

POS	RACE NO	NAME	TEAM NAME	CLUB	SWIM	T1	BIKE	T2	RUN	FINISH	CAT	CAT POS.
1	573	NICK DUNN		BLUE SEVENTY TFN RT	00:06:06	00:00:32	00:25:03	00:00:34	00:16:00	00:48:15	M30 - 34	1st M30 - 34
2	572	TIM DOWNING		CAMBRIDGE TRI CLUB	00:06:01	00:00:35	00:26:23	00:00:52	00:16:11	00:50:02	M25 - 29	1st M25 - 29
3	562	ANDREW TURNER			00:06:42	00:00:43	00:25:59	00:00:41	00:18:03	00:52:08	M30 - 34	2nd M30 - 34
4	379	LUCY GOSSAGE		TFN	00:06:47	00:00:38	00:27:46	00:01:03	00:16:06	00:52:20	F30 - 34	1st F30 - 34
5	542	CHRIS BENNETT		ABSOLUTE COACHING RT	00:06:55	00:00:50	00:27:10	00:00:31	00:17:04	00:52:30	M30 - 34	3rd M30 - 34
6	550	PETE SHUTTLEWORTH		SHEFFIELD TRI CLUB	00:06:18	00:00:56	00:28:05	00:00:41	00:17:16	00:53:16	M30 - 34	4th M30 - 34
7	527	NICK GRIMER		SPALDING TRI CLUB	00:07:26	00:00:36	00:28:56	00:00:50	00:15:38	00:53:26	M40 - 44	1st M40 - 44
8	1	ANDREW POWELL			00:07:39	00:00:31	00:27:34	00:00:33	00:17:17	00:53:34	M35 - 39	1st M35 - 39
9	519	PETER BARNES		LINCOLN TRI CLUB	00:07:54	00:00:45	00:26:54	00:00:26	00:18:27	00:54:26	M45 - 49	1st M45 - 49
10	540	NATHAN VEALL		TRI YORK/CLIFTON CC	00:07:18	00:00:58	00:28:25	00:00:21	00:17:55	00:54:57	M15 - 19	1st M15 - 19
11	443	STEFAN LAWRENCE		LINCOLN TRI	00:07:31	00:00:40	00:28:20	00:00:55	00:17:40	00:55:06	M30 - 34	5th M30 - 34
12	579	CHARLIE HOWICK		4 LIFE TRI CLUB	00:05:37	00:00:32	00:29:15	00:00:35	00:19:13	00:55:12	M15 - 19	2nd M15 - 19
13	526	DANNY WYER			00:07:16	00:00:38	00:28:05	00:00:48	00:18:28	00:55:15	M30 - 34	6th M30 - 34
14	545	ADY DENCH		SHEFFIELD TRI CLUB	00:06:58	00:00:47	00:26:57	00:00:36	00:20:04	00:55:22	M40 - 44	2nd M40 - 44
15	539	RYAN WILKINSON		ROUGH HOUSE	00:06:44	00:00:43	00:28:56	00:00:54	00:18:06	00:55:23	M40 - 44	3rd M40 - 44
16	532	LUKE MATHEWS			00:06:47	00:00:43	00:29:18	00:01:03	00:17:37	00:55:28	M25 - 29	2nd M25 - 29
17	576	TIMMOTHY BAGGULEY	TEAM BAGGULEY		00:07:10	00:00:31	00:30:24	00:00:33	00:16:53	00:55:31	TEAM	1st TEAM
18	565	TOM MCGLASHAN			00:05:54	00:00:52	00:28:50	00:00:44	00:19:29	00:55:49	M20 - 24	1st M20 - 24
19	564	LEE EVANS		MANSFIELD TRIATHLON	00:06:34	00:00:39	00:28:31	00:00:36	00:19:37	00:55:57	M35 - 39	2nd M35 - 39
20	462	ALEX PAVANELLO			00:07:20	00:00:51	00:29:06	00:00:53	00:18:21	00:56:31	M40 - 44	4th M40 - 44
21	453	JOHN GOLDING		LEICESTER TRIATHLON CLUB	00:08:22	00:00:44	00:29:37	00:01:08	00:16:56	00:56:47	M40 - 44	5th M40 - 44
22	522	GARETH CASTLEDINE		ABSOLUTE COACHING RT	00:09:05	00:00:44	00:29:18	00:01:01	00:16:45	00:56:53	M25 - 29	3rd M25 - 29
23	513	STEVE EMERTON		DERBY TRI CLUB	00:07:11	00:00:40	00:29:28	00:00:57	00:18:40	00:56:56	M35 - 39	3rd M35 - 39
24	518	XAVIER LEUTHROT		SHEFFIELD TRI CLUB	00:07:32	00:00:54	00:28:59	00:01:03	00:18:29	00:56:57	M35 - 39	4th M35 - 39
25	575	NICK MALLABAND		SHEFFIELD TRI CLUB	00:05:38	00:00:57	00:29:24	00:00:45	00:20:14	00:56:58	M20 - 24	2nd M20 - 24
26	544	PATRICK CUTMORE			00:06:54	00:00:47	00:29:40	00:00:54	00:18:52	00:57:07	M15 - 19	3rd M15 - 19
27	501	MATT GREENHILL			00:07:32	00:01:02	00:28:14	00:01:08	00:19:14	00:57:10	M35 - 39	5th M35 - 39
28	556	RYAN HART		DURHAM UNIVERSITY TRIATHLON CLUB	00:06:57	00:00:47	00:29:01	00:00:34	00:19:52	00:57:11	M20 - 24	3rd M20 - 24
29	497	MICK OLIVER		LINCOLN TRI CLUB	00:06:49	00:00:44	00:28:52	00:01:04	00:19:59	00:57:28	M40 - 44	6th M40 - 44
30	424	ALAN WHEELER		LINCOLN TRI CLUB	00:08:55	00:01:02	00:29:03	00:01:10	00:17:25	00:57:35	M35 - 39	6th M35 - 39
31	496	NEIL DOWSETT		LINCOLN TRI CLUB	00:07:53	00:00:53	00:28:13	00:01:04	00:19:32	00:57:35	M40 - 44	7th M40 - 44
32	426	DANIEL BARNETT			00:08:41	00:00:39	00:26:27	00:00:32	00:21:42	00:58:01	M35 - 39	7th M35 - 39
33	517	SIMON SHARP			00:07:20	00:01:00	00:29:18	00:00:53	00:19:36	00:58:07	M40 - 44	8th M40 - 44
34	434	ROBERT MCNAMARA		CHARNWOOD TRI	00:07:36	00:00:55	00:29:27	00:00:45	00:19:28	00:58:11	M40 - 44	9th M40 - 44
35	411	ANDY LAKELAND		RACING TNT	00:08:30	00:00:45	00:30:37	00:00:57	00:17:25	00:58:14	M40 - 44	10th M40 - 44
36	396	JONATHAN BICKNELL		CHARNWOOD TRI	00:08:37	00:01:05	00:29:19	00:01:04	00:18:14	00:58:19	M45 - 49	2nd M45 - 49
37	458	MARK KILNER		LEEDS & BRADFORD TRIATHLON CLUB	00:07:30	00:00:56	00:30:46	00:01:04	00:18:12	00:58:28	M35 - 39	8th M35 - 39
38	577	GEORGE HOWICK		4 LIFE TRI CLUB	00:07:05	00:00:34	00:30:43	00:00:38	00:19:33	00:58:33	M15 - 19	4th M15 - 19

39	456	ELLIOT HAYWOOD			00:07:47	00:00:58	00:29:47	00:00:55	00:19:11	00:58:38	M20 - 24	4th M20 - 24
40	498	MIKE JONES		4 LIFE TRI CLUB	00:06:57	00:01:03	00:31:30	00:00:57	00:18:12	00:58:39	M45 - 49	3rd M45 - 49
41	432	NICK DAVIES		RAF TRIATHLON	00:08:32	00:00:52	00:30:32	00:00:47	00:17:57	00:58:40	M40 - 44	11th M40 - 44
42	486	SEAN POWERS		ROYAL AIR FORCE TRIATHLON	00:07:55	00:00:36	00:29:26	00:01:08	00:19:36	00:58:41	M30 - 34	7th M30 - 34
43	523	STEVE HOPE		PACTRAC	00:08:25	00:01:04	00:29:26	00:00:55	00:19:00	00:58:50	M50 - 54	1st M50 - 54
44	494	PAUL AUBREY	TRITASTIC	LINCOLN TRI CLUB	00:07:59	00:00:29	00:28:41	00:01:03	00:20:43	00:58:55	TEAM	2nd TEAM
45	536	DARREN PYEFYNCH		MK TRI	00:08:36	00:00:49	00:29:42	00:00:53	00:19:12	00:59:12	M35 - 39	9th M35 - 39
46	492	JAMES SHARP			00:07:34	00:01:11	00:30:08	00:01:10	00:19:10	00:59:13	M30 - 34	8th M30 - 34
47	555	SCOTT QUINCEY		MANSFIELD TRI CLUB	00:07:10	00:01:18	00:29:55	00:00:31	00:20:49	00:59:43	M30 - 34	9th M30 - 34
48	388	DAVE GATES		LINCOLN WHEELERS	00:08:03	00:00:44	00:28:21	00:00:59	00:21:42	00:59:49	M55 - 59	1st M55 - 59
49	567	DOMINICK SHAW			00:06:09	00:01:32	00:31:34	00:00:45	00:19:53	00:59:53	M35 - 39	10th M35 - 39
50	530	BO HAYWOOD		LINCOLN TRI CLUB	00:07:22	00:00:50	00:32:57	00:00:52	00:17:57	00:59:58	F U 24	1st F U 24
51	451	JONATHAN FORD DUNN		STEYNING AC	00:08:00	00:01:00	00:29:53	00:01:06	00:20:01	01:00:00	M55 - 59	2nd M55 - 59
52	509	JOACHIM PROOT		TEAM MANVERS	00:06:35	00:01:01	00:30:45	00:01:25	00:20:16	01:00:02	M35 - 39	11th M35 - 39
53	446	NICK BESTWICK		ABSOLUTE TRIATHLON CLUB	00:07:42	00:01:03	00:31:44	00:01:04	00:18:39	01:00:12	M35 - 39	12th M35 - 39
54	569	CHRIS JOHNSON		CITY OF DERBY SWIMMING CLUB	00:06:27	00:01:13	00:31:43	00:01:29	00:19:28	01:00:20	M35 - 39	13th M35 - 39
55	499	ROB SHIPMAN			00:07:40	00:01:25	00:30:16	00:01:03	00:20:00	01:00:24	M40 - 44	12th M40 - 44
56	561	CHRIS WOOD		RUGBY TRI CLUB	00:06:52	00:00:59	00:32:10	00:00:38	00:19:53	01:00:32	M35 - 39	14th M35 - 39
