

No	First Name	Last Name	Club
	Wave 1 6.30am	Aqubike Long	
1	Oj	Akhigbe	Greenwich Tritons Triathlon Club
2	Simon	Ashton	
3	Mark	Askew	
4	Thomas	Bean	
5	Keith	Everley	
6	Joe	McQuillen	
7	Roxanne	Nauth-Misir	
8	Jonathan	Tate	Greenwich Tritons
9	Mark	Yeoman	Viceroy's
	Wave 1 6.30am	Standard	
10	Jonathan	Alexander	7oaks Tri
11	Teodora	Argintaru	
12	Yinka	Badru	
13	Yemi	Badru	
14	IAN	BLACK	East Essex Tri Club
15	PJ	Bouten	Crystal Palace Triathletes
16	Andrew	Bowes	DWOT
17	Dominic	Boyle	
18	Emma	Brenton	
19	Tim	Brooks	
20	Harry	Brown	
21	Jane	Burston	7oaks Tri
22	Matthew	Chapman	Bexley ac
23	Richard	Coles	Ashford Tri club
24	Thomas	Collins	
25	Phoebe	Cooper	
26	Andrew	Cornwell	Ashford Tri Club
27	Terry	Crittenden	Maidstone harriers
28	Rhys	Davies	Ful-On-Tri
29	John	Dean	Sittingbourne Striders Tri

30	Brian	Downton	DWOT
31	Storm	Eisler	
32	Connor Kevin	Everett	
33	Michael	Eyres	GreenLight PT
34	Natalie	Falshaw	Crystal Palace Triathletes
35	james	finch	
36	Richard	Fitzgerald	
37	Mark	Fitzgerald	
38	Tony	Gomes	
39	Maya	Goodwin	East London Traithletes
40	Gregory	Gregory Gilson	7oaks tri club
41	Richard	Hamill	
42	Emma	Head	
43	Ignacio	Hernandez	
44	Tim	Hilder	Maidstone Harriers Tri Club
45	Darren	Ingram	
46	Forbes	Jackson	
47	Evan	Kislingbury	
48	Charlene	Lawson	Her Spirit
49	Greg	Lewis	Crystal Palace Triathletes
50	Kevin	Lindsey	
51	Catherine	Linney	7oaks Tri
52	Jon	Loftin	
53	Iona	Lovell	
54	Cliff	Lyons	MPTC - Met Police Tri Club
55	Calum	Maynard	Fullsteam riathlon
56	Charley	Miller	
57	Mark	Milsom	
58	Felicity	Newman	
59	George	Oleniuc	
60	Chryssanthi	Perpatidou	Greenwich Tritons
61	George A	Phillips	Ashford Tri Club
62	Sean	Phillips	

63	Josh	Pine	
64	Andy	Pole	MedwayTri
65	Charlie	Radnedge	
66	Richard	Randle	
67	Ben	Rees	
68	William	Rose	
69	Kevin	Sherrott	Sittingbourne Striders Tri
70	Fiona	Stretton-Emerson	Parkrun and beyond
71	James	Swift	East London Triathletes
72	Csaba	Tarnai	
73	Nadia	Teague	Cambridge Tristhlon Club
74	Matthew	White	Crystal Palace Triathletes
75	Stuart	Williams	Crystal Palace Triathletes
76	Paul	Wilson	Serpentine
77	Ian	Wood	
78	Yuechuan	Xi	
	Wave 2 -6.45am	Standard	
79	Murray	Acheson	
80	Catherine	Ahn	Greenwich Tritons
81	Rob	Argles	Ful-on Tri Triathlon Club
82	Rob	Bowen	
83	LIAM	CAIRNS	
84	Louise	Christan	Loughton Athletics Club
85	Daniel	Coates	
86	Robert	Coombes	dartford hariers
87	Alec	Crisp	
88	Artiom	Cybulko	Greenwich Tritons
89	James	Davies	
90	Jamal	Dayes	Crystal Palace Triathletes
91	Mick	Deacon	
92	Samuel	Dillon	Windrush Triathlon Club
93	Susan	Fairfax	Crystal Palace Triathletes

