

FOR GOODNESS SHAKES MUSCLES OF STEEL 10K

RACE NO	NAME	SURNAME	CATEGORY	GENDER	CLUB
1	JENNIFER	ALLISON	SENIOR	FEMALE	
2	MELISSA	ARKINSTALL	SENIOR	FEMALE	HILLINGDON TRIATHLETES
3	KAREN	ASPDEN	SENIOR	FEMALE	
4	ALI	BARNES	SENIOR	FEMALE	
5	CATHERINE	BRAND	SENIOR	FEMALE	VESTA
6	ED	BRAND	SENIOR	FEMALE	VESTA
7	JESSICA	BUNTING	SENIOR	FEMALE	BODIES IN DESIGN
8	SARAH	CLARK	SENIOR	FEMALE	FUL ON TRI
9	VERITY	CROWE-HAYLETT	SENIOR	FEMALE	MET POLICE
10	EMMA	DEARSLEY	SENIOR	FEMALE	FARNHAM
11	ROSALIND	DIAMOND	SENIOR	FEMALE	
12	NISHA	DODHIA	SENIOR	FEMALE	
13	CLARE	DONOVAN	SENIOR	FEMALE	
14	AMY	DUNN	SENIOR	FEMALE	
15	EMILY	FORD	SENIOR	FEMALE	
16	KATY	GRANVILLE-CHAPMAN	SENIOR	FEMALE	WELLINGTON COLLEGE
17	PENNY	GRAYSON	SENIOR	FEMALE	RAF TRIATHLON
18	BETH	GREENAWAY	SENIOR	FEMALE	PLYMOUTH TRIATHLON CLUB
19	JO	HARRIS	SENIOR	FEMALE	THE HOGARTH HEALTH CLUB
20	LESLEY	JONES	SENIOR	FEMALE	
21	HELEN	KING	SENIOR	FEMALE	
22	ZUZANA	LHOTANOVA	SENIOR	FEMALE	
23	JENNIFER	LOCKETT	SENIOR	FEMALE	
24	ROSEMARY	MCGILL	SENIOR	FEMALE	
25	CAROLYN	MCNAMARA	SENIOR	FEMALE	
26	ISLA	MCRAE	SENIOR	FEMALE	
27	ASHLEY	MORTON-HUNTE	SENIOR	FEMALE	
28	JAYNE	NUTLEY	SENIOR	FEMALE	
29	NICOLE	OH	SENIOR	FEMALE	
30	JANE	OSBORNE	SENIOR	FEMALE	
31	MICHELLE	OVENS	SENIOR	FEMALE	
32	FIONA	PEEBLES	SENIOR	FEMALE	
33	JACQUIE	POTTER	SENIOR	FEMALE	
34	ALEX	POWELL	SENIOR	FEMALE	
35	WENDY	QUANTRILL	SENIOR	FEMALE	IPSWICH TRIATHLON CLUB
36	EMMA	REGAN	SENIOR	FEMALE	
37	MARIA	RENSHAW	SENIOR	FEMALE	
38	MONICA	RICE	SENIOR	FEMALE	MONSTROSITY
39	JADE	RODHAM	SENIOR	FEMALE	
40	CAROL	RYDER	SENIOR	FEMALE	WARWICK UNIVERSITY TRIATHLON CLUB
41	CHARLOTTE	SEDGLEY	SENIOR	FEMALE	
42	CHANTAL	SHALHOUB	SENIOR	FEMALE	
43	LISA	SHENNAN	SENIOR	FEMALE	
44	KELLY	SPELLER	SENIOR	FEMALE	
45	CAROLINE	SQUIRES	SENIOR	FEMALE	
46	STEPHANIE	STEPHENS	SENIOR	FEMALE	
47	KERRY	THOMPSON	SENIOR	FEMALE	
48	ANNE	TOEPELT	SENIOR	FEMALE	
49	FIONA	TOOVEY	SENIOR	FEMALE	
50	SUE	WALKER	SENIOR	FEMALE	EXETER TRIATHLON CLUB

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51	ALEXANDRA	WALTON	SENIOR	FEMALE	FOR GOODNESS SHAKES
52	OLIVIA	WESTLAKE	SENIOR	FEMALE	
53	ALI	WHITE	SENIOR	FEMALE	TW WHITE & SONS
54	JO	WINMPENNY	SENIOR	FEMALE	
55	JOANNA	WOODS	SENIOR	FEMALE	
56	JIE MING	YEO	SENIOR	FEMALE	
57	PAUL	ALDERSON	SENIOR	MALE	
58	ROB	ASPDEN	SENIOR	MALE	FUL-ON TRI
59	TARQUIN	BARRETT	SENIOR	MALE	
60	JACQUES	BASSON	SENIOR	MALE	
61	CHRISTOPHER	BEANEY	SENIOR	MALE	
62	VICTORIA	BEANEY	SENIOR	MALE	
63	DARREN	BEMORE	SENIOR	MALE	TW WHITE & SONS
64	SIMON	BLACKBURN	SENIOR	MALE	
65	ALEX	BROOKS	SENIOR	MALE	FOR GOODNESS SHAKES
66	ROB	BUGLER	SENIOR	MALE	STRIDERS
67	PETE	BULLIONS	SENIOR	MALE	
68	EDWARD	BUTLER	SENIOR	MALE	FOR GOODNESS SHAKES
69	DAVID	CHAPMAN	SENIOR	MALE	TEAM MK
70	CHRIS	CHEETHAM	SENIOR	MALE	
71	SAM	CLARK	SENIOR	MALE	STRATFORD SHARKS TRI
72	BARRY	CLARKE	SENIOR	MALE	VESTA ROWING CLUB
73	COLIN	CLEMENT	SENIOR	MALE	
74	JONATHAN	COOK	SENIOR	MALE	
75	ADAM	COX	SENIOR	MALE	
76	JOSH	CUMMINS	SENIOR	MALE	
77	PHILIP	DONNELLY	SENIOR	MALE	
78	PAUL	DUNNE	SENIOR	MALE	
79	PAUL	EVANS	SENIOR	MALE	WRECSAM TRI
80	AIDAN	FAIK	SENIOR	MALE	
81	ALEX	FAIRMAN	SENIOR	MALE	THETRILIFE.COM
82	TOBY	FEAKIN	SENIOR	MALE	
83	NEIL	FERGUSON	SENIOR	MALE	ARMY TRIATHLON ASSOCIATION
84	STEVE	FERGUSON	SENIOR	MALE	PACKET OF 3 TRI CLUB
85	TOM	FORD	SENIOR	MALE	
86	WILLIAM ANDREW	GATHERER	SENIOR	MALE	WALTON AC
87	JAMES	GIBSON	SENIOR	MALE	THETRILIFE.COM
88	GARY	GOLDIE-JONES	SENIOR	MALE	
89	MIKE	GRACE	SENIOR	MALE	TW WHITE & SONS
90	JEREMY	GRANVILLE-CHAPMAN	SENIOR	MALE	WELLINGTON COLLEGE
91	JON	GREIG	SENIOR	MALE	N/A
92	DAVE	HADDOW	SENIOR	MALE	
93	COLM	HARDIMAN	SENIOR	MALE	
94	NICK	HARRISON	SENIOR	MALE	
95	MIKE	HOLYOAK	SENIOR	MALE	
96	GORDON	HUTTON	SENIOR	MALE	SERPENTINE
97	STUART	JEFFREYS	SENIOR	MALE	FOR GOODNESS SHAKES
98	OLIVER	JONES	SENIOR	MALE	HILLINGDON TRIATHLETES
99	CHRISTOPHER BRYAN	JUNG	SENIOR	MALE	
100	DUNCAN	KEARY	SENIOR	MALE	
101	ALAN	KIM	SENIOR	MALE	

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102	KEVIN	KIM	SENIOR	MALE	
103	SCOTT	KINNINMONTH	SENIOR	MALE	
104	DAVID	KNIGHT	SENIOR	MALE	HILLINGDON TRIATHLETES
