



SAUCONY 10K SUPPORTED BY CYTOSPORT - RESULTS

POS	NAME	SURNAME	RACE NO	CAT	GENDER	CLUB	LAP1	LAP2	LAP3	FINISH	CHIP TIME
1	STEVE	GALLIENNE	335	OPEN	MALE	SAUCONY	00:10:24	00:10:50	00:11:00	00:32:14	00:32:14
2	JOEL	JAMESON	356	OPEN	MALE	FUSION/MULTISPORT DISTRIBUTION	00:10:42	00:10:58	00:10:59	00:32:39	00:32:39
3	NICK	SHASHA	215	OPEN	MALE		00:10:36	00:11:07	00:11:22	00:33:05	00:33:05
4	HARRY	WILTSHIRE	233	OPEN	MALE	WWW.DRIVENTOTRI.COM	00:10:36	00:11:22	00:11:15	00:33:13	00:33:13
5	ALEX	FLYNN	336	OPEN	MALE	SAUCONY	00:10:43	00:11:19	00:11:16	00:33:18	00:33:18
6	LEE	PIERCY	197	OPEN	MALE	THE BIG ADVENTURE STORE	00:10:47	00:11:20	00:11:21	00:33:28	00:33:28
7	JAMES	BROWN	123	OPEN	MALE	THAMES TURBO	00:10:43	00:11:25	00:11:30	00:33:38	00:33:38
8	ADAM	HOLLAND	163	OPEN	MALE	VOTWO.CO.UK	00:11:08	00:11:49	00:11:42	00:34:39	00:34:39
9	ALEX	FISHER	341	OPEN	MALE	TBAS	00:11:06	00:11:55	00:11:53	00:34:54	00:34:54
10	NICK	CLEMENTS	131	OPEN	MALE	THAMES TURBO/SIGMA SPORT	00:11:21	00:12:16	00:12:03	00:35:40	00:35:40
11	JUSTIN	PHILLIPPS	195	OPEN	MALE	ALDERHOT FARNHAM@DISTRICT	00:11:40	00:11:56	00:12:07	00:35:43	00:35:43
12	BILLY	PARKER-BROWN	332	OPEN	MALE	SAUCONY	00:11:47	00:12:03	00:12:10	00:36:00	00:36:00
13	BARNABY	GRAY	272	VET	MALE	FARNHAM TRI	00:11:32	00:12:18	00:12:13	00:36:03	00:36:03
14	EIMEAR	MULLAN	366	OPEN	FEMALE	TEAM MK/FUSION	00:11:41	00:12:10	00:12:18	00:36:09	00:36:09
15	FILIPPO	PAGAVINO	192	OPEN	MALE		00:11:43	00:12:33	00:12:09	00:36:25	00:36:25
16	DAVID	GLOSSY	154	OPEN	MALE	"TEAM PHIL CORLEY(BLUE, FUSION)"	00:11:53	00:12:24	00:12:21	00:36:38	00:36:38
17	MICHAEL	KAZIMIERSKI	170	OPEN	MALE	TRISPORTNEWS RACING	00:11:51	00:12:24	00:12:26	00:36:41	00:36:41
18	DANIELLE	STEWART	74	OPEN	FEMALE	WARWICK UNIVERSITY	00:11:54	00:12:23	00:12:30	00:36:47	00:36:47
19	EMMA	DEWS	21	OPEN	FEMALE	THE BIG ADVENTURE STORE (TBAS)	00:11:52	00:12:25	00:12:36	00:36:53	00:36:53
20	SIMON	NICHOLL	187	OPEN	MALE		00:12:01	00:12:26	00:12:36	00:37:03	00:37:03
21	MIKE	PAGE	193	OPEN	MALE		00:11:55	00:12:38	00:12:42	00:37:15	00:37:15
22	KARL	FREE	148	OPEN	MALE	MET POLICE TRI	00:11:58	00:12:34	00:12:47	00:37:19	00:37:19
23	ERNEST	LOTTER	179	OPEN	MALE		00:12:17	00:12:35	00:12:27	00:37:19	00:37:19
24	VICKY	GILL	345	OPEN	FEMALE	THAMES TURBO SIGMA SPORT	00:11:52	00:12:41	00:12:51	00:37:24	00:37:24
25	BENJAMIN	WEBECK	231	OPEN	MALE	TEAM DILLON	00:12:07	00:12:45	00:12:40	00:37:32	00:37:32
26	OLIVER	MANN	334	OPEN	MALE	TFN	00:11:48	00:12:56	00:13:11	00:37:55	00:37:55
27	LUCY	GOSSAGE	340	OPEN	FEMALE		00:12:16	00:12:55	00:12:54	00:38:05	00:38:05
28	STEPHEN	CHAPMAN	127	OPEN	MALE	BRIDGTOWN CONA TESTA TRIATHLON TEAM	00:12:29	00:13:01	00:12:56	00:38:26	00:38:26
29	DAN	FALCONAR	367	OPEN	MALE		00:12:51	00:13:00	00:12:44	00:38:35	00:38:35
30	SIMON	GRIFFITHS	273	VET	MALE	TZERO	00:12:35	00:13:03	00:13:12	00:38:50	00:38:50
31	PATRICK	HARFIELD	159	OPEN	MALE	PORTSMOUTH TRIATHLETES	00:12:00	00:13:09	00:13:50	00:38:59	00:38:59
32	SHAUN	O'GORMAN	296	VET	MALE	ALCHESTER RUNNING CLUB	00:12:34	00:13:14	00:13:12	00:39:00	00:39:00
