



Scorching Triathlons

Congratulations

Illford Second XI

Matthew Berg, Laurence Pidcock

for completing the Long Triathlon

(Swim 1000m, Cycle 30k, Run 8k)

Overall Time: 01:40:36

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:15:46

Burkes Cycles
Bike Course

00:55:24

Shoe Clinic /
Asics Run Course

00:29:25