

**Sprint Series Race 1  
Palmerston Pool****Overall Results  
750/20/5****14-Mar-10**

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time	
1	24	Anderson, Chad	M20-29	0:11:34	0:33:47	0:45:21	0:17:15	1:02:36	
2	20	Porter, Heath	M20-29	0:11:31	0:32:52	0:44:23	0:20:06	1:04:29	
3	28	Weatherald, Rob	M50-59	0:12:12	0:33:12	0:45:24	0:20:08	1:05:32	
4	10	Crane, David	M20-29	0:11:26	0:33:30	0:44:56	0:20:52	1:05:48	
5	25	Jones, Jason	M40-49	0:12:55	0:35:23	0:48:18	0:18:25	1:06:43	
6	46	Gailey, Michelle	F20-29	0:11:30	0:34:12	0:45:42	0:21:48	1:07:30	
7	15	Team, Beven/Borman	TEAM	0:12:21	0:36:11	0:48:32	0:19:57	1:08:29	
8	19	Watt, Blue	M50-59	0:13:41	0:34:44	0:48:25	0:20:09	1:08:34	
9	48	Geddes, James	M40-49	0:12:50	0:33:39	0:46:29	0:22:21	1:08:50	
10	27	Thyne, John	M40-49	0:12:12	0:35:56	0:48:08	0:20:50	1:08:58	
11	3	Griep, Ron	M40-49	0:12:59	0:34:05	0:47:04	0:22:01	1:09:05	
12	44	Brownscombe, Phillip	M40-49	0:13:43	0:32:39	0:46:22	0:23:16	1:09:38	
13	1	Cox, Tony	M40-49	0:13:40	0:34:35	0:48:15	0:21:41	1:09:56	
14	34	Winterflood, Emma	F30-39	0:12:46	0:37:05	0:49:51	0:21:37	1:11:28	
15	23	Packer, Andrew	M20-29	0:16:07	0:34:20	0:50:27	0:21:08	1:11:35	
16	45	Forrest, Jack	M20-29	0:15:12	0:35:40	0:50:52	0:20:47	1:11:39	
17	42	Brady, Ben	M20-29	0:14:53	0:35:56	0:50:49	0:21:06	1:11:55	
18	35	Tomlinson, Jamie	M20-29	0:12:11	0:37:14	0:49:25	0:22:40	1:12:05	
19	37	Young, Jessy	M20-29	0:14:21	0:34:04	0:48:25	0:23:41	1:12:06	
20	47	Cruickshank, Simon	M40-49	0:15:07	0:35:15	0:50:22	0:21:55	1:12:17	
21	12	Lewis, Phillip	M40-49	0:16:08	0:36:23	0:52:31	0:19:51	1:12:22	
22	22	Thyne, Rebecca	F20-29	0:12:21	0:36:33	0:48:54	0:23:50	1:12:44	
23	21	Crofton, Jac	F30-39	0:15:11	0:37:09	0:52:20	0:20:34	1:12:54	
24	30	Taylor, Kent	M30-39	0:13:24	0:37:24	0:50:48	0:22:08	1:12:56	
25	4	Peacock, Russell	M30-39	0:13:51	0:37:11	0:51:02	0:21:59	1:13:01	
26	7	Birk, Belinda	F40-49	0:12:53	0:35:34	0:48:27	0:24:48	1:13:15	
27	29	Geertshuis, Debbie	F20-29	0:13:29	0:37:16	0:50:45	0:24:05	1:14:50	
28	38	Tranter, Justin	M20-29	0:14:29	0:36:43	0:51:12	0:24:06	1:15:18	
29	17	Wiese, Simon	M30-39	0:15:24	0:37:52	0:53:16	0:22:05	1:15:21	
30	36	Lewis, Tim	MJNR	0:12:57	0:38:01	0:50:58	0:24:40	1:15:38	
31	2	Stanley, Daryl	M60-69	0:15:08	0:36:07	0:51:15	0:25:06	1:16:21	
32	6	Martin, Bob	M60-69	0:17:21	0:37:39	0:55:00	0:22:25	1:17:25	
33	9	Stewart, Monica	F50-59	0:14:07	0:38:02	0:52:09	0:26:16	1:18:25	
34	41	Frost, Mathew	M20-29	0:16:49	0:39:36	0:56:25	0:22:22	1:18:47	
35	33	Quinell, Lisa	F30-39	0:14:32	0:39:18	0:53:50	0:25:33	1:19:23	
36	5	Jones, Ryoko	F30-39	0:14:48	0:41:18	0:56:06	0:23:27	1:19:33	
37	18	Worby, Tara	F40-49	0:15:02	0:38:54	0:53:56	0:26:02	1:19:58	
38	8	Birk, Bertram	M50-59	0:17:00	0:35:46	0:52:46	0:28:10	1:20:56	
39	43	Hannon, Brian	M50-59	0:14:10	0:40:18	0:54:28	0:29:03	1:23:31	
40	39	Lugg, James	M20-29	0:18:42	0:40:30	0:59:12	0:24:54	1:24:06	
41	31	Perkin, Jane	F40-49	0:15:04	0:41:13	0:56:17	0:28:08	1:24:25	
42	16	Mitchell, Adrian	M50-59	0:15:50	0:38:36	0:54:26	0:30:52	1:25:18	
43	13	Lewis, Karen	F40-49	0:17:01	0:42:26	0:59:27	0:26:36	1:26:03	
44	32	Parsons, Graeme	M60-69	0:13:53	0:40:53	0:54:46	0:33:13	1:27:59	
45	26	Kepert, Fiona	F20-29	0:16:16	0:46:41	1:02:57	0:31:00	1:33:57	
46	40	Brady, Pete	M40-49	0:13:17	0:44:57	0:58:14			DNF
47	11	Sparrow, Todd	M20-29	0:15:15					DNF

