

Part Swim Ride Run

Time (mins)

0 10 20 30 40 50

1 Sebastian Thomson

2 Lydia Kuschmirz

3 Rod Sewell

4 Jamie Brindley

5 Marcus Williamson

6 Lucas Nixon-Hind

7 Glenn Hind

8 Manda Hall

9 Judy Murray

10 Katie Glynn

11 Karen Nixon

12 Cheryl Atkinson

13 Greg Williamson

14 Tracey Sewell

15 Steve West

Athlete

