

AQUA BIKE RESULTS

Race No	FirstName	LastName	Club	Category	M/F	Swim	Bike	Total	Overall	In Cat	By M/F	Penalties
7	Mike	Hughes		M30	M	00:25:44.8	02:19:50.60	02:45:35.45		1	1	1
8	Nick	Huntley	RAF triathlon	M40	M	00:28:38.1	02:20:14.00	02:48:52.10		2	1	2
14	glen	parry	Zoom Tri club	M40	M	00:29:11.0	02:22:29.20	02:51:40.20		3	2	3
140	Jamie	Freeland	South London Harriers	M45	M	00:33:18.4	02:28:12.20	03:01:30.65		4	1	4
16	Mark	Thomas	Rhondda Tri	M50	M	00:35:21.4	02:26:37.75	03:01:59.10		5	1	5
13	kevin	ord	cheltenham triathlon club	M50	M	00:28:08.7	02:35:07.05	03:03:15.75		6	2	6
19	Patrick	Traylor	Salisbury triathlon club	M30	M	00:29:27.2	02:34:47.50	03:04:14.75		7	2	7
15	Mark	Phillips	TRIKS	M45	M			03:06:00.20		8	2	8 Drafting 5mins
10	Hugh	Maltby		M50	M	00:32:13.5	02:36:39.65	03:08:53.15		9	3	9
6	Hele	Griffiths		F20	F	00:30:11.7	02:49:10.85	03:19:22.50		10	1	1
11	Katie	McPherson		F25	F	00:29:03.5	02:55:34.50	03:24:38.05		11	1	2
20	Simon	Warburton	Hereford Triathlon	M50	M	00:34:20.8	02:50:21.60	03:24:42.40		12	4	10
17	Robert	Toms		m55	M	00:38:25.9	02:46:25.60	03:24:51.50		13	1	11
3	John	Crossley	Exmoor Triathlon Club	m55	M	00:35:00.1	02:57:54.95	03:32:55.10		14	2	12
4	Robert	Davies	oxford tri	m55	M	00:37:18.8	02:57:35.90	03:34:54.70		15	3	13
1	Serena	Ace-Hopkins	Guernsey Triathlon	F30	F	00:29:49.4	03:05:32.40	03:35:21.75		16	1	3
5	Nick	Elford	Racestrong	M40	M	00:40:57.6	02:54:43.55	03:35:41.20		17	3	14
9	Kathryn	Land	Bayside	F40	F	00:36:26.2	03:06:18.90	03:42:45.15		18	1	4
22	Amanda	wiley	IM coaching	F45	F	00:39:37.2	03:22:40.95	04:02:18.15		19	1	5
12	Louise	Newman	cheltenham Triathlon Clkub	f55	F	00:40:22.6	03:37:28.35	04:17:50.95		20	1	6

MIDDLE DISTANCE TRIATHLON RESULTS

Race No	FirstName	LastName	Club	Category	M/F	Swim	Bike	Run	Total	Overall	In Cat	By M/F	Penalties
356	Ben	Webeck	ABCpure	M35	M	00:24:31.9	02:14:07.90	01:31:51.15	04:10:30.95	1	1		1
354	Brochan	Watts	Clapham chasers	M35	M	00:23:48.0	02:18:28.80	01:32:41.40	04:14:58.15	2	2		2
346	Thomas	Wade	Optima Racing Team	M25	M	00:20:59.9	02:21:36.25	01:34:47.10	04:17:23.25	3	1		3
28	Rob	Arkell	David Lloyd Tri Club	M30	M	00:28:10.4	02:19:14.35	01:30:47.05	04:18:11.80	4	1		4
350	ALAN	WARD		M30	M	00:23:50.0	02:14:49.10	01:41:10.35	04:19:49.40	5	2		5
384	Will	Newbery	9 Endurance Tri Club	M40	M	00:24:42.1	02:21:05.10	01:36:55.45	04:22:42.60	6	1		6
372	steve	williams		M45	M	00:27:40.8	02:20:27.95	01:35:20.95	04:23:29.70	7	1		7
330	Matt	Stokeld	RN	M40	M	00:25:55.3	02:23:13.30	01:34:29.40	04:23:37.95	8	2		8
341	Mark	Tomlinson	Farnham Triathlon Club	M30	M	00:26:38.3	02:23:24.35	01:33:51.05	04:23:53.70	9	3		9
127	Daniel	Farmer	TeamCranc	M30	M	00:27:49.9		04:00:12.40	04:28:02.25	10	4		10
226	matt	luxton	Matt Luxton Health and Fitness	M30	M	00:27:44.1	02:21:20.25	01:42:24.20	04:31:28.55	11	5		11
282	Scott	Richardson		M35	M	00:26:07.2	02:29:24.80	01:36:30.35	04:32:02.35	12	3		12
339	Paul	Thomas	Southampton tri club	M35	M	00:28:29.3	02:27:36.75	01:35:59.25	04:32:05.25	13	4		13
109	Michael	Dowds	Crystal Palace Triathletes	M30	M	00:23:14.5	02:20:38.55	01:48:16.00	04:32:09.00	14	6		14
97	Euan	Davies	Crystal Palace Triathletes	M25	M	00:28:23.5	02:19:30.45	01:44:28.35	04:32:22.30	15	2		15
118	Paul	Edmonds	Southampton Triathlon Club	M35	M	00:25:27.6	02:26:42.55	01:42:39.05	04:34:49.20	16	5		16
161	David	Hannaford	9 Endurance Tri Club	M35	M	00:28:32.0	02:27:53.40	01:40:26.40	04:36:51.80	17	6		17
76	Adam	Coates		M30	M	00:25:53.3	02:23:20.95	01:47:39.20	04:36:53.40	18	7		18
26	Edward	Allsopp	N/A	M30	M	00:26:59.2	02:34:26.40	01:36:33.85	04:37:59.50	19	8		19
218	Neil	Lewis	Chippenham Tri	M45	M	00:27:53.9	02:27:36.40	01:42:57.35	04:38:27.65	20	2		20
92	Matthew	Cunningham		M40	M	00:31:18.0		04:07:32.75	04:38:50.70	21	3		21
80	Louis	Comptour		M30	M	00:31:53.7	02:26:42.35	01:41:13.55	04:39:49.60	22	9		22
