

Raw Energy Pursuits - Steyning Sprint Triathlon - 6th May 2012

| Firstname | Lastname | Bib | M/F | Category | Club | Swim Leg Time | T1 Leg Time | Cycle Leg Time | T2 Leg Time | Run Leg Time | Finish time | Overall position | Category position |
|-------------|-----------|-----|--------|----------|------------------------------------|---------------|-------------|----------------|-------------|--------------|-------------|------------------|-------------------|
| Gary | Laybourne | 110 | Male | 30-34 | SLH Tri Club | 00:06:17 | 00:01:06 | 00:29:53 | 00:00:36 | 00:15:13 | 00:53:06 | 1 | 1 |
| Christian | Faires | 101 | Male | 35-39 | Tuff Fitty Triathlon Club | 00:06:15 | 00:00:46 | 00:29:45 | 00:01:02 | 00:15:33 | 00:53:22 | 2 | 1 |
| Mark | Davis | 102 | Male | 50-54 | Horsham Amphibians Triathlon | 00:06:32 | 00:01:14 | 00:28:50 | 00:00:42 | 00:16:58 | 00:54:18 | 3 | 1 |
| Dominic | Chapman | 115 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:06:08 | 00:00:39 | 00:31:00 | 00:00:33 | 00:16:32 | 00:54:54 | 4 | 1 |
| Paul | Blackmore | 111 | Male | 45-49 | The Tom Hills Experience | 00:07:04 | 00:00:53 | 00:29:13 | 00:00:45 | 00:18:00 | 00:55:57 | 5 | 1 |
| Wes | Mechen | 210 | Male | 30-34 | Brighton Phoenix Tri | 00:06:49 | 00:00:37 | 00:31:38 | 00:00:34 | 00:17:29 | 00:57:09 | 6 | 2 |
| Louise | Bardsley | 100 | Female | 30-34 | Torq Fitness | 00:06:10 | 00:01:05 | 00:32:51 | 00:00:40 | 00:16:36 | 00:57:23 | 7 | 1 |
| Kevin | Pearson | 121 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:05:54 | 00:00:26 | 00:32:43 | 00:00:45 | 00:17:41 | 00:57:31 | 8 | 2 |
| Colin | Chambers | 206 | Male | 45-49 | Mid Sussex Triathlon Club | 00:07:04 | 00:00:52 | 00:30:43 | 00:00:44 | 00:18:53 | 00:58:17 | 9 | 2 |
| Mark | Mcleavery | 232 | Male | 35-39 | Metropolitan Police Triathlon Club | 00:05:27 | 00:01:14 | 00:32:28 | 00:00:51 | 00:18:29 | 00:58:31 | 10 | 2 |
| Fraser | Dean | 223 | Male | 35-39 | | 00:06:30 | 00:01:25 | 00:32:21 | 00:00:41 | 00:17:53 | 00:58:50 | 11 | 3 |
| Harry | Leleu | 119 | Male | Youth | Chichester Westgate TC | 00:06:19 | 00:00:50 | 00:34:36 | 00:00:45 | 00:16:45 | 00:59:16 | 12 | 1 |
| Iain | Martin | 226 | Male | 45-49 | | 00:07:12 | 00:00:40 | 00:32:25 | 00:00:38 | 00:18:29 | 00:59:25 | 13 | 3 |
| Steve | Wigmore | 252 | Male | 50-54 | Horsham Amphibians Triathlon | 00:07:41 | 00:01:45 | 00:32:32 | 00:00:36 | 00:16:57 | 00:59:33 | 14 | 2 |
| Kirk | Hobson | 112 | Male | 40-44 | Tri2O | 00:06:10 | 00:01:40 | 00:32:01 | 00:01:00 | 00:18:51 | 00:59:44 | 15 | 3 |
| Graham | Powell | 205 | Male | 45-49 | The Tom Hills Experience | 00:07:06 | 00:00:36 | 00:31:58 | 00:00:52 | 00:19:37 | 01:00:10 | 16 | 4 |
| Colin | Millard | 247 | Male | 30-34 | | 00:07:04 | 00:00:36 | 00:33:04 | 00:00:40 | 00:18:53 | 01:00:19 | 17 | 3 |
