

## Training Duathlons - Autumn 2018

	29/09/2018	20/10/2018	17/11/2018
Paul Brown			00:47:10
Peter Muir	00:56:44	00:54:45	00:50:52
Graham Downes		00:50:25	00:51:11
Paul Williams	00:53:39		00:51:47
John Horlock			00:52:49
Mark Christie			00:52:55
Callum Waldon			00:53:47
Paul Birch		00:55:40	00:55:58
Mathew Downes	01:02:46	00:58:11	00:56:38
Michael Gosney			00:57:17
Lois Muir			00:59:11
Steve McNiff			00:59:16
Tony Leach		01:00:12	01:00:24
Zoe Birch			01:01:00
Pam Birch		01:04:31	01:04:57
Roger and Rebecca			01:05:39
Barbara Kettle	01:10:21		01:09:23
Pauline Johnson	01:13:33		01:10:44
John Kettle		01:14:12	01:14:15
Simon Hunter		00:49:39	
Tony and Claire		00:51:40	
Gordon Mitchell		00:54:06	
Mike Quinn		00:54:25	
Anthony Moy		00:54:36	
Rob Pollard	01:01:48	00:58:56	
Julie McNicols	01:01:10	01:02:45	
Steve Westcough		01:03:52	
Roger Oldroyd		01:09:12	
John Birch		01:12:01	

Elliot Gowland	00:48:31
Rob Carter	00:49:02
Ella Towers	00:53:16
Roger Davies	00:53:39
Dave Kirton	00:56:02
Adam Brooks	00:58:27
Gemma Pearson	00:59:53
Geoff Towers	01:00:49
Caroline Wilson	01:06:23
Joe Foley	01:07:28
Jill Sexton	01:11:38
Viv Murphy	01:16:04