

# Sprint - Female

Pos	StartTime	Race#	Name	Last Name	Gen	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
1	10:27:00	649	Corinne	Moss	Female	41	H	Southam	Sprint - Female	00:06:34	00:01:35	00:40:52	00:01:05	00:23:06	01:13:12
2	10:27:45	652	Rachel	Pearce	Female	45	I	Didcot	Sprint - Female	00:06:23	00:01:32	00:43:31	00:00:54	00:20:59	01:13:19
3	10:28:15	654	Louise	Pugh	Female	27	E	Edinburgh	Sprint - Female	00:05:41	00:01:28	00:44:05	00:00:38	00:23:34	01:15:26
4	10:27:30	651	SARAH	HARDY	Female	38	G	LEAMINGTON SPA	Sprint - Female	00:06:54	00:01:45	00:43:21	00:00:58	00:24:54	01:17:52
5	10:27:15	650	Karen	Riley	Female	42	H	Bromsgrove	Sprint - Female	00:07:16	00:01:28	00:43:38	00:00:43	00:24:53	01:17:58
6	10:28:45	656	Jennifer	Moffat	Female	38	G	Mawsley	Sprint - Female	00:07:05	00:01:32	00:43:56	00:01:04	00:24:52	01:18:29
7	10:29:15	658	Carrie	Hoskins	Female	48	I	Henley	Sprint - Female	00:08:15	00:02:00	00:46:54	00:01:08	00:21:01	01:19:18
8	10:09:45	580	lindsey	lewis-Painter	Female	43	H	evesham	Sprint - Female	00:10:40	00:01:29	00:45:03	00:00:57	00:22:06	01:20:15
9	10:20:15	622	Helen	Howells	Female	54	J	Mickleton	Sprint - Female	00:08:32	00:01:31	00:46:20	00:00:52	00:23:18	01:20:33
10	10:23:15	634	Nicola	Hartley	Female	28	E	Bristol	Sprint - Female	00:07:22	00:02:21	00:47:42	00:00:50	00:22:44	01:20:59
11	10:24:15	638	Natasha	Blunt	Female	29	E	Sutton Coldfield	Sprint - Female	00:08:21	00:01:32	00:46:19	00:01:00	00:24:07	01:21:19
12	10:29:45	660	Janette	Cardy	Female	45	I	Witney oxon	Sprint - Female	00:06:00	00:01:51	00:48:51	00:00:57	00:23:42	01:21:21
13	10:31:45	668	Sally	Richards	Female	37	G	Lutterworth	Sprint - Female	00:07:21	00:02:19	00:46:15	00:01:02	00:24:43	01:21:40
14	10:26:15	646	Jade	Boggia	Female	26	E	Warwickshire	Sprint - Female	00:06:53	00:01:51	00:44:26	00:01:06	00:27:26	01:21:42
15	10:25:30	643	Sophie	Hoskins	Female	21	C	Henley	Sprint - Female	00:07:10	00:02:08	00:47:19	00:00:55	00:25:14	01:22:46
16	10:25:15	642	Caitlin	Gordon	Female	22	C	Warwick	Sprint - Female	00:06:27	00:02:47	00:47:59	00:01:18	00:24:30	01:23:01
17	10:23:30	635	Lucy	Ward	Female	36	G	Worcestershire	Sprint - Female	00:07:11	00:02:16	00:50:05	00:00:52	00:22:46	01:23:10
18	10:21:15	626	Ali	McIndoe	Female	37	G	Crowle	Sprint - Female	00:08:32	00:02:22	00:46:52	00:01:12	00:24:18	01:23:16
19	10:22:30	631	Kathryn	Young	Female	29	E	Arthritis Research U	Sprint - Female	00:07:21	00:02:26	00:46:42	00:01:11	00:26:11	01:23:51
20	10:11:45	588	Julie	Rainbow	Female	50	J		Sprint - Female	00:10:04	00:02:14	00:47:22	00:01:21	00:23:37	01:24:38
21	10:20:30	623	Denise	Shepherd	Female	41	H	Milcombe	Sprint - Female	00:09:08	00:01:48	00:45:12	00:01:08	00:27:39	01:24:55
22	10:06:00	565	Helen	West	Female	50	J	Leamington Spa	Sprint - Female	00:10:06	00:01:40	00:46:22	00:00:36	00:26:29	01:25:13
23	11:20:30	143	Sarah	Paskin	Female	41	H	#TEAMHELEN	Sprint - Female	00:09:08	00:01:35	00:47:43	00:01:04	00:26:11	01:25:41
