

Pos	FirstName	LastName	Race No	Status	Time	Cat	Cat Po	Gender	Gend Pos	Club	Run 1	T1	Bike	T2	Run 2
1	Harry	Springall	538	Finished	01:53:31	25-29	1	Male	1	Les Stables Zerod Sportstest	00:33:35	00:00:37	01:03:02	00:00:26	00:15:50
2	Luke	Grenfell-Shaw	12	Finished	01:56:23	20-24	1	Male	2		00:32:24	00:00:26	01:07:22	00:00:31	00:15:38
3	Richard	Shephard	113	Finished	01:57:48	35-39	1	Male	3	Straford Upon Avon AC	00:34:11	00:00:46	01:06:19	00:00:36	00:15:54
4	James	Coleman	543	Finished	02:00:19	30-34	1	Male	4	ENVe-One Poll-On	00:35:07	00:00:51	01:07:03	00:00:35	00:16:41
5	Robert	Drake	52	Finished	02:00:30	25-29	2	Male	5	South London Harriers	00:34:29	00:00:29	01:08:24	00:00:35	00:16:32
6	Chris	Nicoll	253	Finished	02:00:48	45-49	1	Male	6	Derby Tri Club	00:34:45	00:00:43	01:08:10	00:00:31	00:16:37
7	Paul	Lunn	202	Finished	02:01:16	40-44	1	Male	7	Racetime/USN RT	00:36:34	00:00:31	01:06:24	00:00:32	00:17:13
8	Andrew	Snook	93	Finished	02:01:31	30-34	2	Male	8		00:36:09	00:00:52	01:06:31	00:00:32	00:17:25
9	Daniel	Jenkin	62	Finished	02:01:33	25-29	3	Male	9	Red Venom	00:32:26	00:00:34	01:11:34	00:00:33	00:16:24
10	Benjamin	Hall	35	Finished	02:02:14	25-29	4	Male	10	Clapham Chasers	00:35:19	00:00:55	01:09:24	00:00:30	00:16:04
11	Andrew	Dyson	48	Finished	02:02:27	25-29	5	Male	11	VP Harriers & East London Velo	00:35:38	00:00:32	01:08:56	00:00:29	00:16:50
12	Daniel	Guerrero	8	Finished	02:02:52	20-24	2	Male	12	DA Coaching	00:36:50	00:00:36	01:07:54	00:00:31	00:16:59
13	Anthony	Gritton	44	Finished	02:03:40	25-29	6	Male	13		00:34:59	00:00:29	01:10:48	00:00:28	00:16:55
14	Michael	Chadwick	33	Finished	02:03:58	25-29	7	Male	14	Doncaster Tri Club	00:36:21	00:00:36	01:09:48	00:00:34	00:16:36
15	Tom	Burkinshaw	42	Finished	02:04:03	25-29	8	Male	15	Serpentine					
16	Chris	Kilburn	72	Finished	02:04:18	30-34	3	Male	16	Absolute Tri Club	00:35:05	00:00:31	01:11:04	00:00:32	00:17:03
17	Craig	Boggon	17	Finished	02:05:11	20-24	3	Male	17	Holmfirth Harries	00:36:09	00:00:44	01:10:47	00:00:31	00:16:57
18	Nicolas	Kernick	20	Finished	02:05:14	20-24	4	Male	18	Cambridge University	00:36:35	00:00:32	01:10:37	00:00:29	00:16:59
19	Ben	Allon-Smith	14	Finished	02:06:04	20-24	5	Male	19	Durham University Tri Club	00:37:10	00:00:32	01:10:58	00:00:32	00:16:50
20	Paul	Bolton	182	Finished	02:06:18	40-44	2	Male	20	Tri Sport Epping	00:37:17	00:00:29	01:10:22	00:00:35	00:17:33
21	Richard	Peel	76	Finished	02:06:24	30-34	4	Male	21	Clapham Chasers	00:36:03	00:00:44	01:10:33	00:00:42	00:18:21
22	Matthew	Hallam	41	Finished	02:06:51	25-29	9	Male	22	Jackpot Racing	00:38:15	00:00:40	01:09:38	00:00:39	00:17:37
23	Neil	Couchman	130	Finished	02:06:54	35-39	2	Male	23	Tunbridge Wells Tri Club	00:36:38	00:00:44	01:10:33	00:00:47	00:18:10
24	Zac	Pywell	11	Finished	02:07:12	20-24	6	Male	24	Warwick University	00:37:12	00:00:41	01:10:43	00:00:35	00:18:00
25	Gavin	Chatterton	145	Finished	02:07:34	35-39	3	Male	25	Tri Camp Race Team	00:36:33	00:00:50	01:11:21	00:00:40	00:18:08
26	Robert	Cumming	105	Finished	02:07:49	35-39	4	Male	26	Leeds Bradford Tri Club	00:37:25	00:00:51	01:11:00	00:00:48	00:17:43
27	Aaron	Ward	51	Finished	02:07:59	25-29	10	Male	27	Lichfield Tri Team	00:37:33	00:00:54	01:09:25	00:00:45	00:19:20
28	Brendan	Reese	135	Finished	02:08:11	35-39	5	Male	28	Army Tri Association	00:38:06	00:00:44	01:10:50	00:00:42	00:17:47
29	David	Dew	21	Finished	02:08:25	25-29	11	Male	29		00:36:09	00:00:34	01:14:02	00:00:34	00:17:05
30	Jonathan	Bromfield	68	Finished	02:08:40	30-34	5	Male	30	Louth Tri Club	00:37:29	00:00:31	01:12:05	00:00:30	00:18:03
31	Dominic	Masters	142	Finished	02:09:08	35-39	6	Male	31	Ful-on Tri	00:36:38	00:00:54	01:13:14	00:00:36	00:17:44
32	Matthew	Smith	36	Finished	02:09:57	25-29	12	Male	32		00:38:35	00:00:37	01:12:27	00:00:29	00:17:48
33	Tom	Anderton	65	Finished	02:10:02	30-34	6	Male	33	BRAT Club	00:35:46	00:00:39	01:15:17	00:00:29	00:17:49
34	David	Bagge	306	Finished	02:10:07	45-49	2	Male	34	Tunbridge Wells Tri Club	00:37:04	00:00:39	01:12:54	00:00:37	00:18:50
35	Barney	Purbrook	34	Finished	02:10:10	25-29	13	Male	35	Ful-on Tri	00:39:22	00:00:57	01:09:31	00:00:56	00:19:24
36	Richard	Mathie	64	Finished	02:10:43	30-34	7	Male	36	Serpentine	00:37:06	00:00:28	01:14:26	00:00:39	00:18:02
37	Daniel	Anderton	89	Finished	02:10:59	30-34	8	Male	37	BRAT Club	00:38:03	00:00:53	01:12:43	00:00:37	00:18:41

