

Duathlon Olympic	Clumber Park Duathlon	Top	Olympic	Age Group	Overall Place	AG Place	10k	T1	40k	T2	5k	Time	
<i>insert row</i>			Matt Shillabeer	35-39	34 (Male)	9	00:30:33	00:01:03	01:01:50	00:01:05	00:19:07	01:53:38	
			Sarah Charnock	30-34	11 (Female)	4	00:33:45	00:01:00	01:16:17	00:01:07	00:17:34	02:09:43	
Duathlon Olympic	Parbold Duathlon The North West Championships	Top	Olympic	Age Group	Overall Place	AG Place	6k	T1	30k	T2	6k	Time	
<i>insert row</i>			Paul Roby	35-39	1	1	00:17:25		00:48:03		00:18:04	01:23:32	
			Paul Mason	40-44	11	1	00:19:40		00:53:22		00:20:15	01:33:17	
			Sam Russell	<20	13	2	00:18:42		00:55:11		00:19:57	01:33:50	
			Richard Bardon	35-39	14	4	00:19:37		00:54:59		00:19:48	01:34:24	
			Conor McEntee	30-34	20	5	00:20:12		00:58:25		00:20:03	01:38:40	
			Martin Holden	35-39	28	6	00:22:36		00:57:09		00:22:07	01:41:52	
			Peter Mousley	55-59	47	1	00:21:33		01:02:33		00:21:37	01:45:43	
			Louise Hogg	35-39	55	3	00:23:49		01:02:42		00:23:23	01:49:54	
<i>insert row</i>			Jo Lee	25-29	67	3	00:24:34		01:05:36		00:26:29	01:56:39	
Bike TT	Course D22/1 - Broxton	Top	22 miles Hilly	Category	Overall Place	Cat Place						Time	
<i>insert row</i>			Matt Shillabeer	D	9	1						00:52:02	
			Marc Laithwaite	C	12	3						00:54:10	
			Julie Harrison	EL	41	2						01:05:54	
			Sarah Charnock	EL	42	3						01:07:55	
			Jo Lee	EL	44	4						01:11:20	
Aquathlon	Nantwich Aquathlon - Race 6 (Fun 2 Tri)	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	7.5k				Time
<i>insert row</i>			Ian Roberts	25-29	1	1	00:11:37	n/a	00:27:58				00:39:35
Bike TT	Course D10/19 - Pulford	Top	10 miles	Category	Overall Place	Cat Place						Time	
<i>insert row</i>			Marc Laithwaite	S	28	28						00:24:21	
			Richard Kettle	S	36	36						00:24:57	
Aquathlon	Portobello Aquathlon (Edinburgh)	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	5k				Time
<i>insert row</i>			Lee Cook	25-29	1	1	00:10:03	00:00:52	00:17:31				00:28:26
Duathlon Olympic	Swindon Duathlon Unfortunately Paul punctured on the 2nd lap of the bike course, best of luck for Milton Keynes next week.	Top	Olympic	Age Group	Overall Place	AG Place	10k	T1	40k	T2	5k	Time	
<i>insert row</i>			Paul Roby	35-39	DNF	Punctured	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Duathlon Olympic	Milton Keynes Duathlon The British Championships Paul & Matt both claim their GB team places for the world duathlon champs in Sept 08 (Rimini, Italy), joining Sarah	Top	Olympic	Age Group	Overall Place	AG Place	10k	T1	40k	T2	5k	Time	
<i>insert row</i>			Paul Roby	35-39	19	5	00:33:42	00:00:57	01:03:27	00:00:53	00:21:37	02:00:36	
			Matt Shillabeer	35-39	43	13	00:36:11	00:00:39	01:03:49	00:00:45	00:22:06	02:03:30	
			Sarah Charnock	30-34	DNS	Injured	n/a	n/a	n/a	n/a	n/a	n/a	
Bike TT	Course D10/18 - Much Hoole	Top	10 miles	Category	Overall Place	Cat Place						Time	
<i>insert row</i>			Paul Mason	n/a	4/18	n/a						00:24:26	
			Sarah Charnock	n/a	14/18	n/a						00:29:07	
Triathlon Sprint	Skipton Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time	
