

	First Name	Last Name	Club	Run	Finish	
	1000m + 6k					
1	Emily	Geake	N//A	16.39	40.59	1st
2	Charmaine	Sterling	Team Viper	17.47	50.01	2nd
3	Laura	Guillem		21.29	52.49	3rd
4	Olivia	Parish		24.56	53.29	
5	Jackie	Goodwin		29.43	53.37	
6	Arwen	Young	Herne Bay	18.29	54.12	
7	Claire	Tinker		24.43	54.56	
8	Patricia	Goldrick	Holland Sports AC	26.24	55.19	
9	Jacqui	Lane	Tri-Tempo	24.31	55.49	
10	Lauren	Parkinson		26.11	56.15	
11	Anna	Priestley	Freedom Tri	22.51	58.47	
12	Rebecca	Trumble		25.49	58.51	
13	Marina	Luchner		28.15	59.53	
14	wendy	Aldridge	Dengie 100 Runners	31.55	01.04.09	
15	Kerry	Pool		22.16	01.04.27	
16	Louise	Francis		28.13	01.07.57	
17	Charlotte	Parish		25.59	01.12.41	
18	Danielle	Jones		31.14	01.14.06	
19	zinhle	Healis		35.05	01.21.37	
	Georgia	Oâ€™Brien		dns	dns	

	1000m + 6k					
1	Simon	Townsend		17.17	42.14	1st
2	Dan	Priestley	Feeedom Tri	19.12	47.53	2nd
3	Rushil	Kumar		21.59	53.37	3rd
4	Drew	Parkinson		27.17	57.01	
5	Henry	Prince		22.29	57.01	

6	Finn	Ruijsink		26.16	57.05	
7	Joshua	Berry		26.48	58.29	
8	Mark	Finch		27.31	1.00.09	
9	Philip	Smart		1.04.43	1.53.44	
10	Thomas	Cazalet		dns	dns	
11	Rich	Grove		dns	dns	
	2000m + 10k					
1	Freya	Cooper Williams		33.24	01.20.57	1st
2	Frances	Liddell		39.55	01.23.02	2nd
3	Rachel	Wilson		37.01	01.29.12	3rd
4	lucy	tomlinson		40.29	01.32.28	
5	Natalie	Wynne	Gog Triathlon	39.35	01.32.37	
6	Rebecca	Minnich		40.59	01.34.49	
7	Patricia	O'Donnell		43.01	01.40.51	

8	Natasha	Finch		46.34	01.56.44	
9	Holly	Davis		51.17	01.58.29	
10	Sarah	Frost		1.00.15	02.25.26	
11	Somayeh	Tosi		1.43.51	02.41.17	
12	Kirstie	Britton		dns	dns	
13	Emma	Greenaway		dns	dns	
14	Grace	Hale		dns	dns	
15	clare	lucas		dns	dns	
16	Flora	Shimi		dns	dns	
17	Emma	Stollery		dns	dns	
	2000m + 10k					
1	Elliot	Lamble		38.35	01.25.47	1st
2	Matthew	Boardman		43.43	01.26.36	2nd

3	Erwin	Ruijsink		33.59	01.32.06	3rd
4	Oliver	Gardiner	Tri Force	37.51	01.32.17	
5	Joseph	Marshall		45.23	01.32.35	
6	R	Tomlinson		52.35	01.34.29	
7	Angus	Gibson		51.41	01.37.46	
8	Mikhail	Slavoshevskii		45.32	01.38.38	
9	Oliver	Wright		51.54	01.39.57	
10	Trever			43.35	01.44.46	

