

Awesome Foursome Quadrathlon 2021

Name	Category	Swim	Cycle	Canoe	Run	Overall	Position	Cat. Position
Michael Birchmore	Senior men	00:19:20	00:51:50	00:52:58	00:37:05	02:41:13	1	1
Foreshore	Relay	00:24:22	00:52:58	00:53:05	00:39:39	02:50:04	2	1
Lee Sampson and Simon Hammond	Pair	00:25:10	00:53:27	00:48:53	00:46:00	02:53:30	3	1
Nigel Unwin	50 men	00:25:58	00:55:17	00:51:45	00:43:42	02:56:42	4	1
Harriet Enoch	Senior women	00:22:41	01:01:29	00:48:08	00:45:20	02:57:38	5	1
Sam Pantling	40 men	00:24:10	00:57:39	00:58:27	00:41:56	03:02:12	6	1
Sam Woodcock and Ben Long	Pair	00:26:03	00:59:47	00:56:45	00:41:39	03:04:14	7	2
Paul Cottle	50 men	00:23:54	01:00:16	00:55:52	00:50:48	03:10:50	8	2
Glyn Collen	50 men	00:25:32	00:57:55	01:04:31	00:43:25	03:11:23	9	3
Andy and Zack Davis	Pair	00:22:33	00:58:18	00:59:33	00:51:44	03:12:08	10	3
Matt Rayment	50 men	00:26:52	00:56:14	01:03:52	00:46:07	03:13:05	11	4
Dave Arnold	50 men	00:27:45	01:03:00	00:55:39	00:47:08	03:13:32	12	5
Nicholas Farnell	60 men	00:27:25	00:58:45	00:58:35	00:49:02	03:13:47	13	1
Rebecca Newson	Senior women	00:22:36	01:09:39	00:50:20	00:52:23	03:14:58	14	2
Mudford Quad Club	Relay	00:22:52	01:01:18	01:05:05	00:46:25	03:15:40	15	2
The Lemons	Relay	00:23:26	01:11:54	00:58:22	00:46:50	03:20:32	16	3
Rawdams	Relay	00:32:17	01:05:21	00:56:57	00:46:15	03:20:50	17	4
Simon Cartwright	50 men	00:26:45	01:01:58	01:11:17	00:48:04	03:28:04	18	6
Peter Chappill	60 men	00:29:25	01:09:10	01:02:04	00:50:56	03:31:35	19	2
Lorna and Simon Rimmer	Pair	00:27:45	01:00:58	01:15:10	00:48:57	03:32:50	20	4
Penbode Vets	Relay	00:29:34	01:08:04	01:06:42	00:49:31	03:33:51	21	5
Helen Recchia and Paul Roebuck	Pair	00:29:02	01:12:28	01:02:39	00:52:27	03:36:36	22	5
Marcus Johns	50 men	00:28:06	01:06:45	01:13:19	00:50:51	03:39:01	23	7
Mini Fry	60 men	00:27:29	01:15:53	00:58:16	00:57:52	03:39:30	24	3
Sally Crabb	40 women	00:30:28	01:08:42	01:14:00	00:47:22	03:40:32	25	1
John Kavanagh	60 men	00:28:00	01:14:30	01:00:27	01:03:51	03:46:48	26	4
Peter Marquis	60 men	00:29:18	01:09:17	01:09:35	01:00:04	03:48:14	27	5
Kevin O'Reilly and James Howard Jones	Pair	00:27:38	01:14:02	01:08:35	00:58:10	03:48:25	28	6
Andrew Lawson	60 men	00:46:52	01:01:36	01:07:02	00:57:48	03:53:18	29	6

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	