

Race No.	Est. Swim Time	Swim start (approx)	Lane No.	First Name	Last Name	Gender	Age Group	Club
WAVE 1	Report to poolside at 07:20, immediately after the race briefing							
1	00:25:00	07:30:00	1	Claire	Saunders	F	50-59	
2	00:25:00	07:30:30	2	Simon	Lynn	M	50-59	
3	00:25:00	07:31:00	3	Josephine	Thornton	F	40-49	
4	00:20:00	07:31:30	4	James	Hazell	M	20-39	
5	00:20:00	07:32:00	5	Ellen	Liddle	F	40-49	
6	00:20:00	07:32:30	1	Allister	Hogg	M	20-39	
7	00:20:00	07:33:00	2	Mark	Smales	M	20-39	
8	00:20:00	07:33:30	3	Graeme	Connell	M	40-49	
9	00:20:00	07:34:00	4	Molly	Farrelly	F	20-39	
10	00:18:00	07:34:30	5	David	Wall	M	40-49	
11	00:17:00	07:35:00	1	Adam	Brown	M	40-49	
12	00:16:00	07:35:30	2	Carolyn	Picken	F	20-39	
13	00:16:00	07:36:00	3	Helen	Court	F	20-39	Teesdale Triathlon Club
14	00:15:30	07:36:30	4	Sreedhar	Gudipati	M	40-49	
15	00:15:00	07:37:00	5	Nicola	Henderson	F	40-49	
16	00:15:00	07:37:30	1	Cressida	Thornton	F	20-39	
17	00:15:00	07:38:00	2	Bryan	Luke	M	50-59	
18	00:15:00	07:38:30	3	Thomas	Parkin	M	40-49	Carlisle Tri Club
19	00:14:00	07:39:00	4	Hilary	Allen	F	50-59	
20	00:14:00	07:39:30	5	Adam	Batson	M	20-39	

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WAVE 2	Report to poolside at 07:40							
21	00:14:00	07:50:00	1	Steven	Archibald	M	40-49	Carlisle Tri Club
22	00:13:00	07:50:30	2	Keith	Nicholson	M	40-49	Castle Tri
23	00:13:00	07:51:00	3	Alistair	Henderson	M	40-49	
24	00:13:00	07:51:30	4	Christopher	Wescomb	M	60-69	North Shields Poly
25	00:13:00	07:52:00	5	David	Randall	M	40-49	
26	00:12:30	07:52:30	1	Nick	Hogarth	M	20-39	
27	00:12:30	07:53:00	2	Michael	Carrick	M	20-39	
28	00:12:02	07:53:30	3	Martin	Weight	M	40-49	Sun City Tri
29	00:12:00	07:54:00	4	Rebekah	Bradley	F	40-49	
30	00:12:00	07:54:30	5	Steve	Holmes	M	50-59	
31	00:12:00	07:55:00	1	Chris	Heath	M	40-49	
32	00:12:00	07:55:30	2	Vicki	Anderson	F	20-39	
33	00:12:00	07:56:00	3	Ian	Hoult	M	40-49	Durham Triathlon Club
34	00:12:00	07:56:30	4	Charlotte	Swaddle	F	20-39	
35	00:12:00	07:57:00	5	Sophie	Hall-Luke	F	20-39	
36	00:12:00	07:57:30	1	Judith	Appleton	F	50-59	
37	00:12:00	07:58:00	2	Helen	Mullarkey	F	50-59	Sun City Tri
38	00:11:30	07:58:30	3	Stephen	Lavery	M	20-39	
39	00:11:30	07:59:00	4	Melanie	Cooke Dunlop	F	20-39	South Shields Tri
40	00:11:30	07:59:30	5	John	Ashworth	M	50-59	

