

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Run	Gun Time	Time Difference
1	278	Scott CARPENTER	M	YOUTH	Hoddesdon Tri Club	00:05:29	00:00:36	00:19:12	00:25:17	
2	267	Tom MUERS	M	senior	EAST ESSEX TRI CLUB	00:06:08	00:00:27	00:19:06	00:25:42	+00:00:25
3	264	Joseph LANE	M	JUNIOR		00:05:29	00:00:32	00:19:49	00:25:50	+00:00:33
4	275	Rob DAVIS	M	Vet 40+	CAMBRIDGE TRIATHLON CLUB	00:05:29	00:00:39	00:19:54	00:26:02	+00:00:45
5	270	Graham BOOTY	M	Vet 40+	Benfleet Running Club	00:06:02	00:00:50	00:19:24	00:26:16	+00:00:59
6	282	Ian GEORGE	M	Vet 50+	EAST ESSEX TRI CLUB	00:06:28	00:00:32	00:19:23	00:26:23	+00:01:06
7	240	Peter SMALE	M	senior		00:06:51	00:00:47	00:19:05	00:26:43	+00:01:26
8	247	Simon DANIEL	M	Vet 40+	TRISudbury	00:06:35	00:00:30	00:19:47	00:26:52	+00:01:35
9	274	Andrew JOPSON	M	Vet 40+	Benfleet Running Club	00:05:48	00:00:34	00:20:32	00:26:55	+00:01:38
10	271	Holly FREEGARD	F	YOUTH		00:05:40	00:00:46	00:20:48	00:27:14	+00:01:57
11	225	Elizabeth BELLINGER	F	Vet 40+	BISHOP'S STORTFORD RC	00:05:43	00:00:40	00:20:59	00:27:23	+00:02:06
12	241	Ben BROOKS	M	JUNIOR	EAST ESSEX TRI CLUB	00:06:10	00:00:31	00:20:49	00:27:31	+00:02:14
13	259	Gail WRIGHT	F	senior	Hastings & Rother Tri Club	00:06:11	00:00:40	00:20:47	00:27:38	+00:02:21
14	246	Alan CLARK	M	Vet 50+	EAST ESSEX TRI CLUB	00:06:38	00:00:44	00:20:21	00:27:43	+00:02:26
15	265	David WALPOLE	M	Vet 40+		00:06:00	00:00:41	00:21:23	00:28:04	+00:02:47
16	253	Joseph PERRY	M	YOUTH	Blackwater triathlon club	00:06:25	00:00:39	00:21:15	00:28:19	+00:03:02
17	256	Samuel WILLIS	M	YOUTH	Hoddesdon Tri Club	00:06:25	00:00:40	00:21:27	00:28:32	+00:03:15
18	238	Gareth BATES	M	senior	Freedom Tri	00:07:04	00:00:38	00:20:52	00:28:34	+00:03:17
19	257	David MOFFAT	M	senior		00:06:14	00:00:37	00:21:49	00:28:41	+00:03:24
20	263	Thomas DUDMAN	M	YOUTH		00:05:37	00:00:32	00:22:32	00:28:41	+00:03:24
21	276	Christian GRAY	M	senior	EAST ESSEX TRI CLUB	00:05:31	00:00:58	00:22:17	00:28:46	+00:03:29
22	223	David COX	M	Vet 40+	EAST ESSEX TRI CLUB			00:28:47	00:28:47	+00:03:30
23	212	James EVANS	M	senior		00:07:34	00:01:00	00:20:13	00:28:48	+00:03:31
24	191	Janice BROWN	F	Vet 50+	EAST ESSEX TRI CLUB	00:08:02	00:00:45	00:20:10	00:28:58	+00:03:41
25	210	Jonathan GRAY	M	senior	TRISudbury	00:07:58	00:00:39	00:20:27	00:29:05	+00:03:48
26	272	Millie NORTH	F	YOUTH	EAST ESSEX TRI CLUB	00:05:53	00:00:37	00:22:38	00:29:09	+00:03:52