38	Phil	Paterson	85	Finished	02:11:02	30-34	9	Male	38		00:38:08	00:00:36	01:12:54	00:00:42	00:18:40
39	Barnaby	Gray	255	Finished	02:11:17	45-49	3	Male	39	Farnham Tri Club	00:36:22	00:00:43	01:15:09	00:00:48	00:18:13
40	Joe	Wilson	47	Finished	02:11:23	25-29	14	Male	40		00:38:02	00:00:33	01:14:05	00:00:35	00:18:06
41	Peter	Cusick	315	Finished	02:11:34	50-54	1	Male	41	Chippenham Harriers	00:37:24	00:00:35	01:15:10	00:00:34	00:17:49
42	Hayden	Smedley	91	Finished	02:12:24	30-34	10	Male	42	Derby Tri Club	00:40:12	00:00:49	01:10:34	00:00:37	00:20:11
43	Tim	George	75	Finished	02:12:38	30-34	11	Male	43	Itrivithtim	00:39:14	00:00:36	01:12:38	00:00:42	00:19:26
44	Andrew	Stenson	55	Finished	02:12:44	25-29	15	Male	44	RAF Triathlon	00:38:42	00:00:44	01:13:50	00:00:41	00:18:45
45	Neil	Giles	184	Finished	02:13:29	40-44	3	Male	45	Mid Sussex Tri Club	00:38:35	00:00:51	01:14:59	00:00:36	00:18:27
46	James	Deane	249	Finished	02:13:39	45-49	4	Male	46		00:39:10	00:00:35	01:13:58	00:00:45	00:19:09
47	Brennan	Townshend	15	Finished	02:13:45	20-24	7	Male	47	Colin Lewis Cycles Le Col	00:34:39	00:00:34	01:17:31	00:00:47	00:20:12
48	Darren	Fagan	185	Finished	02:14:11	40-44	4	Male	48	Performancecoaching.Me	00:37:59	00:00:50	01:15:25	00:00:54	00:19:01
49	Tony	Gilbert	329	Finished	02:14:15	50-54	2	Male	49	Stamford Tri Club	00:38:54	00:00:35	01:15:47	00:00:40	00:18:18
50	Finn	Nugent	9	Finished	02:14:26	20-24	8	Male	50	Durham University Tri Club	00:37:46	00:00:26	01:17:03	00:00:35	00:18:35
51	Cy	Gearing	224	Finished	02:14:30	40-44	5	Male	51	BRJ Run and Tri	00:39:19	00:00:47	01:15:05	00:00:43	00:18:34
52	Michael	Buchallet	225	Finished	02:14:47	40-44	6	Male	52	Walden Tri	00:37:13	00:00:31	01:17:40	00:00:34	00:18:47
53	Andy	Day	248	Finished	02:14:58	45-49	5	Male	53	Teamfreak	00:39:46	00:00:56	01:14:52	00:00:48	00:18:34
54	Neil	Scholes	350	Finished	02:15:26	50-54	3	Male	54	performance-edge.me	00:39:16	00:00:55	01:15:41	00:00:54	00:18:38
55	Steve	Salter	173	Finished	02:15:46	40-44	7	Male	55	Racetime Tri Club	00:39:09	00:00:53	01:15:50	00:01:07	00:18:45
56	Gordon	Hobbs	242	Finished	02:16:09	45-49	6	Male	56	Tri-Force	00:40:00	00:00:48	01:15:03	00:00:39	00:19:38
57	Conor	Richardson	109	Finished	02:16:10	35-39	7	Male	57	Ful-on Tri	00:38:33	00:00:43	01:13:41	00:02:15	00:20:56
58	Duncan	Adamson	192	Finished	02:16:14	40-44	8	Male	58	Racetime Tri Club	00:40:14	00:00:38	01:15:37	00:00:41	00:19:02
59	Stuart	Baker	43	Finished	02:17:03	25-29	16	Male	59	PDT Strength & Conditioning	00:41:41	00:01:02	01:14:00	00:00:52	00:19:26
60	Adam	Robbins	126	Finished	02:17:25	35-39	8	Male	60	Avon Valley Triathletes	00:40:11	00:00:45	01:15:06	00:00:49	00:20:32
61	David	Boyes	211	Finished	02:17:53	40-44	9	Male	61	Belper 10:20	00:39:16	00:00:35	01:16:40	00:00:37	00:20:43
62	Ian	Galpin	170	Finished	02:18:07	40-44	10	Male	62		00:41:07	00:01:03	01:15:26	00:00:54	00:19:35
63	John	Driscoll	238	Finished	02:18:09	45-49	7	Male	63	London Heathside	00:38:24	00:01:01	01:19:47	00:01:12	00:17:43
64	Gill	Fullen	517	Finished	02:18:12	50-54	1	Female	1	Bedford Harriers	00:39:28	00:00:36	01:19:01	00:00:49	00:18:15
65	Robert	Woodcock	102	Finished	02:18:13	35-39	9	Male	64		00:39:41	00:00:44	01:16:55	00:00:52	00:19:58
66	Graham	Birch	304	Finished	02:18:19	45-49	8	Male	65	Kenilworth Runners	00:39:52	00:01:02	01:17:21	00:01:14	00:18:48
67	Kevan	Mccartney	177	Finished	02:18:21	40-44	11	Male	66	Greenock Glenpark Harriers	00:41:31	00:00:55	01:15:30	00:00:41	00:19:43
68	Paul	Mannion	339	Finished	02:18:23	50-54	4	Male	67	Manchester Tri Club	00:39:43	00:00:37	01:18:52	00:00:39	00:18:30
69	Garry	Palmer	231	Finished	02:18:25	45-49	9	Male	68	sportstest.co.uk	00:39:15	00:01:19	01:18:29	00:01:00	00:18:21
70	Callum	Mcpartin	16	Finished	02:18:40	20-24	9	Male	69	Spalding Tri	00:41:26	00:00:32	01:16:14	00:00:32	00:19:55
71	Sean	Beard	312	Finished	02:18:56	50-54	5	Male	70	PACTRAC	00:37:25	00:00:50	01:19:46	00:02:06	00:18:48
72	Mark	Shoring	137	Finished	02:19:03	35-39	10	Male	71	RAF Triathlon	00:39:50	00:00:48	01:18:29	00:00:35	00:19:18
73	Dave	Christie	316	Finished	02:19:06	50-54	6	Male	72	Harrogate Tri Club	00:39:59	00:01:09	01:18:25	00:00:45	00:18:46
74	Gareth	Williams	125	Finished	02:19:23	35-39	11	Male	73		00:38:01	00:01:12	01:20:09	00:00:53	00:19:07
75	Andrew	Keetley	362	Finished	02:19:28	50-54	7	Male	74	Tri Camp Race Team	00:41:47	00:01:01	01:14:50	00:00:50	00:20:58
76	Oliver	Rodwell	108	Finished	02:19:50	35-39	12	Male	75		00:37:38	00:00:52	01:20:39	00:00:58	00:19:41

