

Race No	First Name	Last Name	Category	Distance	Swim Split	Run Split	Total Time
161	Ben	Rawlins	M 15-19	Long	00:09:38	00:24:57	00:34:35
164	Alex	Male	M 15-19	Long	00:09:48	00:25:25	00:35:13
162	Phil	Tomlinson	M 40-59	Long	00:10:26	00:26:57	00:37:23
163	Lee	Carter	M 40-59	Long	00:10:56	00:26:44	00:37:40
160	Dale	Williams	M 40-59	Long	00:11:43	00:25:58	00:37:41
146	Joanne/M	Taylor	Relay	Long	00:12:29	00:25:39	00:38:08
158	Matt	Cooke	M 20-39	Long	00:10:52	00:27:22	00:38:14
155	Ron	Evans	M 40-59	Long	00:11:38	00:29:09	00:40:47
152	Martin	McKinlay	M 20-39	Long	00:14:01	00:28:05	00:42:06
148	Adam	O'Shea	M 20-39	Long	00:13:18	00:28:57	00:42:15
147	Katie	Hooper	F 20-39	Long	00:13:24	00:29:09	00:42:33
153	Mark	Dewey	M 40-59	Long	00:13:33	00:29:57	00:43:30
140	Rebecca	Mace	F 20-39	Long	00:13:38	00:30:48	00:44:26
157	Dave	Kemp	M 40-59	Long	00:12:10	00:32:25	00:44:35
159	Richard	Smith	M 40-59	Long	00:12:05	00:33:17	00:45:22
149	Emily	Murray	F 15-19	Long	00:12:00	00:34:36	00:46:36
154	Paul	Buften	M 40-59	Long	00:14:17	00:33:51	00:48:08
150	Melanie	Evans	F 60+	Long	00:12:40	00:35:35	00:48:15
145	Simon	Morris	M 60+	Long	00:14:39	00:34:30	00:49:09
142	Jenny /Gra	King	Relay	Long	00:17:01	00:33:44	00:50:45
151	Colette	Henshaw	F 40-59	Long	00:14:34	00:37:59	00:52:33
144	Paul	Hawkins	M 40-59	Long	00:14:49	00:39:34	00:54:23
141	Paul	Constable	M 20-39	Long	00:16:07	00:44:05	01:00:12