



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

Pos	Race No	First Name	Last Name	Cat	Club	Team Name	Swim	T1	Bike	T2	Run	Finish
1	560	STEVE	YOUNG	M 25 - 29	RN		6:40	0:54	36:39	0:51	16:08	1:01:10
2	570	NICK	DUNN	M 30 - 34			5:43	1:15	38:17	1:00	16:03	1:02:16
3	598	SIMON	GEORGE	M 30 - 34	LINCOLN TRIATHLON CLUB		5:33	0:48	39:11	0:42	17:03	1:03:16
4	585	RICHARD	TEARE	M 30 - 34	EQUUS		6:43	1:00	38:54	1:21	17:03	1:04:59
5	595	PETE	SHUTTLEWORTH	M 30 - 34	SHEFFIELD TRIATHLON CLUB		5:45	1:06	39:43	1:02	17:47	1:05:22
6	547	JONATHAN	FRARY	M 30 - 34	GI TRI		6:34	0:46	40:02	0:50	17:43	1:05:53
7	530	GAVIN	HODGSON	M 30 - 34	LINCOLN TRIATHLON CLUB		No Chip Worn					1:06:00
8	514	PETER	BUCKLEY	M 40 - 44	TAMWORTH RMCC TRI		7:01	1:07	39:18	1:14	18:11	1:06:48
9	599	FINLEY	THOMPSON	M 15 - 19	GRIMSBY TRIATHLON CLUB		5:40	0:47	41:30	1:04	18:20	1:07:19
10	553	HUWIE	DAVIES	M 40 - 44	GOOLE		7:10	0:51	39:30	0:51	19:06	1:07:26
11	566	MICHAEL	TAYLOR	M 30 - 34	LINCOLN TRI (RAF TRI)		6:39	0:57	41:50	0:52	17:21	1:07:37
12	488	STEVEN	WIGGLESWORTH	M 45 - 49	VEGETARIAN CYCLING & ATHETIC CLUB		8:08	1:04	38:48	0:47	18:59	1:07:43
13	549	AARON	WARD	M 25 - 29	BURNTWOOD TRIATHLON CLUB		7:01	1:03	40:42	1:04	18:20	1:08:08
14	587	LUKE	MATHEWS	M 25 - 29	LINCSQUAD		6:08	1:08	40:58	1:01	18:56	1:08:08
15	583	JACK	CARPENTER	M 20 - 24	SPALDING TRIATLON CLUB		6:33	0:50	41:36	0:52	18:27	1:08:16
16	590	RUSSELL	ATKINSON	M 40 - 44	CAMBRIDGE TRIATHLON CLUB		6:22	0:50	42:18	0:55	18:04	1:08:27
17	573	ANDREW	STOKES	M 30 - 34	RACING TNT		6:50	1:05	41:22	1:11	18:03	1:08:31
18	571	PETER	OLDHAM	M 20 - 24			6:26	0:48	41:19	1:00	19:01	1:08:32
19	433	ANTHONY	PHILBIN	M 40 - 44	LINCSQUAD		7:53	1:35	39:06	1:10	18:57	1:08:40
20	415	PAUL	JOHNSON	M 20 - 24			7:02	1:03	41:54	1:02	17:42	1:08:43
21	535	STEVEN	THOMPSON	M 40 - 44	SPALDING TRIATHLON CLUB		6:49	0:48	40:11	0:57	20:03	1:08:46
22	588	RICK	STENTON	M 25 - 29	LINCSQUAD		5:51	0:57	41:14	1:08	19:40	1:08:48
23	373	SIMON	COLE	M 35 - 39	CHARNWOOD TRIATHLON CLUB		7:33	1:07	40:30	0:54	19:05	1:09:07
24	568	PATRICK	CUTMORE	M 15 - 19			6:18	1:11	40:54	0:50	20:07	1:09:19
25	513	MATT	GREENHILL	M 35 - 39			7:03	1:07	40:51	0:59	19:34	1:09:32
26	564	HANNAH	SHOOTER	F 30 - 34	MANSFIELD TRIATHLON CLUB		6:08	0:57	43:13	0:52	18:33	1:09:40
27	579	SANDY	TELFER	M 45 - 49	SLEAFORD STRIDERS		7:06	1:29	41:55	1:03	18:43	1:10:13
28	577	TOM	PATRICK	M 30 - 34			6:12	1:14	42:18	1:15	19:17	1:10:14
29	562	JASON	FRARY	M 40 - 44	HUMBERSIDE FIRE AND RESCUE SERVICE		6:45	0:55	41:59	1:05	19:47	1:10:29
30	451	SEAN	POWERS	M 30 - 34	ROYAL AIR FORCE TRIATHLON		7:32	0:53	41:37	0:55	19:41	1:10:36
31	556	MELVYN	HEYWOOD	M 50 - 54	TFN TRI CLUB		7:08	1:04	42:13	1:01	19:22	1:10:46
32	446	LUKE	HUBBARD	M 20 - 24			7:24	1:05	41:36	1:10	19:36	1:10:49
33	574	SCOTT	QUINCEY	M 30 - 34	MANSFIELD TRIATHLON CLUB		6:31	1:04	42:23	1:06	19:51	1:10:52
34	575	EMILIE	VERROKEN	F 30 - 34	EQUUS		6:09	1:05	42:24	1:25	20:11	1:11:12
35	439	STEPHEN	WALKER	M 50 - 54			7:11	1:14	41:45	0:52	20:12	1:11:12
36	597	MATT	STORR	M 20 - 24			5:28	0:55	43:31	0:57	20:23	1:11:12
37	398	MARK	EPTON	M 40 - 44	TFN		8:13	1:22	40:52	1:04	19:51	1:11:20
38	505	JAMES	BRAY	M 25 - 29	WE LOVE MOUNTAINS RT		8:07	1:09	41:55	1:11	19:03	1:11:23



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

39	561	STEVEN	ROE	M 40 - 44	SHEFFIELD TRIATHLON CLUB		6:33	1:29	41:23	1:02	21:04	1:11:30
40	407	SHAUN	ROBINSON	M 35 - 39	GRIMSBY TRIATHLON CLUB		7:51	1:23	40:51	1:16	20:23	1:11:42
41	482	SIMON	WOOD	M 40 - 44			7:28	1:26	42:53	1:36	18:25	1:11:47
42	518	ANTON	NEWELL	M 45 - 49	MANSFIELD TRIATHLON CLUB		7:29	1:05	41:25	1:04	20:48	1:11:49
43	538	STEPHEN	RACE	M 45 - 49	GRIMSBY TRIATHLON CLUB		6:09	1:13	42:24	1:09	21:08	1:12:01
44	359	STEPHEN	RIGGOTT	M 30 - 34	ABSOLUTE TRIATHLON CLUB		8:04	1:40	40:55	1:20	20:13	1:12:09
45	499	DOUGLAS	MALCOLM	M 45 - 49	RAF TRI / LINCOLN TRI		7:50	0:52	44:09	0:54	18:32	1:12:14
46	582	HANNAH	RIGHINI-BRAND	F 15 - 24	LEEDS BRADFORD TRIATHLON		5:54	0:56	45:03	1:06	19:33	1:12:30
47	529	CHRIS	SHOOTER	M 30 - 34	MANSFIELD TRIATHLON CLUB		6:47	0:48	43:58	1:04	20:10	1:12:44
48	603	DWANE	DONNOR	M 30 - 34			7:52	0:49	43:33	1:08	19:33	1:12:54
49	593	MARK	JOHNSON	M 40 - 44			5:54	1:46	42:14	1:15	21:51	1:12:58
50	453	JASON	DARK	M 40 - 44			7:47	1:14	43:20	1:03	19:43	1:13:04
51	442	RICHARD	VIDGEN	M 55 - 59	BARRACUDA TRIATHLON CLUB		8:09	0:53	44:03	1:01	19:10	1:13:13
52	429	JEREMY	NICHOLSON	M 40 - 44			8:11	1:04	41:23	1:03	22:01	1:13:40
53	496	TOM	LAWTON	M 30 - 34	BUGGERED GERBILS		7:27	1:08	44:07	1:17	19:48	1:13:45
54	567	STEVE	HENCHLEY	M 30 - 34	RACING TNT		6:42	1:06	45:17	1:09	19:38	1:13:50
55	533	LAYLA	CARTWRIGHT	F 25 - 29			6:25	1:47	42:59	1:08	21:40	1:13:57
56	361	PAUL	LUCAS	M 30 - 34			Lost Chip in Pool					1:14:00
57	388	JOHN	WATTAM	M 45 - 49	BLUE LAGOONERS TRIATHLON CLUB		6:50	0:53	44:11	1:13	20:58	1:14:04
58	581	SEAN	CALLOW	M 30 - 34	TFN TRI CLUB		5:27	1:31	44:49	1:07	21:13	1:14:05
59	445	TOM	DREW	M 45 - 49	SPALDING TRIATHLON CLUB		8:47	0:58	44:02	1:00	19:38	1:14:24
60	292	ANDY	NEWHAM	M 40 - 44	LINCOLN TRIATHLON CLUB		8:40	1:30	42:34	1:09	20:41	1:14:31
61	357	MARK	PRESTON	M 40 - 44	VELO CLUB LINCOLN		8:08	1:02	44:43	1:01	19:46	1:14:38
62	401	THOMAS	THATCHER	M 20 - 24	LINCOLN TRIATHLON CLUB		7:58	0:47	46:31	0:57	18:41	1:14:52
63	540	SARAH	DOWLING	F 40 - 44	GREENWICH TRITONS		7:26	1:42	45:28	1:01	19:24	1:14:58
64	512	MARK	JESZKE	M 35 - 39			8:16	1:42	44:47	0:55	19:29	1:15:07
65	397	PAUL	AUBREY	M 40 - 44	LINCOLN TRIATHLON CLUB		8:36	0:59	40:26	2:20	22:49	1:15:07
66	552	ANDREA	ROBINETT	F 25 - 29	STAMFORD TRIATHLON CLUB		7:22	1:05	45:24	1:19	20:14	1:15:22
67	484	PAUL	ROSE	M 45 - 49	SPALDING TRIATHLON CLUB		7:56	2:03	44:11	1:03	20:16	1:15:26
68	193	BO	HAYWOOD	F 15 - 24	LINCOLN TRIATHLON CLUB		7:01	1:06	47:27	0:45	19:09	1:15:26
69	565	JAMES	GRAHAM	M 40 - 44	SPALDING TRIATHLON CLUB		7:19	1:04	44:21	1:21	21:24	1:15:28
70	495	JON-PAUL	HEMMINGS	M 30 - 34			5:25	1:22	47:42	1:07	19:59	1:15:33
71	507	STEVE	ORNSBY	M 40 - 44	LINCSQUAD		7:22	1:04	44:48	1:00	21:28	1:15:40
72	134	MARTIN	HARKUS	M 35 - 39			11:04	0:46	41:57	1:08	20:48	1:15:41
73	463	PETER	ROSS	M 40 - 44			7:54	1:17	45:04	0:58	20:32	1:15:44
74	409	DAVID	EAGER	M 45 - 49			8:47	1:00	43:56	1:14	20:59	1:15:52
75	304	RIC	LONGCAKE	M 30 - 34	LINCSQUAD		9:19	1:22	43:20	1:06	20:50	1:15:54
76	555	CARL	JORDAN	M 40 - 44	MANSFIELD TRIATHLON CLUB		7:24	1:12	46:06	1:51	19:28	1:15:58
77	307	ADRIAN	WOOLLAS	M 30 - 34	LINCOLN TRIATHLON CLUB		8:51	0:47	44:37	0:49	20:59	1:16:02



