

Hillingdon Evening Duathlon Series

HILLINGDON TRIATHLETES : DUATHLON Race 2
ADULT LONG RACE

Race Director J Snell

Date : 20 May 2022
Event Start : 19:00

Format Run 2 miles, Bike 10 miles, Run 1 mile
Direction Anti Clockwise : Mass Start
Sheet Rev 1

Chip Timing : MyLaps ProChip Timing 5 Grant / Time Keepers J Brockhouse/M Eidem Spotters J Wong/A North
Time Format : Laps mm:ss.s / Overall (hh)mm:ss.s

Note : Irrespective of your start position on the grid, your transponder began timing the instant you crossed the start/finish line, all splits are lap times and include the T1 and T2 transitions

CATEGORY : Female Open

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	16	Fiona	Berry	Amersham Road Cycling Club	Female-Open	06:33.9	07:20.6	02:58.6	02:39.0	02:41.3	02:36.1	02:39.6	02:39.4	02:37.8	02:39.8	02:40.2	02:37.6	02:37.6	06:48.6	48:23.4
2	20	Katherine	Conibere	Hillingdon Triathletes	Female-Open	06:35.5	07:29.3	03:01.0	02:46.5	02:40.1	02:45.8	02:50.2	02:49.2	02:53.0	02:50.7	03:37.6	07:24.0	50:30.4		
3	3	Alice	Sheehan	Hillingdon Triathletes	Female-Open	06:15.8	07:00.1	03:19.6	03:08.7	03:10.6	03:10.1	03:05.0	03:03.5	03:05.1	03:04.5	03:04.9	03:35.7	06:39.1	51:42.7	
4	21	Tabitha	Shaw	Evo Triathlon Club	Female-Open	08:04.7	10:26.0	03:35.9	03:05.6	03:10.0	03:07.5	03:12.6	03:11.0	03:11.2	03:14.0	04:44.8	09:31.9	01:01:50.1		
5	6	Christine	Harris	Evo Triathlon Club	Female-Open	08:53.8	11:02.8	03:18.7	03:08.1	03:03.5	03:03.2	03:03.0	03:05.4	03:18.5	03:15.4	03:18.4	04:09.7	09:20.3	01:02:00.8	

CATEGORY : AG Female Vet

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	5	Angela	Adcock	Hillingdon Triathletes	Female-Vet	06:15.5	06:59.3	02:35.9	02:27.2	02:26.4	02:26.2	02:28.1	02:26.3	02:24.0	02:26.6	02:28.9	03:12.6	06:46.6	45:23.6	
2	23	Zoe	Carr	Hillingdon Triathletes	Female-Vet	06:58.6	08:15.9	03:16.3	02:58.2	03:03.8	03:04.6	02:58.5	02:58.8	03:05.5	03:01.8	03:05.6	03:51.9	07:22.0	54:01.5	
-	8	Claire	Casselton	Hillingdon Triathletes	Female-Vet															DNS
-	15	Debra	Daniels	Hillingdon Triathletes	Female-Vet															DNS

CATEGORY : AG Female Super Vet

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	19	Karen	Trunkfield	Hillingdon Triathletes	Female-SV	07:30.8	08:22.8	03:02.6	02:50.1	02:48.2	02:45.7	02:45.0	02:46.6	02:50.2	02:51.3	02:50.4	03:46.6	07:55.3	53:05.0	
2	9	Debbie	Brown	Hillingdon Triathletes	Female-SV	06:36.9	07:20.3	02:58.9	02:47.3	02:46.8	02:47.8	02:50.0	02:47.7	02:48.8	02:54.3	02:51.1	03:18.8	04:48.1	06:59.8	54:36.6
3	24	Zoe	Dobbes	Hillingdon Triathletes	Female-SV	06:42.5	07:19.0	03:25.6	03:28.4	03:30.2	03:37.5	03:38.7	03:33.1	03:33.7	03:35.7	03:30.4	04:20.6	07:10.0	57:56.4	
4	18	Jacqui	Burke	Hillingdon Triathletes	Female-SV	07:48.7	09:15.1	03:40.8	03:28.1	03:21.3	03:17.1	03:21.6	03:18.8	03:20.4	03:23.8	03:24.7	04:14.9	08:54.3	01:00:49.6	
-	22	Vivian	Tindley	Hillingdon Triathletes	Female-SV	07:27.5														DNF
-	17	Fiona	Day	Hillingdon Triathletes	Female-SV															DNS
-	4	Alison	Morley	Hillingdon Triathletes	Female-SV															DNS

