

TRY-A-TRI – YOUR GUIDE TO WHAT HAPPENS ON RACE DAY



Not long to go until race day! It's a first-ever experience of triathlon for most of you (around 70% of you in fact), so Good Luck! This is your final communication before the race on Sunday 2nd August. At the end of this guide you'll find a list of start times / arrival times, as we have the swim in five "waves" and everyone can't start the race at the same time. If you have any questions after reading this, please get in touch so I can make everything crystal clear. We're looking forward to seeing you on race day and hope everyone has a great experience! **Before the race:** I'd advise everyone to give their bike

and all the kit they plan to use on race day a good checking over – and if you can ride round the bike course (assuming you live locally) and also have a practice transition somewhere, with your kit laid out as it will be on the day, that would be ideal. Now you know your race number / start wave you'll be able to plan your race day from arrival time to celebrating your triathlon finish.

You also need to read the British Triathlon Rules at:

<https://www.britishtriathlon.org/competitionrules>

And the documents on our website at: <https://uk.srichinmoyraces.org/node/6223/previous-results/2022#node-12733>

Travel to Tockington Manor School - BS32 4NY

We want to reduce traffic on the race route as much as possible, so if you are driving to the event, *please do not approach the school through Tockington Village*. This is especially important if you are arriving after 8am. Please head for the A38 regardless of which direction you are coming from and drive down Washingpool Hill Road towards Tockington, then you will come to the school car park without having to drive past the busy gateway of the race venue, which is the pavilion & playing field directly opposite the main school entrance. This may add a few minutes to your journey time, but it makes the race safer and simpler for everyone involved – thank you!

When should I arrive? First, scroll to the end of this document to see your race number.

You can arrive at Race HQ any time from 07:15 onwards regardless of your start time, and the latest you should arrive is 30-45 mins before your scheduled swim start – which is shown below.

Race Numbers 21-36 – TRIATHLON WAVE 1 – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 07:45. Your pool swim will start at approx. 08:00 but that time could vary by a few minutes.

Race Numbers 37-52 – TRIATHLON WAVE 2 - pick up your number no later than 07:45, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:00. Your pool swim will start at approx. 08:15 but that time could vary by a few minutes.

Race Numbers 53-68 - TRIATHLON WAVE 3 - pick up your number no later than 07:55, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:10. Your pool swim will start at approx. 08:25 but that time could vary by a few minutes.

Race Numbers 69-84 – TRIATHLON WAVE 4 - pick up your number no later than 08:10, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:25. Your pool swim will start at approx. 08:40 but that time could vary by a few minutes.

Race Numbers 85-100 – TRIATHLON WAVE 5 - pick up your number no later than 08:20, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:40. Your pool swim will start at approx. 08:50 but that time could vary by a few minutes.

Toilets

For this small event there are a few toilets in the pavilion and plenty more at the swimming pool which you will have a chance to use immediately before the swim start (you can head over there to use the poolside toilets before your race briefing if there is a queue in the pavilion, but if you nip in just before the start please don't delay your Wave Start. We need to stick to a schedule to get everyone through the swim in the time we have the pool for, which is 1 hour. Those last-minute pre-start loo visits after you have had your briefing have to be just a couple of minutes).

Transition setup, numbers & swim kit

When you pick up your race pack it will contain 2 large race numbers, 8 safety pins to pin them on with, and a sheet of number stickers for your bike & helmet. There is also a swim cap (latex) that you have to wear for your swim. As soon as you get your race pack:

- pin one race number on the back of your kit, the other one on your front
- if you have a Race Belt, just use one race number
- apply the number stickers to bike and helmet, it's important they go in the right place so marshals can see them during the race. Put the bike number on the seatpost (saddle stem) so it sticks out behind the saddle. Put the helmet numbers where they can be clearly seen from the front or from either side – it will depend on what kind of helmet you have, so just try and have them where the marshals will be able to see them as you approach and pass them.

Then you can rack your bike on any space labelled for your start wave (each spot on the bike rack is marked Wave1 or Wave2 etc. rather than having a specific race number allocated to it). Next, lay out your kit as you want it. Everyone has 60cm of bike rack space allocated to them so that is more than standard but still not a lot – please keep your stuff within that space.

