

## Esendex Last Minute Sprint Triathlon 2009 - Results

RaceNo.	Placing	FirstName	LastName	Gender	Finish status	Note	Category	Club	Finish time	TEAM	Swim	T1	Cycle	T2	Run
532	1	Andy	Tarry	Male	Finished		M 40 - 44	CEEPO TFN RT	00:46:35		00:05:45	00:00:29	00:25:15	00:00:30	00:14:35
543	2	Rich	Sumpter	Male	Finished		M 25 - 29	LA BICICLETA	00:50:36		00:06:46	00:00:31	00:26:42	00:00:34	00:16:01
550	3	Carl	Shaw	Male	Finished		M 25 - 29	CHARNWOOD TRI CLUB	00:50:42		00:05:27	00:00:33	00:27:18	00:00:31	00:16:51
549	4	Bradley	Woodward	Male	Finished		M 20 - 24	LOUGHBOROUGH STUDENTS/ARMY TRIATHLON	00:52:45		00:05:42	00:00:36	00:28:46	00:00:32	00:17:07
546	5	John	Pope	Male	Finished		M 40 - 44	CEEPO TFN RT	00:53:16		00:06:11	00:00:50	00:28:02	00:00:31	00:17:41
536	6	Stephen	Lloyd	Male	Finished		M 40 - 44	ABSOLUTE TRI CLUB	00:54:33		00:07:31	00:00:43	00:27:39	00:00:26	00:18:13
542	7	Charlie	Howick	Male	Finished		M 15 - 19	4LIFE TRI CLUB	00:54:34		00:06:28	00:00:37	00:28:43	00:00:30	00:18:13
467	8	Andy	Bishop	Male	Finished		M 30 - 34	SHEFFIELD TRI CLUB	00:54:56		00:07:49	00:00:55	00:26:52	00:00:39	00:18:40
538	9	Pete	Shuttleworth	Male	Finished		M 30 - 34		00:55:11		00:06:32	00:01:07	00:29:38	00:00:29	00:17:23
533	10	Ryan	Wilkinson	Male	Finished		M 35 - 39	CHARNWOOD TRI CLUB	00:55:47		00:06:40	00:01:04	00:29:13	00:00:27	00:18:19
513	11	Ady	Dench	Male	Finished		M 40 - 44	SHEFFIELD TRI CLUB	00:55:53		00:07:21	00:00:47	00:27:16	00:00:41	00:19:46
540	12	Elizabeth	Bullivant	Female	Finished		F 30 - 34		00:55:56		00:06:09	00:00:44	00:29:41	00:00:31	00:18:49
541	13	Mick	Oliver	Male	Finished		M 40 - 44	LINCOLN TRI CLUB	00:56:11		00:06:52	00:00:46	00:28:54	00:00:35	00:19:03
499	14	Ian	Conn	Male	Finished		M 35 - 39	MANSFIELD TRI CLUB	00:56:12		00:08:37	00:00:46	00:28:19	00:00:52	00:17:36
476	15	Graham	Plews	Male	Finished		M 55 +	CALDERDALE TRI CLUB	00:56:18		00:08:10	00:00:59	00:28:44	00:00:30	00:17:53
496	16	Chris	Mellor	Male	Finished		M 50 - 54	HIGH PEAK TC	00:56:21		00:07:58	00:00:55	00:29:49	00:00:43	00:16:54
544	17	Nathan	Hughes	Male	Finished		M 15 - 19	TEAM TRI UK	00:56:43		00:06:30	00:00:42	00:28:41	00:00:26	00:20:23
504	18	Stephen	Melhuish	Male	Finished		M 45 - 49	MANSFIELD TRI CLUB	00:56:51		00:07:35	00:00:51	00:29:18	00:00:37	00:18:28
518	19	Oliver	Mann	Male	Finished		M 25 - 29	TFN TRI CLUB	00:57:00		00:07:03	00:00:53	00:29:11	00:00:36	00:19:15
523	20	Gareth	Williams	Male	Finished		M 25 - 29	WAKEFIELD TRI CLUB	00:57:09		00:06:52	00:00:39	00:29:30	00:00:35	00:19:32
494	21	James	Hunt	Male	Finished		M 35 - 39	SHEFFIELD TRI CLUB	00:57:10		00:07:35	00:01:11	00:28:16	00:00:43	00:19:23
322	22	Alan	Wheeler	Male	Finished		M 35 - 39	YELLOWVELO	00:57:11		00:08:55	00:01:04	00:28:56	00:00:37	00:17:37
463	23	Marc	Turner	Male	Finished		M 35 - 39	RICHARD ALLEN FITNESS	00:57:19		00:07:49	00:00:51	00:29:34	00:00:34	00:18:29
524	24	Mark	Harrison	Male	Finished		TEAM	LINCOLN TRI CLUB	00:57:47	HARRISON FLYERS	00:08:19	00:00:36	00:30:32	00:00:23	00:17:56
526	25	Ian	Gregson	Male	Finished		M 40 - 44	TFN TRI CLUB	00:57:54		00:07:41	00:00:57	00:29:13	00:00:40	00:19:22
381	26	Simon	Mccarthy	Male	Finished		M 45 - 49	ABSOLUTE TRI CLUB	00:58:24		00:08:05	00:00:57	00:29:51	00:00:48	00:18:43
477	27	Andrew	Sclater	Male	Finished		M 30 - 34	ABSOLUTE TRI CLUB	00:58:32		00:07:52	00:00:36	00:31:09	00:00:30	00:18:24
361	28	Henry	Partridge	Male	Finished		M 15 - 19	ABSOLUTE TRI CLUB	00:58:33		00:07:33	00:01:14	00:29:30	00:00:56	00:19:19
487	29	Fx	Leuthrot	Male	Finished		M 35 - 39	TNT	00:58:37		00:07:59	00:00:51	00:30:02	00:00:42	00:19:02
489	30	Gary	Boydell	Male	Finished		M 40 - 44	TFN TRI CLUB	00:58:52		00:07:30	00:00:57	00:29:17	00:00:45	00:20:22
521	31	Ian	Randall	Male	Finished		M 35 - 39		00:59:14		00:08:39	00:01:20	00:31:08	00:00:30	00:17:36
503	32	Scott	Lacey	Male	Finished		M 15 - 19	WELBECK	00:59:18		00:06:37	00:00:54	00:32:28	00:00:27	00:18:49
531	33	Steve	Grocock	Male	Finished		M 35 - 39	LINCSQUAD	00:59:26		00:06:53	00:00:49	00:29:47	00:00:46	00:21:09
469	34	Kieron	Ford	Male	Finished		M 25 - 29	LEICESTER TRI CLUB	00:59:30		00:07:09	00:01:25	00:31:52	00:00:40	00:18:23
530	35	Sara	Symington	Female	Finished		F 40 - 44		00:59:35		00:06:19	00:00:56	00:30:11	00:00:39	00:21:28
418	36	Neil	Copland	Male	Finished		M 40 - 44	ABSOLUTE TRI CLUB	00:59:39		00:08:28	00:00:53	00:29:32	00:00:59	00:19:45
425	37	Andrew	Turner	Male	Finished		M 25 - 29		00:59:48		00:07:57	00:01:14	00:31:50	00:00:43	00:18:03
449	38	Jonathan	Wraith	Male	Finished		M 35 - 39		01:00:00		00:08:10	00:00:58	00:30:11	00:01:22	00:19:17
426	39	Neil	Dowsett	Male	Finished		M 35 - 39		01:00:03		00:08:18	00:00:48	00:31:31	00:00:51	00:18:32
392	40	Jonathan	Collins	Male	Finished		M 45 - 49	ABSOLUTE TRI CLUB	01:00:11		00:08:15	00:01:10	00:30:23	00:00:51	00:19:29

