

F30-34			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Ruth	Gloster	Clapham Chasers		99	98	100			100	100				497	399	
Susan	Mcdonald	Windrush Triathlon	97		93		98		93					381		
Shona	Cowper	Ealing Triathletes	99						97	97				293		
Claire	Tomlinson	London Fields TC	94				97		91					282		
Elkie	MACE	Crystal Palace Triathletes					100		99					199		
Rebecca	GOODWIN	Windrush Triathlon			100				98					198		
Lisa	Buchanan	Crystal Palace Triathletes		100	96									196		
Jenna	Mullett	Clapham Chasers	100							96				196		
Claire	ROBB	Clapham Chasers					99		96					195		
Estelle	Mclaughlin	Ealing Triathletes	95					97						192		
Abigail	BOSWELL	London Fields TC			95					95				190		
Izzy	Jones	London Fields Triathlon Club						98		87				185		
Joanna	ELFERINK	Serpentine RC			88				95					183		
Raya	HUBBELL	Windrush Triathlon			86					94				180		
Hannah	MCQUARRIE	Mornington Chasers			87					90				177		
Jennifer	WOOLGAR	Clapham Chasers			80					86				166		
Rebecca	Shepherd	London Fields Triathlon Club						100						100		
Victoria	Frosdick	PremierTri				99								99		
Shelley	Parker	Jetstream Tri Club						99						99		
Morgan	Pike	Clapham Chasers								99				99		
Sara	THOMAS	Serpentine RC			99									99		
Anna	Symms	Clapham Chasers	98											98		
Dana	Voysey	Clapham Chasers								98				98		
Helen	Ward	Clapham Chasers				98								98		
Sarah	Giles	Premier Tri				97								97		
Claire	MCNICOL	Greenwich Tritons			97									97		
Rachael	Dodd	Clapham Chasers	96											96		
Michelle	Neylon	West Croft Triathlon Club				96								96		
Stefanie	Woodward	SERPENTINE RUNNING CLUB						96						96		
Caroline	Crehan	Optima Racing Team				95								95		
Daisy	Gladstone	Serpentine							94					94		
Eleanor	Jukes	TRI LONDON			94									94		

Alexandra	Nemeth	Wimbledon Windmilers				94									94		
Sophie	Oliver	Clapham Chasers				93									93		
Kathrin	Wildeshaus	Clapham Chasers								93					93		
Sarah	Deeny	Clapham Chasers				92									92		
Anna	Kordek	Kingfisher Triathletes								92					92		
Claire	McGinley	Crystal Palace Triahletes								92					92		
Lucy	ORHNIAL	Ful-on-Tri			92										92		
Gemma	Brierley	Clapham Chasers								91					91		
Victoria	RANDALL	Clapham Chasers			91										91		
Rachel	ORME	Windrush Triathlon			90										90		
Imogen	HARVEY	TRI LONDON			89										89		
Margaret	McBride	East London Tri								89					89		
Becky	Read	Clapham Chasers								88					88		
Sarah	Hayward	Kingfisher Triathletes								85					85		
Lorna	STEVENSON	London Fields TC			85										85		
Katie	BRUNT	Windrush Triathlon			84										84		
Sarah	SAFAEI	Serpentine RC			83										83		
Charlotte	MULON	TRI LONDON			82										82		
Claire	MCGREGOR	TRI LONDON			81										81		
Nicola	HAINEY	Windrush Triathlon			79										79		
Cassandra	STEVENSON	TRI LONDON			78										78		
Laura	TAPPER	Windrush Triathlon			77										77		
Laura	Stewart	Serpentine RC			76										76		
Anne	LOSFELD	Serpentine RC			75										75		
Claire	LOHAN	TRI LONDON			74										74		
Leyla	RAZAVI FALLAHIEH	Mornington Chasers			73										73		
F35-39			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11				
Christina	Jenkins	Ful-on-Tri	99		99			99		98					395		
Lucy	Hurn	Windrush Triathlon	97		98				99						294		
Jane	Osborne	Ful-on-Tri	96		96			98							290		
Melanie	BRYANT	Ful-on-Tri			90	98				95					283		
Paula	Rutherford	Ful on Tri						100		99					199		
Helen	CROYDON	London Fields TC			97					97					194		