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

78	390	CLAIRE	MACKINDER	F 25 - 29			7:45	1:02	44:49	1:20	21:11	1:16:05
79	465	BOHDAN	DAWYD	M 20 - 24	NO LIMITS TRIATHLON AND RUNNING CLUB		8:04	1:46	44:31	1:42	20:06	1:16:06
80	459	DAVE	GATES	M 55 - 59	LINCOLN TRIATHLON CLUB		8:14	1:11	42:48	1:05	22:53	1:16:09
81	321	ROSS	TAYLOR	M 40 - 44	LINCOLN TRIATHLON CLUB		9:06	1:14	44:45	1:11	19:59	1:16:13
82	558	KATIE	COOK	F 25 - 29			6:26	1:13	45:42	1:22	21:41	1:16:22
83	544	JACK	WALLER	M 15 - 19			6:13	1:36	48:02	0:45	19:55	1:16:30
84	411	RYAN	MILLS	M 30 - 34	RACING TNT		8:05	0:58	44:43	0:55	22:01	1:16:39
85	435	MARK	KEARNEY	M 45 - 49			7:48	1:08	43:28	1:11	23:10	1:16:43
86	447	DAVID	OAKTON	M 35 - 39	MANSFIELD TRIATHLON CLUB		8:31	1:17	43:38	1:23	21:59	1:16:46
87	483	ALAN	COOK	M 45 - 49	GRIMSBY TRIATHLON CLUB		7:32	1:10	44:57	1:05	22:03	1:16:46
88	347	JONATHAN	FOWLER	M 50 - 54			8:59	1:55	45:19	1:07	19:31	1:16:50
89	319	DARREN	KELLY	M 40 - 44	STAMFORD TRIATHLON CLUB		8:38	1:54			20:27	1:16:50
90	441	MICHAEL	STAINES	M 55 - 59	SPALDING TRIATHLON CLUB		8:10	1:10	43:43	1:12	22:42	1:16:56
91	460	SAM	PERKINS	M 30 - 34	4LIFE TRI CLUB		Lost Chip in Pool					1:17:00
92	316	JOHN	CATLEY	M 40 - 44	HALF RICE HALF CHIPS		8:44	1:39	43:35	1:16	21:54	1:17:07
93	196	ALLAN	CONNOLLY	M 35 - 39	COLLINGHAM TRI		8:59	1:01	46:15	1:11	20:01	1:17:25
94	506	MATTHEW	REED	M 35 - 39	SHEFFIELD TRIATHLON CLUB		8:03	1:13	47:20	1:21	19:38	1:17:33
95	399	PHILLIP	MARSHALL	M 25 - 29			8:52	1:23	44:59	2:03	20:26	1:17:42
96	466	BEN	CASSWELL	M 25 - 29	ELY TRI		7:22	1:45	45:11	1:46	21:43	1:17:45
97	381	GAVIN	RIGG	M 40 - 44	BCTTT		6:45	1:55	45:32	1:33	22:11	1:17:54
98	524	DAVID	MCMAHON	M 25 - 29			7:32	1:50	47:23	1:08	20:06	1:17:57
99	452	GARY	MARTIN	M 40 - 44	GRIMSBY TRIATHLON CLUB		8:39	1:27	44:56	1:13	21:44	1:17:57
100	536	DEAN	BETTS	M 40 - 44	RAF TRIATHLON		7:18	1:11	45:57	1:14	22:19	1:17:57
101	400	JULIAN	FERRIES	M 40 - 44	NEWMARKET CYCLING & TRIATHLON CLUB		7:43	1:26	44:12	1:30	23:11	1:17:59
102	284	TONY	VOUT	M 50 - 54	GI TRI		10:20	1:26	45:07	2:04	19:11	1:18:06
103	376	STEVE	WHITTLE	M 40 - 44	VIRGIN ACITVE		8:05	1:14	45:24	1:35	22:01	1:18:18
104	569	MAISEI	AUBREY	TEAM	LINCOLN TRIATHLON CLUB	TEAM AUBREY	6:54	0:44	46:59	0:45	22:58	1:18:18
105	542	RICHARD	NIXON	M 45 - 49	PACTRAC		7:03	1:24	46:34	1:33	21:48	1:18:20
106	260	STUART	BURNS	M 35 - 39			10:00	2:00	44:27	1:26	20:29	1:18:21
107	474	AIMEE	STOCKER	F 30 - 34	SPALDING TRIATHLON CLUB		8:33	1:02	45:43	1:14	21:58	1:18:28
108	385	DAVID	FALKINGHAM	M 40 - 44			8:17	1:06	45:17	1:12	22:41	1:18:31
109	503	LOUISE	ALLEN	F 35 - 39	GI TRI		7:59	1:13	44:36	1:29	23:15	1:18:31
110	454	EDDIE	CURRY	M 40 - 44	ABSOLUTE TRIATHLON CLUB		7:48	1:38	47:04	1:11	20:56	1:18:35
111	528	SARA	MICKLEBURGH	F 15 - 24	STAMFORD TRIATHLON CLUB		6:57	1:36	48:24	0:56	20:45	1:18:36
112	532	PAUL	FIRTH	M 35 - 39			6:06	2:02	48:54	1:16	20:23	1:18:38
113	539	HELEN	CROSSLEY	F 40 - 44	BPL BASSETLAW TRI CLUB		6:24	1:02	47:31	0:52	22:51	1:18:38
114	494	CHRISTOPHER	BROWN	M 55 - 59			8:07	1:36	47:13	1:28	20:23	1:18:43
115	501	JORDAN	BOAM	M 15 - 19	MANSFIELD TRIATHLON CLUB		7:35	1:40	49:05	0:57	19:35	1:18:50
116	367	TIM	ROBINSON	M 35 - 39			9:20	1:21	46:55	0:52	20:24	1:18:51



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

117	303	JAMES	MURRAY	M 25 - 29			8:36	2:40	46:43	0:45	20:10	1:18:53
118	464	DAVID	MCGILL	M 45 - 49	SPALDING TRIATHLON CLUB		7:51	1:02	48:29	1:01	20:33	1:18:53
119	546	MARY	HARDWICK	F 50 - 54	RUTLAND RUNNING CLUB		6:56	1:08	46:48	1:18	22:46	1:18:54
120	550	KARL	OWEN	M 30 - 34	STAMFORD TRIATHLON CLUB		7:16	1:34	47:14	1:10	21:44	1:18:57
121	335	RICHARD	TARRAN	M 50 - 54			9:07	2:11	46:47	1:13	19:46	1:19:02
122	308	MATTHEW	CRAVEN	M 30 - 34			8:58	1:46	44:48	1:35	21:57	1:19:02
123	471	CHRIS	FIRTH	M 30 - 34			6:41	2:11	49:14	0:53	20:20	1:19:16
124	250	MARTIN	BALL	M 35 - 39			7:08	2:43	46:45	0:49	21:54	1:19:18
125	255	GARETH	HUGHES	M 35 - 39			9:00	2:21	45:36	1:10	21:13	1:19:19
126	382	IAN	WINGFIELD	M 40 - 44			8:05	1:14	47:00	1:11	21:50	1:19:19
127	365	NIK	BADHAM	M 35 - 39			7:27	1:23	47:54	1:39	21:11	1:19:33
128	332	ANDREW	WARE	M 45 - 49			8:08	1:17	47:22	1:31	21:16	1:19:34
129	404	ADAM	COX	M 25 - 29			7:16	2:20	46:40	1:20	22:06	1:19:40
130	328	DERRY	O'NEILL	M 45 - 49			8:53	1:33	47:23	1:30	20:32	1:19:48
131	244	CHRISTOPHER	WOOD	M 30 - 34			7:30	1:22	49:44	1:24	19:53	1:19:51
132	469	RICHARD	ADKINS	M 30 - 34	RAF TRIATHLON		7:31	1:11	47:59	0:59	22:14	1:19:53
133	557	SARAH	HOLME	F 30 - 34	DERBYSHIRE POLICE		6:44	1:12	48:15	1:23	22:26	1:19:58
134	521	NICOLA	DURHAM	F 30 - 34			7:16	1:36	48:38	1:19	21:24	1:20:10
135	320	DONER KEBAB	BATEMAN	M 40 - 44	PSOF		9:07	1:36	45:59	1:01	22:39	1:20:20
136	296	RICHARD	EBANKS	M 45 - 49			11:21	1:23	44:33	1:23	21:43	1:20:21
137	340	JOHN	WILLIAMSON	M 55 - 59	TEAM TIMMY/LINCOLN TRI		9:28	1:57	45:23	1:09	22:26	1:20:21
138	417	PAUL	DAVIES	M 30 - 34	ROUNDHAY RUNNERS		8:23	3:17	47:18	1:34	19:59	1:20:30
139	534	SARAH	HULME	F 25 - 29	TORO CSC		7:28	1:23	48:15	1:08	22:21	1:20:34
140	448	STEVE	BELL	M 40 - 44			7:06	1:33	47:21	1:21	23:23	1:20:42
141	281	NATALIE	FARROW	F 35 - 39	LINCOLN WELLINGTON AC		9:08	1:20	50:45	1:06	18:35	1:20:53
142	236	TOM	TURTLE	M 20 - 24			9:44	2:09	47:35	1:01	20:27	1:20:53
143	241	MICHAEL	DUNCALF	M 25 - 29	LINDSEY ROADS CYCLING CLUB		9:45	1:38	44:58	1:16	23:25	1:21:00
144	403	LEE	ORNSBY	M 25 - 29			9:07	0:55	49:43	1:10	20:10	1:21:02
145	273	MARK	WILSON	M 45 - 49	LINCOLN BOUNDERS		8:59	1:38	46:09	1:29	22:51	1:21:03
146	508	NIGEL	LEAKER	M 50 - 54			8:33	2:00	47:29	1:31	21:37	1:21:08
147	121	ANDREW	LAWSON	M 50 - 54	LINCSQUAD		Lost Chip in Pool					1:21:15
148	559	ANDY	GRANVILLE	M 25 - 29	TFN TRI CLUB		7:20	1:10	48:32	1:42	22:38	1:21:19
149	13	STEVEN	HUGHES	M 35 - 39	WISH UPON A STAR		10:09	2:52	Lost Chip in Pool			1:21:22
150	412	RIC	DURRANT	M 45 - 49	STAMFORD TRIATHLON CLUB		8:14	1:23	48:35	1:20	21:56	1:21:27
151	375	STEVEN	BENTHAM	M 35 - 39	GRIMSBY JUDO CLUB		8:03	2:10	49:03	1:03	21:13	1:21:30
152	136	PHILLIP	WATSON	M 20 - 24			7:36	1:14	49:22	1:03	22:18	1:21:32
153	194	PETER	PRYKE	M 45 - 49			8:51	1:56	46:42	2:04	22:04	1:21:35
154	262	ROB	GILFOYLE	M 40 - 44	LINCOLN TRIATHLON CLUB		9:26	1:33	42:53	2:08	25:54	1:21:52
155	422	CHRIS	BAKER	M 35 - 39	JUST ME		7:41	1:44	47:07	1:59	23:25	1:21:54



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

156	379	DARREN	HESTER	M 40 - 44	ABSOLUTE TRIATHLON CLUB		7:37	1:19	47:20	1:27	24:13	1:21:54
157	80	NICKLAUS	STREETER	M 35 - 39			9:40	1:06	49:07	0:42	21:23	1:21:55
158	21	DANIEL	MORTIMER	M 30 - 34	ROYAL AIR FORCE TRIATHLON		8:38	2:21	48:26	1:27	21:19	1:22:09
159	266	KEVIN	SMITH	M 40 - 44			8:15	1:31	48:01	1:09	23:18	1:22:12
160	202	LUKE	HAMMOND	M 30 - 34	COLLINGHAM TRI		8:52	1:29	49:45	0:55	21:17	1:22:16
161	480	JANE	SCOTT	F 35 - 39			7:50	1:16	48:32	1:20	23:22	1:22:17
162	486	RHIANNA	PARKER - SIMPSON	F 25 - 29			7:30	2:12	52:11	1:49	18:39	1:22:20
163	157	PHIL	MCDERMOTT	M 35 - 39	ABSOLUTE TRIATHLON CLUB		10:55	1:51	47:31	1:13	20:53	1:22:20
164	225	TIM	LUPTON	M 30 - 34			9:06	3:04	47:24	1:24	21:29	1:22:26
165	391	COLIN	RICHARDSON	M 45 - 49			9:00	2:15	50:03	0:55	20:18	1:22:29
166	345	ANDREW	BOOKER	M 45 - 49			8:40	1:43	46:20	1:41	24:08	1:22:30
167	224	IAN	TALBOT	TEAM		TEAM TALBOT	10:25	0:43	49:16	0:47	21:23	1:22:32
168	545	MAGGI	TEBRAKE	F 45 - 49	TFN TRI CLUB		7:03	2:52	48:05	1:47	22:50	1:22:35
169	339	STEVE	ARMSTRONG	M 60 - 64			9:59	1:34	45:31	1:14	24:43	1:22:59
170	265	SEAN	HUTCHINGS	M 40 - 44			8:11	2:53	49:01	1:24	21:43	1:23:10
171	341	MARK	ROWLEY	M 50 - 54			8:23	1:37	47:39	2:35	23:00	1:23:11
172	352	DAMIAN	MITCHELL	M 50 - 54			10:15	1:40	48:31	1:18	21:37	1:23:19
173	443	RUTH	HADDOCK	F 35 - 39			8:27	1:42	49:39	1:13	22:31	1:23:31
174	362	CLINT	SAWYER	M 35 - 39	LWAC		9:05	1:52	50:33	1:04	20:59	1:23:32
175	363	STEPHEN	SWABY	M 35 - 39			9:03	1:33	49:56	1:39	21:26	1:23:35
176	424	PAUL	HODGSON	M 40 - 44			8:29	2:21	51:02	1:42	20:07	1:23:38
177	444	SARAH	ADLAM	F 45 - 49	LINCOLN TRIATHLON CLUB		9:47	2:31	44:45	1:44	24:58	1:23:42
178	370	RICHARD	HEPWORTH	M 35 - 39			9:14	1:42	47:17	2:43	22:52	1:23:44
179	527	KERRY	ROUGH	F 25 - 29	STAMFORD TRIATHLON CLUB		7:19	1:35	51:13	1:18	22:28	1:23:51
180	259	SEAN	ATTON	M 35 - 39			9:55	1:48	48:31	0:56	22:51	1:23:59
181	279	SIMON	MOSS	M 45 - 49			10:21	1:14	46:44	1:54	23:50	1:24:02
182	230	SIMON	WILKINSON	M 45 - 49			10:06	2:22	47:52	1:21	22:27	1:24:07
183	596	SAM	BROOMHEAD	M 15 - 19			6:32	1:42	53:29	1:14	21:18	1:24:12
184	369	PHIL	CLARKE	M 35 - 39			8:40	1:24	50:18	1:11	22:42	1:24:12
185	92	BEN	LANCASTER	M 35 - 39			11:08	1:38	46:53	1:38	22:56	1:24:12
186	434	ANDY	BUSH	M 45 - 49			8:06	2:05	51:22	1:36	21:14	1:24:21
187	386	MARK	PLAYER	M 40 - 44	STAMFORD TRIATHLON CLUB		9:17	2:22	47:54	1:57	22:54	1:24:23
188	602	IAN	CLARKE	M 50 - 54			9:36	1:48	47:07	1:41	24:13	1:24:23
189	354	KAREN	HAMES	F 55 - 59	GRIMSBY TRIATHLON CLUB		8:25	1:41	48:36	1:15	24:32	1:24:25
190	351	RICHARD	PARRY	M 40 - 44			8:47	1:28	47:04	1:51	25:20	1:24:27
191	291	STEVE	BEEVERS	M 35 - 39	LINCSQUAD		10:58	1:47	46:19	1:51	23:36	1:24:29
192	393	BRUCE LEE	NAYLOR	M 55 - 59			8:06	1:23	46:23	1:39	27:01	1:24:29
193	456	SANDRA	STEVENS	F 50 - 54			7:31	1:58	51:36	1:24	22:09	1:24:36
194	467	LIZ	FLEUTY	F 35 - 39	LINCOLN TRIATHLON CLUB		7:58	1:26	50:44	1:11	23:23	1:24:39



