

			Sprint Duathlon				
	First name	Last name	Club Name	Run	Bike	Finish	
1	Alex	Milne	Ashford Tri club	18.59	57.16	1.17.58	1st M
2	Thomas	White	Sutton Runners	18.11	1.02.03	1.22.01	2nd M
3	Doug	Bentall	Southborough Wheelers	19.41	1.05.55	1.27.32	3rd M
4	Nigel	Lynch	Medway Fit	21.26	1.06.41	1.28.49	
5	Steven	Walsh	ATA	21.28	1.07.39	1.31.09	1stMV
6	Catherine	Linley	7 Oaks	22.14	1.09.49	1.34.28	1st F
7	Terry	Foreman	Ashford Tri club	23.16	1.10.02	1.36.37	2nd MV
8	Jo	Billings	Renegade Tri Club	20.59	1.11.44	1.36.39	2nd F
9	Pete	Heritage	Ashford Tri club	24.08	1.12.46	1.37.55	
10	Steve	Besant		21.37	1.15.22	1.39.39	
11	Ian	Beard	Medway Tri	29.31	1.17.41	1.43.38	3rd MV
12	Anthony	Hua		25.05	1.19.26	1.44.18	
13	Lesley	McCarthy	greenwich tritons	23.35	1.19.02	1.44.25	3rd F
14	Chris	Ocorman	Crystal Palace	25.09	1.16.54	1.44.28	
15	Paul	Barron	Ashford Tri Clu	24.13	1.16.48	1.45.04	
16	Christopher	Carney	Southborough Wheelers	26.26	1.19.02	1.47.56	
17	Marianne	Chua		26.25	1.21.54	1.49.06	
18	Neil	Hollands	rebel runners medway	25.16	1.21.09	1.49.09	
19	James	McGarry-Stanley		25.08	1.22.07	1.52.58	
20	Claire	Halas		27.3	1.24.35	1.56.12	
21	Karen	Baitup	Renegade Tri Club	31.32	1.25.22	1.59.35	
22	Dan Elle	Smith	Sittingbourne Striders	29.42	1.33.31	2.06.39	
23	Jane	Newman	greenwich tritons	28.57	1.37.55	2.13.02	
24	Shiama	BALENDRA		29.29	DNF	DNF	
25	Jessica	Thorpe	Team Dillon	22.46	DNF	DNF	
26	Kate	Williams		24.02	DNF	DNF	
27	James	Batcheller	Ashford Tri club	DNF	DNF	DNF	
28	Holly	Dixon	greenwich tritons	DNS	DNS	DNS	
29	Kate	Slee	Active life	DNS	DNS	DNS	

30	NADINE	Baker		DNS	DNS	DNS	
31	Catherine	Pinchen	greenwich tritons	DNS	DNS	DNS	
32	Gillian	Morgan		DNS	DNS	DNS	
33	Daniel	Reilly		DNS	DNS	DNS	
34	John	Gothard		DNS	DNS	DNS	
			Long Distance Duathlon				
1	Ryan	Burn		34.32	1.30.18	1.52.51	1st M
2	Mark	Elson	Tri Sport Epping	32.09	1.33.59	1.54.38	2nd M
3	Paul	Wyatt	Havering Tri	32.56	1.37.28	1.59.44	3rd M
4	Simon	Theobald	Trisport Epping	32.48	1.35.01	2.01.54	
5	Deborah	Coyle	Havering Tri	35.25	1.43.52	2.08.26	1st L
6	Mark	Holmes	Active life	43.28	1.36.47	2.10.09	
7	Guy	Bellamy	TriTalk	34.45	1.47.06	2.13.19	
8	Marius Valen	Rus		37.55	1.54.02	2.22.07	
9	Kieran	Essex		42.31	2.04.56	2.34.43	
10	Jonathan	Pontin	Addiscombe CC	32.31	DNF	DNF	
11	Jonathan	Rice		34.59	DNF	DNF	
12	Mark	Shepherd	Fruit 4 London	35.37	DNF	DNF	
13	Simon	Pontin	Addiscombe CC	36.04	DNF	DNF	
14	David	Farell	Dartford & White Ok	40.07	DNF	DNF	
15	Lesley	McCarthy	greenwich tritons	48.01	DNF	DNF	
16	Tara	Cunningham		DNS	DNS	DNS	
17	Jenni	Tomblin	Tri Sport Epping	DNS	DNS	DNS	
18	Ross	Hollands	Benfleet Running Club	DNS	DNS	DNS	
19	James	Ray	Windrush Triathlon	DNS	DNS	DNS	