157	James	Haigh	Exeter	M30	M	00:24:39.1	02:27:39.10	01:47:58.60	04:40:16.85	23	10		23
108	Chris	Dodds		M45	M	00:27:11.1	02:33:00.95	01:40:37.15	04:40:49.20	24	3		24
209	Scott	Latham		M30	M	00:27:42.0	02:26:03.95	01:47:38.45	04:41:24.45	25	11		25
260	Joe	Pak		M40	M	00:31:34.2	02:31:19.60	01:38:39.35	04:41:33.10	26	4		26
283	Mark	Richardson	None	M45	M	00:24:26.8		04:17:14.90	04:41:41.65	27	4		27

167 Michael	Hawkes	Portsmouth Triathletes	M45	M	00:32:20.0	02:19:59.80	01:49:48.45	04:42:08.25	28	5	28
42 Paul	Bisset	North Devon Triathletes	M40	M	00:31:15.5	02:30:21.50	01:40:56.40	04:42:33.45	29	5	29
242 Shane	Minehane		M35	M	00:30:04.4	02:30:32.25	01:42:03.05	04:42:39.70	30	7	30
250 Sean	Murphy	Guernsey Triathlon Club	M40	M	00:25:26.5	02:26:59.30	01:50:14.70	04:42:40.55	31	6	31
151 Andrew	Gowland	Tuff Fitty	M35	M	00:21:56.4	02:22:47.35	01:58:08.20	04:42:51.90	32	8	32
170 Jon	Heaney		M30	M	00:30:24.6		04:12:44.35	04:43:08.95	33	12	33
84 Paul	Couldridge	Phoenix	M40	M	00:27:24.1	02:34:21.75	01:42:42.30	04:44:28.10	34	7	34
188 Paul	Johnson	Petersfield Triathlon Club	M40	M	00:29:42.0	02:26:14.95	01:49:20.00	04:45:17.00	35	8	35
192 Jean-Francois	Jouan		M30	M	00:29:53.9	02:25:49.45	01:49:46.10	04:45:29.40	36	13	36
119 Keith	Elliott		M40	M	00:28:22.0	02:31:51.90	01:45:24.55	04:45:38.45	37	9	37
324 Richard	Stapley	Guernsey Triathlon	M50	M	00:27:43.0	02:22:34.50	01:55:48.05	04:46:05.50	38	1	38
175 James	Holton	Epsom Triathlon Club	M40	M	00:30:46.4	02:24:51.15	01:50:43.50	04:46:21.05	39	10	39
174 Ian	Hoffmann		M25	M	00:31:12.4	02:29:21.70	01:46:16.20	04:46:50.35	40	3	40
94 Mark	Darcy	Clif bar & Elagen sport	M40	M	00:29:16.1	02:26:25.70	01:51:31.65	04:47:13.45	41	11	41
113 Jeanne	Du Preez	ATA	M35	M	00:28:48.0	02:26:51.25	01:52:05.65	04:47:44.90	42	9	42
371 Lee	Williams	LEG-IT	M30	M	00:31:08.2	02:18:36.25	01:58:03.90	04:47:48.40	43	14	43
359 Adam	Wells	Ely	M40	M	00:27:15.7	02:28:22.95	01:52:52.10	04:48:30.75	44	12	44
199 Matthew	Kieras		M40	M	00:26:08.6	02:33:27.30	01:49:17.65	04:48:53.60	45	13	45
255 Louella	O'Herlihy	Zoom Tri	F45	F	00:33:28.0	02:27:56.60	01:47:36.00	04:49:00.55	46	1	1
323 Russell	Squires	Royal Navy triathlon	M30	M	00:29:21.6	02:34:45.05	01:45:28.85	04:49:35.55	47	15	46
89 Graeme	Crowston	Putteridge Swimming Club	M35	M	00:27:14.3	02:32:31.60	01:50:04.25	04:49:50.20	48	10	47
91 Steve	Cumes	bayside triathlon club	M45	M	00:31:11.2	02:27:07.35	01:51:56.05	04:50:14.65	49	6	48
29 Andrew	Armon	Triathlon England	M40	M	00:28:50.4	02:32:09.50	01:49:15.30	04:50:15.20	50	14	49
362 Matthew	Whittaker	Tuff Fitty	M45	M	00:31:31.8	02:34:50.25	01:44:14.65	04:50:36.70	51	7	50
196 leo	kary		M25	M	00:31:05.3	02:34:52.60	01:45:04.40	04:51:02.25	52	4	51
375 Kevin	Woodley		M40	M	00:31:20.5		04:20:07.20	04:51:27.70	53	15	52
331 Kelly	Stokes	Portsmouth Triathletes	F35	F	00:27:35.7	02:29:22.50	01:55:28.70	04:52:26.90	54	1	2
132 Chris	Fogarty	Army Triathlon association	M35	M	00:34:17.9	02:34:06.85	01:44:20.30	04:52:45.10	55	11	53
36 Angelo	Bella	Thames turbo triathlon club	M35	M	00:29:37.6	02:38:05.80	01:45:10.10	04:52:53.50	56	12	54
303 Alastair	Scott		M25	M	00:27:59.8	02:37:48.35	01:47:13.85	04:53:02.05	57	5	55
45 Karl	Bonner	Endurance Nation	M40	M	00:31:48.0	02:29:45.00	01:51:59.05	04:53:32.10	58	16	56
317 Steve	Smith	Guernsey tri club	M50	M	00:28:34.1		04:25:00.70	04:53:34.80	59	2	57
334 Tom	Stubbs	Clapham chasers	M25	M	00:35:14.0	02:34:08.85	01:45:36.20	04:54:59.10	60	6	58
155 louise	gubb	Tri2o	F40	F	00:28:40.6	02:34:52.40	01:52:12.80	04:55:45.75	61	1	3
146 Benn	Garnham	Guernsey Triathlon Club	M35	M	00:28:39.4	02:23:33.10	02:03:45.35	04:55:57.85	62	13	59
290 Sophie	Robinson		F30	F	00:24:55.8	02:40:35.70	01:50:30.15	04:56:01.70	63	1	4
99 Chris	Davies	Lymington Tri Club	M50	M	00:30:28.3		04:25:33.80	04:56:02.15	64	3	60
301 Rob	Savill	Andover Tri Club	M45	M	00:31:14.1	02:30:30.20	01:54:30.45	04:56:14.70	65	8	61
229 Nick	Mann	Guernsey Triathlon Club	M35	M	00:33:58.8	02:33:56.60	01:48:21.60	04:56:16.95	66	14	62
193 Ian	Joyce	Bedford Harriers A/C	m55	M	00:34:24.9	02:27:06.75	01:54:59.00	04:56:30.65	67	1	63
90 Simon	Culver	Beckenham running club	M25	M	00:28:26.0	02:39:40.35	01:48:31.95	04:56:38.25	68	7	64
87 Amy	Critchlow	Guernsey Triathlon	F35	F	00:25:51.5	02:37:48.00	01:53:03.15	04:56:42.65	69	2	5
254 Sophie	Needham	David Lloyd Port Solent	F30	F	00:31:19.0	02:30:20.05	01:55:26.95	04:57:06.00	70	2	6
88 Ian	Crowe		M50	M	00:34:28.8	02:29:00.25	01:53:52.40	04:57:21.45	71	4	65
177 Ed	Hubbard		M25	M	00:31:25.5	02:42:29.80	01:43:27.20	04:57:22.50	72	8	66
144 William	Galvin		M50	M	00:33:23.4	02:37:51.90	01:46:15.15	04:57:30.50	73	5	67
349 Ashley	Walton	basingstoke tri squad	M45	M	00:31:38.7	02:30:03.60	01:56:11.75	04:57:54.10	74	9	68
262 Mark	PESTRIDGE	None	M50	M	00:32:40.3	02:37:42.95	01:48:20.20	04:58:43.50	75	6	69
245 Sean	Morgan		M45	M	00:32:51.1	02:31:46.85	01:54:37.25	04:59:15.20	76	10	70
166 Ed	Harris	Evans Cycles Race Team	M35	M	00:35:30.3		04:23:50.75	04:59:21.00	77	15	71
120 David	Elliott	Bedford Harriers	M45	M	00:32:46.0	02:19:37.20	02:02:14.90	04:59:38.10	78	11	72 Drafting 5 mins
194 Rob	Jump	Southampton tri club	M35	M	00:30:38.0	02:22:27.30	02:06:35.25	04:59:40.60	79	16	73
224 Fergus	Loughrey	N/A	M30	M	00:30:47.4	02:32:36.00	01:56:39.15	05:00:02.50	80	16	74
259 Jon	Pain	MAMG Tri	M50	M	00:35:04.3	02:35:35.90	01:49:45.85	05:00:26.05	81	7	75

355 James	Watts	Peabrain Endurance	M35	M	00:31:44.8		04:29:13.15	05:00:57.95	82	17	76
71 Mark	Cawood	South London Harriers	M50	M	00:31:50.8	02:33:18.30	01:56:13.75	05:01:22.80	83	8	77
75 Max	Churchill	None	M20	M	00:40:45.5	02:41:53.00	01:39:16.65	05:01:55.10	84	1	78
291 Chris	Robinson	Tuff Fitty	M45	M	00:30:21.2	02:39:42.75	01:51:51.35	05:01:55.30	85	12	79
202 Jason	Kon	Guernsey Triathlon Club	M30	M	00:35:32.1	02:33:33.00	01:52:53.15	05:01:58.25	86	17	80
136 Paul	Fox		M40	M	00:31:55.8	02:28:32.05	02:01:42.00	05:02:09.90	87	17	81
46 Emily	Bookless	Guernsey	F40	F	00:33:16.1	02:38:22.95	01:46:03.65	05:02:42.75	88	2	7 Drafting 5 mins
116 Paul	Duret		M35	M	00:30:42.7	03:20:41.40	01:11:32.85	05:02:57.00	89	18	82
386 Tiernan	Simmons	Hedge End Running Club	M40	M	00:35:36.9	02:33:10.65	01:54:50.30	05:03:37.85	90	18	83
325 James	Stefanie		M40	M	00:29:56.2	02:35:18.80	01:58:40.20	05:03:55.15	91	19	84
82 Paul	Consani	Zoom Triathlon	M40	M	00:36:14.2	02:32:40.15	01:55:26.30	05:04:20.70	92	20	85
328 paul	stimpson	None	M40	M	00:34:59.5	02:36:31.80	01:53:30.35	05:05:01.60	93	21	86
148 Ross	Gentry	South London Harriers	M35	M	00:27:08.0	02:44:35.85	01:53:24.55	05:05:08.45	94	19	87
63 Jason	Burgess	9 Endurance Tri Club	M45	M	00:31:52.3	02:34:23.30	01:59:04.70	05:05:20.35	95	13	88
363 Simon	Whitworth	Portsmouth Triathletes	M50	M	00:31:54.4	02:41:01.70	01:52:28.75	05:05:24.90	96	9	89
216 richard	leslie	Na	M35	M	00:30:09.9	02:41:30.95	01:53:46.45	05:05:27.35	97	20	90
215 Adam	Leitch	Portsmouth Triathletes	M35	M	00:30:03.2	02:39:53.85	01:55:35.85	05:05:32.90	98	21	91
156 Nick	Hadwen	None	M50	M	00:30:48.5	02:32:50.30	02:02:04.40	05:05:43.20	99	10	92
186 Anthony	Johns	Portsmouth Triathletes	m55	M	00:32:46.9	02:38:51.30	01:54:18.50	05:05:56.70	100	2	93
61 Tori	Bulgin	Bri Tri	F35	F	00:33:56.7	02:29:40.65	01:57:20.75	05:05:58.05	101	3	8 Drafting 5 mins
72 Beatrice	Chapman	Optima Racing Team	F25	F	00:29:31.9		04:36:48.20	05:06:20.05	102	1	9
377 Michael	Woolley		M35	M	00:35:14.7	02:37:40.00	01:53:37.20	05:06:31.90	103	22	94
296 David	Rowe		M45	M	00:30:15.9	02:24:14.95	02:12:07.45	05:06:38.25	104	14	95
81 Keith	Conradi	Farnham Triathlon Club	m55	M	00:34:05.5	02:41:50.20	01:50:57.80	05:06:53.45	105	3	96
112 Alex	Drummond	B2P	M50	M	00:29:08.5	02:26:54.35	02:11:23.40	05:07:26.30	106	11	97
