

## Overall Winners - Tameside XL Triathlon - 09/10/2011

### Individual

#### Female:

1	Cathy Atkinson (Female 40-44)	Manchester Triathlon Club	02:10:02
2	Sarah Davies (Female 20-29)		02:20:35
3	Elaine Penning (Female 45-49)		02:31:17

#### Male:

1	Paul Davies (Male 35-39)	Scott UK Powerbar	01:42:19
2	Mark Ferguson (Male 45-49)	Oldham Ruffyeds	01:47:09
3	Paul Drinkwater (Male 40-44)	Pdsportsmanagement	01:52:16

### Relay

#### No Gender:

1	Jake Saxon (Relay)		02:00:48
2	Charlotte White (Relay)		02:03:14
3	Jon Board (Relay)	Chorlton Bog Trotters	02:05:50

# Tameside XL Triathlon Results

09 October 2011

Stalybridge

# Athletes: 85

## Individual

Rank	Category	Bib	Name	Time	Swim	Bike	Swim+Bike	Run
1	M3539 (1)	83	Paul Davies	01:42:19	00:10:22	00:50:51	01:01:13	00:41:06
2	M4549 (1)	59	Mark Ferguson	01:47:09	00:10:03	00:54:03	01:04:06	00:43:02
3	M4044 (1)	74	Paul Drinkwater	01:52:16	00:10:02	00:55:37	01:05:40	00:46:36
4	M4044 (2)	85	Gregory McNally	01:52:27	00:10:16	00:57:38	01:07:55	00:44:32
5	M4044 (3)	43	Phil Huntington	01:53:09	00:12:35	00:54:14	01:06:49	00:46:20
6	M19 (1)	87	Thomas Kneller	01:54:21	00:08:16	01:00:53	01:09:10	00:45:10
7	M4044 (4)	78	Stephen Hilton	01:55:36	00:09:56	01:00:12	01:10:09	00:45:27
8	M2029 (1)	89	Tim Davies	01:56:20	00:08:05	01:01:18	01:09:24	00:46:56
9	M4044 (5)	49	Rob Wilkinson	01:58:05	00:12:58	00:54:40	01:07:39	00:50:25
10	M4044 (6)	70	Christopher Wilson	02:02:28	00:11:50	01:07:13	01:19:04	00:43:24
11	M3539 (2)	77	David Ryder	02:02:36	00:11:13	01:06:16	01:17:29	00:45:06
12	M3034 (1)	44	Ben Simnett	02:03:28	00:13:03	01:02:15	01:15:18	00:48:09
13	M3034 (2)	45	Paul Unsworth	02:04:35	00:11:22	01:09:31	01:20:53	00:43:41
14	M3034 (3)	66	Richard Smith	02:06:19	00:11:21	01:05:36	01:16:58	00:49:21
15	M3034 (4)	57	Michael Corbett	02:08:20	00:11:20	01:06:08	01:17:28	00:50:51
16	F4044 (1)	80	Cathy Atkinson	02:10:02	00:10:14	01:07:09	01:17:23	00:52:39
17	M4549 (2)	31	James Blinkhorn	02:10:13	00:12:30	01:04:02	01:16:32	00:53:40
18	M3034 (5)	38	Matthew Oldham	02:11:31	00:12:59	01:14:58	01:27:57	00:43:34
19	M2029 (2)	91	Ben Gooze	02:11:37	00:13:52	01:11:34	01:25:26	00:46:11
20	M3034 (6)	63	John Plant	02:11:41	00:11:06	01:07:28	01:18:34	00:53:06
