

28-01-24 MTC vs RTC Lakelands Health & Performance

Date: 28th January 2024

MANDURAH - 3314 Points

ROCKINGHAM - 1504 Points

Pos	Name	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Points	Club	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	00:36:24	Ages 18 - 24	1	Male	1	100.00	MTC	00:07:42	1	1	00:18:08	3	3	00:10:33	1	1
2	Eric Aspelng	205	00:37:35	Juniors	1	Male	2	99.00	MTC	00:08:03	2	2	00:18:30	5	5	00:11:01	2	2
3	Iain Miller	279	00:38:04	Ages 35 - 39	1	Male	3	98.00	RTC	00:08:26	3	3	00:18:29	4	4	00:11:09	3	3
4	Aidan Clark	297	00:38:19	Ages 25 - 29	1	Male	4	97.00	MTC	00:08:28	4	4	00:18:03	2	2	00:11:47	7	7
5	Matt Mckay	226	00:39:28	Ages 55 - 59	1	Male	5	96.00	MTC	00:08:45	6	6	00:17:59	1	1	00:12:44	13	13
6	Joshua Brown	206	00:39:45	Ages 18 - 24	2	Male	6	95.00	RTC	00:09:43	17	13	00:18:37	6	6	00:11:24	4	4
7	Stephen Crookes	214	00:39:48	Ages 40 - 44	1	Male	7	47.00	RTC Non-Member	00:08:35	5	5	00:19:13	8	8	00:11:59	8	8
8	Russell Harris	289	00:40:13	Ages 50 - 54	1	Male	8	93.00	MTC	00:08:53	7	7	00:18:45	7	7	00:12:34	12	12
9	Hamish Mactavish	275	00:41:57	Ages 50 - 54	2	Male	9	92.00	MTC	00:08:59	9	8	00:19:28	11	11	00:13:29	20	20
10	Cyprien Gilbert	227	00:42:11	Ages 18 - 24	3	Male	10	91.00	RTC	00:10:22	29	22	00:20:11	16	16	00:11:36	5	5
11	Geordie James	220	00:42:17	Ages 45 - 49	1	Male	11	90.00	RTC	00:09:49	20	14	00:19:54	14	14	00:12:33	11	11
12	Phillip Hays	288	00:42:22	Ages 55 - 59	2	Male	12	89.00	MTC	00:09:55	21	15	00:19:15	9	9	00:13:11	17	17
13	Paul Williams	248	00:42:23	Ages 50 - 54	3	Male	13	88.00	MTC	00:10:03	23	17	00:19:23	10	10	00:12:56	15	15
14	Tim Watson	305	00:43:14	Ages 40 - 44	2	Male	14	87.00	MTC	00:09:40	16	12	00:20:00	15	15	00:13:33	22	22
15	Thomas Allom	219	00:43:21	Ages 18 - 24	4	Male	15	86.00	RTC	00:10:06	25	18	00:19:53	12	12	00:13:21	19	19
16	Shane Gibson	296	00:44:02	Ages 35 - 39	2	Male	16	85.00	MTC	00:09:56	22	16	00:21:21	21	21	00:12:44	14	14
17	Jason Hill	309	00:44:31	Ages 30 - 34	1	Male	17	84.00	MTC	00:11:18	41	31	00:20:46	19	19	00:12:27	10	10
18	Ben Fell	254	00:44:35	Ages 40 - 44	3	Male	18	83.00	RTC	00:10:52	36	27	00:20:28	17	17	00:13:13	18	18
19	Barry Williamson	211	00:44:37	Ages 45 - 49	2	Male	19	82.00	MTC	00:09:08	12	10	00:23:44	41	32	00:11:44	6	6
20	Ben Davidson	308	00:44:49	Ages 30 - 34	2	Male	20	81.00	MTC	00:11:23	43	33	00:21:08	20	20	00:12:16	9	9
21	Paul Smith	246	00:45:30	Ages 25 - 29	2	Male	21	80.00	RTC	00:10:51	35	26	00:21:33	23	22	00:13:06	16	16
22	Craig Gooch	221	00:45:43	Ages 45 - 49	3	Male	22	39.50	MTC Non-Member	00:10:15	26	19	00:20:38	18	18	00:14:49	29	26
23	Jordan Branch	277	00:45:48	Ages 25 - 29	1	Female	1	100.00	MTC	00:09:04	10	2	00:22:53	31	6	00:13:50	26	1
24	Dean Host	244	00:46:05	Ages 40 - 44	4	Male	23	78.00	MTC	00:12:33	53	39	00:19:53	13	13	00:13:38	24	24
25	Stefan Aspelng	243	00:46:12	Ages 50 - 54	4	Male	24	77.00	MTC	00:09:23	15	11	00:23:10	33	26	00:13:38	25	25
26	Jake Isaac	253	00:46:26	Ages 18 - 24	5	Male	25	38.00	MTC Non-Member	00:10:44	33	25	00:22:10	27	24	00:13:31	21	21
27	Jazmyn Tobin	237	00:46:36	Ages 40 - 44	1	Female	2	99.00	MTC	00:09:09	13	3	00:21:48	24	2	00:15:38	41	8