| Nicola | Boyd | 212 | Female | 30-34 | | 00:07:14 | 00:01:04 | 00:32:30 | 00:00:54 | 00:19:26 | 01:01:10 | 18 | 2 |
| Eddie | Lancaster | 213 | Male | 35-39 | | 00:07:03 | 00:02:06 | 00:33:50 | 00:00:51 | 00:17:33 | 01:01:24 | 19 | 4 |
| Mark | Tyler | 225 | Male | 45-49 | Steyning AC | 00:07:20 | 00:01:50 | 00:32:11 | 00:01:00 | 00:19:20 | 01:01:42 | 20 | 5 |
| Tom | Goddard | 231 | Male | 25-29 | Tuff Fitty Triathlon Club | 00:05:56 | 00:01:14 | 00:35:41 | 00:01:01 | 00:18:11 | 01:02:05 | 21 | 1 |
| Ricky | Clarke | 304 | Male | 30-34 | | 00:08:10 | 00:02:02 | 00:27:59 | 00:01:08 | 00:22:46 | 01:02:07 | 22 | 4 |
| Joel | Clewett | 240 | Male | 25-29 | Team Netkandi | 00:07:08 | 00:02:37 | 00:34:55 | 00:01:18 | 00:16:13 | 01:02:13 | 23 | 2 |
| Guy | Hutchings | 207 | Male | 30-34 | Metropolitan Police Triathlon Club | 00:07:13 | 00:00:44 | 00:34:55 | 00:00:40 | 00:18:58 | 01:02:31 | 24 | 5 |
| Peter | Gilmartin | 318 | Male | 45-49 | David Lloyd Worthing | 00:07:56 | 00:01:21 | 00:33:40 | 00:01:05 | 00:18:36 | 01:02:39 | 25 | 6 |
| Gabriella | Coates | 104 | Female | 20-24 | Crawley Triathlon Club | 00:06:42 | 00:00:38 | 00:33:33 | 00:00:37 | 00:21:17 | 01:02:48 | 26 | 1 |
| Lee | Robinson | 368 | Male | 30-34 | Tuff Fitty Triathlon Club | 00:08:45 | 00:01:35 | 00:32:38 | 00:00:43 | 00:19:32 | 01:03:15 | 27 | 6 |
| Moyra | Amess | 200 | Female | 45-49 | Steyning AC | 00:06:45 | 00:01:05 | 00:34:08 | 00:00:41 | 00:20:37 | 01:03:18 | 28 | 1 |
| Andrew | Lunt | 310 | Male | 35-39 | | 00:08:16 | 00:01:38 | 00:33:30 | 00:01:34 | 00:18:18 | 01:03:18 | 29 | 5 |
| Dominic | Amey | 276 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:05:55 | 00:01:13 | 00:35:44 | 00:00:42 | 00:19:52 | 01:03:28 | 30 | 4 |
| Stuart | Townsend | 258 | Male | 30-34 | Brighton Phoenix Tri | 00:08:04 | 00:00:54 | 00:34:49 | 00:00:45 | 00:18:57 | 01:03:30 | 31 | 7 |
| Simon | Palmer | 323 | Male | 45-49 | Tuff Fitty Triathlon Club | 00:08:53 | 00:01:07 | 00:32:36 | 00:00:45 | 00:20:18 | 01:03:40 | 32 | 7 |
| Christopher | Keeler | 105 | Male | 25-29 | The Tom Hills Experience | 00:08:26 | 00:00:33 | 00:33:54 | 00:00:36 | 00:20:11 | 01:03:41 | 33 | 3 |
| Tony | Morgan | 296 | Male | 45-49 | Tuff Fitty Triathlon Club | 00:08:15 | 00:01:17 | 00:32:38 | 00:01:36 | 00:20:13 | 01:04:01 | 34 | 8 |
| Stephen | Farrow | 255 | Male | 35-39 | The Tom Hills Experience | 00:08:07 | 00:01:18 | 00:34:09 | 00:00:57 | 00:19:39 | 01:04:12 | 35 | 6 |
| James | Pennicott | 311 | Male | 30-34 | Southdown Harriers | 00:09:35 | 00:01:47 | 00:34:51 | 00:00:49 | 00:17:09 | 01:04:14 | 36 | 8 |
| Alistair | Huggett | 346 | Male | 50-54 | WINDRUSH | 00:09:16 | 00:02:54 | 00:31:01 | 00:00:45 | 00:20:18 | 01:04:17 | 37 | 3 |
| Andrew | Nisbet | 254 | Male | 45-49 | Tuff Fitty Triathlon Club | 00:07:58 | 00:00:44 | 00:35:46 | 00:01:00 | 00:18:47 | 01:04:17 | 38 | 9 |
