

Ruthin Sprint Triathlon

Overall Results

Place	Bib	Name	YoB	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
Sprint Open												
1.	190	Benjamin Goodfellow	1996	M	Male 20-29	Wreccsam Tri Club	05:17	00:39	35:51	00:31	18:18	1:00:36
2.	178	Mike Laxton	1984	M	Male 30-39	Tri Guru Triathlon Club	06:09	00:46	39:45	00:28	18:50	1:05:58
3.	176	Brian Wills	1971	M	Male 40-49		07:51	00:38	40:42	00:28	20:43	1:10:22
4.	187	Ricardo Inglesias	2004	M	Male Under 20	Myddelton College	06:41	00:45	44:05	00:26	19:11	1:11:08
5.	184	Paul Algeri	1963	M	Male 50-59	GOG Triathlon	06:27	00:46	41:24	00:27	22:39	1:11:43
6.	179	Kyle Williams	1996	M	Male 20-29	Wreccsam Tri Club	07:15	01:15	43:25	00:41	19:42	1:12:18
7.	163	Dan Hurst	1973	M	Male 40-49	Denbighshire Triathlon Club	07:58	00:41	41:57	00:27	21:21	1:12:24
8.	169	Michael Corrales	1989	M	Male 30-39	Dark Peak Fell Runners	07:40	01:30	44:53	00:37	17:45	1:12:25
9.	175	Mark Jones	1985	M	Male 30-39	GOG Triathlon	08:06	01:09	40:44	00:42	22:17	1:12:58
10.	180	Russell Godwin	1966	M	Male 50-59	GOG Triathlon	07:14	00:37	41:58	00:27	23:02	1:13:18
11.	185	David Williams	1969	M	Male 50-59	Wreccsam Tri Club	05:50	00:59	44:08	00:43	24:02	1:15:42
12.	164	Owain Llewellyn	1973	M	Male 40-49	NWP	08:34	00:45	45:33	00:34	20:27	1:15:53
13.	150	Rhys Peters	1991	M	Male 20-29		07:40	01:48	46:10	00:53	20:48	1:17:19
14.	141	Stephen Haimes	1973	M	Male 40-49		07:36	01:24	43:46	00:58	23:43	1:17:27
15.	189	Laura Sharp	2002	F	Female Under 20		05:00	00:32	49:45	00:21	22:23	1:18:01
16.	166	Steven White	1982	M	Male 30-39	Denbighshire Triathlon Club	07:29	01:37	46:45	00:27	21:44	1:18:02
17.	188	Liam Rickard	2002	M	Male Under 20	Denbighshire Triathlon Club	06:35	00:55	47:51	00:47	22:12	1:18:20
18.	155	Steven Kell	1983	M	Male 30-39	Denbighshire Triathlon Club	07:34	02:00	44:31	00:57	23:27	1:18:29
19.	152	Phil Porter	1965	M	Male 50-59	Denbighshire Triathlon Club	08:14	00:41	44:03	00:23	25:13	1:18:34
20.	182	Eve Scott	2003	F	Female Under 20	Denbighshire Triathlon Club	06:26	00:31	48:03	00:28	23:20	1:18:48
21.	159	Dilwyn Griffiths	1980	M	Male 30-39	Cerist Triathlon Club	08:20	01:14	41:59	01:06	26:14	1:18:53
22.	161	Ian Jones	1986	M	Male 30-39	GOG Triathlon	07:37	01:44	46:49	00:57	22:01	1:19:08
23.	162	Ashley Tomlinson	1979	M	Male 40-49	GOG Triathlon	08:04	01:00	45:35	00:38	24:18	1:19:35
24.	151	Chris Laughton	1965	M	Male 50-59	Cerist Triathlon Club	08:21	01:05	45:02	00:37	25:01	1:20:06
25.	140	Dave Owen	1967	M	Male 50-59		07:23	00:47	47:14	00:36	24:43	1:20:43
26.	116	Glyn Rees	1984	M	Male 30-39		09:15	01:39	46:41	00:23	22:56	1:20:54
27.	171	Vicky Ronald	1966	F	Female 50-59	GOG Triathlon	07:54	01:02	47:33	00:39	24:22	1:21:30
28.	144	Daniel Williams	1987	M	Male 30-39	Herne Hill Harriers	08:45	01:37	48:42	01:31	21:23	1:21:58
29.	148	Clive Bourne	1960	M	Male 50-59		09:59	01:47	43:29	00:57	25:50	1:22:02
30.	153	Mike Owen	1977	M	Male 40-49		07:33	01:14	48:59	00:41	23:38	1:22:05
31.	181	Gary Jones	1979	M	Male 40-49		06:02	01:16	48:31	00:51	25:33	1:22:13