268 iain	Plumb	Army Triathlon	M30	M	00:30:27.2	02:40:45.15	01:56:18.30	05:07:30.70	107	18	98
131 Gary	Finch	Bedford Harriers	M50	M	00:37:02.3		04:30:29.00	05:07:31.25	108	12	99
374 Peter	Wood	Southampton Triathlon Club	M35	M	00:31:57.4	02:42:14.25	01:48:22.20	05:07:33.80	109	23	100 Drafting 5 mins
320 Martyn	Spencer	Rhondda tri club	M30	M	00:29:43.4	02:31:44.15	02:06:12.65	05:07:40.20	110	19	101
351 Andrew	Ward	Tuff Fitty Triathlon Club	M50	M	00:34:48.6	02:33:55.65	01:59:03.30	05:07:47.55	111	13	102
122 Jos	Ensink	Guernsey Triathlon Club	M50	M	00:34:36.5	02:42:59.35	01:50:15.40	05:07:51.25	112	14	103
159 Chris	Hall	Team Kennet	M45	M	00:38:12.6	02:45:25.30	01:44:15.15	05:07:53.00	113	15	104
365 Barry	Wilde	Phoenix Tri	M40	M	00:33:15.4	02:48:39.25	01:45:59.10	05:07:53.75	114	22	105
361 Joe	White		M25	M	00:34:20.6	02:34:42.60	01:59:19.75	05:08:22.90	115	9	106
367 martyn	wiley	IM coaching	M45	M	00:28:18.2	02:33:46.95	02:06:34.00	05:08:39.20	116	16	107
48 Ancel	Boucher		M35	M	00:36:42.5	02:39:15.80	01:52:49.65	05:08:47.90	117	24	108
83 David	Costen	Guernsey Triathlon Club	M40	M	00:37:05.4	02:42:43.80	01:49:44.60	05:09:33.80	118	23	109
305 Stuart	Searle	South London Harriers	M45	M	00:39:56.8	02:47:23.50	01:42:20.25	05:09:40.60	119	17	110
133 Andy	Ford	cheltenham triathlon club	M45	M	00:38:02.3	02:40:49.15	01:51:04.50	05:09:55.90	120	18	111
32 Robert	Barnes	Royal Navy triathlon	M30	M	00:34:40.0	02:39:33.55	01:55:43.35	05:09:56.90	121	20	112
197 Alex	Kelly		M40	M	00:38:17.1	02:48:20.40	01:43:28.85	05:10:06.35	122	24	113
180 Sarah	Hyatt	Three counties triathletes	F40	F	00:31:23.4	02:48:51.85	01:50:19.80	05:10:35.05	123	3	10
53 Alex	Brazil	DL Maido Tri Club	M45	M	00:35:10.9	02:34:14.10	02:01:33.40	05:10:58.45	124	19	114
172 Alexandra	Hewett	D3 Ealing triathletes	F35	F	00:27:57.0		04:43:02.25	05:10:59.20	125	4	11
326 Chris	Stephenson	Bayside tri	M40	M	00:35:18.6	02:35:30.55	02:00:37.95	05:11:27.10	126	25	115
249 Luke	Muir	Berkshire Triathlon Squad	M40	M	00:23:30.4	02:44:10.80	02:04:14.90	05:11:56.15	127	26	116
190 Ashleigh/Kyran/Scott	Jolly/McManus/Burnett		RELAY	F	00:25:07.0		04:46:50.45	05:11:57.45	128	1	12
143 James	Fulcher		M30	M	00:29:38.4	02:46:15.85	01:56:22.25	05:12:16.50	129	21	117
98 Thomas	Davies		M25	M	00:34:10.2	02:46:02.00	01:52:19.65	05:12:31.85	130	10	118
50 Martin	Boyde	Guernsey Triathlon Club	M40	M	00:30:37.0	02:36:11.90	02:06:14.15	05:13:03.05	131	27	119
241 Ian	Mills	Andover	M50	M	00:30:01.4	02:37:11.10	02:06:12.60	05:13:25.10	132	15	120
276 bryan	puszkar	Portsmouth Triathletes	M30	M	00:35:51.7	02:31:08.60	02:06:34.80	05:13:35.15	133	22	121
321 Rory	Spencer		M30	M	00:36:03.9	02:42:14.70	01:55:44.95	05:14:03.55	134	23	122
103 Bexy	Dew	Southampton Triathlon Club	F25	F	00:32:08.4	02:37:58.35	02:04:30.20	05:14:36.90	135	2	13

30 Edward	Bamford		M35	M	00:34:37.9	02:42:54.80	01:57:07.45	05:14:40.15	136	25	123
121 Gemma	Ellis		F30	F	00:35:16.4	02:47:24.40	01:52:00.10	05:14:40.90	137	3	14
312 Rob	Smith	Bristol & District (BADTri)	M25	M	00:35:57.1	02:32:17.95	02:06:40.25	05:14:55.25	138	11	124
269 George	Podd	bayside triathlon club	M30	M	00:33:01.8	02:39:33.00	02:02:22.00	05:14:56.75	139	24	125
337 chris	sylvan		M30	M	00:29:50.6	02:42:57.60	02:03:08.75	05:15:56.90	140	25	126
366 Esther	Wiley		F40	F	00:34:03.9	02:50:35.80	01:51:21.10	05:16:00.80	141	4	15
274 Ana Claudia/Adam/Hannah	Suriani/Powell/Davies	Phoenix	RELAY	M	00:32:43.9		04:43:19.10	05:16:02.95	142	2	127
340 Adam	Thorpe		M30	M	00:42:15.0	02:46:50.60	01:47:08.80	05:16:14.35	143	26	128
281 Lee	Rhodes	Bayside Tri Club	M40	M	00:39:36.1	02:39:44.45	01:58:03.25	05:17:23.85	144	28	129
333 Paul	Stuart	Bedford Harriers	M50	M	00:38:54.4	02:31:19.90	02:07:28.85	05:17:43.20	145	16	130
27 Lindsay	Aqui	ABCpure	F25	F	00:34:13.5	02:45:38.25	01:57:53.15	05:17:44.95	146	3	16
271 Mark	Porter	None	M40	M	00:31:46.4	02:49:10.70	01:57:07.30	05:18:04.35	147	29	131