77	Steven	Noble	233	Finished	02:20:10	45-49	10	Male	76	Leighton Buzzard Tri	00:40:02	00:00:47	01:19:24	00:00:54	00:19:02
78	Matthew	Shaw	112	Finished	02:20:13	35-39	13	Male	77		00:41:20	00:00:50	01:17:17	00:00:35	00:20:09
79	Les	Kennedy	277	Finished	02:20:34	45-49	11	Male	78		00:41:02	00:00:38	01:18:10	00:00:30	00:20:12
80	Kirsty	Myles	423	Finished	02:20:37	25-29	1	Female	2		00:41:56	00:00:45	01:17:10	00:00:55	00:19:50
81	Richard	Cooper	380	Finished	02:21:00	55-59	1	Male	79		00:42:21	00:00:36	01:16:34	00:00:41	00:20:45
82	Daniel	Bluff	7	Finished	02:21:11	Junior	1	Male	80		00:38:58	00:00:34	01:22:02	00:00:33	00:19:02
83	Malcolm	Duff	88	Finished	02:21:13	30-34	12	Male	81		00:38:55	00:00:52	01:21:59	00:00:44	00:18:41
84	Nic	Cahusac	473	Finished	02:21:35	40-44	1	Female	3	One Tri RDS	00:39:51	00:00:38	01:21:46	00:00:44	00:18:33
85	Paul	Cunningham	111	Finished	02:21:41	35-39	14	Male	82	Derby Tri Club	00:42:12	00:01:09	01:18:01	00:00:45	00:19:33
86	Peter	Mack	220	Finished	02:21:46	40-44	12	Male	83	Crystal Palace Triathletes	00:40:53	00:01:13	01:18:32	00:01:06	00:19:59
87	Adam	Proud	158	Finished	02:21:47	40-44	13	Male	84		00:41:26	00:01:09	01:18:34	00:00:49	00:19:48
88	Paul	Sellars	270	Finished	02:21:54	45-49	12	Male	85		00:42:10	00:00:53	01:18:37	00:00:44	00:19:27
89	Christian	Moxon	110	Finished	02:22:26	35-39	15	Male	86	Clapham Chasers	00:46:49	00:00:59	01:14:08	00:00:47	00:19:42
90	Jonathan	Palmer	26	Finished	02:22:32	25-29	17	Male	87	Bourne Town Harriers	00:38:49	00:01:12	01:21:49	00:00:59	00:19:41
91	Peter	Staniland	124	Finished	02:22:36	35-39	16	Male	88	Halesowen Tri	00:41:52	00:01:08	01:18:48	00:01:14	00:19:32
91	Jon	Cowell	342	Finished	02:22:36	50-54	8	Male	88	Leighton Buzzard Tri/Bike + Run	00:41:08	00:00:30	01:19:40	00:00:36	00:20:39
93	Gethin	Owen	191	Finished	02:22:45	40-44	14	Male	90	Absolute Tri Club	00:41:47	00:01:03	01:19:16	00:00:55	00:19:42
94	Robin	Brookes	366	Finished	02:22:46	50-54	9	Male	91	PACTRAC	00:41:15	00:00:39	01:19:33	00:00:58	00:20:19
95	Pierre	Guern	166	Finished	02:22:50	40-44	15	Male	92	Leamington C&AC	00:43:39	00:00:52	01:16:15	00:00:49	00:21:12
96	Abigail	Bagshaw	410	Finished	02:22:56	20-24	1	Female	4	RAF Triathlon	00:37:52	00:00:48	01:25:15	00:00:42	00:18:17
97	Tim	Baggs	250	Finished	02:23:17	45-49	13	Male	93	Les-Stables Zerod	00:41:11	00:01:02	01:19:59	00:00:48	00:20:15
98	Richard	Lonsdale	335	Finished	02:23:25	50-54	10	Male	94		00:43:42	00:00:42	01:16:44	00:01:04	00:21:11
99	Wendy	Nicholls	492	Finished	02:23:26	45-49	1	Female	5	Kinetic-One	00:38:30	00:00:53	01:24:30	00:00:46	00:18:45
100	Darren	Bain	175	Finished	02:23:27	40-44	16	Male	95		00:41:40	00:01:04	01:19:50	00:00:43	00:20:08
101	Rupert	Price	22	Finished	02:23:55	25-29	18	Male	96		00:40:00	00:00:55	01:20:39	00:00:59	00:21:22
102	Kevin	Hancock	345	Finished	02:23:59	50-54	11	Male	97	Brighton Tri Club	00:41:22	00:00:54	01:20:19	00:01:11	00:20:12
103	Rosie	Davies	416	Finished	02:24:25	25-29	2	Female	6	Uni Of Birmingham	00:41:45	00:00:36	01:21:46	00:00:46	00:19:31
104	Rod	Hamilton	300	Finished	02:24:28	45-49	14	Male	98		00:42:10	00:01:03	01:20:18	00:01:20	00:19:34
105	Briony	Martin	415	Finished	02:24:34	25-29	3	Female	7		00:42:55	00:00:49	01:19:44	00:01:01	00:20:03
106	Richard	Nixon	295	Finished	02:24:38	45-49	15	Male	99	Pactrac/Stamford Tri	00:45:18	00:00:55	01:17:27	00:00:45	00:20:11
107	Amanda	Wilmer	452	Finished	02:24:43	35-39	1	Female	8	London Fields Triathlon Club	00:42:37	00:00:49	01:22:00	00:00:50	00:18:26
108	Antony	Brown	374	Finished	02:24:57	55-59	2	Male	100	PACTRAC	00:45:30	00:01:11	01:15:42	00:00:54	00:21:38
109	Ruth	Purbrook	413	Finished	02:25:09	25-29	4	Female	9	Ful-on Tri	00:39:52	00:00:41	01:25:00	00:00:44	00:18:49
110	Scott	Tilley	262	Finished	02:25:16	45-49	16	Male	101	Mansfield Tri Club	00:45:36	00:01:18	01:16:30	00:00:54	00:20:57
111	William	Speake	230	Finished	02:25:19	40-44	17	Male	102	Derby Tri Club	00:38:31	00:01:08	01:23:20	00:00:44	00:21:33
112	Andrew	Rogerson	58	Finished	02:25:22	25-29	19	Male	103		00:40:22	00:00:56	01:24:35	00:00:45	00:18:44
113	Mark	Lee	205	Finished	02:25:25	40-44	18	Male	104	RAF Triathlon	00:40:51	00:01:07	01:23:02	00:00:42	00:19:41
114	Mark	Wilson	321	Finished	02:25:35	50-54	12	Male	105	Belvoir Tri Club	00:43:14	00:00:57	01:19:26	00:01:10	00:20:45
115	Karolyn	Brown	533	Finished	02:25:43	40-44	2	Female	10	Ythan CC	00:41:49	00:01:18	01:22:20	00:00:37	00:19:38

116	Sam	O'Neill	39	Finished	02:26:10	25-29	20	Male	106	TriIC	00:36:39	00:00:45	01:25:05	00:00:50	00:22:49
117	David	Thorold	283	Finished	02:26:19	45-49	17	Male	107		00:45:00	00:00:42	01:17:58	00:00:56	00:21:40
118	Simon	Lashmar	181	Finished	02:26:23	40-44	19	Male	108	East Essex Tri	00:40:52	00:01:27	01:24:22	00:01:08	00:18:32
119	Ben	Parkinson	95	Finished	02:26:26	35-39	17	Male	109		00:43:20	00:01:01	01:20:46	00:00:52	00:20:25
120	Nigel	Stevens	381	Finished	02:26:34	55-59	3	Male	110	Dorking & Mole Valley AC	00:43:04	00:00:59	01:20:38	00:00:56	00:20:55
121	Dylan	Bogg	247	Finished	02:26:42	45-49	18	Male	111		00:45:08	00:01:38	01:18:14	00:01:08	00:20:32
122	Matthew	Hemsley	159	Finished	02:26:52	40-44	20	Male	112	TFN Tri Club	00:43:17	00:00:55	01:20:40	00:00:58	00:21:00
123	Keith	Stockdale	164	Finished	02:26:57	40-44	21	Male	113	David Lloyd Luton	00:40:49	00:00:53	01:24:04	00:00:44	00:20:25
124	Andy	Biggs	285	Finished	02:27:01	45-49	19	Male	114	Durham Tri Club	00:41:59	00:00:35	01:23:20	00:00:46	00:20:19
125	Oliver	Duncan-King	256	Finished	02:27:03	45-49	20	Male	115	B2P Tri Club	00:41:26	00:01:04	01:24:01	00:00:55	00:19:36
126	Chris	Redding	313	Finished	02:27:06	50-54	13	Male	116	Derby Tri Club	00:42:06	00:01:29	01:22:37	00:00:59	00:19:54
127	Nick	Harmon	363	Finished	02:27:08	50-54	14	Male	117		00:38:21	00:02:32	01:23:52	00:01:26	00:20:56
128	Steve	Coombs	269	Finished	02:27:12	45-49	21	Male	118	PACTRAC	00:43:04	00:00:50	01:21:44	00:00:59	00:20:34
129	Cameron	Silvester	146	Finished	02:27:16	35-39	18	Male	119		00:41:36	00:00:48	01:24:25	00:00:48	00:19:36
130	John	Crust	131	Finished	02:27:20	35-39	19	Male	120	Tri3 Sleaford	00:42:37	00:01:01	01:19:52	00:01:22	00:22:26
131	Hamish	Wilson	13	Finished	02:27:36	20-24	10	Male	121	Durham University Tri Club	00:37:54	00:00:35	01:20:44	00:00:50	00:27:31
132	Steven	Christie	121	Finished	02:27:58	35-39	20	Male	122		00:42:17	00:00:52	01:24:16	00:00:46	00:19:45
133	Jeremy	Page	368	Finished	02:27:59	55-59	4	Male	123	Nuneaton Tri Club	00:44:11	00:01:09	01:20:39	00:01:08	00:20:51
134	Colum	Sharkey	338	Finished	02:28:07	50-54	15	Male	124	RG Active Race Team	00:43:19	00:01:54	01:20:56	00:01:12	00:20:43
135	Andrew	Goodchild	297	Finished	02:28:09	45-49	22	Male	125	Tri-Anglia	00:44:17	00:00:50	01:21:15	00:01:04	00:20:41
136	Karl	Sparks	200	Finished	02:28:13	40-44	22	Male	126	B2P Tri Club	00:44:16	00:00:56	01:20:06	00:00:55	00:21:58
137	David	Dyer	377	Finished	02:28:42	55-59	5	Male	127	Maidenhead & District CC	00:44:57	00:01:15	01:21:08	00:00:58	00:20:23
138	Daymian	Underhill	60	Finished	02:28:43	25-29	21	Male	128		00:42:38	00:00:54	01:23:46	00:00:49	00:20:34
139	Paul	Grindal	261	Finished	02:28:57	45-49	23	Male	129		00:42:12	00:01:00	01:23:31	00:01:13	00:20:59
140	Aaron	Humphries	63	Finished	02:29:08	30-34	13	Male	130		00:41:53	00:01:23	01:25:34	00:01:13	00:19:03
141	James	Risley	83	Finished	02:29:09	30-34	14	Male	131		00:42:31	00:01:47	01:21:30	00:01:45	00:21:34
142	Richard	Newell	532	Finished	02:29:11	40-44	23	Male	132		00:45:49	00:00:49	01:19:26	00:00:42	00:22:23
143	Claire	Steels	420	Finished	02:29:13	25-29	5	Female	11		00:40:20	00:00:51	01:26:30	00:01:04	00:20:26
144	Matthew	Knight	90	Finished	02:29:16	30-34	15	Male	133	Coventry Triathletes	00:42:03	00:01:04	01:24:54	00:01:05	00:20:09
145	Louise	Oldridge	490	Finished	02:29:26	45-49	2	Female	12		00:44:22	00:00:52	01:23:26	00:00:59	00:19:46
146	Laura	Bartlett	434	Finished	02:29:29	30-34	1	Female	13	Phoenix Tri	00:43:08	00:00:59	01:24:22	00:00:44	00:20:14
147	Allan	Mckay	87	Finished	02:29:32	30-34	16	Male	134		00:41:04	00:01:14	01:26:23	00:00:47	00:20:01
148	Nick	Horder	541	Finished	02:29:45	35-39	21	Male	135	Welland Valley Tri Club	00:49:25	00:01:07	01:14:30	00:01:00	00:23:41
149	James	Mason	66	Finished	02:29:53	30-34	17	Male	136	British Army	00:41:13	00:00:55	01:24:58	00:01:12	00:19:33
150	Jon	Chamberlain	210	Finished	02:30:26	40-44	24	Male	137	Wi Tri	00:42:11	00:00:59	01:25:26	00:01:02	00:20:46
151	Ian	Gilham	371	Finished	02:30:50	55-59	6	Male	138	Eton Tri	00:42:57	00:00:50	01:25:05	00:00:40	00:21:16
152	Mike	Matthews	49	Finished	02:31:02	25-29	22	Male	139	Stamford Striders	00:41:43	00:01:28	01:26:31	00:01:08	00:20:10
153	Dan	Williams	98	Finished	02:31:21	35-39	22	Male	140		00:42:13	00:01:45	01:26:54	00:01:28	00:18:59
154	Ross	Wood	96	Finished	02:31:23	35-39	23	Male	141	Team MK	00:41:59	00:01:04	01:26:35	00:01:02	00:20:41

