

Saturday 9 November – Greatlines parkrun (5k, 128 finishers)

Pos	parkrunner	Time	Cat	Grade	Gender	Pos	Club	Note	Runs
44	Miriam SIMMONS	27:10:00	VW45-49	59.63%	F	10	MedwayTri	New PB!	5

RG Active Winter BallBuster Duathlon (8 miles/24 miles/8 miles, 339 finishers)

Pos.	Bibno.	Participant	Club/Company/Sponsor	Finish time		T1		T2	
227	31	Paul Albon	Medway Tri	03:47:22	01:03:12	02:48	01:34:59	03:30	01:02:53

Sunday 10 November – Hillingdon Triathlete Autumn Childrens Duathlon

Tristar 1 Girls (0.75km/4.5km/1.5km, 12 finishers)

Position	Race No.	Gender	Category	Name	Club	1st Run + Bike	2nd Run	Total
1	74	Female	TriStar 1 (9-10)	Katie Painter	MedwayTri	00:13:30	00:06:36	0:20:06
2	75	Female	TriStar 1 (9-10)	Sophie Painter	MedwayTri	00:14:35	00:06:57	0:21:32

Tristar 2 Boys (0.75km/4.5km/1.5km, 9 finishers)

Position	Race No.	Gender	Category	Name	Club	1st Run + Bike	2nd Run	Total
2	91	Male	TriStar 2 (11-12)	Samuel Painter	MedwayTri	00:11:19	00:06:00	0:17:19

Hell Fire Corner Sportive

First	Last	Event	Distance (miles)	Number	Time	Standard
Maria	Painter	Short	24	822	02:27:13	Bronze
Ian	Beard	Standard	52	51	03:32:33	Silver
Simon	Dodd	Standard	52	283	03:32:36	Silver
Aaron	Charlery	Standard	52	171	05:33:47	Bronze
Miriam	Charlery	Standard	52	174	05:46:54	Bronze
Ashley	Charlery	Standard	52	172	05:48:10	Bronze
Sebastien	Charlery	Standard	52	173	05:48:10	Bronze
Richard	Ebanks	Epic	82	309	06:13:09	Bronze
Leigh	Stace	Epic	82	1033	07:03:08	Bronze
Belinda	Harrison	Epic	82	479	07:03:13	Bronze