

<b>Bib</b>	<b>First name</b>	<b>Last name</b>	<b>Sex</b>	<b>Club/Company</b>	<b>Distance</b>	<b>Wave/Cap</b>
507	Shabana	Ahmed	F	N/a	500m	Yellow
321	Glenn	Ainsworth	M		3.8k	2 Pink
536	Neil	Ainsworth	M		1mile	2 Pink
112	Jacqueline	Akers	F	Blue Lagooners	1mile	2 Pink
460	Jacqueline	Akers	F	Blue Lagooners	500m	Yellow
373	Diane	Aldridge	F	Corsham ASC	3.8k	2 Pink
384	Ken	Aldridge	M		3.8k	3 Red
424	Mudassar	Ali	M	Pendle Triathlon Club	3.8k	3 Red
503	Annabelle	Allen	F	BodyFit Cumbria Running Club	500m	Yellow
23	James	Amor	M	COPELAND ASC	1mile	1 Orange
38	Gayle	Andrews	F	Carlisle Tri Club	1mile	1 Orange
254	Heather	Appleby	F		3.8k	1 Orange
293	Chris	Appleton	M		3.8k	1 Orange
453	Alicia	Aspbury	F	Bolton Amateur Swimming Club	500m	Yellow
229	Paul	Astin	M		1mile	3 Red
476	Lexie	Atherton	F	Balrog	500m	Yellow
59	Luke	Atherton	M	BALROG	1mile	1 Orange
58	Mark	Atherton	M	BALROG	1mile	1 Orange
477	Mark	Atherton	M	BALROG	500m	Yellow
174	Anthony	Atkinson	M	Ulveston Tri Club	1mile	3 Red
172	Kathryn	Atkinson	F	Pendle Tri Club	1mile	3 Red
456	Stephen	Atkinson	M	Pendle triathlon club	500m	Yellow
406	Laura	Bain	F	C.O.L.T	3.8k	3 Red
355	Grant	Baker	M		3.8k	2 Pink
407	Jennifer	Baker	F		3.8k	3 Red
516	Sarah	Baker	F		500m	Yellow
301	Helen	Banks	F		3.8k	1 Orange
462	Ben	Barclay	M	Ulverston Otters	500m	Yellow
145	Lee	Barlow	M		1mile	2 Pink
144	Nicci	Barlow	F		1mile	2 Pink
338	Sara	Barrett	F		3.8k	2 Pink
333	Simon	Beech	M		3.8k	2 Pink
32	Millie	Bell	F	Carlisle Aquatics	1mile	1 Orange
568	Debbie	Bennett	F		500m	Yellow
374	Catherine	Benson	F		3.8k	3 Red
40	Lee	Blackburn	M	Darwen Masters	1mile	1 Orange
155	Jacqueline	Blight	F		1mile	3 Red
196	June	Boagey	F		1mile	3 Red
204	Ruth	Bober	F		1mile	3 Red
189	Kathryn	Bond	F		1mile	3 Red
183	Claire	Bostel	F	TRI LAKELAND	1mile	3 Red
244	Stephen	Bottomley	M	Borough of Kirklees sc	3.8k	1 Orange
420	Paul	Bowker	M	Rossall Triathlon	3.8k	3 Red
299	Chris	Bowman	M		3.8k	1 Orange
13	Paul	Bowman	M		1mile	1 Orange
340	Teena	Bowness	F		3.8k	2 Pink
278	Christopher	Boxall	M		3.8k	1 Orange
7	Millie	Breese	F	Alnwick Dolphins Swim Club	1mile	1 Orange
94	Jonathan	Brewer	M	Carlisle Tri Club	1mile	2 Pink

289	Amy	Brown	F		3.8k	1 Orange
134	Carol	Brown	F		1mile	2 Pink
370	Grahame	Brown	M		3.8k	2 Pink
263	Judy	Brown	F	Trafford Metro	3.8k	1 Orange
235	Suzanne	Brown	F		1mile	3 Red
409	Colin	Browne	M	Carlisle Tri Club	3.8k	3 Red
295	Chris	Brownlow	M		3.8k	1 Orange
24	Steve	Burcham	M		1mile	1 Orange
452	Sue	Burcham	F		500m	Yellow
272	Rebecca	Burgess	F		3.8k	1 Orange
362	Chris	Cadman	M	Formby Wuckfits	3.8k	2 Pink
331	Hannah	Cain	F		3.8k	2 Pink
3	Nathan	Caine	M	Ulverston Otters	1mile	1 Orange
486	Melanie	Campbell	F		500m	Yellow
205	Rosemary	Campbell	F		1mile	3 Red
480	Henrique	Campos	M	Bupa UK	500m	Yellow
547	Julia	Capper	F	Cumbria Open Water Swimmers	3.8k	1 Orange
180	Brian	Carroll	M	Sunderland Strollers	1mile	3 Red
136	Duncan	Carter	M		1mile	2 Pink
50	Nina	Carter	F	Bolton Triathlon Club	1mile	1 Orange
