

WTC Turkey Trot 10km December 2007

Pos		Time 5k	Time 10K	Club Standard
1	Martijn Groenendaal	18.33	37.44	Gold
2	Nick Riding	20.03	39.38	Silver
3	Fergus Wiseman	20.05	40.57	Silver
4	Dave Myers	20.16	41.11	Silver
5	John Hobson	20.20	41.18	Silver
6	Jon Britton	20.05	41.19	Silver
7	Mark Walker	21.05	42.11	Bronze
8	Richard Matthews	21.15	42.21	Silver
9	Chris Bolton	21.50	43.57	Silver
10	Geoff Turton	21.47	44.35	Silver
11	Darren Ingram	21.48	44.41	Bronze
12	Mark Green	25.37	47.37	Club
13	Steve Muskett	23.40	47.56	Club
14	Phil Jackson	23.40	47.56	Club

Festive Fun 5km December 2007

Pos		Time 5k	Club Standard
1	Rob Hough	20.00	Silver
2	Gareth Martin	24.40	Club
3	Benjamin Jones	35.30	
4	Mike Jones	35.32	
5	Ian Norton	35.58	
6	Louis Norton	35.58	
7	Caelan Loftus	36.08	
8	Andy Rawley	36.08	
9	Carl Loftus	38.12	
10	Flynn Loftus	38.12	

Great Langdale 10K weekend December 2007

Pos		Time 10k	Club Standard
97	Paul Coulter	0:42:02	Silver
163	Leila Coulter	0:45:51	Bronze

Race 2

Pos		Time 10k	Club Standard
89	Paul Coulter	0:43:08	Bronze
173	Leila Coulter	0:47:06	Bronze

Amsterdam Half Marathon October

		Gun Time	Club Standard
	Alison Lysons	1:49:50	Bronze

Antrobus 10K Race Sept 2007

		Gun Time	Club Standard
13	Will Machin	0:38:46	Silver
19	Rob Hough	0:39:39	Silver
32	Mark Walker	0:41:48	Silver
42	David Feakes	0:43:39	Silver
	Lesley Feakes	0:52:32	Bronze

Great North Run Sept 2007

		Gun Time	Club Standard
	Chris Bolton	01:52:06	Club
	Denise Clements	01:58:01	Club

North West Sprint Tri Sept 2007

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
29	Carl Bibby	00:09:33	00:38:46	00:19:51	01:08:10	Silver
77	Geoff Turton	00:09:20	00:41:14	00:23:12	01:13:46	Silver
115	Chris Bolton	00:08:26	00:44:04	00:23:31	01:16:01	Bronze
167	David Molyneux	00:11:00	00:44:22	00:24:17	01:19:39	Club
54	Denise Clements	00:08:56	00:48:02	00:28:06	01:25:04	Club
55	Pam Kay	00:10:21	00:47:59	00:26:46	01:25:06	Club
321	Michael Jones	00:10:47	00:45:15	00:36:43	01:32:45	

Anglesey 10K Race Sept 2007

		Gun Time	Club Standard
54	Donald Reid	0:48:16	Bronze

Trafford 10K Race Sept 2007

		Gun Time	Club Standard
225	Andy Whitehead	0:51:08	Club

Wirral Seaside 5K Race Sept 2007

		Gun Time	Club Standard
10	Rob Hough	0:18:59	Silver

Macclesfield Half Marathon Sept 2007

		Gun Time	Club Standard
127	Paul Coulter	01:36:47	Bronze
17 Female	Leila Jones	01:39:14	Silver

Warwick Sprint Triathlon Sept 2007

Pos	Name	Swim 400m	Bike 20Km	5Km Run	Total	Club Standard
1(Male Vet)	Dave Myers	00:08:17	00:34:15	00:20:05	1:02:39	Platinum

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
69	Gavin Dixon	00:38:38	01:17:14	00:52:10	02:48:02	
72	Mark Walker	00:35:22	01:27:16	00:46:17	02:48:55	

