

Bedford Half Marathon Dec 2010

Name	Overall Pos	Cat Pos	Time
Craig Austin	202	36	01:31:52
Deb Morley	272	8	01:34:55
Steven Garrod	283	9	01:35:27
Steve Rice	359	21	01:38:07
Pete Humphries	379	66	01:39:06
Alan Mordue	635	100	01:45:51
Simon Harrison	719	-	01:48:30
Karen Cook	834	33	01:52:26
Lara Rogers	1317	81	02:15:17

Nice Marathon 2010

Name	Overall Pos	Cat Pos	Time
Rachel Bailey	-	-	03:49:00
Dave Pepper	-	-	03:49:00
Sharon Pepper	-	-	04:18:00
Dee Bethune	-	-	04:18:00
Jackie Tite	-	-	04:31:00

Amsterdam Half Marathon 2010

Name	Overall Pos	Cat Pos	Time
Alec Patterson	229th	-	01:26:16

Kielder Marathon 2010

Name	Overall Pos	Cat Pos	Time
Steve Rice	263rd	-	04:04:57

Bedford Sprint Triathlon Oct 2010

Name	Overall Pos	Cat Pos	Time	400m swim	T1	24k bike	T2	5k run
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Doug Smith	-	2	01:10:37	06:53	00:43	43:01:00	00:28	19:29
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Road Sprint Triathlon - Roade 26 Sep 2010

Name	Overall Pos	Cat Pos	Time	414m swim	T1	20k bike	T2	4.5k run
Bethan Courtman	-	7th (in cat)	01:17:38	09:59	01:37	43:09:00	01:11	21:39
Katka Tucker	-	21st (in cat)	01:29:35	11:22	03:32	45:22:00	02:57	26:19:00

National Team Sprint Triathlon, Emberton 18 Sep 2010

Name	Overall Pos	Cat Pos	Time	750m swim	T1	20k bike	T2	5k run
Alec Patterson	14th	-	01:09:22	11:23	01:08	35:28:00	00:32	20:49
Doug Smith	19th	-	01:10:19	13:10	01:00	33:41:00	00:31	21:50
Oli Wright	28th	-	01:11:57	14:36	01:25	33:41:00	00:48	21:24
Juliette Minter	38th	-	01:13:59	15:06	01:42	37:03:00	00:35	19:31
John Risby	67th	-	01:18:44	17:30	01:48	36:06:00	00:58	22:19
Pete Humphries	82nd	-	01:21:21	20:37	01:47	35:52:00	01:06	21:57
Steve Rice	85th	-	01:21:41	18:17	02:12	36:18:00	01:03	23:49
George Watson	86th	-	01:22:12	15:23	02:24	42:32:00	00:30	21:21
Steven Garrod	87th	-	01:22:47	15:28	01:44	41:00:00	01:20	23:12
Mike Price	91st	-	01:23:19	18:28	01:45	39:29:00	00:48	22:46
Andrew Leicester	101st	-	01:27:00	19:21	01:26	40:49:00	00:50	24:30:00
Craig Austin	107th	-	01:29:36	17:44	03:57	41:45:00	01:39	24:28:00
Amanda Brear	108th	-	01:29:37	16:48	02:05	42:53:00	00:56	26:52:00
Simon Harrison	109th	-	01:30:00	18:36	02:17	42:40:00	00:57	25:36:00
Sue Teasdale	114th	-	01:30:45	17:08	01:42	43:47:00	01:25	26:10:00
Bethan Courtman	115th	-	01:31:10	18:07	01:42	43:47:00	00:55	26:45:00
Brian Mead	117th	-	01:32:15	16:16	01:35	41:58:00	00:43	31:40:00

World Sprint Triathlon Championships, Budapest 11 Sep 2010

Name	Overall Pos	Cat Pos	Time	750m swim	T1	20k bike	T2	5k run
David McDougall	-	5th	01:02:56	10:27	02:05	29:13:00	02:22	18:53

Monaco 111, Sep 2010

Name	Overall Pos	Cat Pos	Time	1k swim	T1	100km bike	T2	10km run
John Risby	-	3rd	05:04:13	19.19	06:19	03:46:37	04:56	47:02:00
Toni Heap	-	7th	06:21:24	20:22	06:07	04:44:21	06:28	01:04:06

