

# 2022-23 4 Life Physiotherapy Race 01

Date: 23 October 2022

## Triathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run1	Swim O Pos	Swim G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run2	Run2 O Pos	Run2 G Pos
1	Russell	Harris	206	00:44:16	Ages 50 - 54	1	Male	1	00:07:18	3	3	00:25:20	2	2	00:11:38	3	3
2	Chad	Mckay	228	00:45:06	Ages 18 - 24	1	Male	2	00:07:24	6	5	00:27:01	7	7	00:10:40	1	1
3	Danny	Cobb	230	00:45:32	Ages 45 - 49	1	Male	3	00:09:56	23	18	00:24:42	1	1	00:10:54	2	2
4	Stefan	Aspeling	249	00:46:30	Ages 45 - 49	2	Male	4	00:07:19	4	4	00:26:07	3	3	00:13:03	8	8
5	Eric	Aspeling	242	00:46:55	Juniors	1	Male	5	00:07:30	8	7	00:27:37	9	9	00:11:47	4	4
6	Alan	Clark	276	00:47:31	Ages 50 - 54	2	Male	6	00:08:43	11	9	00:26:13	4	4	00:12:34	6	6
7	Joel	Reynolds	237	00:48:30	Ages 30 - 34	1	Male	7	00:07:28	7	6	00:27:09	8	8	00:13:52	14	13
8	Darryl	Harris	201	00:48:40	Ages 60 - 64	1	Male	8	00:07:17	2	2	00:26:36	5	5	00:14:47	16	15
9	Shane	Gibson	239	00:49:09	Ages 35 - 39	1	Male	9	00:07:55	10	8	00:29:07	10	10	00:12:06	5	5
10	Dean	Host	238	00:50:03	Ages 35 - 39	2	Male	10	00:09:48	21	16	00:26:55	6	6	00:13:20	10	9
11	Ben	Caporn	224	00:50:59	Ages 35 - 39	3	Male	11	00:07:12	1	1	00:29:54	11	11	00:13:52	15	14
12	Pip	Naidoo	247	00:52:06	Ages 35 - 39	1	Female	1	00:07:22	5	1	00:31:27	18	4	00:13:16	9	1
13	Jazmyn	Tobin	313	00:52:42	Ages 40 - 44	1	Female	2	00:07:51	9	2	00:30:03	12	1	00:14:47	17	2
14	Ben	Davidson	226	00:52:52	Ages 30 - 34	2	Male	12	00:09:20	12	10	00:30:53	15	13	00:12:38	7	7
15	Gregg	Barber	229	00:55:00	Ages 35 - 39	4	Male	13	00:09:34	17	12	00:31:38	19	15	00:13:47	13	12
16	Francis	Walkers	234	00:56:02	Ages 35 - 39	5	Male	14	00:09:39	18	13	00:32:38	22	17	00:13:43	12	11
17	Sharon	Ford	208	00:56:17	Ages 50 - 54	1	Female	3	00:09:29	15	4	00:31:17	17	3	00:15:30	20	3
18	Dale	Plant	235	00:57:01	Ages 40 - 44	1	Male	15	00:10:56	25	19	00:32:34	21	16	00:13:30	11	10
19	Colin	Luff	231	00:57:17	Ages 65 - 69	1	Male	16	00:11:13	27	20	00:30:51	14	12	00:15:12	19	17
20	Wayne	Marchese	232	00:57:29	Ages 55 - 59	1	Male	17	00:09:24	14	11	00:31:09	16	14	00:16:55	24	20
21	Bailee	Harrison	246	00:58:12	Ages 35 - 39	2	Female	4	00:09:31	16	5	00:31:53	20	5	00:16:48	23	4
22	Susan	Androvich	200	00:59:37	Ages 50 - 54	2	Female	5	00:09:23	13	3	00:30:50	13	2	00:19:23	28	7
23	Neil	Grice	227	00:59:57	Ages 65 - 69	2	Male	18	00:09:43	19	14	00:34:25	24	18	00:15:48	21	18
24	Georgina	Webb	221	01:03:10	Ages 50 - 54	3	Female	6	00:11:07	26	7	00:34:02	23	6	00:18:00	25	5
25	Phillip	David	251	01:07:07	Ages 45 - 49	3	Male	19	00:09:49	22	17	00:39:16	27	19	00:18:01	26	21
26	Sonia	David	250	01:10:42	Ages 45 - 49	1	Female	7	00:10:36	24	6	00:41:10	28	7	00:18:55	27	6
	Hamish *	Mcavish	248		Ages 50 - 54		Male					00:38:03	25	20	00:15:08	18	16

	Jarrad *	Westcott	233		Ages 30 - 34		Male					00:38:39	26	21	00:16:10	22	19
	Pieter *	Verster	223		Ages 45 - 49		Male		00:09:44	20	15	00:44:41					

\* Did you hurdle the timing mats? No read for Run finish (Pieter) and Swim (Jarrad & Hamish).

### Duathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run1	Run1 O Pos	Run1 G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run2	Run2 O Pos	Run2 G Pos
1	Ross	Clark	222	00:56:33	Ages 65 - 69	1	Male	1	00:08:31	2	1	00:31:20	1	1	00:16:41	2	1
2	Oksana	Isavnina	220	00:58:33	Ages 50 - 54	1	Female	1	00:07:34	1	1	00:35:52	2	1	00:15:05	1	1

### Enticer Triathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run1	Run1 O Pos	Run1 G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run2	Run2 O Pos	Run2 G Pos
1	Hayley	Ferris	236	00:33:13	All Ages	1	Female	1	00:05:42	1	1	00:17:18	1	1	00:10:13	1	1