

Helston Triathlon Results 2009**Results**

Race Start Time

08:38

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
255	Matthew Pullen	Cycle Logic	MO	11:47:00	00:05:44	00:41:12	00:18:07	01:05:03	1
256	Richard Oram	Exeter Tri Club	MO	11:47:00	00:05:46	00:41:11	00:18:48	01:05:45	2
260	Nathan Jolly	Cycle Logic	MO	11:50:00	00:05:02	00:42:35	00:19:54	01:07:31	3
254	Jeff Houghton	Cycle Logic	MO40	11:45:00	00:05:39	00:42:59	00:21:39	01:10:17	4
258	David Bartlett	Gyllyngvase SLSC	MO	11:50:00	00:04:52	00:45:43	00:20:22	01:10:57	5
53	Gus Gusterson	Mounts Bay Harriers	MO40	09:20:00	00:06:09	00:44:43	00:21:31	01:12:23	6
229	Sam Hill	Mounts Bay Harriers	MO	11:29:00	00:07:40	00:45:29	00:19:39	01:12:48	7
246	Alan Booth		MO	11:42:00	00:06:36	00:47:11	00:19:38	01:13:25	8
245	Sean Dunstan	Royal Navy	MO	11:42:00	00:06:25	00:46:46	00:20:32	01:13:43	9
249	David Pell	Cornwall AC	MO40	11:45:00	00:05:55	00:46:05	00:22:02	01:14:02	10
201	Jason Walker	Mounts Bay Harriers	MO	11:12:00	00:06:49	00:45:57	00:21:22	01:14:08	11
239	Steve Price	Exeter Tri Club	MO	11:37:00	00:06:25	00:46:53	00:21:44	01:15:02	12
223	Ian Matthews	Mounts Bay Harriers	MO40	11:26:00	00:06:43	00:45:53	00:22:38	01:15:14	13
236	Robin Rickard	Royal Navy	MO45	11:34:00	00:06:41	00:46:02	00:22:48	01:15:31	14
259	Jason Pascoe	Cycle Logic	MO	11:50:00	00:07:22	00:46:51	00:21:19	01:15:32	15
241	Mat Kelly	Exeter Tri Club	MO	11:38:00	00:05:54	00:49:41	00:20:02	01:15:37	16
202	Nigel Sims	Mounts Bay Harriers	MO45	11:12:00	00:07:17	00:47:03	00:21:20	01:15:40	17
232	Mark Smith	Camel Valley Cycle & Tri Club	MO40	11:33:00	00:06:46	00:46:32	00:22:26	01:15:44	18
250	Allan Reid	Gyllyngvase SLSC	MO	11:45:00	00:06:22	00:47:59	00:21:26	01:15:47	19
190	Michael Birchmore	One and All Cycling Club	MO	11:04:00	00:04:49	00:48:27	00:22:37	01:15:53	20
144	Michael Robinson	Mounts Bay Harriers	MO	10:32:00	00:06:52	00:50:52	00:19:12	01:16:56	21
222	Mark King	Tri-Logic	MO45	11:26:00	00:07:04	00:47:18	00:22:38	01:17:00	22
212	Mark Worledge	Mounts Bay Harriers	MO40	11:21:00	00:06:37	00:47:23	00:23:53	01:17:53	23
204	Benjamin Crowle	Must Tri-Harder	MO	11:14:00	00:07:30	00:48:15	00:22:09	01:17:54	24
219	Jonathan Ford-Dunn	Steyning AC	MO50	11:24:00	00:07:09	00:47:01	00:23:51	01:18:01	25
231	Matthew Stone	Gyllyngvase SLSC	MO	11:31:00	00:07:25	00:50:09	00:21:03	01:18:37	26
240	Andy Hindle	North Devon Tri Club	MO	11:37:00	00:06:49	00:48:00	00:23:58	01:18:47	27
186	Charlie Jamieson		MO	11:03:00	00:06:59	00:48:25	00:23:53	01:19:17	28
253	Phil Bristow	Tri-Logic	MO40	11:45:00	00:07:12	00:49:33	00:22:58	01:19:43	29
198	Mark Sykes	Camel Valley Cycle & Tri Club	MO45	11:10:00	00:08:18	00:48:08	00:23:34	01:20:00	30
207	Miles Johansen		MO	11:16:00	00:07:00	00:50:05	00:22:57	01:20:02	31
