



**CONGRATULATIONS  
Oliver Couch**

**ON FINISHING THE  
Helix Duathlon Festival  
Novice Duathlon**

**RACE DATE  
22/09/2018**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
Male            15 of 42            M Youth            5 of 6

**IN A TIME OF  
00:52:56**

**Run            T1            BIKE            T2            RUN**  
**00:15:48    00:00:18    00:28:09    00:00:16    00:08:23**

**CLUB  
Grangemouth Triathlon Club**