







F30-34			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Ruth	Gloster	Clapham Chasers		99	98	100			100	100		99		596	399	1
Susan	Mcdonald	Windrush Triathlon	97		93		98		93					381	381	2
Claire	Tomlinson	London Fields TC	94				97		91		98			380		
Shona	Cowper	Ealing Triathletes	99						97	97				293		
Jenna	Mullett	Clapham Chasers	100							96			97	293		
Anna	Symms	Clapham Chasers	98									97	93	288		
Elkie	MACE	Crystal Palace Triathletes					100		99					199		
Sara	THOMAS	Serpentine RC			99								100	199		
Rebecca	GOODWIN	Windrush Triathlon			100				98					198		
Helen	Ward	Clapham Chasers				98						100		198		
Lisa	Buchanan	Crystal Palace Triathletes		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		
Eleanor	Jukes	TRI LONDON			94								96	190		
Izzy	Jones	London Fields Triathlon Club						98		87				185		
Victoria	RANDALL	Clapham Chasers			91								94	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		
Katie	Beckett	London Fields Triathlon Club									100			100		
Rebecca	Shepherd	London Fields Triathlon Club						100						100		
Maija	Antila	Serpentine Running Club									99			99		
Victoria	Frosdick	PremierTri				99								99		
Maria	HALLEY	Clapham Chasers											99	99		
Shelley	Parker	Jetstream Tri Club						99						99		
Morgan	Pike	Clapham Chasers								99				99		
Anna	Henderson	FUL-ON TRI										98		98		
Sarah	PEMBERTON	Serpentine											98	98		
Dana	Voysey	Clapham Chasers								98				98		
Sarah	Giles	Premier Tri				97								97		



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	100		100	595	398	1
Jane	Osborne	Ful-on-Tri	96		96			98				100	98	488	392	2
Emma	Swinerton	Ful-On Tri						97		96	99	99		391	391	3
Lucy	Hurn	Windrush Triathlon	97		98				99					294		
Melanie	BRYANT	Ful-on-Tri			90	98				95				283		
Amy	PRITCHARD	TRI LONDON			100								99	199		
Paula	Rutherford	Ful on Tri						100		99				199		
Jane	Ford	Crystal Palace Triathletes							98				97	195		
Helen	CROYDON	London Fields TC			97					97				194		
Carolina	Lanza	Ful-on-Tri				97							96	193		
Pam	Hemstrom	Serpentine	95						97					192		
Becky	Booth	London Fields TC	90					95						185		
Joanna	DUFTON	TRI LONDON			93								92	185		
Sari	Leppala	South London Harriers	92		91									183		
Cristina	Cooper	Havering Tri		100										100		
Joanne	Harbinson	Westcroft Triathlon Club					100							100		
Sarah	Lewis	Ful-On Tri								100				100		
Christine	Lutsch	Serpentine							100					100		
Alys	Mathew	Clapham Chasers	100											100		
Charlotte	Saunders	Viceroy's / Team Sirius				100								100		
Ana	Berenguel Anter	Ful-on-Tri				99								99		
Norma	ORTIZ	East London Triathletes					99							99		
Deborah	Hope	MedwayTri	98											98		
Sabrina	O'Dwyer	LONDON FIELDS TRIATHLON CLUB										98		98		
Rebecca	Rae	Serpentine							96					96		
Angela	Sicot	Thames Turbo Triathlon Club				96								96		
Sylwia	Tokarska	London Fields Triathlon Club						96						96		
Ann	HUNTER	Clapham Chasers			95									95		



