

**Rivington September 2005**

	<b>Swim 1500m</b>	<b>Bike 40k</b>	<b>Run 10k</b>	<b>Total</b>
Matt Cullen	00:25:04	01:01:35	00:45:25	02:12:04
Lisa Stout	00:32:38	01:20:39	00:54:12	02:47:29
David Molyneux	00:38:11	01:29:41	01:00:26	03:08:18

**Bala September 2005**

Pos		<b>Swim 1500m</b>	<b>Bike 40k</b>	<b>Run 10k</b>	<b>Total</b>
68	MALCOLM FLANNERY	27:57:00	01:06:57	43:54:00	02:18:48
238	ANDY RAWLEY	33:33:00	01:11:44	51:22:00	02:36:39
328	MARK JONES	29:45:00	01:11:20	01:04:53	02:45:58

**Helvellyn September 2005**

		<b>Swim 1500m</b>	<b>Bike 38 mile</b>	<b>Run 8 mil</b>	<b>Total</b>
	Martijn Groenendaal	00:30:08	02:02:34	01:54:12	04:26:55

**Cockerham August 2005**

		<b>Swim 350m</b>	<b>Bike 15k</b>	<b>Run 5k</b>	<b>Total</b>
	Martijn Groenendaal	07:09	33:16:00	22:35	01:03:00

**Yarrow Valley Duathlon August 2005**

		<b>Run 7.5k</b>	<b>Bike 20k</b>	<b>Run 2.5k</b>	<b>Total</b>
	Staffod Howson	33.07	40.48	12.58	1.26.53

**London August 2005**

		<b>Swim 1500m</b>	<b>Bike 40k</b>	<b>Run 10k</b>	<b>Total</b>
	Jon Britton - Westminster Route	23.19	1.10.15	40.33	2.18.38
	Richard Fontana- Tower Bridge Route	27.04	1.12.44	42.43	2.27.28

**Salford July 2005**

		<b>Swim 1500m</b>	<b>Bike 40k</b>	<b>Run 10k</b>	<b>Total</b>
	Matt Cullen	24.21	1.18.39	35.56	2.20.19
	Jonathan Britton	24.45	1.17.48	40.2	2.24.29
	Steve Daintith	28.17	1.12.03	44.19	2.26.19
	Malcolm Flannery	29.48	1.17.58	40.08	2.29.37
	James Tucker	35.05	1.22.21	48.2	2.48.02
	Lisa Stout	29.58	1.20.50	55.01	2.48.07
	Pete Swift	40.02	1.21.19	48.02	2.51.32
	Neil Harrison	40.45	1.16.21	56.18	2.55.51

**Boundary Breeze July 2005**

		<b>Swim 750m</b>	<b>Bike 20k</b>	<b>Run 5k</b>	<b>Total</b>
	STEVE DAINITH	13.33			1.11.50
	JONATHAN BRITTON	11.46			1.11.56
	FERGUS WISEMAN	14.25	38.5	21.07	1.14.22
	MALCOLM FLANNERY	14.56	41.12	19.34	1.15.42
	ANDREW RAWLEY	17.2	40.22	22.49	1.20.31
	LISA STOUT	14.3	42.06	25.34	1.22.10
	MARK JONES	15.22			1.22.14
	NEIL HARRISON	18.24	40.14	27.09	1.25.47
	DUNCAN WAREHAM	16.37	43.39	25.46	1.26.02
	LAURA O'CALLAGHAN	16.47	48.1	22.49	1.27.46
	JACQUELINE SCOTT	20.3	46.56	30.34	1.38.00
	GERARD LOUDEN	30.03	50.27	31.48	1.52.15

