

Start Time	Wave	Category	First Name	Last Name	Gender	Age Category
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Norbert	Acatrinei	Open	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kai	Adams	Open	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Thomas	Allen	Open	20-24
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kevin	Appleton	Open	55-59
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Thibaud	armand	Open	40-44
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Luke	Ashby	Open	35-39
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tim	Ashelford	Open	60-64
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Mert	Aslaner	Open	35-39
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alastair	Badman	Open	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Timothy	Bagguley	Open	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Djalil	Baiou	Open	45-49
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Zahra	Baiou	Female	Youth A
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lauren	Baker	Female	25-29
13:30	14	Super Duper Sprint	Simon	Baker	Open	55-59
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sam	Balch	Open	40-44
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rob	Barker	Open	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Julia	Barker	Female	50-54
11:30	11	British Triathlon Paratriathlon Championships	tom	barnard	Open	PTS5
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Barnett	Open	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Barr	Open	65-69
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Faye	Bartlett	Female	45-49
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Michael	Battersby	Open	65-69
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Louise	Beasley	Female	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gaynor	Beckett	Female	50-54
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rose	Beddington	Female	75-79
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Zachary	Beddows	Open	Junior C
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Belcher	Open	75-79
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anna	Bellamy	Female	45-49
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Stephen	Belt	Open	75-79
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Daphne	Belt	Female	85+
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hector	Bevan	Open	30-34
11:33	12	British Triathlon Paratriathlon Championships	James	Bilham	Open	PTWC H2
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anna	Bion	Female	35-39
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anita	Bishop	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Claire	Bloom	Female	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andy	Bourne	Open	65-69
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Keith	Bradshaw	Open	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Antony	Branchereau	Open	45-49
12:45	13	Super Sprint	Antony	Branchereau	Open	45-49
13:30	14	Super Duper Sprint	Juliette	Branchereau	Female	TriStar 3
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Brayer	Open	60-64
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Stuart	Brierley	Open	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Dominic	Brooks	Open	60-64
12:45	13	Super Sprint	Oliver	Brophy	Open	Youth A
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mika	Brown	Open	30-34
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alistair	Brown	Open	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alexander	Bulger	Open	35-39
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	steve	bunce	Open	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Jacqui	Burke	Female	55-59
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Emma	Burton	Female	40-44
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Kenny	Burton	Open	40-44
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Mark	Busbridge	Open	55-59

08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Damian	Bush	Open	35-39
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Phoebe	Butt	Female	25-29
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kathryn	Butt	Female	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Wayne	Caldecourt	Open	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Susan	Cannaby	Female	75-79
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Emir	Canpolat	Open	30-34
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kevin	Carley	Open	75-79
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jonathan	Carrick	Open	45-49
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tom	Carter	Open	35-39
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Claire	Casselton	Female	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ed	Castro	Open	35-39
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jonathan	Chadwick	Open	60-64
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andrew	Chapman	Open	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Erin	Chapman	Female	Junior C
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ian	Charnock	Open	65-69
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lynda	Chase	Female	70-74
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Beverley	Childs	Female	65-69
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tatiana	Christmas	Female	30-34
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Yiannis	Christodoulou	Open	40-44
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Stephen	Clark	Open	65-69
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Clarke	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lewis	Claydon-Folley	Open	Youth A
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jarryd	Claydon-Folley	Open	Junior C
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Bethany	Clifford	Female	Junior C
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jeremy	Clipstone	Open	60-64
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anthony	Coates	Open	75-79
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Victoria	Coe	Female	35-39
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lynda	Coggins	Female	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Karen	Cole	Female	70-74
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Larry	Collom	Open	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Kate	Conibere	Female	40-44
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ann	Cook	Female	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Matt	Cooper	Open	30-34