**Total number of competitors: 47**

**Sprint Series Race 1  
Palmerston Pool**

**Results By Category  
750/20/5**

**14-Mar-10**

**Place Race No Name Swim Bike Swim+Bike Run Total Time**

**Results for Category F20-29**

1	46	Gailey, Michelle	0:11:30	0:34:12	0:45:42	0:21:48	1:07:30
2	22	Thyne, Rebecca	0:12:21	0:36:33	0:48:54	0:23:50	1:12:44
3	29	Geertshuis, Debbie	0:13:29	0:37:16	0:50:45	0:24:05	1:14:50
4	26	Keper, Fiona	0:16:16	0:46:41	1:02:57	0:31:00	1:33:57

**Results for Category F30-39**

1	34	Winterflood, Emma	0:12:46	0:37:05	0:49:51	0:21:37	1:11:28
2	21	Crofton, Jac	0:15:11	0:37:09	0:52:20	0:20:34	1:12:54
3	33	Quinell, Lisa	0:14:32	0:39:18	0:53:50	0:25:33	1:19:23
4	5	Jones, Ryoko	0:14:48	0:41:18	0:56:06	0:23:27	1:19:33

**Results for Category F40-49**

1	7	Birk, Belinda	0:12:53	0:35:34	0:48:27	0:24:48	1:13:15
2	18	Worby, Tara	0:15:02	0:38:54	0:53:56	0:26:02	1:19:58
3	31	Perkin, Jane	0:15:04	0:41:13	0:56:17	0:28:08	1:24:25
4	13	Lewis, Karen	0:17:01	0:42:26	0:59:27	0:26:36	1:26:03

**Results for Category F50-59**

1	9	Stewart, Monica	0:14:07	0:38:02	0:52:09	0:26:16	1:18:25
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**Results for Category M20-29**

