

# CONGRATULATIONS!

Josh Ashdown

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

*As part of the Callala Triathlon Festival 16<sup>th</sup> December 2023*

00:27:52

1.5KM SWIM SPLIT

01:12:53

40KM BIKE SPLIT

01:02:39

10KM RUN SPLIT

02:48:16

OVERALL TIME

30-34

CATEGORY

14

CATEGORY PLACING

106

OVERALL PLACING