<i>insert row</i>			Paul Mason	40-49	16	3	00:08:13	n/a	00:37:50	n/a	00:19:26	01:05:29	
			Sam Russell	17-19	25	1	00:07:38	n/a	00:42:17	n/a	00:18:55	01:08:50	

Bike TT	Course D10/18 - Much Hoole	Top	10 miles	Category	Overall Place	Cat Place						Time
<i>insert row</i>			Paul Mason	n/a	2/25	n/a						00:23:50
			Richard Kettle	n/a	3/25	n/a						00:23:55
			Sarah Charnock	n/a	21/25	n/a						00:27:33
Duathlon Olympic	Ashbourne Duathlon <i>The last of 3 events in the national ranking series for Matt brings an end to the duathlon season with a consistent performance. Chris went quicker than last year with his bike time corrected for his derailed chain incident on the steepest climb!</i>	Top	Olympic	Age Group	Overall Place	AG Place	12k	T1	40k	T2	4k	Time
<i>insert row</i>			Matt Shillabeer	35-39	21	n/a	00:50:02	with bike	01:14:09	with bike	00:14:58	02:19:09
			Chris Levy	35-39	77	n/a	00:53:59	with bike	01:24:44	with bike	00:16:44	02:35:27
			Sarah Charnock	30-34	DNS	Injured						
			Marc Laithwaite	35-39	DNS	Injured						
Triathlon Sprint	Chirk Triathlon <i>Great result for Kirsty today in her first triathlon since, probably, the relays last year. Although good results in the senior women class, overall in the female 23rd out of 114.</i>	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			Kirsty Webster	FS	167/330	7/44	00:07:43	n/a	00:47:09	n/a	00:27:18	01:22:10
			Mick Murray	45-49	DNS	Injured						
Bike TT	Course D10/18 - Much Hoole	Top	10 miles	Category	Overall Place	Cat Place						Time
<i>insert row</i>			Paul Mason	n/a	5/26	n/a						00:23:10
Triathlon Olympic	Horwich Triathlon <i>A good turn out for ABC today with some good split times on what was a very tough course. Julian took the wrong route on the run, which probably would have got him a top 50 spot otherwise. Solid performance from Louise in what was a top female field. Good news for Sarah with the fastest female bike split of the day and the fastest female swim+bike split.</i>	Top	Olympic	Age Group	Overall Place	AG Place	800m	T1	40k	T2	12k	Time
<i>insert row</i>			Matt Shillabeer	M	6	4	00:11:55	with bike	01:09:11	with run	00:51:58	02:13:04
			Richard Bardon	M	13	11	00:14:41	with bike	01:15:09	with run	00:51:17	02:21:07
			Martin Holden	M	45	24	00:14:49	with bike	01:21:44	with run	01:04:16	02:40:49
			Louise Hogg	F	67	8	00:15:45	with bike	01:31:14	with run	01:01:59	02:48:58
			Julian Corfe	M	83	37	00:15:40	with bike	01:21:04	with run	01:24:23	03:01:07
			Sarah Charnock	F	DNF	no run	00:13:01	with bike	01:20:00	n/a	n/a	
			Martin Howard	M40	DNS							
			Chris Levy	M	DNS							
Triathlon Sprint	Ballbuster Duathlon, Box Hill, Surrey	Top		Age Group	Overall Place	AG Place	750m	T1	20k	T2	5k	Time
<i>insert row</i>			Lee Cook	M	DNS	Injured						
			Paul Mason	MV	4	2	00:06:38	n/a	00:30:32	n/a	00:20:27	00:57:39
			Ian Roberts	MS	3	1	00:06:50	n/a	00:31:56	n/a	00:18:39	00:57:27
Triathlon Sprint	Strathclyde Triathlon <i>The British Championships - CANCELLED</i>	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			Lee Cook	25-29	DNS	Cancelled						
