No	First Name	Last Name	Club	Run	Bike	Finish	
	TRI It Duathlon						
1	Melanie	Burdett	Beckenham Running Club	12.36	42.35	54.36	
2	Nat	Gaudillat		11.11	45.25	56.36	
3	Sonja	Vamdepol		12.51	48.57	1.01.16	
4	Keith	Wright		13.37	46.51	1.02.29	
5	Nigel	Wood	Beckenham Running Club	13.07	50.44	1.05.04	
6	Charlotte	Clark		29.43	1.07.41	1.22.31	
7	Rose	Spencer	Chafing the dream	20.16	1.05.43	1.24.58	
8	Claire	payne	Chafing the dream	dns	dns	dns	
9	Simon	Constable	Basildon CC	dns	dns	dns	
10	Philippa	Bruce		dns	dns	dns	
	Winter Sprint Duathlon						
1	Jack	Martin	East Essex Tri Club	18.15		1.14.49	
2	Tom	Anderson	Blackwater Triathlon Club	19.25	56.54	1.16.10	
3	Neil	Phillips	Beckenham Running Club	20.52	1.01.02	1.21.31	
4	Tony	Langley	DWOT	24.22	1.02.42	1.22.31	
5	Hannah	Sangan	7oaks tri club	20.18	1.02.48	1.22.49	
6	Steve	Hunter	Ocean Lake Triathlon	24.31		1.26.19	
7	Peter	Ash		23.15	1.04.48	1.27.09	
8	David	Cox	East Essex Tri Club	21.29	1.04.13	1.27.39	
9	Brad	Robinson		22.51	1.06.51	1.27.49	
10	Keith	Bell	East Essex Tri Club	23.12	1.05.48	1.28.46	
11	Richard	White		23.58		1.30.19	

12	Michael	Taylor	East Essex Tri Club	22.01	1.07.24	1.30.27	
13	Mark	Milson	DWOT	25.29		1.30.28	
14	Hanna	Ward		29.19	1.08.41	1.32.21	
15	Stuart	Coleman		23.31	1.07.35	1.32.26	
16	Caroline	Lote	Born 2 tri	24.04	1.12.05	1.34.44	
17	James	Newhall		25.04	1.14.14	1.36.29	
18	Rachell	Delaney		28.39		1.39.42	
19	Aurelie	Goodall		28.36		?????	
0	Joey	Chasseaud	Ashford Tri club	25.31	1.13.16		
0	Ken	Baksh	Beckenham Running Cub	28.05	1.14.19		
0	Jim	Kirkland		28.51	1.18.34	dnf	
0	Jenni	Tomblin		24.35	dnf	dnf	