

# 2024-25 Race 02 Lakelands Health and Performance

Date: 17th November 2024

## 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	Barry	Williamson	240	00:41:25	Ages 45 - 49	1	Male	1	00:06:41	5	4	00:23:56	3	3	00:10:48	1	1
2	Brad	Wardrope	233	00:41:52	Ages 45 - 49	2	Male	2	00:06:21	1	1	00:24:05	4	4	00:11:25	3	3
3	Russell	Harris	216	00:42:29	Ages 55 - 59	1	Male	3	00:06:35	4	3	00:23:54	1	1	00:11:59	5	5
4	Hamish	Mactavish	204	00:43:34	Ages 50 - 54	1	Male	4	00:06:34	3	2	00:23:54	2	2	00:13:04	11	11
5	Paul	Williams	224	00:44:57	Ages 50 - 54	2	Male	5	00:07:11	9	6	00:25:10	5	5	00:12:35	8	8
6	Tim	Watson	214	00:45:18	Ages 40 - 44	1	Male	6	00:07:20	10	7	00:25:29	7	7	00:12:27	7	7
7	Jason	Bonser	222	00:45:26	Ages 50 - 54	3	Male	7	00:07:42	14	11	00:25:58	9	9	00:11:45	4	4
8	Alan	Clark	219	00:45:30	Ages 55 - 59	2	Male	8									
9	Ben	Davidson	234	00:45:41	Ages 30 - 34	1	Male	9	00:07:53	15	12	00:26:31	11	11	00:11:16	2	2
10	Jason	Hill	206	00:46:07	Ages 30 - 34	2	Male	10	00:08:32	20	16	00:25:29	6	6	00:12:04	6	6
11	Phillip	Hays	226	00:46:18	Ages 55 - 59	3	Male	11	00:08:01	16	13	00:25:32	8	8	00:12:45	9	9
12	Shane	Gibson	220	00:46:54	Ages 40 - 44	2	Male	12	00:07:30	12	9	00:26:39	12	12	00:12:45	10	10
13	Corey	Muirhead	221	00:47:50	Ages 30 - 34	3	Male	13	00:07:21	11	8	00:26:28	10	10	00:14:00	14	13
14	Darren	Mcquillen	208	00:47:55	Ages 35 - 39	1	Male	14	00:07:34	13	10	00:26:49	13	13	00:13:32	12	12
15	Jazmyn	Tobin	230	00:49:28	Ages 40 - 44	1	Female	1	00:07:05	8	3	00:27:09	14	1	00:15:13	21	4
16	Chris	Ellis	239	00:50:19	Ages 35 - 39	1	Female	2	00:06:27	2	1	00:29:25	17	2	00:14:26	18	2
17	Ben	Hoffman	211	00:51:36	Ages 35 - 39	2	Male	15	00:08:19	19	15	00:29:00	16	15	00:14:16	16	15
18	Geoff	Amos	202	00:51:41	Ages 55 - 59	4	Male	16	00:06:42	6	5	00:28:48	15	14	00:16:11	23	18
19	Pip	Naidoo	205	00:51:58	Ages 40 - 44	2	Female	3	00:06:57	7	2	00:31:00	23	6	00:13:59	13	1
20	Jenny	Sullivan	238	00:52:01	Ages 50 - 54	1	Female	4	00:08:02	17	4	00:29:32	18	3	00:14:26	19	3
21	Michael	Charlesworth	212	00:53:08	Ages 40 - 44	3	Male	17	00:38:15	25	19	00:00:00			00:14:53	20	17
22	Luke	Creevey	232	00:53:42	Ages 40 - 44	4	Male	18	00:08:43	21	17	00:30:35	22	17	00:14:23	17	16
23	Tom	Duff	209	00:53:56	Ages 30 - 34	4	Male	19	00:08:16	18	14	00:31:28	24	18	00:14:11	15	14
24	Sharon	Ford	287	00:55:39	Ages 55 - 59	1	Female	5	00:09:01	22	5	00:30:35	21	5	00:16:02	22	5
25	Colin	Luff	231	00:56:07	Ages 65 - 69	1	Male	20	00:09:36	24	18	00:30:05	19	16	00:16:25	24	19
26	Hayley	Ferris	228	00:58:39	Ages 45 - 49	1	Female	6	00:09:07	23	6	00:30:20	20	4	00:19:11	25	6

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## Enticer 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	Michael	Backshall	242	00:32:34	All Ages	1	Male	1	00:03:51	1	1	00:18:16	1	1	00:10:25	5	2
2	Lachie	Mcclure	207	00:35:16	All Ages	1	Female	1	00:28:00	5	3	00:00:00			00:07:15	1	1
3	Jake	Woolan	237	00:36:37	Juniors	1	Male	2	00:08:13	4	2	00:19:29	3	3	00:08:55	3	1
4	Gemma	Bodin	215	00:37:58	All Ages	2	Female	2	00:03:59	2	1	00:26:12	5	2	00:07:46	2	2
5	Saascha	Neuert	235	00:39:32	All Ages	3	Female	3	00:05:22	3	2	00:24:38	4	1	00:09:31	4	3

## Duathlon

Pos	First Name	Last Name	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run 1	Run 1 O Pos	Run1 G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run 2 O Pos	Run 2 G Pos
1	Rob	Cosgrave	227	00:39:16	All Ages	1	Male	1	00:09:55	4	5	00:19:16	1	1	00:10:03	1	1
2	Greg	Bale	223	00:52:19	All Ages	2	Male	2	00:08:26	3	3	00:27:47	2	2	00:16:06	4	2
3	Jayde	Butler	203	00:58:49	All Ages	1	Female	3	00:07:23	2	4	00:35:22	3	1	00:16:03	3	2
4	Niamh	Medlam	241	01:00:51	All Ages	2	Female	4	00:07:04	1	3	00:38:17	4	2	00:15:29	2	1

## Aquabike

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
1	David	Whitely	217	00:41:45	All Ages	1	Male	4	00:09:05	1	1	0:32:40	1	1