

Approx Start Time	Surname	First Name	Club	400m Swim Time
07:44:40	Adeane	Andrew		10-11 Mins
07:50:40	Aitken	Elizabeth		9-10 Mins
07:45:00	Allen	David	LB Tri	10-11 Mins
07:51:00	Arnold	Simon		9-10 Mins
08:04:00	Bailey	Lee		8.30-9 Mins
08:39:55	Bailey	Matthew		6.30-7 Mins
08:45:50	Bailey	Scott		6-6.30 Mins
08:14:00	Ball	David	Freedom Tri	8-8.30 Mins
07:30:00	Bangs	Tim		14+ Mins
08:23:55	Bather	Donna		7.30-8 Mins
08:24:10	Beardow	Nicholas	Bedford Harriers	7.30-8 Mins
08:46:00	Beare	Martin	ampthill and flitwick flyers	6-6.30 Mins
07:51:20	Beckett	Rachel	Bedford Harriers	9-10 Mins
08:24:25	Bedwin	Martin		7.30-8 Mins
08:24:40	Beer	Danny		7.30-8 Mins
07:51:40	Bennett	Michael	Coventry Triathletes	9-10 Mins
08:24:55	Bentley	Marian	Cambridge Tri Club	7.30-8 Mins
08:32:25	Bird	Cassandra	Redway Runners	7-7.30 Mins
07:52:00	Blount	Gregory	Freedom Tri	9-10 Mins
08:46:10	BODDEY	PAUL	Eton Manor AC	6-6.30 Mins
07:30:20	Bradburn	Annabel	Freedom Tri - Letchworth	14+ Mins
07:45:20	Breitenbach	Peter		10-11 Mins
08:04:20	Britten	Jane	Freedom Tri	8.30-9 Mins
08:25:10	Brown	Tim	Trent Park Running Club	7.30-8 Mins
08:40:10	Browne	Daniel	Ironman Bob's Allstars	6.30-7 Mins
08:32:40	Bull	Nicky	NH masters swim club	7-7.30 Mins
08:46:20	Buonocore	Domenico	N/A	6-6.30 Mins
07:40:40	Burge	Gemma		11-12 Mins
07:30:40	Burgham	Stuart		14+ Mins
07:41:00	Bystry	Richard		11-12 Mins
07:41:20	Caine	Christine	Freedom tri	11-12 Mins
07:52:20	Carpenter	Peter	Freedom Tri	9-10 Mins
08:50:50	Castro	Edward	Bedfordshire Road Cycling	Sub 5 Mins!

08:14:20	Chapman	James	tri-anglia	8-8.30 Mins
08:49:30	Charles	Gareth	Freedom Tri	5.30-6 Mins
07:31:00	Clark	Emma	Freedom Tri	14+ Mins
08:04:40	Clark	Jon	Beds Road Cycling Club	8.30-9 Mins
08:40:25	Clark	Simon		6.30-7 Mins
07:52:40	Clough	Stephen	Flitwick Tri	9-10 Mins
07:53:00	Collis	Paul		9-10 Mins
08:32:55	Cooke	Stuart	Team Trisports	7-7.30 Mins
08:25:25	Cotter	Matthew	Freedom Tri	7.30-8 Mins
07:53:20	Creighton	Richard		9-10 Mins
08:05:00	Croxon	Emma	Freedom Tri	8.30-9 Mins
08:25:40	Cunningham	Craig		7.30-8 Mins
07:35:40	Curtis	Michael		12-14 Mins
08:40:40	Cuthbert	Catriona		6.30-7 Mins
08:05:20	Daulton	Jon-William	ATA	8.30-9 Mins
07:45:40	Davis	Jon		10-11 Mins
07:36:00	Day	Kit	Freedom Tri	12-14 Mins
08:14:40	Daykin	Oliver	Team MK	8-8.30 Mins
07:53:40	De andres	Jorge		9-10 Mins
07:46:00	De Winter	Margaret	Dunstable road runners	10-11 Mins
08:05:40	Delaney	Tina	Bedford harriers	8.30-9 Mins
08:40:55	Delaney	Christine		6.30-7 Mins
08:25:55	Dexter	Darrin	Tri-Force	7.30-8 Mins
08:15:00	Dixon	Neil		8-8.30 Mins
08:46:30	Doel	Phil	Walden TRI	6-6.30 Mins
08:15:20	Douglas	Stephen	Meridian Triathlon Club	8-8.30 Mins
08:15:40	Douglas	Brett		8-8.30 Mins
08:41:10	Dow	Gordon		6.30-7 Mins
08:06:00	Duck	Chris		8.30-9 Mins
07:31:20	Duckworth	Tanya		14+ Mins
08:26:10	Duckworth	Andy		7.30-8 Mins
08:26:25	Durant	Jon	Leighton Buzzard Triathlon Club	7.30-8 Mins
07:54:00	Edwards	Dale	N/A	9-10 Mins
08:41:25	Elliott	David	Bedford Harriers AC	6.30-7 Mins

