

Mansfield Tri Club - Winter Aquathlon Series  
Race #5 Results - 22 Mar 09

Juniors

	Swim	Run	Total
200m swim 1 lap run			
Millie	4:21	7:57	12:18
400m swim 1 lap run			
Aoife	8:10	6:31	14:31 (40 extra swim?)

Seniors

400m swim 3.7 mile approx run though Conrad and Craig added to the run as they obviously thought it wasn't long enough

	Swim	Run	Total
Gareth Castledine	7:54	21:30	29:24
Mike Jones	7:20	24:01	31:21
Harry Goodyear	6:28	28:23	34:51
Conrad Watson	11:05	28:44	39:49
Craig Froggett	9:40	40:49	50:29
Hugh Barnett	11:31	43:48	55:19