



2025 RACE UK Triathlon LEAGUE

Take part in 3 or more qualifying UK Triathlon Events in 2025 and see if you can win your age group or even the entire League.

Your 3 highest scoring events will automatically count as your total score.

The more events you do increases your chances of a better score.

OPEN CATEGORY AGE GROUP F (30-34)

Only people who are female sex at birth are eligible to compete in the Female category. All individuals including transgender people are eligible to compete in the Open category.

AGE CAT POSITION																
	NAME	AGE	AGE CAT	CLUB	STRATFORD	CHESHIRE	HENLEY	ALDERFORD	ULTIMATE Q	BIRMINGHAM	YORK	SHROPSHIRE	NORTH WEST	WARWICKSHIRE	TOP 3 SCORE	Number of Races
1	Jordan Sheldon	30	F			997.86						1000	996.69		2994.55	3
2	Peter Edge	31	F		839.00	902.00	909.14							841.94	2653.08	4
3	Ben Robinson	34	F			687.56				726.48			692.08		2106.12	3
4	Dan Gethings	32	F		358.56	542.04					582.40			670.14	1794.58	4
5	Rory Shellard	33	F		522.72	616.94			295.68						1435.34	3
6	Qasim Aziyan	30	F		376.80	426.48			272.96						1076.24	3
7	Jordan Breakspear	33	F	Club Co action	957.44									975.95	1933.39	2
8	Damien Waters	34	F					964.64		944.10					1908.74	2
9	Will Tobin	30	F	Total Tri Training						947.40		920.26			1867.66	2
10	Russ Gibbons	32	F			967.90								883.18	1851.08	2
11	Benjamin Jefferies	30	F		872.32			843.20							1715.52	2
12	Kallum White	30	F						795.52			901.86			1697.38	2
13	Thomas Jones	32	F			888.72						779.18			1667.90	2
14	Geraint May	33	F			878.02							754.99		1633.01	2
15	Phil Crisford	33	F			955.06		646.40							1601.46	2
16	Will Bryant	33	F					743.64				742.37			1486.01	2

17	Anton Thomas-Bring	33	F		644.76		748.36	1393.12	2
18	Natalie Montezuma-Allen	34	F		607.84	721.80		1329.64	2
19	Jonathan Minay	31	F		593.40		715.25	1308.65	2
20	Adam Millington	32	F		471.42	490.40		961.82	2
21	Mark Evans	34	F		679.00	169.04		848.04	2
22	Adam Jones	34	F		291.66		443.75	735.41	2
23	Matthew Squires	32	F			326.72	311.39	638.11	2
24	Adam Walker	32	F		315.20		298.07	613.27	2
25	Jacob Smith	31	F			136.67	292.53	429.20	2
26	Luke Wilkins	31	F	Solihull Triathlon Club			989.69	989.69	1
27	Keith Fingland	30	F			989.48		989.48	1
28	Maitland Simpson-Smith	34	F	TB-Triathlon		981.37		981.37	1
29	Ryan Bradburn	34	F		975.68			975.68	1
30	Rob Parker	31	F				969.33	969.33	1
31	Ben Gallagher	34	F		966.96			966.96	1
32	Geoffrey Lunn	34	F		965.76			965.76	1
33	Philip Blackburn	32	F				958.77	958.77	1
34	Tegid Richards	31	F		958.70			958.70	1
35	Jake Brattle	31	F		948.64			948.64	1
36	Matt Cumming	32	F	Bingham Tri Club	945.28			945.28	1
37	David Gregory	33	F		942.22			942.22	1
38	Alexander Bulger	34	F	Alexander Bulger	939.20			939.20	1
39	Samuel Chambers	33	F				938.15	938.15	1
40	Cameron Thompson	30	F		931.52			931.52	1
41	Hugh Risk	34	F	3 x R + D		919.96		919.96	1
42	Jack Heffren	33	F	Killamarsh Kestrels		906.84		906.84	1
43	George Dickson	33	F		902.72			902.72	1