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jennie	Cottrell	Female	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	james	cox	Open	45-49
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ewan	Cox	Open	65-69
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Craddock	Open	65-69
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gail	Crawford	Female	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Cregg	Open	60-64
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Des	Crinion	Open	40-44
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Daniel	Crow	Open	45-49
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Debbie	Croydon	Female	65-69
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Sarah	Darch	Female	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Michael	Davies	Open	35-39
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Davies	Open	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sara	Davies	Female	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jade	Davies	Female	25-29
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	philippa	davies	Female	55-59
11:30	11	British Triathlon Paratriathlon Championships	Matthew	Davies	Open	PTS4
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Emma	Davies-Hughes	Female	40-44
09:30	7	Sprint Aquabike	Lydia	Davis	Female	35-39
12:45	13	Super Sprint	Mollie	Davis	Female	Youth A
12:45	13	Super Sprint	Samuel	Davis	Open	Junior C

09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Louise	Davy	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Claire	Deacon	Female	60-64
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lyle	Dean	Open	35-39
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rosie	Delgado-Howell	Female	Youth B
11:30	11	British Triathlon Paratriathlon Championships	Ethan	Dent	Open	PTS3
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alan	Dewey	Open	70-74
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Darrin	Dexter	Open	60-64
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nigel	Dimmock	Open	85+
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Greg	Divall	Open	35-39
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rob	Dixon	Open	45-49
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anne	Dockery	Female	75-79
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Amanda	Dodge	Female	45-49
09:35	8	Sprint Aquabike	Sarah	Doyle	Female	50-54
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Duerden	Open	70-74
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	GEORGE	DUNCAN	Open	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Glen	Duncan	Open	45-49
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Francesca	Durbin	Female	30-34
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Emily	Dye	Female	40-44
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jane	Eaton	Female	45-49
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Johan	Eggink	Open	45-49
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sam	Ekstrom-Gabb	Open	25-29
11:30	11	British Triathlon Paratriathlon Championships	Rachael	Elliott	Female	PTVI B2/3
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Thomas	Elsdon	Open	Youth A
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nicholas	Elvidge	Open	30-34
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Karen	Elwell	Female	60-64
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Thomas	Epton	Open	25-29
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Amanda	Esslemont	Female	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lucy	Etherton	Female	45-49
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Bruce	Evans	Open	20-24
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Iestyn	Evans	Open	30-34
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Evans	Open	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ruth	Evans	Female	50-54
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Helen	Evans	Female	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	stuart	evans	Open	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Peter	Exton	Open	65-69
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Michael	Fabes	Open	25-29
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Henry	Farrell	Open	35-39
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	File	Open	75-79
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Rob	Finnigan	Open	50-54
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Grayhame	Fish	Open	75-79
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anne	Fish	Female	75-79
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nigel	Fisher	Open	60-64
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lucy	Fisher	Female	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Fitzsimmons	Open	Youth A
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Scott	Forsyth	Open	55-59
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Dave	Foulkes	Open	50-54
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lindsay	Freeman	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Julie	Gadsden	Female	75-79
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Francesca	Gardner	Female	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	James	Garner	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jason	Gibb	Open	50-54
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Carole	Gibbs	Female	60-64
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lucy	Gilchrist	Female	50-54

08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Chris	Giles	Open	40-44
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Gordon	Gillespie	Open	60-64
12:45	13	Super Sprint	Kay	Gilmore	Female	60-64
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Jacob	Gloor	Open	60-64
11:30	11	British Triathlon Paratriathlon Championships	Mark	Godman-Sinclair	Open	PTWC H1
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alistair	Goodwin	Open	30-34
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jess	Goodwin	Female	30-34
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Bridget	Gould	Female	35-39
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Chris	Goulden	Open	65-69
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tim	Gray	Open	55-59
11:30	11	British Triathlon Paratriathlon Championships	Sophie	Green	Female	PTVI B2/3
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Keith	Greenough	Open	75-79
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Glynis	Greenough	Female	70-74
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tom	Griffiths	Open	30-34
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Thana	Groenewald	Female	25-29
