

A.W.Jenkinson Ullswater Triathlon Results 2014

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
184	Jon Fletcher	Arragons Cumbria Tri Club	M30-34	M	00:21:18	1	00:00:41	9	01:08:18	2	00:00:29	2	00:35:01	1	02:05:46	1	1	1
243	Stuart Robinson	Arragons Cumbria Tri Club	M50-54	M	00:23:56	7	00:00:41	10	01:09:36	3	00:00:34	6	00:39:20	5	02:14:08	2	1	2
229	Adam Chmielowski	Edinburgh RC	M35-39	M	00:22:09	4	00:00:49	20	01:11:18	8	00:00:37	17	00:39:38	7	02:14:31	3	1	3
301	Jon Reilly	Edinburgh Triathletes	M25-29	M	00:21:59	3	00:00:39	3	01:11:38	10	00:00:31	3	00:40:05	9	02:14:51	4	1	4
182	Chris Green	Ashurst Bike Club	M35-39	M	00:24:05	10	00:00:50	22	01:12:26	12	00:00:45	34	00:39:40	8	02:17:46	5	2	5
180	Kie Jackson	Ulverston Tri Club	M30-34	M	00:26:16	24	00:00:44	13	01:09:46	4	00:00:35	9	00:40:34	12	02:17:55	6	2	6
225	Mark Ryan	Carlisle Tri Club	M35-39	M	00:25:53	19	00:00:34	1	01:10:10	5	00:00:33	4	00:41:32	19	02:18:42	7	3	7
126	Niall McAlinden	Unattached	M30-34	M	00:25:29	16	00:00:40	5	01:13:42	22	00:00:47	45	00:38:25	3	02:19:03	8	3	8
264	Stephen Lewis	Carlisle Tri Club	M30-34	M	00:29:33	69	00:01:00	36	01:07:21	1	00:00:44	31	00:41:58	27	02:20:36	9	4	9
32	Brian Morrey	Ian Pipes Fan Club	M40-44	M	00:24:07	11	00:00:55	28	01:12:50	14	00:00:43	29	00:42:50	34	02:21:25	10	1	10
248	Piotr Januszewski	TriRush.com/Pedals Edinburgh	M20 -24	M	00:00:00	298	Not Recorded	298	01:12:44	13	00:00:35	10	00:42:12	30	02:21:37	11	1	11
237	James Souter	Arragons Cumbria Tri Club	M30-34	M	00:26:52	32	00:00:44	14	01:13:22	17	00:00:39	21	00:40:41	15	02:22:18	12	5	12
19	Paul Rodger	Ulverston Tri Club	M40-44	M	00:25:56	20	00:01:18	75	01:13:20	16	00:00:34	8	00:41:24	18	02:22:32	13	2	13
317	Alexander Kemp	Unattached	M35-39	M	00:26:11	22	00:01:07	46	01:16:25	35	00:01:00	104	00:39:27	6	02:24:11	14	4	14
278	Kevin Pritchard	Tri-Lakeland	M40-44	M	00:31:03	101	00:00:41	11	01:11:26	9	00:00:34	7	00:40:54	16	02:24:37	15	3	15
232	Colin Semple	Tri-Lakeland	M45-49	M	00:25:43	17	00:00:49	21	01:14:00	25	00:00:35	11	00:44:01	55	02:25:07	16	1	16
200	Kris Baldock	Kendal Tri Club	M30-34	M	00:29:55	75	00:00:54	26	01:12:15	11	00:00:28	1	00:41:50	24	02:25:21	17	6	17
134	Graeme Prescott	Unattached	M35-39	M	00:24:55	14	Not Recorded	274	01:10:11	6	00:00:52	72	00:49:40	126	02:25:38	18	5	18
276	Dean McGarry	Unattached	M45-49	M	00:26:18	25	00:01:03	42	01:10:53	7	00:00:51	69	00:46:37	82	02:25:42	19	2	19
300	Martin Kerry	Tri Clan	M50-54	M	00:26:34	28	00:01:12	58	01:13:35	19	00:00:56	88	00:43:52	51	02:26:09	20	2	20
103	Calum Tinnion	Tri-Lakeland	M25-29	M	00:30:08	81	00:00:51	24	01:14:01	26	00:00:33	5	00:41:22	17	02:26:56	21	2	21
31	Derek Edwards	Tyne Triathlon	M50-54	M	00:22:10	5	00:01:10	53	01:22:25	92	00:00:56	92	00:40:25	11	02:27:07	22	3	22
24	Josh Waite	Carlisle Tri Club	M30-34	M	00:26:20	26	00:01:06	45	01:15:23	31	00:00:50	60	00:43:31	46	02:27:10	23	7	23
221	Paul McKnespiey	Carlisle Tri Club	M40-44	M	00:26:55	33	Not Recorded	275	01:18:44	56	00:00:41	26	00:41:46	23	02:28:06	24	4	24
8	Ian Whitehouse	Wakefield Tri	M40-44	M	00:29:42	71	00:01:19	79	01:17:08	45	00:00:52	73	00:39:07	4	02:28:08	25	5	25
261	Mark Hopkins	Tri-Lakeland	M45-49	M	00:26:10	21	00:00:48	19	01:17:53	51	00:00:37	18	00:42:41	32	02:28:10	26	3	26
302	Andrew Knowles	Tri Clan	M45-49	M	00:27:56	44	00:00:51	23	01:14:18	29	00:00:45	35	00:44:39	61	02:28:30	27	4	27
70	John Oliver	Blackpool Aquatics	M40-44	M	00:30:11	82	Not Recorded	278	01:16:32	38	00:00:42	27	00:42:05	28	02:29:30	28	6	28
219	Steve Campbell	Unattached	M45-49	M	00:31:27	112	00:02:01	173	01:13:44	23	00:00:41	25	00:41:41	20	02:29:34	29	5	29
129	Martin Oldfield	Unattached	M45-49	M	00:31:23	110	00:01:16	70	01:14:15	28	00:00:55	84	00:41:54	26	02:29:42	30	6	30
28	Helen Waugh	Team Dann-Waugh	F35-39	F	00:24:20	12	00:01:01	39	01:23:03	100	00:00:48	51	00:40:35	13	02:29:47	31	1	1
303	Manu Schijf	Unattached	M25-29	M	00:29:24	67	00:01:13	63	01:15:11	30	00:00:50	59	00:43:15	39	02:29:54	33	3	31
318	Damian Cole	Unattached	M40-44	M	00:30:48	95	00:01:26	89	01:19:28	61	00:00:44	33	00:37:28	2	02:29:54	32	7	32
258	Jason Henson	Rochdale Tri Club	M40-44	M	00:30:50	97	00:01:12	59	01:13:47	24	00:00:40	23	00:43:59	53	02:30:28	34	8	33
84	James Taylor	Unattached	M30-34	M	00:27:54	42	00:01:21	82	01:16:54	42	00:00:42	28	00:44:10	57	02:31:00	35	8	34
294	Gordon Stutchbury	Sun City Tri	M50-54	M	00:29:23	66	00:00:45	16	01:15:45	33	00:00:39	22	00:44:29	59	02:31:01	36	4	35
295	Duncan Eley	Ulverston Tri Club	M30-34	M	00:22:11	6	00:01:04	43	01:17:55	52	00:00:50	63	00:49:24	124	02:31:23	37	9	36
208	Jon Shepherd-Smyth	Astley & Tyldesley RR	M25-29	M	00:31:53	125	00:01:59	167	01:13:16	15	00:01:23	189	00:43:11	38	02:31:43	38	4	37
158	Louise Hanley	Leeds and Bradford Tri Club	F40-44	F	00:24:39	13	00:00:58	33	01:17:21	48	00:00:50	62	00:48:23	107	02:32:10	39	1	2