238	Maria Hindle	North Devon Tri Club	FO	11:37:00	00:06:19	00:48:07	00:25:38	01:20:04	32
230	Tim Baker	Slippery Eels	MO45	11:31:00	00:07:29	00:49:22	00:23:19	01:20:10	33
234	Richard Maunder	Plymouth Tri	MO	11:33:00	00:06:33	00:51:18	00:22:52	01:20:43	34
150	Darrin Porter	Tri-Logic	MO40	10:35:00	00:08:46	00:51:15	00:20:47	01:20:48	35
252	Andrew Brixton	Portreath SLSC	MO	11:45:00	00:05:30	00:50:05	00:25:16	01:20:51	36
206	Alex Wade		MO	11:15:00	00:07:25	00:51:18	00:22:12	01:20:55	37

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
244	Nicolas Rannou		MO	11:42:00	00:06:19	00:51:50	00:22:55	01:21:04	38
169	Anne Maskell	Cycle Logic	FO40	10:49:00	00:07:25	00:51:17	00:22:35	01:21:17	39
209	Chris Knapman	Oddicombe Swimming Club	MO50	11:18:00	00:07:11	00:51:08	00:23:03	01:21:22	40
195	Phil Knuckey	Tri-Logic	MO45	11:08:00	00:06:59	00:50:06	00:24:18	01:21:23	41
247	Nick Brooks	Mounts Bay Harriers	MO50	11:43:00	00:05:15	00:51:41	00:24:47	01:21:43	42
189	Lee Hoskin		MO	11:04:00	00:08:42	00:49:40	00:23:37	01:21:59	43
214	Samantha Lawley	Mounts Bay Harriers	FO	11:21:00	00:06:48	00:51:41	00:24:04	01:22:33	44
183	Jeremy Marston	Mounts Bay Harriers	MO40	11:01:00	00:08:02	00:51:14	00:23:32	01:22:48	45
142	Ed McGuffie		MO	10:30:00	00:07:15	00:52:55	00:22:41	01:22:51	46
129	Darren Stanley		MO	10:23:00	00:07:57	00:50:05	00:25:28	01:23:30	47
78	Andrew Hickson	Mounts Bay Harriers	MO45	09:41:00	00:09:13	00:52:00	00:22:21	01:23:34	48
73	Phil Adams		MO45	09:39:00	00:08:05	00:50:54	00:25:07	01:24:06	49
162	Paul Hooper	Mounts Bay Harriers	MO50	10:45:00	00:07:49	00:52:13	00:24:06	01:24:08	50
125	Darren James	MPS Triathlon Club	MO40	10:18:00	00:08:09	00:53:22	00:22:50	01:24:21	51
182	Matthew Perry		MO	10:58:00	00:07:03	00:53:23	00:24:11	01:24:37	52
179	Calvin Leach		MO	10:56:00	00:08:16	00:53:45	00:22:38	01:24:39	53
126	Richard Mayes	Hayle Runners	MO40	10:18:00	00:08:58	00:52:32	00:23:13	01:24:43	54
194	Christopher Lee	Steyning AC	MO50	11:08:00	00:07:37	00:52:39	00:24:30	01:24:46	55
187	Leo Scrimshaw		MO	11:03:00	00:07:35	00:54:58	00:22:29	01:25:02	56
160	Kay Kershaw		FO	10:44:00	00:07:13	00:53:16	00:24:33	01:25:02	57
47	Baz Towers	Guinness + GV	MO45	09:13:00	00:07:45	00:52:55	00:24:29	01:25:09	58
151	Phil Climer	Hayle Runners	MO40	10:35:00	00:07:25	00:51:43	00:26:09	01:25:17	59
237	Bernard Ewin	Exeter Tri Club	MO45	11:37:00	00:06:20	00:55:46	00:23:12	01:25:18	60
199	Neil Harvey		MO40	11:12:00	00:07:28	00:52:34	00:25:19	01:25:21	61
91	Lee Grunwell		MO	09:53:00	00:07:30	00:51:23	00:26:29	01:25:22	62
257	Jason Quitero		MO	11:50:00	00:05:23	00:54:49	00:25:13	01:25:25	63
211	Kate Conway	Tri-Logic	FO	11:18:00	00:06:44	00:52:40	00:26:05	01:25:29	64
242	Charlotte Hurst	Mounts Bay Harriers	FO	11:39:00	00:05:58	00:53:42	00:25:50	01:25:30	65
