

Bib	First name	Last name	Sex	Club/Company	Distance	Wave	Cap
241	Dan	Ackroyd	M		1mile	1	Blue
520	Rachael	Addy	F		500m	1	Blue
487	Jacqueline	Akers	F	BLUE LAGOONERS	500m	1	Blue
569	Jacqueline	Akers	F	BLUE LAGOONERS	1mile	2	Pink
202	james	akhurst	M		1mile	1	Blue
330	Emily	Albury	F		1mile	2	Pink
142	Lesley	Allger	F	Muthaduckas	3.8k	3	Red
355	Martin	Allison	M	Ribby Hall Triathlon Club	1mile	3	Red
251	Adam	Allwood	M		1mile	1	Blue
56	Gayle	Andrews	F	Carlisle Tri Club	3.8k	2	Pink
458	Isabella	Armstrong	F	Barrow ASC	500m	1	Blue
100	Sophie	Armstrong	F		3.8k	2	Pink
484	Alicia	Aspbury	F	Bolton Amateur Swimming Club	500m	1	Blue
492	Dominic	Aspbury	M		500m	1	Blue
258	Paul	Astin	M		1mile	1	Blue
505	Lexie	Atherton	F	BALROG	500m	1	Blue
261	Mark	Atherton	M	BALROG	1mile	1	Blue
374	Jane	Atkinson	F		1mile	3	Red
572	Lydia	Atkinson	F	Chestesr Road Runners	1mile	3	Red
64	Natalie	Attard	F		3.8k	2	Pink
177	Mark	Baines	M		3.8k	3	Red
178	Sarah	Baines	F		3.8k	3	Red
176	Cathy	Baird	F		3.8k	3	Red
175	Gordon	Baird	M		3.8k	3	Red
116	Grant	Baker	M		3.8k	2	Pink
165	Jennifer	Baker	F		3.8k	3	Red
36	Kevin	Baker	M		3.8k	1	Blue
389	Sophie	Baker	F		1mile	3	Red
275	Andrew	Baldasera	M		1mile	1	Blue
184	JOHN	BARKER	M	Gloucester Masters Swimming Club	3.8k	3	Red
440	Anthony	Barnes	M		1mile	3	Red
465	Charlotte	Barnes	F		500m	1	Blue
464	David	Barnes	M		500m	1	Blue
466	Felicity	Barnes	F		500m	1	Blue
290	Sarah	Barnes	F		1mile	2	Pink
63	Lauren	Barnett	F		3.8k	2	Pink
137	Kathleen	Bealby	F		3.8k	3	Red
6	Millie	Bell	F	Carlisle Aquatics	3.8k	1	Blue
435	Claudie	Benistand	F		1mile	3	Red
164	David	Bentley	M		3.8k	3	Red
417	Elizabeth	Berkeley	F		1mile	3	Red
71	David	Bernstein	M		3.8k	2	Pink
90	Lucy	Berry	F		3.8k	2	Pink
224	Lee	Blackburn	M	Darwen Masters	1mile	1	Blue
174	Jacqueline	Blight	F		3.8k	3	Red
565	Martin	Bluck	M	One Life Racing	1mile	1	Blue
120	Catherine	Blyth	F		3.8k	2	Pink
399	Ruth	Bober	F		1mile	3	Red
61	Gareth	Bolleurs	M		3.8k	2	Pink

87	Amy	Booth	F		3.8k	2	Pink
555	Louise	Booth	F	Hoylake ASC	3.8k	3	Red
118	catherine	Bord	F		3.8k	2	Pink
45	philippe	bord	M		3.8k	1	Blue
514	Pamela	Bousfield	F		500m	1	Blue
410	Sarah	Bousfield	F		1mile	3	Red
412	Sarah	Bowman	F		1mile	3	Red
262	Allan	bowness	M		1mile	1	Blue
101	Teena	Bowness	F		3.8k	2	Pink
557	Alex	Boyer	M	Ryton Tri Club	1mile	1	Blue
26	Lorraine	Bradley	F		3.8k	1	Blue
5	Lauren	Bradley-Holt	F	City of Salford SC	3.8k	1	Blue
322	Kieran	Brady	M	H2O TRAILS	1mile	2	Pink
167	Nick	Braiden	M		3.8k	3	Red
360	Pamela	Bramble	F		1mile	3	Red
566	Michael	Brennan	M		1mile	1	Blue
205	Abbie	Brennand	F	BMSS	1mile	1	Blue
231	Rory	Brennand	M	BMSS	1mile	1	Blue
317	Jonathan	Brewer	M	Carlisle Tri Club	1mile	2	Pink
68	Scott	Brewis	M		3.8k	2	Pink
468	Lilly	Broadfoot	F	Barrow ASC	500m	1	Blue
93	Emma	Broadhurst	F		3.8k	2	Pink
233	Susan	Brown	F	Splash Outdoors	1mile	1	Blue
227	Thomas	Brown	M	Tri Lakeland	1mile	1	Blue
