



LAKESIDE TRIATHLON - PROVISIONAL RESULTS VER.2  
 EMAIL ENQUIRIES - STEVE@ONESTEPBEYOND.ORG.UK

Place	Race No	First Name	Last Name	Division	Club	Team Name	Swim	T1	Bike	T2	Run	Finish	Notes
1	222	COLIN	LEWIN	M 45 - 49	BLACKHAWKBIKES.COM		11:01	0:50	31:20	0:37	17:50	1:01:37	
2	317	CHRIS	COYLE	TEAM	GREENWICH TRITONS	GREENWICH TRITONS	12:25	0:48	29:30	0:36	20:35	1:03:51	
3	171	MARK	PORTMAN	M 40 - 44			11:10	0:53	32:10	0:31	19:17	1:04:00	
4	2	JAMES	KIDD	M 15 - 19			10:38	0:35	34:20	0:25	18:24	1:04:20	
5	326	RICH	BRASS	M 40 - 44	T.I.A.G.D		11:07	1:07	34:48	0:55	16:38	1:04:32	
6	52	CHRIS	STANTON	M 30 - 34	BEXLEY AC/SERPENTINE SWIMMING CLUB		11:54	0:44	33:22	0:33	19:00	1:05:30	
7	18	JOHN	TINDELL	M 25 - 29	BRIGHTON PHOENIX TRI CLUB		12:44	1:03	32:53	0:35	18:20	1:05:32	
8	112	JONTY	ROBINSON	M 35 - 39			13:28	0:48	32:04	0:40	18:59	1:05:57	
9	262	DANIEL	POWELL	M 40 - 44			11:32	0:45	33:04	0:42	20:36	1:06:37	
10	177	MARK	FLETCHER	M 40 - 44	4T+ VELO		12:56	1:01	32:13	0:41	20:03	1:06:52	
11	66	FELIPE	ALMEIDA	M 30 - 34	LONDON FIELDS TRIATHLON CLUB		15:00	1:07	33:23	0:44	18:52	1:09:04	
12	58	DANIEL	REYNOLDS	M 30 - 34			13:23	0:55	35:07	0:39	19:29	1:09:30	
13	224	WESLEY	ABSOLOM	M 45 - 49	EAST ESSEX TRI CLUB		13:36	0:48	34:04	0:45	20:32	1:09:43	
14	151	SIMON	LASHMAR	M 35 - 39			12:16	1:21	34:59	0:45	20:46	1:10:04	
15	4	ZAC	MASHFORD	M 15 - 19			11:10	0:54	37:12	0:40	21:35	1:11:29	
16	117	MARK	STAFFORD	M 35 - 39			13:26	1:19	34:54	0:45	21:55	1:12:16	
17	253	KEITH	MUGGLETON	M 55 - 59	EAST ESSEX TRI CLUB		12:03	0:54	36:07	0:39	22:44	1:12:25	
18	55	KARL	BOEHM	M 30 - 34			13:28	1:59	36:29	0:54	19:42	1:12:31	
19	202	KEVIN	BALDWIN	M 40 - 44			14:35	1:22	33:48	0:57	21:52	1:12:34	
20	24	JACK	DENHAM	M 25 - 29			14:02	1:09	36:23	0:45	20:20	1:12:38	
21	25	TOBY	HARRIS	M 25 - 29			14:12	1:12	36:04	0:45	20:27	1:12:38	
22	204	MATT	HARRIS	M 40 - 44	EAST ESSEX TRI CLUB		13:15	1:15	35:40	0:42	21:49	1:12:38	
23	166	ANDREW	ARMIGER	M 35 - 39			16:44	0:59	33:22	0:37	21:01	1:12:42	
24	287	DEBORAH	HOPE	F 35 - 39	MEDWAY VELO/BLSC		13:48	0:58	36:27	0:36	20:58	1:12:44	
25	115	DAVID	TOWEY	M 35 - 39	CHARING CROSS TRIATHLON CLUB		13:56	1:03	37:12	0:40	19:59	1:12:49	
26	186	CARL	SHAWCROSS	M 40 - 44			13:44	1:26	36:26	0:40	20:39	1:12:54	
27	136	DANIEL	GEARING	M 35 - 39	HAVERING 90 JOGGERS		14:33	0:53	37:30	0:41	19:25	1:12:59	
28	57	CHRIS	BALMER	M 30 - 34	RYSTON RUNNERS		16:23	1:37	36:32	0:40	17:50	1:13:01	
29	75	ANDY	DOWIE	M 30 - 34	EAST ESSEX TRI CLUB		14:21	1:14	37:53	0:31	19:08	1:13:05	