44	Joseph Davis-Powell	33	F		899.68		899.68	1
45	Ben Smith	30	F			883.45	883.45	1
46	Tom Hubscher	32	F		878.40		878.40	1
47	Charlie Greswold	31	F			877.32	877.32	1
48	Rhys Jones	31	F			875.78	875.78	1
49	Liam Kelly	34	F	Team Cherwell	875.36		875.36	1
50	Jonathan Bailey	34	F			869.43	869.43	1
51	Jonty Cartwright	31	F		867.32		867.32	1
52	Lewis Towers	34	F	Knowle & Dorridge Rc		865.05	865.05	1
53	Lewis Broome	30	F			863.68	863.68	1
54	James Warrender	33	F		857.12		857.12	1
55	William Nevill	30	F		854.48		854.48	1
56	Dominic Bowes	31	F			850.94	850.94	1
57	David Melhuish	33	F	Coventry Triathletes		848.82	848.82	1
58	Jake Sykes	32	F			844.73	844.73	1
59	Thomas Hulme	33	F		843.78		843.78	1
60	John Sansome	32	F	Worcester Tri Club		840.52	840.52	1
61	Arran Thompson	33	F			839.92	839.92	1
62	Matthew Hughes	31	F			828.20	828.20	1
63	Jonathan Mitchell	31	F			819.88	819.88	1
64	Chris Houlton	32	F			819.04	819.04	1
65	Martyn Denoual	31	F		811.68		811.68	1
66	Rob Naish	31	F			811.02	811.02	1
67	Mark Gray	30	F		807.40		807.40	1
68	Ed Kemp	33	F			797.58	797.58	1
69	Jack Brimmell	31	F			793.84	793.84	1
70	Jamie Crosthwaite	31	F		793.28		793.28	1

71	Ben Ambage	31	F		788.14		788.14	1
72	Mark Fisher	32	F			777.28	777.28	1
73	Liam Hogan	30	F			768.56	768.56	1
74	Robert Jones..	32	F				764.92	1
75	Wessie Du Toit	34	F		764.80		764.80	1
76	Richard Wilson	34	F		762.46		762.46	1
77	Daniel Hancox	33	F		760.32		760.32	1
78	George Burnett	31	F			758.30	758.30	1
79	Nikolaus Schwarz	34	F		756.80		756.80	1
80	Christopher Rooney	34	F			751.56	751.56	1
81	Connor Clennan	31	F			749.44	749.44	1
82	Douglas Irving	34	F				748.51	1
83	Chris Matthews	33	F			745.96	745.96	1
84	Ryan Williams	31	F		738.92		738.92	1
85	Peter Ribbins	32	F				738.86	1
86	Martin Jones.	34	F	Sowerby Bridge		735.52	735.52	1
87	James Gaskell	31	F			727.36	727.36	1
88	Adam Wheeler	34	F			726.72	726.72	1
89	Owen Brockis	32	F			725.60	725.60	1
90	Luke Jones	33	F				725.19	1
91	Jack Mcleod	31	F			720.50	720.50	1
92	Angus Wilson	31	F		720.32		720.32	1
93	Tom Buller	33	F		717.52		717.52	1
94	Demetris Panayiotou	33	F		713.24		713.24	1
95	Joshua Stroud	34	F		711.10		711.10	1
96	Jack Ball	33	F	Droitwich Cycling Club	708.16		708.16	1
97	Naeem Dungarwalla	33	F				704.50	1

98	Daniel Laycock	31	F	Hyde Park Harriers Triathlon	700.72	700.72	1
99	Aston Radford	30	F		699.43	699.43	1
100	Kane Costello	30	F		693.30	693.30	1
101	George Davies	33	F		689.92	689.92	1
102	David Pearce	33	F		683.28	683.28	1
103	Callum Jones	32	F		677.76	677.76	1
104	Connor Ballinger	30	F	LoRox	676.36	676.36	1
105	David Taylor	32	F		672.21	672.21	1
106	Charlotte Philpin	33	F		668.30	668.30	1
107	James Allinson	32	F		665.92	665.92	1
108	Henry Eddy	33	F		663.27	663.27	1
109	Christoph Bates	31	F	EJY	662.56	662.56	1
110	Joshua Dunbar	34	F		659.74	659.74	1
111	Jacob Lockwood	31	F		658.96	658.96	1
112	George Rosser	33	F		658.39	658.39	1
113	William Burgess	33	F		649.53	649.53	1
114	Jack Rollings	31	F		649.04	649.04	1
115	Chris Taylor	31	F		648.52	648.52	1
116	Ben Anderson	34	F		644.32	644.32	1
117	Ash Roberts-Adams	31	F		641.55	641.55	1
118	Karl Wild	33	F		638.34	638.34	1
119	Matthew Iredale	30	F		637.56	637.56	1
120	Lewis Crosby	30	F		634.60	634.60	1
121	Charlie Lomas	34	F		634.06	634.06	1
122	James Mooney	31	F		631.12	631.12	1
123	Sam Sullivan	32	F	Sull	629.17	629.17	1
124	Ben Farragher	30	F		628.30	628.30	1

