

WTC Turkey Trot 10km December

Pos		Time 5k	Time 10K	Club Standard
1	Shane Wolstencraft	00:18:40	00:37:20	Gold
2	Jon Britton	00:18:40	00:37:57	Silver
3	John Hobson	00:20:19	00:40:35	Silver
4	Brett Connolly	00:20:20	00:41:04	Silver
5	Richard Matthews	00:21:45	00:44:24	Silver
6	Jon Knight	00:23:55	00:48:45	NA
7 (1)	Tracy Early	00:24:43	00:50:18	Bronze

Festive Fun 5km December

Pos		Time 5k		Club Standard
1	Jake Shackelford	00:18:32		Silver
2	Dan Chesters	00:19:11		Silver
3	Dave Myers	00:20:19		Silver
4	Steve Hibbert	00:21:11		Silver
5	Clive Carlo	00:21:20		Bronze
6	Donald Reid	00:21:30		Bronze
7	Steve Bradshaw	00:21:53		Bronze
8	Tom Hampton	00:26:17		Club
9	Oliver Warburton	00:27:56		
10	Callum Warburton	00:27:56		NA
11	Sam Thwates	00:28:05		Club
12	Roz Hobson	00:31:05		
13	Freddie Hobson	00:31:05		NA
14	James Knight	00:32:18		NA
15	Louis Norton	00:32:40		NA
16	Ian Norton	00:32:42		
17	Tom Benson	00:34:06		NA
18	James Benson	00:34:09		
19	Flynn Loftus	00:34:11		NA
20	Carl Loftus	00:34:13		
21	Sarah Myers	00:37:50		
22	Chris Harper	00:45:00		NA
23	Caelan Loftus	00:45:00		NA
24	Katie Benson	00:48:46		
25	Thea Benson	00:48:46		NA

Hellrunner (12 Miles) Nov

		Gun Time	Chip Time	Club Standard
112	Jon Britton	01:45:59	01:45:11	NA
414	Mark Walker	02:03:26	02:02:53	NA

Melbourne Marathon

		Gun Time	Chip Time	Club Standard
	Will Machin	03:36:56	03:35:48	NA

Melbourne Half Marathon

		Gun Time	Chip Time	Club Standard
	Hazel Rawlinson	02:08:02	2:06:46	Club

Amsterdam Marathon September

		Gun Time	Chip Time	Club Standard
	Paul Coulter	03:23:31	03:20:29	NA
	Leila Coulter	03:29:43	03:26:39	NA
	Katie Benson	03:34:05	03:31:02	NA
	James Benson	04:02:43	03:59:38	NA

Bolton 10K

		Gun Time	Chip Time	Club Standard
	Sean McCann	00:42:20	00:42:00	Gold

Trafford 10K

		Gun Time	Chip Time	Club Standard
	Fiona Randles	00:42:27	00:42:24	Silver

Salford Quays 10K

		Gun Time	Chip Time	Club Standard
363	Steve Hibbert	00:48:06	00:47:57	Bronze
347	Jill Carlin	00:49:57	00:49:47	Silver

English Half Marathon September

		Gun Time	Chip Time	Club Standard
77	Jon Britton	01:30:55	01:30:41	Silver
461	Geoff Turton	01:48:19	01:45:53	Bronze
1023	Ros Hobson	02:05:56	02:04:14	Club
1145	Kristian Ledwith	02:10:58	02:07:03	
1335	Tom hampton	02:22:48	02:21:07	

Oulton Park Duathlon

		Run 8.6K	Bike 39K	Run 4K	Total
22	Carl Bibby	00:34:42	01:02:59	00:16:40	01:54:24

Macclesfield Half Marathon September

		Gun Time	Watch Time	Club Standard
	Paul Coulter	01:30:16		Silver
	Leila Coulter	01:35:31		Silver

Fleetwood Sprint Tri Sept

		400m Swim	Bike 20Km	Run 5Km	Total	Club Standard
8	Jonathan Britton	00:05:09	0:34:55	00:19:47	00:59:53	Platinum
11	Dave Myers	00:07:54	0:32:26	00:20:26	01:00:47	Platinum
66	Sean McCann	00:09:36	0:39:20	00:20:19	01:09:17	Gold
198	Alison Britton	00:12:43	0:45:48	00:28:38	01:27:12	Club