30	175	JASON	MCDONALD	M 40 - 44			14:52	1:25	34:58	0:41	21:46	1:13:41	
31	15	PAUL	SMITH	M 25 - 29	EAST LONDON TRIATHLETES		13:18	0:59	37:41	0:55	21:23	1:14:14	
32	180	JAMES	WALSH	M 40 - 44			15:24	1:17	36:35	0:46	20:41	1:14:42	
33	173	JAMES	HOPKINS	M 40 - 44	SOUTHAMPTON UNIVERSITY TRIATHALON		14:33	1:36	36:37	0:47	21:11	1:14:43	
34	113	MICHAEL	BIRCH	M 35 - 39			15:37	1:09	35:59	0:53	21:11	1:14:47	
35	87	MARK	FOWLER	M 30 - 34			12:49	1:44	37:22	1:00	22:04	1:14:56	
36	162	GEORGE	EYRE	M 35 - 39			13:28	2:00	37:22	0:30	21:39	1:14:57	
37	44	PETER	HAWTREE	M 30 - 34	EAST ESSEX TRI CLUB		15:03	1:16	36:51	0:49	20:59	1:14:57	
38	218	MARC	ROUILLION	M 45 - 49	DECATHLON LAKESIDE		15:34					1:15:00	Lost Chip
39	205	NIGEL	CHAMPION	M 40 - 44			13:16	2:32	35:57	1:48	22:01	1:15:32	
40	63	ALEX	CROSS	M 30 - 34			14:55	1:20	38:12	0:55	22:16	1:15:36	
41	235	MARTIN	LONGHURST	M 45 - 49			13:59	1:24	37:00	0:57	22:19	1:15:37	
42	252	CHRIS	MILNE	M 50 - 54	EAST ESSEX TRI CLUB		15:19	1:34	35:18	0:55	22:39	1:15:43	
43	267	DANI	NIMMOCK	F 15 - 24			11:55	1:19	41:21	1:13	19:58	1:15:45	



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44	1	CHRISTOPHER	KAKOULLIS	M 15 - 19			14:01	1:13	36:41	0:55	23:07	1:15:56	
45	185	ROBERT	GRANT	M 40 - 44			12:50	1:38	37:40	1:11	22:41	1:15:58	
46	285	NELL	SHUTTLEWORTH	F 30 - 34			16:03	1:37	36:07	0:52	21:29	1:16:06	
47	77	DAN	BOWDEN	M 30 - 34			14:11	1:08	36:39	0:49	23:31	1:16:16	
48	181	PAUL	TURTON	M 40 - 44			17:18	1:39	34:03	1:11	22:17	1:16:25	
49	192	JAMES	HERBERT	M 40 - 44			14:55	1:17	37:10	0:58	22:07	1:16:25	
50	148	ROB	GROVES	M 35 - 39	EAST ESSEX TRI CLUB		14:15	0:48	36:56	0:57	23:38	1:16:33	2Min Pen
51	182	MARK	SMITH	M 40 - 44			16:44	2:31	34:38	0:43	22:16	1:16:50	
52	237	MARK	HARBIGE	M 45 - 49			15:47	1:44	37:03	0:43	21:37	1:16:50	
53	43	SIMON	BRADER	M 30 - 34	LONDON FIELDS TRIATHLON CLUB		15:52	1:54	36:37	1:00	21:36	1:16:56	
54	86	KEVIN	PAGE	M 30 - 34			17:04	0:56	36:42	0:46	21:32	1:16:57	
55	261	MARCELO	ALMEIDA	M 45 - 49			15:28	2:01	36:57	1:17	21:22	1:17:03	
56	330	JAMES	LAWTON	M 35 - 39			14:07	1:07	38:17	1:09	22:26	1:17:04	
57	126	TIM	WALKER	M 35 - 39			16:20	0:58	36:06	1:04	22:46	1:17:12	
58	69	MARK	FRANCIS	M 30 - 34			14:54	1:37	37:25	0:52	22:36	1:17:22	
59	127	DANIEL	BRAND	M 35 - 39	EAST ESSEX TRI CLUB		13:49	1:22	36:27	0:53	25:08	1:17:37	
60	45	CREAG	LAWRENCE	M 30 - 34			14:01	2:00	39:59	1:16	20:28	1:17:42	
61	194	ANTHONY	ATKINSON	M 40 - 44			14:32	2:16	36:35	1:01	23:21	1:17:43	
62	242	STUART	PAYNE	M 45 - 49	EAST ESSEX TRI CLUB		16:37	1:26	37:26	0:51	21:29	1:17:47	
