

Num	Name	Surname	Gender	Age Group	Club	Start time	Swim Out	Swim time	Bike Out	T1	Bike In	Bike Time	Run Out	T2	Finish	Run Time	Race Time	Notes	
114	Sharanpreet	Heer	F	20-39	Wimbledon Windmilers	00:00:30	00:15:58	00:15:28	00:20:20	00:04:22	00:56:47	00:36:27	00:59:00	00:02:13	01:28:23	00:29:23	01:27:53		
112	Sarah	Plaschkes	F	50-59	Wimbledon Windmilers	00:00:10	00:09:44	00:09:34	00:11:30	00:01:46	00:41:37	00:30:07	00:43:15	00:01:38	01:13:19	00:30:04	01:13:09		
111	Goffe	Susanna	F	20-39	Wimbledon Windmilers	00:00:00	00:12:26	00:12:26	00:16:57	00:04:31	00:51:22	00:34:25	00:53:40	00:02:18	01:20:05	00:26:25	01:20:05		
123	Frances	Bracegirdle	F	40-49	Wimbledon Windmilers	00:00:20	00:12:00	00:11:40	00:14:27	00:02:27	00:44:25	00:29:58	00:46:33	00:02:08	01:13:15	00:26:42	01:12:55		
122	Charlotte	Turner	F	20-39		0	00:00:10	00:10:32	00:10:22	00:12:50	00:02:18	00:46:55	00:34:05	00:01:40	01:23:39	00:35:04	01:23:29		
121	Duncan	Hendry	M	50-59			00:42:10	00:56:36	00:14:26	01:04:20	00:07:44	01:56:48	00:52:28	?	02:46:03	tbid	02:03:53	changed waves	
134	Aurelie	Hulse	F	20-39		0	00:42:20	00:51:30	00:09:10	00:53:30	00:02:00	01:21:38	00:28:08	01:23:30	00:01:52	01:53:00	00:29:30	01:10:40	changed waves
133	Martin	Swatton	M	60-69		0	00:00:20	00:13:36	00:13:16	00:16:46	00:03:10	00:45:35	00:28:49	00:02:32	01:28:10	00:40:03	01:27:50		
131	Mike	Forder	M	60-69	Wimbledon Windmilers	00:00:00	00:11:52	00:11:52	00:14:27	00:02:35	00:42:38	00:28:11	00:44:30	00:01:52	01:08:44	00:24:14	01:08:44		
144	Eimear	Devlin	F	20-39		0	00:00:30	00:14:25	00:13:55	00:18:35	00:04:10	01:00:13	00:41:38	01:02:11	01:43:56	00:41:45	01:43:26		
143	Rachael	Bayfield	F	40-49	Wimbledon Windmilers	00:00:20	00:13:52	00:13:32	00:16:55	00:03:03	00:43:52	00:26:57	00:45:50	00:01:58	01:13:07	00:27:17	01:12:47		
142	Mark	Smith	M	20-39	Greenwich Tritons	00:00:10	00:14:03	00:13:53	00:16:08	00:02:05	00:39:32	00:23:24	00:41:00	00:01:28	01:04:16	00:23:16	01:04:06		
141	David	Mccabe	M	60-69	Wimbledon Windmilers	00:00:00	00:14:02	00:14:02	00:16:02	00:02:00	00:43:56	00:27:54	00:45:40	00:01:44	01:09:20	00:23:40	01:09:20		
224	Annette	Barrett	F	50-59	Wimbledon Windmilers	00:22:30	00:33:24	00:10:54	00:35:40	00:02:16	01:06:15	00:30:35	01:07:38	00:01:23	01:35:11	00:27:33	01:12:41		
223	Adele	Hammond	F	40-49		0	00:22:20	00:36:04	00:13:44	00:39:20	00:03:16	01:11:51	00:32:31	01:13:48	01:47:54	00:34:06	01:25:34		
222	Duncan	Rimmer	M	40-49		0	00:22:10	00:31:06	00:08:56	00:33:33	00:02:27	00:55:16	00:21:43	00:02:25	01:22:40	00:24:59	01:00:30		