24	10:15:45	604	katie	knott	Female	37	G	worcester	Sprint - Female	00:08:02	00:02:49	00:51:03	00:00:56	00:23:42	01:26:32
25	10:26:45	648	Toni	Gaskins	Female	35	G		Sprint - Female	00:07:42	00:02:11	00:49:20	00:01:06	00:26:45	01:27:04
26	10:26:30	647	Catherine	Kelly	Female	32	F	Worcester	Sprint - Female	00:07:21	00:00:00				01:27:27
27	09:56:45	528	Jo	Fitton	Female	37	G	NSPCC	Sprint - Female	00:09:35	00:02:23	00:51:30	00:00:38	00:23:35	01:27:41
28	10:23:45	636	Beth	Eardley	Female	20	C	Gillow Heath	Sprint - Female	00:08:04	00:02:15	00:46:15	00:01:13	00:30:35	01:28:22
29	10:22:45	632	Amy	Johnson	Female	22	C	BIRMINGHAM	Sprint - Female	00:08:42	00:03:38	00:52:02	00:01:54	00:22:21	01:28:37
30	10:25:45	644	Clare	Hartwell	Female	48	I	Banbury Oxon	Sprint - Female	00:07:57	00:01:51	00:50:27	00:00:54	00:27:33	01:28:42
31	11:00:45	64	Sandra	Wilcox	Female	116		#TEAMHELEN	Sprint - Female	00:07:47	00:02:01	00:01:33	00:52:01	00:28:43	01:28:59
32	10:18:00	613	Mary	Reeves	Female	53	J	Inkberrow	Sprint - Female	00:09:08	00:02:54	00:51:06	00:00:40	00:25:34	01:29:22
33	10:30:15	662	Joanna	Goodhead	Female	17	B	Derby	Sprint - Female	00:07:39	00:02:19	00:52:42	00:00:37	00:26:10	01:29:27
34	10:07:45	572	Caroline	Gionis	Female	47	I	Stratford-upon-Avon	Sprint - Female	00:09:04	00:02:47	00:47:40	00:01:16	00:28:45	01:29:32
35	10:28:00	653	Catherine	Gough	Female	21	C	Sphinx AC	Sprint - Female	00:06:36	00:02:44	00:57:17	00:01:05	00:21:53	01:29:35
36	10:05:15	562	Kate	Tanner	Female	37	G	Crowle	Sprint - Female	00:08:15	00:03:29	00:01:29	00:53:42	00:25:56	01:29:53
37	10:06:45	568	Louise	Morton	Female	32	F	London	Sprint - Female	00:08:52	00:02:23	00:49:31	00:01:29	00:27:41	01:29:56
38	11:25:45	147	Eleanor	Mills	Female	42	H	#TEAMHELEN	Sprint - Female	00:06:32	00:02:59	00:53:46	00:01:07	00:25:42	01:30:06
39	09:57:45	532	Rosie	Hoare	Female	22	C	Cancer Research UK	Sprint - Female	00:10:33	00:02:54	00:48:11	00:01:10	00:27:22	01:30:10
40	10:24:00	637	Sarah	Stephens	Female	32	F	Birmingham	Sprint - Female	00:07:53	00:02:41	00:50:41	00:01:43	00:27:18	01:30:16
41	10:04:15	558	Verity	Atkins	Female	25	E	Cambridge	Sprint - Female	00:10:18	00:01:44	00:50:02	00:00:47	00:27:28	01:30:19
42	10:08:30	575	Amanda	Wiggins	Female	28	E	Warwick	Sprint - Female	00:09:20	00:02:08	00:52:51	00:00:52	00:25:25	01:30:36

Pos	StartTime	Race#	Name	Last Name	Gen	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
43	10:13:45	596	Jo	Winfield	Female	49	I	Worcester	Sprint - Female	00:09:54	00:02:12	00:48:20	00:01:12	00:29:04	01:30:42
44	11:10:00	101	Louise	Bate	Female	31	F	#TEAMHELEN	Sprint - Female	00:11:13	00:02:39	01:00:31	00:00:54	00:15:33	01:30:50
45	10:14:00	597	Debbie	Streets	Female	43	H	Kenilworth	Sprint - Female	00:09:30	00:02:05	00:51:30	00:01:06	00:27:00	01:31:11
46	10:07:15	570	Lucy	thompson	Female	31	F	south normanton	Sprint - Female	00:08:44	00:02:32	00:52:29	00:01:12	00:26:37	01:31:34
