Southam Triathlon - Autumn Event - 31st August 2025 Start times may vary slightly but be poolside 15mins early to receive your tags

No. Name		Swim	Gender	Age Group	Club / Organisation	Est swim
101 Jason I	Hunt	08:30:00	Male	Senior Male/Female 25-39	Pro Scaffold	21:00
102 Sharor	n Halleron-Kerr	08:30:30	Female	Veteran Male/Female 40-59	Spa Striders	20:00
103 John B	ryan	08:31:00	Male	Veteran Male/Female 40-59		18:00
		08:31:30				
		08:32:00				
105 Glen B	atchelor	08:32:30	Male	Vintage Male/Female 60+	Glen batchelor	14:30
106 Andrev	v Webb	08:33:00	Male	Veteran Male/Female 40-59		14:00
107 Charlo	otte Peach	08:33:30	Female	Senior Male/Female 25-39		14:00
108 Simon	Eley	08:34:00	Male	Veteran Male/Female 40-59	Spa Striders	13:00
		08:34:30				
109 Mark G	Green	08:35:00	Male	Senior Male/Female 25-39		13:00
110 Theo S	nudden	08:35:30	Male	Senior Male/Female 25-39		12:00
111 Joanne	e Sainsbury (team now)	08:36:00				
112 Mike A	bbott	08:36:30	Male	Vintage Male/Female 60+		10:55
181 Lorrair	ne Day	08:37:00	Female	Veteran Male/Female 40-59		10:20
113 Mark S	Sainsbury	08:37:30	Male	Vintage Male/Female 60+		10:15
114 Gareth	n Button	08:38:00	Male	Veteran Male/Female 40-59		10:14
115 Ricky F	Pemberton	08:38:30	Male	Veteran Male/Female 40-59		10:00
116 Jon Ch	ambers	08:39:00	Male	Veteran Male/Female 40-59		10:00
		08:39:30				
117 Matthe	ew Rice	08:40:00	Male	Veteran Male/Female 40-59	Evesham Vale Triathletes	10:00
	an Edwards	08:40:30	Male	Senior Male/Female 25-39		10:00
119 Mike B	eard	08:41:00	Male	Veteran Male/Female 40-59		09:45
120 Simon	Booker	08:41:30	Male	Veteran Male/Female 40-59		09:40
	Harrison	08:42:00	Male	Senior Male/Female 25-39		09:30
121 Jordan	Sutcliffe	08:42:30	Male	Senior Male/Female 25-39		09:36
122 Henry	Rivera	08:43:00	Male	Veteran Male/Female 40-59	Physical Formula	09:36
123 Ti Aigo	ro	08:43:30	Female	Veteran Male/Female 40-59	Rugby Triathlon Club	09:30
124 Claire	Stanley	08:44:00	Female	Veteran Male/Female 40-59		09:26
		08:44:30				
125 Steve I		08:45:00	Male	Senior Male/Female 25-39	Coventry Triathletes	09:15
126 Mark C	Currie*	08:45:30	Male	Veteran Male/Female 40-59	Rugby Triathlon Club	09:15
127 Jack H	are	08:46:00	Male	Senior Male/Female 25-39		09:00
128 Jay par	rsons	08:46:30	Male	Veteran Male/Female 40-59		09:00
		08:47:00				
	a Celia Robles Villegas	08:47:30	Female	Veteran Male/Female 40-59	Spa Striders	09:00
	l Hunter	08:48:00	Female	Senior Male/Female 25-39		09:00
	e Acton	08:48:30	Female	Senior Male/Female 25-39	Spa Striders	09:00
132 Viktori	ia Gross	08:49:00	Female	Senior Male/Female 25-39	Spa Striders	09:00
		08:49:30				
	ah Stott	08:50:00	Female	Vintage Male/Female 60+	Goode2Tri	09:00
134 Kim Sh		08:50:30	Female	Vintage Male/Female 60+	team cherwell	08:50
	ainsbury	08:51:00	Team	Team		08:45
136 Sophie	e Gordon	08:51:30	Female	Senior Male/Female 25-39		08:30
		08:52:00				
137 Joseph	lbrahim	08:52:30	Male	Senior Male/Female 25-39		08:30

138 David Darragh 08:53:00 Male Vintage Male/Female C5- 09 08:30 08:30 08:30 140 isabell Morris* 08:54:30 08:30 140 isabell Morris* 08:55:00 Male Ventral Male/Female 25-39 08:30 08:25 150 08:25 150 08:55:30 Female Unifor Male/Female 15-24 08:30 08:35 150 08:35 08:30 08:30 08:35 08:30 08:30 08:30 08:35 08:30 08:30 08:30 08:35 08:30			00.00				
140	138	David Darragh		Male	,	Coventry Triathletes	08:30
Darius	139	Philip Pavey		Male	Senior Male/Female 25-39		08:30
150	140	isabell Morris*		Team	Team	Rugby Triathlon Club	08:29
151 Lily Booker			08:54:30				
