



Ana Leaf InterInsular Triathlon

Saturday 28th June

Sprint



Name	M/F	Swim + T1		Bike		T2 + Run 1		Total	
Ethan Woodhead (63)	M20-24	00:14:41	1	00:31:02	8	00:19:14	1	01:04:58	1
Dirk Swart (157)	M35-39			00:46:27	63	00:19:48	2	01:06:15	2
Peter Holmes (106)	M20-24	00:14:46	2	00:30:56	5	00:20:53	6	01:06:34	3
Wayne Quenault (156)	M35-39	00:16:28	11	00:29:34	1	00:20:42	5	01:06:44	4
Dale Quenault (85)	M35-39	00:16:32	12	00:29:34	2	00:21:44	9	01:07:51	5
Jonny Amy (150)	M30-34	00:17:23	18	00:30:19	4	00:20:13	4	01:07:56	6
Mike Norbury (94)	M45-49	00:16:21	10	00:32:20	12	00:19:50	3	01:08:30	7
Christopher Norman (93)	M35-39	00:16:47	14	00:30:58	7	00:21:15	8	01:09:01	8
Freddie Furley (117)	M15-19	00:14:56	3	00:33:33	21	00:20:56	7	01:09:24	9
Mark Syvret (78)	M50-54	00:17:41	22	00:30:04	3	00:21:59	12	01:09:44	10
Andrew Hardwick (110)	M45-49			00:47:57	66	00:22:16	13	01:10:13	11
Kyle Dougherty (128)	M40-44			00:47:24	64	00:22:57	18	01:10:21	12
Richard Tanguy (75)	M35-39	00:16:08	9	00:32:24	13	00:23:28	19	01:12:00	13
Daniel Gage (116)	M50-54	00:17:17	17	00:32:34	14	00:22:37	16	01:12:28	14
Dan Garrido (160)	M45-49	00:17:12	16	00:32:56	17	00:22:31	15	01:12:39	15
Benn Garnham (115)	M45-49	00:16:42	13	00:30:58	6	00:25:22	31	01:13:02	16
Johnny FORBES (118)	M45-49	00:14:59	4	00:33:09	20	00:25:03	27	01:13:12	17
Tim Hutton (159)	M40-44	00:18:06	23	00:33:03	19	00:22:41	17	01:13:50	18
Lindsay Sword (79)	F25-29	00:15:20	5	00:36:41	42	00:21:55	10	01:13:56	19
Jon Downes (126)	M50-54	00:16:04	8	00:32:47	16	00:25:15	29	01:14:06	20
richard worth (62)	M50-54			00:50:22	68	00:23:51	23	01:14:13	21
Amy Critchlow (134)	F45-49	00:15:47	6	00:34:17	26	00:24:16	24	01:14:20	22
Tim White (67)	M15-19	00:18:53	32	00:33:41	23	00:21:57	11	01:14:31	23
Dylan Koyupinar (104)	M25-29	00:17:32	19	00:31:30	10	00:26:06	36	01:15:08	24
Tim Baker (145)	M45-49	00:18:19	25	00:31:37	11	00:26:10	37	01:16:07	25
Katie Tanguy (76)	F40-44	00:17:40	21	00:33:57	24	00:24:52	25	01:16:28	26
James Cosham (135)	M45-49	00:18:40	29	00:34:31	29	00:23:38	22	01:16:50	27
Robert Morton (97)	M35-39	00:18:26	26	00:32:40	15	00:26:51	40	01:17:57	28
Thomas Gavey (155)	M15-19	00:18:18	24	00:36:16	40	00:23:34	21	01:18:09	29
Claire Forbes (119)	F50-54	00:15:55	7	00:36:45	43	00:25:55	34	01:18:36	30
Adam Trotter (73)	M25-29	00:20:17	38	00:36:59	45	00:22:17	14	01:19:32	31
Joshua Pailing (89)	M15-19	00:17:36	20	00:38:41	50	00:23:30	20	01:19:46	32
Matthew Nerac (96)	M30-34	00:20:28	42	00:34:30	27	00:25:00	26	01:19:58	33
Alex Syvret (77)	M35-39							01:20:05	34
jason Wyatt (162)	M55-59	00:18:55	33	00:33:01	18	00:28:21	45	01:20:17	35
EMily Squire (81)	F45-49	00:18:28	28					01:20:30	36
Michael Todd (74)	M35-39							01:20:39	37
adrian de la haye (132)	M55-59	00:19:57	36	00:35:07	32	00:25:57	35	01:21:01	38
Lisa Mansell (101)	F35-39	00:21:46	47	00:34:56	31	00:25:08	28	01:21:49	39
David Bailey (147)	M50-54	00:18:41	30	00:35:12	33	00:28:30	46	01:22:22	40
Kylie Vaudin (70)	F20-24							01:22:33	41
James Hewlett (161)	M45-49	00:20:24	40	00:33:37	22	00:28:47	48	01:22:48	42
Paul Baines (146)	M45-49	00:18:42	31	00:35:30	35			01:23:10	43
Charlie Ovenden (91)	F45-49	00:22:23	51	00:34:30	28	00:26:23	39	01:23:16	44
Jade Packham (90)	F25-29	00:22:58	54	00:34:00	25	00:26:20	38	01:23:19	45
Brad Vaudin (69)	M25-29	00:21:45	46	00:31:09	9	00:30:24	51	01:23:19	46
William Dodds (130)	M45-49	00:22:21	50	00:35:27	34	00:25:53	33	01:23:41	47
Scott Carter (138)	M55-59	00:20:20	39	00:34:51	30	00:28:37	47	01:23:49	48
Daniel Brehaut (140)	M50-54	00:21:19	45	00:35:44	37	00:28:17	44	01:25:21	49
Jon Boleat (142)	M45-49							01:25:43	50
Daniel Dufour (125)	M30-34	00:22:40	52	00:38:27	49	00:25:21	30	01:26:28	51
Michael Murray (60)	M50-54	00:19:24	35	00:35:36	36	00:31:33	54	01:26:33	52