57	391	JOHN BUDWORTH		ABSOLUTE TRIATHLON CLUB	00:08:54	00:00:59	00:30:10	00:00:54	00:19:37	01:00:34	M40 - 44	13th M40 - 44
58	464	ROB POWER			00:07:53	00:32:12				01:00:37	M40 - 44	14th M40 - 44
59	524	JAMES LYALL		STRATFORD ATHLETICS CLUB	00:08:14	00:00:43	00:30:46	00:01:02	00:20:01	01:00:46	M35 - 39	15th M35 - 39
60	294	JERRY HAYWOOD		TEAM RICHMOND	00:07:42	00:01:23	00:31:54	00:00:28	00:19:22	01:00:49	M25 - 29	4th M25 - 29
61	413	MATTHEW O CONNOR			00:08:08	00:01:10	00:34:15	00:01:08	00:16:14	01:00:55	M15 - 19	5th M15 - 19
62	507	NIGEL LEAKER			00:07:54	00:01:17	00:30:50	00:00:57	00:19:58	01:00:56	M45 - 49	4th M45 - 49
63	421	STEPHEN WALKER		SOUT AXHOLME SHARKS	00:08:41	00:01:12	00:29:39	00:01:11	00:20:14	01:00:57	M45 - 49	5th M45 - 49
64	398	CHRIS TRZCINSKI		CHARNWOOD TRI	00:08:48	00:00:59	00:29:43	00:00:49	00:20:45	01:01:04	M50 - 54	2nd M50 - 54
65	427	NEIL COPLAND		ABSOLUTE TRIATHLON CLUB	00:08:23	00:00:55	00:29:32	00:01:03	00:21:12	01:01:05	M40 - 44	15th M40 - 44
66	442	JOSEPH KEMISH			00:07:58	00:01:05	00:32:19	00:01:10	00:18:37	01:01:09	M35 - 39	16th M35 - 39
67	422	AARON WARD		BURNTWOOD TRIATHLON CLUB	00:07:31	00:01:12	00:31:05	00:01:13	00:20:21	01:01:22	M20 - 24	5th M20 - 24
68	173	DAVID MELLOR			00:08:17	00:01:42	00:31:13	00:00:41	00:19:33	01:01:26	M35 - 39	17th M35 - 39
69	204	TIM DUNNE		TFN TRI CLUB	00:07:27	00:00:36	00:31:40	00:00:30	00:21:16	01:01:29	M40 - 44	16th M40 - 44
70	511	ANTHONY WYNNE		ABSOLUTE TRIATHLON CLUB	00:07:51	00:00:57	00:31:48	00:01:04	00:20:00	01:01:40	M45 - 49	6th M45 - 49
71	502	DARREN HARDY		BALANCED PERFORMANCE	00:08:58	00:01:14	00:29:44	00:00:53	00:20:53	01:01:42	M30 - 34	10th M30 - 34
72	512	HELEN DUSSEK	TEAM DUSSEK	4 LIFE TRI CLUB	00:08:01	00:00:37	00:31:18	00:01:00	00:20:47	01:01:43	TEAM	3rd TEAM
74	515	CHARLOTTE HARDY			00:07:40	00:00:51	00:32:21	00:01:01	00:19:57	01:01:50	F40 - 44	1st F40 - 44
73	167	PAUL HURDLEY			00:10:59	00:00:50	00:31:15	00:00:47	00:17:59	01:01:50	M35 - 39	18th M35 - 39
75	441	SAMUEL SPENCER		LINCOLN TRI	00:08:20	00:00:43	00:31:14	00:00:58	00:20:35	01:01:50	M40 - 44	17th M40 - 44
76	302	GREG SORBY		SHEFFIELD TRI CLUB	00:09:28	00:01:20	00:32:03	00:00:29	00:18:33	01:01:53	M30 - 34	11th M30 - 34
77	369	RICHARD MARSHALL		TEAM MARSHALL RACING	00:08:53	00:00:49	00:30:20	00:00:57	00:20:59	01:01:58	M25 - 29	5th M25 - 29

78	554	CHRIS HOLMES			00:05:54	00:00:50	00:33:31	00:00:45	00:21:06	01:02:06	M30 - 34	12th M30 - 34
79	508	PAUL MANINGTON		ABSOLUTE TRIATHLON CLUB	00:07:13	00:01:18	00:32:56	00:01:04	00:19:41	01:02:12	M30 - 34	13th M30 - 34
80	552	SEAN CALLOW		CABSC SWIMMING CLUB	00:06:01	00:00:52	00:33:26	00:00:38	00:21:16	01:02:13	M30 - 34	14th M30 - 34
81	311	RICHARD ARTHURS			00:09:16	00:01:05	00:31:00	00:00:28	00:20:26	01:02:15	M45 - 49	7th M45 - 49
82	439	GAVIN DOWSETT		LINCOLN TRI CLUB	00:08:13	00:00:51	00:31:07	00:00:43	00:21:23	01:02:17	M30 - 34	15th M30 - 34
83	560	STUART ROBINSON			00:07:00	00:01:52	00:32:35	00:00:34	00:20:20	01:02:21	M30 - 34	16th M30 - 34
84	534	ANDY KEETLEY		ABSOLUTE TRI	00:07:12	00:00:46	00:32:39	00:00:53	00:20:54	01:02:24	M45 - 49	8th M45 - 49
85	423	DEAN WATSON			00:08:08	00:01:58	00:32:42	00:01:10	00:18:28	01:02:26	M20 - 24	6th M20 - 24
86	252	GEORGE HACKNEY			00:08:31	00:01:15	00:30:19	00:00:22	00:22:00	01:02:27	M35 - 39	19th M35 - 39
87	313	BRENDON BIRCH		ABSOLUTE TRIATHLON CLUB	00:08:33	00:00:55	00:29:46	00:00:29	00:22:49	01:02:32	M35 - 39	20th M35 - 39
88	419	ROB WALKER			00:08:32	00:01:07	00:30:47	00:01:06	00:21:03	01:02:35	M40 - 44	18th M40 - 44
89	503	DANIEL TAYLOR			00:07:44	00:00:59	00:32:28	00:00:46	00:20:42	01:02:39	M20 - 24	7th M20 - 24
90	457	BRIAN JOBE		ABSOLUTE TRIATHLON CLUB	00:07:56	00:01:14	00:31:10	00:00:58	00:21:24	01:02:42	M40 - 44	19th M40 - 44
91	429	PETE WALTON			00:07:59	00:00:50	00:31:35	00:00:51	00:21:34	01:02:49	M40 - 44	20th M40 - 44
92	525	KAREN BELL		CHARNWOOD TRI	00:09:03	00:01:01	00:32:42	00:00:53	00:19:21	01:03:00	F40 - 44	2nd F40 - 44
93	568	GREG CLARKE		SOUTH AXHOLME SHARKS	00:06:41	00:01:15	00:31:29	00:00:41	00:23:02	01:03:08	M35 - 39	21st M35 - 39
94	362	SAM GOODACRE		ABSOLUTE TRIATHLON CLUB	00:08:39	00:00:47	00:32:39	00:00:53	00:20:15	01:03:13	M30 - 34	17th M30 - 34
95	372	ANDREW MORROW			00:09:06	00:01:09	00:30:47	00:01:00	00:21:14	01:03:16	M30 - 34	18th M30 - 34
96	361	KEVIN FOULSTON		GRIMSBY TRI CLUB	00:09:15	00:00:52	00:32:00	00:00:52	00:20:18	01:03:17	M45 - 49	9th M45 - 49
97	428	COLIN PINK			00:08:31	00:01:12	00:32:38	00:00:52	00:20:12	01:03:25	M35 - 39	22nd M35 - 39
98	571	LIAM TIGHE			00:06:19	00:01:12	00:32:55	00:00:47	00:22:13	01:03:26	M15 - 19	6th M15 - 19
99	559	JONATHAN OVERMENT		TRIATHLONCOACHING.UK.COM	00:06:57	00:00:58	00:32:29	00:00:37	00:22:28	01:03:29	M40 - 44	21st M40 - 44
101	563	JOSIE LOCKWOOD			00:06:59	00:01:03	00:33:26	00:00:42	00:21:20	01:03:30	F U 24	2nd F U 24
102	490	JANE SCOTT		TFN TRI CLUB	00:08:18	00:01:02	00:30:56	00:01:10	00:22:04	01:03:30	F35 - 39	1st F35 - 39
100	537	MARK SPEED			00:07:00	00:00:55	00:34:36	00:00:51	00:20:08	01:03:30	M40 - 44	22nd M40 - 44
103	528	JAMES MERRITT		BALANCED PERFORMANCE	00:08:30	00:01:05	00:30:45	00:00:53	00:22:27	01:03:40	M35 - 39	23rd M35 - 39
104	2	LEE WALLHEAD		LINCOLN TRI CLUB	00:09:26	00:00:44	00:32:03	00:00:30	00:21:01	01:03:44	M40 - 44	23rd M40 - 44
105	483	CATRIONA WYNNE		ABSOLUTE TRIATHLON CLUB	00:08:22	00:01:08	00:31:52	00:01:00	00:21:23	01:03:45	F35 - 39	2nd F35 - 39
106	521	MATTHEW CARR		WELBECK COLLEGE	00:08:02	00:00:47	00:34:17	00:00:54	00:19:46	01:03:46	M15 - 19	7th M15 - 19
107	514	KEV FLINT			00:07:52	00:00:56	00:32:03	00:01:02	00:21:55	01:03:48	M40 - 44	24th M40 - 44
108	381	KERRY THOMPSON			00:08:43	00:01:04	00:32:15	00:00:57	00:20:52	01:03:51	M45 - 49	10th M45 - 49
109	267	STEPHEN SEAMARK		BEESTON CC	00:09:19	00:01:20	00:31:00	00:00:26	00:21:50	01:03:55	M45 - 49	11th M45 - 49
110	448	MATTHEW COTTON			00:09:22	00:01:03	00:32:26	00:00:57	00:20:21	01:04:09	M20 - 24	8th M20 - 24
111	246	GAVIN CRANE			00:09:18	00:01:09	00:31:34	00:00:27	00:21:43	01:04:11	M30 - 34	19th M30 - 34
112	495	GEORGIA BALL		LINCOLN WELLINGTON AC	00:07:58	00:00:58	00:36:03	00:01:05	00:18:20	01:04:24	F U 24	3rd F U 24
113	374	ALEX RAMOWSKI			00:08:31	00:01:28	00:33:14	00:00:56	00:20:20	01:04:29	M35 - 39	24th M35 - 39
114	418	CHRIS ROGERS		GRIMSBY TRI CLUB	00:08:00	00:01:18	00:32:45	00:01:02	00:21:32	01:04:37	M45 - 49	12th M45 - 49