F40-44			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Hannah	Copeland	Ealing Triathletes	100		95	99		98		98				490	395	
Susan	Fairfax	Crystal Palace Triathletes		100	100				100					300		
Lucy	Till	Clapham Chasers			98				99	99				296		
Valentina	Rozzi	Ealing Triathletes	97					94		93				284		
SARAH	BURNS	East London Triathletes			96					100				196		
Oxana	CHIPPENDALE	Crystal Palace Triathletes					99	96						195		
Sarah	Kafetz	Jetstream Tri Club						95		94				189		
Lois	BARMBY	Windrush Triathlon			90	98								188		
Merilee	KARR	Ful-on-Tri			92					96				188		
Carolyn	MCNAMARA	South London Harriers			89				98					187		
Amanda	Beattie	South London Harriers	98		88									186		
catherine	cooke	Crystal Palace Triathletes						100						100		
Lexie	Elliott	Optima Racing Team				100								100		
Sonia	MARX	Westcroft Triathlon Club					100							100		
Debbie	Clarke	Serpentine RC		99										99		
GESINE	JUNKER	Windrush Triathlon			99									99		
Kate	Nunn	London Fields Triathlon Club						99						99		
Onyinye	Nwulu	Serpentine	99											99		
Kathleen	SHORT	TRI LONDON			97									97		
Lorraine	Whyte	Windrush Triathlon							97					97		
Kristina	Wilton	Ealing Triathletes						97						97		
Jane	Papa	South London Harriers								97				97		
Karen	Baitup	RG Active Race Team								95				95		
Katia	Hadaschik	Serpentine RC			94									94		
Anna	MOORHOUSE	Crystal Palace Triathletes			93									93		
Nicole	Keenan	setpentine RC								92				92		
Sylvia	BOKER	Kingfisher Triathletes			91									91		
Lizzy	MUGGERIDGE	Mornington Chasers			87									87		

F45-49			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Rachel	Maclean	Westcroft Triathlon	98			99	99			99				395		
Sue	Dyke	Ealing Triathletes	100				100							200		
Alison	Turrell	Ealing Triathletes						100		98				198		
Anne	Bennett	Serpentine	96						100					196		
Rebecca	Horsbrugh	London Fields TC	94		97									191		
Vicky	Foad	Westcroft Tri club								100				100		
Natasha	SEVANT	East London Triathletes			100									100		
Samantha	Tetlow	Kingfisher Triathletes				100								100		
Brigit	Brown	Crystal Palace Triathletes							99					99		
anna	maguire	Jetstream Tri Club						99						99		
Lisa	SAMPSON	Windrush Triathlon			99									99		
Ann	Shellard	wimbledon windmilers	99											99		
MARION	ALDOUS	Kingfisher Triathletes			98									98		
Nila	James	Jetstream Tri Club						98						98		
Tessa	Phippen	Westcroft Triathlon	97											97		
Kathryn	GIBLIN	TRI LONDON			96									96		
Laura	MCGUINNESS	Serpentine RC			95									95		
Alyson	Whyatt	South London Harriers	95											95		
F50-54			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Ruki	Sidhwa	Crystal Palace Triathletes						98	100	99				297		
Judith	Crichton	London Fields TC	98		99			99						296		
Ruth	Hutton	South London Harriers	100		100									200		
Sarah	Percival	Ealing triathletes				100		100						200		
Julie	Burgess	wimbledon windmilers	99			99								198		
Alison	Fox	Westcroft Triathlon	96			98								194		
Gail	Edmans	Thames Turbo								100				100		
Alison	TANSLEY	Havering Tri					100							100		
LUCY	PICKERING	Windrush Triathlon			98									98		
Alyson	Cox	Ealing Triathletes						97						97		
Polly	Gough	wimbledon windmilers	97											97		
Helen	KNIGHT	Kingfisher Triathletes			97									97		

F55-59			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Christine	Meek	Ealing Triathletes	100			100		100						300		
Louise	Alan-Smith	Crystal Palace Triathletes						99	100	100				299		
Olivia	HETREED	TRI LONDON			100									100		
Karen	Ayers	Crystal Palace Triathletes							99					99		
Caroline	Ferrari	wimbledon windmilers				99								99		
F60-64			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Helene	Hill	The Stragglers - Straggtri				100								100		
Andrea	Sanders Reece	Mornington Chasers		100										100		
Maggie	Swinnerton	Westcroft Triathlon Club				99								99		

