

Ironman 2017**Overall Splits**

		<u>Alternate</u>									<u>Final</u>	
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>		<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>	
<u>Ladies Novice</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Jemima Lowe	(M)	2:21	0:41	0:30	0:58	0:40	2:33	1:57	0:56	2:32	0:54	14:02
Nichola Robinson		2:39	0:43	0:36	1:10	0:37	2:33	1:42	1:03	2:19	0:44	14:06
Leona Wilkes		2:33	0:44	0:31	0:52	0:42	2:41	2:03	0:52	2:38	0:48	14:24
Jo Walker	(M)	2:40	0:38	0:37	1:07	0:53	3:05	1:47	1:08	2:15	0:41	14:51
Katie Downing		2:33	0:47	0:33	1:13	0:44	2:48	2:03	1:13	2:18	0:52	15:04
Hannah Lowerson		2:30	0:32	0:33	0:54	0:40	4:06	1:41	1:09	2:25	0:39	15:09
Donna Rushton	(M)	2:37	0:44	0:36	1:07	0:47	2:51	2:00	1:27	2:34	0:36	15:19
Emma Holland		2:35	0:35	0:33	1:22	0:40	2:56	1:59	1:26	2:44	0:51	15:41
Camille McMillan		2:29	0:41	0:41	1:09	0:45	3:07	1:51	1:40	2:20	1:02	15:45
Caitlin Bellamy		2:32	0:46	0:37	1:52	0:53	3:26	2:04	1:10	2:10	0:59	16:29
Kate Jarvis		2:20	0:50	0:34	2:33	0:48	3:17	1:59	1:00	2:25	0:45	16:31
Lucy Kindley		2:22	1:00	0:37	1:43	0:49	3:42	2:07	1:08	2:25	1:02	16:55
Sam Tomasi	(M)	2:27	0:42	0:38	1:31	0:57	4:20	2:09	0:56	2:32	0:56	17:08
Stephanie Harper	(M)	2:35	0:47	0:44	1:20	1:09	4:25	1:59	1:06	2:26	0:54	17:25
Vicky Lumley		2:44	0:38	1:04	1:25	1:11	3:44	2:04	1:19	2:26	1:05	17:40
Emma Hughes	(M)	2:52	0:36	0:37	1:53	1:14	4:36	1:56	1:06	2:23	0:55	18:08
Bonita Jordan		2:36	0:40	0:43	1:15	1:16	4:38	2:33	1:07	2:38	1:12	18:38
Annette Bellamy	(V)	2:49	0:40	0:41	1:41	1:22	4:30	2:29	0:55	2:43	1:01	18:51
Kate Edwards		2:59	0:47	0:34	1:23	1:13	4:33	2:07	1:34	2:40	1:08	18:58
Victoria Mayes	(M)	2:40	0:47	0:41	2:10	1:01	3:49	2:21	1:57	2:49	0:53	19:08
Frances Bradley		2:58	1:06	0:31	1:12	1:04	3:54	2:20	2:32	2:28	1:06	19:11
Hayley Binyon		2:37	0:37	1:04	1:26	1:55	4:57	3:01	1:22	2:28	1:10	20:37
Katie Skipsey		2:44	0:49	0:38	3:17	2:25	5:07	3:00	3:04	2:50	1:30	25:24

		<u>Alternate</u>											
		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>			<u>Bench</u>	<u>Run</u>	<u>Step Shoulder</u>		<u>Weight</u>		<u>Final</u>
<u>Mens Novice</u>			<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>		<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Nick Eacock	(M)	2:19	0:41	0:35	1:29	0:41	2:32	1:45	0:51	2:04	0:43	13:40	
Paul Conroy	(V)	2:18	0:39	0:36	0:53	0:47	3:23	1:44	0:47	2:10	0:39	13:56	
Neill Crump	(M)	2:10	0:48	0:38	1:11	0:50	2:29	1:54	1:09	2:05	0:51	14:05	
Charlie Jones		1:56	0:43	0:44	1:13	0:51	3:11	1:55	0:50	1:37	1:07	14:07	
Paul Jordan		2:16	0:31	0:38	1:13	0:55	3:11	1:58	0:53	2:10	0:32	14:17	
Nik Freeman		2:34	0:29	0:36	1:05	0:46	3:05	1:53	0:40	2:21	0:52	14:21	
Darren Prodger	(V)	2:26	0:40	0:39	0:59	0:46	2:43	2:00	0:55	2:18	0:55	14:21	
Dean Cook		2:14	0:39	0:29	1:10	0:48	3:19	1:55	1:04	2:12	0:42	14:32	
Roy Summers	(M)	2:35	0:39	0:45	1:39	1:01	3:20	2:10	1:04	2:16	0:45	16:14	
Mark Elliott	(V)	2:07	0:44	0:45	1:54	1:03	2:42	2:29	1:40	2:24	0:41	16:29	
James Young		2:25	0:40	0:30	1:35	0:55	3:55	2:20	1:10	2:08	0:52	16:30	
Chris Young		2:35	0:42	0:36	1:22	0:53	2:59	2:29	1:40	2:27	0:50	16:33	
Tom Wall		2:10	0:38	0:42	1:05	1:05	3:49	2:49	1:22	2:23	0:42	16:45	
Michael Tustin		2:35	0:44	0:34	1:07	1:07	3:37	1:59	1:48	2:19	1:00	16:50	
Darren Basterfield	(V)	2:26	0:39	0:44	1:33	1:08	3:49	2:21	1:10	2:31	0:53	17:14	
Robin Austin	(V)	2:56	0:40	0:44	1:19	1:22	4:16	2:27	1:13	2:31	0:58	18:26	
Paul Weetman	(M)	2:23	1:00	0:35	1:37	1:11	4:00	2:21	2:29	2:35	1:19	19:30	
James Bradley		2:40	0:48	0:36	2:16	1:09	3:37	2:02	3:02	2:20	1:03	19:33	

