

# Club Championships 2019 ( October 2018 - September 2019)

Any Duathlon, Swim or Run can be substituted with another Triathlon

RULES HERE - Totals and percentages are calculated automatically from entered times! ANY CTC Event or Cumbrian Championships has 5 extra points added

Name	M/F	Total	Additional CTC 5 Points	Triathlon				Triathlon				Triathlon				Duathlon or Triathlon				Duathlon or Triathlon				Run, Swim or Triathlon				
				Race Name	1st	Own Time	%	Race Name	1st	Own Time	%	Race Name	1st	Own Time	%	Race Name	1st	Own Time	%	Race Name	1st	Own Time	%	Race Name	1st	Own Time	%	
Paul Alcock	M	166.37					0.00					0.00				0.00	Dalbeattie Hard Rock Challenge	2:17:21	2:34:23	88.97				0.00	Derwentwater 10m	0:53:05	1:08:35	77.40
Josh Waite	M	83.10					0.00					0.00				0.00							0.00	Carlisle Resolution 10K	0:32:07	0:38:39	83.10	
Ben Harper	M	79.84					0.00					0.00				0.00							0.00	Autumn Breaker 10k Run	0:34:51	0:43:39	79.84	
Angie Fisher	F	79.53					0.00					0.00				0.00							0.00	Carlisle Resolution 10K	0:40:20	0:50:43	79.53	
Audrey O'Kelly	F	73.34					0.00					0.00				0.00							0.00	DH River Run 10K	0:38:44	0:52:49	73.34	
Tracey Pape	F	61.13					0.00					0.00				0.00							0.00	Carlisle Resolution 10K	0:40:20	1:05:59	61.13	
Dave Graham	M	54.02					0.00					0.00				0.00							0.00	Carlisle Resolution 10K	0:32:07	0:59:27	54.02	
		91.26					0.00					0.00				0.00							0.00	X-Border 10k	0:34:07	0:37:23	91.26	
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00

# Vet 50 Plus Club Championships 2019 ( October 2018 - September 2019)

Paul Alcock	M	190.04					0.00					0.00				0.00	Dalbeattie Hard Rock Challenge	2:34:23	2:34:23	100.00				0.00	Derwentwater 10m	1:01:45	1:08:35	90.04
Audrey O'Kelly	F	90.15					0.00					0.00				0.00							0.00	DH River Run 10K	0:47:37	0:52:49	90.15	
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00
		0.00					0.00					0.00				0.00							0.00					0.00