

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
Solo												
1.	378	Dominic Coy	LBT	O20	1.	1.	0:06:07	00:56	0:24:19	00:36	0:15:35	0:47:33
2.	377	Nathan Coy	LBT	O20	2.	2.	0:06:35	00:58	0:27:04	00:38	0:16:59	0:52:14
3.	302	Christos Tzelis	LBT	OJ	3.	1.	0:09:00	01:24	0:25:32	00:48	0:17:02	0:53:47
4.	376	Reuben Hill	Yorkshire Tri Academy	OJ	4.	2.	0:06:26	01:04	0:26:52	00:49	0:19:31	0:54:42
5.	369	Samuel Barber		OJ	5.	3.	0:06:32	01:02	0:28:52	00:36	0:18:10	0:55:11
6.	336	Graham Pearce		O40	6.	1.	0:08:52	01:20	0:26:30	00:56	0:18:00	0:55:38
7.	379	Sebastian Gaminde		OY	7.	1.	0:06:32	01:04	0:29:06	00:32	0:19:45	0:56:59
8.	331	Paul OToole		O40	8.	2.	0:08:20	01:13	0:27:41	00:50	0:19:19	0:57:23
9.	356	Flora Johnson	LBT	F20	1.	1.	0:07:37	01:11	0:28:18	00:43	0:20:07	0:57:56
10.	374	Mark Quinn	Craven Energy	O40	9.	3.	0:06:53	01:13	0:29:24	00:53	0:20:20	0:58:43
11.	348	Alex Foyn		O20	10.	3.	0:07:42	01:19	0:29:32	00:51	0:19:50	0:59:14
12.	293	John Pratt	Hyde Park Harriers	O40	11.	4.	0:09:31	01:18	0:28:47	00:56	0:20:10	1:00:43
13.	372	Helena Coy	LBT	FJ	2.	1.	0:06:49	01:02	0:31:07	00:47	0:21:05	1:00:50
14.	335	Jamie Haines	LBT	OJ	12.	4.	0:07:29	01:22	0:30:51	01:05	0:20:23	1:01:11
15.	330	Tom Still	Liverpool University Tri	O20	13.	4.	0:09:07	01:24	0:29:49	00:58	0:19:59	1:01:17
16.	371	Harrison Lee		OJ	14.	5.	0:07:18	01:19	0:32:07	00:43	0:20:07	1:01:34
17.	363	Kane Pierce		O30	15.	1.	0:08:43	01:22	0:29:57	00:47	0:21:07	1:01:56
18.	264	Olly Bowles		O20	16.	5.	0:10:17	01:42	0:28:05	00:57	0:20:55	1:01:57
19.	196	Matthew Boyle		O20	17.	6.	0:10:23	01:33	0:29:40	01:36	0:18:58	1:02:10
20.	342	Joe Reed	LBT	OY	18.	2.	0:08:59	01:17	0:31:31	00:54	0:19:49	1:02:31
21.	346	Alasdair Fellows	Hyde Park Harriers	O20	19.	7.	0:08:01	01:12	0:32:50	01:01	0:19:45	1:02:49
22.	345	Richard Bewell	Wetherby RATS	O60	20.	1.	0:08:25	01:20	0:31:45	00:44	0:20:39	1:02:53
23.	417	Oliver Gregory		O40	21.	5.	0:09:01	01:15	0:32:04	00:46	0:19:49	1:02:55
24.	311	Aston Brogden	LBT	OY	22.	3.	0:08:06	01:25	0:32:41	00:55	0:20:16	1:03:24
25.	209	Robert Chesters	Rainford RAMS	O30	23.	2.	0:10:43	01:33	0:30:51	01:07	0:19:16	1:03:29
26.	359	Shane Beggan	Craven Energy	O40	24.	6.	0:08:16	01:42	0:32:27	01:02	0:20:10	1:03:37
27.	394	Amelie Smethurst	Chorley Athletic & Tri	FY	3.	1.	0:07:04	01:05	0:33:16	01:00	0:21:22	1:03:48
28.	350	Jon Sturman	Carlisle Tri	O50	25.	1.	0:09:41	01:22	0:28:41	01:03	0:23:14	1:04:02
29.	373	Danny Thompson	LBT	O40	26.	7.	0:07:09	01:18	0:32:42	01:08	0:21:50	1:04:08
30.	375	Kate Hutchinson		F30	4.	1.	0:06:40	01:33	0:33:34	01:05	0:21:20	1:04:12
31.	364	Paul Tiffany		O50	27.	2.	0:07:33	01:21	0:33:33	01:01	0:21:15	1:04:43
32.	315	Mike Furby	Valley Striders Tri	O50	28.	3.	0:08:35	01:37	0:30:32	01:12	0:23:19	1:05:15
33.	260	Matthew Eastwood	York Tri	O40	29.	8.	0:09:45	01:24	0:30:05	01:23	0:22:58	1:05:36
34.	328	Euan Holwill		O20	30.	8.	0:08:44	01:36	0:31:30	01:23	0:22:44	1:05:57
35.	339	Sophie Thackray		F20	5.	2.	0:08:45	01:28	0:30:50	00:58	0:23:57	1:06:00
36.	320	Amy Dyer		F20	6.	3.	0:09:07	01:15	0:32:31	00:50	0:22:27	1:06:11
37.	327	Sara McLean		F30	7.	2.	0:08:36	01:17	0:32:58	00:49	0:22:58	1:06:38
38.	301	Alberto Sandrini	Craven Energy	O40	31.	9.	0:10:22	02:50	0:29:01	01:30	0:22:56	1:06:40
39.	338	Megan Wilkinson	Craven Energy	FJ	8.	2.	0:08:24	01:13	0:34:01	00:59	0:22:19	1:06:55

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
40.	316	Stu Sklinar	LBT	O30	32.	3.	0:10:23	01:06	0:32:17	00:55	0:22:19	1:07:00
41.	349	Jason Broadley	Wakefield Tri	O50	33.	4.	0:09:29	01:17	0:32:14	01:02	0:23:19	1:07:21
42.	295	Gill Edmondson	Wetherby RATS	F40	9.	1.	0:09:48	01:51	0:31:58	01:16	0:22:55	1:07:48
