

## New Forest Middle Distance Triathlon 22nd September 2013

Bib	FirstName	LastName	Club	Category	M/F	Swim	Bike	T2	Run	Finish	Penalties	Overall	Cat
146	Alex	Fortune	Army Tri Ass	M35	M	22:49.3	02:31:41.35	00:00:37.45	01:36:03.55	04:31:11.65		1	1
147	Karl	Free		M35	M	20:43.8	02:35:05.10	00:00:58.50	01:31:26.20	04:33:13.55	5mins	2	2
245	Fraser	Dawson		M45	M	20:59.2	02:40:36.65	00:00:43.35	01:32:05.80	04:34:24.95		3	1
35	Charles	Ashwanden		M35	M	20:53.2	02:33:06.70	00:00:58.50	01:39:29.60	04:34:27.95		4	3
90	John	Stoddart		M25	M	19:01.9	02:43:12.60	00:00:41.95	01:35:02.75	04:37:59.25		5	1
227	Toby	Smithson	coachtoby.com	M40	M	22:33.0	02:44:38.05	00:00:36.05	01:34:30.60	04:42:17.70		6	1
215	Neil	Lewis	Bath Amphibians	M40	M	20:19.5	02:43:16.75	00:00:44.30	01:39:45.75	04:44:06.35		7	2
71	Rob	Arkell		M25	M	22:44.5	02:44:20.40	00:01:17.10	01:37:31.40	04:45:53.40		8	2
79	Thomas	Elliott	N1 Tri Club	M25	M	20:35.9	02:46:36.45	00:00:50.70	01:38:19.75	04:46:22.80		9	3
203	Jason	Harris	Farnham Tri	M40	M	19:37.5	02:47:10.35	00:01:39.30	01:38:10.85	04:46:38.05		10	3
210	Craig	Hunter	Tuff Fitty	M40	M	21:58.8	02:45:20.15	00:02:11.60	01:38:40.75	04:48:11.30		11	4
126	Tim	Smales		M30	M	21:32.3	02:44:07.95	00:01:06.20	01:42:49.95	04:49:36.40		12	1
107	David	Hannaford		M30	M	20:15.2	02:36:07.20	00:00:39.20	01:53:18.95	04:50:20.60		13	2
168	Andy	Smith	Portsmouth Triathletes	M35	M	22:16.0	02:41:18.20	00:00:47.40	01:47:03.35	04:51:24.95		14	4
137	Henry	Brown		M35	M	21:45.7	02:45:17.65	00:00:51.25	01:43:43.60	04:51:38.20		15	5
193	Andy	Ellins	Somerset RC Tri	M40	M	27:14.9	02:45:04.70	00:00:46.05	01:39:36.55	04:52:42.15		16	5
302	Matthew	Mills/Mussel/Conroy	Matt and lee	RELAY	M	25:06.1	02:44:42.10	00:00:26.90	01:44:00.85	04:54:15.90		17	1
89	Gavin	Stenning		M25	M	21:04.5	02:44:24.80	00:00:52.75	01:48:59.60	04:55:21.60		18	4
111	Jimmy	Hunt	Romsey Road Runners	M30	M	25:24.4	02:46:51.60	00:01:39.05	01:42:00.10	04:55:55.20		19	3
94	Steve	Wilsmore	Tamar Trotters	M25	M	27:27.6	02:54:39.20	00:01:12.10	01:33:33.40	04:56:52.35		20	5
32	Libby	Free		F35	F	21:02.6	02:47:12.55	00:00:53.65	01:47:52.60	04:57:01.45		21	1
98	Richard	Brown	Team Feat	M30	M	21:01.7	02:53:56.20	00:01:50.50	01:40:26.20	04:57:14.65		22	4
204	Charles	Harris	Team Trisports	M40	M	20:39.6	02:47:11.00	00:02:11.35	01:48:39.25	04:58:41.20		23	6
195	Hamish	Gallacher	RN Tri assoc	M40	M	24:03.0	02:43:31.60	00:01:04.80	01:50:48.40	04:59:27.80		24	7
144	Wayne	Ewens	Team Feat	M35	M	26:05.8	02:49:32.80	00:01:17.15	01:42:58.25	04:59:53.95		25	6
172	Alex	Todd	N1 Tri Club	M35	M	28:06.4	02:52:46.55	00:00:54.90	01:38:22.40	05:00:10.25		26	7
76	James	Dean	Totton	M25	M	24:30.0	02:49:24.40	00:01:01.50	01:45:36.05	05:00:31.95		27	6
80	Andrew	Fuller	Bath Amphibians	M25	M	21:48.2	02:48:11.30	00:01:24.30	01:49:56.70	05:01:20.55		28	7
