



SwimBikeRun Mini – Bristol

Tockington Manor School August 3rd 2025 - Final Results

"When we live in the heart, there is no such thing as impossibility."

— Sri Chinmoy

DUATHLON – 3k Run, 10k Bike, 1k Run

Number	Name		Cat.	RESULT	Penalty/DQ
18	Evie	Tanner	F	00:37:04	
9	Balazs	Nagy	O	00:37:22	
15	Lynda	Flanagan	F	00:38:24	
19	Will	Fryer	O	00:39:12	
2	Paul	Turner	O	00:41:09	
17	Christopher	Runcie	O	00:41:41	
10	thomas	miller	O	00:42:03	
14	Izzy	Lewis	F	00:42:50	
8	Redford	Garrett	O	00:43:00	
11	Charlotte	Rivers	F	00:43:35	
12	Nadine	Crook	F	00:44:15	
6	Theo	Guy	O	00:56:22	1 x draft zone 30s
6	Tracey	Garrett	F	00:56:22	1 x draft zone 30s
13	Chris	Mills	O	00:31:59	course irregularity

TRIATHLON – 200m Swim, 10k Bike, 3K Run

Number	Name		Cat.	RESULT	Penalty/DQ
26	Nathan	Irwin	O	00:37:41	
31	Alex	Miller	O	00:38:33	
27	Gregory	Lebret	O	00:38:58	
21	Michail	Vamvakaris	o	00:41:30	
25	Lucy	Mills	F	00:42:13	
22	Nicole	Askwith Williams	F	00:42:28	
28	Dawn	Pincott	F	00:42:29	
35	Harry	Horniman	O	00:43:34	
30	Jake	Salkeld	O	00:44:00	

94	tim	wye	O	00:44:06	
57	Helen	Bamford	F	00:44:49	
32	Oliver	Talbot-Robinson	O	00:44:55	
69	Kathryn	Sopp	F	00:45:00	
89	Paul	Austin	O	00:45:26	
81	Nicole	Baldry	F	00:46:02	
86	Rosalia	Taylor	F	00:46:21	
34	Tim	Vandecasteele	O	00:46:46	
36	Scott	Forgan	O	00:46:47	
23	Jeanny	Alavanza	F	00:47:17	
73	Sara	Vogan	F	00:47:43	
71	Joanna	Deas	F	00:47:54	
83	Romily	Barnett	O	00:47:54	
47	Jonathan	Worsley	O	00:48:01	
95	James	Ritchie	O	00:48:23	
88	Glenda	POWELL	F	00:48:54	
93	Ellie	James	F	00:49:10	
60	Aneesh	Malde	O	00:49:16	
45	Sarah	Davis	F	00:49:27	
38	Natasha	Burden	F	00:49:44	
72	Lenka	MacDonald	F	00:49:55	
33	Sadie	Forgan	O	00:50:08	
39	Ella	Hjarne	F	00:51:10	
64	Hilary	Thomas	F	00:51:29	
40	Max	Webberley	O	00:51:38	
96	Harry	Medhurst	O	00:51:39	
29	Christopher	Clarke	O	00:51:45	
62	Kelly	Sartain	F	00:51:50	
99	Helen	Williamson	F	00:53:10	
80	Ruth	Hatcher	F	00:53:55	
63	Ian	Smith	O	00:55:21	
78	Emma	James	O	00:55:37	
44	Andrew	Williams	O	00:57:13	
74	Kris	Silvester	F	00:57:56	
66	Emily	Meese	F	00:57:57	
76	Ellen	Russ	F	00:58:09	
67	Naomi	Jones	F	00:58:17	
87	Matthew	Johnston	O	00:58:21	
42	Macey	King	F	01:02:24	
75	Jazmin	Cooper	F	01:04:20	
43	Lauren	Paddison	O	01:04:43	
46	Emma	Anstey	F	01:10:34	
37	Rachel	Child	F	01:16:09	
41	Emily-Jayne	Emery	F	01:16:09	
65	Renata	Titurusova	F	00:39:05	course irregularity
100	Rich	Andrews	O	00:42:03	course irregularity