125	William Mclaughlin	31	F		622.68	622.68	1
126	Samuel Snell	33	F		621.28	621.28	1
127	Gareth Hilton	30	F		621.13	621.13	1
128	Jonathan Morton	34	F		617.20	617.20	1
129	Tom O'hara	32	F		612.66	612.66	1
130	Tommy Taylor	34	F		611.04	611.04	1
131	Robert Raymant	32	F	Solihull Triathlon Club	604.80	604.80	1
132	Zac Vout	33	F		604.10	604.10	1
133	Matt Collins	34	F		601.96	601.96	1
134	Tom Parker	32	F		599.80	599.80	1
135	Dominic Mears	30	F		598.72	598.72	1
136	Henry Mainstone	30	F		595.26	595.26	1
137	Tom Hall	31	F		593.36	593.36	1
138	James Guest	30	F		584.24	584.24	1
139	Matt Ramsden	33	F		580.56	580.56	1
140	Jack Knight	31	F		573.94	573.94	1
141	Nicola Deeran	34	F		564.49	564.49	1
142	Evan Taylor	33	F		563.63	563.63	1
143	George Holt	30	F		558.35	558.35	1
144	Daniel Cassell	34	F		558.16	558.16	1
145	Benjamin Crawley	33	F		556.65	556.65	1
146	Oliver Hedges	30	F		554.56	554.56	1
147	Brodie Cullinan	34	F		553.32	553.32	1
148	James Timms	30	F		553.01	553.01	1
149	Christopher Knights	32	F		549.88	549.88	1
150	Tom Phillips	31	F		547.22	547.22	1
151	Ben Clark	34	F		545.60	545.60	1

152	Michael Sealy	31	F		544.00		544.00	1
153	Matt Tidswell	30	F			540.39	540.39	1
154	Brendan Hennelly	32	F			539.95	539.95	1
155	Barney Conway	34	F		539.90		539.90	1
156	Mark Sheppard	34	F			536.14	536.14	1
157	Stuart Phillips	31	F		535.62		535.62	1
158	Manpal Randeva	32	F	Physical Formula		532.70	532.70	1
159	Matthew Daniels	31	F		528.80		528.80	1
160	Luke Tailby	31	F			527.96	527.96	1
161	James Povey	32	F			525.83	525.83	1
162	Harry Fawbert	33	F			519.76	519.76	1
163	George Newton	33	F		518.50		518.50	1
164	Douglas Cooper	30	F			515.52	515.52	1
165	Tom Cutt	34	F		514.22		514.22	1
166	James Botham	33	F			513.28	513.28	1
167	James Bentley	33	F		512.08		512.08	1
168	Tom Clarke	33	F		510.56		510.56	1
169	Tom McBride	31	F			509.33	509.33	1
170	Mark McDonald	33	F		507.80		507.80	1
171	Sarah Bartle	34	F		504.40		504.40	1
172	Tom Grundy	33	F			503.35	503.35	1
173	Lewis Frodsham	32	F			498.88	498.88	1
174	Richard Brewer	32	F			491.47	491.47	1
175	Julian Strong	33	F			490.70	490.70	1
176	Richard Heath	34	F			484.60	484.60	1
177	Andrew Hubbert	31	F		484.26		484.26	1
178	Tristan Jones	33	F			478.44	478.44	1