North West Sprint Tri Sept

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
	Katie Morris	0:11:15	0:43:55	0:24:32	1:19:42	Bronze
	Helen Butterfield	0:11:13	0:45:39	0:31:01	1:27:53	Club
	Michael Jones	0:10:45	0:46:29	0:37:38	1:34:52	

Tatton Olympic Triathlon

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
87	David Gallimore	0:31:32	1:03:55	0:43:00	2:20:23	Silver
82	Adrian Moylan	0:28:12	1:05:31	0:46:20	2:20:00	Silver
144	Paul Harbidge	0:28:02	1:06:01	0:50:57	2:24:56	Silver
222	Mark Bramall	0:31:43	1:07:39	0:51:41	2:31:00	Silver
295	Ian Pemberton	0:34:14	1:11:46	0:50:29	2:36:25	Silver
370	Peter Swift	0:41:03	1:14:59	0:48:23	2:44:21	Club
43	John McMaster	0:34:24	1:16:19	1:02:01	2:52:39	Bronze

Tatton Sprint Triathlon

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
56	Fiona Randles	0:17:24	0:37:46	0:22:31	1:17:37	Silver
	Stuart Livingston	0:16:31	0:36:42	0:25:29	1:18:40	Bronze
	Steve Walsh	0:15:32	0:38:55	0:31:03	1:25:27	Club

Tatton Super Sprint Triathlon

		400m Swim	Bike 9.5Km	Run 2.5Km	Total	Club Standard
74	Mary Andrews	0:22:33	0:27:19	0:21:38	1:11:27	NA

Antrobus 10K Race Sept

		Gun Time		Club Standard
	Mark Walker	0:40:28		Silver
	Will Machin	0:41:03		Silver
	Hazel Rawlinson	0:58:37		Club

Fleetwood Half Marathon Sept

		Gun Time		Club Standard
12	Rob Hough	1:27:05		Silver

Great North Swim (Windermere)

		Gun Time		Club Standard
	Jill Carlin	0:36:35		NA

World Triathlon Champs Gold Coast Sept

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
34	Dave Myers	0:16:37	0:33:01	0:21:00	1:10:38	Gold

World Triathlon Champs Gold Coast Sept

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
63	Jonathan Britton	0:24:42	1:04:23	0:42:40	2:11:44	Gold

Bala September

		Swim 1500m	Bike 40k	Run 10k	Total	Club Standard
46	Nick Riding	0:23:04	0:58:35	0:42:28	2:04:11	Platinum
168	Paul Coulter	0:29:39	1:03:43	0:42:55	2:16:21	Silver
233	Carl Bibby	0:30:19	1:06:26	0:41:47	2:20:35	Gold
290	Dan Chesters	0:32:09	1:07:18	0:44:32	2:24:01	Silver
312	Mark Walker	0:31:28	1:10:31	0:43:40	2:25:42	Silver
373	Ian Norton	0:29:42	1:06:57	0:51:43	2:28:26	Silver
416	Neil Adair	0:35:30	1:13:30	0:42:12	2:31:15	Bronze
424	Donald Reid	0:30:29	1:11:29	0:49:45	2:31:45	Silver
471	Leila Coulter	0:34:37	1:16:15	0:45:11	2:36:06	Bronze

World Aquathlon Champs Gold Coast Sept

		Run 2.5Km	1000m Swim	Run 2.5Km	Total	Club Standard
14	Jonathan Britton	00:09:16	00:16:55	00:11:09	00:37:19	NA

Vitruvian September

		Swim 1900m	Bike 90k	Run 21k	Total	Club Standard
111	Paul Coulter	0:37:44	2:24:57	01:35:26	04:38:10	Gold
278	James Benson	00:34:44	2:41:45	01:03:25	05:09:56	Bronze

Bedford Sprint Aug

		750m Swim	Bike 25Km	Run 5Km	Total	Club Standard
83	Mark Walker	0:15:01	0:48:32	00:20:03	01:23:36	Bronze
175	Jill Carlin	0:17:18	0:52:57	00:24:58	01:35:03	Bronze

Lymm ladies Sprint Aug

		500m Swim	Bike 28Km	Run 5Km	Total	Club Standard
2	Leila Coulter	0:11:45	0:57:03	0:21:51	1:30:39	
6	Fiona Randles	0:13:41	0:58:13	0:22:46	1:34:40	
11	Katie Morris	0:16:20	0:58:25	0:24:14	1:38:59	
18	Jenny Hibbert	0:18:15	1:01:53	0:22:51	1:42:59	
20	Tracey Earley	0:17:15	0:58:36	0:28:28	1:44:19	
35	Alison Britton	0:17:24	1:04:51	0:30:33	1:52:48	
48	Mary Andrews	0:22:43	1:14:14	0:42:00	2:18:57	

