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## ADULT INDIVIDUALS

### Place Name Gender Age Group Place Swim Swim T1 Bike T2 Run

1 Neil De Ste Croix M 49 Overall 1 11:27 24:34 12:01  
42:03 42:30 1:03:31

2 Karen Smith F 46 Overall 1 10:04 21:36 10:38  
44:05 44:52 1:04:38

3 Mark Wilcox M 47 Overall 2 11:40 25:02 12:31  
43:24 43:59 1:05:01

4 Christopher Hands M 25 Overall 3 11:24 24:27 12:20  
46:53 47:37 1:06:09

5 Karl Willson M 37 Male 30 to 39 1 9:44 20:53 10:28  
43:56 44:52 1:06:21

6 Julia Hawley F 51 Overall 2 12:02 25:49 12:56  
45:34 46:18 1:07:01

7	Byron Rencken	M	29	Male 20 to 29	1	11:32 24:44 12:15 48:08 48:40 1:07:15
8	Daren Dowling	M	49	Male 40 to 49	1	12:14 26:15 13:03 46:59 47:51 1:07:39
9	LAURIE ORCHARD	F	42	Overall	3	11:03 23:42 11:32 45:39 46:13 1:07:48
10	Amber Mehta	F	38	Female 30 to 39	1	10:51 23:16 11:24 45:41 46:22 1:08:05
11	Chris Harkness	M	41	Male 40 to 49	2	11:04 23:44 11:51 44:41 45:21 1:08:57
12	Steven Smith	M	41	Male 40 to 49	3	12:42 27:15 13:17 46:56 47:31 1:09:08
13	Joel Matthews	M	35	Male 30 to 39	2	13:15 28:25 14:01 46:50 47:36 1:09:11
14	Duncan Scott	M	51	Male 50 to 59	1	12:32 26:53 13:18 47:51 48:32 1:09:17
15	Jason Correia	M	31	Male 30 to 39	3	12:42 27:15 13:15 49:45 50:36 1:09:34
16	Timothy Patterson	M	41	Male 40 to 49	4	11:04 23:44 12:01 48:32 49:27 1:10:11
17	Anonymous Participant	M	32	Male 30 to 39	4	10:01 21:29 10:43 45:48 46:25 1:10:57
18	Dirk Hasselkuss	M	52	Male 50 to 59	2	11:29 24:38 12:25 49:24 50:29 1:11:19

19	Belinda Castree	F	39	Female	30 to 39	2	9:59	21:25
	10:42	45:46	46:45	1:11:28				
20	Timothy Palmer	M	52	Male	50 to 59	3	16:02	34:24
	16:51	51:09	51:49	1:11:48				
21	Kandis Matthews	F	36	Female	30 to 39	3	12:39	27:08
	13:21	49:44	50:18	1:12:31				
22	Duane Simons	M	41	Male	40 to 49	5	13:42	29:23
	14:34	50:46	51:24	1:13:12				
23	Sharon Hammond	F	45	Female	40 to 49	1	11:44	25:10
	12:30	49:52	50:40	1:13:33				
24	Jennifer Wilson	F	38	Female	30 to 39	4	12:19	26:25
	12:57	49:50	50:24	1:13:46				
25	Charles Leonard	M	54	Male	50 to 59	4	16:21	35:05
	17:52	52:00	52:55	1:14:35				
26	Randolph Smith	M	41	Male	40 to 49	6	15:52	34:02
	16:52	50:21	50:58	1:14:49				
27	Steven Petty	M	62	Male	60 and over	1	11:35	24:51
	12:29	48:35	49:30	1:15:13				
28	Charles Duffy	M	64	Male	60 and over	2	14:33	31:13
	16:01	52:54	54:01	1:15:31				
29	David Soutter	M	38	Male	30 to 39	5	13:01	27:55
	13:58	52:00	53:07	1:15:40				
30	Gerhard Boonstra	M	46	Male	40 to 49	7	10:10	21:48
	11:47	52:59	1:15:48					