Helvellyn Half Sept 2007

		1 Mile Swim	Bike 38Miles	Run 8 Miles	Total	Club Standard
19	Nick Riding	00:23:44	01:50:36	01:48:23	04:02:47	N/A
60	Martin Groenendaal	00:29:22	01:55:46	01:52:25	04:17:35	N/A
192	Carl Loftus	00:33:24	02:10:03	02:04:54	04:48:24	N/A
335	Richard Mathews	00:38:21	02:31:18	02:11:56	05:21:37	N/A

Bala September 2007

		Swim 1000m*	Bike 40k	Run 10k	Total	Club Standard
200	Richard Stead	0:18:36	1:09:26	0:44:31	2:12:33	Gold
324	James Benson	0:25:49	1:10:15	0:43:33	2:19:37	Silver
388	David Myers	0:26:52	1:09:27	0:47:00	2:23:19	Silver
413	Neil Adair	0:27:49	1:13:56	0:42:36	2:24:21	Silver
433	David Feakes	0:23:16	1:14:59	0:47:15	2:25:30	Silver
460	Ian Norton	0:24:24	1:13:09	0:49:32	2:27:05	Bronze
476	Katie Benson	0:29:03	1:13:56	0:45:24	2:28:23	Silver
555	Donald Reid	0:27:25	1:16:49	0:49:54	2:34:08	Silver
585	Ian Pemberton	0:31:41	1:19:28	0:46:13	2:37:22	Bronze
614	Paul Cunningham	0:28:19	1:27:27	0:45:13	2:40:59	Bronze
706	Lesley Feakes	0:34:47	1:25:19	0:56:24	2:56:30	Bronze

Vitruvian September 2007

		Swim 1900m	Bike 90k	Run 21k	Total	Club Standard
137	Will Machin	0:38:04	2:36:32	1:36:07	04:50:45	Silver
264	Rob Hough	0:36:57	2:55:03	1:35:41	05:07:41	Bronze
	Andy Rawley	0:42:53				N/A

World Triathlon Champs Hamburg Sept 2007

		750m Swim	Bike 22Km	Run 5Km	Total	Club Standard
27 (35 - 39)	Jon Britton	00:11:03	00:42:52	00:22:18	01:16:13	Bronze

Birmingham Olympic August 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
	Ian Norton	0:27:09	1:12:44	0:45:18	02:25:13	Bronze

Sale Sizzler 5K Race Aug 2007

		Gun Time	Club Standard
234	Andy Whitehead	0:24:10	Club

Salford Aquathlon Race 5 July 2007

		750m Swim	Run 5Km	Total	Club Standard
10	Jonathan Britton	00:12:32	00:19:48	00:32:20	Silver
21	Neil Adair	00:17:19	00:19:09	00:36:28	Bronze
25	Mark Walker	00:17:41	00:20:14	00:37:55	Bronze

Spectrum Striders Birchwood 10K Race August 2007

		Gun Time	Club Standard
96	Martyn Groenendaal	00:38:56	Silver
138	Rob Hough	00:40:21	Silver
	Sean McCann	00:42:28	Silver
642	Pam Kay	00:55:31	Club

