

LAKESIDE TRIATHLON PROVISIONAL RESULTS VERSION 3

POS	NAME	RACE NO.	CAT	SWIM	T1	BIKE	T2	RUN	FINISH	CLUB	NOTES
1	CHRIS PANAYIOTOU	43	M 25 - 29	00:09:32	00:00:38	00:31:45	00:00:29	00:16:14	00:58:38	TEAM TORQ	
2	BILLY PARKER BROWN	12	M 20 - 24	00:09:45	00:00:39	00:31:25	00:00:33	00:16:29	00:58:51	RG ACTIVE/TRIANDRUN	
3	COLIN WARD	100	M 30 - 34	00:11:12	00:00:56	00:29:59	00:00:39	00:16:08	00:58:54	ESSEX ROADS CC	
4	COLIN LEWIN	213	M 40 - 44	00:10:54	00:00:55	00:31:25	00:00:39	00:16:15	01:00:08		
5	TIM BUTT	7	M 20 - 24	00:10:57	00:00:43	00:31:37	00:00:35	00:17:49	01:01:41		
6	PHILIP CURTIS	69	M 30 - 34	00:10:28	00:00:44	00:33:46	00:00:33	00:17:51	01:03:22	CAMBRIDGE TRI	
7	CHRIS STANTON	95	M 30 - 34	00:11:18	00:00:58	00:33:21	00:00:37	00:17:15	01:03:29	BEXLEY AC/SERPENTINE SWIMMING CLUB	
8	ALEX MCKIBBEN	260	F 15 - 19	00:10:46	00:00:34	00:34:29	00:00:29	00:17:58	01:04:16	HUMAN PERFORMANCE UNIT	
9	GEORGE BEECHER	58	M 30 - 34	00:10:09	00:00:52	00:34:53	00:00:39	00:17:44	01:04:17		
10	MARK PORTMAN	154	M 35 - 39	00:11:33	00:00:52	00:33:40	00:00:34	00:18:01	01:04:40		
11	NATHAN SMOOTHY	2	M 15 - 19	00:11:12	00:00:39	00:36:03	00:00:29	00:17:11	01:05:34	TEAM VIPER	
12	ANDREW WOOD	228	M 40 - 44	00:12:11	00:01:00	00:35:05	00:00:42	00:18:06	01:07:04	EAST ESSEX TRI CLUB	
13	ANDREW ARMIGER	108	M 35 - 39	00:14:33	00:00:42	00:32:28	00:00:36	00:18:46	01:07:05	EAST ESSEX TRI CLUB	
14	LUKE PARTRIDGE	44	M 25 - 29	00:10:44	00:00:43	00:33:10	00:00:30	00:22:18	01:07:25	TRI SPORT EPPING	
15	ALICE SHARPE	261	F 15 - 19	00:10:50	00:00:41	00:36:26	00:00:30	00:19:11	01:07:38		
16	DANIEL REYNOLDS	92	M 30 - 34	00:12:45	00:01:03	00:35:53	00:00:33	00:17:41	01:07:55		
17	FELIPE ALMEIDA	55	M 30 - 34	00:13:19	00:01:29	00:34:52	00:00:44	00:18:13	01:08:37	LONDON FIELDS TRI	
18	MARK STAFFORD	164	M 35 - 39	00:12:54	00:01:09	00:34:43	00:00:35	00:19:35	01:08:56		
19	CHRIS HOLLIS	205	M 40 - 44	00:14:13	00:00:49	00:33:33	00:00:35	00:19:49	01:08:59		
20	TAZ PORTER	1	M 15 - 19	00:11:15	00:00:52	00:37:29	00:01:00	00:18:25	01:09:01	DECATHLON	
21	MARC MILLER	215	M 40 - 44	00:13:24	00:00:53	00:34:31	00:00:38	00:19:48	01:09:14	EAST ESSEX TRI CLUB	
22	LEE SAMWELL	160	M 35 - 39	00:14:02	00:00:51	00:36:12	00:00:47	00:17:49	01:09:41		
23	RICHARD FULLER	322	M 50 - 54	00:13:31	00:01:09	00:36:04	00:00:34	00:18:27	01:09:45	EAST ESSEX TRI CLUB	
24	MATT HARRIS	201	M 40 - 44	00:12:58	00:01:12	00:35:48	00:00:34	00:19:44	01:10:16	HUMAN PERFORMANCE UNIT	
25	JON SALISBURY	94	M 30 - 34	00:15:02	00:01:03	00:34:49	00:00:35	00:18:47	01:10:16		
26	SEBASTIAN BALCOMBE	19	M 25 - 29	00:14:01	00:01:19	00:36:16	00:00:40	00:18:09	01:10:25	LONDON FIELDS TRI	
27	DANIEL GEARING	127	M 35 - 39	00:13:22	00:01:06	00:37:32	00:00:33	00:17:57	01:10:30	HAVERING 90 JOGGERS	
28	JONATHAN WARREN	50	M 25 - 29	00:12:58	00:02:25	00:35:18	00:01:03	00:18:47	01:10:31		
29	WESLEY ABSOLOM	230	M 45 - 49	00:13:41	00:01:18	00:35:22	00:01:01	00:19:23	01:10:45	EAST ESSEX TRI CLUB	
30	JAMES WOOLLEY	52	M 25 - 29	00:08:11	00:02:17	00:37:44	00:01:18	00:21:19	01:10:49		
31	TOBY HARRIS	31	M 25 - 29	00:13:10	00:01:39	00:36:20	00:00:50	00:18:51	01:10:50		
32	MARK ROYDEN	330	M 50 - 54	00:13:24	00:01:29	00:36:10	00:00:56	00:18:59	01:10:58		
33	TIM WISE	53	M 25 - 29	00:15:54	00:02:19	00:38:09	00:00:44	00:13:52	01:10:58		
