

**L Guess Jewellers Arundel Triathlon - Swim Start List PLEASE BE ON POOLSIDE 10-15 MINS BEFORE APPROX START TIME**

Event	Race Number	First Name	Last Name	Age	BTF Club or Location	Swim Estimate	Approx Start Time
Standard	123	Jan	Grzebielucha	29	London	32:00:00	06:00hrs
Standard	122	David	Nobbs	40	Cardiff	30:00:00	06:00hrs
Standard	121	Graham	Wilson	27	N/A	30:00:00	06:00hrs
Standard	120	Scott	Moore	32	Haywards Heath	25:00:00	06:00hrs
Standard	119	Katrina	Patching	54	7oaks Tri Club	25:00:00	06:00hrs
Standard	118	Oliver	Johnson	42	Tuff Fitty Triathlon Club	25:00:00	06:00hrs
Standard	117	James	Willis	41	LITTLEHAMPTON	22:30	06:00hrs
Standard	116	john	plant	32	manchester	22:20	06:00hrs
Standard	115	Chris	Perry	34	Caterham	20:00	06:00hrs
Standard	114	keith	rathbone	37	chichester	20:00	06:00hrs
Standard	113	Paul	Reynolds	33	Chichester Westgate Tri Club	20:00	06:00hrs
Standard	112	Daniel	Mccormick	30	Hove	20:00	06:00hrs
Standard	111	Jade	Overy	27	Lewes	20:00	06:00hrs
Standard	110	Matthew	Watts	29	Lewes	20:00	06:00hrs
Standard	109	Ian	Priestley	28	London	20:00	06:00hrs
Standard	108	John-Henry	Wicks	28	London	20:00	06:00hrs
Standard	107	Chris	Luche	26	otford	20:00	06:00hrs
Standard	106	OLIVER	PARRY	28	RIPLEY	20:00	06:17hrs
Standard	105	Jack	Miles	25	Team Hell for Leather	20:00	06:18hrs
Standard	104	Steve	Clough-Young	50	West Chiltington	20:00	06:18hrs
Standard	103	Stuart	Gillespie	43	West Chiltington	20:00	06:18hrs
Standard	102	Jeff	Greenall	48	Hampton	20:00	06:18hrs
Standard	101	michael	hampshire	42	london	20:00	06:19hrs
Standard	100	david	hastings	44	chiswick	20:00	06:19hrs
Standard	99	Kristofer	Lindeck	30	Brighton	20:00	06:19hrs
Standard	98	Olly	Sampson	36	Worthing	20:00	06:20hrs
Standard	97	Peter	McGovern	66	Portsmouth Triathletes	20:00	06:20hrs
Standard	96	Graham	Smith	34	Hemel Hempstead	20:00	06:20hrs
Standard	95	Alastair	Randall	43	Ripe	19:00	06:21hrs
Standard	94	Mark	Chadd	53	Seaford	18:30	06:21hrs
Standard	93	Levi	Mainwaring	35	Chichester Westgate Triathlon Club	18:00	06:21hrs
Standard	92	Mark	Mills	39	CWTC	18:00	06:25hrs
Standard	91	Jon	Oliver	44	Reading	18:00	06:34hrs
Standard	90	Nick	Lowe	40	sutton	18:00	06:35hrs
Standard	89	Andrew	Ruffer	34	Tuff Fitty Triathlon Club	18:00	06:35hrs
Standard	88	DOMINIC	MOOR	28	Westcliff on sea	18:00	06:35hrs
Standard	87	Karen	Pattison	40	Hurstpierpoint	18:00	06:35hrs
Standard	86	Alex	Bailey	27	Clapham, London	18:00	06:35hrs
Standard	85	Sarah	Hubner	33	Brighton	17:30	06:35hrs