221	Matt	Appleby	M	40-49		0	00:22:00	00:33:50	00:11:50	00:35:00	00:01:10	01:00:17	00:25:17	01:01:18	01:24:34	00:23:16	01:02:34		
234	Ian	Madelin	M	40-49		0	00:42:00	00:50:52	00:08:52	00:52:22	00:01:30	01:25:47	00:33:25	01:27:15	01:57:11	00:29:56	01:15:11	Changed waves	
233	Noelle	Simmons	F	50-59	Wimbledon Windmilers	00:22:20	00:32:50	00:10:30	00:35:05	00:02:15	01:04:26	00:29:21	01:05:48	00:01:22	01:34:20	00:28:32	01:12:00		
232	Phil	Hagan	M	40-49	Wimbledon Windmilers	00:22:10	00:33:07	00:10:57	00:35:42	00:02:35	01:00:24	00:24:42	01:02:03	00:01:39	01:24:07	00:22:04	01:01:57		
231	Amy	Sedghi	F	20-39	Wimbledon Windmilers	00:22:00	00:32:57	00:10:57	00:35:25	00:02:28	01:04:20	00:28:55	01:05:55	00:01:35	01:34:31	00:28:36	01:12:31		
244	Alistair	Clow	M	20-39		0	00:22:30	00:32:32	00:10:02	00:34:50	00:02:18	01:03:24	00:28:34	01:04:42	01:30:42	00:26:00	01:08:12		
243	Jeremy	Bayfield	F	40-49	Wimbledon Windmilers	00:22:20	00:32:49	00:10:29	00:38:00	00:05:11	01:10:12	00:32:12	01:12:47	00:02:35	01:37:44	00:24:57	01:15:24		
242	Louisa	Jacob	F	40-49		0	00:22:10	00:34:30	00:12:20	00:38:00	00:03:30	01:05:06	00:27:06	01:07:44	01:37:12	00:29:28	01:15:02		
241	Oliver	Heywood	M	20-39		0	00:22:00	00:33:12	00:11:12	00:36:04	00:02:52	00:47:00	00:10:56	00:01:43	01:10:14	00:21:31	00:48:14	1 lap bike?	
324	Darren	Ball	M	20-39		0	00:42:30	00:52:00	00:09:30	00:54:56	00:02:56	01:21:40	00:26:44	01:24:00	01:50:13	00:26:13	01:07:43		
323	Sabina	Delcassian	F	20-39	Chilton tri	00:42:20	00:52:54	00:10:34	00:54:30	00:01:36	01:23:32	00:29:02	01:25:25	00:01:53	01:53:08	00:27:43	01:10:48		
322	Andy	Reed	M	40-49		0	00:42:10	00:51:54	00:09:44	00:54:20	00:02:26	01:21:22	00:27:02	01:22:40	01:47:12	00:24:32	01:05:02		
321	Amanda	Roberts	F	40-49	Kingfisher Triathletes	00:42:00	00:52:12	00:10:12	00:54:40	00:02:28	01:28:59	00:34:19	01:30:50	00:01:51	02:05:54	00:35:04	01:23:54		
334	Norman	Urquia	M	50-59	Wimbledon Windmilers	00:42:30	00:52:16	00:09:46	00:54:45	00:02:29	01:19:46	00:25:01	01:21:24	00:01:38	01:41:57	00:20:33	00:59:27		
333	Victoria	Coward	F	40-49	Wimbledon Windmilers	00:42:20	00:51:45	00:09:25	00:53:03	00:01:18	01:21:52	00:28:49	01:23:35	00:01:43	01:50:36	00:27:01	01:08:16		
332	Lynne	Lloyd	F	40-49	Wimbledon Windmilers	00:42:10	00:51:40	00:09:30	00:53:14	00:01:34	01:19:32	00:26:18	01:20:42	00:01:10	01:46:02	00:25:20	01:03:52		
331	Andrew	Fletcher	M	40-49		0	00:42:00	00:52:06	00:10:06	00:53:40	00:01:34	01:18:58	00:25:18	01:20:35	01:46:59	00:26:24	01:04:59		
