

# 2021-22 Trigger Health Race 05

Date: 19th December 2021

## Triathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Swim	Swim O Pos	Swim G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run O Pos	Run G Pos
1	Reece	Harris	113	00:39:38	Ages 18-24	1	Male	1	00:06:08	1	1	00:23:48	1	1	00:09:40	1	1
2	Ronan	Hays	150	00:41:47	Ages 18-24	2	Male	2	00:06:25	2	2	00:24:53	2	2	00:10:28	2	2
3	Russell	Harris	28	00:43:50	Ages 50-54	1	Male	3	00:07:20	7	6	00:24:58	3	3	00:11:31	4	4
4	Joel	Keeble	161	00:44:27	Ages 18-24	3	Male	4	00:06:45	3	3	00:25:25	5	5	00:12:16	8	8
5	Michael	Baker	135	00:44:50	Junior	1	Male	5	00:06:53	4	4	00:25:23	4	4	00:12:32	9	9
6	Corey	Muirhead	146	00:45:50	Ages 25-29	1	Male	6	00:07:38	11	8	00:25:58	7	7	00:12:12	7	7
7	Jason	Bonser	126	00:45:54	Ages 45-49	1	Male	7	00:08:24	19	15	00:26:07	9	8	00:11:22	3	3
8	Jason	Hill	131	00:46:53	Ages 25-29	2	Male	8	00:08:21	18	14	00:26:54	13	12	00:11:37	5	5
9	Michail	Papadopoulos	140	00:47:01	Ages 35-39	1	Male	9	00:07:20	8	7	00:27:52	17	16	00:11:48	6	6
10	Phillip	Hays	6	00:47:06	Ages 55-59	1	Male	10	00:08:37	21	17	00:25:34	6	6	00:12:54	12	12
11	Tim	Watson	115	00:47:17	Ages 40-44	1	Male	11	00:08:00	15	12	00:26:38	11	10	00:12:38	11	11
12	Michael	Zebrowski	147	00:47:22	Ages 30-34	1	Male	12	00:07:55	14	11	00:26:20	10	9	00:13:06	14	14
13	Darryl	Harris	4	00:47:34	Ages 60-64	1	Male	13	00:07:20	6	5	00:26:53	12	11	00:13:21	17	17
14	Paul	Williams	118	00:48:50	Ages 45-49	2	Male	14	00:08:34	20	16	00:27:03	14	13	00:13:12	16	16
15	Aaron	Ernst	124	00:49:57	Ages 45-49	3	Male	15	00:09:10	32	24	00:27:38	16	15	00:13:08	15	15
16	Jennah	Douglas	18	00:50:19	Ages 35-39	1	Female	1	00:08:02	16	4	00:28:04	18	2	00:14:13	22	1
17	Steve	Ware	125	00:50:50	Ages 65-69	1	Male	16	00:10:09	37	27	00:27:37	15	14	00:13:03	13	13
18	Chad	Mckay	119	00:50:55	Ages 18-24	4	Male	17	00:08:15	17	13	00:29:08	22	20	00:13:31	19	19
19	Daniel	Lambert	142	00:51:04	Ages 25-29	3	Male	18	00:07:49	12	9	00:30:40	28	24	00:12:34	10	10
20	Doug	Paton	121	00:51:29	Ages 45-49	4	Male	19	00:07:50	13	10	00:28:58	19	17	00:14:41	26	24
21	Pieter	Verster	144	00:51:34	Ages 45-49	5	Male	20	00:09:00	25	19	00:29:12	23	21	00:13:21	18	18
22	Karyss	Zappacosta	7	00:51:50	Ages 30-34	1	Female	2	00:07:28	10	3	00:29:40	25	3	00:14:41	25	2
23	Ben	Kent	127	00:52:30	Ages 35-39	2	Male	21	00:09:02	29	22	00:29:03	21	19	00:14:24	23	22
24	Christopher	Shewring	37	00:52:34	Ages 35-39	3	Male	22	00:08:53	23	18	00:29:02	20	18	00:14:38	24	23
25	Jarrad	Westcott	145	00:53:22	Ages 30-34	2	Male	23	00:09:00	26	20	00:29:23	24	22	00:14:58	27	25
26	Sophia	Hays	148	00:53:44	Ages 18-24	1	Female	3	00:06:55	5	1	00:31:14	31	5	00:15:34	31	5
27	Bailey	Paton	123	00:54:39	Junior	2	Male	24	00:10:01	35	26	00:31:03	29	25	00:13:34	20	20

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Swim	Swim O Pos	Swim G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run O Pos	Run G Pos
28	Colin	Luff	130	00:54:53	Ages 60-64	2	Male		00:09:00	27	21	00:30:34	27	23	00:15:19	29	26
29	Sharon	Ford	10	00:56:32	Ages 50-54	1	Female	4	00:09:15	34	9	00:31:49	32	6	00:15:27	30	4
30	Wayne	Marchese	117	00:56:54	Ages 50-54	2	Male	25	00:09:12	33	25	00:31:06	30	26	00:16:34	34	29
31	Erica	Duffield	114	00:56:56	Ages 35-39	2	Female	5	00:09:00	28	7	00:32:40	39	8	00:15:14	28	3
32	Susan	Androvich	13	00:56:59	Ages 45-49	1	Female	6	00:08:49	22	5	00:29:54	26	4	00:18:15	39	9
34	Tim	Berryman	138	00:58:43	Ages 30-34	3	Male	27	00:11:17	40	29	00:31:49	33	27	00:15:35	32	27
35	Thomas	Murphy	139	00:59:20	Ages 40-44	2	Male	28	00:10:30	39	28	00:32:20	36	30	00:16:29	33	28
36	Hayley	Ferris	137	00:59:25	Ages 40-44	1	Female	7	00:08:57	24	6	00:32:24	37	7	00:18:03	37	7
37	Amanda	Casey	136	01:00:17	Ages 40-44	2	Female	8	00:09:05	30	8	00:34:30	41	10	00:16:40	36	6
38	Trevor	Atkinson	149	01:00:41	Ages 55-59	2	Male	29	00:09:09	31	23	00:32:30	38	31	00:19:01	41	31
39	Rebecca	Wright	143	01:01:59	Ages 45-49	2	Female	9	00:10:05	36	10	00:33:40	40	9	00:18:13	38	8
40	Georgina	Webb	128	01:04:46	Ages 50-54	2	Female	10	00:10:23	38	11	00:35:29	42	11	00:18:53	40	10
41	George	Wong	133	01:05:12	Ages 30-34	4	Male	30	00:14:34	42	31	00:36:28	43	32	00:14:09	21	21
42	Michael	Chan	120	01:06:45	Ages 40-44	3	Male	31	00:14:01	41	30	00:31:55	34	28	00:20:49	42	32
	Elyse	Lambert	141		Ages 25-29		Female		00:07:23	9	2	00:25:58	8	1			

### Duathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Swim	Swim O Pos	Swim G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run O Pos	Run G Pos
33	Ross	Clark	116	00:57:01	Ages 65-69	26	Male	26	00:08:17	1	1	00:32:09	35	29	00:16:34	35	30