34	JASON HORNE	206	M 40 - 44	00:12:33	00:00:59	00:36:42	00:01:15	00:19:34	01:11:03	TRI TOUFFAILLES	
35	MICHAEL RICHARDSON	93	M 30 - 34	00:13:38	00:01:11	00:35:54	00:00:44	00:19:42	01:11:09		
36	ANDY DOWIE	71	M 30 - 34	00:13:22	00:01:10	00:38:09	00:00:36	00:18:07	01:11:24		
37	IAIN ANDREW KIRKPATRICK	211	M 40 - 44	00:14:40	00:01:25	00:33:45	00:00:45	00:20:51	01:11:26	SPRAYTECH / BIKETRAX	
38	ADAM EASTWOOD	122	M 35 - 39	00:13:59	00:00:59	00:33:39	00:00:38	00:20:19	01:11:34		DRAFTING - 2min pen
39	KATE MCNEILL	267	F 25 - 29	00:13:16	00:01:00	00:36:49	00:00:42	00:19:47	01:11:34	DECATHLON	
40	KEITH MUGGLETON	329	M 50 - 54	00:13:14	00:00:46	00:36:11	00:00:38	00:20:56	01:11:45	EAST ESSEX TRI CLUB	
41	JASON CLARK	345	TEAM	00:13:18	00:00:35	00:33:59	00:00:37	00:23:17	01:11:46		
42	JASON MCDONALD	142	M 35 - 39	00:13:31	00:01:20	00:35:41	00:00:55	00:20:27	01:11:54		
43	NIKOLAI KRASNOV	38	M 25 - 29	00:11:52	00:01:39	00:37:23	00:00:44	00:20:29	01:12:07		
44	JACK DENHAM	28	M 25 - 29	00:13:02	00:01:10	00:38:18	00:00:33	00:19:18	01:12:21		
45	ELLIOT NEWSOME	86	M 30 - 34	00:12:23	00:01:03	00:39:05	00:00:37	00:19:18	01:12:26		
46	PAUL SMITH	15	M 20 - 24	00:12:05	00:01:09	00:38:49	00:00:52	00:19:31	01:12:26		
47	JAMES HERBERT	203	M 40 - 44	00:13:53	00:01:16	00:36:17	00:00:58	00:20:20	01:12:44	HARDLY ATHLETIC	
48	ADAM KEENAN	36	M 25 - 29	00:13:02	00:02:00	00:37:48	00:00:55	00:18:59	01:12:44		
49	ANDREW ROSE	158	M 35 - 39	00:14:30	00:01:36	00:36:09	00:00:50	00:19:57	01:13:02		
50	BECKY HEWITT	343	F 15 - 19	00:10:46	00:00:58	00:41:49	00:00:32	00:18:58	01:13:03	HUMAN PERFORMANCE UNIT	
51	DANIEL CARTER	23	M 25 - 29	00:14:44	00:01:43	00:37:20	00:00:27	00:18:57	01:13:11		
52	NICK ISON	244	M 45 - 49	00:15:15	00:01:10	00:34:46	00:00:43	00:21:25	01:13:19	NORTH ROAD CC	
53	VIERI PARIGI	153	M 35 - 39	00:13:01	00:01:26	00:37:24	00:00:51	00:20:40	01:13:22		
54	JAMES SKEGGS	47	M 25 - 29	00:14:55	00:01:16	00:36:13	00:00:42	00:20:20	01:13:26	WETRI	
55	STUART BRADLEY	62	M 30 - 34	00:13:29	00:01:26	00:38:53	00:00:38	00:19:05	01:13:31	EAST ESSEX TRI CLUB	
56	BARRY OELOFSEN	41	M 25 - 29	00:14:40	00:02:03	00:35:34	00:00:56	00:20:22	01:13:35		
57	GARY WARD	226	M 40 - 44	00:14:29	00:00:49	00:37:18	00:00:51	00:20:23	01:13:50		
58	STUART STRUTTON	96	M 30 - 34	00:13:56	00:00:57	00:35:40	00:00:58	00:22:33	01:14:04		
59	KEVIN ATTREED	18	M 25 - 29	00:15:14	00:01:33	00:35:20	00:00:43	00:21:18	01:14:08		
60	CHRISTOPHER HAYES	33	M 25 - 29	00:14:31	00:01:20	00:37:06	00:01:23	00:19:51	01:14:11	EAST ESSEX TRI CLUB	
61	LOUISE MASON	279	F 30 - 34	00:15:06	00:01:38	00:34:19	00:01:07	00:22:03	01:14:13		
62	HERFRIED WAHA	99	M 30 - 34	00:16:32	00:01:29	00:35:31	00:00:56	00:19:50	01:14:18	LONDON FIELDS TRIATHLON CLUB	
63	MATT CARTWRIGHT	24	M 25 - 29	00:16:21	00:01:22	00:37:46	00:00:49	00:18:12	01:14:30		
64	DAVID TOWEY	97	M 30 - 34	00:14:14	00:00:51	00:38:48	00:00:35	00:20:11	01:14:39	CHARING CROSS TRIATHLON CLUB	
65	JEAN MARC CHABRUT	64	M 30 - 34	00:14:13	00:02:14	00:39:06	00:00:43	00:18:40	01:14:56	DECATHLON	
66	KEVIN PAGE	90	M 30 - 34	00:16:09	00:00:52	00:37:35	00:00:34	00:20:05	01:15:15		
67	JAMES NICHOLSON	87	M 30 - 34	00:15:07	00:01:34	00:36:28	00:01:00	00:21:12	01:15:21	TRI FORCE	
68	MATTHEW NORRIS	149	M 35 - 39	00:15:50	00:01:48	00:36:24	00:00:43	00:20:40	01:15:25		