148	Christopher Ryan	Mersey Tri	M35-39	M	00:32:29	135	00:01:28	95	01:14:08	27	00:01:16	163	00:43:45	50	02:33:05	40	6	38
238	Jessica Dickson	City of Chester Tri Club	F25-29	F	00:27:30	40	00:01:31	104	01:20:03	70	00:00:47	46	00:43:25	42	02:33:16	41	1	3
155	Karen Bridge	Arragons Cumbria Tri Club	F45-49	F	00:28:03	51	00:01:19	78	01:19:31	63	00:00:53	78	00:43:40	47	02:33:26	42	1	4
1	Martin Willacy	Sleekerswim Tri	M45-49	M	00:31:10	104	00:01:01	41	01:17:30	50	00:01:13	158	00:42:52	36	02:33:46	43	7	39

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No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
334	Steph Bateman	A.W.J. Team Marginal	Relay	T	00:30:27	90	00:00:44	15	01:16:37	39	Not Recorded	270	00:46:00	73	02:33:49	44	1	1
190	Peter Fairclough	St Helens Striders CC	M25-29	M	00:29:31	68	00:01:36	115	01:18:52	58	00:01:04	129	00:42:49	33	02:33:52	45	5	40
204	Ryan Wood	Unattached	M30-34	M	00:23:58	8	Not Recorded	273	01:21:08	79	00:01:00	107	00:47:52	101	02:33:58	46	10	41
65	Lee Gaskin	GI Tri	M30-34	M	00:27:34	41	00:01:52	150	01:13:41	21	00:01:18	170	00:49:42	127	02:34:07	47	11	42
277	Nicholas Bone	Unattached	M30-34	M	00:31:54	126	00:01:36	117	01:16:29	36	00:01:04	128	00:43:30	45	02:34:34	48	12	43
137	Mark Haughian	Unattached	M35-39	M	00:30:17	86	00:01:29	99	01:16:30	37	00:01:08	141	00:45:14	66	02:34:38	49	7	44
26	Joe Waugh	Team Dann-Waugh	M30-34	M	00:26:58	34	00:04:16	264	01:20:02	69	00:01:20	179	00:42:05	29	02:34:41	50	13	45
34	Paddy Finn	Kendal Tri Club	M55-59	M	00:28:11	55	00:01:20	81	01:17:21	49	00:00:56	89	00:47:03	86	02:34:51	51	1	46
29	Alan Stewart	Tri-Lakeland	M40-44	M	00:29:58	77	00:01:11	56	01:16:59	43	00:00:45	36	00:46:01	74	02:34:54	52	9	47
174	Richard Rankin	Arragons Cumbria Tri Club	M40-44	M	00:29:13	63	00:01:38	120	01:20:26	74	00:01:00	106	00:42:38	31	02:34:55	53	10	48
226	Anthony Spruce	Unattached	M25-29	M	00:29:15	64	00:01:16	69	01:19:06	60	00:00:44	32	00:45:18	67	02:35:40	54	6	49
315	Paul Maye	Tri Team Wigan	M45-49	M	00:31:49	123	00:01:28	94	01:20:48	76	Not Recorded	272	00:41:52	25	02:35:57	55	8	50
164	Martin Devine	Edinburgh RC	M35-39	M	00:32:08	129	00:02:43	223	01:18:37	54	00:00:58	100	00:41:42	21	02:36:08	56	8	51
44	Michael O'Shea	Nunteaton Tri Club	M50-54	M	00:32:44	139	00:02:07	184	01:18:43	55	00:00:55	85	00:41:44	22	02:36:13	57	5	52
299	Jack Billingham	C.O.L.T.	M25-29	M	00:28:01	49	00:01:01	40	01:18:05	53	00:00:57	94	00:48:13	105	02:36:18	58	7	53
78	Mike Arnold	Kendal Tri Club	M50-54	M	00:34:50	200	00:01:15	67	01:13:35	20	00:00:50	58	00:46:16	77	02:36:46	59	6	54
161	Ian McWhirter	Unattached	M45-49	M	00:23:58	9	00:01:23	85	01:19:47	66	00:00:35	12	00:51:06	149	02:36:49	60	9	55
99	Sarah Kenny	Manchester Tri Club	F35-39	F	00:26:14	23	00:01:15	66	01:22:27	93	00:00:49	54	00:46:12	76	02:36:58	61	2	5
71	Dean Horton	Monifieth Tri Club	M40-44	M	00:28:11	56	00:01:44	135	01:20:10	71	00:00:52	74	00:46:27	79	02:37:24	62	11	56
288	David Martin	Unattached	M30-34	M	00:29:11	62	00:01:42	132	01:17:11	46	00:01:20	178	00:48:17	106	02:37:41	63	14	57
273	Mark Ashton	ABC	M40-44	M	00:31:38	118	00:01:30	102	01:16:51	41	00:00:46	40	00:47:20	92	02:38:05	64	12	58
209	Neil Robinson	Kendal Tri Club	M40-44	M	00:27:04	35	00:00:55	29	01:21:39	83	00:00:50	64	00:47:41	96	02:38:09	65	13	59
151	Darren Wildey	Carlisle Tri Club	M40-44	M	00:29:56	76	00:01:37	119	01:21:46	86	00:01:36	222	00:43:21	41	02:38:15	66	14	60
168	John Richards	Unattached	M35-39	M	00:28:47	60	00:02:05	180	01:21:32	82	00:00:46	42	00:45:09	65	02:38:19	67	9	61
331	Iain Smith-Ward	Ulverston Tri Club	Relay	T	00:30:15	85	00:00:51	25	01:26:23	146	00:00:36	15	00:40:20	10	02:38:24	68	2	2
286	Mike McKee	Unattached	M30-34	M	00:34:31	187	00:01:29	101	01:17:14	47	00:00:53	77	00:44:28	58	02:38:35	69	15	62
76	Owen Barden	Mersey Tri	M40-44	M	00:32:23	131	00:01:50	147	01:19:52	68	00:00:48	50	00:44:02	56	02:38:56	70	15	63
283	Glenn Palmer	Black Knights Tri	M45-49	M	00:28:01	50	00:01:09	51	01:23:09	102	00:00:50	68	00:45:55	72	02:39:03	71	10	64
100	Rupert Leach	Unattached	M35-39	M	00:28:24	58	Not Recorded	277	01:22:32	94	00:02:04	257	00:46:10	75	02:39:10	72	10	65
5	Jeff Thorpe	Tri-Lakeland	M40-44	M	00:25:27	15	00:00:42	12	01:23:35	107	00:00:49	56	00:49:15	121	02:39:47	73	16	66
61	Anthony Rooney	Carlisle Tri Club	M45-49	M	00:27:59	46	Not Recorded	276	Not Recorded	295	Not Recorded	296	Not Recorded	291	02:39:47	74	11	67
97	Petr Martinovsky	Blackpool Aquatics	M40-44	M	00:27:07	36	00:01:50	145	01:24:53	123	00:00:54	82	00:45:54	71	02:40:38	75	17	68
98	Teresa Woodford	Leeds and Bradford Tri Club	F40-44	F	00:29:38	70	00:00:56	31	01:23:39	109	00:00:57	95	00:45:29	69	02:40:39	76	2	6
