

RESULTS



Duathlon 1; 27 November 2016 (Tristars Start)

Les Quennevais

27 November 2016

		400m Run	1.5km Cycle	400m Run	Finish Time
Hugo Nowacki	Male	00:01:54	00:04:51	00:02:17	00:09:03
Amber Mauger	Female	00:01:58	00:05:22	00:02:26	00:09:46
Evie Worth	Female	00:02:08	00:05:26	00:02:34	00:10:08
Oliver Stocke	Male	00:02:00	00:05:36	00:02:43	00:10:19
Rose Cabot	Female	00:01:52	00:06:51	00:02:15	00:10:58

Duathlon 1; 27 November 2016 (Tristars 1)

Les Quennevais

27 November 2016

		400m Run	3km Cycle	800m Run	Finish Time
Jacob Mauger	Male	00:12:16	00:00:00	00:00:00	00:12:16
Filip Nowacki	Male	00:12:29	00:00:00	00:00:00	00:12:29
Siena Stephens	Female	00:13:00	00:00:00	00:00:00	00:13:00
Libby Hart	Female	00:13:22	00:00:00	00:00:00	00:13:22
Ollie Huelin	Male	00:13:33	00:00:00	00:00:00	00:13:33
Rory Baines	Male	00:13:35	00:00:00	00:00:00	00:13:35
Ruairi Boxall	Male	00:13:40	00:00:00	00:00:00	00:13:40
Seaena Silvester	Female	00:14:25	00:00:00	00:00:00	00:14:25
Elsa Wanless	Female	00:14:44	00:00:00	00:00:00	00:14:44
Saskia Ruddy	Female	00:15:08	00:00:00	00:00:00	00:15:08
Lucy Cohu	Female	00:15:13	00:00:00	00:00:00	00:15:13
Saffy Butler	Female	00:15:28	00:00:00	00:00:00	00:15:28
Alfie Queree	Male	00:15:30	00:00:00	00:00:00	00:15:30
Ava Kennedy	Female	00:15:51	00:00:00	00:00:00	00:15:51
Henry Lucas	Male	00:16:12	00:00:00	00:00:00	00:16:12
Scot Storey	Male	00:16:31	00:00:00	00:00:00	00:16:31

Duathlon 1; 27 November 2016 (Tristars 2)

Les Quennevais

27 November 2016

		1500m Run	6km Cycle	800m Run	Finish Time
Freddie Lucas	Male	00:05:39	00:12:52	00:03:24	00:21:55
Casper Whitewood	Male	00:05:57	00:13:04	00:03:23	00:22:24

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Sol Silvester	Male	00:05:58	00:13:03	00:03:26	00:22:27
Tom Huelin	Male	00:05:53	00:13:12	00:03:54	00:22:59
Charlie Hart	Male	00:06:15	00:12:54	00:04:13	00:23:22
Luke Holmes	Male	00:06:11	00:13:47	00:03:52	00:23:51
Elizabeth Atkinson	Female	00:06:21	00:14:05	00:03:44	00:24:09
Lachlan Ruddy	Male	00:06:28	00:14:16	00:03:28	00:24:12
Daniel Stocke	Male	00:06:05	00:14:47	00:03:23	00:24:15
Hannah Worth	Female	00:06:44	00:14:02	00:03:56	00:24:41
Eva Scott	Female	00:06:29	00:15:18	00:03:35	00:25:22
Adam Kennedy	Male	00:06:28	00:15:24	00:03:34	00:25:26
Ronan Baines	Male	00:06:13	00:16:05	00:03:23	00:25:41
Hollie Masefield	Female	00:06:29	00:15:30	00:03:49	00:25:47
Olivia Messervy	Female	00:07:08	00:16:21	00:03:50	00:27:19
Samuel Ahier	Male	00:07:39	00:20:03	00:04:15	00:31:56

Duathlon 1; 27 November 2016 (Tristars 3)

Les Quennevais

27 November 2016

		1500m Run	7.5km Cycle	800m Run	Finish Time
Lily Scott	Female	00:06:01	00:16:27	00:03:21	00:25:49
Harry Worth	Male	00:06:31	00:16:58	00:03:51	00:27:21
Dan Roderick	Male	00:06:19	00:17:43	00:03:33	00:27:35
Thomas Atkinson	Male	00:05:39	00:18:46	00:03:20	00:27:45
Joseph Holmes	Male	00:07:03	00:16:55	00:04:52	00:28:50
Joseph Beddoe	Male	00:06:50	00:18:17	00:04:06	00:29:13

Duathlon 1; 27 November 2016 (Youth)

Les Quennevais

27 November 2016

		1500m Run	7.5km Cycle	800m Run	Finish Time
Peter Holmes	Male	00:05:36	00:14:51	00:03:29	00:23:56
Will Atkinson	Male	00:05:36	00:15:27	00:03:02	00:24:05
Harvey Butler	Male	00:06:19	00:19:13	00:03:21	00:28:53