

**Sprint Triathlon Long  
Lake Alexander**

**Overall Results  
750/26/5**

**20-Jul-08**

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time	
1	20	Anzin, Mark	M30-39	0:12:48	0:40:50	0:53:38	0:19:42	1:13:20	
2	25	Hawken, Sophie	F20-29	0:11:23	0:41:53	0:53:16	0:20:30	1:13:46	
3	3	Weatherald, Rob	M50-59	0:11:56	0:42:07	0:54:03	0:20:41	1:14:44	
4	12	Bevis, Scott	M20-29	0:12:50	0:42:06	0:54:56	0:22:00	1:16:56	
5	5	Muench, Roland	M50-59	0:13:59	0:40:54	0:54:53	0:22:44	1:17:37	
6	6	Fitch, Stu	M50-59	0:11:53	0:44:41	0:56:34	0:21:31	1:18:05	
7	29	Brady, Pete	M40-49	0:12:36	0:43:54	0:56:30	0:21:47	1:18:17	
8	24	Bradbury, Richard	M20-29	0:13:06	0:45:06	0:58:12	0:20:32	1:18:44	
9	28	Griep, Ron	M40-49	0:12:43	0:42:48	0:55:31	0:23:13	1:18:44	
10	10	Coutts, Nick	M30-39	0:12:41	0:42:14	0:54:55	0:24:19	1:19:14	
11	27	Stancombe, Allan	M50-59	0:13:50	0:41:04	0:54:54	0:25:15	1:20:09	
12	4	Team, Hall/Neville/Stephen	TEAM	0:11:59	0:42:36	0:54:35	0:29:03	1:23:38	
13	15	Brown, Damien	M30-39	0:13:11	0:46:09	0:59:20	0:24:58	1:24:18	
14	22	Young, Jessie	M20-29	0:13:35	0:45:56	0:59:31	0:26:11	1:25:42	
15	21	McMahon, James	M30-39	0:13:47	0:49:13	1:03:00	0:22:53	1:25:53	
16	16	Thyne, John	M40-49	0:12:46	0:48:54	1:01:40	0:25:15	1:26:55	
17	14	Croser, David	M30-39	0:16:08	0:48:40	1:04:48	0:22:08	1:26:56	
18	1	Stanley, Daryl	M60-69	0:14:27	0:47:28	1:01:55	0:25:11	1:27:06	
19	2	Quinell, Lisa	F30-39	0:12:31	0:48:45	1:01:16	0:26:14	1:27:30	
20	9	Birk, Belinda	F40-49	0:13:42	0:47:30	1:01:12	0:26:24	1:27:36	
21	8	Birk, Bertram	M50-59	0:14:50	0:45:13	1:00:03	0:28:08	1:28:11	
22	19	Sullivan, Rosie	F30-39	0:14:28	0:47:53	1:02:21	0:26:42	1:29:03	
23	26	Collins, Aaron	M20-29	0:14:47	0:50:21	1:05:08	0:25:24	1:30:32	
24	17	McKay, Kathy	F30-39	0:14:07	0:51:08	1:05:15	0:25:54	1:31:09	
25	18	Hatty, Phill	M40-49	0:14:37	0:47:27	1:02:04	0:29:49	1:31:53	
26	23	Moir, Andrew	M20-29	0:15:03	0:53:23	1:08:26	0:23:34	1:32:00	
27	11	Secondis, Karl	M30-39	0:15:01	0:54:51	1:09:52	0:24:20	1:34:12	
28	31	Nash, Terry	M20-29	0:14:10	0:51:04	1:05:14	0:30:20	1:35:34	
29	13	Sullivan, Barry	M50-59	0:17:37	0:53:02	1:10:39	0:28:05	1:38:44	
30	30	Carboni, Elena	F40-49	0:14:41	0:55:13	1:09:54	0:31:34	1:41:28	
31	7	Hall, Shane	M30-39	0:10:56					DNF

**Total number of competitors:** 31

# Sprint Triathlon Long Lake Alexander

## Results By Category 750/26/5

20-Jul-08

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
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### Results for Category F20-29

1	25	Hawken, Sophie	0:11:23	0:41:53	0:53:16	0:20:30	1:13:46
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### Results for Category F30-39