27	262	Charlie BOLDOCK	M	YOUTH	TRISudbury	00:06:28	00:00:29	00:22:14	00:29:11	+00:03:54
28	268	Peter BIGGS	M	Vet 40+	Hoddesdon Tri Club	00:06:03	00:00:42	00:22:29	00:29:15	+00:03:58
29	242	Alexander LITTLE	M	YOUTH	Blackwater triathlon club	00:06:24	00:00:34	00:22:28	00:29:27	+00:04:10
30	228	William MAYES	M	YOUTH	EAST ESSEX TRI CLUB	00:07:19	00:00:33	00:21:36	00:29:29	+00:04:12
31	261	Thomas WILLIS	M	JUNIOR	Hoddesdon Tri Club	00:06:05	00:00:33	00:22:56	00:29:35	+00:04:18
32	219	Samuel HILL	M	senior	EAST ESSEX TRI CLUB	00:07:29	00:00:28	00:21:51	00:29:48	+00:04:31

33	234	Ruth KING	F	senior	Blackwater triathlon club	00:07:17	00:00:40	00:21:53	00:29:50	+00:04:33
34	224	Ray BROOKS	M	Vet 40+	EAST ESSEX TRI CLUB	00:07:23	00:00:33	00:22:10	00:30:06	+00:04:49
35	250	Sasha CLARK	F	YOUTH	WaldenJNR	00:06:30	00:00:30	00:23:19	00:30:20	+00:05:03
36	244	Daniel MAYES	M	JUNIOR	EAST ESSEX TRI CLUB	00:06:41	00:00:39	00:23:16	00:30:37	+00:05:20
37	218	Emily GOODALE	F	Vet 40+		00:06:49	00:00:37	00:23:15	00:30:41	+00:05:24
38	260	Jo CROFT	F	Vet 40+	Hoddesdon Sc	00:06:00	00:00:33	00:24:10	00:30:44	+00:05:27
39	204	Christopher THORNTON	M	Vet 50+	TRISudbury	00:08:38	00:00:40	00:22:01	00:31:19	+00:06:02
40	214	Andrew BIGG	M	senior	TRISudbury	00:07:30	00:00:28	00:23:20	00:31:19	+00:06:02
41	258	Daniel JAGO	M	Vet 40+	EAST ESSEX TRI CLUB	00:06:18	00:00:41	00:24:23	00:31:23	+00:06:06
42	194	Phil MARKHAM	M	Vet 40+		00:07:58	00:00:55	00:22:41	00:31:35	+00:06:18
43	235	Ethan BIGGS	M	YOUTH	Hoddesdon Tri Club	00:07:02	00:00:36	00:24:01	00:31:39	+00:06:22
44	243	Nathan CLARKE	M	YOUTH	EAST ESSEX TRI CLUB	00:06:40	00:00:43	00:24:35	00:31:58	+00:06:41
45	187	Joanne SULLIVAN	F	Vet 40+	EAST ESSEX TRI CLUB	00:08:41	00:00:40	00:22:50	00:32:11	+00:06:54
46	220	Aidan KERR	M	Vet 40+	EAST ESSEX TRI CLUB	00:08:20	00:00:53	00:23:12	00:32:26	+00:07:09
47	232	Paul WOODROFFE	M	Vet 50+		00:07:00	00:00:40	00:24:53	00:32:33	+00:07:16
48	231	Angela CHISHOLM	F	Vet 40+		00:06:46	00:01:04	00:24:44	00:32:34	+00:07:17
49	251	Abigail BARNES	F	JUNIOR	WaldenJNR	00:06:41	00:00:36	00:25:21	00:32:39	+00:07:22
50	201	Grace DRURY	F	YOUTH	TRISudbury	00:06:53	00:00:40	00:25:06	00:32:40	+00:07:23
51	206	Adrian LAWRENCE	M	Vet 50+		00:09:26	00:01:06	00:22:27	00:32:59	+00:07:42
52	221	Jo PHELPS	F	Vet 40+	EAST ESSEX TRI CLUB	00:07:42	00:00:41	00:24:54	00:33:18	+00:08:01
53	209	Hannah JOHNSON	F	YOUTH	TRISudbury	00:07:11	00:00:35	00:25:36	00:33:23	+00:08:06
