

## WTC 2010 Results

**Lanzarote Sprint**

		<b>400m Swim</b>	<b>Bike 20Km</b>	<b>Run 5Km</b>	<b>Total</b>	<b>Club Standard</b>
	Paul Coulter	00:07:01	00:31:04	00:20:04	00:58:08	Platinum

**English Half Marathon**

				<b>Gun Time</b>	<b>Chip Time</b>	<b>Club Standard</b>
	Dave Gallimore			01:36:14	01:35:28	Bronze
	Jonathan Neild			01:42:31	01:42:12	Bronze
	Nigel Rowlands			01:58:23	01:56:28	Club
	Tom Hampton			02:18:30	02:17:34	

**Antrobus Cabbage Canter 10K**

					<b>Gun Time</b>	<b>Club Standard</b>
	Dan Chester				39.17	Silver
	Mark Walker				39.45	Gold
	Steve Hibbert				45.05	Bronze
	Jill Carlin				49.25	Silver
	Nigel Rowlands				52.31	Club

**Belarus 10K**

				<b>Gun Time</b>		
	Rob Hough			00:38:10		Silver

**Sutton 10K**

				<b>Gun Time</b>		
	Mark Walker			00:39:14		Gold

**Southport 10K**

					<b>Gun Time</b>	<b>Club Standard</b>
26	Laura Chambers				00:38:18	Gold

**Oulton Park Duathlon**

		<b>Run 8.6K</b>	<b>Bike 39K</b>	<b>Run 4K</b>	<b>Total</b>	<b>Club Standard</b>
30	Dan Chester	00:34:35	01:08:05	00:23:40	02:06:23	N/A
67	John Hobson	00:40:21	01:15:15	00:20:38	02:16:16	N/A

**Challenge Barcelona**

		<b>3.8km Swim</b>	<b>Bike 180Km</b>	<b>Run 42Km</b>	<b>Total</b>	<b>Club Standard</b>
	Brett Connolly	01:10:00	06:03:00	04:37:00	11:51:00	Silver

**Fleetwood Sprint Tri Sept**

		<b>400m Swim</b>	<b>Bike 20Km</b>	<b>Run 5Km</b>	<b>Total</b>	<b>Club Standard</b>
	Jon Britton	00:06:20	00:35:24	00:19:36	01:01:24	Gold
	Mark Walker	00:08:06	00:35:07	00:19:57	01:03:12	Platinum
	Jill Carlin	00:09:27	00:37:15	00:23:13	01:09:57	Gold
	Steve Hibbert	00:10:18	00:37:15	00:22:59	01:10:34	Silver
	Alison Britton	00:13:28	00:41:58	00:28:17	01:23:45	Bronze

**Tatton Olympic Triathlon**

		<b>1500m Swim</b>	<b>Bike 40Km</b>	<b>Run 10Km</b>	<b>Total</b>	<b>Club Standard</b>
116	Mark Webb	00:25:41	01:08:16	00:52:17	02:26:14	Bronze
168	Gavin Dixon	00:32:26	01:09:23	00:48:57	02:30:47	Bronze
213	Paul Harbidge	00:26:41	01:12:50	00:54:13	02:33:43	Silver

WTC 2010 Results

322	Jill Carlin	00:34:49	01:13:59	00:51:43	02:40:30	Silver
393	Ian Pemberton	00:32:45	01:19:43	00:51:40	02:44:10	Bronze
403	John McMaster	00:31:07	01:16:18	00:57:24	02:44:49	Bronze
432	Stephen Butterfield	00:37:38	01:15:55	00:53:12	02:46:45	Bronze
467	Mel Farrow	00:29:14	01:21:13	00:59:13	02:49:41	Bronze
561	Katie Morris	00:29:21	01:32:15	00:55:53	02:57:29	Bronze
633	Ros Hobson	00:41:17	01:24:53	01:00:44	03:06:55	Club
712	Alison Britton	00:56:22	01:32:00	01:04:49	03:33:11	

