



Cat Pos	Race No	Name	Time	Category	Gen Pos	Run 1	1km split	C.Pos	Swim	100m split	Run 1 +Swim	Pos after Swim	Gain /Loss	O.Pos	C.Pos	Run 2	1km split	Gain /Loss
6	398	Claire Huygens	0:37:51	20-24	19	0:09:53	0:03:57	6	0:15:58	0:01:36	0:25:51	4	2	50	5	0:11:58	0:04:47	-2
9	410	Tina Sherratt	0:40:13	20-24	42	0:09:22	0:03:45	4	0:19:53	0:01:59	0:29:15	10	-6	198	14	0:10:58	0:04:23	1
11	399	Maddie Morton	0:42:06	20-24	57	0:10:16	0:04:06	8	0:19:29	0:01:57	0:29:45	12	-4	183	13	0:12:19	0:04:56	1
3	123	Dean Thurgood	0:36:40	20-24	44	0:08:59	0:03:36	2	0:16:00	0:01:36	0:24:59	3	-1	51	3	0:11:40	0:04:40	0
6	379	Emily Myers	0:38:31	25-29	24	0:09:51	0:03:56	6	0:17:55	0:01:47	0:27:46	7	-1	120	7	0:10:44	0:04:18	1
7	383	Alissa Williams	0:39:02	25-29	30	0:09:55	0:03:58	7	0:16:45	0:01:41	0:26:40	5	2	73	5	0:12:21	0:04:56	-2
8	396	Amanda Lucas	0:40:38	25-29	48	0:09:47	0:03:55	4	0:18:58	0:01:54	0:28:45	8	-4	166	8	0:11:52	0:04:45	0
11	387	Kate Goulding	0:45:42	25-29	80	0:12:19	0:04:56	16	0:19:15	0:01:56	0:31:34	10	6	176	9	0:14:08	0:05:39	-1
14	392	Claire Schneider	0:48:50	25-29	94	0:11:52	0:04:45	14	0:21:12	0:02:07	0:33:04	12	2	239	13	0:15:45	0:06:18	-2
15	381	Merinda Eckart	0:48:50	25-29	95	0:11:52	0:04:45	15	0:21:12	0:02:07	0:33:04	13	2	241	14	0:15:45	0:06:18	-2
4	127	Chris Berton	0:35:27	25-29	28	0:08:29	0:03:24	3	0:16:34	0:01:39	0:25:03	4	-1	67	6	0:10:23	0:04:09	0
6	128	Ian Dowling	0:36:00	25-29	35	0:08:30	0:03:24	5	0:17:10	0:01:43	0:25:40	7	-2	91	9	0:10:19	0:04:08	1
9	137	Tim Coles	0:37:50	25-29	54	0:09:07	0:03:39	9	0:18:16	0:01:50	0:27:23	12	-3	137	12	0:10:27	0:04:11	3
13	143	Allen Besch	0:40:01	25-29	96	0:09:27	0:03:47	14	0:19:41	0:01:58	0:29:08	16	-2	190	15	0:10:52	0:04:21	3
15	139	Tim Franklin	0:40:57	25-29	109	0:09:21	0:03:44	12	0:19:32	0:01:57	0:28:53	14	-2	185	14	0:12:02	0:04:49	-1
17	138	Roald Du Plessis	0:41:21	25-29	114	0:09:57	0:03:59	17	0:19:44	0:01:58	0:29:41	18	-1	193	16	0:11:39	0:04:40	1
18	145	Luke Horsfield	0:41:25	25-29	115	0:09:48	0:03:55	16	0:19:50	0:01:59	0:29:38	17	-1	197	17	0:11:46	0:04:42	-1
5	352	Suzanne Mccarthy	0:39:31	30-34	34	0:09:13	0:03:41	10	0:18:44	0:01:52	0:27:57	6	4	159	9	0:11:34	0:04:38	1
7	358	Sarah Jones	0:40:20	30-34	44	0:08:51	0:03:32	8	0:19:55	0:02:00	0:28:46	12	-4	200	15	0:11:33	0:04:37	5
