

**Alford Short & Team Triathlon 2009**

Pos	Name	No.	Gen	Category	Club	Time	Swim	T1	Cycle	T2	Run
63	Sophie Stewart	729	Female	Junior	Fleetfeet Tri	01:18:13	00:08:55	00:02:36	00:47:07	00:00:42	00:18:51
3	Lewis Murchie	779	Male	Junior	Fleetfeet Tri/Enjoy	00:43:35	00:05:10	00:00:49	00:24:06	00:00:25	00:13:03
7	Paul Kerr	766	Male	Junior	Cycle Orkney	00:47:33	00:06:58	00:01:17	00:24:33	00:00:19	00:14:24
11	Jason Bedford	777	Male	Junior	Unattached	00:50:02	00:05:37	00:00:53	00:27:26	00:00:19	00:15:44
27	Garrin Thomas	763	Male	Junior	Unattached	00:53:44	00:06:57	00:01:40	00:30:32	00:00:22	00:14:11
40	Ieuan Thomas	762	Male	Junior	Unattached	00:58:47	00:07:01	00:01:37	00:33:46	00:00:32	00:15:49
53	Ross Docherty	724	Male	Junior	Unattached	01:03:33	00:08:56	00:01:25	00:34:49	00:00:31	00:17:49
23	Olwen Fraser	758	Female	Senior	Unattached	00:52:36	00:07:15	00:01:02	00:28:20	00:00:24	00:15:32
31	Bryony Mcpherson	776	Female	Senior	Unattached	00:54:46	00:05:00	00:01:38	00:30:17	00:00:23	00:17:25
33	Odette Smith	734	Female	Senior	Unattached	00:55:56	00:07:45	00:01:54	00:28:50	00:00:49	00:16:35
41	Tamsin Morris	717	Female	Senior	Garioch RR	00:59:15	00:09:44	00:02:42	00:31:17	00:00:19	00:15:11
42	Luan Riach	738	Female	Senior	Fleetfeet Tri	00:59:55	00:09:47	00:01:22	00:29:32	00:00:55	00:18:17
43	Fiona Cubie	721	Female	Senior	Unattached	00:59:58	00:08:30	00:01:52	00:34:26	00:00:29	00:14:38
47	Coleen Milton-jones	751	Female	Senior	Unattached	01:00:45	00:07:24	00:01:44	00:32:54	00:00:34	00:18:06
51	Gillian Cameron	728	Female	Senior	Unattached	01:01:35	00:08:41	00:01:37	00:34:50	00:00:23	00:16:01
54	Angela Michie	702	Female	Senior	Unattached	01:04:18	00:10:45	00:01:50	00:32:33	00:00:25	00:18:42
58	Alex Johnstone	755	Female	Senior	Unattached	01:07:51	00:08:15	00:02:04	00:36:57	00:00:52	00:19:39
4	Robert Evans	753	Male	Senior	Deeside Thistle	00:44:54	00:06:26	00:00:41	00:24:04	00:00:18	00:13:23
5	Craig Wallet	773	Male	Senior	Unattached	00:46:01	00:05:02	00:01:27	00:25:55	00:00:37	00:12:57
10	James Barfoot	754	Male	Senior	Unattached	00:49:40	00:07:25	00:01:40	00:26:20	00:01:03	00:13:09
16	Stuart Andrew	756	Male	Senior	Unattached	00:51:14	00:08:01	00:01:47	00:27:10	00:00:42	00:13:32
21	Graham Watt	735	Male	Senior	Unattached	00:52:10	00:08:12	00:01:22	00:27:11	00:00:43	00:14:40
25	Andrew Brooks	726	Male	Senior	Three Peaks Tri	00:53:10	00:08:48	00:01:28	00:27:34	00:00:55	00:14:23
26	Lee Shaw	703	Male	Senior	Unattached	00:53:26	00:06:49	00:01:36	00:30:36	00:00:23	00:14:00
29	Callum Nicol	701	Male	Senior	Unattached	00:53:54	00:10:28	00:01:46	00:27:14	00:00:20	00:14:03
35	John Riach	737	Male	Senior	Fleetfeet Tri	00:56:32	00:08:34	00:01:17	00:28:01	00:00:55	00:17:43
37	Iain Pryde	750	Male	Senior	Unattached	00:57:49	00:07:31	00:01:46	00:31:19	00:00:47	00:16:23
56	Andy Harrold	723	Male	Senior	Unattached	01:06:00	00:09:39	00:02:40	00:34:31	00:00:17	00:18:50
57	Sean Slavin	710	Male	Senior	Unattached	01:07:25	00:13:34	00:02:41	00:32:31	00:01:13	00:17:23
62	Craig Wilson	708	Male	Senior	Unattached	01:16:18	00:09:20	00:02:05	00:44:20	00:00:40	00:19:50
12	Julie Wilson	769	Female	Veteran	Inverness Harriers	00:50:08	00:06:43	00:01:10	00:27:37	00:00:34	00:14:02
30	Fiona Calder	752	Female	Veteran	Three Peaks Tri	00:54:08	00:07:25	00:01:11	00:27:58	00:00:16	00:17:15
36	Susan Buchan	713	Female	Veteran	Unattached	00:57:33	00:10:31	00:01:20	00:29:44	00:00:34	00:15:21
39	Aude Chaiban	709	Female	Veteran	Fleetfeet Tri	00:58:09	00:09:07	00:00:59	00:30:14	00:00:47	00:16:59