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

195	472	SCOTT	LANE	M 30 - 34	RETTFORD		9:18	1:19	50:42	1:27	22:01	1:24:46
196	329	JIM	PRYKE	M 45 - 49	DERBY TRIATHLON CLUB		9:13	1:46	49:31	1:38	22:41	1:24:47
197	500	KELVIN	O'NEIL	M 55 - 59	SPALDING TRIATHLON CLUB		7:50	2:15	47:24	1:27	26:00	1:24:53
198	181	STEVE	HUNT	M 50 - 54	LOUTH AC		10:42	2:33	51:17	0:57	19:28	1:24:55
199	502	JAMES	ROARK	M 20 - 24			6:20	1:39	52:52	1:12	22:55	1:24:57
200	7	JOE	DUANE	M 45 - 49			11:13	1:27	46:55	0:41	24:44	1:24:58
201	455	JAN	JOHNSON	F 55 +	EQUUS		7:44	1:04	50:38	1:00	24:44	1:25:09
202	368	DARREN	LIDDELL	M 35 - 39			8:03	1:38	48:28	2:06	24:57	1:25:10
203	461	NATALIE	CUTTS	F 25 - 29	THE MASSIVE		8:11	1:17	51:03	1:44	22:58	1:25:12
204	86	BRUCE	WILSON	M 25 - 29	MORTONS MEDIA GROUP		11:34	2:12	48:02	0:59	22:27	1:25:13
205	272	HAMISH	MCCONCHIE	M 45 - 49			11:16	1:46	48:58	0:59	22:25	1:25:22
206	158	PAUL	BELLWOOD	M 35 - 39	TEAM MANVERS		10:22	2:22	49:37	1:55	21:10	1:25:24
207	440	STUART	COX	M 50 - 54			9:10	1:46	48:47	1:24	24:35	1:25:40
208	468	CLAIRE	HEWITT	F 35 - 39			7:20	1:32	48:28	1:43	26:54	1:25:54
209	302	HARRY	LANE	M 15 - 19			9:36	2:05	51:23	1:41	21:14	1:25:56
210	268	RAY	BLACK	M 40 - 44			8:11	2:15	48:39	1:25	25:30	1:25:58
211	336	EMMA	MARSHALL-TELFER	F 40 - 44	PSOF		9:04	1:30	50:52	1:14	23:23	1:26:01
212	519	MARK	NEEDHAM	M 45 - 49			7:39	2:44	49:29	0:59	25:19	1:26:09
213	326	DAVID	FOSTER	M 40 - 44	TOONIE EXPRESS		8:42	1:35	52:38	1:31	21:49	1:26:14
214	274	PAUL	YOUNG	M 45 - 49			8:43	2:15	50:30	1:33	23:16	1:26:14
215	586	LEE	CUTHBERT	M 40 - 44	BTf RAF TRI ASSOC		18:12	1:48	44:54	1:14	20:11	1:26:17
216	97	DONALD	HISLOP	M 45 - 49			10:50	2:18	49:18	1:19	22:35	1:26:17
217	497	ALICE	NEWMAN	F 15 - 24			7:19	2:08	51:51	1:21	23:48	1:26:24
218	254	SIMON	MORGAN	M 35 - 39			8:06	1:27	53:05	1:12	22:37	1:26:25
219	112	SIMON	JONES	M 40 - 44			10:56	2:50	49:42	0:56	22:04	1:26:26
220	427	KEVIN	HAMLIN	M 40 - 44	STAMFORD TRIATHLON CLUB		8:20	1:27	49:16	1:49	25:40	1:26:30
221	541	DARREN	OATES	M 45 - 49	RISING TIDE RESEARCH		8:00	2:53	51:16	1:16	23:11	1:26:34
222	139	DEAN	MELBOURNE	M 25 - 29			9:45	1:15	53:59	1:40	19:59	1:26:35
223	148	KEVIN	WHITING	M 30 - 34			9:23	2:26	51:42	1:39	21:31	1:26:39
224	105	STEVE	ROBINSON	M 50 - 54			9:48	1:21	48:01	1:15	26:20	1:26:43
225	364	JAMES	BUTCHER	M 35 - 39	CHARNWOOD TRIATHLON CLUB		9:54	2:14	50:24	2:33	21:46	1:26:49
226	205	ADRIAN	WHEATLEY	M 40 - 44			10:59	1:40	48:54	1:40	23:41	1:26:53
227	141	JOHN	TOMLINSON	M 25 - 29			9:47	2:36	49:20	1:18	23:57	1:26:55
228	178	NICK	BROADBENT	M 50 - 54	DAVID LLOYD BURTON WATERS		9:37	1:47	48:15	1:00	26:19	1:26:57
229	151	PAUL	TAYLOR	M 30 - 34			10:04	2:53	51:06	1:41	21:17	1:26:59
230	183	MARTIN	WOOD	M 55 - 59	LINCOLN TRI / LINCOLNSHIRE POLICE		10:56	2:00	46:47	2:33	24:52	1:27:07
231	311	BECKI	WAGER	F 30 - 34	MANSFIELD TRIATHLON CLUB		10:19	1:56	51:04	1:37	22:17	1:27:11
232	289	GEORGE	EVANS	M 40 - 44	LINCSQUAD		8:02	3:04	50:38	2:05	23:30	1:27:17
233	394	MARK	CRACKNELL	M 50 - 54			8:30	1:40	49:59	1:44	25:28	1:27:18