433	Alison	Buckland	F		1mile	3	Red
103	Clare	Buis	F		3.8k	2	Pink
24	James	Buis	M		3.8k	1	Blue
553	Emma	Bundock	F		3.8k	2	Pink
51	Rebecca	Burgess	F		3.8k	1	Blue
134	andy	burgman	M		3.8k	3	Red
406	Adam	Burke	M		1mile	3	Red
79	RALPH	BURTON	M	MANVERS	3.8k	2	Pink
55	Natasha	Butler	F	C.O.L.T.	3.8k	2	Pink
114	Sarah	Butler	F		3.8k	2	Pink
201	Nathan	Caine	M	Ulverston Otters	1mile	1	Blue
148	Nick	Calpin	M		3.8k	3	Red
394	Sophie	Calpin	F		1mile	3	Red
361	Colin	Campbell	M		1mile	3	Red
538	Henrique	Campos	M		500m	1	Blue
28	Julia	Capper	F	Cumbria Open Water Swimmers	3.8k	1	Blue
573	Emma	Carter	F	Darlington Tri	500m	1	Blue
32	Myles	Carter	M	Middlesbrough Swimming Club	3.8k	1	Blue
243	Nina	Carter	F	Bolton Tri Club	1mile	1	Blue
270	Stuart	Carter	M	Bolton Tri Club	1mile	1	Blue
426	Andrew	Carver	M		1mile	3	Red
425	Julie	Carver	F		1mile	3	Red
277	Jennifer	Casson	F	Carlisle Aquatics	1mile	2	Pink
511	Barbara	Castle	F		500m	1	Blue
42	Mark	Castle	M	RAVENSHEAD SNAPPERS	3.8k	1	Blue
287	Marcus	Caton	M		1mile	2	Pink

286	Matilda	Caton	F		1mile	2	Pink
159	Susan	Catterall	F		3.8k	3	Red
534	Carly	Caveney	F		500m	1	Blue
307	Amanda	Chakraborty	F		1mile	2	Pink
193	Stacey	Chambers	F		1mile	1	Blue
504	Hayley	CHAPLOW	F		500m	1	Blue
503	Rebekah	Chaplow	F		500m	1	Blue
549	Kate	Charles	F	Tri Lakeland	3.8k	2	Pink
324	Matthew	Chase	M	Lonely Goat RC	1mile	2	Pink
418	Jacqueline	Cheatle	F		1mile	3	Red
419	Paul	Cheatle	M		1mile	3	Red
294	Alison	Christian	F	Cullercoats Open Water Swimmers	1mile	2	Pink
415	Naomi	Clague	F		1mile	3	Red
14	Calum	Clark	M		3.8k	1	Blue
336	Abigail	Clarke	F		1mile	2	Pink
75	Anna	Clarkson	F	Darlington tri-club	3.8k	2	Pink
190	Tim	Clarkson	M		3.8k	3	Red
12	Becki	Coates	F	Craven Energy	3.8k	1	Blue
123	Steven	Cochrane	M		3.8k	2	Pink
110	Joe	Coleman	M	Peak XV	3.8k	2	Pink
408	Stephanie	Coop	F	Swans Tri Club	1mile	3	Red
128	Jay	coulson	M	BAILDON RUNNERS	3.8k	2	Pink
545	Martin	Coulthurst	M		3.8k	1	Blue
561	Harry	Courtney	M	Ryton Tri Club	1mile	1	Blue
421	Kate	Crichton	F		1mile	3	Red
495	Nic	Crisp	F		500m	1	Blue
130	Howard	Crook	M		3.8k	3	Red
318	Julie	Cross	F	Claremont Road Runners	1mile	2	Pink
145	Guy	Crouch	M	USwim	3.8k	3	Red
81	Natalie	Curgenvan	F	Off the couch	3.8k	2	Pink
168	Laura	Dalton	F		3.8k	3	Red
541	Richard	Dann	M	NMSC	3.8k	1	Blue
133	Abigail	Darke	F		3.8k	3	Red
146	Ian	Davenport	M		3.8k	3	Red
48	Gareth	Davidson	M		3.8k	1	Blue
160	Suzanne	Davies	F		3.8k	3	Red
401	Susanne	Davison	F		1mile	3	Red
356	Jude	Dawson	F	Splash Outdoors	1mile	3	Red
543	Liz	Dawson	F	Bolton Triathlon Club	3.8k	1	Blue
327	Tim	Day	M		1mile	2	Pink
192	Megan	Dean	F		3.8k	3	Red
111	kirsten	denton	F	Sea Hag Swimming	3.8k	2	Pink
571	Simone	Derweduwen	F	Ribby Hall Tri Club	1mile	3	Red
299	Jayne	Dickens	F	Durham Tri Club	1mile	2	Pink
473	Hari	Diddee	M	Tynemouth ASC	500m	1	Blue
452	Jai	Diddee	M	Tynemouth ASC	500m	1	Blue
216	Mili	Diddee	F	Tynemouth ASC	1mile	1	Blue