63	146	RYAN	NEAL	M 35 - 39	KENT CYCLE RC		14:14	1:02	37:39	0:54	24:01	1:17:50	
64	118	TIM	MAYNARD	M 35 - 39			15:43	1:54	38:18	1:08	20:53	1:17:55	
65	211	PAUL	GREEN	M 40 - 44			16:38	2:16	36:34	1:31	21:12	1:18:08	
66	23	BEN	CARDER	M 25 - 29			16:34	1:38	38:45	0:43	20:41	1:18:19	
67	217	MARK	SHEPHERD	M 45 - 49			15:39	0:54	38:50	1:02	21:59	1:18:23	
68	12	DANIEL	CLARK	M 20 - 24	DECATHLON LAKESIDE		16:14	1:59	37:27	1:15	21:32	1:18:26	
69	145	TERRY	HURRELL	M 35 - 39			16:05	2:12	37:25	0:58	21:58	1:18:36	
70	70	CRAIG	STEVENSON	M 30 - 34			17:03	1:16	36:30	1:01	22:57	1:18:45	
71	331	EVAN	BARRETT	M 25 - 29			16:26	1:29	36:41	0:44	23:32	1:18:49	
72	11	JOSHUA	BISHOP	M 20 - 24	BAD TRI		16:27	1:48	38:57	0:55	20:55	1:19:00	
73	212	PETER	OSBORNE	M 40 - 44	CASTLE POINT JOGGERS		15:20	2:02	39:11	1:00	21:31	1:19:02	
74	234	RICHARD	EBANKS	M 45 - 49			17:54	1:37	34:36	1:13	23:45	1:19:04	
75	327	STEVE	BUNCE	M 55 - 59			14:34	1:23	39:13	1:04	23:21	1:19:32	
76	68	MARK	COWAP	M 30 - 34			16:31	1:20	32:24	1:39	27:44	1:19:35	2Min Pen
77	21	JON	BROWN	M 25 - 29			16:19	2:17	38:27	1:13	21:23	1:19:38	
78	329	GRAEME	SAVILL	M 40 - 44			16:42	1:45	36:33	0:50	24:20	1:20:08	
79	134	GORDON	BANKS	M 35 - 39	KINGFISHER TRIATHLETES		15:20	1:29	39:01	1:15	23:24	1:20:27	
80	13	TOM	SHEFFLE	M 20 - 24			17:22	1:39	38:19	1:08	22:06	1:20:32	
81	158	PAUL	HOLROYD	M 35 - 39			15:40	2:01	41:04	0:41	21:09	1:20:33	
82	8	WILLIAM	LLOYD	M 20 - 24			17:26	1:29	38:11	1:16	22:18	1:20:38	
83	62	DANIEL	COPP	M 30 - 34			15:28	1:43	39:01	1:26	23:06	1:20:42	
84	114	CLINT	SAWYER	M 35 - 39	LWAC		17:40	1:25	38:40	1:03	22:03	1:20:49	
85	244	RUSSELL	TODD	M 50 - 54			16:08	1:31	38:40	1:01	23:39	1:20:58	
86	318	MICHAEL	JONES	TEAM		JONES BARRIO UTD	15:52	0:48	35:28	0:41	28:13	1:21:00	
87	50	MICHAEL	COLLINS	M 30 - 34	TEAM PILLIPENIS		13:10	1:32	42:36	1:03	22:42	1:21:01	



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88	207	GERRY	GLEESON	M 40 - 44			15:09	1:54	38:46	1:13	24:07	1:21:07	
89	83	DAVID	MICALLEF	M 30 - 34			17:15	1:47	38:12	1:09	22:56	1:21:17	
90	274	SARAH	HOLMES	F 30 - 34			12:53	1:20	40:40	1:06	25:49	1:21:46	
91	230	DAVE	HONEYWELL	M 45 - 49			16:27	2:34	36:53	1:11	24:44	1:21:46	
92	80	JAMES	BLACKSHAW	M 30 - 34			18:24	2:03	37:13	1:07	23:19	1:22:05	
93	294	JENNY	MOORE	F 35 - 39			14:43	2:26	38:44	0:56	25:20	1:22:07	
94	228	PAUL	FEENEY	M 45 - 49			14:45	2:21	38:28	1:03	25:33	1:22:07	
95	215	GREG	VIRGOE	M 45 - 49	BLACKWATER TRI CLUB		15:04	1:27	40:01	1:18	24:23	1:22:11	