| Ed | Deedman | 214 | Male | 30-34 | | 00:07:19 | 00:01:48 | 00:36:01 | 00:01:09 | 00:18:01 | 01:04:19 | 39 | 9 |
| Nigel | Herron | 245 | Male | 45-49 | Brighton Phoenix Tri | 00:08:07 | 00:01:47 | 00:33:38 | 00:01:10 | 00:19:37 | 01:04:21 | 40 | 10 |
| Miles | Penfold | 229 | Male | 45-49 | Horsham Amphibians Triathlon | 00:07:37 | 00:01:47 | 00:35:48 | 00:00:50 | 00:18:21 | 01:04:25 | 41 | 11 |
| John | Newing | 249 | Male | 40-44 | SLH Tri Club | 00:08:05 | 00:01:22 | 00:34:55 | 00:01:00 | 00:19:13 | 01:04:38 | 42 | 5 |
| Matthew | Long | 236 | Male | 35-39 | Esporta Brighton | 00:07:42 | 00:01:17 | 00:34:24 | 00:00:50 | 00:20:27 | 01:04:42 | 43 | 7 |
| Darren | Howe | 218 | Male | 40-44 | East Grinstead Tri Club | 00:06:48 | 00:01:44 | 00:36:00 | 00:01:08 | 00:19:03 | 01:04:43 | 44 | 6 |
| Graham | Hoult | 282 | Male | 35-39 | | 00:07:53 | 00:01:27 | 00:34:50 | 00:00:55 | 00:19:58 | 01:05:05 | 45 | 8 |
| Alastair | Greenan | 230 | Male | 45-49 | | 00:08:34 | 00:01:20 | 00:32:50 | 00:01:21 | 00:21:01 | 01:05:08 | 46 | 12 |
| Darren | King | 369 | Male | 35-39 | NOSI | 00:10:12 | 00:02:11 | 00:34:23 | 00:01:12 | 00:17:18 | 01:05:18 | 47 | 9 |
| Chris | Reddan | 295 | Male | 30-34 | | 00:08:08 | 00:00:44 | 00:35:05 | 00:01:04 | 00:20:18 | 01:05:21 | 48 | 10 |
| Steve | Kircher | 239 | Male | 45-49 | | 00:07:25 | 00:01:44 | 00:35:29 | 00:01:09 | 00:19:38 | 01:05:27 | 49 | 13 |

| | | | | | | | | | | | | | |
|----------|--------------|-----|--------|-------|------------------------------------|----------|----------|----------|----------|----------|----------|-----|----|
| John | Burgess | 290 | Male | 40-44 | | 00:08:07 | 00:01:32 | 00:33:28 | 00:00:55 | 00:21:27 | 01:05:31 | 50 | 7 |
| James | Heybourn | 221 | Male | 20-24 | David Lloyd Worthing | 00:07:00 | 00:01:06 | 00:37:20 | 00:00:51 | 00:19:18 | 01:05:37 | 51 | 1 |
| Daniel | Chappell | 216 | Male | 40-44 | | 00:07:29 | 00:01:57 | 00:36:31 | 00:02:10 | 00:17:36 | 01:05:44 | 52 | 8 |
| Carl | Davey | 329 | Male | 35-39 | Tuff Fitty Triathlon Club | 00:08:43 | 00:01:19 | 00:33:42 | 00:01:10 | 00:21:01 | 01:05:58 | 53 | 10 |
| Stephen | Feest | 275 | Male | 55-59 | Tuff Fitty Triathlon Club | 00:08:30 | 00:02:40 | 00:34:27 | 00:00:47 | 00:19:44 | 01:06:10 | 54 | 1 |
| Steve | Nash | 273 | Male | 40-44 | East Grinstead Tri Club | 00:07:12 | 00:01:24 | 00:35:39 | 00:00:38 | 00:21:18 | 01:06:13 | 55 | 9 |
| David | Hedges | 279 | Male | 35-39 | | 00:07:34 | 00:00:54 | 00:35:30 | 00:00:40 | 00:21:45 | 01:06:25 | 56 | 11 |
| Vaughan | Lloyd | 237 | Male | 55-59 | Esporta Brighton | 00:08:13 | 00:01:59 | 00:33:52 | 00:00:51 | 00:21:49 | 01:06:46 | 57 | 2 |
| Charlie | Langhorne | 281 | Male | 45-49 | | 00:08:52 | 00:01:39 | 00:34:00 | 00:01:00 | 00:21:21 | 01:06:56 | 58 | 14 |
| Alistair | Baldwin | 233 | Male | 40-44 | | 00:08:14 | 00:00:59 | 00:36:53 | 00:01:08 | 00:19:50 | 01:07:04 | 59 | 10 |