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422	41	Martin	Deans	Male	Finished		M 35 - 39	WAKEFIELD TRI CLUB	01:00:15		00:07:24	00:00:55	00:31:19	00:00:46	00:19:49
464	42	William	Smith	Male	Finished		M 40 - 44		01:00:15		00:07:47	00:00:36	00:30:22	00:00:27	00:21:02
460	43	Sally	Hughes	Female	Finished		F 35 - 39	MANSFIELD TRI CLUB	01:00:26		00:08:13	00:00:50	00:31:38	00:00:44	00:18:59
456	44	Paul	Marsden	Male	Finished		M 35 - 39		01:00:32		00:08:00	00:01:12	00:30:43	00:00:49	00:19:46
439	45	Antony	Ryder	Male	Finished		M 30 - 34		01:00:39		00:07:23	00:01:13	00:32:36	00:00:32	00:18:53
45	46	Mark	Epton	Male	Finished		M 35 - 39	ASHFIELD RC	01:00:49		00:10:03	00:01:39	00:28:20	00:01:12	00:19:32
505	47	Debbie	Barnett	Female	Finished		F 25 - 29		01:00:51		00:07:33	00:01:04	00:30:49	00:00:45	00:20:37
519	48	Andy	Mckenzie	Male	Finished		M 35 - 39	ABSOLUTE TRI CLUB	01:00:52		00:06:27	00:01:06	00:30:41	00:00:40	00:21:56
452	49	Nick	Bestwick	Male	Finished		M 35 - 39	ABSOLUTE TRI CLUB	01:00:55		00:07:36	00:01:01	00:31:33	00:00:43	00:20:00
486	50	Steve	Hamilton	Male	Finished		M 40 - 44	HELEN VOCE TRI CLUB	01:01:00		00:07:48	00:00:55	00:30:43	00:00:54	00:20:37
438	51	Matthew	Penniford	Male	Finished		M 50 - 54	WITHAM WHEELERS	01:01:08		00:08:06	00:00:56	00:30:54	00:00:45	00:20:25
488	52	Malcolm	Sullivan	Male	Finished		M 40 - 44	HELEN VOCE TRI CLUB	01:01:10		00:07:54	00:01:07	00:31:22	00:00:37	00:20:08
547	53	Arthur	Downing	Male	Finished		M 20 - 24	SHEFFIELD TRI CLUB	01:01:10		00:05:41	00:01:19	00:33:06	00:00:31	00:20:30
502	54	Neil	Stevens	Male	Finished		M 25 - 29		01:01:15		00:07:59	00:00:51	00:32:39	00:00:41	00:19:04
297	55	Andy	Fairbrother	Male	Finished		M 30 - 34	TFN TRI CLUB	01:01:20		00:08:11	00:00:52	00:32:41	00:00:35	00:18:59
436	56	Mark	Onyett	Male	Finished		M 35 - 39		01:01:20		00:07:39	00:00:50	00:32:00	00:00:46	00:20:03
509	57	David	Manning-ohren	Male	Finished		M 40 - 44	4LIFE TRI CLUB	01:01:30		00:07:55	00:00:43	00:30:37	00:00:39	00:21:34
431	58	James	Lyll	Male	Finished		M 35 - 39		01:01:37		00:07:11	00:00:59	00:32:45	00:00:31	00:20:09
308	59	Andy	Wallace	Male	Finished		TEAM	4LIFE TRI CLUB	01:01:40	TEAM WALLACE	00:08:26	00:01:18	00:31:27	00:00:53	00:19:34
516	60	Lee	Evans	Male	Finished		M 35 - 39		01:01:42		00:07:09	00:01:02	00:32:08	00:00:42	00:20:39
396	61	Tom	Drew	Male	Finished		M 40 - 44	SPALDING TRI CLUB	01:01:46		00:08:39	00:00:54	00:32:31	00:00:53	00:18:47
293	62	Steve	Hull	Male	Finished		M 50 - 54		01:01:47		00:08:57	00:00:57	00:30:11	00:00:52	00:20:48
383	63	Tony	Peters	Male	Finished		M 45 - 49	1485 TRI CLUB	01:01:53		00:08:39	00:00:59	00:31:27	00:00:35	00:20:11
232	64	Chris	Bennett	Male	Finished		M 25 - 29	ABSOLUTE TRI CLUB	01:01:57		00:09:23	00:01:01	00:32:02	00:00:58	00:18:31
401	65	Steven	Roe	Male	Finished		M 35 - 39	TEAM SWIFT	01:02:02		00:08:19	00:01:34	00:29:41	00:00:55	00:21:32
417	66	Colin	Campbell	Male	Finished		M 35 - 39		01:02:04		00:08:35	00:01:03	00:31:46	00:00:55	00:19:43
432	67	Win	Man	Male	Finished		M 25 - 29		01:02:10		00:08:33	00:00:54	00:31:42	00:00:36	00:20:23
434	68	Jeremy	Nicholson	Male	Finished		M 40 - 44		01:02:14		00:08:38	00:00:53	00:30:24	00:00:49	00:21:28
482	69	Adrian	Wright	Male	Finished		M 35 - 39		01:02:14		00:08:43	00:01:12	00:32:24	00:00:27	00:19:26
309	70	Nick	Davies	Male	Finished		M 40 - 44	RAF TRIATHLON	01:02:15		00:09:15	00:00:41	00:32:42	00:00:46	00:18:49
266	71	Ben	Winter	Male	Finished		M 50 - 54	BOURNE TOWN HARRIERS	01:02:17		00:09:33	00:00:35	00:31:42	00:01:01	00:19:24
428	72	Paul	Harries	Male	Finished		M 30 - 34		01:02:24		00:08:55	00:01:55	00:32:18	00:00:43	00:18:31
539	73	Shem	Ardron	Male	Finished		M 15 - 19	LEICESTER TRI CLUB	01:02:41		00:06:39	00:01:17	00:32:35	00:00:38	00:21:30
508	74	Paul	Kendrew	Male	Finished		M 30 - 34		01:02:42		00:07:36	00:01:08	00:31:54	00:00:40	00:21:23
273	75	James	Priestley	Male	Finished		M 25 - 29		01:02:43		00:07:53	00:00:55	00:31:06	00:00:58	00:21:49
472	76	George	Hilton	Male	Finished		M 15 - 19	WELBECK DSFC	01:02:44		00:07:03	00:00:54	00:33:16	00:00:39	00:20:50
495	77	Sandra	Lee	Female	Finished		F 35 - 39		01:02:45		00:07:03	00:01:16	00:32:54	00:00:38	00:20:53
312	78	Tim	Kingswood	Male	Finished		M 35 - 39		01:02:48		00:08:16	00:01:00	00:30:48	00:00:56	00:21:46
356	79	Andrew	Morrow	Male	Finished		M 25 - 29	HOLME PIERREPONT RUNNING CLUB	01:02:50		00:08:35	00:01:11	00:31:59	00:00:47	00:20:16
443	80	Glenn	Tinsley	Male	Finished		M 35 - 39		01:02:50		00:07:38	00:01:08	00:32:15	00:00:55	00:20:53
444	81	Andy	Tuck	Male	Finished		M 45 - 49		01:02:50		00:08:31	00:01:24	00:31:02	00:00:56	00:20:54

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416	82	Peter	Buttler	Male	Finished		M 25 - 29		01:03:00		00:08:36	00:01:04	00:32:03	00:00:47	00:20:29
387	83	Dave	Smith	Male	Finished		M 55 +	1485 TRI CLUB	01:03:02		00:09:32	00:01:06	00:32:05	00:00:38	00:19:39
459	84	Gareth	Hunt	Male	Finished		M 30 - 34	SHEFFIELD TRI CLUB	01:03:02		00:08:15	00:01:13	00:32:15	00:00:42	00:20:35
511	85	William	Bealby	Male	Finished		M 35 - 39	SHEFFIELD TRI CLUB	01:03:02		00:07:44	00:00:52	00:33:39	00:00:35	00:20:11
20	86	Paul	Harris	Male	Finished		M 30 - 34	IVANHOE RUNNERS	01:03:03		00:07:57	00:00:48	00:33:22	00:00:51	00:20:04
458	87	David	Cook	Male	Finished		M 15 - 19		01:03:09		00:08:02	00:01:22	00:31:59	00:01:19	00:20:24
448	88	Colin	Weller	Male	Finished		M 30 - 34		01:03:11		00:09:21	00:01:31	00:32:16	00:01:11	00:18:50
445	89	Christine	Buckley	Female	Finished		F 50 +	WHITE ROSE	01:03:18		00:08:24	00:00:55	00:32:29	00:00:43	00:20:46
535	90	Grace	Hobbs	Male	Finished		TEAM	4LIFE TRI CLUB	01:03:20	4 LIFE TRI TEAM 1	00:06:51	00:00:32	00:31:34	00:00:19	00:24:02
317	91	Paul	Gilbert	Male	Finished		M 40 - 44	ABSOLUTE TRI CLUB	01:03:21		00:08:29	00:01:13	00:32:09	00:01:07	00:20:21
268	92	Steven	Ardron	Male	Finished		M 45 - 49	LEICESTER TRI CLUB	01:03:27		00:10:43	00:01:00	00:30:52	00:00:49	00:20:02
406	93	Geoff	Astley	Male	Finished		M 45 - 49	MEYNELL VALLEY HUNTERS	01:03:30		00:09:11	00:01:22	00:32:43	00:01:04	00:19:09
537	94	Russell	Main	Male	Finished		M 40 - 44		01:03:32		00:07:37	00:01:02	00:31:38	00:00:53	00:22:20
498	95	Tom	Compton	Male	Finished		M 15 - 19	WELBECK	01:03:37		00:07:17	00:01:01	00:33:08	00:00:49	00:21:20
525	96	Sue	Day	Female	Finished		F 45 - 49	MANSFIELD TRI CLUB	01:03:39		00:07:36	00:01:02	00:33:40	00:00:41	00:20:37
484	97	Alan	Cook	Male	Finished		M 40 - 44	GRIMSBY TRI CLUB	01:03:41		00:08:34	00:00:56	00:31:48	00:00:51	00:21:31
491	98	Richard	Bruce	Male	Finished		M 30 - 34		01:03:42		00:08:15	00:01:02	00:31:14	00:00:48	00:22:21
296	99	Wayne	Kew	Male	Finished		M 45 - 49	MABLETHORPE RUNNING CLUB	01:03:43		00:10:00	00:00:53	00:33:04	00:00:41	00:19:03
282	100	Andrew	Bennett	Male	Finished		M 35 - 39	LINCOLN TRI CLUB	01:03:46		00:09:25	00:00:58	00:33:57	00:00:40	00:18:44
373	101	George	Wilson	Male	Finished		M 15 - 19	ABSOLUTE TRI CLUB	01:03:51		00:09:15	00:01:09	00:32:25	00:00:35	00:20:25
391	102	Steven	Shuttleworth	Male	Finished		M 20 - 24		01:03:54		00:08:09	00:01:34	00:33:41	00:00:39	00:19:49
510	103	Julia	Blewitt-jenkins	Female	Finished		F 35 - 39	CHARNWOOD TRI CLUB	01:03:54		00:07:09	00:00:45	00:34:14	00:00:34	00:21:10
338	104	Gavin	Dowsett	Male	Finished		M 25 - 29		01:03:57		00:08:27	00:01:12	00:33:38	00:00:47	00:19:52
326	105	John	Bostock	Male	Finished		M 50 - 54		01:03:59		00:08:53	00:01:21	00:32:03	00:00:58	00:20:41
352	106	Mark	Kearney	Male	Finished		M 40 - 44		01:04:06		00:08:58	00:00:48	00:32:26	00:00:41	00:21:12
299	107	Karol	Mamos	Male	Finished		M 40 - 44		01:04:07		00:09:02	00:01:04	00:33:32	00:01:08	00:19:18
423	108	Mike	Pole	Male	Finished		M 40 - 44		01:04:07		00:08:13	00:01:01	00:33:57	00:00:58	00:19:58
408	109	Jonathan	Bicknell	Male	Finished		M 45 - 49	CHARNWOOD TRI CLUB	01:04:11		00:08:35	00:01:24	00:32:43	00:00:54	00:20:33
411	110	Andrew	Blow	Male	Finished		M 40 - 44		01:04:11		00:09:49	00:01:15	00:30:23	00:01:06	00:21:36
478	111	Carl	Tilling	Male	Finished		M 20 - 24		01:04:11		00:07:53	00:01:20	00:32:49	00:00:20	00:21:47
520	112	Mary	Hardwick	Female	Finished		F 50 +	RUTLAND RUNNERS	01:04:16		00:07:31	00:00:45	00:31:18	00:00:39	00:24:00
102	113	Scott	Baker	Male	Finished		M 45 - 49	ABSOLUTE TRI CLUB	01:04:21		00:10:43	00:00:59	00:30:29	00:01:12	00:20:56
492	114	Joel	Edwards	Male	Finished		M 30 - 34	ABSOLUTE TRI CLUB	01:04:26		00:07:54	00:01:08	00:34:01	00:00:44	00:20:38
337	115	David	Cox	Male	Finished		M 35 - 39		01:04:29		00:08:06	00:00:55	00:33:11	00:00:44	00:21:32
429	116	Ian	Lamb	Male	Finished		M 35 - 39		01:04:36		00:07:43	00:01:19	00:33:05	00:00:51	00:21:36
528	117	Stuart	Hannan	Male	Finished		M 30 - 34	TFN TRI CLUB	01:04:53		00:06:48	00:01:26	00:33:19	00:01:02	00:22:16
346	118	Mark	Fretwell	Male	Finished		M 40 - 44		01:04:54		00:09:05	00:02:07	00:32:51	00:01:38	00:19:12
302	119	Ian	Smith	Male	Finished		M 45 - 49		01:04:57		00:09:30	00:00:50	00:32:02	00:00:51	00:21:43
261	120	David	Thompson	Male	Finished		M 45 - 49	ABSOLUTE TRI CLUB	01:05:02		00:09:19	00:01:04	00:32:28	00:01:09	00:21:00
307	121	Paul	Johnson	Male	Finished		TEAM	YELLO VELO	01:05:04	TEAM JOHNSON	00:08:38	00:00:38	00:32:34	00:01:00	00:22:12
179	122	Phillip	Wood	Male	Finished		M 30 - 34		01:05:07		00:09:43	00:00:58	00:33:45	00:00:55	00:19:43