**Those of you in waves 3-5, if you are racking your bike and setting up your kit while the race is underway, please be mindful of athletes who are coming into transition from the swim to take their bikes and head out on the course – give them priority and make sure you don't impede them, thanks!*

The Swim Wave Meeting Point

Once you've racked your bike and laid out your kit in Transition, please wait at the top of the field next to the gate where there is a sign saying SWIM WAVE MEETING POINT. Make sure you have with you:

- Your race swim cap & goggles.
- Shoes to wear on the way to and from the pool (the trainers you are going to run in later would be ideal).
- An extra layer to wear, if you want, to/from the swim – totally optional.

Within a few minutes the race director will meet your group, give you a quick race briefing and then we'll walk you over to the swim start which is only 2 mins away. You will have a couple of mins there to use the loo one last time if required and stash your shoes by the poolside so you can get them on straight after the swim. We will show you where to put your shoes and any other kit you need for

that jog between swim and transition. If the weather is a bit dodgy, feel free to wait undercover in (or just in front of) the Pavilion, until the race director arrives at the meeting point and announces that the briefing for your wave is about to start.

The Swim Start

In advance of the race, you will have been told your race number and start wave and also your Pool Lane – there are 4 lanes with up to 4 swimmers in each. The marshals at the pool also have lists so they will know what lane to put you in if you forget.

Special request – please try to know what lane you are in from the info in this guide (there will also be boards at Race HQ with this info) and get straight to your lane and into the pool when we call you into the pool area. If everyone waits for everyone else to get into the water, then minutes tick by and we risk running over our pool booking time and/or delaying all the later start waves!

For the swim start we will get everyone in the water and the starter will say “*RED hat swimmers get ready – 5,4,3,2,1, GO!.....WHITE hat swimmers get ready, 5,4,3,2,1,GO!.....BLUE hat swimmers get ready, 5,4,3,2,1,GO!..... GREEN hat swimmers get ready, 5,4,3,2,1,GO*”. Make sure you go when the starter says GO and not before, we don’t want any false starts!

Of the 4 lanes in the pool, 2 are designated CLOCKWISE so in those you swim on the left of your lane, the other 2 are designated ANTICLOCKWISE and in those you should swim on the right of your lane.

TIP for first timers – most novice triathletes go off way too fast out of nerves/excitement so, as there is a full 10 seconds before the person behind you is due to start swimming, why not take the first few strokes nice and slow then ease up to your normal pace as you get well down the pool? If you go off too fast you might get breathless, so just try to swim your normal pace and only think about going faster once you are settled.

The swim



The swim is **8 lengths** – or you could think of it as 4 laps as that is easier to count. The swim marshals will be counting your laps and ticking them off as you go, so if you lose count, stop at the end of a lap and ask them. We hope to have enough volunteers at the race to provide “tappers” who will simply tap each swimmer on the shoulder with a swim float when they have 1 more lap to go. Overtaking is best done at the end of a length rather than mid-pool, if somebody catches you up it is best to hold on to the end of the pool for 1-2 seconds while they turn and then follow them, it allows the faster swimmer to go at their natural pace and the slower swimmer to swim without any pressure.

If you do overtake mid-pool, it’s a bit like overtaking in a car, just look ahead before you pull out and make sure there is not going to be any problem with a swimmer coming in the other direction.

The Swim Exit

Once you have completed your 8 lengths, get yourself out of the water at the end of your lane, **without** using the steps, and head over to where the shoes are, alongside the wall of the pool area. When putting on your shoes PLEASE FACE TOWARDS THE POOL with your back to the wall – otherwise you could easily step back accidentally and push somebody into the water which would not be great on their first triathlon! Once you have your shoes on, you exit via the door at the side of the pool and marshals/signs will show you the way to Transition.

Road Crossing

To get from the main school where the pool is, over to the pavilion/field where your bike is, you need to cross a road which is open to traffic. Here you will have to wait if there are cars or bikes approaching. The marshals have a STOP/GO sign and this is directed at you, not at the traffic, so if you see a red STOP sign facing you, please wait until they swivel it round to GO before you cross.

Field Gate and Transition 1

Enter the field through the LEFT SIDE of the gateway as cyclists will be exiting through the other side – there is a cone in the gateway so stay left of the cone. You follow the arrows into Transition, which lead you down the left side of the bike racks– don't go IN the way people are coming OUT. This is well signed so you shouldn't have any problems knowing the way to go.

