



Long Hard Durt y Race Times

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
1	473	Rory Strachan	OS	LHD - 25-29		01:38:23	00:12:44	00:01:11	00:49:46	00:00:23	00:34:19
2	324	James Burnett	OS	LHD - U20	Edinburgh Road Club	01:39:53	00:12:52	00:00:58	00:51:04	00:00:31	00:34:28
3	450	Jamie Pugh	OS	LHD - 25-29	Absolute Tri	01:41:02	00:15:18	00:01:29	00:48:51	00:00:29	00:34:55
4	328	Ollie Carter	OS	LHD - U20		01:42:15	00:15:14	00:01:39	00:46:18	00:00:21	00:38:43
5	386	Fred Harris	OS	LHD - 20-24		01:43:03	00:15:26	00:01:29	00:52:10	00:00:23	00:33:35
6	436	Euan Murphy	OS	LHD - U20	Trythan	01:46:02	00:12:47	00:01:17	00:51:45	00:00:19	00:39:54
7	381	Doug Hall	OS	LHD - 35-39		01:50:27	00:16:51	00:01:39	00:51:09	00:00:49	00:39:59
8	317	Adam Brown	OS	LHD - 25-29	Merthyr Triathlon Club	01:52:03	00:17:59	00:01:56	00:53:49	00:00:24	00:37:55
9	468	Libby Smith	FS	LHD - 20-24	Edinburgh University Triathlon Club	01:53:07	00:16:06	00:00:56	00:56:24	00:00:47	00:38:54
10	494	Lee Williams	OV	LHD - 40-44	Rhondda Triathlon Club	01:53:37	00:18:29	00:01:52	00:51:45	00:00:36	00:40:55
11	479	Finn Trenholm	OS	LHD - 25-29	Stirling Triathlon	01:55:19	00:14:36	00:01:29	00:56:03	00:00:36	00:42:35
12	355	Sean Epton	OV	LHD - 40-44	Lanark Triathlon Club	01:55:44	00:20:54	00:01:51	00:53:30	00:00:28	00:39:01
13	398	Andrew Jones	OS	LHD - 35-39	Moray Gravel Collective	01:58:09	00:18:26	00:01:51	00:57:00	00:00:34	00:40:18
14	330	Jonathan Claridge	OS	LHD - 20-24		01:58:22	00:16:31	00:03:45	00:56:54	00:01:18	00:39:54
15	389	Harriet Haywood	FS	LHD - 30-34	RAF Triathlon / Moray Triathlon	01:59:19	00:17:51	00:01:58	00:58:10	00:00:51	00:40:29
16	447	Steven Paley	OSV	LHD - 50-54	Lincoln Tri	01:59:20	00:15:48	00:02:02	00:58:56	00:00:33	00:42:01
17	461	Andrew San	OS	LHD - 20-24	Glasgow University Triathlon club	02:00:29	00:20:41	00:02:01	00:57:15	00:00:30	00:40:02
18	1605	*Perth Tri Club	Relay	LHD - Relay		02:02:08	00:16:07	00:00:35	00:59:34	00:00:33	00:45:19
19	390	Jon Heasman	OSV	LHD - 50-54	Vittoria Sigma Sports	02:03:42	00:19:47	00:02:04	00:57:09	00:00:32	00:44:10
20	458	benjamin rushton	OS	LHD - 30-34		02:03:59	00:16:40	00:01:47	00:59:48	00:00:25	00:45:19
21	480	Jonathan Turnbull	OV	LHD - 40-44	Strathearn	02:04:10	00:21:56	00:03:17	00:57:59	00:00:34	00:40:24
22	337	PAUL COOPER	OSV	LHD - 50-54	Trilogy CC / Army tri	02:04:34	00:18:50	00:01:58	00:57:07	00:00:26	00:46:13
23	312	Andrew Bostock	OV	LHD - 45-49	Fleet Feet Triathletes	02:05:43	00:18:47	00:02:05	01:03:02	00:00:34	00:41:15
24	370	Peter Gardner	OV	LHD - 40-44	Hunters Bog Trotters	02:06:11	00:17:31	00:03:14	01:02:52	00:00:53	00:41:41