212 Phil	Ledington	Royal Navy triathlon	M35	M	00:34:15.9	02:46:49.20	01:57:03.05	05:18:08.20	148	26	132
244 Bethan	Morgan	RAF triathlon	F30	F	00:29:13.2	02:42:13.55	02:06:55.60	05:18:22.35	149	4	17
138 Robert	Franckeiss	Bayside tri	M45	M	00:31:49.0	02:31:43.85	02:15:05.55	05:18:38.45	150	20	133
182 Adam	Isaac		M40	M	00:38:21.4	02:36:07.10	02:04:21.10	05:18:49.60	151	30	134
64 Melissa	Burrell	Bedford Harriers	F35	F	00:30:32.6	02:39:29.10	02:08:51.55	05:18:53.20	152	5	18
219 David	Libby	portsmouth tri	m55	M	00:35:33.8	02:38:35.45	02:00:15.00	05:19:24.25	153	4	135 Drafting 5 mins
221 Peter	Littleboy	Tuff Fitty	M40	M	00:36:31.4	02:53:36.40	01:50:17.10	05:20:24.90	154	31	136
152 Natalie	Green	Hardley Runners	F20	F	00:27:33.8	02:54:15.95	01:58:35.35	05:20:25.10	155	1	19
189 Steve	Joiner		M30	M	00:34:50.8	02:47:25.80	01:58:16.70	05:20:33.35	156	27	137
59 Ryan	Buchanan		M30	M	00:32:49.6	02:47:28.00	02:00:38.05	05:20:55.70	157	28	138
295 Steve	Roussel	Guernsey	M50	M	00:35:39.5	02:35:48.75	02:09:32.80	05:21:01.00	158	17	139
154 James	Groves		M30	M	00:40:01.8	02:47:37.65	01:53:53.80	05:21:33.20	159	29	140
293 Mark	Rooke	Rhondda Tri	M45	M	00:38:30.8	02:35:39.95	02:07:57.25	05:22:07.95	160	21	141
387 Magdalena	Puzio	Guernsey Triathlon	F35	F	00:28:13.3	02:53:32.80	02:00:38.95	05:22:25.00	161	6	20
279 Matthew	Rawlings	Guernsey	M40	M	00:38:43.2	02:45:39.25	01:58:12.30	05:22:34.80	162	32	142
123 Jonathan	Evan-Hughes		M50	M	00:40:33.7	02:41:50.60	02:00:17.50	05:22:41.75	163	18	143
185 David	Jennings	Bayside	M40	M	00:35:22.5	02:36:06.80	02:06:53.95	05:23:23.25	164	33	144 Drafting 5 mins
160 James	Hampton		M35	M	00:39:54.7	02:37:37.00	02:06:12.40	05:23:44.10	165	27	145
235 craig	mcneil	Nane	M50	M	00:36:12.2	02:46:17.00	02:01:26.90	05:23:56.15	166	19	146
184 kevin	james	Chippenham Tri	M45	M	00:34:46.5	02:49:59.80	01:59:25.70	05:24:12.05	167	22	147
65 Rachael	Butcher	ABCpure	F30	F	00:28:51.2	02:49:26.35	02:06:10.35	05:24:27.90	168	5	21
352 Stephen	warriner	Portsmouth Triathletes	M45	M	00:32:59.1	02:46:37.05	02:05:11.10	05:24:47.30	169	23	148
382 Adam	Younger	Wight Tri	m55	M	00:32:52.9	02:47:41.05	02:04:19.75	05:24:53.70	170	5	149
158 Mark	Hall		M30	M	00:35:08.5	02:48:46.95	02:01:09.05	05:25:04.55	171	30	150
165 Gavin	Harper		M45	M	00:34:01.0	02:50:34.80	02:01:17.25	05:25:53.05	172	24	151
142 christopher	fry	Zoom	M35	M	00:37:37.7	02:36:00.70	02:12:43.00	05:26:21.40	173	28	152
101 Grant	Day	Portsmouth Triathletes	M30	M	00:34:27.2	02:46:34.75	02:05:29.35	05:26:31.35	174	31	153
195 pavel	kanja	Hillingdon triathletes	M40	M	00:33:36.0	02:44:03.80	02:08:54.25	05:26:34.05	175	34	154
309 Carsten	Skov		M45	M	00:45:55.3	02:30:59.40	02:09:42.15	05:26:36.80	176	25	155
37 Kenneth	Berg	None	M40	M	00:32:38.7	02:47:15.20	02:07:50.40	05:27:44.30	177	35	156
240 Charles	Miller	Farnham Triathlon Club	m55	M	00:36:48.5	02:50:45.15	02:00:16.90	05:27:50.55	178	6	157
74 Steve	Christie		RELAY	M	00:32:17.9	02:37:49.40	02:18:03.40	05:28:10.70	179	3	158
206 Richard	Lamacraft		M35	M	00:37:52.5	02:46:41.75	02:03:56.65	05:28:30.90	180	29	159
178 Tony	Humberstone	ITRI	M40	M	00:38:52.0		04:50:10.75	05:29:02.75	181	36	160
256 Brian	O'Kane		M50	M	00:39:03.4	03:00:36.65	01:49:29.70	05:29:09.70	182	20	161
329 Andrew	Stockwell	Bayside	M45	M	00:44:52.5	02:52:06.60	01:52:19.45	05:29:18.55	183	26	162
338 Graham	Tapp		M30	M	00:41:44.1	02:56:39.50	01:51:20.05	05:29:43.60	184	32	163
62 Richard	Bulmer	Wight Tri	M50	M	00:29:17.6	02:45:15.85	02:15:25.45	05:29:58.90	185	21	164
258 Simon	Owens	Elements	M50	M	00:36:33.6	02:37:53.00	02:15:33.25	05:29:59.80	186	22	165
173 James	Hodges		M40	M	00:37:36.8	02:50:49.45	02:01:38.20	05:30:04.45	187	37	166
385 Gary	Woods		M40	M	00:30:43.8	02:47:37.35	02:12:30.25	05:30:51.35	188	38	167
68 Andrew	Cardnell		M40	M	00:34:43.3	02:51:35.75	02:04:36.55	05:30:55.60	189	39	168

