

**Super Sprint Triathlon
Lake Alexander****Overall Results
300/13/3****22-Mar-09**

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time
1	6	Ellison, Tim	M40-49	0:04:58	0:20:18	0:25:16	0:11:33	0:36:49
2	9	Bosmans, Jerome	M40-49	0:04:56	0:20:25	0:25:21	0:11:35	0:36:56
3	22	Weatherald, Rob	M50-59	0:05:01	0:21:30	0:26:31	0:11:52	0:38:23
4	13	Porter, Heath	M20-29	0:04:50	0:21:46	0:26:36	0:12:26	0:39:02
5	24	Preddy, Grant	M20-29	0:04:55	0:22:37	0:27:32	0:11:40	0:39:12
6	20	Lisle, Marcus	M30-39	0:05:35	0:22:08	0:27:43	0:12:03	0:39:46
7	45	Pollock, Ian	M40-49	0:04:45	0:22:31	0:27:16	0:13:01	0:40:17
8	67	Gallagher, Brian	M50-59	0:05:40	0:21:50	0:27:30	0:13:11	0:40:41
9	8	Anzin, Mark	M30-39	0:06:19	0:21:04	0:27:23	0:13:40	0:41:03
10	78	Griep, Ron	M40-49	0:05:30	0:22:44	0:28:14	0:12:53	0:41:07
11	33	Watt, Blue	M50-59	0:06:03	0:22:40	0:28:43	0:12:51	0:41:34
12	42	Hall, Andrew Dingo	M40-49	0:07:24	0:21:53	0:29:17	0:12:29	0:41:46
13	7	Coutts, Nick	M30-39	0:05:32	0:21:57	0:27:29	0:14:23	0:41:52
14	25	Decurtins, Roger	M40-49	0:06:17	0:22:48	0:29:05	0:13:26	0:42:31
15	21	Lewis, Tim	MJNR	0:05:34	0:23:00	0:28:34	0:14:05	0:42:39
16	99	Duncan, Leila	F20-29	0:05:33	0:23:57	0:29:30	0:13:30	0:43:00
17	80	Lloyd, Sam	M20-29	0:05:57	0:24:18	0:30:15	0:12:47	0:43:02
18	28	Caden, Aaron	M30-39	0:07:23	0:22:06	0:29:29	0:13:47	0:43:16
19	84	Winterflood, Emma	F30-39	0:06:09	0:23:32	0:29:41	0:13:41	0:43:22
20	71	Preddy, Dean	M30-39	0:05:11	0:22:38	0:27:49	0:15:34	0:43:23
21	82	Tilbrook, Paul	M40-49	0:06:59	0:23:30	0:30:29	0:13:17	0:43:46
22	17	Sheffield, Paul	M40-49	0:06:41	0:23:10	0:29:51	0:14:07	0:43:58
23	23	Cruickshank, Simon	M40-49	0:06:18	0:23:36	0:29:54	0:14:34	0:44:28
24	2	Smith, Graham	ODM	0:07:02	0:22:54	0:29:56	0:14:39	0:44:35
25	55	Croser, Alison	F40-49	0:07:20	0:23:03	0:30:23	0:14:16	0:44:39
26	50	Hatty, Phill	M40-49	0:06:26	0:23:11	0:29:37	0:15:04	0:44:41
27	57	Edwards, Roland	M20-29	0:04:43	0:24:02	0:28:45	0:15:57	0:44:42
28	46	Hansen, Luke	M20-29	0:07:39	0:25:03	0:32:42	0:12:01	0:44:43
29	29	Goodall, Holly	F30-39	0:06:08	0:23:25	0:29:33	0:15:19	0:44:52
30	1	Thyne, John	M40-49	0:06:01	0:24:16	0:30:17	0:14:47	0:45:04
31	54	Croser, David	M30-39	0:07:07	0:24:23	0:31:30	0:13:40	0:45:10
32	60	Buxton, Chris	ODM	0:06:25	0:24:30	0:30:55	0:14:39	0:45:34
33	52	Hatty, Sharon	F30-39	0:06:43	0:24:09	0:30:52	0:14:46	0:45:38
34	41	McLeod, Jodie	F40-49	0:05:56	0:23:46	0:29:42	0:16:03	0:45:45
35	15	Jeggo, Simon	M30-39	0:06:34	0:23:01	0:29:35	0:16:31	0:46:06
36	69	Geddes, James	M40-49	0:06:13	0:25:02	0:31:15	0:14:54	0:46:09
37	59	Kaye, Tom	M20-29	0:06:57	0:25:36	0:32:33	0:13:49	0:46:22
38	27	Orchard, Robyn	F30-39	0:07:00	0:24:12	0:31:12	0:15:12	0:46:24
39	10	McKay, Kathy	F30-39	0:05:59	0:25:04	0:31:03	0:15:26	0:46:29
40	83	Keeler, Tom	ODM	0:06:38	0:25:28	0:32:06	0:14:28	0:46:34
41	30	Bormann, Hans	M50-59	0:07:42	0:24:56	0:32:38	0:13:59	0:46:37
42	3	Naidoo, Aryllan	M20-29	0:07:21	0:24:57	0:32:18	0:14:24	0:46:42
43	4	Stewart, Monica	F50-59	0:06:24	0:25:41	0:32:05	0:14:43	0:46:48
44	26	Wilson, Jamie	ODM	0:07:01	0:26:13	0:33:14	0:13:59	0:47:13
45	32	Blumberg, Phil	M50-59	0:06:21	0:24:41	0:31:02	0:16:44	0:47:46
46	37	Douglas, Nathan	M30-39	0:06:58	0:25:09	0:32:07	0:15:44	0:47:51
47	58	Wiese, Simon	M30-39	0:06:22	0:25:23	0:31:45	0:16:16	0:48:01
48	47	Svara, Peter	M40-49	0:06:46	0:24:52	0:31:38	0:16:26	0:48:04
49	36	Hourigan, Peter	ODM	0:07:44	0:26:28	0:34:12	0:14:33	0:48:45
50	39	Kerslake, Barbara-Anne	ODM	0:06:55	0:26:23	0:33:18	0:15:40	0:48:58
51	16	Jeggo, Peta	F30-39	0:07:04	0:25:36	0:32:40	0:16:26	0:49:06
52	62	Piper, Bill	M40-49	0:07:25	0:27:02	0:34:27	0:14:48	0:49:15