115	491	CHRISTOPHER ROTHWELL		ABSOLUTE TRIATHLON CLUB	00:08:50	00:00:41	00:33:37	00:00:55	00:20:35	01:04:38	M20 - 24	9th M20 - 24
116	341	ROB MCNEILLY			00:10:48	00:01:02	00:31:33	00:00:40	00:20:38	01:04:41	M45 - 49	13th M45 - 49

117	312	ADRIAN BARRELL			00:08:57	00:01:27	00:33:13	00:00:25	00:20:40	01:04:42	M45 - 49	14th M45 - 49
118	553	ROS GOATLY		PACTRAC	00:07:54	00:01:01	00:34:03	00:00:42	00:21:05	01:04:45	F40 - 44	3rd F40 - 44
120	437	BEN CASSWELL		ELY TRI	00:08:41	00:01:04	00:33:07	00:00:56	00:20:59	01:04:47	M25 - 29	6th M25 - 29
119	383	STEVE WALLACE		HANTS POLICE	00:09:05	00:01:14	00:32:33	00:00:57	00:20:58	01:04:47	M40 - 44	25th M40 - 44
121	278	IAN WHYMAN			00:09:40	00:01:26	00:32:47	00:00:30	00:20:26	01:04:49	M40 - 44	26th M40 - 44
122	88	NICK CLAMP			00:10:54	00:00:49	00:35:39	00:00:38	00:16:50	01:04:50	M40 - 44	27th M40 - 44
123	371	DAVID MCCARTNEY		LEICESTER TRIATHLON CLUB	00:09:38	00:01:12	00:32:23	00:00:49	00:20:52	01:04:54	M45 - 49	15th M45 - 49
124	346	DAVID HEWERTSON			00:09:57	00:01:23	00:33:28	00:00:46	00:19:23	01:04:57	M35 - 39	25th M35 - 39
125	364	MARTIN HARLOCK		LINCOLN TRI CLUB	00:09:44	00:01:14	00:31:34	00:00:45	00:21:43	01:05:00	M40 - 44	28th M40 - 44
126	541	TIM JACKSON		SOUTH AXHOLME SHARKS	00:07:47	00:01:26	00:32:46	00:00:34	00:22:28	01:05:01	M45 - 49	16th M45 - 49
127	307	GARRY SIDDON			00:09:35	00:00:47	00:33:26	00:00:34	00:20:40	01:05:02	M35 - 39	26th M35 - 39
128	480	JULIA KANG			00:08:26	00:00:51	00:33:15	00:01:04	00:21:33	01:05:09	F35 - 39	3rd F35 - 39
129	338	DAVID BINNS		WAKEFIELD TRIATHLON CLUB	00:08:32	00:00:56	00:33:39	00:00:42	00:21:24	01:05:13	M45 - 49	17th M45 - 49
130	471	NATHALIE HEATHCOTE			00:08:19	00:01:31	00:32:55	00:00:56	00:21:33	01:05:14	F30 - 34	2nd F30 - 34
131	485	HELEN FLINT		TFN TRI CLUB	00:07:53	00:00:55	00:36:16	00:01:04	00:19:17	01:05:25	F30 - 34	3rd F30 - 34
132	484	NICOLA DICK		HIGH PEAK TRI CLUB	00:08:36	00:00:52	00:34:21	00:01:03	00:20:37	01:05:29	F45 - 49	1st F45 - 49
133	249	JEAN FREDERIC DUBERN			00:09:43	00:01:17	00:31:40	00:00:29	00:22:20	01:05:29	M35 - 39	27th M35 - 39
135	306	PETER WOODHOUSE			00:09:08	00:01:16	00:31:59	00:00:31	00:22:39	01:05:33	M40 - 44	29th M40 - 44
134	393	SIMON MEADE			00:08:54	00:01:52	00:32:57	00:01:01	00:20:49	01:05:33	M50 - 54	3rd M50 - 54
136	404	NICHOLAS DOYLE			00:07:37	00:01:22	00:33:37	00:01:01	00:22:00	01:05:37	M45 - 49	18th M45 - 49
137	172	MICHAEL MASON			00:09:19	00:00:59	00:33:01	00:00:35	00:21:44	01:05:38	M40 - 44	30th M40 - 44
138	535	ISOBEL RAWLINSON			00:06:49	00:01:10	00:35:58	00:00:41	00:21:13	01:05:51	F U 24	4th F U 24
139	336	TIM TURNER	TEAM FLOSS	ABSOLUTE TRIATHLON CLUB	00:08:35	00:00:31	00:28:30	00:00:26	00:27:49	01:05:51	TEAM	4th TEAM
140	489	JAMES RODEA		TRI FORCE	00:08:39	00:00:58	00:34:20	00:01:01	00:20:54	01:05:52	M35 - 39	28th M35 - 39
141	206	SIMON WILKINSON			00:11:33	00:01:26	00:31:30	00:00:28	00:20:59	01:05:56	M40 - 44	31st M40 - 44
142	331	MARTIN SMALL			00:09:57	00:01:36	00:33:47	00:00:27	00:20:17	01:06:04	M35 - 39	29th M35 - 39
143	551	STUART WHITEHOUSE			00:07:01	00:02:04	00:36:03	00:00:43	00:20:14	01:06:05	M20 - 24	10th M20 - 24
144	263	PAUL MORRIS			00:09:47	00:01:05	00:33:29	00:00:28	00:21:18	01:06:07	M40 - 44	32nd M40 - 44
145	543	SARAH HOLME			00:07:29	00:00:53	00:34:00	00:00:38	00:23:11	01:06:11	F30 - 34	4th F30 - 34
146	400	SALLY CAMM			00:09:22	00:01:03	00:33:22	00:01:04	00:21:25	01:06:16	F35 - 39	4th F35 - 39
147	348	RICHARD ADKINS		RAF/ SPALDING TRI	00:07:11	00:01:20	00:33:51	00:00:45	00:23:10	01:06:17	M30 - 34	20th M30 - 34
148	397	KEVIN DUNNE			00:08:08	00:00:59	00:34:03	00:00:59	00:22:09	01:06:18	M50 - 54	4th M50 - 54
149	171	STEVE KAYE			00:06:06					01:06:20	M35 - 39	30th M35 - 39
150	366	MARK HARRISON		LONG EATON RUNNING CLUB	00:09:15	00:01:03	00:34:02	00:00:53	00:21:08	01:06:21	M40 - 44	33rd M40 - 44
151	296	RICHARD BARTLES			00:09:28	00:01:05	00:34:46	00:00:25	00:20:41	01:06:25	M25 - 29	7th M25 - 29
153	461	STEVE MUNDAY			00:07:02	00:01:15	00:33:53	00:00:52	00:23:23	01:06:25	M30 - 34	21st M30 - 34
152	223	IAN SCOTT			00:09:26	00:01:08	00:33:22	00:00:27	00:22:02	01:06:25	M35 - 39	31st M35 - 39
154	208	LEE HODGKINSON			00:08:22	00:01:17	00:35:46	00:00:29	00:20:32	01:06:26	M35 - 39	32nd M35 - 39
155	394	DAVID OAKTON		MANSFIELD TRI CLUB	00:09:49	00:00:58	00:32:53	00:01:03	00:21:45	01:06:28	M35 - 39	33rd M35 - 39

156	358	DAVID ELGAR		VIRGIN ACTIVE	00:09:30	00:01:16	00:33:55	00:00:48	00:21:03	01:06:32	M20 - 24	11th M20 - 24
157	475	GINA STANLEY		RACING TNT	00:08:09	00:01:21	00:34:53	00:00:56	00:21:14	01:06:33	F35 - 39	5th F35 - 39
158	33	ROB CHURCHOUSE			00:09:39	00:02:54	00:33:45	00:00:44	00:19:33	01:06:35	M25 - 29	8th M25 - 29
159	248	TOM DALZIEL		4 LIFE TRI CLUB	00:10:17	00:01:08	00:31:46	00:00:32	00:22:54	01:06:37	M50 - 54	5th M50 - 54
160	334	ANDREW SOUTHGATE			00:10:07	00:00:47	00:33:40	00:00:43	00:21:21	01:06:38	M40 - 44	34th M40 - 44
161	520	SALLY HOPKINS			00:08:36	00:00:43	00:36:59	00:00:40	00:19:44	01:06:42	F30 - 34	5th F30 - 34
162	558	ALEX JOHNSON			00:06:28	00:00:54	00:34:39	00:00:37	00:24:08	01:06:46	F35 - 39	6th F35 - 39
163	343	STEPHEN SWABY		LINCOLN WELLINGTON AC	00:08:31	00:01:08	00:34:04	00:00:46	00:22:28	01:06:57	M35 - 39	34th M35 - 39
164	209	ANDY BARRON			00:09:10	00:01:12	00:35:19	00:00:26	00:20:53	01:07:00	M40 - 44	35th M40 - 44
165	277	ANDY WHITE			00:09:12	00:02:47	00:33:32	00:00:28	00:21:05	01:07:04	M30 - 34	22nd M30 - 34
166	317	DAVID EAGER			00:09:56	00:00:58	00:33:28	00:00:26	00:22:18	01:07:06	M45 - 49	19th M45 - 49
167	227	MARK WILSON		ZIBZOB	00:10:00	00:01:24	00:33:50	00:00:31	00:21:24	01:07:09	M45 - 49	20th M45 - 49
168	229	MICK DAVENPORT			00:09:15	00:01:47	00:32:13	00:00:23	00:23:35	01:07:13	M50 - 54	6th M50 - 54
169	479	NIKKI FLETCHER		LINCOLN TRI CLUB	00:08:37	00:00:50	00:32:27	00:00:56	00:24:25	01:07:15	F40 - 44	4th F40 - 44
170	376	MATTHEW ROLFE			00:09:30	00:01:38	00:34:18	00:01:00	00:20:50	01:07:16	M35 - 39	35th M35 - 39
171	363	PATRICK GREEN			00:09:12	00:00:53	00:34:36	00:00:45	00:21:56	01:07:22	M40 - 44	36th M40 - 44
172	298	NATHAN BEARDSLEY			00:10:09	00:00:59	00:32:43	00:00:26	00:23:12	01:07:29	M20 - 24	12th M20 - 24
173	196	STEPHEN WARD			00:09:18	00:01:38	00:34:36	00:00:26	00:21:36	01:07:34	M30 - 34	23rd M30 - 34
174	309	GEORGE ARMITAGE			00:10:13	00:01:04	00:35:10	00:00:31	00:20:40	01:07:38	M30 - 34	24th M30 - 34