179	Elliott Davis	33	F		474.52	474.52	1
180	Declan Bullen	33	F		473.55	473.55	1
181	Peter Harrop	34	F		469.28	469.28	1
182	Joseph Nash	33	F	Od Academy	466.34	466.34	1
183	Ian Wilson	32	F		462.86	462.86	1
184	Lewis Davies	31	F		460.76	460.76	1
185	Ashley Drury	34	F		460.60	460.60	1
186	Jonathan Wood	30	F		460.31	460.31	1
187	Matthew Wilson	34	F		458.58	458.58	1
188	Thomas Merriman	33	F		452.89	452.89	1
189	Andre Chou	30	F		452.80	452.80	1
190	Josh Kennard	31	F	Coventry Triathletes	450.24	450.24	1
191	Alexander Hadfield	33	F		447.88	447.88	1
192	Edward Glassonbury	34	F		432.90	432.90	1
193	Jordan Aspley	32	F		431.92	431.92	1
194	Courtney Ubank	31	F		430.06	430.06	1
195	Daniel Smith.	31	F		427.20	427.20	1
196	Sam Griesbach	31	F		426.19	426.19	1
197	Jonny Mccollum	30	F		424.34	424.34	1
198	Johnny Williams	30	F		422.32	422.32	1
199	Jo Krawczyk	34	F		419.36	419.36	1
200	Sean Stanley	33	F		410.64	410.64	1
201	Laura Hill	30	F		405.08	405.08	1
202	Rob Cavey	34	F		396.52	396.52	1
203	Jacob Frendo	31	F	West Mercia Police	391.32	391.32	1
204	Ed Askew	31	F		387.96	387.96	1
205	Joshua Smith	32	F		386.86	386.86	1

206	Oliver Breeden	32	F	The Sweaty Commits	385.11	385.11	1
207	Rachel Cadagan	32	F		384.15	384.15	1
208	Isadora Pilau De Almeida	31	F		378.08	378.08	1
209	James Hunter	32	F		377.42	377.42	1
210	Matt Arnold	33	F		372.24	372.24	1
211	Lewis Larkin	33	F		358.56	358.56	1
212	Nathan Mccusker	34	F		356.20	356.20	1
213	Thomas Allen	32	F		352.72	352.72	1
214	Catherine Hall	31	F		351.58	351.58	1
215	Kerry Thomas	31	F		343.36	343.36	1
216	Joe Sharp	33	F		340.29	340.29	1
217	Tom Walker	33	F		337.00	337.00	1
218	Tom Brough	32	F		336.85	336.85	1
219	Tom Woodburn	33	F		335.32	335.32	1
220	Harry Harris	30	F		331.20	331.20	1
221	Luca Cheung	32	F		330.26	330.26	1
222	Carl Bell	30	F		328.16	328.16	1
223	Dean Lynch	31	F		324.56	324.56	1
224	David Bradley	33	F		316.20	316.20	1
225	Lucy Anderson	30	F		316.00	316.00	1
226	Rokas Sungaila	30	F		312.96	312.96	1
227	Tom Beswick	30	F		308.78	308.78	1
228	Alice Bradley	31	F		305.68	305.68	1
229	Tom Brown	30	F		304.50	304.50	1
230	Olivia Kreigenfeld	33	F	Physical Formula	302.49	302.49	1
231	Alice Field	30	F		302.36	302.36	1
232	Niel Gow	34	F		294.76	294.76	1

233	Tim Resch	30	F		294.59	294.59	1
234	Scott Sweeney	32	F		291.68	291.68	1
235	Hakan Gundogan	30	F		287.38	287.38	1
236	Thomas Roberts	33	F		283.09	283.09	1
237	Oliver Hardcastle	31	F		281.88	281.88	1
238	Oliver Boyes	32	F		279.64	279.64	1
239	Damian Bailey	32	F		278.82	278.82	1
240	Laura Jennings	33	F		276.68	276.68	1
241	Jessica Doyle	32	F		276.16	276.16	1
242	Conor Wilde	30	F	BDCG	274.89	274.89	1
243	Sean Ruddock	33	F		273.31	273.31	1
244	Rosanna Mclean	34	F		273.12	273.12	1
245	Laura Evans	34	F		272.40	272.40	1
246	David Wyllie	33	F		270.05	270.05	1
247	Will Edmondson	31	F		268.27	268.27	1
248	Daniel Thomas.	34	F		268.13	268.13	1
249	Matt Penney	30	F		267.36	267.36	1
250	Liam Habershon	33	F		263.84	263.84	1
251	Carl Griffiths	31	F		261.65	261.65	1
252	Emily Jones	34	F	Strive	258.76	258.76	1
253	Daniel Carroll	33	F		255.02	255.02	1
254	Daniel Thomas	30	F		251.65	251.65	1
255	Matthew Aston	32	F		233.25	233.25	1
256	Louis Druce	32	F		230.92	230.92	1
257	Jake Brassey	32	F		227.44	227.44	1
258	Josh York	32	F		227.12	227.12	1
259	Matthew Wilson.	30	F		221.91	221.91	1