WTC Male Sprint July 2007

Pos	Name	Swim 400m	Bike 22Km	5Km Run	Total	Club Standard
1	Martijn Groenendaal	00:06:39	00:37:07	00:19:50	1:03:36	Gold
2	Jon Britton	00:05:30	00:39:20	00:19:31	1:04:21	Gold
3	Will Machin	00:06:44	00:39:26	00:19:48	1:05:58	Silver
4	David Myers	00:07:17	00:37:40	00:21:08	1:06:05	Gold
5	Carl Bibby	00:07:45	00:40:28	00:19:37	1:07:50	Silver
6	Robert Hough	00:06:37	00:44:02	00:20:41	1:11:20	Bronze
7	Paul Savage	00:06:24	00:38:21	00:27:48	1:12:33	Bronze
8	Gavin Dixon	00:08:39	00:40:53	00:23:15	1:12:47	Bronze
9	Garath Blizzard	00:08:22	00:45:13	00:19:23	1:12:58	Bronze
10	Neil Adair	00:07:42	00:44:18	00:21:16	1:13:16	Bronze
11	Mark Walker	00:07:28	00:42:52	00:23:07	1:13:27	Bronze
12	David Feakes	00:06:22	00:42:36	00:24:37	1:13:35	Silver
13	Gareth Martin	00:06:00	00:43:29	00:26:04	1:15:33	Bronze
14	Geoff Turton	00:08:14	00:45:11	00:26:41	1:20:06	Bronze
15	Richard Mathews	00:09:10	00:46:30	00:25:00	1:20:40	Bronze
18	Sean McCann	00:11:04	00:50:14	00:22:48	1:24:06	Bronze
20	Tom Hampton	00:11:15	00:51:45	00:33:00	1:36:00	
21	Mike Jones	00:08:42	00:51:01	00:41:49	1:41:32	
DNF	Andy Rawley	00:08:16	00:37:45	DNF	DNF	N/A
DNF	Ian Norton	00:07:00	00:42:03	DNF	DNF	N/A
DNF	Carl Loftus	00:07:20	DNF	DNF	DNF	N/A

WTC Female Sprint July 2007

Pos	Name	Swim 400m	Bike 22Km	5Km Run	Total	Club Standard
1	Lesley Feakes	00:07:23	00:47:44	00:26:47	1:21:54	Bronze
2	Helen Thomson	00:08:47	00:45:11	00:28:19	1:22:17	Bronze
3	Denise Clements	00:08:19	00:50:50	00:27:09	1:26:18	Club

WTC Male Novice July 2007

Pos	Name	Swim 200m	Bike 22Km	5Km Run	Total
1	Julian Spencer	00:07:31	00:43:23	00:21:45	1:12:39

WTC Female Novice July 2007

Pos	Name	Swim 200m	Bike 22Km	5Km Run	Total
1	Alison Britton	00:06:57	00:52:41	00:32:12	1:31:50
2	Alison Lysons	00:06:30	01:09:29	00:26:12	1:42:11

Rippon Olympic July 2007

		1500m Swim	Bike 44Km	Run 10Km	Total	Club Standard
60	James Benson	0:26:14	1:17:36	0:42:10	2:26:00	Bronze
146	Paul Harbidge	0:00:00	1:46:21	0:50:57	2:37:18	Bronze
207	Ian Norton	0:28:02	1:24:34	0:51:21	2:43:57	Club
265	Donald Reid	0:31:35	1:30:52	0:51:33	2:54:00	Club

Trentham Big Half July 2007

		1900m Swim	Bike 90Km	Run 21Km	Total	Club Standard
16	Mark Livingston	00:47:03	02:36:41	01:34:14	04:57:58	Silver
79	Mark Walker	00:53:26	02:52:14	02:11:52	05:57:32	Club

Trentham Sprint July 2007

		750m Swim	Bike 25Km	Run 5Km	Total	Club Standard
28	Gavin Dixon	00:19:19	00:45:03	00:24:38	01:29:00	

Salford Olympic July 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
57	Rob Hough	0:26:42	1:14:29	0:46:32	2:27:42	Bronze
110	Ian Pemberton	0:33:17	1:14:29	0:50:51	2:38:34	Bronze
134	Rhys Billington	0:30:58	1:16:36	0:56:56	2:44:28	Club

Salford Aquathlon Race 4 July 2007

		750m Swim	Run 5Km	Total	Club Standard
10	Jonathan Britton	00:11:57	00:20:17	00:32:14	Silver
18	Neil Adair	00:15:43	00:18:53	00:34:36	Bronze
33	Mark Walker	00:16:29	00:20:27	00:36:56	Bronze

NW Championships Boundary Breeze July 2007

		750m Swim	Bike 24Km	Run 5Km	Total	Club Standard
1	Nick Riding	00:10:59	00:34:46	00:17:18	01:03:03	Platinum
17	Jonathan Britton	00:11:23	00:40:08	00:18:28	01:09:59	Silver
24	Steve Daintith	00:13:52	00:36:40	00:20:39	01:11:11	Silver
32	Carl Loftus	00:13:54	00:39:23	00:19:08	01:12:25	Silver
123	Mark Green	00:15:32	00:46:44	00:21:53	01:24:09	Club
156	Andy Whitehead	00:22:03	00:42:40	00:24:23	01:29:06	Club

