

Henley Triathlon 2025

Super Sprint

Open

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	Ian Shaylor	328	1/9	I	46		00:03:58	00:01:41	00:25:02	00:01:03	00:09:59	00:41:43
2	Diogo Bolan	329	1/5	H	42		00:04:18	00:01:54	00:28:43	00:01:27	00:12:59	00:49:22
3	Christopher Parkinson	324	2/9	I	46		00:03:59	00:01:39	00:29:53	00:00:36	00:13:23	00:49:31
4	Richard Pickard	318	3/9	I	49		00:05:40	00:02:28	00:29:36	00:01:11	00:11:32	00:50:27
5	Dinesh Yogendra	322	4/9	I	47		00:04:35	00:01:25	00:30:53	00:01:35	00:13:30	00:51:58
6	Martin Newbury	309	5/9	I	49		00:04:51	00:02:39	00:30:53	00:00:46	00:13:25	00:52:33
7	Michael Wade	326	2/5	H	42		00:04:21	00:03:18	00:32:41	00:01:29	00:10:56	00:52:45
8	Daniel Webster	316	1/3	E	28		00:05:29	00:02:54	00:32:51	00:00:46	00:10:48	00:52:48
9	Lydia Rodford	331	2/3	E	26		00:03:29	00:01:28	00:32:51	00:00:52	00:14:56	00:53:36
10	Neil Rodford	321	1/5	K	56		00:04:53	00:01:56	00:31:33	00:00:45	00:14:41	00:53:49
11	Paul Rodford	325	1/2	L	63		00:04:50	00:01:56	00:30:52	00:01:02	00:15:16	00:53:57
12	Ivan Sanchez	317	6/9	I	47		00:04:54	00:01:44	00:30:10	00:01:10	00:16:03	00:54:01
13	Steven Barron	312	2/5	K	58		00:08:49	00:04:39	00:30:26	00:01:19	00:08:51	00:54:03
14	Clive Broome	330	3/5	K	55		00:04:09	00:01:13	00:30:02	00:02:29	00:16:40	00:54:34
15	Richard Andrews	251	4/5	K	59	Hereford Triathlon Club	00:09:26	00:01:32	00:29:41	00:00:55	00:13:26	00:55:00
16	Ella Daines Smith	319	3/5	H	42		00:05:40	00:02:37	00:31:06	00:00:52	00:15:21	00:55:36
17	John Lightfoot	323	7/9	I	49		00:03:58	00:01:47	00:31:50	00:00:55	00:17:27	00:55:57
18	Harry Evans Rusher	308	1/1	D	23		00:09:17	00:03:06	00:30:23	00:00:45	00:13:55	00:57:26
19	Helen Woodward Davi	306	2/2	L	63		00:05:49	00:04:10	00:31:58	00:01:14	00:15:17	00:58:28
20	Ben Doyle	304	4/5	H	41		00:07:11	00:04:10	00:33:55	00:01:19	00:12:30	00:59:05
21	Amanveer Dhatt	298	5/5	H	43		00:08:15	00:07:27	00:35:03	00:01:29	00:07:13	00:59:27
22	Robert Davies	303	1/2	P	75		00:05:47	00:03:37	00:33:32	00:00:55	00:16:12	01:00:02
23	Ian Sudbery	315	1/1	J	54		00:05:43	00:02:34	00:36:20	00:00:54	00:18:51	01:04:23
24	Paul Asare-Archer	313	8/9	I	49		00:10:37	00:02:34	00:37:17	00:01:14	00:14:06	01:05:48
25	Hamish Paterson	320	2/2	P	77		00:07:59	00:02:38	00:37:16	00:01:41	00:20:12	01:09:46
26	Reece Sims	300	3/3	E	26		00:09:13	00:03:08	00:39:08	00:01:29	00:21:17	01:14:16
27	Rajesh Bhatt	156	1/2	G	39		00:09:17	00:04:42	00:41:37	00:01:11	00:17:51	01:14:38
28	Elizabeth Chambers	310	2/2	G	38		00:06:51	00:04:57	00:44:56	00:02:06	00:17:27	01:16:16
29	Sue Rolfe	297	5/5	K	58		00:07:00	00:03:19	00:48:01	00:01:30	00:19:07	01:18:58
30	Kam Dhatt	307	9/9	I	45		00:12:05	00:07:17	00:43:41	00:01:42	00:17:14	01:21:59