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

234	213	ANDY	CHAMBERLAIN	M 45 - 49	SPALDING TRIATHLON CLUB		10:27	1:14	50:50	1:19	23:31	1:27:19
235	82	DOUGLAS	POOLE	M 60 - 64			10:12	3:23	49:18	1:23	23:07	1:27:21
236	491	MICHELLE	BUTLER	F 40 - 44			7:34	2:06	53:39	2:10	21:57	1:27:25
237	374	CHRIS	ELLIS	M 35 - 39	YELLOW VELLO BOSTON		9:34	1:12	49:16	1:08	26:16	1:27:25
238	523	ADAM	SELLARS	M 20 - 24	SPALDING TRIATHLON CLUB		7:51	1:32	49:10	0:46	28:23	1:27:39
239	450	JANET	TURLEY	F 45 - 49			8:09	2:13	53:08	0:49	23:23	1:27:40
240	164	GLYNE	CHAPMAN	M 40 - 44			9:28	1:10	52:00	1:58	23:08	1:27:42
241	389	ROY	JACKSON	M 45 - 49	LINCOLN TRIATHLON CLUB		8:00	1:55	48:58	1:32	27:19	1:27:42
242	383	SEAN	KING	M 40 - 44			8:39	1:59	50:06	1:25	25:39	1:27:46
243	237	TOM	AUSTEN	M 25 - 29			9:03	2:24	51:23	1:45	23:14	1:27:47
244	449	KATY	JOHNSON	F 25 - 29	STAMFORD TRIATHLON CLUB		8:00	1:58	54:33	1:06	22:20	1:27:55
245	144	ALYSON	WILE	F 35 - 39	NOTTS AC		10:58	2:00	52:25	1:17	21:19	1:27:57
246	159	CHRIS	GODDARD	M 35 - 39	TEAM MANVERS		10:19	3:11	51:05	2:14	21:14	1:28:00
247	510	BEV	HENDLEY	F 50 - 54			8:00	1:50	51:43	2:01	24:28	1:28:01
248	600	WILLIAM	CAWTE	M 15 - 19			5:45	1:07	59:10	0:51	21:10	1:28:02
249	142	MARTIN	BARRACLOUGH	M 25 - 29			9:49	1:40	51:04	1:27	24:07	1:28:05
250	285	STEWART	MACKENZIE	M 55 - 59			10:18	3:05	46:46	2:19	25:41	1:28:06
251	115	ADAM	FENTON-SMITH	M 40 - 44			10:08	3:02	49:58	2:38	22:25	1:28:09
252	87	SAMUEL	SMITH	M 30 - 34			9:19	2:13	52:04	2:04	22:40	1:28:17
253	118	NEIL	DODSWORTH	M 45 - 49			10:38	2:19	53:53	1:07	20:29	1:28:24
254	419	CLAIR	HUTCHINGS	F 40 - 44			8:39	0:59	54:40	1:00	23:08	1:28:24
255	294	GUDRUN	MEISL	F 45 - 49	TFN TRI CLUB		9:05	1:22	51:12	1:15	25:37	1:28:28
256	473	SALLY	LADLOW	F 40 - 44			8:34	2:13	51:52	2:08	23:44	1:28:29
257	135	ADAM	BAILEY	M 40 - 44			8:15	1:43	51:18	1:55	25:25	1:28:33
258	19	SIMON	WARD	M 30 - 34			12:37	3:04	48:04	2:23	22:29	1:28:34
259	278	TIM	WALKER	M 45 - 49			9:31	1:29	52:25	0:56	24:14	1:28:34
260	232	MIKE	GREEN	M 45 - 49	LINCS FIRE AND RESCUE		9:24	2:35	49:35	2:19	24:48	1:28:38
261	124	RICHARD	BAUGH	M 50 - 54			12:37	1:58	48:34	1:32	24:02	1:28:42
262	408	SADIE	AUBREY	F 40 - 44	LINCOLN TRIATHLON CLUB		8:13	1:38	52:13	2:56	23:45	1:28:43
263	182	ROBERT	HEATHCOTE	M 50 - 54			10:37	2:55	51:30	1:39	22:10	1:28:50
264	305	JO	PADLEY	F 15 - 24			8:05	1:12	54:29	1:13	23:55	1:28:52
265	423	NICHOLAS	O'MALLEY	M 35 - 39			10:22	1:21	54:21	1:53	20:58	1:28:53
266	187	MARK	ROBERTS	TEAM		CORDEAUX SCHOOL 1	9:04	1:06	49:27	1:02	28:19	1:28:55
267	160	MATT	BRIAN	M 35 - 39	VC LINCOLN		10:41	4:00	46:46	4:06	23:26	1:28:57
268	396	JANE	GALLAGHER	F 30 - 34	SPALDING TRIATHLON CLUB		9:22	1:38	53:19	1:01	23:40	1:28:57
269	338	STEPHEN	STEAD	M 60 - 64	BURTON WATERS - LINCOLN		10:13	1:37	48:46	1:27	26:57	1:28:58
270	380	DAVID	CLAPHAM	M 40 - 44			9:13	1:35	53:54	1:36	22:43	1:28:59
271	300	RUTH	WILSON	F 40 - 44			9:47	1:28	51:45	2:30	23:33	1:29:01
272	428	STEVEN	POOK	M 40 - 44	RAF TRI		9:19	2:01	47:26	2:03	28:16	1:29:03



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

273	189	GUY	KEMP	M 35 - 39		10:25	2:18	50:22	1:38	24:23	1:29:04
274	175	GRAEME	EWEN	M 45 - 49	ASPIRE GYM	9:56	2:01	51:06	1:46	24:19	1:29:07
275	295	ANDREW	CASSIDY	M 45 - 49		9:33	3:12	51:01	1:16	24:09	1:29:10
276	322	CHARLIE	FOSTER	M 40 - 44		9:32	1:54	54:05	1:08	22:42	1:29:19
277	96	KAREN	NIX	F 30 - 34		11:04	2:36	50:46	1:14	23:41	1:29:20
278	346	SIMON	ENRIGHT	M 45 - 49		9:43	4:11	52:08	1:55	21:30	1:29:25
279	180	JOANNA	JAMIESON	F 35 - 39		10:24	2:43	51:35	1:22	23:24	1:29:26
280	287	TRACEY	BROWN	F 45 - 49	GRIMSBY TRIATHLON CLUB	8:51	1:35	51:30	1:24	26:12	1:29:30
281	88	RUSSELL	DAWES	M 35 - 39		12:48	3:12	49:14	1:27	22:53	1:29:32
282	430	MARTIN	JESSOP	M 40 - 44		9:09	3:42	52:59	1:01	22:46	1:29:36
283	8	ASHLEY	GREGORY	M 25 - 29		8:19	4:27	50:38	2:39	23:35	1:29:36
284	123	ALASDAIR	MORRISON	M 50 - 54		8:59	2:27	48:51	1:55	27:27	1:29:37
285	504	ANGELA	MCGILL	F 40 - 44	SPALDING TRIATHLON CLUB	7:53	1:52	54:19	0:54	24:43	1:29:39
286	218	ROBERT	HAWORTH	M 55 - 59	GRANTHAM TRI	10:57	2:15	52:20	1:32	22:41	1:29:43
287	127	GARY	BARNES	M 50 - 54		9:18	2:11	50:10	1:08	27:09	1:29:55
288	20	NOEL	ADKINS	M 30 - 34		9:50	1:48	52:57	0:48	24:43	1:30:03
289	129	JONATHAN	MATTHEWS	M 45 - 49		8:33	1:27	52:55	1:47	25:23	1:30:03
290	214	MARK	STEVENS	M 50 - 54		9:11	1:49	51:19	1:52	25:56	1:30:04
291	220	ROBERT	HURST	M 55 - 59		9:00	3:02	49:00	1:25	27:39	1:30:04
292	432	JULIE	KITCHEN	F 40 - 44		8:32	2:13	53:55	1:15	24:12	1:30:05
293	64	CHRIS	REDFEARN	M 45 - 49		11:47	3:31	48:52	0:55	25:04	1:30:07
294	99	NIGEL	EASTAUGH	M 50 - 54		9:52	1:47	50:44	2:32	25:16	1:30:08
295	355	MATTHEW	SCHOFIELD	M 40 - 44		7:47	2:14	55:03	1:56	23:12	1:30:09
296	2	DEAN	LILEY	M 45 - 49		13:10	1:34	47:16	2:34	25:37	1:30:09
297	200	DAMON	HEDGES	M 35 - 39		10:01	2:29	52:47	1:08	23:47	1:30:10
298	154	CHRIS	AMIS	M 35 - 39		10:43	3:17	53:36	1:05	21:33	1:30:11
299	551	VICTORIA	PLAYER	F 40 - 44		6:41	1:59	55:46	1:26	24:25	1:30:14
300	210	EMMA	SMITH	F 35 - 39	VEGETARIAN CYCLING & ATHLETIC CLUB	10:25	2:04	51:26	1:46	24:36	1:30:15
301	425	ALISON	STAINES	F 40 - 44		9:03	1:57	53:56	2:10	23:16	1:30:19
302	314	ALAN	HEAP	M 35 - 39	ADWICK TRI CLUB	8:28	2:15	53:11	1:27	25:10	1:30:28
303	297	MICK	DAVENPORT	M 50 - 54		8:59	1:56	56:07	1:23	22:12	1:30:36
304	431	LISA	CUTHBERT	F 40 - 44	LINCOLN TRIATHLON CLUB	8:29	1:41	52:28	1:50	26:15	1:30:41
305	261	DANIEL	WILSON	M 40 - 44	MANSFIELD TRIATHLON CLUB	9:52	2:02	54:10	1:40	23:20	1:31:02
306	485	GEMMA	WRIGHT	F 25 - 29		7:43	2:14	53:48	1:26	25:57	1:31:05
307	165	DAVID	HANDLEY	M 40 - 44		9:53	1:35	50:45	1:44	27:18	1:31:13
308	156	RACHEL	NEEDHAM	F 15 - 24		11:18	1:56	55:05	0:55	22:03	1:31:15
309	208	RICHARD	CONWAY	M 45 - 49		9:54	2:21	51:38	1:30	26:03	1:31:24
310	74	TOM	WILKINSON	M 45 - 49		10:38	2:53	51:32	1:43	24:43	1:31:26
311	283	NICHOLAS	HUMPHRY	M 50 - 54		10:24	2:23	52:24	1:41	24:38	1:31:29



