

Please send any timing enquiries to steve@jaguartiming.co.uk

Place	Race Number	Surname	First Name	Division	Age at 31/12/14	Club/Team Name	Pure Swim	Run From Swim	T1	Bike	T2	Run	Total
1	6	BAXTER	SAM	M 30 - 34	31	Freespeed	00:28:43	00:00:54	00:00:50	02:08:40	00:00:58	01:15:48	03:55:50
2	3	MOLLOY	MATT	M 45 - 49	45	Team Freespeed Skechers Performance	00:26:13	00:01:04	00:01:08	02:06:36	00:01:11	01:23:21	03:59:31
3	11	WILSON	JOSEPH	M 25 - 29	27		00:27:38	00:01:05	00:01:04	02:14:04	00:00:50	01:22:48	04:07:27
4	16	GOSSAGE	LUCY	F 35 - 39	35	Team Erdinger Alkoholfrei	00:30:17	00:00:59	00:01:09	02:19:12	00:01:14	01:17:21	04:10:08
5	71	MARTIN	ANDREW	M 25 - 29	29	Clapham Chasers	00:34:31	00:01:05	00:02:39	02:09:13	00:02:15	01:20:42	04:10:22
6	19	BIDDULPH	CHRIS	M 40 - 44	42	Army Triathlon	00:32:11	00:01:09	00:00:56	02:13:35	00:01:10	01:26:04	04:15:02
7	36	GILL	VICKY	F 30 - 34	34	Swim For Tri	00:32:12	00:01:02	00:01:22	02:19:20	00:01:00	01:20:37	04:15:30
8	43	WELTON	ROSS	M 30 - 34	32	Team TriBull	00:31:34	00:01:02	00:01:40	02:18:43	00:01:15	01:22:27	04:16:39
9	24	TICKNER	MARK	M 30 - 34	34	Cambridge Triathlon Club	00:34:35	00:01:11	00:01:34	02:15:22	00:01:32	01:23:20	04:17:32
10	20	EDWARDS	DEAN	M 25 - 29	26		00:32:15	00:01:08	00:01:26	02:21:58	00:01:37	01:19:46	04:18:07
11	104	WILLIAMS	JOSS	M 30 - 34	34	NiceTri St Neots	00:35:56	00:01:09	00:13:03	02:03:54	00:00:34	01:24:24	04:18:58
12	27	MCMANUS	DES	M 45 - 49	0		00:31:52	00:01:10	00:01:23	02:20:31	00:01:30	01:23:45	04:20:09
13	4	MORRELL	TOBY	M 30 - 34	33	Tri Harder	00:28:48	00:01:03	00:00:51	02:21:21	00:00:45	01:27:26	04:20:11
14	32	DYTOR	NATHAN	M 30 - 34	31	LONDON FIELDS TRIATHLON CLUB	00:34:21	00:01:11	00:01:01	02:18:13	00:01:07	01:24:35	04:20:26
15	17	HARESIGN	ELEANOR	F 35 - 39	36	Torq Tri Team	00:31:10	00:01:03	00:01:05	02:19:59	00:01:23	01:26:37	04:21:15
16	22	PEREZ	OLIVER	M 25 - 29	28		00:33:06	00:01:06	00:01:10	02:22:37	00:01:18	01:23:45	04:22:59
17	75	COOK	LEE	M 25 - 29	29		00:34:32	00:01:06	00:01:12	02:25:06	00:01:00	01:20:35	04:23:29
18	39	NEWS	ADAM	M 30 - 34	30	Royal Navy Triathlon	00:31:49	00:01:09	00:01:39	02:21:13	00:01:24	01:26:44	04:23:54
19	41	REID	NEIL	M 35 - 39	37	Stowmarket Cycle Club	00:34:30	00:01:19	00:01:37	02:20:12	00:01:17	01:25:44	04:24:36
20	7	CHAPMAN	ALFRED	M 20 - 24	22	Tri-Anglia	00:28:59	00:00:59	00:01:07	02:24:58	00:01:41	01:28:56	04:26:38
21	10	WHELNBAND	MARCUS	M 40 - 44	41		00:32:20	00:01:11	00:01:41	02:19:31	00:01:30	01:31:38	04:27:48
22	46	BOWLER	SIMON	M 45 - 49	48	Eton Tri	00:33:14	00:01:10	00:01:39	02:18:43	00:01:50	01:31:32	04:28:05
23	108	GRIFFITH	MARK	M 30 - 34	33	Hoddesdon Tri Club	00:36:56	00:01:03	00:02:12	02:25:09	00:01:45	01:21:42	04:28:44
24	148	TEAM			Mixed	Newmarket Destroyers	00:33:03	00:00:55	00:00:47	02:23:17	00:00:56	01:31:06	04:30:02
25	156	WARWICKER	ROBERT	M 40 - 44	44	Tri-Anglia	00:42:18	00:01:10	00:01:11	02:14:17	00:00:56	01:30:22	04:30:11
26	37	HIRST	JAMIE	M 35 - 39	36		00:29:42	00:01:11	00:01:14	02:28:16	00:01:08	01:29:01	04:30:29
27	128	HIGGINSON	DAN	M 35 - 39	36	ONE Triathlon RDS	00:36:14	00:01:18	00:01:14	02:19:13	00:01:18	01:31:28	04:30:43
28	112	FORSHAW	AMY	F 35 - 39	36	Tri London	00:32:06	00:00:59	00:01:10	02:29:01	00:09:27	01:18:03	04:30:44
29	99	SPARROW	JAMIE	M 35 - 39	39		00:00:00	00:00:00	07:48:26	02:18:37	00:00:00	11:41:20	04:31:20
30	68	DENBY	PHILIP	M 35 - 39	39	Tri Harder	00:33:03	00:01:07	00:01:06	02:24:10	00:01:11	01:34:34	04:35:07
