

Stephanie	Davis	Clapham Chasers												100	100		
Lauren	Roe	Serpentine												99	99		
Kate	BIDDLECOMBE	GREENWICH TRITONS						99							99		
Alexandra	COOKE	Serpentine Running Club						99							99		
Kristen	Stowell	TRI LONDON												98	98		
Katie	Gilkes	Clapham Chasers										98			98		
Nicole	Pugson	London Fields Triathlon Club						97							97		
Laura	Sargent	Windrush Triathlon Club			97										97		
Charlotte	Woodward	Clapham Chasers				97									97		
Natasha	Whishaw	Serpentine										97			97		
Sarah	Bruce	Clapham Chasers				96									96		
Lizzie	GERMAN	Windrush Triathlon Club						96							96		
Emily	Harrison	Clapham Chasers			96										96		
Jessica	Lowe	GREENWICH TRITONS											96		96		
Maria	Marco Terraes	Clapham Chasers												95	95		
Natasha	BRANCH	Serpentine Running Club						95							95		
Madeline	Dixon	London Fields Triathlon Club		95											95		
Phoebe	Juggins	Windrush Triathlon Club		94											94		
Emily	RISNESS	TRI LONDON						94							94		
Joanna	Muddle	Clapham Chasers													93	93	
Charlotte	Young	Thames Turbo Triathlon Club		93											93		
Rachel	Hine	Clapham Chasers													92	92	
Charlotte	Johnson	Clapham Chasers				92									92		
Tanja	VELLING	Serpentine Running Club						92							92		
Emma	Fudge	Clapham Chasers													91	91	
Sarah	Faull	Clapham Chasers													90	90	
Sophia	Alhusen	London Fields Triathlon Club				89									89		
Alice	Tidman	Clapham Chasers				88									88		
Rebecca	Day	Clapham Chasers				87									87		
Katy	Marshall	Clapham Chasers				85									85		
Lisa	Pauw	Clapham Chasers				84									84		
F30-34																	
Rebecca	GOODWIN	Windrush Triathlon Club						99			100			100	100	399	399
Estelle	Mclaughlin	Ealing Triathletes		96		94		82				93				365	365
Cheryl	Boshi	ful-on tri	99			99									96	294	
Nicola	Anderson	ful-on tri	98					94				98				290	
Lucinda	Springett	Ful-on Tri				96					96	95				287	

Katie	Beckett	London Fields Triathlon Club		100						99				199
Sara	THOMAS	Serpentine Running Club						98		100				198
Lizzy	BRAMA	Crystal Palace Triathletes						97	100					197
Amy	Jordan	Ful-on-Tri								98		99		197
Jenna	Mullett	Clapham Chasers			99								97	196
Maria	Halley	Clapham Chasers			98								98	196
Caroline	Crutchley	ful-on tri	96								98			194
Alicja	FURMANCZYK	Windrush Triathlon Club						89		97				186
Pleuni	HOOIJMAN	TRI LONDON						100						100
Jessica	Pealing	Ful-on Tri				100								100
Anna	Symms	Clapham Chasers	100											100
Claire	Wood	Ful-On Tri			100									100
Renee	Lacroix	LONDON FIELDS TRIATHLON CLUB									100			100
Sarah	Pemberton	Serpentine											99	99
SARAH	BOLTON	LONDON FIELDS TRIATHLON CLUB							99					99
Anna	Henderson	Ful-on-Tri									99			99
Lorraine	Kelsey	Clapham Chasers		99										99
Ellie	Riley	Windrush Triathlon Club								99				99
Claire	Stagg	Windrush Triathlon Club		98										98
Helen	Thompson	Clapham Chasers				98								98
Catherine	Smith	LONDON FIELDS TRIATHLON CLUB									97			97
Helen	Feeney	ful-on tri	97											97
Daisy	Gladstone	Serpentine Running Club				97								97
Jenny	Greig	Windrush Triathlon Club		97										97
Eleanor	Pulze	Serpentine									97			97
Helen	Ward	Clapham Chasers			97									97
Samantha	Bartlett	Clapham Chasers			96									96
Imogen	HARVEY	TRI LONDON						96						96