World Dualathlon Championships, Edinburgh, 4 Sep 2010

Name	Overall Pos	Cat Pos	Time	10k run	T1	42km bike	T2	5km run
Juliette Minter	3rd	1st	02:20:54	36.5	01:01	01:07:40	01:03	18:15
Henry Catchpole	-	43rd	02:29:33	38:49:00	01:17	01:23:42	01:03	25:16:00
Jon Cowell	-	-	02:22:34	37:39:00	00:56	01:22:39	01:17	20:01

Juliette came 1st in her category (World Champion!) and 3rd lady overall

National Olympic Distance Tri Champs, Bedford 15 Aug 2010

Name	Overall Pos	Cat Pos	Time	1500m swim	T1	40km bike	T2	10km run
David McDougall	38th	8th	02:08:01	22:26	00:48	01:07:40	00:39	36:24:00
John Risby	265th	6th	02:36:09	36:30:00	01:58	01:14:28	01:04	42:05:00

Outlaw Ironman, 8 Aug 2010

Name	Overall Pos	Cat Pos	Time	2.4m swim	T1	112m bike	T2	26.2m run
Andrew Leicester	506th	-	13:14:28	01:27:19	07:44	07:01:16	03:46	04:34:20

Great Eastern Half Marathon, Peterborough 2010

Name	Overall Pos	Cat Pos	Time
Simon Harrison	701st	-	01:42:35
Chris Barnes	723rd	-	01:43:05
Caroline Dickens	739th	-	01:43:22
Tony Locke	778th	-	01:44:10
Craig Austin	984th	-	01:48:05
Rachael Passee	2365	-	02:15:06
Gordon Passee	2366	-	02:15:06

Northampton 5k

Name	Overall Pos	Cat Pos	Time
Rachel Cuss	82nd	-	00:29:09

Bananaman 10k, Willen Lake

Name	Overall Pos	Cat Pos	Time
John Risby	16th	-	00:42:37

MK 5k Fun Run

Name	Overall Pos	Cat Pos	Time
Shaun Wilson	-	-	00:25:20

Robin Hood Marathon, Nottingham

Name	Overall Pos	Cat Pos	Time
Andrew Betts	-	-	05:05:23

Davos 8K 'Around the Lake' race

Name	Overall Pos	Cat Pos	Time
Juliette Minter	4th	1st	-

Davos Swiss Alpine 21K

This race involved a climb of nearly half a mile in height during the first

Name	Overall Pos	Cat Pos	Time
Juliette Minter	5th	1st	01:41:54

Swiss Alpine Ultra Marathon

78K (49 miles) incl two 8000ft ascents, with a solid up hill section of 21K

Name	Overall Pos	Cat Pos	Time
Kevin Minter	329th	63rd	09:10:25

Doug Anderson Memorial 5k 2010

Name	Overall Pos	Cat Pos	Time
John Risby	54th	5th	00:19:38
Mike Price	71st	14th	00:20:09
Dave Pepper	73rd	8th	00:20:11
Craig Austin	96th	18th	00:20:43
Andrew Reeves	139	16th	00:22:04
Tony Locke	144th	14th	00:22:12
Dave Oxtoby	162nd	20th	00:22:42
Caroline Dickens	163rd	10th	00:22:42
Jane Hughes	168th	4th	00:22:52
Simon Harrison	185th	28th	00:23:40
Rik Burbridge	188th	29th	00:23:46
Mike Smith	193rd	21st	00:23:54
Lucy Reeves	228th	13th	00:25:10
Shaun Wilson	242nd	34th	00:25:43
Lara Rogers	310th	29th	00:29:10

Olney Runners' Watchless Run 21 Jul 2010

Name	Overall Pos	Predicted Time	Time
Serena	1st	00:48:00	00:47:54
Andy Miles	2nd	00:47:00	00:46:38
Kev Wicks	3rd	00:26:00	00:26:21