69	TONY RHODES	341	M 55 +	00:14:13	00:01:18	00:39:38	00:00:55	00:19:27	01:15:31		
70	MARTIN LONGHURST	245	M 45 - 49	00:13:48	00:01:52	00:38:14	00:00:52	00:20:47	01:15:33		
71	ALISTAIR HUGGETT	327	M 50 - 54	00:17:13	00:02:04	00:34:28	00:00:59	00:20:55	01:15:39	WINDRUSH TRI CLUB	
72	HOLLIE LAIDLAW	265	F 25 - 29	00:13:38	00:01:18	00:38:18	00:00:56	00:21:33	01:15:43		
73	STUART PAYNE	249	M 45 - 49	00:16:08	00:01:16	00:37:57	00:00:42	00:19:46	01:15:49	EAST ESSEX TRI CLUB	
74	KEVIN BALDWIN	185	M 40 - 44	00:13:30	00:03:32	00:36:35	00:01:07	00:21:07	01:15:51	TRI VIRGINS	
75	DANIEL BRAND	111	M 35 - 39	00:12:14	00:02:10	00:38:37	00:00:46	00:22:04	01:15:51	EAST ESSEX TRI CLUB	
76	GEORGE EYRE	125	M 35 - 39	00:12:39		00:42:22			01:15:57		
77	CHRIS KERR	209	M 40 - 44	00:14:29	00:01:50	00:37:20	00:01:25	00:20:54	01:15:58		
78	DAVE ANTHONY	184	M 40 - 44	00:14:07	00:01:23	00:40:00	00:00:57	00:19:31	01:15:58		
79	ANNA MEGGITT	263	F 20 - 24	00:11:03	00:01:16	00:41:02	00:00:50	00:21:47	01:15:58		
80	PAUL HOLROYD	132	M 35 - 39	00:13:34	00:01:56	00:40:33	00:00:44	00:19:14	01:16:01		
81	DAVID HAMILTON	200	M 40 - 44	00:16:36	00:01:00	00:38:11	00:00:42	00:19:35	01:16:04		
82	PHILIPPE BARICHARD	102	M 30 - 34	00:17:14	00:02:02	00:42:30	00:00:45	00:13:39	01:16:10	DECATHLON	
83	NATHAN ADAMS	3	M 20 - 24	00:15:47	00:01:18	00:39:15	00:00:37	00:19:19	01:16:16	LEICESTER TRI	
84	CONNOR O'KEEFFE	150	M 35 - 39	00:14:10	00:02:04	00:39:32	00:01:07	00:19:30	01:16:23		
85	MARCELO ALMEIDA	231	M 45 - 49	00:14:38	00:02:23	00:38:39	00:01:25	00:19:19	01:16:24		
86	GIUSEPPE DI CREDICO	70	M 30 - 34	00:15:32	00:01:44	00:37:41	00:00:57	00:20:42	01:16:36		
87	MARK BURGESS	114	M 35 - 39	00:12:32	00:02:32	00:39:46	00:00:49	00:20:59	01:16:38		
88	ANDREW BERRY	109	M 35 - 39	00:13:27	00:02:01	00:40:26	00:00:42	00:20:13	01:16:49	WHITE OAK TRIATHLON	
89	LOUISE AMERY RICHARDSON	270	TEAM	00:16:09	00:00:48	00:46:02	00:00:35	00:13:20	01:16:54	THE SAINTS	
90	NIGEL CLARK	257	M 40 - 44	00:16:28	00:01:18	00:35:06	00:00:39	00:23:23	01:16:54	GERRY HATRICK CLUB	
91	RYAN NEAL	147	M 35 - 39	00:13:23	00:01:04	00:38:38	00:00:50	00:23:01	01:16:56	KENT CYCLE RC	
92	DANIEL CLARK	105	M 20 - 24	00:14:47		00:47:17		00:14:54	01:16:58	DECATHLON	
93	MARC ROUILLION	255	M 40 - 44	00:15:20	00:01:32	00:39:06	00:00:54	00:20:10	01:17:02	DECATHLON	
94	NICK CAMPION	63	M 30 - 34	00:12:58	00:01:43	00:40:55	00:01:07	00:20:21	01:17:04		
95	MARK HARBIGE	240									

LAKESIDE TRIATHLON PROVISIONAL RESULTS VERSION 3

98	MADELEIN VAN DE MERWE	301	F 35 - 39	00:13:46	00:01:00	00:40:37	00:00:38	00:21:11	01:17:12	TRI SPORT EPPING	
99	DAVID WATKINSON	252	M 45 - 49	00:15:04	00:02:13	00:36:03	00:01:27	00:22:28	01:17:15	UEL SPORTS TRIATHLON	
100	CHRIS SCOTT	222	M 40 - 44	00:15:36	00:01:54	00:37:47	00:00:58	00:21:06	01:17:21		
101	RAY BROOKS	113	M 35 - 39	00:13:03	00:01:22	00:41:25	00:00:42	00:20:53	01:17:25	EAST ESSEX TRI CLUB	
102	GARRON GORDON	129	M 35 - 39	00:12:52	00:02:27	00:42:14	00:00:48	00:19:08	01:17:29		
103	STEVE MENDES	85	M 30 - 34	00:16:52	00:01:03	00:39:26	00:00:36	00:19:35	01:17:32		
104	PATRICK NOLAN	218	M 40 - 44	00:17:26	00:03:39	00:34:54	00:01:42	00:19:56	01:17:37		
105	SAM ROBBINS	157	M 35 - 39	00:13:33	00:01:30	00:40:29	00:00:56	00:21:25	01:17:53		
106	JAMES COULTRIP	9	M 20 - 24	00:15:08	00:03:01	00:38:15	00:01:18	00:20:15	01:17:57		
