

## Duathlon ARDINGLY 6<sup>th</sup> May 2018

### Sprint - women

	Run1	Bike	Run2	Total	%	BAR pts
Clio Lawrence	28.29	1.08.49	13.47	1.51.05	0	10pts
Sarah Hinton	29.45	1.06.08	17.07	1.53.00	1.7	9
Rebecca Tromans	28.34	1.08.51	15.58	1.53.23	2.1	8
Angela Murray	28.58	1.08.58	16.44	1.54.40	3.2	7
Ricci Lennon	29.04	1.07.48	18.07	1.54.59	3.5	6
Julie Williams	32.20	1.09.00	18.24	1.59.44	7.7	5
Rebecca Moore	38.35	1.29.22	24.35	2.32.32	37.3	4
Clair Hunt	45.09	1.18.38	28.46	2.32.32	37.3	4

### Sprint - Men

Phil Couch	19.48	47.57	11.08	1.18.53	0	10
Barry Davids	22.24	51.10	13.06	1.26.40	9.9	9
Rob Hoodless	23.31	53.29	16.27	1.33.27	18.4	8
Brad Williams	24.14	59.21	14.19	1.37.54	24.1	7
Mike Hook	24.50	1.01.13	14.23	1.40.26	27.3	6
Jon Clark	28.03	1.03.49	15.06	1.46.58	35.6	5
Ahmed Abdelaziz	28.16	1.09.12	15.42	1.53.10		
Del Hastings	35.26	1.10.47	22.47	2.09.00	63.5	4

### Standard - women

Lara Shoesmith	52.38	1.40.34	28.28	3.01.40	0	10
Sam Whitehead	1.00.05	1.50.49	37.10	3.28.04	14.5	9
Emma Smith	1.06.30	2.21.26	35.40	4.03.36	34.1	8

### Standard - Men

Neil Giles	41.14	1.13.45	21.36	2.16.35	0	10
Gunter Eifler	44.27	1.17.47	24.16	2.26.30	8.1	9
Steve Alden	44.38	1.22.02	22.45	2.29.25	10.2	8
John MacTear	45.12	1.21.48	23.05	2.30.05	10.7	7
Martin Shoesmith	50.45	1.21.59	30.34	2.42.48	20.1	6
Pau Richardson	53.41	1.38.34	36.45	3.09.00	39.4	5

### RELAY

Simon Barton	54.03					
Steve McMenamin		1.27.30				
Kay McMenamin			33.02	2.54.35		
Heather Appleby	1.02.50		35.54			
Callum Murray		1.26.12		3.04.56		

### Standalone Results

Jo Barton	1.09.52
David Ricketts	No time recorded
Phil Tromans	1.42.32