

**Sprint Triathlon  
Lake Alexander**

**Overall Results  
750/26/5**

**01-Aug-10**

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time	
1	12	Porter, Heath	M20-29	0:10:39	0:40:54	0:51:33	0:18:54	1:10:27	
2	31	Team, Sullivan/Anzin	TEAM	0:13:19	0:42:49	0:56:08	0:19:40	1:15:48	
3	3	Fitch, Stu	M50-59	0:11:08	0:44:23	0:55:31	0:20:31	1:16:02	
4	19	Green, Tim	M20-29	0:09:28	0:44:19	0:53:47	0:22:58	1:16:45	
5	9	Team, Stewart/Brearily	TEAM	0:12:58	0:44:08	0:57:06	0:19:54	1:17:00	
6	7	Beggs-French, Rowan	M20-29	0:10:28	0:41:07	0:51:35	0:26:14	1:17:49	
7	26	Winterflood, Emma	F30-39	0:11:55	0:45:07	0:57:02	0:21:10	1:18:12	
8	18	Barnes, Tobias	M20-29	0:10:24	0:48:13	0:58:37	0:19:39	1:18:16	
9	29	Jessop, Chris	M40-49	0:11:37	0:45:59	0:57:36	0:20:59	1:18:35	
10	8	Crane, David	M20-29	0:11:37	0:46:34	0:58:11	0:21:16	1:19:27	
11	33	Croser, David	M40-49	0:14:26	0:45:28	0:59:54	0:20:01	1:19:55	
12	21	Brady, Ben	M20-29	0:12:36	0:46:33	0:59:09	0:20:53	1:20:02	
13	16	Peacock, Russell	M30-39	0:12:05	0:43:31	0:55:36	0:25:48	1:21:24	
14	30	Brady, Pete	M50-59	0:12:29	0:46:59	0:59:28	0:22:07	1:21:35	
15	32	McKenna, Lachlan	M20-29	0:13:13	0:47:02	1:00:15	0:21:36	1:21:51	
16	1	Birk, Belinda	F40-49	0:11:52	0:45:40	0:57:32	0:24:22	1:21:54	
17	6	Goat, Steve	M30-39	0:12:05	0:48:16	1:00:21	0:22:15	1:22:36	
18	27	Thyne, Rebecca	F20-29	0:11:36	0:46:32	0:58:08	0:24:33	1:22:41	
19	25	Hatty, Shaye	F30-39	0:14:24	0:44:47	0:59:11	0:23:32	1:22:43	
20	24	Hatty, Phill	M40-49	0:14:03	0:45:05	0:59:08	0:26:03	1:25:11	
21	13	Tomlinson, Jamie	M20-29	0:11:35	0:48:52	1:00:27	0:25:27	1:25:54	
22	4	Stanley, Daryl	M60-69	0:13:17	0:47:41	1:00:58	0:25:28	1:26:26	
23	20	Team, Worby/Tilbrook	TEAM	0:15:46	0:50:09	1:05:55	0:20:34	1:26:29	
24	2	Birk, Bertram	M50-59	0:14:24	0:44:50	0:59:14	0:27:22	1:26:36	
25	11	Blumberg, Phil	M50-59	0:13:20	0:49:46	1:03:06	0:23:35	1:26:41	
26	10	Stewart, Monica	F50-59	0:12:58	0:49:40	1:02:38	0:26:07	1:28:45	
27	34	Brown, Damien	M30-39	0:13:18	0:51:23	1:04:41	0:25:41	1:30:22	
28	23	Parsons, Graeme	M60-69	0:12:46	0:49:50	1:02:36	0:31:22	1:33:58	
29	35	Duncan, Joanne	F40-49	0:16:39	0:50:58	1:07:37	0:27:55	1:35:32	
30	22	Scholz, Glen	ODM	0:18:39	0:50:58	1:09:37	0:26:30	1:36:07	
31	17	Mitchell, Adrian	M50-59	0:14:35	0:50:16	1:04:51	0:31:27	1:36:18	
32	5	Stanley, Robyn	F50-59	0:14:29	0:53:26	1:07:55	0:28:26	1:36:21	
33	14	Team, Fox/Jones	TEAM	0:13:16	0:50:46	1:04:02	0:33:56	1:37:58	
34	28	Hannon, Brian	M50-59	0:13:24					DNF

