

British Quadrathlon Champs 2005	Category	AC Swim	AC Cycle	AC Canoe	AC Run	Overall Time	Position
INDIVIDUALS							
Michal Hasa	A - Senior Men	00:16:46	00:55:29	00:44:29	00:36:27	02:33:11	1
Leos Rousavy	A - Senior Men	00:15:40	00:52:08	00:49:06	00:36:40	02:33:34	2
Steve Clark	A - Senior Men	00:15:37	00:52:04	00:50:41	00:36:10	02:34:32	3
Chris Hammond & Brett Higham	B - Pair	00:15:06	00:54:54	00:46:14	00:39:24	02:35:38	1
Ian Smith	A - Over 50 Men	00:17:55	00:54:23	00:45:02	00:38:23	02:35:43	1
Lee Sampson & Simon Hammond	B - Pair	00:15:29	00:54:31	00:48:11	00:41:39	02:39:50	2
The Good, The Bad and The Ugly	C - Relay	00:15:20	00:53:04	00:51:24	00:40:16	02:40:04	1
Foreshore	C - Relay	00:17:18	00:55:37	00:53:57	00:33:23	02:40:15	2
Mat Stephenson	A - Over 40 Men	00:15:21	00:55:29	00:52:54	00:37:07	02:40:51	1
Gus Gusterson	A - Over 40 Men	00:16:58	00:53:20	00:51:50	00:39:31	02:41:39	2
Ben Newland	A - Senior Men	00:17:21	00:55:05	00:48:00	00:42:35	02:43:01	4
Dominator	C - Relay	00:13:34	01:07:26	00:52:14	00:33:50	02:47:04	3
Barry McKenna	A - Over 40 Men	00:18:25	00:54:05	00:56:30	00:38:26	02:47:26	3
The Mucca Mad Boys	C - Relay	00:13:48	01:07:12	00:49:37	00:38:01	02:48:38	4
John Durrant	A - Over 40 Men	00:18:07	00:57:27	00:54:47	00:38:20	02:48:41	4
Josh Hook	A - Youth	00:19:32	00:58:46	00:47:00	00:46:13	02:51:31	1
Team WP	C - Relay	00:16:57	00:55:12	00:50:48	00:49:36	02:52:33	5
Phil Binch	A - Over 40 Men	00:17:07	00:57:57	00:55:20	00:42:44	02:53:08	5
Paul Cottle	A - Over 40 Men	00:17:22	01:00:43	00:53:39	00:42:35	02:54:19	6
Matthew Richard Stone	A - Senior Men	00:17:49	00:57:43	01:00:00	00:38:51	02:54:23	5
Robert Newland	A - Senior Men	00:17:00	00:55:12	01:03:31	00:38:46	02:54:29	6
Haldon Trail Runners	C - Relay	00:17:42	00:57:39	00:57:42	00:42:24	02:55:27	6
Mark Pryor	A - Over 40 Men	00:19:57	01:02:01	00:54:21	00:40:10	02:56:29	7
Richard Maunder & James Britton	B - Pair	00:16:05	00:53:55	01:09:12	00:38:20	02:57:32	3
James Marshall	A - Senior Men	00:15:06	01:02:26	00:58:31	00:41:32	02:57:35	7
Paul Carvill	A - Senior Men	00:19:05	00:58:43	00:54:59	00:47:25	03:00:12	8
Helen Dyke	A - Senior Women	00:16:56	01:01:58	01:01:57	00:39:25	03:00:16	1
Andy Parritt	A - Over 50 Men	00:18:14	01:03:31	00:51:10	00:49:07	03:02:02	2
Iain Hissett	A - Senior Men	00:18:57	01:05:49	00:53:27	00:44:34	03:02:47	9
James Uren	A - Senior Men	00:17:13	01:07:43	00:52:25	00:47:27	03:04:48	10
Rob Byrom	A - Senior Men	00:17:04	01:00:18	00:57:35	00:50:01	03:04:58	11
Mark Hutcheson	A - Over 40 Men	00:20:44	00:57:12	01:07:37	00:40:15	03:05:48	8
Team Widemouth Manor	C - Relay	00:19:25	01:05:11	00:54:36	00:46:38	03:05:50	7
Dan Broughton	A - Senior Men	00:20:23	01:00:45	01:00:04	00:45:09	03:06:21	12