31	144	WHITTING	CHARLES	M 30 - 34	33	Army Triathlon	00:40:12	00:01:13	00:01:40	02:19:24	00:01:20	01:31:37	04:35:25
32	97	MCKENZIE	GRAHAME	M 40 - 44	43	Cambridge Triathlon Club	00:38:43	00:01:28	00:02:59	02:22:22	00:01:03	01:29:36	04:36:08
33	121	DEASY	PAUL	M 40 - 44	41		00:34:25	00:01:13	00:02:03	02:34:03	00:01:19	01:23:40	04:36:41
34	105	TEAM			Mixed	Cambridge Triathlon Trio	00:35:52	00:01:08	00:00:50	02:40:27	00:00:59	01:17:29	04:36:43
35	40	PARK	GEORGE	M 35 - 39	38	Tri Force	00:30:58	00:01:00	00:01:34	02:30:14	00:02:02	01:32:25	04:38:10
36	29	TEAM			Mixed	Keatons	00:40:34	00:01:25	00:00:45	02:31:03	00:00:44	01:23:56	04:38:25
37	102	TYE	CHRIS	M 45 - 49	47	Ipswich Triathlon Club	00:40:16	00:01:35	00:02:18	02:26:34	00:01:36	01:28:04	04:40:20
38	59	SKIGGS	ANDREW	M 35 - 39	38	Tri-Anglia	00:35:41	00:01:08	00:01:13	02:30:29	00:01:01	01:31:01	04:40:31
39	34	FREE	LIBBY	F 35 - 39	37	Met Police Tri Club	00:33:01	00:01:03	00:00:59	02:31:18	00:01:01	01:33:55	04:41:13
40	141	THORBY	PAUL	M 45 - 49	48	Cambridge Triathlon Club	00:34:18	00:01:04	00:01:50	02:26:49	00:01:34	01:35:45	04:41:19
41	38	LEWIS	MATTHEW	M 35 - 39	35		00:30:19	00:01:14	00:02:11	02:35:26	00:01:21	01:33:04	04:43:31
42	76	COOPER	GILES	M 45 - 49	49	PACTRAC	00:35:59	00:01:10	00:01:34	02:31:25	00:01:28	01:32:27	04:44:02
43	72	PHIL	JARVIS	M 50 - 54	50	Trainsharp Neovite Race team	00:33:21	00:01:28	00:02:37	02:25:43	00:02:03	01:38:56	04:44:06
44	31	BRYANT	MATTHEW	M 35 - 39	35	Eton Tri	00:33:35	00:01:14	00:01:51	02:25:56	00:01:17	01:40:34	04:44:25

45	78	GOLDING	ROBERT	M 40 - 44	41	Ely and District Cycling Club	00:40:13	00:01:19	00:01:45	02:23:42	00:01:26	01:36:31	04:44:53
46	91	TEAM			Mixed	Team Lets Nail This Monster	00:35:47	00:01:09	00:02:12	02:31:36	00:01:44	01:33:14	04:45:41
47	83	POWELL	BRAIN	M 55 - 59	58	Born 2 Tri	00:35:58	00:01:30	00:04:46	02:34:16	00:02:05	01:28:16	04:46:48
48	8	COLLIER	ANTHONY	M 25 - 29	26	Hoddesdon Tri Club	00:28:57	00:01:15	00:01:31	02:23:26	00:01:24	01:50:44	04:47:14
49	52	GANDY	CRAIG	M 40 - 44	41		00:43:22	00:01:18	00:02:23	02:26:55	00:01:27	01:32:28	04:47:50
50	101	THOMPSON	MATTHEW	M 25 - 29	26	Tema SNAFU	00:37:39	00:01:09	00:02:28	02:30:34	00:01:05	01:36:08	04:48:59
51	56	ROBERSON	MARK	M 50 - 54	50		00:32:52	00:01:19	00:01:22	02:30:51	00:00:58	01:42:30	04:49:50
52	81	KNOTT	STEPHANIE	F 25 - 29	28	Cambridge Triathlon Club	00:36:01	00:01:19	00:01:54	02:38:54	00:01:22	01:30:41	04:50:09
53	100	TEALE	ANDY	M 45 - 49	47	SFT	00:40:19	00:01:20	02:35:32	00:00:00	10:29:54	01:32:10	04:52:04
54	89	TAN	ADRIAN	M 40 - 44	43		00:37:50	00:01:11	00:01:36	02:36:25	00:01:43	01:34:58	04:53:40
55	30	BAKER	WILLIAM	M 20 - 24	24		00:34:36	00:01:15	00:01:11	02:37:15	00:02:50	01:37:39	04:54:44
56	288	TIERNEY	MICHAEL	M 35 - 39	35		00:48:31	00:01:13	00:02:01	02:27:42	00:01:22	01:34:01	04:54:46
57	53	HUGHES	STEPHEN	M 30 - 34	33	NiceTri St Neots	00:37:40	00:01:18	00:01:46	02:33:02	00:01:19	01:39:51	04:54:52
58	211	RYAN	BARRY	M 40 - 44	43		00:49:20	00:01:17	00:01:30	02:34:40	00:01:42	01:27:06	04:55:33
59	212	SLY	SIMON	M 35 - 39	39		00:40:26	00:01:19	00:01:23	02:27:11	00:01:04	01:44:15	04:55:37
60	233	HARRIS	PETER	M 20 - 24	24		00:40:12	00:00:00	10:36:57	00:00:00	00:00:00	12:16:07	04:56:07
61	86	REYNOLDS	DANIEL	M 30 - 34	33		00:35:55	00:01:17	00:03:07	02:36:24	00:01:44	01:37:58	04:56:22
62	132	MANSLEY	NICK	M 45 - 49	49	Cambridge Triathlon Club	00:48:15	00:01:16	00:02:54	02:36:14	00:01:14	01:26:47	04:56:37