Over 40 runners competing. Serena completed the run within a few

Milton Keynes Half Marathon 2010

Name	Overall Pos	Cat Pos	Time
George Watson	131st	-	01:35:13
Andrew Betts	642nd	-	01:58:14

East Midlands MK 10k Race

Name	Overall Pos	Cat Pos	Time
Jon Cowell	47th	6th	00:38:37
Simon Harrison	289th	47th	00:53:26
Sarah Allen	50th	7th	00:54:11
Dee Bethune	66th	5th	00:56:22
Rachael Passee	93rd	18th	01:02:45

East Midlands Harborough 5 Race

Name	Overall Pos	Cat Pos	Time
Dee Bethune	74th	3rd	00:43:43

East Midlands Banbury 5 Race

Name	Overall Pos	Cat Pos	Time
Mike Smith	213th	23rd	00:40:11
Sarah Allen	64th	17th	00:44:51
Rachael Passee	71st	9th	00:48:14

East Midlands Weedon 10k Race

Name	Overall Pos	Cat Pos	Time
Juliette Minter	1st	1st	00:36:59
Jon Cowell	41st	3rd	00:38:48
Dee Bethune	46th	3rd	00:56:11

East Midlands Corby 5 Race

Name	Overall Pos	Cat Pos	Time
Juliette Minter	41st	1st	00:29:51
Jon Cowell	61st	11th	00:31:04
Bethan Courtman	203rd	7th	00:38:44
Mike Smith	243rd	7th	00:40:55

Dee Bethune	288th	2nd	00:44:31
Sarah Allen	292nd	15th	00:45:04
Rachael Passee	298th	13th	00:46:12

Two club records fell and at least two PBs were set in a cracking race.

East Midlands Bedford 6 Race

Name	Overall Pos	Cat Pos	Time
Juliette Minter	1st	1st	00:35:14
Jon Cowell	44th	6th	00:36:15
Craig Austin	96th	26th	00:39:49
Simon Hicks	136th	16th	00:42:06
Mike Smith	200th	15th	00:46:04
Dee Bethune	61st	2nd	00:51:26
Rachael Passee	76th	18th	00:54:52
Sarah Allen	77th	16th	00:54:55

East Midlands Rugby 6 Race

Name	Overall Pos	Cat Pos	Time
Craig Austin	126th	27th	00:41:44
Mike Smith	233rd	29th	00:48:17
Dee Bethune	67th	2nd	00:53:48
Rachael Passee	74th	15th	00:56:25

MK Olympic Tri, Emberton, 25 Jul 2010

Name	Overall Pos	Cat Pos	Time	750 swim	T1	20k bike	T2	5km run
Dave McDougall	12th	4th	02:00:08	19:52	00:58	01:02:13	00:41	37:01:00

Paris Olympic Triathlon, Paris 18 Jul 2010

Name	Overall Pos	Cat Pos	Time	750 swim	T1	20k bike	T2	5km run
Alec Patterson	121	30	02:06:37	22:00		01:02		42:00:00

Big Cow Sprint Triathlon (2), Emberton, 4 Jul 2010

Name	Overall Pos	Cat Pos	Time	750 swim	T1	20k bike	T2	5km run
Lucy Reeves	142nd	-	01:31:30	18:49	01:45	41:51:00	01:15	27:50:00
Bethan C	134th	-	01:29:20	18:38	01:18	42:01:00	01:17	26:06:00
Mike Price	99th	-	01:23:36	18:52	01:28	39:07:00	00:57	23:12

Cowman, Emberton, 4 Jul 2010

Name	Overall Pos	Cat Pos	Time	1.9km swim	T1	95km bike	T2	21km run
Steven Garrod	252nd	-	05:56:34	42:14:00	02:00	03:01:08	01:19	01:46:54
Pete Humphries	246th	-	05:55:40	55:46:00	01:59	03:01:08	01:30	01:55:17
Juliette Minter	65th	1st	05:06:16	40:20:00	01:38	02:57:52	00:42	01:25:44

Juliette was 5th lady

Iron Man, Austria, 4 Jul 2010

Name	Overall Pos	Cat Pos	Time	3.8km swim	T1	180k bike	T2	42km run
Doug Smith	488	103	10:34:01	01:08:18	03:56	05:15:06	05:24	04:01:47

