

HILLINGDON DUATHLON - CLUB RECORDS (from November 2005)

NAME	RUN 1		BIKE				RUN 2		
	Into transition	Mount line	Lap 1	Lap 2	Lap 3	Lap 4	Dismount line	Leave transition	Finish
Girls 8: 0.75km / 4.5km / 1.5km approx (longer than usual distance)									
Open record:									
Club record:									
Sandie Pohlman 08/11/08	2:58	3:37	8:15					18:08	26:36(8:28)
Boys 8: 0.75km / 4.5km / 1.5km approx									
Open record:									
Club record:									
Robert Hall 25/03/07	3:00		7:57	12:30(4:33)			17:26(4:56)		25:01(7:35)
Girls 9/10: 0.75km / 4.5km / 1.5km approx									
Open record:									
Sky Draper 13/11/05								12:23	18:51(6:28)
Club record:									
Orla Fawcett 03/05/09	2:41						12:57	13:10 (13)	19:52(6:42)
Boys 9/10: 0.75km / 4.5km / 1.5km approx									
Open record:									
Anthony Anderson 29/03/09								11:53	18:15 (6:22)
Club record:									
Robert Hall 03/05/09	2:34		6:07				12:29	12:43	19:09 (6:26)

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NAME	RUN 1		BIKE				RUN 2			
	Into transition	Mount line	Lap 1	Lap 2	Lap 3	Lap 4	Dismount line	Leave transition	Finish	
Girls 11/12: 0.75km / 4.5km / 1.5km approx										
Open record:										
Sky Draper	11/11/07	2:09	2:24 (15)	5:19(2:55)	8:07(2:48)			11:14	17:05(5:51)	
Club record:										
Sky Draper	11/11/07	2:09	2:24 (15)	5:19(2:55)	8:07(2:48)			11:14	17:05(5:51)	
Boys 11/12: 0.75km / 4.5km / 1.5km approx										
Open record:										
Mason Baylis	30/03/08							11:42	17:30(5:48)	
Club record:										
Ben Millican	12/11/06	2:13	2:28 (15)	5:30(3:02)	8:30(3:00)			11:36(3:06)	17:34(5:49)	
Girls 11/12: 0.75km / 6.0km / 1.5km approx										
Open record:										
Katie Metalli	04/05/08							14:55	21:37(6:42)	
Club record:										
Alice Hall	03/05/09	2:29	2:43 (14)	5:50(3:07)	11:50		14:44(2:54)	14:57 (13)	22:16(7:19)	
Boys 11/12: 0.75km / 6.0km / 1.5km approx										
Open record:										
Lewis Hawkins	04/05/08							14:36	20:39(6:03)	
Club record:										
Girls 13/14: 0.75km / 7.5km / 1.5km approx										
Open record:										
Sky Draper	04/05/08							15:54	21:11 (5:17)	
Club record:										
Sky Draper	30/03/08	2:07		5:13	7:55(2:42)	10:40(2:45)	13:23(2:43)	16:05(2:42)	16:12 ? Official	21:24 (5:12 ?) Official

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								16:30(25) Unofficial	21:57(5:27) Unofficial	
Boys 13/14: 0.75km / 7.5km / 1.5km approx										
Open record:										
Scott Rata	06/05/07							15:09	20:46(5:37)	
Club record:										
Dan Barraclough	03/05/09	2:07	2:27 (20)	5:05(2:38)	7:40(2:35)	10:17(2:37)	12:53(2:36)	15:29(2:36)	15:44 (15)	21:24(5:40)

NAME	RUN 1		BIKE								Leave transition	Finish
	Into transition	Mount line	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Dis-mount line			
Girls 15/16: 0.75km / 10.5km / 1.5km approx												
Open record:												
Becky Hewitt	04/05/08										21:20	27:00(5:40)
Club record:												
Boys 15/16: 0.75km / 10.5km / 1.5km approx												
Open record:												
Matt Myers	30/03/08										19:36	25:00(5:24)
Club record:												
Ben Hall	29/03/09	2:08	2:30	5:11	7:51	10:34	13:16	15:53	18:36	21:15	21:35	27:54 (6:19)