

Race Num	Name	Club	Cat	Swim			Bike				Run			Overall Time		
				Time	Swim Place	Place in Cat	Time	Bike Place	Place in Cat	After Bike Place	Place in Cat	Time	Run Overall Place		Place in Cat	
1	152	Mark Brooks	Tri Sport Epping	MF	00:05:52	12	2	00:33:16	1	1	1	1	00:18:47	4	1	00:57:55
2	35	Joe Giggins	East Essex Tri	MA	00:04:43	1	1	00:34:35	6	1	2	1	00:19:13	11	4	00:58:31
3	36	Harry Smith	East Essex Tri	MB	00:04:51	2	1	00:36:32	19	1	9	1	00:17:40	2	1	00:59:03
4	127	Stuart Dunn	Heron Cycle Sport	MF	00:06:42	37	9	00:33:44	2	2	4	2	00:19:05	8	2	00:59:31
5	153	Robert Milburn	Tri Sport Epping	MF	00:05:23	5	1	00:35:17	9	3	5	3	00:19:12	10	2	00:59:52
6	122	Dave Copland	Ipswich Tri	MH	00:06:58	46	8	00:34:04	3	1	7	2	00:18:53	6	1	00:59:55
7	191	graham shaddock	East Essex Tri	MH	00:05:53	13	1	00:34:17	4	2	3	1	00:19:46	25	2	00:59:56
8	33	Peter Hawkings	Team Viper	MA	00:05:14	4	3	00:36:03	14	3	8	3	00:19:36	21	3	01:00:53
9	186	graham hart	East Essex Tri	MH	00:06:41	36	4	00:35:50	11	4	14	4	00:19:18	12	1	01:01:49
10	150	Stuart Paul	Tri Sport Epping	MG	00:06:38	32	7	00:34:55	8	1	11	1	00:20:23	30	1	01:01:56
11	190	Andrew Wood	East Essex Tri	MG	00:06:04	17	3	00:36:23	17	2	13	2	00:19:39	23	3	01:02:06
12	125	simon henty	team viper	MF	00:06:40	34	8	00:36:02	12	4	15	4	00:19:25	13	3	01:02:07
13	120	WAYNE SOUTHON	met police tri	MF	00:06:37	30	6	00:36:35	20	6	18	6	00:18:59	7	2	01:02:11
14	184	daniel bent	East Essex Tri	ME	00:07:13	55	4	00:34:18	5	1	10	1	00:20:43	35	8	01:02:14
15	118	Stuart Putt	Blackwater Tri	MG	00:06:33	27	5	00:36:51	23	3	19	3	00:19:12	9	3	01:02:36
16	115	Ken Hands	East London Tri	MH	00:06:55	44	7	00:34:39	7	3	12	3	00:21:14	39	6	01:02:48
17	189	Ian George	East Essex Tri	MG	00:06:20	21	4	00:37:05	24	4	20	4	00:19:28	17	4	01:02:53
18	116	Jason Ridgeon		MH	00:07:12	53	12	00:36:37	21	7	23	7	00:19:28	16	6	01:03:17
19	170	Glen Wellhams	Essex Fire Tri	MH	00:07:02	48	10	00:38:48	41	11	43	11	00:17:56	3	1	01:03:46
20	171	Mark Elliott	Essex Fire Tri	MF	00:06:50	40	10	00:36:16	16	5	17	5	00:20:45	36	3	01:03:51
21	1	Richard Fuller	East Essex Tri	MI	00:07:48	76	7	00:37:26	26	1	34	3	00:18:52	5	1	01:04:06
22	26	Taz Porter	East Essex Tri	MA	00:05:50	11	5	00:38:57	43	4	28	4	00:19:39	22	2	01:04:26
23	34	Robbie Kidd	Tri and Run	MA	00:05:07	3	2	00:35:40	10	2	6	2	00:23:47	80	7	01:04:34
24	105	Paul Davenport		MI	00:07:31	69	6	00:38:01	33	3	38	4	00:19:32	20	4	01:05:04
25	143	Chris Dunn	Tri Sport Epping	MF	00:07:28	68	12	00:38:10	34	7	39	8	00:19:26	15	2	01:05:04
