

Adult Start Times

Number	Title	First Name	Last Name	Race Entered	Category	Club	Start Time
001	Mr	Phil	Drury	Adult Aquabike	O	TriSudbury	08:30:00
002	Ms	Carly	Moody	Adult Aquabike	F	TRISudbury	08:30:30
003	Mr	Jake	Beaugeard	Adult Aquabike	O		08:31:00
004	Mr	Tim	Baillie	Adult Aquabike	O		08:31:30
005	Mr	David	Smeaton-Small	Adult Aquabike	O		08:32:00
006	Mrs	Rachael	Finch	Adult Aquabike	F	Beccles Triathlon Club	08:32:30
007	Mrs	Wendy	Larke	Adult Aquabike	F		08:33:00
008	Mr	Frank	Burniston	Adult Triathlon	O		08:35:00
009	Mrs	Laura	Goodswen	Adult Triathlon	F		08:35:30
010	Mr	Philip - Pip	Moore	Adult Triathlon	O	Ethelwold Tri Club	08:36:00
011	Mr	Simon	Heath	Adult Triathlon	O		08:36:30
012	Mr	Sam	Smith	Adult Triathlon	O	Ipswich Triathlon Club	08:37:00
013	Mr	Alan	Bryson	Adult Triathlon	O	Clwb Beicio'r Bala	08:37:30
014	Mr	Jordan	Ayers	Adult Triathlon	O		08:38:00
015	Mr	Christopher	Bell	Adult Triathlon	O		08:38:30
016	Miss	Isabella	Hollands	Adult Triathlon	F		08:39:00
017	Dr	malcolm	macfarlane	Adult Triathlon	O	Ethelwold Tri Club	08:39:30
018	Miss	Megan	Atkins	Adult Triathlon	F		08:40:00
019	Ms	Joscelin	Lowden	Adult Triathlon	F		08:40:30
020	Miss	Jamie Anne	Harkin	Adult Triathlon	F		08:41:00
021	Mr	Simon	Ward	Adult Triathlon	O		08:41:30
022	Ms	sally	Bryson	Adult Triathlon	F	Cup cake cartel	08:42:00
023	Mr	Andrew	Horne	Adult Triathlon	O	AKAKPO FIT TRI CREW	08:42:30
024	Mr	Darren	Douglass	Adult Triathlon	O	Beccles Triathlon Club	08:43:00
025	Mrs	Laura	Ali	Adult Triathlon	F		08:43:30
026	Mr	Chris	McCrave	Adult Triathlon	O	Beccles Triathlon Club	08:44:00
027	Mr	Ryan	Jackson	Adult Triathlon	O	University of East Anglia T	08:44:30
028	Miss	Sophie	Barnard	Adult Triathlon	F		08:45:00
029	Mr	Elliott	Norris	Adult Triathlon	O	Kesgrave Kruisers Triathlc	08:45:30
030	Mr	Iain	Taylor	Adult Triathlon	O	Ipswich Triathlon Club	08:46:00
031	Mr	kieran	bell-tye	Adult Triathlon	O	bungay blackdogs	08:46:30
032	Mr	Ronnie	Wilson	Adult Triathlon	O		08:47:00
033	Mrs	Sonia	Davis	Adult Triathlon	F		08:47:30
034	Mr	Zackary	St John Clarke	Adult Triathlon	O		08:48:00
035	Miss	Evea	Cowell	Adult Triathlon	F		08:48:30
036	Mrs	Emma	Constance	Adult Triathlon	F		08:49:00
037	Mrs	Sarah	Frost	Adult Triathlon	F	Ipswich Triathlon Club	08:49:30
0388	Mrs	Amanda	Gritton	Adult Triathlon	F		08:50:00
039	Dr	Rebekah	Marsh	Adult Triathlon	F		08:50:30
040	Mr	Adam	Childs	Adult Triathlon	O		08:51:00
041	Mr	John	Chambers	Adult Triathlon	O		08:51:30
042	Miss	Megan	Free	Adult Triathlon	F	Velouse flyer	08:52:00
043	Miss	Cassandra	Badger	Adult Triathlon	F	Beccles Triathlon Club	08:52:30
044	Mr	Mark	Potter	Adult Triathlon	O	TRISudbury	08:53:00
045	Mrs	lynsey	smith	Adult Triathlon	F		08:53:30
046	Ms	Sal	Jefford	Adult Triathlon	F	Clwb Beicio'r Bala	08:54:00
047	Mrs	Caroline	Aldous	Adult Triathlon	F		08:54:30
048	Miss	Emily	Williams	Adult Triathlon	F		08:55:00
049	Mr	Peter	Southgate	Adult Triathlon	O	Stamford Tri Club	08:55:30
050	Mr	Ivan	Baker	Adult Triathlon	O		08:56:00