152 Adam Chambers 08:56:00 Maile Junior Male/Female 15:24 08:00 153 Paul Dodson 08:57:30 Maile Veteran Male/Female 60-9 OverentryTriathietes 08:00 154 Ian Grime 08:57:30 Maile Veteran Male/Female 60-9 Rugby Triathion Club 08:00 155 Sophie Cole 08:58:800 Female Senior Male/Female 25:39 08:00 156 Terry Cassidy 08:58:30 Maile Veteran Male/Female 60-9 NCTR 08:00 157 Heather Homes 08:59:30 Female Veteran Male/Female 60-9 NCTR 08:00 158 Heather Homes 08:59:30 Female Veteran Male/Female 60-9 NCTR 08:00 159 George Morris 09:00:30 Maile Junior Male/Female 60-59 Spa Striders 07:45 159 George Morris 09:00:30 Maile Junior Male/Female 60-9 Rugby Tri Club 07:45 150 Karl Turley 09:01:30 Maile Veteran Male/Female 60-9 WHY Tri Club 07:30 161 Jerry Hoyle 09:01:30 Maile Veteran Male/Female 60-9 WHY Tri Club 07:30 162 Matthew Hayward 09:02:30 Maile Veteran Male/Female 40-59 Rugby Triathlon Club 07:30 163 Heldi Shaw 09:03:30 Female Veteran Male/Female 40-59 Rugby Triathlon Club 07:30 164 David Grant 09:03:30 Maile Veteran Male/Female 40-59 Coventry triathletes 07:30 165 Matthew Symes 09:04:00 Maile Senior Male/Female 40-59 Coventry triathletes 07:30 166 Harrison Bailey 09:05:30 Maile Veteran Male/Female 40-59 Coventry triathletes 07:30 167 Born 09:07:30 Maile Senior Male/Female 40-59 Coventry Triathletes 07:30 170 Born 09:07:30 Maile Senior Male/Female 40-59 Rugby Triathlon Club 08:30 171 Andrew Fickling 09:08:30 Maile Senior Male/Female 40-59 Coventry Triathletes 07:30 172 Andrew Fickling 09:08:30 Maile Senior Male/Female 40-59 Rugby Triathlon Club 08:30 173 Phoebe Miller 09:09:30 Maile Veteran Male/Female 40-59 Rugby Triathlon Club 08:30 174 Charlotte Herbert 09:10:30 Maile Veteran Male/Female	150	Darius	08:55:00	Male	Senior Male/Female 25-39		08:25
153 Paul Dodson 08:56:30 Male Veteran Male/Female 40:59 Coventry Triathletes 08:00 08:00 154 dan Grime 08:57:30 Male Veteran Male/Female 60+ Rugby Triathlon Club 08:00 08:00 155 Sophic Cole 08:58:30 Male Veteran Male/Female 60+ Rugby Triathlon Club 08:00 08:00 155 Sophic Cole 08:58:30 Male Veteran Male/Female 25:39 08:00 08:00 155 Terry Cassidy 08:58:30 Male Vintage Male/Female 60+ NCTR 08:00 08:00 157 Heather Homes 08:59:30 Female Veteran Male/Female 60+ NCTR 08:00 08:00 157 Heather Homes 09:59:30 Female Veteran Male/Female 60+ NCTR 08:00 08:00 158 Helene Parpworth 09:00:00 Female Senior Male/Female 60+ NCTR 08:00 08:00 158 Helene Parpworth 09:00:30 Male Unior Male/Female 40:59 Spa Striders 07:45 159 George Morris 09:00:30 Male Veteran Male/Female 40:59 Strownice Fitness 07:30 151 Jerry Hoyle 09:01:30 Male Veteran Male/Female 40:59 Strownice Fitness 07:30 151 Jerry Hoyle 09:01:30 Male Veteran Male/Female 40:59 Rugby Triathlon Club 07:30 153 Heldi Shaw 09:03:30 Female Veteran Male/Female 40:59 Rugby Triathlon Club 07:30 153 Heldi Shaw 09:03:30 Male Veteran Male/Female 40:59 Coventry triathletes 07:30 156 Matthew Symes 09:04:30 Male Veteran Male/Female 40:59 Coventry triathletes 07:30 156 Matthew Symes 09:04:30 Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 156 Matthew Symes 09:05:00 Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 156 Matthew Find Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 157 Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 157 Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 157 Male Veteran Male/Female 25:39 Coventry Triathletes 07:30 157 Male Veteran Male/Female 40:59 Coventry Triathletes 07:30 157 Male Veteran Male/Female 25:39 Coventry Triathle	151	Lily Booker	08:55:30	Female	Junior Male/Female 15-24	Rugby junior triathlon	08:10