43.	393	Luke Sugden		O40	34.	10.	0:09:54	02:01	0:33:09	01:02	0:21:58	1:08:04
44.	291	Will Jeeps	Windrush Tri	O20	35.	9.	0:09:49	01:43	0:32:43	01:18	0:22:42	1:08:15
45.	319	William Duggan		O50	36.	5.	0:09:04	02:21	0:33:40	01:00	0:22:13	1:08:18
46.	254	Guy Chater		O30	37.	4.	0:10:04	01:44	0:34:35	00:54	0:21:20	1:08:36
47.	23	Gary Hatch	LBT	O50	38.	6.	0:10:03	01:47	0:33:33	01:10	0:22:09	1:08:42
48.	357	Carlos Botello		O30	39.	5.	0:07:17	01:57	0:33:00	01:06	0:25:29	1:08:48
49.	308	Faye Clark	Abbey Runners	F30	10.	3.	0:09:45	01:31	0:35:09	01:19	0:21:20	1:09:04
50.	275	Joseph Simpson	Craven Energy	O20	40.	10.	0:09:33	02:03	0:35:24	00:45	0:21:20	1:09:06
51.	281	Paul Bryant		O50	41.	7.	0:09:56	01:24	0:34:47	01:08	0:21:59	1:09:13
52.	324	Kevin Eaglestone		O40	42.	11.	0:10:50	01:44	0:35:25	01:37	0:19:38	1:09:14
53.	317	Tony Thackray		O40	43.	12.	0:08:58	01:24	0:34:10	00:55	0:23:57	1:09:24
54.	137	Aydan Farrar		O30	44.	6.	0:11:15	02:04	0:33:08	01:17	0:21:58	1:09:42
55.	358	Jorge Millares		O20	45.	11.	0:07:32	02:34	0:33:25	01:27	0:24:46	1:09:43
56.	332	Rubie Coulton		FJ	11.	3.	0:08:10	01:05	0:34:43	00:49	0:25:09	1:09:56
57.	136	Peter Enever	Tri BB	O40	46.	13.	0:10:57	01:23	0:33:54	00:54	0:22:49	1:09:57
58.	181	Daniel Fazackerley		OJ	47.	6.	0:10:52	01:52	0:37:29	00:42	0:19:09	1:10:04
59.	188	Andrew Whiting		O40	48.	14.	0:10:28	02:03	0:32:50	01:34	0:23:23	1:10:18
60.	367	Jamie Matu	LBT	O30	49.	7.	0:07:41	01:37	0:36:01	00:50	0:24:21	1:10:30
61.	189	David Martin		O30	50.	8.	0:09:57	02:08	0:33:59	01:48	0:22:39	1:10:31
62.	352	Richard Eccles		O40	51.	15.	0:08:09	02:05	0:35:24	01:03	0:23:57	1:10:38
63.	304	Lucy Jobson-Wood		F20	12.	4.	0:09:15	02:27	0:35:46	00:55	0:22:20	1:10:44
64.	416	Stephanie Robson	LBT	F50	13.	1.	0:10:31	01:52	0:35:27	01:17	0:21:41	1:10:48
65.	309	Grant Potts	LBT	O50	52.	8.	0:10:57	02:01	0:33:15	01:26	0:23:10	1:10:49
66.	344	Richard Mostyn-Jones	LBT	O50	53.	9.	0:08:02	01:29	0:35:54	00:54	0:24:36	1:10:55
67.	22	Neil Holloway	LBT	O40	54.	16.	0:09:27	01:18	0:35:13	00:49	0:24:18	1:11:05
68.	285	Andrew Coulton		O50	55.	10.	0:09:08	01:44	0:35:08	01:03	0:24:10	1:11:15
69.	279	Oliver Crudge		O30	56.	9.	0:08:15	02:44	0:35:16	01:19	0:23:50	1:11:24
70.	334	Rebecca Shaw		F30	14.	4.	0:08:14	01:23	0:36:02	00:59	0:24:47	1:11:25
71.	366	Alan Pilling		O40	57.	17.	0:09:22	02:15	0:35:45	01:36	0:22:42	1:11:40
72.	216	Jim Ryder	Ilkley Harriers	O50	58.	11.	0:10:50	02:38	0:33:33	01:12	0:23:32	1:11:44
73.	224	Jamie Bowron		O30	59.	10.	0:08:40	01:55	0:36:52	01:03	0:23:48	1:12:17
74.	122	Jim Read		O40	60.	18.	0:12:23	01:25	0:32:35	00:57	0:25:08	1:12:29
75.	17	Lukas Sutcliffe	LBT	O30	61.	11.	0:08:51	01:34	0:36:32	01:11	0:24:29	1:12:37
76.	265	Rachel Davidson	Valley Striders Tri	F30	15.	5.	0:10:49	01:51	0:37:35	01:12	0:21:18	1:12:45
77.	68	Colin Dennison	Otley AC	O40	62.	19.	0:09:46	03:25	0:34:41	02:16	0:22:56	1:13:05
78.	250	Roddy Lewis		O40	63.	20.	0:11:19	02:55	0:32:29	01:19	0:25:09	1:13:10
79.	201	Jacob Cooke		O20	64.	12.	0:09:38	01:47	0:33:32	00:55	0:27:20	1:13:11

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
80.	325	Georgie Beeden		F20	16.	5.	0:09:07	01:35	0:38:47	01:30	0:22:12	1:13:12
81.	88	Jonathan Pennells		O30	65.	12.	0:09:41	01:40	0:36:35	01:12	0:24:06	1:13:14
82.	142	Jack Stephenson		O30	66.	13.	0:09:47	01:29	0:36:25	01:28	0:24:14	1:13:23
83.	106	Tom Readford		O30	67.	14.	0:10:34	02:55	0:35:25	00:57	0:23:36	1:13:27
84.	60	Matthew Tighe		O40	68.	21.	0:09:06	02:04	0:36:34	01:22	0:24:27	1:13:32
85.	221	Si Hall		O30	69.	15.	0:11:21	02:05	0:36:12	01:27	0:22:28	1:13:32
