

Hereford Duathlon 2010 (Main Event)

| Pos | Race Number | Surname | First Name | Cat | Club | 1st Split | 1st Split Rank | 2nd Split | 2nd Split Rank | Final Split | Final Split Rank | Overall Time |
|-----|-------------|---------------|------------|-----|----------------------|-----------|----------------|-----------|----------------|-------------|------------------|--------------|
| 1 | 58 | Rankin | Lee | MS | DB Max Tri | 00:28:44 | 1 | 00:45:21 | 2 | 00:14:05 | 1 | 01:28:10 |
| 2 | 57 | Pye | Shaw | MS | Amazing Feet RC | 00:29:25 | 3 | 00:46:53 | 4 | 00:14:34 | 3 | 01:30:52 |
| 3 | 82 | Wheddon | Peter | MSV | | 00:30:20 | 4 | 00:45:46 | 3 | 00:15:11 | 6 | 01:31:17 |
| 4 | 68 | Tetley | Jon | MS | Hereford Tri Club | 00:30:27 | 6 | 00:47:58 | 6 | 00:15:05 | 5 | 01:33:30 |
| 5 | 35 | King | Steve | MS | Hereford Kayak Club | 00:31:53 | 12 | 00:46:59 | 5 | 00:16:09 | 14 | 01:35:01 |
| 6 | 28 | Hawkes | Stuart | MS | Amazing Feet RC | 00:30:22 | 5 | 00:49:39 | 11 | 00:15:04 | 4 | 01:35:05 |
| 7 | 54 | Pitcher | Del | MV | Police Sport / Ceepo | 00:31:15 | 8 | 00:48:16 | 7 | 00:15:56 | 13 | 01:35:27 |
| 8 | 31 | Jennings | Iain | MS | | 00:30:57 | 7 | 00:50:07 | 12 | 00:15:15 | 7 | 01:36:19 |
| 9 | 27 | Harris | Daniel | MS | | 00:31:27 | 9 | 00:49:33 | 10 | 00:15:25 | 9 | 01:36:25 |
| 10 | 78 | Clarke | Tim | MV | Hereford Tri Club | 00:29:06 | 2 | 00:54:02 | 24 | 00:14:27 | 2 | 01:37:35 |
| 11 | 75 | Williams | Luke | MS | Hereford Wheelers | 00:32:42 | 19 | | | | | 01:37:49 |
| 12 | 90 | Parsan | Michelle | FS | | 00:32:38 | 18 | 00:49:05 | 8 | 00:16:39 | 19 | 01:38:22 |
| 13 | 66 | Taylor | Andy | MS | Hereford Tri Club | 00:31:36 | 10 | 00:52:30 | 16 | 00:15:38 | 10 | 01:39:44 |
| 14 | 67 | Taylor | Eliot | MY | Climb On Bikes | 00:31:57 | 13 | 00:52:44 | 19 | 00:15:20 | 8 | 01:40:01 |
| 15 | 91 | Jones | Neil | MS | | 00:32:54 | 20 | 00:49:08 | 9 | 00:18:03 | 30 | 01:40:05 |
| 16 | 47 | Merrick | Andy | MV | Tri Team Glos | | | | | 00:16:41 | 20 | 01:40:34 |
| 17 | 6 | Bennett | Sean | MV | Hereford Tri Club | 00:32:02 | 14 | 00:51:44 | 14 | 00:17:10 | 21 | 01:40:56 |
| 18 | 89 | Smith | Mal | MSV | | 00:33:41 | 24 | 00:51:37 | 13 | 00:16:16 | 15 | 01:41:34 |
| 19 | 36 | Kingston | Andrew | MV | | 00:32:06 | 15 | 00:52:39 | 17 | 00:17:49 | 26 | 01:42:34 |
| 20 | 94 | Smith | Richard | MS | | 00:33:18 | 21 | 00:52:42 | 18 | 00:17:26 | 22 | 01:43:26 |
| 21 | 51 | Norton | Steven | MS | | 00:32:21 | 16 | 00:56:16 | 33 | 00:15:42 | 11 | 01:44:19 |
| 22 | 37 | Lambourn | Shaun | MV | | 00:34:05 | 25 | 00:51:55 | 15 | 00:18:42 | 36 | 01:44:42 |
| 23 | 21 | Farnell | Nick | MSV | Ludlow Tri Club | 00:34:50 | 28 | | | | | 01:44:48 |
| 24 | 39 | Law | Wayne | MV | | 00:31:47 | 11 | 00:56:48 | 36 | 00:16:32 | 18 | 01:45:07 |