47	10:13:00	593	Charlotte	Hickman	Female	40	H	London	Sprint - Female	00:09:07	00:02:49	00:52:37	00:00:55	00:26:13	01:31:41
48	10:18:45	616	Christine	Broughan	Female	49	I	Birmingham	Sprint - Female	00:08:42	00:02:15	00:54:33	00:00:57	00:25:46	01:32:13
49	10:29:30	630	Marcia	Archer	Female	41	H	Feel it fitness	Sprint - Female	00:08:27	00:02:41	00:52:04	00:00:59	00:28:36	01:32:47
50	10:25:00	641	Cat	Coleclough	Female	30	F	Marie Curie Cancer	Sprint - Female	00:07:14	00:03:07	00:53:47	00:00:38	00:28:12	01:32:58
51	10:31:15	666	Mel	Knight	female	35	G	Warwick	Sprint - Female	00:10:36	00:03:23	00:51:04	00:01:46	00:26:12	01:33:01
52	10:11:15	586	Melanie	Henley	Female	44	H	Coventry	Sprint - Female	00:10:22	00:01:18	00:53:47	00:00:42	00:27:14	01:33:23
53	10:12:30	591	Lisa	Whittington	Female	40	H	Leamington C & amp;	Sprint - Female	00:09:28	00:01:32	00:52:08	00:01:12	00:29:19	01:33:39
54	10:24:30	639	Annette	Carrington	Female	40	H	BIRMINGHAM	Sprint - Female	00:08:23	00:02:04	00:53:09	00:00:51	00:29:38	01:34:05
55	10:19:45	620	Eve	Hemingway	Female	25	E	London	Sprint - Female	00:09:50	00:02:12	00:53:20	00:00:58	00:27:57	01:34:17
56	10:18:15	614	Lucy	Morton	Female	26	E	Cambridge	Sprint - Female	00:08:22	00:02:38	00:53:32	00:00:53	00:29:31	01:34:56
57	11:22:00	149	Caroline	Jones	Female	45	I	#TEAMHELEN	Sprint - Female	00:06:53	00:02:03	00:55:01	00:01:14	00:29:50	01:35:01
58	10:12:45	592	Kate	Pearce	Female	41	H	Lichfield	Sprint - Female	00:09:09	00:01:36	00:57:00	00:01:33	00:25:49	01:35:07
59	10:19:30	619	Ellen	Quelch	Female	30	F	Leamington Spa	Sprint - Female	00:08:45	00:02:09	00:53:48	00:00:46	00:29:45	01:35:13
60	09:59:15	538	Rachel	Clayton	Female	43	H	Stratford on Avon	Sprint - Female	00:10:51	00:02:43	00:52:03	00:00:40	00:29:32	01:35:49
61	10:05:00	561	Jessica	Garner	Female	37	G	Crowle	Sprint - Female	00:09:55	00:03:41	00:53:48	00:02:19	00:26:10	01:35:53
62	11:18:45	136	Sarann	Taylor	Female	36	G	#TEAMHELEN	Sprint - Female	00:09:19	00:02:01	00:54:18	00:01:12	00:29:11	01:36:01
63	09:57:15	530	Row	O'Neill	Female	39	G	Wrexham	Sprint - Female	00:08:32	00:03:27	00:52:46	00:01:10	00:30:10	01:36:05
64	10:32:00	669	Eleanor	Bullman	Female	22	C	Malvern	Sprint - Female	00:09:22	00:02:57	00:54:00	00:00:38	00:29:10	01:36:07
65	10:09:30	579	Alice	Warwick	Female	22	C	Welwyn	Sprint - Female	00:07:22	00:03:49	00:54:50	00:01:13	00:29:00	01:36:14
66	10:07:30	571	Rebecca	Pridham	Female	42	H	Stratford Upon Avon	Sprint - Female	00:09:40	00:01:55	00:55:14	00:00:48	00:28:40	01:36:17
67	10:10:00	581	melanie	aucott	Female	52	J	halesowen	Sprint - Female	00:10:20	00:00:00	00:56:57	00:00:42	00:28:51	01:36:50
68	11:15:45	124	Alison	Hollinshead	Female	43	H	#TEAMHELEN	Sprint - Female	00:10:14	00:03:03	00:54:18	00:01:27	00:28:23	01:37:25
69	10:07:00	569	Sarah	Brewer	Female	38	G	Solihull	Sprint - Female						01:37:37
70	10:29:00	657	SHARON	EVANS	Female	46	I	ST.NEOTS CAMBR	Sprint - Female	00:10:38	00:02:13	00:57:35	00:00:45	00:26:26	01:37:37