296	Tina	Diddee	F	North Shields Polytechnic Club	1mile	2	Pink
454	Ruby	Diment	F		500m	1	Blue
533	Jack	Dobie	M		500m	1	Blue

323	Paul	Dobson	M	Leeds and Bradford Tri Club	1mile	2	Pink
384	Rachael	Dobson	F	RAVENSHEAD SNAPPERS	1mile	3	Red
267	scarlett	dodwell	F		1mile	1	Blue
521	Joanie	Doherty	F		500m	1	Blue
508	Carl	Donnelly	M		500m	1	Blue
353	Catherine	Dotchin	F	North Shields Polytechnic Club	1mile	3	Red
480	Eilidh	Dotchin	F	North Shields Polytechnic Club	500m	1	Blue
236	Graham	Dotchin	M	North Shields Polytechnic Club	1mile	1	Blue
462	Hamish	Dotchin	M	North Shields Polytechnic Club	500m	1	Blue
349	Teresa	Douglas	F	Eden Runners	1mile	3	Red
335	Geoff	Douglass	M		1mile	2	Pink
185	Sarah	Downer	F		3.8k	3	Red
422	Kim	Doyle	F		1mile	3	Red
428	Lucy	Doyle	F		1mile	3	Red
247	Chris	Draper	M	Tri Lakeland	1mile	1	Blue
460	Louisa	Draper	F	Workington Swimming Club	500m	1	Blue
370	Rebecca	Draper	F		1mile	3	Red
232	Keira	Dunlop	F	Tri Lakeland Juniors	1mile	1	Blue
385	Trish	Dunlop	F	Tri Lakeland	1mile	3	Red
181	Mike	Durkin	M		3.8k	3	Red
527	Mike	Durkin	M		500m	1	Blue
576	Ruth	Durkin	F		500m	1	Blue
575	William	Durkin	M		500m	1	Blue
140	Kirsten	Durrans	F		3.8k	3	Red
427	Steven	Durrans	M		1mile	3	Red
519	Abigail	Dwyer	F		500m	1	Blue
437	Brenda	Dwyer	F		1mile	3	Red
198	Oliver	Dyson	M	Cockermouth SC	1mile	1	Blue
246	Elizabeth	Earle	F	One Life Racing	1mile	1	Blue
156	Karen	Eckworth	F		3.8k	3	Red
248	Mick	Edge	M	Wesham Tri	1mile	1	Blue
94	Megan	Edwards	F		3.8k	2	Pink
272	Nicola	Edwards	F	Carlisle Tri Club	1mile	1	Blue
559	John	Egner	M	Loughborough Triathlon	1mile	1	Blue
546	George	Eland	M		3.8k	2	Pink
136	Lindsey	Ellis	F		3.8k	3	Red
191	Stephanie	Evans	F		3.8k	3	Red
544	Steven	Faithorn	M		3.8k	1	Blue
269	Maria	Farrow-Tait	F	Alnwick Triathlon Club	1mile	1	Blue
235	Colin	Fell	M	Carlisle Tri Club	1mile	1	Blue
319	Simon	Fell	M	Crook A/C	1mile	2	Pink
194	Ellie	Ferguson	F		1mile	1	Blue
525	Nalda	Ferguson	F		500m	1	Blue
280	Allyson	Fiddler	F		1mile	2	Pink
182	Ed	Fletcher	M		3.8k	3	Red
221	Tina	Fletcher	F		1mile	1	Blue
486	Alex	Font	M		500m	1	Blue
82	Christine	Forber	F	St Helens Tri	3.8k	2	Pink
332	Leonie	Foster	F		1mile	2	Pink
271	Stephen	Foster	M	Carlisle Aquatics	1mile	1	Blue

74	Dave	Foulkes	M	Carlisle Tri Club	3.8k	2	Pink
513	Hannah	Fox	F		500m	1	Blue
135	Nadine	Francis	F		3.8k	3	Red
129	Mark	Franklin	M		3.8k	3	Red
301	JANE	FRECHETTE	F	Royd Open Watet Babes	1mile	2	Pink
552	Traci	Freeman-Gaunt	F	Bassenthwaite babes	3.8k	2	Pink
98	Vicki	Gale	F		3.8k	2	Pink
239	John	Garroway	M		1mile	1	Blue
172	Claire	Gatenby	F	Squashed Pixel	3.8k	3	Red
560	Josh	Geary	M	North West Regional Academy	1mile	1	Blue
345	Michael	Gerrard	M		1mile	2	Pink
147	Anthony	Gibirdi	M		3.8k	3	Red
209	Caitlin	Gibson	F	BMSS	1mile	1	Blue
144	Jayne	Gissing	F		3.8k	3	Red
279	James	Glencross	M		1mile	2	Pink
212	Lea	Glencross	F	Carlisle Aquatics	1mile	1	Blue