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WAVE 3	Report to poolside at 07:55							
41	00:11:30	08:05:00	1	Nicole	Lancaster	F	20-39	
42	00:11:00	08:05:30	2	Chris	Rabban	M	20-39	
43	00:11:00	08:06:00	3	ben	hardingham	M	20-39	
44	00:11:00	08:06:30	4	Bertram	Harrington	M	20-39	Team Newcastle Triathlon
45	00:11:00	08:07:00	5	Aileen	Innes	F	40-49	
46	00:10:45	08:07:30	1	Viv	Ferrier	F	60-69	Ponteland Tri
47	00:10:45	08:08:00	2	Peter	Mullarkey	M	60-69	Sun City Tri
48	00:10:40	08:08:30	3	Colin	White	M	50-59	South Shields Tri
49	00:10:36	08:09:00	4	Kate	O'Neill	F	20-39	
50	00:10:30	08:09:30	5	Hilary	Tedd	F	20-39	
51	00:10:30	08:10:00	1	James	Padgett	M	20-39	
52	00:10:30	08:10:30	2	Brendan	Nolan	M	20-39	
53	00:10:30	08:11:00	3	Helen	White	F	50-59	Sun City Tri
54	00:10:30	08:11:30	4	Alison	Foster	F	40-49	Sun City Tri
55	00:10:12	08:12:00	5	Amelia	Vyse	F	20-39	Coalfields Tri
56	00:10:09	08:12:30	1	Andrew	Tough	M	20-39	Coalfields Tri
57	00:10:00	08:13:00	2	Claire	Amey	F	20-39	
58	00:10:00	08:13:30	3	Ben	Johnson	M	20-39	
59	00:10:00	08:14:00	4	Jonathan	Bird	M	20-39	
60	00:10:00	08:14:30	5	chris	brown	M	40-49	Force 10

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WAVE 4	Report to poolside at 08:10							
61	00:10:00	08:20:00	1	Kathryn	Hollingsworth	F	40-49	
62	00:10:00	08:20:30	2	Sarah	Kilby	F	20-39	
63	00:10:00	08:21:00	3	Oliver	Shaw	M	20-39	
64	00:10:00	08:21:30	4	David	Goodall	M	20-39	
65	00:10:00	08:22:00	5	Chris	May	M	60-69	Ponteland Tri
66	00:10:00	08:22:30	1	Gordon	Innes	M	20-39	
67	00:10:00	08:23:00	2	Rosalyn	Innes	F	20-39	
68	00:10:00	08:23:30	3	Luke	Russell	M	20-39	
69	00:10:00	08:24:00	4	alex	dixon	F	20-39	
70	00:10:00	08:24:30	5	Gareth	Wills	M	20-39	
71	00:10:00	08:25:00	1	Lee	Taylor	M	40-49	Sun City Tri
72	00:10:00	08:25:30	2	beverley	wakefield	F	40-49	Carlisle Tri Club
73	00:10:00	08:26:00	3	Fiona	Lynn	F	50-59	
74	00:10:00	08:26:30	4	Ben	Danson	M	40-49	Hartlepool Triathletes
75	00:09:47	08:27:00	5	James	Atkinson	M	20-39	
76	00:09:45	08:27:30	1	Tarnya	Graham	F	60-69	
77	00:09:45	08:28:00	2	Richard	Sill	M	60-69	Ponteland Tri
78	00:09:30	08:28:30	3	Gary	Dunlop	M	40-49	South Shields Tri
79	00:09:30	08:29:00	4	Michael	Robson	M	40-49	Coalfields Tri
80	00:09:30	08:29:30	5	Annie	Lumb	F	20-39	

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WAVE 5	Report to poolside at 08:25							
81	00:09:15	08:35:00	1	Katherine	Lanyi	F	20-39	
82	00:09:12	08:35:30	2	Justin	Turner	M	20-39	Castle Tri
83	00:09:00	08:36:00	3	Zoe	Holliday	F	20-39	
84	00:09:00	08:36:30	4	Peter	Holliday	M	20-39	
85	00:09:00	08:37:00	5	Matthew	Webber	M	20-39	
86	00:09:00	08:37:30	1	Stephen	Sherman	M	50-59	
87	00:09:00	08:38:00	2	Glenn	McLintock	M	20-39	Hartlepool Triathletes
88	00:09:00	08:38:30	3	Neil	Bradley	M	40-49	
89	00:09:00	08:39:00	4	Richard	Gibson	M	50-59	
90	00:09:00	08:39:30	5	Janet	Ryan	F	20-39	Force 10
91	00:09:00	08:40:00	1	Chris	Shaw	M	40-49	Coalfields Tri
92	00:09:00	08:40:30	2	Ollie	Irons	M	20-39	
93	00:09:00	08:41:00	3	Paul	Mitchell	M	20-39	Sun City Tri
94	00:09:00	08:41:30	4	Megan	Walsh	F	20-39	
95	00:09:00	08:42:00	5	Ben	Lewis	M	20-39	
96	00:09:00	08:42:30	1	Anthony	Prince	M	60-69	Ponteland Tri
97	00:08:45	08:43:00	2	Ivan	Thorn	M	40-49	North Shields Poly
98	00:08:45	08:43:30	3	Jennifer	Wood	F	20-39	
99	00:08:45	08:44:00	4	Tony	Roberts	M	50-59	Darlington Triathlon Club
100	00:08:45	08:44:30	5	Matthew	Fitch	M	20-39	