96	135	BARRY	SMITH	M 35 - 39	LONDON FIRE BRIGADE TRI CLUB		18:30	1:19	40:13	0:51	21:38	1:22:29	
97	123	KARL	HUNT	M 35 - 39			17:39	1:40	39:10	1:29	22:40	1:22:36	
98	316	PETER	CHAPLIN	TEAM		G P RUNNRS	16:41	0:43	39:58	0:46	24:30	1:22:36	
99	227	BARRY	ARMSTRONG	M 45 - 49			16:57	1:08	39:04	1:09	24:23	1:22:39	
100	199	SCOTT	POTTER	M 40 - 44	HARDLY ATHLETIC		15:26	1:34	39:27	1:09	25:10	1:22:44	
101	133	BARNEY	DINES	M 35 - 39	BRIGHTON PHOENIX TRI CLUB		16:00	1:28	40:15	0:43	24:22	1:22:47	
102	122	DAVID	COX	M 35 - 39			16:16	2:47	41:30	0:56	21:28	1:22:55	
103	149	ADAM	GUMB	M 35 - 39			16:31	1:21	40:37	1:07	23:24	1:22:58	
104	64	JOE	OTTERBURN	M 30 - 34			17:27	2:11	42:18	1:16	19:50	1:23:00	
105	61	ARRON	MORRIS	M 30 - 34	TEAM PILLIPENIS		16:01	2:05	39:19	1:11	24:45	1:23:19	
106	36	LEE	JONES	M 25 - 29	KEEPITSIMPLY TRI CLUB		14:50	1:40	42:20	0:59	23:38	1:23:25	
107	20	CHRISTOPHER	BAINES	M 25 - 29			16:53	1:48	37:40	1:07	26:04	1:23:29	
108	152	MARK	SAVILLE	M 35 - 39	EAST ESSEX TRI CLUB		16:50	1:37	39:55	0:49	24:20	1:23:30	
109	311	ÅSE	BALDWIN	F 50 - 54	BORN2TRI		16:29	2:08	39:43	0:53	24:34	1:23:45	
110	92	RYAN	LAURENT	M 30 - 34			14:31	3:26	40:55	1:26	23:33	1:23:49	
111	150	SIMON	MARTIN	M 35 - 39			15:44	2:39	37:24	1:20	26:43	1:23:50	
112	233	SEAN	ABBOTT	M 45 - 49			16:35					1:23:53	
113	183	PAUL	TRIGG	M 40 - 44			14:50	2:30	42:30	0:43	23:24	1:23:55	
114	89	LEE	ADDINGTON	M 30 - 34	LONDON FIRE BRIGADE TRI CLUB		13:04	1:28	42:18	1:03	26:04	1:23:56	
115	54	PHIL	WALTERS	M 30 - 34			15:06	3:09	40:44	0:53	24:16	1:24:06	
116	37	IVAN	USENKO	M 25 - 29			17:58	1:45	40:19	1:04	23:03	1:24:07	
117	137	CHRIS	PARKS	M 35 - 39			19:29	2:07	39:11	1:10	22:13	1:24:08	
118	101	MATTHEW	TALBOYS	M 35 - 39			17:29	1:38	39:44	0:50	24:37	1:24:16	
119	39	PETER	MAYNE	M 25 - 29			19:34	0:56	39:33	1:09	23:09	1:24:20	
120	179	STUART	LAMMIN	M 40 - 44			15:35	1:35	40:37	1:06	25:32	1:24:22	
121	40	BEN	ROADS	M 25 - 29			18:00	1:35	40:04	0:43	24:03	1:24:23	
122	174	NIGEL	BARTON	M 40 - 44			13:03	3:20	42:00	1:18	24:48	1:24:28	
123	34	STEVEN	BUTLER	M 25 - 29	BILLERICAY TRI		16:44	1:35	42:20	0:41	23:11	1:24:29	
124	296	VANESSA	SMITH	F 35 - 39			15:31	2:28	41:32	1:09	24:06	1:24:45	
125	51	STEPHEN	RYDER	M 30 - 34			15:57	1:56	42:30	1:20	23:07	1:24:48	
126	259	KEVIN	BAKER	M 60 +			18:32	1:53	39:14	1:01	24:44	1:25:21	
127	144	IAN	STARK	M 35 - 39			17:50	1:36	39:34	0:44	25:58	1:25:39	
128	153	LES	HARTT	M 35 - 39			17:50	2:06	42:00	0:41	23:24	1:25:59	
129	256	NEIL	REED	M 55 - 59			18:59	2:19	39:01	1:11	24:41	1:26:10	