CATEGORY : Male Open

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	48	Grant	Bateman	Hillingdon Triathletes	Male-Open	05:12.2	05:34.2	02:29.2	02:10.6	02:09.2	02:09.4	02:09.5	02:11.8	02:13.2	02:08.5	02:41.1	05:45.5	39:04.3		
2	82	Sam	Webster	Greenwich Tritons	Male-Open	05:52.2	06:59.2	02:49.3	02:25.7	02:29.0	02:29.5	02:29.6	02:29.6	02:26.3	02:27.1	02:28.0	03:12.7	06:31.7	45:09.9	
3	57	Kenny	Burton	Hillingdon Triathletes	Male-Open	06:25.2	06:51.2	02:32.6	02:26.9	02:28.9	02:28.5	02:29.4	02:30.1	02:26.4	02:26.6	02:28.1	03:02.4	07:06.7	45:43.0	
4	34	Kevin	Thomas	Hillingdon Triathletes	Male-Open	05:55.8	06:35.5	03:09.4	02:47.8	02:48.0	02:44.8	02:43.3	02:44.3	02:43.7	02:38.7	02:40.7	03:02.3	06:39.9	46:46.1	
5	34	Callum	Gale	Hillingdon Triathletes	Male-Open	07:13.9	09:06.5	03:07.7	02:47.8	02:37.2	02:36.4	02:36.7	02:38.8	02:44.0	02:40.5	02:42.1	03:38.4	07:41.4	52:07.4	
6	25	Adam	Burke	Hillingdon Triathletes	Male-Open	06:49.1	08:27.9	03:13.3	03:04.4	03:05.1	03:01.4	03:00.0	03:09.4	03:07.6	03:15.1	04:13.9	08:43.1	56:15.9		
-	81	Rob	Sullivan	Hillingdon Triathletes	Male-Open															DNS

CATEGORY : AG Male Vet

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	56	Jose Ramon	Polo Lopez	Hillingdon Triathletes	Male-Vet	04:54.5	05:36.8	02:12.3	02:19.3	02:19.4	02:16.8	02:14.9	02:14.8	02:14.7	02:10.4	02:48.1	05:22.2	39:27.9		
2	49	Guy	Green	Hillingdon Triathletes	Male-Vet	05:12.7	05:52.8	02:26.7	02:09.1	02:07.1	02:10.1	02:10.6	02:11.9	02:13.6	02:13.9	02:14.8	02:40.7	06:06.5	39:51.1	
3	41	David	Knight	Hillingdon Triathletes	Male-Vet	05:26.7	06:04.7	02:39.8	02:23.9	02:21.1	02:18.9	02:17.7	02:17.8	02:16.6	02:19.0	02:17.8	02:48.0	06:17.8	41:47.8	
4	63	Martin	Whitworth	Venulam CC	Male-Vet	05:47.8	06:25.0	02:46.9	02:24.1	02:23.6	02:27.5	02:26.3	02:26.4	02:23.5	02:29.7	02:33.5	03:04.3	05:55.0	43:13.6	
5	73	Przemyslaw	Radosinski	Hillingdon Triathletes	Male-Vet	05:52.9	06:49.8	02:38.4	02:20.9	02:19.3	02:23.1	02:21.7	02:19.4	02:22.8	02:24.0	02:24.3	02:57.0	07:08.1	44:21.7	
6	83	Simon	Herbert	Hillingdon Triathletes	Male-Vet	05:58.6	06:32.3	02:45.1	02:28.5	02:24.7	02:27.0	02:28.5	02:32.2	02:30.7	02:33.2	02:31.5	02:57.9	06:19.0	44:22.2	
7	52	Jason	Taylor	Hillingdon Triathletes	Male-Vet	07:03.3	07:51.2	03:38.1	02:21.8	02:19.6	02:22.0	02:25.9	02:23.8	02:24.3	02:24.3	02:22.3	02:59.8	07:35.1	47:11.5	
8	36	Daniel	Crow	Hillingdon Triathletes	Male-Vet	06:21.9	07:57.3	03:01.4	02:31.2	02:30.1	02:32.0	02:30.3	02:25.7	02:28.1	02:31.4	02:28.3	03:24.4	06:42.5	47:24.6	
9	53	Jeff	Shotton	Hillingdon Triathletes	Male-Vet	05:55.1	06:50.0	02:56.0	02:42.8	02:44.2	02:50.6	02:53.7	02:46.0	02:48.0	02:49.4	02:51.1	03:14.4	06:42.7	48:04.0	
10	92	Wojciech	Wolozyniek	Hillingdon Triathletes	Male-Vet	06:37.2	07:49.1	02:49.1	02:38.7	02:38.9	02:41.1	02:41.0	02:40.9	02:41.4	02:40.6	02:45.0	03:36.1	07:57.2	50:12.3	
11	47	Gareth	Walters	Hillingdon Triathletes	Male-Vet	06:23.3	07:29.3	03:20.7	02:56.1	02:55.5	02:57.0	03:00.5	02:59.6	03:01.2	02:58.1	02:56.9	04:04.7	05:30.1	53:01.1	
12	91	Tony	Bowen	Hillingdon Triathletes	Male-Vet	06:24.2	07:48.2	03:13.6	03:00.5	03:10.6	03:12.8	03:10.6	03:06.6	03:20.1	03:13.3	03:20.2	04:18.1	07:20.7	54:39.2	
-	84	Steve	Harris	Evo Triathlon Club	Male-Vet	08:45.0	09:31.9	03:48.3	03:03.0	03:16.9	03:26.1	03:24.6	03:26.5	03:23.2	03:28.7	05:54.5	09:10.5	9 BIKE LAPS		
-	68	Pete	Hodgson	Hillingdon Triathletes	Male-Vet															DNS
-	39	David	Tagnak	Hillingdon Triathletes	Male-Vet															DNS

