

# 2013 City of Birmingham Tri Super Sprint

21 July 2013

| Pos | Time        | No   | Name                  | M/F | Cat   | Swim        | Swim | T1 | T1          | Bike | Bike | T2          | T2  | Run  | Run         | CatPos | Club |        |                         |
|-----|-------------|------|-----------------------|-----|-------|-------------|------|----|-------------|------|------|-------------|-----|------|-------------|--------|------|--------|-------------------------|
|     |             |      |                       |     |       | Cat         | Ovrl | T1 | Cat         | Ovrl | Cat  | Ovrl        | Cat | Ovrl | Cat         | Ovrl   |      |        |                         |
| 1   | 00:39:00.60 | 1055 | Barrie Dolphin        | M   | 45-49 | 00:05:01.30 | 1    | 4  | 00:01:29.80 | 1    | 4    | 00:19:20.55 | 1   | 4    | 00:01:04.05 | 1      | 4    | 1 / 1  | Leamington Spa          |
| 2   | 00:39:02.20 | 1077 | Rob Thompson          | M   | 50-54 | 00:05:43.85 | 2    | 7  | 00:01:52.80 | 1    | 7    | 00:19:02.60 | 1   | 3    | 00:01:13.25 | 2      | 23   | 1 / 6  | Stratford Upon Avon     |
| 3   | 00:39:55.05 | 1050 | Stuart Brown          | M   | 35-39 | 00:05:28.40 | 1    | 6  | 00:01:20.70 | 1    | 1    | 00:19:55.80 | 1   | 6    | 00:00:59.45 | 1      | 6    | 1 / 4  | Stockport               |
| 4   | 00:40:08.80 | 1056 | Joe Ennis             | M   | 16-19 | 00:06:27.75 | 1    | 18 | 00:03:40.40 | 1    | 55   | 00:18:30.20 | 1   | 1    | 00:01:04.80 | 1      | 12   | 1 / 1  | Bromsgrove              |
| 5   | 00:40:32.05 | 1052 | Alexander Byne        | M   | 25-29 | 00:04:46.90 | 1    | 3  | 00:01:27.55 | 1    | 3    | 00:18:40.45 | 1   | 2    | 00:01:04.45 | 1      | 10   | 1 / 5  | Balsall Common          |
| 6   | 00:40:35.55 | 1057 | David Fellows         | M   | 20-24 | 00:03:42.80 | 1    | 1  | 00:02:29.50 | 1    | 21   | 00:20:42.80 | 1   | 7    | 00:00:48.15 | 1      | 1    | 1 / 1  | D-Team                  |
| 7   | 00:42:14.80 | 1113 | Samuel Lee            | M   | 25-29 | 00:05:46.50 | 2    | 8  | 00:01:35.75 | 3    | 6    | 00:21:27.30 | 3   | 11   | 00:01:05.00 | 2      | 14   | 2 / 5  | Fxj Worldwide           |
| 8   | 00:42:17.50 | 1116 | Mark Woo              | M   | 30-34 | 00:06:33.50 | 3    | 19 | 00:02:41.25 | 3    | 27   | 00:19:20.60 | 1   | 5    | 00:01:33.15 | 7      | 43   | 1 / 9  | Birmingham              |
| 9   | 00:43:47.70 | 1120 | Lesley Mullett        | F   | 40-44 | 00:05:47.95 | 1    | 9  | 00:01:26.65 | 1    | 2    | 00:22:19.40 | 1   | 14   | 00:01:12.25 | 2      | 22   | 1 / 10 | Wombourne               |
| 10  | 00:44:00.40 | 1079 | Jonathan Webber       | M   | 40-44 | 00:06:16.20 | 1    | 14 | 00:02:24.80 | 1    | 19   | 00:21:31.80 | 1   | 12   | 00:01:09.55 | 1      | 20   | 1 / 3  | Marie Curie Cancer Care |