| 25 | 43 | Lewis | Roy | MSV | Celtic Tri | 00:33:29 | 22 | 00:54:20 | 25 | 00:17:27 | 23 | 01:45:16 |
| 26 | 26 | Gwilym | Lyndon | MSV | | | | | | 00:16:31 | 17 | 01:46:32 |
| 27 | 3 | Baker | Sam | MY | | 00:37:17 | 38 | 00:53:49 | 22 | 00:15:47 | 12 | 01:46:53 |
| 28 | 92 | Spedding | Simon | MV | | 00:34:14 | 26 | 00:54:42 | 29 | 00:18:30 | 34 | 01:47:26 |
| 29 | 41 | Lawton | Neil | MS | | 00:35:38 | 29 | 00:54:37 | 27 | 00:18:03 | 30 | 01:48:18 |
| 30 | 45 | Littlewood | Steve | MSV | Hereford Wheelers | 00:34:20 | 27 | | | | | 01:49:29 |
| 31 | 42 | Lewis | Mark | MS | | 00:33:32 | 23 | 00:55:35 | 30 | 00:20:24 | 47 | 01:49:31 |
| 32 | 44 | Link | Mike | MV | Hereford Tri Club | 00:32:28 | 17 | 01:00:51 | 48 | 00:16:27 | 16 | 01:49:46 |
| 33 | 93 | Milton | John | MV | | 00:38:43 | 44 | 00:53:39 | 21 | 00:17:53 | 27 | 01:50:15 |
| 34 | 48 | Morris | Martin | MSV | | 00:36:34 | 34 | 00:54:41 | 28 | 00:19:14 | 41 | 01:50:29 |
| 35 | 81 | Bichard | Leigh | MS | | 00:37:47 | 39 | 00:53:50 | 23 | 00:19:48 | 45 | 01:51:25 |
| 36 | 85 | Reynolds | Louise | FV | | 00:38:05 | 41 | 00:54:26 | 26 | 00:19:13 | 40 | 01:51:44 |
| 37 | 70 | Thomas | Mike | MSV | | 00:37:48 | 40 | 00:56:15 | 32 | 00:17:58 | 28 | 01:52:01 |
| 38 | 77 | Witt | Mark | MSV | Malvern Joggers | 00:36:12 | 32 | 00:57:53 | 40 | 00:18:03 | 30 | 01:52:08 |
| 39 | 5 | Bennett | Mark | MV | | 00:36:53 | 37 | 00:57:11 | 37 | 00:18:08 | 33 | 01:52:12 |
| 40 | 87 | Emmerson | Rob | MV | | 00:36:45 | 36 | 00:58:47 | 42 | 00:17:29 | 24 | 01:53:01 |
| 41 | 30 | Jenner | Robert | MS | | 00:35:58 | 31 | 00:59:47 | 47 | 00:17:59 | 29 | 01:53:44 |
| 42 | 60 | Shaw | Lorna | FSV | | 00:36:29 | 33 | 00:58:45 | 41 | 00:18:31 | 35 | 01:53:45 |
| 43 | 17 | Day | Marianne | FS | | 00:38:13 | 42 | 00:56:42 | 34 | 00:19:20 | 42 | 01:54:15 |
| 44 | 55 | Potter | Ned | MSV | Hereford Wheelers | 00:38:59 | 45 | 00:53:08 | 20 | 00:22:10 | 59 | 01:54:17 |
| 45 | 95 | Barner | Steve | MV | | 00:39:10 | 46 | 00:57:45 | 38 | 00:18:48 | 38 | 01:55:43 |
| 46 | 76 | Winnard | Scott | MV | | 00:36:42 | 35 | 01:01:32 | 51 | 00:17:46 | 25 | 01:56:00 |
| 47 | 74 | Watson | David | MV | | 00:38:41 | 43 | 00:57:47 | 39 | 00:19:47 | 44 | 01:56:15 |
| 48 | 88 | Andrews | Clive | MV | | 00:35:53 | 30 | 01:01:48 | 52 | 00:19:04 | 39 | 01:56:45 |
| 49 | 50 | Mumford | Pete | MSV | Hereford Tri Club | 00:39:36 | 49 | 00:56:14 | 31 | 00:21:14 | 51 | 01:57:04 |
| 50 | 61 | Shaw | Tony | MSV | | 00:39:22 | 47 | 00:58:55 | 44 | 00:19:35 | 43 | 01:57:52 |
| 51 | 59 | Scanlon | Neil | MV | Hereford Wheelers | 00:40:50 | 55 | 00:56:45 | 35 | 00:20:55 | 49 | 01:58:30 |
| 52 | 14 | Currah | Michael | MSV | Mid Shrops Wheelers | 00:39:31 | 48 | 00:58:49 | 43 | 00:20:45 | 48 | 01:59:05 |
| 53 | 86 | Williams | Mark | MV | | 00:40:25 | 54 | 00:59:25 | 45 | 00:22:39 | 60 | 02:02:29 |
