



**CONGRATULATIONS  
MARTIN CAIN  
ON COMPLETING THE  
RIPON RESULTS TEST 2**

|                   |          |
|-------------------|----------|
| <b>SWIM</b>       | 00:21:54 |
| <b>T1</b>         | 00:01:21 |
| <b>BIKE</b>       | 01:02:47 |
| <b>T2</b>         | 00:00:44 |
| <b>RUN</b>        | 00:36:46 |
| <b>TOTAL TIME</b> | 02:03:30 |