54	173	Christoph LEINEMANN	M	Vet 40+		00:09:13	00:00:44	00:23:45	00:33:43	+00:08:26
55	226	Nic VINCENT	M	Vet 50+	Blackwater triathlon club	00:07:46	00:00:58	00:25:09	00:33:55	+00:08:38
56	279	Lee NORTH	M	Vet 40+	EAST ESSEX TRI CLUB	00:05:17	00:01:09	00:27:52	00:34:18	+00:09:01
57	172	Laura DURN	F	Vet 40+		00:09:31	00:00:57	00:23:55	00:34:24	+00:09:07
58	183	Sarah HIBBLE	F	Vet 40+	TRISudbury	00:09:04	00:00:49	00:24:40	00:34:33	+00:09:16
59	207	Dominic MASON	M	Vet 50+	BISHOP'S STORTFORD RC	00:09:00	00:01:35	00:24:03	00:34:39	+00:09:22
60	208	Victoria HOPKINS	F	Vet 40+	EAST ESSEX TRI CLUB	00:08:08	00:00:57	00:25:43	00:34:49	+00:09:32
61	227	Charlotte ALLEN	F	senior	EAST ESSEX TRI CLUB	00:08:07	00:01:11	00:25:50	00:35:09	+00:09:52
62	189	Abbie WALLACE	F	YOUTH	Blackwater triathlon club	00:08:54	00:01:14	00:25:03	00:35:11	+00:09:54
63	211	Emma DE CRUZ	F	senior		00:08:05	00:01:18	00:25:53	00:35:17	+00:10:00
64	254	Coral DUNK	F	YOUTH	Blackwater triathlon club	00:06:28	00:00:45	00:28:16	00:35:29	+00:10:12
65	266	Maggie WYPER	F	YOUTH	Hoddesdon Tri Club	00:06:06	00:00:29	00:28:56	00:35:31	+00:10:14

66	190	Andrew ROUYER-BROWN	M	Vet 50+	EAST ESSEX TRI CLUB	00:08:17	00:00:50	00:26:45	00:35:53	+00:10:36
67	198	Rhys DAVIES	M	Vet 50+	Ful-On Tri Triathlon Club	00:08:47	00:01:03	00:26:02	00:35:54	+00:10:37
68	222	Sue MAYES	F	Vet 50+	EAST ESSEX TRI CLUB	00:07:52	00:00:38	00:27:30	00:36:01	+00:10:44
69	188	Alison VINCENT	F	Vet 50+	Blackwater triathlon club	00:09:29	00:01:17	00:25:20	00:36:06	+00:10:49
70	192	Sue FULLER	F	Vet 50+	EAST ESSEX TRI CLUB	00:08:42	00:00:54	00:26:30	00:36:06	+00:10:49
71	180	James CHAUVET	M	YOUTH		00:09:00	00:00:52	00:26:19	00:36:12	+00:10:55
72	181	Deborah HALL	F	senior	EAST ESSEX TRI CLUB	00:08:32	00:01:46	00:26:09	00:36:26	+00:11:09
73	249	Sam DERRY	F	Vet 40+	TRISudbury	00:06:57	00:00:55	00:28:41	00:36:32	+00:11:15
74	178	Mark BAILEY	M	Vet 50+		00:10:14	00:00:46	00:25:58	00:36:58	+00:11:41
75	233	Sarah FARLEY	F	senior	TRISudbury	00:07:32	00:00:52	00:28:40	00:37:04	+00:11:47
76	193	Jim RILEY	M	Vet 40+		00:09:11	00:00:45	00:27:23	00:37:20	+00:12:03
77	166	Matthew POULTON	M	Vet 40+		00:11:57	00:00:58	00:24:28	00:37:23	+00:12:06
78	281	Dominic CLARK	M	YOUTH	TRISudbury	00:08:12	00:00:53	00:28:18	00:37:23	+00:12:06
79	164	Becca AUSTIN	F	Vet 40+		00:10:27	00:00:50	00:26:19	00:37:37	+00:12:20
80	255	Natalie MCLAREN	F	senior	TRISudbury	00:06:22	00:00:51	00:30:33	00:37:47	+00:12:30