239 Fiona/George	Miller	Farnham Triathlon Club	RELAY	F	00:34:54.2	03:10:06.20	01:45:56.35	05:30:56.70	190	4	22
273 Richard	Potter		M60	M	00:39:33.4	02:47:12.30	02:04:25.95	05:31:11.65	191	1	169
150 Neil	Goodwin		M40	M	00:35:02.9	02:49:26.60	02:07:19.70	05:31:49.20	192	40	170
163 Craig	Hardiman	Gade Valley Tri	M35	M	00:39:40.2	02:58:54.25	01:53:23.95	05:31:58.40	193	30	171
376 Chloe	Woolf	Lymington Triathlon Club	F35	F	00:33:37.7	03:04:43.30	01:53:51.90	05:32:12.90	194	7	23
73 James	Cheesman	No	M35	M	00:33:54.8	02:49:58.55	02:08:21.30	05:32:14.70	195	31	172
179 Liam	Humble	Thames Turbo	M35	M	00:28:41.5	03:00:10.90	02:03:33.95	05:32:26.40	196	32	173
297 Barnaby	Rudd		M40	M	00:31:42.1	02:57:37.25	02:03:28.95	05:32:48.35	197	41	174
364 Anna	Wilby-Lopez	Portsmouth Triathletes	F35	F	00:33:00.6	02:57:18.05	02:02:48.15	05:33:06.75	198	8	24
373 Darren	Wilman		M30	M	00:35:07.0	02:41:15.50	02:17:05.95	05:33:28.50	199	33	175
357 Gary	Weeks	Kingswood Tri Club	M50	M	00:34:55.3	02:45:01.90	02:13:42.20	05:33:39.35	200	23	176
285 Keith	Rigby		M50	M	00:34:08.8	02:50:22.10	02:09:32.95	05:34:03.80	201	24	177
147 Rob	Gaygan	N/A	M40	M	00:38:45.1	02:46:32.40	02:09:02.75	05:34:20.20	202	42	178
176 Jim	Hool		M45	M	00:34:42.6	02:51:51.10	02:08:14.60	05:34:48.25	203	27	179
353 David	Watson	Guernsey Triathlon Club	M45	M	00:32:27.3	02:56:11.15	02:06:22.75	05:35:01.20	204	28	180
95 Richard	Davey		M35	M	00:33:59.9	02:51:19.30	02:10:32.45	05:35:51.60	205	33	181
204 Jonathan	Lacey		M40	M	00:34:15.0	02:34:35.35	02:27:13.40	05:36:03.70	206	43	182
137 Chris	Foxon	Brighton Tri Club	M35	M	00:34:40.7		05:01:47.95	05:36:28.70	207	34	183
54 Darren	Broad	Zoom	M50	M	00:38:10.1	02:47:00.45	02:11:20.15	05:36:30.70	208	25	184
252 Mark	Naftel	Guernsey Triathlon Club	M50	M	00:36:15.5	02:43:35.20	02:17:24.20	05:37:14.95	209	26	185
304 richard	Searle		M35	M	00:35:55.3	02:42:17.60	02:19:13.75	05:37:26.70	210	35	186
298 Szymon	Rutkowski	Thames Turbo Triathlon	M35	M	00:30:25.8	02:45:53.50	02:21:22.10	05:37:41.45	211	36	187
289 Chris	Roberts	Bodyworks XTC	M50	M	00:34:16.8	03:01:54.90	02:02:13.95	05:38:25.60	212	27	188
307 Peter	Shepherd		M35	M	00:36:02.6	02:48:45.75	02:13:44.15	05:38:32.50	213	37	189
234 Nick	McNally		M40	M	00:43:09.4	02:53:18.20	02:02:09.15	05:38:36.70	214	44	190
69 Austin	Carroll	Portsmouth Triathletes	M35	M	00:37:16.4	02:44:56.95	02:17:15.45	05:39:28.75	215	38	191
287 Peter	Robbins		M50	M	00:39:42.2	02:47:55.10	02:11:52.00	05:39:29.35	216	28	192
55 Daniel	Brown		M25	M	00:39:43.3	02:42:01.50	02:18:07.15	05:39:52.00	217	12	193
313 Michael	Smith		M30	M	00:38:53.2	03:07:06.05	01:53:54.00	05:39:53.25	218	34	194
311 Juliet	Smith	Bedford Harriers A/C	F50	F	00:39:15.5	02:47:39.60	02:13:10.95	05:40:06.10	219	1	25
205 Ciaran	Lagan		M50	M	00:39:05.1	02:39:30.90	02:21:53.65	05:40:29.60	220	29	195
299 Oly	Sampson	Tuff Fitty	M40	M	00:35:01.8	02:47:26.20	02:18:27.00	05:40:54.95	221	45	196
272 Allen	Porter	Team Titans	M40	M	00:34:12.4	02:38:24.80	02:28:37.05	05:41:14.25	222	46	197
102 Benedict	Dempsey	Brighton Multisports	M35	M	00:30:19.5	02:58:35.70	02:12:33.90	05:41:29.10	223	39	198
44 Abbey	Bonner	Endurance Nation	F40	F	00:34:48.0	03:02:08.80	02:05:09.00	05:42:05.85	224	5	26
33 Nicholas	Bartrum	Windrush Triathlon Club	M25	M	00:39:13.6	03:03:56.95	01:59:21.35	05:42:31.95	225	13	199
217 Peter	Lewis	Bayside tri	M30	M	00:44:23.1	02:49:32.40	02:08:48.95	05:42:44.50	226	35	200
25 Claire	Allen	Guernsey tri club	F40	F	00:37:59.8	02:43:39.15	02:21:14.50	05:42:53.45	227	6	27
278 Nigel	Randall		M45	M	00:43:28.5	02:53:48.55	02:06:55.90	05:44:13.00	228	29	201
380 Denise	Yeats		F50	F	00:35:43.4	03:04:45.65	02:04:06.45	05:44:35.50	229	2	28
253 Peter	Nash		M50	M	00:36:39.5	02:53:06.95	02:14:53.90	05:44:40.40	230	30	202
343 sacha	trude	Bedford Harriers	F50	F	00:33:32.5	02:51:20.05	02:19:51.20	05:44:43.75	231	3	29
