

FOREMARK	Age Gp	SWIM	BIKE	RUN	TOTAL
13-Jul-14	Position	400	20K	5K	
Alex Mead	1st	00:06:32	00:36:24	00:19:42	01:03:37
Mathew Wagstaffe	6th	00:07:47	00:39:15	00:19:31	01:08:04
Steve Lindridge	8th	00:07:30	00:41:22	00:19:38	01:09:43
Jonny Fitton	2nd	00:07:44	00:38:57	00:24:05	01:12:39
Angus Falconer	7th	00:09:30	00:41:23	00:21:09	01:13:29
Warren Simms	5th	00:08:22	00:41:47	00:24:18	01:16:28
Brian Parker	7th	00:08:17	00:43:59	00:23:44	01:17:54
Robin Barber	11th	00:07:31	00:41:48	00:26:28	01:18:00
Rachel Craft	1st	00:08:45	00:42:27	00:25:18	01:18:16
James Cobb	13th	00:08:27	00:42:31	00:26:05	01:20:31
Chris West	10th	00:10:17	00:44:36	00:23:36	01:21:04
Andy Lindley	14th	00:11:18	00:44:26	00:22:04	01:22:03
Ed Clamp	14th	00:09:59	00:45:42	00:25:42	01:23:16
Lisa Wright	4th	00:08:27	00:45:49	00:27:18	01:23:58
Gemma Falconer	4th	00:08:59	00:49:50	00:24:22	01:25:18
Amy jo Hooley	6th	00:08:42	00:47:15	00:30:22	01:28:32
Heidi Elliot	7th	00:08:01	00:49:41	00:29:31	01:29:22
Sarah Clark	3rd	00:07:34	00:46:42	00:33:02	01:29:34
Sylvia Franklin	1st	00:09:58	00:50:04	00:28:09	01:30:52
Lynn Nesbitt	4th	00:08:14	00:50:23	00:30:00	01:30:57
Jill Parker	4th	00:09:15	00:51:00	00:36:37	01:40:35