| 11  | 00:45:02.40 | 1061 | Andrew Harston        | M   | 30-34 | 00:08:09.50 | 9    | 43 | 00:02:24.75 | 1    | 18   | 00:20:43.40 | 2   | 8    | 00:01:20.25 | 5      | 31   | 2 / 9  | Coleshill               |
| 12  | 00:45:38.20 | 1058 | Graeme Garrett        | M   | 30-34 | 00:07:09.70 | 4    | 32 | 00:02:35.75 | 2    | 25   | 00:21:25.65 | 3   | 10   | 00:00:52.05 | 2      | 3    | 3 / 9  | Selly Oak               |
| 13  | 00:45:59.95 | 1119 | Paul Henry            | M   | 25-29 | 00:09:38.05 | 5    | 55 | 00:01:35.45 | 2    | 5    | 00:20:53.55 | 2   | 9    | 00:01:11.35 | 3      | 21   | 3 / 5  | Ski Monkeys             |
| 14  | 00:47:25.85 | 1084 | Samantha Calder       | F   | 25-29 | 00:06:26.95 | 2    | 17 | 00:02:12.10 | 1    | 12   | 00:22:45.00 | 1   | 15   | 00:01:42.70 | 7      | 46   | 1 / 7  | Kenilworth              |
| 15  | 00:47:27.80 | 1080 | Jamie Webster         | M   | 35-39 | 00:07:03.50 | 2    | 29 | 00:02:09.90 | 2    | 10   | 00:24:31.75 | 2   | 29   | 00:01:07.20 | 2      | 16   | 2 / 4  | Nuneaton                |
| 16  | 00:47:56.65 | 1048 | Karl Benson           | M   | 25-29 | 00:07:33.85 | 4    | 37 | 00:02:05.00 | 4    | 9    | 00:23:28.80 | 4   | 19   | 00:01:57.85 | 5      | 53   | 4 / 5  | Wolverhampton           |
| 17  | 00:47:59.40 | 1075 | Andrew Stein          | M   | 50-54 | 00:07:22.40 | 4    | 33 | 00:02:25.75 | 2    | 20   | 00:21:56.00 | 2   | 13   | 00:01:05.25 | 1      | 15   | 2 / 6  | Leamington              |
| 18  | 00:48:07.15 | 1089 | Anna Dennis           | F   | 35-39 | 00:07:06.45 | 2    | 30 | 00:03:08.60 | 3    | 43   | 00:25:26.40 | 2   | 36   | 00:01:07.90 | 1      | 17   | 1 / 4  | Hee Harriers            |
| 19  | 00:48:37.20 | 1053 | Stuart Degville       | M   | 30-34 | 00:06:00.00 | 2    | 11 | 00:02:57.90 | 4    | 35   | 00:23:02.40 | 4   | 17   | 00:01:16.60 | 3      | 27   | 4 / 9  | Stuart Degville         |
| 20  | 00:49:20.30 | 1117 | Richard Thomas        | M   | 30-34 | 00:07:26.00 | 5    | 34 | 00:03:03.50 | 5    | 39   | 00:24:18.10 | 6   | 26   | 00:00:49.75 | 1      | 2    | 5 / 9  | Birmingham              |
| 21  | 00:49:49.40 | 1103 | Dominie Plimmer       | F   | 25-29 | 00:06:40.30 | 4    | 21 | 00:02:22.80 | 2    | 15   | 00:25:15.55 | 3   | 33   | 00:00:52.50 | 1      | 4    | 2 / 7  | Stoke-On-Trent          |
| 22  | 00:49:51.90 | 1088 | Jenny Dahlman         | F   | 40-44 | 00:06:55.05 | 5    | 25 | 00:02:10.40 | 2    | 11   | 00:24:07.00 | 4   | 22   | 00:01:00.00 | 1      | 7    | 2 / 10 | Deddington              |
| 23  | 00:50:20.00 | 1109 | Sophie Vann           | F   | 40-44 | 00:06:42.00 | 4    | 22 | 00:02:41.70 | 5    | 28   | 00:23:11.50 | 2   | 18   | 00:01:32.30 | 8      | 42   | 3 / 10 | Sutton Coldfield        |