161	James Parker		MO50	10:44:00	00:08:02	00:52:20	00:25:13	01:25:35	66
141	Karl Priest		MO	10:30:00	00:09:15	00:50:18	00:26:11	01:25:44	67
226	Justin Hunt		MO	11:28:00	00:06:55	00:54:22	00:24:31	01:25:48	68
225	Stuart George		MO	11:28:00	00:06:54	00:53:14	00:25:47	01:25:55	69
26	Dayle Whitehead		MO40	08:56:00	00:11:27	00:50:15	00:24:23	01:26:05	70
72	Rob Beckett		MO45	09:37:00	00:09:03	00:53:56	00:23:12	01:26:11	71
89	Mark Crowle	St Austell Running Club	MO	09:51:00	00:09:10	00:53:51	00:23:12	01:26:13	72
248	Olly Grant	POGS	MO45	11:43:00	00:06:15	00:54:33	00:25:28	01:26:16	73
119	Ian Tolchard	Devon & Cornwall Police	MO40	10:13:00	00:09:39	00:50:14	00:26:43	01:26:36	74
74	Jonathan Katz		MO45	09:40:00	00:10:22	00:53:37	00:22:39	01:26:38	75
217	Eloise Lee	Steyning AC	FO	11:22:00	00:07:17	00:55:27	00:24:10	01:26:54	76
193	Emily Trebilcock	Gyllyngvase SLSC	FO	11:07:00	00:06:49	00:57:31	00:22:40	01:27:00	77
152	Juliet Knowles	Cornwall AC	FO	10:38:00	00:08:18	00:56:06	00:22:53	01:27:17	78
43	Dean Winwood	Tri-Logic	MO	09:13:00	00:09:39	00:52:35	00:25:08	01:27:22	79

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
177	Ian Anderson	Truro Running Club	MO	10:54:00	00:06:58	00:57:03	00:23:21	01:27:22	80
79	Viv Bray	Tri-Logic	MO45	09:43:00	00:09:30	00:52:25	00:25:31	01:27:26	81
99	Sam Hughes	Tri-Logic	MO	09:58:00	00:09:02	00:50:13	00:28:13	01:27:28	82
235	Dane Vanstone	Plymouth Tri	MO50	11:34:00	00:06:21	00:54:14	00:26:57	01:27:32	83
145	Anthony Davies		MO	10:35:00	00:08:19	00:53:44	00:25:35	01:27:38	84
205	Joe Stuteley		MO	11:14:00	00:07:23	00:56:49	00:23:26	01:27:38	85
42	Dave Cracknell	Tri-Logic	MO40	09:11:00	00:09:28	00:50:52	00:27:19	01:27:39	86
168	Michael Beacham		MO45	10:49:00	00:07:21	00:54:09	00:26:45	01:28:15	87
103	Richard Flage		MO40	10:01:00	00:10:17	00:52:48	00:25:16	01:28:21	88
215	Mike Clancy	Must Tri-Harder	MO	11:21:00	00:07:10	00:55:54	00:25:25	01:28:29	89
155	James Farquhar	St Austell Running Club	MO	10:38:00	00:07:54	00:56:27	00:24:13	01:28:34	90
221	Gly Stanley		MO45	11:24:00	00:06:35	00:55:39	00:26:20	01:28:34	91
70	Craig Powell		MO	09:35:00	00:07:46	00:54:10	00:26:40	01:28:36	92
102	Alan Watson		MO50	10:01:00	00:07:07	00:52:19	00:29:10	01:28:36	93
135	Jeremy Page		MO	10:24:00	00:09:03	00:53:44	00:25:49	01:28:36	94
184	Clare Hudson		FO	11:03:00	00:06:35	00:55:40	00:26:21	01:28:36	95
213	Becky George	Torbay Tri	FO40	10:18:00	00:06:47	00:56:05	00:25:48	01:28:40	96
33	Steven Lee	Hayle Runners	MO45	09:02:00	00:09:42	00:54:25	00:24:45	01:28:52	97
8	Barrie Cardew	Tri-Logic	MO50	08:38:00	00:11:29	00:54:23	00:23:01	01:28:53	98
94	Ian Brannighan		MO	09:54:00	00:08:06	00:55:03	00:26:04	01:29:13	99
148	Mark Vince		MO45	10:35:00	00:08:55	00:53:47	00:26:34	01:29:16	100
