

A photograph of a man, Richard Howarth, running outdoors. He is wearing a black athletic shirt with a white and red diagonal sash across his chest. He is also wearing sunglasses and has a focused expression. In the background, other runners are visible, though they are out of focus. The scene is set on a paved path with greenery in the background.

**CONGRATULATIONS  
RICHARD HOWARTH  
ON COMPLETING THE  
RIPON RESULTS TEST 2**

<b>SWIM</b>	00:18:56
<b>T1</b>	00:00:56
<b>BIKE</b>	01:01:39
<b>T2</b>	00:00:54
<b>RUN</b>	00:38:06
<b>TOTAL TIME</b>	<b>02:00:30</b>