**Chester July 2005**

		<b>Swim 1500m</b>	<b>Bike 40km</b>	<b>Run 10km</b>	<b>Total time</b>
	Matt Cullen	00:23:14	01:02:51	00:36:19	02:02:24
	Jonathan Britton	00:24:02	01:14:15	00:40:25	02:18:42
	Martijn Groenendaal	00:29:54	01:10:09	00:41:35	*02:23:38
	Richard Fontana	00:30:15	01:08:50	00:43:05	02:22:10
	Fergus Wiseman	00:28:29	01:11:28	00:42:53	02:22:50
	Ruth Jones	00:24:38	01:20:32	00:53:12	02:38:22
	Brian Griffiths	00:32:37	01:16:10	00:49:48	02:38:35
	Gareth Martin	00:24:25	01:21:43	00:53:10	*02:41:18
	Mark Jones	00:31:41	01:16:17	00:57:10	02:45:08
	Lisa Stout	00:30:50	01:18:54	00:55:29	02:45:13
	Neil P. Harrison	00:38:42	01:11:33	00:57:00	02:47:15
	Duncan Wareham	00:32:11	01:22:51	00:53:34	02:48:36
	David Molyneux	00:36:28	01:22:59	00:52:06	02:51:33
	Rhys Billington	00:37:34	01:19:47	00:57:45	02:55:06
	Richard Mathews	00:36:54	01:24:14	00:56:22	02:57:30

**Mold June 2005**

		<b>Swim 400m</b>	<b>Bike 24k</b>	<b>Run 5k</b>	<b>Total</b>
	Jonathan Britton	00:05:28	00:48:34	00:18:13	01:12:15
	Andy Rawley	00:09:05	00:49:03	00:21:21	01:19:29
	Brian Griffiths	00:08:02	00:51:21	00:20:55	01:20:18
	Gareth Martin	00:05:35	00:51:46	00:23:54	01:21:15
	Neil Adair	00:07:51	00:54:55	00:19:44	01:22:30
	Geoff Turton	00:08:21	00:52:47	00:24:19	01:25:27
	Dave Cotterall	00:12:00	00:57:34	00:25:40	01:35:14
	Rachel Chan	00:07:34	01:10:25	00:29:06	01:47:05
	Michael Jones	00:08:47	01:09:02	00:34:47	01:52:36

**Cheshire May 2005**

		<b>Swim 500m</b>	<b>Bike 20km</b>	<b>Run 5km</b>	<b>Total time</b>
13	Jon Britton	6.52	40.02	18.06	1.05.00
	Geoff Turton	9.43	42.03	21.3	1.13.16
	Andrew Rawley	10.01	40.53	21.11	1.14.24
	Brian Griffiths	9.47	42.41	22.22	1.14.50
	James Tucker	11.04	43.57	21.34	1.16.35
	Mark Jones	9.22	47.25	19.59	1.16.46
	David Molyneux	10.05	45.53	23.22	1.19.20
	Rhys Billington	10.32	45.39	24.22	1.20.33
	Mark Hughes	11.25	47.29	22.39	1.21.33
	Peter Louden	14.4	48.35	21.41	1.24.56
	Gerard Louden	11.19	53.08	29.35	1.34.02
	Michael Jones	11.02	52	32.01	1.35.03
	Chris Cotterell	10.53	1.03.37	33.09	1.47.39

**Stratford May 2005**

		<b>Swim 400m</b>	<b>Bike 23k</b>	<b>Run 5k</b>	<b>Total</b>
	Martin Groenendaal	7.35			1.10.07
	Jonathan Britton	5.37	44.3	20.09	1.10.16
	Ruth Jones			24.1	1.17.11
	Geoff Turton	8.08	45.38	24.21	1.18.07
	Michael Jones	8.55			1.34.35

**Chirk April 2005**

	<b>Swim 400m</b>	<b>Bike 24k</b>	<b>Run 5k</b>	<b>Total</b>
Jonathan Britton	05:26	41:16:00	20:10	01:06:52
Fergus Wiseman	06:43	42:55:00	21:15	01:10:53
Martin Groenendaal	07:18	41:31:00	22:07	01:10:56
Richard Fontana	08:38	42:31:00	21:43	01:12:52
Neil Adair	07:52	46:51:00	21:19	01:16:02
Neil Harrison	08:36	41:54:00	26:41:00	01:17:11
Duncan Wareham	08:02	45:16:00	25:53:00	01:19:11

**Four Villages Half Marathon January 2005**

	<b>Gun time</b>	<b>Chip time</b>
Jonathan Britton	1.32.24	1.31.51
Fergus Wiseman	1.43.24	1.42.48
Matt Cullen - In fancy dress	2.04.24	2.02.05
Rhys Billington	2.02.12	2.04.14