



# Scorching Triathlons

## ***Congratulations***

### ***Ray Woodhouse***

**for completing the Long Triathlon**

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

**Overall Time: 02:13:23**

Race Date: 13 November 2011

with race splits of

2XU Swim Course

**00:28:22**

Burkes Cycles  
Bike Course

**01:09:05**

Shoe Clinic /  
Asics Run Course

**00:35:56**