**Please list all results achieved in 2020:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Date of Comp DD/MM/YYYY***  | ***Title of Competition & venue*** | ***Event Distance*** | ***Placing out of eg: 4/12*** | ***Overall time*** | ***Swim split*** | ***Bike split*** | ***Run split*** | **Website reference for result (if available)** |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
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**Any other specific PBs swim / run times in 2020:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***Date of Comp DD/MM/YYYY*** | ***Swimming PBs*** | ***Title of Competition*** | ***Venue & Country*** | ***Placing out of*** | ***Time*** | **Website reference for result (if available)** |
|  | *200m* |  |  |  |  |  |
|  | *400m* |  |  |  |  |  |
|  | *800m* |  |  |  |  |  |
| ***Date of Comp DD/MM/YYYY*** | ***Athletics PBs*** | ***Title of Competition*** | ***Venue & Country*** | ***Placing out of*** | ***Time*** | **Website reference for result (if available)** |
|  | *1,500m* |  |  |  |  |  |
|  | *3,000m* |  |  |  |  |  |
|  | *5,000m* |  |  |  |  |  |

**Bike – power output – in 2020:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***Date recorded*** | ***20 mins output in watts*** | ***20 mins output in watts per kilo*** | ***Method*** | ***Location*** | ***Test type*** | ***Comments*** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |