

	First Name	Last Name	Club	Finish	
	GOTri Duathlon				
1	Tom	Wood	Chelmsford Triathlon Club	40.25	1st M
2	Ben	Whyatt	South London harriers	46.36	2nd M
3	Rianna	Mahoney	Woolwich CC	48.59	1st F
4	Simon	Constable	Basildon CC	49.3	3rd M
5	Vincent	Balzan	DWOT	52.04	
6	Riley	Mahoney	Limited Edition Cycling	53.52	
7	Felix	Barrow	Southampton Triathlon Club	56.06	
8	Nataly	Canaveral		59.39	2nd F
9	Sarah	Gilby		1.02.19	3rd F
10	Kelly	Mahoney	Limited Edition Cycling	1.02.33	
11	Ian	Chaman		1.04.01	
12	Benjamin	Donald		1.05.55	
13	Jen	Gibbens		1.08.06	
14	Isobel	Warrington		1.11.35	
15	Rosemary	Spencer		1.22.48	
	Teah	Seymour-Sloan			
	Claire	payne			
	Spring Long Distance				
1	Matthew	Collyer	DEAL TRI	1.38.04	1
2	David	Thomas	Team Tangerine	1.46.12	
3	Neil	Feakins	Team Oxygenaddict	1.48.04	
4	Mark	Shepherd	Fruit 4 London	1.48.55	
5	Gerhard	Marais	unattached	1.52.51	
6	Ben	Packman		1.54.13	
7	Mark	Milson	DWOT	1.56.01	

8	James	O'Shea		1.57.48	
9	Freddie	Harrison	Comrades Tri Club	2.06.26	
10	Elliott	Atkinson		2.10.03	
11	Paul	Moore	Canterbury Harriers	2.12.29	
12	Jane	BLUNT	Tunbridge Wells Triathlon Club	2.18.13	
13	Kerry	Mavris	Harlow Running Club	2.21.46	
	Craig	Segal			
	Andrew	Doyle	Greenwich Tritons		
	Sprint Duathlon				
1	Alex	Milne	Ashford Tri club	1.11.59	1st M
2	Tom	Anderson	Blackwater Tri Club	1.14.02	2nd M
3	Alfred	Osborne	Ocean Lake Triathlon	1.14.28	3rd M
4	SIMON	CROOK	epsom triathlon club	1.15.06	
5	Chloe	Sharp	Woking AC	1.19.46	1st F
6	Alan	Lightfoot	Thames Turbo	1.21.15	
7	Peter	Killip	Peter Killip	1.21.59	
8	Barry	Holderness		1.25.20	
9	Kate	Walsh	JBR Run & Tri	1.25.51	2nd F
10	Claire	Hitchings		1.26.44	3rd F
11	Adam	Rickwood		1.26.44	
12	Adrian	Laber		1.27.19	
13	Ben	Guy		1.30.32	
14	Mark	Durrant	East London Traithletes	1.34.44	
15	Lesley	McCarthy	Greenwich Tritons	1.35.51	
16	Joanna	Killip		1.37.34	
17	julian	ford	Fford motion racing	1.37.58	
18	Kate	Fry	Greenwich Tritons	1.40.52	
19	Simon	Montgomery	MedwayTri	1.42.37	
20	Jade laura	knight		1.44.45	

21	Elizabeth	Pole	MedwayTri	2.04.59	
	Sarah	Odell	East London Triathletes		
	Laurence	Willmott			
	Joe	Foxon	Joe Foxon		