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517	123	Nick	Honey	Male	Finished		M 40 - 44		01:05:11		00:07:52	00:00:57	00:32:22	00:00:40	00:23:17
172	124	Kevin	Towning	Male	Finished		M 30 - 34		01:05:14		00:09:26	00:01:21	00:33:22	00:01:00	00:20:03
183	125	Luke	Wright	Male	Finished		M 35 - 39		01:05:15		00:09:25	00:01:04	00:32:30	00:00:40	00:21:35
274	126	Andrew	Clark	Male	Finished		M 35 - 39	SCT	01:05:17		00:09:00	00:00:37	00:32:43	00:00:50	00:22:04
269	127	Daniel	Moore	Male	Finished		M 30 - 34	SHEFFIELD TRI CLUB	01:05:24		00:08:45	00:01:08	00:30:24	00:01:15	00:23:50
475	128	Ros	Goatly	Female	Finished		F 35 - 39	PACTRAC	01:05:28		00:08:02	00:00:59	00:34:39	00:00:45	00:21:01
371	129	Craig	Walker	Male	Finished		M 35 - 39		01:05:29		00:08:36	00:01:25	00:32:28	00:00:41	00:22:16
450	130	Linzi	Fletcher-bates	Female	Finished		F 35 - 39		01:05:29		00:08:25	00:00:53	00:34:05	00:00:41	00:21:23
128	131	Stephen	Brown	Male	Finished		M 35 - 39	SERPENTINE	01:05:31		00:10:43	00:00:50	00:34:36	00:01:01	00:18:19
442	132	Iain	Taylor	Male	Finished		M 30 - 34	ADWICK TRI CLUB	01:05:36		00:08:23	00:01:05	00:32:26	00:00:56	00:22:44
506	133	James	Ransome	Male	Finished		M 35 - 39		01:05:37		00:07:56	00:01:13	00:33:24	00:00:57	00:22:06
201	134	Simon	Allen	Male	Finished		M 30 - 34		01:05:42		00:09:39	00:01:02	00:32:35	00:01:09	00:21:15
394	135	Hannah	Wragg	Female	Finished		F 15 - 19		01:05:47		00:07:52	00:01:05	00:36:43	00:00:57	00:19:09
291	136	David	Hickey	Male	Finished		M 25 - 29		01:05:49		00:09:19	00:01:07	00:34:47	00:00:37	00:19:56
171	137	Adam	Thomson	Male	Finished		M 35 - 39		01:05:56		00:08:55	00:01:49	00:35:18	00:01:03	00:18:49
468	138	Lawrence	Brackstone	Male	Finished		M 40 - 44	SPALDING TRI CLUB	01:05:56		00:08:34	00:01:17	00:32:16	00:00:53	00:22:54
369	139	Ellen	Smith	Male	Finished		TEAM		01:06:08	LINCOLNSHIRE GEM	00:09:21	00:00:39	00:36:59	00:00:35	00:18:33
292	140	Mark	Hughes	Male	Finished		M 30 - 34	TRI-FORCE	01:06:11		00:07:52	00:01:20	00:35:21	00:01:05	00:20:32
388	141	Gary	Tudbury	Male	Finished		TEAM	4LIFE TRI CLUB	01:06:11	4 LIFE TRI TEAM 2	00:08:07	00:00:37	00:30:13	00:00:43	00:26:30
177	142	Ian	Whyman	Male	Finished		M 35 - 39	THURCROFT MUST TRI HARDER	01:06:12		00:08:36	00:01:40	00:34:41	00:01:18	00:19:56
435	143	Nicola	Dick	Female	Finished		F 45 - 49	HIGH PEAK	01:06:14		00:08:44	00:00:38	00:34:38	00:00:32	00:21:40
466	144	Richard. b.	Annable	Male	Finished		M 30 - 34	TFN TRI CLUB	01:06:16		00:07:54	00:00:48	00:33:23	00:00:31	00:23:38
368	145	Gareth	Taylor	Male	Finished		M 25 - 29		01:06:17		00:08:27	00:01:00	00:34:11	00:00:35	00:22:03
190	146	Susan	Allen	Female	Finished		F 30 - 34		01:06:23		00:09:18	00:01:07	00:33:32	00:00:58	00:21:27
157	147	Stephen	Little	Male	Finished		M 40 - 44		01:06:34		00:08:51	00:01:48	00:34:06	00:01:23	00:20:24
474	148	Scott	Lockyer	Male	Finished		M 40 - 44		01:06:36		00:08:27	00:01:56	00:35:05	00:00:47	00:20:19
241	149	Gary	Croft	Male	Finished		M 35 - 39		01:06:38		00:09:13	00:01:31	00:34:12	00:00:52	00:20:49
126	150	Tim	Turner	Male	Finished		M 40 - 44	ABSOLUTE TRI CLUB	01:06:43		00:10:06	00:01:36	00:32:32	00:00:58	00:21:30
427	151	Chris	Geeson	Male	Finished		M 40 - 44	TFN TRI CLUB	01:06:45		00:09:06	00:01:26	00:33:06	00:01:07	00:21:59
207	152	John	Kavanagh	Male	Finished		M 45 - 49		01:06:46		00:09:26	00:00:45	00:34:30	00:01:03	00:21:01
375	153	Carolyn	Osborne	Female	Finished		F 45 - 49		01:06:47		00:09:10	00:00:55	00:34:18	00:00:33	00:21:50
114	154	Robert	Parkes	Male	Finished		M 40 - 44	BIRDWELL WHEELERS	01:07:04		00:11:46	00:01:18	00:31:14	00:00:59	00:21:45
278	155	Ian	Wingfield	Male	Finished		M 35 - 39		01:07:09		00:09:00	00:01:02	00:34:13	00:00:59	00:21:53
367	156	Jp	Skipper	Male	Finished		M 35 - 39		01:07:12		00:08:44	00:01:24	00:32:47	00:01:20	00:22:55
148	157	Philip	Harrop	Male	Finished		M 40 - 44	WORKSOP HARRIERS	01:07:19		00:10:32	00:00:38	00:34:46	00:00:52	00:20:30
187	158	Adrian	Barrell	Male	Finished		M 40 - 44		01:07:28		00:09:14	00:01:20	00:34:41	00:00:46	00:21:25
303	159	Roland	Stevens	Male	Finished		M 50 - 54	BOURNE TOWN HARRIERS	01:07:31		00:08:42	00:01:02	00:34:21	00:01:03	00:22:21
62	160	Jim	Haylett	Male	Finished		M 45 - 49	SOUTH YORKSHIRE POLICE TRI	01:07:32		00:13:01	00:01:06	00:32:20	00:00:52	00:20:12
227	161	John	Andrews	Male	Finished		M 50 - 54		01:07:35		00:08:20	00:02:12	00:36:04	00:00:41	00:20:17
473	162	George	Howick	Male	Finished		M 15 - 19	4LIFE TRI CLUB	01:07:38		00:07:49	00:01:07	00:33:56	00:00:35	00:24:09
454	163	George	Dickson	Male	Finished		M 15 - 19		01:07:39		00:08:01	00:02:25	00:33:28	00:00:32	00:23:11