90	Stuart	Carter	M	Bolton Triathlon Club	1mile	2 Pink
418	Victoria	Carter	F		3.8k	3 Red
403	Susan	Catterall	F		3.8k	3 Red
413	Levi	Caulfield	M		3.8k	3 Red
108	Amanda	Chakraborty	F		1mile	2 Pink
488	Hayley	CHAPLOW	F		500m	Yellow
487	Rebekah	Chaplow	F		500m	Yellow
218	Will	Charles	M	Delamere Spartans	1mile	3 Red
117	Fiona	Cheetham	F		1mile	2 Pink
240	Rosemary	Chester	F	The Aquatic Body	3.8k	1 Orange
113	Louise	Chew	F		1mile	2 Pink
106	Alison	Christian	F	Cullercoats Open Water Swimmers	1mile	2 Pink
314	Peter	Christie	M	Durham Tri	3.8k	2 Pink
135	Abigail	Clarke	F		1mile	2 Pink
336	David	Clarke	M		3.8k	2 Pink
512	Diane	Clarke	F		500m	Yellow
343	Melanie	Clarke	F	Evesham vale triathletes	3.8k	2 Pink
552	David	Cleghorn	M	BLDSC	3.8k	2 Pink
393	Rachel	Cliff	F		3.8k	3 Red
16	Paul	Clucas	M	Tri Lakeland	1mile	1 Orange
209	Rod	Cobby	M		1mile	3 Red
270	David	Cock	M	crowood swim club	3.8k	1 Orange
200	David	Colley	M		1mile	3 Red
549	David	Connor	M	CARLISLE TRI CLUB	3.8k	2 Pink
151	Tanya	Constable	F		1mile	3 Red
415	Anne	Cook	F		3.8k	3 Red
67	Stephen	Cookson	M		1mile	1 Orange
60	Dermot	Costello	M		1mile	1 Orange
61	Violet	Costello	F		1mile	1 Orange
446	Elliot	Cray	M		500m	Yellow

447	Kitty	Cray	F		500m	Yellow
178	Malcolm	Crosbie	M	Carlisle Tri Club	1mile	3 Red
163	Sue	Cummins	F	Shiver Sisters	1mile	3 Red
41	Julie	Cushion	F		1mile	1 Orange
565	Daniel	Dable	M	Blackpool Aquatics Tri Squad BATS	500m	Yellow
358	Alexandra	Damazer	F		3.8k	2 Pink
360	Emma	David	F	NIDD VALLEY ROAD RUNNERS	3.8k	2 Pink
84	Abi	Davidson	F		1mile	2 Pink
426	Suzanne	Davies	F		3.8k	3 Red
546	Liz	Dawson	F	BOLTON TRI CLUB	3.8k	1 Orange
201	EMMA	DICKSON	F		1mile	3 Red
429	Ruby	Diment	F		500m	Yellow
166	Jen	Dixon	F		1mile	3 Red
531	Jo	Dixon	F		1mile	2 Pink
167	Paul	Dixon	M		1mile	3 Red
499	Jack	Dobie	M		500m	Yellow
494	scarlett	dodwell	F		500m	Yellow
192	Kevin	Doherty	M	Sunderland Strollers / Suncity Tri	1mile	3 Red
257	James	Douglas	M		3.8k	1 Orange
44	Rhiannon	Douglas	F		1mile	1 Orange
93	Teresa	Douglas	F		1mile	2 Pink
230	Sarah	Downer	F	None	1mile	3 Red
543	Helen	Downey	F	Tri Lakeland / Cockermouth Swimming Club	3.8k	1 Orange
350	David	Doyle	M		3.8k	2 Pink
56	Chris	Draper	M	TRI-LAKELAND	1mile	1 Orange
442	Louisa	Draper	F	Workington Swimming Club	500m	Yellow
203	Rebecca	Draper	F		1mile	3 Red
469	James	Dudgeon	M		500m	Yellow
81	Ross	Duncan	M		1mile	2 Pink
504	Peri	Dunford	F	Adventure Swim Coahing	500m	Yellow
36	Keira	Dunlop	F	Tri Lakeland Juniors	1mile	1 Orange
188	Trish	Dunlop	F	Trilakeland	1mile	3 Red
126	Lorna	Dunning	F	Hartlepool Triathletes	1mile	2 Pink
496	Hannah	Durkin	F		500m	Yellow
256	Mike	Durkin	M		3.8k	1 Orange
495	Ruth	Durkin	F		500m	Yellow
497	William	Durkin	M		500m	Yellow
65	Emma	Duxbury	F	Kendal ASC	1mile	1 Orange
443	Ruby	Duxbury	F	Kendal ASC	500m	Yellow
15	Oliver	Dyson	M	Cockermouth SC	1mile	1 Orange
439	Oliver	Dyson	M	Cockermouth SC	500m	Yellow
69	Elizabeth	Earle	F	One Life Racing	1mile	1 Orange
