

Fastest - Slowest Swim

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06

Fastest - Slowest (T1 Transition)

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06

Fastest - Slowest Cycle

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25

Fastest - Slowest (T2 Transition)

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06

Fastest - Slowest (Run)

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25

Fastest - Slowest Overall

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Run	Gun Time	Time Difference
6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:00:49	00:39:25	00:00:35	00:20:27	01:08:18	+00:06:55
8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:00:51	00:37:01	00:00:52	00:23:00	01:09:57	+00:08:34
9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:00:58	00:41:56	00:00:40	00:19:07	01:10:25	+00:09:02
12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:00:44	00:40:27	00:00:41	00:20:21	01:10:55	+00:09:32
17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:00:28	00:43:47	00:00:30	00:20:49	01:13:18	+00:11:55
24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:00:32	00:45:37	00:00:28	00:23:35	01:16:28	+00:15:05
25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:00:43	00:47:25	00:00:29	00:21:42	01:16:46	+00:15:23
28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:01:24	00:44:38	00:00:37	00:22:04	01:17:37	+00:16:14
39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:01:50	00:44:59	00:01:26	00:23:51	01:21:29	+00:20:06
53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:01:00	00:51:14	00:00:32	00:31:34	01:31:04	+00:29:41
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:01:06	00:55:43	00:00:56	00:42:51	01:48:48	+00:47:25

Improvement in times if you improved transition only

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	Cycle	Run	Gun Time	T1 Time	Potential Times (T1)	Improvement	T2 Time	Potential Times (T2)	Improvement	Total improvement	New Time
55	68	Marcela Mendoza	F	V30		00:09:40	00:51:49	00:29:13	01:33:12								
56	43	Haydn HERTZ	M	V40		00:10:17	00:54:53	00:26:25	01:35:21								
57	75	Karen Line	F	V40		00:08:55	00:56:22	00:26:36	01:35:55								
58	16	Moira Pinkney	F	V60+	IPSWICH TRIATHL	00:12:52	00:51:53	00:28:48	01:36:28								
59	57	Alex Adams	M	V40		00:10:54	00:54:58	00:26:59	01:36:41								
60	47	Paul Harrington	M	V40		00:10:39	00:50:12	00:31:45	01:37:15								
61	24	Peter Scoffield	M	V60+		00:11:40	00:51:30	00:32:31	01:38:09								
62	41	Barnaby Bowens	M	V40		00:12:21	00:52:24	00:29:54	01:38:12								
63	26	PAMELA GALBRAITH	F	V30		00:11:03	00:59:00	00:28:29	01:40:26								
64	18	Martin Chester	M	V50		00:11:45	00:53:28	00:32:10	01:41:26								
65	20	Fiona HOTSTON MOORE	F	V50		00:11:24	00:58:12	00:30:53	01:44:30								
66	19	Sharon Breward	F	V40		00:14:36	00:58:25	00:30:34	01:47:26								
67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:55:43	00:42:51	01:48:48	00:00:28	01:48:10	00:00:38	00:00:24	01:48:16	00:00:32	00:01:10	01:47:38
68	14	Sally Buckle	F	V50		00:12:29	01:01:24	00:30:34	01:49:56								
69	34	Dan Read	M	V40		00:10:07	01:13:06	00:25:08	01:51:46								

: Timing - <http://www.stuweb.co.uk>
line without prior written permission.

Improv Improvement in times if you improved transition only (Positions with improved transition)

Improved Position	Position	Bib #	Athlete Name	Gender	Category	Club	Swim	Cycle	Run	Gun Time Improved
5	6	72	Aaron Noble	M	V40	Tri Sudbury	00:07:03	00:39:25	00:20:27	01:07:47
8	8	77	Robert DAVIES	M	V50	Tri Sudbury	00:08:14	00:37:01	00:23:00	01:09:07
9	9	61	Murray Baker	M	V40	Tri Sudbury	00:07:46	00:41:56	00:19:07	01:09:41
10	12	51	Scott McLaren	M	V30	Tri Sudbury	00:08:44	00:40:27	00:20:21	01:10:24
17	17	9	Tom Codling	M	U20	Tri Sudbury	00:07:46	00:43:47	00:20:49	01:13:14
24	24	87	Sh?n Bendall	F	V20	Tri Sudbury	00:06:17	00:45:37	00:23:35	01:16:21
25	25	79	Zara Mcloone	F	V20	Tri Sudbury	00:06:28	00:47:25	00:21:42	01:16:27
26	28	48	John Kerr	M	V40	Tri Sudbury	00:08:56	00:44:38	00:22:04	01:16:30
32	39	40	Vincent McGoldrick	M	V50	Tri Sudbury	00:09:25	00:44:59	00:23:51	01:19:07
51	53	80	Natalie McLaren	F	V30	Tri Sudbury	00:06:44	00:51:14	00:31:34	01:30:24
67	67	71	SHAUN BOLDOCK	M	V40	Tri Sudbury	00:08:12	00:55:43	00:42:51	01:47:38