1	24	Anderson, Chad	0:11:34	0:33:47	0:45:21	0:17:15	1:02:36
2	20	Porter, Heath	0:11:31	0:32:52	0:44:23	0:20:06	1:04:29
3	10	Crane, David	0:11:26	0:33:30	0:44:56	0:20:52	1:05:48
4	23	Packer, Andrew	0:16:07	0:34:20	0:50:27	0:21:08	1:11:35
5	45	Forrest, Jack	0:15:12	0:35:40	0:50:52	0:20:47	1:11:39
6	42	Brady, Ben	0:14:53	0:35:56	0:50:49	0:21:06	1:11:55
7	35	Tomlinson, Jamie	0:12:11	0:37:14	0:49:25	0:22:40	1:12:05
8	37	Young, Jessy	0:14:21	0:34:04	0:48:25	0:23:41	1:12:06
9	38	Tranter, Justin	0:14:29	0:36:43	0:51:12	0:24:06	1:15:18
10	41	Frost, Mathew	0:16:49	0:39:36	0:56:25	0:22:22	1:18:47
11	39	Lugg, James	0:18:42	0:40:30	0:59:12	0:24:54	1:24:06
12	11	Sparrow, Todd	0:15:15				DNF

**Results for Category M30-39**

1	30	Taylor, Kent	0:13:24	0:37:24	0:50:48	0:22:08	1:12:56
2	4	Peacock, Russell	0:13:51	0:37:11	0:51:02	0:21:59	1:13:01
3	17	Wiese, Simon	0:15:24	0:37:52	0:53:16	0:22:05	1:15:21

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
<b>Results for Category M40-49</b>							
1	25	Jones, Jason	0:12:55	0:35:23	0:48:18	0:18:25	1:06:43
2	48	Geddes, James	0:12:50	0:33:39	0:46:29	0:22:21	1:08:50
3	27	Thyne, John	0:12:12	0:35:56	0:48:08	0:20:50	1:08:58
4	3	Griep, Ron	0:12:59	0:34:05	0:47:04	0:22:01	1:09:05
5	44	Brownscombe, Phillip	0:13:43	0:32:39	0:46:22	0:23:16	1:09:38
6	1	Cox, Tony	0:13:40	0:34:35	0:48:15	0:21:41	1:09:56
7	47	Cruickshank, Simon	0:15:07	0:35:15	0:50:22	0:21:55	1:12:17
8	12	Lewis, Phillip	0:16:08	0:36:23	0:52:31	0:19:51	1:12:22
9	40	Brady, Pete	0:13:17	0:44:57	0:58:14		DNF
<b>Results for Category M50-59</b>							
1	28	Weatherald, Rob	0:12:12	0:33:12	0:45:24	0:20:08	1:05:32
2	19	Watt, Blue	0:13:41	0:34:44	0:48:25	0:20:09	1:08:34
3	8	Birk, Bertram	0:17:00	0:35:46	0:52:46	0:28:10	1:20:56
4	43	Hannon, Brian	0:14:10	0:40:18	0:54:28	0:29:03	1:23:31
5	16	Mitchell, Adrian	0:15:50	0:38:36	0:54:26	0:30:52	1:25:18
<b>Results for Category M60-69</b>							
1	2	Stanley, Daryl	0:15:08	0:36:07	0:51:15	0:25:06	1:16:21
2	6	Martin, Bob	0:17:21	0:37:39	0:55:00	0:22:25	1:17:25
3	32	Parsons, Graeme	0:13:53	0:40:53	0:54:46	0:33:13	1:27:59
<b>Results for Category MJNR</b>							
1	36	Lewis, Tim	0:12:57	0:38:01	0:50:58	0:24:40	1:15:38
<b>Results for Category TEAM</b>							
1	15	Team, Beven/Borman	0:12:21	0:36:11	0:48:32	0:19:57	1:08:29