274	Lee	Gowland	M		1mile	1	Blue
483	Daniel	Graham	M		500m	1	Blue
53	Alex	Grant	M		3.8k	1	Blue
242	Ashleigh	Gray	F		1mile	1	Blue
44	Oliver	Gray	M		3.8k	1	Blue
166	Gillian	Green	F		3.8k	3	Red
151	Margaret	Green	F		3.8k	3	Red
217	Ben	Greene	M		1mile	1	Blue
498	Karen	Greene	F		500m	1	Blue
524	Anthony	Gribbin	M		500m	1	Blue
11	Ellie	Griffin	F	York Tri Club	3.8k	1	Blue
77	Andrew	Griffiths	M	Grimsby & Cleethorpes Water Rats	3.8k	2	Pink
10	Alasdair	Grubb	M	Chester Water Polo	3.8k	1	Blue
158	Renata	Gruda	F		3.8k	3	Red
449	William	Grundy	M	Bolton Metro Swim Squad	500m	1	Blue
518	Eileen	Gunessee	F		500m	1	Blue
350	Daniel	Hadfield	M		1mile	3	Red
297	Ian	Hadfield	M		1mile	2	Pink
567	Suzanne	Hague	F	Leeds Bradford Tri Club	1mile	1	Blue
502	Jilly	Hale	F	R9 Coaching	500m	1	Blue
22	Molly	Hale	F	University of Stirling Triathlon Club	3.8k	1	Blue
43	Andrew	Hall	M		3.8k	1	Blue
481	Charlie	Hall	M	Penrith Swimming Club	500m	1	Blue
113	Helen	Hall	F		3.8k	2	Pink
7	Daniel	Harle	M		3.8k	1	Blue
78	Paul	Harlow	M	Leeds and Bradford Tri Club	3.8k	2	Pink
475	Mark	Harney	M	York Tri Club	500m	1	Blue
556	Clare	Harris	F	Rosendale Tri Club	3.8k	3	Red
40	Brian	Hartley	M	North Bolton Tri	3.8k	1	Blue
383	Amanda	Hatton	F	M.A.L.L.O.W.S	1mile	3	Red
461	Aoife	Hawkrigg	F	Copeland ASC	500m	1	Blue
266	Katherine	Hawkrigg	F		1mile	1	Blue
208	Philip	Hawkrigg	M	Copeland ASC	1mile	1	Blue
379	Melanie	Haygarth	F		1mile	3	Red

222	Georgia	Heath	F	Bolton Tri Club	1mile	1	Blue
238	Alice	Heaton	F		1mile	1	Blue
500	Harry	Heaton	M		500m	1	Blue
501	Isla	Heaton	F		500m	1	Blue
342	John	Heaton	M		1mile	2	Pink
499	John	Heaton	M		500m	1	Blue
463	Rosie	Heaton	F		500m	1	Blue
38	Viv	Heaton	F		3.8k	1	Blue
522	Gill	Hebenton	F		500m	1	Blue
536	Holly	Hebenton	F		500m	1	Blue
523	Lucy	Hebenton	F		500m	1	Blue
364	Shona	Hedley	F		1mile	3	Red
102	steven	hedley	M		3.8k	2	Pink
368	alanna	hemmings	F		1mile	3	Red
207	Ian	Henderson	M	Cockermouth SC	1mile	1	Blue
450	Max	Henderson	M	Cockermouth SC	500m	1	Blue
234	Mandy	Herworth	F		1mile	1	Blue
293	Andy	Hill	M		1mile	2	Pink
496	Helen	Hindmarch	F		500m	1	Blue
488	Daniel	Hindsley	M		500m	1	Blue
489	Ella	HINDSLEY	F		500m	1	Blue
490	Jasmine	Hindsley	F		500m	1	Blue
343	Karen	Hodgkins	F		1mile	2	Pink
413	Klare	Hodgson	F		1mile	3	Red
476	Oscar	Hodgson	M	Carlisle Aquatics	500m	1	Blue
229	Kyle	Hodkinson	M		1mile	1	Blue
539	Avagrace	Hodson	F		500m	1	Blue
204	Gabrielle	Hodson	F	North west regional academy	1mile	1	Blue
540	Ian	hodson	M		500m	1	Blue
203	Christopher	Holmes	M	Belper 10:20 Triathlon club	1mile	1	Blue
218	Michelle	Holmes	F	Belper 10:20 Triathlon club	1mile	1	Blue
432	Lucie	Holt	F		1mile	3	Red
58	Vicky	Horrocks	F	Leeds and Bradford Tri Club	3.8k	2	Pink
85	Max	Hotopf	M		3.8k	2	Pink
66	Rob	Houghton	M		3.8k	2	Pink
346	Peter	Howarth	M		1mile	2	Pink
138	Chris	Howe	M		3.8k	3	Red
89	Jonathan	Hughes	M		3.8k	2	Pink
