

<u>Team Name</u>	<u>Team</u>	<u>All 1 company</u>	<u>Swimmer Name</u>	<u>Gender</u>	<u>Biker Name</u>	<u>Gender</u>	<u>Runner Name</u>	<u>Gender</u>	
101	Mixed	N	Simon Heath	Male	Tony Brooks	Male	Sally	Female	S
AC ladies	Female	N	Sarah Tait	Female	Emma Birchley	Female	Laura Collinson	Female	M
AHP Allstars	Mixed	N	Kerry Walshaw	Female	Daniel Thomas	Female	Lee Markham	Male	M
Aldeburgh Fish and Chip Shop	Male	N	Stephen Cooney	Male	David Henderson	Male	Alan Cooney	Male	L
Alpha male	Male	N	Harry Wright	Male	Shaun plumridge	Male	Troy plumridge	Male	M
Beccles Medical Centre	Female	N	Joanne Wakefield	Female	Meg Hardman	Female	Angie Lucas	Female	M
Best Estates	Mixed	N	TBC	Male	TBC	Female	TBC	Male	M
Best Estates 2	Mixed	N	TBC	Male	TBC	Female	TBC	Male	M
Big Daddies	Male	N	Nick Alexandrou	Male	Andy Massingham	Male	Alex Brunt	Male	M
BMRC	Male	N	David Thrower	Male	Jonathon Adamson	Male	Matt Morley	Male	M
BTB	Male	Y	SIMON PETTY	Male	PHILIP WOODS	Male	TOBY BALLS	Male	L
CAVENDISH	Mixed	N	Beverley Wiltshire	Female	Nick Brown	Male	Russell Brown	Male	M
CHP Consulting 1	Male	N	Andrew Page	Male	tbc	Male	Stephen Page	Male	L
Christie	Mixed	N	Caroline Janes	Female	Jonathan Christie	Male	Amanda Janes	Female	M
Cookies	Mixed	N	Nicola Edwards	Female	Chris Lewis	Male	Owen Leeder	Male	S
Crabbe Street Crawlers	Mixed	N	Susannah Cringle	Female	Tom Cringle	Male	Edward Suckling	Male	L
Deben Shufflers	Male	N	Derrick Jones	Male	Dave Alley	Male	Paul Wright	Male	M
Debenham High School Ladies 1	Female	Y	Lauren Carr	Female	Julia Upton	Female	Cheryl Thomas	Female	M
Dyer Tribe	Mixed	N	Susan Wessels	Female	Bernard Dyer	Male	Guy Hayward	Male	S
Eye of the Tri-ger	Male	N	Beatie Barclay	Male	James Klug	Male	Andrew Greenwell	Male	L
Felixstowe Swimscales	Male	N	Seamus bennett	Male	Rob Lewis	Male	Neil Berry	Male	M
Flick and Son	Mixed	N	Kate Watson	Female	Lara Balls	Female	Stuart McKenzie	Male	L
Forlorn Hope	Male	N	Philip everson	Male	Michael Lewis	Male	Michael Moore	Male	M
Get rich or die Tri-ing	Mixed	N	Lucy Tallowin	Female	Leigh Hammond	Male	Will Stebbings	Male	L
Give It A Tri	Mixed	N	Mark Fairweather	Male	Jack Fairweather	Male	Alan Godbold	Male	L
Giving it a tri	Female	N	Amanda Mallett	Female	Fiona Wilson	Female	Danielle Whatling	Female	S
Grace and Alexs Wedding Racers	Mixed	N	Phil Marsden	Male	Alex Hampson	Male	Grace Marsden	Female	S
Healthy Gems	Male	N	Simon Rudland	Male	Alex Monroe	Male	Joe Rudland	Male	M
Hill	Male	N	Foppe Dhane	Male	Richard hill	Male	Charles hill	Male	M
Hoopers Architects	Mixed	Y	David Kenny	Male	Matt Kennington	Male	Christina Jerlehag	Female	S
Its OK he doesnt BITE!	Male	N	James Askew	Male	Stuart atkins	Male	Hayden Edmunds	Male	M
JR Creaseys Butcher Peasehall	Male	N	Tony Gallagher	Male	Peter Willberg	Male	Damian Royal	Male	L
