

Striders Trinity Triathlon Trial

Results

Thursday 18th August

Men

Posn	Name		Club	Time
1	Tyler	O'Callaghan	SOC	29:46
2	Rob	Sharpe	SOC	35:02
3	Russell	Harmsworth	SOC	38:10
4	Hugh	Alexander	SOC	38:22
5	Roy	Easto	SOC	38:53
6	Adrian	Stocks	B&B	39:03
7	Mark	Ellison	B&B	40:23
8	Peter	Shew	SOC	42:10
9	Graham	Williams	SOC	46:51
10	Clive	Smith	SOC	47:05
11	Shaffiq	Amin	SOC	49:12
12	Richard	Edwards	SOC	52:27
13	Paul	Lee-Smith	SOC	56:15
14	Tom	Littlewood	SOC	dnf

Split Times

Swim 300M	Trans	Cycle 7.4K	Trans	Run 3.1K
4:12 (1)	0:18	14:11 (1)	0:22	10:43 (1)
5:32 (4)	1:55	14:48 (2)	0:42	12:05 (2)
6:39 (6)	1:45	17:03 (5)	0:10	12:33 (3)
6:12 (5)	3:12	15:04 (3)	0:57	12:57 (6)
5:23 (2)	1:41	16:47 (4)	0:13	14:49 (8)
5:30 (3)	1:15	19:05 (10)	0:17	12:56 (5)
8:10 (10)	1:17	17:40 (7)	0:42	12:34 (4)
6:53 (7)	1:25	17:24 (6)	0:15	16:13 (10)
8:16 (11)	2:11	18:28 (8)	1:18	16:38 (12)
9:14 (12)	1:56	18:53 (9)	0:25	16:37 (11)
7:42 (9)	2:16	22:01 (11)	0:11	17:02 (13)
11:16 (13)	3:01	22:29 (12)	0:29	15:12 (9)
12:37 (14)	2:46	26:56 (14)	0:36	13:20 (7)
7:17 (8)	1:20	23:33 (13)		

Women

1	Zoe	Wood	B&B	39:17
2	Anne	Cilia	B&B	41:08
3	Hannah	Musk	SOC	42:41
4	Karen	Peake	SOC	44:02
5	Justine	Eastbury	B&B	44:30
6	Eve	Collins	SOC	46:10
7	Sue	Atkinson	SOC	56:04
8	Carolyna	Jones-Baldock	B&B	57:57
9	Michelle	Campbell	SOC	1:01:33
10	Lisa	Jackson	SOC	1:04:01

6:03 (3)	1:21	17:34 (1)	0:27	13:52 (2)
6:11 (4)	1:15	17:41 (2)	0:32	15:29 (4)
6:01 (2)	1:17	20:39 (5)	0:15	14:29 (3)
7:08 (5)	1:43	18:29 (3)	0:14	16:28 (5)
7:52 (6)	2:57	19:21 (4)	1:03	13:17 (1)
5:12 (1)	1:17	22:30 (6)	0:13	16:58 (7)
8:23 (7)	3:31	24:16 (7)	1:05	18:49 (9)
8:44 (8)	2:24	26:51 (8)	1:19	18:39 (8)
10:37 (9)	2:08	31:33 (10)	0:25	16:50 (6)
11:00 (10)	3:23	27:40 (9)	0:20	21:38 (10)