

<u>Stratford Sprint</u>		SWIM	BIKE	RUN	FINISH	Age Group
11-May-14		400m	23K	5K	TIME	Position
Alex Heron		00:07:59	00:45:25	00:23:43	01:19:20	1st
<u>Southwell Sprint</u>		SWIM	BIKE	RUN	FINISH	Age Group
18-May-14		400m	17k	5k	TIME	Position
Sarah Jennett		00:08:44	00:33:40	00:22:19	01:06:06	1st
James Hooley		00:07:51	00:34:24	00:27:07	01:11:37	36th