**Tatton Sprint Triathlon**

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
	Keith Eagle	00:16:30	00:40:11	00:28:49	01:25:42	Bronze

**Bala Olympic Triathlon**

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
152	Paul Coulter	00:27:58	01:04:44	00:43:49	02:16:33	Silver
279	Donald Reid	00:28:19	01:09:31	00:47:04	02:24:57	Silver
441	Katie Benson	00:33:38	01:14:21	00:46:16	02:34:19	Silver
458	Leila Coulter	00:33:40	01:17:36	00:43:54	02:35:14	Bronze
595	Mark Wiseman	00:36:12	01:15:51	00:53:22	02:45:29	Bronze

**Wirral Seaside run 5K**

					Gun Time	Club Standard
	Stuart Pomfret				00:28:02	Club

**London Duathlon**

		10K Run	Bike 22Km	Run 5Km	Total	Club Standard
220	John Hobson	00:46:17	00:49:31	00:22:50	01:54:30	N/A

**North West Sprint Tri Sept**

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
24	Chris Hamlett	00:08:00	00:36:42	00:22:30	01:07:12	Silver
90	Paul Harbidge	00:08:13	00:39:33	00:25:26	01:13:12	Silver
10	Katie Morris	00:09:36	00:41:24	00:24:23	01:15:23	Bronze
140	Dave Hamlett	00:08:56	00:40:15	00:27:04	01:16:15	Silver

**Pheonix CC 25**

		Watch Time			MPH	Club Standard
	Mark Webb	01:06:50				Silver

**Glossop Kinder velo 25**

		Watch Time			MPH	Club Standard
	Mark Webb	01:05:54				Silver

**Kent Valley 10M TT**

		Watch Time			MPH	Club Standard
	Mark Webb	00:23:25				Platinum

**Fleetwood Half Marathon Sept**

					Gun Time	Club Standard
15	Rob Hough				1:24:02	Gold

WTC 2010 Results

**World Triathlon Champs Budapest Sept**

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
49	Jon Britton	00:21:37	01:00:26	00:41:46	02:03:46	Platinum

**World Triathlon Champs Budapest Sept**

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
35	Dan Chesters	00:14:00	00:36:19	00:20:06	01:10:25	Silver
19	Jill Carlin	00:16:47	00:40:32	00:24:21	01:21:40	Silver

**Vitruvian September**

		Swim 1900m	Bike 90k	Run 21k	Total	Club Standard
378	Paul Coulter	00:33:15	02:24:59	01:37:22	04:35:36	Gold
730	Carl Bibby	00:32:25	02:37:52	01:47:21	04:57:38	Silver
873	Leila Coulter	00:40:38	03:01:19	01:42:11	05:24:08	Silver
938	Tracy Earley	00:47:40	02:56:31	02:05:31	05:49:42	Bronze

**Nottingham Marathon**

			Gun Time		ChipTime	Club Standard
37	Rob Hough		03:03:28		03:03:26	N/A

**Spectrum Striders Birchwood 10K Race August**

			Gun Time		Chip Time	Club Standard
152	Sean McCann		00:42:59		00:42:33	Silver
204	John Hobson		00:44:44		00:44:36	Bronze
407	Katie Morris		00:51:25		00:51:12	Bronze
643	Tom Hampton		01:01:44		01:01:13	

**Seamons Evening Time Trials Series 8.75M TT**

		Watch Time		10M Time*	MPH	Club Standard
15	Paul Coulter	00:21:11		00:24:13	24.78	Gold*
19	Mark Webb	00:21:39		00:24:45	24.25	Gold*
42	Jill Carling	00:24:37		00:28:08	21.33	Platinum*
43	Katie Morris	00:24:44		00:28:16	21.23	Gold*