260	Matthew Heathcote	34	F		218.60	218.60	1
261	Thomas Wilkinson	33	F		217.06	217.06	1
262	Thierry Ngutegure	33	F		213.52	213.52	1
263	Jack Morris	32	F		207.63	207.63	1
264	James Waud-Crosbie	32	F		206.56	206.56	1
265	Arjun Patel	31	F		199.41	199.41	1
266	Lewis Marriott	30	F		198.78	198.78	1
267	Gabriel Woodall	33	F		198.78	198.78	1
268	Ashley Kent	32	F		196.45	196.45	1
269	Kerry Waud-Crosbie	34	F		196.12	196.12	1
270	Elliott Marshall	30	F		195.98	195.98	1
271	Alex Jennings	30	F		190.31	190.31	1
272	Lauren Taylor	30	F		189.16	189.16	1
273	Josh Whetton	34	F		189.10	189.10	1
274	Pippa Watson	30	F	Physical Formula	182.23	182.23	1
275	Daniel Marvin	34	F		179.44	179.44	1
276	Toni Jones	32	F		178.80	178.80	1
277	Jonathan Blundell	30	F		171.92	171.92	1
278	Nick Heyes	30	F		160.20	160.20	1
279	Amaar Sury	33	F		158.18	158.18	1
280	Rosa Leftwich	34	F		157.48	157.48	1
281	Jack Burnet	31	F		149.22	149.22	1
282	Edward Askew	31	F		147.37	147.37	1
283	Andrew Nisbet	30	F		144.00	144.00	1
284	El Sneddon	30	F		143.92	143.92	1
285	Craig Horner	32	F		141.86	141.86	1
286	Sion Roberts	30	F		136.64	136.64	1

287	Alistair Griffiths	33	F		135.11	135.11	1
288	Daniel Brown	31	F		132.16	132.16	1
289	Jake Colbourn	33	F		130.46	130.46	1
290	Casey Tang	30	F	The Sweaty Commits	127.26	127.26	1
291	Mia Tuik	30	F		124.74	124.74	1
292	Alicia Thongbanthum	30	F		122.73	122.73	1
293	Michael Woodward	32	F		122.58	122.58	1
294	Lewis Cheetham	34	F		120.46	120.46	1
295	Raghav Chandegra	33	F		109.28	109.28	1
296	Erim Icel	34	F		105.64	105.64	1
297	Jonathan Vaughan	34	F		92.90	92.90	1
298	Josh Green	34	F	Lawley running club	91.20	91.20	1
299	Hannah Waud	32	F		88.24	88.24	1
300	Chris Vaughan	30	F		81.94	81.94	1
301	Jack Kay	34	F		80.64	80.64	1
302	Ashwin Jayapaul	32	F		74.88	74.88	1
303	Jon White	32	F		74.56	74.56	1
304	Joseph Duffy	33	F		74.32	74.32	1
305	Joshua Santer	34	F	Army Triathlon Association	73.77	73.77	1
306	Daniel Shevas	31	F		66.72	66.72	1
307	Anthony Hogan	34	F		47.70	47.70	1
308	Alexander Ashton	30	F		46.48	46.48	1
309	Emily Kay	33	F		45.56	45.56	1
310	Joshua Shevas	33	F		39.36	39.36	1
311	Tom Outteridge	33	F		37.92	37.92	1
312	Kim Fieldhouse	31	F		37.00	37.00	1
313	Pavan Sharma	33	F		36.50	36.50	1

314	Laura Lea	31	F	34.86	34.86	1
315	Samuel Weighall	31	F	31.08	31.08	1
316	Vijay Masaun	33	F	29.88	29.88	1
317	Eddie Cooper	33	F	28.44	28.44	1
318	Ellis Hodgson	33	F	24.69	24.69	1
319	Kyle A Everitt-Mortlock	32	F	24.16	24.16	1
320	Adam Jones.	31	F	20.00	20.00	1
321	Emma Shirley	32	F	19.88	19.88	1
322	Nikesh Farmah	33	F	18.08	18.08	1
323	Dane Jokic	34	F	17.74	17.74	1
324	Ian Binner	34	F	17.30	17.30	1
325	Chloe Grady	33	F	16.63	16.63	1
326	Megan Hattersley	30	F	15.16	15.16	1
327	Jennifer Welsh	30	F	3.39	3.39	1