

York Triathlon 2025

Sprint Relay

Female

Age is at end of year

Pos	Name	Race No	A/G Pos	A/G Cat	Age	Team Name	Swim	T1	Cycle	T2	Run	Time
1	Lizzie Nairn	1007	1/1	H	40	Selby Striders	00:07:22	00:00:58	00:38:13	00:00:31	00:19:08	01:06:12
2	Tracy Mcinnes	1016	1/1	L	61	Roar-some Squad	00:06:43	00:01:00	00:42:08	00:00:34	00:22:21	01:12:46
3	Adele Parker	1005	1/1	I	46	KAN Do Lionesses	00:10:21	00:01:07	00:41:45	00:00:37	00:23:44	01:17:34
4	Kirstin Mccosh	1013	1/3	F	31	Old Dogs and a Pup	00:07:20	00:01:07	00:44:56	00:00:47	00:26:21	01:20:31
5	Kyla Mccosh	1012	2/3	F	32	2 K's and a Johnny	00:07:49	00:00:57	00:48:28	00:00:36	00:22:52	01:20:42
6	Katrina Attwood	1004	1/1	K	56	Chariots of Dire	00:09:41	00:01:50	00:45:15	00:00:44	00:25:32	01:23:02
7	Nicki Brook	1008	1/1	E	28		00:19:36	00:01:01	00:38:47	00:00:37	00:24:18	01:24:19
8	Ayesha Nedley	1000	3/3	F	30	Chaffing the Dream	00:11:13	00:01:18	00:47:11	00:00:47	00:29:56	01:30:25