155	Anouk	Molliex	446	Finished	02:31:31	35-39	2	Female	14	Leamington C&AC	00:45:26	00:00:57	01:24:07	00:00:53	00:20:06
156	Brett	Melhuish	209	Finished	02:31:32	40-44	25	Male	142	Abingdon And Vale Tri Club	00:39:35	00:00:59	01:30:13	00:01:29	00:19:15
157	Mark	Mcleavery	190	Finished	02:31:43	40-44	26	Male	143	Met Police Tri Club	00:43:47	00:01:18	01:25:14	00:01:14	00:20:08
158	Mike	Ellis	251	Finished	02:31:47	45-49	24	Male	144	Leeds Bradford Tri Club	00:42:34	00:00:51	01:26:18	00:00:46	00:21:16
159	Paul	Hoskings	201	Finished	02:31:57	40-44	27	Male	145		00:44:53	00:01:43	01:23:22	00:01:35	00:20:22
160	Giles	Brook	169	Finished	02:32:06	40-44	28	Male	146		00:43:51	00:01:32	01:24:39	00:00:59	00:21:03
161	Richard	Wigginton	154	Finished	02:32:10	40-44	29	Male	147	Bushfield Joggers	00:43:42	00:00:35	01:26:20	00:00:47	00:20:44
162	J D	Bourke	334	Finished	02:32:22	50-54	16	Male	148	Strategic Lions	00:45:38	00:01:14	01:21:47	00:01:25	00:22:17
163	Joel	Atkin	6	Finished	02:32:29	Junior	2	Male	149	Ryton Tri Club	00:42:02	00:00:54	01:25:59	00:00:30	00:23:01
164	Paul	Petty	244	Finished	02:32:42	45-49	25	Male	150	Lincoln Tri Club	00:43:06	00:00:45	01:24:14	00:00:43	00:23:52
164	Phil	Harris	229	Finished	02:32:42	40-44	30	Male	150	Nuneaton Tri Club	00:45:01	00:00:44	01:22:35	00:00:57	00:23:22
166	Chris	Dixon	195	Finished	02:32:52	40-44	31	Male	152		00:42:32	00:01:02	01:27:29	00:01:12	00:20:35
167	Richard	Ardern	290	Finished	02:33:02	45-49	26	Male	153	PACTRAC	00:41:13	00:01:53	01:26:01	00:01:29	00:22:24
168	Stephen	Ward	206	Finished	02:33:06	40-44	32	Male	154	Burntwood Tri Club	00:42:33	00:01:07	01:28:15	00:00:39	00:20:31
169	Sean	Stewart	535	Finished	02:33:21	50-54	17	Male	155	Thames Valley Triathletes	00:42:17	00:00:45	01:29:11	00:00:54	00:20:12
170	Richard	Facer	133	Finished	02:33:31	35-39	24	Male	156		00:38:48	00:00:42	01:33:38	00:00:44	00:19:36
171	Team	Iris's Giraffe	2	Finished	02:33:34	Relay	1	Male	157		00:44:34	00:00:41	01:27:04	00:00:35	00:20:38
172	Martyn	Clarke	352	Finished	02:33:43	50-54	18	Male	158	Colchester Harriers	00:41:33	00:01:37	01:28:44	00:00:57	00:20:51
173	Cameron	Morgan	544	Finished	02:33:49	30-34	18	Male	159	Stafford Triathlon Club	00:44:36	00:01:14	01:26:14	00:00:40	00:21:03
173	Carl	Richardson	139	Finished	02:33:49	35-39	25	Male	159	Ketton Tri Club	00:42:50	00:00:53	01:27:09	00:00:45	00:22:11
175	Peter	Ballinger	203	Finished	02:33:58	40-44	33	Male	161		00:44:06	00:01:05	01:26:06	00:00:58	00:21:42
176	Team	3 Men and a Bike	1	Finished	02:33:59	Relay	2	Male	162		00:45:54	00:01:15	01:25:15	00:00:30	00:21:03
177	Lee	Kershaw	97	Finished	02:34:08	35-39	26	Male	163		00:39:34	00:00:36	01:27:37	00:00:46	00:25:33
178	Pauline	Munro	497	Finished	02:34:16	45-49	3	Female	15	Wetherby Runners	00:38:06	00:01:20	01:35:37	00:00:54	00:18:18
179	Gary	Finch	260	Finished	02:34:18	45-49	27	Male	164	Bedford Harriers	00:40:09	00:01:22	01:29:42	00:01:35	00:21:28
180	David	Stockwell	347	Finished	02:34:26	50-54	19	Male	165	RG Active Race Team	00:44:34	00:00:38	01:26:31	00:00:45	00:21:57
181	Shane	Owen	106	Finished	02:34:33	35-39	27	Male	166	Rugby Tri Club	00:43:01	00:01:58	01:25:43	00:01:36	00:22:13
182	Luke	Dolby	101	Finished	02:34:35	35-39	28	Male	167	Wi Tri	00:46:00	00:01:45	01:22:18	00:01:08	00:23:22
183	Frances	Malin	512	Finished	02:34:42	50-54	2	Female	16	Team MK	00:44:31	00:00:59	01:27:11	00:01:07	00:20:52
184	Chris	Owens	390	Finished	02:34:48	60-64	1	Male	168	Optima Racing Team	00:45:26	00:00:52	01:23:00	00:00:56	00:24:32
185	Charles	Clements	86	Finished	02:34:53	30-34	19	Male	169		00:43:15	00:01:25	01:26:00	00:01:18	00:22:53
186	Claire	Heath	427	Finished	02:34:55	30-34	2	Female	17		00:43:17	00:01:14	01:28:48	00:01:12	00:20:21
187	Anthony	Warner	116	Finished	02:34:57	35-39	29	Male	170		00:40:34	00:01:02	01:27:56	00:01:28	00:23:55
188	Mark	Armstrong	94	Finished	02:35:17	30-34	20	Male	171	Sleaford Tri3	00:43:29	00:01:03	01:28:05	00:01:09	00:21:28
188	Louise	Parr	456	Finished	02:35:17	35-39	3	Female	18	RAF Triathlon	00:44:16	00:01:20	01:27:57	00:00:59	00:20:43
190	Gary	Freer	99	Finished	02:35:22	35-39	30	Male	172	Team Trisports	00:45:56	00:01:03	01:23:14	00:00:47	00:24:20
191	Max	Campbell	344	Finished	02:35:24	50-54	20	Male	173	David Lloyd Tri Club	00:42:53	00:01:21	01:28:25	00:01:00	00:21:43
192	Julie	Patmore	518	Finished	02:35:29	50-54	3	Female	19	Performance Sport Consultants	00:43:43	00:01:10	01:28:11	00:01:08	00:21:15
192	James	Gorman	74	Finished	02:35:29	30-34	21	Male	174		00:44:25	00:01:39	01:26:29	00:01:29	00:21:26