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32.	191	Mrs Connie James	1970	F	Female 40-49		08:57	01:20	47:50	00:49	23:31	1:22:27
33.	172	Carolyn Stamper-Clark	1975	F	Female 40-49		07:32	01:25	50:11	00:54	22:36	1:22:38
34.	177	Jonni Stubbs-Thrush	1972	F	Female 40-49	Tristars Conwy	07:10	02:15	45:30	01:04	26:45	1:22:44
35.	157	Paula Stevens	1970	F	Female 40-49	GOG Triathlon	08:20	01:14	46:05	00:37	27:02	1:23:18
36.	149	Dylan Payne	1990	M	Male 20-29		07:58	02:38	46:49	00:54	25:19	1:23:38
37.	156	Amy Ryder	2002	F	Female Under 20	Denbighshire Triathlon Club	08:12	00:51	47:53	00:51	26:21	1:24:08
38.	173	Gwennan Henstock	1978	F	Female 40-49		07:36	01:36	49:10	00:52	25:00	1:24:14
39.	165	Robert Pullen	1965	M	Male 50-59	Wreccsam Tri Club	08:13	01:25	46:53	01:23	26:51	1:24:45
40.	138	Huw Williams	1986	M	Male 30-39		11:10	01:51	49:12	01:22	21:32	1:25:07
41.	134	Nikita Berry	1996	F	Female 20-29		08:33	01:16	48:13	00:52	26:24	1:25:18
42.	130	Leigh Mckendry	1971	M	Male 40-49		10:49	01:49	44:45	01:01	26:56	1:25:20
43.	160	Dylan Griffiths	1987	M	Male 30-39	Clwb Cedor	07:52	01:54	46:46	01:35	27:52	1:25:59
44.	174	Geri Evans	1974	F	Female 40-49	GOG Triathlon	07:12	00:50	48:21	00:30	29:16	1:26:09
45.	168	Helen Bainbridge	1978	F	Female 40-49	Wreccsam Tri Club	08:07	02:14	50:44	00:42	25:11	1:26:58
46.	145	Gavin Rushton	1980	M	Male 30-39	Wreccsam Tri Club	08:16	01:33	48:32	01:23	27:17	1:27:01
47.	132	Ceri Hughes	1975	F	Female 40-49	GOG Triathlon	10:40	01:17	48:05	00:54	27:16	1:28:12
48.	154	Guy Clamp	1959	M	Male 60+	Wreccsam Tri Club	10:29	01:01	48:02	01:09	27:41	1:28:22
49.	127	Joe Smyth	1986	M	Male 30-39		10:37	01:53	50:27	00:48	24:39	1:28:24
50.	183	Siddharth Sudunagunta	1988	M	Male 30-39		07:02	01:41	55:01	00:41	24:49	1:29:14
51.	147	Gary Jones	1963	M	Male 50-59		08:57	02:20	50:33	01:52	25:44	1:29:26
52.	142	Wyn Roberts	1972	M	Male 40-49		10:06	01:42	50:32	01:03	26:12	1:29:35
53.	167	Tom Johnson	1986	M	Male 30-39	GOG Triathlon	07:44	01:36	51:59	00:59	27:48	1:30:06
54.	158	Rob Sewart	1971	M	Male 40-49	GOG Triathlon	08:17	01:35	51:35	00:49	27:51	1:30:07
55.	146	Stephanie Conway	1987	F	Female 30-39	GOG Triathlon	09:13	01:39	52:14	01:25	25:41	1:30:12
56.	125	Emma Collins	1962	F	Female 50-59		11:25	02:36	52:07	01:23	23:32	1:31:03
57.	129	Sarah Stewart	1996	F	Female 20-29	GOG Triathlon	11:02	01:17	52:14	00:43	26:03	1:31:19
58.	136	Gareth Powell	1983	M	Male 30-39		09:45	01:58	50:49	01:14	28:10	1:31:56
59.	113	Steffan Roberts	1996	M	Male 20-29		08:51	03:44	47:15	01:06	25:09	1:32:05
60.	126	Victoria Whitehead	1972	F	Female 40-49	Denbigh Harriers	13:03	01:46	52:04	01:04	24:10	1:32:07
61.	111	Gareth Williams	1968	M	Male 50-59		16:29	02:49	51:27	00:41	20:52	1:32:18
62.	135	Sean Kell	2004	M	Male Under 20	Denbighshire Triathlon Club	08:44	02:00	55:12	00:43	26:23	1:33:02
63.	131	Angharad Lewis	1979	F	Female 40-49	GOG Triathlon	10:25	00:44	51:10	00:29	31:05	1:33:53