33	ALLEN	DOBIE	259	VET	MALE		00:13:51	00:14:48	00:10:22	00:39:09	00:39:01
34	MARK	GLAISTER	270	VET	MALE	THAMES TURBO TRIATHLON CLUB	00:12:49	00:13:17	00:13:28	00:39:34	00:39:34
35	PAUL	ADAMS	237	VET	MALE	WAVERLEY VALLEY HARRIERS	00:12:58	00:13:13	00:13:33	00:39:44	00:39:44
36	MICHAEL	PETERS	301	VET	MALE	COVENTRY GODIVA HARRIERS	00:12:58	00:13:19	00:13:33	00:39:50	00:39:50
37	JOSH	CUMMINS	347	OPEN	MALE		00:13:20	00:13:18	00:13:11	00:39:50	00:39:49
38	CHRIS	DOMINEY	328	OPEN	MALE	NEWQUAY ROAD RUNNERS	00:12:59	00:13:35	00:13:17	00:39:51	00:39:51
39	JAMIE	MAKER	181	OPEN	MALE		00:12:37	00:13:36	00:13:45	00:39:58	00:39:58
40	MANN	RICHARD	204	OPEN	MALE	CLC STRIDERS	00:13:00	00:13:30	00:13:31	00:40:01	00:40:01
41	CHRIS	SCARLETT	213	OPEN	MALE	TRISPORTNEWS RACING	00:13:02	00:13:27	00:13:30	00:40:01	00:39:59
42	PAUL	MELLEN	343	VET	MALE		00:12:55	00:13:39	00:13:49	00:40:23	00:40:23
43	ALISTAIR	WEBB	230	OPEN	MALE		00:12:57	00:13:47	00:13:39	00:40:24	00:40:23
44	LINCOLN	GERMIQUET	363	OPEN	MALE		00:12:43	00:13:48	00:13:54	00:40:25	00:40:25
45	ALISON	BIRD	87	VET	FEMALE	READING ROAD RUNNERS	00:13:12	00:13:33	00:13:42	00:40:28	00:40:27
46	JAMES	LONG	178	OPEN	MALE		00:14:04	00:13:13	00:13:04	00:40:39	00:40:21
47	JOHN	FITZPATRICK	263	VET	MALE		00:13:04	00:13:55	00:13:43	00:40:42	00:40:42
48	ANNA	MURAWSKA	51	OPEN	FEMALE		00:13:19	00:13:42	00:13:47	00:40:49	00:40:48
49	ANDREW	WADDINGTON	318	VET	MALE		00:12:58	00:14:03	00:14:10	00:41:11	00:41:11
50	KEVIN	KIM	173	OPEN	MALE		00:13:40	00:13:47	00:13:44	00:41:15	00:41:11
51	PHIL	NICOLLE	188	OPEN	MALE		00:13:15	00:14:01	00:14:04	00:41:20	00:41:20
52	PETER	THOMPSON	225	OPEN	MALE		00:13:44	00:13:45	00:13:48	00:41:22	00:41:17
53	STEVE	MORRIS	360	VET	MALE	ESC D3	00:13:43	00:13:42	00:13:53	00:41:23	00:41:18
54	LIBBY	CAMERON	9	OPEN	FEMALE	MET POLICE TRI	00:13:18	00:14:06	00:14:01	00:41:25	00:41:25
55	RICHARD	SMITH	359	OPEN	MALE		00:13:18	00:14:17	00:13:58	00:41:33	00:41:33
56	IAN	LEWIS	176	OPEN	MALE		00:14:18	00:13:57	00:13:19	00:41:37	00:41:34
57	SIMON	DALBY	256	VET	MALE	TRILIFE	00:13:43	00:13:54	00:13:56	00:41:37	00:41:33





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58	SIMON	SHELTON	216	OPEN	MALE		00:13:54	00:14:00	00:13:42	00:41:38	00:41:36
59	PAUL	MILSOM	184	OPEN	MALE		00:13:04	00:14:33	00:14:11	00:41:52	00:41:48
60	NICO	VAN DER WESTHUIZEN	228	OPEN	MALE		00:13:57	00:13:55	00:14:00	00:41:53	00:41:52
61	DAVID	FRASER	357	VET	MALE	MONDIDIER ATHLETICS	00:13:22	00:14:18	00:14:25	00:42:05	00:42:05
62	FREDERIC	FRIZZARIN	149	OPEN	MALE		00:14:16	00:13:58	00:13:47	00:42:07	00:42:01
63	JAMES	MASON	182	OPEN	MALE		00:13:38	00:14:17	00:14:09	00:42:10	00:42:04
64	KENNY	BROWN	244	VET	MALE	BTF	00:14:13	00:14:07	00:13:53	00:42:17	00:42:13
65	BRUNO	MAHSOUDI	247	VET	MALE	GREENWICH TRITONS	00:13:26	00:14:28	00:14:30	00:42:24	00:42:24
66	MIKE	HAWKINS	342	VET	MALE	VELOCITY MULTISPORT	00:13:49	00:14:13	00:14:24	00:42:26	00:42:26
67	PHYLLIS	FLYNN	364	VET	FEMALE	STRAGGLERS	00:13:56	00:14:15	00:14:15	00:42:26	00:42:26
68	DECLAN	FLYNN	365	VET	MALE	26.2 RRC	00:13:52	00:14:18	00:14:17	00:42:27	00:42:27