63	79	GRUBB	JULIAN	M 45 - 49	46		00:34:31	00:01:13	00:01:19	02:32:56	00:01:35	01:45:20	04:56:52
64	94	MATTHEWS	LUKE	M 35 - 39	35		00:35:56	00:01:15	00:01:56	02:45:20	00:01:32	01:31:01	04:56:58
65	242	PARKIN	NEIL	M 40 - 44	41		00:44:36	00:01:29	00:03:05	02:34:51	00:01:49	01:31:58	04:57:45
66	42	WALKER	BEN	M 35 - 39	35	Tri Harder	00:39:38	00:01:25	00:01:59	02:41:52	00:01:28	01:31:51	04:58:10
67	69	HUTCHINSON	SARAH	F 35 - 39	39	Mansfield Tri Club	00:36:04	00:01:16	00:01:46	02:46:29	00:01:39	01:31:01	04:58:12
68	245	SMITH	DAVID	M 45 - 49	48	Edinburgh 3 Triathlon	00:45:26	00:01:14	00:01:11	02:33:44	00:01:57	01:35:25	04:58:54
69	49	COWLEY	LAURA	F 30 - 34	33	Tri Force	00:35:30	00:01:13	00:03:14	02:51:22	00:02:31	01:25:08	04:58:55
70	15	EMERSON	BRIAN	M 45 - 49	47	Ely Tri Club	00:32:21	00:01:17	00:02:02	02:31:38	00:01:09	01:52:29	05:00:54
71	199	JAGGER	PAUL	M 40 - 44	44	Clapham Chasers	00:40:40	00:01:15	00:01:29	02:31:26	00:01:42	01:44:47	05:01:16
72	136	PYE	JAKE	M 25 - 29	25	Tri Harder	00:41:52	00:01:04	00:01:21	02:35:54	00:01:10	01:39:58	05:01:17
73	18	KING	JAMIE	M 20 - 24	21	Durham University Triathlon	00:33:10	00:01:09	00:02:28	02:44:58	00:01:50	01:37:50	05:01:24
74	252	WATTAM	GERAARD	M 35 - 39	39	2 PARA TRI	00:45:25	00:01:25	00:01:38	02:30:28	00:01:40	01:41:02	05:01:35
75	216	MULLIGAN	ANDY	M 20 - 24	24	Coltishall jaguars	00:37:07	00:01:11	00:02:15	02:48:36	00:01:05	01:31:52	05:02:02
76	28	SKOULDING	DALE	M 30 - 34	34	Bungay Black Dog Running Club	00:40:19	00:01:18	00:01:11	02:35:21	00:02:07	01:42:17	05:02:31
77	137	RICHER	JOE	M 40 - 44	43	Newmarket Cycling & Triathlon Club	00:42:09	00:01:04	00:01:30	02:34:51	00:01:31	01:41:38	05:02:40
78	13	COOK	TOM	M 20 - 24	21	UEA Triathlon	00:31:14	00:01:08	00:01:36	02:28:56	00:01:29	01:58:57	05:03:16
79	155	HORROCKS	MATHEW	M 25 - 29	26	Cambridge University Triathlon Club	00:39:34	00:01:08	00:01:32	02:47:40	00:01:26	01:32:38	05:03:55
80	151	KANGA	DOMINIC	M 35 - 39	37		00:40:28	00:01:11	00:01:40	02:42:36	00:01:25	01:38:08	05:05:26
81	114	BIRCH	MICHAEL	M 35 - 39	37	Gade Valley Tri	00:37:39	00:01:18	00:02:46	02:44:53	00:02:00	01:37:33	05:06:07
82	253	WILLIAMS	JAYNE	F 40 - 44	42		00:49:13	00:01:21	00:02:12	02:39:37	00:01:43	01:32:30	05:06:33
83	153	BRINKLEY	IAN	M 45 - 49	46	Hoddesdon Tri club	00:43:34	00:01:10	00:01:41	02:37:42	00:01:03	01:41:32	05:06:39
84	55	REEVE	MARTIN	M 30 - 34	30	Rock Estate	00:36:06	00:01:34	00:02:18	02:48:48	00:01:53	01:36:11	05:06:47
85	95	MCINROY NAYLOR	HANNAH	F 20 - 24	24	West Suffolk Wheelers/ Paradise Tri	00:35:54	00:01:13	00:02:19	02:49:32	00:01:24	01:36:48	05:07:08
86	70	LAWRENCE	LEE	M 40 - 44	42	Transition Tri	00:36:51	00:01:22	00:01:22	02:34:12	00:02:27	01:51:11	05:07:23
87	33	EVANS	STUART	M 40 - 44	43	Hillingdon Triathletes	00:35:40	00:01:20	00:02:13	02:41:35	00:03:02	01:43:48	05:07:36
88	200	JARVIS	KELLY	F 35 - 39	35	East Grinstead Tri Club	00:46:17	00:01:14	00:01:36	02:48:12	00:01:56	01:28:45	05:07:57
89	35	GEORGE	PAULA	F 50 - 54	50	VO2 Maximum RT	00:29:06	00:01:19	00:02:13	02:49:15	00:01:45	01:44:48	05:08:24
90	152	TAPLEY	JULIE	F 45 - 49	49	Cambridge Triathlon Club	00:40:31	00:01:11	00:02:30	02:40:47	00:02:32	01:43:05	05:10:32
91	60	STEVENS	DANIEL	M 30 - 34	32	Hertfordshire Police Triathlon Club	00:29:34	00:01:09	00:02:45	02:33:48	00:02:30	02:00:55	05:10:39

92	67	CROCKFORD	ELLY	F 35 - 39	36	Abingdon and vale tri club	00:37:24	00:01:06	00:01:23	02:36:00	00:01:58	01:53:01	05:10:50