194	Heather	Taylor	417	Finished	02:35:30	25-29	6	Female	20		00:41:56	00:00:34	01:33:41	00:00:38	00:18:39
195	Marc	McLeod	38	Finished	02:35:40	25-29	23	Male	175		00:42:46	00:00:47	01:28:11	00:00:55	00:22:59
196	Jason	Bridgen	245	Finished	02:35:43	45-49	28	Male	176	Hillingdon Triathletes	00:48:49	00:01:22	01:21:31	00:00:54	00:23:04
197	Kevin	Gench	282	Finished	02:35:53	45-49	29	Male	177	Belvoir Tri Club	00:44:59	00:01:45	01:24:35	00:01:11	00:23:21
198	Wayne	Hackett	168	Finished	02:36:04	40-44	34	Male	178	Stilton Striders RC/Belvoir Tri Club	00:45:58	00:01:06	01:26:03	00:00:53	00:22:02
199	Sheila	Jansen	505	Finished	02:36:11	45-49	4	Female	21		00:44:21	00:01:42	01:28:23	00:00:49	00:20:54
200	Martin	Davies	373	Finished	02:36:22	55-59	7	Male	179	NEWT	00:41:32	00:01:15	01:32:46	00:00:53	00:19:54
201	Penny	Grayson	475	Finished	02:36:27	40-44	3	Female	22	RAF Triathlon	00:46:08	00:00:45	01:26:32	00:00:47	00:22:12
202	Louise	Kelly	421	Finished	02:36:33	25-29	7	Female	23	Balanced Performance	00:46:15	00:00:58	01:25:58	00:00:53	00:22:27
203	John	Micklethwaite	5	Finished	02:36:35	Junior	3	Male	180	Adwick Tri Club	00:42:03	00:01:02	01:27:21	00:00:50	00:25:18
204	Tim	Henson	103	Finished	02:36:36	35-39	31	Male	181	Wi Tri	00:44:42	00:01:45	01:23:39	00:01:11	00:25:16
205	Sam	Evans	23	Finished	02:36:52	25-29	24	Male	182		00:43:59	00:00:59	01:28:48	00:00:50	00:22:15
206	Steve	Crocker	359	Finished	02:37:14	50-54	21	Male	183	Mid Sussex Tri Club	00:40:46	00:01:18	01:31:03	00:01:28	00:22:37
207	Storme	Alexander	451	Finished	02:37:23	35-39	4	Female	24	Leigh on Sea Striders	00:44:46	00:01:07	01:28:53	00:01:21	00:21:15
208	Mark	Turton	309	Finished	02:37:30	45-49	30	Male	184	Leeds Bradford Tri Club	00:44:56	00:01:25	01:29:31	00:00:45	00:20:51
209	John	Burnham	399	Finished	02:37:37	65-69	1	Male	185	BRAT Club	00:46:29	00:01:07	01:26:28	00:01:14	00:22:18
210	Robert	Burrell	50	Finished	02:37:39	25-29	25	Male	186	RAF Triathlon	00:42:48	00:01:58	01:30:10	00:01:18	00:21:24
211	Philippa	Deane	468	Finished	02:37:41	40-44	4	Female	25		00:48:32	00:00:46	01:23:42	00:00:47	00:23:53
212	Simon	Meade	367	Finished	02:37:59	50-54	22	Male	187		00:46:58	00:00:44	01:24:22	00:01:21	00:24:32
213	Simon	Thornley	302	Finished	02:38:02	45-49	31	Male	188	BRAT Club	00:48:23	00:01:39	01:23:35	00:01:22	00:23:00
214	Mark	Gollings	360	Finished	02:38:11	50-54	23	Male	189	Lincsquad	00:46:06	00:01:15	01:25:00	00:01:23	00:24:26
214	Amy	Grocock	438	Finished	02:38:11	30-34	3	Female	26	Lincsquad	00:43:43	00:01:18	01:30:52	00:01:06	00:21:11
216	Nick	Powis	264	Finished	02:38:15	45-49	32	Male	190		00:44:26	00:01:10	01:28:52	00:00:56	00:22:49
217	Andrew	Stonehouse	171	Finished	02:38:55	40-44	35	Male	191	Lichfield Tri Club	00:44:07	00:00:59	01:29:28	00:00:45	00:23:34
218	Alister	Jenkins	69	Finished	02:39:21	30-34	22	Male	192	Serpentine	00:46:12	00:01:41	01:26:58	00:01:38	00:22:50
219	Mark	Anslow	340	Finished	02:39:25	50-54	24	Male	193	Black Country Triathletes	00:43:57	00:01:04	01:31:04	00:00:59	00:22:19
220	Andrew	Jackman	276	Finished	02:39:38	45-49	33	Male	194		00:47:06	00:01:45	01:26:43	00:01:23	00:22:39
221	Dan	Jones	322	Finished	02:39:47	50-54	25	Male	195		00:44:40	00:02:39	01:29:58	00:01:26	00:21:02
221	Beth	Scholes	462	Finished	02:39:47	40-44	5	Female	27	Royal Navy Tri	00:46:57	00:01:02	01:28:30	00:01:00	00:22:17
223	Fraser	Jordan	266	Finished	02:40:11	45-49	34	Male	196		00:46:02	00:01:50	01:29:11	00:01:15	00:21:52
224	Paul	Longstaff	358	Finished	02:40:13	50-54	26	Male	197	David Lloyd Luton	00:49:12	00:01:19	01:24:41	00:00:59	00:23:59
225	Debbie	Clarke	471	Finished	02:40:16	40-44	6	Female	28	Serpentine	00:43:05	00:01:01	01:33:57	00:01:21	00:20:49
226	Hilary	Ross	527	Finished	02:40:33	60-64	1	Female	29	Durham Tri Club	00:45:59	00:00:59	01:30:46	00:00:47	00:22:00
226	Stephen	Thornley	221	Finished	02:40:33	40-44	36	Male	198		00:49:58	00:01:26	01:22:09	00:01:03	00:25:56
228	Kerry	Clarke	511	Finished	02:40:37	50-54	4	Female	30	BRAT Club	00:46:07	00:01:27	01:30:01	00:00:52	00:22:08
229	Richard	Traynor	355	Finished	02:40:43	50-54	27	Male	199	East Grinstead Tri Club	00:41:11	00:00:57	01:36:25	00:01:43	00:20:26
230	Shelley	Jones	442	Finished	02:41:01	35-39	5	Female	31	Greenwich Tritons	00:45:26	00:01:31	01:29:55	00:01:16	00:22:51
231	Paul	Moore	537	Finished	02:41:23	50-54	28	Male	200		00:48:20	00:00:56	01:26:12	00:01:05	00:24:48
232	Lee	Birbeck	243	Finished	02:42:04	45-49	35	Male	201		00:47:03	00:01:06	01:29:38	00:00:58	00:23:17