182 Gary Nicholits* 08:57:00 Mate Vintage Male/Female 60+ Rugby Triathlon Club 08:00 154 Ian Grime 08:57:30 Male Veteran Male/Female 40-59 08:00 155 Sophie Cole 08:58:30 Male Vintage Male/Female 25-39 08:00 156 Terry Cassidy 08:59:30 Male Vintage Male/Female 60+ Vintage Male/Female 60- Vintage Male/Female 25-39 NCTR 08:00 157 Heather Homes 08:59:30 Female Senior Male/Female 60+ Vintage Male/Female 60- Vintage Male/Female 40-59 08:00 158 Helene Parpworth 09:00:30 Male Veteran Male/Female 25-39 Spa Striders 07:45 159 George Morris 09:00:30 Male Veteran Male/Female 40-59 Browntee Fitness 07:30 160 Karl Turley 09:01:30 Male Veteran Male/Female 60+ Vintage Male/	152	Adam Chambers	08:56:00	Male	Junior Male/Female 15-24		08:00
154 Ian Grime	153	Paul Dodson	08:56:30	Male	Veteran Male/Female 40-59	Coventry Triathletes	08:00
155 Sophie Cole 08:58:00 Female Senior Male/Female 25-39 08:00 156 Terry Cassidy 08:58:30 Male Vintage Male/Female 60+ NCTR 08:00 157 Heather Homes 08:59:30 Female Veteran Male/Female 40-59 08:00 158 Helene Parpworth 09:00:30 Male Junior Male/Female 25-39 Spa Striders 07:45 159 George Morris 09:01:30 Male Junior Male/Female 15-24 Rugby Tri Club 07:45 160 Karl Turley 09:01:30 Male Veteran Male/Female 40-59 Brownlee Fitness 07:30 161 Jerry Hoyle 09:02:30 Male Veteran Male/Female 40-59 Brownlee Fitness 07:30 162 Matthew Hayward 09:02:30 Male Veteran Male/Female 40-59 Rugby Triathlon Club 07:30 163 Heidi Shaw 09:03:30 Male Veteran Male/Female 40-59 Coventry triathletes 07:30 166 Harrison Bailey 09:05:00 Male Junior Male/Female 40-59	182	Gary Nicholls*	08:57:00	Male	Vintage Male/Female 60+	Rugby Triathlon Club	08:00
156 Terry Cassidy 08:58:30 Male Vintage Male/Female 60+ NCTR 08:00	154	Ian Grime	08:57:30	Male	Veteran Male/Female 40-59		08:00
157 Heather Homes 08:59:00 Female Veteran Male/Female 40-59 08:00	155	Sophie Cole	08:58:00	Female	Senior Male/Female 25-39		08:00
158 Helene Parpworth	156	Terry Cassidy	08:58:30	Male	Vintage Male/Female 60+	NCTR	08:00
158 Helene Parpworth	157	Heather Homes	08:59:00	Female	Veteran Male/Female 40-59		08:00
155 George Morris 09:00:30 Male Junior Male/Female 15-24 Rugby Tri Club 07:45			08:59:30				
166 Kart Turley 09:01:00 Male Veteran Male/Female 40-59 Brownlee Fitness 07:30 161 Jerry Hoyle 09:01:30 Male Vintage Male/Female 60+ MVH Tri Club 07:30 162 Matthew Hayward 09:02:30 Male Veteran Male/Female 40-59 Rugby Triathlon Club 07:30 163 Heidi Shaw 09:03:30 Female Veteran Male/Female 40-59 Coventry triathletes 07:30 165 Matthew Symes 09:04:00 Male Veteran Male/Female 25-39 07:30 166 Harrison Bailey 09:04:30 Male Veteran Male/Female 25-39 07:30 166 Harrison Bailey 09:05:00 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 25-39 RUSCC 06:45 <t< th=""><th>158</th><th>Helene Parpworth</th><th>09:00:00</th><th>Female</th><th>Senior Male/Female 25-39</th><th>Spa Striders</th><th>07:45</th></t<>	158	Helene Parpworth	09:00:00	Female	Senior Male/Female 25-39	Spa Striders	07:45
161 Jerry Hoyle	159	George Morris	09:00:30	Male	Junior Male/Female 15-24	Rugby Tri Club	07:45
Matthew Hayward O9:02:30 Male Veteran Male/Female 40-59 Rugby Triathlon Club O7:30	160	Karl Turley	09:01:00	Male	Veteran Male/Female 40-59	Brownlee Fitness	07:30
162 Matthew Hayward 09:02:30 Male Veteran Male/Female 40-59 Rugby Triathlon Club 07:30 163 Heidi Shaw 09:03:00 Female Veteran Male/Female 40-59 team cherwell 07:30 164 David Grant 09:03:30 Male Veteran Male/Female 40-59 Coventry triathletes 07:30 165 Matthew Symes 09:04:30 All Veteran Male/Female 25-39 Coventry triathletes 07:30 166 Harrison Bailey 09:05:00 Male Junior Male/Female 15-24 07:22 167 Nick Coleman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 Coventry Triathletes 07:00 171 Andrew Fickling 09:08:30 Male Veteran Male/Female	161	Jerry Hoyle	09:01:30	Male	Vintage Male/Female 60+	MVH Tri Club	07:30