Standard	84	john	bullard	44	chichester westgate triathlon club	17:30	06:35hrs
Standard	83	michael	turner	49	7oaks Tri Club	17:30	06:36hrs
Standard	82	justine	randall	44	lewes	17:10	06:36hrs
Standard	81	Sophie	Creak	37	Chichester	17:00	06:36hrs
Standard	80	Oliver	Evans	35	Chichester	17:00	06:36hrs
Standard	79	Rhys	Atkinson	36	Crawley Down	17:00	06:36hrs
Standard	78	Steve	Collins	39	LONDON	17:00	06:36hrs
Standard	77	Janet	Shepherd	52	Pulborough	17:00	06:50hrs
Standard	76	Liz	Butcher	44	Phoenix Triathlon Club	17:00	06:50hrs
Standard	75	Chris	Ford	30	Wimbledon Windmilers	17:00	06:50hrs
Standard	74	Mark	Anderson	40	Tuff Fitty Triathlon Club	16:30	06:51hrs
Standard	73	Simon	Barnett	32	Tring Running Club	16:30	06:51hrs
Standard	72	Neil	Curtis	40	Arundel	16:30	06:51hrs
Standard	71	Charlotte	Aschan	36	Farnham Triathlon Club	16:30	06:51hrs
Standard	70	ian	gummery	54	Team Viper	16:10	06:51hrs
Standard	69	Claire	Edmonds	34	David Lloyd Brighton	16:00	06:51hrs
Standard	68	carl	leroy-smith	37	southsea, Portsmouth	16:00	06:51hrs
Standard	67	Nick	Dennes	38	Farnham Triathlon Club	16:00	06:51hrs
Standard	66	Paul	Egan	44	Guildford	16:00	06:51hrs
Standard	65	philip	PULLEN	26	guildford	16:00	06:51hrs
Standard	64	Chris	Lee	32	Haslemere	16:00	06:51hrs
Standard	63	Andrew	Coe	43	Tuff Fitty Triathlon Club	16:00	06:51hrs
Standard	62	Tony	Backhurst	62	Cranleigh	16:00	06:51hrs
Standard	61	Nick	Casburn	28	Bognor Regis	16:00	06:51hrs
Standard	60	Janice	Worsfold	40	Haslemere	16:00	07:05hrs
Standard	59	Stuart	Wilson	41	Chichester Westgate Triathlon Club	16:00	07:05hrs
Standard	58	Paul Raymond	Williams	40	Bodyworks XTC	16:00	07:06hrs
Standard	57	Lenka	Sobotkova	31	Brighton Phoenix Tri	15:30	07:06hrs
Standard	56	Phil	Bristow	49	Worthing	15:30	07:06hrs
Standard	55	Karen	Wigmore	54	Amphibians 2 TC	15:30	07:06hrs
Standard	54	carolyne	Young	34	Army Triathlon Association	15:00	07:06hrs
Standard	53	Mark	White	25	Arundel	15:00	07:06hrs
Standard	52	Sean	Scott	33	Brighton	15:00	07:06hrs
Standard	51	Paul	Casson	30	Bristol And District (BAD) Triathletes	15:00	07:06hrs
Standard	50	alex	rice	42	southdown velo	15:00	07:06hrs
Standard	49	Graham	Liddell	47	Tuff Fitty Triathlon Club	15:00	07:06hrs

Standard	48	EDWARD	FRENCH	33	BURPHAM	15:00	07:06hrs
Standard	47	Mike	Gluckman	28	London	15:00	07:06hrs
Standard	46	Robert	Paternoster	28	Bristol	15:00	07:06hrs
Standard	45	Johannes	van Baardewijk	53	London	15:00	07:06hrs
Standard	44	Jeremy	Bushell	44	Tri UK	15:00	07:20hrs