**Lymm ladies Sprint Aug**

		500m Swim	Bike 28Km	Run 5Km	Total	Club Standard
2	Katie Booth	00:09:48	00:49:07	00:28:40	01:27:36	
3	Katie Benson	00:12:06	00:47:17	00:28:53	01:28:17	Club
7	Katie Morris	00:11:38	00:47:28	00:31:12	01:30:18	Club
10	Leila Coulter	00:11:17	00:50:26	00:30:27	01:32:21	
15	Mel Farrow	00:12:02	00:51:58	00:33:27	01:37:29	
18	Jill Carlin	00:12:30	00:47:56	00:38:19	01:38:46	
33	Ros Hobson	00:13:30	00:54:39	00:37:07	01:45:17	
37	Alison Britton	00:15:23	00:53:45	00:37:47	01:46:56	

**Beford National Championship August**

		1500m Swim	Bike 42Km	Run 10Km	Total	Club Standard
120	Jon Britton	00:23:05	01:15:04	00:39:42	02:17:54	Silver

WTC 2010 Results

128	Paul Coulter	00:25:11	01:11:28	00:41:50	02:18:31	Silver
-----	--------------	----------	----------	----------	----------	--------

**Seamons Evening Time Trials Series 8.75M TT**

		Watch Time		10M Time*	MPH	Club Standard
14	Mark Webb	00:21:37		00:24:42	24.29	Gold*
17	Peter Howarth	00:22:24		00:25:36	23.44	Silver*

\*Adjusted time by 14.3%

**Salford Auqathlon Race 4 August**

			750m Swim	Run 5Km	Total	Club Standard
4	Jonathan Britton		0:13:01	0:18:56	0:31:57	Gold

**Ironman UK August**

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
14 (3)	Katie Benson	01:18:00	07:05:46	03:32:15	11:56:00	Platinum

**The Couple Challenge**

		1900m Swim	Bike 86Km	Run 21Km	Total	Club Standard
	Rob Hough	0:32:52	2:38:48	01:19:52	4:31:32	Gold

**Seamons Evening Time Trials Series 8.75M TT**

		Watch Time		10M Time*	MPH	Club Standard
24	Donald Reed	00:23:45		00:27:09	22.11	Silver*

\*Adjusted time by 14.3%

**Trentham Big Half July**

		1900m Swim	Bike 90Km	Run 21Km	Total	Club Standard
12	Andy Booth	00:40:20	02:59:07	01:38:54	05:18:21	Bronze
	Brett Connolly				05:42:40	Bronze
	Tom Hampton				08:22:26	

**Seamons Evening Time Trials Series 8.75M TT**

		Watch Time		10M Time*	MPH	Club Standard
29	Steve Hibbert	00:26:13		00:29:58	20.03	Bronze*

\*Adjusted time by 14.3%

**NW Championships Boundary Breeze July**

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
4	Nick Riding	00:09:37	00:35:54	00:20:38	01:06:10	Gold
10	Jonathan Britton	00:10:21	00:38:53	00:19:41	01:08:57	Gold
18	Paul Coulter	00:11:57	00:38:04	00:20:44	01:10:47	Silver
33	Mark Walker	00:13:40	00:40:54	00:19:52	01:14:29	Silver
47	Mark Webb	00:12:26	00:40:20	00:24:24	01:17:11	Bronze
4	Katie Booth	00:11:23	00:45:39	00:21:08	01:18:13	Silver
56	Paul Harbridge	00:12:27	00:42:03	00:24:23	01:18:55	Silver
60	Brian Griffiths	00:13:48	00:43:36	00:22:33	01:19:59	Silver
7	Leila Coulter	00:13:30	00:45:48	00:21:36	01:20:55	Bronze
70	Darren Ingham	00:14:09	00:43:18	00:23:51	01:21:19	Bronze
8	Jill Carlin	00:15:58	00:43:29	00:24:03	01:23:32	Silver
90	Geoff Turton	00:15:03	00:45:08	00:24:02	01:24:15	Bronze
29	Sam Thwates	00:15:57	00:46:19	00:28:50	01:31:08	Bronze
42	Alison Britton	00:23:59	00:49:46	00:27:56	01:41:42	
44	Sian Grant	00:17:40	00:55:15	00:30:25	01:43:22	
	Dan Chesters	00:12:53	00:42:02	DNF		