134	Daniel	Bingham	Hampstead Triathlon Club	M35	M	21:19.6	02:56:24.55	00:01:31.70	01:42:46.65	05:02:02.50		29	8
265	Tony	Randell		M45	M	28:34.7	02:57:03.60	00:01:14.40	01:35:14.00	05:02:06.75		30	2
133	Simon	Bick		M35	M	19:26.0	02:45:42.55	00:01:30.00	01:55:54.15	05:02:32.75		31	9
155	Richard	Hooker	Phoenix	M35	M	20:46.4	02:47:23.05	00:01:36.40	01:53:25.30	05:03:11.10		32	10
81	Alex	Gay	Army	M25	M	21:21.5	02:48:01.95	00:01:07.70	01:52:41.10	05:03:12.25		33	8
304	Anja	Heijnen	Votwo	F45	F	24:12.5	02:52:13.80	00:00:56.60	01:45:56.15	05:03:19.05		34	1
269	Claus	Von Bonsdorff		M45	M	29:04.6	02:52:13.20	00:01:35.75	01:40:54.05	05:03:47.65		35	3

185	Duncan	Borthwick	Stubbington Green	M40	M	26:36.5	02:49:01.05	00:01:42.05	01:47:12.45	05:04:32.00	36	8
306	Charles	Barclay		M50	M	24:18.7	02:49:18.65	00:01:09.75	01:50:03.60	05:04:50.65	37	1
96	James	Baker		M30	M	26:16.9	02:46:13.35	00:02:47.45	01:50:00.10	05:05:17.85	38	5
103	Andy	Fifield	Andover Triers	M30	M	23:21.8	02:57:30.20	00:01:06.20	01:43:37.45	05:05:35.65	39	6
290	Thomas	Jackson	Team REP	M50	M	30:00.2	02:55:20.20	00:01:30.90	01:39:21.55	05:06:12.85	40	2
231	Stusrt	Voaden		M40	M	24:46.6	02:48:20.20	00:00:56.35	01:52:24.45	05:06:27.60	41	9
151	Tim	Harris		M35	M	25:34.7	02:56:57.65	00:02:58.15	01:41:04.25	05:06:34.75	42	11
174	Justin	West	Serpentine	M35	M	22:31.1	02:50:50.55	00:01:57.85	01:51:44.00	05:07:03.55	43	12
25	Alanda	Scott	ATA	F30	F	21:33.8	02:53:32.35	00:00:56.65	01:51:52.65	05:07:55.40	44	1
225	James	Shawcross		M40	M	22:06.1	02:57:01.95	00:01:02.30	01:48:00.25	05:08:29.00	45	10
181	David	Astins	Pembrokeshire Tri	M40	M	21:39.2	02:52:43.60	00:01:14.45	01:53:03.75	05:08:40.95	46	11
255	Richard	Mason		M45	M	23:56.9	02:45:27.80	00:01:46.50	01:58:58.20	05:10:09.40	47	4
72	Matthew	Bennett	University of Oxford	M25	M	23:51.3	02:57:06.35	00:01:33.50	01:50:37.30	05:13:08.40	48	9
300	Craig	Higgins/Gillet		RELAY	M	23:59.7	03:08:53.15	00:00:35.55	01:39:50.25	05:13:18.60	49	2
113	Phil	James	Windrush triathlon Club	M30	M	23:29.1	02:53:27.85	00:03:41.00	01:54:38.60	05:15:16.60	50	7
83	Phil	Mant	Royal Navy Triathlon	M25	M	28:58.3	02:50:39.40	00:01:04.55	01:54:36.25	05:15:18.50	51	10
14	Laura	Bartlett	Phoenix tri	F30	F	27:42.3	03:04:10.00	00:01:35.25	01:41:59.15	05:15:26.70	52	2
220	Jeff	Payne	PRIMERA	M40	M	21:43.6	03:03:00.30	00:01:17.95	01:51:24.60	05:17:26.40	53	12
194	Simon	Flannery		M40	M	27:02.7	02:55:40.30	00:01:22.25	01:53:32.10	05:17:37.35	54	13
272	Andrew	BROCKWAY	DORSET POLICE TRI	M50	M	27:47.3	03:04:36.55	00:01:10.50	01:44:10.95	05:17:45.25	55	3
68	Guy	schmidt		M20	M	19:50.2	03:01:43.80	00:01:22.80	01:55:49.90	05:18:46.70	56	1
262	Nicholas	Pearse	Tamar Trotters	M45	M	24:53.4	02:54:23.35	00:02:37.95	01:57:37.85	05:19:32.55	57	5
212	Graeme	Jeffery	Mid Sussex tri	M40	M	23:50.3	03:05:59.85	00:00:51.45	01:49:05.70	05:19:47.35	58	14
