

Saturday 19 October – Grim Duathlon (5k/20k/5k Off Road, 231 finishers)

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Run 1	Cycle	Run 2
24	275	Ian Beard	01:48:52	sen	16	Male	24	MedwayTri	00:22:08	01:01:57	00:23:16

Great Lines parkrun (5k, 129 finishers)

Pos	parkrunner	Time	Cat	Grade	Gender	Pos	Club	Note	Runs
12	<a href="#">Paul ALBON</a>	20:46	<a href="#">SM25-29</a>	62.12%	M	12	<a href="#">MedwayTri</a>	PB stays at 00:20:22	20

Althorp Duathlon, European Championship Qualifier (Sprint, 5k/20k/5k)

Pos	Name	Club	Race No	Time	Cat	Cat Pos	Gen	Gen Pos	Run 1	Run 1 Pos	Run 1 Cat Pos	T1	T1 Pos	T1 Cat Pos	Cycle	Cycle Pos	Cycle Cat Pos	T2	T2 Pos	T2 Cat Pos	Run 2	Run 2 Pos	Run 2 Cat Pos	
27	Stuart Mcleod	MEDWAY TRI	93	01:13:09	40-44	4	M	26	00:19:19	53	7	00:00:30	7	1	00:33:15	14	6	00:00:29	10		1	00:19:39	44	6

Sunday 20 October – Chilham Castle Duathlon (Sprint,5k/27k/2.5k, 104 finishers)

Position	Bib #	Athlete Name	Gender	Category	Run1	T1	Cycle	T2	Run2	Gun Time
3	211	STUART McLEOD	M	H 40-44	00:22:21	00:00:25	00:47:33	00:00:32	00:12:44	01:23:37
9	270	WILL MUNDAY	M	JNR 18	00:22:01	00:00:49	00:51:21	00:00:43	00:13:23	01:28:18
10	255	JOSHUA PINE	M	D 20-24	00:21:53	00:00:37	00:52:40	00:00:46	00:12:54	01:28:50
44	295	JOHN HEANEY	M	H 40-44	00:26:47	00:01:02	00:59:00	00:01:02	00:15:16	01:43:09
69	262	RICHARD JAMES	M	I 45-49	00:33:03	00:01:35	00:57:50	00:01:13	00:18:14	01:51:57
70	297	LEIGH STACE	M	H 40-44	00:28:07	00:01:30	01:04:00	00:00:41	00:18:21	01:52:39

Kent Fitness League, Under 16 Junior Race (60 finishers)

Position	Race No	Name	Age	Category	Category Position	Club or School	Time
8	42	Samuel Painter	12	Under 13M	4	Medway Tri	09:27
20	43	Katie Painter	10	Under 13F	4	Medway Tri	10:20
29	44	Sophie Painter	10	Under 13F	7	Medway Tri	11:06