Men			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
M20-24																
James	BREWER	Crystal Palace Triathletes			100					100				200		
Christopher	Tait	East London triathletes	100		99									199		
Thomas	Mitchell	Clapham Chasers		100						99				199		
Dominic	Lewis	Clapham Chasers								98				98		
Daniel	Haile	TRI LONDON			98									98		
M25-29			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Michael	Dowds	Crystal Palace Triathletes	99	100	99			100						398		
Isaac	GRIFFITHS	Westcroft Triathlon Club					99	96	97	87				379		
Lauri	Kytomaa	London Fields TC	89	96	88			97						370		
Romain	Benvenuto	Serpentine	100	99	97									296		
George	Bright	Clapham Chasers	94			99				94				287		
James	Richardson	Clapham Chasers	95	95	94									284		
Adam	CAIRNS	Clapham Chasers			80				96	88				264		
Tom	Blanshard	Clapham Chasers	97						98					195		
Ben	HUDSON	Windrush Triathlon			96				99					195		
Adam	Bamford	Tri London	98		95									193		
Ryan	Parry	Serpentine	96	97										193		
Richard	Stones	London Fields Triathlon Club						99		93				192		
Timothy	Murphy	Clapham Chasers			86					99				185		
Tom	TAYLOR	Windrush Triathlon			89					90				179		
Luke	Hawkins	London Fields TC						98		80				178		
Nick	BRACKENBURY	London Fields TC			83					86				169		
Giles	CORNER	Clapham Chasers			85					83				168		
Daniel	MEW	Clapham Chasers			81					84				165		
Tomas	Vincent	Clapham Chasers			76					81				157		
Nick	Flower	Windrush Triathlon							100					100		
Thomas	Irons	Clapham Chasers				100								100		
Rob	Sherwood	Clapham Chasers								100				100		
Max	Wolke	Clapham Chasers			100									100		
Anael	ASTIC	Serpentine RC			98									98		
Nicholas	De Bouillane	Ful-On Tri								98				98		

Milan	Misak	Serpentine RC		98										98		
Amir	Safavi	Premier Tri				98								98		
Andrew	Heath	Optima Racing Team				97								97		
Will	Russell	Thames Turbo										97		97		
Arran	Mornin	Clapham Chasers				96								96		
Daniel	Steele	Ful-On Tri										96		96		
James	Hughes	Ealing Triathletes									95			95		
Andrea	Sala	Ful-On Tri										95		95		
Robert	Weinert-Aplin	Windrush Triathlon Club				95								95		
Gregory	Amann	Clapham Chasers				94								94		
Iewis	smith	Havering Tri		94										94		
Jonathan	SLADE	Greenwich Tritons				93								93		
Gaizka	Zarraonandia	Windrush Triathlon	93											93		
Reuben	Mcgregor	Clapham Chasers				92								92		
Thomas	Smith	Thames Turbo Triathlon Club											92	92		
Thomas	Smith	Thames Turbo	92											92		
David	BROWN	South London Harriers				91								91		
Matt	Cochrane	Serpentine	91											91		
Jonathan	Saunders	Ful-On Tri											91	91		
George	Banks	Clapham Chasers	90											90		
Sean	PARRETT	London Fields TC				90								90		
Samuel	Leonard	Clapham Chasers											89	89		
Sean	Robins	Havering Triathlon Club	88											88		
Samuel	English-Kershaw	Serpentine	87											87		
Aly	HADFIELD	TRI LONDON				87								87		
Edward	Keighley	Clapham Chasers											85	85		
Andy	BIBEY	Clapham Chasers				84								84		
Andrew	BROWN	Windrush Triathlon				82								82		
Jamie	Lynch	Clapham Chasers											82	82		
Robert	AMEY	London Fields TC				79								79		
Lorenzo	Calcagni	Serpentine RC											79	79		
Aaron	DESBOROUGH	TRI LONDON				78								78		
Robert	Franklin	Clapham Chasers											78	78		

