



Bowhill Winter Duathlon Medium Course 20th January 2019

Results

Position	Race No.	Name	Category	Club	RaceTime	Bike	T1	Run
1	149	Ewan Brown	MS		00:43:49	00:21:37	00:01:33	00:20:39
2	137	Iain Veitch	MS	Total Tri Training	00:47:51	00:24:14	00:01:01	00:22:36
3	141	greig walker	MV	saracen/biketrax	00:48:11	00:22:49	00:01:39	00:23:43
4	106	Ricardo Parreirinha	MV		00:49:39	00:22:40	00:01:08	00:25:51
5	17	Charlie Billington	MS		00:50:15	00:22:54	00:01:01	00:26:20
6	43	James Donoghue	MS		00:50:53	00:24:21	00:00:59	00:25:33
7	56	Richard Frickleton	MS	Lanark Triathlon Club	00:51:02	00:24:29	00:01:02	00:25:31
8	209	Jock & 'Ian	Relay		00:51:09	00:25:11	00:00:36	00:25:22
9	148	Chris Grant-Pantrey	MS		00:52:38	00:27:28	00:00:50	00:24:20
10	144	Ally Wight	MV	Hardrock Hoodlums	00:53:17	00:25:46	00:01:26	00:26:05
11	65	Chad Harrison	MV	Team Chemily	00:53:42	00:27:02	00:01:15	00:25:25
12	117	Damon Rodwell	MSV	Border Search and Rescue Unit	00:54:02	00:28:37	00:00:47	00:24:38
13	69	David houston	MS		00:54:11	00:25:33	00:01:42	00:26:56
14	61	Neil Glendinning	MV	Hardrock Hoodlums	00:54:18	00:25:50	00:01:33	00:26:55
15	107	Leahn Parry	MV	Kelso Wheelers	00:54:29	00:28:21	00:01:11	00:24:57
16	49	Jamie Entwistle	MS		00:54:55	00:29:22	00:00:59	00:24:34
17	26	Roy Buchanan	MV	Portobello running club	00:55:08	00:29:10	00:00:44	00:25:14
18	138	Grahame Veitch	MSV	Kelso Wheelers	00:55:13	00:26:09	00:01:16	00:27:48
19	97	John Mcrobert	MV	Hardrock Hoodlums	00:55:17	00:27:41	00:01:20	00:26:16
20	145	ALAN WIXON	MS	Hardrock Hoodlums	00:55:31	00:25:56	00:01:24	00:28:11
21	28	Sean Calder	MS		00:55:39	00:28:35	00:01:34	00:25:30
22	24	Peter Bruce	MS	Edinburgh #3	00:55:42	00:27:31	00:01:00	00:27:11
23	113	Kevin Plummer	MSV	Hartfell Hill Running Club.	00:56:07	00:28:40	00:01:12	00:26:15
24	4	Lee Baines	MS		00:56:16	00:27:14	00:01:36	00:27:26
25	1	Adam Anderson	MSV	Annan and District AC	00:56:37	00:30:42	00:01:03	00:24:52
26	29	Niall Campbell	MS	Glasgow Triathlon Club	00:57:14	00:26:02	00:01:20	00:29:52
27	208	Ian & Mathew	Relay	Peebles Triathlon Club	00:57:26	00:34:25	00:00:40	00:22:21
28	82	Keith Maclure	MV	Borders Triathletes	00:57:27	00:28:54	00:01:41	00:26:52
29	7	Niall Baxter	MSV		00:57:34	00:26:58	00:01:13	00:29:23
30	89	Scott Mcdermott	MV	G72 Tri	00:57:45	00:31:46	00:00:56	00:25:03
31	83	Craig Malcolmson	MSV	Hardrock Hoodlums	00:58:15	00:26:51	00:01:24	00:30:00
32	9	Barney Bedford	MS	Ronde	00:58:17	00:27:02	00:01:29	00:29:46
33	31	Dean Carr	MV	Peebles Triathlon Club	00:58:26	00:32:00	00:00:58	00:25:28
34	86	tim mccall	MSV	Norham rc	00:59:04	00:29:54	00:00:52	00:28:18
35	94	Kim McGillivray	MV		00:59:31	00:29:00	00:01:50	00:28:41
36	64	Steven Harris	MS		00:59:33	00:30:06	00:00:57	00:28:30
37	142	Caroline Wallace	FV	Borders Triathletes	01:00:00	00:29:17	00:01:25	00:29:18
38	115	Mark Ravilius	MV		01:00:13	00:27:58	00:01:36	00:30:39
39	40	Reid Cunningham	MSV	Edinburgh RC	01:00:22	00:32:14	00:01:42	00:26:26
40	54	Andrew Fish	MV	West Lothian Triathlon	01:00:49	00:28:14	00:01:39	00:30:56
41	41	Jonathan Dale	MSV		01:01:10	00:32:45	00:01:08	00:27:17
42	77	Mark Lean	MV		01:01:29	00:29:55	00:02:42	00:28:52
43	130	Graeme Tilbury	MV		01:01:58	00:27:25	00:01:53	00:32:40
44	146	Piotr Wojtczuk	MS		01:02:17	00:29:04	00:00:52	00:32:21
45	23	Chris Bruce	MS	Ivy Woods	01:02:20	00:29:50	00:02:02	00:30:28
46	143	Mark Whitelaw	MV	Annan district ac	01:02:36	00:33:52	00:01:04	00:27:40
47	100	David Milroy	MV		01:02:47	00:32:50	00:00:58	00:28:59
47	8	Romy Beard	FS	Glasgow Triathlon Club	01:02:47	00:34:10	00:00:53	00:27:44
49	34	Paul Chowdhry	MSV	Edinburgh Triathletes	01:03:01	00:34:17	00:00:55	00:27:49
50	210	Katie & 'Kirstie	Relay		01:03:10	00:23:06	00:00:52	00:39:12
51	98	Al Millar	MV		01:03:28	00:32:38	00:01:31	00:29:19
52	48	Jonathan Ellis	MV		01:03:38	00:29:00	00:01:32	00:33:06