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Groiser	Open	55-59
11:30	11	British Triathlon Paratriathlon Championships	Oliver	Gunning	Open	PTVI B2/3
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Hadfield	Open	55-59
11:30	11	British Triathlon Paratriathlon Championships	James	Hall-Jones	Open	PTWC H1
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	emily	hanlon	Female	20-24
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Stuart	Harding	Open	50-54
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Will	Harding	Open	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hannah	Harding	Female	40-44
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Roger	Harris	Open	70-74
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alex	Harrison	Open	25-29
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Haslam	Open	65-69
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Giles	Heaman	Open	50-54
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Dan	Heapy	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	JAMES	HENG	Open	Junior C
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jessica	Heng	Female	20-24
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Simon	Herbert	Open	45-49
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Charlotte	Hetherington	Female	30-34
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gary	Hickman	Open	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Clara	Higgs	Open	20-24
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	DAVID	HILL	Open	50-54
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adam	Hinds	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alec	Hirst	Open	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mary	Hoggard	Female	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	sam	holloway	Open	30-34
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jo	Holmes	Female	45-49
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Barbara	Holmes	Female	65-69
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	James	Holton	Open	50-54
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Toby	Hood	Open	45-49
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Grace	Hoo-Quartey	Female	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Simon	Hoppe	Open	55-59
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sam	Hopton	Open	35-39
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Aimee	Horn	Female	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paige	Horsnell	Female	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Brendan	Hourihan	Open	20-24
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ian	Howard	Open	70-74
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Tom	Howells	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ben	Humphries	Open	Junior C
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	philo	hurley	Open	Junior C

09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	moira	hurley	Female	70-74
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Phil	Hurr	Open	70-74
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alex	Husk	Open	35-39
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Emily	Hyder	Female	Youth B
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Chris	Jackson	Open	65-69
12:45	13	Super Sprint	Gabe	Jeavons	Open	Youth B
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Matthew	Jenson	Open	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Marina	Johnson	Female	35-39
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Darren	Jolliffe	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Patrick	Jones	Open	30-34
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andrew	Jones	Open	35-39
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rob	Jones	Open	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Pete	Jones	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Leighton	Jones	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	andrew	jones	Open	50-54
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Jones	Open	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nigel (Paddy)	Jones	Open	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Darren	Jones	Open	60-64
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Carol	Jones	Female	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Julia	jones	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nicky	Jones	Female	60-64
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Seth	Kaye	Open	Youth B
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rich	Kaye	Open	45-49
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Hannah	Kelly	Female	50-54
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	John	Kennelly	Open	55-59
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jack	Keoghan	Open	35-39
11:30	11	Open Sprint Paratriathlon	James	Kerfoot	Open	Tri 5
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Philip	Kidd	Open	70-74
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Matt	King	Open	40-44
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tommy	King	Open	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alison	King	Female	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anya	King	Female	65-69
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Kinnerstey	Open	40-44
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	William	Kite	Open	Youth B
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	David	Knight	Open	50-54
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alan	Knightley	Open	55-59
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Filip	Kunecki	Open	Youth B
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	MP	Kunecki	Open	45-49
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adam	Kuo	Open	35-39
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	John	Laird	Open	55-59
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jacob	Land	Open	Youth A
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Isabelle	Land	Female	Junior C
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Laskow-Pooley	Open	70-74
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adam	Lee	Open	40-44
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Vincent	Leggett	Open	60-64
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Sarah	Leveridge	Female	55-59
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Edward	Lewis	Open	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hattie	Locke	Female	20-24
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Louis	Open	30-34