			Marc Laithwaite	35-39	DNS	Cancelled						
Duathlon Sprint	Ian Hesketh Memorial Duathlon <i>First female victory for Louise - Well Done.</i>	Top	Sprint	Age Group	Overall Place	AG Place	5k	T1	20k	T2	5k	Time
<i>insert row</i>			Rob Marsh	35-39	9	n/a	00:15:00	n/a	00:37:20	n/a	00:20:30	01:12:50
			Louise Hogg	30-34	17	n/a	00:17:43	n/a	00:39:00	n/a	00:22:50	01:19:33
			Karen Jarvis		24	n/a	00:19:11	n/a	00:45:43	n/a	00:24:11	01:29:05
Aquathlon	Salford Aquathlon Series 1	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	5k			Time
<i>insert row</i>			Ian Roberts	25-29	6	n/a	00:13:00	n/a	00:17:17			00:30:17

Triathlon Sprint	Cheshire Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			Marc Laithwaite	35-39	5	1	00:07:41	n/a	00:33:40	n/a	00:18:48	01:00:09
			Stuart Foster	30-34	39	8	00:08:49	n/a	00:39:10	n/a	00:20:19	01:08:18
			Chris Unsworth	50-54	173	7	00:09:16	n/a	00:44:47	n/a	00:24:33	01:18:36
			Kirsty Webster	35-39	14	5	00:09:34	n/a	00:40:39	n/a	00:26:27	01:16:40
Aquathlon	Summer Aquathlon Series 1 - Epic Events	Top	Sprint	Age Group	Overall Place	AG Place	500m	T1	5k			Time
<i>insert row</i>			Chris Wilson	n/a	6	n/a	00:10:02	n/a	00:19:17			00:29:19
			Stuart Foster	n/a	7	n/a	00:09:02	n/a	00:20:28			00:29:30
			Mike Rudd	n/a	8	n/a	00:08:36	n/a	00:21:04			00:29:40
			Julian Corfe	n/a	14	n/a	00:10:17	n/a	00:23:03			00:33:20
			Peter Mousley	n/a	15	n/a	00:10:30	n/a	00:22:55			00:33:25
	Chris Unsworth	n/a	22	n/a	00:10:08	n/a	00:25:42			00:35:50		
Triathlon Olympic	ITU World Championships Triathlon, Vancouver Swim was cancelled due to poor conditions and replaced with a short 3k run. Achieved 33rd in age group and 8th Brit in age group.	Top	Olympic	Age Group	Overall Place	AG Place	3k Run	T1	40k	T2	10k	Time
<i>insert row</i>			Matt Shillabeer	35-39	N/A	32	00:07:53	n/a	01:00:12	n/a	00:40:49	01:48:54
Triathlon Olympic	Tatton Park Triathlon Congratulations to Julie Finn claiming 2nd Fastest Female and to Julie H claiming 3rd fastest female.	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>			Michael Zeiden	30-34	69	n/a	00:43:24	n/a	01:10:04	n/a	00:46:59	02:40:28
			Julie Finn	30-34	71	n/a	00:39:07	n/a	01:14:05	n/a	00:47:26	02:40:40
			Martin Holden	35-39	74	n/a	00:40:32	n/a	01:05:19	n/a	00:54:59	02:40:41
			Julie Harrison	45-49	84	n/a	00:38:13	n/a	01:09:26	n/a	00:54:37	02:42:53
Triathlon Middle	Bala Middle Distance	Top	Middle	Age Group	Overall Place	AG Place	1900m	T1	90k	T2	21k	Time
<i>insert row</i>			Chris Levy	35-39	135	n/a	00:42:52	n/a	02:53:58	n/a	01:41:22	05:18:12
Triathlon Sprint	Rosendale Sprint Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			Marc Laithwaite	35-39	4	n/a	00:05:59	n/a	00:39:41	n/a	00:19:28	01:05:08
			Paul Mason	45-49	20	n/a	00:05:50	n/a	00:47:30	n/a	00:20:40	01:14:00
			Julian Corfe	25-29	28	n/a	00:07:19	n/a	00:46:27	n/a	00:23:23	01:17:09
			Jo Lee	25-29	74	n/a	00:07:12	n/a	00:50:10	n/a	00:27:09	01:24:31
			Martin Howard	40-44	111	n/a	00:08:15	n/a	00:57:47	n/a	00:24:21	01:30:23