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time	
53	40	Neaves, Ethan	MJNR	0:06:53	0:27:26	0:34:19	0:14:59	0:49:18	
54	31	Liveris, Emma	F40-49	0:06:56	0:25:48	0:32:44	0:16:45	0:49:29	
55	43	Lewis, Karen	F40-49	0:07:09	0:25:43	0:32:52	0:16:46	0:49:38	
56	18	Sullivan, Barry	M50-59	0:07:19	0:26:44	0:34:03	0:15:37	0:49:40	
57	38	Smith, Brooke	F20-29	0:06:36	0:27:13	0:33:49	0:16:01	0:49:50	
58	53	Townend, Belinda	F30-39	0:06:28	0:25:47	0:32:15	0:17:52	0:50:07	
59	56	Ogdon, Louise	F40-49	0:06:29	0:26:41	0:33:10	0:17:23	0:50:33	
60	77	Crossman, Alex	ODM	0:07:17	0:31:00	0:38:17	0:12:36	0:50:53	
61	74	Reedy, Alison	F40-49	0:06:44	0:27:08	0:33:52	0:17:03	0:50:55	
62	75	Reedy, Brett	M40-49	0:07:47	0:24:59	0:32:46	0:18:11	0:50:57	
63	11	Friebel, Dave	M30-39	0:07:14	0:26:39	0:33:53	0:17:11	0:51:04	
64	66	Nyhuis, Michael	M40-49	0:06:14	0:26:59	0:33:13	0:17:57	0:51:10	
65	72	Smith, Belinda	F20-29	0:07:27	0:28:25	0:35:52	0:15:26	0:51:18	
66	76	Rowe, Kelly	F20-29	0:07:28	0:29:15	0:36:43	0:15:25	0:52:08	
67	12	Friebel, Christine	F40-49	0:06:30	0:27:26	0:33:56	0:18:36	0:52:32	
68	85	Mahasuria, Asha	F30-39	0:07:50	0:29:13	0:37:03	0:15:42	0:52:45	
69	70	Preddy, Cathy	F20-29	0:07:05	0:27:05	0:34:10	0:18:48	0:52:58	
70	63	Castledine, John	ODM	0:07:13	0:30:17	0:37:30	0:15:43	0:53:13	
71	48	Bade, Laura	F20-29	0:05:36	0:28:30	0:34:06	0:19:09	0:53:15	
72	49	Stephens, Rose	F40-49	0:08:30	0:29:07	0:37:37	0:16:14	0:53:51	
73	44	Hill, Darren	M30-39	0:06:51	0:27:31	0:34:22	0:21:12	0:55:34	
74	86	Barritt, Des	M40-49	0:07:31	0:31:30	0:39:01	0:19:21	0:58:22	
75	87	Kepert, Fiona	ODM	0:07:30	0:32:53	0:40:23	0:18:11	0:58:34	
76	61	Rossingh, Bromwyn	F40-49	0:07:16	0:33:33	0:40:49	0:19:05	0:59:54	
77	34	Koch, Ernie	M70-79	0:09:58	0:30:07	0:40:05	0:20:16	1:00:21	
78	79	Team, Ellison	TEAM	0:09:54	0:31:05	0:40:59	0:21:33	1:02:32	
79	64	da Rocha, Peter	ODM	0:07:39	0:36:31	0:44:10	0:19:09	1:03:19	
80	5	Ellis, Steve	ODM	0:07:49	0:35:45	0:43:34	0:21:29	1:05:03	
81	35	Parsons, Graeme	M50-59	0:06:39	0:35:55	0:42:34	0:23:47	1:06:21	
82	51	Hatty, Lachlan	MJNR			0:42:43	0:27:28	1:10:11	
83	73	Reedy, Jack	MJNR	0:07:06	0:28:32	0:35:38			DNF
84	68	Corbet, Alicia	ODM	0:07:52					DNF
85	14	Thyne, Rebecca	ODM	0:06:11	0:22:26	0:28:37			DNF
86	65	Stancombe, Allan	M50-59	0:05:54	0:22:42	0:28:36			DNF