86.	261	Patrick Garry		O50	70.	12.	0:08:38	01:53	0:36:59	00:53	0:25:10	1:13:34
87.	131	Tom Exeter		O30	71.	16.	0:12:51	02:41	0:35:08	01:43	0:21:13	1:13:36
88.	173	Ian Davis		O60	72.	2.	0:11:34	02:04	0:36:13	01:11	0:22:41	1:13:42
89.	144	Andrew Nicoll		O50	73.	13.	0:12:35	02:00	0:35:01	01:17	0:22:52	1:13:44
90.	192	Jonathan Campbell		O30	74.	17.	0:11:29	02:15	0:33:51	01:23	0:24:51	1:13:49
91.	11	Chris Yates	LBT	O60	75.	3.	0:12:29	01:57	0:31:37	01:12	0:26:43	1:13:59
92.	329	Stephen Birss	LBT	O50	76.	14.	0:08:36	01:58	0:35:17	01:28	0:27:11	1:14:30
93.	272	Tim Belcher	Valley Striders Tri	O30	77.	18.	0:09:55	02:20	0:36:48	01:09	0:24:19	1:14:31
94.	290	Rob Heap	Tri BB	O40	78.	22.	0:09:45	01:58	0:34:14	01:07	0:27:28	1:14:32
95.	368	Helen Jolliffe	Craven Energy	F40	17.	2.	0:09:26	01:46	0:37:32	01:34	0:24:16	1:14:34
96.	194	John Hayes		O50	79.	15.	0:11:13	02:26	0:39:07	00:51	0:21:06	1:14:43
97.	187	Thomas Roberts		O30	80.	19.	0:10:49	02:36	0:35:04	01:40	0:24:47	1:14:56
98.	215	Annie Power		F30	18.	6.	0:09:56	01:32	0:38:17	01:04	0:24:14	1:15:03
99.	270	Bob Wyatt		O50	81.	16.	0:09:48	02:53	0:35:18	01:20	0:25:44	1:15:04
100.	360	Scott Gallagher	LBT	O30	82.	20.	0:08:36	02:10	0:37:14	01:10	0:25:57	1:15:07
101.	397	Sarah Biker	NYP	F40	19.	3.	0:12:19	01:48	0:37:42	00:59	0:22:19	1:15:07
102.	238	Andy Fifield		O40	83.	23.	0:09:34	02:33	0:37:11	01:20	0:24:44	1:15:22
103.	283	Philippa Rawling		F40	20.	4.	0:09:30	01:54	0:37:41	01:12	0:25:10	1:15:27
104.	236	Jake Alvin		O30	84.	21.	0:10:03	02:38	0:31:32	01:28	0:29:47	1:15:28
105.	347	Alison Colhoun		F40	21.	5.	0:07:51	01:55	0:40:07	00:42	0:25:27	1:16:02
106.	195	Nik Rutherford	Tri BB	O30	85.	22.	0:10:29	02:18	0:37:59	01:15	0:24:01	1:16:02
107.	227	Will Hegarty		O30	86.	23.	0:09:18	02:56	0:37:28	01:58	0:24:39	1:16:20
108.	21	Craig Pettit	LBT	O30	87.	24.	0:12:19	01:54	0:38:34	01:00	0:22:42	1:16:29
109.	135	Harry Sherman		O30	88.	25.	0:10:02	03:13	0:38:57	02:19	0:22:00	1:16:31
110.	20	James Myerscough	LBT	O30	89.	26.	0:09:33	02:38	0:36:54	01:47	0:25:41	1:16:32
111.	274	Ewa Jamroz	Tri BB	O30	90.	27.	0:09:51	02:03	0:37:02	01:26	0:26:12	1:16:35
112.	134	Peter Dawson		O50	91.	17.	0:12:24	03:06	0:37:01	02:04	0:22:12	1:16:46
113.	15	Jonty Gibson	LBT	O50	92.	18.	0:11:05	02:31	0:35:46	01:52	0:25:40	1:16:54
114.	52	Harry Hatfield		OJ	93.	7.	0:09:03	01:45	0:40:05	00:47	0:25:16	1:16:55
115.	326	Andrew McIntosh		O30	94.	28.	0:08:47	02:13	0:37:59	01:09	0:27:03	1:17:10
116.	226	Paul Foster	Farsley Flyers	O30	95.	29.	0:11:02	02:17	0:39:36	02:10	0:22:18	1:17:24
117.	123	Stephen Grimwade		O40	96.	24.	0:10:51	02:11	0:37:35	01:21	0:25:32	1:17:30
118.	284	Adam Poulson		O40	97.	25.	0:10:50	02:01	0:37:31	01:04	0:26:04	1:17:30
119.	392	Jason Denton		O30	98.	30.	0:10:52	02:27	0:35:28	01:26	0:27:17	1:17:31

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
120.	251	Harry Leslie		O20	99.	13.	0:10:41	02:52	0:37:19	01:39	0:25:07	1:17:37
121.	247	Natalie Gravett-Foyn	Ilkley Harriers	F20	22.	6.	0:10:18	02:18	0:37:49	01:22	0:26:16	1:18:04
122.	168	Philip Howe		O30	100.	31.	0:09:01	02:49	0:40:22	01:57	0:23:57	1:18:05
123.	91	Timothy Guest		O30	101.	32.	0:11:56	02:41	0:37:37	01:25	0:24:49	1:18:29
124.	186	Gemma Ricketts		F30	23.	7.	0:11:31	02:19	0:39:39	01:03	0:24:11	1:18:43
125.	292	Alex Turnbull		O40	102.	26.	0:09:05	02:42	0:38:54	01:33	0:26:38	1:18:51
126.	90	Nick Ward		OY	103.	4.	0:14:21	04:10	0:36:37	01:56	0:21:50	1:18:54
127.	287	Helen Morris		F40	24.	6.	0:10:53	01:58	0:38:47	01:08	0:26:09	1:18:56
128.	203	Abby Hatch		F20	25.	7.	0:09:33	02:48	0:39:52	00:49	0:25:56	1:18:59
129.	175	Ross Booth	Farsley Flyers	O20	104.	14.	0:13:24	03:26	0:37:39	01:13	0:23:34	1:19:15