07:46:20	English	Chris		10-11 Mins
08:46:40	Essex	Mike	Viceroy's Triathlon Club	6-6.30 Mins
07:46:40	Eustace	Paula		10-11 Mins
07:41:40	Evans	Robert	Freedom Tri	11-12 Mins
07:36:20	Faircloth	Nigel	Oakley Cycling and Jogging Club	12-14 Mins
08:06:20	Fake	Anna	Transition-Tri	8.30-9 Mins
08:33:10	Farmbrough	James	Team MK	7-7.30 Mins
07:54:20	Farr	Chris	Leighton buzzard	9-10 Mins
08:26:40	Fawcett	Samantha	Dacorum and Tring AC	7.30-8 Mins
07:54:40	Fay	Charlie		9-10 Mins
08:46:50	Feetham	Kieran	Freedom Tri	6-6.30 Mins
07:55:00	Foreman	Geraldine		9-10 Mins
08:16:00	Frostick	Rebecca		8-8.30 Mins
08:49:40	Fry	Alexander	LBTri	5.30-6 Mins
08:26:55	Gale	Louise		7.30-8 Mins
07:31:40	Gamble	Mark		14+ Mins
08:47:00	Garcia Moreno	Jorge		6-6.30 Mins
08:06:40	Gardiner	Tim	Bedford Traktors	8.30-9 Mins
08:33:25	Garton	Andrew	Leighton Buzzard Triathlon Club	7-7.30 Mins
08:16:20	Geddes	Fraser	Amphill & Flitwick Flyers	8-8.30 Mins
08:47:10	Gibb	Jason	Team MK	6-6.30 Mins
07:32:00	Gilbert	Colin		14+ Mins
07:47:00	Gilbert	Sally		10-11 Mins
08:33:40	Girling	David	Bedford Harriers	7-7.30 Mins
08:07:00	Goodlad	Stephen	Leighton Buzzard Tri Club	8.30-9 Mins
07:55:20	Goodman	Catherine	Greenlight PT	9-10 Mins
08:07:20	Grainger	James	Team Trisport	8.30-9 Mins
08:16:40	Green	Lewis	Freedom Tri	8-8.30 Mins
08:33:55	Grint	Ruth	Dunstable road runners	7-7.30 Mins
07:36:40	Grogan	Freddy		12-14 Mins
07:37:00	Hamilton	Nigel		12-14 Mins
08:34:10	Hart-Smith	Jonathan	Freedom Tri	7-7.30 Mins
08:27:10	Hawke	Martin	Freedom Tri	7.30-8 Mins
07:55:40	Hayhurst	Samantha		9-10 Mins