130	164	TOM	BRIGDEN	M 35 - 39			17:11	1:46	41:39	1:08	24:43	1:26:24	
131	132	STEPHEN	LIDDICOAT	M 35 - 39			15:31	1:54	43:31	0:35	24:58	1:26:26	



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132	251	ROBERT	GOODWIN	M 50 - 54	ASHFORD TRI CLUB		21:39	1:58	38:16	0:53	23:46	1:26:30
133	143	BARRY	REDGEWELL	M 35 - 39			15:18	2:00	42:06	1:36	25:39	1:26:37
134	116	GREG	SAYER	M 35 - 39			18:32	1:39	40:45	0:42	25:47	1:27:23
135	254	PAUL	FRANKLIN	M 55 - 59	CASTLE POINT JOGGERS		21:17	3:04	38:12	1:15	23:40	1:27:25
136	31	DANIEL	RAYNER	M 25 - 29			17:17	1:19				1:27:27
137	155	PHIL	MATTHEWS	M 35 - 39			18:33	3:39	41:21	1:12	22:55	1:27:38
138	310	PATRICIA	AMES-SMALL	F 40 - 44	KIS		16:28	2:36	42:40	0:57	25:05	1:27:44
139	214	WARREN	BARR	M 40 - 44			16:32	2:17	40:35	1:29	27:01	1:27:51
140	293	MICHELLE	DARRACOTT	F 35 - 39			18:19	1:34	43:41	1:09	23:16	1:27:57
141	257	PATRICK	CREEDON	M 55 - 59			16:47	3:06	42:57	0:56	24:16	1:28:00
142	160	JEREMY	CHURCHER	M 35 - 39			17:32	2:40	43:05	1:04	24:00	1:28:19
143	271	HANNAH	MORAA	F 25 - 29			14:10	2:15	46:10	1:06	25:10	1:28:51
144	295	TESS	BAIRD	F 35 - 39			15:03	1:56	42:20	1:22	28:24	1:29:02
145	102	MATTHEW	TAM	M 35 - 39			20:22	2:47	41:28	0:41	23:45	1:29:02
146	16	MATT	WILSON	M 25 - 29			19:21	1:28	42:32	0:53	25:01	1:29:13
147	109	IAN	BLAND	M 35 - 39			17:46	1:30	45:54	1:34	22:31	1:29:14
148	299	LUCINDA	BOOTH	F 40 - 44			16:42	3:06	42:17	0:47	26:32	1:29:21
149	187	MATT	ROWLEY	M 40 - 44			16:39	3:57	40:17	0:47	27:44	1:29:23
150	231	COLIN	PLUCK	M 45 - 49			18:53	2:29	43:25	0:37	24:06	1:29:27
151	125	AIDAN	KERR	M 35 - 39			20:06	1:51	42:18	1:17	23:58	1:29:27
152	121	DANIEL	GAMBLIN	M 35 - 39			18:08	2:47	42:30	2:13	23:53	1:29:29
153	273	CHARLIE	DUFF	F 25 - 29			14:08	3:14	42:03	1:19	28:56	1:29:38
154	22	GAVIN	O'SHEA	M 25 - 29			21:46	1:48	42:06	1:00	23:04	1:29:41
155	85	DANIEL	FROSTICK	M 30 - 34			18:06	1:56	43:45	0:58	24:58	1:29:41
156	282	LUCIE	SMALLWOOD	F 30 - 34			16:52	1:10	42:40	0:55	28:12	1:29:47
157	141	FREDERIC	VIDAL	M 35 - 39			17:55	3:20	42:35	0:55	25:08	1:29:51
158	247	PAUL	MEADOWS	M 50 - 54			14:49	2:35	40:04	1:31	30:59	1:29:56
159	142	ANDREW	WEBB	M 35 - 39			20:04	1:59	40:26	1:03	26:29	1:29:59
160	104	MARK	ROGERS	M 35 - 39			18:58	3:15	41:59	1:06	24:51	1:30:07
161	280	EMMA	TWEDDLE	F 30 - 34			19:39	1:42	42:53	0:40	25:16	1:30:09
162	193	RICHARD	DAY	M 40 - 44			18:13	2:30	43:11	1:08	25:13	1:30:13
163	105	MATTHEW	LOCK	M 35 - 39			20:32	2:21	41:44	1:05	24:43	1:30:22