71	10:03:45	556	victoria	mee	Female	38	G	Leicestershire	Sprint - Female	00:07:22	00:02:19	00:53:36	00:01:30	00:32:55	01:37:42
72	10:14:15	598	monika	briggs	Female	42	H	altrincham cheshire	Sprint - Female	00:09:35	00:03:59	00:53:10	00:01:24	00:29:54	01:38:02
73	10:17:45	612	Nicola	Dunne	Female	29	E	warwick	Sprint - Female	00:10:22	00:03:16	00:52:53	00:01:19	00:30:20	01:38:10
74	10:01:15	546	julie	dodd	Female	54	J	Birmingham	Sprint - Female	00:10:46	00:03:34	00:56:00	00:01:23	00:26:36	01:38:19
75	10:22:00	629	Fay	White	Female	29	E	Manchester	Sprint - Female	00:07:42	00:03:11	00:53:47	00:01:38	00:32:09	01:38:27
76	10:12:00	589	Ellenor	Connolly	Female	42	H	Coventry	Sprint - Female	00:11:19	00:03:11	00:55:17	00:01:39	00:27:05	01:38:31
77	10:31:00	665	Georgina	burman	female	27	E	studley	Sprint - Female	00:08:57	00:03:05	00:58:57	00:00:54	00:26:41	01:38:34
78	10:01:30	547	lindsey	williams	Female	51	J	Birmingham	Sprint - Female	00:11:27	00:02:40	00:52:36	00:01:32	00:30:21	01:38:36
79	11:20:00	141	BECKY	SURI	Female	40	H	#TEAMHELEN	Sprint - Female	00:09:43	00:03:01	00:57:51	00:01:14	00:27:40	01:39:29
80	09:59:30	539	Joanna	Powell	Female	56	K	Badby	Sprint - Female	00:10:56	00:03:28	00:55:59	00:01:37	00:28:37	01:40:37
81	10:21:45	628	Heather	Clatworthy	Female	33	F	Hatton Park	Sprint - Female	00:07:42	00:03:06	00:52:04	00:01:40	00:36:13	01:40:45
82	11:12:45	112	Susan	Croxford	Female	36	G	#TEAMHELEN	Sprint - Female	00:10:55	00:02:50	00:56:01	00:01:18	00:30:17	01:41:21
83	10:11:00	585	Jo	Choudhury	Female	46	I	Coventry	Sprint - Female	00:10:05	00:01:45	00:58:55	00:00:53	00:29:48	01:41:26
84	10:20:45	624	Kirsty	Smith	Female	18	B	Kenilworth	Sprint - Female	00:07:20	00:02:41	00:56:59	00:01:18	00:33:30	01:41:48
85	10:14:45	600	Clair	Potter	Female	40	H	British Heart Founda	Sprint - Female	00:08:58	00:03:47	00:58:53	00:01:39	00:28:46	01:42:03
86	11:11:15	106	Alison	Wynee	Female	45	I	#TEAMHELEN	Sprint - Female	00:12:43	00:04:07	01:08:48	00:01:05	00:15:23	01:42:06

Pos	StartTime	Race#	Name	Last Name	Gen	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
87	11:21:15	814	Maxine	Cross	Female	37	G	#TEAMHELEN	Sprint - Female	00:08:15	00:02:17	00:55:39	00:01:37	00:34:41	01:42:29
88	09:56:30	527	sarah	hennings	Female	57	K	preston capes	Sprint - Female	00:10:23	00:03:49	00:58:32	00:01:25	00:28:46	01:42:55
89	10:04:00	557	Joanne	Sainsbury	Female	54	J	Wilmcote Stratford-	Sprint - Female	00:10:18	00:03:04	00:54:04	00:01:25	00:34:17	01:43:08
90	10:23:00	633	Sarah	Thompson	Female	25	E	Kidderminster	Sprint - Female	00:10:27	00:02:36	00:56:56	00:01:28	00:31:48	01:43:15
91	10:15:30	603	carolyn	allchin	Female	41	H	Worcester	Sprint - Female	00:09:18	00:03:27	01:00:53	00:01:05	00:28:48	01:43:31
92	11:17:00	129	Catrin	Woods	Female	44	H	#TEAMHELEN	Sprint - Female	00:09:34	00:03:27	01:01:02	00:01:23	00:28:13	01:43:39
93	10:13:30	595	Julie	Jacques	Female	28	E	Nuffield Nutters	Sprint - Female	00:09:55	00:05:48	00:55:56	00:02:12	00:30:07	01:43:58
94	10:26:00	645	Lisa	Parry	Female	34	F	Stratford-upon-Avon	Sprint - Female	00:07:29	00:03:06	00:57:32	00:01:56	00:34:05	01:44:08
95	10:15:15	602	elizabeth	roche	Female	51	J	Solihull	Sprint - Female	00:09:30	00:05:12	00:51:25	00:03:26	00:34:57	01:44:30
96	11:15:30	123	Emma	Lawrence	Female	44	H	#TEAMHELEN	Sprint - Female	00:11:08	00:03:25	00:58:23	00:01:12	00:30:35	01:44:43
97	09:59:45	540	Felicity	de Cogan	Female	29	E	Birmingham	Sprint - Female	00:10:55	00:05:05	00:56:17	00:00:58	00:31:41	01:44:56
98	10:18:30	615	Charlotte	Lattin-Rawstrone	Female	37	G	Didcot	Sprint - Female	00:08:16	00:02:38	01:05:01	00:01:00	00:28:06	01:45:01
99	10:30:30	663	jo	bozdoganli	Female	42	H	bromsgrove	Sprint - Female	00:11:07	00:02:48	00:56:53	00:01:08	00:33:40	01:45:36
100	10:16:15	606	Hannah	Lock	Female	25	E	Congleton	Sprint - Female	00:11:26	00:04:11	00:59:52	00:01:04	00:29:13	01:45:46
101	10:06:30	567	Carol	Wain	Female	45	I	Liverpool	Sprint - Female	00:10:16	00:03:39	00:56:22	00:02:34	00:33:34	01:46:25
102	11:06:45	88	Jennifer	Brown-Watson	Female	45	I	#TEAMHELEN	Sprint - Female	00:13:42	00:02:45	00:57:50	00:00:58	00:31:13	01:46:28
103	11:17:15	130	Theresa	Gitner	Female	51	J	#TEAMHELEN	Sprint - Female	00:10:20	00:04:09	00:59:33	00:01:47	00:30:44	01:46:33
104	10:21:30	627	Dawn	Aries	Female	51	J	Charwelton	Sprint - Female	00:09:42	00:03:58	00:54:25	00:01:13	00:38:28	01:47:46
105	10:17:30	611	LISA	YOUNG	Female	30	F	TEAM JLR	Sprint - Female	00:10:19	00:04:46	01:03:44	00:01:21	00:27:47	01:47:57
106	09:32:15	430	Bernadette	Hanlon	Female	52	J	Knutsfield Nutters	Sprint - Female	00:10:35	00:06:00	00:56:04	00:01:30	00:34:23	01:48:32
107	10:00:45	544	Jo	Johnson	Female	53	J	Polesworth	Sprint - Female	00:12:27	00:02:48	00:55:38	00:01:56	00:36:08	01:48:57
108	11:14:45	120	Hannah	Askill	Female	25	E	#TEAMHELEN	Sprint - Female	00:12:47	00:03:40	01:01:38	00:01:05	00:29:57	01:49:07
109	10:03:30	555	Karen	Bumpus	Female	41	H	Leicestershire	Sprint - Female	00:09:56	00:03:31	01:02:15	00:01:13	00:32:18	01:49:13
110	11:20:15	142	Jenni	Lyall	Female	52	J	#TEAMHELEN	Sprint - Female	00:09:17	00:02:22	00:59:41	00:01:05	00:36:57	01:49:22
111	10:00:30	543	Katrina	Dowding	Female	45	I	Oxhill	Sprint - Female	00:13:14	00:04:03	00:55:15	00:01:54	00:35:34	01:50:00
112	11:07:00	89	Kerry	Sheehan	Female	41	H	#TEAMHELEN	Sprint - Female	00:11:48	00:02:52	01:01:12	00:01:16	00:33:08	01:50:16
113	10:03:15	554	Karen	Sutton	Female	45	I	Ledbury	Sprint - Female	00:10:05	00:03:57	00:59:30	00:01:05	00:35:41	01:50:18
114	11:14:30	119	Kate	Tatton	Female	42	H	#TEAMHELEN	Sprint - Female	00:11:13	00:03:18	01:01:16	00:01:14	00:33:19	01:50:20
115	10:06:15	566	Lucinda	Radford	Female	53	J	Liverpool	Sprint - Female	00:12:17	00:03:33	01:01:50	00:01:48	00:30:58	01:50:26