233	Lucy	Saxelby	454	Finished	02:42:08	35-39	6	Female	32	TFN Tri Club	00:46:59	00:01:05	01:30:25	00:00:57	00:22:42
234	Steven	Rue	391	Finished	02:42:27	60-64	2	Male	202		00:45:44	00:00:56	01:31:48	00:01:10	00:22:47
235	Elizabeth	Burgess	485	Finished	02:42:42	40-44	7	Female	33	Derby Tri Club	00:47:56	00:00:56	01:29:26	00:01:00	00:23:22
236	Adam	Carter	308	Finished	02:42:54	45-49	36	Male	203		00:46:20	00:01:36	01:32:11	00:01:10	00:21:34
237	Nathan	Barratt	147	Finished	02:42:58	35-39	32	Male	204	Absolute Tri Club	00:51:08	00:01:57	01:26:33	00:01:18	00:22:01
238	Bruce	Spencer	178	Finished	02:42:59	40-44	37	Male	205		00:44:56	00:01:36	01:32:42	00:01:25	00:22:18
239	Richard	Hill	240	Finished	02:43:01	45-49	37	Male	206	Stafford Triathlon Club	00:49:18	00:01:31	01:25:43	00:01:03	00:25:24
240	Calum	Forster	10	Finished	02:43:15	20-24	11	Male	207	Warwick Tri	00:43:52	00:00:56	01:38:04	00:00:38	00:19:43
241	Neil	Waller	161	Finished	02:43:22	40-44	38	Male	208		00:43:44	00:01:33	01:34:35	00:00:59	00:22:30
242	David	Waring	375	Finished	02:43:28	55-59	8	Male	209	Leeds Bradford Tri Club	00:47:54	00:01:48	01:30:40	00:01:37	00:21:26
243	Kathryn	Parkin	431	Finished	02:43:31	30-34	4	Female	34	East Grinstead Tri Club	00:46:17	00:01:26	01:32:24	00:01:16	00:22:05
244	Andrew	Ludiman	172	Finished	02:44:05	40-44	39	Male	210		00:49:04	00:02:20	01:27:10	00:01:26	00:24:03
245	Adam	Mills	77	Finished	02:44:10	30-34	23	Male	211		00:47:45	00:01:21	01:28:51	00:00:53	00:25:18
246	Steve	Le Page	314	Finished	02:44:23	50-54	29	Male	212	Bedfordshire Road CC	00:48:10	00:01:30	01:28:46	00:01:32	00:24:22
247	Steve	Langford	196	Finished	02:44:40	40-44	40	Male	213		00:55:39	00:01:21	01:22:27	00:01:14	00:23:58
248	Michael	Kirby	378	Finished	02:44:59	55-59	9	Male	214		00:48:09	00:01:18	01:30:03	00:01:30	00:23:58
249	Steve	Hope	365	Finished	02:45:00	50-54	30	Male	215	PACTRAC	00:48:14	00:01:07	01:32:32	00:00:53	00:22:12
250	Emma	Marshall-Telfer	480	Finished	02:45:01	40-44	8	Female	35	Tri3 Sleaford / PSOF	00:45:42	00:01:09	01:35:23	00:01:01	00:21:46
251	Jason	Buchanan	328	Finished	02:45:08	50-54	31	Male	216		00:46:54	00:01:42	01:32:32	00:01:08	00:22:50
252	Lucy	Collins	458	Finished	02:45:36	40-44	9	Female	36	Viceroy Tri Club	00:44:16	00:03:16	01:34:14	00:01:09	00:22:38
253	Adam	Herring	257	Finished	02:45:40	45-49	38	Male	217		00:46:09	00:01:18	01:34:13	00:01:25	00:22:33
254	David	Foster	263	Finished	02:45:42	45-49	39	Male	218	Lincoln Tri Club	00:46:02	00:00:50	01:34:49	00:00:45	00:23:14
255	Mark	Flanagan	156	Finished	02:45:49	40-44	41	Male	219		00:49:12	00:01:38	01:30:35	00:01:13	00:23:09
256	Paul	Griffiths	144	Finished	02:46:15	35-39	33	Male	220	Formula One Circuit Crew	00:42:47	00:00:49	01:38:20	00:00:59	00:23:18
257	Sally	Waterman	534	Finished	02:46:18	55-59	1	Female	37	Tri20 Triathlon Club	00:48:02	00:00:51	01:33:50	00:01:00	00:22:33
258	Derek	Jones	319	Finished	02:46:22	50-54	32	Male	221	Tri3 Sleaford	00:48:04	00:01:08	01:30:47	00:00:43	00:25:38
259	Simon	Carter	117	Finished	02:47:19	35-39	34	Male	222	University of Warwick Tri Club	00:49:38	00:01:17	01:31:46	00:01:18	00:23:19
260	Niki	Durham	447	Finished	02:47:28	35-39	7	Female	38	Lincoln Tri Club	00:48:24	00:01:14	01:32:44	00:01:04	00:24:00
261	Andrew	Turnbull	149	Finished	02:47:31	40-44	42	Male	223		00:47:14	00:01:48	01:28:15	00:00:58	00:29:13
262	Antony	Squires	280	Finished	02:47:34	45-49	40	Male	224		00:49:11	00:02:08	01:30:02	00:01:37	00:24:33
263	Lucy	Peacock	449	Finished	02:47:44	35-39	8	Female	39		00:46:18	00:02:01	01:35:02	00:01:26	00:22:55
264	Richard	Sparkes	303	Finished	02:47:59	45-49	41	Male	225		00:50:07	00:01:07	01:29:07	00:01:20	00:26:16
265	Fiona	Aitken	443	Finished	02:48:35	35-39	9	Female	40	B2P Tri Club	00:49:45	00:01:01	01:33:04	00:00:49	00:23:54
266	Alexis	Couchman	430	Finished	02:48:46	30-34	5	Female	41	Tunbridge Wells Tri Club	00:46:43	00:00:56	01:35:00	00:00:48	00:25:17
267	Chris	Kemp	199	Finished	02:48:47	40-44	43	Male	226		00:48:29	00:01:55	01:32:40	00:01:45	00:23:55
268	Kim	Bainbridge	504	Finished	02:49:28	45-49	5	Female	42		00:47:46	00:01:51	01:36:09	00:01:13	00:22:28
269	Steve	Parks	353	Finished	02:49:41	50-54	33	Male	227	Welland Valley Tri Club	00:51:14	00:02:21	01:29:42	00:02:43	00:23:39
269	Martin	Hine	204	Finished	02:49:41	40-44	44	Male	227		00:42:54	00:00:35	01:44:38	00:00:36	00:20:56
271	Matthew	Edwards	120	Finished	02:49:43	35-39	35	Male	229		00:43:13	00:01:29	01:41:13	00:01:27	00:22:20

272	Claire	Jackson	455	Finished	02:50:33	35-39	10	Female	43	BRAT Club	00:47:30	00:01:03	01:38:55	00:01:07	00:21:57
273	Caroline	Coles	484	Finished	02:50:35	40-44	10	Female	44	RG Active Race Team	00:47:25	00:01:22	01:38:00	00:01:19	00:22:26
274	Paul	Frampton	235	Finished	02:50:50	45-49	42	Male	230	PACTRAC	00:49:44	00:00:53	01:33:59	00:01:11	00:25:02
275	Andy	Major	208	Finished	02:51:13	40-44	45	Male	231		00:48:49	00:02:11	01:35:17	00:01:33	00:23:21
276	Liz	Fleuty	469	Finished	02:51:29	40-44	11	Female	45	Lincoln Tri Club	00:49:01	00:01:08	01:32:23	00:01:08	00:27:48
277	Andy	Deeks	92	Finished	02:51:43	30-34	24	Male	232		00:43:40	00:01:22	01:40:25	00:01:23	00:24:51
278	Nicola	Mcnamee	435	Finished	02:51:47	30-34	6	Female	46	RAF Triathlon	00:45:25	00:01:15	01:41:49	00:01:10	00:22:07
279	Andrew	Mcknight	357	Finished	02:51:50	50-54	34	Male	233		00:48:22	00:01:50	01:37:07	00:01:38	00:22:51
280	Richard	Spencer	289	Finished	02:52:37	45-49	43	Male	234		00:48:20	00:01:22	01:34:49	00:01:33	00:26:30
281	Amanda	Harris	486	Finished	02:52:43	40-44	12	Female	47	Nuneaton Harriers	00:47:50	00:01:58	01:40:54	00:01:11	00:20:48
282	Paul	Brewster	349	Finished	02:52:47	50-54	35	Male	235	Stamford Tri Club	00:50:30	00:01:19	01:31:50	00:00:55	00:28:11
283	Alistair	Smith	284	Finished	02:52:52	45-49	44	Male	236	Balanced Performance	00:52:34	00:01:38	01:30:03	00:01:12	00:27:22
284	Dan	Milner	31	Finished	02:52:53	25-29	26	Male	237		00:41:59	00:01:09	01:42:57	00:01:24	00:25:22
285	Vernon	Thomas	402	Finished	02:52:55	70-74	1	Male	238		00:56:00	00:01:01	01:29:16	00:01:06	00:25:30
286	Adam	Norton	299	Finished	02:53:57	45-49	45	Male	239		00:50:51	00:02:03	01:34:40	00:02:03	00:24:18
287	Julie	Harrison	521	Finished	02:54:06	50-54	5	Female	48	Bott Cycle Team	00:52:34	00:01:29	01:35:13	00:01:21	00:23:27
288	Annette	Burgess	506	Finished	02:54:10	45-49	6	Female	49	Wootton Tri	00:46:19	00:01:29	01:42:54	00:01:04	00:22:22
289	David	Clarkson	325	Finished	02:54:26	50-54	36	Male	240	Stratford AC	00:52:13	00:01:29	01:31:17	00:01:14	00:28:11
290	Stuart	Robinson	79	Finished	02:54:49	30-34	25	Male	241		00:47:40	00:01:57	01:36:23	00:01:57	00:26:51
291	Janet	Ling	482	Finished	02:55:09	40-44	13	Female	50		00:50:13	00:01:48	01:37:55	00:01:34	00:23:38
292	Gina	Willis	530	Finished	02:55:11	60-64	2	Female	51	Brereton Wheelers	00:50:32	00:01:20	01:38:09	00:01:01	00:24:06
293	Timothy	Elms	176	Finished	02:55:21	40-44	46	Male	242		00:51:01	00:03:01	01:35:16	00:01:47	00:24:13
294	Richard	Shamsi	271	Finished	02:55:32	45-49	46	Male	243		00:50:15	00:02:00	01:35:01	00:02:01	00:26:14
294	Chris	Deadman	80	Finished	02:55:32	30-34	26	Male	243	Stamford Striders	00:48:00	00:02:03	01:38:17	00:01:54	00:25:17
296	Mark	Ruhier	258	Finished	02:55:37	45-49	47	Male	245	Louth Tri Club	00:46:12	00:01:11	01:43:46	00:01:24	00:23:02
297	Ailsa	Hall	524	Finished	02:55:53	55-59	2	Female	52	East Fife Tri	00:51:45	00:00:58	01:35:50	00:00:58	00:26:19
298	Julian	Brewer	311	Finished	02:56:42	50-54	37	Male	246		00:54:42	00:02:40	01:35:11	00:01:31	00:22:34
299	Richard	Hardy	387	Finished	02:56:49	60-64	3	Male	247		00:52:03	00:01:35	01:33:34	00:01:31	00:28:03
300	Julia	Ratcliffe	457	Finished	02:57:52	40-44	14	Female	53		00:48:30	00:01:25	01:41:49	00:01:00	00:25:05
301	Stephen	Boys	372	Finished	02:58:00	55-59	10	Male	248		00:56:54	00:01:45	01:31:39	00:01:31	00:26:10
302	Steven	Bond	138	Finished	02:58:03	35-39	36	Male	249	Balanced Performance	00:48:41	00:06:19	01:38:27	00:01:17	00:23:17
303	Alison	Jones	426	Finished	02:58:52	30-34	7	Female	54	Serpentine	00:49:51	00:01:58	01:42:26	00:01:57	00:22:39
304	Alice	Stratford	407	Finished	02:59:28	Junior	1	Female	55	Uni Of Birmingham Tri Team	00:51:45	00:00:56	01:41:40	00:00:50	00:24:15
305	Julie	Pritchett	467	Finished	03:00:11	40-44	15	Female	56	Amphill & Flitwick Flyers	00:49:02	00:01:37	01:44:16	00:01:28	00:23:45
306	Martin	Jinks	298	Finished	03:00:17	45-49	48	Male	250		00:51:51	00:02:48	01:37:41	00:02:09	00:25:46
307	James	Fell	401	Finished	03:00:45	65-69	2	Male	251	PACTRAC	00:52:33	00:01:39	01:37:49	00:01:49	00:26:53
308	Sarah	Barrett	531	Finished	03:01:49	65-69	1	Female	57	Zoom Tri Club	00:54:19	00:02:08	01:38:13	00:01:46	00:25:22
309	John	Kirkham	398	Finished	03:01:52	65-69	3	Male	252	Holcombe Harriers	00:51:31	00:01:09	01:42:17	00:01:11	00:25:42
310	Steve	Squires	259	Finished	03:02:11	45-49	49	Male	253	Belvoir Tri Club	00:49:50	00:01:34	01:39:17	00:01:39	00:29:48

