

Position	Race No	Name	Club	Gender	Penalty Time	Swim	T1	Cycle	T2	Run	Time
1	815	Bethany Adams	Widnes	Female		00:04:50	00:01:25	00:49:36	00:00:56	00:15:52	01:12:40
2	816	Emma Dawes	Frodsham	Female		00:05:31	00:01:13	00:48:28	00:01:42	00:19:04	01:16:00
3	814	Susanna Hill	Manchester	Female		00:05:54	00:02:43	00:56:17	00:01:13	00:16:20	01:22:30
4	808	Tracy Green	Leigh	Female		00:06:57	00:01:59	00:55:23	00:01:55	00:16:20	01:22:35
5	813	Jo Sophia Phillips	Wrexham	Female		00:05:18	00:03:05	00:56:41	00:01:18	00:16:21	01:22:45
6	817	Kay Foster	Sandbach	Female		00:07:04	00:02:39	01:11:04	00:01:13	00:14:44	01:36:46
7	810	Helen Pulford	Chester	Female		00:08:37	00:05:53	00:59:40	00:03:53	00:23:17	01:41:22
8	811	Ceri Porter-Jones	Wettenhall	Female		00:07:33	00:01:58	01:04:23	00:01:31	00:27:18	01:42:44

Position	Race No	Name	Club	Gender	Penalty Time	Swim	T1	Cycle	T2	Run	Time
1	823	Shaun Back	Liverpool	Male	-00:00:20	00:05:06	00:00:57	00:39:03	00:01:22	00:12:16	00:58:26
2	840	Richard Douglas	Crewe	Male		00:05:57	00:01:35	00:50:04	00:00:57	00:12:44	01:11:19
3	818	Joe Dennehy	Joe Dennehy	Male		00:05:59	00:03:33	00:49:05	00:00:59	00:12:40	01:12:17
4	828	Andrew Jackson	COVENTRY	Male		00:05:28	00:03:15	00:48:46	00:01:52	00:21:38	01:21:02
5	834	Mike Russell	Bolton	Male		00:08:35	00:03:47	00:52:27	00:01:16	00:15:24	01:21:32
6	833	John Pownall	Crewe	Male		00:05:24	00:02:08	00:55:18	00:01:53	00:18:54	01:23:39
7	826	Mark Longstaff	Daresbury	Male		00:05:56	00:03:29	00:49:59	00:02:01	00:22:22	01:23:49
8	832	David Foster	Sandbach	Male		00:05:47	00:02:36	01:00:23	00:00:54	00:16:03	01:25:45