

<u>Team Name</u>	<u>Team Type</u>	<u>Swimmer Name</u>	<u>Biker Name</u>	<u>Runner Name</u>
101	Mixed	Simon Heath	Tony Brooks	Sally Bryson
AC ladies	Female	Sarah Tait	Emma Birchley	Laura Collinson
AHP Allstars	Mixed	Kerry Walshaw	Daniel Thomas	Lee Markham
Aldeburgh Fish and Chip Shop	Male	Stephen Cooney	David Henderson	Alan Cooney
Alpha male	Male	Harry Wright	Shaun plumridge	Troy plumridge
Beccles Medical Centre	Female	Joanne Wakefield	Meg Hardman	Angie Lucas
Best Estates 1	Mixed	Annette Mason Gordon	Clare Pegg	Kate Pinchen
Best Estates 2	Mixed	Marion Walker	Max Livingstone Learmouth	Alex Tarry
Big Daddies	Male	Ben Andrews	Andy Massingham	Alex Brunt
BMRC	Male	David Thrower	Jonathon Adamson	Matt Morley
BTB	Male	Simon Petty	Philip Woods	Toby Balls
Buconirrs	Mixed	Martin Virr	William Buchanan	Amanda Deacon
CAVENDISH	Mixed	Anna Sinclair	Mark Thurston	Russell Brown
CHP Consulting 1	Male	Andrew Page	Andrew Denton	Stephen Page
Christie	Mixed	Caroline Janes	Jonathan Christie	Amanda Janes
Cookies	Mixed	Nicola Edwards	Chris Lewis	Owen Leeder
Crabbe Street Crawlers	Mixed	Susannah Cringle	Tom Cringle	Edward Suckling
Deben Shufflers	Male	Derrick Jones	Dave Alley	Paul Wright
Debenham High School Ladies 1	Female	Lauren Carr	Julia Upton	Cheryl Thomas
Dyer Tribe	Mixed	Susan Wessels	Bernard Dyer	Guy Hayward
Eye of the Tri-ger	Male	Beatie Barclay	James Klug	Andrew Greenwell
Felixstowe Swimsapes	Male	Seamus bennett	Rob Lewis	Neil Berry
Flick and Son	Mixed	Nico deVilliers	Lara Balls	James Reiss
Forlorn Hope	Male	Philip everson	Michael Lewis	Michael Moore
Get rich or die Tri-ing	Mixed	Lucy Tallowin	Leigh Hammond	Will Stebbings
Give It A Tri	Mixed	Janine Edge	Jack Fairweather	Alan Godbold
Giving it a tri	Female	Amanda Mallett	Fiona Wilson	Dannielle Whatling
Grace and Alexs Wedding Racers	Mixed	Phil Marsden	Alex Hampson	Grace Marsden
Healthy Gems	Male	Simon Rudland	Alex Monroe	Joe Rudland
Hill	Male	Foppe Dhane	Richard hill	Charles hill
Hoopers Architects	Mixed	David Kenny	Matt Kennington	Christina Jerlehag
Its OK he doesnt BITE!	Male	James Askew	Stuart atkins	Hayden Edmunds
JR Creaseys Butcher Peasehall	Male	Tony "keys" Gallagher	Owen Cox	Damian Royal
Kingtime Athletics	Male	Peter Ladbrooke	Anton Partridge	Peter Andrews
KIR Royal	Male	Kenny Mitchell	Rob Davies	Ian East
Lighthouse Frenchies	Male	Sebastien Rabiller	Kevin Gillet	Samuel Poiraud