Aquathlon	Salford Aquathlon The North West Triathlon England Championships Great results all round and team first place to boot!	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	5k			Time
<i>insert row</i>			Sam Russell	<20	2	1	00:10:17	n/a	00:18:23			00:28:40
			Lee Cook	25-29	4	1	00:11:16	n/a	00:17:51			00:29:07
			Ian Roberts	25-29	6	2	00:12:32	n/a	00:17:00			00:29:32
			Marc Laithwaite	35-39	7	1	00:12:33	n/a	00:17:31			00:30:04

Triathlon Olympic	Chester Triathlon The North West Triathlon England Championships Fantastic ABC turnout today well done to all STATS 17 ABC Racing 2nd Male Team - Thanks to Marc, Lee and Paul 2nd Male Vet for Paul M 1st Male Junior for Sam Swim: Lee 2nd; Sam 4th Bike: 3 Top 20 splits Run: Top 10 for Marc and Lee Ladies: Julie 18th; Louise 27th; Jo 33rd of 83 3rd Place Vet for Julie Various AG top 3s First Olympic Tris for Sam, Stuart & Julian - well done - other newbies, let me know. OTHER INFO The Martins seem to have had faulty chips - await times. Stuart has a 2min penalty for drafting included. Matt DQ'd for crossing the centre line on the bike (in good company as the winner and 2nd place overall were DQ'd!). Split times are dodgy - if you have a T1 of 1:57 or a T2 of 1:04 these look like the default times set in the computer and therefore your actual splits will be different. Actual Age Group Places not available with multiple AG waves and Senior/Vet etc Categories.	<u>Top</u>	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
insert row			Marc Laithwaite	35-39	8	n/a	00:23:19	00:00:44	01:02:34	00:01:04	00:35:28	02:03:11
			Lee Cook	25-29	11	n/a	00:19:39	00:01:57	01:08:36	00:00:47	00:36:26	02:07:28
			Paul Mason	45-49	13	n/a	00:22:36	00:01:57	01:03:59	00:00:43	00:39:07	02:08:25
			Sam Russell	<20	25	n/a	00:19:57	00:00:53	01:10:56	00:00:36	00:40:41	02:13:06
			Conor McEntee	30-34	41	n/a	00:26:12	00:01:08	01:08:40	00:00:48	00:39:54	02:16:45
			Stuart Foster	30-34	83	n/a	00:26:59	00:01:43	01:11:11	00:00:57	00:40:49	02:21:42
			Nick Bennett	40-44	84	n/a	00:25:52	00:01:03	01:09:40	00:01:04	00:44:11	02:21:52
			Chris Levy	35-39	150	n/a	00:31:05	00:01:20	01:11:52	00:01:04	00:44:25	02:29:47
			Julian Corfe	25-29	159	n/a	00:30:22	00:01:57	01:13:08	00:00:53	00:44:17	02:30:39
			Peter Mousley	50-54	183	n/a	00:30:39	00:02:57	01:15:26	00:01:04	00:43:10	02:33:19
			Martin Howard	40-44	199	n/a	tbc	tbc	tbc	tbc	tbc	02:34:47
			Julie Harrison	45-49	206	n/a	00:31:25	00:01:59	01:13:36	00:01:04	00:47:30	02:35:36
			Chris Unsworth	50-54	229	n/a	00:28:30	00:02:47	01:18:03	00:01:04	00:47:19	02:37:45
			Louise Hogg	30-34	233	n/a	00:32:00	00:01:59	tbc	tbc	tbc	02:38:20
			Jo Lee	25-29	257	n/a	00:30:33	00:01:37	01:18:45	00:01:02	00:48:55	02:40:56
			Paul Devine	40-44	265	n/a	00:32:37	00:01:57	01:14:06	00:01:04	00:51:47	02:41:32
			Martin Holden	35-39	tbc	n/a	00:29:57	00:01:40	01:09:12	00:00:55	tbc	tbc
			Matt Shillabeer	35-39	DQ	n/a	00:22:21	00:01:57	01:03:40	00:01:04	00:40:08	02:09:12