69	RICHARD	DOBSON	140	OPEN	MALE		00:14:45	00:13:45	00:13:45	00:42:31	00:42:15
70	TERRY	LIGHTFOOT	286	VET	MALE	WHITE ROSE TRI / TR CONTENTS	00:14:43	00:13:59	00:13:52	00:42:42	00:42:34
71	DAVE	MITCHAM	358	OPEN	MALE	TEAM KENNEY	00:13:48	00:14:21	00:14:33	00:42:44	00:42:42
72	JAMES	PODBURY	199	OPEN	MALE	REIGATE PRIORY	00:14:15	00:14:11	00:14:26	00:42:57	00:42:52
73	ERIC	BUTCHER	354	VET	MALE	ELM TRI	00:14:02	00:14:25	00:14:28	00:42:58	00:42:55
74	MICHAEL	CLAPHAM	130	OPEN	MALE		00:14:49	00:14:10	00:13:51	00:42:59	00:42:50
75	ALISON	BAGNALL	85	VET	FEMALE	STRATFORD-UPON-AVON	00:13:59	00:14:34	00:14:30	00:43:03	00:43:03
76	PAUL	WESTREN	339	OPEN	MALE		00:13:58	00:14:30	00:14:31	00:43:04	00:42:59
77	KEITH	HARVEY	275	VET	MALE		00:13:43	00:14:28	00:15:00	00:43:11	00:43:11
78	JON	DOBBS	139	OPEN	MALE		00:13:56	00:14:39	00:14:36	00:43:14	00:43:11
79	MARK	ROBSON	306	VET	MALE		00:14:13	00:14:34	00:14:34	00:43:23	00:43:21
80	SARAH	GREEN	29	OPEN	FEMALE	METROPOLITAN POLICE TRIATHLON CLUB	00:14:02	00:14:39	00:14:48	00:43:29	00:43:29
81	STEVEN	PADDOCK	191	OPEN	MALE	SOFT	00:14:55	00:14:26	00:14:03	00:43:34	00:43:24
82	MARK	APLIN	118	OPEN	MALE		00:14:20	00:14:35	00:14:48	00:43:48	00:43:43
83	KATE	FOSTER	24	OPEN	FEMALE	T & H	00:14:10	00:14:49	00:14:45	00:43:49	00:43:44
84	KELLY	WYLD	234	OPEN	MALE		00:14:52	00:14:39	00:14:04	00:43:49	00:43:35
85	TONY	GAY	152	OPEN	MALE	CYTOSPORT	00:14:01	00:14:54	00:15:01	00:43:56	00:43:56
86	ALEXANDER	QUILLIAM	202	OPEN	MALE		00:15:34	00:14:54	00:13:27	00:43:57	00:43:55
87	DAVID	JONES	277	VET	MALE		00:14:33	00:14:33	00:14:48	00:43:57	00:43:54
88	ANITA	JONES	36	OPEN	FEMALE	PHOENIX AC	00:14:01	00:14:57	00:15:04	00:44:02	00:44:02
89	MATTHEW	PERRY	194	OPEN	MALE		00:14:27	00:14:42	00:14:47	00:44:04	00:43:56
90	MARTIN	KEEGAN	279	VET	MALE	RUNNYMEDE RUNNERS	00:14:31	00:14:39	00:15:06	00:44:21	00:44:16
91	NEIL	STONE	220	OPEN	MALE	TRISPORTNEWS	00:13:58	00:15:08	00:15:20	00:44:28	00:44:26
92	RICHARD	WILD	232	OPEN	MALE	RG ACTIVE RACE TEAM	00:14:52	00:14:50	00:14:49	00:44:31	00:44:31
93	CHRIS	CORNELL	132	OPEN	MALE		00:14:38	00:14:57	00:14:55	00:44:36	00:44:30
94	BRADLEY	TAYLOR	224	OPEN	MALE	EAST ESSEX TRIATHLON CLUB	00:14:42	00:15:03	00:14:48	00:44:41	00:44:33
95	BEANO	MORAN	344	OPEN	MALE	CHELTENHAM TRI CLUB	00:14:49	00:15:08	00:14:47	00:44:45	00:44:44
96	DAVE	NASH	186	OPEN	MALE		00:15:02	00:15:12	00:14:25	00:44:46	00:44:39
97	KLAUS	GRAF	271	VET	MALE	CYTOSPORT	00:14:01	00:15:06	00:15:41	00:44:49	00:44:48
98	ROBERT	MASLEN	288	VET	MALE	SERPENTINE	00:14:40	00:15:09	00:14:59	00:44:55	00:44:48
99	RACHEL	LIGHTFOOT	43	OPEN	FEMALE	WHITE ROSE TRI / TR CONTENTS	00:15:19	00:14:54	00:14:37	00:44:58	00:44:50
100	CHRISTINE	MEEK	104	VET	FEMALE	HILLINGDON TRIATHLETES	00:14:52	00:15:02	00:15:01	00:45:00	00:44:55
101	MARTYN	BARSON	119	OPEN	MALE		00:15:34	00:14:45	00:14:21	00:45:00	00:44:40
102	TANYA	HUNT	350	OPEN	FEMALE	SALISBURY TRI CLUB	00:14:40	00:15:17	00:15:02	00:45:02	00:44:59
103	CASPAR	CRAVEN	135	OPEN	MALE		00:15:23	00:14:52	00:14:37	00:45:07	00:44:52