WTC 2010 Results

**Seamons Evening Time Trials Series 8.75M TT**

		Watch Time		10M Time*	MPH	Club Standard
6	Nick Riding	00:20:24		00:23:19	25.74	Platinum*
12	Jonathan Britton	00:21:39		00:24:45	24.25	Gold*
14	Mark Walker	00:22:18		00:25:29	23.54	Gold*
21	Donald Reed	00:23:34		00:26:56	22.28	Silver*

\*Adjusted time by 14.3%

**Deva Devas Tri July**

		750m Swim	Bike 16Km	Run 5Km	Total	Club Standard
6	Katie Booth	00:13:03	00:34:47	00:21:04	01:08:54	Gold
12	Leila Coulter	00:16:52	00:35:12	00:21:36	01:13:40	Silver
20	Katie Morris	-	00:50:34	00:24:36	01:15:10	Gold
60	Mel Farrow	00:17:53	00:37:45	00:26:04	01:21:42	Silver
67	Tracy Earley	00:19:20	00:33:26	00:25	01:18:17	Silver
149	Alison Britton	00:25:22	00:39:55	00:27:47	01:33:04	Bronze

**Rippon Olympic Tri July**

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
232	Gavin Dixon	00:31:26	01:15:59	00:51:31	02:40:56	Bronze
322	Sean McCann	00:27:11	01:32:05	00:49:24	02:48:40	Bronze
394	Stephen Butterfield	00:34:46	01:24:15	00:56:57	02:55:58	Club

**National Auqathlon Champs July**

			750m Swim	Run 5Km	Total	Club Standard
2 AG	Jonathan Britton		0:12:46	0:20:11	0:33:01	Silver

**Ironman Germany July**

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
340	James Benson	1:10:09	5:34:52	3:42:19	10:27:22	Gold
47	Katie Benson	1:22:12	6:04:44	3:48:21	11:15:18	Platinum
191	Chris Hamlett	1:09:58	5:54:43	4:43:58	11:48:39	Silver
1542	Dave Hamlett	1:23:26	6:38:11	5:06:57	13:08:35	Silver

**Athlone ETU Championships July**

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
20	Jonathan Britton	00:21:49	01:08:11	00:43:09	02:13:09	Gold
21	Leila Coulter	00:28:55	01:22:59	00:46:35	02:38:25	Silver

**Athlone ETU Championships July**

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
11	Jill Carlin	00:16:32	0:42:14	0:26:48	1:25:30	Silver

**Bramhall Park 5K August**

				Gun Time		Club Standard
	William Burdett			00:25:35		Club

**Ironman France June**

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
682	Paul Coulter	1:15:40	6:22:54	3:57:48	11:36:22	Silver

**Harlech Sprint**

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
	Dave Gallimore				01:29:03	

**Salford Auqathlon Race 3 July**

WTC 2010 Results

			750m Swim	Run 5Km	Total	Club Standard
9	Jonathan Britton		0:12:23	0:19:54	0:32:17	Silver

Seamons Evening Time Trials Series 8.75M TT

Pos		Watch Time		10M Time*	MPH	Club Standard
4	Nick Riding	00:19:44		00:22:33	26.6	Platinum*
9	Mark Webb	00:20:57		00:23:57	25.06	Gold*
13	David Myers	00:21:39		00:24:45	24.25	Platinum*

\*Adjusted time by 14.3%

Lymm 5k June

				Gun Time		Club Standard
	Laura Chambers			00:18:25		Gold
106	Steve Hibbert			00:22:36		Bronze
179	Ros Hobson			00:27:35		Club

Ilandudno sea Olympic triathlon

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
	Dave Gallimore				02:43:02	Bronze

Ilandudno sea Sprint triathlon

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
54	Stuart Pomfret	00:16:02	00:48:54	00:29:03	01:38:08	Club