105	DEREK	LEESON	SENIOR	MALE	GREENWICH TRITONS
106	CASEY	MAINSBRIDGE	SENIOR	MALE	
107	TIM	MCLEOD	SENIOR	MALE	
108	COLIN	MEAD	SENIOR	MALE	PHOENIX TRIATHLON
109	RICHARD	MELLOR	SENIOR	MALE	
110	ROBERT	MEZEI	SENIOR	MALE	ETON TRI
111	MARK	MONTEITH	SENIOR	MALE	TW WHITE & SONS
112	TREVOR	MORRIS	SENIOR	MALE	
113	STEVE MURPHY	MURPHY	SENIOR	MALE	LONDON HEATHSIDE ATHLETICS CLUB
114	DAVE	NICHOLS	SENIOR	MALE	
115	PHIL	NICOLLE	SENIOR	MALE	
116	TIM	OBERG	SENIOR	MALE	
117	PHILIP	OXLEY	SENIOR	MALE	
118	GORDON	PARKER	SENIOR	MALE	TW WHITE & SONS
119	BILLY	PARKER-BROWN	SENIOR	MALE	RG ACTIVE/TRIANDRUN
120	ROB	PARRY	SENIOR	MALE	SOUTH LONDON TRI
121	MARK	PERKINS	SENIOR	MALE	
122	MATTHEW	PERRY	SENIOR	MALE	
123	MICHAEL	PETERSON	SENIOR	MALE	
124	TAZ	PORTER	SENIOR	MALE	EAST ESSEX TRI CLUB
125	MATT	PRIDDLE	SENIOR	MALE	
126	VAUGHAN	RAMSAY	SENIOR	MALE	RANELAGH
127	TONY	REGA	SENIOR	MALE	TW WHITE & SONS
128	DAVE	ROBINSON	SENIOR	MALE	SERPENTINE
129	MATTHEW	ROBINSON	SENIOR	MALE	
130	DAVID	RODGERS	SENIOR	MALE	
131	BEN	RYALL	SENIOR	MALE	
132	MARK	SHADRAKE	SENIOR	MALE	
133	NICK	SHASHA	SENIOR	MALE	
134	GUY	SHIRLEY	SENIOR	MALE	
135	NICK	SLIM	SENIOR	MALE	TEWKESBURY TRI
136	KIM	SQUIRES	SENIOR	MALE	
137	KEITH	STOKES	SENIOR	MALE	
138	TERRY	SWAINE	SENIOR	MALE	
139	SAM	TEWATER	SENIOR	MALE	
140	MARKT	TROTT	SENIOR	MALE	
141	JOSHUA	VARNEY	SENIOR	MALE	
142	THOMAS	VICKERY	SENIOR	MALE	
143	BEN	WARD	SENIOR	MALE	THETRILIFE.COM
144	TOM	WATTS	SENIOR	MALE	WORCESTER TRI CLUB
145	JEREMY	WERTHEIMER	SENIOR	MALE	FOR GOODNESS SHAKES
146	RUPERT	WERTHEIMER	SENIOR	MALE	THE OPTOMISTS
147	PAUL	WILKIE	SENIOR	MALE	
148	MARK	WILLS	SENIOR	MALE	THAMES VALLEY POLICE
149	PAUL	WOODWARD	SENIOR	MALE	EPSOM AND EWELL HARRIERS
150	TOM	WORRINGHAM	SENIOR	MALE	TW WHITE & SONS
151	ANITA	BRACEY	OVER 40	FEMALE	
152	DEBBIE	COOKE	OVER 40	FEMALE	PENCOED TRI

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153	WENDY	CROCKFORD	OVER 40	FEMALE	
154	MICHELLE	DEW	OVER 40	FEMALE	ROSSENDALE
155	CHRIS	GLEW	OVER 40	FEMALE	KINGFISHER
156	TRACEY	HALLAM	OVER 40	FEMALE	NOTTS AC
