

**2022 Crystal Palace Triathlon**  
**Adult Sprint - race numbers and start times**

Registration opens at 7:30 am

Swim start is in order of race number except where specified

Forename	Surname	Race number	Swim start time	Start swim after	Gender	Club name
Victor	Adepegba	169	09:12		Male	
Quddous	Ahmed	212	09:22		Male	
Rob	Argles	186	09:16		Male	ful-on tri
James	Armstrong	105	08:56		Male	
David	Atkinson	135	09:03		Male	
Sam	Bainbridge	196	09:18		Male	
Abigail	Bainbridge	216	09:23		Female	
Jasmine	Baird	23	08:35		Female	windrush triathlon club
Claire	Ball	47	08:41		Female	
Lucy	Ball	75	08:48		Female	
Andrew	Bamford	189	09:17		Male	
Julian	Barrett	126	09:01		Male	
Claire	Berry	205	09:21		Female	
Estelle	Biancelli	39	08:39		Female	
Emily	Birch	4	08:30		Female	windrush triathlon club
Sam	Birch	29	08:37		Male	Tri london
Ann	Brennan	183	09:15		Female	Clapham Chasers
joe	brent	64	08:45		Male	
Chris	Brett	81	08:50		Male	
Gareth	Briggs	95	08:53		Male	
Matthew	Britton	190	09:17		Male	Weald Tri Club
Jason	Bryan	73	08:48		Male	
John	Buchanan	230	09:10	164	Male	
Richard	Burch	199	09:19		Male	EXN
Sharon	Burchett	84	08:50		Female	
Daniel	Byrne	206	09:21		Male	
Tom	Carpenter	198	09:19		Male	
Robert	Carruthers	36	08:38		Prefer not to say	Tri london
Simon	Charlesworth	118	08:59		Male	
Jen	Clark	5	08:31		Female	windrush triathlon club
James	Claxton	6	08:31		Male	Tri london
Omar	Corona	100	08:54		Male	
Alison	Cotton	154	09:08		Female	
Sean	Crane	213	09:23		Male	
Josh	Crawley	143	09:05		Male	
David	Cripps	86	08:51		Male	
Elizabeth	Curwen	31	08:37		Female	windrush triathlon club
Tom	Daldorph	77	08:49		Male	
Nigel	Davies	155	09:08		Male	Lymington Triathlon Club
Richard	Day	202	09:20		Male	
Johanna	de la Cruz	67	08:46		Female	Imperial College Triathlon Club (TriIC)
Maxime	Decocq	99	08:54		Male	
arnaud	delaeter	21	08:35		Male	Tri london
Ali	Denman	62	08:45		Male	
Emma	Dodds	19	08:34		Female	Crystal Palace Triathletes
Martin	Double	129	09:02		Male	Dulwich Runners AC
Claire	Dow	69	08:47		Female	
Joanna	Dufton	25	08:36		Female	Tri london
Catherine	Eames	3	08:30		Female	Tri london
Tegid	Edwards	197	09:19		Male	
Megan	Ellery	172	09:12		Female	
Lyll	Elwin	89	08:52		Male	
Simon	Evans	119	08:59		Male	
Anthony	Fahey	92	08:52		Male	
Nicole	Falla	163	09:10		Female	
Harriet	Farquharson	32	08:37		Female	windrush triathlon club
Simon	Foley	11	08:32		Male	Tri london
Fernando	Fonseca	26	08:36		Male	Tri london
Rosie	Fontaine	224	08:45	61		
David	Foreman	87	08:51		Male	
Emma	Fouracre	159	09:09		Female	
Kate	Fry	161	09:10		Female	greenwich tritons
Josh	Gabbatiss	125	09:01		Male	
Genesis	Galvez	44	08:40		Male	
Ian	Gardner	153	09:08		Male	
Ceinwen	Giles	110	08:57		Female	