163 Heidi Shaw 09:03:00 Female Veteran Male/Female 40-59 team cherwell 07:30 164 David Grant 09:03:30 Male Veteran Male/Female 40-59 Coventry triathletes 07:30 165 Matthew Symes 09:04:00 Male Senior Male/Female 25-39 07:30 166 Harrison Bailey 09:05:00 Male Junior Male/Female 15-24 07:22 167 Nick Coleman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Veteran Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 25-39 Coventry Triathletes 07:05 171 Andrew Fickling 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:30 Male Veteran Male/Female 40-59 North Cotswold Tri & Run Club 06:30			09:02:00				
164 David Grant 09:03:30 Male Veteran Male/Female 40-59 Coventry triathletes 07:30 165 Matthew Symes 09:04:00 Male Senior Male/Female 25-39 07:30 166 Harrison Bailey 09:05:00 Male Junior Male/Female 15-24 07:22 167 Nick Coteman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Senior Male/Female 40-59 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 Coventry Triathletes 07:00 171 Andrew Fickling 09:08:00 Male Veteran Male/Female 40-59 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 North Cotswold Tri & Run Club 06:30 173 Phoebe Miller 09:09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:1	162	Matthew Hayward	09:02:30	Male	Veteran Male/Female 40-59	Rugby Triathlon Club	07:30
165 Matthew Symes 09:04:00 Male Senior Male/Female 25-39 07:30 166 Harrison Bailey 09:05:00 Male Junior Male/Female 15-24 07:22 167 Nick Coleman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Senior Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 25-39 RLSCC 06:45 171 Andrew Fickling 09:08:30 Male Veteran Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 North Cotswold Tri & Run Club 06:30 173 Phoebe Miller 09:09:09 Female Junior Male/Female 40-59 Stratford Athletics Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 25-39 Cherwell Runners & joggers 06:10	163	Heidi Shaw	09:03:00	Female	Veteran Male/Female 40-59	team cherwell	07:30
166 Harrison Bailey	164	David Grant	09:03:30	Male	Veteran Male/Female 40-59	Coventry triathletes	07:30
166 Harrison Bailey 09:05:00 Male Junior Male/Female 15-24 07:22 167 Nick Coleman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Senior Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:30 Male Veteran Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 06:30 173 Phoebe Miller 09:09:09:09 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:930 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:30 Male Senior Male/Female 25-39 Cherwell Runners & joggers 06	165	Matthew Symes	09:04:00	Male	Senior Male/Female 25-39		07:30
167 Nick Coleman 09:05:30 Male Veteran Male/Female 40-59 07:15 168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Senior Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 25-39 RLSCC 06:45 171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 25-39 RLSCC 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:30 Male Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:11:30 Female Senior Male/Female 25-39 <th></th> <th></th> <th>09:04:30</th> <th></th> <th></th> <th></th> <th></th>			09:04:30				
168 Stephen Cole 09:06:00 Male Veteran Male/Female 40-59 07:15 169 James Ingram 09:06:30 Male Senior Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 North Cotswold Tri & Run Club 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:30 Male Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 University of Birmingham 05:45 176 Sarah Brown 09:11:30 Female <th>166</th> <th>Harrison Bailey</th> <th>09:05:00</th> <th>Male</th> <th>Junior Male/Female 15-24</th> <th></th> <th>07:22</th>	166	Harrison Bailey	09:05:00	Male	Junior Male/Female 15-24		07:22
169 James Ingram 09:06:30 Male Senior Male/Female 25-39 Coventry Triathletes 07:00 170 Ben 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 177 Emily Hayward 09:12:30 Male Junio	167	Nick Coleman	09:05:30	Male	Veteran Male/Female 40-59		07:15