Little Woody

		1900m Swim	Bike 61.5M	Run 21Km	Total	Club Standard
30	Will Machin	0:37:39	3:25:47	01:37:46	05:38:04	Club

Bramhall Park 5K August

		Gun Time		Club Standard
56	Leila Coulter	00:21:58		Silver

Salford Aquathlon Race 3 August

			750m Swim	Run 5Km	Total	Club Standard
8	Jonathan Britton		0:11:38	0:18:37	0:30:15	Gold
13	Rob Hough		0:13:00	0:19:14	0:32:14	Silver
19	Paul Coulter		0:13:51	0:19:29	0:33:20	Silver
23	Leila Coulter		0:15:20	0:20:22	0:35:42	Silver

Seamons Evening Time Trials Series 8.75M TT August

Pos			Watch Time	10M Time*	MPH	Club Standard
	Nick Riding		0:20:12	0:23:05	25.99	Platinum*
	Dave Myers		0:20:32	0:23:28	25.57	Platinum*
	Paul Coulter		0:20:59	0:23:59	25.02	Gold*
	Jonathan Britton		0:21:16	0:24:18	24.69	Gold*
	Mark Walker		0:22:48	0:26:04	23.03	Gold*
	Fiona Randles		0:26:36	0:30:24	19.74	Bronze*
	Leila Coulter		0:27:27	0:31:23	19.13	Bronze*
	Ros Hobson		0:27:56	0:31:56	18.79	Bronze*

*Adjusted time by 14.3%

Worthing Olympic Tri Aug

		1500m Swim	Bike 42Km	Run 10Km	Total	Club Standard
79	Paul Coulter	0:32:12	1:09:40	00:40:46	02:23:01	Silver

Lakeland Olympic Tri Aug

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
3	Nick Riding	0:23:41	1:05:20	0:40:06	2:09:07	Gold
67	Rob Hough	0:27:46	1:20:39	0:41:32	2:29:57	Bronze
111	Adrian Moylan	0:29:51	1:17:27	0:50:31	02:37:49	Bronze

Salford Auqathlon Race 2 August

		750m Swim	Run 5Km	Total	Club Standard
3	Jonathan Britton	00:11:56	00:18:25	00:30:21	Gold
6	Mark Walker	00:14:17	00:19:04	00:33:21	Gold

Seamons Evening Time Trials Series 8.75M TT August

		Watch Time	10M Time*	MPH	Club Standard
17	Will Machin	00:22:05	00:25:14	23.77	Gold*
19	Ian Norton	00:22:23	00:25:35	23.45	Gold*
24	Donald Reid	00:23:37	00:27:00	22.23	Silver*

*Adjusted time by 14.3%

Sale Sizzler August

		Gun Time	Club Standard
151	Fiona Randles	00:20:38	Silver

WTC Mid Week Duathlon 3 August

Pos	Name	3.8 Run	16K Bike	3.8 Run	Total	Club Standard
1	Dave Myers	0:15:50	0:27:11	0:17:23	1:00:24	Platinum*
2	John Hobson	0:16:50	0:30:00	0:18:35	1:05:25	Silver*
3	Leila Coulter	0:16:44	0:35:16	0:18:20	1:10:20	Bronze*
4	Jenny Hibbert	0:16:58	0:35:32	0:19:53	1:12:23	Silver*
5	Steve Walsh	0:17:48	0:33:57	0:20:45	1:12:30	Bronze*

*Adjusted time by 21%

Seamons Evening Time Trials Series 8.75M TT August

		Watch Time	10M Time*	MPH	Club Standard
10	Jonathan Britton	00:21:57	00:25:05	23.92	Gold*
17	Donald Reid	00:23:45	00:27:09	22.11	Silver*
25	Jill Carlin	00:26:04	00:29:48	20.14	Gold*
29	Steve Hibbert	00:27:58	00:31:58	18.77	Bronze*
30	Alison Britton	00:29:45	00:34:00	17.65	Bronze*