## Esendex Last Minute Sprint Triathlon 2009 - Results

213	164	Dave	Worsdall	Male	Finished		M 45 - 49		01:07:41		00:10:10	00:01:05	00:32:22	00:01:06	00:22:57
446	165	Ian	Tyler	Male	Finished		M 45 - 49		01:07:42		00:08:59	00:01:21	00:34:47	00:00:30	00:22:03
343	166	Andy	Freestone	Male	Finished		M 35 - 39		01:07:44		00:08:40	00:01:35	00:34:55	00:01:03	00:21:30
216	167	Garry	Siddon	Male	Finished		M 35 - 39		01:07:50		00:11:06	00:01:15	00:34:03	00:01:09	00:20:14
386	168	David	Senerman	Male	Finished		M 25 - 29	TFN TRI CLUB	01:07:52		00:08:33	00:02:11	00:32:44	00:01:44	00:22:39
222	169	Paul	Nightingale	Male	Finished		M 45 - 49		01:07:53		00:10:01	00:00:47	00:33:29	00:00:54	00:22:40
306	170	Andrew	Tramaseur	Male	Finished		M 35 - 39	WREAKE RUNNERS	01:07:55		00:10:35	00:01:19	00:34:42	00:00:59	00:20:19
42	171	James	Wallwork	Male	Finished		M 25 - 29		01:07:56		00:12:54	00:01:34	00:31:52	00:01:13	00:20:22
276	172	John	Faulks	Male	Finished		M 40 - 44		01:08:02		00:10:56	00:01:13	00:33:37	00:01:14	00:21:01
485	173	Victoria	Pargetter	Female	Finished		F 25 - 29	BRAT	01:08:04		00:08:12	00:00:58	00:34:53	00:00:40	00:23:19
390	174	Kelly	Weall	Female	Finished		F 30 - 34	TFN TRI CLUB	01:08:05		00:08:49	00:00:51	00:35:56	00:00:34	00:21:54
228	175	David	Baker	Male	Finished		M 15 - 19	ABSOLUTE TRI CLUB	01:08:07		00:08:56	00:01:08	00:34:03	00:01:04	00:22:55
94	176	Anthony	Mcbride	Male	Finished		M 30 - 34		01:08:10		00:10:36	00:02:16	00:33:53	00:01:03	00:20:21
289	177	Mike	Hartley	Male	Finished		M 55 +		01:08:16		00:10:01	00:01:02	00:34:05	00:01:06	00:22:01
119	178	David	Mccartney	Male	Finished		M 40 - 44		01:08:17		00:09:57	00:01:40	00:34:46	00:00:59	00:20:53
497	179	David	Plunkett	Male	Finished		M 45 - 49	GRIMSBY TRI CLUB	01:08:18		00:08:42	00:00:51	00:33:09	00:00:48	00:24:46
277	180	Andy	Webb	Male	Finished		M 55 +		01:08:23		00:10:37	00:01:17	00:33:49	00:00:55	00:21:42
123	181	Robert	Tindle	Male	Finished		M 30 - 34		01:08:32		00:12:23	00:00:44	00:34:56	00:00:32	00:19:56
430	182	Helen	Voce	Female	Finished		F 40 - 44	HELEN VOCE TRI CLUB	01:08:37		00:08:51	00:01:06	00:33:35	00:00:53	00:24:09
199	183	David	Thurston	Male	Finished		M 45 - 49		01:08:38		00:08:49	00:01:06	00:36:17	00:01:27	00:20:58
1	184	Russell	Large	Male	Finished		M 25 - 29	TFN TRI CLUB	01:08:39		00:06:29	00:00:49	00:34:44	00:00:59	00:25:36
236	185	Stuart	Burns	Male	Finished		M 35 - 39		01:08:40		00:09:51	00:01:20	00:34:49	00:00:43	00:21:56
288	186	Martin	Harlock	Male	Finished		M 35 - 39	LINCOLN TRI CLUB	01:08:42		00:10:19	00:01:00	00:33:57	00:00:59	00:22:25
479	187	Martyn	Watkinson	Male	Finished		M 50 - 54	LINCOLN TRI CLUB	01:08:44		00:07:53	00:01:10	00:34:37	00:00:55	00:24:06
363	188	Matt	Rodgers	Male	Finished		M 35 - 39		01:08:47		00:09:48	00:01:59	00:31:19	00:00:51	00:24:48
127	189	Jimmy	Young	Male	Finished		M 40 - 44		01:08:48		00:09:43	00:01:22	00:34:09	00:00:46	00:22:47
48	190	Mick	Anderson	Male	Finished		M 45 - 49		01:08:53		00:09:06	00:00:57	00:36:01	00:00:56	00:21:51
331	191	Jonathan	Cann	Male	Finished		M 35 - 39		01:09:03		00:09:38	00:01:27	00:36:50	00:00:55	00:20:11
424	192	Kerstine	Herbert	Female	Finished		F 30 - 34	ABSOLUTE TRI CLUB	01:09:04		00:08:50	00:01:16	00:35:06	00:01:03	00:22:48
217	193	Matthew	Barnes	Male	Finished		M 30 - 34		01:09:05		00:09:58	00:01:16	00:34:08	00:00:50	00:22:51
340	194	Sarah	Grandy	Female	Finished		F 50 +	BARROW RUNNERS	01:09:05		00:09:31	00:01:29	00:35:29	00:00:57	00:21:38
433	195	Paul	Millward	Male	Finished		M 45 - 49	WAKEFIELD TRI CLUB	01:09:09		00:08:56	00:00:53	00:35:15	00:00:50	00:23:14
420	196	Nikki	Fletcher	Female	Finished		F 40 - 44		01:09:14		00:08:51	00:01:07	00:35:50	00:01:14	00:22:10
316	197	Mark	Aitchison	Male	Finished		M 30 - 34		01:09:15		00:09:17	00:01:08	00:36:18	00:01:08	00:21:23
153	198	Jeff	Heathcote	Male	Finished		M 35 - 39		01:09:17		00:09:12	00:01:26	00:34:23	00:01:33	00:22:42
186	199	Dominic	Halter	Male	Finished		M 45 - 49		01:09:18		00:10:43	00:01:07	00:34:59	00:00:44	00:21:44
173	200	Chris	Trzcinski	Male	Finished		M 45 - 49		01:09:23		00:10:45	00:01:17	00:32:52	00:01:31	00:22:56
378	201	Daniel	Paternoster	Male	Finished		M 30 - 34	ABSOLUTE TRI CLUB	01:09:24		00:09:58	00:01:28	00:34:15	00:01:13	00:22:28
412	202	Paul	Bowes	Male	Finished		M 40 - 44		01:09:24		00:08:39	00:01:52	00:35:24	00:01:05	00:22:23
72	203	Steve	Mendes	Male	Finished		M 30 - 34		01:09:27		00:10:14	00:01:15	00:37:03	00:00:59	00:19:54
223	204	Christopher	Navarro	Male	Finished		M 25 - 29		01:09:34		00:09:19	00:01:25	00:35:10	00:01:22	00:22:16

# Esendex Last Minute Sprint Triathlon 2009 - Results

529	205	Steve	Henchley	Male	Finished		M 30 - 34	RACING TNT	01:09:35		00:08:03	00:01:19	00:36:23	00:02:10	00:21:38
512	206	Jack	Carpenter	Male	Finished		M 20 - 24	SPALDING TRI CLUB	01:09:36		00:07:25	00:01:33	00:38:20	00:00:56	00:21:20
206	207	Chris	Dussek	Male	Finished		M 40 - 44	4LIFE TRI CLUB	01:09:41		00:10:41	00:01:01	00:35:53	00:01:13	00:20:51
194	208	Mark	Battison	Male	Finished		M 45 - 49		01:09:46		00:11:39	00:01:21	00:35:30	00:00:52	00:20:22
202	209	Jason	Aspden	Male	Finished		M 30 - 34		01:09:47		00:10:00	00:01:29	00:32:15	00:01:30	00:24:32
2	210	John	Large	Male	Finished		M 45 - 49	TFN TRI CLUB	01:09:48		00:07:55	00:00:56	00:37:38	00:00:51	00:22:27
304	211	Matthew	Stott	Male	Finished		M 35 - 39		01:09:49		00:08:56	00:01:52	00:34:12	00:01:24	00:23:23
256	212	Patrick	O'connor	Male	Finished		M 40 - 44	WAKEFIELD TRI CLUB	01:09:55		00:10:53	00:00:57	00:35:57	00:00:42	00:21:25
437	213	Jack	O'hern	Male	Finished		M 40 - 44	LINCOLN TRI CLUB	01:09:56		00:08:44	00:01:49	00:34:15	00:01:12	00:23:54
481	214	Robert	Williams	Male	Finished		M 30 - 34		01:09:58		00:08:33	00:01:40	00:36:17	00:00:55	00:22:31
365	215	Julie	Weeks	Female	Finished		F 45 - 49		01:09:59		00:10:06	00:01:23	00:36:05	00:00:50	00:21:33
522	216	Scott	Slorach	Male	Finished		M 40 - 44		01:10:01		00:08:00	00:01:38	00:35:28	00:01:21	00:23:33
97	217	Stewart	Mcgough	Male	Finished		M 40 - 44		01:10:06		00:10:42	00:01:26	00:36:21	00:00:48	00:20:48
319	218	Paul	Pearce	Male	Finished		M 45 - 49	LEICESTER TRI CLUB	01:10:10		00:10:48	00:01:37	00:34:45	00:01:19	00:21:39
332	219	Nick	Carr	Male	Finished		M 35 - 39		01:10:10		00:08:16	00:01:37	00:36:16	00:01:28	00:22:33
374	220	Anita	Blow	Female	Finished		F 35 - 39		01:10:10		00:08:35	00:01:08	00:36:41	00:00:50	00:22:54
402	221	Ben	Aitchison	Male	Finished		M 25 - 29		01:10:10		00:08:08	00:01:16	00:33:14	00:00:53	00:26:37
149	222	Jane	Scott	Female	Finished		F 35 - 39	TFN TRI CLUB	01:10:12		00:08:51	00:01:16	00:35:08	00:01:36	00:23:19
314	223	Paul	Woodham	Male	Finished		M 30 - 34		01:10:13		00:09:20	00:01:01	00:37:59	00:00:46	00:21:06
86	224	Julian	Hucker	Male	Finished		M 40 - 44	ESENDEX	01:10:14		00:08:06	00:01:16	00:35:27	00:00:53	00:24:29
88	225	Gautier	Fournier	Male	Finished		M 25 - 29	ESENDEX	01:10:17		00:08:35	00:01:38	00:37:06	00:00:52	00:22:03
189	226	David	Langford	Male	Finished		M 30 - 34		01:10:18		00:09:54	00:01:05	00:33:38	00:01:27	00:24:13
413	227	Derek	Brown	Male	Finished		M 35 - 39		01:10:18		00:09:04	00:01:11	00:35:55	00:01:01	00:23:05
231	228	Tom	Beaumont	Male	Finished		M 20 - 24		01:10:19		00:09:20	00:02:15	00:36:56	00:00:46	00:21:01
248	229	Richard	Hunter	Male	Finished		M 35 - 39		01:10:29		00:09:31	00:01:11	00:36:14	00:01:27	00:22:04
330	230	Zoe	Allery	Female	Finished		F 35 - 39	CHARNWOOD TRI CLUB	01:10:29		00:09:07	00:01:19	00:35:37	00:00:55	00:23:28
262	231	Michael	Towndrow	Male	Finished		M 45 - 49		01:10:31		00:10:13	00:01:33	00:34:53	00:00:57	00:22:55
286	232	David	Clapham	Male	Finished		M 35 - 39		01:10:33		00:10:20	00:01:31	00:35:34	00:00:59	00:22:08
320	233	Natalie	Cutts	Female	Finished		F 20 - 24		01:10:33		00:09:33	00:01:02	00:35:03	00:00:58	00:23:54
410	234	Sharyn	Bray	Female	Finished		F 40 - 44	BIGGLESWADE AC	01:10:33		00:08:14	00:01:25	00:35:50	00:01:03	00:24:00
348	235	Martin	Haines	Male	Finished		M 25 - 29		01:10:36		00:08:45	00:01:20	00:36:19	00:00:49	00:23:21
372	236	Paul	Walker	Male	Finished		M 35 - 39		01:10:45		00:09:09	00:01:18	00:35:51	00:00:59	00:23:26
275	237	Anne	Howick	Female	Finished		F 45 - 49	4LIFE TRI CLUB	01:10:46		00:10:06	00:01:07	00:36:27	00:00:58	00:22:07
362	238	Rob	Pearce	Male	Finished		M 40 - 44	CHARNWOOD TRI CLUB	01:10:46		00:10:24	00:01:35	00:34:23	00:01:05	00:23:18
203	239	Richard	Baugh	Male	Finished		M 50 - 54		01:10:47		00:10:53	00:01:32	00:33:43	00:01:13	00:23:24
311	240	Simon	Bingham	Male	Finished		M 35 - 39	DAVID LLOYD	01:10:54		00:09:31	00:01:08	00:34:56	00:01:24	00:23:54
5	241	Maddy	Wilson	Female	Finished		F 40 - 44	LINCOLN TRI CLUB	01:10:55		00:09:05	00:01:20	00:37:03	00:01:03	00:22:22
237	242	Ashley	Cooper	Male	Finished		M 35 - 39		01:10:56		00:09:47	00:01:34	00:36:54	00:01:14	00:21:24
100	243	Karen	Bell	Female	Finished		F 40 - 44		01:10:58		00:08:38	00:01:18	00:36:32	00:01:11	00:23:18
191	244	Bill	Sheppard	Male	Finished		M 55 +		01:10:58		00:11:30	00:01:16	00:35:46	00:00:45	00:21:39
335	245	Jill	Edmondson	Female	Finished		F 30 - 34		01:11:01		00:10:25	00:01:36	00:35:41	00:00:45	00:22:33