29	Alistair	Hunter	M	Scarab Tri	3.8k	1	Blue
305	Felice	Hurlstone	F		1mile	2	Pink
281	Alexandra	Hussey	F	Derby Triathlon Club	1mile	2	Pink
382	Gary	Ireland	M	Dearham Cycling Club DCC	1mile	3	Red
119	Angela	Jackson	F		3.8k	2	Pink
8	Matt	Jackson	M		3.8k	1	Blue
15	Shaun	Jackson	M	Chester Triathlon Club	3.8k	1	Blue
161	Allan	Jacobs	M		3.8k	3	Red
532	Alex	James	F		500m	1	Blue
285	Amy	Johnson	F	Tyne Triathlon Club	1mile	2	Pink
104	Mark	Johnson	M		3.8k	2	Pink
152	Caroline	Jones	F		3.8k	3	Red

429	Caroline	Jones	F		1mile	3	Red
127	Graham	Jones	M		3.8k	2	Pink
282	Tara	Jones	F	Eden Valley Cycling UK	1mile	2	Pink
436	roisin	Joyce	F		1mile	3	Red
320	Barbara	Kay	F	Darwen Masters	1mile	2	Pink
558	Eleanor	Kay	F	Bolton Metro	1mile	1	Blue
257	Fiona	Kay	F		1mile	1	Blue
321	Frank	Kay	M	Darwen Masters	1mile	2	Pink
273	Nadia	Kennett	F	Tri Lakeland	1mile	1	Blue
21	STEPHANIE	KENWRIGHT	F	Mersey Tri	3.8k	1	Blue
446	Elizabeth	Kershaw	F	BATS	500m	1	Blue
448	Pollyanna	Kershaw	F	BATS	500m	1	Blue
447	William	Kershaw	M	BATS	500m	1	Blue
329	Ian	Kille	M		1mile	2	Pink
180	James	King	M		3.8k	3	Red
407	Stephen	Knighting-Wykes	M		1mile	3	Red
259	Katerina	Kucerova	F		1mile	1	Blue
528	Kevin	Lavery	M		500m	1	Blue
548	JOANNE	LEE	F		3.8k	2	Pink
363	Karen	Lee	F		1mile	3	Red
542	Terry	Lee	M		3.8k	1	Blue
398	Jackie	Leech	F		1mile	3	Red
315	Rachael	Leisk	F		1mile	2	Pink
309	Jonathan	Levitt	M		1mile	2	Pink
295	Karen	Lillie	F	Lonely Goat RC	1mile	2	Pink
163	Ian	Lindner	M		3.8k	3	Red
283	George	Lipscomb	M	Man Tri Club	1mile	2	Pink
338	Mark	Lister	M		1mile	2	Pink
50	Beth	Lloyd	F		3.8k	1	Blue
431	Jessica	Long	F		1mile	3	Red
249	Ginny	Madge	F		1mile	1	Blue
139	Louise	Maguire	F		3.8k	3	Red
210	Roger	Makepeace	M		1mile	1	Blue
303	Dale	Manby	M	NYP TRI	1mile	2	Pink
526	Anna	Manetta-Stark	F		500m	1	Blue
366	Jennifer	Marshall	F		1mile	3	Red
91	Andrew	Martin	M		3.8k	2	Pink
220	Stan	Martin	M		1mile	1	Blue
354	Andrew	Martindale	M	NORTHER FELLS RUNNING CLUB	1mile	3	Red
173	Jen	Matthewman	F		3.8k	3	Red
162	Debbie	Matthews	F		3.8k	3	Red
339	Wendy	Matthews	F		1mile	2	Pink
352	Luke	Maxwell	M	Newcastle staffs tri club	1mile	3	Red
264	Amanda	Mcaleavey	F	Impact Tri	1mile	1	Blue
97	David	McAndrew	M		3.8k	2	Pink
393	Sarah	McAndrew	F		1mile	3	Red
359	Jo	McCaffery	F	Wesham Road Runners	1mile	3	Red
554	Callum	McCulloch	M		3.8k	3	Red
451	Emily	McDougall	F	Cockermouth SC	500m	1	Blue
60	Francesca	Mcfarlane	F		3.8k	2	Pink

459	Anders	McGivern	M	Hoylake ASC	500m	1	Blue
482	Andy	McGivern	M	PENSBY RUNNERS	500m	1	Blue
108	john	mcgivern	M	Hoylake ASC	3.8k	2	Pink
479	Lotti	mcgivern	F	Hoylake ASC	500m	1	Blue
244	Stuart	McGurk	M	Kendal ASC	1mile	1	Blue
494	Neve	McIntyre	F		500m	1	Blue
493	Sarah	McIntyre	F		500m	1	Blue
510	Emily	Mckenna	F		500m	1	Blue
509	Joseph	Mckenna	M		500m	1	Blue
288	Julia	Mckenna	F		1mile	2	Pink
371	Anthony	Mcminn	M		1mile	3	Red
395	Kerrie	McNeill	F		1mile	3	Red