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WAVE 6	Report to poolside at 08:30							
101	00:08:40	08:50:00	1	Neil	Graham	M	50-59	
102	00:08:40	08:50:30	2	Harry	Wright	M	20-39	
103	00:08:30	08:51:00	3	Louise	Evans	F	20-39	
104	00:08:30	08:51:30	4	Gayle	Purves	F	40-49	
105	00:08:30	08:52:00	5	Michael	Burrows	M	20-39	Force 10
106	00:08:30	08:52:30	1	Anthony	Anderson	M	20-39	Animis Racing Triathlon Team
107	00:08:30	08:53:00	2	Amelia	Magistrali	F	20-39	
108	00:08:30	08:53:30	3	Sean	Ashworth	M	20-39	
109	00:08:30	08:54:00	4	matthew	shipley	M	20-39	
110	00:08:30	08:54:30	5	Vicky	Cuthbertson	F	40-49	Sun City Tri
111	00:08:30	08:55:00	1	Tania	Conway	F	50-59	Alnwick District Triathlon Club
112	00:08:30	08:55:30	2	Richard	Scrimshaw	M	40-49	South Shields Tri
113	00:08:18	08:56:00	3	Louise	Browell	F	20-39	
114	00:08:15	08:56:30	4	Kay	Shrubb	F	20-39	Wearside Triathlon
115	00:08:15	08:57:00	5	Robyn	Blanks	F	20-39	York Triathlon Club
116	00:08:15	08:57:30	1	Emma	Turnbull	F	40-49	Ponteland Tri
117	00:08:10	08:58:00	2	Shaun	Rutherford	M	20-39	Force 10
118	00:08:10	08:58:30	3	Harry	Walker	M	50-59	
119	00:08:03	08:59:00	4	James	Emmerson	M	20-39	
120	00:08:01	08:59:30	5	Sam	Hehir	M	40-49	

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WAVE 7	Report to poolside at 08:55							
121	00:08:00	09:02:00	1	Mark	Philpott	M	40-49	South Shields Tri
122	00:08:00	09:02:30	2	Scott	Onions	M	40-49	Coalfields Tri
123	00:08:00	09:03:00	3	Lindsey	Furness	F	20-39	
124	00:08:00	09:03:30	4	Matthew	Greaves	M	20-39	
125	00:08:00	09:04:00	5	Patrick	Defew	M	20-39	
126	00:08:00	09:04:30	1	Michael	Brailsford	M	50-59	
127	00:08:00	09:05:00	2	Chris	Appleby	M	20-39	
128	00:08:00	09:05:30	3	Ellen	White	F	20-39	South Shields Tri
129	00:08:00	09:06:00	4	Michael	Mcgrath	M	20-39	
130	00:08:00	09:06:30	5	Adrian	Storr	M	20-39	Tyne Triathlon
131	00:08:00	09:07:00	1	Peter	Christie	M	50-59	Durham Triathlon Club
132	00:08:00	09:07:30	2	ROBERT	BOLAM	M	20-39	Force 10
133	00:08:00	09:08:00	3	Will	King	M	20-39	Team Newcastle Triathlon
134	00:08:00	09:08:30	4	Clare	Atkinson	F	40-49	Coalfields Tri
135	00:08:00	09:09:00	5	Lee	Foster	M	40-49	Sun City Tri
136	00:08:00	09:09:30	1	Katherine	Conway	F	20-39	Coalfields Tri
137	00:07:55	09:10:00	2	Helen	James	F	40-49	Coalfields Tri
138	00:07:52	09:10:30	3	Helen	Ramsden	F	40-49	
139	00:07:50	09:11:00	4	Jenny	Bullock	F	40-49	
140	00:07:45	09:11:30	5	Richard	Johnston	M	40-49	