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

312	223	LES	PERCIVAL	M 55 - 59			10:28	3:31	52:31	1:10	23:53	1:31:31
313	85	CHRIS	BELL	M 25 - 29			10:29	3:20	54:39	1:35	21:33	1:31:33
314	122	IAN	FILBY	M 50 - 54			11:56	1:58	51:18	2:24	24:03	1:31:37
315	58	MARK	DOUGHTY	M 35 - 39			12:07	2:07	49:41	2:17	25:27	1:31:37
316	327	ANDREW	DIXON	M 45 - 49			9:37	1:36	49:58	1:34	29:09	1:31:51
317	9	THOMAS	ROBINSON	M 25 - 29	LINCOLN TRIATHLON CLUB		9:21	1:56	55:45	1:08	23:46	1:31:55
318	299	KAREN	HODGSON	F 40 - 44			8:17	1:52	54:57	1:42	25:15	1:32:01
319	594	ANDREW	LIDGARD	M 30 - 34			7:22	2:08	58:14	0:53	23:33	1:32:08
320	248	DENNIS	STAPLES	M 30 - 34	LINCOLN TRIATHLON CLUB		10:19	2:42	53:52	1:32	23:47	1:32:11
321	4	ANDREW	FOSKETT	M 25 - 29			8:25	1:20	55:19	2:29	24:40	1:32:11
322	70	JUSTIN	HACKNEY	M 40 - 44			11:40	2:18	51:24	2:01	24:56	1:32:17
323	190	ANDT	PARKER	M 40 - 44			11:21	2:38	53:46	1:13	23:25	1:32:20
324	282	CHARLOTTE	WILLIAMSON	F 40 - 44	LINCOLN TRIATHLON CLUB		9:49	2:22	53:53	1:41	24:45	1:32:28
325	44	LAWRENCE	COLLINS	M 35 - 39			12:00	2:17	54:15	0:54	23:09	1:32:34
326	348	JACQUI	GRAY	F 35 - 39	LINCOLN TRIATHLON CLUB		8:49	2:48	55:49	1:20	23:50	1:32:34
327	147	JULIO	REBOLLAR	M 30 - 34			9:33	3:31	54:58	2:36	22:02	1:32:38
328	212	MARK	FORSHAW	M 45 - 49			10:13	3:13	53:31	1:12	24:35	1:32:42
329	67	NICK	BORRILL	M 50 - 54			11:01	2:31	53:17	1:03	24:57	1:32:47
330	257	HANNAH	MYERS	F 15 - 24			10:04	2:08	52:20	2:04	26:15	1:32:49
331	228	SUE	DAWSON	F 40 - 44			9:19	3:54	55:44	2:20	21:41	1:32:56
332	324	HENDERSON	CLARK - ROY	M 45 - 49	NO LIMITS RUNNING AND TRIATHLON CLUB		20:02	1:50	47:46	1:44	21:41	1:33:02
333	155	LOUISE	HYDE	F 45 - 49			10:44	2:03	53:37	1:04	25:40	1:33:06
334	253	RUARY	EDMOND	M 35 - 39			9:54	2:08	54:54	2:03	24:10	1:33:07
335	313	EUAN	CHRISTER	M 35 - 39			8:27	1:45	55:45	0:57	26:18	1:33:11
336	312	DEBORAH	KERRY	F 30 - 34			9:28	1:36	56:01	1:29	25:03	1:33:35
337	413	MICHAEL	CONNELLY	M 55 - 59			8:01	2:08	53:26	1:19	28:48	1:33:40
338	349	MURRAY	HOWITT	M 55 - 59			9:17	1:27	47:56	1:35	33:38	1:33:51
339	576	HOLLIE	WELLS	F 25 - 29			6:29	2:53	57:00	1:41	25:57	1:33:58
340	371	WAYNE	HARVEY	M 35 - 39			10:35	1:57	55:03	1:05	25:22	1:34:00
341	315	KEVIN	ORNSBY	M 35 - 39	LINCSQUAD		9:25	1:55	55:51	1:40	25:21	1:34:10
342	111	PAUL	TOOBY	M 40 - 44			9:52	1:32	52:19	1:00	29:31	1:34:11
343	426	DEBORAH	SUTTON	F 40 - 44			8:47	2:48	54:24	1:25	27:04	1:34:27
344	226	MARK	GOSS	M 40 - 44			9:27	1:56	56:55	1:11	25:11	1:34:39
345	366	ISOBEL	MYERS	F 15 - 24			8:16	3:00	58:31	2:26	22:33	1:34:45
346	478	DARREN	GARTON	M 40 - 44			8:29	2:17	59:43	0:53	23:26	1:34:47
347	288	PAULA	WHEATLEY	F 40 - 44	TFN TRI CLUB		10:07	1:56	53:52	1:41	27:15	1:34:49
348	174	KATE	SIMONS	F 35 - 39			10:35	1:37	54:57	1:00	26:43	1:34:50
349	28	DEREK	KING	M 35 - 39			11:40	2:29	53:31	1:56	25:18	1:34:52
350	172	IAN	BULLASS	M 40 - 44			9:49	2:06	55:16	1:41	26:10	1:35:00



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

351	169	SHAFIQUE	AHMAD	M 40 - 44			11:19	1:38	54:39	2:11	25:23	1:35:07
352	140	THOMAS	ATHERTON	M 25 - 29			11:49	2:15	55:47	2:22	23:11	1:35:22
353	245	LAURIE	COHEN	F 50 - 54			9:45	2:23	57:05	1:59	24:15	1:35:23
354	171	IAN	POWIS	M 40 - 44			9:50	2:38	52:29	3:00	27:37	1:35:30
355	350	MARK	FERNLEY	M 25 - 29			9:20	3:05	51:34	2:23	29:12	1:35:34
356	246	CLAIRE	TOMLINSON	F 25 - 29	LONDON FIELDS TRIATHLON CLUB		8:56	3:40	55:49	1:32	25:41	1:35:35
357	317	WENDY	LANE	F 40 - 44	SPALDING TRIATHLON CLUB		10:10	1:53	55:36	1:47	26:15	1:35:38
358	106	ADRIAN	RISDALL	M 45 - 49			11:46	2:51	53:05	2:04	25:56	1:35:40
359	275	JO	SUMMERS	F 30 - 34	BPL BASSETLAW TRI CLUB		10:05	1:59	57:27	1:22	24:54	1:35:45
360	298	JAMES	BOULTON	M 45 - 49			9:42	2:27	55:10	2:00	26:28	1:35:45
361	132	NATALIE	EASTAUGH	F 40 - 44			11:08	2:18	54:09	2:26	25:49	1:35:48
362	509	NICOLA	WEBB	F 40 - 44			8:18	2:18	57:58	2:30	24:46	1:35:49
363	137	TRACY	SHARP	F 40 - 44			12:00	2:27	54:56	0:59	25:30	1:35:49
364	209	TANYA	DAVIES	F 35 - 39	LINCSQUAD		11:16	1:43	54:48	1:28	26:40	1:35:53
365	516	SANDIE	MARLOW	F 45 - 49	STAMFORD TRIATHLON CLUB		7:38	2:00	57:07	1:44	27:28	1:35:55
366	290	STEVE	SWALLOW	M 45 - 49			18:32	3:10	49:26	1:06	23:46	1:35:58
367	40	JODY	LEGGATE	M 35 - 39			12:13	2:12	54:29	1:39	25:30	1:36:00
368	73	RUSSELL	JONES	M 50 - 54			11:28	2:13	54:16	1:24	26:50	1:36:09
369	95	CORI	SYRNYK	F 30 - 34			9:45	3:28	56:41	0:55	25:25	1:36:12
370	103	RUSS	MCLUCKIE	M 65 +			12:43	2:49	53:06	1:33	26:17	1:36:25
371	78	ANNETTE	EASOM	F 50 - 54	BASSETLAW TRIATHLON CLUB		11:52	3:04	55:05	1:27	25:02	1:36:27
372	109	DEAN	HUTCHINSON	M 35 - 39	RASEN RUGBY CLUB		12:30	2:33	52:01	1:41	27:53	1:36:36
373	337	TONY	SCHUMACHER	M 55 - 59	YORK KNAVESMIRE HARRIERS		11:48	2:17	54:50	2:03	25:42	1:36:37
374	38	GLEN	DOUGLAS	M 40 - 44			10:23	3:33	49:19	1:48	31:38	1:36:38
375	342	CAROL	O'CONNOR	F 45 - 49	WAKEFIELD TRIATHLON CLUB		9:37	1:44	56:31	2:06	26:46	1:36:41
376	227	SARA	RICHARDS	F 40 - 44			11:17	1:58	56:05	2:10	25:14	1:36:42
377	52	LEIGH	MACDONALD	M 25 - 29	LAKESIDE LINCOLN RUNNING CLUB		12:41	3:59	58:24	1:01	20:51	1:36:53
378	276	RACHEL	COURTNEY	F 30 - 34			9:20	2:11	54:48	2:25	28:28	1:37:10
379	26	CHRIS	DAWSON	M 55 - 59			15:13	2:49	52:26	2:22	24:25	1:37:13
380	330	ALISON	BOARDMAN	F 45 - 49			7:36	2:36	54:44	1:46	30:34	1:37:14
381	41	GILLIAN MARY	FEWSTER	F 35 - 39			12:16	1:58	56:41	1:46	24:37	1:37:16
382	184	PAUL	DUNCAN	M 60 - 64	DUNSTON DUCKS		11:04	3:03	53:27	2:23	27:21	1:37:16
383	104	MICHAEL	GILDER	M 35 - 39			11:18	1:30	58:41	1:26	24:25	1:37:17
384	128	JASON	MASTERMAN	M 40 - 44			13:34	2:14	53:13	2:15	26:03	1:37:17
385	334	PAUL	HARDY	M 45 - 49			8:36	2:18	57:54	2:06	26:25	1:37:18
386	479	HEATHER	GRAHAM	F 35 - 39			7:49	2:10	57:16	1:05	29:03	1:37:21
387	77	KATE	TUCKER	F 35 - 39			10:01	3:15	53:52	1:05	29:17	1:37:29
388	247	CARL	SCHUMACHER	M 30 - 34			10:40	3:17	57:39	2:06	24:01	1:37:40
389	264	KIMBERLEY	WARD	F 25 - 29			9:04	3:13	58:30	1:42	25:16	1:37:43