CATEGORY : AG Male Super Vet

Position	Bib	First Name (or Run Relay)	Last Name (or Bike Relay)	Club	Category	Run1 Lap1	Run1 Lap 2 + T1	Bike Lap1	Bike Lap2	Bike Lap3	Bike Lap4	Bike Lap5	Bike Lap6	Bike Lap7	Bike Lap8	Bike Lap9	Bike Lap10 + T2	Bike Lap11 + T2	Run3	Finish Time
1	64	Matt	Adcock	Hillingdon Triathletes	Male-SV	05:12.9	05:47.9	02:34.7	02:13.6	02:21.8	02:21.7	02:22.3	02:23.3	02:25.0	02:24.9	02:23.9	02:50.1	05:48.8	41:20.9	
2	67	Paul	d'Aray	Hillingdon Triathletes	Male-SV	05:44.7	06:55.5	02:45.4	02:19.8	02:17.4	02:17.4	02:19.0	02:22.3	02:20.9	02:18.1	02:21.6	02:55.1	08:42.0	45:58.8	
3	62	Martin	Wilson	Hillingdon Triathletes	Male-SV	06:58.0	07:39.6	02:44.6	02:26.6	02:25.8	02:24.1	02:25.5	02:22.9	02:25.2	02:28.7	02:21.8	02:32.1	07:32.1	47:40.2	
4	85	Tom	Howells	Hillingdon Triathletes	Male-SV	06:37.1	07:09.3	03:03.7	02:41.1	02:38.6	02:36.5	02:32.6	02:32.5	02:35.7	02:36.4	02:33.8	03:04.0	07:22.5	48:35.8	
5	54	John	Laird	Hillingdon Triathletes	Male-SV	07:14.9	07:41.2	02:37.5	02:24.5	02:24.7	02:25.5	02:27.8	02:31.6	02:32.2	02:37.6	02:35.2	03:14.7	07:47.8	48:35.2	
6	66	Mike	Brooks	Hillingdon Triathletes	Male-SV	06:57.1	08:05.8	02:44.3	02:30.2	02:35.1	02:36.1	02:36.3	02:34.3	02:31.5	02:33.6	02:34.2	03:33.2	07:31.5	49:22.3	
7	59	Mark	Krull	Hillingdon Triathletes	Male-SV	07:29.6	08:06.8	03:01.9	02:39.9	02:39.2	02:39.9	02:41.2	02:36.1	02:39.7	02:43.1	02:39.6	03:16.4	08:24.5	51:37.9	
8	50	Jacob	Glover	Hillingdon Triathletes	Male-SV															