279	Jane	Eccleston	F	Manchester Triathlon Club	3.8k	1 Orange
79	Megan	Edwards	F		1mile	1 Orange
77	Nicola	Edwards	F	Carlisle Tri Club	1mile	1 Orange
211	Sharon	Edwards	F		1mile	3 Red
470	Sarah	English	F		500m	Yellow
139	Jane	Evans	F	Harrogate Tri Club	1mile	2 Pink
386	Mark	Farley	M		3.8k	3 Red
264	Liam	Fausset	M	Lancaster city	3.8k	1 Orange

42	Colin	Fell	M	Carlisle Tri Club	1mile	1 Orange
309	Wayne	Ferguson	M		3.8k	1 Orange
489	Dawn	Ferreday	F		500m	Yellow
116	Alison	Fish	F		1mile	2 Pink
523	Tina	Fletcher	F		1mile	1 Orange
468	Zachary	Flitton	M	Workington ASC	500m	Yellow
210	Alison	Flynn	F		1mile	3 Red
82	Stephen	Foster	M	Carlisle Aquatics	1mile	2 Pink
88	Vanessa	Foster	F	Carlisle Aquatics	1mile	2 Pink
111	JANE	FRECHETTE	F		1mile	2 Pink
152	Nicola	Frederick	F		1mile	3 Red
441	Ben	Freer	M	Workington Swim club	500m	Yellow
186	Joanne	Galkowski	F		1mile	3 Red
124	Sue	Gallagher	F		1mile	2 Pink
416	Claire	Gatenby	F	Squashed Pixel	3.8k	3 Red
325	Hollie	Gerrard	F		3.8k	2 Pink
11	Caitlin	Gibson	F	BMSS	1mile	1 Orange
49	Liz	Gibson	F	NYP Tri	1mile	1 Orange
387	Norman	Gibson	M		3.8k	3 Red
341	Paul	Gibson	M		3.8k	2 Pink
105	Gemma	gilbert	F	felixstowe road runners	1mile	2 Pink
493	Wes	Gleave	M		500m	Yellow
500	Wesley	Gleave	M		500m	Yellow
55	Simon	Glover	M		1mile	1 Orange
348	Robert	Godlonton	M	Limitless Triathlon	3.8k	2 Pink
246	Mark	Goodings	M		3.8k	1 Orange
85	Lee	Gowland	M		1mile	2 Pink
479	Samantha	Grant	F	Lincoln and District Runners	500m	Yellow
526	Ashleigh	Gray	F		1mile	1 Orange
21	Ben	Greene	M		1mile	1 Orange
397	Helen	Greenep	F	M.A.L.L.O.W.S	3.8k	3 Red
307	Craig	Greenough	M	RVT	3.8k	1 Orange
37	Alex	Gregg	M		1mile	1 Orange
492	Anthony	Gribbin	M		500m	Yellow
300	Catherine	Griffin	F		3.8k	1 Orange
18	Ellie	Griffin	F	York Tri Club	1mile	1 Orange
457	Anna	Grimwade	F	Miss	500m	Yellow
431	William	Grundy	M	Bolton Metro Swim Squad	500m	Yellow
143	Andrew	Guy	F		1mile	2 Pink
422	Mark	Haggart	M	Wigan Wheelers & Tri	3.8k	3 Red
482	Tracy	Haggart	F	Wigan Wheelers & Triathlon Club	500m	Yellow
261	Molly	Hale	F	Stirling Uni	3.8k	1 Orange
449	Charlie	Hall	M	Penrith Swimming Club	500m	Yellow
226	Faye	Hall	F		1mile	3 Red
141	Helen	Hall	F		1mile	2 Pink
225	Ian	Hall	M		1mile	3 Red
365	Michael	Halliwell	M		3.8k	2 Pink
392	Sarah	Hamilton	F	DH Runners	3.8k	3 Red
412	Simon	Hampshaw	M		3.8k	3 Red
101	Philippa	Hardy	F		1mile	2 Pink

434	Tommy	Hardy	M	Cockermouth SC	500m	Yellow
249	Daniel	Harle	M		3.8k	1 Orange
66	Ben	Harper	M	Carlisle Tri Club	1mile	1 Orange
165	Hayley	Harper	F	Ipswich Jaffa RC	1mile	3 Red
277	Sarah	Harper	F		3.8k	1 Orange
371	Clare	Harris	F	ROSSENDALE TRI CLUB	3.8k	2 Pink
556	Alex	Harrison	M		3.8k	3 Red
238	David	Harrison	M	CYCLING UK	3.8k	1 Orange
388	Jackie	Harrison	F	MRS	3.8k	3 Red
417	Nigel	Harrison	M	Ipswich Jaffa RC	3.8k	3 Red
550	Tony	Harrison	M		3.8k	2 Pink
68	David	Harvey	M	TYNE TRIATHLON CLUB	1mile	1 Orange
195	Michael	Harvey	M		1mile	3 Red
473	Amanda	Hatton	F	Mallows	500m	Yellow