| 54 | 83 | O'Brien | Nicky | FS | | 00:40:08 | 52 | 01:05:03 | 58 | 00:18:45 | 37 | 02:03:56 |
| 55 | 23 | Gordon | David | MY | | 00:39:41 | 50 | 00:59:44 | 46 | 00:25:28 | 64 | 02:04:53 |
| 56 | 71 | Townsend-Hope | Ros | FSV | Worcester Tri Club | 00:39:45 | 51 | 01:03:46 | 53 | 00:21:24 | 53 | 02:04:55 |
| 57 | 96 | | Fabio | MS | | 00:41:08 | 57 | 01:04:06 | 55 | 00:20:57 | 50 | 02:06:11 |
| 58 | 65 | Suter | Pamela | FS | Abergavenny Striders | 00:41:07 | 56 | 01:04:03 | 54 | 00:21:23 | 52 | 02:06:33 |
| 59 | 63 | Stenhouse | Stuart | MS | | 00:43:58 | 63 | 01:01:31 | 50 | 00:21:51 | 55 | 02:07:20 |
| 60 | 8 | Cameron | David | MV | Wye Valley Runners | 00:43:18 | 60 | 01:04:09 | 56 | 00:22:02 | 58 | 02:09:29 |
| 61 | 69 | Thomas | Melissa | FV | TriSmart | 00:44:50 | 65 | 01:01:11 | 49 | 00:23:40 | 62 | 02:09:41 |
| 62 | 56 | Powell | Steve | MS | | 00:44:20 | 64 | 01:04:31 | 57 | 00:22:01 | 57 | 02:10:52 |
| 63 | 84 | Baycroft | Sandra | FS | | 00:40:09 | 53 | 01:11:50 | 62 | 00:20:13 | 46 | 02:12:12 |
| 64 | 22 | Garland | Susannah | FSV | Hay Hotfooters | 00:43:52 | 62 | 00:44:09 | 1 | 00:46:06 | 68 | 02:14:07 |
| 65 | 38 | Lavelle | Tina | FSV | Hay Hotfooters | 00:43:51 | 61 | 01:08:57 | 60 | 00:22:44 | 61 | 02:15:32 |
| 66 | 13 | Cottrell | Alexandra | FS | Hereford Tri Club | 00:41:12 | 58 | 01:13:35 | 63 | 00:21:29 | 54 | 02:16:16 |
| 67 | 29 | Hodson | Debbie | FSV | | 00:43:15 | 59 | 01:11:31 | 61 | 00:21:59 | 56 | 02:16:45 |
| 68 | 53 | Pitcher | Albert | MSV | | 00:49:00 | 66 | 01:08:34 | 59 | 00:25:13 | 63 | 02:22:47 |
| 69 | 10 | Cardenas | Nicola | FS | | 00:51:23 | 69 | 01:27:20 | 65 | 00:27:20 | 65 | 02:46:03 |
| 70 | 15 | Davies | Geraint | MS | | 00:49:23 | 67 | 01:27:51 | 66 | 00:31:33 | 67 | 02:48:47 |
| 71 | 9 | Cardenas | Enrique | MS | | 00:51:22 | 68 | 01:27:19 | 64 | 00:30:35 | 66 | 02:49:16 |

Hereford Duathlon 2010 (Beginners)

| Pos | Race Number | Surname | First Name | Cat | Club | 1st Split | 1st Split Rank | 2nd Split | 2nd Split Rank | Final Split | Final Split Rank | Overall Time |
|-----|-------------|------------|------------|-----|---------------------|-----------|----------------|-----------|----------------|-------------|------------------|--------------|
| 1 | 227 | George | Richard | MV | | 00:18:05 | 3 | 00:53:34 | 1 | 00:17:11 | 2 | 01:28:50 |
| 2 | 212 | McCarthy | Chris | MS | | 00:18:04 | 2 | 00:56:31 | 5 | 00:16:38 | 1 | 01:31:13 |
| 3 | 234 | Mason | Andrew | MS | | 00:17:45 | 1 | 00:57:33 | 7 | 00:17:37 | 3 | 01:32:55 |
| 4 | 213 | Pascoe | Neil | MSV | | 00:20:07 | 6 | 00:56:22 | 4 | 00:17:43 | 4 | 01:34:12 |
| 5 | 233 | Bremner | Simon | MS | | 00:19:50 | 4 | 00:56:12 | 3 | 00:18:27 | 5 | 01:34:29 |
