



**Triathlon**

Swimming: Two blue swimmers in the water.  
Cycling: A black silhouette of a person on a bicycle.  
Running: A red silhouette of a person running, with a red dog silhouette running alongside.

**Aquathlon**

Swimming: Two blue swimmers in the water.  
Running: A red silhouette of a person running, with a red dog silhouette running alongside.

**Duathlon**

Cycling: A black silhouette of a person on a bicycle.  
Running: A red silhouette of a person running, with a red dog silhouette running alongside.

**Canicross**

Running: A red silhouette of a person running, with a red dog silhouette running alongside.

**Race Date 26/09/2020**

**Congratulations**

**Sharon Nicholls**

**on Finishing**

**Saturday Time**

**00:31:02.9**

**Sunday Time**

**00:30:50.6**

**Combined Time**

**01:31:53.5**



**Overall Position 22**  
**Gender Position 16**  
**Category Position 6**

**Female**  
**F 40+**