9	Gabe	Medd	M	City of Bradford Swimming Club	3.8k	1	Blue
562	Gabe	Medd	M	City of Bradford Swimming Club	1mile	1	Blue
313	Sarah	Menzies	F		1mile	2	Pink
467	Archie	Metcalfe	M		500m	1	Blue
265	Dean	Metcalfe	M	Jeddah Tribe	1mile	1	Blue
470	Mai	Metcalfe	F		500m	1	Blue
376	Phil	Michael Pugh	M		1mile	3	Red
73	Andrew	Milward	M		3.8k	2	Pink
474	Iris	Mitchell	F	Durham City Aquatics	500m	1	Blue
340	Jayne	Mitchell	F		1mile	2	Pink
439	Chelsey	Munday	F		1mile	3	Red
347	Lori	Munro	F		1mile	2	Pink
179	jane	murphy	F		3.8k	3	Red
3	Maximus	Murray	M	Ryton Tri Club	3.8k	1	Blue
34	Katie	Nash	F	Sheffield Triathlon Club	3.8k	1	Blue
397	douglas	neilson	M		1mile	3	Red
438	margaret	Neilson	F		1mile	3	Red
131	James	Newby	M	Team Manvers	3.8k	3	Red
302	Ruth	Newsome	F	Leeds and Bradford Tri Club	1mile	2	Pink
472	Rebecca	Nicols	F	Cockermouth SC	500m	1	Blue
37	Karen	Nolan	F	Scarab Tri	3.8k	1	Blue
434	cornelius	okeeffe	M		1mile	3	Red
477	Maisie	O'mahony	F	Cockermouth SC	500m	1	Blue
195	Olivia	Omahony	F	Cockermouth SC	1mile	1	Blue
308	Julie	O'Malley	F		1mile	2	Pink
388	Caitlin	O'Riordan	F		1mile	3	Red
67	Jacqueline	Ormerod	F		3.8k	2	Pink
106	Mick	Orourke	M	Darwen Masters	3.8k	2	Pink
225	Daniel	Owens	M	North Endurance	1mile	1	Blue
284	Neil	Palmer	M		1mile	2	Pink
396	Hazel	Park	F		1mile	3	Red
443	Jessica	Park	F		1mile	3	Red
96	Louise	Park	F	M.A.L.L.O.W.S	3.8k	2	Pink
278	Chris	Parker	M		1mile	2	Pink
316	Jane	Patel	F	C.O.L.T.	1mile	2	Pink
240	Gail	Paterson	F	Dumfries Galloway Triathlon Club	1mile	1	Blue
95	Daniel	Pattinson	M		3.8k	2	Pink
535	Laura	Pattinson	F		500m	1	Blue

344	Michelle	Pattinson	F		1mile	2	Pink
219	Louise	payne	F		1mile	1	Blue
411	Paul	Plant	M		1mile	3	Red
300	graham	Platt	M		1mile	2	Pink
333	Ben	Pollard	M		1mile	2	Pink
372	Kate	Potter	F		1mile	3	Red
516	Stephen	Potter	M		500m	1	Blue
351	Martin	Powell	M		1mile	3	Red
23	Jonathan	Prince	M		3.8k	1	Blue
420	Andrew	Pringle	M		1mile	3	Red
348	Barry	Pringle	M		1mile	3	Red
115	Ysanne	Pritchard	F		3.8k	2	Pink
430	Daniella	Purce	F		1mile	3	Red
149	Alicia	Purdy	F		3.8k	3	Red
337	Keith	Purvis	M		1mile	2	Pink
49	Michael	Quinn	M		3.8k	1	Blue
375	Kalliopi	Raissi-Sinclair	F	Dolphins swimming club	1mile	3	Red
369	Kim	Ramshaw	F		1mile	3	Red
442	Jonathan	Redmond	M	Tri Lakeland	1mile	3	Red
122	Andy	Rees	M		3.8k	2	Pink
197	Cole	Reid	M	Ryton Tri Club	1mile	1	Blue
358	Mandy	Reid	F	Warrington Dolphins	1mile	3	Red
444	William	Reynolds	M		1mile	3	Red
1	Susan	Rich	F		3.8k	1	Blue
196	Adam	Richards	M	Ryton Tri Club	1mile	1	Blue
445	Adam	Richards	M	Ryton Tri Club	500m	1	Blue
311	Angela	Richards	F		1mile	2	Pink
54	Brian	Richardson	M		3.8k	1	Blue
112	Jane	Roberts	F	Total Transition Triathlon	3.8k	2	Pink
47	Tegan	Roberts	F		3.8k	1	Blue
256	Cameron	Robertson	M		1mile	1	Blue
245	Harry	Robertson	M	Dumfries triathlon club	1mile	1	Blue
41	Iain	Robertson	M	One Life Racing	3.8k	1	Blue
255	Stuart	Robertson	M		1mile	1	Blue