		<u>Alternate</u>										
<u>Ladies Intermediate</u>		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>			<u>Bench</u>	<u>Step Shoulder</u>		<u>Weight</u>		<u>Final</u>
			<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
		4:11	0:48	0:58	1:51	1:42	5:18	3:29	1:47	2:47	0:53	23:44
		4:23	0:47	0:50	2:08	1:02	5:10	3:29	2:19	2:59	0:37	23:44
	(M)	4:12	0:52	0:54	2:22	1:24	4:39	4:01	2:31	3:04	0:43	24:42
	(M)	4:10	0:50	1:16	2:16	1:34	5:38	3:44	1:15	3:21	0:46	24:50
		4:16	0:49	1:13	2:12	1:35	5:33	4:28	1:45	2:56	1:04	25:51
		4:35	1:20	1:00	2:32	1:19	5:07	4:03	2:07	3:04	0:50	25:57
	(M)	4:34	0:53	0:56	2:46	1:37	5:19	4:26	1:47	2:42	1:02	26:02
		4:30	1:04	1:06	2:25	1:50	5:54	3:31	1:56	2:59	0:59	26:14
		4:30	1:01	0:57	2:19	2:05	5:45	3:57	2:11	3:17	0:58	27:00
		4:28	0:48	1:00	2:07	1:55	6:30	4:27	2:07	3:02	0:59	27:23
	(V)	4:28	1:10	0:57	2:25	2:03	5:51	4:15	2:11	3:05	1:04	27:29
		4:33	1:05	1:01	1:46	1:34	6:28	4:54	2:30	3:07	1:00	27:58
		4:37	0:54	0:52	2:35	0:00	6:26	4:38	1:50	3:24	0:57	28:24

		<u>Alternate</u>										
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>		<u>Step Shoulder</u>			<u>Weight</u>	<u>Final</u>	
<u>Men's Intermediate</u>	<u>Bike</u>	<u>Press</u>	<u>Thrusters</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Doug Harrison		3:37	0:52	0:52	1:10	1:08	3:40	3:10	1:02	2:34	0:41	18:46
Steve Bailey		3:50	0:57	0:55	1:31	1:08	4:29	3:14	1:08	2:49	0:42	20:43
Anton Micallef		3:55	0:42	1:01	1:18	1:27	5:05	3:05	0:52	2:45	0:49	20:59
Jason Harvey		4:02	0:49	0:57	1:14	1:19	4:44	3:44	1:34	2:45	0:52	22:00
Neil Ward		3:55	0:55	1:17	1:26	1:19	4:38	3:50	1:17	2:44	0:55	22:16
Adam Trimmell	(M)	3:55	0:59	0:50	1:44	1:12	4:51	3:25	1:43	2:56	0:50	22:25
Keith Rann		3:47	0:38	1:04	2:28	1:28	5:22	3:42	0:51	2:30	0:38	22:28
Duncan Rennie	(M)	3:59	0:46	1:02	1:40	1:26	5:28	3:51	0:53	2:57	0:51	22:53
Keith Pockett	(M)	3:59	0:59	1:01	1:38	1:14	4:51	3:53	1:26	3:09	0:56	23:06
Chris Wilkes		4:03	0:53	0:52	1:48	1:07	5:08	3:58	1:35	2:50	1:04	23:18
Lee Fisher	(M)	3:28	0:37	1:04	2:11	1:35	5:55	4:02	1:06	2:42	0:48	23:28
Joe Micallef		4:13	0:49	0:57	1:41	1:22	6:08	3:37	0:58	3:06	0:48	23:39
Neil Hill		3:47	1:39	1:05	1:34	1:41	4:29	3:52	2:17	2:58	0:20	23:42
Matthew Thomas		4:00	0:56	0:54	2:55	1:24	4:06	4:05	2:01	2:56	1:02	24:19
Scott McMillan	(M)	4:00	0:54	1:05	2:15	1:37	5:58	3:54	1:04	2:42	0:59	24:28
Nick Ross		4:17	0:53	0:52	2:35	1:16	4:51	4:41	1:31	2:51	1:05	24:52
Mark Smith	(V)	4:17	0:55	1:24	2:47	1:41	5:45	4:10	1:19	2:53	0:57	26:08
Paul Yeomans	(M)	3:55	1:32	1:03	3:01	1:21	4:27	4:38	2:21	3:03	1:04	26:25
Simon Stafford	(V)	4:14	0:57	1:09	2:10	1:33	5:47	4:09	2:07	3:08	1:20	26:34
Dominic Pugh		4:16	0:54	1:17	2:28	2:18	6:45	4:21	1:26	2:40	0:59	27:24
Jack Manning		4:27	0:54	1:19	2:40	2:00	6:11	4:45	1:29	3:05	1:01	27:51
Phil Shuard	(M)	4:21	1:50	1:20	2:50	2:03	5:10	4:54	2:11	3:18	1:02	28:59
Darren Harrison	(M)	4:23	0:54	1:22	3:05	2:05	6:42	4:37	1:16	3:21	1:16	29:01
Jordan Powell		4:20	0:55	2:19	3:26	1:52	6:12	5:05	1:14	3:12	1:16	29:51
Stephen Gale	(V)	4:13	1:29	1:25	3:03	2:13	6:23	5:11	2:07	3:16	1:04	30:24
Pat Connolly	(M)	4:40	1:50	1:33	2:17	2:15	5:45	5:40	2:15	3:25	1:10	30:50
Dave Hall	(V)	5:10	0:55	2:03	3:01	2:57	6:47	4:47	1:14	3:22	0:55	31:11
Vince Danby		4:12	1:30	1:08	2:52	1:54	6:33	6:00	2:07	3:33	2:05	31:54
Chris Purkiss	(V)	4:32	1:28	4:26	2:34	2:45	7:08	7:00	2:05	2:20	1:21	35:39

		<u>Alternate</u>										
		<u>Bench</u>	<u>Squat</u>			<u>Bench</u>	<u>Step Shoulder</u>			<u>Weight</u>		<u>Final</u>
<u>Ladies Advanced</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusters</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Gwen Fennell	(M)	5:38	0:56	1:26	2:34	2:13	7:29	3:30	1:57	4:24	0:55	31:02
Robyn Lumas		6:14	1:30	1:58	2:45	2:21	6:29	4:46	1:53	4:42	1:09	33:47
Cathy Terrill	(M)	6:22	1:18	1:33	3:17	1:57	7:36	4:34	2:17	4:42	1:30	35:06
Sarah Coatman	(V)	6:23	1:45	1:32	2:45	2:50	9:10	3:47	1:52	4:51	1:01	35:56
Sarah Berry		6:09	2:31	1:48	2:59	2:15	7:48	4:28	3:02	4:52	0:59	36:51
Trudi Hawksworth	(M)	6:03	0:52	1:45	3:01	3:06	9:53	4:31	2:22	4:41	1:06	37:20
Becky Ciel	(M)	6:41	1:17	1:41	3:03	2:30	9:07	4:35	3:04	5:03	1:27	38:28
Hannah Waite		6:35	2:07	2:21	3:03	2:45	8:53	5:34	2:39	5:01	1:42	40:40
Sarah Connolly	(M)	6:41	2:28	1:26	2:44	3:51	9:30	4:49	5:25	5:14	2:13	44:21

		<u>Alternate</u>										
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Step Shoulder</u>		<u>Weight</u>		<u>Final</u>		
<u>Mens Advanced</u>	<u>Bike</u>	<u>Press</u>	<u>Thrusters</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Liam Florey		5:15	0:58	1:18	1:46	1:54	6:32	3:23	1:12	3:53	0:56	27:07
Alex Woods		5:16	0:53	1:19	1:59	1:45	6:41	3:30	1:28	4:19	0:55	28:05
Paul Morton	(V)	5:00	0:52	1:20	2:00	1:47	6:35	3:27	1:59	4:27	1:10	28:37
Steve Mead	(M)	5:14	0:53	1:22	2:21	1:55	7:00	3:45	1:00	4:29	0:49	28:48
Ben Cornwell		5:30	1:51	1:19	2:11	1:51	6:34	3:34	2:30	4:20	0:59	30:39
Sandy Taylor		5:18	1:39	1:24	2:31	1:53	6:32	3:33	2:55	4:01	0:55	30:41
Robbie Harris		5:36	1:30	1:40	2:07	2:13	7:45	4:01	1:38	4:02	0:57	31:29
Nuno Barreto		5:23	0:52	2:05	2:32	2:26	7:25	4:54	1:19	4:10	1:22	32:28
Tony McNeil	(M)	5:28	1:53	1:54	3:08	1:55	6:50	3:57	2:25	4:17	0:52	32:39
Graeme Slater		4:52	0:54	1:54	4:12	2:10	7:20	5:05	1:52	3:56	1:17	33:32
Ben Gallagher		5:14	1:04	2:14	3:40	3:01	7:58	4:49	1:39	4:16	1:05	35:00
Mino Vernaschi	(V)	5:30	1:30	2:00	3:04	2:59	9:07	4:30	1:56	4:21	1:05	36:02
Dean Oxley		5:26	3:12	2:11	3:05	2:53	8:06	3:46	2:54	4:07	1:19	36:59
Piotr Malik		4:59	1:59	2:22	3:31	2:47	8:05	5:42	3:08	4:26	0:58	37:57
Philip Young	(V)	5:57	1:57	2:04	3:26	2:43	9:21	4:25	2:48	4:21	1:34	38:36
Russell Stenning	(M)	6:32	3:23	1:34	2:35	2:41	8:51	5:07	3:13	4:32	1:21	39:49
Jon Miller	(M)	6:30	1:21	1:43	3:30	3:17	9:07	5:45	2:34	4:41	1:29	39:57
Duncan Rennie	(M)	6:02	1:44	2:06	3:35	3:05	9:26	5:43	2:24	4:43	1:32	40:20
Mark Delaney		5:54	1:31	1:50	4:28	3:10	9:24	7:01	2:04	4:40	1:21	41:23
Bradley Bond	(M)	6:12	2:06	2:41	3:59	3:05	9:41	5:57	2:58	4:35	1:21	42:35
Mike Jones	(V)	5:57	4:02	2:59	3:57	3:23	10:56	5:46	5:00	3:00	2:12	47:12

Ironman 2016
Overall Splits

		<u>Alternate</u>										
		<u>Bike</u>	<u>Squat</u>			<u>Bench</u>	<u>Run</u>	<u>Step Shoulder</u>		<u>Weight</u>		<u>Final</u>
<u>Ladies Novice</u>		<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>		<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Carolyne Sanders	(M)	2:15	0:41	0:38	1:02	0:43	2:57	1:50	0:54	2:08	0:53	14:01
Ruth Negus	(M)	2:47	0:44	0:39	0:50	0:42	2:30	1:44	1:07	2:27	0:49	14:19
Maria Stone		2:32	0:45	0:34	1:21	0:41	2:26	1:46	1:00	2:20	1:02	14:27
Sophie Morton		2:29	0:31	0:32	1:13	0:43	3:42	1:55	1:14	2:23	0:57	15:39
Ali Lester		2:40	0:38	0:40	1:14	0:57	3:41	1:52	0:55	2:24	0:44	15:45
Tina Bonham	(V)	2:33	0:43	0:34	1:22	0:58	3:56	1:48	0:57	2:23	0:47	16:01
Kate Jarvis		2:14	0:46	0:35	2:35	0:42	2:57	2:00	1:18	2:16	0:41	16:04
Alyx Petre		2:17	0:46	0:47	1:22	1:13	3:15	1:54	1:27	2:16	0:50	16:07
Hannah Lowerson		2:27	0:36	0:45	2:00	0:54	3:38	1:48	0:53	2:28	0:42	16:11
Katie Harvey		2:51	0:42	0:34	1:45	0:44	3:25	2:00	1:14	2:34	0:48	16:37
Melissa Wilkes		2:38	0:46	0:37	1:13	1:04	3:53	1:57	1:15	2:23	1:00	16:46
Danielle Sale		2:45	0:52	0:44	1:44	0:46	2:37	2:11	1:41	2:28	0:59	16:47
Julie Hall	(M)	2:35	0:57	0:37	1:15	0:41	3:17	2:13	1:52	2:33	0:56	16:56
Lel Williams	(V)	2:55	0:41	0:50	0:53	1:10	3:30	2:25	1:25	2:49	0:44	17:22
Sue Allan	(M)	2:45	0:52	0:43	1:35	0:53	3:34	1:58	2:40	2:35	0:19	17:39
Ali Grayley	(M)	2:41	0:44	0:41	1:31	1:13	4:01	2:21	1:16	2:33	1:14	18:15
Kelly Allen		2:36	1:09	0:46	3:03	0:56	4:15	2:20	2:42	2:25	1:01	21:13
Kate Edwards		3:03	0:54	0:54	2:26	1:45	4:11	2:31	2:30	2:49	1:13	22:16
Traci Alder	(V)	2:59	1:03	1:26	3:57	1:38	5:16	2:24	1:51	2:48	1:02	24:24

		<u>Alternate</u>						<u>Step Shoulder</u>		<u>Weight</u>		<u>Final</u>
<u>Mens Novice</u>		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
		<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>							
Luke Maciejewski		2:12	0:35	0:35	0:58	0:47	2:21	1:56	1:05	1:51	0:37	12:57
James Purdy		2:00	0:30	0:38	0:58	0:49	3:11	1:55	0:44	2:05	0:56	13:46
Nick Ross		2:15	0:36	0:31	1:10	0:46	3:13	2:10	0:47	2:07	0:49	14:24
Daniel Proctor		2:03	0:39	0:38	0:55	0:46	3:22	2:00	0:55	2:00	1:10	14:28
Jeff Jackson	(M)	2:40	0:37	0:39	1:13	0:44	3:14	1:52	0:49	2:21	0:41	14:50
Andy White	(M)	2:10	0:34	1:01	1:23	0:48	3:18	1:43	1:07	2:05	0:46	14:55
Paul Bayliss		2:26	0:35	0:33	1:15	0:44	2:46	2:29	0:56	2:21	0:50	14:55
Guy Little	(M)	2:20	0:44	0:37	1:09	0:51	3:39	2:02	0:51	2:17	0:52	15:22
Martin Boulton	(V)	2:18	0:45	0:32	1:24	0:49	3:54	2:14	1:02	2:06	0:41	15:45
Dean Cook		2:24	0:44	0:42	1:18	0:44	3:18	2:16	1:29	2:15	0:49	15:59
Nick Eacock	(M)	2:24	0:40	0:32	2:29	0:45	2:47	2:05	1:18	2:14	0:47	16:01
George Ball		2:09	0:36	0:32	1:34	1:07	4:52	2:52	0:40	2:23	0:52	17:37
James Young		2:20	1:00	1:10	1:50	1:40	4:20	3:00	2:10	2:30	1:20	21:20

