

Stratford 220 Sprint Tri May 2008

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
85	Carole Green	00:09:18	01:02:30	00:29:09	01:40:57	
101	Alison Britton	00:12:36	01:04:35	00:29:41	01:46:52	

Chester Junior Triathlon September 2008 Tristar 3

	Benjamin Livingstone	00:02:33	00:05:00	00:02:00	00:09:33	
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Alexander Park 5K October 2008

		Gun Time	Club Standard
35	Richard Matthews	00:20:50	Silver

Macclesfield Half Marathon October

		Gun Time	Watch Time	Club Standard
129	Paul Coulter	01:36:11	01:35:44	Bronze
14	Leila Coulter	01:38:50	01:38:23	Silver

North West Sprint Tri Sept 2007

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
14	Christopher Hamlett	0:07:49	0:36:13	0:20:30	1:04:32	Gold
23	Jon Britton	0:07:12	0:38:58	0:20:14	1:06:32	Silver
36	Carl Bibby	0:08:45			1:07:27	Gold
71	Gavin Dixon	00:09:54	00:38:24	00:21:56	01:10:14	Bronze
72	Mark Walker	00:09:26	00:39:31	00:21:23	01:10:20	Bronze
115	David Hamlett	00:08:34	00:39:35	00:24:55	01:13:04	Silver
175	Geoffrey Turton	00:08:50	00:41:42	00:25:17	01:15:49	Bronze
45	Leila Coulter	00:09:46	00:48:29	00:23:05	01:21:20	Club
327	David Molyneux	00:10:36	00:45:31	00:25:49	01:21:56	
63	Pam Kay	00:09:05	00:45:55	00:29:21	01:24:21	Club
449	Tom Hampton	00:12:39	00:45:35	00:30:13	01:28:27	
516	Mike Jones	00:10:54	00:46:57	00:37:02	01:34:53	
151	Alison Britton	00:16:07	00:50:36	00:29:13	01:35:56	

Bala September 2007

		Swim 1500m	Bike 40k	Run 10k	Total	Club Standard
62	Matthew Corby	00:26:55	01:04:01	00:39:57	02:10:53	Gold
84	Christopher Hamlett	00:29:46	01:02:56	00:41:27	02:14:09	Gold
114	Paul Coulter	00:31:13	01:04:33	00:42:09	02:17:55	Silver
123	Will Machin	00:31:53	01:06:19	00:40:39	02:18:51	Silver
194	David Hamlett	00:29:27	01:07:52	00:47:57	02:25:16	Silver
219	Neil Adair	00:34:37	01:08:55	00:43:30	02:27:02	Bronze
227	Katie Benson	00:34:47	01:08:38	00:43:55	02:27:20	Silver
372	Sean McCann	00:40:29	01:16:25	00:44:13	02:41:07	Bronze
394	Brian Griffiths	00:37:05	01:18:12	00:49:38	02:44:55	Bronze
437	Helen Thomson	00:41:47	01:13:34	00:58:05	02:53:26	Bronze

Antrobus 10K Race Sept 2007

		Gun Time	Club Standard
7	Robert Hough	00:40:42	Silver

Rivington Olympic Sept 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
43	Paul Coulter	00:30:43	01:16:15	00:48:43	02:35:41	Bronze

St Agnes Triathlon August 2008

		750m Swim	Bike 15Mile	Run 4M	Total	Club Standard
1	Nick Riding				01:14:57	Silver

Blifield Triathlon Aquathlon August 2008

		700m Swim	Run 5Km	Total	Club Standard
4	Jon Britton	00:09:49	00:19:26	00:29:15	Platinum

Stockport Clarion 10 Mile TT August 2008

Pos		Watch Time	Club Standard
11	Paul Coulter	00:24:54	Gold

Fleetwood Half Marathon August 2008

		Gun Time	Club Standard
224	Alison Britton	02:09:08	Club
225	Jon Britton	02:09:09	

Salford Auqathlon Race 5 August 2008

		750m Swim	Run 5Km	Total	Club Standard
5	Jon Britton	00:13:15	00:19:07	00:32:22	Silver
15	Mark Walker	00:18:01	00:20:04	00:38:05	Bronze