116	10:08:00	573	Kiera	Blower	Female	31	F	Warwick	Sprint - Female	00:09:07	00:03:17	01:03:51	00:01:34	00:33:23	01:51:12
117	11:11:30	107	Lisa	Wilson	Female	39	G	#TEAMHELEN	Sprint - Female	00:13:58	00:04:57	00:59:55	00:01:15	00:31:14	01:51:19
118	09:59:00	537	Chrissy	Walker	Female	54	J	Worcester	Sprint - Female	00:11:16	00:03:24	01:00:01	00:01:44	00:34:58	01:51:23
119	11:19:00	137	Joanna	Pyrka	Female	31	F	#TEAMHELEN	Sprint - Female	00:13:12	00:04:01	00:59:09	00:01:49	00:33:21	01:51:32
120	09:53:45	516	Deborah	Walker	Female	53	J	Tamworth	Sprint - Female	00:12:41	00:05:30	01:00:51	00:02:43	00:30:11	01:51:56
121	11:11:00	105	Laura	Perrins	Female	28	E	#TEAMHELEN	Sprint - Female	00:12:05	00:03:09	01:00:06	00:01:01	00:35:47	01:52:08
122	09:57:30	531	Angela	O'Grady	Female	66	M	Chester	Sprint - Female	00:10:40	00:02:30	00:56:21	00:01:44	00:41:00	01:52:15
123	10:19:00	617	Katie	Jones	Female	41	H	Butterfly Warriors	Sprint - Female	00:09:11	00:03:57	00:57:15	00:01:31	00:41:10	01:53:04
124	10:16:00	605	Katharine	white	Female	40	H	Cambridge	Sprint - Female	00:09:42	00:06:01	01:01:28	00:02:10	00:34:04	01:53:25
125	10:01:00	545	Sarah	Willson	Female	25	E	Nuneaton	Sprint - Female	00:11:04	00:04:18	01:00:58	00:01:08	00:36:04	01:53:32
126	10:16:45	608	Andrea	Flannagan	Female	36	G	Nuneaton	Sprint - Female	00:08:46	00:02:37	01:11:18	00:00:00	00:31:30	01:54:11
127	10:13:15	594	Jane	Hickman	Female	41	H	London	Sprint - Female	00:09:42	00:04:56	01:06:15	00:01:34	00:32:09	01:54:36
128	10:09:00	577	Andrea	Gittings	Female	43	H	Cannock	Sprint - Female	00:08:04	00:00:00	01:02:06	00:04:58	00:39:44	01:54:52
129	10:30:45	664	Nikki	Upton	Female	35	G	Nuneaton	Sprint - Female	00:11:47	00:03:17	01:03:43	00:01:31	00:34:38	01:54:56
130	10:02:30	551	Lisa	Faries	Female	46	I	Coventry	Sprint - Female	00:14:28	00:03:07	01:01:54	00:01:04	00:35:01	01:55:34

Pos	StartTime	Race#	Name	Last Name	Gen	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
131	11:19:45	140	Zoe	Murray	Female	23	C	#TEAMHELEN	Sprint - Female	00:09:37	00:04:34	01:00:23	00:00:55	00:40:19	01:55:48
132	09:58:45	536	Felicity	Arman	Female	25	E	Wellesbourne warwi	Sprint - Female	00:10:18	00:05:10	01:05:36	00:01:18	00:34:11	01:56:33
133	11:08:30	95	Leanne	Murray	Female	19	B	#TEAMHELEN	Sprint - Female	00:12:02	00:04:34	01:03:32	00:01:11	00:35:25	01:56:44
134	09:56:15	526	Natalie	shaw	Female	26	E	halesowen	Sprint - Female	00:07:50	00:02:49	01:06:49	00:01:19	00:37:58	01:56:45
135	10:12:15	590	Helen	Richardson	Female	47	I	Ellesmere	Sprint - Female	00:09:28	00:03:16	01:11:50	00:01:01	00:31:17	01:56:52
136	09:54:15	518	Leanne	Parkes	Female	35	G	Kenilworth	Sprint - Female	00:12:16	00:03:45	01:08:03	00:01:53	00:30:56	01:56:53
137	11:15:15	122	Corinne	Taylor	Female	58	K	#TEAMHELEN	Sprint - Female	00:10:41	00:03:38	01:08:18	00:01:19	00:33:14	01:57:10
138	10:17:15	610	Rachel	Sofroniou	Female	59	K	Stratford upon Avon	Sprint - Female	00:09:28	00:03:35	01:04:33	00:02:01	00:37:50	01:57:27