187	Graham Bradshaw	Durham Triathlon Club	M55-59	M	00:32:14	130	00:02:06	182	01:16:16	34	00:01:03	120	00:49:02	118	02:40:41	77	2	69
25	Mark Colman	Carlisle Tri Club	M35-39	M	00:29:58	78	00:01:27	91	01:22:13	91	00:00:50	66	00:46:19	78	02:40:48	78	11	70
145	Michael Heyes	Mersey Tri	M25-29	M	00:31:31	115	00:01:08	49	01:24:33	118	00:00:51	70	00:43:15	40	02:41:18	79	8	71
313	Paul Keavney	Unattached	M45-49	M	00:31:37	117	00:01:07	47	01:17:07	44	00:01:01	115	00:50:28	140	02:41:19	80	12	72
271	Graham Sumbler	Unattached	M35-39	M	00:30:14	84	00:01:22	84	01:22:09	88	00:00:55	86	00:46:52	84	02:41:32	81	12	73
312	Gary Dixon	Carlisle Tri Club	M40-44	M	00:26:41	30	00:01:25	87	01:20:12	72	00:01:00	105	00:52:15	164	02:41:34	82	18	74
42	Christopher Wilson	Ashurst Bike Club	M45-49	M	00:31:40	120	00:01:41	130	01:20:26	75	00:00:46	41	00:47:04	88	02:41:37	83	13	75
181	Lucy Jones	Ulverston Tri Club	F25-29	F	00:26:44	31	00:01:11	55	01:21:46	85	00:00:50	65	00:51:09	150	02:41:41	84	2	7
203	Amanda Ingram	Tri-Lakeland	F35-39	F	00:26:28	27	00:01:26	88	01:28:15	163	00:01:00	108	00:44:40	62	02:41:49	85	3	8
144	Antony Scott	Unattached	M45-49	M	00:30:07	80	00:01:36	116	01:22:12	90	Not Recorded	274	00:48:24	108	02:42:20	86	14	76

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No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
285	Andrew Eland	Tri-Lakeland	M40-44	M	00:31:07	103	00:01:41	129	01:18:50	57	00:00:56	90	00:49:49	130	02:42:22	87	19	77
247	Stuart Dickson	Unattached	M45-49	M	00:39:57	258	00:01:40	128	01:16:48	40	00:00:50	61	00:43:27	43	02:42:42	88	15	78
152	Cian Nutt	Ulverston Tri Club	M30-34	M	00:34:13	179	00:02:10	188	01:19:50	67	00:00:56	91	00:45:44	70	02:42:54	89	16	79
310	Dave Spiby	Unattached	M45-49	M	00:34:12	177	00:02:10	187	01:19:28	62	Not Recorded	271	00:47:18	91	02:43:08	90	16	80
306	Euan McKinnon	Unattached	M40-44	M	00:28:09	54	00:02:05	179	01:23:29	106	00:01:17	168	00:48:46	114	02:43:44	91	20	81
36	Bianca Dyer	Kendal Tri Club	F40-44	F	00:27:08	37	00:00:59	35	01:23:18	103	00:00:49	55	00:51:52	159	02:44:07	92	3	9
102	Ian Sadler	Barrow & Furness Striders	M50-54	M	00:30:56	99	00:02:56	233	01:25:44	136	00:01:26	197	00:43:07	37	02:44:09	93	7	82
255	Myles Butler	Unattached	M35-39	M	00:28:14	57	00:02:10	186	01:22:40	97	00:01:07	137	00:50:03	133	02:44:13	94	13	83
69	Paul Renwick	Arragons Cumbria Tri Club	M40-44	M	00:30:45	92	00:01:49	144	01:23:36	108	00:00:54	81	00:47:11	89	02:44:15	95	21	84
163	Andrew Doran	Mersey Tri	M35-39	M	00:30:57	100	00:01:34	112	01:21:31	81	00:01:18	171	00:49:01	117	02:44:21	96	14	85
166	Stephen McComb	Kilbride Cyclists	M40-44	M	00:31:56	128	00:01:33	109	01:19:01	59	00:01:06	135	00:51:15	154	02:44:51	97	22	86
279	Craig Peart	C.O.L.T.	M30-34	M	00:30:13	83	00:01:13	64	01:20:53	77	00:00:53	79	00:52:02	161	02:45:13	98	17	87
56	Simon Franks	Unattached	M35-39	M	00:33:41	170	00:02:03	176	01:24:42	121	00:01:18	173	00:43:59	54	02:45:42	99	15	88
113	Simon Jewitt	Unattached	M35-39	M	00:33:04	150	Not Recorded	283	01:26:22	145	00:00:47	48	00:45:29	68	02:45:43	100	16	89
272	Michael Doherty	Ulverston Tri Club	M40-44	M	00:30:47	94	00:01:54	154	01:23:42	110	00:01:34	217	00:47:56	102	02:45:53	101	23	90
83	Jack Beeby	Unattached	M25-29	M	00:33:03	149	00:01:45	136	01:22:34	95	00:01:01	116	00:47:32	95	02:45:55	102	9	91
64	Paul McKenny	Ulverston Tri Club	M50-54	M	00:31:41	121	00:01:38	121	01:20:24	73	00:01:16	165	00:51:11	152	02:46:09	103	8	92
235	Andrew Collishaw	Darlington Tri Club	M40-44	M	00:33:22	158	Not Recorded	285	01:25:27	132	Not Recorded	279	00:47:43	98	02:46:20	104	24	93
241	Mike Dent	Unattached	M50-54	M	00:40:29	260	01:35:05	272	Not Recorded	294	Not Recorded	295	Not Recorded	290	02:46:20	105	9	94
116	Peter Gill	Unattached	M25-29	M	00:36:42	230	00:01:33	110	01:15:29	32	00:01:16	164	00:51:29	155	02:46:28	106	10	95
197	Renell Brennan	Unattached	F40-44	F	00:33:35	165	00:02:25	202	01:21:39	84	00:01:07	136	00:47:49	100	02:46:37	107	4	10
20	Craig McGougan	Team Tiree	M30-34	M	00:33:01	147	00:02:13	190	01:22:10	89	Not Recorded	273	00:49:14	120	02:46:38	108	18	96
260	Russell Brooks	Team Deane	M45-49	M	00:34:13	180	00:01:23	86	01:24:39	119	Not Recorded	278	00:46:28	80	02:46:44	109	17	97
222	Howard Fielding	Unattached	M35-39	M	00:28:55	61	00:02:34	216	01:26:10	143	00:01:30	209	00:47:41	97	02:46:50	110	17	98
57	Dominic McDermott	Tynedale Harriers	M50-54	M	00:35:41	214	00:03:56	253	01:22:58	99	Not Recorded	275	00:44:32	60	02:47:07	111	10	99
41	Mo Manir-Jolley	Wigan Phoenix	M40-44	M	00:34:45	196	00:02:41	220	01:28:16	164	00:01:08	143	00:40:40	14	02:47:29	112	25	100
199	Emily Baldock	Kendal Tri Club	F30-34	F	00:27:59	47	00:01:08	48	01:24:58	125	00:00:48	52	00:53:02	175	02:47:55	113	1	11
74	Oliver Chillcott	Unattached	M25-29	M	00:32:54	144	00:01:30	103	01:24:30	117	Not Recorded	277	00:49:07	119	02:48:02	114	11	101
274	Chris Ruston	Kendal Tri Club	M45-49	M	00:30:49	96	00:01:39	123	01:24:08	114	00:01:12	152	00:50:17	136	02:48:04	115	18	102
147	David Barnes	Unattached	M50-54	M	00:34:34	189	00:02:06	183	01:23:53	113	00:01:18	172	00:46:53	85	02:48:43	116	11	103
82	Paul Rose	Unattached	M35-39	M	00:33:26	160	00:02:29	211	01:21:20	80	00:01:08	142	00:50:36	143	02:48:59	118	18	104
228	Michael Anderson	Tri-Lakeland	M50-54	M	00:36:07	223	00:01:46	140	01:24:46	122	00:01:21	181	00:44:58	63	02:48:59	117	12	105
268	Ryan McGlen	Unattached	M25-29	M	00:33:53	172	00:00:40	7	01:24:21	116	00:00:52	75	00:49:19	122	02:49:06	119	12	106
316	Chris Feer	Tri-Lakeland	M40-44	M	00:35:31	209	00:01:47	142	01:21:08	78	00:01:22	182	00:49:34	125	02:49:23	120	26	107
321	Steve Mason	Unattached	M25-29	M	00:30:21	88	00:01:14	65	01:21:48	87	00:01:12	151	00:54:57	195	02:49:32	121	13	108
224	Ruth Hetherington	Arragons Cumbria Tri Club	F35-39	F	00:28:04	52	00:01:18	76	01:35:13	239	00:01:08	144	00:43:57	52	02:49:39	122	4	12
269	Colin Watson	Dumfries & Galloway Tri Club	M50-54	M	00:30:05	79	00:01:00	37	01:23:24	105	00:00:59	103	00:54:18	188	02:49:46	123	13	109
80	Kevin Mulvey	DH Runners	M35-39	M	00:33:35	166	00:01:57	160	01:25:12	128	00:01:03	121	00:48:02	103	02:49:49	124	19	110
156	Alastair Ness	Unattached	M40-44	M	00:30:50	98	00:01:04	44	01:22:37	96	00:00:50	67	00:54:37	191	02:49:58	125	27	111
48	Jonathan Blades	Stone Cross Flyers	M40-44	M	00:29:18	65	00:01:46	138	01:25:13	129	00:01:18	174	00:52:50	174	02:50:26	126	28	112
183	Mark Wallwork	Unattached	M50-54	M	00:33:52	171	00:01:58	164	01:23:04	101	00:01:39	227	00:49:54	132	02:50:27	127	14	113
89	Dion Bennett-Williams	Unattached	M35-39	M	00:39:55	257	00:01:21	83	01:19:34	65	00:01:11	148	00:48:44	113	02:50:46	128	20	114
21	Jon Dixon	Darlington Tri Club	M30-34	M	00:34:25	185	00:01:32	108	01:26:24	147	00:01:03	123	00:47:48	99	02:51:12	129	19	115

A.W.Jenkinson Ullswater Triathlon Results 2014

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
171	John Crawford	Unattached	M35-39	M	00:31:39	119	Not Recorded	282	01:29:55	181	Not Recorded	283	00:50:16	135	02:51:20	130	21	116
330	Sally Gregg	Unattached	Relay	T	00:28:44	59	00:00:46	18	01:34:53	237	00:00:36	16	00:46:29	81	02:51:27	131	3	3
87	Andrew Graham	DH Runners	M30-34	M	00:38:02	244	00:02:42	222	01:19:32	64	00:01:32	213	00:49:45	128	02:51:32	132	20	117
253	Craig Stitt	Dumfries & Galloway Tri Club	M35-39	M	00:29:54	74	00:02:27	205	01:25:35	133	00:01:23	190	00:52:26	167	02:51:45	133	22	118
119	Samantha Sugden	Arragons Cumbria Tri Club	F30-34	F	00:26:40	29	00:01:11	54	01:27:31	157	00:01:04	130	00:55:20	202	02:51:46	134	2	13
86	Paul Chester	Unattached	M25-29	M	00:31:34	116	00:01:46	139	01:28:47	171	00:01:00	109	00:48:42	112	02:51:49	135	14	119
196	Ste Ashton	Unattached	M35-39	M	00:31:43	122	00:01:53	152	01:23:49	112	00:00:47	47	00:53:38	182	02:51:51	136	23	120
104	Mark Armstrong	Unattached	M20-24	M	00:32:27	134	00:01:00	38	01:25:40	134	00:00:45	37	00:52:15	163	02:52:06	137	2	121
289	Ger Martin	Unattached	M45-49	M	00:34:23	184	00:02:47	225	01:25:19	130	00:00:57	97	00:48:40	110	02:52:07	138	19	122
139	John Mahon	Unattached	M35-39	M	00:32:52	142	00:02:25	201	01:24:55	124	00:01:30	208	00:50:27	139	02:52:08	139	24	123
308	Michael Owen	Unattached	M30-34	M	00:37:08	239	00:02:18	196	01:22:50	98	00:01:26	196	00:48:59	116	02:52:41	140	21	124
326	Steven Banner	Shimmy Shammy Southerners	Relay	T	00:21:49	2	00:00:46	17	01:36:02	242	00:01:02	119	00:53:14	178	02:52:53	141	4	4
2	Alison Walker	Arragons Cumbria Tri Club	F35-39	F	00:30:19	87	00:01:17	73	01:26:05	140	00:00:57	98	00:54:22	189	02:53:00	142	5	14
337	Phil Higgins	Kendal Tri Club	Relay	T	00:34:53	202	00:00:40	8	01:28:43	170	Not Recorded	281	00:48:55	115	02:53:11	143	5	5
142	Tom Southward	Ulverston Tri Club	M30-34	M	00:34:20	183	00:01:50	148	01:32:19	207	00:01:07	140	00:43:42	48	02:53:19	144	22	125
27	Ashley Irving	Unattached	M25-29	M	00:29:51	72	00:02:01	172	01:28:28	166	Not Recorded	280	00:53:14	179	02:53:35	145	15	126
10	Steven Worrall	Unattached	M25-29	M	00:31:22	108	Not Recorded	280	01:28:58	173	00:00:56	93	00:52:25	166	02:53:39	146	16	127
246	Viv Winter	Unattached	F45-49	F	00:35:56	219	Not Recorded	289	01:33:14	221	00:01:04	133	00:43:28	44	02:53:42	147	2	15
11	Liam Durr	Unattached	M25-29	M	00:31:20	107	00:01:32	106	01:26:06	141	00:00:52	76	00:53:55	185	02:53:45	149	17	128
201	David Postill	Carlisle Tri Club	M40-44	M	00:36:47	231	00:01:41	131	01:26:03	139	00:01:12	153	00:48:02	104	02:53:45	148	29	129
109	Martyn Weir	Team Manvers	M40-44	M	00:35:26	208	00:01:27	93	01:25:03	127	00:00:57	96	00:51:11	151	02:54:04	150	30	130