07:56:00	Height	Callum		9-10 Mins
08:27:25	Henderson	Philippa		7.30-8 Mins
08:17:00	Hewett	Owen		8-8.30 Mins
07:32:20	Hill	Gordon	Leighton Triathlon Club	14+ Mins
08:27:40	Hobbs	Heather	Tri-Force	7.30-8 Mins
08:41:40	Hodges	Chris	Tri-Force	6.30-7 Mins
08:34:25	Hogg	David	Freedom Tri	7-7.30 Mins
07:37:20	Holly	Brian		12-14 Mins
07:42:00	Holmes	Moira		11-12 Mins
08:34:40	Hooker	Colin		7-7.30 Mins
07:47:20	Howton	Rupert	Bedford Harriers	10-11 Mins
08:34:55	Hughes	Pete	Trent Park Running Club	7-7.30 Mins
07:56:20	Hulatt	Martin		9-10 Mins
08:07:40	Hydes	Kevin		8.30-9 Mins
07:37:40	Isenough	Jay		12-14 Mins
08:49:50	Jackson	Simon	Freedom Tri	5.30-6 Mins
08:50:00	James	Carl		5.30-6 Mins
08:27:55	Janes	Sarah	Bedford Harriers	7.30-8 Mins
08:49:10	Jenkins	Phillip		5-5.30 Mins
08:47:20	Jimenez	Nicholas		6-6.30 Mins
07:56:40	Johnson	Emma	Team MK	9-10 Mins
08:41:55	Jones	Andrew	Freedom Tri	6.30-7 Mins
08:08:00	Kaye	Allison		8.30-9 Mins
07:32:40	Keen	Chris		14+ Mins
08:08:20	Keen	Andrew	Leighton Buzzard	8.30-9 Mins
08:08:40	Keen	Sam		8.30-9 Mins
07:57:00	Keens	Mark		9-10 Mins
08:35:10	Kellett	Gary	Tri-force	7-7.30 Mins
08:28:10	Kerrin	Sean	Leighton Buzzard Triathlon Club	7.30-8 Mins
07:38:00	Kidd	Dean	Gade valley harriers	12-14 Mins
07:38:20	Kidd	Dean	Fade valley tri	12-14 Mins
07:57:20	Knight	Stuart	Bedford Harriers	9-10 Mins
08:35:25	Knight	James	Freedom Tri	7-7.30 Mins
08:09:00	Lacy	Mark	Freedom Tri	8.30-9 Mins

08:50:10	Lambden	Matthew	Tri-Force	5.30-6 Mins
08:09:20	Lambert	Steve		8.30-9 Mins
07:57:40	Lane	Jon		9-10 Mins
08:35:40	Langley	Felix	Hemel Hempstead CC	7-7.30 Mins
08:47:30	Lednor	Amy	Tri-Force	6-6.30 Mins
08:47:40	Lee	Jason	Team Mk/ Chipperfield Landrover	6-6.30 Mins
08:17:20	Leech	Christopher	Leighton Buzzard Triathlon	8-8.30 Mins
08:50:20	Leeder	Matt		5.30-6 Mins
08:42:10	Lindsay	Ross	LBTRI	6.30-7 Mins
08:42:25	Lloyd	Claire		6.30-7 Mins
08:28:25	Loftus	John	Trent Park Running Club.	7.30-8 Mins
07:47:40	Longstaff	Kemlo		10-11 Mins
08:42:40	Lowe	Mark	Bedford Harries	6.30-7 Mins
08:17:40	Luck	Dean	Trent Park Running Club	8-8.30 Mins
08:09:40	Lunnon	Trevor		8.30-9 Mins
08:10:00	MacFarlane	Helen	Harpenden Arrows	8.30-9 Mins
07:38:40	Maguire	Tom		12-14 Mins
08:18:00	Mallol Wright	Monica		8-8.30 Mins
07:58:00	Marchant	Steven	Meridian Triathlon Club	9-10 Mins
07:42:20	Martin	Carolyn	St Albans Striders	11-12 Mins
07:58:20	Martin	David	st albans striders	9-10 Mins
08:28:40	Matthews	Gavin		7.30-8 Mins
08:28:55	McCabe	Declan	Freedom Tri	7.30-8 Mins
08:18:20	Mcdermott	Jason	Trent park running	8-8.30 Mins
08:42:55	McDermott	Robert	Triforce	6.30-7 Mins
08:47:50	McDermott	Jacques	Triforce	6-6.30 Mins
08:18:40	McInerney	Tom		8-8.30 Mins
08:43:10	McKean	Ben		6.30-7 Mins
07:33:00	McMahon	Paul Henry		14+ Mins
08:10:20	McQueen	Matt	Meridian Triathlon	8.30-9 Mins
08:35:55	Melia	Gillian		7-7.30 Mins
08:19:00	Melling	Lindsay		8-8.30 Mins
08:50:30	Melling	Phil	On Your Marks Events	5.30-6 Mins
08:10:40	Metcalfe	Richard		8.30-9 Mins