104	MARK	HAYTER	160	OPEN	MALE		00:15:08	00:15:02	00:14:43	00:45:07	00:44:53
105	HILARY	WESTALL	115	VET	FEMALE		00:15:01	00:15:09	00:15:02	00:45:15	00:45:12
106	DAVID	WELLS	322	VET	MALE		00:15:01	00:15:09	00:15:01	00:45:15	00:45:11
107	CLARE	CUNNINGHAM	16	OPEN	FEMALE	THETRILIFE.COM	00:15:10	00:15:08	00:14:55	00:45:19	00:45:13
108	ISMAEL	RIPOLL BENAIGES	205	OPEN	MALE		00:14:48	00:15:13	00:15:10	00:45:19	00:45:11
109	STEFAN	JACKAMAN	165	OPEN	MALE		00:15:47	00:15:03	00:14:30	00:45:31	00:45:20
110	ALBERTO	COLVARA	253	VET	MALE		00:15:00	00:15:17	00:15:15	00:45:32	00:45:32
111	EMMA	THORPE	113	VET	FEMALE	NEWMARKET TRI CLUB	00:14:42	00:15:19	00:15:32	00:45:41	00:45:33
112	JOSEF	RIVERS	206	OPEN	MALE	RIVERSIDE RUNNERS	00:13:43	00:15:48	00:16:13	00:45:44	00:45:44
113	IAN	BROWN	326	VET	MALE		00:14:54	00:15:04	00:15:47	00:45:46	00:45:45
114	JEREMY	SUTHERLAND	315	VET	MALE	TRITALK.CO.UK	00:15:10	00:15:15	00:15:14	00:45:54	00:45:39
115	STEVEN	PHILP	196	OPEN	MALE		00:15:30	00:15:17	00:14:48	00:46:00	00:45:35



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116	COLIN	STONE	219	OPEN	MALE		00:15:39	00:15:19	00:14:57	00:46:05	00:45:55
117	RICHARD	MASON	289	VET	MALE		00:15:10	00:15:26	00:15:33	00:46:10	00:46:09
118	TIM	ANDREWS	238	VET	MALE	SERPENTINE	00:14:19	00:15:41	00:16:19	00:46:19	00:46:19
119	PAUL	BROWN	245	VET	MALE		00:15:01	00:15:20	00:16:05	00:46:27	00:46:26
120	MATTHEW	DUNN	143	OPEN	MALE	BODYWORKS XTC	00:15:33	00:15:44	00:15:07	00:46:29	00:46:24
121	THOMAS	GARROD	150	OPEN	MALE	WINDRUSH	00:14:24	00:15:43	00:16:21	00:46:30	00:46:28
122	JACUIE	POTTER	368	VET	FEMALE		00:15:08	00:15:41	00:15:55	00:46:51	00:46:44
123	ELTON	PRITCHARD	201	OPEN	MALE		00:15:26	00:16:04	00:15:20	00:46:56	00:46:50
124	ANNA	HINDLE	34	OPEN	FEMALE	FARNHAM RUNNERS	00:15:30	00:15:49	00:15:35	00:47:00	00:46:54
125	ALISTAIR	HUGGETT	276	VET	MALE	WINDRUSH TRI CLUB	00:15:51	00:15:43	00:15:16	00:47:01	00:46:50
126	CHRIS	KINDON	174	OPEN	MALE		00:15:16	00:15:54	00:15:26	00:47:04	00:46:36
127	LEE	WALLHEAD	319	VET	MALE		00:15:28	00:15:52	00:15:34	00:47:08	00:46:54
128	LEE	CHILD	128	OPEN	MALE		00:15:42	00:16:00	00:15:25	00:47:15	00:47:07
129	TREV	CHILD	129	OPEN	MALE		00:15:41	00:16:01	00:15:25	00:47:16	00:47:07
130	DANIEL	KEMP	171	OPEN	MALE		00:15:53	00:15:42	00:15:26	00:47:16	00:47:01
131	ANNA MARIA	GARCIA	25	OPEN	FEMALE		00:15:35	00:16:09	00:15:33	00:47:17	00:47:17
132	SOHAIL	SAMIULLAH	309	VET	MALE	METROPOLITAN POLICE TRIATHLON CLUB	00:14:34	00:15:52	00:16:53	00:47:19	00:47:19
133	RUSSELL	COBB	251	VET	MALE		00:15:37	00:15:58	00:15:33	00:47:21	00:47:08
134	PAUL	STOTT	314	VET	MALE		00:15:32	00:15:46	00:15:58	00:47:26	00:47:16
135	MICHELLE	CARTWRIGHT	11	OPEN	FEMALE	LITLEDOWN HARRIERS	00:16:04	00:15:56	00:15:37	00:47:46	00:47:37
136	DOUGLAS	HAMILTON	274	VET	MALE	ARMY TRIATHLON CLUB	00:15:34	00:16:17	00:15:46	00:47:50	00:47:37
137	EVAN	DEBARRA	138	OPEN	MALE		00:15:26	00:16:14	00:16:10	00:47:51	00:47:50
138	STEPHEN	BAGSHAW	239	VET	MALE		00:14:40	00:16:29	00:16:43	00:47:52	00:47:52
139	WEI HIAM	ONG	190	OPEN	MALE		00:15:30	00:16:13	00:16:07	00:47:53	00:47:50