**Total number of competitors:** 34

**Sprint Triathlon  
Lake Alexander****Results By Category  
750/26/5****01-Aug-10**

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
<b>Results for Category F20-29</b>							
1	27	Thyne, Rebecca	0:11:36	0:46:32	0:58:08	0:24:33	1:22:41
<b>Results for Category F30-39</b>							
1	26	Winterflood, Emma	0:11:55	0:45:07	0:57:02	0:21:10	1:18:12
2	25	Hatty, Shaye	0:14:24	0:44:47	0:59:11	0:23:32	1:22:43
<b>Results for Category F40-49</b>							
1	1	Birk, Belinda	0:11:52	0:45:40	0:57:32	0:24:22	1:21:54
2	35	Duncan, Joanne	0:16:39	0:50:58	1:07:37	0:27:55	1:35:32
<b>Results for Category F50-59</b>							
1	10	Stewart, Monica	0:12:58	0:49:40	1:02:38	0:26:07	1:28:45
2	5	Stanley, Robyn	0:14:29	0:53:26	1:07:55	0:28:26	1:36:21
<b>Results for Category M20-29</b>							
1	12	Porter, Heath	0:10:39	0:40:54	0:51:33	0:18:54	1:10:27
2	19	Green, Tim	0:09:28	0:44:19	0:53:47	0:22:58	1:16:45
3	7	Beggs-French, Rowan	0:10:28	0:41:07	0:51:35	0:26:14	1:17:49
4	18	Barnes, Tobias	0:10:24	0:48:13	0:58:37	0:19:39	1:18:16
5	8	Crane, David	0:11:37	0:46:34	0:58:11	0:21:16	1:19:27
6	21	Brady, Ben	0:12:36	0:46:33	0:59:09	0:20:53	1:20:02
7	32	McKenna, Lachlan	0:13:13	0:47:02	1:00:15	0:21:36	1:21:51
8	13	Tomlinson, Jamie	0:11:35	0:48:52	1:00:27	0:25:27	1:25:54
<b>Results for Category M30-39</b>							
1	16	Peacock, Russell	0:12:05	0:43:31	0:55:36	0:25:48	1:21:24
2	6	Goat, Steve	0:12:05	0:48:16	1:00:21	0:22:15	1:22:36
3	34	Brown, Damien	0:13:18	0:51:23	1:04:41	0:25:41	1:30:22
<b>Results for Category M40-49</b>							
1	29	Jessop, Chris	0:11:37	0:45:59	0:57:36	0:20:59	1:18:35
2	33	Croser, David	0:14:26	0:45:28	0:59:54	0:20:01	1:19:55
3	24	Hatty, Phill	0:14:03	0:45:05	0:59:08	0:26:03	1:25:11
<b>Results for Category M50-59</b>							
1	3	Fitch, Stu	0:11:08	0:44:23	0:55:31	0:20:31	1:16:02

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time
2	30	Brady, Pete	0:12:29	0:46:59	0:59:28	0:22:07	1:21:35
3	2	Birk, Bertram	0:14:24	0:44:50	0:59:14	0:27:22	1:26:36
4	11	Blumberg, Phil	0:13:20	0:49:46	1:03:06	0:23:35	1:26:41
5	17	Mitchell, Adrian	0:14:35	0:50:16	1:04:51	0:31:27	1:36:18
6	28	Hannon, Brian	0:13:24				DNF

**Results for Category M60-69**

1	4	Stanley, Daryl	0:13:17	0:47:41	1:00:58	0:25:28	1:26:26
2	23	Parsons, Graeme	0:12:46	0:49:50	1:02:36	0:31:22	1:33:58

**Results for Category ODM**

1	22	Scholz, Glen	0:18:39	0:50:58	1:09:37	0:26:30	1:36:07
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**Results for Category TEAM**

1	31	Team, Sullivan/Anzin	0:13:19	0:42:49	0:56:08	0:19:40	1:15:48
2	9	Team, Stewart/Brearily	0:12:58	0:44:08	0:57:06	0:19:54	1:17:00
3	20	Team, Worby/Tilbrook	0:15:46	0:50:09	1:05:55	0:20:34	1:26:29
4	14	Team, Fox/Jones	0:13:16	0:50:46	1:04:02	0:33:56	1:37:58