164	27	MICHAEL	KAPP	M 25 - 29			15:43	2:14	47:43	0:35	24:18	1:30:32
165	159	GARY	SMITH	M 35 - 39			17:02	4:35	40:26	2:11	26:27	1:30:41
166	172	PETER	HIAM	M 40 - 44			18:50	3:31	42:32	1:46	24:06	1:30:43
167	60	ANDREW	GANDER	M 30 - 34			15:13	3:08	45:44	0:48	26:01	1:30:51
168	206	LES	NOTTAGE	M 40 - 44			23:50	2:48	38:43	1:01	24:35	1:30:55
169	249	KEITH	ISHAM	M 50 - 54			15:48	2:46	41:07	1:34	30:00	1:31:12
170	29	DAVID	COLE	M 25 - 29			17:06	1:15	46:52	1:06	25:09	1:31:26
171	335	GARETH	TUCKER	M 30 - 34	BARKING ROAD RUNNERS		18:16	2:54	45:06	1:39	23:53	1:31:46
172	288	LISA	WHITTINGTON	F 35 - 39	ASHFORD TRI CLUB		19:32	1:12	43:38	0:58	26:36	1:31:55
173	111	GARY	LATHWELL	M 35 - 39			17:04	1:51	46:22	0:53	25:56	1:32:04
174	302	SARAH	CHAMBERS	F 40 - 44			17:00	1:34	43:11	1:06	29:32	1:32:22
175	292	ALISON	ROOKE	F 35 - 39	KINGFISHER TRIATHLETES		14:41	2:24	45:47	1:15	28:22	1:32:26



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176	301	LINDA	HARRISON	F 40 - 44	EAST LONDON TRIATHLETES		17:42	1:47	48:16	0:56	23:50	1:32:30	
177	165	ANDREW	SYMES	M 35 - 39			18:37	2:54	42:57	1:00	27:25	1:32:52	
178	298	REBECCA	MARTIN	F 35 - 39			16:22	2:55	43:05	1:10	29:30	1:33:00	
179	201	STEVE	AUGER	M 40 - 44			17:27	2:29	41:52	2:14	29:05	1:33:06	
180	286	NATALIE	SCOTT	F 35 - 39			15:50	1:51	44:54	1:14	29:20	1:33:06	
181	270	LAURA	WALLIS	F 15 - 24			14:01	2:22	46:58	0:50	29:11	1:33:19	
182	53	CHRIS	ROGERS	M 30 - 34			18:21	3:00	42:44	1:01	28:27	1:33:32	
183	94	TOM	HUGHES	M 30 - 34			19:03	3:02	48:18	0:29	22:48	1:33:39	
184	28	ADRIAN	WEBSTER	M 25 - 29			20:30	2:37	43:34	1:48	25:27	1:33:53	
185	308	HAZEL	PAYNE	F 40 - 44			17:53	2:21	45:02	1:06	27:39	1:33:59	
186	90	JOHN	OLDHAM	M 30 - 34			16:41	1:48	47:28	1:10	27:08	1:34:12	
187	196	DAVID	VINAS	M 40 - 44	LONDON FIELDS TRIATHLON CLUB		14:33	6:20	41:33	3:45	28:25	1:34:33	
188	38	CHRIS	THOMAS	M 25 - 29			18:57	4:18	45:17	2:06	24:03	1:34:39	
189	189	EDWARD	TOMLINSON	M 40 - 44	TRI SPORT EPPING		19:52	2:24	42:35	1:18	28:48	1:34:56	
190	154	DAVID	ANDREWS	M 35 - 39			21:00	2:25	39:21	2:17	30:07	1:35:08	
191	163	DAVID	KILLICK	M 35 - 39			27:26	2:27	39:59	1:05	24:23	1:35:18	
192	216	DARREN	SUMMERS	M 45 - 49			17:40	5:08	47:10	1:39	24:08	1:35:42	
193	41	ROBERT	STONE	M 30 - 34			23:55	2:04	41:04	1:41	27:25	1:36:06	
194	42	LINDLEY	ALBERTYN	M 30 - 34			24:21	2:26	42:11	1:53	25:30	1:36:20	
195	110	DAVID	RUMSBY	M 35 - 39			14:15	2:42	54:25	0:45	24:52	1:36:57	
196	147	JASON	MCDERMID	M 35 - 39			21:15	5:33	42:52	1:45	25:48	1:37:10	