			Kirsty Webster	35-39	DNS	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Triathlon Sprint	Sefton Triathlon	<u>Top</u>	Super Sprint	Age Group	Overall Place	AG Place	150m	T1	5k	T2	2.5k	Time
insert row			Stuart Foster	M Adult	7	n/a	00:02:45	00:00:49	00:13:37	00:00:56	00:13:48	00:31:55
Triathlon Sprint	Newton Le Willows Triathlon	<u>Top</u>	Sprint	Age Group	Overall Place	AG Place	400m	T1	21.6k	T2	5.6k	Time
insert row			Martin Howard	40-44	31	9	00:10:04	n/a	00:43:51	n/a	00:31:37	01:25:32
			Karl Allender	30-34	38	5	00:07:11	n/a	00:44:19	n/a	00:35:08	01:26:38
			Mike Wood	45-49	82	10	00:09:30	n/a	00:49:02	n/a	00:34:46	01:33:18
Aquathlon	Summer Aquathlon Series 2 - Epic Events	<u>Top</u>	Sprint	Age Group	Overall Place	AG Place	500m	T1	5k			Time
insert row			Sam Russell	n/a	1	n/a	00:04:16	n/a	00:19:26			00:23:42
			Peter Mousley	n/a	7	n/a	00:07:04	n/a	00:22:08			00:29:12
Triathlon Olympic	Cleveland Steelman	<u>Top</u>	Middle	Age Group	Overall Place	AG Place	2000m	T1	90k	T2	21k	Time
insert row			Michael Zeiden	30-39	99	42	00:44:23	00:02:38	02:56:54	00:01:54	01:27:09	05:13:01
			Julie Finn	30-39	15	6	00:38:29	00:03:11	03:14:58	00:02:40	01:26:09	05:25:29
Triathlon Olympic	Wakefield Triathlon The British Championships	<u>Top</u>	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
insert row			Paul mason	45-49	58	4	00:23:36	00:01:57	01:10:51	00:01:32	00:41:17	02:19:14
			Matt Shillabeer	35-39	61	14	00:23:46	00:01:41	01:10:51	00:01:19	00:42:06	02:19:44
			Conor McEntee	30-34	137	22	00:27:21	00:01:51	01:18:56	00:01:32	00:41:43	02:31:24
			Martin Howard	40-44	266	44	00:34:21	00:04:27	01:31:01	00:03:31	00:46:19	02:59:40

Triathlon Sprint	Boundary Breeze Triathlon The North West Triathlon England Championships	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	23k	T2	5k	Time
<i>insert row</i>			Lee Cook	25-29	5	2	00:09:24	n/a	00:37:12	n/a	00:17:40	01:04:16
			Sam Russell	<20	7	1	00:08:47	n/a	00:37:11	n/a	00:18:26	01:04:24
			Ian Roberts	25-29	9	4	00:10:52	n/a	00:36:31	n/a	00:17:26	01:04:49
			Marc Laithwaite	35-39	10	1	00:10:43	n/a	00:36:08	n/a	00:18:01	01:04:52
			Matt Shillabeer	35-39	11	2	00:10:34	n/a	00:35:56	n/a	00:19:04	01:05:34
			Paul Mason	45-49	15	1	00:10:54	n/a	00:36:39	n/a	00:19:05	01:06:38
			Julian Corfe	25-29	30	6	00:13:26	n/a	00:38:50	n/a	00:20:27	01:12:43
			Richard Kettle	25-29	44	7	00:13:49	n/a	00:41:03	n/a	00:21:23	01:16:15
			Martin Howard	40-44	59	13	00:16:31	n/a	00:40:19	n/a	00:21:10	01:18:00
			Chris Unsworth	50-54	67	5	00:13:40	n/a	00:42:54	n/a	00:22:39	01:19:13
	Joanna Lee	25-29	93	1	00:14:06	n/a	00:43:09	n/a	00:25:29	01:22:44		
	Louise Hogg	35-39	146	5	00:15:24	n/a	00:51:47	n/a	00:22:28	01:29:39		
Triathlon Ironman	Challenge Roth - Ironman		Ironman	Age Group	Overall Place	AG Place	3.8K	T1	180k	T2	42.2K	Time
<i>insert row</i>			Mike Goulbourne	30-34	n/a	n/a	n/a	n/a	n/a	n/a	n/a	09:26:00
	Richard Bardon	35-39	272	74	01:08:45	00:03:49	05:23:05	00:01:43	03:28:56	10:06:16		
Aquathlon	Salford Aquathlon Series 4	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	5k		Time	
<i>insert row</i>			Lee Cook	n/a	1	1	00:11:06	n/a	00:16:40		00:27:46	