M30-34			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Haukur	Heimisson	Ful-on-Tri	100		99		99	100		100				498	398	
Riccardo	Composto	Clapham Chasers	98			100	98	99	99	99				593	397	
Geoff	Maher	Ful-on-Tri	94	98	95	99	97		97	94				674	391	
Sam	ROBINSON	Westcroft Triathlon Club					100	98	100					298		
Gareth	Parr	South London Harriers	95	100	97									292		
Tom	Vincent	Crystal Palace Triathletes	92						96	95				283		
Wei-Ho	Ng	London Fields TC	96		85					85				266		
Steven	Harris	Crystal Palace Triathletes	88						95	79				262		
Stefan	Kalyanpur	Clapham Chasers				96			94					190		
Jonathan	WORTELBOER	TRI LONDON			93			97						190		
Jonathan	Pim	wimbledon windmilers	99		90									189		
Andy	Grey	London Fields TC	90	97										187		
Angelo	Bella	Thames Turbo Triathlon Club				97				83				180		
Marc	Hibbins	London Fields TC		96	83									179		
Stuart	Richards	Clapham Chasers	89							88				177		
Simon	Howers	Westcroft triathlon club				93				75				168		
SAM	MORTON	Clapham Chasers			74					80				154		
Gareth	JONES	Mornington Chasers			79					74				153		
Andy	GREENLEAF	Serpentine RC			100									100		
Tom	Willner Reid	Highgate Harriers		99										99		
Barny	Day	Windrush Triathlon							98					98		
Stewart	Howard	Wimbledon Windmilers				98								98		
Vanrisch	MCLEAN	Serpentine RC			98									98		
Martin	Rutter	Clapham Chasers								98				98		
Steven	Leonard	Clapham Chasers								97				97		
Clement	Sicart	Clapham Chasers	97											97		
Gregory	BASSAM	London Fields TC			96									96		
Justin	Cunnew	Ful-On Tri								96				96		
Rohit	Gorasia	Jetstream Tri Club						96						96		
Nick	SCOTT	LONDON FIELDS TRIATHLON CLUB					96							96		
Cormac	Toomey	Clapham Chasers		95										95		
Lewis	Vanhinsbergh	Thames Turbo Triathlon club				95								95		

Patrick	Gower	Windrush Triathlon			76										76		
Joe	Tinnelly	Clapham Chasers								76					76		
Alex	HEAPS	Windrush Triathlon			75										75		
Andrew	BEAMISH	PREMIERTRI			73										73		
Steve	Tinkler	Clapham Chasers								73					73		
Alan	Bruce	TRI LONDON			72										72		
Jasper	Welch	Clapham Chasers								72					72		
Luciano	Bandolin	Serpentine								71					71		
Ben	Dolman	Windrush Triathlon			71										71		
Bruce	MCDONAGH	Windrush Triathlon			70										70		
Dominic	McDonnell	Kingfisher Triathletes								70					70		
Mark	FRANKLIN	Crystal Palace Triathletes			69										69		
Martyn	CLEWS	Crystal Palace Triathletes			68										68		
Josep	MORATO	Serpentine RC			67										67		
Damien	HELLEBOID	Windrush Triathlon			66										66		
Joe	ROBERTS	Greenwich Tritons			65										65		
Stefan	POTGIETER	Windrush Triathlon			64										64		
M35-39			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11				
Rob	Parry	Crystal Palace Triathletes		100	99			100	99	99					497	398	
Sebastian	Buhs	Serpentine	99	99	98			99	100	100					595	396	
Christian	Moxon	Clapham Chasers		98	94	100			95						387		
Matthew	WHITE	Crystal Palace Triathletes			92	99			97	95					383		
Andrew	Mcrobbie	Crystal Palace Triathletes	91		90			96		89					366		
Alexie	Calvert-Ansari	Ful-on-Tri	100		96			98							294		
Salvatore	Zappala	Serpentine	97			96			96						289		
Rory	Natkiel	London Fields TC	96		85			97							278		
Adam	WOOLGAR	Clapham Chasers			82				93	85					260		
Matthew	LEWIS	Windrush Triathlon			95				98						193		
Christophe	des Vallieres	Serpentine RC		97						87					184		
Tunca	Rodoplu	Ealing Triathletes	89	95											184		
Martin	Bruwer	Ful-on-Tri	88			94									182		
Ashley	Roberts	London Fields TC			83			95							178		
Sean	OHalloran	Ful-On Tri						94		80					174		

