

**Hillingdon Triathletes Triathlon Series 2008 - Race 3****Sunday 13th July 2008****600m (lake) swim / 6km run / 25km bike**

Posn	No.	Cat	Pts	Name	Club	Swim	Run	Bike	Total
1	61	M	150	Matt Molloy	Herbalife	00:08:50	00:23:20	00:39:47	01:11:57
2	70	M	149	Euan Lees	Ful-On-Tri	00:09:02	00:23:21	00:39:37	01:12:00
3	51	V	148	George Stewart	Hillingdon Triathletes	00:11:05	00:22:05	00:39:46	01:12:56
4	58	M	147	Clark Schofield	Hillingdon Triathletes	00:09:54	00:23:36	00:39:26	01:12:56
5	53	M	146	Tristan Shippides	Ful-On-Tri	00:10:24	00:22:29	00:40:34	01:13:27
6	52	M	145	Matt Pateman	Thames Turbo	00:10:18	00:22:52	00:40:20	01:13:30
7	57	M	144	Mark Edwards	Hillingdon Triathletes	00:09:55	00:24:44	00:39:22	01:14:01
8	81	M	143	Matt Chapman	SLH Tri	00:11:00	00:22:48	00:41:03	01:14:51
9	44	V	142	Jon Horseman	Crystal Palace	00:10:16	00:23:41	00:41:14	01:15:11
10	67	M	141	Tom Korff	Hillingdon Triathletes	00:10:35	00:24:40	00:40:16	01:15:31
11	55	M	140	Mark Anley	Optima	00:09:04	00:27:02	00:41:17	01:17:23
12	68	M	139	James Beckinsale	Optima	00:10:01	00:25:18	00:42:06	01:17:25
13	65	M	138	Dave Knight	Hillingdon Triathletes	00:11:27	00:25:00	00:41:04	01:17:31
14	30	V	137	Simon Kenyon	Ful-On-Tri	00:11:50	00:24:42	00:41:00	01:17:32
15	129	FV	136	Ruth Hutton	SLH Tri	00:10:42	00:26:36	00:41:12	01:18:30
16	113	F	135	Edwina Carter	Optima	00:11:00	00:25:36	00:42:17	01:18:53
17	46	V	134	Phil Roker	Ful-On-Tri	00:10:35	00:27:53	00:40:42	01:19:10
18	125	F	133	Karen Alexsdottir	Optima	00:11:02	00:26:40	00:41:40	01:19:22
19	29	V	132	Mark Kleanthous	Milton Keynes	00:11:25	00:24:52	00:43:33	01:19:50
20	19	V	131	Steve Hyett	Hillingdon Triathletes	00:09:40	00:26:12	00:44:05	01:19:57
21	20	V	130	Simon Claridge	Hillingdon Triathletes	00:12:27	00:25:52	00:42:01	01:20:20
22	106	F	129	Jenny Shorrocks	Hillingdon Triathletes	00:09:03	00:25:45	00:45:35	01:20:23
23	90	M	128	Oliver Jones	Hillingdon Triathletes	00:10:34	00:26:51	00:43:21	01:20:46
24	45	V	127	Brian Henessey	SLH Tri	00:11:35	00:25:57	00:44:37	01:22:09
25	88	M	126	John Coolahan	Ful-On-Tri	00:11:58	00:29:35	00:41:31	01:23:04
26	42	V	125	Paul Moulton	Optima	00:12:00	00:27:20	00:43:46	01:23:06
27	62	M	124	Roger Fowkes	Hillingdon Triathletes	00:13:30	00:26:38	00:43:01	01:23:09
28	69	M	123	Neil Weston		00:10:37	00:27:18	00:45:25	01:23:20
29	27	V	122	Ian Gould	Hillingdon Triathletes	00:15:16	00:25:34	00:42:37	01:23:27
30	23	V	121	Jacon Gloor	Hillingdon Triathletes	00:10:45	00:30:10	00:43:35	01:24:30
31	1	SV	120	Richard Nash	Hillingdon Triathletes	00:11:46	00:26:40	00:46:13	01:24:39
32	107	F	119	Sarah Clark	Ful-On-Tri	00:10:50	00:26:30	00:47:59	01:25:19
33	105	F	118	Francoise Hanlon	Ful-On-Tri	00:11:55	00:26:52	00:46:35	01:25:22
34	4	SV	117	Michael Donovan	St Albans Striders	00:10:56	00:26:55	00:48:08	01:25:59