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Colin	Lowen	Open	50-54
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	nigel	lynch	Open	45-49
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Warren	Mackeachan	Open	40-44
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Angus	Mackenzie Brayne	Open	Junior C

09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Stephanie	Maclean Dann	Female	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Douglas	Macpherson	Open	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Caroline	Madden	Female	65-69
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Edgar	Maddocks	Open	Junior C
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Annabel	Mansbridge	Female	35-39
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Bethan	Marks	Female	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Marlow	Open	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adrian	Martin	Open	40-44
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jonathan	Martin	Open	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alex	Marzec	Female	60-64
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Imogen	Matthews	Female	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rosie	May-Bennett	Female	25-29
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Gillian	McAlister	Female	60-64
11:30	11	British Triathlon Paratriathlon Championships	James	McCarthy	Open	PTS4
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Justin	Mccormick	Open	50-54
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Clare	McCulloch	Female	50-54
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steve	McKeown	Open	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Melanie	McNelly	Female	55-59
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Meads	Open	55-59
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Aled	Millard	Open	20-24
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ruby	Millard	Female	20-24
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tracey	Mills	Female	60-64
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Isaac	Mitcham	Open	Junior C
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lola	Mitcham	Female	Youth A
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hughie	monaghan	Open	Junior C
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Pip	Moore	Open	55-59
12:45	13	Para Super Sprint	Alex	Moran	Open	PTS4
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adam	Morgan	Open	35-39
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Reuben	Morgan	Open	50-54
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Michael	Morris	Open	70-74
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Chris	Mountain	Open	45-49
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jayne	Mumford	Female	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Munday	Open	55-59
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Huw	Neale	Open	40-44
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hayley	Newman	Female	30-34
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andrew	Nix	Open	55-59
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	John	Nugent	Open	80-84
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	John	OGrady	Open	55-59
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Adrian	Oliver	Open	55-59
09:40	9	Sprint Aquabike	Jenny	Oliver	Female	65-69
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mik	Onions	Open	45-49
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andy	Osborne	Open	65-69
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Becky	owen	Female	35-39
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kim	Owen	Female	55-59
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christopher	Owens	Open	70-74
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steven	Paine	Open	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Dean	Painter	Open	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steve	Palmer	Open	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tim	Parfitt	Open	60-64
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kayleigh	Parker	Female	25-29
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lucie	Parker	Female	40-44
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Thomas	Parmenter	Open	20-24
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nigel	Partington	Open	70-74

08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kevin	Partridge	Open	65-69
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Roderick	Paton	Open	80-84
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nikki	Patrick	Female	45-49
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Clive	Patterson-Lett	Open	60-64
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rachel	Pearce	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jennifer	Peel	Female	80-84
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Peet	Open	Junior C
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jane	Pendered	Female	65-69
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Daniel	Perkins	Open	20-24
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Simon	Perks	Open	45-49
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ella	Perry	Female	20-24
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Josephine	Perry	Female	50-54
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	James	Peters	Open	40-44
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Iain	Petrie	Open	60-64
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steven	Phillips	Open	50-54
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jacqui	Phillips	Female	55-59
09:35	8	Sprint Aquabike	Kathryn	Pillar	Female	55-59
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mike	Platt	Open	55-59
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	toryn	poolman	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Justin	Price	Open	20-24
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Caitlin	Pridden	Female	Youth A
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sarah	Prior	Female	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Amanda	Pritchard	Female	55-59
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steve	Pryke	Open	70-74
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jen	Pudney	Female	25-29
11:30	11	British Triathlon Paratriathlon Championships	Joshua	Pullen	Open	PTS3
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Natalia	Radomska	Female	Junior C
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Sylwia	Radomska	Female	45-49