F40-44			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Susan	Fairfax	Crystal Palace Triathletes		100	100				100				100	400	400	1
Hannah	Copeland	Ealing Triathletes	100		95	99		98		98				490	395	2
Carolyn	MCNAMARA	South London Harriers			89				98			99	98	384	384	3
Lucy	Till	Clapham Chasers			98				99	99				296		
Valentina	Rozzi	Ealing Triathletes	97					94		93				284		
catherine	cooke	Crystal Palace Triathletes						100				100		200		
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		
Amanda	Beattie	South London Harriers	98		88									186		
Lexie	Elliott	Optima Racing Team				100								100		
Sonia	MARX	Westcroft Triathlon Club					100							100		
Debbie	Clarke	Serpentine RC		99										99		
Helen	FRISBY	Clapham Chasers											99	99		
GESINE	JUNKER	Windrush Triathlon			99									99		
Kate	Nunn	London Fields Triathlon Club						99						99		
Onyinye	Nwulu	Serpentine	99											99		
Jane	Papa	South London Harriers								97				97		
Kathleen	SHORT	TRI LONDON			97									97		
Stephanie	VAATZ	Serpentine											97	97		
Lorraine	Whyte	Windrush Triathlon							97					97		
Kristina	Wilton	Ealing Triathletes						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	395	1
Sue	Dyke	Ealing Triathletes	100				100							200		2
Brigit	Brown	Crystal Palace Triathletes							99			100		199		3
Alison	Turrell	Ealing Triathletes						100		98				198		
Anne	Bennett	Serpentine	96						100					196		
Rebecca	Horsbrugh	London Fields TC	94		97									191		
Sandra	BUCKTON	Hampstead Tri											100	100		
Vicky	Foad	Westcroft Tri club								100				100		
Natasha	SEVANT	East London Triathletes			100									100		
Samantha	Tetlow	Kingfisher Triathletes				100								100		
anna	maguire	Jetstream Tri Club						99						99		
Kati	PUSEY	Crystal Palace Tri											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			
Judith	Crichton	London Fields TC	98		99			99			100			396	396	1
Ruki	Sidhwa	Crystal Palace Triathletes						98	100	99				297		2
Sarah	Percival	Ealing triathletes				100		100						200		3
Ruth	Hutton	South London Harriers	100		100									200		
Julie	Burgess	wimbledon windmilers	99			99								198		
LUCY	PICKERING	Windrush Triathlon			98							100		198		
Alison	Fox	Westcroft Triathlon	96			98								194		
Gail	Edmans	Thames Turbo								100				100		
Alison	TANSLEY	Havering Tri					100							100		
Alyson	Cox	Ealing Triathletes						97						97		
Polly	Gough	wimbledon windmilers	97											97		



F55-59			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Christine	Meek	Ealing Triathletes	100			100		100					99	399		1
Louise	Alan-Smith	Crystal Palace Triathletes						99	100	100		100		399		2
Olivia	HETREED	TRI LONDON			100									100		3
Elizabeth	O'CONNOR	Serpentine											100	100		
Karen	Ayers	Crystal Palace Triathletes							99					99		
Caroline	Ferrari	wimbledon windmilers				99								99		
Camilla	Allwood	Serpentine Running Club										99		99		
F60-64			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Andrea	Sanders Reece	Mornington Chasers		100									100	200		1
Helene	Hill	The Stragglers - Straggtri				100								100		2
Maggie	Swinnerton	Westcroft Triathlon Club				99								99		3

Men			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
M20-24																
Thomas	Mitchell	Clapham Chasers		100						99			99	298		1
James	BREWER	Crystal Palace Triathletes			100					100				200		2
Christopher	Tait	East London triathletes	100		99									199		3
Francis	Beechnoir	CRYSTAL PALACE TRIATHLETES										100		100		
James	ELLIS	Ful-On Tri											100	100		
Wim	GEBERBAUER	Crystal Palace Tri											98	98		
Daniel	Haile	TRI LONDON			98									98		
Dominic	Lewis	Clapham Chasers								98				98		
M25-29			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Michael	Dowds	Crystal Palace Triathletes	99	100	99		100	100				100		598	400	1
George	Bright	Clapham Chasers	94			99				94	97	99	97	580	392	2
Isaac	GRIFFITHS	Westcroft Triathlon Club					99	96	97	87	94	96		569	388	3
Lauri	Kytomaa	London Fields TC	89	96	88			97			95	97		562	385	4
Nick	BRACKENBURY	London Fields TC			83					86	98	98		365	365	5
Tomas	Vincent	Clapham Chasers			76					81		95	91	343	343	6
Romain	Benvenuto	Serpentine	100	99	97									296		
James	Richardson	Clapham Chasers	95	95	94									284		
Adam	CAIRNS	Clapham Chasers			80				96	88				264		
Max	Wolke	Clapham Chasers			100								100	200		
Nicholas	De Bouillane	Ful-On Tri								98	99			197		
Milan	Misak	Serpentine RC		98									99	197		
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		
Thomas	Smith	Thames Turbo Triathlon Club	92							92				184		
Aly	HADFIELD	TRI LONDON			87								93	180		
Tom	TAYLOR	Windrush Triathlon			89					90				179		
Luke	Hawkins	London Fields TC						98		80				178		