Seamons Evening Time Trials Series 8.75M TT

Pos		Watch Time		10M Time*	MPH	Club Standard
15	Will Machin	00:21:31		00:24:36	24.4	Gold*
25	Donald Reed	00:23:28		00:26:49	22.37	Silver*
36	Ros Hobson	00:27:45		00:31:43	18.92	Silver*

\*Adjusted time by 14.3%

Liverpool Olympic Tri June

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
23	Carl Bibby	00:24:30	01:11:33	00:39:12	02:15:14	Gold
48	Rob Hough	00:24:03	01:15:09	00:40:43	02:19:53	Silver
115	Neil Adair	00:29:35	01:16:24	00:42:10	02:28:06	Bronze
733	Tracy Earley	00:34:35	01:14:05	00:56:39	02:48:18	Bronze

Liverpool Sprint Tri June

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
175	Stuart Pomfret	00:18:20	00:40:42	00:29:00	01:33:23	Bronze

Abersoch 10K June

				Gun Time		Club Standard
	Laura Chambers			00:38:05		Gold

Ellesmere Olympic Tri June 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
	Jonathan Britton	00:22:05	01:06:12	00:42:12	02:10:32	Gold

Salford Auqathlon Race 2 June

			750m Swim	Run 5Km	Total	Club Standard
9	Jonathan Britton		12:29	19:19	31:48	Gold
10	Robert Hough		14:06	18:43	32:49	Silver

Chorlton X Triathlon June

		750m Swim	13.5 kmBike	Run 6.6km	Total	Club Standard
20	Gavin Dixon	0:17:22	0:32:23	0:28:55	1:18:40	-

WTC 2010 Results

**Bala Middle June**

		2000m Swim	Bike 78.5Km	Run 20Km	Total	Club Standard
88	Carl Bibby	00:34:43	02:37:19	01:30:13	04:42:17	Gold
119	James Benson	00:35:59	02:37:59	01:33:10	04:49:11	Silver
26	Katie Benson	00:39:06	02:54:02	01:39:51	05:13:01	Gold
254	Dave Galimore	00:38:20	02:45:54	01:49:27	05:13:43	Silver
330	Dave Myers	00:38:46	02:51:09	01:57:09	05:27:07	Bronze

**Big Cow Sprint Tri (National Championships) June 2009**

		750m Swim	Bike 20Km	Run 5.3Km	Total	Club Standard
	Jill Carlin	0:18:10	0:39:03	0:25:01	1:22:16	Silver

**Bowdon 5k June**

				Gun Time		Club Standard
	Robert Hough			00:18:54		Silver
	Neil Adair			00:19:38		Silver
	Ros Hobson			00:26:38		Club

**Rother Valley Sprint**

		750m Swim	Bike 25Km	Run 5Km	Total	Club Standard
68	Dan Chesters	00:13:31	00:45:32	00:19:01	01:18:07	Bronze
260	Jill Carlin	00:15:46	00:53:01	00:22:48	01:31:33	Bronze

**Hollins Green 5k June**

				Gun Time		Club Standard
	Robert Hough			00:18:19		Silver
	Bill Randles			00:22:38		Club
	Ros Hobson			00:25:08		Club

**Seamons Evening Time Trials Series 8.75M TT May**

Pos		Watch Time		10M Time*	MPH	Club Standard
32	Jill Carlin	00:24:57		00:28:31	21.04	Platinum*
46	Steve Hibbert	00:26:51		00:30:41	19.55	Bronze*
49	Ros Hobson	00:28:57		00:33:05	18.13	Bronze*

\*Adjusted time by 14.3%

**NW Championships Deva Olympic Tri June**

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
31	Jonathan Britton	00:23:01	01:09:18	00:42:46	02:15:07	Gold
122	Donald Reid	00:27:44	01:14:45	00:48:43	02:31:14	Silver
152	Paul Harbridge	00:26:35	01:17:17	00:52:11	02:36:06	Silver
191	Mark Talbot	00:29:57	01:18:49	00:53:17	02:42:05	Bronze
204	John McMaster	00:31:23	01:20:08	00:52:41	02:44:15	Bronze
212	Brian Griffiths	00:31:37	01:23:14	00:50:47	02:45:41	Bronze

