

# Super Sprint

Pos	StartTime	Race#	Name	Last Name	Gender	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total	
1	11:57:45	669	simon	lewis	Open	Ca	54	J		Super Sprint	00:03:08	00:00:41	00:33:55	00:00:45	00:10:58	00:49:27
2	11:58:00	670	David	Williams	Open	Ca	35	G	Ribby Hall Tri Club	Super Sprint	00:02:45	00:00:00	00:38:11	00:00:48	00:11:23	00:53:07
3	11:55:45	661	Nathan	Fryer-Jones	Open	Ca	50	J	Hereford Tri Club	Super Sprint	00:03:40	00:02:12	00:38:01	00:01:11	00:11:24	00:56:28
4	11:57:15	667	John	Foster	Open	Ca	29	E		Super Sprint	00:04:11	00:01:52	00:38:17	00:01:09	00:11:23	00:56:52
5	11:52:00	646	Dale	Wilson	Open	Ca	30	F		Super Sprint	00:05:33	00:02:39	00:40:28	00:01:37	00:10:37	01:00:54
6	11:54:45	657	simon	Lewis	Open	Ca	42	H		Super Sprint	00:03:42	00:02:04	00:46:56	00:01:02	00:11:08	01:04:52
7	11:53:00	650	Colin	Penney	Open	Ca	65	M	Dod squad	Super Sprint	00:04:50	00:00:00	00:46:44	00:01:41	00:12:53	01:06:08
8	11:55:00	658	james	williamson	Open	Ca	42	H		Super Sprint	00:04:33	00:01:20	00:47:23	00:00:51	00:14:14	01:08:21
9	11:57:30	668	David	Holden	Open	Ca	25	E	HOLDEN	Super Sprint	00:03:42	00:01:43	00:48:23	00:01:03	00:14:19	01:09:10
10	11:56:45	665	Sam	Burgess	Open	Ca	41	H		Super Sprint	00:05:01	00:02:57	00:44:16	00:00:57	00:16:58	01:10:09
11	11:53:15	651	Howard	Warren	Open	Ca	64	L		Super Sprint	00:05:09	00:01:22	00:48:22	00:00:55	00:14:40	01:10:28
12	11:57:00	666	Joseph	Williams	Open	Ca	17	B	never give uppers!	Super Sprint	00:04:03	00:02:10	00:51:06	00:00:43	00:15:15	01:13:17
13	11:54:30	656	Jonny	Bryan	Open	Ca	40	H		Super Sprint	00:04:15	00:01:24	00:52:31	00:00:56	00:14:33	01:13:39
14	11:56:00	662	Stephen	Cotton	Open	Ca	58	K	Wibbily Wobbily Wa	Super Sprint	00:04:35	00:03:14	00:52:04	00:00:44	00:13:10	01:13:47
15	11:56:30	664	Jessica	Galley	Open	Ca	19	B	never give uppers!	Super Sprint	00:04:38	00:02:01	00:58:24	00:01:04	00:07:46	01:13:53
16	11:56:15	663	lynda	williams	Open	Ca	48	I	never give uppers!	Super Sprint	00:04:54	00:01:49	00:50:29	00:00:46	00:18:34	01:16:32
17	11:52:45	649	Tricia	Penney	Open	Ca	65	M	Team POM	Super Sprint	00:05:31	00:04:06	00:50:16	00:02:15	00:16:02	01:18:10
18	11:53:30	652	Tim	Galley	Open	Ca	59	K	Never Give Uppers	Super Sprint	00:06:30	00:03:20	00:49:42	00:00:54	00:18:04	01:18:30
19	11:51:30	644	Ian	Pakula	Open	Ca	65	M	Wibbily Wobbily Wa	Super Sprint	00:06:41	00:04:41	00:48:36	00:01:05	00:18:04	01:19:07
20	11:55:15	659	Chris	Abbott	Open	Ca	69	M		Super Sprint	00:05:44	00:04:10	00:54:52	00:00:57	00:15:40	01:21:23
21	09:06:20	188	Liam	Mcguigan	Open	Ca	34	F		Super Sprint	00:08:30	00:02:30	00:54:19	00:02:10	00:14:18	01:21:47
22	11:52:15	647	Gerald	Francis	Open	Ca	56	K		Super Sprint	00:05:31	00:02:38	00:53:22	00:01:05	00:19:34	01:22:10
23	11:51:15	643	Alex	Doherty	Open	Ca	37	G		Super Sprint	00:05:53	00:05:26	01:00:57	00:01:13	00:20:05	01:33:34
24	11:50:45	641	Victoria	Eardley	Open	Ca	50	J		Super Sprint	00:10:22	00:04:49	01:14:08	00:01:05	00:18:47	01:49:11
25	11:50:15	639	Emma	Wells	Open	Ca	40	H		Super Sprint	00:10:50	00:04:45	01:14:19	00:00:59	00:18:48	01:49:41