1	2	Quinell, Lisa	0:12:31	0:48:45	1:01:16	0:26:14	1:27:30
2	19	Sullivan, Rosie	0:14:28	0:47:53	1:02:21	0:26:42	1:29:03
3	17	McKay, Kathy	0:14:07	0:51:08	1:05:15	0:25:54	1:31:09

### Results for Category F40-49

1	9	Birk, Belinda	0:13:42	0:47:30	1:01:12	0:26:24	1:27:36
2	30	Carboni, Elena	0:14:41	0:55:13	1:09:54	0:31:34	1:41:28

### Results for Category M20-29

1	12	Bevis, Scott	0:12:50	0:42:06	0:54:56	0:22:00	1:16:56
2	24	Bradbury, Richard	0:13:06	0:45:06	0:58:12	0:20:32	1:18:44
3	22	Young, Jessy	0:13:35	0:45:56	0:59:31	0:26:11	1:25:42
4	26	Collins, Aaron	0:14:47	0:50:21	1:05:08	0:25:24	1:30:32
5	23	Moir, Andrew	0:15:03	0:53:23	1:08:26	0:23:34	1:32:00
6	31	Nash, Terry	0:14:10	0:51:04	1:05:14	0:30:20	1:35:34

### Results for Category M30-39

1	20	Anzin, Mark	0:12:48	0:40:50	0:53:38	0:19:42	1:13:20
2	10	Coutts, Nick	0:12:41	0:42:14	0:54:55	0:24:19	1:19:14
3	15	Brown, Damien	0:13:11	0:46:09	0:59:20	0:24:58	1:24:18
4	21	McMahon, James	0:13:47	0:49:13	1:03:00	0:22:53	1:25:53
5	14	Croser, David	0:16:08	0:48:40	1:04:48	0:22:08	1:26:56
6	11	Secondis, Karl	0:15:01	0:54:51	1:09:52	0:24:20	1:34:12
7	7	Hall, Shane	0:10:56				DNF

### Results for Category M40-49

1	29	Brady, Pete	0:12:36	0:43:54	0:56:30	0:21:47	1:18:17
2	28	Griep, Ron	0:12:43	0:42:48	0:55:31	0:23:13	1:18:44
3	16	Thyne, John	0:12:46	0:48:54	1:01:40	0:25:15	1:26:55
4	18	Hatty, Phill	0:14:37	0:47:27	1:02:04	0:29:49	1:31:53

### Results for Category M50-59

1	3	Weatherald, Rob	0:11:56	0:42:07	0:54:03	0:20:41	1:14:44
2	5	Muench, Roland	0:13:59	0:40:54	0:54:53	0:22:44	1:17:37

<b>Place</b>	<b>Race No</b>	<b>Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Swim+Bike</b>	<b>Run</b>	<b>Total Time</b>
3	6	Fitch, Stu	0:11:53	0:44:41	0:56:34	0:21:31	1:18:05
4	27	Stancombe, Allan	0:13:50	0:41:04	0:54:54	0:25:15	1:20:09
5	8	Birk, Bertram	0:14:50	0:45:13	1:00:03	0:28:08	1:28:11
6	13	Sullivan, Barry	0:17:37	0:53:02	1:10:39	0:28:05	1:38:44

**Results for Category M60-69**

1	1	Stanley, Daryl	0:14:27	0:47:28	1:01:55	0:25:11	1:27:06
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**Results for Category TEAM**

1	4	Team, Hall/Neville/Stephen	0:11:59	0:42:36	0:54:35	0:29:03	1:23:38
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**Sprint Triathlon Short  
Lake Alexander**