Eleanor	Wiseman	London Fields Triathlon Club									96			96
Marta	Coll	Serpentine RC			95									95
Kim	Idzikowska	Windrush Triathlon Club								95				95
Jennifer	McGuckian	Clapham Chasers			95									95
Emily	ROBINSON	Windrush Triathlon Club						95						95
Margaret	King	Serpentine RC									94			94
Bianca	O'Donnell	Hampstead Triathlon Club			94									94
Jennifer	Woolgar	Clapham Chasers								94				94
Raya	HUBBELL	Windrush Triathlon Club						93						93
Kim	Savage	Windrush Triathlon Club								93				93

Leyla	Razavi Fallahieh	Mornington Chasers								92				92	
Charlotte	Sanderson	Crystal Palace Triathletes						92						92	
Freya	TRINGHAM	Clapham Chasers						91						91	
Melissa	LOMAX	Mornington Chasers Triathlon						90						90	
Hannah Jean	MCQUARRIE	Mornington Chasers						88						88	
Laura	BENTON	Windrush Triathlon Club						87						87	
Elly	WHITE	Windrush Triathlon Club						86						86	
Anna	MARSHALL	Windrush Triathlon Club						85						85	
Rachel	WADHAM	Crystal Palace Triathletes						84						84	
Adele	PEERES	Windrush Triathlon Club						83						83	
Lara	DOHENY	TRI LONDON						81						81	
F35-39															
Christina	JENKINS	FUL-ON TRI			100	100		100				100		400	400
Nell	Kenny	Ful-On Tri			99				98	100		100		397	397
Aileen	ROBINSON	Thames Turbo Triathlon Club		97		97		92			93			379	379
Lorna	John	Clapham Chasers				94			94	92				280	
Sybille	Schorm	Ful-On Tri								99			100	199	
Laura	Addis	Windrush Triathlon Club		98					99					197	
Aileen	Cooper	Havering Tri					99		97					196	
Lucy	ORHNIAL	Full On Tri						100		95				195	
Saffron	PINEGER	Windrush Triathlon Club						98		97				195	
Juliann	CANTY	Clapham Chasers						93		95				188	
Geraldine	Finucane	Clapham Chasers		95						93				188	
shelley	baker	South London Harriers	100											100	
Sara	Dark	London Heathside Runners AC					100							100	
Christine	Lutsch	Serpentine RC								100				100	
Beatriz	Sanders	Optima Racing Team		100										100	
Ruth	Gloster	Clapham Chasers											99	99	
Sabrina	Odwyer	LONDON FIELDS TRIATHLON CLUB										99		99	
Maija	ANTILA	Serpentine Running Club						99						99	
Caroline	Crehan	Optima Racing Team				99								99	
Katrin	KROSCHINSKI	Thames Turbo Triathlon Club							99					99	
Nell	Mathew	Clapham Chasers		99										99	
Carolina	Lanza	Ful on Tri											98	98	
Helen	Cook	Clapham Chasers				98								98	
Kay	HAMILTON	Havering Tri							98					98	
Rita	Hay	Ful-On Tri			98									98	
Jane	Osborne	Ful-On Tri								98				98	

Louise	Davies	Clapham Chasers												97	97	
Ellie	RILEY	Windrush Triathlon Club						97							97	
Geraldine	Turner	Hampstead Triathlon Club			97										97	
Shannon	Pearce	Trent Park										97			97	
Jane	Burston	Optima Racing Team					96								96	
Jane	Ford	Crystal Palace Triathletes										96			96	
Cristina	Johns	Wimbledon Windmilers		96											96	
Aga	WICINSKA	Serpentine Running Club						96							96	
Julia	Snaith	Thames Turbo Triathlon Club										96			96	
Beatriz	Bonilla	Serpentine Running Club					95								95	
Sarah	ROUNDING	Windrush Triathlon Club						95							95	
Louise	BLACK	Windrush Triathlon Club						94							94	
Anna	Kordek	Kingfisher Triathletes										94			94	
Elizabeth	CURWEN	Windrush Triathlon Club						91							91	
Lisa	BREThERICK	Windrush Triathlon Club						90							90	
Aine	CASSIDY	Windrush Triathlon Club						89							89	