244	Stephen Molyneux	Mersey Tri	M45-49	M	00:34:43	195	00:00:56	32	01:25:20	131	00:00:40	24	00:52:32	171	02:54:10	151	20	131
106	Claire Murphy	Ashurst Bike Club	F35-39	F	00:31:27	113	00:01:29	100	01:35:04	238	00:01:17	169	00:45:02	64	02:54:19	152	6	16
282	Kieran O.Mahony	Unattached	M25-29	M	00:36:28	228	00:01:39	125	01:24:42	120	00:01:22	183	00:50:15	134	02:54:25	153	18	132
314	Matthew Mackichan	Unattached	M25-29	M	00:36:06	222	Not Recorded	290	01:28:32	168	00:01:13	160	00:48:40	111	02:54:30	154	19	133
177	Paul Bernardelli	Unattached	M35-39	M	00:31:52	124	00:02:31	213	01:27:15	153	00:01:36	223	00:51:36	156	02:54:49	155	25	134
178	Kay Myerscough	Unattached	F50-54	F	00:33:36	167	00:01:32	107	01:27:06	150	00:01:11	149	00:51:45	157	02:55:10	156	1	17
263	Jim Crosbie	Unattached	M55-59	M	00:28:00	48	00:01:44	134	01:31:50	201	00:01:18	176	00:52:20	165	02:55:12	157	3	135
17	Simon Clarke	Tri-Lakeland	M35-39	M	00:32:24	132	00:01:08	50	01:26:07	142	00:00:51	71	00:55:05	197	02:55:34	158	26	136
216	Nigel McGuffie	Unattached	M45-49	M	00:31:14	105	00:02:28	207	01:25:02	126	00:01:54	248	00:55:19	201	02:55:57	159	21	137
172	John Shannon	C.O.L.T.	M40-44	M	00:27:29	39	00:03:02	238	01:31:22	196	00:01:45	236	00:52:31	170	02:56:09	160	31	138
91	Amanda Singleton	Arragons Cumbria Tri Club	F45-49	F	00:32:56	146	00:01:17	74	01:25:55	137	00:00:46	43	00:55:16	199	02:56:11	161	3	18
281	Jeanne Dennehy	Unattached	F25-29	F	00:37:21	242	00:01:19	80	01:27:49	160	00:00:45	38	00:49:46	129	02:57:01	162	3	19
115	Tim Bitten	Unattached	M25-29	M	00:33:28	161	00:02:04	178	01:27:30	156	00:00:57	99	00:53:21	180	02:57:21	163	20	139
245	Jeff Heyes	Tri-Lakeland	M50-54	M	00:33:58	174	00:01:54	155	01:23:18	104	00:00:58	101	00:57:13	222	02:57:21	164	15	140
175	John Ellis	Prison Service Du & Tri Club	M50-54	M	00:35:38	212	00:02:35	218	01:27:28	155	00:01:23	191	00:50:24	138	02:57:28	165	16	141
73	Phil Atwell	York Triathlon	M45-49	M	00:31:29	114	Not Recorded	281	01:34:19	230	00:01:14	162	00:50:41	145	02:57:43	166	22	142
270	Ernie Davidson	Unattached	M45-49	M	00:36:50	232	00:01:55	156	01:25:41	135	00:01:25	195	00:52:00	160	02:57:51	167	23	143
304	Daniel Green	Unattached	M30-34	M	00:34:19	181	00:01:28	96	01:27:10	152	00:00:54	83	00:54:02	186	02:57:53	168	23	144
96	Hugh Lea-Wilson	Unattached	M50-54	M	00:35:03	204	Not Recorded	287	01:33:57	227	00:01:59	252	00:47:03	87	02:58:02	169	17	145
198	Tom Owen	Kendal Tri Club	M40-44	M	00:35:43	215	00:02:22	199	01:26:22	144	00:01:03	122	00:52:34	172	02:58:03	170	32	146
227	David Scattergood	Unattached	M40-44	M	00:36:57	235	00:01:18	77	01:24:09	115	Not Recorded	276	00:55:51	209	02:58:14	171	33	147
210	Tim Vaughan	Manchester Tri Club	M40-44	M	00:34:38	191	00:03:03	240	01:29:08	175	00:01:35	221	00:50:30	142	02:58:54	172	34	148

A.W.Jenkinson Ullswater Triathlon Results 2014

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
206	Lisa McGoff	Unattached	F35-39	F	00:32:32	136	00:01:12	60	01:31:04	192	00:01:03	126	00:53:11	177	02:59:02	173	7	20
325	Kirsty Donnan	Unattached	Relay	T	00:33:32	163	00:00:38	2	01:32:04	204	00:00:38	20	00:52:10	162	02:59:03	174	6	6
311	Frances Varian	Unattached	F25-29	F	00:36:51	233	00:03:03	242	01:27:07	151	00:01:33	215	00:50:38	144	02:59:11	175	4	21
191	Ian Clark	Dumfries & Galloway Tri Club	M50-54	M	00:34:40	192	00:03:37	250	01:32:22	210	00:01:22	185	00:47:30	94	02:59:30	176	18	149
195	Marina Powell-Currie	Arragons Cumbria Tri Club	F40-44	F	00:30:22	89	00:01:27	92	01:31:17	195	00:00:49	57	00:55:49	208	02:59:43	177	5	22
66	Darryl Dixon	Unattached	M40-44	M	00:27:16	38	00:01:49	143	01:28:50	172	00:01:39	228	01:00:14	241	02:59:47	178	35	150
249	Patrick Showlin	Manchester Tri Club	M55-59	M	00:32:38	138	00:01:16	71	01:27:35	158	00:01:27	202	00:56:53	221	02:59:49	179	4	151
85	Peter Holmes	Unattached	M25-29	M	00:39:00	253	00:02:27	206	01:30:16	183	00:01:01	117	00:47:11	90	02:59:56	180	21	152
165	Adrian Brown	Unattached	M35-39	M	00:36:55	234	00:02:33	215	01:28:03	162	00:01:36	224	00:50:55	146	03:00:02	181	27	153
150	Steve Lewis	Unattached	M55-59	M	00:39:36	255	00:02:52	231	01:23:45	111	00:01:24	192	00:52:29	168	03:00:06	182	5	154
280	Amy Ball	Unattached	F35-39	F	00:33:40	169	00:01:53	153	01:32:28	211	00:01:09	145	00:51:05	148	03:00:14	183	8	23
149	Alex Fairer	Ulverston Tri Club	F20-24	F	00:25:46	18	00:01:34	111	01:32:48	214	Not Recorded	285	01:00:17	244	03:00:25	184	1	24
193	Jo Roberts	Unattached	F30-34	F	00:35:46	217	00:04:04	259	01:30:16	184	00:01:58	251	00:48:29	109	03:00:33	185	3	25
121	Joanne Winter	Unattached	F35-39	F	00:33:04	151	00:01:39	124	01:29:34	176	00:00:55	87	00:56:09	215	03:01:22	186	9	26
322	Justin Bates	Unattached	Relay	T	00:28:08	53	00:00:40	6	01:34:23	231	00:00:35	14	00:57:36	224	03:01:22	187	7	7