206	Iona	Robinson	F	Cockermouth SC	1mile	1	Blue
550	Tracy	Robinson	F		3.8k	2	Pink
117	anya	robson	F		3.8k	2	Pink
570	James	Robson	M		1mile	2	Pink
331	Karin	Robson	F		1mile	2	Pink
105	Keith	Robson	M		3.8k	2	Pink
124	Anouska Rogers	Rogers-smith	F		3.8k	2	Pink
121	Kate	Rose	F		3.8k	2	Pink
17	Cathy	Russell	F	Burton Swimming Club	3.8k	1	Blue
471	Isabelle	Russell	F	Burton Swimming Club	500m	1	Blue
391	Colin	Rutter	M		1mile	3	Red
70	Robyn	Ryan	F		3.8k	2	Pink
88	Mark	Sangan	M		3.8k	2	Pink
19	Tom	Sanigar	M	Grimsby Triathlon Club	3.8k	1	Blue
153	Taniel	Sarafyan	M		3.8k	3	Red
230	Keith	Saxon Wilkinson	M		1mile	1	Blue

529	Claire	Schofield	F		500m	1	Blue
404	Margaret	Schumacher	F		1mile	3	Red
132	Carl	Sealby	M		3.8k	3	Red
341	Ben	Selby	M		1mile	2	Pink
392	Judith	Selby	F		1mile	3	Red
291	Trevor	Selby	M		1mile	2	Pink
237	Hugh	Sellars	M		1mile	1	Blue
563	Evie	Sellers	F	Kendal ASC	1mile	1	Blue
568	Jessica	Sellers	F	Kendal ASC	1mile	2	Pink
310	Bill	Sergeson	M	Prime Triathlon	1mile	2	Pink
485	Suzanne	Sharp	F	One Life Racing	500m	1	Blue
252	Abigail	Shepherd	F		1mile	1	Blue
517	Ken	Shippen	M		500m	1	Blue
39	Jack	Siddoway	M	Derwent Valley Trail Runners	3.8k	1	Blue
564	Dona	Simpson	F		1mile	1	Blue
25	Charlie	Skipper	M		3.8k	1	Blue
46	Aaron	Smith	M		3.8k	1	Blue
154	Andy	Smith	M		3.8k	3	Red
507	Betsy	Smith	F	The Aquatic Body	500m	1	Blue
506	Ceri	Smith	F	The Aquatic Body	500m	1	Blue
390	Faye	Smith	F		1mile	3	Red
377	Mark	Smith	M		1mile	3	Red
16	Richard	Smith	M		3.8k	1	Blue
250	Roger	Smith	M		1mile	1	Blue
157	Trevor	Smith	M		3.8k	3	Red
386	Helen	Smith-Ward	F	Ulverston ASC	1mile	3	Red
380	Jennifer	Snaith	F	BADASS	1mile	3	Red
381	Jennifer	Snaith	F	BADASS	1mile	3	Red
200	Hayden	Sole	M	Preston Swimming Club	1mile	1	Blue
453	clara	spence	F	Carnforth otters	500m	1	Blue
455	osian	spence	M	Carnforth otters	500m	1	Blue
304	Tom	Spencer	M	Tri Lakeland	1mile	2	Pink
59	Louise	Stannard	F		3.8k	2	Pink
99	Andrea	Stark	F	Swimyourswim	3.8k	2	Pink
515	Rebecca	Steel	F		500m	1	Blue
537	Kirsty	Steele	F		500m	1	Blue
334	Robert	Stewart	M		1mile	2	Pink
402	John	Stockdale	M		1mile	3	Red
403	Nicola	Stockdale	F		1mile	3	Red
551	Anne	Strong	F	Stocksfield Striders	3.8k	2	Pink
31	Carl	Sugden	M		3.8k	1	Blue
314	Andrea	Sutcliffe	F		1mile	2	Pink
223	Campbell	Sutton	M	Copeland ASC	1mile	1	Blue
306	Dominic	Swords	M		1mile	2	Pink
170	Alex	Tabor	M	Harrogate Tri Club	3.8k	3	Red
62	Elliot	Tabor	M		3.8k	2	Pink
199	Noah	Tabor	M	Harrogate Tri Club	1mile	1	Blue
155	Ailsa	Taggart	F		3.8k	3	Red
150	Liz	Tait	F		3.8k	3	Red
491	Rebecca	Talbot	F		500m	1	Blue

18	Paul	Tallentire	M	Carlisle Aquatics	3.8k	1	Blue
423	Claire	Taylor	F		1mile	3	Red
188	Gemma	Taylor	F		3.8k	3	Red
2	Helen	Taylor	F		3.8k	1	Blue
312	Lucy	Taylor	F	Carlisle Tri Club	1mile	2	Pink
424	Nick	Taylor	M		1mile	3	Red
362	Richard	Taylor	M		1mile	3	Red
373	Richard	Taylor	M		1mile	3	Red