130.	354	Sam Roberts	Ilkley Swimming Club	OY	105.	5.	0:06:55	02:58	0:39:49	01:28	0:28:22	1:19:33
131.	208	Andy Phillips		O40	106.	27.	0:11:19	03:46	0:36:37	01:36	0:26:15	1:19:33
132.	132	Carl Smith		O60	107.	4.	0:11:10	02:11	0:36:41	01:56	0:27:42	1:19:41
133.	178	Daniel Alston		O30	108.	33.	0:10:54	02:18	0:38:09	01:14	0:27:25	1:19:59
134.	179	Matthew Sharpe	Abbey Runners	O30	109.	34.	0:14:00	01:55	0:40:17	00:44	0:23:09	1:20:06
135.	200	Brian Ford		O60	110.	5.	0:11:23	01:53	0:38:00	01:20	0:27:30	1:20:06
136.	288	Aouse Al-Rawi	LBT	O40	111.	28.	0:10:26	02:11	0:38:23	01:44	0:27:31	1:20:14
137.	230	Dominic Ginty	Tri BB	O40	112.	29.	0:10:21	01:56	0:38:15	01:03	0:28:51	1:20:25
138.	314	Kathryn Mayes	Morley Tri	F50	26.	2.	0:08:48	03:07	0:40:53	02:06	0:25:33	1:20:27
139.	156	Luke Hope-Robertson		O20	113.	15.	0:11:03	02:52	0:37:49	01:50	0:27:00	1:20:34
140.	170	Chris Moore		O20	114.	16.	0:11:35	02:29	0:38:48	01:28	0:26:17	1:20:37
141.	174	Derek Broadbent		O50	115.	19.	0:10:34	02:11	0:39:59	01:34	0:26:24	1:20:41
142.	232	Richard Lunt	Doncaster Tri	O40	116.	30.	0:08:58	03:26	0:39:14	01:35	0:27:30	1:20:43
143.	398	Catherine Rawlins	NYP	F40	27.	7.	0:10:34	01:47	0:39:52	01:03	0:27:37	1:20:52
144.	172	Kyle Martyn-Clark	Vegan Runners	O30	117.	35.	0:09:42	03:01	0:40:08	01:54	0:26:13	1:20:59
145.	153	Mark Ludlam		O60	118.	6.	0:10:28	03:10	0:40:52	00:55	0:25:41	1:21:07
146.	101	Michael Ramsden	Morley Tri	O30	119.	36.	0:12:20	02:38	0:39:23	01:36	0:25:23	1:21:21
147.	277	Richard Bryan		O30	120.	37.	0:14:42	03:17	0:37:04	01:38	0:24:41	1:21:23
148.	312	Gordon McCauley	LBT	O30	121.	38.	0:10:45	02:25	0:41:06	01:13	0:26:07	1:21:36
149.	269	Ewan Welsh	Ilkley Harriers	O50	122.	20.	0:10:02	02:52	0:37:27	02:19	0:29:02	1:21:41
150.	223	Dan Stapleton		O40	123.	31.	0:10:03	02:32	0:40:02	01:31	0:27:39	1:21:46
151.	155	William Watkins		O20	124.	17.	0:11:48	02:12	0:37:30	02:07	0:28:13	1:21:50
152.	141	Lauren Oxtoby		F20	28.	8.	0:10:54	02:08	0:39:35	01:16	0:28:11	1:22:03
153.	19	Nick Sheppard	LBT	O40	125.	32.	0:10:11	02:10	0:38:08	01:30	0:30:07	1:22:07
154.	146	Peter Dixon		O40	126.	33.	0:11:53	02:16	0:41:58	01:31	0:24:36	1:22:13
155.	222	Morgan McCabe		F20	29.	9.	0:10:38	02:58	0:41:50	02:02	0:24:51	1:22:19
156.	381	Bob Johnston	LBT	O70	127.	1.	0:14:05	02:19	0:37:52	02:02	0:26:03	1:22:20
157.	214	Paul Wojtas		O40	128.	34.	0:09:30	02:50	0:42:45	01:14	0:26:03	1:22:22
158.	147	Tracey Hodgson		F40	30.	8.	0:13:28	01:39	0:38:36	01:12	0:27:29	1:22:24
159.	387	Jordan O'Shaughnessy		O40	129.	35.	0:11:16	03:57	0:39:08	01:40	0:26:24	1:22:26

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
160.	297	Emily Butterworth		F30	31.	8.	0:10:41	02:06	0:39:26	01:15	0:29:09	1:22:38
161.	220	Ella Hogan		F40	32.	9.	0:11:01	02:14	0:36:37	01:36	0:31:13	1:22:41
162.	10	Rob Passmore	LBT	O40	130.	36.	0:11:20	03:04	0:38:29	02:07	0:27:40	1:22:41
163.	310	Sam Foster	Morley Tri	O30	131.	39.	0:08:55	01:57	0:41:35	01:02	0:29:13	1:22:42
164.	197	Simon Paxton		O30	132.	40.	0:10:21	02:01	0:41:05	01:31	0:27:59	1:22:57
165.	166	James Roberts		OJ	133.	8.	0:12:00	02:41	0:39:40	02:02	0:26:54	1:23:16
166.	313	Rex Harrison	Craven Energy	O30	134.	41.	0:10:08	02:33	0:39:41	01:28	0:29:30	1:23:21
167.	267	Joscelyn Henry-Shaw	Redcar Tri	F40	33.	10.	0:09:37	02:07	0:42:50	00:56	0:27:51	1:23:21
168.	5	Jeremy Clifford	LBT	O50	135.	21.	0:12:27	03:18	0:38:26	02:06	0:27:09	1:23:27
169.	395	Laura Tiffany		F30	34.	9.	0:09:23	02:37	0:43:32	01:27	0:26:42	1:23:40
170.	244	Kevin Wyke	Croston Velo	O50	136.	22.	0:10:17	02:04	0:35:33	01:15	0:34:36	1:23:45
171.	300	Stephen Boenke		O60	137.	7.	0:10:19	03:15	0:36:34	02:44	0:30:54	1:23:45