Standard	43	Richard	Wild	26	RG Active Race Team	15:00	07:20hrs
Standard	42	Faye	McClelland	31	Brighton Phoenix Tri	15:00	07:20hrs
Standard	41	Steve	Wigmore	48	Amphibians 2 TC	15:00	07:20hrs
Standard	40	paul	milton	45	Ashford Tri Club	15:00	07:20hrs
Standard	39	Samantha	Anderson	27	Mid Sussex Triathlon Club	15:00	07:20hrs
Standard	38	louise	crocker	38	aldershot	15:00	07:20hrs
Standard	37	nick	Andrews	47	chichester	14:45	07:20hrs
Standard	36	Jeremy	Howard	39	TriTalk.co.uk	14:30	07:20hrs
Standard	35	George	Gray	30	Headley Down	14:30	07:20hrs
Standard	34	Stephen	Pike	51	Barnham	14:10	07:20hrs
Standard	33	MATT	RYLEY	42	Amphibians 2 TC	14:00	07:20hrs
Standard	32	henrique	galvao	35	arundel	14:00	07:20hrs
Standard	31	David	Summerfield	33	Chichester Westage Triathlon Club	14:00	07:20hrs
Standard	30	GARY	BRIND	36	Steyning AC	14:00	07:20hrs
Standard	29	Kirsty	Barnett	36	Tring Running Club	14:00	07:20hrs
Standard	28	Paul	Davies	36	Hayling Island	14:00	07:20hrs
Standard	27	Simon	Chambers	41	Wight Tri	14:00	07:33hrs
Standard	26	Ashley	Rutland	38	Hailsham Harriers	14:00	07:33hrs
Standard	25	Abigail	Moran	33	Serpentine RC	14:00	07:33hrs
Standard	24	Natasha	Fuller	36	Lewes Wanderers cycle club	14:00	07:33hrs
Relay	23	MALCOLM	HYDER	55	Team Very Trying (Sue/Ian/Malc)	14:00	07:33hrs
Standard	22	Michael	Cooper	30	Didcot Phoenix	13:30	07:33hrs
Standard	21	Barney	Burgess	39	Great Shelford	13:30	07:33hrs
Standard	20	Christian	Powell	31	Tuff Fitty Triathlon Club	13:30	07:33hrs
Standard	19	joanne	gray	36	chichester tri club	13:30	07:33hrs
Standard	18	CHRIS	HARROP	31	Sheffield Triathlon Club	13:25	07:33hrs
Standard	17	robert	rollings	24	Brighton Phoenix Tri	13:00	07:33hrs
Standard	16	ian	williams	29	bristol	13:00	07:33hrs
Standard	15	rachel	bibby	37	Brighton Phoenix Tri	13:00	07:33hrs
Standard	14	Dave	Higgins	43	vaughns chancers	13:00	07:33hrs
Standard	13	Anthony	Towers	45	Tuff Fitty Triathlon Club	12:45	07:33hrs
Standard	12	Pete	Wallis	51	Team REP	12:30	07:43hrs
Standard	11	Nicholas	Irons	29	Brentwood	12:00	07:43hrs
Standard	10	John	Aldwinckle	34	Gosport	12:00	07:43hrs
Standard	9	Stephen	McCulloch	32	Portsmouth	12:00	07:43hrs
Standard	8	James	Hodge	41	Arundel Trinity Tri Club	12:00	07:43hrs
Standard	7	Lucy	Bowen	31	Thames Turbo	12:00	07:43hrs
Standard	6	Keith	Everley	52	Chichester Westgate Tri Club	12:00	07:43hrs
Standard	5	PAUL	ASHLEY	35	TEAM FEAT	11:30	07:43hrs
Standard	1	Peter	Younghusband	46	Tri UK	11:15	07:43hrs