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

390	293	CLARE	CAPELL	F 30 - 34		9:50	2:26	57:54	1:15	26:24	1:37:47
391	333	CHARLES	BOARDMAN	M 45 - 49	GRIMSBY TRIATHLON CLUB	8:54	2:08	53:58	2:17	30:32	1:37:47
392	10	HARRY	ROBERTS	M 20 - 24		11:47	1:43	1:00:09	0:40	23:50	1:38:08
393	162	SARAH	MORGAN	F 25 - 29		9:35	2:43	57:08	2:15	26:40	1:38:20
394	57	CHRIS	KURKOWSKI	M 35 - 39		13:54	5:17	50:42	2:27	26:04	1:38:22
395	258	SOPHIE	FINN	F 25 - 29		9:33	2:31	55:06	2:27	29:17	1:38:52
396	216	BRITTE	CAIRNS	F 35 - 39		8:31	2:19	1:00:09	0:59	27:08	1:39:05
397	116	IAN	SACKREE	M 40 - 44		11:56	3:47	55:08	1:01	27:17	1:39:07
398	198	JULIE	WILSON	F 45 - 49		10:16	3:02	59:00	1:09	25:46	1:39:11
399	51	DANIEL	JONES	M 25 - 29		11:22	2:11	1:00:32	0:53	24:18	1:39:14
400	462	SARAH	KAYE	F 35 - 39	MANSFIELD TRIATHLON CLUB	8:57	2:22	59:22	2:24	26:13	1:39:16
401	14	STEVE	NEEDHAM	M 60 - 64	NOTFAST RC	16:23	1:53	52:08	0:51	28:03	1:39:16
402	222	LINDSEY	STUART	F 40 - 44		10:31	1:37	58:55	1:24	26:53	1:39:18
403	199	IAN	DENNANT	M 20 - 24		10:36	2:37	1:02:08	2:15	21:45	1:39:19
404	179	ANNA	CHAPMAN	F 35 - 39		10:23	2:30	57:30	1:39	27:38	1:39:38
405	492	LILY	ROSS	F 15 - 24		7:36	3:21	1:01:04	1:10	26:47	1:39:57
406	71	TINA	GEE	F 50 - 54		12:57	1:39	58:24	2:00	25:01	1:39:59
407	152	TIM	HAWLEY	M 30 - 34		10:22	3:34	1:00:07	1:26	24:34	1:40:01
408	11	JO	AKRILL	F 40 - 44		13:15	2:17	59:14	1:18	24:02	1:40:04
409	27	MICHAEL	BIRD	M 55 - 59	MANSFIELD TRIATHLON CLUB	13:38	3:32	54:02	2:06	26:58	1:40:14
410	63	NEILL	MISON	M 45 - 49	FERNWOOD RUNNING CLUB	14:41	4:34	54:13	2:37	24:46	1:40:48
411	406	DAVID	ROBSON	M 35 - 39		9:13	3:44	57:07	2:45	28:05	1:40:52
412	91	ANDREW	FOX	M 35 - 39		10:53	4:00	56:56	0:42	28:28	1:40:56
413	163	SIMON	WILKINSON	M 35 - 39		10:02	2:19	1:02:43	0:56	25:05	1:41:03
414	100	ANTHONY	RILEY	M 55 - 59	SUTTON-IN-ASHFIELD HARRIERS	12:12	0:50	57:26	1:33	29:06	1:41:06
415	90	NINA	MARSHALL	F 25 - 29		11:23	3:08	56:17	1:01	29:27	1:41:14
416	6	LIZ	DOCKERTY	F 45 - 49	LINCOLN TRIATHLON CLUB	13:22	3:19	54:03	1:26	29:18	1:41:26
417	15	PAUL	BUSSINGHAM	M 40 - 44		13:04	2:27	52:24	1:45	31:49	1:41:26
418	65	KERRY	DREWERY	F 40 - 44		10:40	1:54	1:02:26	2:03	24:26	1:41:27
419	94	CHARLES	PATRICK	M 35 - 39		11:58	3:24	58:54	2:02	25:18	1:41:34
420	270	CLAIRE	SHARPE	F 30 - 34		8:12	3:18	1:02:29	2:25	25:21	1:41:43
421	117	ANDY	KING	M 40 - 44		13:27	1:28	1:00:11	1:33	25:17	1:41:54
422	30	MICHELLE	MORTIMER	F 30 - 34	WITHAM RUNNERS	13:19	2:53	59:26	1:22	24:59	1:41:57
423	221	ANTONIA	NICHOLSON	F 35 - 39	GI TRI	11:45	2:04	56:43	1:43	29:45	1:41:57
424	108	SAMANTHA	FRANKS	F 45 - 49		10:20	3:33	56:07	3:09	29:01	1:42:07
425	252	LUCY	STEPHEN	F 30 - 34	GI TRI	9:47	3:12	57:54	1:22	29:58	1:42:11
426	53	MICHELLE	HOPPING	F 35 - 39		12:00	2:09	57:25	1:26	29:21	1:42:19
427	39	MATT	CUTTS	M 35 - 39		15:04	1:48	57:59	1:18	26:17	1:42:23
428	150	MARGARET	HUTCHINGS	F 45 - 49		10:24	3:46	55:56	2:21	30:04	1:42:29



