

Sunny Hunny Triathlon, Sunday 10th May 2026

Registration: Sat 1400-1600 and Sun 0600-0700

Transition Open (Sun): 0600-0730

Race Briefing (Sun): 0720 in Transition

| Bib No | Name | Swim Start | Club |
|--------|-------------------------|------------|------------------------------------|
| 001 | Richard DE LA BERTAUCHE | 07:45:00 | |
| 002 | Jordan SEARLE | 07:47:00 | |
| 003 | Pauline SPARROW | 07:48:00 | Ryston Runners AC |
| 004 | Lynne HOWLETT | 07:48:30 | King's Lynn Triathlon Club |
| 005 | Leslie PHILLIPS | 07:49:00 | Three Counties Running Club |
| 006 | Louise FRANKLIN | 07:49:30 | |
| 007 | Amber MORTON | 07:50:30 | |
| 008 | Antony EVANS | 07:51:00 | |
| 009 | Steve FRANKLIN | 07:51:30 | |
| 010 | Andrew MILLIS | 07:52:00 | Vegan runners UK |
| 011 | Natasha COLMAN | 07:53:00 | |
| 012 | Stewart BETHELL | 07:53:30 | |
| 013 | Rachel BLACKWELL | 07:54:00 | |
| 014 | Richard THOMPSON | 07:54:30 | |
| 015 | Terry WARBY | 07:55:00 | |
| 016 | Hayley EYRE | 07:55:30 | Runners net the Sea |
| 017 | Seb MOORE | 07:56:00 | |
| 018 | James COURTMAN | 07:56:30 | Terrington St Clement Running Club |
| 019 | Stephen BOLT | 07:57:00 | West Norfolk AC |
| 020 | Lynne DOWDY | 07:57:30 | RUNNERS-NEXT-THE-SEA |
| 021 | Lesley PHILLIPS | 07:58:00 | Three Counties Running Club |
| 022 | Alison WOOD | 07:58:30 | |
| 023 | Sarah-Jane MACDONALD | 07:59:00 | Three Counties Running Club |
| 024 | Zoe NICHOLLS | 07:59:30 | |
| 025 | Andrew WILLIAMS | 08:00:00 | |
| 026 | Rachel RICHARDSON | 08:00:30 | |
| 027 | Jason WESTERN | 08:01:00 | |
| 028 | Brian BLACK | 08:01:30 | King's Lynn Triathlon Club |
| 029 | Andrew HARDY | 08:02:00 | |
| 030 | Cat FOLEY-WRAY | 08:02:30 | RNTS |
| 031 | John TARBARD | 08:03:00 | |
| 032 | Heidi MCWADE | 08:03:30 | |
| 033 | Edward NAPOLITANO | 08:04:00 | |
| 034 | Claire SMITHEE | 08:04:30 | |
| 035 | Erin MCNEIL | 08:05:00 | |
| 036 | Adam FOUNTAIN | 08:05:30 | |
| 037 | Daniel ALABASTER | 08:06:00 | |
| 038 | Philip COOPER | 08:06:30 | Three Counties Running Club |
| 039 | Matthew SENTER | 08:07:00 | |
| 040 | Hannah BENNETT | 08:07:30 | Ely Tri Club |
| 041 | Lorraine COE | 08:08:00 | Ely Tri Club |
| 042 | Anna-Marie BUDD | 08:08:30 | |
| 043 | Steve CLARKE | 08:09:00 | Three Counties Running Club |
| 044 | Kenny WILSON | 08:09:30 | |
| 045 | Joshua PLEWS | 08:10:00 | |
| 046 | Ross LINNETT | 08:10:30 | |
| 047 | Maureen WOLFE | 08:11:00 | King's Lynn Triathlon Club |
| 048 | Tyler ALABASTER | 08:11:30 | |
| 049 | Eleanor TOWNSEND | 08:12:00 | |
| 050 | Antony LEIGH | 08:12:30 | |
| 051 | Michael MILLIS | 08:13:00 | |
| 052 | Lisa WILSON | 08:13:30 | |
| 053 | Daniel NORTH | 08:14:00 | |
| 054 | Brian OGDEN | 08:14:30 | |
| 055 | Richard SIMS | 08:15:00 | |
| 056 | Jason HAWES | 08:15:30 | |
| 057 | Pawel POLINSKI | 08:16:00 | |
| 058 | Rachel EARL | 08:16:30 | |
| 059 | Jessica SIMS | 08:17:00 | |
| 060 | Benjamin EDWARDS | 08:17:30 | |