Standard	4	andrew	matthews	44	chichester tri club	11:00	07:43hrs
Standard	3	Donal	Harte	30	Ful-on-Tri	10:50	07:43hrs
Standard	2	markus	steinhauser	29	Brighton	10:40	07:43hrs
<b>Event</b>	<b>Race Number</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age 31/12/10</b>	<b>BTF Club or Location</b>	<b>Swim Estimate</b>	<b>Approx Start Time</b>
Sprint	402	Ed	Hockey	29	Bexleyheath	23:00	08:00hrs
Sprint	401	Richard	Fielder	32	Rochester	22:00	08:00hrs
Sprint	400	Tony	Oneill	35	Portslade	20:00	08:00hrs
Sprint	399	Cathryn	Fletcher	40	Bognor Regis	20:00	08:00hrs
Sprint	398	Chris	Simms	38	Reigate	20:00	08:00hrs
Sprint	397	Christopher	Nutting	42	Chichester	20:00	08:00hrs
Sprint	396	Roger	Mills	54	Sutton	20:00	08:00hrs
Sprint	395	Martin	Balmer	35	Hove	20:00	08:00hrs
Sprint	394	Ian	Parfremment	41	Arundel	20:00	08:00hrs
Sprint	393	Anthony	Randall-May	40	Tuff Fitty Triathlon Club	20:00	08:00hrs
Sprint	392	JONATHAN	FIELD	28	guildford	20:00	08:00hrs
Sprint	391	Jason	Boyer	37	Crawley	20:00	08:00hrs
Sprint	390	Andrew	Halfacree	39	Arundel	16:00	08:00hrs
Sprint	389	Ricky	Doran	30	Littlehampton	15:00	08:00hrs
Sprint	388	andrew	thomas	30	london	15:00	08:00hrs
Sprint	387	michael	thurlow	52	chichester	15:00	08:13hrs
Sprint	386	rowena	hawkesworth	28	caterham	15:00	08:13hrs
Sprint	385	Robert	Sadler	39	Pulborough	15:00	08:13hrs
Sprint	384	Nina	Couchman	57	Brighton	15:00	08:13hrs
Sprint	383	patience	noble	42	Chichester	15:00	08:13hrs
Sprint	382	Matthew	Knight	39	Chichester	15:00	08:15hrs
Sprint	381	HEATHER	CORD	52	CRAWLEY	15:00	08:15hrs
Sprint	380	simon	boxall	35	worthing	14:00	08:15hrs
Sprint	379	Fabienne	Rangeard	38	Burgess Hill	12:30	08:15hrs
Sprint	378	Stephen	Tucker	41	Billingshurst	12:00	08:15hrs
Sprint	377	Norman	Thompson	38	Streatham Hill	12:00	08:15hrs
Sprint	376	Shane	Antill	39	Whitehill	12:00	08:15hrs
Sprint	375	Laura	Sanders	28	Worthing	12:00	08:15hrs

Sprint	374	Matthew	Manning-Smith	30	Brighton	12:00	08:25hrs
Sprint	373	Debbie	Boxall	31	angmering	12:00	08:25hrs
Sprint	372	Blessed	Kamera	27	Crawley	11:33	08:25hrs
Sprint	371	David	Bright	52	Lingfield	11:30	08:25hrs
Sprint	370	Michael	Clowes	42	Arundel	11:00	08:25hrs
Sprint	369	steve	furniss	48	Nutbourne	11:00	08:25hrs
Sprint	368	MARTIN	BUTCHER	52	Tuff Fitty Triathlon Club	11:00	08:25hrs
Sprint	367	david	MacCallum	32	London	11:00	08:25hrs
Sprint	366	William	Shaw	31	Burgess Hill	11:00	08:25hrs
Sprint	365	Jayne	Dearnley	47	Littlehampton	11:00	08:25hrs
