

	Name		Club	Swim	Run	
1	Sam	Dowler	DWOT	12.35	37.12	1st M
2	Deborah	Coyle	Havering Tri	12.07	37.13	1st F
3	Neil	Ferkin		14.02	37.53	2nd M
4	Andrew	Pole		14.1	38.22	3rd M
5	Paul	Watt	Havering Tri	15.29	39.29	
6	Mark	Milson	DWOT	13.1	40.01	
7	Freddie	Harrison	Team Fredster	15.29	40.07	
8	Glyn	Cooper		12.05	40.53	
9	Rob	Lightowler		19.49	41.03	
10	Ann	Fuller	DWOT	15.29	41.48	2nd F
11	Brian	Allen		15.49	42.19	
12	Bradly	Jeffery		15.25	42.53	
13	Reg	Van Selm		13.09	43.19	
14	Mark	O'Brian	DWOT	15.52	43.45	
15	Andrew	Webb	DWOT	17.38	45.09	
16	James	Van Selm		13.29	45.52	
17	Liz	Trumble		18.33	47.02	3rd F
18	Craig	Ginn	DWOT	15.41	47.19	
19	Jason	Fazackerley	OLT	16.15	51.04	
20	Andrew	Hart	ATA	14.06	53.41	
21	Rebecca	Trumble		17.05	57.02	
22	Tony	Brooks	Havering Tri	17.49	1.03.30	
23	Kat	Mc Vi	DWOT	15.29	dnf	
24	Vince	Balzan	DWOT	13.37	dnf	
	Long swim					
1	Nicky	Mooney	DWOT	30.01	59.09	
2	Charlotte	Burcher	DWOT	21.33	dnf	