| 6 | 228 | Cole | Michael | MS | Wye Valley Runners | 00:21:11 | 11 | 00:55:55 | 2 | 00:20:05 | 10 | 01:37:11 |
| 7 | 230 | Pierce | Mark | MV | | 00:20:18 | 7 | 00:57:25 | 6 | 00:20:43 | 13 | 01:38:26 |
| 8 | 214 | Pascoe | Owain | MS | | 00:19:53 | 5 | 00:57:56 | 9 | 00:21:06 | 14 | 01:38:55 |
| 9 | 229 | Hall | Stephen | MS | | 00:21:28 | 13 | 00:59:32 | 13 | 00:19:48 | 9 | 01:40:48 |
| 10 | 222 | Papworth | Jenny | FV | Hereford Tri Club | 00:20:22 | 8 | 01:02:34 | 17 | 00:18:53 | 6 | 01:41:49 |
| 11 | 220 | Winter | Ellen | FY | Worcester Tri Club | 00:21:50 | 14 | 01:00:20 | 15 | 00:20:06 | 11 | 01:42:16 |
| 12 | 216 | Smith | Sue | FSV | Tri Team Glos | 00:20:54 | 9 | 01:03:50 | 19 | 00:19:08 | 7 | 01:43:52 |
| 13 | 225 | Hunter | David | MV | | 00:23:16 | 19 | | | | | 01:44:39 |
| 14 | 215 | Povey | Mark | MV | Ludlow Cycling Club | 00:23:56 | 24 | 00:57:34 | 8 | 00:23:20 | 21 | 01:44:50 |
| 15 | 236 | Spiers | Liz | FS | | 00:21:01 | 10 | 01:04:44 | 20 | 00:20:12 | 12 | 01:45:57 |
| 16 | 232 | Kelly | Michael | MSV | | 00:23:22 | 20 | 01:00:41 | 16 | 00:23:14 | 19 | 01:47:17 |
| 17 | 203 | Dawson | Amanda | FV | | 00:22:12 | 16 | 01:06:12 | 22 | 00:19:33 | 8 | 01:47:57 |
| 18 | 231 | Hughes | Jimmy | MS | | 00:21:51 | 15 | 00:57:58 | 10 | 00:28:15 | 27 | 01:48:04 |
| 19 | 204 | Dunn | Alison | FV | Worcester Tri Club | 00:23:10 | 18 | 01:03:21 | 18 | 00:21:42 | 16 | 01:48:13 |
| 20 | 206 | Field | Nigel | MV | | 00:23:49 | 23 | 00:59:46 | 14 | 00:26:04 | 26 | 01:49:39 |
| 21 | 218 | Turner | Dawn | FS | Hereford Tri Club | 00:22:13 | 17 | 01:05:23 | 21 | 00:22:45 | 18 | 01:50:21 |
| 22 | 219 | Williams | Stanley | MSV | Hereford Kayak Club | 00:23:59 | 26 | 00:58:10 | 11 | 00:28:53 | 28 | 01:51:02 |
| 23 | 208 | Griffiths | Rob | MS | | | | | | 00:29:07 | 29 | 01:51:03 |
| 24 | 223 | Jones | Gwyn | MSV | | 00:23:58 | 25 | 00:58:23 | 12 | 00:29:13 | 30 | 01:51:34 |
| 25 | 209 | Harthen | Joanna | FS | Hereford Tri Club | 00:24:42 | 27 | 01:06:55 | 23 | 00:24:17 | 22 | 01:55:54 |
| 26 | 201 | Andrews | Richard | MV | | 00:23:47 | 22 | 01:10:48 | 24 | 00:23:14 | 20 | 01:57:49 |
| 27 | 224 | Watts | Julie | FV | | 00:25:11 | 28 | 01:13:58 | 25 | 00:25:07 | 24 | 02:04:16 |
| 28 | 211 | Lambourn | Karen | FV | | 00:25:32 | 29 | 01:18:03 | 27 | 00:24:41 | 23 | 02:08:16 |
| 29 | 237 | English | Harriet | FSV | | 00:27:33 | 31 | 01:15:42 | 26 | 00:25:30 | 25 | 02:08:45 |
| 30 | 202 | Bullock | Gill | FV | | 00:23:42 | 21 | 01:23:41 | 29 | 00:21:34 | 15 | 02:08:57 |
| 31 | 207 | Grice | Rob | MV | Tadley Runners | 00:21:13 | 12 | 01:28:40 | 30 | 00:22:10 | 17 | 02:12:03 |
| 32 | 221 | Wozencroft | Linda | FV | Hereford Tri Club | 00:25:33 | 30 | 01:20:05 | 28 | 00:29:26 | 31 | 02:15:04 |
| 33 | 235 | Morris | Pat | FSV | | 00:29:11 | 32 | 01:31:59 | 31 | 00:30:52 | 32 | 02:32:02 |