26	147	nigel burvill	Tri Sport Epping	MK	00:07:25	65	2	00:36:02	13	1	21	1	00:21:38	45	8	01:05:05
27	172	Jeremy Tuckwell	Essex Fire Tri	MF	00:06:05	19	3	00:38:32	37	8	27	7	00:20:42	34	6	01:05:19
28	151	daniel ward	Tri Sport Epping	MH	00:06:05	18	2	00:37:30	28	9	22	6	00:21:47	49	4	01:05:22
29	86	daniel meaden		ME	00:06:35	28	3	00:39:10	47	3	41	3	00:19:40	24	5	01:05:25
30	123	Peter Howarth	Met Police Tri	MJ	00:06:41	35	2	00:39:16	51	4	44	3	00:19:29	18	3	01:05:26
31	136	Keith Walker	Tri Sport Epping	ML	00:08:20	96	1	00:36:49	22	1	33	1	00:20:26	31	6	01:05:35
32	192	Keith Muggleton	East Essex Tri	MJ	00:06:07	20	1	00:37:47	32	2	24	1	00:21:42	48	10	01:05:36
33	182	Nick Wetheridge	East Essex Tri	MG	00:06:35	29	6	00:42:14	79	11	67	11	00:16:57	1	1	01:05:46
34	21	Andrew Ridley	East Essex Tri	MG	00:06:40	33	8	00:37:32	29	5	25	5	00:21:35	44	9	01:05:47
35	142	Rob Fulbrook	Tri Sport Epping	MI	00:07:25	64	5	00:37:26	27	2	31	2	00:21:02	37	9	01:05:53
36	145	Joseph Butcher	Tri Sport Epping	MI	00:06:25	23	1	00:38:24	35	4	29	1	00:21:13	38	5	01:06:02
37	30	jade edwards	tri sport epping	FB	00:05:34	6	1	00:40:16	62	1	42	1	00:20:16	29	7	01:06:06
38	103	Justin Howard		MG	00:08:05	89	17	00:38:39	38	6	51	8	00:19:31	19	1	01:06:15
39	175	Mark Brown	East Essex Tri	MH	00:07:45	73	15	00:36:31	18	6	26	8	00:22:03	52	1	01:06:19

40	178	Ian Maynard	East Essex Tri	MI	00:07:22	63	4	00:39:42	59	8	53	5	00:19:25	14	5	01:06:29
41	169	Myles Rapley	Essex Fire Tri	MH	00:08:07	90	18	00:37:21	25	8	36	10	00:21:30	42	3	01:06:58
42	177	Charlie Baynes	East Essex Tri	MJ	00:07:47	75	5	00:37:42	31	1	37	2	00:21:29	41	7	01:06:58
43	29	Venita Dabhi	TRI SPORT EPPING	FA	00:06:01	16	2	00:40:38	68	1	50	1	00:20:36	32	1	01:07:15
44	168	Nigel Golland	Essex Fire Tri	MI	00:08:25	100	9	00:39:14	49	5	58	6	00:19:57	26	5	01:07:36
45	149	simon jolly	Tri Sport Epping	MH	00:06:50	39	5	00:36:12	15	5	16	5	00:24:40	98	16	01:07:42
46	109	Nigel Walsh	Team Viper	MH	00:07:04	49	11	00:39:16	50	12	47	12	00:22:24	56	2	01:08:44
47	76	Graham White	Ipswich Triathlon Club	MJ	00:09:41	125	8	00:39:11	48	3	69	6	00:19:58	27	4	01:08:50
48	113	Daniel Gearing	havering 90 Joggers	MF	00:06:33	26	5	00:42:02	78	13	64	12	00:20:15	28	2	01:08:50
49	128	Steve Henigan	Team Viper	ME	00:05:59	15	2	00:39:01	44	2	32	2	00:23:53	85	14	01:08:53
50	137	Jason Saunders	Tri Sport Epping	MG	00:07:48	77	13	00:39:57	60	9	60	10	00:21:20	40	7	01:09:05