166	Sue Scott	Exeter Tri Club	FO45	10:47:00	00:08:00	00:54:25	00:26:57	01:29:22	101
227	Helen Webb	Mounts Bay Harriers	FO	11:29:00	00:06:42	00:55:23	00:27:19	01:29:24	102
192	Steve Cuddy		MO45	11:06:00	00:07:18	00:56:24	00:25:44	01:29:26	103
165	Mark Burch		MO45	10:45:00	00:08:12	00:55:21	00:25:56	01:29:29	104
224	Alistair Foster		MO	11:28:00	00:06:56	00:55:27	00:27:10	01:29:33	105
174	Craig Tomkin	Tri-Logic	MO	10:54:00	00:08:50	00:55:57	00:24:48	01:29:35	106
113	Steve Ditchburn	North Devon Tri Club	MO50	10:08:00	00:08:23	00:55:26	00:25:52	01:29:41	107
149	Liz Lusty	St Austell Running Club	FO45	10:35:00	00:09:13	00:54:19	00:26:23	01:29:55	108
233	Robin Watson		MO	11:33:00	00:07:01	00:55:35	00:27:20	01:29:56	109
118	Sharon Daw	East Cornwall Harriers	FO40	10:13:00	00:08:05	00:58:16	00:23:40	01:30:01	110
75	Rod Williams		MO45	09:40:00	00:06:44	00:56:12	00:27:05	01:30:01	111
220	Richard Duane	Tri-Talk.co.uk	MO50	11:24:00	00:06:54	00:54:15	00:29:03	01:30:12	112
132	Nancy Sheppard		FO	10:23:00	00:08:10	00:57:06	00:24:56	01:30:12	113
158	Tony Rowell	Tri-Logic	MO45	10:40:00	00:08:34	00:53:59	00:27:51	01:30:24	114
216	Hanna Royle		FO	11:21:00	00:06:23	00:56:39	00:27:26	01:30:28	115
175	Gavin Priest	Royal Navy	MO40	10:54:00	00:08:18	00:55:04	00:27:18	01:30:40	116
196	Kim Ingleby	Bad Tri	FO	11:10:00	00:06:37	00:58:11	00:26:11	01:30:59	117
40	Kevin Gilbert		MO40	09:09:00	00:09:56	00:54:50	00:26:32	01:31:18	118
138	Anna Harrold	Truro Running Club	FO	10:29:00	00:07:56	00:57:43	00:25:40	01:31:19	119
98	Katie Hoskins		FO	09:57:00	00:07:48	00:54:33	00:29:16	01:31:37	120
95	Paul Hollyoake		MO	09:54:00	00:08:29	00:56:07	00:27:11	01:31:47	121

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
218	Antony Mottershead		MO	11:22:00	00:07:52	00:58:09	00:25:53	01:31:54	122
84	Lyn Coffman	Tamar Trotters	FO40	09:47:00	00:09:47	00:56:58	00:25:13	01:31:58	123
178	Steph Mackley	Mounts Bay Harriers	FO	10:55:00	00:07:52	00:57:55	00:26:23	01:32:10	124
31	Shane Nidds	Tri-Logic	MO	09:00:00	00:09:47	00:57:25	00:25:30	01:32:42	125
29	Jason Beever	Tri-Logic	MO40	08:58:00	00:09:57	00:55:33	00:27:16	01:32:46	126
243	Richard Cooper		MO45	11:39:00	00:06:40	00:56:14	00:30:02	01:32:56	127
157	Christopher Harrison		MO60	10:40:00	00:08:28	00:57:25	00:27:27	01:33:20	128
58	Nancy Hill	Mounts Bay Harriers	FO40	09:25:00	00:09:49	01:00:07	00:23:30	01:33:26	129
121	Ian Johnson		MO40	10:13:00	00:07:43	00:54:32	00:31:26	01:33:41	130
19	Andrew Currie	One & All Cycling Club	MO	08:50:00	00:08:37	00:55:40	00:29:30	01:33:47	131
77	Keith George		MO45	09:41:00	00:10:45	00:57:04	00:26:00	01:33:49	132
170	Lisa Crawford		FO40	10:49:00	00:08:27	00:57:30	00:28:07	01:34:04	133
120	Karen Harrison	Carn Runners	FO40	10:13:00	00:09:06	00:59:52	00:25:09	01:34:07	134