Andrew	Phipps-Jones	Ful-On Tri								88					88		
Gordon	REID	TRI LONDON			87										87		
David	Wood	wimbledon windmilers	87												87		
Ali	WARDLE	East London Triathletes			86										86		
Diego	Martinez Ballesteros	Premier Tri								84					84		
Daniel	QUINN	South London Harriers			84										84		
Oliver	Sherman	SERPENTINE RUNNING CLUB								83					83		
Alerto	Lazaro Haro	Ful on Tri								82					82		
Mark	BRESLIN	Windrush Triathlon			81										81		
Jose Julien	Lopez Henao	Ful-on-Tri								81					81		
LUKE	KEVAN	Windrush Triathlon			80										80		
Gideon	Shawyer	Clapham Chasers								79					79		
Samuel	Birch	TRI LONDON			76										76		
Andrew	KEW	Crystal Palace Triathletes			75										75		
CHRIS	ROGERS	Metropolitan Police Triathlon Club			74										74		
Steven	MORTONSON	TRI LONDON			73										73		
Kevin	LOCKWOOD	Windrush Triathlon			72										72		
James	BROWN	Serpentine RC			71										71		
Prasoon	Jaiswal	TRI LONDON			70										70		
Alfonso	MONROY	TRI LONDON			69										69		
Dan	GILMORE	Windrush Triathlon			68										68		
40-44			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11				
Euan	Lees	Ful-on-Tri	100				100	100	100						400	400	
yu	kawachi	Ealing Triathletes	95	94	90		99	97	95	90					660	386	
Victor	Thompson	Crystal Palace Triathletes						99	98	94					291		
Timothy	Male	Thames Turbo Triathlon Club				100				100					200		
Selwyn	Smith	Crystal Palace Triathletes		99					99						198		
Gorka	Goenaga	Clapham Chasers				98				92					190		
Alex	Jeffreys	Serpentine RC		98	89										187		
Christian	Rose-Day	Clapham Chasers							96	91					187		
Alec	Dyer	Thames Turbo	90		95										185		
Brian	Mccluskey	metropolitan police	91			94									185		
Martyn	BARMBY	Windrush Triathlon			88	92									180		

Paul	Treadwell	Greenwich Tritons	93											93		
Tim	Davies	Ealing Triathletes	92											92		
Rune	HENRIKSEN	TRI LONDON			92									92		
Julian	KEENAN	London Fields TC			91									91		
Matt	Brooks	Thames Turbo								89				89		
Matthew	Raver	Ful-on-Tri	89											89		
German	Chacartegui	Serpentine	88											88		
Alastair	Kuhn	Serpentine								88				88		
Miles	Irving	Thames Turbo Triathlon Club								87				87		
Charles	Leonard	wimbledon windmilers	87											87		
Andrew	Sharp	East London Triathletes			87									87		
David	Knipe	Ful-On Tri								86				86		
Gary	SHEARIN	Windrush Triathlon			86									86		
Iain	Richards	Windrush								85				85		

M45-49			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Rob	Argles	Ful-on-Tri	98		100		99	100	100	100				597	400	
William	McAvock	Serpentine RC		100	96	98								294		
Alan	Wray	Herne Hill Harriers	100		95			99						294		
Trevor	Chilton	Crystal Palace Triathletes	97					98		98				293		
Peter	Wood	Crystal Palace Triathletes		96	94			97						287		
Michael	Loiacono	East London triathletes	96				100							196		
Paul	Jagger	Clapham Chasers	95						99					194		
Stephen	Pallister	wimbledon windmilers	93			96								189		
Charles	Greenwood	Crystal Palace Triathletes	91						97					188		
Steve	Clancey	South London Harriers	92							94				186		
Timothy	Kirkman	Greenwich Tritons	90		87									177		
James	Beckinsale	Optima Racing Team				100								100		
john	driscoll	London Heathside Runners AC		99										99		
Sean	Flynn	Met police Tri club				99								99		
Paul	Mason	MedwayTri								99				99		
Eoin	O'Connell	Serpentine	99											99		
Ian	TAYLOR	South London Harriers			99									99		
Mark	CAWOOD	South London Harriers			98									98		
Peter	Clarke	Serpentine RC		98										98		
Martin	Rafferty	Crystal Palace Triathletes							98					98		
Daniel	CHAPPELL	Herne Hill Harriers			97									97		
Colin	Dutkiewicz	Wimbledon windmilers								97				97		
Kevin	Freeman	Crystal Palace Triathletes		97										97		
Andy	Hindley	Optima Racing Team				97								97		
Stuart	Amblin	Hillingdon Triathletes						96						96		
Carl	Fisher	Viceroy's Triathlon Club				95								95		
Matt	James	Jetstream Tri Club						95						95		
Alex	Malzer	Serpentine RC		95										95		
HervÚ	Vignalou	Ful-on-Tri								95				95		
Marcel	Admiraal	Imperial College	94											94		
David	Lamy	Willesden triathlon				94								94		
daniele	tombini	Serpentine RC		94										94		

