	90	01:34:08 +00:20:52
100	371 Kelly	Massie	F	9	Redditch Triathlon	00:08:27	148	00:01:09	00:54:13	129	00:01:02	00:28:30	63	01:34:10 +00:20:54
101	211 CHRIS	PEDLEY	M	92	Black Country Triathletes	00:08:52	183	00:00:55	00:46:12	19	00:00:43	00:36:38	250	01:34:11 +00:20:55
102	237 Mark	Griffiths	M	93		00:07:48	101	00:01:50	00:48:25	43	00:01:11	00:34:18	209	01:34:12 +00:20:56
103	119 Richard	Gwilliam	M	94		00:09:08	197	00:01:22	00:53:56	125	00:00:40	00:28:44	70	01:34:23 +00:21:07
104	389 FFION	GILBERT	F	10	Teme Leisure	00:05:57	12	00:00:47	00:53:05	111	00:00:38	00:33:18	185	01:34:29 +00:21:13
105	101 Micheal	GRIFFITHS	M	95	Triathlon Redditch	00:08:38	164	00:01:48	00:53:20	116	00:00:56	00:29:10	86	01:34:41 +00:21:25
106	166 Clare	Cotterill	F	11	SY Tri (Shrewsbury Triathlon)	00:07:45	97	00:00:59	00:54:59	144	00:00:54	00:29:17	89	01:34:48 +00:21:32
107	111 Ashley	Robinson	M	96	HEREFORD TRIATHLON CLUB	00:09:55	240	00:03:17	00:50:40	71	00:01:37	00:28:46	71	01:34:58 +00:21:42
108	232 Gary	HICKMAN	M	97	Black Country Triathletes	00:09:10	200	00:01:09	00:52:00	90	00:01:14	00:30:41	127	01:35:07 +00:21:51

109	224 Andre MARSH	M	98	INTRtri	00:09:04	194	00:01:21	00:53:19	115	00:01:30	00:29:07	83	01:35:14 +00:21:58
110	373 Elizabeth Davies-Ward	F	12		00:08:18	138	00:00:59	00:52:03	91	00:00:39	00:32:34	172	01:35:18 +00:22:02
111	172 Stephen JENKS	M	99		00:09:07	195	00:01:33	00:54:10	127	00:01:30	00:28:46	72	01:35:57 +00:22:41
112	368 Charlotte Mountain	F	13	SY Tri (Shrewsbury Triathlon)	00:06:59	34	00:00:44	00:53:39	119	00:00:40	00:33:17	184	01:36:14 +00:22:58
113	270 Neil TAYLOR	M	100	HEREFORD TRIATHLON CLUB	00:08:52	184	00:01:02	00:53:51	123	00:01:01	00:30:51	128	01:36:32 +00:23:16
114	290 Paul Westall	M	101		00:07:17	61	00:01:29	00:51:28	80	00:00:58	00:32:24	167	01:36:32 +00:23:16
115	148 Emma Wyatt	F	14	HEREFORD TRIATHLON CLUB	00:10:27	267	00:01:50	00:53:59	126	00:01:08	00:28:23	58	01:36:37 +00:23:21
116	392 Alastair STANTON	M	102		00:05:46	6	00:01:13	00:00:00		00:56:55	00:31:19	137	01:36:40 +00:23:24
117	164 Nigel Childs	M	103		00:09:01	191	00:01:07	00:52:21	97	00:00:35	00:32:58	180	01:36:52 +00:23:36
118	265 AIMEE HOLMAN	F	15	BASC TRI	00:07:43	96	00:00:59	00:57:47	188	00:01:00	00:28:50	74	01:37:05 +00:23:49
119	155 Craig GOUGH	M	104	Oldbury Swimming & Triathlon Cl	00:09:47	236	00:01:08	00:54:19	131	00:00:51	00:30:07	111	01:37:10 +00:23:54
120	96 Luc LICHTL+?	M	105		00:10:16	260	00:01:42	00:50:31	65	00:01:04	00:32:55	179	01:37:13 +00:23:57
121	233 Simon AMOS	M	106		00:08:46	175	00:01:05	00:54:37	136	00:01:30	00:30:26	124	01:37:18 +00:24:02
122	278 Iain Hutchinson	M	107	HEREFORD TRIATHLON CLUB	00:07:19	65	00:02:11	00:54:20	132	00:01:10	00:31:24	141	01:37:18 +00:24:02
123	218 Edward Horgan	M	108	Black Country Triathletes	00:09:09	198	00:01:09	00:51:52	89	00:01:30	00:32:50	177	01:37:20 +00:24:04
124	294 Andrew SHERLOCK	M	109		00:07:15	53	00:01:49	00:51:48	85	00:01:20	00:34:21	211	01:37:22 +00:24:06
125	219 rob reynolds	M	110	breakfast club	00:07:48	102	00:00:50	00:52:45	105	00:00:57	00:34:17	208	01:37:27 +00:24:11
126	282 David BENJAMIN	M	111		00:08:10	128	00:01:14	00:54:50	140	00:01:37	00:31:00	130	01:37:40 +00:24:24
127	247 Michele COX	F	16	Wrekin College Triathlon Club	00:07:52	105	00:01:46	00:54:39	138	00:01:22	00:31:06	134	01:37:41 +00:24:25
128	356 Tom PRINCE	M	112		00:07:13	48	00:01:10	00:58:18	198	00:00:43	00:29:28	93	01:37:44 +00:24:28
