



Adult Duathlon Series Race 3

High Lodge – 19th November 2023

Race Results



Position	Last Name	First Name	Run 1 + T1	Bike + T2	Run 2	Finish Time
4	Abbott	Lee	10:17.2	17:18.7	10:22.9	37:58.8
9	Barns	Chris	11:09.7	20:04.4	12:14.5	43:28.6
1	Carter	Alan	09:39.2	15:33.3	09:50.3	35:02.8
5	Cook	Tarquin	10:16.6	18:09.9	10:32.5	38:59.0
2	Corner	Jason	09:05.1	16:39.4	09:21.2	35:05.7
21	Eade	Heather	15:46.6	29:22.4	17:30.5	02:39.5
6	Gittins	Dai	11:05.8	18:04.7	10:48.4	39:58.9
20	Hipwell	Baz	13:11.0	23:26.2	15:23.9	52:01.1
10	Hollingsworth	Richard	11:31.0	20:15.1	12:40.7	44:26.8
18	Johnstone	Briony	12:52.7	23:55.1	14:39.4	51:27.2
11	Keys	Ian	12:13.5	20:56.4	12:57.2	46:07.1
12	Keyworth	Helen	13:08.5	19:52.3	13:35.4	46:36.2
15	King	Paul	13:36.5	23:35.5	12:13.2	49:25.2
7	Laker	Nathaniel	10:58.6	19:40.2	10:57.4	41:36.2
13	Law	James	11:37.2	21:40.2	13:26.4	46:43.8
19	Loveday	Christine	13:27.9	24:54.0	13:10.7	51:32.6
8	Matthews	Joe	12:10.8	18:30.1	11:22.6	42:03.5
14	Mead	Hayley	12:50.9	22:02.6	13:16.1	48:09.6
16	Norman	Greg	15:31.4	20:46.9	13:30.1	49:48.4
17	Oxbury	Carla	13:34.4	22:54.9	13:38.8	50:08.1
3	Woodcock	Barley	09:27.6	16:53.0	09:31.6	35:52.2