107	MARK FRANCIS	73	M 30 - 34	00:14:18	00:02:16	00:39:14	00:00:51	00:21:20	01:17:59		
108	JASON SPEARING	225	M 40 - 44	00:14:54	00:02:10	00:36:21	00:01:50	00:22:50	01:18:05		
109	PETER FOX THORNTON	198	M 40 - 44	00:14:54	00:01:38	00:38:51	00:00:48	00:21:58	01:18:09	DUNMOW TRI CLUB	
110	MATTHEW KILGARRIFF	37	M 25 - 29	00:14:48	00:01:58	00:40:32	00:00:42	00:20:13	01:18:13	WILDER TRI TEAM	
111	STEVEN NADIN	216	M 40 - 44	00:15:20	00:00:47	00:39:49	00:01:00	00:21:17	01:18:13	EAST ESSEX TRI CLUB	
112	GRAEME SAVILL	221	M 40 - 44	00:16:29	00:01:49	00:37:19	00:00:47	00:21:55	01:18:19	ICHIBAN TRI TEAM	
113	DAVID MICALF	106	M 30 - 34	00:15:30	00:02:20	00:37:57	00:01:06	00:21:29	01:18:22		
114	VICTORIA CONNELLY	275	F 30 - 34	00:13:29	00:01:29	00:42:15	00:00:59	00:20:18	01:18:30		
115	MARTIN ORFORD	248	M 45 - 49	00:16:08	00:02:12	00:37:13	00:01:37	00:21:21	01:18:31		
116	ANDREW TOKLEY	49	M 25 - 29	00:16:02	00:01:39	00:39:15	00:01:31	00:20:13	01:18:40	EAST ESSEX TRI CLUB	
117	ROBERT GOODWIN	323	M 50 - 54	00:15:49	00:01:46	00:37:43	00:01:34	00:21:56	01:18:48	ASHFORD TRI CLUB	
118	STUART EVANS	196	M 40 - 44	00:14:24	00:02:59	00:37:57	00:01:11	00:22:26	01:18:57		
119	GRAHAM LEE	139	M 35 - 39	00:15:10	00:01:48	00:38:54	00:01:18	00:21:50	01:19:00	MULTISPORT-MANAGEMENT	
120	RONAN O'SULLIVAN	89	M 30 - 34	00:15:42	00:00:58	00:37:30	00:00:51	00:23:59	01:19:00	VO2 MAXIMUM RACING TEAM	
121	LES HARTT	131	M 35 - 39	00:14:49	00:01:50	00:40:46	00:01:01	00:20:37	01:19:03		
122	PETER ANDERSON	56	M 30 - 34	00:15:28	00:01:44	00:40:07	00:01:15	00:20:37	01:19:11		
123	TIM WALKER	173	M 35 - 39	00:15:20	00:01:15	00:37:39	00:00:53	00:22:11	01:19:18		DRAFTING - 2min pen
124	MATT HUDSON	133	M 35 - 39	00:15:36	00:01:54	00:39:26	00:00:52	00:21:31	01:19:19		
125	MARK SAVILLE	161	M 35 - 39	00:14:02	00:01:22	00:38:52	00:00:53	00:22:13	01:19:22	EAST ESSEX TRI CLUB	DRAFTING - 2min pen
126	RICHARD TURNER	344	TEAM	00:15:53	00:00:56	00:32:18	00:00:48	00:29:30	01:19:25	WAGAMAMA	
127	JONATHAN WILLIS	179	M 25 - 29	00:14:45	00:01:41	00:40:08	00:01:04	00:22:05	01:19:43		
128	DAN BOWDEN	61	M 30 - 34	00:14:29	00:02:12	00:38:44	00:00:36	00:23:49	01:19:50		
129	COLIN SMITH	224	M 40 - 44	00:14:30	00:01:25	00:39:16	00:02:10	00:22:33	01:19:54		
130	NEIL LYNCH	256	M 40 - 44	00:14:52	00:01:18	00:38:48	00:00:46	00:24:19	01:20:03	EAST ESSEX TRI CLUB	
131	ROBERT SMITH	48	M 25 - 29	00:17:57	00:02:03	00:37:42	00:00:47	00:21:36	01:20:05		
132	KIEREN BROWNE	6	M 20 - 24	00:14:37	00:01:39	00:41:45	00:00:54	00:21:12	01:20:07		
133	ANDRE FERREIRA	337	M 55 +	00:17:30	00:01:55	00:38:16	00:00:48	00:21:52	01:20:21		
134	NIGEL COOPER	237	M 45 - 49	00:16:40	00:01:43	00:40:33	00:00:36	00:20:52	01:20:24	EAST ESSEX TRI CLUB	
135	SCOTT POTTER	220	M 40 - 44	00:15:17	00:01:10	00:40:22	00:01:03	00:22:34	01:20:26	HARDLY ATHLETIC	
136	STEPHEN LIDDICOAT	140	M 35 - 39	00:15:12	00:02:19	00:40:46	00:00:30	00:21:41	01:20:28		
137	TERRY BOND	59	M 30 - 34	00:15:11	00:02:31	00:39:40	00:01:08	00:22:08	01:20:38		
138	MICHAEL COURTIER	67	M 30 - 34	00:15:27	00:01:57	00:40:22	00:00:54	00:21:59	01:20:39	GREENWICH TRITONS	
139	PAUL MITCHELL	144	M 35 - 39	00:15:07	00:01:55	00:40:49	00:01:01	00:21:51	01:20:43	THURROCK NOMADS	
140	RICHARD ELLIS	195	M 40 - 44	00:14:25	00:01:35	00:41:33	00:00:44	00:22:26	01:20:43		
141	MICHAEL FOULDS	72	M 30 - 34	00:16:28	00:01:19	00:39:46	00:00:36	00:22:35	01:20:44	DECATHLON	
142	ROBERT ALLAN	17	M 25 - 29	00:20:15	00:01:24	00:38:44	00:00:57	00:19:29	01:20:49	DECATHLON	
143	ANDREW NIX	217	M 40 - 44	00:13:37	00:03:14	00:41:59	00:01:18	00:20:55	01:21:03		
144	JONATHAN BAINGER	57	M 30 - 34	00:15:49	00:02:35	00:40:42	00:01:30	00:20:27	01:21:03		
145	STEPHEN FRENCH	75	M 30 - 34	00:16:39	00:01:39	00:42:03	00:00:45	00:20:02	01:21:08	SFTRI CLUB	
146	CARL BEESLEY	187	M 40 - 44	00:15:17	00:02:16	00:40:16	00:01:16	00:22:12	01:21:17		
147	MARK HICKS	204	M 40 - 44	00:15:24	00:02:53	00:38:58	00:01:14	00:23:12	01:21:41		
148	BARRY ARMSTRONG	232	M 45 - 49	00:16:01	00:01:04	00:41:01	00:00:40	00:22:58	01:21:44		
149	CAROLINE MORTON	280	F 30 - 34	00:11:22	00:02:27	00:44:01	00:01:42	00:22:13	01:21:45		
150	STEPHEN FORDHAM	30	M 25 - 29	00:15:59	00:02:16	00:41:55	00:01:08	00:20:32	01:21:50		
151	LUCY COFFEY	273	F 30 - 34	00:14:13	00:02:53	00:43:00	00:01:00	00:20:56	01:22:02		
152	FRASER YOUNG	254	M 45 - 49	00:18:11	00:01:27	00:39:42	00:00:51	00:21:56	01:22:07	EAST ESSEX TRI CLUB	
153	SEAN COLLISON	190	M 40 - 44	00:15:04	00:01:51	00:40:46	00:01:02	00:23:25	01:22:08		
154	GEORGE OELMANN	340	TEAM	00:15:15	00:00:52	00:38:59	00:00:54	00:26:08	01:22:08		
155	JAMES RIDGE	13	M 20 - 24	00:17:07	00:02:10	00:41:12	00:00:37	00:21:09	01:22:15		
156	MATTHEW MACDONALD	84	M 30 - 34	00:14:16	00:01:41	00:42:00	00:00:48	00:23:32	01:22:17	TRI-SPORT EPPING	
157	JAIMIE BOULAHLIB	20	M 25 - 29	00:17:56	00:02:18	00:41:39	00:00:43	00:19:46	01:22:22		
158	BEN HANCOCK	78	M 30 - 34	00:17:02	00:04:25	00:41:02	00:01:13	00:18:58	01:22:40		
159	STEVEN ATTFIELD	4	M 20 - 24	00:15:55	00:01:04	00:44:12	00:00:35	00:21:00	01:22:46		
160	PAUL WILLS	253	M 45 - 49	00:17:05	00:03:29	00:39:01	00:01:18	00:22:07	01:23:00	MID SUSSEX TRI CLUB	
161	MARK WARD	174	M 35 - 39	00:16:35	00:04:52	00:38:26	00:01:40	00:21:28	01:23:01		
162	BECKIE HOUSTON	262	F 20 - 24	00:15:40	00:01:29	00:43:35	00:00:54	00:21:27	01:23:05		
163	CHARLES GILLET	10	M 20 - 24	00:15:09	00:02:50	00:43:57	00:00:27	00:20:54	01:23:17		
164	NATASHA PERTWEE	300	F 35 - 39	00:16:27	00:01:49	00:42:08	00:00:48	00:22:12	01:23:24		
165	SEAN ABBOTT	229	M 45 - 49	00:16:49	00:01:58	00:40:04	00:00:48	00:23:47	01:23:26		
166	TIM WOODS	101	M 30 - 34	00:16:03	00:04:07	00:39:18	00:01:48	00:22:16	01:23:32		
167	JAMES MILNE	115	M 25 - 29	00:18:30	00:02:50	00:40:39	00:01:11	00:20:38	01:23:48		
168	BEN ROADS	46	M 25 - 29	00:16:58	00:01:58	00:42:38	00:00:41	00:21:34	01:23:49		
169	KEVIN BAKER	333	M55 +	00:17:59		00:43:02		00:23:05	01:24:06		
170	DAVID JOHN LAWLESS	212	M 40 - 44	00:15:02	00:03:28	00:41:13	00:01:14	00:23:10	01:24:07		
171	DAVID WILLIS	176	M 35 - 39	00:16:12	00:01:56	00:41:10	00:01:01	00:23:51	01:24:10		
172	LAURA CONLON	274	TEAM	00:15:47	00:00:36	00:39:00	00:00:32	00:28:15	01:24:10	BERWICK	
173	CLAIRE DUGUID	276	F 30 - 34	00:15:10	00:02:19	00:43:01	00:01:10	00:22:38	01:24:18	UEL TRIATHLON CLUB	
174	SIMON YOUNG	177	M 35 - 39	00:20:00	00:02:24	00:39:17	00:01:18	00:21:21	01:24:20		
175	JACK GRIFFITH	76	M 30 - 34	00:18:07	00:02:21	00:40:46	00:01:08	00:22:06	01:24:28	DECATHLON	
176	CHRIS CLARK	26	M 25 - 29	00:18:42	00:03:31	00:41:15	00:01:15	00:19:46	01:24:29		
