

Henley Triathlon 2025

Super Sprint

Female

Age is at end of year

Pos	Name	Race No	A/G Pos	A/G Cat	Age	Team Name	Swim	T1	Cycle	T2	Run	Time
1	Ruth Rogers	277	1/5	H	41	Thames Valley Triathletes	00:03:35	00:01:44	00:29:22	00:01:01	00:13:27	00:49:10
2	Valerie Du Preez	280	1/1	I	45		00:04:00	00:01:53	00:30:43	00:01:39	00:14:50	00:53:05
3	Erica Shaylor	327	2/5	H	43		00:04:12	00:02:00	00:32:33	00:01:21	00:14:11	00:54:17
4	Jemima Pettifer	279	1/2	G	38		00:04:44	00:02:50	00:33:24	00:00:44	00:14:02	00:55:44
5	Emma Reynolds	293	2/2	G	36		00:04:09	00:01:49	00:34:26	00:00:47	00:14:42	00:55:53
6	Hayley Walker-Mitchel	291	3/5	H	41		00:06:39	00:03:17	00:33:54	00:01:05	00:16:08	01:01:03
7	Josephine Quinn	287	1/1	K	56		00:06:36	00:02:24	00:35:47	00:01:07	00:17:48	01:03:42
8	Emma Galvin	295	1/2	F	31		00:06:39	00:02:43	00:37:18	00:02:03	00:16:12	01:04:56
9	Jennifer Bell	296	4/5	H	44		00:05:32	00:03:52	00:38:18	00:00:53	00:16:29	01:05:05
10	Laura Bailey	290	1/2	E	25		00:05:42	00:02:00	00:38:21	00:00:54	00:18:31	01:05:28
11	Natalie English	284	1/3	J	54		00:05:04	00:03:59	00:37:01	00:01:42	00:18:08	01:05:54
12	Victoria Rodford	278	2/2	E	27		00:04:24	00:02:48	00:40:37	00:01:00	00:17:42	01:06:31
13	Siena Warner	281	1/1	D	20		00:04:56	00:02:13	00:36:57	00:01:46	00:21:42	01:07:34
14	Lisa Odonnell	292	5/5	H	40		00:05:21	00:04:11	00:46:59	00:01:33	00:15:09	01:13:13
15	Susan Browne	289	2/3	J	54		00:06:17	00:02:34	00:41:27	00:01:25	00:24:17	01:15:59
16	Elizabeth Henderson	285	2/2	F	30		00:05:22	00:05:13	00:46:37	00:01:45	00:22:46	01:21:43
17	Sarah Gaselee	288	3/3	J	51	Could Tri Harder	00:06:12	00:02:55	00:50:49	00:00:45	00:21:35	01:22:16