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64.	186	Alison Lui	2002	F	Female Under 20	Denbighshire Triathlon Club	07:32	00:59	55:23	01:04	31:16	1:36:14
65.	119	Billy Copp	1974	M	Male 40-49		13:21	02:37	51:38	00:38	28:29	1:36:43
66.	121	Tony Benton	1961	M	Male 50-59		14:52	02:49	51:05	01:54	26:32	1:37:12
67.	143	Sarah Massey	1975	F	Female 40-49	GOG Triathlon	09:28	02:13	55:02	00:40	29:55	1:37:18
68.	120	Wayne Roberts	1962	M	Male 50-59	GOG Triathlon	14:48	02:11	52:23	02:04	28:05	1:39:31
69.	170	All Barber	1966	F	Female 50-59	GOG Triathlon	08:04	01:42	55:51	01:09	34:39	1:41:25
70.	133	Laura Lambe	1980	F	Female 30-39	GOG Triathlon	11:34	02:34	56:48	01:47	30:22	1:43:05
71.	128	Iolo Owen	1973	M	Male 40-49		11:55	02:02	57:09	01:41	30:27	1:43:14
72.	124	Amanda Williams	1968	F	Female 50-59		11:27	02:04	54:49	01:52	33:32	1:43:44
73.	137	Sarah Marriott	1976	F	Female 40-49	GOG Triathlon	10:09	02:37	1:03:53	00:40	30:37	1:47:56
74.	117	Joe Davies	1994	M	Male 20-29		10:43	02:30	1:07:09	00:38	28:36	1:49:36
75.	122	Caeri Roberts	1976	F	Female 40-49		10:45	03:56	1:05:45	01:26	35:26	1:57:18
76.	139	Julie Baddock	1976	F	Female 40-49	Denbighshire Triathlon Club	09:34	02:28	1:10:35	00:40	36:22	1:59:39
77.	112	Helen Roberts	1957	F	Female 60+		15:14	02:37	1:06:14	00:43	34:54	1:59:42
78.	115	Mari Gaskell	1968	F	Female 50-59	Denbighshire Triathlon Club	10:11	03:31	1:11:34	02:28	45:11	2:12:55
79.	114	John Vaughan	1969	M	Male 50-59	Denbighshire Triathlon Club	07:19	06:28	1:11:24	02:32	45:14	2:12:57
80.	123	Stuart Pinchbeck	1947	M	Male 60+		14:09	04:46	1:09:40	01:44	43:44	2:14:03
81.	118	Gareth Davies	1957	M	Male 60+		17:57	01:23	1:13:20	01:00	55:16	2:28:56

Number of records: 81