129	309 Jordan BAXTER	M	113		00:07:16	57	00:01:54	00:56:42	162	00:00:51	00:30:08	112	01:37:48 +00:24:32
130	160 Cj SOUTH	M	114	Teme Leisure	00:07:34	81	00:01:45	00:57:21	177	00:00:56	00:29:45	99	01:38:05 +00:24:49
131	112 MEL HUMPHREYS	F	17	Wrekin College Triathlon Club	00:07:23	69	00:00:59	00:57:52	190	00:00:52	00:30:11	115	01:38:06 +00:24:50
132	168 Matthew ORME	M	115		00:09:10	201	00:02:28	00:52:42	104	00:01:25	00:31:25	142	01:38:08 +00:24:52
133	151 MARK RIDEN	M	116	Hafren Cycling	00:09:16	205	00:01:04	00:52:08	94	00:01:29	00:33:24	186	01:38:20 +00:25:04
134	222 CHRIS LEA	M	117	HEREFORD TRIATHLON CLUB	00:09:27	217	00:01:22	00:51:35	81	00:01:16	00:31:50	150	01:38:21 +00:25:05
135	283 Lee HASSAN	M	118	Teme Leisure	00:07:39	91	00:01:11	00:53:13	113	00:00:49	00:34:41	217	01:38:21 +00:25:05
136	288 Greg JULIAN	M	119		00:08:09	126	00:02:04	00:55:59	152	00:01:30	00:30:04	109	01:38:42 +00:25:26
137	339 Andrew SMITH	F	18		00:07:38	89	00:01:15	00:56:35	159	00:00:52	00:31:35	146	01:38:42 +00:25:26
138	221 Stephen Littlewood	M	120	HEREFORD TRIATHLON CLUB	00:09:34	220	00:01:36	00:51:47	84	00:01:04	00:29:53	103	01:38:45 +00:25:29
139	291 Lee DUNN	M	121		00:09:36	225	00:01:25	00:56:08	154	00:00:54	00:29:49	101	01:38:46 +00:25:30
140	205 Paul Lilygreen	M	122		00:09:57	241	00:01:52	00:50:52	74	00:01:13	00:33:55	198	01:38:49 +00:25:33
141	124 Wedge ADAMS	M	123	PLAYTIME PRODUCTIONS	00:07:56	108	00:01:34	00:00:00		00:01:30	01:26:34	341	01:39:00 +00:25:44
142	367 Barbara Cole	F	19		00:06:55	30	00:01:08	00:56:44	163	00:01:30	00:32:10	156	01:39:18 +00:26:02
143	167 Paul BOUSTON	M	124		00:11:10	295	00:01:16	00:57:46	186	00:01:37	00:26:44	31	01:39:19 +00:26:03
144	110 Lee Allan-Smith	M	125	BASC TRI	00:11:09	294	00:01:26	00:55:08	146	00:00:49	00:30:10	114	01:39:22 +00:26:06
145	286 Robbie BLAIN	M	126		00:07:57	110	00:01:41	00:56:58	170	00:00:59	00:31:00	131	01:39:23 +00:26:07
146	90 MARK WALLACE	M	127		00:11:28	306	00:02:08	00:54:50	142	00:01:30	00:28:40	66	01:39:30 +00:26:14
147	171 Daniel FISHER	M	128		00:08:53	185	00:03:11	00:58:03	193	00:01:21	00:27:14	37	01:39:34 +00:26:18
148	154 Martin HUNT	M	129	HEREFORD TRIATHLON CLUB	00:08:11	130	00:01:46	00:53:02	110	00:01:41	00:34:15	207	01:39:46 +00:26:30
149	258 Nicola CINNAMOND	F	20		00:07:59	112	00:01:00	00:57:01	173	00:01:25	00:31:34	145	01:39:49 +00:26:33
150	191 Richard Chell	M	130		00:08:54	187	00:00:44	00:52:53	107	00:01:23	00:35:05	223	01:39:51 +00:26:35
151	188 Mick Ligema	M	131	Croft Ambrey Running Club	00:09:57	242	00:01:55	00:56:19	157	00:01:02	00:29:49	102	01:39:59 +00:26:43
152	249 Lisa SPANDRZYK	F	21		00:07:54	106	00:01:04	00:55:32	148	00:01:06	00:33:32	188	01:39:59 +00:26:43
153	255 Mark ENDERSBY	M	132		00:08:40	168	00:01:08	00:56:48	166	00:00:54	00:31:39	147	01:40:01 +00:26:45
154	267 JOANNE CARTER	F	22	TRI TEAM GLOS	00:08:33	155	00:00:57	00:58:52	210	00:00:48	00:30:15	118	01:40:09 +00:26:53
155	326 Milly DEER	F	23		00:07:35	82	00:01:07	00:56:24	158	00:00:50	00:33:05	181	01:40:10 +00:26:54
156	350 Luke Mills	M	133	BASC TRI	00:07:21	67	00:01:26	01:00:41	231	00:01:12	00:28:52	75	01:40:27 +00:27:11
157	311 Justin Shirra	M	134	SY Tri (Shrewsbury Triathlon)	00:08:18	139	00:00:58	00:58:12	196	00:00:46	00:29:25	92	01:40:30 +00:27:14
158	197 Richard LAWRENCE	M	135	Fit To Box	00:07:06	38	00:01:36	00:52:08	92	00:01:30	00:37:12	262	01:40:33 +00:27:17