Sprint	364	Andrew	Isaac	33	Chichester	10:00	08:25hrs
Sprint	363	Ben	Bulpett	43	Chichester Westgate Triathlon Club	10:00	08:25hrs
Sprint	362	mark	bennett	39	london	10:00	08:25hrs
Sprint	361	john	fuller	35	Bognor Regis	10:00	08:25hrs
Sprint	360	Tessa	meijer	45	brighton	10:00	08:25hrs
Sprint	359	Stacy	Hixon	29	Tuff Fitty Triathlon Club	10:00	08:35hrs
Sprint	358	martine	waller	42	arundel	10:00	08:35hrs
Sprint	357	Chris	Wheeler	32	South Croydon	10:00	08:35hrs
Sprint	356	Alex	Von Haselberg-Palyvou	33	LIPHOOK	10:00	08:35hrs
Sprint	355	Calvin	Wickham	49	Orpington	10:00	08:35hrs
Sprint	354	Mark	Ansell	32	Poynings	10:00	08:35hrs
Sprint	353	JAMES	CRISTOFOLI	28	TEDDINGTON	10:00	08:35hrs
Sprint	352	Paul	Dorkings	31	Brighton	10:00	08:35hrs
Sprint	351	richard	jones	46	liphook	10:00	08:35hrs
Sprint	350	Sarah	Lewis	33	Fleet	10:00	08:35hrs
Sprint	349	Laura-Anne	PLOWRIGHT	28	Beddington	10:00	08:35hrs
Sprint	348	Lucy	Mosley	29	David Lloyd Brighton	10:00	08:35hrs
Sprint	347	Sarah	Charlesworth	43	Emsworth	10:00	08:35hrs
Sprint	346	David	Charlesworth	37	Emsworth	10:00	08:35hrs
Sprint	345	Lesley	Brodie	42	Arundel	10:00	08:35hrs
Sprint	344	Amanda	Adams	43	Arundel	10:00	08:35hrs
Sprint	343	SIMON	FLATAU	34	CRANLEIGH	10:00	08:44hrs
Sprint	342	anne	cilia	51	blackheath & bromley harriers tri club	10:00	08:44hrs
Sprint	341	mark	ellison	50	blackheath and bromley harriers triclub	10:00	08:44hrs
Sprint	340	Paul	Thomas	49	Brighton Phoenix Tri	09:40	08:44hrs
Sprint	339	Nick	Bailey	53	Portsmouth Triathletes	09:40	08:44hrs
Sprint	338	Gavin	Bernard	35	East Preston	09:30	08:44hrs
Sprint	337	Ian	Clark	54	Fittleworth	09:30	08:44hrs
Sprint	336	James	Baird	39	Littlehampton	09:30	08:44hrs
Sprint	335	Diane	Nind	40	West Wittering	09:30	08:44hrs
Sprint	334	Mark	Sweetzer	49	Poole	09:30	08:44hrs
Sprint	333	Richard	Turrell	43	Arundel	09:05	08:44hrs
Sprint	332	Mandy	Border	34	East Grinstead	09:00	08:44hrs
Sprint	331	Daniel	Cox	32	Bognor Regis	09:00	08:44hrs
Sprint	330	Kirsty	Evans	30	Chichester	09:00	08:44hrs
Sprint	329	Emma	Gueterbock	40	Chichester	09:00	08:44hrs
Sprint	328	STEVE	MASKELL	24	Dark Horse Sports	09:00	08:44hrs
Sprint	327	Karen	Baird	37	Littlehampton	09:00	08:44hrs
Sprint	326	Gavin	Smith	46	London	09:00	08:52hrs
Sprint	325	Alan	Scofield	30	Team T.H.T	09:00	08:52hrs
Sprint	324	Igor	Arriandiaga	36	Englefield Green	09:00	08:52hrs
Sprint	323	CAROLYN	WALKER	43	CHELMSFORD	09:00	08:52hrs
Sprint	322	Samantha	Wills	34	Chichester Westgate Triathlon Club	09:00	08:52hrs