93	194	HAWKINS	SUZY	F 35 - 39	38	Freedom Tri	00:41:28	00:01:29	00:02:13	02:40:13	00:01:55	01:43:39	05:10:55
94	93	KIRBY	DAVID	M 50 - 54	52	Team MK	00:32:20	00:01:20	00:02:10	02:47:57	00:03:24	01:45:15	05:12:25
95	92	HOPE	STEVE	M 50 - 54	53	PACTRAC	00:36:49	00:01:19	00:02:00	02:43:01	00:01:17	01:48:30	05:12:54
96	145	WHYTE	RICHARD	M 40 - 44	41	tRicky	00:36:55	00:01:15	00:01:53	02:43:22	00:02:54	01:47:45	05:14:02
97	158	WHITE	NEIL	M 40 - 44	43		00:47:52	00:01:20	00:02:27	02:50:11	00:01:14	01:31:13	05:14:14
98	174	PARK	NAOMI	F 30 - 34	33	Tri Force	00:43:09	00:01:29	00:03:02	02:46:33	00:02:02	01:38:30	05:14:42
99	139	ROGER	NICKY	F 40 - 44	43	Kings Lynn Triathlon Club	00:42:48	00:01:12	00:01:55	02:48:49	00:01:13	01:38:49	05:14:43
100	111	SMART	KEV	M 40 - 44	42	Freedom Tri	00:37:58	00:01:19	00:02:07	02:44:06	00:01:46	01:48:41	05:15:54
101	48	CORNWELL	MELVYN	M 35 - 39	37		00:36:44	00:01:12	00:01:32	02:52:20	00:02:51	01:41:45	05:16:21
102	235	HRUSKA	PETR	M 35 - 39	38		00:43:32	00:01:28	00:02:34	02:49:30	00:01:21	01:38:19	05:16:41
103	123	ELDER	BARRY	M 55 - 59	55		00:39:52	00:01:13	00:02:09	02:45:58	00:02:41	01:45:16	05:17:06
104	47	CHALMERS	KEVIN	M 40 - 44	42	Tri-Squad Ltd	00:31:03	00:01:17	00:01:44	02:36:50	00:01:17	02:05:17	05:17:26
105	163	GILBRIDE	MICHAEL	M 45 - 49	48	BRAT Club	00:46:22	00:02:04	00:06:57	02:43:30	00:04:12	01:34:46	05:17:49
106	159	WILCOCK	DAVID	M 45 - 49	47		00:40:40	00:01:35	00:02:18	02:37:06	00:01:52	01:54:56	05:18:24
107	185	COOMBES	NEIL	M 50 - 54	52		00:44:01	00:01:28	00:03:34	02:41:57	00:02:46	01:44:48	05:18:32
108	243	RILEY	DAVID	M 30 - 34	30		00:44:08	00:01:23	00:03:06	02:53:00	00:01:32	01:35:42	05:18:48
109	184	CHAPMAN	PETER	M 55 - 59	56	Tri-Anglia	00:45:27	00:01:18	00:01:34	02:44:10	00:02:09	01:44:15	05:18:50
110	170	WEBBER	ANTONY	M 50 - 54	50		00:43:39	00:01:09	00:01:40	02:44:27	00:01:07	01:46:56	05:18:56
111	169	QUANTRILL	PAUL	M 50 - 54	52		00:43:50	00:01:16	00:02:36	02:42:15	00:01:45	01:47:27	05:19:07
112	166	MCALISTER	STEPHEN	M 50 - 54	51	Hillingdon triathletes	00:48:48	00:01:41	00:03:22	02:48:45	00:02:05	01:34:47	05:19:26
113	62	SUCKLING	CHRISTOPHER	M 50 - 54	53	Hertfordshire Police Triathlon Club	00:35:52	00:01:25	00:02:53	02:47:59	00:02:29	01:48:53	05:19:28
114	130	HOWELL	JOSEPHINE	F 25 - 29	29		00:37:41	00:01:22	00:01:53	02:48:00	00:01:10	01:49:42	05:19:45
115	66	WILSON	ANDY	M 40 - 44	43		00:43:11	00:01:16	00:01:40	02:48:43	00:02:11	01:43:33	05:20:31
116	80	KAY	NICK	M 45 - 49	49		00:34:54	00:01:52	00:03:19	02:43:26	00:02:08	01:55:09	05:20:46
117	88	SCOTT	JOHN	M 50 - 54	50		00:37:43	00:01:13	00:03:01	02:49:34	00:02:17	01:47:04	05:20:48
118	61	STEVENS	NATHAN	M 35 - 39	38		00:36:34	00:01:12	00:03:35	02:52:34	00:01:57	01:45:01	05:20:50
119	154	BURGESS	KEVIN	M 40 - 44	43	Tri-Anglia	00:41:03	00:01:22	00:01:38	02:47:01	00:01:47	01:48:20	05:21:09
120	134	MORALES	STEPHEN	M 45 - 49	46	Amphthill	00:42:05	00:01:20	00:01:20	02:40:16	00:02:29	01:53:45	05:21:13
121	135	NNANDO	ANDREW	M 40 - 44	43		00:40:38	00:01:20	00:02:39	02:57:55	00:01:37	01:37:23	05:21:29
122	236	HUTT	ALASDAIR	M 45 - 49	45		00:38:44	00:01:18	00:03:33	02:55:55	00:03:03	01:39:37	05:22:07
123	44	PARKER	IAN	M 50 - 54	53	Warrington Triathlon club	00:32:16	00:01:10	00:03:38	02:47:07	00:02:42	01:55:17	05:22:09
124	118	CHAPMAN	JAMES	M 20 - 24	22	Tri-Anglia	00:42:49	00:01:10	00:01:25	02:50:33	00:01:40	01:44:47	05:22:21
125	98	MILNE	JAMES	M 30 - 34	31		00:46:05	00:01:51	00:03:11	02:42:31	00:02:26	01:46:25	05:22:26