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
25	446	Nina Padmanabhan	FS	LHD - U20	Glasgow triathlon club	02:06:19	00:17:23	00:01:39	01:02:06	00:00:17	00:44:54
26	449	Marc Preece	OSV	LHD - 50-54	TriBridges	02:06:34	00:17:39	00:02:12	01:01:11	00:00:47	00:44:45
27	334	Jamie Collins	OV	LHD - 45-49	Three Peaks Triathletes	02:07:13	00:17:19	00:01:35	00:57:56	00:00:28	00:49:55
28	392	Alex Hodge	OS	LHD - 20-24		02:07:40	00:16:17	00:02:33	01:04:35	00:01:01	00:43:14
29	435	John Murfin	OSV	LHD - 55-59	Craven Energy/settle Harriers	02:08:42	00:20:12	00:01:35	01:03:37	00:00:53	00:42:25
30	313	Andrew Boyle	OS	LHD - 20-24	Dundee University Triathlon Club	02:08:50	00:15:55	00:02:36	01:06:50	00:00:45	00:42:44
31	409	Christopher MacDonald	OV	LHD - 40-44	Trilogy VC	02:11:43	00:17:44	00:02:40	00:58:58	00:00:45	00:51:36
32	304	Douglas Allan	OSV	LHD - 50-54		02:11:47	00:19:30	00:01:52	01:04:20	00:00:48	00:45:17
33	351	GEORGE DUNCAN	OV	LHD - 40-44		02:11:49	00:22:14	00:02:27	01:00:33	00:00:38	00:45:57
34	415	Mathew Matonti	OV	LHD - 45-49		02:12:11	00:21:36	00:03:08	01:02:51	00:00:15	00:44:21
35	1603	*Cha FIN	Relay	LHD - Relay		02:12:28	00:20:59	00:00:43	01:06:10	00:00:13	00:44:23
36	329	Alex Claridge	OSV	LHD - 50-54		02:12:30	00:18:42	00:04:02	01:02:36	00:01:25	00:45:45
37	478	Ralph Torr	OV	LHD - 40-44		02:13:04	00:21:20	00:03:01	01:04:32	00:00:35	00:43:36
38	418	Morag McClelland	FV	LHD - 40-44	Hunters Bog Trotters (HBT)	02:13:16	00:18:22	00:03:45	01:09:21	00:00:12	00:41:36
39	465	Derek Simpson	OSV	LHD - 55-59	Grangemouth triathlon club	02:13:55	00:18:45	00:02:52	01:07:04	00:00:52	00:44:22
40	306	Angus Armstrong	OS	LHD - 35-39		02:14:43	00:19:18	00:02:48	01:06:57	00:00:15	00:45:25
41	438	Kenny Neison	OSV	LHD - 55-59	Jungle Gym Athletic Club	02:14:43	00:24:08	00:03:04	01:04:42	00:00:26	00:42:23
42	332	Stuart Clarke	OV	LHD - 40-44	TriBridges	02:14:51	00:19:57	00:04:47	01:05:37	00:00:12	00:44:18
43	1609	The Peoples Princesses	Relay	LHD - Relay		02:15:03	00:20:34	00:00:40	01:08:59	00:00:11	00:44:39
44	1606	*Simply Megan & Nic	Relay	LHD - Relay		02:15:06	00:21:03	00:02:00	01:04:54	00:00:12	00:46:57
45	341	Ross Crombie	OSV	LHD - 50-54	Grangemouth triathlon club	02:16:37	00:20:40	00:05:15	01:06:55	00:01:06	00:42:41
46	1608	The Kids Expect a Medal	Relay	LHD - Relay		02:17:00	00:15:42		01:26:24	00:00:13	00:34:41
47	456	Alasdair Robertson	OV	LHD - 40-44	Glasgow Triathlon Club	02:17:12	00:21:18	00:02:35	01:05:33	00:00:15	00:47:31
48	310	Karen Ballantine	FSV	LHD - 55-59	KCAC	02:17:38	00:22:20	00:02:05	01:05:33	00:01:04	00:46:36