159	370 Rachel Simms	F	24	Wrekin College Triathlon Club	00:07:17	59	00:01:05	00:57:57	191	00:01:24	00:31:57	152	01:40:35 +00:27:19
160	179 Tim RAILTON	M	136		00:08:33	158	00:01:05	00:56:47	165	00:01:04	00:32:24	168	01:40:46 +00:27:30
161	97 Matt MCWHINNIE	M	137		00:08:57	188	00:01:57	00:56:14	155	00:02:40	00:30:09	113	01:40:47 +00:27:31
162	263 KEITH FAIRFAX	M	138	Oldbury Swimming & Triathlon Cl	00:08:09	127	00:01:08	00:57:16	174	00:01:17	00:32:07	154	01:40:48 +00:27:32
163	162 Jason WATHES	M	139	WEST MIDS POLICE	00:09:41	230	00:02:18	00:55:10	147	00:02:40	00:30:18	119	01:40:51 +00:27:35
164	82 Jade Evans	F	25		00:08:46	173	00:02:07	00:57:47	189	00:01:26	00:29:55	105	01:40:55 +00:27:39
165	126 Ashley Mason	M	140	PLAYTIME PRODUCTIONS	00:07:09	40	00:00:57	00:58:19	199	00:00:59	00:32:41	175	01:40:56 +00:27:40

166	196 Juliet SUDDABY	F	26		00:09:20	211	00:01:09	00:52:10	95	00:00:59	00:36:26	247	01:40:56 +00:27:40
167	195 Paul Harwood	M	141		00:08:18	140	00:01:08	00:56:49	168	00:01:16	00:32:30	171	01:40:57 +00:27:41
168	113 John SHORT	M	142	SY Tri (Shrewsbury Triathlon)	00:11:30	308	00:01:21	00:56:18	156	00:00:40	00:30:23	122	01:41:07 +00:27:51
169	89 Richard Heath	M	143		00:09:17	208	00:02:09	00:57:43	183	00:01:30	00:29:40	96	01:41:12 +00:27:56
170	194 Gersom ENGELS	M	144		00:08:21	142	00:02:35	00:54:48	139	00:01:04	00:34:00	200	01:41:42 +00:28:26
171	254 Gwyneth Lucas	F	27		00:07:37	85	00:01:22	00:58:50	209	00:01:02	00:32:13	160	01:41:52 +00:28:36
172	214 Holly FOTHERGILL	F	28		00:09:21	212	00:02:00	00:56:35	160	00:00:35	00:32:36	173	01:41:58 +00:28:42
173	298 Paul Wright	M	145		00:08:33	159	00:01:49	00:58:03	192	00:01:06	00:31:42	148	01:42:01 +00:28:45
174	272 Deborah CROSSAN	F	29		00:08:01	114	00:01:23	00:57:19	176	00:00:57	00:33:37	189	01:42:08 +00:28:52
175	182 Karen PADDON	F	30		00:07:18	62	00:01:10	00:57:47	187	00:01:17	00:33:46	195	01:42:09 +00:28:53
176	284 nick cartwright	M	146		00:08:16	137	00:00:58	00:55:39	150	00:01:32	00:34:54	220	01:42:17 +00:29:01
177	70 Chris GRIFFITHS	M	147		00:09:43	232	00:01:02	00:53:45	121	00:00:57	00:36:13	240	01:42:30 +00:29:14
178	133 EMILY BENSON	F	31	SY Tri (Shrewsbury Triathlon)	00:06:55	31	00:01:06	00:57:00	171	00:00:51	00:35:43	234	01:42:32 +00:29:16
179	175 Jon EVANS	M	148		00:09:57	243	00:01:38	00:55:43	151	00:00:40	00:33:43	192	01:42:37 +00:29:21
180	176 Oli GREENOW	M	149		00:10:02	248	00:01:02	00:54:50	141	00:01:30	00:34:19	210	01:42:38 +00:29:22
181	208 Tina Peck	F	32	SY Tri (Shrewsbury Triathlon)	00:09:19	210	00:01:08	00:57:44	184	00:00:47	00:33:14	183	01:43:12 +00:29:56
182	269 Jane HAYDE	F	33	WYE VALLEY RUNNERS	00:08:22	143	00:01:10	01:00:41	233	00:01:12	00:31:01	132	01:43:21 +00:30:05
183	71 Sally FIELD	F	34	HEREFORD TRIATHLON CLUB	00:10:39	278	00:03:29	00:53:00	108	00:01:28	00:33:55	199	01:43:23 +00:30:07
184	14 Hayley JENNINGS	F	35		00:10:55	286	00:02:19	00:57:34	181	00:00:53	00:30:58	129	01:43:31 +00:30:15
185	45 Tony Davis	M	150		00:08:47	178	00:01:46	00:56:44	164	00:01:46	00:33:47	196	01:43:40 +00:30:24
186	305 Adam COOPER	M	151		00:08:44	172	00:03:46	00:55:59	153	00:01:45	00:32:23	166	01:43:43 +00:30:27
187	268 JENNY PAPWORTH	F	36	HEREFORD TRIATHLON CLUB	00:08:27	149	00:01:27	01:00:37	228	00:01:08	00:31:21	139	01:43:54 +00:30:38
188	81 William JONES	M	152	SY Tri (Shrewsbury Triathlon)	00:09:37	227	00:01:27	00:56:48	167	00:01:29	00:33:49	197	01:43:58 +00:30:42
