

Ref	ELT NAME/ RACE NAME & DATE	Swim/ Run	Transition	Bike	Transistion	Run	Total	Position in Race	Grand Prix Points	Comments
	ELT 25 MILE CYCLE HANDICAP TIME TRAIL (15/03/09)					Actual Time	Handicap Time			
	Matt Williams					01:06:20	01:02:50	1	x	
	Ellis Bright					01:12:32	01:03:02	2	x	
	Patricia Carden					01:18:36	01:03:06	3	x	
	Allan Leighton					01:03:45	01:03:15	4	x	
	Lorraine Taylor					01:20:11	01:04:41	5	x	
	Dean Moy					01:05:45	01:05:15	6	x	
	David Longstaff					01:15:48	01:07:18	7	x	
	Mike Parkin					01:14:49	01:07:19	8	x	
	Brenda Puech					01:23:38	01:08:08	9	x	
	Claire Brady					01:19:11	01:08:41	10	x	
	Simon Laver					01:09:54	01:09:54	11	x	
	Michael Carden					01:19:14	01:13:14	12	x	
	Mary Armitage					01:30:04	01:13:34	13	x	
	Lawrence Shafier					01:20:52	01:14:22	14	x	
	Dan Bassford					01:16:29	01:15:59	15	x	
	VICTORIA PARK 5 MILE RUN (27/03/10)									
	Fabio Rizzo Cascio					29:20	29:20	64	x	
	LONDON MARATHON									
	Philip Tsang					03:25:38	03:25:38		x	
	Lawrence Shafier									Lawrence can you send me your results from this race, thanks
	DRAGON SLAYER DUATHLON									
	Neil Giles	29:00:00	00:47	01:09:08	00:47	22:10	02:01:54	6	x	
	Jonathan Bishop	32:43:00	01:04	01:15:13	01:01	24:23	02:14:27	23	x	
	Simon Deville	33:44:00	01:17	01:16:01	01:29	28:03	02:20:37	31	x	
	Jonathan Westaway	35:40:00	00:57	01:20:18	00:56	26:20	02:24:15	42	x	
	Bernie Wolfe	36:26:00	01:03	01:23:20	00:54	24:45	02:26:31	48	x	
	Steve Bryan	36:59:00	01:08	01:19:00	01:18	28:46	02:27:14	51	x	
	Robert Crump	36:54:00	00:51	01:18:29	01:16	31:05	02:28:18	53	x	
	Lorraine Taylor	37:36:00	01:25	01:26:14	01:09	28:16	02:34:43	63	x	
	Justin McDermott	34:22:00	01:26	01:26:11	01:30			DNF	x	
	Claire Brady	38:28:00	01:17	01:23:53				DNF	x	
	SPRING LAMB SPORTIVE (11/4/10)									
	Fabio Rizzo Cascio			05:11:06			05:11:06	38	x	

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	THAMES TURBO SPRINT RACE 1 (GRAND PRIX EVENT NO 1)									
	Lawrence Shafier	9:46		43:08		21:45	1:14:39		50	
	Simon Deville	11:25		38:17		25:14	1:14:56		49	
	Dede Singh	9:19		44:07		27:08	1:20:34		48	
	Lorna Bayford	11:17		48:54		28:28	1:28:39		50	
	DORNEY LAKE TRIATHLON (26/5/10)									
	Philippa Cockman	14:29	00:58	00:38	00:28	00:25:11	01:19:51		x	First female in age group
	IRONMAN LANZEROTE (CLUB LONG DISTANCE CHAMPIONSHIPS) (GRAND PRIX EVENT 2)									
	Panos Kakoulis						11:58:18		50	
	Mike Collins						13:05:08		49	
	John Andrews						13:31:28		48	
	Joanne Rodda						13:42:15		50	
	Lawrence Shafier						13:44:54		47	
	Clare Brady						14:38:13		49	
	BRAINTREE (HALSTEAD) TRIATHLON (GRAND PRIX EVENT 3)									
	Dan Bassford	08:10	01:00	36:01:00	01:01	20:19	01:06:35	13	50	
	Lawrence Shafier	07:37	00:51	40:17:00	01:01	19:18	01:09:07	25	49	
	David Barrett	09:02	01:10	39:18:00	01:02	20:38	01:11:14	44	48	
	Danny Heathwood	09:09	01:47	38:39:00	01:34	21:08	01:12:20	51	47	
	Paul Cates	09:59	01:37	41:35:00	00:48	19:39	01:13:38	62	46	
	Linda Blakely	07:50	00:36	41:35:00	01:20	23:02	01:14:08	6	50	
	Simon Deville	11:12	00:59	38:06:00	01:11	22:43	01:14:14	69	45	
	Martin Bay	08:01	00:50	40:26:00	00:59	02:02	01:16:20	92	44	
	Siobhan Bay	08:47	01:02	41:22:00	01:12	00:23	01:16:48	12	49	
	Lorraine Taylor	08:34	01:06	43:09:00	01:08	23:48	01:17:47	14	48	
	Geof Messenger	12:18	01:14	40:26:00	01:49	23:12	01:19:02	109	43	
	Jonathan Holland	08:43	02:19	43:04:00	01:21	24:47	01:20:16	115	42	
	Robert Taylor	09:39	01:55	41:56:00	01:36	25:47	01:20:56	120	45	
	Mary Armitage	09:47	01:50	46:07:00	01:12	25:32	01:24:32	20	47	
	Zoe Woodward	11:38	01:44	48:34:00	01:42	21:45	01:25:26	21	46	
	Karen Allworthy	10:25	01:16	48:02:00	01:16	25:21	01:26:22	24	45	