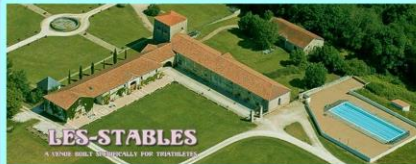
311	Mike	Harris	226	Finished	03:02:30	40-44	47	Male	254		00:56:23	00:02:39	01:34:46	00:02:03	00:26:38
312	Penny	Edwards	528	Finished	03:03:42	60-64	3	Female	58	Tri-Anglia	00:48:08	00:01:11	01:49:56	00:01:21	00:23:05
313	Kate	Summers	411	Finished	03:03:50	25-29	8	Female	59		00:53:42	00:01:03	01:42:57	00:00:44	00:25:21
314	Sarah	Sturgess	466	Finished	03:04:09	40-44	16	Female	60		00:50:21	00:01:19	01:47:04	00:00:56	00:24:27
315	Jerry	Scagell	364	Finished	03:04:50	50-54	38	Male	255		00:54:28	00:03:25	01:34:29	00:03:17	00:29:09
316	Jonathan	Greaves	228	Finished	03:04:58	40-44	48	Male	256		00:56:56	00:02:35	01:33:46	00:01:45	00:29:55
317	Sarah	Halford	470	Finished	03:05:07	40-44	17	Female	61	Team Balance Performance	00:52:28	00:01:17	01:45:09	00:01:31	00:24:40
318	Chris	Dawson	383	Finished	03:05:48	55-59	11	Male	257		00:54:47	00:01:50	01:40:09	00:01:37	00:27:23
319	Diane	Parperis	516	Finished	03:05:55	50-54	6	Female	62	Stamford Tri Club	00:56:36	00:01:30	01:39:07	00:00:59	00:27:40
320	George	Prodrick	405	Finished	03:06:04	75-79	1	Male	258	PACTRAC	00:56:37	00:02:47	01:36:59	00:02:21	00:27:18
321	Clive	Purbrook	384	Finished	03:06:14	60-64	4	Male	259	Newmarket Joggers	00:46:30	00:03:58	01:48:34	00:03:23	00:23:47
322	Anne	De Rover	441	Finished	03:06:22	35-39	11	Female	63		00:55:12	00:00:55	01:42:50	00:00:59	00:26:23
323	Sue	Dawson	487	Finished	03:06:49	45-49	7	Female	64		00:51:25	00:02:03	01:44:28	00:01:27	00:27:24
324	Steve	Needham	396	Finished	03:06:56	60-64	5	Male	260	GI Tri	00:52:08	00:00:44	01:44:49	00:01:15	00:27:59
325	Trevor	Montague	388	Finished	03:07:23	60-64	6	Male	261		00:44:14	00:01:27	01:58:33	00:01:45	00:21:22
326	Laurence	Flavell	327	Finished	03:07:51	50-54	39	Male	262		00:50:02	00:02:19	01:45:22	00:02:27	00:27:40
327	Sarah	Muirhead	459	Finished	03:08:26	40-44	18	Female	65	BRAT Club	00:47:13	00:02:36	01:55:30	00:01:32	00:21:33
328	Clem	Marsh	369	Finished	03:08:40	55-59	12	Male	263		00:56:12	00:01:05	01:40:24	00:01:49	00:29:08
329	Nikki	Cooper	436	Finished	03:09:32	30-34	8	Female	66	Tri3 Sleaford	00:55:34	00:01:01	01:42:44	00:00:48	00:29:23
330	Arthur	Renshaw	397	Finished	03:09:59	65-69	4	Male	264	Thornbury RC	00:53:15	00:02:59	01:40:44	00:01:48	00:31:11
331	Susan	Davys	523	Finished	03:10:17	55-59	3	Female	67	PACTRAC	00:54:31	00:01:14	01:45:08	00:01:15	00:28:07
332	Tara	Ballinger	479	Finished	03:10:23	40-44	19	Female	68		00:52:13	00:01:44	01:45:58	00:01:53	00:28:34
333	Olivia	Rowe	418	Finished	03:11:05	25-29	9	Female	69		00:49:23	00:02:53	01:51:22	00:01:14	00:26:11
334	Belinda	Schofield	526	Finished	03:11:10	55-59	4	Female	70	Newmarket Joggers	00:52:08	00:01:22	01:48:54	00:01:38	00:27:05
335	Kate	Reynolds	483	Finished	03:11:50	40-44	20	Female	71		00:50:05	00:01:45	01:52:49	00:01:14	00:25:56
336	Stuart	Little	127	Finished	03:12:11	35-39	37	Male	265		00:51:45	00:02:08	01:48:34	00:02:17	00:27:24
337	Jo	Patrick	464	Finished	03:12:46	40-44	21	Female	72	Sleaford Tri3 Tri Club	00:52:02	00:03:02	01:48:11	00:01:51	00:27:38
338	Alison	Sinclair	507	Finished	03:12:57	45-49	8	Female	73	Bushfield Joggers	00:50:02	00:02:32	01:53:32	00:02:36	00:24:13
339	Alison	Risley	432	Finished	03:13:43	30-34	9	Female	74		00:51:07	00:01:16	01:52:52	00:01:05	00:27:20
340	Kevin	Hamlyn	213	Finished	03:15:19	40-44	49	Male	266	Stamford Tri Club	00:57:17	00:02:11	01:41:54	00:02:12	00:31:42
341	Lisa	Jinks	508	Finished	03:15:48	45-49	9	Female	75		00:48:54	00:01:16	01:58:08	00:01:52	00:25:36
342	Hilary	Cox	488	Finished	03:15:50	45-49	10	Female	76	Stamford Striders	00:52:36	00:03:36	01:53:39	00:02:12	00:23:46
343	Tina	Kaczmar	493	Finished	03:16:15	45-49	11	Female	77		00:54:04	00:01:05	01:52:29	00:00:59	00:27:37
344	Richard	Palmer	324	Finished	03:16:55	50-54	40	Male	267	Wreake Valley Runners	00:53:09	00:03:26	01:47:43	00:02:54	00:29:42
345	Sara	Taylor-Balls	520	Finished	03:17:06	50-54	7	Female	78	Hadleigh Hares	00:57:34	00:01:22	01:48:38	00:01:16	00:28:15
346	Garret	Fay	148	Finished	03:19:39	35-39	38	Male	268		00:55:49	00:01:39	01:49:23	00:02:08	00:30:38
347	Gemma	Wright	439	Finished	03:20:06	30-34	10	Female	79	Cyclewright CC	00:57:58	00:01:55	01:46:56	00:01:41	00:31:34
348	Julie	Naylor	474	Finished	03:21:11	40-44	22	Female	80		00:57:29	00:01:34	01:48:44	00:01:06	00:32:15
349	Josie	Monks	500	Finished	03:21:32	45-49	12	Female	81	Bushfield Joggers	00:55:34	00:01:47	01:52:44	00:01:44	00:29:42