31 Alicia Hancock F 39 Female 30 to 39 5 9:50 21:06 11:33  
51:55 53:40 1:16:06

32 Melissa Logie F 31 Female 30 to 39 6 12:58 27:49  
14:11 53:44 54:39 1:16:32

33 Johann Hunter M 34 Male 30 to 39 6 10:47 23:08  
11:39 52:15 53:17 1:16:59

34 Christopher Smith M 49 Male 40 to 49 8 13:24 28:45  
13:56 50:58 51:45 1:17:13

35 Richard Hammond M 45 Male 40 to 49 9 11:36 24:53  
12:35 53:38 54:26 1:17:19

36 Deanna Didyk F 44 Female 40 to 49 2 14:36 31:19  
15:26 53:24 54:08 1:17:43

37 James Dodgson M 38 Male 30 to 39 7 17:42 37:58  
18:29 54:31 55:38 1:18:24

38 Otis Ingham M 48 Male 40 to 49 10 20:27 43:52  
21:21 56:20 57:22 1:19:08

39 Sharon Craig F 54 Female 50 to 59 1 14:57 32:04 15:46  
55:52 57:08 1:19:19

40 Matthew Godfrey M 26 Male 20 to 29 2 10:46 23:06  
11:57 52:24 53:10 1:19:33

41 Thomas Hands M 50 Male 50 to 59 5 13:10 28:15  
13:54 52:56 53:48 1:21:02

42 Louise Wells F 41 Female 40 to 49 3 13:16 28:28 14:07  
56:28 57:33 1:21:03

43 Christopher Jones M 61 Male 60 and over 3 13:16 28:28  
15:01 58:51 59:31 1:21:08

44 Elizabeth Stewart F 43 Female 40 to 49 4 13:04 28:02  
13:50 53:57 54:47 1:21:50

45 Frances Betts F 43 Female 40 to 49 5 12:26 26:40  
13:25 53:05 54:00 1:22:06

46 Rebecca Shepherd F 41 Female 40 to 49 6 12:59 27:51  
14:21 56:26 57:46 1:22:10

47 Jennifer Lightbourne F 37 Female 30 to 39 7 13:18 28:32  
14:11 57:02 57:48 1:22:59

48 Carol Dixon F 49 Female 40 to 49 7 11:48 25:19 12:41  
52:31 54:12 1:23:26

49 Emma Norman F 23 Female 20 to 29 1 12:54 27:40  
13:45 56:54 57:40 1:23:29

50 Martin Bolton M 61 Male 60 and over 4 14:26 30:58  
15:51 52:53 54:14 1:25:42

51 Lara Rogers F 45 Female 40 to 49 8 12:18 26:23 13:34  
59:53 1:00:26 1:26:15

52 Nancy Swart F 44 Female 40 to 49 9 13:38 29:15  
15:05 55:54 57:07 1:26:21

53 Barb McPhee F 59 Female 50 to 59 2 14:43 31:34  
16:03 59:06 1:00:48 1:28:47

54 Kendra Dowling F 49 Female 40 to 49 10 17:34 37:41  
18:37 59:51 1:00:53 1:30:21

55 Natalie Dyrli F 39 Female 30 to 39 8 13:07 28:08 14:12  
58:48 59:33 1:30:31

56 Teresa Gallant F 40 Female 40 to 49 11 16:27 35:17  
17:26 1:00:32 1:02:01 1:30:39

57 Marie Taylor F 48 Female 40 to 49 12 15:45 33:47  
17:03 1:03:49 1:04:32 1:30:48

58 Joanne Medeiros F 48 Female 40 to 49 13 22:38 48:33  
23:53 1:04:23 1:05:33 1:33:50

59 Kirstie Jones F 47 Female 40 to 49 14 15:44 33:45 17:35  
1:02:41 1:04:00 1:36:17

60 Louise Wakefield F 50 Female 50 to 59 3 13:58 29:58  
15:10 1:03:08 1:04:20 1:37:55

61 Kerre Venter F 39 Female 30 to 39 9 14:03 30:08  
15:29 1:05:00 1:06:17 1:39:41

62 Dawn Johnson F 45 Female 40 to 49 15 15:49 33:56  
16:38 1:03:47 1:04:53 1:40:59

63 Charmaine Smith F 47 Female 40 to 49 16 14:56 32:02  
16:13 1:04:42 1:06:58 1:50:34

64 Litanya Smith F 45 Female 40 to 49 17 21:37 46:23  
23:25 1:14:36 1:15:22 1:51:29

## **Junior Individual Advance 13-15**

1 Matthew Oliveira M 31:36 14 Male 13 to 15 6:48 0:24  
14:55 9:26

2 Cameron De Ste Croix M 35:35 14 Male 13 to 15 7:44 0:37  
17:53 9:19