189	199 Mick Pursglove	M	153	SY Tri (Shrewsbury Triathlon)	00:10:26	265	00:01:40	00:55:02	145	00:01:33	00:34:46	218	01:44:19 +00:31:03
190	246 Helen Hale	F	37	SY Tri (Shrewsbury Triathlon)	00:08:16	135	00:01:04	00:56:55	169	00:01:02	00:36:08	238	01:44:26 +00:31:10
191	4 Chelsea MORRIS	F	38		00:10:30	273	00:01:28	00:58:40	206	00:00:42	00:32:11	158	01:44:33 +00:31:17
192	115 Matt ATKINSON	M	154		00:10:09	257	00:02:26	00:59:38	218	00:01:36	00:29:57	106	01:44:43 +00:31:27
193	72 Victoria MINTON	F	39	Ludlow Brewery RT	00:10:09	256	00:02:19	00:54:17	130	00:01:37	00:35:31	231	01:44:49 +00:31:33
194	245 Joanne PARKER-STIRLING	F	40		00:08:12	131	00:01:52	01:00:13	225	00:01:31	00:32:28	170	01:45:07 +00:31:51
195	130 Sarah MAWHINNEY	F	41	SY Tri (Shrewsbury Triathlon)	00:10:06	252	00:01:07	00:57:00	172	00:01:01	00:34:57	221	01:45:08 +00:31:52
196	64 Shameer Gopal	M	155	Black Country Triathletes	00:13:14	329	00:01:00	00:57:29	180	00:00:56	00:32:08	155	01:45:38 +00:32:22
197	241 Emma Spandryk	F	42	SY Tri (Shrewsbury Triathlon)	00:08:26	147	00:01:01	00:57:43	182	00:00:56	00:36:53	254	01:45:46 +00:32:30
198	51 James DIDLICK	M	156		00:09:58	245	00:02:04	01:01:22	243	00:00:40	00:29:03	82	01:45:51 +00:32:35
199	157 Adrian Morris	M	157	SY Tri (Shrewsbury Triathlon)	00:09:17	209	00:01:28	00:50:57	75	00:00:56	00:42:20	303	01:45:53 +00:32:37
200	242 John Fewtrell	M	158		00:09:09	199	00:01:15	00:59:29	216	00:00:59	00:34:12	202	01:45:57 +00:32:41
201	137 Max HORSMAN	F	43		00:07:17	60	00:02:29	00:58:34	203	00:01:46	00:35:10	224	01:46:10 +00:32:54
202	103 Jo BROWN	F	44	HEREFORD TRIATHLON CLUB	00:10:13	258	00:01:10	00:57:44	185	00:00:50	00:35:20	228	01:46:11 +00:32:55
203	127 Huw Jones	M	159		00:09:34	221	00:01:30	01:01:09	238	00:01:02	00:32:18	163	01:46:30 +00:33:14
204	65 Kirsty GETHIN	F	45		00:12:05	318	00:01:40	00:59:44	219	00:00:40	00:31:31	144	01:46:40 +00:33:24
205	134 Clare WILLIAMS	F	46	SY Tri (Shrewsbury Triathlon)	00:11:06	291	00:01:52	00:58:45	208	00:01:14	00:32:45	176	01:46:46 +00:33:30
206	118 Neil JENKINS	M	160		00:08:46	176	00:02:04	00:58:32	202	00:01:30	00:34:57	222	01:46:49 +00:33:33
207	121 Miranda HARRIS	M	161	PLAYTIME PRODUCTIONS	00:09:24	214	00:01:47	00:59:28	215	00:01:16	00:34:13	205	01:46:56 +00:33:40
208	178 John Andrews	M	162		00:09:01	192	00:01:55	00:59:55	222	00:01:37	00:33:43	193	01:47:04 +00:33:48
209	207 Victoria WILLIAMS	F	47	Cleobury Mortimer Running Club	00:08:32	154	00:01:31	00:58:41	207	00:00:44	00:36:50	251	01:47:04 +00:33:48
210	62 Robert HILL-EVANS	M	163	PLAYTIME PRODUCTIONS	00:11:55	314	00:01:23	00:57:18	175	00:01:17	00:34:22	213	01:47:08 +00:33:52
211	292 Darren Owens	M	164		00:08:15	134	00:02:03	00:58:06	194	00:01:30	00:36:20	244	01:47:15 +00:33:59
212	60 Will FORD	M	165	NFTO	00:15:23	336	00:03:01	00:55:37	149	00:01:01	00:31:31	143	01:47:20 +00:34:04
213	56 Freddy BRICK	M	166		00:10:41	280	00:02:11	01:00:53	235	00:00:34	00:32:14	161	01:47:22 +00:34:06
214	117 Justin MANSELL	M	167		00:10:39	279	00:02:16	00:50:09	59	00:01:30	00:41:49	300	01:47:26 +00:34:10
215	248 Lisa BEDFORD	F	48		00:07:24	70	00:01:52	01:03:10	260	00:00:56	00:33:11	182	01:47:28 +00:34:12
216	348 Joanne Murray	F	49		00:08:33	156	00:01:41	01:00:58	237	00:00:57	00:34:35	215	01:47:32 +00:34:16
217	202 Rupert LADDS	M	168		00:08:42	170	00:01:12	00:58:08	195	00:01:30	00:36:56	257	01:47:32 +00:34:16
218	304 Gareth EDWARDS	M	169		00:07:16	58	00:01:43	00:59:55	221	00:01:23	00:36:22	245	01:47:34 +00:34:18