49	1602	Callander Girls	Relay	LHD - Relay		02:18:22	00:21:14	00:00:31	01:14:54	00:00:14	00:41:29
50	321	Sam Brummitt	OSV	LHD - 55-59	Settle Harriers	02:18:27	00:23:17	00:06:01	01:04:54	00:01:54	00:42:21
51	454	Kate Rhodes	FV	LHD - 40-44		02:18:33	00:18:21	00:02:57	01:08:27	00:00:13	00:48:35
52	432	Graham Munro	OSV	LHD - 55-59	Lochaber Athletic club	02:18:46	00:25:49	00:02:26	01:03:32	00:00:35	00:46:24
53	426	Eilis McKechanie	FV	LHD - 45-49	HBT	02:19:03	00:20:02	00:02:57	01:10:32	00:00:13	00:45:19
54	404	Stephen Kentish	OVint	LHD - 65-69	3BC	02:19:05	00:19:52	00:02:11	01:08:25	00:00:29	00:48:08
55	340	Stephen Crawford	OVint	LHD - 60-64	Dunfermline CC	02:19:39	00:20:47	00:04:00	01:03:53	00:00:54	00:50:05
56	325	Iain Campbell	OSV	LHD - 55-59	Montrose Triathlon Club	02:21:26	00:24:35	00:04:12	01:09:54	00:00:17	00:42:28
57	453	Peter Rennie	OV	LHD - 45-49	Scottish Fire & Rescue	02:21:37	00:22:05	00:03:25	01:09:31	00:00:42	00:45:54

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
58	484	Grahame Veitch	OVint	LHD - 60-64	Border Triathletes	02:21:44	00:25:06	00:02:15	01:03:40	00:00:47	00:49:56
59	1610	The Rushies	Relay	LHD - Relay		02:22:32	00:24:48	00:06:46	01:02:09	00:00:13	00:48:36
60	365	Graeme Fisher	OV	LHD - 45-49		02:22:34	00:23:58	00:03:43	01:07:27	00:00:47	00:46:39
61	354	Jonathan Ellis	OV	LHD - 45-49	East Lothian Triathlon Club	02:23:05	00:24:06	00:03:19	01:04:10	00:00:35	00:50:55
62	483	Ian Vaughan	OV	LHD - 40-44	Deeside Phoenix	02:24:00	00:17:38	00:02:44	01:07:17	00:00:40	00:55:41
63	331	Josie Clarke	FS	LHD - 35-39		02:24:10	00:20:52	00:02:54	01:07:27	00:00:18	00:52:39
64	343	Henry Cruickshank	OV	LHD - 45-49	Peebles triathlon club	02:24:40	00:27:19	00:03:12	01:04:09	00:00:48	00:49:12
65	475	Angus Thomson	OV	LHD - 40-44		02:24:53	00:20:04	00:04:12	01:12:20	00:00:49	00:47:28
66	474	Richard Stridgeon	OV	LHD - 40-44	Skye Triathlon	02:25:01	00:22:42	00:03:54	01:10:56	00:00:13	00:47:16
67	414	James Marshall	OV	LHD - 45-49	Perth triathlon	02:25:25	00:19:42	00:03:15	01:10:56	00:00:24	00:51:08
68	394	Richard Hyde	OVint	LHD - 60-64		02:25:42	00:24:02	00:03:32	01:09:31	00:01:01	00:47:36
69	348	James Donoghue	OV	LHD - 40-44		02:26:02	00:18:15	00:05:21	01:10:31	00:00:41	00:51:14
70	311	Richard Ballantine	OVint	LHD - 60-64		02:26:38	00:27:45	00:02:59	01:08:27	00:00:57	00:46:30
71	302	Rosanna Abernethy	FV	LHD - 40-44		02:26:44	00:22:08	00:04:06	01:12:58	00:00:17	00:47:15
72	388	Sam Hawkins	OV	LHD - 45-49		02:27:47	00:25:39	00:05:08	01:10:48	00:00:18	00:45:54