328	Andrew	Hawkins	M	Grimsby Harriers & AC	3.8k	2 Pink
438	Aoife	Hawkrigg	F	COPELAND ASC	500m	Yellow
78	Katherine	Hawkrigg	F		1mile	1 Orange
9	Philip	Hawkrigg	M	COPELAND ASC	1mile	1 Orange
177	Kathryn	Haworth	F		1mile	3 Red
502	Andy	Hayes	M	BODYFIT CUMBRIA RUNNING CLUB	500m	Yellow
199	Melanie	Haygarth	F		1mile	3 Red
43	Alice	Heaton	F		1mile	1 Orange
381	Nicola	Heaton	F	KENDAL TRI CLUB	3.8k	3 Red
389	Robert	Hector	M		3.8k	3 Red
317	Joe	Hefford	M	Chislehurst Millenium Swim Squad	3.8k	2 Pink
114	Mark	Hefford	M		1mile	2 Pink
353	TOM	HEFFORD	M		3.8k	2 Pink
472	Alanna	Hemmings	F		500m	Yellow
281	shelley	hemsley	F		3.8k	1 Orange
379	Suzanne	Hemsley	F		3.8k	3 Red
27	Penny	henderson	F	Penrith Swimming Club	1mile	1 Orange
448	Rosa	henderson	F	Penrith Swimming Club	500m	Yellow
311	Richard	Hesmondhalgh	M		3.8k	2 Pink
322	Lesley	Higgins	F	West Lothian Triathlon	3.8k	2 Pink
535	Rebecca	Hilland	F	West Cumbria Tri	1mile	2 Pink
73	Robert	Hindle	M		1mile	1 Orange
465	Daniel	Hindsley	M		500m	Yellow
467	Ella	HINDSLEY	F		500m	Yellow
466	Jasmine	Hindsley	F		500m	Yellow
450	Oscar	Hodgson	M	Carlisle aquatics	500m	Yellow
34	Kyle	Hodkinson	M		1mile	1 Orange
428	Avagrace	Hodson	F	Wigan BEST	500m	Yellow
451	Ian	hodson	M		500m	Yellow
91	Beth	Hoggarth	F		1mile	2 Pink
259	Jonathan	Holt	M	None	3.8k	1 Orange
72	Kevin	Holt	M	Tri Fit Coaching	1mile	1 Orange
197	Katherine	Horne	F		1mile	3 Red
351	Paul	Horrocks	M		3.8k	2 Pink
290	Vicky	Horrocks	F	LEEDS & BRADFORD TRIATHLON CLUB	3.8k	1 Orange
345	Joe	Horsley	M	Ulverston Triathlon Club	3.8k	2 Pink

335	Rob	Houghton	M		3.8k	2 Pink
557	Steven	Houghton	M		3.8k	3 Red
123	P	HOWARTH	M		1mile	2 Pink
171	Chris	Howe	M		1mile	3 Red
485	Denise	Howie	F	BodyFit Cumbria	500m	Yellow
545	Martin	Howie	M	CHORLEY ATHLETIC & TRI CLUB	3.8k	1 Orange
382	Derek	Huby	M		3.8k	3 Red
383	Laura	Huby	F		3.8k	3 Red
544	Alastair	Hughes	M	NYP TRI	3.8k	1 Orange
53	Rhiannon	Hughes	F	GLOSSOP TRIATHLON CLUB	1mile	1 Orange
120	Teresa	Hughes	F	GLOSSOP TRIATHLON CLUB	1mile	2 Pink
95	steph	hulford	F		1mile	2 Pink
47	Kirk	Hunter	M	Mersey Tri	1mile	1 Orange
395	Hannah	Husband	F		3.8k	3 Red
149	Louise	Ireland	F	Sellars Elite Coaching	1mile	3 Red
245	Matt	Jackson	M		3.8k	1 Orange
102	Peter	Jackson	M		1mile	2 Pink
498	Alex	James	F		500m	Yellow
142	Zoe	James	F		1mile	2 Pink
567	Charlotte	Jane Jude	F		500m	Yellow
528	Graeme	Jobling	M		1mile	1 Orange
269	Neill	Jobling	M		3.8k	1 Orange
258	Grant	Johnson	M	Ulverston Tri Club	3.8k	1 Orange
159	Wendy	Johnson	F		1mile	3 Red
308	Laura	Johnston	F	Tri Lakeland	3.8k	1 Orange
131	Robert	Johnstone	M	CARLISLE TRI CLUB	1mile	2 Pink
454	Edryd	Jones	M	Sun city tri	500m	Yellow
318	Jennifer	Jones	F		3.8k	2 Pink
505	Mark	Jones	M	Adventure Swim Coaching	500m	Yellow
455	Nancy	Jones	F		500m	Yellow
414	Peter	Jones	M	Leighton Fun Runners	3.8k	3 Red
4	Eleanor	Kay	F	Bolton Metro	1mile	1 Orange
525	Fiona	Kay	F		1mile	1 Orange
342	James	Kay	M		3.8k	2 Pink
366	Stephen	Keating	M		3.8k	2 Pink
208	Andrew	Keeling	M		1mile	3 Red
