

**Spalding Duathlon 2006 Race Results.**

Race Position	First Name	Surname	Team/Club	Category	Race Number	1st Run Split	Bike+1st Run	Bike Split	2nd Run Split	Total Race Time
1	Jez	Cox	Team Planet-X	M20-30	38	12:16:30 AM	00:48:43	00:32:13	00:11:15	00:59:58
2	Mark	Botteley	Bourne Town Harriers	M30-40	28	12:17:50 AM	00:49:58	00:32:08	00:10:52	01:00:50
3	Nick	Grimer	Spalding Triathlon Club	M30-40	16	12:16:46 AM	00:50:48	00:34:02	00:10:10	01:00:58
4	John	Field	Mansfield Tri	M40-50	24	12:16:51 AM	00:51:04	00:34:13	00:10:38	01:01:42
5	Sean	Beard	PACTRAC	M40-50	33	12:16:58 AM	00:51:00	00:34:02	00:11:04	01:02:04
6	Steven	Wigglesworth	Vegetarian Cycling & Athletic Club	M40-50	17	12:18:52 AM	00:50:58	00:32:06	00:11:50	01:02:48
7	John	Pike		M30-40	49	12:16:40 AM	00:52:42	00:36:02	00:10:22	01:03:04
8	Daniel	Avondoglio	EDGE Athletics	M30-40	39	12:17:50 AM	00:52:10	00:34:20	00:10:57	01:03:07
9	Nick	Overton	Nene Valley Harriers	M40-50	46	12:16:51 AM	00:52:44	00:35:53	00:10:26	01:03:10
10	Jonathan	Riall	Tyne Tri	M20-30	54	12:17:50 AM	00:52:37	00:34:47	00:10:43	01:03:20
11	Michael	Barnsdale	Spalding Triathlon Club	M50+	31	12:17:11 AM	00:53:42	00:36:31	00:10:37	01:04:19
12	Craig	Lamb		M40-50	45	12:20:05 AM	00:52:38	00:32:33	00:12:06	01:04:44
13	James	Arnold	Notts Uni Tri Club	M20-30	43	12:18:10 AM	00:54:04	00:35:54	00:10:58	01:05:02
14	Paul	Breele	RAC Tri	M30-40	44	12:18:34 AM	00:53:44	00:35:10	00:11:19	01:05:03
15	Mike	Partridge	NUTS	M20-30	42	12:18:05 AM	00:54:22	00:36:17	00:11:06	01:05:28
16	John	Booth	White Rose Tri	M50+	22	12:19:04 AM	00:54:03	00:34:59	00:11:59	01:06:02
17	Alan	Wheeler		M30-40	52	12:18:43 AM	00:55:04	00:36:21	00:11:25	01:06:29
18	Andy	Lines		M30-40	50	12:19:38 AM	00:56:00	00:36:22	00:11:42	01:07:42
19	Steve	Saunders	Newark Tri	M40-50	5	12:22:26 AM		#####	01:08:25	01:08:25
20	Tim	Doyle	Notts AC	M30-40	41	12:17:10 AM	00:57:44	00:40:34	00:11:01	01:08:45
21	Cameron	Jensen		M30-40	15	12:20:53 AM	00:56:36	00:35:43	00:12:52	01:09:28
22	Bob	Pringle	Sheffield Tri Club	M50+	19	12:18:50 AM	00:58:02	00:39:12	00:11:30	01:09:32
23	James	Farmbrough		M40-50	35	12:19:14 AM	00:58:27	00:39:13	00:11:16	01:09:43
24	Paul	King	Peterborough Endurance Sports Team	M20-30	29	12:21:10 AM	00:57:27	00:36:17	00:12:25	01:09:52
25	Matt	Clarkson		M30-40	12	12:19:26 AM	00:56:38	00:37:12	00:13:14	01:09:52
26	Wayne	Kew	Alford Wheelers	M40-50	51	12:19:55 AM	00:57:57	00:38:02	00:12:04	01:10:01
27	Andrew	Gurney		M30-40	11	12:20:28 AM	00:58:20	00:37:52	00:12:29	01:10:49
28	Keith	Gray		M20-30	53	12:18:40 AM	01:01:45	00:43:05	00:11:19	01:13:04