Total number of competitors: 86

**Super Sprint Triathlon
Lake Alexander**

**Results By Category
300/13/3**

22-Mar-09

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

1	99	Duncan, Leila	0:05:33	0:23:57	0:29:30	0:13:30	0:43:00
2	38	Smith, Brooke	0:06:36	0:27:13	0:33:49	0:16:01	0:49:50
3	72	Smith, Belinda	0:07:27	0:28:25	0:35:52	0:15:26	0:51:18
4	76	Rowe, Kelly	0:07:28	0:29:15	0:36:43	0:15:25	0:52:08
5	70	Preddy, Cathy	0:07:05	0:27:05	0:34:10	0:18:48	0:52:58
6	48	Bade, Laura	0:05:36	0:28:30	0:34:06	0:19:09	0:53:15

Results for Category F30-39

1	84	Winterflood, Emma	0:06:09	0:23:32	0:29:41	0:13:41	0:43:22
2	29	Goodall, Holly	0:06:08	0:23:25	0:29:33	0:15:19	0:44:52
3	52	Hatty, Sharon	0:06:43	0:24:09	0:30:52	0:14:46	0:45:38
4	27	Orchard, Robyn	0:07:00	0:24:12	0:31:12	0:15:12	0:46:24
5	10	McKay, Kathy	0:05:59	0:25:04	0:31:03	0:15:26	0:46:29
6	16	Jeggo, Peta	0:07:04	0:25:36	0:32:40	0:16:26	0:49:06
7	53	Townend, Belinda	0:06:28	0:25:47	0:32:15	0:17:52	0:50:07
8	85	Mahasuria, Asha	0:07:50	0:29:13	0:37:03	0:15:42	0:52:45