Sprint	321	Susie	Viner	28	Patching	09:00	08:52hrs
Sprint	320	Tessa	Bangert	46	Binfield	09:00	08:52hrs
Sprint	319	Chris	Dearnley	46	Littlehampton	09:00	08:52hrs
Sprint	318	howard	bayley	36	Tuff Fitty Triathlon Club	09:00	08:52hrs
Sprint	317	Shaun	Dowling	42	Westergate	09:00	08:52hrs
Sprint	316	MEREDYDD	HARRIES	52	FINDON	09:00	08:52hrs
Sprint	315	Tom	Hughes	33	Cranleigh	09:00	08:52hrs
Sprint	314	Sarah	Morison	40	Aldingbourne	09:00	08:52hrs
Sprint	313	Del	Morton	47	Chichester Westgate Triathlon Club	09:00	08:52hrs
Sprint	312	Steve	Boyne	52	East Grinstead Tri Club	09:00	09:00hrs
Sprint	311	Ian	Taylor	42	Epsom	09:00	09:00hrs
Sprint	310	Bob	Perry	45	Ferring	08:45	09:00hrs
Sprint	309	David	Brown	49	Bognor Regis	08:30	09:00hrs
Sprint	308	Andrew	Gueterbock	41	Chichester	08:30	09:00hrs
Sprint	307	Helen	Stark	26	Chichester Westgate Triathlon Club	08:30	09:00hrs
Sprint	306	Linda	Cooper	38	Tuff Fitty Triathlon Club	08:30	09:00hrs
Sprint	305	simon	palmer	43	Tuff Fitty Triathlon Club	08:30	09:00hrs
Sprint	304	andrew	ringer	24	bognor regis	08:30	09:00hrs
Sprint	303	Phil	Underhill	36	Climping	08:30	09:00hrs
Sprint	302	BRIAN	FURNESS	64	North Derbyshire Running Club	08:30	09:00hrs
Sprint	301	Ian	Wheeler	43	Pevensay	08:15	09:00hrs
Sprint	300	Oliver	Johnston	26	Bristol	08:15	09:00hrs
Sprint	299	Arthur	Baylis	29	Tuff Fitty Triathlon Club	08:12	09:00hrs
Sprint	298	Richard	Day	41	Banstead	08:00	09:00hrs
Sprint	297	Richard	Thrush	30	Brighton	08:00	09:00hrs

Sprint	296	James	Picking	36	Reigate	08:00	09:08hrs
Sprint	295	Stephen	Farrow	37	The Tom Hills Experience	08:00	09:08hrs
Sprint	294	melanie	boardman	42	pulborough	08:00	09:08hrs
Sprint	293	Jonathan	Burnill	35	Brighton	08:00	09:08hrs
Sprint	292	Jodie	Heath	28	Brighton	08:00	09:08hrs
Sprint	291	Andrew	Moulding	46	Worthing	08:00	09:08hrs
Sprint	290	tracy	caudle	44	East Grinstead Tri Club	08:00	09:08hrs
Sprint	289	Laura	Wells	25	Didcot Phoenix	08:00	09:08hrs
Sprint	288	Christopher	Keeler	27	The Tom Hills Experience	08:00	09:08hrs
Sprint	287	Josie	Dade	27	Phoenix Triathlon Club	08:00	09:08hrs
Sprint	286	Grahame	Moss	31	Team T.H.T	08:00	09:08hrs
Sprint	285	steve	jones	45	Tuff Fitty Triathlon Club	08:00	09:08hrs
Sprint	284	Dave	McMahon	46	Tuff Fitty Triathlon Club	08:00	09:08hrs
Sprint	283	simon	mills	34	Thames Turbo	08:00	09:08hrs
Sprint	282	Alastair	Kennaugh	59	Royal Navy Triathlon	08:00	09:08hrs
Sprint	281	Sophie	Guess	35	Tuff Fitty Tri Club	08:00	09:08hrs