140	ALAN	KIM	172	OPEN	MALE		00:16:03	00:15:38	00:16:08	00:48:02	00:47:49
141	ROBERT	JUXON	169	OPEN	MALE		00:15:57	00:16:15	00:15:52	00:48:15	00:48:04
142	STEPHEN	DALBY	257	VET	MALE		00:15:22	00:16:11	00:16:43	00:48:18	00:48:16
143	MAX	PAGE	298	VET	MALE		00:17:02	00:16:03	00:15:03	00:48:35	00:48:08
144	GARETH DAVID	JONES	352	VET	MALE	W.S.D.OM	00:16:10	00:16:00	00:15:59	00:48:35	00:48:09
145	PETER	DODWELL	260	VET	MALE		00:17:06	00:15:58	00:15:05	00:48:36	00:48:09
146	DIEGO	FARNETI	146	OPEN	MALE		00:15:34	00:16:40	00:16:08	00:48:40	00:48:22
147	ROB	BUGLER	125	OPEN	MALE	FVS TRI	00:16:25	00:16:22	00:15:41	00:48:41	00:48:28
148	JOHN	FOX	265	VET	MALE		00:15:40	00:16:24	00:16:29	00:48:42	00:48:33
149	ADAM	COX	134	OPEN	MALE		00:16:33	00:16:12	00:15:47	00:48:44	00:48:32
150	MATTHEW	SHEPHERD	217	OPEN	MALE		00:15:46	00:16:30	00:16:24	00:48:46	00:48:40
151	CORMAC	BOURNE	242	VET	MALE		00:16:27	00:16:15	00:15:54	00:48:48	00:48:36
152	JUSTIN	ZITVER	236	OPEN	MALE		00:16:08	00:16:15	00:16:15	00:48:51	00:48:38
153	IAIN	GORDON	155	OPEN	MALE		00:15:34	00:16:36	00:16:45	00:48:59	00:48:55
154	JEROME	SALAUN	210	OPEN	MALE		00:15:40	00:16:37	00:16:44	00:49:01	00:49:01
155	ALBERTO	LEGNANI	285	VET	MALE	CYTOSPORT	00:15:51	00:16:17	00:16:55	00:49:03	00:49:03
156	HEATHER	MOORS	49	OPEN	FEMALE		00:15:39	00:16:42	00:16:39	00:49:06	00:49:00
157	MATTHEW	ROBINSON	305	VET	MALE		00:16:31	00:16:13	00:16:11	00:49:06	00:48:55
158	DOMINIC	JONES	167	OPEN	MALE		00:16:45	00:17:11	00:15:25	00:49:21	00:49:21
159	JAMES	BURNETT	126	OPEN	MALE		00:15:49	00:16:48	00:16:46	00:49:25	00:49:23
160	MARK	SHERWOOD	218	OPEN	MALE	PSOF	00:16:39	00:16:45	00:15:51	00:49:28	00:49:15
161	ULF	LARSEN	283	VET	MALE		00:15:50	00:17:06	00:16:28	00:49:31	00:49:24
162	MICHAEL	UCCELLI	227	OPEN	MALE		00:16:28	00:17:11	00:15:53	00:49:39	00:49:32
163	STUART	SKILTON	312	VET	MALE		00:16:10	00:16:46	00:16:29	00:49:40	00:49:25
164	CHRIS	BEALE	122	OPEN	MALE		00:15:28	00:16:54	00:17:11	00:49:42	00:49:33
165	RICHARD	BARTER	121	OPEN	MALE		00:16:29	00:16:58	00:16:11	00:49:55	00:49:38
166	MARTIN	EMM	349	VET	MALE	SALISBURY TRI CLUB	00:16:07	00:16:53	00:17:07	00:50:10	00:50:07
167	DAVID	GEORGE	268	VET	MALE		00:16:28	00:16:46	00:16:51	00:50:20	00:50:05
168	CHARLES	HUDSON	164	OPEN	MALE		00:16:57	00:16:49	00:16:12	00:50:26	00:49:58
169	NICOLE	OH	55	OPEN	FEMALE	THETRILIFE.COM	00:16:18	00:17:01	00:16:55	00:50:28	00:50:14
170	KEITH	FREGARD	266	VET	MALE		00:16:11	00:17:00	00:17:28	00:50:44	00:50:39
171	LORNA	SALMONS	109	VET	FEMALE	ABINGDON & VALE TRI CLUB	00:17:05	00:16:50	00:16:46	00:50:46	00:50:41
172	MICHAEL	WARNER	320	VET	MALE	WOKING AC	00:16:01	00:17:04	00:17:35	00:50:46	00:50:40
173	CHRISTINE	KELLY	38	OPEN	FEMALE		00:17:24	00:16:54	00:16:17	00:50:48	00:50:35



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174	NEIL	WELLS	323	VET	MALE		00:17:00	00:17:02	00:16:35	00:50:49	00:50:37
175	FIONA	HAMILTON	30	OPEN	FEMALE	RAF TRIATHLON CLUB	00:17:09	00:16:56	00:16:33	00:50:50	00:50:38
176	CHRIS	SPENSER	351	OPEN	MALE	CRAWLEY TRI CLUB	00:16:59	00:16:54	00:16:37	00:50:55	00:50:30