08:48:00	Moffat	Jennifer		6-6.30 Mins
08:50:40	Moffett	Edward	Cambridge Triathlon Club	5.30-6 Mins
07:58:40	Molloy	Dorothy	Freedom Tri	9-10 Mins
08:29:10	Moore	Gary	Bedford harriers	7.30-8 Mins
08:43:25	Morales	Stephen		6.30-7 Mins
07:59:00	Morgan	Geoffrey		9-10 Mins
07:59:20	Mulchinnock	Mark		9-10 Mins
08:48:10	MUTCH	DAVID		6-6.30 Mins
07:59:40	Nash	Susan	Leighton Buzzard Triathlon Club	9-10 Mins
07:48:00	Newing	Andy	Gade Valley Tri	10-11 Mins
07:42:40	Nockels	Aleexia		11-12 Mins
07:48:20	Norris	Paul		10-11 Mins
08:36:10	O Sullivan	Miichael	Trent Park	7-7.30 Mins
08:00:00	O'Callaghan	Sara	Freedom Tri	9-10 Mins
08:19:20	O'connor	Steven		8-8.30 Mins
08:00:20	Oliver	Jim	Bulls Leisure	9-10 Mins
08:11:00	Olsen	Alex		8.30-9 Mins
08:29:25	O'Sullivan	Michael		7.30-8 Mins
08:36:25	Owler	Laura	Tri-force/University of Nottingham Triathlon	7-7.30 Mins
07:33:20	Palmieri	Tracey	Freedom Tri	14+ Mins
08:29:40	Parkin	Rebecca		7.30-8 Mins
08:36:40	Parrott	Simon		7-7.30 Mins
08:11:20	Peacock	Lucy		8.30-9 Mins
08:36:55	Pearce	Tim	RN Triathlon	7-7.30 Mins
08:19:40	Pedley	Deborah	amphill and flitwick fkyers	8-8.30 Mins
08:43:40	Penn	Simon	thames turbo	6.30-7 Mins
08:43:55	Perkins	Jem		6.30-7 Mins
08:20:00	Perrins	Gareth		8-8.30 Mins
07:39:00	Phillips	Adrian		12-14 Mins
08:29:55	Pilgrim	Leigh	Boxfit Triathlon Club	7.30-8 Mins
08:30:10	Pilgrim	Leigh	Boxfit Triathlon Club	7.30-8 Mins
08:20:20	Piron	Richard	Bedford Harriers	8-8.30 Mins
08:37:10	Pitfield	Kate		7-7.30 Mins
07:48:40	Pixley	Alan		10-11 Mins

07:33:40	Potter	Mark		14+ Mins
07:39:20	Potter	Diane		12-14 Mins
07:34:00	Pratt	Simon	Leighton Buzzard	14+ Mins
08:48:20	Pratt	Joe	Leighton buzzard tri	6-6.30 Mins
08:37:25	Pugh	Jez	Leighton Buzzard Triathlon Club	7-7.30 Mins
08:00:40	Pyman	Karen	Leighton Buzzard Tri	9-10 Mins
08:01:00	Rees	Zoe	Leighton Buzzard Triathlon Club	9-10 Mins
08:37:40	Rice	Steve	Bedford Harriers	7-7.30 Mins
08:20:40	Rickett	Giles		8-8.30 Mins
08:37:55	Roberts	Helen		7-7.30 Mins
07:34:20	Robinson	Simon		14+ Mins
08:11:40	Robinson	Malcolm		8.30-9 Mins
08:21:00	Robinson	Adrian	Freedom Tri	8-8.30 Mins
07:34:40	Robson	Andrew		14+ Mins
08:30:25	Rodgers	Richard		7.30-8 Mins
08:44:10	Rogan	Joseph	Trent park Triathlon club	6.30-7 Mins
08:21:20	Rokicki	Janusz		8-8.30 Mins
08:30:40	Ross	Tony		7.30-8 Mins
07:39:40	Ruditis	Katie	Ampthill and Flitwick Flyers	12-14 Mins
08:49:20	RUSSELL	PETE	CAMBRIDGE TRI CLUB	5-5.30 Mins
08:12:00	Sabey-Corkindale	Hamish	Freedom Tri	8.30-9 Mins
07:35:00	Scaplehorn	Andy		14+ Mins
07:49:00	Scognamiglio	Ollie		10-11 Mins
08:38:10	Seager	Ian		7-7.30 Mins
08:30:55	Sedgwick	Rob	Freedom tri	7.30-8 Mins
08:01:20	Sehgal	Ranjan		9-10 Mins
08:48:30	Shaw	Simon	Mark White Coaching RT	6-6.30 Mins
07:49:20	Shrimpton	Ann	Team Milton Keynes	10-11 Mins
07:43:00	Sim	Craig		11-12 Mins
08:01:40	Slack	Rachael	Team Slacko	9-10 Mins
08:31:10	Slack	Steve	Team Slacko	7.30-8 Mins
08:02:00	Smith	Sarah		9-10 Mins
08:12:20	Smith	Howard		8.30-9 Mins
08:31:25	Smith	Gary		7.30-8 Mins