197	79	STUART	O'SHEA	M 30 - 34			18:09	3:05	46:18	1:01	28:52	1:37:23	
198	74	TOM	ROSIER	M 30 - 34			17:58	3:36	49:26	2:06	25:05	1:38:09	
199	250	COLIN	SHORLAND	M 50 - 54			16:38	3:17	45:23	2:05	30:59	1:38:21	
200	200	NANU	BHANA	M 40 - 44			22:59	3:31	41:14	1:58	28:52	1:38:33	
201	307	EMMA	PAYTON	F 40 - 44			16:52	1:56	52:18	0:47	26:55	1:38:46	
202	48	ALEX	BIRCH	M 30 - 34			21:01	2:49	47:35	1:50	25:41	1:38:54	
203	91	RYAN	SCOTT	M 30 - 34			23:52	1:56	41:58	1:43	29:35	1:39:02	
204	240	DAVID	FEENEY	M 45 - 49			19:59	2:16	43:05	1:09	32:54	1:39:21	
205	243	TOM	HOWE	M 45 - 49			19:58	4:26	49:04	1:07	24:56	1:39:28	
206	56	JEREMY	ACOTT	M 30 - 34			21:20	3:09	45:05	0:52	29:15	1:39:39	
207	157	MINDAUGAS	SIUMBEREVICIUS	M 35 - 39			20:02	3:00	50:10	0:44	25:48	1:39:42	
208	306	CLAIRE	FURZE	F 40 - 44			23:00	2:34	47:40	1:08	26:00	1:40:21	
209	219	THOMAS	O'HANLON	M 45 - 49			20:58	3:38	46:36	2:27	26:52	1:40:30	
210	325	JULIET	BROWN	F 40 - 44			18:00	2:55	49:56	0:41	29:41	1:41:11	
211	284	COLETTE	SMITH	F 30 - 34			17:38	1:23	51:04	1:01	30:30	1:41:34	
212	128	TIMMY	MAN	M 35 - 39			23:34	3:20	44:49	2:02	28:00	1:41:43	
213	312	HEATHER	GUTTERY	F 55 +			18:26	2:31	47:56	1:24	31:44	1:41:59	
214	239	DAVID	HELLEN	M 45 - 49			18:55	4:44	47:57	1:48	28:46	1:42:09	
215	248	GRAHAM	GORSUCH	M 50 - 54			20:24	2:33	47:41	1:29	30:18	1:42:23	
216	290	AMANDA	CANNELL	F 35 - 39	FARROW TRI CLUB		14:56	2:58	53:45	0:55	30:07	1:42:39	
217	304	ALISON	SMITH	F 40 - 44			22:31	3:20	46:05	1:27	29:52	1:43:13	
218	176	FRANK	WHITNEY	M 40 - 44			21:42	7:40	43:25	2:47	28:27	1:44:00	
219	72	JAMES	MCIVER	M 30 - 34			19:55	3:26	48:22	1:19	31:05	1:44:05	



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220	103	MARTYN	JEYNES	M 35 - 39			17:19	3:47	50:39	2:03	30:19	1:44:05	
221	82	SEAN	BROWN	M 30 - 34			23:46	3:59	43:43	1:38	31:51	1:44:55	
222	190	ANDY	RUSHTON	M 40 - 44			19:58	3:26	52:50	1:37	27:26	1:45:15	
223	59	BARRY	SCOTT	M 30 - 34			24:46	3:05	46:49	0:52	30:02	1:45:30	
224	191	STEPHEN	SMITH	M 40 - 44			19:19	2:52	56:56	0:54	26:49	1:46:47	
225	321	ROBERT	SURRIDGE	TEAM		STEVENAGE CENTRAL PREMIER INN	22:01	0:51	50:14	0:39	33:57	1:47:39	
226	283	KERRY	O'SULLIVAN	F 30 - 34			17:28	2:48	52:11	1:11	34:11	1:47:47	
227	289	ROWENA	HARDING	F 35 - 39			20:25	3:40	54:57	1:08	27:49	1:47:57	
228	198	DAVID	RODNEY	M 40 - 44			18:12	2:48	48:30	1:27	37:13	1:48:08	
229	17	ADAM	STUBBS	M 25 - 29			23:29	5:09	48:32	2:26	29:16	1:48:50	
230	332	PEET	RUDOLPH	M 35 - 39			21:02	11:26	43:50	4:12	29:08	1:49:37	
231	334	BRETT	GALLINETTI	M 35 - 39			18:05	11:44	46:28	4:12	29:13	1:49:39	