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

429	68	RUSSELL	DREWERY	M 50 - 54			13:18	3:35	55:00	2:29	28:14	1:42:35
430	125	REBECCA	FREEMAN	F 30 - 34			11:00	2:50	59:21	1:03	28:27	1:42:39
431	110	TOM	OLIVER	M 25 - 29			12:04	2:34	1:02:57	1:33	23:44	1:42:50
432	235	ALEX	MCQUEEN	M 15 - 19	STAMFORD TRIATHLON CLUB		12:12	3:11	59:32	2:03	26:11	1:43:06
433	149	KATE	CONWAY	F 40 - 44			11:15	3:27	59:29	1:28	27:39	1:43:15
434	17	LOU	HENDERSON	F 30 - 34			11:38	3:55	59:24	1:13	27:10	1:43:19
435	131	SANDY	TURNER	F 40 - 44			10:35	1:46	56:13	1:08	33:40	1:43:20
436	318	KATE	KEMP	F 40 - 44	LOUTH SWIMMING CLUB		8:30	3:23	1:01:19	2:08	28:06	1:43:24
437	201	CAMERON	JACKSON	M 25 - 29			10:54	2:38	1:02:41	1:38	25:38	1:43:27
438	251	CLAIRE	FURZE	F 40 - 44			13:21	3:17	59:53	2:29	24:35	1:43:32
439	185	KIRSTEN	HOWELLS	F 35 - 39	WOODLANDS		14:08	2:52	55:22	1:25	29:48	1:43:32
440	35	MAXINE	MUSSELL	F 40 - 44			13:15	1:01	1:01:19	1:27	26:35	1:43:35
441	49	DARREN	WILSON	M 40 - 44			12:44	4:33	59:42	1:40	25:17	1:43:54
442	24	DANIELLE	FORSEY	F 25 - 29			11:16	2:05	1:03:45	1:04	25:50	1:43:57
443	243	DANIEL	COLE	M 30 - 34			10:40	3:05	59:49	1:31	29:09	1:44:11
444	176	DAVE	RAMSCAR	M 45 - 49			11:15	3:08	57:56	1:48	30:12	1:44:17
445	234	SARAH	SIMMONS	F 45 - 49			8:29	2:55	1:03:57	1:23	27:50	1:44:30
446	5	PAM	WILSON	M 45 - 49	LINCOLN TRIATHLON CLUB		12:38	2:32	1:00:56	1:15	27:25	1:44:45
447	206	LEE	MADDOCK	M 40 - 44			14:49	3:49	55:52	1:47	28:41	1:44:56
448	269	FAYE	YOUNG	F 25 - 29			9:42	2:57	59:56	2:04	30:51	1:45:27
449	107	JANINE	SHEEHAN	F 45 - 49	STAMFORD TRIATHLON CLUB		15:30	3:30	55:08	2:47	28:45	1:45:39
450	33	GARRY	ORNSBY	M 40 - 44			11:44	3:24	57:48	1:24	31:21	1:45:39
451	343	TREVOR	GRAYSTON	M 25 - 29			10:26	2:19	58:37	1:48	32:42	1:45:51
452	437	DIANE	BARKER	F 45 - 49			8:35	3:24	1:05:26	1:28	27:01	1:45:52
453	414	JO	CAMPBELL	F 40 - 44			8:29	3:06	1:02:19	2:06	30:32	1:46:30
454	188	EMILY	ROBERTS	TEAM		CORDEAUX SCHOOL 2	10:27	1:08	1:06:15	1:02	27:51	1:46:41
455	372	ZOE	LINDLEY	F 25 - 29			7:26	2:26	1:05:36	1:28	29:58	1:46:52
456	537	DAVID	HARVEY	M 40 - 44			6:55	2:47	1:04:32	1:05	31:42	1:46:58
457	31	PAUL	COATHUP	M 55 - 59	DUNSTON DUCKS		11:43	4:13	1:00:05	1:08	30:25	1:47:32
458	48	FIONA	GASH	F 35 - 39			12:00	2:13	1:02:59	1:02	29:29	1:47:41
459	84	CAROLE	KISBY	F 50 - 54			12:54	4:31	59:39	2:18	28:34	1:47:54
460	89	LISA	HOLMES	F 40 - 44			10:30	2:21	1:08:17	1:13	25:41	1:47:59
461	191	SHARON	KIRBY	F 40 - 44			11:55	1:43	59:43	1:28	33:26	1:48:13
462	358	SIMON	REDFEARN	M 20 - 24			10:50	4:37	1:02:08	1:15	29:30	1:48:19
463	378	ANNA	SMITH-CLARE	F 25 - 29			9:20	2:21	1:08:01	1:46	27:00	1:48:26
464	161	EMILY	FORBES	F 25 - 29			11:02	2:58	1:03:54	1:09	29:28	1:48:28
465	50	STEVEN	HARRIS	M 45 - 49			11:00	3:06	58:49	1:00	34:42	1:48:36
466	22	RICHARD	STUART	M 40 - 44			20:26	2:52	57:57	2:26	25:10	1:48:50
467	286	BRIAN	TODD	M 65 +			11:16	2:02	53:06	2:55	39:53	1:49:10



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

468	114	JULIE	WILKINSON	F 50 - 54			13:29	2:43	59:48	1:00	32:27	1:49:25
469	215	TRACEY	MAYFIELD	F 35 - 39	GI TRI		10:31	2:31	1:01:19	1:40	33:47	1:49:45
470	76	WILL	BOURNE	TEAM		WILL TRI ANYTHING	10:29	1:03	1:09:30	1:03	27:47	1:49:50
471	102	MICHELLE	TEARE	F 45 - 49			10:05	3:24	1:00:19	1:39	34:33	1:49:59
472	66	RACHEL	DILLON	F 45 - 49			11:12	3:28	1:06:59	1:33	26:59	1:50:09
473	101	KATE	ROBERTS	F 35 - 39			10:22	3:11	1:01:12	1:33	33:56	1:50:12
474	61	STEPHEN	AUBREY	M 40 - 44			15:24	3:02	58:27	1:30	32:01	1:50:21
475	126	DAWN	WARING	F 35 - 39			10:58	2:55	1:03:41	1:26	31:25	1:50:23
476	360	ZOE	JONES	F 45 - 49	MANSFIELD TRIATHLON CLUB		10:13	2:26	1:01:00	1:19	35:29	1:50:25
477	168	JANINE	CIONI	F 30 - 34			8:54	2:53	1:09:27	1:12	28:05	1:50:29
478	249	ZAC	TODD	M 30 - 34			10:37	2:57	51:53	2:54	42:16	1:50:35
479	458	KEITH	SMITH	M 45 - 49			8:36	2:27	1:04:34	1:33	34:29	1:51:36
480	60	KATHERINE	BRETAN	F 55 +			21:59	1:15	59:06	1:06	28:24	1:51:48
481	54	BEV	FIELDING	F 45 - 49			11:00	2:55	1:03:03	1:17	33:39	1:51:52
482	62	CARL	TEARE	M 40 - 44	TRITALK.CO.UK		11:05	2:49	1:02:30	1:36	33:55	1:51:53
483	301	NATHAN	HARVEY	M 15 - 19			8:53	4:52	1:00:38	1:46	35:46	1:51:53
484	46	STEPHEN	JOHNSON	M 65 +	WOLDS VETERAN RUNNERS CLUB		13:43	4:10	1:04:18	1:22	28:24	1:51:56
485	113	SUE	FROST	F 45 - 49			14:05	2:51	57:28	2:04	36:59	1:53:25
486	166	PETER	WHITLAM	M 40 - 44			12:51	4:29	1:01:40	2:33	32:00	1:53:31
487	36	JAYNE	WINGAD	F 40 - 44			11:00	4:08	1:07:43	1:24	29:39	1:53:52
488	420	ASHA	POOK	F 40 - 44			9:32	4:17	1:12:18	1:27	27:00	1:54:32
489	204	TONI	LIDGARD	F 50 - 54			13:47	3:38	1:03:05	3:55	30:23	1:54:46
490	133	JAMIE	SIMS	M 35 - 39			11:44	3:35	1:11:45	2:27	25:37	1:55:06
491	37	TREVOR	PARKINSON	M 55 - 59			11:31	3:50	1:03:02	1:15	35:41	1:55:17
492	47	DIANE	DAWSON	F 35 - 39			17:31	1:49	1:04:16	1:34	30:36	1:55:45
493	173	BARBARA	BLANCHARD	F 30 - 34			9:52	2:34	1:08:34	1:43	34:16	1:56:57
494	457	MATT	BISHOP	M 40 - 44			8:47	1:09	1:16:55	0:48	30:41	1:58:18
495	240	PAULA	ROTHERAM	F 45 - 49			9:23	2:40	1:13:43	2:18	31:07	1:59:09
496	83	KIRA	GREEN	F 45 - 49	GI TRI		11:21	4:16	1:08:11	2:44	34:55	2:01:26
497	29	NICOLA	JEBBETT	F 30 - 34			14:57	2:56	1:12:11	1:13	31:33	2:02:48
498	79	ANDREW	TOFTS	M 50 - 54			10:52	5:42	1:09:16	2:16	36:04	2:04:08
499	1	JIM	PARKER	M 40 - 44	LINCOLN TRIATHLON CLUB		16:41	2:09	1:10:37	1:07	34:48	2:05:20
500	203	JACKIE	HALL	F 50 - 54			11:13	4:06	1:09:44	2:14	38:17	2:05:31
501	56	ANDREW	CRAVEN	M 35 - 39			13:18	4:43	1:12:04	2:14	33:26	2:05:42
502	23	AOIFE-LOURDES	WALSH-KAVANAGH	F 25 - 29			11:16	2:05	1:17:22	1:13	34:48	2:06:42
503	263	TRACEY	ANDREWS	F 25 - 29	DUNSTON DUCKS		9:27	2:40	1:13:07	1:29	40:32	2:07:13
504	167	HAZEL	COATHUP	F 25 - 29	DUNSTON DUCKS		11:21	3:02	1:25:10	2:04	30:46	2:12:20
505	306	KATHERINE	ANDREWS	F 25 - 29	DUNSTON DUCKS		10:03	2:56	1:13:29	1:23	44:57	2:12:46
506	18	JULIE	HOPCROFT	F 45 - 49			12:18	2:10				2:16:20



WOODHALL SPA TRIATHLON 2012 - FINAL RESULTS
EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

507	12	SUSAN	NEEDHAM	F 50 - 54			19:57	3:14	1:13:37	2:15	38:34	2:17:35
508	601	KIM	STANSFIELD	F 50 - 54	DUNSTON DUCKS		12:43	6:05	1:19:22	2:53	38:22	2:19:24
509	72	JULIE	ORNSBY	F 30 - 34			16:31	2:04	1:24:06	2:50	36:36	2:22:06
510	229	JAGJIT	RAI	M 45 - 49			Incomplete Swim	4:30	1:07:06	3:21	24:32	1:45:37