

# MARATHON SWIMS

## START TIMES and RACE NUMBERS

Marathon Swims 2023 - London Aquatics Centre - Saturday 11 November 2023

Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Acato-Ayok, Bennie	1k Challenge		3027	10:30	<b>11:30</b>
Allen, Tara	Marathon 10k		1140	08:00	<b>08:45</b>
Ameen-Ali, Kamar	Half Marathon 5k		2100	08:30	<b>09:30</b>
Anderson, Gordon	Half Marathon 5k		2109	08:30	<b>09:30</b>
Andrews, Eleanor	Marathon 10k		1162	08:00	<b>08:45</b>
Andrews, Therese	Marathon 10k Team	Team Mermaid B Team	9010	14:30	<b>15:30</b>
Angelakis, Ioannis	1k Challenge		3030	10:30	<b>11:30</b>
Angelica, Alessia	Marathon 10k		1154	08:00	<b>08:45</b>
Antosova, Martina	1k Challenge		3028	10:30	<b>11:30</b>
Appleton, Janice	1k Challenge		3035	10:30	<b>11:30</b>
Asher, Jane	1k Challenge		9997	10:30	<b>11:30</b>
Astall, Rachel	Half Marathon 5k		2018	16:30	<b>17:30</b>
Azupra, Nelman	Half Marathon 5k		2093	08:30	<b>09:30</b>
Bagshaw, Louisa	Marathon 10k		1122	08:00	<b>08:45</b>
Bailey, Beccie	Half Marathon 5k		2040	16:30	<b>17:30</b>
Bailey, Tania	Marathon 10k Team	Sistas 4 Flippers	9032	08:15	<b>09:15</b>
Bancroft, Sarah	Half Marathon 5k		2116	08:30	<b>09:30</b>
Bandman, Casey	Marathon 10k Team	Casey	9025	08:15	<b>09:15</b>
Barber, Angela	Marathon 10k Team	Lemon Drizzle	9017	11:30	<b>12:30</b>
Barber, Angela	1k Challenge		3083	07:45	<b>08:30</b>
Barnes, Peter	Marathon 10k		1105	11:30	<b>12:30</b>
Barnett, Benjy	Half Marathon 5k		2022	16:30	<b>17:30</b>
Bauer, Bettina	1k Challenge		3053	07:45	<b>08:30</b>
Beardsworth, jo	Marathon 10k Team	Team Last is Fast	9014	11:30	<b>12:30</b>
Beaver, Amelia	Marathon 10k		1148	08:00	<b>08:45</b>
Bell, Jessica	Marathon 10k Team	Trisport Essex Trina hard	9001	14:30	<b>15:30</b>
Bell, Jessica team mate awaiting entry	Marathon 10k Team	Trisport Essex Trina hard	9001	14:30	<b>15:30</b>
bell, rebecca	Marathon 10k		1068	15:00	<b>16:00</b>
Berry, Lorraine	1k Challenge		3021	14:00	<b>15:00</b>
Berry, Peter	1k Challenge		3012	14:00	<b>15:00</b>
Betteridge, Sarah	Marathon 10k		1065	15:00	<b>16:00</b>
Bevan, Nia	Marathon 10k		1169	08:00	<b>08:45</b>
Bingham, Eddie	Half Marathon 5k		2057	13:00	<b>14:00</b>
Bochkov, Ilya	Marathon 10k		1021	15:00	<b>16:00</b>
Boedefeld, Sabine	Marathon 10k		1171	08:00	<b>08:45</b>
Boh, Joshua	Marathon 10k Team	For Dad & Grandpa	9027	11:30	<b>12:30</b>
Bold, Noah	Half Marathon 5k		2103	08:30	<b>09:30</b>
Both, Leonard	1k Challenge		3016	14:00	<b>15:00</b>
Breslin, Sean Paul	Half Marathon 5k		2002	16:30	<b>17:30</b>
Brett, Alex	Half Marathon 5k		2009	16:30	<b>17:30</b>
Brien, Patrick	Marathon 10k		1173	08:00	<b>08:45</b>
Brown, Colin	Marathon 10k		1032	15:00	<b>16:00</b>
Brown, Greg	Marathon 10k		1007	15:00	<b>16:00</b>
Brown, Juliet	Marathon 10k		1166	11:30	<b>12:30</b>
Brown, Tracy	1k Challenge		3060	10:30	<b>11:30</b>
Buchanan, Chloe	Half Marathon 5k		2060	13:00	<b>14:00</b>
Bulbeck, Katherine	Half Marathon 5k		2010	16:30	<b>17:30</b>
Bull, Helen	Marathon 10k Team	Team Mermaid	9002	14:30	<b>15:30</b>
Bull, Helen	1k Challenge		3010	14:00	<b>15:00</b>
Bull, Helen	Marathon 10k		1101	11:30	<b>12:30</b>
Bull, Nita	1k Challenge		3052	07:45	<b>08:30</b>
Burt, David	Marathon 10k		1143	08:00	<b>08:45</b>
Cade, Johanna	Marathon 10k		1054	15:00	<b>16:00</b>
Callaghan, Barbara	Half Marathon 5k		2020	16:30	<b>17:30</b>