126	221	DOBSON	THOMAS	M 25 - 29	27		00:54:37	00:01:20	00:02:48	02:33:51	00:01:01	01:49:04	05:22:38
127	234	HOBBS	HEATHER	F 45 - 49	47	Tri Force	00:40:42	00:01:30	00:02:49	02:50:17	00:01:38	01:45:48	05:22:42
128	186	CRAVEN	MATT	M 35 - 39	35	Tri3 Sleaford	00:43:13	00:01:16	00:03:35	02:42:54	00:01:48	01:50:24	05:23:07
129	239	MASON	MURRAY	M 25 - 29	28		00:43:00	00:01:16	00:02:35	02:47:47	00:01:41	01:46:54	05:23:11
130	127	GREEN	ADAM	M 25 - 29	25		00:34:37	00:01:15	00:01:55	03:01:24	00:01:23	01:42:41	05:23:13
131	261	COLEMAN	TREVOR	M 50 - 54	54	Cambridge Triathlon Club	00:54:42	00:01:24	00:03:24	02:45:08	00:02:08	01:38:24	05:25:08
132	107	BELCHER	CHRIS	M 35 - 39	39	Freedom Tri	00:41:22	00:01:14	00:01:48	02:39:25	00:01:51	02:00:19	05:25:57
133	226	BUSBY	MATTHEW	M 20 - 24	22		00:38:48	00:01:16	00:01:41	02:54:16	00:01:14	01:49:20	05:26:33
134	173	GREEN	DAVID	M 35 - 39	37	Ely Tri Club	00:40:10	00:01:12	00:03:07	02:52:32	00:01:47	01:48:08	05:26:54
135	215	WRIGHT	ANDY	M 45 - 49	49		00:35:39	00:01:25	00:01:53	02:53:39	00:01:24	01:53:24	05:27:21
136	283	MORTON	DOUGLAS	M 35 - 39	37		00:47:02	00:01:27	00:03:09	02:46:22	00:01:45	01:48:16	05:27:59
137	161	ALCOCK	TERRY	M 35 - 39	36		00:50:11	00:01:10	00:02:05	02:45:21	00:01:14	01:48:01	05:28:00
138	188	DOBSON	NATASHA	F 25 - 29	28	London Fields Triathlon Club	00:44:18	00:01:24	00:02:52	02:59:54	00:02:12	01:38:13	05:28:51

139	147	ZVEROVITCH	ALEXEI	M 35 - 39	39	Tri Sport Epping	00:45:57	00:01:10	00:01:55	02:58:28	00:02:05	01:39:25	05:28:57
140	138	ROBINSON	CHRIS	M 30 - 34	34	Syston Cyclers	00:39:09	00:01:33	00:01:34	02:53:39	00:01:30	01:51:50	05:29:12
141	284	MULVEY	KEV	M 35 - 39	37	DH Runners	00:45:25	00:01:37	00:03:15	03:01:54	00:01:30	01:36:37	05:30:16
142	157	WEBBER	VIKKI	F 45 - 49	47		00:40:53	00:01:21	00:02:31	02:57:26	00:02:02	01:46:28	05:30:38
143	241	OUADDANE	KARIM	M 45 - 49	49		00:47:27	00:01:20	00:03:03	03:01:51	00:02:03	01:35:27	05:31:09
144	168	PHILLIPS	STEVEN	M 35 - 39	38		00:44:43	00:01:11	00:02:27	02:58:17	00:02:32	01:42:36	05:31:43
145	232	HALLWORTH	MIKE	M 30 - 34	32		00:39:04	00:01:35	00:03:20	02:54:32	00:02:51	01:50:45	05:32:04
146	146	WINKWORTH	NEIL	M 25 - 29	29	Baringa	00:41:29	00:01:11	00:02:17	03:00:28	00:01:55	01:45:14	05:32:30
147	189	DOYLE	MICHAEL	M 50 - 54	53	Sun City Tri	00:46:25	00:01:28	00:03:14	02:46:06	00:02:27	01:52:58	05:32:36
148	115	BOLAND	EAMONN	M 25 - 29	27		00:43:56	00:01:11	00:03:14	02:56:39	00:01:36	01:46:23	05:32:55
149	257	BUCKINGHAM	PETE	M 50 - 54	53		00:57:34	00:01:30	00:04:21	02:43:36	00:02:04	01:44:05	05:33:08
150	291	CROSS	BEN	M 30 - 34	30	BRJ Club	00:45:56	00:01:16	00:02:59	02:55:22	00:02:04	01:46:05	05:33:39
151	201	JOHNSTON	ROBIN	M 30 - 34	34		00:40:14	00:01:24	00:02:29	02:56:07	00:02:50	01:50:48	05:33:49
152	281	LEVY	THOMAS	M 20 - 24	24		00:42:50	00:01:26	00:02:42	02:53:29	00:02:54	01:51:32	05:34:51
153	223	ASHWIN	ANDREW	M 30 - 34	34		00:54:21	00:01:38	23:47:25	00:15:02	02:53:34	01:43:01	05:34:58
154	264	HOLT	ANDREA	F 35 - 39	37	RAF Tri	00:44:19	00:01:21	00:03:07	03:09:09	00:03:06	01:34:35	05:35:34
155	192	GASKINS	BEN	M 25 - 29	29	Tri-Anglia	00:40:26	00:01:11	00:02:33	02:45:10	00:01:48	02:04:55	05:35:59
156	187	DICKENSON	LEE	M 45 - 49	45	Newmarket Cycling & Triathlon Club	00:49:23	00:01:15	00:01:33	02:41:41	00:01:09	02:01:27	05:36:25
157	84	PRINGLE	KRIS	M 30 - 34	31	Hoddesdon Tri Club	00:34:48	00:01:46	00:03:00	02:43:56	00:04:47	02:10:07	05:38:21