344	Rebecca	Gaith	F	20-39		0	00:42:30	00:52:31	00:10:01	00:55:29	00:02:58	01:24:18	00:28:49	01:26:38	01:53:01	00:26:23	01:10:31		
343	Lucy	Dobson McAuley	F	20-39		0	00:42:20	00:51:23	00:09:03	00:53:49	00:02:26	01:23:08	00:29:19	01:25:24	01:53:16	00:27:52	01:10:56		
342	Paul	Carter	M	50-59		0	00:42:10	00:51:22	00:09:12	00:53:23	00:02:01	01:23:40	00:30:17	01:25:13	01:49:17	00:24:04	01:07:07		
414	Jeremy	Macdonald	M	50-59		0	00:57:30	01:05:44	00:08:14	01:08:37	00:02:53	01:41:19	00:32:42	01:42:40	02:06:54	00:24:14	01:09:24		
413	Tommy	Giovannelli	M	20-39	Colly Wood Nutters	00:57:20	01:06:40	00:09:20	01:11:05	00:04:25	01:41:48	00:30:43	01:43:27	00:01:39	02:09:52	00:26:25	01:12:32		
411	Noel	Colleran	M	20-39		0	00:57:00	01:07:43	00:10:43	01:10:30	00:02:47	01:41:10	00:30:40	01:43:35	02:10:48	00:27:13	01:13:48		
424	Amy	Rodgers	F	20-39		0	00:57:30	01:07:30	00:10:00	01:09:34	00:02:04	01:36:53	00:27:19	01:38:47	02:04:59	00:26:12	01:07:29		
423	Daniel	Bianchi	M	20-39		0	00:57:20	01:05:24	00:08:04	01:06:35	00:01:11	01:29:24	00:22:49	01:31:00	01:50:25	00:19:25	00:53:05		
422	Jessica	Williams	F	20-39		0	00:57:10	01:06:25	00:09:15	01:09:03	00:02:38	01:41:22	00:32:19	01:43:22	02:20:41	00:37:19	01:23:31		
421	Simon	Broadway	M	20-39		0	00:57:00	01:08:28	00:11:28	01:09:42	00:01:14	01:34:27	00:24:45	01:35:57	02:01:20	00:25:23	01:04:20		
434	Antonia	Klein	F	40-49		0	00:57:30	01:07:17	00:09:47	01:09:14	00:01:57	01:35:09	00:25:55	01:36:40	02:00:52	00:24:12	01:03:22		
433	Henry	Costello	M	20-39	Thames Turbo Triathlon Cl	00:57:20	01:06:15	00:08:55	01:08:22	00:02:07	01:32:27	00:24:05	01:34:54	00:02:27	01:56:57	00:22:03	00:59:37		

432	Holly	Denny	F	20-39	Thames Turbo Triathlon Cl	00:57:10	01:06:34	00:09:24	01:10:41	00:04:07	01:39:30	00:28:49	01:41:54	00:02:24	02:11:19	00:29:25	01:14:09	
431	Ronan	Lindsay	M	20-39		00:57:00	01:04:45	00:07:45	01:06:58	00:02:13	01:30:00	00:23:02	01:31:12	00:01:12	01:52:52	00:21:40	00:55:52	
444	Tom	Poulter	M	20-39		00:57:30	01:06:10	00:08:40	01:08:35	00:02:25	01:33:32	00:24:57	01:34:42	00:01:10	01:58:05	00:23:23	01:00:35	
443	Peter	Metcalfe	M	40-49	Wimbledon Windmilers	00:57:20	01:06:54	00:09:34	01:09:20	00:02:26	01:31:32	00:22:12	01:33:16	00:01:44	01:54:24	00:21:08	00:57:04	
442	Matthew	Tomlinson	M	20-39		00:57:10	01:05:15	00:08:05	01:06:50	00:01:35	01:31:18	00:24:28	01:32:50	00:01:32	01:55:39	00:22:49	00:58:29	