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Przemyslaw	Radomski	Open	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ffion	Randell	Female	20-24
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	James	Ray	Open	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Frank	Reay	Open	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christopher	Redmond	Open	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lottie	Reeve	Female	20-24
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tony	Rendall	Open	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Leah	Rhodes	Female	Youth A
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Clara	Rhodes	Female	Junior C
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Wayne	Richards	Open	75-79
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ben	Richardson	Open	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mark	Richardson	Open	50-54
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Billy	Richmond	Open	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Robert	Rickman	Open	65-69
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Katy	Rivers	Female	35-39
08:50	5	Sprint Aquabike	David	Robbins	Open	65-69
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	LINDA MAY	ROBBINS	Female	70-74
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Iain	Roberts	Open	60-64
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paula	Robertson	Female	55-59
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Pete	Robins	Open	55-59
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Robert	Rogers	Open	80-84
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Milla	Rogers	Female	30-34
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alejandro	Romero	Open	35-39
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andrew	Rose	Open	20-24
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nicki	Rushton	Female	60-64

08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Russell	Open	50-54
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Linda	Russell-Bond	Female	70-74
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rob	Sagar	Open	20-24
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Greg	Sagar	Open	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Musty	Salih	Open	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mark	Salway	Open	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hanna	Sari	Female	Junior C
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Louise	Sautschak	Female	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Morten	Schmidt	Open	60-64
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Clark	Schofield	Open	50-54
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	clark	schofield	Open	50-54
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Helen	Scholes	Female	60-64
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Mark	Scott	Open	60-64
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Lucy	scott	Female	45-49
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Mark	Scott	Open	60-64
11:30	11	British Triathlon Paratriathlon Championships	Oliver	Scott	Open	PTS5
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Charlotte	Senior	Female	20-24
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sara	Shahin	Female	40-44
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Colum	Sharkey	Open	60-64
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Iain	Shaw	Open	40-44
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Shears	Open	Junior C
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Kitty	Shepherd-Cross	Female	20-24
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gianni	Shipp	Open	40-44
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paul	Shopland	Open	55-59
11:30	11	British Triathlon Paratriathlon Championships	Alison	Short	Female	PTS5
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Annie	Sidgwick	Female	75-79
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sara	Simon	Female	70-74
11:30	11	British Triathlon Paratriathlon Championships	Danny	Simpson	Open	PTS5
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Andrew	Skea	Open	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	AMY	SKINNARD	Female	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alex	Skrine	Open	45-49
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Chris	Sleight	Female	75-79
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Micah	Smith	Open	Youth A
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Smith	Open	Youth B
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Will	Smith	Open	Youth B
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ben	Smith	Open	40-44
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Marcus	Smith	Open	55-59
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	andy	smith	Open	55-59
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Keith	Smith	Open	65-69
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alison	Smith	Female	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Helen	Smith	Female	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Philippa	Smith	Female	60-64
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christina	Smith	Female	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Boo	Smith	Female	65-69
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Phil	Smith	Open	60-64
11:30	11	British Triathlon Paratriathlon Championships	Malcolm	Smith	Open	PTS5
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Edward	Smyth	Open	20-24
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	William	Snowdon	Open	70-74
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Martin	Spencer	Open	70-74
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Digby	Spencer-Lewis	Open	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alice	Steele	Female	25-29
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Greg	Stinson	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christopher	Stuart	Open	50-54

11:30	11	Open Sprint Paratriathlon	Liz	Styles	Female	Tri 4
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Budi	Suryaatmadja	Open	50-54
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Paddy	Sweetnam	Open	75-79
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Richard	Sykes	Open	40-44
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Jamie	Taggart	Open	30-34
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Keith	Tannetta	Open	60-64
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Howard	Tansley	Open	45-49
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Alice	Tansley	Female	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Harvey	Taylor	Open	20-24