<u>Men's Intermediate</u>	<u>Bike</u>	<u>Alternate</u>							<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Step</u>	<u>Shoulder</u>				
		<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>			
Ben Cornwell	4:09	0:50	0:46	1:12	1:03	3:58	3:02	1:06	2:39	0:40	19:25
Kris Scott	4:05	0:39	0:49	1:28	1:04	4:04	3:34	0:50	2:46	0:49	20:08
Steve Dowse (M)	3:33	0:44	0:58	1:29	1:15	4:56	3:28	0:59	2:36	0:51	20:49
Paul Smith (M)	3:48	0:45	0:48	1:25	1:09	4:27	3:45	1:15	2:52	0:51	21:05
Steve Bailey	4:08	1:00	0:55	1:48	1:08	5:01	3:26	1:09	2:42	0:46	22:03
Chris Cummins (V)	3:44	1:02	1:00	1:26	1:35	4:42	3:33	1:20	3:00	0:57	22:19
Neil Ward	3:57	1:06	1:12	1:40	1:15	4:30	3:37	1:28	2:38	1:11	22:34
Neil Hill	3:34	1:55	1:01	1:48	1:28	4:25	3:20	2:03	2:37	0:39	22:50
Duncan Rennie (M)	3:58	0:53	0:59	1:58	1:25	5:25	3:37	1:08	2:54	0:46	23:03
Simon Stafford (M)	4:10	1:08	1:02	1:44	1:16	4:40	3:58	1:40	2:59	0:41	23:18
Paul Conroy (V)	3:41	1:54	1:00	1:34	1:15	4:54	3:40	2:00	2:53	0:49	23:40
Adam Trimmell (M)	3:45	0:59	0:57	1:50	1:09	4:51	3:58	2:18	2:54	1:09	23:50
Jim McMorran (V)	4:08	1:37	1:01	1:49	1:15	4:34	4:12	1:40	2:52	0:58	24:06
Paul Hughes (M)	3:36	1:42	1:12	2:06	1:33	4:32	4:08	1:50	2:56	0:56	24:31
Andy Watson (M)	4:05	0:44	1:09	2:49	1:15	5:48	4:00	1:22	2:47	0:45	24:44
Richard Murdock	4:16	0:54	1:00	3:33	1:31	4:28	3:41	2:13	2:40	0:54	25:10
Denis Mason (M)	3:38	2:03	1:00	2:02	1:23	4:02	4:03	3:27	2:45	1:16	25:39
Keith Rann	3:48	0:58	1:03	4:40	1:30	6:26	3:53	1:22	2:39	0:47	27:06
Craig Russell	3:52	1:31	1:34	2:24	1:52	4:31	5:13	1:56	2:55	1:18	27:06
Dominic Pugh	4:13	1:01	1:14	2:49	2:05	6:25	4:40	1:08	2:47	1:16	27:38
Chris Newth	4:10	1:45	1:03	2:37	1:20	4:49	4:21	3:15	3:03	1:23	27:46
Darren Harrison	4:25	1:04	1:26	3:03	1:30	6:12	4:55	1:20	3:04	1:00	27:59
Gary Dorman (M)	4:18	1:12	1:14	2:09	2:30	6:22	4:00	2:37	3:18	0:56	28:36
Chris Whalley	3:58	1:09	1:29	3:03	1:51	6:58	4:57	1:55	3:00	0:38	28:58
Paul Naylor (V)	3:59	1:08	1:29	3:05	1:47	7:02	5:15	1:45	3:03	0:48	29:21
Neil Cust (M)	4:45	1:19	1:27	2:38	1:51	7:30	5:16	1:44	2:44	0:46	30:00
Phil Shuard (M)	4:02	2:11	1:17	3:09	1:54	5:34	5:29	2:37	2:57	1:14	30:24
Carl Fletcher	4:28	2:19	1:59	4:02	1:48	6:29	5:01	2:02	3:11	0:56	32:15
Dave Wilson (M)	4:38	0:57	1:15	3:10	2:00	9:40	5:40	2:05	3:05	0:45	33:15
Jason Robbins (M)	4:15	1:15	1:27	4:53	2:07	7:16	5:33	2:29	3:55	1:00	34:10
Graham Cooper	4:00	0:55	2:03	4:46	2:58	5:30	6:05	2:45	3:16	1:54	34:12
Mark Holland	4:26	1:09	2:11	5:44	2:25	10:05	5:40	2:35	3:19	1:32	39:06

		<u>Alternate</u>										
		<u>Bench</u>	<u>Squat</u>			<u>Bench</u>	<u>Step Shoulder</u>			<u>Weight</u>		<u>Final</u>
<u>Ladies Advanced</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusters</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Gwen Fennell	(M)	5:32	0:58	1:39	2:57	2:13	8:07	3:33	1:41	4:24	0:47	31:51
Sarah Finnerty		5:18	1:08	1:52	3:02	2:33	9:10	4:00	1:53	4:36	1:17	34:49
Trudi Hawksworth	(M)	6:15	0:47	1:34	3:07	2:37	9:44	3:54	2:02	4:39	1:14	35:53
Becky Ciel	(M)	6:30	1:38	1:29	2:52	2:26	8:30	4:07	3:10	4:48	1:30	37:00
Carol Powell	(M)	5:27	3:45	2:10	3:25	1:54	7:18	3:56	3:27	4:30	1:39	37:31
Cat Trentham		6:50	2:15	1:46	3:06	2:46	10:57	4:50	2:22	4:57	1:49	41:38
Gill Watson	(V)	6:21	1:55	3:12	4:17	3:32	10:47	6:50	2:58	5:06	1:36	46:34