157	CLAIRE	HAMMOND	OVER 40	FEMALE	
158	CAROLE	MAINSTONE	OVER 40	FEMALE	
159	SUSAN	MERCER	OVER 40	FEMALE	BEXHILL RUNNERS
160	ALISON	NICOLLE	OVER 40	FEMALE	
161	DARRELLE	PARKER	OVER 40	FEMALE	DRIVEN TO TRI
162	JULIA	REID	OVER 40	FEMALE	WREXHAM TRI CLUB
163	LOIS	ROCK	OVER 40	FEMALE	
164	CAROLINE	SLAUGHTER	OVER 40	FEMALE	MANCHESTER TRI CLUB
165	CAROLINE	SMITH	OVER 40	FEMALE	
166	GILL	STOKES	OVER 40	FEMALE	BEXHILL RUNNERS
167	HILARY	WALKER	OVER 40	FEMALE	SERPENTINE RC
168	KAY	WEEDEN	OVER 40	FEMALE	SURREY POLICE
169	ROLLIN	BARTON	OVER 40	MALE	
170	PHILIP	BRAMHALL	OVER 40	MALE	STRAGGLERS
171	AARON	BRAND	OVER 40	MALE	
172	BRIAN	BURFORD	OVER 40	MALE	PORTSMOUTH JOGGERS
173	ROB	BURFORD	OVER 40	MALE	UNATTACHED
174	DANIEL	CATALANO	OVER 40	MALE	
175	GRAHAM	CLARKE	OVER 40	MALE	
176	ALEX	COLLAZOS	OVER 40	MALE	
177	JASON	COUSINS	OVER 40	MALE	
178	MICHAEL	CRONIN	OVER 40	MALE	
179	KEVIN	DARGUE	OVER 40	MALE	
180					
181	JOHN	GOWERS	OVER 40	MALE	
182	ROD	GRAVETTE	OVER 40	MALE	
183	BILL	HAMMARSTROM	OVER 40	MALE	
184	MICHAEL	HAWKES	OVER 40	MALE	DMVAC
185	SEAN	HEADLEY	OVER 40	MALE	STRATFORD SHARKS
186	JAMES	HEATH	OVER 40	MALE	
187	CLIFFORD	HILTON	OVER 40	MALE	VETERANS AC
188	MALCOLM	JAMES	OVER 40	MALE	
189	PHIL	JARVIS	OVER 40	MALE	TRIATHLON ESSEX
190	GARY	MACDOUGALL	OVER 40	MALE	D3 TRIATHLON
191	PAUL	MAINSTONE	OVER 40	MALE	
192	KEVIN	ORMEROD	OVER 40	MALE	MET POLICE TRI CLUB
193	DAVID	PATCH	OVER 40	MALE	
194	DAVID	PEGLER	OVER 40	MALE	
195	TONY	PRESTON	OVER 40	MALE	
196	ALASTAIR	PRICKETT	OVER 40	MALE	
197	RICHARD	PRIOR	OVER 40	MALE	
198	STEVE	ROCK	OVER 40	MALE	
199	ASHLEY	RUDD	OVER 40	MALE	
200	BEN	SMITH	OVER 40	MALE	
201	STEVE	SMITH	OVER 40	MALE	
202	WILLIAM	STAFFORD	OVER 40	MALE	
203	MIKE	STOKES	OVER 40	MALE	BEXHILL RUNNERS

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204	PAUL	STOTT	OVER 40	MALE	
205	ANDREW	TATE	OVER 40	MALE	
206	DANIEL	WHITE	OVER 40	MALE	HILLINGDON TRIATHLETES
207	RAY	WHITING	OVER 40	MALE	
208	GRAEME	WILKIE	OVER 40	MALE	
209	PAUL	WILLIAMS	OVER 40	MALE	ARMY TRI