158	87	SCIBILIA	PAUL	M 45 - 49	48	Tri-Anglia	00:37:38	00:01:19	00:01:43	02:55:23	00:02:27	02:00:02	05:38:28
159	279	GRAHAM	ANDREW	M 30 - 34	34	DH Runners	01:01:50	00:01:24	00:03:36	02:45:16	00:01:40	01:45:29	05:39:12
160	190	DUNN	RACHEL	F 35 - 39	38	Tri Force	00:44:06	00:01:23	00:02:40	02:53:47	00:01:25	01:56:35	05:39:53
161	271	STEEL	WAYNE	M 45 - 49	45	WaldenTRI	00:41:42	00:01:21	00:02:38	03:02:23	00:02:48	01:49:36	05:40:26
162	246	SWEENEY	MARK	M 50 - 54	51	Leighton Buzzard Triathlon Club	00:55:13	00:01:28	00:04:25	02:58:55	00:02:16	01:40:23	05:42:37
163	269	SLOAN	IAN	M 45 - 49	47		00:48:28	00:01:32	00:01:52	02:45:07	00:03:26	02:02:35	05:42:58
164	295	SHAND	ROBERT	M 20 - 24	24		00:43:31	00:01:16	00:03:01	02:59:50	00:01:44	01:54:17	05:43:37
165	180	BROWN	JON	M 45 - 49	45	Southend Athletics	00:46:35	00:01:23	00:02:11	02:54:12	00:02:27	01:57:35	05:44:21
166	176	BAYLISS	BRETT	M 45 - 49	49	Newmarket Triathlon Club	00:54:27	00:01:36	00:01:52	02:54:46	00:01:29	01:50:54	05:45:02
167	167	ODHAMS	ROBERT	M 40 - 44	44		00:45:10	00:01:27	00:04:31	02:57:07	00:03:18	01:53:36	05:45:07
168	181	BROWN	COLIN	M 45 - 49	49	Tri Harder	00:38:52	00:01:45	00:03:36	02:52:59	00:03:52	02:06:04	05:47:05
169	183	BYE	ELLIE	F 25 - 29	26	Coltishall Jaguars	00:43:51	00:01:10	00:02:27	03:04:41	00:01:49	01:53:33	05:47:29
170	251	WALLIS	ANDREW	M 30 - 34	30	Ely Tri Club	00:41:06	00:01:22	00:02:16	03:08:45	00:01:34	01:52:53	05:47:53
171	209	PEARCE	ANDREW	M 45 - 49	49		00:46:22	00:01:22	00:02:31	02:51:03	00:01:36	02:06:09	05:49:01
172	205	MICKLEBURGH	SARA	F 25 - 29	26		00:43:57	00:01:37	00:02:12	03:06:06	00:01:36	01:53:55	05:49:21
173	219	SCHOFIELD	RICHARD	M 45 - 49	49	Born2tri	00:47:37	00:01:15	00:03:47	03:06:26	00:01:24	01:49:38	05:50:04
174	280	HIGNETT	ALEXEI	M 30 - 34	30		00:40:07	00:01:25	00:02:22	02:50:14	00:01:21	02:15:03	05:50:31
175	228	COATES	RON	M 25 - 29	29		00:43:41	00:01:10	00:03:03	03:06:22	00:00:49	01:55:52	05:50:54
176	224	ASKHAM	JOSEPH	M 25 - 29	27		00:41:33	00:01:28	00:03:56	03:01:52	00:02:36	01:59:58	05:51:20
177	249	THOMPSON	RICHARD	M 35 - 39	36		00:46:10	00:01:33	00:02:43	02:51:20	00:02:18	02:08:01	05:52:03
178	126	GARNER	ALEX	M 25 - 29	29		00:50:56	00:01:28	00:03:46	02:59:45	00:02:27	01:54:04	05:52:23
179	204	LOURENS	ANTON	M 35 - 39	35		00:40:33	00:01:19	00:03:34	02:52:57	00:01:40	02:12:58	05:52:58
180	106	MOSELEY	VICTORIA	F 35 - 39	39	Stowmarket Striders	00:50:47	00:01:25	00:02:56	03:05:42	00:01:39	01:50:39	05:53:05
181	213	SNOOK	RICHARD	M 30 - 34	32		00:00:00	11:29:28	20:48:30	03:09:52	00:00:00	13:14:35	05:54:35
182	258	JEPHCOTT	PAUL	M 55 - 59	57	PACTRAC	00:48:24	00:01:34	00:06:52	02:59:35	00:03:37	01:54:59	05:54:59
183	272	TURNBULL	ANDREW	M 35 - 39	39		00:43:15	00:01:14	00:02:07	02:59:17	00:03:02	02:06:34	05:55:25
184	142	URBANCIC	VASJA	M 25 - 29	26		00:41:47	00:00:59	00:05:52	03:16:27	00:03:51	01:46:33	05:55:26
185	131	MALLET	AMANDA	F 45 - 49	48		00:45:06	00:01:27	00:01:41	03:10:16	00:01:23	01:55:46	05:55:38

186	286	STEARN	MATTHEW	M 50 - 54	52		00:49:20	00:01:39	00:03:56	03:00:48	00:01:47	01:58:18	05:55:45
187	290	CHAMBERS	ADRIAN	M 50 - 54	53	PACTRAC	00:54:59	00:01:40	00:04:44	02:51:13	00:02:10	02:02:57	05:57:41
188	191	EVANS	ALAN	M 45 - 49	48	Lincoln Wellington AC	00:49:14	00:01:19	00:03:17	03:15:29	00:00:00	13:18:29	05:58:29
189	208	PACK	NATASHA	F 35 - 39	35		00:49:15	00:01:16	00:02:15	03:06:45	00:02:09	01:57:50	05:59:29