| Lee | Oxley | 289 | Male | 45-49 | Steypning AC | 00:07:47 | 00:01:38 | 00:37:42 | 00:01:31 | 00:18:44 | 01:07:24 | 60 | 15 |
| Graham | Parsons | 215 | Male | 55-59 | Steypning AC | 00:06:59 | 00:01:38 | 00:36:17 | 00:01:05 | 00:22:05 | 01:08:05 | 61 | 3 |
| JPaul | Howie | 107 | Male | 35-39 | David Lloyd Worthing | 00:06:19 | 00:01:21 | 00:37:52 | 00:00:55 | 00:21:38 | 01:08:07 | 62 | 12 |
| Micaela | Floyd | 222 | Female | 35-39 | Tuff Fitty Triathlon Club | 00:07:22 | 00:01:14 | 00:38:19 | 00:00:53 | 00:20:25 | 01:08:15 | 63 | 1 |
| Simon | Meecham | 297 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:09:18 | 00:01:59 | 00:35:31 | 00:01:07 | 00:20:29 | 01:08:26 | 64 | 11 |
| Matt | Wainwright | 312 | Male | 40-44 | | 00:08:25 | 00:01:41 | 00:36:47 | 00:01:12 | 00:20:24 | 01:08:29 | 65 | 12 |
| Emma | Hughes | 228 | Female | 25-29 | Brighton Phoenix Tri | 00:07:02 | 00:00:51 | 00:38:40 | 00:00:44 | 00:21:19 | 01:08:38 | 66 | 1 |
| Mandy | Border | 317 | Female | 35-39 | | 00:09:04 | 00:01:24 | 00:36:16 | 00:00:56 | 00:21:01 | 01:08:43 | 67 | 2 |
| Andrew | Moulding | 288 | Male | 45-49 | Tuff Fitty Triathlon Club | 00:08:22 | 00:01:12 | 00:37:13 | 00:01:05 | 00:20:50 | 01:08:43 | 68 | 16 |
| Oliver | Johnson | 271 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:08:05 | 00:02:40 | 00:35:05 | 00:01:07 | 00:21:51 | 01:08:49 | 69 | 13 |
| Jane | King | 242 | Female | 50-54 | Tuff Fitty | 00:07:08 | 00:01:58 | 00:38:03 | 00:01:12 | 00:20:28 | 01:08:51 | 70 | 1 |
| Andrew | Wilson | 285 | Male | 35-39 | | 00:10:21 | 00:01:14 | 00:35:39 | 00:01:15 | 00:20:28 | 01:08:59 | 71 | 13 |
| Chris | Lacey | 283 | Male | 45-49 | | 00:08:10 | 00:01:36 | 00:37:04 | 00:01:21 | 00:20:57 | 01:09:10 | 72 | 17 |
| Mark | Holmes | 277 | Male | 50-54 | Horsham Amphibians Triathlon | 00:08:41 | 00:01:42 | 00:35:52 | 00:01:00 | 00:21:54 | 01:09:11 | 73 | 4 |
| Gareth | Rees | 263 | Male | 30-34 | | 00:07:46 | 00:01:55 | 00:38:47 | 00:00:49 | 00:20:01 | 01:09:20 | 74 | 11 |
| Kate | Davis | 122 | Female | 45-49 | Horsham Amphibians Triathlon | 00:07:00 | 00:01:32 | 00:37:10 | 00:00:58 | 00:22:56 | 01:09:38 | 75 | 2 |
| Will | Flewett | 299 | Male | 60-64 | Brighton Phoenix Tri | 00:08:13 | 00:01:42 | 00:37:35 | 00:01:36 | 00:20:38 | 01:09:46 | 76 | 1 |
| Chris | Mccauley | 303 | Male | 40-44 | | 00:08:41 | 00:00:45 | 00:38:24 | 00:01:08 | 00:20:55 | 01:09:54 | 77 | 14 |
| Mike | Wardill | 209 | Male | 45-49 | Esporta Brighton | 00:06:19 | 00:02:23 | 00:36:55 | 00:01:22 | 00:23:11 | 01:10:12 | 78 | 18 |
| Paul | Jefferies | 339 | Male | 55-59 | VC Etoile | 00:11:35 | 00:01:27 | 00:32:41 | 00:02:05 | 00:22:32 | 01:10:21 | 79 | 4 |
| Rob | Strudwick | 291 | Male | 40-44 | | 00:07:35 | 00:02:31 | 00:36:57 | 00:01:11 | 00:22:11 | 01:10:27 | 80 | 15 |
| John | Murphy | 219 | Male | 50-54 | | 00:05:55 | 00:01:39 | 00:39:56 | 00:01:46 | 00:21:14 | 01:10:32 | 81 | 5 |