Spectrum Striders Birchwood 10K Race August 2008

		Gun Time	Club Standard
114	Will Machin	00:39:28	Silver
119	Jonathan Britton	00:39:50	Silver
130	Sean McCann	00:40:19	Silver
165	Mark Walker	00:41:32	Silver
201	Fergus Wiseman	00:42:47	Bronze
216	Richard Matthews	00:43:22	Silver
634	Tom Hampton	00:59:51	
647	Alison Britton	01:00:48	Club

Trentham Big Half July 2008

		1900m Swim	Bike 90Km	Run 21Km	Total	Club Standard
32	Paul Coulter	00:44:46	02:27:38	01:52:47	05:05:11	Bronze
	Jon Tittley	00:47:12	02:51:01	02:01:44	05:39:57	Club

Trentham Classic

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
45	Paul Harbidge	00:31:59	01:27:53	00:57:39	02:57:31	Club

Salford Auqathlon Race 4 July 2008

		750m Swim	Run 5Km	Total	Club Standard
7	Jon Britton	00:12:00	00:18:52	00:30:52	Gold
12	Robert Hough	00:13:42	00:20:11	00:33:53	Silver
18	Mark Walker	00:17:23	00:19:48	00:37:11	Bronze
21	Neil Adair	00:16:29	00:22:22	00:38:51	Bronze

Salford Auqathlon Race 3 July 2008

		750m Swim	Run 5Km	Total	Club Standard
5	Jon Britton	00:11:43	00:19:17	00:31:00	Gold
12	Neil Adair	00:15:45	00:18:35	00:34:20	Silver
15	Mark Walker	00:15:42	00:19:29	00:35:11	Bronze

NW Championships Boundary Breeze July 2008

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
2	Nick Riding	0:09:34	0:35:12	0:18:36	1:03:22	Platinum
24	Jonathan Britton	0:10:38	0:40:25	0:19:56	1:10:59	Silver
31	Simon Corless	0:11:22	0:39:54	0:21:51	1:13:07	Silver
36	Paul Coulter	0:13:08	0:40:18	0:21:46	1:15:12	Bronze
55	Paul Harbidge	0:12:37	0:41:17	0:23:38	1:17:32	Silver
79	Gavin Dixon	0:15:51	0:42:29	0:21:56	1:20:16	Club

Ironman Germany July 2008

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
596	James Benson	01:00:58	05:28:33	03:51:24	10:26:42	Gold
714	Carl Bibby	01:03:49	05:52:15	03:30:23	10:37:37	Platinum
789	Fergus Wiseman	01:07:57	05:29:56	03:56:23	10:45:04	Gold

Results2008

891	Will Machin	01:07:21	05:36:53	03:57:08	10:54:11	Gold
1034	Mark Livingston	01:06:00	06:03:44	03:46:09	11:11:40	Gold
1076	Robert Hough	01:01:37	06:09:46	03:51:02	11:16:32	Silver
1152	David Myers	01:08:31	05:37:13	04:29:55	11:22:34	Gold
1326	Katie Benson	01:14:21	06:11:45	04:07:09	11:40:15	Platinum
1361	Martijn Groenendaal	01:06:54	05:55:27	04:31:22	11:44:26	N/A
1441	Chris Hamlett	01:04:12	05:46:39	04:54:39	11:53:15	Silver
1595	Dave Hamlett	01:06:09	06:08:30	04:49:16	12:15:07	Silver
1836	Mark Walker	01:22:57	06:48:09	04:27:36	12:53:45	Bronze
1863	Richard Mathews	01:25:07	07:02:47	04:19:58	13:02:48	Bronze
1995	Rhys Billington	01:15:13	06:41:07	05:41:10	13:47:37	Club
2004	Brian Griffith	01:17:46	06:33:00	05:44:24	13:50:54	Bronze
2041	Mark Green	01:11:55	06:56:58	05:53:26	14:12:40	Club
2093	David Molyneux	01:38:40	07:26:22	05:33:01	14:49:01	

City of Manchester 10K July 2008

Pos		Gun Time	Chip Time	Club Standard
71	Jon Britton	00:39:58	00:39:50	Silver
554	Alison Lysons	00:52:28	00:52:00	Bronze
1075	Alison Britton	01:02:59	01:02:50	