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Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Campion, Craig	Marathon 10k		1004	15:00	16:00
Cardy, Heidi	Half Marathon 5k		2016	16:30	17:30
Cardy, Heidi	Marathon 10k		1091	11:30	12:30
Carter, Brittany	Marathon 10k		1149	08:00	08:45
castronovo, emilio	Marathon 10k		1159	15:00	16:00
Cellier, Jonathan	Marathon 10k		1057	15:00	16:00
Ceustermans, Franswa	1k Challenge		3046	07:45	08:30
Chaloner, Andrew	Marathon 10k		1014	15:00	16:00
Chambers-Heath, Steph	1k Challenge		3036	07:45	08:30
Champion, Aaran	Marathon 10k		1038	15:00	16:00
Chan, Nathan	Marathon 10k Team	Casey	9025	08:15	09:15
Chapman, Amelia	Marathon 10k		1157	08:00	08:45
Chapman, Lee	1k Challenge		3057	07:45	08:30
Chatfield, Patricia	Marathon 10k Team	Team Mermaids Team D	9007	14:30	15:30
choueke, leon	Marathon 10k		1123	08:00	08:45
Christou, Vanessa	Marathon 10k		1125	08:00	08:45
Cise, Sarah	1k Challenge		3011	14:00	15:00
Clark, Christopher	1k Challenge		3001	14:00	15:00
Clarke, Denis	Half Marathon 5k		2119	13:00	14:00
Clay, Ben	Half Marathon 5k		2049	16:30	17:30
Contreras, Eduardo	Marathon 10k Team	MXPL	9020	11:30	12:30
Contreras, Eduardo team mate awaiting entry	Marathon 10k Team	MXPL	9020	11:30	12:30
Cooper, Sarah	1k Challenge		3058	07:45	08:30
Copley-Smith, Titus	Marathon 10k Team	Super Splash Bros	9033	08:15	09:15
Cornish, Laura	Marathon 10k		1030	15:00	16:00
Costa, Eleni	1k Challenge		3014	14:00	15:00
Cottle, Felicity	Half Marathon 5k		2107	08:30	09:30
Cousins, Martin	Half Marathon 5k		2050	13:00	14:00
Cowley, Stephen	Half Marathon 5k		2072	13:00	14:00
Cox, David	Marathon 10k		1128	08:00	08:45
Cresswell, Remy	Marathon 10k		1104	11:30	12:30
Crozier, Ben	Half Marathon 5k		2067	13:00	14:00
Crozier, Matthew	Half Marathon 5k		2069	13:00	14:00
Cubitt, Lyndsey	Marathon 10k		1164	08:00	08:45
Cummings, Mark	1k Challenge		3031	10:30	11:30
Cummings, Sue	1k Challenge		3034	10:30	11:30
D'Intino, Julianna	1k Challenge		3054	07:45	08:30
dagley, jonny	Marathon 10k Team	CAOS BOYS	9011	14:30	15:30
Davidson, Tracey	Half Marathon 5k		2074	08:30	09:30
Davies, Clare	Half Marathon 5k		2019	16:30	17:30
Davies, Dominic	Half Marathon 5k		2042	13:00	14:00
Davison, Neé	1k Challenge		3005	14:00	15:00
De Bastiani, Fulvio	Half Marathon 5k		2073	13:00	14:00
De Mozzi, Paola	1k Challenge		3074	07:45	08:30
Deag, James	Marathon 10k		1055	15:00	16:00
Deamer, Ellie	Marathon 10k		1167	08:00	08:45
Delfino, Nick	Marathon 10k		1043	15:00	16:00
Delgado, Nuno	Half Marathon 5k		2087	08:30	09:30
Donaghy, Rachel	Marathon 10k		1133	08:00	08:45
Doody, Eleanor	Half Marathon 5k		2038	08:30	09:30
Douglas, Gavin	Marathon 10k		1041	15:00	16:00
Drury, James	Half Marathon 5k		2110	08:30	09:30
Drury, Madeleine	Half Marathon 5k		2111	08:30	09:30
Du Fresne, Anne	Marathon 10k Team	Wilmslow Wets	9024	08:15	09:15