139	11:15:00	121	Jade	Smith	Female	17	B	#TEAMHELEN	Sprint - Female	00:10:11	00:03:25	01:11:59	00:00:58	00:31:09	01:57:42
140	11:14:00	117	Sarah	Palfreyman	Female	38	G	#TEAMHELEN	Sprint - Female	00:10:51	00:05:18	01:01:29	00:01:55	00:38:12	01:57:45
141	11:16:45	128	Frankie	Smith	Female	38	G	#TEAMHELEN	Sprint - Female	00:08:37	00:04:29	01:05:37	00:01:13	00:37:57	01:57:53
142	11:13:00	113	Andrea	Whiston	Female	47	I	#TEAMHELEN	Sprint - Female	00:11:57	00:04:12	01:01:07	00:01:32	00:39:29	01:58:17
143	11:17:30	131	charlie	ree	Female	40	H	#TEAMHELEN	Sprint - Female	00:11:10	00:05:14	01:06:18	00:01:44	00:35:16	01:59:42
144	09:54:45	520	Victoria	Johnson	Female	31	F	Birmingham	Sprint - Female	00:09:53	00:05:14	01:08:03	00:03:04	00:33:29	01:59:43
145	11:05:45	84	Rebecca	Hall	Female	33	F	#TEAMHELEN	Sprint - Female	00:12:40	00:05:08	01:04:58	00:01:56	00:35:28	02:00:10
146	11:16:30	127	Donna	Little	Female	41	H	#TEAMHELEN	Sprint - Female	00:10:43	00:06:39	01:04:18	00:03:56	00:35:02	02:00:38
147	11:13:45	116	ZOE	CHRISTOFFER	Female	45	I	#TEAMHELEN	Sprint - Female	00:11:02	00:06:21	01:01:47	00:01:24	00:40:58	02:01:32
148	09:56:00	525	Pip	Thomas	Female	49	I	Berkhamsted	Sprint - Female	00:12:01	00:05:28	00:58:47	00:03:05	00:42:39	02:02:00
149	09:58:15	534	Julia	Coleman	Female	49	I	Shelagh Delaney Day	Sprint - Female	00:12:19	00:03:32	00:58:45	00:02:00	00:45:44	02:02:20
150	10:10:45	584	Rebecca	O'Shea	Female	32	F	Birmingham	Sprint - Female	00:09:53	00:04:54	01:14:01	00:01:24	00:33:21	02:03:33
151	09:55:30	523	Nicola	Baker	Female	35	G	Birmingham	Sprint - Female	00:11:35	00:04:40	01:12:40	00:01:41	00:33:37	02:04:13
152	09:55:00	521	Emma	Cox	Female	31	F	Redditch	Sprint - Female	00:10:43	00:03:04	01:10:17	00:01:40	00:38:46	02:04:30
153	11:12:15	110	Emma	Winters	Female	39	G	#TEAMHELEN	Sprint - Female	00:12:08	00:05:35	01:13:20	00:01:22	00:33:06	02:05:31
154	11:09:15	98	Sandra	Clarke	Female	46	I	#TEAMHELEN	Sprint - Female	00:13:17	00:05:31	01:01:11	00:01:30	00:45:37	02:07:06
155	11:21:00	145	Marie	Hodgkinson	Female	37	G	#TEAMHELEN	Sprint - Female	00:09:01	00:02:57	01:11:35	00:01:12	00:42:47	02:07:32
156	09:58:00	533	Traci	Hatch	Female	44	H	West Midlands	Sprint - Female	00:12:18	00:05:19	01:00:02	00:01:20	00:48:33	02:07:32
157	11:19:15	138	Helen	O'Brien	Female	50	J	#TEAMHELEN	Sprint - Female	00:10:38	00:04:49	01:15:11	00:02:14	00:39:06	02:11:58
158	10:00:15	542	Dilys	Bagshaw	Female	53	J	Coventry	Sprint - Female	00:11:33	00:04:47	01:10:31	00:02:07	00:43:34	02:12:32
159	11:07:15	90	Penny	Walker	Female	49	I	#TEAMHELEN	Sprint - Female	00:13:05	00:11:31	01:05:34	00:01:39	00:41:11	02:13:00
160	11:20:45	144	Tracey	Rees	Female	41	H	#TEAMHELEN	Sprint - Female	00:08:49	00:06:41	01:05:38	00:02:40	00:49:18	02:13:06
161	11:13:15	114	Kimberley	Atkins	Female	30	F	#TEAMHELEN	Sprint - Female	00:11:13	00:04:33	01:22:36	00:01:33	00:33:28	02:13:23
