

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 and under : 400m / 1.5km / 200m approx									
Open record:									
Kirsten Stilwell (03/04/11)	2:24							3:58	7:06 (0:44)
Club record:									
Rachel Padwick (11/11/07)								7:32	8:30 (0:58)
Boys 8 and under: 400m / 1.5km / 200m approx									
Open record:									
Reefe Boericke (04/05/08)								5:56	6:32 (0:36)
Club record:									
Tom Hall (14/11/10)	2:07	2:19					5:50		7:06
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)

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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 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 08/11/09	2:28		6:15				12:32	12:41	18:37 (5:56)
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:									
Robert Hall 03/04/11	2:06	2:18 (12)	5:20(3:02)				11:13	11:24 (11)	16:59(5:35)
Club record:									
Robert Hall 03/04/11	2:06	2:18 (12)	5:20(3:02)				11:13	11:24 (11)	16:59(5:35)

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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 / 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:									
Robert Hall 02/05/10								15:41	21:30 (5:49)
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 16:30(25) Unofficial	21:24 (5:12 ?) Official 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)

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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:												
Sky Draper 02/05/10											20:35	26:08(5:33)
Club record:												
Boys 15/16: 0.75km / 10.5km / 1.5km approx												
Open record:												
Kieran Lindars (03/04/11)											19:32	24:56 (5:24)
Club record:												
Ben Hall 14/11/10	2:05		5:13	7:53 (2:40)	10:35 (2:42)	13:15 (2:40)	15:51 (2:36)	18:32 (2:41)	21:11 (2:39)		21:29 (18)	26:59 (5:30)