

# Striders Triathlon 2015

## August 13th

Triathlon			Swim		Cycle		Run		Total	
No			Time	Trans	Time	Trans	Time			
1	Paul	Finch	04:21	4	00:24	1	00:24	12:23	4	30:53
2	Greg	Williams	04:27	5	00:37	2	00:24	12:04	2	30:58
3	Mark	Bayliss	04:06	1	00:21	3	00:09	13:34	8	31:46
4	Justin	Macenhill	04:58	6	00:44	4	00:27	11:34	1	32:10
5	Matt	Stone	04:10	3	01:02	5	00:32	12:25	5	32:55
6	Brenhan	Heath	04:07	2	00:46	8	00:29	15:43	13	36:42
7	Simon	Pannell	07:20	13	03:22	6	00:23	12:21	3	38:38
8	Peter	Laurence	05:08	8	01:32	13	00:05	14:21	9	39:00
9	Julian	Spencer-Wood	07:56	14	02:04	9	00:38	12:43	6	39:13
10	Tony	Sheppard	06:23	10	03:33	7	02:17	13:14	7	40:42
11	Adam	Nally	07:18	12	02:04	10	00:12	15:07	10	41:23
12	Carolyn	Storey	05:02	7	01:49	15	00:17	15:16	11	41:50
13	Nick	Corline	06:03	9	01:54	11	00:12	17:49	15	43:23
14	Helen	Rees	07:16	11	01:56	12	00:52	16:27	14	44:09
15	Tom	Littlewood	07:58	15	02:19	14	00:30	15:36	12	45:15
Aquathlon			Run		Swim		Run		Total	
1	Ian	Campbell	12:42		00:38		01:02	13:17		35:29
2	Daniel	Simpson	18:14		01:11		01:41	16:43		43:40
3	Corinne	Carr	18:22		02:32		02:04	19:14		51:35
4	Victoria	Legge	21:39		04:21		02:52	22:52		1:02:18
Duathlon			Run		Ride		Run		Total	
1	Hugh	Alexander	12:51		00:24		00:20	13:40		42:47
2	Beatrice	Schaer	14:09		00:32		00:45	14:26		47:20
3	Martin	Hows	17:47		00:50		00:29	19:11		57:17
4	Kensama	Adade	18:14		01:28		01:18	19:08		1:06:56