177	GIORGIO	LAI	281	VET	MALE		00:16:34	00:16:52	00:17:09	00:50:59	00:50:35
178	MARIANGELA	DEMARCUS	20	OPEN	FEMALE		00:16:19	00:17:27	00:17:10	00:51:01	00:50:56
179	ROBIN	BRUCE	246	VET	MALE	BASINGSTOKE & MID HANTS AC	00:16:16	00:17:05	00:17:45	00:51:08	00:51:06
180	VICTORIA	GOODENOUGH	28	OPEN	FEMALE	TRI -ANGLIA	00:17:42	00:17:08	00:16:01	00:51:10	00:50:51
181	AURELIE	ALMEIDA-HEASMAN	1	OPEN	FEMALE	THAMES TURBO	00:17:23	00:17:08	00:16:36	00:51:13	00:51:07
182	CHARLOTTE	DAVEY	17	OPEN	FEMALE		00:17:08	00:17:02	00:16:51	00:51:13	00:51:01
183	REBECCA	TUNSTALL	77	OPEN	FEMALE	THAMES TURBO	00:17:23	00:17:08	00:16:36	00:51:13	00:51:07
184	HONOR	SIMMONDS	72	OPEN	FEMALE	SOFT	00:17:02	00:17:06	00:17:00	00:51:18	00:51:08
185	FIONA	MCKAY	47	OPEN	FEMALE		00:17:23	00:16:55	00:16:40	00:51:20	00:50:58
186	ROD	NEWING	294	VET	MALE	NIKE RUNNING CLUB	00:16:17	00:17:15	00:17:48	00:51:22	00:51:20
187	MARCELA	ZUPKOVA	84	OPEN	FEMALE		00:16:45	00:17:29	00:17:09	00:51:23	00:51:23
188	KATHERINE	ROSS	371	OPEN	FEMALE	MANCHESTER TRI	00:16:55	00:17:22	00:17:00	00:51:30	00:51:17
189	GARY	CROSS	372	VET	MALE		00:16:55	00:17:23	00:17:01	00:51:31	00:51:19
190	DAN	PLUMMER	198	OPEN	MALE		00:16:56	00:16:58	00:17:28	00:51:51	00:51:22
191	KEVIN	CUNDY	255	VET	MALE	BARNET AND DISTRICT A/C	00:17:25	00:17:16	00:16:51	00:51:54	00:51:32
192	RICHARD	EVENS	369	OPEN	MALE		00:16:21	00:17:48	00:17:41	00:52:00	00:51:50
193	ELIZABETH	PFEUTI	57	OPEN	FEMALE		00:16:46	00:17:37	00:17:41	00:52:05	00:52:04
194	PETER	WILLIAMSON	325	VET	MALE		00:17:04	00:17:23	00:17:26	00:52:12	00:51:53
195	JO	CHANDLER	13	OPEN	FEMALE		00:17:33	00:17:33	00:17:04	00:52:24	00:52:10
196	MARY	DOWNHAM	93	VET	FEMALE		00:17:23	00:17:48	00:17:06	00:52:29	00:52:17
197	ANDREW	PARKER	299	VET	MALE		00:18:47	00:16:56	00:16:27	00:52:34	00:52:10
198	SVEN	PEDERSEN	222	OPEN	MALE		00:17:07	00:17:26	00:17:44	00:52:38	00:52:17
199	DEE	RUTTER	108	VET	FEMALE	SOFT	00:17:15	00:17:44	00:17:35	00:52:44	00:52:34
200	TREVOR	RUTTER	308	VET	MALE	SOFT	00:17:15	00:17:44	00:17:35	00:52:44	00:52:34
201	ANDY	MIKELLIDES	333	OPEN	MALE		00:17:00	00:18:07	00:17:30	00:52:47	00:52:37
202	NIGEL	SHEPHERD	310	VET	MALE		00:16:30	00:18:00	00:18:17	00:52:53	00:52:47
203	DAVID	CUNNINGHAM	136	OPEN	MALE		00:18:09	00:17:44	00:16:48	00:52:56	00:52:41
204	CLAIRE LOUISE	CARTER	10	OPEN	FEMALE	S.O.F.T	00:16:58	00:17:50	00:18:00	00:52:57	00:52:48
205	G	GOLDIE-JONES	353	VET	MALE		00:17:03	00:17:37	00:18:26	00:53:06	00:53:06
206	WARREN	GWILLYM	156	OPEN	MALE		00:17:18	00:17:54	00:17:43	00:53:11	00:52:55
207	KEVIN	MULKERRINS	185	OPEN	MALE		00:17:38	00:17:44	00:17:52	00:53:28	00:53:14
208	CARSON	ANDREW	355	OPEN	MALE		00:17:40	00:18:02	00:17:53	00:53:51	00:53:35
209	JAN	KROLEWIAK	280	VET	MALE	KINGS HILL TRI TEAM	00:17:31	00:18:00	00:18:10	00:53:56	00:53:41
210	ANDREW	WELLS	321	VET	MALE		00:16:19	00:19:12	00:18:30	00:54:01	00:54:01
211	MARTIN	OHALLORAN	297	VET	MALE		00:17:58	00:18:25	00:17:57	00:54:32	00:54:20
212	ADELINE	COKER	370	OPEN	FEMALE	EDMONTON RUNNING CLUB				00:54:36	00:54:36
213	LAURA	WILLIAMS	81	OPEN	FEMALE		00:19:17	00:17:47	00:17:20	00:54:51	00:54:24