177	TOM BRIGDEN	112	M 35 - 39	00:15:44	00:01:54	00:42:46	00:01:13	00:23:03	01:24:40		
178	EMILY CHONG	272	F 30 - 34	00:16:42	00:01:48	00:43:00	00:00:50	00:22:27	01:24:47	SERPENTINE RUNNING CLUB	
179	JONATHAN COLLIER	117	M 35 - 39	00:15:47	00:02:34	00:40:09	00:01:21	00:25:14	01:25:05		
180	DAVID ANDREWS	107	M 35 - 39	00:18:23	00:01:44	00:39:44	00:01:31	00:23:48	01:25:10		
181	JAMES MCGUIRE	104	M 20 - 24	00:17:47	00:04:19	00:39:49	00:01:40	00:21:55	01:25:30	DECATHLON	
182	TERRY HURRELL	135	M 35 - 39	00:20:40	00:02:46	00:38:11	00:01:07	00:22:56	01:25:40		
183	SEAN O'SULLIVAN	219	M 40 - 44	00:18:54	00:02:12	00:40:15	00:01:01	00:23:24	01:25:46		
184	ANNEMARIE WOOD	303	F 35 - 39	00:12:41	00:02:03	00:45:28	00:01:13	00:24:22	01:25:47	EAST ESSEX TRI CLUB	
185	JOHNNY BELL	235	M 45 - 49	00:15:44	00:03:02	00:42:07	00:02:54	00:22:05	01:25:52		
186	SUZANNE NOTTAGE	299	F 35 - 39	00:16:12	00:03:38	00:41:11	00:01:03	00:23:57	01:26:01		
187	DEBBIE SHAW	307	F 40 - 44	00:16:36	00:02:44	00:41:33	00:01:15	00:23:59	01:26:07		
188	LEAH HANCOCK	278	F 30 - 34	00:16:04	00:02:05	00:43:07	00:00:53	00:24:13	01:26:22		
189	SUSAN OLVER	281	F 30 - 34	00:16:06	00:01:59	00:43:36	00:00:34	00:24:10	01:26:25		
190	MARK DOW	121	M 35 - 39	00:14:43	00:03:37	00:43:23	00:00:48	00:23:56	01:26:27		
191	SANDRA MOGAN	309	F 45 - 49	00:16:59	00:01:24	00:42:05	00:01:36	00:24:29	01:26:33	HEMEL HEMPSTEAD CYCLING CLUB	
192	GAVIN O'SHEA	42	M 25 - 29	00:19:18	00:01:55						

LAKESIDE TRIATHLON PROVISIONAL RESULTS VERSION 3

196	CAROL MACDONALD	297	F 35 - 39	00:18:13	00:01:10	00:42:12	00:00:45	00:24:34	01:26:54	HEMEL HEMPSTEAD CYCLING CLUB	
197	DONALD GORDON	324	M 50 - 54	00:16:56	00:02:01	00:41:51	00:00:49	00:23:26	01:27:03	ELITE SPORT NUTRITION	DRAFTING - 2min pen
198	LINDA HARRISON	294	F 35 - 39	00:16:18	00:02:38	00:42:19	00:01:41	00:22:11	01:27:07	EAST LONDON TRIATHLETES	DRAFTING - 2min pen
199	BARRY REDGEWELL	156	M 35 - 39	00:15:31	00:03:15	00:42:45	00:02:16	00:23:26	01:27:13		
200	DANIEL GAMBLIN	126	M 35 - 39	00:18:37	00:02:48	00:42:21	00:01:32	00:22:06	01:27:24		
201	JOHN BACON	332	M 55 +	00:15:43	00:01:57	00:41:15	00:01:16	00:27:31	01:27:42	7 OAKS TRIATHLON CLUB	
202	DAVE CAHILL	22	M 25 - 29	00:21:23	00:02:12	00:42:45	00:00:50	00:20:33	01:27:43		
203	FRED OUDEVILLE	151	M 35 - 39	00:17:48	00:04:08	00:42:44	00:01:13	00:21:51	01:27:44	DECATHLON	
204	STUART WARREN	227	M 40 - 44	00:17:11	00:02:35	00:44:20	00:01:26	00:22:16	01:27:48	BORN2TRI	
205	GAVIN GREENWAY	199	M 40 - 44	00:17:21	00:02:12	00:41:47	00:01:02	00:25:27	01:27:49		
206	PHIL MATTHEWS	141	M 35 - 39	00:18:39	00:03:31	00:42:35	00:01:50	00:21:17	01:27:52		
207	TIM THOMPSON	250	M 45 - 49	00:18:08	00:03:42	00:38:01	00:04:36	00:23:26	01:27:53	DECATHLON	
208	STUART O'SHEA	88	M 30 - 34	00:17:19	00:02:46	00:44:18	00:00:44	00:23:18	01:28:25		
209	PETER JUPP	208	M 40 - 44	00:18:25	00:03:19	00:40:08	00:01:47	00:24:46	01:28:25		
210	ADRIAN WEBSTER	51	M 25 - 29	00:19:52	00:02:23	00:42:18	00:01:32	00:22:22	01:28:27		
211	JAMIE HALL	103	M 20 - 24	00:19:00	00:02:50	00:43:14	00:01:17	00:22:34	01:28:55	DECATHLON	
212	DYLAN MAGNAY	40	M 25 - 29	00:18:08	00:01:41	00:45:02	00:01:08	00:22:58	01:28:57		
213	ANDREW PACKER	152	M 35 - 39	00:15:41	00:04:06	00:43:04	00:01:05	00:25:05	01:29:01	TRI VIRGINS	
214	RAYMOND DANIEL	118	M 35 - 39	00:19:31	00:03:51	00:44:15	00:01:18	00:20:08	01:29:03		
