

# RESULTS



## Duathlon 3; 10 January 2016 (Tristars Start)

## Les Quennevais

10 January 2016

		400m Run	1.5km Cycle	400m Run	Finish Time
Rory Baines	Male	00:01:45	00:05:17	00:02:05	00:09:07
Saffy Butler	Female	00:01:53	00:05:06	00:02:13	00:09:12
Jacob Mauger	Male	00:01:42	00:05:03	00:03:06	00:09:51
Ava Kennedy	Female	00:02:00	00:05:26	00:02:25	00:09:51
Rory Wanless	Male	00:02:08	00:05:50	00:02:55	00:10:53
Evie Worth	Female	00:02:22	00:06:21	00:02:49	00:11:32
Erin Killian	Female	00:02:07	00:07:20	00:02:34	00:12:01
Henry Lucas	Male	00:02:11	00:07:31	00:02:27	00:12:09
Molly Bellot	Female	00:02:21	00:09:20	00:02:59	00:14:40
Oliver Stocke	Male	00:02:37	00:00:00	00:00:00	DNF

## Duathlon 3; 10 January 2016 (Tristars 1)

## Les Quennevais

10 January 2016

		800m Run	3.0km Cycle	800m Run	Finish Time
Luke Holmes	Male	00:03:07	00:07:08	00:03:44	00:13:59
Casper Whitewood	Male	00:03:03	00:07:40	00:03:39	00:14:22
Filip Nowacki	Male	00:03:27	00:07:12	00:03:59	00:14:38
Elizabeth Atkinson	Female	00:03:04	00:07:53	00:03:48	00:14:45
Daniel Stocke	Male	00:03:08	00:08:00	00:03:42	00:14:50
Hannah Worth	Female	00:03:19	00:07:56	00:04:00	00:15:15
Libby Hart	Female	00:03:47	00:07:51	00:04:21	00:15:59
Ruairi Boxall	Male	00:03:37	00:08:26	00:04:10	00:16:13
Kyle Kinnaird	Male	00:03:26	00:08:41	00:04:15	00:16:22
Ronan Baines	Male	00:03:17	00:09:33	00:03:50	00:16:40
Seaena Silvester	Female	00:03:48	00:08:38	00:04:16	00:16:42
Siena Stephens	Female	00:03:39	00:09:10	00:04:38	00:17:27
Lucy Cohu	Female	00:03:43	00:10:16	00:04:02	00:18:01
Sarah Youinou	Female	00:04:07	00:09:27	00:04:54	00:18:28
Olivia Boustouler	Female	00:00:00	00:00:00	00:00:00	DNF

## Duathlon 3; 10 January 2016 (Tristars 2)

## Les Quennevais

10 January 2016

		1500m Run	6.0km Cycle	800m Run	Finish Time
Freddie Lucas	Male	00:05:47	00:13:17	00:03:38	00:22:42
Charlie Hart	Male	00:06:27	00:12:28	00:03:49	00:22:44

\* Time penalties: Archie Swain 20s added to bike time; cycling in transition area

# RESULTS



Thomas Atkinson	Male	00:06:13	00:13:43	00:03:39	00:23:35
Lily Scott	Female	00:06:07	00:14:34	00:03:54	00:24:35
Harry Worth	Male	00:06:26	00:14:18	00:03:58	00:24:42
Lachlan Ruddy	Male	00:06:48	00:14:24	00:03:57	00:25:09
Elisha Hiller	Female	00:06:12	00:15:24	00:03:52	00:25:28
Sol Silvester	Male	00:06:55	00:15:19	00:04:10	00:26:24
Thomas Moore	Male	00:06:57	00:15:47	00:03:45	00:26:29
Adam Kennedy	Male	00:06:43	00:16:03	00:03:50	00:26:36
Jonty Butler	Male	00:06:34	00:17:32	00:02:42	00:26:48
Eva Scott	Female	00:07:44	00:15:11	00:05:39	00:28:34
Joseph Holmes	Male	00:09:34	00:18:19	00:04:21	00:32:14
Matthew Stocke	Male	00:09:34	00:20:08	00:05:10	00:34:52

## Duathlon 3; 10 January 2016 (Tristars 3)

## Les Quennevais

10 January 2016

		1500m Run	7.5km Cycle	800m Run	Finish Time
Jack Kennedy	Male	00:05:26	00:15:02	00:03:32	00:24:00
Will Atkinson	Male	00:05:46	00:16:49	00:03:37	00:26:12
Harvey Butler	Male	00:06:10	00:19:12	00:03:23	00:28:45
Archie Swain	Male	00:07:05	00:17:37	00:04:28	00:29:10
Dan Roderick	Male	00:06:53	00:18:50	00:04:28	00:30:11
Team Perchard/Youino	Female	00:06:59	00:19:10	00:04:03	00:30:12
Ellie Boustouler	Female	00:06:49	00:19:47	00:04:35	00:31:11
Joseph Beddoe	Male	00:07:07	00:21:00	00:04:00	00:32:07

## Duathlon 3; 10 January 2016 (Youth)

## Les Quennevais

10 January 2016

		1500m Run	7.5km Cycle	800m Run	Finish Time
Peter Holmes	Male	00:05:44	00:16:31	00:03:03	00:25:18
Lily McGarry	Female	00:07:01	00:18:08	00:03:57	00:29:06
Adele Maher	Female	00:07:01	00:18:05	00:04:00	00:29:06

\* Time penalties: Archie Swain 20s added to bike time; cycling in transition area