

	Long distance					.	
1	Richard	Wakeford		31.33	1.26.38	1.46.51	1st M
2	Paul	Suett	Team Trouble	32.31	1.26.22	1.47.31	2nd M
3	Glenn	Mitchell		32.47	1.29.20	1.48.27	3rd M
4	James	Graham		37.02	1.30.28	1.49.32	
5	Laura	Addie	Pulse Fitness	34.11	1.28.33	1.49.39	1st F
6	Rob	O'loughlin	7oaks tri club	31.52	1.30.22	1.51.37	
7	Jason	Painter	Beccles triathlon club	32.31	1.29.36	1.53.03	1st V
8	David	Still		36.17	1.33.37	1.56.13	
9	Nicola	Kaye	serpentine rc	38.05	1.33.20	1.56.25	2nd F
10	Hayley	Down	Windrush Triathlon Club	38.19	1.39.22	2.02.50	3rd F
11	James	Mitchell		37.48	1.41.20	2.04.39	
12	Tamara	McCombe	Triathlon Europe	37.27	1.42.22	2.07.21	
13	Antony	Smith		39.51	1.41.54	2.08.33	2nd V
14	Laura	Coll		37.53	1.45.46	2.09.06	
15	Laura	Cornish		36.46		2.10.09	
16	Lorela	Broucher		49.27	1.37.24	2.10.22	
17	Paul	Moore	Adalta	41.55	1.46.10	2.12.17	3rd V
18	Denise	Yeats	Giant Camden Team Liv	41.58	1.51.21	2.17.34	
19	Kate	Bryson	Beccles triathlon club	41.24	1.54.20	2.21.12	
20	Hester	Barsham-Rolfe	greenwich tritons	35.03	1.15.19	1.38.53	8 bike laps
21	Nigal	Wolf		DNS	DNS	DNS	
22	Michael	Niedzielski		DNS	DNS	DNS	
	GOTri					.	
	Charlotte	Button		13.36	50.22	1.05.24	
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