41 Harry	Birks		M25	M	00:33:03.2	02:59:47.55	02:12:37.65	05:45:28.40	232	14	203
141 Jason	Frizzell	Portsmouth Triathlon	M40	M	00:53:43.6	02:22:13.15	02:29:41.75	05:45:38.55	233	47	204
181 Dean	Inocco	Army	M35	M	00:30:23.3	03:00:17.65	02:15:00.65	05:45:41.60	234	40	205
43 rebecca	bole	serpentine	F45	F	00:33:21.3	02:57:31.35	02:15:10.35	05:46:03.00	235	2	30
238 mark	millard	Bayside tri	M50	M	00:43:16.8		05:03:40.60	05:46:57.45	236	31	206
39 David	Beynon		M40	M	00:38:22.5	02:50:35.20	02:18:20.85	05:47:18.60	237	48	207
77 Nicola	Cogdell-Brooke	Windrush Triathlon Club	F25	F	00:35:24.8	03:20:20.35	01:51:34.45	05:47:19.60	238	4	31
284 John	Richmond		M30	M	00:41:42.3	02:46:50.85	02:18:50.40	05:47:23.60	239	36	208
378 Peter	Worlin		M45	M	00:37:35.2	02:56:19.70	02:13:30.50	05:47:25.35	240	30	209
117 Rodney	Ebanks	Ealing Triathletes	M40	M	00:37:55.1	02:53:29.10	02:17:13.45	05:48:37.65	241	49	210
115 timothee	duret		M30	M	00:30:45.2	02:58:25.00	02:20:23.35	05:49:33.60	242	37	211
57 Ben	Brown	Henfield Joggers	M40	M	00:41:40.5	03:05:49.00	02:02:46.70	05:50:16.25	243	50	212

93 Juliette	DAMOIS	Phoenix Triathlon	F25	F	00:39:07.5	03:02:08.20	02:09:02.60	05:50:18.25	244	5	32
114 Barrie	Duerden	Guernsey Triathlon Club	m55	M	00:47:14.7	02:59:57.30	02:03:13.00	05:50:25.00	245	7	213
347 David	Walden		M45	M	00:40:10.0	02:48:32.60	02:22:14.00	05:50:56.55	246	31	214
292 Philip	Robinson		M50	M	00:38:24.4		05:12:47.65	05:51:12.05	247	32	215
183 Michele	jacobs		F35	F	00:37:57.6	03:13:15.75	02:00:12.20	05:51:25.50	248	9	33
60 Fiona	Bugler	Brighton Triathlon Club	F50	F	00:42:33.2	03:16:07.80	01:54:00.55	05:52:41.55	249	4	34
85 Christopher	Cozens		M50	M	00:37:04.4	02:49:44.80	02:25:53.95	05:52:43.10	250	33	216
261 Matt	Perks		M45	M	00:33:34.1	02:58:12.75	02:21:29.80	05:53:16.60	251	32	217
222 Chris	Lockwood		M40	M	00:37:26.2	02:50:04.85	02:26:29.75	05:54:00.80	252	51	218
200 Kathy	King	None	F40	F	00:38:46.3	03:02:06.45	02:13:35.90	05:54:28.60	253	7	35
220 Mark	Linley	Portsmouth Triathletes	M45	M	00:36:47.2	03:02:21.15	02:15:27.55	05:54:35.85	254	33	219
164 Rob	Harding	Southampton Triathlon Club	M45	M	00:37:28.6	03:02:24.90	02:15:43.10	05:55:36.65	255	34	220
213 David	Ledwith	Chippenham Tri	m55	M	00:34:23.0	02:58:23.95	02:23:33.05	05:56:20.00	256	8	221
23 Angus	Abraham		M30	M	00:37:20.7	02:50:44.10	02:28:22.60	05:56:27.40	257	38	222
124 Martin	Evans		M45	M	00:40:13.1	03:10:34.90	02:05:41.80	05:56:29.75	258	35	223
266 Andrew	Pillans	Fittleworth Legends	M40	M	00:40:52.0	03:04:05.55	02:12:01.75	05:56:59.25	259	52	224
294 Alison	Rose-Quirie	Rugby	f55	F	00:34:30.4	03:03:41.40	02:19:27.80	05:57:39.65	260	1	36
211 Sonia	Laurie	sothampton triathlon club	F40	F	00:38:28.7	03:00:14.80	02:19:06.10	05:57:49.65	261	8	37
302 Alistair	Schofield	None	M50	M	00:35:28.1	03:02:24.15	02:20:03.90	05:57:56.10	262	34	225
134 Angus	Forrest		M25	M	00:29:47.9	02:50:41.45	02:37:38.05	05:58:07.40	263	15	226
379 Stephen	Wythe		M25	M	00:41:25.3	03:07:36.55	02:09:09.50	05:58:11.30	264	16	227
381 Paul	Young		M40	M	00:41:47.1	03:14:05.15	02:02:21.00	05:58:13.30	265	53	228
153 Martin	Gregory	None	M40	M	00:43:57.7	03:00:19.80	02:14:03.40	05:58:20.90	266	54	229
288 Michael	Roberts	Bayside tri	M40	M	00:39:35.2	02:43:09.40	02:35:54.60	05:58:39.25	267	55	230
314 James	Smith		M30	M	00:34:25.4	03:18:53.25	02:05:25.45	05:58:44.10	268	39	231
342 Rob	Toms	Guernsey Triathlon Club	M50	M	00:41:28.5	02:56:25.60	02:21:15.45	05:59:09.60	269	35	232
128 Gary	Farrell	BRidgtown Cons Testa Tri Team	M50	M	00:36:50.2		05:22:51.10	05:59:41.30	270	36	233
104 Lee	Dexter	Zoom Bournemouth	M35	M	00:37:14.7	02:59:49.35	02:23:42.15	06:00:46.25	271	41	234
135 Kelvin	Foster	Bayside tri	m55	M	00:41:26.8	03:01:47.30	02:20:41.25	06:03:55.40	272	9	235
344 Sam	Twitchen		M40	M	00:37:50.9	03:07:18.55	02:19:05.95	06:04:15.35	273	56	236
