

Sunday, 2 June – The Fambridge Yacht Haven Middle Distance Triathlon (167 finishers)

| Pos | No | Name | Gen | Cat | Cat Pos | Club | Swim | S Pos | T1 | Bike | B Pos | T2 | Run | R Pos | Time |
|-----|-----|------------|------|----------|---------|-----------|----------|-------|----------|----------|-------|----------|----------|-------|----------|
| 7 | 137 | Paul Mason | Male | Vets 40+ | 4 | Medwaytri | 00:37:23 | 34 | 00:02:06 | 02:37:18 | 15 | 00:01:28 | 01:18:54 | 2 | 04:37:12 |

Eastbourne Cycling Festival – Eastbourne Duathlon (43 finishers)

| Pos | Bib | Name | Gen | Gen Pos | Cat | Cat Pos | R1 | T1 | Bike | T2 | R2 | Finish |
|-----|-----|---------------|-----|---------|-------|---------|-------|-------|-------|-------|-------|----------|
| 4 | 34 | Stuart Mcleod | M | 4 | 40-44 | 1 | 08:08 | 14.90 | 36:17 | 11.70 | 08:30 | 53:22.50 |

Outlaw Half

| NAME | RACE NO | GENDER | CAT | FINISH | SWIM | SWIM POS. | SWIM CAT POS. | T1 | BIKE 38M SPLIT | BIKE | BIKE POS. | BIKE CAT POS. | FINISH STATUS |
|--------------|---------|--------|-------|--------|----------|-----------|---------------|----------|----------------|----------|-----------|---------------|---------------|
| NICKY THOMAS | 295 | Male | 35-39 | | 00:43:02 | 751 | 122 | 00:03:22 | 02:01:48 | 03:13:25 | 715 | 130 | DNF |