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Dudina, Kseniia	1k Challenge		3025	10:30	11:30
Duffy, Judith	1k Challenge		3056	07:45	08:30
Duggan, Brian	Marathon 10k Team	Warwick University Fish Force (Old Boys)	9003	14:30	15:30
Duncalf, Katie	Marathon 10k Team	London loves Americans	9031	08:15	09:15
Early, Debbie	Marathon 10k		1137	11:30	12:30
Edwards, Jade	Marathon 10k Team	Tri Sport Essex - Aquababes23	9008	14:30	15:30
Eldesouky, Mazen	Half Marathon 5k		2056	13:00	14:00
Emms, William	Half Marathon 5k		2058	13:00	14:00
Evans, Suzanne	Marathon 10k Team	ESF	9026	08:15	09:15
Eve, Laura	Marathon 10k		1083	11:30	12:30
Evitts, Hannah	Marathon 10k		1056	15:00	16:00
Fallows, Rosie	1k Challenge		3006	07:45	08:30
Faucheux, Aurelien	Marathon 10k		1156	08:00	08:45
Favario, Elsa	Half Marathon 5k		2033	16:30	17:30
Fazackerley, Zoe	Marathon 10k Team	Surrey Sailfish	9015	11:30	12:30
Fennemore, Andrew	Marathon 10k		1027	15:00	16:00
Ferrise, Andrea	Half Marathon 5k		2003	16:30	17:30
Flack, Joanna	Half Marathon 5k		2120	08:30	09:30
Fleming, Mary	Half Marathon 5k		2085	08:30	09:30
Fosh, Emma	1k Challenge		3084	07:45	08:30
Fowle, Alice	Marathon 10k		1120	08:00	08:45
Fraser, Ali	1k Challenge		3079	07:45	08:30
Fulker, Hazel	Half Marathon 5k		2059	08:30	09:30
Furnivall, Pam	1k Challenge		3033	14:00	15:00
Furnivall, Toby	Half Marathon 5k		2035	16:30	17:30
Galvin, Rosie	Marathon 10k		1020	15:00	16:00
Gamble, Chris	Marathon 10k Team	CAOS BOYS	9011	14:30	15:30
Ganda, Matthew	Marathon 10k		1144	08:00	08:45
Gandhi, Klisha	Half Marathon 5k		2113	08:30	09:30
Gash, Danielle	Marathon 10k		1126	08:00	08:45
Gates, Lily	1k Challenge		3043	07:45	08:30
Geary, Joe	Marathon 10k		1124	08:00	08:45
Gibb, Claire	Half Marathon 5k		2078	08:30	09:30
Glass, Alex	Marathon 10k		1088	11:30	12:30
Goldspink, Sophie	1k Challenge		3041	07:45	08:30
Gorniok, Julian	1k Challenge		3013	14:00	15:00
Gould, Alecia	Marathon 10k		1036	15:00	16:00
Gould, Naomi	Marathon 10k		1037	15:00	16:00
Graham, Karen	Marathon 10k Team	Team Last is Fast	9014	11:30	12:30
Grant, Frankie	Marathon 10k Team	Frankie & Emma	9023	08:15	09:15
Grant, Frankie team mate awaiting entry	Marathon 10k Team	Frankie & Emma	9023	08:15	09:15
Gray, Jess	Marathon 10k Team	Team Mermaids Team C	9004	14:30	15:30
Green, Helen	Half Marathon 5k		2092	08:30	09:30
Green, Victoria	Marathon 10k		1040	15:00	16:00
Gregory, Richard	Marathon 10k		1098	11:30	12:30
Gridley, Emily	Marathon 10k		1082	11:30	12:30
Groombridge, Hannah	Half Marathon 5k		2097	08:30	09:30
Haines, Martin	Half Marathon 5k		2102	08:30	09:30
Hair, Lily	Marathon 10k		1155	08:00	08:45
Hajonides, Jasper	Marathon 10k		1177	15:00	16:00
Hall, Harriet	1k Challenge		3075	07:45	08:30
Hallett, Sharon	1k Challenge		3070	07:45	08:30
Hamilton, Natalie	Half Marathon 5k		2070	13:00	14:00
Hampson, Gill	Marathon 10k		1131	08:00	08:45

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Marathon Swims 2023 - London Aquatics Centre - Saturday 11 November 2023

Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Hanson, Thomas	Half Marathon 5k		2096	13:00	14:00
Harding, Steve	1k Challenge		3015	14:00	15:00
Harper, Lana	1k Challenge		3023	10:30	11:30
Hart, James	Marathon 10k		1151	08:00	08:45
Haycocks, Hazel	Marathon 10k Team	Monk Girls	9018	11:30	12:30
Haywood, Francesca	Half Marathon 5k		2004	16:30	17:30
Heath, Janette	Marathon 10k		1002	08:00	08:45
Henry, Andy	Half Marathon 5k		2013	16:30	17:30
Henry, Katie	Half Marathon 5k		2014	16:30	17:30
Heseltine, Anne	Half Marathon 5k		2118	08:30	09:30
Heseltine, Paul	1k Challenge		3067	07:45	08:30
Hibbitt, STEPHANIE	Marathon 10k Team	Hibbitt's	9028	08:15	09:15
Hillis, Stuart	Half Marathon 5k		2039	16:30	17:30
Hoffmann, Kirsty	Marathon 10k		1117	11:30	12:30
Holden, Gill	1k Challenge		3062	07:45	08:30
Hollier, Samantha	Marathon 10k		1172	08:00	08:45
Holubova, Sarka	Marathon 10k		1158	08:00	08:45
Hopkins, Chris	Marathon 10k		1113	11:30	12:30
Hopwood, Diane	Marathon 10k		1160	08:00	08:45
Hopwood, Matt	Marathon 10k		1132	08:00	08:45
Hormati, Keya	Half Marathon 5k		2012	16:30	17:30
Horne, Ruth	Marathon 10k		1097	11:30	12:30
Horstead, Joanne	1k Challenge		3032	10:30	11:30
Hudson, Lucy	Half Marathon 5k		2095	08:30	09:30
Huynh, Andy	Marathon 10k Team	Just keep swimming	9029	08:15	09:15
Ingram, Andrew	Marathon 10k Team	Warwick University Fish Force (Old Boys)	9003	14:30	15:30
Isaac, Martine	Marathon 10k		1107	11:30	12:30
Jackson, Kate	Half Marathon 5k		2030	16:30	17:30
James, Catherine	1k Challenge		3065	07:45	08:30
James, Ian	Marathon 10k Team	Anything for a medal	9016	11:30	12:30
Johnston, Alasdair	Marathon 10k		1063	15:00	16:00
Johnston, Jarvis	Marathon 10k		1095	11:30	12:30
Jones, Helen	Marathon 10k		1074	11:30	12:30
Jones, Hilary	1k Challenge		3009	14:00	15:00
Jones, Martin	Half Marathon 5k		2007	16:30	17:30
Jones, Nick	Half Marathon 5k		2063	13:00	14:00
Judge, Gary	Marathon 10k		1094	11:30	12:30
Jurewicz, Dawid	Marathon 10k		1022	15:00	16:00
Kalisvaart, Pim	Half Marathon 5k		2001	16:30	17:30
Keane, Marie	Marathon 10k		1093	11:30	12:30
Kearn, Simon	Marathon 10k		1150	08:00	08:45
Keates, Matthew	Marathon 10k		1178	11:30	12:30
Keefe, Julie	Marathon 10k		1052	15:00	16:00
Kelly, Jacqui	Marathon 10k Team	For Dad & Grandpa	9027	11:30	12:30
Kendall-Woods, Sacha	Half Marathon 5k		2071	13:00	14:00
Kenny, Catherine	Marathon 10k Team	Team Mermaids A	9006	14:30	15:30
Kerrigan, Laura	Half Marathon 5k		2046	13:00	14:00
Kestelman, Julia	Marathon 10k Team	Kestelswimmin	9030	08:15	09:15
Khangura, Kieran	Half Marathon 5k		2099	08:30	09:30
King, Kerry	Marathon 10k		1047	15:00	16:00
King, Will	Marathon 10k Team	Lemon Drizzle	9017	11:30	12:30
King, Will	1k Challenge		3082	07:45	08:30
Kirby, John	1k Challenge		3050	07:45	08:30
KORNAS, SYLWIA	Half Marathon 5k		2036	16:30	17:30
kraty, felix	Half Marathon 5k		2082	08:30	09:30