Ironman Autsria July 2007

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
1067	Chris Hamlett	1:03:55	5:43:33	4:53:21	11:51:30	Silver
1586	David Hamlett	1:11:58	6:19:38	5:12:55	13:02:22	Bronze
1706	Phil Love	01:32:31	06:43:21	04:57:44	13:33:21	Club

Dee Mile July 2007 (Male Wetsuit)

13	Robert Hough	00:24:21
23	Mark Livingston	00:25:36

Forest Park Ladies 5K Race June 2007

		Gun Time	Club Standard
	Alison Lysons	0:25:13	Bronze

Salford Aquathlon Race 3 June 2007

		750m Swim	Run 5Km	Total	Club Standard
10	Jonathan Britton	00:12:14	00:20:23	00:32:37	Silver
18	Robert Hough	00:14:24	00:21:09	00:35:33	Bronze
19	Neil Adair	00:16:08	00:19:27	00:35:35	Bronze
25	Mark Walker	00:16:34	00:20:50	00:37:24	Bronze

Warrington Road Runners 10K Race June 2007

		Gun Time	Club Standard
	Neil Adair	00:40:08	Silver
	Rhys Billington	00:50:44	Club

NW Championships Deva Olympic Tri June 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
3 (1st Cat)	Nick Riding	00:22:33	01:01:09	00:37:23	02:01:05	Platinum
22	Martijn Groenendaal	00:28:13	01:05:56	00:38:24	02:12:33	Gold
26	Mark Livingston	00:29:06	01:06:10	00:38:07	02:13:23	Gold
34	Jonathan Britton	00:23:54	01:11:05	00:39:16	02:14:15	Gold
75	David Myers	00:29:32	01:06:04	00:44:11	02:19:47	Gold
78	Andrew Rawley	00:30:01	01:09:09	00:40:42	02:19:52	Silver
83	Will Machin	00:29:20	01:11:26	00:39:53	02:20:39	Silver
160	Matthew Marshall	00:28:25	01:15:09	00:44:55	02:28:29	Bronze
163	Ian Norton	00:29:19	01:39:10	00:20:22	02:28:51	Bronze
173	Katie Benson	00:31:11	01:14:24	00:44:21	02:29:56	Silver
182	Mark Walker	00:32:49	01:13:59	00:44:02	02:30:50	Bronze
207	David Feakes	00:27:24	01:17:50	00:47:50	02:33:04	Silver
210(1st Cat)	Ian Pemberton	00:35:24	01:14:06	00:44:08	02:33:38	Silver
248	Geoffrey Turton	00:30:49	01:16:16	00:49:40	02:36:45	Bronze
298	Paul Cunningham	00:33:41	01:24:29	00:45:46	02:43:56	Bronze
324	Rhys Billington	00:35:04	01:19:46	00:52:24	02:47:14	Club
327	Richard Mathews	00:37:44	01:22:57	00:46:49	02:47:30	Bronze
338	Lesley Feakes	00:30:26	01:24:37	00:54:18	02:49:21	Bronze

Ironman France June 2007

		3.8km Swim	Bike 180Km	Run 42Km	Total	Club Standard
1182	Gary McIlraith	01:24:21	07:26:23	05:59:57	14:50:35	Club

Lymm 5K Race June 2007

		Gun Time	Club Standard
65	Julian Spencer	00:19:18	Silver
169	Fergus Wiseman	00:22:54	Bronze
214	Helen Thomson	00:26:08	Club

Salford Auqathlon Race 2 June 2007

		750m Swim	Run 5Km	Total	Club Standard
3	Jon Britton	00:11:37	00:18:59	00:30:36	Gold
15	Neil Adair	00:15:16	00:18:30	00:33:46	Bronze