*Adjusted time by 14.3%

Ironman UK August

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
181	Carl Bibby	1:23:28	6:16:48	03:57:57	11:38:12	Gold
276	Will Machin	1:25:46	6:27:27	04:08:09	12:01:21	Bronze
353	Christopher Hamlett	1:23:05	6:26:24	04:27:54	12:17:22	Bronze
1026	David Hamlett	1:34:27	7:36:01	05:58:35	15:09:02	Club
1111	Brett Connolly	1:43:57	8:19:07	05:56:31	15:59:34	

Salford Auqathlon Race 1 August

		750m Swim	Run 5Km	Total	Club Standard
6	Jonathan Britton	00:12:14	00:18:29	00:30:43	Gold
12	Mark Walker	00:14:57	00:19:07	00:34:04	Silver
25	Leila Coulter	00:16:39	00:20:16	00:36:55	Bronze
37	Jill Carlin	00:16:58	00:23:14	00:40:12	Bronze

Strathclyde Olympic Tri July

		1425m Swim	Bike 39Km	Run 9.5Km	Total	Club Standard
61	Jonathan Britton	0:21:51	01:13:17	00:38:37	2:13:48	Gold
81	David Myers	0:26:29	01:06:03	0:43:48	2:16:22	Gold
109	Nick Riding	0:20:37	01:23:10*	00:38:16	2:22:07	Silver

* Including changing a wheel!

Trentham Big Half July

		1900m Swim	Bike 90Km	Run 21Km	Total	Club Standard
122	Tom Hampton	01:11:33	03:34:33	02:59:05	07:45:11	

Trentham Sprint July

		500m Swim	Bike 23Km	Run 5Km	Total	Club Standard
23	Paul Harbridge	0:15:12	0:42:21	0:27:13	1:24:46	Bronze
33	Dan Harbridge			00:28:14	01:28:01	

Blifield Sprint Triathlon July

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
47	Mark Walker	0:15:47	0:40:57	0:20:06	1:16:50	Silver
112	Jill Carlin	00:18:33	00:45:55	00:23:57	01:28:25	Bronze

NW Championships Boundary Breeze July

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
14	Jonathan Britton	0:11:42	0:39:32	0:19:44	1:11:00	Silver
18	David Myers	0:14:11	0:37:07	0:20:45	1:12:05	Gold
49	Paul Harbridge	0:13:01	0:41:50	0:24:05	1:18:57	Silver
82	Leila Coulter	0:15:31	0:46:40	0:21:34	1:23:47	Bronze
94	Geoff Turton	0:15:44	0:45:17	0:23:36	1:24:40	Bronze
191	Alison Britton	0:23:56	0:53:42	0:29:33	1:47:13	
192	Michael Jones	0:19:24	0:50:51	0:37:39	1:47:56	

Seamons Evening Time Trials Series 8.75M TT

		Watch Time	10M Time*	MPH	Club Standard
2	Nick Riding	00:19:36	00:22:24	26.79	Platinum*
7	David Myers	00:20:36	00:23:33	25.49	Platinum*
17	Dan Chesters	00:22:24	00:25:36	23.44	Silver*
20	Mark Walker	00:22:51	00:26:07	22.98	Gold*
21	John Hobson	00:23:00	00:26:17	22.83	Silver*

*Adjusted time by 14.3%

Deva Devas Tri July

		750m Swim	Bike 16Km	Run 5Km	Total	Club Standard
20	Leila Coulter	00:15:55	00:36:18	00:21:52	01:14:05	Silver
35	Jill Carlin	00:16:48	00:36:24	00:24:44	01:17:56	Gold
60	Tracy Earley	00:18:16	00:34:49	00:27:53	01:20:58	Silver
76	Rosalind Hobson	00:20:00	00:36:44	00:25:59	01:22:43	Silver
123	Helen Butterfield	00:19:12	00:38:30	00:30:17	01:27:59	Bronze
168	Alison Britton	00:24:49	00:40:43	00:28:57	01:34:29	Club
190	Claire Petricca-Riding		01:08:49	00:28:57	01:37:46	N / A

Ironman Switzerland July

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
600	Rob Hough	01:05:08	05:41:23	03:42:40	10:40:13	Gold
831	Katie Benson	01:18:25	05:56:02	03:47:35	11:07:42	Platinum
1236	Ian Norton	01:10:07	05:56:14	04:39:08	11:56:40	Silver
1527	Donald Reid	01:11:43	06:29:30	04:50:30	12:43:49	Bronze
	Helen Thomson	02:02:06	07:56:10			