51	176	stuart payne	East Essex Tri	MH	00:08:19	94	20	00:39:20	52	13	59	14	00:21:32	43	8	01:09:11
52	17	John Smith	East Essex Tri	MG	00:06:46	38	9	00:38:41	39	7	35	6	00:23:50	82	12	01:09:17
53	100	Christine Mowle	East Essex Tri	FG	00:07:38	71	2	00:38:44	40	1	49	1	00:22:58	64	9	01:09:20
54	174	Matthew Pickett	East Essex Tri	MF	00:08:22	99	13	00:39:35	55	9	62	11	00:21:39	47	5	01:09:36
55	25	Lisa Morgans	East Essex Tri	FB	00:06:33	25	2	00:40:32	66	2	54	2	00:22:42	61	14	01:09:47
56	179	Janet Burrows	East Essex Tri	FH	00:07:15	57	1	00:39:04	45	1	46	1	00:23:34	76	1	01:09:53
57	16	Neil Lynch	East Essex Tri	MG	00:07:06	51	10	00:39:06	46	8	45	7	00:24:05	89	15	01:10:17
58	24	Ryan King	East Essex Tri	MA	00:06:55	42	6	00:40:17	63	5	55	5	00:23:07	67	11	01:10:19
59	69	Geoff Messenger	East London Tri	ML	00:09:55	129	19	00:38:55	42	3	68	2	00:21:39	46	1	01:10:29
60	13	mark hogan	East Essex Tri	MH	00:08:12	92	19	00:40:15	61	15	63	15	00:22:27	57	12	01:10:54
61	124	Graeme Biggins	BLACKWATER TRI	MF	00:06:38	31	7	00:39:42	58	10	48	9	00:24:35	97	21	01:10:55
62	110	Lee Gamble	Newport Free Grammar	MF	00:06:27	24	4	00:41:00	71	11	57	10	00:23:48	81	5	01:11:15
63	141	Geraldine Howard		FH	00:07:35	70	3	00:41:34	74	2	73	2	00:22:17	54	7	01:11:26
64	126	Gary Clarke		MG	00:05:42	8	1	00:41:22	72	10	52	9	00:24:23	95	3	01:11:27
65	181	Zena Shean	East Essex Tri	FH	00:07:15	58	2	00:42:22	80	3	74	3	00:21:54	50	10	01:11:31
66	92	Simon Palmer	Ipswich Tri	MJ	00:08:22	97	7	00:39:34	54	5	61	4	00:23:45	79	10	01:11:41
67	146	Les Henderson	Tri Sport Epping	MH	00:07:18	61	13	00:37:32	30	10	30	9	00:27:06	125	6	01:11:56
68	60	Richard Gaches		MH	00:09:40	124	29	00:39:21	53	14	70	16	00:22:59	65	2	01:12:00
69	133	mike wheatley	Tri Sport Epping	MJ	00:08:10	91	6	00:40:34	67	7	65	5	00:23:28	74	4	01:12:12
70	138	wendy read	Tri Sport Epping	FK	00:07:52	81	1	00:40:55	70	1	66	1	00:23:33	75	6	01:12:20
71	18	Mark Bidston	East Essex Tri	MH	00:07:46	74	16	00:41:58	76	19	76	18	00:23:12	69	16	01:12:56
72	99	Nigel Cooper		MH	00:08:22	98	22	00:41:58	77	20	80	20	00:22:39	60	8	01:12:59
73	66	Paul Longman	Pitsea Running Club	MI	00:10:50	137	18	00:39:42	57	7	83	8	00:22:32	59	1	01:13:04
74	93	Peter Wright		MF	00:07:05	50	11	00:41:56	75	12	71	13	00:24:04	88	1	01:13:05
75	185	Stuart Jago	East Essex Tri	MK	00:07:17	60	1	00:38:27	36	2	40	2	00:27:23	126	28	01:13:07
76	11	Chris Milne	East Essex Tri	MI	00:10:15	132	15	00:39:40	56	6	77	7	00:23:21	72	3	01:13:16
77	112	Toby Dando		MG	00:07:21	62	12	00:43:15	88	13	84	12	00:22:53	63	1	01:13:29