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Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Kucharska, Malgorzata	Half Marathon 5k		2115	08:30	09:30
Laing, Lauren	Marathon 10k		1026	15:00	16:00
Lam, Sze-Von	Half Marathon 5k		2094	08:30	09:30
Laurencik, Paul	1k Challenge		3004	14:00	15:00
Lawler, William	Marathon 10k Team	Just keep swimming	9029	08:15	09:15
Lee, Michael	Marathon 10k		1175	08:00	08:45
Lefebve, Remi	Marathon 10k Team	Super Splash Bros	9033	08:15	09:15
Legg, Barbara	1k Challenge		3037	07:45	08:30
Levet, Sandra	Marathon 10k		1129	08:00	08:45
Lewis, John	Marathon 10k		1106	08:00	08:45
Lewis, Steven	Marathon 10k		1003	15:00	16:00
LING, XIAOYU	Marathon 10k		1153	08:00	08:45
Livie, William	Marathon 10k		1099	11:30	12:30
Lloyd, Denise	Half Marathon 5k		2077	13:00	14:00
Lloyd, Rebecca	Marathon 10k		1049	15:00	16:00
Loach, Sarah	Half Marathon 5k		2121	08:30	09:30
Long, Charlotte	Marathon 10k		1100	11:30	12:30
Lubinski-Scorer, Sam	1k Challenge		3048	07:45	08:30
Lundie, Claudia	1k Challenge		3078	07:45	08:30
Lyle, Emma	Marathon 10k Team	Anything for a medal	9016	11:30	12:30
Macdonald, Anthony	Marathon 10k		1079	11:30	12:30
Macdonald, Jeremy	Half Marathon 5k		2026	16:30	17:30
MacTaggart, Sally	Half Marathon 5k		2051	13:00	14:00
Maguire, Julia	Marathon 10k		1176	08:00	08:45
Mak, Kenneth	Half Marathon 5k		2126	08:30	09:30
Malard, Elodie	Half Marathon 5k		2052	08:30	09:30
Mann, Tony	Marathon 10k		1086	11:30	12:30
Marcinek, Rafal	Marathon 10k		1060	15:00	16:00
Mariadas, S	Marathon 10k		1006	15:00	16:00
Marshall, Steve	Half Marathon 5k		2091	08:30	09:30
Martins, Warren	Marathon 10k Team	Bearsted Barracudas	9019	11:30	12:30
Matthews, Karen	Half Marathon 5k		2037	16:30	17:30
McCartney, Danny	Marathon 10k		1138	08:00	08:45
McCaughan, Su	Marathon 10k Team	Wilmslow Wets	9024	08:15	09:15
McGettigan, Charlotte	Half Marathon 5k		2025	16:30	17:30
McGill, Gemma	1k Challenge		3019	14:00	15:00
McGrath, Catherine	1k Challenge		9998	10:30	11:30
McGregor, Neil	Half Marathon 5k		2027	08:30	09:30
Meurer, Jadin	Marathon 10k Team	London loves Americans	9031	08:15	09:15
Mildren, James	Marathon 10k		1090	08:00	08:45
Mileusnic, Aleksandar	Marathon 10k		1152	08:00	08:45
Miller, Oswald	Marathon 10k		1142	08:00	08:45
Mills, James	Marathon 10k		1064	15:00	16:00
Milson, Mel	Marathon 10k		1050	15:00	16:00
Mitchell, Olivia	Half Marathon 5k		2045	13:00	14:00
Montgomery, Ed	Marathon 10k		1019	15:00	16:00
Monty, Dominique	Marathon 10k		1135	08:00	08:45
Moon, Carol Ann	1k Challenge		3045	07:45	08:30
Moore, Hayley	Marathon 10k		1005	15:00	16:00
Moore, Laura	Half Marathon 5k		2090	08:30	09:30
Moore, Sharon	Marathon 10k		1163	08:00	08:45
Morreale, Olcay	1k Challenge		3077	07:45	08:30
Mort, Rachael	Marathon 10k		1008	15:00	16:00
Moss, Ashley	Half Marathon 5k		2024	16:30	17:30
Mountford, Keith	1k Challenge		3055	07:45	08:30