**Northwich Sprint Tri June**

		400m Swim	Bike 17Km	Run 5Km	Total	Club Standard
14	Jake Shackelford	00:07:11	00:39:15	00:21:32	01:08:01	Silver
17	Mark Walker	00:07:24	00:40:09	00:21:13	01:08:49	Silver
21	Mark Webb	00:06:42	00:37:50	00:25:14	01:09:49	Silver
	Laura Chambers	00:06:47	00:44:54	00:19:31	01:14:07	Bronze
47	Sean McCann	00:08:27	00:43:24	00:23:57	01:15:51	Silver
57	Steve Hibbert	00:09:12	00:42:05	00:26:01	01:17:21	Bronze

**Cheshire Sprint Tri June**

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
--	--	-----------	-----------	---------	-------	---------------

WTC 2010 Results

2	Nick Riding	00:07:07	00:32:18	00:20:01	00:59:26	Platinum
11	Jonathan Britton	00:06:54	00:35:27	00:20:23	01:02:44	Gold
32	Brett Connolly	00:08:01	00:37:23	00:22:37	01:08:01	Silver
108	Geoff Turton	00:09:02	00:39:31	00:24:44	01:13:17	Silver
242	Steve Hibbert	00:11:21	00:42:22	00:25:47	01:19:30	Bronze
68	Sam Thwates	00:11:33	00:43:16	00:32:06	01:26:55	Club
140	Alison Britton	00:14:20	00:46:55	00:34:21	01:35:36	
558	Mike Jones	00:10:17	00:47:22	00:39:54	01:37:33	

**Little Beaver May**

		1500m Swim	Bike 41Km	Run 11.2Km	Total	Club Standard
171	Jon Britton	00:23:55	01:18:35	00:50:22	02:32:54	Bronze
191	Dan Chesters	00:29:59	01:13:28	00:51:15	02:34:37	Bronze

**Stratford 220 Sprint Tri May**

		400m Swim	Bike18Km	Run 5Km	Total	Club Standard
37	Will Machin	00:06:55	00:32:12	00:21:59	01:01:06	Gold

**Seamons Evening Time Trials Series 8.75M TT May**

Pos		Watch Time		10M Time*	MPH	Club Standard
8	Nick Riding	00:20:02		00:22:54	26.2	Platinum*
18	Dan Chesters	00:20:59		00:23:59	25.0	Gold*
23	Jon Britton	00:21:35		00:24:40	24.3	Gold*
49	Alison Britton	00:30:05		00:34:23	17.5	Bronze*

\*Adjusted time by 14.3%

**Cockeram (VTTA) Time Trials 25M TT**

Pos				Time	MPH	Club Standard
	Mark Webb			01:11:22	20.97	Bronze

**Seamons Evening Time Trials Series 8.75M TT May**

Pos		Watch Time		10M Time*	MPH	Club Standard
18	Mark Webb	00:23:28		00:26:49	22.37	Silver*

\*Adjusted time by 14.3%

**Dunham 5K**

				Gun Time		Club Standard
103	Dave Gallimore			00:25:42		Silver

**Bramhall Park 5K May**

				Gun Time		Club Standard
103	William Burdett			00:25:42		Club

**Christleton 5K May**

				Gun Time		Club Standard
70	Robert Hough			00:18:20		Silver

**Grendon Sprint Tri May**

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
92	Dan Chesters	0:14:34	00:41:54	0:19:28	1:15:58	Bronze
95	Jon Britton	0:12:44	0:43:42	0:19:36	1:16:03	Bronze
431	Jill Carlin	0:18:57	00:50:19	00:24:09	1:33:27	Bronze
528	Alison Britton	00:12:19*	01:01:29	0:31:12	1:45:01	