Rita	CABACO	Windrush Triathlon Club						88							88	
Lily	CHONG	Serpentine Running Club						87							87	
Leyla	RAZAVI FALLAHIE	Mornington Chasers						86							86	
F40-44																
Carolyn	Mcnamara	South London Harriers		98				95				100			98	391 391
Louise	Green	Clapham Chasers	99			97									99	295
Catriona	Tuplin	Crystal Palace Triathletes					100							100		200
Emma	SNOWDON	Crystal Palace Triathletes							98						100	198
Lois	Barmby	Windrush Triathlon Club				98		96								194
Debbie	Clarke	Serpentine	100													100
Deborah	COYLE	Havering Tri								100						100
Lexie	Elliott	Optima Racing Team		100												100
Becky	McNicholas	Epsom Triathlon Club										100				100
Sara	Nicholas	Epsom Tri Club			100											100
Karen	Powell	Thames Turbo Triathlon Club				100										100
Amy	PRITCHARD	TRI LONDON						100								100
Isabelle	Schelcher	East London Triathletes										100				100
Isobel Claire	Richards	Ful-on Tri Triathlon Club										99				99
Helen	CROYDON	LONDON FIELDS TRIATHLON CLUB								99						99
Joanne	Harbinson	Westcroft Triathlon Club		99												99
GESINE	JUNKER	Windrush Triathlon Club							99							99
Josephine	Perry	Serpentine										99				99

Becky	Prisco	Mornington Chasers					99								99	
Helen	Rowbotham	Kingfisher Triathletes					99								99	
Siobhan	Wakely	Serpentine RC									99				99	
Ann	Brennan	Clapham Chasers						98							98	
Angela	Hughes	ful-on tri	98												98	
Anna	Jurkiewicz	Clapham Chasers												97	97	
Deepa	Bala	ful-on tri	97												97	
Merilee	KARR	FUL-ON TRI						97							97	
LESLEY	MCCARTHY	GREENWICH TRITONS							97						97	
Catherine	ISAAC	Windrush Triathlon Club						94							94	
F45-49																
Rachel	Rowan	Thames Turbo Triathlon Club		98		100		100					100		398	398
Hilary	Davies	Kingfisher Triathletes				99			99		100			100	398	398
Sarah	la Hausse	ful-on tri	99	96		97					99			99	490	394
Rachel	Eaton	Westcroft Triathlon Club		94		96			97		98				385	385
Anne	Bennett	Serpentine		93			98							97	288	
Catherine	Linney	Met police triathlon club	100						100						200	
Sophie	Biggs	Thames Turbo Triathlon Club		100				99							199	
Kati	Pusey	Crystal Palace Triathletes		97			100								197	
Alison	Trauttmansdorff	East London Triathletes				98	99								197	
Stephanie	Nimmo	Wimbledon Windmilers		91				96							187	
Gillian	Ackland-Vincent	South London Harriers									100				100	
Francesca	Clarke	Stragglers		99											99	
Nici	Audhlam-Gardine	Hampstead Triathlon Club												98	98	
Hannah	FISHPOOL	Crystal Palace Triathletes							98						98	
Leena	LINDVALL	South London Harriers						98							98	
MARION	ALDOUS	Kingfisher Triathletes						97							97	
Tamsin	Booth	Ful on Tri												96	96	
Lisa	GASKIN	Havering Tri								96					96	
Maria	David	Serpentine Running Club						95							95	
Laura	MCGUINNESS	Serpentine Running Club						94							94	
Victoria	Coward	Wimbledon Windmilers		92											92	
F50-54																
Alex	Marzec	Hampstead tri club				100						100			200	
zoe	woodward	East London Triathletes	100			98									198	
LUCY	PICKERING	Windrush Triathlon Club						100							100	
Brigit	Brown	Crystal Palace Triathletes		99			99				100			100	398	398
Sue	Rowlands	Crystal Palace Triathletes											99	100	199	

Isabel	Gwyther'S	Wimbledon Windmilers		100											100	
Diane	Suter	Serpentine Running Club					100								100	