73	377	James Green	OV	LHD - 45-49	Orkney Triathlon Club	02:28:14	00:21:53	00:04:54	01:13:46	00:00:17	00:47:24
74	440	James Oliphant	OV	LHD - 45-49	Jim's gym	02:28:27	00:24:06	00:02:59	01:12:34	00:00:46	00:48:02
75	327	Alan Cardwell	OVint	LHD - 60-64	TriathlonworkX	02:29:06	00:19:42	00:01:54	01:12:02	00:00:54	00:54:34
76	476	Wayne Thursting	OSV	LHD - 55-59		02:30:08	00:18:14	00:02:43	01:15:22	00:01:13	00:52:36
77	412	Olivia MacRae	FV	LHD - 40-44	Nevis Triathlon Club	02:30:27	00:21:41	00:02:21	01:19:20	00:00:21	00:46:44
78	358	Nicholas Farnell	OVint	LHD - 65-69		02:30:36	00:23:59	00:03:18	01:08:56	00:00:54	00:53:29
79	345	Stuart Dalgarno	OS	LHD - 35-39		02:31:21		00:20:29	01:20:23	00:00:15	00:50:14
80	372	Calum Gee	OS	LHD - 35-39		02:31:56	00:22:07	00:03:05	01:15:35	00:00:18	00:50:51
81	467	John Smith	OVint	LHD - 60-64	Lomond Hill Runners	02:31:58	00:23:39	00:05:46	01:09:59	00:00:19	00:52:15
82	482	Rob Van Dijk	OVint	LHD - 60-64		02:32:13	00:17:18	00:04:37	01:14:32	00:01:22	00:54:24
83	368	David Forbes	OVint	LHD - 60-64	Harlech tri	02:32:29	00:19:28	00:02:12	01:14:37	00:00:17	00:55:55
84	359	Peter Farquhar	OS	LHD - 35-39		02:32:33	00:22:52	00:03:19	01:09:24	00:00:59	00:55:59
85	434	Neil Munro	OSV	LHD - 50-54	Club Tropicana	02:33:43	00:20:53	00:05:27	01:15:22	00:01:13	00:50:48
86	339	Jo Crawford	FSV	LHD - 55-59	Leeds & Bradford Triathlon	02:33:47	00:23:45	00:04:00	01:12:15	00:00:39	00:53:08
87	391	Bruce Henry	OV	LHD - 40-44		02:33:49	00:22:48	00:03:28	01:17:06	00:01:06	00:49:21
88	452	kerry Rait	FV	LHD - 40-44		02:33:50	00:20:18	00:03:01	01:21:36	00:00:13	00:48:42
89	445	Neal Padmanabhan	OSV	LHD - 55-59	Glasgow triathlon club	02:33:59	00:22:46	00:02:44	01:08:32	00:00:42	00:59:15
90	490	Joanna Weintritt	FV	LHD - 40-44	Fitness Soul	02:34:01	00:24:48	00:02:35	01:13:42	00:00:19	00:52:37

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
91	305	Cally Amos	FV	LHD - 40-44		02:34:20	00:20:47	00:02:56	01:17:37	00:00:13	00:52:47
92	416	Jude Maxwell	OVint	LHD - 60-64	Stirling Triathlon Club	02:34:27	00:23:48	00:05:44	01:10:45	00:00:18	00:53:52
93	421	Ashleah Mcculloch	OS	LHD - 35-39		02:34:42	00:25:00	00:05:26	01:10:58	00:01:10	00:52:08
94	333	Dave Clements	OSV	LHD - 55-59	Edinburgh Triathletes	02:34:45	00:25:20	00:03:19	01:13:26	00:01:01	00:51:39
95	301	Josh Abernethy	OS	LHD - 35-39		02:34:57	00:21:51	00:04:19	01:16:08	00:00:33	00:52:06
96	342	Lucy Crookston	FS	LHD - 35-39	East Fife Triathlon Club	02:36:16	00:17:41	00:01:42	01:20:27	00:00:54	00:55:32
97	413	Geoffrey Malmedy	OV	LHD - 45-49	Triathlon Inverness	02:36:40	00:19:14	00:03:48	01:18:29	00:01:04	00:54:05
