

**Saturday 2 November – Maidstone parkrun (5k, 225 finishers)**

<u>Pos</u>	<u>parkrunner</u>	<u>Time</u>	<u>Cat</u>	<u>Grade</u>	<u>Gender</u>	<u>Pos</u>	<u>Club</u>	<u>Note</u>	<u>Runs</u>
5	<a href="#">Adam FEATHERSTONE</a>	18:41	<a href="#">VM40-44</a>	74.13%	M	5		New PB!	6
16	<a href="#">Paul ALBON</a>	20:44	<a href="#">SM25-29</a>	62.22%	M	16	<a href="#">MedwayTri</a>	PB stays at 00:19:21	21

**Sunday 3 November – Bridge Triathlon Duathlon Team Relays (24 finishers)**

<b>Pos</b>	<b>Club</b>	<b>First Name</b>	<b>Split</b>	<b>Name</b>	<b>Split</b>	<b>Time</b>	<b>Name</b>	<b>Split</b>	<b>Finish</b>	
3	Medway Tri M5	Stuart McLeod	00:56:59	Stuart Clark	00:57:35	1.54.34	Dean Ratcliffe	00:57:04	02:51:38	3rd M
4	Medway Tri M3	Josh Pine	00:59:11	Simon Dodd	01:01:36	2.00.47	Will Munday	00:59:54	03:00:41	
6	Medway Tri	Paul Sparks	00:59:12	Ed Lawson	01:02:58	2.02.10	Steve Lawson	01:02:36	03:04:46	
16	Medway Tri F1	Deborah Hope	01:01:54	Megan Wherry	01:16:31	2.18.25	Andri de Wit	01:09:05	03:27:30	3rd F
17	Medway Tri M4	ian beard	01:02:08	miriam simmons	01:22:28	2.24.36	ade grimmond	01:06:03	03:30:39	
18	Medway Tri M6	leigh Stace	01:12:45	Belinda Harrison	01:06:54	2.19.39	Ian Kocko	01:17:52	03:37:31	
21	Medway Tri F2	Jane McLeod	01:16:16	Chris Parry	01:11:53	2.28.09	Nicky Thomas	01:19:19	03:47:28	