## Esendex Last Minute Sprint Triathlon 2009 - Results

403	246	Richard	Harrop	Male	Finished		M 40 - 44	WORKSOP HARRIERS	01:11:05		00:07:12	00:00:45	00:37:18	00:00:43	00:25:05
168	247	Julian	Stone	Male	Finished		M 40 - 44		01:11:08		00:10:17	00:01:30	00:35:36	00:01:10	00:22:34
129	248	Sarah	Jenkinson	Female	Finished		F 20 - 24	ABSOLUTE TRI CLUB	01:11:09		00:08:47	00:00:50	00:36:42	00:00:43	00:24:05
255	249	Alison	Straw	Male	Finished		TEAM		01:11:12	RUBBER DUCK	00:08:18	00:00:37	00:35:51	00:01:33	00:24:52
154	250	Bettina	Wolf	Female	Finished		F 40 - 44	4LIFE TRI CLUB	01:11:14		00:10:52	00:01:00	00:35:58	00:01:16	00:22:06
138	251	Martin	Clifford	Male	Finished		M 40 - 44		01:11:15		00:12:10	00:02:26	00:35:35	00:00:43	00:20:19
264	252	Doug	Wing	Male	Finished		M 35 - 39		01:11:16		00:11:58	00:01:39	00:35:34	00:00:59	00:21:05
385	253	Stefanie	Sullivan	Female	Finished		F 40 - 44	HELEN VOCE TRI CLUB	01:11:16		00:09:27	00:01:01	00:37:08	00:00:39	00:22:59
515	254	Sarah	Clapham	Female	Finished		F 35 - 39		01:11:21		00:06:50	00:01:45	00:38:26	00:00:58	00:23:20
98	255	Maurice	Needoff	Male	Finished		M 50 - 54		01:11:28		00:11:09	00:01:24	00:34:32	00:01:05	00:23:16
132	256	Josh	Bowers	Male	Finished		M 15 - 19	EAST-ESSEX-TRICLUB	01:11:30		00:08:35	00:01:10	00:36:27	00:00:37	00:24:40
204	257	Andy	Bennett	Male	Finished		M 45 - 49		01:11:30		00:09:33	00:01:34	00:37:44	00:01:16	00:21:21
89	258	Scott	Littlewood	Male	Finished		M 25 - 29	ESENDEX	01:11:35		00:10:52	00:01:23	00:38:52	00:00:39	00:19:47
182	259	Steve	Wragg	Male	Finished		M 50 - 54	ABSOLUTE TRI CLUB	01:11:40		00:10:23	00:01:42	00:35:41	00:01:25	00:22:28
271	260	Adrian	Morgan	Male	Finished		M 45 - 49		01:11:40		00:10:35	00:01:06	00:34:57	00:01:05	00:23:55
253	261	Scott	Liversidge	Male	Finished		M 35 - 39		01:11:47		00:08:31	00:01:27	00:35:55	00:01:11	00:24:42
284	262	Paul	Bucktrout	Male	Finished		M 30 - 34		01:11:47		00:10:12	00:01:34	00:36:31	00:01:08	00:22:20
115	263	Beth	Damms	Female	Finished		F 25 - 29		01:11:55		00:10:48	00:00:46	00:37:23	00:00:55	00:22:01
360	264	Liz	Walton	Female	Finished		F 45 - 49	LINCOLN TRI CLUB	01:11:58		00:09:11	00:01:08	00:36:44	00:00:47	00:24:06
234	265	Nicholas	Buckby	Male	Finished		M 40 - 44	RUTLAND RUNNERS	01:11:59		00:10:32	00:00:46	00:38:09	00:00:56	00:21:34
263	266	Lee	Wallhead	Male	Finished		M 40 - 44		01:12:00		00:11:03	00:01:02	00:35:23	00:01:07	00:23:22
341	267	Owen	Edwards	Male	Finished		M 45 - 49		01:12:02		00:09:10	00:02:11	00:35:59	00:01:08	00:23:32
103	268	Paul	Barton	Male	Finished		M 35 - 39	ABSOLUTE TRI CLUB	01:12:03		00:10:55	00:01:11	00:34:57	00:01:07	00:23:51
167	269	Terence	Stanley	Male	Finished		M 35 - 39	RACING TNT	01:12:19		00:11:31	00:01:57	00:36:28	00:00:51	00:21:30
344	270	Nicky	Hill	Female	Finished		F 30 - 34	LINCOLN TRI CLUB	01:12:20		00:08:36	00:01:19	00:36:39	00:01:18	00:24:25
404	271	Shayne	Ardron	Female	Finished		F 40 - 44	LEICESTER TRI CLUB	01:12:24		00:08:43	00:01:45	00:37:22	00:01:21	00:23:11
52	272	Mick	Chambers	Male	Finished		M 55 +		01:12:28		00:13:02	00:02:28	00:34:59	00:01:06	00:20:52
200	273	Helen	Christie	Female	Finished		F 45 - 49		01:12:39		00:10:43	00:00:52	00:39:03	00:00:43	00:21:17
393	274	Jamie	Smith	Male	Finished		M 25 - 29		01:12:45		00:07:52	00:01:38	00:37:54	00:00:38	00:24:41
323	275	Thomas	Acland	Male	Finished		M 35 - 39		01:12:46		00:09:28	00:01:25	00:36:53	00:00:41	00:24:16
366	276	Tony	Schumacher	Male	Finished		M 55 +	YORK KNAVESMIRE HARRIERS	01:12:49		00:09:53	00:01:14	00:36:49	00:00:32	00:24:20
379	277	Jane	Spencer	Female	Finished		F 40 - 44	CHARNWOOD TRI CLUB	01:12:49		00:08:36	00:01:10	00:37:19	00:01:26	00:24:17
151	278	Benjamin	Hatton	Male	Finished		M 20 - 24	EAST-ESSEX-TRICLUB.CO.UK	01:12:53		00:08:59	00:01:29	00:39:10	00:00:43	00:22:31
118	279	Matthew	Hayter	Male	Finished		M 30 - 34		01:13:02		00:10:45	00:01:08	00:38:32	00:00:42	00:21:53
254	280	Stephen	Martin	Male	Finished		M 30 - 34		01:13:02		00:10:16	00:01:11	00:37:38	00:00:34	00:23:20
131	281	Mark	Bosworth	Male	Finished		M 45 - 49		01:13:08		00:10:41	00:02:03	00:34:59	00:01:52	00:23:31
27	282	John	Johnson	Male	Finished		M 35 - 39		01:13:11		00:11:06	00:02:30	00:37:48	00:01:59	00:19:47
305	283	Bridget	Starling	Female	Finished		F 40 - 44		01:13:19		00:09:44	00:02:38	00:36:24	00:01:11	00:23:20
395	284	Christine	Payne	Female	Finished		F 35 - 39	SPALDING TRI CLUB	01:13:20		00:08:42	00:01:07	00:36:05	00:01:04	00:26:21
342	285	Chris	Fletcher	Male	Finished		M 55 +	DL WEST BRIDGFORD	01:13:24		00:09:35	00:01:24	00:35:07	00:01:36	00:25:39
349	286	Julie	Kitchen	Female	Finished		F 40 - 44		01:13:29		00:09:17	00:01:18	00:39:14	00:00:39	00:22:59