98	350	Chris Douglas	OS	LHD - 35-39		02:37:07	00:22:20	00:05:19	01:19:05	00:00:52	00:49:31
99	384	Joanne Hamilton	FV	LHD - 40-44	Triathlonworkx	02:37:23	00:21:06	00:02:45	01:17:35	00:00:43	00:55:14
100	406	Mika King	OS	LHD - 35-39		02:37:46	00:24:16	00:04:58	01:12:43	00:01:29	00:54:20
101	326	Jamie Carchrie	OS	LHD - 30-34	Team Vegemite	02:38:12	00:22:25	00:03:09	01:10:40	00:00:26	01:01:32
102	1604	Danish Pastry & Clooty Dumpling	Relay	LHD - Relay		02:39:16	00:22:51	00:02:36	01:21:10	00:00:12	00:52:27
103	1607	Strangers in Transition	Relay	LHD - Relay		02:39:41	00:22:45	00:00:55	01:19:38	00:00:18	00:56:05
104	363	Kath Finn	FVint	LHD - 60-64	kendal	02:40:14	00:19:39	00:02:34	01:18:29	00:00:27	00:59:05
105	378	Craig Griffin	OS	LHD - 25-29	Bellahouston Harriers	02:42:45	00:28:16	00:07:54	01:18:51	00:00:21	00:47:23
106	335	Euan Connor	OV	LHD - 40-44		02:43:00	00:24:12	00:04:11	01:23:41	00:00:50	00:50:06
107	451	Aidan Raftery	OVint	LHD - 65-69	Sale Harriers Manchester	02:43:18	00:32:24	00:07:06	01:12:14	00:00:55	00:50:39
108	360	Adam Ferguson	OS	LHD - 30-34	N/A	02:43:24	00:28:53	00:07:00	01:11:15	00:00:55	00:55:21
109	318	Ross Brown	OV	LHD - 40-44		02:43:54	00:25:38	00:04:59	01:18:10	00:00:34	00:54:33
110	486	Katie Walling	FV	LHD - 40-44	Moorfoots	02:44:08	00:24:20	00:04:39	01:24:04	00:00:16	00:50:49
111	349	Ben Douglas	OS	LHD - 35-39		02:44:09	00:24:37	00:05:44	01:18:32	00:00:18	00:54:58
112	387	Katie Hawkins	FV	LHD - 40-44		02:44:13	00:26:34	00:04:23	01:21:49	00:00:15	00:51:12
113	347	martin denvir	OVint	LHD - 60-64		02:44:16	00:26:12	00:07:00	01:19:34	00:00:17	00:51:13
114	411	Alasdair Macleod	OV	LHD - 40-44		02:44:46	00:23:20	00:04:56	01:24:28	00:00:24	00:51:38
115	367	Ashley Forbes	OV	LHD - 40-44		02:44:51	00:24:20	00:05:10	01:16:07	00:00:17	00:58:57
116	464	ROSIE SHANKEY	FV	LHD - 40-44	Moorfoots Runners	02:45:13	00:25:44	00:04:05	01:20:37	00:00:16	00:54:31
117	399	Andy Jones	OSV	LHD - 50-54	Castle Tri	02:45:21	00:19:24	00:03:32	01:22:44	00:00:21	00:59:20
118	502	Sean Young	OS	LHD - 30-34	NA	02:45:22	00:22:27	00:03:28	01:25:27	00:01:04	00:52:56
119	463	Shane Semple	OV	LHD - 45-49	Royal Navy Triathlon	02:45:57	00:24:32	00:05:45	01:19:28	00:01:31	00:54:41
120	374	Isla Goldie	FV	LHD - 45-49	Glasgow Triathlon Club	02:46:43	00:22:22	00:02:45	01:22:44	00:00:21	00:58:31
121	422	Taogh McDonough	OS	LHD - 25-29		02:46:44	00:21:38	00:04:25	01:21:53	00:01:13	00:57:35
122	448	Rona Palmer	FV	LHD - 40-44		02:46:52	00:19:10	00:03:56	01:22:47	00:00:21	01:00:38