| Harry | Gardiner | 208 | Male | Youth | Hurstpierpoint College | 00:06:18 | 00:01:35 | 00:38:57 | 00:01:07 | 00:22:37 | 01:10:36 | 82 | 2 |
| Ed | Knowles | 292 | Male | 25-29 | | 00:09:07 | 00:01:43 | 00:37:53 | 00:01:01 | 00:20:53 | 01:10:39 | 83 | 4 |
| Jason | Rae | 394 | Male | 40-44 | David Lloyd Worthing | 00:06:34 | 00:01:05 | 00:37:34 | 00:01:16 | 00:24:10 | 01:10:40 | 84 | 16 |
| Karen | Wigmore | 123 | Female | 55-59 | Horsham Amphibians Triathlon | 00:07:56 | 00:01:45 | 00:37:08 | 00:00:51 | 00:23:16 | 01:10:59 | 85 | 1 |
| Danielle | Harris | 345 | Female | 25-29 | Horsham Tri Club | 00:09:13 | 00:01:02 | 00:37:14 | 00:00:46 | 00:23:04 | 01:11:20 | 86 | 2 |
| Grant | Mansfield | 264 | Male | 25-29 | Swim 1St Triathlon | 00:09:30 | 00:01:08 | 00:39:16 | 00:00:47 | 00:20:39 | 01:11:21 | 87 | 5 |
| Steven | Foster | 355 | Male | 40-44 | Metropolitan Police Triathlon Club | 00:08:59 | 00:01:23 | 00:36:41 | 00:01:34 | 00:22:47 | 01:11:27 | 88 | 17 |
| Mered | Harries | 322 | Male | 50-54 | | 00:10:20 | 00:01:06 | 00:36:39 | 00:01:08 | 00:22:16 | 01:11:30 | 89 | 6 |
| Nicky | Carsons | 201 | Female | 45-49 | | 00:06:42 | 00:01:46 | 00:37:10 | 00:01:13 | 00:24:47 | 01:11:40 | 90 | 3 |
| Emma | Cox | 316 | Female | 25-29 | Horsham Tri Club | 00:08:04 | 00:01:21 | 00:40:29 | 00:00:55 | 00:20:56 | 01:11:47 | 91 | 3 |
| Caroline | Shinners | 293 | Female | 35-39 | | 00:08:02 | 00:01:09 | 00:38:18 | 00:01:06 | 00:23:12 | 01:11:48 | 92 | 3 |
| Bob | Thomas | 321 | Male | 65-69 | Tuff Fitty Triathlon Club | 00:09:59 | 00:01:14 | 00:36:02 | 00:00:28 | 00:24:07 | 01:11:51 | 93 | 1 |
| Alastair | Kennaugh | 265 | Male | 60-64 | Royal Navy Triathlon | 00:08:30 | 00:02:03 | 00:36:17 | 00:01:14 | 00:23:48 | 01:11:53 | 94 | 2 |
| Sophie | Duffy | 343 | Female | 20-24 | David Lloyd Worthing | 00:07:32 | 00:01:18 | 00:39:30 | 00:00:48 | 00:22:50 | 01:11:59 | 95 | 2 |
| Joanne | Long | 202 | Female | 35-39 | Esporta Brighton | 00:07:00 | 00:01:22 | 00:40:01 | 00:00:45 | 00:22:57 | 01:12:08 | 96 | 4 |
| Olaf | Christiansen | 398 | Male | 35-39 | | 00:08:48 | 00:01:46 | 00:38:48 | 00:01:55 | 00:20:56 | 01:12:14 | 97 | 14 |
| Ruth | Saunders | 250 | Female | 40-44 | Steypning AC | 00:07:25 | 00:01:42 | 00:40:57 | 00:01:04 | 00:21:07 | 01:12:16 | 98 | 1 |
| Neil | Davis | 140 | Male | 45-49 | Horsham Amphibians Tri | 00:07:04 | 00:02:10 | 00:36:53 | 00:02:10 | 00:24:09 | 01:12:27 | 99 | 19 |
| Jamie | Dale | 360 | Male | 30-34 | | 00:08:45 | 00:01:09 | 00:39:44 | 00:01:11 | 00:21:37 | 01:12:27 | 100 | 12 |
| Tony | O'Neill | 335 | Male | 35-39 | | 00:11:57 | 00:02:12 | 00:35:03 | 00:01:52 | 00:21:24 | 01:12:30 | 101 | 15 |

| | | | | | | | | | | | | | |
|-----------|--------------|-----|--------|-------|------------------------------|----------|----------|----------|----------|----------|----------|-----|----|