93	Paul	Williams		M25	M	23:36.3	02:57:43.40	00:01:28.10	01:57:08.55	05:19:56.30	59	11
280	Ian	Imeson		M50	M	22:20.4	02:56:09.65	00:01:40.05	01:59:56.55	05:20:06.65	60	4
170	Chris	Spellman		M35	M	28:51.0	02:56:41.60	00:01:53.10	01:53:31.25	05:20:56.90	61	13
119	Darren	Lunn	HMS SULTAN Tri-club	M30	M	27:34.7	02:57:36.75	00:00:47.10	01:55:06.20	05:21:04.75	62	8
67	Freddie	Liversidge		M20	M	25:51.8	02:49:23.95	00:00:51.65	02:05:05.05	05:21:12.45	63	2
214	Richard	Lee	packet of three	M40	M					05:21:21.00	64	15
11	Victoria	Waight		F25	F	22:07.3	02:57:37.10	00:00:45.45	02:01:06.40	05:21:36.20	65	1
276	Colin	Ellis		M50	M	24:23.0	02:55:27.05	00:01:20.35	02:00:42.75	05:21:53.20	66	5
8	Anna	Murawska		F25	F	23:49.0	03:04:56.90	00:01:44.65	01:51:47.65	05:22:18.15	67	2
292	Keith	Muggleton	East Essex Tri Club	M50	M	20:53.7	03:00:20.00	00:01:56.70	01:59:42.20	05:22:52.55	68	6
246	Paul	Earley		M45	M	33:54.8	02:57:02.40	00:01:44.05	01:50:13.80	05:22:55.05	69	6
23	Kirstie	Morrison	Bath Amphibians	F30	F	26:18.7	03:11:07.60	00:01:26.00	01:44:04.15	05:22:56.40	70	3
200	Chris	Hall	Team Kennet	M40	M	24:49.9	03:03:17.35	00:01:18.40	01:53:56.65	05:23:22.30	71	16
238	David	Arthur	Farnham Triathlon Club	M45	M	26:19.9	02:59:05.35	00:01:05.20	01:57:26.70	05:23:57.15	72	7

40	Rebecca	Crisp		F40	F	27:49.9	03:08:19.65	00:00:50.35	01:48:00.05	05:24:02.00		73	1
102	Tim	Elliott		M30	M					05:24:20.00	5mins	74	9
159	Geoff	Mitchinson		M35	M	26:42.8	02:58:29.75	00:01:01.85	01:58:40.35	05:24:54.75		75	14
129	Andrew	armon		M35	M	23:14.8	03:02:54.85	00:02:10.60	01:56:34.60	05:24:54.90		76	15
223	Stuart	Robinson	Bath Amphibians	M40	M	25:41.0	02:57:03.05	00:01:34.80	02:01:03.60	05:25:22.40		77	17
26	Ruth	Thom	SALISBURY TRI CLUB	F30	F	26:02.4	03:05:29.70	00:01:11.35	01:52:41.10	05:25:24.55		78	4
171	Dan	Stuart	East Essex Tri Club	M35	M	23:52.3	02:50:23.50	00:01:23.60	02:09:57.30	05:25:36.75		79	16
254	Sean	Macauley	North Devon Tri	M45	M	27:46.9	02:56:28.85	00:02:05.60	01:59:45.70	05:26:07.10		80	8
87	Nicholas	Roseborne	Hampstead Triathlon Club	M25	M	23:46.4	03:14:55.80	00:00:54.95	01:46:50.70	05:26:27.85		81	12
104	David	Gedye		M30	M	26:29.0	02:52:28.65	00:02:48.45	02:05:27.25	05:27:13.40		82	10
56	Emma	Thorpe		F45	F	27:15.7	03:04:35.80	00:01:56.85	01:53:31.10	05:27:19.45		83	2
248	Stuart	Folley	David Lloyd Ringwood	M45	M	24:24.9	03:02:42.90	00:00:52.35	02:00:34.50	05:28:34.60		84	9
91	Edward	Thomas		M25	M	24:52.9	02:50:57.30	00:01:41.45	02:12:37.15	05:30:08.80		85	13
240	Gary	Brooks		M45	M	26:20.6	02:59:20.15	00:01:38.05	02:04:37.45	05:31:56.20		86	10
148	Piers	Gatenby		M35	M	24:51.7	03:16:18.10	00:02:15.35	01:48:40.15	05:32:05.30		87	17
301	Gavin	Kewley	ZOOM TRI CLUB	RELAY	M	24:31.4	02:56:37.75	00:00:57.50	02:11:23.80	05:33:30.45		88	3
