

**2010 British Elite Duathlon Championships;
Para (all categories)**

Overall Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Run 1	Run 1 Pos	T1	Bike	Bike Pos	T2	Run 2	Run 2 Pos	Overall
1	149	TOM PERKINS	M	T4	1	Chippenham Harriers	00:20:34	3	00:00:44	00:38:57	2	00:00:34	00:10:50	2	01:11:43
2	151	IAIN DAWSON	M	T6	1	Tri-Anglia	00:22:14	4	00:00:47	00:35:52	1	00:00:33	00:12:19	1	01:11:48
3	153	HASEEB AHMAD	M	T6	2	Leicester Tri Club	00:20:14	2	00:01:08	00:39:11	3	00:00:57	00:10:56	3	01:12:28
4	147	CLARE CUNNINGHAM	F	T4	1		00:23:12	5	00:00:41	00:45:52	4	00:00:41	00:12:17	4	01:22:45
5	148	CHARLOTTE ELLIS	F	T6	1	Cleveland Triathlon Club	00:24:07	6	00:01:03	00:46:25	5	00:00:48	00:12:07	5	01:24:33
6	152	ALAN RAYMENT	M	T1	1	Lincsquad & GB Para-triathlon	00:19:26	1	00:00:31	00:57:02	7	00:01:41	00:10:49	6	01:29:31
7	150	PAUL THOMAS	M	T3	1	Brighton Phoenix Tri	00:36:15	7	00:01:45	00:53:23	6	00:01:35	00:20:42	7	01:53:43