94	Neil	Feakins	
95	Pau	Figueras	Greenwich Tritons
96	Alistair	Fisher	
97	Gary	Fissenden	Medway Tri
98	Thomas	Forrow	
99	Kate	Fry	Greenwich Tritons
100	Oliver	Gardiner	
101	James	Gillie	
102	Ben	Guy	Greenwich Tritons
103	Sam	Hanrahan	
104	Peter	Hardwidge	Greenwich Tritons
105	Deniz	Hassan	
106	William	Hepburn	Willesden Triathlon Club
107	Thomas	Hilson	
108	Stephanie	Hynes	Greenwich Tritons
109	Matthew	Jones	
110	Matthew	Jones	
111	Jordan	Kennedy	
112	Cameron	Leonard	
113	Kathryn	Lindsay	
114	Emma	Maule	Maidstone Harriers Tri Club
115	Ellie	Mckenna	
116	Mark	Mckenna	
117	Casey	Modell	
118	Andrew	Morrison	
119	Sam	Mumford	Sittingbourne Striders Tri
120	Peter	Murphy	
121	Karun	Nadarajah	
122	Nacho	O'Leary	
123	Sarah	Odell	East London Triathletes
124	Simon	O'Leary	Active Triathlon Club
125	Maria	Patrao	Ful-on Tri
126	Henry	Pearce	

127	Matthew	Peaty	
128	Tom	Pritchard	
129	Matt	Rayner	Hoddesdon Tri Club -
130	Andrew	Reid	Born 2 tri
131	Sam	Robinson	Greenwich Tritons
132	Tim	Rogers	
133	Greg	Stretton	Innovation Multisport
134	Stephen	Thompson	East London Triathletes
135	Vrede-Sherden	Timmins	Serpentine Rc
136	Martin	Tynan	Greenwich Tritons
137	Neil	Wakefield	
138	James	Walker	Maidstone Harriers Tri Club
139	Kate	Walsh	JBR Run& Tri Club
140	Justin	Woodhouse	
141	Simon	Needle	Roding Valley Tri
142	Thomas	Walker	
143	Trevor	Cooper	
144			
145			
	Wave 3 -7.45am	Sprint	
146	James	Attenborough	Witham RC (Witham Running Club)
147	Lynn	Barker	None, 60-64
148	Matthew	Barnfield	
149	Nick	Barratt	Tri Surrey Triathlon Club
150	Paul	Barron	Ashford Tri club
151	Sean	Brogan	Westcroft Triathlon Club
152	Timothy	Burrows	
153	Matthew	Carr	
154	Paul	Christensen	
155	Sophie	Christensen	
156	Chris	Collett	Havering Tri
157	Jacob	Dale	

158	paul	daniels	Bromley Tri Club
159	Helen	Dcruz	Ashford Tri Club
160	Oscar	Dennis	Stellenbosch Triathlon Squad
161	Anna	Dingle	
162	Hayley	Dixon	
163	Ben	Dyer	Zipline
164	Marcus	Elwes	Optimum Triathlon
165	Kerry	Enderby	JBR Run & Tri Club
166	Toby	Finden-crofts	
167	Siobhan	Fitzpatrick	Havering Triathlon Club
168	Matthew	Flanders	
169	Toby	Forward	
170	Nick	Forward	
171	Sam	Fry	
172	James	Gordon	
173	Paul	Gregory	Tunbridge Wells Triathlon Club
174	Doug	Grimwade	
175	Jane	Grimwade	
176	Jonathan	Guy	
177	James	Hall	
178	Kay	Hamilton	Havering Tri
179	Louis	Hart	
180	Edward	Harvey	
181	Mark	Horne	Team Zoot Europe
182	Sonia	Howse	
183	Luiz	Kawalkiewicz	
184	Bradley	Kington	Westcroft Triathlon Club
185	Jack	Latham	
186	Thea	Lillis	Maidstone Harriers & Triathlon Club
187	Alfie	Lucas	Maidstone harriers
188	Sam	Lynch	
189	Neil	Mackennon	Dartford and White Oak
190	Ioannis	Manolopoulos	Noub,

