Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run

Race number	Competitor	Silver Group: 800m - 2 laps Run; 2.8km - 7 laps Bike; 400m - 1 lap run			Time
		10th November 2018 *one lap less on bike	24th March 2018	27th Jan 2018	Previous race time 18th November 2017
	Adela	14.48*	18.05	18.35	17.44
	Blanca	15.51*	18.29	16.35	
	Zairah	Gold group	14.33	15.00	
	Alyssa	16.30		16.19	15.48
	Rosie		16.26	16.20	17.55
	Maximus	15.03		15.29*	
	Charlie	Gold group	Gold group	14.59	
	Ffyon	15.26*			
	Anna	15.04*			
	Adriana	15.19*			
	Myriam	17.27	18.45	18.06	19.42
	Karin	16.28	17.21 *slight race pause	16.12	15.03
	Lewis		19.14	19.49	
	Bea			18.29	19.39
	Miller	15.44	16.14		
	Max	Gold group	Gold	Gold	13.01

Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run

	Archie		Gold	Gold	15.15
	Gold Group	1200m - 3 laps run; 3.2km - 8 laps bike; 800m - 2 laps run	24th March 2018	27th January 2018	Previous race time 18th November 2017 where available
	Max	20.00	18.55	19.01	Silver
	Ciara	17.47		20.00	
	Thomas		14.52	15.37	
	Alec			16.39	
	Joseph	17.28	17.02	17.35	20.55
	Jack		16.22	18.02	20.31
	Archie		19.30	21.01* extra lap	Silver
	Leo		14.50	15.39	19.36
	Gabriel	15.44	14.56	15.42	
	Rafael	15.30	15.54	17.15	20.25
	Elliot	17.24	16.19	17.21	20.24
	Nellie	20.40		19.32	

Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run

	Competitor			Finish time • One lap less or one lap more than race required.	
29	Millie		18.56	19.50	
30	Maisie		17.29 *	17.24	
31	Eva	20.05	18.20	17.49	21.15
32	Katie		18.33		21.14
33	Charlie	19.18	17.58	Silver	
	Zairah	18.51			

Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run

Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run

Junior duathlon race Saturday 10th November 2018
400m laps: 2 or 3 laps run: 7 or 8 full laps bike; 1or 2 full laps run