322 Robert	Squibb	Zoom Tri club	M45	M	00:31:16.4	02:59:15.50	02:34:53.80	06:05:25.65	274	36	237
208 Kane	Lambourne	Rhondda Triathlon	M35	M	00:35:05.6	02:54:47.95	02:35:32.85	06:05:26.45	275	42	238
111 catherine	drummond		F35	F	00:35:41.2	03:11:51.05	02:17:55.60	06:05:27.80	276	10	38
231 Lucy	May	Stubbington green runners	F30	F	00:34:45.0	03:17:47.20	02:14:48.60	06:07:20.75	277	6	39
277 Lesley	Quiney	Portsmouth Triathletes	F50	F	00:36:06.9	02:54:28.20	02:37:50.15	06:08:25.30	278	5	40
360 Paul	Welsh		M30	M	00:38:06.2	03:04:04.95	02:26:43.85	06:08:55.05	279	40	239
198 Cordelia	Kerr		F30	F	00:39:38.9	03:18:49.15	02:12:18.70	06:10:46.75	280	7	41
310 heidi	smith	Guernsey Triathlon Club	F40	F	00:35:12.5	03:07:26.55	02:28:18.60	06:10:57.60	281	9	42
306 Mel	Seddon	bayside triathlon club	F35	F	00:46:23.3	03:21:45.75	02:03:21.00	06:11:30.00	282	11	43
228 Lisa	Maltwood	Guernsey Triathlon Club	F40	F	00:38:49.7	03:08:14.50	02:25:50.00	06:12:54.20	283	10	44
38 James	Betteridge	Dartford & White Oak Triathlon	M50	M	00:41:03.8	03:06:12.20	02:28:56.75	06:16:12.80	284	37	240
78 Ian	Colcomb	Team Kennet	M40	M	00:48:07.3	03:15:41.55	02:13:10.55	06:16:59.40	285	57	241
315 Gary	Smith		M35	M	00:44:00.4	03:18:38.95	02:16:37.70	06:19:17.00	286	43	242
100 David	Dawson		m55	M	00:47:32.8	03:09:30.15	02:22:22.15	06:19:25.15	287	10	243
106 Rebecca	Dimblebee	Bayside tri	F35	F	00:41:31.4	03:13:49.00	02:27:00.65	06:22:21.10	288	12	45
162 Kirstie	Hardiman	Gade Valley Tri	F35	F	00:38:47.6	03:23:44.25	02:25:26.80	06:27:58.65	289	13	46
70 James	Cartwright		M25	M	00:39:47.0	03:10:18.50	02:39:56.20	06:30:01.75	290	17	244
370 Paul	Willcocks	Navy Tri	M40	M	00:35:53.9	02:54:21.15	03:00:06.95	06:30:22.00	291	58	245
248 sandra	muga	Southampton tri club	F35	F	00:37:13.3	03:08:12.65	02:47:50.40	06:33:16.40	292	14	47
257 peter	osborn	NFCC	M40	M	00:42:06.4	03:05:00.20	02:47:29.10	06:34:35.70	293	59	246
267 Nicola	Pitcher	Maidstone Harriers	F50	F	00:40:32.0	03:28:18.45	02:26:35.85	06:35:26.30	294	6	48
187 Lina	Johnson	Three Counties Triathlon	F35	F	00:43:22.2	03:32:32.65	02:23:47.20	06:39:42.00	295	15	49
40 Sean	Bird	Team Kennet	M40	M	00:43:41.1	03:24:17.30	02:32:41.70	06:40:40.10	296	60	247
191 Brooke	Jones		F30	F	00:41:33.3	03:25:18.25	02:34:28.65	06:41:20.20	297	8	50

275 James	Pumphrey		M25	M	00:46:20.5	03:26:13.05	02:35:35.05	06:48:08.65	298	18	248
86 Charlie	Crawford	Phoenix Triathlon Surrey	m65	M	00:41:20.0	03:06:46.95	03:07:57.95	06:56:04.95	299	1	249
203 Eva	Kovacs	Bedford Harriers	F45	F	00:43:24.7	03:09:32.50	03:11:13.35	07:04:10.55	300	3	51
335 Ian	Sturdgess	Bedford Harriers	m55	M	00:43:20.6	03:56:02.75	02:58:04.75	07:37:28.15	301	11	250
270 Kirstee	Porter		F40	F	00:46:25.7	03:38:17.70	03:20:48.45	07:45:31.90	302	11	52
247 Vicki	Mortimer		F30	F	00:42:03.2	03:57:15.50		DNF			
332 Cloe	Stout		F30	F	00:36:44.4	03:01:18.90		DNF			
345 Mia	van Manen	Precision Race Team	F35	F	00:43:27.3	03:20:15.50		DNF			
130 Angiela	Finch	Bedford Harriers	f55	F	00:39:00.4	03:20:54.90	03:59:55.35	DNF			
52 Kyle	Bradley		M25	M	00:32:23.6	02:40:10.75	03:12:34.35	DNF			
31 David	Barnes	Royal Navy triathlon	M30	M	00:39:30.9	02:53:27.70		DNF			
51 Michael	Bradford	London Fields Triathlon	M30	M	00:30:08.7	02:33:10.00	03:03:18.70	DNF			
210 Kirk	Latham	Zoot Athlos racing team	M30	M	00:27:05.0	02:19:04.65	02:46:09.65	DNF			
110 Matt	Downey	Zoom	M35	M	00:27:58.4	02:33:54.30		DNF			
67 Iain	Calton		M40	M	00:30:07.1	02:28:58.60		DNF			
214 Jason	Lee	Bedford Harriers	M40	M	00:31:27.8	02:34:40.35		DNF			
316 Russell	Smith	Guernsey	M40	M	00:27:45.9	04:19:31.50		DNF			
49 Alan	Bourne	Farnham Triathlon Club	m55	M	00:34:52.6	03:31:57.75		DNF			
348 David	Wall		M45	M	00:38:33.0	01:55:48.40	02:34:21.40	Incomplete course			
58 Louise	Browne	bayside triathlon club	F45	F	00:45:56.8						
107 Dea	Ditchfield	Bedford Harriers	F50	F	00:34:22.0						