

Tristart - 9am

400m run (1 lap), 1.5km bike (1 shortened lap), 200m run (1 lap)

Number	Name	Club	Number	Name	Club
1	Ben Bartlett	Hoddesdon Tri	7	Vaanya Nandi	WaldenJNR
2	Emily Beer	WaldenJNR	8	William Needham	WaldenJNR
3	Quinn Jenner	WaldenJNR	9	Thomas Parry-Jones	WaldenJNR
4	Teddy King	WaldenJNR	10	Luke Poulton	Chelmsford Tri
5	Jamie Lewis	WaldenJNR	11	Thea Rees	WaldenJNR
5	Jamie Lewis	WaldenJNR	12	Martha Switzer	WaldenJNR
6	Jude Moran	WaldenJNR	13	Evelina Veitch	WaldenJNR
7	Vaanya Nandi	WaldenJNR	14	Isabelle Vella	WaldenJNR

Tristar 1 - 9.20am

1.2km run (2 laps), 4km bike (2 laps), 400m run (1 lap)

Number	Name	Club	Number	Name	Club
15	Luella Allen	WaldenJNR	42	Leo Heanley	WaldenJNR
16	Amelia Aspden	WaldenJNR	43	Archie Hearne	Hoddesdon Tri
17	George Balaam	WaldenJNR	44	Jessica Hill	WaldenJNR
18	Luke Bartlett	Hoddesdon Tri	45	Joseph Lager	Chelmsford Tri
19	Sophie Bickerstaff	Chelmsford Tri	46	Sapphira Lewis	WaldenJNR
20	Moses Bigley	WaldenJNR	47	William Lian	Chelmsford Tri
21	Matthew Blackwell	West Suffolk	48	Alice Outtersides	WaldenJNR
22	Eddie Brockwell	WaldenJNR	49	Lucy Outtersides	WaldenJNR
23	Daisy Broughton	Stortford Tri	50	Millie Page	WaldenJNR
24	Darcie Bull	WaldenJNR	51	Alexander Parry-Jones	WaldenJNR
25	Joseph Button		52	Cameron Poulteney	
26	Charles Cass-Courtney	West Suffolk	53	Freya Pulford	WaldenJNR
27	Rowan Challacombe	WaldenJNR	54	Jack Reeve	BRJ Run and Tri
28	Freddie Cockburn	WaldenJNR	55	Danilo Reina	Hadleigh MTB Club
29	Donncha Coleman	WaldenJNR	56	Emily Rowlands	Chelmsford Tri
30	Beatrix Cooke	Chelmsford Tri	57	Dexter Shephard	WaldenJNR
31	Max Croft	Hoddesdon Tri	58	Eloise Steadman	
32	Rory Denton	West Suffolk	59	Eloise Suffield	Tri-Force
33	William Eddery	WaldenJNR	60	Noah Switzer	WaldenJNR
34	Noah Ewing	WaldenJNR	61	Florence Tavner	
35	Katie Free	WaldenJNR	62	Sophie Tom	Hoddesdon Tri
36	Atticus Frost	WaldenJNR	63	Finn Towns	WaldenJNR
37	Olivia Griffiths	Cadence Tri	64	Hugo Turner	
38	Hadley Harris	WaldenJNR	65	Camden Turton Higgs	WaldenJNR
39	Oscar Harris	WaldenJNR	66	Isaac Vella	WaldenJNR
40	Phoebe Harris	WaldenJNR	67	Elliot Walsh	
41	Olivia Hawker	WaldenJNR	68	Benjie Williams	

Tristar 2 - 10am

1.6km run (2 lap), 6km bike (3 laps), 600m run (1 lap)

Number	Name	Club	Number	Name	Club
69	Felix Amdor	Tri-Force	93	Max Leinemann	Chelmsford Tri
70	Elizabeth Balaam	WaldenJNR	94	Harry Lewis	WaldenJNR
71	Megan Barnicoat	WaldenJNR	95	David Lupsa	West Suffolk
72	Aaron Bickerstaff		96	Poppy Moore	West Suffolk
73	Cerys Bowen	WaldenJNR	97	Oscar Moran	WaldenJNR
74	Annabel Broughton	Stortford Tri	98	Dylan Newell-Ginn	West Suffolk
75	James Clarke		99	Brewster Peacock	WaldenJNR
76	Tiernan Coleman	WaldenJNR	100	Aiden Peeters	Discovery Tri
77	Olivia Croft	Hoddesdon Tri	101	Ava Pelling	WaldenJNR
78	Oliver Culpin	WaldenJNR	102	Isla Poulton	Chelmsford Tri
79	Thomas Elsdon	Tri East	103	Hannah Probert	WaldenJNR
80	Tabitha Fleetwood	WaldenJNR	104	Betsy Rayner	WaldenJNR
81	Lotte Gilbert-Wooldridge	Cambridge Tri	105	Fabio Reina	Hadleigh MTB Club
82	Molly Gower	WaldenJNR	106	George Simms	WaldenJNR
83	Annabelle Griffiths		107	Alex Steadman	
84	Anna Grimwood		108	Erin Stewart	West Suffolk
85	Daisy Harty	WaldenJNR	109	Rory Towns	WaldenJNR
86	Sebastian Haskins		110	Daisy White	WaldenJNR
87	William Herlihy	West Suffolk	111	Elicia Whittle	Chelmsford Tri
88	Emma Hill	WaldenJNR	112	Alex Widdowson	
89	Toby Howitt	WaldenJNR	113	Olive Williams	WaldenJNR
90	Caspar Jenner	WaldenJNR	114	Heidi Woodley	WaldenJNR
91	Thomas Jennings	WaldenJNR	115	Elliot Yaxley	
92	Jasper Jerrard	WaldenJNR			