219	173 Tom BRADLEY	M	170		00:11:04	290	00:01:33	00:58:25	200	00:01:30	00:34:05	201	01:47:35 +00:34:19
220	5 PHIL PRICE	M	171		00:10:17	262	00:01:30	00:58:37	205	00:00:59	00:35:33	232	01:47:49 +00:34:33
221	170 Simon CAREY	M	172		00:09:40	228	00:02:36	01:00:49	234	00:01:30	00:32:22	165	01:47:51 +00:34:35
222	23 Michelle TOWNSEND	F	50		00:10:35	274	00:01:29	00:59:02	212	00:01:39	00:34:38	216	01:48:16 +00:35:00

223	107 Emma MURPHY	F	51	HEREFORD TRIATHLON CLUB	00:11:50	313	00:01:46	00:58:30	201	00:01:06	00:34:13	204	01:48:25 +00:35:09
224	320 Sharon Ruff	F	52	SY Tri (Shrewsbury Triathlon)	00:07:14	49	00:00:57	01:00:41	230	00:01:06	00:37:37	265	01:48:33 +00:35:17
225	138 Jo HUTCHINGS	F	53		00:07:37	86	00:01:24	01:01:51	247	00:00:41	00:36:09	239	01:48:38 +00:35:22
226	145 Zoe LEVERSEDGE	F	54		00:09:46	235	00:02:54	01:01:21	241	00:01:11	00:32:36	174	01:48:39 +00:35:23
227	30 Ryan COOKE	M	173		00:12:50	324	00:02:01	01:00:05	224	00:00:44	00:32:22	164	01:48:40 +00:35:24
228	131 Sandra Morris	F	55	SY Tri (Shrewsbury Triathlon)	00:07:46	99	00:01:42	01:00:23	226	00:01:01	00:37:11	261	01:48:58 +00:35:42
229	29 Dan SPEAR	M	174		00:11:36	310	00:01:38	01:02:28	256	00:00:53	00:31:49	149	01:49:05 +00:35:49
230	316 Jake MEDLICOTT	M	175		00:07:31	79	00:01:26	00:59:04	213	00:01:12	00:39:15	276	01:49:20 +00:36:04
231	142 Rhian ATHERTON	F	56		00:09:52	239	00:01:44	00:58:12	197	00:01:31	00:37:09	260	01:49:26 +00:36:10
232	69 Paul TREE	M	176		00:12:21	320	00:01:29	01:01:54	248	00:01:03	00:31:52	151	01:49:35 +00:36:19
233	128 Helen WHEELER	F	57	BROSELEY JOGGERS	00:08:47	177	00:01:59	01:03:14	261	00:01:21	00:33:28	187	01:49:44 +00:36:28
234	92 David HARLOW	M	177		00:08:39	166	00:02:35	01:00:24	227	00:01:30	00:35:55	236	01:49:53 +00:36:37
235	203 Andrea FORD	F	58	LUDLOW RUNNERS	00:08:39	165	00:01:17	01:06:10	278	00:00:49	00:32:03	153	01:49:57 +00:36:41
236	21 Paul Jennings	M	178		00:10:27	270	00:02:23	00:59:33	217	00:01:35	00:35:19	227	01:50:05 +00:36:49
237	209 EMILY SMITH	F	59	SY Tri (Shrewsbury Triathlon)	00:07:50	103	00:01:40	01:02:18	254	00:00:54	00:36:53	255	01:50:23 +00:37:07
238	114 Mio Kotic	M	179	Wrekin Road runners	00:11:07	293	00:03:16	00:57:29	179	00:01:34	00:36:03	237	01:50:27 +00:37:11
239	74 Rachel DOWNES	F	60	SY Tri (Shrewsbury Triathlon)	00:10:38	276	00:01:35	01:00:55	236	00:01:16	00:35:22	229	01:50:41 +00:37:25
240	216 Juliana FARMER	F	61		00:08:49	180	00:02:36	00:59:28	214	00:01:24	00:37:40	266	01:50:46 +00:37:30
241	325 Lucy MCNEILL-BRIGGS	F	62		00:08:29	151	00:02:05	01:07:57	292	00:00:33	00:31:06	135	01:50:53 +00:37:37
242	27 Graham MONTEITH	M	180		00:10:16	261	00:03:16	01:02:03	252	00:01:03	00:33:37	190	01:51:03 +00:37:47
243	91 Mark LITTLE	M	181		00:09:26	216	00:01:35	01:07:18	287	00:00:47	00:31:20	138	01:51:15 +00:37:59
244	147 Robert DANKS	M	182	HEREFORD TRIATHLON CLUB	00:10:29	272	00:02:56	00:54:32	134	00:01:44	00:40:34	288	01:51:17 +00:38:01
245	192 ROY HARWOOD	M	183		00:08:58	189	00:01:41	00:58:35	204	00:01:18	00:39:44	279	01:51:18 +00:38:02
246	257 Nigel BAMBER	M	184		00:08:59	190	00:01:34	00:57:28	178	00:01:38	00:40:41	289	01:51:22 +00:38:06
247	32 Stuart BICKERTON	M	185		00:11:06	292	00:02:02	01:02:42	258	00:01:14	00:33:43	194	01:51:42 +00:38:26
248	86 Jamie GREEN	M	186	LUDLOW RUNNERS	00:10:14	259	00:02:18	01:00:39	229	00:01:30	00:36:15	241	01:51:53 +00:38:37
249	83 Laura FARR	F	63		00:09:31	218	00:01:41	01:01:59	249	00:01:02	00:37:04	258	01:52:15 +00:38:59
