



Adult Duathlon Series Race 4/8

High Lodge – 21st December 2025

Race Results



Position	Last Name	First Name	Run 1 + T1	Bike + T2	Run 2	Finish Time
5	Abbott	Lee	10:46.4	17:13.2	10:32.0	38:31.6
15	Anspach	Quinn	11:13.0	20:29.7	10:47.7	42:30.4
3	Barnes	Jamie	09:54.4	15:03.2	10:48.1	35:45.7
12	Barns	Chris	11:25.2	17:46.1	11:52.4	41:03.7
6	Bell Tye	Dominic	10:09.0	16:47.6	11:39.2	38:35.8
11	Bell Tye	Kieran	10:14.1	20:57.3	09:36.5	40:47.9
26	Biggs	Michelle	15:19.2	24:09.0	15:56.8	55:25.0
25	Calaby	Elly	14:50.4	26:10.9	13:53.1	54:54.4
4	Crisp	James	09:20.6	18:14.0	09:19.3	36:53.9
23	Davidson	Mick	15:10.2	23:31.3	14:07.3	52:48.8
19	Davies	Steve	11:46.7	21:52.8	11:31.1	45:10.6
9	Eldridge	Benn	10:37.7	18:09.7	10:52.3	39:39.7
7	Emmett	Lynn	10:37.8	17:43.7	10:17.4	38:38.9
14	Harrington	Tom	11:35.9	18:54.9	11:45.4	42:16.2
13	Hinns	Kevin	11:07.3	19:32.2	10:25.2	41:04.7
8	Laker	Nathaniel	10:43.4	18:02.4	10:50.3	39:36.1
10	Marshall	Trevor	11:23.2	16:17.4	12:02.0	39:42.6
20	McAlpine	Ian	13:25.9	19:26.0	13:19.2	46:11.1
1	Middleton	Thomas	09:40.8	15:09.5	09:46.6	34:36.9
17	Patmore	Ian	11:10.3	21:14.2	11:21.2	43:45.7
18	Pitchford	Carla	11:44.8	21:14.7	12:01.0	45:00.5
21	Smith	Bethany	12:37.4	21:00.8	13:18.5	46:56.7
22	Southgate	Peter	14:28.1	21:56.5	13:41.1	50:05.7
24	Westad	Jacob	13:01.4	26:44.9	14:23.2	54:09.5
16	Whited	Aaron	11:11.8	20:29.4	10:50.5	42:31.7
2	Woodcock	Barley	08:59.5	17:02.1	08:42.9	34:44.5