44	Susan Pryde	770	Female	Veteran	Unattached	01:00:30	00:07:22	00:01:56	00:35:04	00:00:19	00:15:46
49	Kathleen Inch	712	Female	Veteran	Unattached	01:01:17	00:10:39	00:01:46	00:31:32	00:00:41	00:16:38
50	Lorna Donaldson	718	Female	Veteran	Unattached	01:01:25	00:09:58	00:01:32	00:32:59	00:00:36	00:16:18
55	Lynn Mcgregor	743	Female	Veteran	Unattached	01:04:41	00:08:19	00:01:54	00:35:53	00:00:31	00:18:01
59	Sylvia Hay	720	Female	Veteran	Unattached	01:08:14	00:10:12	00:01:48	00:34:41	00:00:29	00:21:01
60	Uma Thomas	744	Female	Veteran	Unattached	01:10:43	00:08:45	00:02:05	00:39:52	00:00:50	00:19:08
61	Karen Fraser	715	Female	Veteran	Unattached	01:15:14	00:10:48	00:03:04	00:37:29	00:01:15	00:22:34
2	Jake Vellacott	772	Male	Veteran	Fleet-Feet/RRT	00:41:15	00:06:06	00:00:55	00:21:54	00:00:25	00:11:52
6	David Cairns	774	Male	Veteran	Unattached	00:46:38	00:05:13	00:01:59	00:24:14	00:00:41	00:14:29
9	Gary Hayes	765	Male	Veteran	Fleet Feet	00:47:53	00:07:05	00:01:08	00:24:58	00:00:31	00:14:08
14	Hugh Mackenzie	761	Male	Veteran	Unattached	00:50:55	00:06:58	00:01:07	00:26:58	00:00:18	00:15:31
15	Alan McNulty	747	Male	Veteran	Unattached	00:51:01	00:08:13	00:01:50	00:25:36	00:00:38	00:14:41
20	Steven Chalmers	733	Male	Veteran	Three Peaks Tri	00:52:06	00:09:44	00:01:08	00:25:37	00:00:19	00:15:16
28	David Fraser	714	Male	Veteran	Unattached	00:53:47	00:10:24	00:02:01	00:25:33	00:01:05	00:14:41
38	David Wallace	780	Male	Veteran	Three Peaks Tri	00:57:52	00:06:24	00:01:42	00:29:39	00:00:56	00:19:09
45	Graeme Gordon	727	Male	Veteran	Unattached	01:00:41	00:09:03	00:01:59	00:32:29	00:00:33	00:16:34
46	David Forsyth	707	Male	Veteran	Aberdeen AAC	01:00:45	00:12:33	00:02:42	00:27:49	00:01:00	00:16:39
48	Janice Gordon	731	Female	Super Vet	Aberdeen AAC	01:01:00	00:09:11	00:02:13	00:33:10	00:00:23	00:16:01
13	Murray Bryce	730	Male	Super Vet	Unattached	00:50:20	00:09:14	00:01:04	00:25:31	00:00:22	00:14:06
17	Iain Adams	767	Male	Super Vet	Norwell	00:51:18	00:07:20	00:01:18	00:27:26	00:00:18	00:14:54
18	John Buchan	732	Male	Super Vet	Unattached	00:51:23	00:09:22	00:01:21	00:26:45	00:00:40	00:13:12
19	Blair Mckay	746	Male	Super Vet	Unattached	00:51:31	00:07:20	00:01:21	00:26:50	00:00:17	00:15:39
34	Raymond Edgar	757	Male	Super Vet	Unattached	00:55:59	00:07:43	00:01:41	00:29:03	00:00:32	00:16:57
52	Tim Eley	745	Male	Super Vet	Three Peaks Tri	01:03:29	00:07:14	00:02:35	00:35:18	00:00:32	00:17:47
32	Bert Mcintosh	722	Male	Vintage	Fleetfeet Tri	00:55:54	00:10:26	00:01:06	00:26:05	00:00:29	00:17:45
1	Steven Bonner	759	Male	Team	Aberdeenshire	00:40:23	00:06:41	00:01:01	00:19:49	00:00:39	00:12:10
8	Victor Allan	771	Male	Team	Three Peaks Tri	00:47:49	00:06:03	00:00:43	00:23:21	00:00:26	00:17:15
22	Emma Martin	736	Male	Team	Three Peaks Tri	00:52:16	00:08:40	00:00:46	00:28:36	00:00:47	00:13:24
24	Angie Mackenzie	778	Male	Team	MacKenzie Magik	00:52:58	00:05:35	00:00:45	00:32:37	00:00:38	00:13:21