**Sprint Series Race 1 Short  
Palmerston Pool**

**Overall Results  
300/10/3**

**14-Mar-10**

<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	106	French, Nick	M20-29	0:06:30	0:19:13	0:25:43	0:12:41	0:38:24	
2	113	Silk, Gary	M30-39	0:05:24	0:19:19	0:24:43	0:14:30	0:39:13	
3	105	Woodrow, Vicki	M50-59	0:06:03	0:19:26	0:25:29	0:14:02	0:39:31	
4	103	Willing, Adrienne	F30-39	0:05:13	0:19:44	0:24:57	0:15:00	0:39:57	
5	107	Beard, Adrian	M30-39	0:08:45	0:18:53	0:27:38	0:14:36	0:42:14	
6	115	Team, WardShortMartins	TEAM	0:04:26	0:29:16	0:33:42	0:12:47	0:46:29	
7	112	Brady, Joel	MJNR	0:06:12	0:25:54	0:32:06	0:14:29	0:46:35	
8	102	Milne, Leigh	ODM	0:06:27	0:26:15	0:32:42	0:16:03	0:48:45	
9	104	McGregor, Kiah	F30-39	0:06:29	0:32:51	0:39:20	0:10:07	0:49:27	
10	110	Brain, Amanda	F40-49	0:07:12	0:26:11	0:33:23	0:16:27	0:49:50	
11	116	Smith, Colin	M50-59	0:06:25	0:26:29	0:32:54	0:17:14	0:50:08	
12	111	Day, Alan	M60-69	0:07:52	0:23:47	0:31:39	0:18:55	0:50:34	
13	100	Martin, Sally	F50-59	0:07:57	0:26:54	0:34:51	0:19:42	0:54:33	
14	101	Hodgkinson, Naomi	ODM	0:08:54	0:26:12	0:35:06	0:19:29	0:54:35	
15	109	Koch, Ernie	M70-79	0:09:37	0:25:30	0:35:07	0:19:53	0:55:00	
16	108	Team,	TEAM	0:04:26	0:37:37	0:42:03	0:18:32	1:00:35	
17	114	Taylor, Karen	ODM	0:08:04					DNF

**Sprint Series Race 1 Short  
Palmerston Pool****Results By Category  
300/10/3****14-Mar-10**

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
<b>Results for Category F30-39</b>							
1	103	Willing, Adrienne	0:05:13	0:19:44	0:24:57	0:15:00	0:39:57
2	104	McGregor, Kiah	0:06:29	0:32:51	0:39:20	0:10:07	0:49:27
<b>Results for Category F40-49</b>							
1	110	Brain, Amanda	0:07:12	0:26:11	0:33:23	0:16:27	0:49:50
<b>Results for Category F50-59</b>							
1	100	Martin, Sally	0:07:57	0:26:54	0:34:51	0:19:42	0:54:33
<b>Results for Category M20-29</b>							
1	106	French, Nick	0:06:30	0:19:13	0:25:43	0:12:41	0:38:24
<b>Results for Category M30-39</b>							
1	113	Silk, Gary	0:05:24	0:19:19	0:24:43	0:14:30	0:39:13
2	107	Beard, Adrian	0:08:45	0:18:53	0:27:38	0:14:36	0:42:14
<b>Results for Category M50-59</b>							
1	105	Woodrow, Vicki	0:06:03	0:19:26	0:25:29	0:14:02	0:39:31
2	116	Smith, Colin	0:06:25	0:26:29	0:32:54	0:17:14	0:50:08
<b>Results for Category M60-69</b>							
1	111	Day, Alan	0:07:52	0:23:47	0:31:39	0:18:55	0:50:34
<b>Results for Category M70-79</b>							
1	109	Koch, Ernie	0:09:37	0:25:30	0:35:07	0:19:53	0:55:00
<b>Results for Category MJNR</b>							
1	112	Brady, Joel	0:06:12	0:25:54	0:32:06	0:14:29	0:46:35
<b>Results for Category ODM</b>							
1	102	Milne, Leigh	0:06:27	0:26:15	0:32:42	0:16:03	0:48:45
2	101	Hodgkinson, Naomi	0:08:54	0:26:12	0:35:06	0:19:29	0:54:35
3	114	Taylor, Karen	0:08:04				DNF
<b>Results for Category TEAM</b>							
1	115	Team, WardShortMartins	0:04:26	0:29:16	0:33:42	0:12:47	0:46:29
2	108	Team, WardMoummarMartins	0:04:26	0:37:37	0:42:03	0:18:32	1:00:35