European Sprint Triathlon Championships, Athlone, Ireland, 3 Jul 2010

Name	Overall Pos	Cat Pos	Time	750m swim	T1	20k bike	T2	5km run
David McDougall	22	5	1:06:09.1	10:43	02:22	30:15:00	01:53	20:56

Liverpool Triathlon, 27 Jun 2010

Name	Overall Pos	Cat Pos	Time	1500m swim	T1	40k bike	T2	10km run
Duncan Vavangas	63	4	02:21:52	29:01:00	02:10	01:09:11	01:18	02:21:52

Northampton Olympic Triathlon, 27 Jun 2010

Name	Overall Pos	Cat Pos	Time	1500m swim	T1	40k bike	T2	10km run
Juliette Minter	81	2	02:24:01	31:37:00	01:17	01:11:58	00:38	38:29:00

Bala Middle Distance Triathlon, 13 Jun 2010

Name	Overall Pos	Cat Pos	Time	2km swim	T1	78.5km bike	T2	20km run
Andrew Leicester	514th		06:06:26	48:22:00	04:16	03:07:02	04:20	02:02:06

Weymouth Middle Distance Triathlon, 6 Jun 2010

Name	Overall Pos	Cat Pos	Time	1900m swim	T1	90k bike	T2	21km run
Doug Smith	55th		04:50:37	37:49:00		02:30:52		01:41:56

Iron Man Lanzarote, 22 May 2010

Name	Overall Pos	Cat Pos	Time	3.8km swim	T1	180k bike	T2	42km run
Oliver Wright	587	119	12:25:45	01:26:27	08:44	06:26:16	07:02	04:17:19

Grendon Sprint Triathlon, 9 May 2010

Name	Overall Pos	Cat Pos	Time	750m swim	T1	20k bike	T2	5km run
David McDougall	41	9	01:12:20	11:42	00:51	39:16:00	00:43	19:47

European Duathlon Championships, Nancy, France, 2 May 2010

Name	Overall Pos	Cat Pos	Time	10km run	T1	40km bike	T2	5km run
Jon Cowell		9	01:58:39	36:15:00	00:35	01:01:26	00:39	19:46
Phil Hollands		1	01:46:54	29:53:00	00:42	01:00:13	00:38	15:31

Bedford County Sprint Triathlon Championships, 2 May 2010

Name	Overall Pos	Cat Pos	Time	4000m swim	T1	24k bike	T2	5km run
David McDougall	8	4	01:10:43	05:52	00:56	44:32:00	00:33	18:48

East Midlands Silverstone 10k Race

Name	Overall Pos	Cat Pos	Time
Jon Cowell	63rd	8th	00:36:58
Craig Austin	251st	44th	00:42:55
Andrew Reeves	359th	162nd	00:45:38
Kayleigh Docherty	56th	19th	00:48:06
Simon Harrison	533rd	86th	00:49:17

Sarah Allen	123rd	27th	00:55:49
Rachael Passee	133rd	20th	00:57:14

Silverstone Half Marathon 2010

Name	Overall Pos	Cat Pos	Time
Alan Mordue	685	495	01:42:02
Victoria Johashen	1306	15	01:48:55
Karen Cook	1308	15	01:48:56

London Marathon Results 2010

Name	Overall Pos	Cat Pos	Time
Jon Cowell	1019	112	02:59:00
Kevin Minter	1973	251	03:11:03
Greg Penn	2017	262	03:11:28
Bernice Randall	2560	134	03:16:20
Duncan Vavangas	3061	193	03:21:03
Chris Barnes			03:29:28
Peter Humphries	5385	2461	03:36:00
Caroline Dickens	11282	1238	04:01:20
Tony Locke	13046	779	04:08:30
Sue Teasdale	14105	355	04:12:40
Alan Mordue			04:14:54
Dee Bethune	23178	65	04:46:45