172.	184	Nick Howell		O30	138.	42.	0:10:17	02:33	0:41:34	01:39	0:27:47	1:23:51
173.	266	Sharon Cousen		F50	35.	3.	0:09:16	03:04	0:41:21	01:23	0:28:55	1:23:59
174.	318	Luis Bobet		O20	139.	18.	0:08:42	04:01	0:42:53	00:54	0:27:37	1:24:07
175.	176	Andrew Colman		O50	140.	23.	0:12:31	03:16	0:39:50	01:34	0:27:13	1:24:25
176.	271	Mike Boulby	LBT	O50	141.	24.	0:10:22	02:39	0:40:31	02:38	0:28:16	1:24:25
177.	207	Tora Oetgen	Tri BB	F40	36.	11.	0:10:39	02:37	0:39:15	01:27	0:30:29	1:24:28
178.	249	David Handy		O50	142.	25.	0:10:38	02:19	0:40:24	01:34	0:29:38	1:24:33
179.	340	Andrew van Heel		O30	143.	43.	0:10:52	03:01	0:41:57	01:36	0:27:15	1:24:40
180.	76	Charlie Garforth		F50	37.	4.	0:14:01	02:05	0:40:37	01:23	0:26:35	1:24:42
181.	140	Amy Jones		F30	38.	10.	0:11:37	02:16	0:40:56	01:20	0:28:40	1:24:48
182.	161	Wayne Ryan	Morley Tri	O60	144.	8.	0:11:54	03:40	0:38:23	03:26	0:27:27	1:24:50
183.	306	Hannah Vazquez		F20	39.	10.	0:08:51	02:51	0:43:08	02:36	0:27:26	1:24:52
184.	73	Katherine Taylor		F40	40.	12.	0:11:36	02:39	0:41:45	01:33	0:27:26	1:24:59
185.	1	Harry Sime	Ilkley Harriers	O60	145.	9.	0:14:24	02:23	0:40:22	01:35	0:26:17	1:25:01
186.	149	Steve Owen	Team Manvers	O50	146.	26.	0:14:38	02:35	0:39:38	01:37	0:26:33	1:25:02
187.	396	Polly Natynczuk		F20	41.	11.	0:11:58	02:22	0:45:33	00:53	0:24:27	1:25:12
188.	4	Michael Gibbins	LBT	O40	147.	37.	0:12:41	03:11	0:39:22	01:48	0:28:11	1:25:14
189.	124	Naomi Day		F30	42.	11.	0:11:51	03:27	0:41:28	01:29	0:26:58	1:25:14
190.	162	Jonathan Walker		O60	148.	10.	0:12:40	02:27	0:41:45	01:37	0:26:45	1:25:14
191.	159	Sunny Curwen	Huddersfield Tri	O50	149.	27.	0:12:29	02:23	0:41:05	02:25	0:26:57	1:25:18
192.	83	Steph Gledhill	Valley Striders Tri	F40	43.	13.	0:12:28	03:49	0:43:23	01:15	0:24:40	1:25:34
193.	145	Rachel Toone	Vegan Runners	F30	44.	12.	0:11:25	02:51	0:41:09	01:49	0:28:35	1:25:48
194.	263	Clare Miller	Tri BB	F40	45.	14.	0:09:31	03:09	0:42:14	01:32	0:29:23	1:25:49
195.	59	Michael Little		O30	150.	44.	0:14:25	03:45	0:39:42	03:08	0:25:08	1:26:07
196.	258	Richard Murray		O30	151.	45.	0:10:17	02:37	0:44:33	01:30	0:27:10	1:26:08
197.	143	Dave Stephenson		O60	152.	11.	0:16:23	02:08	0:39:08	02:05	0:26:25	1:26:09
198.	130	Chris Bamber		O30	153.	46.	0:11:10	03:11	0:40:59	01:43	0:29:11	1:26:13
199.	56	Rob Evans		O60	154.	12.	0:14:13	05:00	0:37:36	01:46	0:27:41	1:26:15

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
200.	219	James McQuire		O50	155.	28.	0:10:38	02:59	0:41:22	01:36	0:29:41	1:26:16
201.	276	Stephanie Matu	LBT	F20	46.	12.	0:08:57	01:51	0:45:21	01:28	0:28:39	1:26:17
202.	7	David Cockshott	LBT	O50	156.	29.	0:13:52	02:42	0:38:38	02:15	0:28:56	1:26:22
203.	148	James Nixon		O20	157.	19.	0:10:58	03:12	0:45:20	01:37	0:25:23	1:26:29
204.	294	Judy Bewell	Wetherby RATS	F60	47.	1.	0:09:58	01:34	0:43:43	01:05	0:30:19	1:26:39
205.	246	Maurits Wesselink		O30	158.	47.	0:12:08	05:40	0:41:38	03:29	0:24:26	1:27:20
206.	248	Mary Miskin		F40	48.	15.	0:09:44	02:11	0:44:07	01:24	0:30:06	1:27:31
207.	193	Joe Vincent		O20	159.	20.	0:13:50	02:58	0:42:31	01:14	0:27:00	1:27:33
208.	171	Alison Cairress		F60	49.	2.	0:10:53	02:27	0:43:58	01:56	0:28:19	1:27:33
209.	229	David Noland	Craven Energy	O50	160.	30.	0:10:57	03:15	0:39:50	02:27	0:31:09	1:27:37
210.	268	Adrian Dunbar	Craven Energy	O70	161.	2.	0:10:39	02:35	0:42:25	01:39	0:30:24	1:27:42
211.	198	Alex De Salis		F30	50.	13.	0:11:05	02:31	0:45:44	01:07	0:27:37	1:28:04
212.	34	Hywel Richards		O30	162.	48.	0:12:15	03:57	0:38:53	01:09	0:31:50	1:28:04
213.	245	Richard Trout	Tri BB	O50	163.	31.	0:09:44	02:51	0:44:19	01:50	0:29:33	1:28:17