214	ROBIN	NOWER	189	OPEN	MALE		00:19:17	00:17:47	00:17:21	00:54:51	00:54:25
215	LISA	SCARLETT	110	VET	FEMALE	TRISPORTNEWS	00:18:26	00:18:22	00:17:44	00:54:55	00:54:32
216	SOPHIE	PELL	62	OPEN	FEMALE		00:18:54	00:18:20	00:17:34	00:55:07	00:54:48
217	PHILIP	PAVELIN	300	VET	MALE		00:18:27	00:18:19	00:18:06	00:55:17	00:54:52
218	MICHEAL	THOMAS	317	VET	MALE		00:17:45	00:18:46	00:18:44	00:55:19	00:55:15
219	CHARLOTTE	SEDGLEY	346	OPEN	FEMALE		00:17:56	00:19:03	00:18:27	00:55:27	00:55:26
220	LORNE	MCCALLA	290	VET	MALE		00:18:29	00:18:19	00:18:17	00:55:29	00:55:05
221	ANN	MARSHALL	361	VET	FEMALE		00:18:32	00:18:44	00:18:10	00:55:35	00:55:26
222	JOANNA	PORTUS	65	OPEN	FEMALE	NEWTON ABBOT ATHLETICS CLUB	00:17:56	00:19:06	00:18:28	00:55:37	00:55:30
223	ALEX	BART	120	OPEN	MALE		00:17:00	00:19:28	00:19:13	00:55:43	00:55:41
224	MARK	WILLCOCKS	324	VET	MALE	UKNETRUNNER.CO.UK	00:18:10	00:18:56	00:18:30	00:55:48	00:55:36
225	STEVEN	NORCLIFFE	295	VET	MALE		00:18:09	00:18:48	00:18:44	00:55:55	00:55:41
226	FELICITY	HAND	31	OPEN	FEMALE		00:18:26	00:18:31	00:18:38	00:55:58	00:55:35
227	KARIN	FITZPATRICK	94	VET	FEMALE		00:18:11	00:18:51	00:19:00	00:56:06	00:56:02
228	TOM	FITZPATRICK	264	VET	MALE		00:18:30	00:18:51	00:18:44	00:56:09	00:56:05
229	REBECCA	BLACKMAN	8	OPEN	FEMALE		00:18:23	00:18:37	00:18:54	00:56:15	00:55:54
230	JON	HEDAUX	161	OPEN	MALE					00:56:23	00:56:16
231	JO	DAVIS	90	VET	FEMALE		00:18:37	00:18:56	00:18:36	00:56:30	00:56:09



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232	JACQUELINE	HASSINGER	96	VET	FEMALE		00:19:59	00:18:30	00:17:40	00:56:30	00:56:09
233	PAUL	ZANON	235	OPEN	MALE	PAULLYZ	00:18:37	00:18:56	00:18:36	00:56:30	00:56:09
234	TERESA	GILLINGHAM	26	OPEN	FEMALE		00:19:59	00:18:30	00:17:41	00:56:31	00:56:10
235	DANIELLE	HARRIS	32	OPEN	FEMALE		00:18:34	00:19:02	00:18:48	00:56:35	00:56:24
236	HELENA	PAVICIC	60	OPEN	FEMALE		00:19:55	00:18:45	00:17:36	00:56:40	00:56:16
237	COLE	MULKERRINS	293	VET	MALE		00:17:57	00:19:06	00:19:28	00:56:46	00:56:31
238	PATRIZIA	CASALI	88	VET	FEMALE		00:18:39	00:19:13	00:18:53	00:56:56	00:56:45
239	LAURA	NASTRI	52	OPEN	FEMALE		00:18:22	00:19:07	00:19:17	00:56:59	00:56:46
240	SYDNEY	TAVERN	316	VET	MALE		00:18:27	00:19:04	00:19:22	00:57:15	00:56:53
241	SHERYNE	SHILLINGFORD	71	OPEN	FEMALE	TEAMMK	00:17:49	00:19:50	00:19:36	00:57:16	00:57:15
242	STUART	LYONS	329	OPEN	MALE		00:17:42	00:20:22	00:19:21	00:57:41	00:57:25
243	JACK	RIVERS	304	VET	MALE	BEDS ROAD CYCLING CLUB	00:19:20	00:19:16	00:18:57	00:58:03	00:57:33
244	REBECCA	SHELTON	70	OPEN	FEMALE		00:19:36	00:19:09	00:19:07	00:58:09	00:57:52
245	MICHAEL	JOHNSTON	166	OPEN	MALE		00:18:45	00:19:37	00:19:25	00:58:10	00:57:47
246	ADONAI	RODRIGUES	307	VET	MALE		00:17:53	00:20:00	00:20:20	00:58:13	00:58:13
247	INGA	MULLER	50	OPEN	FEMALE	SERPENTINE RC	00:20:04	00:19:39	00:18:49	00:58:55	00:58:32
248	JOHANNA	ANDERSON	2	OPEN	FEMALE		00:20:16	00:19:17	00:19:09	00:59:01	00:58:42
249	SARAH	SUTHERLAND	112	VET	FEMALE		00:20:13	00:19:40	00:18:59	00:59:07	00:58:52