78	97	Micaela Floyd		FF	00:07:57	83	1	00:43:04	85	1	89	1	00:22:31	58	13	01:13:32
79	140	Steve Bunce	Tri Sport Epping	MJ	00:07:27	67	4	00:43:02	84	8	81	7	00:23:13	70	17	01:13:42
80	14	Jo Bidston	East Essex Tri	FG	00:08:05	87	4	00:43:45	93	3	97	4	00:21:59	51	1	01:13:49
81	188	Dawn Muggleton	East Essex Tri	FI	00:07:08	52	1	00:44:02	97	3	91	2	00:22:42	62	2	01:13:52
82	98	Leasa Ramsbotham		FG	00:08:04	86	3	00:42:44	82	2	87	2	00:23:27	73	9	01:14:15
83	108	Karen Coulson	Blackwater	FG	00:06:55	43	1	00:44:00	96	4	88	3	00:23:20	71	5	01:14:15

84	77	Dan Jenkins		MH	00:08:55	109	6	00:41:25	73	18	79	19	00:24:20	93	12	01:14:40
85	187	Richard Sandison	East Essex Tri	MH	00:06:51	41	6	00:40:25	65	16	56	13	00:27:58	130	16	01:15:14
86	163	Merv Williams	Essex Fire Tri	MH	00:09:57	130	31	00:44:49	108	27	114	27	00:20:39	33	1	01:15:25
87	31	Cally Lammin	East Essex Tri	FA	00:05:46	10	1	00:43:18	89	2	72	2	00:26:32	118	25	01:15:36
88	135	Bill Conner	Tri Sport Epping	MJ	00:10:28	135	9	00:40:19	64	6	86	8	00:24:50	101	5	01:15:37
89	102	Karen Allworthy	East London Tri	FJ	00:08:15	93	1	00:43:32	91	1	96	1	00:24:01	87	11	01:15:48
90	20	Rob Ambridge	East Essex Tri	MH	00:07:01	47	9	00:44:22	105	26	92	22	00:24:32	96	13	01:15:55
91	19	Neil Kirsh	East Essex Tri	MH	00:07:50	78	17	00:44:19	102	24	98	24	00:24:12	91	12	01:16:21
92	165	Dave Hellon	Essex Fire Tri	MH	00:08:49	108	26	00:40:53	69	17	75	17	00:26:40	120	5	01:16:22
93	7	John Holdsworth	East Essex Tri	MI	00:09:32	122	12	00:43:39	92	10	108	4	00:23:45	78	18	01:16:56
94	84	Daniel Powell		MG	00:07:50	79	14	00:45:01	110	15	105	15	00:24:12	92	19	01:17:03
95	4	Sue Fuller	East Essex Tri	FI	00:07:45	72	2	00:42:59	83	1	85	1	00:26:34	119	2	01:17:18
96	78	Sarah Miller	Ipswich Tri	FI	00:09:18	115	6	00:43:06	86	2	100	3	00:24:54	102	8	01:17:18
97	10	Janice Brown	East Essex Tri	FH	00:07:57	82	4	00:44:15	101	4	99	4	00:25:18	108	24	01:17:30
98	71	Paul Rawlingson		MK	00:09:31	121	3	00:45:40	115	4	116	3	00:22:24	55	2	01:17:35
99	104	Paula Purtell	Blackwater Tri	FH	00:08:00	84	5	00:44:42	107	5	103	5	00:24:58	104	1	01:17:40
100	9	Gary Fraser	East Essex Tri	MH	00:08:44	104	24	00:43:57	95	22	102	25	00:25:16	107	4	01:17:57
101	164	Matthew Edwards	Essex Fire Tri	MD	00:09:18	116	1	00:43:45	94	1	107	11	00:24:57	103	3	01:18:00
102	82	GRANT LODGE		MH	00:08:20	95	21	00:43:21	90	21	95	23	00:26:28	117	15	01:18:09
103	131	Stuart How	Tri Sport Epping	MI	00:09:36	123	13	00:43:10	87	9	104	10	00:25:41	111	13	01:18:27