35	32	V	116	Kevin Ormerod	Met Police	00:11:22	00:29:16	00:45:42	01:26:20
36	6	SV	115	Phillip Crouch		00:13:18	00:29:57	00:43:07	01:26:22
37	54	M	114	Frank Burden	Ful-On-Tri	00:13:20	00:27:08	00:46:15	01:26:43
38	110	F	113	Heather Golla		00:11:00	00:29:27	00:46:20	01:26:47
39	13	V	112	Alistar Henderson	Serpentine	00:12:00	00:27:20	00:47:30	01:26:50
40	76	M	111	Paul Jagger	Clapham Chasers	00:13:02	00:28:37	00:45:48	01:27:27
41	33	V	110	Nick Ison	North Road CC	00:13:30	00:30:38	00:43:24	01:27:32
42	36	V	109	Peter Ive	Ful-On-Tri	00:11:20	00:30:05	00:46:11	01:27:36
43	17	V	108	David Baker	SLH Tri	00:11:32	00:24:48	00:51:20	01:27:40
44	115	F	107	Melissa Arkinstall	Hillingdon Triathletes	00:13:25	00:28:32	00:46:22	01:28:19
45	35	V	106	Sam McKenzie		00:13:10	00:30:18	00:45:02	01:28:30
46	86	M	105	Gary Lyons	Clapham Chasers	00:12:10	00:31:02	00:45:20	01:28:32
47	38	V	104	David Goodenough	Jetstream	00:12:21	00:29:38	00:47:37	01:29:36
48	77	M	103	Alan Richie		00:12:55	00:31:30	00:46:24	01:30:49
49	21	V	102	Martin Bowd	Hillingdon Triathletes	00:15:51	00:29:15	00:46:20	01:31:26
50	72	M	101	John Dennis	Optima	00:13:30	00:29:30	00:48:30	01:31:30
51	18	V	100	Rob Key		00:13:10	00:30:10	00:49:21	01:32:41
52	37	V	99	Stephen Vey	Clapham Chasers	00:14:57	00:30:07	00:47:56	01:33:00
53	5	SV	98	Robert Doyle	Hillingdon Triathletes	00:12:20	00:29:34	00:51:35	01:33:29
54	22	V	97	Gavin Evans	London Heathside	00:13:35	00:27:16	00:52:51	01:33:42
55	122	F	96	Michaela Floyd		00:18:51	00:24:15	00:50:40	01:33:46
56	48	V	95	Chris Edington		00:15:05	00:25:47	00:53:58	01:34:50
57	121	F	94	Beckie Woodland	SLH Tri	00:11:52	00:29:00	00:54:03	01:34:55
58	83	M	93	Simon Ferguson	Clapham Chasers	00:19:41	00:28:51	00:46:38	01:35:10
59	11	SV	92	Ned Wilkinson	Hillingdon Triathletes	00:12:13	00:32:57	00:51:10	01:36:20
60	120	F	91	Kathryn Hewitt	SLH Tri	00:12:50	00:30:51	00:52:46	01:36:27
61	3	SV	90	Ian Leslie	Hillingdon Triathletes	00:15:45	00:31:12	00:50:29	01:37:26
62	91	M	89	Steve Isherwood	Privateer	00:14:40	00:32:07	00:50:43	01:37:30
63	80	M	88	John Laird	Hillingdon Triathletes	00:13:35	00:32:23	00:51:40	01:37:38
64	84	M	87	Stefano Dell'aringa		00:19:02	00:30:23	00:48:18	01:37:43
65	24	V	86	Andrew Coates		00:14:44	00:32:06	00:50:59	01:37:49
66	26	V	85	Steve Hart	Hillingdon Triathletes	00:15:14	00:32:39	00:51:47	01:39:40
67	87	M	84	Euan Cameron		00:13:32	00:34:07	00:52:17	01:39:56
68	89	M	83	Nick Karelse		00:13:20	00:35:43	00:51:11	01:40:14
69	128	FV	82	Christine Meek	Hillingdon Triathletes	00:11:50	00:31:12	00:57:29	01:40:31
70	79	M	81	Steven Mitchell	SLH Tri	00:12:40	00:35:48	00:53:09	01:41:37
71	134	FV	80	Trudy Kuhn	SLH Tri	00:14:50	00:31:33	00:55:51	01:42:14
72	104	F	79	Emma Bayliss	Hillingdon Triathletes	00:13:22	00:37:06	00:52:12	01:42:40
73	8	SV	78	Bill Stafford		00:13:12	00:37:08	00:54:04	01:44:24