Triathlon Sprint	Trentham Sprint Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	750m	T1	20k	T2	5k	Time
<i>insert row</i>			Pam Kay	45-49	28	2	00:15:53	n/a	00:53:04	n/a	00:32:23	01:41:20
Triathlon Olympic	Trentham Olympic Triathlon	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>			Ian Roberts	25-29	1	1	00:27:38	n/a	01:17:07	n/a	00:41:41	02:26:26
			Richard Kettle	25-29	26	4	00:36:54	n/a	01:21:54	n/a	00:49:14	02:48:02
			Mike Wood	45-49	77	6	00:40:18	n/a	01:36:04	n/a	00:58:16	03:14:38
Triathlon Middle	Trentham Middle Distance	Top	Middle	Age Group	Overall Place	AG Place	2000m	T1	90k	T2	21k	Time
<i>insert row</i>			Matt Shillabeer	35-39	17	6	00:36:30	n/a	02:26:01	n/a	01:46:54	04:49:25
			Julie Harrison	45-49	7 Female	1	00:48:12	n/a	02:43:05	n/a	01:51:58	05:23:15
			Martin Holden	40-44	69	26	00:47:25	n/a	02:39:42	n/a	02:10:49	05:37:56
			Chris Lea	45-49	87	12	00:45:31	n/a	02:47:06	n/a	02:15:13	05:47:50
Aquathlon	Summer Aquathlon Series 3 - Epic Events	Top	Sprint	Age Group	Overall Place	AG Place	500m	T1	5k		Time	
<i>insert row</i>			Sam Russell	n/a	1	n/a	00:07:45	n/a	00:19:01		00:26:46	
			Lee Cook	n/a	2	n/a	00:08:17	n/a	00:18:47		00:27:04	
			Richard Bardon	n/a	74	n/a	00:10:33	n/a	00:20:29		00:31:02	
Triathlon Sprint	National Club Relays, Nottingham The British Championships Barbarians=Chewy; Jo Lee, Louise Hogg, Chris Unsworth Saxons=Shillers, Nick Bennett, Julian Corfe, Marc Laithwaite	Top	Sprint Relays	Group	Overall Place	Group Place	4x400m	T1	4x15k	T2	4x5k	Time
<i>insert row</i>			Barbarians	Mixed	n/a	24	00:39:17	n/a	01:45:45	n/a	01:30:09	03:55:12
			Saxons	Male	n/a	37	00:34:36	n/a	01:28:42	n/a	01:22:04	03:25:23
Triathlon Olympic	London Triathlon	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>			Derek Ireland	55+	n/a	18/63	00:30:23	00:04:56	01:13:47	00:02:26	00:52:57	02:44:27
			Lyn Plumbley	50-54	n/a	6/18	00:39:55	00:04:30	01:16:23	00:01:56	00:49:18	02:52:01

Triathlon Sprint	Macclesfield Sprint Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>	Ian was sent wrong way bike course and had no finish time or place		Ian Roberts	25-29	DNF							
Triathlon Sprint	Cockerham Sprint Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	350m	T1	15k-Off Rd	T2	5k-Off Rd	Time
<i>insert row</i>			Julian Corfe	M	23	11	00:08:11	n/a	00:41:53	n/a	00:24:27	01:14:31
Triathlon Olympic	Blithfield Triathlon	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>	Due to bad fog event turned into Aquathlon (1200m OW Swim/10K run) - Both Matt & Conor did not compete		Matt Shillabeer Conor McEntee	35-39 30-34	DNS DNS	n/a n/a	n/a n/a	n/a n/a	n/a n/a	n/a n/a	n/a n/a	n/a n/a
Triathlon Olympic	Rivington Triathlon	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>	The weather just stayed dry for the race, good racing all round with a start in a very cold Rivington Reservoir.		Paul Mason Richard Bardon Nick Bennett Stuart Foster Chris Wilson	45-49 35-39 40-44 30-34 40-44	6 17 32 44 DNS	2 9 15 24 n/a	00:25:22 00:30:30 00:28:00 00:32:13 n/a	n/a n/a n/a n/a n/a	01:09:30 01:14:15 01:16:55 01:23:47 n/a	n/a n/a n/a n/a n/a	00:43:06 00:43:19 00:51:10 00:44:30 n/a	02:17:58 02:28:04 02:36:05 02:40:30 n/a