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Mulholland, Sarah	Marathon 10k		1072	11:30	<b>12:30</b>
Munro, Desmond	Half Marathon 5k		2017	16:30	<b>17:30</b>
Nebot, Aymeric	Marathon 10k		1053	15:00	<b>16:00</b>
Nelson, Louise	1k Challenge		3020	14:00	<b>15:00</b>
Nicholson, Hannah	Marathon 10k		1067	15:00	<b>16:00</b>
Nickels, Melanie	Half Marathon 5k		2079	08:30	<b>09:30</b>
nistorel, remus	Marathon 10k		1069	15:00	<b>16:00</b>
Norton, Kate	Marathon 10k		1168	08:00	<b>08:45</b>
O'Brien, David	Marathon 10k		1059	11:30	<b>12:30</b>
O'Shannessy, Pete	Marathon 10k Team	Spatially Aware Swimmers	9021	11:30	<b>12:30</b>
O'Rourke, Katherine	1k Challenge		3068	07:45	<b>08:30</b>
Ognyanova, Tsvetelina	1k Challenge		3072	07:45	<b>08:30</b>
Osborn, Matt	Marathon 10k		1121	08:00	<b>08:45</b>
Osborn, Matt	Marathon 10k		1170	08:00	<b>08:45</b>
Osborne, Sarah	1k Challenge		3003	14:00	<b>15:00</b>
Owens, Ross	1k Challenge		3076	07:45	<b>08:30</b>
Page, Alexander	Marathon 10k		1119	11:30	<b>12:30</b>
Paiva, Vitor	Half Marathon 5k		2084	08:30	<b>09:30</b>
Pakozdi, David	Marathon 10k		1001	15:00	<b>16:00</b>
Parker, Kyran	Marathon 10k Team	SportFin	9013	11:30	<b>12:30</b>
Parsons, Zoe	Marathon 10k		1111	11:30	<b>12:30</b>
Partlett, Tricia	1k Challenge		3039	07:45	<b>08:30</b>
Patel, Sejal	Half Marathon 5k		2106	08:30	<b>09:30</b>
Peckham-Cooper, Roper	Marathon 10k		1018	15:00	<b>16:00</b>
peppard, sharon	1k Challenge		3061	07:45	<b>08:30</b>
Percival, John	Marathon 10k		1141	08:00	<b>08:45</b>
Perry, Betsy	Half Marathon 5k		2008	16:30	<b>17:30</b>
Peters, Kate	Marathon 10k		1127	08:00	<b>08:45</b>
Pham, The Anh	Half Marathon 5k		2108	08:30	<b>09:30</b>
phipps, sarah	Half Marathon 5k		2122	08:30	<b>09:30</b>
Pickering, Clive	1k Challenge		3059	07:45	<b>08:30</b>
Pickering, Mark	Marathon 10k		1011	15:00	<b>16:00</b>
Pipcin, Paul	Marathon 10k		1081	11:30	<b>12:30</b>
Pitkeathly, Hamish	Half Marathon 5k		2011	16:30	<b>17:30</b>
Plaitow, Rosy	Marathon 10k Team	Kestelswimmin	9030	08:15	<b>09:15</b>
Ponomarenko, Ksenia	1k Challenge		3018	14:00	<b>15:00</b>
Porter, Michael	Marathon 10k		1165	08:00	<b>08:45</b>
Poulter, Elsa	Marathon 10k		1130	08:00	<b>08:45</b>
Powell, David	Marathon 10k		1009	15:00	<b>16:00</b>
Prasow-Emond, Myriam	Marathon 10k		1013	15:00	<b>16:00</b>
Presland, Steve	Half Marathon 5k		2062	13:00	<b>14:00</b>
Proctor, Lara	Marathon 10k		1070	15:00	<b>16:00</b>
Prosser, Natalie	Marathon 10k		1051	15:00	<b>16:00</b>
Pyman, Sue	Half Marathon 5k		2075	08:30	<b>09:30</b>
Queiros, Patricia	1k Challenge		3071	07:45	<b>08:30</b>
Quigley, Grace	Marathon 10k		1028	15:00	<b>16:00</b>
Quli, Rachel	Marathon 10k Team	Monk Girls	9018	11:30	<b>12:30</b>
Raitt, Natalie	Half Marathon 5k		2112	08:30	<b>09:30</b>
Ralph, Laura	Marathon 10k		1012	15:00	<b>16:00</b>
Ramdeen, Krishna	1k Challenge		3051	07:45	<b>08:30</b>
Rampley, Juliette	Marathon 10k		1024	15:00	<b>16:00</b>
Read, Amanda	Marathon 10k Team	Team Mermaids A	9006	14:30	<b>15:30</b>
Read, Mark	Marathon 10k		1016	08:00	<b>08:45</b>
Redmond, Joan	Half Marathon 5k		2053	13:00	<b>14:00</b>
Rees, Emma	Half Marathon 5k		2005	16:30	<b>17:30</b>

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## START TIMES and RACE NUMBERS