Newton-le-Willows Sprint Tri June 2008

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
72	Geoff Turton	0:08:02	0:46:05	0:35:55	1:32:02	
132	Tom Hampton	0:12:06	0:51:32	0:43:32	1:47:10	
145	Mike Jones	0:09:35	0:52:53	0:53:45	1:56:13	

St Anne Sprint Tri June 2008

		400m Swim	Bike 20Km	Run 5Km	Total	Club Standard
261	Tom Hampton				01:25:45	Club

Lymm 5K Race June 2008

		Gun Time	Club Standard
45	Julian Spencer	00:18:53	Gold
72	John Hobson	00:19:46	Silver

Salford Aquathlon Race 2 June 2008

		750m Swim	Run 5Km	Total	Club Standard
8	Jon Britton	00:12:15	00:19:15	00:31:30	Gold
15	Neil Adair	00:16:05	00:19:12	00:35:17	Bronze
16	Mark Walker	00:16:11	00:19:09	00:35:20	Bronze

NW Championships Deva Olympic Tri June 2008

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
9	Nick Riding	0:21:46	1:03:18	0:38:50	02:03:56	Platinum
26	Mark Livingston	0:27:43	1:08:26	0:37:38	02:13:50	Gold
45	Jonathan Britton	0:24:29	1:12:39	0:40:06	02:17:16	Silver
65	David Myers	0:27:50	1:08:46	0:42:57	02:19:36	Gold
104	Paul Coulter	0:28:27	1:10:39	0:45:29	02:24:39	Silver
134	David Feakes	0:27:39	1:14:14	0:46:15	02:28:10	Silver
176	Katie Benson	0:30:43	1:17:25	0:44:42	02:32:53	Silver
192	Ian Norton	0:28:47	1:16:29	0:48:56	02:34:14	Bronze
250	Ian Pemberton	0:34:06	1:16:58	0:49:15	02:40:21	Bronze
260	Richard Mathews	0:36:57	1:18:03	0:45:58	02:41:01	Bronze
269	John McMaster	0:32:16	1:18:33	0:51:10	02:42:01	Bronze
299	David Molyneux	0:38:05	1:21:32	0:47:08	02:46:48	Club
376	Gary McIlraith	0:35:14	1:26:21	1:08:48	03:10:26	

NW Aquathlon Champs June 2008

		750m Swim	Run 5Km	Total	Club Standard
9	Jon Britton	00:12:36	00:18:50	00:31:26	Gold

Dunham Massey 5K Race 2 June 2008

		Gun Time	Club Standard
28	Julian Spencer	00:18:21	Gold
40	Neil Adair	00:18:47	Silver
102	Leila Coulter	00:21:53	Silver

World Triathlon Champs Vancouver June 2008

		800m* Swim	Bike 21Km	Run 5.1Km	Total	Club Standard
23	Jon Britton	0:20:31	0:43:25	0:18:43	1:22:39	Bronze

Tatton Triathlon Olympic June 2008

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
75	Darren Ingham	0:41:05	01:17:22	01:17:22	2:52:18	

Tatton Triathlon Sprint June 2009

		400m Swim	Bike 20Km	Run 5Km	Total	Club Standard
	Nick Riding					

Bala Middle June 2008

		2000m Swim	Bike 78.5Km	Run 20Km	Total	Club Standard
32	Carl Bibby	00:37:08	02:39:38	01:24:37	04:41:23	Gold
57	Fergus Wiseman	00:37:50	02:40:57	01:34:14	04:53:01	Silver
60	James Benson	00:34:42	02:38:58	01:39:56	04:53:36	Silver
148	Neil Adair	00:44:12	02:57:25	01:39:22	05:20:59	Bronze
164	Mark Walker	00:46:17	02:59:18	01:40:04	05:25:39	Bronze
169	Katie Benson	00:42:38	02:57:09	01:47:01	05:26:48	Silver
237	David Feakes	00:34:42	03:08:32	02:00:50	05:44:04	Bronze
257	Chris Bolton	00:38:09	03:01:12	02:09:34	05:50:55	Bronze
284	Ian Norton	00:39:10	03:04:23	02:22:00	06:05:33	
288	Mark Green	00:41:54	03:13:13	02:12:03	06:07:10	
291	Donald Reid	00:38:47	03:08:52	02:21:47	06:09:26	Club
304	Rhys Billington	00:42:31	03:12:50	02:21:26	06:16:47	
309	Helen Thomson	00:52:05	03:03:45	02:25:44	06:21:34	Bronze