28	Pip Naidoo	282	00:46:55	Ages 40 - 44	2	Female	3	98.00	MTC	00:08:55	8	1	00:23:44	40	9	00:14:15	27	2
29	Karyss Zappacosta	201	00:47:08	Ages 30 - 34	1	Female	4	97.00	MTC	00:09:44	18	5	00:21:28	22	1	00:15:54	43	9
30	Jade Szann	241	00:47:18	Ages 40 - 44	3	Female	5	96.00	RTC	00:10:46	34	9	00:22:04	25	3	00:14:26	28	3
31	Lisa Grinham	215	00:47:27	Ages 40 - 44	4	Female	6	95.00	MTC	00:10:04	24	7	00:22:21	29	5	00:15:01	31	5
32	Darryl Harris	225	00:48:06	Ages 60 - 64	1	Male	26	75.00	MTC	00:09:07	11	9	00:23:56	46	34	00:15:03	32	27
33	Andrew Simper	287	00:48:35	Ages 25 - 29	3	Male	27	74.00	MTC	00:11:28	46	35	00:23:29	38	30	00:13:37	23	23
34	Adie Richardson	256	00:48:51	Ages 45 - 49	1	Female	7	94.00	MTC	00:11:38	49	13	00:22:18	28	4	00:14:54	30	4
35	Tom Hazel	264	00:49:12	Ages 35 - 39	3	Male	28	36.50	RTC Non-Member	00:10:43	32	24	00:23:16	35	27	00:15:13	35	30
36	Scott Rennie	231	00:49:28	Ages 40 - 44	5	Male	29	36.00	RTC Non-Member	00:11:35	48	36						
37	Ben Hoffman	281	00:50:22	Ages 35 - 39	4	Male	30	71.00	MTC	00:11:26	45	34	00:23:18	36	28	00:15:37	40	33
38	Paul Taylor	265	00:50:29	Ages 45 - 49	4	Male	31	70.00	MTC	00:13:11	58	42	00:22:06	26	23	00:15:12	34	29
39	Steven Eaves	228	00:50:32	Ages 50 - 54	5	Male	32	69.00	RTC	00:11:11	39	30	00:23:48	42	33	00:15:31	37	32
40	Tanya Andrews	284	00:50:49	Ages 40 - 44	5	Female	8	46.50	RTC Non-Member	00:11:23	44	11	00:23:52	44	11	00:15:33	38	6
41	Wayne Marchese	242	00:50:58	Ages 55 - 59	3	Male	33	68.00	MTC	00:10:20	28	21	00:25:09	52	38	00:15:29	36	31
42	Kimberley Smith	239	00:51:05	Ages 30 - 34	2	Female	9	92.00	RTC	00:11:34	47	12	00:23:53	45	12	00:15:37	39	7
43	David Whiteley	278	00:51:43	Ages 70 - 74	1	Male	34	67.00	MTC	00:10:19	27	20	00:24:29	48	36	00:16:55	53	40
44	Cameron Watson	276	00:51:54	Ages 50 - 54	6	Male	35	66.00	MTC	00:10:59	37	28	00:23:22	37	29	00:17:32	56	42
45	Jannah Douglas	224	00:52:01	Ages 40 - 44	6	Female	10	91.00	MTC	00:09:46	19	6	00:26:00	55	17	00:16:14	45	11
46	Ben Kent	313	00:52:02	Ages 35 - 39	5	Male	36	65.00	MTC	00:11:43	50	37	00:24:26	47	35	00:15:51	42	34
