

	First name	Last name	Club Name	Run	Bike	Finish	Place
1	James	Gibson	Army Triathlon	31.21	1.25.13	1.45.02	
2	James	Chipping		31.51	1.25.34	1.46.07	
3	Richard	Wakeford	Zone 3 - CIS	31.12	1.27.46	1.48.12	
4	KAROL	SZOR	WaniewskiCoaching	35.26	1.31.26	1.54.32	
5	Freddie	Harrison		37.49	1.31.27	1.54.55	
6	Joseph	Cochrane		37.18	1.32.43	1.55.31	
7	Lee	russell	greenwich tritons	39.28	1.34.59	1.59.18	
8	Martin	Alexander	Plumstead runners	36.34	1.35.47	1.59.55	
9	Colm	Horgan	Tri force	39.28	1.39.06	2.04.14	
10	Sean	Inman	Dartford & Whiteoak	40.24	1.42.26	2.08.59	
11	Ross	Thomas		40.21	1.44.35	2.16.22	
12	Derek	Wood	Ely Tri Club	42.59	1.50.15	2.16.37	
13	John	Allen	VO2 Maximum RT	41.18	1.49.20	2.17.21	
1	Glenn	Mitchell		18.43	55.24	1.14.03	1st M
3	Yiannis	Christodoulou	Ashford Tri club	18.43	57.54	1.16.39	2nd M
4	jake	dukes	Kingfisher Triathletes	19.13	57.46	1.16.45	3rd M
5	Victor	Thompson	Crystal Palace Triathletes	21.58	59.02	1.20.48	1st MV
6	Keith	Mansell	Hawkinge Hurricanes Running clu	20.36	1.00.59	1.23.10	
7	Mark	Horne	Team Endurance	23.22	1.00.21	1.24.38	1st MSV
8	Tobias	Obeng		22.54	1.00.50	1.26.46	
9	Roger	Keller		22.43	1.02.46	1.26.48	2nd MV
10	Adrian	Laber		23.59	1.03.06	1.27.24	
11	Joel	Denning		21.44	1.04.34	1.28.11	3rd MV
12	Jason	Horne	Endurance Racing	23.31	1.08.18	1.30.01	
13	Jenni	Tomblin	greenwich tritons	24.33	1.05.44	1.32.13	
2	George	Karnovski		23.23	1.05.50	1.34.13	
14	Gemma	May	Dartford and Whiteoak Tri	25.06	1.09.00	1.35.21	

15	Brett	Burton	polgate plodders	22.53	1.10.24	1.36.01	
16	Daren	Moss	Dartford & Whiteoak	24.59	1.10.14	1.36.43	
17	gary	skinner	Polegate Plodders	23.33	1.10.29	1.36.46	
18	Ian	Martin	Dartford & Whiteoak	25.47	1.10.55	1.36.52	
19	Abi	Moss	Relay Team	25.01	1.12.06	1.38.40	
20	Andy	Carter		25.25	1.14.28	1.41.12	2nd MSV
21	Paul	Walker		26.58	1.12.09	1.42.22	
22	Ak	Lloyd		29.39	1.13.59	1.46.21	
23	roy	dougherty		25.38	1.18.01	1.47.31	3rd MSV
24	Louise	Alan-Smith	Crystal Palace Triathletes	30.33	1.17.37	1.49.12	
25	Jason	Fazackerley		30.49	1.17.03	1.53.54	
26	LOUISE	MITCHELL		29.47	1.18.50	1.54.07	
27	Sorcha	Page		31.53	1.18.43	1.55.55	
28	Charlotte Alice-F	Button	Tri Spirit Team	40.35	1.39.07	2.25.31	
1	Seb	Parrish		9.39	41.43	51.21	1stM
2	Ollie	Monk		9.51	42.16	52.12	2nd M
3	Kieran	Feagan		9.49	44.49	54.49	3rd M
4	Carey	Smith		9.24	45.44	56.27	1st F
5	Amanda	Heslegrave	Barking Road Runners	9.41	47.2	57.49	2nd F
6	Graham	Monk		11.39	50.31	58.43	
7	Alice	Iles		10.22	47.59	59.32	
8	Michele	East		12.14	48.57	1.03.13	3rd F
9	caroline	skinner	polgate plodders	10.56	52.04	1.03.40	