

Club Championships 2019 (October 2018 - September 2019)

Any Duathlon, Aquathlon, 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	%
Ben Harper	M	254.01	5				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:25:54	82.65	Kendal Aquathlon	00:27:16	00:31:31	86.52	Autumn Breaker 10k Run	00:34:51	00:43:39	79.84
Ben Hale	M	198.68	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:12:20	98.16	Netherall 10m	00:56:58	00:59:38	95.53
Angie Fisher	F	168.14	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:37:33	83.62	Carlisle Resolution 10K	00:40:20	00:50:43	79.53
Paul Alcock	M	166.37					0.00				0.00				0.00	Dalbeattie Hard Rock Challenge	02:17:21	02:34:23	88.97				0.00	Derwentwater 10m	00:53:05	01:08:35	77.40
Robert Johnstone	M	161.10	5				0.00				0.00				0.00	Lancaster Duathlon	01:24:07	01:52:19	74.89	Carlisle Duathlon	01:11:00	01:27:26	81.20				0.00
Audrey O'Kelly	F	151.52	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:51:27	73.19	DH River Run 10K	00:38:44	00:52:49	73.34
Tracey Pape	F	135.75	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:57:09	69.63	Carlisle Resolution 10K	00:40:20	01:05:59	61.13
Dave Boom Graham	M	125.45	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:46:53	66.43	Carlisle Resolution 10K	00:32:07	00:59:27	54.02
Emily Arter	F	94.96	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:30:40	89.96				0.00
Ian Wingfield	M	93.68	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:20:04	88.68				0.00
Baz Harper	M	93.55	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:20:11	88.55				0.00
Craig Holliday	M	93.09	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:20:36	88.09				0.00
Mark Colman	M	93.05	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:20:38	88.05				0.00
Brian Young	M	92.31	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:21:19	87.31				0.00
Kerry Braithwaite	F	92.10	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:33:39	87.10				0.00
James Hamilton	M	91.44	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:22:08	86.44				0.00
Sally Little	F	89.19	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:36:53	84.19				0.00
Viki Kent-Carlile	F	87.18	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:39:15	82.18				0.00
Jill Gardiner	F	86.38	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:40:14	81.38				0.00
Darren Wildey	M	85.54	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:28:09	80.54				0.00
Jack Mazur	M	84.97	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:28:47	79.97				0.00
Kyle Laurie	M	83.96	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:29:55	78.96				0.00
Josh Waile	M	83.29	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:30:41	78.29				0.00
Josh Waite	M	83.10					0.00				0.00				0.00				0.00				0.00	Carlisle Resolution 10K	00:32:07	00:38:39	83.10
Sebastian Buszko	M	81.80	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:32:27	76.80				0.00
Iain Nellis	M	79.65	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:35:07	74.65				0.00
Lee Lewis	M	79.37	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:35:28	74.37				0.00
Christopher Cook	M	79.23	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:35:39	74.23				0.00
Carmel Bones	F	77.32	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:52:47	72.32				0.00
Louisa Weeks	F	77.07	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:53:11	72.07				0.00
Colin Browne	M	77.02	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:38:35	72.02				0.00
Jenny Mitchell	F	74.63	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:57:09	69.63				0.00
Nicola Edwards	F	73.29	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:21:34	01:59:26	68.29				0.00
Steven Archibald	M	66.47	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:11:00	01:55:30	61.47				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	02:34:23	02:34:23	100.00				0.00	Derwentwater 10m	01:01:45	01:08:35	90.04
Robert Johnstone	M	178.06	5				0.00				0.00				0.00	Lancaster Duathlon	01:33:22	01:52:19	83.13	Carlisle Duathlon	01:18:38	01:27:26	89.94				0.00
Audrey O'Kelly	F	177.93	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:32:15	01:51:27	82.77	DH River Run 10K	00:47:37	00:52:49	90.15
Ian Wingfield	M	103.21	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:18:38	01:20:04	98.21				0.00
Brian Young	M	101.70	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:18:38	01:21:19	96.70				0.00
Sally Little	F	100.22	5				0.00				0.00				0.00				0.00	Carlisle Duathlon	01:32:15	01:36:53	95.22				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
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		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
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