## Esendex Last Minute Sprint Triathlon 2009 - Results

220	287	Liz	Fleuty	Female	Finished		F 35 - 39	LINCOLN TRI CLUB	01:13:31		00:09:35	00:01:06	00:37:19	00:00:53	00:24:37
176	288	Thomas	Whalen	Male	Finished		M 45 - 49	SCT	01:13:35		00:10:10	00:02:06	00:35:14	00:01:29	00:24:35
33	289	David	Eager	Male	Finished		M 45 - 49		01:13:36		00:10:46	00:01:16	00:35:07	00:01:41	00:24:45
107	290	Phil	Jerromes	Male	Finished		M 30 - 34		01:13:37		00:10:07	00:01:51	00:38:24	00:00:50	00:22:23
43	291	Jim	Pryke	Male	Finished		M 40 - 44		01:13:42		00:11:56	00:01:11	00:35:27	00:01:39	00:23:27
389	292	Caroline	Wickham	Female	Finished		F 50 +		01:13:43		00:09:12	00:01:49	00:36:22	00:01:33	00:24:45
180	293	Trevesa	Newton	Female	Finished		F 40 - 44		01:13:44		00:09:23	00:01:24	00:38:24	00:00:46	00:23:45
26	294	Patrick	Green	Male	Finished		M 40 - 44		01:13:46		00:09:59	00:02:06	00:37:51	00:00:56	00:22:52
336	295	Graeme	Coutts	Male	Finished		M 35 - 39		01:13:57		00:10:20	00:01:31	00:35:31	00:01:04	00:25:30
310	296	Michelle	Yates	Female	Finished		F 35 - 39	REDHILL ROAD RUNNERS	01:13:58		00:08:59	00:01:48	00:39:13	00:01:20	00:22:36
14	297	Lorraine	Garvey	Female	Finished		F 35 - 39	MANSFIELD TRI CLUB	01:14:10		00:12:13	00:01:27	00:33:45	00:01:14	00:25:29
101	298	Steve	Bailey	Male	Finished		M 45 - 49	1485 TRI	01:14:22		00:11:26	00:01:23	00:36:49	00:01:23	00:23:20
294	299	Tom	Isherwood	Male	Finished		M 35 - 39		01:14:22		00:09:46	00:01:28	00:36:26	00:00:50	00:25:50
141	300	Neil	Cogger	Male	Finished		M 30 - 34		01:14:23		00:10:29	00:02:10	00:40:14	00:01:01	00:20:27
281	301	Robbie	Taylor	Male	Finished		M 55 +	TEAM FAS	01:14:30		00:10:05	00:01:01	00:35:11	00:01:00	00:27:11
108	302	Dave	Moffatt	Male	Finished		M 20 - 24	TEAM MOFF	01:14:32		00:10:59	00:01:21	00:36:16	00:01:01	00:24:52
169	303	Russell	Tavernor	Male	Finished		M 40 - 44		01:14:36		00:09:54	00:01:28	00:35:23	00:01:23	00:26:27
53	304	Adam	Chapman	Male	Finished		M 25 - 29		01:14:39		00:09:35	00:02:06	00:39:40	00:01:35	00:21:40
116	305	Mark	Barker	Male	Finished		M 40 - 44		01:14:40		00:09:54	00:01:41	00:37:23	00:00:45	00:24:56
57	306	Steve	Fletcher	Male	Finished		M 35 - 39		01:14:48		00:09:31	00:02:01	00:39:00	00:01:19	00:22:55
209	307	Martin	Stephens	Male	Finished		M 35 - 39	ABSOLUTE TRI CLUB	01:14:49		00:09:21	00:02:12	00:37:14	00:01:37	00:24:23
380	308	Emilie	Bacon	Female	Finished		F 25 - 29		01:14:49		00:09:07	00:01:40	00:37:53	00:01:40	00:24:27
382	309	Michael	Manley	Male	Finished		M 40 - 44		01:14:49		00:09:26	00:01:44	00:36:27	00:01:03	00:26:06
218	310	Philip	Bennett	Male	Finished		M 45 - 49		01:14:54		00:12:28	00:00:44	00:37:13	00:00:52	00:23:35
133	311	Keith	Brown	Male	Finished		M 50 - 54	SUTTON IN ASHFIELD HARRIERS & A.C	01:14:55		00:12:09	00:01:32	00:38:39	00:01:14	00:21:19
178	312	Darren	Williams	Male	Finished		M 45 - 49		01:15:02		00:10:36	00:02:23	00:39:32	00:00:59	00:21:29
351	313	Roy	Jackson	Male	Finished		M 40 - 44		01:15:09		00:09:01	00:01:38	00:37:10	00:00:59	00:26:20
59	314	Alison	Whittingham	Female	Finished		F 40 - 44	SUTTON IN ASHFIELD HARRIERS & A.C	01:15:10		00:11:22	00:01:48	00:38:15	00:00:59	00:22:43
328	315	Ian	Button	Male	Finished		M 25 - 29		01:15:12		00:08:38	00:01:49	00:41:06	00:00:50	00:22:47
419	316	Yvonne	Dunmore	Female	Finished		F 40 - 44	LEICESTER TRI CLUB	01:15:13		00:08:50	00:01:47	00:38:39	00:01:08	00:24:48
260	317	Julie	Fenton	Female	Finished		F 35 - 39		01:15:17		00:09:43	00:01:34	00:39:35	00:01:21	00:23:03
214	318	Liam	Mcintee	Male	Finished		M 20 - 24		01:15:20		00:12:39	00:02:26	00:38:46	00:00:44	00:20:43
99	319	Chris	McCully	Male	Finished		M 30 - 34		01:15:22		00:12:49	00:01:58	00:38:58	00:00:50	00:20:45
325	320	Gillian	Smith	Female	Finished		F 45 - 49		01:15:24		00:10:20	00:01:00	00:36:26	00:00:59	00:26:37
376	321	Lucien	Wynn	Male	Finished		M 40 - 44		01:15:25		00:08:47	00:02:20	00:39:31	00:00:38	00:24:08
106	322	Ben	Palmer	Male	Finished		M 25 - 29		01:15:31		00:12:19	00:01:54	00:38:10	00:00:42	00:22:23
441	323	Edward	Strange	Male	Finished		M 45 - 49	LINCOLN TRI CLUB	01:15:33		00:08:36	00:01:29	00:38:55	00:01:13	00:25:17
196	324	Paul	Shreeves	Male	Finished		M 55 +	CHARNWOOD TRI CLUB	01:15:37		00:11:17	00:00:58	00:36:19	00:00:59	00:26:02
192	325	Graham	Hind	Male	Finished		M 55 +	GRANTHAM TRI	01:15:46		00:10:23	00:01:11	00:38:33	00:00:47	00:24:50
270	326	Ann	Pearce	Female	Finished		F 40 - 44	LEICESTER TRI CLUB	01:15:47		00:10:50	00:01:01	00:39:10	00:00:58	00:23:46
471	327	Neil	Frost	Male	Finished		M 50 - 54		01:15:52		00:10:17	00:02:20	00:36:07	00:01:17	00:25:49



## Esendex Last Minute Sprint Triathlon 2009 - Results

295	328	Alex	Persson	Female	Finished		F 15 - 19	WELBECK DSFC	01:15:53		00:09:23	00:01:08	00:40:34	00:00:47	00:24:00
84	329	Joanne	Diffey	Female	Finished		F 35 - 39		01:15:58		00:11:30	00:01:46	00:40:28	00:00:49	00:21:24
377	330	Lewis	Lee	Male	Finished		M 40 - 44		01:16:01		00:08:52	00:02:20	00:42:18	00:00:43	00:21:48
208	331	Mike	Piercy	Male	Finished		M 45 - 49		01:16:02		00:09:30	00:01:55	00:39:21	00:00:49	00:24:25
46	332	Jason	Caddy	Male	Finished		M 30 - 34		01:16:04		00:10:37	00:02:17	00:38:49	00:00:51	00:23:28
164	333	Phil	Smith	Male	Finished		M 45 - 49		01:16:21		00:10:31	00:01:28	00:38:04	00:01:40	00:24:36
290	334	Helen	Parr	Female	Finished		F 30 - 34		01:16:21		00:10:33	00:01:24	00:34:51	00:01:35	00:27:56
265	335	Rachael	Murray	Female	Finished		F 25 - 29	ABSOLUTE TRI CLUB	01:16:25		00:09:06	00:02:06	00:38:38	00:01:40	00:24:54
364	336	Caroline	Waterhouse	Female	Finished		F 40 - 44	LONG EATON RUNNING CLUB	01:16:32		00:10:24	00:01:15	00:42:39	00:00:44	00:21:28
355	337	Gina	Stanley	Female	Finished		F 30 - 34	RACING TNT	01:16:41		00:09:10	00:02:10	00:39:51	00:00:42	00:24:46
110	338	Samantha	Clarke	Female	Finished		F 40 - 44	MANSFIELD TRI CLUB	01:16:42		00:10:16	00:02:02	00:38:56	00:00:47	00:24:38
350	339	Ruth	Owen	Female	Finished		F 25 - 29		01:16:45		00:08:29	00:01:38	00:43:26	00:00:59	00:22:11
339	340	Vanessa	Fox	Female	Finished		F 30 - 34		01:16:58		00:08:21	00:02:42	00:40:59	00:01:06	00:23:49
258	341	James	Saunders	Male	Finished		M 50 - 54		01:17:05		00:10:52	00:02:02	00:36:43	00:01:48	00:25:38
188	342	Peter	Langford	Male	Finished		M 35 - 39		01:17:37		00:09:56	00:02:26	00:38:45	00:02:41	00:23:46
327	343	Rick	Bromley	Male	Finished		M 30 - 34		01:17:38		00:09:41	00:01:55	00:38:25	00:02:00	00:25:34
82	344	Samantha	Moss	Female	Finished		F 35 - 39		01:17:39		00:10:22	00:01:58	00:44:08	00:00:41	00:20:29
324	345	Helen	Goldthorpe	Female	Finished		F 30 - 34	KIRKSTALL HARRIERS	01:17:56		00:11:11	00:01:13	00:39:59	00:01:09	00:24:23
283	346	Steve	Bruce	Male	Finished		M 25 - 29		01:17:59		00:12:22	00:01:23	00:43:18	00:01:03	00:19:52
226	347	John	Aitchison	Male	Finished		M 35 - 39		01:18:00		00:10:26	00:01:57	00:39:26	00:00:54	00:25:14
121	348	Bob	Nowicki	Male	Finished		M 40 - 44		01:18:07		00:11:44	00:01:40	00:36:57	00:00:59	00:26:46
465	349	Zoe	Rylatt	Female	Finished		F 40 - 44	TFN TRI CLUB	01:18:22		00:08:05	00:01:25	00:41:29	00:00:46	00:26:36
66	350	Michael	Johnson	Male	Finished		M 30 - 34		01:18:42		00:11:31	00:03:03	00:43:23	00:01:15	00:19:28
139	351	Tracy	Polak	Female	Finished		F 35 - 39	SOUTHWELL RUNNING CLUB	01:18:47		00:09:36	00:01:36	00:40:41	00:01:53	00:24:59
175	352	Joanna	Sztejer	Female	Finished		F 20 - 24		01:18:49		00:08:21	00:03:03	00:41:17	00:00:46	00:25:20
96	353	Damian	Mcentegart	Male	Finished		M 50 - 54	GRANTHAM SQUASH CLUB	01:18:54		00:11:10	00:01:38	00:41:23	00:00:53	00:23:47
195	354	Jo	Baldwin	Female	Finished		F 30 - 34		01:18:56		00:12:27	00:03:18	00:35:58	00:01:48	00:25:23
244	355	Ken	Hall	Male	Finished		M 30 - 34		01:18:59		00:08:51	00:01:23	00:41:35	00:01:10	00:25:58
345	356	Andrea	Hulett	Female	Finished		F 35 - 39	LEICESTER TRI CLUB	01:19:01		00:09:03	00:02:35	00:38:51	00:01:33	00:26:56
142	357	Tai	Daly	Male	Finished		M 20 - 24		01:19:02		00:10:48	00:02:24	00:39:37	00:01:31	00:24:41
18	358	Steve	Parkin	Male	Finished		M 35 - 39		01:19:06		00:12:59	00:01:04	00:39:43	00:00:58	00:24:20
166	359	Ryan	Smith	Male	Finished		M 20 - 24		01:19:11		00:11:45	00:01:56	00:40:40	00:00:44	00:24:04
235	360	Helen	Parker	Female	Finished		F 40 - 44		01:19:17		00:10:02	00:01:05	00:44:26	00:00:45	00:22:57
359	361	Helena	Straw	Female	Finished		F 40 - 44		01:19:26		00:09:00	00:01:23	00:39:40	00:01:02	00:28:20
143	362	Nick	Donnelly	Male	Finished		M 40 - 44		01:19:43		00:12:55	00:02:15	00:38:54	00:01:28	00:24:09
161	363	Pete	Navarra	Male	Finished		M 35 - 39		01:19:45		00:12:03	00:02:20	00:40:10	00:01:35	00:23:35
300	364	Roma	Seth	Female	Finished		F 35 - 39		01:20:04		00:09:37	00:01:53	00:39:53	00:00:51	00:27:48
109	365	Ben	Clarke	Male	Finished		M 45 - 49		01:20:10		00:20:30	00:01:39	00:34:02	00:01:03	00:22:55
185	366	Gail	Dewing	Female	Finished		F 35 - 39		01:20:12		00:09:55	00:01:36	00:38:04	00:01:55	00:28:39
144	367	Sara	Rodgers	Female	Finished		F 35 - 39		01:20:16		00:12:36	00:02:15	00:38:06	00:01:15	00:26:01
398	368	Ian	Lee	Male	Finished		M 40 - 44		01:20:18		00:09:14	00:01:16	00:40:38	00:00:49	00:28:19

