

Team No.	Departure Time	Team Name	Phase Order
1	07:00	Copper pipes	Cycle - Hike - Paddle
2	07:00	Swinston Dragons	Cycle - Hike - Paddle
3	07:00	All terrain biking bandits	Cycle - Hike - Paddle
4	07:00	Les Vieillards	Cycle - Hike - Paddle
5	07:00	The Beacons are Lit	Cycle - Hike - Paddle
6	07:00	Wish I Trained More	Cycle - Hike - Paddle
7	07:00	Mumtaineers	Cycle - Hike - Paddle
8	07:00	The Blister Sisters	Cycle - Hike - Paddle
9	07:00	Dad's Army	Cycle - Hike - Paddle
10	07:00	Spandex Ballet	Cycle - Hike - Paddle
11	07:00	The Gaylords	Cycle - Hike - Paddle
12	07:00	Instinct	Cycle - Hike - Paddle
13	07:00	Escaped mums	Cycle - Hike - Paddle
14	07:00	Team Slow & Steady	Cycle - Hike - Paddle
15	07:00	Race? We thought it said rave!	Cycle - Hike - Paddle
16	07:00	Midlife Mavericks	Cycle - Hike - Paddle
17	07:00	Blanchards	Cycle - Hike - Paddle
18	07:00	The crazy ladies!!	Cycle - Hike - Paddle
19	07:00	Chafing the Dream	Cycle - Hike - Paddle
20	07:00	Tik Tak Tri	Cycle - Hike - Paddle
21	07:00	Couldn't Stomach Ironman	Cycle - Hike - Paddle
22	07:00	Midlife Miles	Cycle - Hike - Paddle
23	07:20	Leicestershire Ladies (Midlife Challenge!)	Cycle - Paddle - Hike
24	07:20	The Weakest Link	Cycle - Paddle - Hike
25	07:20	Autotrader	Cycle - Paddle - Hike
26	07:20	Wykeham wanderers	Cycle - Paddle - Hike
27	07:20	Sheffield takes on Snowdon	Cycle - Paddle - Hike
28	07:20	Slowdon Yr Wyddfat	Cycle - Paddle - Hike
29	07:20	Mid life crisis management inc	Cycle - Paddle - Hike
30	07:20	Dewis Dragons	Cycle - Paddle - Hike
31	07:20	The Z team	Cycle - Paddle - Hike
32	07:20	Weekend Warriors	Cycle - Paddle - Hike
33	07:20	Locomotive	Cycle - Paddle - Hike
34	07:20	Woto team	Cycle - Paddle - Hike
35	07:20	WareWolves	Cycle - Paddle - Hike
36	07:20	Wiggle Warriors	Cycle - Paddle - Hike
37	07:20	Bendean it like buckles	Cycle - Paddle - Hike
38	07:20	KATS	Cycle - Paddle - Hike
39	07:20	Tom & Lily	Cycle - Paddle - Hike
40	07:20	The Roes	Cycle - Paddle - Hike
41	07:20	Two Peas, No Pod	Cycle - Paddle - Hike
42	07:20	Nai 'n' the Buff	Cycle - Paddle - Hike
43	07:20	Between the Wines	Cycle - Paddle - Hike
44	07:40	DUBS	Cycle - Hike - Paddle
45	07:40	We're Doomed, Eddie!	Cycle - Hike - Paddle

46	07:40	Is This The Way To Cheddar Gorge?	Cycle - Hike - Paddle
47	07:40	Severn Financial	Cycle - Hike - Paddle
48	07:40	Balham Sunsetters	Cycle - Hike - Paddle
49	07:40	SoftSoutherners	Cycle - Hike - Paddle
50	07:40	Tits and Bits	Cycle - Hike - Paddle
51	07:40	Shepstones	Cycle - Hike - Paddle
52	07:40	The Welsh Couch Potatoes	Cycle - Hike - Paddle
53	07:40	Tim Ty Ffit	Cycle - Hike - Paddle
54	07:40	Tîm Ty Ffit 2	Cycle - Hike - Paddle
55	07:40	Pearce	Cycle - Hike - Paddle
56	07:40	Legs Miserables	Cycle - Hike - Paddle
57	07:40	The wolves	Cycle - Hike - Paddle
58	07:40	TenBom	Cycle - Hike - Paddle
59	07:40	Ropaži	Cycle - Hike - Paddle
60	07:40	Chasing Dreams	Cycle - Hike - Paddle
61	07:40	The Newlyweds	Cycle - Hike - Paddle
62	07:40	Town & Country Heating and Plumbing Ltd	Cycle - Hike - Paddle
63	07:40	ROB DOGS	Cycle - Hike - Paddle
64	07:40	Wander women	Cycle - Hike - Paddle
65	07:40	Bryant-Byrnes	Cycle - Hike - Paddle
66	07:40	The Moo's	Cycle - Hike - Paddle