47	David Honeman	240	00:52:19	Ages 30 - 34	3	Male	37	64.00	MTC	00:12:25	51	38	00:22:26	30	25	00:17:27	55	41
48	Rylee Ellis	285	00:52:39	Juniors	1	Female	11	90.00	MTC	00:09:18	14	4	00:27:09	60	19	00:16:11	44	10
49	Hayley Ferris	250	00:53:13	Ages 45 - 49	2	Female	12	89.00	MTC	00:10:38	30	8	00:22:57	32	7	00:19:37	60	17
50	Neil Barton	204	00:53:22	Ages 35 - 39	6	Male	38	31.50	MTC Non-Member	00:11:23	42	32	00:26:51	59	41	00:15:07	33	28
51	Neale Woodroffe	286	00:53:51	Ages 45 - 49	5	Male	39	31.00	RTC Non-Member	00:13:23	60	44	00:23:35	39	31	00:16:52	52	39
52	Tina Macaskill	292	00:53:56	Ages 50 - 54	1	Female	13	88.00	MTC	00:13:53	61	17	00:23:10	34	8	00:16:52	51	13
53	Amanda Casey	216	00:54:05	Ages 40 - 44	7	Female	14	87.00	MTC	00:11:17	40	10	00:24:57	51	14	00:17:51	58	15
54	Colin Luff	299	00:54:43	Ages 65 - 69	1	Male	40	61.00	MTC	00:13:18	59	43	00:24:34	50	37	00:16:51	50	38
55	Louise Brincat	203	00:54:52	Ages 40 - 44	8	Female	15	43.00	RTC Non-Member	00:14:07	63	18	00:23:48	43	10	00:16:56	54	14
56	Ruth Woodroffe	238	00:55:03	Ages 45 - 49	3	Female	16	42.50	RTC Non-Member	00:12:43	55	15	00:25:53	54	16	00:16:26	47	12
57	Karl Bogg	207	00:55:40	Ages 40 - 44	6	Male	41	60.00	RTC	00:11:06	38	29	00:28:13	61	42	00:16:21	46	35
58	Hayley Rennie	222	00:56:38	Ages 35 - 39	1	Female	17	84.00	RTC	00:13:06	57	16	00:24:31	49	13	00:19:01	59	16
59	Rudy Kocis	218	00:56:53	Ages 60 - 64	2	Male	42	59.00	MTC	00:13:03	56	41	00:26:06	57	39	00:17:43	57	43
60	Steven Thorne	249	00:57:34	Ages 50 - 54	7	Male	43	58.00	RTC	00:13:56	62	45	00:26:51	58	40	00:16:47	49	37

61	Thomas Murphy	212	00:58:02	Ages 45 - 49	6	Male	44	57.00	RTC	00:12:43	54	40	00:28:37	62	43	00:16:41	48	36
62	Sue Bowden	252	00:59:29	Ages 45 - 49	4	Female	18	41.50	RTC Non-Member	00:12:26	52	14	00:26:03	56	18	00:20:58	61	18
63	Kristy New	259	01:01:46	Ages 40 - 44	9	Female	19	41.00	RTC Non-Member	00:14:17	64	19	00:25:33	53	15	00:21:55	62	19
64	Sonia David	294	01:08:40	Ages 45 - 49	5	Female	20	81.00	MTC	00:14:18	65	20	00:29:38	63	20	00:24:43	64	20
65	Kayne Searle	283	01:08:45	Ages 18 - 24	6	Male	45	28.00	MTC Non-Member	00:10:39	31	23	00:33:59	64	44	00:24:06	63	44