

2023-24 Race 01 4 Life Physiotherapy

Date: 22nd October 2023

Triathlon

Pos	First Name	Last Name	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	Ronan	Hays	258	00:40:12	Ages 18 - 24	1	Male	1	00:07:01	1	1	00:22:42	1	1	00:10:28	1	1
2	Aidan	Clark	200	00:42:04	Ages 25 - 29	1	Male	2	00:07:35	3	3	00:23:20	2	2	00:11:08	2	2
3	Russell	Harris	206	00:43:59	Ages 50 - 54	1	Male	3	00:07:41	4	4	00:24:14	3	3	00:12:02	4	4
4	Stefan	Aspeling	231	00:45:49	Ages 50 - 54	2	Male	4	00:07:50	7	6	00:24:40	4	4	00:13:18	8	8
5	Paul	Williams	239	00:46:05	Ages 50 - 54	3	Male	5	00:08:08	10	9	00:25:12	6	6	00:12:44	5	5
6	Hamish	Mactavish	223	00:46:44	Ages 50 - 54	4	Male	6	00:07:14	2	2	00:26:07	8	8	00:13:22	9	9
7	Darryl	Harris	204	00:46:47	Ages 60 - 64	1	Male	7	00:07:46	5	5	00:24:57	5	5	00:14:03	11	10
8	Shane	Gibson	213	00:48:26	Ages 35 - 39	1	Male	8	00:08:17	11	10	00:27:06	10	10	00:13:02	6	6
9	Dean	Host	215	00:48:41	Ages 40 - 44	1	Male	9	00:10:13	24	18	00:25:14	7	7	00:13:13	7	7
10	Ben	Davidson	276	00:49:08	Ages 30 - 34	1	Male	10	00:09:57	19	16	00:27:16	11	11	00:11:54	3	3
11	Bruce	Barrington	205	00:49:32	Ages 55 - 59	1	Male	11	00:07:59	8	7	00:27:03	9	9	00:14:28	12	11
12	Cale	Oliver	226	00:51:50	Ages 35 - 39	2	Male	12	00:09:06	15	13	00:28:15	13	13	00:14:28	13	12
13	Jazmyn	Tobin	275	00:52:01	Ages 40 - 44	1	Female	1	00:08:18	12	2	00:28:29	14	1	00:15:12	16	2
14	Pip	Naidoo	238	00:53:23	Ages 40 - 44	2	Female	2	00:07:49	6	1	00:31:45	20	4	00:13:49	10	1
15	Aaron	Ernst	237	00:53:45	Ages 45 - 49	1	Male	13	00:11:40	25	19	00:27:35	12	12	00:14:28	14	13
16	Wayne	Marchese	224	00:54:14	Ages 55 - 59	2	Male	14	00:09:19	17	14	00:28:40	15	14	00:16:14	17	15
17	Ben	Hoffman	233	00:54:37	Ages 35 - 39	3	Male	15	00:09:00	14	12	00:30:27	18	16	00:15:09	15	14
18	Karyss	Zappacosta	211	00:55:03	Ages 30 - 34	1	Female	3	00:38:18	29	9	00:00:00			00:16:45	20	4
19	David	Whiteley	230	00:55:21	Ages 70 - 74	1	Male	16	00:08:31	13	11	00:30:24	17	15	00:16:24	19	16
20	Hayley	Ferris	245	00:57:54	Ages 45 - 49	1	Female	4	00:09:17	16	3	00:29:42	16	2	00:18:53	26	6
21	Amanda	Casey	228	00:58:13	Ages 40 - 44	3	Female	5	00:10:04	22	5	00:31:52	21	5	00:16:16	18	3
22	Susan	Androvich	201	01:00:27	Ages 50 - 54	1	Female	6	00:09:58	20	4	00:30:40	19	3	00:19:48	27	7
23	Rudy	Kocis	227	01:00:57	Ages 60 - 64	2	Male	17	00:09:42	18	15	00:33:15	22	17	00:17:58	25	20
24	Phillip	David	234	01:01:18	Ages 45 - 49	2	Male	18	00:10:01	21	17	00:34:21	23	18	00:16:55	21	17
25	Stephen	George	249	01:03:28	Ages 35 - 39	4	Male	19	00:08:07	9	8	00:37:42	25	19	00:17:39	24	19
26	Petra	Verster	242	01:07:22	Juniors	1	Female	7	00:11:58	28	8	00:38:18	26	7	00:17:05	22	5
27	Pieter	Verster	232	01:07:23	Ages 45 - 49	3	Male	20	00:11:56	27	20	00:38:21	27	20	00:17:06	23	18

28	Sonia	David	256	01:09:37	Ages 45 - 49	2	Female	8	00:11:43	26	7	00:37:37	24	6	00:20:17	28	8
DNF	Sharon	Ford	207		Ages 55 - 59		Female		00:10:08	23	6						

Enticer

Pos	First Name	Last Name	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	Caide	Ellis	250	00:35:35	Juniors	1	Male	1	00:23:43	2	2	00:00:00			00:11:51	1	1
2	Jody	Pace	246	00:42:20	All Ages	1	Female	2	00:27:00	3	1	00:00:00			00:15:19	3	1
3	Alex	Gardner	247	00:48:32	Juniors	2	Male	2	00:06:59	1	1	00:28:50	1	1	00:12:42	2	2

Duathlon

Pos	First Name	Last Name	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run 1	Run 1 O Pos	Run 1 G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run 2 O Pos	Run 2 G Pos
1	David	Honeman	222	00:51:39	All Ages	1	Male	1	00:08:05	1	1	00:27:43	1	1	00:15:50	1	1

Aquathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run1	Swim O Pos	Swim G Pos	Run	Run O Pos	Run G Pos
1	Rylee	Ellis	248	00:22:11	Juniors	1	Female	1	00:05:47	1	1	0:16:24	1	1