Steve Dolby	A - Over 40 Men	00:21:09	00:58:45	01:00:08	00:49:45	03:09:47	9
Serena Gates & Oliver Man	B - Pair	00:20:29	01:05:29	00:53:02	00:51:02	03:10:02	4
Petr Mejzlik	A - Over 50 Men	00:21:34	00:59:54	01:00:56	00:50:01	03:12:25	3
Dave Miller & Jules	B - Pair	00:17:22	01:06:26	01:05:52	00:44:02	03:13:42	5
Porky Pilot and the Racing Snakes	C - Relay	00:18:47	01:22:20	00:50:27	00:42:12	03:13:46	8
The Men from Auntie	C - Relay	00:19:10	01:14:16	00:53:29	00:49:05	03:16:00	9
Simon Curry	A - Over 40 Men	00:21:36	01:03:11	00:58:24	00:53:20	03:16:31	10
Ian Batty	A - Over 40 Men	00:21:43	01:00:00	01:13:02	00:43:28	03:18:13	11
The Dream Team	C - Relay	00:15:38	01:21:39	00:52:15	00:50:06	03:19:38	10
Steve Bradford	A - Over 40 Men	00:21:57	01:07:01	00:54:13	00:56:43	03:19:54	12
Brendan Moore	A - Over 50 Men	00:21:18	01:02:18	01:10:32	00:46:10	03:20:18	5
Roland MacLarg	A - Over 40 Men	00:19:54	01:09:22	01:00:29	00:54:05	03:23:50	13
David Overton	A - Over 40 Men	00:19:26	01:00:46	01:04:57	00:59:51	03:25:00	14
Allison Martin	A - Over 40 Women	00:21:14	01:07:24	01:09:11	00:47:22	03:25:11	1
Zoe Betteridge	A - Senior Women	00:19:40	01:24:32	00:55:47	00:48:00	03:27:59	2
South Instow Surf Life Saving Club	C - Relay	00:18:12	01:21:52	00:56:52	00:53:25	03:30:21	11
Simon Pinner	A - Over 50 Men	00:21:42	01:20:56	01:04:03	00:47:37	03:34:18	4
Borderline	C - Relay	00:18:04	01:24:24	01:09:47	00:45:42	03:37:57	12
Ellen Loopstra	A - Over 40 Women	00:22:52	01:11:16	01:08:17	00:57:18	03:39:43	2
Whithy Wombles	C - Relay	00:22:55	01:25:04	01:04:07	00:50:27	03:42:33	2
Jess Lynes	A - Over 40 Women	00:20:39	01:17:43	01:09:34	00:55:07	03:43:03	3
Justin Humphrey & Jon Venner	B - Pair	00:20:49	01:12:59	01:16:44	00:53:36	03:44:08	6
Alison Deykin	A - Over 40 Women	00:21:15	01:25:22	00:58:24	00:59:55	03:44:56	4
Falmouth Freesome	C - Relay	00:20:05	01:26:27	01:03:09	00:56:34	03:46:15	13
Steve White & Kev Burnet	B - Pair	00:31:57	01:09:43	01:19:04	00:47:39	03:48:23	7
Tom Hammon - Over 60 Men		00:22:17	01:20:19	01:03:15	01:09:19	03:55:10	1
Peter Appelt - Over 60 Men		00:33:15	01:21:38	01:10:10	00:55:03	04:00:06	2

This worksheet is for future use

Winner Cat A

Second Cat A

Time must be entered in the format you can see in the AC columns, using the colon as a delimiter.

Eg. 0:12 will give you 12 minutes, or 1:12:15 will give you 1 hour, 12 minutes and 15 seconds

Data can be entered in the "Results" Worksheet.

Clearly, Fred can be deleted!



A - Senior Men	00:00:00
A - Over 40 Men	00:10:00
A - Over 50 Men	00:20:00
B - Pair	
A - Senior Women	
A - Over 40 Women	
Over 50 Women	
Over 60 Women	
C - Relay	
A - Youth	
Youth Girls	
Over 60 Men	