<u>Mens Advanced</u>	<u>Bike</u>	<u>Alternate</u>							<u>Row</u>	<u>Weight</u>	<u>Final</u>
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Run</u>	<u>Step</u>	<u>Shoulder</u>			
		<u>Press</u>	<u>Thrusters</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Ups</u>	<u>Press</u>				
Liam Florey	5:10	1:00	1:21	1:44	1:48	6:35	3:30	1:16	3:52	0:50	27:06
AJ Orchard	5:02	0:54	1:25	2:38	1:57	6:31	3:25	1:34	4:05	0:50	28:21
Paul Morton (V)	5:16	0:49	1:26	1:52	1:44	6:43	3:26	2:03	4:33	1:09	29:01
Steve Mead (M)	5:33	0:56	1:25	2:33	2:03	7:00	3:59	1:07	4:17	0:48	29:41
Andy Lett (M)	5:10	0:54	1:44	2:09	2:03	7:48	3:29	2:07	4:13	0:39	30:16
Sandy Taylor	5:07	1:18	1:19	2:15	1:41	6:48	3:36	3:26	4:17	0:57	30:44
Doug Harrison	5:13	3:19	1:22	2:11	1:39	6:15	3:38	2:48	4:02	0:58	31:25
Robbie Harris	5:39	1:38	1:34	2:31	2:01	7:48	3:44	2:03	4:06	0:50	31:54
Tony McNeil (M)	5:19	2:00	1:50	3:20	2:06	7:01	3:59	2:10	4:20	0:58	33:03
Callum Barnes	5:22	1:10	1:42	2:44	2:32	7:52	4:16	2:02	4:29	1:00	33:09
Mino Vernaschi (V)	5:27	1:31	1:53	2:58	2:56	7:50	4:24	2:06	4:15	1:10	34:30
Kirk Gibbons (V)	5:28	1:54	1:44	2:34	2:10	9:07	3:08	3:30	4:00	0:55	34:30
Adam Hookway	5:40	1:21	1:55	2:49	2:56	7:38	5:18	1:55	4:20	0:48	34:40
Stacy Cross	5:55	1:53	1:39	2:33	2:25	8:05	4:42	2:16	4:26	1:08	35:02
Martin Carter (M)	5:23	1:40	2:09	2:24	2:29	6:54	5:01	4:19	4:11	1:05	35:35
Phil Young (V)	5:51	2:08	1:55	3:43	2:29	8:40	4:13	2:16	4:06	1:09	36:30
Farouk Vawda (M)	6:09	2:16	1:49	2:52	2:08	8:13	5:21	2:23	4:25	1:23	36:59
Mike Churm	5:59	1:37	2:34	3:58	2:53	8:06	4:45	1:51	4:19	1:16	37:18
Robert Bradford	5:27	2:17	2:15	3:17	3:19	9:07	4:33	1:51	4:18	1:06	37:30
Gary Nicholls (V)	6:13	0:58	1:35	3:24	2:58	8:36	5:17	2:47	4:29	1:33	37:50
Jonny Miller (M)	6:15	1:32	1:50	3:57	3:01	9:49	5:52	2:14	5:04	1:02	40:36
Dean Oxley	5:24	3:38	2:17	3:24	2:48	8:59	4:34	3:59	4:18	1:28	40:49
Bradley Bond (M)	6:09	1:53	2:36	3:44	3:16	9:31	5:52	2:47	4:40	1:13	41:41
Russell Stenning (M)	5:50	4:10	1:37	3:00	2:47	9:52	5:14	3:34	4:31	1:20	41:55
Mike Jones (V)	5:41	3:50	2:28	4:05	2:28	8:54	6:08	4:33	4:34	1:49	44:30
Simon Bartlett (M)	6:28	1:31	2:46	4:35	4:05	11:40	7:17	2:58	4:57	0:50	47:07

Ironman 2015**Overall Splits**

		<u>Alternate</u>					<u>Step</u>	<u>Shoulder</u>		<u>Final</u>
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>			<u>Ups</u>	<u>Row</u>	
<u>Ladies Novice</u>	<u>Bike</u>	<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>				
Julie Williams	2:51	0:39	0:33	1:00	0:55	3:30	1:57	2:22	0:50	14:37
Cat Webber	2:29	0:43	0:34	1:09	0:48	3:19	1:55	2:22	1:19	14:38
Carey Connor	2:29	0:38	0:34	1:03	0:42	3:19	2:06	2:18	1:30	14:39
Heather Ventham	(V) 2:37	0:48	0:39	1:26	0:49	3:18	2:01	2:33	1:08	15:19
Lel Williams	(V) 2:59	0:44	0:43	0:55	0:54	3:21	2:08	2:30	1:20	15:34
Helen Stannard	2:13	0:46	0:39	1:49	0:59	3:31	2:25	2:22	1:10	15:54
Sally Godfrey	2:27	0:45	0:40	1:29	1:01	4:02	2:43	2:04	1:47	16:58
Elizabeth Hill	2:25	1:03	0:44	1:49	1:06	3:54	2:12	2:40	1:08	17:01
Amy Mahoney	2:43	0:40	0:49	1:56	1:12	3:47	2:18	2:43	1:25	17:33
Rhiannon Jones	2:40	0:53	0:48	3:27	1:39	3:45	2:16	2:37	1:40	19:45
Hazel Inniss	2:37	0:44	1:15	3:58	1:51	5:10	3:10	2:57	1:10	22:52
Traci Alder	(V) 2:41	1:04	1:54	3:21	1:50	5:09	2:36	2:40	1:50	23:05