Duston Triathlon, 18 Apr 2010

Name	Overall Pos	Cat Pos	Time	400m swim	T1	20km bike	T2	5km run
Bethan Courtman	306th	5	01:18:13	09:20	01:54	41:43:00	01:13	24:00:00
Mike Price	249th	42	01:15:57	09:06	01:51	40:52:00	01:06	22:19
Andrew Leicester	236th	31	01:15:11	10:04	01:46	39:33:00	01:26	22:19

Emberton Duathlon, 11 Apr 2010

Name	Overall Pos	Cat Pos	Time	10km run	T1	40km bike	T2	5km run
Juliette Minter		4	02:20:33	37:41:00	00:46	01:20:34	00:53	20:37
David McDougall		28	02:13:30	40:38:00	00:56	01:08:44	00:47	22:22
Jon Cowell		11	02:09:27	38:39:00	00:35	01:07:12	00:38	22:10

Steyning Duathlon, 5 Apr 2010

Name	Overall Pos	Cat Pos	Time	7km run	T1	40km bike	T2	5km run
John Cowell	31st	3	01:46:01	27:28:00	00:26	57:06:00	00:26	20:32

Elite National Duathlon Championships, Loughborough

Name	Overall Pos	Cat Pos	Time	5km run	T1	20km bike	T2	2.5km run
Juliette Minter		12th	01:11:42	19:20	00:42	40:38:26	00:36	10:23
Phil Holland		22nd	01:01:04	16:08	00:22	35:33:00	00:20	08:39

Winter Duathlon Series, Dorney Lakes, Race 3, 14 Mar 2010

Name	Overall Pos	Cat Pos	Time	5km run	T1	20k bike	T2	5km run
Phil Holland	2nd		01:06:30	16:11		31:38:00	00:22	18:02

National Duathlon Championships - Clumber Classic, 6 Mar 2010

Name	Overall Pos	Cat Pos	Time	10km run	T1	20km bike	T2	5km run
Juliette Minter	250	6	02:16:46	38:09:00	01:06	01:17:15	01:03	19:11
Henry Catchpole	152	25	02:08:31	38:33:00	01:02	01:06:13	01:10	21:29
John Cowell	114	10	02:06:02	38:48:00	00:47	01:05:15	00:48	20:21
Phil Holland	29	6	01:57:51	32:42:00	00:45	01:05:42	00:47	17:52

Juliette was 16th lady

Big Cow Winter Duathlon Series, Race 1, 29 Feb 2010

Name	Overall Pos	Cat Pos	Time	4.5km run	T1	16km bike	T2	4.2km run
Jon Cowell	35th	7	56:05:00	16:23	00:35	22:22	00:25	16:19
Phil Holland	11th		51:47:00	13:42	00:23	22:26	00:57	14:17

Irchester Multi-terrain - Round 3 2010, 5k

Name	Overall Pos	Cat Pos	Time
Craig Austin	9th	2nd	20:26
Mike Price	12th	4th	21:31
Bethan Courtman	18th	1st	23:00
Kayleigh Docherty	20th	4th	24:02:00
Ian Morton	27th	2nd	25:05:00
Amanda Brear	32nd	5th	25:33:00
Andrew Reeves	34th	24th	26:21:00
Kev Wicks	38th	8th	26:41:00
Laura Powell	41st	13th	27:20:00
Michael Edge	42nd	10th	27:21:00
Lucy Reeves	46th	16th	28:32:00
Shaun Wilson	47th	11th	28:34:00
Helen Oliver	48th	8th	28:36:00

Irchester Multi-terrain - Round 3 2010, 10k

Name	Overall Pos	Cat Pos	Time
Chris Barnes	25th	5th	46:12:00
Deb Morley	27th	4th	46:43:00
Dave Pepper	28th	3rd	46:44:00
Caroline Dickens	40th	9th	49:30:00
Simon Hicks	53rd	9th	53:01:00
Jackie Tite	56th	3rd	53:33:00

Irchester Multi-terrain - Round 3 2010, 15k

Name	Overall Pos	Cat Pos	Time
David McDougall	10th	10th	01:00:41
Steven Garrod	31st	5th	01:10:17