Giles	CORNER	Clapham Chasers			85				83			168	
Daniel	MEW	Clapham Chasers			81				84			165	
Nick	Flower	Windrush Triathlon						100				100	
Thomas	Irons	Clapham Chasers			100							100	
Rob	Sherwood	Clapham Chasers							100			100	
Sam	Walsh	London Fields Triathlon Club							100			100	
Anael	ASTIC	Serpentine RC			98							98	
Amir	Safavi	Premier Tri			98							98	
Joe	SPRAGGINS	Clapham Chasers									98	98	
Andrew	Heath	Optima Racing Team			97							97	
Will	Russell	Thames Turbo							97			97	
Richard	ARTHUR	Clapham Chasers									96	96	
Richard	Bull	Clapham Chasers							96			96	
Arran	Mornin	Clapham Chasers			96							96	
Daniel	Steele	Ful-On Tri							96			96	
James	Hughes	Ealing Triathletes					95					95	
Alex	MOORHOUSE	Willesden Tri									95	95	
Andrea	Sala	Ful-On Tri							95			95	
Robert	Weinert-Aplin	Windrush Triathlon Club			95							95	
Gregory	Amann	Clapham Chasers			94							94	
Rowan	SIDDERS	Clapham Chasers									94	94	
Iewis	smith	Havering Tri		94								94	
Sam	Burne James	Clapham Chasers							93			93	
Jonathan	SLADE	Greenwich Tritons			93							93	
Gaizka	Zarraonandia	Windrush Triathlon	93									93	
Reuben	Mcgregor	Clapham Chasers			92							92	
Henry	STEWART	Clapham Chasers									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	
Nicholas	WARBURTON	Clapham Chasers									90	90	



M30-34			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Haukur	Heimisson	Ful-on-Tri	100		99		99	100		100				498	399	1
Riccardo	Composto	Clapham Chasers	98			100	98	99	99	99			97	690	397	2
Geoff	Maher	Ful-on-Tri	94	98	95	99	97		97	94	98			772	392	3
Sam	ROBINSON	Westcroft Triathlon Club					100	98	100					298		
Gareth	Parr	South London Harriers	95	100	97									292		
Jose Miguel	PAIVA	Serpentine RC			91						99	99		289		
Stefan	Kalyanpur	Clapham Chasers				96			94		95			285		
Tom	Vincent	Crystal Palace Triathletes	92						96	95				283		
Jonathan	Bloomfield	Ful-On Tri								92	96		91	279		
Wei-Ho	Ng	London Fields TC	96		85					85				266		
Steven	Harris	Crystal Palace Triathletes	88						95	79				262		
Gareth	JONES	Mornington Chasers			79					74			94	247		
SAM	MORTON	Clapham Chasers			74					80			90	244		
Hamish	Cropper	Clapham Chasers									100	100		200		
Andy	GREENLEAF	Serpentine RC			100								99	199		
Vanrisch	MCLEAN	Serpentine RC			98								100	198		
Jonathan	WORTELBOER	TRI LONDON			93			97						190		
Steven	Leonard	Clapham Chasers								97			92	189		
Jonathan	Pim	wimbledon windmilers	99		90									189		
Cormac	Toomey	Clapham Chasers		95							94			189		
Andy	Grey	London Fields TC	90	97										187		
Philip	Bowker	Clapham Chasers								87			96	183		
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		
Tom	Willner Reid	Highgate Harriers		99										99		
Nicolas	BERGER	Serpentine											98	98		
Barny	Day	Windrush Triathlon							98					98		
Stewart	Howard	Wimbledon Windmilers				98								98		
Elliott	More	Clapham Chasers										98		98		
Martin	Rutter	Clapham Chasers								98				98		