305	Colin	Scott	PRIMERA	M45	M	22:48.9	02:57:33.10	00:01:58.15	02:11:19.05	05:33:39.20		89	11
209	Ian	Hunt	Team Dillon	M40	M	22:36.8	02:54:41.75	00:00:53.45	02:16:39.60	05:34:51.60		90	18
77	Michael	Doran		M25	M	27:33.1	03:03:46.40	00:03:04.70	02:00:29.75	05:34:53.90		91	14
178	Matt	Wynne-Hughes		M35	M	25:17.2	03:00:13.50	00:02:34.75	02:07:08.90	05:35:14.30		92	18
95	Luke	Wilson		M25	M	31:17.1	03:11:43.05	00:01:58.50	01:50:39.50	05:35:38.20		93	15
308	Sarah	Jarvis		F30	F	24:09.0	03:24:11.15	00:01:22.90	01:46:03.75	05:35:46.80		94	5
198	Farouk	Gohil	Tri London	M40	M	25:57.2	03:06:40.10	00:01:32.45	02:01:45.20	05:35:54.95		95	19
131	JONATHAN	BELLWOOD		M35	M	24:48.6	03:09:04.65	00:01:36.05	02:00:33.25	05:36:02.55		96	19
189	Martin	Delaney		M40	M	26:52.9	03:00:22.60	00:01:25.70	02:07:38.40	05:36:19.55		97	20
75	Ian	Cooper	Pembs Tri Club	M25	M	21:16.0	03:03:51.95	00:01:26.15	02:09:47.80	05:36:21.90		98	16
226	John	Simpson		M40	M	36:04.2	02:58:19.50	00:01:28.65	02:00:40.10	05:36:32.40		99	21
120	Tom	Minden		M30	M	24:43.3	03:09:43.70	00:02:12.65	02:00:01.85	05:36:41.45		100	11
29	Lydia	Browning		F35	F	23:41.6	03:17:15.30	00:02:22.35	01:53:26.40	05:36:45.65		101	2
101	Alex	Cooper	Pembs Tri Club	M30	M	23:49.9	03:00:16.00	00:01:01.40	02:12:21.15	05:37:28.40		102	12
271	Simon	Attwood	Bath Amphibians	M50	M	23:33.3	03:06:24.70	00:01:35.60	02:06:26.35	05:37:59.95		103	7
270	Steven	Walklin	Tamar Trotters	M45	M	27:49.5	03:03:11.20	00:01:22.45	02:05:56.40	05:38:19.55		104	12
86	Matthew	Pickett	East Essex Tri	M25	M	30:32.4	03:09:13.00	00:01:59.35	01:57:15.35	05:39:00.05		105	17
244	Dave	Cox		M45	M	26:45.6	02:50:53.65	00:02:38.95	02:19:01.75	05:39:19.90		106	13
266	Jerry	Shield		M45	M	36:29.9	03:23:32.60	00:02:02.75	01:37:22.55	05:39:27.75		107	14
166	Steve	Shackleton	Purbeck Peloton Cycle Club	M35	M	30:07.2	02:53:38.75	00:02:07.25	02:13:37.80	05:39:31.05		108	20
108	Jonathan	Hargrave		M30	M	25:09.3	03:02:52.60	00:01:04.75	02:10:34.15	05:39:40.80		109	13

1	Claire	Beirne	SOUTHAMPTON TRI CLUB	F25	F	23:12.4	03:11:04.00	00:01:40.20	02:04:34.35	05:40:31.00	110	3
249	Joe	Green		M45	M	23:24.1	03:11:39.30	00:02:20.35	02:03:10.45	05:40:34.15	111	15
106	Nick	Hall		M30	M	28:23.6	03:06:15.85	00:02:39.10	02:03:26.85	05:40:45.45	112	14
45	Stewart	Kay		M40	M	27:17.6	03:03:47.45	00:02:00.15	02:08:30.90	05:41:36.15	113	22
156	Eddie	Johnson		M35	M	27:41.0	03:26:23.25	00:01:32.70	01:46:36.50	05:42:13.45	114	21
186	Graham	Childs	David Lloyd Port Solent	M40	M	35:13.2	02:53:37.15	00:01:16.25	02:12:32.20	05:42:38.85	115	23
256	David	Matthews	TeamNagi	M45	M	28:21.9	03:12:26.20	00:01:19.45	02:01:25.90	05:43:33.40	116	16
37	Ginny	Mills	North Dorset tri	F35	F	25:03.6	03:23:07.95	00:01:44.75	01:54:17.30	05:44:13.60	117	3
176	Richard	Wingfield		M35	M	25:38.4	03:09:52.70	00:01:56.50	02:06:55.95	05:44:23.55	118	22