250	JAMES	GAWMAN	151	OPEN	MALE		00:20:45	00:19:42	00:18:31	00:59:09	00:58:58
251	VICKI	GODDARD	27	OPEN	FEMALE		00:19:41	00:19:41	00:19:44	00:59:17	00:59:06
252	PAUL	STIMPSON	313	VET	MALE	TRITALK.CO.UK	00:20:19	00:19:03	00:19:49	00:59:22	00:59:11
253	LOUISE	HARRIS	33	OPEN	FEMALE		00:20:17	00:19:22	00:19:27	00:59:24	00:59:06
254	JASVIR SINGH	MODAHER	292	VET	MALE	BRITISH AIRWAYS A.C	00:19:11	00:19:58	00:20:27	00:59:36	00:59:36
255	MICHAEL	STRANEY	221	OPEN	MALE		00:17:59	00:20:40	00:21:03	00:59:45	00:59:42
256	COLIN	MEHD	362	OPEN	MALE		00:18:33	00:19:53	00:21:07	00:59:49	00:59:33
257	KATE	ROBSON	67	OPEN	FEMALE		00:18:41	00:20:33	00:20:29	00:59:50	00:59:43
258	DEREK	MCCAUSLAND	291	VET	MALE	RUNNYMEDE RUNNERS	00:19:02	00:20:08	00:20:38	00:59:57	00:59:48
259	BILIANA	AVRAMOVA	3	OPEN	FEMALE		00:20:17	00:20:08	00:19:42	01:00:24	01:00:07
260	LISA	PHOENIX	64	OPEN	FEMALE		00:20:46	00:20:09	00:19:34	01:00:40	01:00:29
261	NICOLA	TAIT	76	OPEN	FEMALE		00:19:52	00:20:29	00:19:59	01:00:47	01:00:20
262	ANN	MCMAHON	103	VET	FEMALE		00:20:34	00:20:16	00:19:43	01:00:54	01:00:33
263	ALEX	WELLER	80	OPEN	FEMALE		00:19:43	00:20:26	00:20:59	01:01:27	01:01:08
264	ROBERT	BROWN	124	OPEN	MALE		00:19:34	00:20:44	00:20:59	01:01:36	01:01:17
265	LOUISE	MALITS	45	OPEN	FEMALE		00:20:15	00:20:49	00:20:51	01:02:14	01:01:55
266	CLAIRE	PETTITT	63	OPEN	FEMALE		00:21:04	00:20:38	00:20:35	01:02:37	01:02:17
267	NICK	WALSHE	114	VET	FEMALE		00:20:49	00:20:42	00:21:01	01:02:53	01:02:32
268	SINEAD	LEE	42	OPEN	FEMALE		00:20:15	00:21:41	00:21:04	01:03:17	01:03:00
269	LAUREN	OESCHGER	54	OPEN	FEMALE		00:20:30	00:21:41	00:21:03	01:03:22	01:03:14
270	GEORGE	DIAMONDIS	327	OPEN	MALE		00:20:30	00:21:41	00:21:04	01:03:22	01:03:15
271	LINDA	LOADER	100	VET	FEMALE		00:21:29	00:20:22	00:21:35	01:03:43	01:03:26
272	STEPHANIE	VINTER	79	OPEN	FEMALE		00:20:18	00:21:25	00:21:43	01:03:44	01:03:26
273	DAVE	BRIGGS	348	VET	MALE		00:19:26	00:20:57	00:23:32	01:03:58	01:03:55
274	ZAHRA	SHARPLES	111	VET	FEMALE	DORKING AND MOLE VALLEY	00:20:32	00:22:31	00:21:28	01:04:39	01:04:31
275	JANET	DITCHFIELD	92	VET	FEMALE		00:21:21	00:21:19	00:21:39	01:04:41	01:04:19
276	JO	TURNBULL	78	OPEN	FEMALE		00:20:44	00:22:25	00:21:56	01:05:06	01:05:05
277	DEBBIE	DHANDA	91	VET	FEMALE		00:21:35	00:21:45	00:21:35	01:05:13	01:04:55
278	JO	SYM-CHOON	75	OPEN	FEMALE		00:20:38	00:22:07	00:22:45	01:05:52	01:05:30
279	NADIA	EDEN	23	OPEN	FEMALE		00:21:35	00:21:48	00:22:06	01:05:58	01:05:29
280	MICHAEL	EDEN	144	OPEN	MALE		00:21:36	00:21:47	00:22:07	01:05:59	01:05:30
281	MATTHEW	TURNER	226	OPEN	MALE		00:17:35	00:29:31	00:18:51	01:06:15	01:05:57
282	CORRINA	LYONS	101	VET	FEMALE		00:21:21	00:22:25	00:24:14	01:08:16	01:08:00
283	LOUISE	PARKER	59	OPEN	FEMALE		00:21:56	00:22:51	00:23:12	01:08:22	01:07:59
284	ANNA	NIEMCZUK	53	OPEN	FEMALE		00:21:46	00:23:22	00:23:27	01:08:57	01:08:35
285	CLAIR	BARRETT	5	OPEN	FEMALE		00:23:18	00:23:43	00:23:43	01:11:04	01:10:44
286	NAVJOT	WYLD	83	OPEN	FEMALE		00:23:18	00:23:44	00:23:42	01:11:04	01:10:44
287	HELEN	FRISE	95	VET	FEMALE		00:26:23	00:28:51	00:29:41	01:25:15	01:24:55