332	Karoline Rose	Arragons Cumbria Tri Club	Relay	T	00:32:54	145	00:00:39	4	Not Recorded	293	Not Recorded	294	Not Recorded	289	03:01:24	188	8	8
101	Kevin Fletcher	Unattached	M55-59	M	00:34:47	197	00:01:12	62	01:30:29	186	00:01:03	124	00:54:03	187	03:01:34	189	6	155
118	Paul Giblin	Unattached	M45-49	M	00:36:33	229	Not Recorded	291	Not Recorded	296	Not Recorded	297	Not Recorded	292	03:02:11	190	24	156
39	Chris Brookes	Unattached	M35-39	M	00:36:26	227	00:01:15	68	01:27:40	159	00:01:02	118	00:55:57	211	03:02:20	191	28	157
267	Claire Rowley	Durham Triathlon Club	F30-34	F	00:40:42	263	00:02:26	204	01:34:41	233	00:01:41	231	00:42:51	35	03:02:21	192	4	27
7	Liam Conner	Unattached	M40-44	M	00:35:45	216	Not Recorded	288	01:30:12	182	00:01:00	111	00:55:37	206	03:02:33	193	36	158
291	Niall McGregor	Unattached	M30-34	M	00:33:14	155	00:01:57	159	01:30:50	189	00:01:03	125	00:55:55	210	03:02:59	194	24	159
107	Paul Frost	Triathlon Inverness	M55-59	M	00:35:56	220	00:01:52	151	01:27:17	154	00:01:12	154	00:56:48	219	03:03:05	195	7	160
46	Richard O'Shea	Unattached	M50-54	M	00:33:34	164	00:01:31	105	01:29:45	179	00:01:28	205	00:56:48	220	03:03:06	196	19	161
333	Jeff Downey	Highly Strung	Relay	T	00:33:18	156	00:01:12	61	01:33:12	220	Not Recorded	287	00:55:41	207	03:03:24	197	9	9
230	Andrew McGregor	Sun City Tri	M30-34	M	00:35:17	206	00:01:16	72	01:34:38	232	00:01:45	238	00:50:29	141	03:03:25	198	25	162
111	Andy Badnell	SY Tri	M45-49	M	00:34:30	186	00:01:28	97	01:27:01	149	00:00:58	102	00:59:35	237	03:03:31	199	25	163
88	Thomas Beedy	Unattached	M25-29	M	00:37:00	238	00:02:49	228	01:32:50	216	Not Recorded	286	00:50:59	147	03:03:38	200	22	164
284	Lee Simmons	Unattached	M35-39	M	00:33:21	157	00:01:47	141	01:32:20	209	00:01:22	184	00:54:52	193	03:03:42	201	29	165
234	Fiona Cole	Kendal Tri Club	F55-59	F	00:34:52	201	00:01:50	149	01:31:10	194	00:01:04	132	00:54:54	194	03:03:51	202	1	28
50	Miriam Lander	Manchester Tri Club	F20-24	F	00:31:22	109	00:02:15	193	01:38:51	255	00:01:43	234	00:49:52	131	03:04:03	203	2	29
75	Nigel Roe	Unattached	M45-49	M	00:27:54	43	00:02:08	185	01:32:48	215	00:01:45	237	00:59:35	238	03:04:11	204	26	166
143	Paul Helling	Unattached	M35-39	M	00:31:19	106	00:02:45	224	01:32:51	217	00:00:48	53	00:56:33	218	03:04:15	205	30	167
329	Janet McKenny	Ulverston Tri Club	Relay	T	00:41:59	265	00:00:54	27	01:26:57	148	00:00:35	13	00:53:51	183	03:04:16	206	10	10
212	Toby Campbell	Camberwell Carrots	M45-49	M	00:34:32	188	00:02:59	235	01:31:01	191	00:01:26	198	00:54:22	190	03:04:21	207	27	168
319	Sarah Cole	Unattached	F30-34	F	00:38:53	251	00:02:16	195	01:30:44	188	00:01:07	139	00:51:50	158	03:04:51	208	5	30
33	Richard Reed	Unattached	M40-44	M	00:44:36	278	00:02:59	236	01:28:36	169	00:01:18	175	00:47:26	93	03:04:55	209	37	169
159	Andrew Atkinson	Carlisle Tri Club	M55-59	M	00:30:45	93	Not Recorded	279	01:31:57	202	00:02:03	256	01:00:16	243	03:05:01	210	8	170
92	Dayle Armstrong	Unattached	M25-29	M	00:36:05	221	00:02:50	230	01:33:41	224	00:01:26	200	00:51:13	153	03:05:16	211	23	171
167	Simon Phillips	Wrexham AC	M50-54	M	00:36:58	237	Not Recorded	292	01:33:57	228	00:01:47	241	00:52:40	173	03:05:22	212	20	172
63	Glen Thompson	Unattached	M45-49	M	00:36:25	226	00:02:05	181	01:32:58	218	00:01:00	113	00:53:08	176	03:05:35	213	28	173
257	Andrew Baker	Unattached	M35-39	M	00:38:16	245	00:01:59	169	01:28:03	161	00:01:11	150	00:56:06	213	03:05:36	214	31	174
327	Ian Emerson	Unattached	Relay	T	00:31:55	127	00:00:55	30	01:48:48	280	00:00:37	19	00:43:44	49	03:05:59	215	11	11

A.W.Jenkinson Ullswater Triathlon Results 2014

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
60	Dermot Murphy	Mersey Tri	M50-54	M	00:33:31	162	00:01:45	137	01:25:58	138	00:01:13	159	01:04:15	259	03:06:42	216	21	175
252	Chris Arnold	Unattached	M50-54	M	00:35:35	210	00:02:34	217	01:32:19	208	00:01:19	177	00:55:16	200	03:07:02	217	22	176
205	Andy Dickson	Kendal Tri Club	M45-49	M	00:36:20	224	00:03:03	241	01:28:31	167	00:01:16	166	00:58:06	227	03:07:16	218	29	177
220	Euan Duff	Unattached	M25-29	M	00:32:47	140	00:03:21	247	01:32:14	206	00:01:27	203	00:58:10	228	03:07:59	219	24	178
265	David Cutts	Mersey Tri	M30-34	M	00:29:53	73	00:01:39	122	01:33:51	226	00:01:26	201	01:01:34	254	03:08:23	220	26	179
298	Scott Sanders	Ryton Tri Club	M30-34	M	00:34:42	194	00:04:02	257	01:37:46	250	00:01:39	230	00:50:22	137	03:08:30	221	27	180
67	Mike Cooper	Barrow Striders	M40-44	M	00:32:26	133	00:02:13	189	01:37:06	245	00:02:00	254	00:55:22	203	03:09:06	222	38	181
110	Catherine Stewart	Unattached	F30-34	F	00:36:57	236	00:03:20	245	01:30:57	190	00:02:07	258	00:56:23	217	03:09:43	223	6	31
194	Martina Pyne	Kendal Tri Club	F30-34	F	00:35:47	218	00:02:48	226	01:34:10	229	00:01:39	229	00:55:27	204	03:09:52	224	7	32
