

## Awesome Foursome Quadrathlon 2023

Name	Category	Swim	Cycle	Canoe	Run	Overall	Position	Cat. Position
Class of 23	Relay	00:16:55	00:58:03	00:53:21	00:41:16	02:49:35	1	1
Mark Turner	Senior Men	00:20:01	00:55:38	00:55:37	00:39:10	02:50:26	2	1
James Thornton	Senior Men	00:21:48	00:56:14	00:56:18	00:39:00	02:53:20	3	2
Steve King	50 Men	00:20:26	00:56:39	00:48:59	00:49:11	02:55:15	4	1
Sam Pantling	40 Men	00:22:22	00:58:14	00:56:42	00:39:36	02:56:54	5	1
Nigel Unwin	50 Men	00:23:13	00:55:49	00:53:53	00:46:47	02:59:42	6	2
Birthday Party	Relay	00:23:31	00:54:09	01:01:04	00:49:46	03:08:30	7	2
Rebecca Newson	40 Women	00:20:06	01:06:10	00:50:05	00:53:50	03:10:11	8	1
Paul Sullivan	40 Men	00:26:05	01:03:00	00:57:35	00:50:45	03:17:25	9	2
John and Summer Gatrell	Pair	00:22:10	01:04:30	01:03:52	00:50:57	03:21:29	10	1
Adventure Bude	Relay	00:20:59	01:11:23	01:04:06	00:46:08	03:22:36	11	3
Hermione and Lance Ball	Pair	00:25:44	01:04:24	00:57:04	00:57:18	03:24:30	12	2
James and Rob	Pair	00:27:59	01:01:54	01:07:27	00:48:08	03:25:28	13	3
Brendan Moore	60 Men	00:29:25	01:04:00	01:01:13	00:53:19	03:27:57	14	1
Max Boyce	Senior Men	00:27:53	01:06:14	01:12:05	00:44:12	03:30:24	15	3
Marcus Johns	50 Men	00:27:19	01:04:23	01:10:00	00:49:04	03:30:46	16	3
Emma Wheeler and Jason Morgan	Pair	00:24:20	01:02:02	01:12:30	00:52:06	03:30:58	17	4
Peter Chappill	60 Men	00:26:00	01:13:25	01:02:45	00:55:06	03:37:16	18	2
Louise McKee and Jeremy Holmes	Pair	00:26:36	01:07:28	01:13:06	00:53:04	03:40:14	19	5
Nicola Hamerton	60 Women	00:30:58	01:12:38	01:05:10	00:53:46	03:42:32	20	1
Philippe Jumeau	60 Men	00:23:59	01:14:25	01:04:52	01:01:38	03:44:54	21	3
David Browning	60 Men	00:28:43	01:08:09	01:17:23	00:53:11	03:47:26	22	4
Allison Parritt	50 Women	00:31:18	01:14:47	01:02:13	01:04:06	03:52:24	23	1
Hel's Angels	Relay	00:29:57	01:31:18	00:56:55	00:54:35	03:52:45	24	4
Helen Recchia and Paul Roebuck	Pair	00:30:26	01:22:17	01:01:39	01:04:27	03:58:49	25	6
Donna Chapill	50 Women	00:32:46	01:34:42	01:09:51	01:12:21	04:29:40	26	2
Ben Saunders	Senior Men	00:31:37	01:30:26	01:28:09	00:59:49	04:30:01	27	4
Joe Keeble	Senior Men	00:36:36	02:06:36	00:52:47	00:59:21	04:35:20	28	5