250	280 Lily DEWHURST	F	64	Triathlon Redditch	00:08:43	171	00:01:52	01:03:21	262	00:01:16	00:36:22	246	01:52:29 +00:39:13
251	52 Daniel BOWEN	M	187		00:10:07	253	00:01:45	01:02:17	253	00:00:48	00:36:15	242	01:52:33 +00:39:17
252	141 Helen COVICH	F	65		00:09:23	213	00:01:04	01:02:23	255	00:00:36	00:38:43	269	01:53:07 +00:39:51
253	136 ISSY TROY	F	66		00:11:12	296	00:02:51	01:01:21	242	00:01:43	00:35:10	225	01:53:10 +00:39:54
254	215 Chloe ANDREW	F	67		00:08:08	122	00:02:35	01:01:24	244	00:01:30	00:38:44	270	01:53:15 +00:39:59
255	153 David Worrall	M	188	halesowen TRI	00:10:26	266	00:02:42	01:02:02	250	00:01:52	00:35:27	230	01:53:30 +00:40:14
256	53 Lewis LUCKUP	M	189		00:15:33	337	00:03:10	01:03:32	264	00:00:42	00:30:02	108	01:53:56 +00:40:40
257	55 Gareth PARKER	M	190		00:12:27	321	00:01:46	01:06:50	284	00:00:45	00:31:22	140	01:54:06 +00:40:50
258	161 Tim FAGAN	M	191	TRI DUBAI	00:10:19	263	00:02:10	01:00:02	223	00:01:38	00:39:21	278	01:54:21 +00:41:05
259	99 Claire WEBB	F	68	LUDLOW RUNNERS	00:10:58	287	00:02:03	01:04:03	268	00:01:10	00:35:34	233	01:54:44 +00:41:28
260	54 Toby BRICK	M	192		00:13:03	326	00:01:46	01:05:15	269	00:00:33	00:33:37	191	01:55:00 +00:41:44
261	150 Chris SIMPSON	M	193	Fountain Fun Runners	00:07:37	88	00:01:40	01:08:07	293	00:00:43	00:36:32	248	01:55:37 +00:42:21
262	50 Robert WEBB	M	194		00:10:36	275	00:02:06	01:03:03	259	00:01:58	00:37:14	263	01:55:57 +00:42:41
263	163 Marc SOUBEYRAN	M	195		00:08:49	181	00:02:47	00:59:53	220	00:00:47	00:42:52	307	01:56:07 +00:42:51
264	198 Roger Shaw	M	196	Stratford Stragglers	00:10:00	247	00:03:03	01:07:18	288	00:00:47	00:34:28	214	01:56:30 +00:43:14
265	230 Trevor WILLIAMS	M	197	Wenlock Olympians Tri Club	00:08:01	115	00:01:29	01:00:41	232	00:01:30	00:43:43	312	01:56:33 +00:43:17
266	159 Timothy SAUL	M	198	SY Tri (Shrewsbury Triathlon)	00:09:11	203	00:01:36	01:06:22	281	00:01:24	00:37:06	259	01:56:37 +00:43:21
267	200 Jayne Nicholls	F	69		00:09:04	193	00:02:09	01:03:51	265	00:01:51	00:38:56	274	01:56:57 +00:43:41
268	102 David BURFORD	M	199		00:10:46	284	00:02:57	01:01:18	240	00:01:18	00:39:58	282	01:57:23 +00:44:07
269	156 Steve HAWKES	M	200	RUGELEY RUNNERS	00:10:23	264	00:02:26	01:05:21	270	00:01:30	00:36:50	252	01:57:29 +00:44:13
270	105 SHARON CLARKE	F	70	LUDLOW RUNNERS	00:11:04	289	00:02:13	01:01:36	245	00:01:26	00:40:17	285	01:57:40 +00:44:24
271	185 Lorien BRANFIELD	F	71		00:08:33	157	00:02:22	01:09:32	300	00:01:30	00:35:11	226	01:58:01 +00:44:45
272	349 Kathy LEWIS	F	72		00:07:36	83	00:01:33	01:09:38	302	00:01:25	00:36:50	253	01:58:04 +00:44:48
273	236 Nik PENFOLD	M	201		00:07:12	47	00:01:58	01:08:16	295	00:01:57	00:38:22	267	01:58:44 +00:45:28
274	289 Loz Rawlings-Johnson	M	202		00:08:24	145	00:02:29	01:01:14	239	00:01:32	00:44:04	315	01:58:44 +00:45:28
275	61 Tor SMITH	F	73		00:11:34	309	00:02:05	01:07:14	286	00:00:52	00:36:17	243	01:58:55 +00:45:39
276	210 Arana Davies	F	74	TONIS TRIATHLON TEAM	00:08:36	162	00:01:33	01:05:30	271	00:01:25	00:41:08	295	01:59:13 +00:45:57
277	212 JULIA MCDONALD	F	75		00:08:30	153	00:01:31	01:04:01	267	00:01:30	00:43:02	308	01:59:32 +00:46:16
278	33 Sarah HALL	F	76		00:11:14	298	00:02:09	01:10:34	305	00:00:46	00:34:12	203	01:59:54 +00:46:38
279	16 John WINDER	M	203		00:11:46	312	00:03:40	01:06:00	277	00:01:30	00:35:48	235	02:00:01 +00:46:45

280	39 Stephanie BRERETON	F	77		00:06:56	32	00:02:27	01:16:51	323	00:00:44	00:32:12	159	02:00:02 +00:46:46