Results for Category F40-49

1	55	Croser, Alison	0:07:20	0:23:03	0:30:23	0:14:16	0:44:39
2	41	McLeod, Jodie	0:05:56	0:23:46	0:29:42	0:16:03	0:45:45
3	31	Liveris, Emma	0:06:56	0:25:48	0:32:44	0:16:45	0:49:29
4	43	Lewis, Karen	0:07:09	0:25:43	0:32:52	0:16:46	0:49:38
5	56	Ogdon, Louise	0:06:29	0:26:41	0:33:10	0:17:23	0:50:33
6	74	Reedy, Alison	0:06:44	0:27:08	0:33:52	0:17:03	0:50:55
7	12	Friebel, Christine	0:06:30	0:27:26	0:33:56	0:18:36	0:52:32
8	49	Stephens, Rose	0:08:30	0:29:07	0:37:37	0:16:14	0:53:51
9	61	Rossingh, Bromwyn	0:07:16	0:33:33	0:40:49	0:19:05	0:59:54

Results for Category F50-59

1	4	Stewart, Monica	0:06:24	0:25:41	0:32:05	0:14:43	0:46:48
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Results for Category M20-29

1	13	Porter, Heath	0:04:50	0:21:46	0:26:36	0:12:26	0:39:02
2	24	Preddy, Grant	0:04:55	0:22:37	0:27:32	0:11:40	0:39:12
3	80	Lloyd, Sam	0:05:57	0:24:18	0:30:15	0:12:47	0:43:02
4	57	Edwards, Roland	0:04:43	0:24:02	0:28:45	0:15:57	0:44:42
5	46	Hansen, Luke	0:07:39	0:25:03	0:32:42	0:12:01	0:44:43
6	59	Kaye, Tom	0:06:57	0:25:36	0:32:33	0:13:49	0:46:22
7	3	Naidoo, Aryllan	0:07:21	0:24:57	0:32:18	0:14:24	0:46:42

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
Results for Category M30-39							
1	20	Lisle, Marcus	0:05:35	0:22:08	0:27:43	0:12:03	0:39:46
2	8	Anzin, Mark	0:06:19	0:21:04	0:27:23	0:13:40	0:41:03
3	7	Coutts, Nick	0:05:32	0:21:57	0:27:29	0:14:23	0:41:52
4	28	Caden, Aaron	0:07:23	0:22:06	0:29:29	0:13:47	0:43:16
5	71	Preddy, Dean	0:05:11	0:22:38	0:27:49	0:15:34	0:43:23
6	54	Croser, David	0:07:07	0:24:23	0:31:30	0:13:40	0:45:10
7	15	Jeggo, Simon	0:06:34	0:23:01	0:29:35	0:16:31	0:46:06
8	37	Douglas, Nathan	0:06:58	0:25:09	0:32:07	0:15:44	0:47:51
9	58	Wiese, Simon	0:06:22	0:25:23	0:31:45	0:16:16	0:48:01
10	11	Friebel, Dave	0:07:14	0:26:39	0:33:53	0:17:11	0:51:04
11	44	Hill, Darren	0:06:51	0:27:31	0:34:22	0:21:12	0:55:34