191	Matthew	Marsh	Greenwich Tritons
192	Ian	Martin	Dartford & White Oak Tri Club
193	Tim	Maynard	Untameable Tri
194	Simon	Montgomery	MedwayTri
195	Dean	Painter	MedwayTri
196	Steve	Palmer	Roding Valley Tri
197	Isobel	Phillips	Ashford Tri Club
198	Dean	Pickin	Havering Triathlon Club
199	Phil	Richards	
200	Brad	Robinson	
201	Leigh	Rowley	
202	Melanie	Sanders	
203	Ronald	Seddon	
204	Dean	Skipper	Havering Tri
205	Ameerah	Smith	
206	Marcus	Smith	
207	Robin	Smith	
208	Jake	Stevens	Team Zipline
209	Eva	Strasser	
210	Perry	Tidbury	Havering Tri
211	Jason	Tobias	DWOT
212	Elisabeth	Vine	
213	Nikki	Warnes	Havering Triathlon Club
214	Jon	Warren	Havering Tri
215	Iain	Webb	Havering Tri
216	Joshua	Weight	T3 Triathlon
217	Aaron	Westwood	Havering Triathlon Club
218	Jack	White	DWOT
219	Michael	Whitehead	
220	Rhianne	Williams	
221			
222			
	Wave 4 8.00am	Sprint	

223	Stephen	Allport	
224	Melnie	Baroni	
225	Grace	Britton-Adler	
226	Lee	Butler	
227	Alex	Chandler	
228	Ben John James	Coleman	
229	Elizabeth	Cook	
230	Nicola	Cotton	Orpington Road Runners
231	Joe	Daly	
232	Mark	Dickinson	Medway Tri
233	Samuel	Dickinson	Medway tri club
234	Heather	Guttery	
235	Emma	Hagger	
236	PAUL	HALSEY	
237	Anthony	Hickson	
238	Cerys	Jones	
239	David	Kay	
240	Neil	Keaveney	
241	Chris	Kilbey	Havering Tri
242	Marthe	Koster-Thomas	
243	John	lane	
244	Caroline	Lote	Crown Coaching
245	Daniel	Mansfield	Adapted Endurance 45-49
246	Jessica	Murphy-Comber	DWOT
247	Simon	Read	Maidstone Harriers.
248	Josh	Robertshaw	
249	Lewis	Robin	
250	Brad	Robinson	
251	Annie	Sanderson	
252	Charles	West	MedwayTri
253	Keith	Bell	East essex
254	Ben	Brooks	East essex
255	Daniel	Jago	East essex

256	Ray	Brooks	East essex
257	David	cox	East essex
258	Sue	Fuller	East essex
259	Richard	Fuller	East essex
260	Victoria	Hopkins	East essex
261	Jack	Martin	East essex
262	Marc	Miller	East essex
263	Stuart	Oldham	East essex
264	Simon	Rawlings	East essex
265	SELWYN	SMITH	East essex
266	Bill	Smith	East essex
267	kat	Stops	East essex
268	Ian	Tovell	East essex
		Aqua Bike - Sprint	
269	Nick	Austen	Tunbridge Wells
270	Kirsty	Cowx	Maidstone Harriers Tri Club
271	Hilary	Logan	Greenwich Tritons
272	Bobbie	Westwood	Havering Triathlon Club
	Wave 5- 8.25am	Super Super Sprint	
273	Debbie	Addison	Maidstone Harriers Tri Club
274	Loretta	Apps	
275	Matt	Carr	
276	Quinn	Connolly-Smith	
277	Joyce	Fadeyi	
278	Alex	Gent	
279	Ben	Hall	None applicable
280	Narcis	Marincat	
281	Marion	Marincat	
282	Robert	Purcell	
283	Holly	Richards	
284	Victoria	Ross	
285	Sophie	Saunders	
286	Stuart	Williams	

287	Joseph	Williams	
288	Jodey	wilson	
289	Marianne	Wright	