167	Tiernan	Simmons		M35	M	27:38.1	03:08:16.15	00:01:54.40	02:07:51.35	05:45:40.05	119	23
99	Paul	Bullen		M30	M	23:25.0	03:07:37.20	00:01:37.25	02:14:13.20	05:46:52.65	120	15
191	Grant	Drummond	ZOOM TRI CLUB	M40	M	25:33.0	03:05:08.40	00:04:06.15	02:12:05.20	05:46:52.70	121	24
275	Sean	Dukes	SALISBURY TRI CLUB	M50	M	27:34.4	03:05:42.90	00:01:37.60	02:13:02.55	05:47:57.50	122	8
243	Doug	Coombes		M45	M	28:36.0	03:09:02.05	00:01:21.60	02:09:43.75	05:48:43.45	123	17
218	Mark	O'hare		M40	M	25:49.4	03:03:02.15	00:01:13.55	02:18:44.65	05:48:49.80	124	25
169	Craig	Smith		M35	M	31:45.0	03:02:02.55	00:02:49.15	02:12:16.60	05:48:53.25	125	24
192	Ben	Eckard		M40	M	27:36.4	03:13:10.85	00:02:17.75	02:06:14.20	05:49:19.20	126	26
263	Garry	Perratt	N1 Triathlon Club	M45	M	35:06.4	03:30:24.05	00:05:18.70	01:39:22.75	05:50:11.90	127	18
161	Tim	Pearce	Farnham Tri	M35	M	25:31.6	03:10:19.80	00:04:43.40	02:10:06.80	05:50:41.55	128	25
295	Phil	Bayliss	N1 Tri Club	M60	M	33:22.2	03:23:46.50	00:06:18.40	01:48:12.60	05:51:39.65	129	1
28	Rachael	Addicott	coachtoby.com	F35	F	27:21.0	03:22:54.95	00:00:56.80	02:01:29.10	05:52:41.85	130	4
157	Danny	Kingman		M35	M	29:30.0	03:06:58.50	00:01:27.80	02:15:24.50	05:53:20.85	131	26
128	Edward	Willcox		M30	M	27:44.4	03:06:36.00	00:02:40.60	02:17:54.00	05:54:54.95	132	16
224	Patrick	Searle	Tuffitty	M40	M	31:15.8	03:18:20.20	00:03:24.40	02:02:43.75	05:55:44.15	133	27
53	Sally	Myatt	Tamar Trotters	F45	F	33:45.9	03:15:46.25	00:03:37.35	02:02:58.30	05:56:07.85	134	3
228	Joe	Tarragano		M40	M	32:15.4	03:22:04.40	00:02:17.45	01:59:53.10	05:56:30.35	135	28
65	Tom	Barton	Savage Triathlon	M20	M	23:53.9	02:59:02.15	00:01:52.45	02:32:24.95	05:57:13.45	136	3
213	Giles	Leather		M40	M	29:37.3	03:17:52.55	00:01:42.90	02:08:22.65	05:57:35.40	137	29
50	Jo	Church	Plymouth Triathlon Club	F45	F	30:58.1	03:19:16.75	00:01:05.85	02:06:18.95	05:57:39.70	138	4
165	Olly	Sampson	Tuff Fitty	M35	M	27:50.6	03:08:18.75	00:01:43.45	02:19:48.20	05:57:40.95	139	27
88	Sam	Sellick	Kent Fire & Rescue Service	M25	M	39:46.2	03:14:21.95	00:01:34.15	02:02:06.85	05:57:49.10	140	18
60	Poppy	Holmes	SOUTHAMPTON TRI CLUB	F50	F	28:18.0	03:13:11.20	00:01:51.20	02:15:13.65	05:58:34.05	141	1
121	Thomas	Mobbs		M30	M	22:57.2	03:26:57.30	00:02:05.25	02:06:45.95	05:58:45.65	142	17
3	Tamsin	Browne	David Lloyd Ringwood	F25	F	24:59.9	03:24:49.15	00:01:04.25	02:08:11.90	05:59:05.15	143	4
282	Phil	Rees	N1TRI	M50	M	29:12.3	03:10:28.45	00:02:07.95	02:19:21.45	06:01:10.10	144	9
97	Daniel	Beaves		M30	M	28:45.0	03:19:39.15	00:04:20.35	02:10:23.60	06:03:08.15	145	18
297	Peter	Gillott	Southampton Triathlon Club	M60	M	28:24.2	03:19:04.25	00:02:18.20	02:13:34.05	06:03:20.75	146	2

125	Christopher	Ricketts	Halesowen Tri Club	M30	M	29:58.8	03:30:28.55	00:01:59.10	02:01:24.20	06:03:50.65	147	19	
