

Saturday 7 December

Greatlines parkrun (5k, 92 finishers)

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Runs
10	Katie PAINTER	21:40	JW14	78.77%	F	1	MedwayTri	New PB!	4
30	Miriam SIMMONS	26:51	VW45-49	60.34%	F	6	MedwayTri	New PB!	8

Kent Veterans Cross Country Champs, Men 40-49 (58 finishers)

Pos	No	First	Last	Time	Gender	Category	Club/Team
19	345	Mark	Laing	00:38:23	Male	M40	MedwayTri
31	346	Stuart	Maclaud	00:40:33	Male	M40	MedwayTri
40	348	Colin	Waters	00:42:06	Male	M40	MedwayTri

Sunday 8 December

Deal Tri Winter Duathlon Series 2013/14 - Round 2 (1.9 mile/10.1 mile/1.9 mile, 25 finishers)

Position	Name	Sex	Run 1	Rank	Bike	Rank	Run 2	Rank	Finish Time	Points	
6	Dean Painter	M	00:12:03	9	00:30:51	8	00:12:21	6	00:55:15		Guest
14	Samuel Painter	J	00:12:05	10	00:35:57	14	00:13:00	12	01:01:02		Guest
17	Quinn Austin	J	00:12:25	11	00:39:45	21	00:12:56	11	01:05:06		Guest