207	Caren	Keeling	F		1mile	3 Red
481	Amy	Kellerman	F		500m	Yellow
132	Sarah	Kellerman	F		1mile	2 Pink
302	Charlotte	Kelly	F		3.8k	1 Orange
223	Sue	kelly	F		1mile	3 Red
297	Vanessa	Kelly	F		3.8k	1 Orange
237	Claire	Kennedy	F		1mile	3 Red
100	Nadia	Kennett	F	Tri-Lakeland	1mile	2 Pink
459	Anna	Kenning	F		500m	Yellow
458	Robert	Kenning	M		500m	Yellow
292	STEPHANIE	KENWRIGHT	F	Mersey Tri	3.8k	1 Orange
560	Pollyanna	Kershaw	F	BATS (Blackpool Aquatics Triathlon Squad)	500m	Yellow
559	William	Kershaw	M	BATS (Blackpool Aquatics Triathlon Squad)	500m	Yellow
119	Ian	Kille	M		1mile	2 Pink

515	Eleanor	King	F	Kendal Amateur Swimming Club	500m	Yellow
419	James	King	M		3.8k	3 Red
310	Paul	Kirby	M		3.8k	1 Orange
175	Martin	Kirkman	M		1mile	3 Red
176	Nicola	Kirkman	F		1mile	3 Red
110	Ben	Langford	M		1mile	2 Pink
250	Jen	Langford	F		3.8k	1 Orange
169	Graham	Lappin	M		1mile	3 Red
510	Rosana	Lavado-Perez	F		500m	Yellow
262	Paul	Lavender	M		3.8k	1 Orange
478	Kevin	Lavery	M	None	500m	Yellow
305	Richard	Law	M	Macclesfield Masters	3.8k	1 Orange
138	Sarah	Lawley	F		1mile	2 Pink
161	Charlie	Lawson	F		1mile	3 Red
243	Terry	Lee	M		3.8k	1 Orange
399	Geoff	Leech	M	Team Deane	3.8k	3 Red
286	Gary	Leese	M		3.8k	1 Orange
71	Darren	Leonard	M		1mile	1 Orange
133	CAROL	LEWIS	F	TEESDALE TRIATHLON CLUB	1mile	2 Pink
103	Karen	Lillie	F	Lonely Goat RC	1mile	2 Pink
83	Craig	Little	M	SWPT	1mile	2 Pink
288	Beth	Lloyd	F		3.8k	1 Orange
396	Florence	Lock	F		3.8k	3 Red
62	Kate	Lowe	F	Tynedale Harriers & AC	1mile	1 Orange
251	Craig	Mabon	M	CM Performance Coaching	3.8k	1 Orange
517	Christian	Maher	M		500m	Yellow
514	Rosie	Maher	F		500m	Yellow
109	Dale	Manby	M	NYP Tri	1mile	2 Pink
222	Marion	marion	F		1mile	3 Red
233	Andrew	Marsh	M		1mile	3 Red
182	Andy	Marsh	M		1mile	3 Red
276	Jackie	Marsh	F		3.8k	1 Orange
287	Jonathan	Marsh	M		3.8k	1 Orange
377	Sarah	Marston	F		3.8k	3 Red
266	George	Martindale	M		3.8k	1 Orange
127	Wendy	Matthews	F		1mile	2 Pink
273	Gillian	McAlister	F	HOWSC	3.8k	1 Orange
221	Adele	McCallister	F		1mile	3 Red
220	Sarah	McAndrew	F	baracudas swimming club	1mile	3 Red
76	Andrew	McCarthy	M		1mile	1 Orange
327	Alex	McDonnell	M	Chester Tri	3.8k	2 Pink
39	Belinda	McGinley	F		1mile	1 Orange
561	Anders	McGivern	M	Hoylake ASC	500m	Yellow
564	Andy	McGivern	M	Pensby Runners	500m	Yellow
563	Lotti	mcgivern	F	Hoylake ASC	500m	Yellow
48	Stuart	McGurk	M	Kendal ASC	1mile	1 Orange
518	Neve	McIntyre	F		500m	Yellow
471	Sarah	McIntyre	F		500m	Yellow
107	Joanne	Mckenzie	F	CARLISLE TRI CLUB	1mile	2 Pink
51	Mary	McKenzie	F	King Henry Viii Masters	1mile	1 Orange

378	Annette	McMillan	F		3.8k	3 Red
35	Hannah	McMillan	F	Carnforth Otters	1mile	1 Orange
363	Wendy	McMillan	F		3.8k	2 Pink
280	Catherine	McWhirter	F	Heatsets Ltd	3.8k	1 Orange
25	Ian	McWhirter	M	Heatsets Ltd	1mile	1 Orange
463	Alexander(AJ)	Medd	M	Bradford Swimming Club	500m	Yellow
5	Gabe	Medd	M	City of Bradford Swimming Club	1mile	1 Orange
252	Gabe	Medd	M	City of Bradford Swimming Club	3.8k	1 Orange