Results for Category M40-49

1	6	Ellison, Tim	0:04:58	0:20:18	0:25:16	0:11:33	0:36:49
2	9	Bosmans, Jerome	0:04:56	0:20:25	0:25:21	0:11:35	0:36:56
3	45	Pollock, Ian	0:04:45	0:22:31	0:27:16	0:13:01	0:40:17
4	78	Griep, Ron	0:05:30	0:22:44	0:28:14	0:12:53	0:41:07
5	42	Hall, Andrew Dingo	0:07:24	0:21:53	0:29:17	0:12:29	0:41:46
6	25	Decurtins, Roger	0:06:17	0:22:48	0:29:05	0:13:26	0:42:31
7	82	Tilbrook, Paul	0:06:59	0:23:30	0:30:29	0:13:17	0:43:46
8	17	Sheffield, Paul	0:06:41	0:23:10	0:29:51	0:14:07	0:43:58
9	23	Cruickshank, Simon	0:06:18	0:23:36	0:29:54	0:14:34	0:44:28
10	50	Hatty, Phill	0:06:26	0:23:11	0:29:37	0:15:04	0:44:41
11	1	Thyne, John	0:06:01	0:24:16	0:30:17	0:14:47	0:45:04
12	69	Geddes, James	0:06:13	0:25:02	0:31:15	0:14:54	0:46:09
13	47	Svara, Peter	0:06:46	0:24:52	0:31:38	0:16:26	0:48:04
14	62	Piper, Bill	0:07:25	0:27:02	0:34:27	0:14:48	0:49:15
15	75	Reedy, Brett	0:07:47	0:24:59	0:32:46	0:18:11	0:50:57
16	66	Nyhuis, Michael	0:06:14	0:26:59	0:33:13	0:17:57	0:51:10
17	86	Barritt, Des	0:07:31	0:31:30	0:39:01	0:19:21	0:58:22

Results for Category M50-59

1	22	Weatherald, Rob	0:05:01	0:21:30	0:26:31	0:11:52	0:38:23
2	67	Gallagher, Brian	0:05:40	0:21:50	0:27:30	0:13:11	0:40:41
3	33	Watt, Blue	0:06:03	0:22:40	0:28:43	0:12:51	0:41:34
4	30	Bormann, Hans	0:07:42	0:24:56	0:32:38	0:13:59	0:46:37
5	32	Blumberg, Phil	0:06:21	0:24:41	0:31:02	0:16:44	0:47:46
6	18	Sullivan, Barry	0:07:19	0:26:44	0:34:03	0:15:37	0:49:40
7	35	Parsons, Graeme	0:06:39	0:35:55	0:42:34	0:23:47	1:06:21
8	65	Stacombe, Allan	0:05:54	0:22:42	0:28:36		DNF

Results for Category M70-79

1	34	Koch, Ernie	0:09:58	0:30:07	0:40:05	0:20:16	1:00:21
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Results for Category MJNR

1	21	Lewis, Tim	0:05:34	0:23:00	0:28:34	0:14:05	0:42:39
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Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
2	40	Neaves, Ethan	0:06:53	0:27:26	0:34:19	0:14:59	0:49:18
3	51	Hatty, Lachlan			0:42:43	0:27:28	1:10:11
4	73	Reedy, Jack	0:07:06	0:28:32	0:35:38		DNF

Results for Category ODM

1	2	Smith, Graham	0:07:02	0:22:54	0:29:56	0:14:39	0:44:35
2	60	Buxton, Chris	0:06:25	0:24:30	0:30:55	0:14:39	0:45:34
3	83	Keeler, Tom	0:06:38	0:25:28	0:32:06	0:14:28	0:46:34
4	26	Wilson, Jamie	0:07:01	0:26:13	0:33:14	0:13:59	0:47:13
5	36	Hourigan, Peter	0:07:44	0:26:28	0:34:12	0:14:33	0:48:45
6	39	Kerslake, Barbara-Anne	0:06:55	0:26:23	0:33:18	0:15:40	0:48:58
7	77	Crossman, Alex	0:07:17	0:31:00	0:38:17	0:12:36	0:50:53
8	63	Castledine, John	0:07:13	0:30:17	0:37:30	0:15:43	0:53:13
9	87	Kepert, Fiona	0:07:30	0:32:53	0:40:23	0:18:11	0:58:34
10	64	da Rocha, Peter	0:07:39	0:36:31	0:44:10	0:19:09	1:03:19
11	5	Ellis, Steve	0:07:49	0:35:45	0:43:34	0:21:29	1:05:03
12	68	Corbet, Alicia	0:07:52				DNF
13	14	Thyne, Rebecca	0:06:11	0:22:26	0:28:37		DNF

Results for Category TEAM

1	79	Team, Ellison	0:09:54	0:31:05	0:40:59	0:21:33	1:02:32
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