Julie	Burgess	Wimbledon Windmilers				99									99	
Mary	Nettleship	ful-on tri	99												99	
Annette	Barrett	Wimbledon Windmilers		98											98	
Alison	Fox	Westcroft Triathlon Club		97											97	
F55-59																
Alison	Purnell	Crystal Palace Triathletes	100						100	100		100			400	400
Teresa	Willcox	Thames Turbo Triathlon Club	99	100		99						100			398	398
DIANE	SUTER	Serpentine Running Club						100							100	
Kerstin	Mogull	Ful-on Tri				100									100	
F60-64																
Andrea	Sanders-Reece	Mornington Chasers		100				100				100			300	
Hilary	WALKER	Serpentine Running Club						99							99	
F65-69																
Margaret	Sills	Serpentine Running Club												100	100	
Ann	Kinahan	Serpentine Running Club				100									100	
M20-24																
Archie	St Aubyn	Optima racing team		100		100									200	
Daniel	Pinn	Crystal Palace Triathletes	100					100							200	
Nicholas	Rao	Windrush Triathlon Club								100			100		200	
Freddie	Holt	Windrush Triathlon Club								99			99		198	
James	BREWER	Crystal Palace Triathletes								100					100	
Oliver	HOUGHTON	Clapham Chasers						99							99	
THOMAS	MITCHELL	Clapham Chasers				99									99	
David	Graham	London Fields Triathlon Club	99												99	
Bill	Kelly	Optima Racing Team				98									98	
M25-29																
Will	Russell	Thames Turbo Triathlon Club	100			98		100				100		99	497	399
James	Ellis	ful-on tri	99	100				94	99			97	96	100	685	398
Nicholas	de Bouillane	ful-on tri	98		99	99		99				99		94	588	396
Shaun	Wood	ful-on tri	97	98								98	99		392	392
Mike	DOWDS	Crystal Palace Triathletes						95	100	99				95	389	389
Tom	Scott	ful-on tri	96		97							96			93	382
Tom	Blanshard	Clapham Chasers		99				98		98						295
Daniel	Fish	East London Triathletes	92			92							97			281
Scott	Elliott	Serpentine		93		88	98									279
MR T	Wade	Optima Racing Team				100							100			200

Eli	POWELL	TRI LONDON						90							90	
Lucas	Netter	Clapham Chasers					89								89	
Matthew	CURRY	Crystal Palace Triathletes						88							88	
Tim	Briggs	Clapham Chasers					87								87	
Dermot	HERON	Windrush Triathlon Club						87							87	
Tom	GILBOY	TRI LONDON						86							86	
Michael	LIEBERHERR	TRI LONDON						84							84	
Charlie	ELSON	Windrush Triathlon Club						83							83	
Florian	WAGNER	Clapham Chasers						82							82	
M30-34																
Riccardo	Composto	Clapham Chasers	98	99	100	98		99		100		99			693	398
Angelo	Bella	Thames Turbo Triathlon Club				94		81	97			86		96	454	373
Iain	Beable	Clapham Chasers				91						91	96	95	373	373
xavier	faux	ful-on tri	95	96		90						85			366	366
Romain	Benvenuto	Serpentine		100						99		98		100	397	397
David	Brown	South London Harriers	96	98	99							97			390	390
Haukur	Heimisson	Ful-on Tri		97		99						96			292	
Stewart	Juroszek	ful-on tri	94				99							93	286	
Steven	Leonard	Clapham Chasers						90		98				98	286	
Bono	VINCENT	Clapham Chasers						79		97				94	270	
Vanrisch	MCLEAN	Serpentine Running Club						100				100			200	
Denis	GORMAN	LONDON FIELDS TRIATHLON CLUB							98			95			193	
Jonathan	Bloomfield	Ful-on Tri		95								89			184	
Cameron	Yorston	Clapham Chasers									90	94			184	
Terence	Tsui	RG Active Race Team						80	96						176	
Alex	Green	Windrush Triathlon Club			96			77							173	
Richard	Bridger	ful-on tri	92					76							168	