170 Ben 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 University of Birmingham 05:45 176 Sarah Brown 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 177 Emily Hayward 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 178 Connor parsons 09:13:00 Male <t< th=""><th>168</th><th>Stephen Cole</th><th>09:06:00</th><th>Male</th><th>Veteran Male/Female 40-59</th><th></th><th>07:15</th></t<>	168	Stephen Cole	09:06:00	Male	Veteran Male/Female 40-59		07:15
170 Ben 09:07:30 Male Veteran Male/Female 40-59 06:45 171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Junior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:30 178 Connor parsons 09:12:30 Male <	169	James Ingram	09:06:30	Male	Senior Male/Female 25-39	Coventry Triathletes	07:00
171 Andrew Fickling 09:08:00 Male Senior Male/Female 25-39 RLSCC 06:40 172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 EVT 05:30 179 James Cooke 09:13:00			09:07:00				
172 Colin Day 09:08:30 Male Veteran Male/Female 40-59 06:30 173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	170	Ben	09:07:30	Male	Veteran Male/Female 40-59		06:45
173 Phoebe Miller 09:09:00 Female Junior Male/Female 15-24 North Cotswold Tri & Run Club 06:30 183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	171	Andrew Fickling	09:08:00	Male	Senior Male/Female 25-39	RLSCC	06:40
183 Richard Sheperd* 09:09:30 Male Veteran Male/Female 40-59 Stratford Athletics Club 06:10 174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	172	Colin Day	09:08:30	Male	Veteran Male/Female 40-59		06:30
174 Charlotte Herbert 09:10:00 Female Senior Male/Female 25-39 Cherwell Runners & joggers 06:10 175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	173	Phoebe Miller	09:09:00	Female	Junior Male/Female 15-24	North Cotswold Tri & Run Club	06:30
175 Harry Buxton 09:10:30 Male Senior Male/Female 25-39 Spa Striders 06:00 176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	183	Richard Sheperd*	09:09:30	Male	Veteran Male/Female 40-59	Stratford Athletics Club	06:10
176 Sarah Brown 09:11:00 Female Senior Male/Female 25-39 University of Birmingham 05:45 177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	174	Charlotte Herbert	09:10:00	Female	Senior Male/Female 25-39	Cherwell Runners & joggers	06:10
177 Emily Hayward 09:11:30 Female Junior Male/Female 15-24 Rugby Triathlon Club 05:35 178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	175	Harry Buxton		Male	Senior Male/Female 25-39	Spa Striders	06:00
178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	176	Sarah Brown		Female	Senior Male/Female 25-39	University of Birmingham	05:45
178 Connor parsons 09:12:30 Male Junior Male/Female 15-24 Team Cherwell 05:30 179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20	177	Emily Hayward	09:11:30	Female	Junior Male/Female 15-24	Rugby Triathlon Club	05:35
179 James Cooke 09:13:00 Male Junior Male/Female 15-24 EVT 05:20			09:12:00				
	178	Connor parsons	09:12:30	Male	Junior Male/Female 15-24	Team Cherwell	05:30
180 Toby anderson 09:13:30 Male Veteran Male/Female 40-59 Coventry triathalon 05:06	179	James Cooke		Male	Junior Male/Female 15-24	EVT	05:20
	180	Toby anderson	09:13:30	Male	Veteran Male/Female 40-59	Coventry triathalon	05:06

Registration from 1pm & 4:00pm Saturday, or from 6:30am Sunday

No.s 101 to 140 (first row) must have their bikes racked no later than 8:10am No.s 151to 180 (second row) must have their bikes racked no later than 8:30am

Please be mindful of those already racing if you are late arriving

Only competitors in the transition area once the event is under starters orders