175	401	DAVID BENNETT			00:08:38	00:01:14	00:34:22	00:01:08	00:22:18	01:07:40	M40 - 44	37th M40 - 44
176	299	ANDREW BOOKER			00:09:07	00:01:21	00:32:52	00:00:29	00:23:52	01:07:41	M40 - 44	38th M40 - 44
177	303	JAMES BOTTERILL			00:09:31	00:01:08	00:33:39	00:00:27	00:23:00	01:07:45	M35 - 39	36th M35 - 39
178	351	ANDREW ASHWIN			00:10:40	00:01:21	00:32:59	00:00:47	00:22:10	01:07:57	M30 - 34	25th M30 - 34
180	193	ZAC TODD			00:10:17	00:01:04	00:33:14	00:00:23	00:23:01	01:07:59	M30 - 34	26th M30 - 34
179	392	ANDREW COLE			00:09:18	00:01:22	00:33:27	00:00:55	00:22:57	01:07:59	M35 - 39	37th M35 - 39
181	308	PETER MITCHELL			00:09:41	00:01:21	00:34:04	00:00:23	00:22:33	01:08:02	M30 - 34	27th M30 - 34
182	276	RICH WATKINS			00:08:42	00:01:00	00:32:37	00:00:34	00:25:09	01:08:02	M35 - 39	38th M35 - 39
183	284	OSCAR AGUAROD		ESENDEX	00:08:21	00:01:12	00:34:31	00:00:33	00:23:26	01:08:03	M25 - 29	9th M25 - 29
184	282	DARREN LIDDEL		ESENDEX	00:08:56	00:00:50	00:34:35	00:00:37	00:23:08	01:08:06	M35 - 39	39th M35 - 39
185	314	STEVE BRANDRETH			00:09:36	00:01:20	00:34:13	00:00:39	00:22:29	01:08:17	M40 - 44	39th M40 - 44
186	438	TERENCE STANLEY		RACING TNT	00:07:32	00:01:05	00:35:02	00:00:32	00:24:07	01:08:18	M35 - 39	40th M35 - 39
187	324	DERRY O NEILL			00:09:32	00:01:28	00:34:13	00:00:33	00:22:34	01:08:20	M40 - 44	40th M40 - 44
188	339	STUART FAULKNER		ABSOLUTE TRIATHLON CLUB	00:10:18	00:01:02	00:34:21	00:00:34	00:22:07	01:08:22	M35 - 39	41st M35 - 39
189	329	STEVE WHITTLE			00:07:54	00:01:03	00:35:59	00:00:32	00:22:55	01:08:23	M35 - 39	42nd M35 - 39
190	188	MICHAEL SMITH			00:08:33	00:02:22	00:35:34	00:01:30	00:20:26	01:08:25	M35 - 39	43rd M35 - 39
192	548	ELLIE BETTS			00:07:21	00:00:58	00:36:05	00:00:40	00:23:27	01:08:31	F U 24	5th F U 24
193	547	RHYS JONES			00:06:24	00:01:43	00:34:36	00:00:46	00:25:02	01:08:31	M20 - 24	13th M20 - 24
191	166	PATRICK HEATON			00:09:48	00:02:10	00:35:36	00:00:22	00:20:35	01:08:31	M35 - 39	44th M35 - 39
194	546	MARK GORIN		DAVID LLOYD	00:07:24	00:01:16	00:35:58	00:00:51	00:23:11	01:08:40	M35 - 39	45th M35 - 39

195	264	GERARD PENDER			00:10:10	00:01:40	00:34:23	00:00:33	00:21:58	01:08:44	M40 - 44	41st M40 - 44
196	184	PETER SEARLE			00:10:54	00:01:28	00:32:53	00:00:42	00:22:48	01:08:45	M45 - 49	21st M45 - 49
197	304	OLIVER PRITCHARD			00:09:29	00:01:44	00:34:02	00:00:31	00:23:00	01:08:46	M40 - 44	42nd M40 - 44
198	332	PADDY TIGHE			00:08:42	00:01:32	00:34:29	00:00:37	00:23:27	01:08:47	M45 - 49	22nd M45 - 49
199	433	SCOTT LANE		RETFORD	00:08:31	00:01:16	00:34:40	00:00:59	00:23:22	01:08:48	M30 - 34	28th M30 - 34
200	356	GRAEME COUTTS			00:08:56	00:01:28	00:35:09	00:00:53	00:22:30	01:08:56	M35 - 39	46th M35 - 39
201	234	ALEX HUGHES			00:08:59	00:01:29	00:34:46	00:00:39	00:23:05	01:08:58	M15 - 19	8th M15 - 19
202	187	KEVIN SMITH			00:08:57	00:01:21	00:34:51	00:00:27	00:23:23	01:08:59	M40 - 44	43rd M40 - 44
203	297	PHIL WALKER			00:09:27	00:01:05	00:34:51	00:00:24	00:23:14	01:09:01	M40 - 44	44th M40 - 44
204	337	NEIL HARRIS		4 LIFE TRI CLUB	00:08:55	00:00:40	00:35:20	00:00:38	00:23:34	01:09:07	M45 - 49	23rd M45 - 49
205	242	ALEX COBB		SPALDING TRI CLUB	00:09:24	00:01:35	00:34:07	00:00:19	00:23:44	01:09:09	M35 - 39	47th M35 - 39
206	211	ROBERT BATEMAN		PSOF	00:11:08	00:01:07	00:34:02	00:00:26	00:22:29	01:09:12	M40 - 44	45th M40 - 44
207	158	AIDAN BYRNE		ABSOLUTE TRIATHLON CLUB	00:08:29	00:01:09	00:37:14	00:00:25	00:22:00	01:09:17	M25 - 29	10th M25 - 29
208	529	GILES THOMAS			00:06:53	00:01:33	00:36:01	00:00:52	00:23:58	01:09:17	M45 - 49	24th M45 - 49
209	406	DARREN GARTON			00:08:00	00:01:40	00:36:44	00:01:06	00:21:53	01:09:23	M35 - 39	48th M35 - 39
210	327	NORMAN STARKS			00:10:21	00:01:32	00:34:59	00:00:26	00:22:06	01:09:24	M45 - 49	25th M45 - 49
211	279	JOHN WILLIAMSON		TEAM TIMMY/LINCOLN TRI	00:09:35	00:02:22	00:33:53	00:00:30	00:23:05	01:09:25	M50 - 54	7th M50 - 54
212	445	ISOBEL MYERS			00:09:36	00:01:39	00:35:38	00:00:42	00:21:51	01:09:26	F U 24	6th F U 24
213	183	CLINT SAWYER		LWAC	00:09:51	00:01:55	00:34:56	00:00:30	00:22:19	01:09:31	M30 - 34	29th M30 - 34
214	488	IAN RAYNS			00:08:07	00:01:35	00:35:29	00:00:58	00:23:23	01:09:32	M25 - 29	11th M25 - 29
215	467	LORRAINE GARVEY		MANSFIELD TRI CLUB	00:09:55	00:00:59	00:32:45	00:00:50	00:25:10	01:09:39	F35 - 39	7th F35 - 39
216	359	DEAN FEETHAM		WAKEFIELD JUNIOR TRI CLUB	00:09:41	00:01:21	00:34:28	00:01:12	00:23:22	01:10:04	M45 - 49	26th M45 - 49
217	228	JOHN ALBANESE		NOTTS POLICE	00:09:55	00:02:16	00:32:49	00:00:26	00:24:41	01:10:07	M30 - 34	30th M30 - 34
218	101	ANDREW ROBERTSON		LINCOLN TRI CLUB	00:11:45	00:01:43	00:34:19	00:00:36	00:21:50	01:10:13	M30 - 34	31st M30 - 34
219	449	NICK DEW			00:09:19	00:01:36	00:35:34	00:00:56	00:22:49	01:10:14	M25 - 29	12th M25 - 29
220	108	JAMES WHIPP			00:10:24	00:02:13	00:35:12	00:01:29	00:21:11	01:10:29	M30 - 34	32nd M30 - 34
221	148	RICHARD THOMPSON			00:10:33	00:01:17	00:35:40	00:00:29	00:22:33	01:10:32	M30 - 34	33rd M30 - 34
222	384	JASON WATKINS			00:09:09	00:01:31	00:33:15	00:00:52	00:25:45	01:10:32	M40 - 44	46th M40 - 44
223	107	MIKE WELLS			00:10:57	00:01:58	00:34:53	00:01:30	00:21:18	01:10:36	M35 - 39	49th M35 - 39
224	357	JOHN CROWDER		LINCS FIRE & RESCUE - USAR	00:09:20	00:01:12	00:34:44	00:01:10	00:24:14	01:10:40	M40 - 44	47th M40 - 44
225	382	GREGOR TRIPPETT			00:08:00	00:01:01	00:34:46	00:00:42	00:26:13	01:10:42	M20 - 24	14th M20 - 24
226	157	ROB BROWN		SPEEDO	00:11:04	00:01:26	00:35:41	00:00:43	00:21:51	01:10:45	M35 - 39	50th M35 - 39
227	344	ANDREW WATSON		4 LIFE TRI CLUB	00:09:47	00:00:56	00:34:46	00:00:48	00:24:30	01:10:47	M40 - 44	48th M40 - 44
228	140	FAYE KELLY			00:10:13	00:01:09	00:36:16	00:00:34	00:22:36	01:10:48	F35 - 39	8th F35 - 39
229	408	MARTIN JESSOP			00:09:41	00:01:23	00:36:04	00:00:56	00:22:45	01:10:49	M40 - 44	49th M40 - 44
230	273	TIM VAUGHAN		WOODLANDS	00:10:19	00:01:31	00:35:25	00:00:23	00:23:14	01:10:52	M50 - 54	8th M50 - 54
231	402	JAMIE BUCKLAND		GI TRI	00:08:31	00:01:23	00:37:38	00:01:04	00:22:17	01:10:53	M30 - 34	34th M30 - 34
232	333	ZACH SCHMIDT		HOOFERS HEALTH CLUB	00:13:00	00:01:37	00:32:08	00:00:30	00:23:39	01:10:54	M30 - 34	35th M30 - 34
233	482	GEMMA WRIGHT			00:08:21	00:01:09	00:35:22	00:01:10	00:24:57	01:10:59	F25 - 29	1st F25 - 29

234	221	DARREN MORGAN			00:10:40	00:01:18	00:36:54	00:00:27	00:21:46	01:11:05	M45 - 49	27th M45 - 49