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	DAMBUSTER OLYMPIC TRIATHLON RUTLAND WATER (GRAND PRIX EVENT NO 4)									
	Neil Giles	23:55	02:01	01:08:40	00:49	35:32:00	02:10:59	54	50	
	Pete Dyer	27:16:00	01:23	01:17:13	00:53	37:59:00	02:24:45	210	49	
	Panos Kakoulis	28:13:00	02:31	01:13:02	01:31	40:16:00	02:25:36	223	48	
	Michael Rees	29:13:00	02:57	01:15:34	01:32	38:25:00	02:27:30	254	47	
	Lawrence Shafier	26:51:00	02:07	01:24:42	01:22	36:19:00	02:31:23	307	46	
	Martin Bay	30:23:00	02:24	01:23:42	01:26	45:40:00	02:43:40	516	45	
	Siobhan Bay	31:24:00	02:39	01:24:45	01:45	45:12:00	02:45:47	545	50	
	Stephen Hull	33:19:00	02:03	01:32:16	01:20	52:21:00	03:01:22	698	44	
	Trish Kelly	47:16:00	02:49	01:42:39	02:07	01:09:00	03:35:03	767	49	
	WINDSOR OLYMPIC DISTANCE TRIATHLON									
	Philip Tsang	27:47:00	01:18	01:19:00	1:19	47:34:00	02:30:15		x	
	WINDSOR SPRINT DISTANCE TRIATHLON									
	Lorraine Taylor							127	x	
	MILTON KEYNES SPRINT TRIATHLON (GRAND PRIX									
	Allan Leighton	11:42	01:05	0:32:22	00:48	21:32	01:07:29	9	50	
	Peter Dyer	13:32	01:14	0:34:48	00:36	21:16	01:11:27	22	49	
	Lawrence Shafier	14:18	05:15	37:10:00	01:00	19:39	01:17:22	59	48	
	Martin Bay	15:07	01:16	36:22:00	00:50	23:52	01:17:27	61	47	
	Siobham Bay	15:13	01:23	38:35:00	01:06		01:21:34	81	50	
	Lorraine Taylor	15:18	01:35	39:28:00	00:52		01:21:43	83	49	
	Sam Baxendale	17:56	01:57	44:08:00	01:29		01:29:44	137	46	
	IRONMAN FRANCE									
	Linda Blakely						13:45:00		x	Linda, could your send me details of your run/ bike/ swim times and position in the race, thanks
	IRONMAN AUSTRIA									
	Jonathan Bishop						10:45:00		x	Jonathan/ Bernie, could you send me details of your run/ bike/ swim times and position in the race, thanks
	Bernie Wolfe						12:15:00		x	

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	IRONMAN SWITZERLAND									
	Fabio Rizzo Cascio	01:08:00	02:15	05:09:00	02:03	03:34:00	09:55:00	240	X	2161 finishers
	IRONMAN WISCONSIN									
	Panos Kakoulis						11:27:00		X	
	CHALLENGE ROTH									
	Stel Marcou						11:19:00		x	Stel/ Michael, could you send me details of your run/ bike/ swim times and position in the race, thanks
	Michael Collins						12:30:00		x	
	MILTON KEYNES OLYMPIC DISTANCE TRIATHLON (26/07/09) (GRAND PRIX EVENT NO 6)									
	Neil Giles	0:21:50	0:01:15	01:04:14	00:00:36	00:38:36	02:06:33	22	50	
	Allan Leighton	0:20:38	0:01:13	01:03:54	00:00:48	00:41:07	02:07:42	23	49	
	Ben Stephens	0:21:41	0:01:35	01:10:36	00:00:55	00:42:26	02:17:16	80	48	
	Lawrence Shafier	0:24:57	0:01:42	01:13:30	00:00:52	00:38:20	02:19:23	97	47	
	Michael Rees	0:27:22	0:01:35	01:10:08	00:01:20	00:39:46	02:20:14	102	46	
	Danny Heathwood	0:28:10	0:01:15	01:10:40	00:00:39	00:40:22	02:21:08	116	45	
	Martin Bay	0:26:46	0:01:40	01:15:21	00:00:45	00:47:06	02:31:42	215	44	
	Justin Mcdermott	0:23:40	0:01:53	01:21:43	00:01:01	00:44:05	02:32:23	226	43	
	Siobhan Bay	0:28:11	0:01:36	01:16:39	00:00:54	00:45:01	02:32:24	227	50	
	Lorraine Taylor	0:26:37	0:01:33	01:18:33	00:01:15	00:44:25	02:32:26	229	49	
	Janet Bywater	0:31:39	0:03:05	01:21:40	00:01:17	00:49:05	02:46:49	333	48	