| Bob | Luck | 380 | Male | 70-74 | East Grinstead Tri Club | 00:10:32 | 00:01:30 | 00:35:08 | 00:00:52 | 00:24:32 | 01:12:37 | 102 | 1 |
| Barney | Dines | 269 | Male | 35-39 | Brighton Phoenix Tri | 00:08:23 | 00:01:56 | 00:38:24 | 00:00:44 | 00:23:08 | 01:12:38 | 103 | 16 |
| Oliver | Knights | 330 | Male | 30-34 | | 00:07:42 | 00:01:10 | 00:39:40 | 00:00:56 | 00:23:10 | 01:12:51 | 104 | 13 |
| Roger | Nicholson | 319 | Male | 40-44 | Brighton College | 00:09:28 | 00:01:54 | 00:37:12 | 00:01:15 | 00:23:11 | 01:13:01 | 105 | 18 |
| Trevor | Deetlefs | 234 | Male | 40-44 | Tuff Fitty Triathlon Club | 00:07:31 | 00:01:18 | 00:36:27 | 00:01:13 | 00:26:36 | 01:13:07 | 106 | 19 |
| Lydia | Jordan | 118 | Female | 25-29 | Steyning AC | 00:06:28 | 00:01:11 | 00:41:35 | 00:00:58 | 00:23:01 | 01:13:14 | 107 | 4 |
| Rob | Kinnison | 327 | Male | 45-49 | Horsham Amphibians Triathlon | 00:09:00 | 00:04:03 | 00:37:32 | 00:00:53 | 00:21:47 | 01:13:16 | 108 | 20 |
| Christian | Charlesworth | 361 | Male | 35-39 | | 00:09:17 | 00:03:14 | 00:37:35 | 00:01:42 | 00:21:30 | 01:13:20 | 109 | 17 |
| Jodi | Whitby | 244 | Female | 40-44 | Chichester Westgate TC | 00:09:09 | 00:02:00 | 00:45:31 | 00:00:53 | 00:15:59 | 01:13:34 | 110 | 2 |
| Andrew | Hedges | 338 | Male | 35-39 | | 00:09:40 | 00:02:43 | 00:37:31 | 00:00:45 | 00:22:57 | 01:13:39 | 111 | 18 |
| Kate | Williams | 238 | Female | 30-34 | Dr Love & The Disciples | 00:07:39 | 00:01:57 | 00:38:42 | 00:01:34 | 00:23:50 | 01:13:44 | 112 | 3 |
| Nikki | Dow | 266 | Female | 35-39 | Mid Sussex Triathlon Club | 00:07:58 | 00:01:30 | 00:40:45 | 00:01:16 | 00:22:21 | 01:13:52 | 113 | 5 |
| Sonia | Latham | 267 | Female | 35-39 | David Lloyd Worthing | 00:08:15 | 00:01:14 | 00:39:14 | 00:01:00 | 00:24:21 | 01:14:07 | 114 | 6 |
| Julie | Gallagher | 203 | Female | 50-54 | Horsham Amphibians Triathlon | 00:07:11 | 00:01:41 | 00:39:36 | 00:01:01 | 00:24:38 | 01:14:08 | 115 | 2 |
| Paul | Marshall | 367 | Male | 35-39 | West Sussex Fire & Rescue | 00:10:03 | 00:02:25 | 00:37:50 | 00:00:58 | 00:22:56 | 01:14:13 | 116 | 19 |
| Clare | Johnson | 224 | Female | 50-54 | Horsham Amphibians Triathlon | 00:08:53 | 00:01:50 | 00:38:20 | 00:01:28 | 00:24:02 | 01:14:34 | 117 | 3 |
| Colin | Bushby | 278 | Male | 65-69 | Virgin Active Brighton | 00:09:09 | 00:01:45 | 00:39:38 | 00:01:20 | 00:22:52 | 01:14:46 | 118 | 2 |
| Mike | Branfield | 246 | Male | 50-54 | | 00:08:33 | 00:02:21 | 00:41:27 | 00:00:50 | 00:21:35 | 01:14:49 | 119 | 7 |
| David | Clark | 260 | Male | 45-49 | | 00:09:49 | 00:01:31 | 00:37:01 | 00:01:11 | 00:25:16 | 01:14:49 | 120 | 21 |
| Elizabeth | Fairs | 309 | Female | 30-34 | WORTHING HARRIERS | 00:07:46 | 00:01:38 | 00:42:47 | 00:00:36 | 00:22:00 | 01:14:49 | 121 | 4 |
| Paul | Hebden | 259 | Male | 35-39 | | 00:06:48 | 00:02:21 | 00:41:53 | 00:01:40 | 00:22:24 | 01:15:08 | 122 | 20 |