11	Dave			48.41	01.45.22	
12	Greg	Wickenden		53.06	01.46.22	
13	Noah	Williamson		48.09	01.47.10	
14	Henry	Colbert		49.59	01.54.11	
15	Mitchell	McKee		34.31	01.55.41	
16	Mykolas	Tarasevicius	Sauna Enjoyers Athletic Club	53.59	01.55.56	
17	Steffan	Saunders		1.00.39	02.02.45	
18	Dylan	Patt		1.03.01	02.15.32	
19	John	Neaverson		35.26	1.30.26	
20	Max	Carmichael-Jack		dns	dns	
21	Joe	Girdlestone		dns	dns	
22	denis	mcwilliams		dns	dns	
23	Sam	Woodhams		dns	dns	
	1k			Swim		
1	Elliot	Hogben	Herne Bay Swimming Club	15.39	1st M	
2	Florence	Hall	Herne Bay	17.47	1st F	
3	Henry	Sterling	Basildon Athletics Club	17.47	2nd M	
4	THOMAS	RICHARDSON		19.21	3rd M	
5	Jacinta	Clovis		26.51	2nd F	
6	Shivanghi	Aggarwal		27.27	1st NB	

7	Hannah	Sullivan		38.15	3rd F	
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8	Sonia	Sindle		39.17		
9	Kurtis	Golding		56.16		
10	Barbara	Vaughan		dns		
11	Marie	Comarmond		dns		
12	Joan	Owen		dns		
13	mark	finch		dns		
	2k			Swim		
1	Caitlin	Tinker	White Oak Swimming Club	30.23	1st F	
2	Rebecca	Farrell	Potters Bar SC	33.51	2nd F	
3	Abbie	White		33.56	3rd F	
4	Jamie	Olsen Ferreira		37.28	1st M	
5	Nigel	Burnell		41.29	2nd M	
6	Jake	Setford		42.36	3rd M	
7	Rachel	Pinheiro	MedwayTri 45-49	42.49		
8	Jen	Gibbens		46.36		
9	Nicholas	Rivers		47.28		
10	David	Edwards		47.55		
11	Deborah	Kaye	Toe In Swim	49.05		
12	Richard	Birch		54.01		
13	Michael	Pennington		55.28		
14	Georgia	Baird		59.01		
15	Corina	Colbert		1.02.15		

16	Abigail	Birch		dns			
17	Carole	Greenough		dns			
18	Julia	Maslova		dns			
19	Ellen	McPhillips	Leigh-on-Sea Striders	dns			
20	Lynn	Rivers		dns			

21	Noah	Bernard	Poseidonâ€™s Rejects	dns			
22	Alexander	Janiaud		dns			
23	David	Rylatt		dns			
24	Steve	Wickenden		dns			
	4k			Swim			
1	Emma	Maule	Maidstone Harriers Run & Tr	1.16.23	1st		
2	Emma	Stollery	Felixstowe swimscales	1.47.33	2nd		
	4k						
1	Wes	Mechen	Tri Tempo Eastbourne	1.08.41	1st		
2	James	Walker	Maidstone Harriers Run & Tr	1.13.09	2nd		
3	Nick	Foster		1.13.19	3rd		
4	James	Cotton		1.13.21			
5	Ben	Traynor		1.14.09			
6	James	Needham		1.21.09			
7	Michal	Jerzy		1.30.33			

8	Charles	Pawsey		2.04.01			
9	Louie	Davis		dns			
10	Iles	jones		dns			
	5k						
1	Kaz	Ombok		1.38.23	1st		
2	Georgina	Alice	AJs Run School	1.53.25	2nd		
3	Olivia	Ringland-Crushway	Holland Sports Athletic Club	2.15.59	3rd		
4	Angela	Ramsier		2.16.55	Scott Douglas		
5	Isobel	Scott Douglas		dns			
6							
	5k						
1	Matt	Steere		1.14.26	1st		

2	Rob	Webb		1.23.24	2nd		
3	Josh	Lucas-Odgers		1.24.42	3rd		
4	Aleksey	Shcherba		1.27.04			
5	Daniel	Mitchison		1.29.56			
6	Elliott	Watson		1.31.33			
7	Tomas	Mclaughlin		1.38.22			
8	Jonathan	Meadows		1.57.29			
9	Henry	Graham		2.06.45			

10	Thomas	Lord		2.06.57		
11	Nathan	Brown		2.16.49		
12	Alex Gerald White	Rickus		dns		