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Manuela	Giraud	144	09:05		Female	Imperial College Triathlon Club (TriIC)
Julie	Goacher	102	08:55		Female	
Gorka	Goenaga	180	09:14		Male	Clapham Chasers
Brian	Graham	103	08:55		Male	
Hamish	Grant	28	08:36		Male	windrush triathlon club
Christian	Gray	215	09:23		Male	East Essex Tri Club
Louise	Green	88	08:51		Female	Clapham Chasers
Sarah	Greene	117	08:59		Female	
John	Griffin	18	08:34		Male	Tri london
Darren	Griffin	134	09:03		Male	
Isaac	Griffiths	9	08:32		Male	Crystal Palace Triathletes
Toby	Griffiths	167	09:11		Male	
Ben	Guy	80	08:49		Male	
Aly	Hadfield	13	08:33		Male	Tri london
Chris	Haigh	63	08:45		Male	
Deborah	Haines	82	08:50		Female	
Ursula	Hankinson	200	09:19		Female	ful-on tri
James	Harper	139	09:04		Male	
Richard	Harper	203	09:20		Male	ful-on tri
leigh	harris	204	09:20		Male	Weald Tri Club
Lucy	Hawkins	65	08:46		Female	
Lawrence	Hayes	10	08:32		Male	Tri london
Louise	Head	37	08:39		Female	windrush triathlon club
Oliver	Hedges	174	09:13		Male	
Jack	Hewitt	113	08:58		Male	
Edward	Hill	184	09:15		Male	
Christian	Hoenig	54	08:43		Male	
Russ	Hogge	38	08:39		Male	windrush triathlon club
PJ	Hopper	24	08:35		Male	windrush triathlon club
Andrew	Hyde	231	09:16	187	Male	None
Sean	Jackson	157	09:09		Male	Penge CC
Marelise	Janse van rensburg	145	09:06		Female	
Stephen	Jones	149	09:07		Male	
Gesine	Junker	16	08:33		Female	windrush triathlon club
Thanasis	Karagiorgis	177	09:14		Male	
Lucy	Kempster	227	08:54	101	Female	
Jamila	Khaoui	33	08:38		Female	windrush triathlon club
Reka	Kinda	50	08:42		Female	
Andrew	King	91	08:52		Male	Perranporth SLSC
Marcia	King	98	08:54		Female	
vaughan	kingston	78	08:49		Male	
William	Kirk	1	08:30		Male	Race Hub Triathlon Club / Tri London
Lukas	Kolff	106	08:56		Male	
Mattias	Kunz	171	09:12		Male	
Ellen	Lambert	55	08:43		Female	
Graham	Lane	56	08:43		Male	
Richard	Langston	176	09:13		Male	
xavier	larrieu	165	09:11		Male	
Shane	Lawlor	30	08:37		Male	windrush triathlon club
Sue	Learoyd	156	09:08		Female	
samuel	Leonard	232	09:20	201	Male	Clapham Chasers
Kathryn	Lindsay	194	09:18		Female	
Naomi	Lindsey	162	09:10		Female	
Aaron	Ling	191	09:17		Male	
Elliot	Link	48	08:41		Male	
Stephen	Lockwood	109	08:57		Male	greenwich tritons
Mark	Lord	49	08:42		Male	
Tina	Luckhurst	76	08:48		Female	
Tim	Ludford	85	08:51		Male	
David	Mak	187	09:16		Male	
Dominic	Mander	94	08:53		Male	
Natasha	Mander-Wood	127	09:01		Female	
Iain	Mantell	181	09:15		Male	Weald Tri Club
Greg	marchat	97	08:54		Male	
Nicholas	Marzouqa	40	08:39		Male	
Graham	Matthews	192	09:17		Male	