150	Graeme	Harper		M35	M	27:46.1	03:01:33.45	00:01:28.85	02:33:25.70	06:04:14.05	148	28	
239	Matthew	Ball		M45	M	29:36.0	03:24:58.55	00:03:26.20	02:07:02.20	06:05:02.90	149	19	
253	Neill	Lovett	East Essex Triathlon Club	M45	M	26:32.2	03:26:06.15	00:01:55.85	02:11:23.30	06:05:57.50	150	20	
117	Jamie	Kellett		M30	M	30:12.4	03:24:02.30	00:03:04.15	02:08:48.30	06:06:07.20	151	20	
141	Hadleigh	Davies	N1 Tri	M35	M	28:32.9	03:34:13.60	00:01:03.85	02:03:24.75	06:07:15.05	152	29	
283	Paul	Rogers	Yeovil Town Road Running Club	M50	M	28:18.6	03:37:59.65	00:01:39.75	02:00:22.50	06:08:20.50	153	10	
207	Richard	Hill		M40	M	29:40.7	03:14:25.00	00:02:30.65	02:21:59.65	06:08:36.00	154	30	
233	Adam	Watts		M40	M	26:38.5	03:17:44.75	00:02:09.25	02:22:59.25	06:09:31.70	155	31	
291	Mike	Lemin	Tamar Trotters	M50	M	26:41.4	03:13:01.00	00:02:17.25	02:27:51.90	06:09:51.50	156	11	
30	Kate	Fargus		F35	F	30:38.2	03:29:34.15	00:01:54.85	02:08:58.80	06:11:06.00	157	5	
130	Matthew	Bassett		M35	M	26:15.2	03:33:30.85	00:03:15.50	02:08:04.95	06:11:06.50	158	30	
158	Richard	Malizia		M35	M	27:28.3	03:17:04.20	00:01:58.95	02:24:57.20	06:11:28.70	159	31	
252	Colin	iggleden		M45	M					06:11:30.00	160	21	
123	Gareth	Nicholas		M30	M	29:41.9	03:30:33.40	00:02:51.60	02:08:46.60	06:11:53.45	161	21	
289	Ian	Gummery	Team Viper	M50	M	29:21.6	03:30:50.10	00:01:39.00	02:10:47.30	06:12:38.00	162	12	
66	Stanley	Kennett	kennett	M20	M					06:13:05.00	163	4	
267	Rupert	Staines		M45	M	28:23.1	03:19:13.25	00:04:17.90	02:23:36.30	06:15:30.55	164	22	
38	Lucy	Williams	Mid Sussex tri	F35	F	32:25.2	03:32:52.80	00:02:46.90	02:08:20.20	06:16:25.10	165	6	
259	Pete	Needell	Bloxham Bloaters	M45	M	26:50.4	03:12:30.35	00:02:50.15	02:35:11.20	06:17:22.15	166	23	
42	Nikki	Demosthenou	Tamar Trotters	F40	F	31:35.7	03:32:33.95	00:02:34.65	02:11:03.50	06:17:47.75	167	2	
216	Toby	Mitchell		M40	M	31:47.0	03:25:18.35	00:02:34.15	02:19:20.95	06:19:00.45	168	32	
43	Laura	Ellis		F40	F	28:11.3	03:33:42.15	00:02:31.95	02:14:42.60	06:19:08.00	169	3	
287	Nick	Cook		M50	M	34:29.4	03:17:05.70	00:02:56.95	02:25:03.95	06:19:36.00	170	13	
293	Ian	Ross	Tamar Trotters	M50	M	26:44.1	03:35:27.50	00:01:16.15	02:16:25.10	06:19:52.85	171	14	
15	Abi	Bradley		F30	F	24:56.9	03:31:19.55	00:03:13.65	02:23:35.00	06:23:05.10	172	6	
24	Rebecca	Reidy		F30	F	30:18.3	03:27:53.25	00:02:50.30	02:22:41.40	06:23:43.25	173	7	
22	Vicky	Langston		F30	F	30:54.5	03:30:59.50	00:01:48.80	02:20:48.50	06:24:31.30	174	8	
274	Huw	Cottle		M50	M	40:28.0	03:31:35.00	00:03:15.90	02:09:42.05	06:25:00.90	175	15	
7	Donna	Lovelock		F25	F	30:14.3	03:29:44.70	00:02:07.45	02:23:06.85	06:25:13.25	176	5	
160	Glen	Morrison	Bath Amphibians	M35	M	25:35.9	03:39:05.45	00:02:48.50	02:19:27.45	06:26:57.35	177	32	
61	Deborah	Kingston		F50	F	30:29.6	03:24:40.75	00:02:07.30	02:29:42.35	06:27:00.05	178	2	
