

Saturday 30 November

Greatlines parkrun (5k, 131 finishers)

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Runs
4	Deborah HOPE	20:36	VW35-39	72.82%	F	1	MedwayTri	New PB!	2

Kent League Cross Country, Sparrows Den (Senior Men, 176 finishers)

Pos.	Gun Time	First	Last	Club	Gender	Cat	Race No.
56	00:35:58	MARK	LAING	Med Tri	M	V40	278
76	00:37:29	ADAM	FEATHERSTONE	Med Tri	M	V40	280
79	00:37:37	GORDON	FORREST	Med Tri	M	Senior	282
98	00:38:57	PAUL	MASON	Med Tri	M	V40	284
153	00:43:52	PAUL	ALBON	Med Tri	M	Senior	357
172	00:50:17	CHRIS	PARRY	Med Tri	M	V40	276

Sunday 1 December

Bridge Triathlon Winter Duathlon, Cyclopark (6k/20k/3k, 45 finishers)

Pos	Name	Last Name	Club	Run1	Bike	Run 2	Finish	
6	Stuart	McCleod	Medway tri	00:24:48	00:35:41	00:14:53	01:15:22	2nd MV
9	Ed	Lawson	Medway tri	00:25:13	00:37:14	00:16:10	01:18:37	
13	Steve	Lawson	Medway tri	00:26:21	00:38:20	00:16:07	01:20:48	
21	Chris	Ford	Medway tri	00:27:26	00:41:38	00:16:28	01:25:32	
35	Lee	Howes	Medway tri	00:27:46			01:30:21	
40	Michelle	Li	Medway tri	00:29:05			01:37:05	3rd F
44	Richard	James	Medway tri	00:36:05			01:42:05	

British Biathlon Championships, Solihull

Under 13 Girls (54 competitors)

Pos	No	Name	Swim (100m)			Run (1600m)			Total Pts
			Time	Pos	Pts	Time	Pos	Pts	
27	101	Lilly Gibbs	01:18.5	42	972	05:56.8	18	1267	2239