

**Howard Springs Duathlon
Howard Springs**

**Overall Results
2.5/13/2.5**

04-Jun-06

Place	Race No	Name	Category	Run	Bike	Run+Bike	Run	Total Time
1	25	Brearley, Matt	M30-39	0:08:49	0:21:29	0:30:18	0:10:00	0:40:18
2	27	Norton, Ian	M30-39	0:09:23	0:22:27	0:31:50	0:09:46	0:41:36
3	30	Weatherald, Rob	M40-49	0:08:56	0:23:19	0:32:15	0:09:44	0:41:59
4	37	Brady, Pete	M40-49	0:09:06	0:23:05	0:32:11	0:10:17	0:42:28
5	6	Denton, Steve	M30-39	0:09:24	0:23:18	0:32:42	0:10:20	0:43:02
6	23	Gear, Kyle	MJNR	0:10:38	0:22:01	0:32:39	0:10:43	0:43:22
7	5	Stancombe, Allan	M50-59	0:10:42	0:21:42	0:32:24	0:11:35	0:43:59
8	16	Lewis, Phillip	M40-49	0:09:01	0:25:02	0:34:03	0:10:09	0:44:12
9	10	Martin, Bob	M50-59	0:10:08	0:23:22	0:33:30	0:10:54	0:44:24
10	28	Coutts, Nick	M20-29	0:10:38	0:22:32	0:33:10	0:11:22	0:44:32
11	32	Bevis, Scott	M20-29	0:10:05	0:23:36	0:33:41	0:11:13	0:44:54
12	35	Neville, Malcolm	M40-49	0:09:26	0:24:59	0:34:25	0:11:00	0:45:25
13	13	Bormann, Hans	M50-59	0:10:41	0:24:14	0:34:55	0:10:51	0:45:46
14	20	Manicaros, Ashley	M30-39	0:10:42	0:24:14	0:34:56	0:11:17	0:46:13
15	7	Stanley, Daryl	M50-59	0:10:59	0:23:54	0:34:53	0:11:28	0:46:21
16	11	Davie, Ian	M40-49	0:10:59	0:23:51	0:34:50	0:11:39	0:46:29
17	38	Lysenko, Alex	M30-39	0:11:03	0:23:48	0:34:51	0:11:42	0:46:33
18	24	Thyne, Rebecca	FJNR	0:11:19	0:23:58	0:35:17	0:12:33	0:47:50
19	34	Kahl, Greg	M20-29	0:11:01	0:24:19	0:35:20	0:12:44	0:48:04
20	18	Bannan, Ciaran	M20-29	0:11:03	0:23:35	0:34:38	0:15:30	0:50:08
21	21	Stewart, Monica	F50-59	0:11:52	0:25:57	0:37:49	0:12:31	0:50:20
22	31	Kerslake, Jane-Marie	F30-39	0:12:07	0:25:08	0:37:15	0:13:18	0:50:33
23	2	Stephenson, Lauren	FJNR	0:10:37	0:28:18	0:38:55	0:11:43	0:50:38
24	9	Duncan, Joanne	F40-49	0:11:37	0:26:53	0:38:30	0:12:28	0:50:58
25	1	Stanley, Robyn	F50-59	0:13:22	0:25:39	0:39:01	0:12:44	0:51:45
26	29	Team, Carey/King	TEAM	0:12:20	0:27:02	0:39:22	0:12:39	0:52:01
27	3	Andrews, Ann-Marie	F30-39	0:11:57	0:27:31	0:39:28	0:12:52	0:52:20
28	36	Jeggo, Peta	F30-39	0:11:59	0:27:24	0:39:23	0:13:10	0:52:33
29	15	Lewis, Karen	F40-49	0:11:52	0:28:29	0:40:21	0:13:16	0:53:37
30	14	Coysh, David	M50-59	0:12:38	0:28:31	0:41:09	0:13:05	0:54:14
31	26	Smith, Colin	M50-59	0:13:22	0:25:27	0:38:49	0:15:57	0:54:46
32	19	Ainslie, Kim	F30-39	0:12:24	0:28:50	0:41:14	0:13:40	0:54:54
33	22	Smart, Barry	M60-69	0:13:28	0:27:57	0:41:25	0:14:12	0:55:37
34	8	Day, Alan	M50-59	0:13:23	0:29:14	0:42:37	0:14:06	0:56:43
35	33	Luck, Tara	F20-29	0:11:25	0:33:03	0:44:28	0:13:05	0:57:33
36	17	Koch, Ernie	M70-79	0:15:40	0:28:14	0:43:54	0:15:13	0:59:07
37	12	Godfrey, Nerida	F50-59	0:14:47	0:30:53	0:45:40	0:17:41	1:03:21
38	4	Sullivan, Barry	M50-59			0:36:36		DNF

