

Sunday, 4 August – Owler Sprint Triathlon (750m/20k/5k, 99 finishers, non-wetsuit)

Pos	Bib #	Athlete Name	Gender	Cat	Swim	Swim Pos	T1	Cycle	Cycle Pos	T2	Run	Run Pos	Gun Time
9	288	DEAN PAINTER	M	I 45-49	00:14:34	13	00:01:06	00:35:28	13	00:00:55	00:19:53	13	01:11:56
35	281	EDWARD LAWSON	M	H 40-44	00:19:43	77	00:02:21	00:36:32	20	00:01:07	00:21:19	28	01:21:04
90	229	JANE MCLEOD	F	I 45-49	00:24:57	98	00:02:30	00:45:39	83	00:00:58	00:26:07	68	01:40:13

Owler Half Triathlon (1.9k/94k/21k, 70 finishers)

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	5K	Run	Gun Time
20	20	SIMON DODD	M	G 35-39				03:38:55			01:54:33	05:33:28
32	7	STEVE LAWSON	M	G 35-39							05:46:05	05:46:05
45	39	DAN BUTLER	M	I 45-49		00:37:59	00:01:11	02:54:19	00:01:15	01:05:15	02:23:33	05:58:19
56	17	CHRIS FORD	M	I 45-49		00:41:38	00:02:33	03:22:13	00:03:01	01:02:03	02:15:31	06:24:58

Ironman UK (3.8k/180k/42k, 1602 finishers)

Name	Country	Swim	Bike	Run	Finish	Div. Rank	Overall Rank
Shawcross, Carl	GBR	01:03:17	06:19:52	04:00:16	11:33:32	50	239