34	Rae	Owen	N1	F35	F	28:07.3	03:36:43.40	00:01:53.05	02:23:12.80	06:29:56.55	179	7	
241	Richard	Brown	Pembs Tri	M45	M	29:54.7	03:11:09.40	00:01:44.40	02:33:54.45	06:31:42.90	15mins	180	24
59	Sarah	Hobbs	MAD Tri	F50	F	27:16.8	03:34:34.15	00:05:07.90	02:24:44.90	06:31:43.70	181	3	
145	James	Fargus		M35	M	24:26.2	03:17:09.45	00:03:36.20	02:46:59.15	06:32:11.00	182	33	
143	Duncan	Edwards		M35	M	27:30.9	03:20:41.70	00:02:00.85	02:41:57.75	06:32:11.20	183	34	

62	Helen	Ralph	Tamar Trotters	F50	F	28:30.0	03:45:29.10	00:01:42.35	02:16:46.40	06:32:27.90	184	4
109	Neil	Hoskins		M30	M	25:34.8	03:44:26.70	00:02:49.90	02:19:58.40	06:32:49.75	185	22
296	Stephen	Makepeace		M60	M	31:20.1	03:29:57.95	00:02:19.40	02:30:23.50	06:34:01.00	186	3
268	Nick	Taylor	Tamar Trotters	M45	M	31:10.9	03:33:15.65	00:02:18.85	02:27:38.75	06:34:24.20	187	25
39	Lisa	Wood	Wimbledon Windmilers	F35	F	43:28.4	03:32:00.90	00:02:57.00	02:15:59.50	06:34:25.75	188	8
187	Michael	Chu		M40	M	28:47.3	03:38:58.50	00:01:01.10	02:26:48.20	06:35:35.15	189	33
202	Ian	Harlock-Smith		M40	M	27:45.3	03:19:46.95	00:04:37.95	02:46:05.30	06:38:15.45	190	34
132	Mark	Bergin		M35	M	27:00.1	03:50:39.85	00:05:47.35	02:15:23.65	06:38:50.90	191	35
182	Chris	Bairstow	Royal Navy - Triathlon Team	M40	M	30:09.3	03:39:12.30	00:02:40.40	02:27:24.75	06:39:26.75	192	35
31	Clara	Fordina	Stubbington Green Runners	F35	F	29:47.5	03:44:58.20	00:02:58.85	02:22:08.40	06:39:53.00	193	9
47	Karen	Thacker		F40	F	33:57.2	03:40:54.80	00:03:35.25	02:24:53.00	06:43:20.30	194	4
18	Anna	Holder	Phoenix Triathlon	F30	F	23:11.3	03:33:16.80	00:03:21.00	02:44:17.40	06:44:06.55	195	9
163	Steven	Piper		M35	M	31:05.1	03:33:06.40	00:02:16.15	02:37:53.90	06:44:21.50	196	36
230	Charles	Tustain		M40	M	36:02.4	03:41:29.40	00:07:05.40	02:22:21.95	06:46:59.20	197	36
116	David	Keen		M30	M	28:31.4	03:30:58.00	00:04:17.10	02:44:21.80	06:48:08.25	198	23
139	Matt	Carey	Team Wessex	M35	M	26:35.0	03:29:54.30	00:03:07.95	02:48:31.95	06:48:09.15	199	37
58	Shayne	Ellison	Bath Amphibians	F50	F	25:36.8	03:42:04.85	00:02:57.05	02:38:57.60	06:49:36.35	200	5
173	Douglas	Veitch		M35	M	32:02.6	03:36:21.05	00:03:50.05	02:38:09.00	06:50:22.70	201	38
4	Abigail	Burton		F25	F	28:40.4	03:48:32.75	00:01:42.95	02:32:04.85	06:51:00.95	202	6
288	Alan	Cootes	Harlow running club	M50	M	31:02.1	03:53:40.80	00:02:15.15	02:24:19.80	06:51:17.80	203	16
298	Neil	Whitehead	BAD Tri	M60	M	32:24.5	03:48:43.15	00:03:07.60	02:27:04.30	06:51:19.55	204	4
235	Adam	Westcott		M40	M	36:35.6	03:31:45.65	00:03:59.25	02:39:53.20	06:52:13.65	205	37
285	David	Wright	Portsmouth Triathletes	M50	M	29:34.4	03:39:04.10	00:03:43.15	02:41:32.45	06:53:54.05	206	17
118	James	Lovett	Immerse	M30	M	28:39.3	03:34:57.70	00:03:06.40	02:49:20.25	06:56:03.65	207	24