140	Dan Johnstone	Unattached	M35-39	M	00:33:04	152	00:02:24	200	01:31:59	203	00:01:34	218	01:01:05	249	03:10:06	225	32	182
133	Mark Eastwood	Tri-Lakeland	M45-49	M	00:37:20	241	00:01:34	114	01:29:39	178	00:01:07	138	01:00:37	247	03:10:17	226	30	183
266	Andrea Fox	Carlisle Tri Club	F40-44	F	00:42:56	267	00:01:09	52	01:32:13	205	00:00:47	49	00:53:35	181	03:10:40	227	6	33
122	Helen Dix	Unattached	F30-34	F	00:34:01	176	00:02:00	170	01:34:52	236	00:01:32	214	00:58:18	229	03:10:44	228	8	34
292	Simon Hartwell	Mersey Tri	M40-44	M	00:43:02	268	00:01:26	90	01:32:36	212	00:01:16	167	00:52:30	169	03:10:50	229	39	184
23	Helen Martin	Tri-Anglia Tri Club	F30-34	F	00:33:23	159	00:02:16	194	01:38:27	253	00:01:09	146	00:56:14	216	03:11:28	230	9	35
112	Kevin Knott	SY Tri	M45-49	M	00:33:12	154	Not Recorded	284	01:28:27	165	00:01:04	131	01:08:48	271	03:11:32	231	31	185
77	Norman Seddon	Mersey Tri	M65-69	M	00:33:36	168	Not Recorded	286	01:39:33	258	Not Recorded	290	00:58:52	232	03:12:20	232	1	186
186	Karen Sturgess	Keswick AC	F45-49	F	00:32:49	141	00:02:04	177	01:31:38	198	00:01:26	199	01:04:26	262	03:12:23	234	4	36
214	Alan Morris	Unattached	M45-49	M	00:31:24	111	00:02:14	191	01:33:30	222	00:01:34	219	01:03:41	258	03:12:23	233	32	187
3	Michael Johnson	Unattached	M40-44	M	00:40:30	261	00:01:36	118	01:31:50	200	00:01:38	226	00:57:19	223	03:12:54	235	40	188
136	Karen Hancock	Chorley Athletic	F35-39	F	00:32:52	143	00:02:22	198	01:36:49	244	00:01:22	186	00:59:38	239	03:13:03	236	10	37
231	Cliff Shardalow	Moray Firth Tri Club	M55-59	M	00:35:25	207	00:02:31	214	01:32:39	213	00:01:52	247	01:00:37	248	03:13:05	237	9	189
179	Teresa Douglas	Arragons Cumbria Tri Club	F55-59	F	00:33:07	153	00:02:20	197	01:40:58	260	00:01:30	210	00:55:32	205	03:13:26	238	2	38
296	Mark Spedding	Ulverston Tri Club	M30-34	M	00:38:58	252	00:01:28	98	01:31:42	199	00:01:42	232	00:59:56	240	03:13:47	241	28	190
35	Matt Beldon	Kendal Tri Club	M40-44	M	00:35:13	205	00:02:30	212	01:35:40	240	00:02:00	253	00:58:24	230	03:13:47	240	41	191
117	Glyn Smith	Cambridge Tri Club	M65-69	M	00:37:56	243	00:02:48	227	01:36:22	243	00:01:33	216	00:55:06	198	03:13:47	239	2	192
324	Jo Sanderson	Unattached	Relay	T	00:48:26	288	00:00:58	34	01:34:46	234	00:00:46	44	00:49:21	123	03:14:16	242	12	12
309	Anthony Kirby	Unattached	M25-29	M	00:41:56	264	00:03:31	248	01:41:09	262	00:01:31	212	00:46:46	83	03:14:52	243	25	193
47	Robert Blades	Stone Cross Flyers	M35-39	M	00:40:26	259	Not Recorded	294	Not Recorded	297	Not Recorded	298	Not Recorded	293	03:14:52	244	33	194
79	Richard Went	Sheffield Pie Lovers	M35-39	M	00:35:36	211	00:03:58	255	01:31:32	197	00:02:12	260	01:02:25	256	03:15:42	245	34	195
52	David Lunn	Kendal Tri Club	M35-39	M	00:33:58	175	00:01:59	168	01:31:08	193	00:01:20	180	01:07:20	267	03:15:45	246	35	196
81	David Mason	Unattached	M40-44	M	00:34:12	178	00:03:59	256	01:35:45	241	00:01:51	245	01:00:21	246	03:16:08	247	42	197
45	Dawn O'Shea	Unattached	F45-49	F	00:44:12	275	00:03:02	239	01:33:00	219	00:01:12	155	00:54:50	192	03:16:17	248	5	39
215	Chris Duoba	Rochdale Tri Club	M50-54	M	00:43:02	269	00:04:20	266	01:30:16	185	00:01:00	112	00:57:41	225	03:16:20	249	23	198
120	Charlie Satterly	C.O.L.T.	M45-49	M	00:38:33	248	00:02:28	210	01:39:18	257	00:01:04	134	00:55:04	196	03:16:28	250	33	199
141	Cormac Murray	Unattached	M20 -24	M	00:39:34	254	00:02:41	221	01:29:08	174	Not Recorded	282	01:05:18	264	03:16:42	251	3	200
236	Niels Christiansen	Kendal Tri Club	M55-59	M	00:38:17	246	00:03:10	244	01:37:48	251	00:01:45	239	00:55:57	212	03:16:56	252	10	201
240	Bryony Bell	Unattached	F30-34	F	00:34:40	193	00:02:28	209	01:34:47	235	00:00:53	80	01:04:23	261	03:17:10	253	10	40
105	Cedric Gerbier	Edinburgh Triathletes	M30-34	M	00:34:35	190	00:01:57	161	01:30:37	187	Not Recorded	284	01:10:04	273	03:17:12	254	29	202
93	Stephanie Edgar	Ryton Tri Club	F35-39	F	00:36:23	225	00:01:57	162	01:40:53	259	00:02:01	255	00:56:06	214	03:17:20	255	11	41
160	Craig Abbott	Ashurst Bike Club	M35-39	M	00:34:19	182	00:01:58	165	01:45:49	273	00:01:47	242	00:53:51	184	03:17:44	256	36	203
275	Sarah Ruston	Kendal Tri Club	F45-49	F	00:38:33	249	00:02:00	171	01:38:15	252	00:01:10	147	00:57:49	226	03:17:47	257	6	42
138	Ellen Stephenson	Moss Park Strollers	F35-39	F	00:37:11	240	00:02:26	203	01:38:43	254	Not Recorded	289	00:59:31	236	03:17:52	258	12	43

A.W.Jenkinson Ullswater Triathlon Results 2014

No	Name	Club	Cat	M/F	Swim	Pos	T1	Pos	Bike	Pos	T2	Pos	Run	Pos	Finish Time	Overall Position	Cat Pos	M/F Pos
254	Horse Nellany	Pirate Ship of Fools	M45-49	M	00:42:19	266	00:01:57	163	01:33:33	223	00:01:29	207	00:58:54	233	03:18:12	259	34	204
328	Anna Rodger	Ulverston Tri Club	Relay	T	00:35:40	213	00:01:34	113	01:39:10	256	00:00:45	39	01:01:47	255	03:18:56	260	13	13