**Howard Springs Duathlon
Howard Springs**

**Results By Category
2.5/13/2.5**

04-Jun-06

Place	Race No	Name	Run	Bike	Run+Bike	Run	Total Time
Results for Category F20-29							
1	33	Luck, Tara	0:11:25	0:33:03	0:44:28	0:13:05	0:57:33
Results for Category F30-39							
1	31	Kerslake, Jane-Marie	0:12:07	0:25:08	0:37:15	0:13:18	0:50:33
2	3	Andrews, Ann-Marie	0:11:57	0:27:31	0:39:28	0:12:52	0:52:20
3	36	Jeggo, Peta	0:11:59	0:27:24	0:39:23	0:13:10	0:52:33
4	19	Ainslie, Kim	0:12:24	0:28:50	0:41:14	0:13:40	0:54:54
Results for Category F40-49							
1	9	Duncan, Joanne	0:11:37	0:26:53	0:38:30	0:12:28	0:50:58
2	15	Lewis, Karen	0:11:52	0:28:29	0:40:21	0:13:16	0:53:37
Results for Category F50-59							
1	21	Stewart, Monica	0:11:52	0:25:57	0:37:49	0:12:31	0:50:20
2	1	Stanley, Robyn	0:13:22	0:25:39	0:39:01	0:12:44	0:51:45
3	12	Godfrey, Nerida	0:14:47	0:30:53	0:45:40	0:17:41	1:03:21
Results for Category FJNR							
1	24	Thyne, Rebecca	0:11:19	0:23:58	0:35:17	0:12:33	0:47:50
2	2	Stephenson, Lauren	0:10:37	0:28:18	0:38:55	0:11:43	0:50:38
Results for Category M20-29							
1	28	Coutts, Nick	0:10:38	0:22:32	0:33:10	0:11:22	0:44:32
2	32	Bevis, Scott	0:10:05	0:23:36	0:33:41	0:11:13	0:44:54
3	34	Kahl, Greg	0:11:01	0:24:19	0:35:20	0:12:44	0:48:04
4	18	Bannan, Ciaran	0:11:03	0:23:35	0:34:38	0:15:30	0:50:08
Results for Category M30-39							
1	25	Brearley, Matt	0:08:49	0:21:29	0:30:18	0:10:00	0:40:18
2	27	Norton, Ian	0:09:23	0:22:27	0:31:50	0:09:46	0:41:36
3	6	Denton, Steve	0:09:24	0:23:18	0:32:42	0:10:20	0:43:02
4	20	Manicaros, Ashley	0:10:42	0:24:14	0:34:56	0:11:17	0:46:13
5	38	Lysenko, Alex	0:11:03	0:23:48	0:34:51	0:11:42	0:46:33
Results for Category M40-49							
1	30	Weatherald, Rob	0:08:56	0:23:19	0:32:15	0:09:44	0:41:59

Place	Race No	Name	Run	Bike	Run+Bike	Run	Total Time
2	37	Brady, Pete	0:09:06	0:23:05	0:32:11	0:10:17	0:42:28
3	16	Lewis, Phillip	0:09:01	0:25:02	0:34:03	0:10:09	0:44:12
4	35	Neville, Malcolm	0:09:26	0:24:59	0:34:25	0:11:00	0:45:25
5	11	Davie, Ian	0:10:59	0:23:51	0:34:50	0:11:39	0:46:29

Results for Category M50-59

1	5	Stacombe, Allan	0:10:42	0:21:42	0:32:24	0:11:35	0:43:59
2	10	Martin, Bob	0:10:08	0:23:22	0:33:30	0:10:54	0:44:24
3	13	Bormann, Hans	0:10:41	0:24:14	0:34:55	0:10:51	0:45:46
4	7	Stanley, Daryl	0:10:59	0:23:54	0:34:53	0:11:28	0:46:21
5	14	Coysh, David	0:12:38	0:28:31	0:41:09	0:13:05	0:54:14
6	26	Smith, Colin	0:13:22	0:25:27	0:38:49	0:15:57	0:54:46
7	8	Day, Alan	0:13:23	0:29:14	0:42:37	0:14:06	0:56:43
8	4	Sullivan, Barry			0:36:36		DNF

Results for Category M60-69

1	22	Smart, Barry	0:13:28	0:27:57	0:41:25	0:14:12	0:55:37
---	----	--------------	---------	---------	---------	---------	---------

Results for Category M70-79

1	17	Koch, Ernie	0:15:40	0:28:14	0:43:54	0:15:13	0:59:07
---	----	-------------	---------	---------	---------	---------	---------

Results for Category MJNR

1	23	Gear, Kyle	0:10:38	0:22:01	0:32:39	0:10:43	0:43:22
---	----	------------	---------	---------	---------	---------	---------

Results for Category TEAM

1	29	Team, Carey/King	0:12:20	0:27:02	0:39:22	0:12:39	0:52:01
---	----	------------------	---------	---------	---------	---------	---------