

Awesome Foursome Quadrathlon 2023

| Name | Category | Swim | Cycle | Canoe | Run | Overall | Position | Cat. Position |
|--------------------------------|------------|----------|----------|----------|----------|----------|----------|---------------|
| Class of 23 | Relay | 00:16:55 | 00:58:03 | 00:53:21 | 00:41:16 | 02:49:35 | 1 | 1 |
| Mark Turner | Senior Men | 00:20:01 | 00:55:38 | 00:55:37 | 00:39:10 | 02:50:26 | 2 | 1 |
| James Thornton | Senior Men | 00:21:48 | 00:56:14 | 00:56:18 | 00:39:00 | 02:53:20 | 3 | 2 |
| Steve King | 50 Men | 00:20:26 | 00:56:39 | 00:48:59 | 00:49:11 | 02:55:15 | 4 | 1 |
| Sam Pantling | 40 Men | 00:22:22 | 00:58:14 | 00:56:42 | 00:39:36 | 02:56:54 | 5 | 1 |
| Nigel Unwin | 50 Men | 00:23:13 | 00:55:49 | 00:53:53 | 00:46:47 | 02:59:42 | 6 | 2 |
| Birthday Party | Relay | 00:23:31 | 00:54:09 | 01:01:04 | 00:49:46 | 03:08:30 | 7 | 2 |
| Rebecca Newson | 40 Women | 00:20:06 | 01:06:10 | 00:50:05 | 00:53:50 | 03:10:11 | 8 | 1 |
| Paul Sullivan | 40 Men | 00:26:05 | 01:03:00 | 00:57:35 | 00:50:45 | 03:17:25 | 9 | 2 |
| John and Summer Gatrell | Pair | 00:22:10 | 01:04:30 | 01:03:52 | 00:50:57 | 03:21:29 | 10 | 1 |
| Adventure Bude | Relay | 00:20:59 | 01:11:23 | 01:04:06 | 00:46:08 | 03:22:36 | 11 | 3 |
| Hermione and Lance Ball | Pair | 00:25:44 | 01:04:24 | 00:57:04 | 00:57:18 | 03:24:30 | 12 | 2 |
| James and Rob | Pair | 00:27:59 | 01:01:54 | 01:07:27 | 00:48:08 | 03:25:28 | 13 | 3 |
| Brendan Moore | 60 Men | 00:29:25 | 01:04:00 | 01:01:13 | 00:53:19 | 03:27:57 | 14 | 1 |
| Max Boyce | Senior Men | 00:27:53 | 01:06:14 | 01:12:05 | 00:44:12 | 03:30:24 | 15 | 3 |
| Marcus Johns | 50 Men | 00:27:19 | 01:04:23 | 01:10:00 | 00:49:04 | 03:30:46 | 16 | 3 |
| Emma Wheeler and Jason Morgan | Pair | 00:24:20 | 01:02:02 | 01:12:30 | 00:52:06 | 03:30:58 | 17 | 4 |
| Peter Chappill | 60 Men | 00:26:00 | 01:13:25 | 01:02:45 | 00:55:06 | 03:37:16 | 18 | 2 |
| Louise McKee and Jeremy Holmes | Pair | 00:26:36 | 01:07:28 | 01:13:06 | 00:53:04 | 03:40:14 | 19 | 5 |
| Nicola Hamerton | 60 Women | 00:30:58 | 01:12:38 | 01:05:10 | 00:53:46 | 03:42:32 | 20 | 1 |
| Philippe Jumeau | 60 Men | 00:23:59 | 01:14:25 | 01:04:52 | 01:01:38 | 03:44:54 | 21 | 3 |
| David Browning | 60 Men | 00:28:43 | 01:08:09 | 01:17:23 | 00:53:11 | 03:47:26 | 22 | 4 |
| Allison Parritt | 50 Women | 00:31:18 | 01:14:47 | 01:02:13 | 01:04:06 | 03:52:24 | 23 | 1 |
| Hel's Angels | Relay | 00:29:57 | 01:31:18 | 00:56:55 | 00:54:35 | 03:52:45 | 24 | 4 |
| Helen Recchia and Paul Roebuck | Pair | 00:30:26 | 01:22:17 | 01:01:39 | 01:04:27 | 03:58:49 | 25 | 6 |
| Donna Chapill | 50 Women | 00:32:46 | 01:34:42 | 01:09:51 | 01:12:21 | 04:29:40 | 26 | 2 |
| Ben Saunders | Senior Men | 00:31:37 | 01:30:26 | 01:28:09 | 00:59:49 | 04:30:01 | 27 | 4 |
| Joe Keeble | Senior Men | 00:36:36 | 02:06:36 | 00:52:47 | 00:59:21 | 04:35:20 | 28 | 5 |