Tristar 3 and Youth - 10.45am

2km run (2 laps), 8km bike (4 laps), 800m run (2 lap)

Number	Name	Club	Number	Name	Club
116	Evan Badcock	WaldenJNR	163	Adam Snelson	WaldenJNR
117	Emily Baker	WaldenJNR	164	Ella Stewart	West Suffolk
118	Stephanie Birkwood	WaldenJNR	165	Joachim Thybert	WaldenJNR
119	Samuel Blackwell	West Suffolk	166	Kalle Van Paridon	Cambridge Tri
120	Benjiman Boldock	Tri Sudbury	167	Jack Watson	Chelmsford Tri
121	George Brazier		168	Leo Webster	
122	Arjumand Brittenden	WaldenJNR	169	Isla Widdowson	
123	Raphael Buchallet	WaldenJNR	170	Evan Willis	Corby Tri
124	Caitlin Bullock	Cambridge Tri	171	Charlie Woodley	WaldenJNR
125	Felix Butterworth	WaldenJNR	172	Silas Wright	Cambridge Tri
126	Samuel Caroe	Cambridge Tri	173	Samuel Allan	WaldenJNR
127	Jasmine Christmas		174	Thomas Allen	WaldenJNR
128	Lucas Cleaver	WaldenJNR	175	Madeleine Attfield	Stortford Tri
129	Andrew de Koning	WaldenJNR	176	Arthur Ballard	WaldenJNR
130	Thomas Fincham	Cambridge Tri	177	Zachary Brown	
131	Lola Flack	Chelmsford Tri	178	Tom Bullock	Cambridge Tri
132	Heloise Frost	WaldenJNR	179	Liam Conway	WaldenJNR
133	Darcy Gladwell		180	Arianna Favot	WaldenJNR
134	Freya Harris	WaldenJNR	181	Oscar Fleetwood	WaldenJNR
135	Tom Harris	WaldenJNR	182	Emily Gilbert-Wooldridge	Cambridge Tri
136	Xander Harty	WaldenJNR	183	George Grimwood	
137	Joshua Hearne	Hoddesdon Tri	184	Joshua Hall	Tri Sport Epping
138	Lottie Hitchcock		185	James Hardwick	East Essex Tri
139	Sam Jackson		186	Alex Hargraves	Cambridge Tri
140	Rufus Jenner	WaldenJNR	187	Seraphina Harris	WaldenJNR
141	Edward Jennings	WaldenJNR	188	Euan Herbert	WaldenJNR
142	Tim Jukes	Cambridge Tri	189	Amelia Howard	WaldenJNR
143	Matthew Kenning	WaldenJNR	190	Lucas Isaacson	Cambridge Tri
144	George Lager	Chelmsford Tri	191	Jemima Jenner	WaldenJNR
145	Ethan Lewis	WaldenJNR	192	George Jennings	WaldenJNR
146	Alice Mansley	Cambridge Tri	193	George Jukes	Cambridge Tri
147	Sam Meredith	Cambridge Endurance	194	Oliver Lane	WaldenJNR
148	Isabel Moore	West Suffolk	195	Lisa Leinemann	WaldenJNR
149	Louie Moran	WaldenJNR	196	Isobel Lingley	WaldenJNR
150	Aubrey Murray	Tri-Force	197	Grace Mason	WaldenJNR
151	Emma Parr	WaldenJNR	198	Charlie Minnette	WaldenJNR
152	Harrison Pearson	WaldenJNR	199	Olivia Parr	WaldenJNR
153	Thomas Peters	WaldenJNR	200	Archie Redfern	WaldenJNR
154	Oliver Probert	WaldenJNR	201	Olivia Sanders	WaldenJNR
155	Henry Reeve	BRJ Run and Tri	202	Pablo Santamaria-Crew	Tri Sudbury
156	Abigail Rogers		203	Erin Sari	WaldenJNR
157	Thomas Rooney	WaldenJNR	204	Joe Seward	WaldenJNR
158	Phoebe Sanders	WaldenJNR	205	Oliver Tom	WaldenJNR
159	Maximillian Saunders		206	Meisha Trend-Evans	WaldenJNR
160	Rachel Sennitt	Cambridge Tri	207	Charlie Watson	Chelmsford Tri
161	Amber Shaw	WaldenJNR	208	Tom Wood	Discovery Tri
162	Keira Shaw	WaldenJNR			