190	227	BYE	ROD	M 50 - 54	53	Tri-Anglia	00:52:28	00:01:38	00:03:39	02:53:46	00:01:36	02:06:42	05:59:47
191	198	HUTT	KIM	F 40 - 44	42		00:52:27	00:01:22	00:03:39	03:04:02	00:02:08	01:56:48	06:00:23
192	220	HIGGINS	NEIL	M 40 - 44	40		00:44:22	00:01:28	00:03:59	03:25:57	00:02:12	01:44:37	06:02:32
193	296	WELLS	RICH	M 40 - 44	42		00:53:26	00:01:30	00:03:46	03:07:10	00:01:53	01:55:38	06:03:21
194	129	HOLDCROFT	ANDY	M 40 - 44	44		00:42:48	00:01:32	00:03:15	03:02:52	00:01:55	02:11:21	06:03:42
195	113	BAKER	NADIA	F 30 - 34	32	Ely Tri Club	00:42:31	00:01:07	00:03:36	03:03:38	00:02:02	02:11:32	06:04:23
196	231	GRIZZELL	JASON	M 30 - 34	31		00:39:22	00:01:23	00:05:29	03:15:09	00:04:08	01:59:35	06:05:04
197	120	DAVIES	ROBIN	M 30 - 34	31		00:46:09	00:02:02	00:04:09	03:07:07	00:02:02	02:04:37	06:06:04
198	110	MOORE	JASON	M 40 - 44	44		00:49:51	00:01:20	00:03:15	03:18:42	00:01:39	01:54:20	06:09:04
199	254	WILSON	JONATHAN	M 45 - 49	45		00:45:14	00:01:34	00:04:14	03:08:04	00:02:56	02:07:14	06:09:12
200	275	AKERS	RICHARD	M 40 - 44	43		00:50:44	00:01:23	00:04:29	03:06:59	00:02:29	02:03:12	06:09:12
201	119	COLLINS	MEGAN	F 30 - 34	33		00:40:30	00:01:26	00:03:22	03:19:44	00:01:31	02:02:55	06:09:27
202	287	TIERNEY	ISOBEL	F 25 - 29	25		00:49:51	00:01:20	00:03:26	03:11:44	00:02:29	02:00:57	06:09:44
203	165	HARDMAN	FRANCES	F 35 - 39	38		00:44:37	00:01:22	00:01:38	03:11:54	00:01:16	02:11:04	06:11:49
204	82	LEONARD	NICK	M 35 - 39	35		00:51:21	00:01:18	00:02:55	02:59:47	00:02:43	02:14:55	06:12:56
205	182	BUXTON	SIMON	M 35 - 39	35		00:44:38	00:01:24	00:03:06	02:54:19	00:02:26	02:27:10	06:13:01
206	225	BARNES	ANTHONY	M 45 - 49	48		00:50:00	00:01:27	00:04:58	03:03:45	00:02:31	02:10:47	06:13:25
207	90	WOOD	DEREK	M 35 - 39	36		00:43:15	00:01:20	00:02:44	03:21:31	00:02:07	02:02:57	06:13:52
208	294	PENNELL	STACEY	M 35 - 39	39		00:52:33	00:01:56	00:03:15	03:03:48	00:01:40	02:10:54	06:14:03
209	171	YELLOLY	JULIA	F 45 - 49	48	Ipswich Triathlon Club	00:44:31	00:01:18	00:04:17	03:21:53	00:02:13	02:00:58	06:15:08
210	217	WILLIAMSON	JOHN	M 55 - 59	57	Lincoln Triathlon Club	00:50:04	00:01:24	00:04:43	03:04:15	00:04:05	02:10:41	06:15:10
211	2	PLUNKETT	RUSSELL	M 25 - 29	29	Freedom Tri	00:49:22	00:01:47	00:04:21	03:00:43	00:02:51	02:16:16	06:15:18
212	125	FLEMING	CHRIS	M 45 - 49	47		00:45:36	00:01:38	00:02:44	02:55:36	00:02:57	02:28:34	06:17:02
213	197	HILL	JEREMY	M 45 - 49	46	NiceTri	00:49:31	00:01:30	00:05:28	02:58:32	00:06:51	02:15:24	06:17:13
214	214	SUCKLING	MIKE	M 50 - 54	51	HA Tri	00:45:16	00:01:31	00:03:38	03:07:36	00:02:23	02:17:32	06:17:54
215	262	BOOTH	JOHN	M 55 - 59	58		00:44:37	00:01:45	00:03:37	03:07:01	00:05:07	02:16:18	06:18:23
216	268	SANDERCOCK	KATE	F 40 - 44	43		00:45:56	00:02:04	00:04:18	03:27:24	00:03:24	01:57:16	06:20:19
217	247	TAYLOR	ADAM	M 35 - 39	35		00:48:47	00:01:34	00:03:05	03:06:42	00:01:21	02:19:54	06:21:22
218	256	WORSNOP	MIKE	M 35 - 39	38		00:45:22	00:02:12	00:04:21	03:07:04	00:02:43	02:19:43	06:21:22
219	45	BAILLIE	JASON	M 40 - 44	41		00:36:04	00:01:41	00:02:08	03:08:59	00:02:43	02:29:54	06:21:26
220	266	LIVSEY	JESSICA	F 35 - 39	37		00:43:56	00:01:30	00:03:16	03:19:48	00:02:35	02:11:38	06:22:40
221	203	LOFTING	IAN	M 45 - 49	48	dartford@whiteoak tri club	00:48:27	00:01:54	00:02:42	03:04:06	00:05:04	02:20:36	06:22:47
222	1	LANCASTER	ANNALIESE	F 30 - 34	31		00:52:08	00:01:12	00:03:42	03:32:38	00:02:18	01:51:46	06:23:43
223	85	RADLEY	LEE	M 40 - 44	44	NiceTri	00:47:03	00:01:34	00:04:03	03:12:20	00:03:08	02:15:55	06:24:01