| Danny | Bruce | 386 | Male | 45-49 | Tuff Fitty Triathlon Club | 00:07:51 | 00:02:04 | 00:42:30 | 00:00:44 | 00:22:15 | 01:15:27 | 123 | 22 |
| Kevin | Ball | 358 | Male | 45-49 | | 00:09:05 | 00:03:08 | 00:39:27 | 00:02:26 | 00:21:31 | 01:15:38 | 124 | 23 |
| Ben | Rose | 220 | Male | 20-24 | Horsham Amphibians Triathlon | 00:07:06 | 00:02:29 | 00:41:59 | 00:00:54 | 00:23:33 | 01:16:02 | 125 | 2 |
| Tom | Walby | 399 | Male | 35-39 | | 00:09:52 | 00:02:27 | 00:38:53 | 00:01:47 | 00:23:03 | 01:16:04 | 126 | 21 |
| Kirsten | King | 211 | Female | 45-49 | Horsham Amphibians Triathlon | 00:07:15 | 00:01:59 | 00:39:44 | 00:00:51 | 00:26:14 | 01:16:05 | 127 | 4 |
| Jason | Hanks | 287 | Male | 40-44 | | 00:07:38 | 00:02:05 | 00:41:44 | 00:02:01 | 00:22:59 | 01:16:28 | 128 | 20 |
| Jason | Mcmahon | 372 | Male | 35-39 | | 00:10:19 | 00:02:44 | 00:37:12 | 00:01:55 | 00:24:24 | 01:16:35 | 129 | 22 |
| Matthew | Docwra | 280 | Male | 35-39 | | 00:07:54 | 00:01:26 | 00:40:29 | 00:01:13 | 00:25:37 | 01:16:42 | 130 | 23 |
| Mark | Chadd | 349 | Male | 55-59 | Seaford Striders | 00:09:06 | 00:02:29 | 00:36:57 | 00:04:12 | 00:23:58 | 01:16:44 | 131 | 5 |
| Lucy | Rolfe | 227 | Female | 30-34 | Denmead Striders | 00:07:42 | 00:01:46 | 00:41:59 | 00:01:29 | 00:23:52 | 01:16:50 | 132 | 5 |
| Elaine | Scott | 257 | Female | 60-64 | Steyning AC | 00:08:23 | 00:02:03 | 00:37:56 | 00:01:39 | 00:26:54 | 01:16:55 | 133 | 1 |
| Jake | Maplesden | 324 | Male | 25-29 | David Lloyd Worthing | 00:08:28 | 00:01:07 | 00:43:30 | 00:00:58 | 00:23:21 | 01:17:26 | 134 | 6 |
| Michael | Childs | 113 | Male | 30-34 | | 00:06:43 | 00:01:51 | 00:40:04 | 00:01:05 | 00:27:51 | 01:17:36 | 135 | 14 |
| Fiona | Hamilton-Fox | 356 | Female | 50-54 | Chichester Westgate TC | 00:10:06 | 00:01:54 | 00:43:02 | 00:01:08 | 00:21:38 | 01:17:49 | 136 | 4 |
| Gareth | Blower | 300 | Male | 40-44 | | 00:09:01 | 00:02:39 | 00:40:50 | 00:01:28 | 00:23:52 | 01:17:52 | 137 | 21 |
| Murdo | Munro | 359 | Male | 50-54 | | 00:08:50 | 00:01:56 | 00:41:34 | 00:01:18 | 00:24:15 | 01:17:54 | 138 | 8 |
| Kimberley | Jefferies | 325 | Female | 25-29 | | 00:07:41 | 00:02:18 | 00:42:29 | 00:00:36 | 00:24:58 | 01:18:04 | 139 | 5 |
| Richard | Cameron | 305 | Male | 35-39 | | 00:07:20 | 00:02:55 | 00:38:42 | 00:02:26 | 00:26:41 | 01:18:05 | 140 | 24 |
| Simon | Godin | 378 | Male | 50-54 | Seven Sisters Bike Hire | 00:09:19 | 00:03:29 | 00:39:55 | 00:01:49 | 00:23:58 | 01:18:33 | 141 | 9 |
| Rachel | Meates | 390 | Female | 45-49 | | 00:11:34 | 00:02:43 | 00:39:50 | 00:00:48 | 00:24:38 | 01:19:36 | 142 | 5 |
| Greg | Middleton | 262 | Male | 40-44 | | 00:08:10 | 00:01:56 | 00:42:52 | 00:01:01 | 00:25:46 | 01:19:47 | 143 | 22 |
| Jane | Newnham | 313 | Female | 45-49 | Midhurst Milers | 00:09:52 | 00:01:36 | 00:42:40 | 00:01:16 | 00:24:20 | 01:19:47 | 143 | 6 |