Kingtime Athletics	Male	Y	Peter Ladbrooke	Male	Anton Partridge	Male	Peter Andrews	Male	L
KIR Royal	Male	N	Kenny Mitchell	Male	Rob Davies	Male	Ian East	Male	M

Lighthouse Frenchies	Male	Y	Sebastien Rabiller	Male	Kevin Gillet	Male	Samuel Poiraud	Male	XS
McMillerrussell	Mixed	N	Frances McConnell	Female	Jonathan David Russell	Male	Claire Louise Miller	Female	M
Mint Fitness	Mixed	N	Henry Anderson	Male	Catherine OConnor	Female	Chantel Pipe	Female	S
MTB	Male	N	Jon Callow	Male	David Ling	Male	Paul Clifford	Male	L
Munchy Maniacs	Mixed	Y	Crispin	Male	James Allen	Male	Rachel Needle	Female	M
Munchy Masochists	Mixed	N	Lucy or Nick	Male	Jamie Boast	Male	Dawn Tye	Female	M
Must Tri Harder	Male	N	Darren Douglass	Male	Steve King	Male	Sam Williams	Male	L
Newton Commercial Beavers	Mixed	Y	Katie Sharon Newton	Female	Jim wiggo Menace	Male	Jonny Linford Newton	Male	L
Nifty Fifties	Female	N	Charlie Hill	Female	Annette Mason Gordon	Female	Ann Granger	Female	S
Oceanstranders	Mixed	N	Elizabeth Pickering	Female	Roland Walker	Male	Mary Walker	Female	S
Old Bangers	Male	Y	Adam Brucki	Male	Richard Hyde	Male	Rob Blowers	Male	M
Organised Chaos	Mixed	N	Tom Kingery	Male	Ian Bowmer	Male	Lana Challis	Female	S
Peckham Triathlon Club	Male	N	George Rudland	Male	Ben Havard	Male	Fred Merrett	Male	L
Petes pistons	Mixed	N	Tom Hall	Male	Hannah Jones	Female	Peter Hall	Male	L
phoenix from the splashes	Mixed	N	Matt Wilson	Male	Nick Partridge	Male	Julie Rickards	Female	S
Porkey Men Go	Male	Y	Steve Quinn	Male	John Tully	Male	Alan Wilson	Male	L
Red House Rockets	Mixed	Y	Keith Nicholls	Male	Paul Cook	Male	Lucy Walker	Female	M
Regatta Renegades	Mixed	Y	Rob Mabey	Male	Nathanial J Ingram	Male	Emma Hawarth	Female	S
Relativity	Mixed	N	Samm Beacham	Female	Gavin Kemp	Male	Marshall Beacham	Male	XS
Rio Trio	Female	Y	Lisa Ford	Female	Caroline Goldsworthy	Female	Vicky Greenleaf	Female	S
RNLI Aldeburgh	Male	N	David cook	Male	Alex Wilson	Male	Steven Saint	Male	M
Sax Velo Team A	Mixed	N	TBA	Female	TBA	Male	TBA	Male	L
Sax Velo Team B	Mixed	N	TBA	Male	TBA	Male	TBA	Male	L
Saxons A Team	Male	N	Lee Phillips	Male	Tom Haslam	Male	James Wilson	Male	L
Smashing Cycling Club	Mixed	N	tba	Female	tba	Male	tba	Female	S
Snatch Catchers	Female	N	Beata Ramsay	Female	Natalie Adams	Female	Becca Goodall	Female	M
Splash Flash Dash	Female	N	Jen Moore	Female	Alex Main	Female	Phillips East	Female	S
Ssc	Mixed	N	Peter samuels	Male	Tbc	Male	Dawn samuels	Female	XS
Ssc2	Mixed	N	Imogen hughes	Female	Dom hughes	Male	Bridget hughes	Female	M
STRAC 1	Mixed	N	MARCUS SLADDEN	Male	GRAHAM COULTER	Male	GERALDINE CLARKE	Female	M
Suffolk & Fast	Mixed	N	Matthew Hague	Male	James Pearson	Male	Rebecca Roberts	Female	M
Suffolk Spartans	Male	N	Andrew Cook	Male	Matthew Leek	Male	Simon Nicholson	Male	XL