Eduardo Wilson (65)	M30-34	00:19:12	34	00:35:47	38	00:31:35	55	01:26:33	53
Lisa De Ste Croix (131)	F45-49	00:23:18	55	00:37:42	47	00:25:42	32	01:26:41	54
Adrian Attwell (148)	M55-59	00:18:27	27	00:36:59	46	00:31:20	53	01:26:46	55
Oliver Eden (124)	M45-49	00:20:06	37	00:39:27	53	00:28:02	42	01:27:36	56
Paul OBrien (92)	M40-44	00:20:25	41	00:36:37	41	00:31:49	56	01:28:51	57
Monika Markowska (100)	F45-49	00:24:24	59	00:36:53	44	00:28:09	43	01:29:27	58
David Cochrane (137)	M70-74	00:20:59	44	00:39:32	54	00:29:01	49	01:29:31	59
Edward Prow (86)	M40-44	00:20:30	43	00:38:51	51	00:30:17	50	01:29:38	60
Josh Cullinan (163)	M20-24	00:21:54	48	00:41:39	58	00:27:05	41	01:30:38	61
Aoife Lelai (151)	F15-19	00:16:53	15	00:41:56	59	00:36:04	65	01:34:53	62
David Carter (139)	M65-69	00:22:53	53	00:39:24	52	00:33:21	59	01:35:38	63
Alison Gavey (112)	F15-19	00:23:32	56	00:41:12	57	00:31:06	52	01:35:50	64
Steven Phillips (88)	M45-49	00:24:42	61	00:37:52	48	00:34:28	63	01:37:02	65
Marie Morris (98)	F45-49	00:23:35	57	00:40:55	56	00:33:51	61	01:38:21	66
Annabel Roberts (82)	F50-54	00:24:04	58	00:40:03	55	00:35:11	64	01:39:18	67
Cara Faudemer (152)	F30-34	00:21:59	49					01:39:57	68
Natalie Harris (153)	F40-44	00:24:56	62	00:43:59	62	00:32:18	57	01:41:13	69
Ian Lelai (102)	M50-54	00:30:53	65	00:36:14	39	00:34:21	62	01:41:28	70
Paul Wilkinson (66)	M60-64	00:27:24	64	00:41:59	60	00:32:25	58	01:41:48	71
Julie Fairclough (154)	F55-59	00:26:36	63	00:42:28	61	00:33:32	60	01:42:36	72
Caroline Baker (144)	F45-49	00:24:36	60	00:50:03	67	00:39:36	67	01:54:15	73
Michelle Donnelly (129)	F60-64	00:31:04	66	00:47:55	65	00:38:39	66	01:57:38	74
Denise Niicholls (95)	F60-64							02:04:09	75
Jackie Schwarz (164)		00:26:56		00:40:27					
Dan Armsden (149)	M45-49	00:16:56		00:30:46					
Paul Corcoran (136)	M60-64	00:16:40		00:34:53					
Nathan Phillips (87)	M25-29	00:18:30		00:36:00					
Joanna Baran (143)	F40-44	00:18:15		00:49:17		00:29:59		01:37:32	