

Name	Cat	Middle	Standard	Sprint	3050m	Middle	Standard	Sprint	93mls	Middle	Standard	Sprint	22mls		
Carl Harwood	Senior	00:15:15	00:22:18	00:09:52	00:47:25	02:42:03	01:05:45	00:38:40	04:26:28	01:27:27	00:40:52	00:26:33	02:34:52	07:48:45	1
Jason Pascoe	Senior	00:16:21	00:27:05		00:43:26	02:42:09	01:05:52		03:48:01	01:34:02	00:39:44	01:18:00	03:31:46	08:03:13	2
Tobias Savage	Senior	00:14:17	00:29:49	00:10:41	00:54:47	02:50:15	01:04:59	00:42:19	04:37:33	01:26:45	00:39:48	00:32:30	02:39:03	08:11:23	3
Jim Evans	Senior	00:16:25	00:24:06	00:10:59	00:51:30	02:55:27	01:16:23	00:43:41	04:55:31	01:37:03	00:38:36	00:19:48	02:35:27	08:22:28	4
Nick Harvey	Senior	00:21:28	00:35:38	00:15:48	01:12:54	02:51:23	01:09:54	00:39:12	04:40:29	01:31:33	00:39:57	00:22:39	02:34:09	08:27:32	5
Nigel Sims	M40	00:17:49	00:28:51	00:12:33	00:59:13	02:57:18	01:09:45	00:44:06	04:51:09	01:32:00	00:44:09	00:25:21	02:41:30	08:31:52	6
Scott Markham	Senior	00:19:01	00:30:00	00:13:02	01:02:03	02:48:59	01:12:40	00:42:13	04:43:52	01:40:25	00:46:51	00:20:23	02:47:39	08:33:34	7
Tim Drew	Senior	00:16:00	00:26:02	00:11:30	00:53:32	03:00:59	01:15:57	00:42:09	04:59:05	01:35:27	00:42:17	00:23:31	02:41:15	08:33:52	8
Shaun Keen	Senior	00:16:54	00:25:35	00:12:36	00:55:05	03:06:54	01:10:25	00:00:00	04:17:19	01:37:23	00:44:12	01:02:05	03:23:40	08:36:04	9
Iain Hindes	Senior	00:18:35	00:22:36	00:10:53	00:52:04	02:46:12	01:05:48	00:39:33	04:31:33	01:48:24	00:39:07	00:47:19	03:14:50	08:38:27	10
Graham Kirby	M45	00:21:06	00:31:02	00:14:31	01:06:39	03:00:09	01:11:11	00:41:49	04:53:09	01:38:34	00:42:31	00:20:18	02:41:23	08:41:11	11
Matt Groves	Senior	00:16:51	00:26:51	00:12:47	00:56:29	02:59:44	01:11:23	00:42:53	04:54:00	01:49:24	00:44:26	00:19:42	02:53:32	08:44:01	12
Ian Crocker	Senior	00:22:29	00:27:07	00:12:04	01:01:40	03:06:37	01:11:24	00:42:36	05:00:37	01:38:45	00:46:46	00:21:02	02:46:33	08:48:50	13
Lisa Picton	F/Senior	00:22:28	00:28:36	00:12:39	01:03:43	03:06:50	00:00:00	00:41:18	03:48:08	01:38:15	01:55:46	00:25:17	03:59:18	08:51:09	14
Crispin Hayden	Senior	00:16:17	00:25:36	00:11:52	00:53:45	02:50:56	01:11:29	00:00:00	04:02:25	01:56:45	00:55:08	01:04:27	03:56:20	08:52:30	15
Tom Daniels	M55	00:19:23	00:27:10	00:12:40	00:59:13	03:02:38	01:09:33	00:43:40	04:55:51	02:00:26	00:40:28	00:19:12	03:00:06	08:55:10	16
Jonathan Ford-Dunn	M50	00:19:09	00:00:00	00:13:25	00:32:34	03:01:24	01:43:58	00:42:55	05:28:17	01:50:27	00:49:48	00:21:55	03:02:10	09:03:01	17
Graham Smith	M40	00:22:25	00:29:05	00:13:16	01:04:46	03:09:57	01:13:15	00:42:24	05:05:36	01:53:34	00:46:17	00:21:37	03:01:28	09:11:50	18
Dan Murphy	Senior	00:15:19	00:25:17	00:11:51	00:52:27	03:01:59	01:15:23	00:42:49	05:00:11	02:12:25	00:49:48	00:20:42	03:22:55	09:15:33	19
John McKinley	M45	00:25:37	00:36:01	00:00:00	01:01:38	03:12:15	01:19:04	01:05:00	05:36:19	01:45:52	00:47:49	00:21:35	02:55:16	09:33:13	20
Julian Wills	Senior	00:19:45	00:28:40	00:12:45	01:01:10	03:30:11	01:16:23	00:43:26	05:30:00	01:58:20	00:50:02	00:20:37	03:08:59	09:40:09	21
Mike Penberthy	M45	00:18:31	00:27:33	00:13:18	00:59:22	03:11:53	01:14:07	00:43:52	05:09:52	02:17:02	00:51:10	00:23:14	03:31:26	09:40:40	22
Redwynn Sterry	Senior	00:18:59	00:30:26	00:15:40	01:05:05	03:22:57	01:17:11	00:45:12	05:25:20	02:09:21	00:52:53	00:22:13	03:24:27	09:54:52	23
Tony Rowell	M40	00:22:47	00:35:49	00:15:27	01:14:03	03:10:11	01:20:00	00:45:25	05:15:36	02:04:48	00:55:54	00:25:21	03:26:03	09:55:42	24
Denise Cardew	F45	00:20:21	00:34:16	00:18:20	01:12:57	03:37:45	01:23:41	00:48:40	05:50:06	01:58:49	00:51:54	00:24:27	03:15:10	10:18:13	25
Graham Ford	M40	00:24:36	00:29:50	00:13:25	01:07:51	03:31:40	01:17:29	00:43:35	05:32:44	02:20:30	00:54:35	00:22:50	03:37:55	10:18:30	26
Richard Wadman	m40	00:21:41	00:37:12	00:17:54	01:16:47	03:30:39	01:24:55	00:48:06	05:43:40	02:07:46	00:54:48	00:23:30	03:26:04	10:26:31	27
Name	Cat				Swim				Bike				Run	Overall	
		Middle	Standard	Sprint	3050m	Middle	Standard	Sprint	93mls	Middle	Standard	Sprint	22mls		