Salvatore	Zappala	Serpentine	97			96			96			95		384	384	6
Martin	Bruwer	Ful-on-Tri	88			94					98	88		368	368	7
Andrew	Mcrobbie	Crystal Palace Triathletes	91		90			96		89				366	366	8
Rory	Natkiel	London Fields TC	96		85			97						278		
Ashley	Roberts	London Fields TC			83			95				92		270		
Jose Julien	Lopez Henao	Ful-on-Tri								81	96	89		266		
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		
Diego	Martinez Ballesteros	Premier Tri								84	99			183		
Daniel	QUINN	South London Harriers			84								97	181		
David	Wood	wimbledon windmilers	87										89	176		
Sean	OHalloran	Ful-On Tri						94		80				174		
Tobias	MITTELSTAEDT	Windrush Triathlon			79				92					171		
John	Scott	Serpentine	93		78									171		
Samuel	Birch	TRI LONDON			76								91	167		
Harry	VANERIS	Windrush Triathlon			77					86				163		
Tom	DANE	East London Triathletes						100						100		
charlie	elliott	Ful On Tri										100		100		
Gary	LAYBOURNE	South London Harriers			100									100		
Jonathan	THOMSON	Mornington Chasers											99	99		
Graeme	Kane	South London Harriers	98											98		
Atish	Nazir	Thames Turbo Triathlon				98								98		
Alan	Scott	Clapham Chasers								98				98		
ROB	BALDOCK	TRI LONDON			97									97		
Dwight	Senduk	Clapham Chasers								97				97		
Andrew	Sparks	London Fields Triathlon Club										97		97		
Richie	Thorpe	Thames Turbo Triathlon Club				97								97		
Simon	BARKER	Crystal Palace Tri											96	96		
John	Buchanan	Crystal Palace Triathletes		96										96		
Joe	Edmonds	LONDON FIELDS TRIATHLON CLUB										96		96		
Cristian	Marcos Ayuso	Ful-On Tri								96				96		



Oliver	Sherman	SERPENTINE RUNNING CLUB								83				83		
Alerto	Lazaro Haro	Ful on Tri								82				82		
Mark	BRESLIN	Windrush Triathlon			81									81		
LUKE	KEVAN	Windrush Triathlon			80									80		
Gideon	Shawyer	Clapham Chasers								79				79		
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			100		500	400	1
Victor	Thompson	Crystal Palace Triathletes						99	98	94		98		389	389	2
yu	kawachi	Ealing Triathletes	95	94	90		99	97	95	90	97		94	851	388	3
Alex	Elferink	Serpentine RC			100						99	99		298		
Del	Huse	clapham chasers							97		98		97	292		
Timothy	Male	Thames Turbo Triathlon Club				100				100				200		
Selwyn	Smith	Crystal Palace Triathletes		99					99					198		
Graeme	Bell	East London Triathletes					98					97		195		
DAVID	BOWRY	TRI LONDON			96								98	194		
James	Dark	London Heathside Runners AC		96								96		192		
Simon	FOLEY	TRI LONDON			93								99	192		
Anthony	FLICK	TRI LONDON			94								96	190		
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		
Matthew	Raver	Ful-on-Tri	89									95		184		
Martyn	BARMBY	Windrush Triathlon			88	92								180		

Miles	Irving	Thames Turbo Triathlon Club								87		93		180	
Stuart	Archer	Ful-On Tri									100			100	
Martin	Bateman	Hillingdon Triathletes		100										100	
Angus	BEAUMONT	Serpentine										100		100	
Brian Mark	Chandler	thames turbo				99								99	
James	Deane	Ful-on-Tri	99											99	
Richard	HARPER	Ful-on-Tri			99									99	
Samir	Kadem	Clapham Chasers								99				99	
Jonathan	Calver	TRI LONDON			98									98	
Andrew	Hoseason	Kingfisher Triathletes						98						98	
John	Kennedy	London Fields TC	98											98	
Jason	Parrish	Ful-on-Tri								98				98	
Fed	GIBSON	Westcroft Triathlon Club					97							97	
Jon	Heasman	Thames Turbo Triathlon Club								97				97	
Steve	Lawson	MedwayTri	97											97	
Jonny	Pollard	London Fields Triathlon Club				97								97	
David	Robinson	Serpentine RC		97										97	
Richard	Turner	Serpentine RC			97									97	
Jamie	Freeland	South London Harriers	96											96	
Dustin	Salveson	SERPENTINE RUNNING CLUB						96						96	
James	Turner	Viceroy's								96				96	
Chris	Walmsley	The Stragglers - Straggtri				96								96	
Christopher	Williams	Clapham Chasers										96		96	
Edward	Kirk-Wilson	Clapham Chasers								95				95	
Regis	Martin	East London Triathletes		95										95	
Scott	Massey	Capital Tri									95			95	
Clive	RICHARDSON	Ealing Triathletes											95	95	
Shaun	Satterthwaite	Thames Turbo Triathlon Club				95								95	
Paul	Kerry	Clapham Chasers							94					94	
Stephen	Meredith	Kingfisher Triathletes	94											94	
Graham	Sutherland	Clapham Chasers										94		94	
Mark	McLEAVERY	Met police Tri club				93								93	
Mark	Sempers	Ful-On Tri								93				93	