051	Mr	Felix	Gray	Adult Triathlon	O		08:56:30
052	Ms	Georgia	Scott	Adult Triathlon	O		08:57:00
053	Mrs	Larissa	Webster	Adult Triathlon	F	Beccles Triathlon Club	08:57:30
054	Mr	Anthony	Rose	Adult Triathlon	O	Tri-Anglia Triathlon Club	08:59:00
055	Mr	Duncan	Cox	Adult Triathlon	O		08:59:30
056	Mrs	Elizabeth	Cobbold	Adult Triathlon	F		09:00:00
057	Mr	Jabba	Gray	Adult Triathlon	O		09:00:30
058	Mrs	Polly	Atkin	Adult Triathlon	F		09:01:00
059	Ms	Lyn	Syrett	Adult Triathlon	F	Beccles Triathlon Club	09:01:30
060	Miss	emily	mason	Adult Triathlon	F		09:02:00
061	Mr	Robert	Milner	Adult Triathlon	O	Beccles Triathlon Club	09:02:30
062	Miss	Sarah	James	Adult Triathlon	F	Beccles Triathlon Club	09:03:00
063	Mrs	louise	southgate	Adult Triathlon	F	Stamford Tri Club	09:03:30
064	Mr	Tom	Mason	Adult Triathlon	O		09:04:00
065	Mrs	Kelly	Mason	Adult Triathlon	F		09:04:30
066	Dr	Alison	Glaister	Adult Triathlon	F		09:05:00
067	Mr	Andrew	Howell	Adult Triathlon	O	Ethelwold Tri Club	09:05:30
068	Mrs	Deborah	Peach	Adult Triathlon	F		09:06:00
069	Mrs	Pauline	Midwinter	Adult Triathlon	F	Bungay Black Dog Runnin	09:06:30
070	Mr	Robert	Bacon	Adult Triathlon	O		09:07:00
071	Mr	James	Gooch	Adult Triathlon	O		09:07:30
072	Mr	Ben	Larter	Adult Triathlon	O		09:08:00
073	Mr	David	Cox	Adult Triathlon	O		09:08:30
074	Mr	Andrew	Flux	Adult Triathlon	O		09:09:00
075	Mr	Oliver	Nutall	Adult Triathlon	O		09:09:30
076	Mr	David	Mower	Adult Triathlon	O	Beccles Triathlon Club	09:10:00
077	Mrs	Abby	Bolderston	Adult Triathlon	F		09:10:30
078	Mrs	Jane	Williams	Adult Triathlon	F		09:11:00
079	Mrs	Donna	Milner	Adult Triathlon	F	Beccles Triathlon Club	09:11:30
080	Dr	AJ	Norman	Adult Triathlon	O		09:12:00
081	Mr	Paul	Harman	Adult Triathlon	O		09:12:30
082	Mrs	Mandy	Cox	Adult Triathlon	F		09:13:00
083	Miss	Lauren	Finch	Adult Triathlon	F	Beccles Triathlon Club	09:13:30
084	Mrs	Michaela	Gooch	Adult Triathlon	F		09:14:00
085	Mrs	Steph	Pamplin	Adult Triathlon	F		09:14:30
086	Mrs	Hannah	Manser	Adult Triathlon	F	Diss athletics club	09:15:00
087	Mr	Ian	mcalpine	Adult Triathlon	O		09:15:30
088	Mrs	Fay	Sutton	Adult Triathlon	F	Tri-Anglia Triathlon Club	09:16:00
089	Ms	Frances	Seager	Adult Triathlon	F		09:16:30
090	Mr	Terry	Baker	Adult Triathlon	O		09:17:00
091	Mrs	Patricia	Tuttle	Adult Triathlon	F	Beccles Triathlon Club	09:17:30
092	Mrs	Wendy	Tuley	Adult Triathlon	F		09:18:00
093	Ms	Louise	Adams	Adult Triathlon	F		09:18:30
094	Miss	Elizabeth	Long	Adult Triathlon	F		09:19:00
095	Mrs	Sinead	Bloomfield	Adult Triathlon	F		09:19:30
096	Mr	Julian	Sutton	Adult Triathlon	O		09:20:00
097	Mrs	Julie	Copsey	Adult Triathlon	F		09:20:30
098	Mr	Paul	Heeks	Adult Triathlon	O	Stowmarket Striders Run	09:21:00
099	Mr	John	White	Adult Aquathlon	O		09:23:00
200	Miss	Rebecca	Sinden	Adult Aquathlon	F		09:23:30
100	Ms	Samantha	Sullivan	Adult Aquathlon	F		09:24:00