53	131 Neil Turnbull	MSV		01:03:39	00:30:26	00:01:14	00:31:59
54	202 Alan & 'Jason	Relay		01:03:52	00:37:35	00:00:50	00:25:27
55	102 David Nightingale	MVint	Borders Triathletes	01:04:12	00:32:40	00:00:57	00:30:35
56	10 Gordon Bee	MV		01:04:18	00:33:27	00:01:01	00:29:50
57	39 Gary Cunningham	MV		01:04:35	00:33:42	00:01:11	00:29:42
58	27 Leonie Cairns	FV	Borders Triathletes	01:04:37	00:32:26	00:00:58	00:31:13
59	12 Tricia Bell	FVint		01:04:51	00:33:45	00:01:00	00:30:06
60	21 Richard Brassington	MSV	Portovelo	01:05:25	00:31:27	00:01:04	00:32:54
61	215 Vicky & Gordon	Relay		01:05:53	00:32:58	00:00:57	00:31:58
62	25 Alex Bryson	FS		01:05:56	00:35:12	00:01:08	00:29:36
63	6 Iain Baxter	MV		01:06:01	00:34:06	00:01:39	00:30:16
64	87 Kevan McCartney	MV	Greenock Glenpark Harriers	01:06:03	00:32:10	00:01:26	00:32:27
65	11 Pippa Bell	FS		01:06:06	00:31:39	00:00:55	00:33:32
66	129 Elizabeth Thomson	FS		01:06:10	00:33:52	00:01:55	00:30:23
67	213 Rachel & 'Coxo'	Relay		01:06:17	00:28:56	00:00:44	00:36:37
68	79 Andrew Leiper	MS	Edinburgh RC	01:06:24	00:31:10	00:01:20	00:33:54
69	45 Alistair Douglas	MSV		01:06:44	00:33:21	00:01:17	00:32:06
70	103 Lee Notman	MV		01:07:06	00:33:18	00:01:31	00:32:17
71	42 Alan Daye	MV		01:07:12	00:34:27	00:01:33	00:31:12
72	58 Louise Gibson	FSV	Mid Argyll Triathlon & Cycle Club	01:07:21	00:34:06	00:01:13	00:32:02
73	91 Rachael McDougal	FS	I-Cycles	01:07:33	00:33:41	00:01:24	00:32:28
74	62 David Harcourt	MV	Big Dave	01:07:57	00:32:35	00:01:25	00:33:57
75	63 Jen Harris	FS		01:08:11	00:35:34	00:01:07	00:31:30
76	84 William Maynard	MS		01:08:22	00:37:40	00:01:41	00:29:01
77	147 Mark Wood	MSV		01:08:50	00:33:58	00:01:24	00:33:28
78	66 Amy Hickman	FS	Pedals Bike Care	01:09:00	00:31:58	00:01:20	00:35:42
79	120 Jennifer Schoeman	FS		01:09:23	00:38:13	00:00:58	00:30:12
80	46 Thomas Duffin	MS		01:09:58	00:34:29	00:01:34	00:33:55
81	95 MICHAEL MCKAY	MSV		01:09:59	00:33:59	00:01:03	00:34:57
82	53 Ann Ferenbach	FV		01:10:02	00:38:00	00:01:09	00:30:53
83	78 Mike Lees	MS		01:10:15	00:33:09	00:01:13	00:35:53
84	71 Claire Jackson	FS		01:10:34	00:34:02	00:01:41	00:34:51
85	140 Rebecca Walker	FV		01:10:36	00:34:23	00:01:33	00:34:40
86	139 Steve Waldron	MSV	West Lothian Triathlon	01:10:42	00:37:11	00:01:01	00:32:30
87	92 John Mcfarlane	MV		01:10:51	00:34:17	00:01:58	00:34:36
88	123 Ross Sinclair	MS	G72 Tri	01:10:59	00:38:19	00:01:09	00:31:31
89	211 Nicola & 'Graeme	Relay		01:11:15	00:34:31	00:00:51	00:35:53
90	19 Andy Blyth	MS		01:11:42	00:38:49	00:01:03	00:31:50
91	134 Neil Turner	MSV	Peebles Triathlon Club	01:12:26	00:37:00	00:01:16	00:34:10
92	203 Alison & 'Glen	Relay		01:12:29	00:33:45	00:00:49	00:37:55
93	201 Alan & 'Jackie	Relay	Peebles Triathlon Club	01:12:30	00:34:02	00:00:58	00:37:30
94	16 Fiona Beveridge	FS		01:12:47	00:34:35	00:02:08	00:36:04
95	214 Scott & 'George	Relay	Borders Triathletes	01:13:04	00:41:09	00:01:04	00:30:51
96	212 Peter & 'Brendan	Relay	Galloway Hillbillies	01:13:59	00:41:33	00:00:56	00:31:30
96	51 Stewart Fairley	MSV		01:13:59	00:38:24	00:01:47	00:33:48
98	205 David & 'Claire	Relay	Sun City Tri	01:14:24	00:39:29	00:01:06	00:33:49
99	207 Hazel & 'Martin	Relay		01:14:49	00:40:54	00:01:07	00:32:48
100	104 Gregor Ormond	MV		01:14:54	00:37:15	00:01:41	00:35:58
101	112 David Pennington	MVint	Heart fell running club	01:15:00	00:42:06	00:01:06	00:31:48
102	74 Rachel Kirkland	FV		01:15:08	00:40:32	00:01:20	00:33:16
103	81 Doug Lunniss	MSV		01:15:26	00:36:44	00:01:38	00:37:04
104	30 Gillian Carr	FV	Corstorphine AAC	01:15:36	00:44:14	00:01:11	00:30:11
105	101 David Mitchell	MSV		01:15:41	00:40:02	00:01:36	00:34:03
106	133 Sheena Turner	FSV		01:16:32	00:39:22	00:01:43	00:35:27
107	114 Suzanne Raffles	FS		01:16:52	00:41:59	00:01:33	00:33:20
108	32 Ashley Carroll	MV		01:16:56	00:36:45	00:01:33	00:38:38
109	57 Matilde Garcia	FS	N/A	01:17:18	00:38:35	00:01:54	00:36:49
110	35 Ian Clark	MSV	DGTC	01:18:32	00:43:40	00:01:44	00:33:08