235	466	AIMEE STOCKER		SPALDING TRI CLUB	00:09:29	00:01:05	00:33:20	00:01:03	00:26:12	01:11:09	F25 - 29	2nd F25 - 29
236	47	TAD SKUBALA			00:09:51	00:01:26	00:37:54	00:01:04	00:20:55	01:11:10	M20 - 24	15th M20 - 24
237	349	JAMES ARMITAGE			00:09:14	00:01:03	00:37:00	00:00:47	00:23:11	01:11:15	M30 - 34	36th M30 - 34
238	181	ROYSTON PLUMLEY			00:10:59	00:01:20	00:35:04	00:00:34	00:23:22	01:11:19	M40 - 44	50th M40 - 44
239	191	STEVEN TAYLOR			00:10:34	00:01:42	00:35:07	00:00:31	00:23:32	01:11:26	M35 - 39	51st M35 - 39
240	385	SUE BRITT			00:09:34	00:01:56	00:37:53	00:00:55	00:21:11	01:11:29	F45 - 49	2nd F45 - 49
241	318	DARREN HESTER			00:08:43	00:01:28	00:36:16	00:00:31	00:24:41	01:11:39	M35 - 39	52nd M35 - 39
242	78	ANDREW WATSON		ABSOLUTE TRIATHLON CLUB	00:11:37	00:01:13	00:35:20	00:00:42	00:22:52	01:11:44	M35 - 39	53rd M35 - 39
243	465	ANNIE HARTLEY			00:08:03	00:01:50	00:36:00	00:01:05	00:24:48	01:11:46	F40 - 44	5th F40 - 44
244	399	GLENN JACKSON			00:09:45	00:00:57	00:38:10	00:00:48	00:22:16	01:11:56	M25 - 29	13th M25 - 29
245	272	NIGEL TRIPPETT			00:09:49	00:01:15	00:36:47	00:00:31	00:23:34	01:11:56	M45 - 49	28th M45 - 49
246	106	ANDY TOWERS			00:13:09	00:01:25	00:33:58	00:00:31	00:22:59	01:12:02	M45 - 49	29th M45 - 49
247	328	PAUL WHITNEY			00:09:56	00:01:21	00:35:32	00:00:29	00:24:49	01:12:07	M35 - 39	54th M35 - 39
248	305	HELEN TANSLEY			00:10:32	00:01:14				01:12:14	F35 - 39	9th F35 - 39
249	37	DAVID FOSTER			00:10:39	00:02:22	00:37:06	00:00:30	00:21:38	01:12:15	M40 - 44	51st M40 - 44
250	354	PAUL BEATTIE		GI TRI	00:09:05	00:02:05	00:35:02	00:00:55	00:25:10	01:12:17	M45 - 49	30th M45 - 49
251	131	PAUL HOLMES			00:10:42	00:01:07	00:37:14	00:00:51	00:22:27	01:12:21	M30 - 34	37th M30 - 34
252	481	EMMA SHIPMAN			00:08:19	00:01:27	00:38:41	00:01:11	00:22:47	01:12:25	F35 - 39	10th F35 - 39
253	243	ANTONIO COLONNA			00:10:50	00:01:35	00:35:44	00:00:23	00:23:53	01:12:25	M35 - 39	55th M35 - 39
254	352	JOE BARLOW			00:10:03	00:02:07	00:36:37	00:00:42	00:22:58	01:12:27	M20 - 24	16th M20 - 24
255	506	JOHN LARGE		TFN TRI CLUB	00:08:17	00:01:00	00:38:06	00:00:57	00:24:07	01:12:27	M50 - 54	9th M50 - 54
257	321	GREG MARTIN			00:09:02	00:01:30	00:37:24	00:00:39	00:23:53	01:12:28	M35 - 39	56th M35 - 39
256	126	DARREN CROOKES			00:11:45	00:01:23	00:34:58	00:00:37	00:23:45	01:12:28	M40 - 44	52nd M40 - 44
258	218	ROBERT HURST			00:09:54	00:02:00	00:34:49	00:00:30	00:25:17	01:12:30	M55 - 59	3rd M55 - 59
259	450	ALICE NEWMAN			00:08:19	00:01:51	00:37:39	00:00:58	00:23:46	01:12:33	F U 24	7th F U 24
260	124	ANDREW BROADHEAD			00:09:14	00:01:14	00:41:46	00:00:42	00:19:45	01:12:41	M35 - 39	57th M35 - 39
261	247	TOBY CRIPPS			00:08:12	00:01:37	00:39:21	00:00:33	00:23:02	01:12:45	M35 - 39	58th M35 - 39
262	261	PETER LENNARD JONES			00:11:08	00:01:25	00:35:24	00:00:33	00:24:15	01:12:45	M50 - 54	10th M50 - 54
263	144	DAVID HARRIS			00:11:37	00:01:14	00:36:20	00:00:42	00:23:03	01:12:56	M45 - 49	31st M45 - 49
264	222	DAVID RHINDS			00:12:42	00:01:36	00:34:01	00:00:26	00:24:15	01:13:00	M45 - 49	32nd M45 - 49
265	287	ANDREW SEWARD		ESENDEX	00:09:22	00:02:41	00:36:50	00:00:25	00:23:44	01:13:02	M25 - 29	14th M25 - 29
267	235	EMMA MARSHALL TELFER		MABLETHORPE RUNNING CLUB	00:10:07	00:01:31	00:36:31	00:00:27	00:24:28	01:13:04	F35 - 39	11th F35 - 39
266	326	JIM PRYKE		DERBY TRI CLUB	00:10:17	00:01:28	00:37:23	00:00:41	00:23:15	01:13:04	M40 - 44	53rd M40 - 44
268	199	PAUL WHITE			00:10:27	00:02:02	00:35:25	00:01:27	00:23:55	01:13:16	M35 - 39	59th M35 - 39
269	169	PAUL JONES			00:10:12	00:01:24	00:34:32	00:00:29	00:26:39	01:13:16	M35 - 39	60th M35 - 39
270	152	STEVE ROBINSON			00:09:45	00:01:09	00:35:46	00:00:24	00:26:18	01:13:22	M50 - 54	11th M50 - 54
271	310	LISA TILFORD			00:10:24	00:01:10	00:36:36	00:00:37	00:24:38	01:13:25	F40 - 44	6th F40 - 44
272	270	SIAN LAMBERT			00:09:24	00:01:06	00:37:36	00:03:35	00:21:45	01:13:26	F30 - 34	6th F30 - 34

273	84	TRACY PARKER	LINCOLN	DAVID LLOYD	00:10:00	00:02:14	00:38:52	00:00:41	00:21:40	01:13:27	F35 - 39	12th F35 - 39
274	159	ANDREW DARBY			00:09:20	00:01:47	00:38:48	00:00:22	00:23:20	01:13:37	M40 - 44	54th M40 - 44
275	201	IAN WINROTH			00:10:40	00:01:31	00:35:26	00:00:24	00:25:44	01:13:45	M35 - 39	61st M35 - 39
276	289	ANDREW SMITH		ESENDEX	00:11:18	00:03:19	00:34:59	00:00:29	00:23:42	01:13:47	M30 - 34	38th M30 - 34
277	241	FABIEN BUREL			00:09:34	00:02:19	00:38:04	00:00:29	00:23:22	01:13:48	M30 - 34	39th M30 - 34
278	420	NATALIE HILL		LINCOLN TRI CLUB	00:08:01	00:01:08	00:37:43	00:01:05	00:25:53	01:13:50	F25 - 29	3rd F25 - 29
279	164	ROGER HARDY			00:12:03	00:01:45	00:36:29	00:00:37	00:23:02	01:13:56	M45 - 49	33rd M45 - 49
280	225	JO PADLEY			00:09:28	00:01:07	00:35:57	00:02:52	00:24:42	01:14:06	F U 24	8th F U 24
281	161	PAUL DARBY			00:11:09	00:02:00	00:37:50	00:00:26	00:22:44	01:14:09	M45 - 49	34th M45 - 49
282	240	SIAN AIKEN			00:11:48	00:00:50	00:38:30	00:00:23	00:22:42	01:14:13	F30 - 34	7th F30 - 34
283	168	ROB JEPSON			00:08:05	00:01:55	00:36:53	00:00:33	00:26:48	01:14:14	M35 - 39	62nd M35 - 39
284	274	CHRISTOPHER WATKINS			00:09:34	00:00:52	00:36:01	00:00:30	00:27:20	01:14:17	M25 - 29	15th M25 - 29
285	18	GARY BAILEY			00:10:32	00:01:38	00:41:47	00:00:43	00:19:51	01:14:31	M25 - 29	16th M25 - 29
286	134	ADRIAN RISDALL			00:12:13	00:01:44	00:34:54	00:00:32	00:25:09	01:14:32	M45 - 49	35th M45 - 49
287	147	ANDY MCPHEE			00:10:41	00:02:00	00:34:18	00:00:32	00:27:11	01:14:42	M35 - 39	63rd M35 - 39
288	315	JULIE WHALEY		GI-TRI	00:09:59	00:01:30	00:39:30	00:00:29	00:23:19	01:14:47	F35 - 39	13th F35 - 39
289	149	ROBERT HAWORTH		GRANTHAM TRI	00:12:17	00:01:25	00:36:05	00:00:34	00:24:28	01:14:49	M50 - 54	12th M50 - 54
290	293	TRISTAN MC GEE			00:11:56	00:01:52	00:36:39	00:00:21	00:24:03	01:14:51	M35 - 39	64th M35 - 39
291	244	STUART COMBRIDGE			00:11:30	00:01:18	00:36:09	00:00:26	00:25:32	01:14:55	M45 - 49	36th M45 - 49
292	268	LUKE SKILLINGTON			00:10:32	00:01:49	00:38:03	00:00:32	00:24:00	01:14:56	M30 - 34	40th M30 - 34
293	474	SUZE MOORE		HOLME PIERREPONT RUNNING CLUB	00:09:01	00:02:02	00:39:05	00:01:03	00:23:50	01:15:01	F35 - 39	14th F35 - 39
294	75	SALLY HAYWOOD			00:11:34	00:00:56	00:36:53	00:00:38	00:25:07	01:15:08	F50+	1st F50+
295	190	HEATHER BROMLEY			00:11:57	00:01:56	00:34:50	00:00:32	00:26:05	01:15:20	F35 - 39	15th F35 - 39
296	231	RUARY EDMOND			00:10:04	00:01:07	00:39:38	00:00:32	00:24:01	01:15:22	M30 - 34	41st M30 - 34