Karen Cook	48th	2nd	01:15:41
Vicky Johashen	60th	8th	01:18:39

Irchester Multi-terrain - Round 2 2010, 5k

Name	Overall Pos	Cat Pos	Time
Mark Pepper	11th	11th	19:25
John Risby	14th	1st	20:20
Mike Price	16th	4th	20:53
Kayleigh Docherty	29th	5th	23:29
Ian Morton	40th	2nd	25:05:00
Sharon Pepper	32nd	4th	25:31:00
Shaun Wilson	44th	9th	26:19:00
Kev Wicks	46th	11th	26:29:00
Rachel Thomas	49th	5th	26:57:00
Laura Powell	51st	9th	27:15:00
Helen Oliver	52nd	6th	27:22:00
Nigel Tite	57th	5th	27:46:00
Sarah Allen	61st	8th	28:02:00
Rachael Passee	63rd	16th	28:33:00
Michelle Pettican	67th	10th	29:13:00
Heather Letts	80th	14th	31:29:00
Paul Dudley-Smith	102nd	16th	36:27:00

Irchester Multi-terrain - Round 2 2010, 10k

Name	Overall Pos	Cat Pos	Time
Ashley Pettican	15th	3rd	14:18
Deb Morley	40th	6th	44:37:00
Simon Hicks	44th	7th	45:05:00
Chris Barnes	50th	14th	46:07:00
Bethan Courtman	61st	3rd	47:52:00

Mark Ward	69th	19th	48:55:00
Nicola Vine	72nd	15th	49:14:00
Sue Teasdale	79th	7th	50:00:00
Toni Heap	97th	9th	52:27:00
Jackie Tite	98th	10th	52:27:00
Dee Bethune	106th	1st	53:36:00

Irchester Multi-terrain - Round 2 2010, 15k

Name	Overall Pos	Cat Pos	Time
Phil Holland	1st	1st	49:20:00
Juliette Minter	14th	1st	56:41:00
Alec Patterson	16th	14th	58:24:00
Alan Mordue	38th	34th	01:07:01
Simon Dellar	58th	53rd	01:10:57
Karen Cook	64th	1st	01:12:31
Vicky Johashen	65th	7th	01:12:36
Mike Smith	69th	6th	01:14:42

Irchester Multi-terrain - Round 1 2010, 5k

Name	Overall Pos	Cat Pos	Time
Craig Austin	12th	2nd	20:14
John Risby	13th	1st	20:36
Serena van der Heyde	15th	1st	20:59
Rachel Bailey	17th	3rd	21:23
Bethan Courtman	22nd	2nd	22:40
Kayleigh Docherty	29th	7th	23:40
Toni Heap	40th	6th	25:14:00
Laura Powell	41st	13th	25:35:00
Michael Edge	48th	10th	26:34:00
Nigel Tite	49th	4th	26:35:00

Sarah Allen	53rd	7th	26:56:00
Shaun Wilson	54th	13th	26:59:00
Kevin Wicks	62nd	15th	27:55:00

Irchester Multi-terrain - Round 1 2010, 10k

Name	Overall Pos	Cat Pos	Time
Thomas Watson	4th	4th	37:52:00
George Watson	11th	11th	41:21:00
Debora Morley	31st	4th	44:27:00
Linda MOrgan	48th	2nd	47:08:00
Caroline Dickens	49th	11th	47:12:00
Dave Pepper	50th	4th	47:13:00
Chris Barnes	60th	14th	48:52:00
Sue Teasdale	73rd	7th	50:37:00
Jackie Tite	85th	9th	51:34:00

Irchester Multi-terrain - Round 1 2010, 15k

Name	Overall Pos	Cat Pos	Time
Phil Holland	1st	1st	49:10:00
Juliette Minter	8th	1st	56:35:00
Alec Patterson	10th	8th	58:36:00
John Lewis	19th	17th	01:02:24
Liz Tapper	20th	3rd	01:02:38
Andy Miles	43rd	38th	01:09:02
Alan Mordue	46th	41st	01:09:21
Mike Smith	60th	5th	01:13:39
Karen Cook	66th	1st	01:15:07
Vicky Johashen	69th	9th	01:15:11
Simon Dellar	74th	63rd	01:15:46