**Wilmslow Triathlon May**

WTC 2010 Results

		400m Swim	Bike 24Km	Run 6.7Km	Total	Club Standard
18	Paul Coulter	00:06:35	0:41:38	00:26:06	01:14:21	<b>Bronze</b>
75	Mark Webb	00:07:42	0:44:22	00:31:52	01:23:58	
4	Leila Coulter	00:07:49	0:52:07	00:27:05	01:27:04	

**Seamons Evening Time Trials Series 8.75M TT April**

Pos		Watch Time		10M Time*	MPH	Club Standard
8	Nick Riding	00:21:05		00:24:06	24.9	<b>Gold*</b>
15	Mark Webb	00:22:04		00:25:13	23.79	<b>Gold*</b>
39	Leila Coulter	00:26:40		00:30:29	19.69	<b>Bronze*</b>

\*Adjusted time by 14.3%

**Lymm Triathlon Standard May**

		1000m Swim	Bike 38Km	Run 8Km	Total	Club Standard
9	James Benson	00:17:06	01:03:34	00:37:20	01:58:00	
31	Katie Benson	00:19:06	01:10:19	00:42:05	02:11:31	

**Lymm Triathlon Sprint May**

		500m Swim	Bike 26Km	Run 5.2Km	Total	Club Standard
6	Jake Shackelford	00:09:34	00:38:23	00:18:12	01:06:10	<b>Silver</b>
11	Donald Reid	00:10:26	00:36:58	00:21:19	01:08:43	<b>Silver</b>
29	Melanie Guest	00:13:50	00:36:22	00:23:16	01:13:30	<b>Silver</b>
35	Laura Chambers	00:09:24	00:44:23	00:20:59	01:14:48	<b>Bronze</b>
54	Mark Wiseman	00:11:29	00:40:22	00:27:24	01:19:16	<b>Club</b>
68	Stuart Pomfret	00:10:08	00:43:21	00:28:09	01:21:38	<b>Bronze</b>

**Seamons Evening Time Trials Series 8.75M TT April**

Pos		Watch Time		10M Time*	MPH	Club Standard
19	Mark Webb	00:22:18		00:25:29	23.54	<b>Gold*</b>
40	Leila Coulter	00:26:51		00:30:41	19.55	<b>Bronze*</b>

\*Adjusted time by 14.3%

**Chirk Sprint Tri April**

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
15	Jon Britton	00:04:37	00:41:46	00:19:24	01:05:47	<b>Silver</b>
32	Carl Bibby	00:06:21	00:42:41	00:20:03	01:09:05	<b>Silver</b>
50	Robert Hough	00:06:30	00:44:48	00:19:39	01:10:57	<b>Bronze</b>
99	John Hobson	00:08:37	00:44:43	00:21:52	01:15:12	<b>Bronze</b>
105	Neil Adair	00:07:48	00:46:29	00:21:18	01:15:35	<b>Bronze</b>
144	Jill Carlin	00:08:04	00:46:33	00:23:59	01:18:36	<b>Silver</b>
276	Ros Hobson	00:09:21	00:52:26	00:27:35	01:29:22	<b>Club</b>
292	Sam Thwates	00:09:06	00:51:35	00:29:45	01:30:26	<b>Club</b>
341	Alison Britton	00:10:38	00:55:37	00:31:07	01:37:22	

**Whitley 10K April**

Gun Pos.				Gun Time		Club Standard
52	Robert Hough			00:39:41		<b>Silver</b>
185	Richard Mathews			00:48:28		<b>Bronze</b>

**Oulton Park Duathlon**

		Run 4.3K	Bike 26K	Run 4.3K	Total	Club Standard
15	Dan Chesters	00:16:47	00:43:47	00:18:08	01:18:46	<b>Silver</b>
40	Mark Walker	00:17:06	00:48:08	00:18:18	01:23:33	<b>Silver</b>
44	Gavin Dixon	00:19:03	00:46:03	00:19:17	01:24:26	<b>Bronze</b>