Sprint	280	Elaine	Banszky	43	Farnborough	08:00	09:08hrs
Sprint	279	paul	twyford	45	selsey	08:00	09:15hrs
Sprint	278	Anthony	Winter	33	Brighton	08:00	09:15hrs
Sprint	277	David	Clarke	50	Worthing	08:00	09:15hrs
Sprint	276	Victoria	Cole	36	Guildford	08:00	09:15hrs
Sprint	275	Simon	James	44	Chichester	08:00	09:15hrs
Sprint	274	Duncan	Wright	26	Emsworth	08:00	09:15hrs
Sprint	273	Nigel	Killner	42	The Tom Hills Experience	08:00	09:15hrs
Sprint	272	Chandra	Morton	44	Chichester Westgate Triathlon Club	07:50	09:15hrs
Sprint	271	Mitchell	Beckinsale	41	Tuff Fitty Triathlon Club	07:45	09:15hrs
Sprint	270	Sarah	Gillam	23	Wimbledon	07:45	09:15hrs
Sprint	269	Garret	Turley	42	Arundel	07:45	09:15hrs
Sprint	268	Peter	Woodhouse	42	Bristol	07:45	09:15hrs
Sprint	267	Jason	Purcell	41	Ful-on-Tri	07:45	09:15hrs
Sprint	266	Graham	Parsons	53	Dr Love & The Disciples	07:40	09:15hrs
Sprint	265	Diana	Littler	49	Chichester Westgate Triathon	07:40	09:15hrs
Sprint	264	Martin	Gill	40	Tuff Fitty Triathlon Club	07:35	09:15hrs
Sprint	263	Luke	Smallman	42	London	07:30	09:22hrs
Sprint	262	andrew	gomm	36	Tuff Fitty Triathlon Club	07:30	09:22hrs
Sprint	261	Kevin	Nind	48	West Wittering	07:30	09:22hrs
Sprint	260	David	Hedges	35	Worthing	07:30	09:22hrs
Sprint	259	Stuart	Hutson	35	Witley Godalming	07:30	09:22hrs
Sprint	258	Colin	Downton	31	Billericay	07:30	09:22hrs
Sprint	257	Graeme	Garthwaite	36	Please select from list below...	07:30	09:22hrs
Sprint	256	Colin	Bushby	63	Esporta Brighton	07:30	09:22hrs
Sprint	255	Emily	Iredale	29	Midhurst Milers	07:30	09:22hrs
Sprint	254	Dominic	Amey	39	Tuff Fitty Triathlon Club	07:30	09:22hrs
Sprint	253	Marc	Townsend	30	Eastbourne	07:30	09:28hrs
Sprint	252	Nigel	Herron	46	Brighton Phoenix Tri	07:15	09:28hrs
Sprint	251	lisa	jones	44	Steyning AC	07:10	09:28hrs
Sprint	250	Joe	Sanghera	24	Royston	07:00	09:28hrs
Sprint	249	Steve	Kircher	43	Brighton	07:00	09:28hrs
Sprint	248	Philip	Ingram	39	Chichester	07:00	09:28hrs
Sprint	247	Graham	Rolfe	35	Waterlooville	07:00	09:28hrs
Sprint	246	Leanne	Levitt	31	Tuff Fitty Triathlon Club	07:00	09:28hrs
Sprint	245	susan	wade	43	pulborough	07:00	09:28hrs
Sprint	244	Joe	Norcross Webb	18	Singleton	07:00	09:28hrs
Sprint	243	Micaela	Floyd	36	Tuff Fitty Triathlon Club	07:00	09:35hrs
Sprint	242	Angela	Gates	32	Thakeham	07:00	09:35hrs
Sprint	241	Richard	Hobbs	33	Tuff Fitty Triathlon Club	07:00	09:35hrs
Sprint	240	Robert	Mountain	30	Tuff Fitty Triathlon Club	07:00	09:35hrs
Sprint	239	Adrian	Brown	55	Steyning AC	07:00	09:35hrs