297	470	YVONNE DUNMORE		WIGSTON PHOENIX RUNNING CLUB	00:08:26	00:01:30	00:38:01	00:01:04	00:26:29	01:15:30	F40 - 44	7th F40 - 44
298	214	BENJMAIN GARMIER			00:11:41	00:02:27	00:37:49	00:02:13	00:21:21	01:15:31	M25 - 29	17th M25 - 29
299	162	IAN FILBY			00:13:34	00:01:27	00:37:34	00:00:36	00:22:24	01:15:35	M50 - 54	13th M50 - 54
300	63	SIMON WOOD			00:11:30	00:02:47	00:38:03	00:00:34	00:22:42	01:15:36	M45 - 49	37th M45 - 49
301	77	WAYNE OAKES			00:11:01	00:02:32	00:36:37	00:00:48	00:24:40	01:15:38	M25 - 29	18th M25 - 29
302	87	DAVID CAMPLEJOHN			00:09:44	00:02:03	00:40:04	00:00:32	00:23:24	01:15:47	M40 - 44	55th M40 - 44
303	26	CHRISTOPHER ARCHER			00:11:54	00:03:07	00:34:34	00:00:27	00:25:47	01:15:49	M35 - 39	65th M35 - 39
304	27	DEREK COYNE			00:10:06	00:04:34	00:34:53	00:00:34	00:25:43	01:15:50	M45 - 49	38th M45 - 49
305	347	RICHARD ADAMS			00:09:37	00:01:42	00:36:41	00:01:03	00:26:56	01:15:59	M35 - 39	66th M35 - 39
306	255	SUSAN BEDFORD			00:11:01	00:01:42	00:37:57	00:00:23	00:25:05	01:16:08	F40 - 44	8th F40 - 44
307	301	NICK DUDLEY			00:10:20	00:01:04	00:37:57	00:00:26	00:26:21	01:16:08	M50 - 54	14th M50 - 54
308	237	SLEVIN ALEX			00:11:28	00:02:11	00:39:44	00:00:31	00:22:28	01:16:22	M25 - 29	19th M25 - 29
310	500	JANE MINTOFT			00:08:07	00:02:03	00:37:22	00:01:01	00:27:50	01:16:23	F50+	2nd F50+
309	42	SIMON HARRIS			00:13:45	00:02:31	00:37:02	00:00:30	00:22:35	01:16:23	M30 - 34	42nd M30 - 34
311	68	KAREEM ASKARI			00:11:19	00:01:27	00:38:45	00:00:40	00:24:21	01:16:32	M35 - 39	67th M35 - 39

312	253	RICHARD HILL			00:09:26	00:00:54	00:39:45	00:00:34	00:25:54	01:16:33	M30 - 34	43rd M30 - 34
314	477	ELEANOR WHITTEN		SPEEDO	00:09:27	00:01:21	00:39:31	00:01:07	00:25:17	01:16:43	F25 - 29	4th F25 - 29
313	41	ALUN HARCOTBE			00:13:02	00:01:43	00:38:56	00:00:26	00:22:36	01:16:43	M45 - 49	39th M45 - 49
315	72	DUNCAN COSTIN			00:11:39	00:01:47	00:37:30	00:00:36	00:25:15	01:16:47	M45 - 49	40th M45 - 49
316	117	RICHARD MATHAROO		DYNAMIQUE GYM	00:12:28	00:02:06	00:37:05	00:00:40	00:24:33	01:16:52	M30 - 34	44th M30 - 34
317	119	SIMON WEATHERILL		DYNAMIQUE GYM	00:10:36	00:01:51	00:38:47	00:00:42	00:24:56	01:16:52	M40 - 44	56th M40 - 44
318	455	RUTH WILLOTT			00:08:48	00:02:18	00:36:19	00:01:04	00:28:27	01:16:56	F35 - 39	16th F35 - 39
319	142	PAUL DUNCAN		DUNSTON DUCKS	00:11:35	00:01:51	00:36:19	00:00:26	00:26:53	01:17:04	M55 - 59	4th M55 - 59
320	389	ROBERT BENDY			00:09:01	00:01:32	00:41:28	00:00:57	00:24:22	01:17:20	M40 - 44	57th M40 - 44
321	39	JO SEMMELROTH			00:12:06	00:02:34	00:41:28	00:00:59	00:20:22	01:17:29	F30 - 34	8th F30 - 34
322	217	MATTHEW HAYTER			00:11:28	00:01:45	00:38:42	00:00:28	00:25:06	01:17:29	M30 - 34	45th M30 - 34
323	505	LORRAINE NICOL			00:07:30	00:01:50	00:41:36	00:01:02	00:25:32	01:17:30	F30 - 34	9th F30 - 34
324	97	MARC LUPSON			00:10:46	00:01:29	00:41:49	00:00:57	00:22:32	01:17:33	M40 - 44	58th M40 - 44
325	405	FIONA DUNBAR			00:08:56	00:01:14	00:38:17	00:01:03	00:28:07	01:17:37	F45 - 49	3rd F45 - 49
326	342	STEVE BAILEY		1485 TRI	00:09:44	00:01:41	00:36:25	00:00:48	00:29:00	01:17:38	M45 - 49	41st M45 - 49
328	320	GABRIELLE DEAGLE			00:08:47	00:01:16	00:39:38	00:00:21	00:27:47	01:17:49	F35 - 39	17th F35 - 39
327	197	DANIEL WHARTON			00:10:11	00:02:10	00:39:29	00:00:29	00:25:30	01:17:49	M35 - 39	68th M35 - 39
329	58	SIMON GODSON			00:11:34	00:01:29	00:36:24	00:00:26	00:27:59	01:17:52	M40 - 44	59th M40 - 44
330	153	THOMAS ATHERTON			00:11:53	00:01:27	00:40:29	00:01:51	00:22:15	01:17:55	M20 - 24	17th M20 - 24
331	288	ALEX LEA		ESENDEX	00:17:07	00:02:13	00:35:12	00:00:41	00:22:49	01:18:02	M30 - 34	46th M30 - 34
332	110	PAULA BARTECKI			00:11:12	00:01:57	00:39:22	00:00:31	00:25:06	01:18:08	F35 - 39	18th F35 - 39
333	118	GAVIN PUMFORD			00:12:25	00:02:19	00:39:57	00:01:37	00:21:54	01:18:12	M25 - 29	20th M25 - 29
334	345	JENNIFER HURST			00:10:44	00:02:06	00:39:52	00:00:47	00:24:53	01:18:22	F50+	3rd F50+
335	292	SCOTT HILL			00:10:29	00:01:16	00:36:36	00:00:34	00:29:35	01:18:30	M25 - 29	21st M25 - 29
336	224	ADAM SELLARS		SPALDING TRI CLUB	00:09:19	00:00:49	00:39:48	00:00:24	00:28:14	01:18:34	M20 - 24	18th M20 - 24
337	156	GARETH BIDDER		ABSOLUTE TRIATHLON CLUB	00:14:22	00:01:16	00:36:52	00:00:31	00:25:35	01:18:36	M35 - 39	69th M35 - 39
338	132	THOMAS MALIN			00:09:35	00:01:40	00:39:45	00:00:36	00:27:05	01:18:41	M35 - 39	70th M35 - 39
339	452	NICHOLAS GIBSON			00:07:33	00:01:32	00:39:34	00:01:05	00:29:00	01:18:44	M35 - 39	71st M35 - 39
340	129	LEE HODGSON			00:11:16	00:01:49	00:39:57	00:00:55	00:24:53	01:18:50	M40 - 44	60th M40 - 44
341	425	ANDREA HULETT		WIGSTON PHOENIX RUNNING CLUB	00:09:24	00:01:39	00:38:52	00:01:02	00:27:54	01:18:51	F35 - 39	19th F35 - 39
342	186	GREG SMITH			00:10:12	00:01:51	00:43:10	00:01:17	00:22:23	01:18:53	M40 - 44	61st M40 - 44
343	43	SAMUEL OSEI NIMO		HOOFERS HEALTH CLUB	00:14:37	00:01:35	00:36:22	00:00:46	00:25:36	01:18:56	M30 - 34	47th M30 - 34
344	265	NICOLA GREENSMITH		LONG EATON RUNNING CLUB	00:12:19	00:01:02	00:37:35	00:00:33	00:27:29	01:18:58	F25 - 29	5th F25 - 29
345	125	LOUISE GEORGE			00:11:11	00:02:22	00:38:19	00:00:27	00:26:45	01:19:04	F45 - 49	4th F45 - 49
346	375	CLAIRE BARLOW			00:10:36	00:02:29	00:38:48	00:00:50	00:26:22	01:19:05	F40 - 44	9th F40 - 44
347	189	ALEX STILBORN			00:11:53	00:02:58	00:39:19	00:01:46	00:23:16	01:19:12	M35 - 39	72nd M35 - 39
348	300	EMMA SNOWDEN			00:10:57	00:01:51	00:42:17	00:00:50	00:23:36	01:19:31	F40 - 44	10th F40 - 44
349	257	WILLIAM HILL			00:11:02	00:01:55	00:40:32	00:00:30	00:25:40	01:19:39	M40 - 44	62nd M40 - 44
350	49	LOUISE BARDSLEY			00:11:32	00:02:27	00:41:57	00:01:27	00:22:20	01:19:43	F30 - 34	10th F30 - 34

351	469	CLAIRE WHITE			00:08:37	00:02:10	00:43:12	00:01:03	00:24:46	01:19:48	F30 - 34	11th F30 - 34
352	370	SHELLEY ANDERSON		LINCOLN TRI CLUB	00:09:37	00:01:33	00:37:28	00:00:45	00:30:25	01:19:48	F40 - 44	11th F40 - 44
353	31	ANDREW ANSELL			00:12:35	00:02:36	00:39:37	00:00:29	00:24:35	01:19:52	M45 - 49	42nd M45 - 49
354	454	DAVID HAMMOND		WISBECH SWIMMING CLUB	00:07:20	00:02:09	00:40:37	00:00:57	00:28:49	01:19:52	M50 - 54	15th M50 - 54
355	155	SALLY SMITH		SHEFFIELD TRI CLUB	00:11:30	00:41:27				01:20:12	F50+	4th F50+
356	373	BRUCE LEE NAYLOR		SAS SWIMMING CLUB EPWORTH	00:09:09	00:01:23	00:39:25	00:00:53	00:29:24	01:20:14	M55 - 59	5th M55 - 59
