

British Quadrathlon Champs 2004	Category	AC Swim	AC Cycle	AC Canoe	AC Run	Overall Time	Position
INDIVIDUALS							
Lee Sampson	A - Senior Men	00:15:02	00:53:37	00:50:27	00:41:30	02:40:36	1
Simon Dark	A - Senior Men	00:17:36	00:56:49	00:43:55	00:44:50	02:43:10	2
Guy Blackford	A - Senior Men	00:13:38	01:00:40	00:49:11	00:40:30	02:43:59	3
Keith Longney	A - Over 40 Men	00:15:54	00:55:44	00:52:04	00:40:51	02:44:33	1
Bernie Shrosbree	A - Over 40 Men	00:15:38	00:56:28	00:52:00	00:40:52	02:44:58	2
Matt Thomas	A - Senior Men	00:12:15	00:56:14	00:49:32	00:47:43	02:45:44	4
Graham Walton	A - Senior Men	00:15:29	00:57:38	00:55:27	00:37:52	02:46:26	5
Andrew Byatt	A - Senior Men	00:13:05	00:55:17	00:49:48	00:48:57	02:47:07	6
Roy Farrington	A - Senior Men	00:18:27	01:00:09	00:48:59	00:40:43	02:48:18	7
James Marshall	A - Senior Men	00:15:42	00:54:03	00:58:51	00:40:13	02:48:49	8
Phil Wilkinson	A - Over 40 Men	00:16:44	00:57:55	00:54:16	00:39:58	02:48:53	3
Steve King	A - Senior Men	00:16:21	00:57:07	00:49:06	00:46:36	02:49:10	9
Rob Shaw	A - Senior Men	00:17:31	00:57:37	00:59:03	00:42:58	02:57:09	10
Paul Belcher	A - Over 50 Men	00:18:34	01:00:28	00:58:40	00:41:06	02:58:48	1
Simon Hammond	A - Senior Men	00:19:39	01:00:18	00:52:59	00:47:35	03:00:31	11
Andy Parret	A - Over 40 Men	00:16:56	00:58:29	01:00:20	00:44:48	03:00:33	4
Helen Parkinson	A - Senior Women	00:16:34	01:02:35	01:02:37	00:39:26	03:01:12	1
Rob King	A - Senior Men	00:19:29	01:04:26	00:49:08	00:49:27	03:02:30	12
Richard Beard	A - Over 50 Men	00:21:41	01:04:01	00:55:25	00:43:51	03:04:58	2
Ben Holtaway	A - Senior Men	00:17:58	01:01:48	00:58:38	00:48:25	03:06:49	13
Mark Pryor	A - Senior Men	00:21:46	01:07:49	00:56:51	00:41:30	03:07:56	14
Chris Hall	A - Senior Men	00:20:31	00:54:41	01:12:49	00:40:21	03:08:22	15
Peter Hart	A - Over 50 Men	00:20:29	01:03:56	00:56:22	00:47:44	03:08:31	3
Grant Walkey	A - Senior Men	00:17:12	01:09:02	01:02:19	00:45:00	03:13:33	16
Nick Herlihy	A - Youth	00:19:05	01:03:54	01:03:17	00:48:14	03:14:30	1
Paul Mussert	A - Senior Men	00:18:39	00:58:44	01:17:07	00:40:38	03:15:08	17
Simon Jones	A - Senior Men	00:16:50	01:01:35	01:15:37	00:42:27	03:16:29	18
Shaun Lancaster	A - Senior Men	00:18:20	01:02:39	01:11:41	00:45:27	03:18:07	19
Ken Collier	A - Over 40 Men	00:24:31	01:04:37	01:03:40	00:47:12	03:20:00	5
Richard Lee	A - Over 40 Men	00:20:40	01:09:53	01:04:47	00:46:46	03:22:06	6
Paul Marshall	A - Over 40 Men	00:19:14	01:10:40	01:05:04	00:48:56	03:23:54	7
Rob Gittoes	A - Senior Men	00:23:53	01:04:36	01:08:17	00:47:08	03:23:54	20
Ric Hampson	A - Senior Men	00:25:00	01:03:20	01:08:07	00:47:28	03:23:55	21
Steve Hurley	A - Senior Men	00:17:49	01:03:58	01:24:09	00:41:17	03:27:13	22
Jean Ashley	A - Senior Women	00:22:06	01:13:31	01:03:31	00:48:47	03:27:55	2
Alison Martin	A - Senior Women	00:20:34	01:07:02	01:15:40	00:47:39	03:30:55	3
Jeremy Ackers	A - Over 40 Men	00:23:45	01:06:38	01:00:56	01:00:12	03:31:31	8
Mike Penberthy	A - Over 40 Men	00:20:26	01:06:33	01:11:27	00:54:32	03:32:58	9