# Esendex Last Minute Sprint Triathlon 2009 - Results

134	369	Lesley	Onyett	Female	Finished		F 40 - 44		01:20:31		00:09:11	00:01:58	00:42:06	00:01:05	00:26:10
285	370	Helen	Mccully	Female	Finished		F 25 - 29		01:20:39		00:10:31	00:01:51	00:40:35	00:00:41	00:26:59
334	371	Janice	Blake	Female	Finished		F 45 - 49	BIGGLESWADE AC	01:20:43		00:11:20	00:02:33	00:40:51	00:02:03	00:23:55
249	372	Sonia	Blencowe	Female	Finished		F 30 - 34		01:20:44		00:10:09	00:03:35	00:40:03	00:01:24	00:25:31
38	373	Malcolm	Smith	Male	Finished		M 45 - 49		01:20:45		00:14:52	00:02:27	00:37:34	00:01:27	00:24:23
63	374	Jon	Hendley	Male	Finished		M 45 - 49	LINCOLN TRI CLUB	01:20:49		00:13:45	00:01:18	00:38:25	00:01:12	00:26:07
40	375	Sarah	Corley	Female	Finished		F 30 - 34		01:20:56		00:09:36	00:02:07	00:44:41	00:01:14	00:23:16
11	376	Paul	Collier	Male	Finished		M 50 - 54		01:21:06		00:11:25	00:01:21	00:42:59	00:00:51	00:24:28
243	377	Steve	Fairburn	Male	Finished		M 45 - 49		01:21:10		00:09:22	00:02:06	00:43:40	00:01:35	00:24:26
238	378	Mark	Copley	Male	Finished		M 30 - 34		01:21:13		00:11:15	00:02:46	00:43:04	00:00:50	00:23:16
259	379	Steve	Taylor	Male	Finished		M 40 - 44		01:21:24		00:09:23	00:02:21	00:41:15	00:00:45	00:27:38
242	380	Nick	Dudley	Male	Finished		M 50 - 54		01:21:27		00:10:44	00:02:33	00:40:02	00:01:31	00:26:36
215	381	Anji	Dyke	Female	Finished		F 45 - 49		01:21:29		00:10:52	00:01:13	00:42:48	00:00:45	00:25:50
490	382	Vikki	Rundle-brown	Female	Finished		F 25 - 29		01:21:33		00:07:35	00:01:28	00:41:08	00:00:57	00:30:23
12	383	Steven	Collier	Male	Finished		M 25 - 29		01:21:42		00:10:12	00:01:09	00:47:54	00:00:48	00:21:38
92	384	Darren	Liddell	Male	Finished		M 35 - 39	ESENDEX	01:21:44		00:11:28	00:02:36	00:39:38	00:01:21	00:26:39
112	385	Lee	Hodgson	Male	Finished		M 35 - 39		01:21:44		00:11:16	00:01:07	00:44:38	00:00:50	00:23:52
44	386	Chris	Padwick	Male	Finished		M 40 - 44	SWEATSHOP	01:21:53		00:12:17	00:02:18	00:40:00	00:01:27	00:25:48
124	387	Vandra	Jackson	Female	Finished		F 35 - 39		01:21:55		00:09:49	00:01:25	00:42:06	00:01:05	00:27:29
58	388	Karl	Gilbank	Male	Finished		M 35 - 39		01:22:00		00:10:33	00:02:47	00:42:38	00:01:19	00:24:42
397	389	Jamie	Green	Male	Finished		M 25 - 29	SPALDING TRI CLUB	01:22:09		00:08:50	00:01:59	00:39:09	00:01:26	00:30:42
69	390	Fiona	Hickey	Female	Finished		F 20 - 24		01:22:13		00:10:54	00:02:23	00:42:56	00:01:12	00:24:47
104	391	Conor	Hickey	Male	Finished		M 20 - 24		01:22:15		00:10:44	00:01:59	00:42:20	00:00:42	00:26:28
78	392	Graham	Scott	Male	Finished		M 45 - 49		01:22:20		00:13:44	00:01:09	00:40:52	00:00:57	00:25:36
32	393	Andy	Newham	Male	Finished		M 35 - 39	LINCOLN TRI CLUB	01:22:41		00:11:54	00:01:07	00:40:55	00:01:10	00:27:32
221	394	Mark	Tomlin	Male	Finished		M 45 - 49		01:22:43		00:11:24	00:02:14	00:45:17	00:00:49	00:22:58
49	395	Gabrielle	Deagle	Female	Finished		F 30 - 34		01:22:50		00:10:11	00:03:04	00:40:16	00:00:54	00:28:23
16	396	Neil	Koston	Male	Finished		M 25 - 29		01:22:53		00:11:45	00:01:07	00:40:46	00:01:01	00:28:13
77	397	Dan	North	Male	Finished		M 25 - 29		01:23:00		00:10:53	00:02:17	00:42:15	00:01:13	00:26:21
51	398	Simon	Cabourn	Male	Finished		M 40 - 44		01:23:10		00:11:58	00:01:58	00:38:49	00:01:18	00:29:05
230	399	Zuzana	Norris	Female	Finished		F 30 - 34		01:23:11		00:10:31	00:02:22	00:42:09	00:00:45	00:27:23
280	400	Lynda	Jackson	Female	Finished		F 35 - 39		01:23:14		00:09:26	00:03:46	00:39:50	00:02:20	00:27:50
75	401	Eleanor	Ward	Female	Finished		F 25 - 29		01:23:19		00:08:50	00:01:40	00:47:04	00:00:54	00:24:50
91	402	Andrew	Gunn	Male	Finished		M 20 - 24	ESENDEX	01:23:20		00:08:41	00:01:18	00:47:10	00:01:19	00:24:50
159	403	Lyndsey	Bates	Female	Finished		F 30 - 34	DERBYSHIRE POLICE	01:23:22		00:10:07	00:01:30	00:33:04	00:01:25	00:37:13
135	404	Ailsa	Pagan	Female	Finished		F 40 - 44	RACING TNT	01:23:29		00:11:49	00:02:01	00:41:33	00:01:24	00:26:40
36	405	David	Gilbert	Male	Finished		M 35 - 39		01:23:30		00:12:26	00:02:17	00:38:53	00:01:51	00:28:01
125	406	Joanne	Flegg	Female	Finished		F 40 - 44		01:23:30		00:11:45	00:02:14	00:40:52	00:00:49	00:27:48
111	407	Darren	Thrower	Male	Finished		M 40 - 44	LEICESTER TRI CLUB	01:23:32		00:11:06	00:02:07	00:39:42	00:01:18	00:29:15
500	408	Myanna	Duncan	Female	Finished		F 25 - 29	LOUGHBOROUGH UNIVERSITY	01:23:32		00:08:19	00:01:43	00:49:55	00:00:42	00:22:50
170	409	Amanda	Lee	Female	Finished		F 45 - 49	LEICESTER TRI CLUB	01:23:35		00:11:57	00:02:35	00:40:28	00:01:57	00:26:36