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	BEDFORD OLYMPIC DISTANCE TRIATHLON GRAND PRIX EVENT (ELT OLYMPIC DISTANCE CHAMPIONSHIP) (GRAND PRIX EVENT NO 7)									
	Neil Giles	0:23:51	0:01:06	01:07:14	0:00:43	00:37:13	02:10:09	49	50	
	Allan Leighton	0:23:27	0:01:20	01:10:24	0:00:52	00:42:36	02:18:42	132	49	
	Peter Dyer	0:26:31	0:01:09	01:12:13	0:00:38	00:39:16	02:19:48	140	48	
	Lawrence Shafier	0:26:52	0:01:26	01:17:18	0:00:45	00:37:00	02:23:23	185	47	
	Michael Rees	0:30:04	0:01:15	01:14:36	0:01:19	00:40:04	02:27:20	234	46	
	Gavin Bodenham	0:25:13	0:01:50	01:18:47	0:01:49	00:41:49	02:29:31	261	45	
	Martin Bay	0:30:53	0:01:25	01:19:32	0:01:00	00:47:02	02:39:54	350	44	
	Siobhan Bay	0:31:32	0:01:34	01:22:26	0:01:00	00:46:48	02:43:24	380	50	
	Lorraine Taylor	0:29:46	0:01:24	01:24:28	0:00:54	00:49:10	02:45:44	399	49	
	Robert Taylor	0:34:21	0:02:58	01:22:20	0:01:32	00:48:32	02:49:45	430	43	
	Sam Baxendale	0:35:32	0:02:21	01:29:36	0:01:42	00:48:18	02:57:32	462	42	
	Trish Kelly	0:35:21	0:01:45	01:28:14	0:01:10	00:52:51	02:59:23	468	48	
	Patrick Farren	0:33:22	0:02:47	01:36:27	0:02:30	00:49:24	03:04:32	479	41	
	Angie Legg	0:36:43	0:03:22	01:45:45	0:00:58	00:44:37	03:11:28	493	47	
	CHAIRMAN'S CHALLENGE HOG HILL									
	Mark Kallinaukus						13:40	1	x	
	Claire/Pete						13:42	2	x	
	Jonathon						13:56	3	x	
	Lorraine Taylor						14:06	4	x	
	Siobhan Bay						14:10	5	x	
	Patrick Farren						14:45	6	x	
	Sam Baxendale						14:52	7	x	
	LONDON TRIATHLON									
	Philip Tsang	27:50:00	03:39	01:08:48	03:09	49:00:00	02:32:42		x	
	AGE GROUP WORLD CHAMPIONSHIPS, BUDAPEST									
	Neil Giles	22:00	04:00	52:00:00	02:04	38:00:00	01:58:04		x	Split times approximate