Triathlon Ironman	Ironman UK - Sherborne	Top	Ironman	Age Group	Overall Place	AG Place	3.8K	T1	180k	T2	42.2K	Time
<i>insert row</i>	Great effort from Julie H to claim 2nd in her AG - possibilities of a Hawaii Place Well done to Mike Z and Julie F in their first Ironman events - solid performances from both across all three disciplines Well done to Chris on his sub 14hr IM in poor weather Unlucky to Martin H who went down with a bug and dropped out on 65k into the bike		Michael Zeiden Julie Harrison Julie Finn Chris Lea Martin Holden	30-34 45-49 30-34 45-49 35-39	446 478 498 783 DNF	84 2 12 74 n/a	01:31:10 01:21:22 01:22:27 01:08:42 01:20:49	00:08:10 00:06:03 00:11:38 00:14:59 n/a	06:44:05 06:47:34 06:56:26 07:13:18 n/a	00:06:35 00:04:19 00:17:00 00:13:36 n/a	03:55:06 04:13:16 03:48:10 05:03:17 n/a	12:25:03 12:32:32 12:35:39 13:53:50 n/a
Triathlon Middle	Helvellyn Triathlon	Top	Middle	Age Group	Overall Place	AG Place	1200m	T1	38miles	T2	10k	Time
<i>insert row</i>	Shortened swim and run this year due to adverse weather conditions Marc regains title ABC claim club league trophy by taking another 1hr 14min from Man Tri		Marc Laithwaite Lee Cook Julian Corfe Chris Unsworth Jo Lee Paul Devine	35-39 25-29 25-29 50-54 25-29 40-44	1 16 73 257 DNS DNS	n/a n/a n/a n/a	00:18:40 00:17:16 00:26:45 00:24:37	00:00:45 00:01:32 00:01:59 00:02:22	01:52:44 02:01:42 02:03:35 02:24:41	00:01:33 00:01:12 00:01:24 00:01:30	00:56:54 01:05:03 01:14:54 01:25:41	03:10:39 03:26:48 03:48:40 04:18:55
Triathlon Olympic	Ironman Monaco (70.3 - Half Distance)	Top	Middle	Age Group	Overall Place	AG Place	1900m	T1	90k	T2	21k	Time
<i>insert row</i>	Fantastic AG place for Louise in her first middle distance Nice to see Mike Goulbourne back racing for the Black & White		Mike Goulbourne Louise Hogg	30-34 35-39	112 613	31 12	00:34:42 00:40:23	00:03:38 00:06:02	02:46:00 03:31:54	00:03:11 00:04:21	01:32:01 01:51:34	04:59:32 06:14:14
Triathlon Olympic	Northumberland Tri Fest	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>			Ian Roberts	25-29	DNS - Event Cancelled							
Triathlon Olympic	Bala Olympic Distance	Top	Olympic	Age Group	Overall Place	AG Place	1500m	T1	40k	T2	10k	Time
<i>insert row</i>			Mike Goulbourne Conor McEntee Ryan Morrison Chris Levy	30-34 30-34 30-34 35-39	20 97 136 201	n/a n/a n/a n/a	00:27:54 00:29:43 00:27:47 00:34:52	n/a n/a n/a n/a	00:57:39 01:04:55 01:11:21 01:07:44	n/a n/a n/a n/a	00:37:03 00:41:55 00:41:03 00:43:30	02:02:36 02:16:33 02:20:11 02:26:06

Triathlon Sprint	Brinscall Triathlon <i>Lost chain on uphill section of bike, could have been third!</i>	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			Lee Cook	25-29	4	2	00:06:03	n/a	00:35:13	n/a	00:18:29	00:59:45
Triathlon Sprint	North West Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	500yds	T1	20k	T2	5k	Time
			Chris Levy	35-39	26m	7	00:09:11	n/a	00:36:51	n/a	00:20:40	01:06:42