Make sure you have your helmet on and clipped up before you take your bike off the rack. Push your bike out of transition and up to the top of the field, where you can get on and start riding as soon as you have passed the CYCLISTS MOUNT HERE sign. Take care turning out of the field on to the road, it is open to traffic and you don't have right of way – highway code applies.

The Bike route

The route is well signposted with big arrow signs. It's a 5km loop so you do 2 laps and then return to the Transition area to start the run. **Make sure you do both laps!** The point where you turn left to go round the loop a second time is clearly signed and marshalled.



You must display a race number on your back on the bike ride, obey the highway code, ride safely....and no "drafting". There are signs explaining what drafting is, displayed at the race HQ. Essentially the rule is **you cannot ride alongside or just behind another rider except briefly when overtaking.**

A sweep vehicle will be lapping the course and the marshal who is in it will be able to help you if you need assistance with a puncture or minor mechanical problem. The sweeper or any

marshals on the course can also call out a first aider if you need one, there are a few on site and one can travel quickly to any spot on the course if required. In the unlikely event that you see another rider needing first aid, please assist if you can and inform the nearest marshal or the driver of the sweep vehicle.

Roads around Tockington are popular with horse riders – we have notified local stables that we have an event on the morning of August 3rd so they can choose to ride before or after we are on the

roads, but if you do have to pass a horse please slow down, tell them “*cyclist coming past*” and pass them Wide And Slow. Goodwill of other road users is essential for our event to happen again in the future.

Transition 2 and Run Course

Once you have completed the bike ride you will need to enter the field on your bike at a safe speed (this is a right turn, so you must give way to oncoming traffic) through the left-hand side of the field gateway. Immediately dismount and push your bike down into transition (following the arrows again, so you go in down the left side of the bike rack).

The rules of Triathlon require you to dismount before you pass the CYCLISTS DISMOUNT HERE sign, aka the Dismount Line, and to keep your helmet on and clipped up until you have re-racked your bike.

After you have stowed your bike and helmet and are ready to run, come out of the Transition Exit and instead of heading up to the gate, you U-turn and head down the field alongside the Transition area to start the run course which is 5 laps of the field, turning around a cone at each corner. As well as the cones at the 4 corners of the course, there are arrows to mark the run route. We’ve had a hot summer so far, so I just want to remind you that **the rules of triathlon require your whole torso to be covered on the bike and run sections**. You can’t do the ride or run in a crop top / bra top or even (guys sometimes forget this) no top, so make sure you have legal kit on for the run.

We will tick off your laps as you go, so if you lose count, ask the marshals with clipboards near the drink station and they will tell you how many you have still to go. **You MUST have your race number clearly visible on your front** throughout the run, not on your shorts etc. and not covered by a jacket. There is a water station where you can grab a drink if you need to (self-service) – if you want to put a bottle of your own there you are welcome – label your bottle clearly with your name and bring it to the race and that saves us having to use so many single-use bottles.

When you are on your 5th and final lap, you fork left as you run along the top edge of the field and finish between the blue flags – as soon as you finish, you get your medal then we will get a photo of you. Race Hoodies (£25) are available for sale in the Pavilion.

After finishing, we recommend you have a rest before driving/riding home, so take your time collecting your bike/kit etc. You will need to show your race number as you leave so we can make sure you have taken the right bike, so keep hold of that number until you have left the race venue.

DUATHLETES

No, we haven’t forgotten you! Here are your instructions for the Run-Bike-Run event that takes place alongside the Try-a-Tri.

Race Numbers 1-20 – DUATHLON WAVE – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point (it’s where we do all the briefings, whether you are swimming or running) at the top of the field by 07:45. Your first run will start at approx. 08:00 but that time could vary by a few minutes. You will be briefed at the same time as the first wave of triathletes.

Your bikes all go on a section of the rack labelled DUATHLON – it’s the top section of the rack nearest the exit.

After your briefing you will have a wait of a couple of mins while I take Triathlon Wave 1 to the pool and then I will nip swiftly back to get you started on your Duathlon Run Leg 1 at 8.00am.

The first run is approx. 5 laps of the field run in an anticlockwise direction. I say “approx.” because after completing 4 full laps, your 5th one is only a three-quarter lap, ending with you running from the last corner of the course directly into Transition through a gateway in the taped perimeter. Remember to get your helmet on before taking your bike off the rack – then from there you can follow the instructions we have laid out above for Triathletes as far as the Bike Leg is concerned.