David	Wood	Jetstream Tri Club						94							94		
Geoff	BURGESS	TRI LONDON			93										93		
Michael	Dohan	kingfisher triathletes				93									93		
Justin	MacMullan	Clapham Chasers								93					93		
Paul	Stoker	Serpentine RC		93											93		
Sean	REED	East London Triathletes			92										92		
Gary	Simmons	Westcroft Triathlon Club				92									92		
Tarquin	Williams	Jetstream Tri Club								92					92		
Ebney	Hossen	Wimbledon Windmilers				91									91		
Rizwan	Khan	Serpentine								91					91		
Richard	SIMMONS	Windrush Triathlon			91										91		
Daniel	Holdsworth	Westcroft Triathlon Club				90									90		
Sean	WOODS	Greenwich Tritons			90										90		
Robin	BRUCE	Windrush Triathlon			89										89		
GARY	SHAW	Greenwich Tritons			88										88		
Ken	WILLIS	Herne Hill Harriers			86										86		
Alex	Bump	Ful-On Tri												96			
M50-54			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11				
Greg	Lewis	Crystal Palace Triathletes		98	100		100	100	100	98					596	400	
John	WARTON	Clapham Chasers			92	92		95	98	93					470	378	
Jonathan	Horsman	Crystal Palace Triathletes	100	100	99			99							398		
Phil	Roker	Ful-on tri				99		98		100					297		
Jeremy	PURNELL	Crystal Palace Triathletes			98			97							195		
Richard	Brimelow	Clapham Chasers				97				95					192		
Michael	Doble	Crystal Palace Triathletes	97	95											192		
Andrew	Ormesher	Clapham Chasers			95	93									188		
Mark	Scott	Hillingdon Triathletes				100									100		
Mark	Brown	Crystal Palace Triathletes		99											99		
Jon	Clark	Thames Turbo Triathlon Club									99				99		
Dean	Painter	MedwayTri	99												99		
Mark	Thomas	Crystal Palace Triathletes							99						99		
Robert	Newbould	Thames Turbo				98									98		
Paul	Sparks	Medway Tri	98												98		

M55-59			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Gareth	Robson	Crystal Palace Triathletes	99	98		96		94		95				482	388	
Keith	Freegard	Ealing Triathletes		99		97		99						295		
Ted	FRASER	Thames Turbo Triathlon Club			98			98						196		
Paul	Hayes	Clapham Chasers				98				97				195		
Steve	Rigby	South London Harriers	98		96									194		
Ian	Knight	Jetstream Tri Club						93		93				186		
Simon	Claridge	Hillingdon Triathletes		100										100		
Ian	COLEMAN	GREENWICH TRITONS					100							100		
John	Foss	South London Harriers	100											100		
John	GRIFFIN	TRI LONDON			100									100		
Martin	Leat	Crystal Palace Triathletes							100					100		
Dan	Noraika	Ealing Triathletes						100						100		
Richard	Stanhope	Hillingdon Triathletes								100				100		
Tim	Thomas	Crystal Palace Triathletes				100								100		
Mick	Cairns	LFTC								99				99		
David	Crockwell	Crystal Palace Triathletes					99							99		
Marc	Highton	Viceroy Triathlon Club				99								99		
Nick	Webb	East London Triathletes			99									99		
Philip	Graham-Clare	Westcroft Traithlon								98				98		
Bob	Burton	Hillingdon Triathletes						97						97		
David	LONGSTAFF	East London Triathletes			97									97		
Pete	Hughes	Trent Park Running Club								96				96		
William	Kelly	Jetstream Tri Club						96						96		
David	Clarke	Westcroft Triathlon club				95								95		
Kevin	Concannon	Jetstream Tri Club						95						95		
Stephen	Ellis	Wimbledon Windmiler				94								94		
Mike	Powell	Ful-On Tri								94				94		
Mark	Pattinson	The Stragglers - Stragtri				93								93		

M60-64			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Noel	Murphy	Crystal Palace Triathletes				100		100						200		
Jeff	Grimes	Thames Turbo	100							99				199		
Christopher	Holland	Westcroft Triathlon	99							98				197		
Chris	Owens	Optima Racing Team								100				100		
Vincent	Phelan	Jetstream Tri Club						99						99		
Philip	Logoreci	Clapham Chasers				99								99		
M65-69			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Michael	Holden	Comet Triathlon Club	100		100	100								300		
Franz	Werndle	The Stragglers - Straggtri				99								99		
Peter	Wood	HILLINGDON TRIATHLETES				98								98		
M75-79			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Paratriathlon			R1	R2	R3	R4	Eton	R6	R7	R8	R9	R10	R11			
Male																
Gareth	Turbett	Trent Park					200							200		
Female			R1	R2	R3	R4	Eton	R6	R7	R8	R9	R10	R11			
Donna	Dewick	London Fields TC	100				200							300		