



# OVER 40 MEN, SENIOR MEN, U23 + JUNIOR MEN

No.	Name	Age	Team and information	Swim	Cycle	Canoe	Run	Pos
933	LANCE BALL	45	POLICEMAN	38.58	1:52:34	2-56-42	3-43-38	8
934	MARTIN MILLS	45	POSTMAN <small>SPRINT TRIATHLETE BCU COACH</small>					
935	SCOTT LOWE	47	IT PROJECT MANAGER	42.09	2:14:59	3-45-19	4-27-44	9
936	PHIL HOLDEN	45	AONB MANAGER	32.42	1:31:16	2-35-10	3-19-39	5
937	JOHN ELLIOTT	46	KAYAKED THE ZAMBEZI	28.05	1:27:55	2-16-56	3-03-37	(2) ✓
938	JOHN DURRANT	44	6 <sup>TH</sup> AWESOME FOURSOME	33.30	1:31:25	2-24-54	3-08-23	4
939	JULIAN BREWER	48	MUSICIAN	32.40	1:39:23		3-37-53	7
940	ANDREW SMITH	46	FIRE FIGHTER <small>PORTTOWN SLSC ROWER, TRI + TT</small>	27.03	1:22:31	2-23-15	3-06-03	(3) ✓
941	JULIAN RIDGLEY	43	TRAIN DRIVER	30.53	1:26:34	2-48-55	3-27-05	6
942	CHRIS HAMMOND		SERIOUS TRIATHLETE AND EARLY MORNING CYCLIST	28.19	1:20:03 <sup>51-44</sup>	2-11-43 <sup>51-40</sup>	2-54-25	(1) ✓
943								
944								
945								
790	THOMAS ALSOP	33	PHILOSOPHER - <small>15 WEEK CYCLE RIDE IN 2012</small>	51.12	2:26:09	3-40-50	4-20-13	2
794	THOMAS CUNNINGHAM	37	SURVEYOR	34.06	1:35:52	2-43-02	3-27-44	(1) ✓
795								
488	ROB SEFFERIES	21	APPRENTICE ENGINEER / WW RACER GB	32.19	1:35:47	2-28-09 <sup>52-22</sup>	3-19-23	(1) ✓
489								
190	WILL JACKSON	17	UNDER 18 WORLD QUAD CHAMP	27.18	1:30:16	2-30-14	3-27-13	(1) ✓

40

SENIOR

23

JUNIOR

# OVER 50 + 60 MEN

No.	Name	Age	Team and information	Swim	Cycle	Canoe	Run	Pos
60	82	PETER APPELT	65 EUROPEAN CHAMP 2009, 10+11	45.38	1:55:59	3-00-45	4:00:06 (2)	✓
	83	<del>JOHN</del> KAVANAGH	59 RETIRED					
	86	TONY RICHARDS	61 PAINTER, 1 <sup>st</sup> RACE FOR 15 YEARS	31.59	1:50:43	2-48-06	3-44-07 (1)	✓
	87							
50	950	NIGEL UNWIN	50 CARPET FITTER	28.35	1:20:14	2-09-58	2-50-20 (2)	
	951	RUSSEL BREYER	52	34.32	1:34:24	2-35-57	3-20-19	5
	952	PHILLIP MANNING	55 SCHOOL MAINTENANCE, 1 <sup>st</sup> QUAD	46.40	1:52:58	2-57-13	3-38-36	10
	953	DUNCAN PEARSON	50 PHYSIOTHERAPIST	30.36	1:26:32	2-28-16	3-07-36 (3)	✓
	954	GLYN STANLEY	PENRYN, CORNWALL	30.39	1:36:39	2-44-06	3-33-49	8
	955	ANDY PARRITT	56 OWNER OF PURELY CORNISH, LOOE	28.05	1:25:20	2-17-16	3-08-35	4
	956	IAN SMITH	53 TEACHER	29.52	1:23:42	2-08-50	2-48-46 (1)	
	957	PETER CHAPPILL	53 RETIRED	33.45	1:42:44	2-44-27	3-34-29	9
	958	JOHN ELLWOOD	54 MUSICIAN	35.36	1:41:43	2-40-11	3-22-22	7
	959	BEN BYROM	52 GAGAGE PROF 4 BIDE TORI'S	43.43	1:59:18	3-08-39	4-04-50	12
	960	JOHN REDMOND	58 ENVIRONMENTAL SERVICE MANAGER	40.22	1:46:57	2-51-52	3-59-42	11
	961	JOHN KAVANAGH	59 RETIRED	30.08	1:35:29	2-29-42	3-21-28	6
	962							
	963							

# RELAY + PAIRS

No.	Name	Age	Team and information	Swim	Cycle	Canoe	Run	Pos
270	SOUTH INSTOW SURFLIFE SAVING	160	<sup>LUKE</sup> MATT, JASON, PAUL + PAUL	20.43	1:28:58	2-21-31	3-10-04	5
271	FOUR SHORE		ALEX MICK, RICHARD, STEVE, RICHARD	24.11	1:15:23	2-06-52	2-44-39	(2) ✓
273	THE TRY HARDS		<sup>SEN</sup> CHRIS, ELIZABETH, ROBERT, DANIEL	32.52	1:46:32	2-45-12	3-44-35	
274	TEIGN BRIDGE TRIERS		LAREN, HARVEY, <sup>TIM</sup> ALEX, <sup>TIM</sup>	26.35	1:17:57	2-15-43	2-51-02	(3) ✓
275	NOTHING TOO		C. DANN, R. HIGGINS, P. SHEPLEY AND D. SHEPLEY	27.26	1:25:31	2-32-39	3-18-48	6
276	THE MIGHTY AVENGERS OF BBSLC	191	GEOFF, QUINTON, DAVID, RODNEY	30.13	1:32:24	2-43-58	3-27-43	8
277	STEVE, ANDY, JACK + JIM		BUDE TEAM MADE UP OF EX-FIREMAN TEACHER, DENTIST + ELECTRICIAN	33.19	1:30:44	2-26-39	3-01-57	4
278	FRIENDS		JASON, NIGEL, JAMIE + MIKI	38.34	1:45:10	2-35-13	3-24-41	7
279	DEPT 26		TIMMY, LEE, BRETT AND ROSS	24.25	1:16:33	<sup>46-36</sup> 2-03-09	2-44-38	(1) ✓
280	<del>JUNIOR JAWZ</del>	JUNIOR RELAY	<sup>EZJM</sup> ETIHA SHAW, ZERRAN, JAY, MOLLY	25.58	<sup>1:11:33</sup> 1:37:31	<sup>53-33</sup> 2-31-04	3-22-31	(1) ✓
281								
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285								
286	MEL BARDSELEY + SIMON HARTMAN		PAIR Life Begins @ 40	27.58	<sup>53-13</sup> 1:21:11	<sup>50-17</sup> 2-11-28	3-04-09	(1) ✓
287								
288	JOE WOOT + ALAN HOLLOWAY		PAIR	26.40	1:34:35	2-26-38	3-23-39	(2) ✓