**Sprint Triathlon Short  
Lake Alexander****Overall Results  
300/13/3****01-Aug-10**

Place	Race No	Name	Category	Swim	Bike	Swim+Bike	Run	Total Time	
1	102	Weatherald, Rob	M50-59	0:04:06	0:22:52	0:26:58	0:12:25	0:39:23	
2	111	Smith, Colin	M50-59	0:05:19	0:25:41	0:31:00	0:16:07	0:47:07	
3	100	Bormann, Hans	M60-69	0:06:50	0:26:40	0:33:30	0:14:12	0:47:42	
4	107	Vanderlaan, Daniel	ODM	0:05:20	0:29:51	0:35:11	0:14:09	0:49:20	
5	104	Castle, Andrew	ODM	0:06:25	0:28:47	0:35:12	0:14:30	0:49:42	
6	103	Milne, Leigh	M30-39	0:04:55	0:27:05	0:32:00	0:17:54	0:49:54	
7	112	Hamilton, Samantha	ODM	0:05:17	0:30:27	0:35:44	0:15:07	0:50:51	
8	106	Hiatt, Gail	F20-29	0:05:42	0:28:56	0:34:38	0:16:46	0:51:24	
9	109	Mettam, Joe	ODM	0:05:29	0:29:07	0:34:36	0:17:41	0:52:17	
10	108	Friebel, Christine	F40-49	0:04:53	0:34:03	0:38:56	0:18:46	0:57:42	
11	105	Kelly, Megan	F20-29	0:06:45	0:31:07	0:37:52	0:20:33	0:58:25	
12	113	Rossingh, Bromwyn	F40-49	0:06:06	0:35:16	0:41:22	0:17:15	0:58:37	
13	110	Mettam, Erin	ODM	0:05:55	0:37:02	0:42:57	0:22:50	1:05:47	
14	101	Lewis, Tim	MJNR	0:04:33	0:26:45	0:31:18			DNF

**Sprint Triathlon Short  
Lake Alexander****Results By Category  
300/13/3****01-Aug-10**

Place	Race No	Name	Swim	Bike	Swim+Bike	Run	Total Time	
<b>Results for Category</b>		F20-29						
1	106	Hiatt, Gail	0:05:42	0:28:56	0:34:38	0:16:46	0:51:24	
2	105	Kelly, Megan	0:06:45	0:31:07	0:37:52	0:20:33	0:58:25	
<b>Results for Category</b>		F40-49						
1	108	Friebel, Christine	0:04:53	0:34:03	0:38:56	0:18:46	0:57:42	
2	113	Rossingh, Bromwyn	0:06:06	0:35:16	0:41:22	0:17:15	0:58:37	
<b>Results for Category</b>		M30-39						
1	103	Milne, Leigh	0:04:55	0:27:05	0:32:00	0:17:54	0:49:54	
<b>Results for Category</b>		M50-59						
1	102	Weatherald, Rob	0:04:06	0:22:52	0:26:58	0:12:25	0:39:23	
2	111	Smith, Colin	0:05:19	0:25:41	0:31:00	0:16:07	0:47:07	
<b>Results for Category</b>		M60-69						
1	100	Bormann, Hans	0:06:50	0:26:40	0:33:30	0:14:12	0:47:42	
<b>Results for Category</b>		MJNR						
1	101	Lewis, Tim	0:04:33	0:26:45	0:31:18			DNF
<b>Results for Category</b>		ODM						
1	107	Vanderlaan, Daniel	0:05:20	0:29:51	0:35:11	0:14:09	0:49:20	
2	104	Castle, Andrew	0:06:25	0:28:47	0:35:12	0:14:30	0:49:42	
3	112	Hamilton, Samantha	0:05:17	0:30:27	0:35:44	0:15:07	0:50:51	
4	109	Mettam, Joe	0:05:29	0:29:07	0:34:36	0:17:41	0:52:17	
5	110	Mettam, Erin	0:05:55	0:37:02	0:42:57	0:22:50	1:05:47	