3 Yannick Hillier M 35:37 13 Male 13 to 15 7:42 0:24 17:32  
9:57

4 Nicholas Brando M 36:50 13 Male 13 to 15 6:46 0:36  
18:17 11:09

5 Madelyn Moore F 37:58 14 Female 13 to 15 6:46 0:36  
19:06 11:30

6 Rebecca Harrison F 38:16 14 Female 13 to 15 8:07 0:31  
18:59 10:37

7 Laura Hope F 39:55 14 Female 13 to 15 8:05 0:35 18:57  
12:16

8 Alyssa Rowse F 40:07 14 Female 13 to 15 8:27 0:30 18:36  
12:33

9 Cassy McPhee F 45:03 15 Female 13 to 15 9:58 1:04  
20:11 13:49

10 Angus Betts M 46:35 13 Male 13 to 15 7:44 0:39 25:09  
13:02

## Individual Road Bike 7-10

1	Blake Oliveira	M	BM	17:45	9	Male	9 to 10	1	2:34
	41:18	0:39	10:08	3:15	0:29	3:52	6:13		
2	Megan Hands	F	BM	18:47	10	Female	9 to 10	1	2:42
	43:27	0:40	10:55	3:30	0:28	4:00	6:26		
3	Louis Hammond	M		18:50	10	Male	9 to 10	2	3:12
	51:29	0:44	10:27	3:21	0:39	3:46	6:03		
4	Zoe Hasselkuss	F	BM	19:01	10	Female	9 to 10	2	3:05
	49:37	0:52	10:32	3:23	0:27	4:02	6:29		
5	Gareth Cooper	M	BM	19:03	10	Male	9 to 10	3	2:43
	43:43	0:36	11:08	3:35	0:30	4:04	6:32		
6	Flynn Watson-Brown	M		19:08	8	Male	7 to 8	1	2:59
	48:00	0:48	10:32	3:23	0:36	4:11	6:43		
7	Harlan Watson-Brown	M		19:21	8	Male	7 to 8	2	2:51
	45:51	0:54	10:40	3:25	0:35	4:17	6:53		
8	Manning Smith	M	BM	19:52	9	Male	9 to 10	4	3:48
	1:09	0:46	10:41	3:26	0:29	4:05	6:34		
9	Lindsay Smith	F	BM	20:12	10	Female	9 to 10	3	2:38
	42:22	0:41	12:01	3:52	0:29	4:21	7:00		
10	Eddie Norman	M	BM	20:37	8	Male	7 to 8	3	3:20
	53:38	0:58	11:56	3:50	0:31	3:50	6:10		
11	Kaylin Davy	F	BM	23:11	10	Female	9 to 10	4	4:28
	11:53	1:55	11:27	3:41	0:35	4:44	7:37		
12	Chloe Castree	F	BM	23:19	10	Female	9 to 10	5	2:57
	47:28	0:43	12:35	4:03	0:29	6:33	10:32		



13 Jasmin Hasselkuss F BM 23:21 8 Female 7 to 8 1 3:56  
3:18 1:02 13:22 4:18 0:33 4:26 7:08

14 Liana Medeiros F BM 24:42 10 Female 9 to 10 6  
4:02 4:54 1:29 13:01 4:11 0:39 5:28 8:47

15 Roxy Crockwell-Laurent F BM 26:34 9 Female 9 to 10 7

### **Individual MB/BMX 7-10 Reload 7 – 10**

1 William Nokes M 3:14 1:30 11:21 0:21 3:55 20:24  
10 Male 9 to 10 1

2 Carys Nokes F 2:35 18:03 20:39 10  
Female 9 to 10 1

3 Sam Williamson M 2:33 1:04 13:52 0:32 4:03  
22:07 10 Male 9 to 10 2

4 Tayla Horan F 2:17 0:58 15:02 0:24 4:41 23:25  
10 Female 9 to 10 2

5 Jake Smith M 4:22 1:05 13:34 0:32 4:33 24:09 7  
Male 7 to 8 1

### **Individual Road Bike 11-15**

1 Nicholas Pilgrim M 4:21 0:27 17:10 0:24 6:40  
29:05 11 Male 11 to 12 1

2 Caleb Ingham M 4:37 0:37 18:39 0:26 7:22  
31:43 11 Male 11 to 12 2

3 Ross Cooper M 4:27 0:55 18:04 0:38 7:44  
31:49 12 Male 11 to 12 3

4 Alexander Southern M 5:13 0:39 18:24 0:35 6:30  
31:53 11 Male 11 to 12 4

5 Rudi Hammond M 5:15 0:29 18:28 0:41 7:26  
32:22 12 Male 11 to 12 5

6 Amber Simons F 4:59 0:40 20:13 0:27 8:37  
35:28 11 Female 11 to 12 1

7 Logan Watson-Brown F 4:41 0:55 20:50 0:45 10:32  
37:45 11 Female 11 to 12

### **Individual MB/BMX 11-15**

1 Keagan Woolley M 4:13 0:47 20:11 0:29 9:33  
35:14 12 Male 11 to 12 1

2 Addy Malpas F 4:47 1:10 28:35 0:32 4:56 40:03  
11 Female 11 to 12 1