123	472	Simon Stewart	OSV	LHD - 50-54		02:47:31	00:26:29	00:06:17	01:25:13	00:00:48	00:48:44

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
124	427	Sean McTaggart	OS	LHD - 30-34		02:48:38	00:23:46	00:05:35	01:15:44	00:00:17	01:03:16
125	364	Paddy Finn	OSVint	LHD - 70-74	kendal	02:49:02	00:23:08	00:03:30	01:21:02	00:00:19	01:01:03
126	338	Iain Cowan	OV	LHD - 40-44		02:50:16	00:30:22	00:04:45	01:24:32	00:00:33	00:50:04
127	429	Kevin Morice	OSV	LHD - 50-54	ThreePeaks Triathletes	02:50:20	00:28:58	00:05:11	01:20:34	00:00:56	00:54:41
128	366	Jacob FitzGerald	OV	LHD - 40-44	Dumyat Dudes	02:50:57	00:25:48	00:05:57	01:22:48	00:00:18	00:56:06
129	498	Helen Woodman	FVint	LHD - 65-69	Malvern Triathlon Club	02:51:07	00:26:08	00:03:34	01:21:00	00:00:39	00:59:46
130	373	Connelly Gerry	OSV	LHD - 50-54		02:51:14	00:27:09	00:04:31	01:23:54	00:00:22	00:55:18
131	303	Helene Alexander	FV	LHD - 40-44		02:52:53	00:26:36	00:03:50	01:20:10	00:00:56	01:01:21
132	362	Mariana Finlayson	FS	LHD - 20-24		02:53:15	00:25:54	00:06:08	01:28:08	00:01:18	00:51:47
133	423	Jack Mcginley	OS	LHD - 30-34		02:53:22	00:30:30	00:04:30	01:25:07	00:00:35	00:52:40
134	417	Brad Mccabe	OS	LHD - 20-24	N/A	02:54:16	00:28:03	00:04:25	01:19:24	00:00:18	01:02:06
135	424	Lewis McGuire	OS	LHD - 30-34	None	02:54:21	00:23:15	00:04:28	01:23:44	00:00:20	01:02:34
136	380	Wayne Gurnhill	OSV	LHD - 55-59	Lincoln Tri	02:55:09	00:20:23	00:03:05	01:24:23	00:00:35	01:06:43
137	419	Evan McColl	OS	LHD - 25-29	Montrose Tri Club	02:56:03	00:26:19	00:05:49	01:24:39	00:00:29	00:58:47
138	393	Alex Howarth	OS	LHD - 35-39		02:56:14	00:28:45	00:05:30	01:25:18	00:00:35	00:56:06
139	346	Celina Davis	FSV	LHD - 55-59		02:59:59	00:26:14	00:03:46	01:29:09	00:00:26	01:00:24
140	1611	Zweedse Kanjes	Relay	LHD - Relay		03:00:24	00:20:36	00:00:48	01:38:04	00:00:22	01:00:34
141	307	Paul Aylmer	OV	LHD - 40-44	Peebles Tri Club	03:00:32	00:33:45	00:05:29	01:29:06	00:00:45	00:51:27
142	361	Bruce Ferguson	OVint	LHD - 65-69	PEVH Swim Bow Run	03:01:09	00:34:06	00:04:13	01:18:37	00:00:55	01:03:18
143	428	Ruth Moghadam	FS	LHD - 35-39		03:01:33	00:23:00	00:05:26	01:31:55	00:00:18	01:00:54
144	439	Jason Nila	OV	LHD - 45-49		03:02:05	00:24:16	00:05:10	01:26:48	00:00:41	01:05:10
145	405	Hamish Kerr	OSV	LHD - 50-54	Capital District New York	03:02:40	00:23:52	00:04:29	01:30:53	00:01:23	01:02:03
146	492	charles whitford	OV	LHD - 45-49		03:03:31	00:27:57	00:05:44	01:21:46	00:00:35	01:07:29
147	396	Gillan Jamie	OS	LHD - 30-34		03:04:55	00:32:03	00:07:01	01:24:50	00:00:46	01:00:15
148	499	Daniel Wright	OS	LHD - 30-34		03:06:24	00:20:43	00:04:43	01:31:52	00:00:39	01:08:27