104	3	Mandy Smith	East Essex Tri	FI	00:08:35	103	3	00:45:18	112	5	111	5	00:24:42	99	22	01:18:35
105	130	Richard Lee	Tri Sport Epping	MH	00:08:31	102	23	00:46:33	121	29	115	28	00:23:39	77	3	01:18:43
106	95	Dave Gridley	havering 90 Joggers	MH	00:07:27	66	14	00:48:08	126	31	120	29	00:23:09	68	4	01:18:44
107	58	spencer lee	larkfield a.c	MG	00:11:15	141	20	00:42:28	81	12	110	16	00:25:30	109	5	01:19:13
108	41	Scott Fretton	Essex Fire Tri	MF	00:10:28	134	16	00:44:56	109	14	118	14	00:23:52	83	10	01:19:16
109	180	Chris Beard	East Essex Tri	MG	00:07:13	54	11	00:44:19	104	14	93	13	00:27:54	129	16	01:19:26
110	2	Yvonne French	East Essex Tri	FI	00:08:48	105	5	00:44:08	99	4	106	1	00:26:45	121	26	01:19:41
111	144	Stephen Griffiths	Tri Sport Epping	MJ	00:06:56	45	3	00:44:11	100	9	90	9	00:28:45	135	32	01:19:52
112	129	keith bridge		MG	00:05:44	9	2	00:45:50	116	16	94	14	00:28:28	133	31	01:20:02
113	139	John Dyer	Tri Sport Epping	MI	00:07:15	56	2	00:45:13	111	11	101	9	00:27:47	127	5	01:20:15
114	158	Mark Stock	Essex Fire Tri	MH	00:09:20	119	28	00:44:19	103	25	109	26	00:26:47	122	6	01:20:26
115	27	Oliver Taylor	East Essex Tri	MA	00:05:35	7	4	00:44:37	106	6	78	6	00:30:21	140	6	01:20:33
116	23	Dave Knight	East Essex Tri	MH	00:06:25	22	3	00:44:05	98	23	82	21	00:30:36	141	6	01:21:06
117	67	mike hayward	castle point joggers	MI	00:10:10	131	14	00:47:04	123	14	126	15	00:23:59	86	4	01:21:13
118	62	david butler		MI	00:10:29	136	17	00:45:24	113	12	121	13	00:25:41	110	14	01:21:34
119	162	Phil Collins	Essex Fire Tri	MH	00:09:41	126	30	00:46:50	122	30	123	30	00:25:06	105	4	01:21:37
120	81	Mike Fielding	Blackwater Tri	MI	00:08:04	85	8	00:46:21	119	13	113	12	00:27:52	128	15	01:22:17
121	61	Annette Gaches		FH	00:08:59	110	18	00:46:14	118	6	117	6	00:27:06	124	2	01:22:19
122	83	Heather Doubleday		FF	00:08:30	101	2	00:47:04	124	2	119	2	00:26:49	123	27	01:22:23
123	166	Dan Kirk	Essex Fire Tri	ME	00:08:48	106	4	00:48:14	128	4	124	4	00:26:13	114	4	01:23:15
124	160	Jon Foot	Essex Fire Tri	MF	00:09:48	127	14	00:50:19	137	15	132	15	00:23:52	84	13	01:23:59
125	59	Michael Phillips	Havering 90 Joggers	MK	00:11:09	140	4	00:49:15	131	5	134	5	00:24:21	94	20	01:24:45
126	87	Lee Lucas	Essex Fire Tri	MG	00:08:59	111	19	00:49:32	133	19	129	19	00:26:24	116	9	01:24:55
127	57	Daniel Burford		MF	00:09:55	128	15	00:52:20	142	16	139	16	00:23:00	66	15	01:25:15

128	38	Denis Mole	Havering 90 Joggers	MK	00:13:37	153	6	00:45:39	114	3	131	4	00:26:04	113	2	01:25:20