147	Denise Cardew	Tri-Logic	FO45	10:35:00	00:09:23	00:57:39	00:27:10	01:34:12	135
80	Jim Brittain-Long		MO40	09:43:00	00:08:48	00:57:16	00:28:40	01:34:44	136
5	Lesley Dunford	Exeter Tri Club	FO50	08:38:00	00:08:25	00:56:08	00:30:17	01:34:50	137
188	Philip McNevin	Mounts Bay Harriers	MO	11:03:00	00:07:15	01:00:12	00:27:25	01:34:52	138
105	Linda Garbett	Tri-Logic	FO40	10:04:00	00:07:51	00:59:29	00:27:46	01:35:06	139
90	Robert McGuffie		MO	09:51:00	00:07:46	00:59:13	00:28:25	01:35:24	140
137	Mhairi Saville	Mounts Bay Harriers	FO	10:26:00	00:06:52	01:01:26	00:27:07	01:35:25	141
164	Carol Penberthy	Tri-Logic	FO50	10:45:00	00:07:48	00:58:47	00:28:53	01:35:28	142
110	Liz Prady	Mounts Bay Harriers	FO50	10:06:00	00:06:02	00:59:43	00:29:48	01:35:33	143
36	Ian Raggett	Mounts Bay Harriers	MO	09:04:00	00:09:06	00:57:20	00:29:11	01:35:37	144
85	Richard Wearne		MO40	09:47:00	00:08:36	00:58:41	00:28:22	01:35:39	145
11	Ewan McClymont		MO45	08:45:00	00:10:06	01:01:26	00:24:18	01:35:50	146
203	Melanie Munialo	Perranporth SLSC	FO	11:12:00	00:07:27	01:00:40	00:27:54	01:36:01	147
2	Mark Colton-Taylor		MO50	08:38:00	00:11:47	00:55:38	00:28:43	01:36:08	148
176	Richard Jones		MO	10:54:00	00:07:30	01:00:41	00:27:59	01:36:10	149
101	Stuart Thompson		MO50	09:59:00	00:07:53	00:59:31	00:29:01	01:36:25	150
122	Adam Warden		MO40	10:14:00	00:07:52	01:01:34	00:27:01	01:36:27	151
63	Kayleigh Newstead	St Austell Running Club	FO	09:28:00	00:11:52	00:59:56	00:24:53	01:36:41	152
61	Yvonne Turner	Mounts Bay Harriers	FO45	09:28:00	00:07:36	00:58:11	00:31:29	01:37:16	153
130	Alistair Hellyar		MO	10:23:00	00:10:02	01:00:17	00:27:04	01:37:23	154
114	Natalie Bulley		FO45	10:09:00	00:07:13	01:02:39	00:27:38	01:37:30	155
50	Barry Drew	Carn Runners	MO60	09:15:00	00:11:13	00:58:23	00:28:10	01:37:46	156
124	Andy Figgins		MO40	10:18:00	00:09:37	01:00:39	00:27:41	01:37:57	157
172	Kate Richardson		FO40	10:52:00	00:07:19	01:00:14	00:30:25	01:37:58	158
300	James Dickinson		MO	11:01:00	00:05:58	01:03:05	00:29:02	01:38:05	159
51	Robert Burrows	Mounts Bay Harriers	MO50	09:17:00	00:10:14	01:00:48	00:27:15	01:38:17	160
156	Claire Spearman	North Devon Tri Club	FO	10:39:00	00:08:22	01:00:02	00:29:57	01:38:21	161
83	Scott Wheeler		MO40	09:47:00	00:11:21	00:58:58	00:28:17	01:38:36	162
4	Vicki Strugnell		FO	08:38:00	00:10:43	01:02:07	00:25:48	01:38:38	163

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
136	Michael Gibbs		MO	10:26:00	00:06:50	01:03:41	00:28:07	01:38:38	164
69	Alex Findlay	Tri-Logic	MO50	09:35:00	00:09:45	00:57:22	00:31:44	01:38:51	165
62	Asa Richardson		MO	09:28:00	00:11:56	00:56:55	00:30:07	01:38:58	166
167	Leigh Gale		MO45	10:47:00	00:06:55	01:02:40	00:29:32	01:39:07	167
100	Nick Wills		MO45	09:58:00	00:10:27	00:57:19	00:31:22	01:39:08	168