214.	165	Carla Goodey		F40	51.	16.	0:11:39	03:38	0:41:36	01:16	0:30:14	1:28:23
215.	50	Les Cook		O40	164.	38.	0:14:33	03:44	0:44:05	01:07	0:25:08	1:28:37
216.	103	Simon Brown		O40	165.	39.	0:14:17	04:41	0:41:37	02:39	0:25:24	1:28:39
217.	278	David Brackenridge		O50	166.	32.	0:09:42	02:22	0:42:22	01:57	0:32:17	1:28:40
218.	3	Rebecca Segal	LBT	F30	52.	14.	0:13:44	03:38	0:44:14	01:14	0:26:01	1:28:50
219.	121	Laura Alderson		F40	53.	17.	0:12:22	03:07	0:41:16	01:39	0:30:31	1:28:56
220.	231	Clive Whittaker		O70	167.	3.	0:10:35	02:51	0:42:54	01:46	0:31:30	1:29:36
221.	95	Bethan Davies	Baildon Runners	F40	54.	18.	0:12:38	02:28	0:45:11	01:28	0:27:56	1:29:42
222.	169	Nigel Jamieson	Halifax Harriers	O50	168.	33.	0:13:48	03:00	0:43:23	01:50	0:28:01	1:30:02
223.	182	Slobodanka Grubic		O40	169.	40.	0:11:11	03:12	0:45:43	01:09	0:28:56	1:30:12
224.	118	Richard O'Flynn	Aim 4 Fitness	O50	170.	34.	0:12:19	01:47	0:43:34	01:17	0:31:16	1:30:13
225.	240	Ros Brown	Ilkley Harriers	F50	55.	5.	0:11:57	02:09	0:43:22	01:18	0:31:28	1:30:14
226.	217	Jackie Bailey		F50	56.	6.	0:11:23	01:57	0:43:58	01:00	0:31:59	1:30:18
227.	112	Mike Scothern		O60	171.	13.	0:12:13	02:40	0:43:34	01:11	0:30:42	1:30:20
228.	42	Lucy Kay		F40	57.	19.	0:13:49	05:39	0:42:20	02:38	0:25:55	1:30:20
229.	185	Rob Potter		O40	172.	41.	0:11:54	02:37	0:41:18	02:18	0:32:22	1:30:28
230.	94	Sarah Hayes	Ilkley Harriers	F50	58.	7.	0:13:40	02:24	0:44:49	01:30	0:28:17	1:30:40
231.	241	David Drake		O40	173.	42.	0:09:11	02:23	0:45:33	01:21	0:32:18	1:30:46
232.	63	Phil Hall		O70	174.	4.	0:13:50	02:18	0:40:52	01:45	0:32:08	1:30:53
233.	8	John Scott	LBT	O60	175.	14.	0:13:01	04:04	0:40:16	02:25	0:31:10	1:30:56
234.	109	Andrew Denman		O40	176.	43.	0:11:02	02:13	0:46:32	01:38	0:29:35	1:31:00
235.	167	Michael Simpson		O60	177.	15.	0:11:36	03:16	0:39:30	02:36	0:34:06	1:31:04
236.	152	Amanda Gardiner		F40	59.	20.	0:13:21	02:26	0:42:45	01:40	0:30:54	1:31:07
237.	119	John Appleyard-Tatum	Morley Tri	O60	178.	16.	0:12:06	02:57	0:43:01	02:28	0:30:45	1:31:17
238.	97	Alice Downes		F50	60.	8.	0:12:10	02:20	0:43:54	00:54	0:32:03	1:31:21
239.	100	Lucy Hall	Craven Energy	F40	61.	21.	0:11:33	03:35	0:43:47	02:39	0:29:47	1:31:21

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
240.	14	Kathleen Dixon	LBT	F60	62.	3.	0:12:10	02:56	0:40:26	03:13	0:32:44	1:31:29
241.	212	James Gaunt		O40	179.	44.	0:09:47	03:22	0:42:44	02:02	0:33:42	1:31:36
242.	110	Angela Carpenter		F40	63.	22.	0:11:52	06:00	0:42:17	03:06	0:28:23	1:31:38
243.	96	Fiona Hogg		O40	180.	45.	0:13:09	02:36	0:43:32	01:38	0:30:46	1:31:41
244.	206	Heather McClelland	Tri BB	O50	181.	35.	0:10:39	02:43	0:42:49	01:38	0:34:00	1:31:49
245.	115	Sal Salter	Huddersfield Tri	F50	64.	9.	0:12:46	03:30	0:44:13	01:36	0:30:02	1:32:08
246.	72	Jenny Rutherford	Tri BB	F30	65.	15.	0:13:22	03:22	0:46:27	01:31	0:27:32	1:32:14
247.	259	Lisa Firth	Harrogate Tri	F30	66.	16.	0:08:36	03:56	0:47:48	01:48	0:30:15	1:32:22
248.	62	Damian Mcintyre	NE Marathon Running Club	O50	182.	36.	0:14:05	05:09	0:44:58	01:08	0:27:11	1:32:31
249.	80	Matthew Griffin		O40	183.	46.	0:12:42	04:00	0:43:43	02:19	0:29:52	1:32:35
250.	84	Jenn Ward		F40	67.	23.	0:13:27	03:21	0:46:18	01:07	0:28:55	1:33:08
251.	75	Christopher Parker-Haim	Morley Tri	O40	184.	47.	0:11:44	04:12	0:45:26	02:48	0:29:05	1:33:16
252.	99	Claire Ryan		F30	68.	17.	0:13:18	03:44	0:46:33	01:00	0:28:48	1:33:22
253.	255	Katherine Costello		F30	69.	18.	0:10:45	03:02	0:47:14	01:53	0:30:40	1:33:33
254.	273	Grace Barbour		F30	70.	19.	0:10:01	02:48	0:46:30	01:54	0:32:23	1:33:35
255.	87	Annabel Adiprasito		F20	71.	13.	0:11:09	04:28	0:42:09	02:19	0:33:34	1:33:38