| Bib No | Name | Swim Start | Club |
|--------|-------------------|------------|------------------------------------|
| 061 | Lewis ENGLISH | 08:18:00 | |
| 062 | Lucy MCINERNEY | 08:18:30 | |
| 063 | Quinton HOUSTON | 08:19:00 | Ryston Runners AC |
| 064 | Emma LAW | 08:19:30 | |
| 065 | Owen WILLIAMSON | 08:20:00 | Loughton AC |
| 066 | Cathryn HANCOCK | 08:20:30 | |
| 067 | Brian ALABASTER | 08:21:00 | |
| 068 | George MUNSON | 08:21:30 | |
| 069 | Mat EYRE | 08:22:00 | |
| 070 | Mark MARSAY | 08:22:30 | |
| 071 | Matthew EARL | 08:23:00 | |
| 072 | Lloyd PEARSON | 08:23:30 | |
| 073 | Kate PENN | 08:24:00 | Ryston Runners AC |
| 074 | Emma CONSTANCE | 08:24:30 | TriHarman-Norfolk |
| 075 | Lucy MCDOWIE | 08:25:00 | Kltc/ryston |
| 076 | Neve GABRIELE | 08:25:30 | |
| 077 | Alice EATOCK | 08:26:00 | |
| 078 | Jason ELMORE | 08:26:30 | Ely Tri Club |
| 079 | Thea HOWLETT | 08:27:00 | Velouse Flyers |
| 080 | Andy WILLIAMSON | 08:27:30 | Ryston Runners AC |
| 081 | Bethan WILLIAMS | 08:28:00 | |
| 082 | Vicky GRAMMER | 08:29:00 | |
| 083 | Mair MORTON | 08:29:30 | |
| 084 | Jo ORD | 08:30:00 | King's Lynn Triathlon Club |
| 085 | Sandra DIXON | 08:30:30 | |
| 086 | James FAULKNER | 08:31:00 | |
| 087 | Terry CONNOLLY | 08:31:30 | King's Lynn Triathlon Club |
| 088 | Gemma GOW | 08:32:00 | |
| 089 | Simon GOW | 08:32:30 | |
| 090 | Greg LANCASTER | 08:33:00 | Tri20 Triathlon Club |
| 091 | John TAYLOR | 08:33:30 | |
| 092 | Marc KIMBER | 08:34:00 | |
| 093 | David CLELAND | 08:34:30 | |
| 094 | Emily GREENWOOD | 08:35:00 | |
| 095 | Judith BERRY | 08:35:30 | King's Lynn Triathlon Club |
| 096 | Zoë GOURLEY | 08:36:00 | |
| 097 | Caroline WOODS | 08:36:30 | |
| 098 | Sarah LAKE | 08:37:00 | DEREHAM RUNNERS & AC |
| 099 | Colin HAZELL | 08:37:30 | |
| 100 | Paige HAWES | 08:38:00 | |
| 101 | Diane SWANPEOEL | 08:38:30 | Tri-Anglia |
| 102 | Samuel GARROD | 08:39:00 | |
| 103 | Jack LEMMON | 08:39:30 | |
| 104 | Lewis VASEY | 08:40:00 | |
| 105 | Alaine FIELDING | 08:40:30 | |
| 106 | Stuart WATERFIELD | 08:41:00 | |
| 107 | James HOBBS | 08:41:30 | Terrington St Clement Running Club |
| 108 | Jack NAPOLITANO | 08:42:00 | King's Lynn Triathlon Club |
| 109 | Lewis HEARD | 08:42:30 | King's Lynn Triathlon Club |
| 110 | Ben KEELEY | 08:43:00 | Velouse Flyers |
| 111 | Dom HOWELL | 08:43:30 | |
| 112 | Nick LEE | 08:44:00 | |
| 113 | Jon BUTLER | 08:44:30 | |
| 114 | David HAMMOND | 08:45:00 | King's Lynn Triathlon Club |
| 115 | Matthew HUNTER | 08:45:30 | King's Lynn Triathlon Club |
| 116 | Matt VINCENT | 08:46:00 | King's Lynn Triathlon Club |
| 117 | James ANDERSON | 08:46:30 | |
| 118 | Matthew POINTON | 08:47:00 | |
| 119 | Wiktor MARCINEK | 08:47:30 | Ryston Runners AC |
| 120 | Rhys BURRELL | 08:48:00 | |