



AMBLESIDE SPRINT DUATHLON RESULTS 15/07/2017

Pos.	Race Number	Name	Time	Category	Gender	Gen Position	Club	TOD	Swin	T1	Cycle	T2	Run
1	127	Nick Rawcliffe	00:52:04	All Ages	Male	1	Ossy Joggers	08:42:04	00:08:28	00:00:42	00:33:01	00:00:23	00:09:29
2	130	Mary Naisby	00:59:37	All Ages	Female	1		08:49:37	00:10:36	00:00:49	00:36:57	00:00:24	00:10:49
3	312	Sarah Naisby	01:04:00	All Ages	Female	2		08:54:00	00:10:39	00:00:48	00:39:08	00:00:21	00:13:02