



Scorching Triathlons

Congratulations

Duathletes

Barbara Woods, Jocelyn Syme

for completing the Short Duathlon

(Run 1.2k, Cycle 15k, Run 2.5k)

Overall Time: 02:11:48

Race Date: 4 December 2011

with race splits of

Shoe Clinic /
Asics Run Course

00:26:09

Burkes Cycles
Bike Course

00:48:01

Shoe Clinic /
Asics Run Course

00:57:38