

Warrington Triathlon Club

Club Best Times	Male	Time	Year	Female	Time	Year
Bedford Sprint	Mark Walker	1:23:36	2009	Jill Carlin	1:35:03	2009
Boundary Breeze Sprint	Nick Riding	1:03:03	2007	Lisa Stout	1:22:10	2005
Big Cow Sprint	Dave Myers	1:08:23	2009			
Cheshire Sprint	Nick Riding	0:58:04	2009	Lisa Stout	1:15:20	2005
Chirk Sprint	Nick Riding	1:02:13	2007	Ros Hobson	01:31:56	2009
Chorlton X Sprint	Nick Riding	1:00:40	2009			
Deva Divas	n/a	n/a	n/a	Leila Coulter	1:14:05	2009
Denbigh Sprint	Jon Britton	1:11:07	2005	Laura O'Callaghan	1:23:07	2005
Fleetwood Sprint	Jon Britton	0:59:53	2009	Alison Britton	1:27:12	2009
Grendon Sprint	Jon Britton	1:11:56	2009			
Harlech Sprint	Carl Loftus	1:43:11	2006			
Salford - 2006 Sprint	Rob Hough	1:14:15	2006			
Shoreline Bude Sprint	Nick Riding	0:58:21	2009			
Stratford Sprint	Nick Riding	1:00:27	2008	Ruth Jones	1:17:11	2005
Strathclyde Sprint	Jon Britton	1:13:03	2007			
St Annes Sprint	Nick Riding	1:14:57	2008			
Ribby Hall Sprint	Mark Webb	1:04:00	2010			
Tatton Sprint	Nick Riding	1:00:11	2008	Fiona Randles	01:17:37	2009
Liverpool Sprint	Mark Walker	1:15:27	2009			
Lymm Sprint	Jake Shackelford	1:06:10	2010	Mel Guest	1:13:30	2010
Mold Sprint	Mark Livingston	1:08:17	2006	Rachel Chan	1:47:05	2005
North West Sprint	Jon Britton	1:07:04	2005	Denise Clements	1:25:04	2007
Northwich Sprint	Mark Walker	1:03:23	2009			
Warrington Sprint	Nick Riding	1:00:49	2006	Maria Barrett	1:05:53	2006
Warwick Sprint	Dave Myers	1:02:39	2007			
Wilmslow Sprint	Paul Coulter	1:15:17	2009	Leila Coulter	1:34:02	2009
Bala Olympic	Malcolm Flannery	2:18:48	2005			
Deva Olympic	Nick Riding	2:01:05	2007	Maria Barrett	2:17:07	2006
Birmingham Olympic	Ian Norton	2:25:13	2007			
Horwich RMI	Mark Livingston	2:12:29	2006	Caroline Hemming	2:54:38	2006
Ironbridge Olympic	Matt Cullen	2:06:47	2005			
Lakeland Olympic	Nick Riding	2:09:07	2009			
Little Beaver Olympic	Jon Britton	2:18:48	2009			
London - Westminster	Jon Britton	2:18:38	2005			
London - Tower Bridge	Richard Fontana	2:27:28	2005			
Lymm Standard	James Benson	1:58:00	2010	Katie Benson	2:11:31	2010
Muscles of Steel Olympic	Nick Riding	2:03:30	2008			
Northumberland Olympic	Jon Britton	2:15:14	2009			
Rippon Olympic	James Benson	2:26:00	2007			
Rivington Olympic	Paul Coulter	2:30:37	2008			
Salford Olympic	Jon Britton	2:15:19	2006	Lisa Stout	2:48:07	2005
Strathclyde Olympic	Jon Britton	2:13:48	2009			
Shropshire Olympic	Matt Cullen	2:05:34	2005	Ruth Jones	2:35:54	2005
Tatton Olympic	Dave Galimore	2:20:23	2009			
Trentham Olympic	Paul Harbridge	2:57:31	2008			
Nokia Royal Winsor Olympic	Jon Tittley	2:38:39	2008			
Worthing Olympic	Paul Coulter	2:23:01	2009			
National Club Relays	Riding, Britton, Groenendaal, Loftus	3:18:33	2007	Benson, Hobson, Britton, Randles	4:26:41	2009
40+	Norton, Griffiths, Mathews, Reid	3:57:38	2009			
50+						
Mixed						
Open	Machin, Chesters, Smith, Kinnunen	3:50:33	2009			
A Day in the Lakes	Mark Livingston	5:56:09	2009			
Bala Middle	Carl Bibby	4:41:23	2008	Katie Benson	5:01:27	2007
Trentham Big Half	Mark Livingston	4:57:58	2007			
The Vitruvian	Paul Coulter	4:38:10	2009			
Hellvalyn Half	Nick Riding	4:02:47	2007			
Ironman Austria	Rob Hough	10:40:13	2009			