Tom Marshall	A - Youth	00:19:53	01:05:55	01:17:04	00:51:37	03:34:29	2
Richard Rollings	A - Over 50 Men	00:20:42	01:08:05	01:14:41	00:51:05	03:34:33	4
Ivor Johnstone	A - Senior Men	00:25:52	01:17:02	00:59:40	00:52:26	03:35:00	23
David Baker	A - Over 40 Men	00:20:31	01:14:42	01:09:07	00:52:37	03:36:57	10
Christina Demetriou	A - Senior Women	00:20:58	01:11:16	01:20:40	00:47:43	03:40:37	4
Tim Down	A - Over 40 Men	00:24:16	01:14:21	01:12:55	00:49:42	03:41:14	11
Philip Nye	A - Over 40 Men	00:20:54	01:27:37	01:05:25	00:49:16	03:43:12	12
Simon Pinner	A - Over 40 Men	00:22:54	01:19:03	01:07:11	00:54:20	03:43:28	13
Lorraine Robinson ?	A - Senior Women	00:23:27	01:23:29	01:26:17	00:30:35	03:43:48	5
Mike Jenkins	A - Over 40 Men	00:25:50	01:19:21	01:10:11	00:49:17	03:44:39	14
Sara Mackintosh	A - Senior Women	00:19:49	01:28:04	00:59:25	01:06:49	03:54:07	6
Denis McCarthy	A - Senior Men	00:18:48	01:22:29	01:13:03	00:59:56	03:54:16	24
Phil Sawyer	A - Senior Men	00:23:21	01:23:33	01:18:33	00:55:23	04:00:50	25
John Barbour	A - Over 40 Men	00:24:35	01:12:24	01:24:06	01:00:17	04:01:22	15

British Quadrathlon Champs 2004	Category	AC Swim	AC Cycle	AC Canoe	AC Run	Overall Time	Position
Ellen Loopstra	A - Senior Women	00:24:40	01:15:56	01:53:03	00:58:04	04:31:43	7
PAIRS							
Chip Rimmer & John Sibley	B - Pair	00:15:17	00:56:08	00:47:56	00:38:27	02:37:48	1
Alastair Stewart & Steve Marks	B - Pair	00:14:36	00:57:32	00:58:12	00:39:21	02:49:41	2
Jon Parkinson & Philip Miles	B - Pair	00:15:33	00:54:09	01:06:44	00:36:33	02:52:59	3
Matt Edwards & Toby Whitley	B - Pair	00:16:51	00:54:48	01:06:23	00:39:24	02:57:26	4
Gyles Watson & Dave Miller	B - Pair	00:14:50	01:00:43	01:04:54	00:40:26	03:00:53	5
Larry & Relie	B - Pair	00:15:05	01:06:39	01:00:28	00:39:34	03:01:46	6
Rachel Carnell & Simon Miller	B - Pair	00:17:16	00:59:30	01:03:54	00:49:29	03:10:09	7
Chris Bowden & Gary Mumford	B - Pair	00:19:44	01:10:01	00:58:11	00:44:09	03:12:05	8
Claire Longney & Alison Jackson	B - Pair	00:20:41	01:19:42	00:55:20	00:49:29	03:25:12	9
Ribbons & Hangreaves	B - Pair	00:23:50	01:03:28	01:12:54	00:47:20	03:27:32	10
Jenna Searl & Zoe barker	B - Pair	00:25:21	01:14:36	01:11:06	00:53:58	03:45:01	11
Rud Grundy & George Cherry	B - Pair	00:25:51	01:27:19	01:01:42	01:02:58	03:57:50	12
RELAY TEAMS							
Bristow, Edmond, Bristow & Harvey	C - Relay	00:16:28	00:57:03	00:53:02	00:38:41	02:45:14	1
Parsons, Greatrix, Fry & Gilbert	C - Relay	00:16:41	01:00:25	00:52:45	00:40:45	02:50:36	2
Barash, Martyn, Lawence & Wheeler	C - Relay	00:15:46	01:05:27	00:47:46	00:45:42	02:54:41	3
Scaife, Dodd, Horwell & Henderson	C - Relay	00:25:00	00:59:17	00:55:50	00:45:13	03:05:20	4
Burgin, Ayres, Barr & Morgan	C - Relay	00:22:51	01:04:35	00:59:20	00:42:43	03:09:29	5
Davis, Whelan, Hammond & Bartrop	C - Relay	00:17:21	01:03:50	01:02:20	00:51:36	03:15:07	6
Rice, Holmes, Dawe & Beasley	C - Relay	00:15:59	01:24:30	00:50:58	00:51:02	03:22:29	7
Piper, Reichel, Smith & Halford	C - Relay	00:19:11	01:03:20	01:07:32	00:52:34	03:22:37	8