10	368	Jacqui Elliott	0:41:00	30-34	49	0:09:50	0:03:56	16	0:18:15	0:01:49	0:28:05	8	8	136	8	0:12:54	0:05:10	-2
12	362	Taryn Swan	0:41:05	30-34	51	0:08:23	0:03:21	2	0:21:26	0:02:09	0:29:49	17	-15	242	19	0:11:15	0:04:30	5
14	370	Kate Wardrope	0:41:57	30-34	55	0:09:15	0:03:42	11	0:19:50	0:01:59	0:29:05	13	-2	195	13	0:12:51	0:05:08	-1
22	364	Stacey Cason	0:47:00	30-34	88	0:10:56	0:04:22	23	0:22:22	0:02:14	0:33:18	23	0	262	22	0:13:41	0:05:28	1
25	366	Jennifer McGee	0:50:17	30-34	105	0:10:43	0:04:17	21	0:25:22	0:02:32	0:36:05	27	-6	296	28	0:14:10	0:05:40	2
5	171	David Thomas	0:35:04	30-34	26	0:08:36	0:03:26	6	0:15:37	0:01:34	0:24:13	3	3	36	5	0:10:50	0:04:20	-2
11	161	Geoff Bartlett	0:36:44	30-34	45	0:09:12	0:03:41	12	0:16:51	0:01:41	0:26:03	10	2	77	9	0:10:41	0:04:16	-1
17	157	Michael Zink	0:38:47	30-34	78	0:09:24	0:03:46	16	0:17:50	0:01:47	0:27:14	15	1	117	13	0:11:32	0:04:37	-2

21	155	Andrew Callow	0:43:37	30-34	131	0:09:29	0:03:48	18	0:21:50	0:02:11	0:31:19	23	-5	248	24	0:12:18	0:04:55	2
23	172	Shannon Dooland	0:46:00	30-34	152	0:10:52	0:04:21	22	0:18:58	0:01:54	0:29:50	18	4	167	19	0:16:09	0:06:28	-5
24	156	Nathan Brooking	0:47:33	30-34	160	0:11:30	0:04:36	24	0:23:29	0:02:21	0:34:59	25	-1	280	25	0:12:33	0:05:01	1
25	153	Mark McDonnell	0:48:33	30-34	166	0:12:11	0:04:52	25	0:21:43	0:02:10	0:33:54	24	1	246	23	0:14:38	0:05:51	-1
4	339	Sam Beh	0:40:12	35-39	41	0:09:36	0:03:50	2	0:19:16	0:01:56	0:28:52	5	-3	177	7	0:11:19	0:04:32	1
6	334	Yasmin Grigaliunas	0:44:14	35-39	68	0:12:33	0:05:01	10	0:18:50	0:01:53	0:31:23	7	3	161	4	0:12:49	0:05:08	1
14	331	Vina Wilson	0:52:11	35-39	112	0:12:34	0:05:02	11	0:23:53	0:02:23	0:36:27	15	-4	283	16	0:15:44	0:06:18	1
6	189	Chris Bailey	0:36:33	35-39	43	0:08:28	0:03:23	2	0:18:20	0:01:50	0:26:48	11	-9	140	21	0:09:44	0:03:54	5
8	190	Jarod Thomas	0:38:01	35-39	58	0:10:03	0:04:01	19	0:16:32	0:01:39	0:26:35	9	10	65	11	0:11:24	0:04:34	1
12	178	Brad Jones	0:38:32	35-39	73	0:09:19	0:03:44	10	0:17:30	0:01:45	0:26:49	13	-3	104	16	0:11:42	0:04:41	1
14	202	David Doyle	0:38:42	35-39	77	0:09:08	0:03:39	7	0:18:58	0:01:54	0:28:06	20	-13	168	26	0:10:35	0:04:14	6
22	204	Leigh Grigaliunas	0:40:11	35-39	99	0:10:16	0:04:06	22	0:17:31	0:01:45	0:27:47	18	4	105	17	0:12:23	0:04:57	-4
27	200	Derrin Cason	0:43:09	35-39	125	0:09:58	0:03:59	18	0:21:10	0:02:07	0:31:08	30	-12	237	35	0:12:00	0:04:48	3