Sprint	238	Jane	Custance	43	Team REP	07:00	09:35hrs
Sprint	237	JADE	WESTON	30	HOVE	06:55	09:35hrs
Sprint	236	Ryan	Flinn	24	Horsham	06:50	09:35hrs
Sprint	235	Alexander	van Leeuwen	40	Pulborough	06:45	09:35hrs
Sprint	234	Maisie	Johnston	40	Worthing	06:45	09:35hrs
Sprint	233	Steve	Head	48	Eastbourne	06:45	09:35hrs
Sprint	232	Louise	Lawrence	35	David Lloyd Brighton	06:45	09:35hrs
Sprint	231	pat	allen	37	aldershot	06:45	09:35hrs
Sprint	230	Graham	Powell	46	The Tom Hills Experience	06:45	09:35hrs
Sprint	229	Mark	Vinall	35	Horsham	06:30	09:35hrs
Sprint	228	Tom	Taylor	19	Amphibians 2 TC	06:30	09:35hrs
Sprint	227	John	Marinko	45	Brighton Phoenix Tri	06:30	09:35hrs
Sprint	226	Simon	James	49	Steyning AC	06:30	09:35hrs
Sprint	225	Tony	Donnelly	49	The Tom Hills Experience	06:30	09:35hrs
Sprint	224	Paul	Blackmore	44	The Tom Hills Experience	06:30	09:35hrs
Sprint	223	Chris	Levitt	39	TVT	06:30	09:35hrs
Sprint	222	Damian	Brewer	34	Brighton	06:30	09:35hrs
Sprint	221	Karn	Sandilands	37	Phoenix Triathlon Club	06:25	09:35hrs
Sprint	220	Nicky	Carsons	47	Worthing	06:20	09:35hrs
Sprint	219	david	byrne	49	reading	06:15	09:35hrs

Sprint	<b>218</b>	claire	nichols	31	Southampton Triathlon Club	06:15	<b>09:35hrs</b>
Sprint	<b>217</b>	Steve	Highwood	40	Angmering	06:10	<b>09:35hrs</b>
Sprint	<b>216</b>	Rebecca	Hughes	27	Tooting	06:00	<b>09:40hrs</b>
Sprint	<b>215</b>	Dominic	Chapman	38	Tuff Fitty Triathlon Club	06:00	<b>09:40hrs</b>
Sprint	<b>214</b>	Vaughan	LLOYD	56	Brighton David Lloyd	06:00	<b>09:40hrs</b>
Sprint	<b>213</b>	Andy	strong	25	Tuff Fitty Triathlon Club	06:00	<b>09:40hrs</b>
Sprint	<b>212</b>	sandra	mowat	41	havant	06:00	<b>09:40hrs</b>
Sprint	<b>211</b>	James	Ryan	34	Bodyworks XTC	06:00	<b>09:40hrs</b>
Sprint	<b>201</b>	James	Stewart	39	The Tom Hills Experience	06:00	<b>09:40hrs</b>
Sprint	<b>209</b>	Lisa	Robinson	42	Worth	06:00	<b>09:40hrs</b>
Sprint	<b>208</b>	Rory	Bryan	41	Royal Navy Triathlon	06:00	<b>09:40hrs</b>
Sprint	<b>207</b>	Lee	Cullen	24	Team REP	06:00	<b>09:40hrs</b>
Sprint	<b>206</b>	Till	Sanderson	41	Eastbourne	05:45	<b>09:40hrs</b>
Sprint	<b>205</b>	Polly	Mosley	22	Tuff Fitty Triathlon Club	05:45	<b>09:40hrs</b>
Sprint	<b>204</b>	Oliver	Hendey	30	Worthing	05:40	<b>09:40hrs</b>
Sprint	<b>203</b>	bob	novis	38	Brighton Phoenix Tri	05:40	<b>09:40hrs</b>
Sprint	<b>202</b>	Andrew	Soppitt	46	Chichester Westgate Tri Club	05:15	<b>09:40hrs</b>
Sprint	<b>210</b>	Mike	Barlow	45	Godalming	05:00	<b>09:40hrs</b>