| Liz | Claridge | 251 | Female | 40-44 | Steyning AC | 00:08:08 | 00:02:57 | 00:42:19 | 00:01:21 | 00:25:03 | 01:19:51 | 145 | 3 |
| Greg | Davey | 374 | Male | 40-44 | | 00:12:07 | 00:03:45 | 00:40:57 | 00:01:27 | 00:21:41 | 01:20:00 | 146 | 23 |
| Benjy | Mason | 315 | Male | Youth | Hurstpierpoint College | 00:08:01 | 00:02:23 | 00:42:38 | 00:01:44 | 00:25:18 | 01:20:05 | 147 | 3 |
| Natasha | Heryet | 326 | Female | 20-24 | David Lloyd Worthing | 00:08:35 | 00:00:56 | 00:44:10 | 00:01:06 | 00:25:20 | 01:20:09 | 148 | 3 |
| Lesley | Woodrow | 298 | Female | 50-54 | Horsham Amphibians Triathlon | 00:08:49 | 00:01:47 | 00:42:53 | 00:01:22 | 00:25:28 | 01:20:20 | 149 | 5 |
| Wayne | Templeman | 314 | Male | 35-39 | | 00:09:24 | 00:02:43 | 00:38:50 | 00:02:45 | 00:26:54 | 01:20:39 | 150 | 25 |
| Spencer | Kemp | 286 | Male | 60-64 | | 00:09:02 | 00:01:43 | 00:42:16 | 00:01:50 | 00:25:53 | 01:20:46 | 151 | 3 |
| Dave | Priest | 353 | Male | 40-44 | Team Lard | 00:09:46 | 00:03:51 | 00:38:29 | 00:02:53 | 00:25:48 | 01:20:49 | 152 | 24 |
| Christine | Knights | 334 | Female | 30-34 | | 00:09:29 | 00:03:12 | 00:43:14 | 00:01:07 | 00:24:06 | 01:21:09 | 153 | 6 |

| | | | | | | | | | | | | |
|---------|------------|-----|--------|-------|---------------------------|--|--|--|--|--|-----|-----|
| Ben | Frier | 270 | Male | 30-34 | Brighton College | | | | | | DNS | 206 |
| Murray | Hodge | 284 | Male | 40-44 | Tuff Fitty Triathlon Club | | | | | | DNS | 207 |
| Ray | Bashford | 294 | Male | 45-49 | Tuff Fitty Triathlon Club | | | | | | DNS | 208 |
| Katie | Wright | 301 | Female | 25-29 | | | | | | | DNS | 209 |
| Peter | Willcock | 302 | Male | 30-34 | | | | | | | DNS | 210 |
| Peter | Marshall | 306 | Male | 20-24 | | | | | | | DNS | 211 |
| Tim | Bell | 307 | Male | 35-39 | | | | | | | DNS | 212 |
| Dave | Cumins | 308 | Male | 40-44 | | | | | | | DNS | 213 |
| Martin | Butcher | 328 | Male | 50-54 | Tuff Fitty Triathlon Club | | | | | | DNS | 214 |
| Tim | Crawford | 331 | Male | 40-44 | | | | | | | DNS | 215 |
| Emma | Hunt | 336 | Female | 20-24 | | | | | | | DNS | 216 |
| Paul | Regnier | 357 | Male | 35-39 | | | | | | | DNS | 217 |
| Noah | Mason | 370 | Male | Youth | Hurstpierpoint College | | | | | | DNS | 218 |
| John | Gray | 375 | Male | 40-44 | | | | | | | DNS | 219 |
| Warren | Forbes | 376 | Male | 35-39 | Croydon | | | | | | DNS | 220 |
| Paul | Herbertson | 379 | Male | 30-34 | | | | | | | DNS | 221 |
| Ivan | Vaughan | 382 | Male | 40-44 | | | | | | | DNS | 222 |
| Jason | Pollock | 389 | Male | 40-44 | | | | | | | DNS | 223 |
| Matt | Botha | 396 | Male | 45-49 | | | | | | | DNS | 224 |
| Tony | Donnelly | 103 | Male | 50-54 | The Tom Hills Experience | | | | | | DNS | 225 |
| Richard | Hobbs | 106 | Male | 35-39 | Tuff Fitty Triathlon Club | | | | | | DNS | 226 |