149	316	Yvonne Brennan	FV	LHD - 45-49	G72 Tri	03:09:16	00:26:11	00:04:19	01:34:06	00:00:18	01:04:22
150	322	Jill Bunyan	FVint	LHD - 60-64	TEA Multisports	03:09:20	00:21:02	00:04:59	01:32:16	00:00:23	01:10:40
151	402	Martin Kelly	OSV	LHD - 50-54		03:09:40	00:29:33	00:03:52	01:27:30	00:00:28	01:08:17
152	497	James Witherspoon	OS	LHD - 35-39	North Endurance Triathlon Club	03:10:33	00:31:38	00:06:25	01:26:31	00:02:09	01:03:50
153	481	Tamara Twynam	FV	LHD - 45-49		03:15:38	00:27:29	00:06:32	01:39:51	00:00:18	01:01:28
154	319	Graeme Brummitt	OVint	LHD - 60-64		03:19:35	00:26:55	00:04:42	01:36:22	00:00:22	01:11:14
155	1601	Aberfoyle House	Relay	LHD - Relay		03:21:53	00:27:36	00:06:22	01:37:17	00:00:16	01:10:22
156	491	David West	OV	LHD - 45-49		03:23:01	00:34:26	00:04:51	01:29:59	00:00:17	01:13:28

Position	Race No.	Name	Category	Champs Category	Club	Race Time	Swim	T1	Bike	T2	Run
157	488	Frazer Watson	OSV	LHD - 55-59		03:23:01	00:27:52	00:08:24	01:32:57	00:00:21	01:13:27
158	320	Peter Brummitt	OSV	LHD - 55-59		03:24:16	00:32:32	00:05:12	01:33:28	00:00:20	01:12:44
159	471	Shaun Stanworth	OS	LHD - 35-39		03:24:51	00:32:33	00:09:32	01:37:29	00:00:18	01:04:59
160	369	Fiona Gallacher	FVint	LHD - 60-64	East Lothian Triathlon Club	03:26:25	00:24:28	00:04:00	01:43:22	00:00:17	01:14:18
161	460	Stephen Ryder	OSV	LHD - 55-59		03:28:37	00:27:38	00:12:06	01:41:31	00:06:17	01:01:05
162	375	Gordon Grant	OVint	LHD - 65-69	Strathearn Harriers	03:31:07	00:28:26	00:06:22	01:35:45	00:01:53	01:18:41
163	397	Christine Jenkins	FSV	LHD - 50-54	Wolds Breakfast Club	03:35:07	00:24:54	00:05:14	01:39:17	00:00:21	01:25:21
164	371	Roisin Geddes	FS	LHD - 30-34		03:38:57	00:20:40	00:08:01	01:52:19	00:00:20	01:17:37
165	353	Ciaran Elliott	OSV	LHD - 50-54		03:52:12	00:32:41	00:11:11	01:47:18	00:00:26	01:20:36
166	420	Laura McCrae	FV	LHD - 40-44	Glasgow Triathlon club	03:53:20	00:29:04	00:08:12	01:57:29	00:00:21	01:18:14
167	376	David Green	OSVint	LHD - 70-74		04:00:52	00:30:39	00:04:43	01:56:07	00:00:27	01:28:56
168	500	Rob Wright	OSVint	LHD - 70-74		04:10:41	00:33:17	00:06:47	01:51:56	00:00:46	01:37:55
Non Comp	437	Colin Murray	OV	LHD - 40-44		02:37:15		00:36:31	01:07:20	00:00:48	00:52:36
Non Comp	336	Hans Coomans	OSV	LHD - 55-59	Zweedse Kanjers	02:38:58		00:26:19	01:17:41	00:02:30	00:52:28
DNF	493	Jack Williams	OS	LHD - 30-34	Triathlonworkx		00:16:40	00:01:55			
DNF	496	Joshua Wilson	OS	LHD - 30-34			00:24:44	00:05:11			
DNF	352	Dominic Dunwell	OS	LHD - U20	Leeds Triathlon Centre				01:18:08	00:00:29	