| 24  | 00:50:34.00 | 1059 | Ian Gibbons           | M   | 30-34 | 00:05:54.35 | 1    | 10 | 00:03:33.30 | 8    | 54   | 00:24:15.65 | 5   | 25   | 00:01:55.95 | 9      | 51   | 6 / 9  | Birmingham              |
| 25  | 00:50:35.75 | 1115 | Danni Cliffe          | F   | 30-34 | 00:07:01.30 | 3    | 28 | 00:03:02.00 | 2    | 38   | 00:22:57.65 | 1   | 16   | 00:02:09.45 | 4      | 56   | 1 / 4  | Chesterfield            |
| 26  | 00:50:36.00 | 1111 | Nia Williams          | F   | 25-29 | 00:06:39.10 | 3    | 20 | 00:03:10.35 | 7    | 46   | 00:24:26.05 | 2   | 28   | 00:01:20.90 | 5      | 33   | 3 / 7  | Uttoxeter               |
| 27  | 00:50:42.60 | 1047 | Lisa Whittaker        | F   | 40-44 | 00:06:10.30 | 2    | 12 | 00:02:58.60 | 7    | 36   | 00:23:49.15 | 3   | 20   | 00:01:15.30 | 3      | 25   | 4 / 10 | Congleton               |
| 28  | 00:50:56.75 | 1074 | Mike Staunton         | M   | 50-54 | 00:07:00.35 | 3    | 27 | 00:03:00.25 | 4    | 37   | 00:24:08.85 | 4   | 24   | 00:02:18.75 | 6      | 57   | 3 / 6  | Coventry                |
| 29  | 00:51:44.05 | 1091 | Beverley Ellis-Martin | F   | 35-39 | 00:07:53.05 | 4    | 40 | 00:03:16.85 | 4    | 49   | 00:24:43.25 | 1   | 31   | 00:01:08.60 | 2      | 18   | 2 / 4  | Cancer Research UK      |
| 30  | 00:51:47.60 | 1101 | Louise Mohamed        | F   | 25-29 | 00:06:53.80 | 5    | 24 | 00:03:05.05 | 6    | 40   | 00:25:58.75 | 5   | 40   | 00:01:02.65 | 2      | 8    | 4 / 7  | Kingswinford            |
| 31  | 00:52:32.50 | 1060 | Peter Gibson          | M   | 50-54 | 00:04:27.70 | 1    | 2  | 00:02:34.95 | 3    | 24   | 00:26:38.35 | 6   | 45   | 00:02:06.00 | 4      | 54   | 4 / 6  | Double Trouble          |
| 32  | 00:52:50.10 | 1046 | Anna Sammut           | F   | 30-34 | 00:06:25.60 | 2    | 16 | 00:03:18.30 | 4    | 50   | 00:26:15.20 | 2   | 42   | 00:01:17.35 | 2      | 28   | 2 / 4  | Olney                   |
| 33  | 00:52:57.90 | 1140 | Chris Hoy             | M   | 30-34 | 00:07:36.05 | 7    | 38 | 00:03:47.60 | 9    | 57   | 00:25:10.35 | 7   | 32   | 00:01:28.95 | 6      | 39   | 7 / 9  | Lichfield               |
| 34  | 00:53:31.30 | 1062 | Ian Henderson         | M   | 55-59 | 00:07:47.45 | 1    | 39 | 00:02:47.95 | 1    | 30   | 00:25:17.75 | 1   | 34   | 00:01:29.15 | 1      | 40   | 1 / 2  | Birmingham              |
| 35  | 00:54:31.15 | 1104 | Sophie Robinson       | F   | 25-29 | 00:09:07.70 | 7    | 50 | 00:02:46.65 | 4    | 29   | 00:25:27.20 | 4   | 37   | 00:01:22.85 | 6      | 35   | 5 / 7  | Leamington Spa          |
| 36  | 00:54:34.40 | 1118 | Charles Castleton     | M   | 60-64 | 00:09:28.65 | 1    | 53 | 00:02:22.65 | 1    | 14   | 00:25:39.90 | 1   | 38   | 00:01:23.40 | 1      | 36   | 1 / 1  | Tunbridge Wells         |
| 37  | 00:54:49.60 | 1106 | Laura Sellars         | F   | 40-44 | 00:08:39.85 | 8    | 47 | 00:02:52.90 | 6    | 33   | 00:24:08.75 | 5   | 23   | 00:01:18.20 | 4      | 29   | 5 / 10 | Peterborough            |