Tba	Female	N	Emma McEachean	Female	Sarah Scotchmer	Female	Hannah Scotchmer	Female	M
Team Bedford	Mixed	N	Kim Cook	Female	Samantha Wilding	Female	Michael Bedford	Male	L
Team BROS - Its a family affair	Mixed	N	Verity Rosher	Female	Louise Rosher	Female	Keith Hutton	Male	M
Team Christie	Mixed	N	TBA	Male	TBA	Male	Elizabeth Christie	Female	XS
Team GP	Mixed	Y	Mark Newman	Male	Graham Myers	Male	Katie Card	Female	M
Team JJT	Mixed	N	Tom Collier	Male	Jackie Abbott	Female	Jake Cook	Male	L
Team McBramsey	Female	N	Nancy McLachlan	Female	Hazel Brammar	Female	Abi Pawsey	Female	S
Team Titanium	Mixed	N	Shaun Crowley	Male	Kate Bryson	Female	Jason Painter	Male	M
Team White / Thorpe	Mixed	N	Ian Thorpe	Male	Andrew White	Male	Ellena White	Female	M
TeamIXL	Mixed	N	Gordon Merfield	Male	Sarah Vick	Female	David Fordham	Male	M
Teen Dreamers	Mixed	N	Julia Green	Female	Mark Nowell	Male	James Green	Male	XS
The Bell	Mixed	N	a another	Male	a another	Male	a another	Male	M
The Bus Pass Brigade	Male	N	Simon Hattan	Male	Richard Lloyd	Male	Barnaby Rufford	Male	L
The Cunning Stunts	Mixed	Y	micheal mann	Male	paul berry	Male	grace lander	Female	S
The Last Seconds	Male	N	Neal Watson	Male	Adam O Keeffe	Male	Mike Rowe	Male	XS
The Mighty Atoms	Male	Y	Andrew Eade	Male	Martin Read	Male	Tomi Oyebadejo	Male	XL
The Next Challenge	Mixed	N	Rachael Walker	Female	Robin Hawes	Male	Damian Risdon	Male	M
The Saxons - Team C	Mixed	N	Sue Townsend	Female	Chris Lucas	Male	Jake Church	Male	M
The Saxons - Team D	Male	N	Jake Wright	Male	Andrew Turner	Male	Aiden Church	Male	M
The Sheldrake Halls	Mixed	N	Sam Sheridan	Male	Nikki Hall	Female	Mia Hall	Female	L
the summer puddings	Mixed	N	Sam Fulcher	Female	Greg Allen	Male	Mark Bowditch	Male	M
The Tri Hards	Mixed	N	Phillipa Guy	Female	James Ayrton	Male	Michael Ayrton	Male	L
Toates Team Tri	Male	N	Chris Hall	Male	Matt Spencer	Male	Will Law	Male	S
TRI AGAIN	Male	N	Mark Sly	Male	Richard Webster	Male	Tim Brammar	Male	S
Tri Even Harder	Male	N	Andy Ellis	Male	Charles Curry Hyde	Male	Andy Ellis	Male	M
Uber Team Tri	Mixed	N	Nick Collinson	Male	Ross Welton	Male	Katie Keeble	Female	S
Undecided	Male	N	Bruce Sears	Male	Gary Smith	Male	Daniel Scott	Male	L
Wavey!	Male	N	David oldfield	Male	Joe broom fendley	Male	Samuel ward	Male	M
WE ARE TRI-ING	Female	N	Clare Haynes	Female	Swati Maini	Female	Kismat Jinadu	Female	XS
We Did Tri	Mixed	N	Spencer Wix	Male	Tom Motyka	Male	Emilie Wix	Female	S
William Buchanan	Mixed	N	Martin Virr	Male	William Buchanan	Male	Amanda Deacon	Female	S
Wischhusen	Mixed	N	Edward Wischhusen	Male	Jack Wischhusen	Male	Janet wischhusen	Female	M
WORTH A TRI	Male	N	Mark Tweed	Male	Matt Bailey	Male	James Whitting	Male	M
Zim Birds	Female	N	Luisa Scott	Female	Charlene Gavazzi Smith	Female	Bridget Sears	Female	M