350	Emma	Martin	460	Finished	03:22:09	40-44	23	Female	82		00:50:34	00:01:11	02:03:57	00:00:43	00:25:43
351	Felipe	Carvalho	37	Finished	03:22:33	25-29	27	Male	269		00:50:03	00:02:21	01:58:02	00:01:35	00:30:30
352	Rebecca	Gray	444	Finished	03:24:14	35-39	12	Female	83		00:51:33	00:02:49	02:00:53	00:01:04	00:27:53
353	Sally	Evans	501	Finished	03:24:48	45-49	13	Female	84		00:52:20	00:02:57	02:02:40	00:01:49	00:24:59
354	Joanne	Annis	495	Finished	03:25:15	45-49	14	Female	85	PACTRAC	00:49:56	00:00:51	02:04:15	00:01:08	00:29:03
355	Sue	Barrow	519	Finished	03:26:01	50-54	8	Female	86	Rutland Run and Tri	00:54:09	00:02:06	01:59:36	00:02:20	00:27:48
356	Alan	Little	188	Finished	03:26:15	40-44	50	Male	270		00:58:25	00:02:33	01:50:09	00:01:40	00:33:25
357	Belinda	Fraser	499	Finished	03:28:04	45-49	15	Female	87		00:51:48	00:02:55	02:03:33	00:02:11	00:27:34
358	Laura	Mckay	513	Finished	03:30:30	50-54	9	Female	88		00:53:57	00:01:05	02:06:33	00:01:13	00:27:40
359	Amanda	Knight	437	Finished	03:30:45	30-34	11	Female	89	Coventry Triathletes	00:57:43	00:01:29	02:01:47	00:00:53	00:28:50
360	Claire	Stilgrove	450	Finished	03:31:56	35-39	13	Female	90	Stamford Tri Club	00:59:08	00:01:58	01:59:12	00:01:58	00:29:38
361	Mark	Alden	354	Finished	03:40:47	50-54	41	Male	271	Absolute Tri Club	00:54:55	00:01:14	02:12:05	00:02:05	00:30:26
	Giles	Cooper	320	DNF		50-54		Male		PACTRAC	00:43:40	00:01:33	01:16:03		
	Colin	Hunter	318	DNF		50-54		Male			00:52:15	00:01:50			
	Jim	Kirkland	386	DNF		60-64		Male		Greenwich Tritons	00:59:49	00:01:49			
	Bill	Rees	392	DNF		60-64		Male		Glasgow Tri	00:50:14	00:01:29			
	Victoria	Jeffer	502	DNF		45-49		Female		Stratford upon Avon AC	01:00:24	00:02:07			
	Sarah	Haslam	514	DNF		50-54		Female		Stamford Tri Club	01:01:37				
	Tracey	Gjertsen	522	DNF		50-54		Female							
	Tim	Topper	222	DNF		40-44		Male		Tri-Anglia	00:36:31	00:00:53			
	Richard	Bromwich	174	DNF		40-44		Male		Leicester Tri Club	00:51:37	00:01:17			
	Simon	Jackson	232	DNF		45-49		Male		Tri3 Sleaford	00:45:47	00:01:00	01:33:56	00:02:21	
	Tony	Clare	237	DNF		45-49		Male			00:41:12				
	Tim	Bradley	46	DNF		25-29		Male			00:40:48	00:00:33	02:08:58		
	Walter	De Rover	136	DNF		35-39		Male			00:50:40	00:01:10	00:57:35		
	Richard	Lomas	100	DNF		35-39		Male		BRAT Club					
	John	Kellett	336	DQ	02:37:37	50-54		Male			00:46:59	00:01:21	01:24:52	00:01:13	00:23:10
	Georgia	Leigh	425	DQ	03:01:59	25-29		Female			00:50:26	00:01:39	01:42:13	00:01:21	00:26:18
	Scott	Whittlestone	234	DQ	02:08:04	45-49		Male		City of Chester Tri Club	00:36:35	00:00:57	01:12:42	00:00:43	00:17:06
	Nick	Clarke	252	DQ	02:36:34	45-49		Male		Tri-Force	00:44:28	00:01:02	01:29:17	00:00:50	00:20:55
	Pete	Dyson	32	DQ	01:55:59	25-29		Male		VP Harriers & East London Velo	00:35:18	00:00:29	01:02:37	00:00:45	00:16:48
	Adrian	Williams	153	DQ	02:02:00	40-44		Male		Cirencester Tri Club	00:34:38	00:00:42	01:09:46	00:00:33	00:16:19
	Brendan	Baxter	218	Started		40-44		Male			00:57:30	00:01:57	01:37:32		
	Adam	Darke	141	Started		35-39		Male		BRAT Club	00:45:19	00:01:11	01:14:58		

LES-STABLES

TRIATHLON CAMPS - FRANCE

£290 PER WEEK ACCOMODATION AND COACHING - WE CHALLENGE YOU TO DO BETTER



Les-Stables is a sensitively converted 18th century stables set in South West France within 52 acres of woodland and riverside pastures. You will find both training and relaxing an uplifting experience at this breath taking venue.

Who is it for?

Les-Stables is open to athletes of all levels from novice to elite, and offers an extensive range of coaching with experienced and qualified staff throughout the season which runs from April to September. Provision is made for both individual and group bookings, so if you are a club, a team, a group of friends or an individual who wishes to improve their performance we can always cater for your needs

Coaching

Coaching is included the price of your stay at Les-Stables where we offer a flexible approach to training specialising in coaching of technique in all three disciplines. Coaching includes video swim analysis, guided open water swims, run technique and analysis, as well as guided, coached bike rides and runs.

Training Facilities - Swimming

Boasting our own private 25 metre pool and 500m of beautiful river frontage, your every swimming need is catered for at Les Stables. There is no wasted transfer time to overcrowded pools and no limit to the amount of access you have to either the pool or the river.

Training Facilities - Biking

Offering a range of Specialized road bikes for hire we provide guided /coached training rides over a number of specially designed bike routes over varied terrain on virtually traffic free roads, with spectacular scenery at every turn.

Training Facilities - Running

With its own 800m running track for speed sessions and technique work, as well as stunning run trails for longer runs, all your running needs are catered for.

Accommodation

With fully furnished stylish apartments in a traditional French country style, we are certain you will enjoy your time spent relaxing as much as your time training. Comprising of two and three bedroom apartments the venue can cater for up to twenty guests at one time. Each apartment includes a large open plan living/dining area, with fully fitted kitchen. Each bedroom sleeps two in either twin or double beds, all with en-suite facilities.

SUMMARY

- £290 Per Person Per Week Inclusive Of Coaching
- Stunning Self Catering En Suite Apartments
- 25 Metre Swimming Pool
- On Site Open Water Swimming
- Swim Technique / Video Analysis Included
- Guided / Coached Bike Rides
- Run Technique / Coaching Included
- Guided Supported Runs



25 METRE POOL



THE BIKE



RUN TECHNIQUE



IT'S NOT JUST ABOUT TRAINING

FOR MORE INFO PLEASE CONTACT US

WWW.LES-STABLES.COM INFO@LES-STABLES.COM



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