Dunham Massey 5K Race 2 June 2007

		Gun Time	Club Standard
43	Jonathan Britton	00:18:49	Silver
58	Julian Spencer	00:19:32	Silver
76	Mark Walker	00:20:11	Bronze
111	Donald Reid	00:21:28	Bronze

Ellesmere Olympic Tri June 2007

		1500m Swim	Bike 40Km	Run 10Km	Total	Club Standard
343	Rob Hough	00:27:41	01:17:04	00:41:44	02:26:28	Bronze

Cheshire Sprint Tri June 2007

		500m Swim	Bike 20Km	Run 5Km	Total	Club Standard
4	Nick Riding	00:06:52	00:33:01	00:19:00	00:58:53	Platinum
15	Jonathan Britton	00:06:47	00:36:29	00:19:42	01:02:58	Gold
57	Gavin Dixon	00:09:45	00:38:15	00:21:26	01:09:28	Silver
59	Oli Roberts	00:08:54	00:37:40	00:23:16	01:09:50	Silver
60	Paul Harbridge	00:07:56	00:38:12	00:23:44	01:09:52	Silver
75	Ian Norton	00:08:44	00:39:36	00:22:53	01:11:13	Bronze
84	Carl Bibby	00:10:15	00:41:46	00:20:01	01:12:02	Bronze
110	Donald Reid	00:09:21	00:41:00	00:23:33	01:13:54	Silver
129	David Feakes	00:07:45	00:42:26	00:25:26	01:15:37	Bronze
54	Lesley Feakes	00:09:22	00:45:24	00:26:35	01:21:21	Bronze
205	Chris Bolton	00:08:41	00:48:04	00:23:51	01:20:36	Bronze
243	Sean McCann	00:12:29	00:48:16	00:23:19	01:24:04	Club
296	Michael Jones	00:10:14	00:44:47	00:37:23	01:32:24	

Cheshire Fun Tri June 2007

		200m Swim	Bike 20Km	Run 2.5Km	Total
11	Lisa Stout	00:03:12	00:46:32	00:19:16	01:09:00
21	Alison Britton	00:05:33	00:49:41	00:16:58	01:12:12

Bala Middle Distance June 2007

		2000m Swim	Bike 78.5Km	Run 20Km	Total	Club Standard
112	Will Machin	00:41:53	02:24:52	01:39:51	04:46:36	Silver
123	Andy Rawley *	00:44:04	02:18:33	01:48:46	04:51:23	Silver
126	David Myers	00:41:32	02:19:13	01:51:08	04:51:53	Gold
169	Katie Benson	00:46:18	02:28:47	01:46:22	05:01:27	Gold
266	Phil Love	01:01:16	02:39:23	01:53:47	05:34:26	Bronze
328	Gary McIlraith	00:47:34	02:51:12	02:26:31	06:05:17	
341	Helen Thomson	01:03:20	02:47:29	02:33:18	06:24:07	Bronze

Salford Aquathlon Race 1 May 2007

		750m Swim	Run 5Km	Total	Club Standard
6	Jon Britton	00:11:55	00:19:12	00:31:07	Gold
15	Robert Hough	00:14:03	00:20:00	00:34:03	Silver
21	Neil Adair	00:15:59	00:19:29	00:35:28	Bronze

Wilmslow Triathlon May 2007

		400m Swim	Bike 24Km	Run 6.8Km	Total	Club Standard
26	James Benson	00:08:23	00:44:21	00:26:54	01:19:38	Club
45	Katie Benson	00:10:27	00:45:13	00:30:15	01:25:55	Club

Dunham Massey 5K Race 1 May 2007

		Gun Time	Club Standard
76	Neil Adair	00:19:31	Silver

Chester Half Marathon May 2007

		Gun Time	Club Standard
137	Neil Adair	01:31:24	Silver

Great Manchester Run May 2007

		Gun Time	Club Standard
	Chris Bolton	00:48:42	Bronze
3169	Phil Love	00:49:11	Club
	Alison Lysons	00:51:27	Bronze
	Denise Clements	00:53:03	Bronze