Rippon Olympic Tri July

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
123	Paul Coulter	0:28:46	1:12:01	00:49:45	02:30:32	Bronze

Seamons Evening Time Trials Series 8.75M TT

			Watch Time	10M Time*	MPH	Club Standard
15	Dan Chesters		00:22:16	00:25:27	23.58	Gold*

*Adjusted time by 14.3%

City of Manchester 10K July

		Gun Time	Chip Time	Club Standard
38	Jonathan Britton	00:39:16	00:39:10	Silver
68	Neil Adair	00:41:14	00:41:04	Silver

A Day in the Lakes June

		1.2M Swim	Bike 56M	Run 13M	Total	Club Standard
88	Mark Livingston	0:34:09	3:05:12	2:16:48	5:56:09	Bronze

Preston Evening Time Trials Series (Race 5) 10M TT

		Watch Time	MPH	Club Standard
4	Nick Riding	00:21:41	27.7	World

WTC Mid Week Duathlon 2 June

	Name	3.8 Run	16K Bike	3.8 Run	Total	Club Standard
1	Dave Myers	00:15:55	00:27:40	00:17:31	1:01:06	Gold*
2	Mark Walker	00:15:16	00:29:46	00:16:46	1:01:48	Gold*
3	Jack Woodward	00:15:18	00:32:04	00:16:33	1:03:55	Silver*
4	Dave Gallimore	00:16:28	00:30:10	00:18:29	1:05:07	Silver*
5	Dan Chesters	00:16:29	00:29:37	00:20:49	1:06:55	Bronze*

*Adjusted time by 21%

Shoreline Bude Sprint Tri June

		700m Swim	18K Bike	5.4K Run	Total	Club Standard
3	Nick Riding	00:09:33	00:28:10	00:20:35	00:58:21	World

Liverpool Olympic Tri June

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
143	Sean McCann	00:29:28	1:23:17	00:45:03	02:37:46	Silver

Liverpool Sprint Tri June

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
9	Mark Walker	00:15:44	0:38:38	0:21:06	01:15:27	Silver
253	Mike Jones	00:25:22	0:49:46	00:38:16	01:53:23	

NW Championships Deva Olympic Tri June

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
36	Paul Coulter	0:29:11	1:04:59	0:43:06	2:17:19	Silver
39	Mark Livingston	0:28:42	1:08:42	0:40:08	2:17:35	Gold
113	Paul Harbidge	0:27:38	1:13:58	0:50:06	2:31:45	Silver
145	Neil Adair	0:33:58	1:16:57	0:43:23	2:36:21	Bronze
179	John Hobson	0:37:14	1:16:33	0:47:13	2:41:02	Bronze
222	Brian Griffiths	0:34:06	1:21:51	0:52:26	2:48:26	Bronze

Lymm 5K Race June

		Gun Time		Club Standard
180	Steve Hibbert	00:22:57		Bronze
207	Jill Carlin	00:24:36		Silver
213	Ros Hobson	00:25:04		Bronze

Northumberland Olympic (National Champs) June

		1500m Swim	Bike 42Km	Run 9.4Km	Total	Club Standard
69	Jonathan Britton	0:23:26	1:15:59	0:35:49	2:15:14	Silver
76	David Myers	0:27:47	1:10:11	0:38:30	2:16:28	Gold

Chorlton X Triathlon June

		Swim	Bike	Run	Total	Club Standard
2	Nick Riding	-	-	-	01:00:40	NA

Comerbach 5K Race June

		Gun Time		Club Standard
2	Jonathan Britton	00:18:24		Silver

Bala Middle June

		2000m Swim	Bike 78.5Km	Run 20Km	Total	Club Standard
83	Paul Coulter	00:38:23	02:30:11	01:36:47	04:45:23	Silver
90	Carl Bibby	00:37:19	02:40:07	01:30:08	04:47:35	Gold
128	Robert Hough	00:35:38	02:44:12	01:36:51	04:56:43	Silver
218	Katie Benson	00:42:11	02:52:58	01:40:38	05:15:48	Gold
275	Ian Norton	00:37:09	02:48:10	02:00:10	05:25:30	Bronze
343	David Gallimore	00:45:18	03:00:29	01:55:16	05:41:04	Club
382	Donald Reid	00:39:32	03:05:01	02:09:09	05:53:44	Bronze

Northwich Sprint Tri June

		400m Swim	Bike 17Km	Run 5Km	Total	Club Standard
17	Mark Walker	00:07:50	00:35:51	00:19:39	01:03:23	Platinum