133	Tracey Bowden	Hayle Runners	FO	10:23:00	00:09:17	00:59:50	00:30:22	01:39:29	169
81	Mark Blackman		MO40	09:45:00	00:07:39	00:59:46	00:32:19	01:39:44	170
65	Barry Symons		MO50	09:29:00	00:10:19	01:02:00	00:28:00	01:40:19	171
128	Helen Thomas	Tri-Logic	FO	10:21:00	00:07:46	01:05:16	00:27:30	01:40:32	172
59	Lisa Payne		FO	09:25:00	00:09:16	01:04:20	00:27:37	01:41:13	173
23	Tim Davies	Clevedon Middle Ringers	MO50	08:52:00	00:09:02	01:04:32	00:27:49	01:41:23	174
111	Melissa Reid	Gyllyngvase SLSC	FO	10:08:00	00:09:05	01:03:38	00:28:42	01:41:25	175
54	Alison Joslin	Truro Running Club	FO50	09:20:00	00:11:01	01:01:18	00:29:25	01:41:44	176
67	Caroline Hemsworth	Falmouth Road Runners	FO50	09:33:00	00:10:26	01:05:39	00:25:47	01:41:52	177
60	Emma Sargent		FO	09:28:00	00:09:42	01:00:19	00:31:51	01:41:52	178
173	Davis Hutchinson		MO40	10:54:00	00:12:09	01:00:41	00:29:24	01:42:14	179
37	Chris Trehwella	Mounts Bay Harriers	MO45	09:05:00	00:11:01	01:01:11	00:30:14	01:42:26	180
191	Jill Lomax		FO40	11:05:00	00:07:32	01:02:09	00:32:46	01:42:27	181
116	Alison Galloway	Tri-Logic	FO45	10:11:00	00:10:44	01:00:00	00:31:43	01:42:27	182
14	Paul Chinn		MO40	08:48:00	00:10:15	00:57:30	00:34:44	01:42:29	183
127	Kathryn Wearne		FO	10:21:00	00:08:13	00:52:33	00:41:47	01:42:33	184
64	Meg Tregonning	Tri-Logic	FO	09:28:00	00:10:39	00:59:09	00:32:46	01:42:34	185
22	Joy Fursman	Clevedon Middle Ringers	FO45	08:52:00	00:11:14	01:02:48	00:28:49	01:42:51	186
171	Cathy McGuinness		FO40	10:52:00	00:08:48	01:04:45	00:29:20	01:42:53	187
92	Soraya Hawke		FO	09:53:00	00:08:52	00:58:41	00:35:20	01:42:53	188
104	Michelle Williams		FO40	10:01:00	00:08:59	01:03:52	00:30:18	01:43:09	189
208	Grace Richards	Mounts Bay Harriers	FO	11:17:00	00:06:15	01:03:12	00:33:45	01:43:12	190
123	Nikki Kennard	Teignbridge Trotters	FO40	10:14:00	00:09:13	01:05:14	00:28:49	01:43:16	191
117	Carol Mitchell		FO40	10:12:00	00:08:17	01:01:29	00:33:47	01:43:33	192
68	Alan Moss	Tamar Trotters	MO50	09:33:00	00:08:50	01:04:13	00:30:38	01:43:41	193
38	Melvin Edwards	Tri-Logic	MO45	09:05:00	00:11:36	01:01:05	00:31:14	01:43:55	194
55	Nicky Pascoe		FO45	09:22:00	00:11:08	01:02:09	00:30:49	01:44:06	195
25	Michael Ringwood	Penzance Squash Club	MO40	08:54:00	00:10:29	01:05:37	00:28:13	01:44:19	196
56	Lynda Filmer		FO45	09:22:00	00:10:14	01:02:29	00:31:47	01:44:30	197
44	Kathryn Billing	Hayle Runners	FO	09:13:00	00:09:35	01:06:01	00:29:02	01:44:38	198
57	Karen Knuckey	Tri-Logic	FO40	09:22:00	00:09:58	01:02:55	00:32:02	01:44:55	199
180	Kirsten Wake		FO	10:58:00	00:09:05	01:06:44	00:29:09	01:44:58	200
32	Jordan Hickson		MO	09:02:00	00:09:38	01:07:01	00:28:24	01:45:03	201
107	Peggy Crome	North Devon Tri Club	FO60	10:04:00	00:09:08	01:03:27	00:32:35	01:45:10	202