34	184	Adam King	0:46:15	35-39	154	0:11:11	0:04:28	33	0:20:56	0:02:06	0:32:07	33	0	228	32	0:14:06	0:05:38	-1
36	188	Ray Reupena	0:47:02	35-39	159	0:11:58	0:04:47	37	0:20:40	0:02:04	0:32:38	35	2	222	31	0:14:23	0:05:45	-1
2	320	Heidi Sowerby	0:38:35	40-44	27	0:10:06	0:04:02	3	0:17:31	0:01:45	0:27:37	3	0	107	3	0:10:57	0:04:23	1
9	316	Alicia Newman	0:46:14	40-44	83	0:12:17	0:04:55	9	0:20:28	0:02:03	0:32:45	9	0	215	9	0:13:28	0:05:23	0
13	315	Shelley Marriott	0:54:11	40-44	116	0:13:30	0:05:24	13	0:24:24	0:02:26	0:37:54	14	-1	289	14	0:16:16	0:06:30	1
1	231	John Agyik	0:34:18	40-44	19	0:08:38	0:03:27	1	0:15:33	0:01:33	0:24:11	1	0	32	3	0:10:06	0:04:02	0
7	244	Mark Gleeson	0:38:12	40-44	63	0:09:21	0:03:44	5	0:18:14	0:01:49	0:27:35	14	-9	135	18	0:10:36	0:04:14	7
9	243	Mark Turner	0:38:27	40-44	69	0:09:09	0:03:40	3	0:18:10	0:01:49	0:27:19	12	-9	132	16	0:11:08	0:04:27	3
13	249	Paul Scroggie	0:38:53	40-44	81	0:09:22	0:03:45	6	0:18:00	0:01:48	0:27:22	13	-7	127	13	0:11:30	0:04:36	0
20	223	Jason Teren	0:40:34	40-44	103	0:09:47	0:03:55	13	0:19:47	0:01:59	0:29:34	24	-11	194	25	0:10:59	0:04:24	4
22	238	Stephen Davy	0:40:54	40-44	108	0:09:48	0:03:55	15	0:19:56	0:02:00	0:29:44	25	-10	201	26	0:11:09	0:04:28	3
26	227	Scott Rathbone	0:44:06	40-44	138	0:09:53	0:03:57	16	0:20:44	0:02:04	0:30:37	27	-11	223	28	0:13:28	0:05:23	1
28	250	Shane Bamkin	0:44:39	40-44	141	0:11:25	0:04:34	34	0:18:37	0:01:52	0:30:02	26	8	153	19	0:14:36	0:05:50	-2
29	220	Richard Fairhead	0:44:46	40-44	144	0:10:23	0:04:09	22	0:23:03	0:02:18	0:33:26	33	-11	274	34	0:11:20	0:04:32	4
4	308	Susan Meehan	0:43:29	45-49	64	0:11:23	0:04:33	5	0:20:04	0:02:00	0:31:27	5	0	202	5	0:12:02	0:04:49	1
8	265	Alan Kepper	0:46:30	45-49	156	0:10:50	0:04:20	8	0:22:28	0:02:15	0:33:18	9	-1	265	12	0:13:10	0:05:16	1
1	298	Claire Lynch	0:48:17	50-54	92	0:13:13	0:05:17	1	0:20:48	0:02:05	0:34:01	1	0	224	1	0:14:14	0:05:42	0
9	271	Darrell Giles	0:45:09	50-54	146	0:09:47	0:03:55	5	0:24:43	0:02:28	0:34:30	13	-8	292	14	0:10:38	0:04:15	4
10	278	Paul Williams	0:45:27	50-54	148	0:10:37	0:04:15	8	0:22:04	0:02:12	0:32:41	11	-3	253	12	0:12:46	0:05:06	1
1	297	Jan Avery-Spoor	0:44:33	55-59	71	0:11:56	0:04:46		0:19:14	0:01:55				175	1	0:13:22	0:05:21	
2	289	John De Lacouture	0:53:26	70-74	178	0:13:51	0:05:32	2	0:23:55	0:02:23	0:37:46	2	0	285	2	0:15:40	0:06:16	0