432	Gabe	Medd	M	City of Bradford Swimming Club	500m	Yellow
268	Paul	Mellor	M		3.8k	1 Orange
294	Neil	Mercer	M	GMC fire service	3.8k	1 Orange
57	Louise	Meynell	F	Billingham Marsh House Harriers	1mile	1 Orange
164	Phil	Michael Pugh	M		1mile	3 Red
168	Carmen	Mills	F		1mile	3 Red
304	Helen	Milner	F	Ledbury Harriers	3.8k	1 Orange
241	Fraser	Minnican	M	Jameson Tri	3.8k	1 Orange
248	Lauren	Minnican	F	The Cupcake Cartel	3.8k	1 Orange
75	Lisa	Minns	F	RIBBY HALL TRI CLUB	1mile	1 Orange
566	Iris	Mitchell	F	Durham City Aquatics	500m	Yellow
2	gyoktug	molla	M	ulverston swimming club	1mile	1 Orange
400	Andrew	Moore	M	Impact Tri	3.8k	3 Red
346	Louis	Morris	M		3.8k	2 Pink
231	Michael	Morrow	M	VO2 Max Race Team	1mile	3 Red
312	Ian	Mulrooney	M	Team SW2F	3.8k	2 Pink
187	Chelsey	Munday	F		1mile	3 Red
551	Lindsay	Murphy	F		3.8k	2 Pink
228	Joanne	Murray	F		1mile	3 Red
54	Mark	Naven	M	Glossop Triathlon Club	1mile	1 Orange
524	Natasha	NB	F	COLT	1mile	1 Orange
404	Max	Neill	M		3.8k	3 Red
162	David	Newell	M		1mile	3 Red
542	Joshua	Nicholson	M		1mile	3 Red
284	Darren	Noble	M	Vo2max Race team	3.8k	1 Orange
97	Hugh	Noden	M	Macclesfield Harriers	1mile	2 Pink
96	Marcus	Noden	M	Bramhall Runners	1mile	2 Pink
31	Rory	Noden	M		1mile	1 Orange
352	Robert	Nuthall	M		3.8k	2 Pink
445	Maisie	O'mahony	F	Cockermouth SC	500m	Yellow
430	Olivia	Omahony	F	Cockermouth SC	500m	Yellow
118	Julie	O'Malley	F		1mile	2 Pink
361	Sharon	Ormston	F		3.8k	2 Pink
372	Mick	Orourke	M	Darwen Masters	3.8k	2 Pink
242	Anthony	Oshea	M	Coventry masters	3.8k	1 Orange
1	Anthony	O'Sullivan	M	King Henry Viii Masters	1mile	1 Orange
440	Mathilda	Owen	F	Copeland ASC	500m	Yellow
150	Felix	Owusu-Kwarteng	M		1mile	3 Red
530	Louise	Park	F	M.A.L.L.O.W.S	1mile	2 Pink
86	Chris	Parker	M		1mile	2 Pink
548	Ian	Parkin	M	NEG	3.8k	2 Pink
569	David	Parsons	M		500m	Yellow

236	Jane	Patel	F	COLT	1mile	3 Red
282	Keeley	Peace	F		3.8k	1 Orange
368	jenifer	Pedder	F		3.8k	2 Pink
483	David	Penhallurick	M		500m	Yellow
484	Rowan	Penhallurick	F		500m	Yellow
234	Joanne	Perry	F		1mile	3 Red
217	Paul	Plant	M		1mile	3 Red
184	Sharon	Postlethwaite	F	Huddersfield triathlon club	1mile	3 Red
376	Carl	Prince	M	Chorley Atheltics & Tri Club	3.8k	3 Red
347	MARK	PROCTOR	M	FYLDE COAST RUNNERS	3.8k	2 Pink
435	Sophie	Quinn	F	BOSSS	500m	Yellow
148	Julie	Raby	F		1mile	3 Red
156	Anna	Race	F	Coalfields Triathlon Club	1mile	3 Red
214	Derek	RAE	M		1mile	3 Red
213	Gillian	Rae	F	Stirling Tri Club	1mile	3 Red
227	Joanne	Rae	F		1mile	3 Red
14	James	Ramsden	M	Craven Energy	1mile	1 Orange
191	Kim	Ramshaw	F		1mile	3 Red
285	Amanda	Randall	F		3.8k	1 Orange
334	Richard	Rankin	M	Arragons Tri Club	3.8k	2 Pink
99	Victoria	Rankin	F	Border Harriers	1mile	2 Pink
160	Anthony	Reed	M	WharfedaleWheelers	1mile	3 Red
533	John	Reed	M		1mile	2 Pink
529	Sophie	Reed	F		1mile	2 Pink
104	Andy	Rees	M		1mile	2 Pink
490	Janet	Reid	F		500m	Yellow
320	Callum	Rennie	M		3.8k	2 Pink
520	Adam	Richards	M	Ryton Tri Club	1mile	1 Orange