74	116	F	77	Anna Hindle	Clapham Chasers	00:15:58	00:31:32	00:56:58	01:44:28
75	9	SV	76	Philip Bienkowski		00:15:38	00:34:47	00:54:04	01:44:29
76	85	M	75	Rob Karelse		00:14:05	00:38:40	00:52:48	01:45:33
77	135	FV	74	Lorraine Hewitt	SLH Tri	00:15:55	00:34:22	00:57:12	01:47:29
78	131	FV	73	Melanie Phillips		00:18:04	00:35:11	00:56:42	01:49:57
79	31	V	72	Geoff Phillips		00:13:05	00:40:10	00:56:42	01:49:57
80	41	V	71	Olivier Garrigue	Hillingdon Triathletes	00:13:27	00:45:03	00:52:21	01:50:51
81	111	F	70	Kirsty Neale		00:17:03	00:34:59	01:02:08	01:54:10
82	133	FV	69	Caroline White	London Heathside	00:18:15	00:34:24	01:03:57	01:56:36
83	132	FV	68	Julie Khan		00:18:51	00:35:57	01:04:10	01:58:58
84	109	F	67	Rachel Cooper		00:18:12	00:41:24	01:02:04	02:01:40
85	123	F	66	Claire Stocks-Wilson		00:15:03	00:45:03	01:01:52	02:01:58
86	74	F	65	Omayma Lainl **		00:12:29	00:29:48	01:30:51	02:13:08
87	40	V	64	Davis Ramsey		00:21:06	00:45:54	01:09:24	02:16:24
	500	J		Sky Draper	Jetstream	00:09:33			
	700	J		Rachel Wardle	Hillingdon Triathletes	00:11:30			
	127	FV		Jo Hymns	Serpentine	00:13:08		00:59:29	

\*\* Time includes one extra bike lap

### Hillingdon Triathletes Duathlon Series 2008 - Race 3

Sunday 13th July 2008

6km run / 25km bike

Posn	No.	Cat	Pts	Name	Club	Run	Bike	Total
1	149	M	30	Jez Cox	Team Bike and Run	00:21:24	00:39:16	01:00:40
2	155	M	29	Nick Shasha	Walthamstow AC	00:21:18	00:43:18	01:04:36
3	143	M	28	Noah Knock		00:23:10	00:43:08	01:06:18
4	147	V	27	Jerry Fahy	Hillingdon Triathletes	00:25:36	00:42:20	01:07:56
5	152	M	26	Daniel Gooch		00:25:01	00:46:15	01:11:16
6	144	V	25	David Micklewright	Hillingdon Triathletes	00:26:56	00:44:47	01:11:43
7	141	M	24	Duncan Cooper		00:30:38	00:46:23	01:17:01
8	150	FV	23	Samantha Bell		00:28:55	00:50:36	01:19:31