**Seamons Evening Time Trials Series 8.75M TT April**

Pos		Watch Time		10M Time*	MPH	Club Standard
-----	--	------------	--	-----------	-----	---------------

WTC 2010 Results

3	Nick Riding	00:20:43		00:23:41	25.34	Platinum*
8	Dan Chesters	00:21:48		00:24:55	24.08	Gold*
17	Jon Britton	00:23:38		00:27:01	22.21	Silver*
18	Mark Walker	00:23:46		00:27:10	22.09	Silver*
28	John Hobson	00:25:11		00:28:47	20.85	Bronze*
37	Alison Britton	00:31:35		00:36:06	16.62	Club*

\*Adjusted time by 14.3%

**SevenOaks Sprint Tri April**

		400m Swim	Bike 24Km	Run 8Km	Total	Club Standard
73	John Hobson	00:09:05	00:51:46	00:41:08	01:42:02	
263	Ros Hobson	00:09:30	01:07:08	00:56:19	02:12:59	

**Bramhall Park 5K April**

				Gun Time		Club Standard
56	William Burdett			00:25:57		Club

**SevenOaks Sprint Tri April**

		400m Swim	Bike 24Km	Run 8Km	Total	Club Standard
44	Mark Webb	00:07:51	00:30:18	00:25:51	01:04:00	Gold

**Blackpool Half Marathon March**

Gun Pos.				Gun Time		Club Standard
37	Paul Coulter			01:28:08		Silver

**Blackpool Marathon March**

Gun Pos.				Gun Time		Club Standard
74	Leila Coulter			03:19:13		NA

**High Leigh 10K April**

Gun Pos.				Gun Time		Club Standard
7	Daniel Chesters			00:39:47		Silver
12	Mark Walker			00:40:45		Silver
24	John Hobson			00:43:00		Bronze

**Falesia 5K Race March**

Pos				Gun Time		Club Standard
15	Robert Hough			019:26		Silver

**Wilmslow Half Marathon March**

Gun Pos.				Gun Time	Chip Time	Club Standard
222	Paul Coulter			01:27:19	01:27:00	Silver
409	Leila Coulter			01:33:16	01:32:56	Silver
896	Brett Connolly			01:43:03	01:41:40	Bronze
2062	Tracey Earley			01:58:38	01:57:14	Bronze

**Liverpool Half Marathon March**

Gun Pos.				Gun Time	Chip Time	Club Standard
171	Rob Hough			01:29:02	01:27:34	Silver
	Dave Gallimore				01:35:57	Bronze
3379	Tom Hampton			02:14:09	02:12:45	

**Shell 4 Villages Half Marathon January**

Chip Pos.				Gun Time	Chip Time	Club Standard
-----------	--	--	--	----------	-----------	---------------

WTC 2010 Results

102	Carl Bibby			01:26:31	01:26:03	<b>Gold</b>
221	James Benson			01:32:12	01:31:08	<b>Silver</b>
224	Jon Britton			01:32:15	01:31:17	<b>Silver</b>
241	Paul Coulter			01:32:54	01:31:50	<b>Silver</b>
366	Carl Loftus			01:38:26	01:37:22	<b>Bronze</b>
371	Katie Benson			01:38:35	01:37:36	<b>Silver</b>
400	Daniel Chesters			01:39:40	01:38:36	<b>Bronze</b>
406	David Ashcroft			01:39:49	01:39:02	<b>Bronze</b>
528	Brett Connolly			01:44:04	01:43:23	<b>Club</b>
618	David Myers			01:46:29	01:45:34	<b>Bronze</b>
779	Ian Norton			01:51:53	01:50:08	<b>Club</b>
880	John McMaster			01:55:41	01:54:18	<b>Club</b>
1037	Steve Hibbert			02:01:40	01:59:54	<b>Club</b>
1303	Tracy Earley			02:18:29	02:17:46	

## WTC 2010 Results

## WTC 2010 Results

WTC 2010 Results

Event	Date	Time
Abersoch 10k	05/06/2010	00:38:05