

	First Name	Last Name	Club	Run	Bike	Run	Place
	Long Distance						
144	James	Chipping	Lee Velo	30.24		1.40.44	1st M
143	Jevan	Simpson	PGC1 Coaching	30.53		1.44.31	2nd M
154	Tristan	Roberts		43.12		1.46.59	3rd M
146	Darren	Lunn	BLOC Race Team	32.08		1.47.14	1st MV
148	Stuart	Mulchinock	Total Tri Training	34.46		1.53.06	
147	Anthony	Baker		35.44		1.55.19	
145	Perry	Matterface		35.36		1.57.33	
149	Iain	Bulloch	Harlow Running and Tri Club	41.05		2.06.43	
141	Agnes	Rogers		40.12		2.14.45	
152	Richard	Burch	EXN	43.05		2.16.42	
153	Neil	Pacey		31.14		2.18.14	
142	Ozgur	Yalcici		37.39		2.24.41	
151	Brian	Downton	DWOT	46.12		2.25.31	
200	Nick	Farrant		44.17		2.29.02	
140	Jane	McIntosh		41.05		2.34.08	
150	Andy	Bowler		DNS	DNS	DNS	
	Sprint Duathlon						
169	Liam	McLaughlin	Project 51	13.38		1.02.06	1st M
173	Laurence	Willmott		16.07		1.09.24	2nd M
155	Charlotte	Brooks	east essex triathlon club	15.07		1.11.02	1st F
179	leigh	Harris	Weald Tri Club	16.55		1.11.07	3rd M
157	Niall	Canavan	East Essex Tri Club	16.49		1.12.39	
160	Sergey	Chernobrivenko	TRIMP	16.21		1.12.53	
176	Wesleigh	Mulder	Crowborough Tri Club			1.13.59	
164	Jamie	Stokes		15.25		1.14.03	
180	Ray	Brooks	East Essex Tri Club	17.03		1.14.25	
162	Terri	Wiley	Harlow Running and Tri Club	16.51		1.15.23	2nd F
175	Simon	Carlin	Ocean Lake Triathlon	15.53		1.15.47	
172	Ben	Usher	Harlow Running and Tri Club	16.52		1.16.05	
158	Hannah	Sangan	7oaks tri club			1.16.27	3rd F
177	Stuart	Oldham	east essex triathlon club	16.54		1.17.06	
170	Craig	Ferguson		14.33		1.18.03	
182	Damon	Parker	ipswich triathlon club	17.31		1.19.54	
163	Charley	Angell	Total Tri Training	18.43		1.25.01	

171	Richard	White	Optimum Triathlon	18.53		1.25.27	
166	Caroline	Lote	Crown Cycle Coaching	18.58		1.26.47	
165	Louise	Kedge	Harlow Running and Tri Club	22.39		1.29.17	
181	David	Jacobs	JBR Run and Tri Club	29.01		1.31.31	
156	Meghan	Rice-Wilson	Larkfield AC	22.11		1.37.35	
184	Stephen	Briggs	DWOT	23.37		1.38.38	
159	Eugenia	Hewitt	East Essex Tri Club	23.25		1.45.07	
168	James	Jackson		39.01		2.04.48	
185	Cristi	Bradu		41.01		2.11.46	
186	Joey	Chasseaud		44.23		DNF	
161	Grant	Smith		DNS		DNS	
167	Joe	Bosson		DNS		DNS	
174	Daniel	Burr		DNS	DNS	DNS	
178	Rob	Flack	Little Baddow Ridge Runners	DNS	DNS	DNS	
183	Peter	Browne		DNS		DNS	
	TRI It						
190	Ayrton	Alemao	Medway Tri	7.13		42.25	1st M
191	Ben	Harman		7.14		43.24	
192	Simon	Mantgomery	Medway Tri	10.09		53.09	
193	Suzame	Remeridge	Medway Tri	12.15		1.00.46	1st F
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