81	195	Louise DEAN	F	Vet 50+	Blackwater triathlon club	00:08:30	00:00:55	00:28:48	00:38:14	+00:12:57
82	203	Suzanne FROST	F	Vet 40+	TRISudbury	00:07:56	00:01:01	00:29:28	00:38:26	+00:13:09
83	184	Leanne COX	F	Vet 40+		00:09:28	00:01:14	00:27:44	00:38:27	+00:13:10
84	196	Kevin CARLEY	M	Vet 50+	Blackwater triathlon club	00:08:44	00:01:12	00:28:38	00:38:34	+00:13:17
85	176	Tara MERRELL	F	Vet 40+		00:09:16	00:01:40	00:27:39	00:38:36	+00:13:19
86	170	Richard FISHER	M	Vet 40+	Shoebury Bay Running Club	00:09:11	00:01:41	00:27:45	00:38:37	+00:13:20
87	245	Emma MUERS	F	senior	EAST ESSEX TRI CLUB	00:07:04	00:01:06	00:30:30	00:38:41	+00:13:24
88	177	Cathy BEARD	F	Vet 50+	TRISudbury	00:10:25	00:00:57	00:28:20	00:39:42	+00:14:25
89	217	Nicola ASHWORTH	F	Vet 40+	TRISudbury	00:08:15	00:01:02	00:30:39	00:39:56	+00:14:39
90	230	Sarah CLARKE	F	senior	TRISudbury	00:08:12	00:00:59	00:30:50	00:40:02	+00:14:45
91	182	Trevor HAND	M	Vet 50+	EAST ESSEX TRI CLUB	00:08:45	00:01:11	00:30:33	00:40:30	+00:15:13
92	167	Nicola REYNOLDS	F	senior	Tri2O Triathlon Club	00:10:14	00:01:16	00:29:00	00:40:31	+00:15:14
93	202	Lisa SUTHERLAND	F	Vet 40+	TRISudbury	00:09:03	00:01:19	00:30:20	00:40:42	+00:15:25
94	215	Jordan KEMP	F	senior	EAST ESSEX TRI CLUB	00:07:09	00:00:51	00:32:48	00:40:48	+00:15:31
95	229	Emily BAMBER	F	YOUTH	EAST ESSEX TRI CLUB	00:07:38	00:00:42	00:33:08	00:41:28	+00:16:11
96	179	Ron NAMAN	M	Vet 50+	Shaftesbury Cycling Club	00:09:54	00:01:12	00:30:28	00:41:35	+00:16:18
97	168	Sue TETLEY	F	Vet 40+	TRISudbury	00:10:27	00:01:23	00:30:01	00:41:52	+00:16:35
98	171	Ian BELCHER	M	Vet 40+		00:08:45	00:01:29	00:32:08	00:42:23	+00:17:06

99	185	Laura STANTON-DAVIS	F	Vet 40+	TRISudbury	00:08:54	00:00:37	00:33:13	00:42:45	+00:17:28
100	239	Jack TEODORSKI	M	YOUTH	Infinity Triathlon Club	00:07:46	00:00:43	00:34:35	00:43:05	+00:17:48
101	169	Tanya BOWERS	F	Vet 40+	TRISudbury	00:09:38	00:01:32	00:32:16	00:43:26	+00:18:09
102	162	Mike PETCHEY	M	Vet 50+		00:12:31	00:02:10	00:30:05	00:44:47	+00:19:30
103	277	Joanne GREENHALGH	F	Vet 50+	TRISudbury	00:11:45	00:00:53	00:32:20	00:44:58	+00:19:41
104	163	Colin SHIPTON	M	Vet 50+		00:15:25	00:01:38	00:32:21	00:49:24	+00:24:07
105	165	Christopher EYETT	M	senior		00:11:22	00:02:26	00:36:39	00:50:28	+00:25:11
106	216	Shaun BOLDOCK	M	Vet 40+	TRISudbury	00:07:26	00:00:59	00:42:47	00:51:12	+00:25:55

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