			Louise Hogg	35-39	2f	1	00:09:18	n/a	00:38:55	n/a	00:22:11	01:10:24
			Nick Bennett	40-44	79m	7	00:08:07	n/a	n/a	n/a	n/a	01:10:48
			Stuart Foster	30-34	85m	13	00:08:49	n/a	00:41:44	n/a	00:20:32	01:11:05
			Mike Wood	45-49	214m	21	00:10:21	n/a	00:42:50	n/a	00:24:14	01:17:25
			Derek Ireland	55-59	262m	3	00:10:40	n/a	00:41:28	n/a	00:27:05	01:19:13
<i>insert row</i>			Pam Kay	50-54	63f	4	00:09:05	n/a	00:45:55	n/a	00:29:21	01:24:21
Duathlon Olympic	ITU Duathlon Championships, Rimini, Italy	Top	Olympic	Age Group	Overall Place	AG Place	10.8k	T1	42k	T2	5k	Time
<i>insert row</i>			Matt Shillabeer	35-39	145	42	00:39:47	00:00:54	01:07:40	00:01:06	00:20:49	02:10:17
Triathlon Sprint	New Mills Triathlon	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	21.1k	T2	7.4k	Time
<i>insert row</i>			Mike Wood	45-49	74	6	00:10:20	n/a	00:48:03	n/a	00:37:20	01:35:43
Triathlon Sprint	Kendal Sprint Triathlon 2	Top	Sprint	Age Group	Overall Place	AG Place	400m	T1	20k	T2	5k	Time
<i>insert row</i>			No Entries									
Duathlon Olympic	Carsington Duathlon	Top	Olympic	Age Group	Overall Place	AG Place	5k	T1	30k	T2	5k	Time
			Tuhin Wahid	MSEN	23	19	00:17:00	n/a	00:54:32	n/a	00:19:25	1:30:57
			Paul Mason	MVET	25	5	00:18:11	n/a	00:52:53	n/a	00:20:13	1:31:17
			Rob Marsh	MSEN	26	21	00:17:36	n/a	00:54:16	n/a	00:20:12	1:32:04
			Louise Hogg	FSEN	62	3	00:20:54	n/a	00:55:58	n/a	00:23:22	1:40:14
<i>insert row</i>			Karen Jarvis	FVET	110	5	00:21:18	n/a	01:05:31	n/a	00:23:37	1:50:26
Duathlon Olympic	Oulton Park Duathlon <i>Female Title taken by Louise</i> <i>Club Title taken by Ian, Matt & Richard</i> <i>Age group title taken by Paul Kay</i>	Top	Olympic	Age Group	Overall Place	AG Place	4.1k	T1	24.6k	T2	4.1k	Time
			Ian Roberts	25-29	4	2	00:15:31	n/a	00:42:56	n/a	00:16:23	01:14:50
			Matt Shillabeer	35-39	8	2	00:16:04	n/a	00:44:20	n/a	00:16:04	01:16:28
			Richard Bardon	35-39	9	3	00:16:54	n/a	00:44:09	n/a	00:16:30	01:17:33
			Chris Levy	35-39	16	5	00:17:36	n/a	00:45:30	n/a	00:17:34	01:20:40
			Louise Hogg	35-39	27	1	00:18:28	n/a	00:46:17	n/a	00:18:41	01:23:26
			Paul Kay	35-39	35	1	00:18:17	n/a	00:48:26	n/a	00:17:51	01:24:34
			Martin Holden	55-59	44	9	00:18:51	n/a	00:46:32	n/a	00:20:00	01:25:23
<i>insert row</i>			Chris Lea	45-49	85	14	00:20:20	n/a	00:49:42	n/a	00:21:43	01:31:45

Triathlon Ironman	Ironman World Champs, Kona, Hawaii	Top	Olympic	Age Group	Overall Place	AG Place	3.8k	T1	180k	T2	42k	Time
<i>insert row</i>			Alvin Cooney	30-34	n/a	100	00:58:45	n/a	05:44:08	n/a	03:40:08	10:31:12
			Julie Harrison	45-49	n/a	42	01:43:23	n/a	06:55:56	n/a	04:25:38	13:15:38
Duathlon Olympic	Kendal Duathlon	Top	Olympic	Age Group	Overall Place	AG Place	5k	T1	20k	T2	5k	Time
<i>insert row</i>			Paul Mason	DNS - Event Cancelled								
Duathlon Olympic	Ballbuster Duathlon, Box Hill, Surrey	Top	Olympic	Age Group	Overall Place	AG Place	8m	T1	24m	T2	8m	Time
<i>insert row</i>			Martin Holden	35-39	233/334	n/a	01:01:35	n/a	01:34:37	n/a	01:19:33	03:55:45

"2008 Season - That's all Folks"