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WAVE 8	Report to poolside at 09:05							
141	00:07:45	09:14:00	1	Mark	Derry	M	40-49	
142	00:07:45	09:14:30	2	Hannah	Haley	F	20-39	
143	00:07:45	09:15:00	3	Joseph	Eastman	M	20-39	
144	00:07:45	09:15:30	4	Lisa	Athey	F	40-49	Alnwick District Triathlon Club
145	00:07:40	09:16:00	5	David	Hordon	M	50-59	North Shields Poly
146	00:07:40	09:16:30	1	James	Anderson	M	20-39	North Shields Poly
147	00:07:30	09:17:00	2	Adrian	Brooks	M	40-49	
148	00:07:30	09:17:30	3	James	Gilbert	M	40-49	
149	00:07:20	09:18:00	4	Helen	Ballard	F	40-49	Tricademy Coaching
150	00:07:18	09:18:30	5	Victoria	Curry	F	50-59	Alnwick District Triathlon Club
151	00:07:15	09:19:00	1	Richard	Olds	M	50-59	Durham Triathlon Club
152	00:07:15	09:19:30	2	Toby	Andrews	M	20-39	
153	00:07:15	09:20:00	3	Claire	Mooney	F	20-39	
154	00:07:10	09:20:30	4	Ben	Dixon	M	20-39	VO2Max Race Team
155	00:07:10	09:21:00	5	Craig	Jamieson	M	50-59	
156	00:07:00	09:21:30	1	Alex	Webber	M	20-39	
157	00:07:00	09:22:00	2	Suzanne	Gutcher	F	40-49	South Shields Tri
158	00:07:00	09:22:30	3	Sophie	Dowle	F	20-39	
159	00:07:00	09:23:00	4	Catherine	Roberts	F	17-19	Darlington Triathlon Club
160	00:07:00	09:23:30	5	Damian	Oliver	M	20-39	

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WAVE 9	Report to poolside at 09:15							
161	00:07:00	09:25:00	1	Finlay	Magowan	M	20-39	
162	00:07:00	09:25:30	2	Sharron	Jackson	F	40-49	Wearside Triathlon
163	00:07:00	09:26:00	3	Stephen	Nicholson	M	40-49	North Shields Poly
164	00:07:00	09:26:30	4	Jason	Ruck	M	50-59	
165	00:07:00	09:27:00	5	Liz	Gray	F	20-39	
166	00:07:00	09:27:30	1	Robert	Laverick	M	40-49	Alnwick District Triathlon Club
167	00:06:50	09:28:00	2	Daire	Fitzgerald	M	20-39	Total Racing Newcastle
168	00:06:45	09:28:30	3	Caitlin	Pollock	F	20-39	Team Newcastle Triathlon
169	00:06:35	09:29:00	4	Chris	Ashall	M	20-39	Tricademy Coaching
170	00:06:30	09:29:30	5	Haitham	Khashaba	M	40-49	
171	00:06:30	09:30:00	1	Ellen	Roberts	F	20-39	Total Racing Newcastle
172	00:06:30	09:30:30	2	Alex	Green	M	20-39	Team Newcastle Triathlon
173	00:06:30	09:31:00	3	Shaun	Greenwell	M	20-39	
174	00:06:30	09:31:30	4	Jake	Elliott	M	20-39	Team Newcastle Triathlon
175	00:06:30	09:32:00	5	Peter	Bennett	M	40-49	Coalfields Tri
176	00:06:30	09:32:30	1	Catherine	Richardson	F	40-49	
177	00:06:30	09:33:00	2	Kevin	Knight	M	40-49	Durham City Harriers
178	00:06:25	09:33:30	3	Elaine	Stroud	F	40-49	Ponteland Tri
179	00:06:20	09:34:00	4	David	Baker	M	40-49	
180	00:06:20	09:34:30	5	David	GARNER	M	40-49	

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WAVE 10	Report to poolside at 09:30							
181	00:06:20	09:38:00	1	Lee	Williams	M	40-49	North Shields Poly
182	00:06:15	09:38:30	2	Joe	Haley	M	20-39	
183	00:06:15	09:39:00	3	Tom	Atkinson	M	20-39	Tricademy Coaching
184	00:06:00	09:39:30	4	Ian	Walton	M	50-59	Muckle CC Tri Team
185	00:06:00	09:40:00	5	Kevin	Gunn	M	20-39	Muckle CC Tri Team
186	00:06:00	09:40:30	1	David	Cunningham	M	50-59	Physiohaus Health and Performance
187	00:05:35	09:41:00	2	Mick	Golightly	M	50-59	Tyne & Wear Fire & Rescue Triathlon Club
188	00:05:30	09:41:30	3	Alexander	Cunningham	M	17-19	Physiohaus Health and Performance
189	00:05:20	09:42:00	4	Martin	Heardman	M	50-59	GRC Tri
190	00:05:20	09:42:30	5	Andy	Niven	M	20-39	Physiohaus Health and Performance
191	00:05:20	09:43:00	1	Alun	Woodward	M	40-49	Team Woody
192	00:04:55	09:43:30	2	Emily	Alderson	F	20-39	Speedhub Tri
193	00:04:34	09:44:00	3	Kieron	Mutch	M	15-16	Ryton Tri Club
194	00:04:30	09:44:30	4	Lloyd	Harrison	M	20-39	Physiohaus Health and Performance