256.	129	Sarah Firth		F40	72.	24.	0:12:27	03:05	0:43:03	01:39	0:33:28	1:33:42
257.	92	Stuart Combridge		O50	185.	37.	0:13:21	02:54	0:47:55	00:56	0:28:46	1:33:51
258.	235	Chris Bradbury		O40	186.	48.	0:13:37	03:51	0:41:37	01:48	0:33:05	1:33:58
259.	164	Margaret Deacon		F50	73.	10.	0:11:54	04:02	0:47:46	01:52	0:28:32	1:34:06
260.	160	Tricia Quashie		F40	74.	25.	0:11:28	02:21	0:49:34	01:22	0:29:33	1:34:18
261.	252	Lizzie Cardis		F30	75.	20.	0:10:16	02:59	0:47:33	01:25	0:32:27	1:34:40
262.	120	Martin Cockerham		O60	187.	17.	0:13:33	04:43	0:40:21	03:11	0:33:05	1:34:54
263.	38	Peter Parker		O40	188.	49.	0:14:33	03:47	0:44:35	01:57	0:30:08	1:34:59
264.	391	Nick Bailey		O60	189.	18.	0:11:01	03:01	0:40:31	01:46	0:39:01	1:35:20
265.	190	Kayleigh Cuddy		F30	76.	21.	0:10:31	03:00	0:47:29	01:07	0:33:15	1:35:22
266.	111	Ruth Kettle	Tri BB	O50	190.	38.	0:12:51	03:09	0:46:59	01:23	0:31:05	1:35:26
267.	127	Anne Harding		F20	77.	14.	0:12:50	02:39	0:44:19	02:10	0:33:42	1:35:40
268.	89	Zac Bamber		OJ	191.	9.	0:11:46	05:48	0:54:02	01:27	0:22:41	1:35:44
269.	125	Jo Oddie		FY	78.	2.	0:10:52	02:43	0:47:44	01:09	0:33:34	1:36:02
270.	133	Edward Cleave		O40	192.	50.	0:18:46	04:44	0:43:35	02:37	0:26:22	1:36:04
271.	116	Elaine Berrill	Queensbury Running Club	F40	79.	26.	0:14:17	02:58	0:48:23	01:46	0:28:52	1:36:17
272.	41	Rosa Bobet		F50	80.	11.	0:16:40	02:09	0:48:10	01:11	0:28:28	1:36:39
273.	2	Paul Shanks	LBT	O40	193.	51.	0:14:37	02:34	0:43:59	01:49	0:34:02	1:37:00
274.	16	Matthew Rayner	LBT	O40	194.	52.	0:12:04	01:59	0:51:17	01:59	0:29:45	1:37:03
275.	154	Bernardo Vazquez		O60	195.	19.	0:11:45	03:31	0:46:30	03:35	0:31:42	1:37:04
276.	370	Sian Edwards	Hyde Park Harriers	F20	81.	15.	0:09:06	03:38	0:51:42	01:00	0:32:04	1:37:30
277.	85	Emma Jenkins		F40	82.	27.	0:12:20	02:49	0:47:57	01:48	0:32:48	1:37:42
278.	289	Julia Burns	LBT	F40	83.	28.	0:10:52	02:39	0:47:58	01:36	0:34:49	1:37:54
279.	37	Stanislav Stepaniuk		O20	196.	21.	0:17:00	02:30	0:46:02	01:09	0:31:17	1:37:59

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
280.	25	Kate Lightstead	Queensbury QoMs	F40	84.	29.	0:16:21	03:23	0:42:34	01:21	0:34:23	1:38:02
281.	307	Vicky Isaacson	Tri BB	F30	85.	22.	0:08:46	02:43	0:54:20	01:34	0:30:47	1:38:10
282.	150	Vicky Broadley	Morley Tri	F40	86.	30.	0:13:00	05:35	0:47:08	03:32	0:28:56	1:38:11
283.	157	Linda Walker		F60	87.	4.	0:13:58	02:46	0:52:25	01:23	0:27:42	1:38:14
284.	79	Jean Ellison		F60	88.	5.	0:14:07	03:22	0:48:34	01:40	0:30:42	1:38:25
285.	77	Danielle Jones		F40	89.	31.	0:13:17	03:01	0:51:04	01:28	0:30:28	1:39:18
286.	102	Lee Fletcher		O40	197.	53.	0:12:48	03:07	0:48:05	01:54	0:33:38	1:39:32
287.	9	Jillian Sabourn	LBT	F50	90.	12.	0:12:33	02:47	0:51:20	01:51	0:31:30	1:40:02
288.	107	Kate Hilditch		F30	91.	23.	0:12:22	03:44	0:47:51	01:11	0:34:55	1:40:04
289.	237	Victoria Walker		F20	92.	16.	0:12:17	05:57	0:50:33	02:12	0:29:10	1:40:10
290.	78	Penny Tattersfield		F20	93.	17.	0:14:12	03:27	0:54:59	01:44	0:25:49	1:40:11
291.	114	Stephanie Ayres		F20	94.	18.	0:12:32	02:42	0:47:43	01:23	0:35:56	1:40:16
292.	82	Tim Gold		O40	198.	54.	0:13:18	04:24	0:52:47	01:21	0:29:00	1:40:51
293.	49	Neil Wilson	Morley Tri	O50	199.	39.	0:12:40	04:20	0:47:33	02:53	0:33:52	1:41:18
294.	47	Chris Charlton		O40	200.	55.	0:14:23	04:51	0:49:00	02:13	0:31:30	1:41:57
295.	234	Amy Cowlshaw		FY	95.	3.	0:09:20	04:50	0:49:06	02:49	0:35:55	1:42:00
296.	128	Martin Haigh		O70	201.	5.	0:14:01	03:27	0:50:15	02:04	0:32:42	1:42:30
297.	57	Paul Clark		O50	202.	40.	0:15:22	06:33	0:47:25	03:12	0:30:06	1:42:38
298.	71	Simon Lacy		O50	203.	41.	0:15:38	04:35	0:44:59	04:45	0:32:47	1:42:44