| 38  | 00:55:48.20 | 1094 | Naomi Gibson          | F   | 25-29 | 00:05:08.35 | 1    | 5  | 00:02:32.15 | 3    | 22   | 00:28:56.25 | 6   | 50   | 00:01:04.55 | 3      | 11   | 6 / 7  | Double Trouble          |
| 39  | 00:55:53.05 | 1069 | Tim Oshea             | M   | 50-54 | 00:09:03.95 | 5    | 48 | 00:03:43.00 | 6    | 56   | 00:23:58.45 | 3   | 21   | 00:02:06.90 | 5      | 55   | 5 / 6  | Braunston               |
| 40  | 00:56:21.70 | 1066 | Robert Middleton      | M   | 25-29 | 00:07:00.05 | 3    | 26 | 00:06:48.50 | 5    | 59   | 00:24:19.25 | 5   | 27   | 00:01:43.55 | 4      | 48   | 5 / 5  | Birmingham              |
| 41  | 00:56:22.35 | 1065 | Robert McGowran       | M   | 50-54 | 00:10:41.35 | 6    | 57 | 00:03:05.70 | 5    | 42   | 00:24:33.55 | 5   | 30   | 00:01:30.20 | 3      | 41   | 6 / 6  | Birmingham              |
| 42  | 00:56:52.90 | 1093 | Anira Gandhi          | F   | 35-39 | 00:07:26.15 | 3    | 35 | 00:03:05.25 | 2    | 41   | 00:27:21.80 | 4   | 47   | 00:01:15.50 | 4      | 26   | 3 / 4  | Coventry                |
| 43  | 00:57:22.00 | 1085 | Shelly Chapman        | F   | 35-39 | 00:06:48.80 | 1    | 23 | 00:02:23.30 | 1    | 16   | 00:26:32.60 | 3   | 44   | 00:01:14.45 | 3      | 24   | 4 / 4  | Ulceby                  |
| 44  | 00:57:26.00 | 1081 | Dominic West          | M   | 35-39 | 00:08:24.15 | 3    | 46 | 00:03:09.60 | 4    | 45   | 00:26:46.95 | 4   | 46   | 00:01:09.20 | 3      | 19   | 3 / 4  | Leicester               |
| 45  | 00:57:35.95 | 1049 | Graham Bloxham        | M   | 30-34 | 00:08:01.80 | 8    | 42 | 00:03:16.30 | 7    | 48   | 00:25:19.25 | 8   | 35   | 00:01:43.60 | 8      | 49   | 8 / 9  | Canterbury              |
| 46  | 00:57:58.45 | 1086 | Marie Cole            | F   | 25-29 | 00:07:55.60 | 6    | 41 | 00:02:57.10 | 5    | 34   | 00:29:02.80 | 7   | 51   | 00:01:04.80 | 4      | 13   | 7 / 7  | Cancer Research UK      |
| 47  | 00:58:47.05 | 1098 | Jane Johnson          | F   | 40-44 | 00:06:22.70 | 3    | 15 | 00:02:24.40 | 4    | 17   | 00:28:03.90 | 7   | 48   | 00:01:25.90 | 7      | 38   | 6 / 10 | Stourbridge             |
| 48  | 00:58:47.20 | 1121 | Mary Griffin          | F   | 30-34 | 00:07:08.45 | 4    | 31 | 00:03:09.20 | 3    | 44   | 00:29:58.55 | 3   | 53   | 00:01:23.90 | 3      | 37   | 3 / 4  |                         |
| 49  | 00:59:13.20 | 1114 | Donna Johnson         | F   | 40-44 | 00:08:23.60 | 7    | 45 | 00:03:25.60 | 8    | 51   | 00:26:10.80 | 6   | 41   | 00:01:41.75 | 9      | 45   | 7 / 10 | Sutton Coldfield        |
| 50  | 01:01:04.35 | 1100 | Kirsti Malpass        | F   | 30-34 | 00:06:12.05 | 1    | 13 | 00:01:55.55 | 1    | 8    | 00:38:03.30 | 4   | 58   | 00:00:57.25 | 1      | 5    | 4 / 4  | Dudley Ladies           |