21	M3034 (7)	39	Richard Sample	02:12:00	00:13:20	01:05:39	01:19:00	00:52:59
22	M4044 (7)	76	Laurence James	02:12:22	00:11:26	01:10:41	01:22:08	00:50:13
23	M4549 (3)	68	Mick Buin	02:14:53	00:12:22	01:09:12	01:21:34	00:53:18
24	M3539 (3)	41	Tim Board	02:15:39	00:12:07	01:11:59	01:24:07	00:51:32
25	M3539 (4)	82	Peter Bancroft	02:16:49	00:09:57	01:11:17	01:21:14	00:55:34
26	M3034 (8)	60	Kevin Handley	02:16:50	00:13:44	01:13:27	01:27:12	00:49:38
27	M3539 (5)	37	Mark Bowden	02:16:58	00:11:29	01:13:19	01:24:49	00:52:08
28	M4044 (8)	5	Steven Lees	02:17:22	00:09:38	01:13:33	01:23:12	00:54:10
29	M4549 (4)	65	Darren Riley	02:17:33	00:10:52	01:09:18	01:20:11	00:57:22
30	M4044 (9)	42	Andy Brennan	02:18:40	00:12:22	01:08:11	01:20:34	00:58:06
31	M3539 (6)	9	Adam Trigg	02:18:49	00:10:53	01:11:42	01:22:35	00:56:13
32	M2029 (3)	90	Jack Lee	02:19:59	00:12:05	01:12:52	01:24:58	00:55:01
33	M3539 (7)	67	Kevin Connaghan	02:20:20	00:12:00	01:15:57	01:27:58	00:52:22
34	M3539 (8)	14	Callum McLean	02:20:26	00:12:03	01:09:48	01:21:51	00:58:34
35	F2029 (1)	72	Sarah Davies	02:20:35	00:11:29	01:12:51	01:24:20	00:56:14
36	M3034 (9)	86	Thomas Elphick	02:20:43	00:08:29	01:14:25	01:22:55	00:57:48
37	M3539 (9)	32	Mark Crannage	02:21:53	00:12:21	01:16:39	01:29:01	00:52:51
38	M3034 (10)	35	Kris Jones	02:22:14	00:11:42	01:16:22	01:28:04	00:54:09
39	M19 (2)	88	David Moores	02:23:40	00:08:40	01:24:17	01:32:57	00:50:42
40	M3539 (10)	22	Roy Halliday	02:23:45	00:14:37	01:13:17	01:27:55	00:55:50
41	M3034 (11)	75	Andy Hamilton	02:24:05	00:10:32	01:16:45	01:27:18	00:56:46
42	M2029 (4)	73	Paul Dobbs	02:25:47	00:08:51	01:24:37	01:33:29	00:52:18
43	M4044 (10)	50	James Dickinson	02:27:46	00:12:28	01:15:50	01:28:18	00:59:27
44	M3034 (12)	34	Mike Jenkins	02:28:40	00:12:27	01:19:03	01:31:31	00:57:09
45	F4549 (1)	40	Elaine Penning	02:31:17	00:13:02	01:20:31	01:33:33	00:57:43
46	M3539 (11)	56	Mike Bundy	02:31:26	00:11:14	01:20:03	01:31:17	01:00:08
47	M5054 (1)	23	Steve Lewis	02:31:31	00:16:14	01:17:25	01:33:39	00:57:51
48	M4044 (11)	69	Alan Harrison	02:31:40	00:12:14	01:25:44	01:37:58	00:53:41
49	M5054 (2)	11	Michael Hughes	02:32:21	00:13:14	01:16:30	01:29:44	01:02:36