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		
German	Chacartegui	Serpentine	88											88		
Alastair	Kuhn	Serpentine								88				88		
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	100	99		796	400	1
William	McAvock	Serpentine RC		100	96	98							99	393	393	2
Trevor	Chilton	Crystal Palace Triathletes	97					98		98			97	390	390	3
Alan	Wray	Herne Hill Harriers	100		95			99						294		
Paul	Jagger	Clapham Chasers	95						99				96	290		
Peter	Wood	Crystal Palace Triathletes		96	94			97						287		
Eoin	O'Connell	Serpentine	99									100		199		
Michael	Loiacono	East London triathletes	96				100							196		
Colin	Dutkiewicz	Wimbledon windmilers								97			98	195		
Graeme	Blair	Crystal Palace Triathletes									99		95	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		
Andy	BETTON	Tri London											100	100		
john	driscoll	London Heathside Runners AC		99										99		
Sean	Flynn	Met police Tri club				99								99		
Paul	Mason	MedwayTri								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		
James	Richens	Serpentine Running Club										98		98		
Daniel	CHAPPELL	Herne Hill Harriers			97									97		
Kevin	Freeman	Crystal Palace Triathletes		97										97		
Andy	Hindley	Optima Racing Team				97								97		
Stuart	Amblin	Hillingdon Triathletes						96						96		
Alex	Bump	Ful-On Tri								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		
Hans	GEBERBAUER	Crystal Palace Tri										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		
Jeremy	NICHOLLS	Hampstead Tri										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		
M50-54			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Greg	Lewis	Crystal Palace Triathletes		98	100		100	100	100	98			100	696	400	1
Jonathan	Horsman	Crystal Palace Triathletes	100	100	99			99						398	398	2
Phil	Roker	Ful-on tri				99		98		100			97	394	394	3
Jeremy	PURNELL	Crystal Palace Triathletes			98			97				100	98	393	393	4
John	WARTON	Clapham Chasers			92	92		95	98	93		99	96	665	388	5
Richard	Brimelow	Clapham Chasers				97				95				192		
Michael	Doble	Crystal Palace Triathletes	97	95										192		
Andrew	Ormesher	Clapham Chasers			95	93								188		
David	Nicholson	London Fields Triathlon Club									100			100		
Mark	Scott	Hillingdon Triathletes				100								100		





M55-59			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Gareth	Robson	Crystal Palace Triathletes	99	98		96		94		95	100	100	95	777	397	1
Keith	Freeguard	Ealing Triathletes		99		97		99					96	391	391	2
John	GRIFFIN	TRI LONDON			100								99	199		3
Dan	Noraika	Ealing Triathletes						100					98	198		
Ted	FRASER	Thames Turbo Triathlon Club			98			98						196		
Paul	Hayes	Clapham Chasers				98				97				195		
Steve	Rigby	South London Harriers	98		96									194		
David	Crockwell	Crystal Palace Triathletes					99						94	193		
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		
Martin	Leat	Crystal Palace Triathletes							100					100		
Ian	LESLIE	Hillingdon Tri											100	100		
Richard	Stanhope	Hillingdon Triathletes								100				100		
Tim	Thomas	Crystal Palace Triathletes				100								100		
Mick	Cairns	LFTC								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		
Franca	PUGLIESI	Willesden Tri											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			
Christopher	Holland	Westcroft Triathlon	99							98			99	296		1
Noel	Murphy	Crystal Palace Triathletes				100		100						200		2
Jeff	Grimes	Thames Turbo	100							99				199		
Philip	Logoreci	Clapham Chasers				99						100		199		
Chris	Owens	Optima Racing Team								100				100		
Haydn	WHITMORE	Crystal Palace Tri											100	100		
George	Allan	Serpentine Running Club										99		99		
Vincent	Phelan	Jetstream Tri Club						99						99		
M65-69			R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11			
Michael	Holden	Comet Triathlon Club	100		100	100						100		400	400	1
Franz	Werndle	The Stragglers - Straggtri				99								99		2
Peter	Wood	HILLINGDON TRIATHLETES				98								98		3
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		1
Female			R1	R2	R3	R4	Eton	R6	R7	R8	R9	R10	R11			
Donna	Dewick	London Fields TC	100				200							300		1