Stephen	Robinson	Thames Turbo Triathlon Club						69				83			152	
Simon	Fitzmaurice	Mornington Chasers					100								100	
Tom	Higgins	Thames Turbo / Team Freespe	100												100	
MATTHEW	LAWES	Crystal Palace Triathletes								100					100	
Samuel	Robinson	Westcroft Triathlon Club				100									100	
Sam	Walsh	London Fields Triathlon Club										100			100	
Thomas	Mulloy	GREENWICH TRITONS											100		100	
Des	Crinon	Willesden Tri												99	99	
Robert	Drake	South London Harriers	99												99	
Stefan	Gloyn	Army Triathlon Association									99				99	
Richard	Hill	GREENWICH TRITONS							99						99	

Matthew	SHAW	Windrush Triathlon Club						87							87	
Thomas	Smith	Thames Turbo Triathlon Club									87				87	
Dmitry	Zenzin	Clapham Chasers					87								87	
George	Calvert	Westcroft Triathlon Club					86								86	
Ben	Dolman	Windrush Triathlon Club						86							86	
Nick	BRACKENBURY	London Fields Triathlon Club						85							85	
Aaron	DESBOROUGH	TRI LONDON						84							84	
Peter	Smith	London Fields Triathlon Club									84				84	
Jonathan	WORTELBOER	TRI LONDON						83							83	
Paolo	PERUGINI	TRI LONDON						81							81	
Dmitrij	SAVICKIJ	GREENWICH TRITONS						76							76	
John Peter	FARRINGTON	TRI LONDON						75							75	
Rhodri	JAMES	South London Harriers						74							74	
Thomas	Stell	Serpentine Running Club						73							73	
Alex	JENKINS	Clapham Chasers						72							72	
Robert	WEINERT-APLIN	Windrush Triathlon Club						71							71	
Dan	TYSON	Windrush Triathlon Club						70							70	
Michael	TAYLOR	TRI LONDON						68							68	
M35-39																
Gary	Laybourne	South London Harriers	100		100			100					100		400	400
Rob	Parry	Crystal Palace Triathletes	98	99			100	99	100	99	100				695	399
Christian	Moxon	Clapham Chasers	92	95	95	98				97		99	98	97	771	392
Martin	Bruwer	ful-on tri	94	94	96	96						98		92	570	384
Simon	Needle	Serpentine Running Club						95		96	94		99		384	384
Cormac	Toomey	Clapham Chasers			93			88		92				96	369	369
Richie	Thorpe	Thames Turbo Triathlon Club	89	91		93								94	367	
charlie	elliott	ful-on tri	99		99					100					298	
Tom	Vincent	Crystal Palace Triathletes		97	97					99					293	
Ben	Hieatt-Smith	South London Harriers		93	94					98					285	
Michael	McGettigan	Clapham Chasers				85				91				88	264	
Ian	Mcnally	Ealing Triathletes		90		87		81							258	
Paul	Burton	Optima Racing Team		98		100									198	
Matthew	Stevens	London Fields Triathlon Club		100							98				198	
Christophe	des Vallieres	Serpentine Running Club					99	97							196	
alexie	calvert-ansari	ful-on tri	96								99				195	
Andrew	Kew	Crystal Palace Triathletes					98		97						195	
Cristian marcos	Ayuso	FUL-ON TRI										100		93	193	
Jonathon	Green	ful-on tri	95								97				192	

Russell	SPEECHLEY	Windrush Triathlon Club						96		94					190	
Mark	PARRETT	FUL-ON TRI							94		95				189	
Daniel	Quinn	South London Harriers	90											99	189	
Chris	Hall	Kingfisher Triathletes				91					96				187	
Gordon	Reid	Tri London		96				91							187	
Liam	Humble	Thames Turbo Triathlon Club		92	90										182	
Francisco	EGANA BARRIOS	TRI LONDON						86						90	176	
Szymon	Rutkowski	Thames Turbo Triathlon Club	86											89	175	
Guillermo	DIAZ-AGUADO	TRI LONDON						74						91	165	
Ruan	Ebersohn	Wimbledon windmilers				99									99	
Phillip	Killicoat	Serpentine												98	98	
NICOLAS	BESSON	Serpentine Running Club							98						98	