## Esendex Last Minute Sprint Triathlon 2009 - Results

90	410	Susan	White	Female	Finished		F 30 - 34		01:23:37		00:10:47	00:01:32	00:44:30	00:00:49	00:25:57
120	411	Julia	Devonport	Female	Finished		F 35 - 39		01:23:45		00:12:22	00:02:21	00:42:59	00:01:03	00:24:58
240	412	Jennifer	Rossall	Female	Finished		F 20 - 24		01:23:47		00:09:55	00:02:14	00:45:21	00:00:58	00:25:17
64	413	Elaine	Atkinson	Female	Finished		F 35 - 39		01:24:05		00:11:51	00:01:27	00:42:15	00:01:50	00:26:40
24	414	Sarah	Houlden	Female	Finished		F 45 - 49		01:24:18		00:11:07	00:01:35	00:42:59	00:01:24	00:27:11
30	415	Kirsten	Bolsher	Female	Finished		F 35 - 39		01:24:18		00:09:38	00:02:10	00:45:15	00:01:02	00:26:11
19	416	Amanda	Seddon	Female	Finished		F 40 - 44	RACING TNT	01:24:19		00:11:44	00:02:11	00:44:16	00:01:24	00:24:43
22	417	Barclay	Cowie	Male	Finished		M 35 - 39		01:24:40		00:10:07	00:01:33	00:41:23	00:00:59	00:30:37
61	418	John	Hartshorne	Male	Finished		M 45 - 49	CSSA	01:24:51		00:12:45	00:01:54	00:43:39	00:01:16	00:25:15
545	419	Sarah	Handley	Female	Finished		F 20 - 24		01:25:00		00:06:27	00:01:21	00:44:48	00:00:29	00:31:53
470	420	Fiona	Dunbar	Female	Finished		F 40 - 44		01:25:07		00:09:27	00:02:25	00:43:02	00:01:03	00:29:08
55	421	Alex	Owen	Female	Finished		F 25 - 29		01:25:49		00:08:46	00:02:13	00:45:33	00:01:08	00:28:08
31	422	Craig	Pearson	Male	Finished		M 40 - 44		01:26:06		00:16:02	00:01:27	00:42:22	00:01:14	00:25:00
95	423	Carol	Aitchison	Female	Finished		F 35 - 39		01:26:22		00:10:09	00:02:30	00:45:30	00:00:56	00:27:15
136	424	Pat	Robinson	Female	Finished		F 50 +	4 LIFE TRI CLUB	01:26:36		00:15:16	00:01:53	00:43:02	00:01:11	00:25:13
181	425	Lawrence	Worsley	Male	Finished		M 40 - 44		01:26:45		00:12:53	00:02:37	00:44:54	00:01:17	00:25:03
15	426	Judith	Green	Female	Finished		F 50 +	RUTLAND RUNNERS	01:26:52		00:14:55	00:00:58	00:44:23	00:01:06	00:25:29
257	427	Harish	Pathy	Male	Finished		M 40 - 44		01:26:59		00:11:09	00:02:33	00:40:44	00:02:02	00:30:30
160	428	Annabel	Brackstone	Female	Finished		F 35 - 39	SPALDING TRI CLUB	01:27:28		00:12:14	00:01:15	00:40:32	00:01:28	00:31:57
354	429	Helen	Robinson	Female	Finished		F 30 - 34		01:27:30		00:10:51	00:01:24	00:44:20	00:01:04	00:29:50
29	430	Louisa	Toyne	Female	Finished		F 40 - 44		01:27:33		00:15:02	00:01:17	00:42:22	00:01:10	00:27:40
146	431	Nick	Downes	Male	Finished		M 40 - 44		01:28:25		00:11:48	00:02:33	00:43:04	00:00:56	00:30:02
399	432	Gemma	Semmen	Female	Finished		F 20 - 24		01:28:31		00:09:35	00:02:07	00:44:03	00:01:08	00:31:36
155	433	Sylvia	Yates	Female	Finished		F 50 +	SHEFFIELD TRI CLUB	01:29:25		00:11:59	00:01:32	00:44:23	00:01:37	00:29:52
156	434	David	Knight	Male	Finished		M 50 - 54		01:29:32		00:13:38	00:02:14	00:41:31	00:01:01	00:31:05
39	435	Rachelle	Caulton	Female	Finished		F 30 - 34		01:29:36		00:13:07	00:02:24	00:46:37	00:01:36	00:25:50
162	436	Rod	Shaw	Male	Finished		M 50 - 54		01:29:45		00:13:47	00:02:35	00:43:55	00:02:08	00:27:20
357	437	David	Parkinson	Male	Finished		M 50 - 54		01:31:01		00:13:55	00:03:20	00:39:20	00:04:03	00:30:21
358	438	Lee	Parkinson	Male	Finished		M 30 - 34		01:31:01		00:13:55	00:03:15	00:39:40	00:03:46	00:30:23
74	439	Laura	Morrison	Female	Finished		F 30 - 34	ABSOLUTE TRI CLUB	01:31:06		00:12:54	00:02:05	00:44:53	00:01:11	00:30:01
56	440	Kevin	Drummond	Male	Finished		M 45 - 49		01:31:12		00:10:55	00:02:42	00:45:50	00:02:02	00:29:41
225	441	Sarah	Lewis	Female	Finished		F 45 - 49		01:31:26		00:10:10	00:02:30	00:46:29	00:00:57	00:31:18
76	442	Donovan	Moonsamy	Male	Finished		M 30 - 34		01:31:53		00:16:23	00:03:09	00:42:37	00:01:42	00:28:01
140	443	Joanna	Quelch	Female	Finished		F 35 - 39		01:31:57		00:11:00	00:03:35	00:45:21	00:01:49	00:30:10
85	444	Jenny	Gleeson	Female	Finished		F 40 - 44		01:32:38		00:13:35	00:01:06	00:49:04	00:01:11	00:27:41
329	445	Joanna	Baker	Male	Finished		TEAM		01:33:22	TEAM WITH NO NAME	00:10:46	00:00:44	00:44:58	00:00:45	00:36:07
50	446	Samina	Foster	Female	Finished		F 35 - 39		01:33:29		00:14:07	00:02:16	00:46:29	00:01:11	00:29:24
80	447	Rashmi	Chattopadhyay	Female	Finished		F 25 - 29		01:33:38		00:13:36	00:01:25	00:46:31	00:00:49	00:31:16
13	448	Arwel	Griffiths	Male	Finished		M 45 - 49		01:34:00		00:17:52	00:02:23	00:45:54	00:00:57	00:26:52
54	449	Anna	Griffiths	Female	Finished		F 15 - 19		01:34:11		00:10:25	00:02:54	00:49:14	00:01:20	00:30:17
117	450	David	Britton	Male	Finished		M 30 - 34	4LIFE TRI CLUB	01:34:52		00:11:21	00:02:06	00:41:26	00:03:58	00:35:59

## Esendex Last Minute Sprint Triathlon 2009 - Results

145	451	Tanya	Rostron	Female	Finished		F 45 - 49		01:36:13		00:11:29	00:02:47	00:51:12	00:01:37	00:29:05
245	452	Dominique	Salsbury	Female	Finished		F 30 - 34		01:37:41		00:13:18	00:01:40	00:51:09	00:00:55	00:30:37
4	453	Jane	Green	Female	Finished		F 30 - 34		01:37:51		00:12:57	00:00:51	00:51:54	00:01:16	00:30:52
113	454	Stephen	Gookey	Male	Finished		M 35 - 39		01:38:03		00:11:45	00:01:56	00:49:31	00:01:05	00:33:44
93	455	Jonathan	Relf	Male	Finished		M 30 - 34	ESENDEX	01:39:58		00:15:00	00:02:04	00:45:22	00:00:51	00:36:40
105	456	Cheryl	Bradbury	Female	Finished		F 40 - 44		01:40:05		00:12:53	00:02:23	00:57:56	00:01:25	00:25:26
6	457	Graham	Byng	Male	Finished		M 30 - 34		01:41:08		00:16:31	00:02:01	00:50:47	00:01:23	00:30:25
65	458	Victoria	Brassington	Female	Finished		F 30 - 34		01:41:25		00:12:47	00:03:34	01:04:24	00:02:12	00:18:26
219	459	Alexandra	Brown	Female	Finished		F 30 - 34		01:41:36		00:11:20	00:02:03	00:50:49	00:02:19	00:35:03
210	460	Siwan	Doyle	Female	Finished		F 15 - 19	TFN TRI CLUB	01:42:11		00:43:52	00:01:20	00:35:21	00:01:05	00:20:32
165	461	Elizabeth	Head	Female	Finished		F 30 - 34		01:43:51		00:11:21	00:02:04	00:56:02	00:01:11	00:33:11
60	462	Stacey	Atkins	Female	Finished		F 25 - 29		01:45:56		00:11:40	00:02:31	00:56:56	00:01:01	00:33:46
163	463	Paul	Shinton	Male	Finished		M 35 - 39		01:46:38		00:10:42	00:02:27	01:02:11	00:01:34	00:29:42
7	464	John	Craddock	Male	Finished		M 50 - 54		01:49:24		00:16:23	00:01:21	00:54:05	00:01:36	00:35:58
47	465	Peter	Smith	Male	Finished		M 55 +	TFN TRI CLUB	01:49:31		00:12:46	00:02:45	00:55:48	00:02:32	00:35:38
8	466	Michael	Bingham	Male	Finished		M 25 - 29		02:07:26		00:20:48	00:01:07	01:00:12	00:01:40	00:43:38
10	467	Clare	Eldridge	Female	Finished		F 35 - 39		02:17:06		00:15:23	00:04:57	01:05:46	00:02:53	00:48:04
147	468	Matthew	Harmston	Male	Finished		M 35 - 39	SHEFFIELD TRI CLUB	02:44:52		00:18:41	00:06:44	01:36:21	00:01:32	00:41:33
122		Steven	Savage	Male	Disqualified	DangerousRiding	M 40 - 44		01:08:29		00:10:53	00:01:15	00:35:20	00:00:56	00:20:03
152		Robert	Haworth	Male	Query	1LapRun	M 50 - 54	GRANTHAM TRI	01:00:50		00:11:19	00:01:35	00:34:52	00:01:23	00:11:39
370		Katie	Smal	Female	Query	1LapRun	F 25 - 29	ABSOLUTE TRI CLUB	01:07:15		00:12:15	00:02:04	00:40:00	00:01:42	00:11:12
313		Stephen	Puddifoot	Male	Query	1LapRun	M 35 - 39		01:08:15		00:10:11	00:02:17	00:40:55	00:01:22	00:13:29
150		Gemma	Scougal	Female	Withdrawn during race		F 25 - 29				00:10:20	00:01:07	00:59:51		
455		Diane	Hamilton	Female	Withdrawn during race		F 40 - 44	ABSOLUTE TRI CLUB			00:08:21	00:01:19	00:31:25	00:00:53	
548		Samuel	Parker	Male	Withdrawn during race		M 15 - 19	4LIFE TRI CLUB			00:05:49	00:00:46	00:29:49	00:00:23	