357	96	JUSTIN HACKNEY			00:12:34	00:01:40	00:40:08	00:00:58	00:24:55	01:20:15	M40 - 44	63rd M40 - 44
358	430	AMELIA LAWRENCE			00:11:28	00:01:25	00:42:25	00:00:57	00:24:08	01:20:23	F25 - 29	6th F25 - 29
359	281	JULIAN HUCKER		ESENDEX	00:08:38	00:00:56	00:42:17	00:00:27	00:28:11	01:20:29	M40 - 44	64th M40 - 44
360	238	MICHAEL ASH			00:10:09	00:01:26	00:38:22	00:00:41	00:29:54	01:20:32	M40 - 44	65th M40 - 44
361	136	KARL TINGEY			00:14:03	00:02:01	00:40:42	00:00:48	00:23:01	01:20:35	M35 - 39	73rd M35 - 39
363	54	VICKI WATSON		ABSOLUTE TRIATHLON CLUB	00:13:17	00:01:27	00:38:22	00:00:36	00:26:54	01:20:36	F40 - 44	12th F40 - 44
362	138	PAULINE YONG			00:08:59	00:01:00	00:45:08	00:00:54	00:24:35	01:20:36	F50+	5th F50+
365	395	BRITTE CAIRNS			00:09:05	00:01:45	00:41:57	00:00:50	00:27:04	01:20:41	F35 - 39	20th F35 - 39
364	365	HELEN PARKER			00:10:42	00:00:52	00:42:55	00:00:51	00:25:21	01:20:41	F40 - 44	13th F40 - 44
366	236	PHIL ADKIN			00:13:26	00:02:05	00:36:43	00:01:24	00:27:06	01:20:44	M35 - 39	74th M35 - 39
367	175	VICKI PARTRIDGE			00:09:50	00:01:50	00:41:56	00:01:42	00:25:37	01:20:55	F30 - 34	12th F30 - 34
368	192	BRIAN TODD			00:11:59	00:01:40	00:37:45	00:00:41	00:28:51	01:20:56	M60 +	1st M60 - 64
369	122	RACHEL MCCRORY			00:11:40	00:01:16	00:41:04	00:01:15	00:25:43	01:20:58	F40 - 44	14th F40 - 44
370	262	MARTIN LUKE		BELTON EXTREME CLUB	00:09:43	00:02:43	00:41:16	00:01:33	00:25:43	01:20:58	M40 - 44	66th M40 - 44
372	295	CAROL O CONNOR			00:10:35	00:01:29	00:41:09	00:01:03	00:26:52	01:21:08	F45 - 49	5th F45 - 49
371	36	BEN CRIPPS			00:11:13	00:03:04	00:41:47	00:01:37	00:23:27	01:21:08	M35 - 39	75th M35 - 39
373	205	SHARON KITCHEN			00:10:27	00:01:41	00:41:44	00:00:59	00:26:20	01:21:11	F45 - 49	6th F45 - 49
374	121	ANTHONY WHEATLEY		DYNAMIQUE	00:12:33	00:02:37	00:38:29	00:01:39	00:26:01	01:21:19	M35 - 39	76th M35 - 39
376	90	NICOLA SKEGG		GI TRI	00:11:04	00:01:26	00:38:03	00:01:26	00:29:22	01:21:21	F45 - 49	7th F45 - 49
375	266	MARK PLUMTREE			00:10:59	00:02:35	00:43:15	00:01:20	00:23:12	01:21:21	M45 - 49	43rd M45 - 49
377	52	MARC MOLE			00:08:28	00:02:27	00:43:33	00:01:18	00:25:41	01:21:27	M25 - 29	22nd M25 - 29
378	146	CHARLES LANGTREE			00:12:18	00:02:57	00:40:07	00:01:06	00:25:00	01:21:28	M40 - 44	67th M40 - 44
379	32	MICHAEL BIRD		MANSFIELD TRI CLUB	00:13:53	00:02:24	00:38:28	00:01:27	00:25:19	01:21:31	M55 - 59	6th M55 - 59
380	415	JEMMA HENDLEY			00:08:18	00:02:18	00:40:26	00:01:01	00:29:36	01:21:39	F35 - 39	21st F35 - 39
381	340	SARAH ECCLES			00:07:36	00:01:35	00:45:05	23:01:58	01:25:30	01:21:44	F40 - 44	15th F40 - 44
382	260	JACKIE BROWN		SPEEDO	00:10:02	00:02:23	00:41:44	23:02:53	01:24:45	01:21:47	F40 - 44	16th F40 - 44
383	91	GARY CRAGG			00:09:45	00:03:16	00:45:35	00:01:16	00:22:04	01:21:56	M40 - 44	68th M40 - 44
384	70	RACHEL NEEDHAM			00:12:23	00:02:33	00:43:38	00:01:05	00:22:22	01:22:01	F U 24	9th F U 24
385	113	BRIAN DOWNES			00:12:13	00:01:23	00:41:22	00:01:15	00:25:48	01:22:01	M50 - 54	16th M50 - 54
386	180	ELAINE ATKINSON			00:11:21	00:01:53	00:42:44	00:01:36	00:24:29	01:22:03	F40 - 44	17th F40 - 44
387	194	JEZ TURNER			00:11:08	00:02:59	00:40:58	00:01:55	00:25:12	01:22:12	M35 - 39	77th M35 - 39
388	216	ROBBIE GOODWIN			00:14:08	00:02:05	00:39:41	00:00:59	00:25:32	01:22:25	M15 - 19	9th M15 - 19
389	417	STEVEN ROBERTS			00:08:20	00:02:18	00:44:49	00:01:06	00:26:08	01:22:41	M45 - 49	44th M45 - 49

390	120	LAURIE COHEN			00:10:50	00:03:14	00:43:06	00:02:06	00:23:27	01:22:43	F50+	6th F50+
391	133	JONATHAN MATTHEWS			00:10:02	00:01:26	00:42:24	00:01:16	00:27:41	01:22:49	M40 - 44	69th M40 - 44
392	103	GANESH SUBRAMANIAN			00:15:16	00:03:11	00:39:57	00:02:03	00:22:23	01:22:50	M40 - 44	70th M40 - 44
393	104	HEIDI WILSON			00:11:14	00:01:55	00:41:52	00:01:37	00:26:16	01:22:54	F30 - 34	13th F30 - 34
394	7	JAMES BRYDON			00:15:17	00:02:50	00:41:42	00:01:31	00:21:35	01:22:55	M30 - 34	48th M30 - 34
395	6	GEORGE AKINS			00:10:41	00:03:37	00:44:03	00:01:54	00:22:40	01:22:55	M35 - 39	78th M35 - 39
396	80	GAIL PHILLIPS			00:12:33	00:01:16	00:38:56	00:01:14	00:29:00	01:22:59	F40 - 44	18th F40 - 44
397	286	PAUL SPENCER		ESENDEX	00:12:43	00:02:21	00:38:29	00:02:00	00:27:28	01:23:01	M30 - 34	49th M30 - 34
398	56	JONATHAN BANHAM			00:13:32	00:03:02	00:38:20	00:01:38	00:26:35	01:23:07	M40 - 44	71st M40 - 44
399	207	BRIAN HARRISON			00:12:49	00:02:48	00:39:40	00:01:16	00:26:39	01:23:12	M20 - 24	19th M20 - 24
400	350	MARGARET MOORHEAD		SHEFFIELD TRI CLUB	00:08:51	00:02:15	00:46:21	00:01:30	00:24:28	01:23:25	F U 24	10th F U 24
401	127	BRIAN DARRINGTON			00:12:24	00:01:43	00:42:26	00:01:11	00:25:42	01:23:26	M35 - 39	79th M35 - 39
402	116	ANDY HODKIN			00:13:13	00:01:41	00:45:02	00:01:27	00:22:37	01:24:00	M35 - 39	80th M35 - 39
403	81	JOE JACKSON			00:10:58	00:01:51	00:43:18	00:01:00	00:27:07	01:24:14	M30 - 34	50th M30 - 34
404	163	CHRIS GEORGE			00:09:33	00:02:55	00:37:53	00:01:36	00:32:27	01:24:24	M45 - 49	45th M45 - 49
405	111	CHRISTOPHER LAMBERT	LAMBERTS		00:17:17	00:01:20	00:43:50	00:01:00	00:22:01	01:25:28	TEAM	5th TEAM
406	40	LOUISE WILLIAMSON			00:11:52	00:01:47	00:42:57	00:01:05	00:27:55	01:25:36	F35 - 39	22nd F35 - 39
407	65	VIKKIE HUDSPETH			00:09:05	00:02:05	00:48:12	00:01:15	00:25:10	01:25:47	F35 - 39	23rd F35 - 39
408	360	ZOE KELLY			00:10:19	00:02:09	00:46:21	00:01:06	00:25:53	01:25:48	F35 - 39	24th F35 - 39
409	212	KEVIN MURRAY			00:10:58	00:02:58	00:41:32	00:01:29	00:28:51	01:25:48	M30 - 34	51st M30 - 34
410	145	RUTH MARPLES			00:12:00	00:01:52	00:42:02	00:01:48	00:28:24	01:26:06	F45 - 49	8th F45 - 49
411	17	PHILIP TANGRI			00:12:35	00:01:52	00:46:40	00:01:03	00:24:01	01:26:11	M45 - 49	46th M45 - 49
412	516	LIAM GOODWIN			00:09:05	00:03:10	00:45:07	00:01:12	00:27:51	01:26:25	M20 - 24	20th M20 - 24
413	440	KIMBERLY MORT			00:09:08	00:01:51	00:46:00	00:01:19	00:28:08	01:26:26	F25 - 29	7th F25 - 29
414	86	MIKE BELL			00:11:25	00:02:21	00:43:58	00:01:03	00:27:50	01:26:37	M30 - 34	52nd M30 - 34
415	353	LEE BARLOW			00:12:25	00:03:38	00:39:21	00:02:30	00:28:46	01:26:40	M40 - 44	72nd M40 - 44
416	89	ANGELA RENNIE			00:11:11	00:02:14	00:41:51	00:01:17	00:30:17	01:26:50	F45 - 49	9th F45 - 49
418	135	LORRAINE KEARNEY		DAVID LLOYD LEEDS	00:12:06	00:02:02	00:43:17	00:01:27	00:28:00	01:26:52	F50+	7th F50+
417	66	STEVEN HARRIS			00:11:41	00:02:23	00:44:59	00:01:41	00:26:08	01:26:52	M45 - 49	47th M45 - 49