558	Adam	Richards	M	Ryton Tri Club	500m	Yellow
224	Julie	Ridehalgh	F	Blackburn Road Runners	1mile	3 Red
303	Nick	Roberts	M	NE31 Tri Club	3.8k	1 Orange
122	Karin	Robson	F		1mile	2 Pink
380	Loretta	Robson	F		3.8k	3 Red
339	Martin	Robson	M	Wakefield triathlon	3.8k	2 Pink
137	Louisa	Rodriguez	F	louisa rodriguez	1mile	2 Pink
219	Denise	Rooke	F	Delph Tootlers	1mile	3 Red
534	Susan	Routledge	F	Impact Tri	1mile	2 Pink
129	David	Rowe	M		1mile	2 Pink
216	Angela	Ruddick	F		1mile	3 Red
296	Michael	Ruff	M		3.8k	1 Orange
421	Jon	Rush	M	N/A	3.8k	3 Red
357	Andrew	Rushton	M		3.8k	2 Pink
356	Laura	Ruxton	F		3.8k	2 Pink
367	Frank	Ryan	M		3.8k	2 Pink
154	Melanie	Sandwith	F		1mile	3 Red
332	Antony	Scott	M	Watercrock Warriors	3.8k	2 Pink
173	Ashley	Scott	M	Pendle Tri Club	1mile	3 Red
265	Julie	Scott	F	City of Cambridge	3.8k	1 Orange
385	Carl	Sealby	M	Unaffiliated	3.8k	3 Red
491	Catherine	Seddon	F		500m	Yellow

554	Jane	Sedman	F	Kingfishers (Scarborough)	3.8k	3 Red
298	Gillian	Sefton	F	G72Tri	3.8k	1 Orange
319	Joanne	Sefton	F	G72 Tri	3.8k	2 Pink
521	Evie	Sellers	F		1mile	1 Orange
562	Jessica	Sellers	F		500m	Yellow
30	Toni	Senior	F	Challenge Tri	1mile	1 Orange
408	John	Sewell	M	Wigton Swim Club	3.8k	3 Red
540	Emma	Sherlock	F		1mile	3 Red
153	Bob	Shipman	M		1mile	3 Red
146	Jack	Shipman	M		1mile	2 Pink
92	John	Short	M	Daivd Lloyds Teesside	1mile	2 Pink
402	Joanne	Sime	F		3.8k	3 Red
411	Louise	Simm	F	Team Deane Community Triathlon Club	3.8k	3 Red
215	Elaine	Simpson	F		1mile	3 Red
283	Aaron	Smith	M		3.8k	1 Orange
391	Amanda	Smith	F		3.8k	3 Red
519	Andy	Smith	M		500m	Yellow
193	Faye	Smith	F		1mile	3 Red
538	Mark	Smith	M		1mile	2 Pink
185	Helen	Smith-Ward	F	Ulverston ASC/Barrow ASC	1mile	3 Red
274	Ryan	Snee	M	TRI CENTRAL UK	3.8k	1 Orange
17	Hayden	Sole	M	Preston Swimming Club	1mile	1 Orange
427	clara	spence	F	Lancaster city swimming club	500m	Yellow
437	osian	spence	M	carnforth otters	500m	Yellow
130	Nicola	Spurling	F		1mile	2 Pink
64	Charlotte	Stainer	F	Kendal ASC	1mile	1 Orange
323	Melvyn	Steadman	M		3.8k	2 Pink
501	Kirsty	Steele	F		500m	Yellow
537	Andrea	Stephenson	F	Johnson's Triathlon Coaching	1mile	2 Pink
532	Richi	Stephenson	M		1mile	2 Pink
315	Peter	Stockdale	M	CARLISLE TRI CLUB	3.8k	2 Pink
316	Luke	Stoker	M		3.8k	2 Pink
28	Matthew	Stott	M		1mile	1 Orange
527	Anne	Strong	F	Stocksfield Striders	1mile	1 Orange
394	Julie	Styles	F		3.8k	3 Red
6	Evie-Rose	Sugden	F	Carlisle Aquatics	1mile	1 Orange
19	Samantha	Sugden	F	CARLISLE aquatics	1mile	1 Orange
436	Sophia	Sugden	F	Carlilse Aquatics	500m	Yellow
33	Campbell	Sutton	M	Copeland ASC	1mile	1 Orange
329	Eleanor	Sutton	F		3.8k	2 Pink
444	Freddie	Sutton	M	COPELAND ASC	500m	Yellow
464	Andrea	Sweeney	F		500m	Yellow
70	Jenny	Sykes	F	Tri Lakeland	1mile	1 Orange
506	Lesley	Talbot	F	BodyFit Cumbria Running Club	500m	Yellow
570	Rebecca	Talbot	F		500m	Yellow
20	Paul	Tallentire	M	Carlisle Aquatics	1mile	1 Orange
267	Brit	Tate	F		3.8k	1 Orange
271	Jill	Tate	F	LBT	3.8k	1 Orange