114	Georgina Bache	Unattached	F30-34	F	00:34:49	199	00:02:56	234	01:41:38	263	00:01:28	206	01:01:25	253	03:22:16	261	11	44
188	Louis Antoine	Unattached	M50-54	M	00:34:47	198	00:04:11	262	01:33:45	225	00:02:38	266	01:07:29	268	03:22:49	262	24	205
259	John Barstow	Ulverston Tri Club	M60-64	M	00:30:41	91	00:04:07	260	01:48:00	279	00:01:03	127	01:00:15	242	03:24:07	263	3	206
132	Maura Bunn	Unattached	F30-34	F	00:43:18	271	00:01:56	157	01:37:18	248	00:01:55	249	01:03:19	257	03:27:46	264	12	45
297	Moyna Richey	Unattached	F40-44	F	00:44:32	277	00:01:56	158	01:43:48	264	00:01:00	114	00:58:50	231	03:30:07	265	7	46
43	Debbie Bowers	Tri-Anglia Tri Club	F35-39	F	00:34:58	203	00:01:58	166	01:46:10	274	00:01:12	156	01:06:49	265	03:31:07	266	13	47
38	Dave Newton	Unattached	M35-39	M	00:38:26	247	Not Recorded	293	01:45:14	272	00:01:24	193	01:07:19	266	03:32:23	267	37	207
157	Emma Bartolo	Unattached	F30-34	F	00:45:09	279	00:01:42	133	01:44:09	267	00:01:34	220	01:01:15	250	03:33:49	268	13	48
58	David Smith	Unattached	M25-29	M	00:46:12	283	00:03:57	254	01:44:01	266	00:01:50	243	00:59:29	235	03:35:29	269	26	208
94	Craig Johnston	Unattached	M35-39	M	00:56:31	295	00:02:38	219	01:37:15	247	Not Recorded	288	01:00:20	245	03:36:45	270	38	209
173	Jock Robb	Unattached	M20-24	M	00:43:41	274	00:05:33	270	01:45:00	269	00:01:22	187	01:01:16	251	03:36:52	271	4	210
185	Martin Tyson	Unattached	M40-44	M	00:43:40	273	00:05:32	269	01:45:01	270	00:01:22	188	01:01:16	252	03:36:53	272	43	211
154	Michael Brunt	St Helens Striders CC	M40-44	M	00:33:55	173	00:02:54	232	01:47:04	277	00:01:36	225	01:12:54	276	03:38:23	273	44	212
223	David Chatterton	Unattached	M30-34	M	00:43:21	272	00:02:01	174	01:46:21	275	Not Recorded	291	01:07:42	269	03:39:25	274	30	213
95	Simon Unwin	Unattached	M30-34	M	00:38:43	250	00:04:20	265	01:41:00	261	00:02:29	264	01:15:50	277	03:42:22	275	31	214
162	Lisa Preston	C.O.L.T.	F40-44	F	00:50:19	290	Not Recorded	297	01:47:30	278	00:02:15	261	01:05:05	263	03:45:09	276	8	49
305	Hayley Todd	Unattached	F25-29	F	00:49:59	289	00:01:39	126	01:43:55	265	00:01:44	235	01:07:58	270	03:45:16	277	5	50
15	Andrea Davis	Arragons Cumbria Tri Club	F40-44	F	00:40:40	262	00:04:12	263	01:44:54	268	00:02:51	267	01:19:16	282	03:51:53	278	9	51
233	Liz Smith	C.O.L.T.	F55-59	F	00:44:24	276	Not Recorded	295	01:58:25	286	00:01:50	244	01:09:23	272	03:54:02	279	3	52
217	Christopher Stewart	Unattached	M40-44	M	00:45:54	282	00:02:14	192	01:46:24	276	00:01:12	157	01:18:39	280	03:54:23	280	45	215
125	Alex Bromley	Unattached	M25-29	M	00:43:04	270	00:04:03	258	02:07:13	290	00:01:51	246	00:59:02	234	03:55:13	281	27	216
53	Heidi moment	Unattached	F35-39	F	00:48:01	286	Not Recorded	296	01:54:31	283	00:01:24	194	01:11:32	274	03:55:28	282	14	53
127	Claire Larravide	Westerlands CCC	M35-39	M	00:55:23	293	00:02:02	175	01:52:49	282	00:01:30	211	01:04:21	260	03:56:04	283	39	217
131	Chris Whitby	Unattached	M45-49	M	00:47:29	285	00:03:06	243	01:37:11	246	00:01:27	204	01:26:57	285	03:56:09	284	35	218
9	David Miller	Unattached	M60-64	M	00:45:29	281	00:03:33	249	01:45:11	271	00:03:41	268	01:19:16	283	03:57:10	285	1	219
211	Matthew Brown	Unattached	M25-29	M	00:45:14	280	00:03:53	252	01:49:45	281	Not Recorded	292	01:19:41	284	03:58:33	286	28	220
250	Razor Wilkinson	Pirate Ship of Fools	M60-64	M	00:46:32	284	00:04:07	261	01:54:43	284	00:02:17	262	01:12:45	275	04:00:24	287	2	221
170	Helen Brown	Unattached	F35-39	F	00:39:39	256	00:03:20	246	01:56:59	285	00:01:46	240	01:19:09	281	04:00:52	288	15	54
239	Sophie Hastings	Unattached	F40-44	F	00:48:10	287	00:04:26	267	02:03:32	288	Not Recorded	293	01:18:34	279	04:14:42	289	10	55
16	Tracey Procter	Ulverston Tri Club	F40-44	F	00:56:10	294	00:04:33	268	02:05:43	289	00:02:33	265	01:35:20	287	04:44:19	290	11	56
202	Jo Hayton	Unattached	F45-49	F	01:20:55	297	00:03:41	251	02:01:05	287	00:01:55	250	01:17:40	278	04:45:16	291	7	57
169	Shannon Blackburn	Unattached	F-Jun 19	F	00:52:14	291	00:03:00	237	02:38:28	291	00:01:13	161	01:30:47	286	05:05:42	292	1	58
218	Kate Reed	Unattached	F40-44	F	01:03:39	296	00:06:26	271	02:52:15	292	00:02:24	263	01:39:39	288	05:44:24	293	12	59
49	Sean Corrigan	Unattached	M25	M	00:27:57	45	00:01:50	146	01:29:37	177	00:01:00	110			DNF	0	0	0
320	Piers Nicholson	Unattached	M25	M	00:33:01	148	00:02:28	208	01:37:45	249	00:01:42	233			DNF	0	0	0
30	Tony Murray	Arragons Cumbria Tri Club	M35-39	M	00:31:05	102	00:01:40	127	01:29:51	180	00:02:12	259			DNF	0	0	0
90	Andrew Glover	Tri-Lakeland	M35-39	M	00:52:52	292	00:02:49	229	00:54:35		00:03:59	269			DNF	0	0	0
176	Ben Yorke	Unattached	M35-39	M											DNF	0	0	0
251	Richard Storey	Unattached	M35-39	M											DNF	0	0	0
307	Robert Gibbons	Unattached	M40-44	M	00:32:33	137	00:01:11	57	01:13:35	18	00:00:43	30			DNF	0	0	0