Cheshire Sprint Tri June 2008

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
58	Paul Harbidge	00:08:01	00:38:02	00:24:21	01:10:24	Silver
72	Jon Tittley	00:09:07	00:40:28	00:22:42	01:12:17	Bronze
84	John Hobson	00:10:54	00:39:55	00:22:13	01:13:02	Bronze
167	Darren Ingham	00:09:46	00:45:03	00:23:31	01:18:20	Bronze
358	Mike Jones	00:10:10	00:46:05	00:38:19	01:34:34	

Nokia Royal Winsor June 2008

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
	Jon Tittley	0:33:05	1:16:50	0:48:43	02:38:39	Bronze

Ellesmere Olympic Tri June 2008

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
107	Robert Hough	00:27:03	01:18:42	00:41:52	02:27:37	Bronze

Salford Auqathlon Race 1 May 2008

		750m Swim	Run 5Km	Total	Club Standard
6	Jon Britton	00:12:16	00:19:22	00:31:38	Gold

Wilmslow Triathlon May 2008

		400m Swim	Bike 24Km	Run 6.7Km	Total	Club Standard
34	Donald Reid	0:08:15	0:42:11	0:30:07	1:20:33	Bronze
40	John Hobson	0:10:26	0:44:09	0:27:50	1:22:25	
64	Darren Ingham	0:08:53	0:46:51	0:31:47	1:27:31	
152	Mike Jones	0:10:04	0:49:30	0:49:43	1:49:17	

Muscles of Steel Olympic May 2008

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
6	Nick Riding	0:21:15	1:04:15	0:36:50	2:03:30	Platinum

B of the Bang 10K May 2008

Pos		Gun Time	Club Standard
13	Carl Loftus	00:33:52	Platinum
50	Paul Coulter	00:37:42	Gold
77	Leila Coulter	00:40:39	Gold

Dunham Massey 5K Race 1 May 2008

Pos		Gun Time	Club Standard
46	Julian Spencer	00:18:22	Gold
55	Jon Britton	00:18:41	Silver
77	Mark Walker	00:19:33	Silver
209	Alison Britton	00:28:26	Club

Chatsworth 10K May 2008

Pos		Gun Time	Club Standard
8	Jon Britton	00:41:47	Silver
294	Alison Britton	01:01:05	

Southport Waterloo 15K May 2008

Pos		Gun Time	Club Standard
98	Paul Coulter	01:06:16	N/A
224	Leila Coulter	01:14:10	N/A

Stratford 220 Sprint Tri May 2008

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
2	Nick Riding	00:05:34	00:36:34	00:18:19	01:00:27	Platinum
21	Dave Myers	00:06:57	00:39:04	00:20:15	01:06:16	Gold
35	Jon Britton	00:05:41	00:42:21	00:20:24	01:08:26	Silver
42	Will Machin	00:06:44	00:42:16	00:20:14	01:09:14	Silver
124	Alison Britton	00:13:44	00:55:57	00:29:23	01:39:04	

Chester Half Marathon May 2008

Pos		Gun Time	Watch Time	Club Standard
40	Carl Bibby	01:24:03		Gold
72	Mark Livingston	01:26:36		Silver
266	Paul Coulter	01:36:15	01:36:10	Bronze
373	Leila Coulter	01:39:54	01:39:49	Silver

Chirk Sprint Tri April 2008

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
16	Fergus Wiseman	00:06:18	00:40:41	00:20:00	01:06:59	Silver
24	Jonathan Britton	00:05:34	00:42:25	00:19:47	01:07:46	Silver
77	Neil Adair	00:07:15	00:45:52	00:20:28	01:13:35	Bronze
103	Donald Reid	00:06:47	00:44:55	00:24:05	01:15:47	Bronze
277	Tom Hampton	00:11:02	00:53:36	00:31:44	01:36:22	
301	Alison Britton	00:12:34	00:58:44	00:30:59	01:42:17	

Preston Evening Time Trials Series April (Race 2) 10M TT

Pos		Watch Time	Club Standard
	Nick Riding	00:22:54	Platinum
	Dave Myers	00:23:58	Platinum

Preston Evening Time Trials Series April (Race 1) 10M TT

Pos		Watch Time	Club Standard
7	Nick Riding	00:24:07	Gold
36	Jon Britton	00:26:55	Silver

Wilmslow Half Marathon March 2008

Pos		Gun Time	Watch Time	Club Standard
89	Carl Bibby	01:23:36		Gold
126	Julian Spencer	01:25:20		Gold
270	Mark Walker	01:30:49		Silver
283	Fergus Wiseman	01:31:28		Silver
321	Jon Britton	01:32:40	01:32:10	Silver
388	Robert Hough	01:34:11		Silver
417	Dave Myers	01:34:48		Silver
514	Phil Love	01:37:13		Bronze
551	Paul Coulter	01:37:56	01:36:55	Bronze
	Richard Mathews	01:39:32	01:39:25	Bronze
764	John Hobson	01:41:52	01:41:21	Bronze
819	Leila Coulter	01:42:44	01:41:43	Bronze
844	Chris Bolton	01:43:09		Bronze
1155	Christopher Hamlett	01:47:55		Club
1380	Geoff Turton	01:51:01		Club
2208	Dave Hamlett	02:02:58		Club
2316	Helen Thomson	02:04:32		Club
2470	Rhys Billington	02:07:04		
3004	Alison Britton	02:18:03	02:16:00	
3005	Sarah Dell-Myers	02:18:03	02:16:00	

Stanley Park Blackpool 10K March 2008

Pos		Time	Club Standard
	Jon Tittley	0:44:30	Bronze

Liverpool Half Marathon March 2008

Pos		Gun Time	Club Standard
	Carl Bibby	01:26:57	Gold
	Sean McCann	01:30:45	Silver
	Jon Tittley	01:38:14	Bronze
	Darren Ingham	01:49:21	Club
	Alison Lysons	01:56:31	Bronze
	Dave Molyneux	02:07:39	
	Tom Hampton	02:17:27	

Wrexham Half Marathon March 2008

Pos		Gun Time	Club Standard
228	Fergus Wiseman	01:35:43	Bronze
295	Rob Hough	01:40:42	Bronze
296	Ian Norton	01:40:42	Bronze
454	Rhys Billington	01:55:53	Club

Runcorn Run the Bridge 5M March 2008

Pos		Time	Club Standard
	Alison Lysons	0:40:54	N/A

Stratford Upon Avon Marathon March 2008

Pos		Gun Time	Watch Time	Club Standard
185	Will Machin	03:38:49	03:28:20	N/A

Shell 4 Villages Half Marathon January 2008

Chip Pos.		Gun Time	Chip Time	Club Standard
111	Carl Bibby	01:25:44	01:25:26	Gold
151	Julian Spencer	01:28:01	01:27:50	Gold
154	Robert Hough	01:28:04	01:27:54	Silver
167	William Machin	01:29:20	01:28:35	Silver
177	Neil Adair	01:29:36	01:28:59	Silver
441	Richard Mathews	01:39:31	01:37:59	Silver
457	Christopher Hamlett	01:40:30	01:38:38	Bronze
501	David Feakes	01:40:38	01:39:49	Bronze

Results2008

523	John Hobson	01:41:10	01:40:44	Bronze
656	Phil Love	01:46:22	01:44:54	Club
689	Andy Whitehead	01:46:54	01:45:43	Bronze
753	Chris Bolton	01:47:43	01:47:24	Bronze
848	Geoff Turton	01:51:21	01:49:48	Club
859	Fergus Wiseman	01:51:29	01:49:57	Club
1002	Mark Green	01:54:19	01:53:52	Club
1064	Lesley Feakes	01:56:24	01:55:38	Bronze
1122	Helen Thomson	01:59:23	01:57:25	Bronze
1198	Brian Griffith	02:01:44	01:59:49	Club
1491	Tom Hampton	02:23:34	02:21:56	

PPUK 10K Love Run Feb 2008

Pos		Time	Club Standard
	Jon Tittley	0:44:23	Bronze

Delemere Dash Jan 2008

Pos		Gun Time	Club Standard
12	Martin Groenendaal	00:36:57	N/A
15	Nick Riding	00:37:24	N/A
18	Will Machin	00:37:41	N/A
164	Alison Lysons	00:52:24	N/A