

Box End Triathlon 4 August 2013 Results

Position	Name	Category	Swim	T1	Cycle	T2	Run	Total	
1	Tom Watt	MV40	00:11:19	00:01:01	00:38:46	00:00:29	00:23:26	01:15:01	1st Man
2	Graham Mackie	MV50	00:12:43	00:01:33	00:40:49	00:00:44	00:24:59	01:20:48	2nd Man
3	Aleck Hornshaw	MV40	00:12:40	00:01:35	00:41:00	00:00:35	00:24:58	01:20:48	
4	Mark Bell	MV40	00:16:44	00:00:54	00:44:52	00:00:43	00:22:40	01:25:53	
5	Andrew Jones	MV40	00:14:49	00:02:23	00:42:43	00:00:44	00:25:55	01:26:34	
6	Lisette Bonn-Casey	FV40	00:12:23	00:01:06	00:48:50	00:00:39	00:24:35	01:27:33	1st Lady
7	Matthew Hinsley	SM	00:17:14	00:02:27	00:47:19	00:00:25	00:26:52	01:34:17	
8	Melissa Burrell	SF	00:17:54	00:00:41	00:49:46	00:00:51	00:25:41	01:34:53	2nd Lady
9	Matt Bowmer	MV40	00:17:54	00:02:00	00:50:02	00:00:49	00:26:56	01:37:41	
10	Colin Childs	MV50	00:16:01	00:01:58	00:53:58	00:01:20	00:32:03	01:45:20	
11	Gillian Childs	FV40	00:19:55	00:03:59	01:02:55	00:01:40	00:38:11	02:06:40	
12	Kelly Paine	SF	00:19:14	00:03:25	01:12:40	00:01:38	00:31:13	02:08:10	
13	Jacqui Payne	FV40	00:21:35	00:02:45	01:08:32	00:00:48	00:44:07	02:17:47	
	Matthew Cooper	MV40	00:18:50	00:03:09	00:44:18	00:00:59	-	DNF	

Box End Duathlon 4 August 2013 Results

Position	Name	Category	Run1	T1	Cycle	T2	Run2	Total	
1	Jez Cox	SM	00:18:35	00:00:42	00:36:23	00:00:33	00:19:59	01:16:12	1st Man
2	Catriona Buchanan	SF	00:20:29	00:00:49	00:44:41	00:00:34	00:21:39	01:28:12	1st Lady