

QUADRAC RACING
BOX END - OFF ROAD DUATHLON - 18 OCTOBER 2009

competitor forename	competitor surname	race number	type	club	time for run lap 1	time for bike lap 1	time for bike lap 2	time for bike lap 3	time for run lap 2	total time
JAMIE	BRUNNING	25	SM		00:17:33	00:13:57	00:13:25	00:13:19	00:18:39	01:16:53
TROY	GARRITY	9	SM	Corby AC	00:18:05	00:14:06	00:13:33	00:13:42	00:18:32	01:17:58
ROGER	THETFORD	15	MV40	Headington Road Runners	00:18:43	00:14:10	00:14:14	00:13:55	00:19:10	01:20:12
MARCUS	SHIELDS	33	SM	Ayr Roads Triathlon	00:19:08	00:13:07	00:12:57	00:12:58	00:23:35	01:21:45
STEVE	PECK	18	MV50	Newmarket Cycling & Triathlon Club	00:19:49	00:14:18	00:13:38	00:13:18	00:21:54	01:22:57
MARK	KLEANTHOUS	29	MV40	Team Milton Keynes	00:19:40	00:15:38	00:14:20	00:14:37	00:20:58	01:25:13
ALAN	BARRETT	38	MV40	Bedford Harriers	00:20:48	00:15:05	00:14:21	00:14:38	00:21:01	01:25:53
ANDY	GREEN	17	MV40	Team East Haddon	00:20:27	00:14:30	00:14:43	00:14:51	00:22:01	01:26:32
MARTIN	AMOS	23	SM		00:20:27	00:14:39	00:15:11	00:15:22	00:21:30	01:27:09
BRIAN	BORROWS	31	MV40	Leicester Tri	00:22:30	00:13:51	00:13:34	00:13:23	00:24:16	01:27:34
GLEN	MCGOWAN	27	MV50		00:21:35	00:15:10	00:14:35	00:14:48	00:23:03	01:29:11
STEVE	RICE	34	MV50	Team MK	00:20:56	00:16:33	00:15:13	00:15:19	00:22:53	01:30:54
NEVILLE	BAKER	6	MV50	Headington Road Runners	00:21:02	00:16:55	00:15:25	00:15:22	00:22:28	01:31:12
PAUL	WARD	36	MV40	WRR Tri	00:22:15	00:15:53	00:15:24	00:14:58	00:22:50	01:31:20
DARREN	BAKER	4	SM		00:20:01	00:16:23	00:16:15	00:15:49	00:23:34	01:32:02
LEE	MASON	19	SM	Bedford Traktors	00:22:41	00:15:29	00:15:14	00:15:01	00:23:51	01:32:16
PETER	SPINELLI	39	MV50	Team MK	00:20:53	00:19:35	00:14:40	00:14:50	00:22:32	01:32:30
IAN	WEIR	2	SM		00:21:17	00:15:20	00:14:51	00:15:13	00:26:55	01:33:36
JOHN	YARNELL	14	SM	Bearbrook Joggers	00:21:00	00:17:34	00:16:48	00:17:03	00:22:28	01:34:53
MARK	BELL	26	SM	Team MK	00:22:03	00:17:47	00:16:16	00:16:21	00:23:55	01:36:22
HOLLY	GILBERT	3	SF		00:22:04	00:16:55	00:16:41	00:16:18	00:24:43	01:36:41
KEVIN	UNDERWOOD	37	MV50		00:24:57	00:15:49	00:14:29	00:14:40	00:31:41	01:41:36
MIKE	COURTNEY	32	MV40		00:25:57	00:17:28	00:17:16	00:45:09	00:00:00	01:45:50
JOHN	WORTH	1	MV40	Headington Road Runners	00:25:38	00:18:35	00:17:06	00:17:19	00:27:58	01:46:36
IAN	DICK	30	MV60	Rockingham Forest Wheelers	00:26:32	00:16:47	00:15:46	00:15:47	00:32:10	01:47:02
TOM	BRASSINGTON	20	MV50	Bedford Harriers	00:25:48	00:18:13	00:17:37	00:17:49	00:29:52	01:49:19
MARIE-ANNE	FISCHER	7	FV40	Headington Road Runners	00:26:21	00:20:28	00:18:07	00:18:36	00:28:43	01:52:15
LUCY	FERN	22	SF	Nimrod Runners	00:26:34	00:19:49	00:19:28	00:19:55	00:29:14	01:55:00
STEWART	RICE	35	U18	Team MK	00:46:51	00:30:05	00:41:25	00:00:00	00:00:00	01:58:21
STEVE	BURT	10	SM		00:27:14	00:20:50	00:20:55	00:20:03	00:34:58	02:04:00
KATRINA	LEACH	5	SF		00:24:23	00:24:43	00:21:56	00:22:11	00:31:53	02:05:06
BILL	MATTHEWS	28	MV70	Cambridge Triathletes	00:33:35	00:21:20	00:19:31	00:19:57	00:34:42	02:09:05
AMANDA	ALLARD	24	FV40		00:29:28	00:23:07	00:22:19	00:22:46	00:31:49	02:09:29
IVA	BARR	16	FV80	Bedford Harriers	00:39:47	00:31:27	00:29:06	00:00:00	00:39:38	02:19:58