281	59 LORRAINE GAYTTEN	F	78	Black Country Triathletes	00:11:24	304	00:01:52	00:58:56	211	00:01:30	00:45:56	321	02:00:34 +00:47:18
282	109 Mark HALSTEAD	M	204	BASC TRI	00:11:16	300	00:01:59	01:06:19	280	00:01:30	00:38:33	268	02:00:41 +00:47:25
283	80 Ceri LITTLE	F	79		00:10:05	251	00:01:27	01:10:43	306	00:00:44	00:36:54	256	02:00:55 +00:47:39
284	132 Wendy COLEMAN	F	80	SY Tri (Shrewsbury Triathlon)	00:09:08	196	00:01:40	01:03:31	263	00:00:46	00:44:52	319	02:01:04 +00:47:48
285	66 Debbie Brownhill	F	81	Teme Leisure	00:10:00	246	00:01:30	01:08:21	296	00:01:30	00:39:01	275	02:01:08 +00:47:52
286	324 Ben PHILLIPS	M	205	HEREFORD TRIATHLON CLUB	00:07:36	84	00:01:40	01:06:32	282	00:00:48	00:43:32	311	02:01:12 +00:47:56
287	180 Kathryn EDWARDS	F	82		00:09:17	206	00:01:58	01:05:36	273	00:01:28	00:42:04	301	02:01:21 +00:48:05
288	259 Joanne PALMER	F	83		00:10:08	254	00:02:36	01:09:50	303	00:00:56	00:38:52	273	02:01:30 +00:48:14
289	169 Andrew Wright	M	206		00:09:31	219	00:02:05	01:07:46	291	00:01:50	00:39:18	277	02:01:30 +00:48:14
290	135 Annette GILBERT	F	84	Teme Leisure	00:07:57	109	00:01:03	01:01:47	246	00:01:48	00:47:42	324	02:01:31 +00:48:15
291	75 Samantha Churms	F	85	SY Tri (Shrewsbury Triathlon)	00:11:16	299	00:01:27	01:06:13	279	00:01:43	00:40:42	290	02:02:22 +00:49:06
292	85 Douglas DAVIES	M	207	SY Tri (Shrewsbury Triathlon)	00:13:08	327	00:02:30	01:02:31	257	00:02:25	00:40:48	292	02:02:23 +00:49:07
293	41 Becki THORPE	F	86		00:09:49	237	00:01:47	01:08:46	297	00:01:03	00:40:06	284	02:02:32 +00:49:16
294	144 Stephanie HUSTWAYTE	F	87		00:10:43	281	00:02:16	01:08:15	294	00:00:48	00:40:21	286	02:03:12 +00:49:56
295	17 James JACKSON	M	208		00:10:08	255	00:02:19	01:05:40	274	00:01:21	00:43:18	309	02:03:39 +00:50:23
296	46 David Congreve	M	209		00:11:29	307	00:03:36	01:06:56	285	00:02:22	00:38:51	271	02:04:20 +00:51:04
297	152 DAVID BROWN	M	210	halesowen TRI	00:09:50	238	00:02:32	01:07:40	290	00:02:30	00:40:47	291	02:04:33 +00:51:17
298	28 Matt WESTWOOD	M	211		00:20:49	339	00:05:31	01:02:02	251	00:01:24	00:34:13	206	02:05:02 +00:51:46
299	94 Edward PROSSER	M	212		00:11:01	288	00:02:16	00:56:41	161	00:01:33	00:52:30	332	02:05:07 +00:51:51
300	108 Laura EVESON	F	88		00:10:43	282	00:01:54	01:07:21	289	00:01:30	00:43:19	310	02:05:47 +00:52:31
301	273 Jodie PHILLIPS	F	89	HEREFORD TRIATHLON CLUB	00:08:51	182	00:02:42	01:10:52	307	00:01:11	00:41:10	296	02:05:49 +00:52:33
302	6 Susan BYATT	F	90		00:10:03	249	00:02:20	01:09:34	301	00:01:33	00:41:24	297	02:05:50 +00:52:34
303	13 Leigh FRANCIS	F	91		00:12:33	322	00:02:40	01:08:48	298	00:01:05	00:40:03	283	02:06:08 +00:52:52
304	38 Tracy WOODS	F	92		00:08:48	179	00:02:13	01:13:41	315	00:00:59	00:39:51	281	02:06:27 +00:53:11
305	140 Rachel Stevenson	F	93		00:11:59	315	00:02:03	01:09:19	299	00:01:17	00:42:17	302	02:08:03 +00:54:47
306	43 Alicia MATHEWSON	F	94		00:10:28	271	00:03:25	01:17:43	326	00:00:58	00:34:46	219	02:08:14 +00:54:58
307	15 Bryan Markham	M	213		00:13:10	328	00:05:46	01:05:44	275	00:01:32	00:40:58	294	02:08:23 +00:55:07
308	100 Lindsay POXON	F	95		00:09:44	233	00:02:45	01:11:57	309	00:00:57	00:42:41	306	02:09:03 +00:55:47
309	106 Catherine Pound	F	96		00:09:35	222	00:01:26	01:15:38	319	00:00:53	00:40:52	293	02:09:26 +00:56:10
310	18 Jamie PRICE	M	214		00:10:48	285	00:03:02	01:13:27	313	00:01:28	00:39:51	280	02:09:32 +00:56:16
