

Alderford Triathlon 2025

Sprint

Female

Age is at end of year

Pos	Name	Race No	A/G Pos	A/G Cat	Age	Team Name	Run	T1	Cycle	T2	Run	Time
1	Eleanor Perkins	333	1/6	G	35	Chester tri club	00:11:00	00:00:18	00:39:42	00:00:59	00:22:27	01:14:26
2	Liz Morris	327	2/6	G	37	Nantwich Triathlon Club	00:10:59	00:01:15	00:39:30	00:01:11	00:23:19	01:16:14
3	Gillian Snelson	340	1/9	J	52	SYTri	00:12:02	00:00:51	00:38:47	00:01:16	00:24:45	01:17:41
4	Emelia Clarke	235	1/5	E	26		00:12:20	00:00:45	00:39:24	00:01:07	00:25:12	01:18:48
5	Tracy Aldridge-Jones	294	1/5	I	49	Chester Tri	00:13:16	00:00:34	00:39:17	00:01:09	00:24:37	01:18:53
6	Hayley Proudfoot	335	1/4	H	42	Lincoln Tri Club	00:12:47	00:00:23	00:41:41	00:00:56	00:28:17	01:24:04
7	Sophie Johnstone	320	2/5	I	49	Valley Striders Triathlon Club	00:13:05	00:00:56	00:43:13	00:01:20	00:26:36	01:25:10
8	Harriette Page	331	1/1	F	34		00:11:03	00:00:51	00:52:13	00:01:01	00:21:36	01:26:43
9	Sarah Quinlan	336	2/4	H	43		00:13:02	00:01:02	00:44:48	00:01:13	00:26:45	01:26:50
10	Zoe Exon	307	2/5	E	25		00:11:36	00:01:04	00:46:47	00:01:16	00:26:55	01:27:38
11	Donna Mcgettigan	325	2/9	J	50		00:13:03	00:00:22	00:47:34	00:00:54	00:26:24	01:28:18
12	Rachel Milligan	326	3/9	J	51		00:14:07	00:00:44	00:44:57	00:01:11	00:28:39	01:29:38
13	Eleanor Walker	345	1/2	D	20		00:12:48	00:00:40	00:48:23	00:01:36	00:27:16	01:30:43
14	Sarah Newey	328	3/6	G	38		00:12:43	00:01:03	00:49:00	00:01:59	00:27:34	01:32:19
15	Debbie Goodale	310	3/5	I	45	Telford Triathlon Club	00:15:07	00:00:49	00:45:07	00:01:24	00:30:14	01:32:42
16	Ruth Clayton	302	1/3	L	62		00:14:30	00:01:40	00:43:49	00:02:05	00:31:08	01:33:12
17	Susan Vine	344	4/9	J	50		00:14:00	00:00:50	00:48:41	00:01:18	00:28:51	01:33:41
18	Jennie Hewett	315	4/5	I	45		00:14:09	00:00:56	00:46:47	00:01:26	00:30:39	01:33:57
19	Eleanor Hardie	313	2/2	D	21		00:13:33	00:00:38	00:50:36	00:01:26	00:29:20	01:35:33
20	Katie Lancaster	321	4/6	G	35		00:14:27	00:01:30	00:49:16	00:01:46	00:29:37	01:36:36
21	Elizabeth Currie	303	3/4	H	42		00:14:41	00:00:58	00:56:30	00:00:56	00:30:38	01:43:42
22	Therese Hynes	318	2/3	L	61	Chester Tri	00:18:43	00:02:05	00:46:14	00:02:09	00:36:25	01:45:37
23	Lauren Brockis	300	5/6	G	37		00:16:07	00:00:43	00:54:48	00:01:13	00:33:00	01:45:51
24	Nicky Brierley	299	1/2	K	57	Telford Tri Club	00:16:43	00:00:55	00:55:27	00:01:42	00:34:38	01:49:25
25	Lauren Maylor	323	4/4	H	41		00:17:06	00:00:52	00:50:18	00:01:37	00:40:02	01:49:54
26	Heidi Horton	317	5/9	J	54		00:18:08	00:01:16	00:50:02	00:01:52	00:39:08	01:50:26
27	Jo Fleming	309	1/2	N	70		00:18:08	00:01:18	00:49:55	00:01:58	00:39:08	01:50:27
28	Ellen Lawson	322	2/2	K	56		00:18:09	00:01:18	00:50:00	00:01:50	00:39:11	01:50:28
29	Ines Soares	341	6/6	G	38		00:16:24	00:00:34	00:57:46	00:01:28	00:34:45	01:50:56
30	Helen Partridge	332	1/3	M	66		00:18:49	00:01:09	00:51:50	00:01:33	00:41:27	01:54:48
31	Wendy Ewins	306	6/9	J	52		00:16:44	00:01:45	00:59:12	00:03:09	00:36:14	01:57:05
32	Emma Otero Salgado	330	7/9	J	52		00:16:44	00:01:46	00:59:01	00:03:15	00:36:19	01:57:05
33	Jane Oakley	329	8/9	J	51	Nantwich Triathlon Club	00:17:29	00:02:04	00:56:32	00:02:50	00:38:21	01:57:15
34	Rhiannon Hardie	314	3/5	E	27		00:17:15	00:01:28	00:55:39	00:02:51	00:43:53	02:01:07
35	Jo Espley	305	9/9	J	52		00:20:03	00:00:55	00:55:26	00:01:08	00:43:58	02:01:30
36	Lynne Grundy	311	3/3	L	63		00:21:40	00:01:16	00:56:42	00:01:59	00:44:23	02:05:59
37	Catherine Benn	296	2/3	M	69	Coventry Triathletes	00:18:47	00:01:01	00:56:15	00:01:43	00:48:19	02:06:06
38	Kate Walsh	346	5/5	I	46	Chester Road Runners	00:18:59	00:01:30	00:57:59	00:01:44	00:49:15	02:09:26
39	Cara James	319	4/5	E	28		00:18:44	00:02:38	01:03:03	00:01:57	00:45:03	02:11:25
40	Annabel Sansom	337	5/5	E	28		00:18:44	00:02:42	01:03:00	00:01:56	00:45:03	02:11:25
41	Sheila Mccann	324	2/2	N	71	Run Neston	00:18:43	00:02:17	01:12:31	00:02:34	00:38:22	02:14:28
42	Karen Scott	339	3/3	M	66	Total Transition Triathlon	00:17:16	00:01:26	01:20:03	00:02:03	00:38:17	02:19:05