

Saturday 18 January

Great Lines parkrun (5k, 147 finishers)

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Tot Runs
15	Garry FURZE	22:15	SM35-39	60.45%	M	15	MedwayTri	New PB!	2
44	Miriam SIMMONS	26:18	VW45-49	61.60%	F	7	MedwayTri	New PB!	12
53	Alison SMITH	27:29	VW40-44	56.40%	F	12	MedwayTri	PB stays at 00:26:31	7

Sunday 19 January

Deal Tri Winter Duathlon Series Round 3 (1.9 miles/10.1 miles/1.9 miles, 32 finishers)

Position	Name	Sex	Run 1	Rank	Bike	Rank	Run 2	Rank	Finish Time
8	Dean Painter	M	00:11:47	9	00:29:59	8	00:12:32	9	00:54:18
14	Samuel Painter	J	00:12:58	14	00:33:48	14	00:12:39	10	00:59:25
19	Quinn & Zak Austin	T	00:14:34	21	00:33:51	16	00:15:55	24	01:04:20
27	Maria, Katie & Sophie Painter	T	00:14:37	22	00:43:33	31	00:13:42	13	01:11:52