		<u>Alternate</u>									
<u>Mens Novice</u>		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Bench</u>	<u>Run</u>	<u>Step</u>	<u>Shoulder</u>	<u>Final</u>	
		<u>Press</u>	<u>Thrusts</u>		<u>Jumps</u>		<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>	
Denis Mason		2:01	0:41	0:44	0:57	0:46	2:24	1:40	2:03	1:03	12:19
Dominic Pugh		2:14	0:32	0:38	1:12	0:45	3:01	1:58	2:01	0:30	12:51
Ricky Biles	(V)	2:18	0:34	0:36	1:04	0:48	3:06	1:54	2:11	0:41	13:12
Dave Tyson		2:35	0:39	0:38	1:01	0:46	2:54	1:53	2:24	0:45	13:35
James Purdy		1:59	0:30	0:36	1:11	0:58	3:40	2:03	2:13	0:38	13:48
Darren Prodger	(M)	2:15	0:40	0:42	1:07	0:47	2:54	2:06	2:29	0:51	13:51
Anthony Stone	(M)	2:33	0:42	0:42	1:01	0:46	2:58	2:23	2:21	0:59	14:25
John Burns	(V)	2:10	0:46	0:45	1:23	1:24	2:42	2:18	2:17	0:59	14:44
Chris England	(M)	2:17	0:34	0:36	1:51	1:08	3:17	2:02	2:13	0:54	14:52
Matt Iles		2:03	0:34	0:43	1:23	1:31	4:08	2:11	2:10	0:49	15:32
Paul Weetman		2:15	0:47	0:42	1:46	1:20	3:42	2:32	2:32	2:10	17:52
Robert Gottlieb	(V)	2:25	0:34	1:52	1:41	2:19	5:59	2:49	2:50	1:09	21:38
Paul Suttle		2:55	1:01	0:55	3:57	1:47	4:43	3:12	3:29	1:59	23:58

		<u>Alternate</u>									
		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Run</u>	<u>Step</u>	<u>Shoulder</u>		<u>Final</u>
<u>Ladies Intermediate</u>			<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>		<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
Sarah Coatman	(V)	4:27	1:06	1:00	1:37	1:16	5:26	3:18	3:10	0:48	22:08
Charlie Iles		4:03	1:00	1:06	2:21	1:32	4:45	3:40	3:21	1:18	23:06
Carol Powell	(M)	3:59	1:14	1:07	2:18	1:20	4:30	4:13	3:11	1:55	23:47
Maria Giordmaina		4:00	1:00	1:10	2:20	1:00	5:40	3:40	3:20	1:50	24:00
Gemma Doughty		4:32	0:54	1:09	1:42	2:05	5:27	3:46	3:05	1:22	24:02
Christine Harding		4:20	0:52	1:09	2:08	1:39	5:20	4:29	2:57	1:24	24:18
Dal Dhillow	(M)	4:10	1:20	1:05	2:38	1:36	5:18	3:39	3:11	2:03	25:00
Kath Cordner		4:36	1:18	0:56	2:02	1:15	5:27	4:14	3:21	2:23	25:32
Lisa Roberts	(M)	4:39	1:20	1:00	1:51	1:55	5:38	4:27	3:27	1:21	25:38
Nicola Ainsworth		4:38	1:06	1:40	2:14	2:22	5:33	4:04	3:03	1:26	26:06
Trish Budd	(V)	4:34	1:24	1:54	2:13	4:02	5:15	3:36	1:44	1:36	26:18
Jane Williamson		3:48	1:09	0:54	2:22	1:56	6:48	5:01	3:18	1:23	26:39
Sarah Tuffin		4:25	1:21	1:23	2:34	1:54	5:45	4:22	3:32	1:24	26:40
Debi Leigh		4:12	1:00	1:39	2:56	2:00	5:20	4:30	3:26	1:39	26:42
Lauren Hunter		4:56	1:00	1:10	2:27	1:45	5:37	5:05	3:09	1:42	26:51
Amy Greenwood		4:30	1:08	1:12	3:47	2:08	5:30	4:58	3:09	1:27	27:49
Steph Kyle		4:31	1:39	1:16	1:50	1:42	7:22	4:16	3:16	2:40	28:32
Emma Hughes	(M)	5:12	0:57	1:06	2:46	2:40	7:01	5:25	3:23	1:21	29:51
April Langston		4:50	0:52	1:34	3:23	3:07	6:41	5:01	3:39	1:53	31:00
Nkoya Dove		4:43	1:10	1:17	2:55	1:53	6:44	6:32	3:56	2:22	31:32
Karen Stone	(V)	4:51	0:56	2:29	2:41	2:14	6:53	6:35	3:41	1:20	31:40
Claire Rowe		4:57	0:43	1:33	2:29	3:37	8:11	5:54	3:22	1:02	31:48
Natalie Read	(M)	4:08	1:41	1:48	4:05	3:12	6:53	5:11	3:12	1:50	32:00
Kim Dearden		4:48	1:22	1:05	2:51	2:31	7:18	7:07	3:24	1:40	32:06