The only difference from that point on is that when you have returned from the 2-lap bike ride (make sure you do both laps!) you only have to do 2 laps of the run course, whereas all the Triathletes will be doing 5. The final run is clockwise around the course – the opposite direction to your initial run.

Please remember to have a number on your front for the runs and a number on your back – clearly visible to marshals – for the bike section. Do have a read through all the Triathlon instructions above so you can be familiar with the kit rules, etc.

NB: while we offer Finisher’s Medals for the Triathlon, there are no medals for the completion of the duathlon. If you want a memento of the event, just email me afterwards and I will send you a certificate with your name and finishing time to print and keep. The first finisher in each category (open category/female category) will receive a trophy.



If you have any questions please get in touch, we'll see you on race day. Good luck!

Garga Chamberlain - Sri Chinmoy Triathlon Club

SEE BELOW FOR YOUR RACE NUMBER, START WAVE & POOL LANE

Race Numbers 1-20 – DUATHLON WAVE – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point (it's where we do all the briefings, whether you are swimming or running) at the top of the field by 07:45. Your first run will start at approx. 08:00 but that time could vary by a few minutes. You will be briefed at the same time as the first wave of triathletes.

NUMBER	First Name	Last Name
1	Gavin	Holmes
2	Louis	Britton
3	Libby	Williams
4	Ralph	Gilling
5	Balazs	Nagy
6	Matt	Smith
7	Philippa	Crocker
8	Matthew	Watson
9	Paul	Turner
10	Neill	Bird
11	Hannah	Ward
12	Zoe	Tanner
13	Abigail	Smith
14	Nathan	Jeffery
15	Dave	Wright
16	Declan	Gavin
17	Chris	Mills
18	Sarah	Delaney
19	Sebastian	Corripio-Dieppe
20	Kieran	Haynes

Race Numbers 21-36 – TRIATHLON WAVE 1 – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 07:45. Your pool swim will start at approx. 08:00 but that time could vary by a few minutes.

21	Kate	Shrimpton	red	Lane 1	Wave 1
22	Bryony	Cole	white	Lane 1	Wave 1
23	Rachael	Minty	blue	Lane 1	Wave 1
24	Lauren	Porter	green	Lane 1	Wave 1
25	Hannah	Diffey	red	Lane 2	Wave 1
26	Caroline	O'Hare	white	Lane 2	Wave 1
27	Juliana	Ali	blue	Lane 2	Wave 1
28	Amanda	Annandale	green	Lane 2	Wave 1
29	Rachele	Megna	red	Lane 3	Wave 1
30	Craig	Robertson	white	Lane 3	Wave 1
31	Sharon	Anderson	blue	Lane 3	Wave 1
32	Sophie	Savage	green	Lane 3	Wave 1
33	Matt	Cooper	red	Lane 4	Wave 1
34	Chris	Dean	white	Lane 4	Wave 1
35	Emma	White	blue	Lane 4	Wave 1
36	Andy	Rixon	green	Lane 4	Wave 1

Race Numbers 37-52 – TRIATHLON WAVE 2 - pick up your number no later than 07:45, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:00. Your pool swim will start at approx. 08:15 but that time could vary by a few minutes.

37	Mollie	Adair	red	Lane 1	Wave 2
38	Billie	Stinton	white	Lane 1	Wave 2
39	Matthew	Johnston	blue	Lane 1	Wave 2
40	Andrew	Phillips	green	Lane 1	Wave 2
41	Chris	Houlden	red	Lane 2	Wave 2
42	Aaran	Silverthorne	white	Lane 2	Wave 2
43	Hannah	Carr	blue	Lane 2	Wave 2
44	Jake	Hallett	green	Lane 2	Wave 2
45	Maya	Milani	red	Lane 3	Wave 2
46	Joe	Hill	white	Lane 3	Wave 2
47	Lauren	Paddison	blue	Lane 3	Wave 2
48	Matt	O'Connor	green	Lane 3	Wave 2
49	Stuart	Mcbride	red	Lane 4	Wave 2
50	James	Gravenor	white	Lane 4	Wave 2
51	Harrison	Gravenor	blue	Lane 4	Wave 2
52	Maise	Anderson-Farquhar	green	Lane 4	Wave 2

Race Numbers 53-68 - TRIATHLON WAVE 3 - pick up your number no later than 07:55, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:10. Your pool swim will start at approx. 08:25 but that time could vary by a few minutes.