57	Sally	Taylor	F	Harrogate Tri Club	3.8k	2	Pink
367	Shona	Taylor	F		1mile	3	Red
27	Graham	Temple	M		3.8k	1	Blue
80	Deborah	Terras	F	NW Pentathlon Hub	3.8k	2	Pink
52	Tony	Thackray	M		3.8k	1	Blue
298	Alison	Thompson	F	Leeds and Bradford Tri Club	1mile	2	Pink
263	Louise	Thomson	F	D H Runners	1mile	1	Blue
141	Andy	Tibbals	M	Harrogate Tri Club	3.8k	3	Red
215	Imogen	Tiffany	F	City of Bradford Swimming Club	1mile	1	Blue
214	Olivia	Tiffany	F	City of Bradford Swimming Club	1mile	1	Blue
213	Paul	Tiffany	M	City of Bradford Swimming Club	1mile	1	Blue
497	Andrew	Timpany	M		500m	1	Blue
211	Mark	Todhunter	M	One Life Racing	1mile	1	Blue
378	Rose	Todhunter	F	One Life Racing	1mile	3	Red
13	Chris	Toop	M		3.8k	1	Blue
84	Nell	Townsend	F	York Tri Club	3.8k	2	Pink
260	Julie	Trevor	F	Warrington Dolphins	1mile	1	Blue
20	Jess	Trewin	F	Harrogate Tri Club	3.8k	1	Blue
405	Tim	Tribe	M	NYP TRI	1mile	3	Red
228	Amie	Turner	F		1mile	1	Blue
189	Michelle	Turner	F		3.8k	3	Red
268	Paul	Urwin	M	Alf Tupper Swimmers	1mile	1	Blue
125	Cokie	van der Velde	F		3.8k	2	Pink
456	Jyoti	Varey	M	Cockermouth SC	500m	1	Blue
457	Martin	Varey	M	Tri Lakeland	500m	1	Blue
4	Fiona	Verney	F	Taunton swimming club	3.8k	1	Blue
171	Jane	Wade	F		3.8k	3	Red
126	Su	Wagstaff	F		3.8k	2	Pink
357	Tony	Waine	M	ST HELENS TRI	1mile	3	Red
107	Elizabeth	Waller	F		3.8k	2	Pink
187	Alison	Walters	F		3.8k	3	Red
409	Lewis	Walters	M		1mile	3	Red
387	Janine	Walton	F		1mile	3	Red
35	Kay	Wannop	F	Prudhoe Paddlers	3.8k	1	Blue
76	Jonty	Warneken	M		3.8k	2	Pink
169	Tracy	Waterfall	F		3.8k	3	Red
547	Mhairi	Wear	F	Tri Lakeland	3.8k	2	Pink
326	Findlay	Webb	M		1mile	2	Pink
86	Imogen	Webb	F		3.8k	2	Pink
92	Joanna	Webb	F		3.8k	2	Pink
143	Lesley	Whitehouse	F	NYP TRI	3.8k	3	Red
33	Mark	Whitehouse	M	NYP TRI	3.8k	1	Blue

30	Blue	Whittaker	M		3.8k	1	Blue
478	Connor	Wiggins	M	Cockermouth SC	500m	1	Blue
469	Macee	Wiggins	F	Cockermouth SC	500m	1	Blue
531	Gordon	Wilde	M		500m	1	Blue
530	Jean Ann	Wilde	F		500m	1	Blue
512	Christopher	Wilding	M		500m	1	Blue
400	Karen	Wilding	F		1mile	3	Red
254	Rebecca	Wilkinson	F		1mile	1	Blue
253	Kirsty	Williams	F		1mile	1	Blue
83	Mike	Williams	M	Tri Lakeland	3.8k	2	Pink
276	Rebecca	Williams	F		1mile	1	Blue
226	Emily	Wilson	F	Rochdale Triathlon Club	1mile	1	Blue
186	Geoff	Wilson	M	Tri Northumberland	3.8k	3	Red
574	Oliver	Wilson	M	Rochdale Tri Club	500m	1	Blue
328	Helen	Wilson-Chapman	F		1mile	2	Pink
183	Andrew	Winstanley	M		3.8k	3	Red
414	Marianne	Winstanley	F		1mile	3	Red
365	Jeffrey	Winters	M		1mile	3	Red
416	Heather	Wolstenholme	F		1mile	3	Red
109	Stephanie	Wood	F	Macclesfield Harriers Athletic Club	3.8k	2	Pink
292	Adelle	Worsley	F		1mile	2	Pink
65	Michal	Wozniak	M		3.8k	2	Pink
72	Tracey	Yates	F	Darwen Masters	3.8k	2	Pink
289	Deborah	Yearnshire	F		1mile	2	Pink
325	Julie	York	F	Splash Outdoors	1mile	2	Pink
441	Emma	Young	F		1mile	3	Red
69	Paul	Young	M		3.8k	2	Pink