Sebastian	BUHS	Serpentine Running Club						98							98	
Shane	McCauley	Ful-On Tri			98										98	
Jonathan	Alexander	Optima Racing Team				97									97	
Trevor	Cooper	Havering Tri						97							97	
Ben	Wickham	East London Triathletes	97												97	
Andrew	Whelan	GREENWICH TRITONS											97		97	
Ian	Wood	GREENWICH TRITONS											96		96	
Martyn	Clews	Crystal Palace Triathletes						96							96	
Alex	HARRIS	GREENWICH TRITONS							96						96	
Jonathan	Thomson	Willesden Tri												95	95	
Andrea	MARTINIELLO	Serpentine Running Club							95						95	
Dale	Perini	Clapham Chasers								95					95	
Malcolm	Woolsey	Ealing Triathletes				95									95	
Gareth	PARR	South London Harriers						94							94	
James	Swift	East London Triathletes				94									94	
Darren	Bird	London Fire Brigade Triathlon	93												93	
Mark	Cookson	LONDON FIELDS TRIATHLON CLUB							93						93	
Matt	Hughes	Ful on Tri									93				93	
Doug	McTavish	Clapham Chasers								93					93	
Chris	TIRANT	TRI LONDON						93							93	
Gavin	MURRISON	Serpentine Running Club						92							92	
Chris	Sainsbury	LFTC			92										92	
Jason	Wentzel	FulOn -Tri									92				92	
Stephen	Howell	London Fields Triathlon Club	91												91	
Simon	Pritchard	Serpentine									91				91	
Pierre	Guilpain	fulon tri									90				90	

Harry	VANERIS	Windrush Triathlon Club						90							90	
Mark	BRESLIN	Windrush Triathlon Club						89							89	
Matthew	Lee	Ful-on Tri					89								89	
Sean	O'Halloran	Ful-on Tri			89										89	
Paul	Fricker	Epsom Triathlon Club			88										88	
edward	head	ful-on tri	88												88	
David	Read	Epsom Tri Club					88								88	
Alex	HEAPS	Windrush Triathlon Club						87							87	
Michael	Leibbrandt	Kingfisher Triathletes					86								86	
Ben	ROLLINSON	Windrush Triathlon Club						85							85	
Rhys	TRIFFITT	Windrush Triathlon Club						84							84	
Kevin	LOCKWOOD	Windrush Triathlon Club						83							83	
Francisco Javier	MENDEZ MOYAN	TRI LONDON						82							82	
Mark	JOLLY	GREENWICH TRITONS						80							80	
David	TIHANYI	London Fronrunners						79							79	
Marc	GIL	Serpentine Running Club						78							78	
Dan	HARRIS	Windrush Triathlon Club						77							77	
James	BROWN	Serpentine Running Club						76							76	
Francesco	SIAS	Windrush Triathlon Club						75							75	
Prasoon	Jaiswal	TRI LONDON						73							73	
M40-44																
Euan	Lees	ful-on tri	100	100				100		100		100			500	400
Ian	Shaw	Thames Turbo Triathlon Club	97					98	99		100			96	490	394
Matthew	WHITE	Crystal Palace Triathletes							98	99			100	97	394	394
Martin	Brown	Thames Turbo Triathlon Club	95				99			96		99			389	389
Graeme	Bell	East London Triathletes			97		95					98	99		389	389
Keiran	Allen	ful-on tri	94		96		94					95			379	379
Angus	Beaumont	Serpentine	99				100							98	297	
Chris	Walmsley	The Stragglers					97					97			194	
Jon	Dobbs	Kingfisher tri								98	94				192	
Charles	Leonard	Wimbledon Windmilers		93	95										188	
Mark	Sempers	Ful-On Tri										93		94	187	
Clint	Sauls	South London Harriers					97	86							183	
Stuart	Archer	Ful-On Tri			100										100	
Alex	Jeffreys	Serpentine Running Club					100								100	
SELWYN	SMITH	Crystal Palace Triathletes							100						100	
Keith	Burrows	London Heathside Runners AC												100	100	
Samir	Kadem	Clapham Chasers												99	99	