53	Susannah	Griffiths	red	Lane 1	Wave 3
54	Emilie	Pirson	white	Lane 1	Wave 3
55	Anais	Pirson	blue	Lane 1	Wave 3
56	Isabel	Trowbridge	green	Lane 1	Wave 3
57	Glen	Speechley	red	Lane 2	Wave 3
58	Nilgun	Bari	white	Lane 2	Wave 3
59	Marta Leao Moreira	Da Cunha	blue	Lane 2	Wave 3
60	Ariane	Bunce	green	Lane 2	Wave 3
61	Colin	Colegate	red	Lane 3	Wave 3
62	Bethan	Colegate	white	Lane 3	Wave 3
63	Patrick	Craig	blue	Lane 3	Wave 3
64	Annette	Heylings	green	Lane 3	Wave 3
65	Sally	Williams	red	Lane 4	Wave 3
66	Poppy	Fleming	white	Lane 4	Wave 3
67	Debbie	Coleman	blue	Lane 4	Wave 3
68	Eliot	Shiner	green	Lane 4	Wave 3

Race Numbers 69-84 – TRIATHLON WAVE 4 - pick up your number no later than 08:10, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:25. Your pool swim will start at approx. 08:40 but that time could vary by a few minutes.

69	Louise	Andrews	red	Lane 1	Wave 4
70	Kayla	Painter	white	Lane 1	Wave 4
71	Diana	Chard	blue	Lane 1	Wave 4
72	PJ	Finlayson	green	Lane 1	Wave 4
73	William	Goymer	red	Lane 2	Wave 4
74	Chris	James	white	Lane 2	Wave 4
75	Dave	O'Keeffe	blue	Lane 2	Wave 4
76	Jonathan	Worsley	green	Lane 2	Wave 4
77	Esme	Norman	red	Lane 3	Wave 4
78	Berenice	Ray	white	Lane 3	Wave 4
79	Sarah	Bogg	blue	Lane 3	Wave 4
80	Hazel	Willmott	green	Lane 3	Wave 4
81	Paul	Edwards	red	Lane 4	Wave 4
82	Violet	Goymer	white	Lane 4	Wave 4
83	Jack	Swallow	blue	Lane 4	Wave 4
84	Claire	Edwards	green	Lane 4	Wave 4

Race Numbers 85-100 – TRIATHLON WAVE 5 - pick up your number no later than 08:20, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:40. Your pool swim will start at approx. 08:50 but that time could vary by a few minutes.

85	Stephen	Lloyd	red	Lane 1	Wave 5
86	Troy	Lord	white	Lane 1	Wave 5
87	Karl	Hole	blue	Lane 1	Wave 5
88	Noelle	Webb	green	Lane 1	Wave 5
89	Poppy	Squires	red	Lane 2	Wave 5
90	Kevan	Sanderson	white	Lane 2	Wave 5
91	George	Shrimpton	blue	Lane 2	Wave 5
92	Helen	Wainwright	green	Lane 2	Wave 5
93	James	Bradbury	red	Lane 3	Wave 5
94	Jessica	Sanderson	white	Lane 3	Wave 5
95	Sam	Evans	blue	Lane 3	Wave 5
96	Jarrett	Gallagher	green	Lane 3	Wave 5
97	Nathan	Irwin	red	Lane 4	Wave 5
98	Steffan	Cole	white	Lane 4	Wave 5
99	Rachel	Atherton	blue	Lane 4	Wave 5
100	Toby	Colechin	green	Lane 4	Wave 5

And to make life easier, here you are in alphabetical order:

Race Number	Forename	Lastname	Swim Cap	Lane	Wave
37	Mollie	Adair	red	Lane 1	Wave 2
27	Juliana	Ali	blue	Lane 2	Wave 1
31	Sharon	Anderson	blue	Lane 3	Wave 1
52	Maise	Anderson-Farquhar	green	Lane 4	Wave 2
69	Louise	Andrews	red	Lane 1	Wave 4
28	Amanda	Annandale	green	Lane 2	Wave 1
99	Rachel	Atherton	blue	Lane 4	Wave 5
58	Nilgun	Bari	white	Lane 2	Wave 3
79	Sarah	Bogg	blue	Lane 3	Wave 4
93	James	Bradbury	red	Lane 3	Wave 5
60	Ariane	Bunce	green	Lane 2	Wave 3
43	Hannah	Carr	blue	Lane 2	Wave 2
71	Diana	Chard	blue	Lane 1	Wave 4
22	Bryony	Cole	white	Lane 1	Wave 1
98	Steffan	Cole	white	Lane 4	Wave 5