224	73	WARD	CARL	M 40 - 44	43	Ely Tri Club	00:42:42	00:01:18	00:04:45	02:58:45	00:05:26	02:33:02	06:25:54
225	250	TWOSE	PAUL	M 45 - 49	47	BRAT Club	00:44:29	00:01:30	00:03:51	03:29:34	00:02:41	02:05:08	06:27:10
226	260	BENSON	JAMES	M 50 - 54	51	Born2tri	00:48:58	00:01:45	00:05:00	03:18:52	00:02:53	02:11:30	06:28:55
227	273	WARREN	CHRISTOPHER	M 50 - 54	52		01:08:17	00:01:27	00:03:54	03:00:50	00:01:05	02:19:12	06:34:42
228	229	DE WATTEVILLE	DUNCAN	M 30 - 34	32		00:57:06	00:01:34	00:02:39	03:10:56	00:03:17	02:20:56	06:36:25
229	278	GOLDTHORPE	TEGWYNNE	F 50 - 54	50		00:57:13	00:01:30	00:03:56	03:26:15	00:03:12	02:04:44	06:36:49
230	277	GARDENER	KEVIN	M 55 - 59	56	Team MK	01:08:42	00:02:05	00:04:11	03:16:03	00:01:59	02:05:31	06:38:29
231	240	MCKENNA	DAVID	M 35 - 39	39		00:45:23	00:01:49	00:04:14	03:13:28	00:03:01	02:30:52	06:38:45
232	259	BEE	ZOE	F 35 - 39	35		00:43:42	00:01:20	00:03:58	03:31:28	00:03:30	02:15:30	06:39:26

233	193	GILLARD	MATHEW	M 45 - 49	46		00:48:52	00:01:42	00:06:19	03:35:51	00:02:04	02:05:16	06:40:01
234	276	CHARLES	DAWN	F 45 - 49	46	Leigh Striders	01:03:07	00:01:41	00:05:34	03:07:51	00:04:18	02:19:40	06:42:09
235	289	BERRY	ALISON	F 40 - 44	42	David Lloyd Redway Runners	00:59:29	00:01:39	00:04:00	03:25:42	00:02:02	02:10:02	06:42:51
236	150	HAWKINS	FIONA	F 45 - 49	45		00:45:52	00:01:33	00:05:51	03:36:49	00:02:31	02:10:21	06:42:54
237	263	BURKIN	JULIE	F 40 - 44	42		00:54:43	00:01:32	00:02:59	03:31:01	00:01:56	02:11:50	06:43:59
238	298	WATSON	KEELY	F 35 - 39	35	Southend Athletics	00:46:32	00:01:27	00:03:16	03:33:11	00:03:05	02:16:45	06:44:14
239	172	ANDREWS	NIKKI	F 40 - 44	42		00:55:24	00:02:12	00:02:44	03:24:04	00:02:51	02:17:01	06:44:14
240	282	MCKAY	EMMA	F 40 - 44	44		00:54:56	00:01:46	00:04:21	03:42:25	00:04:07	02:01:13	06:48:45
241	297	WILSON	MARK	M 40 - 44	41	Boxford Bike Club	00:58:44	00:01:28	00:06:31	03:11:22	00:02:51	02:30:58	06:51:52
242	270	SPAIN	VIC	M 50 - 54	52	Essex Police Tri	01:05:04	00:01:53	00:02:31	03:28:33	00:02:42	02:14:49	06:55:30
243	248	TAYLOR	STEVE	M 55 - 59	58	Team MK	00:58:12	00:01:53	00:03:01	03:38:22	00:01:56	02:13:54	06:57:16
244	238	LIVINGS	JACKIE	F 40 - 44	44	Freedom Tri	00:44:55	00:01:34	00:03:54	03:25:48	00:02:34	02:38:59	06:57:42
245	255	WILSON	CLIFF	M 45 - 49	49		01:24:00	00:01:33	00:03:57	03:15:32	00:04:12	02:20:36	07:09:47
246	292	LLOYD	KIRSTY	F 25 - 29	29		01:08:44	00:01:18	00:05:27	03:46:46	00:06:17	02:17:51	07:26:20
247	274	DAVIES	RUTH	F 45 - 49	49		00:49:14	00:01:30	00:24:42	03:46:51	00:06:13	02:17:52	07:26:20
248	5	BABBINGTON	TOM	M 30 - 34	34	SenseCore	00:28:45	00:01:03	00:01:20	02:13:20	00:01:26		D.N.F
249	25	WELCH	CHRIS	M 35 - 39	35	East Grinstead Tri Club	00:31:07	00:01:19	00:01:35				D.N.F
250	54	PEEVOR	ROBERT	M 35 - 39	38	Ipswich Triathlon Club	00:45:59	00:01:52	00:03:13	01:57:02			D.N.F
251	237	JONG	RENEE	F 30 - 34	30		00:47:48	00:01:20	00:02:48	03:09:49	00:02:47		D.N.F
252	222	REYNOLDS	LEE	M 30 - 34	30		00:45:35	00:01:18	00:02:58	01:51:22			D.N.F
253	293	PEARSON	IAN	M 50 - 54	53	Team MK	00:56:10	00:01:41	00:06:12	02:31:36			D.N.F
254	116	BRUCE	TOM	M 35 - 39	36	Ipswich Triathlon Club	00:42:33	00:01:24	00:01:44	02:12:03			D.N.F
255	202	LOWE	WILL	M 35 - 39	35		00:43:48	00:01:27	00:02:17	01:34:34			D.N.F
256	230	GARDENER	RUTH	F 45 - 49	46		01:08:17	00:02:29					D.N.F
257	285	OCKENDON	ANA	F 40 - 44	44	East Essex Triathlon Club	00:55:29	00:03:34	00:04:53	00:00:00	10:20:01		D.N.F