08:31:40	Smith	Darren		7.30-8 Mins
08:31:55	Smith	Darren		7.30-8 Mins
08:12:40	Spencer	Will		8.30-9 Mins
07:43:20	Stanton	Sandra	springfield strider	11-12 Mins
08:38:25	Stewart	James	LB Tri Club	7-7.30 Mins
07:49:40	Sweeney	Mark	Leighton Buzzard Triathlon Club	10-11 Mins
07:40:00	Taylor	Adrian		12-14 Mins
08:21:40	Taylor-Komar	Nick	Leighton Buzzard	8-8.30 Mins
07:40:20	Tear	Stuart		12-14 Mins
08:44:25	Thomas	Richard	Team Trisports	6.30-7 Mins
08:44:40	Thomas	Scott	NiceTri	6.30-7 Mins
08:02:20	Titteringt	Lexie		9-10 Mins
08:32:10	Torres	Miguel		7.30-8 Mins
07:50:00	Tredget	Beverley	Bedford Harriers	10-11 Mins
08:13:00	Triggs	Faye		8.30-9 Mins
07:43:40	Tritton	Glen	Leighton Buzzard Tri Club	11-12 Mins
08:38:40	Turbett	Garrett	Trent Park	7-7.30 Mins
07:50:20	Upex	Mark		10-11 Mins
08:02:40	Upex	Liz	Bedford Harriers	9-10 Mins
08:22:00	Vigor	Carey	Leighton Buzzard Triathlon Club	8-8.30 Mins
08:38:55	Wagstaff	David	Pactrac	7-7.30 Mins
08:03:00	Walker	Jonathan		9-10 Mins
08:13:20	Walker	Julian		8.30-9 Mins
08:22:20	Walker	Tristan	Durham University Triathlon Club	8-8.30 Mins
08:39:10	Wallace	Luke	Meridian Triathlon Club	7-7.30 Mins
08:44:55	Wallbank	Samuel	Bedford & County AC	6.30-7 Mins
08:45:10	Wallhead	Graham		6.30-7 Mins
07:44:00	Walters	Joe	Ampthill & Flitwick Flyers	11-12 Mins
08:22:40	Ward	Andy	Stopsley Striders	8-8.30 Mins
08:48:40	Wendleken	Dylan	Gade Valley Tri	6-6.30 Mins
07:44:20	West	Tanya		11-12 Mins
08:23:00	Whittle	Sam		8-8.30 Mins
08:03:20	Whyte	Kevin		9-10 Mins
08:48:50	Williams	John		6-6.30 Mins

07:35:20	Wills	Jess		14+ Mins
08:23:20	Wills	Adrian		8-8.30 Mins
08:49:00	Wilson	James	BCTTT.com	6-6.30 Mins
08:23:40	Wiltshire	Muriel		8-8.30 Mins
08:45:25	Wiltshire	Kirk		6.30-7 Mins
08:45:40	Wiltshire	Kevin		6.30-7 Mins
08:13:40	Wooddisse	Ian		8.30-9 Mins
08:39:25	Wright	Brian	Leighton Buzzard Triathlon Club	7-7.30 Mins
08:03:40	Zacharzewski	Simon	Leighton Buzzard Triathlon Club	9-10 Mins
08:39:40	ZACHARZEWSKI	GEORGIE	Leighton Buzzard Triathlon Club	7-7.30 Mins