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Sarah	Taylor	Female	50-54
10:30	10	Hillingdon Sprint Aquabike Championships- Open to Hillingdon Tri members only	Jason	Taylor	Open	50-54
11:30	11	British Triathlon Paratriathlon Championships	Michael	Taylor	Open	PTS4
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jessica	Telford	Female	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Hannah	Thewis	Female	Junior C
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Anne	Thom	Female	40-44
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gwenllian	Thomas	Female	40-44
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nicola	Thomas	Female	60-64
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jack	Thompson	Open	35-39
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Daniel	Thompson	Open	35-39
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jonathan	Thorp	Open	40-44
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Patrick	Tierney	Open	45-49
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christopher	Till	Open	30-34
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Adrian	Toland	Open	50-54
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Oliver	Tom	Open	Junior C
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Daniel	Totterdale	Open	35-39
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Amber Elizabeth	Towns	Female	25-29
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tracy	Tuck	Female	45-49
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ben	Tull	Open	25-29
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Roxanne	Turner	Female	35-39
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Samuel	Turney	Open	Youth B
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	geoff	twinning	Open	45-49
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Devilliers	van den brink	Open	45-49
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Douwe	Van Der Meer	Open	45-49
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Gail	Varley	Female	55-59
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Christopher	Vaughan	Open	30-34
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ian	Vickery	Open	65-69
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	gary	waite	Open	60-64
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rupert	Waldron	Open	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Amy	Walker	Female	35-39
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Marion	Walker	Female	70-74
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Philip	Wallace	Open	55-59
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Jilly	Wallace	Female	65-69
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Joseph	Ward	Open	25-29
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	David	Ward	Open	45-49
11:30	11	British Triathlon Paratriathlon Championships	Emma Elizabeth	Warner	Female	PTS2
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rupert	Warren	Open	55-59
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Tim	Watson	Open	50-54
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Isobel	Watt	Female	Junior C
11:30	11	British Triathlon Paratriathlon Championships	debbie	watt	Female	PTS5
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nicola	Weeks	Female	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Pascale	Wehr	Female	30-34
09:40	9	Sprint Aquabike	Amanda	Wellesley	Female	65-69
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Barbara	West	Female	65-69

11:30	11	British Triathlon Paratriathlon Championships	Sophie	West	Female	PTS5
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Emma	Wheeler	Female	55-59
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Esme	White	Female	Youth B
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Michael	Whitehead	Open	40-44
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Janet	Whiting	Female	65-69
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Louise	Whitting	Female	35-39
08:50	5	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	robert	wickings	Open	60-64
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Natalie	Wickings	Female	30-34
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Liz	Wild	Female	65-69
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Steve	Wiles	Open	55-59
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	LUKE	WILKINS	Open	30-34
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Rhys	Wilkinson	Open	30-34
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Ned	Wilkinson	Open	75-79
09:40	9	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Shirley	Wilkinson	Female	60-64
08:05	2	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Llywelyn	Williams	Open	40-44
09:30	7	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Swyn	Williams	Female	25-29
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Elizabeth	Williams	Female	55-59
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Elizabeth	Williams	Female	55-59
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Amber Christine	Williams	Female	25-29
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Matthew Craig	Willis	Open	20-24
08:45	4	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Neil	Willis	Open	55-59
08:10	3	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Marcus	Wills	Open	45-49
08:00	1	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Benjamin	Wilmot	Open	Youth B
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Martin	Wilson	Open	60-64
10:30	10	Hillingdon Sprint Championships - Open to Hillingdon Tri Members only	Marcin	Wojtal	Open	40-44
08:55	6	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Douglas	Wood	Open	80-84
11:30	11	British Triathlon Paratriathlon Championships	Hattie	Woodhouse	Female	PTS3
09:35	8	Sprint Triathlon Including Open Sprint, British Champs, English Champs and Sprint Qualifier	Nina	Woollard	Female	40-44
13:30	14	Super Duper Sprint - TEAM/RELAY	Chapletes			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 1			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 2			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 3			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 4			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 5			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 6			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 7			
13:30	14	Super Duper Sprint - TEAM/RELAY	Ottobock Dorset Team 8			
13:30	14	Super Duper Sprint - TEAM/RELAY	Fieldfisher Elite Force			
13:30	14	Super Duper Sprint - TEAM/RELAY	Fieldfisher Titans			