215	ATTILA VEGH	169	M 35 - 39	00:14:42	00:03:59	00:43:08	00:01:11	00:26:08	01:29:08		
216	EMMA TWEDDLE	288	F 30 - 34	00:18:35	00:02:33	00:43:44	00:00:47	00:23:36	01:29:15		
217	BEN DENNEY	119	M 35 - 39	00:17:12	00:04:26	00:42:17	00:01:02	00:24:19	01:29:16	ELT	
218	DANIEL SHERIDAN	163	M 35 - 39	00:18:36	00:02:50	00:44:16	00:00:39	00:22:59	01:29:20		
219	MARK BAMBIDGE	186	M 40 - 44	00:17:45	00:02:23	00:44:50	00:01:16	00:23:20	01:29:34		
220	STEPHEN SAMPSON	331	M 50 - 54	00:15:52	00:03:02	00:46:55	00:01:15	00:22:46	01:29:50		
221	PHILLIP SCOTT	162	M 35 - 39	00:16:53	00:02:04	00:46:25	00:00:53	00:23:51	01:30:06	EAST ESSEX TRI CLUB	
222	LEE PUTT	45	M 25 - 29	00:14:05	00:05:58	00:47:10	00:00:46	00:22:20	01:30:19		
223	DANNY SAINS	159	TEAM	00:14:39	00:02:28	00:43:32	00:00:41	00:29:07	01:30:27		
224	PAUL EVANS	124	M 35 - 39	00:18:01	00:01:08	00:47:07	00:00:44	00:23:33	01:30:33	SFTRI CLUB	
225	JAMES BLOOR	188	M 40 - 44	00:15:56	00:02:16	00:42:23	00:01:12	00:28:59	01:30:46		
226	REBECCA MARTIN	298	F 35 - 39	00:15:43	00:02:54	00:45:25	00:00:40	00:26:23	01:31:05		
227	NIGEL BUNTON	258	M 40 - 44	00:17:52	00:01:35	00:46:18	00:01:25	00:25:00	01:32:10		
228	LAWRENCE MOORE	146	M 35 - 39	00:14:56	00:04:53	00:48:49	00:02:01	00:21:47	01:32:26		
229	MARIU HURRIGA	296	F 35 - 39	00:17:35	00:02:20	00:49:14	00:00:56	00:22:26	01:32:31		
230	STEVEN GUIMARD	77	M 30 - 34	00:18:58	00:03:20	00:44:49	00:01:04	00:24:59	01:33:10	DECATHLON	
231	KERWAYNE COOPER	27	M 25 - 29	00:19:11	00:03:17	00:44:57	00:01:15	00:24:33	01:33:13		
232	GERALD BARON	334	M 55 +	00:20:35	00:03:21	00:45:24	00:02:01	00:21:53	01:33:14	LARKFIELD AC	
233	MATTHEW CROW	191	M 40 - 44	00:17:14	00:02:26	00:40:43	00:01:41	00:31:13	01:33:17		
234	STEPHEN ELLEN	194	M 40 - 44	00:16:37	00:03:17	00:45:09	00:00:34	00:28:02	01:33:39		
235	HELEN WILDIN	311	F 45 - 49	00:14:51	00:01:45	00:48:34	00:01:02	00:27:34	01:33:46	CHALKWELL REDCAPS	
236	MATTHEW LOCK	83	M 30 - 34	00:19:13	00:03:25	00:47:21	00:00:48	00:23:03	01:33:50		
237	HANNAH MORAA	269	F 25 - 29	00:14:26	00:02:29	00:52:53	00:01:33	00:22:43	01:34:04		
238	FREDERIC VIDAL	171	M 35 - 39	00:19:22	00:05:07	00:44:11	00:01:34	00:24:05	01:34:19		
239	LEN DAVIES	319	M 50 - 54	00:23:43	00:03:20	00:43:17	00:02:33	00:22:01	01:34:54	HAVERING 90 JOGGERS	
240	GAVIN TAYLOR	166	M 35 - 39	00:18:50	00:03:18	00:47:17	00:01:28	00:24:04	01:34:57	TRI VIRGINS	
241	PIETER VAN AARDT	168	M 35 - 39	00:20:33	00:03:09	00:43:29	00:01:27	00:26:19	01:34:57		
242	RICHARD EBANKS	238	M 45 - 49	00:21:36	00:02:28	00:44:03	00:01:45	00:25:14	01:35:06		
243	VICTORIA BOWNES	271	F 30 - 34	00:19:13	00:02:43	00:47:41	00:01:11	00:24:22	01:35:10		
244	IAN MCKEAN	339	M 55 +	00:20:13	00:01:57	00:45:34	00:01:13	00:26:15	01:35:12		
245	GLEN HEAD	202	M 40 - 44	00:16:19	00:02:01	00:48:17	00:00:53	00:27:46	01:35:16		
246	EMMA PAYTON	306	F 40 - 44	00:16:21	00:01:49	00:51:32	00:00:44	00:25:03	01:35:29		
247	MARK HORNE	34	M 25 - 29	00:20:33	00:03:44	00:50:06	00:00:50	00:20:20	01:35:33		
248	HEATHER GUTTERY	317	F 50 +	00:18:00	00:02:15	00:46:26	00:01:09	00:28:17	01:36:07		
249	JANE WHITTING	312	F 45 - 49	00:20:38	00:02:21	00:44:09	00:01:19	00:27:56	01:36:23	EAST ESSEX TRI CLUB	
250	LISA WHITTINGTON	302	F 35 - 39	00:21:42	00:01:31	00:46:12	00:01:08	00:24:55	01:37:28	ASHFORD RUN ENGLAND	DANGEROUS RIDING - 2min pen
251	IAIN AINSLIE	183	M 40 - 44	00:22:36	00:04:45	00:47:00	00:01:22	00:22:33	01:38:16		
252	COLETTE SMITH	287	F 30 - 34	00:16:27	00:01:44	00:50:59	00:01:10	00:28:00	01:38:20		
253	CLAIRE FURZE	304	F 40 - 44	00:21:10	00:02:40	00:49:15	00:01:29	00:23:51	01:38:25		
254	PATRICK CREEDON	335	M 55 +	00:16:34	00:02:44	00:44:54	00:00:53	00:33:25	01:38:30		
255	MARC LABBETT	81	M 30 - 34	00:15:46	00:03:27	00:46:48	00:01:15	00:31:56	01:39:12		
256	GRAHAM GORSUCH	325	M 50 - 54	00:19:52	00:02:33	00:49:19	00:00:46	00:27:01	01:39:31		
257	TYRONNE WALDRON	172	M 35 - 39	00:20:20	00:03:43	00:45:09	00:01:38	00:29:16	01:40:06		
258	ELIZABETH HAMPSON SMITH	293	F 35 - 39	00:17:37	00:03:42	00:52:39	00:01:37	00:25:09	01:40:44		
259	PHILIPPE REBELO	178	M 35 - 39	00:19:05	00:04:59	00:50:59	00:00:52	00:24:53	01:40:48	DECATHLON	
260	SIMON FRENCH	74	M 30 - 34	00:14:14	00:01:54	01:00:51	00:01:19	00:23:51	01:42:09		
261	CLAIRE EVENDEN	291	F 35 - 39	00:19:02	00:02:34	00:49:59	00:00:52	00:29:48	01:42:15		
262	STEPHEN EASLEY	193	M 40 - 44	00:22:06	00:03:12	00:47:56	00:00:46	00:30:12	01:44:12	SERPENTINE	
263	HANNAH FOWLER	264	F 25 - 29	00:23:53	00:03:39	00:47:24	00:01:55	00:27:48	01:44:39		
264	JULIAN HOLDER	243	M 45 - 49	00:15:12	00:02:27	00:47:28	00:01:56	00:37:37	01:44:40	PITSEA RUNNING CLUB	
265	NINETTE FERNANDES	277	F 30 - 34	00:18:26	00:03:38	00:54:16	00:02:06	00:26:33	01:44:59		
266	RICK LANSDELL	82	M 30 - 34	00:16:49	00:04:39	00:54:56	00:00:53	00:27:53	01:45:10		
267	JENNY DUCKWORTH	290	F 35 - 39	00:16:26	00:01:36	00:57:42	00:00:59	00:28:42	01:45:25		
268	TIM LAWLER	328	M 50 - 54	00:25:30	00:08:09	00:43:46	00:02:44	00:26:11	01:46:20		
269	DAVID HELLEN	242	M 45 - 49	00:18:39	00:05:41	00:53:15	00:02:22	00:26:49	01:46:46		
270	SUE COURTMAN	315	F 50 +	00:20:20	00:03:30	00:53:15	00:01:15	00:28:41	01:47:01		
271	TOMASZ BORTNIK	60	M 30 - 34	00:18:00	00:03:24	00:57:44	00:00:41	00:27:17	01:47:06		
272	KIRSTY HUNTER	295	F 35 - 39	00:23:28	00:04:15	00:51:45	00:00:39	00:28:04	01:48:11		
273	DAVID CHITTY	65	M 30 - 34	00:22:52	00:03:44	00:51:51	00:01:03	00:29:30	01:49:00		
274	KERRY O'SULLIVAN	282	F 30 - 34	00:17:09	00:03:04	00:56:36	00:00:59	00:31:58	01:49:46		
275	ALISON SMITH	308	F 40 - 44	00:21:43	00:04:40	00:54:11	00:02:05	00:28:29	01:51:08		
276	MARTIN BARRIE	234	M 45 - 49	00:26:16	00:02:50	00:53:03	00:01:03	00:28:52	01:52:04		
277	MALCOLM DENNIS	321	M 50 - 54	00:32:30	00:03:48	00:51:34	00:00:50	00:24:20	01:53:02	SERPENTINE RUNNING CLUB	
278	JASON JOYNT	137	M 35 - 39	00:18:59	00:03:32	01:04:35	00:00:41	00:25:20	01:53:07		
279	DECLAN SMITH	342	M 55 +	00:23:35	00:04:52	00:56:53	00:01:14	00:27:19	01:53:53		
280	JACQUELINE BLASBY	313	F 50 +	00:24:02	00:04:11	00:54:20	00:02:14	00:32:11	01:56:58		
281	KARIN COURTMAN	314	F 50 +	00:21:07	00:02:00	01:00:41	00:02:11	00:33:59	01:59:58	DULWICH PARK RUNNERS	
282	DARREN COMEAU	66	TEAM	00:45:32	00:05:09	00:39:21	00:00:45	00:35:07	02:05:54	CBRC	
283	MIHAELA DIACONU	289	F 35 - 39	00:22:34	00:08:23	01:09:07	00:01:54	00:30:57	02:12:55		
DNF	GRAHAM DUGUID	336	M 55 +	00:15:59	00:01:57	00:21:03	00:22:41	00:22:40			1 LAP BIKE
DNF	JAMES MURPHY	247	M 45 - 49	00:21:15	00:03:31		00:00:51	00:23:23			1 LAP BIKE
DNF	STANFORD CLARKE	236	M 45 - 49	00:15:24	00:02:11		00:00:52	00:28:24			1 LAP BIKE