

TIME CAPS	TRIATHLON	AQUATHLON
16-21 MALE	40	25
16-21 FEMALE	45	25
13-15 MALE	30	15
13-15 FEMALE	35	15
11-12 MALE	22	10
11-12 FEMALE	25	10

TRIATHLON - May 30th, 2021

		END SWIM	START BIKE	END BIKE	START RUN	END RUN	TOTAL
<u>11-12 (Swim:150m Ride:5km Run: 1.25km)</u>							
1	Toria Alleyne	F					
2	Zinzele Renwick-Williams	M	2:24	3:16	13:48	14:31	19:34
<u>13-15 (Swim:200m Ride: 7km Run:2km)</u>							
16	Fynn Armstrong	M	2:48	3:27	15:45	16:31	23:35
17	Nikkel Philliphs	M	4:52	5:39	FLAT TYRE	9:21	18:58
18	Cain Banfield	M	2:34	3:19	15:47	16:34	25:59:00
19	Charlie Williams	M					
20	Matthew DaCosta-Hinds	M	2:44	3:48	16:47	17:18	26:29:00
21	Israel Bryan	M					
22							
23	Luke McIntyre	M	2:44	3:26	16:04	16:46	24:49:00
24	Kaden Alleyne-Bovell	M					
25	Daniel Lashley	M	2:55	3:41	17:12	17:51	27:42:00
<u>16 - 21 (400m/10km/3 km)</u>							
31	Chara Hinds	F	5:59	6:52	27:04:00	27:53:00	41:58:00
32	Zary Hinds	M	6:57	8:14	29:37:00	30:23:00	47:51:00
33	Chris Pollard	M					
34	Adam Marshall	M	7:18	8:16	24:15:00	25:03:00	39:01:00
35	Niel Skinner	M	4:57		23:10:00	23:45:00	34:27

AQUATHLON - May 30th, 2021

END SWIM	START RUN	END RUN	TOTAL
1:54	3:09	9:35	9:35
2:34	3:30:00	11:48:00	11:48:00
2:50	3:28:00	12:04:00	12:04:00
2:26	3:25	12:03	12:03
5:04			21:14:00