29	Marcus	Pell	Spalding Triathlon Club	M40-50	36	12:20:38 AM	01:00:25	00:39:47	00:12:55	01:13:20
30	Adrian	Mills		M30-40	20	12:21:52 AM	01:00:47	00:38:55	00:12:48	01:13:35
31	Tim	Smith	Boston Wheelers	M30-40	23	12:22:34 AM	00:58:51	00:36:17	00:15:00	01:13:51
32	Mark	Ruhier	Lincoln Tri	M30-40	3	12:21:26 AM	01:00:55	00:39:29	00:13:20	01:14:15
33	Wendy	Morris	Spalding Triathlon Club	F30-40	32	12:21:46 AM	01:00:50	00:39:04	00:13:31	01:14:21
34	Robin	Brookes	PACTRAC	M40-50	26	12:18:54 AM	01:02:32	00:43:38	00:12:24	01:14:56
35	Jamie	Petchell		M30-40	13	12:21:20 AM	01:00:18	00:38:58	00:14:47	01:15:05
36	David	Porter		M40-50	6	12:21:55 AM	01:02:28	00:40:33	00:13:45	01:16:13
37	Mark	Booth	Kettering Cycling Club	M30-40	40	12:22:26 AM	00:57:49	00:35:23	00:18:29	01:16:18
38	Ruth	Granger		F20-30	47	12:22:05 AM	01:02:59	00:40:54	00:13:52	01:16:51
39	Ben	Winter	Bourne Town Harriers	M40-50	14	12:20:25 AM	01:05:07	00:44:42	00:12:34	01:17:41
40	Jack	Horlock	Peterborough Endurance Sports Team	M40-50	2	12:23:23 AM	01:04:53	00:41:30	00:14:30	01:19:23
41	Tim	Bryett	Yaxley Runners	M50+	34	12:22:16 AM	01:04:22	00:42:06	00:15:01	01:19:23
42	Jim	Finlay		M40-50	48	12:22:27 AM	01:06:28	00:44:01	00:14:00	01:20:28
43	Andrew	Cole		M30-40	8	12:22:28 AM	01:04:58	00:42:30	00:15:44	01:20:42
44	Christopher	Keane		M40-50	37	12:27:16 AM	01:20:51	00:53:35	00:00:00	01:20:51
45	Sean	Murphy	Yaxley Runners	M30-40	25	12:23:52 AM	01:05:33	00:41:41	00:15:28	01:21:01
46	Clare	Bishop		F20-30	9	12:23:24 AM	01:11:24	00:48:00	00:14:06	01:25:30
47	Ian	King	Peterborough Endurance Sports Team	M40-50	21	12:28:28 AM	01:11:35	00:43:07	00:15:57	01:27:32
48	Emma	Smith	Vegetarian Cycling & Athletic Club	F30-40	18	12:26:07 AM	01:09:56	00:43:49	00:18:02	01:27:58
49	Barbara	Gunn		F40-50	4	12:32:45 AM	01:26:10	00:53:25	00:19:47	01:45:57

**Over all and Category Winners**

	First Name	Surname	Team/Club	Time
Overall male winner	Jez	Cox	Team Planet-X	00:59:58
Overall 2nd place male	Mark	Botteley	Bourne Town Harriers	01:00:50
Overall 3rd place male	Nick	Grimer	Spalding Triathlon Club	01:00:58
Overall female winner	Wendy	Morris	Spalding Triathlon Club	01:14:21
Overall 2nd place female	Ruth	Granger		01:16:51
Overall 3rd place female	Clare	Bishop		01:25:30

**Age group category winners**

Male U20	NA			
Male 20-30	Jez	Cox	Team Planet-X	00:59:58
Male 30-40	Mark	Botteley	Bourne Town Harriers	01:00:50
Male 40-50	John	Field	Mansfield Tri	01:01:42
Male 50+	Michael	Barnsdale	Spalding Triathlon Club	01:04:19
Female U20	NA			
Female 20-30	Ruth	Granger		01:16:51
Female 30-40	Wendy	Morris	Spalding Triathlon Club	01:14:21
Female 40-50	Barbara	Gunn		01:45:57
Female 50+	NA			