52	Lynn Pascoe		FO50	09:17:00	00:11:03	01:03:24	00:31:50	01:46:17	203
140	Tammy Rosewall	Mounts Bay Harriers	FO	10:29:00	00:08:34	01:06:59	00:31:15	01:46:48	204
115	Lisa Wotton	St Austell Running Club	FO45	10:09:00	00:08:29	01:11:15	00:27:15	01:46:59	205

Number	Name	Club	Category	Start Time	Swim Time	Bike Time	Run Time	Race Time	Position
21	Chris Wootton	Clevedon Middle Ringers	MO45	08:52:00	00:09:58	01:03:36	00:33:31	01:47:05	206
66	Robert Churchill		MO40	09:32:00	00:09:49	01:05:38	00:32:07	01:47:34	207
159	Becky Reep		FO	10:42:00	00:07:56	01:10:04	00:29:37	01:47:37	208
96	Tammy Jenkin		FO	09:55:00	00:09:03	01:06:58	00:31:42	01:47:43	209
71	Julie Johns	Truro Running Club	FO45	09:37:00	00:08:33	01:07:53	00:31:36	01:48:02	210
108	James Ellis		MO50	10:04:00	00:07:52	01:03:27	00:37:29	01:48:48	211
12	Paul Ringwood		MO45	08:45:00	00:11:34	01:04:42	00:32:43	01:48:59	212
15	Tracy Hooper		FO40	08:48:00	00:12:25	01:06:04	00:30:48	01:49:17	213
163	Juliet Gould		FO50	10:45:00	00:07:26	01:13:05	00:29:22	01:49:53	214
82	Gill Hazel	Falmouth Road Runners	FO40	09:45:00	00:09:09	01:11:21	00:29:29	01:49:59	215
41	Hilary Meridew		FO40	09:11:00	00:09:38	01:09:44	00:30:42	01:50:04	216
30	James Garland	Tri-Logic	MO40	09:00:00	00:11:29	01:08:13	00:31:11	01:50:53	217
13	Anne Davidson		FO45	08:48:00	00:08:44	01:12:37	00:30:10	01:51:31	218
86	Hilary Priest		FO40	09:48:00	00:09:08	01:14:41	00:28:56	01:52:45	219
143	Beth Mitchell		FO	10:32:00	00:08:45	01:12:18	00:31:48	01:52:51	220
9	Tim Smithies		MO50	08:38:00	00:10:33	01:06:30	00:36:14	01:53:17	221
16	Joe Barnett	Tri-Logic	FO40	08:50:00	00:10:38	01:03:37	00:40:02	01:54:17	222
39	Diane Phillips	Carn Runners	FO40	09:09:00	00:10:19	01:13:19	00:31:40	01:55:18	223
131	Madeline Strugnell		FO	10:23:00	00:09:06	01:11:15	00:35:36	01:55:57	224
49	Marilyn Mitchell	St Austell Running Club	FO60	09:15:00	00:12:09	01:13:36	00:32:33	01:58:18	225
28	Sue Matthews	Mounts Bay Harriers	FO45	08:58:00	00:10:46	01:14:39	00:34:14	01:59:39	226
109	Barry Jackson		MO50	10:05:00	00:07:06	01:01:40	00:50:58	01:59:44	227
48	Lindsay Taylor	Tri-Logic	FO40	09:15:00	00:10:19	01:12:03	00:37:24	01:59:46	228
3	Zoe Birch		FO	08:38:00	00:09:16	01:16:12	00:34:56	02:00:24	229
106	Carmen Guillen		FO	10:04:00	00:09:32	01:19:43	00:35:39	02:04:54	230
18	Sophie Mephram		FO	08:50:00	00:14:00	01:15:37	00:37:29	02:07:06	231
88	Stuart Wheeler		MO	09:49:00	00:11:16	01:20:57	00:35:35	02:07:48	232
24	Mary Anstey		FO60	09:00:00	00:13:16	01:23:36	00:31:38	02:08:30	233
35	Annie Huxley		FO50	09:02:00	00:11:40	01:22:31	00:35:34	02:09:45	234
6	Tessa Rabett		FO50	08:38:00	00:12:40	01:30:29	00:33:18	02:16:27	235
7	Derek Cardy		MO50	08:38:00	00:14:13	01:30:00	00:36:50	02:21:03	236
1	Jeanette Francey		FO45	08:38:00	DNF				