Ironman France	Gary McIlraith	14:50:35	2007			
Ironman Germany	James Benson	10:26:42	2008	Katie Benson	11:40:15	2008
Ironman Switzerland	Rob Hough	10:40:13	2009	Katie Benson	11:07:42	2009
Ironman UK (Bolton)	Carl Bibby	11:38:12	2009			
Salford Aquathlon	Matt Cullen	0:29:41	2005	Maria Barrett	0:28:41	2006
Ashborne Duathlon	Matt Cullen	2:08:00	2007			
WTC Duathlon	Dave Myers	1:01:06	2009	Leila Coulter	1:10:20	2009
Oulton Park Duathlon 8/39/4	Carl Bibby	1:54:24	2009			
Oulton Park Duathlon 4/24/4	John Hobson	1:26:24	2008	Alison Britton	1:53:54	2008
Preston Evening 10	Nick Riding	0:21:41	2009			
Seamons Mid Week TT	Nick Riding	0:19:36	2009	Jill Carlin	0:26:04	2009
Stockport Clarion 10	Paul Coulter	0:24:51	2009			
Alexander Park 5K	Richard Mathews	0:20:50	2008			
Bramhall Park 5K	William Burdett	0:25:42	2010	Leila Coulter	0:21:58	2009
Christleton 5K	Rob Hough	0:18:20	2010			
Comberbach 5K	Jon Britton	0:18:24	2009			
Dunham Massey 5K	Julian Spencer	0:18:22	2008	Alison Lysons	0:23:04	2006
Liverpool Women's 5K				Alison Lysons	0:27:22	2007
Lymm 5K	Julian Spencer	0:18:53	2008	Laura Chambers	0:18:25	2010
WTC Xmas 5K	Rob Hough	0:20:00	2007	Alison Lysons	0:27:15	2006
Wirral Seaside 5K	Rob Hough	0:18:59	2007			
Sale Sizzler 5K	Paul Coulter	0:19:26	2009	Fiona Randles	0:20:38	2009
Abersock 10K				Laura Chambers	0:18:05	2010
Anglesey 10K	Donald Reid	0:48:16	2007			
Antrobus 10K	Will Machin	0:38:46	2007			
B of the Bang 10K	Carl Loftus	0:33:52	2008	Leila Coulter	0:40:39	2008
Bolton 10K	Sean McCann	0:42:00	2009			
Birchwood 10K	Martin Groenendaal	0:38:56	2007	Pam Kay	0:55:31	2007
Chattsworth 10K	Jon Britton	0:41:47	2008	Alison Britton	01:01:05	2008
City of Manchester 10K	Jon Britton	0:39:10	2009	Alison Britton	01:02:50	2008
Manchester BUPA 10K	Rob Hough	0:43:00	2006	Alison Lysons	0:51:27	2007
Salford Quays 10K	Steve Hibbert	0:47:57	2009	Jill Carlin	0:49:47	2009
Southport 10K				Laura Chambers	0:38:18	2010
Trafford 10K	Andy Whitehead	0:51:08	2007	Fiona Randles	0:42:24	2009
Whitley 10K	Fergus Wiseman	0:39:17	2006	Alison Lysons	0:49:00	2006
WTC Xmas 10K	Martin Groenendaal	0:37:44	2007			
Liverpool Women's 10K	n/a	n/a	n/a	Maria Barrett	0:35:45	2006
South Cheshire 20	Rob Hough	2:25:58	2009			
4 Villages Half Marathon	Matt Cullen	1:14:32	2007	Caroline Hemming	1:29:15	2007
Blackpool Half Marathon	Paul Coulter	1:28:08	2010			
Chester Half Marathon	Neil Adair	1:31:24	2007			
English Half Marathon	Jon Britton	1:30:41	2009	Ros Hobson	2:04:14	2009
Fleetwood Half Marathon	Rob Hough	1:27:05	2009	Alison Britton	2:09:08	2008
Great North Run				Denise Clements	1:58:01	2007
Liverpool Half Marathon	Carl Bibby	1:26:57	2008	Katie Benson	1:45:26	2007
Macclesfield Half Marathon	Paul Coulter	1:30:16	2009	Leila Coulter	1:35:31	2009
Melbourne Half Marathon				Hazel Rawlinson	2:06:46	2009
Stratford Half Marathon	Will Machin	1:30:03	2007			
Wilmslow Half Marathon	Carl Bibby	1:23:36	2008	Caroline Hemming	1:28:20	2007
Wrexham Half Marathon	Carl Bibby	1:22:48	2009			
Amsterdam Marathon	Paul Coulter	3:20:29	2009	Leila Coulter	3:26:39	2009
Blackpool Marathon	Rob Hough	3:18:13	2009	Katie Benson	3:32:27	2009
Nottingham Marathon	Fergus Wiseman	3:24:19	2008			
Melbourne Marathon	Will Machin	3:35:48	2009			
Stratford-U-A Marathon	Will Machin	3:28:20	2008			
Snowdonia Marathon	Phil Love	3:55:00	2006			

Other Club Awards

Name	Award
	Best Newcomer
John Hobson	2008
Jill Carlin	2009
	2010

Name	Most Improved
Tom Hampton	2008
Mark Walker	2009
	2010

Name	Club Person of the Year
Carl Loftus	2008
Rob Hough	2009
	2010