## Individual

Rank	Category	Bib	Name	Time	Swim	Bike	Swim+Bike	Run
50	F3539 (1)	24	Kelly-Ann Percival	02:32:22	00:13:21	01:26:20	01:39:41	00:52:40
51	F2029 (2)	25	Ruth Harrison	02:33:17	00:13:50	01:22:06	01:35:57	00:57:19
52	M4549 (5)	64	Tim Rainey	02:33:51	00:15:52	01:16:03	01:31:55	01:01:55
53	M4044 (12)	47	Richard Edgell	02:35:02	00:14:49	01:19:32	01:34:21	01:00:40
54	M4044 (13)	6	Nancy McLean	02:36:05	00:19:04	01:21:48	01:40:53	00:55:12
55	M3539 (12)	8	Garry Parker	02:37:15	00:10:45	01:27:52	01:38:37	00:58:37
56	M4044 (14)	13	David Gee	02:37:15	00:13:56	01:22:06	01:36:03	01:01:12
57	M3034 (13)	36	Gary Birch	02:38:03	00:12:07	01:23:17	01:35:25	01:02:38
58	M5559 (1)	10	Steve Darwin	02:38:10	00:16:58	01:25:46	01:42:44	00:55:25
59	M4549 (6)	28	Steve Beardmore	02:39:12	00:13:13	01:29:07	01:42:20	00:56:51
60	M4044 (15)	84	Carl Baker	02:41:11	00:12:57	01:24:42	01:37:40	01:03:30
61	M4044 (16)	21	Matthew Gribbin	02:42:14	00:13:50	01:29:12	01:43:02	00:59:11
62	M4549 (7)	33	Paul Gaskin	02:42:53	00:10:44	01:31:35	01:42:20	01:00:33
63	M2029 (5)	30	Paul Beech	02:43:02	00:13:54	01:22:13	01:36:08	01:06:53
64	M5054 (3)	19	John Wilson	02:48:27	00:16:33	01:22:39	01:39:12	01:09:15
65	F3539 (2)	53	Danielle Sillence	02:49:42	00:11:11	01:34:55	01:46:06	01:03:35
66	M2029 (6)	17	Mike Delaney	02:53:46	00:15:19	01:35:55	01:51:14	01:02:31
67	F2029 (3)	46	Michelle Burgess	02:54:50	00:12:51	01:35:26	01:48:17	01:06:33
68	M2029 (7)	18	David Berry	02:55:01	00:16:10	01:29:06	01:45:17	01:09:44
69	F2029 (4)	51	Sophie Harrison	03:00:12	00:12:54	01:35:53	01:48:48	01:11:23
70	M5054 (4)	26	Simon Ashton	03:03:36	00:12:56	01:33:30	01:46:27	01:17:08
71	F4044 (2)	20	Andrea Horton	03:05:03	00:14:35	01:42:40	01:57:15	01:07:47
72	M3034 (14)	61	James Haslam	03:10:21	00:13:07	01:41:20	01:54:27	01:15:53
73	F6099 (1)	71	Jo Argyle-Robinson	03:14:55	00:15:33	01:45:59	02:01:32	01:13:22
74	M4549 (8)	15	John Pickering	03:17:22	00:14:45	01:42:59	01:57:44	01:19:37
75	M4549 (9)	16	John Bayly	03:21:09	00:15:22	01:54:02	02:09:25	01:11:44

## Relay

Rank	Category	Bib	Name	Time	Swim	Bike	Swim+Bike	Run
1	Nteam (1)	106	Jake Saxon	02:00:48	00:14:21	01:08:43	01:23:05	00:37:43
2	Nteam (2)	109	Charlotte White	02:03:14	00:12:34	01:02:47	01:15:21	00:47:52
3	Nteam (3)	108	Jon Board	02:05:50	00:15:28	01:05:25	01:20:53	00:44:56
4	Nteam (4)	102	Karen Pickering	02:10:59	00:13:38	01:07:27	01:21:05	00:49:54
5	Nteam (5)	104	Gary Hulston	02:15:42	00:15:45	01:03:56	01:19:41	00:56:00
6	Nteam (6)	101	Dewi Powell	02:26:33	00:19:04	01:12:43	01:31:48	00:54:45
7	Nteam (7)	105	Steven Pleasant	02:27:13	00:19:07	01:08:51	01:27:58	00:59:14
8	Nteam (8)	103	Nick Dyer	02:31:17	00:14:05	01:22:47	01:36:52	00:54:24
9	Nteam (9)	107	Sorrel Holland	02:33:02	00:14:00	01:18:54	01:32:54	01:00:07
10	Nteam (10)	100	Sharon Smith	02:46:53	00:21:28	01:28:51	01:50:20	00:56:33



# Tameside XL Triathlon Results

09 October 2011

Stalybridge

# Athletes: 85

Weather:

Course:

		Individual						
Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Female 20-29</b>								
1	72	Sarah Davies		02:20:35	00:11:29 (1)	01:12:51 (1)	01:24:20 (1)	00:56:14 (1)
2	25	Ruth Harrison		02:33:17	00:13:50 (4)	01:22:06 (2)	01:35:57 (2)	00:57:19 (2)
3	46	Michelle Burgess		02:54:50	00:12:51 (2)	01:35:26 (3)	01:48:17 (3)	01:06:33 (3)
4	51	Sophie Harrison		03:00:12	00:12:54 (3)	01:35:53 (4)	01:48:48 (4)	01:11:23 (4)
<b>Female 35-39</b>								
1	24	Kelly-Ann Percival	Hyde Village Striders	02:32:22	00:13:21 (2)	01:26:20 (1)	01:39:41 (1)	00:52:40 (1)
2	53	Danielle Sillence		02:49:42	00:11:11 (1)	01:34:55 (2)	01:46:06 (2)	01:03:35 (2)
<b>Female 40-44</b>								
1	80	Cathy Atkinson	Manchester Triathlon Club	02:10:02	00:10:14 (1)	01:07:09 (1)	01:17:23 (1)	00:52:39 (1)
2	20	Andrea Horton		03:05:03	00:14:35 (2)	01:42:40 (2)	01:57:15 (2)	01:07:47 (2)
<b>Female 45-49</b>								
1	40	Elaine Penning		02:31:17	00:13:02 (1)	01:20:31 (1)	01:33:33 (1)	00:57:43 (1)
<b>Female 60+</b>								
1	71	Jo Argyle-Robinson	East Lothian Triathlon Cl	03:14:55	00:15:33 (1)	01:45:59 (1)	02:01:32 (1)	01:13:22 (1)
<b>Male Under 20</b>								
1	87	Thomas Kneller	Tri Team Wigan	01:54:21	00:08:16 (1)	01:00:53 (1)	01:09:10 (1)	00:45:10 (1)
2	88	David Moores	Macclesfield Harriers and	02:23:40	00:08:40 (2)	01:24:17 (2)	01:32:57 (2)	00:50:42 (2)

Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Male 20-29</b>								
1	89	Tim Davies		01:56:20	00:08:05 (1)	01:01:18 (1)	01:09:24 (1)	00:46:56 (2)
2	91	Ben Googe		02:11:37	00:13:52 (4)	01:11:34 (2)	01:25:26 (3)	00:46:11 (1)
3	90	Jack Lee		02:19:59	00:12:05 (3)	01:12:52 (3)	01:24:58 (2)	00:55:01 (4)
4	73	Paul Dobbs		02:25:47	00:08:51 (2)	01:24:37 (5)	01:33:29 (4)	00:52:18 (3)
5	30	Paul Beech		02:43:02	00:13:54 (5)	01:22:13 (4)	01:36:08 (5)	01:06:53 (6)
6	17	Mike Delaney		02:53:46	00:15:19 (6)	01:35:55 (7)	01:51:14 (7)	01:02:31 (5)
7	18	David Berry		02:55:01	00:16:10 (7)	01:29:06 (6)	01:45:17 (6)	01:09:44 (7)
<b>Male 30-34</b>								
1	44	Ben Simnett		02:03:28	00:13:03 (11)	01:02:15 (1)	01:15:18 (1)	00:48:09 (3)
2	45	Paul Unsworth		02:04:35	00:11:22 (6)	01:09:31 (6)	01:20:53 (6)	00:43:41 (2)
3	66	Richard Smith		02:06:19	00:11:21 (5)	01:05:36 (2)	01:16:58 (2)	00:49:21 (4)
4	57	Michael Corbett		02:08:20	00:11:20 (4)	01:06:08 (4)	01:17:28 (3)	00:50:51 (6)
5	38	Matthew Oldham	Greater Manchester Police	02:11:31	00:12:59 (10)	01:14:58 (9)	01:27:57 (10)	00:43:34 (1)
6	63	John Plant		02:11:41	00:11:06 (3)	01:07:28 (5)	01:18:34 (4)	00:53:06 (8)
7	39	Richard Sample	Saddleworth Runners	02:12:00	00:13:20 (13)	01:05:39 (3)	01:19:00 (5)	00:52:59 (7)
8	60	Kevin Handley		02:16:50	00:13:44 (14)	01:13:27 (7)	01:27:12 (8)	00:49:38 (5)
9	86	Thomas Elphick		02:20:43	00:08:29 (1)	01:14:25 (8)	01:22:55 (7)	00:57:48 (12)
10	35	Kris Jones		02:22:14	00:11:42 (7)	01:16:22 (10)	01:28:04 (11)	00:54:09 (9)
11	75	Andy Hamilton	Chester Tri	02:24:05	00:10:32 (2)	01:16:45 (11)	01:27:18 (9)	00:56:46 (10)
12	34	Mike Jenkins		02:28:40	00:12:27 (9)	01:19:03 (12)	01:31:31 (12)	00:57:09 (11)
13	36	Gary Birch		02:38:03	00:12:07 (8)	01:23:17 (13)	01:35:25 (13)	01:02:38 (13)
14	61	James Haslam		03:10:21	00:13:07 (12)	01:41:20 (14)	01:54:27 (14)	01:15:53 (14)

Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Male 35-39</b>								
1	83	Paul Davies	Scott UK Powerbar	01:42:19	00:10:22 (2)	00:50:51 (1)	01:01:13 (1)	00:41:06 (1)
2	77	David Ryder		02:02:36	00:11:13 (5)	01:06:16 (2)	01:17:29 (2)	00:45:06 (2)
3	41	Tim Board		02:15:39	00:12:07 (10)	01:11:59 (6)	01:24:07 (6)	00:51:32 (3)
4	82	Peter Bancroft	Stalybridge Swimming Club	02:16:49	00:09:57 (1)	01:11:17 (4)	01:21:14 (3)	00:55:34 (7)
5	37	Mark Bowden	Saddleworth Runners	02:16:58	00:11:29 (7)	01:13:19 (8)	01:24:49 (7)	00:52:08 (4)
6	9	Adam Trigg		02:18:49	00:10:53 (4)	01:11:42 (5)	01:22:35 (5)	00:56:13 (9)
7	67	Kevin Connaghan		02:20:20	00:12:00 (8)	01:15:57 (9)	01:27:58 (9)	00:52:22 (5)
8	14	Callum McLean		02:20:26	00:12:03 (9)	01:09:48 (3)	01:21:51 (4)	00:58:34 (10)
9	32	Mark Crannage		02:21:53	00:12:21 (11)	01:16:39 (10)	01:29:01 (10)	00:52:51 (6)
10	22	Roy Halliday		02:23:45	00:14:37 (12)	01:13:17 (7)	01:27:55 (8)	00:55:50 (8)
11	56	Mike Bundy		02:31:26	00:11:14 (6)	01:20:03 (11)	01:31:17 (11)	01:00:08 (12)
12	8	Garry Parker		02:37:15	00:10:45 (3)	01:27:52 (12)	01:38:37 (12)	00:58:37 (11)
<b>Male 40-44</b>								
1	74	Paul Drinkwater	Pdsportsmanagement	01:52:16	00:10:02 (3)	00:55:37 (3)	01:05:40 (1)	00:46:36 (5)
2	85	Gregory McNally	High Peak Cycles	01:52:27	00:10:16 (4)	00:57:38 (4)	01:07:55 (4)	00:44:32 (2)
3	43	Phil Huntington		01:53:09	00:12:35 (10)	00:54:14 (1)	01:06:49 (2)	00:46:20 (4)
4	78	Stephen Hilton	Tri Team Wigan	01:55:36	00:09:56 (2)	01:00:12 (5)	01:10:09 (5)	00:45:27 (3)
5	49	Rob Wilkinson	Pennine Black Dogs	01:58:05	00:12:58 (12)	00:54:40 (2)	01:07:39 (3)	00:50:25 (7)
6	70	Christopher Wilson		02:02:28	00:11:50 (6)	01:07:13 (6)	01:19:04 (6)	00:43:24 (1)
7	76	Laurence James	Scarab Triathlon Club	02:12:22	00:11:26 (5)	01:10:41 (8)	01:22:08 (8)	00:50:13 (6)
8	5	Steven Lees	Holmfirth Harriers	02:17:22	00:09:38 (1)	01:13:33 (9)	01:23:12 (9)	00:54:10 (9)
9	42	Andy Brennan		02:18:40	00:12:22 (8)	01:08:11 (7)	01:20:34 (7)	00:58:06 (11)
10	50	James Dickinson	Scarab Triathlon Club	02:27:46	00:12:28 (9)	01:15:50 (10)	01:28:18 (10)	00:59:27 (13)
11	69	Alan Harrison		02:31:40	00:12:14 (7)	01:25:44 (15)	01:37:58 (14)	00:53:41 (8)
12	47	Richard Edgell	Scarab Triathlon Club	02:35:02	00:14:49 (15)	01:19:32 (11)	01:34:21 (11)	01:00:40 (14)
13	6	Nancy McLean		02:36:05	00:19:04 (16)	01:21:48 (12)	01:40:53 (15)	00:55:12 (10)
14	13	David Gee		02:37:15	00:13:56 (14)	01:22:06 (13)	01:36:03 (12)	01:01:12 (15)
15	84	Carl Baker		02:41:11	00:12:57 (11)	01:24:42 (14)	01:37:40 (13)	01:03:30 (16)
16	21	Matthew Gribbin		02:42:14	00:13:50 (13)	01:29:12 (16)	01:43:02 (16)	00:59:11 (12)

Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Male 45-49</b>								
1	59	Mark Ferguson	Oldham Ruffeys	01:47:09	00:10:03 (1)	00:54:03 (1)	01:04:06 (1)	00:43:02 (1)
2	31	James Blinkhorn		02:10:13	00:12:30 (5)	01:04:02 (2)	01:16:32 (2)	00:53:40 (3)
3	68	Mick Buin		02:14:53	00:12:22 (4)	01:09:12 (3)	01:21:34 (4)	00:53:18 (2)
4	65	Darren Riley		02:17:33	00:10:52 (3)	01:09:18 (4)	01:20:11 (3)	00:57:22 (5)
5	64	Tim Rainey		02:33:51	00:15:52 (9)	01:16:03 (5)	01:31:55 (5)	01:01:55 (7)
6	28	Steve Beardmore		02:39:12	00:13:13 (6)	01:29:07 (6)	01:42:20 (7)	00:56:51 (4)
7	33	Paul Gaskin	Gaskin Consulting Ltd	02:42:53	00:10:44 (2)	01:31:35 (7)	01:42:20 (6)	01:00:33 (6)
8	15	John Pickering		03:17:22	00:14:45 (7)	01:42:59 (8)	01:57:44 (8)	01:19:37 (9)
9	16	John Bayly		03:21:09	00:15:22 (8)	01:54:02 (9)	02:09:25 (9)	01:11:44 (8)
<b>Male 50-54</b>								
1	23	Steve Lewis		02:31:31	00:16:14 (3)	01:17:25 (2)	01:33:39 (2)	00:57:51 (1)
2	11	Michael Hughes		02:32:21	00:13:14 (2)	01:16:30 (1)	01:29:44 (1)	01:02:36 (2)
3	19	John Wilson	Leeds Bradford Tri Club	02:48:27	00:16:33 (4)	01:22:39 (3)	01:39:12 (3)	01:09:15 (3)
4	26	Simon Ashton	Marple Swimming Club	03:03:36	00:12:56 (1)	01:33:30 (4)	01:46:27 (4)	01:17:08 (4)
<b>Male 55-59</b>								
1	10	Steve Darwin		02:38:10	00:16:58 (1)	01:25:46 (1)	01:42:44 (1)	00:55:25 (1)

Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Individual</b>								
Rank	Bib	Name	Club	Time	Swim	Bike	Swim+Bike	Run
<b>Relay</b>								
1	106	Jake Saxon		02:00:48	00:14:21 (5)	01:08:43 (5)	01:23:05 (5)	00:37:43 (1)
2	109	Charlotte White		02:03:14	00:12:34 (1)	01:02:47 (1)	01:15:21 (1)	00:47:52 (3)
3	108	Jon Board	Chorlton Bog Trotters	02:05:50	00:15:28 (6)	01:05:25 (3)	01:20:53 (3)	00:44:56 (2)
4	102	Karen Pickering	The Jelly Donuts	02:10:59	00:13:38 (2)	01:07:27 (4)	01:21:05 (4)	00:49:54 (4)
5	104	Gary Hulston	Ken Ward Centre	02:15:42	00:15:45 (7)	01:03:56 (2)	01:19:41 (2)	00:56:00 (7)
6	101	Dewi Powell	Tri 4 Goal	02:26:33	00:19:04 (8)	01:12:43 (7)	01:31:48 (7)	00:54:45 (6)
7	105	Steven Pleasant		02:27:13	00:19:07 (9)	01:08:51 (6)	01:27:58 (6)	00:59:14 (9)
8	103	Nick Dyer		02:31:17	00:14:05 (4)	01:22:47 (9)	01:36:52 (9)	00:54:24 (5)
9	107	Sorrel Holland	Team Physiofusion	02:33:02	00:14:00 (3)	01:18:54 (8)	01:32:54 (8)	01:00:07 (10)
10	100	Sharon Smith	Environmental Services	02:46:53	00:21:28 (10)	01:28:51 (10)	01:50:20 (10)	00:56:33 (8)

# **Tameside XL Triathlon**

**Stalybridge**

**09 October 2011**

**Chief of Competition:** Dave Quartermain

**Chief of Course:**

**Technical Delegate:**

**Jury:**