McMillerrussell	Mixed	Frances McConnell	Thomas Richard Russell	Claire Louise Miller
MH Legal Eagles	Mixed	Julian Kingston Smith	Christina Morton	Richard Bateman
Mint Fitness	Mixed	Henry Anderson	Catherine OConnor	Chantel Pipe
MTB	Male	Jon Callow	David Ling	Paul Clifford
Munchy Maniacs	Mixed	Crispin Clay	James Allen	Rachel Needle
Munchy Masochists	Mixed	Lucy Hall	Jamie Boast	Dawn Tye
Must Tri Harder	Male	Darren Douglass	Steve King	Sam Williams
Newton Commercial Beavers	Mixed	Katie Sharon Newton	Jim wiggo Menace	Jonny Linford Newton
Nifty Fifties	Female	Charlie Hill	Annette Mason Gordon	Ann Granger
Oceanstranders	Mixed	Elizabeth Pickering	Roland Walker	Mary Walker
Old Bangers	Male	Adam Brucki	Richard Hyde	Rob Blowers
Organised Chaos	Mixed	Tom Kingery	Ian Bowmer	Lana Challis
Peckham Triathlon Club	Male	George Rudland	Ben Havard	Fred Merrett
Petes pistons	Mixed	Tom Hall	Hannah Jones	Peter Hall
phoenix from the splashes	Mixed	Matt Wilson	Will Nunez	Julie Rickards
Porkey Men Go	Male	Steve Quinn	John Tully	Alan Wilson
Red House Rockets	Mixed	Julie Nicholls	Paul Cook	Lucy Walker
Regatta Renegades	Mixed	Rob Mabey	Nathanial Ingram	Emma Hawarth
Relativity	Mixed	Samm Beacham	Gavin Kemp	Marshall Beacham
Rio Trio	Female	Lisa Ford	Leanne Nixon	Vicky Greenleaf
RNLI Aldeburgh	Male	David cook	Alex Wilson	Steven Saint
Sax Velo Team A	Mixed	Sean Newson	Ben Pendle	Em Johnson
Sax Velo Team B	Mixed	Julia McClean	Jeroen Wuurman	Guy Morris
Saxons A Team	Male	Lee Phillips	Tom Haslam	James Wilson
Smashing Cycling Club	Mixed	Louise Shute	Tom Mayne	Alexandra Chater
Snatch Catchers	Female	Beata Ramsay	Natalie Adams	Jet Bielecka
Splash Flash Dash	Female	Jen Moore	Alex Main	Phillips East
Ssc1	Mixed	Peter samuels	Jordan Samuels	Dawn samuels
Ssc2	Mixed	Jemima hughes	Dom hughes	Thomas Zolinger Reed
STRAC 1	Mixed	Marcus Sladden	Graham Coulter	Geraldine Clarke
Suffolk & Fast	Mixed	Matthew Hague	James Pearson	Rebecca Roberts
Suffolk Spartans	Male	Kev Blakey	Matthew Leek	Simon Nicholson
Team Bedford	Mixed	Kim Cook	Samantha Wilding	Michael Bedford
Team Bride	Female	Emma McEachean	Sarah Scotchmer	Hannah Scotchmer
Team BROS - Its a family affair	Mixed	Verity Rosher	Louise Rosher	Keith Hutton
Team Christie	Mixed	TBA	TBA	Elizabeth Christie
Team GP	Mixed	Mark Newman	Graham Myers	Katie Card

Team JJT	Mixed	Tom Collier	Jackie Abbott	Jake Cook
Team McBramsey	Female	Nancy McLachlan	Hazel Brammar	Abi Pawsey
Team Titanium	Mixed	Shaun Crowley	Lauren Reeder	Chris Bradford
Team White / Thorpe	Mixed	Ian Thorpe	Andrew White	Ellena White
TeamIXL	Mixed	Gordon Merfield	Sarah Vick	Shannen Church
Teen Dreamers	Mixed	Julia Green	Mark Nowell	James Green
The Bell	Male	Jonathan Nicholson	Thomas Scrivens	Luke White
The Bus Pass Brigade	Male	Simon Hattan	Richard Lloyd	Barnaby Rufford
The Cunning Stunts	Mixed	micheal mann	paul berry	grace lander
The Last Seconds	Male	Neal Watson	Adam O Keeffe	Mike Rowe
The Mighty Atoms	Male	Andrew Eade	Martin Read	Tomi Oyebadejo
The Next Challenge	Mixed	Rachael Walker	Robin Hawes	Damian Risdon
The Saxons - Team C	Mixed	Sue Townsend	Chris Lucas	Jake Church
The Saxons - Team D	Male	Jake Wright	Andrew Turner	Aiden Church
The Sheldrake Halls	Mixed	Sam Sheridan	Nikki Hall	Mia Hall
the summer puddings	Mixed	Jo Hedges	Greg Allen	Mark Bowditch
The Tri Hards	Mixed	Phillipa Guy	James Ayrton	Michael Ayrton
Toates Team Tri	Male	Chris Hall	Matt Spencer	Will Law
TRI AGAIN	Male	Mark Sly	Richard Webster	Tim Brammar
Tri Even Harder	Mixed	Gemma Cannon	Charles Curry Hyde	Andy Ellis
Uber Team Tri	Mixed	Nick Collinson	Ross Welton	Katie Keeble
Undecided	Mixed	Gary Clark	Ben Jones	Paula Dye
Wavey!	Male	David oldfield	Joe broom fendley	Samuel ward
WE ARE TRI-ING	Female	Clare Haynes	Swati Maini	Kismat Jinadu
We Did Tri	Mixed	Spencer Wix	Tom Motyka	Emilie Wix
Wischhusen	Mixed	Edward Wischhusen	Jack Wischhusen	Janet wischhusen
WORTH A TRI	Male	Nick Edwards	Matt Bailey	James Whitting