364	John	Tate	M		3.8k	2 Pink
324	Juliet	Tate	F		3.8k	2 Pink

511	Claire	Taylor	F		500m	Yellow
423	Gemma	Taylor	F		3.8k	3 Red
239	Helen	Taylor	F		3.8k	1 Orange
170	Lucy	Taylor	F	CARLISLE TRI CLUB	1mile	3 Red
179	Rebecca	Taylor	F		1mile	3 Red
401	Rebecca	Taylor	F		3.8k	3 Red
425	Robert	Taylor	M		3.8k	3 Red
539	Shona	Taylor	F		1mile	3 Red
306	Mollie	Temple	F		3.8k	1 Orange
89	Louise	Thomson	F		1mile	2 Pink
375	Jack	thorburn	M	BLDSC	3.8k	3 Red
541	Jeremy	Till	M		1mile	3 Red
344	Sam	Tilling	M	TRI PRESTON	3.8k	2 Pink
22	Bill	Timpany	M		1mile	1 Orange
10	Mark	Todhunter	M	One Life Racing	1mile	1 Orange
181	Rose	Todhunter	F	One Life Racing	1mile	3 Red
275	Bryony	Townend	F	BOK Masters	3.8k	1 Orange
247	Jess	Trewin	F	Harrogate Tri Club	3.8k	1 Orange
410	Sharon	Trivett	F	Dragon Tri	3.8k	3 Red
330	martin	trundle	M	horwich swimming club	3.8k	2 Pink
337	matthew	turnbull	M		3.8k	2 Pink
555	Stuart	Turnbull	M		3.8k	3 Red
98	Paul	Urwin	M	Alf Tupper Swimmers	1mile	2 Pink
369	Andy	Uttley	M	WAKEFIELD TRIATHLON CLUB	3.8k	2 Pink
12	Ellie	Van Der Merwe	F	North Shields Poly	1mile	1 Orange
433	Ellie	Van Der Merwe	F	North Shields Poly	500m	Yellow
461	Gary	Van Der Merwe	M		500m	Yellow
74	Gill	Van Der Merwe	F		1mile	1 Orange
121	Manon	Vanderzee	F		1mile	2 Pink
405	Claire	Varley	F		3.8k	3 Red
326	Su	Wagstaff	F		3.8k	2 Pink
147	Tony	Waine	M	ST HELENS TRI	1mile	3 Red
26	Craig	Walker	M	Middleton area	1mile	1 Orange
354	Jean	Walker	F		3.8k	2 Pink
212	Steve	Walker	M		1mile	3 Red
474	Alistair	Wallace	M		500m	Yellow
253	David	Wallace	M		3.8k	1 Orange
475	Joanne	Wallace	F		500m	Yellow
128	John	Walton	M		1mile	2 Pink
390	Lewis	Watmough	M	Chorley	3.8k	3 Red
291	Philip	Watson	M	Chorley Athletic and Triathlon Club	3.8k	1 Orange
46	Mhairi	Wear	F	Tri Lakeland	1mile	1 Orange
232	Joanna	Webb	F		1mile	3 Red
190	Tracey	Wells	F		1mile	3 Red
255	Charlie	West	M		3.8k	1 Orange
572	Cheryl	West	F	BMSS	500m	Yellow
522	Emily	West	F		1mile	1 Orange
571	Zachary	West	M	BMSS	500m	Yellow
349	Michael	Weston	M		3.8k	2 Pink
398	Andrew	Whaling	M		3.8k	3 Red

509	Jane	Whalley	F		500m	Yellow
29	Tom	Whelan	M	Sun City Triathlon	1mile	1 Orange
206	Colin	Whiston	M	Woodlinn Garden Design	1mile	3 Red
45	Rachael	White	F		1mile	1 Orange
125	April	Whiteley	F		1mile	2 Pink
260	Blue	Whittaker	M		3.8k	1 Orange
513	Macee	Wiggins	F	Cockermouth SC	500m	Yellow
359	Adam	Wilkinson	M		3.8k	2 Pink
52	Rebecca	Wilkinson	F		1mile	1 Orange
87	Rebecca	Williams	F		1mile	2 Pink
158	Adele	Wilson	F	Unaffiliated	1mile	3 Red
140	Rachel	Wilson	F		1mile	2 Pink
157	Rosalind	Wilson	F		1mile	3 Red
202	Stephen	Wilson	M		1mile	3 Red
508	Louise	Winterbottom	F		500m	Yellow
115	Edward	Wischhusen	M		1mile	2 Pink
63	Jack	wischhusen	M		1mile	1 Orange
194	Julia	Woodhead	F		1mile	3 Red
553	Adelle	Worsley	F		3.8k	2 Pink
198	Carol	Worster	F		1mile	3 Red
80	Dave	Wynne	M		1mile	1 Orange
8	Emily	Wynne	F	Ellesmere College Titans	1mile	1 Orange
313	Tracey	Yates	F	Darwen Masters	3.8k	2 Pink