

Cleveland Triathlon Winter 2019/20 Training Du

Best improvers Trophy - complete at least 4 races in the series each showing a further improvement on y

New Course - 3k run - 16k bike - 3k run

	28/09/2019	26/11/2019
Matt Turnbull		00:49:44
Kev McLoughlin		00:54:28
John Horlock		00:56:31
Matthew Downes	01:02:30	00:56:50
Tony Main & Billy Mcleod		00:57:53
Paul McGough		00:58:04
Mark Brown		01:00:07
Graham Currie		01:00:24
Tricia Bell		01:01:19
Angela Ackerley	01:02:00	01:03:50
Justine Williams	01:01:23	01:03:53
Martin Stokes	00:59:38	01:04:50
Kay Stokes	01:00:00	01:05:22
Roger Oldroyd		01:09:23
Lianne Mitchel		01:10:23
James Oldfield	00:50:04	
Graeme Downes	00:50:51	
Mark Payne	00:51:18	
Nick Smith	00:53:19	
Paul MCGough and Billy Mcleod	00:54:12	
Dave Kirton	00:54:14	
Paul Kriston	00:54:42	
Jenny Graham	00:56:06	
Kirsty Struthers	00:58:02	
Pauline Johnson	01:13:07	

our last time. Most amount of time improved by is the winner - Members only