



Scorching Triathlons

Congratulations

Ian Richardson

for completing the Long Triathlon

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

Overall Time: 02:00:35

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:20:40

Burkes Cycles
Bike Course

01:04:37

Shoe Clinic /
Asics Run Course

00:35:17