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Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Rees, Heather	Half Marathon 5k		2006	16:30	17:30
Reeves, Nerys	Half Marathon 5k		2088	08:30	09:30
Rich, Nick	Marathon 10k		1116	11:30	12:30
Richardson, Rose	Half Marathon 5k		2080	08:30	09:30
Rickard, Philippa	Marathon 10k Team	SportFin	9013	11:30	12:30
Rimbert, Margot	Half Marathon 5k		2055	13:00	14:00
Rios, Libardo	1k Challenge		3063	07:45	08:30
Roberts, James	Marathon 10k		1045	15:00	16:00
Roberts, Katherine	Half Marathon 5k		2089	08:30	09:30
Robinson, Gary	Marathon 10k		1048	11:30	12:30
Robinson, Hannalise	Half Marathon 5k		2068	13:00	14:00
Robinson, Mark	Marathon 10k		1029	15:00	16:00
Rogers, Johnson	Marathon 10k		1071	11:30	12:30
Roper, Lucy	Marathon 10k		1066	15:00	16:00
Ross, Philip	Half Marathon 5k		2066	13:00	14:00
Ross, Rachael	Half Marathon 5k		2065	13:00	14:00
Rowell, Emily	Marathon 10k		1039	15:00	16:00
Rowland, Matthew	Half Marathon 5k		2043	13:00	14:00
Rudd, Barnaby	Marathon 10k		1031	15:00	16:00
Runagall, Andrew	Half Marathon 5k		2101	13:00	14:00
Russell, Anne	1k Challenge		3038	07:45	08:30
Russell, Helen	Marathon 10k		1114	11:30	12:30
Rusz, Nick	Marathon 10k		1015	15:00	16:00
Ryan, John	1k Challenge		3069	07:45	08:30
Ryan, Julie	Marathon 10k		1134	08:00	08:45
Sadler, Craig	Marathon 10k		1042	15:00	16:00
Sahin, Rafi	Marathon 10k		1073	11:30	12:30
Salih, Mustafa	Marathon 10k Team	Riptide	9012	11:30	12:30
Salim, Sara	1k Challenge		3022	14:00	15:00
Samuel, Michelle	Half Marathon 5k		2086	08:30	09:30
Savage, Omotayo	1k Challenge		3080	07:45	08:30
Savory, Stephen	Marathon 10k		1108	11:30	12:30
Schofield, Daniela	Half Marathon 5k		2015	16:30	17:30
Scorer, Tanya	1k Challenge		3047	07:45	08:30
Scott, Annie	Marathon 10k		1146	08:00	08:45
Seecharan, Anna	Marathon 10k		1161	08:00	08:45
Seghers, Justin	1k Challenge		3042	07:45	08:30
Sellen, Emily	Half Marathon 5k		2023	16:30	17:30
Servel, Valentin	Marathon 10k		1077	11:30	12:30
Sharp, Laura	Marathon 10k Team	Team Mermaids Team D	9007	14:30	15:30
Shaw, Amanda Louise	Marathon 10k Team	Hibbitt's	9028	08:15	09:15
Shaw, Tony	Marathon 10k		1062	15:00	16:00
Shears, Sarah	Marathon 10k		1174	08:00	08:45
Shepherd, Lesley	Half Marathon 5k		2031	16:30	17:30
Short, Andrew	Marathon 10k		1017	15:00	16:00
Simova, Michaela	Marathon 10k		1147	08:00	08:45
Slipper, Dan	1k Challenge		3044	07:45	08:30
SMITH, Ian	1k Challenge		3064	07:45	08:30
Smith, Melanie	Marathon 10k Team	Sistas 4 Flippers	9032	08:15	09:15
Smith, Ross	Half Marathon 5k		2048	13:00	14:00
Snapes, Aaron	1k Challenge		3007	14:00	15:00
Soulier, Gilles	Half Marathon 5k		2044	16:30	17:30
Spashett, Robert	Marathon 10k		1092	11:30	12:30
Spear, Richard	Marathon 10k Team	Bearsted Barracudas	9019	11:30	12:30
Sprason, Graham	Marathon 10k		1103	11:30	12:30

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## START TIMES and RACE NUMBERS