Liverpool Womens 5K May 2007

		Gun Time	Club Standard
	Alison Lysons	00:27:15	Club

National Sprint Champs Strathclyde May 2007

		750m Swim	Bike 20Km	Run 5Km	Total	Club Standard
45 (8th Cat)	Jon Britton	00:12:21	00:41:17	00:19:22	01:13:03	Silver

Stratford Sprint Tri May 2007

		400m Swim	Bike 24Km	Run 5Km	Total	Club Standard
20	David Myers	00:07:04	00:39:46	00:20:38	01:07:28	Gold
24	Jon Britton	00:05:42	00:41:33	00:20:46	01:08:01	Silver
53	Will Machin	00:06:58	00:43:52	00:20:21	01:11:11	Bronze

Chirk Sprint Tri April 2007

		400m Swim	Bike 23Km	Run 5Km	Total	Club Standard
7	Nick Riding	00:05:26	00:37:44	00:19:03	01:02:13	Gold
38	Andy Rawley	00:07:46	00:41:16	00:20:24	01:09:26	Silver
56	Jon Britton	00:05:30	00:41:47	00:23:50	01:11:07	Bronze
182	Donald Reid	00:07:30	00:47:56	00:24:49	01:20:15	Bronze
302	Mike Jones	00:08:04	00:50:52	00:37:01	01:35:57	

Whitley 10K April 2007

		Gun Time	Club Standard
35	Carl Loftus	00:39:54	Silver
61	Dave Myers	00:41:58	Silver
	Ian Norton	00:45:09	Bronze

Warwick Sprint Tri April 2007

		400m Swim	Bike 20Km	Run 5Km	Total	Club Standard
45	Will Machin	00:08:00	00:36:57	00:19:33	01:04:33	Gold

National Duathlon Champs Ashborne April 2007

		Run 12Km	Bike 40Km	Run 4Km	Total	Club Standard
9 (1st Cat)	Matt Cullen	00:43:34	01:10:56	00:13:28	02:08:00	N/A

NW Duathlon Champs April 2007

		Run 5Km	Bike 10Km	Run 5Km	Total	Club Standard
1	Matt Cullen	0:17:10	0:28:08	0:18:46	1:04:04	Gold
18	Mark Livingstone	0:19:37	0:28:58	0:21:12	1:09:47	Silver

Wilmslow Half Marathon March 2007

		Gun Time	Club Standard
	Katie Benson	01:45:26	Silver

Wilmslow Half Marathon March 2007

		Gun Time	Watch Time	Club Standard
257	Jon Britton	01:29:09	01:28:40	Silver
262	Caroline Hemming	01:29:14	01:28:20	Gold
314	Robert Hough	01:30:26	01:29:45	Silver
758	Andy Rawley	01:39:49	01:38:00	Bronze
789	Richard Mathews	01:40:20		Bronze
1620	Geoff Turton	01:52:13	01:49:12	Club
3057	Rhys Billington	02:18:37		

Birches Valley Cannock Chase Duathlon March 2007

		2.5km run 24km bike 2.5km run	
5 (1st AG)	Nick Riding	01:02:02	N/A
16	Steve Daintith	01:07:37	N/A

Chase Race Off road Duathlon February 2007

		2.5km run	15km Bike	5km run
6	Martijn Groenendaal	1:30:57		N/A
22	Carl Loftus	1:45:46		N/A

Shell 4 Villages Half Marathon January 2007

Chip Pos.		Chip Time	Club Standard
13	Matt Cullen	01:14:32	Gold
217	Caroline Hemming	01:29:15	Gold
275	Carl Loftus	01:31:21	Silver
304	Sean McCann	01:32:14	Silver
330	Robert Hough	01:33:02	Silver
411	David Myers	01:35:38	Silver
432	Mark Hughes	01:36:03	Bronze
720	Richard Mathews	01:43:57	Bronze
1003	Geoff Turton	01:51:40	Club
1053	Peter Loudon	01:53:09	Club
1258	Helen Thomson	02:00:48	Club