**Overall Results  
300/13/3**

**20-Jul-08**

<b>Place</b>	<b>Race No</b>	<b>Name</b>	<b>Category</b>	<b>Swim</b>	<b>Bike</b>	<b>Swim+Bike</b>	<b>Run</b>	<b>Total Time</b>
1	88	Janmaat, David	M20-29	0:04:38	0:24:10	0:28:48	0:13:58	0:42:46
2	86	Smith, Rick	M40-49	0:06:25	0:23:18	0:29:43	0:16:07	0:45:50
3	85	Lewis, Tim	MJNR	0:05:15	0:25:16	0:30:31	0:16:05	0:46:36
4	83	Woodrow, Vicki	F50-59	0:06:11	0:24:34	0:30:45	0:16:16	0:47:01
5	89	Caden, Aaron	M30-39	0:07:06	0:23:33	0:30:39	0:16:23	0:47:02
6	92	Hatty, Sharon	F30-39	0:06:32	0:25:22	0:31:54	0:15:15	0:47:09
7	90	Taylor, Stuart	M30-39	0:06:02	0:24:35	0:30:37	0:18:14	0:48:51
8	81	Stewart, Monica	F50-59	0:05:54	0:25:30	0:31:24	0:17:34	0:48:58
9	95	Smith, Colin	M50-59	0:06:00	0:25:15	0:31:15	0:18:31	0:49:46
10	91	Murphy, Brian	M30-39	0:06:16	0:25:59	0:32:15	0:19:06	0:51:21
11	82	Hogan, Tony		0:08:48	0:29:25	0:38:13	0:13:33	0:51:46
12	96	Stephens, Rose	F40-49	0:07:54	0:28:33	0:36:27	0:16:29	0:52:56
13	84	Lewis, Karen	F40-49	0:07:07	0:27:41	0:34:48	0:18:12	0:53:00
14	87	Smart, Barry	M60-69	0:08:34	0:26:44	0:35:18	0:18:00	0:53:18
15	93	Team, Hatty/Birk	TEAM	0:06:03	0:26:03	0:32:06	0:24:36	0:56:42
16	94	Hill, Alison	F30-39	0:06:21	0:31:14	0:37:35	0:19:10	0:56:45
17	80	Koch, Ernie	M70-79	0:08:21	0:28:56	0:37:17	0:19:31	0:56:48
18	97	Mahasuria, Asha	F30-39	0:07:49	0:29:43	0:37:32	0:19:37	0:57:09
19	98	Rossingh, Bromwyn	F40-49	0:07:04	0:46:43	0:53:47	0:03:59	0:57:46

**Total number of competitors: 19**

# Sprint Triathlon Short Lake Alexander

## Results By Category 300/13/3

20-Jul-08

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
<b>Results for Category</b>							
1	82	Hogan, Tony	0:08:48	0:29:25	0:38:13	0:13:33	0:51:46
<b>Results for Category</b> F30-39							
1	92	Hatty, Sharon	0:06:32	0:25:22	0:31:54	0:15:15	0:47:09
2	94	Hill, Alison	0:06:21	0:31:14	0:37:35	0:19:10	0:56:45
3	97	Mahasuria, Asha	0:07:49	0:29:43	0:37:32	0:19:37	0:57:09
<b>Results for Category</b> F40-49							
1	96	Stephens, Rose	0:07:54	0:28:33	0:36:27	0:16:29	0:52:56
2	84	Lewis, Karen	0:07:07	0:27:41	0:34:48	0:18:12	0:53:00
3	98	Rossingh, Bromwyn	0:07:04	0:46:43	0:53:47	0:03:59	0:57:46
<b>Results for Category</b> F50-59							
1	83	Woodrow, Vicki	0:06:11	0:24:34	0:30:45	0:16:16	0:47:01
2	81	Stewart, Monica	0:05:54	0:25:30	0:31:24	0:17:34	0:48:58
<b>Results for Category</b> M20-29							
1	88	Janmaat, David	0:04:38	0:24:10	0:28:48	0:13:58	0:42:46
<b>Results for Category</b> M30-39							
1	89	Caden, Aaron	0:07:06	0:23:33	0:30:39	0:16:23	0:47:02
2	90	Taylor, Stuart	0:06:02	0:24:35	0:30:37	0:18:14	0:48:51
3	91	Murphy, Brian	0:06:16	0:25:59	0:32:15	0:19:06	0:51:21
<b>Results for Category</b> M40-49							
1	86	Smith, Rick	0:06:25	0:23:18	0:29:43	0:16:07	0:45:50
<b>Results for Category</b> M50-59							
1	95	Smith, Colin	0:06:00	0:25:15	0:31:15	0:18:31	0:49:46
<b>Results for Category</b> M60-69							
1	87	Smart, Barry	0:08:34	0:26:44	0:35:18	0:18:00	0:53:18
<b>Results for Category</b> M70-79							
1	80	Koch, Ernie	0:08:21	0:28:56	0:37:17	0:19:31	0:56:48
<b>Results for Category</b> MJNR							
1	85	Lewis, Tim	0:05:15	0:25:16	0:30:31	0:16:05	0:46:36
<b>Results for Category</b> TEAM							
1	93	Team, Hatty/Birk	0:06:03	0:26:03	0:32:06	0:24:36	0:56:42