Big Cow Sprint Tri (National Championships) June 2009

		750m Swim	Bike 20Km	Run 5.3Km	Total	Club Standard
73	David Myers	00:14:50	00:31:18	00:22:13	01:08:23	Gold
92	Jonathan Britton	00:13:09	00:36:18	00:20:28	01:09:58	Silver

Cheshire Sprint Tri June

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
1	Nick Riding	0:06:49	0:32:44	0:18:31	0:58:04	Platinum
20	Jonathan Britton	0:07:16	0:37:07	0:19:31	1:03:54	Gold
81	Paul Harbridge	0:08:16	0:39:22	0:23:33	1:11:11	Silver
100	John Hobson	0:10:41	0:39:58	0:21:34	1:12:13	Bronze
121	Geoff turton	0:09:04	0:41:27	0:22:42	1:13:13	Silver
23	Fiona Randles	0:09:49	0:45:01	0:23:36	1:18:26	Bronze
40	Jill Carlin	0:10:19	0:46:09	0:25:29	1:21:57	Bronze
291	John McMaster	0:10:49	0:44:24	0:25:49	1:21:02	Bronze
449	Michael Jones	0:09:58	0:45:48	0:36:26	1:32:12	
116	Alison Britton	0:14:06	0:48:17	0:30:49	1:33:12	

Cheshire Fun Tri June

		250m Swim	Bike 20Km	Run 2.5Km	Total	Club Standard
25	Daniel Harbridge	0:03:11	0:44:19	0:13:24	1:00:54	NA

Stockport Clarion 10M TT May

		Watch Time	MPH	Club Standard
6	Paul Coulter	00:24:51	24.1	Gold
10	Mark Walker	00:26:46	22.4	Gold

WTC Mid Week Duathlon 1 May

	Name	3.8 Run	16K Bike	3.8 Run	Total	Club Standard
1	Dave Myers	00:15:58	00:28:26	00:18:11	1:02:35	Gold*
2	Mark Walker	00:15:28	00:30:58	00:17:04	1:03:30	Gold*
3	Dave Ashcroft	00:16:58	00:34:00	00:20:02	1:11:00	Bronze*
	Dan Chesters	00:16:24	DNF	DNF	0:16:24	

*Adjusted time by 21%

Little Beaver May

		1500m Swim	Bike 39Km	Run 10Km	Total	Club Standard
109	Jon Britton	0:25:53	1:09:22	0:43:33	02:18:48	Silver

South Cheshire 20 Miles May

		Gun Time		Club Standard
27	Robert Hough	02:25:58		NA

Grendon Sprint Tri May

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
59	Jonathan Britton	0:12:30	0:41:38	0:17:48	1:11:56	Silver
122	David Myers	0:14:39	0:41:08	0:20:13	1:16:00	Silver

Chester Half Marathon May

		Gun Time		Club Standard
	Tom Hampton	2:16:19		

Stratford 220 Sprint Tri May

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
29	Will Machin	0:06:38	0:43:03	0:20:07	1:09:48	Silver

Wilmslow Triathlon May

		400m Swim	Bike 24Km	Run 6.7Km	Total	Club Standard
35	Paul Coulter	0:07:09	0:40:50	0:27:16	1:15:17	Bronze
116	Donald Reid	0:07:51	0:46:41	0:33:45	1:28:07	Club
162	Leila Coulter	0:07:53	0:56:40	0:29:27	1:34:02	

Lymm Triathlon May

		500m Swim	Bike 26Km	Run 5.2Km	Total	Club Standard
52	John Butterfield	00:11:02	0:56:35	0:26:21	01:33:58	
76	Jill Carlin	00:11:05	1:02:16	0:26:26	01:39:47	

Northwich Aquathlon, Cheshire

Sunday 3rd May 2009

Open

Pos	Name	500m Swim	5k run	Total
1	Nick Riding	00:07:21	00:18:56	00:26:17
2	Jon Britton	00:07:23	00:19:40	00:27:03
9	Leila Coulter	00:10:36	00:22:20	00:32:56
12	Hilton McCarthy	00:09:09	00:25:23	00:34:32
25	William Burdett	00:15:44	00:27:50	00:43:34