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Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
stanley, ben	Marathon 10k		1145	08:00	<b>08:45</b>
Starke, Lillian	Half Marathon 5k		2041	16:30	<b>17:30</b>
Stockdale, W	Half Marathon 5k		2083	08:30	<b>09:30</b>
Street, Anna	Marathon 10k		1139	08:00	<b>08:45</b>
Sturge-Ford, Jenna	Marathon 10k Team	ESF	9026	08:15	<b>09:15</b>
Sully, Rachel	Marathon 10k		1061	15:00	<b>16:00</b>
Sutton, Matthew	Marathon 10k		1034	15:00	<b>16:00</b>
Sykes, Anna	Marathon 10k		1087	11:30	<b>12:30</b>
Sylvain, Delphine	1k Challenge		3029	10:30	<b>11:30</b>
Tamang, Jeet	1k Challenge		3073	07:45	<b>08:30</b>
Tamburi, Kelly	1k Challenge		3085	07:45	<b>08:30</b>
Tan, Yew-Jinn Justin	Marathon 10k		1025	15:00	<b>16:00</b>
Taylor, James	Marathon 10k Team	Surrey Sailfish	9015	11:30	<b>12:30</b>
Thane, Mary	Marathon 10k		1118	11:30	<b>12:30</b>
Thomas, Natalie	Marathon 10k		1023	15:00	<b>16:00</b>
Thomas, Oliver	Marathon 10k		1010	15:00	<b>16:00</b>
Thompson, Nyall	1k Challenge		3017	14:00	<b>15:00</b>
Thorne, Nicola	Marathon 10k		1046	15:00	<b>16:00</b>
Thorne, Zoe	Marathon 10k		1102	11:30	<b>12:30</b>
Thurley, Andrew	Half Marathon 5k		2032	13:00	<b>14:00</b>
Thwaite, Alice	Marathon 10k		1076	11:30	<b>12:30</b>
Timlett, Beth	Half Marathon 5k		2064	13:00	<b>14:00</b>
Tindall Cousins, Anna	Marathon 10k		1115	11:30	<b>12:30</b>
Tome, Nuno	Marathon 10k		1035	15:00	<b>16:00</b>
Trahar, Jessica	Marathon 10k		1075	11:30	<b>12:30</b>
Tricker, James	Half Marathon 5k		2124	08:30	<b>09:30</b>
Troup, Alexander	Marathon 10k		1078	11:30	<b>12:30</b>
Turner, Felix	Marathon 10k		1112	11:30	<b>12:30</b>
Van De Merwe, Madelein	Marathon 10k Team	Tri Sport Essex - Aquababes23	9008	14:30	<b>15:30</b>
Varshney, Shagun	1k Challenge		3049	07:45	<b>08:30</b>
Vavasour, Fenella	Marathon 10k		1085	11:30	<b>12:30</b>
Vazquez, Mariana	1k Challenge		3081	11:30	<b>12:30</b>
Versen, Fred	1k Challenge		3026	10:30	<b>11:30</b>
Vure, Baritodor	Half Marathon 5k		2114	08:30	<b>09:30</b>
Wakelam, Jacqueline	Marathon 10k Team	Wakelam Waterhogs	9022	11:30	<b>12:30</b>
Wakelam, Nick	Marathon 10k Team	Wakelam Waterhogs	9022	11:30	<b>12:30</b>
Walker, Magnus	Half Marathon 5k		2098	08:30	<b>09:30</b>
Walmsley, Daniel	Half Marathon 5k		2081	08:30	<b>09:30</b>
Ward, Emma	Half Marathon 5k		2105	08:30	<b>09:30</b>
Watson, Emma	Marathon 10k Team	Team Mermaid B Team	9010	14:30	<b>15:30</b>
Watson, Peter	1k Challenge		3040	07:45	<b>08:30</b>
weir, sandra	Marathon 10k Team	A thistle and a rose	9005	14:30	<b>15:30</b>
Westbrook, Katarina	Half Marathon 5k		2047	13:00	<b>14:00</b>
Whitehead, Peter	Marathon 10k		1089	11:30	<b>12:30</b>
Whittington, Hannah	Marathon 10k		1109	11:30	<b>12:30</b>
Whitty, Natalie	Marathon 10k		1080	11:30	<b>12:30</b>
Whitwell-Mak, Brandon	1k Challenge		9999	07:45	<b>08:30</b>
Wilcox Brook, Billie	Marathon 10k Team	Team Mermaids Team C	9004	14:30	<b>15:30</b>
Wilkinson, Peter	Half Marathon 5k		2061	13:00	<b>14:00</b>
Williams, Alex	Half Marathon 5k		2028	16:30	<b>17:30</b>
Williams, Brooke	1k Challenge		3008	14:00	<b>15:00</b>
Williams, Michael	Half Marathon 5k		2021	13:00	<b>14:00</b>
Willoughby, Alex	Half Marathon 5k		2054	13:00	<b>14:00</b>
Wilson, Claudia	Marathon 10k		1044	15:00	<b>16:00</b>
Wilson, Duncan	Marathon 10k Team	Spatially Aware Swimmers	9021	11:30	<b>12:30</b>



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## START TIMES and RACE NUMBERS

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Participant name	Registration category	Team Name	Race Number	Arrival Time at LAC	WAVE START TIME (from)
Windass, Adam	Marathon 10k		1110	11:30	<b>12:30</b>
Winterhalder, Nick	Half Marathon 5k		2029	16:30	<b>17:30</b>
Wormull, Daniel	Half Marathon 5k		2104	08:30	<b>09:30</b>
Wright, Katie Louise	Marathon 10k Team	A thistle and a rose	9005	14:30	<b>15:30</b>
Wright, Kerry	Marathon 10k Team	Riptide	9012	11:30	<b>12:30</b>
Young, Katie	1k Challenge		3002	14:00	<b>15:00</b>
Young, Katie	Marathon 10k Team	Team Mermaid	9002	14:30	<b>15:30</b>
Young, Paul	Marathon 10k		1084	11:30	<b>12:30</b>
Young, Ryan	1k Challenge		3024	10:30	<b>11:30</b>
Younger, Karen	1k Challenge		3066	14:00	<b>15:00</b>
Zavattieri Neto, Angelo	Marathon 10k		1033	15:00	<b>16:00</b>