311	44 Debbie Morris	F	97		00:10:27	268	00:02:01	01:05:35	272	00:00:47	00:50:12	330	02:10:00 +00:56:44
312	183 Jacquelyn SHELDON	F	98		00:12:13	319	00:03:15	01:16:06	321	00:01:08	00:36:35	249	02:10:12 +00:56:56
313	20 Georgie HERCOCK	F	99		00:09:36	224	00:02:30	01:11:35	308	00:01:17	00:45:04	320	02:11:04 +00:57:48
314	123 Neil Basham	M	215	PLAYTIME PRODUCTIONS	00:10:43	283	00:03:30	01:06:44	283	00:02:13	00:47:14	323	02:11:26 +00:58:10
315	9 Iona AYLEN	F	100		00:12:02	317	00:03:17	01:13:30	314	00:00:52	00:42:29	305	02:13:13 +00:59:57
316	125 BARRY HOLMES	M	216	PLAYTIME PRODUCTIONS	00:47:10	341	00:00:58	00:54:12	128	00:00:52	00:29:54	104	02:13:57 +01:00:41
317	177 Josh FAGAN	M	217		00:11:12	297	00:03:49	01:10:15	304	00:00:41	00:47:49	325	02:14:42 +01:01:26
318	104 Maggie MORRIS	F	101	LUDLOW RUNNERS	00:11:22	302	00:00:59	01:17:53	327	00:02:01	00:42:25	304	02:15:41 +01:02:25
319	22 JAN GOLDING	F	102		00:16:26	338	00:02:56	01:12:51	311	00:01:22	00:41:24	298	02:16:03 +01:02:47
320	12 Sarah MEEK	F	103		00:12:00	316	00:03:45	01:12:35	310	00:01:11	00:46:55	322	02:17:29 +01:04:13
321	1 Ali EDWARDS	F	104		00:14:05	331	00:03:00	01:14:15	317	00:02:21	00:43:54	313	02:18:36 +01:05:20
322	40 Hannah O'BOYLE	F	105		00:09:42	231	00:01:57	01:13:05	312	00:01:27	00:51:35	331	02:19:11 +01:05:55
323	184 Tracy RICKETTS	F	106		00:10:27	269	00:01:24	01:05:49	276	00:01:30	00:59:26	336	02:19:47 +01:06:31
324	37 Nicola TAYLOR	F	107		00:08:54	186	00:02:24	01:17:17	324	00:03:09	00:48:18	326	02:21:10 +01:07:54
325	34 Annette MARTIN-JONES	F	108		00:09:58	244	00:02:27	01:22:11	330	00:01:24	00:44:29	316	02:21:40 +01:08:24
326	19 helen willows	F	109		00:13:55	330	00:05:36	01:19:42	329	00:01:35	00:40:25	287	02:23:08 +01:09:52
327	42 Laura PRICE	F	110		00:09:44	234	00:05:15	01:14:58	318	00:02:12	00:49:36	328	02:23:42 +01:10:26
328	36 Rosalind BOOTH	F	111		00:12:52	325	00:02:54	01:14:15	316	00:02:56	00:49:36	327	02:23:43 +01:10:27
329	77 Sue JOHNSON	F	112		00:10:38	277	00:02:26	01:16:23	322	00:01:47	00:54:08	333	02:26:21 +01:13:05
330	31 Marianne MANLEY	F	113		00:40:44	340	00:01:08	01:03:55	266	00:01:21	00:38:52	272	02:26:53 +01:13:37
331	8 Abi VARLEY?	F	114	SY Tri (Shrewsbury Triathlon)	00:11:23	303	00:05:09	01:26:39	333	00:01:20	00:41:41	299	02:27:58 +01:14:42
332	10 Jayne WARD-LUCEY	F	115		00:12:36	323	00:02:45	01:16:04	320	23:51:27	01:04:09	339	02:28:01 +01:14:45
333	143 Stacey BILLINGHAM	F	116		00:09:41	229	00:02:07	01:28:56	334	00:02:35	00:44:40	318	02:29:02 +01:15:46
334	146 Nikki PARKES	F	117		00:09:37	226	00:02:05	01:30:42	335	00:00:54	00:44:38	317	02:29:03 +01:15:47
335	24 Jill IRELAND	F	118		00:11:19	301	00:04:16	01:26:03	332	00:01:53	00:43:54	314	02:29:09 +01:15:53
336	11 Maxine WHITE	F	119		00:14:25	332	00:02:40	01:18:30	328	00:02:05	00:54:08	334	02:33:16 +01:20:00

337	26 Alexandra CONGREVE	F	120		00:09:26	215	00:04:39	01:17:23	325	00:01:31	01:00:34	337	02:34:20 +01:21:04
338	3 Anne AMOS	F	121		00:14:59	334	00:03:35	01:31:15	336	00:01:32	00:49:46	329	02:42:36 +01:29:20
339	35 Joan BRIDGWOOD	F	122		00:14:56	333	00:03:44	01:24:33	331	00:01:49	00:59:10	335	02:45:27 +01:32:11
340	2 Fran VIRDEN	F	123	Ludlow Walk to Run	00:15:18	335	00:03:26	01:33:23	337	00:01:30	01:01:14	338	02:56:45 +01:43:29
341	98 Silvia BABA NEAL	F	124		00:11:38	311	00:01:56	02:10:42	338	00:01:41	00:37:22	264	03:04:30 +01:51:14

Total Males **217**
Total Females **124**
Total Finshers **341**