441	Patrick	Chilton	M	20-39	Chilton tri	00:57:00	01:06:00	00:09:00	01:07:00	00:01:00	01:28:08	00:21:08	01:29:25	00:01:17	01:51:45	00:22:20	00:54:45	
514	Urszula	Donigiewicz	F	20-39	Windrush Triathlon Club	01:12:30	01:20:40	00:08:10	01:22:12	00:01:32	01:49:38	00:27:26	01:51:58	00:02:20	02:18:08	00:26:10	01:05:38	
513	James	ODonnell	M	20-39	Epsom Triathlon Club	01:12:20	01:19:48	00:07:28	01:21:55	00:02:07	01:47:26	00:25:31	01:49:26	00:02:00	DNF Run			Injured on run
512	Rebecca	Bole	F	40-49	Serpentine Running Club	01:12:10	01:20:15	00:08:05	01:22:44	00:02:29	01:49:30	00:26:46	No run					Not planning on run
511	Andrea	Biondo	M	20-39	Wimbledon Windmilers	01:12:00	01:20:53	00:08:53	01:23:30	00:02:37	01:51:10	00:27:40	01:53:16	00:02:06	02:17:19	00:24:03	01:05:19	
524	Gina	Galbraith	F	40-49	Wimbledon Windmilers	01:12:00	01:21:48	00:09:48	01:23:41	00:01:53	01:51:23	00:27:42	01:52:57	00:01:34	02:14:02	00:21:05	01:02:02	first off in wave
523	Natalie	Styles	F	20-39		01:12:20	01:21:10	00:08:50	01:23:05	00:01:55	01:52:06	00:29:01	01:53:27	00:01:21	02:21:52	00:28:25	01:09:32	
522	Elise	Watson	F	20-39	Wimbledon Windmilers	01:12:10	01:20:20	00:08:10	01:24:34	00:04:14	01:51:20	00:26:46	01:59:08	00:07:48	02:20:33	00:21:25	01:08:23	
521	Bronte	Somes	F	40-49		01:12:00	01:21:00	00:09:00	01:22:45	00:01:45	01:50:10	00:27:25	01:51:50	00:01:40	02:16:45	00:24:55	01:04:45	
534	Michael	Weston	M	20-39		01:12:30	01:19:32	00:07:02	01:21:34	00:02:02	01:46:14	00:24:40	01:48:08	00:01:54	02:12:29	00:24:21	00:59:59	
533	Andrew	Davies	M	40-49	Hercules Wimbledon AC	01:12:20	01:19:25	00:07:05	01:21:09	00:01:44	01:43:08	00:21:59	01:45:13	00:02:05	02:04:58	00:19:45	00:52:38	
532	Alistair	Lang	M	40-49	David Lloyd Clubs	01:12:10	01:18:35	00:06:25	01:21:45	00:03:10	01:43:00	00:21:15	01:44:32	00:01:32	02:07:09	00:22:37	00:54:59	
531	Hannah	Plaschkes	F	20-39	Oxford University Triathlon	01:12:00	01:18:15	00:06:15	01:19:30	00:01:15	01:43:01	00:23:31	01:44:43	00:01:42	02:04:27	00:19:44	00:52:27	
544	Ken	Enright	M	20-39	Tri London	01:12:30	01:20:50	00:08:20	01:22:12	00:01:22	01:43:29	00:21:17	01:45:01	00:01:32	02:05:47	00:20:46	00:53:17	
543	Javier	Gutierrez	M	20-39		01:12:20	01:20:03	00:07:43	01:22:30	00:02:27	01:45:40	00:23:10	01:47:26	00:01:46	02:07:40	00:20:14	00:55:20	
542	Jeremy	Gumbley	M	20-39		01:12:10	01:18:45	00:06:35	01:20:16	00:01:31	01:44:22	00:24:06	01:45:35	00:01:13	02:07:34	00:21:59	00:55:24	
541	Katie	Garrod	F	20-39		01:12:00	01:19:14	00:07:14	01:21:16	00:02:02	01:52:03	00:30:47	01:53:34	00:01:31	02:19:02	00:25:28	01:07:02	