		<u>Alternate</u>									
		<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Step</u>		<u>Shoulder</u>		<u>Final</u>	
<u>Men's Intermediate</u>	<u>Bike</u>	<u>Press</u>	<u>Thruster</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>	
Ben Cornwell		4:02	0:52	0:53	1:07	1:06	4:12	3:01	2:39	1:02	18:54
Callum Barnes		3:38	0:42	0:59	1:52	1:19	4:16	3:26	2:36	0:56	19:44
Paul Smith	(M)	4:06	0:44	0:50	1:26	1:16	4:17	3:42	2:55	0:49	20:05
Phil Young	(M)	3:44	0:56	0:57	2:15	1:13	4:46	3:24	2:42	0:54	20:51
Jason Harvey		3:42	0:50	0:55	1:32	1:31	5:00	3:50	2:43	0:56	20:59
Anton Micallef		4:23	0:47	0:54	1:36	1:32	5:34	3:04	2:56	0:46	21:32
Matthew Hambidge		3:49	0:45	1:06	2:25	1:26	5:14	3:54	2:42	0:49	22:10
Danny Harris		3:40	1:10	1:27	1:43	1:45	4:21	3:49	2:44	1:34	22:13
Joseph Micallef		4:12	0:47	1:00	1:44	1:24	6:03	3:34	3:05	0:47	22:36
Chris Cummins	(V)	4:00	1:21	1:01	1:50	1:22	5:21	3:32	3:08	1:04	22:39
Steve Bailey		4:00	1:08	0:57	2:00	1:17	5:26	3:41	1:55	2:29	22:53
Jim Cuffe	(V)	4:23	1:11	0:54	1:47	1:29	5:04	4:04	3:17	1:11	23:20
Chris Nield		3:48	1:00	0:56	1:44	1:27	5:01	4:44	3:02	1:50	23:32
Simon Stafford	(M)	4:16	0:56	1:13	2:09	1:35	5:24	3:47	3:00	1:37	23:57
Brian Jermieson	(M)	3:50	0:54	1:11	2:23	1:38	5:28	4:11	2:50	1:34	23:59
Adam Trimnell	(M)	3:48	1:32	0:58	2:21	1:29	4:59	3:52	3:01	2:10	24:10
Paul Conroy	(V)	4:04	2:20	0:57	1:56	1:17	5:32	3:31	2:55	1:48	24:20
Jim McMorran	(V)	4:10	1:06	0:57	1:46	1:39	4:54	5:38	3:11	1:40	25:01
Chris Whalley		4:16	1:29	1:16	2:19	1:39	5:30	4:13	3:08	1:29	25:19
Stephen Bradford		3:59	0:43	1:27	2:59	2:11	6:35	4:11	2:42	0:44	25:31
Gary Dorman	(M)	4:30	0:59	1:06	1:49	2:07	6:28	3:48	3:18	1:34	25:39
Paul Hipperson	(M)	4:17	1:09	1:06	2:25	1:55	6:31	4:01	2:58	1:29	25:51
Paul Naylor	(V)	4:32	1:02	1:24	2:17	1:43	6:14	4:51	3:28	0:49	26:20
Sam Manning		4:00	0:38	1:39	3:49	1:53	6:36	4:19	3:21	0:35	26:50
Chris Mew		3:44	0:54	1:36	3:21	1:49	6:12	5:33	2:54	1:12	27:15
Ali Findlay	(V)	3:45	2:19	1:42	2:46	1:57	6:01	3:59	3:03	2:00	27:32
Daniel Lane		3:49	0:41	1:29	3:47	2:54	6:35	4:33	2:50	1:14	27:52
Theo Titchener	(M)	4:42	0:47	1:45	2:51	2:15	7:04	4:33	4:03	0:40	28:40
Darren Harrison		4:01	1:30	1:38	3:37	1:54	6:00	5:09	3:41	1:13	28:43
Dave Wilson	(M)	4:19	1:05	1:51	3:03	2:02	6:36	5:02	3:21	1:31	28:50
Jason Robbins	(M)	4:42	1:09	1:17	3:11	2:13	7:09	4:42	3:45	0:57	29:05
Phil Shuard	(M)	4:27	2:03	1:36	2:50	2:04	5:36	5:44	3:20	1:48	29:28
Mark Smith	(V)	3:38	0:58	1:51	5:39	2:29	5:57	5:38	2:54	1:22	30:26
Paul Bradley	(M)	3:41	1:04	2:14	4:37	3:03	6:13	5:13	3:07	2:19	31:31
Chris Purkiss	(V)	4:47	1:56	1:57	5:55	2:30	7:03	5:12	3:25	2:19	35:04

		<u>Alternate</u>									
<u>Ladies Advanced</u>		<u>Bike</u>	<u>Bench</u>	<u>Squat</u>		<u>Bench</u>	<u>Run</u>	<u>Step</u>	<u>Shoulder</u>		<u>Final</u>
			<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>		<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
		5:33	1:04	1:23	2:16	2:04	7:10	3:33	4:22	0:49	28:14
Gwen Fennell	(M)	5:34	1:02	1:28	2:47	2:29	7:17	3:31	4:26	1:09	29:43
Sarah Finnerty		5:30	1:00	1:41	2:38	2:35	7:46	3:57	4:40	1:40	31:27
Julie McGonigal	(M)	5:54	1:19	1:42	2:45	2:32	8:37	3:33	4:40	1:30	32:32
Steph Whitehead		6:27	1:52	1:19	2:31	2:23	8:11	4:07	4:51	1:47	33:28
Trudi Hawksworth	(M)	6:14	0:49	0:57	2:31	2:48	9:04	4:27	4:46	1:54	33:30
Becky Ciel	(M)	6:46	1:58	1:26	2:47	2:25	8:02	3:54	5:09	2:03	34:30
Sue Espley	(M)	6:05	2:36	2:22	3:15	3:16	9:33	4:10	4:46	2:09	38:12
Sarah Connolly	(M)	6:29	2:58	1:32	2:29	3:37	9:12	4:50	5:18	3:25	39:50