232	333	SHAUN	PERO	M 35 - 39			21:02	8:45	46:46	3:58	29:12	1:49:42	
233	221	IAN	PALMER	M 45 - 49	BENFLEET RUNNING CLUB		27:00	5:03	44:35	1:14	32:08	1:49:58	
234	260	DECLAN	SMITH	M 60 +			24:43	3:23	50:40	1:32	30:54	1:51:11	
235	232	MARTIN	BARRIE	M 45 - 49			29:51	3:57	47:54	1:04	29:43	1:52:26	
236	209	SCOTT	MANNING	M 40 - 44			27:56	4:09	48:43	1:36	30:41	1:53:02	
237	184	MARTIN	HURLEY	M 40 - 44			27:51	4:52	53:23	0:54	26:25	1:53:23	
238	268	LAUREN	CRABB	F 15 - 24			22:45	2:08	54:10	0:51	34:26	1:54:17	
239	303	KAREN	SMITH	F 40 - 44			24:30	2:45	51:25	1:21	34:39	1:54:37	
240	229	GILES	MURRAY	M 45 - 49			17:08	2:53	50:32	1:23	42:47	1:54:42	
241	297	JULIE	GIBBS	F 35 - 39			19:07	3:53	59:54	0:55	31:53	1:55:39	
242	279	TRACY	KANE	F 30 - 34			24:30	2:04	55:28	1:20	32:31	1:55:50	
243	300	AILSA	WATSON	F 40 - 44			22:28	3:23	52:56	1:51	36:57	1:57:31	
244	291	MIHAELA	DIACONU	F 35 - 39			22:52	3:00	56:55	1:06	33:57	1:57:48	
245	313	JACQUELINE	BLASBY	F 55 +			26:41	3:08	51:19	1:52	35:18	1:58:16	
246	323	DAVID	BROWN	TEAM	PREMIER INN	TEAM HHC	35:22	0:57	47:27	0:59	35:08	1:59:51	
247	322	SHARNIE	DAYASENA	TEAM		TEAM HEMEL/AYLESBURY	21:52	1:05	1:09:52	1:16	27:14	2:01:16	
248	241	KIERON	SWEENEY	M 45 - 49			23:02	3:24	1:04:44	1:12	30:09	2:02:29	
249	319	LAURA	HINSON - YATES	TEAM	PREMIER INN MILTON KEYNES CLUSTER	PREMIER INN MILTON KEYNES EAST WILLEN LAKE	24:34	0:57	1:07:53	1:06	28:17	2:02:45	
250	246	COLIN	DALTON	M 50 - 54			26:53	3:32	53:26	1:06	38:11	2:03:05	
251	71	JAMIE	PAILTHORPE	M 30 - 34			24:41	2:30	1:07:09	1:25	33:51	2:09:35	
252	30	SAM	PITT	M 25 - 29			25:08	4:37	1:06:04	1:16	35:00	2:12:02	
253	272	EMILY	COLEMAN	F 25 - 29			25:08	4:36	1:06:06	1:13	35:01	2:12:02	
254	269	LAUREN	TURRELL	F 15 - 24			21:54	3:50	1:11:05	0:54	36:31	2:14:11	
255	119	MARTIN	HOWARD	M 35 - 39	PREMIER INN		33:14	8:02	1:02:40	1:44	45:41	2:31:18	
	328	IAIN	KIRKPATRICK	M 40 - 44	QFS		14:51	1:04	32:04	0:43			DQ'd
	223	PAUL	SPARKS	M 45 - 49	TEAM OUTRAGEOUS		13:49	0:57	34:40	1:02			DQ'd
	9	THOMAS	CROW	M 20 - 24					39:40	1:08	28:00		No Swim
	315	LOUISE	FORD	TEAM		BERWICKS	16:31	0:41					No Bike
	320	NATALIA	SLADE	TEAM	PREMIER INN MILTON KEYNES CLUSTER	PREMIER INN MILTON KEYNES FURZTON LAKE	19:28	0:48		1:31	46:10		No Bike
	26	CHRISTOPHER	HAYES	M 25 - 29	EAST ESSEX TRI CLUB		16:45	2:54		0:50	20:47		No Bike
	139	TOM	SHUTTLEWORTH	M 35 - 39			21:11	3:11	56:08	1:27	7:38		Short Run
	156	KEVIN	CHAMBERS	M 35 - 39	UEL TRIATHLON		17:39	3:00	42:51	1:57	10:12		Short Run