111	118 Calum Rogerson	MV		01:19:10	00:38:19	00:01:25	00:39:26
112	96 Alison McKean	FS		01:20:22	00:42:17	00:01:45	00:36:20
113	72 andrew jackson	MSV		01:20:26	00:43:06	00:02:26	00:34:54
114	124 Aileen sloan	FS		01:20:27	00:45:13	00:01:09	00:34:05
115	93 Nicola McGaw	FS		01:20:44	00:43:36	00:01:29	00:35:39
116	128 zubin thacker	MV		01:21:14	00:39:15	00:01:41	00:40:18
117	88 James Mccartney	MVint		01:22:47	00:42:29	00:02:07	00:38:11
118	2 Paul Anderson	MVint	West Lothian Triathlon	01:23:41	00:44:25	00:01:35	00:37:41
119	67 Emma Higgs Dale	FS		01:24:37	00:50:07	00:01:40	00:32:50
120	52 Chris Farrell	MSV	Perth United	01:25:09	00:37:17	00:01:50	00:46:02
121	44 Garry Douglas	MS	Tyne Bridge Harriers (comp winner)	01:25:32	00:40:24	00:02:16	00:42:52
122	36 Jacqueline Connor	FSV		01:29:25	00:49:15	00:01:47	00:38:23
123	50 Cara Ezzi	FS		01:31:34	00:47:57	00:01:41	00:41:56
124	111 Jane Pennington	FVint	Heart fell running club	01:32:03	00:49:49	00:01:17	00:40:57
125	136 Andy Upton	MSV		01:32:14	00:48:16	00:02:35	00:41:23
126	14 Damien Berest	MV	Edinburgh RC	01:32:27	00:40:23	00:04:33	00:47:31
127	204 Anne & 'Katrona	Relay	Borders Triathletes	01:32:29	00:52:19	00:00:58	00:39:12
128	33 Michelle Carruthers	FV		01:32:41	00:49:07	00:01:53	00:41:41
129	73 Sara Keepence	FSV		01:33:50	00:45:47	00:02:03	00:46:00
130	126 Keira Styles	FV		01:34:53	00:54:37	00:01:03	00:39:13
131	116 marie renwick	FVint		01:36:40	00:50:45	00:02:16	00:43:39
DNF	132 Les Turnbull	MVint	Norham Running Club		00:31:33	00:01:06	