129	89	Morgan Reddish		MG	00:08:05	88	16	00:45:53	117	17	112	17	00:31:35	143	7	01:25:33
130	52	Michael Hoy	Benfleet Running Club	MH	00:11:35	143	33	00:46:30	120	28	128	31	00:28:15	131	29	01:26:20
131	49	Stephen Grant	Wilkins Kennedy	MI	00:09:10	114	5	00:48:00	125	15	125	14	00:29:25	137	1	01:26:35
132	63	Helen Skinner	Benfleet Runnin Club	FG	00:09:09	113	10	00:53:04	144	5	138	5	00:24:45	100	2	01:26:58
133	75	Stephen Hampshire		MJ	00:11:08	139	10	00:50:06	135	10	136	10	00:26:17	115	5	01:27:31
134	64	Chris Cammidge	castle point joggers	MI	00:10:18	133	16	00:53:35	145	17	144	17	00:24:11	90	11	01:28:04
135	5	Steve Fisher	East Essex Tri	MI	00:09:20	117	11	00:57:14	151	18	150	18	00:22:12	53	11	01:28:46
136	91	Gaetano Sorce	Farrow TriClub	MG	00:07:52	80	15	00:48:35	129	18	122	18	00:32:41	147	34	01:29:08
137	159	Guy Solly	Essex Fire Tri	MH	00:12:27	147	35	00:48:50	130	33	137	34	00:28:40	134	17	01:29:57
138	155	Robert Maclean	Essex Fire Tri	MD	00:11:28	142	2	00:53:35	146	2	147	2	00:25:53	112	14	01:30:56
139	79	Debra Saund	David Lloyd Basildon	FI	00:08:49	107	25	00:50:03	134	6	130	6	00:32:08	144	18	01:31:00
140	43	Kate Cammidge	castle point joggers	FI	00:12:35	148	7	00:53:44	148	7	149	7	00:25:15	106	23	01:31:34
141	40	Rebecca Bentley		FE	00:09:25	120	1	00:53:42	147	1	141	1	00:28:51	136	10	01:31:58
142	156	Steve Milligan	Essex Fire Tri	MH	00:10:52	138	32	00:49:22	132	34	133	32	00:32:38	146	8	01:32:52
143	54	Stuart Axon	Blackwater Tri	ML	00:11:50	144	2	00:51:27	140	2	142	2	00:29:41	138	17	01:32:58
144	132	Jim Rourke	Tri Sport Epping	MH	00:09:20	118	27	00:55:22	150	36	145	36	00:28:22	132	30	01:33:04
145	65	Deborah Salter		FH	00:13:33	152	8	00:50:12	136	7	143	7	00:31:08	142	33	01:34:53
146	46	Keith Penfold	Havering 90 Joggers	MK	00:13:14	151	5	00:52:11	141	6	148	6	00:30:13	139	2	01:35:38
147	161	Peter Ballard	Essex Fire Tri	MH	00:12:11	145	34	00:50:40	139	35	140	35	00:34:10	148	19	01:37:01
148	48	Jayne Hayward	Castle Point Joggers	FH	00:12:18	146	7	00:52:45	143	8	146	8	00:32:31	145	7	01:37:34
149	45	Ian Jordan	Benfleet	MH	00:12:50	149	36	00:48:09	127	32	135	33	00:39:06	150	3	01:40:05
150	53	G Franklin		ML	00:12:55	150	3	00:54:37	149	3	151	3	00:34:14	149	35	01:41:46
151	193	Daniel Jago	East Essex Tri	ME	00:05:58	14	1	04:50:02	196	8	152	5	dnf			
152	106	Colin Shorland		MI	00:07:17	59	3	00:50:26	138	16	127	16	dnf			
153	80	Matthew Laverty		MG	00:09:01	112	5	dnf								