100	Toby	Colechin	green	Lane 4	Wave 5
61	Colin	Colegate	red	Lane 3	Wave 3
62	Bethan	Colegate	white	Lane 3	Wave 3
67	Debbie	Coleman	blue	Lane 4	Wave 3
33	Matt	Cooper	red	Lane 4	Wave 1
63	Patrick	Craig	blue	Lane 3	Wave 3
59	Marta Leao Moreira	Da Cunha	blue	Lane 2	Wave 3
34	Chris	Dean	white	Lane 4	Wave 1
25	Hannah	Diffey	red	Lane 2	Wave 1
81	Paul	Edwards	red	Lane 4	Wave 4
84	Claire	Edwards	green	Lane 4	Wave 4
95	Sam	Evans	blue	Lane 3	Wave 5
72	PJ	Finlayson	green	Lane 1	Wave 4
66	Poppy	Fleming	white	Lane 4	Wave 3
96	Jarrett	Gallagher	green	Lane 3	Wave 5
73	William	Goymer	red	Lane 2	Wave 4
82	Violet	Goymer	white	Lane 4	Wave 4
50	James	Gravenor	white	Lane 4	Wave 2
51	Harrison	Gravenor	blue	Lane 4	Wave 2
53	Susannah	Griffiths	red	Lane 1	Wave 3
44	Jake	Hallett	green	Lane 2	Wave 2
64	Annette	Heylings	green	Lane 3	Wave 3
46	Joe	Hill	white	Lane 3	Wave 2
87	Karl	Hole	blue	Lane 1	Wave 5
41	Chris	Houlden	red	Lane 2	Wave 2
97	Nathan	Irwin	red	Lane 4	Wave 5
74	Chris	James	white	Lane 2	Wave 4
39	Matthew	Johnston	blue	Lane 1	Wave 2
85	Stephen	Lloyd	red	Lane 1	Wave 5
86	Troy	Lord	white	Lane 1	Wave 5
49	Stuart	Mcbride	red	Lane 4	Wave 2
29	Rachele	Megna	red	Lane 3	Wave 1
45	Maya	Milani	red	Lane 3	Wave 2
23	Rachael	Minty	blue	Lane 1	Wave 1
77	Esme	Norman	red	Lane 3	Wave 4
48	Matt	O'Connor	green	Lane 3	Wave 2
26	Caroline	O'Hare	white	Lane 2	Wave 1
75	Dave	O'Keeffe	blue	Lane 2	Wave 4
47	Lauren	Paddison	blue	Lane 3	Wave 2
70	Kayla	Painter	white	Lane 1	Wave 4
40	Andrew	Phillips	green	Lane 1	Wave 2

54	Emilie	Pirson	white	Lane 1	Wave 3
55	Anais	Pirson	blue	Lane 1	Wave 3
24	Lauren	Porter	green	Lane 1	Wave 1
78	Berenice	Ray	white	Lane 3	Wave 4
36	Andy	Rixon	green	Lane 4	Wave 1
30	Craig	Robertson	white	Lane 3	Wave 1
90	Kevan	Sanderson	white	Lane 2	Wave 5
94	Jessica	Sanderson	white	Lane 3	Wave 5
32	Sophie	Savage	green	Lane 3	Wave 1
68	Eliot	Shiner	green	Lane 4	Wave 3
21	Kate	Shrimpton	red	Lane 1	Wave 1
91	George	Shrimpton	blue	Lane 2	Wave 5
42	Aaran	Silverthorne	white	Lane 2	Wave 2
57	Glen	Speechley	red	Lane 2	Wave 3
89	Poppy	Squires	red	Lane 2	Wave 5
38	Billie	Stinton	white	Lane 1	Wave 2
83	Jack	Swallow	blue	Lane 4	Wave 4
56	Isabel	Trowbridge	green	Lane 1	Wave 3
92	Helen	Wainwright	green	Lane 2	Wave 5
88	Noelle	Webb	green	Lane 1	Wave 5
35	Emma	White	blue	Lane 4	Wave 1
65	Sally	Williams	red	Lane 4	Wave 3
80	Hazel	Willmott	green	Lane 3	Wave 4
76	Jonathan	Worsley	green	Lane 2	Wave 4