257	Martin	McGinty	Tri London	M45	M	42:11.2	03:41:22.05	00:04:02.85	02:30:11.30	06:57:47.40	208	26
258	Jim	Needell		M45	M	29:20.3	03:37:52.70	00:05:26.45	02:47:09.60	06:59:49.00	209	27
251	Noel	Hurley		M45	M	29:22.2	03:37:42.90	00:05:33.75	02:47:10.30	06:59:49.15	210	28
46	Stephanie	Hulford	North Devon Tri	F40	F	23:59.0	03:37:21.85	00:03:41.80	02:54:48.20	06:59:50.80	211	5
115	Mike	Jones	Toro CSC	M30	M	43:31.8	03:30:34.10	00:03:10.80	02:44:41.45	07:01:58.20	212	25
49	Val	Brown	Pembrokeshire Tri	F45	F	43:36.3	03:38:24.50	00:02:38.10	02:38:13.00	07:02:51.90	213	5
199	Alec	Grimsley		M40	M					07:03:00.00	214	38
44	Julie	Gardner	Tamar Trotters	F40	F	35:55.0	03:50:17.15	00:01:49.55	02:34:58.35	07:03:00.05	215	6
41	Rachel	Dally	Met. Police	F40	F	31:13.8	03:38:19.65	00:03:13.10	02:52:13.95	07:05:00.50	216	7
52	Andrea	Fawell		F45	F	33:50.9	03:35:36.90	00:04:04.35	02:54:58.20	07:08:30.35	217	6
12	Amy	Wright	East Essex Triathlon Club	F25	F	26:42.0	04:05:07.35	00:03:54.25	02:33:19.35	07:09:02.90	218	7
63	Eleanor	Rutter		F50	F	29:48.7	03:48:38.95	00:03:25.15	02:52:21.70	07:14:14.50	219	6
237	Tony	Whymark		M40	M	34:46.7	03:41:21.90	00:02:47.25	02:55:19.65	07:14:15.45	220	39

153	Guillaume	Hermile	n/a	M35	M	31:34.4	03:55:01.60	00:03:53.95	02:51:54.45	07:22:24.45	221	39
69	Chirag	Shah		M20	M					07:23:44.00	222	5
48	Anne	Bristoe	Team TRI UK	F45	F	31:08.1	03:43:49.05	00:01:58.65	03:08:02.45	07:24:58.25	223	7
64	Claudia	Shand	Farnham Triathlon Club	F50	F	35:40.4	03:58:30.30	00:02:34.30	02:49:24.30	07:26:09.35	224	7
51	Tamzin	Earley	SALISBURY TRI CLUB	F45	F	34:54.8	03:53:27.80	00:06:20.20	02:52:52.65	07:27:35.40	225	8
136	Rich	Bridges		M35	M	29:00.7	03:48:50.50	00:02:11.50	03:08:32.50	07:28:35.20	226	40
5	Natalie	Hall	East Essex Triathlon Club	F25	F	28:41.5	03:54:52.00	00:02:30.35	03:07:37.55	07:33:41.45	227	8
247	Pascal	Fel		M45	M	33:36.7	04:10:13.85	00:05:49.65	03:07:20.10	07:57:00.35	228	29
10	Lucy	Rodwell		F25	F	36:06.0	04:23:31.35	00:05:19.10	02:57:45.55	08:02:42.00	229	9
175	Paul	Willcocks		M35	M	29:15.2	04:18:33.70	00:02:02.00	03:18:20.20	08:08:11.15	230	41
16	Lorna	Coupland		F30	F	42:47.4	no bike	00:03:29.25	03:07:17.30			
17	Ally	Hainsworth		F30	F	32:09.7	no bike	00:09:50.25	02:27:45.00			
21	Ellie	Astins	Pembrokeshire Tri	F30	F	21:09.3						
33	Kate	McCombe	F4L	F35	F	25:07.0						
54	Zena	Shean	East Essex Tri	F45	F	25:23.9	03:46:36.80					
177	David	Wood	Wimbledon Windmilers	M35	M	41:22.9						
309	Tony	Hankin	AVTC	M35	M	22:25.4	02:54:17.80					
179	Jason	Albuery		M40	M	41:03.1						
196	Paul	Gannicliff	Somerset RC Tri	M40	M	22:48.0						
242	Tim	Chesher		M45	M	29:53.2	03:23:44.80					
261	Darren	Parsons	Newcastle (Staffs) Tri Club	M45	M	27:19.7	02:55:22.50					
279	Phillip	Hobbs	MAD Tri	M50	M	27:13.1						
294	John	Williams		M50	M	38:16.9	02:01:14.95					