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DENNIS	MCDONAGH	70	08:47		Male	None
Jack	McWaters	207	09:21		Male	
Tom	McWaters	209	09:22		Male	
Ashwin	Menon	217	09:24		Male	
Nick	Milburn	115	08:58		Male	
Ben	Miller	133	09:03		Male	
Kat	Millward	34	08:38		Female	Tri london
Charlie	Milner	170	09:12		Male	
Gareth	Milton	168	09:11		Male	
Tony	Minchella	101	08:55		Male	
Stuart	Mitchell	15	08:33		Male	windrush triathlon club
Emily	Monaghan-Coombs	112	08:57		Female	
Roderick	Morgan	116	08:58		Male	
Carys	Morgan	152	09:07		Female	
Abi	Morris	12	08:32		Female	Crystal Palace Triathletes
Flo	Mowlem	27	08:36		Female	windrush triathlon club
Jane	Muir-Sands	72	08:47		Female	ful-on tri
Charlie	Muir-Sands	201	09:20		Male	ful-on tri
Naomi	Munro-Lott	146	09:06		Female	
Nick	Murrell	173	09:13		Male	
Matthew	Nelson	58	08:44		Male	
Matthieu	Nicolle	211	09:22		Male	
Jorge	Nieto Valdecantos	142	09:05		Male	
Peter	Noorlander	41	08:40		Male	Crystal Palace Jets
Hugo	Nowell	138	09:04		Male	
Charlie	O'Reilly	53	08:43		Male	
James	Oliver	223	08:42	52	Male	
Robert	Otley	43	08:40		Male	
Alessandro	Pacciana	42	08:40		Male	
michele	pacciana	66	08:46		Male	
Rob	Parry	7	08:31		Male	Crystal Palace Triathletes
Tom	Pearce	122	09:00		Male	Clapham Chasers
Ian	Peters	229	09:09	157	Male	
Lily	Pidge	228	08:57	109	Female	
Tom	Pither	178	09:14		Male	
Gautam	Prajapati	96	08:53		Male	
Michele	Prendini	35	08:38		Male	windrush triathlon club
amy	pritchard	2	08:30		Female	Tri london
Chris	Quick	93	08:53		Male	
Courtney	Ricketts	214	09:23		Male	ful-on tri
Olivia	Riddle	108	08:56		Female	
Sophie	Roberts	20	08:34		Female	windrush triathlon club
William	Robins	111	08:57		Male	
Hector	Rodriguez Drumond	182	09:15		Male	Petts Wood Runners
Simon	Rooke	51	08:42		Male	
James	Roulston	140	09:04		Male	
Linda	Russheim	185	09:16		Female	
David	Sampson	79	08:49		Male	
sandro	sansone	17	08:34		Male	windrush triathlon club
James	Sedgley	179	09:14		Male	
Richard	Sedgwick	59	08:44		Male	
Charlie	Sharples	124	09:00		Male	
Matt	Shaw	195	09:18		Male	
Michael	Sholem	107	08:56		Male	
Pierpaolo	Sidoti	208	09:21		Male	ful-on tri
Gina	Siebler	136	09:03		Female	ful-on tri
Jaime	Sim	220	08:34	18	Female	Tri london
Joseph	Simmonds	123	09:00		Male	Crystal Palace Fun Runners
Ricard	Simo	175	09:13		Male	david lloyd sidcup
Tass	Skoudros	150	09:07		Male	North Dorset Tri
John	Slade	74	08:48		Male	
Emma	Snowdon	14	08:33		Female	Crystal Palace Triathletes
Livia	Soro	114	08:58		Female	Imperial College Triathlon Club (TriIC)
Matt	Spencer	210	09:22		Male	
Jessica	Spivey	193	09:18		Female	ful-on tri
joseph	squire	120	08:59		Male	

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Sharon	Stanley	148	09:06		Female	
Jon	Starr	141	09:05		Male	
Mark	Sunderland	57	08:44		Male	
Pavol	Surda	218	09:24		Male	
Alex	Tait	131	09:02		Male	
Jonathan	Tate	160	09:09		Male	
Sonal	Taylor	60	08:44		Female	
Luke	Taylor	83	08:50		Male	
Jake	Telford	104	08:55		Male	
Andrew	Tetlow	132	09:02		Male	
chantal	thomas	22	08:35		Female	windrush triathlon club
Greg	Thornett	137	09:04		Male	
Esther	Trewinnard	61	08:45		Female	
Martin	Tynan	121	09:00		Male	greenwich tritons
Martin	Tynan	128	09:01		Male	greenwich tritons
Frederick	Ungoed-Courtney	188	09:16		Male	
Andrew	Venables	68	08:46		Male	
Tommy	Verrall	164	09:10		Male	
Mario	Vieira	52	08:42		Male	
Alistair	Vines	45	08:41		Male	
Matthew	Ward	166	09:11		Male	
Alex	Waterman	130	09:02		Male	Tri Surrey
Nick	Whelan	147	09:06		Male	
danielle	wilcock	8	08:31		Female	Tri london
Emily	Wilson	226	08:52	89	Female	
Jack	Winter ton	219	08:33	15	Male	Tri london
Ian	Wood	71	08:47		Male	greenwich tritons
Alan	Wray	158	09:09		Male	Herne hill harriers
Clare	Wyngard	90	08:52		Female	Dulwich Runners
Andy	Young	46	08:41		Male	London Fronrunners
Vilmos	Zsombori	151	09:07		Male	