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	VITRUVIAN MIDDLE DISTANCE TRIATHLON (GRAND PRIX EVENT NO 8)									
	Neil Giles	30:06:00	01:34	02:18:01	01:05	01:29:57	04:22:46		50	
	Simon Laver	32:36:00	02:15	02:23:08	01:46	01:32:18	04:32:05		49	
	Lawrence Shafier	34:56:00	02:21	02:45:02	02:16	01:39:01	05:03:39		48	
	Siobham Bay	39:28:00	03:30	02:46:23	01:49	01:50:12	05:21:25		50	
	Lorraine Taylor	38:55:00	02:37	02:47:54	01:42	01:54:00	05:25:10		49	
	Martin Bay	38:39:00	02:38	02:46:43	01:55	01:57:21	05:27:19		47	
	Simon Deville	40:36:00	04:04	02:42:47	01:54	01:59:32	05:28:55		46	
	Graham McCarthy	34:40:00	02:39	03:00:17	03:22	01:49:03	05:30:04		45	
	Desiree Clark Noble	41:15:00	03:36	03:00:05	02:59	01:56:00	05:43:57		48	
	Mary Armitage	39:49:00	04:10	02:58:15	05:13	01:58:58	05:46:28		47	
	Trish Kelly	43:43:00	03:07	03:04:55	03:46	02:06:25	06:02:00		46	
	Ralph Robinson	35:43:00	04:21	02:56:23	05:09	02:26:32	06:08:10		44	
	Stephen Hull	41:31:00	02:42	03:02:38	02:11	02:21:06	06:10:11		43	
	Maria Pedraza	36:16:00	03:59	03:43:23	04:43	03:01:18	07:29:42		45	
	MILTON KEYNES SPRINT TRIATHLON 3 19/9/10 (NOT A GRAND PRIX EVENT)									
	Steve Chate	16:07	02:03	38:53:00	01:03	21:17	01:19:26	68	x	
	David Longstaff	17:20	02:04	36:36:00	00:57	24:08:00	01:21:08	78	x	
	Mark Kallinaukus	17:28	03:07	42:47:00	01:01	26:53:00	01:31:20	142	x	
	AMSTERDAM MARATHON 17/10/10									
	Lawrence Shafier					02:59:34			x	Well done Lawrence for finally breaking the 3 hour barrier
	Jo Rodda					03:23:44			x	
	SAFFRON WALDEN 10 K RUN (ELT CLUB 10K CHAMPIONSHIP)									
	Neil Giles					37:24:00		11	x	
	Lawrence Shafier					38:43:00		16	x	
	Paul Cates					38:53:00		17	x	
	Steve Chate					40:25:00		30	x	
	Justin McDermott					42:24:00		50	x	
	Zoe Woodward					44:41:00		82	x	
	Graham McCarthy					44:43:00		83	x	
	Bernie Wolfe					45:37:00		93	x	
	David Longstaff					46:01:00		100	x	
	Lorraine Taylor					47:07:00		103	x	
	Patrick Farren					47:09:00		124	x	
	Mark Kallinaukus					49:49:00		161	x	

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	ELT HILL CLIMB CHALLENGE									
	Linda Blakely			05:59		11:22	17:21	1	x	
	Bernie Wolfe			06:14		11:41	17:55	2	x	
	Claire Withams			06:27		12:04	18:31	3	x	
	Claire Brady			06:16		12:25	18:41	4	x	
	Mary Armitage			06:56		12:13	19:09	5	x	
	Siobham Bay			06:33					x	
	Zoe Woodward			07:43					x	
	Pete Dyer			05:35		10:09	15:44	1	x	
	Ian			05:44		11:20	17:04	2	x	
	Gavin Bodenham			05:57		11:11	17:08	3	x	
	Steve			05:22		12:03	17:25	4	x	
	Dan Bassford			05:20		12:49	18:09	5	x	
	Patrick Farren			06:58		12:22	19:20	6	x	
	David			06:00		13:24	19:24	7	x	
	Dede Singh			07:13		13:34	20:47	8	x	

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	GRAND PRIX STANDINGS - MALE (AFTER 8 RACES)									Note best three points total from all Grand Prix races entered count towards the final standings ie maximum of 150 points on offer.
01	Neil Giles								150	
02	Allan Leighton								148	
03	Lawrence Shafier								147	
04	Pete Dyer								146	
05	Simon Deville								140	
06	Michael Rees								139	
07	Martin Bay								139	
08	Panos Kalkoullis								98	
09	Danny Heathwood								92	
10	Sam Baxendale								88	
11	Stephen Hull								87	
12	Robert Taylor								84	
13	Dan Bassford								50	
14	Simon Laver								49	
14	Mike Collins								49	
16	Ben Stephens								48	
16	David Barrett								48	
16	John Andrews								48	
16	Dede Singh								48	
20	Paul Cates								46	
21	Gavin Bodenham								45	
21	Graham McCarthy								45	
23	Ralph Robinson								44	
24	Justin McDermott								43	
24	Geof Messenger								43	
26	Jonathan Holland								42	
27	Patrick Farren								41	

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	GRAND PRIX STANDINGS - FEMALE (AFTER 8 RACES)									
01	Siobhan Bay								150	
02	Lorraine Taylor								147	
03	Trish Kelly								143	
04	Mary Armitage								94	
05	Linda Blakely								50	
05	Lorna Bayford								50	
05	Joanne Rodda								50	
08	Clare Brady								49	
09	Desiree Clark Noble								48	
09	Janet Bywater								48	
11	Angie Legg								47	
12	Zoe Woodward								46	
13	Karen Allworthy								45	
13	Maria Pedraza								45	