# 2013 City of Birmingham Tri Super Sprint

21 July 2013

| Pos | Time        | No   | Name               | M/F | Cat   | Swim        | Swim  | Swim | T1          | T1    | Bike | Bike        | Bike | T2  | T2          | Run | Run   | Run         | Run   | CatPos | Club    |               |
|-----|-------------|------|--------------------|-----|-------|-------------|-------|------|-------------|-------|------|-------------|------|-----|-------------|-----|-------|-------------|-------|--------|---------|---------------|
|     |             |      |                    |     |       | Cat         | Overl |      | Cat         | Overl | Cat  | Overl       |      | Cat | Overl       | Cat | Overl | Cat         | Overl |        |         |               |
| 51  | 01:01:33.45 | 1045 | Tia Benvenuti      | F   | 16-19 | 00:09:12.45 | 1     | 51   | 00:02:52.30 | 1     | 32   | 00:30:05.00 | 1    | 54  | 00:01:43.30 | 1   | 47    | 00:17:40.40 | 1     | 44     | 1 / 1   | Newport       |
| 52  | 01:01:33.50 | 1044 | Angelo Benvenuti   | M   | 40-44 | 00:09:13.05 | 2     | 52   | 00:02:49.20 | 3     | 31   | 00:30:10.25 | 3    | 56  | 00:01:40.80 | 2   | 44    | 00:17:40.20 | 2     | 43     | 2 / 3   | Newport       |
| 53  | 01:01:46.70 | 1095 | Manisha Gowan-Gopa | F   | 40-44 | 00:09:31.55 | 9     | 54   | 00:02:21.35 | 3     | 13   | 00:30:08.80 | 8    | 55  | 00:01:20.75 | 5   | 32    | 00:18:24.25 | 6     | 49     | 8 / 10  | Wolverhampton |
| 54  | 01:03:04.80 | 1072 | Kieron Shaw        | M   | 30-34 | 00:07:31.60 | 6     | 36   | 00:03:14.70 | 6     | 47   | 00:29:53.75 | 9    | 52  | 00:01:18.90 | 4   | 30    | 00:21:05.85 | 9     | 55     | 9 / 9   | Walsall       |
| 55  | 01:05:03.35 | 1076 | Garry Taylor       | M   | 55-59 | 00:09:04.35 | 2     | 49   | 00:05:08.30 | 2     | 58   | 00:28:20.35 | 2    | 49  | 00:02:20.10 | 2   | 59    | 00:20:10.25 | 2     | 52     | 2 / 2   | Wolverhampton |
| 56  | 01:09:35.15 | 1067 | Andy Newham        | M   | 40-44 | 00:16:30.00 | 3     | 59   | 00:02:34.00 | 2     | 23   | 00:25:56.45 | 2    | 39  | 00:01:57.35 | 3   | 52    | 00:22:37.35 | 3     | 57     | 3 / 3   | Lincoln       |
| 57  | 01:09:35.50 | 1068 | David Newham       | M   | 35-39 | 00:16:21.35 | 4     | 58   | 00:02:37.30 | 3     | 26   | 00:26:27.60 | 3    | 43  | 00:02:19.65 | 4   | 58    | 00:21:49.60 | 4     | 56     | 4 / 4   | Lincoln       |
| 58  | 01:19:11.25 | 1096 | Sarah Harwood      | F   | 40-44 | 00:10:35.50 | 10    | 56   | 00:03:25.70 | 9     | 52   | 00:34:29.20 | 9    | 57  | 00:01:45.50 | 10  | 50    | 00:28:55.35 | 10    | 59     | 9 / 10  | Canix         |
| 59  | 01:19:22.85 | 1107 | Louise Taylor      | F   | 40-44 | 00:08:14.80 | 6     | 44   | 00:03:28.55 | 10    | 53   | 00:41:44.20 | 10   | 59  | 00:01:22.10 | 6   | 34    | 00:24:33.20 | 9     | 58     | 10 / 10 | Wolverhampton |