Tri Star 3

Pos	Name	400m Swim	3k run	Total
7	Alana Couter	00:10:48	00:18:59	00:29:47

Tri Star 2

Pos	Name	250m Swim	2k run	Total
13	Connor Turton	00:07:34	00:11:31	00:19:05

Tri Star 1

Pos	Name	150m Swim	1.5K run	Total
13	Matthew Turton	00:05:24	00:08:18	00:13:42
19	Thomas Coulter	00:05:53	00:08:55	00:14:48
23	Ben Jones	00:06:25	00:11:01	00:17:26
24	Nevah Walker	00:05:25	00:13:37	00:19:02

Tri Start

Pos	Name	50m Swim	600m run	Total
5	Louis Norton	00:02:28	00:03:44	00:06:12

Runcorn Run the Bridge 5M

Pos	Name	Time	Club Standard
	Tom Hampton	00:47:58	NA

Bolton 10K April

Pos	Name	Gun Time	Chip Time	Club Standard
61	Sean McCann	00:42:20	00:42:00	Gold

Ashborne Duathlon April

	Name	Run 12Km	Bike 40Km	Run 4Km	Total	Club Standard
35	Paul Coulter	00:54:30	01:19:01	00:16:43	02:30:14	

Falesia 5K Race April

Pos	Name	Gun Time	Club Standard
2	Julian Spencer	00:19:08	Silver
3	Robert Hough	019:32	Silver

Chirk Sprint Tri April

	Name	400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
20	Jonathan Britton	00:05:37	00:41:10	00:19:24	01:06:11	Silver
136	John Hobson	00:08:45	00:45:37	00:22:26	01:16:48	Bronze
299	Ros Hobson	00:09:45	00:53:14	00:28:57	01:31:56	Club
300	Tom Hampton	00:09:51	00:51:06	00:31:04	01:32:01	
341	Alison Britton	00:11:36	00:56:27	00:32:03	01:40:06	

Whitley 10K April

Gun Pos.		Gun Time		Club Standard
19	Julian Spencer	00:37:33		Gold
28	Jonathan Britton	00:39:19		Silver
57	David Myers	00:41:17		Silver

Liverpool Half Marathon March

Gun Pos.		Gun Time		Club Standard
	Mark Walker	01:26:54		Gold

Wilmslow Half Marathon March

Gun Pos.		Gun Time		Club Standard
	Paul Coulter	01:30:13	01:29:50	Silver
	Leila Coulter	01:35:16	01:34:51	Silver

Blackpool Half Marathon March

Gun Pos.		Gun Time		Club Standard
340	Ian Norton	01:51:16		Club

Blackpool Marathon March

Gun Pos.		Gun Time		Club Standard
72	Robert Hough	03:18:13		NA
148	Katie Benson	03:32:27		NA

Wrexham Village Bakery Half Marathon Feb

Gun Pos.		Gun Time		Club Standard
69	Carl Bibby	01:22:48		Gold
105	Jonathan Britton	01:27:38		Silver
107	Robert Hough	01:27:53		Silver
217	Ian Norton	01:38:14		Silver
DNF	Alison Britton			

High Leigh 10K Race Feb

Pos		Gun Time		Club Standard
18	Mark Walker	00:39:42		Gold

Winter Hill Fell Race Feb

Gun Pos.		Gun Time		Club Standard
68	Nick Riding	02:05:11		NA
130	Carl Loftus	02:23:21		NA

Shell 4 Villages Half Marathon January

Chip Pos.		Gun Time	Chip Time	Club Standard
62	Mark Livingston	01:24:10	01:23:55	Gold
168	Robert Hough	01:29:24	01:29:12	Silver
274	Jonathan Britton	01:34:10	01:32:50	Silver
307	Paul Coulter	01:34:31	01:34:11	Bronze
342	James 'Alpha' Benson	01:36:41	01:35:19	Bronze
415	John Hobson	01:38:45	01:37:23	Bronze
520	Will Machin	01:42:26	01:41:05	Bronze
569	Katie Benson	01:44:53	01:42:33	Silver
575	Leila Coulter	01:43:07	01:42:45	Bronze
579	David Myers	01:44:09	01:42:49	Bronze
642	Richard Mathews	01:46:47	01:44:25	Silver
751	Ian Norton	01:49:20	01:47:00	Club
	Alison Lysons	01:59:36		Club

1242	Helen Thomson	02:05:23	02:03:08	Bronze
1479	Alison Britton	02:25:51	02:23:37	
1480	Tom Hampton	02:24:51	02:23:38	