419	94	JO WHYLES	LINCOLN	DAVID LLOYD	00:10:46	00:02:27	00:46:03	00:01:07	00:26:41	01:27:04	F40 - 44	19th F40 - 44
420	38	PAUL GOODFIELD			00:15:53	00:02:59	00:43:45	00:01:05	00:23:24	01:27:06	M50 - 54	17th M50 - 54
421	109	IEVA AUKSAYTE			00:11:51	00:01:38	00:46:54	00:01:10	00:26:02	01:27:35	F U 24	11th F U 24
422	213	STEVE ROBERTS		SPALDING TRI CLUB	00:11:24	00:01:45	00:41:55	00:00:55	00:31:37	01:27:36	M30 - 34	53rd M30 - 34
423	61	OLIVER MERRILL			00:10:47	00:02:28	00:43:58	00:01:24	00:29:13	01:27:50	M30 - 34	54th M30 - 34
424	403	ROBERT CAWDRON		SOUTHWELL RUNNING CLUB/TFN TRI CLUB	00:09:45	00:02:14	00:40:15	00:01:14	00:34:25	01:27:53	M45 - 49	48th M45 - 49
425	102	ASHLEY SMITH			00:12:40	00:03:53	00:38:06	00:02:55	00:30:23	01:27:57	M40 - 44	73rd M40 - 44
426	283	JONATHAN RELF		ESENDEX	00:12:26	00:02:24	00:39:50	00:00:54	00:32:49	01:28:23	M35 - 39	81st M35 - 39
427	335	JANE CARRINGTON			00:08:38	00:02:32	00:43:11	00:01:20	00:32:47	01:28:28	F40 - 44	20th F40 - 44
428	280	LUCY MICKLETHWAITE		GI TRI	00:09:26	00:02:36	00:47:08	00:01:13	00:28:18	01:28:41	F25 - 29	8th F25 - 29

429	414	DAVID PLUNKETT		GRIMSBY TRI CLUB	00:09:16	00:01:12	00:50:46	00:00:53	00:26:48	01:28:55	M45 - 49	49th M45 - 49
430	22	WAYNE ROWLAND			00:13:32	00:02:53	00:43:41	00:01:37	00:27:32	01:29:15	M30 - 34	55th M30 - 34
431	76	HOWARD KING			00:12:37	00:02:21	00:46:57	00:01:17	00:26:19	01:29:31	M60 +	2nd M60 - 64
432	64	PAT ROBINSON		4 LIFE TRI CLUB	00:13:38	00:01:52	00:46:10	00:01:08	00:26:50	01:29:38	F50+	8th F50+
433	330	ALISON ALLSOPP			00:09:03	00:01:37	00:47:18	00:01:11	00:30:33	01:29:42	F30 - 34	14th F30 - 34
434	55	TANYA BINNS			00:13:43	00:01:08	00:41:24	00:01:03	00:32:34	01:29:52	F25 - 29	9th F25 - 29
435	60	DEBORAH PARKER			00:12:51	00:02:23	00:44:13	00:01:12	00:29:27	01:30:06	F45 - 49	10th F45 - 49
436	215	TERESA STAPLETON			00:11:01	00:02:26	00:45:36	00:01:24	00:29:48	01:30:15	F40 - 44	21st F40 - 44
437	275	SARAH LEWIS			00:10:46	00:02:14	00:43:45	00:01:33	00:32:00	01:30:18	F50+	9th F50+
438	44	JENNY WYNN			00:10:53	00:02:33	00:47:40	00:01:07	00:28:38	01:30:51	F35 - 39	25th F35 - 39
439	232	MATT GOODMAN			00:15:50	00:04:31	00:39:40	00:02:17	00:28:34	01:30:52	M40 - 44	74th M40 - 44
440	114	ANNE BELLAMY HOMPSON			00:11:45	00:02:49	00:42:32	00:02:12	00:31:49	01:31:07	F50+	10th F50+
441	29	SARAH LITTLE			00:12:15	00:02:43	00:45:08	00:01:24	00:29:47	01:31:17	F45 - 49	11th F45 - 49
442	69	LYNN JOWETT		SOUTHWELL RUNNING CLUB	00:15:02	00:00:38	00:46:17	00:00:44	00:29:17	01:31:58	F35 - 39	26th F35 - 39
443	19	FAITH EDGINGTON MOLE		TICKHILL RUNNING CLUB	00:15:33	00:02:41	00:49:00	00:01:23	00:23:42	01:32:19	F45 - 49	12th F45 - 49
444	165	JULIE WILSON			00:10:49	00:02:21	00:50:05	00:01:39	00:27:48	01:32:42	F45 - 49	13th F45 - 49
445	9	VERONICA AGUIRRE			00:19:22	00:03:38	00:43:08	00:01:44	00:24:59	01:32:51	F25 - 29	10th F25 - 29
446	100	SYLVIA YATES		SHEFFIELD TRI CLUB	00:12:14	00:01:59	00:46:32	00:01:46	00:30:23	01:32:54	F50+	11th F50+
447	74	RACHEL BRANDRETH			00:15:14	00:01:58	00:44:20	00:01:05	00:30:18	01:32:55	F40 - 44	22nd F40 - 44
448	112	PATHY HARRISH			00:12:51	00:02:38	00:45:15	00:02:14	00:30:00	01:32:58	M40 - 44	75th M40 - 44
449	67	MARK GLOVER			00:11:57	00:03:16	00:43:20	00:02:32	00:31:55	01:33:00	M40 - 44	76th M40 - 44
450	150	TANYA ROSTRON			00:11:19	00:01:49	00:48:18	00:01:38	00:30:19	01:33:23	F45 - 49	14th F45 - 49
451	50	PäIVI RAINE			00:12:50	00:02:30	00:45:01	00:01:20	00:32:09	01:33:50	F45 - 49	15th F45 - 49
452	30	JO FLINT			00:10:45	00:03:21	00:49:01	00:01:47	00:29:13	01:34:07	F40 - 44	23rd F40 - 44
453	15	AMIE KAVANAGH			00:15:53	00:03:02	00:46:37	00:01:07	00:28:01	01:34:40	F U 24	12th F U 24
454	256	JULIAN SYKES			00:11:18	00:02:08	00:49:49	00:01:32	00:30:43	01:35:30	M30 - 34	56th M30 - 34
455	368	DAVID LEACH			00:11:18	00:01:56	00:55:39	00:01:40	00:25:32	01:36:05	M35 - 39	82nd M35 - 39
456	170	JANET WOODS			00:11:37	00:02:22	00:50:35	00:02:01	00:29:31	01:36:06	F50+	12th F50+
457	20	JILL MCINTYRE		TOONIE EXPRESS	00:13:28	00:03:58	00:53:33	00:01:16	00:25:31	01:37:46	F45 - 49	16th F45 - 49
458	24	SALLIANNE WILD			00:12:39	00:05:27	00:49:02	00:03:28	00:27:31	01:38:07	F35 - 39	27th F35 - 39
459	130	KIRSTEN HOWELLS		WOODLANDS	00:15:00	00:04:03	00:46:00	00:02:27	00:31:10	01:38:40	F35 - 39	28th F35 - 39
460	245	TRUDI BALL			00:12:36	00:04:11	00:52:18	00:01:27	00:28:29	01:39:01	F45 - 49	17th F45 - 49
461	11	SIMON WOOD			00:11:48	00:01:57	00:46:43	00:01:03	00:37:39	01:39:10	M45 - 49	50th M45 - 49
462	195	TARA DUNBAR			00:11:51	00:02:03	23:50:58	00:01:59	01:32:29	01:39:20	F30 - 34	15th F30 - 34
463	325	HEATHER GARMIER			00:08:23	00:03:19	00:50:50	00:03:11	00:33:38	01:39:21	F25 - 29	11th F25 - 29
464	25	EMMA WOOD			00:16:31	00:01:45	00:47:30	00:01:35	00:32:12	01:39:33	F40 - 44	24th F40 - 44
465	45	CHIBEKA KASONDE		SOUTHWELL RUNNING CLUB	00:13:36	00:01:36	00:52:14	00:01:18	00:31:52	01:40:36	F35 - 39	29th F35 - 39
466	35	DAWN POTTS			00:16:22	00:01:54	00:45:40	00:01:44	00:35:18	01:40:58	F50+	13th F50+
467	4	CLAIRE DRING			00:14:20	00:06:19	00:52:03	00:02:42	00:25:50	01:41:14	F45 - 49	18th F45 - 49

468	57	CRAIG BEATSON			00:15:23	00:07:46	00:44:29	00:03:25	00:31:26	01:42:29	M35 - 39	83rd M35 - 39
469	5	SUE OLDFIELD			00:16:41	00:03:56	00:52:44	00:02:02	00:28:53	01:44:16	F50+	14th F50+
470	62	STUART NICHOLSON			00:13:54	00:02:07	00:59:29	00:01:57	00:30:30	01:47:57	M30 - 34	57th M30 - 34
471	34	GEMMA OLLERENSHAW			00:16:04	00:01:49	00:57:19	00:01:36	00:32:16	01:49:04	F25 - 29	12th F25 - 29
472	13	JEZ MCCARTHY			00:22:31	00:05:55	00:43:41	00:03:00	00:34:29	01:49:36	M50 - 54	18th M50 - 54
473	85	KATH AKOSLOVSKI		LEICESTER TRIATHLON CLUB	00:13:29	00:02:30	00:48:43	00:02:45	00:46:27	01:53:54	F50+	15th F50+
474	14	VALERIE WEISS			00:17:03	00:02:26	00:55:31	00:02:03	00:36:55	01:53:58	F35 - 39	30th F35 - 39
	291	ASHLEY WILSON			00:13:34	00:01:44	00:39:41	00:01:42	00:13:51	1 Lap Run	M25 - 29	
	73	MARK DEANS			00:12:27	00:01:57	00:39:57	00:02:20	00:09:52	1 Lap Run	M30 - 34	
	557	GORDON MONAGHAN		TFN TRI CLUB	00:06:22	00:00:46				D.N.F	M30 - 34	
	487	ANDY PROFFITT		TFN TRI CLUB	00:08:11	00:01:21	00:26:37			D.N.F	M35 - 39	
	378	RICHARD THOMBS			00:08:18	00:01:37	00:34:42			D.N.F	M40 - 44	
	473	CLAIRE MACKINDER			00:08:21	00:00:51	00:31:42	00:01:03		DQ'd	F25 - 29	
	468	GAIL WARNER		RUTLAND RUNNING CLUB	00:08:46	00:00:56	00:32:41	00:01:05		DQ'd	F35 - 39	