299.	204	Emily McQuire		F20	96.	19.	0:10:22	02:13	0:54:42	01:18	0:34:18	1:42:53
300.	399	Caroline Hovington	Pendle Tri	F40	97.	32.	0:13:47	06:00	0:48:02	01:42	0:33:34	1:43:06
301.	67	Lisa Davenport		F40	98.	33.	0:15:36	03:36	0:51:54	01:51	0:30:22	1:43:20
302.	58	Andrew Sharp		O50	204.	42.	0:16:24	04:26	0:49:04	04:15	0:31:15	1:45:24
303.	218	Ruth McQuire		F50	99.	13.	0:10:59	03:01	0:53:46	02:02	0:35:38	1:45:26
304.	211	Alison Foley	Morley Tri	F30	100.	24.	0:09:40	04:30	0:53:54	02:09	0:35:21	1:45:35
305.	158	Ellen Clarke		F50	101.	14.	0:13:38	02:50	0:50:48	01:42	0:37:15	1:46:13
306.	415	Becca Woodthorpe		F30	102.	25.	0:12:56	03:14	0:53:18	01:51	0:34:59	1:46:18
307.	70	Chris Stanley		O30	205.	49.	0:15:19	03:56	0:52:07	02:56	0:33:35	1:47:52
308.	6	Peter Sabourn	LBT	O50	206.	43.	0:12:29	01:56	0:54:08	01:28	0:37:53	1:47:53
309.	303	Camilla Pratt		F30	103.	26.	0:10:18	05:25	0:58:49	03:23	0:30:59	1:48:55
310.	39	Jack Driver		O30	207.	50.	0:15:09	05:33	0:53:36	03:27	0:32:05	1:49:49
311.	104	Ian Walker		O60	208.	20.	0:15:41	06:10	0:49:05	03:16	0:36:22	1:50:35
312.	46	Glen Sutcliffe		O40	209.	56.	0:14:13	04:51	0:52:24	02:50	0:36:56	1:51:14
313.	113	Jeannette Boote	Morley Tri	F50	104.	15.	0:11:28	05:04	0:55:44	01:45	0:37:34	1:51:36
314.	93	Roshan Mallard	Craven Energy	F20	105.	20.	0:13:30	04:57	0:57:50	01:36	0:34:09	1:52:03
315.	74	Katie Howe		F20	106.	21.	0:13:42	03:50	0:57:39	01:21	0:36:00	1:52:33
316.	61	Hannah Love	Harrogate Tri	F40	107.	34.	0:14:50	03:04	0:55:47	02:21	0:38:34	1:54:36
317.	45	Andy Toynton		O50	210.	44.	0:15:13	04:22	0:56:52	01:40	0:37:57	1:56:04
318.	151	Gavin Broadley		O40	211.	57.	0:17:33	03:40	0:51:24	02:12	0:43:03	1:57:53
319.	210	Lauren Stokes		F20	108.	22.	0:14:01	05:54	0:59:06	03:29	0:35:27	1:57:57

Pos	Bib	Name	Club	AG	O/F Pos	AG Pos	Swim	T1	Bike	T2	Run	Time
320.	32	Richard Appleyard	TriBB	O60	212.	21.	0:15:13	06:12	0:48:43	03:09	0:44:57	1:58:15
321.	30	Simon Walker		O40	213.	58.	0:18:29	06:39	0:54:37	03:20	0:36:55	1:59:59
322.	28	Denis Callaghan		O40	214.	59.	0:16:09	02:59	0:56:19	01:14	0:44:03	2:00:45
323.	253	Lauren van Heel		F30	109.	27.	0:17:30	03:23	1:01:50	02:45	0:35:28	2:00:56
324.	51	Dan Snedden		O40	215.	60.	0:13:20	07:01	0:59:11	02:30	0:39:10	2:01:12
325.	384	Sean Kachmarski	Wakefield Tri	O50	216.	45.	0:15:08	05:50	1:05:27	02:57	0:43:30	2:12:53
326.	44	Nicola Willoughby		F30	110.	28.	0:20:48	06:11	1:05:51	03:35	0:46:37	2:23:03
327.	43	Kit Tudor-McAdam		F50	111.	16.	0:21:49	06:13	1:05:52	03:32	0:46:36	2:24:03
328.	55	Michael Craig		O20	217.	22.	0:15:34	06:46	1:16:17	02:17	0:45:00	2:25:53
329.	341	Indi Lacey	Hyde Park Harriers	F20	112.	23.	0:07:44	01:44	0:33:41	01:05	0:24:28	DSQ

Teams

1.	410	The Purple Cobras	0:08:53	00:59	0:28:43	00:32	0:16:24	0:55:31
2.	414	Nuffield	0:08:49	01:16	0:37:23	00:45	0:16:06	1:04:19
3.	413	Team Miley	0:09:58	01:09	0:32:06	00:54	0:21:26	1:05:33
4.	404	Nelson Muirhead	0:10:10	00:59	0:31:42	00:35	0:22:11	1:05:38
5.	406	Team Hayes	0:11:23	01:27	0:32:36	00:50	0:27:37	1:13:53
6.	402	Spokes & Spikes	0:11:40	01:43	0:32:43	01:03	0:26:50	1:13:59
7.	411	Ilkley Grammar School PE	0:11:52	01:23	0:39:11	00:44	0:22:12	1:15:23
8.	407	Steph's Mermaids 2	0:11:10	01:49	0:38:02	01:16	0:25:12	1:17:28
9.	412	Sweat Regret and Oxygen De	0:11:54	01:39	0:45:52	00:55	0:24:54	1:25:14
10.	403	Chuckle Squad	0:11:27	01:29	0:37:27	03:45	0:34:00	1:28:07
11.	405	Becca Ellis	0:11:35	01:14	0:49:26	00:58	0:25:52	1:29:05
12.	401	Boshmas	0:09:14	01:39	0:51:34	00:52	0:27:17	1:30:37
13.	409	Steph's Mermaids 3	0:12:46	01:58	0:46:19	00:55	0:32:57	1:34:54
14.	408	Steph's Mermaids 1	0:10:36	01:40	0:58:03	01:06	0:38:04	1:49:29