162	09:57:00	529	Margery	Lumsdaine	Female	44	H	Oldbury	Sprint - Female	00:10:33	00:04:37	01:20:30	00:02:53	00:35:20	02:13:53
163	11:08:15	94	Sara	Diss	Female	41	H	#TEAMHELEN	Sprint - Female	00:13:36	00:04:41	01:05:57	00:03:03	00:48:28	02:15:45
164	11:18:00	133	Rachael	Clark	Female	25	E	#TEAMHELEN	Sprint - Female	00:09:39	00:04:00	01:21:38	00:01:19	00:44:44	02:21:20
165	11:06:15	86	Beverley	Shingler-Day	Female	56	K	#TEAMHELEN	Sprint - Female	00:13:22	00:05:49	01:11:37	00:02:52	00:48:53	02:22:33
166	11:06:00	85	Liza	jackson	Female	38	G	#TEAMHELEN	Sprint - Female	00:11:52	00:00:00				02:22:47
167	11:19:30	139	Emma	Jukes	Female	29	E	#TEAMHELEN	Sprint - Female	00:10:27	00:03:39	01:10:30	00:02:48	00:55:25	02:22:49
168	11:12:30	111	patricia	mccullagh	Female	43	H	#TEAMHELEN	Sprint - Female	00:11:39	00:04:34	01:26:59	00:01:13	00:38:44	02:23:09
169	11:09:45	100	Rachel	Nugent	Female	34	F	#TEAMHELEN	Sprint - Female	00:13:43	00:02:25	01:24:13	00:01:16	00:43:03	02:24:40
170	11:09:30	99	CLAIRE	EVANS	Female	43	H	#TEAMHELEN	Sprint - Female	00:12:06	00:07:23	01:23:10	00:01:45	00:41:06	02:25:30
171	11:18:15	134	Tiffany	Pickett	Female	41	H	#TEAMHELEN	Sprint - Female	00:10:35	00:03:16	01:17:34	00:00:54	00:54:01	02:26:20
172	11:07:30	91	Jenine	Williams	Female	40	H	#TEAMHELEN	Sprint - Female	00:14:57	00:08:25	01:07:08	00:03:11	00:53:25	02:27:06
173	11:07:45	92	Laura	Morris	Female	36	G	#TEAMHELEN	Sprint - Female	00:12:29	00:03:20	01:29:34	00:00:57	00:41:39	02:27:59
174	11:13:30	115	Helen	Land	Female	39	G	#TEAMHELEN	Sprint - Female	00:15:05	00:06:04	01:27:18	00:02:17	00:38:12	02:28:56

Pos	StartTime	Race#	Name	Last Name	Gend	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
175	11:10:45	104	Linda	Rogers	Female	52	J	#TEAMHELEN	Sprint - Female	00:14:15	00:06:24	01:15:01	00:03:53	00:50:06	02:29:39
176	11:10:30	103	Jenny	Bowler	Female	28	E	#TEAMHELEN	Sprint - Female	00:12:21	00:08:16	01:15:17	00:03:51	00:50:04	02:29:49
177	10:08:15	574	Rebecca	Collis	Female	25	E	Warwick	Sprint - Female	00:10:39	00:04:16	01:31:27	00:03:35	00:43:48	02:33:45
178	11:08:45	96	Amanda	Taplin	Female	43	H	#TEAMHELEN	Sprint - Female	00:13:31	00:09:55	01:23:34	00:01:33	00:47:12	02:35:45
179	11:06:30	87	Diane	Plant	Female	47	I	#TEAMHELEN	Sprint - Female	00:14:27	00:03:52	01:07:14	00:01:44	01:09:32	02:36:49
180	11:09:00	97	natalie	whitehouse	Female	28	E	#TEAMHELEN	Sprint - Female	00:12:03	00:10:39	01:21:06	00:01:46	00:51:33	02:37:07
181	11:10:15	102	Bonnie	Stanton	Female	21	C	#TEAMHELEN	Sprint - Female	00:14:02	00:10:58	01:23:24	00:03:06	00:51:13	02:42:43
182	11:16:00	125	Lorraine	Easterbrook	Female	63	L	#TEAMHELEN	Sprint - Female	00:11:46	00:05:47	01:32:34	00:02:04	00:51:25	02:43:36
183	11:14:15	118	ZITA	PLANT	Female	43	H	#TEAMHELEN	Sprint - Female	00:11:33	00:05:22	01:30:44	00:04:03	00:52:47	02:44:29
184	10:28:30	655	Lyndsay	Gay	Female	36	G	#TEAMHELEN	Sprint - Female	00:11:50	00:05:27	01:58:30	00:02:19	00:54:31	03:12:37